

NUTRITION & ALLERGEN INFORMATION

Updated 10 October 2023



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. We use reputable suppliers and will endeavour to remove an allergen where we can, however due to the nature of our kitchens, our ingredients and supply chain, we cannot completely remove the potential for trace amounts of nuts, peanuts, soya, mustard and sesame to be present.

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.



Medium 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										
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
Tomato Rice	164.0	693.0	1.8	0.1	33.8	1.1	0.7	3.4	0.5	V, VE	Sulphur Dioxide	
Coriander Rice	146.0	619.0	1.5	0.1	30.3	0.2	0.5	3.2	0.4	V, VE		
Mexican Rice	179.7	751.1	0.6	0.2	41.9	2.2	4.1	3.6	0.7	V,VE	Sulphur Dioxide	
Romaine Lettuce	6.4	27.2	0.2	0.0	0.7	0.7	0.4	0.3	0.0	V, VE		
Black Beans	99.0	416.0	1.0	0.2	19.7	1.2	7.6	6.7	0.5	V, VE		Soybeans, Nuts, Peanuts, Mustard, Celery
Pinto Beans	108.0	455.0	0.8	0.5	23.3	1.5	9.6	6.8	0.5	V, VE		Soybeans, Nuts, Peanuts, Celery
Grilled Veg (topping)	12.4	51.4	0.2	0.0	3.1	1.6	0.6	0.6	0.4	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	71.8	303.0	2.3	0.1	5.9	2.6	2.5	7.4	0.4	V, VE	Soybeans	Nuts, Peanuts, Celery
Chicken	173.6	726.4	10.4	2.6	0.0	0.0	0.0	20.1	0.5	H	Sulphur Dioxide	Nuts, Peanuts, Cereals Containing Gluten, Mustard
Chicken Pibil	117.4	493.3	2.2	0.6	0.3	0.1	0.1	16.8	0.8	H	Sulphur Dioxide	
Carnitas (Pork)	187.2	779.4	11.7	4.6	0.0	0.0	0.0	20.3	1.4			Cereals Containing Gluten, Mustard
Barbacoa (Beef)	125.1	523.8	5.9	2.4	0.5	0.5	0.0	17.6	0.9			Nuts, Peanuts, Cereals Containing Gluten, Mustard, Celery
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Soybeans, Milk	
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	112.0	467.3	8.4	5.4	0.0	0.0	0.0	8.8	0.6	V	Milk	
Sour Cream	69.7	288.4	6.5	4.0	1.8	1.8	0.0	1.5	0.1	V	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	16.0	69.6	0.1	0.0	3.2	2.8	1.0	0.6	0.0	V, VE	Sulphur Dioxide	
Salsa Verde	10.0	42.8	0.2	0.0	2.0	1.4	0.3	0.2	0.7	V, VE	Sulphur Dioxide	
Salsa Roja	18.4	76.8	0.6	0.2	3.3	0.4	1.6	0.8	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, VE	Sulphur Dioxide	
Jalapeños	12.8	53.6	0.1	0.0	2.1	0.9	0.5	0.5	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		

Updated:

