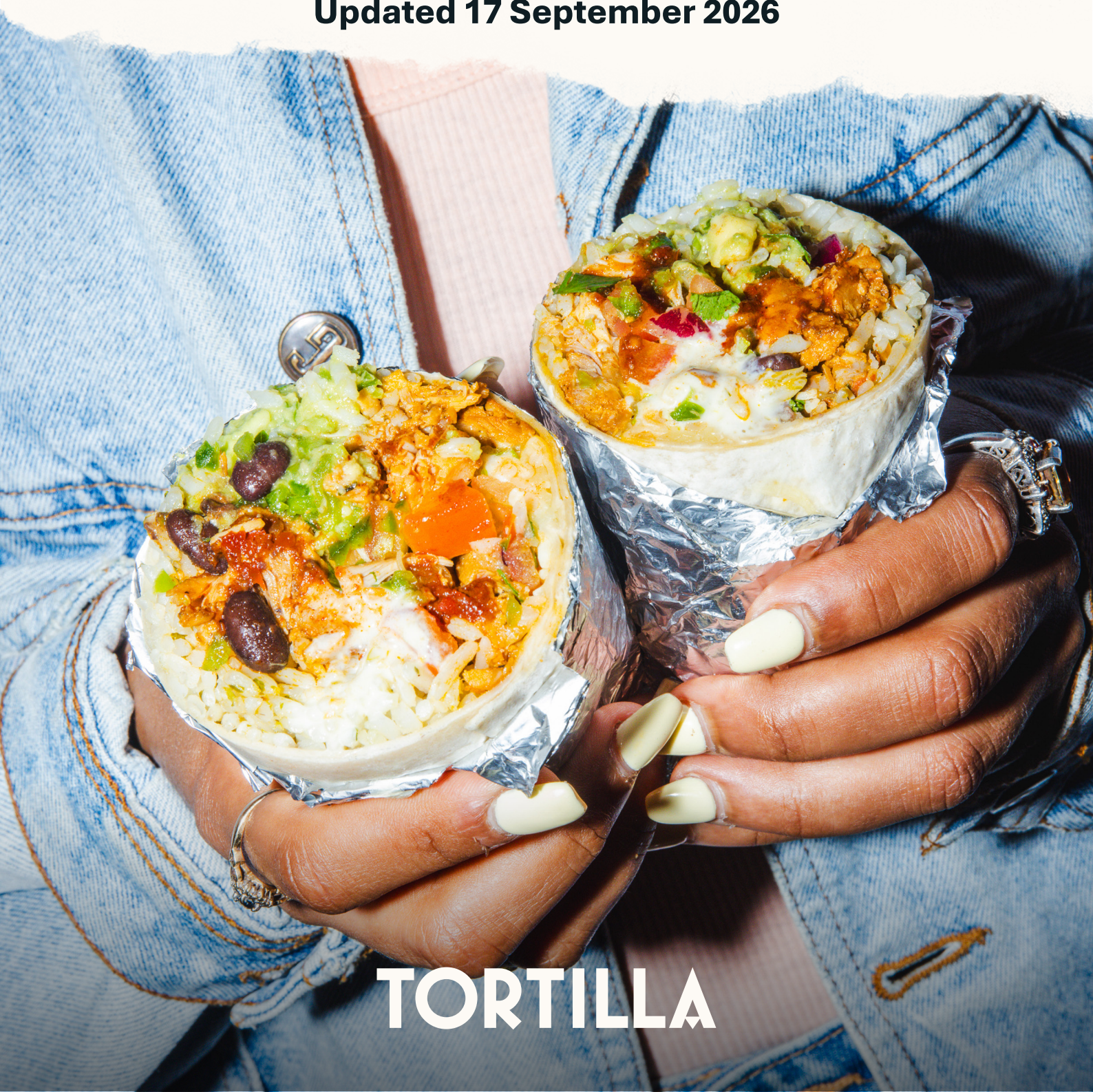


# NUTRITION & ALLERGEN INFORMATION

Updated 17 September 2026



## TORTILLA

# ALLERGENS & SPECIAL DIET

**No matter what your unique dietary needs are, we have options for you! Unless you're allergic to tasty food, in which case, we might have an issue. Sorry Amigo!**

This guide specifies the known allergens in our food based on the information we receive from our suppliers regarding ingredients and the recipes we work to.

As our dishes are prepared by hand each day, in each restaurant, not under lab conditions, individual foods may come into contact with one another during preparation and we cannot guarantee the complete absence of allergens in our restaurants. Our crew are trained to deal with allergen requests but there is always the possibility of human error. We therefore please ask that you use this guide with this in mind.

All nutritional values are based on approximate serving sizes as all of our ingredients are measured by hand. If you are unsure, please talk to our crew.

## VEGAN & VEGETARIAN

Our seasonal vegetables and vegan chilli are Vegan and Vegetarian Society Approved. Vegans should avoid our meats, Monterey Jack cheese, sour cream, and chipotle cheese sauce. Our tortillas, vegetables, rice, beans, salsas, chips and guacamole, are vegetarian and vegan.

## GLUTEN INTOLERANCE

The following menu items contain gluten in the form of wheat: flour tortilla wrap, flour taco and some limited time offers (please see last page). If you are highly sensitive to gluten and would like us to change our gloves, just let us know at the start of your order. While no other recipes use ingredients that have cereals containing gluten, we cannot 100% guarantee our dishes are gluten free due to the open nature of our kitchens and the slight risk of cross contamination.

## HALAL

While we're not a certified Halal restaurant, our chicken is from a Halal Certified supplier and is pre-stunned in accordance with the British Halal Food Authority. Please note that our chicken is prepared and served in a kitchen which contains pork, however it is prepared on a clean and sanitised work bench and grill.

## CAUTION

Our products are handcrafted, so although every care is taken, please be aware our ingredients may contain natural pits, stems, stalks or bones.

This includes dishes made from fruits, vegetables, poultry and other protein sources. Examples:

- Salsas may contain pits or fruit stems;
- Vegetable dishes, including beans may contain leaves or tough stalks; and
- Chicken, pork and beef dishes may contain small bones, cartilage or fragments.

We exercise utmost care in the preparation of our foods, however some natural elements may remain despite our diligent efforts. Please inspect items thoroughly and consume with caution. Parents/guardians should carefully oversee consumption by children.

Tortilla assumes no liability for any injury or damages caused by the inadvertent presence of such natural elements inherent to the ingredients. Your acknowledgment of this disclaimer is appreciated.



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# MEDIUM BURRITO/BOWL

| Menu Item                | Energy |     | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains<br>Allergens        | May<br>Contain                                                                          |
|--------------------------|--------|-----|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|------------------------------|-----------------------------------------------------------------------------------------|
|                          | Kcal   | KJ  |            |                |              |               |              |                |             |         |                              |                                                                                         |
| Tortilla Wrap            | 195    | 826 | 3          | 2              | 36           | 2             | 2            | 5              | 1           | V, VE   | Cereals<br>Containing Gluten | Mustard                                                                                 |
| Coriander Rice (Burrito) | 117    | 495 | 1          | 0              | 24           | 0             | 0            | 3              | 0           | V, VE   |                              |                                                                                         |
| Mexican Rice (Burrito)   | 108    | 601 | 0          | 0              | 34           | 2             | 3            | 3              | 1           | V, VE   |                              |                                                                                         |
| Coriander Rice (Bowl)    | 175    | 743 | 2          | 0              | 36           | 0             | 1            | 4              | 0           | V, VE   |                              |                                                                                         |
| Mexican Rice (Bowl)      | 161    | 901 | 1          | 0              | 50           | 3             | 5            | 4              | 1           | V,VE    |                              |                                                                                         |
| Black Beans              | 79     | 333 | 1          | 0              | 16           | 1             | 6            | 5              | 0           | V, VE   |                              |                                                                                         |
| Pinto Beans              | 86     | 364 | 1          | 0              | 19           | 1             | 8            | 5              | 0           | V, VE   |                              |                                                                                         |
| Grilled Veg (topping)    | 6      | 26  | 0          | 0              | 2            | 1             | 0            | 0              | 0           | V, VE   |                              |                                                                                         |
| Grilled Veg (filling)    | 25     | 103 | 0          | 0              | 6            | 3             | 1            | 1              | 1           | V, VE   |                              |                                                                                         |
| Vegan Chilli             | 64     | 269 | 2          | 0              | 5            | 2             | 2            | 7              | 0           | V, VE   | Soybeans                     |                                                                                         |
| Chicken Asado            | 133    | 558 | 5          | 1              | 2            | 0             | 1            | 21             | 0           | H       | Sulphur Dioxide              |                                                                                         |
| Hot Damn Chicken         | 136    | 560 | 5          | 2              | 4            | 1             | 1            | 21             | 1           | H       | Sulphur Dioxide              | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Pork Carnitas            | 113    | 473 | 5          | 2              | 1            | 0             | 1            | 18             | 0           |         |                              |                                                                                         |
| Beef Barbacoa            | 126    | 528 | 6          | 2              | 2            | 0             | 1            | 17             | 0           |         |                              |                                                                                         |
| Chorizo (Pork)           | 125    | 519 | 11         | 4              | 0            | 0             | 0            | 7              | 1           |         | Milk                         |                                                                                         |
| Chipotle Cheese Sauce    | 94     | 396 | 8          | 5              | 1            | 1             | 0            | 4              | 1           | V       | Milk                         |                                                                                         |
| Monterey Jack Cheese     | 64     | 267 | 5          | 3              | 0            | 0             | 0            | 5              | 0           | V       | Milk                         |                                                                                         |
| Iceberg Lettuce          | 3      | 12  | 0          | 0              | 0            | 0             | 0            | 0              | 0           | V, VE   |                              |                                                                                         |
| Sour Cream               | 60     | 247 | 6          | 3              | 2            | 2             | 0            | 1              | 0           | V       | Milk                         |                                                                                         |
| Chipotle Mayo (Ve)       | 180    | 754 | 20         | 1              | 2            | 1             | 0            | 0              | 0           | V, VE   | Sulphur Dioxide              |                                                                                         |
| Ghost Chilli Ranch       | 113    | 470 | 11         | 2              | 2            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide,<br>Milk     | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Guacamole                | 95     | 394 | 9          | 2              | 2            | 1             | 0            | 1              | 0           | V, VE   | Sulphur Dioxide              |                                                                                         |
| Pico de Gallo            | 12     | 52  | 0          | 0              | 2            | 2             | 1            | 0              | 0           | V, VE   | Sulphur Dioxide              |                                                                                         |
| Sweetcorn Salsa          | 22     | 123 | 0          | 0              | 4            | 1             | 1            | 1              | 0           | V,VE    | Sulphur Dioxide              |                                                                                         |
| Salsa de Pina            | 38     | 162 | 0          | 0              | 9            | 8             | 0            | 0              | 0           | V, VE   | Sulphur Dioxide              | Celery, Soy &<br>Mustard                                                                |
| Salsa Ranchera (mild)    | 14     | 59  | 1          | 0              | 2            | 1             | 0            | 0              | 0           | V, VE   |                              |                                                                                         |
| Salsa Verde (medium)     | 10     | 43  | 0          | 0              | 2            | 1             | 0            | 0              | 1           | V, VE   | Sulphur Dioxide              |                                                                                         |

