

NUTRITIONAL INFORMATION



Product Name	Portion size	Per Portion								Allergen Info
		Energy Kcal	Energy KJ	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Salt (g)	
Wrap Regular	Regular	283	1173	6.5	1.1	47.7	1.5	6.7	1.4	Wheat
Wrap Small	Small	188	782	4.3	0.7	31.8	1.0	4.4	0.9	Wheat
Three Tacos (Soft)	Regular	188	782	4.3	0.7	31.8	1.0	4.4	0.9	Wheat
Nachos base (Tortilla chips)	Regular	378	1580	16	7.2	51.5	1.2	5.6	0.3	
Tortilla chips	Bag	378	1580	16	7.2	51.5	1.2	5.6	0.3	
Brown Rice	Regular	108	460	1	0	24.0	1.2	2.3	0.4	Celery
Brown Rice	Small	81	345	0.7	0	18.0	0.9	1.8	0.3	Celery
White Rice	Regular	85	363	0.1	0	20.3	0.1	2.0	0.3	Sulphur dioxide
White Rice	Small	64	272	0.1	0	15.2	0	1.5	0.2	Sulphur dioxide
Spicy Black Beans	Regular	71	298	1.5	0.2	10.5	2	3.9	0.5	
Spicy Black Beans	Small	47	198	1	0.1	7.0	1.3	2.6	0.3	
Mild Pinto Beans	Regular	80	335	1.1	0.2	13.1	1.6	4.3	0.5	
Mild Pinto Beans	Small	53	223	0.7	0.1	8.8	1.1	2.8	0.3	
Extra cheese sauce	Extra	52	216.5	3.6	2.3	1.6	0.7	2.6	0.4	Milk, Mustard
Cheese Sauce	Regular	104	433	7.2	4.6	3.1	1.4	5.9	0.8	Milk, Mustard
Cheese	Regular	104	431	8.7	5.4	0.0	0.0	6.4	0.5	Milk
Cheese	Small	62	259	5	3	0	0	4	0.3	Milk
Guacamole	Regular	96	395	9.5	2	1.7	0.8	1.0	1	Sulphur dioxide
Jalapenos	Regular	6	24	0.1	0	1.3	0.8	0.2	0	*Vinegar
Spinach	Regular	2	7	0	0	0.2	0.2	0.2	0	
Spinach	Small	1	5	0	0	0.1	0.1	0.1	0	
Sour Cream	Regular	35	148	3	2	1	1	1	0	Milk
Sour Cream	Small	21	89	1.9	1.2	0.7	0.7	0.5	0	Milk
Spicy Shredded Beef	Regular	193.0	805	8.1	2.6	10.6	3.9	21.0	1.0	Vinegar
Spicy Shredded Beef	Small	123	513	5.2	1.7	6.7	2.5	13.9	0.6	Vinegar
Grilled Chicken	Regular	143	597	7.1	1.7	2.8	0	17.0	0.8	Soybeans
Grilled Chicken	Small	95	398	4.7	1.1	1.9	0.1	11.3	0.5	Soybeans
Diced Chorizo	Extra	125	521	8.4	4.2	5.5	1.9	7.8	1.5	Milk
Slaw with Vegan Mayonnaise	Regular	32.7	135.6	2.1	0.14	3	2.5	0.3	0.34	Mustard
Slaw with Vegan Mayonnaise	Small	17.6	73	1.1	0.8	1.6	1.3	0.1	0.18	Mustard
Slaw with Vegan Mayonnaise	Extra	98.1	406.8	6.3	0.42	9	7.5	0.9	1.02	Mustard
Mushrooms	Regular	40	164	3.9	0.6	0.7	0.5	0.5	0.1	Sulphur dioxide, Soybeans
Mushrooms	Small	24	98	2.3	0.3	0.4	0.3	0.3	0.1	Sulphur dioxide, Soybeans
Onions & Peppers	Regular	35	146	2.4	0.4	3.0	2.5	0.4	0.2	Soybeans
Onions & Peppers	Small	21	88	1.5	0.2	1.8	1.5	0.3	0.1	Soybeans
Edamame beans	Regular	64	266	3.15	0	2.25	1.15	5.4	0	Soybeans
Shredded Pork	Regular	151	632	10	3.4	1.5	0.7	13.0	0.3	
Shredded Pork	Small	101	421	6.7	2.3	1.0	0.5	8.6	0.2	
Jerk Chicken	Regular	209	876	11.3	6.9	20.8	16.8	6.6	1.4	Mustard, Soybeans
Jerk Chicken	Small	146	613	7.9	4.9	14.6	11.7	4.6	1	Mustard, Soybeans
Katsu Chicken	Regular	176	736.8	10	3.3	7.6	3.4	13.8	1	Soybeans, Sulph.d., Mustard, Sesame
Katsu Chicken	Small	112	468.8	6.3	2.1	4.8	2.2	8.9	0.6	Soybeans, Sulph.d., Mustard, Sesame
Piri Piri Chicken	Regular	145	640	8.4	1.5	5.8	1.7	15	1.3	Mustard, Soybeans, Celery, Egg
Piri Piri Chicken	Small	112	492	6.5	1.1	4.5	1.3	12	1	Mustard, Soybeans, Celery, Egg
Sweet chilli chicken	Regular	200	836	7.2	1.7	17.2	12.8	17	3	Soybeans
Sweet chilli chicken	Small	127	531.8	4.6	1.1	10.9	8.2	10.8	2	Soybeans
THIS Isn't chicken	Regular	160.8	677.8	7.7	0.76	6.8	2.6	15.4	0.84	Soybeans, Sulphur dioxide, Celery
THIS Isn't chicken	Small	107.2	451.8	5.1	0.5	4.5	1.7	10.3	0.56	Soybeans, Sulphur dioxide, Celery
Hot Salsa	Regular	19	79	0.4	0	3.2	2.6	0.8	0.2	Sulphur dioxide
Hot Salsa	Small	11	47	0.2	0	1.9	1.6	0.5	0.1	Sulphur dioxide
Mild Salsa	Regular	14	57	0	0	3.3	3	0.1	0.8	Sulphur dioxide
Mild Salsa	Small	8	34	0	0	2.0	1.8	0.1	0.5	Sulphur dioxide
Medium Salsa	Regular	14	66	0.5	0.1	2.5	2.2	0.6	0.2	Sulphur dioxide
Medium Salsa	Small	10	40	0.3	0	1.5	1.3	0.3	0.1	Sulphur dioxide
Churros with Caramel Sauce	Regular	588	2472	23	3.4	63.5	50.6	6.1	0.3	Wheat, Milk, Soybeans
Brownie with Caramel Sauce	Regular	605	2538	21.3	9.9	91.4	82.4	2.9	0.35	Milk, Egg, Soybeans, Sulph.d.
Mini Doughnuts with Caramel	Regular	691	2655	24	11.6	98	66	2	0.7	Wheat, Egg, Milk, Soybeans
Sriracha sauce	Pot	27	116	1	0.1	4.6	4.6	0.8	0.0	Vinegar
Chicken wings	Five	330	1375.5	21	6.3	3.8	2.7	31.5	1.4	Vinegar
Fries with chilli salt	Regular	423.7	1780.5	14	1.9	64.9	1.3	3.3	1.5	Mustard

