

%ambrero

NUTRITIONAL INFORMATION



ZAMBRERO NUTRITIONAL INFORMATION



CLASSIC BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	657kJ (157kcal)	3030kJ (725kcal)	626kJ (150kcal)	2850kJ (683kcal)	668kJ (160kcal)	3050kJ (729kcal)	650kJ (156kcal)	2960kJ (710kcal)	583kJ (139kcal)	2660kJ (636kcal)	656kJ (157kcal)	3480kJ (833kcal)
Protein	7.8g	35.9g	7.1g	32.2g	7.5g	34.2g	7.5g	34.1g	4.5g	20.6g	4.5g	24.1g
Fat, total	5.5g	25.2g	5.6g	25.4g	6.2g	28.5g	6.2g	28.4g	5.1g	23.4g	6.5g	34.4g
saturated	2.3g	10.6g	2.3g	10.7g	2.5g	11.5g	2.8g	12.6g	2.2g	9.9g	2.4g	12.6g
Carbohydrate	18.8g	86.8g	17.5g	79.9g	18.1g	82.5g	17.1g	78g	18.4g	84.1g	19.7g	105g
sugar	3.1g	14.1g	1.9g	8.5g	2.4g	11.1g	1.9g	8.5g	2.7g	12.4g	1.8g	9.4g
Sodium	364mg	1676mg	303mg	1382mg	311mg	1418mg	275mg	1255mg	324mg	1476mg	288mg	1529mg

CLASSIC BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	530kJ (127kcal)	1940kJ (464kcal)	449kJ (119kcal)	1820kJ (437kcal)	551kJ (132kcal)	2020kJ (483kcal)	529kJ (126kcal)	1930kJ (463kcal)	445kJ (106kcal)	1630kJ (389kcal)	556kJ (133kcal)	2450kJ (587kcal)
Protein	7.6g	27.9g	6.7g	24.5g	7.2g	26.5g	7.2g	26.4g	3.5g	13g	3.7g	16.4g
Fat, total	5.3g	19.6g	5.5g	20.1g	6.3g	23.2g	6.3g	23.1g	4.9g	18.1g	6.6g	29.1g
saturated	2.7g	9.8g	2.7g	9.9g	2.9g	10.7g	3.2g	11.8g	2.5g	9.2g	2.7g	11.9g
Carbohydrate	11.8g	43.1g	10.5g	38.5g	11.2g	41.1g	10g	36.6g	11.7g	42.7g	14.4g	63.3g
sugar	3.3g	12g	1.8g	6.5g	2.5g	9.1g	1.8g	6.5g	2.9g	10.4g	1.7g	7.4g
Sodium	339mg	1239mg	264mg	968mg	274mg	1004mg	230mg	841mg	290mg	1062mg	253mg	1115mg

CLASSIC SMALL BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	673kJ (161kcal)	2030kJ (485kcal)	654kJ (156kcal)	1970kJ (471kcal)	686kJ (164kcal)	2060kJ (494kcal)	672kJ (161kcal)	2020kJ (484kcal)	621kJ (149kcal)	1870kJ (447kcal)	670kJ (160kcal)	2520kJ (603kcal)
Protein	7.9g	23.7g	7.3g	22.1g	7.7g	23.1g	7.6g	23g	5.4g	16.3g	5.1g	19.2g
Fat, total	6.2g	18.6g	6.3g	18.9g	6.8g	20.4g	6.8g	20.4g	5.9g	17.9g	7.5g	28.3g
saturated	2.6g	7.7g	2.6g	7.7g	2.7g	8.1g	2.9g	8.7g	2.4g	7.4g	2.6g	9.7g
Carbohydrate	18.1g	54.5g	17.3g	52.2g	17.8g	53.5g	17g	51.3g	18.1g	54.3g	17.6g	66.3g
sugar	3.2g	9.5g	2.2g	6.7g	2.7g	8g	2.2g	6.7g	2.9g	8.7g	2g	7.6g
Sodium	345mg	1038mg	300mg	903mg	306mg	921mg	279mg	839mg	316mg	950mg	283mg	1064mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

Nutrition information is based on analytical and calculated data using standard serving sizes of ingredients. Actual finished product sizes and assembly may vary due to the individual preparation of each menu item. Further, product formulations may change periodically and variations may also occur due to seasonality and supplier.

