

# SALSAS ALLERGEN INFORMATION 2016



| INGREDIENT                          | GLUTEN CEREALS     | CRUSTACEA | Egg | MILK PRODUCTS      | FISH               | PEANUTS            | SOY                | SESAME | TREE NUTS          | SULPHITES          |
|-------------------------------------|--------------------|-----------|-----|--------------------|--------------------|--------------------|--------------------|--------|--------------------|--------------------|
| 12" Wholemeal Tortilla              | YES                | NO        | NO  | NO                 | NO                 | NO                 | MAY CONTAIN TRACES | NO     | NO                 | NO                 |
| 12" Flour Tortilla                  | YES                | NO        | NO  | NO                 | NO                 | NO                 | MAY CONTAIN TRACES | NO     | NO                 | NO                 |
| 12" Gluten Free Tortilla            | NO                 | NO        | YES | NO                 | NO                 | NO                 | YES                | NO     | NO                 | NO                 |
| 10" Flour Tortilla                  | YES                | NO        | NO  | NO                 | NO                 | NO                 | MAY CONTAIN TRACES | NO     | NO                 | NO                 |
| 6" Flour Tortilla (Soft)            | YES                | NO        | NO  | NO                 | NO                 | NO                 | MAY CONTAIN TRACES | NO     | NO                 | NO                 |
| 6" Corn Tortilla (Soft)             | NO                 | NO        | NO  | NO                 | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Corn Taco Shell (Hard)              | NO                 | NO        | NO  | NO                 | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Corn Chips                          | NO                 | NO        | NO  | NO                 | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Chipotle Chicken                    | MAY CONTAIN TRACES | NO        | NO  | MAY CONTAIN TRACES | NO                 | NO                 | YES                | NO     | NO                 | NO                 |
| Steak                               | MAY CONTAIN TRACES | NO        | NO  | MAY CONTAIN TRACES | NO                 | NO                 | YES                | NO     | NO                 | NO                 |
| Ground Beef                         | MAY CONTAIN TRACES | NO        | NO  | MAY CONTAIN TRACES | NO                 | NO                 | YES                | NO     | NO                 | NO                 |
| 14 Hour Pulled Beef                 | MAY CONTAIN TRACES | NO        | NO  | MAY CONTAIN TRACES | NO                 | NO                 | MAY CONTAIN TRACES | NO     | NO                 | NO                 |
| Pulled Pork                         | MAY CONTAIN TRACES | NO        | NO  | MAY CONTAIN TRACES | NO                 | NO                 | MAY CONTAIN TRACES | NO     | NO                 | NO                 |
| Bacon                               | MAY CONTAIN TRACES | NO        | NO  | MAY CONTAIN TRACES | NO                 | NO                 | MAY CONTAIN TRACES | NO     | NO                 | MAY CONTAIN TRACES |
| Chorizo (WA only)                   | NO                 | NO        | NO  | NO                 | NO                 | NO                 | MAY CONTAIN TRACES | NO     | NO                 | NO                 |
| Chorizo                             | NO                 | NO        | NO  | NO                 | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| (Veggies) Broccoli & Zucchini       | NO                 | NO        | NO  | NO                 | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Onion & Capsicum                    | NO                 | NO        | NO  | NO                 | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Black Beans                         | MAY CONTAIN TRACES | NO        | NO  | MAY CONTAIN TRACES | NO                 | NO                 | MAY CONTAIN TRACES | NO     | NO                 | NO                 |
| Coriander & Lime Rice               | MAY CONTAIN TRACES | NO        | NO  | MAY CONTAIN TRACES | NO                 | NO                 | MAY CONTAIN TRACES | NO     | NO                 | NO                 |
| Quinoa                              | NO                 | NO        | NO  | NO                 | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Cheese                              | NO                 | NO        | NO  | YES                | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Guacamole                           | NO                 | NO        | NO  | NO                 | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Jalapenos                           | NO                 | NO        | NO  | NO                 | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Red Cabbage                         | NO                 | NO        | NO  | NO                 | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Lettuce                             | NO                 | NO        | NO  | NO                 | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Mushrooms                           | NO                 | NO        | NO  | NO                 | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Corn Kernels                        | NO                 | NO        | NO  | NO                 | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Coriander & Lime Rice               | MAY CONTAIN TRACES | NO        | NO  | MAY CONTAIN TRACES | NO                 | NO                 | MAY CONTAIN TRACES | NO     | NO                 | NO                 |
| Lime Juice                          | NO                 | NO        | NO  | NO                 | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Mexicrinkle Chips (including spice) | NO                 | NO        | NO  | YES                | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Eggs                                | NO                 | NO        | YES | NO                 | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Pineapple & Mango Salsa             | MAY CONTAIN TRACES | NO        | NO  | MAY CONTAIN TRACES | NO                 | MAY CONTAIN TRACES | NO                 | NO     | NO                 | NO                 |
| Ranch Sauce                         | NO                 | NO        | NO  | YES                | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Chipotle Salsa                      | MAY CONTAIN TRACES | NO        | NO  | MAY CONTAIN TRACES | NO                 | MAY CONTAIN TRACES | NO                 | NO     | NO                 | NO                 |
| Smokey Chipotle Mayo                | MAY CONTAIN TRACES | NO        | YES | MAY CONTAIN TRACES | MAY CONTAIN TRACES | NO                 | NO                 | NO     | NO                 | NO                 |
