

		Portion g	Calories kCal	Total Fat g	Sat Fat g	Trans Fat g	Sodium g	Cholesterol g	Carbs g	Sugar g	Fibre g	Protein g
Menu Items	Ingredients											
Lil Burrito	Flour Tortilla 10"	73	210	6.1	2.5	0.0	436	0	34	2	2	6
Lil Burrito	Whole Wheat Tortilla 10"	72	190	6.0	2.0	0.0	330	0	31	1	3	5
Big Burrito/Quesadilla	Flour Tortilla 12"	104	310	9.0	3.5	0.0	620	0	48	2	2	8
Big Burrito/Quesadilla	Whole Wheat Tortilla 12"	104	270	11.0	3.5	0.0	590	0	36	2	5	7
Big Burrito	Gluten Free Tortilla 12"	104	220	13.9	2.0	0.0	500	0	45	6	4	6
Huge Burrito	Flour Tortilla 13.5"	125	385	11.0	3.7	0.3	630	0	60	3	3	11
Tacos	Flour Tortilla 6"	32	90	2.5	1.0	0.0	160	0	14	1	1	1
Lil Burrito	Baked Chicken	71	109	4.8	0.7	0.3	315	30	0	0	0	17
Big Burrito	Baked Chicken	99	157	6.3	1.0	0.3	449	40	1	1	0	23
Huge Burrito	Baked Chicken	113	174	6.5	1.7	0.7	507	45	0	0	0	27
Quesadilla	Baked Chicken	99	157	6.3	1.0	0.3	449	40	1	1	0	23
Taco	Baked Chicken	113	174	6.5	1.7	0.7	507	45	0	0	0	27
Lil Burrito	Fried Chicken	71	289	19.8	1.7	0.3	585	45	13	4	1	14
Big Burrito	Fried Chicken	113	407	27.3	3.0	0.8	809	60	19	5	2	20
Huge Burrito	Fried Chicken	142	464	30.5	2.7	0.7	927	70	21	6	1	24
Lil Burrito	Ground Beef	71	159	9.8	2.7	0.8	385	40	1	0	0	15
Big Burrito	Ground Beef	85	197	12.3	4.0	0.8	459	50	1	1	0	18
Huge Burrito	Ground Beef	113	254	15.5	4.7	1.2	617	70	1	1	0	25
Quesadilla	Ground Beef	85	197	12.3	4.0	0.8	459	50	1	1	0	18
Taco	Ground Beef	71	159	9.8	2.7	0.8	385	40	1	0	0	15
Lil Burrito	BBQ Pulled Pork	71	129	4.8	0.7	0.3	235	30	3	2	0	17
Big Burrito	BBQ Pulled Pork	99	157	5.3	1.0	0.3	309	40	4	3	0	22
Huge Burrito	BBQ Pulled Pork	128	184	6.5	0.7	0.7	347	50	4	3	0	26
Quesadilla	BBQ Pulled Pork	99	157	5.3	1.0	0.3	309	40	4	3	0	22
Taco	BBQ Pulled Pork	99	157	5.3	1.0	0.3	309	40	4	3	0	22
Lil Burrito	Bean and Cheese	71	311	17.2	8.6	0.3	990	15	24	0	7	28
Big Burrito	Bean and Cheese	99	391	22.5	11.8	0.5	1220	20	30	0	9	37
Huge Burrito	Bean and Cheese	128	547	33.6	18.3	0.7	1755	25	37	0	11	53
Lil Burrito	Sautéed Veggie	57	79	6.7	0.1	0.4	5	10	3	3	0	0
Big Burrito	Sautéed Veggie	85	91	5.8	0.5	0.5	10	15	4	3	0	0
Huge Burrito	Sautéed Veggie	113	93	8.4	1.0	0.7	15	25	5	5	1	0
Quesadilla	Sautéed Veggie	85	91	5.8	0.5	0.5	10	15	4	3	0	0
Taco	Sautéed Veggie	85	91	5.8	0.5	0.5	10	15	4	3	0	0
Lil Burrito	Sweet Potato	85	140	6.8	0.1	0.3	216	15	18	6	3	2
Big Burrito	Sweet Potato	113	176	7.0	0.5	0.5	290	20	24	7	4	2
Huge Burrito	Sweet Potato	142	197	8.6	1.0	0.7	359	25	30	9	5	2
Lil Burrito	Root Vegetables	100	110	4.7	0.5	0.0	140	0	17	5	4	2
Big Burrito	Root Vegetables	135	149	6.3	0.6	0.0	189	0	23	6	5	2
Huge Burrito	Root Vegetables	170	252	10.8	1.1	0.0	321	0	40	10	9	3
Quesadilla	Root Vegetables	135	149	6.3	0.6	0.0	189	0	23	6	5	2
Lil Burrito	Roasted Steak	71	149	9.8	2.7	0.3	265	40	0	0	0	13
Big Burrito	Roasted Steak	85	177	12.3	4.0	0.3	319	50	1	1	0	23
Huge Burrito	Roasted Steak	113	234	15.5	4.7	0.7	417	65	1	0	0	21
Quesadilla	Roasted Steak	85	177	12.3	4.0	0.3	319	50	1	1	0	23
Lil Burrito	Fish	85	299	17.8	1.7	0.3	405	40	24	0	1	11
Big Burrito	Fish	142	377	22.3	3.0	0.8	499	50	30	1	1	13
Huge Burrito	Fish	184	484	28.5	3.7	0.7	657	65	38	1	1	18
Taco	Fish	184	484	28.5	3.7	0.7	657	65	38	1	1	18

