

ALLERGEN, INGREDIENT &
NUTRITIONAL INFORMATION



FOOD MENU ITEM STANDARD INGREDIENTS



This table shows the standard ingredients that are used in each menu item. It is not designed to provide allergen or ingredient listing information.

Use this table to identify the ingredients in the menu item then look up each ingredient in the allergen information table or ingredients listing to find the allergen or ingredient details, respectively.

Removing an ingredient may not eliminate its presence. Any ingredient in our kitchen may be present in menu items. This is not shown in the below information.

	BURRITO	BOWL	ENCHILADA	CALI BURRITO	NACHOS	NACHO FRIES	HARD TACO	SOFT TACO	\$3 TACO	CHIMI SHREDDED MUSHROOM TACO	SALAD	KIDS NACHOS	KIDS BURRITO	QUESO FRIES	QUESADILLA	QUESADILLA PLUS	CHURROS WITH DULCE DE LECHE	BREAKFAST BURRITO & BIG BREAKFAST BURRITO	SCRAMBLED EGGS	GUACAMOLE ON TOAST	AVOCADO ON TOAST	CHURROS TOAST WITH DULCE DE LECHE	BREKKIE TACO	BREAKFAST QUESADILLA	BREAKFAST QUESADILLA PLUS
Flour Tortilla	X		X	X				X		X			X		X	X		X					X	X	X
Corn Tortilla (Hard taco shell (seasoned))							X		X																
White Rice	X	X	X										X												
Black Beans	X	X	X		X																				
Filling of Choice*	X	X	X	X	X	X	X	X	GB	SM	X	X	X		X	X		X	X				X	X	X
Tomatillo Salsa	X	X	X	X	X	X	X	X		X													X		
GYG Spicy Sauce (Spicy Only)	X	X	X	X	X	X	X	X	X		X	X	X		X	X		X	X				X	X	X
Cheese	X	X	X	X	X	X	X	X	X			X	X		X	X		X	X				X	X	X
Pico de Gallo (fresh tomato salsa)	X	X	X	X	X	X	X	X		X	X			P		X		X	X				X		X
Guacamole			X	X	X	X										X				X					X
Corn Chips		X	X		X							X						X							
Chipotle Mayo											X														
Sour Cream			X	X		X										X									X
Pickled Jalapenos & Carrots (Spicy Only)				X		X																			
Fries with Chipotle Seasoning				X		X								X											
Mesculin & Cos Lettuce											X														
Carrot Discs											X														
Cucumber Slices											X														

X Denotes ingredient in the menu item

P Plain queso fries do not contain Pico de Gallo

GB Ground Beef is the only filling option for the \$3 Tacos

SM Shredded Mushroom is the only filling option for the Chimi Shredded Mushroom Taco

FOOD MENU ITEM STANDARD INGREDIENTS



	BURRITO	BOWL	ENCHILADA	CALI BURRITO	NACHOS	NACHO FRIES	HARD TACO	SOFT TACO	\$3 TACO	CHIMI SHREDDED MUSHROOM TACO	SALAD	KIDS NACHOS	KIDS BURRITO	QUESO FRIES	QUESADILLA	QUESADILLA PLUS	CHURROS WITH DULCE DE LECHE	BREAKFAST BURRITO & BIG BREAKFAST BURRITO	SCRAMBLED EGGS	GUACAMOLE ON TOAST	AVOCADO ON TOAST	CHURROS TOAST WITH DULCE DE LECHE	BREKKIE TACO	BREAKFAST QUESADILLA	BREAKFAST QUESADILLA PLUS	
Lettuce (Iceberg)							X	X	X	X																
Lime Wedge (on request)							X	X																		
Queso														X												
Fresh Jalapenos			X	X	X	X								X Spicy only		X			X	X Spicy only		X		X		
Mex Chimi Mayo (Vegan Coriander Mayonnaise)										X																
Churros																	X									
Hash Brown																		X								
Sourdough Bread																				X	X	X				
Scrambled Eggs/ Egg Mix																		X	X			X	X			
Avocado																					X					
Jalapeno Ketchup																							X			
Dulce de Leche																							X			
Cinnamon Sugar																							X			
Butter																							X			

X Denotes ingredient in the menu item

DESSERT MENU ITEM STANDARD INGREDIENTS



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	CHURROS WITH DULCE DE LECHE	CHURROS WITH CHOCOLATE SAUCE	WAFFLE CONE WITH SOFT SERVE	SUNDAE WITH CHOCOLATE SAUCE	SUNDAE WITH DULCE DE LECHE	SUNDAE WITH CHURRO AND CHOCOLATE SAUCE	SUNDAE WITH CHURRO AND DULCE DE LECHE
Churros	X	X				X	X
Soft Serve			X	X	X	X	X
Waffle cone (Only cone)			X				
Chocolate sauce		X		X		X	
Dulce de leche	X				X		X
Cinnamon sugar	X	X				X	X

X Denotes ingredient in the menu item

ALLERGENS AND DIETARY INFORMATION



Menu items may contain gluten, wheat, milk and egg. Removing an ingredient may not eliminate its presence. Any ingredient in our kitchens may be present in menu items. This is not shown in the below information.

	SULPHITES	GLUTEN / WHEAT	EGG	MILK	PEANUTS	SESAME	SOY #	HAZELNUT	WALNUT	LUPINS	VEGETARIAN	VEGAN	TOMATO	ONION	CARLIC	CHILLI α	CORIANDER
Avocado (Breakfast only)		~	~	~								~					
Bacon (Breakfast only)		~	~	~							NO	NO					
Black Beans		~	~	~								~	X	X		X	
Beef - Slow Cooked (Mild) with tomatillo salsa		~	~	~							NO	NO		X	X	X	X
Beef - Slow Cooked (Spicy) and spicy sauce with tomatillo salsa		~	~	~							NO	NO	X	X	X	X	X
Beef - Slow Cooked (Mild) NO tomatillo salsa		~	~	~							NO	NO		X	X	X	
Beef - Slow Cooked (Spicy) with spicy sauce NO Tomatillo salsa		~	~	~							NO	NO	X	X	X	X	
Beef - Ground (Mild) with tomatillo salsa		~	~	~							NO	NO	X	X	X	X	X
Beef - Ground (Spicy) and spicy sauce with tomatillo salsa		~	~	~							NO	NO	X	X	X	X	X
Beef - Ground (Mild) NO Tomatillo salsa		~	~	~							NO	NO	X	X	X	X	
Beef - Ground (Spicy) with spicy sauce NO tomatillo salsa		~	~	~							NO	NO	X	X	X	X	

- NO** Indicates the menu item is not suitable for this dietary preference
- X** Indicates the menu component not suitable in avoiding the listed allergen, ingredient or dietary preference
- ~** May contain wheat, gluten, milk and egg

Soy does not include highly refined oils

α Chilli includes paprika and cayenne

ALLERGENS AND DIETARY INFORMATION



	SULPHITES	GLUTEN / WHEAT	EGG	MILK	PEANUTS	SESAME	SOY #	HAZELNUT	WALNUT	LUPINS	VEGETARIAN	VEGAN	TOMATO	ONION	GARLIC	CHILLI α	CORIANDER
Brown Rice		~	~	~								~		X	X		
Carrot slices		~	~	~								~					
Cheese		~	~	X								NO					
Chicken (Mild) with tomatillo salsa		~	~	~							NO	NO		X	X	X	X
Chicken (Spicy) with spicy sauce with tomatillo salsa		~	~	~							NO	NO	X	X	X	X	X
Chicken (Mild) NO Tomatillo salsa		~	~	~							NO	NO		X	X	X	
Chicken (Spicy) with spicy sauce NO tomatillo salsa		~	~	~							NO	NO	X	X	X	X	
Chorizo (Breakfast only)		~	~	X							NO	NO			X	X	
Chipotle Fries Seasoning		~	~	~								~		X	X	X	
Chipotle Mayo		~	X	~			X					NO	X	X	X	X	
Chimi Mayo		~	~	~								~		X		X	
Chocolate Sauce		~	~	X			X					NO					
Churros	TRACE*	X	~	~								~					
Churros Toast (Breakfast only)		X	TRACE*	X		TRACE*	X	TRACE*	TRACE*	TRACE*		NO					
Cinnamon Sugar		~	~	~								~					
Corn Chips		~	~	~								~					
Corn Tortilla (Hard Shell Tacos (Seasoned))		~	~	~								~		X	X	X	

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Dulce De Leche		~	~	X								NO					
Flour Tortilla (Burrito, Enchilada, Soft Taco, Breakfast Taco, Quesadilla, Quesadilla Plus)		X	~	~			X					~					
Fries with Chipotle Seasoning	TRACE ~	TRACE ~	~	~								~		X	X	X	
Fries (Unseasoned)	TRACE ~	TRACE ~	~	~								~					
Guacamole		~	~	~								~	FRESH	FRESH		FRESH	FRESH
Habanero Salsa (Salsa Station)		~	~	~								~	X		X	X	
Ham (Breakfast Only)		~	~	~							NO	NO					
Hash Browns (Breakfast only)	TRACE ~	TRACE ~	~	~								~					
Jalapeno Ketchup		X	~	~								~	X	X	X	X	X
Ketchup		X	~	~								~	X		X		
Lettuce (Shredded Iceberg)		~	~	~								~					
Pico De Gallo		~	~	~								~	FRESH	FRESH			FRESH
Pickled Jalapenos & Carrots		~	~	~								~		X		X	

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- TRACE** Indicates the menu component is made in a facility that also processes products containing these allergens
- TRACE*** Indicates menu component is made on the same line that also processes products containing these allergens
- FRESH** Indicates that herb or spice is in its fresh form
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ALLERGENS AND DIETARY INFORMATION



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Pork (Mild) with tomatillo salsa		~	~	~							NO	NO		X	X	X	X
Pork (Spicy) with Spicy sauce with tomatillo salsa		~	~	~							NO	NO	X	X	X	X	X
Pork (Mild) NO Tomatillo salsa		~	~	~							NO	NO		X	X		
Pork (Spicy) with spicy sauce NO Tomatillo salsa		~	~	~							NO	NO	X	X	X	X	
Queso (Plain)		~	~	X								NO		X	X	X	
Queso (Mild)		~	~	X								NO	FRESH	X FRESH	X	X	FRESH
Queso (Spicy)		~	~	X								NO	FRESH	X FRESH	X	X FRESH	FRESH
Roasted Jalapeno Salsa (Salsa Station)		~	~	~								~		X	X	X	X
Salad Base (No Filling, Salsa or Dressing)		~	~	~								~					
Salad Base (with Chipotle Mayo Dressing and no filling or salsa)		~	X	~			X					NO	X	X	X	X	
Scrambled Eggs (Breakfast Only)		~	X	X								NO					

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Sautéed Vegetables with Guacamole (Mild) with tomatillo salsa		~	~	~								~	FRESH	X FRESH	X	X	X FRESH
Sautéed Vegetables with Guacamole (Spicy) with spicy sauce with tomatillo salsa		~	~	~								~	X FRESH	X FRESH	X	X	X FRESH
Sautéed Vegetables with Guacamole (Mild) NO tomatillo salsa		~	~	~								~	X FRESH	X FRESH			FRESH
Sautéed Vegetables with Guacamole (Spicy) with spicy sauce NO tomatillo salsa		~	~	~								~	X FRESH	X FRESH	X	X	FRESH
Shredded Mushroom (Mild) with tomatillo salsa		~	TRACE ~	~	TRACE*	TRACE*	X					NO		X	X	X	X
Shredded Mushroom (Spicy) with spicy sauce with tomatillo salsa		~	TRACE ~	~	TRACE*	TRACE*	X					NO	X	X	X	X	X
Shredded Mushroom (Mild) NO tomatillo salsa		~	TRACE ~	~	TRACE*	TRACE*	X					NO		X	X	X	

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Shredded Mushroom (Spicy) with spicy sauce NO tomatillo salsa		~	TRACE ~	~	TRACE*	TRACE*	X					NO	X	X	X	X	
Smokey Chipotle Salsa (Salsa Station)		~	~	~								~	X	X	X	X	
Soft Serve Ice Cream**		~	~	X			TRACE*					NO					
Sour Cream		~	~	X								NO					
Sourdough Bread (Breakfast Only)		X	TRACE*	X		TRACE*	X	TRACE*	TRACE*	TRACE*		~					
Spicy Sauce		~	~	~								~	X	X	X	X	
Tomatillo Salsa		~	~	~								~		X	X	X	X
Waffle Cone with Ice Cream**		X	~	~			X					~					
White Rice		~	~	~								~		X	X		

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- #** Soy does not include highly refined oils
- α** Chilli includes paprika and cayenne
- **** Available at limited locations.