| Salsa Fresca                        | NO                 | NO        | NO  | NO                 | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Habanero Salsa                      | MAY CONTAIN TRACES | NO        | NO  | MAY CONTAIN TRACES | NO                 | MAY CONTAIN TRACES | NO                 | NO     | NO                 | NO                 |
| Ranchera Salsa (Mild)               | MAY CONTAIN TRACES | NO        | NO  | MAY CONTAIN TRACES | NO                 | MAY CONTAIN TRACES | NO                 | NO     | NO                 | NO                 |
| Tomatillo Salsa                     | MAY CONTAIN TRACES | NO        | NO  | MAY CONTAIN TRACES | NO                 | MAY CONTAIN TRACES | NO                 | NO     | NO                 | NO                 |
| Chilli & Lime Mayo                  | MAY CONTAIN TRACES | NO        | YES | MAY CONTAIN TRACES | MAY CONTAIN TRACES | NO                 | NO                 | NO     | NO                 | NO                 |
| Sour Cream (Light)                  | NO                 | NO        | NO  | YES                | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Churros                             | YES                | NO        | YES | NO                 | NO                 | MAY CONTAIN TRACES | NO                 | NO     | MAY CONTAIN TRACES | NO                 |
| Sugar Cinnamon                      | YES                | NO        | NO  | NO                 | NO                 | NO                 | NO                 | NO     | NO                 | NO                 |
| Chocolate Sauce                     | NO                 | NO        | NO  | YES                | NO                 | NO                 | YES                | NO     | NO                 | NO                 |

\*LIMITED TO SOME STORES  
 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 or GMG, however we cannot control the naturally occurring MSG present in many foods (i.e. meat, poultry, cheese, milk, tomatoes) or cross contamination of GMO seeds or products. 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. Updated 21/11/16

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| ALLERGY INFO / FACTS AND FIGURES |                      | Average Quantity Per Serving |                 |                |             |           |               |               |            |             | Average Quantity Per 100 g |                |             |           |               |           |               | Contains these allergens |                |           |     |               |      |         |     |        |           |           |
|----------------------------------|----------------------|------------------------------|-----------------|----------------|-------------|-----------|---------------|---------------|------------|-------------|----------------------------|----------------|-------------|-----------|---------------|-----------|---------------|--------------------------|----------------|-----------|-----|---------------|------|---------|-----|--------|-----------|-----------|
| Category                         | Product Name         | Serving Size                 | Energy          |                |             | Fat       |               | Carbohydrates |            |             |                            | Energy         |             |           | Fat           |           | Carbohydrates |                          | Gluten Cereals | Crustacea | Egg | Milk Products | Fish | Peanuts | Soy | Sesame | Tree Nuts | Sulphites |
|                                  |                      |                              | Kilojoules (kJ) | Calories (Cal) | Protein (g) | Total (g) | Saturated (g) | Carbs (g)     | Sugars (g) | Sodium (mg) | Kilojoules (kJ)            | Calories (Cal) | Protein (g) | Total (g) | Saturated (g) | Carbs (g) | Sugars (g)    | Sodium (mg)              |                |           |     |               |      |         |     |        |           |           |
| Burritos                         | Chicken Fajita       | 358 g                        | 2540 kJ         | 606 Cal        | 25.3 g      | 24.5 g    | 5.9 g         | 70.0 g        | 7.5 g      | 1390 mg     | 709 kJ                     | 169 Cal        | 7.1 g       | 6.9 g     | 1.6 g         | 19.5 g    | 2.1 g         | 388 mg                   | YES            | NO        | YES | MCT           | MCT  | NO      | YES | NO     | NO        | NO        |
|                                  | Chicken & Guac       | 286 g                        | 2010 kJ         | 481 Cal        | 23.5 g      | 23.7 g    | 6.9 g         | 43.0 g        | 4.4 g      | 1350 mg     | 704 kJ                     | 168 Cal        | 8.2 g       | 8.3 g     | 2.4 g         | 15.0 g    | 1.6 g         | 474 mg                   | YES            | NO        | NO  | NO            | NO   | NO      | YES | NO     | NO        | NO        |
|                                  | Chicken & Veg        | 468 g                        | 2830 kJ         | 675 Cal        | 32.6 g      | 27.1 g    | 10.8 g        | 73.1 g        | 10.2 g     | 1550 mg     | 604 kJ                     | 144 Cal        | 7.0 g       | 5.8 g     | 2.3 g         | 15.6 g    | 2.2 g         | 332 mg                   | YES            | NO        | NO  | YES           | NO   | MCT     | YES | NO     | NO        | NO        |
|                                  | California           | 373 g                        | 2200 kJ         | 526 Cal        | 24.2 g      | 22.4 g    | 5.7 g         | 54.9 g        | 15.7 g     | 1100 mg     | 590 kJ                     | 141 Cal        | 6.5 g       | 6.0 g     | 1.5 g         | 14.7 g    | 4.2 g         | 295 mg                   | YES            | NO        | YES | MCT           | NO   | NO      | YES | NO     | NO        | NO        |
|                                  | Mucho Veg            | 483 g                        | 2520 kJ         | 603 Cal        | 16.9 g      | 22.2 g    | 5.5 g         | 78.6 g        | 12.6 g     | 1350 mg     | 523 kJ                     | 125 Cal        | 3.5 g       | 4.6 g     | 1.2 g         | 16.3 g    | 2.6 g         | 279 mg                   | YES            | NO        | NO  | MCT           | NO   | MCT     | MCT | NO     | NO        | NO        |
|                                  | Original Beef        | 366 g                        | 2410 kJ         | 575 Cal        | 24.7 g      | 19.3 g    | 9.6 g         | 73.1 g        | 7.1 g      | 1170 mg     | 658 kJ                     | 157 Cal        | 6.7 g       | 5.3 g     | 2.6 g         | 20.0 g    | 1.9 g         | 321 mg                   | YES            | NO        | NO  | YES           | NO   | NO      | YES | NO     | NO        | NO        |
