



At Tijuana Flats, we're always Keepin' it Fresh. Since we opened in 1995, we have made it a priority to use only the highest quality ingredients for our guests. We use zero trans-fatty acid (TFA) cooking oils, 100 percent hormone free, white meat chicken, pork and steak, fresh produce, and all of our menu items are lard free. All our food is made fresh daily – no freezers, no microwaves.

For those of you looking to cut a few calories, we offer the option to substitute your flour tortilla with a whole-wheat tortilla for any of our tacos, burritos, quesadillas, chimichangas or flautas. We also have a popular "Power Lite" selection, which allows you to choose low-fat cheese and fat-free sour cream for any menu item. There is no charge for these substitutions.

Below we have put together some recommendations of lower calorie menu options that you are sure to enjoy. The options provided are shown with whole wheat tortillas and "Power Lite" cheese and sour cream. We also show the nutritional information should you choose to not put any cheese or sour cream on your menu item.

You will also find our complete nutritional information chart below, which is designed to help you make informed decisions about what you choose to eat at Tijuana Flats. The chart allows you to customize the nutritional information to reflect exactly what you order in the restaurant. To use it, simply select a menu item, then choose all of the options that you would like to include in your menu item. Add each line of nutritional information together to get the total. Additional items, including Starters and Make it Wet options, are listed at the bottom of the chart. Our allergen information is listed below the nutritional information.

Remember, at Tijuana Flats you can eat what you like, how you like it, and as hot and wet as you want it - in other words, enjoy!

Lower Calorie Items

Burritos

Steak Whole Wheat Burrito (regular size)	Calories	Total Fat g
10" Wheat Tortilla	163	5
Steak	104.5	4.4
Shredded Lettuce	0.9	0
Diced Tomatoes	2.9	0
Diced Onions	0	0
Black Olives	18	1.5
Fresh Jalapenos	0	0
Substitute Powerlite low-fat cheese	72	5.5
Substitute Powerlite fat-free sour cream	25	0
Total	386.3	16.4
Without Cheese	314.3	10.9

Chicken Whole Wheat Burrito (regular size)	Calories	Total Fat g
10" Wheat Tortilla	163	5
Chicken	90	2.4
Shredded Lettuce	0.9	0
Diced Tomatoes	2.9	0
Diced Onions	0	0
Black Olives	18	1.5
Fresh Jalapenos	0	0
Substitute Powerlite low-fat cheese	72	5.5
Substitute Powerlite fat-free sour cream	25	0
Total	371.8	14.4
Without Cheese	299.8	8.9

Black Bean Whole Wheat Burrito (regular size)	Calories	Total Fat g
10" Wheat Tortilla	163	5
Black Beans	80	3.5
Shredded Lettuce	0.9	0
Diced Tomatoes	2.9	0
Diced Onions	0	0
Black Olives	18	1.5
Fresh Jalapenos	0	0
Substitute Powerlite low-fat cheese	72	5.5
Substitute Powerlite fat-free sour cream	25	0
Total	361.8	15.5
Without Cheese	289.8	10

Refried Bean Whole Wheat Burrito (regular size)	Calories	Total Fat g
10" Wheat Tortilla	163	5
Refried Beans	100	4
Shredded Lettuce	0.9	0
Diced Tomatoes	2.9	0
Diced Onions	0	0
Black Olives	18	1.5
Fresh Jalapenos	0	0
Substitute Powerlite low-fat cheese	72	5.5
Substitute Powerlite fat-free sour cream	25	0
Total	381.8	16
Without Cheese	309.8	10.5

Black Bean Veggie Whole Wheat Burrito (regular size)	Calories	Total Fat g
10" Wheat Tortilla	163	5
Black Beans	80	3.5
Salsa	17.5	0
Rice	54.5	1.65
Shredded Lettuce	0.9	0
Diced Tomatoes	2.9	0
Diced Onions	0	0
Black Olives	18	1.5
Fresh Jalapenos	0	0
Substitute Powerlite low-fat cheese	72	5.5
Substitute Powerlite fat-free sour cream	25	0
Total	433.8	17.15
Without Cheese	361.8	11.65

Refried Bean Veggie Whole Wheat Burrito (regular size)	Calories	Total Fat g
10" Wheat Tortilla	163	5
Refried Beans	80	3.5
Salsa	17.5	0
Rice	54.5	1.65
Shredded Lettuce	0.9	0
Diced Tomatoes	2.9	0
Diced Onions	0	0
Black Olives	18	1.5
Fresh Jalapenos	0	0
Substitute Powerlite low-fat cheese	72	5.5
Substitute Powerlite fat-free sour cream	25	0
Total	433.8	17.15
Without Cheese	361.8	11.65

