



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 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 of our recommendations of lower calorie menu options that you are sure to enjoy. 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. Also provided is our Allergen 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	170	6
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	393.3	17.4
Without Cheese	321.3	11.9

Chicken Whole Wheat Burrito (regular size)	Calories	Total Fat g
10" Wheat Tortilla	170	6
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	378.8	15.4
Without Cheese	306.8	9.9

Blackened Chicken Whole Wheat Burrito (regular size)	Calories	Total Fat g
10" Wheat Tortilla	170	6
Blackened Chicken	128	8.5
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	416.8	21.5
Without Cheese	344.8	16

Black Bean Whole Wheat Burrito (regular size)	Calories	Total Fat g
10" Wheat Tortilla	170	6
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	368.8	16.5
Without Cheese	296.8	11

Refried Bean Whole Wheat Burrito (regular size)	Calories	Total Fat g
10" Wheat Tortilla	170	6
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	388.8	17
Without Cheese	316.8	11.5

Black Bean Veggie Whole Wheat Burrito (regular size)	Calories	Total Fat g
10" Wheat Tortilla	170	6
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	440.8	18.15
Without Cheese	368.8	12.65

Refried Bean Veggie Whole Wheat Burrito (regular size)	Calories	Total Fat g
10" Wheat Tortilla	170	6
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	440.8	18.15
Without Cheese	368.8	12.65

Quesadillas

Steak Whole Wheat Quesadilla	Calories	Total Fat g
10" Wheat Tortilla	170	6
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	393.3	17.4
Without Cheese	321.3	11.9

Chicken Whole Wheat Quesadilla	Calories	Total Fat g
10" Wheat Tortilla	170	6
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	378.8	15.4
Without Cheese	306.8	9.9

Blackened Chicken Whole Wheat Quesadilla	Calories	Total Fat g
10" Wheat Tortilla	170	6
Blackened Chicken	128	8.5
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	416.8	21.5
Without Cheese	344.8	16

Black Bean Whole Wheat Quesadilla	Calories	Total Fat g
10" Wheat Tortilla	170	6
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	368.8	16.5
Without Cheese	296.8	11

Refried Bean Whole Wheat Quesadilla	Calories	Total Fat g
10" Wheat Tortilla	170	6
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	388.8	17
Without Cheese	316.8	11.5

Tacos

Steak Soft Taco (Wheat)	Calories	Total Fat g
7" Wheat Tortilla	90	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	313.3	14.4
Total for Two	626.6	28.8
Without Cheese (1 taco)	241.3	8.9
Without Cheese (2 tacos)	482.6	17.8

Chicken Soft Taco (Wheat)	Calories	Total Fat g
7" Wheat Tortilla	90	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	298.8	12.4
Total for Two	597.6	24.8
Without Cheese (1 taco)	226.8	6.9
Without Cheese (2 tacos)	453.6	13.8

Blackened Chicken Soft Taco (Wheat)	Calories	Total Fat g
7" Wheat Tortilla	90	3
Blackened Chicken	128	8.5
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	336.8	18.5
Total for Two	673.6	37
Without Cheese (1 taco)	264.8	13
Without Cheese (2 tacos)	529.6	26

Black Bean Soft Taco (wheat)	Calories	Total Fat g
7" Wheat Tortilla	90	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	288.8	13.5
Total for Two	577.6	27
Without Cheese (1 taco)	216.8	8
Without Cheese (2 tacos)	433.6	16

Refried Bean Soft Taco (wheat)	Calories	Total Fat g
7" Wheat Tortilla	90	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	308.8	14
Total for Two	617.6	28
Without Cheese (1 taco)	236.8	8.5
Without Cheese (2 tacos)	473.6	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

Blackened Chicken Salad (no shell)	Calories	Total Fat g
Blackened Chicken	128	17
Spring Mix	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	296.3	24.6
Without Cheese	224.3	19.1

