

GUZMAN Y GOMEZ NUTRITIONAL GUIDE

BURRITOS & BOWLS										
CHICKEN GUERRERO										
Grilled chicken in GYG's Guerrero marinade with rice, black beans, pico de gallo salsa, cheese and filling										
Filling Options	Serving Size	Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
flour tortilla	per 100 grams	100g	169	705	11.1	4.9	2.2	19.2	1.6	379
flour tortilla	per serve	466g	787	3290	51.9	22.8	10.5	89.3	7.4	1740
whole wheat tortilla	per 100 grams	100g	171	714	11.2	5	2.6	19.6	1	352
whole wheat tortilla	per serve	460.5g	787	3290	51.8	23.1	12	90.2	4.5	1620
flour tortilla and no cheese	per 100 grams	100g	153	640	9.8	3.3	0.8	20.5	1.7	355
flour tortilla and no cheese	per serve	436g	667	2790	42.6	14.2	3.7	89.4	7.6	1550
whole wheat tortilla and no cheese	per 100 grams	100g	155	648	9.9	3.4	1.2	21	1.1	332
whole wheat tortilla and no cheese	per serve	430.5	667	2790	42.5	14.6	5.2	90.3	4.7	1430
no tortilla (GLUTEN & PRESERVATIVE FREE)	per 100 grams	100g	131	548	11.3	4.2	2.2	11.9	0.9	242
no tortilla (GLUTEN & PRESERVATIVE FREE)	per serve	370g	486	2030	42	15.5	8.1	43.9	3.3	896
no tortilla or cheese (GLUTEN & PRESERVATIVE FREE)	per 100 grams	100g	108	450	10.1	1.6	0.4	12.9	1	207
no tortilla or cheese (GLUTEN & PRESERVATIVE FREE)	per serve	340g	366	1530	34.3	5.6	1.3	43.9	3.3	705
SPICY CHICKEN GUERRERO										
Grilled chicken in GYG's Guerrero marinade with rice, black beans, pico de gallo & tomatillo salsa, cheese and filling										
Filling Options	Serving Size	Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
flour tortilla	per 100 grams	100g	169	708	11.1	4.9	2.2	19.2	1.4	391
flour tortilla	per serve	466g	789	3300	51.9	23	10.4	89.3	6.6	1820
whole wheat tortilla	per 100 grams	100g	171	716	11.2	5.1	2.6	19.6	0.8	370
whole wheat tortilla	per serve	460.5g	789	3300	51.8	23.3	11.9	90.2	3.8	1700
flour tortilla and no cheese	per 100 grams	100g	154	642	9.8	3.3	0.8	20.5	1.6	375
flour tortilla and no cheese	per serve	436g	670	2800	42.6	14.4	3.7	89.4	6.8	1630
whole wheat tortilla and no cheese	per 100 grams	100g	156	651	9.9	3.4	1.2	21	0.9	351
whole wheat tortilla and no cheese	per serve	430.5	670	2800	42.5	14.8	5.2	90.3	4	1510
no tortilla (GLUTEN & PRESERVATIVE FREE)	per 100 grams	100g	132	552	11.4	4.2	2.2	11.9	0.7	265
no tortilla (GLUTEN & PRESERVATIVE FREE)	per serve	380g	502	2100	43.2	16.2	8.3	45.1	2.6	1000
no tortilla or cheese (GLUTEN & PRESERVATIVE FREE)	per 100 grams	100g	109	454	10.1	1.7	0.4	12.9	0.7	232
no tortilla or cheese (GLUTEN & PRESERVATIVE FREE)	per serve	340g	368	1540	34.4	5.8	1.3	43.9	2.5	789
STEAK CHIPOTLE										
BBQ Steak in GYG's spicy chipotle marinade with rice, black beans, pico de gallo & tomatillo salsa, cheese and filling										
Filling Options	Serving Size	Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
flour tortilla	per 100 grams	100g	177	739	10.3	6.1	2.7	19.8	2.6	412
flour tortilla	per serve	476g	842	3520	48.9	28.9	12.8	94	12.2	1960
whole wheat tortilla	per 100 grams	100g	179	748	10.4	6.2	3	20.2	2	391
whole wheat tortilla	per serve	470.5g	842	3520	48.8	29.2	14.3	94.9	9.4	1840
flour tortilla and no cheese	per 100 grams	100g	162	677	9.2	4.2	1.3	21	2.4	396
flour tortilla and no cheese	per serve	446g	722	3020	41.2	18.9	6	93.7	10.5	1770
whole wheat tortilla and no cheese	per 100 grams	100g	164	686	9.3	4.4	1.7	21.5	1.7	374