Quesadillas

Steak Whole Wheat Quesadilla	Calories	Total Fat g
10" Wheat Tortilla	163	5
Steak	104.5	4.4
Shredded Lettuce	0.9	0
Diced Tomatoes	2.9	0
Diced Onions	0	0
Black Olives	18	1.5
Fresh Jalapenos	0	0
Substitute Powerlite low-fat cheese	72	5.5
Substitute Powerlite fat-free sour cream	25	0
Total	386.3	16.4
Without Cheese	314.3	10.9

Chicken Whole Wheat Quesadilla	Calories	Total Fat g
10" Wheat Tortilla	163	5
Chicken	90	2.4
Shredded Lettuce	0.9	0
Diced Tomatoes	2.9	0
Diced Onions	0	0
Black Olives	18	1.5
Fresh Jalapenos	0	0
Substitute Powerlite low-fat cheese	72	5.5
Substitute Powerlite fat-free sour cream	25	0
Total	371.8	14.4
Without Cheese	299.8	8.9

Black Bean Whole Wheat Quesadilla	Calories	Total Fat g
10" Wheat Tortilla	163	5
Black Beans	80	3.5
Shredded Lettuce	0.9	0
Diced Tomatoes	2.9	0
Diced Onions	0	0
Black Olives	18	1.5
Fresh Jalapenos	0	0
Substitute Powerlite low-fat cheese	72	5.5
Substitute Powerlite fat-free sour cream	25	0
Total	361.8	15.5
Without Cheese	289.8	10

Refried Bean Whole Wheat Quesadilla	Calories	Total Fat g
10" Wheat Tortilla	163	5
Refried Beans	100	4
Shredded Lettuce	0.9	0
Diced Tomatoes	2.9	0
Diced Onions	0	0
Black Olives	18	1.5
Fresh Jalapenos	0	0
Substitute Powerlite low-fat cheese	72	5.5
Substitute Powerlite fat-free sour cream	25	0
Total	381.8	16
Without Cheese	309.8	10.5

Tacos

Steak Soft Taco (Wheat)	Calories	Total Fat g
7" Wheat Tortilla	89	3
Steak	104.5	4.4
Shredded Lettuce	0.9	0
Diced Tomatoes	2.9	0
Diced Onions	0	0
Black Olives	18	1.5
Fresh Jalapenos	0	0
Substitute Powerlite low-fat cheese	72	5.5
Substitute Powerlite fat-free sour cream	25	0
Total	312.3	14.4
Total for Two	624.6	28.8
Without Cheese (1 taco)	240.3	8.9
Without Cheese (2 tacos)	480.6	17.8

Chicken Soft Taco (Wheat)	Calories	Total Fat g
7" Wheat Tortilla	89	3
Chicken	90	2.4
Shredded Lettuce	0.9	0
Diced Tomatoes	2.9	0
Diced Onions	0	0
Black Olives	18	1.5
Fresh Jalapenos	0	0
Substitute Powerlite low-fat cheese	72	5.5
Substitute Powerlite fat-free sour cream	25	0
Total	297.8	12.4
Total for Two	595.6	24.8
Without Cheese (1 taco)	225.8	6.9
Without Cheese (2 tacos)	451.6	13.8

Black Bean Soft Taco (wheat)	Calories	Total Fat g
7" Wheat Tortilla	89	3
Black Beans	80	3.5
Shredded Lettuce	0.9	0
Diced Tomatoes	2.9	0
Diced Onions	0	0
Black Olives	18	1.5
Fresh Jalapenos	0	0
Substitute Powerlite low-fat cheese	72	5.5
Substitute Powerlite fat-free sour cream	25	0
Total	287.8	13.5
Total for Two	575.6	27
Without Cheese (1 taco)	215.8	8
Without Cheese (2 tacos)	431.6	16

Refried Bean Soft Taco (wheat)	Calories	Total Fat g
7" Wheat Tortilla	89	3
Refried Beans	100	4
Shredded Lettuce	0.9	0
Diced Tomatoes	2.9	0
Diced Onions	0	0
Black Olives	18	1.5
Fresh Jalapenos	0	0
Substitute Powerlite low-fat cheese	72	5.5
Substitute Powerlite fat-free sour cream	25	0
Total	307.8	14
Total for Two	615.6	28

