



modified october 2011

NUTRITIONAL GUIDE

Pollo Campero attempts to provide nutrition and ingredient information regarding its products that is as complete as possible. Some menu items may not be available at all restaurants; test products, test formulations or regional items have not been included. While the ingredient information is based on standard product formulations, variations may occur depending on the local supplier, the region of the country and the season of the year. Further, product formulations change periodically. Serving sizes may vary from quantity upon which the analysis was conducted. Serving size designation for beverages refers to total cup capacity; the actual amounts of beverage (and ice) may vary. No products are certified as vegetarian; all products may contain trace amounts of ingredients derived from animals. If you wish further information or have special sensitivities or concerns regarding specific ingredients in specific menu items please call us at the number below. This listing is continuously updated in an attempt to reflect the current status of our products and may vary from printed materials.

| | Portion | Serving size (gms) | Calories | Calories from fat | Total Fat (gms) | % Daily Values ** | Saturated fat (gms) | % Daily Value** | Trans Fat (gms) | Cholesterol (mgs) | % Daily Values** | Sodium (mgs) | % Daily Value** | Carbohydrates (gms) | % Daily Value** | Dietary Fiber (gms) | % Daily Value** | Sugars (gms) | Protein (gms) |
|---|---------|--------------------|----------|-------------------|-----------------|-------------------|---------------------|-----------------|-----------------|--------------------|------------------|---------------|-----------------|---------------------|-----------------|---------------------|-----------------|--------------|---------------|
| CHICKEN | | | | | | | | | | | | | | | | | | | |
| Traditional - Whole Wing | 1 | 56 | 171 | 95 | 10 | 15 | 3 | 15 | 0 | 88 | 29 | 337 | 14 | 2 | 1 | 0 | 0 | 0 | 17 |
| Traditional - Breast | 1 | 173 | 375 | 161 | 17 | 26 | 5 | 25 | 0 | 166 | 55 | 810 | 34 | 7 | 2 | 0 | 0 | 0 | 47 |
| Traditional - Drumstick | 1 | 67 | 164 | 83 | 9 | 14 | 3 | 15 | 0 | 101 | 34 | 304 | 13 | 2 | 1 | 0 | 0 | 0 | 19 |
| Traditional - Thigh | 1 | 138 | 397 | 241 | 26 | 40 | 7 | 35 | 0 | 176 | 59 | 790 | 33 | 8 | 3 | 0 | 0 | 0 | 31 |
| Grilled Chicken (Breast &Wings) | 1 | 172 | 340 | 155 | 17 | 26 | 5 | 25 | 0 | 57 | 19 | 1025 | 43 | 0 | 0 | 0 | 0 | 0 | 46 |
| Grilled Chicken(Thigh & drumstick) | 1 | 132 | 340 | 212 | 24 | 37 | 7 | 35 | 0 | 50 | 17 | 940 | 39 | 2 | 1 | 1 | 4 | 0 | 30 |