|                                  | Baja Steak           | 388 g                        | 2580 kJ         | 617 Cal        | 30.5 g      | 22.2 g    | 8.1 g         | 70.6 g        | 8.6 g      | 1620 mg     | 665 kJ                     | 159 Cal        | 7.9 g       | 5.7 g     | 2.1 g         | 18.2 g    | 2.2 g         | 419 mg                   | YES            | NO        | NO  | YES           | NO   | NO      | YES | NO     | NO        | NO        |
|                                  | 14-Hour Beef         | 381 g                        | 2670 kJ         | 639 Cal        | 31.2 g      | 24.8 g    | 12.5g         | 69.8 g        | 6.4 g      | 1190 mg     | 702 kJ                     | 168 Cal        | 8.2 g       | 6.5 g     | 3.3 g         | 18.3 g    | 1.7 g         | 312 mg                   | YES            | NO        | NO  | YES           | NO   | MCT     | YES | NO     | NO        | NO        |
|                                  | Pulled Pork          | 406 g                        | 2500 kJ         | 598 Cal        | 27.7 g      | 18.9 g    | 7.2 g         | 75.4 g        | 9.9 g      | 1290 mg     | 616 kJ                     | 147 Cal        | 6.8 g       | 4.7 g     | 1.8 g         | 18.6 g    | 2.4 g         | 319 mg                   | YES            | NO        | NO  | YES           | NO   | MCT     | MCT | NO     | NO        | NO        |
|                                  | Chip Burrito         | 366 g                        | 3500 kJ         | 837 Cal        | 39.2 g      | 43.5 g    | 19.5 g        | 71.5 g        | 7.5 g      | 2290 mg     | 957 kJ                     | 229 Cal        | 10.7 g      | 11.9 g    | 5.3 g         | 19.5 g    | 2.0 g         | 627 mg                   | YES            | NO        | YES | YES           | NO   | MCT     | YES | NO     | NO        | NO        |
| Mini Burritos                    | Chicken Fajita       | 235 g                        | 1690 kJ         | 403 Cal        | 17.1 g      | 17.1 g    | 4.6 g         | 44.6 g        | 5.6 g      | 981 mg      | 718 kJ                     | 171 Cal        | 7.3 g       | 7.3 g     | 2.0 g         | 19.0 g    | 2.4 g         | 417 mg                   | YES            | NO        | YES | MCT           | MCT  | NO      | YES | NO     | NO        | NO        |
|                                  | Original Beef        | 218 g                        | 1520 kJ         | 363 Cal        | 14.8 g      | 12.6 g    | 6.1 g         | 46.1 g        | 4.4 g      | 787 mg      | 696 kJ                     | 166 Cal        | 6.8 g       | 5.8 g     | 2.8 g         | 21.1 g    | 2.0 g         | 361 mg                   | YES            | NO        | NO  | YES           | NO   | NO      | YES | NO     | NO        | NO        |
|                                  | Pulled Pork          | 288 g                        | 1690 kJ         | 405 Cal        | 18.5 g      | 13.7 g    | 5.2 g         | 49.3 g        | 7.4 g      | 1120 mg     | 588 kJ                     | 141 Cal        | 6.4 g       | 4.8 g     | 1.8 g         | 17.1 g    | 2.6 g         | 390 mg                   | YES            | NO        | NO  | YES           | NO   | MCT     | MCT | NO     | NO        | NO        |
| Kids Burritos                    | Kids Steak Burrito   | 138 g                        | 1380 kJ         | 329 Cal        | 17.3 g      | 15.0 g    | 7.0 g         | 30.1 g        | 2.5 g      | 832 mg      | 999 kJ                     | 239 Cal        | 12.6 g      | 10.9 g    | 5.1 g         | 21.8 g    | 1.8 g         | 603 mg                   | YES            | NO        | NO  | YES           | NO   | NO      | YES | NO     | NO        | NO        |
|                                  | Kids Chicken Burrito | 136 g                        | 1300 kJ         | 310 Cal        | 15.7 g      | 14.3 g    | 6.5 g         | 29.4 g        | 2.2 g      | 729 mg      | 959 kJ                     | 229 Cal        | 11.6 g      | 10.6 g    | 4.8 g         | 21.7 g    | 1.6 g         | 538 mg                   | YES            | NO        | NO  | YES           | NO   | NO      | YES | NO     | NO        | NO        |
|                                  | Kids Beef Burrito    | 183 g                        | 1370 kJ         | 328 Cal        | 17.3 g      | 12.9 g    | 6.4 g         | 34.5 g        | 4.0 g      | 726 mg      | 751 kJ                     | 179 Cal        | 9.4 g       | 7.0 g     | 3.5 g         | 18.8 g    | 2.2 g         | 397 mg                   | YES            | NO        | NO  | YES           | NO   | NO      | YES | NO     | NO        | NO        |
| Bowls                            | Chicken Fajita       | 422 g                        | 2380 kJ         | 568 Cal        | 20.7 g      | 24.5 g    | 3.5 g         | 65.8 g        | 6.4 g      | 1430 mg     | 563 kJ                     | 135 Cal        | 4.9 g       | 5.8 g     | 0.8 g         | 15.6 g    | 1.5 g         | 339 mg                   | MCT            | NO        | YES | MCT           | MCT  | NO      | YES | NO     | NO        | NO        |
|                                  | Chicken & Guac       | 310 g                        | 1370 kJ         | 328 Cal        | 17.5 g      | 22.5 g    | 4.3 g         | 14.0 g        | 2.9 g      | 1220 mg     | 442 kJ                     | 106 Cal        | 5.6 g       | 7.3 g     | 1.4 g         | 4.5 g     | 0.9 g         | 394 mg                   | MCT            | NO        | NO  | NO            | NO   | NO      | YES | NO     | NO        | NO        |
|                                  | Chicken & Veg        | 532 g                        | 2670 kJ         | 637 Cal        | 27.9 g      | 27.2 g    | 8.4 g         | 68.9 g        | 9.1 g      | 1590 mg     | 501 kJ                     | 120 Cal        | 5.3 g       | 5.1 g     | 1.6 g         | 13.0 g    | 1.7 g         | 300 mg                   | MCT            | NO        | NO  | YES           | NO   | MCT     | YES | NO     | NO        | NO        |
|                                  | California           | 384 g                        | 1630 kJ         | 388 Cal        | 18.6 g      | 22.2 g    | 3.2 g         | 27.2 g        | 16.0 g     | 846 mg      | 423 kJ                     | 101 Cal        | 4.8 g       | 5.8 g     | 0.8 g         | 7.1 g     | 4.2 g         | 220 mg                   | MCT            | NO        | YES | MCT           | MCT  | NO      | YES | NO     | NO        | NO        |
|                                  | Original Beef        | 365 g                        | 1980 kJ         | 472 Cal        | 18.9 g      | 18.6 g    | 7.1 g         | 55.7 g        | 5.0 g      | 1000 mg     | 542 kJ                     | 129 Cal        | 5.2 g       | 5.1 g     | 2.0 g         | 15.3 g    | 1.4 g         | 275 mg                   | MCT            | NO        | NO  | YES           | NO   | NO      | YES | NO     | NO        | NO        |
|                                  | Baja Steak           | 387 g                        | 2150 kJ         | 514 Cal        | 24.8 g      | 21.5 g    | 5.7 g         | 53.3 g        | 6.5 g      | 1450 mg     | 556 kJ                     | 133 Cal        | 6.4 g       | 5.6 g     | 1.5 g         | 13.8 g    | 1.7 g         | 376 mg                   | MCT            | NO        | NO  | YES           | NO   | NO      | YES | NO     | NO        | NO        |
