UK RESTAURANTS

NUTRITION GUIDE

Calories and nutrition for every ingredient, per serving and per 100 g. Add up the ingredients you choose to get the total for your meal.

VALID FROM
NOVEMBER 2026

Information correct at 3 November 2026.

WORK OUT YOUR MEAL

1. **Pick your base.** Burrito, bowl, tacos or salad.
2. **Find each ingredient** you add in the table below.
3. **Add up the per serving values.** Double portions count twice.

MENU	SIZE	PER SERVING									PER 100 g (DRINKS PER 100 ml)								
INGREDIENT	**Serving** g / ml	**Energy** kJ	**Energy** kcal	**Fat** g	**of which saturates** g	**Carbo-hydrate** g	**of which sugars** g	**Fibre** g	**Protein** g	**Salt** g	**Energy** kJ	**Energy** kcal	**Fat** g	**of which saturates** g	**Carbo-hydrate** g	**of which sugars** g	**Fibre** g	**Protein** g	**Salt** g
TORTILLAS & CHIPS																			
Burrito flour tortilla	**98 g**	1241	294	7.0	0.6	48	2.3	3.8	8.1	1.5	1266	301	7.1	0.6	49	2.3	3.9	8.3	1.5
Taco flour tortillas (3)	**81 g**	1026	243	5.8	0.5	40	1.9	3.2	6.7	1.2	1266	301	7.1	0.6	49	2.3	3.9	8.3	1.5
Crispy corn taco shells (3)	**41 g**	815	195	9.0	0.8	25	<0.5	2.4	1.9	0.24	1996	477	22	2.0	62	0.7	5.8	4.8	0.59
Tortilla chips Regular	**113 g**	2069	494	23	2.0	64	0.8	6.0	5.0	3.0	1831	437	20	1.8	57	0.7	5.3	4.4	2.6
Tortilla chips Large	**169 g**	3094	739	34	3.1	96	1.3	8.9	7.4	4.5	1831	437	20	1.8	57	0.7	5.3	4.4	2.6
Tortilla chips Kids	**28 g**	513	122	5.7	0.5	16	<0.5	1.5	1.2	0.74	1831	437	20	1.8	57	0.7	5.3	4.4	2.6
RICE & BEANS																			
Coriander-lime white rice	**113 g**	964	229	7.2	0.6	37	<0.5	0.6	3.4	0.93	853	203	6.4	0.6	33	<0.5	0.5	3.0	0.82
Coriander-lime brown rice	**113 g**	836	198	5.5	0.5	33	<0.5	1.1	3.6	0.46	740	176	4.9	0.5	29	<0.5	0.9	3.2	0.41
Black beans	**113 g**	610	145	1.4	0.2	21	1.0	9.5	7.2	0.64	540	128	1.3	0.2	19	0.9	8.4	6.4	0.56
Pinto beans	**113 g**	554	132	1.6	0.2	19	1.0	5.2	7.1	0.64	491	116	1.5	0.2	17	0.9	4.6	6.3	0.56
PROTEINS & VEGGIES																			
Chicken	**113 g**	882	211	11	2.7	<0.5	<0.5	<0.5	27	0.80	781	187	9.9	2.4	<0.5	<0.5	<0.5	24	0.71
Steak	**113 g**	924	221	13	4.9	2.9	0.7	<0.5	23	0.53	818	196	12	4.3	2.5	0.6	<0.5	20	0.47
Barbacoa	**113 g**	571	136	5.2	2.0	0.6	<0.5	0.6	21	0.90	506	120	4.6	1.8	<0.5	<0.5	<0.5	19	0.80
