



# ***NUTRITIONAL INFORMATION***

**Zambbrero**

# ZAMBRERO NUTRITIONAL INFORMATION



## CLASSIC BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		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
<b>Energy</b>	672Kj (161kcal)	3308Kj (792kcal)	646Kj (155kcal)	3178Kj (761kcal)	647Kj (155kcal)	3183Kj (762kcal)	666Kj (160kcal)	3279Kj (785kcal)	589Kj (141kcal)	2897Kj (693kcal)	669Kj (160kcal)	3660Kj (876kcal)
<b>Protein</b>	7.7g	37.8g	6.4g	31.3g	6.7g	33.1g	7.2g	35.2g	4.5g	22g	4.4g	23.9g
<b>Fat, total</b>	6.3g	30.9g	6g	29.5g	5.9g	29.1g	6.4g	31.4g	5.5g	27g	6.7g	36.7g
<b>saturated</b>	2.8g	13.5g	2.4g	11.8g	2.4g	11.9g	2.8g	13.8g	2.3g	11.1g	2.5g	13.6g
<b>Carbohydrate</b>	18.1g	89g	18.5g	91g	18g	88g	18g	89g	18g	89g	20.2g	110g
<b>sugar</b>	3g	14.5g	2.2g	10.9g	2.9g	14.3g	2.3g	11.5g	2.8g	13.6g	1.9g	10.6g
<b>Sodium</b>	335mg	1649mg	297mg	1459mg	317mg	1559mg	266mg	1309mg	313mg	1541mg	274mg	1497mg

## IQ BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		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
<b>Energy</b>	678Kj (162kcal)	3368Kj (806kcal)	651Kj (156kcal)	3238Kj (775kcal)	652Kj (156kcal)	3242Kj (776kcal)	672Kj (161kcal)	3339Kj (799kcal)	595Kj (142kcal)	2957Kj (708kcal)	662Kj (158kcal)	3654Kj (875kcal)
<b>Protein</b>	7.6g	37.7g	6.3g	31.2g	6.6g	33g	7.1g	35.1g	4.4g	21.9g	4.4g	24.5g
<b>Fat, total</b>	6.4g	31.7g	6.1g	30.3g	6g	29.9g	6.5g	32.2g	5.6g	27.8g	6.5g	35.8g
<b>saturated</b>	1.8g	8.9g	1.4g	7.2g	1.5g	7.3g	1.9g	9.2g	1.3g	6.5g	1.6g	8.6g
<b>Carbohydrate</b>	18.1g	90g	18.4g	92g	17.9g	89g	18g	90g	18g	89g	19.9g	110g
<b>sugar</b>	2.6g	12.8g	1.9g	9.2g	2.5g	12.6g	2g	9.8g	2.4g	11.9g	1.6g	8.7g
<b>Sodium</b>	339mg	1683mg	301mg	1493mg	321mg	1593mg	270mg	1343mg	317mg	1575mg	262mg	1446mg

## POWER BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		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
<b>Energy</b>	607Kj (145kcal)	3009Kj (720kcal)	567Kj (136kcal)	2814Kj (673kcal)	569Kj (136kcal)	2820Kj (675kcal)	598Kj (143kcal)	2965Kj (710kcal)	482Kj (115kcal)	2392Kj (573kcal)	606Kj (145kcal)	3311Kj (792kcal)
<b>Protein</b>	7.8g	38.8g	5.9g	29.1g	6.4g	31.8g	7g	34.9g	3.1g	15.1g	3.1g	17.1g
<b>Fat, total</b>	3.9g	19.3g	3.5g	17.2g	3.3g	16.6g	4g	20g	2.7g	13.4g	5.3g	28.7g
<b>saturated</b>	1.6g	8g	1.1g	5.5g	1.1g	5.6g	1.7g	8.5g	0.9g	4.4g	1.5g	8.3g
<b>Carbohydrate</b>	19.2g	95g	19.7g	98g	19g	94g	19.1g	95g	19g	94g	20.6g	112g
<b>sugar</b>	3g	15g	1.9g	9.6g	3g	14.7g	2.1g	10.5g	2.7g	13.6g	1.6g	8.8g
<b>Sodium</b>	332mg	1649mg	275mg	1364mg	305mg	1514mg	230mg	1139mg	300mg	1487mg	224mg	1222mg

