

The Commons											
Parrillas											Fall 2022
Burritos	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
*Chicken Carnita options based on limited time offer											
Bean Burrito (Tortilla, Beans)	1 Burrito	435	9	79.5	1.5	9	✓	✓		Wheat, Soy	
Bean & Cheese Burrito (Tortilla, Beans, Cheese)	1 Burrito	661	27	81.5	1.5	23		✓		Wheat, Milk, Soy	
Chicken Carnita* Burrito (Tortilla, Beans, Cheese, Chicken Carnita)	1 Burrito	797.0	35.0	83.5	1.5	37.0				Milk, Soy	
Chicken Fajita Burrito (Tortilla, Beans, Cheese, Chicken Fajita)	1 Burrito	779.5	31.5	85	1.5	39					
Ground Beef Burrito (Tortilla, Bean, Cheese, Ground Beef)	1 Burrito	683.0	39.0	51.0	1.5	32.0					
Steak Fajita Burrito (Tortilla, Bean, Cheese, Fajita Steak)	1 Burrito	674	36	51	1.5	37				Wheat, Milk, Soy	
Shrimp Burrito (Tortilla, Beans, Cheese, Shrimp)	1 Burrito	566.5	24.5	52.0	1.5	34.5				Wheat, Milk, Soy, Shellfish	
Burrito Bowl											
Bean Bowl (Rice, Beans, Lettuce)	1 Bowl	199.1	2.3	42.5	1.0	2.3	✓	✓	✓	Milk, Soy	
Basic Burrito Bowl (Rice, Beans, Cheese, Lettuce)	1 Bowl	312.1	11.3	43.5	1.0	9.3		✓	✓	Milk, Soy	
Chicken Carnita* Bowl (Rice, Beans, Lettuce, Cheese, Chicken)	1 Bowl	445.0	19.0	45.5	1.0	23.0			✓	Milk, Soy	
Chicken Fajita Bowl (Rice, Beans, Lettuce, Cheese, Chicken Fajita)	1 Bowl	431	16	47	1	25			✓		
Ground Beef Burrito Bowl (Rice, Beans, Cheese, Lettuce, Ground Beef)	1 Bowl	514.0	27.0	44.0	1.0	24.0			✓	Milk, Soy	
Steak Fajita Bowl (Rice, Beans, Lettuce, Cheese, Steak)	1 Bowl	625.7	28.3	47.3	1.0	44.8			✓	Milk, Soy	
Shrimp Bowl (Rice, Beans, Lettuce, Cheese, Shrimp)	1 Bowl	399.5	12.5	44.5	1.0	26.5			✓	Milk, Soy, Shellfish	
Quesadillas											
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Cheese Quesadilla (Tortilla and Cheese)	1 ct	622	34.0	50.0	1.0	29.0		✓		Wheat, Milk	
Bean & Cheese Quesadilla (Tortilla, Beans, and Cheese)	1 ct	774.0	36	82.5	1.5	30		✓		Wheat, Milk	
Chicken Carnita* Quesadilla (Tortilla, Cheese, and Chicken Carnita)	1 ct	712	39	51	1	38				Wheat, Milk, Soy	
Chicken Fajita Quesadilla (Tortilla, Cheese, and Chicken Fajita)	1 ct	701.0	37.0	53.0	1.0	40.0				Wheat, Milk	
Ground Beef Quesadilla (Tortilla, Cheese, and Beef)	1 ct	757	45	50	1	39				Wheat, Milk	
Steak Fajita Quesadilla (Tortilla, Cheese, and Steak)	1 ct	817	47	50	1	49				Wheat, Milk	
Shrimp Fajita Quesadilla (Tortilla, Cheese, Shrimp)	1 ct	679	35	50	1	41				Wheat, Milk, Shellfish	
Flautas (Chicken and Corn Tortillas)											
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:	
Queso (Cheese)	4 oz	312.0	24	8	0	16		✓	✓	Milk	
Flautas (Chicken and Corn Tortillas)	1 each	181	11	9	1	10			✓	Milk, Soy	
Nachos											
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:	
Bean and Cheese Nachos (Beans, Queso, Chips)	1 Serving	707.0	29	88.5	3.3	23		✓	✓	Milk	
Chicken Carnita* Nachos (Chicken, Queso, Chips)	1 Serving	691.0	35.0	58.0	3.0	36.0				Milk, Soy	
