

SOME THINGS ARE TOO IMPORTANT FOR FINE PRINT.



ALLERGEN GUIDE

WHEAT OR OTHER GLUTENS

SOY

MILK

EGG

FISH

YELLOW #5

MSG

WRAPS/CHIPS **

FRIED CORN CHIPS	X	X					
CRISPY CORN TACO SHELLS	X	X					
FLOUR TORTILLA FRIED SHELLS	X	X					
FLOUR TORTILLA	X	X					
WHOLE GRAIN TORTILLA	X	X					

PROTEINS

CHICKEN		X					*
FISH					X	X	
GROUND BEEF		X	X				
STEAK		X	X				*
TOFU		X				X	
PORK		X					

BEANS

BLACK BEANS		X					*
PINTO BEANS							

DRESS IT UP

BLACK OLIVES							
CHEESE			X				
CHIPOTLE RANCH			X	X			
CUCUMBERS							
GUACAMOLE							
JALAPENOS							
LETTUCE							
QUESO (CHEESE SAUCE)			X				
RICE		X					*
SALSA (KAISER & EL GUAPO)							
SOUR CREAM			X				
SOUTHWEST VINAIGRETTE						X	
VEGGIES						X	
TOMATILLO SALSA						X	
PICO DE GALLO							
CORN PICO DE GALLO							
HARD ROCK 'N ROLL SAUCE							
BAJA CHICKEN ENCHILADA SOUP		X	X				*
SOUTHWESTERN CHILI	X	X	X				*

* ALTHOUGH MSG IS NOT AN INGREDIENT, HYDROLYZED PLANT PROTEINS AND/OR AUTOLYZED YEAST EXTRACT (SOURCES OF FREE GLUTAMATE) ARE NATURALLY OCCURRING.

** SOY ALLERGENS IN THE WRAPS/CHIPS SECTION COME DIRECTLY FROM SOYBEAN OIL, WHICH STUDIES HAVE SHOWN IS SAFE TO CONSUME BY MOST INDIVIDUALS WITH SOY ALLERGIES. PLEASE REFERENCE WWW.FOODALLERGY.ORG

TREE NUTS, PEANUTS OR SHELLFISH ARE NOT PRESENT IN MENU ITEMS.

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