

NUTRITIONAL INFORMATION



ALLERGENS TABLE

MENU COMPONENT	SULPHITES	GLUTEN**	CRUSTACEAN	EGG	FISH	MILK/DAIRY	PEANUTS	SESAME SEEDS	SOY	TREE NUTS	LUPINS	VEGETARIAN	VEGAN
BACON												X	X
BARRAMUNDI (MILD)					X							X	X
BARRAMUNDI (SPICY)					X							X	X
BEEF - GROUND (MILD)												X	X
BEEF - GROUND (SPICY)												X	X
BEEF (MILD)												X	X
BEEF (SPICY)												X	X
BLACK BEANS												✓	✓
BROWN RICE												✓	✓
CARROT CHIPS (FRESH CARROTS)												✓	✓
CHEESE						X						✓	X
CHICKEN (MILD)												X	X
CHICKEN (SPICY)												X	X
CHORIZO						X						X	X
CHIPOTLE FRY SEASONING	X											✓	✓
CHIPOTLE MAYO				X					X			✓	X
CHURROS	TRACE*	X										✓	✓
CORN												✓	✓
CORN CHIPS												✓	✓
CORN TORTILLA (HARD AND SOFT SHELL TACOS, CORN QUESADILLA)												✓	✓
CUCUMBER												✓	✓
DULCHE DE LECHE						X						✓	X
FLOUR TORTILLA (BURRITO, FAJITA, ENCHILADA, SOFT FLOUR TACO, FLOUR QUESADILLA)		X							X			✓	✓
FRIES												✓	✓
GUACAMOLE												✓	✓
HABANERO SALSA												✓	✓
HASH BROWNS	TRACE	TRACE										✓	✓

** Whilst many ingredients do not contain gluten we cannot guarantee that there will be no cross contact between ingredients in our open plan and fast paced kitchens.

X Indicates menu component not suitable for those with intolerance/allergy to ingredient. Trace indicates menu component is made in a facility that also processes products containing these allergens

✓ Indicates menu component suitable for those with vegetarian and/or vegan dietary requirements. Trace* indicates menu component is made on the same line that also processes products containing these allergens

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at May, 2019. Ingredients changes may occur before this information is updated. If you have any questions please contact us on info@gyg.com.au or +61 2 9191 0900.

MENU COMPONENT	SULPHITES	GLUTEN**	CRUSTACEAN	EGG	FISH	MILK/DAIRY	PEANUTS	SESAME SEEDS	SOY	TREE NUTS	LUPINS	VEGETARIAN	VEGAN
JALAPENO KETCHUP		X										✓	✓
KETCHUP		X										✓	✓
LETTUCE MIX												✓	✓
MEX CHIMI MAYO												✓	✓
MEXICAN VINAIGRETTE									X			✓	✓
PICKLED JALAPENOS												✓	✓
PICO DE GALLO												✓	✓
PORK (MILD)									X			X	X
PORK (SPICY)									X			X	X
QUESO						X						✓	X
QUESO MILD						X						✓	X
QUESO SPICY						X						✓	X
ROASTED JALAPENO SALSA												✓	✓
SALT (PLAIN)												✓	✓
SCRAMBLED EGGS				X		X						✓	X
SMOKEY CHIPOTLE SALSA												✓	✓
SOUR CREAM						X						X	X
SOURDOUGH BREAD		X						X				✓	X
TOMATILLO SALSA												✓	✓
TORTILLA WHOLEMEAL		X							X			✓	✓
VEGETABLES (MILD)												✓	✓
VEGETABLES (SPICY)												✓	✓
VEGETABLES (MILD)												✓	✓
VEGETABLES (SPICY)												✓	✓
WHITE RICE												✓	✓
SPICY SAUCE												✓	✓

** Whilst many ingredients do not contain gluten we cannot guarantee that there will be no cross contact between ingredients in our open plan and fast paced kitchens.

X Indicates menu component not suitable for those with intolerance/allergy to ingredient. Trace indicates menu component is made in a facility that also processes products containing these allergens

✓ Indicates menu component suitable for those with vegetarian and/or vegan dietary requirements. Trace* indicates menu component is made on the same line that also processes products containing these allergens

NUTRITIONAL INFO



At Guzman y Gomez, we're all about the food. Our kitchens are full of fresh ingredients that are prepared and cooked in-store daily. But the most important part is how good it tastes. With traditional recipes and authentic Mexican flavours, there's no denying that GYG are keeping it real when it comes to Mexican food.

BURRITOS	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	480	3270	782	42.6	28.6	12.2	88.6	6.1	7.6	1900
MILD GRILLED CHICKEN	480	3250	777	47.2	26.0	12.7	87.9	5.4	7.0	1910
MILD GROUND BEEF	480	3450	824	37.5	34.0	17.6	91.2	6.5	7.9	1960
MILD PULLED PORK	480	3160	755	42.9	25.4	12.9	87.7	5.2	7.0	2040
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	550	3350	800	25.8	34.3	13.9	95.3	8.9	10.2	1840
MILD SLOW COOKED BEEF	480	3360	802	49.3	27.8	13.7	87.9	5.4	7.0	1950
SPICY SEARED BARRAMUNDI	495	3340	799	43.0	29.3	12.5	90.7	6.7	7.8	2070
SPICY GRILLED CHICKEN	495	3320	794	47.6	26.7	13.0	90.0	6.0	7.2	2080
SPICY GROUND BEEF	495	3520	840	37.9	34.7	17.9	93.3	7.1	8.1	2130
SPICY PULLED PORK	495	3230	771	43.3	26.1	13.2	89.8	5.8	7.2	2210
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	565	3420	817	26.1	35.0	14.3	97.5	9.5	10.4	2010
SPICY SLOW COOKED BEEF	495	3430	818	49.7	28.5	14.0	90.0	6.0	7.2	2110

BURRITO BOWL	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	455	2800	668	38.1	25.6	8.7	71.7	3.9	6.9	1650
MILD GRILLED CHICKEN	455	2780	663	42.7	23.0	9.2	71.0	3.2	6.3	1660
MILD GROUND BEEF	455	2970	710	33.0	31.0	14.1	74.3	4.3	7.2	1710
MILD PULLED PORK	455	2680	641	38.4	22.4	9.4	70.8	3.0	6.3	1790
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	525	2870	686	21.3	31.3	10.4	78.4	6.8	9.5	1580
MILD SLOW COOKED BEEF	455	2880	688	44.8	24.8	10.2	71.0	3.2	6.3	1690
SPICY SEARED BARRAMUNDI	470	2870	685	38.4	26.3	9.0	73.8	4.5	7.1	1810
SPICY GRILLED CHICKEN	470	2850	680	43.0	23.7	9.5	73.1	3.8	6.5	1820
SPICY GROUND BEEF	470	3040	726	33.3	31.7	14.4	76.4	4.9	7.4	1870
SPICY PULLED PORK	470	2750	657	38.7	23.1	9.7	72.9	3.6	6.5	1950
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	540	2940	703	21.6	32.0	10.8	80.6	7.4	9.6	1750
SPICY SLOW COOKED BEEF	470	2950	704	45.1	25.5	10.5	73.1	3.8	6.5	1860

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at May, 2019. Ingredients changes may occur before this information is updated. If you have any questions please contact us on info@gyg.com.au or +61 2 9191 0900.

