



ALLERGEN, INGREDIENT, AND 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.

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KEY:

- 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

	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
Flour Tortilla	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
Tomatillo Salsa	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
Cheese	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
Guacamole			X	X	X	X										X
Corn Chips		X	X		X							X				
Chipotle Mayo											X					
Sour Cream			X	X		X										X
Pickled Jalapeños & Carrots (Spicy Only)				X		X										
Fries with Chipotle Seasoning				X		X								X		
Mesclun & Cos Lettuce											X					
Carrot Discs											X					
Cucumber Slices											X					
Lettuce (Iceberg)							X	X	X	X						
Lime Wedge (on request)							X	X								
Queso														X		

	CHURROS WITH DULCE DE LECHE	BREAKFAST BURRITO & BIG BREAKFAST BURRITO	SCRAMBLED EGGS	GUACAMOLE ON TOAST	AVOCADO ON TOAST	BREKKIE TACO	BREAKFAST QUESADILLA	BREAKFAST QUESADILLA PLUS
Flour Tortilla		X				X	X	X
Corn Tortilla (Hard taco shell (seasoned))								
White Rice								
Black Beans								
Filling of Choice*		X	X			X	X	X
Tomatillo Salsa						X		
GYG Spicy Sauce (Spicy Only)		X	X			X	X	X
Cheese		X	X			X	X	X
Pico de Gallo (fresh tomato salsa)		X	X			X		X
Guacamole				X				X
Corn Chips			X					
Chipotle Mayo								
Sour Cream								X
Pickled Jalapeños & Carrots (Spicy Only)								
Fries with Chipotle Seasoning								
Mesclun & Cos Lettuce								
Carrot Discs								
Cucumber Slices								
Lettuce (Iceberg)								
Lime Wedge (on request)								
Queso								

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Fresh Jalapeños			X	X	X	X								X SPICY ONLY		X
Mex Chimi Mayo (Vegan Coriander Mayonnaise)										X						
Churros																
Hash Brown																
Sourdough Bread																
Scrambled Eggs / Egg Mix																
Avocado																
Jalapeño Ketchup																
Dulce de Leche																
Cinnamon Sugar																
Butter																

	CHURROS WITH DULCE DE LECHE	BREAKFAST BURRITO & BIG BREAKFAST BURRITO	SCRAMBLED EGGS	GUACAMOLE ON TOAST	AVOCADO ON TOAST	BREKKIE TACO	BREAKFAST QUESADILLA	BREAKFAST QUESADILLA PLUS
				X SPICY ONLY	X SPICY ONLY	X SPICY ONLY		X
X								
	X							
			X	X				
		X	X			X		
					X			
						X		
X								
X								

DESSERT MENU ITEM STANDARD INGREDIENTS



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KEY:

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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

ALLERGENS & DIETARY INFORMATION



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- #** Soy does not include highly refined oils
- ∂** Chilli includes paprika and cayenne

	SULPHITES	GLUTEN / WHEAT	EGG	MILK	PEANUTS	SESAME	SOY #	HAZELNUT	WALNUT	LUPINS
Avocado (Breakfast only)		~	~	~						
Bacon (Breakfast only)		~	~	~						
Black Beans		~	~	~						
Beef - Slow Cooked (Mild) with tomatillo salsa		~	~	~						
Beef - Slow Cooked (Spicy) and spicy sauce with tomatillo salsa		~	~	~						
Beef - Slow Cooked (Mild) NO tomatillo salsa		~	~	~						
Beef - Slow Cooked (Spicy) with spicy sauce NO Tomatillo salsa		~	~	~						
Beef - Ground (Mild) with tomatillo salsa		~	~	~						
Beef - Ground (Spicy) and spicy sauce with tomatillo salsa		~	~	~						
Beef - Ground (Mild) NO Tomatillo salsa		~	~	~						
Beef - Ground (Spicy) with spicy sauce NO tomatillo salsa		~	~	~						
Brown Rice		~	~	~						

	VEGETARIAN	VEGAN	TOMATO	ONION	GARLIC	CHILLI ∂	CORIANDER
		~					
	NO	NO					
		~	X	X		X	
	NO	NO		X	X	X	X
	NO	NO	X	X	X	X	X
	NO	NO		X	X	X	
	NO	NO	X	X	X	X	
	NO	NO	X	X	X	X	X
	NO	NO	X	X	X	X	
	NO	NO	X	X	X	X	
		~		X	X		

