ALLERGEN, INGREDIENT, AND NUTRITIONAL INFORMATION

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

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

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

GYG FOOD SAFETY AND QUALITY POLICY

FOOD MENU ITEM STANDARD INGREDIENTS

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KEY:

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- * — Choice of filling from indicated options
- T — Tomatillo is included in all Cali Burritos excluding the Chicken Tender Cali Burrito & BBQ Beef Rib Cali Burrito
- S — Sweet Chipotle BBQ Sauce is included when BBQ Beef Rib filling is selected
- P — Plain queso fries do not contain Pico de Gallo
- • — Tacos are available as either a soft or hard taco
- R — Tomatillo is not included in builds with BBQ Beef Rib as the main filling

	BURRITO	BOWL	ENCHILADA	CAESAR BURRITO	CALI BURRITO	CAESAR CALI BURRITO	NACHOS	NACHO FRIES	TACO	CRISPY CHICKEN TENDER TACO	$3 TACO / KIDS TACO	CAESAR SALAD	KIDS NACHOS	KIDS BURRITO	KIDS BOWL	QUESO FRIES	QUESADILLA	QUESADILLA PLUS	BREKKIE BURRITO & BIG BREKKIE BURRITO	BREKKIE BOWL	GUACAMOLE ON TOAST	BREKKIE TACO	BREKKIE QUESADILLA	BREKKIE QUESADILLA PLUS
Flour Tortilla	X		X	X	X	X			•	•				X			X	X	X			X	X	X
Corn Tortilla (Hard taco shell (seasoned)									•	•	X													
White Rice	X	X	X											X	X									
Black Beans	X	X	X				X																	
Filling of Choice																								
Free Range Chicken	*	*	*	*	*	*	*	*	*			*	*	*	*		*	*						
BBQ Beef Rib	*	*	*	*	*	*	*	*	*			*	*	*	*		*	*						
Pulled Pork	*	*	*		*		*	*	*				*	*	*		*	*						
Ground Beef (Mince)	*	*	*		*		*	*	*		X		*	*	*		*	*						
Shredded Beef Brisket	*	*	*		*		*	*	*				*	*	*		*	*						
Crispy Chicken Tenders				*	*	*				X		*												
Sautéed Vegetables with Guacamole	*	*	*		*		*	*	*				*	*	*		*	*	*	*		*	*	*
Pulled Shiitake Mushroom	*	*	*	*	*	*	*	*	*			*	*	*	*		*	*	*	*		*	*	*
Bacon																			*	*		*	*	*
Chorizo																			*	*		*	*	*
Tomatillo Salsa	R	R	R		T		R	R	R													X		
GYG Spicy Sauce (Spicy Only)	X	X	X	X	X		X	X	X	X	X		X	X	X		X	X	X	X		X	X	X
Cheese	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X		X	X	X	X		X	X	X
Pico de Gallo (fresh tomato salsa)	X	X	X	X	X	X	X	X	X							P		X	X	X		X		X
Guacamole			X		X		X	X							X			X			X			X
Corn Chips		X	X	X		X	X					X	X		X					X				

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Chipotle Mayo										X														
Sour Cream			X		X			X										X						X
Fries with Chipotle Seasoning					X	X		X								X								
Cos Lettuce				X		X						X												
Lettuce (Iceberg)									X	X	X													
Lime Wedge (on request)									X		X													
Queso			X													X								
Fresh Jalapeños			X		X		X	X							X	X SPICY ONLY		X			X			X
Caesar Dressing				X		X						X												
Hash Brown																			X					
Sourdough Bread																					X			
Scrambled Eggs / Egg Mix																			X	X		X		
Avocado																								
Jalapeño Ketchup																						X		
Sweet Chipotle BBQ Sauce	S	S	S	S	S	S	S	S	S			S	S	S	S		S	S						
Diced Spanish Onion																								

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DESSERT MENU ITEM STANDARD INGREDIENTS

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KEY:

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

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ALLERGENS & DIETARY INFORMATION

