



# NUTRITIONAL CHART

Menu Items	Serving Size	Calories	Fat (g)	Fat DV (%)	Saturated (g)	Trans (g)	Sat. & Trans DV (%)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Fibre DV (%)	Sugars (g)	Sugars DV (%)	Protein (g)	Sodium (mg)	Sodium DV (%)	Vitamin D (mcg)	Vitamin D DV (%)	Vitamin C (mg)	Vitamin C DV (%)	Potassium (mg)	Potassium DV (%)	Calcium (mg)	Calcium DV (%)	Iron (mg)	Iron DV (%)
FB Burrito Classic Chicken 10" small (low)	246 g	380	11	15	3	0.1	15	50	52	4	14	1	1	18	1030	45	0	0	4.5	5	250	5	40	3	1.3	7
FB Burrito Classic Chicken 10" small (high)	246 g	460	12	15	2	0.1	10	50	66	8	28	2	2	23	860	37	0	0	1	1	400	8	50	4	2.3	12
FB Burrito Classic Chicken 12" regular (low)	307 g	480	15	19	4	0.1	20	50	67	6	21	1	1	22	1260	55	0	0	6	7	300	6	50	4	1.5	9
FB Burrito Classic Chicken 12" regular (high)	363 g	690	16	21	4.5	0.1	24	50	105	11	38	3	3	30	1530	67	0	0	1.5	2	550	12	75	6	3	17
FB Burrito Classic Chicken 12" large (low)	504 g	770	21	28	5	0.2	28	100	107	4	15	3	3	36	2170	94	0	0	9	10	550	12	100	8	3	16
FB Burrito Classic Chicken 12" large (high)	504 g	900	21	28	6	0.2	29	100	130	14	50	3	3	44	2110	92	0	0	2.5	3	850	18	125	9	4.5	25
FB Burrito Classic Ground Beef 10" small (low)	246 g	380	13	18	4	0.2	22	20	53	4	16	2	2	15	880	38	0	0	11	13	200	4	40	3	4.5	24
FB Burrito Classic Ground Beef 10" small (high)	274 g	500	13	18	3	0.2	17	20	73	11	38	3	3	23	780	34	0	0	8	9	450	10	50	4	6	32
FB Burrito Classic Ground Beef 12" large (low)	504 g	750	24	33	7	0.4	39	40	104	8	29	3	3	30	1740	76	0	0	23	25	450	10	100	8	9	49
FB Burrito Classic Ground Beef 12" large (high)	504 g	900	25	33	8	0.4	42	40	131	15	53	4	4	38	1830	79	0	0	16	18	750	16	125	9	11	58
FB Burrito Bowl - Classic Chicken Regular (low)	340 g	370	9	12	1.5	0.1	8	75	48	2	6	1	1	22	1270	55	0	0	9	10	450	10	100	7	2.5	13
FB Burrito Bowl - Classic Chicken Regular (high)	340 g	490	9	12	1.5	0.1	8	75	71	12	41	1	1	30	1210	53	0	0	2	2	750	16	100	8	4	23
FB Burrito Bowl Classic Chicken large (low)	425 g	490	13	18	2	0.2	12	125	58	2	8	1	1	33	1710	74	0	0	9	11	600	13	100	9	3.5	18
FB Burrito Bowl Classic Chicken large (high)	425 g	620	14	18	2.5	0.2	12	125	81	12	43	1	1	41	1650	72	0	0	2.5	3	900	19	125	10	5	27
FB Burrito Bowl Ground Beef regular (low)	340 g	370	12	16	3.5	0.3	18	30	49	2	9	2	2	17	1050	46	0	0	19	21	400	8	100	7	7	38
FB Burrito Bowl Classic Ground Beef regular (high)	340 g	500	12	16	3.5	0.3	19	30	72	12	44	2	2	25	1000	43	0	0	12	14	700	14	100	8	8.5	47
FB Burrito Bowl Classic Ground Beef large (low)	425 g	500	18	24	5	0.5	29	50	59	3	12	3	3	25	1350	59	0	0	27	30	500	11	125	9	11	60
FB Burrito Bowl Classic Ground Beef large (high)	425 g	630	18	24	5	0.5	29	50	81	13	47	3	3	33	1290	56	0	0	20	22	800	17	125	10	12.5	69
FB Burrito Bowl Classic Pulled Pork regular (low)	340 g	420	14	19	4	0.1	20	45	53	1	5	5	5	19	1330	58	0	0	8	9	225	5	75	6	1.25	7
FB Burrito Bowl Classic Pulled Pork regular (high)	340 g	540	14	19	4	0.1	21	45	76	11	40	5	5	27	1270	55	0	0	1	1	500	11	100	7	3	16
FB Burrito Bowl Classic Pulled Pork large (low)	425 g	580	22	29	6	0.1	32	75	66	2	6	7	7	29	1810	79	0	0	8	9	250	5	100	7	1.5	8
FB Burrito Bowl Classic Pulled Pork large (high)	425 g	700	22	29	6	0.1	33	75	89	11	41	7	7	37	1750	76	0	0	1	1	550	12	100	8	3	17
FB Burrito Bowl Classic Fish Basa regular (low)	383 g	390	12	17	1	0.2	6	40	48	1	5	1	1	21	1030	45	0	0	8	9	225	5	75	6	1.25	7
FB Burrito Bowl Classic Fish Basa regular (high)	383 g	510	13	17	1	0.2	6	40	71	11	40	1	1	29	980	42	0	0	1.5	2	550	11	100	7	3	16
