



Nutrition Facts 2018*

Allergens	Serving Size (g)	Calories per Serving	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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Style

Bowl/Salad														
12" White Tortilla	MWG	113	320	80	9	.05	0	5	600	50	50	2	0	8
12" Wheat Tortilla	MWG	152	300	40	8	1	0	0	500	220	47	5	0	11
Corn Taco	MWG	19	226	16	3	0	0	0	275	200	51	6	0	6.5
Soft Taco	EMFWG	45	125	40	3	1	0	0	400	280	1	1	1	3.5

Proteins

Chicken	MSWG	113	160	66	8	2	0	113	486	346	0	0	0	22.6
Spicy Chicken	MSWG	736	890	270	30	9	0	55	555	1170	120	26	24	33
Steak	MSWG	113	0	80	9	0	0	50	580	0	0	0	1	15
Carnitas	MSWG	113	133	47	5	3	0	60	733	400	0	0	0	21
Beef	MSWG	113	200	100	12	5	0	30	1240	0	4	2	0	18
Black Bean Patty	MSWG	96	110	25	3	0	0	0	730	280	16	8	1	11

Ingredients

Romaine Lettuce		23	5	0	0	0	0	0	0	57.5	0	0	0	0
Iceberg Lettuce	M	89	15	0	0	0	0	0	0	0	3	1	1	1
Onion		20	7.5	0	0	0	0	0	0	29	0	0	0	0
Tomatoes		59	13	3.5	0	0	0	0	3.5	0	2	0	0	0
Cilantro		5	0	0	0	0	0	0	2	25	0	0	0	0
Olives		16	25	25	2.5	0	0	0	100	0	0	0	0	0
Fresh Jalpenos		14	0	0	0	0	0	0	0	35	0	0	0	0
Pickled Jalapanos	M	8	2.5	0	0	0	0	0	150	35	0	0	0	0
Banana Peppers	M	28	0	0	0	0	0	0	460	0	0	0	0	0
Pico	M	99	170	70	8	3	0	105	530	400	4	1	1	22
Corn Salsa	M	50	100	30	4	1	0	45	230	170	9	1	5	
Mango Habanero Salsa	M	113	90	30	4	2	0	10	620	100	10	1	6	3
3P House Salsa	M	99	200	110	12	4	0	60	780	340	5	0	2	18
Salsa Verde		3	0	0	0	0	0	0	0	20	0	0	0	0
Guacamole		113	170	140	15	2.5	0	0	370	30	8	5	1	2
Mexican Mix Cheese		28	110	80	9	5	0	30	180	0	1	0	0	7
Pepper Jack Cheese	WG	28	100	70	8	5	0	25	190	0	0	0	0	6
3 Pepper Pepper Mix	WG	28	10	0	0	0	0	0	0	100	2	1	1	1
Black Beans	WG	97.5	82.5	0	0	0	0	0	210	0	15	3.5	1	5 ¹⁰ 3



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Pinto Beans	WG	97.5	82.5	0	€	0	0	0	3€€	0	15	3.5	0	5
Cilantro Lime White Rice	WG	FFH	170	36	4	1	0	0	200	0	41	0	1	3
Brown Rice	ME	113	160	36	4	1	0	0	150	€	31	2	0	H

Sauces

Sour Cream	WG	30	60	45	5	4	0	0	15	0	1	0	1	1
Spicy Sour Cream	WG	30	60	45	5	4	0	0	135	0	1	0	1	1
Sweet Thai Chili	M	28	60	0	0	0	0	0	310	-	15	0	13	0
Chipotle Ranch		28	110	110	12	2	0	0	375	0	1	0	0	1
Avacado Ranch		28	120	110	13	2	0	0	250	36	1	0	0	1
Cilantro Lime Vinaigrette		113	60	0	0	0	0	0	180	0	14	2	9	1
Siracha	EFM	10	0	0	0	0	0	0	100	0	0	0	0	0
3 Pepper Hot Sauce		10	0	0	0	0	0	0	140	0	0	0	0	0
Diablos Breath Hot Sauce	M	43	40	0	0	0	0	0	500	50	10	1	3	0
Lime Juice														

Extras/Sides

Chips (per 3.5 ounces)			15	15	1	0	0	0	105	125	3	2	0	3.5
Queso		57	20	0	0	0	0	0	460	--	4	1	2	1
Quacamole		113	170	140	15	2.5	0	0	370	90	8	5	1	7
Salsa Verde (3 ounces)	M	57	50	40	5	3	0	15	40	100	2	0	2	3
3P House Salsa (3 ounces)	FC	49	45	5	0	0	0	10	390	80	3	0	1	8
Mango Habanero (3 ounces)	FC	99	90	5	0.5	0	0	25	790	160	6	1	2	16
Kids Burrito 10"	M	99	180	70	8	3	0	65	460	490	2	0	0	26
Cinnamon Chips	M	57	90	70	8	5	0	25	350	45	3	1	1	3
Churro	S	227	100	40	5	1	0	0	1390	220	11	4	2	3
Cookierito	WG	96	270	40	5	1	0	0	590	220	47	5	3	11

Allergen Key: **Letters in Red:** May contain the allergen. **S** = Soy **E** = Egg **P** = Peanuts **M** = Milk **T** = Tree Nuts **W** = Wheat **G** = Gluten **F** = Fish

Like most restaurants, our restaurants prepare and serve products that contain Egg, Milk, Soy, and Wheat. While a particular ingredient statement may not list one of these allergens, our products may be prepared with equipment that is shared with products containing one or more of these allergens. If you have a food allergy, please consult with your physician before deciding which 3 Pepper Burrito products to use.

*** Nutrition information is based on representative values provided by suppliers and testing conducted by accredited laboratories. The nutritional content of 3 Pepper Burrito products may vary because our products are made to order by hand and individual serving sizes can vary based on the server and customer requests when ordering. This, along with changes in growing seasons and multiple suppliers, may contribute to variations in the nutrition values for each product. Serving size based on standard entree portion size.**