

FAT BASTARD NUTRITIONAL GUIDE

Menu Item	Ingredient	Calories kCal	Fat g	Sat Fat g	Trans Fat g	Sodium mg	Cholesterol mg	Carbs g	Sugar g	Fibre g	Protein g
BURRITOS & BOWLS	Flour Tortilla 10" (Small)	220	7	2.5	0	440	0	33	1	1	6
	Flour Tortilla 12" (Big)	310	10	3.5	0	640	0	48	2	2	8
	Flour Tortilla 13.5" (Huge)	390	12	4.5	0.1	770	0	58	2	2	10
	Whole Wheat Tortilla 10" (Small)	210	7	2	0	350	0	32	1	4	6
	Whole Wheat Tortilla 12" (Big)	300	9	3	0	510	0	46	2	6	8
	Whole Wheat Tortilla 13.5" (Huge)	370	12	4.5	0.1	700	0	55	1	7	10
	Gluten Friendly Tortilla 12" (Big)	240	8	2	0	570	0	45	6	0	8
	Baked Chicken	91/189/284	5.09/10.5/16	0.94/1.94/2.91	0.03/0.06/0.09	168/347/521	28/59/88	0.65/1.35/2	0.06/0.12/0.18	0.20/0.42/0.63	19/39/58
	Breaded Chicken	191/378/502	12/22/29	1.23/2.5/3.2	0.16/0.3/0.4	483/954/1269	22/43/58	10/19/25	1/1.45/1.92	1/1/2	12/25/33
	Ground Beef	138/288/421	11.3/23.4/34.2	3.5/7.2/10.5	0.9/1.8/2.6	225/468/684	35/72/105	1/2/3	0	0	9/18/26
	Pulled Pork	70/145/193	1.41/2.91/3.88	0.5/1.0/1.3	0	166/343/457	36/74/99	0.65/1.34/1.79	0.3/3/0.6/3/0.8	0.1/0.2/0.25	13/27/36
	Sauteed Veggies	26/52/78	2/4/6	0.15/0.3/0.45	0.04/0.1/0.13	66/132/198	0	2.2/4.4/6.6	1/2/3	0.5/1/1.5	0.3/0.6/0.9
	Sweet Potato	104/208/313	11/22/33	0	0	0	0	2023-08-16	4/8/12	1.3/2.6/3.9	0.6/1.3/2
	Pulled Beef	84/162/230	3.2/6.3/8.9	1/2/3	0	318/612/867	36/69/97	0.65/1.25/1.77	0	0	12/24/34
	Crispy Fish	224/335/447	7/11/14	1/1.5/2	0.18/0.26/0.35	478/717/956	16/25/33	16/23/31	3/5/7	0	7/10/13
	Sauteed Shrimp	134/200/267	2018-09-14	0.8/1.2/1.6	0.14/0.21/0.29	133/199/266	62/92/123	3/5/7	2/3/4	0.16/0.24/0.32	8/12/16
	Tofu	87/162/209	7/13/17	0.5/1/1.3	0.1/0.2/0.3	0	0	3.5/6.6/8.7	2/4/5	0.4/0.7/0.9	3/6/8
	Burrito Sauce	29/58/87	2.9/5.8/8.7	0.2/0.4/0.6	0	110/219/328	0.3/0.6/0.9	0.8/1.6/2.4	0.4/0.8/1.2	0	0.1/0.2/0.3
	Sour Cream	14/29/44	1/2/3	0.6/1.28/1.9	0.04/0.08/0.13	9.2/18.4/27.6	3/6/10	1/2/3	0.5/1/1.5	0.09/0.18/0.27	0.4/0.8/1.2
	Hot Sauce	2010-10-10	0.5/0.5/0.5	0	0	20/20/20	0	1/1/1	1/1/1	0	0