|                                  | 14-Hour Beef         | 380 g                        | 2240 kJ         | 536 Cal        | 25.4 g      | 24.2 g    | 10.0 g        | 52.4 g        | 4.3 g      | 1020 mg     | 591 kJ                     | 141 Cal        | 6.7 g       | 6.4 g     | 2.6 g         | 13.8 g    | 1.1 g         | 267 mg                   | MCT            | NO        | NO  | YES           | NO   | MCT     | YES | NO     | NO        | NO        |
|                                  | Pulled Pork          | 450 g                        | 2220 kJ         | 529 Cal        | 23.2 g      | 19.5 g    | 4.8 g         | 61.7 g        | 9.7 g      | 1460 mg     | 492 kJ                     | 118 Cal        | 5.2 g       | 4.3 g     | 1.1 g         | 13.7 g    | 2.2 g         | 325 mg                   | MCT            | NO        | NO  | YES           | MCT  | MCT     | MCT | NO     | NO        | NO        |
| Salads                           | Mucho Protein        | 400 g                        | 1910 kJ         | 456 Cal        | 24.1 g      | 22.8 g    | 5.1 g         | 36.5 g        | 9.7 g      | 1690 mg     | 478 kJ                     | 114 Cal        | 6.0 g       | 5.7 g     | 1.3 g         | 9.1 g     | 2.4 g         | 442 mg                   | MCT            | NO        | NO  | MCT           | NO   | MCT     | YES | NO     | NO        | NO        |
|                                  | Mexican Chicken      | 313 g                        | 1050 kJ         | 251 Cal        | 17.4 g      | 18.1 g    | 3.8 g         | 4.7 g         | 3.7 g      | 995 mg      | 336 kJ                     | 80 Cal         | 5.6 g       | 5.8 g     | 1.2 g         | 1.5 g     | 1.2 g         | 318 mg                   | MCT            | NO        | NO  | NO            | NO   | NO      | YES | NO     | NO        | NO        |
|                                  | Chicken Quinoa       | 360 g                        | 1100 kJ         | 264 Cal        | 19.2 g      | 14.9 g    | 3.9 g         | 12.4 g        | 6.7 g      | 892 mg      | 307 kJ                     | 73 Cal         | 5.4 g       | 4.1 g     | 1.1 g         | 3.5 g     | 1.9 g         | 248 mg                   | MCT            | NO        | MCT | YES           | NO   | NO      | YES | NO     | NO        | NO        |
| Tortas                           | Chicken              | 251 g                        | 2060 kJ         | 493 Cal        | 21.8 g      | 18.0 g    | 2.5 g         | 60.1 g        | 6.2 g      | 1310 mg     | 824 kJ                     | 197 Cal        | 8.7 g       | 7.2 g     | 1.0 g         | 24.0 g    | 2.5 g         | 522 mg                   | YES            | NO        | YES | MCT           | MCT  | MCT     | YES | NO     | NO        | NO        |
|                                  | Pork                 | 270 g                        | 2240 kJ         | 535 Cal        | 22.4 g      | 18.7 g    | 2.8 g         | 66.0 g        | 5.3 g      | 1200 mg     | 831 kJ                     | 198 Cal        | 8.3 g       | 6.9 g     | 1.0 g         | 24.5 g    | 2.0 g         | 444 mg                   | YES            | NO        | YES | MCT           | MCT  | MCT     | YES | NO     | NO        | NO        |

MCT = MAY CONTAIN TRACES

At Salsas we make your product fresh to order, therefore slight nutritional variance 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. Updated 21/11/16

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| ALLERGY INFO / FACTS AND FIGURES   |                    | Average Quantity Per Serving |                 |                |                |                |               |               |            |             | Average Quantity Per 100 g |                |             |                |               |           |               | Contains these allergens |                |           |     |               |      |         |     |        |           |           |    |
|------------------------------------|--------------------|------------------------------|-----------------|----------------|----------------|----------------|---------------|---------------|------------|-------------|----------------------------|----------------|-------------|----------------|---------------|-----------|---------------|--------------------------|----------------|-----------|-----|---------------|------|---------|-----|--------|-----------|-----------|----|
| Category                           | Product Name       | Serving Size                 | Energy          |                |                | Fat            |               | Carbohydrates |            |             |                            | Energy         |             |                | Fat           |           | Carbohydrates |                          | Gluten Cereals | Crustacea | Egg | Milk Products | Fish | Peanuts | Soy | Sesame | Tree Nuts | Sulphites |    |
|                                    |                    |                              | Kilojoules (kJ) | Calories (Cal) | Protein (g)    | Total (g)      | Saturated (g) | Carbs (g)     | Sugars (g) | Sodium (mg) | Kilojoules (kJ)            | Calories (Cal) | Protein (g) | Total (g)      | Saturated (g) | Carbs (g) | Sugars (g)    | Sodium (mg)              |                |           |     |               |      |         |     |        |           |           |    |
| Nachos                             | Original           | 295 g                        | 2930 kJ         | 700 Cal        | 22.9 g         | 45.5 g         | 18.4 g        | 47.2 g        | 6.8 g      | 1150 mg     | 993 kJ                     | 237 Cal        | 7.8 g       | 15.4 g         | 6.3 g         | 16.0 g    | 2.3 g         | 390 mg                   | MCT            | NO        | NO  | YES           | NO   | MCT     | NO  | NO     | NO        | NO        | NO |
|                                    | Holy Guac          | 465 g                        | 3890 kJ         | 929 Cal        | 26.6 g         | 65.7 g         | 22.4 g        | 53.3 g        | 9.4 g      | 1970 mg     | 836 kJ                     | 200 Cal        | 5.7 g       | 14.1 g         | 4.8 g         | 11.5 g    | 2.0 g         | 424 mg                   | MCT            | NO        | NO  | YES           | NO   | MCT     | MCT | NO     | NO        | NO        | NO |
|                                    | 14-Hour Beef       | 425 g                        | 3750 kJ         | 896 Cal        | 39.7 g         | 56.8 g         | 22.2 g        | 52.8 g        | 9.2 g      | 1700 mg     | 883 kJ                     | 211 Cal        | 9.4 g       | 13.4 g         | 5.2 g         | 12.4 g    | 2.2 g         | 400 mg                   | MCT            | NO        | NO  | YES           | NO   | MCT     | YES | NO     | NO        | NO        | NO |
