

NUTRITION & ALLERGEN INFORMATION

Updated 3 February 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.



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	195.4	826.3	3.2	1.6	36.2	2.1	1.5	4.8	0.7	V, VE	Cereals Containing Gluten	Mustard
Coriander Rice (Burrito)	116.8	495.2	1.2	0.1	24.2	0.2	0.4	2.6	0.3	V, VE		
Mexican Rice (Burrito)	143.8	600.9	0.5	0.1	33.6	1.7	3.3	2.9	0.6	V,VE	Sulphur Dioxide	
Coriander Rice (Bowl)	175.2	742.8	1.8	0.1	36.4	0.2	0.6	3.8	0.5	V, VE		
Mexican Rice (Bowl)	215.6	901.3	0.7	0.2	50.3	2.6	4.9	4.3	0.8	V,VE	Sulphur Dioxide	
Black Beans	79.2	332.8	0.8	0.2	15.8	1.0	6.1	5.3	0.4	V, VE		
Pinto Beans	86.4	364.0	0.6	0.4	18.6	1.2	7.7	5.5	0.4	V, VE		
Grilled Veg (topping)	6.2	25.7	0.1	0.0	1.5	0.8	0.3	0.3	0.2	V, VE		
Grilled Veg (filling)	24.8	102.7	0.3	0.0	6.2	3.1	1.3	1.2	0.8	V, VE		
Vegan Chilli	63.8	269.4	2.0	0.1	5.2	2.3	2.2	6.6	0.3	V, VE	Soybeans	
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			
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Milk	
Chipotle Cheese Sauce	94.0	396.0	8.0	4.8	1.4	0.8	0.0	4.1	0.5	V	Milk	
Monterey Jack Cheese	64.2	267.0	4.8	3.1	0.0	0.0	0.0	5.0	0.3	V	Milk	
Iceberg Lettuce	2.8	12.0	0.1	0.0	0.4	0.4	0.1	0.1	0.0	V, VE		
Sour Cream	59.7	247.2	5.6	3.4	1.6	1.6	0.0	1.3	0.1	V	Milk	
Chipotle Mayo (Ve)	180.0	753.9	19.9	1.5	1.9	0.8	0.0	0.3	0.4	V,VE	Sulphur Dioxide	
Avocado Ranch	86.8	360.5	8.7	1.9	1.3	0.8	0.5	0.7	0.2	V	Milk. Sulpher Dioxide	
Chilli Cacao Mayo	112.8	471.9	11.3	0.8	2.5	0.9	1.0	0.3	0.7	V,VE	Sulpher Dioxide	
Coriander Lime Mayo (Ve)	126.8	528.0	4.0	0.4	0.9	0.5	0.4	0.3	0.2	V,VE	Sulphur Dioxide	
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	
Sweetcorn Salsa	21.6	122.7	0.4	0.1	3.8	1.4	0.8	0.7	0.5	V,VE	Sulphur Dioxide	
Fermented Purple Carrots	7.8	32.7	0.1	0.0	2.1	0.0	1.2	0.2	0.8	V, VE	Sulphur Dioxide	Celery,Soy & Mustard
Salsa Ranchera (mild)	14.0	58.8	0.6	0.1	2.1	0.9	0.4	0.4	0.4	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.