NUTRITIONAL INFO



At Guzman y Gomez, we're all about the food. Our kitchens are full of fresh ingredients that are prepared and cooked in-store daily. But the most important part is how good it tastes. With traditional recipes and authentic Mexican flavours, there's no denying that GYG are keeping it real when it comes to Mexican food.

CALI BURRITO	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	470	4080	975	41.8	55.4	18.2	75.4	7.8	7.2	1710
MILD GRILLED CHICKEN	470	4060	970	46.4	52.8	18.7	74.7	7.1	6.6	1720
MILD GROUND BEEF	470	4260	1020	36.7	60.8	23.6	78.0	8.2	7.5	1770
MILD PULLED PORK	470	3970	948	42.1	52.2	18.9	74.5	6.9	6.6	1850
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	470	3630	868	23.8	47.9	17.1	81.7	10.1	8.8	1460
MILD SLOW COOKED BEEF	470	4160	995	48.5	54.6	19.7	74.7	7.1	6.6	1750
SPICY SEARED BARRAMUNDI	500	4170	996	42.2	56.1	18.6	78.1	8.7	7.6	2080
SPICY GRILLED CHICKEN	500	4150	991	46.8	53.5	19.1	77.4	8.0	7.0	2090
SPICY GROUND BEEF	500	4340	1040	37.1	61.5	24.0	80.7	9.1	7.9	2140
SPICY PULLED PORK	500	4050	968	42.5	52.9	19.3	77.2	7.8	7.0	2220
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	500	3720	888	24.2	48.7	17.5	84.4	11.0	9.1	1830
SPICY SLOW COOKED BEEF	500	4250	1020	48.9	55.3	20.1	77.4	8.0	7.0	2120

FAJITA	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	589	3980	950	45.8	42.7	15.6	95.0	9.1	9.0	1770
MILD GRILLED CHICKEN	589	3960	945	50.4	40.1	16.1	94.3	8.4	8.4	1780
MILD GROUND BEEF	589	4150	991	40.7	48.1	21.0	97.6	9.5	9.3	1830
MILD PULLED PORK	589	3860	922	46.1	39.5	16.3	94.1	8.2	8.4	1910
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	659	4050	968	28.9	48.5	17.3	102.0	11.9	11.6	1710
MILD SLOW COOKED BEEF	589	4060	969	52.5	41.9	17.1	94.3	8.4	8.4	1820
SPICY SEARED BARRAMUNDI	604	4050	967	46.1	43.5	15.9	97.1	9.7	9.2	1940
SPICY GRILLED CHICKEN	604	4030	962	50.7	40.9	16.4	96.4	9.0	8.6	1950
SPICY GROUND BEEF	604	4220	1010	41.0	48.9	21.3	99.7	10.1	9.5	2000
SPICY PULLED PORK	604	3930	939	46.4	40.3	16.6	96.2	8.8	8.6	2080
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	674	4120	985	29.3	49.2	17.7	104.0	12.5	11.7	1870
SPICY SLOW COOKED BEEF	604	4130	986	52.8	42.7	17.4	96.4	9.0	8.6	1980

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at May, 2019. Ingredients changes may occur before this information is updated. If you have any questions please contact us on info@gyg.com.au or +61 2 9191 0900.

NUTRITIONAL INFO



At Guzman y Gomez, we're all about the food. Our kitchens are full of fresh ingredients that are prepared and cooked in-store daily. But the most important part is how good it tastes. With traditional recipes and authentic Mexican flavours, there's no denying that GYG are keeping it real when it comes to Mexican food.

FAJITA BOWL	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	564	3500	836	41.3	39.8	12.1	78.1	6.9	8.3	1510
MILD GRILLED CHICKEN	564	3480	831	45.9	37.2	12.6	77.4	6.2	7.7	1530
MILD GROUND BEEF	564	3670	877	36.2	45.2	17.5	80.7	7.3	8.6	1570
MILD PULLED PORK	564	3380	808	41.6	36.6	12.8	77.2	6.0	7.7	1650
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	634	3580	854	24.4	45.5	13.8	84.8	9.7	10.8	1450
MILD SLOW COOKED BEEF	564	3580	855	48.0	39.0	13.6	77.4	6.2	7.7	1560
SPICY SEARED BARRAMUNDI	579	3570	853	41.6	40.5	12.4	80.2	7.5	8.4	1680
SPICY GRILLED CHICKEN	579	3550	848	46.2	37.9	12.9	79.5	6.8	7.8	1690
SPICY GROUND BEEF	580	3750	896	36.5	46.1	17.8	82.8	7.9	8.7	1740
SPICY PULLED PORK	579	3450	825	41.9	37.3	13.1	79.3	6.6	7.8	1820
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	649	3650	871	24.7	46.2	14.1	87.0	10.3	11.0	1620
SPICY SLOW COOKED BEEF	579	3650	872	48.3	39.7	13.9	79.5	6.8	7.8	1720

ENCHILADA	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	699	4700	1120	51.7	52.7	21.2	109.0	11.4	11.5	2900
MILD GRILLED CHICKEN	699	4680	1120	56.3	50.1	21.7	108.0	10.7	10.9	2910
MILD GROUND BEEF	699	4870	1160	46.6	58.1	26.6	111.0	11.8	11.8	2960
MILD PULLED PORK	699	4580	1100	52.0	49.5	21.9	108.0	10.5	10.9	3040
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	769	4780	1140	34.8	58.4	23.0	116.0	14.3	14.1	2840
MILD SLOW COOKED BEEF	699	4780	1140	58.4	51.9	22.7	108.0	10.7	10.9	2940
SPICY SEARED BARRAMUNDI	729	4840	1160	52.3	54.2	21.9	113.0	12.6	11.8	3230
SPICY GRILLED CHICKEN	729	4820	1150	56.9	51.6	22.4	112.0	11.9	11.2	3240
SPICY GROUND BEEF	729	5010	1200	47.2	59.6	27.3	116.0	13.0	12.1	3290
SPICY PULLED PORK	729	4720	1130	52.6	51.0	22.6	112.0	11.7	11.2	3370
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	799	4920	1170	35.5	59.9	23.6	120.0	15.5	14.4	3170
SPICY SLOW COOKED BEEF	729	4920	1180	59.0	53.4	23.4	112.0	11.9	11.2	3270

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at May, 2019. Ingredients changes may occur before this information is updated. If you have any questions please contact us on info@gyg.com.au or +61 2 9191 0900.

NUTRITIONAL INFO



At Guzman y Gomez, we're all about the food. Our kitchens are full of fresh ingredients that are prepared and cooked in-store daily. But the most important part is how good it tastes. With traditional recipes and authentic Mexican flavours, there's no denying that GYG are keeping it real when it comes to Mexican food.