Carnitas	**113 g**	1019	244	15	5.4	0.6	<0.5	0.6	27	1.1	902	216	13	4.8	<0.5	<0.5	<0.5	24	1.0
Sofritas	**113 g**	571	137	8.5	1.0	3.8	2.8	1.0	11	1.2	506	121	7.5	0.9	3.4	2.5	0.9	9.6	1.1
Fajita vegetables	**57 g**	73	17	<0.5	<0.1	2.6	2.3	1.0	0.6	0.13	128	30	<0.5	<0.1	4.6	4.1	1.7	1.1	0.23
SALSAS																			
Fresh tomato salsa	**113 g**	103	24	<0.5	<0.1	4.2	3.8	1.3	0.8	2.0	91	22	<0.5	<0.1	3.8	3.3	1.1	0.7	1.8
Chilli-corn salsa	**113 g**	311	74	1.5	0.3	11	1.8	2.8	2.4	1.2	275	65	1.3	0.3	10	1.6	2.5	2.2	1.1
Roasted tomato green-chilli salsa	**59 g**	44	10	<0.5	<0.1	1.8	1.5	0.6	0.5	0.58	74	18	<0.5	<0.1	3.0	2.5	1.0	0.9	0.99
Roasted tomato red-chilli salsa	**59 g**	109	26	0.8	0.1	3.6	1.2	<0.5	0.8	1.1	185	44	1.4	0.2	6.1	2.1	0.7	1.4	1.9
TOPPINGS & DRESSING																			
Sour cream	**57 g**	470	114	10	6.3	3.0	3.0	<0.5	2.5	0.26	825	199	18	11	5.2	5.2	<0.5	4.4	0.46
Monterey Jack cheese	**28 g**	483	116	9.8	6.1	<0.5	<0.5	<0.5	7.1	0.53	1723	416	35	22	<0.5	<0.5	<0.5	25	1.9
Queso Entree	**55 g**	410	99	8.2	5.5	2.6	0.9	<0.5	3.6	0.63	745	180	15	10	4.7	1.6	<0.5	6.5	1.1
Queso Side	**113 g**	842	203	17	11	5.3	1.8	0.6	7.3	1.3	745	180	15	10	4.7	1.6	<0.5	6.5	1.1
Queso Large	**226 g**	1685	406	34	23	11	3.6	1.1	15	2.6	745	180	15	10	4.7	1.6	<0.5	6.5	1.1
Guacamole Topping/side	**113 g**	761	185	18	4.2	2.4	0.8	3.3	2.0	0.63	673	163	16	3.8	2.1	0.7	3.0	1.8	0.56
Guacamole Large	**226 g**	1522	369	36	8.5	4.8	1.6	6.7	4.0	1.3	673	163	16	3.8	2.1	0.7	3.0	1.8	0.56
Romaine lettuce Salad	**85 g**	59	14	<0.5	<0.1	1.0	1.0	1.8	1.0	0.02	69	17	<0.5	<0.1	1.2	1.2	2.1	1.2	0.02
Romaine lettuce Topping	**28 g**	19	5	<0.5	<0.1	<0.5	<0.5	0.6	<0.5	<0.01	69	17	<0.5	<0.1	1.2	1.2	2.1	1.2	0.02
Supergreens salad mix	**85 g**	65	16	<0.5	<0.1	1.1	1.0	1.7	1.2	0.09	76	18	<0.5	<0.1	1.3	1.2	2.1	1.4	0.10
Chipotle-honey vinaigrette	**59 g**	1294	313	29	2.4	12	11	<0.5	<0.5	1.3	2194	531	50	4.0	20	19	<0.5	<0.5	2.2
LIMITED TIME OFFERS																			
Chicken al pastor	**113 g**	877	210	11	2.4	4.9	4.2	0.6	23	0.84	776	186	9.7	2.1	4.3	3.8	0.6	20	0.74
Chipotle honey chicken	**113 g**	928	222	10	2.5	7.5	5.8	0.8	24	0.99	822	196	9.2	2.2	6.6	5.2	0.7	21	0.87
Pollo asado	**113 g**	866	207	10	2.5	3.2	2.0	0.7	25	0.91	766	183	9.1	2.2	2.9	1.8	0.6	22	0.81
FOUNTAIN DRINKS																			