Without Cheese (1 taco)	235.8	8.5
Without Cheese (2 tacos)	471.6	17

Salads

Steak Salad (no shell)	Calories	Total Fat g
Steak	209	8.8
Shredded Lettuce	0.9	0
Diced Tomatoes	2.9	0
Diced Onions	0	0
Black Olives	18	1.5
Fresh Jalapenos	0	0
Substitute Powerlite low-fat cheese	72	5.5
Substitute Powerlite fat-free sour cream	25	0
Guacamole	14.5	0.6
Salsa Dressing	35	0
Total	377.3	16.4
Without Cheese	305.3	10.9

Chicken Salad (no shell)	Calories	Total Fat g
Chicken	180	4.8
Shredded Lettuce	0.9	0
Diced Tomatoes	2.9	0
Diced Onions	0	0
Black Olives	18	1.5
Fresh Jalapenos	0	0
Substitute Powerlite low-fat cheese	72	5.5
Substitute Powerlite fat-free sour cream	25	0
Guacamole	14.5	0.6
Salsa Dressing	35	0
Total	348.3	12.4
Without Cheese	276.3	6.9

Black Bean Salad (no shell)	Calories	Total Fat g
Black Beans	160	7
Shredded Lettuce	0.9	0
Diced Tomatoes	2.9	0
Diced Onions	0	0
Black Olives	18	1.5
Fresh Jalapenos	0	0
Substitute Powerlite low-fat cheese	72	5.5
Substitute Powerlite fat-free sour cream	25	0
Guacamole	14.5	0.6
Salsa Dressing	35	0
Total	328.3	14.6
Without Cheese	256.3	9.1

Refried Bean Salad (no shell)	Calories	Total Fat g
Refried Beans	200	8
Shredded Lettuce	0.9	0
Diced Tomatoes	2.9	0
Diced Onions	0	0
Black Olives	18	1.5
Fresh Jalapenos	0	0
Substitute Powerlite low-fat cheese	72	5.5
Substitute Powerlite fat-free sour cream	25	0
Guacamole	14.5	0.6
Salsa Dressing	35	0
Total	368.3	15.6
Without Cheese	296.3	10.1

Tijuana Flats Nutrition Guide

(Updated August 2008)