FB Burrito Bowl Classic Fish Basa large (low)	539 g	570	22	29	1.5	0.4	9	80	57	2	6	1	1	36	1410	61	0	0	9	10	250	6	100	7	1.5	8
FB Burrito Bowl Classic Fish Basa large (high)	539 g	700	22	29	1.5	0.4	10	80	80	11	41	1	1	44	1350	59	0	0	2	2	550	12	100	8	3	17
FB Burrito Bowl Classic Garlic Shrimp regular (low)	339 g	330	10	13	1	0.1	6	45	49	1	5	1	1	12	840	36	0	0	9	11	350	7	100	8	1.5	8
FB Burrito Bowl Classic Garlic Shrimp regular (high)	339 g	460	10	14	1.5	0.1	7	45	72	11	40	1	1	20	780	34	0	0	2.5	3	650	14	100	9	3	17
FB Burrito Bowl Classic Garlic Shrimp large (low)	403 g	540	14	18	2	0.1	9	65	81	12	41	1	1	23	910	39	0	0	3.5	4	700	15	125	10	3.5	19
FB Burrito Bowl Classic Garlic Shrimp large (high)	403 g	540	14	18	2	0.1	9	65	81	12	41	1	1	23	910	39	0	0	3.5	4	700	15	125	10	3.5	19
FB Burrito Bowl Premium Steak Regular (low)	340 g	370	10	13	2	0.1	11	40	49	2	5	1	1	19	1340	58	0	0	8	9	250	5	100	7	1.5	8
FB Burrito Bowl Premium Steak Regular (high)	340 g	500	10	14	2.5	0.1	12	40	72	11	41	1	1	27	1280	56	0	0	1	1	550	11	100	8	3	17
FB Burrito Bowl Premium Steak Large (low)	425 g	500	15	20	3.5	0.1	18	70	58	2	7	2	2	29	1820	79	0	0	8	9	300	6	100	8	1.75	9
FB Burrito Bowl Premium Steak Large (high)	425 g	620	15	20	3.5	0.1	18	70	81	12	42	2	2	37	1770	77	0	0	1.5	2	550	12	125	9	3.5	18
FB Burrito Bowl Premium Steak & Shrimp Regular (low)	388 g	420	14	18	2.5	0.1	14	65	50	2	6	1	1	23	1400	61	0	0	9	10	300	7	100	8	1.5	9
FB Burrito Bowl Premium Steak & Shrimp Regular (high)	388 g	540	14	19	2.5	0.1	14	65	72	11	41	1	1	31	1340	58	0	0	2	2	600	13	125	9	3	18
FB Burrito Bowl Premium Steak & Shrimp Large (high)	509 g	710	22	29	4.5	0.1	22	115	83	12	42	2	2	43	1870	81	0	0	3	3	700	15	150	11	3.5	19
FB Burrito Bowl Premium Steak & Shrimp Large (low)	509 g	580	22	29	4	0.1	22	115	60	2	7	2	2	35	1930	84	0	0	10	11	400	8	125	10	1.75	10
FB Burrito Bowl Premium Chicken & Steak regular (low)	369 g	410	12	15	2.5	0.1	12	75	49	2	6	1	1	26	1500	65	0	0	9	9	400	8	100	7	2.25	12
FB Burrito Bowl Premium Buffalo Chicken regular (low)	355 g	460	13	17	2	0.1	10	35	66	2	8	1	1	21	1110	48	0	0	8	9	500	11	100	8	2.25	13
FB Burrito Bowl Premium Buffalo Chicken regular (high)	355 g	590	13	17	2	0.1	10	35	89	12	43	1	1	29	1050	46	0	0	1	1	800	17	125	9	4	22
FB Burrito Bowl Premium Buffalo Chicken large (low)	433 g	610	18	24	2.5	0.1	14	55	84	3	11	1	1	30	1370	60	0	0	8	9	650	14	125	10	3	16
FB Burrito Bowl Premium Buffalo Chicken large (high)	433 g	740	18	24	3	0.1	15	55	107	13	46	1	1	37	1320	57	0	0	1	1	950	20	150	11	4.5	25
FB Taco Salad with Chicken and Sour Cream (low)	362 g	420	14	19	3.5	0.1	18	130	36	2	9	3	3	32	940	41	0	0	6	6	600	13	175	13	2.5	14
FB Taco Salad with Chorizo and Burrito Sauce (high)	362 g	760	46	61	12	0.5	61	130	49	2	6	6	6	33	1270	55	0.6	3	4	5	700	15	150	11	2.25	12
FB Burrito Classic Pulled Pork 12" regular (low)	363 g	600	19	25	6	0	29	30	87	6	22	4	4	22	1470	64	0	0	6	7	175	4	50	5	1	6
FB Burrito Classic Pulled Pork 12" regular (high)	363 g	730	19	26	6	0	32	30	109	11	38	5	5	28	1570	68	0	0	0.8	1	400	8	75	5	2.25	12
FB Burrito Classic Pulled Pork 12" large (low)	504 g	810	27	36	8	0.1	42	60	110	7	24	7	7	33	2100	92	0	0	8	9	250	5	100	7	1.5	8
FB Burrito Classic Pulled Pork 12" large (high)	504 g	970	28	37	9	0.1	45	60	137	13	48	8	8	41	2190	95	0	0	1	1	550	12	100	8	3	17
FB Burrito Classic Fish Basa 12" regular (low)	434 g	630	21	28	4	0.2	21	40	84	6	22	2	2	28	1370	59	0	0	6	7	175	4	50	5	1	6
FB Burrito Classic Fish Basa 12" regular (high)	434 g	750	21	28	4.5	0.2	24	40	105	11	38	3	3	34	1470	64	0	0	1.5	1	400	9	75	5	2.25	13
