

# NUTRITIONAL INFORMATION





# ALLERGENS AND DIETARY REQUIREMENTS

| MENU COMPONENT  | ALLERGENS       |          |            |     |      |            |         |              |     |           |        | DIETARY INFORMATION |       |        |       |        |           |                     |               |                     |
|---|-----------------|----------|------------|-----|------|------------|---------|--------------|-----|-----------|--------|---------------------|-------|--------|-------|--------|-----------|---------------------|---------------|---------------------|
|   | ADDED SULPHITES | GLUTEN** | CRUSTACEAN | EGG | FISH | MILK/DAIRY | PEANUTS | SESAME SEEDS | SOY | TREE NUTS | LUPINS | VEGETARIAN          | VEGAN | TOMATO | ONION | GARLIC | CORIANDER | ADDED PRESERVATIVES | ADDED COLOURS | ARTIFICIAL FLAVOURS |
| AVOCADO (BREAKFAST ONLY)  |                 |          |            |     |      |            |         |              |     |           |        |                     |       |        |       |        |           |                     |               |                     |
| BACON (BREAKFAST ONLY)  |                 |          |            |     |      |            |         |              |     |           |        | X                   | X     |        |       |        |           |                     |               |                     |
| BARRAMUNDI (MILD)   |                 |          |            |     | X    |            |         |              |     |           |        | X                   | X     |        | X     | X      | X         |                     |               |                     |
| BARRAMUNDI (SPICY)  |                 |          |            |     | X    |            |         |              |     |           |        | X                   | X     | X      | X     | X      | X         |                     |               |                     |
| BLACK BEANS   |                 |          |            |     |      |            |         |              |     |           |        |                     |       | X      | X     |        |           |                     |               |                     |
| BEEF - PULLED (MILD)  |                 |          |            |     |      |            |         |              |     |           |        | X                   | X     |        | X     | X      | X         |                     |               |                     |
| BEEF - PULLED (SPICY)   |                 |          |            |     |      |            |         |              |     |           |        | X                   | X     | X      | X     | X      |           |                     |               |                     |
| BEEF - GROUND (MILD)  |                 |          |            |     |      |            |         |              |     |           |        | X                   | X     | X      | X     | X      | X         |                     |               |                     |
| BEEF - GROUND (SPICY)   |                 |          |            |     |      |            |         |              |     |           |        | X                   | X     | X      | X     | X      |           |                     |               |                     |
| BROWN RICE  |                 |          |            |     |      |            |         |              |     |           |        |                     |       |        | X     | X      |           |                     |               |                     |
| CARROT DISCS (FRESH CARROTS)  |                 |          |            |     |      |            |         |              |     |           |        |                     |       |        |       |        |           |                     |               |                     |
| CHEESE  |                 |          |            |     |      | X          |         |              |     |           |        |                     | X     |        |       |        |           |                     |               |                     |
| CHORIZO (BREAKFAST ONLY)  |                 |          |            |     |      | X          |         |              |     |           |        | X                   | X     |        |       | X      |           |                     |               |                     |
| CHICKEN (MILD)  |                 |          |            |     |      |            |         |              |     |           |        | X                   | X     |        | X     | X      | X         |                     |               |                     |
| CHICKEN (SPICY)   |                 |          |            |     |      |            |         |              |     |           |        | X                   | X     | X      | X     | X      |           |                     |               |                     |
| CHIPOTLE MAYO   |                 |          |            | X   |      |            |         |              | X   |           |        |                     | X     | X      | X     | X      |           |                     |               |                     |
| CHURROS   | TRACE*          | X        |            |     |      |            |         |              |     |           |        |                     |       |        |       |        |           |                     |               |                     |
| CORN KERNELS  |                 |          |            |     |      |            |         |              |     |           |        |                     |       |        |       |        |           |                     |               |                     |
| CORN CHIPS  |                 |          |            |     |      |            |         |              |     |           |        |                     |       |        |       |        |           |                     |               |                     |
| CORN TORTILLA (HARD SHELL CORN TACOS)                               |                 |          |            |     |      |            |         |              |     |           |        |                     |       |        |       |        |           |                     |               |                     |
| CUCUMBER  |                 |          |            |     |      |            |         |              |     |           |        |                     |       |        |       |        |           |                     |               |                     |
| DULCE DE LECHE  |                 |          |            |     |      | X          |         |              |     |           |        |                     | X     |        |       |        |           |                     |               |                     |
| FLOUR TORTILLA (BURRITO, FAJITA, ENCHILADA, SOFT FLOUR TACO, FRIES) |                 | X        |            |     |      |            |         |              | X   |           |        |                     |       |        |       |        |           |                     |               |                     |
| SALT (PLAIN)  |                 |          |            |     |      |            |         |              |     |           |        |                     |       |        |       |        |           |                     |               |                     |
| CHIPOTLE FRY SEASONING  |                 |          |            |     |      |            |         |              |     |           |        |                     |       |        | X     | X      |           |                     |               |                     |
| GUACAMOLE   |                 |          |            |     |      | ~          |         |              |     |           |        |                     | ~     | FRESH  | FRESH |        | FRESH     |                     |               |                     |
| HABANERO SALSA (SALSA STATION)                                      |                 |          |            |     |      |            |         |              |     |           |        |                     |       | X      |       | X      |           |                     |               |                     |
| HASH BROWNS   | TRACE           | TRACE    |            |     |      |            |         |              |     |           |        |                     |       |        |       |        |           |                     |               |                     |

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| Menu Component                         | Allergens       |          |            |     |      |            |         |              |     |           |        | Dietary Information |       |        |       |        |           |                     |               |                     |
|--|-----------------|----------|------------|-----|------|------------|---------|--------------|-----|-----------|--------|---------------------|-------|--------|-------|--------|-----------|---------------------|---------------|---------------------|
|  | Added Sulphites | Gluten** | Crustacean | Egg | Fish | Milk/Dairy | Peanuts | Sesame Seeds | Soy | Tree Nuts | Lupins | Vegetarian          | Vegan | Tomato | Onion | Garlic | Coriander | Added Preservatives | Added Colours | Artificial Flavours |
| Jalapeno Ketchup                       |                 | X        |            |     |      |            |         |              |     |           |        |                     |       | X      | X     | X      | X         |                     |               |                     |
| Ketchup (Salsa Station)                |                 | X        |            |     |      |            |         |              |     |           |        |                     |       | X      |       | X      |           |                     |               |                     |
| Lettuce Mix                            |                 |          |            |     |      |            |         |              |     |           |        |                     |       |        |       |        |           |                     |               |                     |
| Pico de Gallo (Fresh Tomato Salsa)     |                 |          |            |     |      | ~          |         |              |     |           |        |                     | ~     | Fresh  | Fresh |        | Fresh     |                     |               |                     |
| Pickled Jalapenos                      |                 |          |            |     |      |            |         |              |     |           |        |                     |       |        | X     |        |           |                     |               |                     |
| Pork (Mild)                            |                 |          |            |     |      |            |         |              | X   |           |        | X                   | X     |        | X     | X      | X         |                     |               |                     |
| Pork (Spicy)                           |                 |          |            |     |      |            |         |              | X   |           |        | X                   | X     | X      | X     | X      |           |                     |               |                     |
| Queso (Plain)                          |                 |          |            |     |      | X          |         |              |     |           |        |                     | X     |        | X     | X      |           |                     |               |                     |
| Queso Mild                             |                 |          |            |     |      | X          |         |              |     |           |        |                     | X     | Fresh  | Fresh |        | Fresh     |                     |               |                     |
| Queso Spicy                            |                 |          |            |     |      | X          |         |              |     |           |        |                     | X     | Fresh  | Fresh |        | Fresh     |                     |               |                     |
| Roasted Jalapeno Salsa (Salsa Station) |                 |          |            |     |      |            |         |              |     |           |        |                     |       |        | X     | X      | X         |                     |               |                     |
| Salad Base                             |                 |          |            |     |      |            |         |              |     |           |        |                     |       |        |       |        |           |                     |               |                     |
| Scrambled Eggs (Breakfast Only)        |                 |          |            | X   |      | X          |         |              |     |           |        |                     | X     |        |       |        |           |                     |               |                     |
| Smoky Chipotle Salsa (Salsa Station)   |                 |          |            |     |      |            |         |              |     |           |        |                     |       | X      | X     | X      |           |                     |               |                     |
| Spicy Sauce                            |                 |          |            |     |      |            |         |              |     |           |        |                     |       | X      | X     | X      |           |                     |               |                     |
| Sour Cream                             |                 |          |            |     |      | X          |         |              |     |           |        | X                   | X     |        |       |        |           |                     |               |                     |
| Sourdough Bread (Breakfast Only)       |                 | X        |            |     |      |            |         | X            |     |           |        |                     |       |        |       |        |           |                     |               |                     |
| Tomatillo Salsa                        |                 |          |            |     |      |            |         |              |     |           |        |                     |       |        | X     | X      | X         |                     |               |                     |
| Vegan Mex Chimi Mayo                   |                 |          |            |     |      |            |         |              |     |           |        |                     |       |        |       | X      | X         |                     |               |                     |
| Vegetables (Mild)                      |                 |          |            |     |      |            |         |              |     |           |        |                     |       |        | X     | X      | X         |                     |               |                     |
| Vegetables (Spicy)                     |                 |          |            |     |      |            |         |              |     |           |        |                     |       | X      | X     | X      | X         |                     |               |                     |
| White Rice                             |                 |          |            |     |      |            |         |              |     |           |        |                     |       |        | X     | X      |           |                     |               |                     |

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X Indicates the menu component not suitable in avoiding the listed allergen, ingredient or dietary preference

Gluten\*\* Whilst many ingredients do not contain gluten we cannot guarantee that there will be no cross contact between ingredients in our open plan and fast paced kitchens.

