

Menu Item	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron %DV
Mondo Burritos																
Carne Asada Steak Mondo Burrito	523 g	820	210	23	9	0	55	2280	118	9	4	36	20	15	40	80
Chicken Mondo Burrito	523 g	860	230	25	9	0	80	1920	118	9	5	40	20	20	40	80
Fish Mondo Burrito	538 g	900	380	42	11	0	75	2000	102	13	6	34	15	60	40	70
Ground Beef Mondo Burrito	523 g	900	280	32	13	0	65	2190	118	10	5	38	25	20	40	80
Pork Mondo Burrito	523 g	840	210	24	9	0	70	2180	117	9	4	39	20	20	40	80
Shred Beef Mondo Burrito	523 g	860	230	25	10	0	70	2050	118	9	5	40	20	20	40	80
Vegan Mondo Burrito	507 g	700	150	16	4	0	0	1610	120	12	6	20	15	25	25	80
Veggie Mondo Burrito	495 g	740	180	20	8	0	25	1660	118	10	5	25	20	20	40	70
Mondito Burritos																
Carne Asada Steak Mondito Burrito	272 g	440	120	13	5	0	25	1190	65	5	3	19	8	8	25	40
Chicken Mondito Burrito	272 g	460	120	14	5	0	40	1010	65	5	3	21	10	10	25	40
Fish Mondito Burrito	303 g	510	200	23	6	0	35	1130	61	8	3	19	8	30	25	40
Ground Beef Mondito Burrito	272 g	480	150	17	7	0	30	1140	65	5	3	20	15	10	25	45
Pork Mondito Burrito	272 g	450	120	13	5	0	35	1140	65	5	3	20	10	10	25	40
Shred Beef Mondito Burrito	272 g	460	120	14	5	0	35	1080	65	5	3	21	10	10	25	40
Vegan Mondito Burrito	264 g	380	80	9	2.5	0	0	850	66	6	3	11	8	15	15	40
Veggie Mondito Burrito	286 g	410	100	11	4	0	10	880	66	5	4	14	10	10	25	40
<i>Nutrition information for Burritos includes flour tortilla, rice, refried beans, meat/cheese, pico de gallo; Fish Burrito includes flour tortilla, refried beans, fish, cheese, cabbage, white sauce, pico de gallo; Veggie Burrito includes flour tortilla, rice, refried beans, cheese, lettuce, pico de gallo. Optional guacamole, sour cream, jalapenos and sauce not included.</i>																
<i>Vegan Burrito includes flour tortilla, guacamole, rice, refried beans, lettuce, pico de gallo; optional jalapenos and sauce not included.</i>																
Wet Burritos																
Wet Burrito Toppings	181 g	90	40	4	2	0	10	790	11	2	2	4	15	10	10	4
Wet Vegan Burrito Toppings	206 g	90	40	4.5	0.5	0	0	820	14	4	3	2	15	15	4	6
<i>Nutrition information for Wet Burrito toppings includes enchilada sauce, cheese, lettuce, pico de gallo; Vegan Wet Burrito toppings includes enchilada sauce, lettuce, pico de gallo and guacamole. Topping information is in addition to original burrito nutrition information.</i>																
Enchilada Platters																
2 Cheese Enchiladas	620 g	870	350	38	17	0	95	1960	104	12	4	34	35	20	70	30
2 Carne Asada Steak Enchiladas	659 g	780	250	28	10	0	75	2290	104	12	5	34	30	20	35	40
2 Chicken Enchiladas	659 g	820	270	30	11	0	105	1930	104	13	5	38	30	25	40	35
