



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
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	441	243	27	9	290	0	581	27	2	0	23	6	5	15	13
RANCH HAND ON FLOUR WITH DIABLO SAUCE	421	261	29	9	290	0	761	17	3	0	24	6	5	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

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	432	225	25	9	66	1	510	30	3	1	23	26	36	11	10
BEEF FAJITA ON FLOUR WITH ROJA SAUCE	412	243	27	9	66	1	690	20	4	1	24	26	36	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	371	153	17	5	72	0	446	30	3	1	24	22	37	11	5
CHICKEN FAJITA ON FLOUR WITH TOMATILLO SAUCE	351	171	19	5	72	0	626	20	4	1	25	22	37	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 = 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	258	78	9	4	35	0	645	34	4	1	11	9	19	7	6
GREEN CHILE PORK ON FLOUR WITH TOMATILLO SAUCE	238	71	11	4	35	0	845	24	4	1	13	9	19	7	6
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	32	9	10	14
GC = INDEPENDENT GRILLED MUSHROOMS ON CORN WITH ANCHO AIOLI	447	342	38	7	24	0	1,121	24	3	5	8	8	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	9	14	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	34	8	13	5
TIPSY CHICK ON FLOUR WITH CHIPOTLE SAUCE & MARMALADE	943	495	55	16	114	0	2,441	78	53	1	38	34	16	15	12
TIPSY CHICK ON CORN WITH CHIPOTLE SAUCE & MARMALADE	963	477	53	16	114	0	2,261	88	52	1	37	34	16	15	12
TIPSY CHICK ON FLOUR WITH CHIPOTLE SAUCE & WITHOUT MARMALADE	400	216	24	5	79	0	664	24	4	1	25	13	18	10	5
TRAILER PARK ON FLOUR WITH POBLANO SAUCE	328	171	19	5	72	0	775	22	3	1	18	13	17	19	5
TRAILER PARK ON CORN WITH POBLANO SAUCE	348	153	17	5	72	0	595	32	2	1	17	13	17	19	5
TRAILER PARK TRASHY ON FLOUR WITH POBLANO SAUCE	382	207	23	8	87	0	1,012	23	4	1	20	13	20	19	5
TRAILER PARK TRASHY ON CORN WITH POBLANO SAUCE	402	189	21	8	86	0	832	33	3	1	19		20	17	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	797	567	63	10	74	0	1,403	34	14	8	29	68	43	16	21
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

SIDES / DEVILISHLY SWEET

GRANDE BURRITO WITH BEEF	1,149	513	57	23	126	1	2,098	108	10	18	53	51	37	53	53
GRANDE BURRITO WITH CHICKEN	1,091	441	49	20	132	1	2,082	108	10	18	54	52	37	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
LOVEPUPPIES™ PEANUT BUTTER	400	162	18	10	90	0	75	58	41	3	7	0	0	2	8
LOVEPUPPIES™ DOUBLE CHOCOLATE	370	144	16	10	90	0	25	57	40	3	5	0	0	2	10
LOVEPUPPIES™ DOUBLE CHOCOLATE GLUTEN FREE	380	144	16	10	90	0	25	60	40	2	4	0	0	2	10
LOVEPUPPIES™ 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
TORCHYS MEXICAN RICE - 8 OZ.	241	27	3	0	0	0	479	48	4	2	5	42	15	2	14