~ Cheese is not an ingredient in our pico de gallo or guacamole but may be present as they sit next to the cheese in our open preparation area. If you cannot have cheese, please advise our friendly staff (or select no cheese for delivery orders) so that we can prepare your meal with pico de gallo &/or guacamole from a separate container.

Trace indicates menu component is made in a facility that also processes products containing these allergens

Trace\* indicates menu component is made on the same line that also processes products containing these allergens

Ingredients may change and new ingredients may be introduced from time to time. Please check our webiste for the latest information.

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# NUTRITIONAL INFO

At Guzman y Gomez, we're all about the food. Our kitchens are full of fresh ingredients that are prepared and cooked in-store daily. But the most important part is how good it tastes. With traditional recipes and authentic Mexican flavours, there's no denying that GYG are keeping it real when it comes to Mexican food.

| BURRITO                                 | SERVE SIZE (G) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| MILD SEARED BARRAMUNDI                  | 480            | 3270        | 782          | 42.6        | 28.6          | 12.2              | 88.6             | 6.1        | 7.6        | 1900        |
| MILD GRILLED CHICKEN                    | 480            | 3250        | 777          | 47.2        | 26.0          | 12.7              | 87.9             | 5.4        | 7.0        | 1910        |
| MILD GROUND BEEF                        | 480            | 3450        | 824          | 37.5        | 34.0          | 17.6              | 91.2             | 6.5        | 7.9        | 1960        |
| MILD PULLED PORK                        | 480            | 3600        | 860          | 47.4        | 35.0          | 16.0              | 88.4             | 5.9        | 7.0        | 1950        |
| MILD SAUTÉED VEGETABLES WITH GUACAMOLE  | 550            | 3350        | 800          | 25.8        | 34.3          | 13.9              | 95.3             | 8.9        | 10.2       | 1840        |
| MILD SLOW COOKED BEEF                   | 480            | 3360        | 802          | 49.3        | 27.8          | 13.7              | 87.9             | 5.4        | 7.0        | 1950        |
| SPICY SEARED BARRAMUNDI                 | 495            | 3340        | 799          | 43.0        | 29.3          | 12.5              | 90.7             | 6.7        | 7.8        | 2070        |
| SPICY GRILLED CHICKEN                   | 495            | 3320        | 794          | 47.6        | 26.7          | 13.0              | 90.0             | 6.0        | 7.2        | 2080        |
| SPICY GROUND BEEF                       | 495            | 3520        | 840          | 37.9        | 34.7          | 17.9              | 93.3             | 7.1        | 8.1        | 2130        |
| SPICY PULLED PORK                       | 495            | 3670        | 876          | 47.8        | 35.7          | 16.3              | 90.5             | 6.5        | 7.2        | 2120        |
| SPICY SAUTÉED VEGETABLES WITH GUACAMOLE | 565            | 3420        | 817          | 26.1        | 35.0          | 14.3              | 97.5             | 9.5        | 10.4       | 2010        |
| SPICY SLOW COOKED BEEF                  | 495            | 3430        | 818          | 49.7        | 28.5          | 14.0              | 90.0             | 6.0        | 7.2        | 2110        |

| BOWL                                    | SERVE SIZE (G) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| MILD SEARED BARRAMUNDI                  | 455            | 2800        | 668          | 38.1        | 25.6          | 8.7               | 71.7             | 3.9        | 6.9        | 1650        |
| MILD GRILLED CHICKEN                    | 455            | 2780        | 663          | 42.7        | 23.0          | 9.2               | 71.0             | 3.2        | 6.3        | 1660        |
| MILD GROUND BEEF                        | 455            | 2970        | 710          | 33.0        | 31.0          | 14.1              | 74.3             | 4.3        | 7.2        | 1710        |
| MILD PULLED PORK                        | 455            | 3120        | 746          | 42.9        | 32.0          | 12.5              | 71.5             | 3.7        | 6.3        | 1700        |
| MILD SAUTÉED VEGETABLES WITH GUACAMOLE  | 525            | 2870        | 686          | 21.3        | 31.3          | 10.4              | 78.4             | 6.8        | 9.5        | 1580        |
| MILD SLOW COOKED BEEF                   | 455            | 2880        | 688          | 44.8        | 24.8          | 10.2              | 71.0             | 3.2        | 6.3        | 1690        |
| SPICY SEARED BARRAMUNDI                 | 470            | 2870        | 685          | 38.4        | 26.3          | 9.0               | 73.8             | 4.5        | 7.1        | 1810        |
| SPICY GRILLED CHICKEN                   | 470            | 2850        | 680          | 43.0        | 23.7          | 9.5               | 73.1             | 3.8        | 6.5        | 1820        |
| SPICY GROUND BEEF                       | 470            | 3040        | 726          | 33.3        | 31.7          | 14.4              | 76.4             | 4.9        | 7.4        | 1870        |
| SPICY PULLED PORK                       | 470            | 3190        | 762          | 43.2        | 32.7          | 12.8              | 73.6             | 4.3        | 6.5        | 1860        |
| SPICY SAUTÉED VEGETABLES WITH GUACAMOLE | 540            | 2940        | 703          | 21.6        | 32.0          | 10.8              | 80.6             | 7.4        | 9.6        | 1750        |
| SPICY SLOW COOKED BEEF                  | 470            | 2950        | 704          | 45.1        | 25.5          | 10.5              | 73.1             | 3.8        | 6.5        | 1860        |

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| CALI BURRITO                            | SERVE SIZE (g) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| MILD SEARED BARRAMUNDI                  | 470            | 4080        | 975          | 41.8        | 55.4          | 18.2              | 75.4             | 7.8        | 7.2        | 1710        |
| MILD GRILLED CHICKEN                    | 470            | 4060        | 970          | 46.4        | 52.8          | 18.7              | 74.7             | 7.1        | 6.6        | 1720        |
| MILD GROUND BEEF                        | 470            | 4260        | 1020         | 36.7        | 60.8          | 23.6              | 78.0             | 8.2        | 7.5        | 1770        |
| MILD PULLED PORK                        | 470            | 4410        | 1050         | 46.6        | 61.8          | 22.0              | 75.2             | 7.6        | 6.6        | 1760        |
| MILD SAUTÉED VEGETABLES WITH GUACAMOLE  | 470            | 3630        | 868          | 23.8        | 47.9          | 17.1              | 81.7             | 10.1       | 8.8        | 1460        |
| MILD SLOW COOKED BEEF                   | 470            | 4160        | 995          | 48.5        | 54.6          | 19.7              | 74.7             | 7.1        | 6.6        | 1750        |
| SPICY SEARED BARRAMUNDI                 | 500            | 4170        | 996          | 42.2        | 56.1          | 18.6              | 78.1             | 8.7        | 7.6        | 2080        |
| SPICY GRILLED CHICKEN                   | 500            | 4150        | 991          | 46.8        | 53.5          | 19.1              | 77.4             | 8.0        | 7.0        | 2090        |
| SPICY GROUND BEEF                       | 500            | 4340        | 1040         | 37.1        | 61.5          | 24.0              | 80.7             | 9.1        | 7.9        | 2140        |
| SPICY PULLED PORK                       | 500            | 4490        | 1070         | 47.0        | 62.5          | 22.4              | 77.9             | 8.5        | 7.0        | 2130        |
| SPICY SAUTÉED VEGETABLES WITH GUACAMOLE | 500            | 3720        | 888          | 24.2        | 48.7          | 17.5              | 84.4             | 11.0       | 9.1        | 1830        |
| SPICY SLOW COOKED BEEF                  | 500            | 4250        | 1020         | 48.9        | 55.3          | 20.1              | 77.4             | 8.0        | 7.0        | 2120        |