2 Ground Beef Enchiladas	659 g	860	320	36	15	0	85	2210	105	13	5	36	35	25	35	40
2 Pork Enchiladas	659 g	800	250	28	11	0	95	2200	103	12	5	37	30	25	35	35
2 Shred Beef Enchiladas	659 g	820	270	29	11	0	90	2070	104	13	5	38	35	20	35	40
<i>Nutrition information for Enchilada Platters includes 2 corn tortillas, meat/cheese, enchilada sauce, rice, refried beans, lettuce, pico de gallo, guacamole, sour cream. Optional jalapenos and sauce not included.</i>																

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Enchilada/Taco Platters																
Carne Asada Steak Platter -1 Taco & 1 Ench	672 g	820	270	30	11	0	75	2390	109	13	6	35	30	30	40	50
Chicken Platter - 1 Taco & 1 Enchilada	672 g	850	280	32	12	0	105	2030	108	13	6	39	35	30	45	50
Ground Beef Platter - 1 Taco & 1 Enchilada	672 g	900	340	38	16	0	85	2310	109	14	6	37	40	35	40	50
Pork Platter - 1 Taco & 1 Enchilada	672 g	830	270	30	12	0	95	2300	108	13	6	38	30	30	40	50
Shredded Beef Platter - 1 Taco & 1 Enchilada	672 g	850	280	31	12	0	90	2160	109	13	6	39	35	30	40	50
<i>Nutrition information for Enchilada/Taco Platters includes corn & flour tortillas, meat/cheese, enchilada sauce, rice, refried beans, lettuce, pico de gallo, guacamole, sour cream. Optional jalapenos and sauce not included.</i>																
Quesadilla Platters																
Carne Asada Steak Quesadilla Platter	738 g	1170	440	49	22	0	125	2960	135	14	7	52	40	35	80	90
Chicken Quesadilla Platter	738 g	1200	460	51	22	0	150	2610	135	14	7	56	45	35	80	90
Ground Beef Quesadilla Platter	738 g	1250	510	57	26	0	135	2880	136	14	8	54	50	40	80	90
Pork Quesadilla Platter	738 g	1180	450	50	22	0	140	2870	134	14	7	55	40	35	80	80
Shredded Beef Quesadilla Platter	738 g	1200	460	51	22	0	140	2740	135	14	8	56	45	35	80	90
<i>Nutrition Information for Quesadilla Platters includes flour tortilla, meat/cheese, pico de gallo, rice, refried beans, lettuce, guacamole, sour cream. Optional jalapenos and sauce not included.</i>																
Build Your Own Platters																
Carne Asada Steak BYO Platter	621 g	840	280	31	12	0	75	2260	109	13	6	36	30	25	45	60
Chicken BYO Platter	621 g	870	300	33	13	0	105	1900	109	13	6	40	30	30	45	60
Ground Beef BYO Platter	621 g	920	360	40	17	0	85	2180	110	13	6	38	35	30	45	60
Pork BYO Platter	621 g	850	290	32	13	0	95	2170	109	13	6	39	30	30	45	60
Shredded Beef BYO Platter	621 g	870	300	33	13	0	90	2030	110	13	6	40	30	25	45	60
<i>Nutrition Information for BYO Platters includes 2 flour tortillas, rice, refried beans, meat/cheese, lettuce, pico de gallo, guacamole, sour cream. Optional jalapenos and sauce not included.</i>																
Taco Salads																
Carne Asada Steak Taco Salad	436 g	610	260	29	8	0	55	1470	59	7	5	29	25	20	25	25
