Zambrero

NUTRITIONAL INFORMATION

ZAMBRERO NUTRITIONAL INFORMATION



CLASSIC BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	677kJ (162kcal)	3360kJ (805kcal)	653kJ (156kcal)	3240kJ (776kcal)	652kJ (156kcal)	3240kJ (775kcal)	671kJ (161kcal)	3330kJ (798kcal)	685kJ (164kcal)	3400kJ (815kcal)	650kJ (156kcal)	3230kJ (774kcal)	674kJ (161kcal)	3850kJ (922kcal)
Protein	7.5g	37.2g	7.1g	35.5g	6.5g	32.5g	7.0g	34.6g	6.5g	32.4g	4.8g	23.7g	4.2g	24.0g
Fat, total	6.2g	31g	6.0g	29.7g	5.9g	29.2g	6.3g	31.5g	7.1g	35.3g	6.3g	31.5g	6.5g	37.4g
saturated	3.2g	15.7g	2.9g	14.2g	2.8g	14.1g	3.2g	16g	3.4g	17.1g	3.4g	16.7g	2.8g	16.0g
Carbohydrate	18.6g	92.6g	18.1g	90.1g	18.5g	92g	18.6g	92.4g	18.2g	90.4g	19.6g	97.3g	21.0g	120g
sugar	2.7g	13.3g	1.9g	9.5g	2.6g	13.1g	2.1g	10.3g	1.8g	9.4g	1.9g	9.4g	1.6g	9.4g
Sodium	371mg	1846mg	370mg	1838mg	353mg	1756mg	303mg	1506mg	354mg	1758mg	339mg	1685mg	306mg	1752mg

CLASSIC BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	536kJ (128kcal)	2180kJ (521kcal)	507kJ (121kcal)	2060kJ (492kcal)	505kJ (121kcal)	2050kJ (491kcal)	529kJ (127kcal)	2150kJ (514kcal)	546kJ (131kcal)	2220kJ (531kcal)	504kJ (121kcal)	2050kJ (490kcal)	555kJ (133kcal)	2670kJ (638kcal)
Protein	7.3g	29.7g	6.9g	28g	6.2g	25g	6.7g	27.1g	6.1g	24.9g	4g	16.2g	3.4g	16.4g
Fat, total	5.5g	22.4g	5.2g	21.1g	5.1g	20.6g	5.6g	22.9g	6.6g	26.7g	5.6g	22.9g	6g	28.9g
saturated	2.8g	11.4g	2.4g	9.9g	2.4g	9.8g	2.9g	11.7g	3.1g	12.8g	3g	12.4g	2.4g	11.7g
Carbohydrate	12.1g	49g	11.4g	46.5g	11.9g	48.4g	12g	48.8g	11.5g	46.8g	13.2g	53.7g	15.9g	76.4g
sugar	2.6g	10.6g	1.7g	6.8g	2.6g	10.4g	1.9g	7.6g	1.6g	6.5g	1.6g	6.7g	1.4g	6.7g
Sodium	323mg	1311mg	321mg	1303mg	301mg	1221mg	239mg	971mg	301mg	1223mg	283mg	1150mg	253mg	1217mg

CLASSIC SMALL BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	736kJ (176kcal)	2250kJ (538kcal)	717kJ (172kcal)	2190kJ (523kcal)	716kJ (171kcal)	2180kJ (522kcal)	732kJ (175kcal)	2230kJ (534kcal)	743kJ (178kcal)	2270kJ (542kcal)	715kJ (171kcal)	2180kJ (522kcal)	719kJ (172kcal)	2730kJ (654kcal)
Protein	7.7g	23.5g	7.4g	22.7g	6.9g	21.2g	7.3g	22.2g	6.9g	21.1g	5.5g	16.8g	4.8g	18.1g
Fat, total	7.3g	22.3g	7.1g	21.6g	7.0g	21.4g	7.4g	22.5g	8g	24.4g	7.4g	22.5g	8.0g	30.5g
saturated	3.9g	12g	3.7g	11.2g	3.7g	11.2g	4g	12.1g	4.2g	12.7g	4.1g	12.5g	3.5g	13.1g
Carbohydrate	19.3g	59g	18.9g	57.8g	19.2g	58.7g	19.4g	58.9g	19g	57.9g	20.1g	61.4g	19.6g	74.6g
sugar	2.9g	8.7g	2.2g	6.8g	2.8g	8.6g	2.4g	7.2g	2.2g	6.7g	2.2g	6.8g	1.9g	7.2g
Sodium	390mg	1190mg	389mg	1186mg	375mg	1145mg	334mg	1020mg	376mg	1146mg	364mg	1109mg	327mg	1243mg

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 03 November 2026 **V7.7 031126**

ZAMBRERO NUTRITIONAL INFORMATION



CLASSIC SMALL BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	573kJ (137kcal)	1380kJ (331kcal)	548kJ (131kcal)	1320kJ (316kcal)	547kJ (131kcal)	1320kJ (316kcal)	567kJ (136kcal)	1370kJ (327kcal)	582kJ (139kcal)	1400kJ (335kcal)	546kJ (131kcal)	1320kJ (315kcal)	592kJ (142kcal)	1870kJ (447kcal)
Protein	7.5g	18.1g	7.1g	17.2g	6.5g	15.7g	7.0g	16.8g	6.5g	15.7g	4.7g	11.3g	4.0g	12.7g
Fat, total	6.7g	16.2g	6.5g	15.6g	6.4g	15.3g	6.8g	16.5g	7.6g	18.4g	6.8g	16.5g	7.7g	24.5g
saturated	3.7g	8.9g	3.4g	8.1g	3.4g	8.1g	3.8g	9.0g	4g	9.6g	3.9g	9.4g	3.2g	10.1g
Carbohydrate	11.4g	27.5g	10.9g	26.2g	11.3g	27.2g	11.4g	27.4g	10.9g	26.4g	12.4g	29.8g	13.6g	43g
sugar	2.5g	6.1g	1.7g	4.2g	2.5g	6g	1.9g	4.6g	1.7g	4g	1.7g	4.1g	1.5g	4.6g
Sodium	328mg	790mg	326mg	786mg	309mg	745mg	257mg	620mg	309mg	746mg	294mg	709mg	267mg	843mg

CLASSIC BIG BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	669kJ (160kcal)	4220kJ (1010kcal)	631kJ (151kcal)	3980kJ (953kcal)	630kJ (151kcal)	3970kJ (951kcal)	660kJ (158kcal)	4170kJ (997kcal)	682kJ (163kcal)	4300kJ (1030kcal)	628kJ (150kcal)	3960kJ (948kcal)
Protein	9.2g	58.0g	8.7g	54.6g	7.7g	48.6g	8.4g	52.8g	7.7g	48.4g	4.9g	31g
Fat, total	6.2g	39.4g	5.8g	37.6g	5.7g	35.8g	6.4g	40.4g	7.6g	48g	6.4g	40.4g
saturated	3.0g	18.7g	2.5g	15.7g	2.5g	15.9g	3.1g	19.3g	3.4g	21.5g	3.3g	20.7g
Carbohydrate	16.5g	104g	15.7g	99.2g	16.39g	103g	16.4g	104g	15.8g	99.8g	18.0g	114g
sugar	3g	19.0g	1.8g	11.4g	3g	18.6g	2.1g	13g	1.7g	10.8g	1.8g	11.2g
Sodium	402mg	2540mg	400mg	2524mg	374mg	2360mg	295mg	1860mg	375mg	2364mg	351mg	2218mg