Aug-23

Dietary: V - Vegetarian VE - Vegan H - Halal

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Large 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										
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
Tomato Rice	221.4	935.6	2.4	0.1	45.6	1.5	0.9	4.6	0.7	V, VE	Sulphur Dioxide	
Coriander Rice	197.1	835.7	2.0	0.1	40.9	0.3	0.7	4.3	0.5	V, VE		
Mexican Rice	242.6	1014.0	0.8	0.2	56.6	1.5	5.5	4.9	0.9	V, VE	Sulphur Dioxide	
Romaine Lettuce	6.4	27.2	0.2	0.0	0.7	0.7	0.4	0.3	0.0	V, VE		
Black Beans	138.6	582.4	1.4	0.3	27.6	1.7	10.6	9.3	0.7	V, VE		Soybeans, Nuts, Peanuts, Mustard, Celery
Pinto Beans	151.2	637.0	1.1	0.7	32.6	2.1	13.4	9.6	0.7	V, VE		Soybeans, Nuts, Peanuts, Celery
Grilled Veg (topping)	12.4	51.4	0.2	0.0	3.1	1.6	0.6	0.6	0.4	V, VE		
Grilled Veg (filling)	34.1	141.2	0.4	0.0	8.5	4.3	1.8	1.7	1.1	V, VE		
Vegan Chilli	95.8	404.0	3.0	0.1	7.8	3.5	3.4	9.8	0.5	V, VE	Soybeans	Nuts, Peanuts, Celery
Chicken	238.7	998.8	14.3	3.5	0.0	0.0	0.0	27.6	0.7	H	Sulphur Dioxide	Nuts, Peanuts, Cereals Containing Gluten, Mustard
Chicken Pibil	161.5	678.3	3.1	0.9	0.4	0.1	0.1	23.1	1.1	H	Sulphur Dioxide	
Carnitas (Pork)	249.6	1039.2	15.6	6.1	0.0	0.0	0.0	27.1	1.9			Cereals Containing Gluten, Mustard
Barbacoa (Beef)	166.8	698.4	7.8	3.2	0.6	0.6	0.0	23.4	1.2			Nuts, Peanuts, Cereals Containing Gluten, Mustard, Celery
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Soybeans, Milk	
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	112.4	467.3	8.4	5.4	0.0	0.0	0.0	8.8	0.6	V	Milk	
Sour Cream	69.7	288.4	6.5	4.0	1.8	1.8	0.0	1.5	0.1	V	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	16.0	69.6	0.1	0.0	3.2	2.8	1.0	0.6	0.0	V, VE	Sulphur Dioxide	
Salsa Verde	10.0	42.8	0.2	0.0	2.0	1.4	0.3	0.2	0.7	V, VE	Sulphur Dioxide	
Salsa Roja	18.4	76.8	0.6	0.2	3.3	0.4	1.6	0.8	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, VE	Sulphur Dioxide	
Jalapeños	12.8	53.6	0.1	0.0	2.1	0.9	0.5	0.5	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		

Updated:

Aug-23

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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										
Flour 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		Cereals Containing gluten, Soybeans, Milk
Grilled Vegetables	12.4	51.4	0.2	0.0	3.1	1.6	0.6	0.6	0.4	V,VE		
Chicken	162.8	681.0	9.8	2.4	0.0	0.0	0.0	18.8	0.5	H	Sulphur Dioxide	Nuts, Peanuts, Cereals Containing Gluten, Mustard
Chicken Pibil	110.1	462.5	2.1	0.6	0.3	0.1	0.1	15.8	0.8	H	Sulphur Dioxide	
Carnitas (Pork)	187.2	779.4	11.7	4.6	0.0	0.0	0.0	20.3	1.4			Cereals Containing Gluten, Mustard
Barbacoa (Beef)	125.1	523.8	5.9	2.4	0.5	0.5	0.0	17.6	0.9			Nuts, Peanuts, Cereals Containing Gluten, Mustard, Celery
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Soybeans, Milk	
Vegan Chilli	71.8	303.0	2.3	0.1	5.9	2.6	2.5	7.4	0.4	V,VE	Soybeans	Nuts, Peanuts, 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	192.7	801.0	14.4	9.2	0.1	0.1	0.0	15.1	1.0	V	Milk	
Sour Cream	159.2	659.2	14.8	9.1	4.2	4.2	0.0	3.5	0.1	V	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	
Salsa Verde	15.0	64.2	0.3	0.1	3.0	2.1	0.4	0.4	1.0	V,VE	Sulphur Dioxide	
Salsa Roja	27.6	115.2	0.9	0.2	4.9	0.7	2.5	1.1	0.7	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,VE	Sulphur Dioxide	
Jalapeños	12.8	53.6	0.1	0.0	2.1	0.9	0.5	0.5	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		

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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	173.6	726.4	10.4	2.6	0.0	0.0	0.0	20.1	0.5	H	Sulphur Dioxide	Nuts, Peanuts, Cereals Containing Gluten, Mustard
Chicken Pibil	117.4	493.3	2.2	0.6	0.3	0.1	0.1	16.8	0.8	H	Sulphur Dioxide	
Carnitas (Pork)	187.2	779.4	11.7	4.6	0.0	0.0	0.0	20.3	1.4			Cereals Containing Gluten, Mustard
Barbacoa (Beef)	125.1	523.8	5.9	2.4	0.5	0.5	0.0	17.6	0.9			Nuts, Peanuts, Cereals Containing Gluten, Mustard, Celery
Vegan Chilli	71.8	303.0	2.3	0.1	5.9	2.6	2.5	7.4	0.4	V,VE	Soybeans	Nuts, Peanuts, Celery
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Soybeans, 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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Medium 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
Chicken	173.6	726.4	10.4	2.6	0.0	0.0	0.0	20.1	0.5	H	Sulphur Dioxide	Nuts, Peanuts, Cereals Containing Gluten, Mustard
Chicken Pibil	117.4	493.3	2.2	0.6	0.3	0.1	0.1	16.8	0.8	H	Sulphur Dioxide	
Grilled Vegetables	24.8	102.7	0.3	0.0	6.2	3.1	1.3	1.2	0.8	V,VE		
Carnitas (Pork)	187.2	779.4	11.7	4.6	0.0	0.0	0.0	20.3	1.4			Cereals Containing Gluten, Mustard
Barbacoa (Beef)	125.1	523.8	5.9	2.4	0.5	0.5	0.0	17.6	0.9			Nuts, Peanuts, Cereals Containing Gluten, Mustard, Celery
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Soybeans, Milk	
Vegan Chilli	71.8	303.0	2.3	0.1	5.9	2.6	2.5	7.4	0.4	V,VE	Soybeans	Nuts, Peanuts, Celery
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	119.4	494.4	11.1	6.8	3.1	3.1	0.0	2.6	0.1	V	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	
Salsa Verde	8.8	37.5	0.2	0.0	1.8	1.2	0.2	0.2	0.6	V,VE	Sulphur Dioxide	

