



# Tres Habaneros Nutritionals and Allergens

TACOS	Portion	kcal	pro	cho	fat	sfa	fatrn	chol	na	tdfb	sugr	V/VG	milk	eggs	fish	shellfish	wheat	peanut	treenuts	soybean	gluten	msg	mustard	sesame	sulphites
Traditional Ground Beef Crispy Taco	3 Tacos	512	25	32	32	15	1	81	639	6	5		M												
Pork Carnitas Crispy Taco	3 Tacos	472	30	29	27	13	0	100	1014	4	4		M												
Buffalo Chicken Crispy Taco	3 Tacos	440	29	29	23	11	0	89	898	4	4		M						B						U
Grilled Chicken Crispy Taco	3 Tacos	464	32	29	24	11	0	97	492	4	4		M												
Tex Mex Vegetable Crispy Taco	3 Tacos	414	15	34	25	11	0	39	698	6	7		M												
Citrus Tofu Crispy Taco	3 Tacos	416	21	31	24	11	0	39	418	5	5		M						B						
Traditional Ground Beef Soft Taco	3 Tacos	647	29	56	34	15	1	81	1173	5	6		M			H			B	G					
Pork Carnitas Soft Taco	3 Tacos	607	34	52	29	14	0	100	1548	4	5		M			H			B	G					
Buffalo Chicken Soft Taco	3 Tacos	575	34	52	25	11	0	89	1432	4	5		M			H			B	G					U
Grilled Chicken Soft Taco	3 Tacos	598	36	53	26	12	0	97	1026	4	4		M			H			B	G					
Tex Mex Vegetable Soft Taco	3 Tacos	549	19	58	27	11	0	39	1231	5	7	V	M			H			B	G					
Citrus Tofu Soft Taco	3 Tacos	551	26	54	26	12	0	39	951	5	5		M			H			B	G					
QUESADILLAS	Portion	kcal	pro	cho	fat	sfa	fatrn	chol	na	tdfb	sugr	V/VG	milk	eggs	fish	shellfish	wheat	peanut	treenuts	soybean	gluten	msg	mustard	sesame	sulphites
Traditional Ground Beef Quesadilla	1 Quesadilla	646	28	53	35	17	1	79	1209	3	3		M			H			B	G					
Pork Carnitas Quesadilla	1 Quesadilla	616	31	52	31	16	0	91	1410	3	2		M			H			B	G					
Buffalo Chicken Quesadilla	1 Quesadilla	594	31	52	28	14	0	84	1332	3	2		M			H			B	G					U
Grilled Chicken Quesadilla	1 Quesadilla	610	32	52	29	14	0	89	1062	3	2		M			H			B	G					
Tex Mex Vegetable Quesadilla	1 Quesadilla	577	21	56	30	14	0	51	1199	4	4	V	M			H			B	G					
Citrus Tofu Quesadilla	1 Quesadilla	578	26	53	29	14	0	51	1012	3	2		M			H			B	G					
Ground Beef Whole Grain Quesadilla	1 Quesadilla	617	29	52	34	14	0	79	991	6	5		M			H					G				
Buffalo Chicken Whole Grain Quesadilla	1 Quesadilla	566	32	50	27	12	0	84	1114	5	5		M			H			B	G					U
Grilled Chicken Whole Grain Quesadilla	1 Quesadilla	581	33	50	28	12	0	89	843	5	4		M			H					G				
Pork Carnitas Whole Grain Quesadilla	1 Quesadilla	587	32	50	29	13	0	91	1191	5	5		M			H					G				
Tex Mex Vegetable Whole Grain Quesadilla	1 Quesadilla	548	22	54	28	12	0	51	980	6	6	V	M			H					G				
Citrus Tofu Whole Grain Quesadilla	1 Quesadilla	550	26	52	28	12	0	51	793	6	5		M			H			B	G					
