

Zambbrero



**NUTRITIONAL
INFORMATION**

ZAMBRERO NUTRITIONAL INFORMATION



CLASSIC BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	662kJ (159kcal)	3258kJ (780kcal)	639kJ (153kcal)	3140kJ (752kcal)	637kJ (152kcal)	3133kJ (750kcal)	656kJ (157kcal)	3229kJ (773kcal)	673kJ (161kcal)	3310kJ (793kcal)	579kJ (139kcal)	2848kJ (682kcal)	639kJ (153kcal)	3140kJ (752kcal)	659kJ (158kcal)	3606kJ (863kcal)
Protein	7.6g	37.4g	7.3g	35.7g	6.7g	32.7g	7.1g	34.8g	6.5g	32.1g	4.4g	21.6g	4.8g	23.4g	4.3g	23.5g
Fat, total	6.3g	31g	6.1g	29.8g	5.9g	29.2g	6.4g	31.5g	7.2g	35.6g	5.5g	27.1g	6.5g	31.8g	6.7g	36.7g
saturated	3g	15g	2.8g	13.5g	2.7g	13.4g	3.1g	15.3g	3.6g	17.5g	2.6g	12.6g	3.5g	17.1g	2.7g	15g
Carbohydrate	17.5g	86.2g	17g	83.7g	17.4g	85.6g	17.5g	86g	17g	84.8g	17.4g	85.8g	18.6g	91.7g	19.7g	107.5g
sugar	2.8g	13.7g	2g	9.9g	2.7g	13.5g	2.2g	10.7g	1.9g	9.5g	2.6g	12.8g	2g	9.7g	1.8g	9.8g
Sodium	361mg	1778mg	358mg	1761mg	343mg	1688mg	292mg	1438mg	346mg	1702mg	339mg	1670mg	331mg	1629mg	299mg	1636mg

CLASSIC BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	520kJ (125kcal)	2090kJ (499kcal)	488kJ (117kcal)	1960kJ (468kcal)	485kJ (116kcal)	1946kJ (466kcal)	509kJ (122kcal)	2043kJ (489kcal)	530kJ (127kcal)	2130kJ (509kcal)	414kJ (99kcal)	1661kJ (397kcal)	488kJ (117kcal)	1960kJ (468kcal)	531kJ (127kcal)	2420kJ (579kcal)
Protein	7.3g	29.4g	7g	28.2g	6.3g	25.2g	6.8g	27.3g	6.1g	24.6g	3.5g	14.1g	4g	15.9g	3.5g	16g
Fat, total	5.7g	22.7g	5.3g	21.2g	5.1g	20.6g	5.7g	22.9g	6.7g	27g	4.6g	18.5g	5.8g	23.2g	6.2g	28.1g
saturated	2.9g	11.8g	2.3g	9.3g	2.3g	9.1g	2.7g	11g	3.3g	13.2g	2.1g	8.3g	3.2g	12.8g	2.3g	10.7g
Carbohydrate	10.8g	43.3g	10g	40g	10.5g	41.9g	10.6g	42.3g	10g	41.1g	10.5g	42.1g	12g	48g	14g	63.8g
sugar	2.7g	10.8g	1.8g	7.2g	2.7g	10.8g	2g	8g	1.6g	6.7g	2.5g	10.1g	1.7g	6.9g	1.5g	7g
Sodium	313mg	1254mg	306mg	1225mg	287mg	1153mg	225mg	903mg	291mg	1166mg	283mg	1135mg	273mg	1093mg	241mg	1100mg

CLASSIC SMALL BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	723kJ (173kcal)	2170kJ (519kcal)	707kJ (169kcal)	2120kJ (508kcal)	702kJ (168kcal)	2110kJ (504kcal)	718kJ (172kcal)	2150kJ (516kcal)	733kJ (175kcal)	2200kJ (526kcal)	655kJ (157kcal)	1960kJ (470kcal)	705kJ (169kcal)	2110kJ (506kcal)	709kJ (170kcal)	2590kJ (619kcal)
Protein	7.9g	23.8g	7.7g	23g	7.1g	21.4g	7.5g	22.5g	6.9g	20.8g	5.3g	15.9g	5.5g	16.5g	4.9g	18.0g
Fat, total	7.3g	21.8g	7.1g	21.2g	7.0g	20.9g	7.3g	22.0g	8g	24g	6.6g	19.8g	7.4g	22.2g	8.1g	29.6g
saturated	3.6g	10.8g	3.4g	10.1g	3.3g	10.0g	3.7g	11.0g	4.2g	12.6g	3.2g	9.6g	4.1g	12.4g	3.3g	11.9g
Carbohydrate	18.4g	55.3g	18.2g	54.5g	18.3g	55.0g	18.4g	55.2g	18g	54.9g	18.4g	55.1g	19.5g	58.4g	18.6g	67.8g
sugar	3.0g	8.9g	2.3g	7g	2.9g	8.8g	2.5g	7.4g	2.2g	6.6g	2.8g	8.4g	2.3g	6.8g	2.0g	7.4g
Sodium	379mg	1137mg	380mg	1139mg	364mg	1092mg	322mg	967mg	371mg	1114mg	361mg	1083mg	359mg	1078mg	318mg	1159mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

Nutrition information is based on analytical and calculated data using standard serving sizes of ingredients. Actual finished product sizes and assembly may vary due to the individual preparation of each menu item. Further, product formulations may change periodically and variations may also occur due to seasonality and supplier.