	Serving Size	Calories	Calories from Fat	Total Fat g	Saturated Fat g	Cholesterol mg	Sodium mg	Total Carbs g	Dietary Fiber g	Sugars g	Protein g	Vitamin A	Vitamin C	Calcium	Iron
Regular Size Burritos															
10" Wheat Tortilla	1 ea	163	42	5	2	2	376	27	4	0	5	0	0	119	1.5
10" Flour Tortilla	1 ea	171	40	4	2	2	377	28	1	0	4	0	0	115	1.7
Chicken	2 oz	90	22	2.4	0.6	40	505	1.3	0.2	1	15	2.9	0	7.2	0.5
Blackened Chicken	2 oz	147	77	8.5	1.4	37	964	2.6	1.1	1.5	14	2.6	0	6.7	0.5
Beef	2 oz	156	80	9	3	45	419	4	0	1	14	0	0	14	1.4
Steak	2 oz	104.5	40	4.4	1.5	37.6	597	1.7	0.4	1.3	13.9	0	2	7	1.3
Pork	2 oz	170	140	16	4	25	1245	1.5	0	0	6	0	1%	2%	5%
Black Beans	2 oz	80	30	3.5	0.5	0	145	10	2.5	2	3.5	0	0	2%	4%
Refried Beans	3 oz	100	40	4	0.5	0	2.5	12.5	4.5	2	3.5	0	4%	3%	5%
Shredded Lettuce	4 oz	0.9	0	0	0	0	0	0	0	0	0	2	0	1	0
Diced Tomatoes	5 oz	2.9	0	0	0	0	0	0.6	0	0	0	8	2.5	0.7	0
Diced Onions	6 oz	0	0	0	0	0	0	0	0	0	0	0	0.6	2	0
Black Olives	7 oz	18	13.5	1.5	0.3	0	84	0.6	0	0	0	0	0	0	0
Fresh Jalapenos	8 oz	0	0	0	0	0	0	0	0	0	0	10	12	0	0
Substitute Powerlite low-fat cheese	9 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	52	0	244	0
Substitute Powerlite fat-free sour cream	10 oz	25	0	0	0	0	20	4	0	2	2	0	0	0	0
Mixed Cheese	11 oz	121	88.7	9.9	6.3	30	180	0	0	0	7.7	43	0	109	0
Sour Cream	12 oz	76	42	4.7	3	10	12	1	0	0	0.6	0	0	0	0
Make it a Chimichanga Add		139	119	13.2	2	0	32	0	0	0	0	0	0	0	0
Tijuana Size Burritos															
13" Wheat Tortilla	1 ea	263	68	8	3	3	606	43	6	1	7	0	0	191	2.4
13" Flour Tortilla	1 ea	275	65	7	3	3	609	45	2	1	6	0	0	184	2.8
Chicken	4 oz	180	44	4.8	1.2	80	1010	2.6	0.4	2	30	5.8	0	14.4	1
Blackened Chicken	4 oz	294	154	17	2.8	74	1928	5.2	2.2	3	28	5.2	0	13.4	1
Beef	4 oz	312	160	18	6	90	838	8	0	2	28	0	0	28	2.8
Steak	4 oz	209	80	8.8	3	75.2	1194	3.4	0.8	2.6	27.8	0	4	14	2.6
Pork	4 oz	340	280	32	8	50	2490	3	0	0	12	0	2%	4%	10%
Black Beans	4 oz	160	60	7	1	0	290	20	5	4	7	0	0	4%	8%
Refried Beans	4 oz	200	80	8	1	0	5	25	9	4	7	0	8%	6%	10%
Shredded Lettuce	1 oz	0.9	0	0	0	0	0	0	0	0	0	2	0	1	0
Diced Tomatoes	.6 oz	2.9	0	0	0	0	0	0.6	0	0	0	8	2.5	0.7	0
Diced Onions	.5 oz	0	0	0	0	0	0	0	0	0	0	0	0.6	2	0
Black Olives	.6 oz	18	13.5	1.5	0.3	0	84	0.6	0	0	0	0	0	0	0
Fresh Jalapenos	.6 oz	0	0	0	0	0	0	0	0	0	0	10	12	0	0
Substitute Powerlite low-fat cheese	1.1 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	52	0	244	0
Substitute Powerlite fat-free sour cream	.8 oz	25	0	0	0	0	20	4	0	2	2	0	0	0	0
Mixed Cheese	1.1 oz	121	88.7	9.9	6.3	30	180	0	0	0	7.7	43	0	109	0

