

STYLE IT



BLUTACOS! Rice & Beans Not Included

-  **1 TACO** 250-300 cal. **\$3.00**
-  **3 TACOS** 760-890 cal. **\$9.00**
-  **6 TACOS** 1530-1790 cal. **\$16.00**



-  **BOWL** 740-830 cal. **\$9.00**
-  **BURRITO** 890-970 cal. **\$9.00**
-  **SALAD** Rice Not Included
750-840 cal. **\$9.00**
-  **QUESADILLA** Rice & Beans Not Included
710-790 cal. **\$8.00**
-  **NACHOS** Rice Not Included
1410-1450 cal. **\$8.00**





1 START IT

- Spanish Rice
150 cal.
- Black Beans
90 cal.
- Pinto Beans
80 cal.

2 FILL IT

- Chicken
70 cal.
- Classic Beef
90 cal.
- Shredded Pork
110 cal.

3 TOP IT

- Lettuce 30 cal.
- Cheese 150 cal.
- Sour Cream 45 cal.
-  Green Salsa 5 cal.
-  Red Sauce 10 cal.

GET MORE!

- Rice & Beans 240 cal. **\$3.00**
- Extra Meat 70-110 cal. **\$2.00**
- Chips & Queso 1260 cal. **\$4.00**
- Queso 190 cal. **\$2.00**
- Chips & Salsa 1080-1090 cal. **\$4.00**
- Salsa 15-20 cal. **\$2.00**



2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.



EAT IT!

Mountain View Co-op

720 Custer Avenue
Helena, MT 59602
(406) 422-1086

LUNCH/DINNER MENU + FRYER

LUNCH/DINNER MENU + FRYER																								
NUTRITIONAL INFORMATION													ALLERGEN INFORMATION											
Item Description	Cals (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	CnB (g)	Fib (g)	Tot Sugar (g)	Add Sugar (g)	Prot (g)	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	MSG	Gluten	Sesame		
BLUTACOS	1 Taco	250 - 300	8 - 15	3.5 - 6	0	35 - 50	680 - 920	25	2	2	0	12 - 19		x					x	x	x			
	3 Tacos	760 - 890	24 - 44	10 - 19	0 - 1	100 - 145	2040 - 2770	74 - 75	5	6	0 - 1	36 - 57		x					x	x	x			
	6 Tacos	1530 - 1790	48 - 88	20 - 37	0 - 2.5	205 - 295	4100 - 5550	148 - 151	10	12	0 - 2	71 - 114		x					x	x	x			
STYLE IT	Bowl	740 - 830	19 - 32	7 - 13	0 - 0.5	80 - 110	2180 - 2660	94 - 95	11	6	0 - < 1	33 - 47		x			x		x	x	x			
	Burrito	890 - 970	25 - 38	10 - 15	0 - 1	80 - 110	2340 - 2820	110 - 111	10	6	0 - < 1	36 - 51		x			x		x	x	x			
	Salad	750 - 840	38 - 52	11 - 16	0 - 1	85 - 115	2000 - 2480	58 - 59	16	20	2 - 3	33 - 47	x	x			x		x	x	x			
	Quesadilla	710 - 790	31 - 44	16 - 21	0 - 1	95 - 125	2050 - 2530	50 - 51	0	2	0 - < 1	35 - 49		x					x	x	x			
	Nachos	1410 - 1450	113 - 120	24 - 27	0	60 - 75	2390 - 2630	83	9	7	0	26 - 33		x			x		x	x	x			
START IT	White Cilantro Lime Rice	150	2.5	0	0	0	370	29	1	0	3													
	Black Beans	90	1	0	0	0	280	16	5	0	4						x		x		x			
	Pinto Beans	80	0.5	0	0	0	270	15	7	< 1	4						x		x		x			
FILL IT	Diced Chicken	70	1.5	0	0	40	460	< 1	0	0	12													
	Classic Beef	90	7	3	0	25	300	< 1	0	0	5											x	x	
	Shredded Pork	110	8	3	0	25	540	1	0	0	8													
TOP IT	Lettuce, Shredded - 0.75 oz	30	0	0	0	0	20	6	2	4	2													
	Cheese, Shredded Mexican - Scoop	130	10	6	0	25	240	0	0	0	9			x										
	Sour Cream - 0.5 oz	45	0	0	0	5	90	10	0	0	2			x										
	Salsa Verde - Scoop	5	0	0	0	0	260	1	0	0	0													
	Salsa Roja - Scoop	10	0	0	0	0	190	2	0	0	0			x										
GO TRUBLU	Three Cheese Queso - TruBlu	100	7	4.5	0	20	400	3	0	1	5			x					x		x	x		
EXTRAS	Rice & Beans	240	3 - 3.5	0	0	0	630 - 650	44 - 45	6 - 8	0 - < 1	7						x		x		x			
	Extra Meat	70 - 110	1.5 - 8	0 - 3	0	25 - 40	300 - 540	< 1 - 1	0	0	5 - 12											x	x	
	Chips & Queso	1260	114	26	0	40	1810	58	4	2	17			x					x		x	x		
	Queso Cup	190	14	9	0	40	800	6	0	2	10			x					x		x	x		
	Chips & Salsa	1080 - 1090	100 - 101	17	0	0	1550 - 1700	55 - 56	4 - 5	2	8													
	Salsa Cup	15 - 20	0 - 0.5	0	0	0	540 - 690	3 - 4	1	2	0	< 1												
BEANS	Black Beans	90	1	0	0	0	280	16	5	0	4						x		x		x			
	Pinto Beans	80	0.5	0	0	0	270	15	7	< 1	4						x		x		x			
SALSA	Salsa Roja - Cup	15	0	0	0	0	540	3	1	2	< 1													
	Salsa Verde - Cup	20	0.5	0	0	0	690	4	1	2	< 1													

*PLEASE NOTE:
Menu items containing a combination of product offerings or multiple flavor options show all potential allergens. Please check individual products for item specific allergen information.

All data is based upon standard portion sizing and cooking methods. Actual reported values have been calculated using the Genesis R&D Food software and assume average portions as outlined in product specifications. Because of allowed variances in products and actual minor variations in product preparation at each location, portion sizes and subsequent nutritional information may vary slightly.

Effective Date: 4/13/2026