		Portion g	Calories kCal	Total Fat g	Sat Fat g	Trans Fat g	Sodium g	Cholesterol g	Carbs g	Sugar g	Fibre g	Protein g
Menu Items	Ingredients											
Lil Burrito	Sautéed Shrimp	71	119	6.8	0.7	0.3	515	120	1	0	0	12
Big Burrito	Sautéed Shrimp	85	127	7.3	1.0	0.3	569	135	2	0	0	12
Huge Burrito	Sautéed Shrimp	113	174	9.5	0.7	0.7	747	180	2	0	0	17
Quesadilla	Sautéed Shrimp	85	127	7.3	1.0	0.3	569	135	2	0	0	12
Taco	Sautéed Shrimp	85	127	7.3	1.0	0.3	569	135	2	0	0	12
Lil Burrito	Organic Tofu	50	123	7.4	0.1	0.3	189	15	8	7	0	6
Big Burrito	Organic Tofu	71	157	9.3	0.5	0.3	229	20	10	9	0	7
Huge Burrito	Organic Tofu	92	180	11.9	1.3	0.7	283	25	12	11	0	8
Lil Burrito	Buffalo Fusion Sauce	21	2	0.0	0.0	0.0	750	0	0	0	0	0
Big Burrito	Buffalo Fusion Sauce	28	4	0.0	0.0	0.0	1000	0	0	0	0	0
Huge Burrito	Buffalo Fusion Sauce	43	6	0.0	0.0	0.0	1500	0	0	0	0	0
Quesadilla	Buffalo Fusion Sauce	28	4	0.0	0.0	0.0	1000	0	0	0	0	0
Lil Burrito	Baja Chipotle Fusion Sauce	21	38	0.0	0.0	0.0	210	0	8	5	0	1
Big Burrito	Baja Chipotle Fusion Sauce	28	50	0.0	0.0	0.0	280	0	10	7	0	1
Huge Burrito	Baja Chipotle Fusion Sauce	43	75	0.0	0.0	0.0	420	0	15	11	0	2
Quesadilla	Baja Chipotle Fusion Sauce	28	50	0.0	0.0	0.0	280	0	10	7	0	1
Lil Burrito	Tequila Lime Fusion Sauce	21	45	0.2	0.1	0.0	435	0	11	4	0	0
Big Burrito	Tequila Lime Fusion Sauce	28	60	0.2	0.1	0.0	580	0	14	5	0	0
Huge Burrito	Tequila Lime Fusion Sauce	43	90	0.3	0.2	0.0	870	0	21	8	0	1
Quesadilla	Tequila Lime Fusion Sauce	28	60	0.2	0.1	0.0	580	0	14	5	0	0
Taco	Tequila Lime Fusion Sauce	43	90	0.3	0.2	0.0	870	0	21	8	0	1
Lil Burrito	Butter Fusion Sauce	21	23	0.0	0.8	0.0	188	0	2	1	1	1
Big Burrito	Butter Fusion Sauce	28	30	0.0	1.0	0.0	250	0	3	1	1	1
Huge Burrito	Butter Fusion Sauce	43	45	0.0	1.5	0.0	375	0	5	2	2	2