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- ∂ — Chilli includes paprika and cayenne
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	SULPHITES	GLUTEN / WHEAT	EGG	MILK	PEANUTS	SESAME	SOY #	HAZELNUT	WALNUT	LUPINS	VEGETARIAN	VEGAN	TOMATO	ONION	GARLIC	CHILLI ∂	CORIANDER
Apple		~	~	~													
Avocado (Brekkie only)		~	~	~								~					
Bacon (Brekkie only)		~	~	~							NO	NO					
BBQ Beef Rib		~	~	~							NO	NO					
Black Beans		~	~	~								~	X	X		X	
Brown Rice		~	~	~								~		X	X		
Caesar Dressing	TRACE* TRACE	~ TRACE* TRACE	X	X		TRACE* TRACE	TRACE* TRACE				NO	NO		X	X		
Cheese		~	~	X								NO					
Crispy Chicken Tenders		TRACE* TRACE	~	~							NO	NO		X	X	X	
Chipotle Fries Seasoning		~	~	~								~		X	X	X	
Chipotle Mayo		~	X	~								NO	X	X		X	
Chocolate Sauce		~	~	X			X					NO					
Churros	TRACE*	X	~	~								Ø					
Cinnamon Sugar		~	~	~								~					
Corn Chips		~	~	~								Ø					

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Corn Tortilla (Hard Shell Tacos (Seasoned)		~	~	~								Ø		X	X	X	
Dulce de Leche		~	~	X								NO					
Flour Tortilla (Burrito, Enchilada, Soft Taco, Brekkie Taco, Quesadilla, Quesadilla Plus)		X	~	~			TRACE					~					
Free Range Chicken Chorizo (Brekkie only)		~	~	X							NO	NO			X	X	
Fries with Chipotle Seasoning	TRACE ~	TRACE ~		~								Ø		X	X	X	
Fries (Unseasoned)	TRACE ~	TRACE ~	~	~								Ø					
Grilled Chicken		~	~	~							NO	NO		X	X	X	
Ground Beef		~	~	~							NO	NO	X	X	X	X	
Guacamole		~	~	~								~	FRESH	FRESH		FRESH	FRESH
Habanero Salsa (Salsa Station)		~	~	~								~	X		X	X	
Hash Browns (Brekkie only)	TRACE ~	TRACE ~	~	~								~					
Herb Mayo (VG)		~	~	~								~			X		X
Jalapeño Ketchup	TRACE* TRACE	TRACE* TRACE	TRACE* TRACE	TRACE* TRACE		TRACE* TRACE	TRACE* TRACE					~	X	X	X	X	X

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Ketchup	TRACE* TRACE	TRACE* TRACE	TRACE* TRACE	TRACE* TRACE		TRACE* TRACE	TRACE* TRACE					~	X	X			
Lettuce (Shredded Iceberg)		~	~	~								~					
Pico de Gallo		~	~	~								~	FRESH	FRESH			FRESH
Pickled Jalapeños & Carrots		~	~	~								~		X		X	
Pulled Pork		~	~	~							NO	NO		X	X		
Pulled Shiitake Mushroom	X	TRACE*	TRACE*	~			X					~		X	X	X	
Queso (Plain)		~	~	X								NO		X	X	X	
Queso (Mild)		~	~	X								NO	FRESH	X FRESH	X	X	FRESH
Queso (Spicy)		~	~	X								NO	FRESH	X FRESH	X	X FRESH	FRESH
Roasted Jalapeño Salsa (Salsa Station)		~	~	~								~		X	X	X	X
Scrambled Eggs (Brekkie Only)		~	X	X								NO					
Sautéed Vegetables with Guacamole		~	~	~								~	FRESH	FRESH		FRESH	FRESH

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Shredded Beef Brisket		~	~	~							NO	NO		X	X	X	
Smokey Chipotle Salsa (Salsa Station)		~	~	~								~	X	X	X	X	
Soft Serve Ice Cream		~	~	X			TRACE*					NO					
Sour Cream		~	~	X								NO					
Sourdough Bread (Brekkie Only)		X	TRACE* TRACE	TRACE* TRACE		TRACE* TRACE	TRACE* TRACE					~					
Spicy Sauce		~	~	~								~	X	X	X	X	
Sweet Chipotle BBQ Sauce		~	~	~								~	X	X	X	X	
Tomatillo Salsa		~	~	~								~		X	X	X	X
Waffle Cone with Ice Cream		X	~	~			X					~					
White Rice		~	~	~								~		X	X		