NACHOS	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	500	4650	1110	47.5	69.8	19.7	72.6	5.7	12.5	1800
MILD GRILLED CHICKEN	500	4630	1110	52.1	67.2	20.2	71.9	5.0	11.9	1820
MILD GROUND BEEF	500	4830	1150	42.4	75.2	25.1	75.2	6.1	12.8	1870
MILD PULLED PORK	500	4540	1080	47.8	66.6	20.4	71.7	4.8	11.9	1950
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	500	4200	1000	29.4	62.3	18.6	78.9	8.1	14.1	1550
MILD SLOW COOKED BEEF	500	4740	1130	54.2	69.0	21.2	71.9	5.0	11.9	1850
SPICY SEARED BARRAMUNDI	515	4720	1130	47.8	70.5	20.0	74.7	6.3	12.7	1970
SPICY GRILLED CHICKEN	515	4700	1120	52.4	67.9	20.5	74.0	5.6	12.1	1980
SPICY GROUND BEEF	515	4900	1170	42.7	75.9	25.4	77.3	6.7	13.0	2030
SPICY PULLED PORK	515	4610	1100	48.1	67.3	20.7	73.8	5.4	12.1	2110
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	515	4270	1020	29.8	63.1	18.9	81.0	8.7	14.2	1720
SPICY SLOW COOKED BEEF	515	4810	1150	54.5	69.7	21.5	74.0	5.6	12.1	2020

NACHO FRIES	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	480	4280	1020	45.0	67.5	21.5	56.9	6.0	8.1	1600
MILD GRILLED CHICKEN	480	4260	1020	49.6	64.9	22.0	56.2	5.3	7.5	1610
MILD GROUND BEEF	480	4460	1060	39.9	72.9	26.9	59.5	6.4	8.4	1660
MILD PULLED PORK	480	4170	995	45.3	64.3	22.2	56.0	5.1	7.5	1740
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	480	3830	916	26.9	60.0	20.4	63.2	8.4	9.7	1350
MILD SLOW COOKED BEEF	480	4360	1040	51.7	66.7	23.0	56.2	5.3	7.5	1640
SPICY SEARED BARRAMUNDI	510	4370	1040	45.4	68.3	21.9	59.6	6.9	8.5	1970
SPICY GRILLED CHICKEN	510	4350	1040	50.0	65.7	22.4	58.9	6.2	7.9	1980
SPICY GROUND BEEF	510	4540	1080	40.3	73.7	27.3	62.2	7.3	8.8	2030
SPICY PULLED PORK	510	4250	1020	45.7	65.1	22.6	58.7	6.0	7.9	2110
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	510	3920	936	27.3	60.8	20.8	65.9	9.3	10.1	1720
SPICY SLOW COOKED BEEF	510	4450	1060	52.1	67.5	23.4	58.9	6.2	7.9	2010

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at May, 2019. Ingredients changes may occur before this information is updated. If you have any questions please contact us on info@gyg.com.au or +61 2 9191 0900.

NUTRITIONAL INFO



At Guzman y Gomez, we're all about the food. Our kitchens are full of fresh ingredients that are prepared and cooked in-store daily. But the most important part is how good it tastes. With traditional recipes and authentic Mexican flavours, there's no denying that GYG are keeping it real when it comes to Mexican food.

SALADS (WITHOUT DRESSING)	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	310	922	220	23.6	8.7	1.2	10.3	4.9	4.2	482
MILD GRILLED CHICKEN	310	901	215	28.2	6.1	1.7	9.6	4.2	3.6	494
MILD GROUND BEEF	310	1100	262	18.5	14.1	6.6	12.9	5.3	4.5	543
MILD PULLED PORK	310	806	193	23.9	5.5	1.9	9.4	4.0	3.6	623
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	380	998	238	6.8	14.5	3.0	17.1	7.8	6.8	420
MILD SLOW COOKED BEEF	310	1000	240	30.3	7.9	2.7	9.6	4.2	3.6	527
SPICY SEARED BARRAMUNDI	335	1000	240	24.0	9.5	1.6	12.8	5.9	4.7	648
SPICY GRILLED CHICKEN	335	983	235	28.6	6.9	2.1	12.1	5.2	4.1	660
SPICY GROUND BEEF	335	1180	281	18.9	14.9	7.0	15.4	6.3	5.0	709
SPICY PULLED PORK	335	888	212	24.3	6.3	2.3	11.9	5.0	4.1	789
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	405	1080	258	7.2	15.2	3.3	19.6	8.8	7.3	586
SPICY SLOW COOKED BEEF	335	1080	259	30.7	8.7	3.1	12.1	5.2	4.1	693
MEXICAN DRESSING	29	411	98	0.4	10.3	0.7	0.9	0.6	0.0	139

SOFT FLOUR TACOS (1 TACO)	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	118	738	176	13.1	6.8	1.9	15.3	2.4	1.4	472
MILD GRILLED CHICKEN	118	728	174	15.4	5.5	2.1	15.0	2.1	1.1	478
MILD GROUND BEEF	118	825	197	10.5	9.5	4.6	16.6	2.6	1.6	502
MILD PULLED PORK	118	680	162	13.2	5.2	2.2	14.9	2.0	1.1	542
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	168	889	212	4.9	12.5	3.4	18.8	3.9	2.9	481
MILD SLOW COOKED BEEF	118	779	186	16.4	6.4	2.6	15.0	2.1	1.1	494
SPICY SEARED BARRAMUNDI	125	771	184	13.2	7.1	2.0	16.3	2.7	1.5	549
SPICY GRILLED CHICKEN	125	760	182	15.5	5.8	2.3	16.0	2.3	1.2	555
SPICY GROUND BEEF	125	857	205	10.7	9.8	4.7	17.6	2.9	1.6	580
SPICY PULLED PORK	125	713	170	13.4	5.5	2.4	15.9	2.2	1.2	620
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	175	921	220	5.1	12.8	3.5	19.8	4.2	3.0	559
SPICY SLOW COOKED BEEF	125	811	194	16.6	6.7	2.8	16.0	2.3	1.2	572

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at May, 2019. Ingredients changes may occur before this information is updated. If you have any questions please contact us on info@gyg.com.au or +61 2 9191 0900.

NUTRITIONAL INFO



At Guzman y Gomez, we're all about the food. Our kitchens are full of fresh ingredients that are prepared and cooked in-store daily. But the most important part is how good it tastes. With traditional recipes and authentic Mexican flavours, there's no denying that GYG are keeping it real when it comes to Mexican food.

QUESADILLA (CORN TORTILLA)	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	124	949	227	15.3	13.0	7.0	11.7	2.0	1.7	501
MILD GRILLED CHICKEN	124	942	225	16.6	12.2	7.2	11.5	1.8	1.5	505
MILD GROUND BEEF	124	1000	239	13.7	14.6	8.6	12.5	2.1	1.7	519
MILD PULLED PORK	124	914	218	15.3	12.1	7.2	11.4	1.7	1.5	543
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	174	1190	284	10.7	20.2	8.7	13.9	3.0	2.8	561
MILD SLOW COOKED BEEF	124	973	232	17.3	12.8	7.5	11.5	1.8	1.5	515
SPICY SEARED BARRAMUNDI	131	981	234	15.4	13.3	7.2	12.7	2.3	1.7	578
SPICY GRILLED CHICKEN	131	975	233	16.8	12.6	7.3	12.5	2.0	1.6	582
SPICY GROUND BEEF	131	1030	247	13.9	15.0	8.8	13.5	2.4	1.8	597
SPICY PULLED PORK	131	946	226	15.5	12.4	7.4	12.4	2.0	1.6	621
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	181	1220	292	10.9	20.5	8.9	14.9	3.3	2.9	638
SPICY SLOW COOKED BEEF	131	1010	240	17.4	13.1	7.6	12.5	2.0	1.6	592

QUESADILLA (FLOUR TORTILLA)	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	128	1090	261	16.5	14.7	8.1	15.4	2.5	1.3	642
MILD GRILLED CHICKEN	128	1090	259	17.9	13.9	8.2	15.2	2.3	1.1	645
MILD GROUND BEEF	128	1140	273	14.9	16.3	9.7	16.2	2.6	1.4	660
MILD PULLED PORK	128	1060	253	16.6	13.8	8.3	15.1	2.2	1.1	684
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	178	1330	318	11.9	21.9	9.8	17.7	3.5	2.5	702
MILD SLOW COOKED BEEF	128	1120	267	18.5	14.5	8.5	15.2	2.3	1.1	655
SPICY SEARED BARRAMUNDI	135	1120	269	16.6	15.1	8.2	16.4	2.8	1.4	719
SPICY GRILLED CHICKEN	135	1120	267	18.0	14.3	8.4	16.2	2.6	1.2	723
SPICY GROUND BEEF	135	1180	281	15.1	16.7	9.9	17.2	2.9	1.5	738
SPICY PULLED PORK	135	1090	260	16.7	14.1	8.5	16.1	2.5	1.2	762
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	185	1370	326	12.1	22.2	10.0	18.7	3.8	2.6	779
SPICY SLOW COOKED BEEF	135	1150	275	18.6	14.8	8.7	16.2	2.6	1.2	733

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at May, 2019. Ingredients changes may occur before this information is updated. If you have any questions please contact us on info@gyg.com.au or +61 2 9191 0900.