| ENCHILADA                               | SERVE SIZE (g) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| MILD SEARED BARRAMUNDI                  | 699            | 4700        | 1120         | 51.7        | 52.7          | 21.2              | 109.0            | 11.4       | 11.5       | 2900        |
| MILD GRILLED CHICKEN                    | 699            | 4680        | 1120         | 56.3        | 50.1          | 21.7              | 108.0            | 10.7       | 10.9       | 2910        |
| MILD GROUND BEEF                        | 699            | 4870        | 1160         | 46.6        | 58.1          | 26.6              | 111.0            | 11.8       | 11.8       | 2960        |
| MILD PULLED PORK                        | 699            | 5020        | 1200         | 56.5        | 59.1          | 25.0              | 109              | 11.2       | 10.9       | 2950        |
| MILD SAUTÉED VEGETABLES WITH GUACAMOLE  | 769            | 4780        | 1140         | 34.8        | 58.4          | 23.0              | 116.0            | 14.3       | 14.1       | 2840        |
| MILD SLOW COOKED BEEF                   | 699            | 4780        | 1140         | 58.4        | 51.9          | 22.7              | 108.0            | 10.7       | 10.9       | 2940        |
| SPICY SEARED BARRAMUNDI                 | 729            | 4840        | 1160         | 52.3        | 54.2          | 21.9              | 113.0            | 12.6       | 11.8       | 3230        |
| SPICY GRILLED CHICKEN                   | 729            | 4820        | 1150         | 56.9        | 51.6          | 22.4              | 112.0            | 11.9       | 11.2       | 3240        |
| SPICY GROUND BEEF                       | 729            | 5010        | 1200         | 47.2        | 59.6          | 27.3              | 116.0            | 13.0       | 12.1       | 3290        |
| SPICY PULLED PORK                       | 729            | 5160        | 1230         | 57.1        | 60.6          | 25.7              | 113              | 12.4       | 11.2       | 3280        |
| SPICY SAUTÉED VEGETABLES WITH GUACAMOLE | 799            | 4920        | 1170         | 35.5        | 59.9          | 23.6              | 120.0            | 15.5       | 14.4       | 3170        |
| SPICY SLOW COOKED BEEF                  | 729            | 4920        | 1180         | 59.0        | 53.4          | 23.4              | 112.0            | 11.9       | 11.2       | 3270        |

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| NACHOS                                  | SERVE SIZE (G) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| MILD SEARED BARRAMUNDI                  | 500            | 4650        | 1110         | 47.5        | 69.8          | 19.7              | 72.6             | 5.7        | 12.5       | 1800        |
| MILD GRILLED CHICKEN                    | 500            | 4630        | 1110         | 52.1        | 67.2          | 20.2              | 71.9             | 5.0        | 11.9       | 1820        |
| MILD GROUND BEEF                        | 500            | 4830        | 1150         | 42.4        | 75.2          | 25.1              | 75.2             | 6.1        | 12.8       | 1870        |
| MILD PULLED PORK                        | 500            | 4980        | 1190         | 52.3        | 76.2          | 23.5              | 72.4             | 5.5        | 11.9       | 1860        |
| MILD SAUTÉED VEGETABLES WITH GUACAMOLE  | 500            | 4200        | 1000         | 29.4        | 62.3          | 18.6              | 78.9             | 8.1        | 14.1       | 1550        |
| MILD SLOW COOKED BEEF                   | 500            | 4740        | 1130         | 54.2        | 69.0          | 21.2              | 71.9             | 5.0        | 11.9       | 1850        |
| SPICY SEARED BARRAMUNDI                 | 515            | 4720        | 1130         | 47.8        | 70.5          | 20.0              | 74.7             | 6.3        | 12.7       | 1970        |
| SPICY GRILLED CHICKEN                   | 515            | 4700        | 1120         | 52.4        | 67.9          | 20.5              | 74.0             | 5.6        | 12.1       | 1980        |
| SPICY GROUND BEEF                       | 515            | 4900        | 1170         | 42.7        | 75.9          | 25.4              | 77.3             | 6.7        | 13.0       | 2030        |
| SPICY PULLED PORK                       | 515            | 5050        | 1210         | 52.6        | 76.9          | 23.8              | 74.5             | 6.1        | 12.1       | 2020        |
| SPICY SAUTÉED VEGETABLES WITH GUACAMOLE | 515            | 4270        | 1020         | 29.8        | 63.1          | 18.9              | 81.0             | 8.7        | 14.2       | 1720        |
| SPICY SLOW COOKED BEEF                  | 515            | 4810        | 1150         | 54.5        | 69.7          | 21.5              | 74.0             | 5.6        | 12.1       | 2020        |

| NACHO FRIES                             | SERVE SIZE (G) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| MILD SEARED BARRAMUNDI                  | 480            | 4280        | 1020         | 45.0        | 67.5          | 21.5              | 56.9             | 6.0        | 8.1        | 1600        |
| MILD GRILLED CHICKEN                    | 480            | 4260        | 1020         | 49.6        | 64.9          | 22.0              | 56.2             | 5.3        | 7.5        | 1610        |
| MILD GROUND BEEF                        | 480            | 4460        | 1060         | 39.9        | 72.9          | 26.9              | 59.5             | 6.4        | 8.4        | 1660        |
| MILD PULLED PORK                        | 480            | 4610        | 1100         | 49.8        | 73.9          | 25.3              | 56.7             | 5.8        | 7.5        | 1650        |
| MILD SAUTÉED VEGETABLES WITH GUACAMOLE  | 480            | 3830        | 916          | 26.9        | 60.0          | 20.4              | 63.2             | 8.4        | 9.7        | 1350        |
| MILD SLOW COOKED BEEF                   | 480            | 4360        | 1040         | 51.7        | 66.7          | 23.0              | 56.2             | 5.3        | 7.5        | 1640        |
| SPICY SEARED BARRAMUNDI                 | 510            | 4370        | 1040         | 45.4        | 68.3          | 21.9              | 59.6             | 6.9        | 8.5        | 1970        |
| SPICY GRILLED CHICKEN                   | 510            | 4350        | 1040         | 50.0        | 65.7          | 22.4              | 58.9             | 6.2        | 7.9        | 1980        |
| SPICY GROUND BEEF                       | 510            | 4540        | 1080         | 40.3        | 73.7          | 27.3              | 62.2             | 7.3        | 8.8        | 2030        |
| SPICY PULLED PORK                       | 510            | 4690        | 1120         | 50.2        | 74.7          | 25.7              | 59.4             | 6.7        | 7.9        | 2020        |
| SPICY SAUTÉED VEGETABLES WITH GUACAMOLE | 510            | 3920        | 936          | 27.3        | 60.8          | 20.8              | 65.9             | 9.3        | 10.1       | 1720        |
| SPICY SLOW COOKED BEEF                  | 510            | 4450        | 1060         | 52.1        | 67.5          | 23.4              | 58.9             | 6.2        | 7.9        | 2010        |

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| SALAD (WITH CHIPOTLE MAYO)              | SERVE SIZE (G) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| MILD SEARED BARRAMUNDI                  | 300            | 1250        | 299          | 22.9        | 19.9          | 2.1               | 6.6              | 6.1        | 3.5        | 707         |
| MILD GRILLED CHICKEN                    | 300            | 1230        | 294          | 27.5        | 17.3          | 2.6               | 5.9              | 5.4        | 2.9        | 719         |
| MILD GROUND BEEF                        | 300            | 1430        | 341          | 17.8        | 25.3          | 7.5               | 9.2              | 6.5        | 3.8        | 768         |
| MILD PULLED PORK                        | 300            | 1580        | 377          | 27.7        | 26.3          | 5.9               | 6.4              | 5.9        | 2.9        | 758         |
| MILD SAUTÉED VEGETABLES WITH GUACAMOLE  | 370            | 1330        | 318          | 6.0         | 25.6          | 3.8               | 13.4             | 9.0        | 6.1        | 645         |
| MILD SLOW COOKED BEEF                   | 300            | 1330        | 319          | 29.6        | 19.1          | 3.6               | 5.9              | 5.4        | 2.9        | 752         |
| SPICY SEARED BARRAMUNDI                 | 315            | 1330        | 319          | 23.3        | 20.6          | 2.4               | 9.1              | 7.1        | 4.0        | 873         |
| SPICY GRILLED CHICKEN                   | 315            | 1310        | 314          | 27.9        | 18.0          | 2.9               | 8.4              | 6.4        | 3.4        | 885         |
| SPICY GROUND BEEF                       | 315            | 1510        | 360          | 18.2        | 26.0          | 7.8               | 11.7             | 7.5        | 4.3        | 934         |
| SPICY PULLED PORK                       | 315            | 1650        | 394          | 28.0        | 27.0          | 6.2               | 8.5              | 6.5        | 3.1        | 924         |
| SPICY SAUTÉED VEGETABLES WITH GUACAMOLE | 385            | 1410        | 337          | 6.4         | 26.4          | 4.1               | 15.9             | 10.0       | 6.5        | 811         |
| SPICY SLOW COOKED BEEF                  | 315            | 1420        | 338          | 30.0        | 19.8          | 3.9               | 8.4              | 6.4        | 3.4        | 918         |

