



# 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**



- Tacos are available as either a soft or hard taco

**PSM** Pulled Shiitake Mushroom is the only filling option for the Pulled Shiitake Mushroom Taco with Herb Mayo (VG)

[illegible]



# 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.

Use this table to identify the ingredients in the menu item then look up each ingredient in the allergen information table or ingredients listing to find the allergen or ingredient details, respectively.

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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

- Tacos are available as either a soft or hard taco
- PSM** Pulled Shiitake Mushroom is the only filling option for the Pulled Shiitake Mushroom Taco with Herb Mayo (VG)

|                          | BURRITO | BOWL | ENCHILADA | CALI BURRITO | NACHOS | NACHO FRIES | HARD OR SOFT TACOS | HARD OR SOFT CRISPY CHICKEN TENDER TACO | PULLED SHIITAKE MUSHROOM TACO W/ HERB MAYO (VG) | \$3 TACO | SALAD | KIDS NACHOS | KIDS BURRITO | KIDS BOWL | STREET CORN | QUESO FRIES     | QUESADILLA | QUESADILLA PLUS |
|--------------------------|---------|------|-----------|--------------|--------|-------------|--------------------|-----------------------------------------|-------------------------------------------------|----------|-------|-------------|--------------|-----------|-------------|-----------------|------------|-----------------|
| Fresh Jalapeños          |         |      | X         | X            | X      | X           |                    |                                         |                                                 |          |       |             |              | X         |             | X<br>SPICY ONLY |            | X               |
| Herb Mayo (VG)           |         |      |           |              |        |             |                    |                                         | X                                               |          |       |             |              |           |             |                 |            |                 |
| Seasoned Corn            |         |      |           |              |        |             |                    |                                         |                                                 |          |       |             |              |           | X           |                 |            |                 |
| Churros                  |         |      |           |              |        |             |                    |                                         |                                                 |          |       |             |              |           |             |                 |            |                 |
| Hash Brown               |         |      |           |              |        |             |                    |                                         |                                                 |          |       |             |              |           |             |                 |            |                 |
| Sourdough Bread          |         |      |           |              |        |             |                    |                                         |                                                 |          |       |             |              |           |             |                 |            |                 |
| Scrambled Eggs / Egg Mix |         |      |           |              |        |             |                    |                                         |                                                 |          |       |             |              |           |             |                 |            |                 |
| Avocado                  |         |      |           |              |        |             |                    |                                         |                                                 |          |       |             |              |           |             |                 |            |                 |
| Jalapeño Ketchup         |         |      |           |              |        |             |                    |                                         |                                                 |          |       |             |              |           |             |                 |            |                 |

| BREAKFAST BURRITO & BIG BREAKFAST BURRITO | SCRAMBLED EGGS | GUACAMOLE ON TOAST | AVOCADO ON TOAST | BREKKIE TACO    | BREAKFAST QUESADILLA | BREAKFAST QUESADILLA PLUS |
|-------------------------------------------|----------------|--------------------|------------------|-----------------|----------------------|---------------------------|
|                                           |                | X<br>SPICY ONLY    | X<br>SPICY ONLY  | X<br>SPICY ONLY |                      | X                         |
|                                           |                |                    |                  |                 |                      |                           |
|                                           |                |                    |                  |                 |                      |                           |
| X                                         |                |                    |                  |                 |                      |                           |
|                                           |                | X                  | X                |                 |                      |                           |
| X                                         | X              |                    |                  | X               |                      |                           |
|                                           |                |                    | X                |                 |                      |                           |
|                                           |                |                    |                  | X               |                      |                           |



# DESSERT MENU ITEM STANDARD INGREDIENTS

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**KEY:**

**X** Denotes ingredient in the menu item

|                         | CHURROS WITH<br>DULCE DE LECHE | CHURROS WITH<br>CHOCOLATE SAUCE | WAFFLE CONE WITH<br>SOFT SERVE | SUNDAE WITH<br>CHOCOLATE SAUCE | SUNDAE WITH<br>DULCE DE LECHE | SUNDAE WITH<br>CHURRO AND<br>CHOCOLATE SAUCE | SUNDAE WITH<br>CHURRO AND<br>DULCE DE LECHE | NACHO SUNDAE<br>WITH DULCE<br>DE LECHE | NACHO SUNDAE<br>WITH CHOCOLATE<br>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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- 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
  - ∂** 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    |           | ~              | ~   | ~    |         |        |       |          |        |        |
| Chipotle Fries Seasoning  |           | ~              | ~   | ~    |         |        |       |          |        |        |
| Chipotle Mayo             |           | ~              | X   | ~    |         |        |       |          |        |        |
| Chocolate Sauce           |           | ~              | ~   | X    |         |        | X     |          |        |        |
| Churros                   | TRACE*    | X              | ~   | ~    |         |        |       |          |        |        |
| Cinnamon Sugar            |           | ~              | ~   | ~    |         |        |       |          |        |        |
| Corn Chips                |           | ~              | ~   | ~    |         |        |       |          |        |        |

|    | VEGETARIAN | VEGAN | TOMATO | ONION | GARLIC | CHILLI ∂ | CORIANDER |
|----|------------|-------|--------|-------|--------|----------|-----------|
|    |            | ~     |        |       |        |          |           |
| NO | NO         |       |        |       |        |          |           |
|    | ~          | X     | X      |       | X      |          |           |
|    | ~          |       | X      | X     |        |          |           |
|    | ~          |       |        |       |        |          |           |
|    | NO         |       |        |       |        |          |           |
| NO | NO         |       | X      | X     |        |          |           |
|    | ~          |       | X      | X     | X      |          |           |
|    | NO         | 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 |
|---------------------------------------------------------------------------------------------|------------|----------------|--------|--------|---------|--------|--------|----------|--------|--------|
| Corn Tortilla (Hard Shell Tacos (Seasoned))                                                 |            | ~              | ~      | ~      |         |        |        |          |        |        |
| Dulce de Leche                                                                              |            | ~              | ~      | X      |         |        |        |          |        |        |
| Flour Tortilla (Burrito, Enchilada, Soft Taco, Breakfast Taco, Quesadilla, Quesadilla Plus) |            | X              | ~      | ~      |         |        | X      |          |        |        |
| Free Range Chicken Chorizo (Breakfast only)                                                 |            | ~              | ~      | X      |         |        |        |          |        |        |
| Fries with Chipotle Seasoning                                                               | TRACE<br>~ | TRACE<br>~     |        | ~      |         |        |        |          |        |        |
| Fries (Unseasoned)                                                                          | TRACE<br>~ | TRACE<br>~     | ~      | ~      |         |        |        |          |        |        |
| Grilled Chicken                                                                             |            | ~              | ~      | ~      |         |        |        |          |        |        |
| Ground Beef                                                                                 |            | ~              | ~      | ~      |         |        |        |          |        |        |
| Guacamole                                                                                   |            | ~              | ~      | ~      |         |        |        |          |        |        |
| Habanero Salsa (Salsa Station)                                                              |            | ~              | ~      | ~      |         |        |        |          |        |        |
| Hash Browns (Breakfast only)                                                                | TRACE<br>~ | TRACE<br>~     | ~      | ~      |         |        |        |          |        |        |
| Herb Mayo (VG)                                                                              |            | ~              | ~      | ~      |         |        |        |          |        |        |
| Jalapeño Ketchup                                                                            | TRACE*     | TRACE*         | TRACE* | TRACE* |         | TRACE* | TRACE* |          |        |        |

