



TORTILLA

Real California Burritos & Tacos

ALLERGEN & NUTRITIONAL INFORMATION

A DIETRY GUIDE TO THE INGREDIENTS USED IN OUR MEALS

JULY 2018

ALL VALUES ARE BASED ON APPROXIMATE SERVING SIZES AS ALL OF OUR INGREDIENTS ARE MEASURED AND SERVED BY HAND.

Medium BURRITO/ BURRITO Bowl

MENU ITEM	ENERGY		FAT (g)	SAT FAT (g)	CARBS (g)	SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)	DIETRY & ALLERGENS
	KCAL	KJ								
Tortilla Wrap	195.4	826.3	3.2	1.6	36.2	2.1	1.5	4.8	0.7	V, Ve, H Cg
Mexican Rice	164.0	693.0	1.8	0.1	33.8	1.1	0.7	3.4	0.5	V, Ve, H
Cilantro Rice	146.0	619.0	1.5	0.1	30.3	0.2	0.5	3.2	0.4	V, Ve, H
Romaine Lettuce	6.4	27.2	0.2	0.0	0.7	0.7	0.4	0.3	0.0	V, Ve, H
Black Beans	99.0	416.0	1.0	0.2	19.7	1.2	7.6	6.7	0.5	V, Ve, H Sb
Pinto Beans	108.0	455.0	0.8	0.5	23.3	1.5	9.6	6.8	0.5	V, Ve, H Sb
Peppers & Onions	13.2	55.2	0.4	0.0	2.1	1.8	0.9	0.4	0.0	V, Ve, H
Chicken	173.6	726.4	10.4	2.6	0.0	0.0	0.0	20.1	0.5	H Sd
Shrimp	130	546	4	6	1	0.0	0.0	21	0.4	
Barbacoa (Beef)	125.1	523.8	5.9	2.4	0.5	0.5	0.0	17.6	0.9	H
Steak	186.4	776.8	11.9	5.6	0.0	0.0	0.0	19.8	0.8	H
Scrambled Egg*	124.2	515.7	8.5	2.8	0.0	0.0	0.0	11.7	0.3	V, H M, E
Potatoes*	61.6	312.0	0.1	0.0	14.0	1.4	1.2	1.6	1.2	V, Ve, H
Monterey Jack Cheese	112.4	467.3	8.4	5.4	0.0	0.0	0.0	8.8	0.6	V, H M
Sour Cream	69.7	288.4	6.5	4.0	1.8	1.8	0.0	1.5	0.1	V, H M
Guacamole	95.4	393.6	9.4	2.0	1.6	0.7	0.2	1.0	0.0	V, Ve, H Sd
Pico de Gallo	16.0	69.6	0.1	0.0	3.2	2.8	1.0	0.6	0.0	V, Ve, H Sd
Salsa Verde	10.0	42.8	0.2	0.0	2.0	1.4	0.3	0.2	0.7	V, Ve, H Sd
Salsa Roja	18.4	76.8	0.6	0.2	3.3	0.4	1.6	0.8	0.4	V, Ve, H Sd
Pickled Red Onions	7.6	32.0	0.0	0.0	1.3	0.9	0.2	0.2	0.0	V, Ve, H Sd
Jalapeños	12.8	53.6	0.1	0.0	2.1	0.9	0.5	0.5	0.0	V, Ve, H
Iceberg Lettuce	2.8	12.0	0.1	0.0	0.4	0.4	0.1	0.1	0.0	V, Ve, H

