



Item Name	Energy (kj)	Energy (kcal)	Total Fat	Saturated Fat	Sodium	Salt (mg)	Total Carb	Sugars	Protein	Allergens the menu item contains
Fresco Grilled Stuft Burrito - Black Beans	1960	469	9.5	3.4	1120	2.8	72	4.8	16	CEREALS CONTAINING GLUTEN, SULPHITES.
Fresco Grilled Stuft Burrito - Mexican Chicken, Black Beans	2224	531	15	5	1300	3.3	71	6.1	25	CEREALS CONTAINING GLUTEN, SULPHITES.
Fresco Grilled Stuft Burrito - Mexican Chicken, Refried Beans	2316	554	16	5.1	1330	3.3	78	8.1	25	CEREALS CONTAINING GLUTEN, SULPHITES.
Fresco Grilled Stuft Burrito - Pork Carnitas, Black Beans	2494	596	21	6.6	1510	3.8	68	5.7	29	CEREALS CONTAINING GLUTEN, SULPHITES.
Fresco Grilled Stuft Burrito - Pork Carnitas, Refried Beans	2586	618	23	6.8	1530	3.8	74	7.7	29	CEREALS CONTAINING GLUTEN, SULPHITES.
Fresco Grilled Stuft Burrito - Refried Beans	2238	535	13	3.8	1200	3	91	11	17	CEREALS CONTAINING GLUTEN, SULPHITES.
Fresco Grilled Stuft Burrito - Southwest Grilled Chicken, Black Beans	2128	508	10	3.8	1380	3.4	71	5.6	30	CEREALS CONTAINING GLUTEN, SULPHITES, CELERY.
Fresco Grilled Stuft Burrito - Southwest Grilled Chicken, Refried Beans	2220	531	12	3.9	1400	3.5	78	7.6	30	CEREALS CONTAINING GLUTEN, SULPHITES, CELERY.
Fresco Soft Taco - Beef	715	171	6.1	2.7	430	1.1	19	1.9	9.5	CEREALS CONTAINING GLUTEN.
Fresco Soft Taco - Black Beans	567	136	2.8	1.1	310	0.77	20	1.7	5.1	CEREALS CONTAINING GLUTEN.
Fresco Soft Taco - Mexican Chicken	699	167	5.7	1.9	400	0.99	20	2.4	9.5	CEREALS CONTAINING GLUTEN.
Fresco Soft Taco - Pork Carnitas	834	199	8.8	2.7	500	1.2	18	2.2	12	CEREALS CONTAINING GLUTEN.
Fresco Soft Taco - Refried Beans	660	158	3.9	1.2	330	0.83	26	3.7	5.3	CEREALS CONTAINING GLUTEN.
Fresco Soft Taco - Southwest Grilled Chicken	651	156	3.3	1.2	440	1.1	19	2.1	12	CEREALS CONTAINING GLUTEN, CELERY.
Fresco Soft Taco Supreme - Beef	723	173	6.1	2.7	430	1.1	20	2.3	9.6	CEREALS CONTAINING GLUTEN.
Fresco Soft Taco Supreme - Black Beans	576	138	2.8	1.1	310	0.77	20	2.1	5.2	CEREALS CONTAINING GLUTEN.
Fresco Soft Taco Supreme - Mexican Chicken	707	169	5.7	1.9	400	0.99	20	2.8	9.6	CEREALS CONTAINING GLUTEN.
Fresco Soft Taco Supreme - Pork Carnitas	842	201	8.8	2.7	500	1.2	18	2.6	12	CEREALS CONTAINING GLUTEN.
Fresco Soft Taco Supreme - Refried Beans	668	160	3.9	1.2	330	0.83	27	4.1	5.4	CEREALS CONTAINING GLUTEN.
Fresco Soft Taco Supreme - Southwest Grilled Chicken	659	158	3.3	1.3	440	1.1	20	2.5	12	CEREALS CONTAINING GLUTEN, CELERY.
Fresco Spicy Chicken Griller	1485	355	10	2	970	2.4	51	5	14	CEREALS CONTAINING GLUTEN, SULPHITES, CELERY.