INGREDIENTS LIST



Ingredient information is based on standard products and supplier information. Products may vary, ingredients may change and new ingredients may be introduced from time to time. Information current at March 2022. Please check our website for the latest information. For allergen information please see our allergen table.

**FILLINGS – BURRITO, BOWL, ENCHILADA, NACHOS, NACHO FRIES
(WITH TOMATILLO SALSA. NOTE: CAN BE ORDERED WITHOUT TOMATILLO SALSA).**

MENU ITEM INGREDIENT	INGREDIENT LIST
Mild Slow Cooked Beef with Tomatillo Salsa	Beef, Marinade [Water, Vinegar, Soybean Oil, Orange Juice Concentrate, Powder Achiote Seed, Salt, Spices (Marjoram, Oregano, Black Pepper, Clove, Cumin, Thyme), Garlic, Guajillo Chilli, Onion, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Citric Acid, Tartaric Acid)], Salt, Seasoning (Maltodextrin (Maize), Spice Extract (Pepper), Vegetable Extract (Garlic), Tapioca Flour, Tomatillo Salsa [Tomatillo, Onion, Poblano Chilli, Coriander, Salt, Natural Food Acid (Tartaric Acid), Garlic].
Mild Slow cooked pork with Tomatillo Salsa	Pork, Sugar, Salt, Onion Powder, Seasoning (Maltodextrin (Maize), Salt, Spice Extract (Pepper), Vegetable Extract (Garlic), Tomatillo Salsa [Tomatillo, Onion, Poblano Chilli, Coriander, Salt, Natural Food Acid (Tartaric Acid), Garlic].
Mild Grilled Chicken with Tomatillo Salsa	Free Range Chicken Maryland, Marinade [Water, Vinegar, Soybean Oil, Orange Juice Concentrate, Powder Achiote Seed, Salt, Spices (Marjoram, Oregano, Black Pepper, Clove, Cumin, Thyme), Garlic, Guajillo Chilli, Onion, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Citric Acid, Tartaric Acid)], Canola Oil, Salt, Tomatillo Salsa [Tomatillo, Onion, Poblano Chilli, Coriander, Salt, Natural Food Acid (Tartaric Acid), Garlic].
Mild Ground Beef with Tomatillo Salsa	Beef, Orange Juice, Tomato Paste (Contains Citric Acid), Garlic, Onion, Herb & Spices (Smoked Paprika, Cayenne Powder, Cumin, Garlic Powder, Onion Powder, Black Pepper, Oregano), Tapioca Starch, Salt, Tomatillo Salsa [Tomatillo, Onion, Poblano Chilli, Coriander, Salt, Natural Food Acid (Tartaric Acid), Garlic].
Mild Shredded Mushroom with Tomatillo Salsa	Mushroom, Water, Coconut Oil, Isolated Soy Protein, Vinegar, Seasoning (Smoked Paprika, Garlic Powder, Onion Powder, Salt), Sugar, Tapioca Starch, Gluten Free Soy Sauce (Water, Soybean, Salt, Sugar, Corn Starch), Yeast Extract, Salt, White Pepper, Black Pepper, Tomatillo Salsa [Tomatillo, Onion, Poblano Chilli, Coriander, Salt, Natural Food Acid (Tartaric Acid), Garlic].
Mild Sautéed Vegetables with Guacamole with Tomatillo Salsa	Sauteed Vegetables [Capsicum, Onion, Mushroom, Corn], Canola Oil, Salt & Pepper, Guacamole [Fresh Avocado, Pico De Gallo [Fresh Tomato, Fresh Spanish Onion, Fresh Coriander, Lemon Juice, Salt], Lemon Juice, Salt, Fresh Jalapeno], Tomatillo Salsa [Tomatillo, Onion, Poblano Chilli, Coriander, Salt, Natural Food Acid (Tartaric Acid), Garlic].
Spicy Slow Cooked Beef with Tomatillo Salsa and Spicy Sauce	Beef, Marinade [Water, Vinegar, Soybean Oil, Orange Juice Concentrate, Powder Achiote Seed, Salt, Spices (Marjoram, Oregano, Black Pepper, Clove, Cumin, Thyme), Garlic, Guajillo Chilli, Onion, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Citric Acid, Tartaric Acid)], Salt, Seasoning (Maltodextrin (Maize), Spice Extract (Pepper), Vegetable Extract (Garlic), Tapioca Flour, Tomatillo Salsa [Tomatillo, Onion, Poblano Chilli, Coriander, Salt, Natural Food Acid (Tartaric Acid), Garlic], Spicy Sauce [Water, Vinegar, Chilli (Chipotle, Arbol, Ancho, Guajillo), Sugar, Soybean Oil, Salt, Tomato Paste, Onion, Garlic, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Tartaric Acid), Spices (Clove, Parsley, Oregano, Thyme, Bay Leaf, Marjoram)].

INGREDIENTS LIST



Spicy Slow Cooked Pork with Tomatillo Salsa and Spicy Sauce	Pork, Sugar, Salt, Onion Powder, Seasoning (Maltodextrin (Maize), Salt, Spice Extract (Pepper), Vegetable Extract (Garlic), Tomatillo Salsa [Tomatillo, Onion, Poblano Chilli, Coriander, Salt, Natural Food Acid (Tartaric Acid), Garlic], Spicy Sauce [Water, Vinegar, Chilli (Chipotle, Arbol, Ancho, Guajillo), Sugar, Soybean Oil, Salt, Tomato Paste, Onion, Garlic, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Tartaric Acid), Spices (Clove, Parsley, Oregano, Thyme, Bay Leaf, Marjoram)].
Spicy Grilled Chicken with Tomatillo Salsa and Spicy Sauce	Free Range Chicken Maryland, Marinade [Water, Vinegar, Soybean Oil, Orange Juice Concentrate, Powder Achiote Seed, Salt, Spices (Marjoram, Oregano, Black Pepper, Clove, Cumin, Thyme), Garlic, Guajillo Chilli, Onion, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Citric Acid, Tartaric Acid)], Canola Oil, Salt, Tomatillo Salsa [Tomatillo, Onion, Poblano Chilli, Coriander, Salt, Natural Food Acid (Tartaric Acid), Garlic], Spicy Sauce [Water, Vinegar, Chilli (Chipotle, Arbol, Ancho, Guajillo), Sugar, Soybean Oil, Salt, Tomato Paste, Onion, Garlic, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Tartaric Acid), Spices (Clove, Parsley, Oregano, Thyme, Bay Leaf, Marjoram)].
Spicy Ground Beef with Tomatillo Salsa and Spicy Sauce	Beef, Orange Juice, Tomato Paste (Contains Citric Acid), Garlic, Onion, Herb & Spices(Smoked Paprika, Cayenne Powder, Cumin, Garlic Powder, Onion Powder, Black Pepper, Oregano), Tapioca Starch, Salt, Tomatillo Salsa [Tomatillo, Onion, Poblano Chilli, Coriander, Salt, Natural Food Acid (Tartaric Acid), Garlic], Spicy Sauce [Water, Vinegar, Chilli (Chipotle, Arbol, Ancho, Guajillo), Sugar, Soybean Oil, Salt, Tomato Paste, Onion, Garlic, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Tartaric Acid), Spices (Clove, Parsley, Oregano, Thyme, Bay Leaf, Marjoram)].
Spicy Shredded Mushroom with Tomatillo Salsa and Spicy Sauce	Mushroom, Water, Coconut Oil, Isolated Soy Protein, Vinegar, Seasoning (Smoked Paprika, Garlic Powder, Onion Powder, Salt), Sugar, Tapioca Starch, Gluten Free Soy Sauce (Water, Soybean, Salt, Sugar, Corn Starch), Yeast Extract, Salt, White Pepper, Black Pepper, Tomatillo Salsa [Tomatillo, Onion, Poblano Chilli, Coriander, Salt, Natural Food Acid (Tartaric Acid), Garlic], Spicy Sauce [Water, Vinegar, Chilli (Chipotle, Arbol, Ancho, Guajillo), Sugar, Soybean Oil, Salt, Tomato Paste, Onion, Garlic, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Tartaric Acid), Spices (Clove, Parsley, Oregano, Thyme, Bay Leaf, Marjoram)].
Spicy Sautéed Vegetables with Guacamole with Tomatillo Salsa and Spicy Sauce	Sauteed Vegetables [Capsicum, Onion, Mushroom, Corn], Canola Oil, Salt & Pepper, Guacamole [Fresh Avocado, Pico De Gallo [Fresh Tomato, Fresh Spanish Onion, Fresh Coriander, Lemon Juice, Salt], Lemon Juice, Salt, Fresh Jalapeno], Tomatillo Salsa [Tomatillo, Onion, Poblano Chilli, Coriander, Salt, Natural Food Acid (Tartaric Acid), Garlic], Spicy Sauce [Water, Vinegar, Chilli (Chipotle, Arbol, Ancho, Guajillo), Sugar, Soybean Oil, Salt, Tomato Paste, Onion, Garlic, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Tartaric Acid), Spices (Clove, Parsley, Oregano, Thyme, Bay Leaf, Marjoram)].
FILLINGS – SALAD, LITTLE G'S, TACO, QUESADILLA (NO TOMATILLO SALSA)	
MENU ITEM INGREDIENT	INGREDIENT LIST
Mild Slow Cooked Beef	Beef, Marinade [Water, Vinegar, Soybean Oil, Orange Juice Concentrate, Powder Achiote Seed, Salt, Spices (Marjoram, Oregano, Black Pepper, Clove, Cumin, Thyme), Garlic, Guajillo Chilli, Onion, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Citric Acid, Tartaric Acid)], Salt, Seasoning (Maltodextrin (Maize), Spice Extract (Pepper), Vegetable Extract (Garlic), Tapioca Flour.