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

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(Updated Ausuts 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	Vit C- mg or %	Calcium- mg	iron-mg
Megajuana Size Burritos															
13" Wheat Tortilla	1 ea	290	80	10	2	1	800	42	6	3	10	1%	0	8%	15%
13" Flour Tortilla	1 ea	350	90	10	2	3	880	54	3	4	11	0	0	8%	15%
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	512	314	35	6	132	2608	8	3.4	4.6	40	0	0	0	0
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 Tomato	.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
Blacke 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
Substitutue Powerlite low fat cheese	2.2 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	52	0	244	0
Substitutue 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 Chimichangas Add		225	186	21	3.7	0	51	0	0	0	0	0	0	0	0
Quesadilla															
10" Wheat Tortilla	1 ea	170	50	6	1	1	470	24	3	2	5	0	0	6%	10%
10" Flour Tortilla	1 ea	200	50	6	1	0	510	31	2	2	6	0	0	4%	8%
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.	128	79.2	8.8	1.5	33	652	2	0.8	1.2	10	0	0	0	0
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 Tomato	.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
Blacke 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
Substitutue Powerlite low fat cheese	2.2 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	52	0	244	0
Substitutue 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

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(Updated Ausuts 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	Vit C- mg or %	Calcium- mg	iron-mg
Flautas "one each"															
10" "Fried" Wheat Tortilla	1 ea	249	130.5	14.5	2.2	0	470	24	3	2	5	0	0	6%	10%
10" "Fried" Flour Tortilla	1 ea	279	130.5	14.5	2.2	0	510	31	2	2	6	0	0	4%	8%
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.	128	79.2	8.8	1.5	33	652	2	0.8	1.2	10	0	0	0	0
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 Tomato	.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
Blacke 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
Substitutue Powerlite low fat cheese	1.1 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	0	0	0	0
Substitutue 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	90	30	3	0	1	240	13	2	1	4	1.4	0	2%	4%
7" Flour Tortilla	1 ea	104	25	1	1	0	265	16	1	1	3	0	0	2%	4%
Crispy Corn Tortilla	1 ea	106	34.2	3.8	0.41	0	100	19	2	1	2	2%	0	0	0
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.	128	79.2	8.8	1.5	33	652	2	0.8	1.2	10	0	0	0	0
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	2 oz.	100	40	4	0.5	0	2.5	12.5	4.5	2	3.5	0	8%	6%	10%
Shredded Lettuce	1 oz	0.9	0	0	0	0	0	0	0	0	0	2	0	1	0
Diced Tomato	.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
Blacke 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
Substitutue Powerlite low fat cheese	1.1 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	52	0	244	0
Substitutue 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

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	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	Vit C- mg or %	Calcium- mg	iron-mg
Tostada "one each"															
Crispy Corn Tortilla	1 ea	106	34.2	3.8	0.41	0	100	19	2	1	2	2%	0	0	0
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.	128	79.2	8.8	1.5	33	652	2	0.8	1.2	10	0	0	0	0
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 Tomato	.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
Blacke 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
Substitutie Powerlite low fat cheese	1.1 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	52	0	244	0
Substitutie 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
Enchilada "one each"															
Corn Tortilla "Dipped in Oil"	1 ea	106	34.2	3.8	0.41	0	100	19	2	1	2	2%	0	0	0
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.	128	79.2	8.8	1.5	33	652	2	0.8	1.2	10	0	0	0	0
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%
Verde Sauce	2 oz	30	13.5	1.5	0	0	230	4	0	0	0	0	6%	0	2%
Chipotle Red Sauce	2 oz	20	0	0	0	0	460	4	0	2	0	1%	1%	1%	1%
Shredded Lettuce	1 oz	0.9	0	0	0	0	0	0	0	0	0	0	4%	3%	5%
Diced Tomato	.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
Blacke 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
Substitutie Powerlite low fat cheese	1.1 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	52	0	244	0
Substitutie 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

