



NUTRITIONAL INFORMATION - MAIN MENU RANGE

Items	Energy		Fat (g)		of which saturates (g)		Protein (g)		Carbohydrate (g)		of which sugars (g)		Fibre (g)		Salt (g)	
	per 100g	per serve (regular size)	per 100g	per serve (regular size)	per 100g	per serve (regular size)	per 100g	per serve (regular size)	per 100g	per serve (regular size)	per 100g	per serve (regular size)	per 100g	per serve (regular size)	per 100g	per serve (regular size)
Tortilla Wrap (12")	1287kJ / 306kcal	1222.65kJ / 297kcal	8.00	7.60	3.70	3.52	7.60	7.22	48.60	46.17	2.70	2.57	4.60	4.37	0.70	0.67
Hard Taco Shell	2126 kJ / 509 kcal	361.42kJ / 86.53kcal	27.00	4.59	2.30	0.39	5.40	0.92	59.20	10.06	0.77	0.13	3.80	0.65	0.08	0.01
Pinto Beans	358kJ / 86 kcal	107.4 kJ / 25.8 kcal	1.50	0.45	0.22	0.07	5.60	1.68	8.80	2.64	1.80	0.54	7.40	2.22	0.90	0.27
White Rice	1469kJ / 351 kcal	1322.1 kJ / 315.9 kcal	0.40	0.36	0.20	0.18	7.00	6.30	78.80	70.92	0.00	0.00	1.30	1.17	0.00	0.00
Black Rice	1506kJ / 360 kcal	1355.4 kJ / 323.9 kcal	2.80	2.52	0.80	0.72	8.28	7.45	75.50	67.95	0.92	0.83	3.50	3.15	3.37	3.03
Barbacoa Beef	555 kJ / 131 kcal	666 kJ / 157.2 kcal	1.80	2.16	0.46	0.55	16.70	20.04	10.50	12.60	11.80	14.16	0.50	0.60	1.38	1.66
Chipotle Chicken	557 kJ / 133 kcal	668.4kJ / 159.6 kcal	5.30	6.36	1.25	1.50	16.60	19.92	3.80	4.56	2.40	2.88	1.60	1.92	0.95	1.14
Pork	724 kJ / 173 kcal	868.8 kJ / 207.6 kcal	8.30	9.96	2.10	2.52	17.80	21.36	7.10	8.52	4.30	5.16	0.70	0.84	1.00	1.20
Vegan Chilli Zin Carne	309 kJ / 74 kcal	370.8 kJ / 88.8 kcal	0.70	0.84	0.15	0.18	7.60	9.12	13.90	16.68	2.90	3.48	9.20	11.04	1.28	1.54
Avocado	912kJ / 160kcal	410.4kJ / 72 kcal	15.00	6.75	2.10	0.95	2.00	0.90	8.60	3.87	0.30	0.14	6.80	3.06	0.01	0.00
Cheese	1630kJ / 390 kcal	326 kJ / 78 kcal	32.00	6.40	20.00	4.00	25.00	5.00	0.20	0.04	0.20	0.04	0.00	0.00	1.90	0.38
Sour Cream	928 kJ / 224 kcal	232 kJ / 56 kcal	21.10	5.28	14.13	3.53	0.50	0.13	8.20	2.05	6.10	1.53	0.50	0.13	0.25	0.06
Lettuce	33.5kJ / 8kcal	16.75 kJ / 4 kcal	0.00	0.00	0.00	0.00	0.60	0.30	1.60	0.80	0.60	0.30	1.00	0.50	0.20	0.10
Tomato	92kJ / 22kcal	27.6 kJ / 6.6kcal	0.42	0.13	0.00	0.00	0.70	0.21	2.84	0.85	0.00	0.00	1.00	0.30		
Sweetcorn	505kJ / 120kcal	151.5 kJ / 36 kcal	1.60	0.48	0.30	0.09	3.10	0.93	21.80	6.54	3.30	0.99	2.80	0.84	0.45	0.14
Onion	150kJ / 35kcal	22.5 kJ / 5.25 kcal	0.10	0.02	0.01	0.00	1.00	0.15	8.00	1.20	6.20	0.93	2.20	0.33	0.01	0.00
Jalapenos	130kJ / 31kcal	26 kJ / 6.2 kcal	0.90	0.18	0.00	0.00	0.90	0.18	4.70	0.94	2.10	0.42	2.60	0.52	2.40	0.48
Blanco Nino Corn Chips - Salted	1970kJ / 470kcal	1379kJ / 329 kcal	20.50	14.35	9.70	5.70	3.99	69.70	48.79			8.10	5.67	0.90	0.63	
Blanco Nino Corn Chips - Chipotle	2030kJ / 486kcal	1421 kJ / 340.2 kcal	20.80	14.56		5.80	4.06	71.80	50.26			6.00	4.20	0.60	0.42	
Garlic Sauce	1832kJ / 445 kcal	549.6 kJ / 133.5 kcal	47.00	14.10	3.70	1.11	1.40	0.42	3.90	1.17	1.20	0.36	0.00	0.00	1.80	0.54
Basilo Sauce	2057kJ / 502kcal	617.1 kJ / 150.6 kcal	53.00	15.90	4.20	1.26	1.40	0.42	3.80	1.14	2.10	0.63	0.00	0.00	2.30	0.69
BBQ Sauce	667kJ / 158kcal	200.1 kJ / 47.4 kcal	1.10	0.33	0.10	0.03	2.00	0.60	33.00	9.90	27.00	8.10	0.00	0.00	1.50	0.45
Chipotle Sauce	2338kJ / 568kcal	701.4 kJ / 170.4 kcal	61.00	18.30	4.80	1.44	1.40	0.42	2.90	0.87	1.70	0.51	0.00	0.00	1.50	0.45
Verde Sauce	689kJ / 166kcal	206.7 kJ / 49.8 kcal	14.00	4.20	1.10	0.33	0.80	0.24	11.00	3.30	8.20	2.46	0.00	0.00	2.60	0.78
Red Chilli Sauce	592kJ / 141 kcal	177.6 kJ / 42.3 kcal	2.20	0.66	0.20	0.06	1.20	0.36	30.00	9.00	24.00	7.20	0.00	0.00	2.10	0.63