Nutrition data correct as of 14th July 2025

V6.7 14JUL25

ZAMBRERO NUTRITIONAL INFORMATION



CLASSIC SMALL BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	553kJ (132kcal)	1300kJ (312kcal)	529kJ (127kcal)	1240kJ (297kcal)	526kJ (126kcal)	1240kJ (297kcal)	547kJ (131kcal)	1290kJ (309kcal)	566kJ (135kcal)	1340kJ (320kcal)	466kJ (111kcal)	1100kJ (263kcal)	530kJ (127kcal)	1250kJ (299kcal)	572kJ (137kcal)	1720kJ (412kcal)
Protein	7.8g	18.3g	7.4g	17.5g	6.8g	16.0g	7.2g	17.0g	6.5g	15.4g	4.4g	10.4g	4.7g	11g	4.2g	12.6g
Fat, total	6.7g	15.8g	6.4g	15.1g	6.3g	14.9g	6.8g	16.0g	7.7g	18g	5.9g	13.8g	6.9g	16.2g	7.9g	23.6g
saturated	3.3g	7.7g	3g	7g	2.9g	6.9g	3.3g	7.9g	4.0g	9.5g	2.8g	6.5g	3.9g	9.3g	2.9g	8.8g
Carbohydrate	10.0g	23.7g	9.5g	22.4g	9.9g	23.4g	10.0g	23.6g	9.9g	23.4g	10.0g	23.5g	11.4g	26.8g	12.0g	36.2g
sugar	2.7g	6.3g	1.9g	4.4g	2.6g	6.2g	2.0g	4.8g	1.7g	4.1g	2.5g	5.8g	1.8g	4.2g	1.6g	4.7g
Sodium	312mg	737mg	312mg	733mg	293mg	692mg	240mg	567mg	303mg	714mg	289mg	683mg	287mg	678mg	252mg	759mg

CLASSIC BIG BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Cauliflower	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	674kJ (161kcal)	4560kJ (1090kcal)	636kJ (152kcal)	4270kJ (1020kcal)	637kJ (153kcal)	4310kJ (1030kcal)	666kJ (159kcal)	4500kJ (1080kcal)	688kJ (164kcal)	4650kJ (1110kcal)	637kJ (153kcal)	4310kJ (1030kcal)	553kJ (132kcal)	3740kJ (895kcal)
Protein	8.7g	59.0g	8.2g	55.3g	7.3g	49.6g	8.0g	53.8g	7.2g	48.9g	4.7g	31.5g	4.1g	27.4g
Fat, total	6.0g	40.9g	5.6g	37.9g	5.5g	37.3g	6.2g	41.9g	7.3g	49.7g	6.2g	42.1g	4.9g	33.1g
saturated	2.8g	18.7g	2.3g	15.5g	2.3g	15.5g	2.9g	19.3g	3.2g	22.6g	3.2g	21.8g	2.1g	13.9g
Carbohydrate	17.7g	119g	16.8g	113g	17.5g	118g	17.6g	119g	17.1g	116g	19.2g	130g	17.6g	119g
sugar	2.9g	19.4g	1.7g	11.7g	2.8g	19.0g	2.0g	13.4g	1.5g	11.1g	1.7g	11.5g	2.6g	17.6g
Sodium	388mg	2625mg	385mg	2586mg	362mg	2445mg	288mg	1945mg	365mg	2470mg	344mg	2324mg	356mg	2409mg

CLASSIC BIG BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Cauliflower	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	572kJ (137kcal)	3320kJ (795kcal)	531kJ (127kcal)	3080kJ (737kcal)	528kJ (126kcal)	3070kJ (735kcal)	562kJ (134kcal)	3260kJ (781kcal)	587kJ (140kcal)	3410kJ (816kcal)	528kJ (126kcal)	3070kJ (735kcal)	430kJ (103kcal)	2500kJ (598kcal)
Protein	8.8g	51.2g	8.2g	47.8g	7.2g	41.8g	7.9g	46.0g	7.1g	41.6g	4.1g	23.7g	3.4g	19.6g
Fat, total	5.5g	31.9g	5.1g	29.3g	4.9g	28.4g	5.7g	33.0g	7g	40.7g	5.7g	33.1g	4.2g	24.2g
saturated	2.4g	14.2g	1.9g	11.2g	1.9g	11.0g	2.6g	14.8g	3.1g	18.1g	3g	17.3g	1.6g	9.4g
Carbohydrate	12.7g	73.9g	11.9g	68.8g	12.5g	72.7g	12.6g	73.5g	12.1g	70.2g	14.5g	84g	12.6g	73.1g
sugar	2.9g	16.6g	1.5g	9g	2.8g	16.2g	1.8g	10.6g	1.3g	8.2g	1.5g	8.6g	2.5g	14.8g
Sodium	356mg	2067mg	354mg	2051mg	325mg	1887mg	239mg	1387mg	329mg	1912mg	304mg	1766mg	319mg	1851mg

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ZAMBRERO NUTRITIONAL INFORMATION



NACHOS (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	947kJ (227kcal)	3470kJ (831kcal)	910kJ (218kcal)	3340kJ (799kcal)	906kJ (217kcal)	3320kJ (795kcal)	937kJ (224kcal)	3440kJ (823kcal)	966kJ (231kcal)	3540kJ (848kcal)	812kJ (194kcal)	2980kJ (713kcal)	910kJ (218kcal)	3340kJ (799kcal)	886kJ (212kcal)	3380kJ (809kcal)
Protein	10.7g	39.2g	10.2g	37.3g	9.1g	33.6g	9.8g	36.1g	8.8g	32.4g	5.5g	20.3g	6g	22g	5.9g	22.4g
Fat, total	14g	51.3g	13.6g	49.8g	13.4g	49.1g	14.1g	51.9g	15.4g	56.8g	12.7g	46.6g	14.2g	52.3g	14.6g	55.6g
saturated	4.8g	17.7g	4.3g	15.9g	4.3g	15.8g	4.9g	18g	5.9g	21.5g	4g	14.8g	5.7g	21g	4.4g	16.8g
Carbohydrate	14.3g	52.6g	13.6g	49.9g	14.1g	51.8g	14.3g	52.3g	14.0g	51.4g	14.2g	52.1g	16.3g	59.7g	14.1g	54g
sugar	2.9g	10.6g	1.7g	6.2g	2.8g	10.4g	1.9g	7g	1.4g	5.2g	2.6g	9.5g	1.5g	5.6g	1.6g	6g
Sodium	404mg	1485mg	424mg	1556mg	375mg	1377mg	293mg	1077mg	387mg	1421mg	369mg	1355mg	363mg	1333mg	303mg	1158mg

