



Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Proteins (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
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**BURRITOS - Gluten Free Tortilla - All Toppings – 1/2 Scoop of Each Topping**

Small Chicken (56.7g)	1	526	114.0	16.2	4.5	0.18	39.0	1433.1	63.4	10.6	8.9	34.3	24.8	30.8	66.5	14.6
Small Steak (56.7g)	1	578	190.0	24.6	8.5	0.18	84.0	1477.1	62.8	10.6	8.9	30.3	24.8	30.8	68.5	22.6
Small Ground Soy (34.87g)	1	447	90.4	13.5	4.5	0.18	34.0	1581.8	65.9	11.9	9.5	22.5	24.8	30.8	69.0	11.8
Small Halibut (56.7g)	1	522	106.0	15.2	4.5	0.18	34.0	1415.1	66.8	10.6	8.9	28.3	28.8	30.8	72.5	16.6
Small Haddock (56.7g)	1	533	142.3	19.3	4.5	0.18	72.2	1626.2	64.8	10.6	8.9	20.3	24.8	30.8	66.5	10.6
Small Shrimp (30.47g)	1	483	122.9	17.1	5.2	0.18	115.2	1861.0	64.4	10.7	8.9	24.9	24.8	84.6	70.1	11.7
Small Cheese	1	615	117.3	16.5	4.9	0.18	34.0	2064.9	95.0	18.3	10.7	25.0	25.8	34.4	104.0	15.6
Small Sweet Potato (56.7g)	1	452	88.0	13.2	4.5	0.18	34.0	1431.1	72.8	12.6	12.9	16.3	200.8	42.8	68.5	12.6
Small Calamari Breaded (54.5g)	1	473	90.9	13.2	4.8	0.18	40.4	1640.0	68.6	11.3	9.5	19.8	24.8	30.8	70.4	10.6

**BURRITOS - White Tortilla - All Toppings – One Scoop of Each Topping**

Small Chicken (113.4g)	1	1132	234.9	33.4	10.5	0.36	36.0	2678.2	133.9	21.3	12.8	v	49.6	61.6	125.0	40.2
Small Steak (113.4g)	1	1236	386.9	50.2	18.5	0.36	126.0	2766.2	132.7	21.3	12.8	60.6	49.6	61.6	129.0	56.2
Small Ground Soy (70g)	1	974	187.9	28.1	10.5	0.36	26.0	2975.6	138.8	23.7	14.0	44.9	49.6	61.6	130.0	34.7
Small Halibut (113.4g)	1	1124	219	31	11	0	26	2642	141	21	13	57	58	62	137	44
Small Haddock (113.4g)	1	1145	292	40	11	0	102	3064	137	21	13	41	50	62	125	32
Small Shrimp (61g)	1	1046	252.9	35.3	11.8	0.36	188.4	3534.0	135.8	21.4	12.9	49.8	49.6	169.1	132.2	34.4
Small Cheese	1	1310	241.5	34.0	11.2	0.36	26.0	3941.7	197.0	36.6	16.3	50.1	51.7	68.8	200.0	42.2
Small Sweet Potato (113.4g)	1	984	182.9	27.4	10.5	0.36	26.0	2674.2	152.7	25.3	20.8	32.6	401.6	85.6	129.0	36.2
Small Calamari Breaded (109g)	1	1027	188.7	27.4	11.2	0.36	38.7	3092.0	144.2	22.5	14.1	39.6	49.6	61.6	132.7	32.2
Large Chicken (170.1g)	1	1354	299.0	40.7	10.5	0.36	41.0	3187.1	153.5	21.3	14.9	88.7	51.7	67.9	127.1	50.6
Large Steak (170.1g)	1	1510	527.0	65.9	22.5	0.36	176.0	3319.1	151.7	21.3	14.9	76.7	51.7	67.9	133.1	74.6
Large Ground Soy (105g)	1	1117	228.4	32.6	10.5	0.36	26.0	3632.6	160.9	25.0	16.8	53.2	51.7	67.9	134.5	42.3
Large Halibut (170.1g)	1	1302	269	37	11	0	26	3133	162	21	15	66	62	68	143	54
Large Haddock (170.1g)	1	1373	280	38	11	0	26	3133	165	21	15	74	65	68	147	58
Large Shrimp (85.4g)	1	1207	285.6	38.9	11.1	0.36	32.4	3266.3	158.9	21.5	15.0	52.7	57.7	67.9	137.1	47.6
Large Cheese	1	1505	279.60	44.19	16.22	0.66	41.03	4802.63	218.09	36.59	18.45	58.20	68.80	75.15	222.14	48.55
Large Sweet Potato (170.1g)	1	1132	221.0	31.7	10.5	0.36	26.0	3181.1	181.7	27.3	26.9	34.7	579.7	103.9	133.1	44.6
Large Calamari Breaded (152.6g)	1	1183	229.1	31.7	11.4	0.36	43.8	3762.8	167.8	23.1	16.7	44.5	51.7	67.9	137.9	38.6