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| SOFT FLOUR TACOS (1 TACO)               | SERVE SIZE (g) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| MILD SEARED BARRAMUNDI                  | 118            | 822         | 196          | 13.5        | 9.1           | 3.9               | 14.8             | 2.1        | 1.3        | 450         |
| MILD GRILLED CHICKEN                    | 118            | 813         | 194          | 15.3        | 8.1           | 4.1               | 14.5             | 1.8        | 1.1        | 455         |
| MILD GROUND BEEF                        | 118            | 891         | 213          | 11.5        | 11.2          | 6.1               | 15.8             | 2.2        | 1.4        | 475         |
| MILD PULLED PORK                        | 118            | 951         | 227          | 15.4        | 11.6          | 5.4               | 14.7             | 2.0        | 1.1        | 471         |
| MILD SAUTÉED VEGETABLES WITH GUACAMOLE  | 168            | 1020        | 243          | 7.2         | 15.5          | 5.5               | 17.6             | 3.4        | 2.7        | 485         |
| MILD SLOW COOKED BEEF                   | 118            | 854         | 204          | 16.2        | 8.8           | 4.5               | 14.5             | 1.8        | 1.1        | 468         |
| SPICY SEARED BARRAMUNDI                 | 125            | 854         | 204          | 13.7        | 9.4           | 4.1               | 15.8             | 2.4        | 1.4        | 528         |
| SPICY GRILLED CHICKEN                   | 125            | 846         | 202          | 15.5        | 8.4           | 4.3               | 15.5             | 2.1        | 1.2        | 532         |
| SPICY GROUND BEEF                       | 125            | 923         | 221          | 11.6        | 11.6          | 6.2               | 16.8             | 2.5        | 1.5        | 552         |
| SPICY PULLED PORK                       | 125            | 984         | 235          | 15.6        | 12.0          | 5.6               | 15.7             | 2.3        | 1.2        | 548         |
| SPICY SAUTÉED VEGETABLES WITH GUACAMOLE | 175            | 1050        | 251          | 7.3         | 15.9          | 5.7               | 18.6             | 3.6        | 2.7        | 562         |
| SPICY SLOW COOKED BEEF                  | 125            | 887         | 212          | 16.3        | 9.1           | 4.7               | 15.5             | 2.1        | 1.2        | 546         |

| HARD TACOS (1 TACO)                     | SERVE SIZE (g) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| MILD SEARED BARRAMUNDI                  | 109            | 815         | 195          | 12.6        | 9.8           | 3.0               | 13.1             | 1.9        | 2.3        | 319         |
| MILD GRILLED CHICKEN                    | 109            | 806         | 193          | 14.5        | 8.8           | 3.2               | 12.8             | 1.7        | 2.1        | 324         |
| MILD GROUND BEEF                        | 109            | 884         | 211          | 10.6        | 12.0          | 5.2               | 14.1             | 2.1        | 2.4        | 344         |
| MILD PULLED PORK                        | 109            | 944         | 226          | 14.6        | 12.4          | 4.5               | 13.0             | 1.9        | 2.1        | 340         |
| MILD SAUTÉED VEGETABLES WITH GUACAMOLE  | 159            | 1010        | 241          | 6.3         | 16.3          | 4.6               | 15.9             | 3.2        | 3.6        | 354         |
| MILD SLOW COOKED BEEF                   | 109            | 847         | 202          | 15.3        | 9.5           | 3.6               | 12.8             | 1.7        | 2.1        | 337         |
| SPICY SEARED BARRAMUNDI                 | 116            | 847         | 202          | 12.8        | 10.2          | 3.2               | 14.1             | 2.2        | 2.4        | 397         |
| SPICY GRILLED CHICKEN                   | 116            | 839         | 200          | 14.6        | 9.1           | 3.4               | 13.8             | 1.9        | 2.1        | 401         |
| SPICY GROUND BEEF                       | 116            | 917         | 219          | 10.8        | 12.3          | 5.3               | 15.1             | 2.4        | 2.5        | 421         |
| SPICY PULLED PORK                       | 116            | 977         | 233          | 14.7        | 12.7          | 4.7               | 14.0             | 2.1        | 2.1        | 417         |
| SPICY SAUTÉED VEGETABLES WITH GUACAMOLE | 166            | 1040        | 249          | 6.4         | 16.6          | 4.8               | 16.9             | 3.5        | 3.7        | 431         |
| SPICY SLOW COOKED BEEF                  | 116            | 880         | 210          | 15.5        | 9.9           | 3.8               | 13.8             | 1.9        | 2.1        | 415         |

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| \$3 TACO          | SERVE SIZE (G) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|-------------------|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| MILD GROUND BEEF  | 74             | 693         | 166          | 7.6         | 9.0           | 3.4               | 12.7             | 1.2        | 2.1        | 155         |
| SPICY GROUND BEEF | 81             | 726         | 173          | 7.7         | 9.3           | 3.6               | 13.7             | 1.4        | 2.1        | 232         |

| LITTLE G's                             | SERVE SIZE (G) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|--|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| KIDS NACHOS - GRILLED CHICKEN          | 120            | 1730        | 413          | 21.2        | 23.3          | 6.4               | 28.6             | 1.0        | 2.7        | 424         |
| KIDS NACHOS - GROUND BEEF              | 120            | 1830        | 437          | 16.3        | 27.3          | 8.9               | 30.3             | 1.6        | 3.2        | 449         |
| LITTLE GUY BURRITO - GRILLED CHICKEN   | 175            | 1740        | 416          | 24.4        | 15.4          | 8.0               | 44.1             | 2.0        | 1.0        | 758         |
| LITTLE GUY BURRITO - GROUND BEEF       | 175            | 1840        | 439          | 19.5        | 19.4          | 10.4              | 45.7             | 2.6        | 1.5        | 782         |
| KIDS FRIES                             | 60             | 750         | 179          | 2.6         | 9.2           | 0.8               | 20.3             | 0.4        | 2.1        | 307         |
| CARROT CHIPS                           | 60             | 79          | 19           | 0.5         | less than 0.1 | 0.0               | 3.2              | 3.1        | 1.7        | 27          |
| CORN CHIPS WITH MEDIUM TOMATILLO SALSA | 200            | 2340        | 559          | 7.9         | 29.3          | 2.6               | 62.3             | 5.1        | 7.4        | 1000        |
| CORN CHIPS WITH MEDIUM TOMATILLO SALSA | 209            | 2290        | 547          | 7.7         | 27.5          | 2.5               | 63.3             | 4.5        | 8.5        | 653         |

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| EXTRAS - REG BURRITOS, BOWLS & SALADS   | SERVE SIZE (g) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHY-DRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|-------------------|------------|------------|-------------|
| MILD SEARED BARRAMUNDI                  | 100            | 660         | 158          | 20.7        | 8.1           | 1.2               | 1.0               | 1.0        | 0.6        | 260         |
| MILD GRILLED CHICKEN                    | 100            | 639         | 153          | 25.3        | 5.5           | 1.7               | 0.3               | 0.3        | 0.0        | 272         |
| MILD GROUND BEEF                        | 100            | 833         | 199          | 15.6        | 13.5          | 6.6               | 3.6               | 1.4        | 0.9        | 321         |
| MILD PULLED PORK                        | 100            | 984         | 235          | 25.5        | 14.5          | 5.0               | 0.8               | 0.8        | 0.0        | 311         |
| MILD SAUTÉED VEGETABLES                 | 100            | 210         | 50           | 2.6         | 0.6           | 0.1               | 7.3               | 3.4        | 2.2        | 9           |
| MILD SAUTÉED VEGETABLES WITH GUACAMOLE  | 170            | 735         | 176          | 3.9         | 13.8          | 3.0               | 7.8               | 3.8        | 3.2        | 198         |
| MILD SLOW COOKED BEEF                   | 100            | 741         | 177          | 27.4        | 7.3           | 2.7               | 0.3               | 0.3        | 0.0        | 305         |
| SPICY SEARED BARRAMUNDI                 | 115            | 730         | 174          | 21.0        | 8.8           | 1.5               | 3.2               | 1.6        | 0.8        | 426         |
| SPICY GRILLED CHICKEN                   | 115            | 709         | 169          | 25.6        | 6.2           | 2.0               | 2.5               | 0.9        | 0.2        | 438         |
| SPICY GROUND BEEF                       | 115            | 903         | 216          | 15.9        | 14.2          | 6.9               | 5.7               | 2.0        | 1.1        | 487         |
| SPICY PULLED PORK                       | 115            | 1050        | 252          | 25.8        | 15.2          | 5.3               | 3.0               | 1.4        | 0.1        | 477         |
| SPICY SAUTÉED VEGETABLES                | 115            | 280         | 67           | 3.0         | 1.4           | 0.4               | 9.5               | 4.0        | 2.3        | 175         |
| SPICY SAUTÉED VEGETABLES WITH GUACAMOLE | 185            | 805         | 192          | 4.2         | 14.5          | 3.3               | 9.9               | 4.4        | 3.3        | 364         |
| SPICY SLOW COOKED BEEF                  | 115            | 811         | 194          | 27.7        | 8.0           | 3.0               | 2.5               | 0.9        | 0.2        | 471         |
| COS LETTUCE                             | 30             | 25          | 6            | 0.4         | < 0.1         | 0.0               | 0.5               | 0.5        | 0.6        | 5           |
| GUACAMOLE                               | 70             | 526         | 126          | 1.2         | 13.2          | 2.9               | 0.5               | 0.5        | 1.0        | 189         |

