

WARRIOR EATERY



BANGOR PLAZA

NUTRITION INFORMATION

ITEM	FUEL ICON	SERVING SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	SAT FAT (G)	FIBER (G)	SUGAR (G)	SODIUM (MG)
El Bombardero Burrito		1 ea	760	35	68	28	10	6	5	1560
Caliente Carnitas Tacos (3 ea)		1 order	690	32	48	31	11	5	4	1490
Taco Rice		1 bowl	650	28	63	24	8	5	4	1260
S.W.C. Quesadilla		1 ea	760	42	68	32	12	6	4	1420
Yard Bird Salad		1 salad	420	34	18	23	8	5	6	980
Chicken Nacho Grande		1 order	890	42	86	42	14	8	5	1680
BYO - Tres Tacos - (AVG)		1 order	430-1070	13-34	44-47	17-38	6-13	4-6	3-5	930-1420
BYO - Burrito - (AVG)		1 order	550-1200	15-38	84-76	19-38	6-13	6-10	4-6	1100-1590
BYO - Bowl - (AVG)		1 order	480-1080	12-36	61-69	16-33	5-11	5-8	3-5	770-1260
BYO - Quesadilla - (AVG)		1 order	570-1220	17-40	66-73	22-42	8-15	5-8	3-5	1140-1630
BYO - Nachos - (AVG)		1 order	590-1240	17-40	64-72	28-48	9-15	6-9	3-5	1270-1760
Guacamole		2 oz	100	2	6	11	1.5	5	1	150
Sour Cream		1 oz	60	1	2	5	3	0	1	15
Queso Sauce		2 oz	120	5	7	9	5	0	1	430
Extra Cheese		1 oz	110	5	1	7	4.5	0	0	180
Extra Protein - Shredded Beef		3 oz	210	20	0	10	3.5	0	0	240
Extra Protein - Chicken		3 oz	130	24	0	4	1	0	0	240
Extra Protein - Chorizo		3 oz	390	10	1	14	5	0	0	420
Extra Protein - Taco Beef		3 oz	225	16	1	11	4	0	0	350
Extra Protein - Pork		3 oz	270	19	0	9	3	0	0	280
Chips & Salsa		1 order	340	4	36	16	2	3	3	340
Chips & Queso		1 order	440	8	40	25	8	3	2	760
Chips & Guacamole		1 order	420	6	40	27	3.5	7	4	300

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Whole Grain Tortilla		1 tortilla	210	6	36	5	1.5	3	2	440
Crispy Corn Tortilla Shells (3)		3 shells	180	3	24	7	1	3	1	150
Tortilla Chips		3 oz	320	4	36	16	2	3	3	340
Mexican Rice		1 cup	210	4	40	5	1	2	2	320
Cilantro Lime Rice		1 cup	200	4	38	4	0.5	1	1	260
Black Beans		1/2 cup	120	8	22	1	0	8	1	210
Black Bean & Corn Blend		1/2 cup	90	3	18	1	0	4	3	180
Shredded Lettuce		1 cup	10	1	2	0	0	1	1	10
Roasted Onions & Peppers		1/2 cup	35	1	7	0.5	0	2	4	90
Diced Tomatoes		1/4 cup	10	0	2	0	0	1	1	5
Pico de Gallo		1/4 cup	20	1	4	0	0	1	2	180
Curtido Slaw		1/2 cup	35	1	7	0	0	2	3	180
Bombers Street Corn		1/2 cup	120	3	12	6	2	2	3	220
Fire-Roasted Salsa		1/4 cup	20	1	4	0	0	1	2	220
Spicy Roja Salsa		2 tbsp	15	0	3	0	0	0	1	140
Southwest Sauce		2 tbsp	110	0	5	9	1.5	0	2	180
Southwest Ranch Dressing		2 tbsp	120	1	3	11	2	0	2	220
Cilantro Ranch		2 tbsp	120	1	3	11	2	0	2	230
Jalapeño Queso		2 oz	120	5	7	9	5	0	1	430
Jalapeños		1 oz	5	0	1	0	0	0	0	55