

NUTRITIONAL INFORMATION



BURRITO 1 Regular Burrito	Serving size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Total fat (g)	Sat. fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)
MILD BARRAMUNDI	440	3170	756	43.2	28.4	12.1	77.6	7.1	8.9	1950
MILD BEEF GUERRERO	485	3260	778	46.4	28.1	14.0	79.6	7.9	10.1	2640
MILD CHICKEN GUERRERO	485	3300	789	48.5	28.5	13.2	79.6	7.9	9.7	2270
MILD PORK	485	3190	762	43.7	27.5	13.5	79.3	7.5	8.8	2390
MILD STEAK	485	3310	791	54.6	25.9	12.7	79.3	7.6	9.0	2200
MILD VEGGIE (WITH GUAC)	555	3300	788	26.8	34.2	13.9	86.9	11.2	12.0	2200
SPICY BARRAMUNDI	485	3250	776	43.6	29.4	12.3	79.5	8.5	9.6	2140
SPICY BEEF GUERRERO	495	3300	788	46.3	29.0	14.2	79.9	8.8	10.3	2590
SPICY CHICKEN GUERRERO	495	3340	799	48.4	29.4	13.4	79.9	8.8	9.9	2220
SPICY PORK CHIPOTLE	485	3230	771	44.9	28.1	13.5	79.5	8.5	9.0	2230
SPICY STEAK CHIPOTLE	485	3220	770	48.9	25.9	13.5	79.5	8.5	10.0	2060
SPICY VEGGIE (WITH GUAC)	565	3340	798	26.8	35.2	14.0	87.2	12.1	12.2	2140

BURRITO BOWL 1 Burrito Bowl	Serving size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Total fat (g)	Sat. fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)
MILD BARRAMUNDI	415	2600	621	38.2	24.6	8.5	58.2	4.5	7.9	1400
MILD BEEF GUERRERO	460	2690	643	41.3	24.3	10.4	60.2	5.3	9.1	2090
MILD CHICKEN GUERRERO	460	2740	654	43.4	24.7	9.6	60.2	5.3	8.7	1720
MILD CHICKEN GUERRERO WITH BROWN RICE AND GUAC, NO CHEESE OR CORN CHIPS	485	2620	625	37.1	25.9	5.9	56.1	6.0	10.0	1730
MILD PORK	460	2620	626	38.6	23.7	9.9	59.9	4.9	7.8	1840
MILD STEAK	460	2740	655	49.6	22.1	9.1	59.9	5.0	8.0	1650
MILD VEGGIE (WITH GUAC)	530	2730	653	21.8	30.4	10.2	67.5	8.7	11.0	1650
SPICY BARRAMUNDI	460	2680	640	38.6	25.6	8.6	60.1	5.9	8.6	1590
SPICY BEEF GUERRERO	470	2730	652	41.3	25.2	10.5	60.5	6.2	9.3	2040
SPICY CHICKEN GUERRERO	470	2780	664	43.4	25.6	9.7	60.5	6.2	8.9	1670
SPICY CHICKEN GUERRERO WITH BROWN RICE AND GUAC, NO CHEESE OR CORN CHIPS	495	2660	635	37.0	26.9	6.1	56.4	6.9	10.1	1680
SPICY PORK CHIPOTLE	460	2660	636	39.9	24.3	9.8	60.1	5.9	8.0	1680
SPICY STEAK CHIPOTLE	460	2660	635	43.9	22.1	9.8	60.1	5.9	9.0	1510
SPICY VEGGIE (WITH GUAC)	540	2770	663	21.7	31.3	10.4	67.8	9.6	11.1	1600