CLASSIC BIG BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	557kJ (133kcal)	2980kJ (714kcal)	512kJ (123kcal)	2740kJ (657kcal)	510kJ (122kcal)	2730kJ (654kcal)	546kJ (131kcal)	2930kJ (700kcal)	572kJ (137kcal)	3060kJ (733kcal)	508kJ (122kcal)	2720kJ (652kcal)
Protein	9.4g	50.1g	8.7g	46.7g	7.6g	40.7g	8.4g	44.9g	7.6g	40.5g	4.3g	23.1g
Fat, total	5.7g	30.4g	5.2g	27.8g	5g	26.8g	5.9g	31.4g	7.3g	39.0g	5.9g	31.4g
saturated	2.7g	14.2g	2.1g	11.2g	2.1g	11g	2.8g	14.8g	3.2g	17g	3g	16.2g
Carbohydrate	10.9g	58.6g	10g	53.6g	10.7g	57.4g	10.9g	58.2g	10.1g	54.2g	12.7g	68g
sugar	3g	16.2g	1.6g	8.6g	2.9g	15.8g	1.9g	10.2g	1.5g	8.0g	1.6g	8.4g
Sodium	370mg	1981mg	367mg	1965mg	336mg	1801mg	243mg	1301mg	337mg	1805mg	309mg	1659mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

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Nutrition data correct as of 03 November 2026 **V7.7 031126**

ZAMBRERO NUTRITIONAL INFORMATION



NACHOS (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	955kJ (228kcal)	3460kJ (827kcal)	912kJ (218kcal)	3280kJ (785kcal)	919kJ (217kcal)	3310kJ (791kcal)	945kJ (226kcal)	3420kJ (819kcal)	968kJ (232kcal)	3500kJ (839kcal)	911kJ (218kcal)	3300kJ (789kcal)	892kJ (214kcal)	3360kJ (805kcal)
Protein	10.5g	38g	10g	35.9g	8.9g	32.4g	9.6g	34.9g	8.9g	32.2g	6g	21.8g	5.6g	21.2g
Fat, total	14g	50.8g	13.6g	48.8g	13.4g	48.6g	14.2g	51.4g	15.5g	55.9g	14.2g	51.4g	14.6g	55.1g
saturated	5.3g	19.2g	4.8g	17.4g	4.8g	17.3g	5.4g	19.5g	5.8g	20.9g	5.6g	20.4g	4.8g	18.3g
Carbohydrate	14.9g	53.8g	13.9g	50g	14.7g	53.1g	14.8g	53.6g	14.1g	51.2g	16.4g	59.5g	14.7g	55.2g
sugar	2.8g	10.1g	1.6g	5.7g	2.7g	9.9g	1.8g	6.5g	1.4g	5.2g	1.5g	5.5g	1.5g	5.6g
Sodium	421mg	1525mg	441mg	1586mg	391mg	1417mg	308mg	1117mg	392mg	1419mg	368mg	1331mg	318mg	1198mg

SMALL NACHOS (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	900kJ (215kcal)	2180kJ (521kcal)	864kJ (207kcal)	2080kJ (498kcal)	859kJ (206kcal)	2080kJ (497kcal)	891kJ (213kcal)	2160kJ (516kcal)	918kJ (220kcal)	2220kJ (532kcal)	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	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	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	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	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	1.6g	3.8g	1.6g	3.9g
Sodium	395mg	955mg	394mg	949mg	365mg	883mg	282mg	683mg	374mg	906mg	350mg	848mg	295mg	728mg

BIG NACHOS (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	976kJ (234kcal)	4950kJ (1180kcal)	929kJ (222kcal)	4710kJ (1130kcal)	927kJ (222kcal)	4700kJ (1120kcal)	965kJ (231kcal)	4890kJ (1170kcal)	992kJ (237kcal)	5030kJ (1200kcal)	925kJ (221kcal)	4690kJ (1120kcal)
Protein	11.7g	59.5g	11.1g	56.1g	9.9g	50.9g	10.7g	54.3g	9.8g	49.9g	6.4g	32.5g
Fat, total	13.8g	70.2g	13.3g	67.5g	13.1g	66.6g	14g	71.2g	15.5g	78.8g	14g	71.2g
saturated	5.3g	27g	4.7g	24g	4.7g	23.8g	5.4g	27.6g	5.9g	29.8g	5.7g	29g
Carbohydrate	15.3g	77.8g	14.4g	72.8g	15.1g	76.6g	15.3g	77.4g	14.5g	73.4g	17.2g	87.2g
sugar	3g	15.2g	1.5g	7.6g	2.9g	14.8g	1.8g	9.2g	1.4g	7g	1.5g	7.4g
Sodium	436mg	2211mg	433mg	2195mg	401mg	2031mg	302mg	1531mg	401mg	2035mg	373mg	1889mg

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 03 November 2026 **V7.7 031126**

ZAMBRERO NUTRITIONAL INFORMATION



TOASTED BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	778kJ (186kcal)	3740kJ (896kcal)	753kJ (180kcal)	3620kJ (867kcal)	752kJ (180kcal)	3620kJ (866kcal)	772kJ (185kcal)	3710kJ (889kcal)	787kJ (188kcal)	3780kJ (906kcal)	751kJ (180kcal)	3610kJ (865kcal)	763kJ (183kcal)	4240kJ (1020kcal)
Protein	8.6g	41.4g	8.3g	39.7g	7.6g	36.7g	8.1g	38.8g	7.6g	36.6g	5.8g	27.9g	5.1g	28.2g
Fat, total	7.9g	38.2g	7.7g	36.8g	7.6g	36.4g	8.0g	38.7g	8.8g	42.5g	8g	38.7g	8g	44.7g
saturated	4.3g	20.8g	4g	19.3g	4.0g	19.2g	4.4g	21.1g	4.6g	22.2g	4.5g	21.8g	3.8g	21.2g
Carbohydrate	19.8g	95.4g	19.3g	92.9g	19.7g	94.8g	19.8g	95.2g	19.4g	93.2g	20.8g	100g	22.2g	123g
sugar	2.7g	12.8g	1.9g	9g	2.6g	12.6g	2g	9.8g	1.8g	8.7g	1.8g	8.9g	1.6g	9g
Sodium	426mg	2048mg	424mg	2040mg	407mg	1958mg	355mg	1708mg	407mg	1960mg	392mg	1887mg	356mg	1980mg