Large BURRITO/ BURRITO Bowl / TACO Salad

MENU ITEM	ENERGY		FAT (g)	SAT FAT (g)	CARBS (g)	SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)	DIETRY & ALLERGENS
	KCAL	KJ								
Tortilla Wrap	281.2	1189.4	4.6	2.3	52.2	3.0	2.2	6.8	1.1	V, Ve, H Cg
Mexican Rice	221.4	935.6	2.4	0.1	45.6	1.5	0.9	4.6	0.7	V, Ve, H
Cilantro Rice	197.1	835.7	2.0	0.1	40.9	0.3	0.7	4.3	0.5	V, Ve, H
Romaine Lettuce	6.4	27.2	0.2	0.0	0.7	0.7	0.4	0.3	0.0	V, Ve, H
Black Beans	138.6	582.4	1.4	0.3	27.6	1.7	10.6	9.3	0.7	V, Ve, H Sb
Pinto Beans	151.2	637.0	1.1	0.7	32.6	2.1	13.4	9.6	0.7	V, Ve, H Sb
Peppers & Onions	13.2	55.2	0.4	0.0	2.1	1.8	0.9	0.4	0.0	V, Ve, H
Chicken	238.7	998.8	14.3	3.5	0.0	0.0	0.0	27.6	0.7	H Sd
Shrimp	195	819	6	3	1.5	0.0	0.0	31.5	0.6	
Barbacoa (Beef)	166.8	698.4	7.8	3.2	0.6	0.6	0.0	23.4	1.2	H
Steak	256.3	1068.1	16.4	7.7	0.0	0.0	0.0	27.2	1.1	H
Scrambled Egg*	151.8	630.3	10.5	3.4	0.0	0.0	0.0	14.3	0.4	V, H M, E
Potatoes*	92.4	468.0	0.1	0.0	21.0	2.0	1.8	2.4	1.8	V, Ve, H
Monterey Jack Cheese	112.4	467.3	8.4	5.4	0.0	0.0	0.0	8.8	0.6	V, H M
Sour Cream	69.7	288.4	6.5	4.0	1.8	1.8	0.0	1.5	0.1	V, H M
Guacamole	95.4	393.6	9.4	2.0	1.6	0.7	0.2	1.0	0.0	V, Ve, H Sd
Pico de Gallo	16.0	69.6	0.1	0.0	3.2	2.8	1.0	0.6	0.0	V, Ve, H Sd
Salsa Verde	10.0	42.8	0.2	0.0	2.0	1.4	0.3	0.2	0.7	V, Ve, H Sd
Salsa Roja	18.4	76.8	0.6	0.2	3.3	0.4	1.6	0.8	0.4	V, Ve, H Sd
Pickled Red Onions	7.6	32.0	0.0	0.0	1.3	0.9	0.2	0.2	0.0	V, Ve, H Sd
Jalapeños	12.8	53.6	0.1	0.0	2.1	0.9	0.5	0.5	0.0	V, Ve, H
Iceberg Lettuce	2.8	12.0	0.1	0.0	0.4	0.4	0.1	0.1	0.0	V, Ve, H

* Available for breakfast in participating stores only.

DIETARY: V = VEGETARIAN // Ve = VEGAN // H = HALAL FRIENDLY

ALLERGENS: M = MILK // E = EGGS // Sd = SULPHUR DIOXIDE // Cg = CEREALS CONTAINING GLUTEN PRESENT // Sb = SOYBEANS

TORTILLA

ALLERGEN & NUTRITIONAL INFORMATION - JULY 2018

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• Tres TACOS •

MENU ITEM	ENERGY		FAT (g)	SAT FAT (g)	CARBS (g)	SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)	DIETRY & ALLERGENS	
	KCAL	KJ									
Flour Tacos (3)	189.0	795.6	4.2	2.5	32.4	1.7	0.9	4.5	1.4	V, Ve, H	Cg
Corn Tacos** (3)	189.9	803.7	1.6	0.2	32.8	0.3	0.0	4.0	0.8	V, Ve, H	
Peppers & Onions	9.9	41.4	0.3	0.0	1.6	1.4	0.7	0.3	0.0	V, Ve, H	
Chicken	195.3	817.2	11.7	2.9	0.0	0.0	0.0	22.6	0.5	H	Sd
Shrimp	130	546	4	6	1	0.0	0.0	21	0.4		
Barbacoa (Beef)	166.8	698.4	7.8	3.2	0.6	0.6	0.0	23.4	1.2	H	
Steak	209.7	873.9	13.4	6.3	0.0	0.0	0.0	22.2	0.9	H	
Monterey Jack Cheese	192.7	801.0	14.4	9.2	0.1	0.1	0.0	15.1	1.0	V, H	M
Sour Cream	159.2	659.2	14.8	9.1	4.2	4.2	0.0	3.5	0.1	V, H	M
Guacamole	95.4	393.6	9.4	2.0	1.6	0.7	0.2	1.0	0.0	V, Ve, H	Sd
Pico de Gallo	12.0	52.2	0.1	0.0	2.4	2.1	0.7	0.4	0.0	V, Ve, H	Sd
Salsa Verde	15.0	64.2	0.3	0.1	3.0	2.1	0.4	0.4	1.0	V, Ve, H	Sd
Salsa Roja	27.6	115.2	0.9	0.2	4.9	0.7	2.5	1.1	0.7	V, Ve, H	Sd
Pickled Red Onions	7.6	32.0	0.0	0.0	1.3	0.9	0.2	0.2	0.0	V, Ve, H	Sd
Jalapeños	12.8	53.6	0.1	0.0	2.1	0.9	0.5	0.5	0.0	V, Ve, H	
Iceberg Lettuce	2.8	12.0	0.1	0.0	0.4	0.4	0.1	0.1	0.0	V, Ve, H	

