NUTRITION & ALLERGEN INFORMATION

Updated 16 November 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	
Coriander Rice (Burrito)	124	524	3	0	22	0	1	2	0	V, VE		
Mexican Rice (Burrito)	145	614	3	0	26	1	1	3	1	V, VE		
Coriander Rice (Bowl)	186	786	4	0	32	0	1	4	0	V, VE		
Mexican Rice (Bowl)	217	920	5	0	39	1	1	4	2	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			
Beef Birria	126	528	6	2	2	0	1	17	0			Cereals Containing Gluten, Mustard, Nuts, Sesame seens, 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	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, VE	Milk, Sulphur Dioxide	
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 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	
Coriander Rice (Burrito)	186	786	4	0	32	0	1	4	0	V, VE		
Mexican Rice (Burrito)	217	920	5	0	39	1	1	4	2	V, VE		
Coriander Rice (Bowl)	248	1048	6	0	43	1	1	5	0	V, VE		
Mexican Rice (Bowl)	290	1227	6	1	53	1	2	5	2	V, VE		
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			
Beef Birria	188	792	9	3	3	0	1	25	0			Cereals Containing Gluten, Mustard, Nuts, Sesame seeds, 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	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, VE	Milk, Sulphur Dioxide	
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	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			
Beef Barbacoa	126	528	6	2	2	0	1	17	0			
Beef Birria	126	528	6	2	2	0	1	17	0			Cereals Containing Gluten, Mustard, Nuts, Sesame seens, Soybeans.
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, VE	Milk, Sulphur Dioxide	
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	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, VE	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			
Beef Barbacoa	188	792	9	3	3	0	1	25	0			
Beef Birria	188	792	9	3	3	0	1	25	0			Cereals Containing Gluten, Mustard, Nuts, Sesame seeds, Soybeans.
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, VE	Milk, Sulphur Dioxide	
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	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, VE	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			
Beef Birria	188	792	9	3	3	0	1	25	0			Cereals Containing Gluten, Mustard, Nuts, Sesame seens, Soybeans.
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, VE	Milk, Sulphur Dioxide	
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	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	1803	21	2	62	1	5	6	1	V, VE		
Chipotle Cheese Sauce	212	891	18	11	3	2	0	9	1	V	Milk	
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 Babacoa	126	528	6	2	2	0	1	17	0			
Beef Birria	126	528	6	2	2	0	1	17	0			Cereals Containing Gluten, Mustard, Nuts, Sesame seeds, Soybeans.
Vegan Chilli	64	269	2	0	5	2	2	7	0	V, VE	Soybeans	
Chorizo (Pork)	125	519	11	4	0	0	0	7	1		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	

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TORTILLA 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	
Chicken Asado	133	558	5	1	2	0	1	21	0	H	Sulphur Dioxide	
Grilled Veg	25	103	0	0	6	3	1	1	1	V, VE		
Pork Carnitas	113	473	5	2	1	0	1	18	0			
Beef Barbacoa	126	528	6	2	2	0	1	17	0			
Beef Birria	126	528	6	2	2	0	1	17	0			Cereals Containing Gluten, Mustard, Nuts, Sesame seens, Soybeans.
Chorizo (Pork)	125	519	11	4	0	0	0	7	1		Milk	
Vegan Chilli	32	135	1	0	3	1	1	3	0	V, VE	Soybeans	
Monterey Jack Cheese	193	801	14	9	0	0	0	15	1	V	Milk	
Sour Cream	80	330	7	5	2	2	0	2	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, VE	Milk, Sulphur Dioxide	
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	
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		

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TORTILLA 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			
Beef Birria	251	1056	11	4	4	1	2	33	1			Cereals Containing Gluten, Mustard, Nuts, Sesame seeds, Soybeans.
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	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, VE	Milk, Sulphur Dioxide	
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	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, VE	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		

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TORTILLA BURRITOS and TACOS

FUEL BOWLS

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										
Protein Bowl (Large)	944	3973	32	11	96	12	16	75	5		Milk, Sulphur Dioxide	
Plant Bowl (Large)	784	3293	40	4	86	12	16	26	2	V, VE	Soybean, Sulphur Dioxide	
Balance Bowl (Large)	813	3411	33	8	80	8	14	54	2		Milk, Sulphur Dioxide	Almonds, Brazil Nut, Cashew Nut, Hazelnut, Macadamia/ Queensland Nut, Nuts, Peanuts, Pecan Nut, Pistachio and Walnut

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TORTILLA BURRITOS and TACOS

SIDES

Menu Items	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	
Birria Consume	73	301	4	0	4	2	1	4	2		Sulphur Dioxide	
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	407	1707	35	18	4	3	0	20	3			
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	

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TORTILLA BURRITOS and TACOS

DESSERTS

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										
3 Churros & Chocolate Sauce	358	1501	16	2	45	18	2	5	1	V	Cereals Containing Gluten, Milk	Nuts, mustard, eggs, Soyabean
5 Churros & Chocolate Sauce	588	2466	27	3	72	25	4	10	2	V	Cereals Containing Gluten, Milk	Nuts, mustard, eggs, Soyabean
Dessert Quesadilla	283	1198	8	4	44	16	2	7	1	V	Cereals Containing Gluten, Milk	

