

Torchy's Tacos

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Breakfast Tacos						
Migas on Corn*	384	7	656	35	2	17
Migas on Flour*	364	7	839	25	2	18
#2 Potato, Egg, Cheese on Corn	354	6	411	36	1	16
#2 Potato, Egg, Cheese on Flour	334	6	591	26	1	17
#5 Potato, Black Bean, Cheese on Corn	386	4	684	65	8	16
#5 Potato, Pinto Bean, Cheese on Flour	337	4	616	47	6	16
#5 Potato, Pinto Bean, Cheese on Corn	357	4	436	57	6	15
Damn Good Tacos						
Brushfire on Corn*	301	2	696	33	1	21
Brushfire on Flour*	281	2	876	23	1	22
Chicken Fajita on Corn*	374	5	449	29	1	25
Chicken Fajita on Flour*	354	5	629	19	1	26
Green Chili Pork on Corn*	248	3	656	33	1	17
Green Chili Pork on Flour*	228	3	836	23	1	18
Mr. Orange on Corn*	283	3	719	33	2	15
Not a Taco *no dressing						
Airstream Salad w/ Chicken	797	10	1463	33	8	29
Airstream Salad w/ Salmon	875	12	1839	36	8	32
Kids Menu						
Bean & Cheese Taco - Flour	353	4	675	49	8	19
Bean & Cheese Taco- Corn	373	4	495	59	8	18
Grilled Chicken Taco - Corn	300	4	202	25	0	24
Grilled Chicken Taco - Flour	280	4	382	15	0	25
Chips & Dip						
Tomatillo Sauce & Chips	189	0	480	28	0	2
Tomatillo Sauce (1 oz)	5	0	0	60	0	0
Roja Sauce (1 oz)	8	0	109	2	0	0
<i>*Includes Sauce</i>						