



AUTÉNTICO

BURRITO

White or whole wheat soft tortilla. Meat or veggie. Rice, beans, fresh salsa, guacamole, lettuce, corn, sour cream & mozzarella.

BURRITO SALAD BOWL

A burrito without the tortilla. Served in a bowl to go.

CALLE TRIO

Gluten-free option! Three soft corn tortillas. Choice of meat & salsa with optional fresh jalapeño, cilantro & onions. Served with rice, beans & salad.

MEAT - FLAVOURED TO PERFECTION

ROTISSERIE PORK:

Roasted with onions & house seasoning.

SIROLOIN BEEF:

Slow-simmered with chipotle & original Mexican ingredients.

TINGA CHICKEN:

Marinated with smoked jalapeño, roasted guajillo & stewed tomatoes.

SALSA - FRESH MADE DAILY

Fresca Mild • Chipotle Medium • Chipotle Hot
Warm Roja • Warm Verde

NUTRION CHART

MENU ITEMS	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
MENU CATEGORY															
Mexican Rice	169	258	2	0	0	0	546	54	2	1	5	2	5	10	1
Black Beans	163	182	1	0	0	0	381	34	13	1	11	10	2	6	5
Chicken Tinga	234	387	21	4	0	51	868	30	4	6	20	47	48	5	4
Beef Tinga	171	184	10	3	1	46	337	11	3	5	15	47	47	3	3
Pork Rotisserie	162	157	7	3	0	50	161	8	2	4	15	1	10	1	1
Salsa Fresca	110	28	1	0	0	0	42	4	1	3	1	19	25	1	0
Guacamole	23	25	2	0	0	0	62	2	1	0	0	25	10	1	0
Burrito (Vegetarian)	523	576	13	3	0	2	1367	98	21	9	20	121	63	15	31
Burrito (Beef)	523	656	19	5	1	27	1561	97	19	9	28	144	66	18	64
Burrito (Chicken)	523	718	22	5	0	22	1735	104	19	8	28	137	59	18	42
Burrito (Pork)	523	650	17	5	0	31	1463	96	19	9	28	118	46	17	34
Burrito Salad Bowl	420	306	6	1	0	2	597	58	14	8	11	121	63	11	21
Burrito Salad Bowl (Beef)	420	386	12	3	1	27	791	57	12	8	19	144	66	14	54
Burrito Salad Bowl (Chicken)	420	448	15	3	0	22	965	64	12	7	19	137	59	14	32
Burrito Salad Bowl (Pork)	420	380	10	3	0	31	693	56	12	8	19	118	46	131	24
Calle Trio (Gluten Free - Veg)	510	636	11	1	0	2	612	124	20	10	17	121	63	23	38
Calle Trio (Gluten Free - Beef)	510	716	17	3	1	27	806	123	18	10	25	144	66	26	71
Calle Trio (Gluten Free - Chicken)	510	778	20	3	0	22	980	130	18	9	25	137	59	26	48
Calle Trio (Gluten Free - Pork)	510	710	15	3	0	31	708	122	18	10	25	118	46	25	41

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)