Nutrition data correct as of 5 of March 2024

V1.1 5MAR24

ZAMBRERO NUTRITIONAL INFORMATION



NACHOS (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	994kJ (226kcal)	3500kJ (838kcal)	897kJ (215kcal)	3330kJ (796kcal)	975kJ (233kcal)	3620kJ (865kcal)	941kJ (225kcal)	3490kJ (836kcal)	817kJ (196kcal)	3030kJ (725kcal)	890kJ (213kcal)	3430kJ (822kcal)
Protein	11.3g	41.8g	9.9g	36.8g	10.7g	39.8g	10.7g	39.6g	5.3g	19.5g	5.9g	22.9g
Fat, total	12.9g	47.8g	13.1g	48.6g	14.4g	53.2g	14.3g	53.1g	12.3g	45.7g	14.4g	55.6g
saturated	5.9g	21.8g	5.9g	22g	6.3g	23.2g	6.7g	24.8g	5.6g	20.9g	5.9g	23g
Carbohydrate	15.9g	59.2g	14.1g	52.2g	15.1g	56.2g	13.3g	49.3g	15.8g	58.6g	14.6g	56.5g
sugar	3.6g	13.5g	1.4g	5.2g	2.4g	9.1g	1.4g	5.1g	3g	11.1g	1.6g	6.3g
Sodium	440mg	1633mg	330mg	1226mg	345mg	1280mg	279mg	1035mg	369mg	1368mg	298mg	1149mg

SMALL NACHOS (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	899kJ (215kcal)	2170kJ (519kcal)	851kJ (204kcal)	2050kJ (491kcal)	931kJ (233kcal)	2240kJ (537kcal)	897kJ (215kcal)	2160kJ (517kcal)	769kJ (184kcal)	1850kJ (444kcal)	842kJ (201kcal)	2240kJ (536kcal)
Protein	10.7g	25.8g	9.3g	22.5g	10.2g	24.5g	10.1g	24.4g	4.6g	11g	5.1g	13.5g
Fat, total	12.5g	30.2g	12.7g	30.7g	14g	33.8g	14g	33.7g	11.9g	28.7g	14.4g	38.2g
saturated	5.2g	12.6g	5.3g	12.7g	5.6g	13.5g	6g	14.6g	5g	11.9g	5.2g	14g
Carbohydrate	14.6g	35.2g	12.7g	30.5g	13.8g	33.2g	11.9g	28.6g	14.4g	34.8g	12.6g	33.6g
sugar	3.6g	8.7g	1.3g	3.2g	2.4g	5.8g	1.3g	3.2g	3g	7.1g	1.5g	4.1g
Sodium	437mg	1053mg	324mg	781mg	339mg	817mg	271mg	654mg	363mg	876mg	286mg	760mg

TOASTED BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	782kJ (187kcal)	3250kJ (779kcal)	754kJ (181kcal)	3140kJ (751kcal)	801kJ (192kcal)	3330kJ (797kcal)	781kJ (187kcal)	3250kJ (777kcal)	707kJ (169kcal)	2940kJ (704kcal)	767kJ (184kcal)	3770kJ (901kcal)
Protein	9.5g	39.7g	8.7g	36.3g	9.2g	38.3g	9.2g	38.2g	6g	24.8g	5.8g	28.2g
Fat, total	7.5g	31.1g	7.6g	31.7g	8.4g	34.8g	8.3g	34.7g	7.1g	29.7g	8.3g	40.7g
saturated	3.5g	14.5g	3.5g	14.6g	3.7g	15.4g	4g	16.5g	3.3g	13.8g	3.4g	16.5g
Carbohydrate	20.1g	83.7g	19g	79g	19.6g	81.7g	18.5g	77.1g	20g	83.3g	21.2g	104g
sugar	3.2g	13.2g	1.8g	7.6g	2.5g	10.2g	1.8g	7.6g	2.8g	11.6g	1.7g	8.6g
Sodium	431mg	1794mg	366mg	1523mg	375mg	1559mg	335mg	1396mg	389mg	1617mg	340mg	1670mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

Nutrition information is based on analytical and calculated data using standard serving sizes of ingredients. Actual finished product sizes and assembly may vary due to the individual preparation of each menu item. Further, product formulations may change periodically and variations may also occur due to seasonality and supplier.