FAJITA 1 Fajita	Serving size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Total fat (g)	Sat. fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)
MILD BARRAMUNDI	590	3950	944	46.8	43.2	15.4	86.6	11.8	11.0	2110
MILD BEEF GUERRERO	590	3990	952	49.5	42.8	17.3	86.1	11.3	11.7	2490
MILD CHICKEN GUERRERO	590	4030	963	51.6	43.2	16.5	86.1	11.3	11.3	2120
MILD PORK	590	3920	935	46.8	42.2	16.8	85.8	10.9	10.4	2240
MILD STEAK	590	4040	964	57.7	40.5	16.0	85.8	11.0	10.6	2050
MILD VEGGIE (WITH GUAC)	660	4030	962	29.9	48.9	17.1	93.4	14.7	13.6	2050
SPICY PORK CHIPOTLE	590	3940	940	48.1	41.9	16.6	86.6	11.8	10.4	2200
SPICY BARRAMUNDI	600	3970	949	46.8	43.3	15.4	87.5	12.6	11.1	2170
SPICY BEEF GUERRERO	600	4000	957	49.5	42.9	17.3	87.0	12.1	11.8	2560
SPICY CHICKEN GUERRERO	600	4050	968	51.6	43.3	16.5	87.0	12.1	11.4	2190
SPICY STEAK CHIPOTLE	590	3930	939	52.1	39.7	16.6	86.6	11.8	11.4	2020
SPICY VEGGIE (WITH GUAC)	670	4050	967	30.0	49.0	17.1	94.3	15.5	13.6	2110

FAJITA BOWL 1 Fajita Bowl	Serving size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Total fat (g)	Sat. fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)
MILD BARRAMUNDI	565	3390	809	41.8	39.4	11.7	67.2	9.3	10.0	1560
MILD BEEF GUERRERO	565	3420	817	44.5	39.0	13.6	66.7	8.8	10.7	1940
MILD CHICKEN GUERRERO	565	3470	828	46.6	39.4	12.8	66.7	8.8	10.3	1570
MILD PORK	565	3350	800	41.8	38.4	13.1	66.4	8.4	9.4	1690
MILD STEAK	565	3470	829	52.7	36.7	12.3	66.4	8.5	9.6	1500
MILD VEGGIE (WITH GUAC)	635	3460	827	24.9	45.1	13.5	74.0	12.1	12.6	1500
SPICY BARRAMUNDI	575	3400	813	41.8	39.5	11.7	68.1	10.1	10.1	1630
SPICY BEEF GUERRERO	575	3440	821	44.5	39.1	13.6	67.6	9.6	10.8	2010
SPICY CHICKEN GUERRERO	575	3480	832	46.6	39.5	12.8	67.6	9.6	10.4	1640
SPICY PORK CHIPOTLE	565	3370	805	43.1	38.1	12.9	67.2	9.3	9.4	1650
SPICY STEAK CHIPOTLE	565	3360	803	47.1	35.9	12.9	67.2	9.3	10.4	1480
SPICY VEGGIE (WITH GUAC)	645	3480	831	24.9	45.2	13.5	74.9	12.9	12.6	1560

ENCHILADA	Serving size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Total fat (g)	Sat. fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)
1 Enchilada										
MILD BARRAMUNDI	669	4560	1090	52.4	51.2	20.8	98.8	11.8	12.6	2960
MILD BEEF GUERRERO	714	4650	1110	55.5	50.9	22.7	101	12.5	13.8	3650
MILD CHICKEN GUERRERO	714	4700	1120	57.6	51.3	21.9	101	12.5	13.4	3280
MILD PORK	714	4580	1090	52.8	50.3	22.2	101	12.1	12.5	3400
MILD STEAK	714	4700	1120	63.8	48.7	21.4	101	12.2	12.7	3210
MILD VEGGIE (WITH GUAC)	784	4690	1120	36.0	57.1	22.6	108	15.9	15.7	3210
SPICY BARRAMUNDI	714	4660	1110	52.5	53.2	20.7	99.7	13.5	13.5	2980
SPICY BEEF GUERRERO	724	4710	1130	55.2	52.9	22.6	100	13.8	14.2	3420
SPICY CHICKEN GUERRERO	724	4760	1140	57.3	53.3	21.8	100	13.8	13.8	3050
SPICY PORK CHIPOTLE	714	4640	1110	53.8	51.9	21.9	99.7	13.5	12.9	3070
SPICY STEAK CHIPOTLE	714	4640	1110	57.8	49.7	21.9	99.7	13.5	13.9	2890
SPICY VEGGIE (WITH GUAC)	794	4750	1140	35.7	59.0	22.5	107	17.2	16.1	2980