BURRITOS	Portion	kcal	pro	cho	fat	sfa	fatrn	chol	na	tdfb	sugr	V/VG	milk	eggs	fish	shellfish	wheat	peanut	treenuts	soybean	gluten	msg	mustard	sesame	sulphites
Tex Mex Vegetable Burrito	1 Burrito	755	23	107	26	9	0	26	1586	8	7	V	M			H				B	G				
Traditional Ground Beef Burrito	1 Burrito	814	29	105	30	12	1	54	1426	8	6		M			H				B	G				
Grilled Chicken Burrito	1 Burrito	782	34	103	25	9	0	64	1329	7	5		M			H				B	G				
Buffalo Chicken Burrito	1 Burrito	767	32	102	24	9	0	59	1600	7	5		M			H				B	G				U
Pork Carnitas Burrito	1 Burrito	788	33	103	26	11	0	66	1677	7	5		M			H				B	G				
Citrus Tofu Burrito	1 Burrito	750	27	104	24	9	0	26	1279	8	5		M			H				B	G				

Ground Beef Whole Grain Burrito	1 Burrito	784	30	103	28	10	1	54	1196	11	8		M				H				G				
Buffalo Chicken Whole Grain Burrito	1 Burrito	736	33	101	22	7	0	59	1369	10	8		M				H			B	G				U
Grilled Chicken Whole Grain Burrito	1 Burrito	752	35	101	23	7	0	64	1099	10	8		M				H				G				
Pork Carnitas Whole Grain Burrito	1 Burrito	758	34	101	25	9	0	66	1447	10	8		M				H				G				
Tex Mex Vegetable Whole Grain Burrito	1 Burrito	725	24	105	24	7	0	26	1355	11	10	V	M				H				G				
Citrus Tofu Whole Grain Burrito	1 Burrito	720	28	102	23	7	0	26	1049	10	8		M				H			B	G				
<b>RICE BOWLS</b>	<b>Portion</b>	<b>kcal</b>	<b>pro</b>	<b>cho</b>	<b>fat</b>	<b>sfa</b>	<b>fatrn</b>	<b>chol</b>	<b>na</b>	<b>tdfb</b>	<b>sugr</b>	<b>V/VG</b>	<b>milk</b>	<b>eggs</b>	<b>fish</b>	<b>shellfish</b>	<b>wheat</b>	<b>peanut</b>	<b>treenuts</b>	<b>soybean</b>	<b>gluten</b>	<b>msg</b>	<b>mustard</b>	<b>sesame</b>	<b>sulphites</b>
Pork Carnitas Rice Bowl	1 Rice Bowl	459	25	51	17	8	0	66	1072	5	4		M												
Grilled Chicken Rice Bowl	1 Rice Bowl	454	26	51	15	6	0	64	724	5	4		M												
Tex Mex Vegetable Rice Bowl	1 Rice Bowl	426	15	55	16	6	0	26	981	6	6	V	M												
Traditional Ground Beef Rice Bowl	1 Rice Bowl	486	21	53	20	9	1	54	821	6	5		M												
Buffalo Chicken Rice Bowl	1 Rice Bowl	438	25	51	14	6	0	59	995	5	4		M							B					U
Citrus Tofu Rice Bowl	1 Rice Bowl	422	19	52	15	6	0	26	674	6	4		M							B					
<b>TACO BOWLS</b>	<b>Portion</b>	<b>kcal</b>	<b>pro</b>	<b>cho</b>	<b>fat</b>	<b>sfa</b>	<b>fatrn</b>	<b>chol</b>	<b>na</b>	<b>tdfb</b>	<b>sugr</b>	<b>V/VG</b>	<b>milk</b>	<b>eggs</b>	<b>fish</b>	<b>shellfish</b>	<b>wheat</b>	<b>peanut</b>	<b>treenuts</b>	<b>soybean</b>	<b>gluten</b>	<b>msg</b>	<b>mustard</b>	<b>sesame</b>	<b>sulphites</b>
Traditional Ground Beef Taco Bowl	1 Taco Bowl	553	20	39	36	11	1	54	660	4	6		M				H			B	G				
Pork Carnitas Taco Bowl	1 Taco Bowl	523	23	38	32	10	0	66	860	3	6		M				H			B	G				