INGREDIENTS LIST



Mild Slow Cooked Pork	Pork, Sugar, Salt, Onion Powder, Seasoning (Maltodextrin (Maize), Salt, Spice Extract (Pepper), Vegetable Extract (Garlic)).
Mild Grilled Chicken	Free Range Chicken Maryland, Marinade [Water, Vinegar, Soybean Oil, Orange Juice Concentrate, Powder Achiote Seed, Salt, Spices (Marjoram, Oregano, Black Pepper, Clove, Cumin, Thyme), Garlic, Guajillo Chilli, Onion, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Citric Acid, Tartaric Acid)], Canola Oil, Salt.
Mild Ground Beef	Beef, Orange Juice, Tomato Paste (Contains Citric Acid), Garlic, Onion, Herb & Spices(Smoked Paprika, Cayenne Powder, Cumin, Garlic Powder, Onion Powder, Black Pepper, Oregano), Tapioca Starch, Salt.
Mild Shredded Mushroom	Mushroom, Water, Coconut Oil, Isolated Soy Protein, Vinegar, Seasoning (Smoked Paprika, Garlic Powder, Onion Powder, Salt), Sugar, Tapioca Starch, Gluten Free Soy Sauce (Water, Soybean, Salt, Sugar, Corn Starch), Yeast Extract, Salt, White Pepper, Black Pepper.
Mild Sautéed Vegetables with Guacamole	Sauteed Vegetables [Capsicum, Onion, Mushroom, Corn], Canola Oil, Salt & Pepper, Guacamole [Fresh Avocado, Pico De Gallo [Fresh Tomato, Fresh Spanish Onion, Fresh Coriander, Lemon Juice, Salt], Lemon Juice, Salt, Fresh Jalapeno].
Spicy Slow Cooked Beef with Spicy Sauce	Beef, Marinade [Water, Vinegar, Soybean Oil, Orange Juice Concentrate, Powder Achiote Seed, Salt, Spices (Marjoram, Oregano, Black Pepper, Clove, Cumin, Thyme), Garlic, Guajillo Chilli, Onion, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Citric Acid, Tartaric Acid)], Salt, Seasoning (Maltodextrin (Maize), Spice Extract (Pepper), Vegetable Extract (Garlic), Tapioca Flour, Spicy Sauce [Water, Vinegar, Chilli (Chipotle, Arbol, Ancho, Guajillo), Sugar, Soybean Oil, Salt, Tomato Paste, Onion, Garlic, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Tartaric Acid), Spices (Clove, Parsley, Oregano, Thyme, Bay Leaf, Marjoram)].
Spicy Slow Cooked Pork with Spicy Sauce	Pork, Sugar, Salt, Onion Powder, Seasoning (Maltodextrin (Maize), Salt, Spice Extract (Pepper), Vegetable Extract (Garlic), Spicy Sauce [Water, Vinegar, Chilli (Chipotle, Arbol, Ancho, Guajillo), Sugar, Soybean Oil, Salt, Tomato Paste, Onion, Garlic, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Tartaric Acid), Spices (Clove, Parsley, Oregano, Thyme, Bay Leaf, Marjoram)].
Spicy Grilled Chicken with Spicy Sauce	Free Range Chicken Maryland, Marinade [Water, Vinegar, Soybean Oil, Orange Juice Concentrate, Powder Achiote Seed, Salt, Spices (Marjoram, Oregano, Black Pepper, Clove, Cumin, Thyme), Garlic, Guajillo Chilli, Onion, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Citric Acid, Tartaric Acid)], Canola Oil, Salt, Spicy Sauce [Water, Vinegar, Chilli (Chipotle, Arbol, Ancho, Guajillo), Sugar, Soybean Oil, Salt, Tomato Paste, Onion, Garlic, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Tartaric Acid), Spices (Clove, Parsley, Oregano, Thyme, Bay Leaf, Marjoram)].
Spicy Ground Beef with Spicy Sauce	Beef, Orange Juice, Tomato Paste (Contains Citric Acid), Garlic, Onion, Herb & Spices (Smoked Paprika, Cayenne Powder, Cumin, Garlic Powder, Onion Powder, Black Pepper, Oregano), Tapioca Starch, Salt, Spicy Sauce [Water, Vinegar, Chilli (Chipotle, Arbol, Ancho, Guajillo), Sugar, Soybean Oil, Salt, Tomato Paste, Onion, Garlic, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Tartaric Acid), Spices (Clove, Parsley, Oregano, Thyme, Bay Leaf, Marjoram)].
Spicy Shredded Mushroom with Spicy Sauce	Mushroom, Water, Coconut Oil, Isolated Soy Protein, Vinegar, Seasoning (Smoked Paprika, Garlic Powder, Onion Powder, Salt), Sugar, Tapioca Starch, Gluten Free Soy Sauce (Water, Soybean, Salt, Sugar, Corn Starch), Yeast Extract, Salt, White Pepper, Black Pepper, Spicy Sauce [Water, Vinegar, Chilli (Chipotle, Arbol, Ancho, Guajillo), Sugar, Soybean Oil, Salt, Tomato Paste, Onion, Garlic, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Tartaric Acid), Spices (Clove, Parsley, Oregano, Thyme, Bay Leaf, Marjoram)].

INGREDIENTS LIST



Spicy Sautéed Vegetables with Guacamole with Spicy Sauce	Sauteed Vegetables [Capsicum, Onion, Mushroom, Corn], Canola Oil, Salt & Pepper, Guacamole [Fresh Avocado, Pico De Gallo [Fresh Tomato, Fresh Spanish Onion, Fresh Coriander, Lemon Juice, Salt], Lemon Juice, Salt, Fresh Jalapeno], Spicy Sauce [Water, Vinegar, Chilli (Chipotle, Arbol, Ancho, Guajillo), Sugar, Soybean Oil, Salt, Tomato Paste, Onion, Garlic, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Tartaric Acid), Spices (Clove, Parsley, Oregano, Thyme, Bay Leaf, Marjoram)].
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ALL OTHER FOOD INGREDIENTS

MENU ITEM INGREDIENT	INGREDIENT LIST
Avocado (Breakfast Only)	Avocado, Lemon Juice, Salt.
Bacon (Breakfast Only)	Pork, Salt, Natural Flavour, Vinegar, Fruit Extract, Vegetable Extract, Sugar, Wood Smoke.
Black Beans	Water, Black Beans, Onion, Tomato Paste, Salt, Jalapeno Chilli, Soybean Oil.
Brown Rice	Water, Brown Rice, Canola Oil, Vegetable Stock [Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Yeast Extract, Vegetable Power (Onion, Spinach, Garlic and Celery), Natural Vegetable Flavours, Canola Oil, Extra Virgin Olive Oil], Salt.
Carrot Slices	Fresh Carrot
Cheese	Pasteurised Milk, Salt, Tapioca Starch, Starter Cultures, Enzyme (Non-Animal Rennet).
Chipotle Mayo	Mayonnaise [Canola Oil (Antioxidant (Tocopherols Concentrate, Citric Acid)), White Vinegar, Free Range Egg Yolk, Sugar, Salt, Mustard, Stabilisers (Guar Gum, Xanthan Gum), Antioxidant (Tocopherols Concentrate from Soy, Calcium Disodium Edta)], Smoky Chipotle Salsa [Water, Vinegar, Sugar, Chilli (Chipotle, Red Jalapeno, Ancho, Guajillo), Salt, Onion, Garlic, Modified Corn Starch (Acetylated Distarch Adipate), Tomato Paste, Thickener (Xanthan Gum), Spices (Black Pepper, Bay Leaf, Oregano).]
Chipotle Seasoning (for Fries & Hard Taco Shells)	Salt, Spices (Chipotle, Paprika, Chilli), Sugar, Natural Flavours (from Celery and Yeast Extract), Vegetable Powders (Onion, Garlic), Vinegar Powder [Corn Maltodextrin, Vinegar], Natural Food Acid (Citric Acid), Natural Anti-Caking Agent (Magnesium Carbonate), Smoke Flavour
Chocolate Sauce	Glucose, Invert Sugar (Sugar, Water), Dark Chocolate (Cocoa Mass, Sugar, Fat-Reduced Cocoa Powder, Emulsifier (Soy Lecithin), Natural Vanilla Flavouring), Sugar, Cream (Milk), Milk Powder, Canola Oil, Water, Liquid Sugar, Cocoa Powder, Emulsifier (Soy Lecithin), Salt.
Chorizo (Breakfast Only)	Pork Casing. Free Range Chicken, Spice (Paprika, Chilli flakes), Salt, Skim Milk Powder, Dextrose (Maize or Tapioca), Mineral Salt (Potassium Pyrophosphate), Antioxidant (Sodium Erythorbate), Vegetable Powder(Garlic).
Churros with Cinnamon Sugar	Churros [Water, Wheat Flour (Vitamin (Thiamin, Folic Acid)), Canola Oil, Sugar, Salt, Natural Vanilla Bean Paste], Cooking Oil [Vegetable Oil (High Oleic Sunflower Oil, High Canola Oil And Canola Oil), Anti-Foam (Polydimethylsiloxane)], Cinnamon Sugar [Sugar, Cinnamon, Anti-Caking Agent (Magnesium Carbonate)].

INGREDIENTS LIST



Churros Toast with Cinnamon Sugar	Sourdough bread [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Sourdough Culture of Wheat & Rye Flour [Contains: Whey Protein Powder (from Milk), Spice (Cardamom), Acetic acid, Citric Acid], Iodised Salt, Wheat Gluten, Wheat Semolina, Baker's Yeast, Soy Flour, plant-based Emulsifier (Diacetyltartaric and fatty acid esters of glycerol), Flour Treatment Agent (Ascorbic acid), plant-based Enzymes.] Egg Mix [Free Range Eggs, Milk], Butter, Cinnamon Sugar [Sugar, Cinnamon, Anti-Caking Agent (Magnesium Carbonate)].
Corn Chips	Corn Flour, Vegetable Gums (Guar Gum, Cellulose Gum), Water, Natural Acidity Regulator (Citric Acid), Cooking Oil [Vegetable Oil (High Oleic Sunflower Oil, High Canola Oil and Canola Oil), Anti-Foam (Polydimethylsiloxane)], Salt.
Corn Tortilla with Chipotle Seasoning (Hard taco shell)	Corn Flour, Vegetable Gum (Sodium carboxymethylcellulose), Water, Natural Acidity Regulator (Calcium Hydroxide), Cooking Oil [Vegetable Oil (High Oleic Sunflower Oil, High Canola Oil And Canola Oil), Anti-Foam (Polydimethylsiloxane)], Seasoning [Salt, Spices (Chipotle, Paprika, Chilli), Sugar, Natural Flavours (from Celery and Yeast Extract), Vegetable Powders (Onion, Garlic), Vinegar Powder [Corn Maltodextrin, Vinegar], Natural Food Acid (Citric Acid), Natural Anti-Caking Agent (Magnesium Carbonate), Smoke Flavour].
Dulce de Leche	Water, Milk Powder, Brown Sugar, Invert Sugar (Sugar, Water), Humectant (Glycerin), Modified Starch (Acetylated Distarch Adipate), Mineral Salt (Sodium Phosphate, Sodium Bicarbonate), Burnt Sugar.
Flour Tortillas	Wheat Flour [Vitamins (Thiamine, Folic Acid)], Water, Vegetable Oil [Natural Antioxidant (Tocopherols Concentrate)], Sugar, Baking Powder [Mineral Salts (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Calcium Phosphate)], Acidity Regulator (Fumaric Acid), Iodised Salt, Mineral Salt (Sodium Bicarbonate), Yeast.
Fries with no seasoning or salt	Potato, Canola Oil, Cooking Oil [Vegetable Oil (High Oleic Sunflower Oil, High Canola Oil And Canola Oil), Anti-Foam (Polydimethylsiloxane)]
Fries with Chipotle Seasoning	Potato, Canola Oil, Cooking Oil [Vegetable Oil (High Oleic Sunflower Oil, High Canola Oil And Canola Oil), Anti-Foam (Polydimethylsiloxane)], Seasoning [Salt, Spices (Chipotle, Paprika, Chilli), Sugar, Natural Flavours (from Celery and Yeast Extract), Vegetable Powders (Onion, Garlic), Vinegar Powder [Corn Maltodextrin, Vinegar], Natural Food Acid (Citric Acid), Natural Anti-Caking Agent (Magnesium Carbonate), Smoke Flavour].
Fries with Salt	Potato, Canola Oil, Cooking Oil [Vegetable Oil (High Oleic Sunflower Oil, High Canola Oil And Canola Oil), Anti-Foam (Polydimethylsiloxane)], Salt.
Guacamole	Fresh Avocado, Pico De Gallo [Fresh Tomato, Fresh Spanish Onion, Fresh Coriander, Lemon Juice, Salt], Lemon Juice, Salt, Fresh Jalapeno.
Habanero Salsa	Water, Vinegar, Chilli (Jalapeno, Habanero), Sugar, Tomato Paste, Salt, Tamarind Pulp, Orange Juice Concentrate, Natural Food Acid (Citric Acid, Ascorbic Acid), Thickener (Xanthan Gum), Spices (Garlic, Black Pepper, Paprika, Turmeric).
Ham (Breakfast only)	Pork, Water, Salt, Natural Flavour, Vinegar, Vegetable Extract, Fruit Extract, Sugar, Smoke Flavour. Naturally Wood Smoked.
Hash Browns (Breakfast Only)	Potato, Canola Oil, Salt, Spice Extract (Pepper), Cooking Oil [Vegetable Oil (High Oleic Sunflower Oil, High Canola Oil And Canola Oil), Anti-Foam (Polydimethylsiloxane)].
Jalapeno	Fresh Jalapeno.