Dietary:    V - Vegetarian    VE - Vegan    H - Halal

Adults need around 2000Kcal a day. Nutrition information is based on standard products, average serving size and supplier information, product analysis and published databases . Information may vary due to supplier, seasonal and product variations. Our products are handcrafted, so although every care is taken, please be aware our ingredients may contain natural pits, stems, stalks or bones.



# LARGE BURRITO/BOWL

| Menu Item                | Energy |      | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains<br>Allergens        | May<br>Contain                                                                          |
|--------------------------|--------|------|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|------------------------------|-----------------------------------------------------------------------------------------|
|                          | Kcal   | KJ   |            |                |              |               |              |                |             |         |                              |                                                                                         |
| Tortilla Wrap            | 281    | 1189 | 5          | 2              | 52           | 3             | 2            | 6.8            | 1           | V, VE   | Cereals<br>Containing Gluten | Mustard                                                                                 |
| Coriander Rice (Burrito) | 175    | 743  | 2          | 0              | 36           | 0             | 1            | 3.8            | 0           | V, VE   |                              |                                                                                         |
| Mexican Rice (Burrito)   | 161    | 901  | 1          | 0              | 50           | 3             | 5            | 4.3            | 1           | V, VE   | Sulphur Dioxide              |                                                                                         |
| Coriander Rice (Bowl)    | 234    | 990  | 2          | 0              | 48           | 0             | 1            | 5.1            | 1           | V, VE   |                              |                                                                                         |
| Mexican Rice (Bowl)      | 215    | 1202 | 1          | 0              | 67           | 3             | 7            | 5.8            | 1           | V, VE   | Sulphur Dioxide              |                                                                                         |
| Black Beans              | 119    | 499  | 1          | 0              | 24           | 1             | 9            | 8.0            | 1           | V, VE   |                              |                                                                                         |
| Pinto Beans              | 130    | 546  | 1          | 1              | 28           | 2             | 12           | 8.2            | 1           | V, VE   |                              |                                                                                         |
| Grilled Veg (topping)    | 6      | 26   | 0          | 0              | 2            | 1             | 0            | 0.3            | 0           | V, VE   |                              |                                                                                         |
| Grilled Veg (filling)    | 37     | 154  | 0          | 0              | 9            | 5             | 2            | 1.8            | 1           | V, VE   |                              |                                                                                         |
| Vegan Chilli             | 96     | 404  | 3          | 0              | 8            | 3             | 3            | 9.8            | 0           | V, VE   | Soybeans                     |                                                                                         |
| Chicken Asado            | 199    | 836  | 8          | 2              | 2            | 0             | 1            | 31.2           | 0           | H       | Sulphur Dioxide              |                                                                                         |
| Hot Damn Chicken         | 204    | 840  | 7          | 2              | 6            | 2             | 1            | 31             | 1           | H       | Sulphur Dioxide              | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Pork Carnitas            | 169    | 709  | 7          | 2              | 1            | 0             | 1            | 26.3           | 0           |         |                              |                                                                                         |
| Beef Barbacoa            | 188    | 792  | 9          | 3              | 3            | 0             | 1            | 25.1           | 0           |         |                              |                                                                                         |
| Chorizo (Pork)           | 125    | 519  | 11         | 4              | 0            | 0             | 0            | 7.4            | 1           |         | Milk                         |                                                                                         |
| Chipotle Cheese Sauce    | 94     | 396  | 8          | 5              | 1            | 1             | 0            | 4.1            | 1           | V       | Milk                         |                                                                                         |
| Monterey Jack Cheese     | 64     | 267  | 5          | 3              | 0            | 0             | 0            | 5.0            | 0           | V       | Milk                         |                                                                                         |
| Iceberg Lettuce          | 3      | 12   | 0          | 0              | 0            | 0             | 0            | 0.1            | 0           | V, VE   |                              |                                                                                         |
| Sour Cream               | 60     | 247  | 6          | 3              | 2            | 2             | 0            | 1.3            | 0           | V       | Milk                         |                                                                                         |
| Chipotle Mayo (Ve)       | 180    | 754  | 20         | 1              | 2            | 1             | 0            | 0.3            | 0           | V, VE   | Sulphur Dioxide              |                                                                                         |
| Ghost Chilli Ranch       | 113    | 470  | 11         | 2              | 2            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide,<br>Milk     | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Guacamole                | 95     | 394  | 9          | 2              | 2            | 1             | 0            | 1.0            | 0           | V, VE   | Sulphur Dioxide              |                                                                                         |
| Salsa de Pina            | 29     | 122  | 0          | 0              | 7            | 6             | 0            | 0.0            | 0           | V, VE   | Sulphur Dioxide              | Celery, Soy &<br>Mustard                                                                |
| Pico de Gallo            | 12     | 52   | 0          | 0              | 2            | 2             | 1            | 0.4            | 0           | V, VE   | Sulphur Dioxide              |                                                                                         |
| Sweetcorn Salsa          | 22     | 91   | 0          | 0              | 4            | 1             | 1            | 0.7            | 0           | V,VE    | Sulphur Dioxide              |                                                                                         |
| Salsa Ranchera (mild)    | 14     | 59   | 1          | 0              | 2            | 1             | 0            | 0.4            | 0           | V, VE   |                              |                                                                                         |
| Salsa Verde (medium)     | 10     | 43   | 0          | 0              | 2            | 1             | 0            | 0.2            | 1           | V, VE   | Sulphur Dioxide              |                                                                                         |