**BURRITOS - Whole Wheat Tortilla - All Toppings – One Scoop of Each Topping**

Small Chicken (113.4g)	1	1112	234.9	33.4	10.0	0.36	36.0	2638.2	132.9	25.3	12.8	69.6	49.6	61.6	125.0	40.2
Small Steak (113.4g)	1	1216	386.9	50.2	18.0	0.36	126.0	2726.2	131.7	25.3	12.8	61.6	49.6	61.6	129.0	56.2
Small Ground Soy (70g)	1	954	187.9	28.1	10.0	0.36	26.0	2935.6	137.8	27.7	14.0	45.9	49.6	61.6	130.0	34.7
Small Halibut (113.4g)	1	1104	218.9	31.4	10.0	0.36	26.0	2602.2	139.7	25.3	12.8	57.6	57.6	61.6	137.0	44.2
Small Haddock (113.4g)	1	1124	290.9	39.4	10.0	0.36	102.0	3022.2	135.7	25.3	12.8	41.6	49.6	61.6	125.0	32.2
Small Shrimp 61g)	1	1026	252.9	35.3	11.3	0.36	188.4	3494.0	134.8	25.4	12.9	50.8	49.6	169.1	132.2	34.4
Small Cheese	1	1290	241.5	34.0	10.7	0.36	26.0	3901.7	196.0	40.6	16.3	51.1	51.7	68.8	200.0	42.2
Small Sweet Potato (113.4g)	1	964	182.9	27.4	10.0	0.36	26.0	2634.2	151.7	29.3	20.8	33.6	401.6	85.6	129.0	36.2
Small Calamari Breaded (109g)	1	1007	188.7	27.4	10.7	0.36	38.7	3052.0	143.2	26.5	14.1	40.6	49.6	61.6	132.7	32.2
Large Chicken (170.1g)	1	1334	299.0	40.7	10.0	0.36	41.0	3147.1	152.5	25.3	14.9	89.7	51.7	67.9	127.1	50.6
Large Steak (170.1g)	1	1490	527.0	65.9	22.0	0.36	176.0	3279.1	150.7	25.3	14.9	77.7	51.7	67.9	133.1	74.6
Large Ground Soy (105g)	1	1097	228.4	32.6	10.0	0.36	26.0	3592.6	159.9	29.0	16.8	54.2	51.7	67.9	134.5	42.3
Large Halibut (170.1g)	1	1322	275.0	37.7	10.0	0.36	26.0	3093.1	162.7	25.3	14.9	71.7	63.7	67.9	145.1	56.6
Large Haddock (170.1g)	1	1353	280.1	38.2	10.0	0.36	26.0	3093.1	163.8	25.3	14.9	75.0	64.8	67.9	146.8	58.3
Large Shrimp (85.4g)	1	1187	285.6	38.9	10.6	0.36	32.4	3226.3	157.9	25.5	15.0	53.7	57.7	67.9	137.1	47.6
Large Cheese	1	1485	279.6	44.2	15.7	0.66	41.0	4762.6	217.1	40.6	18.4	59.2	68.8	75.2	222.1	48.6
Large Sweet Potato (170.1g)	1	1112	221.0	31.7	10.0	0.36	26.0	3141.1	180.7	31.3	26.9	35.7	579.7	103.9	133.1	44.6
Large Calamari Breaded (152.6g)	1	1163	229.1	31.7	10.9	0.36	43.8	3722.8	166.8	27.1	16.7	45.5	51.7	67.9	137.9	38.6



Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Proteins (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
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**NAKED - BURRITO - Without the tortilla, a salad. All Toppings – One Scoop of Each Topping + 2x Beans, 3x Rice, 4x Lettuce**

One Size Chicken (113.4g)	1	1354	250.6	35.2	7.7	0.36	36.0	3937.6	173.3	34.6	17.4	82.2	56.8	75.2	194.1	41.6
One Size Steak (113.4g)	1	1458	402.6	52.0	15.7	0.36	126.0	4025.6	172.1	34.6	17.4	74.2	56.8	75.2	198.1	57.6
One Size Ground Soy (70g)	1	1045	196.6	29.0	7.7	0.36	26.0	3986.4	159.4	30.9	17.3	52.3	56.8	75.1	173.3	34.5
One Size Halibut (113.4g)	1	1307	227.7	32.4	7.7	0.36	26.0	3653.1	161.2	28.5	16.0	64.0	64.8	75.1	180.3	44.1
One Size Haddock (113.4g)	1	1337	299.7	40.4	7.7	0.36	102.0	4073.1	157.2	28.5	16.0	48.0	56.8	75.1	168.3	32.1
One Size Shrimp (61g)	1	1117	261.7	36.2	9.0	0.36	188.4	4544.8	156.4	28.6	16.1	57.2	56.8	182.6	175.5	34.2
One Size Cheese	1	971	191.7	28.4	7.7	0.36	26.0	3653.1	153.2	28.5	16.0	40.0	56.8	75.1	168.3	32.1
One Size Sweet Potato (113.4g)	1	1206	198.6	29.2	7.7	0.36	26.0	3933.6	192.1	38.6	25.4	46.2	408.8	99.2	198.1	37.6
One Size Calamari Breaded (109g)	1	1098	197.5	28.4	8.4	0.36	38.7	4102.8	164.8	29.7	17.3	47.0	56.8	75.1	176.0	32.1

**QUESADILLAS - Gluten Free Tortilla – One Scoop of Each Topping + 2x Cheese**

Chicken Breast (56.7g)	1	531	74.9	17.3	8.9	0.45	48.5	1394.1	53.5	10.0	6.9	38.8	29.0	27.2	75.7	11.4
Steak (56.7g)	1	583	150.9	25.7	12.9	0.45	93.5	1438.1	52.9	10.0	6.9	34.8	29.0	27.2	77.7	19.4
Ground Soy (34.87g)	1	452	51.4	14.6	8.9	0.45	43.5	1542.8	56.0	11.3	7.5	27.0	29.0	27.2	78.2	8.6
Shrimp (30.47g)	1	493	87.8	18.6	9.6	0.9	140.3	1899.9	54.7	11.1	4.9	34.2	29.0	91.7	80.0	21.7
Calamari Breaded (54.5g)	1	421	51.8	14.3	9.2	0.45	49.8	1601.0	58.6	10.7	7.5	24.4	29.0	27.2	79.6	7.4
Sweet Potato (56.7g)	1	457	48.9	14.3	8.9	0.45	43.5	1392.1	62.9	12.0	10.9	20.8	205.0	39.2	77.7	9.4
Cheese	1	415	48.9	14.3	8.9	0.45	43.5	1376.1	52.9	10.0	6.9	20.8	29.0	27.2	75.7	7.4
Side Burrito Sauce (56.7g)	1	80	80.0	9.0	1.2	0.00	13.6	284.0	2.6	0.4	0.2	0.0	0.0	0.0	2.0	0.0
Side Salsa (56.7g)	1	20	0.0	0.0	0.0	0.00	0.0	350.0	4.0	2.0	3.0	1.0	34.7	1.5	35.8	0.3