| Whole Grilled Chicken | 4 | 608 | 1358 | 734 | 82 | 126 | 25 | 125 | 0 | 217 | 72 | 3933 | 163 | 4 | 1 | 2 | 8 | 0 | 152 |
| CHICKEN STRIPS | | | | | | | | | | | | | | | | | | | |
| Chicken Strips | 1 | 61 | 162 | 76 | 8 | 13 | 2 | 10 | 0 | 28 | 9 | 553 | 23 | 10 | 3 | 0 | 0 | 0 | 11 |
| Chicken Strips | 3 | 184 | 486 | 227 | 25 | 38 | 6 | 30 | 0 | 83 | 28 | 1661 | 69 | 31 | 10 | 1 | 4 | 0 | 34 |
| Chicken Strips | 10 | 613 | 1619 | 757 | 84 | 129 | 20 | 100 | 0 | 276 | 92 | 5538 | 231 | 102 | 34 | 3 | 12 | 0 | 113 |
| WINGS | | | | | | | | | | | | | | | | | | | |
| Wings (No Sauce) | 2 | 100 | 335 | 228 | 25 | 38 | 7 | 35 | 0 | 116 | 39 | 806 | 33 | 12 | 4 | 1 | 0 | 0 | 20 |
| 2 Piece Wings with BBQ Sauce | 2 | 118 | 375 | 230 | 25 | 38 | 7 | 35 | 0 | 116 | 39 | 940 | 39 | 16 | 5 | 1 | 0 | 2 | 20 |
| 2 Piece Wings with Buffalo Sauce | 2 | 110 | 363 | 235 | 26 | 40 | 7 | 35 | 0 | 116 | 39 | 960 | 40 | 13 | 4 | 1 | 0 | <1 | 20 |
| SANDWICHES | | | | | | | | | | | | | | | | | | | |
| Crispy Chicken Sandwich- Houston Only | 1 | 295 | 889 | 529 | 59 | 90 | 11 | 55 | 0 | 105 | 35 | 1372 | 57 | 56 | 18 | 3 | 12 | 5 | 35 |
| Grilled Chicken Sandwich- Houston Only | 1 | 312 | 659 | 305 | 34 | 60 | 7 | 35 | 0 | 132 | 44 | 1826 | 76 | 46 | 15 | 3 | 12 | 5 | 44 |
| Spicy Chicken Sandwich- Houston Only | 1 | 340 | 783 | 387 | 43 | 66 | 8 | 40 | 0 | 106 | 35 | 2781 | 116 | 60 | 20 | 3 | 12 | 5 | 39 |
| Regular Fried Chicken Sandwich | 1 | 185 | 367 | 78 | 9 | 14 | 2 | 10 | 0 | 52 | 17 | 1613 | 67 | 47 | 16 | 4 | 16 | 3 | 28 |
| Deluxe Fried Chicken Sandwich | 1 | 245 | 377 | 79 | 9 | 14 | 2 | 10 | 0 | 52 | 17 | 1620 | 68 | 49 | 16 | 4 | 16 | 4 | 29 |
| Deluxe Grilled Chicken Sandwich | 1 | 220 | 336 | 54 | 6 | 9 | 2 | 10 | 0 | 89 | 30 | 1406 | 59 | 39 | 13 | 3 | 12 | 4 | 35 |
| Fried Chipotle Honey Mustard Chicken Sandwich | 1 | 275 | 488 | 162 | 18 | 28 | 3 | 15 | 0 | 60 | 20 | 1749 | 73 | 56 | 19 | 4 | 17 | 10 | 29 |
| Grilled Cilantro Mayo Chicken Sandwich | 1 | 221 | 489 | 239 | 26 | 40 | 4 | 20 | 0 | 87 | 29 | 1301 | 54 | 40 | 13 | 2 | 8 | 3 | 28 |
| SPECIALTIES | | | | | | | | | | | | | | | | | | | |
| Grilled Chicken Fillet | 1 | 120 | 114 | 30 | 3 | 5 | 1 | 5 | 0 | 68 | 23 | 754 | 31 | 0 | 0 | 0 | 0 | 0 | 21 |
| Chicken Crispers | 1 | 142 | 371 | 176 | 20 | 30 | 7 | 33 | 0 | 42 | 14 | 668 | 28 | 33 | 11 | 2 | 9 | 0 | 16 |
| SALADS | | | | | | | | | | | | | | | | | | | |
| Caesar Salad | 1 | 324 | 664 | 388 | 43 | 66 | 15 | 75 | 0 | 71 | 23 | 1827 | 76 | 39 | 13 | 5 | 20 | 4 | 31 |
| Grill Chicken Caesar Salad with Croutons | 1 | 410 | 778 | 419 | 47 | 72 | 16 | 80 | 0 | 138 | 46 | 2581 | 108 | 39 | 13 | 6 | 24 | 4 | 52 |