QUESADILLA	Serving size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Total fat (g)	Sat. fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)
1 Quesadilla										
CHEESE	50	689	165	8.7	10.0	6.5	9.7	0.2	0.9	224
MILD BARRAMUNDI	100	902	215	15.1	12.4	6.9	10.5	0.9	1.4	352
MILD BEEF GUERRERO	110	924	221	16.0	12.3	7.5	10.9	1.1	1.7	535
MILD CHICKEN GUERRERO	110	938	224	16.6	12.5	7.2	10.9	1.1	1.6	424
MILD PORK	110	903	216	15.2	12.2	7.3	10.8	0.9	1.3	459
MILD STEAK	110	940	225	18.4	11.7	7.1	10.8	1.0	1.4	403
MILD VEGGIE (WITH GUAC)	180	1310	312	11.0	23.4	9.4	13.4	2.4	2.9	534
SPICY BARRAMUNDI	110	919	220	15.2	12.7	6.9	10.9	1.2	1.5	394
SPICY BEEF GUERRERO	115	938	224	16.0	12.6	7.5	11.2	1.5	1.7	541
SPICY CHICKEN GUERRERO	115	952	228	16.6	12.7	7.3	11.2	1.5	1.6	430
SPICY PORK CHIPOTLE	110	914	218	15.5	12.3	7.3	10.9	1.2	1.3	421
SPICY STEAK CHIPOTLE	110	913	218	16.7	11.6	7.3	10.9	1.2	1.6	369
SPICY VEGGIE (WITH GUAC)	185	1320	315	11.0	23.6	9.5	13.7	2.8	3.0	540

HARD TACOS	Serving size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Total fat (g)	Sat. fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)
1 Hard Taco										
MILD BARRAMUNDI	104	912	218	14.4	11.8	3.1	13.1	1.2	2.0	256
MILD BEEF GUERRERO	114	941	225	15.9	11.6	4.1	13.4	1.2	2.5	516
MILD CHICKEN GUERRERO	114	965	231	16.9	11.8	3.7	13.4	1.2	2.3	331
MILD PORK	114	906	217	14.5	11.3	3.8	13.3	1.0	1.8	389
MILD STEAK	114	967	231	20.0	10.5	3.4	13.2	1.1	1.9	296
MILD VEGGIE (WITH GUAC)	184	1230	293	6.7	21.2	5.4	17.3	3.1	3.9	388
SPICY BARRAMUNDI	114	930	222	14.5	12.0	3.2	13.5	1.5	2.2	298
SPICY BEEF GUERRERO	119	955	228	15.9	11.8	4.1	13.7	1.7	2.5	521
SPICY CHICKEN GUERRERO	119	979	234	16.9	12.0	3.7	13.7	1.7	2.3	336
SPICY PORK CHIPOTLE	114	921	220	15.2	11.3	3.8	13.5	1.5	1.9	343
SPICY STEAK CHIPOTLE	114	918	219	17.2	10.2	3.8	13.5	1.5	2.4	256
SPICY VEGGIE (WITH GUAC)	189	1240	296	6.7	21.5	5.5	17.6	3.6	4.0	394

SOFT TACOS	Serving size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Total fat (g)	Sat. fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)
1 Soft Taco										
MILD BARRAMUNDI	93	506	121	11.5	4.6	0.7	8.0	1.1	1.4	222
MILD BEEF GUERRERO	103	535	128	12.9	4.4	1.6	8.3	1.1	1.9	481
MILD CHICKEN GUERRERO	103	559	133	14.0	4.6	1.2	8.3	1.1	1.7	296
MILD PORK	103	500	120	11.6	4.1	1.4	8.2	0.9	1.3	354
MILD STEAK	103	512	122	14.2	3.0	1.3	8.5	1.4	1.8	221
MILD VEGGIE (WITH GUAC)	173	819	196	3.8	14.0	3.0	12.2	3.1	3.3	353
SPICY BARRAMUNDI	103	524	125	11.6	4.8	0.7	8.5	1.4	1.6	264
SPICY BEEF GUERRERO	108	549	131	12.9	4.6	1.7	8.6	1.6	1.9	487
SPICY CHICKEN GUERRERO	108	573	137	14.0	4.8	1.3	8.6	1.6	1.7	302
SPICY PORK CHIPOTLE	103	515	123	12.2	4.1	1.3	8.5	1.4	1.3	309
SPICY STEAK CHIPOTLE	103	512	122	14.2	3.0	1.3	8.5	1.4	1.8	221
SPICY VEGGIE (WITH GUAC)	178	833	199	3.8	14.3	3.0	12.5	3.5	3.4	359

