

Taco Villa Nutritional Guide

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Menu Items

	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Crispy Taco - Taco Shell, Beef Taco Meat, Lettuce, Cheese, and Tomato	113	240	130	15	13	40	190	1	13
Steak Fajita Taco w/ 2 Corn Tortillas - 2 Corn Tortillas, Steak, Cheese, and Pico de Gallo	112	240	80	9	22	10	510	3	15
Steak Fajita Taco w/ Flour Tortilla - Flour Tortilla, Steak, Cheese, and Pico de Gallo	91	210	90	10	15	10	680	1	15
Steak Fajita Taco on Corn Tortillas w/ Guacamole - 2 Corn Tortillas, Steak, Cheese, Guacamole, and Pico de Gallo	140	290	120	14	24	10	590	4	16
Steak Fajita Taco on Flour Tortilla w/ Guacamole - Flour Tortilla, Steak, Cheese, Guacamole, and Pico de Gallo	119	260	130	14	17	10	760	2	16
Steak Fajita Taco Grande w/ 2 Corn Tortillas- 2 Corn Tortillas, Steak, Cheese, Pico de Gallo, Sour Cream, Lettuce, and Tomatoes	140	250	90	10	23	15	520	4	16
Steak Fajita Taco Grande 2/ Flour Tortilla - Flour Tortilla, Steak, Cheese, Pico de Gallo, Sour Cream, Lettuce, and Tomatoes	119	230	100	11	16	15	690	2	16

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Soft Taco - Flour Tortilla, Beef Taco Meat, Lettuce, Cheese, and Tomato	123	250	130	14	19	40	350	<1	14
Chicken Soft Taco - Flour Tortilla, Chicken Meat, Lettuce, Cheese, and Tomato	123	210	70	8	16	40	610	1	18
Taco Burger - Bun, Beef Taco Meat, Lettuce, Cheese, and Tomato	156	320	130	15	30	40	380	0	16
Taco Rito - Taco Shell, Beef Taco Meat, Lettuce, Cheese, Tomato, Flour Tortilla, and Beans	194	390	160	18	37	40	530	5	19
Bean Burrito - Flour Tortilla, Beans, Cheese, And Red Sauce	217	400	110	12	55	15	970	9	17
Green Sauce	217	400	100	11	56	15	830	10	17
No Sauce	189	390	100	11	54	15	780	9	17
Combination Burrito - Flour Tortilla, Beans, Beef Taco Meat, Cheese, And Red Sauce	217	460	180	20	47	50	940	6	23
Green Sauce	217	460	170	19	49	50	790	7	23
No Sauce	189	450	170	19	46	50	740	6	23

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Meat Burrito - Flour Tortilla, Beef Taco Meat, Cheese, And Red Sauce	217	530	250	28	40	80	900	2	29
Green Sauce	217	530	240	27	41	80	750	3	29
No Sauce	189	520	240	27	39	80	700	2	29
Cheese Burrito - Flour Tortilla, Cheese, And Red Sauce	175	540	290	32	35	90	1120	2	27
Green Sauce	175	540	290	32	36	90	970	3	27
No Sauce	147	530	280	32	34	90	930	2	27
Chicken Burrito - Flour Tortilla, Chicken Meat, Cheese, Lettuce, Tomato, Sour Cream, And Green Sauce	253	430	140	16	40	75	1100	5	31
No Sauce	225	420	140	16	38	75	1050	3	31
Guacamole Burrito - Flour Tortilla, Guacamole, Lettuce, Cheese, Tomato, And Red Sauce	239	420	210	23	41	15	920	5	12
Green Sauce	239	420	200	22	42	15	770	6	12
No Sauce	210	410	200	22	40	15	720	5	12
Steak Fajita Burrito w/ Cheddar Cheese - Flour Tortilla, Steak, Pico de Gallo, Cheese, and Lettuce	216	450	170	19	37	20	1370	4	33
Steak Fajita Burrito w/ Nacho Cheese - Flour Tortilla, Steak, Pico de Gallo, Nacho Cheese, and Lettuce	216	420	150	16	37	5	1360	4	30