SMALL TOASTED BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	845kJ (202kcal)	2580kJ (617kcal)	826kJ (198kcal)	2520kJ (603kcal)	827kJ (198kcal)	2520kJ (604kcal)	840kJ (201kcal)	2560kJ (613kcal)	852kJ (204kcal)	2600kJ (622kcal)	824kJ (197kcal)	2510kJ (601kcal)	807kJ (193kcal)	3070kJ (734kcal)
Protein	9g	27.5g	8.7g	26.6g	8.3g	25.2g	8.6g	26.2g	8.2g	25.1g	6.8g	20.7g	5.8g	22.1g
Fat, total	9.5g	29.1g	9.3g	28.5g	9.3g	28.3g	9.6g	29.4g	10.3g	31.3g	9.6g	29.4g	9.8g	37.4g
saturated	5.6g	17g	5.3g	16.2g	5.3g	16.2g	5.6g	17.1g	5.8g	17.7g	5.7g	17.5g	4.8g	18.1g
Carbohydrate	19.6g	59.1g	19.2g	58.6g	19.6g	59.7g	19.6g	59.7g	19.3g	58.7g	20.4g	62.2g	19.8g	75.4g
sugar	2.8g	8.4g	2.1g	6.5g	2.8g	8.5g	2.3g	6.9g	2.1g	6.4g	2.1g	6.5g	1.8g	7.1g
Sodium	440mg	1343mg	439mg	1339mg	434mg	1324mg	385mg	1173mg	426mg	1299mg	414mg	1263mg	368mg	1423mg

BIG TOASTED BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	743kJ (178kcal)	4540kJ (1230kcal)	704kJ (168kcal)	4300kJ (1030kcal)	702kJ (168kcal)	4290kJ (1030kcal)	734kJ (176kcal)	4480kJ (1070kcal)	756kJ (181kcal)	4620kJ (1110kcal)	700kJ (168kcal)	4280kJ (1020kcal)
Protein	10.1g	61.7g	9.5g	58.3g	8.6g	52.3g	9.3g	56.5g	8.5g	52.1g	5.4g	34.7g
Fat, total	7.5g	46.1g	7.1g	43.5g	7g	42.5g	7.7g	47.1g	9g	54.7g	7.7g	47.1g
saturated	3.9g	23.7g	3.4g	20.7g	3.3g	20.5g	4g	24.3g	4.3g	26.5g	4.2g	25.7g
Carbohydrate	17.1g	105g	16.3g	99.7g	16.9g	103g	17.1g	104g	16.4g	100g	18.7g	114g
sugar	3.0g	18.4g	1.8g	10.8g	2.9g	18g	2g	12.4g	1.7g	10.2g	1.7g	10.6g
Sodium	441mg	2693mg	438mg	2677mg	411mg	2513mg	329mg	2013mg	412mg	2517mg	388mg	2371mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

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Nutrition data correct as of 03 November 2026 **V7.7 031126**

ZAMBRERO NUTRITIONAL INFORMATION



QUESADILLA (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	789kJ (189kcal)	2370kJ (566kcal)	749kJ (179kcal)	2250kJ (538kcal)	747kJ (179kcal)	2240kJ (536kcal)	779kJ (186kcal)	2340kJ (559kcal)	809kJ (194kcal)	2430kJ (581kcal)	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	6.7g	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	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	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	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	2.3g	7g	2.5g	7.2g
Sodium	480mg	1439mg	477mg	1431mg	450mg	1349mg	366mg	1099mg	464mg	1393mg	440mg	1320mg	391mg	1133mg

SIGNATURE BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	734kJ (176kcal)	4050kJ (968kcal)	713kJ (171kcal)	3930kJ (940kcal)	712kJ (170kcal)	3920kJ (938kcal)	729kJ (174kcal)	4020kJ (961kcal)	742kJ (177kcal)	4090kJ (978kcal)	711kJ (170kcal)	3920kJ (937kcal)	720kJ (172kcal)	4510kJ (1080kcal)
Protein	8.3g	45.1g	7.9g	43.4g	7.3g	40.4g	7.7g	42.5g	7.3g	40.3g	5.7g	31.6g	5.3g	33.1g
Fat, total	8.2g	43.2g	7.6g	41.9g	7.5g	41.4g	7.9g	43.7g	8.6g	47.5g	7.9g	43.7g	7.6g	47.6g
saturated	3.3g	18.3g	3.1g	16.8g	3.0g	16.7g	3.4g	18.6g	3.6g	19.7g	3.5g	19.3g	2.9g	18.2g
Carbohydrate	17.6g	97.1g	17.2g	94.6g	17.5g	96.5g	17.6g	96.9g	17.2g	94.9g	18.5g	102g	20.0g	125g
sugar	2.4g	13.3g	1.7g	9.5g	2.4g	13.0g	1.9g	10.3g	1.7g	9.2g	1.7g	9.4g	1.6g	9.7g
Sodium	406mg	2235mg	404mg	2227mg	389mg	2145mg	344mg	1895mg	390mg	2147mg	376mg	2074mg	357mg	2237mg

SMALL SIGNATURE BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	765kJ (183kcal)	2950kJ (705kcal)	749kJ (179kcal)	2890kJ (691kcal)	749kJ (179kcal)	2880kJ (690kcal)	761kJ (182kcal)	2930kJ (701kcal)	770kJ (184kcal)	2970kJ (710kcal)	748kJ (179kcal)	2880kJ (689kcal)	717kJ (171kcal)	3080kJ (737kcal)
Protein	8.0g	30.8g	7.8g	30.0g	7.4g	28.5g	7.7g	29.5g	7.4g	28.4g	6.3g	24.1g	5.5g	23.6g
Fat, total	9.2g	35.4g	9.0g	34.7g	9.0g	34.5g	9.3g	35.6g	9.7g	37.5g	9.3g	35.6g	8.2g	35.1g
saturated	3.8g	14.7g	3.6g	14.0g	3.6g	13.9g	3.9g	14.9g	4.0g	15.4g	4.0g	15.2g	2.9g	12.3g
Carbohydrate	16.5g	63.4g	16.1g	62.1g	16.4g	63.1g	16.4g	63.3g	16.2g	62.3g	17.1g	65.7g	18.2g	78.4g
sugar	2.5g	9.5g	2.0g	7.6g	2.4g	9.4g	2.1g	8.0g	1.9g	7.5g	2g	7.6g	1.8g	7.9g
Sodium	394mg	1517mg	393mg	1513mg	382mg	1472mg	350mg	1347mg	383mg	1473mg	373mg	1437mg	346mg	1489mg

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 03 November 2026 **V7.7 031126**

