

# Allergen Awareness and Gluten-Free Chart



## Known Allergens

	Nut	Sesame	Milk	Egg	Fish	Soy	Wheat	Sulphite	MSG	Corn	Mustard	Gluten-Free	Vegan
<b>TORTILLAS AND TACOS</b>													
Whole Wheat Tortilla							•						•
White Tortilla							•						•
Hard Corn Taco										•		†	•
Soft Corn Taco										•		†	•
<b>PROTEINS</b>													
Beef Barbacoa						•						†	
Pork Carnitas			•			•	•						
Beef Brisket												†	
Chicken												†	
Shrimp					•			•				†	
Chorizo												†	
Ghost Pepper Bacon												†	
Beyond Meat® Crumbles										•		†	•
<b>TOPPINGS, CHEESE &amp; GARNISH</b>													
Brown Rice												†	•
Ancient Grain Medley							•						•
Fajita Veggies												†	•
Chiptole Black Beans												†	•
Pinto Beans												†	•
Monterey Jack Cheese			•									†	
Cotija Cheese			•									†	
Harvest Squash & Apple Medley						•						†	•
Roasted Cauliflower												†	•
Chipotle Coleslaw				•						•		†	
In-House Pickled Red Onions												†	•
Charred Corn										•		†	•
Roasted Chickpeas												†	•
Fire-Roasted Red Peppers												†	•
Jalapeños												†	•
Cilantro												†	•
Toasted Pepitas	•											†	•
Crispy Jalapeño Chips							•					†	•
Lime Wedges												†	•
Romaine Lettuce												†	•
<b>SALSAS, SAUCES &amp; DRESSINGS</b>													
Pico de Gallo												†	•
Medium Salsa												†	•
Hot Salsa												†	•
Guacamole												†	•
Sour Cream			•							•		†	
Burrito Sauce				•		•						†	
Ghost Pepper & Fig Marmalade												†	•
Ghost Pepper Sauce												†	•
Ghost Pepper Crema			•							•		†	
Chipotle & Apple BBQ Sauce						•						†	•
Poblano & Avocado Crema			•							•		†	
Habanero & Harissa Red Pepper Sauce												†	•
Avocado Hummus												†	•
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