SMALL NACHOS (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	900kJ (215kcal)	2180kJ (521kcal)	864kJ (207kcal)	2080kJ (498kcal)	859kJ (206kcal)	2080kJ (497kcal)	891kJ (213kcal)	2160kJ (516kcal)	918kJ (220kcal)	2220kJ (532kcal)	765kJ (183kcal)	1850kJ (443kcal)	861kJ (209kcal)	2080kJ (499kcal)	841kJ (201kcal)	2080kJ (497kcal)
Protein	10g	24.3g	9.5g	22.9g	8.5g	20.5g	9.2g	22.2g	8.5g	19.9g	4.8g	11.7g	5.4g	13g	5.3g	13g
Fat, total	13.6g	33g	13.2g	31.9g	13g	31.5g	13.8g	33.4g	15.1g	36.5g	12.3g	29.9g	13.9g	33.6g	14.1g	34.9g
saturated	4.5g	10.8g	4g	9.6g	3.9g	9.5g	4.6g	11g	5.4g	13.0g	3.7g	8.9g	5.2g	12.6g	4g	9.9g
Carbohydrate	12.9g	31.2g	12.1g	29.2g	12.7g	30.7g	12.8g	31g	12g	30.2g	12.8g	30.9g	14.8g	35.7g	13g	32.1g
sugar	2.9g	7g	1.6g	4g	2.8g	6.9g	1.9g	4.6g	1.4g	3.4g	2.6g	6.3g	1.6g	3.8g	1.6g	3.9g
Sodium	395mg	955mg	394mg	949mg	365mg	883mg	282mg	683mg	374mg	906mg	359mg	869mg	350mg	848mg	295mg	728mg

BIG NACHOS (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Pulled Mushroom		Cauliflower	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	968kJ (232kcal)	4960kJ (1190kcal)	921kJ (220kcal)	4720kJ (1130kcal)	919kJ (220kcal)	4710kJ (1130kcal)	957kJ (229kcal)	4900kJ (1170kcal)	990kJ (235kcal)	5070kJ (1210kcal)	923kJ (221kcal)	4730kJ (1130kcal)	808kJ (193kcal)	4140kJ (989kcal)
Protein	12g	61.3g	11.3g	57.9g	10.1g	51.9g	10.9g	56.1g	9.8g	50.1g	6.4g	32.7g	5.8g	29.7g
Fat, total	13.8g	70.5g	13.3g	67.9g	13.1g	66.9g	14g	71.5g	15.5g	79.3g	14.1g	72.1g	12.3g	62.7g
saturated	4.8g	24.4g	4.2g	21.4g	4.1g	21.2g	4.9g	25g	5.9g	30.4g	5.8g	29.6g	3.8g	19.6g
Carbohydrate	14.8g	75.8g	13.8g	70.8g	14.6g	74.6g	14.7g	75.4g	14.4g	73.6g	17.1g	87.4g	14.6g	75g
sugar	3.1g	15.8g	1.6g	8.2g	3g	15.4g	1.9g	9.8g	1.3g	7.2g	1.5g	7.6g	2.7g	14g
Sodium	420mg	2150mg	417mg	2134mg	385mg	1970mg	287mg	1470mg	398mg	2037mg	369mg	1891mg	378mg	1934mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

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Nutrition data correct as of 14th July 2025

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ZAMBRERO NUTRITIONAL INFORMATION



TOASTED BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	775kJ (186kcal)	3610kJ (865kcal)	751kJ (180kcal)	3500kJ (838kcal)	748kJ (179kcal)	3490kJ (835kcal)	769kJ (184kcal)	3580kJ (858kcal)	790kJ (188kcal)	3680kJ (882kcal)	687kJ (164kcal)	3200kJ (766kcal)	754kJ (180kcal)	3510kJ (841kcal)	761kJ (182kcal)	3970kJ (949kcal)
Protein	9g	41.9g	8.7g	40.3g	8g	37.2g	8.4g	39.3g	7.8g	37.2g	5.6g	26.1g	5.9g	27.5g	5.4g	28g
Fat, total	8.1g	38g	7.9g	36.7g	7.8g	36.2g	8.3g	38.5g	9.1g	42.4g	7.3g	34.1g	8.3g	38.9g	8.4g	43.8g
saturated	4.1g	19.1g	3.8g	17.7g	3.8g	17.5g	4.2g	19.4g	4.9g	22.7g	3.6g	16.7g	4.8g	22.3g	3.7g	19.3g
Carbohydrate	18.8g	87.7g	18.3g	85.5g	18.7g	87.1g	18.8g	87.5g	18.3g	87.4g	18.7g	87.3g	20.2g	94.2g	20.9g	109g
sugar	2.8g	13.2g	2g	9.4g	2.8g	13g	2.2g	10.2g	1.9g	8.7g	2.6g	12.3g	1.9g	9g	1.8g	9.2g
Sodium	413mg	1924mg	416mg	1936mg	394mg	1834mg	340mg	1584mg	399mg	1898mg	390mg	1816mg	392mg	1825mg	340mg	1773mg

SMALL TOASTED BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	841kJ (201kcal)	2480kJ (594kcal)	822kJ (197kcal)	2430kJ (581kcal)	820kJ (196kcal)	2420kJ (579kcal)	836kJ (200kcal)	2470kJ (591kcal)	857kJ (205kcal)	2530kJ (605kcal)	772kJ (185kcal)	2280kJ (545kcal)	828kJ (198kcal)	2440kJ (584kcal)	804kJ (192kcal)	2900kJ (693kcal)
Protein	9.5g	28.2g	9.3g	27.3g	8.7g	25.8g	9.1g	26.9g	8.7g	24.8g	6.9g	20.3g	6.9g	20.4g	6.2g	22.4g
Fat, total	9.6g	28.4g	9.4g	27.8g	9.3g	27.5g	9.7g	28.7g	10.4g	30.6g	9g	26.5g	9.8g	29g	10.1g	36.2g
saturated	5g	14.7g	4.7g	14g	4.7g	13.9g	5g	14.9g	6.0g	17.4g	4.6g	13.5g	5.9g	17.4g	4.4g	15.8g
Carbohydrate	18.7g	55.1g	18.3g	54g	18.6g	54.8g	18.6g	55g	18.3g	55.6g	18.6g	54.9g	20g	59.1g	18.7g	67.4g
sugar	2.9g	8.6g	2.3g	6.7g	2.9g	8.5g	2.4g	7.1g	2.2g	6.4g	2.8g	8.2g	2.2g	6.4g	2g	7.1g
Sodium	427mg	1259mg	429mg	1266mg	412mg	1214mg	369mg	1089mg	430mg	1268mg	409mg	1205mg	417mg	1231mg	353mg	1271mg

