



**ALLERGEN,
INGREDIENT, AND
NUTRITIONAL
INFORMATION**



At Guzman y Gomez we are all passionate about the quality of both the food and the experience that all our guests receive during their visit to our restaurants.

We have developed a HACCP (Hazard analysis and critical control points) based food safety program to ensure that both the food safety and the quality of our food both meets and exceeds our guest's expectations. We are committed to the taste, freshness, and overall quality of the GYG product as well as the animal welfare practices that are involved in producing our ingredients that make up the GYG menu.

As we build the GYG group we will remain committed to the safety and quality of our food for both the current menu and the new product innovations that we are continually working on. We will continue to maintain, develop and improve the quality of the GYG food over time, and make use of new and emerging technologies in this pursuit of Quality.

GYG FOOD SAFETY AND QUALITY POLICY



ALLERGENS & DIETARY INFORMATION

Menu items may contain gluten, wheat, milk and egg. Removing an ingredient may not eliminate its presence. Any ingredient in our kitchens may be present in menu items. This is not shown in the below information.

KEY:

- X** Indicates the menu component not suitable in avoiding the listed allergen, ingredient or dietary preference
- TRACE*** Indicates menu component is made on the same line that also processes products containing these allergens
- TRACE** Indicates the menu component is made in a facility that also processes products containing these allergens

	SULPHITES	GLUTEN / WHEAT	CRUSTACEAN	EGG	MILK/DAIRY	PEANUTS	SESAME SEEDS	SOY	TREE NUTS	LUPINS	VEGETARIAN	VEGAN
Bacon											NO	NO
Beef - Ground (Mild)											NO	NO
Beef - Ground (Spicy)											NO	NO
Beef (Mild)											NO	NO
Beef (Spicy)											NO	NO
Black Beans												
Carrot Chips (Fresh Carrots)												
Cheese					X							NO
Chicken (Mild)											NO	NO
Chicken (Spicy)											NO	NO
Chipotle Fry Seasoning	X											
Chipotle Mayo				X				X				
Churros	TRACE*	X										
Corn												
Corn Chips												



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Corn Tortilla (Hard and soft shell tacos)												
Cucumber												
Dulche De Leche					X							NO
Flour Tortilla (Burrito, Enchilada, Soft flour tortilla, Flour Quesadilla)		X						X				
Fries												
Guacamole												
Habanero Salsa												
Hash Browns	TRACE	TRACE										
Horchata					X				X			NO
Jalapeño Ketchup		X										
Ketchup		X										
Lettuce Mix												
Mexican Vinaigrette								X				
Pickled Jalapeños												



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Pico de Gallo												
Pinto Beans												
Pork (Mild)								X			NO	NO
Pork (Spicy)								X			NO	NO
Queso					X							NO
Queso (Mild)					X							NO
Queso (Spicy)					X							NO
Roasted Jalapeño Salsa												
Salt (Plain)												
Scrambled Eggs				X	X							NO
Smokey Chipotle Salsa												
Sour Cream					X							NO
Spicy Sauce												
Tomatillo Salsa												
Vegetables (Mild)												



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Vegetables (Spicy)	X	X	X	X	X	X	X	X	X	X
White Rice										

VEGETARIAN	VEGAN
X	X



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BOWL	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Flame-Grilled Chicken	690	21	8	0.5	145	1680	90	8	4	0	42
Mild Sirloin Steak	750	29	12	0.5	55	1630	88	8	4	0	42
Mild Pork Carnitas	760	28	11	0.5	120	1790	89	8	4	0	45
Mild Sautéed Vegetables and Guacamole	700	29	9	0	30	1620	103	14	7	0	19
Mild Seasoned Ground Beef	710	28	13	0	75	1550	92	8	5	0	28
Mild Shredded Beef Brisket	680	23	9	0	90	1740	89	8	3	0	35
For Spicy add	+ 15	+ 0.5	+ 0	+ 0	+ 0	+ 165	+ 2	+ 0	+ Less than 1	+ Less than 1	+ 0