Chicken Taco Salad	436 g	640	280	31	9	0	80	1110	59	7	5	33	30	25	25	25
Fish Taco Salad	473 g	840	450	51	11	0	75	1320	74	9	6	27	20	80	30	25
Ground Beef Taco Salad	436 g	690	330	37	13	0	65	1390	60	8	6	31	35	25	25	30
Pork Taco Salad	436 g	620	270	30	9	0	70	1380	58	7	5	31	25	25	25	25
Shredded Beef Taco Salad	436 g	640	280	31	9	0	70	1240	59	7	5	33	30	20	25	30
<i>Nutrition information for Taco Salads includes shell, refried beans, lettuce/cabbage, meat/fish/cheese, pico de gallo. Fish Taco Salad also includes white sauce. Optional guacamole, sour cream, jalapenos, sauce not included.</i>																
Cabo Salads																
Carne Asada Steak Cabo Salad	384 g	380	160	18	6	0	55	1540	36	5	7	22	25	15	20	15
Chicken Cabo Salad	384 g	420	180	19	6	0	80	1180	36	5	8	26	30	20	20	15
Fish Cabo Salad	378 g	450	200	22	6	0	60	1260	47	6	7	20	25	15	20	10
Ground Beef Cabo Salad	384 g	470	230	26	10	0	65	1460	37	6	8	24	35	20	20	15
Pork Cabo Salad	384 g	400	160	18	6	0	70	1450	36	5	7	25	30	20	20	15
Shredded Beef Cabo Salad	384 g	420	170	19	7	0	70	1320	36	5	8	26	30	20	20	15
<i>Nutrition information for Cabo Salads includes lettuce, meat/fish/cheese, black bean & corn salsa, dressing, tortilla strips. Optional jalapenos not included.</i>																

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Tacos																
Carne Asada Steak Taco	144 g	190	80	8	3.5	0	25	660	20	2	2	11	10	8	15	20
Chicken Taco	144 g	210	80	9	4	0	40	480	20	2	2	14	10	10	15	20
Fish Taco	159 g	270	150	17	4	0	35	390	22	3	2	9	8	25	10	6
Ground Beef Taco	144 g	230	110	12	6	0	30	620	20	2	2	12	15	10	15	20
Pork Taco	144 g	200	80	9	4	0	35	610	19	2	2	13	10	8	15	20
Shredded Beef Taco	144 g	210	80	9	4	0	35	550	20	2	2	14	15	8	15	20
Veggie Taco -Refried Beans	136 g	180	60	7	3	0	10	460	25	4	2	8	10	8	15	20
Veggie Taco - Rice	147 g	220	70	7	3	0	10	440	32	2	2	7	10	8	15	20
Veggie Taco -Rice & Refried Beans	181 g	250	70	8	3	0	10	550	38	4	2	9	10	10	20	20
<i>Nutrition information for Tacos includes flour tortilla, meat/cheese/rice/refried beans, lettuce/cabbage, pico de gallo/white sauce; Optional jalapenos and sauce not included.</i>																
Quesadillas																
Carne Asada Steak Quesadilla	327 g	700	310	34	17	0	100	1950	63	4	4	38	25	15	70	70
Cheese Quesadilla	242 g	610	270	30	16	0	75	1320	61	4	4	27	25	15	60	60
Chicken Quesadilla	327 g	730	320	36	17	0	130	1590	62	5	4	42	25	15	70	60
Ground Beef Quesadilla	327 g	780	380	42	21	0	110	1860	63	5	4	40	35	20	70	70
Pork Quesadilla	327 g	720	310	35	17	0	120	1850	62	4	4	41	25	15	60	60
Shredded Beef Quesadilla	327 g	740	320	36	17	0	120	1720	63	4	4	42	30	15	60	70