BIG TOASTED BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	749kJ (179kcal)	4840kJ (1160kcal)	715kJ (171kcal)	4620kJ (1100kcal)	710kJ (170kcal)	4590kJ (1100kcal)	740kJ (177kcal)	4780kJ (1140kcal)	768kJ (183kcal)	4960kJ (1190kcal)	622kJ (149kcal)	4020kJ (962kcal)	715kJ (171kcal)	4620kJ (1100kcal)
Protein	9.8g	63.1g	9.3g	59.8g	8.3g	53.7g	9g	57.9g	8.3g	52.6g	4.9g	31.5g	5.4g	35.2g
Fat, total	7.3g	47.3g	6.9g	44.7g	6.8g	43.7g	7.5g	48.3g	8.7g	56.2g	6.1g	39.5g	7.5g	48.7g
saturated	3.5g	22.6g	3g	19.6g	3g	19.4g	3.6g	23.2g	4.3g	27.4g	2.8g	17.8g	4.1g	26.7g
Carbohydrate	18.3g	118g	17.6g	114g	18.1g	117g	18.3g	118g	18.0g	116g	18.2g	118g	20.1g	130g
sugar	2.9g	18.7g	1.7g	11.2g	2.8g	18.3g	2g	12.7g	1.6g	10.3g	2.6g	16.9g	1.7g	10.7g
Sodium	421mg	2717mg	424mg	2742mg	393mg	2537mg	315mg	2037mg	406mg	2624mg	387mg	2501mg	384mg	2478mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

Nutrition information is based on analytical and calculated data using standard serving sizes of ingredients. Actual finished product sizes and assembly may vary due to the individual preparation of each menu item. Further, product formulations may change periodically and variations may also occur due to seasonality and supplier.

Nutrition data correct as of 14th July 2025

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QUESADILLA (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	789kJ (189kcal)	2370kJ (566kcal)	749kJ (179kcal)	2250kJ (538kcal)	747kJ (179kcal)	2240kJ (536kcal)	779kJ (186kcal)	2340kJ (559kcal)	809kJ (194kcal)	2430kJ (581kcal)	652kJ (156kcal)	1960kJ (468kcal)	752kJ (180kcal)	2260kJ (540kcal)	709kJ (170kcal)	2060kJ (492kcal)
Protein	11.5g	34.6g	11g	32.9g	10.0g	29.9g	10.7g	32.0g	9.6g	28.8g	6.3g	18.8g	6.7g	20.1g	7.2g	20.8g
Fat, total	8.9g	26.8g	8.5g	25.5g	8.3g	25.0g	9.1g	27.3g	10.5g	31.4g	7.6g	22.9g	9.2g	27.6g	8.2g	23.8g
saturated	4.6g	13.8g	4.1g	12.3g	4.1g	12.2g	4.7g	14.1g	5.8g	17.3g	3.8g	11.4g	5.6g	16.9g	3.9g	11.4g
Carbohydrate	15.1g	45.3g	14.3g	42.8g	14.9g	44.7g	15.0g	45.1g	14.9g	44.6g	15.0g	44.9g	17.2g	51.5g	16.3g	47.4g
sugar	3.7g	11.2g	2.5g	7.4g	3.7g	11.0g	2.7g	8.2g	2.3g	6.8g	3.4g	10.3g	2.3g	7g	2.5g	7.2g
Sodium	480mg	1439mg	477mg	1431mg	450mg	1349mg	366mg	1099mg	464mg	1393mg	444mg	1331mg	440mg	1320mg	391mg	1133mg

SIGNATURE BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	717kJ (172kcal)	3920kJ (937kcal)	702kJ (168kcal)	3830kJ (917kcal)	694kJ (166kcal)	3790kJ (907kcal)	712kJ (170kcal)	3890kJ (930kcal)	733kJ (175kcal)	4000kJ (958kcal)	642kJ (154kcal)	3500kJ (839kcal)	702kJ (168kcal)	3830kJ (917kcal)	700kJ (167kcal)	4210kJ (1010kcal)
Protein	8.2g	44.8g	7.9g	43.3g	7.3g	40.1g	7.7g	42.2g	7.4g	39.9g	5.3g	29.0g	5.7g	31g	5.3g	31.7g
Fat, total	8.0g	43.7g	7.8g	42.4g	7.7g	41.9g	8.1g	44.2g	8.8g	48.2g	7.3g	39.8g	8.1g	44.4g	7.9g	47.7g
saturated	3.3g	17.8g	3.0g	16.3g	3.0g	16.2g	3.3g	18.1g	3.7g	20.3g	2.8g	15.4g	3.6g	19.9g	2.9g	17.5g
Carbohydrate	16.3g	88.8g	16.1g	87.9g	16.1g	88.2g	16.2g	88.6g	16.3g	89.0g	16.2g	88.4g	17.6g	95.6g	18.2g	109g
sugar	2.4g	13.4g	1.8g	9.9g	2.4g	13.2g	1.9g	10.4g	1.7g	9.2g	2.3g	12.5g	1.8g	9.6g	1.5g	9.3g
Sodium	362mg	1976mg	390mg	2131mg	345mg	1886mg	300mg	1636mg	376mg	2072mg	342mg	1868mg	366mg	1999mg	289mg	1739mg

SMALL SIGNATURE BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	759kJ (182kcal)	2880kJ (690kcal)	715kJ (171kcal)	2640kJ (633kcal)	709kJ (170kcal)	2620kJ (628kcal)	722kJ (173kcal)	2670kJ (639kcal)	738kJ (177kcal)	2730kJ (653kcal)	670kJ (160kcal)	2480kJ (594kcal)	742kJ (177kcal)	2820kJ (674kcal)	702kJ (168kcal)	2910kJ (697kcal)
Protein	8g	30.5g	7.5g	27.8g	7.1g	26.2g	7.4g	27.2g	7.0g	26.2g	5.6g	20.6g	6.2g	23.7g	5.5g	22.8g
Fat, total	9.3g	35.5g	8.4g	31.0g	8.3g	30.8g	8.6g	31.9g	9.2g	33.2g	8.0g	29.7g	9.4g	35.5g	8.4g	34.8g
saturated	3.9g	14.7g	2.9g	10.9g	2.9g	10.8g	3.2g	11.8g	3.5g	12.9g	2.8g	10.4g	4g	15.2g	2.8g	11.7g
Carbohydrate	15.9g	60.3g	15.7g	58.1g	15.7g	58.2g	15.8g	58.4g	15.7g	58.6g	15.8g	58.3g	16.5g	62.7g	16.9g	70.1g
sugar	2.5g	9.5g	2.1g	7.7g	2.5g	9.3g	2.1g	7.9g	2.0g	7.3g	2.4g	9.0g	2g	7.6g	1.8g	7.6g
Sodium	389mg	1479mg	375mg	1387mg	342mg	1265mg	308mg	1140mg	367mg	1358mg	340mg	1256mg	368mg	1398mg	298mg	1239mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