BURRITO	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Flame-Grilled Chicken	790	24	10	0.5	145	2090	105	8	5	less than 1	46
Mild Sirloin Steak	850	32	15	1.0	55	2040	103	8	4	less than 1	46
Mild Pork Carnitas	860	31	13	0.5	120	2200	103	8	4	1	49
Mild Sautéed Vegetables and Guacamole	800	31	11	0.5	30	2030	118	14	7	less than 1	23
Mild Seasoned Ground Beef	810	31	15	0.5	75	1960	107	8	6	less than 1	32
Mild Shredded Beef Brisket	780	26	12	0.5	90	2150	104	8	4	less than 1	39
For Spicy add	+ 15	+ 0.5	+ 0	+ 0	+ 0	+ 170	+ 2	+ 0	+ Less than 1	+ Less than 1	+ 0

CALI BURRITO	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Flame-Grilled Chicken	920	44	16	1.0	170	2060	91	10	6	1	47
Mild Sirloin Steak	990	52	21	1.0	80	2020	89	10	6	1	47
Mild Pork Carnitas	1000	52	19	1.0	145	2180	90	10	6	1	50
Mild Sautéed Vegetables	840	43	16	0.5	55	1810	99	12	8	1	23
Mild Seasoned Ground Beef	940	52	21	0.5	100	1940	93	10	7	1	33
Mild Shredded Beef Brisket	910	47	18	0.5	115	2130	90	10	5	1	40
For Spicy add	+ 20	+ 1	+ 0	+ 0	+ 0	+ 370	+ 3	+ 0	+ Less than 1	+ Less than 1	+ 0



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ENCHILADA	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Flame-Grilled Chicken	1100	42	18	1.0	175	3110	137	14	10	less than 1	54
Mild Sirloin Steak	1170	50	22	1.0	90	3070	135	14	10	less than 1	55
Mild Pork Carnitas	1180	50	21	1.0	150	3220	135	14	10	1	57
Mild Sautéed Vegetables and Guacamole	1110	50	18	1.0	65	3050	149	20	13	less than 1	32
Mild Seasoned Ground Beef	1120	50	23	1.0	110	2990	138	14	12	less than 1	40
Mild Shredded Beef Brisket	1090	45	19	1.0	125	3180	135	14	10	less than 1	47
For Spicy add	+ 15	+ 0.5	+ 0	+ 0	+ 0	+ 170	+ 2	+ 0	+ Less than 1	+ Less than 1	+ 0

NACHO FRIES	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Flame-Grilled Chicken	980	54	19	1.0	190	1830	85	13	6	less than 1	48
Mild Sirloin Steak	1050	61	23	1.0	100	1790	83	13	5	less than 1	48
Mild Pork Carnitas	1060	61	22	1.0	165	1950	83	13	5	1	51
Mild Sautéed Vegetables	900	53	18	0.5	75	1580	92	15	8	less than 1	24
Mild Seasoned Ground Beef	1000	61	24	0.5	120	1710	86	13	7	less than 1	34
Mild Shredded Beef Brisket	970	56	20	0.5	135	1900	83	13	5	less than 1	41
For Spicy add	+ 20	+ 1	+ 0	+ 0	+ 0	+ 370	+ 3	+ 0	+ Less than 1	+ Less than 1	+ 0

NACHOS	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Flame-Grilled Chicken	1030	50	17	0.5	175	1740	106	16	6	0	51
Mild Sirloin Steak	1090	58	21	1.0	90	1690	104	16	5	0	51
Mild Pork Carnitas	1100	58	19	0.5	150	1850	104	16	5	0	54
Mild Sautéed Vegetables	940	49	16	0.5	60	1480	113	18	7	0	27
Mild Seasoned Ground Beef	1040	57	21	0.5	105	1610	108	16	7	0	37
Mild Shredded Beef Brisket	1020	52	18	0.5	120	1800	105	16	5	0	44
For Spicy add	+ 15	+ 0.5	+ 0	+ 0	+ 0	+ 170	+ 2	+ 0	+ Less than 1	+ Less than 1	+ 0



