



# NUTRITION GUIDE

\*Nutrition abbreviation key on page 5

	Cals	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
<b>TACOS</b> All tacos are listed without Potato Olés® and chips and nacho cheese; see Sides for more nutrition information.										
Crispy Taco, Beef	150	10	3.5	0	25	270	11	2	1	9
Crispy Taco, Chicken	130	6	2	0	40	350	10	1	1	13
Crispy Taco, Steak	140	8	2.5	0	30	260	10	1	1	11
Fried Chicken Taco, Chipotle Lime	360	19	4.5	0	35	850	34	2	2	14
Fried Chicken Taco, Jalapeño Ranch	360	19	4.5	0	35	860	34	2	2	15
Fried Chicken Taco, Honey BBQ	320	12	3.5	0	30	830	38	2	6	14
Softshell Taco, Beef	230	11	4	0	25	490	21	1	1	12
Softshell Taco, Chicken	210	7	2.5	0	40	580	21	0	2	15
Softshell Taco, Steak	220	9	3	0	30	480	20	0	2	13
Street Taco, Chicken	170	7	2.5	0	30	400	17	0	2	10
Street Taco, Steak	180	9	3	0	20	330	17	0	2	9
Stuffed Grilled Taco, Beef	500	27	10	0.5	45	930	54	2	3	19
Stuffed Grilled Taco, Chicken	510	26	9	0	60	1040	54	1	4	23
Stuffed Grilled Taco, Steak	490	25	9	0	50	920	53	1	3	21
Taco Bravo, Beef	320	14	5	0	25	680	38	2	2	15
Taco Bravo, Chicken	330	14	4	0	40	790	38	1	3	19
Taco Bravo, Steak	310	12	4	0	30	670	37	1	2	17
<b>BURRITOS</b> All burritos are listed without Potato Olés® and chips and nacho cheese; see Sides for more nutrition information.										
Bean Burrito	400	13	5	0	15	960	57	0	2	17
Beef Burrito	460	22	8	0.5	50	980	44	1	2	23
Boss Burrito, Beef, Pico de Gallo	830	33	14	1	65	2230	108	9	7	34
Boss Burrito, Beef, Roasted Corn & Pepper Salsa	840	34	14	1	65	2210	109	9	8	34
Boss Burrito, Chicken, Pico de Gallo	800	27	12	0	85	2370	107	8	8	40
Boss Burrito, Chicken, Roasted Corn & Pepper Salsa	810	27	12	0	85	2360	108	8	8	40
Boss Burrito, Steak, Pico de Gallo	810	30	12	0	70	2220	106	8	7	37
Boss Burrito, Steak, Roasted Corn & Pepper Salsa	820	31	13	0	70	2200	107	8	8	37
Combination Burrito	430	18	7	0	30	970	50	1	2	20
Double Cheese Boss Burrito, Chicken, Pico de Gallo   <i>at select locations</i>	990	42	18	0.5	130	3020	105	9	10	49
Double Cheese Boss Burrito, Chicken, Roasted Corn & Pepper Salsa   <i>at select locations</i>	990	42	18	0.5	130	3010	107	8	10	49
Double Cheese Boss Burrito, Steak, Pico de Gallo   <i>at select locations</i>	1000	45	19	0.5	115	2870	104	9	9	46
Double Cheese Boss Burrito, Steak, Roasted Corn & Pepper Salsa   <i>at select locations</i>	1010	46	19	0.5	115	2850	106	8	10	46
Grilled Burrito, Beef	850	53	20	1	95	1810	61	3	3	38
Grilled Burrito, Chicken	700	38	12	0	90	1770	59	2	3	34
Grilled Burrito, Fried Chicken	750	42	12	0	60	1770	71	4	3	27
Grilled Burrito, Steak	720	41	13	0	75	1620	59	2	3	31
Meat & Potato Burrito, Beef	530	27	8	0	35	1220	59	3	3	15
Meat & Potato Burrito, Chicken	510	23	7	0	45	1310	59	2	4	19
Meat & Potato Burrito, Fried Chicken	560	26	7	0	30	1370	68	4	3	16
Meat & Potato Burrito, Steak	550	26	8	0	45	1270	59	2	3	20
Queso Blanco Boss Burrito, Chicken, Pico de Gallo   <i>at select locations</i>	950	39	17	0.5	130	2890	103	9	10	48
