



# NUTRITION INFORMATION

PLEASE NOTE: All evaluations are calculated as they are published on the menus. All tacos are calculated less 1 oz. of choice salsa. In addition, flour tortilla denotes one (1) flour tortilla, whereas corn tortilla denotes two (2) tortillas per serving size.  
GC = Gluten Conscious specific menu item

BREAKFAST TACOS	CALORIES (G)	CALORIES/FAT (G)	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	TRANS FAT (G)	SODIUM (MG)	TOTAL CARBS (G)	SUGARS (G)	DIETARY FIBER (G)	PROTEIN (G)	% DAILY VALUE			
												VITAMIN A	VITAMIN C	CALCIUM	IRON
#1 BACON, EGG & CHEESE ON CORN - NO SAUCE	425	225	25	9	289	0	841	26	1	0	23	4	0	14	9
#1 BACON, EGG & CHEESE ON FLOUR - NO SAUCE	405	243	27	9	289	0	1,021	16	2	0	24	4	0	14	9
#2 POTATO, EGG & CHEESE ON CORN - NO SAUCE	354	153	17	6	265	0	411	36	2	1	16	4	7	14	8
#2 POTATO, EGG & CHEESE ON FLOUR - NO SAUCE	334	171	19	6	265	0	591	26	3	1	17	4	7	14	8
#3 CHORIZO, EGG & CHEESE ON CORN - NO SAUCE	430	234	26	10	290	0	694	26	1	0	22	3	0	14	9
#3 CHORIZO, EGG & CHEESE ON FLOUR - NO SAUCE	410	252	28	10	290	0	874	16	2	0	23	3	0	14	9
#4 JALAPEÑO SAUSAGE, EGG & CHEESE ON CORN - NO SAUCE	376	198	22	8	283	0	564	26	1	0	19	4	0	15	9
#4 JALAPEÑO SAUSAGE, EGG & CHEESE ON FLOUR - NO SAUCE	356	216	24	8	283	0	744	16	2	0	20	4	0	15	9
#5 POTATO, BLACK BEAN & CHEESE ON CORN - NO SAUCE	386	72	8	4	16	0	684	65	3	8	16	13	12	16	21
#5 POTATO, BLACK BEAN & CHEESE ON FLOUR - NO SAUCE	366	91	10	4	16	0	864	55	4	8	17	13	12	16	21
#5 POTATO, PINTO BEAN & CHEESE ON CORN - NO SAUCE	357	74	8	4	18	0	436	57	2	6	15	10	12	15	11
#5 POTATO, PINTO BEAN & CHEESE ON FLOUR - NO SAUCE	337	90	10	4	18	0	616	47	3	6	16	10	12	15	11
#6 BACON, EGG & SPINACH ON CORN - NO SAUCE	362	180	20	6	273	0	746	26	1	0	20	27	4	6	11
#6 BACON, EGG & SPINACH ON FLOUR - NO SAUCE	342	198	22	6	273	0	926	16	2	0	21	27	4	6	11
DIRTY SANCHEZ ON CORN WITH POBLANO SAUCE	484	279	31	8	286	0	935	34	3	2	17	38	88	18	14
DIRTY SANCHEZ ON FLOUR WITH POBLANO SAUCE	464	297	33	8	287	0	1,115	24	4	2	18	38	88	18	14
MIGAS ON CORN WITH TOMATILLO SAUCE	384	180	20	7	280	0	656	35	3	2	17	10	22	16	13
MIGAS ON FLOUR WITH TOMATILLO SAUCE	364	198	22	7	280	0	839	25	4	2	18	10	22	16	13
MONK SPECIAL ON CORN WITH TOMATILLO SAUCE	443	234	26	10	304	0	1,006	29	2	0	24	4	15	15	13
MONK SPECIAL ON FLOUR WITH TOMATILLO SAUCE	423	252	28	10	304	0	1,186	19	3	0	25	4	15	15	13
RANCH HAND ON CORN WITH DIABLO SAUCE	423	243	27	9	290	0	583	27	1	0	23	6	4	15	13
RANCH HAND ON FLOUR WITH DIABLO SAUCE	423	261	29	9	290	0	763	17	2	0	24	6	4	15	13
THE WRANGLER ON CORN WITH TOMATILLO SAUCE	487	238	26	10	299	1	796	37	2	1	26	3	13	15	13
THE WRANGLER ON FLOUR WITH TOMATILLO SAUCE	467	252	28	10	299	1	976	27	3	1	27	3	13	15	13