### 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 1 October 2020

V3.1 01OCT20

# ZAMBRERO NUTRITIONAL INFORMATION



## CLASSIC BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		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
<b>Energy</b>	516kJ (123kcal)	2068kJ (495kcal)	483kJ (116kcal)	1938kJ (464kcal)	485kJ (116kcal)	1943kJ (465kcal)	509kJ (122kcal)	2039kJ (488kcal)	413kJ (99kcal)	1657kJ (397kcal)	531kJ (127kcal)	2420kJ (579kcal)
<b>Protein</b>	7.5g	30g	5.9g	23.5g	6.3g	25.3g	6.8g	27.4g	3.5g	14.2g	3.5g	16.1g
<b>Fat, total</b>	5.6g	22.4g	5.2g	21g	5.1g	20.6g	5.7g	22.9g	4.6g	18.5g	6.2g	28.2g
<b>saturated</b>	2.7g	10.8g	2.3g	9.1g	2.3g	9.2g	2.8g	11.1g	2.1g	8.4g	2.4g	10.9g
<b>Carbohydrate</b>	10.5g	42g	11g	44g	10.4g	42g	10.5g	42g	10.4g	42g	14g	64g
<b>sugar</b>	2.7g	11g	1.8g	7.4g	2.7g	10.8g	2g	8g	2.5g	10.1g	1.5g	7g
<b>Sodium</b>	310mg	1243mg	263mg	1053mg	288mg	1153mg	225mg	903mg	285mg	1135mg	239mg	1092mg

## IQ BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		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
<b>Energy</b>	524kJ (125kcal)	2128kJ (509kcal)	492kJ (118kcal)	1998kJ (478kcal)	493kJ (118kcal)	2002kJ (479kcal)	517kJ (124kcal)	2099kJ (502kcal)	423kJ (101kcal)	1717kJ (411kcal)	524kJ (125kcal)	2415kJ (578kcal)
<b>Protein</b>	7.4g	29.9g	5.8g	23.4g	6.2g	25.2g	6.7g	27.3g	3.5g	14.1g	3.6g	16.7g
<b>Fat, total</b>	5.7g	23.2g	5.4g	21.8g	5.3g	21.4g	5.8g	23.7g	4.8g	19.3g	5.9g	27.2g
<b>saturated</b>	1.5g	6.2g	1.1g	4.5g	1.1g	4.6g	1.6g	6.5g	0.9g	3.8g	1.3g	5.8g
<b>Carbohydrate</b>	10.6g	43g	11.1g	45g	10.5g	43g	10.6g	43g	10.5g	43g	13.7g	63g
<b>sugar</b>	2.3g	9.3g	1.4g	5.7g	2.2g	9.1g	1.5g	6.3g	2.1g	8.4g	1.1g	5.2g
<b>Sodium</b>	315mg	1278mg	268mg	1088mg	293mg	1188mg	231mg	938mg	288mg	1170mg	226mg	1040mg

## POWERBOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		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
<b>Energy</b>	446kJ (107kcal)	1811kJ (434kcal)	398kJ (95kcal)	1616kJ (387kcal)	400kJ (96kcal)	1623kJ (388kcal)	435kJ (104kcal)	1768 (423kcal)	294kJ (70kcal)	1195kJ (286kcal)	463kJ (111kcal)	2113kJ (506kcal)
<b>Protein</b>	8.5g	34.4g	6.1g	24.7g	6.7g	27.4g	7.5g	30.5g	2.6g	10.7g	2.8g	12.7g
<b>Fat, total</b>	3.2g	12.9g	2.7g	10.8g	2.5g	10.2g	3.4g	13.6g	1.7g	7g	4.9g	22.2g
<b>saturated</b>	1.1g	4.6g	0.5g	2.1g	0.6g	2.2g	1.3g	5.1g	0.3g	1g	1.1g	4.9g
<b>Carbohydrate</b>	10.6g	43g	11.3g	46g	10.4g	42g	10.5g	43g	10.4g	42g	13.2g	60g
<b>sugar</b>	3g	12.3g	1.7g	6.9g	2.9g	12g	1.9g	7.8g	2.7g	10.9g	1.3g	6.1g
<b>Sodium</b>	317mg	1285mg	246mg	1000mg	283mg	1150mg	191mg	775mg	277mg	1123mg	188mg	858mg

## THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

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Nutrition data correct as of 1 October 2020

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# ZAMBRERO NUTRITIONAL INFORMATION



## CLASSIC SMALL BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		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
<b>Energy</b>	724kJ (173kcal)	2251kJ (539kcal)	703kJ (168kcal)	2186kJ (523kcal)	704kJ (168kcal)	2188kJ (524kcal)	719kJ (172kcal)	2236kJ (535kcal)	658kJ (157kcal)	2046kJ (490kcal)	704kJ (168kcal)	2576kJ (617kcal)
<b>Protein</b>	7.9g	24.4g	6.8g	21.2g	7.1g	22.1g	7.4g	23.1g	5.3g	16.5g	5.1g	18.7g
<b>Fat, total</b>	7.1g	22g	6.9g	21.3g	6.8g	21.1g	7.2g	22.3g	6.5g	20.1g	7.2g	26.4g
<b>saturated</b>	3.5g	11g	3.3g	10.1g	3.3g	10.2g	3.6g	11.1g	3.1g	9.8g	3.1g	11.3g
<b>Carbohydrate</b>	18.9g	59g	19.2g	60g	18.8g	59g	18.9g	59g	18.9g	59g	20.2g	74g
<b>sugar</b>	2.9g	9g	2.3g	7.2g	2.9g	8.9g	2.4g	7.5g	2.7g	8.5g	2g	7.3g
<b>Sodium</b>	348mg	1081mg	317mg	986mg	333mg	1036mg	294mg	911mg	330mg	1027mg	296mg	1082mg

## NACHOS (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		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
<b>Energy</b>	996kJ (238kcal)	3436kJ (822kcal)	951kJ (227kcal)	3280kJ (785kcal)	952kJ (228kcal)	3285kJ (786kcal)	986kJ (236kcal)	3401kJ (814kcal)	836kJ (200kcal)	2884kJ (690kcal)	935kJ (224kcal)	3366kJ (805kcal)
<b>Protein</b>	11.4g	39.3g	9.1g	31.5g	9.8g	33.6g	10.5g	36.2g	5.5g	19g	6.4g	22.9g
<b>Fat, total</b>	14.7g	51g	14.3g	49g	14.1g	49g	14.9g	51g	13g	45g	15.3g	55g
<b>saturated</b>	5.1g	17.7g	4.5g	15.7g	4.6g	15.8g	5.2g	18.1g	4.3g	14.7g	4.7g	16.8g
<b>Carbohydrate</b>	14.9g	51g	15.5g	54g	14.6g	51g	14.8g	51g	14.9g	51g	14.9g	54g
<b>sugar</b>	3g	10.2g	1.7g	5.9g	2.9g	10g	1.9g	6.6g	2.5g	8.7g	1.6g	5.7g
<b>Sodium</b>	358mg	1236mg	292mg	1008mg	327mg	1128mg	240mg	828mg	323mg	1116mg	246mg	887mg

## SMALL NACHOS (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		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
<b>Energy</b>	1033kJ (247kcal)	1498kJ (359kcal)	997kJ (239kcal)	1446kJ (346kcal)	999kJ (239kcal)	1448kJ (346kcal)	1025kJ (245kcal)	1487kJ (356kcal)	920kJ (220kcal)	1334kJ (319kcal)	892kJ (213kcal)	1471kJ (352kcal)
<b>Protein</b>	10.8g	15.6g	9g	13g	9.5g	13.7g	10.1g	14.6g	6.4g	9.3g	6.9g	11.4g
<b>Fat, total</b>	15.3g	22.2g	14.9g	21.7g	14.8g	21.5g	15.5g	22.4g	14.3g	20.7g	13.3g	22g
<b>saturated</b>	5.9g	8.5g	5.4g	7.9g	5.4g	7.9g	6g	8.7g	5.2g	7.6g	4.7g	7.7g
<b>Carbohydrate</b>	16.3g	23.7g	16.9g	24.5g	16.2g	23.5g	16.3g	23.6g	16.2g	23.5g	16.3g	26.8g
<b>sugar</b>	2.7g	3.9g	1.7g	2.4g	2.6g	3.8g	1.9g	2.7g	2.4g	3.5g	1.6g	2.6g
<b>Sodium</b>	355mg	514mg	302mg	438mg	330mg	478mg	261mg	378mg	325mg	471mg	279mg	460mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

