

NUTRITIONAL INFORMATION

Updated 17 December 2021



TORTILLA

Allergens & Special Diet

No matter what your unique dietary needs are, we have options for you! Unless you're allergic to tasty food, in which case, we might have an issue. Sorry Amigo!

This guide specifies the known allergens in our food based on the information we receive from our suppliers regarding ingredients and the recipes we work to. We use reputable suppliers and will endeavour to remove an allergen where we can, however due to the nature of our kitchens, our ingredients and supply chain, we cannot completely remove the potential for trace amounts of nuts, peanuts, soya, mustard and sesame to be present.

As our dishes are prepared by hand each day, in each restaurant, not under lab conditions, individual foods may come into contact with one another during preparation and we cannot guarantee the complete absence of allergens in our restaurants. Our crew are trained to deal with allergen requests but there is always the possibility of human error. We therefore please ask that you use this guide with this in mind.

All nutritional values are based on approximate serving sizes as all of our ingredients are measured by hand. If you are unsure, please talk to our crew.

Vegan & Vegetarian

Our seasonal vegetables and vegan chilli are Vegan and Vegetarian Society Approved. Vegans should avoid our meats, Monterey Jack cheese, sour cream, and chipotle cheese sauce. Our tortillas, vegetables, rice, beans, salsas, chips and guacamole, are vegetarian and vegan.

Gluten Intolerance

The following menu items contain gluten in the form of wheat: flour tortilla wrap, flour taco and some limited time offers (please see last page). If you are highly sensitive to gluten and would like us to change our gloves, just let us know at the start of your order. While no other recipes use ingredients that have cereals containing gluten, we cannot 100% guarantee our dishes are gluten free due to the open nature of our kitchens and the slight risk of cross contamination.

Halal

While we're not a certified Halal restaurant, our chicken is from a Halal Certified supplier and is pre-stunned in accordance with the British Halal Food Authority. Please note that our chicken is prepared and served in a kitchen which contains pork, however it is prepared on a clean and sanitised work bench and grill.



Medium Burrito/Naked Burrito

Menu item	Energy		Fat (g)	Sat fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Dietary	Contains Allergens	May Contain
	Kcal	KJ										
Tortilla Wrap	195.4	826.3	3.2	1.6	36.2	2.1	1.5	4.8	0.7	V, VE	Cereals Containing Gluten	Mustard
Tomato Rice	164.0	693.0	1.8	0.1	33.8	1.1	0.7	3.4	0.5	V, VE		
Coriander Rice	146.0	619.0	1.5	0.1	30.3	0.2	0.5	3.2	0.4	V, VE		
Romaine Lettuce	6.4	27.2	0.2	0.0	0.7	0.7	0.4	0.3	0.0	V, VE		
Black Beans	99.0	416.0	1.0	0.2	19.7	1.2	7.6	6.7	0.5	V, VE	Celery	Soybeans, Nuts, Peanuts, Mustard
Pinto Beans	108.0	455.0	0.8	0.5	23.3	1.5	9.6	6.8	0.5	V, VE	Celery	Soybeans, Nuts, Peanuts
Grilled Vegetables	12.4	51.4	0.2	0.0	3.1	1.6	0.6	0.6	0.4	V, VE		
Vegan Chilli	71.8	303.0	2.3	0.1	5.9	2.6	2.5	7.4	0.4	V, VE	Soybeans, Celery	Nuts, Peanuts
Chicken	173.6	726.4	10.4	2.6	0.0	0.0	0.0	20.1	0.5	H	Sulphur Dioxide	Nuts, Peanuts, Cereals Containing Gluten, Mustard
Carnitas (Pork)	187.2	779.4	11.7	4.6	0.0	0.0	0.0	20.3	1.4			Cereals Containing Gluten, Mustard
Barbacoa (Beef)	125.1	523.8	5.9	2.4	0.5	0.5	0.0	17.6	0.9		Celery	Nuts, Peanuts, Cereals Containing Gluten, Mustard
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Soybeans, Milk	
Chipotle Cheese Sauce	70.5	297.0	6.0	3.6	1.0	0.6	0.0	3.1	0.4	V	Milk	
Monterey Jack Cheese	112.4	467.3	8.4	5.4	0.0	0.0	0.0	8.8	0.6	V	Milk	
Sour Cream	69.7	288.4	6.5	4.0	1.8	1.8	0.0	1.5	0.1	V	Milk	
Guacamole	95.4	393.6	9.4	2.0	1.6	0.7	0.2	1.0	0.0	V, VE	Sulphur Dioxide	
Pico de Gallo	16.0	69.6	0.1	0.0	3.2	2.8	1.0	0.6	0.0	V, VE	Sulphur Dioxide	
Salsa Verde	10.0	42.8	0.2	0.0	2.0	1.4	0.3	0.2	0.7	V, VE	Sulphur Dioxide	
Salsa Roja	18.4	76.8	0.6	0.2	3.3	0.4	1.6	0.8	0.4	V, VE	Sulphur Dioxide	
Pickled Red Onions	7.6	32.0	0.0	0.0	1.3	0.9	0.2	0.2	0.0	V, VE	Sulphur Dioxide	
Jalapeños	12.8	53.6	0.1	0.0	2.1	0.9	0.5	0.5	0.0	V, VE		
Iceberg Lettuce	2.8	12.0	0.1	0.0	0.4	0.4	0.1	0.1	0.0	V, VE		