## DAMN GOOD TACOS

ALABAMA SHAKE ON FLOUR WITH AVOCADO SAUCE	263	117	13	3	38	0	710	25	5	1	13	35	16	7	2
ALABAMA SHAKE ON CORN WITH AVOCADO SAUCE	283	99	11	3	38	0	530	35	4	1	12	35	16	7	2
BAJA SHRIMP ON CORN WITH CHIPOTLE SAUCE	444	261	29	5	104	0	769	34	3	1	12	48	15	9	9
BAJA SHRIMP ON FLOUR WITH CHIPOTLE SAUCE	424	279	31	5	104	0	949	24	4	1	14	48	15	9	9
GC = BAJA SHRIMP GRILLED ON CORN WITH CHIPOTLE SAUCE	422	261	29	5	88	0	580	30	3	1	11	47	15	8	8
BEEF FAJITA ON CORN WITH ROJA SAUCE	436	234	26	9	67	1	513	30	3	1	23	26	35	11	10
BEEF FAJITA ON FLOUR WITH ROJA SAUCE	416	252	28	9	67	1	693	20	4	1	24	26	35	11	10
BRUSHFIRE ON FLOUR WITH DIABLO SAUCE	281	108	12	2	67	0	876	23	7	1	22	18	42	2	5
BRUSHFIRE ON CORN WITH DIABLO SAUCE	301	87	10	2	67	0	696	33	6	1	21	18	42	2	5
CHICKEN FAJITA ON CORN WITH TOMATILLO SAUCE	374	162	18	5	74	0	449	29	3	1	25	22	36	11	5
CHICKEN FAJITA ON FLOUR WITH TOMATILLO SAUCE	354	180	20	5	74	0	629	19	4	1	26	22	36	11	5
CROSSROADS ON CORN WITH TOMATILLO SAUCE	439	243	27	9	70	2	835	27	1	1	23	9	9	1	9
CROSSROADS ON FLOUR WITH TOMATILLO SAUCE	419	263	29	9	70	2	1,015	17	2	1	24	9	9	1	9
DEMOCRAT ON CORN WITH TOMATILLO SAUCE	243	72	8	3	19	0	1,092	32	1	3	10	34	21	8	7
DEMOCRAT ON FLOUR WITH TOMATILLO SAUCE	223	88	10	3	19	0	1,272	22	2	3	11	34	21	8	7
FRIED AVOCADO ON CORN WITH POBLANO SAUCE	387	171	19	6	39	0	559	45	3	5	12	13	13	15	8
FRIED AVOCADO ON FLOUR WITH POBLANO SAUCE	367	189	21	6	39	0	739	35	4	5	13	13	13	15	8
GC = FRIED AVOCADO - FRESH AVOCADOS ON CORN WITH POBLANO SAUCE	367	162	18	5	27	0	449	42	3	5	11	13	13	15	7
GREEN CHILE PORK ON CORN WITH TOMATILLO SAUCE	248	54	6	3	44	0	656	33	3	1	17	6	19	7	7
GREEN CHILE PORK ON FLOUR WITH TOMATILLO SAUCE	228	69	8	3	44	0	836	23	4	1	18	6	19	7	7
INDEPENDENT ON FLOUR WITH ANCHO AIOLI	409	225	25	4	36	0	1,241	40	4	5	11	54	9	10	14
INDEPENDENT ON CORN WITH ANCHO AIOLI	429	207	23	4	36	0	1,061	50	3	5	10	54	9	10	14
GC = INDEPENDENT - GRILLED MUSHROOMS ON CORN WITH ANCHO AIOLI	447	342	38	7	24	0	1,121	24	3	5	8	32	9	10	14
MR. ORANGE ON CORN WITH AVOCADO SAUCE	282	90	10	3	9	0	719	33	2	2	15	8	14	8	5
MR. ORANGE ON FLOUR WITH AVOCADO SAUCE	262	108	12	3	9	0	899	23	3	1	16	8	14	8	5
MR. PINK ON CORN WITH CHIPOTLE SAUCE	445	252	28	5	49	0	817	29	1	1	18	41	9	8	5
MR. PINK ON FLOUR WITH CHIPOTLE SAUCE	425	270	30	5	49	0	997	19	2	1	19	41	9	8	5
REPUBLICAN ON FLOUR WITH POBLANO SAUCE	395	261	29	9	62	0	935	19	3	1	15	9	8	13	5
REPUBLICAN ON CORN WITH POBLANO SAUCE	415	243	27	9	62	0	755	29	2	1	14	9	8	13	5
TIPSY CHICK ON FLOUR WITH CHIPOTLE SAUCE & MARMALADE	1,077	540	60	17	172	0	2,537	78	53	1	56	35	17	16	13
TIPSY CHICK ON CORN WITH CHIPOTLE SAUCE & MARMALADE	1,097	522	58	17	172	0	2,357	88	52	1	55	35	17	16	13
TIPSY CHICK ON FLOUR WITH CHIPOTLE SAUCE & WITHOUT MARMALADE	403	207	23	5	81	0	661	24	4	1	26	34	17	10	5
TRAILER PARK ON FLOUR WITH POBLANO SAUCE	331	171	19	5	74	0	777	22	3	1	18	12	17	14	5
TRAILER PARK ON CORN WITH POBLANO SAUCE	351	153	17	5	74	0	597	32	2	1	17	12	17	14	5
TRAILER PARK TRASHY ON FLOUR WITH POBLANO SAUCE	385	180	20	8	86	0	1,022	23	4	1	20	16	20	20	5
TRAILER PARK TRASHY ON CORN WITH POBLANO SAUCE	405	162	18	8	86	0	842	33	3	1	19	16	20	20	5

