

LAREDO TACO COMPANY

NUTRITIONAL, INGREDIENT, AND ALLERGEN INFORMATION

- This information is to help you, our guest, make an informed decision about the foods you choose and help answer allergen questions.
- All nutritional information provided by 7-Eleven, Inc. on its food and beverage products should be used as a reasonable approximation of the nutrient composition of foods. All nutrition information is based on representative values provided by ingredient manufacturers, published resources, testing conducted in accredited laboratories and generated using industry standard software based on federal regulations. All information is rounded to meet current US FDA NLEA requirements. An "x" indicates no value available for that nutrient.
- The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. Daily values are based on a 2,000 calories a day is used for general nutrition advice; but calorie needs vary, your daily values may be higher or lower.
- Some variation can occur depending on several factors such as preparation techniques, regional differences or seasonality; no warranty is implied.
- All beverage values are given on a reference amount serving and would not include ice if added to the beverage. Sodium content for beverages may be higher or lower depending on the location where the product is dispensed. Individuals who are on therapeutic diets for medical purposes should consult their physician for guidance.
- The allergen listing is based upon that product's ingredients and does not include incidental allergens due to a common shared environment nor does it include any potential allergens other than the 8 major allergens identified by FDA (Egg, Fish, Milk, Peanut, Shellfish, Soy, Tree Nut, and Wheat).
- All information is for standard menu items, Limited Time Offers (LTOs) are excluded, and is believed to be accurate and offered in good faith for the benefit of our guests. This information is subject to change without notification.
- Not all menu items are offered at all LTC locations.

Revised: February 13, 2020

LAREDO TACO COMPANY

BREAKFAST ENTREES 4OZ BREAKFAST PROTEIN ONLY

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|------------------------------------------------------------------------------|------------------|-------------------|---------------|---------------|-------------------|-------------------|---------------|------------------|-----------------|-------------|------------|------------------------|------------------------|-------------------|-------------------|------------------|------------------|------------------|-------------|-----------------|---------------|----------------|---------------|-----------------|---------------|--------------|-------------|-----------|----------|----------------|---------------|---------------------------------|
| Bacon & Egg | 113 | 270 | 22 | 28 | 6 | 30 | 0.5 | 275 | 91 | 610 | 26 | 2 | 1 | <1 | 0 | 1 | <1 | 0 | 14 | 152.1 | 15 | 0.0 | 0 | 1.7 | 8 | 62.6 | 4 | 1.2 | 6 | 124.8 | 2 | egg (milk, soy) |
| Bacon & Egg, Extra Bacon (El Gran Tocino Taco) | 143 | 450 | 36 | 46 | 11 | 55 | 0.5 | 305 | 101 | 1150 | 50 | 2 | 1 | <1 | 0 | 1 | <1 | 0 | 24 | 152.2 | 15 | 0.0 | 0 | 1.7 | 8 | 62.6 | 4 | 1.2 | 6 | 124.9 | 2 | egg (milk, soy) |
| Barbacoa | 113 | 370 | 28 | 36 | 8 | 40 | 1.0 | 125 | 42 | 420 | 18 | <1 | 0 | x | x | <1 | <1 | 0 | 28 | x | x | x | x | 0.0 | 0 | 14.0 | 2 | 4.0 | 20 | 215.0 | 4 | none |
| Barbacoa a la Mexicana | 113 | 370 | 28 | 36 | 8 | 40 | 1.0 | 1125 | 42 | 420 | 18 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 28 | x | x | x | x | 0.0 | 0 | 14.0 | 1 | 4.0 | 22 | 215.0 | 5 | none |
| Bean & Cheese | 85 | 180 | 12 | 16 | 7 | 33 | 0.0 | 25 | 8 | 380 | 17 | 13 | 5 | x | x | <1 | x | x | 10 | 45.6 | 6 | 0.0 | 0 | x | x | 264.3 | 20 | 0.1 | 0 | 205.0 | 4 | milk |
| Bean & Chorizo | 113 | 210 | 10 | 13 | 3 | 15 | 0.0 | 15 | 5 | 470 | 20 | 20 | 7 | 5 | 18 | 1 | 0 | 0 | 10 | 10.0 | 2 | 0.0 | 0 | 0.0 | 0 | 38.0 | 2 | 2.0 | 10 | 387.0 | 8 | (milk, soy) |
| Bean & Egg | 113 | 180 | 10 | 13 | 3 | 14 | 0.0 | 150 | 50 | 390 | 17 | 12 | 5 | 3 | 12 | 1 | <1 | 0 | 9 | 86.9 | 10 | 0.0 | 0 | 1.0 | 4 | 58.0 | 4 | 1.9 | 10 | 272.5 | 6 | egg (milk, soy) |
| Brisket & Egg | 113 | 260 | 22 | 28 | 5 | 26 | 0.5 | 255 | 84 | 230 | 10 | 1 | 1 | <1 | 0 | 1 | <1 | 0 | 12 | 138.2 | 15 | 0.0 | 0 | 1.5 | 8 | 56.6 | 4 | 1.4 | 8 | 113.3 | 2 | egg (milk, soy) |
| Chicharron en Salsa Roja | 113 | 140 | 11 | 13 | 2 | 11 | 0.0 | 15 | 5 | 810 | 35 | 2 | 1 | <1 | 0 | 2 | <1 | 0 | 10 | 29.8 | 4 | 14.9 | 15 | 0.0 | 0 | 1.3 | 0 | 0.0 | 0 | 0.4 | 0 | none |
| Chorizo & Egg | 113 | 240 | 19 | 25 | 5 | 26 | 0.5 | 255 | 84 | 510 | 22 | 4 | 1 | <1 | 0 | 1 | <1 | 0 | 13 | 149.0 | 15 | 0.0 | 0 | 1.6 | 8 | 58.7 | 4 | 1.4 | 8 | 186.1 | 4 | egg (milk, soy) |
| Chorizo & Egg, Potatoes a la Mexicana, Refried Beans, Cheese (El Rival taco) | 255 | 480 | 34 | 43 | 12 | 62 | 0.5 | 280 | 93 | 1130 | 49 | 21 | 8 | 4 | 15 | 3 | <1 | 0 | 23 | 198.0 | 20 | 8.4 | 10 | 1.6 | 8 | 348.0 | 25 | 2.7 | 15 | 423.4 | 10 | egg, milk (soy) |
| Chorizo & Egg, Potatoes, Refried Beans, Cheese (El Campeon taco) | 255 | 490 | 31 | 39 | 12 | 59 | 0.5 | 280 | 93 | 900 | 39 | 27 | 10 | 3 | 12 | 2 | <1 | 0 | 24 | 194.6 | 20 | 0.0 | 0 | 1.6 | 8 | 344.6 | 25 | 3.2 | 20 | 391.1 | 8 | egg, milk (soy) |
| Frijoles Con Queso | 170 | 220 | 12 | 15 | 5 | 22 | 0.0 | 10 | 3 | 1280 | 56 | 23 | 8 | 2 | 6 | 2 | <1 | 0 | 11 | 138.6 | 15 | 5.5 | 6 | 0.0 | 0 | 251.8 | 20 | 2.5 | 15 | 424.4 | 10 | milk (soy) |
| Ham & Egg | 113 | 210 | 16 | 20 | 4 | 20 | 0.5 | 250 | 83 | 560 | 24 | 2 | 1 | <1 | 0 | 2 | <1 | 0 | 12 | 137.8 | 15 | 0.1 | 0 | 1.5 | 8 | 57.6 | 4 | 1.3 | 6 | 112.8 | 2 | egg (milk, soy) |
| Huevo (Eggs) a la Mexicana | 113 | 150 | 12 | 15 | 3 | 15 | 0.0 | 190 | 63 | 280 | 12 | 4 | 1 | <1 | 2 | 2 | <1 | 0 | 7 | 122.4 | 15 | 12.1 | 15 | 1.2 | 6 | 50.9 | 4 | 1.0 | 6 | 175.2 | 4 | egg (milk, soy) |
| Machacado a la Mexicana | 113 | 160 | 12 | 15 | 3 | 14 | 0.0 | 175 | 58 | 640 | 28 | 6 | 2 | <1 | 3 | 2 | <1 | 0 | 7 | 113.6 | 15 | 11.2 | 10 | 1.1 | 6 | 54.8 | 4 | 1.3 | 8 | 162.6 | 4 | egg (milk, soy) |
| Potato & Chorizo | 113 | 200 | 12 | 15 | 3 | 16 | 0.0 | 20 | 6 | 150 | 6 | 17 | 6 | <1 | 0 | <1 | <1 | 0 | 4 | 0.0 | 0 | 0.0 | 0 | x | x | 0.0 | 0 | 1.5 | 8 | x | x | (milk, soy) |
| Potato & Egg | 113 | 210 | 17 | 21 | 4 | 20 | 0.5 | 260 | 86 | 380 | 17 | 4 | 2 | <1 | 0 | 1 | <1 | 0 | 10 | 150.1 | 15 | 0.0 | 0 | 1.7 | 8 | 61.7 | 4 | 1.4 | 8 | 123.1 | 2 | egg (milk, soy) |
| Potato & Egg, Refried Beans, Bacon, Cheese (Bacon Q taco) | 213 | 480 | 34 | 43 | 13 | 65 | 0.5 | 300 | 100 | 1040 | 45 | 17 | 6 | 3 | 12 | 2 | <1 | 0 | 25 | 195.7 | 20 | 0.0 | 0 | 1.7 | 8 | 347.6 | 25 | 2.6 | 15 | 328.1 | 6 | egg, milk (soy) |
| Potato & Egg, Refried Beans, Cheese (Q taco) | 198 | 390 | 27 | 34 | 11 | 53 | 0.5 | 285 | 95 | 770 | 33 | 17 | 6 | 3 | 12 | 2 | <1 | 0 | 20 | 195.7 | 20 | 0.0 | 0 | 1.7 | 8 | 347.6 | 25 | 2.6 | 15 | 328.1 | 6 | egg, milk (soy) |
| Potato, Bacon & Egg | 113 | 270 | 18 | 23 | 5 | 25 | 0.0 | 115 | 39 | 390 | 17 | 11 | 4 | <1 | 0 | <1 | <1 | 0 | 11 | 57.3 | 6 | 0.0 | 0 | 0.6 | 4 | 23.5 | 2 | 1.2 | 6 | 46.9 | 0 | egg (milk, soy) |
| Potato, Chorizo & Egg | 113 | 210 | 13 | 17 | 4 | 17 | 0.0 | 115 | 38 | 200 | 9 | 13 | 5 | <1 | 0 | <1 | <1 | 0 | 8 | 66.9 | 8 | 0.0 | 0 | 0.7 | 4 | 25.3 | 2 | 1.3 | 8 | 108.1 | 2 | egg (milk, soy) |
| Sausage & Egg | 113 | 240 | 19 | 25 | 5 | 25 | 0.5 | 255 | 85 | 430 | 19 | 2 | 1 | <1 | 0 | 1 | <1 | 0 | 14 | 137.4 | 15 | 0.0 | 0 | 1.6 | 8 | 60.9 | 4 | 1.4 | 8 | 190.5 | 4 | egg (milk, soy) |

LAREDO TACO COMPANY

BREAKFAST ENTREES
4OZ BREAKFAST PROTEIN ONLY

| MENU ITEM | INGREDIENTS |
|------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bacon & Egg | scrambled eggs, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt. |
| Bacon & Egg, Extra Bacon (El Gran Tocino Taco) | scrambled eggs, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt. |
| Barbacoa | barbacoa (beef cheek meat,salt). |
| Barbacoa a la Mexicana | beef cheek meat,salt. |
| Bean & Cheese | refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose(to prevent caking),natamycin(a natural mold inhibitor)]). |
| Bean & Chorizo | refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), chorizo (pork,water,seasoning[spices,paprika,salt,monosodium glutamate,garlic powder,extractives of paprika,soybean oil,natural flavor],vinegar), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Bean & Egg | refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), scrambled eggs, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt. |
| Brisket & Egg | scrambled eggs, seasoned smoked chopped beef brisket (beef brisket,water,seasoning[salt,spices,garlic powder,brown sugar,onion powder,paprika,sugar,mustard,garlic juice,vinegar],salt,sodium phosphate), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Chicharron en Salsa Roja | salsa ranchera (water,jalapeno peppers,diced tomatoes,tomato puree,onions,vegetable oil,salt,chicken stock[cooked chicken,salt,monosodium glutamate,chicken fat,sugar,maltodextrin,autolyzed yeast extract,natural flavors,turmeric],red chili pepper,citric acid,natural flavors,xanthan gum,sodium benzoate[as a preservative]), water, cracklins (pork fat with attached skin,salt). |
| Chorizo & Egg | scrambled eggs, chorizo (pork,water,seasoning[spices,paprika,salt,monosodium glutamate,garlic powder,extractives of paprika,soybean oil,natural flavor],vinegar), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt. |
| Chorizo & Egg, Potatoes a la Mexicana, Refried Beans, Cheese (El Rival taco) | scrambled eggs, refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose(to prevent caking),natamycin(a natural mold inhibitor)]), canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), chorizo (pork,water,seasoning[spices,paprika,salt,monosodium glutamate,garlic powder,extractives of paprika,soybean oil,natural flavor],vinegar), onion, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), jalapeno pepper, salt. |
| Chorizo & Egg, Potatoes, Refried Beans, Cheese (El Campeon taco) | scrambled eggs, refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose(to prevent caking),natamycin(a natural mold inhibitor)]), chorizo (pork,water,seasoning[spices,paprika,salt,monosodium glutamate,garlic powder,extractives of paprika,soybean oil,natural flavor],vinegar), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt. |
| Frijoles Con Queso | black beans (prepared black beans,water,salt,calcium chloride[firming agent]), queso fresco crumble (whole pasteurized grade A cow milk,salt,rennet,cheese cultures), avocado pulp (hass avocado), onion, tomato, lime juice, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), jalapeno peppers, salt, cilantro, garlic powder, chili powder (chili pepper and other spices,salt,garlic powder,contains 2% or less of: silicon dioxide[to prevent caking]), black pepper, cayenne pepper. |
| Ham & Egg | scrambled eggs, diced smoked ham (cured with: water,dextrose,salt,modified food starch,potassium lactate,sodium phosphates,sodium diacetate,sodium erythorbate,smoke flavoring,sodium nitrite,may contain sodium ascorbate), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt. |
| Huevo (Eggs) a la Mexicana | scrambled eggs, tomato, onion, jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt. |
| Machacado a la Mexicana | scrambled eggs, tomato, onion, carne seca (beef,salt), jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt. |
| Potato & Chorizo | potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), chorizo (pork, water, seasoning [spices, paprika, salt, monosodium glutamate, garlic powder, extractives of paprika, soybean oil, natural flavor], vinegar), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Potato & Egg | scrambled eggs, potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt. |
| Potato & Egg, Refried Beans, Bacon, Cheese (Bacon Q taco) | scrambled eggs, refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose(to prevent caking),natamycin(a natural mold inhibitor)]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt. |
| Potato & Egg, Refried Beans, Cheese (Q taco) | scrambled eggs, refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose(to prevent caking),natamycin(a natural mold inhibitor)]), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt. |
| Potato, Bacon & Egg | potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), scrambled eggs, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Potato, Chorizo & Egg | potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), scrambled eggs, chorizo (pork,water,seasoning[spices,paprika,salt,monosodium glutamate,garlic powder,extractives of paprika,soybean oil,natural flavor],vinegar), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Sausage & Egg | scrambled eggs, pork sausage (contains up to 7% solution of water, seasoning [salt, spices, sugar, corn syrup solids, monosodium glutamate, soybean oil (processing aid), spice extractive]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt. |

LAREDO TACO COMPANY

| BREAKFAST BOWLS 8OZ BREAKFAST PROTEIN, 4OZ SIDE Diced POTATOES, 4OZ SIDE REFRIED BEANS, 2OZ SHREDDED CHEESE | MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) | |
|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-----------------------------------------|--|
| | Bacon & Egg | 226 | 540 | 44 | 56 | 12 | 60 | 1.0 | 550 | 182 | 1220 | 52 | 4 | 2 | <1 | 0 | 2 | <1 | 0 | 28 | 304.2 | 30 | 0.0 | 0 | 3.4 | 16 | 125.2 | 8 | 2.4 | 12 | 249.6 | 4 | egg (milk, soy) | |
| | Chorizo & Egg | 226 | 480 | 38 | 50 | 10 | 52 | 1.0 | 510 | 168 | 1020 | 44 | 8 | 2 | <1 | 0 | 2 | <1 | 0 | 26 | 298.0 | 30 | 0.0 | 0 | 3.2 | 16 | 117.4 | 8 | 2.8 | 16 | 372.2 | 8 | egg (milk, soy) | |
| | Potato & Egg | 226 | 420 | 34 | 42 | 8 | 40 | 1.0 | 520 | 172 | 760 | 34 | 8 | 4 | <1 | 0 | 2 | <1 | 0 | 20 | 300.2 | 30 | 0.0 | 0 | 3.4 | 16 | 123.4 | 8 | 2.8 | 16 | 246.2 | 4 | egg (milk, soy) | |
| | Sausage & Egg | 226 | 480 | 38 | 50 | 10 | 50 | 1.0 | 510 | 170 | 860 | 38 | 4 | 2 | <1 | 0 | 2 | <1 | 0 | 28 | 274.8 | 30 | 0.0 | 0 | 3.2 | 16 | 121.8 | 8 | 2.8 | 16 | 381.0 | 8 | egg (milk, soy) | |
| | Diced Potatoes (4 oz) | 113 | 130 | 3 | 3 | 0 | 2 | 0.0 | 0 | 0 | 25 | 1 | 22 | 8 | <1 | 0 | <1 | <1 | 0 | 3 | 0.0 | 0 | 0.0 | 0 | x | x | 0.0 | 0 | 1.4 | 8 | x | x | (milk, soy) | |
| | Refried Beans (4 oz) | 113 | 140 | 2 | 3 | 1 | 4 | 0.0 | 0 | 0 | 420 | 18 | 24 | 9 | 7 | 25 | <1 | x | x | 8 | 0.0 | 0 | 0.0 | 0 | x | x | 45.4 | 4 | 2.4 | 15 | 410.0 | 8 | none | |
| | Shredded Cheese (1 oz) | 28 | 110 | 9 | 12 | 6 | 30 | 0.0 | 25 | 8 | 170 | 7 | 1 | 0 | x | x | <1 | x | x | 6 | 45.6 | 6 | 0.0 | 0 | x | x | 263.2 | 20 | 0.0 | 0 | x | x | milk | |
| | <i>Minimum Calorie Combination:</i> | | 800 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <i>Maximum Calorie Combination:</i> | | 920 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

LAREDO TACO COMPANY

BREAKFAST BOWLS
 8OZ BREAKFAST PROTEIN, 4OZ SIDE DICED POTATOES,
 4OZ SIDE REFRIED BEANS, 2OZ SHREDDED CHEESE

| MENU ITEM | INGREDIENTS |
|--------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bacon & Egg | scrambled eggs, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt. |
| Chorizo & Egg | scrambled eggs, chorizo (pork,water,seasoning[spices,paprika,salt,monsodium glutamate,garlic powder,extractives of paprika,soybean oil,natural flavor],vinegar), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt. |
| Potato & Egg | scrambled eggs, potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt. |
| Sausage & Egg | scrambled eggs, pork sausage (contains up to 7% solution of water, seasoning [salt, spices, sugar, corn syrup solids, monosodium glutamate, soybean oil {processing aid}, spice extractive]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt. |
| Diced Potatoes (4 oz) | potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Refried Beans (4 oz) | pinto beans, interresterified soybean oil [with TBHQ to preserve freshness], salt, water. |
| Shredded Cheese (1 oz) | cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses [pasteurized milk, cheese cultures, salt, enzymes, annatto {vegetable color}, powdered cellulose {to prevent caking}, natamycin {a natural mold inhibitor}]). |
| <i>Miniumum Calorie Combination:</i> | |
| <i>Maximum Calorie Combination:</i> | |

LAREDO TACO COMPANY

BREAKFAST TACOS
40Z BREAKFAST PROTEIN, 1 FLOUR TORTILLA

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|--------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-------------------------------------|
| Bacon & Egg | 198 | 510 | 30 | 38 | 10 | 49 | 0.5 | 275 | 91 | 990 | 43 | 38 | 14 | 1 | 4 | 1 | <1 | 0 | 19 | 152.2 | 15 | 0.0 | 0 | 1.7 | 8 | 90.8 | 6 | 3.2 | 20 | 124.9 | 2 | egg, milk, soy, wheat |
| Bacon Q | 312 | 750 | 44 | 56 | 18 | 88 | 0.5 | 315 | 106 | 1480 | 64 | 55 | 20 | 5 | 17 | 2 | <1 | 0 | 32 | 207.9 | 25 | 0.0 | 0 | 1.9 | 8 | 397.6 | 30 | 4.7 | 25 | 348.6 | 8 | egg, milk, soy, wheat |
| Barbacoa | 198 | 610 | 36 | 46 | 12 | 59 | 1.0 | 125 | 42 | 800 | 35 | 37 | 13 | 1 | 4 | <1 | <1 | 0 | 33 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 42.3 | 4 | 6.0 | 35 | 215.0 | 4 | milk, soy, wheat (egg) |
| Barbacoa a la Mexicana | 198 | 410 | 21 | 27 | 7 | 36 | 0.0 | 185 | 61 | 670 | 29 | 40 | 15 | 2 | 6 | 2 | <1 | 0 | 14 | 113.6 | 15 | 11.2 | 10 | 1.1 | 6 | 76.6 | 6 | 3.2 | 20 | 178.1 | 4 | egg, milk, soy, wheat |
| Bean & Cheese | 170 | 420 | 18 | 23 | 10 | 52 | 0.0 | 25 | 8 | 760 | 33 | 50 | 18 | 5 | 16 | <1 | x | x | 15 | 45.6 | 6 | 0.0 | 0 | x | x | 314.2 | 25 | 3.1 | 15 | 205.0 | 4 | milk, soy, wheat (egg) |
| Bean & Chorizo | 198 | 450 | 18 | 23 | 7 | 33 | 0.0 | 15 | 5 | 850 | 37 | 57 | 21 | 7 | 23 | <1 | <1 | 0 | 15 | 10.3 | 2 | 0.0 | 0 | 0.1 | 0 | 65.9 | 6 | 4.0 | 20 | 387.1 | 8 | milk, soy, wheat (egg) |
| Bean & Egg | 198 | 420 | 18 | 24 | 7 | 33 | 0.0 | 150 | 50 | 770 | 34 | 49 | 18 | 5 | 16 | 1 | <1 | 0 | 15 | 86.9 | 10 | 0.0 | 0 | 1.0 | 4 | 86.2 | 6 | 3.8 | 20 | 272.5 | 6 | egg, milk, soy, wheat |
| Brisket & Egg | 198 | 500 | 30 | 38 | 9 | 46 | 0.5 | 255 | 84 | 610 | 27 | 38 | 14 | 1 | 4 | 1 | <1 | 0 | 18 | 138.2 | 15 | 0.0 | 0 | 1.5 | 8 | 84.9 | 6 | 3.4 | 20 | 113.3 | 2 | egg, milk, soy, wheat |
| Chicharron en Salsa Roja | 198 | 380 | 18 | 24 | 6 | 30 | 0.0 | 15 | 5 | 1190 | 52 | 39 | 14 | 1 | 4 | 2 | <1 | 0 | 16 | 29.8 | 4 | 14.9 | 15 | 0.0 | 0 | 29.6 | 2 | 2.0 | 10 | 0.4 | 0 | milk, soy, wheat (egg) |
| Chorizo & Egg | 198 | 490 | 27 | 35 | 9 | 45 | 0.5 | 255 | 84 | 890 | 39 | 41 | 15 | 1 | 4 | 1 | <1 | 0 | 18 | 149.0 | 15 | 0.0 | 0 | 1.6 | 8 | 86.9 | 6 | 3.3 | 20 | 186.1 | 4 | egg, milk, soy, wheat |
| El Campeon | 340 | 730 | 38 | 49 | 16 | 79 | 0.5 | 280 | 93 | 1280 | 56 | 64 | 23 | 5 | 16 | 2 | <1 | 0 | 30 | 194.6 | 20 | 0.0 | 0 | 1.6 | 8 | 372.9 | 30 | 5.2 | 30 | 391.1 | 8 | egg, milk, soy, wheat |
| El Gran Tocino | 227 | 690 | 44 | 56 | 15 | 74 | 0.5 | 300 | 100 | 1510 | 66 | 38 | 14 | 1 | 4 | 1 | <1 | 0 | 29 | 150.5 | 15 | 0.0 | 0 | 1.7 | 8 | 90.1 | 6 | 3.2 | 20 | 123.4 | 2 | egg, milk, soy, wheat |
| El Rival | 340 | 730 | 41 | 53 | 16 | 81 | 0.5 | 280 | 93 | 1510 | 66 | 58 | 21 | 5 | 18 | 3 | <1 | 0 | 29 | 198.0 | 20 | 8.4 | 10 | 1.6 | 8 | 376.3 | 30 | 4.6 | 25 | 423.4 | 10 | egg, milk, soy, wheat |

| MENU ITEM | INGREDIENTS |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bacon & Egg | scrambled eggs, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Bacon Q | scrambled eggs, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin[a natural mold inhibitor]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Barbacoa | barbacoa (beef cheek meat,salt), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Barbacoa a la Mexicana | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), scrambled eggs, tomato, onion, barbacoa (beef cheek meat,salt), jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Bean & Cheese | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin[a natural mold inhibitor]), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Bean & Chorizo | refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chorizo (pork,water,seasoning[spices,paprika,salt,monosodium glutamate,garlic powder,extractives of paprika,soybean oil,natural flavor],vinegar), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Bean & Egg | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), scrambled eggs, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Brisket & Egg | scrambled eggs, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), seasoned smoked chopped beef brisket (beef brisket,water,seasoning[salt,spices,garlic powder,brown sugar,onion powder,paprika,sugar,mustard,garlic juice,vinegar],salt,sodium phosphate), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Chicharron en Salsa Roja | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), salsa ranchera (water,jalapeno peppers,diced tomatoes,tomato puree,onions,vegetable oil,salt,chicken stock[cooked chicken,salt,monosodium glutamate,chicken fat,sugar,maltodextrin,autolyze yeast extract,natural flavors,turmeric],red chili pepper,citric acid,natural flavors,xanthan gum,sodium benzoate[preservative]), water, cracklins (pork fat with attached skin,salt), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Chorizo & Egg | scrambled eggs, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chorizo (pork,water,seasoning[spices,paprika,salt,monosodium glutamate,garlic powder,extractives of paprika,soybean oil,natural flavor],vinegar), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| El Campeon | scrambled eggs, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin[a natural mold inhibitor]), chorizo (pork,water,seasoning[spices,paprika,salt,monosodium glutamate,garlic powder,extractives of paprika,soybean oil,natural flavor],vinegar), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| El Gran Tocino | scrambled eggs, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| El Rival | scrambled eggs, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin[a natural mold inhibitor]), canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), chorizo (pork,water,seasoning[spices,paprika,salt,monosodium glutamate,garlic powder,extractives of paprika,soybean oil,natural flavor],vinegar), onion, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), jalapeno pepper, salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |

LAREDO TACO COMPANY

BREAKFAST TACOS
40Z BREAKFAST PROTEIN, 1 FLOUR TORTILLA

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|----------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-------------------------------------|
| Frijoles Con Queso | 255 | 460 | 20 | 26 | 8 | 41 | 0.0 | 10 | 3 | 1660 | 72 | 60 | 22 | 3 | 9 | 2 | <1 | 0 | 17 | 138.6 | 15 | 5.5 | 6 | 0.0 | 0 | 280.0 | 20 | 4.5 | 25 | 424.4 | 10 | milk, soy, wheat (egg) |
| Ham & Egg | 198 | 450 | 24 | 30 | 8 | 39 | 0.5 | 250 | 83 | 940 | 41 | 39 | 14 | 1 | 4 | 2 | <1 | 0 | 18 | 137.8 | 15 | 0.1 | 0 | 1.5 | 8 | 85.9 | 6 | 3.2 | 20 | 112.8 | 2 | egg, milk, soy, wheat |
| Huevo (Eggs) a la Mexicana | 198 | 390 | 20 | 25 | 7 | 34 | 0.0 | 190 | 63 | 660 | 29 | 40 | 15 | 2 | 6 | 2 | <1 | 0 | 13 | 122.4 | 15 | 12.1 | 15 | 1.2 | 6 | 79.2 | 6 | 3.0 | 15 | 175.2 | 4 | egg, milk, soy, wheat |
| Machacado a la Mexicana | 198 | 400 | 20 | 25 | 7 | 33 | 0.0 | 175 | 58 | 1030 | 45 | 43 | 15 | 2 | 7 | 2 | <1 | 0 | 12 | 113.6 | 15 | 11.2 | 10 | 1.1 | 6 | 83.1 | 6 | 3.3 | 20 | 162.6 | 4 | egg, milk, soy, wheat |
| Potato & Egg | 198 | 450 | 24 | 31 | 8 | 39 | 0.5 | 260 | 86 | 770 | 33 | 41 | 15 | 1 | 4 | 1 | <1 | 0 | 15 | 150.1 | 15 | 0.0 | 0 | 1.7 | 8 | 90.0 | 6 | 3.3 | 20 | 123.1 | 2 | egg, milk, soy, wheat |
| Q Taco | 283 | 630 | 35 | 44 | 14 | 72 | 0.5 | 285 | 95 | 1150 | 50 | 54 | 20 | 5 | 16 | 2 | <1 | 0 | 25 | 195.7 | 20 | 0.0 | 0 | 1.7 | 8 | 375.9 | 30 | 4.5 | 25 | 328.1 | 6 | egg, milk, soy, wheat |
| Sausage & Egg | 198 | 480 | 27 | 35 | 9 | 45 | 0.5 | 255 | 85 | 810 | 35 | 38 | 14 | 1 | 4 | 1 | <1 | 0 | 20 | 137.4 | 15 | 0.0 | 0 | 1.6 | 8 | 89.1 | 6 | 3.3 | 20 | 190.5 | 4 | egg, milk, soy, wheat |

LAREDO TACO COMPANY

BREAKFAST TACOS
4OZ BREAKFAST PROTEIN, 1 FLOUR TORTILLA

| MENU ITEM | INGREDIENTS |
|----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Frijoles Con Queso | black beans (prepared black beans,water,salt,calcium chloride[firming agent]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), queso fresco crumble (whole pasteurized grade A cow milk,salt,rennet,cheese cultures), avocado pulp (hass avocado), onion, tomato, lime juice, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), jalapeno peppers, salt, cilantro, garlic powder, chili powder (chili pepper and other spices,salt,garlic powder,contains 2% or less of: silicon dioxide[to prevent caking]), black pepper, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), cayenne pepper. |
| Ham & Egg | scrambled eggs, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), diced smoked ham (cured with: water,dextrose,salt,modified food starch,potassium lactate,sodium phosphates,sodium diacetate,sodium erythorbate,smoke flavoring,sodium nitrite,may contain sodium ascorbate), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Huevo (Eggs) a la Mexicana | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), scrambled eggs, tomato, onion, jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Machacado a la Mexicana | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), scrambled eggs, tomato, onion, carne seca (beef,salt), jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Potato & Egg | scrambled eggs, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Q Taco | scrambled eggs, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto(vegetable color)],powdered cellulose[to prevent caking],natamycin[a natural mold inhibitor]), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Sausage & Egg | scrambled eggs, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), pork sausage (contains up to 7% solution of water, seasoning [salt, spices, sugar, corn syrup solids, monosodium glutamate, soybean oil (processing aid), spice extractive]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |

LAREDO TACO COMPANY

BREAKFAST PLATES
80Z BREAKFAST PROTEIN, 40Z SIDE DICED POTATOES, 40Z SIDE REFRIGERATED BEANS, 1 FLOUR TORTILLA

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|----------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-------------------------------------|
| Bacon & Egg | 539 | 1050 | 57 | 72 | 17 | 86 | 1.0 | 550 | 183 | 2040 | 89 | 86 | 31 | 8 | 29 | 4 | <1 | 0 | 43 | 304.5 | 35 | 0.0 | 0 | 3.4 | 15 | 198.8 | 15 | 8.2 | 45 | 659.7 | 15 | egg, milk, soy, wheat |
| Barbacoa | 539 | 1250 | 68 | 88 | 21 | 105 | 2.0 | 250 | 83 | 1670 | 72 | 83 | 30 | 8 | 29 | <1 | <1 | 0 | 72 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 101.6 | 8 | 13.7 | 80 | 840.0 | 20 | milk, soy, wheat (egg) |
| Barbacoa a la Mexicana | 539 | 840 | 39 | 49 | 12 | 58 | 1.0 | 370 | 123 | 1410 | 61 | 89 | 32 | 9 | 33 | 5 | <1 | 0 | 33 | 227.2 | 25 | 22.4 | 25 | 2.3 | 10 | 170.2 | 15 | 8.1 | 45 | 766.1 | 15 | egg, milk, soy, wheat |
| Bean & Chorizo | 539 | 930 | 33 | 42 | 11 | 53 | 0.0 | 30 | 10 | 1760 | 77 | 124 | 45 | 19 | 68 | 3 | <1 | 0 | 36 | 20.6 | 2 | 0.0 | 0 | 0.1 | 0 | 148.8 | 10 | 9.8 | 50 | 1184.1 | 25 | milk, soy, wheat (egg) |
| Bean & Egg | 539 | 870 | 33 | 43 | 10 | 52 | 0.5 | 300 | 100 | 1610 | 70 | 108 | 39 | 15 | 53 | 3 | <1 | 0 | 34 | 173.8 | 20 | 0.0 | 0 | 1.9 | 10 | 189.6 | 15 | 9.5 | 50 | 955.0 | 20 | egg, milk, soy, wheat |
| Brisket & Egg | 539 | 1030 | 56 | 72 | 16 | 78 | 1.0 | 505 | 169 | 1290 | 56 | 86 | 31 | 8 | 29 | 3 | <1 | 0 | 41 | 276.3 | 30 | 0.0 | 0 | 3.1 | 15 | 186.9 | 15 | 8.5 | 45 | 636.5 | 15 | egg, milk, soy, wheat |
| Chicharron en Salsa Roja | 539 | 790 | 33 | 43 | 9 | 47 | 0.0 | 30 | 10 | 2450 | 107 | 86 | 31 | 8 | 29 | 4 | <1 | 0 | 37 | 59.5 | 6 | 29.8 | 35 | 0.0 | 0 | 786.2 | 6 | 5.7 | 30 | 410.8 | 8 | milk, soy, wheat (egg) |
| Chorizo & Egg | 539 | 1000 | 51 | 65 | 15 | 77 | 1.0 | 505 | 169 | 1840 | 80 | 90 | 33 | 8 | 29 | 4 | <1 | 0 | 42 | 298.1 | 35 | 0.0 | 0 | 3.2 | 15 | 190.9 | 15 | 8.4 | 45 | 782.2 | 15 | egg, milk, soy, wheat |
| Ham & Egg | 539 | 920 | 44 | 57 | 13 | 65 | 1.0 | 495 | 166 | 1950 | 85 | 88 | 32 | 8 | 29 | 4 | <1 | 0 | 40 | 275.6 | 30 | 0.2 | 0 | 3.1 | 15 | 188.8 | 15 | 8.2 | 45 | 635.6 | 15 | egg, milk, soy, wheat |
| Huevo (Eggs) a la Mexicana | 539 | 810 | 36 | 46 | 11 | 54 | 1.0 | 380 | 126 | 1390 | 60 | 90 | 33 | 9 | 33 | 5 | <1 | 0 | 30 | 244.8 | 25 | 24.1 | 25 | 2.5 | 10 | 175.5 | 15 | 7.7 | 45 | 760.4 | 15 | egg, milk, soy, wheat |
| Machacado a la Mexicana | 539 | 820 | 36 | 46 | 10 | 52 | 1.0 | 350 | 117 | 2110 | 92 | 94 | 34 | 10 | 35 | 5 | <1 | 0 | 30 | 227.2 | 25 | 22.4 | 25 | 2.3 | 10 | 183.2 | 15 | 8.4 | 45 | 735.2 | 15 | egg, milk, soy, wheat |
| Potato & Egg | 539 | 930 | 45 | 58 | 13 | 65 | 1.0 | 515 | 172 | 1590 | 69 | 91 | 33 | 8 | 29 | 3 | <1 | 0 | 35 | 300.2 | 35 | 0.0 | 0 | 3.4 | 15 | 197.0 | 15 | 8.5 | 45 | 656.2 | 15 | egg, milk, soy, wheat |
| Sausage & Egg | 539 | 990 | 51 | 65 | 15 | 76 | 1.0 | 510 | 171 | 1680 | 73 | 86 | 31 | 8 | 29 | 3 | <1 | 0 | 44 | 274.8 | 30 | 0.0 | 0 | 3.3 | 15 | 195.3 | 15 | 8.4 | 45 | 791.0 | 15 | egg, milk, soy, wheat |

| MENU ITEM | INGREDIENTS |
|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bacon & Egg | scrambled eggs, refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Barbacoa | barbacoa (beef cheek meat,salt), refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), flour tortill (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Barbacoa a la Mexicana | scrambled eggs, refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), tomato, onion, barbacoa (beef cheek meat,salt), jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Bean & Chorizo | refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chorizo (pork,water,seasoning[spices,paprika,salt,monosodium glutamate,garlic powder,extractives of paprika,soybean oil,natural flavor],vinegar), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Bean & Egg | refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), scrambled eggs, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Brisket & Egg | scrambled eggs, refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), seasoned smoked chopped beef brisket (beef brisket,water,seasoning[salt,spices,garlic powder,brown sugar,onion powder,paprika,sugar,mustard,garlic juice,vinegar],salt,sodium phosphate), soybean oil blend (high ole soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Chicharron en Salsa Roja | refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), salsa ranchera (water,jalapeno peppers,dice tomatoes,tomato puree,onions,vegetable oil,salt,chicken stock[cooked chicken,salt,monosodium glutamate,chicken fat,sugar,maltodextrin,autolyzed yeast extract,natural flavors,turmeric],red chili pepper,citric acid,natural flavors,xanthan gum,sodium benzoate[preservative]), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), cracklins (pork fat with attached skin,salt), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Chorizo & Egg | scrambled eggs, refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chorizo (pork,water,seasoning[spices,paprika,salt,monosodium glutamate,garlic powder,extractives of paprika,soybean oil,natural flavor],vinegar), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Ham & Egg | scrambled eggs, refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), diced smoked ham (cured with: water,dextrose,salt,modified food starch,potassium lactate,sodium phosphates,sodium diacetate,sodium erythorbate,smoke flavoring,sodium nitrite,may contain sodium ascorbate), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Huevo (Eggs) a la Mexicana | scrambled eggs, refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), tomato, onion, jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Machacado a la Mexicana | scrambled eggs, refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), tomato, onion, carne seca (beef,salt), jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Potato & Egg | scrambled eggs, potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Sausage & Egg | scrambled eggs, refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), pork sausage (contains up to 7% solution of water, seasoning [salt, spices, sugar, corn syrup solids, monosodium glutamate, soybean oil {processing aid}, spice extractive]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |

LAREDO TACO COMPANY

LUNCH AND DINNER ENTREES 4OZ LUNCH PROTEIN ONLY

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|----------------------------------------------|------------------|-------------------|---------------|---------------|-------------------|-------------------|---------------|------------------|-----------------|-------------|------------|------------------------|------------------------|-------------------|-------------------|------------------|------------------|------------------|-------------|-----------------|---------------|----------------|---------------|-----------------|---------------|--------------|-------------|-----------|----------|----------------|---------------|---------------------------------|
| Barbacoa | 113 | 370 | 28 | 36 | 8 | 40 | 1.0 | 1125 | 42 | 420 | 18 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 28 | x | x | x | x | 0.0 | 0 | 14.0 | 1 | 4.0 | 22 | 215.0 | 5 | none |
| Beef Fajita | 113 | 130 | 8 | 11 | 2 | 11 | 0.0 | 15 | 5 | 340 | 15 | 4 | 1 | 1 | 5 | 1 | <1 | 0 | 12 | 8.3 | 0 | 14.0 | 15 | 0.0 | 0 | 37.8 | 2 | 1.1 | 6 | 76.7 | 2 | milk, soy |
| Brisket | 113 | 430 | 36 | 46 | 8 | 42 | 0.0 | 80 | 26 | 540 | 24 | <1 | 0 | <1 | 0 | <1 | <1 | 0 | 19 | 0.0 | 0 | 0.0 | 0 | x | x | 0.0 | 0 | 1.4 | 8 | x | x | (milk, soy) |
| Carne Asada (Bistec/diced beef) | 113 | 240 | 19 | 24 | 5 | 23 | 0.0 | 60 | 19 | 520 | 23 | <1 | 0 | <1 | 0 | <1 | <1 | 0 | 19 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 1.9 | 10 | 308.7 | 6 | (milk, soy) |
| Carne Guisada | 113 | 160 | 10 | 13 | 4 | 19 | 0.0 | 50 | 16 | 320 | 14 | 2 | 1 | <1 | 1 | 1 | <1 | 0 | 13 | 1.0 | 0 | 4.5 | 6 | 0.0 | 0 | 14.4 | 2 | 1.9 | 10 | 17.2 | 0 | soy, wheat |
| Carnitas | 113 | 260 | 21 | 26 | 7 | 34 | 0.0 | 65 | 22 | 1210 | 53 | 4 | 1 | <1 | 0 | <1 | <1 | 0 | 20 | 0.0 | 0 | 0.0 | 0 | x | x | 80.0 | 6 | 3.0 | 15 | x | x | milk (soy) |
| Carnitas Bravas (Spicy) | 113 | 290 | 25 | 32 | 8 | 40 | 0.0 | 70 | 23 | 1010 | 44 | <1 | 0 | <1 | 0 | 1 | <1 | 0 | 14 | 69.9 | 8 | 5.0 | 6 | 0.0 | 0 | 80.0 | 6 | 3.0 | 15 | 10.5 | 0 | milk, soy, wheat |
| Chicken Fajita | 113 | 120 | 6 | 8 | 2 | 7 | 0.0 | 10 | 4 | 150 | 7 | 3 | 1 | <1 | 2 | 1 | <1 | 0 | 14 | 8.3 | 0 | 22.0 | 25 | 0.0 | 0 | 16.4 | 2 | 1.1 | 6 | 76.7 | 2 | milk, soy |
| Corona Beer Battered Cod Fillet (2 pc, 4 oz) | 120 | 290 | 18 | 23 | 2 | 10 | 0.0 | 30 | 10 | 450 | 20 | 17 | 6 | <1 | 0 | <1 | <1 | 0 | 12 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.4 | 2 | 190.0 | 4 | fish-cod, milk, soy, wheat |
| El Grito (Spicy) Chicken Fajita | 113 | 100 | 5 | 6 | 1 | 5 | 0.0 | 10 | 3 | 380 | 16 | 4 | 2 | <1 | 2 | 2 | <1 | 0 | 10 | 42.4 | 4 | 20.6 | 25 | 0.0 | 0 | 12.0 | 0 | 1.0 | 6 | 56.2 | 2 | milk, soy |
| Frijoles con Queso | 170 | 220 | 12 | 15 | 5 | 22 | 0.0 | 10 | 3 | 1280 | 56 | 23 | 8 | 2 | 6 | 2 | <1 | 0 | 11 | 138.6 | 15 | 5.5 | 6 | 0.0 | 0 | 251.8 | 20 | 2.5 | 15 | 424.4 | 10 | milk (soy) |
| Grilled Fish | 113 | 150 | 7 | 9 | 1 | 4 | 0.0 | 75 | 25 | 520 | 23 | 1 | 0 | <1 | 2 | <1 | <1 | 0 | 18 | 0.0 | 0 | 0.0 | 0 | x | x | 24.0 | 2 | 0.8 | 4 | x | x | fish-pollock (milk, soy) |
| Mar y Tierra (Surf and Turf) | 113 | 170 | 11 | 15 | 3 | 13 | 0.0 | 75 | 25 | 490 | 21 | 2 | 1 | <1 | 2 | <1 | <1 | 0 | 14 | 5.9 | 0 | 6.9 | 8 | 0.0 | 0 | 21.5 | 2 | 1.2 | 6 | 202.9 | 4 | shellfish (milk, soy) |
| Picadillo | 113 | 140 | 7 | 9 | 3 | 12 | 0.0 | 30 | 11 | 390 | 17 | 8 | 3 | <1 | 1 | <1 | <1 | 0 | 11 | 5.6 | 0 | 5.4 | 6 | 0.0 | 0 | 12.9 | 0 | 1.4 | 8 | 187.4 | 4 | (milk, soy) |
| Sausage with Onion and Jalapeno | 106 | 160 | 15 | 19 | 4 | 18 | 0.0 | 20 | 6 | 220 | 10 | 3 | 1 | <1 | 2 | 2 | <1 | 0 | 5 | 16.7 | 2 | 17.9 | 20 | 0.0 | 0 | 18.0 | 2 | 0.4 | 2 | 55.8 | 2 | (milk, soy) |
| Shrimp Fajitas | 113 | 90 | 4 | 5 | 1 | 3 | 0.0 | 90 | 30 | 450 | 20 | 4 | 1 | 1 | 4 | 2 | <1 | 0 | 9 | 11.8 | 2 | 13.7 | 15 | 0.0 | 0 | 42.8 | 4 | 0.4 | 2 | 96.7 | 2 | shellfish (milk, soy) |

LAREDO TACO COMPANY

LUNCH AND DINNER ENTREES 40Z LUNCH PROTEIN ONLY

| MENU ITEM | INGREDIENTS |
|----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Barbacoa | beef cheek meat,salt. |
| Beef Fajita | beef fajitas (contains up to 27% solution of water, seasoning [salt, sodium phosphate, garlic powder, spice, hydrolyzed soy protein, citric acid, maltodextrin, autolyzed yeast extract, lactic acid, papain], stabilizer [modified food starch, whey protein concentrate, carrageenan, sodium citrate], sodium phosphate), green bell pepper, tomatoes, onion, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Brisket | seasoned smoked chopped beef brisket (beef brisket,water,seasoning[salt,spices,garlic powder,brown sugar,onion powder,paprika,sugar,mustard,garlic juice,vinegar],salt,sodium phosphate), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Carne Asada (Bistec/diced beef) | beef (contains up to 10% solution of water,salt,phosphate), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Carne Guisada | beef carne guisada (contains up to 30% solution of water, spice [wheat flour, tomato powder, spices, salt, hydrolyzed corn gluten, soy protein and wheat gluten, modified food starch, dextrose, sugar, onion powder, dehydrated garlic, yeast extract, dehydrated onion, natural flavor, disodium inosinate and disodium guanylate]), water, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), onion, green bell pepper. |
| Carnitas | pork carnitas (contains up to 30% solution of water, seasoning [salt, garlic powder, spices, citric acid, monosodium glutamate, sugar, dehydrated onion, corn starch, yeast extract, maltodextrin, hydrolyzed corn gluten, soybean oil [as a processing aid], tomato powder, natural flavors, onion powder, disodium inosinate and guanylate, chicken broth, chicken fat], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate) |
| Carnitas Bravas (Spicy) | pork carnitas bravas (contains up to 30% solution of water, seasoning [salt, spices,jalapeno pepper, garlic powder, green bell pepper powder, autolyzed yeast extract, modified corn starch, onion powder, dehydrated onion, tomato powder, dehydrated tomato, dehydrated parsley, natural and artificial flavor (contains soy and wheat), citric acid, dehydrated cilantro], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate),jalapeno pepper,soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Chicken Fajita | chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor[hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors],sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), green bell pepper, tomatoes, onion, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Corona Beer Battered Cod Fillet (2 pc, 4 oz) | battered cod fillet (cod,vegetable oil[canola,cottonseed,and/or soybean],water,wheat flour,yellow corn flour,modified corn starch,enriched wheat flour[flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],beer[water,pale malt,barley,brewer's caramel,brewer's syrup,hops,yeast],contains 2% or less of: salt,malt syrup[corn syrup,barley,malt extract],soy flour,tricalcium phosphate,leavening[sodium bicarbonate,sodium aluminum phosphate],sugar,malted barley flour,gum Arabic,garlic powder,natural and artificial flavors,spices,natural and artificial beef flavor,whey,dextrose,maltodextrin), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| El Grito (Spicy) Chicken Fajita | chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor[hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors],sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), salsa fresca (tomatoes,tomato puree,water,jalapeno peppers,onions,salt,cilantro,modified food starch,garlic powder,citric acid,xanthan gum,natural flavors,sodium benzoate[preservative]), salsa norteña roja (whole tomatillos,water,dried peppers,salt,modified food starch,vinegar,garlic powder,xanthan gum,natural flavors,sodium benzoate[preservative]), green bell pepper, tomatoes, onion, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Frijoles con Queso | black beans (prepared black beans,water,salt,calcium chloride[firming agent]), queso fresco crumble (whole pasteurized grade A cow milk,salt,rennet,cheese cultures), avocado pulp (hass avocado), onion, tomato, lime juice, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), jalapeno peppers, salt, cilantro, garlic powder, chili powder (chili pepper and other spices,salt,garlic powder,contains 2% or less of: silicon dioxide[to prevent caking]), black pepper, cayenne pepper. |
| Grilled Fish | fish (alaskan pollock), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor). |
| Mar y Tierra (Surf and Turf) | beef (contains up to 10% solution of water,salt,phosphate), shrimp (shrimp,salt,sodium tripolyphosphate[to retain moisture]), tomatoes, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor). |
| Picadillo | ground beef, potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), water, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, onion, green bell pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Sausage with Onion and Jalapeno | sausage(pork,beef,water,contain 2% or less of: salt,dextrose,corn syrup,spices,sodium phosphate,granulated garlic,sodium erythorbate,sodium nitrite),onion,jalapeno pepper,soybean oil blend(high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Shrimp Fajitas | shrimp (shrimp,salt,sodium tripolyphosphate[to retain moisture]), tomatoes, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), fajita seasoning (spices,salt,dehydrate garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor). |

LAREDO TACO COMPANY

**LUNCH AND DINNER TACOS
4OZ LUNCH PROTEIN, 1 FLOUR TORTILLA**

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-----------------------------------------|
| Barbacoa | 198 | 610 | 36 | 46 | 12 | 59 | 1.0 | 125 | 42 | 800 | 35 | 37 | 13 | 1 | 4 | <1 | <1 | 0 | 33 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 42.3 | 4 | 6.0 | 35 | 215.0 | 4 | milk, soy, wheat (egg) |
| Beef Fajita | 198 | 380 | 16 | 21 | 6 | 30 | 0.0 | 15 | 5 | 720 | 31 | 41 | 15 | 3 | 9 | 1 | <1 | 0 | 17 | 8.3 | 0 | 14.0 | 15 | 0.0 | 0 | 66.1 | 6 | 3.1 | 15 | 76.7 | 2 | milk, soy, wheat (egg) |
| Brisket | 198 | 670 | 43 | 56 | 12 | 61 | 0.0 | 80 | 26 | 930 | 40 | 37 | 13 | 1 | 4 | <1 | <1 | 0 | 25 | 0.0 | 0 | 0.0 | 0 | x | x | 28.3 | 2 | 3.4 | 20 | x | x | milk, soy, wheat (egg) |
| Carne Asada (Bistec/diced beef) | 198 | 480 | 27 | 34 | 8 | 42 | 0.0 | 60 | 19 | 900 | 39 | 37 | 13 | 1 | 4 | <1 | <1 | 0 | 25 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 28.3 | 2 | 3.9 | 20 | 308.7 | 6 | milk, soy, wheat (egg) |
| Carne Guisada | 198 | 400 | 18 | 23 | 8 | 38 | 0.0 | 50 | 16 | 700 | 31 | 39 | 14 | 1 | 5 | 1 | <1 | 0 | 19 | 1.0 | 0 | 4.5 | 6 | 0.0 | 0 | 42.6 | 4 | 3.8 | 20 | 17.2 | 0 | milk, soy, wheat |
| Carnitas | 198 | 500 | 28 | 36 | 11 | 53 | 0.0 | 65 | 22 | 1590 | 69 | 41 | 15 | 1 | 4 | <1 | <1 | 0 | 25 | 0.0 | 0 | 0.0 | 0 | x | x | 108.3 | 8 | 5.0 | 30 | x | x | milk, soy, wheat (egg) |
| Carnitas Bravas | 198 | 530 | 33 | 42 | 12 | 59 | 0.0 | 70 | 23 | 1390 | 60 | 37 | 13 | 1 | 4 | 1 | <1 | 0 | 19 | 69.9 | 8 | 5.0 | 6 | 0.0 | 0 | 108.3 | 8 | 5.0 | 30 | 10.5 | 0 | milk, soy, wheat (egg) |
| Chicken Fajita | 198 | 360 | 14 | 18 | 5 | 26 | 0.0 | 10 | 4 | 530 | 23 | 40 | 15 | 2 | 6 | 1 | <1 | 0 | 20 | 8.3 | 0 | 22.0 | 25 | 0.0 | 0 | 44.7 | 4 | 3.1 | 15 | 76.7 | 2 | milk, soy, wheat (egg) |
| Corona Beer Battered Cod Fillet | 255 | 590 | 33 | 42 | 7 | 34 | 0.0 | 35 | 12 | 1080 | 47 | 57 | 21 | 2 | 7 | 2 | <1 | 0 | 17 | 12.9 | 2 | 1.2 | 2 | 0.0 | 0 | 45.3 | 4 | 2.5 | 15 | 294.6 | 6 | egg, fish-cod, milk, soy, wheat |
| El Grito (Spicy) Chicken Fajita | 198 | 340 | 12 | 16 | 5 | 24 | 0.0 | 10 | 3 | 760 | 33 | 41 | 15 | 2 | 6 | 2 | <1 | 0 | 16 | 42.4 | 4 | 20.6 | 25 | 0.0 | 0 | 40.3 | 4 | 3.0 | 15 | 56.2 | 2 | milk, soy, wheat (egg) |

LAREDO TACO COMPANY

LUNCH AND DINNER TACOS 4OZ LUNCH PROTEIN, 1 FLOUR TORTILLA

| MENU ITEM | INGREDIENTS |
|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Barbacoa | barbacoa (beef cheek meat,salt), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Beef Fajita | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), beef fajitas (contains up to 27% solution of water, seasoning [salt, sodium phosphate, garlic powder, spice, hydrolyzed soy protein, citric acid, maltodextrin, autolyzed yeast extract, lactic acid, papain], stabilizer [modified food starch, whey protein concentrate, carrageenan, sodium citrate], sodium phosphate), tomatoes, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Brisket | seasoned smoked chopped beef brisket (beef brisket,water,seasoning[salt,spices,garlic powder,brown sugar,onion powder,paprika,sugar,mustard,garlic juice,vinegar],salt,sodium phosphate), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Carne Asada (Bistec/diced beef) | beef (contains up to 10% solution of water,salt,phosphate), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Carne Guisada | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), beef carne guisada (contains up to 30% solution of water, spice [wheat flour, tomato powder, spices, salt, hydrolyzed corn gluten, soy protein and wheat gluten, modified food starch, dextrose, sugar, onion powder, dehydrated garlic, yeast extract, dehydrated onion, natural flavor, disodium inosinate and disodium guanylate], water, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived])), onion, green bell pepper, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Carnitas | pork carnitas (contains up to 30% solution of water, seasoning [salt, garlic powder, spices, citric acid, monosodium glutamate, sugar, dehydrated onion, corn starch, yeast extract, maltodextrin, hydrolyzed corn gluten, soybean oil (as a processing aid), tomato powder, natural flavors, onion powder, disodium inosinate and guanylate, chicken broth, chicken fat], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate) flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Carnitas Bravas | pork carnitas bravas (contains up to 30% solution of water, seasoning [salt, spices, jalapeno pepper, garlic powder, green bell pepper powder, autolyzed yeast extract, modified corn starch, onion powder, dehydrated onion, tomato powder, dehydrated tomato, dehydrated parsley, natural and artificial flavor (contains soy and wheat), citric acid, dehydrated cilantro], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Chicken Fajita | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor(hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors),sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), tomatoes, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Corona Beer Battered Cod Fillet | battered cod fillet (cod,vegetable oil[canola,cottonseed,and/or soybean],water,wheat flour,yellow corn flour,modified corn starch,enriched wheat flour[flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],beer[water,pale malt,barley,brewer's caramel,brewer's syrup,hops,yeast],contains 2% or less of: salt,malt syrup[corn syrup,barley,malt extract],soy flour,tricalcium phosphate,leavening[sodium bicarbonate,sodium aluminum phosphate],sugar,malted barley flour,gum Arabic,garlic powder,natural and artificial flavors,spices,natural and artificial beer flavor,whey,dextrose,maltodextrin), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), 3 way green cabbage (cabbage green,cabbage red,carrot), home style ranch dressing (soybean oil,water,cultured buttermilk,egg yolk,distilled vinegar,contains 2% or less of: salt,monosodium glutamate,modified corn starch,buttermilk solids,sugar,dried garlic,xanthan gum,spice,citric acid,dried onion,sorbic acid[preservative],calcium disodium edta[to protect flavor],milk,natural flavor,egg whites), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), jalapenos (jalapenos,water,salt,acetic acid,calcium chloride,sodium benzoate,potassium sorbate), cilantro, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| El Grito (Spicy) Chicken Fajita | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor(hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors),sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), salsa fresca (tomatoes,tomato puree,water,jalapeno peppers,onions,salt,cilantro,modified food starch,garlic powder,citric acid,xanthan gum,natural flavors,sodium benzoate[preservative]), salsa norteña roja (whole tomatillos,water,dried peppers,salt,modified food starch,vinegar,garlic powder,xanthan gum,natural flavors,sodium benzoate[preservative]), green bell pepper, tomatoes, onion, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |

LAREDO TACO COMPANY

LUNCH AND DINNER TACOS
4OZ LUNCH PROTEIN, 1 FLOUR TORTILLA

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-------------------------------------|
| Frijoles con Queso | 255 | 460 | 20 | 26 | 8 | 41 | 0.0 | 10 | 3 | 1660 | 72 | 60 | 22 | 3 | 9 | 2 | <1 | 0 | 17 | 138.6 | 15 | 5.5 | 6 | 0.0 | 0 | 280.0 | 20 | 4.5 | 25 | 424.4 | 10 | milk, soy, wheat (egg) |
| Grilled Fish | 193 | 510 | 29 | 37 | 7 | 34 | 0.0 | 55 | 18 | 810 | 35 | 40 | 14 | 2 | 6 | 2 | 1 | 2 | 18 | 0.0 | 0 | 0.5 | 0 | 0.0 | 0 | 50.0 | 4 | 2.6 | 15 | 22.4 | 0 | egg, fish-pollock, milk, soy, wheat |
| Mar y Tierra (Surf and Turf) | 198 | 410 | 19 | 25 | 6 | 32 | 0.0 | 75 | 25 | 870 | 38 | 39 | 14 | 2 | 6 | <1 | <1 | 0 | 20 | 5.9 | 0 | 6.9 | 8 | 0.0 | 0 | 49.7 | 4 | 3.1 | 15 | 202.9 | 4 | milk, shellfish, soy, wheat (egg) |
| Picadillo | 198 | 380 | 15 | 19 | 6 | 31 | 0.0 | 30 | 11 | 770 | 33 | 45 | 16 | 1 | 5 | <1 | <1 | 0 | 16 | 5.6 | 0 | 5.4 | 6 | 0.0 | 0 | 41.2 | 4 | 3.4 | 20 | 187.4 | 4 | milk, soy, wheat (egg) |
| Sausage with Onion and Jalapeno | 198 | 420 | 23 | 30 | 8 | 38 | 0.0 | 20 | 6 | 620 | 27 | 40 | 15 | 2 | 6 | 2 | <1 | 0 | 11 | 17.8 | 2 | 19.1 | 20 | 0.0 | 0 | 47.4 | 4 | 2.4 | 15 | 59.6 | 2 | milk, soy, wheat (egg) |
| Shrimp Fajitas | 198 | 330 | 12 | 15 | 5 | 22 | 0.0 | 90 | 30 | 840 | 36 | 41 | 15 | 2 | 8 | 2 | <1 | 0 | 15 | 11.8 | 2 | 13.8 | 15 | 0.0 | 0 | 71.2 | 6 | 2.4 | 15 | 97.0 | 2 | milk, shellfish, soy, wheat (egg) |

LAREDO TACO COMPANY

LUNCH AND DINNER TACOS
4OZ LUNCH PROTEIN, 1 FLOUR TORTILLA

| MENU ITEM | INGREDIENTS |
|---------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Frijoles con Queso | black beans (prepared black beans,water,salt,calcium chloride[firming agent]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), queso fresco crumble (whole pasteurized grade A cow milk,salt,rennet,cheese cultures), avocado pulp (hass avocado), onion, tomato, lime juice, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), jalapeno peppers, salt, cilantro, garlic powder, chili powder (chili pepper and other spices,salt,garlic powder,contains 2% or less of: silicon dioxide[to prevent caking]), black pepper, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), cayenne pepper. |
| Grilled Fish | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), fish (alaskan pollock), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), ancho chipotle sauce (tomato puree[water,tomato paste],soybean oil,sugar,vinegar,water,salt,egg yolks,modified corn starch,chipotle chili pepper,dehydrated buttermilk,ancho chili peppers,garlic powder,spices[mustard flour],molasses,sour cream[cream,nonfat milk,cultures],dehydrated garlic,onion powder,lactic acid,chili pepper,phosphoric acid,xanthan gum,polysorbate 60,potassium sorbate and calcium disodium edta[used to protect quality]),lemon juice concentrate,citric acid,cultured nonfat milk,polysorbate 80), slaw mix (green cabbage,carrot,red cabbage), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Mar y Tierra (Surf and Turf) | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), beef (contains up to 10% solution of water,salt,phosphate), shrimp (shrimp,salt,sodium triphosphate[to retain moisture]), tomatoes, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Picadillo | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), ground beef, potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), water, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, onion, green bell pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Sausage with Onion and Jalapeno | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), sausage (pork,beef,water,contain 2% or less of: salt,dextrose,corn syrup,spices,sodium phosphate,granulated garlic,sodium erythorbate,sodium nitrite), onion, jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Shrimp Fajitas | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), shrimp (shrimp,salt,sodium triphosphate[to retain moisture]), tomatoes, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |

LAREDO TACO COMPANY

LUNCH AND DINNER TACO PLATES
2 LUNCH ENTRÉE TACOS, 40Z SIDE CHARRO BEANS, 4OZ SIDE RICE

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-------------------------------------|
| Barbacoa | 624 | 1350 | 76 | 97 | 25 | 123 | 2.0 | 255 | 85 | 2150 | 93 | 91 | 33 | 3 | 11 | 2 | <1 | 0 | 72 | 11.0 | 2 | 11.3 | 15 | 0.0 | 0 | 123.9 | 10 | 12.9 | 70 | 726.3 | 15 | milk, soy, wheat (egg) |
| Beef Fajita | 624 | 880 | 37 | 47 | 13 | 64 | 0.0 | 35 | 12 | 1990 | 87 | 100 | 36 | 6 | 21 | 5 | <1 | 0 | 40 | 27.6 | 4 | 39.2 | 45 | 0.0 | 0 | 171.5 | 15 | 7.2 | 40 | 449.7 | 10 | milk, soy, wheat (egg) |
| Brisket | 624 | 1470 | 91 | 117 | 25 | 127 | 0.0 | 160 | 53 | 2400 | 104 | 91 | 33 | 3 | 11 | 2 | <1 | 0 | 55 | 11.0 | 2 | 11.3 | 15 | 0.0 | 0 | 95.9 | 8 | 7.7 | 45 | 296.3 | 6 | milk, soy, wheat (egg) |
| Carne Asada (Bistec/diced beef) | 624 | 1100 | 58 | 74 | 18 | 89 | 0.0 | 120 | 40 | 2350 | 102 | 91 | 33 | 3 | 11 | 2 | <1 | 0 | 54 | 11.0 | 2 | 11.3 | 15 | 0.0 | 0 | 95.9 | 8 | 8.8 | 50 | 913.8 | 20 | milk, soy, wheat (egg) |
| Carne Guisada | 624 | 930 | 41 | 52 | 16 | 80 | 0.0 | 100 | 33 | 1950 | 85 | 96 | 35 | 3 | 12 | 5 | <1 | 0 | 42 | 12.9 | 2 | 20.4 | 25 | 0.0 | 0 | 124.6 | 10 | 8.7 | 50 | 330.7 | 8 | milk, soy, wheat (egg) |
| Carnitas | 624 | 1130 | 61 | 78 | 22 | 110 | 0.0 | 135 | 45 | 3730 | 162 | 99 | 36 | 3 | 11 | 2 | <1 | 0 | 56 | 11.0 | 2 | 11.3 | 15 | 0.0 | 0 | 255.9 | 20 | 10.9 | 60 | 296.3 | 6 | milk, soy, wheat (egg) |

LAREDO TACO COMPANY

LUNCH AND DINNER TACO PLATES
2 LUNCH ENTRÉE TACOS, 4OZ SIDE CHARRO BEANS, 4OZ SIDE RICE

| MENU ITEM | INGREDIENTS |
|---------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Barbacoa | barbacoa (beef cheek meat,salt), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), water, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), garlic powder, ground cumin, fresh cilantro leaves. |
| Beef Fajita | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), beef fajitas (contains up to 27% solution of water, seasoning [salt, sodium phosphate, garlic powder, spice, hydrolyzed soy protein, citric acid, maltodextrin, autolyzed yeast extract, lactic acid, papain], stabilizer [modified food starch, whey protein concentrate, carrageenan, sodium citrate], sodium phosphate), water, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomatoes, onion, green bell pepper, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), garlic powder, ground cumin, fresh cilantro leaves. |
| Brisket | seasoned smoked chopped beef brisket (beef brisket,water,seasoning[salt,spices,garlic powder,brown sugar,onion powder,paprika,sugar,mustard,garlic juice,vinegar],salt,sodium phosphate), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), water, chi beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), garlic powder, ground cumin, fresh cilantro leaves. |
| Carne Asada (Bistec/diced beef) | beef (contains up to 10% solution of water,salt,phosphate), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), water, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), onion, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), garlic powder, ground cumin, fresh cilantro leaves. |
| Carne Guisada | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), beef carne guisada (contains up to 30% solution of water, spice [wheat flour, tomato powder, spices, salt, hydrolyzed corn gluten, soy protein and wheat gluten, modified food starch, dextrose, sugar, onion powder, dehydrated garlic, yeast extract, dehydrated onion, natural flavor, disodium inosinate and disodium guanylate]), water, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), onion, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), green bell pepper, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), garlic powder, ground cumin, fresh cilantro leaves. |
| Carnitas | pork carnitas (contains up to 30% solution of water, seasoning [salt, garlic powder, spices, citric acid, monosodium glutamate, sugar, dehydrated onion, corn starch, yeast extract, maltodextrin, hydrolyzed corn gluten, soybean oil (as a processing aid), tomato powder, natural flavors, onion powder, disodium inosinate and guanylate, chicken broth, chicken fat], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate) flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), water, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauc (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), garlic powder, ground cumin, fresh cilantro leaves. |

LAREDO TACO COMPANY

LUNCH AND DINNER TACO PLATES
2 LUNCH ENTRÉE TACOS, 4OZ SIDE CHIARRO BEANS, 4OZ SIDE RICE

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-------------------------------------|
| Carnitas Bravas | 624 | 1190 | 70 | 90 | 25 | 123 | 0.0 | 140 | 47 | 3330 | 145 | 91 | 33 | 3 | 11 | 4 | <1 | 0 | 44 | 150.9 | 15 | 21.4 | 25 | 0.0 | 0 | 255.9 | 20 | 10.9 | 60 | 317.2 | 6 | milk, soy, wheat (egg) |
| Chicken Fajita | 624 | 850 | 32 | 41 | 11 | 56 | 0.0 | 30 | 9 | 1610 | 70 | 98 | 36 | 4 | 15 | 5 | <1 | 0 | 44 | 27.6 | 4 | 55.2 | 60 | 0.0 | 0 | 128.7 | 10 | 7.2 | 40 | 449.7 | 10 | milk, soy, wheat (egg) |
| Corona Beer Battered Cod Fillet | 680 | 1180 | 63 | 80 | 13 | 65 | 0.0 | 65 | 22 | 2460 | 107 | 118 | 43 | 4 | 15 | 6 | <1 | 0 | 35 | 33.9 | 4 | 13.4 | 15 | 0.0 | 0 | 119.9 | 10 | 5.5 | 30 | 820.1 | 15 | egg, fish-cod, milk, soy, wheat |
| El Grito (Spicy) Chicken Fajita | 624 | 810 | 29 | 37 | 11 | 53 | 0.0 | 20 | 7 | 2060 | 90 | 100 | 36 | 4 | 14 | 6 | <1 | 0 | 37 | 95.7 | 10 | 52.6 | 60 | 0.0 | 0 | 120.0 | 10 | 6.9 | 40 | 408.8 | 8 | milk, soy, wheat (egg) |
| Frijoles con Queso | 737 | 1040 | 44 | 57 | 17 | 87 | 0.0 | 25 | 8 | 3870 | 168 | 138 | 50 | 6 | 22 | 7 | <1 | 0 | 39 | 288.3 | 30 | 22.3 | 25 | 0.0 | 0 | 599.4 | 45 | 9.9 | 60 | 1145.1 | 25 | milk, soy, wheat (egg) |

LAREDO TACO COMPANY

LUNCH AND DINNER TACO PLATES

2 LUNCH ENTRÉE TACOS, 4OZ SIDE CHARRO BEANS, 4OZ SIDE RICE

| MENU ITEM | INGREDIENTS |
|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Carnitas Bravas | pork carnitas bravas (contains up to 30% solution of water, seasoning [salt, spices, jalapeno pepper, garlic powder, green bell pepper powder, autolyzed yeast extract, modified corn starch, onion powder, dehydrated onion, tomato powder, dehydrated tomato, dehydrated parsley, natural and artificial flavor (contains soy and wheat), citric acid, dehydrated cilantro], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), water, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauc (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), jalapeno pepper, onion, tomato, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat, yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), garlic powder, ground cumin, fresh cilantro leaves. |
| Chicken Fajita | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor(hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors),sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), water, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), onion, green bell pepper, tomatoes, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat, yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), garlic powder, ground cumin, fresh cilantro leaves. |
| Corona Beer Battered Cod Fillet | battered cod fillet (cod,vegetable oil[canola,cottonseed,and/or soybean],water,wheat flour,yellow corn flour,modified corn starch,enriched wheat flour[flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],beer[water,pale malt,barley,brewer's caramel,brewer's syrup,hops,yeast],contains 2% or less of: salt,malt syrup[corn syrup,barley,malt extract],soy flour,tricalcium phosphate,leavening[sodium bicarbonate,sodium aluminum phosphate],sugar,malted barley flour,gum Arabic,garlic powder,natural and artificial flavors,spices,natural and artificial beer flavor,whey,dextrose,maltodextrin), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), water, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), 3 way green cabbage (cabbage green,cabbage red,carrot), home style ranch dressing (soybean oil,water,cultured buttermilk,egg yolk,distilled vinegar,contains 2% or less of: salt,monosodium glutamate,modified corn starch,buttermilk solids,sugar,dried garlic,xanthan gum,spice,citric acid,dried onion,sorbic acid[preservative],calcium disodium edta[to protect flavor],milk,natural flavor,egg whites), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), onion, tomato, jalapenos (jalapenos,water,salt,acetic acid,calcium chloride,sodium benzoate,potassium sorbate), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, cilantro, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat, yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| El Grito (Spicy) Chicken Fajita | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), water, chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor(hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors),sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), onion, salsa fresca (tomatoes,tomato puree,water,jalapeno peppers,onions,salt,cilantro,modified food starch,garlic powder,citric acid,xanthan gum,natural flavors,sodium benzoate[preservative]), salsa norteña roja (whole tomatillos,water,dried peppers,salt,modified food starch,vinegar,garlic powder,xanthan gum,natural flavors,sodium benzoate[preservative]), green bell pepper, tomatoes, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat, yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), garlic powder, ground cumin, fresh cilantro leaves. |
| Frijoles con Queso | black beans (prepared black beans,water,salt,calcium chloride[firming agent]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), queso fresco crumble (whole pasteurized grade A cow milk,salt,rennet,cheese cultures), avocado pulp (hass avocado), onion, tomato, lime juice, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), jalapeno peppers, salt, cilantro, garlic powder, chili powder (chili pepper and other spices,salt,garlic powder,contains 2% or less of: silicon dioxide[to prevent caking]), black pepper, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), cayenne pepper. |