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|----|------------|-------|--------|-------|--------|----------|-----------|
|    |            | ∅     |        | X     | X      | X        |           |
|    |            | NO    |        |       |        |          |           |
|    |            | ~     |        |       |        |          |           |
| NO | NO         |       |        |       | X      | X        |           |
|    |            | ∅     |        | X     | X      | X        |           |
|    |            | ∅     |        |       |        |          |           |
| NO | NO         |       |        | X     | X      | X        |           |
| NO | NO         | X     | X      | X     | X      | X        |           |
|    |            | ~     | FRESH  | FRESH |        | FRESH    | FRESH     |
|    |            | ~     | X      |       | X      | X        |           |
|    |            | ~     |        |       |        |          |           |
|    |            | ~     |        |       | X      |          | X         |
|    |            | ~     | X      | X     | X      | X        | X         |



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|--------------------------------------------|-----------|----------------|--------|--------|---------|--------|--------|----------|--------|--------|
| Ketchup                                    | TRACE*    | TRACE*         | TRACE* | TRACE* |         | TRACE* | TRACE* |          |        |        |
| Lettuce (Shredded Iceberg)                 |           | ~              | ~      | ~      |         |        |        |          |        |        |
| Pico de Gallo                              |           | ~              | ~      | ~      |         |        |        |          |        |        |
| Pickled Jalapeños & Carrots                |           | ~              | ~      | ~      |         |        |        |          |        |        |
| Pinto Beans                                |           |                |        |        |         |        |        |          |        |        |
| Pulled Pork                                |           | ~              | ~      | ~      |         |        |        |          |        |        |
| Pulled Shiitake Mushroom                   | X         | TRACE*         | TRACE* | ~      |         |        | X      |          |        |        |
| 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          |           | ~              | ~      | ~      |         |        |        |          |        |        |

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



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

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



# 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 June 2, 2025. Please check our website for the latest information.  
For allergen information please see our allergen table.

| 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                                                         | Cheese [Pasteurised Milk, Salt, Culture, Enzyme], Tapioca Starch.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 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 & Street Corn) | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Free Range Chicken 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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| MENU ITEM INGREDIENT                                    | INGREDIENT LIST                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|---------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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)].                                                                                                                                                                                                                                                                                                   |
| Herb Mayo (VG)                                          | 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.                                                                                                                                                                                                                                                                                               |
| Jalapeño                                                | Fresh Jalapeño.                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Jalapeño Ketchup                                        | Ketchup [Water, Liquid Sugar, Tomato Paste, White Vinegar, Tapioca Flour, Salt, Acidity Regulator (Citric Acid)], Roasted Jalapeño Salsa [Water, Chilli (Jalapeño, Poblano), Vinegar, Salt, Spices (Coriander, Cumin, Oregano, Black Pepper), Onion, Modified Corn Starch (Acetylated Distarch Adipate), Food Acid (Tartaric Acid), Sugar, Thickener (Xanthan Gum), Garlic].                                                                                                  |



# INGREDIENTS LIST

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| MENU ITEM                                  | INGREDIENT | INGREDIENT LIST                                                                                                                                                                                                                                                                                                                                                                                                           |
|--------------------------------------------|------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ketchup                                    |            | Concentrated Organic Tomatoes, Organic Sugar, Salt, Organic White Vinegar (from Wheat), Natural Flavour (Contains Garlic), Spice.                                                                                                                                                                                                                                                                                         |
| Lettuce (Shredded Iceberg)                 |            | Fresh Iceberg Lettuce.                                                                                                                                                                                                                                                                                                                                                                                                    |
| Lime Wedge                                 |            | Fresh Lime.                                                                                                                                                                                                                                                                                                                                                                                                               |
| 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.                                                                                                                                                                                                                                                                                                                                                    |
| Pinto Beans                                |            | Pinto Beans, Water, Soybean Oil, Salt, Serrano Chili Peppers, Garlic, Sea Salt, Spices, Rice Powder, Firming Agent (Calcium Chloride).                                                                                                                                                                                                                                                                                    |
| 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.                                                                                                                         |
| Pulled Shiitake Mushroom                   |            | Pulled Shiitake Mushroom [Shiitake Mushrooms, Water, Coconut Oil, Isolated Soy Protein, Distilled White Vinegar, Mexican Seasoning (Garlic, Smoked Paprika, Salt, Onion), Canola Oil, Tapioca Flour, Gluten Free Soy Sauce, Yeast Extract, Salt, White Pepper, Mushroom Powder, Black Pepper.], Canola Oil.                                                                                                               |
| 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.                                                                                                                                                                                                                                                                                                                                                                                      |
| Seasoned Corn                              |            | Corn, Canola Oil, Chipotle 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.], Salt, Pepper.                                                                                                                                              |



# INGREDIENTS LIST

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| MENU ITEM                        | INGREDIENT | INGREDIENT LIST                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|----------------------------------|------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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).                                                                                                                                                                                                                       |
| 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 Bread (Breakfast Only) |            | Wheat Flour (Thiamine, Folate), Water, Semolina (Wheat), Yeast Fresh [Water, Bakers Yeast], Salt Iodised, Rye Flour Light, Culture [Wheat Flour, Rye Flour, Water, Mature Sour, Salt, Acetic Acid], Vinegar White, Canola Oil, Gluten, Wheat Bran, Improver [Wheat Flour, Malt Flour, Ascorbic Acid, Enzymes (Wheat)].                                                                                                                                   |
| 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 &<br>RISTRETTO | MACCHIATO | LONG BLACK | CAPPUCCINO | LATTE &<br>FLAT WHITE | MOCHA | HOT<br>CHOCOLATE | CHAI LATTE | BABYCHINO | ENGLISH<br>BREAKFAST TEA,<br>NO MILK | EARL GREY TEA,<br>NO MILK | GREEN TEA | PEPPERMINT TEA | LEMON AND<br>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

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.