Fully Loaded Fries - Beef	3976	950	50	15	1560	3.9	109	6.3	25	CEREALS CONTAINING GLUTEN, MILK, SULPHITES.
Fully Loaded Fries - Black Beans	3681	880	43	12	1330	3.3	111	5.9	16	CEREALS CONTAINING GLUTEN, MILK, SULPHITES.
Fully Loaded Fries - Mexican Chicken	3944	943	49	14	1500	3.8	110	7.2	25	CEREALS CONTAINING GLUTEN, MILK, SULPHITES.
Fully Loaded Fries - Pork Carnitas	4215	1007	55	15	1710	4.3	106	6.8	29	CEREALS CONTAINING GLUTEN, MILK, SULPHITES.
Fully Loaded Fries - Refried Beans	3866	924	46	12	1380	3.4	124	9.9	16	CEREALS CONTAINING GLUTEN, MILK, SULPHITES.
Fully Loaded Fries - Southwest Grilled Chicken	3848	920	44	12	1580	4	110	6.7	29	CEREALS CONTAINING GLUTEN, MILK, SULPHITES, CELERY.
Grilled Stuft Burrito - Beef, Black Beans (Cali Ranch Sauce)	2799	669	29	10	1490	3.7	71	5.3	28	CEREALS CONTAINING GLUTEN, MILK, EGG, SULPHITES.
Grilled Stuft Burrito - Beef, Refried Beans (Pepper Jack Sauce)	2785	666	27	10	1480	3.7	78	8.6	29	CONTAINS: CEREALS CONTAINING GLUTEN, MILK, EGG, SULPHITES, MUSTARD
Grilled Stuft Burrito - Black Beans (Cali Ranch Sauce)	2504	598	22	6.8	1260	3.1	72	4.9	19	CEREALS CONTAINING GLUTEN, MILK, EGG, SULPHITES.
Grilled Stuft Burrito - Refried Beans (Pepper Jack Sauce)	2675	639	22	6.9	1300	3.2	93	12	21	CONTAINS: CEREALS CONTAINING GLUTEN, MILK, EGG, SULPHITES, MUSTARD
Grilled Stuft Burrito - Mexican Chicken, Black Beans (Cali Ranch Sauce)	2767	661	28	8.4	1430	3.6	72	6.2	28	CEREALS CONTAINING GLUTEN, MILK, EGG, SULPHITES.
Grilled Stuft Burrito - Mexican Chicken, Refried Beans (Pepper Jack Sauce)	2753	658	26	8.3	1420	3.6	79	9.4	29	CONTAINS: CEREALS CONTAINING GLUTEN, MILK, EGG, SULPHITES, MUSTARD
Grilled Stuft Burrito - Pork Carnitas, Black Beans (Cali Ranch Sauce)	3037	726	34	10	1640	4.1	68	5.9	33	CEREALS CONTAINING GLUTEN, MILK, EGG, SULPHITES.
Grilled Stuft Burrito - Pork Carnitas, Refried Beans (Pepper Jack Sauce)	3023	723	32	9.9	1630	4.1	76	9.1	33	CONTAINS: CEREALS CONTAINING GLUTEN, MILK, EGG, SULPHITES, MUSTARD
Grilled Stuft Burrito - Southwest Grilled Chicken, Black Beans (Cali Ranch Sauce)	2671	638	23	7.1	1510	3.8	72	5.7	33	CEREALS CONTAINING GLUTEN, MILK, EGG, SULPHITES, CELERY.
Grilled Stuft Burrito - Southwest Grilled Chicken, Refried Beans (Pepper Jack Sauce)	2657	635	21	7	1500	3.8	79	8.9	34	CONTAINS: CEREALS CONTAINING GLUTEN, MILK, EGG, SULPHITES, MUSTARD, CELERY.
Lemonade Freeze	697	166	<0.5	<0.1	15	0.04	41	40	<0.5	none
Mexican Fries - Large	1336	319	13	1.2	410	1	50	0.7	4.2	CEREALS CONTAINING GLUTEN, SULPHITES.
Mexican Fries - Regular	975	233	9.5	0.9	300	0.75	36	<0.5	3.1	CEREALS CONTAINING GLUTEN, SULPHITES.
