

# NUTRITION & ALLERGEN INFORMATION



Per 100g

Name	Allergen	Menu Item	Energy (kcal)	Protein (g)	Carbohydrates (g)	Total Sugars (g)	Added Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Bell Potato Bites		Bell Potato Bites (MI)	162.7	3.2	18.5	1.7	0.0	8.6	2.9	0.0	0.0	84.3
Burrito (7 Layer Chicken)		BR 7 Lay Chk (MI)	178.2	6.9	21.2	2.9	0.0	7.4	2.0	0.0	0.0	487.1
Burrito (7 Layer Veg)		BR 7 Lay Veg (MI)	180.7	4.3	24.2	3.0	0.0	7.6	2.2	0.0	0.0	367.6
Burrito (Pinto Bean Spicy Ranch)		BR Bean SR (MI)	165.5	3.9	22.9	2.4	0.0	6.4	1.8	0.0	0.0	494.7
Burrito (Crispy Chicken Spicy Ranch)		BR CrspChk SR (MI)	195.9	8.1	22.6	2.4	0.0	8.3	3.1	0.0	0.0	547.3
Burrito (Fajita Veg Spicy Ranch)		BR FajVeg SR (MI)	180.1	4.3	25.7	3.1	0.0	7.0	2.1	0.0	0.0	388.1
Burrito (Grilled Cheese Non Veg)		BR Grl Cheese Non Veg (MI)	246.5	10.3	26.5	2.1	0.0	11.1	2.2	0.0	7.0	425.3
Burrito (Grilled Cheese Veg)		BR Grl Cheese Veg (MI)	252.3	9.9	26.2	2.5	0.1	11.9	3.5	0.1	0.0	436.7
Burrito (Grilled Chicken Spicy Ranch)		BR GrlChk SR (MI)	174.9	7.4	21.5	2.8	0.0	6.8	2.0	0.0	0.0	488.1
Burrito (Mexican Chicken Spicy Ranch)		BR MexChk SR* (MI)	182.0	6.6	21.3	2.2	0.0	8.0	2.4	0.1	8.9	543.2
Burrito (Paneer Spicy Ranch)		BR Paneer SR* (MI)	203.1	6.8	22.2	2.7	0.1	9.7	4.2	0.2	0.0	608.0
Burrito Potato Veg		BR Potato Veg (MI)	246.7	8.5	31.4	2.4	0.0	9.7	2.5	0.0	0.0	247.1
Burrito (Sriracha Chicken)		BR Sriracha Chk (MI)	217.7	7.3	28.4	2.9	0.0	8.5	2.5	0.0	7.2	603.9
Burrito (Sriracha Veg)		BR Sriracha Veg (MI)	210.7	5.2	31.2	3.8	0.0	7.5	2.3	0.0	0.0	454.7
Burrito (Tikka Masala Grilled Chicken)		BR TM GrlChk (MI)	199.7	7.5	27.4	3.2	0.0	6.6	1.9	0.0	0.0	527.4
Burrito (Tikka Masala Paneer)		BR TM Paneer (MI)	212.1	6.7	27.0	3.2	0.1	8.4	3.4	0.1	0.0	576.5
Cheesy Double Decker Taco (Fajita Veg)		CDDT FajVeg (MI)	159.5	4.2	19.9	2.9	0.0	7.2	1.8	0.0	0.0	306.9