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Updated: December 2021

Dietary: **V** - Vegetarian **VE** - Vegan **H** - Halal

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TORTILLA

Large Burrito/Naked Burrito

Menu item	Energy		Fat (g)	Sat fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Dietary	Contains Allergens	May Contain
	Kcal	KJ										
Tortilla Wrap	281.2	1189.4	4.6	2.3	52.2	3.0	2.2	6.8	1.1	V, VE	Cereals Containing Gluten	Mustard
Tomato Rice	221.4	935.6	2.4	0.1	45.6	1.5	0.9	4.6	0.7	V, VE		
Coriander Rice	197.1	835.7	2.0	0.1	40.9	0.3	0.7	4.3	0.5	V, VE		
Romaine Lettuce	6.4	27.2	0.2	0.0	0.7	0.7	0.4	0.3	0.0	V, VE		
Black Beans	138.6	582.4	1.4	0.3	27.6	1.7	10.6	9.3	0.7	V, VE	Celery	Soybeans, Nuts, Peanuts, Mustard
Pinto Beans	151.2	637.0	1.1	0.7	32.6	2.1	13.4	9.6	0.7	V, VE	Celery	Soybeans, Nuts, Peanuts
Grilled Vegetables	12.4	51.4	0.2	0.0	3.1	1.6	0.6	0.6	0.4	V, VE		
Vegan Chilli	95.8	404.0	3.0	0.1	7.8	3.5	3.4	9.8	0.5	V, VE	Soybeans, Celery	Nuts, Peanuts
Chicken	238.7	998.8	14.3	3.5	0.0	0.0	0.0	27.6	0.7	H	Sulphur Dioxide	Nuts, Peanuts, Cereals Containing Gluten, Mustard
Carnitas (Pork)	249.6	1039.2	15.6	6.1	0.0	0.0	0.0	27.1	1.9			Cereals Containing Gluten, Mustard
Barbacoa (Beef)	166.8	698.4	7.8	3.2	0.6	0.6	0.0	23.4	1.2		Celery	Nuts, Peanuts, Cereals Containing Gluten, Mustard
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Soybeans, Milk	
Chipotle Cheese Sauce	70.5	297.0	6.0	3.6	1.0	0.6	0.0	3.1	0.4	V	Milk	
Monterey Jack Cheese	112.4	467.3	8.4	5.4	0.0	0.0	0.0	8.8	0.6	V	Milk	
Sour Cream	69.7	288.4	6.5	4.0	1.8	1.8	0.0	1.5	0.1	V	Milk	
Guacamole	95.4	393.6	9.4	2.0	1.6	0.7	0.2	1.0	0.0	V, VE	Sulphur Dioxide	
Pico de Gallo	16.0	69.6	0.1	0.0	3.2	2.8	1.0	0.6	0.0	V, VE	Sulphur Dioxide	
Salsa Verde	10.0	42.8	0.2	0.0	2.0	1.4	0.3	0.2	0.7	V, VE	Sulphur Dioxide	
Salsa Roja	18.4	76.8	0.6	0.2	3.3	0.4	1.6	0.8	0.4	V, VE	Sulphur Dioxide	
Pickled Red Onions	7.6	32.0	0.0	0.0	1.3	0.9	0.2	0.2	0.0	V, VE	Sulphur Dioxide	
Jalapeños	12.8	53.6	0.1	0.0	2.1	0.9	0.5	0.5	0.0	V, VE		
Iceberg Lettuce	2.8	12.0	0.1	0.0	0.4	0.4	0.1	0.1	0.0	V, VE		