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Grande (These Items are ADDED) - Lettuce, Tomato, Sour Cream and Onions	71	40	25	2.5	3	10	10	<1	1
Bean Chalupa - Chalupa Shell, Beans, Lettuce, Beans, Cheese, and Tomato	170	240	90	10	27	15	350	7	11
Combination Chalupa - Chalupa Shell, Beans, Beans, Lettuce, Cheese and Tomato Tomato	170	290	140	16	21	40	320	4	15
Meat Chalupa - Chalupa Shell, Beef Taco Meat, Lettuce, Cheese, and Tomato	170	330	200	22	15	65	290	1	20
Guadalajara - Chalupa Shell, Guacamole, Lettuce, Cheese, and Tomato	170	280	190	22	16	15	260	4	7
Bean Smothered Burrito - Lettuce, Flour Tortilla, Beans, Chili, Nacho Cheese, Tomato, Sour Cream, and Olives	380	490	170	190	60	20	1310	11	19
Meat Smothered Burrito - Lettuce, Flour Tortilla, Beef Taco Meat, Chili, Nacho Cheese, Tomato, Sour Cream, and Olives	380	620	320	35	45	85	1240	4	31
Combination Smothered Burrito - Lettuce, Flour Tortilla, Beans, Beef Taco Meat, Chili, Nacho Cheese, Tomato, Sour Cream, and Olives	380	560	250	27	53	55	1280	7	25

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Grilled Chicken Smothered Burrito - Lettuce, Flour Tortilla, Chicken Meat, Green Sauce, Chili Nacho Cheese, Tomato, Sour Cream, Olives	380	500	190	22	44	70	1620	6	32
Cheese Nacho - Nacho Chips, Nacho Cheese, and Jalapeno Peppers	210	540	300	34	54	15	1800	4	9
Combination Nacho - Nacho Chips, Beans, Beef Taco Meat, Nacho Cheese, and Jalapeno Peppers	325	740	400	45	67	50	2060	8	22
Meat Nacho - Nacho Chips, Beef Taco Meat, Nacho Cheese, Jalapeno Peppers	325	810	470	53	59	80	2020	4	28
Bean Nacho - Nacho Chips, Beans, Nacho Cheese, and Jalapeno Peppers	325	680	330	37	75	20	2100	11	16
Grilled Chicken Nachos - Nacho Chips, Nacho Cheese, Jalapeno Peppers, Chicken, Sour Cream, and Tomatoes	311	660	360	39	57	60	2180	5	23
Steak Fajita Nachos - Nacho Chips, Steak, Nacho Cheese, and Jalapeno Peppers	268	670	370	41	55	20	2220	4	24
Deluxe Nacho - Nacho Chips, Beans, Beef Taco Meat, Red Sauce, Nacho Cheese, Lettuce, Guacamole, Sour Cream, Tomato, and Jalapeno Peppers	438	840	470	53	71	60	2340	9	24

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Deluxe Chicken Nacho - Nacho Chips, Beans, Chicken, Red Sauce, Nacho Cheese, Lettuce, Guacamole, Sour Cream, Tomato, and Jalapeno Peppers	438	800	420	46	70	60	2600	10	28
Deluxe Steak Nacho - Nacho Chips, Beans, Steak, Red Sauce, Nacho Cheese, Lettuce, Guacamole, Sour Cream, Tomato, and Jalapeno Peppers	438	830	450	50	70	30	2640	9	29
French Fries	156	450	240	27	58	0	610	5	4
Nacho Fries - French Fries and Nacho Cheese	298	730	440	49	75	10	1310	6	8
Chili Cheese Fries - French Fries, Nacho Cheese, Chili, and Jalapeno Peppers	382	770	450	50	78	20	1870	8	11
Extra Large French Fries	284	830	440	49	105	0	1110	8	7
Mexi Fries	156	540	250	28	63	10	1160	5	7
Nacho Mexi Fries - Mexi Fries and Nacho Cheese	298	830	450	50	82	25	2010	7	12
Mexi Chili Cheese Fries - Mexi Fries, Chili, and Nacho Cheese	382	870	470	52	85	35	2570	9	15
Extra Large Mexi Fries	227	780	370	41	92	15	1680	8	10
Bag of Chips	85	380	170	19	52	0	1040	3	5

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Chips and Salsa - Nacho Chips and Salsa	312	440	180	20	63	0	2010	7	8
Chips and Queso - Nacho Chips and Queso	312	640	380	42	58	20	2190	5	12
Chips and Beans - Nacho Chips, Beans, and Cheese	298	680	260	29	89	15	1640	15	22
Chips and Guacamole - Nacho Chips, Tomato, and Guacamole	312	740	460	52	65	0	1580	9	10
Refrigerated Cup of Beans - Beans, Red Sauce, and Cheese	213	280	90	10	32	15	720	11	15
Cup of Beans - Beans	227	280	50	6	42	0	590	14	15
Cup of Meat - Beef Taco Meat	227	540	340	38	11	130	430	0	39
Meat Cup - Beef Taco Meat, Red Sauce, and Cheese	213	470	300	34	9	115	600	0	33
Combination Cup - Beans, Beef Taco Meat, Red Sauce, and Cheese	213	380	200	22	21	65	660	6	24
Apple Burrito	81	260	80	9	41	0	140	2	3
Cinnamon Delight	122	560	290	32	64	5	250	4	7

