

NUTRITION & ALLERGEN INFORMATION

Updated 28 April 2023



Chilango

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
Coriander Lime Rice	94.4	400.0	0.7	0.1	19.6	0.1	0.3	2.2	0.9	V, VE	Sulphites	
Cos Lettuce	5.1	20.7	0.0	0.0	0.1	0.1	0.1	0.1	0.0	V, VE		
Black Beans	104.0	436.8	1.1	0.2	20.7	1.3	8.0	7.0	0.5	V, VE		Soybeans, Nuts, Peanuts, Mustard, Celery
Pinto Beans	113.4	477.8	0.8	0.5	24.5	1.6	10.1	7.2	0.5	V, VE		Soybeans, Nuts, Peanuts, Celery
Fajita Peppers and Onions	22.0	92.4	0.6	0.0	2.9	2.4	1.2	0.5	0.5	V, VE	*Cooked on the same grill as THIS Isn't Chicken which contains allergens: Soya, Sulphites, Celery, Mustard, Cereals containing Gluten (and products thereof)	
THIS Isn't Chicken	177.7	742.9	5.4	0.6	10.5	4.3	6.9	19.0	2.1	V, VE	Soya, Sulphites, Celery, Mustard	Cereals containing Gluten (and products thereof)
Chicken	211.0	883.0	10.6	3.1	2.7	0.7	0.0	25.7	0.7		Celery, Mustard	Sulphites
Carnitas (Pork)	187.2	779.4	11.7	4.6	0.0	0.0	0.0	20.3	1.4			Cereals Containing Gluten, Mustard
Steak	277.4	1150.5	22.1	8.6	0.5	0.0	0.0	19.1	1.0		*Cooked on the same grill as grilled prawns which contain allergens: Crustacean, Celery	
Prawns	146.2	616.0	2.6	0.5	2.0	1.7	0.2	28.7	1.1		Crustacean/Celery	
Surf and Turf	221.5	923.3	13.5	5.0	1.2	0.8	0.1	23.7	1.0		Crustacean/Celery	
Chipotle Cheese Sauce	70.5	297.0	6.0	3.6	1.0	0.6	0.0	3.1	0.4	V	Milk	
Monterey Jack Cheese	80.3	333.8	6.0	3.8	0.0	0.0	0.0	6.3	0.4	V	Milk	
Sour Cream	29.9	117.0	2.6	1.7	0.8	0.8	0.0	0.6	0.0	V	Milk	
Guacamole	161.5	664.7	15.6	3.2	1.8	0.7	3.7	1.5	0.0	V, VE	Sulphites	
Pico de Gallo	9.5	40.0	0.1	0.0	1.7	1.6	0.6	0.3	0.2	V, VE	Sulphites	
Salsa Verde	23.8	98.7	0.6	0.1	3.3	2.9	1.3	0.7	0.8	V, VE	Sulphites	
Asada	12.6	51.8	0.1	0.0	2.1	1.8	0.7	0.4	0.6	V, VE	Sulphites	
BBQ Salsa	72.1	305.9	0.1	0.0	16.7	16.0	0.6	0.7	1.3	V, VE	Sulphites, Celery, Mustard	
Pickled Red Onions	7.6	32.0	0.0	0.0	1.3	0.9	0.2	0.2	0.0	V, VE	Sulphur Dioxide	
Chipotle Crema	87.9	362.0	9.4	0.7	0.7	0.5	0.1	0.1	0.7	V, VE	Mustard, Sulphites	

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Updated:

Apr-23

Dietary: V - Vegetarian VE - Vegan H - Halal

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Chilango

HOTBOX / 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										
Coriander Lime Rice	283.2	1200.0	2.2	0.2	58.8	0.2	1.0	6.5	2.6	V, VE	Sulphites	
Cos Lettuce	5.1	20.7	0.0	0.0	0.1	0.1	0.1	0.1	0.0	V, VE		
Black Beans	104.0	436.8	1.1	0.2	20.7	1.3	8.0	7.0	0.5	V, VE		Soybeans, Nuts, Peanuts, Mustard, Celery
Pinto Beans	113.4	477.8	0.8	0.5	24.5	1.6	10.1	7.2	0.5	V, VE		Soybeans, Nuts, Peanuts, Celery
Fajita Peppers and Onions	44.0	184.8	1.3	0.1	5.8	4.7	2.5	1.0	1.0	V, VE	*Cooked on the same grill as our vegan THIS Isn't Chicken which contains the following allergens: Soya, Sulphites, Celery, Mustard, Cereals containing Gluten (and products thereof)	
THIS Isn't Chicken	177.7	742.9	5.4	0.6	10.5	4.3	6.9	19.0	2.1	V, VE	Soya, Sulphites, Celery, Mustard	Cereals containing Gluten (and products thereof)
Chicken	211.0	883.0	10.6	3.1	2.7	0.7	0.0	25.7	0.7		Celery, Mustard	Sulphites
Carnitas (Pork)	197.6	822.7	12.4	4.8	0.0	0.0	0.0	21.5	1.5			Cereals Containing Gluten, Mustard
Steak	277.4	1150.5	22.1	8.6	0.5	0.0	0.0	19.1	1.0		*Cooked on the same grill as grilled prawns which contain allergens: Crustacean, Celery	
Prawns	146.2	616.0	2.6	0.5	2.0	1.7	0.2	28.7	1.1		Crustacean/Celery	
Surf and Turf	221.5	923.3	13.5	5.0	1.2	0.8	0.1	23.7	1.0		Crustacean/Celery	
Chipotle Cheese Sauce	70.5	297.0	6.0	3.6	1.0	0.6	0.0	3.1	0.4	V	Milk	
Monterey Jack Cheese	80.3	333.8	6.0	3.8	0.0	0.0	0.0	6.3	0.4	V	Milk	
Sour Cream	29.9	117.0	2.6	1.7	0.8	0.8	0.0	0.6	0.0	V	Milk	
Guacamole	161.5	664.7	15.6	3.2	1.8	0.7	3.7	1.5	0.0	V, VE	Sulphites	
Pico de Gallo	9.5	40.0	0.1	0.0	1.7	1.6	0.6	0.3	0.2	V, VE	Sulphites	
Salsa Verde	23.8	98.7	0.6	0.1	3.3	2.9	1.3	0.7	0.8	V, VE	Sulphites	
Asada	12.6	51.8	0.1	0.0	2.1	1.8	0.7	0.4	0.6	V, VE	Sulphites	
BBQ Salsa	72.1	305.9	0.1	0.0	16.7	16.0	0.6	0.7	1.3	V, VE	Sulphites, Celery, Mustard	
Pickled Red Onions	7.6	32.0	0.0	0.0	1.3	0.9	0.2	0.2	0.0	V, VE	Sulphur Dioxide	
Chipotle Crema	87.9	362.0	9.4	0.7	0.7	0.5	0.1	0.1	0.7	V, VE	Mustard, Sulphites	

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Updated:

Apr-23

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.

Chilango

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										
Soft taco shell (3)	267.1	1118.0	8.1	4.0	42.5	2.3	1.7	7.0	0.8	V, VE	Cereals containing Gluten	
Fajita Peppers and Onions	44.0	184.8	1.3	0.1	5.8	4.7	2.5	1.0	1.0	V, VE	*Cooked on the same grill as our vegan THIS Isn't Chicken which contains the following allergens: Soya, Sulphites, Celery, Mustard, Cereals containing Gluten (and products thereof)	
THIS Isn't Chicken	177.7	742.9	5.4	0.6	10.5	4.3	6.9	19.0	2.1	V, VE	Soya, Sulphites, Celery, Mustard	Cereals containing Gluten (and products thereof)
Chicken	211.0	883.0	10.6	3.1	2.7	0.7	0.0	25.7	0.7		Celery, Mustard	Sulphites
Carnitas (Pork)	197.6	822.7	12.4	4.8	0.0	0.0	0.0	21.5	1.5			Cereals Containing Gluten, Mustard
Steak	277.4	1150.5	22.1	8.6	0.5	0.0	0.0	19.1	1.0		*Cooked on the same grill as grilled prawns which contain allergens: Crustacean, Celery	
Prawns	73.1	308.0	1.3	0.2	1.0	0.9	0.1	14.3	0.5		Crustacean/Celery	
Surf and Turf	221.5	923.3	13.5	5.0	1.2	0.8	0.1	23.7	1.0		Crustacean/Celery	
Chipotle Cheese Sauce	70.5	297.0	6.0	3.6	1.0	0.6	0.0	3.1	0.4	V	Milk	
Monterey Jack Cheese	32.1	133.5	2.4	1.5	0.0	0.0	0.0	2.5	0.2	V	Milk	
Sour Cream	29.9	117.0	2.6	1.7	0.8	0.8	0.0	0.6	0.0	V	Milk	
Guacamole	161.5	664.7	15.6	3.2	1.8	0.7	3.7	1.5	0.0	V, VE	Sulphites	
Pico de Gallo	6.7	28.0	0.1	0.0	1.2	1.1	0.4	0.2	0.1	V, VE	Sulphites	
Salsa Verde	11.9	49.4	0.3	0.0	1.6	1.4	0.7	0.4	0.4	V, VE	Sulphites	
Asada	6.3	25.9	0.0	0.0	1.1	0.9	0.4	0.2	0.3	V, VE	Sulphites	
BBQ Salsa	36.1	153.0	0.1	0.0	8.4	8.0	0.3	0.4	0.6	V, VE	Sulphites, Celery, Mustard	
Pickled Red Onions	7.6	32.0	0.0	0.0	1.3	0.9	0.2	0.2	0.0	V, VE	Sulphur Dioxide	
Chipotle Crema	58.6	241.3	6.3	0.5	0.5	0.3	0.0	0.0	0.5	V, VE	Mustard, Sulphites	