FB Burrito Classic Fish Basa 12" large (low)	647 g	860	31	42	4.5	0.4	25	80	102	7	24	2	2	45	1910	83	0	0	9	10	250	6	100	7	1.5	8
FB Burrito Classic Fish Basa 12" large (high)	647 g	1020	31	42	5	0.4	28	80	129	14	48	3	3	53	2000	87	0	0	2	2	550	12	100	8	3	17

FB Burrito Classic Garlic Shrimp 12" regular (low)	390 g	570	19	25	4	0	21	45	85	6	23	2	2	19	1170	51	0	0	8	8	300	6	75	6	1.25	7
FB Burrito Classic Garlic Shrimp 12" regular (high)	390 g	700	19	25	5	0	25	45	106	11	38	3	3	25	1280	55	0	0	2.5	3	500	11	100	7	2.5	14
FB Burrito Classic Garlic Shrimp 12" large (low)	511 g	700	23	30	5	0.1	24	65	104	7	25	2	2	24	1460	64	0	0	10	11	400	9	125	9	1.75	10
FB Burrito Classic Garlic Shrimp 12" large (high)	511 g	860	23	31	5	0.1	27	65	131	14	49	3	3	31	1550	67	0	0	3.5	4	700	15	125	10	3.5	19
FB Burrito Chorizo Regular 12" (low)	391 g	740	29	39	10	0.3	49	65	92	6	22	2	2	30	1680	73	0.4	2	6	7	450	10	75	5	2	11
FB Burrito Chorizo Regular 12" (high)	391 g	870	29	39	10	0.3	52	65	113	11	38	3	3	36	1790	78	0.4	2	0.8	1	700	14	75	6	3	17
FB Burrito Chorizo Large 12" (low)	533 g	1010	41	55	14	0.5	72	110	116	7	24	3	3	43	2340	102	0.6	3	8	9	750	15	100	8	3	16
FB Burrito Chorizo Large 12" (high)	533 g	1160	42	56	14	0.5	75	110	143	13	48	4	4	51	2430	105	0.6	3	1	1	1000	22	125	9	4.5	25
FB Burrito Bowl Chorizo Regular (low)	340 g	500	20	27	7	0.3	34	65	56	1	5	1	1	23	1350	59	0.4	2	8	9	500	11	75	7	2.3	12
FB Burrito Bowl Chorizo Regular (high)	340 g	630	21	27	7	0.3	35	65	79	11	40	1	1	31	1290	56	0.4	2	1	1	800	17	100	8	4	21
FB Burrito Bowl Chorizo Large (low)	425 g	720	32	43	11	0.5	56	110	70	2	6	2	2	35	1840	80	0.6	3	8	9	750	15	100	8	3	16
FB Burrito Bowl Chorizo Large (high)	425 g	840	32	43	11	0.5	57	110	93	11	41	2	2	43	1780	77	0.6	3	1	1	1000	22	125	9	4.5	25
FB Burrito Premium Steak 12" regular (low)	363 g	570	17	22	4.5	0.1	23	30	84	6	23	2	2	22	1470	64	0	0	6	7	200	4	75	5	1	6
FB Burrito Premium Steak 12" regular (high)	363 g	700	17	22	5	0.1	26	30	105	11	38	3	3	28	1580	69	0	0	1	1	400	9	75	6	2.25	13
FB Burrito Premium Steak 12" large (low)	504 g	750	22	30	6	0.1	30	55	103	7	25	3	3	33	2120	92	0	0	8	9	250	6	100	8	1.5	9
FB Burrito Premium Steak 12" large (high)	504 g	900	22	30	7	0.1	33	55	130	14	49	4	4	41	2210	96	0	0	1.5	2	550	12	125	9	3	18
FB Burrito Premium Chicken & Steak Mix 12" regular (low)	420 g	650	20	27	5	0.1	27	75	85	7	24	2	2	32	1830	80	0	0	7	7	350	7	75	6	1.75	10
FB Burrito Premium Chicken & Steak Mix 12" regular (high)	420 g	780	20	27	6	0.1	30	75	106	11	39	3	3	38	1940	84	0	0	1.5	2	550	12	100	7	3	17
FB Burrito Premium Chicken & Steak Mix 12" large (low)	533 g	780	23	31	6	0.2	30	100	104	7	26	2	2	40	2250	98	0	0	9	10	500	10	100	9	2.5	15
FB Burrito Premium Chicken & Steak Mix 12" large (high)	533 g	940	24	32	6	0.2	33	100	131	14	50	3	3	48	2340	102	0	0	2	2	800	17	125	10	4.5	24
FB Burrito Premium Steak & Shrimp 12" regular (low)	439 g	620	20	27	5	0.1	26	55	86	6	23	2	2	26	1610	70	0	0	9	10	300	6	75	7	1.5	8
FB Burrito Premium Steak & Shrimp 12" regular (high)	411 g	740	20	27	6	0.1	29	55	106	11	38	3	3	31	1640	71	0	0	2	2	500	10	100	7	2.5	14
FB Burrito Premium Steak & Shrimp 12" large (low)	588 g	830	29	38	7	0.1	34	100	105	7	26	3	3	39	2220	96	0	0	10	11	400	8	125	10	1.75	10
FB Burrito Premium Steak & Shrimp 12" large (high)	588 g	990	29	39	7	0.1	38	100	132	14	50	4	4	47	2310	100	0	0	3	3	700	15	150	11	3.5	19
FB Burrito Premium Buffalo Chicken 12" regular (low)	406 g	700	21	28	5	0	25	35	102	7	26	1	1	28	1440	63	0	0	6	7	450	10	75	7	2	11