## NOT A TACO

AIRSTREAM SALAD - NO PROTEIN	667	504	56	9	18	0	1,180	33	14	8	12	67	42	16	20
AIRSTREAM SALAD WITH CHICKEN	800	567	63	10	75	0	1,281	33	14	8	30	68	42	16	22
AIRSTREAM SALAD WITH SALMON	875	621	69	12	18	0	1,839	36	15	8	32	67	42	18	25
AIRSTREAM SALAD - NO CHAMPAGNE VINAIGRETTE OR CHIPOTLE SAUCE	329	171	19	3	9	0	765	32	14	7	12	67	41	15	18

## EATS & TREATS

GRANDE BURRITO WITH BEEF	1,153	522	58	23	128	1	2,101	108	9	18	53	51	36	53	53
GRANDE BURRITO WITH CHICKEN	1,093	450	50	20	134	1	2,085	108	9	18	55	52	36	53	47
GRANDE BURRITO WITH PORK	1,049	423	47	20	115	1	2,509	108	9	18	51	51	40	53	50
GRANDE BURRITO WITH VEGGIES	985	387	43	19	76	1	1,987	113	12	20	38	71	103	54	47
JUAN'S REFRIED BEANS - 8 OZ.	551	63	7	2	9	0	1,051	92	6	21	32	22	20	19	39
LIL' NOOKIES - 13	2,820	558	62	30	240	0	4,041	537	154	21	45	139	81	29	589
LIL' NOOKIES - 3	687	126	14	7	58	0	993	131	38	5	11	34	20	7	147
LOVEPUPIES™ PEANUT BUTTER	400	162	18	10	90	0	75	58	41	3	7	0	0	2	8
LOVEPUPIES™ DOUBLE CHOCOLATE	370	144	16	10	90	0	25	57	40	3	5	0	0	2	10
LOVEPUPIES™ DOUBLE CHOCOLATE GLUTEN FREE	380	144	16	10	90	0	25	60	40	2	4	0	0	2	10
LOVEPUPIES™ RED VELVETEEN	380	153	17	10	95	0	50	55	38	3	7	0	0	4	10
REFRIED BLACK BEANS - 8 OZ.	667	54	6	0	0	0	2,043	125	9	29	36	35	18	24	77
STREET CORN - 8 OZ.	485	270	30	8	41	0	2,556	51	10	7	13	29	18	17	9
TORCHY'S MEXICAN RICE - 8 OZ.	241	27	3	0	0	0	479	48	4	2	5	42	15	2	14

	CALORIES (G)	CALORIES/FAT (G)	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	TRANS FAT (G)	SODIUM (MG)	TOTAL CARBS (G)	SUGARS (G)	DIETARY FIBER (G)	PROTEIN (G)	% DAILY VALUE					
												VITAMIN A	VITAMIN C	CALCIUM	IRON		
<b>CHIPS &amp; DIPS</b>																	
AVOCADO SAUCE & CHIPS - 8 OZ.	300	153	17	1	0	0	1,132	38	5	7	5	13	2	6	0	0	
CHIPOTLE SAUCE & CHIPS - 8 OZ.	1,617	1,485	165	22	144	0	1,577	27	3	0	5	11	5	6	5	0	
DIABLO SAUCE & CHIPS - 8 OZ.	509	378	42	4	0	0	1,440	28	0	0	2	16	32	0	16	0	
GREEN CHILE QUESO & CHIPS - 8 OZ.	664	153	17	21	104	0	2,236	32	7	2	22	45	31	57	3	0	
GUACAMOLE & CHIPS - 8 OZ.	453	315	35	5	9	0	849	23	2	11	8	6	31	7	9	0	
HILLBILLY QUESO & CHIPS - 8 OZ.	793	252	28	25	129	0	2,586	32	7	2	29	45	31	58	6	0	
PICO DE GALLO & CHIPS - 8 OZ.	200	63	7	0	0	0	710	32	6	3	4	32	35	2	4	0	
POBLANO SAUCE & CHIPS - 8 OZ.	869	702	78	12	80	0	680	36	6	0	2	0	16	16	0	0	
ROJA SAUCE & CHIPS - 8 OZ.	214	72	8	0	0	0	869	33	6	3	5	36	38	2	4	0	
TOMATILLO SAUCE & CHIPS - 8 OZ.	189	54	6	0	0	0	480	28	1	0	2	0	48	0	16	0	