**QUESADILLAS - White Tortilla - All Toppings – One Scoop of Each Topping + 2x Cheese**

Chicken Breast (113.4g)	1	1142	157	36	19	0.90	55	2600	114	20	9	78	58	54	143	34
Steak (113.4g)	1	1246	309	52	27	0.90	145	2688	113	20	9	70	58	54	147	50
Ground Soy (70g)	1	984	110	30	19	0.90	45	2898	119	23	10	54	58	54	148	28
Shrimp (73.2g)	1	1079	182.6	38.3	20.7	0.90	238.7	3611.8	116.3	20.2	8.9	62.3	58.0	183.5	152.0	28.3
Calamari Breaded (109g)	1	1037	111	30	20	0.90	58	3014	124	21	10	49	58	54	151	26
Sweet Potato (113.4g)	1	994	105	30	19	0.90	45	2596	133	24	17	42	410	78	147	30
Cheese	1	910	104.8	29.6	19.2	0.90	45.0	2564.3	112.7	20.1	8.8	41.7	58.0	54.5	143.4	25.7
Side Burrito Sauce (56.7g)	1	80	80	9	1.2	0.00	13.6	284	2.6	0.4	0.2	0	0	0	2	0
Side Salsa (56.7g)	1	20	0	0	0	0.00	0	350	4	2	3	1	34.74	1.5	35.8	0.32

**QUESADILLAS – Whole Wheat Tortilla - All Toppings – 1.2 Scoop of Each Topping + 1.5x Cheese**

Chicken Breast (113.4g)	1	1122	157	36	19	0.90	55	2560	113	24	9	79	58	54	143	34
Steak (113.4g)	1	1226	309	52	27	0.90	145	2648	112	24	9	71	58	54	147	50
Ground Soy (70g)	1	964	110	30	19	0.90	45	2858	118	27	10	55	58	54	148	28
Shrimp (73.2g)	1	1059	183	38	20	1	239	3572	115	24	9	63	58	183	152	28
Calamari Breaded (109g)	1	1017	111	30	19	0.90	58	2974	123	25	10	50	58	54	151	26
Sweet Potato (113.4g)	1	974	105	30	19	0.90	45	2556	132	28	17	43	410	78	147	30
Cheese	1	890	104.8	29.6	18.7	0.90	45.0	2524.3	111.7	24.1	8.8	42.7	58.0	54.5	143.4	25.7
Side Burrito Sauce (56.7g)	1	80	80	9	1.2	0.00	13.6	284	2.6	0.4	0.2	0	0	0	2	0
Side Salsa (56.7g)	1	20	0	0	0	0.00	0	350	4	2	3	1	34.74	1.5	35.8	0.32



Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Proteins (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
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**NACHO – Chipz with Nacho Cheese, – One Scoop of Each Topping + 1x Lettuce, 1x Extra Salsa, Extra Sour Cream & Extra Burrito Sauce**

Chicken (113.4g)	1	1231	211	39	14	3	60	3017	154	23	18	69	72	62	145	44
Steak (113.4g)	1	1335	363	56	22	3	150	3105	153	23	18	61	72	62	149	60
Ground Soy (70g)	1	1073	164	34	14	3	50	3314	159	25	19	45	72	62	150	39
Cheese	1	999	159	33	14	3	50	2981	153	23	18	33	72	62	145	36

**1/2 LB. CALAMARI - Not Including Sides**

Calamari Breaded (226.8g)	1	264	12	0	1.36	0	26.4	936	24	2.64	2.64	14.64	0	0	16	0
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**CHIPZ - Corn Chips, calculated without side of sauce)**

Bag Of Chips (without sauce)	1	255	16.2	2.71	2.71	0	2.71	67.56	56.7	2.7	2.7	2.7	0	0	0	18.9
Box Of Chips (without sauce)	2	318.64	20.3	3.38	3.38	0	3.38	84.38	70.9	3.38	3.38	3.38	0	0	0	23.6



