

NUTRITION

Menu Item	Serving Size oz-wt	Number of servings	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein
Burritos													
Baja Shrimp	10.0	1.7	349.1	97.26	10.9	4.8	0.0	70.9	1,164.4	49.19	4.1	4.8	15.7
Bean & Cheese - Black	10.0	1.7	523.3	197.43	21.9	12.4	-	58.8	1,004.1	57.89	5.8	3.2	25.4
Bean & Cheese - Pinto	10.0	1.5	531.0	198.3	22.0	12.4	-	58.8	1,179.2	59.43	6.0	3.3	25.6
Breakfast Burrito	10.0	1.7	427.2	166.93	18.6	8.1	0.5	224.6	1,039.0	46.11	4.6	5.3	20.8
Butternut Squash Curry (Vegan)	10.0	1.6	272.2	48.74	5.4	3.5	-	-	723.7	51.44	2.4	7.7	7.4
Butternut Squash Curry Bowl (Vegan)	10.0	1.4	116.1	16.96	1.9	1.1	-	-	337.1	22.72	3.1	6.8	3.2
Cabo Supreme - Chicken	10.0	1.5	517.9	237.37	26.4	11.4	0.0	138.7	1,093.9	41.91	3.0	5.7	30.9
Cabo Supreme - Pork	10.0	1.5	432.5	193.98	21.6	10.1	0.0	61.4	1,411.6	41.91	3.0	5.7	21.0
Cabo Supreme - Steak	10.0	1.5	489.8	212.29	23.6	10.7	-	82.5	936.7	41.79	2.9	5.6	30.2
California (Vegan)	10.0	2.0	306.4	83.42	9.3	2.9	-	-	839.8	49.97	7.3	5.4	9.6
Carnitas Pork Burrito	10.0	1.8	327.6	80.82	9.0	3.1	0.0	14.5	1,149.0	49.79	6.1	4.1	14.8
Chicken Tikka Masala	10.0	1.7	393.3	108.12	12.1	4.8	0.1	92.4	890.8	49.38	2.2	9.1	23.8
Fajita - Ck Breast	10.0	1.5	462.7	156.25	17.4	9.4	0.0	95.3	690.4	49.39	1.3	5.9	29.5
Fajita - Shrimp	10.0	1.5	417.6	145.3	16.1	9.0	0.0	107.7	979.9	49.9	1.3	5.9	20.0
Fajita - Steak	10.0	1.5	458.0	162.89	18.1	9.6	-	69.5	724.9	49.58	1.4	5.9	25.6
Godzilla Burrito	10.0	2.3	395.9	144.38	16.0	7.0	0.0	69.7	890.6	41.78	4.8	4.5	22.8
Grilled Angus Steak Burrito	10.0	1.8	401.2	113.07	12.6	6.0	-	44.7	927.9	49.26	4.8	4.0	24.4
Grilled Chicken Burrito	10.0	1.7	418.1	117.99	13.1	6.4	0.0	82.8	1,031.4	50.47	4.3	4.0	25.8
Mediterranean Wrap	10.0	1.6	386.7	139.33	15.6	7.5	0.0	78.5	951.7	40.24	1.8	7.7	23.6
Surf & Turf	10.0	1.9	366.5	104.63	11.7	5.1	0.0	58.3	1,042.0	47.8	4.0	4.7	19.2
Thai Peanut	10.0	1.6	522.2	193.51	21.6	7.4	0.0	79.1	857.0	62.11	2.4	19.2	24.1
Bowls													
Baja Shrimp Bowl	10.0	1.9	226.5	75.17	8.4	3.0	0.0	77.1	882.6	25.18	4.8	3.8	12.9
Bean & Cheese Bowl - Black	10.0	1.5	391.6	181.08	20.1	11.0	-	65.1	641.3	29.39	6.9	1.7	23.1
Bean & Cheese Bowl - Pinto	10.0	1.4	400.1	182.05	20.2	11.0	-	65.1	835.2	31.09	7.1	1.8	23.2