whole wheat tortilla and no cheese	per serve	440.5g	722	3020	41.1	19.2	7.5	94.6	7.6	1650
no tortilla (GLUTEN & PRESERVATIVE FREE)	per 100 grams	100g	142	595	10.7	5.3	2.7	12.7	1.6	292
no tortilla (GLUTEN & PRESERVATIVE FREE)	per serve	380g	541	2260	40.6	20.2	10.4	48.2	6.2	1110
no tortilla or cheese (GLUTEN & PRESERVATIVE FREE)	per 100 grams	100g	121	504	9.4	2.9	1	13.8	1.8	264
no tortilla or cheese (GLUTEN & PRESERVATIVE FREE)	per serve	350g	421	1760	33	10.3	3.6	48.2	6.2	924
BEEF GUERRERO										
Slow roasted beef in GYG's Guerrero marinade with rice, black beans, pico de gallo salsa and cheese and filling										
Filling Options	Serving Size	Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
flour tortilla	per 100 grams	100g	175	733	11	5.8	2.6	19.4	2.2	401
flour tortilla	per serve	466g	818	3420	51.1	27.3	12.2	90.6	10.3	1870
whole wheat tortilla	per 100 grams	100g	178	742	11.1	6	3	19.9	1.6	380
whole wheat tortilla	per serve	460.5g	818	3420	51	27.6	13.7	91.5	7.4	1750
flour tortilla and no cheese	per 100 grams	100g	160	669	10	4	1.2	20.5	1.7	385
flour tortilla and no cheese	per serve	436g	699	2920	43.5	17.3	5.4	89.4	7.6	1680
whole wheat tortilla and no cheese	per 100 grams	100g	162	678	10.1	4.1	1.6	21	1.1	362
whole wheat tortilla and no cheese	per serve	430.5g	699	2920	43.4	17.7	6.9	90.3	4.7	1560
no tortilla (GLUTEN & PRESERVATIVE FREE)	per 100 grams	100g	140	584	11.6	5	2.6	11.9	0.9	277
no tortilla (GLUTEN & PRESERVATIVE FREE)	per serve	370g	517	2160	42.9	18.6	9.8	43.9	3.3	1020
no tortilla or cheese (GLUTEN & PRESERVATIVE FREE)	per 100 grams	100g	117	488	10.4	2.6	0.9	12.9	1	246
no tortilla or cheese (GLUTEN & PRESERVATIVE FREE)	per serve	340g	397	1660	35.2	8.7	3	43.9	3.3	835

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PORK CHIPOTLE										
Slow roasted pork in GYG's spicy chipotle marinade with, rice, black beans, pico de gallo salsa, cheese and filling										
Filling Options	Serving Size	Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
flour tortilla	per 100 grams	100g	191	799	10.7	7.2	3	19.4	2	404
flour tortilla	per serve	466g	868	3630	49.8	33.7	14.2	90.6	9.5	1880
whole wheat tortilla	per 100 grams	100g	189	788	10.8	7.4	3.4	19.9	1.4	383
whole wheat tortilla	per serve	460g	866	3620	49.6	34	15.7	91.4	6.6	1760
flour tortilla and no cheese	per 100 grams	100g	172	718	9.7	5.4	1.7	20.5	1.6	388
flour tortilla and no cheese	per serve	436g	749	3130	42.1	23.7	7.4	89.4	6.9	1690
whole wheat tortilla and no cheese	per 100 grams	100g	174	727	9.8	5.6	2.1	21	0.9	365
whole wheat tortilla and no cheese	per serve	430.5g	749	3130	42	24.1	8.9	90.3	4	1570
no tortilla (GLUTEN & PRESERVATIVE FREE)	per 100 grams	100g	153	641	11.2	6.8	3.2	11.9	0.7	281
no tortilla (GLUTEN & PRESERVATIVE FREE)	per serve	370g	567	2370	41.5	25	11.8	43.9	2.6	1040
no tortilla or cheese (GLUTEN & PRESERVATIVE FREE)	per 100 grams	100g	132	551	10	4.4	1.5	12.9	0.7	250
no tortilla or cheese (GLUTEN & PRESERVATIVE FREE)	per serve	340g	447	1870	33.8	15.1	5	43.9	2.5	849
BARRAMUNDI										
Grilled fish in GYG's Guerrero marinade with rice, black beans, pico de gallo salsa, cheese and filling										
Filling Options	Serving Size	Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
flour tortilla	per 100 grams	100g	164	684	9.1	5.4	2.3	19.4	2.2	472