ZAMBRERO NUTRITIONAL INFORMATION



BIG SIGNATURE BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	711kJ (170kcal)	4840kJ (1160kcal)	676kJ (162kcal)	4600kJ (1100kcal)	674kJ (161kcal)	4590kJ (1100kcal)	703kJ (168kcal)	4800kJ (1150kcal)	723kJ (173kcal)	4920kJ (1180kcal)	673kJ (161kcal)	4580kJ (1100kcal)
Protein	9.6g	65.4g	9.1g	62.0g	8.2g	56.0g	8.8g	60.2g	8.2g	55.8g	5.6g	38.4g
Fat, total	7.5g	51.2g	7.1g	48.5g	7.0g	47.6g	7.7g	52.2g	8.8g	59.8g	7.7g	52.2g
saturated	3.1g	21.1g	2.7g	18.2g	2.6g	18.0g	3.2g	21.8g	3.5g	24.0g	3.4g	23.2g
Carbohydrate	15.6g	106.0g	14.9g	101g	15.4g	105.0g	15.6g	106.0g	15.0g	102.0g	17.0g	116.0g
sugar	2.8g	18.9g	1.7g	11.3g	2.7g	18.5g	1.9g	13.2g	1.6g	10.7g	1.6g	11.1g
Sodium	423mg	2880mg	421mg	2864mg	396mg	2700mg	323mg	2251mg	397mg	2704mg	376mg	2558mg

SIGNATURE BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	616kJ (147kcal)	2810kJ (672kcal)	589kJ (141kcal)	2690kJ (643kcal)	588kJ (141kcal)	2680kJ (642kcal)	609kJ (146kcal)	2780kJ (665kcal)	625kJ (149kcal)	2850kJ (682kcal)	587kJ (140kcal)	2680kJ (641kcal)	615kJ (146kcal)	3270kJ (782kcal)
Protein	8.2g	37.3g	7.8g	35.6g	7.1g	32.6g	7.6g	34.7g	7.1g	32.5g	5.2g	23.8g	4.8g	25.3g
Fat, total	7.5g	34.3g	7.2g	33.0g	7.1g	32.5g	7.6g	34.8g	8.5g	38.6g	7.6g	34.8g	7.3g	38.6g
saturated	3.0g	13.9g	2.7g	12.4g	2.7g	12.3g	3.1g	14.2g	3.4g	15.3g	3.3g	14.9g	2.6g	13.7g
Carbohydrate	11.3g	51.5g	10.7g	49.0g	11.2g	50.9g	11.2g	51.3g	10.8g	49.3g	12.3g	56.2g	15.0g	79.7g
sugar	2.3g	10.5g	1.5g	6.7g	2.3g	10.3g	1.6g	7.5g	1.4g	6.4g	1.4g	6.6g	1.3g	6.9g
Sodium	368mg	1677mg	366mg	1669mg	348mg	1587mg	293mg	1337mg	348mg	1589mg	332mg	1516mg	316mg	1678mg

SMALL SIGNATURE BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	613kJ (147kcal)	1910kJ (456kcal)	594kJ (142kcal)	1850kJ (442kcal)	593kJ (142kcal)	1840kJ (426kcal)	608kJ (146kcal)	1890kJ (453kcal)	620kJ (148kcal)	1930kJ (461kcal)	592kJ (142kcal)	1840kJ (441kcal)	606kJ (145kcal)	2220kJ (531kcal)
Protein	7.5g	23.3g	7.2g	22.5g	6.7g	20.6g	7.1g	22.0g	6.7g	20.9g	5.3g	16.6g	5.0g	18.2g
Fat, total	8.3g	25.9g	8.1g	25.2g	8.0g	25g	8.4g	26.1g	9.0g	28.0g	8.4g	26.1g	8.0g	29.1g
saturated	2.9g	9.1g	2.7g	8.4g	2.7g	8.3g	3.0g	9.3g	3.2g	9.8g	3.1g	9.6g	2.5g	9.2g
Carbohydrate	10.0g	31.2g	9.6g	30.0g	9.9g	27.9g	10.0g	31.1g	9.7g	30.1g	10.8g	33.6g	12.8g	46.8g
sugar	2.2g	6.9g	1.6g	5.0g	2.2g	6.8g	1.7g	5.4g	1.5g	4.8g	1.6g	4.9g	1.4g	5.3g
Sodium	335mg	1040mg	333mg	1036mg	320mg	983mg	280mg	870mg	320mg	996mg	309mg	960mg	298mg	1089mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

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Nutrition data correct as of 03 November 2026 **V7.7 031126**

ZAMBRERO NUTRITIONAL INFORMATION



BIG SIGNATURE BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	615kJ (147kcal)	3600kJ (862kcal)	574kJ (137kcal)	3360kJ (805kcal)	572kJ (137kcal)	3350kJ (802kcal)	605kJ (145kcal)	3550kJ (849kcal)	629kJ (150kcal)	3680kJ (882kcal)	570kJ (136kcal)	3340kJ (800kcal)
Protein	9.8g	57.6g	9.2g	54.2g	8.2g	48.2g	8.9g	52.4g	8.2g	48.0g	5.2g	30.6g
Fat, total	7.2g	42.2g	6.8g	39.6g	6.6g	38.6g	7.4g	43.2g	8.7g	50.8g	7.4g	43.2g
saturated	2.8g	16.7g	2.3g	13.7g	2.3g	13.5g	3.0g	17.3g	3.3g	19.5g	3.2g	18.7g
Carbohydrate	10.4g	60.7g	9.5g	55.7g	10.2g	59.5g	10.3g	60.3g	9.6g	56.3g	12.0g	70.1g
sugar	2.7g	16.1g	1.4g	8.5g	2.7g	15.7g	1.7g	10.1g	1.3g	7.9g	1.4g	8.3g
Sodium	396mg	2321mg	393mg	2305mg	365mg	2141mg	280mg	1641mg	366mg	2145mg	341mg	1999mg

SMALL CALI BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	800kJ (191kcal)	2520kJ (603kcal)	796kJ (190kcal)	2550kJ (609kcal)	795kJ (190kcal)	2540kJ (609kcal)	810kJ (194kcal)	2590kJ (620kcal)	806kJ (193kcal)	2540kJ (608kcal)	779kJ (186kcal)	2450kJ (587kcal)	810kJ (194kcal)	3120kJ (746kcal)
Protein	7.4g	23.6g	7.1g	22.7g	6.6g	21.2g	7.0g	22.3g	6.6g	20.1g	5.0g	15.8g	4.6g	17.7g
Fat, total	10.0g	31.9g	9.8g	31.3g	9.7g	31.0g	10.1g	32.2g	10.7g	32.1g	9.7g	30.4g	10.7g	41.3g
saturated	4.3g	13.7g	4.1g	13g	4.0g	12.9g	4.3g	13.9g	4.5g	13.4g	4.1g	13.0g	3.8g	14.8g
Carbohydrate	18.3g	58.6g	17.9g	57.4g	18.2g	58.3g	18.1g	58.5g	18.0g	57.5g	19.3g	60.7g	19.1g	73.6g
sugar	2.7g	8.8g	2.2g	6.9g	2.7g	8.7g	2.3g	7.3g	2.1g	6.7g	2.2g	6.8g	1.9g	7.2g
Sodium	428mg	1330mg	427mg	1366mg	414mg	1325mg	375mg	1200mg	409mg	1287mg	397mg	1251mg	393mg	1513mg