NUTRITIONAL INFO



At Guzman y Gomez, we're all about the food. Our kitchens are full of fresh ingredients that are prepared and cooked in-store daily. But the most important part is how good it tastes. With traditional recipes and authentic Mexican flavours, there's no denying that GYG are keeping it real when it comes to Mexican food.

HARD TACOS (1 TACO)	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	116	853	204	14.4	10.5	3.1	12.4	2.0	1.8	406
MILD GRILLED CHICKEN	116	842	201	16.7	9.2	3.3	12.0	1.7	1.5	412
MILD GROUND BEEF	116	939	224	11.9	13.2	5.8	13.7	2.2	2.0	436
MILD PULLED PORK	116	795	190	14.6	8.9	3.4	11.9	1.6	1.5	476
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	166	1000	240	6.3	16.2	4.6	15.9	3.5	3.3	415
MILD SLOW COOKED BEEF	116	893	213	17.8	10.1	3.8	12.0	1.7	1.5	428
SPICY SEARED BARRAMUNDI	123	885	211	14.6	10.8	3.2	13.4	2.3	1.9	483
SPICY GRILLED CHICKEN	123	875	209	16.9	9.5	3.5	13.0	1.9	1.6	489
SPICY GROUND BEEF	123	972	232	12.1	13.5	5.9	14.7	2.5	2.1	514
SPICY PULLED PORK	123	827	198	14.8	9.2	3.6	12.9	1.8	1.6	554
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	173	1040	247	6.4	16.5	4.7	16.9	3.8	3.4	493
SPICY SLOW COOKED BEEF	123	926	221	18.0	10.4	4.0	13.0	1.9	1.6	506

SOFT CORN TORTILLA (1 TACO)	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	114	595	142	11.8	5.1	0.8	11.6	1.9	1.8	331
MILD GRILLED CHICKEN	114	584	140	14.1	3.8	1.0	11.2	1.6	1.5	337
MILD GROUND BEEF	114	681	163	9.3	7.8	3.5	12.9	2.1	1.9	362
MILD PULLED PORK	114	537	128	12.0	3.5	1.1	11.1	1.5	1.5	402
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	164	745	178	3.7	10.8	2.3	15.1	3.4	3.3	340
MILD SLOW COOKED BEEF	114	635	152	15.2	4.7	1.5	11.2	1.6	1.5	354
SPICY SEARED BARRAMUNDI	121	627	150	12.0	5.4	0.9	12.6	2.2	1.9	408
SPICY GRILLED CHICKEN	121	617	147	14.3	4.1	1.2	12.2	1.8	1.6	414
SPICY GROUND BEEF	121	714	171	9.4	8.1	3.6	13.9	2.4	2.0	439
SPICY PULLED PORK	121	569	136	12.1	3.8	1.3	12.1	1.7	1.6	479
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	171	778	186	3.8	11.1	2.4	16.1	3.7	3.4	418
SPICY SLOW COOKED BEEF	121	668	160	15.3	5.0	1.7	12.2	1.8	1.6	431

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at May, 2019. Ingredients changes may occur before this information is updated. If you have any questions please contact us on info@gyg.com.au or +61 2 9191 0900.

NUTRITIONAL INFO



At Guzman y Gomez, we're all about the food. Our kitchens are full of fresh ingredients that are prepared and cooked in-store daily. But the most important part is how good it tastes. With traditional recipes and authentic Mexican flavours, there's no denying that GYG are keeping it real when it comes to Mexican food.

KID'S PICKS	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
LITTLE GUY - MILD - PAN SEARED BARRAMUNDI	185	1910	457	24.4	20.1	9.9	43.8	2.6	1.7	1010
LITTLE GUY - MILD - SLOW COOKED BEEF	185	1930	461	25.7	19.9	10.8	43.5	2.4	2.1	1200
LITTLE GUY - MILD - FREE RANGE CHICKEN	185	1950	466	26.8	20.1	10.4	43.5	2.4	1.9	1020
LITTLE GUY - MILD - PULLED PORK	185	1890	452	24.4	19.6	10.6	43.4	2.2	1.4	1080
LITTLE GUY - MILD - SAUTÉED VEGETABLES WITH GUACAMOLE	220	1950	466	15.9	23.0	10.8	47.2	4.0	3.0	982
1 CHEESE QUESADILLA	50	669	160	8.5	10.1	6.6	8.6	0.2	0.8	223
CHEESE NACHOS	160	3070	733	21.8	44.3	15.0	59.2	1.2	6.8	636

EXTRAS - REG BURRITOS, BOWLS & SALADS	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD & SPICY - PAN SEARED BARRAMUNDI	100	660	158	20.7	8.1	1.2	1.0	1.0	0.6	260
MILD - SLOW COOKED BEEF	100	693	166	23.4	7.7	3.1	0.5	0.5	1.3	642
MILD - FREE RANGE CHICKEN	100	740	177	25.5	8.1	2.3	0.5	0.5	0.9	272
MILD - PULLED PORK	100	623	149	20.7	7.1	2.6	0.2	0.1	0.0	388
MILD - SAUTÉED VEGETABLES	100	210	50	2.6	0.6	0.1	7.3	3.4	2.2	9
SPICY - PAN SEARED BARRAMUNDI - FAJITA, FAJITA BOWL AND SALAD ONLY	110	678	162	20.7	8.2	1.2	1.9	1.8	0.6	324
SPICY - SLOW COOKED BEEF	110	711	170	23.4	7.8	3.1	1.4	1.3	1.3	706
SPICY - FREE RANGE CHICKEN	110	758	181	25.5	8.2	2.3	1.4	1.3	0.9	336
SPICY - PULLED PORK	100	643	154	22.0	6.8	2.4	1.0	1.0	0.0	350
SPICY - SAUTÉED VEGETABLES	110	228	54	2.7	0.7	0.1	8.2	4.2	2.2	73
COS LETTUCE	30	25	6	0.4	< 0.1	0.0	0.5	0.5	0.6	5
GUACAMOLE	70	526	126	1.2	13.2	2.9	0.5	0.5	1.0	189
QUESO - PIAIN	60	405	97	5.9	7.6	5.1	1.6	0.4	0.0	312
QUESO - MILD	80	419	100	6.2	7.6	5.1	2.0	0.8	0.2	362
QUESO - SPICY	83	422	101	6.2	7.6	5.1	2.1	0.9	0.3	362

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at May, 2019. Ingredients changes may occur before this information is updated. If you have any questions please contact us on info@gyg.com.au or +61 2 9191 0900.