Quesadilla	Butter Fusion Sauce	28	30	0.0	1.0	0.0	250	0	3	1	1	1
Lil Burrito	Sweet Chili Thai Fusion Sauce	21	53	0.0	0.0	0.0	255	0	11	11	0	0
Big Burrito	Sweet Chili Thai Fusion Sauce	28	70	0.0	0.0	0.0	340	0	15	14	0	0
Huge Burrito	Sweet Chili Thai Fusion Sauce	43	105	0.0	0.0	0.0	510	0	23	21	0	0
Quesadilla	Sweet Chili Thai Fusion Sauce	28	70	0.0	0.0	0.0	340	0	15	14	0	0
Lil Burrito	Curry Fusion Sauce	21	26	0.0	0.3	0.0	263	0	5	4	1	0
Big Burrito	Curry Fusion Sauce	28	35	0.0	0.4	0.0	350	0	7	5	1	1
Huge Burrito	Curry Fusion Sauce	43	53	0.0	0.6	0.0	525	0	11	8	2	1
Quesadilla	Curry Fusion Sauce	28	35	0.0	0.4	0.0	350	0	7	5	1	1
Lil Burrito	Jerk Fusion Sauce	21	15	0.0	0.0	0.0	548	0	2	0	0	0
Big Burrito	Jerk Fusion Sauce	28	20	0.0	0.0	0.0	730	0	2	0	0	0
Huge Burrito	Jerk Fusion Sauce	43	30	0.0	0.0	0.0	1095	0	3	0	0	0
Quesadilla	Jerk Fusion Sauce	28	20	0.0	0.0	0.0	730	0	2	0	0	0
Lil Burrito	Nashville Fusion Sauce	21	31	1.1	0.1	0.0	234	0	6	5	0	0
Big Burrito	Nashville Fusion Sauce	28	42	1.5	0.2	0.0	312	0	7	6	0	0
Huge Burrito	Nashville Fusion Sauce	42	63	2.2	0.3	0.0	468	0	11	10	1	0
Quesadilla	Nashville Fusion Sauce	28	42	1.5	0.2	0.0	312	0	7	6	0	0
Lil Burrito	Shredded Lettuce	28	4	0.0	0.0	0.0	3	0	1	1	0	0
Big Burrito	Shredded Lettuce	43	6	0.1	0.0	0.0	4	0	1	1	1	0
Huge Burrito	Shredded Lettuce	71	10	0.1	0.0	0.0	7	0	2	1	1	1
Taco	Shredded Lettuce	43	6	0.1	0.0	0.0	4	0	1	1	1	0
Lil Burrito	Cheese	21	85	7.1	4.3	0.0	269	0	1	0	0	11
Big Burrito	Cheese	28	113	9.5	5.7	0.0	359	0	2	0	0	14
Huge Burrito	Cheese	35	142	11.8	7.1	0.0	449	0	2	0	0	18
Quesadilla	Cheese	57	227	18.9	11.3	0.0	718	40	4	0	0	28
Taco	Cheese	28	113	9.5	5.7	0.0	359	20	2	0	0	14
Extra Add On	Cheese	28	113	9.5	5.7	0.0	359	20	2	0	0	14