LAREDO TACO COMPANY

LUNCH AND DINNER TACO PLATES

2 LUNCH ENTRÉE: TÁCOs, 4OZ SIDE CHARRO BEANS, 4OZ SIDE RICE

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-----------------------------------------|
| Grilled Fish | 567 | 1020 | 55 | 70 | 13 | 64 | 0.0 | 100 | 33 | 1970 | 86 | 87 | 87 | 32 | 4 | 5 | 2 | 4 | 37 | 11.0 | 2 | 12.2 | 15 | 0.0 | 0 | 127.3 | 10 | 5.5 | 30 | 335.7 | 8 | egg, fish-pollock, milk, soy, wheat |
| Mar y Tierra (Surf and Turf) | 624 | 940 | 43 | 55 | 14 | 69 | 0.0 | 150 | 51 | 2280 | 99 | 95 | 35 | 4 | 14 | 4 | <1 | 0 | 45 | 22.8 | 2 | 25.1 | 30 | 0.0 | 0 | 138.8 | 10 | 7.3 | 40 | 702.0 | 15 | milk, shellfish, soy, wheat (egg) |
| Picadillo | 624 | 900 | 34 | 43 | 14 | 68 | 0.5 | 70 | 23 | 2080 | 91 | 108 | 39 | 4 | 13 | 3 | <1 | 0 | 37 | 22.3 | 2 | 22.2 | 25 | 0.0 | 0 | 121.7 | 10 | 7.8 | 45 | 671.0 | 15 | milk, soy, wheat (egg) |
| Sausage with Onion and Jalapeno | 624 | 960 | 51 | 66 | 16 | 80 | 0.0 | 40 | 14 | 1780 | 77 | 98 | 36 | 4 | 15 | 6 | <1 | 0 | 26 | 46.6 | 6 | 49.5 | 50 | 0.0 | 0 | 134.2 | 10 | 5.8 | 30 | 415.5 | 8 | milk, soy, wheat (egg) |
| Shrimp Fajitas | 624 | 790 | 28 | 36 | 10 | 48 | 0.0 | 185 | 61 | 2220 | 97 | 99 | 36 | 5 | 18 | 5 | <1 | 0 | 35 | 34.7 | 4 | 38.9 | 45 | 0.0 | 0 | 181.8 | 15 | 5.7 | 30 | 490.4 | 10 | milk, shellfish, soy, wheat (egg) |

| MENU ITEM | INGREDIENTS |
|---------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grilled Fish | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), fish (alaskan pollock), water, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), ancho chipotle sauce (tomato puree[water,tomato paste],soybean oil,sugar,vinegar,water,salt,egg yolks,modified corn starch,chipotle chili pepper,dehydrated buttermilk,ancho chili peppers,garlic powder,spices[mustard flour],molasses,sour cream[cream,nonfat milk,cultures],dehydrated garlic,onion powder,lactic acid,chili pepper,phosphoric acid,xanthan gum,polysorbate 60,potassium sorbate and calcium disodium edta[used to protect quality],lemon juice concentrate,citric acid,cultured nonfat milk,polysorbate 80), onion, tomato, slaw mix (green cabbage,carrot,red cabbage), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorocarbon]), ground cumin, fresh cilantro leaves. |
| Mar y Tierra (Surf and Turf) | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), water, beef (contains up to 10% solution of water,salt,phosphate), shrimp (shrimp,salt,sodium tripolyphosphate[to retain moisture]), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), onion, tomatoes, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorocarbon]), garlic powder, ground cumin, fresh cilantro leaves. |
| Picadillo | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), water, ground beef, potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, onion, green bell pepper, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), jalapeno pepper, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorocarbon]), garlic powder, ground cumin, fresh cilantro leaves. |
| Sausage with Onion and Jalapeno | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), sausage (pork,beef,water,contain 2% or less of: salt,dextrose,corn syrup,spices,sodium phosphate,granulated garlic,sodium erythorbate,sodium nitrite), water, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), onion, jalapeno pepper, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorocarbon]), garlic powder, ground cumin, fresh cilantro leaves. |
| Shrimp Fajitas | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), shrimp (shrimp,salt,sodium tripolyphosphate[to retain moisture]), water, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomatoes, onion, green bell pepper, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorocarbon]), garlic powder, ground cumin, fresh cilantro leaves. |

LAREDO TACO COMPANY

LUNCH AND DINNER PLATES
80Z LUNCH PROTEIN, 40Z SIDE CHARRO BEANS, 40Z SIDE RICE, 1 FLOUR TORTILLA

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-------------------------------------|
| Barbacoa | 539 | 1110 | 68 | 87 | 21 | 104 | 2.0 | 255 | 85 | 1770 | 77 | 54 | 20 | 2 | 7 | 2 | <1 | 0 | 66 | 11.0 | 2 | 11.3 | 15 | 0.0 | 0 | 95.6 | 8 | 11.0 | 60 | 726.3 | 15 | milk, soy, wheat (egg) |
| Beef Fajita | 539 | 640 | 29 | 37 | 9 | 45 | 0.0 | 35 | 12 | 1610 | 70 | 63 | 23 | 5 | 17 | 5 | <1 | 0 | 34 | 27.6 | 4 | 39.2 | 45 | 0.0 | 0 | 143.3 | 10 | 5.3 | 30 | 449.7 | 10 | milk, soy, wheat (egg) |
| Brisket | 539 | 1230 | 83 | 107 | 22 | 108 | 0.0 | 160 | 53 | 2020 | 88 | 54 | 20 | 2 | 7 | 2 | <1 | 0 | 49 | 11.0 | 2 | 11.3 | 15 | 0.0 | 0 | 67.6 | 6 | 5.8 | 30 | 296.3 | 6 | milk, soy, wheat (egg) |
| Carne Asada (Bistec/diced beef) | 539 | 850 | 50 | 64 | 14 | 70 | 0.0 | 120 | 40 | 1970 | 86 | 54 | 20 | 2 | 7 | 2 | <1 | 0 | 49 | 11.0 | 2 | 11.3 | 15 | 0.0 | 0 | 67.6 | 6 | 6.8 | 40 | 913.8 | 20 | milk, soy, wheat (egg) |
| Carne Guisada | 539 | 680 | 33 | 42 | 12 | 61 | 0.0 | 100 | 33 | 1570 | 68 | 59 | 21 | 2 | 8 | 5 | <1 | 0 | 37 | 12.9 | 2 | 20.4 | 25 | 0.0 | 0 | 96.3 | 8 | 6.7 | 35 | 330.7 | 8 | milk, soy, wheat (egg) |
| Carnitas | 539 | 890 | 53 | 68 | 18 | 91 | 0.0 | 135 | 45 | 3350 | 145 | 62 | 23 | 2 | 7 | 2 | <1 | 0 | 50 | 11.0 | 2 | 11.3 | 15 | 0.0 | 0 | 227.6 | 20 | 9.0 | 50 | 296.3 | 6 | milk, soy, wheat (egg) |

LAREDO TACO COMPANY

LUNCH AND DINNER PLATES
80Z LUNCH PROTEIN, 40Z SIDE CHARRO BEANS, 40Z SIDE RICE, 1 FLOUR TORTILLA

| MENU ITEM | INGREDIENTS |
|---------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Barbacoa | barbacoa (beef cheek meat,salt), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorocarbon]), ground cumin, fresh cilantro leaves. |
| Beef Fajita | beef fajitas (contains up to 27% solution of water, seasoning [salt, sodium phosphate, garlic powder, spice, hydrolyzed soy protein, citric acid, maltodextrin, autolyzed yeast extract, lactic acid, papain], stabilizer [modified food starch, whey protein concentrate, carrageenan, sodium citrate], sodium phosphate), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), onion, green bell pepper, tomatoes, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorocarbon]), ground cumin, fresh cilantro leaves. |
| Brisket | seasoned smoked chopped beef brisket (beef brisket,water,seasoning[salt,spices,garlic powder,brown sugar,onion powder,paprika,sugar,mustard,garlic juice,vinegar],salt,sodium phosphate), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili bean: (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorocarbon]), ground cumin, fresh cilantro leaves. |
| Carne Asada (Bistec/diced beef) | beef (contains up to 10% solution of water,salt,phosphate), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), onion, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorocarbon]), ground cumin, fresh cilantro leaves. |
| Carne Guisada | beef carne guisada (contains up to 30% solution of water, spice [wheat flour, tomato powder, spices, salt, hydrolyzed corn gluten, soy protein and wheat gluten, modified food starch, dextrose, sugar, onion powder, dehydrated garlic, yeast extract, dehydrated onion, natural flavor, disodium inosinate and disodium guanylate]), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), onion, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), green bell pepper, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorocarbon]), ground cumin, fresh cilantro leaves. |
| Carnitas | pork carnitas (contains up to 30% solution of water, seasoning [salt, garlic powder, spices, citric acid, monosodium glutamate, sugar, dehydrated onion, corn starch, yeast extract, maltodextrin, hydrolyzed corn gluten, soybean oil (as a processing aid), tomato powder, natural flavors, onion powder, disodium inosinate and guanylate, chicken broth, chicken fat], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorocarbon]), ground cumin, fresh cilantro leaves. |

LAREDO TACO COMPANY

LUNCH AND DINNER PLATES
8OZ LUNCH PROTEIN, 4OZ SIDE CHARRO BEANS, 4OZ SIDE RICE, 1 FLOUR TORTILLA

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|--------------------------------------|
| Carnitas Bravas | 539 | 950 | 62 | 80 | 21 | 104 | 0.0 | 140 | 47 | 2950 | 128 | 54 | 20 | 2 | 8 | 4 | <1 | 0 | 38 | 150.9 | 15 | 21.4 | 25 | 0.0 | 0 | 227.6 | 20 | 9.0 | 50 | 317.2 | 6 | milk, soy, wheat (egg) |
| Chicken Fajita | 539 | 610 | 24 | 31 | 7 | 37 | 0.0 | 30 | 9 | 1230 | 53 | 61 | 22 | 3 | 11 | 5 | <1 | 0 | 39 | 27.6 | 4 | 55.2 | 60 | 0.0 | 0 | 100.4 | 8 | 5.2 | 30 | 449.7 | 10 | milk, soy, wheat (egg) |
| Corona Beer Battered Cod Fillet | 652 | 1070 | 62 | 79 | 11 | 53 | 0.0 | 75 | 25 | 2320 | 101 | 94 | 34 | 3 | 12 | 6 | <1 | 0 | 34 | 36.7 | 4 | 13.7 | 15 | 0.0 | 0 | 101.7 | 8 | 4.1 | 25 | 885.6 | 20 | egg, fish-cod, milk, soy, wheat |
| El Grito (Spicy) Chicken Fajita | 539 | 570 | 21 | 27 | 7 | 33 | 0.0 | 20 | 7 | 1680 | 73 | 63 | 23 | 3 | 10 | 6 | <1 | 0 | 31 | 95.7 | 10 | 52.6 | 60 | 0.0 | 0 | 91.7 | 8 | 5.0 | 30 | 408.8 | 8 | milk, soy, wheat (egg) |
| Grilled Fish | 539 | 680 | 26 | 33 | 6 | 32 | 0.0 | 150 | 51 | 1980 | 86 | 57 | 21 | 3 | 10 | 2 | <1 | 0 | 46 | 11.0 | 2 | 11.3 | 15 | 0.0 | 0 | 115.7 | 8 | 4.5 | 25 | 296.3 | 6 | fish-pollock, milk, soy, wheat (egg) |

LAREDO TACO COMPANY

LUNCH AND DINNER PLATES
80Z LUNCH PROTEIN, 40Z SIDE CHARRO BEANS, 40Z SIDE RICE, 1 FLOUR TORTILLA

| MENU ITEM | INGREDIENTS |
|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Carnitas Bravas | pork carnitas bravas (contains up to 30% solution of water, seasoning [salt, spices, jalapeno pepper, garlic powder, green bell pepper powder, autolyzed yeast extract, modified corn starch, onion powder, dehydrated onion, tomato powder, dehydrated tomato, dehydrated parsley, natural and artificial flavor (contains soy and wheat), citric acid, dehydrated cilantro], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), jalapeno pepper, onion, tomato, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| Chicken Fajita | chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor[hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors],sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), onion, green bell pepper, tomatoes, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| Corona Beer Battered Cod Fillet | battered cod fillet (cod,vegetable oil[canola,cottonseed,and/or soybean],water,wheat flour,yellow corn flour,modified corn starch,enriched wheat flour[flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],beer[water,pale malt,barley,brewer's caramel,brewer's syrup,hops,yeast],contains 2% or less of: salt,malt syrup[corn syrup,barley,malt extract],soy flour,tricalcium phosphate,leavening[sodium bicarbonate,sodium aluminum phosphate],sugar,malted barley flour,gum Arabic,garlic powder,natural and artificial flavors,spices,natural and artificial beer flavor,whey,dextrose,maltodextrin), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), 3 way green cabbage (cabbage green,cabbage red,carrot), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), home style ranch dressing (soybean oil,water,cultured buttermilk,egg yolk,distilled vinegar,contains 2% or less of: salt,monosodium glutamate,modified corn starch,buttermilk solids,sugar,dried garlic,xanthan gum,spice,citric acid,dried onion,sorbic acid[preservative],calcium disodium edta[to protect flavor],milk,natural flavor,egg whites), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), onion, tomato, jalapenos (jalapenos,water,salt,acetic acid,calcium chloride,sodium benzoate,potassium sorbate), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, cilantro, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| El Grito (Spicy) Chicken Fajita | water, chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor[hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors],sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), onion, salsa fresca (tomatoes,tomato puree,water,jalapeno peppers,onions,salt,cilantro,modified food starch,garlic powder,citric acid,xanthan gum,natural flavors,sodium benzoate[preservative]), salsa norteña roja (whole tomatillos,water,dried peppers,salt,modified food starch,vinegar,garlic powder,xanthan gum,natural flavors,sodium benzoate[preservative]), green bell pepper, tomatoes, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| Grilled Fish | fish (alaskan pollock), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), onion, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor) green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |

LAREDO TACO COMPANY

LUNCH AND DINNER PLATES 80Z LUNCH PROTEIN, 40Z SIDE CHARRO BEANS, 40Z SIDE RICE, 1 FLOUR TORTILLA

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------|------------------|-------------------|---------------|---------------|-------------------|-------------------|---------------|------------------|-----------------|-------------|------------|------------------------|------------------------|-------------------|-------------------|------------------|------------------|------------------|-------------|-----------------|---------------|----------------|---------------|-----------------|---------------|--------------|-------------|-----------|----------|----------------|---------------|-----------------------------------|
| Mar y Tierra (Surf and Turf) | 539 | 700 | 35 | 45 | 10 | 50 | 0.0 | 150 | 51 | 1900 | 83 | 58 | 21 | 3 | 10 | 4 | <1 | 0 | 39 | 22.8 | 2 | 25.1 | 30 | 0.0 | 0 | 110.6 | 8 | 5.3 | 30 | 702.0 | 15 | milk, shellfish, soy, wheat (egg) |
| Picadillo | 539 | 650 | 26 | 33 | 10 | 48 | 0.5 | 70 | 23 | 1700 | 74 | 71 | 26 | 3 | 9 | 3 | <1 | 0 | 32 | 22.3 | 2 | 22.2 | 25 | 0.0 | 0 | 93.4 | 8 | 5.9 | 35 | 671.0 | 15 | milk, soy, wheat (egg) |
| Sausage with Onion and Jalapeno | 539 | 720 | 43 | 55 | 12 | 61 | 0.0 | 40 | 14 | 1400 | 61 | 61 | 22 | 3 | 11 | 6 | <1 | 0 | 21 | 46.6 | 6 | 49.5 | 50 | 0.0 | 0 | 106.0 | 8 | 3.9 | 20 | 415.5 | 8 | milk, soy, wheat (egg) |
| Shrimp Fajitas | 539 | 550 | 20 | 26 | 6 | 29 | 0.0 | 185 | 61 | 1840 | 80 | 62 | 22 | 4 | 14 | 5 | <1 | 0 | 29 | 34.7 | 4 | 38.9 | 45 | 0.0 | 0 | 153.5 | 10 | 3.8 | 20 | 490.4 | 10 | milk, shellfish, soy, wheat (egg) |

LAREDO TACO COMPANY

LUNCH AND DINNER PLATES
80Z LUNCH PROTEIN, 40Z SIDE CHARRO BEANS, 40Z SIDE RICE, 1 FLOUR TORTILLA

| MENU ITEM | INGREDIENTS |
|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Mar y Tierra (Surf and Turf) | water, beef (contains up to 10% solution of water,salt,phosphate), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), shrimp (shrimp,salt,sodium tripolyphosphate[to retain moisture]), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), onion, tomatoes, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| Picadillo | water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), ground beef, potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, onion, green bell pepper, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), jalapeno pepper, garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| Sausage with Onion and Jalapeno | sausage (pork,beef,water,contain 2% or less of: salt,dextrose,corn syrup,spices,sodium phosphate,granulated garlic,sodium erythorbate,sodium nitrite), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), onion, jalapeno pepper, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| Shrimp Fajitas | shrimp (shrimp,salt,sodium tripolyphosphate[to retain moisture]), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomatoes, onion, green bell pepper, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |

LAREDO TACO COMPANY

EL GRANDE LUNCH AND DINNER PLATES
 16OZ LUNCH PROTEIN, 4OZ SIDE CHIARRO BEANS, 4OZ SIDE RICE, 1 FLOUR TORTILLA

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------|------------------|-------------------|---------------|---------------|-------------------|-------------------|---------------|------------------|-----------------|-------------|------------|------------------------|------------------------|-------------------|-------------------|------------------|------------------|------------------|-------------|-----------------|---------------|----------------|---------------|-----------------|---------------|--------------|-------------|-----------|----------|----------------|---------------|---------------------------------|
| Barbacoa | 765 | 1850 | 124 | 159 | 37 | 184 | 4.0 | 505 | 168 | 2610 | 113 | 54 | 20 | 2 | 7 | 2 | <1 | 0 | 122 | 11.0 | 2 | 11.3 | 15 | 0.0 | 0 | 123.6 | 10 | 19.0 | 110 | 1156.3 | 25 | milk, soy, wheat (egg) |
| Beef Fajita | 765 | 900 | 46 | 58 | 13 | 67 | 0.0 | 65 | 22 | 2290 | 100 | 71 | 26 | 8 | 27 | 7 | <1 | 0 | 58 | 44.1 | 4 | 67.2 | 70 | 0.0 | 0 | 218.9 | 15 | 7.5 | 40 | 603.2 | 15 | milk, soy, wheat (egg) |
| Brisket | 765 | 2090 | 155 | 198 | 38 | 192 | 0.0 | 315 | 105 | 3100 | 135 | 54 | 20 | 2 | 7 | 2 | <1 | 0 | 88 | 11.0 | 2 | 11.3 | 15 | 0.0 | 0 | 67.6 | 6 | 8.6 | 50 | 296.3 | 6 | milk, soy, wheat (egg) |
| Carne Asada (Bistec/diced beef) | 765 | 1340 | 88 | 112 | 23 | 116 | 0.0 | 235 | 78 | 3010 | 131 | 54 | 20 | 2 | 7 | 2 | <1 | 0 | 88 | 11.0 | 2 | 11.3 | 15 | 0.0 | 0 | 67.6 | 6 | 10.7 | 60 | 1531.3 | 35 | milk, soy, wheat (egg) |
| Carne Guisada | 765 | 1000 | 53 | 68 | 20 | 98 | 0.0 | 195 | 66 | 2220 | 96 | 63 | 23 | 3 | 10 | 8 | <1 | 0 | 63 | 14.8 | 2 | 29.5 | 35 | 0.0 | 0 | 125.0 | 10 | 10.5 | 60 | 365.0 | 8 | milk, soy, wheat (egg) |
| Carnitas | 765 | 1400 | 94 | 121 | 32 | 158 | 0.0 | 265 | 88 | 5770 | 251 | 70 | 26 | 2 | 7 | 2 | <1 | 0 | 90 | 11.0 | 2 | 11.3 | 15 | 0.0 | 0 | 387.6 | 30 | 15.0 | 80 | 296.3 | 6 | milk, soy, wheat (egg) |

LAREDO TACO COMPANY

EL GRANDE LUNCH AND DINNER PLATES
16OZ LUNCH PROTEIN, 4OZ SIDE CHARRO BEANS, 4OZ SIDE RICE, 1 FLOUR TORTILLA

| MENU ITEM | INGREDIENTS |
|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Barbacoa | barbacoa (beef cheek meat,salt), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| Beef Fajita | beef fajitas (contains up to 27% solution of water, seasoning [salt, sodium phosphate, garlic powder, spice, hydrolyzed soy protein, citric acid, maltodextrin, autolyzed yeast extract, lactic acid, papain], stabilizer [modified food starch, whey protein concentrate, carrageenan, sodium citrate], sodium phosphate), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), onion, green bell pepper, tomatoes, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| Brisket | seasoned smoked chopped beef brisket (beef brisket,water,seasoning[salt,spices,garlic powder,brown sugar,onion powder,paprika,sugar,mustard,garlic juice,vinegar],salt,sodium phosphate), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili bean: (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| Carne Asada (Bistec/diced beef) | beef (contains up to 10% solution of water,salt,phosphate), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| Carne Guisada | beef carne guisada (contains up to 30% solution of water, spice [wheat flour, tomato powder, spices, salt, hydrolyzed corn gluten, soy protein and wheat gluten, modified food starch, dextrose, sugar, onion powder, dehydrated garlic, yeast extract, dehydrated onion, natural flavor, disodium inosinate and disodium guanylate]), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,bakir soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), onion, green bell pepper, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| Carnitas | pork carnitas (contains up to 30% solution of water, seasoning [salt, garlic powder, spices, citric acid, monosodium glutamate, sugar, dehydrated onion, corn starch, yeast extract, maltodextrin, hydrolyzed corn gluten, soybean oil (as a processing aid), tomato powder, natural flavors, onion powder, disodium inosinate and guanylate, chicken broth, chicken fat], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate) water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |

LAREDO TACO COMPANY

EL GRANDE LUNCH AND DINNER PLATES
16OZ LUNCH PROTEIN, 4OZ SIDE CHARRO BEANS, 4OZ SIDE RICE, 1 FLOUR TORTILLA

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|--------------------------------------|
| Carnitas Bravas | 765 | 1530 | 112 | 144 | 37 | 184 | 0.0 | 280 | 93 | 4970 | 216 | 54 | 20 | 2 | 8 | 6 | <1 | 0 | 66 | 290.8 | 30 | 31.4 | 35 | 0.0 | 0 | 387.6 | 30 | 15.0 | 80 | 338.2 | 8 | milk, soy, wheat (egg) |
| Chicken Fajita | 765 | 850 | 36 | 46 | 10 | 50 | 0.0 | 50 | 17 | 1530 | 67 | 67 | 25 | 4 | 16 | 7 | <1 | 0 | 67 | 44.1 | 4 | 99.1 | 110 | 0.0 | 0 | 133.3 | 10 | 7.5 | 40 | 603.1 | 15 | milk, soy, wheat (egg) |
| Corona Beer Battered Cod Fillet | 879 | 1610 | 96 | 123 | 14 | 72 | 0.0 | 130 | 44 | 3170 | 138 | 126 | 46 | 3 | 12 | 6 | <1 | 0 | 56 | 36.7 | 4 | 13.7 | 15 | 0.0 | 0 | 101.7 | 8 | 4.9 | 25 | 1243.5 | 25 | egg, fish-cod, milk, soy, wheat |
| El Grito (Spicy) Chicken Fajita | 765 | 760 | 30 | 38 | 9 | 43 | 0.0 | 40 | 13 | 2440 | 106 | 72 | 26 | 4 | 13 | 10 | <1 | 0 | 52 | 180.4 | 20 | 93.9 | 100 | 0.0 | 0 | 115.8 | 8 | 7.0 | 40 | 521.3 | 10 | milk, soy, wheat (egg) |
| Grilled Fish | 765 | 980 | 39 | 51 | 8 | 41 | 0.0 | 300 | 100 | 3030 | 132 | 59 | 22 | 4 | 14 | 2 | <1 | 0 | 81 | 11.0 | 2 | 11.3 | 15 | 0.0 | 0 | 163.8 | 15 | 6.0 | 35 | 296.3 | 6 | fish-pollock, milk, soy, wheat (egg) |

LAREDO TACO COMPANY

EL GRANDE LUNCH AND DINNER PLATES
16OZ LUNCH PROTEIN, 4OZ SIDE CHARRO BEANS, 4OZ SIDE RICE, 1 FLOUR TORTILLA

| MENU ITEM | INGREDIENTS |
|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Carnitas Bravas | pork carnitas bravas (contains up to 30% solution of water, seasoning [salt, spices, jalapeno pepper, garlic powder, green bell pepper powder, autolyzed yeast extract, modified corn starch, onion powder, dehydrated onion, tomato powder, dehydrated tomato, dehydrated parsley, natural and artificial flavor (contains soy and wheat), citric acid, dehydrated cilantro], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), jalapeno pepper, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), onion, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| Chicken Fajita | chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor[hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors],sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), onion, green bell pepper, tomatoes, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| Corona Beer Battered Cod Fillet | battered cod fillet (cod,vegetable oil[canola,cottonseed,and/or soybean],water,wheat flour,yellow corn flour,modified corn starch,enriched wheat flour[flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],beer[water,pale malt,barley,brewer's caramel,brewer's syrup,hops,yeast],contains 2% or less of: salt,malt syrup[corn syrup,barley,malt extract],soy flour,tricalcium phosphate,leavening[sodium bicarbonate,sodium aluminum phosphate],sugar,malted barley flour,gum Arabic,garlic powder,natural and artificial flavors,spices,natural and artificial beer flavor,whey,dextrose,maltodextrin), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), 3 way green cabbage (cabbage green,cabbage red,carrot), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), home style ranch dressing (soybean oil,water,cultured buttermilk,egg yolk,distilled vinegar,contains 2% or less of: salt,monosodium glutamate,modified corn starch,buttermilk solids,sugar,dried garlic,xanthan gum,spice,citric acid,dried onion,sorbic acid[preservative],calcium disodium edta[to protect flavor],milk,natural flavor,egg whites), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, tomato, jalapenos (jalapenos,water,salt,acetic acid,calcium chloride,sodium benzoate,potassium sorbate), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, cilantro, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| El Grito (Spicy) Chicken Fajita | chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor[hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors],sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), salsa fresca (tomatoes,tomato puree,water,jalapeno peppers,onions,salt,cilantro,modified food starch,garlic powder,citric acid,xanthan gum,natural flavors,sodium benzoate[preservative]), salsa norteña roja (whole tomatillos,water,dried peppers,salt,modified food starch,vinegar,garlic powder,xanthan gum,natural flavors,sodium benzoate[preservative]), onion, chili beans (prepare pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), green bell pepper, tomatoes, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| Grilled Fish | fish (alaskan pollock), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), onion, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |

LAREDO TACO COMPANY

EL GRANDE LUNCH AND DINNER PLATES
 16OZ LUNCH PROTEIN, 4OZ SIDE CHARRO BEANS, 4OZ SIDE RICE, 1 FLOUR TORTILLA

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-------------------------------------|
| Mar y Tierra (Surf and Turf) | 765 | 1040 | 58 | 74 | 15 | 75 | 0.0 | 300 | 100 | 2880 | 125 | 62 | 22 | 4 | 14 | 5 | <1 | 0 | 68 | 34.7 | 4 | 38.8 | 45 | 0.0 | 0 | 153.5 | 10 | 7.6 | 4 | 1107.8 | 25 | milk, shellfish, soy, wheat (egg) |
| Picadillo | 765 | 920 | 38 | 49 | 14 | 72 | 1.0 | 130 | 44 | 2480 | 108 | 87 | 32 | 3 | 12 | 5 | <1 | 0 | 54 | 33.5 | 4 | 33.1 | 35 | 0.0 | 0 | 119.3 | 10 | 8.8 | 50 | 1045.8 | 20 | milk, soy, wheat (egg) |
| Sausage with Onion and Jalapeno | 765 | 1070 | 74 | 95 | 20 | 99 | 0.0 | 80 | 26 | 1870 | 81 | 68 | 25 | 5 | 16 | 9 | <1 | 0 | 31 | 82.1 | 10 | 87.6 | 100 | 0.0 | 0 | 144.3 | 10 | 4.8 | 25 | 534.8 | 10 | milk, soy, wheat (egg) |
| Shrimp Fajitas | 765 | 730 | 28 | 36 | 7 | 34 | 0.0 | 365 | 121 | 2750 | 120 | 69 | 25 | 6 | 22 | 8 | <1 | 0 | 48 | 58.3 | 6 | 66.4 | 70 | 0.0 | 0 | 239.5 | 20 | 4.6 | 25 | 684.5 | 15 | milk, shellfish, soy, wheat (egg) |

LAREDO TACO COMPANY

EL GRANDE LUNCH AND DINNER PLATES
16OZ LUNCH PROTEIN, 4OZ SIDE CHARRO BEANS, 4OZ SIDE RICE, 1 FLOUR TORTILLA

| MENU ITEM | INGREDIENTS |
|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Mar y Tierra (Surf and Turf) | beef (contains up to 10% solution of water,salt,phosphate), shrimp (shrimp,salt,sodium tripolyphosphate[to retain moisture]), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomatoes, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| Picadillo | water, ground beef, potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, onion, green bell pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), jalapeno pepper, garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| Sausage with Onion and Jalapeno | sausage (pork,beef,water,contain 2% or less of: salt,dextrose,corn syrup,spices,sodium phosphate,granulated garlic,sodium erythorbate,sodium nitrite), water, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), onion, jalapeno pepper, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |
| Shrimp Fajitas | shrimp (shrimp,salt,sodium tripolyphosphate[to retain moisture]), water, tomatoes, flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), onion, green bell pepper, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), tomato, fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), ground cumin, fresh cilantro leaves. |

LAREDO TACO COMPANY

STREET STYLE TACOS
1.5 OZ LUNCH PROTEIN, TWO 4.5IN CORN TORTILLAS

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------|------------------|-------------------|---------------|---------------|-------------------|-------------------|---------------|------------------|-----------------|-------------|------------|------------------------|------------------------|-------------------|-------------------|------------------|------------------|------------------|-------------|-----------------|---------------|----------------|---------------|-----------------|---------------|--------------|-------------|-----------|----------|----------------|---------------|---------------------------------|
| Barbacoa | 71 | 200 | 11 | 14 | 3 | 16 | 0.0 | 45 | 16 | 160 | 7 | 12 | 4 | <1 | 3 | <1 | <1 | 0 | 12 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 16.6 | 2 | 1.7 | 10 | 130.1 | 2 | soy (wheat) |
| Beef Fajita | 71 | 110 | 4 | 5 | 1 | 5 | 0.0 | 5 | 2 | 135 | 6 | 14 | 5 | 1 | 5 | <1 | <1 | 0 | 6 | 3.1 | 0 | 5.2 | 6 | 0.0 | 0 | 25.5 | 2 | 0.6 | 4 | 78.2 | 2 | milk, soy (wheat) |
| Brisket | 71 | 220 | 14 | 18 | 4 | 16 | 0.0 | 30 | 10 | 210 | 9 | 12 | 4 | <1 | 3 | <1 | <1 | 0 | 9 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 11.3 | 0 | 0.7 | 4 | 49.5 | 2 | soy (milk, wheat) |
| Carne Asada (Bistec/diced beef) | 71 | 150 | 8 | 10 | 2 | 10 | 0.0 | 20 | 7 | 200 | 9 | 12 | 4 | 1 | 4 | 0 | 0 | 0 | 9 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 11.0 | 0 | 1.0 | 6 | 165.0 | 4 | soy (milk, wheat) |
| Carne Guisada | 71 | 120 | 5 | 6 | 2 | 8 | 0.0 | 20 | 6 | 130 | 6 | 13 | 5 | 1 | 4 | <1 | <1 | 0 | 6 | 0.4 | 0 | 1.7 | 2 | 0.0 | 0 | 16.7 | 2 | 0.9 | 6 | 55.9 | 2 | soy, wheat |
| Carnitas | 71 | 160 | 9 | 11 | 3 | 13 | 0.0 | 25 | 8 | 460 | 20 | 14 | 5 | <1 | 3 | <1 | <1 | 0 | 9 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 41.3 | 4 | 1.3 | 8 | 49.5 | 2 | milk, soy (wheat) |
| Carnitas Bravas | 71 | 170 | 10 | 13 | 3 | 16 | 0.0 | 25 | 9 | 390 | 17 | 12 | 4 | <1 | 4 | <1 | <1 | 0 | 7 | 26.2 | 2 | 1.9 | 2 | 0.0 | 0 | 41.3 | 4 | 1.3 | 8 | 53.4 | 2 | milk, soy, wheat |
| Chicken Fajita | 71 | 110 | 3 | 4 | 1 | 3 | 0.0 | <5 | 2 | 65 | 3 | 13 | 5 | 1 | 4 | <1 | <1 | 0 | 7 | 3.1 | 0 | 8.2 | 10 | 0.0 | 0 | 17.5 | 2 | 0.6 | 4 | 78.2 | 2 | milk, soy (wheat) |
| Corona Beer Battered Cod Fillet | 142 | 280 | 17 | 22 | 2 | 11 | 0.0 | 20 | 7 | 490 | 21 | 24 | 9 | 2 | 6 | 2 | <1 | 0 | 7 | 12.9 | 2 | 1.2 | 2 | 0.0 | 0 | 28.4 | 2 | 0.6 | 4 | 254.6 | 6 | egg, fish-cod, milk, soy, wheat |
| El Grito (Spicy) Chicken Fajita | 71 | 100 | 3 | 3 | 0 | 2 | 0.0 | <5 | 1 | 150 | 6 | 14 | 5 | 1 | 4 | <1 | <1 | 0 | 5 | 15.9 | 2 | 7.7 | 8 | 0.0 | 0 | 15.9 | 2 | 0.6 | 4 | 70.6 | 2 | milk, soy (wheat) |
| Frijoles Con Queso | 71 | 110 | 4 | 5 | 1 | 6 | 0.0 | <5 | 1 | 330 | 14 | 18 | 7 | 1 | 5 | <1 | <1 | 0 | 4 | 34.7 | 4 | 1.4 | 2 | 0.0 | 0 | 74.3 | 6 | 0.8 | 4 | 155.6 | 4 | milk, soy (wheat) |

| MENU ITEM | INGREDIENTS |
|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Barbacoa | barbacoa (beef cheek meat,salt), yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[nc chlorofluorcarbon]). |
| Beef Fajita | yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), beef fajitas (contains up to 27% solution of water, seasoning [salt, sodium phosphate, garlic powder, spice, hydrolyzed soy protein, citric acid, maltodextrin, autolyzed yeast extract, lactic acid, papain], stabilizer [modified food starch, whey protein concentrate, carrageenan, sodium citrate], sodium phosphate), green bell pepper, tomatoes, onion, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Brisket | seasoned smoked chopped beef brisket (beef brisket,water,seasoning[salt,spices,garlic powder,brown sugar,onion powder,paprika,sugar,mustard,garlic juice,vinegar],salt,sodium phosphate), yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Carne Asada (Bistec/diced beef) | beef (contains up to 10% solution of water,salt,phosphate), yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Carne Guisada | beef carne guisada (contains up to 30% solution of water, spice [wheat flour, tomato powder, spices, salt, hydrolyzed corn gluten, soy protein and wheat gluten, modified food starch, dextrose, sugar, onion powder, dehydrated garlic, yeast extract, dehydrated onion, natural flavor, disodium inosinate and disodium guanylate]), yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), water, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), onion, green bell pepper, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Carnitas | pork carnitas (contains up to 30% solution of water, seasoning [salt, garlic powder, spices, citric acid, monosodium glutamate, sugar, dehydrated onion, corn starch, yeast extract, maltodextrin, hydrolyzed corn gluten, soybean oil (as a processing aid), tomato powder, natural flavors, onion powder, disodium inosinate and guanylate, chicken broth, chicken fat], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate) yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Carnitas Bravas | pork carnitas bravas (contains up to 30% solution of water, seasoning [salt, spices, jalapeno pepper, garlic powder, green bell pepper powder, autolyzed yeast extract, modified corn starch, onion powder, dehydrated onion, tomato powder, dehydrated tomato, dehydrated parsley, natural and artificial flavor (contains soy and wheat), citric acid, dehydrated cilantro], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate), yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Chicken Fajita | yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor[hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors],sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), green bell pepper, tomatoes, onion, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Corona Beer Battered Cod Fillet | battered cod fillet (cod,vegetable oil[canola,cottonseed,and/or soybean],water,wheat flour,yellow corn flour,modified corn starch,enriched wheat flour[flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],beer[water,pale malt,barley,brewer's caramel,brewer's syrup,hops,yeast],contains 2% or less of: salt,malt syrup[corn syrup,barley,malt extract],soy flour,tricalcium phosphate,leavening[sodium bicarbonate,sodium aluminum phosphate],sugar,malted barley flour,gum Arabic,garlic powder,natural and artificial flavors,spices,natural and artificial beer flavor,whey,dextrose,maltodextrin), 3 way green cabbage (cabbage green,cabbage red,carrot), yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), home style ranch dressing (soybean oil,water,cultured buttermilk,egg yolk,distilled vinegar,contains 2% or less of: salt,monosodium glutamate,modified corn starch,buttermilk solids,sugar,dried garlic,xanthan gum,spice,citric acid,dried onion,sorbic acid[preservative],calcium disodium edta[to protect flavor],milk,natural flavor,egg whites), jalapenos (jalapenos,water,salt,acetic acid,calcium chloride,sodium benzoate,potassium sorbate), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cilantro, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| El Grito (Spicy) Chicken Fajita | yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor[hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors],sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), salsa fresca (tomatoes,tomato puree,water,jalapeno peppers,onions,salt,cilantro,modified food starch,garlic powder,citric acid,xanthan gum,natural flavors,sodium benzoate[preservative]), salsa norteña roja (whole tomatillos,water,dried peppers,salt,modified food starch,vinegar,garlic powder,xanthan gum,natural flavors,sodium benzoate[preservative]), green bell pepper, tomatoes, onion, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Frijoles Con Queso | yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), black beans (prepared black beans,water,salt,calcium chloride[firming agent]), queso fresco crumble (whole pasteurized grade cow milk,salt,rennet,cheese cultures), avocado pulp (hass avocado), onion, tomato, lime juice, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), jalapeno peppers, salt, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), cilantro, garlic powder, chili powder (chili pepper and other spices,salt,garlic powder,contains 2% or less of: silicon dioxide[to prevent caking]), black pepper, cayenne pepper. |