Coca Cola 16 oz	**450 ml**	811	191	<0.5	<0.1	48	48	<0.5	<0.5	<0.01	180	42	<0.5	<0.1	11	11	<0.5	<0.5	<0.01
Coca Cola 20 oz	**565 ml**	1018	240	<0.5	<0.1	60	60	<0.5	<0.5	<0.01	180	42	<0.5	<0.1	11	11	<0.5	<0.5	<0.01
Diet Coke 16 oz	**450 ml**	9	0	<0.5	<0.1	<0.5	<0.5	<0.5	<0.5	<0.01	2	0	<0.5	<0.1	<0.5	<0.5	<0.5	<0.5	<0.01
Diet Coke 20 oz	**565 ml**	11	0	<0.5	<0.1	<0.5	<0.5	<0.5	<0.5	<0.01	2	0	<0.5	<0.1	<0.5	<0.5	<0.5	<0.5	<0.01
Coke Zero 16 oz	**450 ml**	5	0	<0.5	<0.1	<0.5	<0.5	<0.5	<0.5	0.09	1	0	<0.5	<0.1	<0.5	<0.5	<0.5	<0.5	0.02
Coke Zero 20 oz	**565 ml**	6	0	<0.5	<0.1	<0.5	<0.5	<0.5	<0.5	0.11	1	0	<0.5	<0.1	<0.5	<0.5	<0.5	<0.5	0.02
Sprite Zero 16 oz	**450 ml**	23	5	<0.5	<0.1	<0.5	<0.5	<0.5	<0.5	0.32	5	1	<0.5	<0.1	<0.5	<0.5	<0.5	<0.5	0.07
Sprite Zero 20 oz	**565 ml**	28	6	<0.5	<0.1	<0.5	<0.5	<0.5	<0.5	0.40	5	1	<0.5	<0.1	<0.5	<0.5	<0.5	<0.5	0.07
Dr Pepper Zero 16 oz	**450 ml**	0	0	<0.5	<0.1	<0.5	<0.5	<0.5	<0.5	<0.01	0	0	<0.5	<0.1	<0.5	<0.5	<0.5	<0.5	<0.01
Dr Pepper Zero 20 oz	**565 ml**	0	0	<0.5	<0.1	<0.5	<0.5	<0.5	<0.5	<0.01	0	0	<0.5	<0.1	<0.5	<0.5	<0.5	<0.5	<0.01
Fanta Orange 16 oz	**450 ml**	365	86	<0.5	<0.1	20	20	<0.5	<0.5	<0.01	81	19	<0.5	<0.1	4.5	4.5	<0.5	<0.5	<0.01
Fanta Orange 20 oz	**565 ml**	458	107	<0.5	<0.1	25	25	<0.5	<0.5	<0.01	81	19	<0.5	<0.1	4.5	4.5	<0.5	<0.5	<0.01
TRACTOR DRINKS																			
Watermelon Mint 16 oz	**450 ml**	261	63	<0.5	<0.1	15	15	<0.5	<0.5	0.01	58	14	<0.5	<0.1	3.3	3.3	<0.5	<0.5	<0.01
Watermelon Mint 20 oz	**565 ml**	328	79	<0.5	<0.1	19	19	<0.5	<0.5	0.02	58	14	<0.5	<0.1	3.3	3.3	<0.5	<0.5	<0.01
Mandarin & Cardamom 16 oz	**450 ml**	680	162	<0.5	<0.1	37	37	<0.5	<0.5	<0.01	151	36	<0.5	<0.1	8.3	8.3	<0.5	<0.5	<0.01
Mandarin & Cardamom 20 oz	**565 ml**	853	203	<0.5	<0.1	47	47	<0.5	<0.5	<0.01	151	36	<0.5	<0.1	8.3	8.3	<0.5	<0.5	<0.01
Berry Patch 16 oz	**450 ml**	680	162	<0.5	<0.1	39	39	<0.5	<0.5	<0.01	151	36	<0.5	<0.1	8.6	8.6	<0.5	<0.5	<0.01
Berry Patch 20 oz	**565 ml**	853	203	<0.5	<0.1	49	49	<0.5	<0.5	<0.01	151	36	<0.5	<0.1	8.6	8.6	<0.5	<0.5	<0.01
Lemonade 16 oz	**450 ml**	626	149	<0.5	<0.1	35	35	<0.5	<0.5	<0.01	139	33	<0.5	<0.1	7.8	7.8	<0.5	<0.5	<0.01
Lemonade 20 oz	**565 ml**	785	186	<0.5	<0.1	44	44	<0.5	<0.5	<0.01	139	33	<0.5	<0.1	7.8	7.8	<0.5	<0.5	<0.01

