

# 1 Pick It

**Gluten-Free Item**  
 \*Our chips & corn taco shells, while gluten-free, are prepared with shared equipment. Our soft flour shells are not gluten free.



## BURRITO SALAD QUESADILLA

**BURRITO**  
 Flour 300 cal  
 Wheat 250 cal  
 Spinach 260 cal  
 Chipotle 260 cal

**SALAD**  
 Bowl 0 cal  
 Shell 280 cal  
 Iceberg 10 cal  
 Romaine 15 cal  
 Spinach 25 cal

**QUESADILLA**  
 10" Tortilla with a side of sour cream & pico de gallo  
 Flour 200 cal  
 Wheat 170 cal

**MINI BURRITO** (Save \$1.00)  
 Flour 200 cal  
 Wheat 170 cal

**12" for \$1.00 more**  
 250-300 cal  
**Cheese Only \$4.99**  
 300-400 cal



**BURRITO BOWL**  
 No Tortilla 0 cal

**2 TACOS**  
 Hard Corn 120 cal  
 Soft Flour 170 cal  
 Soft Corn 140 cal  
 Single Taco \$3.69 (Steak add 70¢)

**NACHOS**  
 Chips 340 cal

# 2 Stuff It

**SPICY OPTIONS AVAILABLE**

**CHICKEN** 70-130 cal..... \$6.79  
 Marinated and char-grilled with a citrus marinade

**SPICY CHICKEN** 70-140 cal..... \$6.79  
 Sautéed and char-grilled in a chipotle hot sauce

**STEAK** 90-180 cal..... \$7.99  
 100% Sirloin marinated in a cilantro garlic marinade

**TOFU** 60-110 cal..... \$6.59  
 Sautéed in a chipotle southwest sauce

**GROUND TURKEY** 60-130 cal..... \$6.59  
 Cooked with a blend of southwest seasonings

**VEGETARIAN** 0-310 cal..... \$5.99  
 Your choice of freshly chopped veggies

**ADD EXTRA PROTEIN.... \$1.99** (Except Steak) 60-250 cal  
**ADD EXTRA STEAK.... \$2.89** 90-180 cal

# 3 Top It

**RICE** 60-120 cal  
**CHEESE** 70-400 cal  
**CORN SALSA** 80 cal  
**SPINACH** 10 cal  
**PICO DE GALLO** 0-10 cal  
**GREEN PEPPERS** 10 cal  
**PINTO BEANS** 30-50 cal  
**CUCUMBERS** 0 cal  
**ROMAINE LETTUCE** 0 cal

**BLACK BEANS** 30-60 cal  
**FRESH JALAPEÑOS** 10 cal  
**ICEBERG LETTUCE** 0-10 cal  
**TOMATOES** 35 cal  
**OLIVES** 50 cal  
**ONIONS** 15 cal  
**PICKLED JALAPEÑOS** 10 cal  
**CILANTRO** 7 cal  
**MUSHROOMS** 10 cal

**Homemade Dressings**  
**BUTTERMILK RANCH** 190 cal  
**CHIPOTLE RANCH** 190 cal  
**SOUTHWEST VINAIGRETTE** 230 cal  
**FAT FREE BALSAMIC VINAIGRETTE** 10 cal



**GUACAMOLE** 30-60 cal **\$1.09**  
**SOUR CREAM** 25-100 cal **69¢**  
**Heavy-D It** Get both for only **\$1.59** 55-160 cal

**FRESHLY SLICED AVOCADO** 120 cal **\$1.49**

**Lil' Barbs**  
 Served with a cookie (160-170 cal) & Lil' Barbs drink (0-160 cal)

**KID'S BURRITO** 300-390 cal..... \$5.59  
 Protein, cheese and lettuce (Steak add \$1.20 90 cal)

**KID'S TACO** 190-275 cal..... \$4.79  
 Protein, cheese and lettuce (Steak add 70¢ 90 cal)

**KIDSADILLA** 550-700 cal..... \$4.99  
 Protein and cheese (Steak add \$1.20 180 cal)

**FOR KIDS 12 AND UNDER**

## Drinks

**Coca-Cola BEVERAGES**

**Freshly Brewed SWEET TEA**  
 (20 oz) 0-270 cal  
 (32 oz) 0-430 cal

**Freshly Brewed UNSWEET TEA**  
 (20 oz) 0 cal  
 (32 oz) 0 cal

**REGULAR (20 oz) \$1.99** **LARGE (32 oz) \$2.49**

2,000 calories a day is used for general nutritional advice, but calorie needs vary. Additional nutrition information available upon request.

**FREE** with every entrée order  
**CHIPS 170-340 cal & HOMEMADE SALSA BAR**

**HEAVY-D SALSA** 15 cal  
**TOMATILLO SALSA** 15 cal  
**FIRE ROASTED PEPPERS SALSA** 15 cal  
**SMOKED CHIPOTLE PEPPERS** 10 cal

## Specialty Burritos

the **Vegan** burrito 585-645 cal..... \$6.99  
 Comes with rice, beans (pinto or black), tofu, pico de gallo, lettuce and guacamole on a tortilla of your choice

**California BURRITO** 780-790 cal..... \$6.89  
 Comes with rice, beans (pinto or black), pico de gallo, lettuce, avocado and Southwest Vinaigrette dressing on a whole wheat tortilla

**FAJITA BURRITO** 1007-1147 cal..... \$7.89  
 Comes with rice, beans (pinto or black), protein, cheese, pico de gallo, lettuce, sour cream, sautéed green peppers and onions on a flour tortilla

**JERK FISH TACO FRIDAYS!** 440-490 cal... \$7.49

**Two tacos. Available Fridays only.**  
 Comes with grilled jerk fish, cheese, guacamole, cilantro and lime on a taco shell of your choice.

Single Taco **\$4.09** 220-245 cal  
 Add Jerk Fish to any entrée for a base price of **\$7.49** 60-115 cal

## Extras

**CHEESE DIP** Hand-Smashed **GUACAMOLE**

Small 200 cal **\$1.09** Small 60 cal **\$1.09**  
 Medium 390 cal **\$2.09** Medium 120 cal **\$2.09**  
 Large 780 cal **\$4.09** Large 240 cal **\$4.09**

**GUACAMOLE AND CHEESE**  
 Large 510 cal **\$4.59**