Nutrition information is based on standard products, average serving size and supplier information, product analysis and government databases.

Information may vary due to supplier, seasonal and product variations. Information current at June 2, 2025.

| 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            | 3270        | 782          | 46.4        | 25.5          | 12.2              | 90.6             | 5.3        | 7.0       | 1900        |
| Mild Ground Beef                       | 480            | 3470        | 828          | 36.7        | 33.5          | 17.1              | 93.9             | 6.4        | 7.9       | 1950        |
| Mild Pulled Pork                       | 480            | 3180        | 759          | 42.1        | 24.9          | 12.4              | 90.4             | 5.1        | 7.0       | 2030        |
| Mild Pulled Shiitake Mushroom          | 480            | 3760        | 899          | 32.3        | 41.2          | 20.4              | 94.8             | 5.6        | 16.8      | 2390        |
| Mild Sautéed Vegetables with Guacamole | 550            | 3380        | 808          | 24.0        | 35.2          | 13.5              | 96.7             | 9.9        | 10.3      | 1930        |
| Mild Shredded Beef Brisket             | 480            | 3370        | 806          | 48.5        | 27.3          | 13.2              | 90.6             | 5.3        | 7.0       | 1930        |
| For spicy add                          | + 15           | + 70        | + 17         | + 0.3       | + 0.7         | + 0.3             | + 2.2            | + 0.6      | + 0.2     | + 166       |
| Swap White Rice for Brown Rice         | 0              | -60         | -14          | -0.5        | +0.8          | +0.2              | -5.2             | +0.3       | +0.9      | -27         |
| Swap Black Beans for Pinto Beans       | 0              | +147        | +35          | +2.8        | +0.7          | +0.1              | +1.0             | +0.5       | +0.4      | +146        |

| 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            | 2790        | 668          | 41.9        | 22.5          | 8.6               | 73.7             | 3.1        | 6.3       | 1640        |
| Mild Ground Beef                       | 455            | 2990        | 714          | 32.2        | 30.5          | 13.5              | 77.0             | 4.2        | 7.2       | 1690        |
| Mild Pulled Pork                       | 455            | 2700        | 645          | 37.6        | 21.9          | 8.8               | 73.5             | 2.9        | 6.3       | 1770        |
| Mild Pulled Shiitake Mushroom          | 455            | 3290        | 785          | 27.8        | 38.2          | 16.8              | 77.9             | 3.4        | 16.1      | 2130        |
| Mild Sautéed Vegetables with Guacamole | 525            | 2900        | 694          | 19.5        | 32.2          | 10.0              | 79.8             | 7.7        | 9.6       | 1670        |
| Mild Shredded Beef Brisket             | 455            | 2900        | 692          | 44.0        | 24.3          | 9.6               | 73.7             | 3.1        | 6.3       | 1680        |
| For spicy add                          | + 15           | + 70        | + 17         | + 0.3       | + 0.7         | + 0.3             | + 2.2            | + 0.6      | + 0.2     | + 166       |
| Swap White Rice for Brown Rice         | 0              | -91         | -22          | -0.8        | +1.2          | +0.3              | -8.1             | +0.5       | +1.4      | -42         |
| Swap Black Beans for Pinto Beans       | 0              | +147        | +35          | +2.8        | +0.7          | +0.1              | +1.0             | +0.5       | +0.4      | +146        |

| 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            | 4250        | 1020         | 33.3        | 56.7          | 17.4              | 90.3             | 6.8        | 6.6       | 1830        |
| Mild Grilled Chicken          | 470            | 4080        | 975          | 45.6        | 52.4          | 18.1              | 77.4             | 7.0        | 6.6       | 1700        |
| Mild Ground Beef              | 470            | 4270        | 1020         | 35.9        | 60.4          | 23.0              | 80.7             | 8.1        | 7.5       | 1750        |
| Mild Pulled Pork              | 470            | 3980        | 952          | 41.3        | 51.8          | 18.3              | 77.2             | 6.8        | 6.6       | 1830        |
| Mild Pulled Shiitake Mushroom | 470            | 4570        | 1090         | 31.5        | 68.1          | 26.3              | 81.6             | 7.3        | 16.4      | 2190        |
| Mild Sautéed Vegetables       | 470            | 3660        | 875          | 22.0        | 48.9          | 16.6              | 83.1             | 11.1       | 8.9       | 1540        |
| Mild Shredded Beef Brisket    | 470            | 4180        | 999          | 47.7        | 54.2          | 19.1              | 77.4             | 7.0        | 6.6       | 1740        |
| 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            | 4710        | 1120         | 54.8        | 49.4          | 20.7              | 113              | 10.6       | 10.9      | 2880        |
| Mild Ground Beef                       | 699            | 4900        | 1170         | 45.1        | 57.4          | 25.6              | 116              | 11.7       | 11.8      | 2930        |
| Mild Pulled Pork                       | 699            | 4610        | 1100         | 50.5        | 48.8          | 20.9              | 112              | 10.4       | 10.9      | 3010        |
| Mild Pulled Shiitake Mushroom          | 699            | 5200        | 1240         | 40.7        | 65.1          | 28.9              | 117              | 10.9       | 20.7      | 3370        |
| Mild Sautéed Vegetables with Guacamole | 769            | 4820        | 1150         | 32.5        | 59.1          | 22.1              | 119              | 15.2       | 14.2      | 2910        |
| Mild Shredded Beef Brisket             | 699            | 4810        | 1150         | 56.9        | 51.2          | 21.7              | 113              | 10.6       | 10.9      | 2920        |
| For spicy add                          | + 30           | + 140       | + 33         | + 0.7       | + 1.4         | + 0.7             | + 4.3            | + 1.2      | + 0.3     | + 332       |
| Swap White Rice for Brown Rice         | 0              | -60         | -14          | -0.5        | +0.8          | +0.2              | -5.2             | +0.3       | +0.9      | -27         |
| Swap Black Beans for Pinto Beans       | 0              | +147        | +35          | +2.8        | +0.7          | +0.1              | +1               | +0.5       | +0.4      | +146        |

