

Burrito Shak Nutrition & Allergen Information

The nutritional values provided herein are based on standard company recipes. The nutritional analysis which produced the nutritional values of these recipes were derived from supplier nutrition information and the USDA database. Menu items are hand-prepared and nutritional values may vary from the stated amount. Menu items marked as containing allergens indicate the presence of those allergens in recipe ingredients. Items not marked with specific allergens are not guaranteed to not contain those allergens. This information is updated periodically to reflect our current product offerings. Updated October 6, 2021



Menu Name	Serving Size	Calories	Fat (g)	Saturated	Trans Fatty	Cholesterol	Sodium (mg)	Carbohydrates (g)	Dietary Fiber	Total	Protein (g)	Allergen Statement (English)
				Fat (g)	Acid (g)	(mg)			(2016) (g)	Sugars (g)		
Burritos & Bowls												
The Aloha Bowl - Atlantic Cod	517g	700	26	7	0	50	1220	87	7	9	34	Contains Egg, Fish, Gluten, Milk, Wheat.
The Aloha Bowl - Carne Asada	503g	650	24	8	0	70	1360	74	7	9	32	Contains Milk.
The Aloha Bowl - Chicken	503g	620	20	6	0	85	1260	73	7	9	34	Contains Milk.
The Aloha Bowl - Ground Beef	503g	740	36	14	1	90	1400	76	7	9	29	Contains Gluten, Milk, Wheat.
The Aloha Bowl - Pork	503g	640	27	9	0	70	1100	72	6	8	28	Contains Milk.
The Aloha Bowl - Tofu	503g	630	33	7	0	15	1050	74	9	8	21	Contains Milk, Soy.
The Aloha Burrito - Atlantic Cod	535g	900	33	11	0	50	1740	114	8	10	40	Contains Egg, Fish, Gluten, Milk, Soy, Wheat.
The Aloha Burrito - Carne Asada	521g	840	31	11	0	70	1880	101	9	10	38	Contains Gluten, Milk, Soy, Wheat.
The Aloha Burrito - Chicken	521g	810	27	10	0	85	1780	100	9	10	40	Contains Gluten, Milk, Soy, Wheat.
The Aloha Burrito - Ground Beef	521g	940	43	17	1	90	1930	103	9	10	35	Contains Gluten, Milk, Soy, Wheat.
The Aloha Burrito - Pork	521g	840	34	13	0	70	1620	99	8	9	34	Contains Gluten, Milk, Soy, Wheat.
The Aloha Burrito - Tofu	521g	820	40	11	0	15	1570	101	10	11	27	Contains Gluten, Milk, Soy, Wheat.
The Fire Shot Bowl - Atlantic Cod	517g	700	26	9	0	75	1210	82	5	5	37	Contains Egg, Fish, Gluten, Milk, Wheat.
The Fire Shot Bowl - Carne Asada	503g	640	24	10	0	90	1350	68	6	5	36	Contains Milk.
The Fire Shot Bowl - Chicken	503g	620	20	8	0	105	1250	68	6	5	38	Contains Milk.
The Fire Shot Bowl - Ground Beef	503g	740	36	16	1	110	1390	70	6	5	32	Contains Gluten, Milk, Wheat.
The Fire Shot Bowl - Pork	503g	640	26	12	0	90	1080	66	5	4	31	Contains Milk.
The Fire Shot Bowl - Tofu	503g	620	33	10	0	40	1030	69	7	4	24	Contains Milk, Soy.
The Fire Shot Burrito - Atlantic Cod	535g	890	33	13	0	75	1730	109	7	6	43	Contains Egg, Fish, Gluten, Milk, Soy, Wheat.
The Fire Shot Burrito - Carne Asada	521g	840	31	14	0	90	1870	95	8	6	42	Contains Gluten, Milk, Soy, Wheat.
The Fire Shot Burrito - Chicken	521g	810	27	12	0	105	1770	95	8	6	44	Contains Gluten, Milk, Soy, Wheat.
The Fire Shot Burrito - Ground Beef	521g	930	43	20	1	110	1910	97	8	6	38	Contains Gluten, Milk, Soy, Wheat.
The Fire Shot Burrito - Pork	521g	830	33	15	0	90	1610	93	7	5	37	Contains Gluten, Milk, Soy, Wheat.
The Fire Shot Burrito - Tofu	521g	820	40	13	0	40	1560	96	9	5	30	Contains Gluten, Milk, Soy, Wheat.
The Lane Bowl - Atlantic Cod	454g	650	22	7	0	60	980	78	5	3	36	Contains Egg, Fish, Gluten, Milk, Wheat.
The Lane Bowl - Carne Asada	439g	590	21	7	0	75	1120	65	6	3	35	Contains Milk.
The Lane Bowl - Chicken	439g	560	17	6	0	95	1020	64	5	3	37	Contains Milk.
The Lane Bowl - Ground Beef	439g	690	32	13	1	95	1160	67	5	4	31	Contains Gluten, Milk, Wheat.