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QUESADILLA	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Flame-Grilled Chicken	260	12	7	0	85	550	17	0	less than 1	0	21
Mild Sirloin Steak	300	16	9	0	45	530	16	0	0	0	21
Mild Pork Carnitas	300	16	9	0	75	610	16	0	less than 1	0	23
Mild Sautéed Vegetables and Guacamole	220	12	7	0	30	430	21	1	2	0	9
Mild Seasoned Ground Beef	270	16	10	0	50	490	18	0	1	0	14
Mild Shredded Beef Brisket	260	14	8	0	60	590	16	0	0	0	18
For Spicy add	+ 10	+ 0	+ 0	+ 0	+ 0	+ 80	+ 1	+ 0	+ 0	+ 0	+ 0

SALAD	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Flame-Grilled Chicken	280	15	2.0	0	115	790	11	3	5	less than 1	28
Mild Sirloin Steak	350	23	6	0	30	750	9	3	5	less than 1	28
Mild Pork Carnitas	360	23	4.5	0	90	900	10	3	5	less than 1	31
Mild Sautéed Vegetables and Guacamole	290	23	2.5	0	0	730	24	9	8	less than 1	5
Mild Seasoned Ground Beef	300	23	7	0	45	670	13	3	7	less than 1	14
Mild Shredded Beef Brisket	270	18	3.0	0	60	860	10	3	5	less than 1	21
For Spicy add	+ 15	+ 0.5	+ 0	+ 0	+ 0	+ 170	+ 2	+ 0	+ Less than 1	+ Less than 1	+ 0

\$2.50 TACO	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Seasoned Ground Beef	220	12	4.5	0	25	220	22	2	1	0	8
Spicy Seasoned Ground Beef	230	12	4.5	0	25	300	23	2	2	0	8



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1 TACO - HARD SHELL	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Flame-Grilled Chicken	230	10	3	0	55	350	22	2	2	0	15
Mild Sirloin Steak	260	13	4.5	0	20	340	21	2	1	0	15
Mild Pork Carnitas	260	13	4	0	45	400	22	2	1	0	16
Mild Sautéed Vegetables and Guacamole	290	18	4	0	10	450	30	7	3	0	6
Mild Seasoned Ground Beef	240	13	5	0	30	300	23	2	2	0	9
Mild Shredded Beef Brisket	230	11	3.5	0	35	380	22	2	1	0	12
For Spicy add	+ 10	+ 0	+ 0	+ 0	+ 0	+ 80	+ 1	+ 0	+ 0	+ 0	+ 0

1 TACO - SOFT SHELL	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Flame-Grilled Chicken	180	7	3	0	55	440	16	Less than 1	1	0	15
Mild Sirloin Steak	200	10	5	0	20	420	15	Less than 1	1	0	15
Mild Pork Carnitas	210	10	4.5	0	45	480	15	Less than 1	1	0	16
Mild Sautéed Vegetables and Guacamole	240	15	4	0	10	530	24	6	3	0	6
Mild Seasoned Ground Beef	190	10	5	0	30	390	16	Less than 1	2	0	9
Mild Shredded Beef Brisket	170	8	3.5	0	35	470	15	Less than 1	1	0	12
For Spicy add	+ 10	+ 0	+ 0	+ 0	+ 0	+ 80	+ 1	+ 0	+ 0	+ 0	+ 0

FRIES	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Fries with Chipotle Seasoning - Kids	220	10	1	0	0	680	31	4	0	0	3
Fries with Chipotle Seasoning - Large	440	20	2	0	0	1360	63	8	Less than 1	Less than 1	7
Fries with Chipotle Seasoning - Regular	370	17	1.5	0	0	1140	52	6	Less than 1	Less than 1	5
Chipotle Mayo	190	21	1	0	0	330	2	0	1	1	0
Jalapeño Ketchup	40	0	0	0	0	420	10	0	8	8	0
Queso Fries - Mild	610	39	15	0	65	1590	58	7	4	Less than 1	11
Queso Fries - Spicy	610	39	15	0	65	1590	59	7	4	Less than 1	11