Queso Blanco Boss Burrito, Chicken, Roasted Corn & Pepper Salsa   <i>at select locations</i>	960	39	17	0.5	130	2880	105	8	10	48
Queso Blanco Boss Burrito, Steak, Pico de Gallo   <i>at select locations</i>	960	42	18	0.5	110	2740	103	9	9	45
Queso Blanco Boss Burrito, Steak, Roasted Corn & Pepper Salsa   <i>at select locations</i>	970	43	18	0.5	110	2720	104	8	10	45
Super Burrito, Beef	470	20	8	0	40	980	52	1	4	21
Super Burrito, Chicken	440	17	7	0	55	1070	52	1	4	24

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Super Burrito, Fried Chicken	530	22	8	0	45	1250	64	3	4	23
Super Burrito, Steak	480	20	8	0	55	1030	52	1	4	25
<b>FAVORITES</b> All salads are listed without dressing; see Dressings for more nutrition information.										
Bean Burrito	400	13	5	0	15	960	57	0	2	17
Boss Bowl, Beef, Pico de Gallo	640	27	12	1	65	1970	79	12	6	25
Boss Bowl, Beef, Roasted Corn & Pepper Salsa	650	27	12	1	65	1960	81	12	7	26
Boss Bowl, Chicken, Pico de Gallo	610	20	9	0	85	2120	78	11	7	32
Boss Bowl, Chicken, Roasted Corn & Pepper Salsa	620	20	9	0	85	2100	79	11	7	32
Boss Bowl, Steak, Pico de Gallo	630	24	10	0	70	1960	77	11	6	29
Boss Bowl, Steak, Roasted Corn & Pepper Salsa	630	24	10	0	70	1950	79	11	7	29
Four Cheese Quesadilla, Cheese   at select locations	470	25	13	0.5	60	1080	40	3	3	23
Four Cheese Quesadilla, Chicken   at select locations	590	33	14	0.5	95	1490	43	3	4	33
Four Cheese Quesadilla, Steak   at select locations	610	36	15	0.5	85	1380	43	3	4	31
Fried Chicken & Potato Olés® Snacker, Chipotle Lime	730	47	9	0	45	1960	61	7	3	17
Fried Chicken & Potato Olés® Snacker, Jalapeño Ranch	750	48	9	0	45	2070	61	7	2	18
Quesadilla, Cheese	500	29	14	0.5	60	970	41	0	2	26
Quesadilla, Beef	580	34	16	1	75	1160	43	0	2	32
Quesadilla, Chicken	560	30	14	0.5	90	1240	43	0	3	36
Quesadilla, Steak	590	34	15	0.5	90	1210	43	0	2	36
Queso Blanco Boss Bowl, Chicken, Pico de Gallo   at select locations	630	29	14	0.5	130	2260	54	9	8	40
Queso Blanco Boss Bowl, Chicken, Roasted Corn & Pepper Salsa   at select locations	640	29	15	0.5	130	2240	55	9	9	40
Queso Blanco Boss Bowl, Steak, Pico de Gallo   at select locations	650	33	15	0.5	110	2100	53	9	8	37
Queso Blanco Boss Bowl, Steak, Roasted Corn & Pepper Salsa   at select locations	660	33	15	0.5	110	2090	55	9	8	37
Queso Loaded Nachos, Chicken   at select locations	720	34	12	0	95	1830	73	5	7	30
Queso Loaded Nachos, Steak   at select locations	730	37	13	0	80	1710	73	5	7	28
Super Nachos, Beef	810	43	14	0.5	65	1300	85	6	3	24
Super Nachos, Chicken	790	39	12	0	80	1380	84	5	4	28
Super Nachos, Steak	820	42	13	0	75	1350	84	5	3	29
Super Potato Olés®, Beef	1120	68	21	1	65	3050	104	10	4	26
Super Potato Olés®, Chicken	1100	64	19	0.5	80	3130	103	10	4	30
Super Potato Olés®, Steak	1130	68	20	0.5	75	3100	103	10	4	31
Taco Salad, Beef	560	31	13	0.5	60	870	50	3	6	26
Taco Salad, Chicken	530	25	11	0	80	980	50	2	7	31
Taco Salad, Fried Chicken	670	33	12	0	70	1300	68	5	6	31
Taco Salad, Steak	540	28	11	0	65	860	49	2	6	28
<b>LOCAL FAVORITES</b> Available at selected locations.										