CALI BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	788kJ (189kcal)	3790kJ (907kcal)	763kJ (183kcal)	3670kJ (879kcal)	762kJ (182kcal)	3670kJ (877kcal)	782kJ (187kcal)	3760kJ (900kcal)	797kJ (191kcal)	3830kJ (917kcal)	761kJ (182kcal)	3660kJ (876kcal)	809kJ (194kcal)	4340kJ (1040kcal)
Protein	7.7g	37.0g	7.3g	35.3g	6.7g	32.3g	7.2g	34.3g	6.7g	32.2g	4.9g	23.5g	4.3g	22.8g
Fat, total	8.8g	42.1g	8.5g	40.8g	8.4g	40.3g	8.9g	42.6g	9.6g	46.4g	8.9g	42.6g	9.5g	50.9g
saturated	3.6g	17.5g	3.3g	16.0g	3.3g	15.9g	3.7g	17.8g	3.9g	18.9g	3.8g	18.5g	3.3g	17.5g
Carbohydrate	19.4g	93.5g	18.9g	91.0g	19.3g	92.9g	19.4g	93.3g	19.0g	91.3g	20.4g	98.2g	22.4g	120.0g
sugar	2.7g	13.0g	1.9g	9.2g	2.7g	12.8g	2.1g	10.0g	1.8g	8.9g	1.9g	9.1g	1.7g	9.0g
Sodium	450mg	2164mg	448mg	2156mg	431mg	2074mg	379mg	1824mg	432mg	2076mg	416mg	2003mg	424mg	2275mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

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Nutrition data correct as of 03 November 2026 **V7.7 031126**

ZAMBRERO NUTRITIONAL INFORMATION



BIG CALI BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	767kJ (184kcal)	5340kJ (1280kcal)	732kJ (175kcal)	5100kJ (1220kcal)	731kJ (175kcal)	5090kJ (1220kcal)	759kJ (182kcal)	5280kJ (1260kcal)	779kJ (186kcal)	5420kJ (1300kcal)	729kJ (175kcal)	5080kJ (1210kcal)
Protein	8.6g	59.5g	8.1g	56.1g	7.2g	50.1g	7.8g	54.3g	7.2g	49.9g	4.7g	32.5g
Fat, total	8.0g	55.6g	7.6g	53.0g	7.5g	52.0g	8.1g	56.6g	9.2g	64.2g	8.1g	56.6g
saturated	3.0g	20.9g	2.6g	17.9g	2.5g	17.7g	3.1g	21.5g	3.4g	23.7g	3.3g	22.9g
Carbohydrate	19.0g	132.0g	18.3g	127.0g	18.9g	131.0g	19.0g	132.0g	18.4g	128g	20.4g	142.0g
sugar	2.7g	19.0g	1.6g	11.4g	2.7g	18.6g	1.9g	13.0g	1.6g	10.8g	1.6g	11.2g
Sodium	475mg	3305mg	473mg	3289mg	449mg	3125mg	377mg	2625mg	450mg	3129mg	429mg	2983mg

DOCTORS ORDER (BURRITO)

Choice of Filling:	Grilled Chicken, Chiptole & Capsicum		Double Peppers, Double Beans	
	per 100g	per serve	per 100g	per serve
Energy	693 kJ (166 kcal)	2970 kJ (710 kcal)	625 kJ (150 kcal)	2630 kJ (628 kcal)
Protein	6.7 g	28.6 g	3.6 g	15.2 g
Fat, total	8.9 g	37.9 g	8 g	33.7 g
saturated	2.4 g	10.3 g	2.3 g	9.6 g
Carbohydrate	14.5 g	62.2 g	15.4 g	64.9 g
sugar	3 g	13 g	3.5 g	14.6 g
Sodium	429 mg	1838 mg	392 g	1645 g

DOCTORS ORDER (BOWL)

Choice of Filling:	Grilled Chicken, Chipotle & Capsicum		Double Peppers, Double Beans	
	per 100g	per serve	per 100g	per serve
Energy	484 kJ (116 kcal)	1830 kJ (437 kcal)	403 kJ (96 kcal)	1490 kJ (355 kcal)
Protein	5.7 g	21.7g	2.2 g	8.2 g
Fat, total	7.9 g	29.9 g	6.9 g	25.6 g
saturated	1.6 g	6.1 g	1.5 g	5.5 g
Carbohydrate	5.2 g	19.6 g	6 g	22.3 g
sugar	3 g	11.3 g	3.5 g	12.9 g
Sodium	354 mg	1334 mg	309 g	1141 g

Loaded Chips

without sauce

Choice of Filling:	Classic Beef Mince		Barbacoa Beef		Grilled Chicken		Pork		Lamb		Pulled Mushroom		Fire-Roasted Capsicum	
	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	3550kJ (850kcal)	3710kJ (887kcal)	811 kJ (194 kcal)	3750 kJ (896 kcal)	738 kJ (177 kcal)	3340 kJ (799 kcal)	733 kJ (175 kcal)	3390 kJ (811 kcal)	754 kJ (180 kcal)	3480 kJ (834 kcal)	732 kJ (175 kcal)	3380 kJ (809 kcal)	636 kJ (152 kcal)	2940 kJ (703 kcal)
Protein	30.1g	31.4g	7.1 g	32.6 g	7 g	31.5 g	6.5 g	30.2 g	7 g	32.3 g	4.6 g	21.4 g	3.5 g	16.3 g
Fat, total	48.7g	50.8g	11.1 g	51.2 g	9.4 g	42.6 g	9.2 g	42.6 g	9.7 g	44.9 g	9.7 g	44.9 g	8.4 g	38.7 g
saturated	19.9g	20.7g	4.7 g	21.7 g	3.7 g	16.9 g	3.7 g	16.9 g	4.1 g	18.8 g	4.2 g	19.5 g	3.6 g	16.8 g
Carbohydrate	71.9g	75g	16.3 g	75.3 g	15.8 g	71.2 g	15.9 g	73.5 g	16 g	73.9 g	17.1 g	78.8 g	15.4 g	71.2 g
sugar	5.1g	5.3g	2.3 g	10.5 g	1.2 g	5.3 g	2 g	9 g	1.3 g	6.2 g	1.2 g	5.3 g	1.5 g	6.9 g
Sodium	2153mg	2246mg	496 mg	2291 mg	482 mg	2178 mg	466 mg	2151 mg	412 mg	1901 mg	450 mg	2080 mg	474 mg	2191 mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

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Nutrition data correct as of 03 November 2026 **V7.7 031126**

ZAMBRERO NUTRITIONAL INFORMATION



SOFT TACO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	838kJ (201kcal)	998kJ (239kcal)	788kJ (189kcal)	937kJ (224kcal)	786kJ (188kcal)	935kJ (224kcal)	826kJ (198kcal)	983kJ (235kcal)	855kJ (205kcal)	1020kJ (244kcal)	783kJ (187kcal)	932kJ (223kcal)	819kJ (196kcal)	974kJ (233kcal)
Protein	12g	14.3g	11.3g	13.5g	10.1g	12g	10.9g	13g	10g	11.9g	6.4g	7.6g	5.9g	7g
Fat, total	10.2g	12.1g	9.6g	11.4g	9.4g	11.2g	10.4g	12.3g	12g	14.2g	10.4g	12.3g	12.4g	14.8g
saturated	5.8g	7g	5.2g	6.2g	5.2g	6.2g	6g	7.1g	6.4g	7.7g	6.3g	7.5g	5.7g	6.8g
Carbohydrate	14.8g	17.6g	13.7g	16.3g	14.5g	17.3g	14.7g	17.5g	13.9g	16.5g	16.7g	19.9g	14.6g	17.4g
sugar	3.7g	4.4g	2.1g	2.5g	3.6g	4.3g	2.4g	2.9g	2g	2.3g	2g	2.4g	2g	2.3g
Sodium	426mg	506mg	422mg	503mg	388mg	461mg	283mg	336mg	389mg	462mg	358mg	426mg	304mg	361mg