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V3.1 01OCT20

# ZAMBRERO NUTRITIONAL INFORMATION



## HARD TACO (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		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
<b>Energy</b>	697kJ (167kcal)	913kJ (218kcal)	657kJ (157kcal)	861kJ (206kcal)	658kJ (158kcal)	862kJ (206kcal)	668 kJ (165kcal)	901 kJ (216kcal)	572kJ (137kcal)	748kJ (179kcal)	723kJ (173kcal)	839kJ (201kcal)
<b>Protein</b>	9.1g	12g	7.2g	9.4g	7.7g	10.1g	8.3g	10.9g	4.3g	5.6g	4.2g	4.9g
<b>Fat, total</b>	9g	11.7g	8.5g	11.2g	8.4g	11g	9.1g	11.9g	7.8g	10.2g	11.9g	13.9g
<b>saturated</b>	4g	5.2g	3.5g	4.6g	3.5g	4.6g	4.1g	5.4g	3.3g	4.3g	4.5g	5.2g
<b>Carbohydrate</b>	11.9g	15.5g	12.4g	16.3g	11.7g	15.3g	11.8g	15.5g	11.7g	15.4g	11.4g	13.3g
<b>sugar</b>	3.4g	4.4g	2.3g	3g	3.3g	4.3g	2.5g	3.2g	3.1g	4.1g	2.3g	2.6g
<b>Sodium</b>	306mg	401mg	248mg	325mg	279mg	365mg	202mg	265mg	273mg	358mg	196mg	227mg

## SOFT TACO (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		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
<b>Energy</b>	689kJ (165kcal)	971kJ (232kcal)	652kJ (156kcal)	919kJ (220kcal)	653kJ (156kcal)	921kJ (220kcal)	681kJ (163kcal)	960kJ (230kcal)	572kJ (137kcal)	807kJ (193kcal)	712kJ (170kcal)	898kJ (215kcal)
<b>Protein</b>	9.2g	13g	7.4g	10.4g	7.9g	11.1g	8.5g	11.9g	4.7g	6.6g	4.7g	5.9g
<b>Fat, total</b>	7.9g	11.2g	7.5g	10.6g	7.4g	10.5g	8.1g	11.4g	6.8g	9.6g	10.6g	13.3g
<b>saturated</b>	3.7g	5.3g	3.3g	4.6g	3.3g	4.6g	3.8g	5.4g	3.1g	4.3g	4.2g	5.3g
<b>Carbohydrate</b>	13.7g	19.3g	14.2g	20.1g	13.5g	19.1g	13.6g	19.2g	13.6g	19.1g	13.5g	17g
<b>sugar</b>	3.7g	5.1g	2.6g	3.7g	3.6g	5.1g	2.8g	3.9g	3.4g	4.8g	2.7g	3.3g
<b>Sodium</b>	356mg	502mg	302mg	426mg	331mg	466mg	260mg	366mg	325mg	459mg	261mg	328mg

## DOS CAPAS (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		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
<b>Energy</b>	809kJ (194kcal)	1261kJ (302kcal)	775kJ (186kcal)	1209kJ (289kcal)	776kJ (186kcal)	1211kJ (290kcal)	801kJ (192kcal)	1250kJ (299kcal)	703kJ (168kcal)	1097kJ (263kcal)	842kJ (202kcal)	1188kJ (284kcal)
<b>Protein</b>	9g	14g	7.3g	11.4g	7.8g	12.1g	8.3g	13g	4.9g	7.7g	4.9g	7g
<b>Fat, total</b>	9g	14g	8.6g	13.5g	8.5g	13.3g	9.1g	14.2g	8g	12.5g	11.5g	16.2g
<b>saturated</b>	3.5g	5.5g	3.1g	4.9g	3.1g	4.9g	3.6g	5.7g	2.9g	4.6g	3.9g	5.5g
<b>Carbohydrate</b>	18.4g	28.7g	18.9g	29.5g	18.2g	28.5g	18.3g	28.6g	18.3g	28.5g	18.7g	26.4g
<b>sugar</b>	3.4g	5.3g	2.5g	3.9g	3.4g	5.3g	2.7g	4.1g	3.2g	5g	2.5g	3.5g
<b>Sodium</b>	322mg	502mg	273mg	426mg	299mg	466mg	235mg	366mg	294mg	459mg	233mg	329mg

