



# ALLERGEN, INGREDIENT, AND NUTRITIONAL INFORMATION



At Guzman y Gomez we are all passionate about the quality of both the food and the experience that all our guests receive during their visit to our restaurants.

We have developed a HACCP (Hazard analysis and critical control points) based food safety program to ensure that both the food safety and the quality of our food both meets and exceeds our guest's expectations. We are committed to the taste, freshness, and overall quality of the GYG product as well as the animal welfare practices that are involved in producing our ingredients that make up the GYG menu.

As we build the GYG group we will remain committed to the safety and quality of our food for both the current menu and the new product innovations that we are continually working on. We will continue to maintain, develop and improve the quality of the GYG food over time, and make use of new and emerging technologies in this pursuit of Quality.

# GYG FOOD SAFETY AND QUALITY POLICY



# FOOD MENU ITEM STANDARD INGREDIENTS

This table shows the standard ingredients that are used in each menu item. It is not designed to provide allergen or ingredient listing information.

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- KEY:**
- X** Denotes ingredient in the menu item
  - P** Plain queso fries do not contain Pico de Gallo
  - GB** Ground Beef is the only filling option for the \$3 Tacos
  - T** Crispy Chicken Tenders are the only filling option for the Hard & Soft Tender Taco

	BURRITO	BOWL	ENCHILADA	CALI BURRITO	NACHOS	NACHO FRIES	HARD TACO	HARD CRISPY CHICKEN TENDER TACO	SOFT TACO	SOFT CRISPY CHICKEN TENDER TACO	\$3 TACO	SALAD	KIDS NACHOS	KIDS BURRITO	QUESO FRIES	QUESADILLA	QUESADILLA PLUS
Flour Tortilla	X		X	X					X	X				X		X	X
Corn Tortilla (Hard taco shell (seasoned))							X	X			X						
White Rice	X	X	X											X			
Black Beans	X	X	X		X												
Filling of Choice*	X	X	X	X	X	X	X	T	X	T	GB	X	X	X		X	X
Tomatillo Salsa	X	X	X	X	X	X	X		X								
GYG Spicy Sauce (Spicy Only)	X	X	X	X	X	X	X	X	X	X	X	X	X	X		X	X
Cheese	X	X	X	X	X	X	X	X	X	X	X		X	X		X	X
Pico de Gallo (fresh tomato salsa)	X	X	X	X	X	X	X		X			X			P		X
Guacamole			X	X	X	X											X
Corn Chips		X	X		X								X				
Chipotle Mayo								X		X		X					
Sour Cream			X	X		X											X
Pickled Jalapeños & Carrots (Spicy Only)				X		X											
Fries with Chipotle Seasoning				X		X									X		
Mesclun & Cos Lettuce												X					
Carrot Discs												X					
Cucumber Slices												X					
Lettuce (Iceberg)							X	X	X	X	X						
Lime Wedge (on request)							X		X								
Queso															X		

BREAKFAST BURRITO & BIG BREAKFAST BURRITO	SCRAMBLED EGGS	GUACAMOLE ON TOAST	AVOCADO ON TOAST	BREKKIE TACO	BREAKFAST QUESADILLA	BREAKFAST QUESADILLA PLUS
X				X	X	X
X	X			X	X	X
				X		
X	X			X	X	X
X	X			X	X	X
		X				X
	X					
						X





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Fresh Jalapeños			X	X	X	X									X SPICY ONLY		X
Mex Chimi Mayo (Vegan Coriander Mayonnaise)																	
Churros																	
Hash Brown																	
Sourdough Bread																	
Scrambled Eggs / Egg Mix																	
Avocado																	
Jalapeño Ketchup																	
Dulce de Leche																	

BREAKFAST BURRITO & BIG BREAKFAST BURRITO	SCRAMBLED EGGS	GUACAMOLE ON TOAST	AVOCADO ON TOAST	BREKKIE TACO	BREAKFAST QUESADILLA	BREAKFAST QUESADILLA PLUS
		X SPICY ONLY	X SPICY ONLY	X SPICY ONLY		X
X						
		X	X			
X	X			X		
			X			
				X		



# DESSERT MENU ITEM STANDARD INGREDIENTS



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	CHURROS WITH DULCE DE LECHE	CHURROS WITH CHOCOLATE SAUCE	WAFFLE CONE WITH SOFT SERVE	SUNDAE WITH CHOCOLATE SAUCE	SUNDAE WITH DULCE DE LECHE	SUNDAE WITH CHURRO AND CHOCOLATE SAUCE	SUNDAE WITH CHURRO AND DULCE DE LECHE	NACHO SUNDAE WITH DULCE DE LECHE	NACHO SUNDAE WITH CHOCOLATE SAUCE
Churros	X	X				X	X		
Soft Serve			X	X	X	X	X	X	X
Waffle cone (Only cone)			X						
Chocolate Sauce		X		X		X			X
Dulce de Leche	X				X		X	X	
Cinnamon Sugar	X	X				X	X	X	X
Corn Chips								X	X



# ALLERGENS & DIETARY INFORMATION



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  - X** Indicates the menu component not suitable in avoiding the listed allergen, ingredient or dietary preference
  - ~** May contain wheat, gluten, milk and egg
  - #** Soy does not include highly refined oils
  - ∂** Chilli includes paprika and cayenne
- ∅** Cooked in fryers that are also used for chicken tenders. While these products are not cooked at the same time there is a risk of cross-contact through the shared frying oil.
- TRACE\*** Indicates menu component is made on the same line that also processes products containing these allergens

	SULPHITES	GLUTEN / WHEAT	EGG	MILK	PEANUTS	SESAME	SOY #	HAZELNUT	WALNUT	LUPINS
Avocado ( Breakfast only)		~	~	~						
Bacon (Breakfast only)		~	~	~						
Black Beans		~	~	~						
Brown Rice		~	~	~						
Carrot slices		~	~	~						
Cheese		~	~	X						
Crispy Chicken Tenders		~	~	~						
Chorizo (Breakfast only)		~	~	X						
Chipotle Fries Seasoning		~	~	~						
Chipotle Mayo		~	X	~						
Chimi Mayo		~	~	~						
Chocolate Sauce		~	~	X			X			
Churros	TRACE*	X	~	~						

	VEGETARIAN	VEGAN	TOMATO	ONION	GARLIC	CHILLI ∂	CORIANDER
		~					
NO	NO						
	~	X	X		X		
	~		X	X			
	~						
	NO						
NO	NO		X	X			
NO	NO			X	X		
	NO	X	X		X		
	~			X			X
	NO						
	∅						



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- TRACE** Indicates the menu component is made in a facility that also processes products containing these allergens
- FRESH** Indicates that herb or spice is in its fresh form