FB Burrito Premium Buffalo Chicken 12" regular (high)	406 g	830	21	28	6	0	28	35	123	12	41	3	3	34	1540	67	0	0	0.8	1	650	14	100	7	3	18
FB Burrito Premium Buffalo Chicken 12" large (low)	541 g	900	27	36	6	0.1	29	55	130	8	29	2	2	38	1870	81	0	0	8	9	650	14	125	10	3	16
FB Burrito Premium Buffalo Chicken 12" large (high)	541 g	1060	27	36	6	0.1	33	55	157	15	53	3	3	46	1960	85	0	0	1	1	950	20	150	11	4.5	25
FB Burrito Premium Butter Chicken 12" regular (low)	364 g	550	15	20	4.5	0.1	22	25	88	7	26	3	3	19	1190	52	0	0	6	7	250	5	75	6	1.5	8
FB Burrito Premium Butter Chicken 12" regular (high)	364 g	670	15	20	5	0.1	25	25	109	12	41	5	5	25	1290	56	0	0	0.8	1	450	10	100	7	2.5	15
FB Burrito Premium Butter Chicken 12" large (low)	508 g	710	19	25	5	0.1	26	65	109	9	30	5	5	29	1530	66	0	0	8	9	450	9	125	9	2.25	13
FB Burrito Premium Butter Chicken 12" large (high)	508 g	870	19	25	6	0.1	29	65	136	15	54	6	6	37	1620	70	0	0	1.5	1	700	15	125	10	4	22
FB Burrito Premium Meat Lover 12" regular (low)	434 g	690	23	31	7	0.2	35	80	87	7	25	4	4	34	1780	78	0	0	12	14	400	9	75	6	4.5	26
FB Burrito Premium Meat Lover 12" regular (high)	434 g	810	24	32	7	0.2	38	80	108	11	40	5	5	39	1890	82	0	0	7	8	650	13	100	7	6	32
FB Burrito Premium Meat Lover 12" large (low)	562 g	860	30	40	9	0.3	44	100	107	8	28	5	5	42	2280	99	0	0	16	18	500	11	100	8	6	33
FB Burrito Premium Meat Lover 12" large (high)	562 g	1020	30	40	9	0.3	47	100	134	14	52	6	6	50	2370	103	0	0	9	10	800	17	125	9	7.5	42
FB Burrito Premium Meat Lover Halal 12" regular (low)	461 g	710	25	33	7	0.3	37	90	86	7	27	3	3	37	1890	82	0	0	16	18	450	10	75	7	6.5	36
FB Burrito Premium Meat Lover Halal 12" regular (high)	461 g	840	25	33	8	0.3	40	90	107	12	42	4	4	43	1990	87	0	0	11	12	700	14	100	7	7.5	42
FB Burrito Premium Meat Lover Halal 12" large (low)	562 g	830	27	36	7	0.3	38	95	104	8	28	3	3	42	2290	100	0	0	16	18	500	11	125	9	6	33
FB Burrito Premium Meat Lover Halal 12" large (high)	562 g	990	27	36	8	0.3	42	95	131	15	52	4	4	50	2380	103	0	0	9	10	800	17	125	10	7.5	43
FB Burrito Bowl Premium Butter Chicken regular (low)	340 g	340	7	9	1.5	0.1	7	45	52	3	9	3	3	17	890	39	0	0	8	9	350	8	100	8	2	11
FB Burrito Bowl Premium Butter Chicken regular (high)	340 g	460	7	10	1.5	0.1	8	45	75	12	44	3	3	24	830	36	0	0	1	1	650	14	125	9	3.5	20
FB Burrito Bowl Premium Butter Chicken large (low)	425 g	440	10	14	2	0.1	11	80	64	4	13	5	5	24	1070	47	0	0	8	9	450	10	125	10	2.5	14
FB Burrito Bowl Premium Butter Chicken large (high)	425 g	570	10	14	2.5	0.1	12	80	87	13	48	5	5	32	1020	44	0	0	1.5	1	750	16	150	11	4	23
FB Burrito Bowl Premium Meat Lover regular (low)	410 g	470	16	22	4	0.3	22	90	50	3	9	2	2	30	1550	68	0	0	18	20	500	11	100	8	6.5	37
FB Burrito Bowl Premium Meat Lover regular (high)	410 g	600	16	22	4	0.3	22	90	73	12	44	2	2	38	1500	65	0	0	11	12	800	17	125	9	8.5	46
FB Burrito Bowl Premium Meat Lover large (low)	454 g	540	18	24	4.5	0.3	23	95	59	3	10	2	2	34	1790	78	0	0	16	18	500	11	125	9	6	33
FB Burrito Bowl Premium Meat Lover large (high)	454 g	660	18	24	4.5	0.3	23	95	82	13	45	2	2	42	1740	75	0	0	9	10	800	17	125	10	7.5	43
FB Burrito Bowl Premium Meat Lover Halal regular (low)	410 g	470	16	22	4	0.3	22	90	50	3	9	2	2	30	1550	68	0	0	18	20	500	11	100	8	6.5	37
FB Burrito Bowl Premium Meat Lover Halal regular (high)	410 g	600	16	22	4	0.3	22	90	73	12	44	2	2	38	1500	65	0	0	11	12	800	17	125	9	8.5	46
FB Burrito Bowl Premium Meat Lover Halal large (low)	454 g	540	18	24	4.5	0.3	23	95	59	3	10	2	2	34	1790	78	0	0	16	18	500	11	125	9	6	33