|                                    | Kids Nachos        | 110 g                        | 1690 kJ         | 404 Cal        | 13.8 g         | 25.5 g         | 9.1 g         | 28.4 g        | 1.9 g      | 545 mg      | 1540 kJ                    | 368 Cal        | 12.6 g      | 23.2 g         | 8.3 g         | 25.8 g    | 1.8 g         | 496 mg                   | MCT            | NO        | NO  | YES           | NO   | MCT     | NO  | NO     | NO        | NO        | NO |
| Mexicrinkles & Sides               | Box                | 450 g                        | 4750 kJ         | 1130 Cal       | 18.0 g         | 67.0 g         | 27.1 g        | 119.0 g       | 6.1 g      | 2590 mg     | 1050 kJ                    | 252 Cal        | 4.0 g       | 14.9 g         | 6.0 g         | 26.5 g    | 1.4 g         | 575 mg                   | NO             | NO        | NO  | YES           | NO   | NO      | NO  | NO     | NO        | NO        | NO |
|                                    | Large              | 220 g                        | 2320 kJ         | 554 Cal        | 8.8 g          | 33.0 g         | 13.2 g        | 58.4 g        | 3.2 g      | 1370 mg     | 1050 kJ                    | 252 Cal        | 4.0 g       | 15.0 g         | 6.0 g         | 26.6 g    | 1.5 g         | 623 mg                   | NO             | NO        | NO  | YES           | NO   | NO      | NO  | NO     | NO        | NO        | NO |
|                                    | Regular            | 190 g                        | 2000 kJ         | 479 Cal        | 7.6 g          | 28.0 g         | 11.5 g        | 50.3 g        | 2.4 g      | 982 mg      | 1050 kJ                    | 252 Cal        | 4.0 g       | 14.7 g         | 6.0 g         | 26.5 g    | 1.3 g         | 517 mg                   | NO             | NO        | NO  | YES           | NO   | NO      | NO  | NO     | NO        | NO        | NO |
|                                    | Loaded Fries       | 490 g                        | 3900 kJ         | 931 Cal        | 29.9 g         | 55.2 g         | 25.3 g        | 81.6 g        | 13.6 g     | 2590 mg     | 796 kJ                     | 190 Cal        | 6.1 g       | 11.3 g         | 5.2 g         | 16.7 g    | 2.8 g         | 529 mg                   | MCT            | NO        | NO  | YES           | NO   | MCT     | YES | NO     | NO        | NO        | NO |
|                                    | Corn Chips & Guac  | 190 g                        | 2780 kJ         | 663 Cal        | 8.6 g          | 44.5 g         | 6.8 g         | 54.1 g        | 2.0 g      | 928 mg      | 1460 kJ                    | 349 Cal        | 4.6 g       | 23.4 g         | 3.6 g         | 28.5 g    | 1.1 g         | 488 mg                   | NO             | NO        | NO  | NO            | NO   | NO      | NO  | NO     | NO        | NO        | NO |
|                                    | Churros with Sauce | 205 g                        | 4110 kJ         | 982 Cal        | 8.8 g          | 75.6 g         | 23.2 g        | 77.3 g        | 26.5 g     | 425 mg      | 2010 kJ                    | 479 Cal        | 4.3 g       | 36.9 g         | 11.3 g        | 37.7 g    | 12.9 g        | 207 mg                   | YES            | NO        | YES | YES           | NO   | MCT     | YES | MCT    | MCT       | MCT       | NO |
|                                    | Extras & Dips      | Chicken                      | 75 g            | 526 kJ         | 126 Cal        | 13.5 g         | 8.3 g         | 1.9 g         | 1.0 g      | 0.3 g       | 640 mg                     | 702 kJ         | 168 Cal     | 18.1 g         | 11.1 g        | 2.5 g     | 1.3 g         | 0.4 g                    | 853 mg         | MCT       | NO  | NO            | NO   | NO      | NO  | YES    | NO        | NO        | NO |
| Pulled Pork                        | 85 g               | 525 kJ                       | 125 Cal         | 14.5 g         | 6.0 g          | 2.0 g          | 3.4 g         | 2.4 g         | 420 mg     | 618 kJ      | 148 Cal                    | 17.1 g         | 7.0 g       | 2.3 g          | 4.0 g         | 2.8 g     | 494 mg        | MCT                      | NO             | NO        | MCT | NO            | NO   | MCT     | NO  | NO     | NO        | NO        | NO |
| 14-Hour Beef                       | 85 g               | 574 kJ                       | 137 Cal         | 14.8 g         | 8.2 g          | 3.6 g          | 1.2 g         | 0.9 g         | 278 mg     | 675 kJ      | 161 Cal                    | 17.4 g         | 9.6 g       | 4.2 g          | 1.4 g         | 1.0 g     | 327 mg        | MCT                      | NO             | NO        | MCT | NO            | NO   | MCT     | NO  | NO     | NO        | NO        | NO |
| Baja Steak                         | 85 g               | 337 kJ                       | 81 Cal          | 8.3 g          | 2.7 g          | 0.8 g          | 5.6 g         | 2.0 g         | 317 mg     | 397 kJ      | 95 Cal                     | 9.8 g          | 3.2 g       | 0.9 g          | 6.6 g         | 2.3 g     | 373 mg        | MCT                      | NO             | NO        | MCT | NO            | NO   | YES     | NO  | NO     | NO        | NO        | NO |
| Ground Beef                        | 85 g               | 719 kJ                       | 172 Cal         | 18.3 g         | 10.3 g         | 3.0 g          | 1.5 g         | 1.0 g         | 924 mg     | 846 kJ      | 202 Cal                    | 21.5 g         | 12.1 g      | 3.5 g          | 1.8 g         | 1.2 g     | 1090 mg       | MCT                      | NO             | NO        | NO  | NO            | NO   | YES     | NO  | NO     | NO        | NO        |    |
| Black Beans                        | 100 g              | 307 kJ                       | 73 Cal          | 2.7 g          | 3.3 g          | 0.2 g          | 6.7 g         | 3.2 g         | 473 mg     | 307 kJ      | 73 Cal                     | 2.7 g          | 3.3 g       | 0.2 g          | 6.7 g         | 3.2 g     | 473 mg        | MCT                      | NO             | NO        | MCT | NO            | NO   | MCT     | NO  | NO     | NO        | NO        | NO |
| Guacamole                          | 45 g               | 337 kJ                       | 81 Cal          | 0.8 g          | 8.4 g          | 1.8 g          | 0.5 g         | 0.4 g         | 208 mg     | 750 kJ      | 179 Cal                    | 1.7 g          | 18.7 g      | 4.1 g          | 1.1 g         | 0.8 g     | 462 mg        | MCT                      | NO             | NO        | NO  | NO            | NO   | NO      | NO  | NO     | NO        | NO        | NO |
| Jalapenos                          | 40 g               | 159 kJ                       | 38 Cal          | 0.3 g          | LESS THAN 0.1g | LESS THAN 0.1g | 8.8 g         | 8.8 g         | 262 mg     | 398 kJ      | 95 Cal                     | 0.7 g          | 0.1 g       | LESS THAN 0.1g | 22.1 g        | 22.1 g    | 654 mg        | MCT                      | NO             | NO        | NO  | NO            | NO   | NO      | NO  | NO     | NO        | NO        | NO |