ZAMBRERO NUTRITIONAL INFORMATION



SMALL TOASTED BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	804kJ (192kcal)	2330kJ (558kcal)	784kJ (188kcal)	2270kJ (544kcal)	817kJ (196kcal)	2370kJ (567kcal)	803kJ (192kcal)	2330kJ (557kcal)	750kJ (179kcal)	2170kJ (520kcal)	774kJ (185kcal)	2820kJ (676kcal)
Protein	9.7g	28.2g	9.1g	26.5g	9.5g	27.5g	9.5g	27.5g	7.2g	20.8g	6.5g	23.7g
Fat, total	8.6g	25.1g	8.7g	25.3g	9.3g	26.9g	9.2g	26.8g	8.4g	24.3g	9.5g	34.8g
saturated	4g	11.6g	4g	11.7g	4.2g	12.1g	4.4g	12.6g	3.9g	11.3g	3.8g	13.7g
Carbohydrate	18.7g	54.2g	17.9g	51.9g	18.3g	53.2g	17.6g	50.9g	18.6g	54g	18.1g	66g
sugar	3.2g	9.2g	2.2g	6.4g	2.7g	7.7g	2.2g	6.4g	2.9g	8.4g	2g	7.3g
Sodium	407mg	1180mg	360mg	1044mg	366mg	1062mg	338mg	981mg	376mg	1091mg	330mg	1205mg

BIG TOASTED BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	754kJ (180kcal)	4340kJ (1040kcal)	714kJ (171kcal)	4110kJ (983kcal)	781kJ (187kcal)	4490kJ (1070kcal)	752kJ (180kcal)	4320kJ (1040kcal)	645kJ (154kcal)	3710kJ (888kcal)
Protein	10.2g	58.5g	9g	51.8g	9.7g	55.8g	9.7g	55.6g	5g	28.7g
Fat, total	6.4g	36.9g	6.6g	38g	7.7g	44.1g	7.6g	43.9g	5.9g	34g
saturated	2.8g	16g	2.8g	16.2g	3.1g	17.8g	3.5g	20g	2.6g	14.8g
Carbohydrate	20.2g	116g	18.6g	107g	19.5g	112g	17.9g	103g	20.1g	115g
sugar	3.4g	19.5g	1.5g	8.4g	2.4g	13.6g	1.5g	8.3g	2.8g	16.3g
Sodium	452mg	2600mg	358mg	2058mg	370mg	2130mg	314mg	1803mg	391mg	2246mg

QUESADILLA STACK (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	808kJ (193kcal)	2060kJ (493kcal)	763kJ (183kcal)	1950kJ (466kcal)	839kJ (201kcal)	2140kJ (512kcal)	806kJ (193kcal)	2060kJ (492kcal)	686kJ (164kcal)	1750kJ (418kcal)	718kJ (172kcal)	1900kJ (455kcal)
Protein	12.9g	32.8g	11.5g	29.4g	12.3g	31.4g	12.3g	31.3g	7g	17.9g	8g	21.3g
Fat, total	8.4g	21.3g	8.6g	21.9g	9.8g	24.9g	9.7g	24.8g	7.8g	19.9g	8.3g	22g
saturated	3.7g	9.5g	3.8g	9.6g	4.1g	10.4g	4.5g	11.5g	3.5g	8.9g	3.4g	9.1g
Carbohydrate	16.4g	41.9g	14.6g	37.3g	15.7g	39.9g	13.9g	35.4g	16.3g	41.5g	16.1g	42.6g
sugar	4.1g	10.6g	2g	5g	3g	7.6g	2g	5g	3.5g	9g	2.2g	5.8g
Sodium	518mg	1321mg	412mg	1050mg	426mg	1086mg	362mg	923mg	449mg	1145mg	386mg	1023mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

Nutrition information is based on analytical and calculated data using standard serving sizes of ingredients. Actual finished product sizes and assembly may vary due to the individual preparation of each menu item. Further, product formulations may change periodically and variations may also occur due to seasonality and supplier.