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Nutrition data correct as of 14th July 2025

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BIG SIGNATURE BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	700kJ (168kcal)	5080kJ (1220kcal)	677kJ (162kcal)	4910kJ (1180kcal)	665kJ (159kcal)	4830kJ (1160kcal)	692kJ (166kcal)	5020kJ (1200kcal)	722kJ (172kcal)	5240kJ (1260kcal)	587kJ (140kcal)	4260kJ (1020kcal)	675kJ (162kcal)	4900kJ (1170kcal)
Protein	9.2g	66.7g	8.8g	63.8g	7.9g	57.3g	8.5g	61.5g	7.9g	57.1g	4.8g	35.1g	5.5g	39.7g
Fat, total	7.1g	51.2g	6.7g	48.7g	6.6g	47.6g	7.2g	52.2g	8.3g	60.2g	6.0g	43.4g	7.2g	52.6g
saturated	2.9g	20.8g	2.5g	17.9g	2.4g	17.6g	3.0g	21.4g	3.3g	24.8g	2.2g	16.0g	3.3g	24g
Carbohydrate	16.3g	119.0g	16.1g	117g	16.2g	117.0g	16.3g	118.0g	16.3g	118.0g	16.2g	118.0g	18.2g	132g
sugar	2.6g	18.8g	1.6g	11.8g	2.5g	18.4g	1.8g	12.8g	1.4g	11.1g	2.3g	17.0g	1.6g	11.5g
Sodium	370mg	2683mg	412mg	2992mg	345mg	2503mg	276mg	2003mg	393mg	2853mg	340mg	2467mg	373mg	2707mg

SIGNATURE BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	593kJ (142kcal)	2680kJ (640kcal)	575kJ (138kcal)	2590kJ (620kcal)	566kJ (135kcal)	2550kJ (610kcal)	587kJ (140kcal)	2650kJ (634kcal)	613kJ (146kcal)	2760kJ (661kcal)	502kJ (120kcal)	2270kJ (542kcal)	575kJ (138kcal)	2590kJ (620kcal)	586kJ (140kcal)	2970kJ (710kcal)
Protein	8.2g	37.0g	7.9g	35.5g	7.2g	32.3g	7.6g	34.4g	7.2g	31.9g	4.7g	21.2g	5.1g	23.2g	4.7g	23.8g
Fat, total	7.7g	34.7g	7.4g	33.5g	7.3g	32.9g	7.8g	35.2g	8.7g	39.3g	6.8g	30.8g	7.9g	35.5g	7.7g	38.7g
saturated	3.0g	13.3g	2.6g	11.9g	2.6g	11.7g	3.0g	13.6g	3.5g	15.8g	2.4g	10.9g	3.4g	15.4g	2.6g	13.0g
Carbohydrate	9.6g	43.2g	9.4g	42.3g	9.4g	42.6g	9.5g	43.0g	9.6g	43.4g	9.5g	42.8g	11.2g	50.3g	12.6g	63.5g
sugar	2.3g	10.5g	1.6g	7.0g	2.3g	10.3g	1.7g	7.5g	1.5g	6.6g	2.1g	9.6g	1.5g	6.8g	1.3g	6.4g
Sodium	314mg	1418mg	349mg	1572mg	294mg	1328mg	239mg	1078mg	336mg	1513mg	290mg	1310mg	319mg	1440mg	233mg	1180mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

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Nutrition data correct as of 14th July 2025

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SMALL SIGNATURE BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	595kJ (142kcal)	1820kJ (436kcal)	582kJ (139kcal)	1780kJ (426kcal)	575kJ (138kcal)	1760kJ (421kcal)	590kJ (141kcal)	1810kJ (432kcal)	609kJ (146kcal)	1860kJ (446kcal)	528kJ (126kcal)	1620kJ (387kcal)	582kJ (139kcal)	1780kJ (426kcal)	583kJ (140kcal)	2050kJ (490kcal)
Protein	7.5g	23.1g	7.3g	22.3g	6.8g	20.7g	7.1g	21.8g	6.7g	20.5g	5.0g	15.2g	5.3g	16.2g	4.9g	17.4g
Fat, total	8.4g	25.6g	8.2g	25.0g	8.1g	24.7g	8.5g	25.9g	9.1g	27.9g	7.7g	23.7g	8.5g	26.0g	8.2g	28.7g
saturated	2.8g	8.6g	2.6g	7.8g	2.5g	7.8g	2.8g	8.7g	3.2g	9.8g	2.4g	7.4g	3.1g	9.6g	2.4g	8.6g
Carbohydrate	8.8g	27.0g	8.7g	26.5g	8.7g	26.7g	8.8g	26.9g	8.8g	27.1g	8.7g	26.8g	10.0g	30.5g	11.0g	38.6g
sugar	2.2g	6.8g	1.7g	5.1g	2.2g	6.7g	1.7g	5.3g	1.6g	4.8g	2.1g	6.3g	1.6g	4.9g	1.4g	5.0g
Sodium	297mg	910mg	323mg	987mg	283mg	865mg	242mg	740mg	313g	958mg	280mg	856mg	301mg	921mg	239mg	839mg

BIG SIGNATURE BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	609kJ (146kcal)	3840kJ (920kcal)	582kJ (139kcal)	3670kJ (879kcal)	569kJ (136kcal)	3590kJ (859kcal)	600kJ (144kcal)	3780kJ (906kcal)	635kJ (152kcal)	4010kJ (959kcal)	479kJ (115kcal)	3020kJ (723kcal)	581kJ (139kcal)	3660kJ (877kcal)
Protein	9.3g	58.9g	8.9g	56.0g	7.8g	49.5g	8.5g	53.7g	7.8g	49.2g	4.3g	27.3g	5.0g	31.8g
Fat, total	6.7g	42.3g	6.3g	39.8g	6.1g	38.7g	6.9g	43.3g	8.1g	51.2g	5.5g	34.5g	6.9g	43.6g
saturated	2.6g	16.4g	2.1g	13.4g	2.1g	13.2g	2.7g	17.0g	3.2g	20.3g	1.8g	11.6g	3.1g	19.5g
Carbohydrate	11.6g	72.9g	11.3g	71.3g	11.4g	71.7g	11.5g	72.5g	11.5g	72.6g	11.4g	72.1g	13.7g	86.4g
sugar	2.5g	15.9g	1.4g	9.0g	2.5g	15.5g	1.6g	9.9g	1.3g	8.3g	2.2g	14.1g	1.4g	8.7g
Sodium	337mg	2125mg	386mg	2433mg	308mg	1945mg	229mg	1445mg	364mg	2294mg	302mg	1909mg	340mg	2148mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