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Dinner Pac									
Crispy Taco	113	240	130	15	13	40	190	1	13
Crispy Taco	113	240	130	15	13	40	190	1	13
Bean Chalupa	170	240	90	10	27	15	350	7	11
Bean Chalupa	170	240	90	10	27	15	350	7	11
And Your Choice of any two									
Combination Burrito with Red Sauce	217	460	180	20	47	50	940	6	23
Combination Burrito with Red Sauce	217	460	180	20	47	50	940	6	23
Combination Burrito with Green Sauce	217	460	170	19	49	50	790	7	23
Combination Burrito with Green Sauce	217	460	170	19	49	50	790	7	23
Fiesta Pac									
Guadalajara	170	280	190	22	16	15	260	4	7
Guadalajara	170	280	190	22	16	15	260	4	7
Crispy Taco	113	240	130	15	13	40	190	1	13
Crispy Taco	113	240	130	15	13	40	190	1	13
And Your Choice of any two									
Bean Burrito with Red Sauce	217	400	110	12	55	15	970	9	17
Bean Burrito with Red Sauce	217	400	110	12	55	15	970	9	17
Bean Burrito with Green Sauce	217	400	100	11	56	15	830	10	17
Bean Burrito with Green Sauce	217	400	100	11	56	15	830	10	17

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Family Pac									
Soft Taco	123	250	130	14	19	40	350	<1	14
Soft Taco	123	250	130	14	19	40	350	<1	14
Bean Chalupa	170	240	90	10	27	15	350	7	11
Bean Chalupa	170	240	90	10	27	15	350	7	11
And Your Choice of any two									
Combination Burrito Grande with Red Sauce	288	500	200	22	50	60	950	7	24
Combination Burrito Grande with Red Sauce	288	500	200	22	50	60	950	7	24
Combination Burrito Grande with Green Sauce	288	500	190	22	51	60	800	8	24
Combination Burrito Grande with Green Sauce	288	500	190	22	51	60	800	8	24
Guacamole Salad - Lettuce, Guacamole, and Tomato									
	128	160	130	14	6	0	230	3	2
Salad Ole - Salad Bowl, Lettuce, Cheese, Beef Taco Meat, Guacamole, Tomato, Olives									
	383	790	500	55	49	70	620	5	27
Chicken Salad - Salad Bowl, Lettuce, Cheese, Chicken Meat, Guacamole, Tomato, Olives									
	383	730	410	46	47	70	1010	6	33
Steak Fajita Salad - Salad Bowl, Lettuce, Cheese, Steak, Guacamole, Tomatoes and Olives									
	383	780	460	51	46	25	1080	5	35
Cheese Quesadilla - Flour Tortilla, Cheese, and Green Sauce									
	132	420	190	22	36	60	780	3	20
Chicken Quesadilla - Flour Tortilla, Cheese, Chicken Meat, and Green Sauce									
	217	550	240	27	38	110	1330	3	41

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Beef Quesadilla - Flour Tortilla, Cheese, Beef Taco Meat, and Green Sauce	217	620	320	36	40	110	940	3	35
Steak Quesadilla - Flour Tortilla, Cheese, Green Sauce, Steak	189	540	260	28	37	65	1190	3	35
Combo #1** - Bean Burrito with Red Sauce Regular Fries	217 156	400 450	110 240	12 27	55 58	15 0	970 610	9 5	17 4
Combo #2** - Taco Burger Regular Fries	156 156	320 450	130 240	15 27	30 58	40 0	380 610	0 5	16 4
Combo #3** - Deluxe Nachos	438	840	470	53	71	60	2340	9	24
Combo #4** - Crispy Taco Combination Burrito with Red Sauce	113 217	240 460	130 180	15 20	13 47	40 50	190 940	1 6	13 23
Combo #5** - Crispy Taco Crispy Taco Regular Fries	113 113 156	240 240 450	130 130 240	15 15 27	13 13 58	40 40 0	190 190 610	1 1 5	13 13 4