Dietary:    V - Vegetarian    VE - Vegan    H - Halal

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# MEDIUM SALAD

| Menu Item                      | Energy |     | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains<br>Allergens  | May<br>Contain                                                                                                        |
|--------------------------------|--------|-----|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|------------------------|-----------------------------------------------------------------------------------------------------------------------|
|                                | Kcal   | KJ  |            |                |              |               |              |                |             |         |                        |                                                                                                                       |
| Salad Mix (Cos, Spinach, Kale) | 16     | 68  | 1          | 0              | 1            | 1             | 1            | 1              | 0           | V, VE   |                        |                                                                                                                       |
| Grilled Veg (filling)          | 25     | 103 | 0          | 0              | 6            | 3             | 1            | 1              | 1           | V, VE   |                        |                                                                                                                       |
| Vegan Chilli                   | 64     | 269 | 2          | 0              | 5            | 2             | 2            | 7              | 0           | V, VE   | Soybeans               |                                                                                                                       |
| Chicken Asado                  | 133    | 558 | 5          | 1              | 2            | 0             | 1            | 21             | 0           | H       | Sulphur Dioxide        |                                                                                                                       |
| Hot Damn Chicken               | 136    | 560 | 5          | 2              | 4            | 1             | 1            | 21             | 1           | H       | Sulphur Dioxide        | Soybean, Sesame, Mustard, Celery, Fish, Egg & Cereals Containing Gluten.                                              |
| Pork Carnitas                  | 113    | 473 | 5          | 2              | 1            | 0             | 1            | 18             | 0           |         |                        |                                                                                                                       |
| Barbacoa Beef                  | 126    | 528 | 6          | 2              | 2            | 0             | 1            | 17             | 0           |         |                        |                                                                                                                       |
| Chorizo (Pork)                 | 125    | 519 | 11         | 4              | 0            | 0             | 0            | 7              | 1           |         | Milk                   |                                                                                                                       |
| Monterey Jack Cheese           | 64     | 267 | 5          | 3              | 0            | 0             | 0            | 5              | 0           | V       | Milk                   |                                                                                                                       |
| Sour Cream                     | 60     | 247 | 6          | 3              | 2            | 2             | 0            | 1              | 0           | V       | Milk                   |                                                                                                                       |
| Chipotle Mayo (Ve)             | 180    | 754 | 20         | 1              | 2            | 1             | 0            | 0              | 0           | V, VE   | Sulphur Dioxide        |                                                                                                                       |
| Ghost Chilli Ranch             | 113    | 470 | 11         | 2              | 2            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide, Milk. | Soybean, Sesame, Mustard, Celery, Fish, Egg & Cereals Containing Gluten.                                              |
| Guacamole                      | 95     | 394 | 9          | 2              | 2            | 1             | 0            | 1              | 0           | V, VE   | Sulphur Dioxide        |                                                                                                                       |
| Salsa de Pina                  | 38     | 162 | 0          | 0              | 9            | 8             | 0            | 0              | 0           | V, VE   | Sulphur Dioxide        | Celery, Soy & Mustard.                                                                                                |
| Pico de Gallo                  | 12     | 52  | 0          | 0              | 2            | 2             | 1            | 0              | 0           | V, VE   | Sulphur Dioxide        |                                                                                                                       |
| Sweetcorn Salsa                | 22     | 91  | 0          | 0              | 4            | 1             | 1            | 1              | 0           | V, VE   | Sulphur Dioxide        |                                                                                                                       |
| Salsa Ranchera (mild)          | 14     | 59  | 1          | 0              | 2            | 1             | 0            | 0              | 0           | V, VE   |                        |                                                                                                                       |
| Salsa Verde (medium)           | 10     | 43  | 0          | 0              | 2            | 1             | 0            | 0              | 1           | V, VE   | Sulphur Dioxide        |                                                                                                                       |
| Salsa Roja (hot)               | 18     | 77  | 1          | 0              | 3            | 0             | 2            | 1              | 0           | V, VE   | Sulphur Dioxide        |                                                                                                                       |
| Piña Picante (hot)             | 11     | 45  | 0          | 0              | 3            | 2             | 0            | 0              | 0           | V, VE   | Sulphur Dioxide        |                                                                                                                       |
| Pickled Red Onions             | 8      | 32  | 0          | 0              | 1            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide        |                                                                                                                       |
| Onion & Coriander              | 3      | 16  | 0          | 0              | 0            | 0             | 0            | 0              | 0           | V, VE   |                        |                                                                                                                       |
| Jalapeños                      | 3      | 13  | 0          | 0              | 1            | 0             | 0            | 0              | 0           | V, VE   |                        |                                                                                                                       |
| Iceberg Lettuce                | 3      | 12  | 0          | 0              | 0            | 0             | 0            | 0              | 0           | V, VE   |                        |                                                                                                                       |
| Toasted Seeds & Grains         | 45     | 185 | 3          | 0              | 1            | 0             | 1            | 2              | 0           | V, VE   |                        | Almonds, Brazil Nut, Cashew Nut, Hazelnut, Macadamia/ Queensland Nut, Nuts, Peanuts, Pecan Nut, Pistachio and Walnut. |
| Lime wedge                     | 2      | 12  | 0          | 0              | 1            | 0             | 0            | 0              | 0           | V, VE   |                        |                                                                                                                       |

Dietary:    V - Vegetarian    VE - Vegan    H - Halal

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# LARGE SALAD

| Menu Item                      | Energy |     | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains<br>Allergens  | May<br>Contain                                                                                                        |
|--------------------------------|--------|-----|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|------------------------|-----------------------------------------------------------------------------------------------------------------------|
|                                | Kcal   | KJ  |            |                |              |               |              |                |             |         |                        |                                                                                                                       |
| Salad Mix (Cos, Spinach, Kale) | 20     | 85  | 1          | 0              | 2            | 2             | 1            | 1              | 0           | V, VE   |                        |                                                                                                                       |
| Grilled Veg (filling)          | 25     | 103 | 0          | 0              | 6            | 3             | 1            | 1              | 1           | V, VE   |                        |                                                                                                                       |
| Vegan Chilli                   | 96     | 404 | 3          | 0              | 8            | 3             | 3            | 10             | 0           | V, VE   | Soybeans               |                                                                                                                       |
| Chicken Asado                  | 199    | 836 | 8          | 2              | 2            | 0             | 1            | 31             | 0           | H       | Sulphur Dioxide        |                                                                                                                       |
| Hot Damn Chicken               | 204    | 840 | 7          | 2              | 6            | 2             | 1            | 31             | 1           | H       | Sulphur Dioxide        | Soybean, Sesame, Mustard, Celery, Fish, Egg & Cereals Containing Gluten.                                              |
| Pork Carnitas                  | 169    | 709 | 7          | 2              | 1            | 0             | 1            | 26             | 0           |         |                        |                                                                                                                       |
| Barbacoa Beef                  | 188    | 792 | 9          | 3              | 3            | 0             | 1            | 25             | 0           |         |                        |                                                                                                                       |
| Chorizo (Pork)                 | 125    | 519 | 11         | 4              | 0            | 0             | 0            | 7              | 1           |         | Milk                   |                                                                                                                       |
| Monterey Jack Cheese           | 64     | 267 | 5          | 3              | 0            | 0             | 0            | 5              | 0           | V       | Milk                   |                                                                                                                       |
| Sour Cream                     | 60     | 247 | 6          | 3              | 2            | 2             | 0            | 1              | 0           | V       | Milk                   |                                                                                                                       |
| Chipotle Mayo (Ve)             | 180    | 754 | 20         | 1              | 2            | 1             | 0            | 0              | 0           | V, VE   | Sulphur Dioxide        |                                                                                                                       |
| Ghost Chilli Ranch             | 113    | 470 | 11         | 2              | 2            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide, Milk. | Soybean, Sesame, Mustard, Celery, Fish, Egg & Cereals Containing Gluten.                                              |
| Guacamole                      | 95     | 394 | 9          | 2              | 2            | 1             | 0            | 1              | 0           | V, VE   | Sulphur Dioxide        |                                                                                                                       |
| Salsa de Pina                  | 38     | 162 | 0          | 0              | 9            | 8             | 0            | 0              | 0           | V, VE   | Sulphur Dioxide        | Celery, Soy & Mustard.                                                                                                |
| Pico de Gallo                  | 12     | 52  | 0          | 0              | 2            | 2             | 1            | 0              | 0           | V, VE   | Sulphur Dioxide        |                                                                                                                       |
| Sweetcorn Salsa                | 22     | 91  | 0          | 0              | 4            | 1             | 1            | 1              | 0           | V, VE   | Sulphur Dioxide        |                                                                                                                       |
| Salsa Ranchera (mild)          | 14     | 59  | 1          | 0              | 2            | 1             | 0            | 0              | 0           | V, VE   |                        |                                                                                                                       |
| Salsa Verde (medium)           | 10     | 43  | 0          | 0              | 2            | 1             | 0            | 0              | 1           | V, VE   | Sulphur Dioxide        |                                                                                                                       |
| Salsa Roja (hot)               | 18     | 77  | 1          | 0              | 3            | 0             | 2            | 1              | 0           | V, VE   | Sulphur Dioxide        |                                                                                                                       |
| Piña Picante (hot)             | 11     | 45  | 0          | 0              | 3            | 2             | 0            | 0              | 0           | V, VE   | Sulphur Dioxide        |                                                                                                                       |
| Pickled Red Onions             | 8      | 32  | 0          | 0              | 1            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide        |                                                                                                                       |
| Onion & Coriander              | 3      | 16  | 0          | 0              | 0            | 0             | 0            | 0              | 0           | V, VE   |                        |                                                                                                                       |
| Jalapeños                      | 3      | 13  | 0          | 0              | 1            | 0             | 0            | 0              | 0           | V, VE   |                        |                                                                                                                       |
| Iceberg Lettuce                | 3      | 12  | 0          | 0              | 0            | 0             | 0            | 0              | 0           | V, VE   |                        |                                                                                                                       |
| Toasted Seeds & Grains         | 45     | 185 | 3          | 0              | 1            | 0             | 1            | 2              | 0           | V, VE   |                        | Almonds, Brazil Nut, Cashew Nut, Hazelnut, Macadamia/ Queensland Nut, Nuts, Peanuts, Pecan Nut, Pistachio and Walnut. |
| Lime wedge                     | 2      | 12  | 0          | 0              | 1            | 0             | 0            | 0              | 0           | V, VE   |                        |                                                                                                                       |

Dietary:    V - Vegetarian    VE - Vegan    H - Halal

Adults need around 2000Kcal a day. Nutrition information is based on standard products, average serving size and supplier information, product analysis and published databases . Information may vary due to supplier, seasonal and product variations. Our products are handcrafted, so although every care is taken, please be aware our ingredients may contain natural pits, stems, stalks or bones.