NACHOS 1 Nachos	Serving size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Total fat (g)	Sat. fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)
KIDS	160	3070	733	21.8	44.3	15.0	59.2	1.2	6.8	636
MILD BARRAMUNDI	460	4610	1100	49.6	66.1	19.3	71.8	5.0	14.3	1470
MILD BEEF GUERRERO	505	4700	1120	52.8	65.7	21.2	73.8	5.8	15.5	2160
MILD CHICKEN GUERRERO	505	4750	1130	54.9	66.1	20.4	73.8	5.8	15.1	1790
MILD PORK	505	4630	1110	50.1	65.1	20.7	73.5	5.4	14.2	1910
MILD STEAK	505	4750	1140	61.0	63.5	19.9	73.5	5.5	14.4	1720
MILD VEGGIE (WITH GUAC)	505	4220	1010	32.0	58.7	18.2	80.6	8.6	16.4	1530
SPICY BARRAMUNDI	505	4690	1120	50.0	67.0	19.5	73.8	6.4	14.9	1660
SPICY BEEF GUERRERO	515	4740	1130	52.7	66.7	21.4	74.1	6.7	15.7	2110
SPICY CHICKEN GUERRERO	515	4790	1140	54.8	67.1	20.6	74.1	6.7	15.3	1740
SPICY PORK CHIPOTLE	505	4670	1120	51.3	65.7	20.7	73.8	6.4	14.3	1750
SPICY STEAK CHIPOTLE	505	4670	1120	55.3	63.5	20.7	73.8	6.4	15.3	1580
SPICY VEGGIE (WITH GUAC)	515	4260	1020	32.0	59.6	18.4	80.9	9.6	16.5	1480

SALAD Without Dressing	Serving size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Total fat (g)	Sat. fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)
MILD BARRAMUNDI	320	969	231	23.9	8.8	1.2	12.3	5.2	4.6	483
MILD BEEF GUERRERO	320	1000	239	26.6	8.4	3.1	11.8	4.7	5.3	865
MILD CHICKEN GUERRERO	320	1050	251	28.7	8.8	2.3	11.8	4.7	4.9	495
MILD PORK	320	932	223	23.9	7.8	2.6	11.5	4.3	4.0	611
MILD STEAK	320	1050	252	34.8	6.2	1.8	11.5	4.4	4.1	425
MILD VEGGIE (WITH GUAC)	390	1040	249	7.0	14.6	3.0	19.1	8.0	7.1	420
SPICY BARRAMUNDI	340	998	239	24.0	9.0	1.3	13.6	6.4	4.9	547
SPICY BEEF GUERRERO	340	1030	246	26.7	8.6	3.2	13.1	5.9	5.6	929
SPICY PORK CHIPOTLE	330	963	230	25.3	7.6	2.5	12.7	5.6	4.2	573
SPICY STEAK CHIPOTLE	330	957	229	29.3	5.4	2.5	12.7	5.6	5.2	398
SPICY VEGGIE (WITH GUAC)	410	1070	257	7.2	14.7	3.0	20.4	9.2	7.4	485

DRESSING	Serving size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Total fat (g)	Sat. fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)
DRESSING	40	559	134	0.5	14.0	1.0	1.2	0.8	0.0	189

