

	Portion	Calories kCal	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Carbs g	Sugar g	Fibre g	Protein g	Sodium mg
BURRITOS											
LIL BURRITO SIZE Includes Tortilla, Protein, Lettuce, Green Onions, Jalapeno, & Cilantro											
CLASSICS											
CHICKEN FINGER		591	29	4	1	45	60	6	4	22	1077
CHICKEN		411	14	3	1	30	47	2	3	25	807
GROUND BEEF		461	19	5	1	40	48	2	3	23	877
PULLED PORK		431	14	3	1	30	50	4	3	25	727
BEAN & CHEESE		613	26	11	1	0	71	3	10	37	1483
VEGGIE		381	16	3	1	0	50	5	3	8	497
SWEET POTATO		423	16	3	1	0	65	8	5	10	708
SPECIALTIES											
STEAK		451	19	5	1	40	47	2	3	21	757
FISH		601	27	4	1	40	71	2	4	19	897
SHRIMP		421	16	3	1	120	48	2	3	20	1007
ORGANIC TOFU		425	16	3	1	0	55	10	3	14	681
FUSION											
BUFFALO CHICKEN		414	14	3	1	30	47	2	3	25	1557
BAJA CHIPOTLE CHICKEN		449	14	3	1	30	55	8	3	26	1017
TEQUILA LIME CHICKEN		456	14	3	1	30	58	6	3	26	1242
BUTTER CHICKEN		434	14	4	1	30	49	3	3	26	995
CURRY CHICKEN		437	14	4	1	30	52	6	3	26	1070
SWEET CHILI THAI CHICKEN		464	14	3	1	30	58	13	3	25	1062
PAD THAI CHICKEN		456	14	3	1	30	59	12	3	26	1220
JERK CHICKEN		426	14	3	1	30	49	2	3	25	1355
LIL BURRITO SIZE TOPPINGS											
NOODLES	2 oz	170	7	0	0	0	22	0	0	4	60
COLESLAW	1 oz	30	2	0	0	0	3	2	1	0	55
JALAPENO	0.25 oz	0	0	0	0	0	0	0	0	0	0
CILANTRO	1 g	0	0	0	0	0	0	0	0	0	0
PICO DE GALLO	0.75 FL OZ	15	0.5	0	0	0	2	1	0	0	180
SWEET PEPPERS	1 oz	5	0	0	0	0	1	1	0	0	0
GUACAMOLE	0.75 oz	35	3	0	0	0	2	0	1	0	65
SOUR CREAM	0.33 FL OZ	15	1.5	0	0	5	1	0	0	0	5
BASTARD SAUCE	0.33 FL OZ	20	1.5	0	0	0	2	1	0	0	110
BURRITO SPICE	0.8 g	2	0	0	0	0	0	0	0	0	155
HOT SAUCE	0.33 FL OZ	10	0.5	0	0	0	1	1	0	0	20
CRUNCHIES	3 g	15	0.5	0	0	0	2	0	0	0	0
BEANS	2 oz	61	0.6	0	0	0	10	0	4	4	223
RICE	2.5 oz	135	0.4	0	0	0	29	1	1	3	335
GREEN ONIONS	0.25 oz	1	0	0	0	0	0	0	0	0	0
LETTUCE	1 oz	4	0	0	0	0	1	1	0	0	3
CHEESE	0.75 oz	85	7.1	4	0	0	1	0	0	11	269
SALSA	0.75 oz	13	0	0	0	0	2	1	1	0	142
LIL BURRITO TORTILLAS											
FLOUR, 11"	94 g	302	9	3	0.2	0	47	2	2	8	493
WHOLE WHEAT, 11"	94 g	277	8	2.7	0.2	0	42	2	4	8	467
SPECIALTY DRINKS											
JUMEX	355 ML	150	0	0	0	0	37	80	1	1	80
JARRITOS	370 ML	220	0	0	0	0	29	28	0	0	25
MEXICAN COKE	355 ML	150	0	0	0	0	39	39	0	0	85
CHOCOLATE MILK	500 ML	340	6	4	0	30	56	54	0	16	440

*Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

	Portion	Calories kCal	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Carbs g	Sugar g	Fibre g	Protein g	Sodium mg
BURRITOS											
BIG BURRITO SIZE Includes Tortilla, Protein, Lettuce, Green Onions, Jalapeno, & Cilantro											
CLASSICS											
CHICKEN FINGER		741	37.3	6	1	60	71	7	4	29	1354
CHICKEN		491	16.3	4	0.5	40	53	3	2	32	994
GROUND BEEF		531	22.3	7	1	50	53	3	2	27	1004
PULLED PORK		491	15.3	4	0.5	40	56	5	2	31	854
BEAN & CHEESE		725	33	15	1	0	79	3	10	46	1765
VEGGIE		425	16	3	1	0	50	5	3	8	497
SWEET POTATO		508	17	3	1	0	75	10	6	12	825
SPECIALTIES											
STEAK		511	22.3	7	0.5	50	53	3	2	32	864
FISH		711	32.3	6	1	50	82	3	3	22	1044
SHRIMP		461	17.3	4	0.5	135	54	2	2	21	1114
ORGANIC TOFU		491	19	3	1	0	62	11	2	16	774
FUSION											
BUFFALO CHICKEN		495	16	4	1	40	53	3	2	33	1994
BAJA CHIPOTLE CHICKEN		541	16	4	1	40	63	10	2	33	1274
TEQUILA LIME CHICKEN		551	17	4	1	40	67	8	2	33	1574
BUTTER CHICKEN		521	16	5	1	40	56	4	3	33	1244
CURRY CHICKEN		526	16	4	1	40	60	8	3	33	1344
SWEET CHILI THAI CHICKEN		561	16	4	1	40	68	17	2	32	1334
PAD THAI CHICKEN		551	16	4	1	40	69	16	2	33	1544
JERK CHICKEN		511	16	4	1	40	55	3	2	32	1724
BIG BURRITO SIZE TOPPINGS											
NOODLES	2.5 oz	210	9	0.5	0	5	27	0	1	5	70
COLESLAW	1.25 oz	35	2.5	0	0	0	3	3	1	0	70
JALAPENO	0.45 oz	0	0	0	0	0	1	1	0	0	0
CILANTRO	2 g	0	0	0	0	0	0	0	0	0	0
PICO DE GALLO	1 FL OZ	20	1	0	0	0	3	1	0	0	240
SWEET PEPPERS	1.5 oz	10	0	0	0	0	2	1	1	0	0
GUACAMOLE	1 oz	45	4	0.5	0	0	3	0	2	1	85
SOUR CREAM	0.5 FL OZ	20	2	0	0	5	1	0	0	0	10
BASTARD SAUCE	0.5 FL OZ	35	2	0	0	5	3	2	0	0	160
BURRITO SPICE	1.2 g	3	0	0	0	0	0	0	0	0	233
HOT SAUCE	0.33 FL OZ	10	0.5	0	0	0	1	1	0	0	20
CRUNCHIES	5 g	20	1	0	0	0	3	0	0	0	0
BEANS	2.25 oz	69	1	0	0	0	12	0	4	4	251
RICE	3 oz	162	0	0	0	0	35	2	1	3	402
GREEN ONIONS	0.5 oz	3	0	0	0	0	1	0	0	0	0
LETTUCE	1.5 oz	6	0	0	0	0	1	1	1	0	4
CHEESE	1 oz	113	9	6	0	0	2	0	0	14	359
SALSA	1 oz	17	0	0	0	0	3	2	1	1	190
BIG BURRITO TORTILLAS											
FLOUR, 12"	104 g	334	10	3	0.2	0	52	3	3	9	545
WHOLE WHEAT, 12"	104 g	329	9.5	3.2	0.2	0	50	3	5	10	556
GLUTEN FREE, 12"	104 g	220	13.9	2	0	0	45	6	4	6	500

*Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

	Portion	Calories kCal	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Carbs g	Sugar g	Fibre g	Protein g	Sodium mg
BURRITOS											
HUGE BURRITO SIZE Includes Tortilla, Protein, Lettuce, Green Onions, Jalapeno, & Cilantro											
CLASSICS											
CHICKEN FINGER		849	41	6	1	70	81	9	4	35	1557
CHICKEN		559	17	5	1	45	60	3	3	38	1137
GROUND BEEF		639	26	8	2	70	61	4	3	36	1247
PULLED PORK		569	17	4	1	50	64	6	3	37	977
BEAN & CHEESE		932	45	22	1	0	97	3	14	64	2385
VEGGIE		478	19	5	1	0	65	8	3	11	637
SWEET POTATO		582	20	5	1	0	90	12	8	13	989
SPECIALTIES											
STEAK		619	26	8	1	65	61	3	3	32	1047
FISH		869	39	7	1	65	98	4	4	29	1287
SHRIMP		559	20	4	1	180	62	3	3	28	1377
ORGANIC TOFU		565	23	5	1	0	72	14	3	19	913
FUSION											
BUFFALO CHICKEN		565	17	5	1	45	60	3	3	38	2637
BAJA CHIPOTLE CHICKEN		634	17	5	1	45	75	14	3	39	1557
TEQUILA LIME CHICKEN		649	18	6	1	45	81	11	3	38	2007
BUTTER CHICKEN		604	17	7	1	45	65	5	5	39	1512
CURRY CHICKEN		612	17	6	1	45	71	11	5	38	1662
SWEET CHILI THAI CHICKEN		664	17	5	1	45	83	24	3	38	1647
PAD THAI CHICKEN		649	17	5	1	45	84	23	3	38	1962
JERK CHICKEN		589	17	5	1	45	63	3	3	38	2232
HUGE BURRITO SIZE TOPPINGS											
NOODLES	3 oz	250	11	0.5	0	5	33	0	1	6	85
COLESLAW	1.5 oz	45	3	0	0	0	4	3	1	0	85
JALAPENO	0.75 oz	5	0	0	0	0	1	1	1	0	0
CILANTRO	3 g	0	0	0	0	0	0	0	0	0	0
PICO DE GALLO	1.25 FL OZ	25	1	0	0	0	3	1	0	0	300
SWEET PEPPERS	2 oz	15	0	0	0	0	3	1	1	1	0
GUACAMOLE	1.5 oz	70	6	1	0	0	4	0	3	1	125
SOUR CREAM	0.75 FL OZ	30	3	0	0	10	1	0	0	0	15
BASTARD SAUCE	0.75 FL OZ	50	3	0	0	5	5	2	0	0	250
BURRITO SPICE	1.8 g	4.5	0	0	0	0	0	0	0	0	349
HOT SAUCE	0.33 FL OZ	10	0.5	0	0	0	1	1	0	0	20
CRUNCHIES	7 g	30	1.5	0	0	0	4	0	0	0	0
BEANS	3.5 oz	107	1	0	0	0	18	0	6	6	391
RICE	3.5 oz	189	1	0	0	0	41	2	1	4	469
GREEN ONIONS	0.5 oz	3	0	0	0	0	1	0	0	0	0
LETTUCE	2.5 oz	10	0	0	0	0	2	1	1	1	7
CHEESE	1.25 oz	142	12	7	0	0	2	0	0	18	449
SALSA	1.25 oz	21	0	0	0	0	4	2	1	1	237
HUGE BURRITO TORTILLAS											
FLOUR, 13.5"	125 g	385	11	3.7	0.3	0	60	3	3	11	630

*Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

	Portion	Calories kCal	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Carbs g	Sugar g	Fibre g	Protein g	Sodium mg
QUESADILLAS											
CLASSICS											
CHEESE		561	28.9	14.3	0	20	56	3	3	37	1263
CHICKEN		552	19.7	4.4	1	30	52	3	3	43	1175
GROUND BEEF		652	29.7	8.4	2	40	54	3	3	39	1315
PULLED PORK		592	19.7	4.4	1	30	18	7	3	43	1015
VEGGIE		393	14.9	3.4	0	0	52	6	3	9	545
QUESADILLA TOPPING											
CHEESE	2 oz	227	18.9	11.3	0	40	4	0	0	28	718
GREEN ONIONS	0.25 oz	1	0	0	0	0	0	0	0	0	0
JALAPENO	0.25 oz	0	0	0	0	0	0	0	0	0	0
CILANTRO	1 g	0	0	0	0	0	0	0	0	0	0
PICO DE GALLO	0.75 FL OZ	15	0.5	0	0	0	2	1	0	0	180
SWEET PEPPERS	1 oz	5	0	0	0	0	1	1	0	0	0
BASTARD SAUCE	0.33 FL OZ	20	1.5	0	0	3	2	1	0	0	110
HOT SAUCE	0.33 FL OZ	10	0.5	0	0	0	1	1	0	0	20
CRUNCHIES	3 g	15	0.5	0	0	0	2	0	0	0	0
SIDE SOUR CREAM	2 FL OZ	80	8	0	0	20	4	0	0	0	40
SIDE SALSA	2 FL OZ	33	0	0	0	0	7	4	2	1	379
ADD GUACAMOLE	1 oz	45	4	0.5	0	0	3	0	2	1	85
ADD CHEESE	1 oz	113	9	6	0	20	2	0	0	14	359
QUESADILLA TORTILLAS											
FLOUR, 12"	104 g	334	10	3	0.2	0	52	3	3	9	545
WHOLE WHEAT, 12"	104 g	329	9.5	3.2	0.2	0	50	3	5	10	556
GLUTEN FREE, 12"	104 g	220	13.9	2	0	0	45	6	4	6	500
EVERYTHING ELSE											
POTATO CHIPS											
XXX POTATO CHIPS	21 CHIPS	250	13	1.5	0	0	30	0	3	3	210
TORTILLA CHIPS & SALSA											
TORTILLA CHIPS	4 oz	570	27	3.5	0	0	73	4	8	8	420
SALSA	4 FL OZ	67	0	0	0	0	13	8	3	3	759
TOTAL		637	27	4	0	0	86	12	11	11	1179
TORTILLA CHIPS & GUAC											
TORTILLA CHIPS	4 oz	570	27	3.5	0	0	73	4	8	8	420
GUACAMOLE	2 oz	90	8	1	0	0	6	0	4	2	170
SALSA	2 FL OZ	33	0	0	0	0	7	4	2	1	379
TOTAL		693	35	5	0	0	86	8	14	11	969
EVERYTHING ELSE											
FAT BASTARD HOT SAUCE	1 TBSP	0	2	0	0	0	1	0	0	0.1	160
DRIED GHOST PEPPERS	5	0	0	0	0	0	0	0	0	0	0
DESSERT											
DEEP FRIED MARS BARS	1 BAR	640	28	12	0	25	96	56	4	9	530
CINNAMON CHURRO CHIPS	4 oz	338	16.4	2.5	9	0	37	6.2	2	8	578
DRINKS											
POP CAN											
COKE	355 ML	140	0	0	0	0	39	25	0	0	25
DIET COKE	355 ML	0	0	0	0	0	0	0	0	0.1	40
COKE ZERO	355 ML	0	0	0	0	0	0	0	0	0.1	30
SPRITE	355 ML	140	0	0	0	0	38	38	0	0	60
CANADA DRY GINGERALE	355 ML	130	0	0	0	0	32	32	0	0	50
BARQ'S ROOTBEER	355 ML	120	0	0	0	0	31	31	0	0	45
NESTEA	355 ML	80	0	0	0	0	21	21	0	0	25

