

The Market  
TechMex

Spring 2023

<b>Burritos</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protien (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Bean & Cheese Burrito (Refried Beans, Cheese, Tortilla)	1 Burrito	661	27	82	2	23				Wheat, Milk, Soy
Beef Burrito (Ground Beef, Refried Beans, Cheese, Tortilla)	1 Burrito	865	43	82	2	38				
Fajita Steak Burrito (Steak, Refried Beans, Cheese, Tortilla)	1 Burrito	856	40	82	2	43				Wheat, Milk, Soy
Chicken Carnita Burrito (Chicken Carinta, Refried Beans, Cheese, Tortilla)	1 Burrito	751	32	83	2	32				Wheat, Milk, Soy
Chicken Fajita Burrito (Chicken Fajita,Refried Beans, Cheese, Tortilla)	1 Burrito	780	32	85	2	39				
Pork Carnita Burrito (Chicken Fajita,Refried Beans, Cheese, Tortilla)	1 Burrito	779	33	82	2	39				Wheat, Milk, Soy, Pork
<b>Add on Toppings</b>										
Guacamole	2oz	96	8	4	2	2	✓	✓	✓	
Jalapeno	2oz	0	0	0	0	0	✓	✓	✓	
Lettuce	2oz	10	0	1.5	0.6	1	✓	✓	✓	
Pico de gallo	1oz	7	0	1.5	0	0	✓	✓	✓	
Sour Cream	2oz	114	10	4	0	2		✓	✓	Milk
Salsa	2oz	28	0	5	2	2	✓	✓	✓	
Shredded Cheese	2oz	226	18	2	0	14		✓	✓	Milk, Soy
<b>Bowls (Build Your Own)</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protien (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Basic Burrito Bowl (Rice, Beans, Lettuce, Cheese)	1 ct	461	24	45	1	17		✓		Milk, Soy
Chicken Carnita Bowl (Rice, Beans, Lettuce, Cheese, Chicken)	1 ct	597	32	47	1	31				Milk, Soy
Chicken Fajita Bowl (Rice, Beans, Lettuce, Cheese, Chicken)	1 ct	579	29	49	1	32				Milk, Soy
Beef Fajita Bowl (Rice, Beans, Lettuce, Cheese, Steak)	1 ct	656	37	45	1	37				Milk, Soy
Ground Beef Bowl (Rice, Beans, Lettuce, Cheese, Beef)	1 ct	663	40	45	1	32				Milk, Soy
Pork Carnita Bowl (Rice, Beans, Lettuce, Cheese, Pork)	1 ct	579	30	45	1	33				Wheat, Milk, Soy,Pork
Chicken Carnita Bowl (Rice, Beans, Lettuce, Cheese, Chicken)	1 ct	597	32	47	1	31				Milk, Soy
<b>Proteins</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protien (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Refried Beans	2 oz	152	2	32.5	0.5	1	✓	✓	✓	
Chicken Carnita	3 oz	85	5	1	0	9			✓	Milk, Soy
Ground Beef	3 oz	204	16	0	0	15			✓	
Chicken Fajita	3 oz	120.5	4.5	4	0	16			✓	
Fajita Steak	3 oz	197	13	0	0	20			✓	
Pork Carnita	3 oz	118	6	0	0	16			✓	Pork
Meatless Crumble	~3oz	50.5	0.5	3.25	2	8.25	✓	✓	✓	Soy
Vegan Plant Protein Strip	~3oz	158.5	2.5	6	1	28	✓	✓		Wheat, Barley, Soy
Black Beans	4oz	111	0	20	5	7				
<b>Add on Toppings</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protien (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Guacamole	2oz	96	8	4	2	2	✓	✓	✓	
Jalapeno	2oz	0	0	0	0	0	✓	✓	✓	
Lettuce	2oz	10	0	1.5	0.6	1	✓	✓	✓	
Onion	1oz	20	1	3	0	0	✓	✓	✓	
Pico de gallo	1oz	6	0	1.5	0	0	✓	✓	✓	
Sour Cream	2oz	114	10	4	0	2		✓	✓	Milk
Salsa	2oz	28	0	5	2	2	✓	✓	✓	
Shredded Cheddar Cheese	2oz	226	18	2	0	14		✓	✓	Milk, Soy
Tomatoes	2oz	10	0	2	1	0.5	✓	✓	✓	
Mexican Rice	2oz	74	4	9	0	1	✓	✓		Wheat, Milk, Soy
Cilantro Lime Rice	2oz	80	0	18	1	2				
Refried Beans	2 oz	152	2	32.5	0.5	1	✓	✓	✓	
Pinto Beans	4oz	179	4	27	10	9				
<b>Quesadillas</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protien (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Basic Quesadilla (Tortilla and Cheese)	1 ct	622	34	50	1	29		✓		Wheat,Milk
Bean & Cheese Quesadilla (Tortilla, Beans, and Cheese)	1 ct	774	36	82.5	1.5	30		✓		Wheat,Milk
Beef Quesadilla (Tortilla, Cheese, and Beef)	1 ct	716.5	44.5	50	1	29				Wheat,Milk
Steak Fajita Quesadilla (Tortilla, Cheese, and Steak)	1 ct	717	39	51.5	2	40				Wheat,Milk
Chicken Carnita Quesadilla (Tortilla, Cheese, and Chicken Carnita)	1 ct	715.5	39.5	51.5	1	38.5				Wheat,Milk,Soy