EXTRA FILLINGS	Serving size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Total fat (g)	Saturated fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Sodium (mg)
BARRAMUNDI	100	660	158	20.7	8.1	1.2	1.0	1.0	0.6	260
SPICY BARRAMUNDI FAJITA AND SALAD ONLY	110	678	162	20.7	8.2	1.2	1.9	1.8	0.6	324
BEEF GUERRERO	100	693	166	23.4	7.7	3.1	0.5	0.5	1.3	642
SPICY BEEF	110	711	170	23.4	7.8	3.1	1.4	1.3	1.3	706
CHICKEN GUERRERO	100	740	177	25.5	8.1	2.3	0.5	0.5	0.9	272
SPICY CHICKEN	110	758	181	25.5	8.2	2.3	1.4	1.3	0.9	336
MILD PORK	100	623	149	20.7	7.1	2.6	0.2	0.1	0.0	388
SPICY PORK CHIPOTLE	100	643	154	22.0	6.8	2.4	1.0	1.0	0.0	350
MILD STEAK	100	744	178	31.6	5.5	1.8	0.2	0.2	0.2	202
SPICY STEAK CHIPOTLE	100	637	152	26.0	4.6	2.4	1.0	1.0	1.0	175
VEGGIE	100	210	50	2.6	0.6	0.1	7.3	3.4	2.2	9
SPICY VEGGIES	110	228	54	2.7	0.7	0.1	8.2	4.2	2.2	73
BARRAMUNDI	50	330	79	10.4	4.1	0.6	0.5	0.5	0.3	130
BEEF GUERRERO	50	346	83	11.7	3.9	1.6	0.2	0.2	0.6	321
SPICY BEEF	55	356	85	11.7	3.9	1.6	0.7	0.6	0.7	353
CHICKEN GUERRERO	50	370	88	12.7	4.1	1.2	0.2	0.2	0.4	136
SPICY CHICKEN	55	379	91	12.8	4.1	1.2	0.7	0.6	0.5	168
MILD PORK	50	312	74	10.4	3.6	1.3	0.1	less than 0.1	0.0	194
SPICY PORK CHIPOTLE	50	321	77	11.0	3.4	1.2	0.5	0.5	0.0	175
MILD STEAK	50	372	89	15.8	2.7	0.9	less than 0.1	less than 0.1	0.1	101
SPICY STEAK CHIPOTLE	50	319	76	13.0	2.3	1.2	0.5	0.5	0.5	88
VEGGIE	50	105	25	1.3	0.3	less than 0.1	3.7	1.7	1.1	4
SPICY VEGGIES	55	114	27	1.3	0.4	less than 0.1	4.1	2.1	1.1	37
COS LETTUCE (MINI, TACOS, QUESADILLAS, KIDS)	10	8	2	0.1	less than 0.1	0.0	0.2	0.2	0.2	2
COS LETTUCE (REGULAR BURRITO, BOWL, FAJITA, ENCHILADA, NACHOS, SALAD)	30	25	6	0.4	less than 0.1	0.0	0.5	0.5	0.6	5
BEANS (FOR TACOS)	30	109	26	1.8	0.2	less than 0.1	3.4	0.5	1.8	96

SIDES	Serving 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	2100	501	6.7	25.2	2.1	58.6	1.1	6.8	192
CORN CHIPS WITH REGULAR GUAC	385	4240	1010	11.6	78.9	13.7	60.6	3.1	10.9	961
CORN CHIPS WITH REGULAR PICO DE GALLO	376	2290	548	9.4	25.5	2.1	64.7	6.8	10.0	886
CORN CHIPS WITH REGULAR ROASTED TOMATO SALSA	322	2380	569	8.9	25.6	2.2	71.0	7.4	9.5	1710
CORN CHIPS WITH REGULAR TOMATILLO SALSA	329	2500	598	8.7	30.1	2.8	68.4	8.1	10.3	1160
CORN CHIPS WITH SMALL GUAC	232	3090	738	9.0	50.1	7.5	59.5	2.0	8.7	548
CORN CHIPS WITH SMALL PICO DE GALLO	208	2170	519	7.8	25.3	2.1	61.0	3.4	8.1	463
CORN CHIPS WITH SMALL ROASTED TOMATO SALSA	206	2230	534	7.8	25.4	2.1	64.5	4.1	8.1	918
CORN CHIPS WITH SMALL TOMATILLO SALSA	209	2290	547	7.7	27.5	2.5	63.3	4.5	8.5	653
BARRAMUNDI	100	660	158	20.7	8.1	1.2	1.0	1.0	0.6	260
SPICY BARRAMUNDI FAJITA, FAJITA BOWL AND SALAD ONLY	110	678	162	20.7	8.2	1.2	1.9	1.8	0.6	324
BEEF GUERRERO	100	693	166	23.4	7.7	3.1	0.5	0.5	1.3	642
SPICY BEEF	110	711	170	23.4	7.8	3.1	1.4	1.3	1.3	706
CHICKEN GUERRERO	100	740	177	25.5	8.1	2.3	0.5	0.5	0.9	272
SPICY CHICKEN	110	758	181	25.5	8.2	2.3	1.4	1.3	0.9	336
MILD PORK	100	623	149	20.7	7.1	2.6	0.2	0.1	0.0	388
SPICY PORK CHIPOTLE	100	643	154	22.0	6.8	2.4	1.0	1.0	0.0	350
MILD STEAK	100	744	178	31.6	5.5	1.8	0.2	0.2	0.2	202
SPICY STEAK CHIPOTLE	100	637	152	26.0	4.6	2.4	1.0	1.0	1.0	175
VEGGIE (INCLUDING A SIDE OF 132G OF GUACAMOLE)	232	1200	287	4.9	25.5	5.5	8.2	4.3	4.1	365
SPICY VEGGIES (INCLUDING A SIDE OF 132G OF GUACAMOLE)	242	1220	291	4.9	25.6	5.5	9.1	5.1	4.1	429