Cheese Roll-Up	200	10	5	0	20	360	18	1	1	10
Ranch Burrito	420	21	7	0	35	840	43	1	3	17
Taco Burger	280	11	4	0	30	570	30	2	4	15
<b>KIDS MENU</b> All kids meals are listed without junior Potato Olés® and a treat; see below for more nutrition information.										
Cheesy Quesadilla	220	13	6	0	30	410	19	--	1	12
Chicken Tenders, with Ranch Dressing	400	28	4.5	0	45	940	22	3	1	14
Crispy Taco, Beef	150	10	3.5	0	25	270	11	2	1	7
Softshell Taco, Beef	230	11	4	0	25	490	21	1	1	9
Goldfish® Giant Grahams	120	4	1	0	0	140	19	1	7	1
Junior Potato Olés®	330	19	4	0	0	970	37	4	0	3
<b>\$1, \$2, \$3 VALUEST MENU</b>										
Cheesy Bacon Ranch Loaded Potato Olés®	750	49	11	0	25	2180	67	7	1	10
Chicken Bacon Guac Street Taco	210	10	3	0	35	530	19	1	2	12
Chicken Snack Quesadilla	210	9	4	0	35	500	19	0	1	14

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Cinnamon Sugar Tortilla Crisps	280	7	2	0	0	340	50	0	24	4
Cold Brew, Mocha	80	1.5	1	0	5	60	14	0	13	3
Cold Brew, Vanilla	80	1.5	1	0	5	55	13	0	13	3
Meat & Potato Taco   <i>at select locations</i>	230	12	3.5	0	15	510	25	2	1	7
Nacho Crunch Chicken Burrito   <i>at select locations</i>	360	18	4	0	40	870	35	2	3	15
Spicy Chicken & Potato Griller	360	16	4	0	35	1000	40	3	2	16
Spicy Steak & Potato Griller	370	18	4.5	0	25	910	40	3	2	14
<b>SIDES</b> All salads are listed without dressing; see Dressings for more nutrition information.										