LAREDO TACO COMPANY

STREET STYLE TACOS

1.5 OZ LUNCH PROTEIN, TWO 4.5IN CORN TORTILLAS

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|------------------------------|------------------|-------------------|---------------|---------------|-------------------|-------------------|---------------|------------------|-----------------|-------------|------------|------------------------|------------------------|-------------------|-------------------|------------------|------------------|------------------|-------------|-----------------|---------------|----------------|---------------|-----------------|---------------|--------------|-------------|-----------|----------|----------------|---------------|--------------------------------------|
| Grilled Fish | 69 | 130 | 5 | 6 | 1 | 3 | 0.0 | 20 | 7 | 190 | 8 | 14 | 5 | 1 | 5 | 2 | 1 | 2 | 6 | 0.0 | 0 | 0.5 | 0 | 0.0 | 0 | 21.8 | 2 | 0.5 | 2 | 71.9 | 2 | egg, fish-pollock, milk, soy (wheat) |
| Mar y Tierra (Surf and Turf) | 71 | 120 | 5 | 7 | 1 | 5 | 0.0 | 30 | 9 | 190 | 8 | 13 | 5 | 1 | 4 | <1 | <1 | 0 | 7 | 2.2 | 0 | 2.6 | 2 | 0.0 | 0 | 19.4 | 2 | 0.7 | 4 | 125.6 | 2 | shellfish, soy (milk, wheat) |
| Picadillo | 71 | 110 | 4 | 4 | 1 | 5 | 0.0 | 10 | 4 | 150 | 7 | 15 | 6 | 1 | 4 | <1 | <1 | 0 | 5 | 2.1 | 0 | 2.0 | 2 | 0.0 | 0 | 16.2 | 2 | 0.8 | 4 | 119.7 | 2 | soy (milk, wheat) |
| Shrimp Fajitas | 71 | 100 | 2 | 3 | 0 | 2 | 0.0 | 35 | 11 | 180 | 8 | 14 | 5 | 1 | 5 | <1 | <1 | 0 | 5 | 4.4 | 0 | 5.2 | 6 | 0.0 | 0 | 27.5 | 2 | 0.4 | 2 | 85.9 | 2 | shellfish, soy (milk, wheat) |

LAREDO TACO COMPANY

STREET STYLE TACOS
1.5 OZ LUNCH PROTEIN, TWO 4.5IN CORN TORTILLAS

| MENU ITEM | INGREDIENTS |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grilled Fish | yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), fish (alaskan pollock), ancho chipotle sauce (tomato puree[water,tomato paste],soybean oil,sugar,vinegar,water,salt,egg yolks,modified corn starch,chipotle chili pepper,dehydrated buttermilk,ancho chili peppers,garlic powder,spices[mustard flour],molasses,sour cream[cream,nonfat milk,cultures],dehydrated garlic,onion powder,lactic acid,chili pepper,phosphoric acid,xanthan gum,polysorbate 60,potassium sorbate and calcium disodium edta[used to protect quality],lemon juice concentrate,citric acid,cultured nonfat milk,polysorbate 80), slaw mix (green cabbage,carrot,red cabbage), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Mar y Tierra (Surf and Turf) | yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), beef (contains up to 10% solution of water,salt,phosphate), shrimp (shrimp,salt,sodium tripolyphosphate[to retain moisture]), tomatoes, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Picadillo | yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), ground beef, potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), water, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, onion, green bell pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Shrimp Fajitas | yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), shrimp (shrimp,salt,sodium tripolyphosphate[to retain moisture]), tomatoes, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |

LAREDO TACO COMPANY

STREET STYLE PLATES
4 LUNCH ENTRÉE TACOS, 4OZ SIDE CHIARRO BEANS, 4OZ SIDE RICE

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------|------------------|-------------------|---------------|---------------|-------------------|-------------------|---------------|------------------|-----------------|-------------|------------|------------------------|------------------------|-------------------|-------------------|------------------|------------------|------------------|-------------|-----------------|---------------|----------------|---------------|-----------------|---------------|--------------|-------------|-----------|----------|----------------|---------------|------------------------------|
| Barbacoa | 567 | 1090 | 59 | 75 | 16 | 79 | 2.0 | 230 | 76 | 1330 | 58 | 76 | 28 | 5 | 19 | 2 | <1 | 0 | 62 | 11.0 | 2 | 11.3 | 15 | 0.0 | 0 | 119.0 | 10 | 9.3 | 50 | 920.8 | 20 | soy (milk, wheat) |
| Beef Fajita | 567 | 660 | 23 | 30 | 5 | 27 | 0.0 | 30 | 11 | 1190 | 52 | 84 | 30 | 8 | 28 | 5 | <1 | 0 | 33 | 25.9 | 2 | 36.5 | 40 | 0.0 | 0 | 161.9 | 10 | 4.1 | 25 | 671.9 | 15 | milk, soy (wheat) |
| Brisket | 567 | 1200 | 72 | 93 | 17 | 83 | 0.0 | 145 | 48 | 1560 | 68 | 76 | 28 | 5 | 19 | 2 | <1 | 0 | 46 | 11.0 | 2 | 11.3 | 15 | 0.0 | 0 | 93.8 | 8 | 4.6 | 25 | 533.8 | 10 | soy (milk, wheat) |
| Carne Asada (Bistec/diced beef) | 567 | 860 | 42 | 54 | 10 | 50 | 0.0 | 110 | 37 | 1510 | 66 | 76 | 28 | 5 | 18 | 2 | 0 | 0 | 46 | 11.0 | 2 | 11.3 | 15 | 0.0 | 0 | 93.8 | 8 | 5.5 | 30 | 1089.5 | 25 | soy (milk, wheat) |
| Carne Guisada | 567 | 700 | 27 | 34 | 8 | 41 | 0.0 | 90 | 30 | 1160 | 50 | 80 | 29 | 6 | 21 | 5 | <1 | 0 | 35 | 12.7 | 2 | 19.5 | 20 | 0.0 | 0 | 119.6 | 10 | 5.4 | 30 | 564.7 | 10 | soy, wheat (milk) |
| Carnitas | 567 | 890 | 45 | 58 | 14 | 68 | 0.0 | 120 | 40 | 2750 | 120 | 83 | 30 | 5 | 19 | 2 | <1 | 0 | 47 | 11.0 | 2 | 11.3 | 15 | 0.0 | 0 | 237.8 | 20 | 7.5 | 40 | 533.8 | 10 | milk, soy (wheat) |

| MENU ITEM | INGREDIENTS |
|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Barbacoa | barbacoa (beef cheek meat,salt), yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), water, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin, fresh cilantro leaves. |
| Beef Fajita | yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), beef fajitas (contains up to 27% solution of water, seasoning [salt, sodium phosphate, garlic powder, spice, hydrolyzed soy protein, citric acid, maltodextrin, autolyzed yeast extract, lactic acid, papain], stabilizer [modified food starch, whey protein concentrate, carrageenan, sodium citrate], sodium phosphate), water, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), onion, green bell pepper, tomatoes, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin, fresh cilantro leaves. |
| Brisket | seasoned smoked chopped beef brisket (beef brisket,water,seasoning[salt,spices,garlic powder,brown sugar,onion powder,paprika,sugar,mustard,garlic juice,vinegar],salt,sodium phosphate), yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), water, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, tomato, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin, fresh cilantro leaves. |
| Carne Asada (Bistec/diced beef) | beef (contains up to 10% solution of water,salt,phosphate), yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), water, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), onion, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin, fresh cilantro leaves. |
| Carne Guisada | water, beef carne guisada (contains up to 30% solution of water, spice [wheat flour, tomato powder, spices, salt, hydrolyzed corn gluten, soy protein and wheat gluten, modified food starch, dextrose, sugar, onion powder, dehydrated garlic, yeast extract, dehydrated onion, natural flavor, disodium inosinate and disodium guanylate]), yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), onion, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), green bell pepper, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin, fresh cilantro leaves. |
| Carnitas | pork carnitas (contains up to 30% solution of water, seasoning [salt, garlic powder, spices, citric acid, monosodium glutamate, sugar, dehydrated onion, corn starch, yeast extract, maltodextrin, hydrolyzed corn gluten, soybean oil [as a processing aid], tomato powder, natural flavors, onion powder, disodium inosinate and guanylate, chicken broth, chicken fat], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate), yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), water, chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, tomato, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin, fresh cilantro leaves. |

LAREDO TACO COMPANY

STREET STYLE PLATES
4 LUNCH ENTRÉE TACOS, 4OZ SIDE CHARRO BEANS, 4OZ SIDE RICE

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-----------------------------------------|
| Carnitas Bravas | 567 | 940 | 53 | 68 | 16 | 79 | 0.0 | 130 | 43 | 2390 | 104 | 76 | 28 | 6 | 20 | 4 | <1 | 0 | 36 | 136.9 | 15 | 20.4 | 25 | 0.0 | 0 | 237.8 | 20 | 7.5 | 40 | 552.6 | 10 | milk, soy, wheat |
| Chicken Fajita | 567 | 640 | 19 | 24 | 4 | 19 | 0.0 | 25 | 9 | 850 | 37 | 82 | 30 | 6 | 23 | 5 | <1 | 0 | 37 | 25.9 | 2 | 50.8 | 60 | 0.0 | 0 | 123.3 | 10 | 4.1 | 25 | 671.8 | 15 | milk, soy (wheat) |
| Corona Beer Battered Cod Fillet | 680 | 1010 | 59 | 76 | 8 | 39 | 0.0 | 70 | 24 | 2120 | 92 | 94 | 34 | 6 | 22 | 8 | <1 | 0 | 29 | 52.2 | 6 | 15.1 | 15 | 0.0 | 0 | 130.2 | 10 | 2.9 | 15 | 1111.2 | 25 | egg, fish-cod, milk, soy, wheat |
| El Grito (Spicy) Chicken Fajita | 567 | 600 | 16 | 20 | 3 | 16 | 0.0 | 20 | 7 | 1260 | 55 | 84 | 31 | 6 | 22 | 6 | <1 | 0 | 30 | 87.3 | 10 | 48.5 | 50 | 0.0 | 0 | 115.4 | 8 | 3.9 | 20 | 635.0 | 15 | milk, soy (wheat) |
| Frijoles Con Queso | 567 | 680 | 23 | 29 | 7 | 34 | 0.0 | 15 | 5 | 2110 | 92 | 104 | 38 | 7 | 26 | 5 | <1 | 0 | 25 | 177.4 | 20 | 17.9 | 20 | 0.0 | 0 | 395.9 | 30 | 5.1 | 30 | 1043.1 | 20 | milk, soy (wheat) |

LAREDO TACO COMPANY

STREET STYLE PLATES
4 LUNCH ENTRÉE TACOS, 4OZ SIDE CHARRO BEANS, 4OZ SIDE RICE

| MENU ITEM | INGREDIENTS |
|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Carnitas Bravas | pork carnitas bravas (contains up to 30% solution of water, seasoning [salt, spices, jalapeno pepper, garlic powder, green bell pepper powder, autolyzed yeast extract, modified corn starch, onion powder, dehydrated onion, tomato powder, dehydrated tomato, dehydrated parsley, natural and artificial flavor (contains soy and wheat), citric acid, dehydrated cilantro], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate), yellow corn tortilla (water, whole white corn, contains 2% or less of: guar gum, dextrose, cmc gum, enzymes, trace of lime), water, chili beans (prepared pinto beans, water, contains 2% or less of: salt, modified corn starch, tomato paste, spices, corn oil, sugar, garlic powder, onion powder, extractive of paprika), tomato sauce (tomato puree [water, tomato paste], water, contains 2% or less of: salt, citric acid, spice, natural flavors), onion, tomato, jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil, dimethylpolysiloxane, antifoaming agent added), long grain white rice (long grain rice, ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], folic acid [folate]), green bell pepper, bacon (cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), caldo de tomate (salt, monosodium glutamate, corn starch, sugar, beef fat, hydrolyzed corn protein, natural flavors, chicken fat, tomato powder, maltodextrin, autolyzed yeast extract, citric acid, dehydrated chicken meat, silicon dioxide [prevents caking], turmeric, yellow 6 lake, dehydrated parsley, caramel color, disodium inosinate, disodium guanylate, annatto [color], yellow 6, red 40), cooking spray (canola oil, soy lecithin, artificial butter flavor, beta carotene [color], propellant [non-chlorofluorocarbon]), caldo de pollo (salt, sugar, monosodium glutamate, corn starch, beef fat, hydrolyzed corn protein, dehydrated chicken meat, yeast extract [barley], chicken fat, natural flavors, maltodextrin, silicon dioxide [prevents caking], dehydrated parsley, disodium inosinate, citric acid, yellow 5, annatto [color], yellow 6), garlic powder, ground cumin, fresh cilantro leaves. |
| Chicken Fajita | yellow corn tortilla (water, whole white corn, contains 2% or less of: guar gum, dextrose, cmc gum, enzymes, trace of lime), chicken fajita (contains up to 20% solution of water, seasoning [salt, onion and garlic powder, spices, flavor (hydrolyzed wheat gluten, soybean oil, autolyzed yeast extract, natural flavors), sodium phosphates], stabilizer [modified food starch, whey protein concentrate, carrageenan and sodium citrate], sodium phosphate), water, chili beans (prepared pinto beans, water, contains 2% or less of: salt, modified corn starch, tomato paste, spices, corn oil, sugar, garlic powder, onion powder, extractive of paprika), onion, green bell pepper, tomatoes, tomato sauce (tomato puree [water, tomato paste], water, contains 2% or less of: salt, citric acid, spice, natural flavors), tomato, soybean oil blend (high oleic soybean oil and soybean oil, dimethylpolysiloxane, antifoaming agent added), long grain white rice (long grain rice, ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], folic acid [folate]), bacon (cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), jalapeno pepper, caldo de tomate (salt, monosodium glutamate, corn starch, sugar, beef fat, hydrolyzed corn protein, natural flavors, chicken fat, tomato powder, maltodextrin, autolyzed yeast extract, citric acid, dehydrated chicken meat, silicon dioxide [prevents caking], turmeric, yellow 6 lake, dehydrated parsley, caramel color, disodium inosinate, disodium guanylate, annatto [color], yellow 6, red 40), cooking spray (canola oil, soy lecithin, artificial butter flavor, beta carotene [color], propellant [non-chlorofluorocarbon]), caldo de pollo (salt, sugar, monosodium glutamate, corn starch, beef fat, hydrolyzed corn protein, dehydrated chicken meat, yeast extract [barley], chicken fat, natural flavors, maltodextrin, silicon dioxide [prevents caking], dehydrated parsley, disodium inosinate, citric acid, yellow 5, annatto [color], yellow 6), garlic powder, ground cumin, fresh cilantro leaves. |
| Corona Beer Battered Cod Fillet | battered cod fillet (cod, vegetable oil [canola, cottonseed, and/or soybean], water, wheat flour, yellow corn flour, modified corn starch, enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], beer [water, pale malt, barley, brewer's caramel, brewer's syrup, hops, yeast], contains 2% or less of: salt, malt syrup [corn syrup, barley, malt extract], soy flour, tricalcium phosphate, leavening [sodium bicarbonate, sodium aluminum phosphate], sugar, malted barley flour, gum Arabic, garlic powder, natural and artificial flavors, spices, natural and artificial beer flavor, whey, dextrose, maltodextrin), water, 3 way green cabbage (cabbage green, cabbage red, carrot), yellow corn tortilla (water, whole white corn, contains 2% or less of: guar gum, dextrose, cmc gum, enzymes, trace of lime), home style ranch dressing (soybean oil, water, cultured buttermilk, egg yolk, distilled vinegar, contains 2% or less of: salt, monosodium glutamate, modified corn starch, buttermilk solids, sugar, dried garlic, xanthan gum, spice, citric acid, dried onion, sorbic acid [preservative], calcium disodium edta [to protect flavor], milk, natural flavor, egg whites), chili beans (prepared pinto beans, water, contains 2% or less of: salt, modified corn starch, tomato paste, spices, corn oil, sugar, garlic powder, onion powder, extractive of paprika), tomato sauce (tomato puree [water, tomato paste], water, contains 2% or less of: salt, citric acid, spice, natural flavors), jalapenos (jalapenos, water, salt, acetic acid, calcium chloride, sodium benzoate, potassium sorbate), soybean oil blend (high oleic soybean oil and soybean oil, dimethylpolysiloxane, antifoaming agent added), onion, tomato, cilantro, long grain white rice (long grain rice, ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], folic acid [folate]), green bell pepper, bacon (cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), jalapeno pepper, caldo de tomate (salt, monosodium glutamate, corn starch, sugar, beef fat, hydrolyzed corn protein, natural flavors, chicken fat, tomato powder, maltodextrin, autolyzed yeast extract, citric acid, dehydrated chicken meat, silicon dioxide [prevents caking], turmeric, yellow 6 lake, dehydrated parsley, caramel color, disodium inosinate, disodium guanylate, annatto [color], yellow 6, red 40), cooking spray (canola oil, soy lecithin, artificial butter flavor, beta carotene [color], propellant [non-chlorofluorocarbon]), caldo de pollo (salt, sugar, monosodium glutamate, corn starch, beef fat, hydrolyzed corn protein, dehydrated chicken meat, yeast extract [barley], chicken fat, natural flavors, maltodextrin, silicon dioxide [prevents caking], dehydrated parsley, disodium inosinate, citric acid, yellow 5, annatto [color], yellow 6), garlic powder, ground cumin, fresh cilantro leaves. |
| El Grito (Spicy) Chicken Fajita | yellow corn tortilla (water, whole white corn, contains 2% or less of: guar gum, dextrose, cmc gum, enzymes, trace of lime), water, chicken fajita (contains up to 20% solution of water, seasoning [salt, onion and garlic powder, spices, flavor (hydrolyzed wheat gluten, soybean oil, autolyzed yeast extract, natural flavors), sodium phosphates], stabilizer [modified food starch, whey protein concentrate, carrageenan and sodium citrate], sodium phosphate), chili beans (prepared pinto beans, water, contains 2% or less of: salt, modified corn starch, tomato paste, spices, corn oil, sugar, garlic powder, onion powder, extractive of paprika), onion, salsa fresca (tomatoes, tomato puree, water, jalapeño peppers, onions, salt, cilantro, modified food starch, garlic powder, citric acid, xanthan gum, natural flavors, sodium benzoate [preservative]), salsa norteña roja (whole tomatillos, water, dried peppers, salt, modified food starch, vinegar, garlic powder, xanthan gum, natural flavors, sodium benzoate [preservative]), green bell pepper, tomato sauce (tomato puree [water, tomato paste], water, contains 2% or less of: salt, citric acid, spice, natural flavors), tomatoes, tomato, soybean oil blend (high oleic soybean oil and soybean oil, dimethylpolysiloxane, antifoaming agent added), long grain white rice (long grain rice, ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], folic acid [folate]), bacon (cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), jalapeno pepper, caldo de tomate (salt, monosodium glutamate, corn starch, sugar, beef fat, hydrolyzed corn protein, natural flavors, chicken fat, tomato powder, maltodextrin, autolyzed yeast extract, citric acid, dehydrated chicken meat, silicon dioxide [prevents caking], turmeric, yellow 6 lake, dehydrated parsley, caramel color, disodium inosinate, disodium guanylate, annatto [color], yellow 6, red 40), cooking spray (canola oil, soy lecithin, artificial butter flavor, beta carotene [color], propellant [non-chlorofluorocarbon]), caldo de pollo (salt, sugar, monosodium glutamate, corn starch, beef fat, hydrolyzed corn protein, dehydrated chicken meat, yeast extract [barley], chicken fat, natural flavors, maltodextrin, silicon dioxide [prevents caking], dehydrated parsley, disodium inosinate, citric acid, yellow 5, annatto [color], yellow 6), garlic powder, ground cumin, fresh cilantro leaves. |
| Frijoles Con Queso | yellow corn tortilla (water, whole white corn, contains 2% or less of: guar gum, dextrose, cmc gum, enzymes, trace of lime), black beans (prepared black beans, water, salt, calcium chloride [firming agent]), water, chili beans (prepared pinto beans, water, contains 2% or less of: salt, modified corn starch, tomato paste, spices, corn oil, sugar, garlic powder, onion powder, extractive of paprika), queso fresco crumble (whole pasteurized grade A cow milk, salt, rennet, cheese cultures), avocado pulp (hass avocado), onion, tomato sauce (tomato puree [water, tomato paste], water, contains 2% or less of: salt, citric acid, spice, natural flavors), tomato, long grain white rice (long grain rice, ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], folic acid [folate]), green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil, dimethylpolysiloxane, antifoaming agent added), bacon (cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), lime juice, jalapeno pepper, jalapeno peppers, salt, caldo de tomate (salt, monosodium glutamate, corn starch, sugar, beef fat, hydrolyzed corn protein, natural flavors, chicken fat, tomato powder, maltodextrin, autolyzed yeast extract, citric acid, dehydrated chicken meat, silicon dioxide [prevents caking], turmeric, yellow 6 lake, dehydrated parsley, caramel color, disodium inosinate, disodium guanylate, annatto [color], yellow 6, red 40), garlic powder, cooking spray (canola oil, soy lecithin, artificial butter flavor, beta carotene [color], propellant [non-chlorofluorocarbon]), cilantro, caldo de pollo (salt, sugar, monosodium glutamate, corn starch, beef fat, hydrolyzed corn protein, dehydrated chicken meat, yeast extract [barley], chicken fat, natural flavors, maltodextrin, silicon dioxide [prevents caking], dehydrated parsley, disodium inosinate, citric acid, yellow 5, annatto [color], yellow 6), chili powder (chili pepper and other spices, salt, garlic powder, contains 2% or less of: silicon dioxide [prevent caking]), black pepper, ground cumin, fresh cilantro leaves, cayenne pepper. |

LAREDO TACO COMPANY

STREET STYLE PLATES
4 LUNCH ENTRÉE TACOS, 4OZ SIDE CHARRO BEANS, 4OZ SIDE RICE

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|------------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-----------------------------------------|
| Grilled Fish | 454 | 540 | 18 | 24 | 3 | 15 | 0.0 | 70 | 23 | 1170 | 51 | 64 | 23 | 5 | 18 | 7 | 4 | 8 | 24 | 11.0 | 2 | 13.0 | 15 | 0.0 | 0 | 110.4 | 8 | 2.6 | 15 | 531.0 | 10 | egg, fish-pollock, milk, soy (wheat) |
| Mar y Tierra (Surf and Turf) | 567 | 720 | 29 | 37 | 6 | 31 | 0.0 | 135 | 46 | 1460 | 63 | 79 | 29 | 6 | 22 | 4 | <1 | 0 | 37 | 21.6 | 2 | 23.7 | 25 | 0.0 | 0 | 132.4 | 10 | 4.2 | 25 | 898.9 | 20 | shellfish, soy (milk, wheat) |
| Picadillo | 567 | 680 | 21 | 26 | 6 | 30 | 0.5 | 60 | 21 | 1280 | 56 | 91 | 33 | 6 | 21 | 4 | <1 | 0 | 31 | 21.1 | 2 | 21.1 | 25 | 0.0 | 0 | 117.0 | 10 | 4.7 | 25 | 871.0 | 20 | soy (milk, wheat) |
| Shrimp Fajitas | 567 | 590 | 15 | 20 | 3 | 12 | 0.0 | 165 | 55 | 1400 | 61 | 83 | 30 | 7 | 26 | 5 | <1 | 0 | 28 | 32.3 | 4 | 36.1 | 40 | 0.0 | 0 | 171.1 | 15 | 2.8 | 15 | 708.5 | 15 | shellfish, soy (milk, wheat) |

| MENU ITEM | INGREDIENTS |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grilled Fish | water, yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), fish (alaskan pollock), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), ancho chipotle sauce (tomato puree[water,tomato paste],soybean oil,sugar,vinegar,water,salt,egg yolks,modified corn starch,chipotle chili pepper,dehydrated buttermilk,ancho chili peppers,garlic powder,spices[mustard flour],molasses,sour cream[cream,nonfat milk,cultures],dehydrated garlic,onion powder,lactic acid,chili pepper,phosphoric acid,xanthan gum,polysorbate 60,potassium sorbate and calcium disodium edta[used to protect quality],lemon juice concentrate,citric acid,cultured nonfat milk,polysorbate 80), slaw mix (green cabbage,carrot,red cabbage), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, tomato, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), green bell pepper, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorocarbon]), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin, fresh cilantro leaves. |
| Mar y Tierra (Surf and Turf) | yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), water, beef (contains up to 10% solution of water,salt,phosphate), shrimp (shrimp,salt,sodium triphosphate[to retain moisture]), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), onion, tomatoes, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), green bell pepper, tomato, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), jalapeno pepper, fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorocarbon]), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin, fresh cilantro leaves. |
| Picadillo | water, yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), ground beef, potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, onion, green bell pepper, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), jalapeno pepper, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorocarbon]), garlic powder, ground cumin, fresh cilantro leaves. |
| Shrimp Fajitas | yellow corn tortilla (water,whole white corn,contains 2% or less of: guar gum,dextrose,cmc gum,enzymes,trace of lime), water, shrimp (shrimp,salt,sodium triphosphate[to retain moisture]), chili beans (prepared pinto beans,water,contains 2% or less of: salt,modified corn starch,tomato paste,spices,corn oil,sugar,garlic powder,onion powder,extractive of paprika), tomatoes, onion, green bell pepper, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), jalapeno pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorocarbon]), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin, fresh cilantro leaves. |

LAREDO TACO COMPANY

LUNCH BOWLS
80Z RICE, 40Z LUNCH PROTEIN, ADD ONE 60Z SCOOP OF REFRIED, BLACK, OR CHARRO BEANS

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------|------------------|-------------------|---------------|---------------|-------------------|-------------------|---------------|------------------|-----------------|-------------|------------|------------------------|------------------------|-------------------|-------------------|------------------|------------------|------------------|-------------|-----------------|---------------|----------------|---------------|-----------------|---------------|--------------|-------------|-----------|----------|----------------|---------------|------------------------------|
| Barbacoa | 340 | 480 | 32 | 41 | 9 | 43 | 1.0 | 125 | 42 | 1010 | 44 | 17 | 6 | 1 | 4 | 2 | <1 | 0 | 30 | 13.4 | 2 | 13.6 | 15 | 0.0 | 0 | 23.0 | 2 | 4.5 | 25 | 378.2 | 8 | (milk, soy) |
| Beef Fajita | 340 | 240 | 13 | 16 | 3 | 14 | 0.0 | 15 | 5 | 930 | 40 | 21 | 8 | 3 | 9 | 4 | <1 | 0 | 14 | 21.7 | 2 | 27.6 | 30 | 0.0 | 0 | 46.9 | 4 | 1.7 | 10 | 240.0 | 6 | milk, soy |
| Brisket | 340 | 540 | 40 | 51 | 9 | 45 | 0.0 | 80 | 26 | 1130 | 49 | 17 | 6 | 1 | 4 | 2 | <1 | 0 | 21 | 13.4 | 2 | 13.6 | 15 | 0.0 | 0 | 9.0 | 0 | 1.9 | 10 | 163.2 | 4 | (milk, soy) |
| Carne Asada (Bistec/diced beef) | 340 | 350 | 23 | 30 | 5 | 26 | 0.0 | 60 | 19 | 1110 | 48 | 17 | 6 | 1 | 4 | 2 | <1 | 0 | 21 | 13.4 | 2 | 13.6 | 15 | 0.0 | 0 | 9.0 | 0 | 2.5 | 15 | 472.0 | 10 | (milk, soy) |
| Carne Guisada | 340 | 270 | 14 | 19 | 5 | 22 | 0.0 | 50 | 16 | 970 | 40 | 19 | 7 | 1 | 5 | 4 | <1 | 0 | 15 | 14.4 | 2 | 18.2 | 20 | 0.0 | 0 | 23.4 | 2 | 2.4 | 15 | 180.4 | 4 | soy, wheat (milk) |
| Carnitas (Pork) | 340 | 370 | 25 | 32 | 7 | 37 | 0.0 | 65 | 22 | 1800 | 78 | 21 | 8 | 1 | 4 | 2 | <1 | 0 | 22 | 13.4 | 2 | 13.6 | 15 | 0.0 | 0 | 89.0 | 6 | 3.5 | 20 | 163.2 | 4 | milk (soy) |
| Carnitas Bravas | 340 | 400 | 29 | 37 | 9 | 43 | 0.0 | 70 | 23 | 1600 | 69 | 17 | 6 | 1 | 4 | 3 | <1 | 0 | 16 | 83.4 | 10 | 18.6 | 20 | 0.0 | 0 | 89.0 | 6 | 3.5 | 20 | 173.7 | 4 | milk, soy, wheat |
| Chicken Fajita | 340 | 230 | 10 | 13 | 2 | 10 | 0.0 | 10 | 4 | 740 | 32 | 20 | 7 | 2 | 6 | 4 | <1 | 0 | 16 | 21.7 | 2 | 35.6 | 40 | 0.0 | 0 | 25.5 | 2 | 1.7 | 10 | 239.9 | 6 | milk, soy |

LAREDO TACO COMPANY

LUNCH BOWLS
80Z RICE, 40Z LUNCH PROTEIN, ADD ONE 60Z SCOOP OF REFRIG, BLACK, OR CHARRO BEANS

| MENU ITEM | INGREDIENTS |
|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Barbacoa | water, barbacoa (beef cheek meat,salt), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), tomato, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin. |
| Beef Fajita | water, beef fajitas (contains up to 27% solution of water, seasoning [salt, sodium phosphate, garlic powder, spice, hydrolyzed soy protein, citric acid, maltodextrin, autolyzed yeast extract, lactic acid, papain], stabilizer [modified food starch, whey protein concentrate, carrageenan, sodium citrate], sodium phosphate), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, green bell pepper, tomatoes, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), tomato, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin. |
| Brisket | water, seasoned smoked chopped beef brisket (beef brisket,water,seasoning[salt,spices,garlic powder,brown sugar,onion powder,paprika,sugar,mustard,garlic juice,vinegar],salt,sodium phosphate), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), tomato, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin. |
| Carne Asada (Bistec/diced beef) | water, beef (contains up to 10% solution of water,salt,phosphate), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), tomato, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin. |
| Carne Guisada | water, beef carne guisada (contains up to 30% solution of water, spice [wheat flour, tomato powder, spices, salt, hydrolyzed corn gluten, soy protein and wheat gluten, modified food starch, dextrose, sugar, onion powder, dehydrated garlic, yeast extract, dehydrated onion, natural flavor, disodium inosinate and disodium guanylate]), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, green bell pepper, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), tomato, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin. |
| Carnitas (Pork) | water, pork carnitas (contains up to 30% solution of water, seasoning [salt, garlic powder, spices, citric acid, monosodium glutamate, sugar, dehydrated onion, corn starch, yeast extract, maltodextrin, hydrolyzed corn gluten, soybean oil {as a processing aid}, tomato powder, natural flavors, onion powder, disodium inosinate and guanylate, chicken broth, chicken fat], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), tomato, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin. |
| Carnitas Bravas | water, pork carnitas bravas (contains up to 30% solution of water, seasoning [salt, spices, jalapeno pepper, garlic powder, green bell pepper powder, autolyzed yeast extract, modified corn starch, onion powder, dehydrated onion, tomato powder, dehydrated tomato, dehydrated parsley, natural and artificial flavor {contains soy and wheat}, citric acid, dehydrated cilantro], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), tomato, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin. |
| Chicken Fajita | water, chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor{hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors},sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, green bell pepper, tomatoes, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), tomato, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin. |

LAREDO TACO COMPANY

LUNCH BOWLS
8OZ RICE, 4OZ LUNCH PROTEIN, ADD ONE 6OZ SCOOP OF REFRIED, BLACK, OR CHARRO BEANS

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) | | |
|---------------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-------------------------------------|--|--|
| Corona Beer Battered Cod Fillet | 340 | 380 | 21 | 27 | 3 | 12 | 0.0 | 30 | 9 | 1010 | 44 | 33 | 12 | 1 | 4 | 2 | <1 | 0 | 13 | 13.4 | 2 | 12.6 | 15 | 0.0 | 0 | 9.0 | 0 | 0.9 | 6 | 342.2 | 8 | fish-cod, milk, soy, wheat | | |
| El Grito (Spicy) Chicken Fajita | 340 | 210 | 9 | 11 | 2 | 8 | 0.0 | 10 | 3 | 970 | 42 | 21 | 8 | 2 | 6 | 4 | <1 | 0 | 12 | 55.8 | 6 | 34.3 | 40 | 0.0 | 0 | 21.1 | 2 | 1.6 | 8 | 219.5 | 4 | milk, soy | | |
| Grilled Fish | 340 | 260 | 11 | 14 | 2 | 7 | 0.0 | 75 | 25 | 1110 | 48 | 18 | 7 | 2 | 6 | 2 | <1 | 0 | 19 | 13.4 | 2 | 13.6 | 15 | 0.0 | 0 | 33.1 | 2 | 1.3 | 8 | 163.2 | 4 | fish-pollock (milk, soy) | | |
| Mar y Tierra (Surf and Turf) | 340 | 280 | 16 | 20 | 3 | 16 | 0.0 | 75 | 25 | 1080 | 47 | 19 | 7 | 2 | 6 | 3 | <1 | 0 | 16 | 19.4 | 2 | 20.5 | 25 | 0.0 | 0 | 30.5 | 2 | 1.7 | 10 | 366.1 | 8 | shellfish (milk, soy) | | |
| Picadillo | 340 | 250 | 11 | 14 | 3 | 15 | 0.0 | 30 | 11 | 980 | 42 | 25 | 9 | 1 | 5 | 3 | <1 | 0 | 13 | 19.1 | 2 | 19.1 | 20 | 0.0 | 0 | 22.0 | 2 | 2.0 | 10 | 350.6 | 8 | (milk, soy) | | |
| Shrimp Fajitas | 340 | 200 | 8 | 11 | 1 | 8 | 0.0 | 90 | 30 | 1040 | 45 | 20 | 7 | 2 | 8 | 4 | <1 | 0 | 11 | 25.3 | 2 | 27.4 | 30 | 0.0 | 0 | 52.0 | 4 | 0.9 | 6 | 260.3 | 6 | shellfish (milk, soy) | | |
| Black Beans (6 oz) | 170 | 160 | 4 | 5 | 0 | 2 | 0.0 | 0 | 0 | 1290 | 56 | 30 | 11 | <1 | 1 | 2 | <1 | 0 | 9 | 134.7 | 15 | 1.4 | 2 | 0.0 | 0 | 78.4 | 6 | 3.4 | 20 | 603.8 | 15 | (milk, soy) | | |
| Charro Beans (6 oz) | 170 | 110 | 3 | 4 | 1 | 5 | 0.0 | 5 | 2 | 380 | 16 | 14 | 5 | <1 | 1 | 1 | <1 | 0 | 6 | 6.4 | 0 | 6.8 | 8 | 0.0 | 0 | 52.2 | 4 | 1.1 | 6 | 322.0 | 6 | none | | |
| Refried Beans (6 oz) | 170 | 210 | 9 | 12 | 2 | 7 | 0.0 | 0 | 0 | 630 | 27 | 35 | 13 | x | x | 1 | x | x | 10 | 0.0 | 0 | 0.0 | 0 | x | x | 3.2 | 0 | 0.2 | 0 | 615.0 | 15 | none | | |
| Rice (8 oz) | 227 | 110 | 4 | 5 | 1 | 3 | 0.0 | 0 | 0 | 490 | 26 | 17 | 6 | 1 | 4 | 2 | <1 | 0 | 2 | 13.4 | 2 | 13.6 | 15 | 0.0 | 0 | 9.0 | 0 | 0.5 | 4 | 163.2 | 4 | (milk, soy) | | |
| Minimum Calorie Combination: | | 420 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Maximum Calorie Combination: | | 860 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