# TRES TACOS

| Menu Item             | Energy |     | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains<br>Allergens        | May<br>Contain                                                                          |
|-----------------------|--------|-----|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|------------------------------|-----------------------------------------------------------------------------------------|
|                       | Kcal   | KJ  |            |                |              |               |              |                |             |         |                              |                                                                                         |
| Wheat Tacos (3)       | 189    | 796 | 4          | 3              | 32           | 2             | 1            | 5              | 1           | V, VE   | Cereals<br>Containing Gluten |                                                                                         |
| Corn Tacos (3)        | 190    | 804 | 2          | 0              | 33           | 0             | 0            | 4              | 1           | V, VE   |                              |                                                                                         |
| Grilled Veg (topping) | 6      | 26  | 0          | 0              | 2            | 1             | 0            | 0              | 0           | V, VE   |                              |                                                                                         |
| Chicken Asado         | 199    | 836 | 8          | 2              | 2            | 0             | 1            | 31             | 0           | H       | Sulphur Dioxide              |                                                                                         |
| Hot Damn Chicken      | 204    | 840 | 7          | 2              | 6            | 2             | 1            | 31             | 1           | H       | Sulphur Dioxide              | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Pork Carnitas         | 169    | 709 | 7          | 2              | 1            | 0             | 1            | 26             | 0           |         |                              |                                                                                         |
| Beef Barbacoa         | 188    | 792 | 9          | 3              | 3            | 0             | 1            | 25             | 0           |         |                              |                                                                                         |
| Chorizo (Pork)        | 125    | 519 | 11         | 4              | 0            | 0             | 0            | 7              | 1           |         | Milk                         |                                                                                         |
| Vegan Chilli          | 95     | 398 | 1          | 0              | 18           | 3             | 9            | 9              | 1           | V, VE   | Soybeans                     |                                                                                         |
| Chipotle Cheese Sauce | 72     | 298 | 5          | 3              | 3            | 1             | 0            | 3              | 0           | V       | Milk                         |                                                                                         |
| Monterey Jack Cheese  | 64     | 267 | 5          | 3              | 0            | 0             | 0            | 5              | 0           | V       | Milk                         |                                                                                         |
| Sour Cream            | 60     | 247 | 6          | 3              | 2            | 2             | 0            | 1              | 0           | V       | Milk                         |                                                                                         |
| Chipotle Mayo (Ve)    | 180    | 754 | 20         | 1              | 2            | 1             | 0            | 0              | 0           | V, VE   | Sulphur Dioxide              |                                                                                         |
| Ghost Chilli Ranch    | 113    | 470 | 11         | 2              | 2            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide,<br>Milk     | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Guacamole             | 95     | 394 | 9          | 2              | 2            | 1             | 0            | 1              | 0           | V, VE   | Sulphur Dioxide              |                                                                                         |
| Salsa de Pina         | 38     | 162 | 0          | 0              | 9            | 8             | 0            | 0              | 0           | V, VE   | Sulphur Dioxide              | Celery, Soy &<br>Mustard.                                                               |
| Pico de Gallo         | 12     | 52  | 0          | 0              | 2            | 2             | 1            | 0              | 0           | V, VE   | Sulphur Dioxide              |                                                                                         |
| Sweetcorn Salsa       | 22     | 91  | 0          | 0              | 4            | 1             | 1            | 1              | 0           | V, VE   | Sulphur Dioxide              |                                                                                         |
| Salsa Ranchera (mild) | 14     | 59  | 1          | 0              | 2            | 1             | 0            | 0              | 0           | V, VE   |                              |                                                                                         |
| Salsa Verde (medium)  | 10     | 43  | 0          | 0              | 2            | 1             | 0            | 0              | 1           | V, VE   | Sulphur Dioxide              |                                                                                         |
| Salsa Roja (hot)      | 18     | 77  | 1          | 0              | 3            | 0             | 2            | 1              | 0           | V, VE   | Sulphur Dioxide              |                                                                                         |

Dietary:    V - Vegetarian    VE - Vegan    H - Halal

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# NACHOS QUESO

| Menu Item             | Energy |        | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains<br>Allergens | May<br>Contain                                                                          |
|-----------------------|--------|--------|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|-----------------------|-----------------------------------------------------------------------------------------|
|                       | Kcal   | KJ     |            |                |              |               |              |                |             |         |                       |                                                                                         |
| Tortilla Chips        | 430.2  | 1802.7 | 21.1       | 2.1            | 62.3         | 0.8           | 4.9          | 5.8            | 1.2         | V, VE   |                       |                                                                                         |
| Chipotle Cheese Sauce | 211.5  | 891.0  | 18.1       | 10.8           | 3.1          | 1.8           | 0.0          | 9.3            | 1.2         | V       | Milk                  |                                                                                         |
| Chicken Asado         | 132.8  | 557.6  | 5.1        | 1.2            | 1.6          | 0.3           | 0.8          | 20.8           | 0.2         | H       | Sulphur Dioxide       |                                                                                         |
| Hot Damn Chicken      | 136    | 560    | 5          | 2              | 4            | 1             | 1            | 21             | 1           | H       | Sulphur Dioxide       | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Pork Carnitas         | 112.8  | 472.8  | 4.7        | 1.5            | 0.7          | 0.3           | 0.8          | 17.5           | 0.2         |         |                       |                                                                                         |
| Beef Barbacoa         | 125.6  | 528.0  | 5.7        | 2.0            | 2.0          | 0.3           | 0.8          | 16.7           | 0.3         |         |                       |                                                                                         |
| Vegan Chilli          | 63.8   | 269.4  | 2.0        | 0.1            | 5.2          | 2.3           | 2.2          | 6.6            | 0.3         | V, VE   | Soybeans              |                                                                                         |
| Chorizo (Pork)        | 125.3  | 519.4  | 10.5       | 4.0            | 0.4          | 0.4           | 0.0          | 7.4            | 1.4         |         | Milk                  |                                                                                         |
| Guacamole             | 95.4   | 393.6  | 9.4        | 2.0            | 1.6          | 0.7           | 0.2          | 1.0            | 0.0         | V, VE   | Sulphur Dioxide       |                                                                                         |
| Pico de Gallo         | 12.0   | 52.2   | 0.1        | 0.0            | 2.4          | 2.1           | 0.7          | 0.4            | 0.0         | V, VE   | Sulphur Dioxide       |                                                                                         |

Dietary:    V - Vegetarian    VE - Vegan    H - Halal

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QUESADILLA

| Menu Item            | Energy |      | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains<br>Allergens        | May<br>Contain                                                                          |
|----------------------|--------|------|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|------------------------------|-----------------------------------------------------------------------------------------|
|                      | Kcal   | KJ   |            |                |              |               |              |                |             |         |                              |                                                                                         |
| Tortilla Wrap        | 281    | 1189 | 5          | 2              | 52           | 3             | 2            | 7              | 1           | V, VE   | Cereals<br>Containing Gluten | Mustard                                                                                 |
| Chicken Asado        | 66     | 279  | 3          | 1              | 1            | 0             | 0            | 10             | 0           | H       | Sulphur Dioxide              |                                                                                         |
| Hot Damn Chicken     | 68     | 280  | 2          | 1              | 2            | 1             | 0            | 10             | 0           | H       | Sulphur Dioxide              | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Grilled Veg          | 12     | 51   | 0          | 0              | 3            | 2             | 1            | 1              | 0           | V, VE   |                              |                                                                                         |
| Pork Carnitas        | 56     | 264  | 3          | 1              | 1            | 0             | 0            | 8              | 0           |         |                              |                                                                                         |
| Beef Barbacoa        | 63     | 594  | 12         | 5              | 0            | 0             | 0            | 8              | 2           |         |                              |                                                                                         |
| Chorizo (Pork)       | 125    | 118  | 1          | 0              | 2            | 1             | 1            | 3              | 0           |         | Milk                         |                                                                                         |
| Vegan Chilli         | 32     | 534  | 10         | 6              | 0            | 0             | 0            | 10             | 1           | V, VE   | Soybeans                     |                                                                                         |
| Monterey Jack Cheese | 193    | 494  | 11         | 7              | 3            | 3             | 0            | 3              | 0           | V       | Milk                         |                                                                                         |
| Sour Cream           | 80     | 262  | 6          | 1              | 1            | 0             | 0            | 1              | 0           | V       | Milk                         |                                                                                         |
| Chipotle Mayo (Ve)   | 180    | 754  | 20         | 1              | 2            | 1             | 0            | 0              | 0           | V, VE   | Sulphur Dioxide              |                                                                                         |
| Ghost Chilli Ranch   | 113    | 470  | 11         | 2              | 2            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide,<br>Milk.    | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Guacamole            | 95     | 52   | 0          | 0              | 2            | 2             | 1            | 0              | 0           | V, VE   | Sulphur Dioxide              |                                                                                         |
| Pico de Gallo        | 6      | 68   | 0          | 0              | 3            | 1             | 1            | 1              | 0           | V, VE   | Sulphur Dioxide              |                                                                                         |
| Salsa de Pina        | 38     | 162  | 0          | 0              | 9            | 8             | 0            | 0              | 0           | V, VE   | Sulphur Dioxide              | Celery, Soy &<br>Mustard.                                                               |
| Sweetcorn Salsa      | 11     | 29   | 0          | 0              | 1            | 0             | 0            | 0              | 0           | V, VE   | Sulphur Dioxide              |                                                                                         |