ZAMBRERO NUTRITIONAL INFORMATION



SIGNATURE BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	683kj (163kcal)	3660kj (876kcal)	661kj (158kcal)	3540kj (848kcal)	697kj (167kcal)	3740kj (894kcal)	682kj (163kcal)	3650kj (874kcal)	624kj (149kcal)	3350kj (801kcal)	677kj (162kcal)	4140kj (990kcal)
Protein	8.1g	43.2g	7.4g	39.8g	7.8g	41.8g	7.8g	41.8g	5.3g	28.3g	5.4g	32.7g
Fat, total	7g	37.2g	7.1g	37.9g	7.6g	40.9g	7.6g	40.8g	6.7g	35.9g	7.4g	45.1g
saturated	2.5g	13.2g	2.5g	13.3g	2.6g	14.1g	2.8g	15.2g	2.3g	12.5g	2.4g	14.8g
Carbohydrate	16.6g	89g	15.7g	84.4g	16.2g	87g	15.4g	82.5g	16.5g	88.6g	17.9g	110g
sugar	2.8g	14.9g	1.7g	9.3g	2.2g	11.9g	1.7g	9.3g	2.5g	13.3g	1.7g	10.4g
Sodium	373mg	2002mg	323mg	1730mg	330mg	1766mg	299mg	1603mg	340mg	1825mg	316mg	1933mg

SMALL SIGNATURE BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	717kj (172kcal)	2730kj (654kcal)	702kj (168kcal)	2670kj (640kcal)	727kj (174kcal)	2770kj (663kcal)	716kj (171kcal)	2730kj (653kcal)	676kj (162kcal)	2570kj (616kcal)	703kj (168kcal)	3210kj (768kcal)
Protein	8.1g	31g	7.7g	29.3g	7.9g	30.3g	7.9g	30.2g	6.2g	23.5g	5.9g	26.9g
Fat, total	8.4g	31.9g	8.5g	32.2g	8.9g	33.7g	8.8g	33.7g	8.2g	31.2g	8.9g	40.7g
saturated	2.8g	10.5g	2.8g	10.6g	2.9g	11g	3g	11.5g	2.7g	10.2g	2.7g	12.4g
Carbohydrate	15.4g	58.8g	14.8g	56.5g	15.2g	57.8g	14.6g	55.6g	15.4g	58.6g	15.5g	70.8g
sugar	2.7g	10.3g	2g	7.5g	2.3g	8.8g	2g	7.5g	2.5g	9.5g	1.9g	8.5g
Sodium	357mg	1359mg	321mg	1223mg	326mg	1241mg	304mg	1160mg	333mg	1270mg	310mg	1412mg

BIG SIGNATURE BURRITO (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	677kj (162kcal)	4710kj (1130kcal)	644kj (154kcal)	4480kj (1070kcal)	699kj (167kcal)	9kj4860 (1160kcal)	675kj (162kcal)	4700kj (1120kcal)	587kj (140kcal)	4080kj (978kcal)
Protein	9g	63g	8.1g	56.2g	8.7g	60.2g	8.6g	60.1g	4.8g	33.2g
Fat, total	5.9g	41.3g	6.1g	42.4g	7g	48.5g	6.9g	48.3g	5.5g	38.4g
saturated	2.1g	14.3g	2.1g	14.5g	2.3g	16.2g	2.6g	18.3g	1.9g	13.1g
Carbohydrate	17.5g	122g	16.2g	113g	16.9g	118g	15.6g	109g	17.4g	121g
sugar	3.1g	21.4g	1.5g	10.3g	2.2g	15.4g	1.5g	10.2g	2.6g	18.2g
Sodium	411mg	2863mg	333mg	2321mg	344mg	2393mg	297mg	2067mg	361mg	2510mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

Nutrition information is based on analytical and calculated data using standard serving sizes of ingredients. Actual finished product sizes and assembly may vary due to the individual preparation of each menu item. Further, product formulations may change periodically and variations may also occur due to seasonality and supplier.

Nutrition data correct as of 5 of March 2024

V1.1 5MAR24

ZAMBRERO NUTRITIONAL INFORMATION



SIGNATURE BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	590kJ (141kcal)	2630kJ (629kcal)	564kJ (135kcal)	2510kJ (602kcal)	607kJ (145kcal)	2710kJ (648kcal)	588kJ (141kcal)	2620kJ (628kcal)	519kJ (124kcal)	2320kJ (554kcal)	597kJ (143kcal)	3110kJ (744kcal)
Protein	8g	35.5g	7.2g	32.2g	7.7g	34.2g	7.6g	34.1g	4.6g	20.7g	4.8g	25.1g
Fat, total	7.2g	32g	7.3g	32.6g	8g	35.6g	8g	35.5g	6.9g	30.6g	7.6g	39.8g
saturated	2.8g	12.5g	2.8g	12.6g	3g	13.4g	3.2g	14.5g	2.7g	11.8g	2.7g	14.1g
Carbohydrate	10.7g	47.6g	9.6g	43g	10.2g	45.6g	9.2g	41.1g	10.6g	47.2g	13.1g	68.2g
sugar	2.9g	12.9g	1.7g	7.4g	2.2g	9.9g	1.6g	7.3g	2.5g	11.3g	1.6g	8.4g
Sodium	356mg	1588mg	295mg	1316mg	3203mg	1352mg	267mg	1189mg	316mg	1411mg	292mg	1519mg