flour tortilla	per serve	466g	763	3190	42.4	25.2	10.6	90.6	10.3	2200
whole wheat tortilla	per 100 grams	100g	166	692	9.2	5.5	2.6	19.9	1.6	452
whole wheat tortilla	per serve	460.5g	763	3190	42.2	25.5	12.1	91.5	7.4	2080
flour tortilla and no cheese	per 100 grams	100g	148	617	8	3.5	0.9	20.5	1.8	461
flour tortilla and no cheese	per serve	436g	644	2690	34.7	15.2	3.8	89.4	7.6	2010
whole wheat tortilla and no cheese	per 100 grams	100g	150	625	8	3.6	1.2	21	1.1	439
whole wheat tortilla and no cheese	per serve	430.5g	708	2960	34.6	15.6	5.3	90.3	4.8	1890
no tortilla (GLUTEN & PRESERVATIVE FREE)	per 100 grams	100g	125	522	9.2	4.5	2.2	11.9	0.9	366
no tortilla (GLUTEN & PRESERVATIVE FREE)	per serve	370g	462	1930	34.1	16.5	8.2	43.9	3.3	1360
no tortilla or cheese (GLUTEN & PRESERVATIVE FREE)	per 100 grams	100g	101	421	7.8	1.9	0.4	12.9	1	343
no tortilla or cheese (GLUTEN & PRESERVATIVE FREE)	per serve	340g	342	1430	26.4	6.6	1.4	43.9	3.3	1160
VEGGIE (GAUC INCLUDED)										
Saute capsicum, onions, mushrooms with guacamole and pico de gallo salsa										
Filling Options	Serving Size	Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
flour tortilla	per 100 grams	100g	156	652	5.6	5.9	2.3	19.8	2.3	394
flour tortilla	per serve	496g	773	3230	27.6	29.2	11.4	98.4	11.5	1950
whole wheat tortilla	per 100 grams	100g	158	659	5.6	6	2.6	20.2	1.8	373
whole wheat tortilla	per serve	490.5g	773	3230	27.5	29.5	12.9	99.3	8.6	1830
flour tortilla and no cheese	per 100 grams	100g	140	587	4.3	4.1	1	21	1.9	378
flour tortilla and no cheese	per serve	466g	653	2730	19.9	19.2	4.6	98.1	8.8	1760
whole wheat tortilla and no cheese	per 100 grams	100g	142	594	4.3	4.2	1.3	21.5	1.3	356
whole wheat tortilla and no cheese	per serve	460.5g	653	2730	19.8	19.6	6.1	99	5.9	1640
no tortilla (GLUTEN & PRESERVATIVE FREE)	per 100 grams	100g	118	494	4.8	5.1	2.3	13.2	1.1	277
no tortilla (GLUTEN & PRESERVATIVE FREE)	per serve	400g	471	1970	19.3	20.5	9	52.6	4.5	1110
no tortilla or cheese (GLUTEN & PRESERVATIVE FREE)	per 100 grams	100g	95	399	3.2	2.9	0.6	14.2	1.2	248
no tortilla or cheese (GLUTEN & PRESERVATIVE FREE)	per serve	370g	354	1480	11.7	10.6	2.2	52.6	4.5	917

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MINI B' BURRITOS'											
CHICKEN GUERRERO											
Grilled chicken in GYG's Guerrero marinade with rice, black beans, pico de gallo salsa, cheese and filling											
Filling Options	Serving Size		Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
flour tortilla	per 100 grams	100g	184	771	11.2	5.9	2.9	21.7	1.5	372	
flour tortilla	per serve	278g	512	2140	31	16.4	8	60.3	4.3	1040	
flour tortilla and no cheese	per 100 grams	100g	168	702	10	3.8	1.4	23.1	1	352	
flour tortilla and no cheese	per serve	258g	433	1810	25.9	9.8	3.5	59.5	2.7	908	
SPICY CHICKEN GUERRERO											
Grilled chicken in GYG's Guerrero marinade with rice, black beans, pico de gallo & tomatillo salsa, cheese and filling											
Filling Options	Serving Size		Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
flour tortilla	per 100 grams	100g	185	773	11.2	5.9	2.9	21.7	1.4	387	
flour tortilla	per serve	278g	514	2150	31.1	16.5	8	60.3	3.9	1080	
flour tortilla and no cheese	per 100 grams	100g	168	704	10.1	3.8	1.4	23.1	0.9	368	
flour tortilla and no cheese	per serve	258g	435	1820	26	9.8	3.5	59.5	2.4	950	
STEAK CHIPOTLE											
