Wall/Gates: Cantina									updated	Fall 2020
Location	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy or Contains
#1 Grilled Burritos										
Bean & Cheese Burrito	1 Burrito	479	23	51	1.5	17		✓		Wheat, Milk, Soy
Bean & Cheese Burrito with Chicken	1 Burrito	615	31	53	2	31				Wheat, Milk, Soy
Bean & Cheese Burrito with Ground Beef	1 Burrito	683	39	51	1.5	32				Wheat, Milk, Soy
Bean & Cheese Burrito with Fajita Beef	1 Burrito	676	36	51	1.5	37				Wheat, Milk, Soy
#2 Burrito Bowls										
Bean & Cheese Burrito Bowl	1 Bowl	303	11	42	0.3	9		✓		Wheat, Milk, Soy
Bean & Cheese Burrito Bowl with Chicken	1 Bowl	439	19	44	0	23		✓		Wheat, Milk, Soy
Bean & Cheese Burrito Bowl with Ground Beef	1 Bowl	507	27	42	0.3	24				Wheat, Milk, Soy
Bean & Cheese Burrito Bowl with Fajita Beef	1 Bowl	500	24	42	0.3	29				Wheat, Milk, Soy
#3 Quesadillas										
Cheese Quesadilla	1 Quesadilla	622	34	50	1	29		✓		Wheat,Milk
Bean & Cheese Quesadilla	1 Quesadilla	776	36	83	1.5	30		✓		Wheat,Milk
Chicken Quesadilla	1 Quesadilla	758	42	52	1	43				Wheat, Milk, Soy
Ground Beef Quesadilla	1 Quesadilla	826	50	50	1	44				Wheat,Milk
Fajita Beef Quesadilla	1 Quesadilla	819	47	50	1	49				Wheat,Milk
#4 Nachos										
Cheese Nachos	1 serving	555	27	56	3	22		✓	✓	Milk, Soy
Bean & Cheese Nachos	1 serving	709	29	89	3.5	23		✓	✓	Milk, Soy
Bean & Cheese Nachos with Chicken	1 serving	845	37	91	3.5	37				Milk, Soy
Bean & Cheese Nachos with Ground Beef	1 serving	913	45	89	3.5	38				
Bean & Cheese Nachos with Fajita Beef	1 serving	906	42	89	3.5	43				Milk, Soy
Cantian Side Options:										
Chips & Salsa	3-4 oz	219	7	35	2	4	✓	✓	✓	Soy
Chips & Queso	3-4 oz	519	31	40	2	20				Milk, Soy
Queso	4 oz	312	24	8	0	16		✓	✓	Milk
Refried Beans	2 oz	152	2	32.5	0.5	1	✓	✓	✓	
Mexican Rice	2 oz	38	0.25	8.25	0	0.75	✓	✓		Wheat, Milk, Soy
Cantian Additinal Toppings:										
Shredded Lettuce	2oz	7	0	1	0	1		✓	✓	
Pico de Gallo	2oz	10	0	2	0	0		✓	✓	
Salsa	2oz	20	0	4	0	1		✓	✓	
Tomato	2oz	10	0	2	0	0		✓	✓	
Jalapeno	1oz	5	0	1	0	0		✓	✓	
Sour Cream	1oz	60	5	1	0	1		✓	✓	Milk
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight										
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										