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	281.2	1189.4	4.6	2.3	52.2	3.0	2.2	6.8	1.1	V, VE	Cereals Containing Gluten	Mustard
Coriander Rice (Burrito)	175.2	742.8	1.8	0.1	36.4	0.2	0.6	3.8	0.5	V, VE		
Mexican Rice (Burrito)	215.6	901.3	0.7	0.2	50.3	1.3	4.9	4.3	0.8	V, VE	Sulphur Dioxide	
Coriander Rice (Bowl)	233.6	990.4	2.4	0.2	48.5	0.3	0.8	5.1	0.6	V, VE		
Mexican Rice (Bowl)	287.5	1201.8	1.0	0.2	67.1	1.8	6.5	5.8	1.1	V, VE	Sulphur Dioxide	
Black Beans	118.8	499.2	1.2	0.3	23.6	1.4	9.1	8.0	0.6	V, VE		
Pinto Beans	129.6	546.0	1.0	0.6	28.0	1.8	11.5	8.2	0.6	V, VE		
Grilled Veg (topping)	6.2	25.7	0.1	0.0	1.5	0.8	0.3	0.3	0.2	V, VE		
Grilled Veg (filling)	37.2	154.1	0.5	0.0	9.2	4.7	1.9	1.8	1.2	V, VE		
Vegan Chilli	95.7	404.0	3.0	0.1	7.8	3.5	3.4	9.8	0.5	V, VE	Soybeans	
Chicken Asado	199.2	836.4	7.7	1.8	2.4	0.5	1.2	31.2	0.2	H	Sulphur Dioxide	
Pork Carnitas	169.2	709.2	7.1	2.3	1.1	0.5	1.2	26.3	0.4			
Beef Barbacoa	188.4	792.0	8.5	3.1	3.0	0.5	1.2	25.1	0.5			
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Milk	
Chipotle Cheese Sauce	94.0	396.0	8.0	4.8	1.4	0.8	0.0	4.1	0.5	V	Milk	
Monterey Jack Cheese	64.2	267.0	4.8	3.1	0.0	0.0	0.0	5.0	0.3	V	Milk	
Iceberg Lettuce	2.8	12.0	0.1	0.0	0.4	0.4	0.1	0.1	0.0	V, VE		
Sour Cream	59.7	247.2	5.6	3.4	1.6	1.6	0.0	1.3	0.1	V	Milk	
Chipotle Mayo (Ve)	180.0	753.9	19.9	1.5	1.9	0.8	0.0	0.3	0.4	V,VE	Sulphur Dioxide	
Chilli Cacao Mayo	112.8	471.9	11.3	0.8	2.5	0.9	1.0	0.3	0.7	V,VE	Sulphur Dioxide	
Avocado Ranch	86.8	360.5	8.7	1.9	1.3	0.8	0.5	0.7	0.2	V	Milk. Sulphur Dioxide	
Coriander Lime Mayo (Ve)	126.8	528.0	4.0	0.4	0.9	0.5	0.4	0.3	0.2	V,VE	Sulphur Dioxide	
Guacamole	95.4	393.6	9.4	2.0	1.6	0.7	0.2	1.0	0.0	V, VE	Sulphur Dioxide	
Fermented Purple Carrots	7.8	32.7	0.1	0.0	2.1	0.0	1.2	0.2	0.8	V, VE	Sulphur Dioxide	Celery,Soy & Mustard
Pickled Celery	22.2	92.7	0.1	0.0	5.0	4.8	0.7	0.3	0.9	V,VE	Celery	Soy & Mustard
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	
Sweetcorn Salsa	21.6	90.9	0.4	0.1	3.8	1.4	0.8	0.7	0.5	V,VE	Sulphur Dioxide	