<b>SAUCES</b>																
AVOCADO SAUCE - 1 OZ.	19	9	1	0	0	0	142	2	1	1	0	2	8	0	1	0
CHIPOTLE SAUCE - 1 OZ.	184	180	20	3	18	0	197	1	0	0	0	1	1	1	0	0
DIABLO SAUCE - 1 OZ.	45	45	5	1	0	0	180	1	0	0	0	2	4	0	2	0
POBLANO SAUCE - 1 OZ.	90	81	9	2	10	0	85	2	1	0	0	0	2	2	0	0
ROJA SAUCE - 1 OZ.	8	0	0	0	0	0	109	2	1	0	0	5	5	0	1	0
TOMATILLO SAUCE - 1 OZ.	5	0	0	0	0	0	60	1	0	0	0	0	6	0	2	0

<b>DRINKS</b>																
COFFEE - 16 OZ.	4	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0
DECAF COFFEE - 16 OZ.	4	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0
ICED TEA SWEET	232	0	0	0	0	0	21	60	59	0	0	0	0	0	0	0
ICED TEA UNSWEET	2	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0
MAINE ROOT BLACK CHERRY	220	0	0	0	0	0	30	54	54	0	0	0	0	0	0	0
MAINE ROOT DIET MEXICANE COLA	0	0	0	0	0	0	30	0	0	0	0	0	0	0	0	0
MAINE ROOT DOPPELGÄNGER	200	0	0	0	0	0	30	50	50	0	0	0	0	0	0	0
MAINE ROOT LEMON LIME	200	0	0	0	0	0	30	50	50	0	0	0	0	0	0	0
MAINE ROOT MEXICANE COLA	220	0	0	0	0	0	30	56	56	0	0	0	0	0	0	0
MAINE ROOT DRINK PINK DRINK	150	0	0	0	0	0	0	0	37	0	0	0	0	0	0	0
MAINE ROOT VANILLA CREME	220	0	0	0	0	0	30	54	54	0	0	0	0	0	0	0

<b>BOTTLED BEVERAGES</b>																
BIG RED	150	0	0	0	0	0	30	38	38	0	0	0	0	0	0	0
JARRITOS FRUIT PUNCH	110	0	0	0	0	0	45	28	28	0	0	0	0	0	0	0
JARRITOS GRAPEFRUIT	110	0	0	0	0	0	45	27	27	0	0	0	0	0	0	0
JARRITOS MANDARIN	120	0	0	0	0	0	45	29	29	0	0	0	0	0	0	0
JARRITOS PINEAPPLE	110	0	0	0	0	0	45	28	28	0	0	0	0	0	0	0
JARRITOS STRAWBERRY	110	0	0	0	0	0	45	28	28	0	0	0	0	0	0	0
LEMONADE	125	0	0	0	0	0	0	33	33	0	0	0	13	0	0	0
MEXICAN COKE	150	0	0	0	0	0	85	39	39	0	0	0	0	0	0	0
MILK	130	45	5	5	35	0	190	19	18	0	13	15	6	45	0	0
ORANGE JUICE	110	0	0	0	0	0	8	27	21	2	2	10	200	3	3	0
RED BULL	110	0	0	0	0	0	105	28	27	0	<1	0	0	0	0	0
RED BULL SUGAR FREE	5	0	0	0	0	0	105	3	0	0	<1	0	0	0	0	0
TEPACHITO	180	0	0	0	0	0	36	46	46	0	0	0	0	0	0	0
TOPO CHICO	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0	0