| 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            | 4670        | 1120         | 50.4        | 66.3          | 19.1              | 77.3             | 4.9        | 11.9      | 1790        |
| Mild Ground Beef                 | 500            | 4860        | 1160         | 40.7        | 74.3          | 24.0              | 80.6             | 6.0        | 12.8      | 1840        |
| Mild Pulled Pork                 | 500            | 4570        | 1090         | 46.1        | 65.7          | 19.3              | 77.1             | 4.7        | 11.9      | 1920        |
| Mild Pulled Shiitake Mushroom    | 500            | 5160        | 1230         | 36.3        | 82.0          | 27.3              | 81.5             | 5.2        | 21.7      | 2280        |
| Mild Sautéed Vegetables          | 500            | 4250        | 1020         | 26.8        | 62.8          | 17.6              | 83.0             | 9.0        | 14.2      | 1620        |
| Mild Shredded Beef Brisket       | 500            | 4770        | 1140         | 52.5        | 68.1          | 20.1              | 77.3             | 4.9        | 11.9      | 1820        |
| For spicy add                    | + 15           | + 70        | + 17         | + 0.3       | + 0.7         | + 0.3             | + 2.2            | + 0.6      | + 0.2     | + 166       |
| Swap Black Beans for Pinto Beans | 0              | +147        | +35          | +2.8        | +0.7          | +0.1              | +1               | +0.5       | +0.4      | +146        |

| 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            | 4300        | 1030         | 47.9        | 64.1          | 20.9              | 61.6             | 5.2        | 7.5       | 1580        |
| Mild Ground Beef              | 480            | 4490        | 1070         | 38.2        | 72.1          | 25.8              | 64.9             | 6.3        | 8.4       | 1630        |
| Mild Pulled Pork              | 480            | 4200        | 1000         | 43.6        | 63.5          | 21.1              | 61.4             | 5.0        | 7.5       | 1710        |
| Mild Pulled Shiitake Mushroom | 480            | 4790        | 1140         | 33.8        | 79.8          | 29.1              | 65.8             | 5.5        | 17.3      | 2070        |
| Mild Sautéed Vegetables       | 480            | 3880        | 927          | 24.3        | 60.6          | 19.4              | 67.3             | 9.3        | 9.8       | 1420        |
| Mild Shredded Beef Brisket    | 480            | 4400        | 1050         | 50.0        | 65.9          | 21.9              | 61.6             | 5.2        | 7.5       | 1610        |
| For spicy add                 | + 30           | + 85        | + 20         | + 0.4       | + 0.8         | + 0.3             | + 2.7            | + 0.9      | + 0.4     | + 371       |



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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            | 1610        | 386          | 16.2        | 20.6          | 12.6              | 33.3             | 1.9        | 1.0       | 661         |
| Mild Grilled Chicken                   | 160            | 1930        | 462          | 28.8        | 23.4          | 13.4              | 33.5             | 2.1        | 1.0       | 797         |
| Mild Ground Beef                       | 160            | 2030        | 485          | 24.0        | 27.4          | 15.9              | 35.1             | 2.6        | 1.5       | 822         |
| Mild Pulled Pork                       | 160            | 1890        | 450          | 26.7        | 23.1          | 13.5              | 33.4             | 2.0        | 1.0       | 862         |
| Mild Pulled Shiitake Mushroom          | 160            | 2180        | 520          | 21.8        | 31.2          | 17.5              | 35.6             | 2.2        | 5.9       | 1040        |
| Mild Sautéed Vegetables with Guacamole | 195            | 1990        | 475          | 17.6        | 28.2          | 14.1              | 36.6             | 4.4        | 2.7       | 810         |
| Mild Shredded Beef Brisket             | 160            | 1980        | 474          | 29.9        | 24.3          | 13.9              | 33.5             | 2.1        | 1.0       | 814         |
| 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            | 2270        | 543          | 30.0        | 31.1          | 15.6              | 34.8             | 3.4        | 2.0       | 995         |
| Mild Ground Beef                       | 241            | 2370        | 566          | 25.2        | 35.1          | 18.0              | 36.5             | 3.9        | 2.4       | 1020        |
| Mild Pulled Pork                       | 241            | 2220        | 531          | 27.9        | 30.8          | 15.7              | 34.7             | 3.3        | 2.0       | 1060        |
| Mild Pulled Shiitake Mushroom          | 241            | 2520        | 601          | 23.0        | 39.0          | 19.7              | 36.9             | 3.5        | 6.9       | 1240        |
| Mild Sautéed Vegetables with Guacamole | 276            | 2580        | 618          | 31.7        | 38.6          | 17.5              | 35.1             | 3.6        | 2.5       | 1110        |
| Mild Shredded Beef Brisket             | 241            | 2320        | 555          | 31.1        | 32.0          | 16.1              | 34.8             | 3.4        | 2.0       | 1010        |
| 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            | 1210        | 289          | 27.4        | 17.4          | 2.6               | 4.5              | 4.2        | 2.6       | 619         |
| Mild Ground Beef                       | 284            | 1400        | 335          | 17.7        | 25.4          | 7.5               | 7.8              | 5.3        | 3.5       | 668         |
| Mild Pulled Pork                       | 284            | 1110        | 266          | 23.1        | 16.8          | 2.8               | 4.3              | 4.0        | 2.6       | 748         |
| Mild Pulled Shiitake Mushroom          | 284            | 1700        | 406          | 13.3        | 33.1          | 10.8              | 8.7              | 4.5        | 12.4      | 1110        |
| Mild Sautéed Vegetables with Guacamole | 354            | 1320        | 315          | 5.0         | 27.1          | 3.9               | 10.7             | 8.7        | 5.9       | 645         |
| Mild Shredded Beef Brisket             | 284            | 1310        | 313          | 29.5        | 19.2          | 3.6               | 4.5              | 4.2        | 2.6       | 652         |
| For spicy add                          | + 15           | + 70        | + 17         | + 0.3       | + 0.7         | + 0.3             | + 2.2            | + 0.6      | + 0.2     | + 166       |
| Chipotle Mayo Dressing Only            | 20             | 448         | 107          | 0.3         | 11.6          | 0.9               | 0.7              | 0.6        | 0.0       | 127         |