The Lane Bowl - Pork	439g	580	23	9	0	75	850	63	4	3	30	Contains Milk.
The Lane Bowl - Tofu	439g	570	29	7	0	25	800	66	7	3	23	Contains Milk, Soy.
The Lane Burrito - Atlantic Cod	472g	840	29	11	0	60	1500	105	7	4	42	Contains Egg, Fish, Gluten, Milk, Soy, Wheat.
The Lane Burrito - Carne Asada	457g	780	28	11	0	75	1640	92	7	4	41	Contains Gluten, Milk, Soy, Wheat.
The Lane Burrito - Chicken	457g	750	24	10	0	95	1540	91	7	4	43	Contains Gluten, Milk, Soy, Wheat.
The Lane Burrito - Ground Beef	457g	880	39	17	1	95	1680	94	7	5	37	Contains Gluten, Milk, Soy, Wheat.
The Lane Burrito - Pork	457g	780	30	13	0	75	1370	90	6	4	36	Contains Gluten, Milk, Soy, Wheat.
The Lane Burrito - Tofu	457g	760	36	11	0	25	1320	93	9	4	29	Contains Gluten, Milk, Soy, Wheat.
The Rincon Bowl - Chicken	539g	690	28	10	0	105	1250	72	9	5	39	Contains Milk.
The Rincon Bowl - Atlantic Cod	553g	780	33	10	0	75	1210	86	9	5	38	Contains Egg, Fish, Gluten, Milk, Wheat.
The Rincon Bowl - Carne Asada	539g	720	32	11	0	90	1350	72	10	5	37	Contains Milk.
The Rincon Bowl - Ground Beef	539g	820	43	17	1	110	1390	75	9	5	33	Contains Gluten, Milk, Wheat.
The Rincon Bowl - Pork	539g	720	34	13	0	90	1090	71	9	4	32	Contains Milk.
The Rincon Bowl - Tofu	539g	700	40	11	0	40	1040	73	11	4	25	Contains Milk, Soy.
The Rincon Burrito - Carne Asada	557g	920	39	15	0	90	1870	99	11	6	43	Contains Gluten, Milk, Soy, Wheat.
The Rincon Burrito - Chicken	557g	890	35	13	0	105	1770	99	11	6	45	Contains Gluten, Milk, Soy, Wheat.
The Rincon Burrito - Ground Beef	557g	1010	50	21	1	110	1920	102	11	6	39	Contains Gluten, Milk, Soy, Wheat.
The Rincon Burrito - Pork	557g	910	41	16	0	90	1610	98	10	5	38	Contains Gluten, Milk, Soy, Wheat.
The Rincon Burrito - Tofu	557g	890	47	15	0	40	1560	100	13	5	31	Contains Gluten, Milk, Soy, Wheat.
The Rincon Burrito - Atlantic Cod	571g	970	40	14	0	75	1730	113	11	6	44	Contains Egg, Fish, Gluten, Milk, Soy, Wheat.
The Shaka Bowl - Atlantic Cod	510g	730	26	9	0	75	1170	90	5	13	37	Contains Egg, Fish, Gluten, Milk, Wheat.
The Shaka Bowl - Carne Asada	496g	670	24	10	0	90	1320	76	6	13	35	Contains Milk.
The Shaka Bowl - Chicken	496g	640	20	8	0	105	1220	76	6	12	38	Contains Milk.
The Shaka Bowl - Ground Beef	496g	770	36	16	1	110	1360	78	6	13	32	Contains Gluten, Milk, Wheat.
The Shaka Bowl - Pork	496g	670	26	12	0	90	1050	74	5	12	31	Contains Milk.

The Shaka Bowl - Tofu	496g	650	33	10	0	40	1000	77	7	12	24	Contains Milk, Soy.
The Shaka Burrito - Atlantic Cod	528g	920	33	13	0	75	1700	117	7	14	43	Contains Egg, Fish, Gluten, Milk, Soy, Wheat.
The Shaka Burrito - Carne Asada	514g	870	31	14	0	90	1840	103	8	14	41	Contains Gluten, Milk, Soy, Wheat.
The Shaka Burrito - Chicken	514g	840	27	12	0	105	1740	103	7	13	44	Contains Gluten, Milk, Soy, Wheat.
The Shaka Burrito - Ground Beef	514g	960	42	20	1	110	1880	105	7	14	38	Contains Gluten, Milk, Soy, Wheat.
The Shaka Burrito - Pork	514g	860	33	15	0	90	1570	101	6	13	37	Contains Gluten, Milk, Soy, Wheat.
The Shaka Burrito - Tofu	514g	840	40	13	0	40	1520	104	9	13	30	Contains Gluten, Milk, Soy, Wheat.
The S-Turn Bowl - Atlantic Cod	510g	850	38	16	0	110	1630	83	5	6	44	Contains Egg, Fish, Gluten, Milk, Wheat.
The S-Turn Bowl - Carne Asada	496g	790	37	17	0	125	1780	70	6	6	42	Contains Milk.
The S-Turn Bowl - Chicken	496g	760	33	15	0	140	1680	69	5	6	44	Contains Milk.