BREAKFAST	Serving size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Total fat (g)	Sat. fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)
BURRITO CHICKEN CHORIZO BY RODRIGUEZ BROS	290	2330	558	29.4	27.1	11.7	46.5	4.3	4.9	1630
BURRITO CHIPOTLE BACON	290	2250	537	28.6	24.9	11.3	47.0	5.0	4.8	1900
BURRITO FARM FRESH VEGETABLES	290	1920	459	21.5	19.0	8.9	47.3	5.4	5.6	1250
QUESADILLA CHICKEN CHORIZO BY RODRIGUEZ BROS	100	967	231	13.5	13.6	7.2	13.1	1.0	1.7	466
QUESADILLA CHIPOTLE BACON	100	916	219	13.0	12.3	7.0	13.4	1.4	1.6	628
QUESADILLA FARM FRESH VEGETABLES	100	719	172	8.7	8.7	5.5	13.6	1.6	2.0	241
QUESADILLA HAM	95	787	188	11.7	9.8	5.9	12.7	0.9	1.4	638
FREE RANGE SCRAMBLED EGGS	300	1590	381	28.8	27.1	11.4	4.9	4.0	2.1	1180
BREAKFAST NACHOS (CHILAQUILES)	235	1660	397	9.8	25.7	8.0	29.6	4.7	5.3	746
GUACAMOLE ON SOURDOUGH	95	853	204	5.0	7.2	1.6	28.2	0.7	0.5	421

BREAKFAST EXTRA FILLINGS	Serving size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Total fat (g)	Sat. fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)
GUACAMOLE	35	263	63	0.6	6.6	1.4	0.2	0.2	0.5	94
BROWN RICE	45	301	72	1.3	1.3	0.1	13.3	0.4	0.5	185
EXTRA FILLING CHICKEN CHORIZO BY RODRIGUEZ BROS	50	490	117	9.3	8.4	2.9	1.0	0.5	0.4	380
EXTRA FILLING CHIPOTLE BACON	50	405	97	8.5	6.3	2.6	1.5	1.2	0.3	650
EXTRA FILLING FARM FRESH VEGETABLES	50	75	18	1.4	0.3	<0.1	1.8	1.6	1.0	5
SOUR CREAM	10	79	19	0.3	1.8	1.2	0.4	0.4	0.0	4
WHOLE WHEAT TORTILLA	90	1100	262	8.3	6.8	3.2	40.1	2.8	3.4	369

LITTLE GUY 1 Little Guy	Serving size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Total fat (g)	Sat. fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)
MILD BARRAMUNDI	185	1840	440	23.6	20.2	9.8	40.3	2.9	1.9	1020
MILD BEEF GUERRERO	185	1860	444	25.0	20.0	10.8	40.0	2.6	2.2	1210
MILD CHICKEN GUERRERO	185	1880	450	26.0	20.2	10.4	40.0	2.6	2.0	1020
MILD PORK	185	1820	436	23.6	19.7	10.5	39.9	2.4	1.6	1080
MILD STEAK	185	1880	450	29.1	18.8	10.1	39.9	2.5	1.7	989
MILD VEGGIE (WITH GUAC)	220	1880	449	15.2	23.0	10.7	43.7	4.3	3.2	987