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Nachos															
Corn Chips 30 to 35	30	420	180	20	2.4	0	340	60	7.6	0	7.6	4%	0	0	0
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	256	157	17.5	3	66	1304	4	1.7	2.3	20	0	0	0	0
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	0.9	0	0	0	0	0	0	0	0	0	2	0	1	0
Diced Tomato	.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
Blacke 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
Substitutie Powerlite low fat cheese	6.6 oz	432	294	33	23.4	81.6	708	0	0	0	36	52	0	244	0
Substitutie 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	395	191.7	21.3	4.6	1	800	42	6	3	10	1%	0	8%	15%
10" Wheat Tortilla "for to-go"	1 ea	249	130.5	14.5	2.2	1	470	24	3	2	5	0	0	6%	10%
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	256	157	17.5	3	66	1304	4	1.7	2.3	20	0	0	0	0
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	28	0	0	0	0	48	5	3.3	1.7	2.5	0	26	79	1.9
Diced Tomato	.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
Blacke 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
Substitutie Powerlite low fat cheese	1.1 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	52	0	244	0
Substitutie 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	0	0
Salsa Dressing	4 oz	35	0	0	0	0	375	7.4	1.8	5	1.6	7.2	4.8	6.5	0
Ligh Burgundy Vinaigrettet	2 oz	90	27	3	0	0	680	14	0	12	0	0	0	0	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	0	0	0

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Fresh Starts & Sides															
Chips,basket 30 to 35	30	420	180	20	2.4	0	340	60	7.6	0	7.6	4%	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
Chili con Queso, 4oz cup	4 oz	262	173	19	9.7	49.5	1651	10.9	0.2	6.7	15.7	52	0	244	0
Guacamole, 4oz cup	4 oz	58	21.6	2.4	0.32	69	115	8.6	1.3	1.9	0.6	0	3.1	34	2.31
Salsa, 8oz cup	8 oz	70	0	0	0	0	750	15	3.6	10	3.2	14	9.5	13	0
Chili con Queso, 8oz cup	8 oz	400	260	30	14	70	2600	16	0	10	24	30	8	70	0
Guacamole, 8oz cup	8 oz	116	43.2	4.8	0.64	138	230	17.2	2.6	3.8	1.2	0	6.2	68	4.62
Side of Rice	4 oz	109	29.7	3.3	0.5	0	350	17.6	1.4	1.5	2.2	3.2	2.8	22	0.9
Side of Black Beans	4 oz	160	60	7	1	0	290	20	5	4	7	0	0	4%	8%
Side of Refried Beans	4 oz	200	80	8	1	0	5	25	9	4	7	0	8%	6%	10%
Make it Wet															
Chipotle Red Sauce	2 oz	20	0	0	0	0	460	4	0	2	0	1%	1%	1%	1%
Cheese on Red Sauce	1.1 oz	121	88.7	9.9	6.3	30	180	0	0	0	7.7	43	0	109	0
Verde Sauce	2 oz	30	13.5	1.5	0	0	230	4	0	0	0	0	6%	0	2%
Chili con Queso	2 oz	100	65	7.5	3.5	17.5	650	4	0	2.5	6	7.5	2	17.5	0
Salsa Topping	2 oz	17.5	0	0	0	0	187.5	3.8	0.9	2.5	0.8	3.6	2.4	3.25	0
Chips with a meal 10 to 15 each	15	210	90	10	1.2	0	170	30	3.8	0	3.8	2%	0	0	0
Little Lizards (kids menu)															
Chicken Fingers															
2 Pkg Ketchup	2 Tb	30	0	0	0	0	380	8	0	8	0	0%	0	0	0
Shredded Lettuce	1 oz	0.9	0	0	0	0	0	0	0	0	0	2	0	1	0
Diced Tomato	.6 oz	2.9	0	0	0	0	0	0.6	0	0	0	8	2.5	0.7	0
Mixed Cheese	2.2 oz	242	177.4	19.8	12.6	60	360	0	0	0	7.7	86	0	218	0
Substitutie Powerlite low fat cheese	2.2 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	52	0	244	0
Desserts															
Churros	1 ea	269	148.5	16.5	2.2	0	270	23	1	1	5	0	0	0%	8%
Cinnamon Sugar	1 ea	200	50	6	1	0	510	31	2	2	6	0	0	4%	8%
Sugar	2 oz.	90	22	2.4	0.6	40	505	1.3	0.2	1	15	2.9	0	7.2	0.5
Cookie Dough Flautas "one each"															
10" " Fried" Flour Tortilla	1 ea	279	130.5	14.5	2.2	0	510	31	2	2	6	0	0	4%	8%
Cookie Dough	2 oz.	273	126	14	4.1	10	172	34	1.2	20	2	0	0	0	1.5
Powdered Sugar	2 tsp	19.5	0	0	0	0	0	5	0	4	0	0	0	0	0
Chocolate Syrup	2 oz	158	5.4	0.6	0.3	0	41	37	1.5	28	1.2	0	0	8	1.2