INGREDIENTS LIST



Jalapeno Ketchup	Ketchup [Concentrated Organic Tomatoes, Organic Sugar, Salt, Organic White Vinegar (from Wheat), Natural Flavour (Contains Garlic), Spice], Roasted Jalapeno Salsa [Water, Chilli (Jalapeño, Poblano), Vinegar, Salt, Spices (Coriander, Cumin, Oregano, Black Pepper), Onion, Modified Corn Starch (Acetylated Distarch Adipate), Natural Food Acid (Tartaric Acid), Sugar, Thickener (Xanthan Gum), Garlic].
Ketchup	Concentrated Organic Tomatoes, Organic Sugar, Salt, Organic White Vinegar (from Wheat), Natural Flavour (Contains Garlic), Spice
Lettuce (Shredded Iceberg)	Fresh Iceberg Lettuce
Lime Wedge	Fresh Lime
Mex Chimi Mayo (Vegan Coriander Mayonnaise)	Canola Oil, Water, Herbs and Spices (Coriander, Black Pepper), White Vinegar, Potato Protein, Salt, Sugar, Lemon Juice, Garlic Powder, Vegetable Gum (Guar Gum), Coriander Oil.
Pickled Jalapenos & Carrots	Water, Jalapeño Chilli Pepper, Carrot, Vinegar, Salt, Onion, Soybean Oil, Spices (Oregano, Bay Leaf, Marjoram, Thyme), Firming Agent (Calcium Chloride).
Pico de gallo	Fresh Tomato, Fresh Spanish Onion, Fresh Coriander, Lemon Juice, Salt.
Plain Queso	Water, Cheese (Milk, Salt, Starter Culture, Enzymes), Green Capsicum, Onion, Jalapeno Chilli, Corn Starch, Mineral Salt (Potassium Pyrophosphate, Sodium Pyrophosphate, Potassium Phosphate, Calcium Phosphate), Garlic, Natural Food Acid (Citric Acid), Natural Stabiliser (Xanthan Gum), Salt.
Queso (Mild)	Queso [Water, Cheese (Milk, Salt, Starter Culture, Enzymes), Green Capsicum, Onion, Jalapeno Chilli, Corn Starch, Mineral Salt (Potassium Pyrophosphate, Sodium Pyrophosphate, Potassium Phosphate, Calcium Phosphate), Garlic, Natural Food Acid (Citric Acid), Natural Stabiliser (Xanthan Gum), Salt.], Pico De Gallo [Fresh Tomato, Fresh Spanish Onion, Fresh Coriander, Salt, Lemon Juice.].
Queso (Spicy)	Queso [Water, Cheese (Milk, Salt, Starter Culture, Enzymes), Green Capsicum, Onion, Jalapeno Chilli, Corn Starch, Mineral Salt (Potassium Pyrophosphate, Sodium Pyrophosphate, Potassium Phosphate, Calcium Phosphate), Garlic, Natural Food Acid (Citric Acid), Natural Stabiliser (Xanthan Gum), Salt.], Pico De Gallo [Fresh Tomato, Fresh Spanish Onion, Fresh Coriander, Salt, Lemon Juice.], Fresh Jalapeno Chilli.
Roasted Jalapeno Salsa	Water, Chilli (Jalapeño, Poblano), Vinegar, Salt, Spices (Coriander, Cumin, Oregano, Black Pepper), Onion, Modified Corn Starch (Acetylated Distarch Adipate), Natural Food Acid (Tartaric Acid), Sugar, Thickener (Xanthan Gum), Garlic.
Salad Base (No Filling, Salsa or Dressing)	Fresh Mesculin Lettuce, Fresh Cos Lettuce, Fresh Cucumber, Fresh Carrot.
Scrambled Eggs (Breakfast Only)	Free Range Eggs, Milk, Butter, Salt.
Smoky Chipotle Salsa	Water, Vinegar, Sugar, Chilli (Chipotle, Red Jalapeno, Ancho, Guajillo), Salt, Onion, Garlic, Modified Corn Starch (Acetylated Distarch Adipate), Tomato Paste, Thickener (Xanthan Gum), Spices (Black Pepper, Bay Leaf, Oregano).
Sour Cream	Milk, Cream, Milk Solids, Culture

INGREDIENTS LIST



Soft Serve Ice Cream	Water, Sugar, Fresh Cream, Milk Solids, Malto-dextrin, Mono & Di Glycerides, Plant Based Vegetable Fibre, Cellulose Gum, Natural Vanilla Flavour, Carrageenan, Acidity Regulators (Sodium Diphosphate, Pentasodium Triphosphate).
Sourdough (Breakfast Only)	Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Sourdough Culture of Wheat & Rye Flour [Contains: Whey Protein Powder (from Milk), Spice (Cardamom), Acetic acid, Citric Acid], Iodised Salt, Wheat Gluten, Wheat Semolina, Baker's Yeast, Soy Flour, plant-based Emulsifier (Diacetyltartaric and fatty acid esters of glycerol), Flour Treatment Agent (Ascorbic acid), plant-based Enzymes.
Spicy Sauce	Water, Vinegar, Chilli (Chipotle, Arbol, Ancho, Guajillo), Sugar, Soybean Oil, Salt, Tomato Paste, Onion, Garlic, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Tartaric Acid), Spices (Clove, Parsley, Oregano, Thyme, Bay Leaf, Marjoram).
Tomatillo Salsa	Tomatillo, Onion, Poblano Chilli, Coriander, Salt, Natural Food Acid (Tartaric Acid), Garlic.
Waffle Cone	Wheat Flour, Sugar, Oat Fibre, Vegetable Oil (Coconut), Emulsifier (Soy Lecithin), Wheaten Cornflour, Salt, Natural Vanilla Flavour.
White Rice	Water, White Rice, Canola Oil, Vegetable Stock [Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Yeast Extract, Vegetable Powder (Onion, Spinach, Garlic and Celery), Natural Vegetable Flavours, Canola Oil, Extra Virgin Olive Oil], Salt.

CAFE HOLA - BEVERAGES ALLERGEN AND DIETARY INFORMATION



Hot beverages with any milk may contain milk, soy, almond and gluten.
 Contact between other ingredients may occur when your order is prepared. This is not shown in the below information.
 We cannot guarantee that a menu item is free from an ingredient.

	ALLERGEN										DIETARY INFORMATION	
	ADDED SULPHITES	GLUTEN	CRUSTACEAN	EGG	MILK / DAIRY	PEANUTS	SESAME SEEDS	SOY #	TREE NUTS	LUPINS	VEGETARIAN	VEGAN
Almond Milk		~			~			~	X			~
Caramel Coffee Syrup												
Chai Powder		~			Trace*		Trace*					NO
Chocolate Powder		~			Trace*			Trace*				NO
Cinnamon Powder					Trace*							NO
Coffee												
Earl Grey Tea												
English Breakfast Tea												
Full Cream Milk		~			X			~	~			NO
Green Tea												
Hazelnut									X			
Oat Milk		X			~			~	~			~
Peppermint Tea												
Skim Milk		~			X			~	~			NO
Soy Milk		~			~			X	~			~
Sugar Syrup												
Vanilla Coffee Syrup												

- NO** Indicates the menu item is not suitable for this dietary preference
- X** Indicates the menu component not suitable in avoiding the listed allergen, ingredient or dietary preference
- ~** Indicates menu item may contain milk, soy, almond or gluten
- TRACE** Indicates menu component is made in a facility that also processes products containing these allergens
- TRACE*** Indicates menu component is made on the same line that also processes products containing these allergens

CAFE HOLA - BEVERAGES STANDARD INGREDIENTS



Hot beverages with any milk may contain milk, soy, almond and gluten.
 Contact between other ingredients may occur when your order is prepared. This is not shown in the below information.
 We cannot guarantee that a menu item is free from an ingredient.

	ESPRESSO & RISTRETTO	MACCHIATO	LONG BLACK	CAPPUCCINO	LATTE & FLAT WHITE	MOCHA	HOT CHOCOLATE	CHAI LATTE	BABYCHINO	ENGLISH BREAKFAST TEA, NO MILK	EARL GREY TEA, NO MILK	GREEN TEA	PEPPERMINT TEA	LEMON AND GINGER TEA
Coffee	X	X	X	X	X	X								
Milk (or alternative)		X		X	X	X	X	X	X					
Chocolate powder				X		X	X		X					
Chai powder								X						
Cinnamon powder								X						
English Breakfast Tea										X				
Earl Grey Tea											X			
Green Tea												X		
Peppermint Tea													X	
Lemon and Ginger Tea														X

X Denotes ingredient in the menu item

CAFE HOLA - BEVERAGES INGREDIENT LIST



MENU ITEM INGREDIENT	INGREDIENT LIST
Almond Milk	Water, Almonds, Sugar, Sunflower Oil, Maltodextrin (From Corn), Acidity Regulators (Potassium phosphate, Potassium citrate), Vegetable Gums (Gellan Gum, Xanthan Gum, Locust Bean Gum), Sunflower Lecithin, Salt.
Caramel Coffee Syrup	Raw Sugar, Water, Natural Flavour, Citrus Extract, Food Acid (Citric Acid).
Chai powder	Organic Coconut Blossom Sugar, Instant Tea, Ground Spices, Natural Flavours.
Chocolate powder	Cane Sugar, Cocoa Powder.
Cinnamon powder	Cinnamon.
Coffee	Coffee Beans
Earl Grey Tea	Black tea, Bergamot,
English Breakfast Tea	Black Tea.
Full Cream Milk	Whole Milk.
Green Tea	Green tea.
Hazelnut Coffee Syrup	Raw Sugar, Water, Natural Flavours, Citrus Extract, Food Acid (Citric Acid).
Oat Milk	Filtered Water, Ground Oats, Minerals (phosphorus, calcium), Sunflower oil, Canola oil, Sea Salt.
Peppermint Tea	Peppermint tea.
Skim Milk	Skim Milk, Milk Solids.
Soy Milk	Filtered Water, Organic Whole Soybeans, Tapioca Syrup, Sea Salt, Job's Tears (Hatomugi Powder), Calcium Carbonate.
Sugar Syrup	Raw Sugar, Water, Citrus Extract, Food Acids (Citric Acid, Sodium Citrate).
Vanilla Coffee Syrup	Raw Sugar, Water, Natural Flavour, Citrus Extract, Food Acid (Citric Acid).

Ingredient information is based on standard products and supplier information. Products may vary, ingredients may change and new ingredients may be introduced from time to time. Information current at June 14, 2022.

Please check our website for the latest information. For allergen information please see our allergen table.

NUTRITIONAL INFORMATION



At Guzman y Gomez, we're all about the food. Our kitchens are full of fresh ingredients that are prepared and cooked in-store daily. But the most important part is how good it tastes. With traditional recipes and authentic Mexican flavours, there's no denying that GYG are keeping it real when it comes to Mexican food.