SMALL SIGNATURE BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	625kJ (150kcal)	1940kJ (465kcal)	606kJ (145kcal)	1890kJ (451kcal)	637kJ (152kcal)	1980kJ (474kcal)	624kJ (149kcal)	1940kJ (464kcal)	575kJ (137kcal)	1790kJ (428kcal)	627kJ (150kcal)	2420kJ (579kcal)
Protein	7.9g	24.7g	7.4g	23g	7.7g	24g	7.7g	23.9g	5.5g	17.2g	5.3g	20.6g
Fat, total	8.7g	27.2g	8.8g	27.4g	9.3g	29g	9.3g	28.9g	8.5g	26.4g	9.3g	36g
saturated	3.2g	9.8g	3.2g	9.9g	3.3g	10.3g	3.5g	10.8g	3.1g	9.5g	3g	11.7g
Carbohydrate	9.4g	29.2g	8.6g	26.8g	9.1g	28.2g	8.3g	25.9g	9.3g	29g	10.7g	41.1g
sugar	2.6g	8g	1.7g	5.2g	2.1g	6.5g	1.7g	5.2g	2.3g	7.2g	1.6g	6.23g
Sodium	342mg	1065mg	299mg	929mg	305mg	947mg	278mg	866mg	314mg	976mg	290mg	1118mg

BIG SIGNATURE BOWL (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	607kJ (145kcal)	3680kJ (881kcal)	569kJ (136kcal)	3450kJ (825kcal)	633kJ (151kcal)	3830kJ (917kcal)	605kJ (145kcal)	3670kJ (878kcal)	504kJ (121kcal)	3050kJ (731kcal)
Protein	9.1g	55.3g	8g	48.6g	8.7g	52.6g	8.7g	52.4g	4.2g	25.6g
Fat, total	5.9g	36g	6.1g	37.1g	7.1g	43.2g	7.1g	43g	5.5g	33.1g
saturated	2.3g	13.6g	2.3g	13.8g	2.5g	15.4g	2.9g	17.6g	2g	12.4g
Carbohydrate	13.3g	80.5g	11.8g	71.2g	12.6g	76.5g	11.1g	67.4g	13.2g	79.7g
sugar	3.2g	19.4g	1.4g	8.3g	2.2g	13.5g	1.4g	8.2g	2.7g	16.2g
Sodium	404mg	2449mg	315mg	1907mg	327mg	1979mg	273mg	1653mg	346mg	2096mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

Nutrition information is based on analytical and calculated data using standard serving sizes of ingredients. Actual finished product sizes and assembly may vary due to the individual preparation of each menu item. Further, product formulations may change periodically and variations may also occur due to seasonality and supplier.

Nutrition data correct as of 5 of March 2024

V1.1 5MAR24

ZAMBRERO NUTRITIONAL INFORMATION



HARD TACO (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	713kJ (171kcal)	849kJ (203kcal)	665kJ (159kcal)	791kJ (189kcal)	746kJ (178kcal)	887kJ (212kcal)	711kJ (170kcal)	846kJ (202kcal)	582kJ (139kcal)	692kJ (166kcal)	675kJ (162kcal)	905kJ (217kcal)
Protein	10.2g	12.2g	8.8g	10.5g	9.7g	11.5g	9.6g	11.5g	4g	4.7g	4.5g	6.1g
Fat, total	8.7g	10.4g	8.9g	10.6g	10.2g	12.2g	10.2g	12.1g	8.1g	9.6g	11.1g	14.9g
saturated	4.3g	5.1g	4.3g	5.2g	4.7g	5.6g	5.1g	6.1g	4g	4.8g	4.4g	5.9g
Carbohydrate	12.3g	14.7g	10.4g	12.3g	11.5g	13.7g	9.6g	11.4g	12.1g	14.5g	10.4g	13.9g
sugar	4.3g	5.1g	1.9g	2.3g	3g	3.6g	1.9g	2.3g	3.6g	4.3g	2.1g	2.8g
Sodium	380mg	452mg	266mg	316mg	281mg	334mg	212mg	252mg	305mg	363mg	232mg	310mg