FB Burrito Bowl Premium Meat Lover Halal large (high)	454 g	660	18	24	4.5	0.3	23	95	82	13	45	2	2	42	1740	75	0	0	9	10	800	17	125	10	7.5	43
FB Quesadilla Chicken (low)	293 g	490	15	21	4	0.1	21	60	66	6	22	1	1	24	1270	55	0	0	4.5	5	300	6	40	3	1.5	9
FB Quesadilla Chicken (high)	293 g	590	16	21	4.5	0.1	24	60	82	8	28	2	2	28	1390	60	0	0	1	1	450	9	50	4	2.25	13
FB Quesadilla Steak (low)	293 g	500	16	22	4.5	0.1	24	35	66	6	21	2	2	22	1330	58	0	0	4	4	125	2	40	3	0.75	4
FB Quesadilla Steak (high)	293 g	590	16	22	5	0.1	27	35	82	8	28	3	3	26	1450	63	0	0	0.6	1	250	6	50	4	1.5	9
FB Quesadilla Steak and Chicken (low)	307 g	510	17	22	4.5	0.1	23	65	66	6	22	2	2	26	1380	60	0	0	4.5	5	250	5	50	4	1.5	8
FB Quesadilla Steak and Chicken (high)	307 g	610	17	22	5	0.1	26	65	82	8	28	3	3	30	1500	65	0	0	1	1	400	9	50	4	2.25	12
FB Quesadilla Pulled Pork (low)	293 g	530	19	26	6	0	31	40	70	6	20	5	5	22	1320	57	0	0	4	4	100	2	30	2	0.5	3
FB Quesadilla Pulled Pork (high)	293 g	630	20	26	7	0	34	40	86	8	27	6	6	26	1440	63	0	0	0.4	0	250	5	40	3	1.5	8



FB Taco Hard-shell Chicken (high)	206 g	360	11	14	1.5	0.1	9	60	45	7	25	0	0	20	750	32	0	0	1	1	500	11	75	5	2.25	13
FB Taco Hard-shell Steak (low)	206 g	300	11	15	2.5	0.1	12	35	34	2	7	1	1	14	830	36	0	0	4	4	175	4	50	4	0.75	4
FB Taco Hard-shell Steak (high)	206 g	370	12	15	2.5	0.1	12	35	45	7	25	1	1	18	800	35	0	0	0.6	1	300	7	50	5	1.5	9
FB Taco Hard-Shell Ground Beef (low)	205 g	300	13	17	3	0.2	17	25	34	3	10	1	1	12	590	26	0	0	13	15	300	6	50	4	5	29
FB Taco Hard-Shell Ground Beef (high)	205 g	370	13	17	3	0.2	17	25	45	8	28	1	1	16	560	24	0	0	10	11	450	9	75	5	6	34
FB Taco Hard-Shell Pulled Pork (low)	206 g	340	15	20	4	0	19	40	38	2	7	4	4	14	830	36	0	0	4	4	175	3	50	3	0.5	3
FB Taco Hard-Shell Pulled Pork (high)	206 g	340	15	20	4	0	19	40	38	2	7	4	4	14	830	36	0	0	4	4	175	3	50	3	0.5	3
FB Taco Soft Shell Chicken (low)	247 g	380	11	15	3	0.1	15	60	48	3	10	2	2	18	1150	50	0	0	4.5	5	300	6	40	3	1.5	9
FB Taco Soft Shell Chicken (high)	247 g	440	11	15	3	0.1	16	60	60	8	28	2	2	22	1130	49	0	0	1	1	450	9	50	4	2.25	13
FB Taco Soft Shell Steak (low)	247 g	380	12	16	3.5	0.1	18	35	49	3	10	3	3	16	1210	53	0	0	4	4	125	2	40	3	0.75	4
FB Taco Soft Shell Steak (high)	247 g	450	12	16	3.5	0.1	19	35	60	8	27	3	3	20	1180	51	0	0	0.6	1	250	6	50	4	1.5	9
FB Taco Soft Shell Ground Beef (low)	246 g		13	18	4.5	0.2	24	25	49	3	12	3	3	14	970	42	0	0	13	15	225	5	50	3	5	29
FB Taco Soft Shell Ground Beef (high)	246 g	450	13	18	4.5	0.2	24	25	60	8	30	3	3	18	940	41	0	0	10	11	400	8	50	4	6	34
FB Taco Soft Shell Pulled Pork (low)	247 g	420	15	20	5	0	26	40	52	3	9	6	6	16	1200	52	0	0	4	4	100	2	30	2	0.5	3
FB Taco Soft Shell Pulled Pork (high)	247 g	490	15	20	5	0	26	40	64	7	27	6	6	20	1170	51	0	0	0.4	0	250	5	40	3	1.5	8
FB Combo - Pop & Chips (high)	651 g	480	2	3	0	0	0	0	111	0	0	77	77	4	70	3	0	0	0	0	0	0	100	9	0	0
FB Combo - Pop & Chips (low)	651 g	190	2	3	0	0	0	0	34	0	0	0	0	4	20	1	0	0	0	0	0	0	100	9	0	0
FB Combo - Pop & Cookies (low)	676 g	390	20	27	8	0.1	41	20	49	1	4	31	31	4	280	12	0	0	0	0	0	0	40	3	0.5	3
FB Combo - Pop & Cookies (high)	676 g	680	20	27	8	0.1	41	20	126	1	4	108	108	4	330	14	0	0	0	0	0	0	40	3	0.5	3
FB Combo - Pop & Fries (low)	941 g	580	25	33	2	0	10	0	86	8	29	0	0	8	1770	77	0	0	0	0	0	0	40	3	3	17
FB Combo - Pop & Fries (high)	941 g	870	25	33	2	0	10	0	163	8	29	77	77	8	1820	79	0	0	0	0	0	0	40	3	3	17
FB Combo Bottle Drink, Chips, salsa (low)	711 g	210	2	3	0	0	0	0	37	1	4	2	2	4	380	16	0	0	5	6	30	1	150	12	0.4	2
FB Combo Bottle Drink, Chips, salsa (high)	711 g	500	2	3	0	0	0	0	114	1	4	79	79	4	430	19	0	0	5	6	30	1	150	12	0.4	2