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## QUESADILLA (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		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
<b>Energy</b>	960kJ (230kcal)	960kJ (230kcal)	908kJ (217kcal)	908kJ (217kcal)	810kJ (218kcal)	810kJ (218kcal)	948kJ (227kcal)	948kJ (227kcal)	796kJ (190kcal)	796kJ (190kcal)	1150kJ (275kcal)	690kJ (165kcal)
<b>Protein</b>	14.4g	14.4g	11.8g	11.8g	12.6g	12.6g	13.4g	13.4g	8.1g	8.1g	11.6g	7g
<b>Fat, total</b>	11.7g	11.7g	11.1g	11.1g	10.9g	10.9g	11.9g	11.9g	10.1g	10.1g	15g	9g
<b>saturated</b>	5.4g	5.4g	4.7g	4.7g	4.7g	4.7g	5.5g	5.5g	4.4g	4.4g	7.2g	4.3g
<b>Carbohydrate</b>	16.3g	16.3g	17g	17g	16g	16g	16.2g	16.2g	16.1g	16.1g	22.8g	13.7g
<b>sugar</b>	3.5g	3.5g	2.1g	2.1g	3.5g	3.5g	2.3g	2.3g	3.2g	3.2g	2.4g	1.5g
<b>Sodium</b>	469mg	469mg	393mg	393mg	433mg	433mg	333mg	333mg	426mg	426mg	409mg	245mg

## SWEET QUESADILLA (select locations)

	Sweet Quesadilla	
	per 100g	per serve (1 piece)
<b>Energy</b>	963kJ (231kcal)	867kJ (207kcal)
<b>Protein</b>	4.3g	3.9g
<b>Fat, total</b>	7.4g	6.6g
<b>saturated</b>	2.3g	2.1g
<b>Carbohydrate</b>	35.7g	32.1g
<b>sugar</b>	19.3g	17.3g
<b>Sodium</b>	132mg	119mg

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V3.1 01OCT20

# ZAMBRERO NUTRITIONAL INFORMATION



## SAUCES & GUACAMOLE

	Basilo				Chipotle				Garlic			
	per 100g	per serve on something smaller range	Per serve on burrito, bowl, nachos	per serve on chips, chips & guac	per 100g	per serve on something smaller range	Per serve on burrito, bowl, nachos	per serve on chips, chips & guac	per 100g	per serve on something smaller range	Per serve on burrito, bowl, nachos	per serve on chips, chips & guac
<b>Energy</b>	2130kJ (510kcal)	213kJ (51kcal)	426kJ (102kcal)	1065kJ (255kcal)	2070kJ (486kcal)	207kJ (49kcal)	414kJ (97kcal)	1035kJ (243kcal)	1850kJ (443kcal)	185kJ (44.3kcal)	370kJ (89kcal)	925kJ (222kcal)
<b>Protein</b>	1.8g	0.18g	0.36g	0.9g	0.5g	0.05g	0.1g	0.25g	1.2g	0.12g	0.24g	0.6g
<b>Fat, total</b>	54g	5.4g	10.8g	27g	53g	5.3g	10.5g	26.3g	46g	4.6g	9.3g	23g
<b>saturated</b>	8.2g	0.8g	1.6g	4.1g	8.1g	0.81g	1.6g	4.1g	7.3g	0.7g	1.5g	3.7g
<b>Carbohydrate</b>	4.5g	0.5g	0.9g	2.25g	1.6g	0.47g	0.94g	2.4g	4.6g	0.5g	0.9g	2.3g
<b>sugar</b>	2.2g	0.2g	0.44g	1.1g	1.7g	0.16g	0.32g	0.8g	1.1g	0.1g	0.2g	0.6g
<b>Sodium</b>	850mg	85mg	170mg	425mg	847mg	85mg	169mg	424mg	679mg	67.9mg	136mg	340mg