NUTRITIONAL INFO

FRIES	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
CHIPOTLE SEASONING - REGULAR	180	2250	538	7.9	27.7	2.3	61.0	1.1	6.3	711
CHIPOTLE SEASONING - SMALL	120	1500	358	5.3	18.5	1.6	40.7	0.7	4.2	474
SALTED - REGULAR	150	1530	366	6.2	18.0	1.4	42.2	0.6	5.6	768
SALTED - SMALL	100	1020	244	4.1	12.0	0.9	28.1	0.4	3.7	512
JALAPENO KETCHUP	37	161	38	0.5	less than 0.1	less than 0.1	8.2	7.7	0.1	439
CHIPOTLE MAYO	30	738	176	0.5	18.8	1.5	1.8	1.2	0.1	258
MEX CHIMI MAYO	50	1200	286	0.6	31.6	2.2	0.8	0.6	0.0	207

QUESO FRIES	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD - REGULAR	330	3080	736	20.1	42.9	12.5	64.8	2.4	6.7	1410
MILD - SMALL	192	1910	457	11.3	26.1	6.7	42.5	1.3	4.3	816
SPICY - REGULAR	336	3090	738	20.2	42.9	12.5	65.0	2.7	6.8	1410
SPICY - SMALL	195	1920	458	11.4	26.1	6.7	42.6	1.5	4.4	816

NUTRITIONAL INFO



At Guzman y Gomez, we're all about the food. Our kitchens are full of fresh ingredients that are prepared and cooked in-store daily. But the most important part is how good it tastes. With traditional recipes and authentic Mexican flavours, there's no denying that GYG are keeping it real when it comes to Mexican food.

CORN CHIPS WITH SALSA, QUESO OR GUACAMOLE	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
CORN CHIPS	100	2170	519	7.0	28.4	2.5	56.5	1.4	5.4	280
CORN CHIPS WITH LARGE GUAC	385	4310	1030	12.0	82.1	14.1	58.5	3.4	9.5	1050
CORN CHIPS WITH LARGE MILD QUESO	320	3340	797	22.6	48.0	15.7	66.6	4.3	5.4	1250
CORN CHIPS WITH LARGE PICO DE GALLO	376	2370	565	9.8	28.7	2.5	62.6	7.1	8.6	974
CORN CHIPS WITH LARGE QUESO	280	3390	809	24.8	51.1	17.8	61.2	2.5	5.4	1220
CORN CHIPS WITH LARGE SPICY QUESO	326	3370	805	23.3	48.3	16.1	67.3	1.6	5.4	1270
CORN CHIPS WITH LARGE TOMATILLO SALSA	300	2500	598	8.8	30.2	2.7	68.1	8.8	9.4	1720
CORN CHIPS WITH REGULAR GUAC	232	3160	756	9.3	53.3	7.9	57.4	2.3	7.3	636
CORN CHIPS WITH REGULAR MILD QUESO	220	2810	671	15.5	39.1	9.7	62.0	3.0	5.4	812
CORN CHIPS WITH REGULAR PICO DE GALLO	208	2250	537	8.1	28.5	2.5	58.9	3.6	6.7	552
CORN CHIPS WITH REGULAR QUESO	180	2710	648	14.9	38.5	9.3	58.6	1.9	5.4	696
CORN CHIPS WITH REGULAR SPICY QUESO	223	2830	675	15.9	39.2	9.9	62.4	1.5	5.4	818
CORN CHIPS WITH REGULAR TOMATILLO SALSA	200	2340	559	7.9	29.3	2.6	62.3	5.1	7.4	1000
CORN CHIPS WITH REGULAR TOMATILLO SALSA	209	2290	547	7.7	27.5	2.5	63.3	4.5	8.5	653

SIDES	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
BROWN RICE	207	1340	321	6.6	5.8	1.0	58.8	0.8	2.1	662
CHURROS WITH DULCE DE LECHE	106	1530	366	6.7	17.0	2.8	42.7	20.3	1.9	254
LARGE GUACAMOLE	285	2140	511	5.0	53.7	11.6	2.0	2.0	4.1	769
REGULAR GUACAMOLE	132	991	237	2.3	24.9	5.4	0.9	0.9	1.9	356
LARGE PICO DE GALLO	276	193	46	2.8	0.3	0.0	6.1	5.7	3.2	694
REGULAR PICO DE GALLO	108	75	18	1.1	0.1	0.0	2.4	2.2	1.3	272

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at May, 2019. Ingredients changes may occur before this information is updated. If you have any questions please contact us on info@gyg.com.au or +61 2 9191 0900.

NUTRITIONAL INFO



At Guzman y Gomez, we're all about the food. Our kitchens are full of fresh ingredients that are prepared and cooked in-store daily. But the most important part is how good it tastes. With traditional recipes and authentic Mexican flavours, there's no denying that GYG are keeping it real when it comes to Mexican food.

SIDES (CONT)	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
SOUR CREAM	87	680	163	2.6	15.7	11.3	3.4	3.4	0.0	36
LARGE TOMATILLO SALSA	229	378	90	2.1	2.1	0.2	13.3	8.5	4.6	1650
REGULAR TOMATILLO SALSA	109	180	43	1.0	1.0	0.1	6.3	4.0	2.2	785
VEGETARIAN BLACK BEANS	253	645	154	7.6	1.8	0.5	30.4	0.0	11.9	683
WHITE RICE	183	1310	313	7.0	3.5	0.5	62.6	0.2	0.0	641
QUESO - MILD - LARGE	220	1160	277	15.6	19.6	13.2	10.1	2.9	0.0	975
QUESO - MILD - REGULAR	120	634	151	8.5	10.7	7.2	5.5	1.6	0.0	532
QUESO - PLAIN - LARGE	180	1220	290	17.8	22.7	15.3	4.7	1.1	0.0	936
QUESO - PLAIN - REGULAR	80	540	129	7.9	10.1	6.8	2.1	0.5	0.0	416
QUESO - SPICY - LARGE	226	1200	286	16.3	19.9	13.6	10.8	0.2	0.0	988
QUESO - SPICY - REGULAR	123	652	156	8.9	10.8	7.4	5.9	0.1	0.0	538

LITTLE G's	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
KIDS NACHOS - GRILLED CHICKEN	120	1730	413	21.2	23.3	6.4	28.6	1.0	2.7	424
KIDS NACHOS - GROUND BEEF	120	1830	437	16.3	27.3	8.9	30.3	1.6	3.2	449
1 KIDS QUESADILLA W/ CORN TORTILLA - CHEESE	54	704	168	8.7	10.4	6.6	9.8	0.5	0.8	229
1 KIDS QUESADILLA W/ CORN TORTILLA - GRILLED CHICKEN	84	895	214	16.3	12.0	7.1	9.9	0.6	0.8	310
1 KIDS QUESADILLA W/ CORN TORTILLA - GROUND BEEF	84	954	228	13.3	14.4	8.6	10.9	0.9	1.1	325
1 KIDS QUESADILLA W/ FLOUR TORTILLA - CHEESE	58	847	202	9.9	12.1	7.7	13.5	1.0	0.5	370
1 KIDS QUESADILLA W/ FLOUR TORTILLA - GRILLED CHICKEN	88	1040	248	17.5	13.7	8.2	13.6	1.1	0.5	451
1 KIDS QUESADILLA W/ FLOUR TORTILLA - GROUND BEEF	88	1100	262	14.6	16.1	9.7	14.6	1.5	0.7	466
LITTLE GUY BURRITO - GRILLED CHICKEN	175	1740	416	24.4	15.4	8.0	44.1	2.0	1.0	758
LITTLE GUY BURRITO - GROUND BEEF	175	1840	439	19.5	19.4	10.4	45.7	2.6	1.5	782
KIDS FRIES	60	750	179	2.6	9.2	0.8	20.3	0.4	2.1	307
CARROT CHIPS	60	79	19	0.5	less than 0.1	0.0	3.2	3.1	1.7	27
CORN CHIPS WITH REGULAR TOMATILLO SALSA	200	2340	559	7.9	29.3	2.6	62.3	5.1	7.4	1000
CORN CHIPS WITH REGULAR TOMATILLO SALSA	209	2290	547	7.7	27.5	2.5	63.3	4.5	8.5	653

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at May, 2019. Ingredients changes may occur before this information is updated. If you have any questions please contact us on info@gyg.com.au or +61 2 9191 0900.