FB Combo Bottle Drink, chips, cookies (low)	736 g	580	22	30	8	0.1	41	20	83	1	4	31	31	8	300	13	0	0	0	0	0	0	150	12	0.5	3
FB Combo Bottle Drink, chips, cookies (high)	736 g	870	22	30	8	0.1	41	20	160	1	4	108	108	8	350	15	0	0	0	0	0	0	150	12	0.5	3
FB Veggie Burrito Tofu 10" Small (low)	414 g	410	14	19	4.5	0.1	23	5	61	6	22	5	5	13	1020	44	0	0	24	27	500	10	150	11	2	11
FB Veggie Burrito Tofu 10" Small (high)	634 g	910	47	63	7	0.3	35	45	100	16	58	14	14	26	2300	100	0	0	70	78	1100	24	350	29	4	22
FB Veggie Burrito Tofu 12" regular (low)	561 g	630	20	27	6	0.1	31	5	93	9	32	6	6	20	1610	70	0	0	30	33	600	13	200	16	3	16
FB Veggie Burrito Tofu 12" regular (high)	386 g	690	17	23	5	0.1	25	0	107	11	40	3	3	23	1690	73	0	0	10	11	450	10	150	12	3.5	18
FB Veggie Burrito Tofu 12" Large (high)	541 g	880	23	31	6	0.2	30	0	134	15	52	4	4	30	2370	103	0	0	19	21	650	14	250	20	5	28
FB Veggie Burrito Tofu 12" Large (low)	716 g	790	26	35	7	0.2	35	5	114	10	36	7	7	25	2310	101	0	0	40	44	700	15	300	23	4	23
FB Burrito Bowl Veggie Tofu Regular (low)	510 g	390	12	16	3	0.1	15	5	57	4	15	5	5	13	1280	56	0	0	31	35	650	14	225	17	3	17
FB Burrito Bowl Veggie Tofu Regular (high)	730 g	930	45	60	6	0.4	33	45	106	20	72	12	12	29	2680	116	0	0	74	82	1400	30	450	35	6	33
FB Burrito Bowl Veggie Tofu Large (low)	608 g	500	17	22	3.5	0.2	20	5	68	5	18	6	6	17	1810	79	0	0	40	44	700	15	300	23	4	23
FB Burrito Bowl Veggie Tofu Large (high)	828 g	1040	50	67	7	0.5	37	45	117	21	75	13	13	33	3210	140	0	0	82	92	1500	32	550	41	7	38
FB Taco Soft Shell Tofu (low)	301 g	460	19	26	9	0.3	45	20	53	3	11	3	3	15	1550	67	0	0	13	15	225	5	300	25	1.75	9
FB Taco Soft Shell Tofu (high)	594 g	830	48	63	8	0.3	41	45	81	12	41	14	14	18	2540	110	0	0	74	82	950	20	400	30	3	18
FB Taco Hard Shell Tofu (low)	260 g	380	19	25	7	0.3	38	20	38	2	9	1	1	13	1170	51	0	0	13	15	250	6	350	26	1.75	9
FB Taco Hard Shell Tofu (high)	610 g	820	47	63	7	0.3	35	45	80	16	56	12	12	21	2300	100	0	0	74	82	1200	25	400	32	4.5	24
FB Quesadilla Tofu (low)	282 g	450	15	19	4	0.1	20	0	67	6	22	2	2	14	1210	53	0	0	11	12	150	3	100	7	1.25	8
FB Quesadilla Tofu (high)	282 g	540	15	20	4.5	0.1	23	0	83	8	29	3	3	18	1330	58	0	0	7	8	300	6	100	8	2.25	12
FB Veggie Burrito Ground Soya 10" (low)	239 g	350	10	13	2.5	0.1	12	0	56	5	18	2	2	14	1070	47	0	0	9	10	150	3	40	3	0.75	5
FB Veggie Burrito Ground Soya 10" (high)	239 g	440	10	13	1.5	0.1	7	0	69	9	32	3	3	19	900	39	0	0	6	6	300	6	50	4	1.75	9
FB Veggie Burrito Ground Soya 12" Regular (low)	561 g	630	18	25	5	0.1	28	5	97	11	38	7	7	25	1740	76	0	0	29	32	600	13	150	11	2.25	12
FB Veggie Burrito Ground Soya 12" Regular (high)	386 g	700	16	21	4	0.1	22	0	111	13	46	4	4	28	1810	79	0	0	9	10	450	10	100	7	2.5	14
FB Veggie Burrito Ground Soya 12" Large (low)	541 g	740	19	26	4	0.2	21	0	114	11	40	5	5	32	2520	109	0	0	24	27	400	8	125	10	2	12
FB Veggie Burrito Ground Soya 12" Large (high)	541 g	900	20	26	4.5	0.2	24	0	141	18	64	6	6	40	2610	113	0	0	17	19	700	14	150	11	3.5	21
FB Burrito Bowl Ground Soya regular (low)	335 g	330	7	9	0.5	0.1	4	0	54	4	13	2	2	15	1380	60	0	0	16	18	300	6	100	7	1.75	9
FB Burrito Bowl Ground Soya regular (high)	335 g	460	7	9	0.5	0.1	4	0	77	14	48	2	2	23	1320	57	0	0	10	11	600	13	100	8	3.5	18
FB Burrito Bowl Ground Soya large (low)	433 g	450	10	14	1	0.2	5	0	68	6	21	4	4	24	2020	88	0	0	24	27	400	8	125	10	2	12
FB Burrito Bowl Ground Soya large (high)	433 g	580	10	14	1	0.2	6	0	91	16	57	4	4	32	1960	85	0	0	17	19	700	14	150	11	3.5	21