Dietary: V - Vegetarian VE - Vegan H - Halal

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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)	16.1	67.9	0.6	0.1	1.3	1.3	0.9	1.0	0.0	V, VE		
Grilled Veg (filling)	24.8	102.7	0.3	0.0	6.2	3.1	1.3	1.2	0.8	V, VE		
Vegan Chilli	63.8	269.4	2.0	0.1	5.2	2.3	2.2	6.6	0.3	V, VE	Soybeans	
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			
Barbacoa Beef	125.6	528.0	5.7	2.0	2.0	0.3	0.8	16.7	0.3			
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Milk	
Monterey Jack Cheese	64.2	267.0	4.8	3.1	0.0	0.0	0.0	5.0	0.3	V	Milk	
Sour Cream	59.7	247.2	5.6	3.4	1.6	1.6	0.0	1.3	0.1	V	Milk	
Chipotle Mayo (Ve)	180.0	753.9	19.9	1.5	1.9	0.8	0.0	0.3	0.4	V,VE	Sulphur Dioxide	
Avocado Ranch	86.8	360.5	8.7	1.9	1.3	0.8	0.5	0.7	0.2	V	Milk. Sulpher Dioxide	
Chilli Cacao Mayo	112.8	471.9	11.3	0.8	2.5	0.9	1.0	0.3	0.7	V,VE	Sulpher Dioxide	
Coriander Lime Mayo (Ve)	126.8	528.0	4.0	0.4	0.9	0.5	0.4	0.3	0.2	V,VE	Sulphur Dioxide	
Guacamole	95.4	393.6	9.4	2.0	1.6	0.7	0.2	1.0	0.0	V, VE	Sulphur Dioxide	
Fermented Purple Carrots	7.8	32.7	0.1	0.0	2.1	0.0	1.2	0.2	0.8	V, VE	Sulphur Dioxide	Celery,Soy & Mustard
Pickled Celery	22.2	92.7	0.1	0.0	5.0	4.8	0.7	0.3	0.9	V,VE	Celery	Soy & Mustard
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	
Tajin Cucumber Salsa	6.2	25.7	0.1	0.0	0.8	0.6	0.3	0.3	0.2	V,VE		
Sweetcorn Salsa	21.6	90.9	0.4	0.1	3.8	1.4	0.8	0.7	0.5	V,VE	Sulphur Dioxide	
Salsa Ranchera (mild)	14.0	58.8	0.6	0.1	2.1	0.9	0.4	0.4	0.4	V, VE		
Salsa Verde (medium)	10.0	42.8	0.2	0.0	2.0	1.4	0.3	0.2	0.7	V, VE	Sulphur Dioxide	
Salsa Roja (hot)	18.4	76.8	0.6	0.2	3.3	0.4	1.6	0.8	0.4	V, VE	Sulphur Dioxide	
Piña Picante (hot)	10.6	44.5	0.0	0.0	2.8	2.4	0.2	0.1	0.4	V,VE	Sulphur Dioxide	
Pickled Red Onions	7.6	32.0	0.0	0.0	1.3	0.9	0.2	0.2	0.0	V	Sulphur Dioxide	
Onion & Coriander	3.3	15.8	0.1	0.0	0.4	0.4	0.3	0.2	0.0	V, VE		
Jalapeños	3.2	13.4	0.0	0.0	0.5	0.2	0.1	0.1	0.0	V, VE		
Iceberg Lettuce	2.8	12.0	0.1	0.0	0.4	0.4	0.1	0.1	0.0	V, VE		
Toasted Seeds & Grains	44.6	184.7	3.4	0.5	1.4	0.1	0.9	1.8	0.0	V,VE		Almonds, Brazil Nut, Cashew Nut, Hazelnut, Macadamia/ Queensland Nut, Nuts, Peanuts, Pecan Nut, Pistachio and Walnut