Chicken Fajita Quesadilla (Tortilla, Cheese, and Chicken Fajita)	1 ct	701	37	52.5	1	39.5				Wheat, Milk
Pork Carnita Quesadilla (Tortilla, Cheese, and Pork Carnita)	1 ct	700	38	50	1	40				Wheat, Milk, Pork
<b>Add on Toppings</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protien (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Guacamole	2oz	96	8	4	2	2	✓	✓	✓	
Jalapeno	2oz	0	0	0	0	0	✓	✓	✓	
Lettuce	2oz	10	0	1.5	0.6	1	✓	✓	✓	
Onion	1oz	608	8	130	2	4	✓	✓	✓	
Pico de gallo	1oz	6	0	1.5	0	0	✓	✓	✓	
Sour Cream	2oz	114	10	4	0	2		✓	✓	Milk
Salsa	2oz	28	0	5	2	2	✓	✓	✓	
Shredded Cheese	2oz	226	18	2	0	14		✓	✓	Milk, Soy
Mexican Rice	2 oz	74	4	9	0	1	✓	✓		Wheat, Milk, Soy
Mexican Rice	4oz	147	8	17	0	2				
Refried Beans	2 oz	152	2	32.5	0.5	1	✓	✓	✓	
Pinto Beans	2 oz	90	2	14	5	5	✓	✓	✓	
<b>Side Options</b>										
Chips & Salsa	3-4 oz	235	7	37	4	6	✓	✓	✓	Soy
<b>Chips &amp; Queso</b>	3-4 oz	519	31	40	2	20				Milk, Soy
<b>Desserts</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protien (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
White Chocolate Macadamia	2oz	260	13	33	1	3		✓		Wheat, Milk, Soy, Egg, Tree Nuts
Chocolate Chip Cookie	2oz	250	11	36	1	3		✓		Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products
M & M Cookie	2oz	160	7	22	0	2		✓		Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products
Sugar Cookie	2oz	250	11	35	1	3		✓		Wheat, Milk, Egg, Held in Case with Tree Nut Products
Rice Krispie Treat	1 Large Bar	364	20	42	<1	3		✓		Milk(Whey), Soy, Contains Malt(Malt flavoring contains
All Fried Items have been fried in Canola Fry Oil in Common Fryer with Dairy and Wheat Items										
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										