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INGREDIENTS LIST

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MENU ITEM INGREDIENT	INGREDIENT LIST
Apple	Apple
Avocado (Brekkie Only)	Avocado, Lemon Juice, Salt.
Bacon (Brekkie Only)	Pork, Salt, Natural Flavour, Vinegar, Fruit Extract, Vegetable Extract, Sugar, Wood Smoke.
BBQ Beef Rib	Beef Rib [Beef (Beef Chuck Short Rib, Beef Chuck Roll), Rice Starch, Salt, Sugar],Canola Oil.
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.
Caesar Dressing	Canola Oil, Water, Pasteurised Whole Egg, White Vinegar, Parmesan Cheese, Capers, Dijon Mustard, Salt, Liquid Sugar, Corn Starch, Lemon Juice, Yeast Extract, Onion Powder, Vegetable Gum (Xanthan), Garlic Powder, Vegan Worcestershire Sauce, Acidity Regulator (Citric Acid), Spice (Black Pepper).
Cheese	Cheese [Pasteurised Milk, Salt, Culture, Enzyme], Tapioca Starch.
Crispy Chicken Tenders	Chicken Tender [Free Range Chicken, Habanero Style Coating [Water, Flours (Maize, Rice, Chickpea), Tapioca Starch, Salt, Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate), Plant Extract (Safflower), Vegetable Gum (Xanthan gum), Natural Colour (Paprika Extract), Crumb (Rice Flour, RSPO Palm Oil, Glutinous Rice Flour, Yeast, Dextrose, Sugar, Salt), Rice Starch, Spices & Herbs (Pepper, Paprika, Celery, Chipotle, Chilli, Oregano), Fermented Rice, Starch, Sugar, Vegetable Powders (Garlic, Onion), Natural Flavour, Vinegar Powder, Food Acid (Citric Acid), Habanero Extract, Smoke Flavour], Vegetable Oil, Water, Salt, Potato Starch, Sugar, Maltodextrin, Citrus Fibre, Vegetable Powder (Garlic), Rice Fibre, Habanero Extract, Herb Extract (Oregano)], 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 Egg Yolk, White Vinegar, Sugar, Salt, Acidity Regulator (Acetic Acid), Natural Antioxidant (Tocopherols concentrate, mixed), Vegetable Gum (Xanthan).
Chipotle Seasoning (for Fries & Hard Taco Shells)	Salt, Spices (Chipotle, Paprika, Chilli), Sugar, Natural Flavours, Vegetable Powders (Garlic, Onion), Vinegar Powder (Maltodextrin (from Corn), Vinegar), Natural Food Acid (Citric Acid), Plant Fibre, Smoke Flavour.
Chocolate Sauce	Gluose, Invert Sugar (Sugar, Water), Dark Chocolate (Cocoa Mass, Sugar, Fat-Reduced Cocoa Powder, Emulsifier (Soy Lecithin), Natural Vanilla Flavouring), Sugar, Cream (Milk), Milk Powder, Canola Oil, Water, Liquid Sugar, Cocoa Powder, Emulsifier (Soy Lecithin), Salt.
Free Range Chicken Chorizo (Brekkie 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).

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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.
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	Chicken [Free Range Chicken, Brine (Water, Salt, Sugar, Rice Starch, Citrus Fibre, Spice Extract (Pepper))], Marinade [Water, Vinegar, Soybean Oil, Orange Juice Concentrate, Powder Achiote Seed, Salt, Spices (Marjoram, Oregano, Black Pepper, Clove, Cumin, Thyme), Garlic, Guajillo Chilli Pepper, Onion, Corn Starch, 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 (Brekkie 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)].

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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].
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.
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.
Sautéed Vegetables	Sauteed Vegetables [Capsicum, Onion, Mushroom, Corn], Canola Oil, Salt & Pepper.
Scrambled Eggs (Brekkie Only)	Free Range Eggs, Milk, Butter, Salt.

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 Pepper, Onion, Corn Starch, 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 (Brekkie 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 Sauce	Sugar, Tomato Paste, Liquid Sugar, Chipotle Peppers In Adobo Sauce (Chipotle Pepper, Water, Tomato Paste, Salt, Sugar, Onion, Acetic Acid), Water, Treacle (Cane Sugar, Water), Apple Puree (Apple, Ascorbic Acid), Worcestershire Sauce, Salt, Acidity Regulator (Acetic Acid), Corn Starch, Burnt Sugar, Spices (Paprika, Pimento, Cinnamon, Nutmeg, Black Pepper, Ginger), Onion Powder, Garlic Powder, Vegetable Gum (Xanthan, Guar), Yeast Extract.
Tomatillo Salsa	Tomatillo, Onion, Poblano Chilli, Coriander, Salt, Natural Food Acid (Tartaric Acid), Garlic.
Waffle Cone (Cone Only)	Wheat Flour, Sugar, Oat Fibre, Vegetable Oil (Coconut), Emulsifier (Soy Lecithin), Wheaten Cornflour, Salt, Natural Vanilla Flavour
White Rice	Water, White Rice, Canola Oil, Vegetable Stock [Salt, Vegetable Powders (Onion, Garlic, Spinach), Rice Flour, Sugar, Yeast Extract, Natural Flavour, Vegetable Oil, Bay Leaves], Salt.