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SIDES	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Black Beans	130	1.5	0	0	0	580	36	10	0	0	6
Corn Chips	470	19	2	0	0	90	70	6	1	0	7
Corn Chips with Large Guac	730	44	6	0	0	660	86	18	3	0	11
Corn Chips with Regular Guac	600	32	3.5	0	0	380	78	12	2	0	9
Fresh Jalapeño	5	0	0	0	0	0	1	Less than 1	Less than 1	0	0
Mild Queso Large	350	31	19	0	95	680	9	Less than 1	4	0	8
Mild Queso Regular	170	16	9	0	45	340	5	0	2	0	4
Pico de Gallo	15	0	0	0	0	210	3	Less than 1	2	0	Less than 1
Pinto Beans	190	3.5	0	0	0	940	33	8	2	0	12
Plain Queso Large	340	31	19	0	95	560	8	0	3	0	8
Plain Queso Regular	170	16	9	0	45	280	4	0	2	0	4
Sour Cream	80	7	4.5	0	25	130	3	0	1	0	1
Spicy Queso Large	350	31	19	0	95	680	10	Less than 1	4	0	8
Spicy Queso Regular	170	16	10	0	45	340	5	0	2	0	4
Tomatillo Salsa	40	1	0	0	0	720	8	2	4	0	Less than 1
White Rice	190	3	0	0	0	310	38	Less than 1	0	0	4

DESSERTS	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Churros Sundae with Chocolate Sauce	630	27	12	0	30	330	85	4	46	33	14
Churros Sundae with Dulce de Leche	600	20	7	0	15	290	91	3	55	31	15
Churros with Chocolate Sauce	620	32	9	0	25	380	73	5	13	13	11
Churros with Dulce De Leche	580	24	3.5	0	10	340	79	4	22	11	12
Sundae with Chocolate Sauce	390	16	11	0	30	170	53	2	43	30	8
Sundae with Dulce de Leche	350	9	6	0	15	130	59	1	52	28	9



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SWAP BLACK BEANS FOR PINTO BEANS	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Burrito, Bowl, Enchilada, Nachos	+ 25	+ 1	+ 0	+ 0	+ 0	+ 150	- 1	- 1	+ 1	+ 0	+ 2
Minis: Bowl, Burrito, Enchilada, Nachos	+ 15	+ 0	+ 0	+ 0	+ 0	+ 75	- 1	+ 0	+ 0	+ 0	+ 1



MINIS NUTRITIONAL INFORMATION

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Mild Flame-Grilled Chicken	430	13	5	0	75	970	58	4	2	0	23
Mild Sirloin Steak	460	17	7	0	35	940	57	4	2	0	23
Mild Pork Carnitas	470	17	7	0	65	1020	57	4	2	0	25
Mild Sautéed Vegetables and Guacamole	430	17	5	0	20	940	64	7	3	0	12
Mild Seasoned Ground Beef	440	17	8	0	40	910	59	4	3	0	16
Mild Shredded Beef Brisket	420	14	6	0	50	1000	57	4	2	0	20
For Spicy add	+ 10	+ 0	+ 0	+ 0	+ 0	110	+ 2	+ 0	+ 0	+ 0	+ 0

MINI BURRITO	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Flame-Grilled Chicken	460	14	7	0	75	1180	61	4	3	less than 1	25
Mild Sirloin Steak	490	18	9	0.5	35	1150	60	4	2	less than 1	25
Mild Pork Carnitas	500	18	8	0	65	1230	60	4	2	less than 1	27
Mild Sautéed Vegetables and Guacamole	460	18	7	0	20	1150	67	7	4	less than 1	14
Mild Seasoned Ground Beef	470	18	9	0	40	1110	61	4	3	less than 1	18
Mild Shredded Beef Brisket	450	16	7	0	50	1210	60	4	2	less than 1	22
For Spicy add	+ 10	+ 0	+ 0	+ 0	+ 0	110	+ 2	+ 0	+ 0	+ 0	+ 0