| Extra Cheese                       | 20 g               | 304 kJ                       | 73 Cal          | 5.0 g          | 5.8 g          | 3.8 g          | 0.2 g         | 0.2 g         | 110 mg     | 1520 kJ     | 363 Cal                    | 25.0 g         | 29.0 g      | 18.8 g         | 0.9 g         | 0.9 g     | 550 mg        | MCT                      | NO             | NO        | YES | NO            | NO   | NO      | NO  | NO     | NO        | NO        | NO |
| Sour Cream                         | 40 g               | 308 kJ                       | 74 Cal          | 1.2 g          | 7.1 g          | 4.7 g          | 1.5 g         | 1.5 g         | 16 mg      | 769 kJ      | 184 Cal                    | 3.0 g          | 17.7 g      | 11.8 g         | 3.8 g         | 3.8 g     | 40 mg         | MCT                      | NO             | NO        | YES | NO            | NO   | NO      | NO  | NO     | NO        | NO        | NO |
| Lime & Chilli Dipping Sauce        | 40 g               | 624 kJ                       | 149 Cal         | 0.5 g          | 15.7 g         | 1.3 g          | 2.0 g         | 1.3 g         | 125 mg     | 1560 kJ     | 373 Cal                    | 1.3 g          | 39.3 g      | 3.2 g          | 5.1 g         | 3.3 g     | 312 mg        | MCT                      | NO             | YES       | MCT | MCT           | NO   | NO      | NO  | NO     | NO        | NO        | NO |
| Smokey Chipotle Mayo Dipping Sauce | 40 g               | 724 kJ                       | 173 Cal         | 0.6 g          | 18.7 g         | 1.6 g          | 1.3 g         | 0.4 g         | 160 mg     | 1810 kJ     | 423 Cal                    | 1.4 g          | 46.7 g      | 3.9 g          | 3.2 g         | 0.9 g     | 401 mg        | MCT                      | NO             | YES       | MCT | MCT           | NO   | NO      | NO  | NO     | NO        | NO        | NO |
| Tomatillo Salsa Dipping Sauce      | 40 g               | 82 kJ                        | 20 Cal          | 0.2 g          | 0.3 g          | 0.2 g          | 2.9 g         | 1.2 g         | 142 mg     | 205 kJ      | 49 Cal                     | 0.6 g          | 0.7 g       | 0.5 g          | 7.2 g         | 3.0 g     | 354 mg        | MCT                      | NO             | NO        | MCT | NO            | MCT  | NO      | NO  | NO     | NO        | NO        | NO |
| Ranchero Salsa Dipping Sauce       | 40 g               | 69 kJ                        | 16 Cal          | 0.6 g          | 0.1 g          | LESS THAN 0.1g | 3.0 g         | 1.8 g         | 139 mg     | 172 kJ      | 41 Cal                     | 1.4 g          | 0.3 g       | 0.1 g          | 7.6 g         | 4.6 g     | 347 mg        | MCT                      | NO             | NO        | MCT | NO            | MCT  | NO      | NO  | NO     | NO        | NO        | NO |
| Chipotle Salsa Dipping Sauce       | 40 g               | 68 kJ                        | 16 Cal          | 0.5 g          | 0.1 g          | LESS THAN 0.1g | 3.0 g         | 1.8 g         | 126 mg     | 169 kJ      | 40 Cal                     | 1.3 g          | 0.3 g       | 0.1 g          | 7.5 g         | 4.6 g     | 316 mg        | MCT                      | NO             | NO        | MCT | NO            | MCT  | NO      | NO  | NO     | NO        | NO        | NO |
| Habanero Salsa Dipping Sauce       | 40 g               | 68 kJ                        | 16 Cal          | 0.5 g          | 0.1 g          | LESS THAN 0.1g | 3.0 g         | 1.8 g         | 116 mg     | 169 kJ      | 40 Cal                     | 1.3 g          | 0.3 g       | 0.1 g          | 7.5 g         | 4.6 g     | 291 mg        | MCT                      | NO             | NO        | MCT | NO            | MCT  | NO      | NO  | NO     | NO        | NO        | NO |

MCT = MAY CONTAIN TRACES

At Salsas we make your product fresh to order, therefore slight nutritional variance 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. Updated 21/11/16

# SALSAS FOOD NUTRITIONAL INFORMATION 2016



| ALLERGY INFO / FACTS AND FIGURES |   |              | Average Quantity Per Serving |                |             |           |               |               |            |                 | Average Quantity Per 100 g |                |             |           |               |               |            |             | Contains these allergens |           |     |               |      |         |     |        |           |           |
|----------------------------------|---|--------------|------------------------------|----------------|-------------|-----------|---------------|---------------|------------|-----------------|----------------------------|----------------|-------------|-----------|---------------|---------------|------------|-------------|--------------------------|-----------|-----|---------------|------|---------|-----|--------|-----------|-----------|
| Category                         | Product Name                              | Serving Size | Energy                       |                |             | Fat       |               | Carbohydrates |            |                 | Sodium (mg)                | Energy         |             | Fat       |               | Carbohydrates |            | Sodium (mg) | Gluten Cereals           | Crustacea | Egg | Milk Products | Fish | Peanuts | Soy | Sesame | Tree Nuts | Sulphites |
|                                  |   |              | Kilojoules (kJ)              | Calories (Cal) | Protein (g) | Total (g) | Saturated (g) | Carbs (g)     | Sugars (g) | Kilojoules (kJ) |                            | Calories (Cal) | Protein (g) | Total (g) | Saturated (g) | Carbs (g)     | Sugars (g) |             |                          |           |     |               |      |         |     |        |           |           |
| Quesadillas                      | Cheese                                    | 171 g        | 2330 kJ                      | 556 Cal        | 28.4 g      | 30.0 g    | 18.2 g        | 41.3 g        | 3.5 g      | 813 mg          | 1360 kJ                    | 325 Cal        | 16.6 g      | 17.6 g    | 10.7 g        | 24.2 g        | 2.1 g      | 475 mg      | YES                      | NO        | NO  | YES           | NO   | NO      | MCT | NO     | NO        | NO        |
|                                  | Vegetarian                                | 313 g        | 2270 kJ                      | 542 Cal        | 20.0 g      | 26.9 g    | 9.7 g         | 50.9 g        | 9.9 g      | 1200 mg         | 725 kJ                     | 173 Cal        | 6.4 g       | 8.6 g     | 3.1 g         | 16.3 g        | 3.2 g      | 383 mg      | YES                      | NO        | YES | NO            | MCT  | NO      | NO  | NO     | NO        | NO        |