BURRITO	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	480	3250	777	47.2	26.0	12.7	87.9	5.4	7.0	1910
MILD GROUND BEEF	480	3450	824	37.5	34.0	17.6	91.2	6.5	7.9	1960
MILD PULLED PORK	480	3600	860	47.4	35.0	16.0	88.4	5.9	7.0	1950
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	550	3350	800	25.8	34.3	13.9	95.3	8.9	10.2	1840
MILD SHREDDED MUSHROOM	480	3340	797	25.7	34.3	13.9	95.3	8.9	10.2	1840
MILD SLOW COOKED BEEF	480	3360	802	49.3	27.8	13.7	87.9	5.4	7.0	1950
SPICY GRILLED CHICKEN	495	3320	794	47.6	26.7	13.0	90.0	6.0	7.2	2080
SPICY GROUND BEEF	495	3520	840	37.9	34.7	17.9	93.3	7.1	8.1	2130
SPICY PULLED PORK	495	3670	876	47.8	35.7	16.3	90.5	6.5	7.2	2120
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	565	3420	817	26.1	35.0	14.3	97.5	9.5	10.4	2010
SPICY SHREDDED MUSHROOM	495	3600	861	31.2	37.5	25.8	96.3	8.5	13.9	2530
SPICY SLOW COOKED BEEF	495	3430	818	49.7	28.5	14.0	90.0	6.0	7.2	2110

BOWL	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	455	2780	663	42.7	23.0	9.2	71.0	3.2	6.3	1660
MILD GROUND BEEF	455	2970	710	33.0	31.0	14.1	74.3	4.3	7.2	1710
MILD PULLED PORK	455	3120	746	42.9	32.0	12.5	71.5	3.7	6.3	1700
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	525	2870	686	21.3	31.3	10.4	78.4	6.8	9.5	1580
MILD SHREDDED MUSHROOM	455	3060	730	26.3	33.8	22.0	77.3	5.7	13.0	2110
MILD SLOW COOKED BEEF	455	2880	688	44.8	24.8	10.2	71.0	3.2	6.3	1690
SPICY GRILLED CHICKEN	470	2850	680	43.0	23.7	9.5	73.1	3.8	6.5	1820
SPICY GROUND BEEF	470	3040	726	33.3	31.7	14.4	76.4	4.9	7.4	1870
SPICY PULLED PORK	470	3190	762	43.2	32.7	12.8	73.6	4.3	6.5	1860
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	540	2940	703	21.6	32.0	10.8	80.6	7.4	9.6	1750
SPICY SHREDDED MUSHROOM	470	3130	747	26.6	34.5	22.3	79.4	6.3	13.2	2270
SPICY SLOW COOKED BEEF	470	2950	704	45.1	25.5	10.5	73.1	3.8	6.5	1860

Menu items may contain gluten, wheat, milk and egg. Removing an ingredient may not eliminate its presence. Any ingredient in our kitchens may be present in menu items.

Information current at June 14, 2022. If you have any questions please contact us at hola@gyg.com.au

NUTRITIONAL INFORMATION



CALI BURRITO	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	470	4070	971	46.4	52.8	18.6	74.7	7.1	6.6	1720
MILD GROUND BEEF	470	4260	1020	36.7	60.8	23.5	78.0	8.2	7.5	1770
MILD PULLED PORK	470	4410	1050	46.6	61.8	21.9	75.2	7.6	6.6	1760
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	470	3620	866	23.7	47.9	17.0	81.1	9.6	8.6	1450
MILD SHREDDED MUSHROOM	470	4350	1040	30.0	63.6	31.4	81.0	9.6	13.3	2170
MILD SLOW COOKED BEEF	470	4170	996	48.5	54.6	19.6	74.7	7.1	6.6	1750
SPICY GRILLED CHICKEN	500	4150	992	46.8	53.5	19.0	77.4	8.0	7.0	2090
SPICY GROUND BEEF	500	4350	1040	37.1	61.6	23.9	80.7	9.1	7.9	2140
SPICY PULLED PORK	500	4500	1070	47.0	62.6	22.3	77.9	8.5	7.0	2130
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	500	3710	886	24.1	48.7	17.4	83.9	10.5	9.0	1830
SPICY SHREDDED MUSHROOM	500	4430	1060	30.4	64.4	31.8	83.7	10.5	13.7	2540
SPICY SLOW COOKED BEEF	500	4250	1020	48.9	55.4	20.0	77.4	8.0	7.0	2120

ENCHILADA	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	699	4680	1120	56.2	50.2	21.6	108.0	10.7	10.9	2910
MILD GROUND BEEF	699	4880	1170	46.5	58.2	26.5	111.0	11.8	11.8	2960
MILD PULLED PORK	699	5030	1200	56.4	59.2	24.9	109	11.2	10.9	2950
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	769	4770	1140	34.7	58.5	22.8	115.0	13.7	13.9	2840
MILD SHREDDED MUSHROOM	699	4960	1190	39.8	61.0	34.4	114	13.2	17.6	3360
MILD SLOW COOKED BEEF	699	4780	1140	58.3	52.0	22.6	108.0	10.7	10.9	2940
SPICY GRILLED CHICKEN	729	4820	1150	56.9	51.6	22.2	112.0	11.9	11.2	3240
SPICY GROUND BEEF	729	5020	1200	47.2	59.6	27.1	116.0	13.0	12.1	3290
SPICY PULLED PORK	729	5170	1230	57.1	60.6	25.5	113	12.4	11.2	3280
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	799	4910	1170	35.4	59.9	23.5	119.0	14.9	14.3	3170
SPICY SHREDDED MUSHROOM	729	5100	1220	40.5	62.4	35.0	119	14.4	17.9	3690
SPICY SLOW COOKED BEEF	729	4920	1180	59.0	53.4	23.2	112.0	11.9	11.2	3270

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NUTRITIONAL INFORMATION



NACHOS	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	500	4630	1110	52.1	67.2	20.2	71.9	5.0	11.9	1820
MILD GROUND BEEF	500	4830	1150	42.4	75.2	25.1	75.2	6.1	12.8	1870
MILD PULLED PORK	500	4980	1190	52.3	76.2	23.5	72.4	5.5	11.9	1860
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	500	4200	1000	29.4	62.3	18.6	78.9	8.1	14.1	1550
MILD SHREDDED MUSHROOM	500	4910	1170	35.7	78.0	33.0	78.2	7.5	18.6	2270
MILD SLOW COOKED BEEF	500	4740	1130	54.2	69.0	21.2	71.9	5.0	11.9	1850
SPICY GRILLED CHICKEN	515	4700	1120	52.4	67.9	20.5	74.0	5.6	12.1	1980
SPICY GROUND BEEF	515	4900	1170	42.7	75.9	25.4	77.3	6.7	13.0	2030
SPICY PULLED PORK	515	5050	1210	52.6	76.9	23.8	74.5	6.1	12.1	2020
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	515	4270	1020	29.8	63.1	18.9	81.0	8.7	14.2	1720
SPICY SHREDDED MUSHROOM	515	4980	1190	36.0	78.7	33.3	80.3	8.1	18.8	2430
SPICY SLOW COOKED BEEF	515	4810	1150	54.5	69.7	21.5	74.0	5.6	12.1	2020

NACHO FRIES	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	480	4270	1020	49.6	65.0	21.9	56.2	5.3	7.5	1610
MILD GROUND BEEF	480	4460	1070	39.9	73.0	26.8	59.5	6.4	8.4	1660
MILD PULLED PORK	480	4610	1100	49.8	74.0	25.2	56.7	5.8	7.5	1650
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	480	3820	914	26.8	60.1	20.3	62.7	7.9	9.6	1350
MILD SHREDDED MUSHROOM	480	4550	1090	33.2	75.8	34.7	62.5	7.8	14.2	2060
MILD SLOW COOKED BEEF	480	4370	1040	51.7	66.8	22.9	56.2	5.3	7.5	1640
SPICY GRILLED CHICKEN	510	4350	1040	50.0	65.7	22.3	59.0	6.2	7.9	1980
SPICY GROUND BEEF	510	4550	1090	40.3	73.7	27.2	62.3	7.3	8.8	2030
SPICY PULLED PORK	510	4700	1120	50.2	74.7	25.6	59.5	6.7	7.9	2020
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	510	3910	934	27.2	60.8	20.7	65.4	8.8	9.9	1720
SPICY SHREDDED MUSHROOM	510	4630	1110	33.6	76.5	35.1	65.3	8.7	14.6	2430
SPICY SLOW COOKED BEEF	510	4450	1060	52.1	67.5	23.3	59.0	6.2	7.9	2010

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NUTRITIONAL INFORMATION



QUESADILLA	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD CHEESE	110	1580	378	17.6	21.4	13.5	28.8	2.1	1.0	686
SPICY CHEESE	125	1650	395	17.9	22.1	13.8	31.0	2.7	1.2	852
MILD GRILLED CHICKEN	160	1900	455	30.2	24.1	14.3	29.0	2.2	1.0	822
MILD GROUND BEEF	160	2000	478	25.4	28.1	16.7	30.6	2.8	1.5	847
MILD PULLED PORK	160	2080	496	30.3	28.6	16.0	29.2	2.5	1.0	842
MILD SAUTÉED VEGETABLES	195	1950	465	19.5	28.3	14.9	32.4	3.7	2.6	785
MILD SHREDDED MUSHROOM	160	2040	488	22.0	29.5	20.7	32.1	3.5	4.4	1050
MILD SLOW COOKED BEEF	160	1950	467	31.3	25.0	14.8	29.0	2.2	1.0	839
SPICY GRILLED CHICKEN	175	1970	471	30.6	24.8	14.6	31.1	2.8	1.2	988
SPICY GROUND BEEF	175	2070	495	25.7	28.8	17.1	32.8	3.4	1.6	1010
SPICY PULLED PORK	175	2150	513	30.7	29.3	16.3	31.4	3.1	1.2	1010
SPICY SAUTÉED VEGETABLES	210	2020	481	19.8	29.0	15.3	34.6	4.3	2.7	951
SPICY SHREDDED MUSHROOM	175	2110	505	22.4	30.2	21.0	34.3	4.1	4.5	1210
SPICY SLOW COOKED BEEF	175	2020	484	31.6	25.7	15.1	31.1	2.8	1.2	1000

QUESADILLA PLUS	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	241	2240	536	31.4	31.9	16.5	30.3	3.5	2.0	1020
MILD GROUND BEEF	241	2340	559	26.6	35.9	18.9	32.0	4.1	2.4	1040
MILD PULLED PORK	241	2420	577	31.5	36.4	18.1	30.6	3.8	2.0	1040
MILD SAUTÉED VEGETABLES	276	2280	546	20.7	36.0	17.1	33.8	5.0	3.5	983
MILD SHREDDED MUSHROOM	241	2380	569	23.2	37.3	22.9	33.5	4.8	5.3	1250
MILD SLOW COOKED BEEF	241	2290	548	32.5	32.8	17.0	30.3	3.5	2.0	1040
SPICY GRILLED CHICKEN	256	2310	552	31.7	32.6	16.8	32.5	4.1	2.2	1190
SPICY GROUND BEEF	256	2410	576	26.9	36.6	19.3	34.1	4.7	2.6	1210
SPICY PULLED PORK	256	2480	594	31.8	37.1	18.5	32.7	4.4	2.2	1200
SPICY SAUTÉED VEGETABLES	291	2350	562	21.0	36.7	17.4	36.0	5.6	3.7	1150
SPICY SHREDDED MUSHROOM	256	2450	586	23.5	38.0	23.2	35.6	5.4	5.5	1410
SPICY SLOW COOKED BEEF	256	2360	565	32.8	33.5	17.3	32.5	4.1	2.2	1200

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NUTRITIONAL INFORMATION



SALAD (WITH CHIPOTLE MAYO)	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	300	1230	294	27.5	17.3	2.6	5.9	5.4	2.9	719
MILD GROUND BEEF	300	1430	341	17.8	25.3	7.5	9.2	6.5	3.8	768
MILD PULLED PORK	300	1580	377	27.7	26.3	5.9	6.4	5.9	2.9	758
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	370	1330	318	6.0	25.6	3.8	13.4	9.0	6.1	645
MILD SHREDDED MUSHROOM	300	1510	362	11.1	28.1	15.3	12.2	7.9	9.6	1170
MILD SLOW COOKED BEEF	300	1330	319	29.6	19.1	3.6	5.9	5.4	2.9	752
SPICY GRILLED CHICKEN	315	1310	314	27.9	18.0	2.9	8.4	6.4	3.4	885
SPICY GROUND BEEF	315	1510	360	18.2	26.0	7.8	11.7	7.5	4.3	934
SPICY PULLED PORK	315	1650	394	28.0	27.0	6.2	8.5	6.5	3.1	924
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	385	1410	337	6.4	26.4	4.1	15.9	10.0	6.5	811
SPICY SHREDDED MUSHROOM	315	1580	378	11.4	28.8	15.7	14.3	8.5	9.8	1340
SPICY SLOW COOKED BEEF	315	1420	338	30.0	19.8	3.9	8.4	6.4	3.4	918

