




STYLE IT



BLUTACOS! Rice & Beans Not Included

-  **1 TACO** 240-270 cal. **\$2.79**
-  **3 TACOS** 720-820 cal. **\$7.49**
-  **6 TACOS** 1450-1640 cal. **\$14.99**



-  **BOWL** 720-780 cal. **\$7.99**
-  **BURRITO** 860-920 cal. **\$7.99**
-  **SALAD** Rice Not Included
730-790 cal. **\$7.99**
-  **QUESADILLA** Rice & Beans Not Included
680-740 cal. **\$6.99**



1 START IT

- White Cilantro Lime Rice
150 cal.
- Black Beans
90 cal.
- Pinto Beans
80 cal.

2 FILL IT

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

3 TOP IT

- Lettuce 30 cal.
- Cheese 130 cal.
- Sour Cream 45 cal.
-  Salsa Verde 5 cal.
-  Salsa Roja 0 cal.

GET MORE!

Rice & Beans	240 cal.	\$2.49
Extra Meat	60-90 cal.	\$2.00
Salsa Cup	15-20 cal.	\$1.29
Queso Cup	190 cal.	\$1.79

GOTRUBlu!

Top with any warm sauce!

Three Cheese Queso
100 cal.

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



EAT IT!



Garrison Food Mart

701 W 11th
Quanah, TX 79252
(940) 663-4018

START YOUR DAY RIGHT.

bluTACO.



[1] BURRITO \$3.99
660 cal.*

FILLED WITH EGG SCRAMBLE,
BACON, SAUSAGE, CHEESE, & SALSA



[2] TACO \$1.79
270 cal.*

FILLED WITH EGG SCRAMBLE,
BACON, SAUSAGE, CHEESE, & SALSA



[3] 2 TACOS \$3.19
530 cal.*

FILLED WITH EGG SCRAMBLE,
BACON, SAUSAGE, CHEESE, & SALSA

SALSA ROJA *Included with Burrito and Tacos



BREAKFAST AVAILABLE UNTIL 10 A.M.



HAM, BACON, & SAUSAGE

[4] 3-MEAT BISCUIT
630 cal. **\$4.99**



HAM, BACON, OR SAUSAGE

[5] 1-MEAT BISCUIT
400-540 cal. **\$2.99**



[6] SINGLE
BISCUIT & GRAVY
310 cal. **\$2.99**

[7] DOUBLE
BISCUITS & GRAVY
610 cal. **\$4.99**

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

LUNCH/DINNER MENU + FRYER

NUTRITIONAL INFORMATION

ALLERGEN INFORMATION

	Item Description	Cal's (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (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	240 - 270	8 - 13	3.5 - 6	0	25 - 50	450 - 820	24 - 25	2	2	0	12 - 19			x						x		x	x
	3 Tacos	720 - 820	24 - 39	10 - 18	0 - 1	80 - 145	1340 - 2460	71 - 74	5	5 - 6	0 - 1	35 - 57			x						x		x	x
	6 Tacos	1450 - 1640	48 - 79	20 - 36	0 - 2.5	160 - 295	2690 - 4930	143 - 148	10	10 - 13	0 - 2	71 - 114			x						x		x	x
STYLE IT	Bowl	720 - 780	19 - 29	7 - 12	0 - 0.5	65 - 110	1680 - 2430	92 - 94	11	5 - 6	0 - < 1	33 - 47			x			x			x		x	x
	Burrito	860 - 920	25 - 35	10 - 15	0 - 1	65 - 110	1850 - 2590	100 - 110	10	5 - 6	0 - < 1	36 - 51			x			x			x		x	x
	Salad	730 - 790	38 - 48	11 - 16	0 - 1	70 - 115	1510 - 2250	56 - 58	16	20	2 - 3	33 - 47	x		x			x			x		x	x
	Quesadilla	680 - 740	31 - 41	16 - 21	0 - 1	80 - 125	1490 - 2230	48 - 50	< 1	1 - 2	0 - < 1	35 - 49			x						x		x	x
START IT	White Cilantro Lime Rice	150	2.5	0	0	0	370	29	1	0	0	3												
	Black Beans	90	1	0	0	0	280	16	5	0	0	4						x			x		x	
	Pinto Beans	80	0.5	0	0	0	270	15	7	< 1	0	4						x			x		x	
FILL IT	Diced Chicken	70	1.5	0	0	40	460	< 1	0	0	0	12												
	Classic Beef	90	7	3	0	25	300	< 1	0	0	0	5											x	x
	Shredded Pork	60	3.5	2	0	15	90	0	0	0	0	6												
TOP IT	Lettuce, Shredded - 0.75 oz	30	0	0	0	0	20	6	2	4	0	2												
	Cheese, Shredded Mexican - Scoop	130	10	6	0	25	240	0	0	0	0	9				x								
	Sour Cream - 0.5 oz	45	0	0	0	5	90	10	0	0	0	2				x								
	Salsa Verde - Scoop	5	0	0	0	0	170	1	0	< 1	0	0												
	Salsa Roja - Scoop	0	0	0	0	0	135	< 1	0	0	0	0												
GO TRUBLU	Three Cheese Queso - TruBlu	100	7	4.5	0	20	400	3	0	1	0	5				x					x		x	x
EXTRAS	Rice & Beans	240	3 - 3.5	0	0	0	630 - 650	44 - 45	6 - 8	0 - < 1	0	7							x			x		x
	Extra Meat	60 - 90	1.5 - 7	0 - 3	0	15 - 40	90 - 460	0 - < 1	0	0	0	5 - 12											x	x
	Salsa Cup	15 - 20	0 - 0.5	0	0	0	540 - 690	3 - 4	1	2	0	< 1												
	Queso Cup	190	14	9	0	40	800	6	0	2	0	10				x						x		x

BREAKFAST MENU

NUTRITIONAL INFORMATION

ALLERGEN INFORMATION

	Item Description	Cal's (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Tot Sugar (g)	Add Sugar (g)	Prot (g)	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	MSG	Gluten	Sesame	
BREAKFAST MAIN	Breakfast Burrito w/ Salsa	660	38	16	0	230	1530	48	0	1	0	27	x		x						x		x	
	1 Breakfast Taco	270	15	7	0	65	590	19	< 1	0	0	12	x		x						x		x	
	2 Breakfast Tacos	530	30	14	0	135	1180	38	2	< 1	0	23	x		x						x		x	
	3-Meat, Egg, & Cheese Sandwich	630	44	19	0	190	1790	30	1	2	0	25	x		x			x			x		x	
	1 Meat, Egg, & Cheese Sandwich	400 - 540	23 - 38	12 - 17	0	145 - 170	1270 - 1390	28 - 29	1	2	0	15 - 17	x		x			x			x		x	
	Sausage Only Sandwich	400	27	11	0	30	880	28	< 1	< 1	0	8				x					x		x	
	Biscuits & Gravy Half Order	310	15	7	0	< 5	1130	36	1	3	< 1	5				x				x		x		x
	Biscuits & Gravy Full Order	610	29	14	0	10	2260	72	2	5	2	9				x				x		x		x

*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: 10/8/2025