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		Portion g	Calories kCal	Total Fat g	Sat Fat g	Trans Fat g	Sodium g	Cholesterol g	Carbs g	Sugar g	Fibre g	Protein g
Menu Items	Ingredients											
Lil Burrito	Green Onion	7	1	0.0	0.0	0.0	0	0	0	0	0	0
Big Burrito	Green Onion	14	3	0.0	0.0	0						

Menu Items	Ingredients	Portion g	Calories kCal	Total Fat g	Sat Fat g	Trans Fat g	Sodium g	Cholesterol g	Carbs g	Sugar g	Fibre g	Protein g
Lil Burrito	Crunchies	3	15	0.5	0.0	0.0	0	0	2	0	0	0
Big Burrito	Crunchies	5	20	1.0	0.0	0.0	0	0	3	0	0	0
Huge Burrito	Crunchies	7	30	1.5	0.0	0.0	0	0	4	0	0	0
Quesadilla	Crunchies	3	15	0.5	0.0	0.0	0	0	2	0	0	0
Taco	Crunchies	15	60	3.0	0.0	0.0	0	0	9	0	0	0
Lil Burrito	Bastard Spice	23	2	0.0	0.0	0.0	155	0	0	0	0	0
Big Burrito	Bastard Spice	34	3	0.0	0.0	0.0	233	0	0	0	0	0
Huge Burrito	Bastard Spice	51	5	0.0	0.0	0.0	349	0	0	0	0	0
Quesadilla	Bastard Spice	34	3	0.0	0.0	0.0	233	0	0	0	0	0
Lil Burrito	Burrito Sauce	9	20	1.5	0.0	0.0	110	0	2	1	0	0
Big Burrito	Burrito Sauce	14	35	2.0	0.0	0.0	160	5	3	2	0	0
Huge Burrito	Burrito Sauce	21	50	3.0	0.0	0.0	250	5	5	2	0	0
Quesadilla	Burrito Sauce	9	20	1.5	0.0	0.0	110	0	2	1	0	0
Lil Burrito	Mild Salsa	21	13	0.0	0.0	0.0	142	0	2	1	1	0
Big Burrito	Mild Salsa	28	17	0.0	0.0	0.0	190	0	3	2	1	1
Huge Burrito	Mild Salsa	35	21	0.0	0.0	0.0	237	0	4	2	1	1
Quesadilla	Mild Salsa	57	33	0.0	0.0	0.0	379	0	7	4	2	1
Taco	Mild Salsa	43	25	0.0	0.0	0.0	285	0	5	3	1	1
Side Of	Mild Salsa	57	33	0.0	0.0	0.0	379	0	7	4	2	1
Lil Burrito	Sour Cream	9	15	1.5	0.0	0.0	5	5	1	0	0	0
Big Burrito	Sour Cream	14	20	2.0	0.0	0.0	10	5	1	0	0	0
Huge Burrito	Sour Cream	21	30	3.0	0.0	0.0	15	10	1	0	0	0
Quesadilla	Sour Cream	57	80	8.0	0.0	0.0	40	20	4	0	0	0
Taco	Sour Cream	43	60	6.0	0.0	0.0	30	15	3	0	0	0
Side Of	Sour Cream	57	80	0.8	0.0	0.0	40	20	4	0	0	0
Lil Burrito	Hot Sauce	9	10	0.5	0.0	0.0	20	0	1	1	0	0
Big Burrito	Hot Sauce	9	10	0.5	0.0	0.0	20	0	1	1	0	0
Huge Burrito	Hot Sauce	9	10	0.5	0.0	0.0	20	0	1	1	0	0
Quesadilla	Hot Sauce	9	10	0.5	0.0	0.0	20	0	1	1	0	0
Side Of	Hot Sauce	28	30	1.5	0.0	0.0	60	0	3	3	0	0
Taco	Fresh Lime	9	5	0.0	0.0	0.0	0	0	1	0	0	0
Chips & Salsa	Corn Tortilla Chips	113	570	27.0	3.5	0.0	420	0	73	4	8	8
Chips & Salsa	Salsa	170	50	0.0	0.0	0.0	569	0	10	6	2	2
Chips & Guac	Corn Tortilla Chips	113	570	27.0	3.5	0.0	420	0	73	4	8	8
Chips & Guac	Salsa	85	25	0.0	0.0	0.0	285	0	5	3	1	1
Chips & Guac	Guacamole	85	140	12.0	2.0	0.0	250	0	8	0	6	2
Avocado Slices	Avocado Slices	170	371	19.8	3.0	0.0	1066	0	45	3	7	6
Avocado Slices	Burrito Sauce	64	150	9.0	0.0	0.0	750	15	15	6	0	0
Root Vegetable Fries	Root Vegetables	200	220	9.4	0.9	0.0	280	0	35	9	8	3
Cheesecake Burrito		85	570	22.5	12.4	0.3	722	20	82	41	2	10
Deep Fried Mars Bar		48	640	28.0	12.0	0.0	530	25	96	56	4	9
Cinnamon Churro Chips		113	338	16.4	2.5	9.0	578	0	37	6	2	8