** Product sourced from a factory that produces products containing gluten.

• QUESADILLA •

MENU ITEM	ENERGY		FAT (g)	SAT FAT (g)	CARBS (g)	SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)	DIETRY & ALLERGENS	
	KCAL	KJ									
Tortilla Wrap	195.4	826.3	3.2	1.6	36.2	2.1	1.5	4.8	0.7	V, Ve, H	Cg
Chicken	173.6	726.4	10.4	2.6	0.0	0.0	0.0	20.1	0.5	H	Sd
Shrimp	130	546	4	6	1	0.0	0.0	21	0.4		
Barbacoa (Beef)	125.1	523.8	5.9	2.4	0.5	0.5	0.0	17.6	0.9	H	
Steak	186.4	776.8	11.9	5.6	0.0	0.0	0.0	19.8	0.8	H	
Monterey Jack Cheese	192.7	801.0	14.4	9.2	0.1	0.1	0.0	15.1	1.0	V, H	M
Sour Cream	119.4	494.4	11.1	6.8	3.1	3.1	0.0	2.6	0.1	V, H	M
Guacamole	95.4	394.0	9.4	2.0	1.6	0.7	0.2	1.0	0.0	V, Ve, H	Sd
Pico de Gallo	12.0	52.2	0.1	0.0	2.4	2.1	0.7	0.4	0.0	V, Ve, H	Sd
Salsa Verde	8.8	37.5	0.2	0.0	1.8	1.2	0.2	0.2	0.6	V, Ve, H	Sd
Tortilla Chips	174.3	730.5	8.1	0.7	22.6	0.5	1.7	2.0	0.3	V, Ve, H	

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• NACHOS •

MENU ITEM	ENERGY		FAT (g)	SAT FAT (g)	CARBS (g)	SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)	DIETRY & ALLERGENS
	KCAL	KJ								
Tortilla Chips	490	2047	23.4	2.1	59.2	1.3	6.8	6.8	1.0	V, Ve, H
Chipotle Cheese Sauce	235.0	990.0	20.1	12.0	3.4	2.0	0.0	10.3	1.3	V, H M, Cg
Chicken	173.6	726.4	10.4	2.6	0.0	0.0	0.0	20.1	0.5	H Sd
Shrimp	130	546	4	6	1	0.0	0.0	21	0.4	
Barbacoa (Beef)	125.1	523.8	5.9	2.4	0.5	0.5	0.0	17.6	0.9	H
Steak	186.4	776.8	11.9	5.6	0.0	0.0	0.0	19.8	0.8	H
Guacamole	95.4	393.6	9.4	2.0	1.6	0.7	0.2	1.0	0.0	V, Ve, H Sd
Pico de Gallo	12.0	52.2	0.1	0.0	2.4	2.1	0.7	0.4	0.0	V, Ve, H Sd
Jalapeños	12.8	53.6	0.1	0.0	2.1	0.9	0.5	0.5	0.0	V, Ve, H

• Sides •

MENU ITEM	ENERGY		FAT (g)	SAT FAT (g)	CARBS (g)	SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)	DIETRY & ALLERGENS
	KCAL	KJ								
Tortilla Chips (Bag)	490	2047	23.4	2.1	59.2	1.3	6.8	6.8	1.0	V, Ve, H
Shot Sour Cream	119.4	494.4	11.1	6.8	3.1	3.1	0.0	2.6	0.1	V, H M
Double Sour Cream	169.2	700.4	15.7	9.7	4.4	4.4	0.0	3.7	0.2	V, H M
Bowl Sour Cream	358.2	1483.2	33.3	20.5	9.4	9.4	0.0	7.9	0.3	V, H M
Shot Guacamole	95.4	393.6	9.4	2.0	1.6	0.7	0.2	1.0	0.0	V, Ve, H Sd
Double Guacamole	190.8	787.2	18.8	4.0	3.1	1.4	0.4	2.0	0.0	V, Ve, H Sd
Bowl Guacamole	381.6	1574.4	37.7	7.9	6.2	2.9	0.7	4.1	0.0	V, Ve, H Sd
Shot Pico de Gallo	12.0	52.2	0.1	0.0	2.4	2.1	0.7	0.4	0.0	V, Ve, H Sd
Double Pico de Gallo	18.0	78.3	0.1	0.0	3.6	3.2	1.1	0.6	0.0	V, Ve, H Sd
Bowl Pico de Gallo	30.0	130.5	0.2	0.0	6.0	5.3	1.8	1.1	0.0	V, Ve, H Sd
Shot Salsa Verde	15.0	64.2	0.3	0.1	3.0	2.1	0.4	0.4	1.0	V, Ve, H Sd
Double Salsa Verde	21.3	91.0	0.4	0.1	4.3	3.0	0.6	0.5	1.4	V, Ve, H Sd
Bowl Salsa Verde	45.0	192.6	0.9	0.2	9.0	6.3	1.3	1.1	3.1	V, Ve, H Sd
Shot Salsa Roja	27.6	115.2	0.9	0.2	4.9	0.7	2.5	1.1	0.7	V, Ve, H Sd
Double Salsa Roja	39.1	163.2	1.3	0.3	7.0	0.9	3.5	1.6	0.9	V, Ve, H Sd
Bowl Salsa Roja	82.8	345.6	2.7	0.7	14.8	2.0	7.4	3.4	2.0	V, Ve, H Sd

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