NUTRITIONAL INFO



At Guzman y Gomez, we're all about the food. Our kitchens are full of fresh ingredients that are prepared and cooked in-store daily. But the most important part is how good it tastes. With traditional recipes and authentic Mexican flavours, there's no denying that GYG are keeping it real when it comes to Mexican food.

BREAKFAST	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
BURRITO										
MILD BACON	290	3180	759	36.7	47.8	18.9	44.4	3.6	3.7	2620
MILD FREE RANGE CHICKEN CHORIZO	290	2800	669	30.2	41.1	14.9	43.5	2.7	3.2	1440
MILD SAUTÉED VEGETABLES	325	2710	647	24.7	39.3	13.4	47.1	4.4	4.8	1120
SPICY BACON	300	3220	770	36.9	48.3	19.1	45.8	4.0	3.8	2740
SPICY FREE RANGE CHICKEN CHORIZO	300	2850	680	30.5	41.6	15.1	44.9	3.1	3.3	1560
SPICY SAUTÉED VEGETABLES	335	2760	658	24.9	39.7	13.6	48.6	4.8	4.9	1230
FREE RANGE SCRAMBLED EGGS										
MILD BACON	259	2370	566	38.7	41.5	17.8	9.4	2.4	1.5	2170
MILD FREE RANGE CHICKEN CHORIZO	259	1990	476	32.3	34.8	13.8	8.5	1.5	1.0	988
MILD SAUTÉED VEGETABLES	294	1900	454	26.8	33.0	12.3	12.2	3.2	2.5	667
SPICY BACON	269	2420	577	39.0	42.0	18.0	10.8	2.8	1.6	2280
SPICY FREE RANGE CHICKEN CHORIZO	269	2040	487	32.5	35.3	14.0	9.9	1.9	1.1	1100
SPICY SAUTÉED VEGETABLES	304	1950	466	27.0	33.4	12.5	13.6	3.6	2.6	777
TOAST (1 SLICE)										
TOAST WITH AVO - MILD	85	753	180	3.9	8.2	1.7	21.6	0.3	0.5	317
TOAST WITH GUACAMOLE - MILD	85	712	170	3.9	7.1	1.5	21.6	0.4	0.5	320
TOAST WITH AVO - SPICY	90	759	181	4.0	8.2	1.7	21.7	0.5	0.7	317
TOAST WITH GUACAMOLE - SPICY	90	718	172	3.9	7.1	1.5	21.8	0.6	0.6	321
QUESADILLA - CORN TORTILLA										
KIDS	156	2210	529	31.0	35.5	19.0	20.8	2.3	2.3	2290
MILD BACON (2 PIECES)	208	2440	582	34.4	39.4	21.6	21.8	3.2	2.7	2480
MILD FREE RANGE CHICKEN CHORIZO (2 PIECES)	208	1980	474	26.7	31.4	16.8	20.7	2.2	2.1	1060
MILD SAUTÉED VEGETABLES (2 PIECES)	208	1560	373	19.3	21.2	13.3	24.8	3.9	3.4	563
SPICY BACON (2 PIECES)	222	2500	598	34.7	40.1	21.9	23.8	3.8	2.9	2630
SPICY FREE RANGE CHICKEN CHORIZO (2 PIECES)	222	2050	489	27.0	32.0	17.1	22.7	2.7	2.3	1220
SPICY SAUTÉED VEGETABLES (2 PIECES)	222	1630	389	19.6	21.9	13.6	26.8	4.4	3.6	718
QUESADILLA - FLOUR TORTILLA										
KIDS	164	2500	598	33.4	39.0	21.2	28.3	3.3	1.6	2570

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at May, 2019. Ingredients changes may occur before this information is updated. If you have any questions please contact us on info@gyg.com.au or +61 2 9191 0900.

NUTRITIONAL INFO



At Guzman y Gomez, we're all about the food. Our kitchens are full of fresh ingredients that are prepared and cooked in-store daily. But the most important part is how good it tastes. With traditional recipes and authentic Mexican flavours, there's no denying that GYG are keeping it real when it comes to Mexican food.

BREAKFAST	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD BACON (2 PIECES)	216	2720	651	36.9	42.8	23.8	29.3	4.3	2.0	2760
MILD FREE RANGE CHICKEN CHORIZO (2 PIECES)	216	2270	542	29.1	34.8	19.0	28.2	3.2	1.4	1340
MILD SAUTÉED VEGETABLES (2 PIECES)	216	1850	442	21.8	24.6	15.5	32.3	4.9	2.7	845
SPICY BACON (2 PIECES)	230	2790	666	37.2	43.5	24.1	31.3	4.8	2.2	2910
SPICY FREE RANGE CHICKEN CHORIZO (2 PIECES)	230	2340	558	29.4	35.5	19.3	30.2	3.7	1.6	1500
SPICY SAUTÉED VEGETABLES (2 PIECES)	230	1910	457	22.1	25.3	15.8	34.3	5.5	2.9	1000
CHURROS										
CHURROS WITH DULCE DE LECHE	121	1710	408	6.9	17.3	3.1	52.6	30.1	1.7	379

EXTRAS - BREAKFAST	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
BACON	50	835	199	13.9	15.5	7.0	1.2	1.2	0.5	1600
CORN CHIPS	100	2170	519	7.0	28.4	2.5	56.5	1.4	5.4	280
FREE RANGE CHICKEN CHORIZO	50	457	109	7.5	8.8	3.0	0.3	0.3	0.0	420
FREE RANGE SCRAMBLED EGGS	80	564	135	10.7	9.8	3.6	1.2	less than 0.1	0.0	168
GUACAMOLE	35	263	63	0.6	6.6	1.4	0.2	0.2	0.5	95
HASHBROWN	60	666	159	1.8	10.7	1.3	13.1	0.2	1.9	342
PICO	20	14	3	0.2	less than 0.1	0.0	0.4	0.4	0.2	50
SAUTÉED VEGETABLES	50	105	25	1.3	0.3	less than 0.1	3.7	1.7	1.1	4
TOAST (1 SLICE)	50	449	107	3.3	0.5	less than 0.1	21.4	0.2	0.0	226

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at May, 2019. Ingredients changes may occur before this information is updated. If you have any questions please contact us on info@gyg.com.au or +61 2 9191 0900.