	SULPHITES	GLUTEN / WHEAT	EGG	MILK	PEANUTS	SESAME	SOY #	HAZELNUT	WALNUT	LUPINS
Cinnamon Sugar		~	~	~						
Corn Chips		~	~	~						
Corn Tortilla (Hard Shell Tacos (Seasoned)		~	~	~						
Dulce de Leche		~	~	X						
Flour Tortilla (Burrito, Enchilada, Soft Taco, Breakfast Taco, Quesadilla, Quesadilla Plus)		X	~	~			X			
Fries with Chipotle Seasoning	TRACE ~	TRACE ~		~						
Fries (Unseasoned)	TRACE ~	TRACE ~	~	~						
Grilled Chicken		~	~	~						
Ground Beef		~	~	~						
Guacamole		~	~	~						
Habanero Salsa (Salsa Station)		~	~	~						
Hash Browns (Breakfast only)	TRACE ~	TRACE ~	~	~						
Jalapeño Ketchup		X	~	~						

VEGETARIAN	VEGAN	TOMATO	ONION	GARLIC	CHILLI ∂	CORIANDER
	~					
	∅					
	∅		X	X	X	
	NO					
	~					
	∅		X	X	X	
	∅					
NO	NO		X	X	X	
NO	NO	X	X	X	X	
	~	FRESH	FRESH		FRESH	FRESH
	~	X		X	X	
	~					
	~	X	X	X	X	X





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	SULPHITES	GLUTEN / WHEAT	EGG	MILK	PEANUTS	SESAME	SOY #	HAZELNUT	WALNUT	LUPINS
Ketchup		X	~	~						
Lettuce (Shredded Iceberg)		~	~	~						
Pico de Gallo		~	~	~						
Pickled Jalapeños & Carrots		~	~	~						
Pulled Pork		~	~	~						
Queso (Plain)		~	~	X						
Queso (Mild)		~	~	X						
Queso (Spicy)		~	~	X						
Roasted Jalapeño Salsa (Salsa Station)		~	~	~						
Salad Base (No Filling, Salsa or Dressing)		~	~	~						
Scrambled Eggs (Breakfast Only)		~	X	X						
Sautéed Vegetables with Guacamole		~	~	~						
Shredded Beef Brisket		~	~	~						

VEGETARIAN	VEGAN	TOMATO	ONION	GARLIC	CHILLI ∂	CORIANDER
	~	X		X		
	~					
	~	FRESH	FRESH			FRESH
	~		X		X	
NO	NO		X	X		
	NO		X	X	X	
	NO	FRESH	X FRESH	X	X	FRESH
	NO	FRESH	X FRESH	X	X FRESH	FRESH
	~		X	X	X	X
	~					
	NO					
	~	X FRESH	X FRESH		X FRESH	FRESH
NO	NO		X	X	X	



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	SULPHITES	GLUTEN / WHEAT	EGG	MILK	PEANUTS	SESAME	SOY #	HAZELNUT	WALNUT	LUPINS
Smokey Chipotle Salsa (Salsa Station)		~	~	~						
Soft Serve Ice Cream		~	~	X			TRACE*			
Sour Cream		~	~	X						
Sourdough Bread (Breakfast Only)		X	TRACE*	X		TRACE*	X	TRACE*	TRACE*	TRACE*
Spicy Sauce		~	~	~						
Sweet Chipotle BBQ Dipping Sauce		~	~	~						
Sweet and Sour Dipping Sauce		~	~	~						
Tomatillo Salsa		~	~	~						
Waffle Cone with Ice Cream		X	~	~			X			
White Rice		~	~	~						

	VEGETARIAN	VEGAN	TOMATO	ONION	GARLIC	CHILLI ∂	CORIANDER
		~	X	X	X	X	
		NO					
		NO					
		~					
		~	X	X	X	X	
		~	X	X	X	X	
		NO		X	X	X	X
		~		X	X	X	X
		~					
		~		X	X		



# INGREDIENTS LIST

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MENU ITEM INGREDIENT	INGREDIENT LIST
Avocado (Breakfast Only)	Avocado, Lemon Juice, Salt.
Bacon (Breakfast Only)	Pork, Salt, Natural Flavour, Vinegar, Fruit Extract, Vegetable Extract, Sugar, Wood Smoke.
Black Beans	Water, Black Beans, Onion, Tomato Paste, Salt, Jalapeño Chilli, Soybean Oil.
Brown Rice	Water, Brown Rice, Canola Oil, Vegetable Stock [Salt, Vegetable Powders (Onion, Garlic, Spinach), Rice Flour, Sugar, Yeast Extract, Natural Flavour, Vegetable Oil, Bay Leaves], Salt.
Carrot Slices	Fresh Carrot
Cheese	Pasteurised Milk, Salt, Tapioca Starch, Starter Cultures, Enzyme (Non-Animal Rennet).
Crispy Chicken Tenders	Chicken, Marinade [Salt, Starch, Natural Flavour, Vegetable Powders (Onion, Garlic), Spice (Paprika), Plant Fibre, Herb Extract (Oregano)], Predust [Rice Flour, Tapioca Starch, Herbs and Spices (Oregano, Paprika, Pepper), Crumb (Rice Flour, RSPO Palm Oil, Glutinous Rice Flour, Yeast, Dextrose, Sugar, Salt), Vegetable Powders (Garlic, Onion, Celery), Salt, Raising Agents (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Yeast Extract, Spice Extract (Chilli)], Batter [Flours (Maize, Rice), Tapioca Starch, Salt, Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate), Plant Extract (Safflower), Spice Extract (Paprika)], Breader [Crumb (Rice Flour, RSPO Palm Oil, Yeast, Dextrose, Sugar, Salt), Maize Flour, Chickpea Flour, Salt, Spice (Pepper)], Cooking oil [Vegetable Oil (High Oleic Sunflower Oil, High Canola Oil And Canola Oil), Anti-Foam (Polydimethylsiloxane)].
Chipotle Mayo	Canola Oil, Water, Chipotle Peppers in Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acetic Acid), Pasteurised Whole Egg, Pasteurised EggYolk, White Vinegar, Sugar, Salt, Acidity Regulator (Acetic Acid), Natural Antioxidant (Tocopherols concentrate, mixed), Vegetable Gum (Xanthan).
Chipotle Seasoning (for Fries & Hard Taco Shells)	Salt, Spices (Chipotle, Paprika, Chilli), Sugar, Natural Flavours, Vegetable Powders (Garlic, Onion), Vinegar Powder (Maltodextrin (from Corn), Vinegar), Natural Food Acid (Citric Acid), Plant Fibre, Smoke Flavour.
Chocolate Sauce	Gluose, Invert Sugar (Sugar, Water), Dark Chocolate (Cocoa Mass, Sugar, Fat-Reduced Cocoa Powder, Emulsifier (Soy Lecithin), Natural Vanilla Flavouring), Sugar, Cream (Milk), Milk Powder, Canola Oil, Water, Liquid Sugar, Cocoa Powder, Emulsifier (Soy Lecithin), Salt.
Chorizo (Breakfast Only)	Pork Casing. Free Range Chicken, Spice (Paprika, Chilli flakes), Salt, Skim Milk Powder, Dextrose (Maize or Tapioca), Mineral Salt (Potassium Pyrophosphate), Antioxidant (Sodium Erythorbate), Vegetable Powder(Garlic).
Churros with Cinnamon Sugar	Churros [Water, Wheat Flour (Vitamin (Thiamin, Folic Acid)), Canola Oil, Sugar, Salt, Natural Vanilla Bean Paste], Cooking Oil [Vegetable Oil (High Oleic Sunflower Oil, High Canola Oil And Canola Oil), Anti-Foam (Polydimethylsiloxane)], Cinnamon Sugar [Sugar, Cinnamon, Plant Fibre].
Corn Chips	Corn Flour, Vegetable Gums (Guar Gum, Cellulose Gum), Water, Natural Acidity Regulator (Citric Acid), Cooking Oil [Vegetable Oil (High Oleic Sunflower Oil, High Canola Oil and Canola Oil), Anti-Foam (Polydimethylsiloxane)], Salt.