Nachos (Chips & Cheese Only)	996	238	13	3.5	360	0.89	29	1.6	3.2	CEREALS CONTAINING GLUTEN, MILK, SULPHITES.
Nachos Supreme	2564	613	38	13	1000	2.5	64	7.2	8.1	CEREALS CONTAINING GLUTEN, MILK, SULPHITES.
Nachos Supreme - Beef	2840	679	42	14	1220	3	66	7.5	15	CEREALS CONTAINING GLUTEN, MILK, SULPHITES.
Nachos Supreme - Black Beans	2692	643	38	13	1100	2.7	66	7.2	10	CEREALS CONTAINING GLUTEN, MILK, SULPHITES.
Nachos Supreme - Mexican Chicken	2824	675	41	14	1190	3	66	7.9	15	CEREALS CONTAINING GLUTEN, MILK, SULPHITES.
Nachos Supreme - Pork Carnitas	2959	707	44	14	1290	3.2	64	7.7	17	CEREALS CONTAINING GLUTEN, MILK, SULPHITES.
Nachos Supreme - Refried Beans	2785	666	40	13	1130	2.8	73	9.2	11	CEREALS CONTAINING GLUTEN, MILK, SULPHITES.
Nachos Supreme - Southwest Grilled Chicken	2776	663	39	13	1230	3.1	66	7.6	17	CEREALS CONTAINING GLUTEN, MILK, SULPHITES, CELERY.

Item Name	Energy (kj)	Energy (kcal)	Total Fat	Saturated Fat	Sodium	Salt (mg)	Total Carb	Sugars	Protein	Allergens the menu item contains
Quesadilla - Beef	2576	616	35	15	1140	2.8	42	5.2	33	CEREALS CONTAINING GLUTEN, MILK, EGG.
Quesadilla - Black Beans	2281	545	28	12	900	2.2	44	4.8	24	CEREALS CONTAINING GLUTEN, MILK, EGG.
Quesadilla - Cheese	2025	484	28	12	700	1.7	39	4.7	19	CEREALS CONTAINING GLUTEN, MILK, EGG.
Quesadilla - Mexican Chicken	2544	608	34	14	1080	2.7	43	6.1	33	CEREALS CONTAINING GLUTEN, MILK, EGG.
Quesadilla - Pork Carnitas	2815	673	40	15	1280	3.2	40	5.7	37	CEREALS CONTAINING GLUTEN, MILK, EGG.
Quesadilla - Refried Beans	2466	589	30	12	950	2.4	57	8.8	24	CEREALS CONTAINING GLUTEN, MILK, EGG.
Quesadilla - Southwest Grilled Chicken	2448	585	29	12	1150	2.9	43	5.6	37	CEREALS CONTAINING GLUTEN, MILK, EGG, CELERY.
Side of Black Beans	384	92	0.8	0.2	310	0.77	6.7	<0.5	7	none
Side of Guacamole	95	23	1.9	0.3	75	0.19	1.7	0.5	<0.5	none
Side of Jalapenos	12	3	<0.5	<0.1	390	0.98	<0.5	<0.5	<0.5	none
Side of Mexican Rice	487	116	1.8	0.3	490	1.2	24	2	2.1	CEREALS CONTAINING GLUTEN, SULPHITES.
Side of Nacho Cheese	186	45	4.3	2.2	85	0.21	1.7	0.8	0.7	MILK.
Side of Nacho Chips - Large	1350	323	15	2.2	460	1.1	45	1.4	4.1	CEREALS CONTAINING GLUTEN, SULPHITES.
Side of Nacho Chips - Regular	810	194	8.9	1.3	270	0.68	27	0.8	2.5	CEREALS CONTAINING GLUTEN, SULPHITES.
Side of Pico de Gallo	18	4	<0.5	<0.1	60	0.15	0.9	0.8	<0.5	none
Side of Refried Beans	441	105	2.8	0.3	260	0.64	18	4.1	5.2	none
Side of Refried Beans - Topped	578	138	5	1.7	440	1.1	19	4.2	7	CEREALS CONTAINING GLUTEN, MILK, SULPHITES.