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TRACE* Indicates menu component is made on the same line that also processes products containing these allergens

	SULPHITES	GLUTEN / WHEAT	EGG	MILK	PEANUTS	SESAME	SOY #	HAZELNUT	WALNUT	LUPINS
Carrot slices		~	~	~						
Cheese		~	~	X						
Chicken (Mild) with tomatillo salsa		~	~	~						
Chicken (Spicy) with spicy sauce with tomatillo salsa		~	~	~						
Chicken (Mild) NO tomatillo salsa		~	~	~						
Chicken (Spicy) with spicy sauce NO tomatillo salsa		~	~	~						
Chorizo (Breakfast only)		~	~	X						
Chipotle Fries Seasoning		~	~	~						
Chipotle Mayo		~	X	~						
Chimi Mayo		~	~	~						
Chocolate Sauce		~	~	X			X			
Churros	TRACE*	X	~	~						

	VEGETARIAN	VEGAN	TOMATO	ONION	GARLIC	CHILLI ∂	CORIANDER
		~					
		NO					
	NO	NO		X	X	X	X
	NO	NO	X	X	X	X	X
	NO	NO		X	X	X	
	NO	NO	X	X	X	X	
	NO	NO			X	X	
		NO		X	X	X	
		NO	X	X		X	
		~			X		X
		NO					
		~					

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FRESH Indicates that herb or spice is in its fresh form

	SULPHITES	GLUTEN / WHEAT	EGG	MILK	PEANUTS	SESAME	SOY #	HAZELNUT	WALNUT	LUPINS
Corn Chips		~	~	~						
Corn Tortilla (Hard Shell Tacos (Seasoned))		~	~	~						
Dulce de Leche		~	~	X						
Flour Tortilla (Burrito, Enchilada, Soft Taco, Breakfast Taco, Quesadilla, Quesadilla Plus)		X	~	~			X			
Fries with Chipotle Seasoning	TRACE ~	TRACE ~		~						
Fries (Unseasoned)	TRACE ~	TRACE ~	~	~						
Guacamole		~	~	~						
Habanero Salsa (Salsa Station)		~	~	~						
Hash Browns (Breakfast only)	TRACE ~	TRACE ~	~	~						
Jalapeño Ketchup		X	~	~						
Ketchup		X	~	~						
Lettuce (Shredded Iceberg)		~	~	~						

	VEGETARIAN	VEGAN	TOMATO	ONION	GARLIC	CHILLI ∂	CORIANDER
		~					
		~		X	X	X	
		NO					
		~					
		~		X	X	X	
		~					
		~	FRESH	FRESH		FRESH	FRESH
		~	X		X	X	
		~					
		~	X	X	X	X	X
		~	X		X		
		~					

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	SULPHITES	GLUTEN / WHEAT	EGG	MILK	PEANUTS	SESAME	SOY #	HAZELNUT	WALNUT	LUPINS
Pico de Gallo		~	~	~						
Pickled Jalapeños & Carrots		~	~	~						
Pork (Mild) with tomatillo salsa		~	~	~						
Pork (Spicy) with Spicy sauce with tomatillo salsa		~	~	~						
Pork (Mild) NO Tomatillo salsa		~	~	~						
Pork (Spicy) with spicy sauce NO Tomatillo salsa		~	~	~						
Queso (Plain)		~	~	X						
Queso (Mild)		~	~	X						
Queso (Spicy)		~	~	X						
Roasted Jalapeño Salsa (Salsa Station)		~	~	~						
Salad Base (No Filling, Salsa or Dressing)		~	~	~						
Salad Base (with Chipotle Mayo Dressing and no filling or salsa)		~	X	~			X			

	VEGETARIAN	VEGAN	TOMATO	ONION	GARLIC	CHILLI ∂	CORIANDER
		~	FRESH	FRESH			FRESH
		~		X		X	
	NO	NO		X	X	X	X
	NO	NO	X	X	X	X	X
	NO	NO		X	X		
	NO	NO	X	X	X	X	
		NO		X	X	X	
		NO	FRESH	X FRESH	X	X	FRESH
		NO	FRESH	X FRESH	X	X FRESH	FRESH
		~		X	X	X	X
		~					
		NO	X	X	X	X	