DOS CAPAS (without sauce)

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	788kJ (189kcal)	1140kJ (272kcal)	748kJ (179kcal)	1080kJ (258kcal)	815kJ (195kcal)	1170kJ (281kcal)	786kJ (188kcal)	1130kJ (271kcal)	680kJ (163kcal)	979kJ (234kcal)	749kJ (179kcal)	1190kJ (285kcal)
Protein	9.9g	14.3g	8.8g	12.6g	9.5g	13.6g	9.4g	13.6g	4.8g	6.9g	5.1g	8.2g
Fat, total	8.2g	11.8g	8.4g	12.1g	9.5g	13.6g	9.4g	13.6g	7.7g	11.1g	10.3g	16.4g
saturated	3.7g	5.3g	3.7g	5.4g	4g	5.8g	4.4g	6.3g	3.5g	5g	3.9g	6.1g
Carbohydrate	18.2g	26.2g	16.6g	23.8g	17.5g	25.2g	15.9g	22.9g	18g	26g	16g	25.4g
sugar	3.9g	5.6g	2g	2.8g	2.9g	4.1g	2g	2.8g	3.3g	4.8g	2.1g	3.3g
Sodium	394mg	557mg	299mg	431mg	312mg	449mg	255mg	367mg	332mg	478mg	268mg	425mg

KIDS BURRITO (without sauce)*

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	1090kJ (262kcal)	2730kJ (654kcal)	992kJ (238kcal)	2880kJ (689kcal)	1060kJ (253kcal)	3070kJ (735kcal)	1090kJ (261kcal)	2730kJ (653kcal)	1030kJ (247kcal)	2580kJ (616kcal)	1000kJ (241kcal)	2710kJ (649kcal)
Protein	9.9g	24.7g	10.2g	29.5g	10.8g	31.5g	9.6g	23.9g	6.9g	17.2g	7.3g	19.7g
Fat, total	9.9g	24.6g	9.2g	26.7g	10.3g	29.8g	10.6g	26.4g	9.6g	23.9g	9.5g	25.6g
saturated	3.9g	9.6g	3.5g	10.1g	3.8g	10.9g	4.3g	10.6g	3.7g	9.3g	3.5g	9.5g
Carbohydrate	33g	82.4g	28.2g	81.7g	29.1g	84.3g	31.7g	79.1g	32.9g	82.2g	31.2g	84.2g
sugar	2.4g	6g	1.2g	3.4g	2.1g	6g	1.3g	3.2g	2.1g	5.2g	1.4g	3.8g
Sodium	423mg	1058mg	367mg	1063mg	379mg	1099mg	343mg	859mg	388mg	970mg	352mg	951mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

Nutrition information is based on analytical and calculated data using standard serving sizes of ingredients. Actual finished product sizes and assembly may vary due to the individual preparation of each menu item. Further, product formulations may change periodically and variations may also occur due to seasonality and supplier.

Nutrition data correct as of 5 of March 2024

V1.1 5MAR24

ZAMBRERO NUTRITIONAL INFORMATION



KIDS BOWL (without sauce)*

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	1080kj (258kcal)	1940kj (465kcal)	1050kj (251kcal)	1890kj (451kcal)	110kj (264kcal)	1980kj (474kcal)	1080kj (258kcal)	1940kj (465kcal)	993kj (238kcal)	1790kj (428kcal)	963kj (230kcal)	1930kj (461kcal)
Protein	10.2g	18.4g	9.3g	16.7g	9.8g	17.7g	9.8g	17.6g	6.1g	10.9g	6.7g	13.4g
Fat, total	11g	19.9g	11.2g	20.1g	12g	21.7g	12g	21.6g	10.6g	19.1g	10.4g	20.8g
saturated	5g	8.9g	5g	9g	5.2g	9.4g	5.5g	9.9g	4.8g	8.6g	4.4g	8.8g
Carbohydrate	29.3g	52.7g	28g	50.4g	28.7g	51.7g	27.5g	49.5g	29.2g	52.5g	27.3g	54.5g
sugar	2g	3.7g	0.5g	0.9g	1.2g	2.2g	0.48g	0.86g	1.6g	2.9g	0.74g	1.5g
Sodium	424mg	764mg	349mg	628mg	359mg	646mg	314mg	565mg	375mg	676mg	329mg	657mg