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Corn Tortilla with Chipotle Seasoning (Hard Taco Shell)	Corn Flour, Vegetable Gum (Sodium carboxymethylcellulose), Water, Natural Acidity Regulator (Calcium Hydroxide), Cooking Oil [Vegetable Oil (High Oleic Sunflower Oil, High Canola Oil And Canola Oil), Anti-Foam (Polydimethylsiloxane)], Seasoning [Salt, Spices (Chipotle, Paprika, Chilli), Sugar, Natural Flavours, Vegetable Powders (Garlic, Onion), Vinegar Powder (Maltodextrin (from Corn), Vinegar), Natural Food Acid (Citric Acid), Plant Fibre, Smoke Flavour].
Dulce de Leche	Water, Milk Powder, Brown Sugar, Invert Sugar (Sugar, Water), Humectant (Glycerin), Modified Starch (Acetylated Distarch Adipate), Mineral Salt (Sodium Phosphate, Sodium Bicarbonate), Burnt Sugar.
Flour Tortillas	Wheat Flour [Vitamins (Thiamine, Folic Acid)], Water, Vegetable Oil [Natural Antioxidant (Tocopherols Concentrate)], Sugar, Baking Powder [Mineral Salts (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Calcium Phosphate)], Acidity Regulator (Fumaric Acid), Iodised Salt, Mineral Salt (Sodium Bicarbonate), Yeast.
Fries with Chipotle Seasoning	Potato, Canola Oil, Cooking Oil [Vegetable Oil (High Oleic Sunflower Oil, High Canola Oil And Canola Oil), Anti-Foam (Polydimethylsiloxane)], Seasoning [Salt, Spices (Chipotle, Paprika, Chilli), Sugar, Natural Flavours, Vegetable Powders (Garlic, Onion), Vinegar Powder (Maltodextrin (from Corn), Vinegar), Natural Food Acid (Citric Acid), Plant Fibre, Smoke Flavour].
Fries with No Seasoning or Salt	Potato, Canola Oil, Cooking Oil [Vegetable Oil (High Oleic Sunflower Oil, High Canola Oil And Canola Oil), Anti-Foam (Polydimethylsiloxane)].
Fries with Salt	Potato, Canola Oil, Cooking Oil [Vegetable Oil (High Oleic Sunflower Oil, High Canola Oil And Canola Oil), Anti-Foam (Polydimethylsiloxane)], Salt.
Grilled Chicken	Free Range Chicken Maryland, Marinade [Water, Vinegar, Soybean Oil, Orange Juice Concentrate, Powder Achiote Seed, Salt, Spices (Marjoram, Oregano, Black Pepper, Clove, Cumin, Thyme), Garlic, Guajillo Chilli, Onion, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Citric Acid, Tartaric Acid)], Canola Oil, Salt.
Ground Beef	Beef, Orange Juice, Tomato Paste (Contains Citric Acid), Garlic, Onion, Herb & Spices(Smoked Paprika, Cayenne Powder, Cumin, Garlic Powder, Onion Powder, Black Pepper, Oregano), Tapioca Starch, Salt.
Guacamole	Fresh Avocado, Pico De Gallo [Fresh Tomato, Fresh Spanish Onion, Fresh Coriander, Lemon Juice, Salt], Lemon Juice, Salt, Fresh Jalapeño.
Habanero Salsa	Water, Vinegar, Chilli (Jalapeño, Habanero), Sugar, Tomato Paste, Salt, Tamarind Pulp, Orange Juice Concentrate, Natural Food Acid (Citric Acid, Ascorbic Acid), Thickener (Xanthan Gum), Spices (Garlic, Black Pepper, Paprika, Turmeric).
Hash Browns (Breakfast Only)	Potato, Canola Oil, Salt, Spice Extract (Pepper), Cooking Oil [Vegetable Oil (High Oleic Sunflower Oil, High Canola Oil And Canola Oil), Anti-Foam (Polydimethylsiloxane)].
Jalapeño	Fresh Jalapeño.
Jalapeño Ketchup	Ketchup [Concentrated Organic Tomatoes, Organic Sugar, Salt, Organic White Vinegar (from Wheat), Natural Flavour (Contains Garlic), Spice], Roasted Jalapeño Salsa [Water, Chilli (Jalapeño, Poblano), Vinegar, Salt, Spices (Coriander, Cumin, Oregano, Black Pepper), Onion, Modified Corn Starch (Acetylated Distarch Adipate), Natural Food Acid (Tartaric Acid), Sugar, Thickener (Xanthan Gum), Garlic].
Ketchup	Concentrated Organic Tomatoes, Organic Sugar, Salt, Organic White Vinegar (from Wheat), Natural Flavour (Contains Garlic), Spice.