<i>Nutrition information for quesadillas includes flour tortilla, meat/cheese, pico de gallo. Optional guacamole and sour cream not included.</i>																
Nachos																
6 Layer Cheese Nachos	408 g	1050	550	62	25	0	95	1670	96	11	3	33	30	20	70	15
Super Carne Asada Steak Nachos	493 g	1140	590	65	26	0	125	2300	98	11	4	44	30	20	70	25
Super Chicken Nachos	493 g	1170	610	67	26	0	150	1940	97	11	4	48	35	25	70	25
Super Ground Beef Nachos	493 g	1220	660	74	30	0	135	2220	98	11	4	46	40	25	70	25
Super Pork Nachos	493 g	1150	590	66	26	0	140	2200	97	11	4	47	30	25	70	20
Super Shredded Beef Nachos	493 g	1170	600	67	27	0	140	2070	98	11	4	48	35	25	70	25
<i>Nutrition information for Nachos includes chips, refried beans, meat/cheese, pico de gallo, guacamole, sour cream. Optional jalapenos and sauce not included.</i>																
Baja Bowls																
Baja Bowl Mondo Carne Asada	405 g	490	130	15	6	0	55	1530	62	6	2	26	20	15	25	25
Baja Bowl Mondo Chicken	405 g	520	150	17	6	0	80	1170	62	6	3	31	20	20	25	25
Baja Bowl Mondo Fish	421 g	570	300	34	8	0	75	1260	46	9	4	24	15	60	25	15
Baja Bowl Mondo Ground Beef	405 g	570	210	23	10	0	65	1450	62	6	3	28	25	20	25	25
Baja Bowl Mondo Pork	405 g	500	140	15	6	0	70	1440	61	6	2	29	20	20	25	20
Baja Bowl Mondo Shredded Beef	405 g	520	150	17	6	0	70	1310	62	6	3	31	20	20	25	25
Baja Bowl Mondo Vegan	390 g	360	70	8	1	0	0	870	64	8	4	11	15	25	10	20
Baja Bowl Mondo Veggie	377 g	410	100	11	4.5	0	25	910	62	6	3	16	20	20	25	15

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Baja Bowls																
Baja Bowl Mondito Carne Asada	203 g	240	70	7	3	0	25	770	31	3	1	13	8	8	15	10
Baja Bowl Mondito Chicken	203 g	260	80	8	3	0	40	590	31	3	1	15	10	10	15	10
Baja Bowl Mondito Fish	234 g	310	150	17	4	0	35	710	27	6	2	13	8	30	15	10
Baja Bowl Mondito Ground Beef	203 g	280	100	12	5	0	30	720	31	3	1	14	15	10	15	15
Baja Bowl Mondito Pork	203 g	250	70	8	3	0	35	720	31	3	1	15	10	10	15	10
Baja Bowl Mondito Shredded Beef	203 g	260	70	8	3	0	35	660	31	3	1	15	10	10	15	10
Baja Bowl Mondito Vegan	194 g	180	35	4	0	0	0	430	32	4	2	5	8	15	4	8
Baja Bowl Mondito Veggie	217 g	210	50	6	2	0	10	460	32	3	2	8	10	10	15	8
<i>Nutrition information for Baja Bowls includes rice, refried beans, meat/cheese, pico de gallo; Fish Baja Bowls include refried beans, fish, cheese, cabbage, white sauce, pico de gallo; Veggie Baja Bowls include rice, refried beans, cheese, lettuce, pico de gallo. Optional guacamole, sour cream, jalapenos and sauce not included.</i>																
<i>Vegan Baja Bowls include guacamole, rice, refried beans, lettuce, pico de gallo; optional jalapenos and sauce not included.</i>																
Add-ons, Combos, Sides & Sauces																