CAFE HOLA - BEVERAGES STANDARD INGREDIENTS

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

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

KEY:

X Denotes ingredient in menu item

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

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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	VEGETARIAN	VEGAN
Almond Milk		~			~			~	X			~
Caramel Coffee Syrup												
Chai Powder		~			TRACE*		TRACE*					NO
Chocolate Powder		~			TRACE*			TRACE*				NO
Cinnamon Powder					TRACE*							NO
Coffee												
Earl Grey Tea												
English Breakfast Tea												
Full Cream Milk		~			X			~	~			NO
Green Tea												
Hazelnut									X			
Oat Milk		X			~			~	~			~
Peppermint Tea												
Skim Milk		~			X			~	~			NO
Soy Milk		~			~			X	~			~
Sugar Syrup												
Vanilla Coffee Syrup												

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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).

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BURRITO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild BBQ Beef Rib	452	3800	909	48.8	36.2	18.1	96.4	10.0	6.2	2120
Mild Grilled Chicken	480	3240	773	48.3	23.5	11.5	91.0	5.7	7.0	1950
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

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 BBQ Beef Rib	427	3330	795	44.3	33.2	14.6	79.5	7.8	5.5	1860
Mild Grilled Chicken	455	2760	659	43.8	20.5	7.9	74.1	3.5	6.3	1700
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

CAESAR 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 BBQ Beef Rib	407	4210	1010	45.7	61.7	20.0	65.5	11.9	4.5	1840
Mild Crispy Chicken Tenders	395	3920	936	33.7	56.9	13.5	70.3	6.0	5.9	1790
Mild Grilled Chicken	395	3580	855	44.8	48.7	13.3	57.7	6.2	4.5	1390
Mild Pulled Shiitake Mushroom	395	4110	981	28.8	66.4	22.2	61.5	6.1	14.3	1830
For spicy add	+15	+70	+17	+0.3	+0.7	+0.3	+2.2	+0.6	+0.2	+166

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CALI BURRITO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild BBQ Beef Rib	442	4610	1100	48.0	63.0	24.1	83.2	11.6	5.8	1920
Mild Crispy Chicken Tenders	470	4380	1050	36.4	58.6	17.6	90.4	7.2	8.0	2160
Mild Grilled Chicken	470	4040	966	47.5	50.4	17.4	77.8	7.4	6.6	1760
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	+ 15	+ 70	+ 17	+ 0.3	+ 0.7	+ 0.3	+ 2.2	+ 0.6	+ 0.2	+ 166

CAESAR 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 BBQ Beef Rib	467	4960	1190	48.3	70.9	20.8	85.8	12.3	6.6	1960
Mild Crispy Chicken Tenders	455	4670	1120	36.4	66.1	14.3	90.7	6.4	8.0	1920
Mild Grilled Chicken	455	4330	1030	47.5	57.9	14.1	78.1	6.6	6.6	1510
Mild Pulled Shiitake Mushroom	455	4860	1160	31.5	75.6	23	81.9	6.5	16.4	1950
For Spicy Add	+ 15	+ 70	+ 17	+ 0.3	+ 0.7	+ 0.3	+ 2.2	+ 0.6	+ 0.2	+ 166

ENCHILADA WITH CHEESE & QUESO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild BBQ Beef Rib	641	5240	1250	59	62.1	28.6	114	12.6	8.5	2750
Mild Grilled Chicken	749	4810	1150	59.2	50.2	22	113	11.3	10.9	3160
Mild Ground Beef	749	5040	1200	47.6	60.2	27.6	116	12	11.8	3160
Mild Pulled Pork	749	4750	1130	53	51.6	22.9	112	10.7	10.9	3240
Mild Pulled Shiitake Mushroom	749	5340	1270	43.2	67.9	30.9	117	11.2	20.7	3600
Mild Sautéed Vegetables with Guacamole	819	4950	1180	34.9	61.9	24.1	119	15.5	14.2	3140
Mild Shredded Beef Brisket	749	4950	1180	59.4	54.0	23.7	113	10.9	10.9	3140
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

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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 BBQ Beef Rib	472	5200	1240	52.8	77.0	25.1	83.1	9.5	11.1	2000
Mild Grilled Chicken	500	4630	1110	52.3	64.3	18.4	77.7	5.3	11.9	1840
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