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Large 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	217.0	908.0	13.0	3.2	0.0	0.0	0.0	25.1	0.6	H	Sulphur Dioxide	Nuts, Peanuts, Cereals Containing Gluten, Mustard
Chicken Pibil	146.8	616.6	2.8	0.8	0.4	0.1	0.1	21.0	1.0	H	Sulphur Dioxide	
Grilled Vegetables	31.0	128.4	0.4	0.0	7.7	3.9	1.6	1.5	1.0	V,VE		
Carnitas (Pork)	228.8	952.6	14.3	5.6	0.0	0.0	0.0	24.9	1.8			Cereals Containing Gluten, Mustard
Barbacoa (Beef)	152.9	640.2	7.2	3.0	0.6	0.6	0.0	21.5	1.1			Nuts, Peanuts, Cereals Containing Gluten, Mustard, Celery
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Soybeans, Milk	
Vegan Chilli	87.8	303.0	2.8	0.1	7.2	3.2	3.1	9.0	0.4	V,VE	Soybeans	Nuts, Peanuts, Celery
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	119.4	494.4	11.1	6.8	3.1	3.1	0.0	2.6	0.1	V	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	
Salsa Verde	8.8	37.5	0.2	0.0	1.8	1.2	0.2	0.2	0.6	V,VE	Sulphur Dioxide	

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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										
Flour Wrap 8 inch	74.6	312.5	1.6	0.2	12.9	0.0	0.0	2.3	0.6	V,VE	Cereals Containing Gluten	
Tomato Rice	82.0	346.5	0.9	0.1	16.9	0.6	0.4	1.7	0.3	V, VE		
Coriander Rice	73.0	309.5	0.8	0.1	15.2	0.1	0.3	1.6	0.2	V, VE		
Mexican Rice	89.9	375.6	0.3	0.1	21.0	1.1	2.0	1.8	0.4	V, VE	Sulphur Dioxide	
Vegan Chilli	71.8	303.0	2.3	0.1	5.9	2.6	2.5	7.4	0.4	V, VE	Soybeans	Nuts, Peanuts, Celery
Chicken	108.5	454.0	6.5	1.6	0.0	0.0	0.0	12.6	0.3	H	Sulphur Dioxide	Nuts, Peanuts, Cereals Containing Gluten, Mustard
Chicken Pibil	73.4	308.3	1.4	0.4	0.2	0.1	0.1	10.5	0.5	H	Sulphur Dioxide	
Carnitas (Pork)	104.0	433.0	6.5	2.6	0.0	0.0	0.0	11.3	0.8			Cereals Containing Gluten, Mustard
Barbacoa (Beef)	69.5	291.0	3.3	1.4	0.3	0.3	0.0	9.8	0.5			Nuts, Peanuts, Cereals Containing Gluten, Mustard, Celery
Monterey Jack Cheese	48.2	200.3	3.6	2.3	0.0	0.0	0.0	3.8	0.3	V	Milk	
Pico de Gallo	5.0	21.8	0.0	0.0	1.0	0.9	0.3	0.2	0.0	V, VE	Sulphur Dioxide	
Tortilla Chips	239.0	1001.5	11.7	1.2	34.6	0.5	2.7	3.2	0.7	V,VE		

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Aug-23

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										
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	

Updated:

Aug-23

Dietary: V - Vegetarian VE - Vegan H - Halal

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Sides

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 (bag)	430.2	1802.7	18.6	2.1	62.3	0.8	4.9	5.8	1.2	V,VE		
Tortilla Chips (side portion)	215.1	901.4	9.3	1.0	31.1	0.4	2.4	2.9	0.6	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 Chipotle Cheese Sauce	141.0	178.2	3.6	2.2	0.6	0.4	0.0	1.9	0.2	V	Milk	
Medium Sour Cream	119.4	494.4	11.1	6.8	3.1	3.1	0.0	2.6	0.1	V	Milk	
Large Sour Cream	238.8	988.8	22.2	13.7	6.2	6.2	0.0	5.3	0.2	V	Milk	
Medium Pico de Gallo	18.0	78.3	0.1	0.0	3.6	3.2	1.1	0.6	0.0	V,VE	Sulphur Dioxide	
Large Pico de Gallo	30.0	130.5	0.2	0.0	6.0	5.3	1.8	1.1	0.0	V,VE	Sulphur Dioxide	
Medium Salsa Verde	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	45.0	192.6	0.9	0.2	9.0	6.3	1.3	1.1	3.1	V,VE	Sulphur Dioxide	
Medium Salsa Roja	39.1	163.2	1.3	0.3	7.0	0.9	3.5	1.6	0.9	V,VE	Sulphur Dioxide	
Large Salsa Roja	82.8	345.6	2.7	0.7	14.8	2.0	7.4	3.4	2.0	V,VE	Sulphur Dioxide	
Queso Fundido	318.9	1336.2	27.1	14.2	3.4	2.1	0.0	15.6	2.4		Milk	
Corn Ribs Side with Soured Cream	63	265.9	3.4	0.6	5.0	1.4	0.9	2.3	0.3	V	Milk	
Corn Ribs Sharer with Soured Cream	126	531.8	6.9	1.1	10.0	2.7	1.8	4.6	0.6	V	Milk	
Corn Ribs Side with Vegan Mayo	103	433	8.4	0.5	5.4	1.5	0.9	2.2	0.3	V, VE	Sulphur Dioxide, Mustard	
Corn Ribs Sharer with Vegan Mayo	206	866	16.8	1.0	10.7	2.9	1.8	4.4	0.6	V, VE	Sulphur Dioxide, Mustard	
Choc-Filled Churros	365.0	1514.7	20.0	2.8	39.0	14.0	2.5	5.9	1.0	V, VE	Cereals Containing Gluten, Tree Nuts, Soybeans	
Choc-Filled Churros Sharer	730.0	3029.5	40.0	5.5	78.0	28.0	5.0	11.8	2.0	V, VE	Cereals Containing Gluten, Tree Nuts, Soybeans	
Valentina Hot Sauce	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	V,VE	Sulphur Dioxide	

Updated:

Aug-23

Dietary: V - Vegetarian VE - Vegan H - Halal

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Limited Time Offers

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										
Honey & Chilli Peanuts	255.5	2137.5	12.9	3.3	26.8	24.0	2.1	7.1	0.3	V	Peanuts	
Chocolate Brownie	255.8		16.2	9.7	23.7	20.6	2.1	2.9	0.3	V	Soya, Milk, Eggs, Cereals Containing Gluten	
American Hard Gums	732.5	172.5	0.3	0.1	42.2	27.2	0.0	0.1	0.1	V,VE		
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
Medium Sweetcorn Salsa	21.6		0.4	0.1	3.8	1.4	0.8	0.7	0.5	V,VE	Sulphur Dioxide	
Large Sweetcorn Salsa	64.8		1.2	0.2	11.5	4.2	2.4	2.0	1.4	V,VE	Sulphur Dioxide	
Vegan Chipotle Mayo	180.0	754.0	20.0	1.0	2.0	1.0	0.0	0.0	0.0	V,VE	Sulphur Dioxide, Mustard	
Cranberry, Chipotle & Tamarind Salsa	39.0	169.0	0.2	0.0	9.9	8.7	0.4	0.2	0.1	V		Crustaceans, Celery, Sesame, Molluscs

*Available at participating stores only.

Updated:

Aug-23

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	120.5	500.1	0.9	0.1	23.5	1.9	1.1	4.1	0.4	V	Cereals Containing Gluten	Sesame
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

Updated:

Sep-23

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		Soybeans, Nuts, Peanuts, Mustard, Celery
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	

Updated:

Aug-23

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		Soybeans, Nuts, Peanuts, Mustard, Celery
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	

Updated:

Aug-23

Dietary: V - Vegetarian VE - Vegan H - Halal

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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	

Updated:

Aug-23

Hot Drinks

Menu item	Energy	Dietary	Contains Allergens	May Contain
	Kcal			
Espresso single / double	2.0	V,VE		
Americano	22.0	V,VE		
Eng Bkfst 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	

Updated:

Jun-22

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