BBQ Steak in GYG's spicy chipotle marinade with rice, black beans, pico de gallo & tomatillo salsa, cheese and filling											
Filling Options	Serving Size		Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
flour tortilla	per 100 grams	100g	194	809	10	6.7	3.3	23	1.9	417	
flour tortilla	per serve	268g	519	2170	26.7	18.1	8.9	61.7	5	1120	
flour tortilla and no cheese	per 100 grams	100g	177	740	8.7	4.6	1.8	24.8	1.6	400	
flour tortilla and no cheese	per serve	248g	440	1840	21.6	11.4	4.4	61.5	3.9	991	
BEEF GUERRERO											
Slow roasted beef in GYG's Guerrero marinade with rice, black beans, pico de gallo salsa, cheese and filling											
Filling Options	Serving Size		Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
flour tortilla	per 100 grams	100g	202	844	11.1	7.9	3.7	21.7	1.4	400	
flour tortilla	per serve	278g	562	2350	30.8	22	10.2	60.3	3.9	1110	
flour tortilla and no cheese	per 100 grams	100g	175	732	10.3	4.5	1.8	23.1	1	382	
flour tortilla and no cheese	per serve	258g	452	1890	26.5	11.6	4.5	59.5	2.7	986	
PORK CHIPOTLE											
Slow roasted pork in GYG's spicy chipotle marinade with rice, black beans, pico de gallo & tomatillo salsa, cheese and filling											
Filling Options	Serving Size		Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
flour tortilla	per 100 grams	100g	202	844	11.1	7.9	3.7	21.7	1.4	400	
flour tortilla	per serve	278g	562	2350	30.8	22	10	60.3	3.9	1110	
flour tortilla and no cheese	per 100 grams	100g	187	781	9.9	6	2.2	23.1	0.9	382	
flour tortilla and no cheese	per serve	258g	481	2010	25.6	15.4	5.7	59.5	2.3	986	
BARRAMUNDI											
Grilled fish in GYG's Guerrero marinade with rice, black beans, pico de gallo salsa, cheese and filling											
Filling Options	Serving Size		Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
flour tortilla	per 100 grams	100g	179	749	9.5	6.1	2.9	21.7	1.5	472	
flour tortilla	per serve	278g	498	2080	26.3	17	8.1	60.3	4.3	1310	
flour tortilla and no cheese	per 100 grams	100g	162	678	8.2	4	1.4	23.1	1	459	
flour tortilla and no cheese	per serve	258g	419	1750	21.2	10.3	3.5	59.5	2.7	1180	
VEGGIE (GAUC INCLUDED)											
Saute capsicum, onions, mushrooms with guacamole and pico de gallo salsa											
Filling Options	Serving Size		Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
flour tortilla	per 100 grams	100g	159	664	5.2	6.9	2.9	21	1.6	391	
flour tortilla	per serve	318g	505	2110	16.6	22	9.3	66.7	5	1240	
flour tortilla and no cheese	per 100 grams	100g	160	667	4.7	4.6	1.5	24.7	1.2	378	
flour tortilla and no cheese	per serve	258g	411	1720	12.2	11.7	3.8	63.7	3.1	976	

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SOFT SHELL TACOS										
ALL TACO'S ARE SERVED AS 2 OR 3. FILLING COMBINATIONS MAY VARY. CALCULATIONS ARE PER (1) TACO										
Soft corn tortilla with black beans, pico de galo salsa and filling										
Filling Options	Serving Size		Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium
Chicken Guerrero	per 100 grams	100g	135	563	8.9	1.6	0.3	21	1.5	136
Chicken Guerrero	per taco	140g	189	788	12.4	2.2	0.5	29.4	2.1	190
Spicy Chicken Guerrero with tomatillo salsa	per 100 grams	100g	136	567	8.9	1.7	0.3	21	1.2	166
Spicy Chicken Guerrero with tomatillo salsa	per taco	140g	190	794	12.4	2.3	0.5	29.4	1.8	232