MINI'S RANGE



MINI BURRITO BOWL	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	264	1730	413	21.6	15.4	5.5	47.0	2.1	3.5	969
MILD GRILLED CHICKEN	264	1720	410	23.9	14.1	5.8	46.6	1.7	3.2	975
MILD GROUND BEEF	264	1810	433	19.0	18.1	8.2	48.3	2.3	3.7	1000
MILD PULLED PORK	264	1670	399	21.7	13.8	5.9	46.5	1.6	3.2	1040
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	299	1770	422	13.1	18.2	6.4	50.4	3.5	4.8	938
MILD SLOW COOKED BEEF	264	1770	422	24.9	15.0	6.3	46.6	1.7	3.2	992
SPICY SEARED BARRAMUNDI	274	1770	424	21.8	15.9	5.8	48.4	2.5	3.6	1080
SPICY GRILLED CHICKEN	274	1760	421	24.1	14.6	6.0	48.1	2.1	3.3	1090
SPICY GROUND BEEF	274	1860	444	19.2	18.6	8.5	49.7	2.7	3.8	1110
SPICY PULLED PORK	274	1720	410	21.9	14.3	6.1	48.0	2.0	3.3	1150
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	309	1810	433	13.4	18.7	6.6	51.8	3.9	4.9	1050
SPICY SLOW COOKED BEEF	274	1810	433	25.1	15.5	6.5	48.1	2.1	3.3	1100

MINI BURRITO	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	260	1910	457	23.8	17.2	7.9	51.4	3.5	4.1	1070
MILD GRILLED CHICKEN	260	1900	454	26.1	15.9	8.1	51.1	3.2	3.8	1070
MILD GROUND BEEF	260	2000	477	21.3	19.9	10.5	52.7	3.7	4.2	1100
MILD PULLED PORK	260	1850	443	24.0	15.6	8.2	51.0	3.1	3.8	1140
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	295	1950	466	15.4	20.1	8.7	54.8	4.9	5.4	1040
MILD SLOW COOKED BEEF	260	1950	466	27.2	16.8	8.6	51.1	3.2	3.8	1090
SPICY SEARED BARRAMUNDI	270	1960	468	24.0	17.7	8.1	52.8	3.9	4.2	1180
SPICY GRILLED CHICKEN	270	1950	465	26.3	16.4	8.3	52.5	3.6	3.9	1180
SPICY GROUND BEEF	270	2050	489	21.5	20.4	10.8	54.1	4.1	4.3	1210
SPICY PULLED PORK	270	1900	454	24.2	16.1	8.4	52.4	3.5	3.9	1250
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	305	2000	477	15.6	20.6	8.9	56.2	5.3	5.5	1150
SPICY SLOW COOKED BEEF	270	2000	478	27.4	17.3	8.8	52.5	3.6	3.9	1200

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at May, 2019. Ingredients changes may occur before this information is updated. If you have any questions please contact us on info@gyg.com.au or +61 2 9191 0900.

MINI'S RANGE



MINI CALI BURRITO	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	275	2430	581	24.2	32.0	10.9	47.6	4.4	4.7	1010
MILD GRILLED CHICKEN	275	2420	579	26.5	30.7	11.2	47.3	4.0	4.4	1020
MILD GROUND BEEF	275	2520	602	21.6	34.7	13.6	48.9	4.6	4.8	1040
MILD PULLED PORK	275	2380	568	24.3	30.4	11.3	47.2	3.9	4.4	1080
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	275	2210	528	15.2	28.3	10.4	50.8	5.6	5.5	885
MILD SLOW COOKED BEEF	275	2470	591	27.5	31.6	11.7	47.3	4.0	4.4	1030
SPICY SEARED BARRAMUNDI	294	2490	595	24.4	32.5	11.2	49.4	5.0	4.9	1240
SPICY GRILLED CHICKEN	294	2480	592	26.7	31.2	11.4	49.1	4.6	4.6	1250
SPICY GROUND BEEF	294	2580	615	21.9	35.2	13.9	50.7	5.2	5.1	1270
SPICY PULLED PORK	294	2430	581	24.6	30.9	11.5	49.0	4.5	4.6	1310
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	294	2260	541	15.4	28.8	10.6	52.6	6.1	5.7	1120
SPICY SLOW COOKED BEEF	294	2530	604	27.8	32.1	11.9	49.1	4.6	4.6	1270

MINI FAJITA	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	315	2260	541	25.4	24.3	9.5	54.6	5.0	4.8	1000
MILD GRILLED CHICKEN	315	2250	538	27.7	23.0	9.8	54.3	4.6	4.5	1010
MILD GROUND BEEF	315	2350	561	22.8	27.0	12.2	55.9	5.2	4.9	1030
MILD PULLED PORK	315	2200	527	25.5	22.7	9.9	54.2	4.5	4.5	1070
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	350	2300	550	17.0	27.2	10.4	58.0	6.4	6.0	970
MILD SLOW COOKED BEEF	315	2300	550	28.7	23.9	10.3	54.3	4.6	4.5	1020
SPICY SEARED BARRAMUNDI	325	2310	552	25.6	24.8	9.8	56.0	5.4	4.9	1110
SPICY GRILLED CHICKEN	325	2300	549	27.9	23.5	10.0	55.7	5.0	4.6	1120
SPICY GROUND BEEF	325	2400	572	23.1	27.5	12.5	57.3	5.6	5.0	1140
SPICY PULLED PORK	325	2250	538	25.8	23.2	10.1	55.6	4.9	4.6	1180
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	360	2350	561	17.2	27.7	10.6	59.4	6.8	6.1	1080
SPICY SLOW COOKED BEEF	325	2350	561	29.0	24.4	10.5	55.7	5.0	4.6	1130

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at May, 2019. Ingredients changes may occur before this information is updated. If you have any questions please contact us on info@gyg.com.au or +61 2 9191 0900.

MINI'S RANGE



MINI FAJITA BOWL	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	319	2080	497	23.1	22.5	7.2	50.2	3.5	4.2	903
MILD GRILLED CHICKEN	319	2070	494	25.4	21.2	7.5	49.8	3.2	3.9	909
MILD GROUND BEEF	319	2160	517	20.6	25.2	9.9	51.5	3.7	4.4	934
MILD PULLED PORK	319	2020	483	23.3	20.9	7.6	49.7	3.1	3.9	974
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	354	2120	506	14.7	25.3	8.1	53.6	5.0	5.5	872
MILD SLOW COOKED BEEF	319	2120	506	26.5	22.1	8.0	49.8	3.2	3.9	926
SPICY SEARED BARRAMUNDI	329	2120	508	23.4	22.9	7.5	51.6	3.9	4.3	1010
SPICY GRILLED CHICKEN	329	2110	505	25.7	21.6	7.7	51.3	3.6	4.0	1020
SPICY GROUND BEEF	329	2210	528	20.8	25.6	10.2	52.9	4.1	4.5	1040
SPICY PULLED PORK	329	2070	494	23.5	21.3	7.8	51.2	3.5	4.0	1080
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	364	2160	517	14.9	25.8	8.3	55.0	5.4	5.6	982
SPICY SLOW COOKED BEEF	329	2170	517	26.7	22.5	8.2	51.3	3.6	4.0	1040