| Campero Grilled Chicken Salad | 1 | 492 | 587 | 315 | 35 | 54 | 7 | 35 | 0 | 84 | 28 | 1825 | 76 | 40 | 13 | 9 | 36 | 10 | 28 |
| Campero Salad | 1 | 372 | 473 | 285 | 32 | 49 | 6 | 30 | 0 | 16 | 5 | 1071 | 44 | 40 | 13 | 9 | 36 | 10 | 7 |
| SOUPS | | | | | | | | | | | | | | | | | | | |
| Chipotle Rustica Soup (Cup) | 1 | 150 | 99 | 54 | 6 | 9 | 1 | 8 | 0 | 4 | 2 | 439 | 18 | 9 | 3 | 2 | 8 | 2 | 3 |
| Chipotle Rustica Soup (Bowl) | 1 | 420 | 236 | 128 | 14 | 22 | 3 | 13 | 0 | 8 | 3 | 1265 | 53 | 23 | 8 | 4 | 16 | 5 | 7 |
| Chipotle Rustica Soup w/Chicken(Cup) | 1 | 175 | 140 | 69 | 8 | 12 | 2 | 10 | 0 | 28 | 10 | 729 | 30 | 8 | 3 | 2 | 8 | 2 | 3 |
| Chipotle Rustica Soup w/Chicken (Bowl) | 1 | 513 | 367 | 179 | 20 | 31 | 5 | 25 | 0 | 69 | 23 | 2054 | 85 | 23 | 8 | 1 | 4 | 2 | 11 |
| CHICKEN BOWLS | | | | | | | | | | | | | | | | | | | |
| Grilled Chicken Bowl | 1 | 595 | 489 | 200 | 23 | 35 | 4 | 22 | 0 | 111 | 37 | 3033 | 126 | 33 | 11 | 8 | 30 | 5 | 39 |
| Crunchy Chicken Bowl | 1 | 602 | 663 | 312 | 35 | 54 | 7 | 35 | 0 | 77 | 26 | 3146 | 131 | 54 | 18 | 8 | 32 | 5 | 34 |
| BURRITOS & WRAPS | | | | | | | | | | | | | | | | | | | |
| Grilled Rice and Beans Burrito | 1 | 498 | 637 | 170 | 19 | 29 | 6 | 31 | 0 | 99 | 33 | 3100 | 129 | 78 | 26 | 11 | 44 | 8 | 43 |
| Fried Rice and Beans Burrito | 1 | 507 | 810 | 282 | 31 | 48 | 9 | 45 | 0 | 65 | 22 | 3213 | 134 | 98 | 33 | 11 | 44 | 8 | 38 |
| Fried Chicken Wrap | 1 | 175 | 326 | 156 | 17 | 27 | 4 | 20 | 0 | 32 | 11 | 1089 | 45 | 29 | 10 | 1 | 5 | 2 | 14 |
| Grilled Chicken Wrap | 1 | 157 | 261 | 59 | 7 | 10 | 3 | 13 | 0 | 38 | 13 | 613 | 26 | 36 | 12 | 1 | 4 | 2 | 14 |
| Kids Fried Chicken Burrito | 1 | 217 | 324 | 117 | 13 | 20 | 3 | 16 | 0 | 28 | 9 | 1224 | 51 | 36 | 12 | 4 | 15 | 1 | 17 |
| Kids Grill Chicken Burrito | 1 | 198 | 219 | 56 | 6 | 10 | 2 | 9 | 0 | 34 | 11 | 1048 | 44 | 26 | 9 | 4 | 14 | 1 | 16 |

SIDE DISHES

| | | | | | | | | | | | | | | | | | | | |
|--------------------------------------|----|-----|-----|-----|----|-----|----|----|---|-----|----|------|----|-----|-----|----|-----|----|----|
| Biscuit | 1 | 62 | 180 | 54 | 6 | 9 | 3 | 15 | 0 | 0 | 0 | 590 | 25 | 27 | 9 | 1 | 4 | 2 | 4 |
| Dinner Roll | 1 | 25 | 80 | 9 | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 140 | 6 | 14 | 5 | 0 | 0 | 1 | 2 |
| Campero Salad | 1 | 185 | 238 | 143 | 16 | 25 | 3 | 15 | 0 | 8 | 3 | 536 | 22 | 20 | 7 | 4 | 16 | 5 | 4 |
| Caesar Salad | 1 | 162 | 332 | 194 | 22 | 34 | 7 | 35 | 0 | 35 | 12 | 913 | 38 | 20 | 7 | 3 | 12 | 2 | 15 |