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Scrambled Eggs (Breakfast Only)		~	X	X						
Sautéed Vegetables with Guacamole (Mild) with tomatillo salsa		~	~	~						
Sautéed Vegetables with Guacamole (Spicy) with spicy sauce with tomatillo salsa		~	~	~						
Sautéed Vegetables with Guacamole (Mild) NO tomatillo salsa		~	~	~						
Sautéed Vegetables with Guacamole (Spicy) with spicy sauce NO tomatillo salsa		~	~	~						
Shredded Mushroom (Mild) with tomatillo salsa		~	TRACE ~	~	TRACE*	TRACE*	X			
Shredded Mushroom (Spicy) with spicy sauce with tomatillo salsa		~	TRACE ~	~	TRACE*	TRACE*	X			
Shredded Mushroom (Mild) NO tomatillo salsa		~	TRACE ~	~	TRACE*	TRACE*	X			
Shredded Mushroom (Spicy) with spicy sauce NO tomatillo salsa		~	TRACE ~	~	TRACE*	TRACE*	X			
Smokey Chipotle Salsa (Salsa Station)		~	~	~						
Soft Serve Ice Cream		~	~	X			TRACE*			
Sour Cream		~	~	X						

	VEGETARIAN	VEGAN	TOMATO	ONION	GARLIC	CHILLI ∂	CORIANDER
		NO					
		~	X FRESH	X FRESH	X	X FRESH	X FRESH
		~	X FRESH	X FRESH	X	X FRESH	X FRESH
		~	X FRESH	X FRESH		X FRESH	FRESH
		~	X FRESH	X FRESH	X	X FRESH	FRESH
		NO		X	X	X	X
		NO	X	X	X	X	X
		NO		X	X	X	
		NO	X	X	X	X	
		~	X	X	X	X	
		NO					
		NO					

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	SULPHITES	GLUTEN / WHEAT	EGG	MILK	PEANUTS	SESAME	SOY #	HAZELNUT	WALNUT	LUPINS
Sourdough Bread (Breakfast Only)		X	TRACE*	X		TRACE*	X	TRACE*	TRACE*	TRACE*
Spicy Sauce		~	~	~						
Tomatillo Salsa		~	~	~						
Waffle Cone with Ice Cream		X	~	~			X			
White Rice		~	~	~						

	VEGETARIAN	VEGAN	TOMATO	ONION	GARLIC	CHILLI ∂	CORIANDER
		~					
		~	X	X	X	X	
		~		X	X	X	X
		~					
		~		X	X		

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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 and Tomatillo Salsa	Sautéed 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 Jalapeño], 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)].
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)].

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MENU ITEM INGREDIENT	INGREDIENT LIST
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	Sautéed 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 Jalapeño], 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

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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.
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	Sautéed 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 Jalapeño].
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)].

INGREDIENTS LIST

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FILLINGS – SALAD, LITTLE G’S, TACO, QUESADILLA (NO TOMATILLO SALSA)

MENU ITEM INGREDIENT	INGREDIENT LIST
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)].
Spicy Sautéed Vegetables with Guacamole with Spicy Sauce	Sautéed 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 Jalapeño], 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

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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, Jalapeño 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	Canola Oil, Water, Pasteurised Whole Egg, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acetic Acid), Pasteurised Egg Yolk, White Vinegar, Sugar, Salt, Acidity Regulator (Acetic Acid), Vegetable Gum (Xanthan), Natural Antioxidant (Tocopherols concentrate, mixed).
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)].
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.

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ALL OTHER FOOD INGREDIENTS

MENU ITEM INGREDIENT	INGREDIENT LIST
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 Jalapeño.
Habanero Salsa	Water, Vinegar, Chilli (Jalapeño, 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).
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)].
Jalapeño	Fresh Jalapeño.
Jalapeño Ketchup	Ketchup [Concentrated Organic Tomatoes, Organic Sugar, Salt, Organic White Vinegar (from Wheat), Natural Flavour (Contains Garlic), Spice], Roasted Jalapeño 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 Jalapeños & 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.
Queso (Plain)	Water, Cheese (Milk, Salt, Starter Culture, Enzymes), Green Capsicum, Onion, Jalapeño Chilli, Corn Starch, Mineral Salt (Potassium Pyrophosphate, Sodium Pyrophosphate, Potassium Phosphate, Calcium Phosphate), Garlic, Natural Food Acid (Citric Acid), Natural Stabiliser (Xanthan Gum), Salt.