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Nutrition data correct as of 14th July 2025

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HARD TACO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per serve	per 100g	per taco
Energy	705kJ (169kcal)	937kJ (224kcal)	660kJ (158kcal)	851kJ (204kcal)	667kJ (160kcal)	887kJ (212kcal)	696kJ (167kcal)	926kJ (222kcal)	714kJ (171kcal)	921kJ (220kcal)	581kJ (139kcal)	773kJ (185kcal)	661kJ (158kcal)	853kJ (204kcal)	732kJ (175kcal)	864kJ (207kcal)
Protein	9.1g	12.1g	8.4g	10.9g	7.7g	10.2g	8.3g	11.1g	7.3g	9.4g	4.3g	5.8g	4.6g	5.9g	4.3g	5g
Fat, total	8.9g	11.9g	9.3g	11.9g	8.4g	11.2g	9.1g	12.1g	11.1g	14.3g	7.8g	10.3g	9.9g	12.8g	11.9g	14g
saturated	3.9g	5.2g	4.4g	5.7g	3.5g	4.6g	4g	5.4g	5.7g	7.4g	3.2g	4.3g	5.6g	7.2g	4.4g	5.2g
Carbohydrate	12.4g	16.5g	9.8g	12.6g	12.2g	16.3g	12.3g	16.4g	10.2g	13.1g	12.3g	16.3g	12.3g	15.9g	12.1g	14.2g
sugar	3.3g	4.4g	2.2g	2.8g	3.3g	4.3g	2.4g	3.2g	2g	2.6g	3.1g	4.1g	2.1g	2.7g	2.2g	2.6g
Sodium	298mg	396mg	304mg	393mg	271mg	360mg	196g	260mg	288mg	371mg	265mg	353mg	265mg	342mg	188mg	222mg

SOFT TACO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per serve	per 100g	per taco
Energy	681kJ (163kcal)	981kJ (235kcal)	648kJ (155kcal)	933kJ (223kcal)	647kJ (155kcal)	931kJ (223kcal)	673kJ (161kcal)	970kJ (232kcal)	696kJ (167kcal)	1000kJ (240kcal)	567kJ (136kcal)	817kJ (195kcal)	649kJ (155kcal)	934kJ (223kcal)	703kJ (168kcal)	907kJ (217kcal)
Protein	9.1g	13.1g	8.3g	12.4g	7.8g	11.2g	8.4g	12g	7.6g	10.9g	4.7g	6.8g	5.2g	7.4g	4.7g	6g
Fat, total	8g	11.5g	7.6g	11g	7.5g	10.8g	8.2g	11.7g	9.3g	13.3g	6.9g	10g	8.2g	11.8g	10.6g	13.7g
saturated	4.3g	6.2g	3.9g	5.6g	3.9g	5.6g	4.4g	6.3g	5.1g	7.3g	3.6g	5.2g	4.9g	7.1g	4.8g	6.2g
Carbohydrate	13.2g	19g	12.5g	18g	13g	18.7g	13.1g	18.9g	12.8g	18.5g	13.1g	18.8g	14.7g	21.2g	13g	16.7g
sugar	3.5g	5g	2.4g	3.5g	3.4g	5g	2.7g	3.8g	2.3g	3.3g	3.2g	4.7g	2.4g	3.4g	2.5g	3.2g
Sodium	374mg	538mg	372mg	535mg	349mg	502mg	279mg	402mg	357mg	514mg	344mg	495mg	336mg	484mg	283mg	365mg

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Nutrition data correct as of 14th July 2025

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ZAMBRERO NUTRITIONAL INFORMATION



DOS CAPAS (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per taco	per 100g	per serve	per 100g	per taco
Energy	803kj (192kcal)	1292kj (309kcal)	769kj (184kcal)	1210kj (289kcal)	771kj (185kcal)	1242kj (297kcal)	795kj (190kcal)	1281kj (306kcal)	813kj (194kcal)	1280kj (305kcal)	701kj (168kcal)	1128kj (270kcal)	769kj (184kcal)	1210kj (289kcal)	835kj (200kcal)	1219kj (292kcal)
Protein	8.9g	14.3g	8.3g	13.1g	7.7g	12.4g	8.2g	13.3g	7.4g	11.6g	5g	8g	5.2g	8.1g	5g	7.3g
Fat, total	9g	14.4g	9.3g	14.5g	8.5g	13.7g	9.1g	14.6g	10.7g	16.9g	8g	12.9g	9.8g	15.3g	11.4g	16.6g
saturated	4g	6.5g	4.4g	6.9g	3.6g	5.8g	4.1g	6.6g	5.5g	8.6g	3.4g	5.5g	5.4g	8.5g	4.4g	6.5g
Carbohydrate	18.1g	29.2g	16.1g	25.3g	18g	29g	18.1g	29.1g	16.5g	25.8g	18g	29g	18.2g	28.6g	18.5g	26.9g
sugar	3.3g	5.2g	2.3g	3.6g	3.2g	5.2g	2.5g	4g	2.2g	3.4g	3g	4.9g	2.2g	3.5g	2.4g	3.4g
Sodium	335mg	539mg	341mg	535mg	312mg	503mg	250mg	403mg	327mg	514mg	308mg	496mg	309mg	485mg	250mg	365mg