	Buffalo Fusion Sauce	3.5/4.6/5.8	0	0	0	535/713/892	0	0.50/0.66/0.83	0.08/0.11/0.14	0.24/0.32/0.4	0.13/0.18/0.22
	Chipotle Fusion Sauce	50/67/83	4/5.33/6.67	0.50/0.67/0.83	0	110/147/183	2.50/3.33/4.17	3.50/4.67/5.83	3/5.33/6.67	0	0.20/0.27/0.33
	Tequila Lime Sauce	30/40/50	0	0	0	290/386/483	0	7/9.33/11.67	6.50/8.67/10.83	0.50/0.67/0.83	0
	Sweet Chili Thai	53/70/90	0	0	0	255/340/650	0	11/15/21	11/14/18	0	0
	Crunchies	21/29/36	0.6/0.8/1	0.03/0.04/0.05	0.01/0.01/0.02	1.8/2.4/3	0	3/4/5	0	0	0.4/0.5/0.6
	Shredded Cheese	45/60/90	3/4/6	2.25/3/4.5	0	155/206/310	10/14/20	1/1.4/2	0	0	2.5/3.4/5
	Lettuce	2.55/4.25/6.8	0.05/0.08/0.12	0	0	1.2/2/3.2	0	0.5/0.8/1.3	0.2/0.3/0.5	0.3/0.5/0.8	0.2/0.3/0.5
	Queso	112	7.00	2.50	2.63	830	13	6.67	4.64	3.43	5.83
	Green Onions	0.8/1.3/2.2	0	0	0	0.45/0.75/1.2	0	0.17/0.29/0.46	0.12/0.2/0.31	0.05/0.09/0.14	0.03/0.05/0.08
	Jalapenos	1.45/2/3.20	0	0	0	0.15/0.21/0.33	0	0.33/0.46/0.72	0.19/0.27/0.43	0.13/0.18/0.29	0.05/0.06/0.15
	Cilantro	0.23/0.30/0.46	0	0	0	0.46/0.46/0.92	0	0.04/0.04/0.07	0	0.03/0.03/0.06	0
	Pico de Gallo	5/10/20	0.26/0.52/1	0.02/0.04/0.08	0	45/90/180	0	0.65/1.3/2.6	0.4/0.8/1.6	0.17/0.34/0.68	0.12/0.25/0.5
	Salsa	6/12/24	0.22/0.45/0.89	0	0	130/260/520	0	1/2/4	0.5/1.1/2.25	0.26/0.52/1.04	0.18/0.35/0.71
	Guacamole	51/85/110	4/7/9	0.6/1/1.3	0	72/120/156	0	2.4/4/5.2	0	1.8/3/3.9	0.6/1/1.3
	Coleslaw	12/24/36	0.76/1.51/2.27	0.06/0.11/0.17	0	44/88/132	0	1.30/2.60/3.90	1/2/3	0.28/0.50/0.75	0.13/0.25/0.38
Corn	6/12/25	0.05/0.10/0.2	0	0	20/40/79	0	0.75/1.50/3	0.20/0.40/0.80	0.10/0.20/0.40	0.10/0.20/0.40	
Noodles	30/60/120	0.85/1.70/3.40	0.06/0.11/0.23	0	5/10/20	0	5/10/19	0.09/0.19/0.38	0.17/0.33/0.67	0.75/1.50/3	
Refried Beans	11/23/46	0.12/0.24/0.47	0	0	45/90/180	0	1.9/3.79/7.59	0.03/0.07/0.14	0.71/1.42/2.85	0.71/1.42/2.85	
Black Beans	21/42/85	0.14/0.28/0.57	0	0	48/97/193	0	3.55/7.10/7.10	0.28/0.57/1.14	1.28/2.55/5.11	1.28/2.55/5.11	
Rice	57/115/230	1/2/4	0.10/0.21/0.42	0	137/274/560	0	11/21/43	0.26/0.51/1	0.26/0.5/1	1/2/4	

