



This analysis is provided to assist our customers in making sensible decisions in their diets. Leading health organizations recommend moderate consumption of a variety of foods with an average of less than 30% calories from fat, less than 10% from saturated fat, 300 milligrams of cholesterol and 2,400 milligrams of sodium per day. Based on a 2,000-calorie diet, 30% of calories from fat would be approximately 65 grams of fat. Adjustments are necessary for calorie levels above or below this reference amount.

	Serving Size	Weight (gms)	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Cholesterol (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
<b>Burritos</b>																
Baja Carnita	1 item	398	872	36	13		95	90	3	5	43	2209	28	16	59	18
Baja Chicken	1 item	398	804	31	11		94	90	3	5	37	2183	28	15	59	17
Baja Steak	1 item	406	873	33	12		105	90	4	5	48	2152	29	16	59	25
Calimex Carnita	1 item	411	892	38	13		95	91	5	5	44	2334	22	23	54	18
Calimex Chicken	1 item	458	832	33	12		94	93	5	6	37	2219	24	24	54	18
Calimex Steak	1 item	411	892	35	13		105	91	5	5	48	2250	21	22	54	26
Fajita	1 item	464	969	39	17		67	118	4	7	33	2913	29	54	74	22
Fajita Carnita	1 item	457	998	46	19		125	92	4	6	51	2643	29	56	74	19
Fajita Chicken	1 item	457	930	41	18		124	92	4	6	44	2617	30	55	74	19
Fajita Steak	1 item	457	997	43	18		135	92	4	6	55	2558	29	66	74	27
Rice and Bean	1 item	378	822	39	17		67	83	9	7	34	2430	25	21	74	14
<b>Nachos</b>																
Plain	1 svg.	454	1038	66	28		103	79	14	7	37	1772	40	133	84	24
Chicken	1 svg.	525	1136	71	29		160	80	14	7	50	1926	41	134	85	28
Steak	1 svg.	525	1204	73	30		171	79	14	7	61	1867	40	133	84	36
<b>Quesadilla</b>																
Chicken Fajita	1 item	301	749	39	19		120	56	1	2	40	1596	18	50	82	8
Grande	1 item	188	634	33	18		75	52	0	0	29	1262	13	0	82	3
Grande Carnita	1 item	259	801	43	20		132	52	0	0	49	1331	14	2	82	8
Grande Chicken	1 item	259	732	38	19		131	52	0	0	42	1416	14	1	82	8
Grande Steak	1 item	259	800	40	20		142	52	0	1	53	1357	13	0	82	16
Three Cheese & Pablano	1 item	231	713	39	22		97	55	0	2	33	1405	27	115	91	5
<b>Rice Bowls</b>																
Chicken	1 item	450	761	30	9		82	90	8	7	32	2265	21	65	31	29
Steak	1 item	450	829	33	10		92	90	8	7	43	2206	20	64	30	38
Vegetable	1 item	379	663	26	8		25	90	8	7	19	2112	20	64	30	25
<b>Salads</b>																
Baja Salad w/ Chicken	1 item	390	699	42	14		94	54	5	6	30	1042	26	66	42	24
Cabo Grilled Chicken Salad	1 item	487	824	49	21		119	63	11	9	37	1509	38	35	61	21
Chicken Caesar Salad	1 item	475	1358	105	23		143	76	6	4	41	2847	153	54	72	35
Taco Salad	1 item	251	577	38	13		37	46	5	2	16	569	20	15	41	19
Taco Salad w/ Chicken	1 item	322	675	42	14		94	47	5	3	29	723	22	16	41	23
Taco Salad w/ Steak	1 item	322	743	45	15		104	46	5	3	40	664	20	41	15	31