The S-Turn Bowl - Ground Beef	496g	890	48	23	1	145	1820	72	5	7	38	Contains Gluten, Milk, Wheat.
The S-Turn Bowl - Pork	496g	780	39	18	0	125	1510	68	4	6	38	Contains Milk.
The S-Turn Bowl - Tofu	496g	770	45	17	0	75	1460	70	7	6	31	Contains Milk, Soy.
The S-Turn Burrito - Atlantic Cod	528g	1040	45	20	0	110	2160	110	7	7	49	Contains Egg, Fish, Gluten, Milk, Soy, Wheat.
The S-Turn Burrito - Carne Asada	514g	980	44	21	0	125	2300	97	7	7	48	Contains Gluten, Milk, Soy, Wheat.
The S-Turn Burrito - Chicken	514g	950	40	19	0	140	2200	96	7	7	50	Contains Gluten, Milk, Soy, Wheat.
The S-Turn Burrito - Ground Beef	514g	1080	55	26	1	145	2340	99	7	8	44	Contains Gluten, Milk, Soy, Wheat.
The S-Turn Burrito - Pork	514g	980	46	22	0	125	2030	95	6	7	44	Contains Gluten, Milk, Soy, Wheat.
The S-Turn Burrito - Tofu	514g	960	52	20	0	75	1980	97	9	7	37	Contains Gluten, Milk, Soy, Wheat.
The T.I. Bowl - Atlantic Cod	1403g	1020	41	12	0	80	2110	126	20	30	46	Contains Egg, Fish, Gluten, Milk, Wheat.
The T.I. Bowl - Carne Asada	1389g	960	39	12	0	95	2250	113	21	29	45	Contains Milk.
The T.I. Bowl - Chicken	1389g	930	35	11	0	110	2150	112	21	29	47	Contains Milk.
The T.I. Bowl - Ground Beef	1389g	1060	51	18	1	115	2290	115	21	30	41	Contains Gluten, Milk, Wheat.
The T.I. Bowl - Pork	1389g	950	42	14	0	95	1980	111	20	29	40	Contains Milk.
The T.I. Bowl - Tofu	1389g	940	48	12	0	45	1930	114	22	29	33	Contains Milk, Soy.
The T.I. Burrito - Atlantic Cod	1421g	1210	48	16	0	80	2630	153	22	31	52	Contains Egg, Fish, Gluten, Milk, Soy, Wheat.
The T.I. Burrito - Carne Asada	1407g	1150	46	16	0	95	2770	140	23	30	51	Contains Gluten, Milk, Soy, Wheat.
The T.I. Burrito - Chicken	1407g	1120	42	15	0	110	2670	139	22	30	53	Contains Gluten, Milk, Soy, Wheat.
The T.I. Burrito - Ground Beef	1407g	1250	58	22	1	115	2810	142	22	31	47	Contains Gluten, Milk, Soy, Wheat.
The T.I. Burrito - Pork	1407g	1150	48	18	0	95	2500	138	21	30	46	Contains Gluten, Milk, Soy, Wheat.
The T.I. Burrito - Tofu	1407g	1130	55	16	0	45	2450	141	24	30	39	Contains Gluten, Milk, Soy, Wheat.
					Saturated	Trans Fatty	Cholesterol			Dietary Fiber	Total	
Chips & Dips	Serving Size	Calories	Fat (g)	Fat (g)	Acid (g)	(mg)	Sodium (mg)	Carbohydrates (g)	(2016) (g)	Sugars (g)	Protein (g)	Allergen Statement (English)
Chips and Guacamole	149g	310	22	3	0	0	180	26	8	1	4	
Chips and Queso	149g	440	32	14	0	60	1080	24	2	5	15	Contains Milk.
Chips and Salsa	149g	190	10	1.5	0	0	480	23	3	2	3	
Tortilla Chips	51g	170	10	1.5	0	0	0	18	2	0	3	
					Saturated	Trans Fatty	Cholesterol			Dietary Fiber	Total	
For the Kiddos	Serving Size	Calories	Fat (g)	Fat (g)	Acid (g)	(mg)	Sodium (mg)	Carbohydrates (g)	(2016) (g)	Sugars (g)	Protein (g)	Allergen Statement (English)
The Grom Quesadilla	125g	420	24	13	0	50	740	36	1	1	20	Contains Gluten, Milk, Wheat.
The Grom Quesadilla - Atlantic Cod	181g	540	30	14	0	70	950	44	1	1	30	Contains Egg, Fish, Gluten, Milk, Wheat.
The Grom Quesadilla - Carne Asada	181g	520	29	14	0	80	1060	37	2	1	31	Contains Gluten, Milk, Wheat.
The Grom Quesadilla - Chicken	181g	500	27	14	0	90	1000	37	2	1	32	Contains Gluten, Milk, Wheat.
The Grom Quesadilla - Ground Beef	181g	580	36	18	0.5	90	1090	39	2	2	29	Contains Gluten, Milk, Wheat.