| Corn Tortillas 2 | 2 | 57 | 120 | 18 | 2 | 3 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 24 | 8 | 2 | 8 | 1 | 3 |
| Flour Tortillas | 2 | 105 | 220 | 160 | 18 | 27 | 4 | 20 | 0 | 15 | 4 | 200 | 8 | 15 | 5 | 0 | 0 | 10 | 1 |
| Sweet Plantains-4 | 1 | 114 | 232 | 54 | 6 | 9 | 2 | 10 | 0 | 0 | 0 | 22 | 1 | 44 | 14 | 2 | 8 | 28 | 0 |
| Sweet Plantains-12 | 3 | 342 | 696 | 162 | 18 | 27 | 6 | 30 | 0 | 0 | 0 | 66 | 3 | 132 | 44 | 6 | 24 | 84 | 0 |
| Tostones-Individual | 1 | 265 | 281 | 30 | 3 | 5 | 2 | 10 | 0 | 0 | 0 | 0 | 0 | 61 | 20 | 15 | 60 | 3 | 2 |
| Tostones-Family | 3 | 636 | 676 | 72 | 8 | 12 | 4 | 20 | 0 | 0 | 0 | 0 | 0 | 147 | 49 | 36 | 144 | 8 | 4 |
| Campero Beans -Individual | 1 | 150 | 165 | 81 | 9 | 14 | 2 | 10 | 0 | 23 | 8 | 765 | 32 | 12 | 4 | 5 | 20 | 2 | 9 |
| Campero Beans -Family | 4 | 450 | 495 | 243 | 27 | 41 | 6 | 30 | 0 | 69 | 23 | 2295 | 95 | 36 | 12 | 15 | 60 | 6 | 27 |
| Campero Rice -Individual | 1 | 150 | 222 | 37 | 4 | 6 | 0 | 2 | 0 | 0 | 0 | 531 | 22 | 42 | 14 | 1 | 5 | 1 | 5 |
| Campero Rice -Family | 3 | 450 | 666 | 110 | 12 | 19 | 1 | 5 | 0 | 0 | 0 | 1593 | 66 | 126 | 42 | 5 | 19 | 3 | 14 |
| Black Beans -Individual | 1 | 150 | 117 | 7 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 476 | 20 | 23 | 93 | 8 | 32 | 2 | 8 |
| Black Beans -Family | 4 | 450 | 351 | 21 | 2 | 3 | 0 | 0 | 0 | 0 | 0 | 1429 | 59 | 70 | 23 | 23 | 92 | 5 | 23 |
| White Rice -Individual | 1 | 150 | 102 | 53 | 6 | 9 | 1 | 5 | 0 | 0 | 0 | 753 | 31 | 11 | 3 | 0 | 0 | 0 | 1 |
| White Rice-Family | 3 | 450 | 307 | 159 | 18 | 27 | 2 | 10 | 0 | 0 | 0 | 2258 | 94 | 32 | 10 | 1 | 4 | 0 | 4 |
| Black Beans & White Rice -Individual | 1 | 170 | 121 | 43 | 5 | 8 | 1 | 5 | 0 | 0 | 0 | 750 | 31 | 17 | 6 | 3 | 12 | 1 | 4 |
| Black Beans & White Rice -Family | 1 | 283 | 204 | 65 | 8 | 12 | 1 | 5 | 0 | 0 | 0 | 1213 | 51 | 30 | 10 | 6 | 24 | 1 | 8 |
| Mashed Potatoes-Individual | 1 | 140 | 182 | 72 | 7 | 11 | 1 | 5 | 0 | 0 | 0 | 535 | 22 | 15 | 5 | 1 | 4 | 1 | 1 |
| Mashed Potatoes-Family | 3 | 420 | 546 | 216 | 21 | 32 | 3 | 15 | 0 | 0 | 0 | 1605 | 67 | 45 | 15 | 3 | 12 | 3 | 3 |
| Sweet Campero Cole Slaw -Individual | 1 | 140 | 202 | 133 | 15 | 24 | 3 | 13 | 0 | 13 | 4 | 297 | 12 | 17 | 5 | 3 | 11 | 4 | 1 |
| Sweet Campero Cole Slaw -Family | 3 | 425 | 607 | 401 | 44 | 72 | 8 | 40 | 0 | 40 | 16 | 891 | 37 | 52 | 16 | 8 | 32 | 12 | 4 |
| Campero Cole Slaw -Individual | 1 | 140 | 295 | 258 | 29 | 45 | 4 | 20 | 0 | 37 | 12 | 528 | 22 | 10 | 4 | 2 | 9 | 6 | 2 |
| Campero Cole Slaw-Family | 3 | 420 | 884 | 774 | 88 | 136 | 13 | 62 | 0 | 111 | 36 | 1584 | 66 | 29 | 11 | 7 | 25 | 18 | 7 |