	Portion	Calories kCal	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Carbs g	Sugar g	Fibre g	Protein g	Sodium mg
TACOS											
FISH TACO											
6" TORTILLA FOR 1 TACO	32 g	90	2.5	1	0	0	14	1	1	1	160
FISH	6.5 oz	484	28	4	1	65	38	1	1	18	657
LETTUCE	1.5 oz	6	0	0	0	0	1	1	1	0	4
COLESLAW	1.5 oz	45	3	0	0	0	4	3	1	0	85
PICO DE GALLO	3 FL OZ	60	3	0	0	0	9	3	0	0	720
GREEN ONION	1.5 oz	8	0	0	0	0	3	0	1	1	0
BAJA CHIPOTLE AIOLI	1.5 FL OZ	88	3	0	0	5	13	7	0	1	460
FISH TACO (X3)		961	45.1	6.7	1	70	110	18	7	22	2407
FISH TACO (X1)		320	15	2	0	23	37	6	2	7	802
PULLED PORK TACO											
6" TORTILLA FOR 1 TACO	32 g	90	2.5	1	0	0	14	1	1	1	160
PORK	3.5 oz	157	5	1	0.5	40	4	3	0	22	309
LETTUCE	1.5 oz	6	0	0	0	0	1	1	1	0	4
PICO DE GALLO	3 FL OZ	60	3	0	0	0	9	3	0	0	720
GREEN ONION	1.5 oz	8	0	0	0	0	3	0	1	1	0
SOUR CREAM	1.5 FL OZ	60	6	0	0	15	3	0	0	0	30
CRUNCHIES	15 g	60	3	0	0	0	9	0	0	0	0
BEANS	3 FL OZ	91	0.9	0.3	0	0	16	0	5	5	335
PORK TACO (X3)		712	26	4	1	55	86	10	10	32	1878
PORK TACO (X1)		237	9	1	0	18	29	3	3	11	626
GROUND BEEF TACO											
6" TORTILLA FOR 1 TACO	32 g	90	2.5	1	0	0	14	1	1	1	160
GROUND BEEF	2.5 oz	159	10	2.7	1	40	1	0	0	15	385
LETTUCE	1.5 oz	6	0	0	0	0	1	1	1	0	4
SALSA	1.5 FL OZ	25	0	0	0	0	5	3	1	1	285
GREEN ONION	1.5 oz	8	0	0	0	0	3	0	1	1	0
SOUR CREAM	1.5 FL OZ	60	6	0	0	15	3	0	0	0	30
CRUNCHIES	15 g	60	3	0	0	0	9	0	0	0	0
BEANS	3 FL OZ	91	0.9	0.3	0	0	16	0	5	5	335
GROUND BEEF TACO (X3)		680	27.3	6	1	55	80	7	12	25	1519
GROUND BEEF TACO (X1)		227	9	2	0	18	27	2	4	8	506
TEQUILA LIME CHICKEN TACO											
6" TORTILLA FOR 1 TACO	32 g	90	2.5	1	0	0	14	1	1	1	160
CHICKEN	4 oz	174	8	1.1	0	48	0	0	0	27	504
TEQUILA LIME SAUCE	1.5 FL OZ	90	0	0.2	0	0	21	8	0	1	870
LETTUCE	1.5 oz	6	0	0	0	0	1	1	1	0	4
SALSA	1.5 FL OZ	25	0	0	0	0	5	3	1	1	285
GREEN ONION	1.5 oz	8	0	0	0	0	3	0	1	1	0
SOUR CREAM	1.5 FL OZ	60	6	0	0	15	3	0	0	0	30
CRUNCHIES	15 g	60	3	0	0	0	9	0	0	0	0
RICE	2.5 oz	135	0.4	0	0	0	29	1	1	3	335
CHICKEN TACO (X3)		828	25	4	0	63	113	16	7	36	2507
CHICKEN TACO (X1)		276	8	1	0	21	38	5	2	12	836
DRINKS											
POP BOTTLE											
COKE	500 ML	200	0	0	0	0	45	55	0	0	40
DIET COKE	500 ML	0	0	0	0	0	0	0	0	0.2	40
COKE ZERO	500 ML	0	0	0	0	0	0	0	0	0.1	40
SPRITE	500 ML	200	0	0	0	0	54	54	0	0	85
CANADA DRY GINGERALE	500 ML	190	0	0	0	0	46	43	0	0	70
BARQ'S ROOTBEER	500 ML	220	0	0	0	0	61	60	0	0	75
NESTEA	500 ML	160	0	0	0	0	43	43	0	0	50

FAT BASTARD

BURRITO CO.

NUTRITIONAL GUIDE