The Grom Quesadilla - Pulled Pork	181g	520	31	15	0	80	910	36	1	1	29	Contains Gluten, Milk, Wheat.
The Grom Quesadilla - Tofu	181g	510	34	14	0	50	880	38	3	1	25	Contains Gluten, Milk, Soy, Wheat.
The Kiddo Taco - Atlantic Cod / Hard	120g	270	14	4.5	0	30	290	23	2	1	15	Contains Egg, Fish, Gluten, Milk, Wheat.
The Kiddo Taco - Atlantic Cod/ Corn	210g	320	9	3	0	50	610	41	4	2	20	Contains Milk.
The Kiddo Taco - Atlantic Cod/ Flour	157g	350	15	5	0	30	630	37	3	1	18	Contains Egg, Fish, Gluten, Milk, Wheat.
The Kiddo Taco - Carne Asada / Corn	210g	340	12	4	0	40	670	41	4	2	19	Contains Milk.
The Kiddo Taco - Carne Asada / Flour	157g	340	15	6	0	40	750	31	3	1	19	Contains Gluten, Milk, Wheat.
The Kiddo Taco - Carne Asada / Hard	120g	260	14	5	0	40	410	16	2	1	16	Contains Milk.
The Kiddo Taco - Chicken / Flour	157g	320	13	5	0	50	690	30	3	1	20	Contains Gluten, Milk, Wheat.
The Kiddo Taco - Chicken / Hard	120g	240	12	4	0	50	350	16	2	1	17	Contains Milk.
The Kiddo Taco - Chicken/ Corn	210g	320	9	3	0	50	610	41	4	2	20	Contains Milk.
The Kiddo Taco - Ground Beef / Corn	210g	400	18	7	0.5	55	690	43	4	2	17	Contains Gluten, Milk, Wheat.
The Kiddo Taco - Ground Beef / Flour	157g	390	21	9	0.5	55	770	32	3	1	17	Contains Gluten, Milk, Wheat.
The Kiddo Taco - Ground Beef / Hard	120g	310	20	8	0.5	55	430	17	2	1	14	Contains Gluten, Milk, Wheat.
The Kiddo Taco - Pork / Corn	210g	340	13	5	0	40	520	40	4	1	16	Contains Milk.
The Kiddo Taco - Pork / Flour	157g	330	16	7	0	40	590	30	2	1	16	Contains Gluten, Milk, Wheat.
The Kiddo Taco - Pork / Hard	120g	250	15	6	0	40	250	15	2	1	14	Contains Milk.
The Kiddo Taco - Tofu / Hard	120g	250	19	5	0	15	230	16	3	1	9	Contains Milk, Soy.
The Kiddo Taco - Tofu/ Corn	210g	330	16	4	0	15	490	42	5	1	12	Contains Milk, Soy.
The Kiddo Taco - Tofu/ Flour	157g	330	20	6	0	15	570	31	4	1	12	Contains Gluten, Milk, Soy, Wheat.
The Minnow Burrito - Atlantic Cod	266g	520	19	8	0	35	890	66	3	2	25	Contains Egg, Fish, Gluten, Milk, Wheat.
The Minnow Burrito - Carne Asada	266g	500	19	8	0	50	1010	59	4	2	26	Contains Gluten, Milk, Wheat.
The Minnow Burrito - Chicken	266g	480	17	7	0	55	950	59	4	2	27	Contains Gluten, Milk, Wheat.

The Jolly Roger Taco - Chicken / Hard (2)	247g	450	25	11	0	105	910	24	4	5	28	Contains Milk.
The Jolly Roger Taco - Chicken / Hard (3)	371g	670	38	16	0	160	1370	36	5	7	43	Contains Milk.
The Jolly Roger Taco - Ground Beef/ Corn (2)	338g	650	38	17	1	110	1320	52	6	6	26	Contains Gluten, Milk, Wheat.
The Jolly Roger Taco - Ground Beef/ Corn (3)	507g	980	57	26	2	165	1980	77	8	10	38	Contains Gluten, Milk, Wheat.
The Jolly Roger Taco - Ground Beef/ Flour (2)	285g	650	41	19	1	110	1400	41	4	6	25	Contains Gluten, Milk, Wheat.
The Jolly Roger Taco - Ground Beef/ Flour (3)	427g	980	62	28	2	165	2100	62	6	9	38	Contains Gluten, Milk, Wheat.
The Jolly Roger Taco - Ground Beef/ Hard (2)	247g	570	40	18	1	110	1060	26	4	6	23	Contains Gluten, Milk, Wheat.
The Jolly Roger Taco - Ground Beef/ Hard (3)	371g	860	61	27	2	165	1590	40	5	9	34	Contains Gluten, Milk, Wheat.
The Jolly Roger Taco - Pulled Pork / Corn (2)	338g	550	29	13	0	90	1010	48	5	5	25	Contains Milk.
The Jolly Roger Taco - Pulled Pork / Corn (3)	507g	830	44	19	0	135	1520	71	7	8	37	Contains Milk.
The Jolly Roger Taco - Pulled Pork / Flour (2)	285g	550	32	15	0	90	1090	37	3	5	25	Contains Gluten, Milk, Wheat.