| FRIES                             | SERVE SIZE (g) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|-----------------------------------|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| CHIPOTLE SEASONING - LARGE        | 180            | 2250        | 538          | 7.9         | 27.7          | 2.3               | 61.0             | 1.1        | 6.3        | 711         |
| CHIPOTLE SEASONING - MEDIUM       | 120            | 1500        | 358          | 5.3         | 18.5          | 1.6               | 40.7             | 0.7        | 4.2        | 474         |
| CHIPOTLE SEASONING - FAMILY FRIES | 400            | 5000        | 1190         | 17.6        | 61.6          | 5.2               | 136              | 2.4        | 14.0       | 1580        |
| SALTED - LARGE                    | 180            | 2250        | 538          | 7.9         | 27.7          | 2.3               | 61.0             | 1.1        | 6.3        | 922         |
| SALTED - MEDIUM                   | 120            | 1500        | 358          | 5.3         | 18.5          | 1.6               | 40.7             | 0.7        | 4.2        | 614         |
| SALTED - FAMILY FRIES             | 400            | 5000        | 1190         | 17.6        | 61.6          | 5.2               | 136              | 2.4        | 14.0       | 2050        |
| JALAPENO KETCHUP                  | 37             | 161         | 38           | 0.5         | less than 0.1 | less than 0.1     | 8.2              | 7.7        | 0.1        | 439         |
| CHIPOTLE MAYO                     | 30             | 687         | 164          | 0.4         | 17.2          | 1.3               | 2.4              | 1.9        | 0.0        | 333         |

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| QUESO FRIES   | SERVE SIZE (G) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---------------|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| MILD - LARGE  | 330            | 3080        | 736          | 20.1        | 42.9          | 12.5              | 64.8             | 2.4        | 6.7        | 1410        |
| SPICY - LARGE | 336            | 3090        | 738          | 20.2        | 42.9          | 12.5              | 65.0             | 2.7        | 6.8        | 1410        |

| CORN CHIPS WITH SALSA, QUESO OR GUACAMOLE | SERVE SIZE (G) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| CORN CHIPS                                | 100            | 2170        | 519          | 7.0         | 28.4          | 2.5               | 56.5             | 1.4        | 5.4        | 280         |
| CORN CHIPS WITH LARGE GUAC                | 385            | 4310        | 1030         | 12.0        | 82.1          | 14.1              | 58.5             | 3.4        | 9.5        | 1050        |
| CORN CHIPS WITH LARGE MILD QUESO          | 320            | 3340        | 797          | 22.6        | 48.0          | 15.7              | 66.6             | 4.3        | 5.4        | 1250        |
| CORN CHIPS WITH LARGE PICO DE GALLO       | 376            | 2370        | 565          | 9.8         | 28.7          | 2.5               | 62.6             | 7.1        | 8.6        | 974         |
| CORN CHIPS WITH LARGE QUESO               | 280            | 3390        | 809          | 24.8        | 51.1          | 17.8              | 61.2             | 2.5        | 5.4        | 1220        |
| CORN CHIPS WITH LARGE SPICY QUESO         | 326            | 3370        | 805          | 23.3        | 48.3          | 16.1              | 67.3             | 1.6        | 5.4        | 1270        |
| CORN CHIPS WITH LARGE TOMATILLO SALSA     | 300            | 2500        | 598          | 8.8         | 30.2          | 2.7               | 68.1             | 8.8        | 9.4        | 1720        |
| CORN CHIPS WITH MEDIUM GUAC               | 232            | 3160        | 756          | 9.3         | 53.3          | 7.9               | 57.4             | 2.3        | 7.3        | 636         |
| CORN CHIPS WITH MEDIUM MILD QUESO         | 220            | 2810        | 671          | 15.5        | 39.1          | 9.7               | 62.0             | 3.0        | 5.4        | 812         |
| CORN CHIPS WITH MEDIUM PICO DE GALLO      | 208            | 2250        | 537          | 8.1         | 28.5          | 2.5               | 58.9             | 3.6        | 6.7        | 552         |
| CORN CHIPS WITH MEDIUM QUESO              | 180            | 2710        | 648          | 14.9        | 38.5          | 9.3               | 58.6             | 1.9        | 5.4        | 696         |
| CORN CHIPS WITH MEDIUM SPICY QUESO        | 223            | 2830        | 675          | 15.9        | 39.2          | 9.9               | 62.4             | 1.5        | 5.4        | 818         |

| SIDES                       | SERVE SIZE (G) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|-----------------------------|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| BROWN RICE                  | 207            | 1340        | 321          | 6.6         | 5.8           | 1.0               | 58.8             | 0.8        | 2.1        | 662         |
| CHURROS WITH DULCE DE LECHE | 106            | 1530        | 366          | 6.7         | 17.0          | 2.8               | 42.7             | 20.3       | 1.9        | 254         |
| LARGE GUACAMOLE             | 285            | 2140        | 511          | 5.0         | 53.7          | 11.6              | 2.0              | 2.0        | 4.1        | 769         |
| MEDIUM GUACAMOLE            | 132            | 991         | 237          | 2.3         | 24.9          | 5.4               | 0.9              | 0.9        | 1.9        | 356         |
| SMALL GUACAMOLE             | 92             | 691         | 165          | 1.6         | 17.3          | 3.8               | 0.6              | 0.6        | 1.3        | 248         |
| LARGE PICO DE GALLO         | 276            | 193         | 46           | 2.8         | 0.3           | 0.0               | 6.1              | 5.7        | 3.2        | 694         |
| MEDIUM PICO DE GALLO        | 108            | 75          | 18           | 1.1         | 0.1           | 0.0               | 2.4              | 2.2        | 1.3        | 272         |

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| SIDES (CONT)           | SERVE SIZE (G) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g)    | FIBRES (g) | SODIUM (mg) |
|------------------------|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|---------------|------------|-------------|
| SOUR CREAM             | 87             | 680         | 163          | 2.6         | 15.7          | 11.3              | 3.4              | 3.4           | 0.0        | 36          |
| LARGE TOMATILLO SALSA  | 229            | 378         | 90           | 2.1         | 2.1           | 0.2               | 13.3             | 8.5           | 4.6        | 1650        |
| MEDIUM TOMATILLO SALSA | 109            | 180         | 43           | 1.0         | 1.0           | 0.1               | 6.3              | 4.0           | 2.2        | 785         |
| VEGETARIAN BLACK BEANS | 253            | 645         | 154          | 7.6         | 1.8           | 0.5               | 30.4             | 0.0           | 11.9       | 683         |
| WHITE RICE             | 183            | 1310        | 313          | 7.0         | 3.5           | 0.5               | 62.6             | 0.2           | 0.0        | 641         |
| QUESO - PLAIN - SMALL  | 57             | 385         | 92           | 5.6         | 7.2           | 4.8               | 1.5              | 0.3           | 0.0        | 296         |
| QUESO - MILD - SMALL   | 77             | 440         | 97           | 5.5         | 6.9           | 4.6               | 3.5              | 1.0           | 0.0        | 341         |
| QUESO - SPICY - SMALL  | 79             | 419         | 100          | 5.7         | 7.0           | 4.7               | 3.8              | less than 0.1 | 0.0        | 345         |
| QUESO - PLAIN - MEDIUM | 80             | 540         | 129          | 7.9         | 10.1          | 6.8               | 2.1              | 0.5           | 0.0        | 416         |
| QUESO - MILD - MEDIUM  | 120            | 634         | 151          | 8.5         | 10.7          | 7.2               | 5.5              | 1.6           | 0.0        | 532         |
| QUESO - SPICY - MEDIUM | 123            | 652         | 156          | 8.9         | 10.8          | 7.4               | 5.9              | 0.1           | 0.0        | 538         |
| QUESO - PLAIN - LARGE  | 180            | 1220        | 290          | 17.8        | 22.7          | 15.3              | 4.7              | 1.1           | 0.0        | 936         |
| QUESO - MILD - LARGE   | 220            | 1160        | 277          | 15.6        | 19.6          | 13.2              | 10.1             | 2.9           | 0.0        | 975         |
| QUESO - SPICY - LARGE  | 226            | 1200        | 286          | 16.3        | 19.9          | 13.6              | 10.8             | 0.2           | 0.0        | 988         |