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Chilango

SHARERS

MENU	ENERGY		FAT (G)	SAT FAT (G)	CARBS (G)	SUGARS (G)	FIBRE (G)	PROTEIN (G)	SALT (G)	DIETARY	CONTAINS ALLERGENS	MAY CONTAIN
ITEM	KCAL	KJ										
Baked Fries	391.4	1637.8	22.8	1.9	43.7	1.9	5.7	5.7	1.9	V, VE	Gluten (Wheat)	
Tortilla Chips	441.0	1852.2	21.1	1.9	26.6	1.2	6.1	6.1	0.9	V, VE		
Cheese Sauce	211.5	891.0	18.1	10.8	3.1	1.8	0.0	9.3	1.2	V		
Guacamole	161.5	664.7	15.6	3.2	1.8	0.7	3.7	1.5	0.0	V, VE	Sulphites	
Pico de Gallo	9.5	40.0	0.1	0.0	1.7	1.6	0.6	0.3	0.2	V, VE	Sulphites	
Asada	12.6	51.8	0.1	0.0	2.1	1.8	0.7	0.4	0.6	V, VE	Sulphites	Soy, Gluten
Pickled Red Onion	7.6	32.0	0.0	0.0	1.3	0.9	0.2	0.2	0.0	V, VE		

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Updated:

Apr-23

PROTEIN BOX

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										
Cos Lettuce	5.1	20.7	0.0	0.0	0.1	0.1	0.1	0.1	0.0	V, VE		
Black Beans	104.0	436.8	1.1	0.2	20.7	1.3	8.0	7.0	0.5	V, VE		Soybeans, Nuts, Peanuts, Mustard, Celery
Fajita Peppers and Onions	44.0	184.8	1.3	0.1	5.8	4.7	2.5	1.0	1.0	V, VE	*Cooked on the same grill as THIS Isn't Chicken which contains allergens: Soya, Sulphites, Celery, Mustard, Cereals containing Gluten (and products thereof)	
Chicken	421.8	1765.1	21.3	6.3	5.3	1.3	0.0	51.3	1.4		Celery, Mustard	Sulphites
Pico de Gallo	9.5	40.0	0.1	0.0	1.7	1.6	0.6	0.3	0.2	V, VE	Sulphites	
TOTAL	584.4											

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Updated:

Nov-22

KETO BOX

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										
Cos Lettuce	5.1	20.7	0.0	0.0	0.1	0.1	0.1	0.1	0.0	V, VE		
Steak	277.4	1150.5	22.1	8.6	0.5	0.0	0.0	19.1	1.0		*Cooked on the same grill as grilled prawns which contain allergens: Crustacean, Celery	
Monterey Jack Cheese	32.1	133.5	2.4	1.5	0.0	0.0	0.0	2.5	0.2	V	Milk	
Sour Cream	29.9	117.0	2.6	1.7	0.8	0.8	0.0	0.6	0.0	V	Milk	
Guacamole	161.5	664.7	15.6	3.2	1.8	0.7	3.7	1.5	0.0	V, VE	Sulphites	
Pico de Gallo	9.5	40.0	0.1	0.0	1.7	1.6	0.6	0.3	0.2	V, VE	Sulphites	
TOTAL	515.5											