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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)	20.2	84.9	0.7	0.1	1.6	1.6	1.1	1.3	0.0	V, VE		
Grilled Veg (filling)	24.8	102.7	0.3	0.0	6.2	3.1	1.3	1.2	0.8	V, VE		
Vegan Chilli	95.7	404.0	3.0	0.1	7.8	3.5	3.4	9.8	0.5	V, VE	Soybeans	
Buffalo Hot Chicken	223.2	936.0	9.8	2.5	3.4	1.2	1.4	31.7	1.3	H	Soybean, Sulphur Dioxide	Eggs, Milk, Mustard
Chicken Asado	199.2	836.4	7.7	1.8	2.4	0.5	1.2	31.2	0.2	H	Sulphur Dioxide	
Pork Carnitas	169.2	709.2	7.1	2.3	1.1	0.5	1.2	26.3	0.4			
Barbacoa Beef	188.4	792.0	8.5	3.1	3.0	0.5	1.2	25.1	0.5			
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Milk	
Monterey Jack Cheese	64.2	267.0	4.8	3.1	0.0	0.0	0.0	5.0	0.3	V	Milk	
Sour Cream	59.7	247.2	5.6	3.4	1.6	1.6	0.0	1.3	0.1	V	Milk	
Chipotle Mayo (Ve)	180.0	753.9	19.9	1.5	1.9	0.8	0.0	0.3	0.4	V,VE	Sulphur Dioxide	
Avocado Ranch	86.8	360.5	8.7	1.9	1.3	0.8	0.5	0.7	0.2	V	Milk. Sulpher Dioxide	
Chilli Cacao Mayo	112.8	471.9	11.3	0.8	2.5	0.9	1.0	0.3	0.7	V,VE	Sulpher Dioxide	
Coriander Lime Mayo (Ve)	126.8	528.0	4.0	0.4	0.9	0.5	0.4	0.3	0.2	V, VE	Sulphur Dioxide	
Guacamole	95.4	393.6	9.4	2.0	1.6	0.7	0.2	1.0	0.0	V, VE	Sulphur Dioxide	
Fermented Purple Carrots	7.8	32.7	0.1	0.0	2.1	0.0	1.2	0.2	0.8	V, VE	Sulphur Dioxide	Celery,Soy & Mustard
Pickled Celery	22.2	92.7	0.1	0.0	5.0	4.8	0.7	0.3	0.9	V,VE	Celery	Soy & Mustard
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	
Tajin Cucumber Salsa	6.2	25.7	0.1	0.0	0.8	0.6	0.3	0.3	0.2	V,VE		
Sweetcorn Salsa	21.6	90.9	0.4	0.1	3.8	1.4	0.8	0.7	0.5	V,VE	Sulphur Dioxide	
Salsa Ranchera (mild)	14.0	58.8	0.6	0.1	2.1	0.9	0.4	0.4	0.4	V, VE		
Salsa Verde (medium)	10.0	42.8	0.2	0.0	2.0	1.4	0.3	0.2	0.7	V, VE	Sulphur Dioxide	
Salsa Roja (hot)	18.4	76.8	0.6	0.2	3.3	0.4	1.6	0.8	0.4	V, VE	Sulphur Dioxide	
Piña Picante (hot)	10.6	44.5	0.0	0.0	2.8	2.4	0.2	0.1	0.4	V,VE	Sulphur Dioxide	
Pickled Red Onions	7.6	32.0	0.0	0.0	1.3	0.9	0.2	0.2	0.0	V	Sulphur Dioxide	
Onion & Coriander	3.3	15.8	0.1	0.0	0.4	0.4	0.3	0.2	0.0	V, VE		
Jalapeños	3.2	13.4	0.0	0.0	0.5	0.2	0.1	0.1	0.0	V, VE		
Iceberg Lettuce	2.8	12.0	0.1	0.0	0.4	0.4	0.1	0.1	0.0	V, VE		
Toasted Seeds & Grains	44.6	184.7	3.4	0.5	1.4	0.1	0.9	1.8	0.0	V, VE		Almonds, Brazil Nut, Cashew Nut, Hazelnut, Macadamia/ Queensland Nut, Nuts, Peanuts, Pecan Nut, Pistachio and Walnut

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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)	189.0	795.6	4.2	2.5	32.4	1.7	0.9	4.5	1.4	V,VE	Cereals Containing Gluten	
Corn Tacos (3)	189.9	803.7	1.6	0.2	32.8	0.3	0.0	4.0	0.8	V,VE		
Grilled Veg (topping)	6.2	25.7	0.1	0.0	1.5	0.8	0.3	0.3	0.2	V,VE		
Chicken Asado	199.2	836.4	7.7	1.8	2.4	0.5	1.2	31.2	0.2	H	Sulphur Dioxide	
Pork Carnitas	169.2	709.2	7.1	2.3	1.1	0.5	1.2	26.3	0.4			
Beef Barbacoa	188.4	792.0	8.5	3.1	3.0	0.5	1.2	25.1	0.5			
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Milk	
Vegan Chilli	94.8	398.4	0.6	0.1	18.4	2.9	9.5	8.8	1.2	V,VE	Soybeans	
Chipotle Cheese Sauce	71.6	297.6	5.2	3.2	3.1	1.0	0.0	3.0	0.2	V	Milk	
Monterey Jack Cheese	64.2	267.0	4.8	3.1	0.0	0.0	0.0	5.0	0.3	V	Milk	
Sour Cream	59.7	247.2	5.6	3.4	1.6	1.6	0.0	1.3	0.1	V	Milk	
Chipotle Mayo (Ve)	180.0	753.9	19.9	1.5	1.9	0.8	0.0	0.3	0.4	V,VE	Sulphur Dioxide	
Avocado Ranch	86.8	360.5	8.7	1.9	1.3	0.8	0.5	0.7	0.2	V	Milk. Sulpher Dioxide	
Chilli Cacao Mayo	112.8	471.9	11.3	0.8	2.5	0.9	1.0	0.3	0.7	V,VE	Sulpher Dioxide	
Coriander Lime Mayo (Ve)	126.8	528.0	4.0	0.4	0.9	0.5	0.4	0.3	0.2	V,VE	Sulphur Dioxide	
Guacamole	95.4	393.6	9.4	2.0	1.6	0.7	0.2	1.0	0.0	V,VE	Sulphur Dioxide	
Fermented Purple Carrots	7.8	32.7	0.1	0.0	2.1	0.0	1.2	0.2	0.8	V, VE	Sulphur Dioxide	Celery,Soy & Mustard
Pickled Celery	22.2	92.7	0.1	0.0	5.0	4.8	0.7	0.3	0.9	V,VE	Celery	Soy & Mustard
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	
Sweetcorn Salsa	21.6	90.9	0.4	0.1	3.8	1.4	0.8	0.7	0.5	V,VE	Sulphur Dioxide	
Salsa Ranchera (mild)	14.0	58.8	0.6	0.1	2.1	0.9	0.4	0.4	0.4	V, VE		