|                                  | Chicken                                   | 288 g        | 2490 kJ                      | 594 Cal        | 30.9 g      | 31.9 g    | 11.3 g        | 45.2 g        | 7.0 g      | 1370 mg         | 864 kJ                     | 206 Cal        | 10.7 g      | 11.1 g    | 3.9 g         | 15.7 g        | 2.4 g      | 474 mg      | YES                      | NO        | YES | YES           | YES  | NO      | YES | NO     | NO        | NO        |
|                                  | Pulled Pork                               | 321 g        | 2410 kJ                      | 576 Cal        | 32.8 g      | 25.8 g    | 12.6 g        | 50.3 g        | 9.1 g      | 1420 mg         | 751 kJ                     | 179 Cal        | 10.2 g      | 8.0 g     | 3.9 g         | 15.7 g        | 2.8 g      | 442 mg      | YES                      | NO        | NO  | YES           | NO   | MCT     | MCT | NO     | NO        | NO        |
|                                  | Kids                                      | 100 g        | 1370 kJ                      | 327 Cal        | 14.7 g      | 17.1 g    | 10.2 g        | 27.7 g        | 2.1 g      | 526 mg          | 1370 kJ                    | 327 Cal        | 14.7 g      | 17.1 g    | 10.2 g        | 27.7 g        | 2.1 g      | 526 mg      | YES                      | NO        | NO  | YES           | NO   | NO      | MCT | NO     | NO        | NO        |
| Share Platters                   | Steak (Corn Tortilla)                     | 536 g        | 3000 kJ                      | 718 Cal        | 21.6 g      | 32.9 g    | 9.4 g         | 79.0 g        | 12.6 g     | 1600 mg         | 561 kJ                     | 134 Cal        | 4.0 g       | 6.1 g     | 1.8 g         | 14.7 g        | 2.4 g      | 298 mg      | MCT                      | NO        | NO  | YES           | NO   | MCT     | YES | NO     | NO        | NO        |
|                                  | Steak (Flour Tortilla)                    | 551 g        | 3410 kJ                      | 814 Cal        | 25.1 g      | 38.8 g    | 12.7 g        | 86.5 g        | 13.1 g     | 2020 mg         | 619 kJ                     | 148 Cal        | 4.6 g       | 7.1 g     | 2.3 g         | 15.7 g        | 2.4 g      | 367 mg      | YES                      | NO        | NO  | YES           | NO   | MCT     | YES | NO     | NO        | NO        |
|                                  | Steak (Hard Shell)                        | 518 g        | 3280 kJ                      | 783 Cal        | 22.2 g      | 39.8 g    | 9.9 g         | 79.0 g        | 11.3 g     | 1590 mg         | 632 kJ                     | 151 Cal        | 4.3 g       | 7.7 g     | 1.9 g         | 15.3 g        | 2.2 g      | 308 mg      | MCT                      | NO        | NO  | YES           | NO   | MCT     | YES | NO     | NO        | NO        |
|                                  | Chicken (Corn Tortilla)                   | 531 g        | 2910 kJ                      | 695 Cal        | 19.2 g      | 31.9 g    | 8.9 g         | 78.7 g        | 12.3 g     | 1460 mg         | 548 kJ                     | 131 Cal        | 3.6 g       | 6.0 g     | 1.7 g         | 14.8 g        | 2.3 g      | 274 mg      | MCT                      | NO        | NO  | YES           | NO   | MCT     | YES | NO     | NO        | NO        |
|                                  | Chicken (Flour Tortilla)                  | 546 g        | 3310 kJ                      | 791 Cal        | 22.8 g      | 37.9 g    | 12.2 g        | 86.3 g        | 12.7 g     | 1880 mg         | 607 kJ                     | 145 Cal        | 4.2 g       | 6.9 g     | 2.2 g         | 15.8 g        | 2.3 g      | 344 mg      | YES                      | NO        | NO  | YES           | NO   | MCT     | YES | NO     | NO        | NO        |
|                                  | Chicken (Hard Shell Tortilla)             | 513 g        | 3180 kJ                      | 760 Cal        | 19.8 g      | 38.8 g    | 9.3 g         | 78.8 g        | 10.9 g     | 1450 mg         | 620 kJ                     | 148 Cal        | 3.9 g       | 7.6 g     | 1.8 g         | 15.4 g        | 2.1 g      | 283 mg      | MCT                      | NO        | NO  | YES           | NO   | MCT     | YES | NO     | NO        | NO        |
|                                  | Pulled Pork (Corn Tortilla)               | 536 g        | 2910 kJ                      | 695 Cal        | 19.7 g      | 30.7 g    | 8.9 g         | 79.9 g        | 13.3 g     | 1350 mg         | 543 kJ                     | 130 Cal        | 3.7 g       | 5.7 g     | 1.7 g         | 14.9 g        | 2.5 g      | 251 mg      | MCT                      | NO        | NO  | YES           | NO   | MCT     | MCT | NO     | NO        | NO        |
|                                  | Pulled Pork (Flour Tortilla)              | 551 g        | 3310 kJ                      | 791 Cal        | 23.3 g      | 36.7 g    | 12.3 g        | 87.5 g        | 13.8 g     | 1770 mg         | 601 kJ                     | 144 Cal        | 4.2 g       | 6.7 g     | 2.2 g         | 15.9 g        | 2.5 g      | 321 mg      | YES                      | NO        | NO  | YES           | NO   | MCT     | MCT | NO     | NO        | NO        |
|                                  | Pulled Pork (Hard Shell)                  | 518 g        | 3180 kJ                      | 759 Cal        | 20.3 g      | 37.7 g    | 9.4 g         | 80.0 g        | 11.9 g     | 1340 mg         | 614 kJ                     | 147 Cal        | 3.9 g       | 7.3 g     | 1.8 g         | 15.4 g        | 2.3 g      | 259 mg      | MCT                      | NO        | NO  | YES           | NO   | MCT     | MCT | NO     | NO        | NO        |
|                                  | Veggies (Corn Tortilla)                   | 536 g        | 2710 kJ                      | 647 Cal        | 13.5 g      | 28.4 g    | 8.0 g         | 79.0 g        | 13.0 g     | 1140 mg         | 506 kJ                     | 121 Cal        | 2.5 g       | 5.3 g     | 1.5 g         | 14.7 g        | 2.4 g      | 213 mg      | MCT                      | NO        | NO  | YES           | NO   | MCT     | MCT | NO     | NO        | NO        |
|                                  | Veggies (Flour Tortilla)                  | 551 g        | 3110 kJ                      | 744 Cal        | 17.0 g      | 34.4 g    | 11.3 g        | 86.6 g        | 13.4 g     | 1560 mg         | 565 kJ                     | 135 Cal        | 3.1 g       | 6.2 g     | 2.1 g         | 15.7 g        | 2.4 g      | 284 mg      | YES                      | NO        | NO  | YES           | NO   | MCT     | MCT | NO     | NO        | NO        |
|                                  | Veggies (Hard Shell)                      | 518 g        | 2980 kJ                      | 712 Cal        | 14.0 g      | 35.4 g    | 8.4 g         | 79.1 g        | 11.6 g     | 1140 mg         | 575 kJ                     | 137 Cal        | 2.7 g       | 6.8 g     | 1.6 g         | 15.3 g        | 2.2 g      | 219 mg      | MCT                      | NO        | NO  | YES           | NO   | MCT     | MCT | NO     | NO        | NO        |
