



Counting carbs? Watching the waist line? Just curious? Don't worry, we have you covered. Just below this useless text box is a breakdown of the Pancheros menu, and a full list of nutritional information just for you. Piece together your burrito build, salad sculpture or quesadilla...assembly and add up all of the necessary components to see the total nutritional details of your meal.

	Serving Size OZ	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Large Tortilla*	1 each	350	80	9	2	1.5	0	620	54	2	0	9	0	0	0	0
Small Tortilla*	1 each	80	15	2	0	0	0	140	12	1	0	2	0	0	0	0
Cilantro Lime Rice*	5.1	210	30	3	0	0	0	800	39	0	0	4	0	0	0	0
Black Beans	3.4	60	0	0	0	0	0	470	22	13	1	8	0	4	0	0
Pinto Beans	3.4	60	0	0	0	0	0	470	20	13	1	7	0	4	0	0
Steak*	1.4	50	10	1.5	0.5	0	25	330	1	0	0	10	0	0	0	4
Steak*	2.8	110	25	2.5	1	0	55	660	1	0	0	20	4	0	0	6
Chicken*	1.4	40	15	1.5	0	0	15	200	4	0	1	5	0	0	0	0
Chicken*	2.8	80	25	3	0.5	0	30	390	8	0	2	10	0	0	0	2
Carnitas	2	90	35	4	1.5	0	40	240	1	0	1	12	0	0	0	4
Carnitas	4	170	70	8	2.5	0	80	480	3	0	1	24	0	0	0	8
Veggies*	1.7	15	0	0	0	0	0	0	3	1	2	0	8	60	0	0
Veggies*	3.4	30	0	0	0	0	0	5	7	2	4	1	20	110	0	2
Shredded Cheese	0.6	70	50	5	3.5	0	20	110	1	0	0	4	0	0	0	0
Shredded Cheese	2.3	260	190	21	14	0	70	420	2	0	0	16	0	0	0	0
Roasted Corn Salsa*	1.62	70	25	2.5	0	0	0	115	11	1	3	2	0	8	0	0
Roasted Corn Salsa*	4.22	180	60	7	1	0	0	300	27	4	9	5	4	20	0	0
Pico de Gallo	1.5	10	0	0	0	0	0	65	2	0	1	0	0	4	0	0
Pico de Gallo	4.6	30	0	0	0	0	0	200	7	1	4	1	0	10	0	0
Mild Ancho Salsa	2.16	15	0	0	0	0	0	250	3	1	2	1	0	2	0	0
Mild Ancho Salsa	5.5	45	0	0	0	0	0	640	9	3	5	2	0	8	0	0
Medium Salsa Verde	1.62	10	0	0	0	0	0	480	2	1	1	0	0	15	0	0
Medium Salsa Verde	5.08	30	5	0.5	0	0	0	1500	6	2	4	1	6	50	0	2
Hot Tomatillo Salsa	1.74	15	0	0	0	0	0	200	3	1	2	0	2	25	0	0
Hot Tomatillo Salsa	5.18	25	0	0	0	0	0	330	4	1	3	1	4	45	0	0
Lettuce	0.75	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lettuce	4.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Guacamole	2.1	70	60	7	0	0	0	260	5	3	1	1	0	0	0	0
Guacamole	5.5	190	160	18	0	0	0	680	13	7	1	4	0	4	0	0
Queso*	1.9	190	108	12	8	0	40	570	2	0	2	8	0	0	0	0
Queso*	5	390	280	31	21	0	105	1480	6	0	5	22	0	0	0	0
Sour Cream	1.4	80	60	7	5	0	25	20	1	0	1	1	0	0	0	0
Chips	3.2	450	200	22	3	0	0	350	61	3	0	6	0	0	0	0
Jalapenos	1.1	10	0	0	0	0	0	0	2	1	1	0	6	60	0	0
Cilantro Lime Vinaigrette*	1.35	110	100	11	1.5	0	0	135	12	0	3	0	0	4	0	0
Tofusada®*	1.3	40	15	2	0	0	0	200	2	0	0	4	0	0	0	0
Tofusada®*	2.6	80	35	4	1	0	0	390	4	0	0	8	2	4	0	0
Kidsadilla	4.3	410	225	25	15	0.5	70	700	27	1	0	21	0	0	0.6	10

*Canola oil and/or canola oil spray may come in contact with these ingredients.