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TORTILLA

Tres Tacos

Menu item	Energy		Fat (g)	Sat fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Dietary	Contains Allergens	May Contain
	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	Cereals Containing Gluten	
Corn Tacos (3)	189.9	803.7	1.6	0.2	32.8	0.3	0.0	4.0	0.8	V, VE		
Grilled Vegetables	12.4	51.4	0.2	0.0	3.1	1.6	0.6	0.6	0.4	V, VE		
Chicken	162.8	681.0	9.8	2.4	0.0	0.0	0.0	18.8	0.5	H	Sulphur Dioxide	Nuts, Peanuts, Cereals Containing Gluten, Mustard
Carnitas (Pork)	187.2	779.4	11.7	4.6	0.0	0.0	0.0	20.3	1.4			Cereals Containing Gluten, Mustard
Barbacoa (Beef)	125.1	523.8	5.9	2.4	0.5	0.5	0.0	17.6	0.9		Celery	Nuts, Peanuts, Cereals Containing Gluten, Mustard
Steak	174.8	728.3	11.2	5.3	0.0	0.0	0.0	18.5	0.8			
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Soybeans, Milk	
Vegan Chilli	71.8	303.0	2.3	0.1	5.9	2.6	2.5	7.4	0.4	V, VE	Soybeans, Celery	Nuts, Peanuts
Chipotle Cheese Sauce	70.5	297.0	6.0	3.6	1.0	0.6	0.0	3.1	0.4	V	Milk	
Monterey Jack Cheese	192.7	801.0	14.4	9.2	0.1	0.1	0.0	15.1	1.0	V	Milk	
Sour Cream	159.2	659.2	14.8	9.1	4.2	4.2	0.0	3.5	0.1	V	Milk	
Guacamole	95.4	393.6	9.4	2.0	1.6	0.7	0.2	1.0	0.0	V, VE	Sulphur Dioxide	
Pico de Gallo	12.0	52.2	0.1	0.0	2.4	2.1	0.7	0.4	0.0	V, VE	Sulphur Dioxide	
Salsa Verde	15.0	64.2	0.3	0.1	3.0	2.1	0.4	0.4	1.0	V, VE	Sulphur Dioxide	
Salsa Roja	27.6	115.2	0.9	0.2	4.9	0.7	2.5	1.1	0.7	V, VE	Sulphur Dioxide	
Pickled Red Onions	7.6	32.0	0.0	0.0	1.3	0.9	0.2	0.2	0.0	V, VE	Sulphur Dioxide	
Jalapeños	12.8	53.6	0.1	0.0	2.1	0.9	0.5	0.5	0.0	V, VE		
Iceberg Lettuce	2.8	12.0	0.1	0.0	0.4	0.4	0.1	0.1	0.0	V, VE		

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TORTILLA

Nachos Queso

Menu item	Energy		Fat (g)	Sat fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Dietary	Contains Allergens	May Contain
	Kcal	KJ										
Tortilla Chips	490.0	2047.0	23.4	2.1	29.5	1.3	6.8	6.8	1.0	V,VE		
Chipotle Cheese Sauce	235.0	990.0	20.1	12.0	3.4	2.0	0.0	10.3	1.3	V	Milk	
Chicken	173.6	726.4	10.4	2.6	0.0	0.0	0.0	20.1	0.5	H	Sulphur Dioxide	Nuts, Peanuts, Cereals Containing Gluten, Mustard
Carnitas (Pork)	187.2	779.4	11.7	4.6	0.0	0.0	0.0	20.3	1.4			Cereals Containing Gluten, Mustard
Barbacoa (Beef)	125.1	523.8	5.9	2.4	0.5	0.5	0.0	17.6	0.9		Celery	Nuts, Peanuts, Cereals Containing Gluten, Mustard
Vegan Chilli	71.8	303.0	2.3	0.1	5.9	2.6	2.5	7.4	0.4	V,VE	Soybeans, Celery	Nuts, Peanuts
Steak	186.4	776.8	11.9	5.6	0.0	0.0	0.0	19.8	0.8			
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Soybeans, Milk	
Guacamole	95.4	393.6	9.4	2.0	1.6	0.7	0.2	1.0	0.0	V,VE	Sulphur Dioxide	
Pico de Gallo	12.0	52.2	0.1	0.0	2.4	2.1	0.7	0.4	0.0	V,VE	Sulphur Dioxide	
Jalapeños	12.8	53.6	0.1	0.0	2.1	0.9	0.5	0.5	0.0	V,VE		