The Jolly Roger Taco - Pulled Pork / Flour (3)	427g	820	48	22	0	135	1630	56	5	7	37	Contains Gluten, Milk, Wheat.
The Jolly Roger Taco - Pulled Pork / Hard (2)	247g	470	31	14	0	90	750	22	3	5	22	Contains Milk.
The Jolly Roger Taco - Pulled Pork / Hard (3)	371g	700	47	21	0	135	1120	34	4	7	33	Contains Milk.
The Jolly Roger Taco - Tofu/ Corn (2)	338g	540	35	11	0	40	960	50	7	6	18	Contains Milk, Soy.
The Jolly Roger Taco - Tofu/ Corn (3)	507g	800	53	17	0	60	1440	75	11	8	27	Contains Milk, Soy.
The Jolly Roger Taco - Tofu/ Flour (2)	285g	530	38	13	0	40	1040	40	6	5	17	Contains Gluten, Milk, Soy, Wheat.
The Jolly Roger Taco - Tofu/ Flour (3)	427g	800	58	19	0	60	1560	59	9	7	26	Contains Gluten, Milk, Soy, Wheat.
The Jolly Roger Taco - Tofu/ Hard (2)	247g	450	37	12	0	40	700	25	5	5	15	Contains Milk, Soy.
The Jolly Roger Taco - Tofu/ Hard (3)	371g	680	56	18	0	60	1050	37	8	7	22	Contains Milk, Soy.
The Paradise Taco- Chicken/ Corn (2)	338g	480	18	6	0	85	1120	50	6	7	31	Contains Milk.
The Paradise Taco- Chicken/ Corn (3)	507g	720	27	9	0	125	1680	75	10	10	46	Contains Milk.
The Paradise Taco- Chicken/ Flour (2)	285g	480	21	8	0	85	1200	40	5	6	30	Contains Gluten, Milk, Wheat.
The Paradise Taco- Chicken/ Flour (3)	427g	720	32	12	0	125	1800	59	8	9	46	Contains Gluten, Milk, Wheat.
The Paradise Taco- Chicken/ Hard (2)	248g	400	20	7	0	85	860	25	4	6	28	Contains Milk.
The Paradise Taco- Chicken/ Hard (3)	371g	600	31	11	0	125	1290	37	7	9	42	Contains Milk.
The Paradise Taco- Ground Beef/ Corn (2)	338g	610	34	13	1	90	1270	53	6	8	25	Contains Gluten, Milk, Wheat.
The Paradise Taco- Ground Beef/ Corn (3)	507g	910	50	20	2	130	1900	79	10	11	37	Contains Gluten, Milk, Wheat.
The Paradise Taco- Ground Beef/ Flour (2)	285g	600	37	15	1	90	1340	42	5	7	25	Contains Gluten, Milk, Wheat.
The Paradise Taco- Ground Beef/ Flour (3)	427g	900	55	23	2	130	2010	63	8	10	37	Contains Gluten, Milk, Wheat.
The Paradise Taco- Ground Beef/ Hard (2)	248g	520	36	14	1	90	1000	28	4	7	22	Contains Gluten, Milk, Wheat.
The Paradise Taco- Ground Beef/ Hard (3)	371g	780	53	22	2	130	1500	41	7	10	33	Contains Gluten, Milk, Wheat.
The Paradise Taco- Pulled Pork/ Corn (2)	338g	500	24	9	0	70	960	49	5	6	24	Contains Milk.
The Paradise Taco- Pulled Pork/ Corn (3)	507g	760	37	14	0	105	1440	73	8	10	36	Contains Milk.
The Paradise Taco- Pulled Pork/ Flour (2)	285g	500	27	11	0	70	1030	38	4	6	24	Contains Gluten, Milk, Wheat.
The Paradise Taco- Pulled Pork/ Flour (3)	427g	750	41	16	0	105	1550	57	6	8	36	Contains Gluten, Milk, Wheat.
The Paradise Taco- Pulled Pork/ Hard (2)	248g	420	26	10	0	70	690	24	4	6	21	Contains Milk.
The Paradise Taco- Pulled Pork/ Hard (3)	371g	630	40	15	0	105	1040	35	5	8	32	Contains Milk.
The Paradise Taco-Atlantic Cod/ Corn (2)	352g	570	24	7	0	50	1080	64	6	7	30	Contains Egg, Fish, Gluten, Milk, Wheat.
The Paradise Taco-Atlantic Cod/ Corn (3)	528g	850	36	10	0	75	1620	96	9	11	45	Contains Egg, Fish, Gluten, Milk, Wheat.
The Paradise Taco-Atlantic Cod/ Flour (2)	299g	560	27	9	0	50	1160	54	5	6	30	Contains Egg, Fish, Gluten, Milk, Wheat.
The Paradise Taco-Atlantic Cod/ Flour (3)	449g	850	40	13	0	75	1730	80	7	9	44	Contains Egg, Fish, Gluten, Milk, Wheat.