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Lettuce (Shredded Iceberg)	Fresh Iceberg Lettuce.
Lime Wedge	Fresh Lime.
Mex Chimi Mayo	Canola Oil, Water, Herbs and Spices (Coriander, Black Pepper), White Vinegar, Potato Protein, Salt, Sugar, Lemon Juice, Garlic Powder, Vegetable Gum (Guar Gum), Coriander Oil.
Pickled Jalapeños & Carrots	Water, Jalapeño Chilli Pepper, Carrot, Vinegar, Salt, Onion, Soybean Oil, Spices (Oregano, Bay Leaf, Marjoram, Thyme), Firming Agent (Calcium Chloride).
Pico de Gallo	Fresh Tomato, Fresh Spanish Onion, Fresh Coriander, Lemon Juice, Salt.
Plain Queso	Water, Cheese (Milk, Salt, Starter Culture, Enzymes), Green Capsicum, Onion, Jalapeño Chilli, Corn Starch, Mineral Salt (Potassium Pyrophosphate, Sodium Pyrophosphate, Potassium Phosphate, Calcium Phosphate), Garlic, Natural Food Acid (Citric Acid), Natural Stabiliser (Xanthan Gum), Salt.
Queso (Mild)	Queso [Water, Cheese (Milk, Salt, Starter Culture, Enzymes), Green Capsicum, Onion, Jalapeño Chilli, Corn Starch, Mineral Salt (Potassium Pyrophosphate, Sodium Pyrophosphate, Potassium Phosphate, Calcium Phosphate), Garlic, Natural Food Acid (Citric Acid), Natural Stabiliser (Xanthan Gum), Salt.], Pico De Gallo [Fresh Tomato, Fresh Spanish Onion, Fresh Coriander, Salt, Lemon Juice].
Queso (Spicy)	Queso [Water, Cheese (Milk, Salt, Starter Culture, Enzymes), Green Capsicum, Onion, Jalapeño Chilli, Corn Starch, Mineral Salt (Potassium Pyrophosphate, Sodium Pyrophosphate, Potassium Phosphate, Calcium Phosphate), Garlic, Natural Food Acid (Citric Acid), Natural Stabiliser (Xanthan Gum), Salt.], Pico De Gallo [Fresh Tomato, Fresh Spanish Onion, Fresh Coriander, Salt, Lemon Juice.], Fresh Jalapeño Chilli.
Roasted Jalapeño Salsa	Water, Chilli (Jalapeño, Poblano), Vinegar, Salt, Spices (Coriander, Cumin, Oregano, Black Pepper), Onion, Modified Corn Starch (Acetylated Distarch Adipate), Natural Food Acid (Tartaric Acid), Sugar, Thickener (Xanthan Gum), Garlic.
Salad Base (No Filling, Salsa or Dressing)	Fresh Mesculin Lettuce, Fresh Cos Lettuce, Fresh Cucumber, Fresh Carrot.
Sautéed Vegetables	Sauteed Vegetables [Capsicum, Onion, Mushroom, Corn], Canola Oil, Salt & Pepper.
Scrambled Eggs (Breakfast Only)	Free Range Eggs, Milk, Butter, Salt.
Shredded Beef Brisket	Beef, Marinade [Water, Vinegar, Soybean Oil, Orange Juice Concentrate, Powder Achiote Seed, Salt, Spices (Marjoram, Oregano, Black Pepper, Clove, Cumin, Thyme), Garlic, Guajillo Chilli, Onion, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Citric Acid, Tartaric Acid)], Salt, Seasoning (Maltodextrin (Maize), Spice Extract (Pepper), Vegetable Extract (Garlic), Tapioca Flour.
Slow Cooked Pork	Pork, Sugar, Salt, Onion Powder, Seasoning (Maltodextrin (Maize), Salt, Spice Extract (Pepper), Vegetable Extract (Garlic).
Smoky Chipotle Salsa	Water, Vinegar, Sugar, Chilli (Chipotle, Red Jalapeño, Ancho, Guajillo), Salt, Onion, Garlic, Modified Corn Starch (Acetylated Distarch Adipate), Tomato Paste, Thickener (Xanthan Gum), Spices (Black Pepper, Bay Leaf, Oregano).



# INGREDIENTS LIST

Ingredient information is based on standard products and supplier information. Products may vary, ingredients may change and new ingredients may be introduced from time to time.

Information current at January 30, 2024. Please check our website for the latest information.  
For allergen information please see our allergen table.



MENU ITEM INGREDIENT	INGREDIENT LIST
Soft Serve Ice Cream	Water, Sugar, Fresh Cream, Milk Solids, Malto-dextrin, Mono & Di Glycerides, Plant Based Vegetable Fibre, Cellulose Gum, Natural Vanilla Flavour, Carrageenan, Acidity Regulators (Sodium Diphosphate, Pentasodium Triphosphate).
Sour Cream	Milk, Cream, Milk Solids, Culture
Sourdough (Breakfast Only)	Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Sourdough Culture of Wheat & Rye Flour [Contains: Whey Protein Powder (from Milk), Spice (Cardamom), Acetic acid, Citric Acid], Iodised Salt, Wheat Gluten, Wheat Semolina, Baker's Yeast, Soy Flour, plant-based Emulsifier (Diacetyltartaric and fatty acid esters of glycerol), Flour Treatment Agent (Ascorbic acid), plant-based Enzymes.
Spicy Sauce	Water, Vinegar, Chilli (Chipotle, Arbol, Ancho, Guajillo), Sugar, Soybean Oil, Salt, Tomato Paste, Onion, Garlic, Modified Corn Starch (Distarch Phosphate), Natural Food Acid (Tartaric Acid), Spices (Clove, Parsley, Oregano, Thyme, Bay Leaf, Marjoram).
Sweet Chipotle BBQ Dipping Sauce	Sugar, Tomato Paste, Liquid Sugar, Chipotle Peppers In Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acetic Acid), Water, Treacle (Cane Sugar, Water), Apple Puree (Apple, Ascorbic Acid), Worcestershire Sauce, Salt, Acidity Regulator (Acetic Acid), Corn Starch, Burnt Sugar, Spices (Paprika, Pimento, Cinnamon, Nutmeg, Black Pepper, Ginger), Onion Powder, Garlic Powder, Vegetable Gum (Xanthan, Guar), Yeast Extract.
Tomatillo Salsa	Tomatillo, Onion, Poblano Chilli, Coriander, Salt, Natural Food Acid (Tartaric Acid), Garlic.
Waffle Cone (Cone Only)	Wheat Flour, Sugar, Oat Fibre, Vegetable Oil (Coconut), Emulsifier (Soy Lecithin), Wheaten Cornflour, Salt, Natural Vanilla Flavour
White Rice	Water, White Rice, Canola Oil, Vegetable Stock [Salt, Vegetable Powders (Onion, Garlic, Spinach), Rice Flour, Sugar, Yeast Extract, Natural Flavour, Vegetable Oil, Bay Leaves], Salt.



# CAFE HOLA - BEVERAGES STANDARD INGREDIENTS



Hot beverages with any milk may contain milk, soy, almond and gluten. Contact between other ingredients may occur when your order is prepared. This is not shown in the below information.  
We cannot guarantee that a menu item is free from an ingredient.

**KEY:**  
**X** Denotes ingredient in menu item

	ESPRESSO & RISTRETTO	MACCHIATO	LONG BLACK	CAPPUCCINO	LATTE & FLAT WHITE	MOCHA	HOT CHOCOLATE	CHAI LATTE	BABYCHINO	ENGLISH BREAKFAST TEA, NO MILK	EARL GREY TEA, NO MILK	GREEN TEA	PEPPERMINT TEA	LEMON AND GINGER TEA
Coffee	X	X	X	X	X	X								
Milk (or alternative)		X		X	X	X	X	X	X					
Chocolate powder				X		X	X		X					
Chai powder								X						
Cinnamon powder								X						
English Breakfast Tea										X				
Earl Grey Tea											X			
Green Tea												X		
Peppermint Tea													X	
Lemon and Ginger Tea														X



# CAFE HOLA - BEVERAGES ALLERGEN AND DIETARY INFORMATION



Hot beverages with any milk may contain milk, soy, almond and gluten. Contact between other ingredients may occur when your order is prepared. This is not shown in the below information.

We cannot guarantee that a menu item is free from an ingredient.