Please use the table below to calculate your portion according to the size. Percentages are in comparison to a regular size

	Portions	Tortilla Wrap	Hard Shell	Corn Chips	Rice (g)	Beans (g)	Protein (g)	Sour Cream (g)	Cheese (g)	Lettuce (g)	Guac (g)	Corn Salsa (g)	Tomato Salsa (g)	Coriander Salsa (g)	Jalapeno (g)	Sauce (g)
Burrito	Big	●	-	-	●●	●	●●	●	●	●	-	●	●	●	●	●
	Regular	●	-	-	●	●	●	●	●	●	-	●	●	●	●	●
	Small	○ 67%	-	-	○ 56%	○ 50%	○ 42%	○ 60%	●	○ 60%	-	○ 50%	○ 50%	●	●	○ 33%
Bowl	Big	-	-	-	●●	●	●●	●	●	●	-	●	●	●	●	●
	Regular	-	-	-	●	●	●	●	●	●	-	●	●	●	●	●
	Small	-	-	-	○ 56%	○ 50%	○ 42%	○ 60%	●	○ 60%	-	○ 50%	○ 50%	●	●	○ 33%
Nachos	Big	-	-	-	-	-	●●	●	●●●	-	●	-	●●	-	●	●
	Regular	-	-	●	-	-	●	●	●●	-	●	-	○ 150%	-	●	●
	Kids	-	-	○ 64%	-	-	○ 42%	○ 60%	●	-	○ 33%	-	○ 50%	-	●	○ 33%
	Quesadilla	●	-	-	-	-	●	-	●●	-	-	●	●	●	●	●
	Taco (Hard or Soft)	○ 31% OR	●	-	-	-	○ 42%	○ 60%	○ 50%	○ 20%	-	○ 33%	○ 33%	○ 67%	●	○ 33%
Dos Capas	○ 31%	●	-	-	-	○ 42%	○ 60%	○ 50%	○ 20%	-	○ 33%	○ 33%	○ 67%	●	○ 33%	