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Specialty Burritos															
Bangin Chicken Burrito															
13" Wheat Tortilla	1 ea	290	80	10	2	1	800	42	6	3	10	1%	0	8%	15%
13" Flour Tortilla	1 ea	350	90	10	2	3	880	54	3	4	11	0	0	8%	15%
Chicken Fingers 4	4	292	148.5	16.5	2.3	53	653	13	0	0	20	0	0	0	0
Grilled Onions	2 oz	23	0	0	0	0	2.3	5.3	1	2.4	0.6	0	4.2	13	0.1
Grilled Green Peppers	2 oz	16	0	0	0	0	1.1	3.8	0.7	0	0.5	33	42	5.2	0.26
Diced Tomatoes	.6 oz	2.9	0	0	0	0	0	0.6	0	0	0	8	2.5	0.7	0
Mixed Cheese	1.1 oz	121	88.7	9.9	6.3	30	180	0	0	0	7.7	43	0	109	0
Substitutie Powerlite low fat cheese	1.1 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	52	0	244	0
Ranch Dressing	2 oz.	189	187	20.8	20.8	18.9	600	1.89	0	1.89	0	0	0	0	0
Bangin Chicken Sauce	2 oz.	5.7	0	0	0	0	31	1.1	0	1.1	0	0	0	0	0
Steak & Cheesy															
13" Wheat Tortilla	1 ea	290	80	10	2	1	800	42	6	3	10	1%	0	8%	15%
13" Flour Tortilla	1 ea	350	90	10	2	3	880	54	3	4	11	0	0	8%	15%
Steak	6 oz.	313.5	120	13.2	4.5	112.8	1791	5.1	1.2	3.9	41.7	0	6	21	3.9
Grilled Onions	2 oz	23	0	0	0	0	2.3	5.3	1	2.4	0.6	0	4.2	13	0.1
Grilled Green Peppers	2 oz	16	0	0	0	0	1.1	3.8	0.7	0	0.5	33	42	5.2	0.26
Powerlite low fat cheese	2.2 oz	72	49	5.5	3.9	13.6	118	0	0	0	6	52	0	244	0
Lite Blackened Chicken Caesar															
13" Wheat Tortilla	1 ea	290	80	10	2	1	800	42	6	3	10	1%	0	8%	15%
Blackened Chicken	6 oz	384	136	26	4.5	99	1956	6	2.6	3.4	30	0	0	0	
Romain Lettuce	2 cups	16	0	0	0	0	7.5	3	1.9	1.1	1.2	244	22.6	31	0.9
Light Caesar Dressing	2 oz.	140	108	12	2	0	1100	6	0	4	2	0	0	0	0
Shredded Parm Cheese	0.2 oz	24	14	1.6	1	4	96	0.2	0	0	2.1	9.8	0	71	0

Tijuana Flats Allergen information

Milk	Eggs	Peanut	Fish	Gluten	Soy	Wheat
cheese blend	Ranch dressing	None	Blackened fish	Flour Tortilla	Ranch dressing	Flour Tortilla
Power lite cheese	Avocado dressing		Caesar Dressing	Wheat tortilla	Avocado dressing	Wheat tortilla
Chili con Queso	Chipotle sauce			Ranch Dressing	Caesar Dressing	Ranch dressing
Half and half				Avocado Dressing		Avocado dressing
Ranch dressing				Churros		
Sour cream			All Gluten free items are subject to cross contamination			
Fat free sour cream						
Avocado dressing						
Spinach artichoke						
Chipotle sauce						
Caesar Dressing						
Lite vinaigrette						