Dietary: V - Vegetarian VE - Vegan H - Halal

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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	
Pickled Celery	22.2	92.7	0.1	0.0	5.0	4.8	0.7	0.3	0.9	V,VE	Celery	Soy & Mustard
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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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	281.2	1189.4	4.6	2.3	52.2	3.0	2.2	6.8	1.1	V,VE	Cereals Containing Gluten	Mustard
Chicken Asado	66.4	278.8	2.6	0.6	0.8	0.2	0.4	10.4	0.1	H	Sulphur Dioxide	
Grilled Veg	12.4	51.4	0.2	0.0	3.1	1.6	0.6	0.6	0.4	V,VE		
Pork Carnitas	62.8	264.0	2.8	1.0	1.0	0.2	0.4	8.4	0.2			
Beef Barbacoa	57.6	242.4	2.5	1.0	0.5	0.0	0.2	8.4	0.3			
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Milk	
Vegan Chilli	31.6	132.8	0.2	0.0	6.1	1.0	3.2	2.9	0.4	V,VE	Soybeans	
Monterey Jack Cheese	192.7	801.0	14.4	9.2	0.1	0.1	0.0	15.1	1.0	V	Milk	
Sour Cream	79.6	329.6	7.4	4.6	2.1	2.1	0.0	1.8	0.1	V	Milk	
Chilli Cacao Mayo	112.8	471.9	11.3	0.8	2.5	0.9	1.0	0.3	0.7	V,VE	Sulphur Dioxide	
Guacamole	95.4	393.6	9.4	2.0	1.6	0.7	0.2	1.0	0.0	V,VE	Sulphur Dioxide	
Pickled Celery	22.2	92.7	0.1	0.0	5.0	4.8	0.7	0.3	0.9	V,VE	Celery	Soy & Mustard
Pico de Gallo	6.0	26.1	0.0	0.0	1.2	1.1	0.4	0.2	0.0	V,VE	Sulphur Dioxide	
Fermented Purple Carrots	7.8	32.7	0.1	0.0	2.1	0.0	1.2	0.2	0.8	V, VE	Sulphur Dioxide	Celery,Soy & Mustard
Sweetcorn Salsa	10.8	45.5	0.2	0.0	1.9	0.7	0.4	0.3	0.2	V,VE	Sulphur Dioxide	
Onion & Coriander	13.2	63.0	0.3	0.0	1.6	1.5	1.4	0.9	0.0	V, VE		