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<b>Tacos</b>																
Carnita	1 item	147	301	14	6		61	29	2	1	22	442	8	7	16	11
Chicken	1 item	90	175	6	2		30	19	1	0	10	287	4	3	10	8
Fish	1 item	88	194	9	2		16	20	1	1	8	391	7	9	6	8
Shrimp	1 item	85	157	7	2		5	22	2	2	3	387	10	6	7	5
Steak	1 item	90	202	7	3		34	19	1	1	15	264	4	3	10	11
Vegan	1 item	98	174	4	1		0	29	3	1	5	422	3	4	5	10
Vegetable Fajita	1 item	112	164	6	2		7	22	2	2	5	412	8	42	10	7
Vegetarian	1 item	105	203	7	2		7	29	3	1	7	466	4	4	10	10
<b>Sides</b>																
Beans - Pinto or Black	1 cup	175	214	5	1		0	33	11	4	11	1020	0	6	4	14
Beans - Refried	1 cup	212	307	14	2		0	36	11	5	11	1021	0	9	5	14
Mexican Rice	1 cup	156	276	5	1		0	52	1	1	5	898	2	0	2	15
<b>Miscellaneous</b>																
Chicken Fajita Quesadilla	1 item	301	749	39	19		120	56	1		40	1596	18	50	82	8
Crispitas	3 pieces	58	272	11	2		0	43	2	21	4	135	0	1	9	11
Fajita Rice & Beans w/ Chicken	1 item	461	665	25	8		83	78	8	8	31	2342	27	90	27	29
Fajita Rice & Beans w/ Steak	1 item	461	733	27	9		94	78	8	8	42	2283	26	89	27	37
Fish 'n Chips 'n Salsa	1 svg.	149	515	33	7		26	46	4	2	11	939	19	9	12	10
Ten Layer Tostada	1 item	440	925	53	15		71	86	14	8	30	1741	30	41	45	27
<b>Salsas/Dressings</b>																
Ancho Chile Salsa	1 T.	14	10	0	0		0	2	0	1	0	132	3	4	0	0
Avocado Mango Salsa	1 T.	9	4	0	0		0	1	0	1	0	9	1	4	0	0
Black Bean Salsa	1 T.	14	10	0	0		0	2	0	0	0	125	2	3	0	1
Chipotle Dressing	1 T.	31	143	15	3		15	3	0	0	2	493	2	0	6	0
Chipotle Salsa	1 T.	10	7	0	0		0	1	0	1	0	107	4	2	0	0
Corn Salsa	1 T.	13	8	0	0		0	2	0	0	0	45	1	2	0	0
Guacamole	1 T.	12	18	2	0		0	1	1	0	0	13	1	2	0	0
Habanero Salsa	1 T.	16	5	0	0		0	0	0	0	0	73	0	6	0	1
Onion Salsa	1 T.	10	4	0	0		0	1	0	0	0	25	2	2	0	0
Pablano Salsa	1 T.	21	7	0	0		0	1	0	1	0	80	3	7	0	0
Pico de Gallo	1 T.	8	2	0	0		0	0	0	0	0	28	1	2	0	0
Salsa Fresca	1 T.	10	2	0	0		0	0	0	0	0	17	2	2	0	0
Salsa Verde	1 T.	17	6	0	0		0	1	0	1	0	22	1	5	0	0
Sour Cream	1 T.	12	26	3	2		5	1	0	0	0	6	2	0	1	0
Spicy Salsa Fresca	1 T.	9	2	0	0		0	0	0	0	0	15	2	3	0	0

\*Trans fat space provided for future information  
Labeling regulations allow for rounding of amounts

**Salads:**

Cabo chicken salad analyzed with all condiments  
Taco and Chicken Caesar salads include fried tortilla bowl  
Chicken Caesar salad includes dressing and tortilla croutons  
Other salads do not include sour cream/salsa  
Ten layer tostada includes all condiments except the customer's choice of salsa

**Burritos, Tacos, Quesadillas**

Analysis does not include tortilla chips, condiments, garnishes



**Rice Bowls**

*Analysis does not include condiments or garnishes*

This analysis is based on standard recipes. Variability occurs periodically due to adjustments in serving sizes, product availability from food suppliers and recipe formulation. We have attempted to provide as complete a nutrition analysis as possible. The analysis is comprised of data from our suppliers, the US Department of Agriculture, NutritionistPro nutrient analysis software program from FirstDataBank in San Bruno, California, Nutritionist 5 program from FirstDataBank in San Bruno, California and NutriNet program from NutriNet in Atlanta, Georgia.

Additional Information:

Meats are based on a pre-cooked weight.