Black Beans	210	1	0	0	0	910	38	14	0	14
Chips	270	11	1.5	0	0	210	40	3	0	4
Chips & Nacho Cheese	380	20	4.5	0	10	600	45	3	1	6
Chips & Queso Blanco   <i>at select locations</i>	430	23	8	0	40	970	45	3	3	12
Cilantro Lime Rice	280	9	1.5	0	0	680	43	2	2	5
Potato Olés®, Junior	330	19	4	0	0	970	37	4	0	3
Potato Olés®, Small	480	27	6	0	0	1380	52	6	1	5
Potato Olés®, Medium	670	38	8	0	0	1930	73	8	1	7
Potato Olés®, Large	860	49	11	0	0	2490	94	10	1	9
Refried Beans	360	8	3.5	0	15	1180	52	0	1	22
Rice & Beans	240	5	1	0	0	790	41	8	1	9
Side Salad	40	2.5	1.5	0	5	55	3	1	2	1
<b>SWEET TREATS</b>										
Cinnamon Sugar Tortilla Crisps	280	7	2	0	0	340	50	0	24	4
Mexican Donut Bites	300	8	1.5	0	5	220	48	1	25	4
<b>DIPS, CONDIMENTS &amp; DRESSINGS</b>										
Chipotle Lime Sauce, 1 fl oz	140	14	2.5	0	10	250	3	0	2	0
Creamy Italian Dressing, 1.5 fl oz	130	14	2.5	0	0	320	2	0	2	0
Guacamole, 2.5 fl oz	150	11	2	0	0	220	12	3	0	1
House Dressing, 1.5 fl oz	70	7	1	0	0	260	2	0	2	0
House Salsa, 1 fl oz	5	0	1	0	0	160	6	--	1	0
Jalapeño Ranch Sauce, 1 fl oz	130	13	2	0	10	280	3	0	1	1
Mild Sauce, 1 fl oz	10	0	0	0	0	130	2	0	1	0
Nacho Cheese, 3 fl oz	110	9	3.5	0	10	390	5	0	0	3
Pico de Gallo, 1 fl oz	10	0	0	0	0	95	2	0	1	0
Ranch Dressing, 1.5 fl oz	210	23	3.5	0	15	310	1	--	1	0
Roasted Corn & Pepper Salsa, 1 fl oz	15	0	0	0	0	85	3	0	1	0
Sour Cream, 2.5 fl oz	140	13	8	0.5	50	50	4	0	3	2
Super Hot Sauce, 1 fl oz	5	0	0	0	0	40	1	1	1	0
Queso Blanco, 3 fl oz	160	12	7	0	40	750	5	0	3	8
<b>BREAKFAST</b>										
Breakfast Egg Burrito	440	22	10	0	240	900	46	0	4	22
Breakfast Egg Burrito, Bacon	500	26	12	0	265	1220	46	0	4	27
Breakfast Egg Burrito, Sausage	570	33	14	0	265	1250	47	0	4	29
Breakfast Egg Burrito, Steak	510	25	11	0	260	1080	47	0	4	30
Jr. Breakfast Burrito, Bacon	210	10	3	0	165	470	20	0	2	10
Jr. Breakfast Burrito, Sausage	240	13	4	0	170	500	21	0	2	10
Meat & Potato Breakfast Burrito, Bacon	560	28	9	0	240	1430	57	2	3	20
Meat & Potato Breakfast Burrito, Sausage	630	35	11	0	240	1460	58	2	4	22
Meat & Potato Breakfast Burrito, Steak	570	27	7	0	235	1280	58	2	3	23
Scrambler Breakfast Burrito, Bacon	570	28	9	0	240	1430	59	2	4	20
Scrambler Breakfast Burrito, Sausage	640	35	11	0	240	1460	60	2	5	22
Scrambler Breakfast Burrito, Steak	580	27	7	0	235	1290	60	2	4	23

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Spicy Chorizo Breakfast Burrito	500	27	10	0	240	1310	46	0	4	20
Spicy Steak Breakfast Burrito	430	19	6	0	235	1140	46	0	4	22
Potato Olés® Scrambler, Bacon	1100	69	20	0	380	3160	89	9	5	32
Potato Olés® Scrambler, Sausage	1190	78	23	0	380	3150	91	9	5	34