<b>SECRET MENU</b>																
ACE OF SPADES	678	414	46	20	302	1	1,804	20	4	0	34	21	9	23	14	0
GREEN CHILE PORK MISSIONARY STYLE	603	405	45	11	78	0	1,131	28	2	2	24	11	10	18	7	0
HIPSTER	389	162	18	6	71	0	1,257	27	2	2	29	9	15	8	10	0
JACK OF CLUBS	504	225	25	7	209	0	850	50	4	6	20	22	12	18	19	0
MAD COW	653	387	43	10	84	1	1,166	42	5	5	30	13	8	14	20	0
MATADOR	678	423	47	17	113	2	1,583	34	4	2	33	15	34	20	11	0
TRAILER PARK HILLBILLY STYLE	638	360	40	15	135	0	1,870	24	4	1	35	16	18	18	10	0

<b>KIDS MENU</b>																
BEAN & CHEESE TACO ON CORN	373	72	8	4	19	0	495	59	2	8	18	12	8	17	15	0
BEAN & CHEESE TACO ON FLOUR	353	90	10	4	19	0	675	49	3	8	19	12	8	17	15	0
BEEF TACO ON CORN	359	180	20	8	67	0	223	25	1	0	22	5	1	10	8	0
BEEF TACO ON FLOUR	339	198	22	8	67	0	403	15	1	0	23	5	1	10	8	0
CHEESE QUESADILLA	242	144	16	7	33	0	297	19	3	2	9	12	4	13	2	0
CHICKEN QUESADILLA	309	171	19	7	62	0	348	19	3	2	18	12	5	13	3	0
FRIED CHICKEN TACO ON CORN	246	72	8	4	64	0	291	27	0	0	17	5	0	10	3	0
FRIED CHICKEN TACO ON FLOUR	226	90	10	4	64	0	471	17	1	0	18	5	0	10	3	0
GRILLED CHICKEN TACO ON CORN	300	108	12	4	74	0	202	25	0	0	24	5	1	10	2	0
GRILLED CHICKEN TACO ON FLOUR	280	126	14	4	74	0	382	15	1	0	25	5	1	10	2	0
LITTLE WRECKER WITH 2 CHICKEN & 2 AVOCADO	392	189	21	4	106	0	790	26	5	5	25	17	16	4	10	0
LITTLE WRECKER WITH 3 CHICKEN	350	153	17	3	154	0	839	14	4	2	33	18	11	4	9	0
LITTLE WRECKER WITH 4 AVOCADO	303	189	21	3	10	0	506	26	4	7	5	14	20	2	7	0
PIG IN A PONCHO ON CORN WITH KETCHUP	366	189	21	9	45	0	905	34	7	0	12	6	2	8	4	0
PIG IN A PONCHO ON FLOUR WITH KETCHUP	346	207	23	9	45	0	1,085	24	8	0	13	6	2	8	4	0

<b>DAMN GOOD DRINKS</b>																
BLOODY MARY	144	18	2	0	0	0	973	9	1	1	1	6	5	3	6	0
FROZEN LIME MARGARITA	400	0	0	0	0	0	0	70	70	0	0	0	44	0	0	0
FROZEN MANGO MARGARITA	310	0	0	0	0	0	20	51	49	0	0	0	60	2	0	0
FROZEN MANGO SWIRL MARGARITA	400	0	0	0	0	0	0	70	76	0	0	15	44	30	0	0
FROZEN STRAWBERRY MARGARITA	293	0	0	0	0	0	17	53	47	0	0	0	56	0	0	0
FROZEN STRAWBERRY SWIRL MARGARITA	400	0	0	0	0	0	15	76	75	1	0	0	69	0	0	0
MARGARITA ON THE ROCKS	200	0	0	0	0	0	1	20	10	0	0	0	10	0	0	0
MIMOSA	146	0	0	0	0	0	5	16	12	0	1	0	40	1	0	0
PERFECTED PATRÓN	283	0	0	0	0	0	2	28	24	0	0	1	22	1	0	0
ŠANGRIA	210	0	0	0	0	0	0	13	9	0	0	0	10	0	0	0
SKINNY 100	230	0	0	0	0	0	0	23	21	1	0	0	15	2	2	0
SUCKER PUNCH	192	0	0	0	0	0	17	22	16	0	0	4	57	2	2	0
TEQUILA SUNRISE	158	0	0	0	0	0	3	19	16	0	1	0	40	1	0	0
THE COOL DOWN	223	72	8	0	0	0	3	27	20	0	0	1	21	1	1	0
THE LORENA	133	0	0	0	0	0	0	195	13	12	0	0	2	8	0	0
THE PEG LEG	500	0	0	0	0	0	10	75	66	0	1	0	50	2	2	0
TITO'S RITA	229	0	0	0	0	0	3	28	16	0	0	1	22	1	1	0
TORCHY'S TINI	430	9	1	0	0	0	150	46	43	0	0	2	8	2	2	0
TORCHY'S TONIC	134	0	0	0	0	0	12	11	10	0	0					