FB Taco Soft Shell Ground Soy (low)	256 g	370	10	13	2.5	0.1	12	0	54	5	17	4	4	14	1350	59	0	0	12	14	175	4	50	4	1	5
FB Taco Soft Shell Ground Soy (high)	256 g	430	10	13	2.5	0.1	13	0	66	10	35	4	4	18	1320	57	0	0	9	10	300	7	50	5	1.75	10
FB Taco Hard Shell Ground Soy (low)	215 g	280	9	12	1	0.1	6	0	39	4	15	2	2	12	970	42	0	0	12	14	225	5	75	5	1	5
FB Taco Hard Shell Ground Soy (high)	215 g	350	9	12	1	0.1	6	0	51	9	33	2	2	16	940	41	0	0	9	10	400	8	75	6	1.75	10
FB Quesadilla Ground Soya (low)	302 g	480	14	19	3.5	0.1	18	0	72	8	29	3	3	20	1470	64	0	0	12	14	175	4	50	4	1	5
FB Quesadilla Ground Soya (high)	302 g	570	14	19	4	0.1	21	0	87	10	35	4	4	24	1580	69	0	0	9	10	300	7	50	5	1.75	10
FB Veggie Burrito Sauteed Veg Regular (low)	356 g	520	15	19	3.5	0.1	19	0	86	7	25	3	3	14	1100	48	0	0	15	17	250	6	75	5	1.25	7
FB Veggie Burrito Sauteed Veg Regular (high)	356 g	650	15	20	4	0.1	22	0	108	11	40	4	4	20	1200	52	0	0	10	11	500	10	75	6	2.5	14
FB Veggie Burrito Sauteed Veg Large (low)	466 g	630	17	23	4	0.1	20	0	106	8	28	4	4	16	1350	59	0	0	22	24	400	8	100	8	1.75	10
FB Veggie Burrito Sauteed Veg Large (high)	466 g	790	17	23	4.5	0.1	23	0	133	15	52	5	5	24	1440	63	0	0	15	17	700	15	125	9	3.5	19
FB Burrito Bowl Sauteed Veg Regular (low)	305 g	280	6	8																						

FB Burrito Bowl Sauteed Veg Large (low)	358 g	340	8	10	0.5	0.1	4	0	61	3	10	3	3	8	850	37	0	0	22	24	400	8	100	8	1.75	10
FB Burrito Bowl Sauteed Veg Large (high)	358 g	470	8	11	1	0.1	5	0	84	13	45	3	3	16	800	35	0	0	15	17	700	15	125	9	3.5	19
FB Veggie Burrito Sweet Potato Regular (low)	381 g	620	17	23	4	0.1	21	0	105	8	28	8	8	14	1530	67	0	0	6	7	400	9	100	7	1.5	8
FB Veggie Burrito Sweet Potato Regular (high)	456 g	880	22	30	5	0.2	28	0	148	14	49	16	16	21	2100	91	0	0	1	1	850	18	150	11	3	18
FB Veggie Burrito Sweet Potato Large (low)	541 g	850	23	31	5	0.2	26	0	145	10	35	15	15	18	2240	97	0	0	8	9	750	15	150	12	2.25	13
FB Veggie Burrito Sweet Potato Large (high)	541 g	1010	24	32	6	0.2	29	0	172	17	59	16	16	26	2330	101	0	0	1.5	2	1000	22	175	13	4	22
FB Burrito Bowl Sweet Potato Regular (low)	330 g	380	9	11	1	0.1	6	0	69	3	10	7	7	7	1200	52	0	0	8	9	450	10	100	9	1.75	10
FB Burrito Bowl Sweet Potato Regular (high)	330 g	510	9	12	1	0.1	7	0	92	13	45	7	7	15	1140	50	0	0	1	1	750	16	125	10	3.5	19
FB Burrito Bowl Sweet Potato Large (low)	433 g	560	14	19	2	0.2	10	0	100	5	17	14	14	9	1740	76	0	0	8	9	750	15	150	12	2.25	13
FB Burrito Bowl Sweet Potato Large (high)	458 g	760	19	26	6	0.5	32	10	124	14	52	14	14	23	1990	87	0	0	1.5	2	1000	22	350	27	4	22
FB Taco Soft Shell Sweet Potato (low)	251 g	420	11	15	3	0.1	15	0	69	4	15	9	9	6	1170	51	0	0	4	4	350	7	75	5	1	6
FB Taco Soft Shell Sweet Potato (high)	251 g	480	12	15	3	0.1	15	0	81	9	32	9	9	10	1140	50	0	0	0.6	1	500	10	75	6	2	10
FB Taco Hard Shell Sweet Potato (low)	210 g	340	11	15	1.5	0.1	8	0	54	3	12	7	7	4	790	34	0	0	4	4	400	8	75	6	1	6
FB Taco Hard Shell Sweet Potato (high)	210 g	400	11	15	1.5	0.1	8	0	66	8	30	7	7	8	760	33	0	0	0.6	1	550	12	100	7	2	10
FB Quesadilla Sweet Potato (low)	297 g	530	16	21	4	0.1	20	0	87	7	26	8	8	12	1290	56	0	0	4	4	350	7	75	5	1	6
FB Quesadilla Sweet Potato (high)	297 g	620	16	21	4.5	0.1	23	0	103	9	33	9	9	16	1400	61	0	0	0.6	1	500	10	75	6	2	10
FB Classic Burrito Ground Beef Regular (low)	363 g	570	18	24	5	0.2	28	20	84	7	25	2	2	21	1280	56	0	0	13	15	300	6	75	5	5	26
FB Classic Burrito Ground Beef Regular (large)	363 g	700	18	24	6	0.2	31	20	106	11	40	3	3	26	1390	60	0	0	8	9	500	11	75	6	6	33
FB Veggie Burrito Bean 10" small (low)	189 g	300	8	10	2	0	11	0	52	4	13	1	1	8	670	29	0	0	4	4	100	2	30	2	0.5	3