	Sour Cream	.8 oz	76	42	4.7	3	10	12	1	0	0	0.6	0	0	0	0
	Make it a Chimichanga Add		225	186	21	3.7	0	51	0	0	0	0	0	0	0	0
	Megajuana Size Burritos															
	13" Wheat Tortilla	1 ea	263	68	8	3	3	606	43	6	1	7	4.18	0	191	2.4
	13" Flour Tortilla	1 ea	275	65	7	3	3	609	45	2	1	6	1.15	0	184	2.8
	Chicken	8 oz	360	88	9.6	2.4	160	2020	5.2	0.8	4	60	11.6	0	28.8	2
	Blackened Chicken	8 oz	588	308	34	5.6	148	3856	10.4	4.4	6	56	10.4	0	26.8	2
	Beef	8 oz	624	320	36	12	180	1676	16	0	4	56	0	0	56	5.6
	Steak	8 oz	418	160	17.6	6	150.4	2388	6.8	1.6	5.2	55.6	0	8	28	5.2
	Pork	8 oz	680	560	64	16	100	4980	6	0	0	24	0	4%	8%	20%
	Black Beans	8 oz	320	120	14	2	0	580	40	10	8	14	0	0	8%	16%
	Refried Beans	8 oz	400	160	16	2	0	10	50	18	8	14	0	16%	12%	20%
	Shredded Lettuce	1 oz	0.9	0	0	0	0	0	0	0	0	0	2	0	1	0
	Diced Tomatoes	.6 oz	2.9	0	0	0	0	0	0.6	0	0	0	8	2.5	0.7	0
	Diced Onions	.5 oz	0	0	0	0	0	0	0	0	0	0	0	0.6	2	0
	Black Olives	.6 oz	18	13.5	1.5	0.3	0	84	0.6	0	0	0	0	0	0	0
	Fresh Jalapenos	.6 oz	0	0	0	0	0	0	0	0	0	0	10	12	0	0
	Substitute Powerlite low-fat cheese	2.2 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	52	0	244	0
	Substitute Powerlite fat-free sour cream	.8 oz	25	0	0	0	0	20	4	0	2	2	0	0	0	0
	Mixed Cheese	2.2 oz	121	88.7	9.9	6.3	30	180	0	0	0	7.7	43	0	109	0
	Sour Cream	.8 oz	76	42	4.7	3	10	12	1	0	0	0.6	0	0	0	0
	Make it a Chimichanga Add		225	186	21	3.7	0	51	0	0	0	0	0	0	0	0
	Quesadilla															
	10" Wheat Tortilla	1 ea	163	42	5	2	2	376	27	4	0	5	0	0	119	1.5
	10" Flour Tortilla	1 ea	171	40	4	2	2	377	28	1	0	4	0	0	115	1.7
	Chicken	2 oz	90	22	2.4	0.6	40	505	1.3	0.2	1	15	2.9	0	7.2	0.5
	Blackened Chicken	2 oz	147	77	8.5	1.4	37	964	2.6	1.1	1.5	14	2.6	0	6.7	0.5
	Beef	2 oz	156	80	9	3	45	419	4	0	1	14	0	0	14	1.4
	Steak	2 oz	104.5	40	4.4	1.5	37.6	597	1.7	0.4	1.3	13.9	0	2	7	1.3
	Pork	2 oz	170	140	16	4	25	1245	1.5	0	0	6	0	1%	2%	5%
	Black Beans	2 oz	80	30	3.5	0.5	0	145	10	2.5	2	3.5	0	0	2%	4%
	Refried Beans	2 oz	100	40	4	0.5	0	2.5	12.5	4.5	2	3.5	0	4%	3%	5%
	Shredded Lettuce	1 oz	0.9	0	0	0	0	0	0	0	0	0	2	0	1	0
	Diced Tomatoes	.6 oz	2.9	0	0	0	0	0	0.6	0	0	0	8	2.5	0.7	0
	Diced Onions	.5 oz	0	0	0	0	0	0	0	0	0	0	0	0.6	2	0
	Black Olives	.6 oz	18	13.5	1.5	0.3	0	84	0.6	0	0	0	0	0	0	0
	Fresh Jalapenos	.6 oz	0	0	0	0	0	0	0	0	0	0	10	12	0	0
	Substitute Powerlite low-fat cheese	1.1 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	52	0	244	0
	Substitute Powerlite fat-free sour cream	.8 oz	25	0	0	0	0	20	4	0	2	2	0	0	0	0
	Mixed Cheese	2.2 oz	242	177.4	19.8	12.6	60	360	0	0	0	7.7	86	0	218	0
	Sour Cream	.8 oz	76	42	4.7	3	10	12	1	0	0	0.6	0	0	0	0