Breakfast Bowl	10.0	1.5	293.8	148.5	16.5	6.3	0.5	247.2	701.6	18.15	5.5	4.1	18.2
Cabo Supreme Bowl - Chicken	10.0	1.3	377.8	224.58	25.0	9.8	0.0	154.5	720.1	9.93	3.8	4.4	29.0
Cabo Supreme Bowl - Pork	10.0	1.3	282.8	176.27	19.6	8.3	0.0	68.4	1,073.8	9.93	3.8	4.4	18.0
Cabo Supreme Bowl - Steak	10.0	1.3	346.6	196.66	21.9	9.0	-	91.9	545.0	9.79	3.7	4.3	28.2
California Bowl (Vegan)	10.0	1.9	190.2	61.98	6.9	1.0	-	-	554.4	27.94	8.2	4.4	6.6
Carnitas Pork Bowl	10.0	1.7	199.5	56.6	6.3	1.1	0.0	15.7	857.4	25.13	7.0	2.9	11.9
Chicken Tikka Masala Bowl	10.0	1.5	260.0	84.39	9.4	2.8	0.1	101.5	547.6	22.46	2.8	8.3	21.5
Fajita Bowl - Ck Breast	10.0	1.4	320.4	134.87	15.0	7.6	0.0	105.8	282.3	19.12	2.0	4.7	27.5
Fajita Bowl - Shrimp	10.0	1.4	270.4	122.71	13.6	7.1	0.0	119.6	603.8	19.69	2.0	4.7	16.9
Fajita Bowl - Steak	10.0	1.4	315.3	142.24	15.8	7.8	-	77.2	320.7	19.33	2.0	4.7	23.2
Godzilla Bowl	10.0	2.2	302.9	130.27	14.5	5.7	0.0	74.5	650.6	22.43	5.4	3.7	21.1
Grilled Angus Steak Bowl	10.0	1.6	277.4	91.36	10.2	4.1	-	48.8	610.9	24.11	5.6	2.8	22.2
Grilled Chicken Bowl	10.0	1.6	290.2	95.76	10.6	4.6	0.0	90.7	709.7	24.27	5.1	2.7	23.7
Mediterranean Bowl	10.0	1.4	244.1	117.33	13.1	5.5	0.0	86.7	592.7	10.62	2.4	6.7	21.2
Surf & Turf Bowl	10.0	1.8	248.8	83.79	9.4	3.3	0.0	63.2	757.7	24.36	4.7	3.7	16.8
Thai Peanut Bowl	10.0		392.4	176.99	19.7	5.5	0.0	87.5	484.1	34.48	3.2	19.4	21.6
Tacos													
Blackened Fish Taco	5.4	1.0	272.1	159.81	17.8	3.5	-	35.3	313.3	18.93	3.1	4.2	10.9
Cajun Shrimp Taco	6.5	1.0	248.6	112.32	12.6	1.5	0.0	56.3	798.3	26.61	3.3	3.7	9.2
Street Taco - Chicken	5.0	1.0	207.1	66.22	7.4	2.2	0.0	79.5	403.9	18.35	3.0	3.3	17.9
Street Taco - Pork	5.0	1.0	144.2	34.27	3.8	1.2	-	22.6	637.8	18.35	3.0	3.3	10.7
Street Taco - Steak	5.0	1.0	186.4	47.76	5.3	1.7	-	38.1	288.1	18.26	2.9	3.2	17.4
Quesadillas													
Bacon Quesadilla Burger	5.4	1.6	793.1	490.11	54.5	19.9	-	166.0	1,127.5	26.65	0.5	3.5	48.0
Quesadilla	10.0	1.2	666.5	368.98	41.0	21.4	-	103.9	1,370.4	50.97	2.6	6.4	27.3
Quesadilla - Chicken	10.0	1.5	634.0	335.68	37.3	18.3	0.0	158.9	1,274.0	40.81	2.2	5.2	36.0
Quesadilla - Pork	10.0	1.5	569.6	302.92	33.7	17.3	-	100.5	1,513.9	40.81	2.2	5.2	28.5
Quesadilla - Steak	10.0	1.5	612.8	316.75	35.2	17.8	-	116.4	1,155.3	40.72	2.1	5.1	35.4
