

# Allergen Awareness and Gluten-Free Chart



## Known Allergens

	Nut	Sesame	Milk	Egg	Fish	Soy	Wheat	Sulphite	MSG	Corn	Mustard	Gluten-Free
<b>TORTILLAS AND TACOS</b>												
Whole Wheat Tortilla							•					
White Tortilla							•					
Hard Corn Taco										•		†
Soft Corn Taco										•		†
<b>PROTEINS</b>												
Beef Barbacoa						•						†
Pork Carnitas			•			•	•					
Steak												†
Chicken												†
Shrimp					•			•				†
Chorizo												†
Habanero Bacon												†
Veggie Crumble						•	•			•	•	
<b>TOPPINGS, CHEESE &amp; GARNISH</b>												
Brown Rice												†
Ancient Grain Medley							•					
Fajita Mix												†
Black Beans												†
Pinto Beans												†
Monterey Jack Cheese			•									†
Cotija Cheese			•									†
Mango Salsa												†
Grilled Pineapple												†
Jicama Coleslaw												†
Pickled Onions												†
Roasted Corn										•		†
Spiced Asparagus												†
Fresh Jalapenos												†
Cilantro												†
Toasted Pepita Seeds	•											†
Crispy Jalapeno Chips							•					
Lime Wedges												†
Romaine Lettuce												†
<b>SALSAS, SAUCES &amp; DRESSINGS</b>												
Pico de Gallo												†
Medium Salsa												†
Hot Salsa												†
Guacamole												†
Sour Cream			•							•		†
Burrito Sauce				•		•						†
Mango Crema			•					•		•		†
Pineapple Habanero Crema			•					•		•		†
Aji Amarillo Crema			•							•		†
Mango Chili Sauce												†
Pineapple Jalapeno Sauce											•	†
Apricot Chili Sauce												†
Ranchero Dressing			•	•		•				•		†
Honey Lime Vinaigrette												†
Queso Cheese			•			•				•		
<b>SIDES &amp; DESSERTS</b>												
Churros			•	•		•	•					
Dulce de Leché			•					•		•		†
Peruvian Chocolate Brownie			•	•		•	•					
Chocolate Chunk Cookie			•	•		•	•					
Salted Caramel Cookie	•		•	•		•						
Nachos - Snack Size			•			•				•		†
Tortilla Chips										•		†

CDN 2019

• - denotes allergen is present in the product

† - denotes product is gluten-free