

# NUTRITION & ALLERGEN INFORMATION

Updated 18 November 2025



## 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           | 116.8  | 495.2 | 1.2     | 0.1         | 24.2      | 0.2        | 0.4       | 2.6         | 0.3      | V, VE   |                           |                      |
| Mexican Rice             | 215.6  | 600.9 | 0.5     | 0.1         | 33.6      | 1.7        | 3.3       | 2.9         | 0.6      | 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                  |                      |
| BBQ Adobo Chicken        | 149.6  | 625.6 | 5.5     | 1.4         | 4.8       | 0.8        | 0.9       | 21.7        | 1.0      | H       | Sulphur Dioxide, Mustard  |                      |
| 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   |                           |                      |
| 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           |                      |

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           | 175.2  | 742.8  | 1.8     | 0.1         | 36.4      | 0.2        | 0.6       | 3.8         | 0.5      | V, VE   |                           |                      |
| Mexican Rice             | 215.6  | 901.3  | 0.7     | 0.2         | 50.3      | 1.3        | 4.9       | 4.3         | 0.8      | 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                  |                      |
| BBQ Adobo Chicken        | 224.4  | 938.4  | 8.3     | 2.0         | 7.3       | 1.2        | 1.3       | 32.5        | 1.4      | H       | Sulphur Dioxide, 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      |         |                           |                      |
| 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           |                      |
| 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.



# 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                 |                                                                                                                      |
| BBQ Adobo Chicken              | 149.6  | 625.6 | 5.5     | 1.4         | 4.8       | 0.8        | 0.9       | 21.7        | 1.0      | H       | Sulphur Dioxide, Mustard |                                                                                                                      |
| 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, 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          |                                                                                                                      |
| 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 |

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 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                                                                                                  |
| BBQ Adobo Chicken              | 224.4  | 938.4 | 8.3     | 2.0         | 7.3       | 1.2        | 1.3       | 32.5        | 1.4      | H       | Sulphur Dioxide, 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. 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          |                                                                                                                      |
| 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 |

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.



# 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    |                           |                      |
| BBQ Adobo Chicken        | 224.4  | 938.4 | 8.3     | 2.0         | 7.3       | 1.2        | 1.3       | 32.5        | 1.4      | H       | Sulphur Dioxide, 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      |         |                           |                      |
| 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. 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           |                      |
| 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

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.



# 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                     |               |
| BBQ Adobo Chicken     | 149.6  | 625.6  | 5.5     | 1.4         | 4.8       | 0.8        | 0.9       | 21.7        | 1.0      | H       | Sulphur Dioxide, Mustard |               |
| 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   |                          |               |

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.



# 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              |
| BBQ Adobo Chicken        | 74.8   | 312.8  | 2.8     | 0.7         | 2.4       | 0.4        | 0.4       | 10.8        | 0.5      | H       | Sulphur Dioxide, 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           |                      |

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.



# 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     |         |             |           |            |           |             |          |         |                          |                       |
| BBQ Adobo Chicken        | 299.2  | 1251.2 | 11.0    | 2.7         | 9.7       | 1.6        | 1.8       | 43.4        | 1.9      | H       | Sulphur Dioxide, Mustard |                       |
| 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   |                          |                       |

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.



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     |

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.



# 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                 |             |
| BBQ Adobo Chicken    | 74.8   | 312.8 | 2.8     | 0.7         | 2.4       | 0.4        | 0.4       | 10.8        | 0.5      | H       | Sulphur Dioxide, Mustard  |             |
| 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      |         |                           |             |

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 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.

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.