LAREDO TACO COMPANY

LUNCH BOWLS
80Z RICE, 4OZ LUNCH PROTEIN, ADD ONE 6OZ SCOOP OF REFRIED, BLACK, OR CHARRO BEANS

| MENU ITEM | INGREDIENTS |
|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Corona Beer Battered Cod Fillet | water, battered cod fillet (cod,vegetable oil[canola,cottonseed,and/or soybean],water,wheat flour,yellow corn flour,modified corn starch,enriched wheat flour[flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],beer[water,pale malt,barley,brewer's caramel,brewer's syrup,hops,yeast],contains 2% or less of: salt,malt syrup[corn syrup,barley,malt extract],soy flour,tricalcium phosphate,leavening[sodium bicarbonate,sodium aluminum phosphate],sugar,malted barley flour,gum Arabic,garlic powder,natural and artificial flavors,spices,natural and artificial beer flavor,whey,dextrose,maltodextrin), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), tomato, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin. |
| El Grito (Spicy) Chicken Fajita | water, chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor{hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors},sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), onion, green bell pepper, salsa fresca (tomatoes,tomato puree,water,jalapeño peppers,onions,salt,cilantro,modified food starch,garlic powder,citric acid,xanthan gum,natural flavors,sodium benzoate[preservative]), salsa norteña roja (whole tomatillos,water,dried peppers,salt,modified food starch,vinegar,garlic powder,xanthan gum,natural flavors,sodium benzoate[preservative]), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), tomato, tomatoes, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), cold de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin. |
| Grilled Fish | water, fish (alaskan pollock), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), tomato, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin. |
| Mar y Tierra (Surf and Turf) | water, beef (contains up to 10% solution of water,salt,phosphate), tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), shrimp (shrimp,salt,sodium triphosphate[to retain moisture]), onion, green bell pepper, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), tomato, tomatoes, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garl powder, fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), ground cumin. |
| Picadillo | water, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), ground beef, potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), tomato, onion, green bell pepper, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin. |
| Shrimp Fajitas | water, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), ground beef, potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), tomato, onion, green bell pepper, long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), garlic powder, ground cumin. |
| Black Beans (6 oz) | black beans (prepared black beans, water, salt, calcium chloride [firming agent]), onion, lime juice, soybean oil blend (high oleic soybean oil and soybean oil, dimethylpolysiloxane, antifoaming agent added), salt, garlic powder, chili powder (chili pepper and other spices, salt, garlic powder, contains 2% or less of: silicon dioxide [to prevent caking]), black pepper. |
| Charro Beans (6 oz) | chili beans (prepared pinto beans, water,contains 2% or less of: salt, modified corn starch, tomato paste, spices, corn oil, sugar, garlic powder, onion powder, extractive of paprika), water, onion, tomato, bacon (cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), jalapeno pepper, fresh cilantro leaves. |
| Refried Beans (6 oz) | pinto beans, interesterified soybean oil [with TBHQ to preserve freshness], salt, water. |
| Rice (8 oz) | water, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), long grain white rice (long grain rice,ferric orthophosphate[iron],niacin,thiamin mononitrate[thiamin],folic acid[folate]), tomato, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural |
| Minimum Calorie Combination: | |
| Maximum Calorie Combination: | |

LAREDO TACO COMPANY

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) | | |
|----------------------------------|------------------|-------------------|---------------|---------------|-------------------|-------------------|---------------|------------------|-----------------|-------------|------------|------------------------|------------------------|-------------------|-------------------|------------------|------------------|------------------|-------------|-----------------|---------------|----------------|---------------|-----------------|---------------|--------------|-------------|-----------|----------|----------------|---------------|------------------------------|------|--|
| | Barbacoa | 184 | 380 | 28 | 36 | 8 | 40 | 1.0 | 125 | 42 | 420 | 18 | 3 | 1 | <1 | 3 | 2 | <1 | 0 | 29 | 93.8 | 10 | 17.5 | 20 | 0.0 | 0 | 47.4 | 4 | 4.9 | 25 | 215.0 | 4 | none | |
| Beef Fajita | 184 | 150 | 8 | 11 | 2 | 11 | 0.0 | 15 | 5 | 350 | 15 | 7 | 2 | 2 | 8 | 3 | <1 | 0 | 13 | 102.1 | 10 | 31.5 | 35 | 0.0 | 0 | 71.2 | 6 | 2.0 | 10 | 76.7 | 2 | milk, soy | | |
| Brisket | 184 | 440 | 36 | 46 | 8 | 42 | 0.0 | 80 | 26 | 550 | 24 | 3 | 1 | <1 | 3 | 2 | <1 | 0 | 20 | 93.8 | 10 | 17.5 | 20 | x | x | 33.4 | 2 | 2.3 | 15 | 0.0 | 0 | (milk, soy) | | |
| Carne Asada (Bistec/diced beef) | 184 | 260 | 19 | 24 | 5 | 23 | 0.0 | 60 | 19 | 530 | 23 | 3 | 1 | <1 | 3 | 2 | <1 | 0 | 20 | 93.8 | 10 | 17.5 | 20 | 0.0 | 0 | 33.4 | 2 | 2.8 | 15 | 308.7 | 6 | (milk, soy) | | |
| Carne Guisada | 184 | 170 | 10 | 13 | 4 | 19 | 0.0 | 50 | 16 | 330 | 14 | 5 | 2 | 1 | 4 | 3 | <1 | 0 | 14 | 94.8 | 10 | 22.0 | 25 | 0.0 | 0 | 47.7 | 4 | 2.8 | 15 | 17.2 | 0 | soy, wheat | | |
| Carnitas | 184 | 270 | 21 | 26 | 7 | 34 | 0.0 | 65 | 22 | 1210 | 53 | 6 | 2 | <1 | 3 | 2 | <1 | 0 | 21 | 93.8 | 10 | 17.5 | 20 | x | x | 113.4 | 8 | 3.9 | 20 | 0.0 | 0 | milk (soy) | | |
| Carnitas Bravas | 184 | 300 | 25 | 32 | 8 | 40 | 0.0 | 70 | 23 | 1010 | 44 | 3 | 1 | <1 | 3 | 3 | <1 | 0 | 15 | 163.7 | 20 | 22.5 | 25 | 0.0 | 0 | 113.4 | 8 | 3.9 | 20 | 10.5 | 0 | milk, soy, wheat | | |
| Chicken Fajita | 184 | 130 | 6 | 8 | 2 | 7 | 0.0 | 10 | 4 | 160 | 7 | 6 | 2 | 1 | 5 | 3 | <1 | 0 | 15 | 102.1 | 10 | 39.5 | 45 | 0.0 | 0 | 49.8 | 4 | 2.0 | 10 | 76.7 | 2 | milk, soy | | |
| Corona Beer Battered Cod Fillet | 184 | 280 | 17 | 22 | 2 | 9 | 0.0 | 30 | 9 | 430 | 19 | 19 | 7 | <1 | 3 | 2 | <1 | 0 | 12 | 93.8 | 10 | 17.5 | 20 | 0.0 | 0 | 33.4 | 2 | 1.3 | 8 | 179.0 | 4 | fish-cod, milk, soy, wheat | | |
| El Grito (Spicy) Chicken Fajita | 184 | 110 | 5 | 6 | 1 | 5 | 0.0 | 10 | 3 | 380 | 17 | 7 | 3 | 1 | 5 | 4 | <1 | 0 | 11 | 136.2 | 15 | 38.1 | 40 | 0.0 | 0 | 45.4 | 4 | 1.9 | 10 | 56.2 | 2 | milk, soy | | |
| Grilled Fish | 184 | 170 | 7 | 9 | 1 | 4 | 0.0 | 75 | 25 | 530 | 23 | 4 | 1 | 1 | 5 | 2 | <1 | 0 | 18 | 93.8 | 10 | 17.5 | 20 | x | x | 57.4 | 4 | 1.7 | 10 | 0.0 | 0 | fish-pollock (soy) | | |
| Mar y Tierra (Surf and Turf) | 184 | 180 | 1 | 15 | 3 | 13 | 0.0 | 75 | 25 | 490 | 21 | 4 | 2 | 1 | 5 | 2 | <1 | 0 | 15 | 99.7 | 10 | 24.4 | 25 | 0.0 | 0 | 54.8 | 4 | 2.1 | 10 | 202.9 | 4 | shellfish (milk, soy) | | |
| Picadillo | 184 | 150 | 7 | 9 | 3 | 12 | 0.0 | 30 | 11 | 390 | 17 | 11 | 4 | 1 | 4 | 2 | <1 | 0 | 12 | 99.4 | 10 | 23.0 | 25 | 0.0 | 0 | 46.3 | 4 | 2.3 | 15 | 187.4 | 4 | (milk, soy) | | |
| Shrimp Fajitas | 184 | 100 | 4 | 5 | 1 | 3 | 0.0 | 90 | 30 | 460 | 20 | 6 | 2 | 2 | 7 | 3 | <1 | 0 | 10 | 105.6 | 10 | 31.3 | 35 | 0.0 | 0 | 76.3 | 6 | 1.3 | 8 | 97.0 | 2 | shellfish (milk, soy) | | |
| Black Beans (6 oz) | 170 | 160 | 4 | 5 | 0 | 2 | 0.0 | 0 | 0 | 1290 | 56 | 30 | 11 | <1 | 1 | 2 | <1 | 0 | 9 | 134.7 | 15 | 1.4 | 2 | 0.0 | 0 | 78.4 | 6 | 3.4 | 20 | 603.8 | 15 | (milk, soy) | | |
| Charro Beans (6 oz) | 170 | 110 | 3 | 4 | 1 | 5 | 0.0 | 5 | 2 | 380 | 16 | 14 | 5 | <1 | 1 | 1 | <1 | 0 | 6 | 6.4 | 0 | 6.8 | 8 | 0.0 | 0 | 52.2 | 4 | 1.1 | 6 | 322.0 | 6 | none | | |
| Refried Beans (6 oz) | 170 | 210 | 9 | 12 | 2 | 7 | 0.0 | 0 | 0 | 630 | 27 | 35 | 13 | x | x | 1 | x | x | 10 | 0.0 | 0 | 0.0 | 0 | x | x | 3.2 | 0 | 0.2 | 0 | 615.0 | 15 | none | | |
| Chopped Romaine Lettuce (2.5 oz) | 71 | 15 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 0 | 0 | 3 | 1 | <1 | 3 | 2 | <1 | 0 | <1 | 93.8 | 10 | 17.5 | 20 | x | x | 33.4 | 2 | 0.9 | 6 | 0.0 | 0 | none | | |
| Minimum Calorie Combination: | | 225 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Maximum Calorie Combination: | | 665 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

LETTUCE BOWLS
2.5OZ ROMAINE LETTUCE, 4OZ LUNCH PROTEIN, ADD ONE 6OZ SCOOP OF REFRIED, BLACK, OR CHARRO BEANS

LAREDO TACO COMPANY

LETTUCE BOWLS
2.5OZ ROMAINE LETTUCE, 4OZ LUNCH PROTEIN, ADD ONE 6OZ SCOOP OF REFRIGERATED, BLACK, OR CHARRO BEANS

| MENU ITEM | INGREDIENTS |
|-------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Barbacoa | barbacoa (beef cheek meat,salt), Fresh Chopped Romaine Lettuce. |
| Beef Fajita | Fresh Chopped Romaine Lettuce, beef fajitas (contains up to 27% solution of water, seasoning [salt, sodium phosphate, garlic powder, spice, hydrolyzed soy protein, citric acid, maltodextrin, autolyzed yeast extract, lactic acid, papain], stabilizer [modified food starch, whey protein concentrate, carrageenan, sodium citrate], sodium phosphate), green bell pepper, tomatoes, onion, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Brisket | seasoned smoked chopped beef brisket (beef brisket,water,seasoning[salt,spices,garlic powder,brown sugar,onion powder,paprika,sugar,mustard,garlic juice,vinegar],salt,sodium phosphate), Fresh Chopped Romaine Lettuce, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Carne Asada (Bistec/diced beef) | beef (contains up to 10% solution of water,salt,phosphate), Fresh Chopped Romaine Lettuce, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Carne Guisada | beef carne guisada (contains up to 30% solution of water, spice [wheat flour, tomato powder, spices, salt, hydrolyzed corn gluten, soy protein and wheat gluten, modified food starch, dextrose, sugar, onion powder, dehydrated garlic, yeast extract, dehydrated onion, natural flavor, disodium inosinate and disodium guanylate]), Fresh Chopped Romaine Lettuce, water, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), onion, green bell pepper. |
| Carnitas | pork carnitas (contains up to 30% solution of water, seasoning [salt, garlic powder, spices, citric acid, monosodium glutamate, sugar, dehydrated onion, corn starch, yeast extract, maltodextrin, hydrolyzed corn gluten, soybean oil {as a processing aid}, tomato powder, natural flavors, onion powder, disodium inosinate and guanylate, chicken broth, chicken fat], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate) Fresh Chopped Romaine Lettuce, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Carnitas Bravas | pork carnitas bravas (contains up to 30% solution of water, seasoning [salt, spices, jalapeno pepper, garlic powder, green bell pepper powder, autolyzed yeast extract, modified corn starch, onion powder, dehydrated onion, tomato powder, dehydrated tomato, dehydrated parsley, natural and artificial flavor (contains soy and wheat), citric acid, dehydrated cilantro], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate), Fresh Chopped Romaine Lettuce, jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Chicken Fajita | Fresh Chopped Romaine Lettuce, chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor{hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors},sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), green bell pepper, tomatoes, onion, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Corona Beer Battered Cod Fillet | battered cod fillet (cod,vegetable oil[canola,cottonseed,and/or soybean],water,wheat flour,yellow corn flour,modified corn starch,enriched wheat flour[flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],beer[water,pale malt,barley,brewer's caramel,brewer's syrup,hops,yeast],contains 2% or less of: salt,malt syrup[corn syrup,barley,malt extract],soy flour,tricalcium phosphate,leavening[sodium bicarbonate,sodium aluminum phosphate],sugar,malted barley flour,gum Arabic,garlic powder,natural and artificial flavors,spices,natural and artificial beer flavor,whey,dextrose,maltodextrin), Fresh Chopped Romaine Lettuce, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| El Grito (Spicy) Chicken Fajita | Fresh Chopped Romaine Lettuce, chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor{hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors},sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), salsa fresca (tomatoes,tomato puree,water,jalapeno peppers,onions,salt,cilantro,modified food starch,garlic powder,citric acid,xanthan gum,natural flavors,sodium benzoate[preservative]), salsa norteña roja (whole tomatillos,water,dried peppers,salt,modified food starch,vinegar,garlic powder,xanthan gum,natural flavors,sodium benzoate[preservative]), green bell pepper, tomatoes, onion, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Grilled Fish | fish (alaskan pollock), Fresh Chopped Romaine Lettuce, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor). |
| Mar y Tierra (Surf and Turf) | Fresh Chopped Romaine Lettuce, beef (contains up to 10% solution of water,salt,phosphate), shrimp (shrimp,salt,sodium triphosphate[to retain moisture]), tomatoes, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor). |
| Picadillo | Fresh Chopped Romaine Lettuce, ground beef, potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), water, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, onion, green bell pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Shrimp Fajitas | Fresh Chopped Romaine Lettuce, shrimp (shrimp,salt,sodium triphosphate[to retain moisture]), tomatoes, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor). |
| Black Beans (6 oz) | black beans (prepared black beans, water, salt, calcium chloride [firming agent]), onion, lime juice, soybean oil blend (high oleic soybean oil and soybean oil, dimethylpolysiloxane, antifoaming agent added), salt, garlic powder, chili powder (chili pepper and other spices, salt, garlic powder, contains 2% or less of: silicon dioxide [to prevent caking]), black pepper. |
| Charro Beans (6 oz) | chili beans (prepared pinto beans, water,contains 2% or less of: salt, modified corn starch, tomato paste, spices, corn oil, sugar, garlic powder, onion powder, extractive of paprika), water, onion, tomato, bacon (cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), jalapeno pepper, fresh cilantro leaves. |
| Refried Beans (6 oz) | pinto beans, interesterified soybean oil [with TBHQ to preserve freshness], salt, water. |
| Chopped Romaine Lettuce (2.5 oz) | fresh chopped romaine lettuce. |
| <i>Minimum Calorie Combination:</i> | |
| <i>Maximum Calorie Combination:</i> | |

LAREDO TACO COMPANY

QUESADILLAS
40Z LUNCH PROTEIN, 30Z SHREDDED CHEESE, 1 FLOUR TORTILLA

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-------------------------------------|
| Barbacoa | 283 | 950 | 63 | 81 | 30 | 150 | 1.0 | 200 | 67 | 1320 | 57 | 40 | 15 | 1 | 4 | <1 | <1 | 0 | 52 | 136.7 | 15 | 0.0 | 0 | 0.0 | 0 | 832.0 | 60 | 6.0 | 35 | 215.0 | 4 | milk, soy, wheat (egg) |
| Beef Fajita | 283 | 710 | 44 | 56 | 24 | 121 | 0.0 | 90 | 30 | 1240 | 54 | 44 | 16 | 3 | 9 | 1 | <1 | 0 | 36 | 145.0 | 15 | 14.0 | 15 | 0.0 | 0 | 855.8 | 70 | 3.1 | 15 | 76.7 | 2 | milk, soy, wheat (egg) |
| Brisket | 283 | 1010 | 71 | 91 | 30 | 152 | 0.0 | 155 | 51 | 1440 | 63 | 40 | 15 | 1 | 4 | <1 | <1 | 0 | 43 | 136.7 | 15 | 0.0 | 0 | x | x | 818.0 | 60 | 3.4 | 20 | x | x | milk, soy, wheat (egg) |
| Carne Asada (Bistec/diced beef) | 283 | 820 | 54 | 69 | 27 | 133 | 0.0 | 135 | 45 | 1420 | 62 | 40 | 15 | 1 | 4 | <1 | <1 | 0 | 43 | 136.7 | 15 | 0.0 | 0 | 0.0 | 0 | 818.0 | 60 | 3.9 | 20 | 308.7 | 6 | milk, soy, wheat (egg) |
| Carne Guisada | 283 | 730 | 45 | 58 | 26 | 129 | 0.0 | 125 | 41 | 1220 | 53 | 42 | 15 | 1 | 5 | 1 | <1 | 0 | 37 | 137.6 | 15 | 4.5 | 6 | 0.0 | 0 | 832.4 | 60 | 3.8 | 20 | 17.2 | 0 | milk, soy, wheat (egg) |
| Carnitas | 283 | 870 | 60 | 77 | 30 | 150 | 0.0 | 145 | 48 | 1910 | 83 | 40 | 15 | 1 | 4 | <1 | <1 | 0 | 37 | 206.6 | 25 | 5.0 | 6 | 0.0 | 0 | 898.0 | 70 | 5.0 | 30 | 10.5 | 0 | milk, soy, wheat (egg) |
| Carnitas Bravas | 283 | 870 | 60 | 77 | 30 | 150 | 0.0 | 145 | 48 | 1910 | 83 | 40 | 15 | 1 | 4 | 1 | <1 | 0 | 37 | 206.6 | 25 | 5.0 | 6 | 0.0 | 0 | 898.0 | 70 | 5.0 | 30 | 10.5 | 0 | milk, soy, wheat (egg) |
| Cheese | 340 | 1240 | 90 | 115 | 58 | 292 | 0.0 | 230 | 76 | 1930 | 84 | 46 | 17 | 1 | 4 | <1 | x | x | 60 | 410.1 | 45 | 0.0 | 0 | x | x | 2395.2 | 180 | 2.0 | 10 | x | x | milk, soy, wheat (egg) |
| Chicken Fajita | 283 | 700 | 41 | 53 | 23 | 117 | 0.0 | 90 | 29 | 1050 | 46 | 43 | 16 | 2 | 6 | 1 | <1 | 0 | 38 | 145.0 | 15 | 22.0 | 25 | 0.0 | 0 | 834.4 | 60 | 3.1 | 15 | 76.7 | 2 | milk, soy, wheat (egg) |
| Corona Beer Battered Cod Fillet | 312 | 890 | 55 | 71 | 24 | 122 | 0.0 | 105 | 36 | 1430 | 62 | 60 | 22 | 1 | 5 | <1 | <1 | 0 | 36 | 140.0 | 15 | 0.3 | 0 | 0.0 | 0 | 826.0 | 60 | 2.5 | 15 | 231.9 | 4 | egg, fish-cod, milk, soy, wheat |

LAREDO TACO COMPANY

QUESADILLAS
40Z LUNCH PROTEIN, 30Z SHREDDED CHEESE, 1 FLOUR TORTILLA

| MENU ITEM | INGREDIENTS |
|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Barbacoa | barbacoa (beef cheek meat,salt), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin[a natural mold inhibitor]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Beef Fajita | cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin[a natural mold inhibitor]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), beef fajitas (contains up to 27% solution of water, seasoning [salt, sodium phosphate, garlic powder, spice, hydrolyzed soy protein, citric acid, maltodextrin, autolyzed yeast extract, lactic acid, papain], stabilizer [modified food starch, whey protein concentrate, carrageenan, sodium citrate], sodium phosphate), green bell pepper, tomatoes, onion, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Brisket | seasoned smoked chopped beef brisket (beef brisket,water,seasoning[salt,spices,garlic powder,brown sugar,onion powder,paprika,sugar,mustard,garlic juice,vinegar],salt,sodium phosphate), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin[a natural mold inhibitor]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), soybean c blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Carne Asada (Bistec/diced beef) | beef (contains up to 10% solution of water,salt,phosphate), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin[a natural mold inhibitor]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Carne Guisada | cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin[a natural mold inhibitor]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), beef carne guisada (contains up to 30% solution of water, spice [wheat flour, tomato powder, spices, salt, hydrolyzed corn gluten, soy protein and wheat gluten, modified food starch, dextrose, sugar, onion powder, dehydrated garlic, yeast extract, dehydrated onion, natural flavor, disodium inosinate and disodium guanylate]), water, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citri acid[naturally derived]), onion, green bell pepper, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Carnitas | pork carnitas (contains up to 30% solution of water, seasoning [salt, garlic powder, spices, citric acid, monosodium glutamate, sugar, dehydrated onion, corn starch, yeast extract, maltodextrin, hydrolyzed corn gluten, soybean oil [as a processing aid], tomato powder, natural flavors, onion powder, disodium inosinate and guanylate, chicken broth, chicken fat], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate) cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin[a natural mold inhibitor]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Carnitas Bravas | pork carnitas bravas (contains up to 30% solution of water, seasoning [salt, spices,jalapeno pepper, garlic powder, green bell pepper powder, autolyzed yeast extract, modified corn starch, onion powder, dehydrated onion, tomato powder, dehydrated tomato, dehydrated parsley, natural and artificial flavor (contains soy and wheat), citric acid, dehydrated cilantro], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin[a natural mold inhibitor]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Cheese | cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin[a natural mold inhibitor]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Chicken Fajita | cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin[a natural mold inhibitor]), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor[hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors],sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), green bell pepper, tomatoes, onion, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Corona Beer Battered Cod Fillet | battered cod fillet (cod,vegetable oil[canola,cottonseed,and/or soybean],water,wheat flour,yellow corn flour,modified corn starch,enriched wheat flour[flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],beer[water,pale malt,barley,brewer's caramel,brewer's syrup,hops,yeast],contains 2% or less of: salt,malt syrup[corn syrup,barley,malt extract],soy flour,tricalcium phosphate,leavening[sodium bicarbonate,sodium aluminum phosphate],sugar,malted barley flour,gum Arabic,garlic powder,natural and artificial flavors,spices,natural and artificial beer flavor,whey,dextrose,maltodextrin), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin[a natural mold inhibitor]), 3 way green cabbage (cabbage green,cabbage red,carrot), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), home style ranch dressing (soybean oil,water,cultured butter milk,egg yolk,distilled vinegar,contains 2% or less of: salt,monosodium glutamate,modified corn starch,buttermilk solids,sugar,dried garlic,xanthan gum,spice,citric acid,dried onion,sorbic acid[preservative],calcium disodium eda[to protect flavor],milk,natural flavor,egg whites), jalapenos (jalapenos,water,salt,acetic acid,calcium chloride,sodium benzoate,potassium sorbate), cilantro, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |

LAREDO TACO COMPANY

QUESADILLAS

40Z LUNCH PROTEIN, 30Z SHREDDED CHEESE, 1 FLOUR TORTILLA

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-----------------------------------------|
| El Grito (Spicy) Chicken Fajita | 283 | 670 | 40 | 51 | 23 | 115 | 0.0 | 85 | 28 | 1280 | 55 | 44 | 16 | 2 | 6 | 2 | <1 | 0 | 34 | 179.0 | 20 | 20.6 | 25 | 0.0 | 0 | 830.0 | 60 | 3.0 | 15 | 56.2 | 2 | milk, soy, wheat (egg) |
| Frijoles Con Queso | 340 | 790 | 47 | 61 | 26 | 132 | 0.0 | 85 | 29 | 2180 | 95 | 63 | 23 | 3 | 9 | 2 | <1 | 0 | 35 | 275.3 | 30 | 5.5 | 6 | 0.0 | 0 | 1069.8 | 80 | 4.5 | 25 | 424.4 | 10 | milk, soy, wheat (egg) |
| Grilled Fish | 283 | 860 | 57 | 79 | 25 | 126 | 0.0 | 130 | 44 | 1350 | 59 | 44 | 16 | 2 | 6 | 2 | 1 | 2 | 37 | 136.7 | 15 | 0.5 | 0 | 0.0 | 0 | 841.0 | 60 | 2.6 | 15 | 23.0 | 0 | egg, fish-pollock, milk, soy, wheat |
| Mar y Tierra (Surf and Turf) | 283 | 740 | 47 | 60 | 25 | 123 | 0.0 | 150 | 50 | 1390 | 60 | 42 | 15 | 2 | 6 | <1 | <1 | 0 | 38 | 142.6 | 15 | 6.9 | 8 | 0.0 | 0 | 839.5 | 60 | 3.1 | 15 | 202.9 | 4 | milk, shellfish, soy, wheat (egg) |
| Picadillo | 283 | 720 | 42 | 54 | 25 | 123 | 0.0 | 110 | 36 | 1290 | 56 | 48 | 17 | 1 | 5 | <1 | <1 | 0 | 34 | 142.3 | 15 | 5.4 | 6 | 0.0 | 0 | 830.9 | 60 | 3.4 | 20 | 187.4 | 4 | milk, soy, wheat (egg) |
| Shrimp Fajitas | 283 | 670 | 39 | 50 | 23 | 113 | 0.0 | 165 | 55 | 1350 | 59 | 44 | 16 | 2 | 8 | 2 | <1 | 0 | 33 | 148.5 | 15 | 13.8 | 15 | 0.0 | 0 | 861.0 | 70 | 2.4 | 15 | 97.0 | 2 | milk, shellfish, soy, wheat (egg) |

LAREDO TACO COMPANY

| MENU ITEM | INGREDIENTS |
|----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Quesadillas | |
| 4oz Lunch Protein, 3oz Shredded Cheese, 1 Flour Tortilla | |
| El Grito (Spicy) Chicken Fajita | cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin{a natural mold inhibitor}], flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor{hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors},sodium phosphates],stabilizer[modified food starch,wehey protein concentrate,carrageenan and sodium citrate],sodium phosphate), salsa fresca (tomatoes,tomato puree,water,jalapeño peppers,onions,salt,cilantro,modified food starch,garlic powder,citric acid,xanthan gum,natural flavors,sodium benzoate[preservative]), salsa norteña roja (whole tomatillos,water,dried peppers,salt,modified food starch,vinegar,garlic powder,xanthan gum,natural flavors,sodium benzoate[preservative]), green bell pepper, tomatoes, onion, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]) |
| Frijoles Con Queso | black beans (prepared black beans,water,salt,calcium chloride[firming agent]), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin{a natural mold inhibitor}], flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), queso fresco crumble (whole pasteurized grade A cow milk,salt,rennet,cheese cultures), avocado pulp (hass avocado), onion, tomato, lime juice, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), jalapeno peppers, salt, cilantro, garlic powder, chili powder (chili pepper and other spices,salt,garlic powder,contains 2% or less of: silic dioxide[to prevent caking]), black pepper, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]), cayenne pepper. |
| Grilled Fish | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin{a natural mold inhibitor}], fish (alaskan pollock), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), ancho chipotle sauce (tomato puree[water,tomato paste],soybean oil,sugar,vinegar,water,salt,egg yolks,modified corn starch,chipotle chili pepper,dehydrated buttermilk,ancho chili peppers,garlic powder,spices[mustard flour],molasses,sour cream[cream,nonfat milk,cultures],dehydrated garlic,onion powder,lactic acid,chili pepper,phosphoric acid,xanthan gum,polysorbate 60,potassium sorbate and calcium disodium edta[used to protect quality],lemon juice concentrate,citric acid,cultured nonfat milk,polysorbate 80), slaw mix (green cabbage,carrot,red cabbage), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Mar y Tierra (Surf and Turf) | cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin{a natural mold inhibitor}], flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), beef (contains up to 10% solution of water,salt,phosphate), shrimp (shrimp,salt,sodium tripolyphosphate[to retain moisture]), tomatoes, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Picadillo | cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin{a natural mold inhibitor}], flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), ground beef, potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), water, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), tomato, onion, green bell pepper, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| Shrimp Fajitas | cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto[vegetable color],powdered cellulose[to prevent caking],natamycin{a natural mold inhibitor}], flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), shrimp (shrimp,salt,sodium tripolyphosphate[to retain moisture]), tomatoes, onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |

LAREDO TACO COMPANY

NACHOS
4OZ LUNCH PROTEIN, 3.25OZ QUESO, 1.5OZ GUACAMOLE, 3OZ FRESH OR PACKAGED CHIPS, ADD ONE 4OZ SCOOP OF REFRIED, BLACK, OR CHARRO BEANS

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|------------------------------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-------------------------------------|
| Barbacoa | 255 | 650 | 51 | 65 | 21 | 103 | 1.0 | 185 | 61 | 1600 | 69 | 6 | 2 | 2 | 8 | 1 | <1 | 0 | 41 | 25.7 | 2 | 12.5 | 15 | 0.0 | 0 | 351.6 | 25 | 4.4 | 25 | 278.0 | 6 | milk |
| Bean & Cheese (with refried beans & pkg chips) | 312 | 810 | 46 | 59 | 19 | 97 | 0.0 | 60 | 19 | 1950 | 85 | 75 | 27 | 8 | 27 | 2 | <1 | 0 | 25 | 25.7 | 2 | 12.5 | 15 | 0.0 | 0 | 371.7 | 30 | 2.2 | 10 | 970.5 | 8 | milk |
| Beef Fajita | 255 | 410 | 31 | 40 | 15 | 74 | 0.0 | 75 | 25 | 1520 | 66 | 10 | 4 | 4 | 14 | 2 | <1 | 0 | 25 | 34.0 | 4 | 26.5 | 30 | 0.0 | 0 | 375.5 | 30 | 1.6 | 8 | 139.7 | 2 | milk, soy |
| Brisket | 255 | 710 | 59 | 75 | 21 | 105 | 0.0 | 135 | 45 | 1720 | 75 | 6 | 2 | 2 | 8 | 1 | <1 | 0 | 32 | 25.7 | 2 | 12.5 | 15 | 0.0 | 0 | 337.6 | 25 | 1.8 | 10 | 63.0 | 2 | milk (soy) |
| Carne Asada (Bistec/diced beef) | 255 | 520 | 42 | 54 | 17 | 86 | 0.0 | 115 | 39 | 1700 | 74 | 6 | 2 | 2 | 8 | 1 | <1 | 0 | 32 | 25.7 | 2 | 12.5 | 15 | 0.0 | 0 | 337.6 | 25 | 2.4 | 15 | 371.7 | 8 | milk (soy) |
| Carne Guisada | 255 | 440 | 33 | 43 | 16 | 82 | 0.0 | 105 | 36 | 1500 | 65 | 8 | 3 | 3 | 9 | 3 | <1 | 0 | 26 | 26.6 | 2 | 17.0 | 20 | 0.0 | 0 | 352.0 | 25 | 2.3 | 15 | 80.2 | 2 | milk, soy, wheat |
| Carnitas | 255 | 540 | 44 | 56 | 19 | 97 | 0.0 | 125 | 41 | 2390 | 104 | 10 | 4 | 2 | 8 | 1 | <1 | 0 | 33 | 25.7 | 2 | 12.5 | 15 | 0.0 | 0 | 417.6 | 30 | 3.4 | 20 | 63.0 | 2 | milk (soy) |
| Carnitas Bravas | 255 | 570 | 48 | 62 | 21 | 103 | 0.0 | 125 | 42 | 2190 | 95 | 6 | 2 | 2 | 9 | 2 | <1 | 0 | 27 | 95.6 | 10 | 17.5 | 20 | 0.0 | 0 | 417.6 | 30 | 3.4 | 20 | 73.5 | 2 | milk, soy, wheat |
| Chicken Fajita | 255 | 400 | 29 | 37 | 14 | 70 | 0.0 | 70 | 24 | 1330 | 58 | 9 | 3 | 3 | 11 | 2 | <1 | 0 | 27 | 34.0 | 4 | 34.4 | 40 | 0.0 | 0 | 354.0 | 25 | 1.6 | 8 | 139.7 | 2 | milk, soy |
| Corona Beer Battered Cod Fillet | 255 | 550 | 40 | 51 | 14 | 72 | 0.0 | 85 | 29 | 1600 | 70 | 22 | 8 | 2 | 8 | 1 | <1 | 0 | 24 | 25.7 | 2 | 12.5 | 15 | 0.0 | 0 | 337.6 | 25 | 0.8 | 4 | 242.0 | 6 | fish-cod, milk, soy, wheat |
| El Grito (Spicy) Chicken Fajita | 255 | 380 | 27 | 35 | 14 | 68 | 0.0 | 65 | 22 | 1550 | 68 | 11 | 4 | 3 | 10 | 3 | <1 | 0 | 23 | 68.0 | 8 | 33.1 | 35 | 0.0 | 0 | 349.7 | 25 | 1.4 | 8 | 119.2 | 2 | milk, soy |

LAREDO TACO COMPANY

NACHOS
40Z LUNCH PROTEIN, 3.250Z QUESO, 150Z GUACAMOLE, 30Z FRESH OR PACKAGED CHIPS, ADD ONE 40Z SCOOP OF REFRIED, BLACK, OR CHARRO BEANS

| MENU ITEM | INGREDIENTS |
|------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Barbacoa | barbacoa (beef cheek meat,salt), american cheese (cultured pasteurized milk and skim milk,cream,water,salt,contains less than 2% of: sodium phosphate,artificial color,enzymes,powdered cellulose[anticaking agent]), avocado pulp (hass avocado), water, tomato, onion, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), jalapeno peppers, cilantro, lime juice, salt, garlic powder, cayenne pepper. |
| Bean & Cheese (with refried beans & pkg chips) | tortilla chips (whole grain corn,water,vegetable oil[contains one or more of the following: cottonseed oil,corn oil,palm oil],salt), refried beans (pinto beans,interesterified soybean oil[with TBHQ to preserve freshness],salt,water), american cheese (cultured pasteurized milk and skim milk,cream,water,salt,contains less than 2% of: sodium phosphate,artificial color,enzymes,powdered cellulose[anticaking agent]), avocado pulp (hass avocado), water, tomato, onion, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), jalapeno peppers, cilantro, lime juice, salt, garlic powder, cayenne pepper. |
| Beef Fajita | beef fajitas (contains up to 27% solution of water, seasoning [salt, sodium phosphate, garlic powder, spice, hydrolyzed soy protein, citric acid, maltodextrin, autolyzed yeast extract, lactic acid, papain], stabilizer [modified food starch, whey protein concentrate, carrageenan, sodium citrate], sodium phosphate), american cheese (cultured pasteurized milk and skim milk,cream,water,salt,contains less than 2% of: sodium phosphate,artificial color,enzymes,powdered cellulose[anticaking agent]), avocado pulp (hass avocado), water, onion, green bell pepper, tomatoes, tomato, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), jalapeno peppers, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cilantro, lime juice, salt, garlic powder, cayenne pepper. |
| Brisket | seasoned smoked chopped beef brisket (beef brisket,water,seasoning[salt,spices,garlic powder,brown sugar,onion powder,paprika,sugar,mustard,garlic juice,vinegar],salt,sodium phosphate), american cheese (cultured pasteurized milk and skim milk,cream,water,salt,contains less than 2% of: sodium phosphate,artificial color,enzymes,powdered cellulose[anticaking agent]), avocado pulp (hass avocado), water, tomato, onion, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), jalapeno peppers, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cilantro, lime juice, salt, garlic powder, cayenne pepper. |
| Carne Asada (Bistec/diced beef) | beef (contains up to 10% solution of water,salt,phosphate), american cheese (cultured pasteurized milk and skim milk,cream,water,salt,contains less than 2% of: sodium phosphate,artificial color,enzymes,powdered cellulose[anticaking agent]), avocado pulp (hass avocado), water, tomato, onion, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), jalapeno peppers, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cilantro, lime juice, salt, garlic powder, cayenne pepper. |
| Carne Guisada | beef carne guisada (contains up to 30% solution of water, spice [wheat flour, tomato powder, spices, salt, hydrolyzed corn gluten, soy protein and wheat gluten, modified food starch, dextrose, sugar, onion powder, dehydrated garlic, yeast extract, dehydrated onion, natural flavor, disodium inosinate and disodium guanylate]), american cheese (cultured pasteurized milk and skim milk,cream,water,salt,contains less than 2% of: sodium phosphate,artificial color,enzymes,powdered cellulose[anticaking agent]), water, avocado pulp (hass avocado), canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), onion, tomato, jalapeno peppers, green bell pepper, cilantro, lime juice, salt, garlic powder, cayenne pepper. |
| Carnitas | pork carnitas (contains up to 30% solution of water, seasoning [salt, garlic powder, spices, citric acid, monosodium glutamate, sugar, dehydrated onion, corn starch, yeast extract, maltodextrin, hydrolyzed corn gluten, soybean oil {as a processing aid}, tomato powder, natural flavors, onion powder, disodium inosinate and guanylate, chicken broth, chicken fat], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate) american cheese (cultured pasteurized milk and skim milk,cream,water,salt,contains less than 2% of: sodium phosphate,artificial color,enzymes,powdered cellulose[anticaking agent]), avocado pulp (hass avocado), water, tomato, onion, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), jalapeno peppers, cilantro, lime juice, salt, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), garlic powder, cayenne pepper. |
| Carnitas Bravas | pork carnitas bravas (contains up to 30% solution of water, seasoning [salt, spices, jalapeno pepper, garlic powder, green bell pepper powder, autolyzed yeast extract, modified corn starch, onion powder, dehydrated onion, tomato powder, dehydrated tomato, dehydrated parsley, natural and artificial flavor {contains soy and wheat}, citric acid, dehydrated cilantro], stabilizer [modified food starch, whey protein concentrate, sodium phosphate, carrageenan and sodium citrate], sodium phosphate), american cheese (cultured pasteurized milk and skim milk,cream,water,salt,contains less than 2% of: sodium phosphate,artificial color,enzymes,powdered cellulose[anticaking agent]), avocado pulp (hass avocado), water, tomato, onion, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), jalapeno peppers, jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cilantro, lime juice, salt, garlic powder, cayenne pepper. |
| Chicken Fajita | chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor{hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors},sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), american cheese (cultured pasteurized milk and skim milk,cream,water,salt,contains less than 2% of: sodium phosphate,artificial color,enzymes,powdered cellulose[anticaking agent]), avocado pulp (hass avocado), water, onion, green bell pepper, tomatoes, tomato, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), jalapeno peppers, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cilantro, lime juice, salt, garlic powder, cayenne pepper. |
| Corona Beer Battered Cod Fillet | battered cod fillet (cod,vegetable oil[canola,cottonseed,and/or soybean],water,wheat flour,yellow corn flour,modified corn starch,enriched wheat flour[flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],beer[water,pale malt,barley,brewer's caramel,brewer's syrup,hops,yeast],contains 2% or less of: salt,malt syrup[corn syrup,barley,malt extract],soy flour,tricalcium phosphate,leavening[sodium bicarbonate,sodium aluminum phosphate],sugar,malted barley flour,gum Arabic,garlic powder,natural and artificial flavors,spices,natural and artificial beer flavor,whey,dextrose,maltodextrin), american cheese (cultured pasteurized milk and skim milk,cream,water,salt,contains less than 2% of: sodium phosphate,artificial color,enzymes,powdered cellulose[anticaking agent]), avocado pulp (hass avocado), water, tomato, onion, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), jalapeno peppers, cilantro, lime juice, salt, garlic powder, cayenne pepper. |
| El Grito (Spicy) Chicken Fajita | american cheese (cultured pasteurized milk and skim milk,cream,water,salt,contains less than 2% of: sodium phosphate,artificial color,enzymes,powdered cellulose[anticaking agent]), chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor{hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors},sodium phosphates],stabilizer[modified food starch,whey protein concentrate,carrageenan and sodium citrate],sodium phosphate), avocado pulp (hass avocado), water, onion, salsa fresca (tomatoes,tomato puree,water,jalapeno peppers,onions,salt,cilantro,modified food starch,garlic powder,citric acid,xanthan gum,natural flavors,sodium benzoate[preservative]), salsa norteña roja (whole tomatillos,water,dried peppers,salt,modified food starch,vinegar,garlic powder,xanthan gum,natural flavors,sodium benzoate[preservative]), green bell pepper, tomatoes, tomato, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), jalapeno peppers, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cilantro, lime juice, salt, garlic powder, cayenne pepper. |