| Breakfast Burritos               | Bacon and Egg                             | 300 g        | 2050 kJ                      | 490 Cal        | 24.7 g      | 27.3 g    | 11.2 g        | 36.7 g        | 7.2 g      | 1330 mg         | 684 kJ                     | 163 Cal        | 8.2 g       | 9.1 g     | 3.7 g         | 12.2 g        | 2.4 g      | 444 mg      | YES                      | NO        | NO  | YES           | NO   | MCT     | MCT | NO     | NO        | NO        |
|                                  | Bacon, Egg and Mushroom                   | 335 g        | 2260 kJ                      | 540 Cal        | 26.4 g      | 31.8 g    | 12.4 g        | 36.9 g        | 7.4 g      | 1360 mg         | 675 kJ                     | 161 Cal        | 7.9 g       | 9.5 g     | 3.7 g         | 11.0 g        | 2.2 g      | 406 mg      | YES                      | NO        | NO  | YES           | NO   | MCT     | MCT | NO     | NO        | NO        |
|                                  | Black Bean and Egg                        | 305 g        | 2060 kJ                      | 493 Cal        | 25.6 g      | 26.4 g    | 10.8 g        | 36.3 g        | 7.1 g      | 989 mg          | 677 kJ                     | 162 Cal        | 8.4 g       | 8.7 g     | 3.6 g         | 11.9 g        | 2.3 g      | 324 mg      | YES                      | NO        | NO  | YES           | NO   | MCT     | MCT | NO     | NO        | NO        |
|                                  | Chorizo and Egg (WA)                      | 285 g        | 2240 kJ                      | 535 Cal        | 26.2 g      | 31.2 g    | 13.2 g        | 35.5 g        | 6.3 g      | 1400 mg         | 785 kJ                     | 188 Cal        | 9.2 g       | 11.0 g    | 4.7 g         | 12.5 g        | 2.2 g      | 491 mg      | YES                      | NO        | NO  | YES           | NO   | MCT     | MCT | NO     | NO        | NO        |
|                                  | Chorizo and Egg (VIC)                     | 285 g        | 2140 kJ                      | 512 Cal        | 25.3 g      | 28.9 g    | 12.0 g        | 35.7 g        | 6.5 g      | 1260 mg         | 753 kJ                     | 180 Cal        | 8.9 g       | 10.1 g    | 4.2 g         | 12.5 g        | 2.3 g      | 442 mg      | YES                      | NO        | NO  | YES           | NO   | MCT     | MCT | NO     | NO        | NO        |
| Tacos                            | Pulled Pork (6" Soft Flour Tortilla)      | 146 g        | 785 kJ                       | 187 Cal        | 5.9 g       | 6.7 g     | 2.6 g         | 24.5 g        | 3.8 g      | 504 mg          | 539 kJ                     | 129 Cal        | 4.0 g       | 4.6 g     | 1.8 g         | 16.8 g        | 2.6 g      | 346 mg      | YES                      | NO        | NO  | YES           | NO   | MCT     | MCT | NO     | NO        | NO        |
|                                  | Pulled Pork (6" Soft Corn Tortilla)       | 141 g        | 650 kJ                       | 155 Cal        | 4.7 g       | 4.7 g     | 1.5 g         | 22.0 g        | 3.6 g      | 363 mg          | 463 kJ                     | 111 Cal        | 3.3 g       | 3.4 g     | 1.1 g         | 15.6 g        | 2.6 g      | 258 mg      | MCT                      | NO        | NO  | YES           | NO   | MCT     | MCT | NO     | NO        | NO        |
|                                  | Pulled Pork (Hard Shell)                  | 135 g        | 740 kJ                       | 177 Cal        | 4.9 g       | 7.0 g     | 1.7 g         | 22.0 g        | 3.2 g      | 362 mg          | 550 kJ                     | 131 Cal        | 3.6 g       | 5.2 g     | 1.2 g         | 16.3 g        | 2.4 g      | 269 mg      | MCT                      | NO        | NO  | YES           | NO   | MCT     | MCT | NO     | NO        | NO        |
|                                  | Chipotle Chicken (6" Soft Flour Tortilla) | 113 g        | 812 kJ                       | 194 Cal        | 9.7 g       | 11.0 g    | 3.1 g         | 14.4 g        | 1.9 g      | 652 mg          | 719 kJ                     | 172 Cal        | 8.5 g       | 9.7 g     | 2.7 g         | 12.8 g        | 1.7 g      | 577 mg      | YES                      | NO        | NO  | MCT           | NO   | MCT     | YES | NO     | NO        | NO        |
|                                  | Chipotle Chicken (6" Soft Corn Tortilla)  | 108 g        | 677 kJ                       | 162 Cal        | 8.5 g       | 9.0 g     | 2.0 g         | 11.9 g        | 1.7 g      | 511 mg          | 627 kJ                     | 150 Cal        | 7.8 g       | 8.4 g     | 1.8 g         | 11.0 g        | 1.6 g      | 473 mg      | MCT                      | NO        | NO  | MCT           | NO   | MCT     | YES | NO     | NO        | NO        |
|                                  | Chipotle Chicken (Hard Shell)             | 102 g        | 768 kJ                       | 183 Cal        | 8.7 g       | 11.3 g    | 2.1 g         | 11.9 g        | 1.3 g      | 510 mg          | 753 kJ                     | 180 Cal        | 8.5 g       | 11.1 g    | 2.1 g         | 11.7 g        | 1.2 g      | 500 mg      | MCT                      | NO        | NO  | MCT           | NO   | MCT     | YES | NO     | NO        | NO        |
|                                  | Original Beef (6" Soft Flour Tortilla)    | 110 g        | 740 kJ                       | 177 Cal        | 9.1 g       | 8.1 g     | 4.3 g         | 16.3 g        | 2.5 g      | 438 mg          | 673 kJ                     | 161 Cal        | 8.3 g       | 7.3 g     | 3.9 g         | 14.8 g        | 2.3 g      | 398 mg      | YES                      | NO        | NO  | YES           | NO   | NO      | YES | NO     | NO        | NO        |
|                                  | Original Beef (6" Soft Corn Tortilla)     | 105 g        | 605 kJ                       | 145 Cal        | 7.9 g       | 6.1 g     | 3.2 g         | 13.8 g        | 2.4 g      | 297 mg          | 576 kJ                     | 138 Cal        | 7.6 g       | 5.8 g     | 3.1 g         | 13.1 g        | 2.3 g      | 283 mg      | MCT                      | NO        | NO  | YES           | NO   | NO      | YES | NO     | NO        | NO        |
|                                  | Original Beef (Hard Shell)                | 99 g         | 695 kJ                       | 166 Cal        | 8.1 g       | 8.4 g     | 3.4 g         | 13.8 g        | 1.9 g      | 296 mg          | 702 kJ                     | 168 Cal        | 8.2 g       | 8.5 g     | 3.4 g         | 13.9 g        | 1.9 g      | 299 mg      | MCT                      | NO        | NO  | YES           | NO   | NO      | YES | NO     | NO        | NO        |

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