Super Quesadilla	10.0	1.8	592.8	317.22	35.3	17.7	-	82.5	1,188.8	48.59	3.5	6.3	24.4
Super Quesadilla - Chicken	10.0	2.2	577.2	296.89	33.0	15.7	0.0	135.7	1,135.8	39.93	2.9	5.2	32.7
Super Quesadilla - Pork	10.0	2.2	519.5	267.55	29.7	14.8	-	83.4	1,350.6	39.92	3.0	5.2	26.0
Super Quesadilla - Steak	10.0	2.2	558.3	279.93	31.1	15.2	-	97.7	1,029.4	39.84	2.9	5.2	32.2
Salads													
Avocado Green Salad	10.0	1.6	360.2	198.72	22.4	2.9	0.2	55.2	497.2	22.22	6.1	3.3	21.0
HTB Salad	10.0	1.2	185.1	45.93	5.1	0.6	0.0	0.1	1,937.2	32.3	6.7	13.8	5.3
HTB Salad - Ck Breast	10.0	1.5	241.5	51.97	5.8	1.0	0.0	57.8	2,168.9	28.18	5.6	12.8	21.2
HTB Salad - Shrimp	10.0	1.6	217.7	63.9	7.2	0.9	0.1	65.6	2,523.5	28.69	5.5	12.5	11.4
Southwest Chicken Salad	10.0	1.8	459.3	258.75	28.8	5.8	0.2	78.4	644.4	35.63	5.3	14.8	16.5
Super Taco Salad	10.0	2.1	455.3	264.16	29.4	6.9	0.1	13.5	560.8	31.66	8.1	4.7	20.5
Breakfast													
Bacon, Eggs and Potato Burrito	10.0	1.6	620.0	307.91	34.2	13.6	0.5	265.0	1,565.2	44.18	1.6	5.0	34.4
Breakfast Taco	7.3	1.0	369.7	199.5	22.2	7.9	0.4	219.9	592.8	21.17	4.1	4.4	23.4
Chilaquiles	10.0	2.1	431.0	202.27	22.5	5.2	0.4	102.9	762.7	46.25	9.6	3.7	14.3
Chorizo and Eggs Burrito	10.0	2.0	474.3	207.65	23.1	9.3	0.5	221.5	1,114.1	41.15	4.8	5.0	27.5
Kids													
Hot Dog Burrito	9.5	1.0	595.0	268.82	29.9	14.4	1.1	62.5	1,521.8	57.82	5.9	4.3	25.0
Itty Bitty Beanie	7.5	1.0	402.5	124.4	13.8	7.9	-	30.4	976.2	53.54	5.9	3.2	18.6
Itty Bitty Chicken	8.5	1.0	479.6	162.35	18.0	9.2	0.0	104.8	972.4	51.83	0.5	3.4	28.2
Quesa-rito	4.5	1.0	417.6	201.53	22.4	12.9	-	60.8	837.2	36.13	-	2.8	19.7
Sushi													
Ahi Tuna Bowl	10.0	1.6	304.2	85.49	9.5	1.5	-	32.0	715.7	33.75	3.0	3.3	19.9
Ahi Tuna Roll	10.0	1.5	330.7	91.65	10.2	1.6	-	34.9	801.8	36.39	3.1	3.1	21.5
Miso Salmon Bowl	10.0	1.5	304.6	108.76	12.1	1.9	-	36.8	787.6	29.53	2.4	5.6	18.6
Miso Salmon Roll	10.0	1.4	329.3	118.48	13.2	2.1	-	40.7	862.8	31.56	2.2	5.6	19.8
Spicy Ahi Tuna Bowl	10.0	1.6	326.2	109.81	12.2	1.9	-	32.9	798.4	33.32	3.0	3.2	19.7
Spicy Ahi Tuna Roll	10.0	1.5	354.2	118.04	13.1	2.0	-	35.8	890.3	35.87	3.1	2.9	21.3
Sushi California Bowl	10.0	1.6	364.1	181.09	20.1	3.1	-	41.9	1,317.7	36.32	3.5	4.5	10.0
Sushi California Roll	10.0	1.5	400.1	198.21	22.0	3.3	-	46.3	1,475.4	39.54	3.7	4.3	10.8