

QUESERA!

Serving Size		Calories	Cals from Fat	Total fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg	Allergens
Quesadillas														
Enchilada-style Chicken	Tortilla+Cheese+chicken+3 1oz fillings+1 finisher	690-1250												
Ground Beef	Tortilla+Cheese+ground beef+3 1oz fillings+1 finisher	620-1180												
Soy Chorizo	Tortilla+Cheese+soy chorizo+3 1oz fillings+1 finisher	690-1250												
Headliner	Tortilla+cheese+1 finisher	510-910												
Hot off the Press	Tortilla+Cheese+3 fillings+1finisher	520-1080												
Salads														
Enchilada-style Chicken	4oz romaine+Cheese+chicken+3 fillings+1 finisher	490-950												
Ground Beef	4oz romaine+Cheese+ground beef+3 fillings+1 finisher	420-880												
Soy Chorizo	4oz romaine+Cheese+soy chorizo+3 fillings+1 finisher	490-950												
No Protein	4oz romaine+Cheese+3 fillings+1finisher	320-790												
Nachos														
Enchilada-style Chicken	4oz chips+3oz chicken+3oz cheese+3 toppings+3oz queso+2oz guac+2oz sour cream+cilantro	1180-1380												
Ground Beef	4oz chips+3oz ground beef+3oz cheese+3 toppings+3oz queso+2oz guac+2oz sour cream+cilantro	1110-1310												
Soy Chorizo	4oz chips+3oz soy chorizo+3oz cheese+3 toppings+3oz queso+2oz guac+2oz sour cream+cilantro	1180-1380												
House Nachos	4oz chips+3oz black beans+3oz cheese+3 toppings+3oz queso+2oz guac+2oz sour cream+cilantro	1110-1310												
Step 1: Pick Tortilla (Pick 1)														
White	1 each	310	60	7	2.5	0	0	630	52	2	0	8 Vg	wheat, gluten	
Wheat	1 each	280	70	8	2.5	0	0	470	46	4	0	8 Vg	wheat, gluten	
Jalapeno Cheddar	1 each	300	80	9	4	0	0	600	48	5	1	8 V	wheat, gluten	
Gluten-free Tortilla	1 each	220		9	2	0	0	500	45	4	6	6 Vg	soy. May contain sesame	
Step 2: Pick cheese (Pick 1)														
Quesera Blend	6fz	300	220	24	15	0	75	510	3	0	0	18 V	milk	
Vegan Cheddar	6fz	270	150	17	9	0	0	790	28	0	0	0 Vg	coconut	
Mild Cheese Blend	6fz	320	230	26	17	0	80	1030	3	0	1	18 V	milk	
Step 3: Pick protein (Pick 1)														
Red Chili Enchilada Chicken	3oz	170	60	7	1.5	0	80	510	3 less than 1g	1g		24		
Ground Beef	3oz	100		5	2	0	25	250	5	1	2	8		
Vegan Chorizo	3oz	170	0	12	1.5	0	0	630	9	8	0	14 Vg	soy	
Step 4: Pick Fillings (Pick up to 3)														
Pico De Gallo	1/4c	15	5	0.5	0	0	0	80	2 less than 1g		1	0 Vg		
Corn Salsa	1/4c	30	10	1	0	0	0	60	4 less than 1g		2 less than 1g	Vg		
Grilled peppers and onions	1/3c	60	30	3.5	0	0	0	0	7	1	3 less than 1g	Vg		
Ancho Black Beans	1/4c	50	10	1	0	0	0	130	8	2 less than 1g		3 Vg		
Diced tomatoes	1/4c	5	0	0	0	0	0	0	1	0 less than 1g		0 Vg		
Diced onions	1/4c	5	0	0	0	0	0	0	1	0	0	0 Vg		
Jalapenos	1/4c	0	0	0	0	0	0	460	1	0	0	0 Vg		
Black Olives	1/4c	60	50	5	1	0	0	240	2	2	0	0 Vg		
Cilantro	2 tbsp	5	0	0	0	0	0	0	1 less than 1g		0	0 Vg		
Step 5: Pick Finishers (Pick up to 2)														
Fire Roasted Chipotle Salsa	1/4c	20	0	0	0	0	0	460	4	0	0	0 Vg		
Salsa Verde	1/4c	20	0	0	0	0	0	380	4	1	2	0 Vg		
Picante Sauce	1/4c	20	0	0	0	0	0	500	4	2	2	0 Vg		
Avocado Salsa	1/4c	40	20	2.5	0	0	0	60	4	0	0 less than 1g	Vg		
House Guacamole	1/4c	80	60	7	1	0	0	60	4	3	0	1 Vg		
Sour Cream	1/4c	120	90	10	7	0	40	5	4	0	4	2 V	milk	
Ranch	1/4c	240	230	26	4	0	20	500	4	0	2	0 V	eggs, milk, soy	
Chipotle Ranch	1/4c	280	270	30	5	0	20	560	1	0	1	0 V	eggs, milk	
Chili Lime Pineapple Salsa	1/4c	20	0	0	0	0	0	190	5 less than 1g		3	0 Vg		
Add-ons														
Chicken Tortilla Soup		110	30	3.5	0.5	0	20	620	14	2	3	8		
Cup	6fz	82.5	20	2.625	0.375	0	15	465	10.5	1.5	2.25	6		
	2fzcorn salsa+1fzqueseracheese+1/2oztortilla strips	170	90	10	5	0	25	305	13	1	2	7	milk, soy	
	Total	250	120	13	5	0	40	770	24	3	4	13	milk, soy	
Bowl	12fz	165	50	5.25	0.75	0	30	930	21	3	4.5	12		
	2fzcorn salsa+1fzqueseracheese+1/2oztortilla strips	170	90	10	5	0	25	305	13	1	2	7	milk, soy	
	Total	340	140	15	6	0	55	1240	34	4	7	19	milk, soy	
Tortilla Chips	4oz	420	140	15	0.5	0	0	270	70	8	0	8 Vg		
Chips & Guac	4oz+2fz guac	500	200	22	1.5	0	0	330	74	11	0	9 Vg		
Chips & Salsa	4oz+2fz salsa	440	140	15	0.5	0	0	730	74	8	0	8 Vg		
Chips & Queso	4oz +3oz queso	460	180	20	4	0	7	720	64	10	1	6 V	milk, soy	
Extra Finisher	1/4c	Add 20-280 cal												