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ALL OTHER FOOD INGREDIENTS

MENU ITEM INGREDIENT	INGREDIENT LIST
Queso (Mild)	Queso [Water, Cheese (Milk, Salt, Starter Culture, Enzymes), Green Capsicum, Onion, Jalapeño 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, Jalapeño 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 Jalapeño Chilli.
Roasted Jalapeño 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 Mesclun 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 Jalapeño, 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
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 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.

KEY:

X Denotes ingredient in menu item

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

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.

KEY:

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

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May contain wheat, gluten, milk and egg

#

Soy does not include highly refined oils

TRACE*

Indicates menu component is made on the same line that also processes products containing these allergens

	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												

CAFE HOLA - BEVERAGES INGREDIENT LISTS



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MENU ITEM	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.

CAFE HOLA - BEVERAGES INGREDIENT LISTS



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MENU ITEM INGREDIENT	INGREDIENT LIST
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).

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.

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 March 13, 2023.

BURRITO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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	3360	804	24.8	35.7	14.0	94.0	10.0	10.3	1940
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	3430	820	25.2	36.4	14.4	96.2	10.6	10.5	2110
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)	FIBRE (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	2890	690	20.3	32.7	10.5	77.1	7.8	9.6	1680
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	2960	706	20.7	33.4	10.9	79.3	8.4	9.8	1850
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

NUTRITIONAL INFORMATION



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CALI BURRITO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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	470	3650	871	22.8	49.3	17.1	80.4	11.2	8.9	1550
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	500	3730	891	23.2	50.1	17.5	83.1	12.1	9.3	1930
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)	FIBRE (g)	SODIUM (mg)
Mild Grilled Chicken	699	4680	1120	56.2	50.2	21.6	108	10.7	10.9	2910
Mild Ground Beef	699	4880	1170	46.5	58.2	26.5	111	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	4790	1140	33.9	59.9	22.9	114	15.3	14.2	2930
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	10.7	10.9	2940
Spicy Grilled Chicken	729	4820	1150	56.9	51.6	22.2	112	11.9	11.2	3240
Spicy Ground Beef	729	5020	1200	47.2	59.6	27.1	116	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	4930	1180	34.5	61.3	23.6	119	16.5	14.5	3270
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	11.9	11.2	3270

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NACHOS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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	500	4220	1010	28.5	63.7	18.7	77.6	9.1	14.2	1650
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	515	4290	1020	28.8	64.4	19.0	79.7	9.7	14.4	1820
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)	FIBRE (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	480	3850	919	26.0	61.5	20.4	61.9	9.4	9.8	1450
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	510	3930	939	26.4	62.2	20.8	64.7	10.3	10.2	1820
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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QUESADILLA	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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 with Guacamole	195	1960	468	19.0	29.0	15.0	32.1	4.5	2.7	835
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 with Guacamole	210	2030	485	19.4	29.7	15.3	34.2	5.1	2.8	1000
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

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QUESADILLA PLUS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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 with Guacamole	276	2560	610	33.1	39.4	18.4	30.6	3.8	2.5	1130
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 with Guacamole	291	2630	627	33.4	40.1	18.7	32.7	4.4	2.7	1300
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

SALAD (WITH CHIPOTLE MAYO)	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Grilled Chicken	284	1280	306	27.4	19.4	2.7	4.4	4.1	2.6	611
Mild Ground Beef	284	1470	352	17.7	27.4	7.6	7.7	5.2	3.5	660
Mild Pulled Pork	284	1190	283	23.1	18.8	2.9	4.2	3.9	2.6	740
Mild Sautéed Vegetables with Guacamole	354	1390	332	5.0	29.1	4.1	10.6	8.7	5.9	637
Mild Shredded Mushroom	284	1560	373	11.0	30.2	15.5	10.7	6.6	9.3	1060
Mild Slow Cooked Beef	284	1380	330	29.5	21.2	3.7	4.4	4.1	2.6	644
Spicy Grilled Chicken	299	1350	323	27.7	20.1	3.1	6.5	4.7	2.8	777
Spicy Ground Beef	299	1540	369	18.0	28.1	8.0	9.8	5.8	3.7	826
Spicy Pulled Pork	299	1260	300	23.4	19.5	3.3	6.3	4.5	2.8	906
Spicy Sautéed Vegetables with Guacamole	369	1460	349	5.4	29.8	4.4	12.7	9.3	6.1	803
Spicy Shredded Mushroom	299	1630	390	11.3	30.9	15.9	12.8	7.2	9.5	1230
Spicy Slow Cooked Beef	299	1450	347	29.8	21.9	4.1	6.5	4.7	2.8	810
Chipotle Mayo Dressing Only	20	520	124	0.3	13.6	1.0	0.7	0.5	0.0	119