6" Flour Tortilla - 2 each	67 g	190	50	6	2	0	0	400	33	3	1	5	0	0	10	30
6" Corn Tortilla - 2 each	56 g	110	15	1.5	0	0	0	20	23	2	0	3	0	0	2	6
7" Taco Shell - 1 each	22 g	100	40	4.5	1	0	0	0	14	2	1	2	0	0	2	4
10" Flour Tortilla - 1 each	70 g	200	50	6	2	0	0	420	34	2	2	6	0	0	15	30
10" Taco Salad Shell - 1 each	59 g	310	150	17	3	0	0	220	34	1	1	5	0	0	2	10
12" Flour Tortilla - 1 each	118 g	340	80	9	3.5	0	0	750	56	4	2	10	0	0	15	60
12-13" Whole Wheat Tortilla - 1 each	116 g	310	80	9	4	0	0	750	51	6	1	10	0	0	20	30
12-13" Tomato Basil Tortilla - 1 each	116 g	330	80	9	3	0	0	810	55	3	6	10	4	2	20	60
12-13" Spinach Tortilla - 1 each	116 g	330	80	9	3	0	0	830	55	3	3	10	6	2	20	60
Beans, Black - 1.5 spoonful	149 g	140	10	1	0	0	0	410	25	5	2	7	0	0	6	10
Beans, Refried - 1.5 spoonful	149 g	140	10	1	0	0	0	490	25	6	0	8	0	4	6	10
Beans, Whole Pinto - 1.5 spoonful	149 g	130	0	0	0	0	0	310	23	7	0	8	0	2	6	10
Black Bean & Corn Salsa Side Order	57 g	60	5	0.5	0	0	0	230	12	3	1	3	2	4	0	4
cabbage - 1 tong full	57 g	15	0	0	0	0	0	10	3	1	1	1	2	30	2	2
Cheese - 1 scoop	23 g	90	70	7	4	0	25	150	1	0	0	6	4	0	15	0
Chips & Guacamole Side Order	255 g	740	390	44	10	0	0	1020	80	12	2	11	10	25	10	10
Chips & Queso Side Order	227 g	730	360	40	13	0	5	1510	73	4	0	14	0	0	15	8
Combo - add Chips & Guacamole	92 g	330	160	18	4.5	0	0	410	37	4	0	5	2	6	4	6
Combo - add Chips & Queso	114 g	360	180	20	7	0	5	750	36	2	0	7	0	0	8	4
Combo - add Rice & Black Beans	319 g	350	35	4	0	0	0	780	67	6	3	11	6	8	10	20
Combo - add Rice & Refried Beans	319 g	350	35	4	0	0	0	860	67	7	1	12	6	10	10	20
Combo - add Rice & Whole Pinto Beans	319 g	340	30	3	0	0	0	680	65	8	1	12	6	10	10	20
Enchilada Sauce - 1 ladle	57 g	20	0	0	0	0	0	320	4	1	1	1	4	2	2	2

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Add-ons, Combos, Sides & Sauces																
Extra Chicken Side Order - 1 scoop	85 g	120	50	6	1.5	0	55	270	1	0	0	15	4	2	2	6
Extra Fish Side Order - 2 pc	79 g	160	80	8	0.5	0	35	340	12	1	0	9	0	0	0	4
Extra Ground Beef Side Order - 1 scoop	85 g	170	110	12	6	0	40	540	2	1	1	13	10	6	2	8
Extra Meat Carne Asada Side Order - 1 scoop	85 g	90	35	4	1.5	0	30	620	2	0	0	11	0	0	2	8
Extra Pork Side Order - 1 scoop	85 g	100	40	4.5	1.5	0	45	530	1	0	0	14	2	2	0	6
Extra Shredded Beef Side Order - 1 scoop	85 g	120	50	6	2	0	45	400	2	0	1	15	8	0	0	8
Guacamole Side Order - 1 scoop	35 g	45	35	4	0.5	0	0	105	3	2	0	1	2	6	0	0
Jalapeno peppers - 1 tablespoon	10 g	0	0	0	0	0	0	170	0	0	0	0	2	2	2	0
Lettuce - 1 tong full	57 g	10	0	0	0	0	0	5	2	1	1	1	6	2	2	2
Pico de Gallo Side Order - 2 scoops	113 g	20	0	0	0	0	0	280	5	1	3	1	20	25	2	2
Queso Side Order - 1 ladle	57 g	80	50	6	2.5	0	5	450	2	0	0	3	0	0	4	0
Salsa, Habanero - 2 tablespoons	28 g	5	0	0	0	0	0	65	1	0	1	0	2	4	0	0
