

Allergen Awareness and Gluten-Free Chart



Known Allergens

	Nut	Sesame	Milk	Egg	Fish	Soy	Wheat	Sulphite	MSG	Corn	Mustard	Gluten-Free	Vegan
TORTILLAS AND TACOS													
Whole Wheat Tortilla							•						•
White Tortilla							•						•
Hard Corn Taco										•		†	•
Soft Corn Taco										•		†	•
PROTEINS													
Beef Barbacoa						•						†	
Pork Carnitas			•			•	•						
Chicken												†	
Chicken Tinga												†	
Steak												†	
Shrimp					•			•				†	
Chorizo												†	
Plant-Based Crumble	•						•			•			•
TOPPING, CHEESE & GARNISH													
Brown Rice												†	•
Ancient Grain Medley							•						•
Fajita Veggies												†	•
Chiptole Black Beans												†	•
Pinto Beans												†	•
Monterey Jack Cheese			•									†	
Vegan Mozzarella												†	•
Roasted Chickpeas												†	•
Citrus Slaw												†	•
In-House Pickled Onions												†	•
Charred Corn										•		†	•
Mango Salsa												†	•
Crispy Onions												†	•
Lime Wedges												†	•
Lettuce Romaine												†	•
Jalapeños												†	•
Cilantro												†	•
SALSAS, SAUCES & DRESSINGS													
Pico de Gallo												†	•
Medium Salsa												†	•
Hot Salsa												†	•
Guacamole												†	•
Sour Cream			•							•		†	
Burrito Sauce				•		•						†	
Chipotle Crema			•									†	
Habanero/Roasted Garlic Crema			•									†	
Agave-Lime Vinaigrette												†	•
Queso Cheese			•			•				•			
SIDES & DESSERTS													
Churros			•	•		•	•						
Dulce de Leché			•					•		•		†	
Peruvian Chocolate Brownie			•	•		•	•						
Chocolate Chunk Cookie	•		•	•		•	•						
Nachos			•			•				•			
Tortilla Chips										•		†	•
Spicy Mexican Chili												†	

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• - denotes allergen is present in the product

† - denotes product is gluten-free