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Combo #6** -									
Salad Ole	383	790	500	55	49	70	620	5	27
Combo #7** -									
Chicken Quesadilla	217	550	240	27	38	110	1330	3	41

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Kids Menu***

	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Kids Meal Bean Burrito -									
Bean Burrito without sauce	189	390	100	11	54	15	780	9	17
French Fries	156	450	240	27	58	0	610	5	4
Kids Meal Bean Chalupa -									
Bean Chalupa	170	240	90	10	27	15	350	7	11
French Fries	156	450	240	27	58	0	610	5	4
Kids Meal Softaco -									
Soft Taco	123	250	130	14	19	40	350	<1	14
French Fries	156	450	240	27	58	0	610	5	4
Kids Meal Crispy Taco -									
Crispy Taco	113	240	130	15	13	40	190	1	13
French Fries	156	450	240	27	58	0	610	5	4
Kids Meal Tacoburger -									
Taco Burger	156	320	130	15	30	40	380	0	16
French Fries	156	450	240	27	58	0	610	5	4
Kids Meal Combination Burrito -									
Combination Burrito without Sauce	189	450	170	19	46	50	740	6	23
French Fries	156	450	240	27	58	0	610	5	4
Kids Meal Cheese Nachos -									
Cheese Nachos without Jalapenos	184	530	300	34	54	10	1580	3	9
French Fries	156	450	240	27	58	0	610	5	4

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Kids Meal Bean Nachos -									
Bean Nachos without Jalapenos	298	670	330	37	75	15	1870	10	16
French Fries	156	450	240	27	58	0	610	5	4
Kids Meal Meat Chalupa -									
Meat Chalups	170	330	200	22	15	65	290	1	20
French Fries	156	450	240	27	58	0	610	5	4
Kids Meal Guadalajara -									
Guadalajara	170	280	190	22	16	15	260	4	7
French Fries	156	450	240	27	58	0	610	5	4
Kids Meal Meat Burrito -									
Meat Burrito without Sauce	189	520	240	27	39	80	700	2	29
French Fries	156	450	240	27	58	0	610	5	4
Kids Meal Chicken Soft Taco -									
Chicken Soft Taco	123	210	70	8	16	40	610	1	18
French Fries	156	450	240	27	58	0	610	5	4
Kids Meal Meat Nachos -									
Meat Nachos without Jalapenos	298	800	470	53	59	80	1790	3	28
French Fries	156	450	240	27	58	0	610	5	4
Kids Meal Chicken Burrito -									
Chicken Burrito without Sauce	225	420	140	16	38	75	1050	3	31
French Fries	156	450	240	27	58	0	610	5	4

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Kids Meal Combo Nachos -									
Combination Nachos without Jalapenos	298	740	400	45	67	45	1830	7	22
French Fries	156	450	240	27	58	0	610	5	4
Kids Meal Deluxe Nachos -									
Deluxe Nachos without Jalapenos	411	840	470	53	71	55	2110	8	24
French Fries	156	450	240	27	58	0	610	5	4
Kids Meal Cheese Quesadilla -									
Cheese Quesadilla without Sauce	118	410	190	22	35	60	760	2	20
French Fries	156	450	240	27	58	0	610	5	4
Kids Meal Chicken Quesadilla -									
Chicken Quesadilla without Sauce	203	550	240	27	37	110	1310	3	40
French Fries	156	450	240	27	58	0	610	5	4

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Breakfast Menu

	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Egg Softaco - Flour Tortilla, Egg, Cheese, And									
Red Sauce	116	230	120	14	16	180	590	1	11
Green Sauce	116	230	120	13	19	175	450	2	11
No Sauce	88	220	120	13	15	175	400	<1	11
Bacon and Egg Softaco - Flour Tortilla, Egg, Bacon, Cheese, And									
Red Sauce	123	280	160	18	16	185	730	1	14
Green Sauce	123	280	150	17	17	185	580	2	14
No Sauce	95	270	150	17	15	185	540	<1	14
Chorizo and Egg Softaco - Flour Tortilla, Egg Chorizo, Cheese, And									
Red Sauce	130	280	160	18	18	195	730	2	13
Green Sauce	130	280	150	17	19	195	580	3	13
No Sauce	102	270	150	17	17	195	540	1	13
Ham and Egg Softaco - Flour Tortilla, Egg, Ham, Cheese, And									
Red Sauce	130	250	130	14	16	185	750	1	14
Green Sauce	130	250	120	14	18	185	600	2	14
No Sauce	102	240	120	14	16	185	550	1	13
Sausage and Egg Softaco - Flour Tortilla, Egg, Sausage, Cheese, And									
Red Sauce	130	290	160	18	16	190	700	1	15
Green Sauce	130	280	150	17	18	190	550	2	15
No Sauce	102	270	150	17	15	190	510	<1	15

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Last Updated 04/14/05.