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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            | 819         | 196          | 15.1        | 7.9           | 3.9               | 15.4             | 1.8        | 1.0       | 450         |
| Mild Ground Beef                       | 118            | 897         | 214          | 11.2        | 11.1          | 5.9               | 16.7             | 2.2        | 1.4       | 470         |
| Mild Pulled Pork                       | 118            | 781         | 187          | 13.3        | 7.7           | 4.0               | 15.3             | 1.7        | 1.0       | 502         |
| Mild Pulled Shiitake Mushroom          | 118            | 1180        | 281          | 6.9         | 19.7          | 6.2               | 18.2             | 3.9        | 3.0       | 574         |
| Mild Sautéed Vegetables with Guacamole | 188            | 1020        | 243          | 9.4         | 14.2          | 7.2               | 17.1             | 1.9        | 5.0       | 646         |
| Mild Shredded Beef Brisket             | 118            | 860         | 205          | 15.9        | 8.6           | 4.3               | 15.4             | 1.8        | 1.0       | 463         |
| For spicy add                          | + 5            | + 33        | + 8          | + 0.2       | + 0.3         | + 0.2             | +1.0             | + 0.3      | + 0.1     | + 77        |

| 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            | 791         | 189          | 14.1        | 8.5           | 3.0               | 13.1             | 1.6        | 1.7       | 965         |
| Mild Ground Beef                       | 109            | 869         | 208          | 10.2        | 11.7          | 5.0               | 14.4             | 2.0        | 2.0       | 985         |
| Mild Pulled Pork                       | 109            | 753         | 180          | 12.3        | 8.3           | 3.1               | 13.0             | 1.5        | 1.7       | 1020        |
| Mild Pulled Shiitake Mushroom          | 109            | 988         | 236          | 8.4         | 14.8          | 6.3               | 14.8             | 1.7        | 5.6       | 1160        |
| Mild Sautéed Vegetables with Guacamole | 179            | 1150        | 275          | 5.8         | 20.3          | 5.3               | 15.8             | 3.7        | 3.6       | 1090        |
| Mild Shredded Beef Brisket             | 109            | 832         | 199          | 14.9        | 9.2           | 3.4               | 13.1             | 1.6        | 1.7       | 978         |
| For spicy add                          | + 5            | + 33        | + 8          | + 0.2       | + 0.3         | + 0.2             | +1.0             | + 0.3      | + 0.1     | + 77        |

| \$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             | 675         | 161          | 7.3         | 8.7           | 3.3               | 12.6             | 1.1        | 1.6       | 798         |
| Spicy Ground Beef | 81             | 707         | 169          | 7.4         | 9.1           | 3.5               | 13.6             | 1.4        | 1.7       | 876         |

| 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        | 277          | 11.3            | 16.3            | 4.2               | 21.2             | 1.2             | 0.6       | 481         |
| Hard tender taco - Mild | 90             | 1130        | 271          | 10.3            | 16.9            | 3.2               | 18.9             | 1.0             | 1.2       | 997         |
| For spicy add           | +2             | + 9         | + 2          | + less than 0.1 | + less than 0.1 | + less than 0.1   | + 0.3            | + less than 0.1 | + 0.0     | + 22        |



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| PULLED SHIITAKE MUSHROOM TACO WITH HERB MAYO (VG) | SERVE SIZE (g) | ENERGY (kJ) | ENERGY (Cal) | PROTEIN (g) | TOTAL FAT (g) | SATURATED FAT (g) | CARBOHYDRATE (g) | SUGARS (g) | FIBRE (g) | SODIUM (mg) |
|---------------------------------------------------|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|------------|-----------|-------------|
| Soft Pulled Shiitake Mushroom - Mild              | 118            | 1090        | 260          | 7.3         | 17.5          | 5.7               | 16.2             | 1.9        | 5.0       | 618         |
| Hard Pulled Shiitake Mushroom - Mild              | 109            | 1060        | 253          | 6.3         | 18.1          | 4.7               | 13.9             | 1.8        | 5.6       | 1130        |
| Add Spicy                                         | + 5            | + 23        | + 6          | + 0.1       | + 0.2         | + 0.1             | + 0.7            | + 0.2      | + 0.1     | + 55        |

| 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           | 0.1         | less than 0.1 | 0.0               | 8.9              | 6.7        | 0.1       | 384         |
| Chipotle Mayo                            | 30             | 780         | 186          | 0.5         | 20.4          | 1.5               | 1.0              | 0.8        | 0.0       | 178         |
| Herb Mayo (VG)                           | 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 Pulled Shiitake Mushroom          | 100            | 1130        | 270          | 11.2          | 21.2          | 9.9               | 4.5              | 0.6           | 9.8       | 762         |
| 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          |
| Seasoned Corn                          | 60             | 302         | 72           | 1.9           | 1.4           | 0.1               | 11.9             | 1.7           | 1.9       | 290         |
| 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           |



# NUTRITIONAL INFORMATION

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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 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        |
| 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        |

| SIDES                | 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          | 253            | 645         | 154          | 7.6         | 1.8           | 0.5               | 30.4             | 0.0        | 11.9      | 683         |
| Brown Rice           | 207            | 1340        | 321          | 6.6         | 5.8           | 1.0               | 58.8             | 0.8        | 2.1       | 662         |
| Small Guacamole      | 92             | 691         | 165          | 1.6         | 17.3          | 3.8               | 0.6              | 0.6        | 1.3       | 248         |
| Medium Guacamole     | 132            | 991         | 237          | 2.3         | 24.9          | 5.4               | 0.9              | 0.9        | 1.9       | 356         |
| Large Guacamole      | 285            | 2140        | 511          | 5.0         | 53.7          | 11.6              | 2.0              | 2.0        | 4.1       | 769         |
| Medium Pico de Gallo | 108            | 75          | 18           | 1.1         | 0.1           | 0.0               | 2.4              | 2.2        | 1.3       | 272         |
| Large Pico de Gallo  | 276            | 193         | 46           | 2.8         | 0.3           | 0.0               | 6.1              | 5.7        | 3.2       | 694         |



