

# NUTRITION & ALLERGEN INFORMATION

Updated 27 May 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 pips 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 (g)	Sat fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Dietary	Contains Allergens	May Contain
	Kcal	KJ										
Tortilla Wrap	195	826	3	2	36	2	2	5	1	V, VE	Cereals 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	
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	
Caesar Dressing	98	480	12	2	1	1	0	1	0		Sulphur Dioxide, Fish, Milk, Mustard, Eggs, Cereals Containing 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	
Pina de Salsa	38	162	0	0	9	8	0	0	0	V, VE	Sulphur Dioxide	Celery, Soy & 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	
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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**TORTILLA**  
BURRITOS and TACOS

# LARGE BURRITO/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										
Tortilla Wrap	281	1189	5	2	52	3	2	7	1	V, VE	Cereals Containing Gluten	Mustard
Coriander Rice (Burrito)	175	743	2	0	36	0	1	4	0	V, VE		
Mexican Rice (Burrito)	161	901	1	0	50	3	5	4	1	V, VE	Sulphur Dioxide	
Coriander Rice (Bowl)	234	990	2	0	48	0	1	5	1	V, VE		
Mexican Rice (Bowl)	215	1202	1	0	67	3	7	6	1	V, VE	Sulphur Dioxide	
Black Beans	119	499	1	0	24	1	9	8	1	V, VE		
Pinto Beans	130	546	1	1	28	2	12	8	1	V, VE		
Grilled Veg (topping)	6	26	0	0	2	1	0	0	0	V, VE		
Grilled Veg (filling)	37	154	0	0	9	5	2	2	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	
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	
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	
Caesar Dressing	98	480	12	2	1	1	0	1	0		Sulphur Dioxide, Fish, Milk, Mustard, Eggs, Cereals Containing Gluten	
Guacamole	95	394	9	2	2	1	0	1	0	V, VE	Sulphur Dioxide	
Pina De Salsa	29	122	0	0	7	6	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	

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**TORTILLA**  
BURRITOS *and* TACOS

# MEDIUM SALAD

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										
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	
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	
Caesar Dressing	98	480	12	2	1	1	0	1	0		Sulphur Dioxide, Fish, Milk, Mustard, Eggs, Cereals Containing Gluten	
Guacamole	95	394	9	2	2	1	0	1	0	V, VE	Sulphur Dioxide	
Pina de Salsa	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		

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**TORTILLA**  
BURRITOS and TACOS

# LARGE SALAD

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										
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	
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	
Caesar Dressing	98	480	12	2	1	1	0	1	0		Sulphur Dioxide, Fish, Milk, Mustard, Eggs, Cereals Containing Gluten	
Guacamole	95	394	9	2	2	1	0	1	0	V, VE	Sulphur Dioxide	
Pina de Salsa	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		

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**TORTILLA**  
BURRITOS and TACOS

# TRES TACOS

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										
Wheat Tacos (3)	189	796	4	3	32	2	1	5	1	V,VE	Cereals 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	
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	
Caesar Dressing	98	480	12	2	1	1	0	1	0		Sulphur Dioxide, Fish, Milk, Mustard, Eggs, Cereals Containing Gluten	
Guacamole	95	394	9	2	2	1	0	1	0	V,VE	Sulphur Dioxide	
Pina de Salsa	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	

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**TORTILLA**  
BURRITOS *and* TACOS

# NACHOS QUESO

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										
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	
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	
Jalapeños	12.8	53.6	0.1	0.0	2.1	0.9	0.5	0.5	0.0	V, VE		