Salsa, Roasted Chipotle - 2 tablespoons	28 g	5	0	0	0	0	0	95	1	0	1	0	2	4	0	0
Salsa, Tomatillo - 2 tablespoons	28 g	5	0	0	0	0	0	125	1	0	0	0	2	2	0	0
Seasoned Rice - 1 scoop	142 g	210	25	3	0	0	0	300	40	1	0	4	2	2	4	10
Sour Cream Side Order - 1 scoop	35 g	70	60	7	4	0	25	55	2	0	1	1	4	0	4	0
White Sauce - 2 tablespoons	28 g	100	100	11	2	0	10	85	1	0	0	0	0	0	0	0
Desserts																
Brownie - Oreo	92 g	400	150	17	8	0	65	230	59	2	37	4	0	0	2	10
Cookie - Chocolate Chip	38 g	170	70	7	4	0	10	120	24	1	15	2	6	0	0	6
Cookie - Double Chocolate Chip	38 g	170	70	8	4.5	0	10	135	23	1	15	2	6	0	2	4
Cookie - Oatmeal Raisin	38 g	160	60	7	4	0	10	130	23	1	13	2	4	0	0	4
Cookie - White Chocolate Macadamia	38 g	170	80	9	4	0	10	120	22	0	14	2	6	0	0	4
Kid's Menu																
Bean & Cheese Burrito Kid's	241 g	430	120	14	6	0	25	1060	60	8	2	19	4	4	35	40
Chips 2 oz sv Kid's	57 g	280	130	14	4	0	0	300	34	2	0	4	0	0	4	4
Chips & Cheese Kid's	79 g	370	190	21	8	0	25	450	35	2	0	10	4	0	20	4
Quesadilla Kid's	92 g	290	110	13	6	0	25	570	35	2	2	11	4	0	30	30
Rice & Beans (no chips) Kid's	170 g	200	20	2	0	0	0	470	37	4	0	7	2	4	6	10
Taco Carne Asada Steak Kid's	75 g	190	90	10	3.5	0	25	390	15	2	1	10	4	0	10	6
Taco Chicken Kid's	75 g	200	100	11	4	0	40	210	15	2	1	12	4	2	10	6
Taco Ground Beef Kid's	75 g	230	130	14	6	0	30	340	15	2	1	11	8	2	10	8
Taco Pork Kid's	75 g	200	90	10	4	0	35	340	15	2	1	11	4	2	10	6
Taco Shredded Beef Kid's	75 g	210	100	11	4	0	35	280	15	2	1	12	6	0	10	6

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Breakfast																
Breakfast Burrito - without sausage	258 g	460	180	20	7	0	310	1170	51	6	3	21	15	10	25	40
Breakfast Burrito - with sausage	286 g	540	240	26	9	0	320	1450	52	6	3	25	30	10	30	45
Breakfast Potatoes Side Order	57 g	120	60	7	1.5	0	0	330	13	3	0	1	2	4	0	2
Breakfast Quesadita - without Sausage	180 g	350	140	16	6	0	310	840	36	2	2	18	15	6	25	35
Breakfast Quesadita - with Sausage	208 g	440	200	23	9	0	320	1120	37	3	2	22	30	8	25	40
Breakfast Taco - without Sausage	117 g	180	80	9	3.5	0	220	350	13	1	1	11	10	6	10	8
Breakfast Taco - with Sausage	145 g	260	140	16	6	0	230	630	14	2	1	15	30	8	15	10
Beverages																
12 fl oz Fountain Drink*																
Diet Sodas, Unsweetened Iced Tea	8 fl oz	0	0	0	0	0	0	25-35	0	0	0	0	0	0	0	0
Light Lemonade	8 fl oz	5	0	0	0	0	0	35	1	0	0	0	0	0	0	0
Powerade Mountain Berry Blast	8 fl oz	50	0	0	0	0	0	100	14	0	14	0	0	0	0	0
Raspberry Iced Tea	8 fl oz	50	0	0	0	0	0	30	12	0	14	0	0	0	0	0
Sweetened Iced Tea, Green or Black	8 fl oz	80	0	0	0	0	0	20-25	20-21	0	20-21	0	0	0	0	0
Regular Sodas, Lemonade, Fruit Punch	8 fl oz	100-120	0	0	0	0	0	20-50	26-32	0	26-30	0	0	0-100^	0	0
22 fl oz Fountain Drink*																