KIDS QUESADILLA with Corn Chips*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Cheese	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	1390kj (332kcal)	2470kj (592kcal)	1360kj (326kcal)	2420kj (580kcal)	1360kj (326kcal)	2420kj (580kcal)	1380kj (331kcal)	2460kj (589kcal)	1410kj (337kcal)	2510kj (601kcal)	1300kj (310kcal)	2310kj (552kcal)	1370kj (328kcal)	2440kj (584kcal)	1600kj (382kcal)	2200kj (527kcal)
Protein	13.7g	24.4g	13.3g	23.7g	12.7g	22.5g	13.1g	23.4g	12.1g	21.5g	10.2g	18.1g	10.1g	18.0g	12.3g	16.9g
Fat, total	17.4g	31g	17.1g	30.5g	17g	30.3g	17.5g	31.2g	18.6g	33.1g	16.5g	29.5g	17.7g	31.6g	20.5g	28.3g
saturated	7g	12.4g	6.6g	11.8g	6.6g	11.8g	7g	12.5g	8.5g	15.1g	6.4g	11.4g	8.4g	14.9g	8.2g	11.3g
Carbohydrate	29.6g	52.8g	29.1g	51.8g	29.5g	52.5g	29.6g	52.7g	30.0g	53.4g	29.6g	52.6g	31.6g	56.2g	36.4g	50.2g
sugar	2.7g	4.8g	1.8g	3.2g	2.6g	4.7g	2g	3.6g	1.7g	2.8g	2.5g	4.4g	1.6g	2.9g	1.9g	2.7g
Sodium	503mg	896mg	502mg	893mg	483mg	860mg	427mg	760mg	507mg	903mg	479mg	853mg	491mg	874mg	487mg	672mg

KIDS NACHOS*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	1150kj (276kcal)	1270kj (304kcal)	1110kj (266kcal)	1220kj (292kcal)	1110kj (265kcal)	1220kj (292kcal)	1140kj (274kcal)	1260kj (301kcal)	1170kj (281kcal)	1290kj (309kcal)	1000kj (240kcal)	1110kj (265kcal)	1110kj (266kcal)	1220kj (293kcal)	956kj (229kcal)	1240kj (297kcal)
Protein	11.9g	13.1g	11.3g	12.5g	10.2g	11.3g	11.0g	12.1g	10.2g	11.0g	6.2g	6.8g	6.8g	7.5g	6.8g	8.9g
Fat, total	14.2g	15.6g	13.7g	15.1g	13.6g	14.9g	14.4g	15.8g	15.8g	17.4g	12.8g	14.1g	14.5g	15.9g	11.9g	15.4g
saturated	3.6g	3.9g	3.0g	3.3g	3.0g	3.3g	3.7g	4.0g	4.6g	5.0g	2.7g	3.0g	4.4g	4.9g	2.4g	3.1g
Carbohydrate	25.0g	27.5g	24.1g	26.5g	24.8g	27.2g	24.9g	27.4g	24.5g	27.0g	24.8g	27.3g	27.0g	29.7g	23.6g	30.6g
sugar	3.2g	3.5g	1.8g	2.0g	3.1g	3.4g	2.1g	2.3g	1.5g	1.7g	2.8g	3.1g	1.7g	1.9g	1.7g	2.2g
Sodium	378mg	416mg	375mg	413mg	346mg	380mg	255mg	280mg	356mg	391mg	339mg	373mg	329mg	362mg	278mg	362mg

*Includes food items only. Pop Top drink not included.

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

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Nutrition data correct as of 14th July 2025

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ZAMBRERO NUTRITIONAL INFORMATION



KIDS BURRITO with Corn Chips*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	1130kJ (271kcal)	2650kJ (633kcal)	1110kJ (266kcal)	2610kJ (624kcal)	1110kJ (265kcal)	2600kJ (621kcal)	1130kJ (269kcal)	2630kJ (631kcal)	1140kJ (274kcal)	2680kJ (641kcal)	1060kJ (254kcal)	2480kJ (594kcal)	1110kJ (287kcal)	2610kJ (624kcal)	1030kJ (247kcal)	2620kJ (627kcal)
Protein	8.8g	20.7g	8.6g	20.1g	8.0g	18.8g	8.4g	19.7g	7.9g	18.6g	6.1g	14.4g	6.5g	15.1g	6.5g	16.5g
Fat, total	10.3g	24.1g	10.1g	23.6g	10.0g	23.4g	10.4g	24.3g	11.1g	26.0g	9.6g	22.6g	10.4g	24.5g	9.4g	23.9g
saturated	3.3g	7.7g	3.0g	7.1g	3.0g	7.1g	3.3g	7.8g	3.8g	8.8g	2.9g	6.8g	3.7g	8.7g	2.7g	6.9g
Carbohydrate	34.9g	81.7g	34.6g	81.0g	34.8g	81.5g	34.9g	81.6g	34.8g	81.5g	34.9g	81.6g	36.0g	84.3g	33.4g	84.9g
sugar	2.5g	5.8g	1.8g	4.3g	2.4g	5.7g	2.0g	4.6g	1.8g	4.1g	2.3g	5.4g	1.8g	4.2g	1.8g	4.5g
Sodium	442mg	1034mg	449mg	1051mg	427mg	998mg	384mg	898mg	440mg	1030mg	424mg	991mg	428mg	1001mg	386mg	980mg

KIDS BOWL with Corn Chips*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		Cauliflower		Pulled Mushroom		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	954kJ (228kcal)	2710kJ (649kcal)	937kJ (224kcal)	2660kJ (637kcal)	936kJ (224kcal)	2660kJ (637kcal)	950kJ (227kcal)	2700kJ (646kcal)	960kJ (230kcal)	2730kJ (652kcal)	896kJ (215kcal)	2550kJ (609kcal)	1030kJ (245kcal)	1740kJ (417kcal)	883kJ (211kcal)	2680kJ (642kcal)
Protein	7.0g	19.9g	6.8g	19.3g	6.4g	18.1g	6.7g	18.9g	6.3g	18.0g	4.8g	13.6g	5.7g	9.7g	5.2g	15.7g
Fat, total	7.4g	21.2g	7.3g	20.6g	7.2g	20.4g	7.5g	21.4g	8.1g	22.9g	6.9g	19.6g	10.8g	18.4g	6.9g	20.9g
saturated	2.9g	8.1g	2.7g	7.5g	2.6g	7.5g	2.9g	8.3g	3.1g	8.7g	2.5g	7.2g	3.3g	5.6g	2.4g	7.3g
Carbohydrate	32.6g	92.6g	32.2g	91.6g	32.5g	92.4g	32.6g	92.5g	32.3g	91.7g	32.6g	92.5g	31.0g	52.7g	31.5g	95.8g
sugar	1.9g	5.5g	1.4g	4.0g	1.9g	5.4g	1.5g	4.3g	1.4g	3.8g	1.8g	5.1g	0.9g	1.6g	1.4g	4.2g
Sodium	532mg	1512mg	531mg	1509mg	520mg	1476mg	484mg	1376mg	520mg	1477mg	517mg	1469mg	353mg	601mg	480mg	1458mg

*Includes food items only. Pop Top drink not included.