Grilled Chicken Taco Bowl	1 Taco Bowl	517	24	38	30	9	0	64	512	3	5		M				H			B	G				
Buffalo Chicken Taco Bowl	1 Taco Bowl	502	23	38	29	8	0	59	783	3	6		M				H			B	G				U
Tex Mex Vegetable Taco Bowl	1 Taco Bowl	484	13	41	31	8	0	26	649	4	7	V	M				H			B	G				
Citrus Tofu Taco Bowl	1 Taco Bowl	485	17	39	30	9	0	26	463	3	6		M				H			B	G				
<b>TACO SALAD</b>	<b>Portion</b>	<b>kcal</b>	<b>pro</b>	<b>cho</b>	<b>fat</b>	<b>sfa</b>	<b>fatrn</b>	<b>chol</b>	<b>na</b>	<b>tdfb</b>	<b>sugr</b>	<b>V/VG</b>	<b>milk</b>	<b>eggs</b>	<b>fish</b>	<b>shellfish</b>	<b>wheat</b>	<b>peanut</b>	<b>treenuts</b>	<b>soybean</b>	<b>gluten</b>	<b>msg</b>	<b>mustard</b>	<b>sesame</b>	<b>sulphites</b>
Traditional Ground Beef Taco Salad	1 Salad	300	17	16	20	9	0	54	558	5	5		M												
Buffalo Chicken Taco Salad	1 Salad	249	20	15	13	6	0	59	682	4	5		M							B					U
Grilled Chicken Taco Salad	1 Salad	265	21	15	14	6	0	64	411	4	5		M												
Pork Carnitas Taco Salad	1 Salad	269	20	16	15	7	0	66	749	5	5		M												
Tex Mex Vegetable Taco Salad	1 Salad	232	10	18	14	6	0	26	548	5	6	V	M												
Citrus Tofu Taco Salad	1 Salad	233	14	16	14	6	0	26	361	5	5		M							B					
<b>NACHOS</b>	<b>Portion</b>	<b>kcal</b>	<b>pro</b>	<b>cho</b>	<b>fat</b>	<b>sfa</b>	<b>fatrn</b>	<b>chol</b>	<b>na</b>	<b>tdfb</b>	<b>sugr</b>	<b>V/VG</b>	<b>milk</b>	<b>eggs</b>	<b>fish</b>	<b>shellfish</b>	<b>wheat</b>	<b>peanut</b>	<b>treenuts</b>	<b>soybean</b>	<b>gluten</b>	<b>msg</b>	<b>mustard</b>	<b>sesame</b>	<b>sulphites</b>
Traditional Ground Beef Nachos	1 Entree	468	13	55	22	7	1	31	882	7	7									B					
Pork Carnita Nachos	1 Entree	435	17	54	18	6	0	43	1032	6	7									B					
Grilled Chicken Nachos	1 Entree	433	18	54	17	4	0	41	734	6	6									B					
Buffalo Chicken Nachos	1 Entree	417	16	54	16	4	0	36	1005	6	7		M							B					U
Tex Mex Vegetable Nachos	1 Entree	400	6	57	17	4	0	2	871	7	8	V								B					
Citrus Tofu Nacho	1 Entree	401	11	55	17	4	0	2	685	7	7									B					
<b>PROTEINS</b>	<b>Portion</b>	<b>kcal</b>	<b>pro</b>	<b>cho</b>	<b>fat</b>	<b>sfa</b>	<b>fatrn</b>	<b>chol</b>	<b>na</b>	<b>tdfb</b>	<b>sugr</b>	<b>V/VG</b>	<b>milk</b>	<b>eggs</b>	<b>fish</b>	<b>shellfish</b>	<b>wheat</b>	<b>peanut</b>	<b>treenuts</b>	<b>soybean</b>	<b>gluten</b>	<b>msg</b>	<b>mustard</b>	<b>sesame</b>	<b>sulphites</b>
Beef Taco Meat	#30 Scoop	60	4	1	4	2	0	15	36	0	0														
Buffalo Chicken	#30 Scoop	60	10	0	2	0	0	34	328	0	0		M							B					U
Shredded Chicken	#30 Scoop	23	2	2	1	0	0	6	135	0	1		M				H			B	G				