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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) |
|------------------------|----------------|-------------|--------------|-------------|---------------|-------------------|------------------|---------------|-----------|-------------|
| Small Queso (Plain)    | 57             | 385         | 92           | 5.6         | 7.2           | 4.8               | 1.5              | 0.3           | 0.0       | 296         |
| Small Queso (Mild)     | 77             | 407         | 97           | 5.5         | 6.9           | 4.6               | 3.5              | 1.0           | 0.0       | 341         |
| Small Queso (Spicy)    | 79             | 419         | 100          | 5.7         | 7.0           | 4.7               | 3.8              | less than 0.1 | 0.0       | 345         |
| Medium Queso (Plain)   | 80             | 540         | 129          | 7.9         | 10.1          | 6.8               | 2.1              | 0.5           | 0.0       | 416         |
| Medium Queso (Mild)    | 120            | 634         | 151          | 8.5         | 10.7          | 7.2               | 5.5              | 1.6           | 0.0       | 532         |
| Medium Queso (Spicy)   | 123            | 652         | 156          | 8.9         | 10.8          | 7.4               | 5.9              | 0.1           | 0.0       | 538         |
| Large Queso (Plain)    | 180            | 1220        | 290          | 17.8        | 22.7          | 15.3              | 4.7              | 1.1           | 0.0       | 936         |
| Large Queso (Mild)     | 220            | 1160        | 277          | 15.6        | 19.6          | 13.2              | 10.1             | 2.9           | 0.0       | 975         |
| Large Queso (Spicy)    | 226            | 1200        | 286          | 16.3        | 19.9          | 13.6              | 10.8             | 0.2           | 0.0       | 988         |
| Sour Cream             | 87             | 680         | 163          | 2.4         | 16.0          | 10.8              | 3.5              | 3.5           | 0.0       | 33          |
| Street Corn            | 125            | 736         | 176          | 5.3         | 7.8           | 2.4               | 19.5             | 3.1           | 3.1       | 584         |
| Medium Tomatillo Salsa | 109            | 180         | 43           | 1.0         | 1.0           | 0.1               | 6.3              | 4.0           | 2.2       | 785         |
| Large Tomatillo Salsa  | 229            | 378         | 90           | 2.1         | 2.1           | 0.2               | 13.3             | 8.5           | 4.6       | 1650        |
| White Rice             | 183            | 1310        | 313          | 7.0         | 3.5           | 0.5               | 62.6             | 0.2           | 0.0       | 641         |

| 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          |



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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            | 1750        | 418          | 23.8        | 15.1          | 7.6               | 45.9             | 1.9        | 1.0       | 748         |
| Mild Ground Beef                       | 175            | 1850        | 442          | 19.0        | 19.1          | 10.1              | 47.5             | 2.5        | 1.5       | 772         |
| Mild Pulled Pork                       | 175            | 1700        | 407          | 21.7        | 14.8          | 7.7               | 45.8             | 1.8        | 1.0       | 812         |
| Mild Pulled Shiitake Mushroom          | 175            | 2000        | 477          | 16.8        | 23.0          | 11.7              | 48.0             | 2.1        | 5.9       | 993         |
| Mild Sautéed Vegetables with Guacamole | 210            | 1810        | 432          | 12.6        | 20.0          | 8.3               | 49.0             | 4.2        | 2.7       | 761         |
| Mild Shredded Beef Brisket             | 175            | 1800        | 431          | 24.9        | 16.0          | 8.1               | 45.9             | 1.9        | 1.0       | 764         |
| For spicy add                          | +10            | + 47        | + 11         | + 0.2       | + 0.5         | + 0.2             | + 1.4            | + 0.4      | + 0.1     | + 111       |

| LITTLE G'S 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                   | 214            | 1830        | 437          | 22.2        | 19.9          | 6.8               | 41.7             | 0.7        | 1.0       | 744         |
| Mild Ground Beef                       | 214            | 1930        | 460          | 17.3        | 23.9          | 9.2               | 43.3             | 1.3        | 1.4       | 768         |
| Mild Pulled Pork                       | 214            | 1780        | 426          | 20.0        | 19.6          | 6.9               | 41.6             | 0.6        | 1.0       | 808         |
| Mild Pulled Shiitake Mushroom          | 214            | 2080        | 496          | 15.1        | 27.7          | 10.9              | 43.8             | 0.9        | 5.9       | 989         |
| Mild Sautéed Vegetables with Guacamole | 214            | 1620        | 387          | 10.4        | 18.1          | 6.0               | 44.5             | 2.8        | 2.1       | 662         |
| Mild Shredded Beef Brisket             | 214            | 1880        | 449          | 23.2        | 20.8          | 7.3               | 41.7             | 0.7        | 1.0       | 760         |
| 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             | 1420        | 340          | 8.0         | 20.3          | 5.2               | 30.3             | 0.8        | 2.7       | 278         |
| Mild Grilled Chicken                   | 120            | 1740        | 416          | 20.6        | 23.0          | 6.1               | 30.4             | 1.0        | 2.7       | 414         |
| Mild Ground Beef                       | 120            | 1840        | 439          | 15.8        | 27.0          | 8.5               | 32.0             | 1.5        | 3.2       | 439         |
| Mild Pulled Pork                       | 120            | 1690        | 405          | 18.5        | 22.7          | 6.2               | 30.3             | 0.9        | 2.7       | 479         |
| Mild Pulled Shiitake Mushroom          | 120            | 1990        | 475          | 13.6        | 30.9          | 10.1              | 32.5             | 1.1        | 7.6       | 659         |
| Mild Sautéed Vegetables with Guacamole | 155            | 1800        | 429          | 9.4         | 27.9          | 6.7               | 33.5             | 3.3        | 4.4       | 427         |
| Mild Shredded Beef Brisket             | 120            | 1790        | 428          | 21.7        | 23.9          | 6.6               | 30.4             | 1.0        | 2.7       | 431         |
| For spicy add                          | +10            | + 47        | + 11         | + 0.2       | + 0.5         | + 0.2             | + 1.4            | + 0.4      | + 0.1     | + 111       |



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| 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         |



