

Red Raider Cantina

Updated Spring 2023

Build Your Own Burritos and Bowls										
Proteins:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Cilantro Lime 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			✓	
Ground Beef	3 oz	201.8	15.8	0.0	0.0	15.0			✓	
Grains and Beans:										
Mexican Rice	2 oz	38.3	0.3	8.3	0.0	0.8	✓	✓		Wheat, Milk, Soy
Refried Beans	2 oz	152.0	2.0	32.5	0.3	1.0	✓	✓	✓	
Tortilla	12"	283	7	47	1	8	✓	✓		Wheat
Toppings:										
Jalapeno	2 oz	0	0	1.5	0	1	✓	✓	✓	
Shredded Lettuce	2 oz	8.8	0.0	1.7	0.7	0.5	✓	✓	✓	
Diced Tomato	.50oz	2	0	0.5		0	✓	✓	✓	
Onion	0.25	4	0	1	0	0	✓	✓	✓	
Gucamole	2 oz	122	10	6	4	2	✓	✓	✓	
Pico De Gallo	1 oz	6.0	0	1.5	0	0	✓	✓	✓	
Salsa	1 oz	7.2	0	1.8	0	0	✓	✓	✓	
Queso	2 oz	156.0	12	4	0	8		✓	✓	Milk
Shredded Cheese	1 oz	113.0	9.0	1.0	0.0	7.0		✓	✓	Milk
Sour Cream	1 pct	53.0	5	1	0	1		✓	✓	Milk
Burritos										
Bean Burrito (12" Tortilla, Beans)	1 Burrito	435	9	80	2	9	✓	✓		
Bean & Cheese Burrito (12" Tortilla, Beans, Cheese)	1 Burrito	661	27	82	2	23		✓		Wheat, Milk, Soy
Chicken Fajita Burrito (12" Tortilla, Chicken, Beans, Cheese)	1 Burrito	779.5	32	86	2	39				Wheat, Milk, Soy
Ground Beef Burrito (12" Tortilla, Ground Beef, Beans, Cheese)	1 Burrito	865	43	82	2	38				Wheat, Milk, Soy
Fajita Steak Burrito (12" Tortilla, Steak, Beans, Cheese)	1 Burrito	856	40	82	2	43				Wheat, Milk, Soy
Bowls	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Bean Burrito Bowl (Rice, Beans, Lettuce)	1 Bowl	199	2	43	2	2	✓			
Bean and Cheese Burrito Bowl (Rice, Beans, Lettuce, Cheese)	1 Bowl	312	11	44	1	9		✓		Wheat (in rice), Milk, Soy
Chicken Fajita Bowl (Rice, Beans, Lettuce, Cheese, Chicken)	1 Bowl	428	16	47	1	25				Milk, Soy
Ground Beef (Rice, Beans, Lettuce, Cheese, Ground Beef)	1 Bowl	511	27	44	1	24				Wheat (in rice), Milk, Soy
Steak Fajita Bowl (Rice, Beans, Lettuce, Cheese, Steak)	1 Bowl	504	24	44	1	29				Milk, Soy
Quesadillas										
Cheese Quesadilla (Tortilla and Cheese)	1 ct	622	34	50	1	29		✓		Wheat, Milk, Soy
Bean & Cheese Quesadilla (Tortilla, Beans, and Cheese)	1 ct	774	36	83	1	30		✓		Wheat, Milk, Soy
Chicken Fajita Quesadilla (Tortilla, Cheese, and Chicken Fajita)	1 ct	701	37	53	1	40				Wheat, Milk
Ground Beef Quesadilla (Tortilla, Cheese, and Beef)	1 ct	757	45	50	1	39				Wheat, Milk, Soy
Steak Fajita Quesadilla (Tortilla, Cheese, and Steak)	1 ct	719	39	51	2	40				Wheat, Milk, Soy
Basic Quesadilla	1 ct	622	34	50	1	29		✓		Wheat, Milk
Nachos	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Nachos (Queso, Chips)	1 ct	555	27	56	3	22		✓	✓	Milk
Bean and Cheese Nachos (Beans, Queso, Chips)	1 ct	707	29	89	34	23				
Chicken Fajita Nachos (Fajita Ck, Queso, Chips)	1 ct	674	32	60	3	38		✓	✓	Milk
Ground Beef Nachos (Ground Beef, Queso, Chips)	1 ct	757	43	56	3	37				
Fajita Steak Nachos (Fajita Stk, Queso, Chips)	1 ct	751	40	56	3	42		✓	✓	Milk
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.										