Chicken Fajita Nachos (Chicken, Queso, Chips)	1 Serving	634.0	30	59	3	33					
Ground Beef Nachos (Ground Beef, Queso, Chips)	1 Serving	757.0	43.0	56.0	3.0	37.0					
Steak Fajita Nacho (Queso, Steak Fajita, Chips)	1 Serving	750.2	39.8	56	3	42			✓	Milk	
Shrimp Fajita Nachos (Shrimp, Queso, Chips)	1 Serving	642.5	28.5	57.0	3.0	39.5				Shellfish	
Tacos											
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:	
Vegetarian Taco (6" Flour, Tortilla, Lettuce, Tomato, Cheese)	1 Taco	155	7	17	1	6				Wheat, Milk, Soy	
Chicken Carnitas* Taco (Flour Tortilla, Chicken, Lettuce, Tomato, Cheese)	1 Taco	198	10	18	1	11				Wheat, Milk, Soy	
Fajita Chicken Taco (Flour Tortilla, Fajita Chicken, Lettuce, Tomato, Cheese)	1 Taco	199.0	9	19	1	12				Wheat, Milk, Soy	
Ground Beef Taco (Flour Tortilla, Ground Beef, Lettuce, Tomato, Cheese)	1 Taco	199	10.5	17	1	9				Wheat, Milk, Soy	
Fajita Steak Taco	1 Taco	252	12	18	2	17				Wheat, Milk, Soy	
Shrimp Taco (Flour Tortilla, Shrimp, Lettuce, Tomato, Cheese)	1 Taco	184	8	17	1	12				Wheat, Milk, Soy, Shellfish	
Corn Tortilla (Available for Substitution)	1 Tortilla	113.5	1.5	22	2	3	✓	✓	✓	Soy	
Las Verduras Tacos	1 Taco										
Corn tortilla	1 tortilla	64.75	0.75	13	1	1.5	✓	✓	✓		
Flour tortilla	1 tortilla	86	2	14	1	3	✓	✓		Wheat	
Sauteed Mushrooms	1 oz	18	0	3	0.75	1.5	✓	✓	✓		
Sauteed Onions	1 oz	37	0	8.5	1	0.75	✓	✓	✓		
Sauteed Bellpepper	1 oz	24	0	5.25	1.5	0.75	✓	✓	✓		
Pico de Gallo	2 oz	8	0	2	0	0	✓	✓	✓		
Avocado Crema	1 oz	59	6	1	0	1		✓	✓	Milk	
Sides											
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:	
Avocado Crema	1 oz	3	0	0	0	0		✓	✓	Milk	
Corn Tortilla (6")	1 Tortilla	113.5	1.5	22	2	3	✓	✓	✓	Soy	
Guacamole	2 oz	122	10	6	4	2	✓	✓	✓		
Guacamole	4 oz	236	20	12	8	2	✓	✓	✓		

Queso (Cheese)	4 oz	312	24	8	0	16		✓	✓		Milk
Salsa	2 oz	12	0	3	0	0	✓	✓	✓		
Salsa	4 oz	24	0	6	0	0	✓	✓	✓		
Sour Cream	4 oz	48	0	4	0	8		✓	✓		Milk
Chips	2 oz	207	7	32	2	4	✓	✓	✓		Soy
Chips and Guacamole	4 oz	443	27	44	10	6	✓	✓	✓		Soy
Chips and Salsa	4 oz	231	7	38	2	4	✓	✓	✓		Soy
Chips and Queso	4 oz	519	31	40	2	20		✓	✓		Milk, Soy
Cilantro Lime Rice	4oz	145	0	33	1	3					
Black Beans	2 oz	54	0	10	2.5	3.5	✓	✓	✓		
Refried Beans	2 oz	152.0	2.0	32.5	0.3	1.0	✓	✓	✓		
Habanero Refried Beans (Contains Dairy)	4oz	128	2	20	8	8					
Sour Cream	4oz	212	20	4	4	4					Milk
Green Onion	2oz	22	0	4	2	1					
Extra Proteins	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:	
*Chicken Carnita (limited time offer) may not be available	3 oz	136.0	8.0	2.0	0.0	14.0			✓		Milk, Soy
Chicken Fajita	3 oz	118.5	4.5	3.8	0.0	15.8			✓		
Beef Fajita	3 oz	195.2	12.8	0.0	0.0	20.0			✓		
Shrimp	3 oz	87.5	1.5	1.0	0.0	17.5			✓		Shellfish
Desserts	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:	
Funnel Fries with Powdered Sugar	4oz	398	18	56	0	4					
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											