Side of Sour Cream	173	41	4.1	2.5	5	0.01	0.7	0.6	<0.5	MILK.
Soft Taco - Beef	805	193	8.2	4	420	1	18	1.1	11	CEREALS CONTAINING GLUTEN, MILK.
Soft Taco - Black Beans	658	157	4.9	2.4	300	0.75	19	0.9	6.5	CEREALS CONTAINING GLUTEN, MILK.
Soft Taco - Mexican Chicken	789	189	7.8	3.2	390	0.97	19	1.6	11	CEREALS CONTAINING GLUTEN, MILK.
Soft Taco - Pork Carnitas	925	221	11	4	490	1.2	17	1.4	13	CEREALS CONTAINING GLUTEN, MILK.
Soft Taco - Refried Beans	750	179	6	2.5	330	0.81	26	2.9	6.8	CEREALS CONTAINING GLUTEN, MILK.
Soft Taco - Southwest Grilled Chicken	741	177	5.4	2.5	430	1.1	19	1.3	13	CEREALS CONTAINING GLUTEN, MILK, CELERY.
Soft Taco Supreme - Beef	987	236	12	6.6	420	1.1	20	2.2	11	CEREALS CONTAINING GLUTEN, MILK.
Soft Taco Supreme - Black Beans	839	201	9	4.9	310	0.76	20	1.9	7	CEREALS CONTAINING GLUTEN, MILK.
Soft Taco Supreme - Mexican Chicken	971	232	12	5.7	400	0.99	20	2.6	11	CEREALS CONTAINING GLUTEN, MILK.
Soft Taco Supreme - Pork Carnitas	1106	264	15	6.5	500	1.2	18	2.4	14	CEREALS CONTAINING GLUTEN, MILK.
Soft Taco Supreme - Refried Beans	931	223	10	5	330	0.83	27	4	7.3	CEREALS CONTAINING GLUTEN, MILK.
Soft Taco Supreme - Southwest Grilled Chicken	923	220	9.5	5.1	430	1.1	20	2.3	14	CEREALS CONTAINING GLUTEN, MILK, CELERY.
Spicy Chicken Griller	1653	395	15	4.2	1000	2.5	52	4.9	14	CEREALS CONTAINING GLUTEN, MILK, SULPHITES.
Strawberry Freeze	766	183	<0.5	0.3	15	0.04	46	44	<0.5	none
Twisted Berry Blitz Freeze	1180	282	<0.5	0.3	15	0.04	52	50	<0.5	none
Twisted Blueberry Lemonade Freeze	1110	265	<0.5	<0.1	20	0.05	47	46	<0.5	none
Twisted Lemonade Freeze	1006	240	<0.5	<0.1	15	0.04	41	40	<0.5	none
Twisted Strawberry Freeze	1075	257	<0.5	0.3	15	0.04	46	44	<0.5	none
Volcano Burrito - Beef	2995	716	41	10	1330	3.3	63	6.2	24	CEREALS CONTAINING GLUTEN, MILK, EGG, SULPHITES.
Volcano Burrito - Black Beans	2700	645	35	7.1	1100	2.7	64	5.7	15	CEREALS CONTAINING GLUTEN, MILK, EGG, SULPHITES.
Volcano Burrito - Mexican Chicken	2963	708	40	8.7	1270	3.2	63	7	24	CEREALS CONTAINING GLUTEN, MILK, EGG, SULPHITES.
Volcano Burrito - Pork Carnitas	3233	773	47	10	1480	3.7	60	6.7	28	CEREALS CONTAINING GLUTEN, MILK, EGG, SULPHITES.
Volcano Burrito - Refried Beans	2884	689	37	7.4	1150	2.9	77	9.7	15	CEREALS CONTAINING GLUTEN, MILK, EGG, SULPHITES.
Volcano Burrito - Southwest Grilled Chicken	2867	685	36	7.4	1350	3.4	63	6.5	28	CEREALS CONTAINING GLUTEN, MILK, EGG, CELERY.

None of our menu items contain Fish, Shellfish, Tree Nuts, Peanuts, Lolluscan Shellfish, Sesame, Mustard. or Lupin.

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