- KEY:**
- NO** Indicates the menu item is not suitable for this dietary preference
  - X** Indicates the menu component not suitable in avoiding the listed allergen, ingredient or dietary preference
  - ~** May contain wheat, gluten, milk and egg
  - #** Soy does not include highly refined oils
  - TRACE\*** Indicates menu component is made on the same line that also processes products containing these allergens

	ADDED SULPHITES	GLUTEN	CRUSTACEAN	EGG	MILK / DAIRY	PEANUTS	SESAME SEEDS	SOY #	TREE NUTS	LUPINS
Almond Milk		~			~			~	X	
Caramel Coffee Syrup										
Chai Powder		~			TRACE*		TRACE*			
Chocolate Powder		~			TRACE*			TRACE*		
Cinnamon Powder					TRACE*					
Coffee										
Earl Grey Tea										
English Breakfast Tea										
Full Cream Milk		~			X			~	~	
Green Tea										
Hazelnut									X	
Oat Milk		X			~			~	~	
Peppermint Tea										
Skim Milk		~			X			~	~	
Soy Milk		~			~			X	~	
Sugar Syrup										
Vanilla Coffee Syrup										

VEGETARIAN	VEGAN
	~
	NO
	NO
	NO
	NO
	~
	NO
	~



# CAFE HOLA - BEVERAGES INGREDIENT LISTS



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MENU ITEM	INGREDIENT	INGREDIENT LIST
Almond Milk		Water, Almonds, Sugar, Sunflower Oil, Maltodextrin (From Corn), Acidity Regulators (Potassium phosphate, Potassium citrate), Vegetable Gums (Gellan Gum, Xanthan Gum, Locust Bean Gum), Sunflower Lecithin, Salt.
Caramel Coffee Syrup		Raw Sugar, Water, Natural Flavour, Citrus Extract, Food Acid (Citric Acid).
Chai powder		Organic Coconut Blossom Sugar, Instant Tea, Ground Spices, Natural Flavours.
Chocolate powder		Cane Sugar, Cocoa Powder.
Cinnamon powder		Cinnamon.
Coffee		Coffee Beans.
Earl Grey Tea		Black tea, Bergamot.
English Breakfast Tea		Black Tea.
Full Cream Milk		Whole Milk.
Green Tea		Green tea.
Hazelnut Coffee Syrup		Raw Sugar, Water, Natural Flavours, Citrus Extract, Food Acid (Citric Acid).
Oat Milk		Filtered Water, Ground Oats, Minerals (phosphorus, calcium), Sunflower oil, Canola oil, Sea Salt.
Peppermint Tea		Peppermint tea.
Skim Milk		Skim Milk, Milk Solids.
Soy Milk		Filtered Water, Organic Whole Soybeans, Tapioca Syrup, Sea Salt, Job's Tears (Hatomugi Powder), Calcium Carbonate.
Sugar Syrup		Raw Sugar, Water, Citrus Extract, Food Acids (Citric Acid, Sodium Citrate).
Vanilla Coffee Syrup		Raw Sugar, Water, Natural Flavour, Citrus Extract, Food Acid (Citric Acid).





# NUTRITIONAL INFORMATION

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BURRITO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
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	3360	804	24.8	35.7	14.0	94.0	10.0	10.3	1940
Mild Shredded Beef Brisket	480	3360	802	49.3	27.8	13.7	87.9	5.4	7.0	1950
For spicy add	+ 15	+ 70	+ 17	+ 0.3	+ 0.7	+ 0.3	+ 2.2	+ 0.6	+ 0.2	+ 166

BOWL	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
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	2890	690	20.3	32.7	10.5	77.1	7.8	9.6	1680
Mild Shredded Beef Brisket	455	2880	688	44.8	24.8	10.2	71.0	3.2	6.3	1690
For spicy add	+ 15	+ 70	+ 17	+ 0.3	+ 0.7	+ 0.3	+ 2.2	+ 0.6	+ 0.2	+ 166

CALI BURRITO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Crispy Chicken Tenders	451	4230	1010	34.1	57.2	17.9	87.6	6.9	6.6	1840
Mild Grilled Chicken	470	4070	971	46.4	52.8	18.6	74.7	7.1	6.6	1720
Mild Ground Beef	470	4260	1020	36.7	60.8	23.5	78.0	8.2	7.5	1770
Mild Pulled Pork	470	4410	1050	46.6	61.8	21.9	75.2	7.6	6.6	1760
Mild Sautéed Vegetables	470	3650	871	22.8	49.3	17.1	80.4	11.2	8.9	1550
Mild Shredded Beef Brisket	470	4170	996	48.5	54.6	19.6	74.7	7.1	6.6	1750
For spicy add	+ 30	+ 85	+ 20	+ 0.4	+ 0.8	+ 0.3	+ 2.7	+ 0.9	+ 0.4	+ 371





# NUTRITIONAL INFORMATION

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ENCHILADA	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Grilled Chicken	699	4680	1120	56.2	50.2	21.6	108	10.7	10.9	2910
Mild Ground Beef	699	4880	1170	46.5	58.2	26.5	111	11.8	11.8	2960
Mild Pulled Pork	699	5030	1200	56.4	59.2	24.9	109	11.2	10.9	2950
Mild Sautéed Vegetables with Guacamole	769	4790	1140	33.9	59.9	22.9	114	15.3	14.2	2930
Mild Shredded Beef Brisket	699	4780	1140	58.3	52.0	22.6	108	10.7	10.9	2940
For spicy add	+ 30	+ 140	+ 33	+ 0.7	+ 1.4	+ 0.7	+ 4.3	+ 1.2	+ 0.3	+ 332

NACHOS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
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	500	4220	1010	28.5	63.7	18.7	77.6	9.1	14.2	1650
Mild Shredded Beef Brisket	500	4740	1130	54.2	69.0	21.2	71.9	5.0	11.9	1850
For spicy add	+ 15	+ 70	+ 17	+ 0.3	+ 0.7	+ 0.3	+ 2.2	+ 0.6	+ 0.2	+ 166

NACHO FRIES	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Grilled Chicken	480	4270	1020	49.6	65.0	21.9	56.2	5.3	7.5	1610
Mild Ground Beef	480	4460	1070	39.9	73.0	26.8	59.5	6.4	8.4	1660
Mild Pulled Pork	480	4610	1100	49.8	74.0	25.2	56.7	5.8	7.5	1650
Mild Sautéed Vegetables	480	3850	919	26.0	61.5	20.4	61.9	9.4	9.8	1450
Mild Shredded Beef Brisket	480	4370	1040	51.7	66.8	22.9	56.2	5.3	7.5	1640
For spicy add	+ 30	+ 85	+ 20	+ 0.4	+ 0.8	+ 0.3	+ 2.7	+ 0.9	+ 0.4	+ 371





# NUTRITIONAL INFORMATION

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QUESADILLA	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Cheese	110	1580	378	17.6	21.4	13.5	28.8	2.1	1.0	686
Mild Grilled Chicken	160	1900	455	30.2	24.1	14.3	29.0	2.2	1.0	822
Mild Ground Beef	160	2000	478	25.4	28.1	16.7	30.6	2.8	1.5	847
Mild Pulled Pork	160	2080	496	30.3	28.6	16.0	29.2	2.5	1.0	842
Mild Sautéed Vegetables with Guacamole	195	1960	468	19.0	29.0	15.0	32.1	4.5	2.7	835
Mild Shredded Beef Brisket	160	1950	467	31.3	25.0	14.8	29.0	2.2	1.0	839
For spicy add	+ 15	+ 70	+ 17	+ 0.3	+ 0.7	+ 0.3	+ 2.2	+ 0.6	+ 0.2	+ 166