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NUTRITIONAL INFORMATION



SOFT FLOUR TACOS (1 TACO)	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	118	813	194	15.3	8.1	4.1	14.5	1.8	1.1	455
MILD GROUND BEEF	118	891	213	11.5	11.2	6.1	15.8	2.2	1.4	475
MILD PULLED PORK	118	951	227	15.4	11.6	5.4	14.7	2.0	1.1	471
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	168	1020	243	7.2	15.5	5.5	17.6	3.4	2.7	485
MILD SHREDDED MUSHROOM	118	926	221	8.8	12.4	9.2	17.0	2.8	3.8	635
MILD SLOW COOKED BEEF	118	854	204	16.2	8.8	4.5	14.5	1.8	1.1	468
SPICY GRILLED CHICKEN	125	846	202	15.5	8.4	4.3	15.5	2.1	1.2	532
SPICY GROUND BEEF	125	923	221	11.6	11.6	6.2	16.8	2.5	1.5	552
SPICY PULLED PORK	125	984	235	15.6	12.0	5.6	15.7	2.3	1.2	548
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	175	1050	251	7.3	15.9	5.7	18.6	3.6	2.7	562
SPICY SHREDDED MUSHROOM	125	958	229	8.9	12.7	9.4	18.0	3.1	3.8	713
SPICY SLOW COOKED BEEF	125	887	212	16.3	9.1	4.7	15.5	2.1	1.2	546

HARD TACOS (1 TACO)	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	109	806	193	14.5	8.8	3.2	12.8	1.7	2.1	324
MILD GROUND BEEF	109	884	211	10.6	12.0	5.2	14.1	2.1	2.4	344
MILD PULLED PORK	109	944	226	14.6	12.4	4.5	13.0	1.9	2.1	340
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	159	1010	241	6.3	16.3	4.6	15.9	3.2	3.6	354
MILD SHREDDED MUSHROOM	109	919	219	7.9	13.1	8.3	15.3	2.7	4.7	505
MILD SLOW COOKED BEEF	109	847	202	15.3	9.5	3.6	12.8	1.7	2.1	337
SPICY GRILLED CHICKEN	116	839	200	14.6	9.1	3.4	13.8	1.9	2.1	401
SPICY GROUND BEEF	116	917	219	10.8	12.3	5.3	15.1	2.4	2.5	421
SPICY PULLED PORK	116	977	233	14.7	12.7	4.7	14.0	2.1	2.1	417
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	166	1040	249	6.4	16.6	4.8	16.9	3.5	3.7	431
SPICY SHREDDED MUSHROOM	116	951	227	8.1	13.5	8.5	16.3	2.9	4.8	582
SPICY SLOW COOKED BEEF	116	880	210	15.5	9.9	3.8	13.8	1.9	2.1	415

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NUTRITIONAL INFORMATION



\$3 TACO	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GROUND BEEF	74	693	166	7.6	9.0	3.4	12.7	1.2	2.1	155
SPICY GROUND BEEF	81	726	173	7.7	9.3	3.6	13.7	1.4	2.1	232

SHREDDED MUSHROOM TACO	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SHREDDED MUSHROOM	113	883	211	6.3	12.4	7.3	17.0	2.8	3.8	582
SPICY SHREDDED MUSHROOM	120	916	219	6.5	12.7	7.4	18.0	3.0	3.8	659

Nutrition information is based on standard products, average serving size and supplier information, product analysis and government databases. Information may vary due to supplier, seasonal and product variations. Information current at June 14, 2022.

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NUTRITIONAL INFORMATION



EXTRAS - REG BURRITOS, BOWLS & SALADS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	100	639	153	25.3	5.5	1.7	0.3	0.3	0.0	272
MILD GROUND BEEF	100	833	199	15.6	13.5	6.6	3.6	1.4	0.9	321
MILD PULLED PORK	100	984	235	25.5	14.5	5.0	0.8	0.8	0.0	311
MILD SAUTÉED VEGETABLES	100	210	50	2.6	0.6	0.1	7.3	3.4	2.2	9
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	170	735	176	3.9	13.8	3.0	7.8	3.8	3.2	198
MILD SHREDDED MUSHROOM	100	920	220	8.9	16.3	14.5	6.6	2.8	6.7	723
MILD SLOW COOKED BEEF	100	741	177	27.4	7.3	2.7	0.3	0.3	0.0	305
SPICY GRILLED CHICKEN	115	709	169	25.6	6.2	2.0	2.5	0.9	0.2	438
SPICY GROUND BEEF	115	903	216	15.9	14.2	6.9	5.7	2.0	1.1	487
SPICY PULLED PORK	115	1050	252	25.8	15.2	5.3	3.0	1.4	0.1	477
SPICY SAUTÉED VEGETABLES	115	280	67	3.0	1.4	0.4	9.5	4.0	2.3	175
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	185	805	192	4.2	14.5	3.3	9.9	4.4	3.3	364
SPICY SHREDDED MUSHROOM	115	990	236	9.2	17.0	14.8	8.7	3.44	6.9	889
SPICY SLOW COOKED BEEF	115	811	194	27.7	8.0	3.0	2.5	0.9	0.2	471
COS LETTUCE	30	25	6	0.4	< 0.1	0.0	0.5	0.5	0.6	5
GUACAMOLE	70	526	126	1.2	13.2	2.9	0.5	0.5	1.0	189
QUESO - PLAIN	60	405	97	5.9	7.6	5.1	1.6	0.4	0.0	312
QUESO - MILD	80	419	100	6.2	7.6	5.1	2.0	0.8	0.2	362
QUESO - SPICY	83	422	101	6.2	7.6	5.1	2.1	0.9	0.3	362

FRIES	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
CHIPOTLE SEASONING - LARGE	180	2250	538	7.9	27.7	2.3	61.0	1.1	6.3	711
CHIPOTLE SEASONING - MEDIUM	120	1500	358	5.3	18.5	1.6	40.7	0.7	4.2	474
CHIPOTLE SEASONING - FAMILY FRIES	400	5000	1190	17.6	61.6	5.2	136	2.4	14.0	1580
SALTED - LARGE	180	2250	538	7.9	27.7	2.3	61.0	1.1	6.3	922
SALTED - MEDIUM	120	1500	358	5.3	18.5	1.6	40.7	0.7	4.2	614
SALTED - FAMILY FRIES	400	5000	1190	17.6	61.6	5.2	136	2.4	14.0	2050
JALAPENO KETCHUP	37	161	38	0.5	less than 0.1	less than 0.1	8.2	7.7	0.1	439
CHIPOTLE MAYO	30	687	164	0.4	17.2	1.3	2.4	1.9	0.0	333
MEX CHIMI MAYO	50	1200	286	0.6	31.6	2.2	0.8	0.6	0.0	207

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QUESO FRIES	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD - LARGE	330	3080	736	20.1	42.9	12.5	64.8	2.4	6.7	1410
SPICY - LARGE	336	3090	738	20.2	42.9	12.5	65.0	2.7	6.8	1410

CORN CHIPS WITH SALSA, QUESO OR GUACAMOLE	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
CORN CHIPS	100	2170	519	7.0	28.4	2.5	56.5	1.4	5.4	280
CORN CHIPS WITH LARGE GUAC	385	4310	1030	12.0	82.1	14.1	58.5	3.4	9.5	1050
CORN CHIPS WITH LARGE MILD QUESO	320	3340	797	22.6	48.0	15.7	66.6	4.3	5.4	1250
CORN CHIPS WITH LARGE PICO DE GALLO	376	2370	565	9.8	28.7	2.5	62.6	7.1	8.6	974
CORN CHIPS WITH LARGE QUESO	280	3390	809	24.8	51.1	17.8	61.2	2.5	5.4	1220
CORN CHIPS WITH LARGE SPICY QUESO	326	3370	805	23.3	48.3	16.1	67.3	1.6	5.4	1270
CORN CHIPS WITH LARGE TOMATILLO SALSA	300	2500	598	8.8	30.2	2.7	68.1	8.8	9.4	1720
CORN CHIPS WITH MEDIUM GUAC	232	3160	756	9.3	53.3	7.9	57.4	2.3	7.3	636
CORN CHIPS WITH MEDIUM MILD QUESO	220	2810	671	15.5	39.1	9.7	62.0	3.0	5.4	812
CORN CHIPS WITH MEDIUM PICO DE GALLO	208	2250	537	8.1	28.5	2.5	58.9	3.6	6.7	552
CORN CHIPS WITH MEDIUM QUESO	180	2710	648	14.9	38.5	9.3	58.6	1.9	5.4	696
CORN CHIPS WITH MEDIUM SPICY QUESO	223	2830	675	15.9	39.2	9.9	62.4	1.5	5.4	818
CORN CHIPS WITH MEDIUM TOMATILLO SALSA	200	2340	559	7.9	29.3	2.6	62.3	5.1	7.4	1000

SIDES	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
BROWN RICE	207	1340	321	6.6	5.8	1.0	58.8	0.8	2.1	662
CHURROS WITH DULCE DE LECHE	106	1530	366	6.7	17.0	2.8	42.7	20.3	1.9	254
DULCE DE LECHE	36	436	104	2.3	2.4	1.4	15.3	15.0	0.0	78
LARGE GUACAMOLE	285	2140	511	5.0	53.7	11.6	2.0	2.0	4.1	769
MEDIUM GUACAMOLE	132	991	237	2.3	24.9	5.4	0.9	0.9	1.9	356
SMALL GUACAMOLE	92	691	165	1.6	17.3	3.8	0.6	0.6	1.3	248
LARGE PICO DE GALLO	276	193	46	2.8	0.3	0.0	6.1	5.7	3.2	694
MEDIUM PICO DE GALLO	108	75	18	1.1	0.1	0.0	2.4	2.2	1.3	272
SOUR CREAM	87	699	167	2.4	16.0	10.8	3.5	3.5	0.0	33

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NUTRITIONAL INFORMATION



SIDES (CONT)	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
LARGE TOMATILLO SALSA	229	378	90	2.1	2.1	0.2	13.3	8.5	4.6	1650
MEDIUM TOMATILLO SALSA	109	180	43	1.0	1.0	0.1	6.3	4.0	2.2	785
VEGETARIAN BLACK BEANS	253	645	154	7.6	1.8	0.5	30.4	0.0	11.9	683
WHITE RICE	183	1310	313	7.0	3.5	0.5	62.6	0.2	0.0	641
QUESO - PLAIN - SMALL	57	385	92	5.6	7.2	4.8	1.5	0.3	0.0	296
QUESO - MILD - SMALL	77	407	97	5.5	6.9	4.6	3.5	1.0	0.0	341
QUESO - SPICY - SMALL	79	419	100	5.7	7.0	4.7	3.8	less than 0.1	0.0	345
QUESO - PLAIN - MEDIUM	80	540	129	7.9	10.1	6.8	2.1	0.5	0.0	416
QUESO - MILD - MEDIUM	120	634	151	8.5	10.7	7.2	5.5	1.6	0.0	532
QUESO - SPICY - MEDIUM	123	652	156	8.9	10.8	7.4	5.9	0.1	0.0	538
QUESO - PLAIN - LARGE	180	1220	290	17.8	22.7	15.3	4.7	1.1	0.0	936
QUESO - MILD - LARGE	220	1160	277	15.6	19.6	13.2	10.1	2.9	0.0	975
QUESO - SPICY - LARGE	226	1200	286	16.3	19.9	13.6	10.8	0.2	0.0	988