Serving Size (1 scoop)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Proteins (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
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Gluten FreeTortilla	N/A	110	37	4	1	0	21	364	20	1	3	3	0	0	8	2
Whole Wheat Tortilla (1 tortilla/104g)	N/A	280	81	9	3	0	0	500	46	6	1	7	0	0	8	15
White Tortilla (1 tortilla/104g)	N/A	300	81	9	3.5	0	0	540	47	2	1	6	0	0	8	15
Refried Pinto Beans (40g)	1	153	13.6	1.5	0.7	0.0	0.0	560.0	26.5	9.2	0.0	9.2	0.0	0.8	47.1	2.1
Mexican Rice (60g)	1	106	38.09	4.23	0.00	0.00	0.00	490.91	19.04	0.00	2.12	2.12	2.12	6.35	2.12	6.35
Tex-Mex Cheese (30g)	1	90	0	6	5	0.3	15	370	2	0	0	6	15	0	20	0
Nacho Cheese (122g)	1	86	27.45	9.15	3.05	3.05	15.3	579.5	7.63	0	1.53	3.05	3.05	0	9.15	0
Iceberg Lettuce (32g)	1	2	0	0	0	0	0	3	1	0	0	0	1	0	0	0
Tomatoes (40g)	1	12	1.36	0	0	0	0	62.7	1.9	0.27	1.36	0.27	5.45	13.63	0.54	1.09
Green Pepper (25g)	1	5	0	0	0	0	0	1	1	0	1	0	0	3	0	1
Green Onion (7g)	1	2	0	0	0	0	0	4	2	1	1	1	1.5	9	2	2
Red Onion (12g)	1	5	0	0	0	0	0	1	3	0	1	0	0	3	0	2
Jalapenos (5g)	1	1	0	0	0	0	0	0	2	1	1	0	1	21	0	1
Warm Seasoned Black Beans (40g)	1	151	6.9	0.77	0	0	0	248.56	18.85	6.14	1.43	6.23	0	0.06	25.83	1.5
Corn, Whole Kernel (14g)	1	11	2	0.3	0	0	0	35	4.5	0.5	1	1	0	2	0	0
Cilantro (1g)	1	0	0	0	0	0	0	2	0	0	0	0	5	2	0	0
Mild Tomato Salsa (40g)	1	14	0	0	0	0	0	175	2	1	1.5	0.5	17.37	0.75	17.9	0.16
Guacamole per 1oz	1	54	39	4.4	1	0	2	90	2.5	1.8	0.2	0.8	0	0	1.5	0
Burrito Sauce (32g / 3 Lines)	1	35	40	4.5	0.6	0	6.8	142	1.3	0.2	0.1	0	0	0	1	0
Burrito Sauce ( 42.6g / 4 Lines)	1	47	53.3	6	0.8	0	9.07	189.3	1.73	0.27	0.13	0	0	0	1.33	0
Chips (112g)	N/A	272	16.00	2.67	2.67	0	2.67	66.67	56.00	2.66	2.66	2.66	0.00	0.00	0.00	18.66
Sour Cream (8g)	1	13	0	1.13	0.71	0.06	4.23	7.05	0.56	0	0.28	0.28	1.13	0	0.56	0
XXX Hot Sauce ( 1 dot = 1g)	1	0.88	0.21	0.03	0	0	0	0.88	0.13	0.05	0.03	0.04	0.04	0.53	0.05	0.12

**PROTEINS (INDIVIDUALLY CALCULATED)**

Chicken Breast (28.35g)	1	58	13	1.5	0	0	2.5	9	0.3	0	0	9	0	0	0	2
Steak (28.35g)	1	84	51	5.7	2	0	25	31	0	0	0	7	0	0	1	6
Veggie Soy (28.35g)	1	30	2	0.25	0	0	0	135	2.5	1	0.5	5	0	0	2	1
Battered Halibut Fillet (28.35g)	1	56	9	1	0	0	0	0	2	0	0	6	2	0	3	3
Battered Haddock Fillet (28.35g)	1	61	27	3	0	0	19	105	1	0	0	2	0	0	0	0
Shrimp (28.35g)	1	55	18	2	0.4	0	73	363	1	0	0	8	0	50	3	1
Sweet Potato (28.35g)	1	21	0	0	0	0	0	8	5	1	2	0	88	6	1	1
Calamari Breaded (28.35g)	1	33	1.5	0	0.17	0	3.3	117	3	0.33	0.33	1.83	0	0	2	0