Menu Items	Ingredients	Portion ml	Calories kCal	Total Fat g	Sat Fat g	Trans Fat g	Sodium g	Cholesterol g	Carbs g	Sugar g	Fibre g	Protein g
Coke	Can	355	140	0.0	0.0	0.0	25	0	39	25	0	0
Coke	Bottle	500	200	0.0	0.0	0.0	40	0	45	55	0	0
Coke	Mexican Glass Bottle	355	150	0.0	0.0	0.0	85	0	39	39	0	0
Diet Coke	Can	355	0	0.0	0.0	0.0	40	0	0	0	0	0
Diet Coke	Bottle	500	0	0.0	0.0	0.0	40	0	0	0	0	0
Coke Zero	Can	355	0	0.0	0.0	0.0	35	0	0	0	0	0
Coke Zero	Bottle	500	0	0.0	0.0	0.0	40	0	0	0	0	0
Sprite	Can	355	140	0.0	0.0	0.0	60	0	38	38	0	0
Sprite	Bottle	500	200	0.0	0.0	0.0	85	0	54	54	0	0
Gingerale	Can	355	130	0.0	0.0	0.0	50	0	32	32	0	0
Gingerale	Bottle	500	190	0.0	0.0	0.0	70	0	46	43	0	0
Root Beer	Can	355	120	0.0	0.0	0.0	45	0	31	31	0	0
Root Beer	Bottle	500	220	0.0	0.0	0.0	75	0	61	60	0	0
Nestea	Can	355	80	0.0	0.0	0.0	25	0	21	21	0	0
Nestea	Bottle	500	160	0.0	0.0	0.0	50	0	43	43	0	0
Fanta Orange	Can	355	170	0.0	0.0	0.0	70	0	44	43	0	0
Fanta Orange	Bottle	500	230	0.0	0.0	0.0	130	0	59	59	0	0
Tropical Delight Juice	Strawberry Banana	473	130	0.0	0.0	0.0	5	0	63	31	1	0
Tropical Delight Juice	Guava	473	130	0.0	0.0	0.0	5	0	31	29	1	0
Tropical Delight Juice	Mango	473	130	0.0	0.0	0.0	5	0	31	29	1	0
Jarritos	Fruit Punch	370	170	0.0	0.0	0.0	70	0	43	43	0	0
Jarritos	Mango	370	170	0.0	0.0	0.0	70	0	46	45	0	0
Jarritos	Pineapple	370	170	0.0	0.0	0.0	70	0	43	43	0	0
Jarritos	Mandarin	370	170	0.0	0.0	0.0	70	0	44	44	0	0
Jarritos	Strawberry	370	170	0.0	0.0	0.0	70	0	43	42	0	0
Jarritos	Guava	370	170	0.0	0.0	0.0	70	0	43	43	0	0
Jarritos	Tamarind	370	170	0.0	0.0	0.0	70	0	44	44	0	0
Jarritos	Lime	370	170	0.0	0.0	0.0	70	0	44	43	0	0
Milk	Chocolate Milk	500	340	6.0	4.0	0.0	440	30	56	54	0	16
Water	Flow Natural	500	0	0.0	0.0	0.0	0	0	0	0	0	0
Water	Flow Rose Strawberry	500	0	0.0	0.0	0.0	0	0	0	0	0	0
Water	Flow Blackberry Hibiscus	500	0	0.0	0.0	0.0	0	0	0	0	0	0
Water	Zaros Sparkling	350	0	0.0	0.0	0.0	0	0	0	0	0	0
Water	Naya	600	0	0.0	0.0	0.0	0	0	0	0	0	0

FAT BASTARD

BURRITO CO.

NUTRITIONAL GUIDE



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