Steak Chipotle with tomatillo salsa	per 100 grams	100g	143	599	8.1	2.5	0.8	21.6	1.8	189
Steak Chipotle with tomatillo salsa	per taco	140g	201	839	11.4	3.5	1.1	30.3	2.5	265
Beef Guerrero	per 100 grams	100g	141	591	9.1	2.3	0.7	21	1.5	164
Beef Guerrero	per taco	140g	198	827	12.7	3.2	1	29.4	2.1	229
Pork Chipotle with tomatillo salsa	per 100 grams	100g	153	638	8.8	3.7	1.1	21	1.2	178
Pork Chipotle with tomatillo salsa	per taco	140g	214	893	12.3	5.1	1.6	29.4	1.8	250
Barramundi	per 100 grams	100g	129	541	7.2	1.8	0.4	21	1.5	234
Barramundi	per taco	140g	181	758	10.1	2.5	0.5	29.4	2.1	328
Vegetarian	per 100 grams	100g	117	491	3.7	2.3	0.5	20.2	1.8	160
Vegetarian	per taco	160g	188	786	5.9	3.7	0.8	32.4	2.6	256
HARD SHELL TACOS										
ALL TACO'S ARE SERVED AS 2 OR 3. FILLING COMBINATIONS MAY VARY. CALCULATIONS ARE PER (1) TACO										
Hard corn tortilla with black beans, pico de galo salsa, cheese and filling										
Filling Options	Serving Size		Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium
Chicken Guerrero	per 100 grams	100g	198	828	13	9.1	3	16.3	1.6	205
Chicken Guerrero	per taco	98g	194	811	12.8	9	3	16	1.6	201
Spicy Chicken Guerrero with tomatillo salsa	per 100 grams	100g	199	831	13	9.2	3	16.2	1.1	227
Spicy Chicken Guerrero with tomatillo salsa	per taco	98g	195	814	12.8	9	3	15.9	1.1	222
Steak Chipotle with tomatillo salsa	per 100 grams	100g	210	877	11.9	10.3	3.6	17.1	1.9	260
Steak Chipotle with tomatillo salsa	per taco	98g	206	859	11.7	10.1	3.6	16.8	1.8	255
Beef Guerrero	per 100 grams	100g	208	868	13.3	10.1	3.5	16.3	1.6	245
Beef Guerrero	per taco	98g	203	850	13	9.9	3.5	16	1.6	240
Pork Chipotle with tomatillo salsa	per 100 grams	100g	223	932	12.9	12	4.2	16.2	1.1	245
Pork Chipotle with tomatillo salsa	per taco	98g	218	913	12.6	11.8	4.1	15.9	1.1	240
Barramundi	per 100 grams	100g	191	797	10.6	9.4	3	16.3	1.6	346
Barramundi	per taco	98g	187	781	10.4	9.2	3	16	1.6	339
Vegetarian	per 100 grams	100g	164	686	5.3	8.9	2.7	16	1.8	227
Vegetarian	per taco	118g	193	808	6.2	10.4	3.2	18.9	2.1	267
QUESADILLAS										
All quesadillas are served as 2 or 3. Filling combinations may vary. Calculations are per Quesadilla (1)										
Soft corn tortilla with pico de galo salsa, cheese and filling										
Filling Options	Serving Size		Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium
Chicken Guerrero	per 100 grams	100g	193	807	14.8	10	6.2	11.6	1.7	269
Chicken Guerrero	per quesadilla	115g	222	929	17	11.5	7.2	13.3	1.9	310
Spicy Chicken Guerrero with tomatillo salsa	per 100 grams	100g	194	810	14.8	10	6.2	11.6	1.5	287
Spicy Chicken Guerrero with tomatillo salsa	per quesadilla	115g	223	932	17	11.5	7.2	13.3	1.7	330
Steak Chipotle with tomatillo salsa	per 100 grams	100g	203	849	13.9	11	6.8	12.4	2.1	316
Steak Chipotle with tomatillo salsa	per quesadilla	115g	234	977	15.9	12.7	7.8	14.2	2.5	364
Beef Guerrero	per 100 grams	100g	201	841	15	10.8	6.7	11.6	1.7	303
Beef Guerrero	per quesadilla	115g	232	968	17.3	12.4	7.7	13.3	1.9	348
Pork Chipotle with tomatillo salsa	per 100 grams	100g	214	896	14.7	12.4	7.2	11.6	1.5	303
Pork Chipotle with tomatillo salsa	per quesadilla	115g	246	1030	16.9	14.3	8.3	13.3	1.7	348
Barramundi	per 100 grams	100g	187	781	12.7	10.2	6.3	11.6	1.7	389
Barramundi	per quesadilla	115g	215	899	14.6	11.8	7.2	13.3	1.9	448
Vegetarian	per 100 grams	100g	164	686	7.7	9.6	5.5	12.1	2	278