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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            | 2460        | 587          | 25.3        | 33.3          | 12.1              | 45.2             | 2.7        | 3.2       | 1340        |
| Mild Free Range Chicken Chorizo        | 240            | 2420        | 577          | 22.7        | 33.7          | 12.0              | 44.7             | 2.5        | 3.2       | 1200        |
| Mild Sautéed Vegetables with Guacamole | 275            | 2470        | 591          | 19.3        | 35.6          | 11.7              | 46.6             | 3.9        | 4.4       | 1080        |
| Mild Pulled Shiitake Mushroom          | 240            | 2480        | 593          | 21.6        | 34.7          | 13.2              | 45.9             | 2.6        | 6.1       | 1180        |
| 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            | 4080        | 974          | 40.2        | 56.2          | 19.2              | 74.7             | 4.4        | 5.8       | 2280        |
| Mild Free Range Chicken Chorizo        | 405            | 4010        | 958          | 35.8        | 56.8          | 18.9              | 73.9             | 4.1        | 5.8       | 2040        |
| Mild Sautéed Vegetables with Guacamole | 440            | 3930        | 938          | 29.8        | 55.6          | 17.5              | 76.9             | 6.3        | 7.5       | 1770        |
| Mild Pulled Shiitake Mushroom          | 405            | 4120        | 984          | 33.9        | 58.6          | 20.9              | 75.9             | 4.2        | 10.7      | 2000        |
| 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            | 1790        | 427          | 30.8        | 29.1          | 11.9              | 10.5             | 1.7        | 1.0       | 1130        |
| Mild Free Range Chicken Chorizo        | 219            | 1720        | 411          | 26.4        | 29.7          | 11.6              | 9.7              | 1.4        | 1.0       | 894         |
| Mild Sautéed Vegetables with Guacamole | 254            | 1640        | 392          | 20.4        | 28.5          | 10.2              | 12.7             | 3.6        | 2.6       | 623         |
| Mild Pulled Shiitake Mushroom          | 219            | 1830        | 437          | 24.5        | 31.5          | 13.6              | 11.7             | 1.5        | 5.9       | 855         |
| 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)  |
|-----------------------|----------------|-------------|--------------|----------------|----------------|-------------------|------------------|------------|-----------|--------------|
| With Avocado - Mild   | 90             | 906         | 216          | 5.1            | 9.4            | 1.9               | 27.5             | 2.0        | 0.5       | 337          |
| With Guacamole - Mild | 90             | 865         | 207          | 5.1            | 8.3            | 1.7               | 27.6             | 2.1        | 0.5       | 340          |
| 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            | 2140        | 511          | 28.1        | 28.9          | 15.8              | 34.4             | 2.4        | 1.0       | 1320        |
| Mild Free Range Chicken Chorizo        | 160            | 2070        | 495          | 23.6        | 29.4          | 15.5              | 33.6             | 2.2        | 1.0       | 1080        |
| Mild Sautéed Vegetables with Guacamole | 195            | 1990        | 475          | 17.6        | 28.2          | 14.1              | 36.6             | 4.4        | 2.7       | 810         |
| Mild Pulled Shiitake Mushroom          | 160            | 2180        | 520          | 21.8        | 31.2          | 17.5              | 35.6             | 2.2        | 5.9       | 1040        |
| 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            | 2480        | 592          | 29.3        | 36.6          | 17.9              | 35.7             | 3.7        | 2.0       | 1510        |
| Mild Free Range Chicken Chorizo        | 241            | 2410        | 575          | 24.8        | 37.2          | 17.7              | 34.9             | 3.5        | 2.0       | 1280        |
| Mild Sautéed Vegetables with Guacamole | 276            | 2330        | 556          | 18.8        | 36.0          | 16.3              | 37.9             | 5.7        | 3.6       | 1010        |
| Mild Pulled Shiitake Mushroom          | 241            | 2520        | 601          | 23.0        | 39.0          | 19.7              | 36.9             | 3.5        | 6.9       | 1240        |
| 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             | 816         | 195          | 11.0        | 9.8           | 4.4               | 15.4             | 1.8        | 0.6       | 542         |
| Mild Free Range Chicken Chorizo        | 86             | 789         | 188          | 9.2         | 10.0          | 4.3               | 15.1             | 1.7        | 0.6       | 448         |
| Mild Sautéed Vegetables with Guacamole | 178            | 1340        | 321          | 8.2         | 24.3          | 7.0               | 16.8             | 3.1        | 2.4       | 551         |
| Mild Pulled Shiitake Mushroom          | 86             | 832         | 199          | 8.5         | 10.8          | 5.1               | 15.9             | 1.7        | 2.6       | 433         |
| 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         |
| Pulled Shiitake Mushroom          | 100            | 1130        | 270          | 11.2        | 21.2          | 9.9               | 4.5              | 0.6           | 9.8       | 762         |
| 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)                   | 55             | 602         | 144          | 4.5         | 1.7           | 0.2               | 27.3             | 1.8           | 0         | 246         |



# 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            | 1730        | 413          | 23.3        | 13.8          | 5.4               | 48.4             | 1.7        | 3.2       | 965         |
| Mild Ground Beef                       | 264            | 1830        | 436          | 18.4        | 17.8          | 7.9               | 50.1             | 2.2        | 3.7       | 990         |
| Mild Pulled Pork                       | 264            | 1680        | 402          | 21.1        | 13.5          | 5.5               | 48.3             | 1.6        | 3.2       | 1030        |
| Mild Pulled Shiitake Mushroom          | 264            | 1970        | 472          | 16.2        | 21.6          | 9.5               | 50.5             | 1.8        | 8.1       | 1210        |
| Mild Sautéed Vegetables with Guacamole | 299            | 1780        | 426          | 12.1        | 18.6          | 6.1               | 51.5             | 3.9        | 4.9       | 978         |
| Mild Shredded Beef Brisket             | 264            | 1780        | 425          | 24.3        | 14.7          | 5.9               | 48.4             | 1.7        | 3.2       | 982         |
| For spicy add                          | + 10           | + 47        | + 11         | + 0.2       | + 0.5         | + 0.2             | + 1.4            | + 0.4      | + 0.1     | + 111       |
| Swap White Rice for Brown Rice         | 0              | -67         | -16          | -0.6        | +0.9          | +0.2              | -5.8             | +0.3       | +1.0      | -30         |
| Swap Black Beans for Pinto Beans       | 0              | +74         | +18          | +1.3        | +0.3          | +0.0              | +0.5             | +0.3       | +0.2      | +72         |

| 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            | 1910        | 457          | 25.6        | 15.6          | 7.8               | 52.9             | 3.1        | 3.8       | 1060        |
| Mild Ground Beef                       | 260            | 2010        | 480          | 20.7        | 19.6          | 10.2              | 54.5             | 3.6        | 4.2       | 1090        |
| Mild Pulled Pork                       | 260            | 1870        | 446          | 23.4        | 15.3          | 7.9               | 52.8             | 3.0        | 3.8       | 1130        |
| Mild Pulled Shiitake Mushroom          | 260            | 2160        | 516          | 18.5        | 23.5          | 11.8              | 55.0             | 3.2        | 8.7       | 1310        |
| Mild Sautéed Vegetables with Guacamole | 295            | 1970        | 470          | 14.4        | 20.5          | 8.4               | 56.0             | 5.4        | 5.4       | 1080        |
| Mild Shredded Beef Brisket             | 260            | 1960        | 469          | 26.6        | 16.5          | 8.3               | 52.9             | 3.1        | 3.8       | 1080        |
| For spicy add                          | + 10           | + 47        | + 11         | + 0.2       | + 0.5         | + 0.2             | + 1.4            | + 0.4      | + 0.1     | + 111       |
| Swap White Rice for Brown Rice         | 0              | -30         | -7           | -0.3        | +0.4          | +0.1              | -2.6             | +0.1       | +0.4      | -14         |
| Swap Black Beans for Pinto Beans       | 0              | +74         | +18          | +1.3        | +0.3          | +0.0              | +0.5             | +0.3       | +0.2      | +72         |