QUESADILLA PLUS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Grilled Chicken	241	2240	536	31.4	31.9	16.5	30.3	3.5	2.0	1020
Mild Ground Beef	241	2340	559	26.6	35.9	18.9	32.0	4.1	2.4	1040
Mild Pulled Pork	241	2420	577	31.5	36.4	18.1	30.6	3.8	2.0	1040
Mild Sautéed Vegetables with Guacamole	276	2560	610	33.1	39.4	18.4	30.6	3.8	2.5	1130
Mild Shredded Beef Brisket	241	2290	548	32.5	32.8	17.0	30.3	3.5	2.0	1040
For spicy add	+ 15	+ 70	+ 17	+ 0.3	+ 0.7	+ 0.3	+ 2.2	+ 0.6	+ 0.2	+ 166

SALAD (WITH CHIPOTLE MAYO)	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Grilled Chicken	284	1280	306	27.4	19.4	2.7	4.4	4.1	2.6	611
Mild Ground Beef	284	1470	352	17.7	27.4	7.6	7.7	5.2	3.5	660
Mild Pulled Pork	284	1190	283	23.1	18.8	2.9	4.2	3.9	2.6	740
Mild Sautéed Vegetables with Guacamole	354	1390	332	5.0	29.1	4.1	10.6	8.7	5.9	637
Mild Shredded Beef Brisket	284	1380	330	29.5	21.2	3.7	4.4	4.1	2.6	644
For spicy add	+ 15	+ 70	+ 17	+ 0.3	+ 0.7	+ 0.3	+ 2.2	+ 0.6	+ 0.2	+ 166
Chipotle Mayo Dressing Only	20	520	124	0.3	13.6	1.0	0.7	0.5	0.0	119





# NUTRITIONAL INFORMATION

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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)	FIBRE (g)	SODIUM (mg)
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	188	1170	280	7.1	19.8	6.4	17.3	3.9	3.0	579
Mild Shredded Beef Brisket	118	854	204	16.2	8.8	4.5	14.5	1.8	1.1	468
For spicy add	+ 5	+ 23	+ 6	+ 0.1	+ 0.2	+ 0.1	+ 0.7	+ 0.2	+ less than 0.1	+ 55

HARD TACOS (1 TACO)	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
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	179	1140	273	6.1	20.4	5.4	14.9	3.7	3.5	1090
Mild Shredded Beef Brisket	109	847	202	15.3	9.5	3.6	12.8	1.7	2.1	337
For spicy add	+ 5	+ 23	+ 6	+ 0.1	+ 0.2	+ 0.1	+ 0.7	+ 0.2	+ less than 0.1	+ 55

\$3 TACO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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

TENDER TACO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Soft tender taco - Mild	99	1160	276	11.6	16.5	4.3	20.3	1.2	0.6	486
Hard tender taco - Mild	90	1130	269	10.6	17.0	3.4	18.0	1.0	1.2	1000
For spicy add	+2	+9	+2	+ less than 0.1	+ less than 0.1	+ less than 0.1	+ 0.3	+ less than 0.1	+ less than 0.1	+ 22





# NUTRITIONAL INFORMATION

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FRIES	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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

QUESO FRIES	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Plain - Large	300	3060	731	19.8	42.8	12.5	64.1	1.8	6.3	1340
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

DIPPING SAUCES	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Jalapeño Ketchup	37	161	38	0.5	less than 0.1	less than 0.1	8.2	7.7	0.1	439
Chipotle Mayo	30	780	186	0.5	20.4	1.5	1.0	0.8	0.0	178
Mex Chimi Mayo	50	1200	286	0.6	31.6	2.2	0.8	0.6	0.0	207
Sweet Chipotle BBQ Dipping Sauce Portion	50	403	96	0.7	0.1	less than 0.1	22.6	21.0	0.0	418





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CRISPY CHICKEN TENDERS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Two Crispy Chicken Tenders with Sweet Chipotle BBQ sauce	106	1010	241	13.3	9.9	1.0	24.6	10.6	0.0	607
Two Crispy Chicken Tenders with Chipotle Mayo	99	1210	290	13.3	20.3	1.8	13.9	0.6	0.0	512
Three Crispy Chicken Tenders with Sweet Chipotle BBQ sauce	147	1420	338	19.8	14.8	1.5	31.2	10.6	0.0	806
Three Crispy Chicken Tenders with Chipotle Mayo	140	1620	386	19.8	25.2	2.3	20.5	0.6	0.0	711
Crispy Chicken Tenders and Fries with Sweet Chipotle BBQ sauce	286	3260	779	21.2	37.6	3.3	85.6	11.6	6.3	1320
Crispy Chicken Tenders and Fries with Chipotle Mayo	279	3460	827	21.2	48.0	4.1	74.9	1.7	6.3	1220

EXTRAS - REG BURRITOS, BOWLS & SALADS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Black Beans	30	77	18	0.9	0.2	less than 0.1	3.6	0.0	1.4	2
Brown Rice (bowl)	140	909	217	4.5	3.9	0.7	39.8	0.6	1.4	448
Brown Rice (burrito)	90	584	140	2.9	2.5	0.5	25.6	0.4	0.9	288
Coriander	5	5	1	0.1	less than 0.1	0.0	less than 0.1	less than 0.1	0.1	2
Guacamole	70	526	126	1.2	13.2	2.9	0.5	0.5	1.0	189
Habanero Salsa	10	26	6	less than 0.1	less than 0.1	0.0	1.4	1.1	0.1	134
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	223	53	1.7	2.0	0.2	6.0	4.4	2.3	109
Mild Sautéed Vegetables with Guacamole	170	749	179	2.9	15.2	3.1	6.5	4.9	3.3	298
Mild Shredded Beef Brisket	100	741	177	27.4	7.3	2.7	0.3	0.3	0.0	305
Pickled Jalapeños	18	18	4	less than 0.1	less than 0.1	less than 0.1	0.7	0.4	0.3	246
Roasted Jalapeño Salsa	10	10	2	less than 0.1	less than 0.1	0.0	0.4	0.2	0.1	73
Smokey Chipotle Salsa	10	38	9	0.1	less than 0.1	0.0	2.0	1.4	0.1	210
Spanish Onions	15	22	5	0.2	less than 0.1	0.0	0.9	0.7	0.2	2



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EXTRAS - REG BURRITOS, BOWLS & SALADS (CONT.)	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Spicy Sauce	15	70	17	0.3	0.7	0.3	2.2	0.6	0.2	166
Cos Lettuce	30	25	6	0.4	less than 0.1	0.0	0.5	0.5	0.6	5
Queso (Plain)	60	405	97	5.9	7.6	5.1	1.6	0.4	0.0	312
Queso (Mild)	80	419	100	6.2	7.6	5.1	2.0	0.8	0.2	362
Queso (Spicy)	83	422	101	6.2	7.6	5.1	2.1	0.9	0.3	362

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)	FIBRE (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
Corn Chips with Medium Tomatillo Salsa	200	2340	559	7.9	29.3	2.6	62.3	5.1	7.4	1000