KIDS QUESADILLA (without sauce)*

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		Vegetarian (Cheese only)	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	1330kj (319kcal)	2400kj (574kcal)	1300kj (311kcal)	2340kj (561kcal)	1350kj (324kcal)	2440kj (584kcal)	1330kj (319kcal)	2400kj (574kcal)	1250kj (298kcal)	2240kj (537kcal)	1530kj (366kcal)	2140kj (512kcal)
Protein	14.3g	25.7g	13.3g	24g	13.9g	25g	13.9g	25g	10.1g	18.3g	12.5g	17.5g
Fat, total	15.2g	27.4g	15.4g	27.7g	16.2g	29.2g	16.2g	29.1g	14.8g	26.7g	18.5g	25.9g
saturated	7g	12.6g	7g	12.7g	7.3g	13.1g	7.6g	13.6g	6.8g	12.3g	8.7g	12.2g
Carbohydrate	31g	55.9g	29.8g	53.6g	30.5g	54.9g	29.2g	52.6g	30.9g	55.7g	37.1g	52g
sugar	2.6g	4.8g	1.1g	2g	1.8g	3.3g	1.1g	2g	2.2g	4g	1.3g	1.8g
Sodium	516mg	928mg	440mg	793mg	450mg	811mg	405mg	729mg	467mg	840mg	466mg	652mg

KIDS NACHOS (without sauce)*

Choice of Filling:	Barbacoa Beef		Chicken		Pork		Lamb		Cauliflower		Vegetarian	
	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve	per 100g	per serve
Energy	1190kj (284kcal)	1420kj (341kcal)	1140kj (272kcal)	1370kj (327kcal)	1200kj (291kcal)	1460kj (350kcal)	1180kj (283kcal)	1420kj (340kcal)	1060kj (253kcal)	1270kj (303kcal)	1000kj (240kcal)	1400kj (336kcal)
Protein	13.5g	16.2g	12.1g	14.5g	12.9g	15.5g	12.9g	15.4g	7.3g	8.7g	8g	11.2g
Fat, total	14.5g	17.3g	14.7g	17.6g	16g	19.2g	15.9g	19.1g	13.9g	16.6g	13.1g	18.3g
saturated	6.8g	8.2g	6.9g	8.3g	7.2g	8.7g	7.7g	9.2g	6.6g	7.9g	5.7g	8g
Carbohydrate	24.8g	29.7g	22.9g	27.4g	24g	28.7g	22.1g	26.5g	24.6g	29.5g	22.5g	31.5g
sugar	3.3g	3.9g	0.97g	1.2g	2g	2.5g	0.96g	1.1g	2.6g	3.1g	1.3g	1.8g
Sodium	438mg	525mg	325mg	390mg	340mg	408mg	272mg	326mg	364mg	437mg	299mg	419mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ. Nutrition information is based on analytical and calculated data using standard serving sizes of ingredients. Actual finished product sizes and assembly may vary due to the individual preparation of each menu item. Further, product formulations may change periodically and variations may also occur due to seasonality and supplier.

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

Nutrition information is based on analytical and calculated data using standard serving sizes of ingredients. Actual finished product sizes and assembly may vary due to the individual preparation of each menu item. Further, product formulations may change periodically and variations may also occur due to seasonality and supplier.

Nutrition data correct as of 5 of March 2024

V1.1 5MAR24

ZAMBRERO NUTRITIONAL INFORMATION



SAUCES & GUACAMOLE

	Basilo				Chipotle				Garlic			
	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac
Energy	2130kJ (510kcal)	213kJ (51kcal)	426kJ (102kcal)	1065kJ (255kcal)	2060kJ (491kcal)	206kJ (49kcal)	412kJ (98kcal)	1030kJ (246kcal)	1850kJ (443kcal)	185kJ (44.3kcal)	370kJ (89kcal)	925kJ (222kcal)
Protein	1.7g	0.17g	0.34g	0.9g	0.9g	0.1g	0.2g	0.5g	1.2g	0.12g	0.24g	0.6g
Fat, total	54g	5.4g	10.8g	27g	52.5g	5.3g	10.5g	26.3g	46.3g	4.6g	9.3g	23g
saturated	8.2g	0.8g	1.6g	4.1g	8.1g	0.81g	1.6g	4.1g	7.3g	0.7g	1.5g	3.7g
Carbohydrate	4.4g	0.5g	0.9g	2.25g	4.7g	0.47g	0.9g	2.4g	4.6g	0.5g	0.9g	2.3g
sugar	2.2g	0.2g	0.44g	1.1g	1.5g	0.15g	0.3g	0.8g	1.1g	0.1g	0.2g	0.6g
Sodium	850mg	85mg	170mg	425mg	846mg	85mg	169mg	423mg	679mg	67.9mg	136mg	340mg

