

NUTRITIONAL



INFORMATION

BURRITOS

Burrito	Calories	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Protein (g)	Cholesterol	Sodium (mg)	Fiber (g)
Classic Black Bean	760	26	12	101	34	51	1631	12
without cheese	558	10	3	99	22	0	1307	12
naked	523	20	10	65	26	51	1071	10
Classic Pinto Bean	758	25	12	102	34	51	1516	11
without cheese	556	9	3	100	22	0	1192	11
naked	521	19	10	66	25	51	956	9
Spinach Black Bean	773	26	12	103	35	51	1675	13
without cheese	571	10	3	101	23	0	1351	13
naked	536	20	10	67	26	51	1116	11
Chicken Black Bean	850	28	13	102	49	91	1919	12
without cheese	648	12	4	100	37	40	1595	12
naked	613	22	11	66	40	91	1359	10
Basil Pestato	960	39	15	116	38	51	2187	14
without cheese	758	23	6	114	26	0	1863	14
naked	717	33	13	80	29	51	1628	12
Cilantro Pestato	976	41	15	117	38	51	2167	14
without cheese	774	25	6	115	26	0	1843	14
naked	739	35	12	81	29	51	1608	12
Thai Me Up	755	18	5	130	22	0	1128	7
naked	518	12	3	94	13	0	568	5
Southwest Green Chile	823	26	12	116	35	51	1845	13
without cheese	621	10	3	114	23	0	1521	13
naked	586	20	10	80	26	51	1286	11
Jimmy the Greek	753	25	12	105	31	50	2231	14
without cheese	604	13	4	103	23	0	1599	14
naked	516	19	10	69	22	51	1671	12



BURRITOS (CONTINUED)

Burrito	Calories	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Protein (g)	Cholesterol	Sodium (mg)	Fiber (g)
Cuban (no protein)	772	10	3	150	24	0	1536	13
Chicken	862	13	3	150	39	40	1824	13
Chicken naked	625	7	1	114	30	40	1264	12
Tofu	829	14	4	151	28	0	1678	14
Tofu naked	592	8	2	115	19	0	1118	12
Seitan	945	11	3	170	46	0	3106	14
Seitan naked	708	5	1	134	37	0	2547	12
Beef	850	13	4	151	35	34	1964	14
Beef naked	613	7	2	115	26	34	1405	12
Pork	932	21	7	152	36	48	2154	14
Pork naked	695	15	5	116	27	48	1595	12
Backyard BBQ	683	11	4	121	26	0	1914	15
Chicken	773	14	4	121	41	40	2202	15
Chicken naked	536	8	2	85	32	40	1642	13
Tofu	740	15	5	122	30	0	2056	16
Tofu naked	503	9	3	86	21	0	1496	14
Seitan	856	12	4	141	48	0	3484	16
Seitan naked	619	6	2	105	39	0	2924	14
Beef	761	14	5	123	37	34	2342	16
Beef naked	524	8	3	87	28	34	1782	14
Pork	843	22	8	123	38	48	2532	16
Pork naked	606	16	6	87	29	48	1972	14
We Got the Beef (no protein)	637	15	5	106	22	0	1446	13
Chicken	727	18	5	106	37	40	1734	13
Chicken naked	490	12	2	70	28	40	1175	11
Tofu	694	19	5	107	26	0	1588	14
Tofu naked	457	13	2	71	17	0	1028	12
Seitan	810	16	5	126	44	0	3016	14
Seitan naked	573	10	2	90	35	0	2457	12
Beef	715	18	6	107	33	34	1874	14
Beef naked	478	12	3	71	24	34	1315	12
Pork	797	26	9	108	33	48	2064	14
Pork naked	560	20	6	72	24	48	1505	12
Mondo Classic	971.5	28	13	143	42.5	51	2120.5	17.5
without cheese	769.5	12	4	141	30.5	0	1796.5	17.5
without beans & cheese	517.5	10	4	96	16.5	0	803.5	4.5
naked	734.5	22	11	107	33.5	51	1560.5	16.5

APPETIZERS

Appetizer	Calories	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Protein (g)	Cholesterol	Sodium (mg)	Fiber (g)
Chips and Salsa	573	28	4	79	8	0	386	9
Nacho Mama	557	26	5	73	13	9	950	11
Side Salad (plain)	19	0	0	4	1	0	15	2
with Tao dressing	232	23	4	7	3	2	131	2
with Vinaigrette dressing	241	25	3	5	1	0	172	2
with S&S dressing	175	12	1	4	2	0	567	2

SOUPS

Soup	Calories	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Protein (g)	Cholesterol	Sodium (mg)	Fiber (g)
Veggie Chili								
Cup	140	3	0	22	7	0	534	7
Bowl	280	6	1	44	12	0	1068	13
Hungarian Mushroom								
Cup	201	11	3	23	4	0	946	2
Bowl	402	21	5	47	9	0	1892	5

SALADS

Salad	Calories	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Protein (g)	Cholesterol	Sodium (mg)	Fiber (g)
Asian	333	25	2	21	14	0	116	10
with S&S dressing	489	37	3	21	15	0	668	10
with Stir Fry dressing	449	27	3	35	21	0	1925	11
Greek	226	16	9	13	12	51	952	5
with Vinaigrette dressing	448	41	12	14	12	51	1109	5
with Tao dressing	439	39	13	16	14	53	1068	5
Zapatista	701	43	18	61	23	75	770	10
with Salsa dressing	715	43	18	64	24	75	935	10
with Tao dressing	914	66	22	64	25	77	886	10