SIDES	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Brown Rice	207	1340	321	6.6	5.8	1.0	58.8	0.8	2.1	662
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
Sour Cream	87	699	167	2.4	16.0	10.8	3.5	3.5	0.0	33



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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)	FIBRE (g)	SODIUM (mg)
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
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	407	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

DESSERTS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Soft Serve Cone	95	687	164	3.0	3.6	2.6	29.3	17.7	0.6	51
Churro Sundae with Chocolate Sauce	183	1310	313	5.5	11.6	5.2	45.8	31.0	0.5	117
Churro Sundae with Dulce de Leche	183	1260	301	6.0	9.9	5.0	45.0	32.3	0.5	133
Large Sundae with Chocolate Sauce	165	1040	247	4.4	7.9	4.8	39.0	29.6	0.0	73
Large Sundae with Dulce de Leche	165	986	235	4.9	6.3	4.7	38.2	31.0	0.0	89
Large Sundae with no topping	150	804	192	3.9	5.3	4.1	31.8	24.7	0.0	57
Small Sundae with Chocolate Sauce	108	652	156	2.9	4.8	3.1	24.8	18.9	0.0	46
Small Sundae with Dulce de Leche	108	627	150	3.1	4.0	3.0	24.4	19.6	0.0	54
Small Sundae with no topping	100	536	128	2.6	3.5	2.7	21.2	16.5	0.0	38
Churros with Chocolate Sauce	108	1670	400	5.8	21.3	3.4	45.4	17.5	1.9	216
Churros with Dulce de Leche	106	1530	366	6.7	17.0	2.8	42.7	20.3	1.9	254
Nacho Sundae with Chocolate Sauce	175	2010	481	6.8	21.3	5.0	63.6	28.1	3.0	199
Nacho Sundae with Dulce de Leche	175	1950	465	7.4	19.1	4.8	62.5	29.9	3.0	221
Nacho Sundae with no topping	155	1700	407	6.1	17.7	4.0	54.0	21.6	3.0	178
Chocolate Sauce portion	38	578	138	1.4	6.7	2.0	18.0	12.2	0.0	39
Dulce de Leche portion	36	436	104	2.3	2.4	1.4	15.3	15.0	0.0	78





# LITTLE G'S NUTRITIONAL INFORMATION

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LITTLE G'S BURRITO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Grilled Chicken	175	1740	416	24.4	15.4	8.0	44.1	2.0	1.0	758
Mild Ground Beef	175	1840	439	19.5	19.4	10.4	45.7	2.6	1.5	782
Mild Pulled Pork	175	1910	457	24.5	19.9	9.6	44.3	2.3	1.0	777
Mild Sautéed Vegetables with Guacamole	210	1790	429	13.2	20.3	8.7	47.2	4.3	2.7	771
Mild Shredded Beef Brisket	175	1790	428	25.4	16.3	8.5	44.1	2.0	1.0	774
For spicy add	+10	+ 47	+ 11	+ 0.2	+ 0.5	+ 0.2	+ 1.4	+ 0.4	+ 0.1	+ 111

LITTLE G'S NACHOS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Cheese	70	1410	337	8.5	20.6	5.6	28.5	0.9	2.7	288
Mild Grilled Chicken	120	1730	413	21.2	23.3	6.4	28.6	1.0	2.7	424
Mild Ground Beef	120	1830	437	16.3	27.3	8.9	30.3	1.6	3.2	449
Mild Pulled Pork	120	1900	455	21.3	27.8	8.1	28.8	1.3	2.7	443
Mild Sautéed Vegetables with Guacamole	155	1790	426	10.0	28.2	7.1	31.7	3.3	4.4	437
Mild Shredded Beef Brisket	120	1780	426	22.2	24.2	6.9	28.6	1.0	2.7	441
For spicy add	+10	+ 47	+ 11	+ 0.2	+ 0.5	+ 0.2	+ 1.4	+ 0.4	+ 0.1	+ 111

LITTLE G'S SIDES	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Carrot Disks	60	79	19	0.5	less than 0.1	0.0	3.2	3.1	1.7	27
Fries with Chipotle Seasoning	60	750	179	2.6	9.2	0.8	20.3	0.4	2.1	237
Fries with Plain Salt	60	750	179	2.6	9.2	0.8	20.3	0.4	2.1	307





# BREAKFAST NUTRITIONAL INFORMATION

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BREAKFAST BURRITO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Bacon	240	2450	584	25.9	33.6	12.5	43.4	2.7	3.2	1350
Mild Free Range Chicken Chorizo	240	2400	574	23.2	34.0	12.3	42.9	2.6	3.2	1210
Mild Sautéed Vegetables with Guacamole	275	2460	588	19.9	35.9	12.1	44.8	4.0	4.4	1090
For spicy add	+10	+ 47	+ 11	+ 0.2	+ 0.5	+ 0.2	+ 1.4	+ 0.4	+ 0.1	+ 111

BIG BREAKFAST BURRITO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Bacon	405	4060	970	41.1	56.7	19.7	72.0	4.5	5.8	2290
Mild Free Range Chicken Chorizo	405	3990	954	36.6	57.2	19.5	71.2	4.2	5.8	2060
Mild Sautéed Vegetables with Guacamole	440	3910	934	30.6	56.0	18.0	74.2	6.4	7.5	1790
For spicy add	+ 15	+ 70	+ 17	+ 0.3	+ 0.7	+ 0.3	+ 2.2	+ 0.6	+ 0.2	+ 166

FREE RANGE SCRAMBLED EGGS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Bacon	219	1780	425	31.4	29.4	12.2	8.7	1.7	1.0	1140
Mild Free Range Chicken Chorizo	219	1710	408	26.9	30.0	12.0	7.9	1.5	1.0	904
Mild Sautéed Vegetables with Guacamole	254	1630	389	20.9	28.8	10.6	10.9	3.7	2.6	633
For spicy add	+10	+ 47	+ 11	+ 0.2	+ 0.5	+ 0.2	+ 1.4	+ 0.4	+ 0.1	+ 111

TOAST (1 SLICE)	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Toast with Avocado - Mild	70	633	151	3.6	8.1	1.8	15.4	1.1	1.6	256
Toast with Guacamole - Mild	70	592	141	3.5	6.9	1.5	15.5	1.2	1.6	259
For spicy add	+ 5	+ 6	+ 1	+ less than 0.1	+ less than 0.1	+ less than 0.1	+ 0.2	+ 0.2	+ 0.1	+ less than 1





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BREAKFAST QUESADILLA	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Bacon	160	2110	504	29.5	29.6	16.6	29.9	2.6	1.0	1340
Mild Chorizo	160	2040	487	25.0	30.2	16.4	29.1	2.3	1.0	1110
Mild Sautéed Vegetables with Guacamole	195	1960	468	19.0	29.0	15.0	32.1	4.5	2.7	835
For spicy add	+ 15	+ 70	+ 17	+ 0.3	+ 0.7	+ 0.3	+ 2.2	+ 0.6	+ 0.2	+ 166