*Nutritional information listed as SMALL/BIG/HUGE sizes unless otherwise indicated. Nutritional information for BOWLS is the same as BIG BURRITOS

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

Menu Item	Ingredient	Calories kCal	Total Fat g	Sat Fat g	Trans Fat g	Sodium mg	Cholesterol mg	Carbs g	Sugar g	Fibre g	Protein g
TACOS	Flour Tortilla 6"	80	2.5	1	0	170	0	12.5	0.5	0.5	2
	Baked Chicken	189	10.5	1.9	0.6	347	59	1.35	0.1	0.4	39
	Ground Beef	288	23.4	7.2	1.8	468	72	2	0	0	18
	Pulled Pork	145	2.9	1	0	343	74	1.3	0.6	0.2	27
	Crispy Fish	335	11	1.5	0.3	717	25	23	5	0	10
	Sauteed Shrimp	200	14	1.2	0.2	199	92	5	3	0.2	12
	Sauteed Veggie	52	4	0.3	0.1	132	0	4.4	2	1	0.6
	Tequila Lime Fusion Sauce	40	0	0	0	386	0	9.3	8.7	0.6	0
	Shredded Cheese	60	4	3	0	206	14	1.4	0	0	3.4
	Lettuce	4.2	0	0	0	2	0	0.8	0.3	0.5	0.3
	Green Onions	1.3	0	0	0	0.7	0	0.3	0.2	0	0
	Fresh Lime	5	0	0	0	0	0	1	0	0	0
	Salsa	12	0.5	0	0	260	0	2	1.1	0.5	0.4
	Crunchies	29	0.8	0	0	2.4	0	4	0	0	0.5
	Cilantro	0.3	0	0	0	0.5	0	0	0	0	0
	Pico de Gallo	10	0.5	0	0	90	0	1.3	0.8	0.3	0.3
	Coleslaw	24	1.5	0.1	0	88	0	2.6	2	0.5	0.3
	Refried Beans	23	0.2	0	0	90	0	3.8	0	1.4	1.4
	Rice	115	2	0.2	0	274	0	21	0.5	0.5	2
	Corn	12	0.1	0	0	40	0	1.5	0.4	0.2	0.2
QUESADILLAS	Flour Tortilla 12"	310	10	3.5	0	640	0	48	2	2	8
	Whole Wheat Tortilla 12"	300	9	3	0	510	0	46	2	6	8
	Baked Chicken	189	10.5	1.9	0.6	347	59	1.35	0.1	0.4	39
	Ground Beef	288	23.4	7.2	1.8	468	72	2	0	0	18
	Pulled Pork	145	2.9	1	0	343	74	1.3	0.6	0.2	27
	Pulled Beef	162	6.3	2	0	612	69	1.2	0	0	24
	Sauteed Veggie	52	4	0.3	0.1	132	0	4.4	2	1	0.6
	Sauteed Shrimp	200	14	1.2	0.2	199	92	5	3	0.2	12
	Burrito Sauce	58	5.8	0.4	0	219	0.6	1.6	0.8	0	0.2
	Buffalo Fusion Sauce	4.6	0	0	0	713	0	0.7	0.1	0.3	0.2
	Chipotle Fusion Sauce	67	5.3	0.7	0	147	3.3	4.7	5.3	0	0.3
	Tequila Lime Fusion Sauce	40	0	0	0	386	0	9.3	8.7	0.6	0
	Hot Sauce	10	0.5	0	0	20	0	1	1	0	0
	Salsa	12	0.5	0	0	260	0	2	1.1	0.5	0.4
	Sour Cream	29	2	1.3	0	18.4	6	2	1	0.2	0.8
	Shredded Cheese	60	4	3	0	206	14	1.4	0	0	3.4
	Queso	112	7	2.5	2.63	830	13	6.67	4.64	3.43	5.83
	Green Onions	1.3	0	0	0	0.7	0	0.3	0.2	0	0
	Jalapenos	2	0	0	0	0.2	0	0.5	0.3	0.2	0
	Cilantro	0.3	0	0	0	0.5	0	0	0	0	0
Pico de Gallo	10	0.5	0	0	90	0	1.3	0.8	0.3	0.3	
Corn	12	0.1	0	0	40	0	1.5	0.4	0.2	0.2	
Crunchies	29	0.8	0	0	2.4	0	4	0	0	0.5	

Menu Item	Ingredient	Calories kCal	Total Fat g	Sat Fat g	Trans Fat g	Sodium mg	Cholesterol mg	Carbs g	Sugar g	Fibre g	Protein g
CHIPS & SALSA	Corn Tortilla Chips	408	12	0.6	0.2	34	0	60	0	0	8
	Salsa	17	0.6	0.06	0	366	0	3	1.6	0.7	0.5
CHIPS & GUAC	Corn Tortilla Chips	408	12	0.6	0.2	34	0	60	0	0	8
	Guacamole	129	11	1.5	0	182	0	6	0	4.6	1.5
QUESO		112	7	2.5	2.63	830	13	6.67	4.64	3.43	5.83
CHEESECAKE BURRITO		492	35	11	0.8	560	80	48	13	1	8
CARAMEL SAUCE		265	4	1.4	0.1	236	0	58	34	0	0.9
DEEP FRIED MARS BAR		400	21	7	0.3	250	5	50	31.5	1.5	4
CINNAMON CHURRO CHIPS		561	23	6	0.3	860	0	75	11	3	11