Taco Villa Nutritional Guide

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Potato and Egg Softaco - Flour Tortilla, Egg, Potato, Cheese, And									
Red Sauce	130	270	140	16	20	180	620	2	11
Green Sauce	130	260	130	15	21	180	470	3	12
No Sauce	102	250	130	15	19	180	430	1	11
Grande Softaco - Flour Tortilla, Egg, Choice of Meat(Bacon,Sausage,Chorizo,or Ham), Cheese, Onions, Bell Peppers, Tomatoes, And									
Bacon - Red Sauce	166	290	160	18	19	185	730	2	14
Sausage - Red Sauce	173	300	160	18	19	190	700	2	15
Chorizo - Red Sauce	173	290	160	18	20	195	730	2	13
Ham - Red Sauce	173	260	130	15	19	185	750	2	14
Bacon - Green Sauce	166	290	150	17	20	185	580	3	14
Sausage - Green Sauce	173	300	150	17	20	190	550	3	15
Chorizo - Green Sauce	173	290	150	17	22	195	590	3	14
Ham - Green Sauce	173	260	120	14	21	185	600	3	14
Bacon - No Sauce	137	280	150	17	18	185	540	2	14
Sausage - No Sauce	145	290	150	17	18	190	510	2	15
Chorizo - No Sauce	145	280	150	17	20	195	540	2	13
Ham - No Sauce	145	250	120	14	19	185	560	2	14

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Combination Breakfast Softaco - Flour									
Tortilla, Eggs, Choice of Sauce (Red, Green or No Sauce), Cheese, and Choice of Two Meats (Bacon, Chorizo, Ham, Sausage)									
Bacon and Chorizo with Red Sauce	137	330	190	21	18	200	870	2	16
Bacon and Chorizo with Green Sauce	137	320	180	21	19	200	720	3	16
Bacon and Chorizo without Sauce	109	310	180	20	17	200	680	1	16
Bacon and Ham with Red Sauce	137	290	160	18	16	195	880	1	16
Bacon and Ham with Green Sauce	137	290	160	17	18	195	740	2	16
Bacon and Ham without Sauce	109	280	160	17	16	195	690	1	16
Bacon and Sausage with Red Sauce	137	330	200	22	16	195	840	1	18
Bacon and Sausage with Green Sauce	137	330	190	21	18	195	690	2	18
Bacon and Sausage without Sauce	109	320	190	21	15	195	640	1	17
Chorizo and Ham with Red Sauce	145	300	160	18	18	200	890	2	16
Chorizo and Ham with Green Sauce	145	300	160	17	19	200	740	3	16
Chorizo and Ham without Sauce	116	290	160	17	17	200	690	2	15
Chorizo and Sausage with Red Sauce	145	330	200	22	18	205	840	2	17
Chorizo and Sausage with Green Sauce	145	330	190	21	19	205	690	3	17
Chorizo and Sausage without Sauce	116	320	190	21	17	205	640	1	17
Ham and Sausage with Red Sauce	145	300	170	19	17	195	850	1	17
Ham and Sausage with Green Sauce	145	300	160	18	18	195	710	2	17
Ham and Sausage without Sauce	116	290	160	18	16	195	660	1	17

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Breakfast Southwest Softaco - Flour Tortilla, Eggs, Cheese, Choice of Meat (Bacon, Ham, Sausage, Chorizo), Choice of Sauce (Red, Green, No Sauce), Tomato, Jalapeno, Onion, Bell Pepper									
Bacon with Red Sauce	180	290	160	18	20	185	730	2	14
Bacon with Green Sauce	180	290	150	17	21	185	580	3	14
Bacon without Sauce	152	280	150	17	19	185	540	2	14
Chorizo with Red Sauce	187	300	160	18	21	195	730	3	14
Chorizo with Green Sauce	187	290	150	17	23	195	590	4	14
Chorizo without Sauce	159	290	150	17	20	195	540	2	13
Ham with Red Sauce	187	270	130	15	20	195	750	2	14
Ham with Green Sauce	187	260	120	14	21	185	600	3	14
Ham without Sauce	159	250	120	14	19	185	560	2	14
Sausage with Red Sauce	187	300	160	18	20	190	700	2	15
Sausage with Green Sauce	187	300	160	17	21	190	550	3	16
Sausage without Sauce	159	290	150	17	19	190	510	2	15
Large Egg Burrito - Flour Tortilla, Egg, Cheese, And									
Red Sauce	189	420	190	22	36	270	920	3	20
Green Sauce	189	420	190	21	38	270	770	4	20
No Sauce	161	410	190	21	36	270	720	3	20
Large Bacon and Egg Burrito - Flour Tortilla, Egg, Bacon, Cheese, And									
Red Sauce	203	510	260	29	36	285	1190	3	26
Green Sauce	203	510	260	29	38	285	1040	4	26
No Sauce	175	500	260	28	36	285	1000	3	25