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| BREAKFAST                        | SERVE SIZE (G) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHY-DRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|----------------------------------|----------------|-------------|--------------|-------------|---------------|-------------------|-------------------|------------|------------|-------------|
| BURRITO                          |                |             |              |             |               |                   |                   |            |            |             |
| MILD BACON                       | 230            | 2400        | 574          | 33.6        | 31.7          | 12.3              | 37.3              | 3.4        | 3.2        | 1580        |
| MILD FREE RANGE CHICKEN CHORIZO  | 230            | 2250        | 538          | 25.3        | 32.1          | 12.9              | 36.5              | 2.6        | 2.2        | 1210        |
| MILD SAUTÉED VEGETABLES          | 265            | 2170        | 517          | 19.8        | 30.2          | 11.4              | 40.1              | 4.3        | 3.8        | 889         |
| SPICY BACON                      | 240            | 2450        | 585          | 33.9        | 32.1          | 12.5              | 38.8              | 3.8        | 3.3        | 1690        |
| SPICY FREE RANGE CHICKEN CHORIZO | 240            | 2300        | 550          | 25.5        | 32.6          | 13.1              | 37.9              | 3.0        | 2.3        | 1320        |
| SPICY SAUTÉED VEGETABLES         | 275            | 2210        | 528          | 20.0        | 30.7          | 11.6              | 41.6              | 4.7        | 3.9        | 1000        |
| FREE RANGE SCRAMBLED EGGS        |                |             |              |             |               |                   |                   |            |            |             |
| MILD BACON                       | 219            | 1860        | 444          | 35.3        | 29.5          | 11.4              | 8.8               | 2.3        | 1.9        | 1270        |
| MILD FREE RANGE CHICKEN CHORIZO  | 219            | 1710        | 408          | 26.9        | 30.0          | 12.0              | 7.9               | 1.5        | 1.0        | 904         |
| MILD SAUTÉED VEGETABLES          | 254            | 1620        | 387          | 21.4        | 28.1          | 10.5              | 11.6              | 3.2        | 2.5        | 583         |
| SPICY BACON                      | 229            | 1900        | 455          | 35.5        | 30.0          | 11.6              | 10.2              | 2.7        | 2.0        | 1380        |
| SPICY FREE RANGE CHICKEN CHORIZO | 229            | 1760        | 419          | 27.2        | 30.4          | 12.2              | 9.3               | 1.9        | 1.1        | 1010        |
| SPICY SAUTÉED VEGETABLES         | 264            | 1670        | 398          | 21.6        | 28.6          | 10.7              | 13.0              | 3.6        | 2.6        | 693         |
| TOAST (1 SLICE)                  |                |             |              |             |               |                   |                   |            |            |             |
| TOAST WITH AVO - MILD            | 69             | 671         | 160          | 3.6         | 8.1           | 1.7               | 17.6              | 0.3        | 1.4        | 272         |
| TOAST WITH GUACAMOLE - MILD      | 69             | 630         | 151          | 3.6         | 7.0           | 1.5               | 17.7              | 0.4        | 1.4        | 275         |
| TOAST WITH AVO - SPICY           | 74             | 677         | 162          | 3.7         | 8.2           | 1.8               | 17.8              | 0.5        | 1.5        | 272         |
| TOAST WITH GUACAMOLE - SPICY     | 74             | 636         | 152          | 3.6         | 7.0           | 1.5               | 17.9              | 0.6        | 1.5        | 275         |

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| BREKKIE TACO                     | SERVE SIZE (G) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHY-DRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|----------------------------------|----------------|-------------|--------------|-------------|---------------|-------------------|-------------------|------------|------------|-------------|
| MILD BACON                       | 96             | 862         | 206          | 12.8        | 10.0          | 4.2               | 15.5              | 2.4        | 1.2        | 675         |
| MILD FREE RANGE CHICKEN CHORIZO  | 96             | 802         | 192          | 9.5         | 10.2          | 4.4               | 15.1              | 2.1        | 0.8        | 527         |
| MILD SAUTÉED VEGETABLES          | 188            | 1350        | 323          | 8.6         | 24.2          | 7.0               | 17.0              | 3.2        | 2.5        | 610         |
| SPICY BACON                      | 104            | 881         | 211          | 12.9        | 10.2          | 4.3               | 16.1              | 2.8        | 1.4        | 709         |
| SPICY FREE RANGE CHICKEN CHORIZO | 104            | 822         | 196          | 9.6         | 10.4          | 4.5               | 15.7              | 2.4        | 1.0        | 561         |
| SPICY SAUTÉED VEGETABLES         | 196            | 1370        | 327          | 8.7         | 24.3          | 7.1               | 17.6              | 3.5        | 2.7        | 643         |

| CHURROS                     | SERVE SIZE (G) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHY-DRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|-----------------------------|----------------|-------------|--------------|-------------|---------------|-------------------|-------------------|------------|------------|-------------|
| CHURROS WITH DULCE DE LECHE | 106            | 1530        | 366          | 6.7         | 17.0          | 2.8               | 42.7              | 20.3       | 1.9        | 254         |
| CHURROS TOAST               | 153            | 1910        | 456          | 12.3        | 19.2          | 11.0              | 54.7              | 19.3       | 1.8        | 609         |

| EXTRAS - BREAKFAST         | SERVE SIZE (G) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHY-DRATE (g) | SUGARS (g)    | FIBRES (g) | SODIUM (mg) |
|----------------------------|----------------|-------------|--------------|-------------|---------------|-------------------|-------------------|---------------|------------|-------------|
| BACON                      | 30             | 363         | 87           | 9.5         | 5.0           | 1.4               | 0.7               | 0.6           | 0.6        | 474         |
| FREE RANGE CHICKEN CHORIZO | 30             | 274         | 65           | 4.5         | 5.3           | 1.8               | 0.2               | 0.2           | 0          | 252         |
| SAUTÉED VEGETABLES         | 30             | 59          | 14           | 0.8         | 0.2           | less than 0.1     | 2.0               | 0.8           | 0.6        | 3           |
| FREE RANGE SCRAMBLED EGGS  | 50             | 353         | 84           | 6.7         | 6.1           | 2.3               | 0.8               | less than 0.1 | 0.0        | 105         |
| GUACAMOLE                  | 35             | 263         | 63           | 0.6         | 6.6           | 1.4               | 0.2               | 0.2           | 0.5        | 95          |
| HASHBROWN                  | 60             | 666         | 159          | 1.8         | 10.7          | 1.3               | 13.1              | 0.2           | 1.9        | 342         |
| PICO                       | 20             | 14          | 3            | 0.2         | less than 0.1 | 0.0               | 0.4               | 0.4           | 0.2        | 50          |

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# MINI'S RANGE



| MINI BOWL                               | SERVE SIZE (G) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| MILD SEARED BARRAMUNDI                  | 264            | 1730        | 413          | 21.6        | 15.4          | 5.5               | 47.0             | 2.1        | 3.5        | 969         |
| MILD GRILLED CHICKEN                    | 264            | 1720        | 410          | 23.9        | 14.1          | 5.8               | 46.6             | 1.7        | 3.2        | 975         |
| MILD GROUND BEEF                        | 264            | 1810        | 433          | 19.0        | 18.1          | 8.2               | 48.3             | 2.3        | 3.7        | 1000        |
| MILD PULLED PORK                        | 264            | 1890        | 451          | 24.0        | 18.6          | 7.4               | 46.9             | 2.0        | 3.2        | 995         |
| MILD SAUTÉED VEGETABLES WITH GUACAMOLE  | 299            | 1770        | 422          | 13.1        | 18.2          | 6.4               | 50.4             | 3.5        | 4.8        | 938         |
| MILD SLOW COOKED BEEF                   | 264            | 1770        | 422          | 24.9        | 15.0          | 6.3               | 46.6             | 1.7        | 3.2        | 992         |
| SPICY SEARED BARRAMUNDI                 | 274            | 1770        | 424          | 21.8        | 15.9          | 5.8               | 48.4             | 2.5        | 3.6        | 1080        |
| SPICY GRILLED CHICKEN                   | 274            | 1760        | 421          | 24.1        | 14.6          | 6.0               | 48.1             | 2.1        | 3.3        | 1090        |
| SPICY GROUND BEEF                       | 274            | 1860        | 444          | 19.2        | 18.6          | 8.5               | 49.7             | 2.7        | 3.8        | 1110        |
| SPICY PULLED PORK                       | 274            | 1940        | 462          | 24.2        | 19.1          | 7.7               | 48.3             | 2.4        | 3.3        | 1110        |
| SPICY SAUTÉED VEGETABLES WITH GUACAMOLE | 309            | 1810        | 433          | 13.4        | 18.7          | 6.6               | 51.8             | 3.9        | 4.9        | 1050        |
| SPICY SLOW COOKED BEEF                  | 274            | 1810        | 433          | 25.1        | 15.5          | 6.5               | 48.1             | 2.1        | 3.3        | 1100        |