DOS CAPAS (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	963kJ (230kcal)	1270kJ (304kcal)	917kJ (220kcal)	1210kJ (290kcal)	915kJ (219kcal)	1210kJ (289kcal)	952kJ (228kcal)	1260kJ (301kcal)	978kJ (234kcal)	1290kJ (309kcal)	913kJ (219kcal)	1210kJ (288kcal)	980kJ (234kcal)	1330kJ (319kcal)
Protein	11.4g	15g	10.7g	14.2g	9.6g	12.7g	10.4g	13.7g	9.6g	12.6g	6.3g	8.3g	5.8g	7.9g
Fat, total	11.8g	15.6g	11.3g	14.9g	11.1g	14.7g	12g	15.9g	13.5g	17.8g	12g	15.9g	14.2g	19.4g
saturated	6.3g	8.3g	5.7g	7.5g	5.7g	7.5g	6.4g	8.4g	6.8g	9g	6.7g	8.8g	6.3g	8.6g
Carbohydrate	18.9g	25g	18g	23.7g	18.7g	24.7g	18.8g	24.9g	18.1g	23.9g	20.7g	27.3g	19g	27g
sugar	3.4g	4.5g	1.9g	2.6g	3.3g	4.4g	2.2g	3g	1.8g	2.4g	1.9g	2.5g	1.8g	2.4g
Sodium	384mg	507mg	381mg	503mg	350mg	462mg	255mg	337mg	351mg	463mg	323mg	426mg	266mg	362mg

FAT TACO (without sauce)

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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 taco
Energy	878kJ (210kcal)	1010kJ (242kcal)	826kJ (198kcal)	950kJ (227kcal)	824kJ (197kcal)	947kJ (227kcal)	866kJ (207kcal)	996kJ (238kcal)	896kJ (214kcal)	1030kJ (247kcal)	821kJ (197kcal)	945kJ (226kcal)	825kJ (198kcal)	990kJ (237kcal)
Protein	11.6g	13.4g	10.9g	12.5g	9.6g	11.0g	10.5g	12.1g	9.5g	11.0g	5.8g	6.6g	5g	6.1g
Fat, total	8.4g	9.6g	7.8g	9.0g	7.6g	8.7g	8.6g	9.9g	10.3g	11.8g	8.6g	9.9g	10.3g	12.3g
saturated	3.7g	4.2g	3.0g	3.5g	3.0g	3.4g	3.8g	4.4g	4.3g	4.9g	4.1g	4.7g	3.4g	4.1g
Carbohydrate	21.8g	25.1g	20.7g	23.8g	21.5g	24.8g	21.7g	25.0g	20.8g	24.0g	23.8g	27.4g	20.8g	25.0g
sugar	6.0g	6.8g	4.3g	4.9g	5.9g	6.7g	4.6g	5.3g	4.2g	4.8g	4.3g	4.9g	4.1g	4.9g
Sodium	406mg	467mg	402mg	463mg	367mg	422mg	258mg	297mg	368mg	423mg	336mg	386mg	268mg	322mg

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

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 03 November 2026

V7.7 031126

ZAMBRERO NUTRITIONAL INFORMATION



KIDS QUESADILLA with Corn Chips*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	1390kJ (332kcal)	2470kJ (592kcal)	1360kJ (326kcal)	2420kJ (580kcal)	1360kJ (326kcal)	2420kJ (580kcal)	1380kJ (331kcal)	2460kJ (589kcal)	1410kJ (337kcal)	2510kJ (601kcal)	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	10.1g	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	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	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	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	1.6g	2.9g	1.9g	2.7g
Sodium	503mg	896mg	502mg	893mg	483mg	860mg	427mg	760mg	507mg	903mg	491mg	874mg	487mg	672mg

KIDS QUESADILLA with Chips*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	1160kJ (266kcal)	2540kJ (609kcal)	1090kJ (262kcal)	2470kJ (591kcal)	1090kJ (262kcal)	2470kJ (591kcal)	1110kJ (266kcal)	2510kJ (600kcal)	1120kJ (269kcal)	2560kJ (612kcal)	1090kJ (261kcal)	2490kJ (596kcal)	1210kJ (289kcal)	2250kJ (538kcal)
Protein	14.8g	22.8g	9.7g	22g	9.2g	20.8g	9.6g	21.6g	9.2g	20.9g	7.6g	17.4g	8.2g	15.1g
Fat, total	12.4g	28.3g	12.2g	27.6g	12.1g	27.4g	12.5g	28.3g	13.2g	30.0g	12.5g	28.5g	13.6g	25.5g
saturated	6.3g	14.4g	6g	13.6g	6g	13.6g	6.4g	14.4g	6.6g	15.0g	6.5g	14.8g	7.1g	13.2g
Carbohydrate	28.3g	64.5g	27.7g	62.6g	28g	63.3g	28.1g	63.5g	27.9g	63.6g	29.1g	66.4g	32.8g	61g
sugar	1.8g	4.2g	1.2g	2.6g	1.8g	4g	1.3g	2.9g	1.1g	2.6g	1.2g	2.6g	1.1g	2g
Sodium	607mg	1386mg	607mg	1372mg	593mg	1339mg	548mg	1239mg	592mg	1350mg	579mg	1321mg	618mg	1151mg

KIDS NACHOS*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	1150kJ (276kcal)	1270kJ (304kcal)	1110kJ (266kcal)	1220kJ (292kcal)	1110kJ (265kcal)	1220kJ (292kcal)	1140kJ (274kcal)	1260kJ (301kcal)	1170kJ (281kcal)	1290kJ (309kcal)	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	6.8g	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	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	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	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	1.7g	1.9g	1.7g	2.2g
Sodium	378mg	416mg	375mg	413mg	346mg	380mg	255mg	280mg	356mg	391mg	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 03 November 2026 **V7.7 031126**