Vegetarian	per quesadilla	135g	222	927	10.4	13	17.4	16.3	2.7	376

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NACHOS										
Corn chips, black beans, pico de galo salsa, cheese, guacamole and filling										
Filling Options	Serving Size	Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
Chicken Guerrero	per 100 grams	100g	215	902	10.9	11.6	3.8	17.3	1.5	244
Chicken Guerrero	per serve	500g	1078	4510	54.5	58	18.8	86.6	7.5	1220
Spicy Chicken Guerrero	per 100 grams	100g	216	905	10.9	11.6	3.8	17.3	1.4	261
Spicy Chicken Guerrero	per serve	500g	1080	4520	54.5	58.2	18.8	86.6	6.8	1300
Steak Chipotle	per 100 grams	100g	223	935	10.2	12.4	4.2	17.9	1.8	283
Steak Chipotle	per serve	500g	1116	4670	50.9	62	20.8	89.7	9.3	1410
Beef Guerrero	per 100 grams	100g	221	928	11.1	12.2	4.1	17.3	1.5	270
Beef Guerrero	per serve	500g	1109	4640	55.4	61.1	20.5	86.6	7.5	1350
Pork Chipotle	per 100 grams	100g	232	971	10.8	13.5	4.5	17.3	1.4	273
Pork Chipotle	per serve	500g	1160	4850	54	67.5	22.5	86.6	6.8	1360
Barramundi	per 100 grams	100g	210	882	9.3	11.8	3.8	17.3	1.5	336
Barramundi	per serve	500g	1054	4410	46.6	59	18.9	86.6	7.5	1680
Veggie (guac included)	per 100 grams	100g	199	835	6.3	11.3	3.6	18.4	1.9	239
Veggie (guac included)	per serve	500g	999	4180	31.6	56.7	18.1	92	9.7	1200
SALAD										
Grilled chicken in GYG's Guerrero marinade served with a mixed leaf lettuce, sweet corn, cucumber, pico de gallo salsa and vinaigrette dressing										
Filling Options	Serving Size	Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
Grilled chicken Guerrero salad	per 100 grams	100g	66	275	7.5	1.6	0.6	5	1.9	157
Grilled chicken Guerrero salad	per serve	400g	263	1100	30	6.2	2.5	19.9	7.4	628
Steak Chipotle Salad	per 100 grams	100g	87	362	6.6	3.5	0.9	6.6	3.3	235
Steak Chipotle Salad	per serve	400g	347	1450	26.4	13.8	3.7	26.5	13.3	939
KIDS PICKS										
The 'Little Guy Burrito'										
Mild' Chicken or Beef Guerrero with rice and cheddar cheese rolled in a soft tortilla										
Filling Options	Serving Size	Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
Chicken Guerrero (mild)	per 100 grams	100g	253	1060	14.8	10.1	5.4	26	1	466
Chicken Guerrero (mild)	per serve	400g	476	1990	27.8	18.9	10.1	48.8	1.9	877
Beef Guerrero	per 100 grams	100g	260	1090	15	10.9	5.8	26	1	501
Beef Guerrero	per serve	400g	492	2060	28.2	20.5	10.9	48.8	1.9	942
Quesadillas										
Filling Options	Serving Size	Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
Cheddar Cheese	per 100 grams	100g	354	1480	14.4	17.4	10.2	35	1.1	747
Cheddar Cheese	per serve	98g	327	1370	13.4	16.2	9.5	32.6	1	694
Nachos										
Filling Options	Serving Size	Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
Cheddar Cheese	per 100 grams	100g	463	1940	13.6	29.9	10	38.5	1	278
Cheddar Cheese	per serve	160g	740	3100	21.8	47.9	16	61.5	1.7	444
SIDES										
Filling Options	Serving Size	Calories	Energy (kj)	Protein	Fat, total	Saturated	Carbs	Sugar	Sodium	
Guacamole & Chips - 70g guac & 90g chips	per serve	160g	550	2300	6.7	31.6	3.8	59.8	2.1	350
Pico & Chips - 70g pico & 90g chips	per serve	160g	486	2030	6.5	25.3	2.2	58.4	4.1	225
Tomatillo & Chips - 70g Tomatillo & 90g chips	per serve	160g	490	2050	6.6	25.7	2.2	58.4	2.8	372
Chips	per serve	90g	435	1820	5.4	22.4	1.4	52.8	1.1	48
4.184 kilojoules = 1 Calorie										