LAREDO TACO COMPANY

NACHOS
4OZ LUNCH PROTEIN, 3.25OZ QUESO, 1.5OZ GUACAMOLE, 3OZ FRESH OR PACKAGED CHIPS, ADD ONE 4OZ SCOOP OF REFRIED, BLACK, OR CHARRO BEANS

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|----------------------------------|------------------|-------------------|---------------|---------------|-------------------|-------------------|---------------|------------------|-----------------|-------------|------------|------------------------|------------------------|-------------------|-------------------|------------------|------------------|------------------|-------------|-----------------|---------------|----------------|---------------|-----------------|---------------|--------------|-------------|-----------|----------|----------------|---------------|------------------------------|
| Grilled Fish | 255 | 430 | 30 | 38 | 13 | 67 | 0.0 | 130 | 44 | 1700 | 74 | 7 | 3 | 3 | 10 | 1 | <1 | 0 | 31 | 25.7 | 2 | 12.5 | 15 | 0.0 | 0 | 361.7 | 30 | 1.2 | 6 | 63.0 | 2 | fish-pollock, milk (soy) |
| Mar y Tierra (Surf and Turf) | 255 | 440 | 34 | 44 | 15 | 76 | 0.0 | 135 | 44 | 1660 | 72 | 8 | 3 | 3 | 10 | 2 | <1 | 0 | 27 | 31.6 | 4 | 19.4 | 20 | 0.0 | 0 | 359.1 | 30 | 1.6 | 8 | 265.9 | 6 | milk, shellfish (soy) |
| Picadillo | 255 | 420 | 30 | 38 | 15 | 75 | 0.0 | 90 | 30 | 1560 | 68 | 14 | 5 | 3 | 10 | 2 | <1 | 0 | 24 | 31.3 | 4 | 17.9 | 20 | 0.0 | 0 | 350.5 | 25 | 1.9 | 10 | 250.4 | 6 | milk (soy) |
| Shrimp Fajitas | 255 | 370 | 27 | 35 | 13 | 66 | 0.0 | 150 | 50 | 1630 | 71 | 10 | 4 | 3 | 12 | 3 | <1 | 0 | 22 | 37.5 | 4 | 26.3 | 30 | 0.0 | 0 | 380.6 | 30 | 0.8 | 4 | 160.0 | 4 | milk, shellfish (soy) |
| Black Beans (6 oz) | 170 | 160 | 4 | 5 | 0 | 2 | 0.0 | 0 | 0 | 1290 | 56 | 30 | 11 | <1 | 1 | 2 | <1 | 0 | 9 | 134.7 | 15 | 1.4 | 2 | 0.0 | 0 | 78.4 | 6 | 3.4 | 20 | 603.8 | 15 | (milk, soy) |
| Charro Beans (6 oz) | 170 | 110 | 3 | 4 | 1 | 5 | 0.0 | 5 | 2 | 380 | 16 | 14 | 5 | <1 | 1 | 1 | <1 | 0 | 6 | 6.4 | 0 | 6.8 | 8 | 0.0 | 0 | 52.2 | 4 | 1.1 | 6 | 322.0 | 6 | none |
| Refried Beans (6 oz) | 170 | 210 | 9 | 12 | 2 | 7 | 0.0 | 0 | 0 | 630 | 27 | 35 | 13 | x | x | 1 | x | x | 10 | 0.0 | 0 | 0.0 | 0 | x | x | 3.2 | 0 | 0.2 | 0 | 615.0 | 15 | none |
| Tortilla Chips (Fresh) (3 oz) | 86 | 240 | 9 | 12 | 1 | 5 | 0.0 | 0 | 0 | 1760 | 77 | 37 | 14 | 3 | 11 | <1 | <1 | 0 | 4 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 98.9 | 8 | 0.3 | 2 | 0.4 | 0 | (milk, soy) |
| Tortilla Chips (Packaged) (3 oz) | 85 | 430 | 21 | 27 | 6 | 30 | 0.0 | 0 | 0 | 460 | 20 | 52 | 19 | x | x | <1 | <1 | 0 | 6 | 0.0 | 0 | 0.0 | 0 | x | x | 0.0 | 0 | x | x | x | x | none |

LAREDO TACO COMPANY

NACHOS
40Z LUNCH PROTEIN, 3.25OZ QUESO, 1.5OZ GUACAMOLE, 3OZ FRESH OR PACKAGED CHIPS, ADD ONE 4OZ SCOOP OF REFRIED, BLACK, OR CHARRO BEANS

| MENU ITEM | INGREDIENTS |
|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grilled Fish | fish (alaskan pollock), american cheese (cultured pasteurized milk and skim milk,cream,water,salt,contains less than 2% of: sodium phosphate,artificial color,enzymes,powdered cellulose[anticaking agent]), avocado pulp (hass avocado), water, tomato, onion, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), jalapeno peppers, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), cilantro, lime juice, salt, garlic powder, cayenne pepper. |
| Mar y Tierra (Surf and Turf) | american cheese (cultured pasteurized milk and skim milk,cream,water,salt,contains less than 2% of: sodium phosphate,artificial color,enzymes,powdered cellulose[anticaking agent]), beef (contains up to 10% solution of water,salt,phosphate), shrimp (shrimp,salt,sodium triphosphate[to retain moisture]), avocado pulp (hass avocado), water, onion, tomatoes, tomato, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), jalapeno peppers, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cilantro, lime juice, fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), salt, garlic powder, cayenne pepper. |
| Picadillo | american cheese (cultured pasteurized milk and skim milk,cream,water,salt,contains less than 2% of: sodium phosphate,artificial color,enzymes,powdered cellulose[anticaking agent]), water, ground beef, potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), avocado pulp (hass avocado), tomato, onion, tomato sauce (tomato puree[water,tomato paste],water,contains 2% or less of: salt,citric acid,spice,natural flavors), canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), jalapeno peppers, green bell pepper, cilantro, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking],turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), lime juice, salt, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), garlic powder, cayenne pepper. |
| Shrimp Fajitas | shrimp (shrimp,salt,sodium triphosphate[to retain moisture]), american cheese (cultured pasteurized milk and skim milk,cream,water,salt,contains less than 2% of: sodium phosphate,artificial color,enzymes,powdered cellulose[anticaking agent]), avocado pulp (hass avocado), water, onion, tomatoes, green bell pepper, tomato, canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), jalapeno peppers, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), cilantro, fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), lime juice, salt, garlic powder, cayenne pepper. |
| Black Beans (6 oz) | black beans (prepared black beans, water, salt, calcium chloride [firming agent]), onion, lime juice, soybean oil blend (high oleic soybean oil and soybean oil, dimethylpolysiloxane, antifoaming agent added), salt, garlic powder, chili powder (chili pepper and other spices, salt, garlic powder, contains 2% or less of: silicon dioxide [to prevent caking]), black pepper. |
| Charro Beans (6 oz) | chili beans (prepared pinto beans, water,contains 2% or less of: salt, modified corn starch, tomato paste, spices, corn oil, sugar, garlic powder, onion powder, extractive of paprika), water, onion, tomato, bacon (cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), jalapeno pepper, fresh cilantro leaves. |
| Refried Beans (6 oz) | pinto beans, interesterified soybean oil [with TBHQ to preserve freshness], salt, water. |
| Tortilla Chips (Fresh) (3 oz) | tortilla chips (stone ground yellow and white corn,water,contains 2% or less of: guar and/or cellulose gum,preservatives[propionic acid,phosphoric acid,methylparaben,propylparaben],a trace of food grade lime), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt. |
| Tortilla Chips (Packaged) (3 oz) | tortilla chips (whole grain corn,water,vegetable oil[contains one or more of the following: cottonseed oil,corn oil,palm oil],salt). |

LAREDO TACO COMPANY

MEALS
BARBACOA FAMILY MEAL INCLUDES 1 PINT BARBACOA AND 10 5.5IN CORN TORTILLAS.
ENCHILADA PLATES DO NOT INCLUDE AN ADDITIONAL TORTILLA.

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|--------------------------------------|------------------|-------------------|---------------|---------------|-------------------|-------------------|---------------|------------------|-----------------|-------------|------------|------------------------|------------------------|-------------------|-------------------|------------------|------------------|------------------|-------------|-----------------|---------------|----------------|---------------|-----------------|---------------|--------------|-------------|-----------|----------|----------------|---------------|----------------------------------|
| Barbacoa Family Meal (3 oz serving) | 74 | 210 | 12 | 15 | 4 | 17 | 0.0 | 50 | 17 | 170 | 7 | 14 | 5 | 1 | 4 | <1 | <1 | 0 | 12 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 21.8 | 2 | 1.9 | 10 | 125.4 | 2 | (wheat) |
| Barbacoa Family Meal* | 737 | 2070 | 119 | 152 | 33 | 166 | 4.0 | 500 | 167 | 1700 | 74 | 136 | 49 | 11 | 40 | <1 | <1 | 0 | 124 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 218.1 | 15 | 19.2 | 110 | 1254.1 | 25 | (wheat) |
| Beef Enchiladas (3)** | 340 | 970 | 65 | 83 | 25 | 125 | 1.5 | 165 | 55 | 1190 | 52 | 49 | 18 | 3 | 12 | <1 | <1 | 0 | 50 | 440.1 | 50 | 0.0 | 0 | 0.0 | 0 | 590.3 | 45 | 5.0 | 30 | 638.7 | 15 | milk, wheat (soy) |
| Cheese & Green Chile Tamale | 142 | 330 | 23 | 29 | 8 | 40 | 0.0 | 35 | 12 | 490 | 21 | 22 | 8 | 2 | 7 | 1 | 0 | 0 | 11 | x | x | x | x | 0.0 | 0 | 350.0 | 25 | 1.0 | 6 | 147.0 | 4 | milk |
| Cheese Enchiladas (3)** | 340 | 1020 | 69 | 89 | 44 | 219 | 0.0 | 175 | 58 | 1290 | 56 | 56 | 20 | 4 | 13 | <1 | <1 | 0 | 46 | 688.9 | 80 | 0.0 | 0 | 0.0 | 0 | 1834.7 | 140 | 1.6 | 8 | 168.7 | 4 | milk, wheat (soy) |
| Chicken Enchiladas (3)** | 340 | 610 | 32 | 42 | 16 | 79 | 0.0 | 70 | 23 | 640 | 28 | 51 | 19 | 4 | 15 | 2 | <1 | 0 | 35 | 446.8 | 50 | 29.0 | 30 | 0.0 | 0 | 575.8 | 45 | 3.0 | 15 | 255.9 | 6 | milk, soy, wheat |
| Half Baked Chicken | 364 | 600 | 45 | 62 | 13 | 65 | 0.0 | 150 | 50 | 2470 | 107 | 10 | 4 | 2 | 8 | 4 | <1 | 0 | 34 | 131.1 | 15 | 63.4 | 70 | 0.0 | 0 | 46.1 | 4 | 2.4 | 15 | 210.7 | 4 | (milk, soy) |
| Mar y Tierra (Surf and Turf) Burrito | 482 | 1040 | 59 | 76 | 21 | 103 | 0.0 | 180 | 60 | 2310 | 101 | 82 | 30 | 5 | 17 | 3 | <1 | 0 | 47 | 82.6 | 10 | 19.5 | 20 | 0.0 | 0 | 367.6 | 30 | 6.6 | 35 | 459.5 | 10 | egg, milk, shellfish, soy, wheat |
| Pork Tamale | 142 | 250 | 13 | 17 | 5 | 25 | 0.0 | 30 | 10 | 530 | 23 | 23 | 8 | 2 | 7 | 1 | 0 | 0 | 11 | x | x | x | x | 1.0 | 6 | 83.0 | 6 | 1.0 | 6 | 188.0 | 4 | none |

LAREDO TACO COMPANY

MEALS
BARBACOA FAMILY MEAL INCLUDES 1 PINT BARBACOA AND 10 5.5IN CORN TORTILLAS.
ENCHILADA PLATES DO NOT INCLUDE AN ADDITIONAL TORTILLA.

| MENU ITEM | INGREDIENTS |
|--------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Barbacoa Family Meal (3 oz serving) | barbacoa (beef cheek meat,salt), yellow gruesa corn tortilla (white corn,water,contains 2% or less of: cmc gum,enzymes,food grade lime). |
| Barbacoa Family Meal* | barbacoa (beef cheek meat,salt), yellow gruesa corn tortilla (white corn,water,contains 2% or less of: cmc gum,enzymes,food grade lime). |
| Beef Enchiladas (3)** | ground beef, yellow gruesa corn tortilla (white corn,water,contains 2% or less of: cmc gum,enzymes,food grade lime), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto{vegetable color},powdered cellulose{to prevent caking},natamycin{a natural mold inhibitor}], water, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), flour (enriched bleached wheat flour [bleached flour, niacin, reduced iron, enzymes added for improved baking, thiamine mononitrate, riboflavin, folic acid]), shortening (beef fat, hydrogenated beef fat, soybean oil, tocopherol and BHT added to help protect flavor,dimethylpolysiloxane [an antifoaming agent, added]), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), chili powder (chili pepper and other spices,salt,garlic powder,contains 2% or less of: silicon dioxide[to prevent caking]), garlic powder, caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking]),turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40). |
| Cheese & Green Chile Tamale | masa: [whole cooked corn (corn treated with lime water), canola oil, rice flour, salt],filling: [cheese (cultured milk, water, cream, skim milk, sodium phosphates, salt, enzymes), green chilies (green chilies, citric acid)]. |
| Cheese Enchiladas (3)** | cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto{vegetable color},powdered cellulose{to prevent caking},natamycin{a natural mold inhibitor}], yellow gruesa corn tortilla (white corn,water,contains 2% or less of: cmc gum,enzymes,food grade lime), water, flour (enriched bleached wheat flour [bleached flour, niacin, reduced iron, enzymes added for improved baking, thiamine mononitrate, riboflavin, folic acid]), shortening (beef fat, hydrogenated beef fat, soybean oil, tocopherol and BHT added to help protect flavor,dimethylpolysiloxane [an antifoaming agent, added]), chili powder (chili pepper and other spices,salt,garlic powder,contains 2% or less of: silicon dioxide[to prevent caking]), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking]),turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), garlic powder. |
| Chicken Enchiladas (3)** | chicken fajita (contains up to 20% solution of water,seasoning[salt,onion and garlic powder,spices,flavor]{hydrolyzed wheat gluten,soybean oil,autolyzed yeast extract,natural flavors},sodium phosphates),stabilizer[modified food starch,whely protein concentrate,carrageenan and sodium citrate],sodium phosphate), yellow gruesa corn tortilla (white corn,water,contains 2% or less of: cmc gum,enzymes,food grade lime), cheddar and monterey jack cheese blend (yellow cheddar and monterey jac cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto{vegetable color},powdered cellulose{to prevent caking},natamycin{a natural mold inhibitor}], water, green bell pepper, tomatoes, onion, flour (enriched bleached wheat flour [bleache flour, niacin, reduced iron, enzymes added for improved baking, thiamine mononitrate, riboflavin, folic acid]), shortening (beef fat, hydrogenated beef fat, soybean oil, tocopherol and BHT added to help protect flavor,dimethylpolysiloxane [an antifoaming agent, added]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), chili powder (chili pepper and other spices,salt,garlic powder,contains 2% or less of: silicon dioxide[to prevent caking]), caldo de pollo (salt,sugar,monosodium glutamate,corn starch,beef fat,hydrolyzed corn protein,dehydrated chicken meat,yeast extract[barley],chicken fat,natural flavors,maltodextrin,silicon dioxide[prevents caking],dehydrated parsley,disodium inosinate,citric acid,yellow 5,annatto[color],yellow 6), caldo de tomate (salt,monosodium glutamate,corn starch,sugar,beef fat,hydrolyzed corn protein,natural flavors,chicken fat,tomato powder,maltodextrin,autolyzed yeast extract,citric acid,dehydrated chicken meat,silicon dioxide[prevents caking]),turmeric,yellow 6 lake,dehydrated parsley,caramel color,disodium inosinate,disodium guanylate,annatto[color],yellow 6,red 40), garlic powder. |
| Half Baked Chicken | chicken halves (containing up to 14% of a solution of water, vinegar, salt), onion, green bell pepper, smoked sausage (pork and beef,water,salt,ground mustard,black pepper,sugar,autolyzed yeast,chili pepper,sodium phosphate,monosodium glutamate,white pepper,granulated garlic,sodium erythorbate,sodium nitrate,encased in natural pork casing), jalapeno peppers, traditional style rotisserie seasoning (salt,dehydrated onion,paprika[as color],chili pepper,other spices,dehydrated garlic,citric acid,red pepper,contains less than 2% silicon dioxide[to prevent caking]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Mar y Tierra (Surf and Turf) Burrito | flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamin mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), beef (contains up to 10% solution of water,salt,phosphate), shrimp (shrimp,salt,sodium tripolyphosphate[to retain moisture]), cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto{vegetable color},powdered cellulose{to prevent caking},natamycin{a natural mold inhibitor}], tomatoes, home style ranch dressing (soybean oil,water,cultured buttermilk,egg yolk,distilled vinegar,contains 2% or less of: salt,monosodium glutamate,modified corn starch,buttermilk solids,sugar,dried garlic,xanthan gum,spice,citric acid,dried onion,sorbic acid[preservative],calcium disodium edta[to protect flavor],milk,natural flavor,egg whites), onion, avocado pulp (hass avocado), green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), jalapenos (jalapenos,water,salt,acetic acid,calcium chloride,sodium benzoate,potassium sorbate), cilantro, tomato, fajita seasoning (spices,salt,dehydrated garlic,dehydrated onion,monosodium glutamate,bromelain[from pineapple],natural smoke flavor), jalapeno peppers, lime juice, cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorocarbon]), salt, garlic powder, cayenne pepper. |
| Pork Tamale | Masa: [Whole Cooked Corn (Corn treated with lime water), Lard, Rice flour, Salt]. Filling: [Pork, Chile Sauce (Water, Red chili peppers), Water, Contains 2% or less of the following: Jalapeno peppers (Jalapeno peppers, Water, Vinegar, Salt), Corn (Cor treated with lime water), Salt, Seasoning (Chili Pepper, Red Pepper, Garlic powder, Salt, Spices)]. |

LAREDO TACO COMPANY

| | MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|------------------|----------------------------------------------------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-------------------------------------|
| TORTILLAS | Corn Tortilla (1 each, 5.5") + cooking spray for Enchiladas or Tacos | 29 | 60 | 1 | 1 | 0 | 1 | 0.0 | 0 | 0 | 0 | 0 | 14 | 5 | 1 | 4 | <1 | <1 | 0 | 1 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 16.2 | 2 | 0.3 | 2 | 39.4 | 0 | soy (wheat) |
| | Corn Tortilla (2 each, 4.5") + cooking spray for Street Style Tacos | 26 | 60 | 1 | 1 | 0 | 1 | 0.0 | 0 | 0 | 5 | 0 | 11 | 4 | <1 | 3 | <1 | <1 | 0 | 1 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 10.5 | 0 | 0.2 | 2 | 45.8 | 0 | soy (wheat) |
| | Flour Tortilla (1 each) + cooking spray for Tacos | 78 | 220 | 7 | 9 | 4 | 18 | 0.0 | 0 | 0 | 350 | 15 | 34 | 12 | <1 | 4 | <1 | x | x | 5 | 0.0 | 0 | 0.0 | 0 | x | x | 26.0 | 2 | 1.8 | 10 | x | x | milk, soy, wheat (egg) |
| | Flour Tortilla (South Texas) + cooking spray for Tacos | 78 | 330 | 12 | 16 | 5 | 26 | 0.0 | 5 | 2 | 540 | 23 | 48 | 17 | 1 | 5 | <1 | <1 | 0 | 7 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 15.0 | 2 | 3.1 | 15 | 60.0 | 2 | soy, wheat (egg, milk) |
| | Tortilla Chips (Fresh) (3 oz) | 86 | 240 | 9 | 12 | 1 | 5 | 0.0 | 0 | 0 | 1760 | 77 | 37 | 14 | 3 | 11 | <1 | <1 | 0 | 4 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 98.9 | 8 | 0.3 | 2 | 0.4 | 0 | (milk, soy) |
| | Tortilla Chips (Packaged) (3 oz) | 85 | 430 | 21 | 27 | 6 | 30 | 0.0 | 0 | 0 | 460 | 20 | 52 | 19 | x | x | <1 | <1 | 0 | 6 | 0.0 | 0 | 0.0 | 0 | x | x | 0.0 | 0 | x | x | x | x | none |

LAREDO TACO COMPANY

SIDES

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------------------|------------------|-------------------|---------------|---------------|-------------------|-------------------|---------------|------------------|-----------------|-------------|------------|------------------------|------------------------|-------------------|-------------------|------------------|------------------|------------------|-------------|-----------------|---------------|----------------|---------------|-----------------|---------------|--------------|-------------|-----------|----------|----------------|---------------|------------------------------|
| Black Beans (4 oz) | 113 | 110 | 3 | 3 | 0 | 1 | 0.0 | 0 | 0 | 840 | 37 | 20 | 7 | <1 | 1 | 1 | <1 | 0 | 6 | 89.8 | 10 | 0.9 | 2 | 0.0 | 0 | 52.3 | 4 | 2.3 | 15 | 402.5 | 8 | (milk, soy) |
| Charro Beans (4 oz) | 113 | 70 | 2 | 3 | 1 | 3 | 0.0 | <5 | 1 | 250 | 11 | 9 | 3 | <1 | 1 | <1 | <1 | 0 | 4 | 1.3 | 0 | 4.5 | 6 | 0.0 | 0 | 34.8 | 2 | 0.7 | 4 | 214.7 | 4 | none |
| Corn (4 oz) | 113 | 70 | 1 | 1 | 0 | 0 | 0.0 | 0 | 0 | 270 | 12 | 13 | 5 | x | x | 6 | 3 | 6 | 1 | 0.0 | 0 | x | x | x | x | 4.2 | 0 | 0.2 | 2 | 95.0 | 2 | none |
| Diced Potatoes (4 oz) | 113 | 130 | 3 | 3 | 0 | 2 | 0.0 | 0 | 0 | 25 | 1 | 22 | 8 | <1 | 0 | <1 | <1 | 0 | 3 | 0.0 | 0 | 0.0 | 0 | x | x | 0.0 | 0 | 1.4 | 8 | x | x | (milk, soy) |
| Green Beans (4 oz) | 113 | 70 | 5 | 6 | 1 | 5 | 0.0 | <5 | 1 | 160 | 7 | 5 | 2 | 1 | 5 | <1 | <1 | 0 | 2 | 0.0 | 0 | 0.7 | 0 | 0.0 | 0 | 25.6 | 2 | 0.6 | 4 | 70.0 | 2 | (milk, soy) |
| Mac & Cheese (4 oz) | 113 | 150 | 8 | 11 | 4 | 21 | 0.0 | 20 | 7 | 590 | 26 | 13 | 5 | x | x | 3 | x | x | 7 | x | x | 0.0 | 0 | x | x | 154.6 | 10 | 0.7 | 4 | x | x | egg, milk, soy, wheat |
| Mashed Potatoes (4 oz) & Cream Gravy (2 oz) | 170 | 45 | 3 | 3 | 2 | 7 | 0.0 | 0 | 0 | 260 | 11 | 5 | 2 | <1 | 0 | <1 | <1 | 0 | <1 | 0.0 | 0 | 0.3 | 0 | 0.0 | 0 | 5.4 | 0 | 0.0 | 0 | 6.1 | 0 | milk, soy, wheat (egg) |
| Papas (Potatoes) a la Mexicana (4 oz) | 113 | 120 | 8 | 11 | 1 | 6 | 0.0 | 0 | 0 | 490 | 21 | 9 | 3 | 1 | 4 | 3 | <1 | 0 | 1 | 6.9 | 0 | 16.8 | 20 | 0.0 | 0 | 6.9 | 0 | 0.3 | 2 | 54.6 | 2 | (milk, soy) |
| Refried Beans (4 oz) | 113 | 140 | 2 | 3 | 1 | 4 | 0.0 | 0 | 0 | 420 | 18 | 24 | 9 | 7 | 25 | <1 | x | x | 8 | 0.0 | 0 | 0.0 | 0 | x | x | 45.4 | 4 | 2.4 | 15 | 410.0 | 8 | none |
| Rice (4 oz) | 113 | 50 | 2 | 3 | 0 | 2 | 0.0 | 0 | 0 | 290 | 13 | 8 | 3 | <1 | 2 | 1 | <1 | 0 | <1 | 6.7 | 0 | 6.8 | 8 | 0.0 | 0 | 4.5 | 0 | 0.3 | 2 | 81.6 | 2 | (milk, soy) |

LAREDO TACO COMPANY

SIDES

| MENU ITEM | INGREDIENTS |
|---------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Black Beans (4 oz) | black beans (prepared black beans, water, salt, calcium chloride [firming agent]), onion, lime juice, soybean oil blend (high oleic soybean oil and soybean oil, dimethylpolysiloxane, antifoaming agent added), salt, garlic powder, chili powder (chili pepper and other spices, salt, garlic powder, contains 2% or less of: silicon dioxide [to prevent caking]), black pepper. |
| Charro Beans (4 oz) | chili beans (prepared pinto beans, water, contains 2% or less of: salt, modified corn starch, tomato paste, spices, corn oil, sugar, garlic powder, onion powder, extractive of paprika), water, onion, tomato, bacon (cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), jalapeno pepper, fresh cilantro leaves. |
| Corn (4 oz) | corn, water, sugar, salt. |
| Diced Potatoes (4 oz) | potatoes (dextrose, potassium sorbate [to protect flavor], disodium pyrophosphate [to maintain color]), soybean oil blend (high oleic soybean oil and soybean oil, dimethylpolysiloxane, antifoaming agent added). |
| Green Beans (4 oz) | green beans (green beans, water, salt), onion, bacon (cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), soybean oil blend (high oleic soybean oil and soybean oil, dimethylpolysiloxane, antifoaming agent added). |
| Mac & Cheese (4 oz) | mac & cheese (cooked enriched pasta (semolina wheat flour, albumen [contains egg], iron, niacin, thiamine mononitrate, riboflavin, folic acid), milk, water, pasteurized process cheese spread (american cheese [milk, cheese culture, salt, enzymes], water, whey, sodium phosphate, whey protein concentrate, skim milk, salt, milkfat, artificial color), cheddar club cheese (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], water, salt, annatto color), margarine (liquid and hydrogenated soybean oil, water, salt, contains less than 2% of: vegetable mono and diglycerides, soy lecithin, citric acid, natural and artificial flavor, vitamin A palmitate added), modified corn starch, salt, potassium sorbate and sodium benzoate to protect flavor, annatto color (soybean oil, mono- and diglycerides, annatto extract). |
| Mashed Potatoes (4 oz) & Cream Gravy (2 oz) | water, country skillet cream gravy (palm oil, enriched bleached flour [wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid], maltodextrin, food starch modified, corn syrup solids, salt, contains 2% or less of: rendered chicken fat, onion, garlic powder, black pepper, turmeric, yeast extract, hydrolyzed vegetable protein [soy], natural and artificial flavors, sodium caseinate, mono & diglycerides, medium chain triglycerides, torula yeast, soy lecithin, color added, disodium inosinate, disodium guanylate), mashed potatoes (gold flesh potato [dry], potato [dry], butter blend [non dairy creamer (corn syrup solids, partially hydrogenated soybean oil, sodium caseinate, dipotassium phosphate, mono and diglycerides), dehydrated butter (cream, salt), nonfat milk, sodium caseinate, annatto color, bht, natural flavor], nonfat dry milk, salt, canola oil, less than 2% of: modified food starch, artificial color, mono and diglycerides, natural and artificial flavor, freshness preserved with sodium bisulfite, citric acid, and bht). |
| Papas (Potatoes) a la Mexicana (4 oz) | canned diced tomatoes in tomato juice (vine-ripened tomatoes, tomato juice, contains less than 2% of: salt, calcium chloride, citric acid [naturally derived]), onion, potatoes (dextrose, potassium sorbate [to protect flavor], disodium pyrophosphate [to maintain color]), jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil, dimethylpolysiloxane, antifoaming agent added), salt. |
| Refried Beans (4 oz) | pinto beans, interesterified soybean oil [with TBHQ to preserve freshness], salt, water. |
| Rice (4 oz) | water, tomato sauce (tomato puree [water, tomato paste], water, contains 2% or less of: salt, citric acid, spice, natural flavors), tomato, long grain white rice (long grain rice, ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], folic acid [folate]), onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil, dimethylpolysiloxane, antifoaming agent added), caldo de tomate (salt, monosodium glutamate, corn starch, sugar, beef fat, hydrolyzed corn protein, natural flavors, chicken fat, tomato powder, maltodextrin, autolyzed yeast extract, citric acid, dehydrated chicken meat, silicon dioxide [prevents caking], turmeric, yellow 6 lake, dehydrated parsley, caramel color, disodium inosinate, disodium guanylate, annatto [color], yellow 6, red 40), caldo de pollo (salt, sugar, monosodium glutamate, corn starch, beef fat, hydrolyzed corn protein, dehydrated chicken meat, yeast extract [barley], chicken fat, natural flavors, maltodextrin, silicon dioxide [prevents caking], dehydrated parsley, disodium inosinate, citric acid, yellow 5, annatto [color], yellow 6), garlic powder, ground cumin. |

LAREDO TACO COMPANY

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|---------------------------------------|------------------|-------------------|---------------|---------------|-------------------|-------------------|---------------|------------------|-----------------|-------------|------------|------------------------|------------------------|-------------------|-------------------|------------------|------------------|------------------|-------------|-----------------|---------------|----------------|---------------|-----------------|---------------|--------------|-------------|-----------|----------|----------------|---------------|---------------------------------|
| | Bacon (1 slice) | 15 | 90 | 7 | 9 | 3 | 13 | 0.0 | 15 | 5 | 270 | 12 | <1 | 0 | <1 | 0 | <1 | x | x | 5 | 0.0 | 0 | 0.0 | 0 | x | x | 0.0 | 0 | 0.0 | 0 | x | x |
| Black Beans (2 oz) | 57 | 50 | 1 | 2 | 0 | 1 | 0.0 | 0 | 0 | 430 | 19 | 10 | 4 | <1 | 0 | <1 | <1 | 0 | 3 | 44.9 | 4 | 0.5 | 0 | 0.0 | 0 | 26.1 | 2 | 1.1 | 6 | 201.3 | 4 | (milk, soy) |
| Diced Potatoes (2 oz) | 57 | 60 | 1 | 1 | 0 | 1 | 0.0 | 0 | 0 | 15 | 1 | 11 | 4 | <1 | 0 | <1 | <1 | 0 | 1 | 0.0 | 0 | 0.0 | 0 | x | x | 0.0 | 0 | 0.7 | 4 | x | x | (milk, soy) |
| Grilled Jalapeno (1 each) | 14 | 5 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 0 | 0 | <1 | 0 | <1 | 1 | <1 | <1 | 0 | <1 | 7.5 | 0 | 16.6 | 20 | 0.0 | 0 | 1.7 | 0 | 0.0 | 0 | 34.7 | 0 | none |
| Guacamole (1 oz) | 28 | 40 | 4 | 5 | 1 | 3 | 0.0 | 0 | 0 | 140 | 6 | 2 | 1 | 1 | 5 | <1 | <1 | 0 | <1 | 12.4 | 2 | 4.6 | 6 | 0.0 | 0 | 2.0 | 0 | 0.3 | 2 | 21.9 | 0 | none |
| Papas (Potatoes) a la Mexicana (2 oz) | 57 | 60 | 4 | 5 | 1 | 3 | 0.0 | 0 | 0 | 240 | 11 | 5 | 2 | <1 | 2 | 1 | <1 | 0 | <1 | 3.4 | 0 | 8.4 | 10 | 0.0 | 0 | 3.5 | 0 | 0.2 | 0 | 32.3 | 0 | (milk, soy) |
| Queso (1 oz) | 28 | 60 | 5 | 6 | 4 | 17 | 0.0 | 15 | 6 | 270 | 12 | <1 | 0 | <1 | 0 | <1 | <1 | 0 | 3 | 2.0 | 0 | 1.6 | 2 | 0.0 | 0 | 94.4 | 8 | 0.0 | 0 | 8.5 | 0 | milk |
| Queso Fresco (1 oz) | 28 | 70 | 6 | 8 | 4 | 18 | x | 10 | 3 | 280 | 12 | 1 | 0 | <1 | 0 | 1 | x | x | 5 | 36.0 | 4 | 0.0 | 0 | x | x | 195.0 | 15 | 0.0 | 0 | x | x | milk |
| Refried Beans (2 oz) | 57 | 70 | 1 | 1 | 0 | 2 | 0.0 | 0 | 0 | 210 | 9 | 12 | 4 | 3 | 12 | <1 | x | x | 4 | 0.0 | 0 | 0.0 | 0 | x | x | 22.7 | 2 | 1.2 | 6 | 205.0 | 4 | none |
| Rice (2 oz) | 57 | 25 | 1 | 1 | 0 | 1 | 0.0 | 0 | 0 | 150 | 6 | 4 | 2 | <1 | 1 | <1 | <1 | 0 | <1 | 3.4 | 0 | 3.4 | 4 | 0.0 | 0 | 2.3 | 0 | 0.1 | 0 | 40.8 | 0 | (milk, soy) |
| Sausage (1 slice, 1/2 link) | 45 | 140 | 13 | 20 | 5 | 23 | 0.0 | 30 | 10 | 360 | 15 | 1 | 0 | 0 | 0 | 0 | x | x | 6 | x | 2 | x | 0 | x | x | x | 2 | x | 2 | x | x | none |
| Sauteed Onions (1 oz) | 28 | 50 | 5 | 6 | 1 | 3 | 0.0 | 0 | 0 | 20 | 1 | 2 | 1 | <1 | 2 | 1 | <1 | 0 | <1 | 5.7 | 0 | 0.5 | 0 | 0.0 | 0 | 5.2 | 0 | 0.1 | 0 | 34.8 | 0 | soy |
| Shredded Cheese (1 oz) | 28 | 110 | 9 | 12 | 6 | 30 | 0.0 | 25 | 8 | 170 | 7 | 1 | 0 | x | x | <1 | x | x | 6 | 45.6 | 6 | 0.0 | 0 | x | x | 263.2 | 20 | 0.0 | 0 | x | x | milk |
| Sour Cream (1 oz) | 28 | 60 | 5 | 6 | 4 | 17 | 0.0 | 20 | 6 | 15 | 1 | <1 | 0 | <1 | 0 | <1 | x | x | <1 | 34.0 | 4 | 0.0 | 0 | x | x | 24.6 | 2 | 0.0 | 0 | x | x | milk |