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# PROTEIN POTS

| Menu Item             | Energy |      | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains<br>Allergens     | May<br>Contain                                                                          |
|-----------------------|--------|------|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|---------------------------|-----------------------------------------------------------------------------------------|
|                       | Kcal   | KJ   |            |                |              |               |              |                |             |         |                           |                                                                                         |
| Chicken Asado         | 266    | 1115 | 10         | 2              | 3            | 1             | 2            | 42             | 0           | H       | Sulphur Dioxide           |                                                                                         |
| Hot Damn Chicken      | 272    | 1120 | 10         | 3              | 8            | 2             | 1            | 42             | 1           | H       | Sulphur Dioxide           | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Pork Carnitas         | 226    | 946  | 9          | 3              | 1            | 1             | 2            | 35             | 0           |         |                           |                                                                                         |
| Beef Barbacoa         | 251    | 1056 | 11         | 4              | 4            | 1             | 2            | 33             | 1           |         |                           |                                                                                         |
| Vegan Chilli          | 128    | 539  | 4          | 0              | 10           | 5             | 4            | 13             | 1           | V, VE   | Soybeans                  |                                                                                         |
| Chorizo (Pork)        | 125    | 519  | 11         | 4              | 0            | 0             | 0            | 7              | 1           |         | Milk                      |                                                                                         |
| Chipotle Cheese Sauce | 94     | 396  | 8          | 5              | 1            | 1             | 0            | 4              | 1           | V       | Milk                      |                                                                                         |
| Monterey Jack Cheese  | 112    | 267  | 5          | 3              | 0            | 0             | 0            | 5              | 0           | V       | Milk                      |                                                                                         |
| Sour Cream            | 60     | 247  | 6          | 3              | 2            | 2             | 0            | 1              | 0           | V       | Milk                      |                                                                                         |
| Chipotle Mayo (Ve)    | 180    | 754  | 20         | 1              | 2            | 1             | 0            | 0              | 0           | V, VE   | Sulphur Dioxide           |                                                                                         |
| Ghost Chilli Ranch    | 113    | 470  | 11         | 2              | 2            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide,<br>Milk. | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Guacamole             | 95     | 394  | 9          | 2              | 2            | 1             | 0            | 1              | 0           | V, VE   | Sulphur Dioxide           |                                                                                         |
| Salsa de Pina         | 38     | 162  | 0          | 0              | 9            | 8             | 0            | 0              | 0           | V, VE   | Sulphur Dioxide           | Celery, Soy &<br>Mustard.                                                               |
| Pico de Gallo         | 12     | 52   | 0          | 0              | 2            | 2             | 1            | 0              | 0           | V, VE   | Sulphur Dioxide           |                                                                                         |
| Sweetcorn Salsa       | 32     | 123  | 1          | 0              | 6            | 2             | 1            | 1              | 1           | V, VE   | Sulphur Dioxide           |                                                                                         |
| Salsa Ranchera (mild) | 14     | 59   | 1          | 0              | 2            | 1             | 0            | 0              | 0           | V, VE   |                           |                                                                                         |
| Salsa Verde (medium)  | 10     | 43   | 0          | 0              | 2            | 1             | 0            | 0              | 1           | V, VE   | Sulphur Dioxide           |                                                                                         |
| Salsa Roja (hot)      | 18     | 77   | 1          | 0              | 3            | 0             | 2            | 1              | 0           | V, VE   | Sulphur Dioxide           |                                                                                         |
| Piña Picante (hot)    | 11     | 45   | 0          | 0              | 3            | 2             | 0            | 0              | 0           | V, VE   | Sulphur Dioxide           |                                                                                         |
| Pickled Red Onions    | 8      | 32   | 0          | 0              | 1            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide           |                                                                                         |
| Jalapenos             | 3      | 13   | 0          | 0              | 1            | 0             | 0            | 0              | 0           | V, VE   |                           |                                                                                         |
| Onion & Coriander     | 3      | 16   | 0          | 0              | 0            | 0             | 0            | 0              | 0           | V, VE   |                           |                                                                                         |
| Iceberg Lettuce       | 1      | 6    | 0          | 0              | 0            | 0             | 0            | 0              | 0           | V, VE   |                           |                                                                                         |
| Lime wedge            | 2      | 12   | 0          | 0              | 1            | 0             | 0            | 0              | 0           | V, VE   |                           |                                                                                         |

Dietary:    V - Vegetarian    VE - Vegan    H - Halal

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# BALANCE FUEL BOWL

| Menu Item              | Energy |     | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains<br>Allergens | May<br>Contain                                                                                                                               |
|------------------------|--------|-----|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
|                        | Kcal   | KJ  |            |                |              |               |              |                |             |         |                       |                                                                                                                                              |
| Coriander Rice         | 234    | 990 | 2          | 0              | 48           | 0             | 1            | 5              | 1           | V, VE   |                       |                                                                                                                                              |
| Black Beans            | 119    | 499 | 1          | 0              | 24           | 1             | 9            | 8              | 1           | V, VE   |                       |                                                                                                                                              |
| Grilled Veg (topping)  | 6      | 26  | 0          | 0              | 2            | 1             | 0            | 0              | 0           | V, VE   |                       |                                                                                                                                              |
| Chicken Asado          | 199    | 836 | 8          | 2              | 2            | 0             | 1            | 31             | 0           | H       | Sulphur Dioxide       |                                                                                                                                              |
| Monterey Jack Cheese   | 64     | 267 | 5          | 3              | 0            | 0             | 0            | 5              | 0           | V       | Milk                  |                                                                                                                                              |
| Guacamole              | 95     | 394 | 9          | 2              | 2            | 1             | 0            | 1              | 0           | V, VE   | Sulphur Dioxide       |                                                                                                                                              |
| Pico de Gallo          | 12     | 52  | 0          | 0              | 2            | 2             | 1            | 0              | 0           | V, VE   | Sulphur Dioxide       |                                                                                                                                              |
| Salsa Ranchera (mild)  | 14     | 59  | 1          | 0              | 2            | 1             | 0            | 0              | 0           | V, VE   |                       |                                                                                                                                              |
| Pickled Red Onions     | 8      | 32  | 0          | 0              | 1            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide       |                                                                                                                                              |
| Jalapeños              | 3      | 13  | 0          | 0              | 1            | 0             | 0            | 0              | 0           | V, VE   |                       |                                                                                                                                              |
| Toasted Seeds & Grains | 45     | 185 | 3          | 0              | 1            | 0             | 1            | 2              | 0           | V,VE    |                       | Almonds, Brazil<br>Nut, Cashew<br>Nut, Hazelnut,<br>Macadamia/<br>Queensland Nut,<br>Nuts, Peanuts,<br>Pecan Nut,<br>Pistachio and<br>Walnut |

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# PLANT FUEL BOWL

| Menu Item             | Energy |     | Fat (g) | Sat fat (g) | Carbs (g) | Sugars (g) | Fibre (g) | Protein (g) | Salt (g) | Dietary | Contains Allergens | May Contain |
|-----------------------|--------|-----|---------|-------------|-----------|------------|-----------|-------------|----------|---------|--------------------|-------------|
|                       | Kcal   | KJ  |         |             |           |            |           |             |          |         |                    |             |
| Coriander Rice        | 234    | 990 | 2       | 0           | 48        | 0          | 1         | 5.12        | 1        | V, VE   |                    |             |
| Black Beans           | 119    | 499 | 1       | 0           | 24        | 1          | 9         | 7.98        | 1        | V, VE   |                    |             |
| Grilled Veg (topping) | 6      | 26  | 0       | 0           | 2         | 1          | 0         | 0.30        | 0        | V, VE   |                    |             |
| Vegan Chilli          | 96     | 404 | 3       | 0           | 8         | 3          | 3         | 9.84        | 0        | V, VE   | Soybeans           |             |
| Iceberg Lettuce       | 3      | 12  | 0       | 0           | 0         | 0          | 0         | 0.14        | 0        | V, VE   |                    |             |
| Chipotle Mayo (Ve)    | 180    | 754 | 20      | 1           | 2         | 1          | 0         | 0.33        | 0        | V,VE    | Sulphur Dioxide    |             |
| Pico de Gallo         | 12     | 52  | 0       | 0           | 2         | 2          | 1         | 0.42        | 0        | V, VE   | Sulphur Dioxide    |             |
| Guacamole             | 95     | 394 | 9       | 2           | 2         | 1          | 0         | 1.02        | 0        | V, VE   | Sulphur Dioxide    |             |
| Salsa Ranchera (mild) | 14     | 59  | 1       | 0           | 2         | 1          | 0         | 0.44        | 0        | V, VE   |                    |             |
| Pickled Red Onions    | 8      | 32  | 0       | 0           | 1         | 1          | 0         | 0.20        | 0        | V       | Sulphur Dioxide    |             |
| Jalapeños             | 3      | 13  | 0       | 0           | 1         | 0          | 0         | 0.13        | 0        | V, VE   |                    |             |

# PROTEIN FUEL BOWL

| Menu Item             | Energy |      | Fat (g) | Sat fat (g) | Carbs (g) | Sugars (g) | Fibre (g) | Protein (g) | Salt (g) | Dietary | Contains Allergens | May Contain |
|-----------------------|--------|------|---------|-------------|-----------|------------|-----------|-------------|----------|---------|--------------------|-------------|
|                       | Kcal   | KJ   |         |             |           |            |           |             |          |         |                    |             |
| Mexican Rice          | 215    | 1202 | 0.99    | 0.24        | 67.10     | 3.44       | 6.53      | 5.79        | 1.12     | V,VE    | Sulphur Dioxide    |             |
| Black Beans           | 119    | 499  | 1.20    | 0.26        | 23.64     | 1.44       | 9.12      | 7.98        | 0.56     | V, VE   |                    |             |
| Chicken Asado         | 332    | 1394 | 12.80   | 3.04        | 3.92      | 0.80       | 2.00      | 52.00       | 0.40     | H       | Sulphur Dioxide    |             |
| Monterey Jack Cheese  | 64     | 267  | 4.80    | 3.06        | 0.02      | 0.02       | 0.00      | 5.04        | 0.34     | V       | Milk               |             |
| Sour Cream            | 60     | 247  | 5.55    | 3.42        | 1.56      | 1.56       | 0.00      | 1.32        | 0.05     | V       | Milk               |             |
| Pico de Gallo         | 12     | 52   | 0.06    | 0.00        | 2.40      | 2.10       | 0.72      | 0.42        | 0.01     | V, VE   | Sulphur Dioxide    |             |
| Sweetcorn Salsa       | 43     | 123  | 0.80    | 0.16        | 7.68      | 2.80       | 1.60      | 1.36        | 0.96     | V,VE    | Sulphur Dioxide    |             |
| Salsa Ranchera (mild) | 14     | 59   | 0.56    | 0.08        | 2.08      | 0.88       | 0.36      | 0.44        | 0.36     | V, VE   |                    |             |
| Pickled Red Onions    | 8      | 32   | 0.04    | 0.00        | 1.32      | 0.90       | 0.22      | 0.20        | 0.00     | V       | Sulphur Dioxide    |             |
| Jalapeños             | 3      | 13   | 0.03    | 0.01        | 0.54      | 0.23       | 0.13      | 0.13        | 0.00     | V, VE   |                    |             |

