

 Nutrition Facts 2025*														
	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)

Style

Bowl/Salad														
12" White Tortilla	SMWG	114	300	72	8	4	0	0	640	100	48	2	0	8
12" Wheat Tortilla	SMWG	45	50	14	2	0.0	0	0	280	1	15	11	0	5
Corn Taco		19	50	5	1	0	0	0	10	45	11	1	0	1.0
Soft Taco	SMWG	36	90	24	3	1.50	0	0	200	0	15	0	0	2
El Hefe Burrito Tortilla	SMWG	228	600	144	16	8	0	0	1280	200	96	4	0	16
Kids Burrito 10" Tortilla	SMWG	72	180	48	5	3.0	0	0	400	0	30	0	0	4

Proteins

Chicken		98	128	47	5	1	0	87	361	218	2	0	0	17
Spicy Chicken		98	128	47	5	1	0	87	516	218	2	0	0	17
Steak		98	186	80	12	5.0	0	70	361	282	0	0	0	19
Carnitas		112	160	62	8	4	0	80	800	253	0	0	0	21
Beef	SGW	100	180	80	9	4	0	45	740	0	6	2	2	20
Black Bean Patty	SWG	96	120	25	3	0	0	0	730	270	16	7	1	11
Brisket (LTO)		98	320	23	23	10	2	82	770	225	0	0	0	23

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	30	24	2.5	1	0	0	120	0	1	0	0	0
Fresh Jalapenos		14	0	0	0	0	0	0	0	35	0	0	0	0
Pickled Jalapanos		8	2.5	0	0	0	0	0	83	12	0	0	0	0
Banana Peppers		28	5	0	0	0	0	0	280	50	1	1	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	6
Mango Habanero Salsa (1.5 ounces)	Mango	42	15	0	0	0	0	0	175	0	3	1	2	1
3P House Salsa (1.5 ounces)		42	14	0	0	0	0	0	175	35	2	1	1	1
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	25	170	20	1	0	0	7
Pepper Jack Cheese	M	28	100	72	8	5	0	25	410	0	2	0	0	5
3 Pepper Pepper Mix		28	10	0	0	0	0	0	0	100	2	1	1	1

Black Beans		99	83	8	1	0	0	0	300	363	14	5	0	5
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Pinto Beans		97.5	90.0	0	0	0	0	0	105	368	17	3.8	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	20	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	300	0	15	0	13	0
Chipotle Ranch	EM	28	110	110	12	2	0	0	375	0	1	0	0	1
Avocado 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
Sriracha		10	7	0	0	0	0	0	210	0	1	0	0	0
3 Pepper Hot Sauce		10	0	0	0	0	0	0	140	0	0	0	0	0
Lime Juice		30	0	0	0	0	0	0	0	0	0	0	0	0

Extras/Sides

Chips (3.5 ounces)		98	240	24	3	0	0	0	304	125	56	6	0	6.4
Queso	M	84	160	100	11	7	0	40	960	--	7	0	6	8
Guacamole		113	170	140	15	2.5	0	0	370	90	8	5	1	7
3P House Salsa (3 ounces)		84	27	0	0	0	0	0	350	0	4	1	3	0
Mango Habanero (3 ounces)	Mango	84	30	0	0	0	0	0	350	70	4	1	4	1
Cinnamon Chips		84	180	50	13	5	0	10	112	45	20	1	3	3
Churro	E M W G S	35	155	48	6	3	0	10	115	10	24	0	16	1
Cookierito	M W E G	96	610	189	21	10	0	15	745	108	87	2	31	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 value for each product. Serving size based on standard entree portion size.