ZAMBRERO NUTRITIONAL INFORMATION



KIDS NACHOS with Chips*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	1060kJ (253kcal)	2120kJ (506kcal)	1030kJ (247kcal)	2070kJ (495kcal)	1030kJ (247kcal)	2070kJ (494kcal)	1050kJ (252kcal)	2100kJ (504kcal)	1070kJ (255kcal)	2130kJ (510kcal)	1030kJ (247kcal)	2060kJ (494kcal)	949kJ (227kcal)	2090kJ (500kcal)
Protein	7.7g	15.3g	7.3g	14.6g	6.7g	13.4g	7.1g	14.3g	6.7g	13.4g	5.0g	9.9g	5.0g	11.1g
Fat, total	11.0g	22.0g	10.7g	21.5g	10.6g	21.3g	11.1g	22.2g	11.9g	23.7g	11.1g	22.2g	9.9g	21.8g
saturated	2.6g	5.2g	2.3g	4.6g	2.3g	4.5g	2.6g	5.3g	2.9g	5.7g	2.8g	5.6g	2.0g	4.3g
Carbohydrate	30.6g	61.2g	30.1g	60.2g	30.5g	60.9g	30.5g	61.1g	30.1g	60.3g	31.5g	63.0g	29.2g	64.3g
sugar	1.9g	3.8g	1.1g	2.3g	1.8g	3.7g	1.3g	2.6g	1.1g	2.1g	1.1g	2.2g	1.1g	2.5g
Sodium	492mg	985mg	491mg	981mg	474mg	949mg	424mg	849mg	475mg	949mg	460mg	920mg	423mg	930mg

KIDS BURRITO with Corn Chips*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	1100kJ (264kcal)	2800kJ (670kcal)	1080kJ (259kcal)	2750kJ (659kcal)	1080kJ (259kcal)	2750kJ (658kcal)	1100kJ (263kcal)	2790kJ (667kcal)	1110kJ (265kcal)	2820kJ (674kcal)	1080kJ (259kcal)	2750kJ (658kcal)	1010kJ (242kcal)	2770kJ (664kcal)
Protein	8.3g	21.1g	8.1g	20.5g	7.6g	19.3g	7.9g	20.1g	7.6g	19.2g	6.2g	15.7g	6.2g	16.9g
Fat, total	9.8g	24.9g	9.6g	24.4g	9.5g	24.2g	9.9g	25.1g	10.5g	26.6g	9.9g	25.1g	9.0g	24.7g
saturated	3.3g	8.4g	3.1g	7.8g	3.1g	7.8g	3.4g	8.6g	3.5g	9.0g	3.5g	8.8g	2.8g	7.6g
Carbohydrate	34.9g	88.6g	34.5g	87.6g	34.8g	88.3g	34.8g	88.5g	34.5g	87.7g	35.6g	90.4g	33.5g	91.7g
sugar	2.3g	5.9g	1.7g	4.3g	2.3g	5.8g	1.8g	4.7g	1.7g	4.2g	1.7g	4.3g	1.7g	4.6g
Sodium	444mg	1128mg	443mg	1125mg	430mg	1092mg	391mg	992mg	430mg	1093mg	419mg	1064mg	392mg	1074mg

KIDS BURRITO with Chips*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	937kJ (224kcal)	2850kJ (682kcal)	922kJ (221kcal)	2800kJ (671kcal)	921kJ (220kcal)	2800kJ (670kcal)	934kJ (223kcal)	2840kJ (679kcal)	960kJ (230kcal)	2730kJ (652kcal)	920kJ (220kcal)	2800kJ (670kcal)	871kJ (209kcal)	2820kJ (676kcal)
Protein	6.8g	20.6g	6.5g	19.9g	6.1g	18.7g	6.4g	19.5g	6.3g	18.0g	5.0g	15.2g	5.0g	16.3g
Fat, total	7.2g	21.8g	7.0g	21.3g	6.9g	21.1g	7.2g	22.0g	8.1g	22.9g	7.2g	22.0g	6.7g	21.6g
saturated	2.7g	8.3g	2.5g	7.7g	2.5g	7.7g	2.8g	8.4g	3.1g	8.7g	2.9g	8.7g	2.3g	7.7g
Carbohydrate	32.5g	98.8g	32.2g	97.8g	32.4g	98.5g	32.5g	98.7g	32.3g	91.7g	33.1g	101.0g	31.5g	102.0g
sugar	1.8g	5.6g	1.3g	4.1g	1.8g	5.5g	1.4g	4.4g	1.4g	3.8g	1.3g	4.0g	1.3g	4.3g
Sodium	518mg	1575mg	517mg	1572mg	506mg	1539mg	473mg	1439mg	520mg	1477mg	497mg	1511mg	469mg	1521mg

*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 03 November 2026

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ZAMBRERO NUTRITIONAL INFORMATION



KIDS BOWL with Corn Chips*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	1020kJ (244kcal)	1940kJ (463kcal)	994kJ (238kcal)	1890kJ (452kcal)	993kJ (238kcal)	1890kJ (451kcal)	1010kJ (242kcal)	1920kJ (461kcal)	1030kJ (246kcal)	1950kJ (467kcal)	991kJ (237kcal)	1880kJ (451kcal)	909kJ (218kcal)	1910kJ (457kcal)
Protein	8.3g	15.7g	7.9g	15.0g	7.3g	13.8g	7.7g	14.7g	7.3g	13.8g	5.4g	10.3g	5.5g	11.5g
Fat, total	9.9g	18.9g	9.7g	18.4g	9.6g	18.2g	10.1g	19.1g	10.9g	20.6g	10.1g	19.1g	8.9g	18.7g
saturated	2.8g	5.4g	2.5g	4.8g	2.5g	4.7g	2.9g	5.5g	3.1g	5.9g	3.0g	5.8g	2.2g	4.5g
Carbohydrate	30.0g	57.0g	29.5g	56.0g	29.9g	56.8g	30.0g	56.9g	29.5g	56.1g	31.0g	58.9g	28.6g	60.2g
sugar	1.7g	3.2g	0.9g	1.7g	1.7g	3.2g	1.1g	2.0g	0.8g	1.6g	0.9g	1.7g	0.9g	1.9g
Sodium	383mg	728mg	382mg	725mg	364mg	692mg	312mg	592mg	365mg	693mg	349mg	664mg	321mg	674mg

KIDS BOWL with Chips*

Choice of Filling:	Barbacoa Beef		Grilled Chicken		Pork		Lamb		Classic Beef Mince		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
Energy	827kJ (198kcal)	1990kJ (475kcal)	807kJ (193kcal)	1940kJ (464kcal)	806kJ (193kcal)	1940kJ (463kcal)	822kJ (197kcal)	1970kJ (472kcal)	960kJ (230kcal)	2730kJ (652kcal)	805kJ (193kcal)	1930kJ (463kcal)	753kJ (180kcal)	1960kJ (469kcal)
Protein	6.3g	15.1g	6.0g	14.5g	5.5g	13.3g	5.9g	14.1g	6.3g	18.0g	4.1g	9.7g	4.2g	10.9g
Fat, total	6.6g	15.8g	6.4g	15.3g	6.3g	15.1g	6.7g	16.0g	8.1g	22.9g	6.7g	16.0g	6.0g	15.6g
saturated	2.2g	5.3g	1.9g	4.7g	1.9g	4.6g	2.2g	5.4g	3.1g	8.7g	2.4g	5.7g	1.7g	4.4g
Carbohydrate	28.0g	67.2g	27.6g	66.2g	27.9g	67.0g	28.0g	67.2g	32.3g	91.7g	28.8g	69.1g	27.1g	70.4g
sugar	1.2g	3.0g	0.6g	1.4g	1.2g	2.9g	0.7g	1.8g	1.4g	3.8g	0.6g	1.4g	0.6g	1.7g
Sodium	490mg	1175mg	488mg	1172mg	475mg	1139mg	433mg	1039mg	520mg	1477mg	463mg	1111mg	431mg	1121mg