Cheesy Double Decker Taco (Grilled Chicken)		CDDT GrlChk (MI)	164.0	6.6	18.4	2.6	0.0	7.3	1.7	0.0	0.0	408.3
Chalupa (Pinto Bean CJ)		CH Bean CJ (MI)	186.5	6.0	23.3	3.2	0.0	7.6	1.4	0.0	0.0	363.4
Chalupa (Crispy Chicken CJ)		CH CrspChk CJ (MI)	224.6	10.1	25.0	3.0	0.0	9.5	2.6	0.0	0.0	457.1
Chalupa (Fajita Veg CJ)		CH FajVeg CJ (MI)	179.8	5.6	23.2	3.8	0.0	7.5	1.8	0.0	0.0	216.8
Chalupa (Grilled Chicken CJ)		CH GrlChk CJ* (MI)	202.9	9.5	23.1	3.3	0.0	8.2	1.6	0.0	0.0	408.0
Chalupa (Mexican Paneer CJ)		CH Panr CJ* (MI)	218.8	8.4	22.7	3.4	0.1	10.4	3.5	0.2	0.0	474.8
Cheese and Bean Nachos		Cheese and Bean Nachos (MI)	160.0	2.2	24.6	3.1	0.0	5.9	1.3	0.0	0.0	379.5
Cheese and chicken Nachos		Cheese and Chicken nachos (MI)	188.3	5.5	24.1	2.7	0.0	8.0	2.0	0.1	10.1	491.7
Cheese Loaded Nachos-Bean		Cheese Loaded Nachos-Bean (MI)	177.6	2.5	24.4	3.1	0.0	7.9	1.6	0.0	0.0	436.6
Cheese Loaded Nachos Chicken		Cheese Loaded Nachos Chk. (MI)	204.7	5.7	24.0	2.7	0.0	9.8	2.3	0.1	10.0	544.7
Cheesy Nachos		Cheesy Nachos (MI)	205.0	2.7	33.1	4.0	0.0	7.3	1.5	0.1	0.0	342.6
Chocodilla		Chocodilla (MI)	413.1	7.1	56.1	26.2	0.0	17.8	16.0	0.0	0.0	204.9
Chocolate Shake		Chocolate Shake (MI)	120.5	2.5	14.0	10.1	0.0	6.1	3.5	0.0	0.0	0.0
Churros & Chocolate		Churros n Chocolate (MI)	315.6	4.7	46.1	17.3	0.0	12.5	6.6	0.0	0.0	0.0
Cinnamon Twist		Cinnamon Twist (MI)	481.1	3.2	75.3	6.1	0.0	18.5	9.1	0.0	0.0	162.7
Cookie Crumble Shake		Cookie Crumble Shake (MI)	149.0	2.7	18.4	13.6	0.0	7.1	4.0	0.0	0.0	0.0
Crispy Chicken		Crsp Chk (MI)	217.5	13.5	15.0	1.6	0.0	11.5	4.8	0.0	0.0	628.5
Crunchy Taco (Pinto Beans)		CT Bean SR* (MI)	120.7	3.7	15.0	1.8	0.0	5.1	1.0	0.0	0.0	161.8
Crunchy Taco (Fajita Veg)		CT FajVeg SR (MI)	134.6	4.0	17.7	2.6	0.0	5.7	1.3	0.0	0.0	2.9
Crunchy Taco (Grilled Chicken)		CT GrlChk SR (MI)	146.4	8.5	15.2	2.1	0.0	6.0	1.2	0.0	0.0	232.9
Crunchy Taco (Mexican Chicken)		CT MexChk SR* (MI)	155.5	7.5	14.9	1.4	0.0	7.6	1.8	0.1	11.7	303.1