LAREDO TACO COMPANY

| ADD ONS | MENU ITEM | INGREDIENTS |
|-------------------|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Bacon (1 slice) | cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite. |
| | Black Beans (2 oz) | black beans (prepared black beans, water, salt, calcium chloride [firming agent]), onion, lime juice, soybean oil blend (high oleic soybean oil and soybean oil, dimethylpolysiloxane, antifoaming agent added), salt, garlic powder, chili powder (chili pepper and other spices, salt, garlic powder, contains 2% or less of: silicon dioxide [to prevent caking]), black pepper. |
| | Diced Potatoes (2 oz) | potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| | Grilled Jalapeno (1 each) | jalapeno pepper |
| | Guacamole (1 oz) | avocado pulp (hass avocado), tomato, onion, jalapeno peppers, lime juice, cilantro, salt, garlic powder, cayenne pepper. |
| | Papas (Potatoes) a la Mexicana (2 oz) | canned diced tomatoes in tomato juice (vine-ripened tomatoes,tomato juice,contains less than 2% of: salt,calcium chloride,citric acid[naturally derived]), onion, potatoes (dextrose,potassium sorbate[to protect flavor],disodium pyrophosphate[to maintain color]), jalapeno pepper, soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added), salt. |
| | Queso (1 oz) | american cheese (cultured pasteurized milk and skim milk, cream, water, salt, contains less than 2% of: sodium phosphate, artificial color, enzymes, powdered cellulose [anticaking agent]), water, canned diced tomatoes in tomato juice (vine-ripened tomatoes, tomato juice, contains less than 2% of: salt, calcium chloride, citric acid [naturally derived]), tomato, onion, jalapeno peppers, cilantro, salt. |
| | Queso Fresco (1 oz) | whole pasteurized grade A cow milk, salt, rennet, cheese cultures. |
| | Refried Beans (2 oz) | pinto beans, interesterified soybean oil [with TBHQ to preserve freshness], salt, water. |
| | Rice (2 oz) | water, tomato sauce (tomato puree [water, tomato paste], water, contains 2% or less of: salt, citric acid, spice, natural flavors), tomato, long grain white rice (long grain rice, ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], folic acid [folate]), onion, green bell pepper, soybean oil blend (high oleic soybean oil and soybean oil, dimethylpolysiloxane, antifoaming agent added), caldo de tomate (salt, monosodium glutamate, corn starch, sugar, beef fat, hydrolyzed corn protein, natural flavors, chicken fat, tomato powder, maltodextrin, autolyzed yeast extract, citric acid, dehydrated chicken meat, silicon dioxide [prevents caking], turmeric, yellow 6 lake, dehydrated parsley, caramel color, disodium inosinate, disodium guanylate, annatto [color], yellow 6, red 40), caldo de pollo (salt, sugar, monosodium glutamate, corn starch, beef fat, hydrolyzed corn protein, dehydrated chicken meat, yeast extract [barley], chicken fat, natural flavors, maltodextrin, silicon dioxide [prevents caking], dehydrated parsley, disodium inosinate, citric acid, yellow 5, annatto [color], yellow 6), garlic powder, ground cumin. |
| | Sausage (1 slice, 1/2 link) | pork and beef,water,salt,ground mustard,black pepper,sugar,autolyzed yeast,chili pepper,sodium phosphate,monosodium glutamate,white pepper,granulated garlic,sodium erythorbate,sodium nitrate,encased in natural pork casing. |
| | Sauteed Onions (1 oz) | onion, liquid butter (high oleic canola oil, soybean oil, hydrogenated soybean oil, salt, soybean lecithin (soy), natural and artificial butter flavor with TBHQ and citric acid added; colored with beta carotene, vitamin A palmitate added). |
| | Shredded Cheese (1 oz) | cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses [pasteurized milk, cheese cultures, salt, enzymes, annatto {vegetable color}, powdered cellulose {to prevent caking}, natamycin {a natural mold inhibitor})). |
| Sour Cream (1 oz) | cultured cream | |

LAREDO TACO COMPANY

| | MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) | | |
|----------------------------|----------------------------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-------------------------------------|---|------|
| SALSA BAR | Chile de Arbol Salsa (1 oz) | 28 | 25 | 2 | 2 | 0 | 1 | 0.0 | 0 | 0 | 95 | 4 | 2 | 1 | <1 | 2 | <1 | <1 | 0 | <1 | 60.2 | 6 | 0.4 | 0 | 0.0 | 0 | 1.8 | 0 | 0.3 | 2 | 33.5 | 0 | none | | |
| | Chopped Cilantro (1 oz) | 28 | 5 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 15 | 1 | 1 | 0 | <1 | 3 | <1 | <1 | 0 | <1 | 95.7 | 10 | 7.7 | 8 | 0.0 | 0 | 19.0 | 2 | 0.5 | 2 | 147.7 | 4 | none | | |
| | Cilantro Verde Salsa (1 oz) | 28 | 20 | 1 | 1 | 0 | 1 | 0.0 | 0 | 0 | 180 | 8 | 2 | 1 | <1 | 1 | <1 | <1 | 0 | <1 | 29.5 | 4 | 5.7 | 6 | 0.0 | 0 | 5.9 | 0 | 0.2 | 0 | 45.8 | 0 | none | | |
| | Diced Onions (1 oz) | 28 | 10 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 0 | 0 | 3 | 1 | <1 | 2 | 1 | <1 | 0 | <1 | 0.0 | 0 | 2.1 | 2 | 0.0 | 0 | 6.5 | 0 | 0.1 | 0 | 41.4 | 0 | none | | |
| | Dill Pickles (1 oz) | 28 | 5 | 0 | 0 | 0 | 0 | 0.0 | 1 | 0 | 460 | 20 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | none |
| | Habanera Salsa (1 oz) | 28 | 15 | 1 | 1 | 0 | 0 | 0.0 | 0 | 0 | 240 | 10 | 2 | 1 | <1 | 0 | <1 | x | x | <1 | 51.0 | 6 | 8.5 | 10 | x | x | 0.0 | 0 | 0.0 | 0 | x | x | none | | |
| | Jalapeno Ranch Sauce (1 oz) | 28 | 70 | 8 | 10 | 1 | 5 | 0.0 | 5 | 2 | 260 | 12 | 1 | 0 | <1 | 1 | <1 | <1 | 0 | <1 | 12.9 | 2 | 1.2 | 2 | 0.0 | 0 | 2.9 | 0 | 0.1 | 0 | 23.0 | 0 | egg, milk | | |
| | Pico de Gallo (1 oz) | 28 | 10 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 0 | 0 | 2 | 1 | <1 | 2 | <1 | <1 | 0 | <1 | 15.8 | 2 | 9.0 | 10 | 0.0 | 0 | 5.7 | 0 | 0.1 | 0 | 65.7 | 2 | none | | |
| | Roja (Red) Salsa (1 oz) | 28 | 5 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 380 | 17 | 1 | 0 | <1 | 1 | <1 | <1 | 0 | <1 | 2.6 | 0 | 5.7 | 6 | 0.0 | 0 | 0.7 | 0 | 0.0 | 0 | 12.0 | 0 | none | | |
| | Sliced Jalapeno (1 pepper) | 14 | 4 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 7.6 | 1 | 16.6 | 18 | 0.0 | 0 | 1.7 | 0 | 0.0 | 0 | 34.7 | 1 | none | | |
| | Sliced Lemon (1/8 of 2-1/8" dia) | 7 | 2 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0.1 | 0 | 3.7 | 4 | 0.0 | 0 | 1.8 | 0 | 0.0 | 0 | 9.7 | 0 | none | | |
| | Sliced Lime (1/8 of 2" dia) | 8 | 2 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 0.2 | 0 | 2.3 | 3 | 0.0 | 0 | 2.6 | 0 | 0.1 | 0 | 8.2 | 0 | none | | |
| Verde (Green) Salsa (1 oz) | 28 | 5 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 410 | 18 | 1 | 0 | <1 | 2 | <1 | <1 | 0 | <1 | 4.0 | 0 | 8.8 | 10 | 0.0 | 0 | 2.0 | 0 | 0.1 | 0 | 59.9 | 2 | none | | | |
| CHURROS | Cajeta | 122 | 410 | 11 | 15 | 2 | 10 | 0.0 | 0 | 0 | 290 | 13 | 76 | 28 | 1 | 5 | 50 | <1 | 0 | 4 | 6.0 | 0 | 0.6 | 0 | x | x | 533.9 | 40 | 1.5 | 8 | x | x | egg, milk, soy, wheat | | |
| | Cinnamon Sugar | 102 | 380 | 10 | 13 | 2 | 10 | 0.0 | 0 | 0 | 280 | 12 | 69 | 25 | 1 | 5 | 43 | <1 | 0 | 4 | 6.0 | 0 | 0.6 | 0 | x | x | 533.9 | 40 | 1.5 | 8 | x | x | egg, milk, soy, wheat | | |
| AGUAS FRESCAS | Horchata (16 fl oz) + Ground Cinnamon | 447 | 260 | 2 | 3 | 2 | 7 | 0.0 | 10 | 3 | 55 | 2 | 56 | 20 | <1 | 1 | 53 | 48 | 96 | 3 | 11.4 | 2 | 0.0 | 0 | 0.0 | 0 | 41.0 | 4 | 0.2 | 0 | 151.7 | 4 | milk | | |
| | Jamaica (16 fl oz) + Strawberry Slices | 459 | 130 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 15 | 1 | 32 | 12 | <1 | 2 | 23 | <1 | 0 | 58 | 0.1 | 0 | 10.2 | 10 | 0.0 | 0 | 25.6 | 2 | 0.3 | 2 | 22.4 | 0 | none | | |
| | Melon (16 fl oz) + Cantaloupe Cubes | 504 | 170 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 30 | 1 | 25 | 9 | <1 | 2 | 23 | 17 | 34 | <1 | 95.9 | 10 | 20.8 | 25 | 0.0 | 0 | 28.7 | 2 | 0.1 | 0 | 177.0 | 4 | none | | |
| | Pina (16 fl oz) + Pineapple Chunks | 504 | 210 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 30 | 1 | 44 | 16 | 3 | 9 | 38 | 31 | 61 | <1 | 1.6 | 0 | 27.1 | 30 | 0.0 | 0 | 40.8 | 4 | 2.0 | 10 | 72.9 | 2 | none | | |

LAREDO TACO COMPANY

| | MENU ITEM | INGREDIENTS |
|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SALSA BAR | Chile de Arbol Salsa (1 oz) | tomatillos (green tomatillos, water, citric acid, salt, calcium chloride), water, tomatoes, dried ancho chiles, soy salad oil (soybean oil [refined, bleached, and deodorized]), onion, fresh cilantro leaves, caldo de pollo (salt, sugar, monosodium glutamate, corn starch, beef fat, hydrolyzed corn protein, dehydrated chicken meat, yeast extract [barley], chicken fat, natural flavors, maltodextrin, silicon dioxide [prevents caking], dehydrated parsley, disodium inosinate, citric acid, yellow 5, annatto [color], yellow 6), garlic powder, black pepper. |
| | Chopped Cilantro (1 oz) | fresh raw cilantro. |
| | Cilantro Verde Salsa (1 oz) | salsa verde (whole tomatillos, water, jalapeño peppers, salt, modified food starch, corn oil, citric acid, xanthan gum, natural flavors, sodium benzoate [as a preservative]), fresh cilantro leaves, soy salad oil (soybean oil [refined, bleached, and deodorized]), caldo de pollo (salt, sugar, monosodium glutamate, corn starch, beef fat, hydrolyzed corn protein, dehydrated chicken meat, yeast extract [barley], chicken fat, natural flavors, maltodextrin, silicon dioxide [prevents caking], dehydrated parsley, disodium inosinate, citric acid, yellow 5, annatto [color], yellow 6), garlic powder. |
| | Diced Onions (1 oz) | fresh raw onion. |
| | Dill Pickles (1 oz) | sliced cucumbers,water,vinegar,salt,alum,calcium chloride,natural flavoring,sodium benzoate and potassium sorbate[preservatives],oleoresin turmeric and yellow #5[colors],polysorbate 80[emulsifier]. |
| | Habanera Salsa (1 oz) | water, diced tomatoes, concentrated crushed tomatoes, carrot puree, onions, habanero pepper puree, soybean oil, salt, garlic, modified food starch, spices, citric acid, xanthan gum, natural flavors, sodium benzoate [as a preservative]. |
| | Jalapeno Ranch Sauce (1 oz) | home style ranch dressing (soybean oil,water,cultured buttermilk,egg yolk,distilled vinegar,contains 2% or less of: salt,monosodium glutamate,modified corn starch,buttermilk solids,sugar,dried garlic,xanthan gum,spice,citric acid,dried onion,sorbic acid[preservative],calcium disodium edta[to protect flavor],milk,natural flavor,egg whites), jalapenos (jalapenos,water,salt,acetic acid,calcium chloride,sodium benzoate,potassium sorbate), cilantro. |
| | Pico de Gallo (1 oz) | tomato, onion, jalapeno peppers, cilantro. |
| | Roja (Red) Salsa (1 oz) | canned diced tomatoes in tomato juice (vine-ripened tomatoes, tomato juice, contains less than 2% of: salt, calcium chloride, citric acid [naturally derived]), jalapeno peppers, water, salt. |
| | Sliced Jalapeno (1 pepper) | fresh raw jalapeno pepper. |
| | Sliced Lemon (1/8 of 2-1/8" dia) | fresh raw lemon. |
| | Sliced Lime (1/8 of 2" dia) | fresh raw lime. |
| Verde (Green) Salsa (1 oz) | canned tomatillos (green tomatillos, water, citric acid, salt, calcium chloride), jalapeno peppers, tomatillos (green tomatillos, water, citric acid, salt, calcium chloride), water, salt. | |
| CHURROS | Cajeta | cajeta filled churro (enriched flour[wheat flour,malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid,enzymes],water,vegetable oil[contains one or more of the following: sunflower oil,cottonseed oil,palm oil,soybean oil],corn syrup,high fructose corn syrup,egg whites,modified food starch,leavening[sodium acid pyrophosphate,baking soda,ammonium carbonate],salt,vital wheat gluten,corn starch,sugar,dextrose,natural and artificial flavors,glucono delta lactone,caramel color,titanium dioxide[for color],mono and diglycerides,guar gum,agar,potassium sorbate[as preservative],yellow 5,yellow 6,yeast,soy flour,nonfat milk), cinnamon-sugar (sugar,cinnamon,contains less than 2% of: soybean oil[added as a processing aid]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| | Cinnamon Sugar | churro (enriched flour[wheat flour,malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid,enzymes],water,vegetable oil[contains one or more of the following: sunflower oil,cottonseed oil,palm oil,soybean oil],egg whites,leavening[sodium acid pyrophosphate,baking soda,ammonium carbonate],salt,vital wheat gluten,corn starch,sugar,modified food starch,dextrose,mono and diglycerides,guar gum,artificial flavor,yeast,soy flour,nonfat milk), cinnamon-sugar (sugar,cinnamon,contains less than 2% of: soybean oil[added as a processing aid]), soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| AGUAS FRESCAS | Horchata (16 fl oz) + Ground Cinnamon | water, horchata concentrate (organic sugar,water,organic whole milk,organic brown rice flour,organic cinnamon,natural flavor), low fat white milk, ground cinnamon. |
| | Jamaica (16 fl oz) + Strawberry Slices | water, hibiscus (jamaica) concentrate (organic dried cane syrup,water,organic hibiscus flower[for color],malic acid,citric acid,tartaric acid,natural flavor), fresh strawberry slices. |
| | Melon (16 fl oz) + Cantaloupe Cubes | water, fresh cantaloupe slices, melon mifrut (water,sugar,melon puree,apple puree,artificial flavor,xanthan gum,sucralose and acesulfame potassium citric acid,arabig gum,0.01% sodium benzoate and 0.01% potassium sorbate[preservatives],sucrose acetate isobutyrate,esther gum,medium chain triglycerides,sodium eritorbate,yellow #6,red #40). |
| | Pina (16 fl oz) + Pineapple Chunks | water, fresh pineapple chunks, pineapple mifrut (sugar cane,pineapple juice,high fructose,filtered water,citric acid,0.01% sodium benzoate and 0.01% potassium sorbate[preservatives],arabic gum,saib,esther gum,captrin,caramel color,xanthan gum,artificial pineapple flavor,fd&c yellow #5,fd&c yellow #6). |

LAREDO TACO COMPANY

| | MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|-------------------------------|-----------------------------------------|------------------|-------------------|---------------|---------------|-------------------|-------------------|---------------|------------------|-----------------|-------------|------------|------------------------|------------------------|-------------------|-------------------|------------------|------------------|------------------|-------------|-----------------|---------------|----------------|---------------|-----------------|---------------|--------------|-------------|-----------|----------|----------------|---------------|------------------------------|
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HOT CASE BREAKFAST | Bacon, Egg & Cheese Biscuit | 187 | 670 | 45 | 57 | 27 | 135 | 0.0 | 235 | 78 | 1980 | 86 | 38 | 14 | 1 | 4 | 4 | <1 | 0 | 25 | 136.7 | 15 | 0.0 | 0 | 1.0 | 6 | 275.5 | 20 | 2.7 | 15 | 69.9 | 2 | egg, milk, soy, wheat |
| | Bacon, Egg & Cheese Breakfast Stacker | 184 | 590 | 30 | 39 | 11 | 55 | 0.0 | 235 | 78 | 1420 | 62 | 45 | 16 | 2 | 6 | 5 | <1 | 0 | 27 | 136.7 | 15 | 0.0 | 0 | 1.0 | 6 | 327.5 | 25 | 3.0 | 15 | 69.9 | 2 | egg, milk, soy, wheat |
| | Biscuit | 83 | 300 | 17 | 26 | 16 | 81 | 0.0 | 0 | 0 | 940 | 39 | 34 | 11 | 1 | 4 | 3 | x | x | 4 | 0.0 | 0 | 0.0 | 0 | x | x | 52.0 | 4 | 1.8 | 10 | x | x | milk, wheat (egg, soy) |
| | Sausage & Cheese Kolache | 113 | 330 | 17 | 22 | 6 | 30 | 0.5 | 50 | 17 | 760 | 33 | 31 | 11 | 1 | 4 | 7 | x | x | 12 | 36.0 | 4 | 1.8 | 2 | x | x | 78.0 | 6 | 2.7 | 15 | x | x | egg, milk, soy, wheat |
| | Sausage Bun on the Run | 128 | 440 | 26 | 34 | 10 | 50 | 0.0 | 60 | 20 | 1050 | 46 | 33 | 12 | 1 | 4 | 7 | x | x | 17 | 53.8 | 6 | 63.0 | 70 | x | x | 220.7 | 15 | 1.8 | 10 | x | x | milk, soy, wheat (egg) |
| | Sausage Kolache | 113 | 330 | 18 | 23 | 6 | 30 | 0.5 | 50 | 17 | 710 | 31 | 31 | 11 | 1 | 4 | 7 | x | x | 12 | 36.0 | 4 | 1.8 | 2 | x | x | 52.0 | 4 | 2.7 | 15 | x | x | egg, milk, soy, wheat |
| | Sausage, Egg & Cheese Biscuit | 200 | 680 | 48 | 61 | 28 | 140 | 0.0 | 245 | 81 | 1900 | 83 | 38 | 14 | 1 | 4 | 4 | <1 | 0 | 23 | 154.5 | 15 | 0.0 | 0 | 1.0 | 6 | 301.2 | 25 | 3.0 | 15 | 69.9 | 2 | egg, milk, soy, wheat |
| | Sausage, Egg & Cheese Breakfast Stacker | 197 | 600 | 33 | 42 | 12 | 60 | 0.0 | 245 | 81 | 1340 | 58 | 45 | 16 | 2 | 6 | 5 | <1 | 0 | 25 | 154.5 | 15 | 0.0 | 0 | 1.0 | 6 | 353.2 | 25 | 3.4 | 20 | 69.9 | 2 | egg, milk, soy, wheat |

LAREDO TACO COMPANY

| | | MENU ITEM | INGREDIENTS |
|-----------------------|--|-----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| HOT CASE BREAKFAST | | Bacon, Egg & Cheese Biscuit | southern style biscuit (enriched unbleached wheat flour[wheat flour,niacin,reduced iron,thiamine mononitrate,enzyme,riboflavin,folic acid],hydrogenated palm kernel oil,whye[a milk derivative],buttermilk,leavening[sodium aluminum phosphate,baking soda,sodium acid pyrophosphate,monocalcium phosphate],skim milk,soybean oil,contains 2% or less of: water,sugar,salt,modified corn starch,artificial flavor,soy lecithin[an emulsifier]), large fried egg, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), Process American Yellow Cheese Product (cultured milk,skim milk,whye,salt,sodium citrate,modified food starch,color added[if colored],sodium phosphate,sorbic acid[preservative],lactic acid,enzymes,soy lecithin[non-sticking agent]). |
| | | Bacon, Egg & Cheese Breakfast Stacker | texas toast (enriched wheat flour[flour,malted barley flour,reduced iron,niacin,thiamine mononitrate(vitamin b1),riboflavin(vitamin b2),folic acid],water,high fructose corn syrup,yeast,soybean oil,salt,wheat gluten,calcium propionate(preservative),monoglycerides,datem,calcium sulfate,soy lecithin,citric acid,potassium iodate,monocalcium phosphate,cornstarch,calcium phosphate), large fried egg, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite), Process American Yellow Cheese Product (cultured milk,skim milk,whye,salt,sodium citrate,modified food starch,color added[if colored],sodium phosphate,sorbic acid[preservative],lactic acid,enzymes,soy lecithin[non-sticking agent]), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |
| | | Biscuit | enriched unbleached wheat flour[wheat flour,niacin,reduced iron,thiamine mononitrate,enzyme,riboflavin,folic acid],hydrogenated palm kernel oil,whye[a milk derivative],buttermilk,leavening[sodium aluminum phosphate,baking soda,sodium acid pyrophosphate,monocalcium phosphate],skim milk,soybean oil,contains 2% or less of: water,sugar,salt,modified corn starch,artificial flavor,soy lecithin[an emulsifier]. |
| | | Sausage & Cheese Kolache | sausage(pork,beef,water,cheddar cheese[cultured milk,water,cream,skim milk,sodium phosphates,salt,vegetable color,enzymes],contains 2% or less of: salt,corn syrup,dextrose,spices,sodium phosphate,granulated garlic,sodium erythorbate,sodium nitrite),dough(enriched wheat flour[bleached wheat flour,malted barley flour,niacin,iron,thiamine mononitrate,riboflavin,folic acid],water,sugar,eggs,margarine[liquid and partially hydrogenated soybean oil,water,salt,contains 2% or less of: soy lecithin,vegetable mono and di-glycerides,sodium benzoate(preservative),citric acid,natural and artificial flavor,beta carotene[color],vitamin A palmitate,whye],yeast,salt,buttermilk powder,dough conditioner[wheat flour,natural flavor,enzymes],dough conditioner[wheat flour,salt,soybean oil,contains 2% or less of: L-cysteine hydrochloride,ascorbic acid{Vitamin C},enzymes],sodium stearoyl lactylate,calcium propionate,food coloring[water,FD&Cyellow#5,citric acid,FD&Cred#40,sodium benzoate,FD&Cyellow#6]). |
| | | Sausage Bun on the Run | sweet roll dough (enriched bleached flour[wheat flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],water,sugar,yeast,soybean oil, contains 2% or less of: dextrose,wheat gluten,salt,dried wheat flour,datem,whye,food starch-modified,maltodextrin,enzymes,acesulfame potassium,artificial flavor,ascorbic acid,maltitol,neotame), pork sausage patty (pork,water,contains 2% or less of: salt,spices,sodium phosphates,dextrose,monosodium glutamate,caramel color), process american yellow cheese product (cultured milk,skim milk,whye,salt,sodium citrate,modified food starch,color added[if colored],sodium phosphate,sorbic acid[preservative],lactic acid,enzymes,soy lecithin[non-sticking agent]). |
| | | Sausage Kolache | sausage[pork,beef, water,contains 2% or less of: salt,dextrose,corn syrup,spices,sodium phosphate,granulated garlic,sodium erythorbate,sodium nitrite],dough[enriched wheat flour[bleached wheat flour,malted barley flour,niacin,iron,thiamine mononitrate,riboflavin,folic acid],water,sugar,eggs,margarine[liquid and partially hydrogenated soybean oil,water,salt,contains 2% or less of: soy lecithin,vegetable mono and di-glycerides,sodium benzoate(preservative),citric acid,natural and artificial flavor,beta carotene[color],vitamin A palmitate,whye],yeast,salt,buttermilk powder,dough conditioner[wheat flour,natural flavor,enzymes],dough conditioner[wheat flour,salt,soybean oil,contains 2% or less of: L-cysteine hydrochloride,ascorbic acid{Vitamin C},enzymes],sodium stearoyl lactylate,calcium propionate,food coloring[water,FD&Cyellow#5,citric acid,FD&Cred#40,sodium benzoate,FD&Cyellow#6]). |
| | | Sausage, Egg & Cheese Biscuit | southern style biscuit (enriched unbleached wheat flour[wheat flour,niacin,reduced iron,thiamine mononitrate,enzyme,riboflavin,folic acid],hydrogenated palm kernel oil,whye[a milk derivative],buttermilk,leavening[sodium aluminum phosphate,baking soda,sodium acid pyrophosphate,monocalcium phosphate],skim milk,soybean oil,contains 2% or less of: water,sugar,salt,modified corn starch,artificial flavor,soy lecithin[an emulsifier]), large fried egg, pork sausage patty (pork,water,contains 2% or less of: salt,spices,sodium phosphates,dextrose,monosodium glutamate,caramel color), process american yellow cheese product (cultured milk,skim milk,whye,salt,sodium citrate,modified food starch,color added[if colored],sodium phosphate,sorbic acid[preservative],lactic acid,enzymes,soy lecithin[non-sticking agent]). |
| | | Sausage, Egg & Cheese Breakfast Stacker | texas toast (enriched wheat flour[flour,malted barley flour,reduced iron,niacin,thiamine mononitrate(vitamin b1),riboflavin(vitamin b2),folic acid],water,high fructose corn syrup,yeast,soybean oil,salt,wheat gluten,calcium propionate(preservative),monoglycerides,datem,calcium sulfate,soy lecithin,citric acid,potassium iodate,monocalcium phosphate,cornstarch,calcium phosphate), large fried egg, pork sausage patty (pork,water,contains 2% or less of: salt,spices,sodium phosphates,dextrose,monosodium glutamate,caramel color), Process American Yellow Cheese Product (cultured milk,skim milk,whye,salt,sodium citrate,modified food starch,color added[if colored],sodium phosphate,sorbic acid[preservative],lactic acid,enzymes,soy lecithin[non-sticking agent]), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorcarbon]). |

LAREDO TACO COMPANY

| MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) | | | | | | |
|-----------------------------------------|-----------------------|-------------------|---------------|---------------|-------------------|-------------------|---------------|------------------|-----------------|-------------|------------|------------------------|------------------------|-------------------|-------------------|------------------|------------------|------------------|-------------|-----------------|---------------|----------------|---------------|-----------------|---------------|--------------|-------------|-----------|----------|----------------|---------------|--------------------------------------|-------------------|-----|---|------|---|-----------|
| | Burrito (Beef & Bean) | 120 | 420 | 26 | 33 | 9 | 45 | 0.0 | 20 | 7 | 620 | 27 | 36 | 13 | 3 | 11 | <1 | <1 | 0 | 8 | 90.0 | 10 | 5.4 | 6 | x | x | 52.0 | 4 | 2.7 | 15 | x | x | soy, wheat (milk) | | | | | |
| Burrito (The Bomb: Beef, Bean & Cheese) | 205 | 510 | 21 | 27 | 6 | 30 | 0.0 | 30 | 10 | 980 | 43 | 64 | 23 | 4 | 14 | 1 | <1 | 0 | 16 | 36.0 | 4 | 3.6 | 4 | x | x | 104.0 | 8 | 3.6 | 20 | x | x | milk, soy, wheat | | | | | | |
| Corn Dog | 119 | 350 | 22 | 28 | 5 | 25 | 0.0 | 45 | 15 | 700 | 30 | 27 | 10 | <1 | 0 | 9 | <1 | 0 | 10 | 0.0 | 0 | 0.0 | 0 | x | x | 60.0 | 4 | 3.6 | 20 | x | x | egg, soy, wheat (milk) | | | | | | |
| Egg Roll | 92 | 250 | 16 | 21 | 4 | 18 | 0.0 | 15 | 5 | 590 | 26 | 19 | 7 | >1 | 0 | 3 | <1 | 0 | 7 | 0.0 | 0 | 6.0 | 6 | x | x | 40.0 | 4 | 1.4 | 8 | 230.0 | 4 | egg, fish-anchovy, soy, wheat (milk) | | | | | | |
| Elote (7 oz) | 201 | 480 | 29 | 37 | 10 | 48 | 0.0 | 30 | 10 | 2740 | 119 | 39 | 14 | 5 | 18 | 13 | <1 | 0 | 12 | 116.9 | 15 | 76.6 | 90 | 0.0 | 0 | 393.2 | 30 | 0.9 | 6 | 6.4 | 0 | egg, milk, soy | | | | | | |
| Go Stix, Cheesy Chicken | 83 | 250 | 15 | 19 | 4 | 21 | 0.0 | 25 | 8 | 380 | 17 | 19 | 7 | <1 | 0 | 2 | <1 | 0 | 8 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 70.0 | 6 | 1.1 | 6 | x | x | milk, wheat (soy) | | | | | | |
| Go Stix, Poblano Cheesy Chicken | 83 | 250 | 14 | 18 | 4 | 21 | 0.0 | 30 | 10 | 250 | 11 | 20 | 7 | <1 | 0 | 2 | <1 | 0 | 9 | 0.0 | 0 | 0.0 | 0 | 0.1 | 0 | 100.0 | 8 | 1.1 | 6 | 150.0 | 4 | milk, wheat (soy) | | | | | | |
| Pork Tamale (half dozen) | 289 | 900 | 66 | 85 | 21 | 105 | 0.0 | 90 | 30 | 1500 | 65 | 60 | 22 | 6 | 21 | <1 | x | x | 24 | 324.0 | 35 | 0.0 | 0 | x | x | 156.0 | 10 | 4.3 | 25 | x | x | none | | | | | | |
| Sausage Wrap | 227 | 420 | 23 | 29 | 9 | 44 | 0.0 | 35 | 12 | 820 | 36 | 39 | 14 | 1 | 4 | 1 | x | x | 14 | 18.0 | 2 | 0.0 | 0 | x | x | 54.3 | 4 | 2.7 | 15 | x | x | milk, soy, wheat (egg) | | | | | | |
| Bone-In Wings (3 pieces) | 197 | 510 | 34 | 44 | 10 | 48 | 0.0 | 140 | 46 | 1160 | 50 | <1 | 0 | <1 | 0 | <1 | <1 | 0 | 46 | 0.0 | 0 | 0.0 | 0 | x | x | 0.0 | 0 | 0.0 | 0 | x | x | (milk, soy) | | | | | | |
| Boneless Wings, Plain (6 pieces) | 172 | 430 | 26 | 34 | 5 | 24 | 0.0 | 60 | 20 | 1370 | 59 | 27 | 10 | <1 | 0 | <1 | <1 | 0 | 20 | 0.0 | 0 | 0.0 | 0 | x | x | 0.0 | 0 | 0.0 | 0 | x | x | wheat (milk, soy) | | | | | | |
| Chicken Leg | 165 | 450 | 26 | 34 | 7 | 33 | 0.0 | 150 | 50 | 350 | 15 | 6 | 2 | <1 | 0 | <1 | <1 | 0 | 43 | 44.2 | 4 | 0.0 | 0 | x | x | 20.5 | 2 | 2.4 | 15 | 368.1 | 8 | milk, wheat (egg, soy) | | | | | | |
| Wing Sauce, BBQ (1 oz) | 28 | 60 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 230 | 10 | 14 | 5 | <1 | 0 | 13 | x | x | <1 | x | x | x | x | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | none | | |
| Wing Sauce, Buffalo (1 oz) | 28 | 20 | 2 | 2 | 0 | 0 | 0.0 | 0 | 0 | 830 | 36 | 2 | 1 | <1 | 0 | <1 | <1 | 0 | <1 | x | x | 3.2 | 4 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | milk, soy |
| Wing Sauce, Honey Hot (1 oz) | 28 | 45 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 300 | 13 | 13 | 5 | <1 | 0 | 9 | 16 | 31 | <1 | x | x | x | x | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | none |