Potato Olés® Scrambler, Steak	1100	67	18	0	370	2920	90	9	5	36
<b>DRINKS</b>										
Cold Brew, Plain	45	1.5	1	0	5	50	4	0	4	3
Cold Brew, Mocha	80	1.5	1	0	5	60	14	0	13	3
Extra Shot of Mocha Syrup	35	0	0	0	0	10	9	0	9	0
Cold Brew, Vanilla	80	1.5	1	0	5	55	13	0	13	3
Extra Shot of Vanilla Syrup	35	0	0	0	0	0	9	0	9	0
Tropicana® Orange Juice	170	0	0	0	0	20	39	0	34	3
Chocolate Milk	140	2.5	1.5	0	10	160	23	1	23	7
Pepsi®, Kid's Meal, 12 fl oz	150	0	0	0	0	35	41	0	41	0
Pepsi®, Small, 20 fl oz	250	0	0	0	0	55	69	0	69	0
Pepsi®, Medium, 30 fl oz	380	0	0	0	0	85	104	0	104	0
Pepsi®, Large, 40 fl oz	500	0	0	0	0	110	138	0	138	0
Diet Pepsi®, Kid's Meal, 12 fl oz	0	0	0	0	0	35	0	0	0	0
Diet Pepsi®, Small, 20 fl oz	0	0	0	0	0	60	0	0	0	0
Diet Pepsi®, Medium, 30 fl oz	0	0	0	0	0	90	0	0	0	0
Diet Pepsi®, Large, 40 fl oz	0	0	0	0	0	120	0	0	0	0
Mist Twst®, Kid's Meal, 12 fl oz	140	0	0	0	0	35	39	0	39	0
Mist Twst®, Small, 20 fl oz	240	0	0	0	0	55	65	0	65	0
Mist Twst®, Medium, 30 fl oz	360	0	0	0	0	85	98	0	98	0
Mist Twst®, Large, 40 fl oz	480	0	0	0	0	110	130	0	130	0
Mountain Dew®, Kid's Meal, 12 fl oz	170	0	0	0	0	65	46	0	46	0
Mountain Dew®, Small, 20 fl oz	290	0	0	0	0	105	77	0	77	0
Mountain Dew®, Medium, 30 fl oz	440	0	0	0	0	160	116	0	116	0
Mountain Dew®, Large, 40 fl oz	580	0	0	0	0	210	154	0	154	0
Diet Mountain Dew®, Kid's Meal, 12 fl oz	5	0	0	0	0	50	1	0	1	0
Diet Mountain Dew®, Small, 20 fl oz	10	0	0	0	0	85	1	0	1	0
Diet Mountain Dew®, Medium, 30 fl oz	15	0	0	0	0	130	2	0	2	0
Diet Mountain Dew®, Large, 40 fl oz	20	0	0	0	0	170	2	0	2	0
Tropicana® Lemonade, Kid's Meal, 12 fl oz	150	0	0	0	0	150	40	0	40	0
Tropicana® Lemonade, Small 20 fl oz	250	0	0	0	0	260	67	0	66	0
Tropicana® Lemonade, Medium, 30 fl oz	380	0	0	0	0	390	100	0	99	0
Tropicana® Lemonade, Large, 40 fl oz	510	0	0	0	0	520	133	0	133	0
Dr Pepper®, Kid's Meal, 12 fl oz	150	0	0	0	0	60	40	0	38	0
Dr Pepper®, Small, 20 fl oz	250	0	0	0	0	100	66	0	64	0
Dr Pepper®, Medium, 30 fl oz	380	0	0	0	0	150	99	0	96	0
Dr Pepper®, Large, 40 fl oz	500	0	0	0	0	200	132	0	128	0
Mug® Root Beer, Kid's Meal, 12 fl oz	160	0	0	0	0	65	43	0	43	0
Mug® Root Beer, Small, 20 fl oz	260	0	0	0	0	105	71	0	71	0
Mug® Root Beer, Medium, 30 fl oz	390	0	0	0	0	160	107	0	107	0
Mug® Root Beer, Large, 40 fl oz	520	0	0	0	0	210	142	0	142	0
Wild Cherry Pepsi®, Kid's Meal, 12 fl oz	160	0	0	0	0	35	42	0	42	0
Wild Cherry Pepsi®, Small, 20 fl oz	260	0	0	0	0	55	70	0	70	0
Wild Cherry Pepsi®, Medium, 30 fl oz	390	0	0	0	0	85	105	0	105	0
Wild Cherry Pepsi®, Large, 40 fl oz	520	0	0	0	0	110	140	0	140	0
Lifewater® Yumberry Pomegranate, Kid's Meal, 12 fl oz	0	0	0	0	0	45	0	0	0	0