The Paradise Taco-Atlantic Cod/ Hard (2)	262g	480	26	8	0	50	820	39	4	6	27	Contains Egg, Fish, Gluten, Milk, Wheat.
The Paradise Taco-Atlantic Cod/ Hard (3)	393g	730	39	12	0	75	1220	58	6	9	40	Contains Egg, Fish, Gluten, Milk, Wheat.
The Paradise Taco-Carne Asada/ Corn (2)	338g	510	22	7	0	70	1220	51	7	7	29	Contains Milk.
The Paradise Taco-Carne Asada/ Corn (3)	507g	770	33	11	0	100	1840	76	10	10	43	Contains Milk.
The Paradise Taco-Carne Asada/ Flour (2)	285g	510	25	9	0	70	1300	40	5	6	28	Contains Gluten, Milk, Wheat.
The Paradise Taco-Carne Asada/ Flour (3)	427g	760	38	14	0	100	1950	60	8	9	42	Contains Gluten, Milk, Wheat.
The Paradise Taco-Carne Asada/ Hard (2)	248g	430	24	8	0	70	960	25	5	6	26	Contains Milk.
The Paradise Taco-Carne Asada/ Hard (3)	371g	640	37	13	0	100	1440	38	7	9	38	Contains Milk.
The Paradise Taco-Tofu/ Corn (2)	338g	490	31	7	0	15	910	51	8	7	17	Contains Milk, Soy.
The Paradise Taco-Tofu/ Corn (3)	507g	730	46	11	0	25	1360	77	12	10	25	Contains Milk, Soy.
The Paradise Taco-Tofu/ Flour (2)	285g	490	34	9	0	15	980	41	7	6	17	Contains Gluten, Milk, Soy, Wheat.
The Paradise Taco-Tofu/ Flour (3)	427g	730	51	14	0	25	1480	61	10	9	25	Contains Gluten, Milk, Soy, Wheat.
The Paradise Taco-Tofu/ Hard (2)	248g	410	33	8	0	15	640	26	6	6	14	Contains Milk, Soy.
The Paradise Taco-Tofu/ Hard (3)	371g	610	49	13	0	25	970	39	9	9	21	Contains Milk, Soy.
The Reggae Taco - Carne Asada / Corn (2)	352g	540	25	11	0	95	1190	48	6	4	32	Contains Milk.
The Reggae Taco - Carne Asada / Corn (3)	528g	820	38	16	0	145	1790	72	9	6	49	Contains Milk.
The Reggae Taco - Carne Asada / Flour (2)	299g	540	28	12	0	95	1270	37	5	3	32	Contains Gluten, Milk, Wheat.
The Reggae Taco - Carne Asada / Flour (3)	449g	810	42	18	0	145	1900	56	7	5	48	Contains Gluten, Milk, Wheat.
The Reggae Taco - Carne Asada / Hard (2)	262g	460	27	12	0	95	930	23	4	3	30	Contains Milk.
The Reggae Taco - Carne Asada / Hard (3)	393g	690	41	17	0	145	1390	34	6	5	40	Contains Milk.
The Reggae Taco - Pulled Pork / Corn (2)	352g	540	27	12	0	95	920	46	5	4	28	Contains Milk.

The Reggae Taco - Pulled Pork / Corn (3)	528g	810	41	19	0	145	1390	69	7	6	42	Contains Milk.
The Reggae Taco - Pulled Pork / Flour (2)	299g	530	30	14	0	95	1000	36	4	3	28	Contains Gluten, Milk, Wheat.
The Reggae Taco - Pulled Pork / Flour (3)	449g	800	46	21	0	145	1500	53	6	5	42	Contains Gluten, Milk, Wheat.
The Reggae Taco - Pulled Pork / Hard (2)	262g	450	29	13	0	95	660	21	3	3	25	Contains Milk.
The Reggae Taco - Pulled Pork / Hard (3)	393g	680	44	20	0	145	990	31	5	5	38	Contains Milk.
The Reggae Taco - Atlantic Cod / Corn (2)	366g	600	27	10	0	80	1050	62	5	5	34	Contains Egg, Fish, Gluten, Milk, Wheat.
The Reggae Taco - Atlantic Cod / Corn (3)	549g	900	40	15	0	120	1570	92	8	7	51	Contains Egg, Fish, Gluten, Milk, Wheat.
The Reggae Taco - Atlantic Cod / Flour (2)	313g	600	30	12	0	80	1120	51	4	4	33	Contains Egg, Fish, Gluten, Milk, Wheat.
The Reggae Taco - Atlantic Cod / Flour (3)	470g	890	45	18	0	120	1690	76	6	6	50	Contains Egg, Fish, Gluten, Milk, Wheat.
The Reggae Taco - Atlantic Cod / Hard (2)	276g	520	29	11	0	80	780	36	4	4	31	Contains Egg, Fish, Gluten, Milk, Wheat.
The Reggae Taco - Atlantic Cod / Hard (3)	414g	770	43	17	0	120	1180	54	5	6	46	Contains Egg, Fish, Gluten, Milk, Wheat.