| French Fries-Individual | 1 | 65 | 187 | 81 | 9 | 14 | 2 | 10 | 0 | 0 | 0 | 325 | 14 | 25 | 8 | 2 | 8 | 0 | 2 |
| French Fries-Regular | 1 | 90 | 258 | 112 | 12 | 19 | 3 | 15 | 0 | 0 | 0 | 450 | 19 | 34 | 11 | 3 | 12 | 0 | 3 |
| French Fries-Large | 1 | 120 | 345 | 149 | 17 | 26 | 4 | 20 | 0 | 0 | 0 | 600 | 25 | 46 | 15 | 4 | 16 | 0 | 4 |
| French Fries-Family | 4 | 240 | 690 | 299 | 33 | 50 | 7 | 35 | 0 | 0 | 0 | 1200 | 50 | 92 | 31 | 7 | 26 | 0 | 7 |
| Tortilla Chips- Individual | 12 | 50 | 266 | 133 | 15 | 23 | 3 | 15 | 0 | 0 | 0 | 22 | 1 | 30 | 10 | 4 | 16 | 1 | 3 |
| Tortilla Chips- Individual | 13 | 54 | 287 | 143 | 16 | 25 | 3 | 16 | 0 | 0 | 0 | 24 | 1 | 32 | 11 | 4 | 17 | 1 | 3 |
| Tortilla Chips- Family | 36 | 150 | 799 | 400 | 45 | 69 | 9 | 45 | 0 | 0 | 0 | 66 | 3 | 90 | 30 | 12 | 48 | 2 | 9 |
| Yuca Fries-Individual | 1 | 108 | 315 | 135 | 15 | 23 | 3 | 15 | 0 | 0 | 0 | 144 | 6 | 44 | 73 | 2 | 8 | 0 | 1 |
| Yuca Fries-Family | 3 | 324 | 945 | 405 | 45 | 69 | 9 | 45 | 0 | 0 | 0 | 432 | 18 | 132 | 220 | 6 | 24 | 0 | 3 |

BEVERAGES

| | | | | | | | | | | | | | | | | | | | |
|-------------------------------|---|-----|-----|----|---|---|---|----|---|----|---|----|---|-----|----|---|----|-----|---|
| Lemonade 20 oz | 1 | 600 | 364 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 14 | 1 | 90 | 30 | 0 | 0 | 80 | 2 |
| Lemonade 30 oz | 1 | 900 | 544 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 1 | 135 | 45 | 0 | 0 | 120 | 3 |
| Horchata 20oz | 1 | 600 | 352 | 33 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 1 | 72 | 24 | 0 | 0 | 47 | 0 |
| Horchata 30oz | 1 | 900 | 480 | 49 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 107 | 36 | 0 | 0 | 71 | 0 |
| Horchata del Morro 20 oz | 1 | 600 | 275 | 25 | 3 | 5 | 1 | 5 | 0 | 13 | 4 | 38 | 2 | 60 | 20 | 0 | 0 | 53 | 0 |
| Horchata del Morro 30 oz | 1 | 900 | 413 | 38 | 4 | 6 | 2 | 10 | 0 | 19 | 6 | 56 | 2 | 90 | 30 | 0 | 0 | 79 | 0 |
| Tamarindo 20oz | 1 | 600 | 269 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 67 | 22 | 0 | 0 | 51 | 0 |
| Tamarindo 30oz | 1 | 900 | 405 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 101 | 34 | 0 | 0 | 76 | 0 |
| Mango 20 oz | 1 | 600 | 342 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 1 | 85 | 28 | 2 | 8 | 56 | 0 |
| Mango 30 oz | 1 | 900 | 510 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 1 | 128 | 43 | 3 | 12 | 85 | 0 |
| Passion Fruit/Guava 20oz | 1 | 600 | 250 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 1 | 63 | 21 | 0 | 0 | 47 | 0 |
| Passion Fruit/Guava 30oz | 1 | 900 | 375 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 1 | 94 | 31 | 0 | 0 | 71 | 0 |
