

BURRACHO'S MEXICAN GRILL
NUTRITION
GUIDE



	SERVING SIZE	CALORIES	CALORIES FROM FAT (g)	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
MEAL TYPES											
3 Flour Tortillas	4 oz	320	66	7.5	1.5	0	600	40	3	7	6
3 Hard Shell Tacos	1.5 oz	200	80	9	1	0	0	29	3	0	3
El Niño	8 oz	302	126	15	7	41	421	38	8	0	17
Flour Tortilla (Burrito)	3.5 oz	270	63	7	2	0	590	33	2	0	6
Salad	2.5 oz	12.5	0	0	0	0	0	2.5	2.5	0	0
Tortilla Chips	4 oz	565	235	26	3.5	0	390	70	8	0	7
FILLINGS											
Barbacoa Beef	3 oz	150	54	6	2	50	390	2	0	0	20
Carnitas Pork	3 oz	170	54	6	2	50	440	1	0	0	25
Grilled Chicken	3 oz	115	22	2.5	1	70	140	0.5	0	0	20
Ground Beef	3 oz	190	60	6.5	2.5	70	200	2	0	0	30
Steak	3 oz	180	45	5	1.5	50	240	1.5	0	0	24
ADDITIONAL INGREDIENTS											
Black Beans	3 oz	75	9	1	0	0	120	16	9	0	5
Brown Rice	4 oz	210	50	9	1	0	190	36	2	4	4
Cilantro Lime Rice	3 oz	130	27	3	0.5	0	120	22	0	0	20
Fajita Veggies	3 oz	16	4	0.5	0	0	140	3	0.5	0	0
Guacamole	3 oz	110	90	10	1.5	0	160	7	5	0	1.5
Jalapeños	1/2 cup	13	0	0.1	0.1	0.1	12	7	1.25	9.25	0.4
Monterey Jack Cheese	1 oz	100	76	8.5	6	30	180	0	0	0	8
Pinto Bean	3 oz	75	9	1	0	0	150	15	8	0	5
Queso Cheese Sauce	2 oz	220	162	18	12	50	400	0	0	0	12
Romaine Lettuce	1 oz	5	0	0	0	0	0	1	1	0	0
Sour Cream	2 oz	110	81	9	7	35	30	2	0	0	2
Tortilla Chips	4 oz	565	235	26	3.5	0	390	70	8	0	7
SALSAS											
Chipotle Salsa	1 oz	15	0	0	0	0	90	2	1	0	0
Corn Salsa	1 oz	21	5	0.5	0	0	130	3	1	0	1
Pico de Gallo	1 oz	8	0	0	0	0	90	1	0.5	0	1
Salsa no Picante	1 oz	15	0	0	0	0	80	2	1	0	0



BURRACHO'S MEXICAN GRILL
ALLERGENS
INFO



FOOD	WHEAT	SOY	DAIRY	TREE NUTS	PEANUTS	GLUTEN
MEATS						
Barbacoa Beef						
Carnitas Pork						
Chicken		X				
Ground Beef						
Steak						
RICE & VEGGIES						
Black Beans						
Fajita Veggies		X				
Jalapeno Peppers						
Lettuce						
Pinto Beans						X
Cilantro Lime White Rice		X				
Cilantro Lime Brown Rice		X				
SALSAS & OTHER SIDES						
Chipotle Salsa						
Corn Salsa						
Habanero Salsa						
Pico de Gallo						
Salsa No Picante						
QUESO, GUACAMOLE & OTHER TOPPINGS						
Queso			X			
Guacamole						
Shredded Cheese			X			
Sour Cream			X			
CHIPS & SHELLS						
Tortilla Strips						
Flour Tortilla Shells						X
Corn Tortilla Shells						
Corn Tortilla Chips						
DESSERTS						
Brownies	X	X	X	X	X	X

