

arturo's

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.

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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.

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SALSA - FRESH MADE DAILY

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

NUTRITION BROCHURE



The information in this guide is effective as of April 24, 2014 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by Health Quartet Nutrition Consulting and information provided by our suppliers.

Informed Dining

The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia. For more information, please visit www.InformedDining.ca or call Dietitian Services at HealthLink BC by dialing 8-1-1.

The nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Government of British Columbia. The Government of British Columbia assumes no responsibility for liability arising from any errors or omission of information, or from the use of any information contained within the nutrition information supplied by the restaurant.

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)

| 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 |