Flautas (one each)																
	10" "Fried" Wheat Tortilla	1 ea	270	129.6	14.4	2	0	376	27	4	0	5	0	0	119	1.5
	10" " Fried" Flour Tortilla	1 ea	278	138.6	15.4	2	0	377	28	1	0	4	0	0	115	1.7
	Chicken	2 oz	90	22	2.4	0.6	40	505	1.3	0.2	1	15	2.9	0	7.2	0.5
	Blackened Chicken	2 oz	147	77	8.5	1.4	37	964	2.6	1.1	1.5	14	2.6	0	6.7	0.5
	Beef	2 oz	156	80	9	3	45	419	4	0	1	14	0	0	14	1.4
	Steak	2 oz	104.5	40	4.4	1.5	37.6	597	1.7	0.4	1.3	13.9	0	2	7	1.3
	Pork	2 oz	170	140	16	4	25	1245	1.5	0	0	6	0	1%	2%	5%
	Black Beans	2 oz	80	30	3.5	0.5	0	145	10	2.5	2	3.5	0	0	2%	4%
	Refried Beans	2 oz	100	40	4	0.5	0	2.5	12.5	4.5	2	3.5	0	4%	3%	5%
	Shredded Lettuce	1 oz	0.9	0	0	0	0	0	0	0	0	0	2	0	1	0
	Diced Tomatoes	.6 oz	2.9	0	0	0	0	0	0.6	0	0	0	8	2.5	0.7	0
	Diced Onions	.5 oz	0	0	0	0	0	0	0	0	0	0	0	0.6	2	0
	Black Olives	.6 oz	18	13.5	1.5	0.3	0	84	0.6	0	0	0	0	0	0	0
	Fresh Jalapenos	.6 oz	0	0	0	0	0	0	0	0	0	0	10	12	0	0
	Chili con Queso, 4oz cup	4 oz	262	173	19	9.7	49.5	1651	10.9	0.02	6.7	15.7	52	0	244	0
	Substitute Powerlite low-fat cheese	1.1 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	0	0	0	0
	Substitute Powerlite fat-free sour cream	.8 oz	25	0	0	0	0	20	4	0	2	2	43	0	109	0
	Mixed Cheese	1.1 oz	121	88.7	9.9	6.3	30	180	0	0	0	7.7	0	0	0	0
	Sour Cream	.8 oz	76	42	4.7	3	10	12	1	0	0	0.6	0	0	0	0
	Guacamole	0.15	14.5	5.4	0.6	0.08	17.25	28.75	2.15	0.325	0.48	0.15	0.00	0.78	8.50	0.58
Tacos (one each)																
	7" Wheat Tortilla	1 ea	89	23	3	1	1	205	15	2	0	3	1.4	0	65	0.82
	7" Flour Tortilla	1 ea	93	22	2	1	1	206	15	1	0	2	0.4	0	62.5	0.94
	Crispy Corn Tortilla	1 ea	160.5	70	7.8	1.1	0	126	21.4	2.6	0.5	2.5	0	0	48	2.5
	Chicken	2 oz	90	22	2.4	0.6	40	505	1.3	0.2	1	15	5.8	0	14.4	1
	Blackened Chicken	2 oz	147	77	8.5	1.4	37	964	2.6	1.1	1.5	14	5.2	0	13.4	1
	Beef	2 oz	156	80	9	3	45	419	4	0	1	14	0	0	28	2.8
	Steak	2 oz	104.5	40	4.4	1.5	37.6	597	1.7	0.4	1.3	13.9	0	4	14	2.6
	Pork	2 oz	170	140	16	4	25	1245	1.5	0	0	6	0	2%	4%	10%
	Black Beans	2 oz	80	30	3.5	0.5	0	145	10	2.5	2	3.5	0	0	4%	8%
	Refried Beans	3 oz	100	40	4	0.5	0	2.5	12.5	4.5	2	3.5	0	8%	6%	10%
	Shredded Lettuce	4 oz	0.9	0	0	0	0	0	0	0	0	0	2	0	1	0
	Diced Tomatoes	5 oz	2.9	0	0	0	0	0	0.6	0	0	0	8	2.5	0.7	0
	Diced Onions	6 oz	0	0	0	0	0	0	0	0	0	0	0	0.6	2	0
	Black Olives	7 oz	18	13.5	1.5	0.3	0	84	0.6	0	0	0	0	0	0	0
	Fresh Jalapenos	8 oz	0	0	0	0	0	0	0	0	0	0	10	12	0	0
	Substitute Powerlite low-fat cheese	9 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	52	0	244	0
	Substitute Powerlite fat-free sour cream	10 oz	25	0	0	0	0	20	4	0	2	2	0	0	0	0
	Mixed Cheese	11 oz	121	88.7	9.9	6.3	30	180	0	0	0	7.7	43	0	109	0
	Sour Cream	12 oz	76	42	4.7	3	10	12	1	0	0	0.6	0	0	0	0