| Jamaica 20 oz | 1 | 600 | 320 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 65 | 22 | 0 | 0 | 44 | 0 |
| Jamaica 30 oz | 1 | 900 | 480 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 1 | 98 | 33 | 0 | 0 | 65 | 0 |
| Maranon 20 oz | 1 | 600 | 169 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 42 | 2 | 0 | 0 | 0 | 0 | 0 | 0 |
| Maranon 30 oz | 1 | 900 | 254 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 67 | 3 | 0 | 0 | 0 | 0 | 0 | 0 |
| Bottled water | 1 | any | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Diet Coke 12 oz | 1 | 360 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 1 | 0 | 0 | 0 | 0 | 0 | 0 |
| Diet Coke 20 oz | 1 | 600 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 1 | 0 | 0 | 0 | 0 | 0 | 0 |
| Diet Coke 30 oz | 1 | 900 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 38 | 2 | 0 | 0 | 0 | 0 | 0 | 0 |
| Sprite 12 oz | 1 | 360 | 145 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 33 | 1 | 39 | 13 | 0 | 0 | 39 | 0 |
| Sprite 20 oz | 1 | 600 | 243 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 55 | 2 | 65 | 22 | 0 | 0 | 65 | 0 |
| Sprite 30 oz | 1 | 900 | 364 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 83 | 3 | 98 | 33 | 0 | 0 | 98 | 0 |
| Coke 12 oz | 1 | 360 | 149 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 41 | 14 | 0 | 0 | 41 | 0 |
| Coke 20 oz | 1 | 600 | 248 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 1 | 68 | 23 | 0 | 0 | 68 | 0 |
| Coke 30 oz | 1 | 900 | 371 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 23 | 1 | 101 | 34 | 0 | 0 | 101 | 0 |
| Powerade Mountain Blast 12 oz | 1 | 360 | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 1 | 6 | 2 | 0 | 0 | 6 | 0 |
| Powerade Mountain Blast 20 oz | 1 | 600 | 60 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 50 | 2 | 15 | 5 | 0 | 0 | 15 | 0 |
| Powerade Mountain Blast 30 oz | 1 | 900 | 90 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 75 | 3 | 23 | 8 | 0 | 0 | 23 | 0 |
| Cherry Coke 12 oz | 1 | 360 | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 35 | 1 | 42 | 14 | 0 | 0 | 42 | 0 |

DESSERTS

| | | | | | | | | | | | | | | | | | | | |
|---|---|-----|-----|-----|----|----|---|----|---|-----|----|-----|----|----|----|---|---|----|----|
| Tres Leches | 1 | 128 | 290 | 100 | 11 | 16 | 8 | 40 | 0 | 50 | 16 | 290 | 12 | 44 | 15 | 0 | 0 | 33 | 6 |
| Premium Baked Flan | 1 | 113 | 260 | 60 | 7 | 11 | 4 | 17 | 0 | 115 | 39 | 200 | 8 | 40 | 13 | 0 | 0 | 35 | 11 |
| Churros (10") | 1 | 60 | 210 | 90 | 10 | 16 | 1 | 6 | 0 | 0 | 0 | 180 | 7 | 26 | 9 | 1 | 5 | 1 | 4 |