1 serve	●
2 serves	●●
% of 1 serve	○ XX%



NUTRITIONAL INFORMATION - BREAKFAST RANGE

Breakfast Range	Energy		Fat (g)		of which saturates (g)		Protein (g)		Carbohydrate (g)		of which sugars (g)		Fibre (g)		Salt (g)	
	per 100g	per serve (regular size)	per 100g	per serve (regular size)	per 100g	per serve (regular size)	per 100g	per serve (regular size)	per 100g	per serve (regular size)	per 100g	per serve (regular size)	per 100g	per serve (regular size)	per 100g	per serve (regular size)
Tortilla Wrap (12")	1287 kJ / 306kcal	1222.65kJ / 297kcal	8.00	7.60	3.70	3.52	7.60	7.22	48.60	46.17	2.70	2.57	4.60	4.37	0.70	0.67
Egg	547 kJ / 131 kcal	547 kJ / 131 kcal	9.00	9.00	2.50	2.50	12.60	12.60	0.00	0.00	0.00	0.00	0.00	0.00	0.40	0.40
Sliced Bacon	1833 kJ / 443 kcal	916.5 kJ / 221.5 kcal	40.00	20.00	15.00	7.50	20.00	10.00	0.60	0.30	0.50	0.25	0.00	0.00	1.80	0.90
Sausage	1271 kJ / 306 kcal	1271 kJ / 306 kcal	25.00	25.00	8.90	8.90	8.60	8.60	11.70	11.70	0.60	0.60	0.40	0.40	1.50	1.50
Pancake	1240 kJ / 300 kcal	1488 kJ / 360 kcal	13.70	16.44	2.60	3.12	6.90	8.28	36.40	43.68	14.00	16.80	1.00	1.20	1.06	1.27
Hashbrown	695 kJ / 165 kcal	903.5 kJ / 214.5 kcal	7.00	9.10	0.80	1.04	2.00	2.60	22.50	29.25	0.20	0.26	2.50	3.25	0.90	1.17
Pinto Beans	358 kJ / 86 kcal	107.4 kJ / 25.8 kcal	1.50	0.45	0.22	0.07	5.60	1.68	8.80	2.64	1.80	0.54	7.40	2.22	0.90	0.27
Avocado	912 kJ / 160 kcal	410.4kJ / 72 kcal	15.00	6.75	2.10	0.95	2.00	0.90	8.60	3.87	0.30	0.14	6.80	3.06	0.01	0.00
Feta Cheese	1143 kJ / 276 kcal	457.2 kJ / 110.4 kcal	23.00	9.20	16.10	6.44	16.50	6.60	0.70	0.28	0.70	0.28	0.00	0.00	2.20	0.88
Cheese	1630 kJ / 390 kcal	326 kJ / 78 kcal	32.00	6.40	20.00	4.00	25.00	5.00	0.20	0.04	0.20	0.04	0.00	0.00	1.90	0.38
Tomato	92kJ / 22kcal	41.4 kJ / 9.9kcal	0.42	0.19	0.00	0.00	0.70	0.32	2.84	1.28	0.00	0.00	1.00	0.45		
Jalapenos	130 kJ / 31 kcal	26 kJ / 6.2 kcal	0.90	0.18	0.00	0.00	0.90	0.18	4.70	0.94	2.10	0.42	2.60	0.52	2.40	0.48
Maple Syrup	1108 kJ / 261 kcal	332.4 kJ / 78.3 kcal	0.00	0.00	0.00	0.00	0.20	0.06	65.00	19.50	61.00	18.30	0.00	0.00	<0.01	<0.01
Garlic Sauce	1832 kJ / 445 kcal	366.4 kJ / 89 kcal	47.00	9.40	3.70	0.74	1.40	0.28	3.90	0.78	1.20	0.24	0.00	0.00	1.80	0.36
Basilo Sauce	2057 kJ / 502 kcal	411.4 kJ / 100.4 kcal	53.00	10.60	4.20	0.84	1.40	0.28	3.80	0.76	2.10	0.42	0.00	0.00	2.30	0.46
BBQ Sauce	667 kJ / 158 kcal	133.4 kJ / 31.6 kcal	1.10	0.22	0.10	0.02	2.00	0.40	33.00	6.60	27.00	5.40	0.00	0.00	1.50	0.30
Chipotle Sauce	2338 kJ / 568 kcal	467.6 kJ / 113.6	61.00	12.20	4.80	0.96	1.40	0.28	2.90	0.58	1.70	0.34	0.00	0.00	1.50	0.30
Verde Sauce	689 kJ / 166 kcal	137.8 kJ / 33.2 kcal	14.00	2.80	1.10	0.22	0.80	0.16	11.00	2.20	8.20	1.64	0.00	0.00	2.60	0.52
Red Chilli Sauce	592 kJ / 141 kcal	118.4 kJ / 28.2 kcal	2.20	0.44	0.20	0.04	1.20	0.24	30.00	6.00	24.00	4.80	0.00	0.00	2.10	0.42

Please use the table below to calculate your portion according to the size. Percentages are in comparison to a regular size

	Portions	Tortilla Wrap	Beans (g)	Egg (g)	Bacon (g)	Sausage (g)	Cheese (g)	Feta Cheese (g)	Guac (g)	Tomato Salsa (g)	Jalapeno (g)	Sauce (g)	Pancake (g)	Maple Syrup	Hashbrown
Breakfast Range	Big Breakfast Burrito	●	●	●	●	●	-	-	-	●	●	○ 150%	-	-	-
	Breakfast Burrito	●	●	●	●	-	-	-	-	●	●	●	-	-	-
	Veg. Breakfast Burrito	●	●	●	-	-	-	●	●	●	●	●	-	-	-
	Breakfast Bowl	-	-	●	●	●	-	-	-	●	●	○ 150%	-	-	●
	Breakfast Taco	○ 31%	-	●	-	-	●	-	-	-	●	○ 50%	-	-	-
	Egg Pot	-	-	○ 150%	-	-	-	-	●	●	●	○ 50%	-	-	-
	Hashbrown	-	-	-	-	-	-	-	-	-	-	-	-	-	●
	Pancake	-	-	-	-	-	-	-	-	-	-	-	●	●	-
	Pancake (w/ Bacon)	-	-	-	●	-	-	-	-	-	-	-	●	●	-