

Allergen Awareness and Gluten-Free Chart



Known Allergens

Nut	Sesame	Milk	Egg	Fish	Soy	Wheat	Sulphite	MSG	Corn	Mustard	Gluten-Free	Vegan
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TORTILLAS AND TACOS												
Whole Wheat Tortilla						•						•
White Tortilla						•						•
Hard Corn Taco									•		○	•
Soft Corn Taco									•		○	•
PROTEINS												
Beef Barbacoa					•						†	
Pork Carnitas			•		•	•						
Chicken											†	
Steak											†	
Shrimp				•			•				†	
Chorizo											†	
Beyond Meat® Crumble									•		†	•
TOPPING, CHEESE & GARNISH												
Brown Rice											†	•
Ancient Grain Medley						•						•
Fajita Veggies											†	•
Chiptole Black Beans											†	•
Pinto Beans											†	•
Monterey Jack Cheese			•								†	
Cotija Cheese			•								†	
Tomato-Cucumber Salad											†	•
Peach & Mango Chili Salsa											†	•
Citrus Slaw											†	•
In-House Pickled Red Onions											†	•
Charred Corn									•		†	•
Grilled Pineapple											†	•
Roasted Seasonal Squash											†	•
Jalapeños											†	•
Cilantro											†	•
Tricoloured Tortilla Strips									•		†	•
Crispy Jalapeño Chips						•						•
Lime Wedges											†	•
Seasonal Greens											†	•
SALSAS, SAUCES & DRESSINGS												
Pico de Gallo											†	•
Medium Salsa											†	•
Hot Salsa											†	•
Guacamole											†	•
Sour Cream			•						•		†	
Burrito Sauce				•		•					†	
Chili-Mango Sauce											†	•
Chipotle-Peach Crema			•				•		•		†	
Caramelized Pineapple & Jalapeño Sauce										•	†	•
Pineapple-Habanero Crema			•				•		•		†	
House-Made Cilantro & Lime Chimichurri							•				†	•
Serrano-Chili Crema			•						•		†	
Honey-Lime Vinaigrette											†	
Queso Cheese			•		•				•			
SIDES & DESSERTS												
Churros			•	•		•	•					
Dulce de Leché			•				•		•		†	
Peruvian Chocolate Brownie			•	•		•	•					
Chocolate Chunk Cookie			•	•		•	•					
Salted Caramel Cookie	•		•	•		•	•					
Nachos			•			•			•			
Tortilla Chips									•		○	•

CDN 2019

• - denotes allergen is present in the product

○ - this product does not contain gluten however, it may have come in contact with equipment used to prepare products containing gluten

† - denotes product is gluten-free