Pork Carnitas	#30 Scoop	36	5	0	2	1	0	18	178	0	0														
Tex Mex Vegetable	#30 Scoop	42	1	4	3	0	0	0	194	1	2	VG													
Grilled Chicken	#30 Scoop	29	4	0	1	0	0	14	21	0	0														
Citrus Tofu	#30 Scoop	27	3	1	1	0	0	0	5	0	0	V								B					

SIDES	Portion	kcal	pro	cho	fat	sfa	fatrn	chol	na	tdfb	sugr	V/VG	milk	eggs	fish	shellfish	wheat	peanut	treenuts	soybean	gluten	msg	mustard	sesame	sulphites
Chips and Salsa	1 Each	360	6	54	14	1	0	0	996	6	3	V													
Chips and Guacamole	1 Portion	549	8	62	32	4	0	0	905	13	2	V													
Chips & Queso	1 Portion	490	7	63	23	6	0	5	1760	5	6	V								B					
Pulled Pork Empanada	1 Empanada	201	7	27	13	6	0	35	396	2	2			E			H					G			
Beef and Potato Empanada	1 Empanada	211	4	28	9	4	0	10	436	1	2		M	E			H					G			
Corn and Roasted Poblano Empanada	1 Empanada	251	7	30	11	4	0	15	446	1	3		M	E			H					G			
Cilantro Lime Vegetarian Rice	#6 Scoop	193	4	37	3	0	0	0	758	1	1	VG													
Cilantro Lime Brown Rice	4 oz Spoodle	142	3	30	0	0	0	0	688	1	0	VG													
Pinto Bean	#12 Scoop	65	3	11	1	0	0	0	102	3	0	V													
Baja Black Beans	#12 Scoop	73	4	12	1	0	0	0	234	3	1	V													
Reduced Sodium Refried Beans	#12 Scoop	123	8	22	1	0	0	0	122	8	0	VG													
Housemade Tortilla Chips	3 oz	254	4	42	8	1	0	0	93	5	1														
Pico de Gallo	#20 Scoop	9	0	2	0	0	0	0	26	1	1	VG													
Pico De Gallo	#20 Scoop	16	0	2	1	0	0	0	82	1	1	VG													
Salsa Verde Cruda	1 oz	9	0	2	0	0	0	0	46	1	1	VG													
Salsa Roja	1 oz	9	0	2	0	0	0	0	48	1	1	V													
Chipotle Sour Cream	#20 Scoop	112	2	4	10	6	0	32	290	0	3	V	M							B					
Mexican Crema	#20 Scoop	93	2	3	9	5	0	28	26	0	2		M												
Sour Cream	#30 Scoop	55	1	1	5	3	0	17	12	0	1	V	M												
Western Style Guacamole	2 oz	79	1	5	7	1	0	0	153	3	1	VG													
Shredded Lettuce	#30 Scoop	4	0	1	0	0	0	0	3	0	1	VG													
Fresh Tomatoes	#20 Scoop	10	0	2	0	0	0	0	3	1	1	VG													
Cheddar Jack Cheese	#16 Scoop	107	7	1	9	5	0	26	172	0	0	V	M												
Jalapeno Nacho Cheese Sauce	#16 Scoop	74	1	7	5	3	0	2	490	0	2									B					
Fresh Yellow Onions	#20 Scoop/Diced	12	0	3	0	0	0	0	1	0	1														
Sliced Jalapeno Peppers	#20 Scoop	6	0	1	0	0	0	0	386	1	0	VG													
Chipotle Lime Salad Dressing	2 Tbsp	155	0	2	17	3	0	12	184	0	1	V	M	E						B					
Fresh Cilantro Leaves	#20 Scoop/Chopped	3	0	0	0	0	0	0	6	0	0	VG													
Fresh Habanero Peppers	.25 oz	3	0	1	0	0	0	0	0	0	0														
Churros	1 Each	138	1	19	7	3	0	13	105	0	10	V	M	E			H			B	G				