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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	826	3	2	36	2	2	5	1	V, VE	Cereals Containing Gluten	
Coriander Rice	124	524	3	0	22	0	1	2	0	V, VE		
Mexican Rice	145	614	3	0	26	1	1	3	1	V, VE	Sulphur dioxide	
Vegan Chilli	32	135	1	0	3	1	1	3	0	V, VE	Soyabeans	
Chicken Asado	66	279	3	1	1	0	0	10	0	H	Sulphur dioxide	
Pork Carnitas	56	236	2	1	0	0	0	9	0			
Beef Barbacoa	63	264	3	1	1	0	0	8	0			
Beef Birria	63	264	3	1	1	0	0	8	0			Cereals Containing Gluten, Mustard, Nuts, Sesame seeds, Soybeans.
Monterey Jack Cheese	64	267	5	3	0	0	0	5	0	V	Milk	
Iceburg Lettuce	1	6	0	0	0	0	0	0	0	V, VE		

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	826	3	2	36	2	2	5	1	V, VE	Cereals Containing Gluten	
Monterey Jack Cheese	128	534	10	6	0	0	0	10	1	V	Milk	
Guacamole	80	328	8	2	1	1	0	1	0	V, VE	Sulphur dioxide	
Vegan Chilli	32	135	1	0	3	1	1	3	0	V, VE	Soyabeans	
Chicken Asado	66	279	3	1	1	0	0	10	0	H	Sulphur dioxide	
Pork Carnitas	84	347	6	2	0	0	0	7	0			
Beef Barbacoa	58	242	2	1	1	0	0	8	0			

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TORTILLA BURRITOS and TACOS

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										
Medium Breakfast Burrito (Canary Wharf only)	953	3983	52	22	73	11	10	44	5		Cereals Containing Gluten, Soybeans, Milk, Eggs, Sulphur Dioxide	Mustard
Large Breakfast Burrito (Canary Wharf only)	1166	4904	58	24	104	13	15	54	7		Cereals Containing Gluten, Soybeans, Milk, Eggs, Sulphur Dioxide	Mustard
Medium Veggie Breakfast Burrito (Canary Wharf only)	738	3137	34	15	73	10	10	32	3	V	Cereals Containing Gluten, Milk, Eggs, Sulphur Dioxide	Mustard
Large Veggie Breakfast Burrito (Canary Wharf only)	951	4058	40	17	104	13	15	43	4	V	Cereals Containing Gluten, Milk, Eggs, Sulphur Dioxide	Mustard
Medium Bacon Breakfast Burrito	721	3092	37	12	67	10	5	33	5		Cereals Containing Gluten, Sulphur Dioxide, Egg, Milk	Mustard
Large Bacon Breakfast Burrito	807	3455	38	13	83	11	6	38	6		Cereals Containing Gluten, Sulphur Dioxide, Egg, Milk	Mustard
Medium Veggie Breakfast Burrito	615	2600	30	10	52	7	4	24	2	V	Cereals Containing Gluten, Egg, Milk, Sulphur Dioxide	Mustard
Large Veggie Breakfast Burrito	729	2666	32	11	63	10	6	26	3	V	Cereals Containing Gluten, Egg, Milk, Sulphur Dioxide	Mustard

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TORTILLA BURRITOS and TACOS

BREAKFAST 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										
Medium Breakfast Bowl (Canary Wharf only)	758	3157	49	20	37	9	9	39	5		Soybeans, Milk, Eggs, Sulphur Dioxide	
Large Breakfast Bowl (Canary Wharf only)	885	3715	53	22	52	10	12	47	6		Soybeans, Milk, Eggs, Sulphur Dioxide	
Medium Veggie Breakfast Bowl (Canary Wharf only)	543	2311	31	13	37	8	9	28	3	V	Milk, Eggs, Sulphur Dioxide	
Large Veggie Breakfast Bowl (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	

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TORTILLA BURRITOS and TACOS

BREAKFAST ROLL/BUN

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										
Breakfast Roll (Canary Wharf only)	553	2293	27	8	50	6	5	23	3		Cereals Containing Gluten, Sulphur Dioxide, Milk, Eggs, Celery	Milk, Egg, Soybeans, Nuts, Peanuts, Mustard
Veggie Breakfast Roll (Canary Wharf only)	404	1678	13	3	50	6	5	15	2	V	Cereals Containing Gluten, Sulphur Dioxide, Milk, Eggs & Celery	Milk, Egg, Soybeans, Nuts, Peanuts, Mustard
Bacon Breakfast Bun	558	2315	33	12	34	7	2	22	4		Cereals Containing Gluten, Egg, Milk, Sesame, Soyabean, Sulphur Dioxide, Tree Nuts	
Pork & Pico de Gallo Breakfast Bun	437	1822	20	7	36	8	3	29	2		Cereals Containing Gluten, Egg, Milk, Sesame, Soyabean, Sulphur Dioxide, Tree Nuts	
Veggie Breakfast Bun	440	1827	22	8	39	9	3	22	2	V	Cereals Containing Gluten, Egg, Milk, Sesame, Soyabean, Sulphur Dioxide, Tree Nuts	

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TORTILLA BURRITOS and TACOS

HOT DRINKS

Menu Item	Energy Kcal	Dietary	Contains Allergens	May 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 Kcal	Energy KJ	Fat (g)	Sat fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Dietary	Contains Allergens	May Contain
Horchata	304	1290	6	3	59	46	0	3	0	V	Milk	
Dirty Horchata	287	1218	6	3	55	43	0	4	0	V	Milk	
Tipsy Horchata	383	1624	5	2	55	43	0	3	0	V	Milk	
Dirty/Tipsy Horchata	366	1554	5	2	50	40	0	4	0	V	Milk	

*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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