The Reggae Taco - Chicken / Corn (2)	352g	520	21	9	0	110	1090	48	6	4	35	Contains Milk.
The Reggae Taco - Chicken / Corn (3)	528g	770	32	14	0	165	1630	71	9	6	52	Contains Milk.
The Reggae Taco - Chicken / Flour (2)	299g	510	24	11	0	110	1170	37	5	3	34	Contains Gluten, Milk, Wheat.
The Reggae Taco - Chicken / Flour (3)	449g	770	36	17	0	165	1750	56	7	5	51	Contains Gluten, Milk, Wheat.
The Reggae Taco - Chicken / Hard (2)	262g	430	23	10	0	110	830	22	4	3	32	Contains Milk.
The Reggae Taco - Chicken / Hard (3)	393g	650	35	16	0	165	1240	34	6	5	47	Contains Milk.
The Reggae Taco - Ground Beef / Corn (2)	352g	640	36	17	1	115	1230	50	6	5	29	Contains Gluten, Milk, Wheat.
The Reggae Taco - Ground Beef / Corn (3)	528g	960	55	25	2	175	1850	75	9	7	43	Contains Gluten, Milk, Wheat.
The Reggae Taco - Ground Beef / Flour (2)	299g	640	40	18	1	115	1310	40	5	4	28	Contains Gluten, Milk, Wheat.
The Reggae Taco - Ground Beef / Flour (3)	449g	950	59	27	2	175	1970	59	7	6	43	Contains Gluten, Milk, Wheat.
The Reggae Taco - Ground Beef / Hard (2)	262g	560	39	18	1	115	970	25	4	4	26	Contains Gluten, Milk, Wheat.
The Reggae Taco - Ground Beef / Hard (3)	393g	830	58	26	2	175	1460	37	6	6	39	Contains Gluten, Milk, Wheat.
The Reggae Taco - Tofu / Corn (2)	352g	520	33	10	0	45	870	49	7	4	21	Contains Milk, Soy.
The Reggae Taco - Tofu / Corn (3)	528g	780	50	16	0	65	1310	73	11	6	31	Contains Milk, Soy.
The Reggae Taco - Tofu / Flour (2)	299g	520	37	12	0	45	950	38	6	3	21	Contains Gluten, Milk, Soy, Wheat.
The Reggae Taco - Tofu / Flour (3)	449g	780	55	18	0	65	1430	57	9	5	31	Contains Gluten, Milk, Soy, Wheat.
The Reggae Taco - Tofu / Hard (2)	262g	440	36	12	0	45	610	24	6	3	18	Contains Milk, Soy.
The Reggae Taco - Tofu / Hard (3)	393g	660	53	17	0	65	920	35	8	5	27	Contains Milk, Soy.
The Shak Taco-Atlantic Cod/Corn (2)	366g	640	30	10	0	80	1180	64	6	6	34	Contains Egg, Fish, Gluten, Milk, Wheat.
The Shak Taco-Atlantic Cod/Corn (3)	549g	950	45	16	0	120	1770	96	9	9	51	Contains Egg, Fish, Gluten, Milk, Wheat.
The Shak Taco-Atlantic Cod/Flour (2)	313g	630	33	12	0	80	1250	53	5	5	34	Contains Egg, Fish, Gluten, Milk, Wheat.
The Shak Taco-Atlantic Cod/Flour (3)	470g	950	49	18	0	120	1880	80	7	8	50	Contains Egg, Fish, Gluten, Milk, Wheat.
The Shak Taco-Atlantic Cod/Hard (2)	276g	550	32	11	0	80	910	38	4	5	31	Contains Egg, Fish, Gluten, Milk, Wheat.
The Shak Taco-Atlantic Cod/Hard (3)	414g	830	48	17	0	120	1370	58	6	8	46	Contains Egg, Fish, Gluten, Milk, Wheat.
The Shak Taco-Carne Asada/Corn (2)	352g	580	28	11	0	95	1320	50	6	6	33	Contains Milk.
The Shak Taco-Carne Asada/Corn (3)	528g	870	42	16	0	140	1980	75	10	8	49	Contains Milk.
The Shak Taco-Carne Asada/Flour (2)	299g	580	31	13	0	95	1400	40	5	5	32	Contains Gluten, Milk, Wheat.
The Shak Taco-Carne Asada/Flour (3)	448g	870	47	19	0	140	2100	59	8	7	48	Contains Gluten, Milk, Wheat.
The Shak Taco-Carne Asada/Hard (2)	262g	500	30	12	0	95	1060	25	5	5	30	Contains Milk.
The Shak Taco-Carne Asada/Hard (3)	392g	750	46	18	0	140	1590	37	7	7	44	Contains Milk.
The Shak Taco-Chicken/Corn (2)	352g	550	24	10	0	110	1220	50	6	6	35	Contains Milk.
The Shak Taco-Chicken/Corn (3)	528g	830	36	14	0	165	1830	75	9	8	52	Contains Milk.
The Shak Taco-Chicken/Flour (2)	299g	550	27	11	0	110	1300	39	5	5	34	Contains Gluten, Milk, Wheat.
