

FOOD ALLERGEN TABLE

Version 2 – 08.05.12

INGREDIENT	VEGETARIAN	VEGAN	HALAL*	PRODUCTS THAT CONTAIN							
				GLUTEN	MILK	EGG	SOY	PEANUTS	ONION	TOMATO	CORIANDER
12" Flour Tortilla	✓	✓	✓	✓			✓				
12" Wholemeal Tortilla	✓	✓	✓	✓			✓				
6" Corn Tortilla (soft taco) GF	✓	✓	✓								
6" Flour Tortilla (soft taco)	✓	✓	✓	✓			✓				
Baja Steak			✓	✓			✓		✓	✓	
Cheese GF			✓		✓						
Chilli & Lime Sauce GF	✓					✓			✓		
Coriander & Lime Rice GF	✓				✓			✓	✓		✓
Corn Chips GF	✓	✓	✓								
Frijoles (Beans) GF	✓		✓		✓				✓	✓	
Guacamole GF	✓	✓							✓		✓
Jalepenos GF	✓	✓									
Lettuce GF	✓	✓									
Marinated Chicken			✓	✓			✓		✓	✓	
Mexicrinkle Chips GF	✓				✓				✓	✓	
Onion & Capsicum GF	✓	✓							✓		
Pineapple & Mango Salsa GF	✓	✓							✓		✓
Ranch Sauce GF	✓				✓		✓		✓		
Salsa (mild) GF	✓	✓	✓				✓		✓	✓	✓
Salsa Fresca (mild) GF	✓	✓							✓	✓	✓
Sour Cream (Light) GF			✓		✓						
Southwest Sauce GF	✓				✓	✓	✓				
Taco Shell GF	✓	✓	✓								
Texan Beef			✓	✓	✓				✓	✓	✓
Veggies GF	✓	✓									

Halal* - these nominated products are certified and or accredited Halal.

GF = Gluten Free

Applies to all stores except Bridge Road. The above table is designed to advise whether certain allergens are present in our menu items, however due to our production methods we are unable to guarantee any meal is free of these listed ingredients. We strive to source products that contain no added MSG (with the exception of our Ranch Sauce which contains enhancer 621) however we cannot control the naturally occurring MSG present in many foods (i.e. meat, poultry, cheese, milk, tomatoes). Peanut oil is present in our rice spice. Whilst tree nuts and peanuts are not added to our other food, traces may be present due to outsourced ingredients that may have been made on the same equipment as products containing nuts.