MINI ENCHILADA	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	370	2670	638	28.5	29.7	12.3	63.2	6.2	6.1	1570
MILD GRILLED CHICKEN	370	2660	636	30.8	28.4	12.6	62.9	5.8	5.8	1570
MILD GROUND BEEF	370	2760	659	26.0	32.4	15.0	64.5	6.4	6.3	1600
MILD PULLED PORK	370	2610	624	28.7	28.1	12.7	62.8	5.7	5.8	1640
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	405	2710	647	20.1	32.6	13.2	66.6	7.6	7.4	1540
MILD SLOW COOKED BEEF	370	2710	648	31.9	29.3	13.1	62.9	5.8	5.8	1590
SPICY SEARED BARRAMUNDI	390	2760	660	29.0	30.7	12.8	66.1	7.0	6.3	1790
SPICY GRILLED CHICKEN	390	2750	658	31.3	29.4	13.0	65.7	6.6	6.0	1790
SPICY GROUND BEEF	390	2850	681	26.4	33.4	15.5	67.4	7.2	6.5	1820
SPICY PULLED PORK	390	2710	646	29.1	29.1	13.1	65.6	6.5	6.0	1860
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	425	2800	669	20.5	33.5	13.6	69.5	8.4	7.6	1760
SPICY SLOW COOKED BEEF	390	2800	670	32.3	30.3	13.5	65.7	6.6	6.0	1810

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at May, 2019. Ingredients changes may occur before this information is updated. If you have any questions please contact us on info@gyg.com.au or +61 2 9191 0900.

MINI'S RANGE



MINI NACHOS	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	250	2330	556	23.8	34.9	9.8	36.3	2.9	6.2	902
MILD GRILLED CHICKEN	250	2320	553	26.1	33.6	10.1	35.9	2.5	5.9	908
MILD GROUND BEEF	250	2410	577	21.2	37.6	12.5	37.6	3.1	6.4	933
MILD PULLED PORK	250	2270	542	23.9	33.3	10.2	35.8	2.4	5.9	973
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	250	2100	502	14.7	31.2	9.3	39.4	4.0	7.0	777
MILD SLOW COOKED BEEF	250	2370	566	27.1	34.5	10.6	35.9	2.5	5.9	925
SPICY SEARED BARRAMUNDI	260	2370	567	24.0	35.4	10.1	37.7	3.3	6.4	1010
SPICY GRILLED CHICKEN	260	2360	565	26.3	34.1	10.3	37.4	2.9	6.1	1020
SPICY GROUND BEEF	260	2460	588	21.4	38.1	12.8	39.0	3.5	6.5	1040
SPICY PULLED PORK	260	2320	553	24.1	33.8	10.4	37.3	2.8	6.1	1080
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	260	2150	513	14.9	31.7	9.5	40.9	4.4	7.1	887
SPICY SLOW COOKED BEEF	260	2410	577	27.3	35.0	10.8	37.4	2.9	6.1	1040

MINI NACHO FRIES	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	265	2230	534	23.4	34.8	10.8	30.3	3.1	5.1	850
MILD GRILLED CHICKEN	265	2220	531	25.7	33.5	11.0	30.0	2.7	4.8	856
MILD GROUND BEEF	265	2320	554	20.9	37.5	13.5	31.6	3.3	5.3	880
MILD PULLED PORK	265	2180	520	23.6	33.2	11.1	29.9	2.6	4.8	920
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	265	2010	480	14.4	31.1	10.2	33.5	4.2	5.9	724
MILD SLOW COOKED BEEF	265	2270	543	26.8	34.4	11.5	30.0	2.7	4.8	872
SPICY SEARED BARRAMUNDI	284	2290	547	23.7	35.3	11.0	32.1	3.6	5.4	1080
SPICY GRILLED CHICKEN	284	2280	544	26.0	34.0	11.3	31.8	3.3	5.1	1090
SPICY GROUND BEEF	284	2380	568	21.1	38.0	13.7	33.4	3.8	5.5	1110
SPICY PULLED PORK	284	2230	533	23.8	33.7	11.4	31.7	3.2	5.1	1150
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	284	2060	493	14.6	31.6	10.5	35.3	4.8	6.2	958
SPICY SLOW COOKED BEEF	284	2330	557	27.0	34.9	11.8	31.8	3.3	5.1	1110

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at May, 2019. Ingredients changes may occur before this information is updated. If you have any questions please contact us on info@gyg.com.au or +61 2 9191 0900.

MINI'S RANGE



MINI SALAD	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	158	475	113	11.9	4.4	0.6	5.8	2.5	2.2	241
MILD GRILLED CHICKEN	158	464	111	14.2	3.1	0.9	5.4	2.2	1.9	247
MILD GROUND BEEF	158	561	134	9.4	7.1	3.3	7.1	2.7	2.4	272
MILD PULLED PORK	158	417	100	12.1	2.8	1.0	5.3	2.1	1.9	312
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	193	513	122	3.5	7.3	1.5	9.1	4.0	3.5	210
MILD SLOW COOKED BEEF	158	515	123	15.3	4.0	1.4	5.4	2.2	1.9	264
SPICY SEARED BARRAMUNDI	178	533	127	12.2	4.9	0.8	7.6	3.4	2.6	352
SPICY GRILLED CHICKEN	178	522	125	14.5	3.6	1.1	7.2	3.0	2.3	358
SPICY GROUND BEEF	178	619	148	9.7	7.6	3.6	8.9	3.6	2.8	383
SPICY PULLED PORK	178	475	113	12.4	3.3	1.2	7.1	2.9	2.3	423
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	213	571	136	3.8	7.8	1.7	10.9	4.8	3.9	321
SPICY SLOW COOKED BEEF	178	573	137	15.6	4.5	1.6	7.2	3.0	2.3	375
MEXICAN DRESSING	29	411	98	0.4	10.3	0.7	0.9	0.6	0.0	139

EXTRAS	SERVE SIZE (G)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRES (g)	SODIUM (mg)
MILD SEARED BARRAMUNDI	50	330	79	10.4	4.1	0.6	0.5	0.5	0.3	130
MILD GRILLED CHICKEN	50	319	76	12.6	2.8	0.9	0.2	0.2	0.0	136
MILD PULLED PORK	50	272	65	10.5	2.5	1.0	less than 0.1	less than 0.1	0.0	201
MILD SAUTÉED VEGETABLES	50	105	25	1.3	0.3	less than 0.1	3.7	1.7	1.1	4
MILD SAUTÉED VEGETABLES WITH GUACAMOLE	85	368	88	1.9	6.9	1.5	3.9	1.9	1.6	99
MILD SLOW COOKED BEEF	50	370	89	13.7	3.7	1.4	0.2	0.2	0.0	152
SPICY SEARED BARRAMUNDI	60	377	90	10.6	4.5	0.8	1.9	0.9	0.4	240
SPICY GRILLED CHICKEN	60	366	88	12.9	3.2	1.1	1.6	0.6	0.1	246
SPICY PULLED PORK	60	319	76	10.7	2.9	1.2	1.5	0.5	0.1	311
SPICY SAUTÉED VEGETABLES	60	151	36	1.5	0.8	0.3	5.1	2.1	1.2	115
SPICY SAUTÉED VEGETABLES WITH GUACAMOLE	95	414	99	2.2	7.4	1.7	5.3	2.3	1.7	209
SPICY SLOW COOKED BEEF	60	417	100	13.9	4.1	1.6	1.6	0.6	0.1	263

Contact between other ingredients may occur when your order is prepared. This is not shown in the above information. This means that we cannot guarantee that a menu item is free from an ingredient. Information is based on standard products and supplier information, current at May, 2019. Ingredients changes may occur before this information is updated. If you have any questions please contact us on info@gyg.com.au or +61 2 9191 0900.