HOT CASE

SNACKS

CHICKEN

LAREDO TACO COMPANY

| MENU ITEM | | INGREDIENTS |
|----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SNACKS | Burrito (Beef & Bean) | tortilla(bleached enriched flour[wheat flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],water,vegetable oil,corn flour[ground corn masa flour,trace of lime],salt,guar gum,annatto,turmeric,L-cysteine[dough conditioner]),water,beef,pinto beans,rehydrated red bell pepper,wheat flour,contains 2% or less of: textured vegetable protein product(soy flour,caramel color,zinc oxide,niacinamide,ferrous sulfate,copper gluconate,vitamin A palmitate,calcium pantothenate,thiamine mononitrate,pyridoxine hydrochloride,riboflavin,cyanocobalamin),chili sauce(tomatoes,corn syrup,distilled vinegar,salt,spices,citric acid),salt,paprika,chili powder(chili pepper,spices,salt,garlic powder),natural flavors,spices,caramel color,sodium alginate,fried in vegetable oil, fried in: soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| | Burrito (The Bomb: Beef, Bean & Cheese) | beef and bean fill: cooked seasoned beef[beef,salt,beef stock,flavorings],cooked beans[beans,water],tomato sauce[water,tomato paste],water,starch thickener[water,modified food starch],shortening[refined,bleached beef tallow,soybean oil and/ cottonseed oil,BHT added as antioxidant and dimethylpolysiloxane added as antifoaming agent],contains 2% or less of: vinegar,oats,dehydrated red chile pepper, spices,salt,dehydrated onion and garlic,hydrolyzed corn gluten,hydrolyzed soy protein,hydrolyzed wheat gluten,yeast extract,guar gum,soy lecithin,maltodextrin,tortilla: bleached wheat flour enriched[niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],water,soybean oil,contains 2% or less of: vital wheat gluten,salt,dough conditioner[inverted sugar,propylene glycol,water,cellulose gum],baking powder[corn starch,sodium bicarbonate,sodium aluminum sulfate,monocalcium phosphate],emulsifiers[guar gum,mono & diglycerides,rice flour],guar gum,sodium metabisulfite,cheese sauce: water,pasteurized process cheddar cheese food[milk,culture,salt,sodium citrate,enzymes,apocarotenal[color]],modified food starch,maltodextrin,cheese flavor[whey,cheddar cheese(milk,cheese cultures,sa & enzymes),butter,buttermilk solids,salt,sodium phosphate,natural flavor,artificial color,yellow 6],contains 2% or less of: vinegar,dehydrated onion,nonfat dry milk,salt,buttermilk powder,sodium caseinate,mono & diglycerides,yeast extract,citric acid,sodium stearyl lactylate,sodium citrate,dipotassium phosphate,stabilizers[guar gum,xanthan gum,carob bean gum],canola oil,yellow 5,yellow 6,sweet whey[milk],blue cheese powder[blue cheese(cultured pasteurized milk,salt,enzymes),maltodextrin,natural flavor,dipotassium phosphate],water,modified food starch), fried in: soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| | Corn Dog | batter: water,enriched flour(wheat flour,malted barley flour,niacin,iron,thiamine mononitrate,riboflavin,folic acid),sugar,yellow corn flour,enriched degermed yellow corn meal(yellow corn meal,niacin,iron,thiamine mononitrate,riboflavin,folic acid),soy flour,contains 2% or less of: leavening(sodium acid pyrophosphate,sodium bicarbonate),soybean oil,salt,egg yolk,potato flour,egg white,dried honey,artificial flavor. fried in vegetable oil. chicken frank: mechanically separated chicken,water,salt,contains 2% or less of: corn syrup solids,potassium lactate,potassium acetate,spices,sodium phosphate,sodium diacetate,flavorings,sodium erythorbate,sodium nitrite, fried in: soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| | Egg Roll | cabbage,enriched flour[[bleached wheat flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],calcium propionate,malted barley flour],pork,water,carrots,celery,textured soy protein[texture soy flour,zinc oxide,niacinamide,ferrous sulfate,copper gluconate,vitamin A palmitate,calcium pantothenate,thiamine mononitrate(vitamin B1),pyridoxine hydrochloride(vitamin B6),riboflavin(vitamin B2),cyanocobalamin(vitamin B12)],onion,enriched durum flour[wheat flour,niacin,ferrous sulfate,thiamine mononitrate,riboflavin,folic acid],contains 2% or less of: salt,sugar,fish sauce[anchovy fish extract,salt,sugar],monosodium glutamate,vegetable oil[cottonseed and/or canola oil],wheat gluten,spice,eggs,cornstarch,fried in: vegetable oil[cottonseed and/or canola oil], fried in: soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| | Elote (7 oz) | roasted corn, queso fresco crumble (whole pasteurized grade A cow milk, salt, rennet, cheese cultures), jaimito crema (whole pasteurized grade A cream and fresh milk, locust bean gum, careageenan, salt), vegetable oil spread (liquid soybean oil, water, salt, contains less than 2% of: hydrogenated cottonseed oil, vegetable monoglycerides and soy lecithin [emulsifiers], potassium sorbate and sodium benzoate [to preserve freshness], natural and artificial flavor, phosphoric acid [acidulant], vitamin A palmitate, colored with beta carotene [source of vitamin A]), mayonnaise (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium EDTA [used to protect quality], natural flavors), tajin (chili peppers sea salt, dehydrated lime juice, silicon dioxide [to prevent caking]), lime juice. |
| | Go Stix, Cheesy Chicken | chicken filling: cooked chicken pieces,water,cheddar and monterey jack cheeses[pasteurized milk,cheese culture,salt,enzymes],whey,canola oil,jalapeno peppers[jalapeno peppers,vinegar,salt],modified food starch,salt,sodium phosphate,lactic acid,natural flavors,sodium alginate,sorbic acid[preservative],apocarotenal and annatto[for color],spices,paprika,chipotle chile,butter flavor[maltodextrin,natural butter flavor,annatto and turmeric[for color],flour tortilla: bleached wheat flour enriched[bleached wheat flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],water,interesterified soybean oil,hydrogenated soybean oil,wheat gluten,salt,guar gum,sodium stearyl lactylate,potassium sorbate,baking powder[corn starch,sodium bicarbonate,sodium aluminum sulfate,monocalcium phosphate],blanched in vegetable oil, fried in: soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| | Go Stix, Poblano Cheesy Chicken | chicken filling: cooked chicken pieces,monterey jack cheese[pasteurized milk,cheese culture,salt,enzymes]poblano chili peppers,water,green chiles[green chiles,citric acid],crushed tomatillos[tomatillos,citric acid],modified food starch,salt,spices,natural flavors,sea salt,butter flavor[maltodextrin,natural butter flavor,annatto and turmeric[for color],sodium alginate],flour tortilla: bleached wheat flour enriched[bleached wheat flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],water,interesterified soybean oil,hydrogenated soybean oil,wheat gluten,salt,guar gum,sodium stearyl lactylate,potassium sorbate,baking powder[corn starch,sodium bicarbonate,sodium aluminum sulfate,monocalcium phosphate],blanched in vegetable oil, fried in: soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| | Pork Tamale (half dozen) | masa: water,corn masa flour[corn,fumaric acid,cellulose gum,sodium propionate,sorbic acid],lard,salt,chili paste[chili peppers,water,salt,sugar,soybean oil,citric acid,natural flavoring,xanthan gum],chile powder,garlic powder,cumin,onion powder],meat filling: pork,water,chili paste[chili peppers,water,salt,sugar,soybean oil,citric acid,natural flavoring,xanthan gum],onion,chile powder,paprika,garlic powder,salt,cumin,modified food starch. |
| | Sausage Wrap | sausage (pork,beef,water,contain 2% or less of: salt,dextrose,corn syrup,spices,sodium phosphate,granulated garlic,sodium erythorbate,sodium nitrite), flour tortilla (enriched bleached flour[wheat flour,niacin,iron,thiamine mononitrate,riboflavin,folic acid],palm oil,contains 2% or less of: salt,corn syrup solids,baking soda,sodium aluminum sulfate,natural and artificial flavor,sodium caseinate,monocalcium phosphate,monoclycerides), cooking spray (canola oil,soy lecithin,artificial butter flavor,beta carotene[color],propellant[non-chlorofluorocarbon]). |
| | CHICKEN | Bone-In Wings (3 pieces) |
| Boneless Wings, Plain (6 pieces) | | chicken breast portions with rib meat containing: up to 20% of a solution of water,salt,sodium phosphates,breaded with: wheat flour,water,salt,contains 2% or less of: dextrose,leavening[sodium bicarbonate,sodium acid pyrophosphate,sodium aluminum phosphate,monocalcium phosphate],onion powder,paprika,spice,wheat gluten,breading set in vegetable oil, fried in: soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Chicken Leg | | chicken leg with skin, poultry breeding mix (enriched bleached flour[wheat flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],salt,spice,monosodium glutamate,garlic,nonfat milk,onion,partially hydrogenated soybean and/or cottonseed oil), fried in: soybean oil blend (high oleic soybean oil and soybean oil,dimethylpolysiloxane,antifoaming agent added). |
| Wing Sauce, BBQ (1 oz) | | high fructose corn syrup,distilled vinegar,tomato paste,modified corn starch,contains 2% or less of: salt,pineapple juice concentrate,natural smoke flavor,spice,caramel color,molasses,sodium benzoate preservative,garlic,mustard flour,corn syrup,sugar,tamarind,natural flavor,celery seed[dried]. |
| Wing Sauce, Buffalo (1 oz) | | cayenne pepper sauce[aged cayenne red pepper,distilled vinegar,salt,dried garlic],water,margarine[soybean and hydrogenated soybean oils,water,salt,mono and diglycerides,soy lecithin,sodium benzoate(preservative),natural and artificial flavor,beta-carotene[color],vitamin A palmitate],contains 2% or less of: sugar,salt,paprika,xanthan gum,oleoresin paprika[color],dried garlic,sodium benzoate(preservative),natural flavor[milk],spice,sodium alginate,calcium disodium edta[to protect flavor]. |
| Wing Sauce, Honey Hot (1 oz) | sugar,water,distilled vinegar,aged cayenne red pepper,corn syrup,honey,salt,modified corn starch,salt,contains 2% or less of: strawberry juice concentrate,dried garlic,spice,natural flavor,potassium sorbate and sodium benzoate[preservatives],tomato powder,caramel color. | |

LAREDO TACO COMPANY

| | | COLD CASE | | | | | | | | | | | | | | | | | | | | ALLERGENS (may also contain) | | | | | | | | | | | | | |
|------------|--------------------------|------------------|-------------------|---------------|---------------|-------------------|-------------------|---------------|------------------|-----------------|-------------|------------|------------------------|------------------------|-------------------|-------------------|------------------|------------------|------------------|-------------|-----------------|---------------------------------|----------------|---------------|-----------------|---------------|--------------|-------------|-----------|----------|----------------|---------------|------------------|--|--|
| | | SALADS | | | SANDWICHES | | | WRAPS | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MENU ITEM | | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | | | |
| SALADS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Chef Salad | 824 | 740 | 33 | 42 | 17 | 87 | 0.0 | 380 | 127 | 3340 | 145 | 37 | 13 | 6 | 20 | 17 | <1 | 0 | 77 | 1337.9 | 150 | 52.8 | 60 | 1.1 | 6 | 737.1 | 60 | 4.5 | 25 | 398.0 | 8 | egg, milk | | |
| | Chicken Tender Salad | 615 | 710 | 40 | 51 | 15 | 76 | 0.0 | 90 | 29 | 1430 | 62 | 52 | 19 | 7 | 25 | 12 | <1 | 0 | 40 | 1261.4 | 140 | 52.2 | 60 | 0.0 | 0 | 626.2 | 50 | 3.4 | 20 | 335.0 | 8 | milk, soy, wheat | | |
| | Grilled Chicken Salad | 549 | 460 | 21 | 27 | 13 | 65 | 0.0 | 130 | 44 | 1270 | 55 | 30 | 11 | 6 | 20 | 13 | <1 | 0 | 40 | 1265.1 | 140 | 52.2 | 60 | 0.0 | 0 | 629.4 | 50 | 8.7 | 50 | 335.0 | 8 | milk | | |
| SANDWICHES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Ciabatta Club Sandwich | 353 | 660 | 27 | 35 | 12 | 60 | 0.0 | 115 | 38 | 2190 | 95 | 58 | 21 | 4 | 14 | 8 | 2 | 4 | 42 | 162.7 | 20 | 9.3 | 10 | 0.0 | 0 | 533.3 | 40 | 3.3 | 20 | 780.0 | 15 | milk, soy, wheat | | |
| | Road Warrior Sandwich | 487 | 910 | 56 | 72 | 26 | 128 | 0.0 | 180 | 60 | 3430 | 149 | 48 | 18 | 4 | 13 | 7 | <1 | 0 | 60 | 396.7 | 45 | 45.3 | 50 | 0.0 | 0 | 955.3 | 70 | 4.3 | 25 | 967.2 | 20 | milk, wheat | | |
| | Roast Beef Sandwich | 374 | 700 | 38 | 49 | 18 | 90 | 0.0 | 140 | 47 | 2040 | 89 | 48 | 17 | 3 | 11 | 6 | <1 | 0 | 50 | 90.7 | 10 | 9.3 | 10 | 0.0 | 0 | 747.3 | 60 | 4.0 | 20 | 641.9 | 15 | milk, soy, wheat | | |
| WRAPS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Chicken Bacon Ranch Wrap | 387 | 750 | 35 | 44 | 15 | 73 | 0.0 | 135 | 45 | 2500 | 109 | 61 | 22 | 2 | 6 | 7 | <1 | 0 | 51 | 201.9 | 20 | 9.3 | 10 | 0.0 | 0 | 607.5 | 45 | 10.3 | 60 | 268.1 | 6 | milk, wheat | | |
| | Turkey Chipotle Wrap | 317 | 660 | 33 | 42 | 14 | 69 | 0.0 | 80 | 26 | 1930 | 84 | 57 | 21 | 2 | 6 | 6 | <1 | 0 | 34 | 198.7 | 20 | 9.3 | 10 | 0.0 | 0 | 604.3 | 45 | 4.5 | 25 | 268.1 | 6 | milk, wheat | | |

LAREDO TACO COMPANY

| | | MENU ITEM | INGREDIENTS |
|-------------------|--|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SALADS | | Chef Salad | diced turkey breast (turkey breast meat,turkey broth,modified food starch,contains 2% or less of: potassium chloride,sugar,sodium phosphate,salt,pepper), diced smoked ham (cured with: water,dextrose,salt,modified food starch,potassium lactate,sodium phosphates,sodium diacetate,sodium erythorbate,smoke flavoring,sodium nitrite,may contain sodium ascorbate), tomato, Fresh Chopped Romaine Lettuce, Fresh Shredded Carrots, cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto{vegetable color},powdered cellulose{to prevent caking},natamycin{a natural mold inhibitor}], hard cooked eggs (whole egg,water,citric acid,sodium benzoate), cucumber. |
| | | Chicken Tender Salad | chicken breast tenders with rib meat (containing: up to 15% of a solution of chicken broth,soy protein concentrate,sodium phosphates,sugar,salt,flavorings,breaded with: wheat flour,salt,leavening(sodium bicarbonate,sodium aluminum phosphate,monocalcium phosphate),wheat gluten,spices,garlic powder,onion powder,natural flavor,battered with: water,wheat flour,salt,leavening(sodium bicarbonate,sodium acid pyrophosphate,sodium aluminum phosphate,monocalcium phosphate),disodium inosinate,disodium guanylate,predested with: wheat flour,wheat gluten,salt,breading set in vegetable oil), tomato, Fresh Chopped Romaine Lettuce, Fresh Shredded Carrots, cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto{vegetable color},powdered cellulose{to prevent caking},natamycin{a natural mold inhibitor}], cucumber. |
| | | Grilled Chicken Salad | tomato, seasoned diced chicken breast (boneless skinless chicken breast with rib meat,water,seasonings[parmesan cheese{pasteurized part-skim milk,cheese culture,salt,enzymes},sugar,spices,dehydrated garlic,onion powder,yeast extract,garlic powder,paprika,dehydrated roasted garlic,whye,buttermilk solids,dehydrated parsley,salt],contains 2% or less of: modified food starch,salt,sodium phosphates,potassium lactate,potassium acetate,sodium diacetate), Fresh Shredded Carrots, Fresh Chopped Romaine Lettuce, cheddar and monterey jack cheese blend (yellow cheddar and monterey jack cheeses[pasteurized milk,cheese cultures,salt,enzymes,annatto{vegetable color},powdered cellulose{to prevent caking},natamycin{a natural mold inhibitor}], cucumber. |
| SANDWICHES | | Ciabatta Club Sandwich | ciabatta bun (unbleached enriched flour[wheat flour,malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],water,wheat gluten,yeast,fully refined soybean oil,granulated sugar,salt,calcium propionate[to retain freshness],dough improver[malted wheat flour,enzymes,contains 2% or less of: ascorbic acid],calcium sulfate,enzymes), ham (cured with: water,dextrose,contains 2% or less of: distilled vinegar,salt,potassium chloride,sodium phosphate,sodium erythorbate,sodium nitrite), Process American Yellow Cheese Product (cultured milk,skim milk,whye,salt,sodium citrate,modified food starch,color added[if colored],sodium phosphate,sorbic acid[preservative],lactic acid,enzymes,soy lecithin[non-sticking agent]), turkey breast slices (turkey breast,turkey broth,sugar,vinegar,modified food starch,contains 2% or less of: salt,sodium phosphates), red onion, tomatoes, bacon (cured with water,salt,sugar,sodium phosphate,natural flavor[water,natural flavors],sodium diacetate,sodium erythorbate,sodium nitrite), romaine lettuce. |
| | | Road Warrior Sandwich | smoked provolone cheese (pasteurized milk,cheese culture,salt,enzymes,natural smoke flavor), white sub (bleached enriched flour[wheat flour,malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folate],water,yeast,soybean oil,wheat gluten,high fructose corn syrup,salt,dough improver[wheat flour,calcium stearoyl lactylate,salt,calcium sulfate,datem,soy oil,contains 2% or less of: potassium iodate,ascorbic acid,enzyme,L-cysteine,azodicarbonamide],calcium propionate[to retard spoilage],calcium sulfate,enzymes), ham (cured with: water,dextrose,contains 2% or less of: distilled vinegar,salt,potassium chloride,sodium phosphate,sodium erythorbate,sodium nitrite), genoa salami (pork,beef,salt,contains 2% or less of: dextrose,water,natural spices,sodium ascorbate,lactic acid starter culture,sodium nitrite,garlic powder,bha,bht,citric acid[added to help protect flavor]), red onion, tomatoes, roasted pepper strips (red pepper,water,salt,citric acid,calcium chloride), roast beef (top inside round,finished product injection contains no more than 12% of a solution of: water,salt,sodium phosphates,sugar,flavoring,rubbed with salt,sugar,dextrose,caramel color,garlic powder,onion powder,spices), mild banana peppers (banana peppers,water,distilled vinegar,salt,calcium chloride[firming agent],sodium benzoate[preservative],sodium bisulfite[to retain color],FD&C Yellow #5,tumeric), pepperoni (pork,beef,salt,contains less than 2% of: water,dextrose,spices,lactic acid starter culture,oleoresin of paprika,garlic powder,sodium nitrite,BHA,BHT,citric acid[added to help protect flavor]), romaine lettuce. |
| | | Roast Beef Sandwich | roast beef (top inside round,finished product injection contains no more than 12% of a solution of: water,salt,sodium phosphates,sugar,flavoring,rubbed with salt,sugar,dextrose,caramel color,garlic powder,onion powder,spices), cheddar cheese (cultured pasteurized milk,salt,annatto,enzymes,natamycin[a natural mold inhibitor],soy lecithin[non-sticking agent]), white sub (bleached enriched flour[wheat flour,malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folate],water,yeast,soybean oil,wheat gluten,high fructose corn syrup,salt,dough improver[wheat flour,calcium stearoyl lactylate,salt,calcium sulfate,datem,soy oil,contains 2% or less of: potassium iodate,ascorbic acid,enzyme,L-cysteine,azodicarbonamide],calcium propionate[to retard spoilage],calcium sulfate,enzymes), red onion, tomatoes, romaine lettuce. |
| WRAPS | | Chicken Bacon Ranch Wrap | seasoned diced chicken breast (boneless skinless chicken breast with rib meat,water,seasonings[parmesan cheese{pasteurized part-skim milk,cheese culture,salt,enzymes},sugar,spices,dehydrated garlic,onion powder,yeast extract,garlic powder,paprika,dehydrated roasted garlic,whye,buttermilk solids,dehydrated parsley,salt],contains 2% or less of: modified food starch,salt,sodium phosphates,potassium lactate,potassium acetate,sodium diacetate), chipotle wrap (bleached enriched wheat flour[wheat flour,malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],water,blend of vegetable oils[soybean oil and hydrogenated cottonseed oil],chipotle seasoning[paprika,salt,maltodextrin,chipotle pepper,autolyzed yeast extract,natural smoke flavor,caramel color{sulfites},sodium diacetate,natural liquid smoke,spice extractive,disodium inosinate,disodium guanylate,silicon dioxide[anticaking agent]],contains 2% or less of: leavening[sodium bicarbonate,sodium acid pyrophosphate,corn starch,monocalcium phosphate],salt,fumaric acid,dough conditioner[wheat flour,calcium sulfate,sorbic acid],mono and diglycerides,calcium propionate[preservative],cellulose gum,potassium sorbate[preservative]), smoked provolone cheese (pasteurized milk,cheese culture,salt,enzymes,natural smoke flavor), red onion, tomatoes, romaine lettuce, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite,may contain smoke flavoring). |
| | | Turkey Chipotle Wrap | chipotle wrap (bleached enriched wheat flour[wheat flour,malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],water,blend of vegetable oils[soybean oil and hydrogenated cottonseed oil],chipotle seasoning[paprika,salt,maltodextrin,chipotle pepper,autolyzed yeast extract,natural smoke flavor,caramel color{sulfites},sodium diacetate,natural liquid smoke,spice extractive,disodium inosinate,disodium guanylate,silicon dioxide[anticaking agent]],contains 2% or less of: leavening[sodium bicarbonate,sodium acid pyrophosphate,corn starch,monocalcium phosphate],salt,fumaric acid,dough conditioner[wheat flour,calcium sulfate,sorbic acid],mono and diglycerides,calcium propionate[preservative],cellulose gum,potassium sorbate[preservative]), smoked provolone cheese (pasteurized milk,cheese culture,salt,enzymes,natural smoke flavor), turkey breast slices (turkey breast,turkey broth,sugar,vinegar,modified food starch,contains 2% or less of: salt,sodium phosphates), red onion, tomatoes, romaine lettuce, bacon (cured with water,salt,sugar,sodium phosphate,sodium erythorbate,sodium nitrite,may contain smoke flavoring). |

LAREDO TACO COMPANY

| | | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) | |
|-------------------|-------------------------------|------------------|-------------------|---------------|---------------|-------------------|-------------------|---------------|------------------|-----------------|-------------|------------|------------------------|------------------------|-------------------|-------------------|------------------|------------------|------------------|-------------|-----------------|---------------|----------------|---------------|-----------------|---------------|--------------|-------------|-----------|----------|----------------|---------------|---------------------------------------------------|--|
| MENU ITEM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SNACK CUPS | Boiled Egg Snack Cup (4 eggs) | 200 | 310 | 21 | 27 | 7 | 33 | x | 745 | 249 | 250 | 11 | 2 | 1 | <1 | 0 | 2 | <1 | 0 | 25 | 298.0 | 35 | 0.0 | 0 | 4.4 | 20 | 100.0 | 8 | 2.4 | 15 | 252.0 | 6 | egg | |
| | Pepperoni & Cheese Snack Cup | 84 | 270 | 23 | 30 | 11 | 56 | 0.0 | 65 | 22 | 610 | 27 | <1 | 0 | <1 | 0 | <1 | <1 | 0 | 14 | 81.0 | 10 | 0.0 | 0 | x | x | 390.0 | 30 | 0.3 | 2 | 62.6 | 2 | milk | |
| | Shrimp Cocktail Cup | 374 | 250 | 1 | 1 | 0 | 0 | 0.0 | 235 | 78 | 2680 | 116 | 34 | 13 | <1 | 1 | 25 | <1 | 0 | 24 | 76.5 | 8 | 29.2 | 30 | 0.0 | 0 | 99.7 | 8 | 1.0 | 6 | 47.7 | 2 | shellfish | |
| | Strawberries & Crème Cup | 129 | 180 | 13 | 16 | 13 | 63 | 0.0 | 0 | 0 | 0 | 0 | 18 | 7 | 1 | 5 | 16 | 13 | 25 | <1 | 0.4 | 0 | 42.3 | 45 | 0.0 | 0 | 11.5 | 0 | 0.3 | 2 | 110.3 | 2 | milk | |
| PARFAITS | Banana Pudding | 391 | 660 | 31 | 40 | 23 | 113 | 0.0 | <5 | 1 | 420 | 18 | 97 | 35 | 3 | 10 | 73 | 19 | 38 | 5 | 1.1 | 0 | 6.7 | 8 | 0.0 | 0 | 167.2 | 15 | 0.5 | 2 | 301.4 | 6 | egg, milk, soy, wheat | |
| | Campfire S'mores | 263 | 520 | 20 | 25 | 15 | 74 | 0.0 | 0 | 0 | 290 | 12 | 48 | 17 | 3 | 11 | 65 | x | x | 3 | 0.0 | 0 | 2.4 | 2 | x | x | 103.7 | 8 | 2.2 | 10 | 12.5 | 0 | milk, soy, tree nuts-coconut, wheat (egg, peanut) | |
| | Oreo Chocolate Pudding | 354 | 610 | 25 | 32 | 14 | 72 | 0.0 | 0 | 0 | 450 | 19 | 32 | 12 | 2 | 9 | 68 | 9 | 19 | 5 | 0.0 | 0 | 4.0 | 4 | x | x | 172.8 | 15 | 3.1 | 15 | 52.6 | 2 | egg, milk, wheat | |
| | Cookies & Crème | 372 | 650 | 29 | 37 | 19 | 95 | 0.0 | 10 | 3 | 450 | 20 | 67 | 24 | 3 | 12 | 71 | 13 | 25 | 5 | 0.0 | 0 | 4.0 | 4 | x | x | 172.8 | 15 | 1.5 | 8 | 88.7 | 2 | egg, milk, soy, wheat | |
| | Dirt Cup | 264 | 710 | 30 | 38 | 18 | 90 | 0.0 | 0 | 0 | 470 | 20 | 79 | 29 | 1 | 4 | 70 | 22 | 44 | 5 | x | x | 2.0 | 2 | 0.0 | 0 | 70.0 | 6 | 4.4 | 25 | 130.0 | 2 | egg, milk, wheat | |
| | Greek Yogurt | 375 | 360 | 13 | 17 | 9 | 47 | 0.0 | 45 | 16 | 135 | 6 | 52 | 19 | 5 | 16 | 47 | x | x | 9 | x | x | 8.7 | 10 | x | x | 352.5 | 25 | 0.3 | 2 | 386.9 | 8 | milk | |
| | Strawberry Shortcake | 332 | 530 | 24 | 30 | 16 | 80 | 0.0 | 15 | 4 | 440 | 19 | 81 | 29 | 2 | 8 | 61 | 13 | 25 | 5 | 0.1 | 0 | 17.3 | 20 | 0.0 | 0 | 152.2 | 10 | 0.5 | 2 | 196.3 | 4 | egg, milk, soy, wheat | |
| | Strawberry Yogurt | 295 | 380 | 3 | 4 | 0 | 0 | 0.0 | 5 | 2 | 220 | 10 | 80 | 29 | 5 | 16 | 42 | <1 | 0 | 11 | 0.1 | 0 | 7.1 | 8 | 0.0 | 0 | 329.5 | 25 | 1.6 | 8 | 18.4 | 0 | milk, soy, wheat | |

LAREDO TACO COMPANY

| | | MENU ITEM | INGREDIENTS |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| COLD CASE | SNACK CUPS | Boiled Egg Snack Cup (4 eggs) | hard cooked eggs |
| | | Pepperoni & Cheese Snack Cup | pepperoni (pork,beef,salt,contains 2% or less of: water,dextrose,spices,lactic acid starter culture,oleoresin of paprika,garlic powder,sodium nitrite,bha,bht,citric acid), cubed colby and monterey jack cheese (cultured pasteurized milk,salt,enzymes,artificial color[in colby cheese]). |
| | | Shrimp Cocktail Cup | shrimp (shrimp,salt,sodium triphosphate[to retain moisture]), ketchup (tomato concentrate from red ripe tomatoes,distilled vinegar,high fructose corn syrup,corn syrup,salt,spice,onion powder,natural flavoring), salsa fresca (tomatoes,tomato puree,water,jalapeño peppers,onions,salt,cilantro,modified food starch,garlic powder,citric acid,xanthan gum,natural flavors,sodium benzoate[preservative]), Lemon Juice, water, onion, salt, fresh cilantro leaves. |
| | | Strawberries & Crème Cup | strawberries, dessert topping (water,high fructose corn syrup,partially hydrogenated palm kernel oil,contains less than 2% of: sodium caseinate[a milk derivative],dextrose,artificial flavor,polysorbate 60,sorbitan monostearate,guar gum,xanthan gum,colored with turmeric and annatto extracts). |
| | PARFAITS | Banana Pudding | vanilla pudding (fat free milk,water,sugar,modified corn starch,canola and/or palm oil,contains 2% or less of: salt,sodium stearoyl lactylate,natural and artificial flavor,sodium phosphate,fd&c yellow 5,fd&c yellow 6), dessert topping (water,high fructose corn syrup,partially hydrogenated palm kernel oil,contains less than 2% of: sodium caseinate[a milk derivative],dextrose,artificial flavor,polysorbate 60,sorbitan monostearate,guar gum,xanthan gum,colored with turmeric and annatto extracts), Fresh Banana, vanilla wafers (unbleached enriched flour[wheat flour,niacin,reduced iron,thiamine mononitrate(vitamin B1),riboflavin(vitamin B2),folic acid],sugar,canola oil,palm oil,high fructose corn syrup, whey[from milk],eggs,salt,leavening[baking soda,calcium phosphate],emulsifiers[mono- and diglycerides,soy lecithin],artificial flavor,natural flavor). |
| | | Campfire S'mores | chocolate pudding (fat free milk,water,sugar,modified corn starch,canola and/or palm oil,cocoa[processed with alkali],less than 2% of: salt,sodium stearoyl lactylate,artificial flavors), mallow whipped topping (water,high fructose corn syrup,hydrogenated vegetable oil[palm,palm kernel,coconut(tree nut) and/or cottonseed],sugar,dextrose,sodium caseinate[a milk derivative],contains 2% or less of: carbohydrate gum,natural flavor,polysorbate 60,cellulose gel,salt,potassium sorbate[to preserve freshness],cellulose gum,polyglycerol esters of fatty acids,xanthan gum), chocolate syrup (high fructose corn syrup,corn syrup,water,cocoa,sugar,contains 2% or less of: potassium sorbate[to maintain freshness],xanthan gum, salt,mono- and diglycerides,polysorbate 60,vanillin[artificial flavor]), graham crackers (unbleached enriched flour[wheat flour,niacin,reduced iron,thiamine mononitrate(vitamin B1),riboflavin(vitamin B2),folic acid],graham flour[whole grain wheat flour],sugar,soybean oil,honey,leavening[baking soda and/or calcium phosphate],salt,soy lecithin,artificial flavor). |
| | | Oreo Chocolate Pudding | chocolate pudding (fat free milk,water,sugar,modified corn starch,canola and/or palm oil,cocoa[processed with alkali],less than 2% of: salt,sodium stearoyl lactylate,artificial flavors), dessert topping (water,high fructose corn syrup,partially hydrogenated palm kernel oil,contains less than 2% of: sodium caseinate[a milk derivative],dextrose,artificial flavor,polysorbate 60,sorbitan monostearate,guar gum,xanthan gum,colored with turmeric and annatto extracts), oreo pieces (unbleached enriched flour[wheat flour,niacin,reduced iron,thiamine mononitrate(vitamin B1),riboflavin(vitamin B2),folic acid],sugar,palm oil,whey[from milk],corn syrup,salt,cornstarch,eggs,baking soda,dextrose,natural and artificial flavor). |
| | | Cookies & Crème | vanilla pudding (fat free milk,water,sugar,modified corn starch,canola and/or palm oil,contains 2% or less of: salt,sodium stearoyl lactylate,natural and artificial flavor,sodium phosphate,fd&c yellow 5,fd&c yellow 6), chocolate pudding (fat free milk,water,sugar,modified corn starch,canola and/or palm oil,cocoa[processed with alkali],less than 2% of: salt,sodium stearoyl lactylate,artificial flavors), dessert topping (water,high fructose corn syrup,partially hydrogenated palm kernel oil,contains less than 2% of: sodium caseinate[a milk derivative],dextrose,artificial flavor,polysorbate 60,sorbitan monostearate,guar gum,xanthan gum,colored with turmeric and annatto extracts), chocolate chip cookie (enriched bleached flour[bleached wheat flour,malted barley flour,niacin,iron,thiamine mononitrate,riboflavin,folic acid],sugar,semi-sweet chocolate chips[sugar,unsweetened chocolate,cocoa butter,soy lecithin,natural vanilla extract],margarine[palm oil,butter[cream(milk),salt],water,contains 2% or less of: salt,mono- and diglycerides,natural flavor,citric acid,vitamin a palmitate added,beta carotene(color)],eggs,contains 2% or less of: molasses,water,baking soda,salt,natural and artificial flavor). |
| | | Dirt Cup | chocolate pudding (fat free milk,water,sugar,modified corn starch,canola and/or palm oil,cocoa[processed with alkali],less than 2% of: salt,sodium stearoyl lactylate,artificial flavors), oreo pieces (unbleached enriched flour[wheat flour,niacin,reduce iron,thiamine mononitrate(vitamin B1),riboflavin(vitamin B2),folic acid],sugar,palm oil,whey[from milk],corn syrup,salt,cornstarch,eggs,baking soda,dextrose,natural and artificial flavor), dessert topping (water,high fructose corn syrup,partially hydrogenated palm kernel oil,contains less than 2% of: sodium caseinate[a milk derivative],dextrose,artificial flavor,polysorbate 60,sorbitan monostearate,guar gum,xanthan gum,colored with turmeric and annatto extracts), gummy candy (corn syrup[from corn],sugar[from beets],water,gelatin,citric acid,natural and artificial flavors,pectin[derived from fruit],vegetable oil[coconut,canola],carnauba leaf wax[to prevent sticking],fd&c red #40,fd&c yellow #5,fd&c yellow #6,fd&c blue #1). |
| | | Greek Yogurt | honey yogurt (cultured pasteurized grade A milk,evaporated cane syrup,cream,honey powder), Wild Blueberries. |
| Strawberry Shortcake | vanilla pudding (fat free milk,water,sugar,modified corn starch,canola and/or palm oil,contains 2% or less of: salt,sodium stearoyl lactylate,natural and artificial flavor,sodium phosphate,fd&c yellow 5,fd&c yellow 6), dessert topping (water,high fructose corn syrup,partially hydrogenated palm kernel oil,contains less than 2% of: sodium caseinate[a milk derivative],dextrose,artificial flavor,polysorbate 60,sorbitan monostearate,guar gum,xanthan gum,colored with turmeric and annatto extracts), pound cake (sugar,enriched bleached flour[wheat flour,malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid],water,eggs,soybean oil,margarine[vegetable oil[palm and soybean oil],water,salt,mono- and diglycerides,annatto(color),calcium disodium edta[preservative],artificial flavor,vitamin a palmitate],skim milk,corn syrup,contains 2% or less of: glycerin,leavening[corn starch,sodium aluminum phosphate,baking soda,monocalcium phosphate],vanillin[artificial flavor],salt,mono- and diglycerides,potassium sorbate[preservative],wheat starch,gums xanthan,gellan,tragacanth),soy lecithin,natural flavor,colored with(annatto extract,turmeric),citric acid), strawberries. | | |
| Strawberry Yogurt | vanilla yogurt (cultured grade A non fat milk,water,cane sugar,contains 2% or less of: corn starch,natural flavors,fruit juice[for color],carob bean gum,lemon juice concentrate,vitamin D3), low fat granola (whole grain oats,whole grain wheat,corn syrup,sugar,rice,contains 2% or less of: modified corn starch,molasses,expeller pressed canola oil,salt,cinnamon,honey,natural flavor,malt flavor,mixed tocopherols[for freshness],soy lecithin,vitamins and minerals: niacinamide,reduced iron,vitamin B2 riboflavin,folic acid), strawberries. | | |

LAREDO TACO COMPANY

| FRUIT BAR 4 OZ | MENU ITEM | Serving Size (g) | Calories (Energy) | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Total Sugars (g) | Added Sugars (g) | Added Sugars (%) | Protein (g) | Vitamin A (mcg) | Vitamin A (%) | Vitamin C (mg) | Vitamin C (%) | Vitamin D (mcg) | Vitamin D (%) | Calcium (mg) | Calcium (%) | Iron (mg) | Iron (%) | Potassium (mg) | Potassium (%) | ALLERGENS (may also contain) |
|--------------------------|----------------------|-------------------------|--------------------------|----------------------|----------------------|--------------------------|--------------------------|----------------------|-------------------------|------------------------|--------------------|-------------------|-------------------------------|-------------------------------|--------------------------|--------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|------------------------|----------------------|---------------------|--------------------|------------------|-----------------|-----------------------|----------------------|-----------------------------------------|
| | Cantaloupe | 113 | 40 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 20 | 1 | 9 | 3 | <1 | 3 | 8 | <1 | 0 | <1 | 191.8 | 20 | 41.6 | 45 | 0.0 | 0 | 10.2 | 0 | 0.2 | 2 | 302.8 | 6 | none |
| | Cherries | 113 | 200 | 0 | 0 | x | x | 0.0 | 0 | 0 | 70 | 3 | 49 | 18 | x | x | 29 | x | x | <1 | 0.0 | 0 | 0.0 | 0 | x | x | 71.4 | 6 | 0.0 | 0 | 43.1 | 0 | none |
| | Cucumber | 113 | 15 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 0 | 0 | 4 | 1 | <1 | 2 | 2 | <1 | 0 | <1 | 6.0 | 0 | 3.2 | 4 | 0.0 | 0 | 18.1 | 2 | 0.3 | 2 | 166.7 | 4 | none |
| | Grapes, Green or Red | 113 | 80 | 0 | 0 | 0 | 0 | x | 0 | 0 | 0 | 0 | 21 | 7 | 1 | 5 | 18 | 0 | 0 | <1 | 3.4 | 0 | 3.6 | 4 | 0.0 | 0 | 11.3 | 0 | 0.4 | 2 | 216.6 | 4 | none |
| | Honeydew Melon | 113 | 40 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 20 | 1 | 10 | 4 | <1 | 3 | 9 | <1 | 0 | <1 | 2.8 | 0 | 20.4 | 25 | 0.0 | 0 | 6.8 | 0 | 0.2 | 2 | 258.5 | 6 | none |
| | Jicama | 113 | 45 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 0 | 0 | 10 | 4 | 6 | 20 | 2 | <1 | 0 | <1 | 1.2 | 0 | 22.9 | 25 | 0.0 | 0 | 13.6 | 2 | 0.7 | 4 | 170.1 | 4 | none |
| | Oranges | 113 | 50 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 0 | 0 | 13 | 5 | 3 | 10 | 11 | <1 | 0 | 1 | 12.8 | 2 | 60.3 | 70 | 0.0 | 0 | 45.4 | 4 | 0.1 | 0 | 205.3 | 4 | none |
| | Pineapple | 113 | 60 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 0 | 0 | 15 | 5 | 2 | 6 | 11 | <1 | 0 | <1 | 3.3 | 0 | 54.2 | 60 | 0.0 | 0 | 14.7 | 2 | 0.3 | 2 | 123.6 | 2 | none |
| | Strawberries | 113 | 35 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 0 | 0 | 9 | 3 | 2 | 8 | 6 | <1 | 0 | <1 | 0.7 | 0 | 66.7 | 70 | 0.0 | 0 | 18.1 | 2 | 0.5 | 2 | 173.5 | 4 | none |
| Watermelon | 113 | 35 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 0 | 0 | 9 | 3 | <1 | 2 | 7 | <1 | 0 | <1 | 32.3 | 4 | 9.2 | 10 | 0.0 | 0 | 7.9 | 0 | 0.3 | 2 | 127.0 | 2 | none | |

LAREDO TACO COMPANY

| MENU ITEM | INGREDIENTS |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cantaloupe | fresh cantaloupe chunks |
| Cherries | red maraschino cherries (cherries,water,corn syrup,high fructose corn syrup,malic acid,citric acid,natural and artificial flavor,potassium sorbate and sodium benzoate as preservatives,FD&C Red #40,sulfur dioxide[preservative]). |
| Cucumber | fresh cucumber slices |
| Grapes, Green or Red | fresh seedless green or red grapes |
| Honeydew Melon | fresh honeydew melon chunks |
| Jicama | fresh jicama chunks |
| Oranges | fresh orange wedges |
| Pineapple | fresh pineapple chunks |
| Strawberries | fresh strawberry slices |
| Watermelon | fresh watermelon chunks |

FRUIT BAR
4 OZ