The Shak Taco-Chicken/Flour (3)	448g	820	41	17	0	165	1940	59	7	7	52	Contains Gluten, Milk, Wheat.
The Shak Taco-Chicken/Hard (2)	262g	470	26	11	0	110	960	24	4	5	32	Contains Milk.
The Shak Taco-Chicken/Hard (3)	392g	700	40	16	0	165	1430	37	6	7	48	Contains Milk.
The Shak Taco-Ground Beef/Corn (2)	352g	670	39	17	1	115	1360	52	6	6	29	Contains Gluten, Milk, Wheat.
The Shak Taco-Ground Beef/Corn (3)	528g	1010	59	25	2	170	2050	78	9	10	43	Contains Gluten, Milk, Wheat.
The Shak Taco-Ground Beef/Flour (2)	299g	670	43	19	1	115	1440	42	5	6	29	Contains Gluten, Milk, Wheat.
The Shak Taco-Ground Beef/Flour (3)	448g	1010	64	28	2	170	2160	63	7	8	43	Contains Gluten, Milk, Wheat.
The Shak Taco-Ground Beef/Hard (2)	262g	590	42	18	1	115	1100	27	4	6	26	Contains Gluten, Milk, Wheat.
The Shak Taco-Ground Beef/Hard (3)	392g	890	62	27	2	170	1650	41	6	8	39	Contains Gluten, Milk, Wheat.
The Shak Taco-Pulled Pork/Corn (2)	352g	570	30	13	0	95	1060	48	5	5	28	Contains Milk.
The Shak Taco-Pulled Pork/Corn (3)	528g	860	45	19	0	145	1580	72	8	8	42	Contains Milk.
The Shak Taco-Pulled Pork/Flour (2)	299g	570	33	14	0	95	1130	38	4	4	28	Contains Gluten, Milk, Wheat.
The Shak Taco-Pulled Pork/Flour (3)	448g	860	50	22	0	145	1700	57	6	7	42	Contains Gluten, Milk, Wheat.
The Shak Taco-Pulled Pork/Hard (2)	262g	490	32	14	0	95	790	23	3	4	25	Contains Milk.
The Shak Taco-Pulled Pork/Hard (3)	392g	740	49	21	0	145	1190	35	5	7	38	Contains Milk.
The Shak Taco-Tofu/Corn (2)	352g	560	36	11	0	45	1010	51	8	5	21	Contains Milk, Soy.
The Shak Taco-Tofu/Corn (3)	528g	840	55	16	0	65	1510	76	12	8	31	Contains Milk, Soy.
The Shak Taco-Tofu/Flour (2)	299g	560	40	12	0	45	1080	40	7	5	21	Contains Gluten, Milk, Soy, Wheat.
The Shak Taco-Tofu/Flour (3)	448g	830	59	19	0	65	1620	60	10	7	31	Contains Gluten, Milk, Soy, Wheat.
The Shak Taco-Tofu/Hard (2)	262g	480	39	12	0	45	740	26	6	5	18	Contains Milk, Soy.

The Shak Taco-Tofu/Hard (3)	392g	710	58	18	0	65	1110	38	9	7	27	Contains Milk, Soy.
				Saturated	Trans Fatty	Cholesterol			Dietary Fiber	Total		
Toppings	Serving Size	Calories	Fat (g)	Fat (g)	Acid (g)	(mg)	Sodium (mg)	Carbohydrates (g)	(2016) (g)	Sugars (g)	Protein (g)	Allergen Statement (English)
Corn Salsa	43g	35	0	0	0	0	55	8	1	0	1	
Fire Salsa	43g	20	1	0	0	0	490	1	0	0	0	
Guacamole	43g	60	5	1	0	0	80	3	3	0	1	
Habanero Salsa	43g	10	0	0	0	0	210	2	0	1	0	
Jalapeno BBQ	43g	60	0	0	0	0	270	14	0	13	0	
Jalapeno Crema	43g	70	5	3.5	0	20	150	3	0	1	1	Contains Milk.
Lime Sour Cream	43g	80	7	4.5	0	25	140	3	0	1	1	Contains Milk.
Mango Salsa	43g	20	0	0	0	0	40	5	1	4	0	
Mild Salsa	43g	10	0	0	0	0	190	2	0	1	0	
Peach Salsa	43g	15	0	0	0	0	35	4	1	3	0	
Peach Jalapeno Salsa	43g	30	0	0	0	0	100	7	1	7	0	
Peppers and Onion Mix	43g	15	0	0	0	0	0	3	1	2	0	
Pico De Gallo	43g	10	0	0	0	0	40	2	1	1	0	
Pineapple Salsa	43g	20	0	0	0	0	40	5	1	3	0	
Queso	43g	120	10	5	0	25	460	2	0	2	5	Contains Milk.
Roasted Poblano Crema	43g	70	5	3.5	0	20	150	3	0	1	1	Contains Milk.
Salsa Verde	43g	15	0.5	0	0	0	280	2	0	1	1	