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SOFT FLOUR TACOS (1 TACO)	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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	188	1170	280	7.1	19.8	6.4	17.3	3.9	3.0	579
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	195	1200	288	7.3	20.2	6.5	18.3	4.2	3.0	656
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)	FIBRE (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	179	1140	273	6.1	20.4	5.4	14.9	3.7	3.5	1090
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	186	1180	281	6.3	20.8	5.6	15.9	4.0	3.6	1170
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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\$3 TACO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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)	FIBRE (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

FRIES	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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
Jalapeño Ketchup	37	161	38	0.5	less than 0.1	less than 0.1	8.2	7.7	0.1	439
Chipotle Mayo	30	780	186	0.5	20.4	1.5	1.0	0.8	0.0	178
Mex Chimi Mayo	50	1200	286	0.6	31.6	2.2	0.8	0.6	0.0	207

QUESO FRIES	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Plain - Large	300	3060	731	19.8	42.8	12.5	64.1	1.8	6.3	1340
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

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EXTRAS - REG BURRITOS, BOWLS & SALADS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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	223	53	1.7	2.0	0.2	6.0	4.4	2.3	109
Mild Sautéed Vegetables with Guacamole	170	749	179	2.9	15.2	3.1	6.5	4.9	3.3	298
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	293	70	2.0	2.7	0.5	8.2	5.0	2.5	275
Spicy Sautéed Vegetables with Guacamole	185	819	196	3.3	15.9	3.4	8.6	5.5	3.5	464
Spicy Shredded Mushroom	115	990	236	9.2	17.0	14.8	8.7	3.4	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	less than 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

NUTRITIONAL INFORMATION



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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)	FIBRE (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)	FIBRE (g)	SODIUM (mg)
Brown Rice	207	1340	321	6.6	5.8	1.0	58.8	0.8	2.1	662
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
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

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SIDES (CONT)	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
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

DESSERTS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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
Large Sundae with no topping	150	804	192	3.9	5.3	4.1	31.8	24.7	0.0	57
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
Small Sundae with no topping	100	536	128	2.6	3.5	2.7	21.2	16.5	0.0	38
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

LITTLE G'S NUTRITIONAL INFORMATION



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LITTLE G'S BURRITO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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	1790	429	13.2	20.3	8.7	47.2	4.3	2.7	771
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	180	1760	421	24.5	15.7	8.1	44.8	2.2	1.1	813
Spicy Ground Beef	180	1860	444	19.6	19.7	10.5	46.4	2.8	1.5	837
Spicy Pulled Pork	180	1720	410	22.3	15.4	8.2	44.7	2.1	1.1	877
Spicy Sautéed Vegetables with Guacamole	215	1820	434	13.3	20.5	8.8	47.9	4.5	2.7	826
Spicy Shredded Mushroom	180	1900	455	16.3	21.1	14.5	47.9	3.5	4.4	1040
Spicy Slow Cooked Beef	180	1810	433	25.5	16.6	8.6	44.8	2.2	1.1	829

LITTLE G'S NACHOS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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	1790	426	10.0	28.2	7.1	31.7	3.3	4.4	437
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	125	1750	419	21.3	23.6	6.5	29.3	1.2	2.8	479
Spicy Ground Beef	125	1850	442	16.5	27.5	9.0	31.0	1.8	3.2	504
Spicy Pulled Pork	125	1710	408	19.2	23.3	6.6	29.2	1.1	2.8	544
Spicy Sautéed Vegetables with Guacamole	160	1810	432	10.1	28.4	7.2	32.4	3.5	4.4	492
Spicy Shredded Mushroom	125	1890	452	13.1	28.9	12.9	32.5	2.5	6.1	705
Spicy Slow Cooked Beef	125	1800	431	22.4	24.4	7.0	29.3	1.2	2.8	496

LITTLE G'S NUTRITIONAL INFORMATION



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LITTLE G'S SIDES	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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

