

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				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	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 a result of seasonal changes in vegetables and fresh produce. We may update this information from time to time. Updated 20/03/17

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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	MCT	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	MCT	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	MCT	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	MCT	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

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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

MCT = MAY CONTAIN TRACES

At Salsas we make your product fresh to order, therefore slight nutritional variance may occur as a result of seasonal changes in vegetables and fresh produce. We may update this information from time to time. Updated 20/03/17