Tostada (one each)																
	Crispy Corn Tortilla	1 ea	160.5	70	7.8	1.1	0	126	21.4	2.6	0.2	2.5	0	0	119	1.5
	Chicken	2 oz	90	22	2.4	0.6	40	505	1.3	0.2	1	15	0	0	115	1.7
	Blackened Chicken	2 oz	147	77	8.5	1.4	37	964	2.6	1.1	1.5	14	2.9	0	7.2	0.5
	Beef	2 oz	156	80	9	3	45	419	4	0	1	14	2.6	0	6.7	0.5
	Steak	2 oz	104.5	40	4.4	1.5	37.6	597	1.7	0.4	1.3	13.9	0	0	14	1.4
	Pork	2 oz	170	140	16	4	25	1245	1.5	0	0	6	0	2	7	1.3
	Black Beans	2 oz	80	30	3.5	0.5	0	145	10	2.5	2	3.5	0	1%	2%	5%
	Refried Beans	2 oz	100	40	4	0.5	0	2.5	12.5	4.5	2	3.5	0	0	2%	4%
	Shredded Lettuce	1 oz	0.9	0	0	0	0	0	0	0	0	0	0	4%	3%	5%
	Diced Tomatoes	.6 oz	2.9	0	0	0	0	0	0.6	0	0	0	8	2.5	0.7	0
	Diced Onions	.5 oz	0	0	0	0	0	0	0	0	0	0	0	0.6	2	0
	Black Olives	.6 oz	18	13.5	1.5	0.3	0	84	0.6	0	0	0	0	0	0	0
	Fresh Jalapenos	.6 oz	0	0	0	0	0	0	0	0	0	0	10	12	0	0
	Substitute Powerlite low-fat cheese	1.1 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	52	0	244	0
	Substitute Powerlite fat-free sour cream	.8 oz	25	0	0	0	0	20	4	0	2	2	0	0	0	0
	Mixed Cheese	1.1 oz	121	88.7	9.9	6.3	30	180	0	0	0	7.7	43	0	109	0
	Sour Cream	.8 oz	76	42	4.7	3	10	12	1	0	0	0.6	0	0	0	0
	Salsa, 4oz cup	4 oz	35	0	0	0	0	375	7.4	1.8	5	1.6	7.2	4.8	6.5	0
Enchiladas (one each)																
	Corn Tortilla "Dipped in Oil"	1 ea	160.5	70	7.8	1.1	0	126	21.4	2.6	0.2	2.5	0	0	119	1.5
	Chicken	2 oz	90	22	2.4	0.6	40	505	1.3	0.2	1	15	0	0	115	1.7
	Blackened Chicken	2 oz	147	77	8.5	1.4	37	964	2.6	1.1	1.5	14	2.9	0	7.2	0.5
	Beef	2 oz	156	80	9	3	45	419	4	0	1	14	2.6	0	6.7	0.5
	Steak	2 oz	104.5	40	4.4	1.5	37.6	597	1.7	0.4	1.3	13.9	0	0	14	1.4
	Pork	2 oz	170	140	16	4	25	1245	1.5	0	0	6	0	2	7	1.3
	Black Beans	2 oz	80	30	3.5	0.5	0	145	10	2.5	2	3.5	0	1%	2%	5%
	Refried Beans	2 oz	100	40	4	0.5	0	2.5	12.5	4.5	2	3.5	0	0	2%	4%
	Shredded Lettuce	1 oz	0.9	0	0	0	0	0	0	0	0	0	0	4%	3%	5%
	Diced Tomatoes	.6 oz	2.9	0	0	0	0	0	0.6	0	0	0	8	2.5	0.7	0
	Diced Onions	.5 oz	0	0	0	0	0	0	0	0	0	0	0	0.6	2	0
	Black Olives	.6 oz	18	13.5	1.5	0.3	0	84	0.6	0	0	0	0	0	0	0
	Fresh Jalapenos	.3 oz	0	0	0	0	0	0	0	0	0	0	10	12	0	0
	Substitute Powerlite low-fat cheese	1.1 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	52	0	244	0
	Substitute Powerlite fat-free sour cream	.8 oz	25	0	0	0	0	20	4	0	2	2	0	0	0	0
	Mixed Cheese	1.1 oz	121	88.7	9.9	6.3	30	180	0	0	0	7.7	43	0	109	0
	Sour Cream	.8 oz	76	42	4.7	3	10	12	1	0	0	0.6	0	0	0	0
Nachos																
	Corn Chips	7.2 oz	1178	598	65.5	9.8	0	687.6	137.5	6.6	0	13	0	0	39.3	13.1
	Chicken	4 oz	180	44	4.8	1.2	80	1010	2.6	0.4	2	30	5.8	0	14.4	1