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Quesadilla

Menu item	Energy		Fat (g)	Sat fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Dietary	Contains Allergens	May Contain
	Kcal	KJ										
Tortilla Wrap	195.4	826.3	3.2	1.6	36.2	2.1	1.5	4.8	0.7	V,VE	Cereals Containing Gluten	Mustard
Chicken	173.6	726.4	10.4	2.6	0.0	0.0	0.0	20.1	0.5	H	Sulphur Dioxide	Nuts, Peanuts, Cereals Containing Gluten, Mustard
Carnitas (Pork)	187.2	779.4	11.7	4.6	0.0	0.0	0.0	20.3	1.4			Cereals Containing Gluten, Mustard
Barbacoa (Beef)	125.1	523.8	5.9	2.4	0.5	0.5	0.0	17.6	0.9		Celery	Nuts, Peanuts, Cereals Containing Gluten, Mustard
Steak	186.4	776.8	11.9	5.6	0.0	0.0	0.0	19.8	0.8			
Chorizo (Pork)	125.3	519.4	10.5	4.0	0.4	0.4	0.0	7.4	1.4		Soybeans, Milk	
Vegan Chilli	71.8	303.0	2.3	0.1	5.9	2.6	2.5	7.4	0.4	V,VE	Soybeans, Celery	Nuts, Peanuts
Monterey Jack Cheese	192.7	801.0	14.4	9.2	0.1	0.1	0.0	15.1	1.0	V	Milk	
Sour Cream	119.4	494.4	11.1	6.8	3.1	3.1	0.0	2.6	0.1	V	Milk	
Guacamole	95.4	393.6	9.4	2.0	1.6	0.7	0.2	1.0	0.0	V,VE	Sulphur Dioxide	
Pico de Gallo	12.0	52.2	0.1	0.0	2.4	2.1	0.7	0.4	0.0	V,VE	Sulphur Dioxide	
Salsa Verde	8.8	37.5	0.2	0.0	1.8	1.2	0.2	0.2	0.6	V,VE	Sulphur Dioxide	
Tortilla Chips	171.5	716.5	8.2	0.7	10.3	0.5	2.4	2.4	0.4	V,VE		

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TORTILLA

Sides

Menu item	Energy		Fat (g)	Sat fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Dietary	Contains Allergens	May Contain
	Kcal	KJ										
Tortilla Chips (Bag)	490.0	2047.0	23.4	2.1	29.5	1.3	6.8	6.8	1.0	V,VE		
Medium Guacamole	190.8	787.2	18.8	4.0	3.1	1.4	0.4	2.0	0.0	V,VE	Sulphur Dioxide	
Large Guacamole	381.6	1574.4	37.7	7.9	6.2	2.9	0.7	4.1	0.0	V,VE	Sulphur Dioxide	
Medium Chipotle Cheese Sauce	70.5	297.0	6.0	3.6	1.0	0.6	0.0	3.1	0.4	V	Milk	
Large Chipotle Cheese Sauce	141.0	594.0	12.1	7.2	2.0	1.2	0.0	6.2	0.8	V	Milk	
Medium Sour Cream	169.2	700.4	15.7	9.7	4.4	4.4	0.0	3.7	0.2	V	Milk	
Large Sour Cream	358.2	1483.2	33.3	20.5	9.4	9.4	0.0	7.9	0.3	V	Milk	
Medium Pico de Gallo	18.0	78.3	0.1	0.0	3.6	3.2	1.1	0.6	0.0	V,VE	Sulphur Dioxide	
Large Pico de Gallo	30.0	130.5	0.2	0.0	6.0	5.3	1.8	1.1	0.0	V,VE	Sulphur Dioxide	
Medium Salsa Verde	21.3	91.0	0.4	0.1	4.3	3.0	0.6	0.5	1.4	V,VE	Sulphur Dioxide	
Large Salsa Verde	45.0	192.6	0.9	0.2	9.0	6.3	1.3	1.1	3.1	V,VE	Sulphur Dioxide	
Medium Salsa Roja	39.1	163.2	1.3	0.3	7.0	0.9	3.5	1.6	0.9	V,VE	Sulphur Dioxide	
Large Salsa Roja	82.8	345.6	2.7	0.7	14.8	2.0	7.4	3.4	2.0	V,VE	Sulphur Dioxide	