| MINI BURRITO                            | SERVE SIZE (G) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| MILD SEARED BARRAMUNDI                  | 260            | 1910        | 457          | 23.8        | 17.2          | 7.9               | 51.4             | 3.5        | 4.1        | 1070        |
| MILD GRILLED CHICKEN                    | 260            | 1900        | 454          | 26.1        | 15.9          | 8.1               | 51.1             | 3.2        | 3.8        | 1070        |
| MILD GROUND BEEF                        | 260            | 2000        | 477          | 21.3        | 19.9          | 10.5              | 52.7             | 3.7        | 4.2        | 1100        |
| MILD PULLED PORK                        | 260            | 2070        | 495          | 26.2        | 20.4          | 9.8               | 51.3             | 3.4        | 3.8        | 1090        |
| MILD SAUTÉED VEGETABLES WITH GUACAMOLE  | 295            | 1950        | 466          | 15.4        | 20.1          | 8.7               | 54.8             | 4.9        | 5.4        | 1040        |
| MILD SLOW COOKED BEEF                   | 260            | 1950        | 466          | 27.2        | 16.8          | 8.6               | 51.1             | 3.2        | 3.8        | 1090        |
| SPICY SEARED BARRAMUNDI                 | 270            | 1960        | 468          | 24.0        | 17.7          | 8.1               | 52.8             | 3.9        | 4.2        | 1180        |
| SPICY GRILLED CHICKEN                   | 270            | 1950        | 465          | 26.3        | 16.4          | 8.3               | 52.5             | 3.6        | 3.9        | 1180        |
| SPICY GROUND BEEF                       | 270            | 2050        | 489          | 21.5        | 20.4          | 10.8              | 54.1             | 4.1        | 4.3        | 1210        |
| SPICY PULLED PORK                       | 270            | 2120        | 507          | 26.4        | 20.9          | 10.0              | 52.7             | 3.8        | 3.9        | 1200        |
| SPICY SAUTÉED VEGETABLES WITH GUACAMOLE | 305            | 2000        | 477          | 15.6        | 20.6          | 8.9               | 56.2             | 5.3        | 5.5        | 1150        |
| SPICY SLOW COOKED BEEF                  | 270            | 2000        | 478          | 27.4        | 17.3          | 8.8               | 52.5             | 3.6        | 3.9        | 1200        |

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# MINI'S RANGE



| MINI CALI BURRITO                       | SERVE SIZE (g) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHY-DRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|-------------------|------------|------------|-------------|
| MILD SEARED BARRAMUNDI                  | 275            | 2430        | 581          | 24.2        | 32.0          | 10.9              | 47.6              | 4.4        | 4.7        | 1010        |
| MILD GRILLED CHICKEN                    | 275            | 2420        | 579          | 26.5        | 30.7          | 11.2              | 47.3              | 4.0        | 4.4        | 1020        |
| MILD GROUND BEEF                        | 275            | 2520        | 602          | 21.6        | 34.7          | 13.6              | 48.9              | 4.6        | 4.8        | 1040        |
| MILD PULLED PORK                        | 275            | 2730        | 652          | 26.7        | 36.9          | 13.0              | 51.5              | 4.3        | 4.3        | 1040        |
| MILD SAUTÉED VEGETABLES WITH GUACAMOLE  | 275            | 2210        | 528          | 15.2        | 28.3          | 10.4              | 50.8              | 5.6        | 5.5        | 885         |
| MILD SLOW COOKED BEEF                   | 275            | 2470        | 591          | 27.5        | 31.6          | 11.7              | 47.3              | 4.0        | 4.4        | 1030        |
| SPICY SEARED BARRAMUNDI                 | 294            | 2490        | 595          | 24.4        | 32.5          | 11.2              | 49.4              | 5.0        | 4.9        | 1240        |
| SPICY GRILLED CHICKEN                   | 294            | 2480        | 592          | 26.7        | 31.2          | 11.4              | 49.1              | 4.6        | 4.6        | 1250        |
| SPICY GROUND BEEF                       | 294            | 2580        | 615          | 21.9        | 35.2          | 13.9              | 50.7              | 5.2        | 5.1        | 1270        |
| SPICY PULLED PORK                       | 294            | 2780        | 665          | 27.0        | 37.4          | 13.3              | 53.3              | 4.9        | 4.5        | 1270        |
| SPICY SAUTÉED VEGETABLES WITH GUACAMOLE | 294            | 2260        | 541          | 15.4        | 28.8          | 10.6              | 52.6              | 6.1        | 5.7        | 1120        |
| SPICY SLOW COOKED BEEF                  | 294            | 2530        | 604          | 27.8        | 32.1          | 11.9              | 49.1              | 4.6        | 4.6        | 1270        |

| MINI ENCHILADA                          | SERVE SIZE (g) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHY-DRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|-------------------|------------|------------|-------------|
| MILD SEARED BARRAMUNDI                  | 370            | 2670        | 638          | 28.5        | 29.7          | 12.3              | 63.2              | 6.2        | 6.1        | 1570        |
| MILD GRILLED CHICKEN                    | 370            | 2660        | 636          | 30.8        | 28.4          | 12.6              | 62.9              | 5.8        | 5.8        | 1570        |
| MILD GROUND BEEF                        | 370            | 2760        | 659          | 26.0        | 32.4          | 15.0              | 64.5              | 6.4        | 6.3        | 1600        |
| MILD PULLED PORK                        | 370            | 2830        | 677          | 30.9        | 32.9          | 14.2              | 63.1              | 6.1        | 5.8        | 1590        |
| MILD SAUTÉED VEGETABLES WITH GUACAMOLE  | 405            | 2710        | 647          | 20.1        | 32.6          | 13.2              | 66.6              | 7.6        | 7.4        | 1540        |
| MILD SLOW COOKED BEEF                   | 370            | 2710        | 648          | 31.9        | 29.3          | 13.1              | 62.9              | 5.8        | 5.8        | 1590        |
| SPICY SEARED BARRAMUNDI                 | 390            | 2760        | 660          | 29.0        | 30.7          | 12.8              | 66.1              | 7.0        | 6.3        | 1790        |
| SPICY GRILLED CHICKEN                   | 390            | 2750        | 658          | 31.3        | 29.4          | 13.0              | 65.7              | 6.6        | 6.0        | 1790        |
| SPICY GROUND BEEF                       | 390            | 2850        | 681          | 26.4        | 33.4          | 15.5              | 67.4              | 7.2        | 6.5        | 1820        |
| SPICY PULLED PORK                       | 390            | 2930        | 699          | 31.4        | 33.9          | 14.7              | 66.0              | 6.9        | 6.0        | 1810        |
| SPICY SAUTÉED VEGETABLES WITH GUACAMOLE | 425            | 2800        | 669          | 20.5        | 33.5          | 13.6              | 69.5              | 8.4        | 7.6        | 1760        |
| SPICY SLOW COOKED BEEF                  | 390            | 2800        | 670          | 32.3        | 30.3          | 13.5              | 65.7              | 6.6        | 6.0        | 1810        |