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BURRITOS *and* TACOS

# 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										
Tortilla Wrap	281	1189	5	2	52	3	2	7	1	V,VE	Cereals Containing Gluten	Mustard
Chicken Asado	66	279	3	1	1	0	0	10	0	H	Sulphur Dioxide	
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	
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	
Pina de Salsa	38	162	0	0	9	8	0	0	0	V, VE	Sulphur Dioxide	Celery, Soy & Mustard
Sweetcorn Salsa	11	29	0	0	1	0	0	0	0	V,VE	Sulphur Dioxide	
Onion & Coriander	13	63	0	0	2	1	1	1	0	V, VE		
Salsa Ranchera (mild)	11	32	0	0	2	1	0	0	1	V,VE		
Salsa Verde (medium)	8	58	0	0	2	0	1	1	0	V,VE	Sulphur Dioxide	

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BURRITOS *and* TACOS

# PROTEIN POTS

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										
Chicken Asado	266	1115	10	2	3	1	2	42	0	H	Sulphur Dioxide	
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	
Caesar Dressing	98	480	12	2	1	1	0	1	0		Sulphur Dioxide, Fish, Milk, Mustard, Eggs, Cereals Containing Gluten	
Guacamole	95	394	9	2	2	1	0	1	0	V, VE	Sulphur Dioxide	
Pina de Salsa	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	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	
Jalapeños	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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**TORTILLA**  
BURRITOS *and* TACOS

# BALANCE 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	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 Nut, Cashew Nut, Hazelnut, Macadamia/Queensland Nut, Nuts, Peanuts, Pecan Nut, Pistachio and Walnut

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**TORTILLA**  
BURRITOS *and* TACOS

# 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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**TORTILLA**  
BURRITOS and TACOS

# CALI CAESAR WRAP

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										
Tortilla Wrap	281	1189	5	2	52	3	2	7	1	V, VE	Cereals Containing Gluten	Mustard
Caesar Dressing	197	959	23	3	2	1	1	3	1		Sulphur Dioxide, Fish, Milk, Mustard, Eggs, Cereals Containing Gluten	
Cos Lettuce	13	54	0	0	1	1	1	1	0	V, VE		
Chicken Asado	199	836	8	2	2	0	1	31	0	H	Sulphur Dioxide	
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	
Tortilla Chips	3	12	0	0	0	0	0	0	0	V, VE		
Lime wedge	2	12	0	0	1	0	0	0	0	V, VE		

# CALI CAESAR SALAD

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										
Caesar Dressing	197	959	23	3	2	1	1	3	1		Sulphur Dioxide, Fish, Milk, Mustard, Eggs, Cereals Containing Gluten	
Cos Lettuce	16	68	1	0	2	2	1	1	0	V, VE		
Chicken Asado	199	836	8	2	2	0	1	31	0	H	Sulphur Dioxide	
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	
Tortilla Chips	3	12	0	0	0	0	0	0	0	V, VE		
Lime wedge	2	12	0	0	1	0	0	0	0	V, VE		

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**TORTILLA**  
BURRITOS *and* TACOS

# SIDES

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										
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 Caesar Dressing	262	1279	31	4	3	2	1	3	1		Sulphur Dioxide, Fish, Milk, Mustard, Eggs, Cereals Containing Gluten	
Large Caesar Dressing	525	2558	62	8	6	3	1	7	2		Sulphur Dioxide, Fish, Milk, Mustard, Eggs, 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 Pina de Salsa	77	325	0	0	18	17	1	0	1	V,VE	Sulphur Dioxide	
Large Pina de Salsa	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	
Dulce & Banana Quesadilla	283	1198	8	4	44	16	2	7	1	V	Cereals Containing Gluten, Milk	Mustard

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**TORTILLA**  
BURRITOS and TACOS

# 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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**TORTILLA**  
BURRITOS *and* TACOS

