

MISSION BURRITO™

More choices. More flavor.

Vegetarian Safe?

Yes we are as long as you avoid any protein. We also use soy and olive oil in all of our recipes. Even our beans and rice contain no animal fat.

Gluten Free?

Why yes you can. You are safe for the most part with salads and bowls. Avoid all flour tortillas and anything fried (crispy taco shells, crouton tortilla strips, chips & the chicken ring munchkin meal). We fry all items in the same soy oil so try to avoid them.

Cilantro Allergy?

Items to avoid if you have cilantro allergies:

Chile de Arbol Salsa, Cilantro-Onion Mix, Guacamole, Mission Salsa, Roasted Tomato Salsa, Serrano-Cilantro Ranch, Taco Sauce, Cilantro-Lime Rice, Diced Cilantro & Tortilla Soup

Additional allergy concerns? Drop us a line at letusknow@missionburritos.com and we'll help you out.

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	Portion	Cal	Cal from Fat	Total Fat(g)	%	Sat Fat(g)	%	Trans Fat(g)	%	Cholest(mg)	%	Sodium(mg)	%	Total Carbs(g)	%	Dietary Fiber(g)	%	Sugars (g)	Protein (g)
13" Tort - Flour	1	370	100	11	17%	5	25%	0	0%	0	0%	710	30%	59	20%	2	8%	2	9
6" Flour	1	100	30	3	5%	1.5	7%	0	0%	0	0%	200	13%	16	5%	1	2%	0	2
10" Tort	1	170	45	5	9%	1.5	7%	0	0%	0	0%	320	13%	27	9%	1	4%	1	4
Table Corn	2	87	10	1	2%	0	0%	0	0%	0	0%	15	1%	18	6%	1	3%	0	2
Crispy	1	60	20	2	3%	1	6%	0	0%	0	0%	10	1%	9	3%	1	2%	1	0.5
Green Salad Mix	5oz	25	0	0	0%	0	0%	0	0%	0	0%	10	1%	5	2%	5	20%	0	0
Que Mas & 527 Salad Mix	8oz	40	0	0	0%	0	0%	0	0%	0	0%	16	1%	8	3%	8	32%	0	0
CL Rice	3 oz	110	25	3	5%	0	0%	0	0%	0	0%	200	8%	18	6%	0	0%	0	2
SP Rice	3 oz	110	25	3	5%	0	0%	0	0%	0	0%	210	9%	19	7%	0	0%	0	2
Black Beans	3 oz	60	0	0	0%	0	0%	0	0%	0	0%	230	10%	11	4%	6	24%	0	4
Pinto Beans	3 oz	45	0	0	0%	0	0%	0	0%	5	2%	330	14%	16	5%	10	40%	0.5	5
Refired Beans	3 oz	90	35	4	6%	0.5	2%	0	0%	0	0%	550	23%	18	6%	11	44%	0.5	6
Fajita Mix	2 oz	20	5	1	1%	0	0%	0	0%	0	0%	170	7%	4	1%	1	4%	2	1
Mushrooms	2 oz	25	15	2	3%	0	0%	0	0%	0	0%	230	10%	1	0%	0	0%	0.5	1
Chicken	4 oz	110	20	2.5	4%	0.5	3%	0	0%	60	19%	460	20%	1	0%	0	0%	0	20
Ground Beef	4 oz	180	120	13	20%	5	25%	0	0%	45	15%	440	18%	2	1%	0	0%	0.5	12
Pork	4 oz	150	55	6	9%	3	15%	0	0%	45	15%	550	23%	0	0%	0	0%	0	24
Fajita Beef	4 oz	150	70	7	12%	3	14%	0	0%	50	17%	820	34%	0	0%	0	0%	0	19
Shrimp	4 oz	90	0	0	18%	0	0%	0	0%	51	17%	250	10%	1	0%	0	0%	0	10
Bacon	1	151	106	12	13%	4	19%	0	0%	31	10%	288	12%	0	0%	0	0%	0	10