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# MINI'S RANGE



| MINI NACHOS                             | SERVE SIZE (g) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| MILD SEARED BARRAMUNDI                  | 250            | 2330        | 556          | 23.8        | 34.9          | 9.8               | 36.3             | 2.9        | 6.2        | 902         |
| MILD GRILLED CHICKEN                    | 250            | 2320        | 553          | 26.1        | 33.6          | 10.1              | 35.9             | 2.5        | 5.9        | 908         |
| MILD GROUND BEEF                        | 250            | 2410        | 577          | 21.2        | 37.6          | 12.5              | 37.6             | 3.1        | 6.4        | 933         |
| MILD PULLED PORK                        | 250            | 2490        | 595          | 26.2        | 38.1          | 11.7              | 36.2             | 2.8        | 5.9        | 928         |
| MILD SAUTÉED VEGETABLES WITH GUACAMOLE  | 250            | 2100        | 502          | 14.7        | 31.2          | 9.3               | 39.4             | 4.0        | 7.0        | 777         |
| MILD SLOW COOKED BEEF                   | 250            | 2370        | 566          | 27.1        | 34.5          | 10.6              | 35.9             | 2.5        | 5.9        | 925         |
| SPICY SEARED BARRAMUNDI                 | 260            | 2370        | 567          | 24.0        | 35.4          | 10.1              | 37.7             | 3.3        | 6.4        | 1010        |
| SPICY GRILLED CHICKEN                   | 260            | 2360        | 565          | 26.3        | 34.1          | 10.3              | 37.4             | 2.9        | 6.1        | 1020        |
| SPICY GROUND BEEF                       | 260            | 2460        | 588          | 21.4        | 38.1          | 12.8              | 39.0             | 3.5        | 6.5        | 1040        |
| SPICY PULLED PORK                       | 260            | 2540        | 606          | 26.4        | 38.6          | 12.0              | 37.6             | 3.2        | 6.1        | 1040        |
| SPICY SAUTÉED VEGETABLES WITH GUACAMOLE | 260            | 2150        | 513          | 14.9        | 31.7          | 9.5               | 40.9             | 4.4        | 7.1        | 887         |
| SPICY SLOW COOKED BEEF                  | 260            | 2410        | 577          | 27.3        | 35.0          | 10.8              | 37.4             | 2.9        | 6.1        | 1040        |

| MINI NACHO FRIES                        | SERVE SIZE (g) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| MILD SEARED BARRAMUNDI                  | 265            | 2230        | 534          | 23.4        | 34.8          | 10.8              | 30.3             | 3.1        | 5.1        | 850         |
| MILD GRILLED CHICKEN                    | 265            | 2220        | 531          | 25.7        | 33.5          | 11.0              | 30.0             | 2.7        | 4.8        | 856         |
| MILD GROUND BEEF                        | 265            | 2320        | 554          | 20.9        | 37.5          | 13.5              | 31.6             | 3.3        | 5.3        | 880         |
| MILD PULLED PORK                        | 265            | 2620        | 625          | 26.0        | 40.8          | 13.0              | 36.8             | 3.1        | 4.6        | 875         |
| MILD SAUTÉED VEGETABLES WITH GUACAMOLE  | 265            | 2010        | 480          | 14.4        | 31.1          | 10.2              | 33.5             | 4.2        | 5.9        | 724         |
| MILD SLOW COOKED BEEF                   | 265            | 2270        | 543          | 26.8        | 34.4          | 11.5              | 30.0             | 2.7        | 4.8        | 872         |
| SPICY SEARED BARRAMUNDI                 | 284            | 2290        | 547          | 23.7        | 35.3          | 11.0              | 32.1             | 3.6        | 5.4        | 1080        |
| SPICY GRILLED CHICKEN                   | 284            | 2280        | 544          | 26.0        | 34.0          | 11.3              | 31.8             | 3.3        | 5.1        | 1090        |
| SPICY GROUND BEEF                       | 284            | 2380        | 568          | 21.1        | 38.0          | 13.7              | 33.4             | 3.8        | 5.5        | 1110        |
| SPICY PULLED PORK                       | 284            | 2670        | 638          | 26.3        | 41.3          | 13.2              | 38.6             | 3.6        | 4.9        | 1110        |
| SPICY SAUTÉED VEGETABLES WITH GUACAMOLE | 284            | 2060        | 493          | 14.6        | 31.6          | 10.5              | 35.3             | 4.8        | 6.2        | 958         |
| SPICY SLOW COOKED BEEF                  | 284            | 2330        | 557          | 27.0        | 34.9          | 11.8              | 31.8             | 3.3        | 5.1        | 1110        |

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# MINI'S RANGE



| MINI SALAD (WITH CHIPOTLE MAYO)         | SERVE SIZE (g) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|------------|-------------|
| MILD SEARED BARRAMUNDI                  | 160            | 634         | 152          | 11.6        | 10.0          | 1.0               | 3.4              | 3.2        | 2.0        | 355         |
| MILD GRILLED CHICKEN                    | 160            | 624         | 149          | 13.9        | 8.7           | 1.3               | 3.1              | 2.9        | 1.7        | 361         |
| MILD GROUND BEEF                        | 160            | 721         | 172          | 9.0         | 12.7          | 3.7               | 4.7              | 3.4        | 2.1        | 386         |
| MILD PULLED PORK                        | 160            | 796         | 190          | 14.0        | 13.2          | 2.9               | 3.3              | 3.1        | 1.7        | 381         |
| MILD SAUTÉED VEGETABLES WITH GUACAMOLE  | 195            | 666         | 159          | 3.1         | 12.8          | 1.9               | 6.6              | 4.4        | 3.2        | 324         |
| MILD SLOW COOKED BEEF                   | 160            | 624         | 149          | 13.9        | 8.7           | 1.3               | 3.1              | 2.9        | 1.7        | 361         |
| SPICY SEARED BARRAMUNDI                 | 170            | 681         | 163          | 11.8        | 10.4          | 1.2               | 4.9              | 3.6        | 2.1        | 466         |
| SPICY GRILLED CHICKEN                   | 170            | 670         | 160          | 14.1        | 9.1           | 1.5               | 4.5              | 3.3        | 1.8        | 472         |
| SPICY GROUND BEEF                       | 170            | 767         | 183          | 9.2         | 13.1          | 3.9               | 6.2              | 3.8        | 2.2        | 496         |
| SPICY PULLED PORK                       | 170            | 843         | 201          | 14.2        | 13.6          | 3.1               | 4.8              | 3.5        | 1.8        | 491         |
| SPICY SAUTÉED VEGETABLES WITH GUACAMOLE | 205            | 713         | 170          | 3.3         | 13.3          | 2.1               | 8.0              | 4.8        | 3.3        | 435         |
| SPICY SLOW COOKED BEEF                  | 170            | 670         | 160          | 14.1        | 9.1           | 1.5               | 4.5              | 3.3        | 1.8        | 472         |

| EXTRAS                                  | SERVE SIZE (g) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHY-DRATE (g) | SUGARS (g) | FIBRES (g) | SODIUM (mg) |
|---|----------------|-------------|--------------|-------------|---------------|-------------------|-------------------|------------|------------|-------------|
| MILD SEARED BARRAMUNDI                  | 50             | 330         | 79           | 10.4        | 4.1           | 0.6               | 0.5               | 0.5        | 0.3        | 130         |
| MILD GRILLED CHICKEN                    | 50             | 319         | 76           | 12.6        | 2.8           | 0.9               | 0.2               | 0.2        | 0.0        | 136         |
| MILD GROUND BEEF                        | 50             | 416         | 100          | 7.8         | 6.8           | 3.3               | 1.8               | 0.7        | 0.5        | 161         |
| MILD PULLED PORK                        | 50             | 492         | 118          | 12.7        | 7.3           | 2.5               | 0.4               | 0.4        | 0.0        | 155         |
| MILD SAUTÉED VEGETABLES                 | 50             | 105         | 25           | 1.3         | 0.3           | less than 0.1     | 3.7               | 1.7        | 1.1        | 4           |
| MILD SAUTÉED VEGETABLES WITH GUACAMOLE  | 85             | 368         | 88           | 1.9         | 6.9           | 1.5               | 3.9               | 1.9        | 1.6        | 99          |
| MILD SLOW COOKED BEEF                   | 50             | 370         | 89           | 13.7        | 3.7           | 1.4               | 0.2               | 0.2        | 0.0        | 152         |
| SPICY SEARED BARRAMUNDI                 | 60             | 377         | 90           | 10.6        | 4.5           | 0.8               | 1.9               | 0.9        | 0.4        | 240         |
| SPICY GRILLED CHICKEN                   | 60             | 366         | 88           | 12.9        | 3.2           | 1.1               | 1.6               | 0.6        | 0.1        | 246         |
| SPICY GROUND BEEF                       | 60             | 463         | 111          | 8.0         | 7.2           | 3.5               | 3.2               | 1.1        | 0.6        | 271         |
| SPICY PULLED PORK                       | 60             | 539         | 129          | 13.0        | 7.7           | 2.7               | 1.8               | 0.8        | 0.0        | 266         |
| SPICY SAUTÉED VEGETABLES                | 60             | 151         | 36           | 1.5         | 0.8           | 0.3               | 5.1               | 2.1        | 1.2        | 115         |
| SPICY SAUTÉED VEGETABLES WITH GUACAMOLE | 95             | 414         | 99           | 2.2         | 7.4           | 1.7               | 5.3               | 2.3        | 1.7        | 209         |
| SPICY SLOW COOKED BEEF                  | 60             | 417         | 100          | 13.9        | 4.1           | 1.6               | 1.6               | 0.6        | 0.1        | 263         |

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