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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)	852kJ (204kcal)	2060kJ (491kcal)	206kJ (49kcal)	412kJ (98kcal)	840kJ (196kcal)	1850kJ (443kcal)	185kJ (44.3kcal)	370kJ (89kcal)	740kJ (177kcal)
Protein	1.7g	0.17g	0.34g	0.68g	0.9g	0.1g	0.2g	0.36g	1.2g	0.12g	0.24g	0.48g
Fat, total	54g	5.4g	10.8g	21.6g	52.5g	5.3g	10.5g	21g	46.3g	4.6g	9.3g	18.5g
saturated	8.2g	0.8g	1.6g	3.3g	8.1g	0.81g	1.6g	3.2g	7.3g	0.7g	1.5g	2.9g
Carbohydrate	4.4g	0.5g	0.9g	1.8g	4.7g	0.47g	0.9g	1.9g	4.6g	0.5g	0.9g	1.8g
sugar	2.2g	0.2g	0.44g	0.88g	1.5g	0.15g	0.3g	0.6g	1.1g	0.1g	0.2g	0.44g
Sodium	850mg	85mg	170mg	340mg	846mg	85mg	169mg	338mg	679mg	67.9mg	136mg	272mg

	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)	236kJ (56kcal)	643kJ (151kcal)	64kJ (15.1kcal)	129kJ (30.3kcal)	257kJ (61kcal)	488kJ (117kcal)	49kJ (11.7kcal)	98kJ (23.4kcal)	195kJ (47kcal)
Protein	1.1g	0.1g	0.2g	0.44g	0.5g	0.05g	0.1g	0.2g	0.5g	0.05g	0.1g	0.2g
Fat, total	1.7g	0.2g	0.3g	0.68g	3.4g	0.34g	0.7g	1.4g	9.3g	0.9g	1.9g	3.7g
saturated	0.5g	0.05g	0.1g	0.2g	0.5g	0.05g	0.1g	0.2g	2.2g	0.2g	0.4g	0.88g
Carbohydrate	29.1g	2.9g	5.8g	11.6g	29.3g	2.9g	5.9g	11.7g	7.6g	0.8g	1.5g	3g
sugar	25.2g	2.5g	5g	10.1g	20.7g	2.1g	4.1g	8.3g	6.1g	0.6g	1.2g	2.3g
Sodium	680mg	68mg	136mg	272mg	360mg	36mg	72mg	144mg	829mg	83mg	166mg	331mg

	Verde			
	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	as a side
Energy	647kJ (155kcal)	65kJ (15kcal)	129kJ (31kcal)	324kJ (77kcal)
Protein	1g	0.1g	0.2g	0.5g
Fat, total	14.7g	1.5g	2.9g	7.4g
saturated	2.2g	0.22g	0.44g	1.1g
Carbohydrate	5.1g	0.51g	1g	2.6g
sugar	4.4g	0.44g	0.88g	2.2g
Sodium	884mg	88mg	177mg	442mg

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ZAMBRERO NUTRITIONAL INFORMATION



CORN CHIPS, CHIPS & GUACAMOLE

	Guacamole			Corn Chips & Zam Spice		Corn Chips & Guacamole		Chips (hot) with Seasoning			
								Regular		BIG	
	per 100g	per serve on single taco	per serve on all other products	per 100g	per serve	per 100g	per serve	per 100g	Per serve	per 100g	Per serve
Energy	784kJ (188kcal)	196kJ (47kcal)	353kJ (84kcal)	1950kJ (467kcal)	1400kJ (336kcal)	1510kJ (362kcal)	1740kJ (416kcal)	934kJ (224kcal)	1120kJ (268kcal)	934kJ (224kcal)	1490kJ (358kcal)
Protein	1.7g	0.4g	0.8g	7.5g	5.4g	5.2g	6g	2.7g	3.2g	2.7g	4.3g
Fat, total	19.2g	4.8g	8.7g	23g	16.6g	21.8g	25.1g	7g	8.4g	7g	11.2g
saturated	4.3g	1.1g	1.9g	2.1g	1.5g	3g	3.4g	0.8g	0.96g	0.8g	1.3g
Carbohydrate	1.2g	0.3g	0.5g	57.1g	41.1g	35.6g	40.9g	37g	44.4g	37g	59.2g
sugar	1.1g	0.3g	0.5g	2g	1.4g	1.4g	1.6g	0.4g	0.48g	0.4g	0.64g
Sodium	201mg	50mg	91mg	495mg	357mg	248mg	285mg	620mg	744mg	620mg	992mg

ADD ONS

	Gluten Free Hemp Tortilla		Pickled Red Onions		Sesame Crunch Mix		Hashbrowns	
	per 100g	per tortilla (105g)	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	720kJ (172kcal)	756kJ (180kcal)	332kJ (80kcal)	66kJ (16kcal)	2250kJ (539kcal)	225kJ (54kcal)	669kJ (160kcal)	410kJ (98kcal)
Protein	6.7g	7.0g	0.5g	0.1g	21.3g	2.1g	2.5g	1.5g
Fat, total	6.5g	6.8g	0.4g	0.08g	42.5g	4.3g	7g	4.3g
saturated	3.5g	3.7g	0.3g	0.06g	8.5g	0.85g	3.4g	2.1g
Carbohydrate	29.2g	30.7g	18.4g	3.7g	18.6g	1.9g	21.6g	13.2g
sugar	4.2g	4.4g	15g	3g	6.4g	0.64g	0.51g	0.31g
Sodium	550mg	578mg	600mg	120mg	890mg	89mg	1341mg	821mg

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ZAMBRERO NUTRITIONAL INFORMATION

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

	Swap White Rice for Black Rice				Swap Pinto Beans for Black Beans		
	Per serve on small builds	Per serve on regular builds	Per serve on BIG and vegetarian builds	Per 100g	Per serve on standard builds	Per serve on vegetarian builds	Per 100g
Energy (kJ)	-17.0	-34.0	-68.0	-42.5	-41.0	-81.9	-165.0
Energy (kcal)	-4.0	-8.0	-16.0	-10.0	-32.3	-19.6	-107.6
Protein (g)	+0.45	+0.9	+1.8	+1.1	-0.1	-0.2	-0.8
Fat, total (g)	-0.9	-1.8	-3.6	-2.2	-1.1	-2.3	-3.8
– Saturated (g)	-0.2	-0.4	-0.8	-0.5	-0.1	-0.2	-0.3
Carbohydrate (g)	+0.2	+0.4	+0.8	+0.5	+0.1	+0.2	+0.5
– Sugars (g)	+0.1	+0.17	+0.3	+0.2	+0.1	+0.2	+0.2
Sodium (mg)	+28	+56	+112	+70	-24.0	-48.0	-99.0

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