	Red Chilli				Secret BBQ				Trezigo			
	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac
Energy	590kJ (141kcal)	59kJ (14kcal)	118kJ (28kcal)	296kJ (71kcal)	643kJ (151kcal)	64kJ (15.1kcal)	129kJ (30.3kcal)	322kJ (76kcal)	488kJ (117kcal)	49kJ (11.7kcal)	98kJ (23.4kcal)	244kJ (59kcal)
Protein	1.1g	0.1g	0.2g	0.6g	0.5g	0.05g	0.1g	0.25g	0.5g	0.05g	0.1g	0.3g
Fat, total	1.7g	0.2g	0.3g	0.9g	3.4g	0.34g	0.7g	1.7g	9.3g	0.9g	1.9g	4.7g
saturated	0.5g	0.05g	0.1g	0.3g	0.5g	0.05g	0.1g	0.25g	2.2g	0.2g	0.4g	1.1g
Carbohydrate	29.1g	2.9g	5.8g	14.6g	29.3g	2.9g	5.9g	14.7g	7.6g	0.8g	1.5g	3.8g
sugar	25.2g	2.5g	5g	12.6g	20.7g	2.1g	4.1g	10.4g	6.1g	0.6g	1.2g	2.9g
Sodium	680mg	68mg	136mg	340mg	360mg	36mg	72mg	180mg	829mg	83mg	166mg	414mg

	Verde			
	per 100g	per serve on smaller range	per serve on burrito, bowl, nachos	per serve on chips, chips & guac
Energy	716kJ (171kcal)	72kJ (17.1kcal)	143kJ (34.2kcal)	358kJ (86kcal)
Protein	0.5g	0.05g	0.1g	0.25g
Fat, total	14.7g	1.5g	2.9g	7.4g
saturated	2.3g	0.2g	0.46g	1.2g
Carbohydrate	9.1g	0.9g	1.8g	4.6g
sugar	6.5g	0.7g	1.3g	3.3g
Sodium	624mg	62mg	125mg	312mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

Nutrition information is based on analytical and calculated data using standard serving sizes of ingredients. Actual finished product sizes and assembly may vary due to the individual preparation of each menu item. Further, product formulations may change periodically and variations may also occur due to seasonality and supplier.

Nutrition data correct as of 5 of March 2024

V1.1 5MAR24

ZAMBRERO NUTRITIONAL INFORMATION

CHIPS, CHIPS & GUACAMOLE

	Guacamole			Chips & Zam Spice		Chips & Guacamole	
	per 100g	per serve on single taco	per serve on all other products	per 100g	per serve	per 100g	per serve
Energy	784kJ (188kcal)	196kJ (47kcal)	353kJ (84kcal)	1970kJ (471kcal)	1400kJ (334kcal)	1510kJ (361kcal)	1760kJ (419kcal)
Protein	1.7g	0.4g	0.8g	7.3g	5.2g	5.1g	6g
Fat, total	19.2g	4.8g	8.7g	22.4g	15.9g	21.2g	24.5g
saturated	4.3g	1.1g	1.9g	9.4g	6.7g	7.4g	8.6g
Carbohydrate	1.2g	0.3g	0.5g	59.7g	42.4g	37g	42.9g
sugar	1.1g	0.3g	0.5g	0.51g	0.36g	0.74g	0.86g
Sodium	201mg	50mg	91mg	343mg	243mg	288mg	334mg

GLUTEN FREE HEMP TORTILLA

	per 100g	per tortilla (105g)
Energy	720kJ (172kcal)	756kJ (180kcal)
Protein	6.7g	7.0g
Fat, total	6.5g	6.8g
saturated	3.5g	3.7g
Carbohydrate	29.2g	30.7g
sugar	4.2g	4.4g
Sodium	550mg	578mg



THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ.

Nutrition information is based on analytical and calculated data using standard serving sizes of ingredients. Actual finished product sizes and assembly may vary due to the individual preparation of each menu item. Further, product formulations may change periodically and variations may also occur due to seasonality and supplier.

Nutrition data correct as of 5 of March 2024

V1.1 5MAR24