FB Veggie Burrito Bean 10" small (high)	189 g	380	8	10	1.5	0	6	0	65	8	27	2	2	13	500	22	0	0	0.4	0	250	5	40	3	1.5	8
FB Veggie Burrito Bean 12" regular (low)	306 g	480	12	16	3.5	0	17	0	83	6	22	1	1	13	1070	47	0	0	6	7	175	4	50	5	1	6
FB Veggie Burrito Bean 12" regular (high)	306 g	610	12	16	4	0	20	0	104	11	38	3	3	19	1170	51	0	0	0.8	1	400	8	75	5	2.25	12
FB Veggie Burrito Bean 12" large (low)	391 g	580	14	18	3.5	0.1	18	0	101	7	24	2	2	15	1320	57	0	0	8	9	250	5	100	7	1.5	8
FB Veggie Burrito Bean 12" large (high)	391 g	740	14	18	4	0.1	21	0	128	13	48	3	3	23	1410	61	0	0	1	1	550	12	100	8	3	17
FB Burrito Bowl Veggie Bean Regular (low)	255 g	250	3.5	5	0.4	0.1	2	0	47	1	5	1	1	6	740	32	0	0	8	9	225	5	75	6	1.25	7
FB Burrito Bowl Veggie Bean Regular (high)	255 g	370	4	5	0.5	0.1	3	0	70	11	40	1	1	14	680	30	0	0	1	1	500	11	100	7	3	16
FB Burrito Bowl Veggie Bean Large (low)	283 g	290	4	6	0.5	0.1	3	0	56	2	6	1	1	7	820	36	0	0	8	9	250	5	100	7	1.5	8
FB Burrito Bowl Veggie Bean Large (high)	283 g	420	4.5	6	0.5	0.1	3	0	79	11	41	1	1	15	760	33	0	0	1	1	550	12	100	8	3	17
FB Taco Hard Shell Bean and Rice (low)	135 g	200	6	8	1	0	4	0	32	2	7	0	0	3	330	14	0	0	4	4	175	3	50	3	0.5	3
FB Taco Hard Shell Bean and Rice (high)	135 g	260	6	8	1	0	5	0	44	7	24	0	0	7	300	13	0	0	0.4	0	300	7	50	4	1.5	8
FB Taco Hard Soft Bean and Rice (low)	176 g	280	6	9	2	0	11	0	47	3	9	2	2	5	710	31	0	0	4	4	100	2	30	2	0.5	3
FB Taco Hard Soft Bean and Rice (high)	176 g	340	7	9	2	0	11	0	59	7	27	2	2	9	680	30	0	0	0.4	0	250	5	40	3	1.5	8
FB Quesadilla Chicken with Cheese (low)	318 g	560	20	27	8	0.3	42	70	68	6	22	1	1	29	1580	69	0	0	4.5	5	300	6	225	17	1.5	9
FB Quesadilla Chicken with Cheese (high)	318 g	660	20	27	9	0.3	45	70	83	8	28	2	2	33	1700	74	0	0	1	1	450	9	225	18	2.25	13
FB Quesadilla Steak with Cheese (low)	318 g	570	21	28	9	0.3	45	45	68	6	21	2	2	27	1640	71	0	0	4	4	125	2	225	17	0.75	4
FB Quesadilla Steak with Cheese (high)	318 g	660	21	28	9	0.3	48	45	84	8	28	3	3	31	1760	76	0	0	0.6	1	250	6	225	18	1.5	9
FB Quesadilla Steak and Chicken with Cheese (low)	332 g	580	22	29	8	0.3	44	75	68	6	22	2	2	31	1690	74	0	0	4.5	5	250	5	225	18	1.5	8
FB Quesadilla Steak and Chicken with Cheese (high)	332 g	680	22	29	9	0.3	47	75	84	8	28	3	3	35	1810	79	0	0	1	1	400	9	225	18	2.25	12
FB Quesadilla Pulled Pork with Cheese (low)	318 g	610	24	32	10	0.3	52	50	72	6	20	5	5	27	1630	71	0	0	4	4	100	2	225	17	0.5	3
FB Quesadilla Pulled Pork with Cheese (high)	318 g	700	24	33	11	0.3	55	50	88	8	27	6	6	31	1750	76	0	0	0.4	0	250	5	225	17	1.5	8
FB Quesadilla Chorizo with Cheese (low)	332 g	720	32	43	13	0.5	69	75	75	6	20	2	2	33	1750	76	0.4	2	4	4	400	8	225	17	1.5	8
FB Quesadilla Chorizo with Cheese (high)	332 g	810	33	43	14	0.5	72	75	91	8	27	3	3	37	1870	81	0.4	2	0.4	0	550	11	225	18	2.25	13
FB Quesadilla Sweet Potato with Cheese (low)	322 g	600	21	28	8	0.3	41	10	89	7	26	8	8	17	1600	69	0	0	4	4	350	7	250	19	1	6
FB Quesadilla Sweet Potato with Cheese (high)	322 g	690	21	28	8	0.3	44	10	104	9	33	9	9	21	1710	75	0	0	0.6	1	500	10	250	20	2	10
FB Quesadilla Tofu with Cheese (low)	327 g	540	21	28	8	0.3	42	10	69	6	23	2	2	20	1650	72	0	0	13	15	175	4	300	23	1.5	9
FB Quesadilla Tofu with Cheese (high)	307 g	620	20	26	8	0.3	44	10	84	8	29	3	3	23	1640	71	0	0	7	8	300	6	300	22	2.25	12
FB Quesadilla Ground Soya with Cheese (low)	327 g	550	19	25	7	0.3	39	10	74	8	29	3	3	25	1780	77	0	0	12	14	175	4	225	18	1	5
FB Quesadilla Ground Soya with Cheese (high)	327 g	640	19	25	8	0.3	42	10	89	10	35	4	4	29	1890	82	0	0	9	10	300	7	250	19	1.75	10