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# MEDIUM DAMN THAT’S HOT BURRITO

| Menu Item                | Energy |     | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains<br>Allergens        | May<br>Contain                                                                          |
|--------------------------|--------|-----|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|------------------------------|-----------------------------------------------------------------------------------------|
|                          | Kcal   | KJ  |            |                |              |               |              |                |             |         |                              |                                                                                         |
| Tortilla Wrap            | 195    | 826 | 3          | 2              | 36           | 2             | 2            | 5              | 1           | V, VE   | Cereals<br>Containing Gluten | Mustard                                                                                 |
| Coriander Rice (Burrito) | 117    | 495 | 1          | 0              | 24           | 0             | 0            | 3              | 0           | V, VE   |                              |                                                                                         |
| Black Beans              | 79     | 333 | 1          | 0              | 16           | 1             | 6            | 5              | 0           | V, VE   |                              |                                                                                         |
| Hot Damn Chicken         | 136    | 560 | 5          | 2              | 4            | 1             | 1            | 21             | 1           | H       | Sulphur Dioxide              | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Monterey Jack Cheese     | 64     | 267 | 5          | 3              | 0            | 0             | 0            | 5              | 0           | V       | Milk                         |                                                                                         |
| Iceberg Lettuce          | 3      | 12  | 0          | 0              | 0            | 0             | 0            | 0              | 0           | V, VE   |                              |                                                                                         |
| Ghost Chilli Ranch       | 113    | 470 | 11         | 2              | 2            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide,<br>Milk.    | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Pico de Gallo            | 12     | 52  | 0          | 0              | 2            | 2             | 1            | 0              | 0           | V, VE   | Sulphur Dioxide              |                                                                                         |
| Pickled Red Onions       | 8      | 32  | 0          | 0              | 1            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide              |                                                                                         |
| Jalapeños                | 3      | 13  | 0          | 0              | 1            | 0             | 0            | 0              | 0           | V, VE   |                              |                                                                                         |

Dietary:    V - Vegetarian    VE - Vegan    H - Halal

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# LARGE DAMN THAT'S HOT BURRITO

| Menu Item                | Energy |      | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains<br>Allergens        | May<br>Contain                                                                          |
|--------------------------|--------|------|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|------------------------------|-----------------------------------------------------------------------------------------|
|                          | Kcal   | KJ   |            |                |              |               |              |                |             |         |                              |                                                                                         |
| Tortilla Wrap            | 252    | 1064 | 4          | 2              | 47           | 3             | 2            | 6              | 1           | V, VE   | Cereals<br>Containing Gluten | Mustard                                                                                 |
| Coriander Rice (Burrito) | 175    | 743  | 2          | 0              | 36           | 0             | 1            | 4              | 0           | V, VE   |                              |                                                                                         |
| Black Beans              | 119    | 499  | 1          | 0              | 24           | 1             | 9            | 8              | 1           | V, VE   |                              |                                                                                         |
| Hot Damn Chicken         | 204    | 840  | 7          | 2              | 6            | 2             | 1            | 31             | 1           | H       | Sulphur Dioxide              | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Monterey Jack Cheese     | 64     | 267  | 5          | 3              | 0            | 0             | 0            | 5              | 0           | V       | Milk                         |                                                                                         |
| Iceberg Lettuce          | 3      | 12   | 0          | 0              | 0            | 0             | 0            | 0              | 0           | V, VE   |                              |                                                                                         |
| Ghost Chilli Ranch       | 113    | 470  | 11         | 2              | 2            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide,<br>Milk.    | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Pico de Gallo            | 12     | 52   | 0          | 0              | 2            | 2             | 1            | 0              | 0           | V, VE   | Sulphur Dioxide              |                                                                                         |
| Pickled Red Onions       | 8      | 32   | 0          | 0              | 1            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide              |                                                                                         |
| Jalapeños                | 3      | 13   | 0          | 0              | 1            | 0             | 0            | 0              | 0           | V, VE   |                              |                                                                                         |

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# MEDIUM DAMN THAT'S HOT BOWL

| Menu Item            | Energy |     | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains<br>Allergens     | May<br>Contain                                                                          |
|----------------------|--------|-----|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|---------------------------|-----------------------------------------------------------------------------------------|
|                      | Kcal   | KJ  |            |                |              |               |              |                |             |         |                           |                                                                                         |
| Coriander Rice       | 175    | 743 | 2          | 0              | 36           | 0             | 1            | 4              | 0           | V, VE   |                           |                                                                                         |
| Black Beans          | 79     | 333 | 1          | 0              | 16           | 1             | 6            | 5              | 0           | V, VE   |                           |                                                                                         |
| Hot Damn Chicken     | 136    | 560 | 5          | 2              | 4            | 1             | 1            | 21             | 1           | H       | Sulphur Dioxide           | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Monterey Jack Cheese | 64     | 267 | 5          | 3              | 0            | 0             | 0            | 5              | 0           | V       | Milk                      |                                                                                         |
| Iceberg Lettuce      | 3      | 12  | 0          | 0              | 0            | 0             | 0            | 0              | 0           | V, VE   |                           |                                                                                         |
| Ghost Chili Ranch    | 113    | 470 | 11         | 2              | 2            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide,<br>Milk. | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Pico de Gallo        | 12     | 52  | 0          | 0              | 2            | 2             | 1            | 0              | 0           | V, VE   | Sulphur Dioxide           |                                                                                         |
| Pickled Red Onions   | 8      | 32  | 0          | 0              | 1            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide           |                                                                                         |
| Jalapeños            | 3      | 13  | 0          | 0              | 1            | 0             | 0            | 0              | 0           | V, VE   |                           |                                                                                         |

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# LARGE DAMN THAT'S HOT BOWL

| Menu Item            | Energy |     | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains<br>Allergens     | May<br>Contain                                                                          |
|----------------------|--------|-----|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|---------------------------|-----------------------------------------------------------------------------------------|
|                      | Kcal   | KJ  |            |                |              |               |              |                |             |         |                           |                                                                                         |
| Coriander Rice       | 234    | 990 | 2          | 0              | 48           | 0             | 1            | 5              | 1           | V, VE   |                           |                                                                                         |
| Black Beans          | 119    | 499 | 1          | 0              | 24           | 1             | 9            | 8              | 1           | V, VE   |                           |                                                                                         |
| Hot Damn Chicken     | 204    | 840 | 7          | 2              | 6            | 2             | 1            | 31             | 1           | H       | Sulphur Dioxide           | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Monterey Jack Cheese | 64     | 267 | 5          | 3              | 0            | 0             | 0            | 5              | 0           | V       | Milk                      |                                                                                         |
| Iceberg Lettuce      | 3      | 12  | 0          | 0              | 0            | 0             | 0            | 0              | 0           | V, VE   |                           |                                                                                         |
| Ghost Chili Ranch    | 113    | 470 | 11         | 2              | 2            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide,<br>Milk. | Soybean, Sesame,<br>Mustard,<br>Celery, Fish,<br>Egg & Cereals<br>Containing<br>Gluten. |
| Pico de Gallo        | 12     | 52  | 0          | 0              | 2            | 2             | 1            | 0              | 0           | V, VE   | Sulphur Dioxide           |                                                                                         |
| Pickled Red Onions   | 8      | 32  | 0          | 0              | 1            | 1             | 0            | 0              | 0           | V       | Sulphur Dioxide           |                                                                                         |
| Jalapeños            | 3      | 13  | 0          | 0              | 1            | 0             | 0            | 0              | 0           | V, VE   |                           |                                                                                         |

