

Wall/Gates: Cantina										updated	Fall 2021
Red Raider Cantina	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy or Contains	
<b>#1 Grilled Burritos</b>											
Bean Burrito (Beans, Tortilla)	1 Burrito	435	9	79.5	1.5	9				Wheat, Soy	
Bean & Cheese Burrito (Beans, Cheese, Tortilla)	1 Burrito	661	27	81.5	1.5	23		✓		Wheat, Milk, Soy	
Bean & Cheese Burrito with Chicken (Beans, Cheese, Chicken, Tortilla)	1 Burrito	797	35	84	2	37				Wheat, Milk, Soy	
Bean & Cheese Burrito with Ground Beef (Beans, Cheese, Beef, Tortilla)	1 Burrito	865	43	82	2	38				Wheat, Milk, Soy	
Bean & Cheese Burrito with Fajita Beef (Beans, Cheese, Fajita Steak, Tortilla)	1 Burrito	856	40	82	2	43				Wheat, Milk, Soy	
<b>#2 Burrito Bowls</b>											
Bean & Cheese Burrito Bowl (Mexican Rice, Beans, Cheese)	1 Bowl	303	11	42	0	9		✓		Wheat, Milk, Soy	
Bean & Cheese Burrito Bowl with Chicken (Mexican Rice, Beans, Cheese, Chicken)	1 Bowl	439	19	44	0	23		✓		Wheat, Milk, Soy	
Bean & Cheese Burrito Bowl with Ground Beef (Mexican Rice, Beans, Cheese, Beef)	1 Bowl	507	27	42	0	24				Wheat, Milk, Soy	
Bean & Cheese Burrito Bowl with Fajita Beef (Mexican Rice, Beans, Cheese, Steak)	1 Bowl	498	24	42	0	29				Wheat, Milk, Soy	
<b>#3 Quesadillas</b>											
Cheese Quesadilla	1 Quesadilla	622	34	50	1	29		✓		Wheat, Milk	
Bean & Cheese Quesadilla	1 Quesadilla	774	36	83	2	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	817	47	50	1	49				Wheat, Milk	
<b>#4 Nachos</b>											
Cheese Nachos	1 ct	555	27	56	3	22		✓	✓	Milk, Soy	
Bean & Cheese Nachos	1 ct	707	29	89	4	23		✓	✓	Milk, Soy	
Bean & Cheese Nachos with Chicken	1 ct	845	37	91	4	37				Milk, Soy	
Bean & Cheese Nachos with Ground Beef	1 ct	913	45	89	4	38					
Bean & Cheese Nachos with Fajita Beef	1 ct	904	42	89	4	43				Milk, Soy	
<b>Cantina Side Options:</b>											
Chips & Salsa	3-4 oz	219	7	35	2	4	✓	✓	✓	Soy	
Chips & Queso	3-4 oz	519	31	40	2	20				Milk, Soy	
<b>Cantina Additional Toppings:</b>											
Queso	4 oz	312	24	8	0	16		✓	✓	Milk	
Refried Beans	2 oz	152	2	32.5	0.5	1	✓	✓	✓		
Mexican Rice (A la carte)	4oz	161	7	23	1	3					
Mexican Rice (Bowls/Burritos)	2 oz	91	0.25	8.25	0	0.75	✓	✓		Wheat, Milk, Soy	
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											