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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	265.6	1115.2	10.2	2.4	3.1	0.6	1.6	41.6	0.3	H	Sulphur Dioxide	
Pork Carnitas	225.6	945.6	9.4	3.1	1.4	0.6	1.6	35.0	0.5			
Beef Barbacoa	251.2	1056.0	11.4	4.1	4.0	0.6	1.6	33.4	0.6			
Vegan Chilli	127.6	538.7	4.0	0.2	10.4	4.6	4.5	13.1	0.6	V, VE	Soybeans	
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Milk	
Chipotle Cheese Sauce	94.0	396.0	8.0	4.8	1.4	0.8	0.0	4.1	0.5	V	Milk	
Monterey Jack Cheese	112.0	267.0	4.8	3.1	0.0	0.0	0.0	5.0	0.3	V	Milk	
Sour Cream	59.7	247.2	5.6	3.4	1.6	1.6	0.0	1.3	0.1	V	Milk	
Chipotle Mayo (Ve)	180.0	753.9	19.9	1.5	1.9	0.8	0.0	0.3	0.4	V,VE	Sulphur Dioxide	
Chilli Cacao Mayo	112.8	471.9	11.3	0.8	2.5	0.9	1.0	0.3	0.7	V,VE	Sulphur Dioxide	
Avocado Ranch	86.8	360.5	8.7	1.9	1.3	0.8	0.5	0.7	0.2	V	Milk. Sulphur Dioxide	
Coriander Lime Mayo (Ve)	126.8	528.0	4.0	0.4	0.9	0.5	0.4	0.3	0.2	V,VE	Sulphur Dioxide	
Guacamole	95.4	393.6	9.4	2.0	1.6	0.7	0.2	1.0	0.0	V, VE	Sulphur Dioxide	
Fermented Purple Carrots	7.8	32.7	0.1	0.0	2.1	0.0	1.2	0.2	0.8	V, VE	Sulphur Dioxide	Celery,Soy & Mustard
Pickled Celery	22.2	92.7	0.1	0.0	5.0	4.8	0.7	0.3	0.9	V,VE	Celery	Soy & Mustard
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	
Sweetcorn Salsa	32.4	122.7	0.6	0.1	5.8	2.1	1.2	1.0	0.7	V,VE	Sulphur Dioxide	
Salsa Ranchera (mild)	14.0	58.8	0.6	0.1	2.1	0.9	0.4	0.4	0.4	V, VE		
Salsa Verde (medium)	10.0	42.8	0.2	0.0	2.0	1.4	0.3	0.2	0.7	V, VE	Sulphur Dioxide	
Salsa Roja (hot)	18.4	76.8	0.6	0.2	3.3	0.4	1.6	0.8	0.4	V, VE	Sulphur Dioxide	
Piña Picante (hot)	10.6	44.5	0.0	0.0	2.8	2.4	0.2	0.1	0.4	V,VE	Sulphur Dioxide	
Pickled Red Onions	7.6	32.0	0.0	0.0	1.3	0.9	0.2	0.2	0.0	V	Sulphur Dioxide	
Jalapeños	3.2	13.4	0.0	0.0	0.5	0.2	0.1	0.1	0.0	V, VE		
Onion & Coriander	3.3	15.8	0.1	0.0	0.4	0.4	0.3	0.2	0.0	V, VE		
Iceberg Lettuce	1.4	6.0	0.0	0.0	0.2	0.2	0.1	0.1	0.0	V, VE		
Lime wedge	2.48	11.76	0.024	0	0.8	0.136	0.232	0	0	V, VE		