# MEDIUM BREAKFAST 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										
Tortilla 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
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Soybeans, Milk	
Black Beans	79.2	332.8	0.8	0.2	15.8	1.0	6.1	5.3	0.4	V,VE		
Potatoes	61.6	312.0	0.1	0.0	14.0	1.4	1.2	1.6	1.2	V,VE		
Bacon	78.9	326.4	6.9	2.6	0.0	0.0	0.0	3.9	0.8			
Mushrooms	20.8	86.4	0.1	0.0	0.1	0.1	0.3	0.4	0.0	V,VE		
Tomatoes	16.0	67.2	0.2	0.0	3.1	3.1	1.0	0.7	0.4	V,VE		
Scrambled Egg	127.8	530.1	9.0	3.5	0.5	0.5	0.0	10.8	0.0	V	Milk, Eggs	
Monterey Jack Cheese	96.3	400.5	7.2	4.6	0.0	0.0	0.0	7.6	0.5	V	Milk	

# LARGE BREAKFAST 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										
Tortilla Wrap	281.2	1189.4	4.6	2.3	52.2	3.0	2.2	6.8	1.1	V,VE	Cereals Containing Gluten	Mustard
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Soybeans, Milk	
Black Beans	118.8	499.2	1.2	0.3	23.6	1.4	9.1	8.0	0.6	V,VE		
Potatoes	92.4	468.0	0.1	0.0	21.0	2.0	1.8	2.4	1.8	V,VE		
Bacon	78.9	326.4	6.9	2.6	0.0	0.0	0.0	3.9	0.8			
Mushrooms	20.8	86.4	0.1	0.0	0.1	0.1	0.3	0.4	0.0	V,VE		
Tomatoes	16.0	67.2	0.2	0.0	3.1	3.1	1.0	0.7	0.4	V,VE		
Scrambled Egg	156.2	647.9	11.0	4.3	0.6	0.6	0.0	13.2	0.0	V	Milk, Eggs	
Monterey Jack Cheese	96.3	400.5	7.2	4.6	0.0	0.0	0.0	7.6	0.5	V	Milk	

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**TORTILLA**  
BURRITOS *and* TACOS

# BREAKFAST ROLL

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										
Bread roll	224.8	932.9	2.9	0.2	43.4	3.7	2.0	6.4	0.8	V	Cereals Containing Gluten	Milk, Egg, Soyabean
Avocado	44.7	185.5	4.0	0.6	2.5	0.3	1.9	0.6	0.3	V, VE	Sulphur Dioxide	
Scrambled egg	85.2	353.6	6.0	2.2	0.3	0.3	0.0	7.2	0.1	V	Milk, Eggs	
Bacon	179.4	744.5	14.0	5.3	0.0	0.0	0.0	8.0	1.6			
Mushrooms	31.2	129.5	0.1	0.1	0.2	0.2	0.4	0.6	0.1	V,VE		
Tortilla Ketchup	18.5	76.8	0.1	0.0	4.0	1.4	0.8	0.7	0.3	V,VE	Celery	Soybeans, Nuts, Peanuts, Mustard

# BREAKFAST 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										
Tortilla 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
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Soybeans, Milk	
Mushrooms	20.8	86.4	0.1	0.0	0.1	0.1	0.3	0.4	0.0	V,VE		
Tomatoes	16.0	67.2	0.2	0.0	3.1	3.1	1.0	0.7	0.4	V,VE		
Scrambled Egg	85.2	353.4	6.0	2.3	0.3	0.3	0.0	7.2	0.0	V	Milk, Eggs	
Monterey Jack Cheese	192.7	801.0	14.4	9.2	0.1	0.1	0.0	15.1	1.0	V	Milk	
Salsa Verde	8.8	37.5	0.2	0.0	1.8	1.2	0.2	0.2	0.6	V,VE	Sulphur Dioxide	
Sour Cream	59.7	247.2	5.6	3.4	1.6	1.6	0.0	1.3	0.1	V	Milk	

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**TORTILLA**  
BURRITOS *and* TACOS

# HOT DRINKS

Menu Item	Energy		Dietary	Contains Allergens	May Contain
	Kcal				
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 (g)	Sat fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Dietary	Contains Allergens	May 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 (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.

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.

**TORTILLA**  
BURRITOS *and* TACOS