| Mango & Cream Cheese Empanada | 2 | 84 | 350 | 100 | 10 | 16 | 6 | 30 | 0 | 6 | 0 | 380 | 16 | 58 | 20 | 0 | 0 | 18 | 10 |
| Soft Serve Non Fat Yogurt- Cone | 1 | 104 | 133 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 105 | 4 | 28 | 9 | 0 | 0 | 20 | 5 |
| Soft Serve Non Fat Yogurt- Cone & Chocolate Swirl | 1 | 113 | 146 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 105 | 4 | 32 | 11 | 0 | 0 | 24 | 5 |
| Soft Serve Non Fat Yogurt- Cone & Stawberry Swirl | 1 | 113 | 146 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 105 | 4 | 32 | 11 | 0 | 0 | 24 | 5 |
| Soft Serve Non Fat Yogurt- Cone & Pistachio Swirl | 1 | 113 | 146 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 118 | 5 | 32 | 11 | 0 | 0 | 24 | 5 |
| Soft Serve Non Fat Yogurt- Cone & Orange Swirl | 1 | 113 | 146 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 105 | 4 | 32 | 11 | 0 | 0 | 24 | 5 |
| Soft Serve Non Fat Yogurt- Cone & Blue Goo Swirl | 1 | 113 | 146 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 105 | 4 | 32 | 11 | 0 | 0 | 24 | 5 |
| Soft Serve Non Fat Yogurt- Cone & Mocha Swirl | 1 | 113 | 146 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 105 | 4 | 32 | 11 | 0 | 0 | 24 | 5 |
| Soft Serve Non Fat Yogurt- Cone & Mango Swirl | 1 | 113 | 146 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 105 | 4 | 32 | 11 | 0 | 0 | 24 | 5 |
| Soft Serve Non Fat Yogurt- Cone & Caramel Swirl | 1 | 113 | 146 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 105 | 4 | 32 | 11 | 0 | 0 | 24 | 5 |
| Soft Serve Non Fat Yogurt- Cup | 1 | 99 | 113 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 90 | 4 | 24 | 8 | 0 | 0 | 20 | 5 |
| Soft Serve Non Fat Yogurt- Cup & Chocolate Swirl | 1 | 113 | 134 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 90 | 4 | 30 | 10 | 0 | 0 | 27 | 5 |
| Soft Serve Non Fat Yogurt- Cup & Stawberry Swirl | 1 | 113 | 134 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 90 | 4 | 30 | 10 | 0 | 0 | 27 | 5 |
| Soft Serve Non Fat Yogurt- Cup & Pistachio Swirl | 1 | 113 | 134 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 111 | 5 | 30 | 10 | 0 | 0 | 27 | 5 |
| Soft Serve Non Fat Yogurt- Cup & Orange Swirl | 1 | 113 | 134 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 90 | 4 | 30 | 10 | 0 | 0 | 27 | 5 |
| Soft Serve Non Fat Yogurt- Cup & Blue Goo Swirl | 1 | 113 | 134 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 90 | 4 | 30 | 10 | 0 | 0 | 27 | 5 |
| Soft Serve Non Fat Yogurt- Cup & Mocha Swirl | 1 | 113 | 134 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 90 | 4 | 30 | 10 | 0 | 0 | 27 | 5 |
