

Allergen Awareness and Gluten-Free Chart



Known Allergens

Nut	Sesame	Milk	Egg	Fish	Soy	Wheat	Sulphite	MSG	Corn	Mustard	Gluten-Free
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TORTILLAS AND TACOS												
Whole Wheat Tortilla												
White Tortilla												
Hard Corn Taco												
Soft Corn Taco												
PROTEINS												
Beef Barbacoa												
Pork Carnitas												
Steak												
Chicken												
Shrimp												
Chorizo												
Habanero Honey Bacon												
Veggie Crumble												
TOPPING, CHEESE & GARNISH												
Brown Rice												
Ancient Grain Medley												
Fajita Mix												
Black Beans												
Pinto Beans												
Monterey Jack Cheese												
Cotija Cheese												
Harvest Veggie Medley												
Kale & Cabbage Coleslaw												
Pickled Onions												
Roasted Corn												
Heirloom Tomatoes												
Fresh Jalapenos												
Cilantro												
Toasted Pepita Seeds												
Crispy Jalapeno Chips												
Plantain Chips												
Lime Wedges												
Romaine Lettuce												
SALSAS, SAUCES & DRESSINGS												
Pico de Gallo												
Medium Salsa												
Hot Salsa												
Guacamole												
Sour Cream												
Burrito Sauce												
Avocado Crema												
Chipotle Crema												
Smoked Cherry Pibil												
Mole												
Pasilla Chili Crema												
Ranchero Dressing												
Honey Lime Vinaigrette												
Queso Cheese												
SIDES & DESSERTS												
Churros												
Dulce de Leché												
Peruvian Chocolate Brownie												
Chocolate Chunk Cookie												
Salted Caramel Cookie												
Mexican Street Corn												
Nachos - Snack Size												
Tortilla Chips												
Roasted Poblano & White Cheddar Soup												

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• - denotes allergen is present in the product

† - denotes product is gluten-free