BREAKFAST NUTRITIONAL INFORMATION



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BREAKFAST BURRITO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Bacon	240	2450	584	25.9	33.6	12.5	43.4	2.7	3.2	1350
Mild Free Range Chicken Chorizo	240	2400	574	23.2	34.0	12.3	42.9	2.6	3.2	1210
Mild Sautéed Vegetables with Guacamole	275	2460	588	19.9	35.9	12.1	44.8	4.0	4.4	1090
Spicy Bacon	245	2470	590	26.0	33.9	12.6	44.1	2.9	3.2	1410
Spicy Free Range Chicken Chorizo	245	2430	580	23.3	34.2	12.5	43.7	2.8	3.2	1270
Spicy Sautéed Vegetables with Guacamole	280	2480	593	20.0	36.1	12.2	45.5	4.2	4.4	1140

BIG BREAKFAST BURRITO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Bacon	405	4060	970	41.1	56.7	19.7	72.0	4.5	5.8	2290
Mild Free Range Chicken Chorizo	405	3990	954	36.6	57.2	19.5	71.2	4.2	5.8	2060
Mild Sautéed Vegetables with Guacamole	440	3910	934	30.6	56.0	18.0	74.2	6.4	7.5	1790
Spicy Bacon	420	4130	987	41.4	57.4	20.0	74.1	5.1	6.0	2460
Spicy Free Range Chicken Chorizo	420	4060	970	36.9	57.9	19.8	73.3	4.8	6.0	2220
Spicy Sautéed Vegetables with Guacamole	455	3980	951	31.0	56.7	18.4	76.3	7.0	7.7	1950

FREE RANGE SCRAMBLED EGGS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Bacon	219	1780	425	31.4	29.4	12.2	8.7	1.7	1.0	1140
Mild Free Range Chicken Chorizo	219	1710	408	26.9	30.0	12.0	7.9	1.5	1.0	904
Mild Sautéed Vegetables with Guacamole	254	1630	389	20.9	28.8	10.6	10.9	3.7	2.6	633
Spicy Bacon	229	1820	436	31.6	29.9	12.4	10.1	2.1	1.1	1250
Spicy Free Range Chicken Chorizo	229	1760	419	27.2	30.4	12.2	9.3	1.9	1.1	1010
Spicy Sautéed Vegetables with Guacamole	264	1670	400	21.2	29.2	10.8	12.3	4.1	2.7	743

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TOAST (1 SLICE)	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Toast with Avocado - 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 Avocado - 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

BREAKFAST QUESADILLA	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Bacon	160	2110	504	29.5	29.6	16.6	29.9	2.6	1.0	1340
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 Sautéed Vegetables with Guacamole	195	1960	468	19.0	29.0	15.0	32.1	4.5	2.7	835
Spicy Bacon	175	2180	521	29.8	30.3	17.0	32.0	3.2	1.2	1510
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 Sautéed Vegetables with Guacamole	210	2030	485	19.4	29.7	15.3	34.2	5.1	2.8	1000

BREAKFAST QUESADILLA PLUS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Bacon	241	2450	585	30.7	37.4	18.8	31.2	3.9	2.0	1540
Mild Chorizo	241	2380	568	26.2	37.9	18.6	30.4	3.6	2.0	1300
Mild Sautéed Vegetables with Guacamole	276	2300	549	20.2	36.7	17.2	33.4	5.8	3.6	1030
Spicy Bacon	256	2520	601	31.0	38.1	19.2	33.4	4.5	2.2	1700
Spicy Chorizo	256	2450	585	26.5	38.6	18.9	32.6	4.2	2.2	1470
Spicy Sautéed Vegetables with Guacamole	291	2370	565	20.6	37.4	17.5	35.6	6.4	3.8	1200

BREAKFAST NUTRITIONAL INFORMATION



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BREKKIE TACO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Bacon	86	813	194	11.2	9.9	4.5	14.9	1.9	0.6	549
Mild Free Range Chicken Chorizo	86	786	188	9.4	10.1	4.4	14.6	1.8	0.6	455
Mild Sautéed Vegetables with Guacamole	178	1340	320	8.4	24.3	7.0	16.3	3.2	2.4	557
Spicy Bacon	96	842	201	11.3	10.2	4.6	15.8	2.3	0.8	605
Spicy Free Range Chicken Chorizo	96	815	195	9.5	10.4	4.5	15.5	2.2	0.8	511
Spicy Sautéed Vegetables with Guacamole	188	1370	327	8.5	24.6	7.2	17.2	3.6	2.6	613