| 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            | 2660        | 636          | 19.9        | 34.3          | 10.6              | 59.9             | 4.1        | 4.4       | 1190        |
| Mild Grilled Chicken          | 275            | 2570        | 613          | 26.0        | 32.2          | 11.0              | 53.1             | 4.0        | 4.3       | 1010        |
| Mild Ground Beef              | 275            | 2660        | 637          | 21.2        | 36.2          | 13.4              | 54.7             | 4.6        | 4.7       | 1030        |
| Mild Pulled Pork              | 275            | 2520        | 602          | 23.9        | 31.9          | 11.1              | 53.0             | 3.9        | 4.3       | 1070        |
| Mild Pulled Shiitake Mushroom | 275            | 2810        | 672          | 19.0        | 40.0          | 15.1              | 55.2             | 4.2        | 9.2       | 1250        |
| Mild Sautéed Vegetables       | 275            | 2360        | 564          | 14.2        | 30.4          | 10.2              | 55.9             | 6.1        | 5.4       | 924         |
| Mild Shredded Beef Brisket    | 275            | 2620        | 626          | 27.1        | 33.1          | 11.5              | 53.1             | 4.0        | 4.3       | 1020        |
| 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            | 2680        | 640          | 30.0        | 28.0          | 12.0              | 65.6             | 5.8        | 5.8       | 1560        |
| Mild Ground Beef                       | 370            | 2780        | 663          | 25.1        | 32.0          | 14.4              | 67.2             | 6.3        | 6.3       | 1580        |
| Mild Pulled Pork                       | 370            | 2630        | 628          | 27.8        | 27.7          | 12.1              | 65.5             | 5.7        | 5.8       | 1620        |
| Mild Pulled Shiitake Mushroom          | 370            | 2920        | 698          | 22.9        | 35.8          | 16.1              | 67.7             | 5.9        | 10.7      | 1800        |
| Mild Sautéed Vegetables with Guacamole | 405            | 2730        | 653          | 18.8        | 32.8          | 12.7              | 68.7             | 8.1        | 7.5       | 1570        |
| Mild Shredded Beef Brisket             | 370            | 2730        | 652          | 31.0        | 28.9          | 12.5              | 65.6             | 5.8        | 5.8       | 1570        |
| For spicy add                          | + 20           | + 93        | + 22         | + 0.4       | + 1.0         | + 0.4             | + 2.9            | + 0.8      | + 0.2     | + 221       |
| Swap White Rice for Brown Rice         | 0              | -30         | -7           | -0.3        | +0.4          | +0.1              | -2.6             | +0.1       | +0.4      | -14         |
| Swap Black Beans for Pinto Beans       | 0              | +74         | +18          | +1.3        | +0.3          | +0.0              | +0.5             | +0.3       | +0.2      | +72         |

| 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            | 2330        | 558          | 25.2        | 33.2          | 9.6               | 38.6             | 2.4        | 5.9       | 893         |
| Mild Ground Beef                 | 250            | 2430        | 581          | 20.4        | 37.2          | 12.0              | 40.3             | 3.0        | 6.4       | 918         |
| Mild Pulled Pork                 | 250            | 2290        | 546          | 23.1        | 32.9          | 9.7               | 38.5             | 2.3        | 5.9       | 958         |
| Mild Pulled Shiitake Mushroom    | 250            | 2580        | 616          | 18.2        | 41.0          | 13.7              | 40.7             | 2.6        | 10.8      | 1140        |
| Mild Sautéed Vegetables          | 250            | 2130        | 508          | 13.4        | 31.4          | 8.8               | 41.5             | 4.5        | 7.1       | 812         |
| Mild Shredded Beef Brisket       | 250            | 2390        | 570          | 26.3        | 34.1          | 10.1              | 38.6             | 2.4        | 6.0       | 910         |
| For spicy add                    | + 10           | + 47        | + 11         | 0.2         | 0.5           | 0.2               | 1.4              | 0.4        | 0.1       | + 111       |
| Swap Black Beans for Pinto Beans | 0              | +74         | +18          | +1.3        | +0.3          | +0.0              | +0.5             | +0.3       | +0.2      | +72         |

| 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          | 265            | 2460        | 588          | 25.0        | 35.9          | 10.8              | 39.3             | 2.7        | 4.6       | 841         |
| Mild Ground Beef              | 265            | 2560        | 611          | 20.2        | 39.9          | 13.2              | 40.9             | 3.3        | 5.1       | 865         |
| Mild Pulled Pork              | 265            | 2410        | 577          | 22.9        | 35.6          | 10.9              | 39.2             | 2.6        | 4.6       | 905         |
| Mild Pulled Shiitake Mushroom | 265            | 2710        | 647          | 18.0        | 43.7          | 14.9              | 41.4             | 2.9        | 9.5       | 1090        |
| Mild Sautéed Vegetables       | 265            | 2250        | 538          | 13.2        | 34.1          | 10.0              | 42.1             | 4.8        | 5.8       | 759         |
| Mild Shredded Beef Brisket    | 265            | 2510        | 600          | 26.1        | 36.8          | 11.3              | 39.3             | 2.7        | 4.6       | 857         |
| 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            | 612         | 146          | 13.8        | 8.7           | 1.3               | 2.4              | 2.2        | 1.5       | 311         |
| Mild Ground Beef                       | 152            | 709         | 169          | 9.0         | 12.7          | 3.7               | 4.0              | 2.8        | 2.0       | 336         |
| Mild Pulled Pork                       | 152            | 564         | 135          | 11.7        | 8.4           | 1.4               | 2.3              | 2.1        | 1.5       | 376         |
| Mild Pulled Shiitake Mushroom          | 152            | 857         | 205          | 6.8         | 16.6          | 5.4               | 4.5              | 2.4        | 6.4       | 556         |
| Mild Sautéed Vegetables with Guacamole | 187            | 667         | 159          | 2.7         | 13.6          | 2.0               | 5.5              | 4.5        | 3.2       | 324         |
| Mild Shredded Beef Brisket             | 152            | 663         | 158          | 14.9        | 9.6           | 1.8               | 2.4              | 2.2        | 1.5       | 328         |
| 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             | 224         | 54           | 0.2         | 5.8           | 0.4               | 0.4              | 0.3        | 0.0       | 64          |

| 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 Pulled Shiitake Mushroom          | 50             | 565         | 135          | 5.6         | 10.6          | 5.0               | 2.3              | 0.3        | 4.9       | 381         |
| 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         |
| Seasoned Corn                          | 30             | 151         | 36           | 0.9         | 0.7           | less than 0.1     | 6.0              | 0.8        | 1.0       | 145         |
| 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 June 2, 2025.  
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)