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 BBQ Beef Rib	482	5200	1240	51.6	79.3	27.2	77.6	10.0	7.8	1860
Mild Grilled Chicken	500	4620	1100	51.0	66.6	20.6	71.6	5.4	8.4	1620
Mild Ground Beef	500	4850	1160	39.4	76.6	26.2	74.5	6.1	9.3	1620
Mild Pulled Pork	500	4560	1090	44.8	68.0	21.5	71.0	4.8	8.4	1700
Mild Sautéed Vegetables	500	4240	1010	25.5	65.1	19.8	76.9	9.1	10.7	1410
Mild Pulled Shiitake Mushroom	500	5150	1230	35.0	84.3	29.5	75.4	5.3	18.2	2060
Mild Shredded Beef Brisket	500	4760	1140	51.2	70.4	22.3	71.2	5.0	8.4	1600
For spicy add	+ 15	+ 70	+ 17	+ 0.3	+ 0.7	+ 0.3	+ 2.2	+ 0.6	+ 0.2	+ 166

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 BBQ Beef Rib	168	2250	537	30.2	28.9	16.4	38.4	6.0	1.0	1070
Mild Cheese	110	1610	386	16.2	20.6	12.6	33.3	1.9	1.0	661
Mild Grilled Chicken	160	1920	458	29.8	22.4	13.1	33.7	2.3	1.0	824
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

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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 BBQ Beef Rib	249	2590	618	31.4	36.6	18.6	39.8	7.3	2.0	1260
Mild Grilled Chicken	245	2280	546	31.1	30.8	15.7	35.2	3.7	2.0	1020
Mild Ground Beef	245	2400	573	25.3	35.8	18.5	36.6	4.1	2.4	1020
Mild Pulled Pork	245	2250	539	28.0	31.5	16.2	34.9	3.4	2.0	1060
Mild Sautéed Vegetables with Guacamole	280	2360	563	18.9	36.7	16.8	38.1	5.8	3.6	1010
Mild Pulled Shiitake Mushroom	245	2550	609	23.1	39.7	20.2	37.1	3.7	6.9	1240
Mild Shredded Beef Brisket	245	2350	562	31.2	32.7	16.6	35.0	3.5	2.0	1010
For spicy add	+ 15	+ 70	+ 17	+ 0.3	+ 0.7	+ 0.3	+ 2.2	+ 0.6	+ 0.2	+ 166

CAESAR SALAD	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild BBQ Beef Rib	317	3060	730	38.3	53.6	15.9	22.8	9.4	3.3	1270
Mild Crispy Chicken Tenders	305	2760	660	26.4	48.8	9.4	27.7	3.5	4.7	1230
Mild Grilled Chicken	305	2420	579	37.5	40.6	9.2	15.1	3.7	3.3	822
Mild Pulled Shiitake Mushroom	305	2950	705	21.5	58.3	18.1	18.9	3.6	13.1	1260
For Spicy Add	+15	+ 70	+ 17	+ 0.3	+ 0.7	+ 0.3	+ 2.2	+ 0.6	+ 0.2	+ 166
Caesar Dressing Only	40	892	213	0.8	23.4	1.9	0.8	0.4	0.0	225

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 BBQ Beef Rib	110	1020	243	16.0	12.2	6.3	16.8	2.7	0.8	556
Mild Grilled Chicken	118	805	192	15.8	7.1	3.7	15.6	1.9	1.0	472
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
Swap Cheese for Herb Mayo [VG]	0	+ 71	+ 17	- 2.1	+ 3.3	- 1.5	- 0.9	0.0	0.0	- 29
For spicy add	+ 7	+ 33	+ 8	+ 0.2	+ 0.3	+ 0.2	+1.0	+ 0.3	+ 0.1	+ 77

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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 BBQ Beef Rib	101	991	237	15.0	12.8	5.4	14.5	2.5	1.5	1070
Mild Grilled Chicken	109	777	186	14.8	7.7	2.7	13.2	1.7	1.7	987
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
Swap Cheese for Herb Mayo [VG]	0	+ 71	+ 17	- 2.1	+ 3.3	- 1.5	- 0.9	0.0	0.0	- 29
For spicy add	+ 7	+ 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

CRISPY CHICKEN TENDER TACO (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)
Crispy Chicken Tender Taco - Soft Shell	108	1230	294	12.9	17.2	4.3	21.3	1.4	1.3	648
Crispy Chicken Tender Taco - Hard Shell	99	1200	287	11.9	17.8	3.4	19.0	1.2	1.9	1160
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