CHURROS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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 with Chocolate Sauce	108	1670	400	5.8	21.3	3.4	45.4	17.5	1.9	216

EXTRAS - BREAKFAST	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Bacon	30	315	75	7.1	5.0	1.9	0.6	0.3	0.0	393
Free Range Chicken Chorizo	30	274	65	4.5	5.3	1.8	0.2	0.2	0	252
Sautéed Vegetables with Guacamole	30	67	16	0.5	0.6	less than 0.1	1.8	1.3	0.7	33
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

MINIS NUTRITIONAL INFORMATION



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MINI BOWL	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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	423	12.7	18.9	6.5	49.7	4.0	4.9	988
Mild Shredded Mushroom	264	1860	444	15.7	19.5	12.2	49.8	3.0	6.6	1200
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	1820	434	12.9	19.4	6.7	51.2	4.4	5.0	1100
Spicy Shredded Mushroom	274	1900	455	15.9	20.0	12.4	51.2	3.4	6.7	1310
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)	FIBRE (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	1960	467	14.9	20.8	8.8	54.2	5.4	5.4	1090
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	478	15.1	21.3	9.0	55.6	5.8	5.5	1200
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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MINI CALI BURRITO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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	275	2350	561	14.8	30.7	10.6	54.1	6.2	5.4	934
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	294	2400	574	15.0	31.2	10.8	55.9	6.7	5.6	1170
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)	FIBRE (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	2720	649	19.6	33.3	13.2	66.0	8.1	7.5	1590
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	2810	671	20.0	34.2	13.6	68.9	8.9	7.7	1810
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

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MINI NACHOS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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	250	2110	504	14.3	31.9	9.3	38.8	4.6	7.1	827
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	260	2160	515	14.5	32.3	9.6	40.2	5.0	7.2	937
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)	FIBRE (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	265	2240	534	14.1	34.6	10.5	39.4	4.9	5.8	774
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	284	2290	547	14.3	35.1	10.8	41.2	5.4	6.0	1010
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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MINI SALAD (WITH CHIPOTLE MAYO)	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Grilled Chicken	152	648	155	13.8	9.7	1.4	2.3	2.2	1.5	307
Mild Ground Beef	152	745	178	9.0	13.7	3.8	4.0	2.8	2.0	332
Mild Pulled Pork	152	600	143	11.7	9.4	1.5	2.2	2.1	1.5	372
Mild Sautéed Vegetables with Guacamole	187	703	168	2.7	14.6	2.0	5.4	4.5	3.2	320
Mild Shredded Mushroom	152	788	188	5.6	15.1	7.8	5.5	3.5	4.9	533
Mild Slow Cooked Beef	152	699	167	14.9	10.6	1.9	2.3	2.2	1.5	324
Spicy Grilled Chicken	162	694	166	14.1	10.2	1.6	3.8	2.6	1.6	418
Spicy Ground Beef	162	791	189	9.2	14.2	4.0	5.4	3.2	2.1	442
Spicy Pulled Pork	162	647	155	11.9	9.9	1.7	3.7	2.5	1.6	482
Spicy Sautéed Vegetables with Guacamole	197	749	179	2.9	15.0	2.3	6.9	4.9	3.3	431
Spicy Shredded Mushroom	162	835	199	5.9	15.6	8.0	6.9	3.9	5.0	643
Spicy Slow Cooked Beef	162	745	178	15.1	11.1	2.1	3.8	2.6	1.6	434
Chipotle Mayo Mini Dressing Only	10	260	62	0.2	6.8	0.5	0.3	0.3	0.0	60

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EXTRAS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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	112	27	0.9	1.0	0.1	3.0	2.2	1.1	55
Mild Sautéed Vegetables with Guacamole	85	374	89	1.5	7.6	1.5	3.2	2.4	1.7	149
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	158	38	1.1	1.5	0.3	4.4	2.6	1.3	165
Spicy Sautéed Vegetables with Guacamole	95	421	101	1.7	8.1	1.8	4.7	2.8	1.8	259
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



Information is based on standard products and supplier information, current at March 13, 2023.
Ingredients changes may occur before this information is updated. If you have any specific requirements or questions please contact us on hola@gyg.com.au