MINI BURRITO 1 Mini Burrito	Serving size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Total fat (g)	Sat. fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)
MILD BARRAMUNDI	240	1860	444	24.1	17.2	7.8	45.8	4.1	4.8	1140
MILD BEEF GUERRERO	265	1910	455	25.7	17.1	8.8	46.9	4.5	5.5	1500
MILD CHICKEN GUERRERO	265	1930	461	26.7	17.3	8.4	46.9	4.5	5.3	1320
MILD PORK	265	1870	447	24.3	16.8	8.5	46.8	4.3	4.8	1370
MILD STEAK	265	1930	462	29.8	15.9	8.1	46.7	4.4	4.9	1280
MILD VEGGIE (WITH GUAC)	300	1930	461	15.9	20.1	8.7	50.5	6.2	6.4	1280
SPICY BARRAMUNDI	265	1900	454	24.3	17.8	7.9	46.8	4.8	5.2	1240
SPICY BEEF GUERRERO	270	1930	461	25.6	17.6	8.8	47.0	5.0	5.5	1470
SPICY CHICKEN GUERRERO	270	1950	466	26.7	17.8	8.4	47.0	5.0	5.3	1280
SPICY PORK CHIPOTLE	265	1890	452	24.9	17.1	8.5	46.8	4.8	4.9	1290
SPICY STEAK CHIPOTLE	265	1890	452	26.9	16.0	8.5	46.8	4.8	5.4	1200
SPICY VEGGIE (WITH GUAC)	305	1950	466	15.8	20.6	8.8	50.7	6.7	6.5	1240

● = CONTAINS THE ALLERGEN LISTED

× = NOT SUITABLE



ALLERGEN AND SPECIAL DIET INFORMATION

LAST UPDATED: 18 APRIL 2016

MENU ITEM COMPONENT	ALLERGENS AND SENSITIVITIES										SPECIAL DIETS	
	ADDED SULPHITES	GLUTEN	CRUSTACEAN	EGG	FISH	MILK	PEANUTS	SESAME SEEDS	SOYBEAN	TREE NUTS	VEGETARIAN (LACTO-OVO)	VEGAN
BARRAMUNDI (MILD)					•						×	×
SPICY BARRAMUNDI (SPICY) FAJITA, FAJITA BOWL AND SALAD ONLY					•						×	×
BLACK BEANS												
BEEF GUERRERO (MILD)									•		×	×
SPICY BEEF GUERRERO (SPICY)									•		×	×
BROWN RICE												
CHICKEN CHORIZO						•					×	×
CHICKEN GUERRERO (MILD)									•		×	×
SPICY CHICKEN GUERRERO (SPICY)									•		×	×
CHIPOTLE BACON									•		×	×
CHIPOTLE CREMA						•			•		×	×
CHURROS	•	•		•		•	•	•	•	•		×
CORN												
CORN CHIPS												
CUCUMBER												
DELI RYE BREAD		•						•	•	•		
DULCE DE LECHE						•						×
GUAC												
HABANERO SALSA												
HARD TACO												
JACK CHEESE						•						×
LETTUCE MIX												
MEXICAN VINAIGRETTE									•			
PICO DE GALLO												
PORK CHIPOTLE (SPICY)									•		×	×
MILD PORK (MILD)									•		×	×
WHITE RICE												
ROASTED JALAPENO SALSA												
ROASTED TOMATO SALSA												
SCRAMBLED EGGS				•								×
SLICED HAM											×	×
SMOKEY CHIPOTLE SALSA												
SOFT TACO												
SOUR CREAM						•					×	×
STEAK CHIPOTLE (SPICY)									•		×	×
MILD STEAK (MILD)											×	×
TOMATILLO SALSA									•			
TORTILLA MINI		•							•			
TORTILLA REGULAR		•							•			
TORTILLA WHOLEMEAL		•							•			
VEGETABLES (MILD)												
SPICY VEGETABLES (SPICY)									•			

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at March 2015. Ingredient changes may occur before this information is updated. If you have any questions please contact us on hola@gug.com.au