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SIDES

| Menu Item                     | Energy |      | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains<br>Allergens | May<br>Contain                                                           |
|-------------------------------|--------|------|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|-----------------------|--------------------------------------------------------------------------|
|                               | Kcal   | KJ   |            |                |              |               |              |                |             |         |                       |                                                                          |
| Tortilla Chips (bag)          | 423    | 1773 | 18         | 2              | 63           | 1             | 7            | 5              | 1           | V, VE   |                       |                                                                          |
| Tortilla Chips (side portion) | 212    | 887  | 9          | 1              | 31           | 0             | 4            | 3              | 0           | V, VE   |                       |                                                                          |
| Medium Guacamole              | 191    | 787  | 19         | 4              | 3            | 1             | 0            | 2              | 0           | V, VE   | Sulphur Dioxide       |                                                                          |
| Large Guacamole               | 382    | 1574 | 38         | 8              | 6            | 3             | 1            | 4              | 0           | V, VE   | Sulphur Dioxide       |                                                                          |
| Medium Ghost Chilli Ranch     | 300    | 1254 | 30         | 4              | 6            | 2             | 0            | 1              | 1           | V       | Sulphur Dioxide, Milk | Soybean, Sesame, Mustard, Celery, Fish, Egg & Cereals Containing Gluten. |
| Large Ghost Chilli Ranch      | 600    | 2507 | 59         | 8              | 11           | 5             | 1            | 2              | 2           | V       | Sulphur Dioxide, Milk | Soybean, Sesame, Mustard, Celery, Fish, Egg & Cereals Containing Gluten. |
| Medium Chipotle Cheese Sauce  | 143    | 595  | 10         | 6              | 6            | 2             | 0            | 6              | 0           | V       | Milk                  |                                                                          |
| Large Chipotle Cheese Sauce   | 286    | 1190 | 21         | 13             | 12           | 4             | 0            | 12             | 1           | V       | Milk                  |                                                                          |
| Medium Sour Cream             | 119    | 494  | 11         | 7              | 3            | 3             | 0            | 3              | 0           | V       | Milk                  |                                                                          |
| Large Sour Cream              | 239    | 989  | 22         | 13             | 6            | 6             | 0            | 5              | 0           | V       | Milk                  |                                                                          |
| Medium Chipotle Mayo (Ve)     | 360    | 1508 | 40         | 3              | 4            | 2             | 0            | 1              | 1           | V, VE   | Sulphur Dioxide       |                                                                          |
| Large Chipotle Mayo (Ve)      | 720    | 3016 | 79         | 6              | 8            | 3             | 0            | 1              | 2           | V, VE   | Sulphur Dioxide       |                                                                          |
| Medium Salsa de Pina          | 77     | 325  | 0          | 0              | 18           | 17            | 1            | 0              | 1           | V, VE   | Sulphur Dioxide       |                                                                          |
| Large Salsa de Pina           | 115    | 487  | 0          | 0              | 28           | 25            | 1            | 0              | 1           | V, VE   | Sulphur Dioxide       |                                                                          |
| Medium Pico de Gallo          | 24     | 104  | 0          | 0              | 5            | 4             | 1            | 1              | 0           | V, VE   | Sulphur Dioxide       |                                                                          |
| Large Pico de Gallo           | 48     | 209  | 0          | 0              | 10           | 8             | 3            | 2              | 0           | V, VE   | Sulphur Dioxide       |                                                                          |
| Medium Sweetcorn Salsa        | 43     | 182  | 1          | 0              | 8            | 3             | 2            | 1              | 1           | V, VE   | Sulphur Dioxide       |                                                                          |
| Large Sweetcorn Salsa         | 86     | 364  | 2          | 0              | 15           | 6             | 3            | 3              | 2           | V, VE   | Sulphur Dioxide       |                                                                          |
| Medium Salsa Ranchera (mild)  | 28     | 118  | 1          | 0              | 4            | 2             | 1            | 1              | 1           | V, VE   |                       |                                                                          |
| Large Salsa Ranchera (mild)   | 56     | 235  | 2          | 0              | 8            | 4             | 1            | 2              | 1           | V, VE   |                       |                                                                          |
| Medium Salsa Verde (medium)   | 20     | 86   | 0          | 0              | 4            | 3             | 1            | 0              | 1           | V, VE   | Sulphur Dioxide       |                                                                          |
| Large Salsa Verde (medium)    | 40     | 171  | 1          | 0              | 8            | 6             | 1            | 1              | 3           | V, VE   | Sulphur Dioxide       |                                                                          |
| Medium Salsa Roja (hot)       | 37     | 154  | 1          | 0              | 7            | 1             | 3            | 2              | 1           | V, VE   | Sulphur Dioxide       |                                                                          |
| Large Salsa Roja (hot)        | 74     | 307  | 2          | 1              | 13           | 2             | 7            | 3              | 2           | V, VE   | Sulphur Dioxide       |                                                                          |
| Queso Fundido                 | 423    | 1773 | 18         | 2              | 63           | 1             | 7            | 5              | 1           |         | Milk                  |                                                                          |
| Pina Picante Hot Sauce        | 11     | 45   | 0          | 0              | 3            | 2             | 0            | 0              | 0           | V, VE   | Sulphur Dioxide       |                                                                          |
| Valentina Hot Sauce           | 4      | 15   | 0          | 0              | 0            | 0             | 0            | 0              | 0           | V, VE   | Sulphur Dioxide       |                                                                          |

Dietary:    V - Vegetarian    VE - Vegan    H - Halal

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# DESSERTS

| Menu Item                   | Energy |      | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains<br>Allergens                     | May<br>Contain                                                            |
|-----------------------------|--------|------|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|-------------------------------------------|---------------------------------------------------------------------------|
|                             | Kcal   | KJ   |            |                |              |               |              |                |             |         |                                           |                                                                           |
| 3 Churros & Chocolate Sauce | 310    | 1296 | 15         | 2              | 39           | 12            | 3            | 5              | 1           | V, VE   | Cereals<br>Containing<br>Gluten, Soyabean | Sulphur Dioxide,<br>Milk, Nuts, Sesame<br>Seed, celery,<br>mustard, eggs. |
| 5 Churros & Chocolate Sauce | 523    | 2189 | 25         | 3              | 61           | 16            | 4            | 8              | 2           | V, VE   | Cereals<br>Containing<br>Gluten, Soyabean | Sulphur Dioxide,<br>Milk, Nuts, Sesame<br>Seed, celery,<br>mustard, eggs. |
| Dessert Quesadilla          | 283    | 1198 | 8          | 4              | 44           | 16            | 2            | 7              | 1           | V       | Cereals<br>Containing<br>Gluten, Milk     | Mustard                                                                   |

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# KIDS BURRITO/NAKED BURRITO

| Menu Item            | Energy |       | Fat (g) | Sat fat (g) | Carbs (g) | Sugars (g) | Fibre (g) | Protein (g) | Salt (g) | Dietary | Contains Allergens        | May Contain |
|----------------------|--------|-------|---------|-------------|-----------|------------|-----------|-------------|----------|---------|---------------------------|-------------|
|                      | Kcal   | KJ    |         |             |           |            |           |             |          |         |                           |             |
| Medium wrap          | 195.4  | 826.3 | 3.2     | 1.6         | 36.2      | 2.1        | 1.5       | 4.8         | 0.7      | V, VE   | Cereals Containing Gluten | Mustard     |
| Coriander Rice       | 116.8  | 495.2 | 1.2     | 0.1         | 24.2      | 0.2        | 0.4       | 2.6         | 0.3      | V, VE   |                           |             |
| Mexican Rice         | 107.6  | 600.9 | 0.5     | 0.1         | 33.6      | 1.7        | 3.3       | 2.9         | 0.6      | V, VE   | Sulphur dioxide           |             |
| Vegan Chilli         | 31.9   | 134.7 | 1.0     | 0.0         | 2.6       | 1.2        | 1.1       | 3.3         | 0.2      | V, VE   | Soyabeans                 |             |
| Chicken Asado        | 66.4   | 278.8 | 2.6     | 0.6         | 0.8       | 0.2        | 0.4       | 10.4        | 0.1      | H       | Sulphur dioxide           |             |
| Pork Carnitas        | 56.4   | 236.4 | 2.4     | 0.8         | 0.4       | 0.2        | 0.4       | 8.8         | 0.1      |         |                           |             |
| Beef Barbacoa        | 62.8   | 264.0 | 2.8     | 1.0         | 1.0       | 0.2        | 0.4       | 8.4         | 0.2      |         |                           |             |
| Monterey Jack Cheese | 64.2   | 267.0 | 4.8     | 3.1         | 0.0       | 0.0        | 0.0       | 5.0         | 0.3      | V       | Milk                      |             |
| Iceburg Lettuce      | 1.4    | 6.0   | 0.0     | 0.0         | 0.2       | 0.2        | 0.1       | 0.1         | 0.0      | V, VE   |                           |             |
| Guacamole            | 79.5   | 328.0 | 7.9     | 1.7         | 1.3       | 0.6        | 0.2       | 0.9         | 0.0      | V, VE   | Sulphur dioxide           |             |

# KIDS QUESADILLA

| Menu Item            | Energy |       | Fat (g) | Sat fat (g) | Carbs (g) | Sugars (g) | Fibre (g) | Protein (g) | Salt (g) | Dietary | Contains Allergens        | May Contain |
|----------------------|--------|-------|---------|-------------|-----------|------------|-----------|-------------|----------|---------|---------------------------|-------------|
|                      | Kcal   | KJ    |         |             |           |            |           |             |          |         |                           |             |
| Medium wrap          | 195.4  | 826.3 | 3.2     | 1.6         | 36.2      | 2.1        | 1.5       | 4.8         | 0.7      | V, VE   | Cereals Containing Gluten | Mustard     |
| Monterey Jack Cheese | 128.4  | 534.0 | 9.6     | 6.1         | 0.0       | 0.0        | 0.0       | 10.1        | 0.7      | v       | milk                      |             |
| Guacamole            | 79.5   | 328.0 | 7.9     | 1.7         | 1.3       | 0.6        | 0.2       | 0.9         | 0.0      | V, VE   | Sulphur dioxide           |             |
| Vegan Chilli         | 31.9   | 134.7 | 1.0     | 0.0         | 2.6       | 1.2        | 1.1       | 3.3         | 0.2      | V, VE   | Soyabeans                 |             |
| Chicken Asado        | 66.4   | 278.8 | 2.6     | 0.6         | 0.8       | 0.2        | 0.4       | 10.4        | 0.1      | H       | Sulphur dioxide           |             |
| Pork Carnitas        | 83.6   | 347.2 | 6.1     | 2.0         | 0.4       | 0.2        | 0.2       | 6.8         | 0.4      |         |                           |             |
| Beef Barbacoa        | 57.6   | 242.4 | 2.5     | 1.0         | 0.5       | 0.0        | 0.2       | 8.4         | 0.3      |         |                           |             |