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NUTRITIONAL INFORMATION



DESSERTS	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
SOFT SERVE CONE	95	687	164	3.0	3.6	2.6	29.3	17.7	0.6	51
CHURRO SUNDAE WITH CHOCOLATE SAUCE	183	1310	313	5.5	11.6	5.2	45.8	31.0	0.5	117
CHURRO SUNDAE WITH DULCE DE LECHE	183	1260	301	6.0	9.9	5.0	45.0	32.3	0.5	133
LARGE SUNDAE WITH CHOCOLATE SAUCE	165	1040	247	4.4	7.9	4.8	39.0	29.6	0.0	73
LARGE SUNDAE WITH DULCE DE LECHE	165	986	235	4.9	6.3	4.7	38.2	31.0	0.0	89
SMALL SUNDAE WITH CHOCOLATE SAUCE	108	652	156	2.9	4.8	3.1	24.8	18.9	0.0	46
SMALL SUNDAE WITH DULCE DE LECHE	108	627	150	3.1	4.0	3.0	24.4	19.6	0.0	54
CHURROS WITH CHOCOLATE SAUCE	108	1670	400	5.8	21.3	3.4	45.4	17.5	1.9	216
CHURROS WITH DULCE DE LECHE	106	1530	366	6.7	17.0	2.8	42.7	20.3	1.9	254
CHOCOLATE SAUCE PORTION	38	578	138	1.4	6.7	2.0	18.0	12.2	0.0	39
DULCE DE LECHE PORTION	36	436	104	2.3	2.4	1.4	15.3	15.0	0.0	78

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LITTLE G's NUTRITIONAL INFORMATION



LITTLE G's BURRITO	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	175	1740	416	24.4	15.4	8.0	44.1	2.0	1.0	758
MILD GROUND BEEF	175	1840	439	19.5	19.4	10.4	45.7	2.6	1.5	782
MILD PULLED PORK	175	1910	457	24.5	19.9	9.6	44.3	2.3	1.0	777
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	210	1780	426	13.6	19.6	8.6	47.5	3.5	2.5	721
MILD SHREDDED MUSHROOM	175	1880	449	16.2	20.8	14.4	47.2	3.3	4.4	983
MILD SLOW COOKED BEEF	175	1790	428	25.4	16.3	8.5	44.1	2.0	1.0	774
SPICY GRILLED CHICKEN	182	1770	423	24.5	15.8	8.1	45.1	2.3	1.1	835
SPICY GROUND BEEF	182	1870	447	19.7	19.8	10.6	46.7	2.8	1.5	860
SPICY PULLED PORK	182	1940	465	24.6	20.3	9.8	45.3	2.5	1.1	855
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	217	1810	433	13.8	19.9	8.8	48.5	3.8	2.6	798
SPICY SHREDDED MUSHROOM	182	1910	457	16.3	21.2	14.5	48.2	3.5	4.4	1060
SPICY SLOW COOKED BEEF	182	1820	436	25.6	16.7	8.6	45.1	2.3	1.1	852

LITTLE G's NACHOS	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
CHEESE	70	1410	337	8.5	20.6	5.6	28.5	0.9	2.7	288
MILD GRILLED CHICKEN	120	1730	413	21.2	23.3	6.4	28.6	1.0	2.7	424
MILD GROUND BEEF	120	1830	437	16.3	27.3	8.9	30.3	1.6	3.2	449
MILD PULLED PORK	120	1900	455	21.3	27.8	8.1	28.8	1.3	2.7	443
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	155	1770	423	10.4	27.5	7.0	32.1	2.5	4.2	387
MILD SHREDDED MUSHROOM	120	1879	447	13.0	28.7	12.8	31.7	2.3	6.1	649
MILD SLOW COOKED BEEF	120	1780	426	22.2	24.2	6.9	28.6	1.0	2.7	441
SPICY GRILLED CHICKEN	127	1760	421	21.3	23.6	6.6	29.6	1.3	2.8	501
SPICY GROUND BEEF	127	1860	444	16.5	27.6	9.0	31.3	1.9	3.2	526
SPICY PULLED PORK	127	1940	462	21.4	28.1	8.2	29.9	1.6	2.8	521
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	162	1800	431	10.6	27.8	7.2	33.1	2.8	4.3	464
SPICY SHREDDED MUSHROOM	127	1900	455	13.1	29.0	13.0	32.8	2.6	6.1	727
SPICY SLOW COOKED BEEF	127	1810	433	22.4	24.5	7.1	29.6	1.3	2.8	518

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LITTLE G's NUTRITIONAL INFORMATION



LITTLE G's SIDES	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
CARROT DISKS	60	79	19	0.5	less than 0.1	0.0	3.2	3.1	1.7	27
FRIES WITH CHIPOTLE SEASONING	60	750	179	2.6	9.2	0.8	20.3	0.4	2.1	237
FRIES WITH PLAIN SALT	60	750	179	2.6	9.2	0.8	20.3	0.4	2.1	307

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BREAKFAST NUTRITIONAL INFORMATION



At Guzman y Gomez, we're all about the food. Our kitchens are full of fresh ingredients that are prepared and cooked in-store daily. But the most important part is how good it tastes. With traditional recipes and authentic Mexican flavours, there's no denying that GYG are keeping it real when it comes to Mexican food.

BREAKFAST	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
BREAKFAST BURRITO										
MILD BACON	240	2490	596	28.2	33.7	12.0	43.4	3.1	3.7	1440
MILD FREE RANGE CHICKEN CHORIZO	240	2400	574	23.2	34.0	12.3	42.9	2.6	3.2	1210
MILD SAUTÉED VEGETABLES	275	2460	587	20.2	35.5	12.0	45.2	3.7	4.3	1060
SPICY BACON	245	2520	601	28.4	33.9	12.1	44.2	3.3	3.8	1490
SPICY FREE RANGE CHICKEN CHORIZO	245	2430	580	23.3	34.2	12.5	43.7	2.8	3.2	1270
SPICY SAUTÉED VEGETABLES	280	2480	592	20.3	35.7	12.1	45.9	3.9	4.4	1110
BIG BREAKFAST BURRITO										
MILD BACON	405	4140	989	45.0	56.8	18.9	72.0	5.0	6.8	2430
MILD FREE RANGE CHICKEN CHORIZO	405	3990	954	36.6	57.2	19.5	71.2	4.2	5.8	2060
MILD SAUTÉED VEGETABLES	440	3990	932	31.1	55.3	18.0	74.8	5.9	7.4	1740
SPICY BACON	420	4210	1010	45.3	57.5	19.2	74.2	5.6	7.0	2590
SPICY FREE RANGE CHICKEN CHORIZO	420	4060	970	36.9	57.9	19.8	73.3	4.8	6.0	2220
SPICY SAUTÉED VEGETABLES	455	3970	949	31.4	56.0	18.3	77.0	6.5	7.6	1900
FREE RANGE SCRAMBLED EGGS										
MILD BACON	219	1860	444	35.3	29.5	11.4	8.8	2.3	1.9	1270
MILD FREE RANGE CHICKEN CHORIZO	219	1710	408	26.9	30.0	12.0	7.9	1.5	1.0	904
MILD SAUTÉED VEGETABLES	254	1620	387	21.4	28.1	10.5	11.6	3.2	2.5	583
SPICY BACON	229	1900	455	35.5	30.0	11.6	10.2	2.7	2.0	1380
SPICY FREE RANGE CHICKEN CHORIZO	229	1760	419	27.2	30.4	12.2	9.3	1.9	1.1	1010
SPICY SAUTÉED VEGETABLES	264	1670	398	21.6	28.6	10.7	13.0	3.6	2.6	693
TOAST (1 SLICE)										
TOAST WITH AVO - MILD	70	633	151	3.6	8.1	1.8	15.4	1.1	1.6	256
TOAST WITH GUACAMOLE - MILD	70	592	141	3.5	6.9	1.5	15.5	1.2	1.6	259
TOAST WITH AVO - SPICY	75	639	153	3.6	8.1	1.8	15.6	1.3	1.8	256
TOAST WITH GUACAMOLE - SPICY	75	598	143	3.6	6.9	1.5	15.7	1.4	1.8	259

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BREAKFAST NUTRITIONAL INFORMATION



BREAKFAST QUESADILLA	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD BACON	160	2190	523	33.4	29.7	15.9	29.9	3.1	2.0	1480
MILD TOMATO	160	1620	386	18.1	21.4	13.5	29.8	3.0	1.6	689
MILD CHORIZO	160	2040	487	25.0	30.2	16.4	29.1	2.3	1.0	1110
MILD HAM	150	1770	422	26.2	22.0	13.7	29.4	2.4	1.0	1020
MILD SAUTEED VEGETABLES	195	1950	465	19.5	28.3	14.9	32.4	3.7	2.5	785
SPICY BACON	175	2260	540	33.7	30.4	16.2	32.1	3.7	2.1	1640
SPICY TOMATO	175	1690	403	18.4	22.1	13.8	31.9	3.6	1.8	855
SPICY CHORIZO	175	2110	504	25.4	30.9	16.7	31.2	2.9	1.2	1270
SPICY HAM	165	1840	438	26.6	22.7	14.0	31.5	3.0	1.2	1190
SPICY SAUTEED VEGETABLES	210	2020	481	19.8	29.0	15.3	34.6	4.3	2.7	951

BREAKFAST QUESADILLA PLUS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD BACON	241	2530	604	34.6	37.5	18.0	31.3	4.4	2.9	1670
MILD CHORIZO	241	2380	568	26.2	37.9	18.6	30.4	3.6	2.0	1300
MILD HAM	241	2150	514	29.6	29.9	15.9	30.9	3.8	2.0	1300
MILD SAUTEED VEGETABLES	276	2280	546	20.7	36.0	17.1	33.8	5.0	3.5	983
SPICY BACON	256	2600	621	34.9	38.2	18.4	33.4	5.0	3.1	1840
SPICY CHORIZO	256	2450	585	26.5	38.6	18.9	32.6	4.2	2.2	1470
SPICY HAM	256	2220	530	29.9	30.6	16.3	33.0	4.4	2.2	1470
SPICY SAUTEED VEGETABLES	291	2350	562	21.0	36.7	17.4	36.0	5.6	3.7	1150

BREKKIE TACO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD BACON	160	2190	523	33.4	29.7	15.9	29.9	3.1	2.0	1480
MILD TOMATO	160	1620	386	18.1	21.4	13.5	29.8	3.0	1.6	689
MILD CHORIZO	160	2040	487	25.0	30.2	16.4	29.1	2.3	1.0	1110
MILD HAM	160	1810	433	28.4	22.2	13.8	29.5	2.5	1.0	1100
MILD SAUTEED VEGETABLES	195	1950	465	19.5	28.3	14.9	32.4	3.7	2.6	785
SPICY BACON	172	2240	536	33.6	30.3	16.1	31.6	3.6	2.1	1610

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BREAKFAST NUTRITIONAL INFORMATION



CHURROS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
CHURROS WITH DULCE DE LECHE	106	1530	366	6.7	17.0	2.8	42.7	20.3	1.9	254
CHURROS TOAST WITH DULCE DE LECHE	155	1830	437	12.2	19.0	11.1	49.9	20.6	2.5	579
CHURROS WITH CHOCOLATE SAUCE	108	1670	400	5.8	21.3	3.4	45.4	17.5	1.9	216
CHURROS TOAST WITH CHOCOLATE SAUCE	157	1970	471	11.3	23.3	11.6	52.6	17.8	2.5	541

