



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	WG	113	320	80	9	.05	0	5	600	50	50	2	0	8
12" Wheat Tortilla	WG	113	300	40	8	1	0	0	500	220	47	5	0	11
Corn Taco		19	226	16	3	0	0	0	275	200	51	6	0	6.5
Soft Taco	SWG	45	110	40	3	1	0	0	180	280	17	1	1	3.5

Proteins

Chicken		113	160	66	8	2	0	113	486	346	0	0	0	22.6
Spicy Chicken		113	160	66	8	2	0	113	555	346	0	0	0	22.6
Steak		113	140	80	6	2.5	0	60	490	0	0	0	0	20
Carnitas		113	133	47	5	3	0	60	733	400	0	0	0	21
Beef	SGW	113	200	100	12	5	0	30	1240	0	4	2	0	18
Black Bean Patty	SWG	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		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		8	2.5	0	0	0	0	0	150	35	0	0	0	0
Banana Peppers		28	0	0	0	0	0	0	460	0	0	0	0	0
Pico		59	13	2	0	0	0	0	350	20	1	0	0	0
Corn Salsa		50	100	30	4	1	0	45	230	170	9	1	5	
Mango Habanero Salsa		113	90	30	4	2	0	10	620	100	10	1	6	3
3P House Salsa		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	970	8	5	1	2
Mexican Mix Cheese	M	28	110	80	9	5	0	30	180	0	1	0	0	7
Pepper Jack Cheese	M	28	100	70	8	5	0	25	190	0	0	0	0	6
3 Pepper Pepper Mix		28	10	0	0	0	0	0	0	100	2	1	1	1
Black Beans		97.5	82.5	0	0	0	0	0	210	0	15	3.5	1	5 ¹⁰ 3



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Pinto Beans		97.5	82.5	0	0	0	0	0	300	0	15	3.5	0	5
Cilantro Lime White Rice	WG	113	170	36	4	1	0	0	200	0	41	0	1	3
Brown Rice		113	160	36	4	1	0	0	150	0	31	2	0	3

Sauces

Sour Cream	M	30	60	45	5	4	0	0	15	0	1	0	1	1
Spicy Sour Cream	M	30	60	45	5	4	0	0	135	0	1	0	1	1
Sweet Thai Chili		28	60	0	0	0	0	0	310	-	15	0	13	0
Chipotle Ranch	EM	28	110	110	12	2	0	0	375	0	1	0	0	1
Avacado Ranch	EM	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		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
Lime Juice		61	10	0	0	0	0	0	1	50	4	0	0	0

Extras/Sides

Chips (3.5 ounces)		98	330	15	1	0	0	0	105	125	39	2	0	3.5
Queso	M	84	332	240	27	18	0	75	1350	--	12	1	1	18
Quacamole		113	170	140	15	2.5	0	0	370	90	8	5	1	7
Salsa Verde (3 ounces)		57	20	5	0	0	0	0	260	100	4	0	2	0
3P House Salsa (3 ounces)		84	27	0	0	0	0	0	350	0	4	1	3	0
Mango Habanero (3 ounces)		84	30	0	0	0	0	0	350	70	4	1	4	
Kids Burrito 10"	S W	68	210	50	6	2.5	0	0	340	0	33	2	0	5
Cinnamon Chips		84	180	50	13	5	0	10	112	45	20	1	3	3
Churro	E M W G S	35	278	200	22	4	0	20	140	0	16	0	4	2
Cookierito	M W E G	96	270	40	5	1	0	0	590	220	47	5	3	11

Allergen Key: **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.**