

# 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			•			•	•						
Chicken												†	
Steak												†	
Shrimp					•			•				†	
Chorizo												†	
Beyond Meat® Crumble										•		†	•
Chickpea & Black Bean Fritter										•		†	•
<b>TOPPINGS, CHEESE &amp; GARNISH</b>													
Brown Rice												†	•
Ancient Grain Medley							•						•
Fajita Veggies												†	•
Chiptole Black Beans												†	•
Pinto Beans												†	•
Monterey Jack Cheese			•									†	
Vegan Mozzarella												†	•
Roasted Chickpeas												†	•
Fire-Roasted Red Peppers												†	•
Sliced Oranges												†	•
Roasted Beet Relish												†	•
Citrus Slaw												†	•
In-House Pickled Radish												†	•
Charred Corn										•		†	•
Jalapeños												†	•
Cilantro												†	•
Crispy Jalapeño Chips							•						•
Lime Wedges												†	•
Seasonal Greens												†	•
Toasted Pepitas												†	•
<b>SALSAS, SAUCES &amp; DRESSINGS</b>													
Pico de Gallo												†	•
Medium Salsa												†	•
Hot Salsa												†	•
Corn & Black Bean Salsa										•		†	•
Guacamole												†	•
Sour Cream			•							•		†	
Burrito Sauce				•		•						†	
Jalapeño-Beet Crema			•									†	
Cilantro-Lime Crema			•									†	
Roasted Red Pepper Crema			•									†	
Miso Dressing						•						†	•
Honey-Lime Vinaigrette												†	
Queso Cheese			•			•				•		†	
Smoked Peach Vinaigrette						•				•	•	†	•
Orange-Ginger Glaze						•	•			•			•
<b>SIDES &amp; DESSERTS</b>													
Churros			•	•		•	•						
Dulce de Leché			•					•		•		†	
Peruvian Chocolate Brownie			•	•		•	•						
Chocolate Chunk Cookie			•	•		•	•						
Salted Caramel Cookie	•		•	•		•							
Nachos			•			•				•			
Tortilla Chips										•		†	•

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• - denotes allergen is present in the product  
 † - denotes product is gluten-free