MINI CALI BURRITO	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Flame-Grilled Chicken	560	25	9	0	85	1500	60	6	3	less than 1	25
Mild Sirloin Steak	590	29	11	0.5	40	1480	59	6	3	less than 1	25
Mild Pork Carnitas	590	29	10	0	70	1560	59	6	3	less than 1	27
Mild Sautéed Vegetables	510	25	8	0	25	1370	64	7	4	less than 1	13
Mild Seasoned Ground Beef	560	29	11	0	50	1440	61	6	4	less than 1	18
Mild Shredded Beef Brisket	550	27	9	0	55	1530	59	6	3	less than 1	22
For Spicy add	+ 15	+ 0.5	+ 0	+ 0	+ 0	+ 230	+ 2	+ 0	+ Less than 1	+ 0	+ 0



MINIS NUTRITIONAL INFORMATION

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MINI ENCHILADA	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Flame-Grilled Chicken	630	24	10	0.5	95	1690	78	7	5	less than 1	29
Mild Sirloin Steak	660	28	12	0.5	50	1660	77	7	5	less than 1	30
Mild Pork Carnitas	660	28	12	0.5	80	1740	77	7	5	less than 1	31
Mild Sautéed Vegetables and Guacamole	630	28	11	0.5	35	1650	85	10	7	less than 1	18
Mild Seasoned Ground Beef	630	28	13	0.5	60	1620	79	7	6	less than 1	23
Mild Shredded Beef Brisket	620	25	11	0.5	65	1720	78	7	5	less than 1	26
For Spicy add	+ 10	+ 0	+ 0	+ 0	+ 0	110	+ 2	+ 0	+ 0	+ 0	+ 0

MINI NACHO FRIES	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Flame-Grilled Chicken	640	34	10	0	95	1040	63	9	3	less than 1	26
Mild Sirloin Steak	670	38	12	0.5	50	1020	62	9	3	less than 1	26
Mild Pork Carnitas	680	37	11	0	80	1100	62	9	3	less than 1	28
Mild Sautéed Vegetables	600	33	10	0	40	910	67	10	4	less than 1	14
Mild Seasoned Ground Beef	650	37	12	0	60	980	64	9	4	less than 1	19
Mild Shredded Beef Brisket	630	35	11	0	70	1070	63	9	3	less than 1	23
For Spicy add	+ 15	+ 0.5	+ 0	+ 0	+ 0	+ 230	+ 2	+ 0	+ Less than 1	+ 0	+ 0

MINI NACHOS	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Flame-Grilled Chicken	510	25	8	0	85	870	53	8	3	0	25
Mild Sirloin Steak	540	29	10	0	45	850	52	8	3	0	26
Mild Pork Carnitas	550	29	10	0	75	930	52	8	3	0	27
Mild Sautéed Vegetables	470	25	8	0	30	740	57	9	4	0	13
Mild Seasoned Ground Beef	520	29	11	0	55	810	54	8	3	0	18
Mild Shredded Beef Brisket	510	26	9	0	60	900	52	8	2	0	22
For Spicy add	+ 10	+ 0	+ 0	+ 0	+ 0	110	+ 2	+ 0	+ 0	+ 0	+ 0



LITTLE G'S NUTRITIONAL INFORMATION

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KIDS BURRITO	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Flame-Grilled Chicken	460	17	8	0.5	85	920	52	1	1	less than 1	25
Mild Sirloin Steak	490	21	11	0.5	45	900	51	1	less than 1	less than 1	26
Mild Pork Carnitas	490	20	10	0.5	75	980	51	1	1	less than 1	27
Mild Sautéed Vegetables and Guacamole	460	20	9	0	30	890	58	4	3	less than 1	14
Mild Seasoned Ground Beef	460	20	11	0	50	860	52	1	2	less than 1	18
Mild Shredded Beef Brisket	450	18	9	0	60	960	51	1	less than 1	less than 1	22
For Spicy add	+ 10	+ 0	+ 0	+ 0	+ 0	+ 80	+ 1	+ 0	+ 0	+ 0	+ 0