NUTRITIONAL TABLE

Version 2 – 08.05.12

Category	Product Name	Avg Serve (g)	PER SERVE								AVG PER 100G							
			Energy (kJ)	Calories	Protein (g)	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sugars (g)	Sodium (mg)	Energy (kJ)	Calories	Protein (g)	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sugars (g)	Sodium (mg)
BURRITOS	Baja Steak	440	3330	795	34.6	20.8	6.1	114	13.4	1960	757	181	7.9	4.7	1.4	25.8	3.1	445
	California Salad	425	2420	578	22.6	27.4	6	57.1	16.2	1440	569	136	5.3	6.4	1.4	13.4	3.8	340
	Chicken & Guacamole	350	2010	481	22.4	21.6	6.8	45.8	7.1	1300	575	137	6.4	6.2	1.9	13.1	2	371
	Chicken Fajita	415	3230	773	27.8	21.3	6.9	114	14.2	2290	779	186	6.7	5.1	1.7	27.4	3.4	553
	Chicken & Veg	495	3610	863	36	27.4	10.6	113	13.5	2360	730	174	7.3	5.5	2.1	22.9	2.7	476
	Kids - Beef	235	1990	475	25.4	20	9.8	46.1	5.1	1040	846	202	10.8	8.5	4.2	19.6	2.2	443
	Kids - Steak	180	1640	393	22.5	13.8	7.5	42.5	3.5	960	913	218	12.5	7.7	4.2	23.6	2	533
	Kids - Chicken	185	1660	396	19.1	15.8	7.7	42.2	3.6	1070	895	214	10.3	8.5	4.2	22.8	2	580
	Original Beef	520	3870	925	39.2	31.6	13.2	117	14.5	2200	745	178	7.5	6.1	2.5	22.5	2.8	422
	Steak Works	515	3830	914	37.4	30.1	11.4	120	16.8	2210	743	178	7.3	5.8	2.2	23.3	3.3	430
BOWLS (corn chips not included)	Baja Steak	425	2580	617	28.6	21.6	7.9	75.3	12.6	1380	608	145	6.7	5.1	1.9	17.7	3	325
	California Salad	410	1670	400	16.1	28.7	4.6	17.4	14.1	999	408	97	3.9	7	1.1	4.3	3.4	244
	Chicken & Veg	610	4030	962	34.8	27.1	8.3	140	17.9	2580	660	158	5.7	4.5	1.4	22.9	2.9	424
	Veggie Packed	650	4110	982	25.9	32.1	9	142	19	2360	632	151	4	4.9	1.4	21.9	2.9	363
NACHOS	Original	430	5510	1320	44.9	82.9	44.5	92.4	19.2	2280	1280	306	10.4	19.3	10.4	21.5	4.5	529
	Holy Guacamole	590	5710	1360	40.1	95.9	50.2	80.3	22.6	2070	967	231	6.8	16.2	8.5	13.6	3.8	351
	Kids Nachos	160	1930	462	16.9	28.3	14.4	32.8	2.2	569	1210	289	10.6	17.7	9	20.5	1.4	356
	Macho Nachos	540	6100	1460	50.8	98.6	54.1	87.5	24.3	2880	1130	270	9.4	18.3	10	16.2	4.5	533
	Nacho Fries	550	4160	994	36.1	56.5	25.8	80.2	11.9	2410	756	181	6.6	10.3	4.7	14.6	2.2	439
TACOS	Crunchy Beef	125	915	219	11	11.8	4.5	15.8	3.1	401	732	175	8.8	9.5	3.6	12.7	2.5	321
	Crunchy Chicken	134	976	233	13.1	12.7	4.2	15.5	3.1	715	728	174	9.8	9.5	3.2	11.6	2.4	533
	Crunchy Veggie	120	769	184	6.2	10	3.4	16	3.3	404	641	153	5.1	8.4	2.9	13.3	2.7	337
	Soft Beef	135	796	190	11	8.1	3.9	17.4	3	340	590	141	8.1	6	2.9	12.9	2.3	251
	Soft Chicken	144	857	205	13.1	8.9	3.7	17	3.1	653	595	142	9.1	6.2	2.6	11.8	2.1	454
	Soft Veggie	130	650	155	6.1	6.3	2.9	17.5	3.2	343	500	119	4.7	4.8	2.2	13.5	2.5	264
QUESADILLAS (salsa not included)	Cheese Melt	165	2220	530	26.7	28.4	17.3	39.7	3.2	772	1350	321	16.2	17.2	10.5	24.1	1.9	468
	Chicken & Veg	405	2930	700	43.2	35.6	19	48.2	7.9	1740	724	173	10.7	8.8	4.7	11.9	2	428
	Chicken	285	2800	670	39.4	35.2	19	46.9	6.8	1720	984	235	13.8	12.4	6.7	16.5	2.4	604
	Steak	300	3030	724	50.5	34.1	20.2	51.7	7.2	1630	1010	241	16.8	11.4	6.7	17.2	2.4	544
MEXICRINKLE CHIPS	Regular	164	1730	413	6.5	22.3	9.8	43.8	2.2	940	1050	252	4	13.6	6	26.7	1.3	573
	Large	236	2480	594	9.4	32.1	14	63	3.2	1390	1050	251	4	13.6	6	26.7	1.4	591
	Mexi Box	471	4960	1180	18.8	64.1	28.1	126	6.1	2620	1050	251	4	13.6	6	26.7	1.3	555

Applies to all stores except Bridge Road. At Salsas we make your product fresh to order, therefore slight nutritional variances may occur as the above values are based on our standard recipes and ingredient formulations from our suppliers. Also due to seasonal changes, slight alterations to recipes and changes to suppliers we may update this information from time to time.