	Blackened Chicken	4 oz	294	154	17	2.8	74	1928	5.2	2.2	3	28	5.2	0	13.4	1
	Beef	4 oz	312	160	18	6	90	838	8	0	2	28	0	0	28	2.8
	Steak	4 oz	209	80	8.8	3	75.2	1194	3.4	0.8	2.6	27.8	0	4	14	2.6
	Pork	4 oz	340	280	32	8	50	2490	3	0	0	12	0	2%	4%	10%
	Black Beans	4 oz	160	60	7	1	0	290	20	5	4	7	0	0	4%	8%
	Refried Beans	4 oz	200	80	8	1	0	5	25	9	4	7	0	8%	6%	10%
	Shredded Lettuce	1.6 oz	1	0	0	0	0	0	0	0	0	0	3	0	1.6	0
	Diced Tomatoes	.6 oz	2.9	0	0	0	0	0	0.6	0	0	0	8	2.5	0.7	0
	Diced Onions	.5 oz	0	0	0	0	0	0	0	0	0	0	0	0.6	2	0
	Black Olives	.6 oz	18	13.5	1.5	0.3	0	84	0.6	0	0	0	0	0	0	0
	Fresh Jalapenos	.4 oz	0	0	0	0	0	0	0	0	0	0	10	12	0	0
	Substitute Powerlite low-fat cheese	6.6 oz	432	294	33	23.4	81.6	708	0	0	0	36	52	0	244	0
	Substitute Powerlite fat-free sour cream	.8 oz	25	0	0	0	0	20	4	0	2	2	0	0	0	0
	Mixed Cheese	6.6 oz	726	532.2	59.4	37.8	180	1080	0	0	0	46.2	43	0	109	0
	Sour Cream	.8 oz	76	42	4.7	3	10	12	1	0	0	0.6	0	0	0	0
	Salad															
	13" Wheat Tortilla	1 ea	486	239	26.6	3	0	606	43	6	1	7	4.15	0	191	2.4
	10" Wheat Tortilla (for to-go)	1 ea	270	129.6	14.4	2	0	376	27	4	0	5	2.6	0	119	1.5
	Chicken	4 oz	180	44	4.8	1.2	80	1010	2.6	0.4	2	30	5.8	0	14.4	1
	Blackened Chicken	4 oz	294	154	17	2.8	74	1928	5.2	2.2	3	28	5.2	0	13.4	1
	Beef	4 oz	312	160	18	6	90	838	8	0	2	28	0	0	28	2.8
	Steak	4 oz	209	80	8.8	3	75.2	1194	3.4	0.8	2.6	27.8	0	4	14	2.6
	Pork	4 oz	340	280	32	8	50	2490	3	0	0	12	0	2%	4%	10%
	Black Beans	4 oz	160	60	7	1	0	290	20	5	4	7	0	0	4%	8%
	Refried Beans	4 oz	200	80	8	1	0	5	25	9	4	7	0	8%	6%	10%
	Salad Mix	3 cup	21	0	0	0	0	15	3	3	0	3	54	6	30	0.9
	Diced Tomatoes	.6 oz	2.9	0	0	0	0	0	0.6	0	0	0	8	2.5	0.7	0
	Diced Onions	.5 oz	0	0	0	0	0	0	0	0	0	0	0	0.6	2	0
	Black Olives	.6 oz	18	13.5	1.5	0.3	0	84	0.6	0	0	0	0	0	0	0
	Fresh Jalapenos	4 ea	0	0	0	0	0	0	0	0	0	0	10	12	0	0
	Substitute Powerlite low-fat cheese	1.1 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	52	0	244	0
	Substitute Powerlite fat-free sour cream	.8 oz	25	0	0	0	0	20	4	0	2	2	0	0	0	0
	Mixed Cheese	1.1 oz	121	88.7	9.9	6.3	30	180	0	0	0	7.7	43	0	109	0
	Sour Cream	0.4	76	42	4.7	3	10	12	1	0	0	0.6	0	0	0	0
	Guacamole	0.15	14.5	5.4	0.6	0.08	17.25	28.75	2.15	0.325	0.475	0.15	0	0.12	1.3	0.1
	Salsa Dressing	4 oz	35	0	0	0	0	375	7.4	1.8	5	1.6	7.2	4.8	6.5	0
	Ranch Dressing	4 oz	378	374	41.6	41.6	37.8	1200	3.78	0	3.78	0	0	0	0	0
	Avocado Ranch Dressing	4 oz	218	198	22	21	53	57.5	4.3	0.07	2.9	0.03	0	1.55	17	1.2
	Fresh Starts & Sides															
	Chips, basket	10 oz	1636	818	91	13.6	0	955	191	9.1	0	18	0	0	54.6	18.2
	Salsa, 4oz cup	4 oz	35	0	0	0	0	375	7.4	1.8	5	1.6	7.2	4.8	6.5	0

Tijuana Flats Allergy Chart

milk	eggs	peanut	fish	Gluten	soy	Wheat
cheese blend	ranch dressing	none	blackened fish	Flour Tortilla	ranch dressing	flour tortillas
power light cheese	avocado dressing			wheat tortilla	avocado dressing	wheat tortillas
Chili con Queso	chipotle sauce			Ranch Dressing		Ranch dressing
half and half				Avocado Dressing		Avocado dressing
ranch dressing				Churros		Churros
sour cream				Chicken Fingers		Chicken Fingers
fat free sour cream			ALL GLUTEN FREE ITEMS			
			ARE SUBJECT TO CROSS CONTAMINATION			
avocado dressing						
spinach artichoke						
chipotle sauce						
Cheese on red sauce						