



NUTRITIONAL INFORMATION

BURGERS											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Itsa Burger	—	350	18	6	0	55	630	29	0	6	18
Lota Burger	—	530	28	10	1.5	85	860	39	2	9	28
Lota Burger New Mexico Style	—	920	57	22	3	185	1290	44	4	11	53
CHICKEN											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Blake's Chicken Sandwich	—	640	31	7	0	50	1250	63	1	12	27
Buffalo Chicken Sandwich	—	620	81	4.5	0	60	2180	44	1	6	27
Chicken Tender Boat	—	440	23	4	0	75	1050	26	2	2	32
ITSA BURRITOS											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Itsa Bean & Cheese Burrito	—	260	12	5	0	30	790	233	11	1	13
Itsa Carne Adovada Burrito	—	180	5	1.5	0	25	650	223	5	1	11
BREAKFAST											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
#1 Bacon Burrito	—	830	47	17	0.5	365	1610	69	4	2	33
#2 Sausage Burrito	—	880	52	19	0.5	375	1520	70	4	2	34
#3 Classic Burrito with Beans	—	780	44	14	0	295	1370	77	10	0	25
#4 Classic Burrito	—	750	43	14	0	295	1150	67	4	0	22
#5 Bacon and Bean Burrito	—	900	54	18	0	320	1860	77	10	0	33
#5 Sausage and Bean Burrito	—	950	59	20	0	330	1770	78	10	0	34
#6 Carne Adovada Burrito	—	850	48	16	0	325	1810	70	4	0	31
#7 Chorizo Burrito	—	1060	72	24	0	350	1950	69	4	0	31
Lota Breakfast Sandwich w/Bacon	—	610	41	13	0	305	1150	32	2	6	26
Lota Breakfast Sandwich w/Sausage	—	660	46	15	0	315	1060	33	2	6	27
CHILI											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Blake's Chili con Carne Bowl	—	440	26	10	0	80	1250	40	14	2	26
Frito Pie	—	410	27	9	0	55	820	31	8	1	18
Loaded Chili Cheese Fries	—	550	30	11	0	75	660	57	6	0	19
FRIES & RINGS											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Natural Fries Large	—	330	12	0	0	0	170	54	3	0	3
Natural Fries Medium	—	410	29	1.5	0	0	150	36	2	0	2
Onion Rings	—	390	24	3	0	0	580	39	2	0	3
Seasoned Fries Large	—	480	27	3	0	0	1080	60	3	3	6
Seasoned Fries Medium	—	330	19	2	0	0	720	40	2	2	4
KIDS MEAL											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Grilled Cheese	—	540	37	10	0	50	980	39	0	8	13
Kids Meal Chicken Tenders (2)	—	290	15	2.5	0	50	700	17	1	1	21
SHAKES & SWEETS											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Brownie	—	410	22	6	0	35	250	53	3	34	5
Cherry Shake	—	520	10	6	0	35	310	89	0	81	17
Chocolate Shake	—	650	10	6	0	35	340	121	3	111	17
Strawberry Shake	—	520	10	6	0	35	310	89	0	81	17
Vanilla Shake	—	520	10	6	0	35	310	89	0	81	17
DRINKS											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bottled Water	—	0	0	0	0	0	0	0	0	0	0
Cold Brew Coffee 16oz	—	50	2.5	1.5	0	10	40	4	0	3	3
Cold Brew Coffee 24oz	—	80	4	2.5	0	20	65	6	0	6	4
Hot Coffee	—	0	0	0	0	0	0	0	0	0	0
Milk, Chocolate 1%	—	140	2.5	1.5	0	10	160	23	1	23	7
Milk, White 1%	—	90	2	1	0	10	90	10	0	10	7
Orange Juice	—	170	0	0	0	0	0	39	0	31	3



ALLERGEN INFORMATION

BURGERS									
	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Itsa Burger								x	
Lota Burger								x	x
Lota Burger New Mexico Style			x		x			x	x
CHICKEN									
	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Blake's Chicken Sandwich					x			x	
Buffalo Chicken Sandwich	x		x		x			x	
Chicken Tender Boat					x			x	
ITSA BURRITOS									
	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Itsa Bean & Cheese Burrito			x		x			x	
Itsa Carne Adovada Burrito								x	
BREAKFAST									
	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
#1 Bacon Burrito	x		x		x			x	
#2 Sausage Burrito	x		x		x			x	
#3 Classic Burrito with Beans	x		x		x			x	
#4 Classic Burrito	x		x		x			x	
#5 Bacon and Bean Burrito	x		x		x			x	
#5 Sausage and Bean Burrito	x		x		x			x	
#6 Carne Adovada Burrito	x		x		x			x	
#7 Chorizo Burrito	x		x		x			x	
Lota Breakfast Sandwich w/Bacon	x		x		x			x	
Lota Breakfast Sandwich w/Sausage	x		x		x			x	
CHILI									
	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Blake's Chili con Carne Bowl			x		x			x	
Frito Pie			x					x	
Loaded Chili Cheese Fries			x					x	
FRIES & RINGS									
	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Natural Fries Large									
Natural Fries Medium									
Onion Rings			x					x	
Seasoned Fries Large								x	
Seasoned Fries Medium								x	
KIDS MEAL									
	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Grilled Cheese	x		x		x			x	
Kids Meal Chicken Tenders (2)					x			x	

SHAKES & SWEETS

	Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Brownie	x		x	x	x		x	x	
Cherry Shake			x						
Chocolate Shake			x						
Strawberry Shake			x						
Vanilla Shake			x						

DRINKS

[illegible]