BREAKFAST QUESADILLA PLUS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Bacon	241	2450	585	30.7	37.4	18.8	31.2	3.9	2.0	1540
Mild Chorizo	241	2380	568	26.2	37.9	18.6	30.4	3.6	2.0	1300
Mild Sautéed Vegetables with Guacamole	276	2300	549	20.2	36.7	17.2	33.4	5.8	3.6	1030
For spicy add	+ 15	+ 70	+ 17	+ 0.3	+ 0.7	+ 0.3	+ 2.2	+ 0.6	+ 0.2	+ 166

BREKKIE TACO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Bacon	86	813	194	11.2	9.9	4.5	14.9	1.9	0.6	549
Mild Free Range Chicken Chorizo	86	786	188	9.4	10.1	4.4	14.6	1.8	0.6	455
Mild Sautéed Vegetables with Guacamole	178	1340	320	8.4	24.3	7.0	16.3	3.2	2.4	557
For spicy add	+ 10	+ 29	+ 7	+ 0.2	+ 0.3	+ 0.1	+ 0.9	+ 0.4	+ 0.2	+ 55

CHURROS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (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 with Chocolate Sauce	108	1670	400	5.8	21.3	3.4	45.4	17.5	1.9	216



# BREAKFAST NUTRITIONAL INFORMATION



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EXTRAS - BREAKFAST	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Bacon	30	315	75	7.1	5.0	1.9	0.6	0.3	0.0	393
Free Range Chicken Chorizo	30	274	65	4.5	5.3	1.8	0.2	0.2	0	252
Sautéed Vegetables with Guacamole	30	67	16	0.5	0.6	less than 0.1	1.8	1.3	0.7	33
For added spicy fillings add	+10	+ 47	+ 11	+ 0.2	+ 0.5	+ 0.2	+ 1.4	+ 0.4	+ 0.1	+ 111
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 de Gallo	20	14	3	0.2	less than 0.1	0.0	0.4	0.4	0.2	50
Toast (1 slice)	35	329	79	2.9	0.3	0.1	15.2	1.0	1.1	164





# MINIS NUTRITIONAL INFORMATION

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MINI BOWL	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
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	423	12.7	18.9	6.5	49.7	4.0	4.9	988
Mild Shredded Beef Brisket	264	1770	422	24.9	15.0	6.3	46.6	1.7	3.2	992
For spicy add	+10	+ 47	+ 11	+ 0.2	+ 0.5	+ 0.2	+ 1.4	+ 0.4	+ 0.1	+ 111

MINI BURRITO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
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	1960	467	14.9	20.8	8.8	54.2	5.4	5.4	1090
Mild Shredded Beef Brisket	260	1950	466	27.2	16.8	8.6	51.1	3.2	3.8	1090
For spicy add	+10	+ 47	+ 11	+ 0.2	+ 0.5	+ 0.2	+ 1.4	+ 0.4	+ 0.1	+ 111

MINI CALI BURRITO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Crispy Chicken Tenders	275	2650	633	20.5	34.6	11.0	58.1	4.2	4.4	1200
Mild Grilled Chicken	275	2560	611	26.6	32.5	11.3	51.3	4.1	4.3	1020
Mild Ground Beef	275	2650	634	21.7	36.5	13.8	52.9	4.7	4.7	1040
Mild Pulled Pork	275	2730	652	26.7	37.0	13.0	51.5	4.4	4.3	1040
Mild Sautéed Vegetables	275	2350	561	14.8	30.7	10.6	54.1	6.2	5.4	934
Mild Shredded Beef Brisket	275	2610	623	27.6	33.4	11.8	51.3	4.1	4.3	1030
For spicy add	+ 19	+ 56	+ 13	+ 0.3	+ 0.5	+ 0.2	+ 1.8	+ 0.6	+ 0.2	+ 233





# MINIS NUTRITIONAL INFORMATION

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MINI ENCHILADA	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Grilled Chicken	370	2660	636	30.8	28.4	12.5	62.9	5.9	5.8	1570
Mild Ground Beef	370	2760	659	25.9	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	2720	649	19.6	33.3	13.2	66.0	8.1	7.5	1590
Mild Shredded Beef Brisket	370	2710	648	31.8	29.3	13.0	62.9	5.9	5.8	1590
For spicy add	+ 20	+ 93	+ 22	+ 0.4	+ 1.0	+ 0.4	+ 2.9	+ 0.8	+ 0.2	+ 221

MINI NACHOS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
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	250	2110	504	14.3	31.9	9.3	38.8	4.6	7.1	827
Mild Shredded Beef Brisket	250	2370	566	27.1	34.5	10.6	35.9	2.5	5.9	925
For spicy add	+10	+ 47	+ 11	+ 0.2	+ 0.5	+ 0.2	+ 1.4	+ 0.4	+ 0.1	+ 111

MINI NACHO FRIES	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Grilled Chicken	284	2550	610	27.2	37.7	12.0	38.4	3.4	4.9	1110
Mild Ground Beef	265	2640	587	23.6	37.6	11.0	36.9	3.2	4.9	850
Mild Pulled Pork	265	2450	584	25.9	36.3	11.3	36.6	2.8	4.6	856
Mild Sautéed Vegetables	265	2240	534	14.1	34.6	10.5	39.4	4.9	5.8	774
Mild Shredded Beef Brisket	265	2220	532	14.5	33.9	10.5	39.8	4.1	5.7	724
For spicy add	+ 19	+ 56	+ 13	+ 0.3	+ 0.5	+ 0.2	+ 1.8	+ 0.6	+ 0.2	+ 233





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MINI SALAD (WITH CHIPOTLE MAYO)	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Grilled Chicken	152	648	155	13.8	9.7	1.4	2.3	2.2	1.5	307
Mild Ground Beef	152	745	178	9.0	13.7	3.8	4.0	2.8	2.0	332
Mild Pulled Pork	152	600	143	11.7	9.4	1.5	2.2	2.1	1.5	372
Mild Sautéed Vegetables with Guacamole	187	703	168	2.7	14.6	2.0	5.4	4.5	3.2	320
Mild Shredded Beef Brisket	152	699	167	14.9	10.6	1.9	2.3	2.2	1.5	324
For spicy add	+10	+ 47	+ 11	+ 0.2	+ 0.5	+ 0.2	+ 1.4	+ 0.4	+ 0.1	+ 111
Chipotle Mayo Mini Dressing Only	10	260	62	0.2	6.8	0.5	0.3	0.3	0.0	60

EXTRAS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
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	112	27	0.9	1.0	0.1	3.0	2.2	1.1	55
Mild Sautéed Vegetables with Guacamole	85	374	89	1.5	7.6	1.5	3.2	2.4	1.7	149
Mild Shredded Beef Brisket	50	370	89	13.7	3.7	1.4	0.2	0.2	0.0	152
Spicy Sauce	10	47	12	0.2	0.4	0.2	1.4	0.4	0.1	110





Information is based on standard products and supplier information, current at January 30, 2024.  
Ingredients changes may occur before this information is updated. If you have any specific requirements or questions please contact us on [hola@gyg.com.au](mailto:hola@gyg.com.au)