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Large Sausage and Egg Burrito - Flour Tortilla, Egg, Sausage, Cheese, And									
Red Sauce	232	580	270	34	37	305	1240	3	32
Green Sauce	232	580	300	33	38	305	1090	4	32
No Sauce	203	570	300	33	36	205	1040	3	32
Large Ham and Egg Burrito - Flour Tortilla, Egg, Ham, Cheese, And									
Red Sauce	232	480	210	24	38	295	1380	3	28
Green Sauce	232	480	210	23	39	295	1230	4	28
No Sauce	203	470	210	23	37	295	1190	3	28
Large Chorizo and Egg Burrito - Flour Tortilla, Egg, Ham, Cheese, And									
Red Sauce	232	570	300	33	41	320	1330	4	26
Green Sauce	232	570	290	32	42	320	1180	5	26
No Sauce	203	560	290	32	40	320	1140	4	26
Large Potato and Egg Burrito - Flour Tortilla, Egg, Potato, Cheese, And									
Red Sauce	232	530	250	28	47	275	990	4	21
Green Sauce	232	520	240	27	48	275	850	5	22
No Sauce	203	510	240	26	46	275	800	4	21

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Grande Breakfast Burrito - Flour Tortilla, Eggs									
Cheese, Choice of Meat (Bacon, Chorizo,									
Ham, Sausage), Choice of Sauce (Bacon,									
Chorizo, Ham, Sausage), Onions, Bell Peppers,									
Tomatoes									
Bacon with Red Sauce	246	530	270	29	39	285	1190	4	26
Bacon with Green Sauce	246	520	260	29	41	285	1050	5	26
Bacon without Sauce	175	500	260	28	36	285	1000	3	25
Chorizo with Red Sauce	274	580	300	33	44	320	1330	5	27
Chorizo with Green Sauce	274	580	290	32	45	320	1190	6	27
Chorizo without Sauce	246	570	290	32	43	320	1140	5	27
Ham with Red Sauce	274	490	210	24	40	295	1380	4	28
Ham with Green Sauce	274	490	210	23	42	295	1230	5	28
Ham without Sauce	246	480	210	23	40	295	1190	4	28
Sausage with Red Sauce	274	600	310	34	39	305	1240	4	32
Sausage with Green Sauce	274	590	300	33	41	305	1090	5	32
Sausage without Sauce	246	580	300	33	39	305	1050	3	32

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Combination Breakfast Burrito - Flour									
Tortilla, Eggs, Choice of Two Meat (Bacon, Chorizo, Ham, Sausage), Choice of Sauce (Red, Green, No Sauce), Cheese									
Bacon and Chorizo with Red Sauce	232	610	330	37	39	315	1470	4	30
Bacon and Chorizo with Green Sauce	232	610	330	36	41	315	1320	5	30
Bacon and Chorizo without Sauce	203	600	320	36	39	315	1280	4	29
Bacon and Ham with Red Sauce	232	550	280	31	37	300	1500	3	31
Bacon and Ham with Green Sauce	232	550	270	30	39	300	1350	4	31
Bacon and Ham without Sauce	203	540	270	30	36	300	1310	3	30
Bacon and Sausage with Red Sauce	232	620	340	38	37	310	1400	3	33
Bacon and Sausage with Green Sauce	232	620	330	37	38	310	1260	4	33
Bacon and Sausage without Sauce	203	610	330	37	36	310	1210	3	33
Chorizo and Ham with Red Sauce	246	560	280	31	40	315	1500	4	29
Chorizo and Ham with Green Sauce	246	550	270	30	41	315	1360	5	29
Chorizo and Ham without Sauce	217	540	270	30	39	315	1310	4	29
Chorizo and Sausage with Red Sauce	246	630	340	38	40	325	1410	4	32
Chorizo and Sausage with Green Sauce	246	620	330	37	41	325	1260	5	32
Chorizo and Sausage without Sauce	217	610	330	37	39	325	1210	4	32
Ham and Sausage with Red Sauce	246	570	280	31	37	310	1440	3	33
Ham and Sausage with Green Sauce	246	560	270	30	39	310	1290	4	33
Ham and Sausage without Sauce	217	550	270	30	37	310	1250	3	33