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

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QUESO FRIES	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	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)
Sweet Chipotle BBQ	40	322	77	0.5	less than 0.1	less than 0.1	18.1	16.8	0.0	334
Chipotle Mayo	40	896	214	0.7	23.2	1.8	1.5	1.1	0.0	254
Herb Mayo	40	958	229	0.5	25.3	1.8	0.6	0.5	0.0	166
Jalapeño Ketchup	40	174	42	0.1	less than 0.1	0.0	9.6	7.3	0.1	415

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)
2 Tenders	100	944	226	16.1	11.7	1.2	13.3	0.5	1.4	730
3 Tenders	150	1420	338	24.2	17.5	1.8	20.0	0.8	2.1	1100
Fries and Tenders	280	3190	763	24.0	39.4	3.5	74.3	1.6	7.7	1440
With BBQ sauce add	+40	+322	+77	+0.5	+less than 0.1	+less than 0.1	+18.1	+16.8	+0	+334
With Caesar dressing add	+40	+892	+213	+0.8	+23.4	+1.9	+0.8	+0.4	+0	+225
With Chipotle Mayo add	+40	+896	+214	+0.7	+23.2	+1.8	+1.5	+1.1	+0	+254
With Herb Mayo add	+40	+958	+229	+0.5	+25.3	+1.8	+0.6	+0.5	+0	+166
With Honey Habanero add	+40	+548	+131	+1	+11.4	+1	+6.2	+5.4	+0	+326
With Jalapeno Ketchup add	+40	+174	+42	+0.1	+less than 0.1	+0	+9.6	+7.3	+0.1	+415
With Ketchup add	+40	+200	+48	+0.1	+0.0	+0	+11.2	+8.6	+0	+440
With Sour Cream add	+40	+313	+75	+1.1	+7.4	+5	+1.6	+1.6	+0	+15

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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
Crushed Corn Chips - Regular	15	326	78	1.1	4.3	0.4	8.5	0.2	0.8	42
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
Lettuce (Bowl)	60	22	5	0.5	less than 0.1	0.0	0.2	0.2	0.8	14
Lettuce (Burrito)	30	25	6	0.4	less than 0.1	0.0	0.5	0.5	0.6	5
Mild BBQ Beef Rib - Regular	112	1240	295	28.1	16.5	7.7	8.4	6.4	0.0	775
Mild Grilled Chicken	100	604	144	27.2	3.5	1.0	0.7	0.7	0.0	326
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
Crispy Chicken Tenders (2)	100	944	226	16.2	11.8	1.2	13.4	0.6	1.4	730
Pickled Jalapeños	18	18	4	less than 0.1	less than 0.1	less than 0.1	0.7	0.4	0.3	246
Roasted Jalapeño Salsa	10	10	2	less than 0.1	less than 0.1	0.0	0.4	0.2	0.1	73
Smokey Chipotle Salsa	10	38	9	0.1	less than 0.1	0.0	2.0	1.4	0.1	210
Spanish Onions	15	22	5	0.2	less than 0.1	0.0	0.9	0.7	0.2	2
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

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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
Fresh Jalapeño	20	23	5	0.2	less than 0.1	less than 0.1	0.7	0.8	0.6	less than 1
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
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

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SIDES (CONT.)	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Large 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
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	759	181	3.8	4.5	3.0	30.6	20.9	0.6	93
Churro Sundae with Chocolate Sauce	183	1440	345	7.0	13.4	5.9	48.4	36.8	0.5	195
Churro Sundae with Dulce de Leche	183	1390	333	7.5	11.7	5.8	47.6	38.2	0.5	212
Large Sundae with Chocolate Sauce	165	1170	280	5.9	9.7	5.6	41.5	35.5	0.0	151
Large Sundae with Dulce de Leche	165	1120	268	6.4	8.1	5.4	40.7	36.9	0.0	167
Large Sundae with no topping	150	939	224	5.4	7.1	4.8	34.3	30.6	0.0	135
Churros with Chocolate Sauce	110	1710	409	5.9	21.7	3.5	46.6	18.3	1.9	218
Churros with Dulce de Leche	110	1580	378	7.0	17.3	3.0	44.4	22.0	1.9	263
Chocolate Sauce portion	40	617	147	1.4	7.1	2.1	19.2	13.0	0.0	42
Dulce de Leche portion	40	485	116	2.6	2.7	1.6	17.0	16.7	0.0	87

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LITTLE G'S NUTRITIONAL INFORMATION