EXTRAS - BREAKFAST	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
BACON	30	363	87	9.5	5.0	1.4	0.7	0.6	0.6	474
FREE RANGE CHICKEN CHORIZO	30	274	65	4.5	5.3	1.8	0.2	0.2	0	252
SAUTÉED VEGETABLES	30	59	14	0.8	0.2	less than 0.1	2.0	0.8	0.6	3
FREE RANGE SCRAMBLED EGGS	50	353	84	6.7	6.1	2.3	0.8	less than 0.1	0.0	105
GUACAMOLE	35	263	63	0.6	6.6	1.4	0.2	0.2	0.5	95
HASHBROWN	60	666	159	1.8	10.7	1.3	13.1	0.2	1.9	342
PICO	20	14	3	0.2	less than 0.1	0.0	0.4	0.4	0.2	50
TOAST (1 SLICE)	35	329	79	2.9	0.3	0.1	15.2	1.0	1.1	164

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MINIS RANGE



MINI BOWL	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	264	1720	410	23.9	14.1	5.8	46.6	1.7	3.2	975
MILD GROUND BEEF	264	1810	433	19.0	18.1	8.2	48.3	2.3	3.7	1000
MILD PULLED PORK	264	1890	451	24.0	18.6	7.4	46.9	2.0	3.2	995
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	299	1770	422	13.1	18.2	6.4	50.4	3.5	4.8	938
MILD SHREDDED MUSHROOM	299	2120	507	16.3	26.1	13.6	50.0	3.2	7.1	1300
MILD SLOW COOKED BEEF	264	1770	422	24.9	15.0	6.3	46.6	1.7	3.2	992
SPICY GRILLED CHICKEN	274	1760	421	24.1	14.6	6.0	48.1	2.1	3.3	1090
SPICY GROUND BEEF	274	1860	444	19.2	18.6	8.5	49.7	2.7	3.8	1110
SPICY PULLED PORK	274	1940	462	24.2	19.1	7.7	48.3	2.4	3.3	1110
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	309	1810	433	13.4	18.7	6.6	51.8	3.9	4.9	1050
SPICY SHREDDED MUSHROOM	309	2170	518	16.5	26.6	13.8	51.5	3.6	7.2	1410
SPICY SLOW COOKED BEEF	274	1810	433	25.1	15.5	6.5	48.1	2.1	3.3	1100

MINI BURRITO	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	260	1900	454	26.1	15.9	8.1	51.1	3.2	3.8	1070
MILD GROUND BEEF	260	2000	477	21.3	19.9	10.5	52.7	3.7	4.2	1100
MILD PULLED PORK	260	2070	495	26.2	20.4	9.8	51.3	3.4	3.8	1090
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	295	1950	466	15.4	20.1	8.7	54.8	4.9	5.4	1040
MILD SHREDDED MUSHROOM	260	2040	488	17.9	21.3	14.5	54.2	4.4	7.1	1300
MILD SLOW COOKED BEEF	260	1950	466	27.2	16.8	8.6	51.1	3.2	3.8	1090
SPICY GRILLED CHICKEN	270	1950	465	26.3	16.4	8.3	52.5	3.6	3.9	1180
SPICY GROUND BEEF	270	2050	489	21.5	20.4	10.8	54.1	4.1	4.3	1210
SPICY PULLED PORK	270	2120	507	26.4	20.9	10.0	52.7	3.8	3.9	1200
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	305	2000	477	15.6	20.6	8.9	56.2	5.3	5.5	1150
SPICY SHREDDED MUSHROOM	270	2090	499	18.1	21.8	14.7	55.6	4.8	7.2	1410
SPICY SLOW COOKED BEEF	270	2000	478	27.4	17.3	8.8	52.5	3.6	3.9	1200

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MINIS RANGE



MINI CALI BURRITO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	275	2560	611	26.6	32.5	11.3	51.3	4.1	4.3	1020
MILD GROUND BEEF	275	2650	634	21.7	36.5	13.8	52.9	4.7	4.7	1040
MILD PULLED PORK	275	2730	652	26.7	37.0	13.0	51.5	4.4	4.3	1040
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	275	2340	558	15.2	30.0	10.5	54.5	5.4	5.3	884
MILD SHREDDED MUSHROOM	275	2700	645	18.4	37.9	17.7	54.4	5.4	7.6	1240
MILD SLOW COOKED BEEF	275	2610	623	27.6	33.4	11.8	51.3	4.1	4.3	1030
SPICY GRILLED CHICKEN	294	2610	624	26.8	33.0	11.5	53.0	4.7	4.5	1250
SPICY GROUND BEEF	294	2710	647	22.0	37.0	14.0	54.7	5.2	4.9	1270
SPICY PULLED PORK	294	2790	665	26.9	37.5	13.2	53.3	4.9	4.5	1270
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	294	2390	572	15.5	30.5	10.7	56.3	5.9	5.5	1120
SPICY SHREDDED MUSHROOM	294	2750	658	18.6	38.4	17.9	56.2	5.9	7.8	1470
SPICY SLOW COOKED BEEF	294	2660	636	27.9	33.9	12.0	53.0	4.7	4.5	1270

MINI ENCHILADA	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	370	2660	636	30.8	28.4	12.5	62.9	5.9	5.8	1570
MILD GROUND BEEF	370	2760	659	25.9	32.4	15.0	64.5	6.4	6.3	1600
MILD PULLED PORK	370	2830	677	30.9	32.9	14.2	63.1	6.1	5.8	1590
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	405	2700	646	20.0	32.6	13.1	66.4	7.4	7.4	1540
MILD SHREDDED MUSHROOM	370	2800	670	22.6	33.8	18.9	66.0	7.1	9.2	1800
MILD SLOW COOKED BEEF	370	2710	648	31.8	29.3	13.0	62.9	5.9	5.8	1590
SPICY GRILLED CHICKEN	390	2760	658	31.2	29.4	13.0	65.8	6.7	6.0	1790
SPICY GROUND BEEF	390	2850	681	26.4	33.4	15.4	67.4	7.2	6.5	1820
SPICY PULLED PORK	390	2930	699	31.3	33.9	14.6	66.0	6.9	6.0	1810
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	425	2800	668	20.5	33.5	13.6	69.2	8.2	7.6	1760
SPICY SHREDDED MUSHROOM	390	2900	692	23.0	34.8	19.4	68.9	7.9	9.4	2020
SPICY SLOW COOKED BEEF	390	2810	670	32.3	30.3	13.5	65.8	6.7	6.0	1810

MINIS RANGE



MINI NACHOS	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	250	2320	553	26.1	33.6	10.1	35.9	2.5	5.9	908
MILD GROUND BEEF	250	2410	577	21.2	37.6	12.5	37.6	3.1	6.4	933
MILD PULLED PORK	250	2490	595	26.2	38.1	11.7	36.2	2.8	5.9	928
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	250	2100	502	14.7	31.2	9.3	39.4	4.0	7.0	777
MILD SHREDDED MUSHROOM	250	2460	587	17.9	39.0	16.5	39.1	3.8	9.3	1130
MILD SLOW COOKED BEEF	250	2370	566	27.1	34.5	10.6	35.9	2.5	5.9	925
SPICY GRILLED CHICKEN	260	2360	565	26.3	34.1	10.3	37.4	2.9	6.1	1020
SPICY GROUND BEEF	260	2460	588	21.4	38.1	12.8	39.0	3.5	6.5	1040
SPICY PULLED PORK	260	2540	606	26.4	38.6	12.0	37.6	3.2	6.1	1040
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	260	2150	513	14.9	31.7	9.5	40.9	4.4	7.1	887
SPICY SHREDDED MUSHROOM	260	2500	598	18.1	39.5	16.7	40.5	4.2	9.4	1240
SPICY SLOW COOKED BEEF	260	2410	577	27.3	35.0	10.8	37.4	2.9	6.1	1040

MINI NACHO FRIES	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	284	2550	610	27.2	37.7	12.0	38.4	3.4	4.9	1110
MILD GROUND BEEF	265	2640	587	23.6	37.6	11.0	36.9	3.2	4.9	850
MILD PULLED PORK	265	2450	584	25.9	36.3	11.3	36.6	2.8	4.6	856
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	265	2540	607	21.0	40.3	13.7	38.2	3.4	5.1	880
MILD SHREDDED MUSHROOM	265	2620	625	26.0	40.8	12.9	36.8	3.1	4.6	875
MILD SLOW COOKED BEEF	265	2220	532	14.5	33.9	10.5	39.8	4.1	5.7	724
SPICY GRILLED CHICKEN	265	2500	596	26.9	37.2	11.8	36.6	2.8	4.6	872
SPICY GROUND BEEF	284	2510	600	23.8	38.1	11.3	38.7	3.7	5.2	1080
SPICY PULLED PORK	284	2500	598	26.1	36.8	11.5	38.4	3.4	4.9	1090
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	284	2600	621	21.3	40.8	14.0	40.0	3.9	5.3	1110
SPICY SHREDDED MUSHROOM	284	2670	639	26.2	41.3	13.2	38.6	3.6	4.9	110
SPICY SLOW COOKED BEEF	284	2280	545	14.8	34.4	10.7	41.6	4.7	5.9	958

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MINIS RANGE



MINI SALAD (WITH CHIPOTLE MAYO)	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	160	624	149	13.9	8.7	1.3	3.1	2.9	1.7	361
MILD GROUND BEEF	160	721	172	9.0	12.7	3.7	4.7	3.4	2.1	386
MILD PULLED PORK	160	796	190	14.0	13.2	2.9	3.3	3.1	1.7	381
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	195	666	159	3.1	12.8	1.9	6.6	4.4	3.2	324
MILD SHREDDED MUSHROOM	160	764	183	5.7	14.1	7.7	6.2	4.1	5.0	587
MILD SLOW COOKED BEEF	160	624	149	13.9	8.7	1.3	3.1	2.9	1.7	361
SPICY GRILLED CHICKEN	170	670	160	14.1	9.1	1.5	4.5	3.3	1.8	472
SPICY GROUND BEEF	170	767	183	9.2	13.1	3.9	6.2	3.8	2.2	496
SPICY PULLED PORK	170	843	201	14.2	13.6	3.1	4.8	3.5	1.8	491
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	205	713	170	3.3	13.3	2.1	8.0	4.8	3.3	435
SPICY SHREDDED MUSHROOM	170	811	194	5.9	14.5	7.9	7.7	4.5	5.1	697
SPICY SLOW COOKED BEEF	170	670	160	14.1	9.1	1.5	4.5	3.3	1.8	472

EXTRAS	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD GRILLED CHICKEN	50	319	76	12.6	2.8	0.9	0.2	0.2	0.0	136
MILD GROUND BEEF	50	416	100	7.8	6.8	3.3	1.8	0.7	0.5	161
MILD PULLED PORK	50	492	118	12.7	7.3	2.5	0.4	0.4	0.0	155
MILD SAUTÉED VEGETABLES	50	105	25	1.3	0.3	less than 0.1	3.7	1.7	1.1	4
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	85	368	88	1.9	6.9	1.5	3.9	1.9	1.6	99
MILD SHREDDED MUSHROOM	50	460	110	4.5	8.2	7.3	3.3	1.4	3.3	362
MILD SLOW COOKED BEEF	50	370	89	13.7	3.7	1.4	0.2	0.2	0.0	152
SPICY GRILLED CHICKEN	60	366	88	12.9	3.2	1.1	1.6	0.6	0.1	246
SPICY GROUND BEEF	60	463	111	8.0	7.2	3.5	3.2	1.1	0.6	271
SPICY PULLED PORK	60	539	129	13.0	7.7	2.7	1.8	0.8	0.0	266
SPICY SAUTÉED VEGETABLES	60	151	36	1.5	0.8	0.3	5.1	2.1	1.2	115
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	95	414	99	2.2	7.4	1.7	5.3	2.3	1.7	209
SPICY SHREDDED MUSHROOM	60	507	121	4.7	8.6	7.5	4.7	1.8	3.5	472
SPICY SLOW COOKED BEEF	60	417	100	13.9	4.1	1.6	1.6	0.6	0.1	263



Nutrition information is based on standard products, average serving size and supplier information, product analysis and government databases.
Information may vary due to supplier, seasonal and product variations. Information current at June 14, 2022.

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