



Item	Total Carbs	Protein
<u>BREAKFAST</u>		
Hashbrown*	13	1
Egg & Cheese Soft Taco	15	7
Sausage Soft Taco	15	9
Bacon Soft Taco	15	12
Mini Skillet Bowl	16	5
Cinnabon Delights (2 Pack)*	17	2
Sausage Flatbread Quesadilla	27	14
<u>BURRITOS</u>		
Chipotle Chicken Loaded Griller*	36	14
Chili Cheese Burrito*	40	16
<u>POWER MENU</u>		
Power Menu Chicken Burrito	41	26
Power Menu Steak Burrito	42	25
<u>TACOS</u>		
Fiery Doritos Locos Taco	13	8
Nacho Cheese Doritos Locos Taco	13	8
Cool Ranch Doritos Locos Taco	13	8
Crunchy Taco	13	8
Supreme Crunchy Tacos	15	8
Chicken Soft Taco	16	10
Grilled Steak Soft Taco	17	12
Beef Soft Taco	18	9
Beef Taco Supreme	20	10
<u>FRESCO MENU</u>		
Fresco Crunchy Beef Taco	14	6
Fresco Shredded Chicken Soft Taco	16	9
Fresco Steak Soft Taco	17	10
Fresco Beef Soft Taco	18	8

(*) – Eat with a low carb protein

Item	Total Carbs	Protein
<u>SPECIALTIES</u>		
Meximelt	19	14
Chicken Gordita Supreme	29	16
Steak Gordita Supreme	30	16
Chicken Chalupa Supreme	31	16
Beef Gordita Supreme	31	13
Steak Chalupa Supreme	32	15
Steak Chalupa Supreme	32	15
Beef Chalupa Supreme	33	13
<u>DOLLAR CRAVINGS</u>		
Shredded Chicken Mini Quesadilla	15	10
Cheesy Roll Up	15	9
Beefy Mini Quesadilla	17	9
Spicy Tostada*	22	6
<u>VEGETARIAN</u>		
Black Beans	15	3
Cheesy Roll Up	15	9
Spicy Tostada	22	6
Pintos 'n Cheese	22	10
Double Tostada	32	12
Cheese Quesadilla	37	19
<u>DRINKS</u>		
Coffees	0	2
Coffee w/Sweetened Cream	3	2 - 4
Pepsi Zero Sugar (30oz)	0	0
Mtn Dew Baja Blast Zero Sugar (30oz)	0	0
Brisk Unsweetened No Lemon Iced Tea (30oz)	0	0
Aquafina Sparkling Berry Breeze (30oz)	0	0
Diet Drinks - All (30oz)	0-1	0
Lowfat Milk	10	7
G2 - Fruit Punch (30oz)	13	0
<u>PROTEIN ADDITIONS</u>		
Beef	3	5
Chicken	1	7
Steak	1	8
Shredded Cheese	0	2