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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)	423.0	1773.0	18.5	1.6	62.7	0.6	7.3	5.1	0.8	V, VE		
Tortilla Chips (side portion)	211.5	886.5	9.2	0.8	31.4	0.3	3.6	2.6	0.4	V, VE		
Medium Guacamole	190.8	787.2	18.8	4.0	3.1	1.4	0.4	2.0	0.0	V, VE	Sulphur Dioxide	
Large Guacamole	381.6	1574.4	37.7	7.9	6.2	2.9	0.7	4.1	0.0	V, VE	Sulphur Dioxide	
Medium Chillli Cacao Mayo	300.8	1258.4	30.1	2.2	6.6	2.5	1.0	0.8	1.8	V, VE	Sulphur Dioxide	
Large Chillli Cacao Mayo	601.6	2516.8	60.2	4.4	13.2	5.0	1.0	1.6	3.7	V, VE	Sulphur Dioxide	
Medium Chipotle Cheese Sauce	143.2	595.2	10.4	6.4	6.2	2.1	0.0	5.9	0.4	V	Milk	
Large Chipotle Cheese Sauce	286.4	1190.4	20.8	12.8	12.3	4.2	0.0	11.8	0.8	V	Milk	
Medium Sour Cream	119.4	494.4	10.8	6.7	3.1	3.1	0.0	2.6	0.1	V	Milk	
Large Sour Cream	238.8	988.8	21.6	13.4	6.2	6.2	0.0	5.3	0.2	V	Milk	
Medium Chipotle Mayo (Ve)	360.0	1507.8	39.7	2.9	3.8	1.7	0.0	0.7	0.8	V, VE	Sulphur Dioxide	
Large Chipotle Mayo (Ve)	720.0	3015.6	79.4	5.9	7.5	3.3	0.0	1.3	1.6	V, VE	Sulphur Dioxide	
Medium Avocado Ranch	173.6	721.0	17.4	3.9	2.5	1.5	1.0	1.4	0.3	V	Milk. Sulphur Dioxide	
Large Avocado Ranch	347.2	1442.1	34.9	7.7	5.1	3.1	2.0	2.9	0.7	V	Milk. Sulphur Dioxide	
Medium Coriander Lime Mayo (Ve)	253.6	1056.0	8.1	0.8	1.8	1.0	0.8	0.6	0.5	V, VE	Sulphur Dioxide	
Large Coriander Lime Mayo (Ve)	507.2	2112.0	16.2	1.6	3.6	2.0	1.5	1.2	1.0	V, VE	Sulphur Dioxide	
Medium Pico de Gallo	24.0	104.4	0.1	0.0	4.8	4.2	1.4	0.8	0.0	V, VE	Sulphur Dioxide	
Large Pico de Gallo	48.0	208.8	0.2	0.0	9.6	8.4	2.9	1.7	0.0	V, VE	Sulphur Dioxide	
Medium Sweetcorn Salsa	43.2	181.8	0.8	0.2	7.7	2.8	1.6	1.4	1.0	V, VE	Sulphur Dioxide	
Large Sweetcorn Salsa	64.8	272.8	1.2	0.2	11.5	4.2	2.4	2.0	1.4	V, VE	Sulphur Dioxide	
Medium Salsa Ranchera (mild)	28.0	117.6	1.1	0.2	4.2	1.8	0.7	0.9	0.7	V, VE		
Large Salsa Ranchera (mild)	66.5	279.3	2.7	0.4	9.9	4.2	1.7	2.1	1.7	V, VE		
Medium Salsa Verde (medium)	20.0	85.6	0.4	0.1	4.0	2.8	0.6	0.5	1.4	V, VE	Sulphur Dioxide	
Large Salsa Verde (medium)	40.0	171.2	0.8	0.2	8.0	5.6	1.1	1.0	2.7	V, VE	Sulphur Dioxide	
Medium Salsa Roja (hot)	36.8	153.6	1.2	0.3	6.6	0.9	3.3	1.5	0.9	V, VE	Sulphur Dioxide	
Large Salsa Roja (hot)	73.6	307.2	2.4	0.6	13.1	1.8	6.6	3.0	1.8	V, VE	Sulphur Dioxide	
Queso Fundido	423.0	1773.0	18.5	1.6	62.7	0.6	7.3	5.1	0.8		Milk	
Pina Picante Hot Sauce	10.6	44.5	0.0	0.0	2.8	2.4	0.2	0.1	0.4	V, VE	Sulphur Dioxide	
Valentina Hot Sauce	3.6	15.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	V, VE	Sulphur Dioxide	
Dulce & Banana Quesadilla	283.1	1197.7	8.3	4.4	44.4	15.5	1.7	7.0	1.1	V	Cereals Containing 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	143.8	600.9	0.5	0.1	33.6	0.9	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 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

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	

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 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	

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										
Margarita (Glass)	116.0	490.0	0.0	0.0	13.2	11.2	0.0	0.0	1.0	V,VE	Sulphur Dioxide	Soybeans, Nuts, Peanuts
Spiced Apple Margarita (Glass)	122.9	518.8	0.4	0.1	13.8	11.3	0.3	0.2	1.6	V,VE	Sulphur Dioxide	

*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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