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Crunchy Taco (Mexican Paneer)		CT Paneer SR (MI)	169.5	7.0	15.0	2.2	0.1	9.1	3.8	0.2	0.0	327.8
Fiesta Taco Chicken		Fiesta Taco Chk. (MI)	200.1	8.5	20.9	2.9	0.0	9.4	3.2	0.0	0.0	500.4
Fiesta Taco Potato		Fiesta Taco Pot. (MI)	183.3	4.5	23.6	2.8	0.0	8.1	2.4	0.0	0.0	241.6
Gordita Chicken		Gordita Chicken (MI)	245.6	10.2	25.6	3.6	0.0	11.6	3.0	0.0	0.0	507.2
HM Lemon Ice Tea		HM Lemon Ice Tea (MI)	168.1	0.8	42.8	38.9	0.0	0.2	0.0	0.0	0.0	1.1
Loaded Fries Small		Loaded Fries Sml. (MI)	276.5	8.3	37.8	4.7	0.0	10.4	2.0	0.1	0.0	711.2
Mango Shake		Mango Shake (MI)	89.0	1.9	15.0	11.2	0.0	2.6	1.7	0.0	0.0	0.0
Mexican Fries		Mex. Fries (MI)	315.6	11.4	52.8	5.1	0.0	6.6	1.3	0.1	0.0	822.7
Mexican Fries Loaded		Mex. Fries Loaded (MI)	286.3	8.8	40.9	4.9	0.0	9.9	1.9	0.1	0.0	783.7
Mexican Wrap Potato		Mexi Wrap Potato (MI)	199.8	4.9	25.3	2.4	0.0	8.9	2.7	0.0	0.0	267.0
Mexican Corn Salad		Mexi Corn Salad (MI)	119.6	2.3	16.4	3.8	0.0	6.1	1.1	0.0	0.0	194.7
Mexican Wrap Chicken		Mexi Wrap Chk (MI)	218.1	9.3	22.4	2.6	0.0	10.3	3.5	0.0	0.0	553.5
Mini Quesadilla Cheese		Mini Ques Cheese (MI)	296.2	10.2	29.2	3.2	0.0	15.6	2.8	0.0	0.0	469.5
Mini Quesadilla Chicken		Mini Ques Chk. (MI)	231.9	11.7	20.4	2.8	0.0	11.6	2.4	0.0	0.0	523.6
Nachos & Salsa		Nachos & Salsa (MI)	217.9	3.4	48.3	4.2	0.0	0.9	0.2	0.1	0.1	415.9
Naked Chicken Nachos		Naked Chicken Nachos (MI)	220.4	7.5	19.0	1.9	0.0	13.0	4.9	0.0	0.0	629.0
Naked Burrito Bowl Non Veg		NBB Chk (MI)	139.3	3.9	15.2	1.4	0.0	7.0	1.6	0.0	0.0	473.3
Naked Burrito Bowl Veg		NBB Veg (MI)	134.7	2.0	16.1	1.5	0.0	6.9	1.7	0.0	0.0	403.6
Quesadilla (Fajita Veg CJ)		Ques FajVeg CJ* (MI)	228.9	10.8	21.9	2.7	0.0	11.2	1.8	0.0	0.0	168.3
Quesadilla (Grilled Cheese Non Veg )		Ques Grl Cheese Non Veg (MI)	253.6	13.8	20.7	2.0	0.0	12.9	1.7	0.0	0.0	410.8
Quesadilla (Grilled Cheese Veg )		Ques Grl Cheese Veg (MI)	231.5	10.3	21.0	2.5	0.0	12.0	1.8	0.0	0.0	254.3
Quesadilla (Grilled Chicken CJ )		Ques GrlChk CJ* (MI)	262.1	15.0	21.6	2.1	0.0	12.9	1.7	0.0	0.0	339.0
Soft Taco (Fajita Veg)		ST FajVeg LVS (MI)	176.3	5.3	21.1	3.7	0.0	8.2	2.0	0.0	0.0	201.6
Soft Taco (Grilled Chicken)		ST GrlChk LVS* (MI)	181.7	9.0	18.5	3.1	0.0	8.2	1.9	0.0	0.0	378.2
Soft Taco (Mexican Paneer)		ST Paneer LVS* (MI)	200.6	7.7	18.2	3.2	0.1	10.8	4.1	0.2	0.0	456.0
Wrap Chicken Star		Wrap ChkStar (MI)	223.5	7.1	25.8	2.9	0.0	10.4	3.6	0.0	0.0	476.6
Chalupa (Mexican Chicken CJ)		CH MexChk CJ (MI)	210.2	8.7	22.9	2.8	0.0	9.4	2.0	0.1	8.8	461.9
Cheesy Fries		Cheesy Fries (MI)	298.4	9.5	44.8	5.1	0.0	9.2	1.8	0.1	0.0	872.7
Gordita Veg		Gordita Veg (MI)	231.1	8.8	23.5	3.8	0.1	11.3	3.9	0.2	0.0	511.9
Naked Chicken Taco		NCT (MI)	157.0	7.8	7.1	1.8	0.0	10.9	3.8	0.0	0.0	191.4
Soft Taco (Mexican Chicken)		ST MexChk LVS (MI)	189.9	8.1	18.3	2.5	0.0	9.6	2.3	0.1	10.2	440.2
Wrap Veg Star		Wrap VegStar (MI)	210.6	7.3	19.7	3.4	0.1	11.4	4.8	0.2	0.0	603.7
Ultimate Cheese Taco Non-Veg (MI)		UCT-Non Veg	190.3	12.3	22.4	6.7	0.0	5.8	3.0	0.0	0.0	147.3
Ultimate Cheese Taco Veg (MI)		UCT-Veg	187.3	10.0	24.7	7.4	0.0	5.6	3.2	0.0	0.0	0.8
Churros & Chocolate		Churros n Chocolate (MI)	315.6	4.7	46.1	17.3	0.0	12.5	6.6	0.0	0.0	0.0

Cereals containing gluten; i.e., wheat, rye, barley, oats, spelt or their hybridized strains and products of these.

Milk and milk products.

Soybeans and their products.

\*These are approximate value. Calculated per 100gm

\*An average active adult requires 2000 kcal energy per day, however calorie need may vary.