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# BREAKFAST BURRITO

| Menu Item                                              | Energy |      | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains Allergens                                                           | May Contain |
|--------------------------------------------------------|--------|------|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|------------------------------------------------------------------------------|-------------|
|                                                        | Kcal   | KJ   |            |                |              |               |              |                |             |         |                                                                              |             |
| Medium Breakfast Burrito<br>(Canary Wharf only)        | 953    | 3983 | 52         | 22             | 73           | 11            | 10           | 44             | 5           |         | Cereals<br>Containing<br>Gluten, Soybeans,<br>Milk, Eggs,<br>Sulphur Dioxide | Mustard     |
| Large Breakfast Burrito<br>(Canary Wharf only)         | 1166   | 4904 | 58         | 24             | 104          | 13            | 15           | 54             | 7           |         | Cereals<br>Containing<br>Gluten, Soybeans,<br>Milk, Eggs,<br>Sulphur Dioxide | Mustard     |
| Medium Veggie Breakfast Burrito<br>(Canary Wharf only) | 738    | 3137 | 34         | 15             | 73           | 10            | 10           | 32             | 3           | V       | Cereals<br>Containing<br>Gluten, Milk,<br>Eggs, Sulphur<br>Dioxide           | Mustard     |
| Large Veggie Breakfast Burrito<br>(Canary Wharf only)  | 951    | 4058 | 40         | 17             | 104          | 13            | 15           | 43             | 4           | V       | Cereals<br>Containing<br>Gluten, Milk,<br>Eggs, Sulphur<br>Dioxide           | Mustard     |
| Medium Bacon Breakfast Burrito                         | 721    | 3092 | 37         | 12             | 67           | 10            | 5            | 33             | 5           |         | Cereals<br>Containing<br>Gluten, Sulphur<br>Dioxide, Egg, Milk               | Mustard     |
| Large Bacon Breakfast Burrito                          | 807    | 3455 | 38         | 13             | 83           | 11            | 6            | 38             | 6           |         | Cereals<br>Containing<br>Gluten, Sulphur<br>Dioxide, Egg, Milk               | Mustard     |
| Medium Veggie Breakfast Burrito                        | 615    | 2600 | 30         | 10             | 52           | 7             | 4            | 24             | 2           | V       | Cereals<br>Containing<br>Gluten, Egg, Milk,<br>Sulphur Dioxide               | Mustard     |
| Large Veggie Breakfast Burrito                         | 729    | 2666 | 32         | 11             | 63           | 10            | 6            | 26             | 3           | V       | Cereals<br>Containing<br>Gluten, Egg, Milk,<br>Sulphur Dioxide               | Mustard     |

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# BREAKFAST BOWL

| Menu Item                                           | Energy |      | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains Allergens                    | May Contain |
|-----------------------------------------------------|--------|------|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|---------------------------------------|-------------|
|                                                     | Kcal   | KJ   |            |                |              |               |              |                |             |         |                                       |             |
| Medium Breakfast Bowl<br>(Canary Wharf only)        | 758    | 3157 | 49         | 20             | 37           | 9             | 9            | 39             | 5           |         | Soybeans, Milk, Eggs, Sulphur Dioxide |             |
| Large Breakfast Bowl<br>(Canary Wharf only)         | 885    | 3715 | 53         | 22             | 52           | 10            | 12           | 47             | 6           |         | Soybeans, Milk, Eggs, Sulphur Dioxide |             |
| Medium Veggie Breakfast Bowl<br>(Canary Wharf only) | 543    | 2311 | 31         | 13             | 37           | 8             | 9            | 28             | 3           | V       | Milk, Eggs, Sulphur Dioxide           |             |
| Large Veggie Breakfast Bowl<br>(Canary Wharf only)  | 670    | 2869 | 36         | 15             | 52           | 10            | 12           | 36             | 3           | V       | Milk, Eggs, Sulphur Dioxide           |             |
| Medium Bacon & Chorizo Bowl                         | 576    | 2475 | 34         | 10             | 44           | 7             | 9            | 28             | 5           |         | Egg, Milk, Sulphur Dioxide, Soybeans  |             |
| Large Bacon & Chorizo Bowl                          | 820    | 3375 | 52         | 16             | 46           | 8             | 10           | 39             | 6           |         | Egg, Milk, Sulphur Dioxide, Soybeans  |             |
| Medium Veggie Bowl                                  | 382    | 1649 | 17         | 4              | 37           | 6             | 9            | 15             | 2           | V       | Egg, Milk, Sulphur Dioxide            |             |
| Large Veggie Bowl                                   | 434    | 1891 | 17         | 4              | 44           | 7             | 10           | 16             | 3           | V       | Egg, Milk, Sulphur Dioxide            |             |

Dietary:    V - Vegetarian    VE - Vegan    H - Halal

Adults need around 2000Kcal a day. Nutrition information is based on standard products, average serving size and supplier information, product analysis and published databases . Information may vary due to supplier, seasonal and product variations. Our products are handcrafted, so although every care is taken, please be aware our ingredients may contain natural pits, stems, stalks or bones.



# BREAKFAST ROLL/BUN

| Menu Item                                    | Energy |      | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains Allergens                                                                                | May Contain                                       |
|----------------------------------------------|--------|------|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|---------------------------------------------------------------------------------------------------|---------------------------------------------------|
|                                              | Kcal   | KJ   |            |                |              |               |              |                |             |         |                                                                                                   |                                                   |
| Breakfast Roll<br>(Canary Wharf only)        | 553    | 2293 | 27         | 8              | 50           | 6             | 5            | 23             | 3           |         | Cereals<br>Containing<br>Gluten, Sulphur<br>Dioxide, Milk,<br>Eggs, Celery                        | Milk, Egg,<br>Soybeans, Nuts,<br>Peanuts, Mustard |
| Veggie Breakfast Roll<br>(Canary Wharf only) | 404    | 1678 | 13         | 3              | 50           | 6             | 5            | 15             | 2           | V       | Cereals<br>Containing<br>Gluten, Sulphur<br>Dioxide, Milk,<br>Eggs & Celery                       | Milk, Egg,<br>Soybeans, Nuts,<br>Peanuts, Mustard |
| Bacon Breakfast Bun                          | 558    | 2315 | 33         | 12             | 34           | 7             | 2            | 22             | 4           |         | Cereals<br>Containing<br>Gluten, Egg, Milk,<br>Sesame, Soyabean,<br>Sulphur Dioxide,<br>Tree Nuts |                                                   |
| Pork & Pico de Gallo<br>Breakfast Bun        | 437    | 1822 | 20         | 7              | 36           | 8             | 3            | 29             | 2           |         | Cereals<br>Containing<br>Gluten, Egg, Milk,<br>Sesame, Soyabean,<br>Sulphur Dioxide,<br>Tree Nuts |                                                   |
| Veggie<br>Breakfast Bun                      | 440    | 1827 | 22         | 8              | 39           | 9             | 3            | 22             | 2           | V       | Cereals<br>Containing<br>Gluten, Egg, Milk,<br>Sesame, Soyabean,<br>Sulphur Dioxide,<br>Tree Nuts |                                                   |

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# HOT DRINKS

| Menu Item                | Energy<br>Kcal | Dietary | Contains<br>Allergens | May<br>Contain |
|--------------------------|----------------|---------|-----------------------|----------------|
| Espresso Single / Double | 2.0            | V, VE   |                       |                |
| Americano                | 22.0           | V, VE   |                       |                |
| English Breakfast Tea    | 15.0           | V, VE   |                       |                |
| Peppermint Tea           | -              | V, VE   |                       |                |
| Cappuccino               | 116.0          | V       | Milk                  |                |
| Iced Coffee              | 71.0           |         | Milk                  |                |
| Latte                    | 136.0          | V       | Milk                  |                |
| Mocha                    | 200.0          | V       | Milk                  |                |

# DRINKS

| Menu Item                      | Energy |       | Fat<br>(g) | Sat fat<br>(g) | Carbs<br>(g) | Sugars<br>(g) | Fibre<br>(g) | Protein<br>(g) | Salt<br>(g) | Dietary | Contains<br>Allergens | May<br>Contain |
|--------------------------------|--------|-------|------------|----------------|--------------|---------------|--------------|----------------|-------------|---------|-----------------------|----------------|
|                                | Kcal   | KJ    |            |                |              |               |              |                |             |         |                       |                |
| Hibiscus Lemonade              | 151.8  | 640.2 | 0.0        | 0.0            | 33.0         | 33.0          | 1.7          | 2.0            | 0.0         | V, VE   |                       | Peanut         |
| Hibiscus Lemonade<br>(Belfast) | 151.8  | 640.2 | 0.0        | 0.0            | 33.0         | 33.0          | 1.7          | 2.0            | 0.0         | V, VE   | Sulphur Dioxide       | Peanut         |

\*Available at participating stores only.  
All values are based on approximate serving sizes as all of our ingredients are measured and served by hand. If unsure please talk to our crew.

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