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ZAMBRERO NUTRITIONAL INFORMATION



SAUCES & GUACAMOLE

	Basilo				Chipotle				Garlic			
	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac
Energy	2130kJ (510kcal)	213kJ (51kcal)	426kJ (102kcal)	1065kJ (255kcal)	2060kJ (491kcal)	206kJ (49kcal)	412kJ (98kcal)	1030kJ (246kcal)	1850kJ (443kcal)	185kJ (44.3kcal)	370kJ (89kcal)	925kJ (222kcal)
Protein	1.7g	0.17g	0.34g	0.9g	0.9g	0.1g	0.2g	0.5g	1.2g	0.12g	0.24g	0.6g
Fat, total	54g	5.4g	10.8g	27g	52.5g	5.3g	10.5g	26.3g	46.3g	4.6g	9.3g	23g
saturated	8.2g	0.8g	1.6g	4.1g	8.1g	0.81g	1.6g	4.1g	7.3g	0.7g	1.5g	3.7g
Carbohydrate	4.4g	0.5g	0.9g	2.25g	4.7g	0.47g	0.9g	2.4g	4.6g	0.5g	0.9g	2.3g
sugar	2.2g	0.2g	0.44g	1.1g	1.5g	0.15g	0.3g	0.8g	1.1g	0.1g	0.2g	0.6g
Sodium	850mg	85mg	170mg	425mg	846mg	85mg	169mg	423mg	679mg	67.9mg	136mg	340mg

	Red Chilli				Secret BBQ				Trezigo			
	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac
Energy	590kJ (141kcal)	59kJ (14kcal)	118kJ (28kcal)	296kJ (71kcal)	643kJ (151kcal)	64kJ (15.1kcal)	129kJ (30.3kcal)	322kJ (76kcal)	488kJ (117kcal)	49kJ (11.7kcal)	98kJ (23.4kcal)	244kJ (59kcal)
Protein	1.1g	0.1g	0.2g	0.6g	0.5g	0.05g	0.1g	0.25g	0.5g	0.05g	0.1g	0.3g
Fat, total	1.7g	0.2g	0.3g	0.9g	3.4g	0.34g	0.7g	1.7g	9.3g	0.9g	1.9g	4.7g
saturated	0.5g	0.05g	0.1g	0.3g	0.5g	0.05g	0.1g	0.25g	2.2g	0.2g	0.4g	1.1g
Carbohydrate	29.1g	2.9g	5.8g	14.6g	29.3g	2.9g	5.9g	14.7g	7.6g	0.8g	1.5g	3.8g
sugar	25.2g	2.5g	5g	12.6g	20.7g	2.1g	4.1g	10.4g	6.1g	0.6g	1.2g	2.9g
Sodium	680mg	68mg	136mg	340mg	360mg	36mg	72mg	180mg	829mg	83mg	166mg	414mg

	Verde				Truffelo			
	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac
Energy	716kJ (171kcal)	72kJ (17.1kcal)	143kJ (34.2kcal)	358kJ (86kcal)	2390kJ (570kcal)	239kJ (57kcal)	478kJ (114kcal)	1200kJ (285kcal)
Protein	0.5g	0.05g	0.1g	0.25g	1.4g	0.14g	0.28g	0.7g
Fat, total	14.7g	1.5g	2.9g	7.4g	61g	6.1g	12.2g	30.5g
saturated	2.3g	0.2g	0.46g	1.2g	5g	0.5g	1g	2.5g
Carbohydrate	9.1g	0.9g	1.8g	4.6g	5.9g	0.59g	1.2g	3g
sugar	6.5g	0.7g	1.3g	3.3g	2.5g	0.35g	0.7g	1.8g
Sodium	624mg	62mg	125mg	312mg	597mg	60mg	119mg	299mg

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ZAMBRERO NUTRITIONAL INFORMATION

CORN CHIPS & GUACAMOLE

	Guacamole			Corn Chips & Zam Spice		Corn Chips & Guacamole	
	per 100g	per serve on single taco	per serve on all other products	per 100g	per serve	per 100g	per serve
Energy	784kJ (188kcal)	196kJ (47kcal)	353kJ (84kcal)	1950kJ (467kcal)	1400kJ (336kcal)	1510kJ (362kcal)	1740kJ (416kcal)
Protein	1.7g	0.4g	0.8g	7.5g	5.4g	5.2g	6g
Fat, total	19.2g	4.8g	8.7g	23g	16.6g	21.8g	25.1g
saturated	4.3g	1.1g	1.9g	2.1g	1.5g	3g	3.4g
Carbohydrate	1.2g	0.3g	0.5g	57.1g	41.1g	35.6g	40.9g
sugar	1.1g	0.3g	0.5g	2g	1.4g	1.4g	1.6g
Sodium	201mg	50mg	91mg	495mg	357mg	248mg	285mg



GLUTEN FREE HEMP TORTILLA

	per 100g	per tortilla (105g)
Energy	720kJ (172kcal)	756kJ (180kcal)
Protein	6.7g	7.0g
Fat, total	6.5g	6.8g
saturated	3.5g	3.7g
Carbohydrate	29.2g	30.7g
sugar	4.2g	4.4g
Sodium	550mg	578mg

VEGAN RANGE

	VEGAN CHEESE			VEGAN SOUR CREAM		
	per 100g	per serve on single taco	per serve on all other products	per 100g	per serve on single taco	per serve on all other products
Energy	1130kJ (271kcal)	113kJ (27kcal)	226kJ (54kcal)	792kJ (192kcal)	79kJ (19kcal)	158kJ (38kcal)
Protein	0g	0g	0g	0g	0g	0g
Fat, total	21g	2.1g	4.2g	18g	1.8g	3.6g
saturated	19g	1.9g	3.8g	16g	1.6g	3.2g
Carbohydrate	22g	2.2g	4.4g	7g	0.7g	1.4g
sugar	0g	0g	0g	0.2g	0.02g	0.04g
Sodium	884mg	88mg	177mg	400mg	40mg	80mg

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