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LITTLE G'S BURRITO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild BBQ Beef Rib	193	2230	534	27.5	23.7	12.6	51.8	5.9	1.0	1090
Mild Grilled Chicken	185	1900	454	27.0	17.2	9.3	47.1	2.2	1.0	844
Mild Ground Beef	185	2020	482	21.2	22.2	12.1	48.5	2.6	1.5	841
Mild Pulled Pork	185	1870	447	23.9	17.9	9.7	46.8	1.9	1.0	881
Mild Sautéed Vegetables with Guacamole	220	1970	472	14.9	23.0	10.3	50.0	4.3	2.7	830
Mild Pulled Shiitake Mushroom	185	2170	517	19.0	26.0	13.7	49.0	2.2	5.9	1060
Mild Shredded Beef Brisket	185	1970	471	27.1	19.1	10.1	46.9	2.0	1.0	833
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 BBQ Beef Rib	222	2140	512	23.6	25.4	9.8	46.7	4.6	1.0	1010
Mild Grilled Chicken	214	1810	433	23.1	18.9	6.4	41.9	0.9	1.0	771
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)
Mild No Filling	80	1590	380	10.2	23.3	7.2	31.2	0.9	2.7	347
Mild BBQ Beef Rib	138	2220	532	24.3	31.6	11.0	36.4	4.9	2.7	751
Mild Grilled Chicken	130	1890	452	23.8	25.0	7.7	31.6	1.2	2.7	510
Mild Ground Beef	130	2010	479	18.0	30.0	10.5	33.0	1.6	3.2	508
Mild Pulled Pork	130	1860	445	20.7	25.7	8.1	31.3	0.9	2.7	548
Mild Sautéed Vegetables with Guacamole	165	1960	469	11.7	30.9	8.7	34.5	3.3	4.4	496
Mild Pulled Shiitake Mushroom	130	2160	515	15.8	33.9	12.1	33.5	1.2	7.6	728
Mild Shredded Beef Brisket	130	1960	468	23.9	26.9	8.5	31.4	1.0	2.7	500
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 NUTRITIONAL INFORMATION

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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)
Apple	120	290	69	0.4	0.2	0.0	14.9	14.4	2.8	1
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

BREKKIE NUTRITIONAL INFORMATION

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BREKKIE 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 BREKKIE 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

BREKKIE 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 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

BREKKIE NUTRITIONAL INFORMATION

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BREKKIE 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

BREKKIE 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

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BREKKIE NUTRITIONAL INFORMATION

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EXTRAS - BREKKIE	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 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 BBQ Beef Rib	248	2200	524	26.8	21.0	10.7	56.7	6.3	3.4	1190
Mild Grilled Chicken	260	1900	453	26.5	14.6	7.4	53.1	3.3	3.8	1090
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

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 BBQ Beef Rib	252	2010	480	24.5	19.1	8.4	52.2	4.8	2.8	1090
Mild Grilled Chicken	264	1710	409	24.2	12.8	5.1	48.6	1.9	3.2	992
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

MINI CAESAR 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 BBQ Beef Rib	227	2430	581	25.3	34.2	11.7	42.1	7.3	2.6	1050
Mild Crispy Chicken Tenders	219	2270	542	19.3	31.7	8.4	43.6	3.5	3.3	1010
Mild Grilled Chicken	219	2100	502	24.9	27.6	8.3	37.3	3.6	2.6	812
Mild Pulled Shiitake Mushroom	219	2360	565	16.9	36.5	12.8	39.2	3.5	7.5	1030
For spicy add	+10	+47	+11	+0.2	+0.5	+0.2	+1.4	+0.4	+0.1	+111

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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 BBQ Beef Rib	263	2850	681	27.2	37.5	14.0	56.9	7.2	3.9	1130
Mild Crispy Chicken Tenders	275	2720	650	21.4	35.3	10.7	59.6	4.1	5.0	1230
Mild Grilled Chicken	275	2550	609	27.0	31.2	10.6	53.3	4.2	4.3	1030
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 with Guacamole	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	+ 10	+ 47	+ 11	+ 0.2	+ 0.5	+ 0.2	+ 1.4	+ 0.4	+ 0.1	+ 111

MINI CRISPY CHICKEN TENDER 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	255	2690	642	21.2	35.1	10.7	58.4	3.4	4.6	1090
For Spicy Add	+ 10	+ 47	+ 11	+ 0.2	+ 0.5	+ 0.2	+ 1.4	+ 0.4	+ 0.1	+ 111