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Updated:

Nov-22

LOW CARB BOX

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										
Cos Lettuce	5.1	20.7	0.0	0.0	0.1	0.1	0.1	0.1	0.0	V, VE		
Fajita Peppers and Onions	44.0	184.8	1.3	0.1	5.8	4.7	2.5	1.0	1.0	V, VE	*Cooked on the same grill as THIS Isn't Chicken which contains allergens: Soya, Sulphites, Celery, Mustard, Cereals containing Gluten (and products thereof)	
Chicken	211.0	883.0	10.6	3.1	2.7	0.7	0.0	25.7	0.7		Celery, Mustard	Sulphites
Guacamole	161.5	664.7	15.6	3.2	1.8	0.7	3.7	1.5	0.0	V, VE	Sulphites	
Pico de Gallo	9.5	40.0	0.1	0.0	1.7	1.6	0.6	0.3	0.2	V, VE	Sulphites	
TOTAL	431.1											

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Updated:

Nov-22

VEGAN BOX

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 Lime Rice	283.2	1200.0	2.2	0.2	58.8	0.2	1.0	6.5	2.6	V, VE	Sulphites	
Cos Lettuce	5.1	20.7	0.0	0.0	0.1	0.1	0.1	0.1	0.0	V, VE		
Black Beans	104.0	436.8	1.1	0.2	20.7	1.3	8.0	7.0	0.5	V, VE		Soybeans, Nuts, Peanuts, Mustard, Celery
Fajita Peppers and Onions	44.0	184.8	1.3	0.1	5.8	4.7	2.5	1.0	1.0	V, VE	*Cooked on the same grill as THIS Isn't Chicken which contains allergens: Soya, Sulphites, Celery, Mustard, Cereals containing Gluten (and products thereof)	
Guacamole	161.5	664.7	15.6	3.2	1.8	0.7	3.7	1.5	0.0	V, VE	Sulphites	
Pico de Gallo	9.5	40.0	0.1	0.0	1.7	1.6	0.6	0.3	0.2	V, VE	Sulphites	
TOTAL	607.3											

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Chilango

MENU	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 115g (Bag)	626.0	2615.0	29.9	2.7	37.7	1.7	8.7	8.7	1.3			
Tortilla Chips (50g) and Asada Salsa pot	284.1	1188.0	13.1	1.2	18.6	2.5	4.5	4.2	2.0			
Pico de Gallo Salsa pot (70g)	12.6	56.0	0.1	0.0	2.4	2.2	0.8	0.4	0.3		Sulphites	
Asada Salsa Pot (70g)	12.0	52.0	0.1	0.0	2.1	1.8	0.7	0.4	0.6		Sulphites	Soy, Gluten
Verde Salsa Pot (70g)	24.0	99.0	0.6	0.1	3.3	2.9	1.3	0.7	0.8		Sulphites	
BBQ Salsa Pot (70g)	72.0	306.0	0.1	0.0	16.7	16.0	0.7	0.7	1.3		Sulphites, Celery, Mustard	
Chipotle Crema Pot (70g)	410.0	1689.0	43.9	3.3	3.4	2.2	0.3	0.3	3.2		Mustard, Sulphites	
Guacamole Pot (80g)	152.0	626.0	14.7	3.0	1.7	0.6	3.4	1.4	0.0		Sulphites	
Guacamole pot (170g)	323.0	1329.0	31.3	6.5	3.6	1.4	7.3	3.1	0.0		Sulphites	
Baked Fries	288.0	905.0	13.0	1.0	24.0	1.0	3.0	3.0	1.0		Gluten (Wheat)	
Baked Fries with BBQ Salsa	298.0	1211.0	13.1	1.0	40.7	17.0	3.7	3.7	2.3		Gluten (Wheat), Sulphites, Celery, Mustard	
Baked Fries with Chipotle Crema	626.0	2594.0	56.9	4.3	27.4	3.3	3.3	3.3	4.2		Gluten (Wheat), Mustard, Sulphites	
Homemade Lemonade	311.0	1323.0	0.1	0.0	77.1	72.7	0.0	0.5	0.0		Sulphites	

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