	Red Chilli				Secret BBQ				Trezigo			
	per 100g	per serve on something smaller range	Per serve on burrito, bowl, nachos	per serve on chips, chips & guac	per 100g	per serve on something smaller range	Per serve on burrito, bowl, nachos	per serve on chips, chips & guac	per 100g	per serve on something smaller range	Per serve on burrito, bowl, nachos	per serve on chips, chips & guac
<b>Energy</b>	592kJ (141kcal)	59kJ (14.1kcal)	118kJ (28.2kcal)	296kJ (71kcal)	643kJ (151kcal)	64kJ (15.1kcal)	129kJ (30.3kcal)	322kJ (76kcal)	496kJ (118kcal)	50kJ (11.8kcal)	99kJ (23.6kcal)	248kJ (59kcal)
<b>Protein</b>	1.1g	0.1g	0.2g	0.6g	0.5g	0.05g	0.1g	0.25g	0.5g	0.05g	0.1g	0.25g
<b>Fat, total</b>	1.7g	0.2g	0.3g	0.9g	3.4g	0.34g	0.7g	1.7g	9.3g	0.9g	1.9g	4.7g
<b>saturated</b>	0.5g	0.05g	0.1g	0.3g	0.5g	0.05g	0.1g	0.25g	2.2g	0.2g	0.4g	1.1g
<b>Carbohydrate</b>	29.2g	2.9g	5.8g	14.6g	29.3g	2.9g	5.9g	14.7g	7.6g	0.8g	1.5g	3.8g
<b>sugar</b>	25.2g	2.5g	5g	12.6g	20.7g	2.1g	4.1g	10.4g	6.1g	0.6g	1.2g	3.1g
<b>Sodium</b>	679mg	67.9mg	136mg	340mg	360mg	36mg	72mg	180mg	829mg	83mg	166mg	415mg

	Verde			
	per 100g	per serve on something smaller range	Per serve on burrito, bowl, nachos	per serve on chips, chips & guac
<b>Energy</b>	716kJ (171kcal)	72kJ (17.1kcal)	143kJ (34.2kcal)	358kJ (86kcal)
<b>Protein</b>	0.5g	0.05g	0.1g	0.25g
<b>Fat, total</b>	14.7g	1.5g	2.9g	7.4g
<b>saturated</b>	2.3g	0.2g	0.46g	1.2g
<b>Carbohydrate</b>	9.1g	0.9g	1.8g	4.6g
<b>sugar</b>	6.5g	0.7g	1.3g	3.3g
<b>Sodium</b>	624mg	62mg	125mg	312mg

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V3.1 01OCT20

# ZAMBRERO NUTRITIONAL INFORMATION



## CHIPS, CHIPS & GUACAMOLE

	Guacamole				Chips		Chips & Guacamole	
	per 100g	per serve on something smaller range	Per serve on burrito, bowl, nachos	per serve on chips, chips & guac	per 100g	per serve	per 100g	per serve
<b>Energy</b>	784kJ (188kcal)	196kJ (47kcal)	353kJ (84kcal)	392kJ (94kcal)	1903kJ (456kcal)	952kJ (228kcal)	1345kJ (322kcal)	1345kJ (322kcal)
<b>Protein</b>	1.7g	0.4g	0.8g	0.9g	7.5g	3.8g	4.6g	4.6g
<b>Fat, total</b>	19.2g	4.8g	8.7g	9.6g	18g	9g	18.6g	18.6g
<b>saturated</b>	4.3g	1.1g	1.9g	2.2g	1.7g	0.9g	3g	3g
<b>Carbohydrate</b>	1.2g	0.3g	0.5g	0.6g	58g	28.9g	33.2g	33.2g
<b>sugar</b>	1.1g	0.3g	0.5g	0.6g	1.4g	0.7g	1.2g	1.2g
<b>Sodium</b>	201mg	50mg	91mg	101mg	302mg	151mg	252mg	252mg

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