BOWLS

<i>Bowls</i>	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Carbs (g)</i>	<i>Protein (g)</i>	<i>Cholesterol</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Asian Veggie Bowl	85	5	1	10	5	0	96	3
with Pnut Curry dressing	218	16	2	18	9	0	291	4
with Stir Fry dressing	201	7	2	24	12	0	1905	4
Steamed Veggies, Rice & Beans								
with black beans	302	4	0	61	13	0	580	11
with pinto beans	300	3	0	62	13	0	465	10

VEGGIE BURGERS

<i>Burgers</i>	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Carbs (g)</i>	<i>Protein (g)</i>	<i>Cholesterol</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Just patty	223	2	0	41	10	0	476	10
Burger (works)	445	8	1	80	17	0	831	14
with cheese	647	24	10	82	29	51	1152	14
with chips	744	22	3	122	21	0	1165	18
with cheese and chips	946	38	12	124	33	51	1486	18
Bubba (works)	666	24	10	87	29	51	1338	14
with chips	965	38	12	129	33	51	1672	18
with chips, no cheese	763	22	3	127	21	0	1351	18
Mushroom (works)	659	24	10	83	30	51	1252	14
with the side chips	958	38	12	125	34	51	1586	18
with chips, no cheese	756	22	3	123	22	0	1265	18

QUESADILLAS

<i>Quesadillas</i>	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Carbs (g)</i>	<i>Protein (g)</i>	<i>Cholesterol</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Basic	528	23	12	58	23	51	955	3
Spinach	541	24	12	60	24	51	1000	4
Chicken	618	26	12	58	38	91	1243	3
BBQ Chicken	649	26	13	66	39	91	1522	3
Amaizin' Grace	689	36	14	70	26	51	1158	5
Basil Pesto Feta	706	40	18	61	29	75	1388	4
Mediterranean	445	15	7	62	17	25	1099	5



DESSERTS

Dessert	Calories	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Protein (g)	Cholesterol	Sodium (mg)	Fiber (g)
Peanut Butter Chocolate Chip Bars	351	20	5	41	6	0	192	3
Maple Almond Chocolate Chip Cookies	194	10	2	23	3	0	108	2
Pumpkin Chocolate Chip Cookies	226	6	2	39	3	0	145	1
Chocolate Decadence Cookies	366	20	5	44	4	0	286	2

ADD-INS

Add-In	Calories	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Protein (g)	Cholesterol	Sodium (mg)	Fiber (g)
Beans (2oz)								
Black beans	52	1	0	9	3	0	203	3
Pinto beans	47	0	0	9	3	0	151	2
Salsas (2oz)								
Mild	14	0	0	3	1	0	170	1
Medium	19	1	0	3	1	0	43	1
Hot	14	0	0	3	1	0	187	1
Tropical fruit	20	0	0	5	0	0	159	0
Salsa Fresca	14	0	0	3	1	0	7	1
Sauces (1 oz)								
BBQ	28	0	0	7	1	0	253	1
Pnut	66	5	1	4	2	0	97	1
Stir Fry	56	1	0	7	3	0	874	0
Tao	104	11	2	1	1	1	57	0
Vinaigrette	109	12	1	1	0	0	77	0
S&S	76	6	1	0	0	0	269	0
Miso-tahini	50	4	1	2	2	0	55	1
Basil pesto	106	11	2	2	2	0	120	1
Cilantro pesto	119	12	2	3	2	0	96	1
Guacamole	39	4	1	2	1	0	64	2
Vegetables (2oz)								
Jalapenos	16	0	0	3	1	0	0	2
Broccoli	19	0	0	4	2	0	19	2
Spinach	13	0	0	2	2	0	45	1

ADD-INS (CONTINUED)

Add-In	Calories	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Protein (g)	Cholesterol	Sodium (mg)	Fiber (g)
Vegetables (2oz)								
Kale	29	0	0	6	2	0	25	6
Roasted Potatoes	98	3	1	13	2	0	445	2
Roasted Sweet Potatoes	68	0	0	16	1	0	6	2
Plantain	66	0	0	18	1	0	3	2
Kalamata Olives	95	10	0	4	0	0	907	0
Sauteed Mushrooms	28	2	0	2	2	0	230	1
Sweet Corn	46	0	0	11	2	0	1	1
Green Chilies	12	0	0	3	1	0	665	1

Dairy (2oz)

Monterey Jack Cheese	202	16	10	2	12	51	324	0
Sour Cream	119	10	7	2	2	40	29	0
Soy Cheese Slice	160	12	6	4	4	0	580	0
Vegan Sour Cream	170	10	4	18	2	0	321	0
Nacho Cheese	90	5	3	5	2	9	405	0
Feta	150	12	8	2	8	50	632	0

Protein (2oz)

Chicken	90	3	0	0	15	40	288	0
Pork	160	11	4	2	12	48	618	1
Beef	78	3	1	1	11	34	428	0
Tofu	57	4	1	1	4	0	142	1
Seitan	173	1	0	20	22	0	1570	1