Chipotle Mayonnaise	Pot	76.6	316	3	1.6	9.7	3.9	0.1	2	Mustard, Sulphur dioxide
Pinkled Onions	Regular	23	93	0	0	4.9	2	0.8	0.5	Sulphur dioxide, Vinegar
Omega seeds mix	Regular	27	126	2	0.3	1.5	0.1	0.9	0.2	
Garlic Mayonnaise	Regular	75.1	315	3	1.6	9.6	3.9	0.1	2	Mustard, Sulphur dioxide
Chipotle Mayonnaise	Regular	76.6	316	3	1.6	9.7	3.9	0.1	2	Mustard, Sulphur dioxide
Sweet chilli sauce	Pot	58.5	245.7	1	0	14.7	12.5	0.3	1.7	

**Notes:**

For vegetarian 'Fajita veg and guacamole', add guacamole and choice of your vegetarian fillings you choosen.

For vegetarian 'Bean and cheese', add 2 x small portion of cheese and 1 reg. + 1 small portion of cheese.

For superfood burrito do not include rice double up reg. portion of slaw and spinach add guacamole, for naked superfood add extra portion of slaw and dbl. spinach instead of wrap.

For loaded burrito double your main filling portion and add guacamole.

For naked burrito do not include the wrap portion, add 1.5 portion of rice, and double your spinach portion.

For taco's add 3 portions of small meat, regular salsa, and add regular portions of your toppings.

For Super-lite bowl, add regular rice, choice of your main filling, add regular portion of you extra topping and small portion of choosen sauce.

For Keto-Protein bowl, add 3 x reg. spinach, Reg+ Small main gilling, regular edamame beans, regular salsa, guacamole, omega seeds and regular cheese and small sauce.

For Plant powered bowl, add 3 x reg.spinach, extra portion of slaw, regular Veg., regular portions of THIS, edamame beans, salsa, omega seeds and regular sauce.

For regular chicken- chorizo filling add small portion of chicken and extra chorizo.

For cheesy fries use 1.5 portion of Fries, add regular portion of cheese and regular cheese sauce.

For nachos, add nachos base portion, add regular portion of cheese sauce portion, add regular salsa, and guacamole and reg. poriton of toppings.

For Quesarito, add 1 x regular and 1 x small wrap, 2 x small portion of chees and extra cheese sauce, then choice of your fillings.

For quesasilla add main filling, 2 portion of salsa and double your dairy portion plus half portion of tortilla chips.

For california burrito - use 1/2 or regular 'fries' portion, add extra cheese sauce and regular cheese and regular portion of your other choosen fillings.

**Last updated: 17.09.21**