Cheese	1 oz	100	80	9	0%	5	25%	0	0%	30	10%	180	8%	0	0%	0	0%	0	8
Lettuce	1 oz	5	0	0	12%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0
Guacamole	2 oz	90	70	8	0%	1	5%	0	0%	0	0%	135	6%	5	2%	4	16%	0	1
Tomato	2 oz	20	0	0	8%	0	0%	0	0%	0	0%	0	0%	4	1%	0	0%	3	1
Sour Cream	1 oz	60	45	5	1%	3.5	18%	0	0%	20	7%	15	1%	1	1%	0	0%	1	1
Corn	2 oz	65	5	0.5	0%	0	0%	0	0%	0	0%	8	1%	14	5%	2	8%	4	2
Red Cabbage	2 oz	14	0	0	0%	0	0%	0	0%	0	0%	12	0%	4	1%	1	3%	1	1
Avocado	¼ Fruit	57	44	5	8%	1	4%	0	0%	0	0%	3	0%	3	1%	2	9%	0	1
Cilantro	1 oz	5	1	0	0%	0	0%	0	0%	0	0%	4	0%	1	0%	0	1%	0	0
Roasted Tomato	2 oz	10	0	0	0%	0	0%	0	0%	0	0%	160	7%	3	1%	1	2%	1	0.5
Mission Salsa	2 oz	15	0	0	0%	0	0%	0	0%	0	0%	150	6%	3	1%	1	4%	2	1
Tomatillo	2 oz	15	0	0	0%	0	0%	0	0%	0	0%	90	4%	3	1%	1	3%	2	0
Chile de Arbol	2 oz	25	5	0.5	1%	0	0%	0	0%	0	0%	220	9%	5	2%	2	8%	1	0.5
Habanero	2 oz	10	0	0	0%	0	0%	0	0%	0	0%	370	15%	3	1%	0.5	2%	0.5	0
C/O Mix	2 oz	0	0	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0
Green Onions	2 oz	1	0	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0.5	1%	0	0
Red Onions	2 oz	0	0	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0
Serrano-Cilantro Ranch	2 oz	150	140	16	25%	2	10%	0	0%	15	5%	180	8%	1	0%	0	0%	1	0.5
Garlic-Basil Vinnegrette	2 oz	60	45	5	7%	0.5	3%	0	0%	0	0%	190	8%	4	1%	0	0%	3	0
Low-Fat Buttermilk Herb	2 oz	50	35	4	6%	2.5	12%	0	0%	10	3%	190	8%	2	1%	0	0%	2	1
Fresh Jalapenos	2 oz	27	5	1	1%	0	0%	0	0%	0	0%	1	0%	6	2%	3	10%	3	1
Pickled Jalapenos	2 oz	5	0	0	0%	0	0%	0	0%	0	0%	315	13%	0	0%	0	0%	2	1
Banana Peppers	2 oz	4	0	0	0%	0	0%	0	0%	0	0%	329	14%	1	0%	0	0%	0	0
Lime Juice	1 wedge	8	0	0	0%	0	0%	0	0%	0	0%	1	0%	3	1%	0	0%	1	0
Potatoes	1 oz	20	0	0	0%	0	0%	0	0%	0	0%	2	0%	4	1%	0	2%	0	1
Red Peppers	2 oz	18	2	0	0%	0	0%	0	0%	0	0%	2	0%	2	1%	1	2%	1	0
Jicama	2 oz	11	0	0	0%	0	0%	0	0%	0	0%	1	0%	2	1%	1	5%	1	0
Crouton Strips	2 oz	55	20	3	4%	0.5	2%	0	0%	0	0%	30	2%	7	3%	1	3%	0.5	0
Chips	1 basket	570	240	27	42%	4	20%	0	0%	0	0%	330	17%	73	24%	8	32%	4	0
Lemonade	22 oz	140	0	0	0%	0	0%	0	0%	0	0%	15	1%	38	13%	0	0%	35	0
Tortillas Soup	Cup	80	30	3.5	5%	0	0%	0	0%	0	0%	680	28%	12	4%	2	8%	3	2
Chocolate Chip	1	630	260	29	45%	14	70%	0	0%	25	8%	550	24%	29	10%	3	10%	49	7
Sugar	1	610	250	28	43%	7	35%	0	0%	5	1%	520	23%	27	9%	1	3%	41	5
Oatmeal Raisin	1	630	300	34	51%	16	80%	0	0%	35	11%	370	13%	25	8%	5	15%	38	6

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.