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Limited Time Offers

Menu item	Energy		Fat (g)	Sat fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Dietary	Contains Allergens	May Contain
	Kcal	KJ										
Honey & Chilli Peanuts	255.5	2137.5	12.9	3.3	26.8	24.0	2.1	7.1	0.3	V	Peanuts	
Chocolate Brownie	355.0	1481.0	22.2	13.9	32.9	28.4	1.0	4.0	0.4	V	Soya, Milk, Eggs, Cereals Containing Gluten	
American Hard Gums	732.5	172.5	0.3	0.1	42.2	27.2	0.0	0.1	0.1	V,VE		
Margarita (Glass)	116.0	490.0	0.0	0.0	13.2	11.2	0.0	0.0	1.0	V,VE	Sulphur Dioxide	Soybeans, Nuts, Peanuts
Seven Layer Dip*	816.6	3860.1	55.2	15.5	58.3	13.8	14.5	18.5	1.5	V	Sulphur Dioxide, Milk, Celery	Mustard, Soybeans
Nacho Tower*	2374.3	9913.1	141.8	47.1	96.0	8.9	21.3	76.2	7.3	V	Milk, Sulphur Dioxide	
Choc-Filled Churros	365.0	1526.0	20.0	2.8	39.0	14.0	2.5	5.9	1.0	V, VE	Cereals Containing Gluten, Tree Nuts	
Raw Slaw	31.9	134.0	0.1	0.0	7.6	3.2	2.2	1.4	0.5	V,VE	Sulphur Dioxide	
Vegan Quesadilla	640.2	2683.0	29.0	8.6	64.6	9.6	8.4	19.1	2.9	V,VE	Cereals Containing Gluten, Soybean, Celery, Sulphur Dioxide	Nuts, Peanuts
Applewood Vegan Cheeze	101.0	423.0	8.2	6.9	6.4	0.1	0.2	0.5	0.6	V,VE		

*Available at participating stores only.

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TORTILLA

Breakfast Roll

Menu item	Energy		Fat (g)	Sat fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Dietary	Contains Allergens	May Contain
	Kcal	KJ										
Breakfast Roll	448	1863	25.1	8.5	34	4.18	3.38	21.25	2.88		Cereals Containing Gluten, Sulphur Dioxide, Milk, Eggs, Celery	Sesame, Soybeans, Nuts, Peanuts, Mustard
Vegetarian Breakfast Roll	300	1252	9	2.42	34	4.39	3.8	12.64	1.1	V	Cereals Containing Gluten, Sulphur Dioxide, Milk, Eggs, Celery	Sesame, Soybeans, Nuts, Peanuts, Mustard

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Medium Breakfast Burrito

Menu item	Energy		Fat (g)	Sat fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Dietary	Contains Allergens	May Contain
	Kcal	KJ										
Tortilla Wrap	195.4	826.3	3.2	1.6	36.2	2.1	1.5	4.8	0.7	V,VE	Cereals Containing Gluten	Mustard
Black Beans	79.2	332.8	0.8	0.2	15.8	1.0	6.1	5.3	0.4	V,VE	Celery	Soybeans, Nuts, Peanuts, Mustard
Potatoes	61.6	312	0.08	0.016	13.976	1.36	1.2	1.616	1.2	V,VE		
Mushrooms	20.8	86.36	0.08	0.04	0.12	0.12	0.28	0.4	0.004	V,VE		
Tomatoes	16	67.2	0.16	0	3.12	3.12	0.96	0.72	0.4	V,VE		
Scrambled Egg	127.8	530.1	9	3.51	0.45	0.45	0	10.8	0	V	Milk, Eggs	
Monterey Jack Cheese	96.33	400.5	7.2	4.59	0.03	0.03	0	7.56	0.51	V	Milk	

All values are based on approximate serving sizes as all of our ingredients are measured and served by hand. If unsure please talk to our crew.

Updated: December 2021

Large Breakfast Burrito

Menu item	Energy		Fat (g)	Sat fat (g)	Carbs (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Dietary	Contains Allergens	May Contain
	Kcal	KJ										
Tortilla Wrap	281.2	1189.4	4.56	2.28	52.155	3.04	2.185	6.84	1.074	V,VE	Cereals Containing Gluten	Mustard
Black Beans	118.8	499.2	1.2	0.264	23.64	1.44	9.12	7.98	0.564	V,VE	Celery	Soybeans, Nuts, Peanuts, Mustard
Potatoes	92.4	468	0.12	0.024	20.964	2.04	1.8	2.424	1.8	V,VE		
Mushrooms	20.8	86.36	0.08	0.04	0.12	0.12	0.28	0.4	0.004	V,VE		
Tomatoes	16	67.2	0.16	0	3.12	3.12	0.96	0.72	0.4	V,VE		
Scrambled Egg	156.2	647.9	11	4.29	0.55	0.55	0	13.2	0	V	Milk, Eggs	
Monterey Jack Cheese	96.33	400.5	7.2	4.59	0.03	0.03	0	7.56	0.51	V	Milk	

All values are based on approximate serving sizes as all of our ingredients are measured and served by hand. If unsure please talk to our crew.

Updated: December 2021

Dietary: V - Vegetarian VE - Vegan H - Halal

Nutrition information is based on standard products, average serving size and supplier information, product analysis and published databases. Information may vary due to supplier, seasonal and product variations.

TORTILLA