



REPORT OF ANALYSIS

Client	: LAS OLAS FRESH MEX GRILL 20 APHRASIA ST NEWTOWN VIC 3220	Job No.	: LASO01/100120
Attention	: Achelan Holmes	Quote No.	: QT-01453
Project Name	:	Order No.	:
Your Client Services Manager	: Tim Stobaus	Date Sampled	: 20-JAN-2010
		Date Received	: 20-JAN-2010
		Sampled By	: CLIENT
		Phone	: (03) 9644 4849

Lab Reg No.	Sample Ref	Sample Description
V10/002031	1	Vegetarian Burrito

Lab Reg No.	Sample Reference	Units	V10/002031	1	Method
Trace Elements					
Sodium	mg/100g	190			VL247



Stavros Tzardis, Analyst
Inorganics - Vic

12-FEB-2010

Lab Reg No.	Sample Reference	Units	V10/002031	1	Method
Proximates					
Fructose	g/100g	0.8			VL295
Glucose	g/100g	0.4			VL295
Sucrose	g/100g	<0.2			VL295
Maltose	g/100g	1.8			VL295
Lactose	g/100g	<0.2			VL295
Total Sugars	g/100g	3.0			VL295
Moisture	g/100g	68.0			VL298
Fat (Mojonnier extraction)	g/100g	2.7			VL302
Saturated Fat	g/100g	0.7			VL289
Protein (N x 6.25)	g/100g	4.3			VL299
Ash	g/100g	0.9			VL286
Carbohydrates	g/100g	21			
Energy (kj)	kJ/100g	560			
Mono trans fats	g/100g	0.2			VL289
Mono-unsaturated fat	g/100g	0.8			VL289
Omega 3 fats	g/100g	0.1			VL289
Omega 6 fats	g/100g	0.8			VL289

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Lab Reg No.		V10/002031			
Sample Reference	Units	1			Method
Proximates					
Poly trans fats	g/100g	< 0.1			VL289
Poly-unsaturated fat	g/100g	0.9			VL289
Trans fats	g/100g	0.2			VL289
Saturated Fatty Acids					
C4:0 Butyric	%	< 0.1			VL289
C6:0 Caproic	%	< 0.1			VL289
C8:0 Caprylic	%	< 0.1			VL289
C10:0 Capric	%	< 0.1			VL289
C12:0 Lauric	%	< 0.1			VL289
C14:0 Myristic	%	< 0.1			VL289
C15:0 Pentadecanoic	%	< 0.1			VL289
C16:0 Palmitic	%	13.4			VL289
C17:0 Margaric	%	0.1			VL289
C18:0 Stearic	%	12.2			VL289
C20:0 Arachidic	%	0.4			VL289
C22:0 Behenic	%	0.4			VL289
C24:0 Lignoceric	%	0.3			VL289
Total Saturated	%	26.9			VL289
Mono-unsaturated Fatty Acids					
C14:1 Myristoleic	%	< 0.1			VL289
C16:1 Palmitoleic	%	0.2			VL289
C17:1 Heptadecenoic	%	< 0.1			VL289
C18:1 Oleic	%	37.8			VL289
C20:1 Eicosenic	%	< 0.1			VL289
C22:1 Docosenoic	%	< 0.1			VL289
C24:1 Nervonic	%	0.2			VL289
Total Mono-unsaturated	%	31.2			VL289
Poly-unsaturated Fatty Acids					
C18:2w6 Linoleic	%	29.1			VL289
C18:3w6 gamma-Linolenic	%	< 0.1			VL289
C18:3w3 alpha-Linolenic	%	5.5			VL289
C20:2w6 Eicosadienoic	%	< 0.1			VL289
C20:3w6 Eicosatrienoic	%	< 0.1			VL289
C20:3w3 Eicosatrienoic	%	< 0.1			VL289
C20:4w6 Arachidonic	%	< 0.1			VL289
C20:5w3 Eicosapentaenoic	%	< 0.1			VL289
C22:2w6 Docosadienoic	%	< 0.1			VL289
Omega 3 Fatty Acids	%	5.5			VL289
Omega 6 Fatty Acids	%	29.1			VL289
C22:4w6 Docosatetraenoic	%	< 0.1			VL289
C22:5w3 Docosapentaenoic	%	< 0.1			VL289
C22:6w3 Docosahexaenoic	%	< 0.1			VL289
Total Poly-unsaturated	%	33.1			VL289

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Lab Reg No.		V10/002031				
Sample Reference		1				
	Units					Method
Poly-unsaturated Fatty Acids						
Total Mono Trans Fatty Acids	%	7.1				VL289
Total Poly Trans Fatty Acids	%	1.6				VL289
P:M:S Ratio		1.2:1.2:1.0				VL289

SK Nahar

Dr. Nahar Syeda, Analyst
Food Composition - Vic

Neil Menz

Neil Menz, Analyst
Food Composition - Vic

Sam Barone

Sam Barone, Chemist
Organics - Vic

Paul Adorno

Paul Adorno, Section Manager
Food Composition - Vic

12-FEB-2010

Lab Reg No.		V10/002031				
Sample Reference		1				
	Units					Method
Proximates						
Total Dietary Fibre	g/100g	3.4				

V10/002031

Fibre determined by BRI Research, North Ryde NSW.

BRI Report no: 73165

Tim Reddan

Tim Reddan
Laboratory Services Unit - Vic

12-FEB-2010

Results relate only to the sample(s) tested.

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