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Southwest Breakfast Burrito - Flour Tortilla, Eggs, Choice of Meat (Bacon, Chorizo, Ham, Sausage), Cheddar Cheese, Choice of Sauce (Red, Green, No Sauce), Tomato, Jalapeno, Onions, Bell Peppers									
Bacon with Red Sauce	260	530	270	30	40	285	1190	4	26
Bacon with Green Sauce	260	530	260	29	41	285	1050	5	26
Bacon without Sauce	232	520	260	29	39	285	1000	4	26
Chorizo with Red Sauce	274	540	260	29	43	300	1200	5	25
Chorizo with Green Sauce	274	540	260	29	44	300	1050	6	25
Chorizo without Sauce	246	530	260	29	42	300	1000	5	25
Ham with Red Sauce	274	480	210	23	41	285	1230	4	26
Ham with Green Sauce	274	470	200	22	42	285	1080	5	26
Ham without Sauce	246	460	200	22	40	285	1030	4	26
Sausage with Red Sauce	274	550	270	30	40	295	1130	4	29
Sausage with Green Sauce	274	550	260	29	42	295	980	5	29
Sausage without Sauce	246	540	260	29	39	295	940	4	28
Egg Sandwich - Toast, Egg, and Cheese	161	430	240	27	29	270	680	1	19
Bacon and Egg Sandwich - Toast, Egg, Cheese, And Bacon	189	610	380	42	29	300	1230	1	30
Sausage and Egg Sandwich - Toast, Egg, Cheese, and Sausage	217	640	390	43	30	320	1110	2	34
Ham and Egg Sandwich - Toast, Egg, Cheese, And Ham	217	500	260	29	31	300	1300	2	29

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Chorizo and Egg Sandwich - Toast, Egg, Cheese, and Chorizo	217	620	380	42	35	335	1240	3	27
Potato and Egg Sandwich - Toast, Egg, Cheese, And Potato	217	560	310	35	44	275	790	3	21
Breakfast Platter - Egg, Hashbrown, Choice of Meat(Bacon,Sausage,Chorizo,or Ham), And Toast									
Bacon Breakfast Platter	222	690	410	45	44	285	1120	3	27
Ham Breakfast Platter	222	540	280	31	44	270	880	3	21
Chorizo Breakfast Platter	222	600	340	37	47	290	850	4	20
Sausage Breakfast Platter	222	610	340	38	44	280	790	3	24
Hashbrown	52	150	80	9	15	0	130	2	1
Egg Omlet - Egg and Cheese	142	330	140	26	4	370	490	<1	21
Bacon and Egg Omlet - Egg, Cheese, and Bacon	156	420	300	34	4	385	770	<1	27
Sausage and Egg Omlet - Egg, Cheese, and Sausage	170	440	310	34	4	395	700	<1	29
Ham and Egg Omlet - Egg, Cheese, and Ham	170	370	250	28	4	385	800	1	26

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Chorizo and Egg Omlet - Egg, Cheese, and Chorizo	170	430	300	34	7	400	770	2	25
Potato and Egg Omlet - Egg, Cheese, and Potato	170	400	270	30	11	375	540	2	22
Southwest Omlet - Egg, Cheese, Tomatoes, Choice of Meat(Bacon,Sausage,Chorizo,or Ham), Jalapenos, Onions, and Bell Peppers									
Bacon Southwest Omlet	213	440	310	34	7	385	770	2	27
Ham Southwest Omlet	277	390	250	28	8	385	800	2	27
Chorizo Southwest Omlet	227	450	310	34	10	400	770	3	26
Sausage Southwest Omlet	227	460	310	35	7	395	710	2	30
Ultimate Omlet-Egg, Cheese, Onions, Bell Pepper, Choice of Meat(Bacon,Sausage,Chorizo,or Ham), and Choice of Sauce(Red Sauce or Green Sauce)									
Bacon Ultimate Omlet with Red Sauce	213	450	310	35	7	385	960	2	27
Bacon Ultimate Omlet with Green Sauce	213	440	310	34	8	385	810	3	27
Bacon Ultimate Omlet without Sauce	184	430	300	34	6	385	770	1	27
Ham Ultimate Omlet with Red Sauce	227	390	260	28	7	385	990	2	27
Ham Ultimate Omlet with Green Sauce	227	390	250	28	9	385	850	3	27
Ham Ultimate Omlet without Sauce	198	380	250	28	7	385	800	2	27
Sausage Ultimate Omlet with Red Sauce	227	460	320	35	7	395	900	2	29
Sausage Ultimate Omlet with Green Sauce	227	460	310	35	8	395	750	3	29
Sausage Ultimate Omlet without Sauce	198	450	310	34	6	395	700	1	29
Chorizo Ultimate Omlet with Red Sauce	227	450	310	35	10	400	960	2	26
Chorizo Ultimate Omlet with Green Sauce	227	450	300	34	11	400	810	4	26
Chorizo Ultimate Omlet without Sauce	198	440	300	34	9	400	770	2	26