MINI CAESAR 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 BBQ Beef Rib	294	3240	774	28.1	43.4	12.5	65.6	10.5	4.7	1240
Mild Crispy Chicken Tenders	279	3020	721	22.0	41.0	9.2	63.9	3.8	5.4	1140
Mild Grilled Chicken	279	2850	681	27.5	36.9	9.1	57.6	3.9	4.7	935
Mild Pulled Shiitake Mushroom	279	3110	744	19.5	45.7	13.6	59.5	3.9	9.6	1150
For Spicy Add	+ 10	+ 47	+ 11	+ 0.2	+ 0.5	+ 0.2	+ 1.4	+ 0.4	+ 0.1	+ 111

MINI ENCHILADA WITH CHEESE & QUESO	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild BBQ Beef Rib	343	2960	708	32	34.3	15.9	67	7.6	4.6	1510
Mild Grilled Chicken	395	2730	652	32.1	28.4	12.6	65.7	6.1	5.8	1700
Mild Ground Beef	395	2840	679	26.3	33.4	15.4	67.2	6.5	6.3	1690
Mild Pulled Pork	395	2700	645	29	29.1	13.1	65.4	5.8	5.8	1730
Mild Pulled Shiitake Mushroom	395	2990	715	24.1	37.2	17.1	67.6	6.1	10.7	1920
Mild Sautéed Vegetables with Guacamole	430	2800	669	20	34.2	13.7	68.6	8.2	7.5	1680

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MINI ENCHILADA WITH CHEESE & QUESO (CONTINUED)	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild Shredded Beef Brisket	395	2800	668	32.2	30.3	13.5	65.5	5.9	5.8	1690
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

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 BBQ Beef Rib	238	2620	625	26.4	38.5	12.6	42.5	5.6	5.5	1020
Mild Grilled Chicken	250	2320	554	26.2	32.2	9.2	38.8	2.6	6.0	920
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 with Guacamole	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

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 BBQ Beef Rib	273	2990	715	27.1	44.3	14.0	49.9	6.0	4.9	1010
Mild Grilled Chicken	280	2690	642	26.8	37.9	10.7	46.0	2.9	5.2	873
Mild Ground Beef	280	2800	669	21.0	42.9	13.5	47.4	3.2	5.7	870
Mild Pulled Pork	280	2660	634	23.7	38.6	11.1	45.7	2.6	5.2	910
Mild Sautéed Vegetables with Guacamole	280	2500	596	14.1	37.2	10.3	48.6	4.7	6.4	764
Mild Pulled Shiitake Mushroom	280	2950	704	18.8	46.8	15.1	47.9	2.8	10.1	1090
Mild Shredded Beef Brisket	280	2750	658	26.9	39.8	11.5	45.8	2.7	5.2	862
For spicy add	+ 10	+ 47	+ 11	+ 0.2	+ 0.5	+ 0.2	+ 1.4	+ 0.4	+ 0.1	+ 111

MINIS 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 October 29, 2026.

MINI CAESAR SALAD	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Mild BBQ Beef Rib	174	1720	410	20.5	28.8	9.0	16.8	8.5	1.7	749
Mild Crispy Chicken Tenders	159	1500	358	14.4	26.3	5.7	15.2	1.8	2.4	651
Mild Grilled Chicken	159	1330	317	20.0	22.2	5.6	8.9	1.9	1.8	450
Mild Pulled Shiitake Mushroom	159	1590	380	12.0	31.1	10.1	10.8	1.8	6.7	668
For Spicy Add	+ 10	+ 47	+ 11	+ 0.2	+ 0.5	+ 0.2	+ 1.4	+ 0.4	+ 0.1	+ 111
Caesar Dressing Only	20	446	106	0.4	11.7	1.0	0.4	0.2	0.0	112

EXTRAS - MINIS	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	SODIUM (mg)
Crushed corn chips - Mini / Kids	9	196	47	0.6	2.6	0.2	5.1	0.1	0.5	25
Guacamole	35	263	63	0.6	6.6	1.4	0.2	0.2	0.5	95
Mild BBQ Beef Rib - Mini	58	634	152	14.1	8.3	3.9	5.1	4.1	0.0	404
Mild Grilled Chicken	50	302	72	13.6	1.8	0.5	0.4	0.4	0.0	163
Mild Ground Beef	50	416	100	7.8	6.8	3.3	1.8	0.7	0.5	161
Mild Pulled Pork	50	272	65	10.5	2.5	1.0	less than 0.1	less than 0.1	0.0	201
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
Crispy Chicken Tender (1)	50	472	113	8.1	5.9	0.6	6.7	0.3	0.7	365
Spicy Sauce	10	47	12	0.2	0.4	0.2	1.4	0.4	0.1	110

GUZMAN Y GOMEZ™

Mexican Kitchen

Information is based on standard products and supplier information, current at October 29, 2026.
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**