Adults need around 2,000 kcal a day.

Values are typical values per serving and per 100 g, calculated from our recipes. Our food is prepared by hand, so portions may vary slightly. "<" means less than the value shown: for example, "<0.5 g" means less than 0.5 g. Drinks are per 100 ml and per cup (16 and 20 UK fl oz).

FOOD ALLERGY OR INTOLERANCE?

Please speak to a member of our team before you order. Allergen details are in our Allergen Guide and Ingredient Declarations.

GOOD TO KNOW

For allergens, see our Allergen Guide. For full ingredient lists, see our Ingredient Declarations.

Dietary marks (V, VG) describe recipe ingredients only; shared preparation areas, utensils and fryers may still apply.

Version 1.0 | Information correct at 3 November 2026

UK RESTAURANTS

ALLERGEN GUIDE

Every meal is built from the ingredients below. Check each ingredient you choose against the 14 allergens.

VALID FROM
NOVEMBER 2026

Information correct at 3 November 2026. Allergen information is for the ingredients as served in our UK restaurants.

BEFORE YOU ORDER

Allergens are handled in our kitchens and some equipment is shared. While we take care to minimise cross-contact, we cannot guarantee that any item is free from specific ingredients or allergens.

If you have a food allergy or intolerance, please speak to a member of our team before ordering.

HOW TO READ THIS GUIDE

✓ **Contains.** The allergen is an ingredient in the recipe.

The cereals containing gluten and our May contain statement are shown below the chart.

DIETARY

V Suitable for vegetarians

VG Suitable for vegans

Dietary marks describe recipe ingredients only. Shared preparation areas may still apply.

MENU	DIET		THE 14 ALLERGENS													
INGREDIENT	Vegetarian	Vegan	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
TORTILLAS & CHIPS																
Burrito flour tortilla	V	VG	✓													
Taco flour tortillas	V	VG	✓													
Crispy corn taco shells	V	VG														
Tortilla chips	V	VG														
RICE & BEANS																
Coriander-lime white rice	V	VG														
Coriander-lime brown rice	V	VG														
Black beans	V	VG														
Pinto beans	V	VG														
PROTEINS & VEGGIES																
Chicken																
Steak																
Barbacoa																
Carnitas																
Sofritas	V	VG						✓								
Fajita vegetables	V	VG														
SALSAS																
Fresh tomato salsa	V	VG														
Chilli-corn salsa	V	VG														
Roasted tomato green-chilli salsa	V	VG														
Roasted tomato red-chilli salsa	V	VG														
TOPPINGS & DRESSING																
Sour cream	V								✓							
Monterey Jack cheese	V								✓							
Queso									✓							
Guacamole	V	VG														
Romaine lettuce	V	VG														
Supergreens salad mix	V	VG														
Chipotle-honey vinaigrette	V													✓		
LIMITED TIME OFFERS																
Chicken al pastor																
Chipotle honey chicken																
Pollo asado																
FOUNTAIN DRINKS																
Coca Cola	V	VG														
Diet Coke	V	VG														
Coke Zero	V	VG														
Sprite Zero	V	VG														
Dr Pepper Zero	V	VG														
Fanta Orange	V	VG														
TRACTOR DRINKS																
Watermelon Mint	V	VG														
Mandarin & Cardamom	V	VG														
Berry Patch	V	VG														
Lemonade	V	VG														

CEREALS CONTAINING GLUTEN

Contains wheat: Burrito flour tortilla and Taco flour tortillas.

MAY CONTAIN

Some of our ingredients are made in places that also handle other allergens, including **cereals containing gluten (barley, oats, rye and spelt)** and **soya**. Allergens are also handled in our kitchens and some equipment is shared, so we cannot guarantee that any item is free from any allergen.

GOOD TO KNOW

For calories and nutrition, see our Nutrition Guide. For full ingredient lists, see our Ingredient Declarations.

Dietary marks (V, VG) describe recipe ingredients only; shared preparation areas, utensils and fryers may still apply.