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Biscuit and Gravy - Biscuit and Gravy	109	290	120	13	36	5	760	1	6
Biscuit and Egg - Biscuit, Egg, and Cheese	157	440	240	26	36	185	1060	1	17
Biscuit and Bacon - Biscuit, Egg, Bacon and Cheese	171	530	310	34	36	200	1330	1	22
Biscuit and Chorizo - Biscuit, Egg, Cheese and Chorizo	185	540	300	34	39	220	1330	2	21
Biscuit and Ham - Biscuit, Egg, Cheese, and Ham	213	510	250	28	36	215	1750	1	26
Biscuit and Sausage - Biscuit, Egg, Cheese, And Sausage	213	660	390	43	36	235	1480	2	32
Biscuit and Potato - Biscuit, Egg, Cheese, and Potato	185	510	270	30	43	190	1110	2	18
Ham and Cheese on a Bun - Bun, Ham, and Cheese, Choic of Sauce (Red, Green, No Sauce)									
Red Sauce	156	290	100	11	29	45	1130	<1	18
Green Sauce	156	280	90	10	30	45	980	2	18
No Sauce	128	270	90	10	28	45	930	0	18

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	Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
Breakfast Combo #1 -									
Hashbrown AND	52	150	80	9	15	0	130	2	1
Choice of Bacon, Ham, Sausage, or Chorizo									
Breakfast Burrito:									
Bacon - Red Sauce	203	510	260	29	36	285	1190	3	26
Bacon - Green Sauce	203	510	260	29	38	285	1040	4	26
Bacon - No Sauce	175	500	260	28	36	285	1000	3	25
Ham - Red Sauce	232	480	210	24	38	295	1380	3	28
Ham - Green Sauce	232	480	210	23	39	295	1230	4	28
Ham - No Sauce	203	470	210	23	37	295	1190	3	28
Sausage - Red Sauce	232	580	270	34	37	305	1240	3	32
Sausage - Green Sauce	232	580	300	33	38	305	1090	4	32
Sausage - No Sauce	203	570	300	33	36	205	1040	3	32
Chorizo - Red Sauce	232	570	300	33	41	320	1330	4	26
Chorizo - Green Sauce	232	570	290	32	42	320	1180	5	26
Chorizo - No Sauce	203	560	290	32	40	320	1140	4	26
Breakfast Combo #2 -									
Hashbrown AND	52	150	80	9	15	0	130	2	1
A Sausage Softaco with Choice of Sauce:									
Red Sauce	130	290	160	18	16	190	700	1	15
Green Sauce	130	280	150	17	18	190	550	2	15
No Sauce	102	270	150	17	15	190	510	<1	15

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Salsa Bar

Salsa de Villa*

Hot Sauce*

Ketchup*

Onions

Jalapeno Slices - 10 to 12 Peppers

*Approximately One Level Ladle.

Hot Sauce - Single Serve Container

Serving Size (g)	Calories	Fat Calories	Total Fat (g)	Carbohydrates (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Protein (g)
43	10	0	0	2	0	180	<1	1
37	15	0	0	2	0	125	1	1
40	40	0	0	10	0	560	0	1
7	5	0	0	1	0	0	0	0
27	5	0	0	0	5	230	<1	0
13	5	0	0	1	0	40	0	0

This information is for the Taco Villas located in Amarillo, Andrews, Big Spring, Canyon, Ft. Worth, Midland, and Odessa, TX and Hobbs, NM.

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