KIDS NACHOS	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Flame-Grilled Chicken	430	20	8	0	85	450	40	3	1	0	23
Mild Sirloin Steak	460	24	10	0	45	420	39	3	less than 1	0	23
Mild Pork Carnitas	470	24	9	0	75	500	40	3	less than 1	0	25
Mild Sautéed Vegetables and Guacamole	430	24	8	0	30	420	47	6	2	0	12
Mild Seasoned Ground Beef	440	24	10	0	55	380	41	3	2	0	16
Mild Shredded Beef Brisket	420	21	8	0	60	480	40	3	less than 1	0	20
For Spicy add	+ 10	+ 0	+ 0	+ 0	+ 0	+ 80	+ 1	+ 0	+ 0	+ 0	+ 0

KIDS TACOS	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Flame-Grilled Chicken	230	10	3	0	55	300	21	2	Less than 1	0	14
Mild Sirloin Steak	250	13	4.5	0	20	280	20	2	Less than 1	0	15
Mild Pork Carnitas	260	13	4	0	45	340	21	2	Less than 1	0	16
Mild Sautéed Vegetables	190	10	2.5	0	10	190	24	3	2	0	5
Mild Seasoned Ground Beef	230	13	5	0	30	240	22	2	1	0	9
Mild Shredded Beef Brisket	220	11	3.5	0	35	320	21	2	Less than 1	0	12
For Spicy add	+ 10	+ 0	+ 0	+ 0	+ 0	+ 75	+ 1	+ 0	+ 0	+ 0	+ 0



BREKKIE NUTRITIONAL INFORMATION

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BREKKIE BOWL	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Bacon	530	39	17	0	425	1580	14	2	1	1	34
Mild Sautéed Vegetables and Guacamole	350	23	9	0	375	670	21	5	3	0	18
For Spicy add	+ 5	+ 0	+ 0	+ 0	+ 0	+ 60	+ Less than 1	+ 0	+ 0	+ 0	+ 0

BIG BREKKIE BURRITO	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Bacon	1130	71	23	0.5	350	2655	85	6	3	2	42
Mild Sautéed Vegetables and Guacamole	990	60	16	0.5	295	1840	95	11	5	Less than 1	27
For Spicy add	+ 10	+ 0	+ 0	+ 0	+ 0	+ 0	+ 1	+ 0	+ 0	+ 0	+ 0

BREKKIE BURRITO	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Bacon	670	41	14	0	230	1595	51	3	2	1	26
Mild Sautéed Vegetables and Guacamole	580	34	10	0	195	1090	57	6	3	Less than 1	17
For Spicy add	+ 5	+ 0	+ 0	+ 0	+ 0	+ 55	+ Less than 1	+ 0	+ 0	+ 0	+ 0

BREKKIE QUESADILLA	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Bacon	270	17	9	0	45	690	16	0	0	Less than 1	14
Mild Sautéed Vegetables and Guacamole	200	11	7	0	30	385	17	Less than 1	Less than 1	0	9
For Spicy add	+ 10	+ 0	+ 0	+ 0	+ 0	+ 75	+ 1	+ 0	+ 0	+ 0	+ 0



BREKKIE NUTRITIONAL INFORMATION

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BREKKIE TACO	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	INCLUDES ADDED SUGARS OF (G)	PROTEIN (G)
Mild Bacon	260	14	7	0	130	840	20	1	4	4	13
Mild Sautéed Vegetables and Guacamole	190	8	4	0	115	540	21	1	4	3	8
For Spicy add	+ 5	+ 0	+ 0	+ 0	+ 0	+ 60	+ 1	+ 0	+ 0	+ 0	+ 0



Information is based on standard products and supplier information, current at April 14, 2026.
Ingredients changes may occur before this information is updated. If you have any specific requirements or questions please contact us on hola@gyg.com.au