| Soft Serve Non Fat Yogurt- Cup & Mango Swirl | 1 | 113 | 134 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 90 | 4 | 30 | 10 | 0 | 0 | 27 | 5 |
| Soft Serve Non Fat Yogurt- Cup & Caramel Swirl | 1 | 113 | 134 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 90 | 4 | 30 | 10 | 0 | 0 | 27 | 5 |

SAUCES & SALSAS

| | | | | | | | | | | | | | | | | | | | |
|-----------------------------|---|----|-----|-----|----|----|---|----|---|----|---|-----|----|----|---|----|----|----|---|
| Fire Roasted Chipotle Salsa | 1 | 30 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 125 | 0 | 2 | 0 | 0 | 0 | 0 | 0 |
| Molcajete Salsa Roja | 1 | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 200 | 8 | 1 | 0 | 0 | 0 | <1 | 0 |
| Roasted Salsa Chipotle | 1 | 30 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 180 | 8 | 2 | 1 | 0 | 0 | <1 | 0 |
| Green Tomatillo Salsa | 1 | 30 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 240 | 10 | 2 | 1 | <1 | 3 | 1 | 0 |
| Pico de gallo | 1 | 57 | 21 | 5 | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 408 | 17 | 4 | 1 | 0 | 0 | 2 | 0 |
| Sliced Jalapeño | 1 | 28 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 315 | 0 | 0 | 0 | 4 | 0 | 0 | 0 |
| Caribbean Campero Sauce | 1 | 28 | 117 | 97 | 11 | 17 | 2 | 10 | 0 | 10 | 3 | 235 | 10 | 5 | 2 | 0 | 0 | 3 | 0 |
| Cilantro Ranch | 1 | 30 | 115 | 101 | 11 | 17 | 2 | 8 | 0 | 8 | 3 | 231 | 10 | 4 | 1 | 0 | 0 | 3 | 0 |
| Chipotle Honey Mustard | 1 | 30 | 111 | 83 | 9 | 14 | 1 | 6 | 0 | 8 | 3 | 129 | 5 | 7 | 2 | 0 | 2 | 6 | 0 |
| Citrus Chipotle BBQ | 1 | 30 | 48 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 204 | 10 | 11 | 4 | 10 | 40 | <1 | 1 |
| Cilantro Garlic Mayo | 1 | 30 | 195 | 194 | 21 | 32 | 3 | 15 | 0 | 19 | 6 | 137 | 6 | 2 | 1 | 0 | 0 | 0 | 0 |
| Mayonnaise | 1 | 28 | 223 | 219 | 24 | 37 | 4 | 20 | 0 | 20 | 7 | 111 | 5 | 0 | 0 | 0 | 0 | 0 | 0 |
| Buffalo Sauce | 1 | 30 | 13 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 960 | 40 | 2 | 1 | 1 | 4 | 0 | 0 |
| Barbecue Dipping Sauce | 1 | 45 | 68 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 600 | 25 | 17 | 6 | 0 | 0 | 12 | 0 |
| Honey Mustard Dipping Sauce | 1 | 28 | 40 | 5 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 160 | 7 | 8 | 3 | 0 | 0 | 7 | 0 |
| Ranch Dipping Sauce | 1 | 45 | 184 | 182 | 20 | 31 | 5 | 25 | 0 | 0 | 0 | 293 | 12 | 0 | 0 | 0 | 0 | 0 | 1 |
| Beef Gravy | 1 | 14 | 6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 108 | 5 | 1 | 0 | 0 | 0 | 0 | 0 |
| Sour Cream | 1 | 30 | 60 | 45 | 5 | 8 | 4 | 18 | 0 | 20 | 7 | 15 | 1 | 1 | 1 | 0 | 0 | 1 | 1 |