Diet Sodas, Unsweetened Iced Tea	16 fl oz	0	0	0	0	0	0	50-70	0	0	0	0	0	0	0	0
Light Lemonade	16 fl oz	10	0	0	0	0	0	70	2	0	1	0	0	0	0	0
Powerade Mountain Berry Blast	16 fl oz	110	0	0	0	0	0	200	28	0	28	0	0	0	0	0
Raspberry Iced Tea	16 fl oz	100	0	0	0	0	0	60	24	0	24	0	0	0	0	0
Sweetened Iced Tea, Green or Black	16 fl oz	160	0	0	0	0	0	40-50	40-42	0	40-42	0	0	0	0	0
Regular Sodas, Minute Maid Lemonade	16 fl oz	200-240	0	0	0	0	0	40-100	52-64	0	52-60	0	0	0-200^	0	0
32 fl oz Fountain Drink*																
Diet Sodas, Unsweetened Iced Tea	24 fl oz	0	0	0	0	0	0	75-110	0	0	0	0	0	0	0	0
Light Lemonade	24 fl oz	15	0	0	0	0	0	100	3	0	2	0	0	0	0	0
Powerade Mountain Berry Blast	24 fl oz	160	0	0	0	0	0	300	42	0	42	0	0	0	0	0
Raspberry Iced Tea	24 fl oz	150	0	0	0	0	0	90	36	0	36	0	0	0	0	0
Sweetened Iced Tea, Green or Black	24 fl oz	240-250	0	0	0	0	0	60-80	60-63	0	60-63	0	0	0	0	0
Regular Sodas, Minute Maid Lemonade	24 fl oz	300-360	0	0	0	0	0	60-150	78-96	0	78-90	0	0	0-300^	0	0

Menu Item	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron %DV
44 fl oz Fountain Drink*																
Diet Sodas, Unsweetened Iced Tea	33 fl oz	0	0	0	0	0	0	100-150	0	0	0	0	0	0	0	0
Light Lemonade	33 fl oz	20	0	0	0	0	0	140	5	0	3	0	0	0	0	0
Powerade Mountain Berry Blast	33 fl oz	230	0	0	0	0	0	400	58	0	58	0	0	0	0	0
Raspberry Iced Tea	33 fl oz	200	0	0	0	0	0	120	50	0	50	0	0	0	0	0
Sweetened Iced Tea, Green or Black	33 fl oz	320-340	0	0	0	0	0	80-110	82-85	0	82-85	0	0	0	0	0
Regular Sodas, Minute Maid Lemonade	33 fl oz	420-490	0	0	0	0	0	80-210	110-132	0	110-125	0	0	0-400^	0	0

**Fountain Drinks - cup size in category heading is maximum fill capacity; nutrition information provided on amount of beverage listed in serving size column to allow for approximately 25% cup filled with ice.*

^ Vitamin C in Hi-C beverages is 100% DV per 8 fl oz serving, all other beverages 0% DV Vitamin C.

*Chart abbreviations: Sat fat = saturated fat, Cholest = cholesterol, Carb = carbohydrate, Vit = vitamin, g = grams, mg = milligrams, %DV = Percent Daily Value based on a 2,000 calorie diet.
Recommended daily values for a 2,000 calorie a day diet are 65 g total fat, 20 g saturated fat, 300 mg cholesterol, 2,400 mg sodium and 25 g dietary fiber.
A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.
Nutrition information for Taco Del Mar menu items was determined by Registered Dietitians at NewWellness, Inc. using manufacturer information and ESHA Research database analysis.
Information is based on standard recipes; variations may occur due to use of an alternate supplier or differences in product portioning.
Customer requests for variations from standard recipes will result in changes to nutritional values.*