

# ALLERGY/DIETARY RESTRICTIONS GUIDELINE

## VEGETARIAN:

A person who does not eat meat, and sometimes other animal products, especially for moral, religious, or health reasons.

## VEGAN:

A strict vegetarian who consumes no food (such as meat, eggs, or dairy products) that comes from animals.

## GLUTEN FREE:

NO Wheat (all species), barley, rye, all crossbred varieties is considered gluten free.

ITEMS	VEG	VEGAN	GLUTEN-FREE	CONTAINS DAIRY / LACTOSE	CONTAINS EGG	CONTAINS SOY	CONTAINS PEANUTS	CONTAINS TREE NUTS
Corn Tortilla (Taco)	✓	✓	✓					
Chips (Corn Tortillas Fried in Soy Bean Oil)	✓	✓	✓			✓ (FRIED IN SOYBEAN OIL)		
Flour Tortillas (Burritos/ Quesadillas)	✓	✓						
Romain Lettuce	✓	✓	✓					



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<b>PROTEIN CHOICES WITH ITS PAIRED SALSA SAUCE</b>								
<b>Pollo Asado</b> (Grilled Chicken)			✓			✓		
<b>Pollo Tinga</b> (Spicy Pulled Chicken)			✓					
<b>Carne Asada</b> (Skirt Steak)			✓			✓		
<b>Al Pastor</b> (Pork Marinated in Spices/Pineapple)			✓					
<b>Chorizo</b> (Spicy Ground Pork)			✓					
<b>Golden Avocado</b> (Breaded Fried Avocado)	✓	✓			✓ (CHIP. AIOLI)	✓ (FRIED IN SOYBEAN OIL)		
<b>Brussels Sprouts</b>	✓	✓	✓		✓ (CHIP. AIOLI)	✓ (FRIED IN SOYBEAN OIL)		
<b>Rajas</b> (Roasted corn and poblano peppers)	✓	✓	✓					
<b>Beyond Tacorizo</b>	✓	✓	✓					



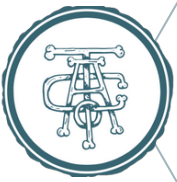
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<b>VEGAN PROTEIN CHOICES</b>								
<b>VEGAN - Golden Avocado</b> (Fried in Soy Bean Oil)	✓	✓ <small>(ONLY W/ VEGAN CHIPOTLE AIOLI)</small>				✓ <small>(FRIED IN SOYBEAN OIL)</small>		
<b>VEGAN - Brussels Sprouts</b> (Fried in Soy Bean Oil)	✓	✓ <small>(ONLY W/ VEGAN CHIPOTLE AIOLI)</small>	✓			✓ <small>(FRIED IN SOYBEAN OIL)</small>		
<b>SIDES/DESSERT/DRINKS</b>								
<b>Mexican Street Corn</b>	✓	✓ <small>(ONLY W/ VEGAN CHIPOTLE AIOLI &amp; NO CHEESE)</small>	✓	✓	✓ <small>(REGULAR CHIPOTLE AIOLI)</small>			
<b>Guac</b>	✓	✓	✓					
<b>Pico de Gallo</b>	✓	✓	✓					
<b>Golden Avocado</b> (Fried Avocado)	✓	✓				✓		
<b>Rice</b> (Contains Garlic)	✓	✓	✓					
<b>Brown Rice</b> (Contains Onion and Garlic)	✓	✓	✓					
<b>Beans</b>	✓	✓	✓					
<b>Nutella Nachos</b>	✓			✓		✓		✓
<b>Horchata</b> - Agua Fresca	✓		✓	✓		✓		



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<b>SALSA / SAUCES</b>								
Habanero	✓	✓	✓					
Smokey Roja	✓	✓	✓					
Salsa Verde	✓	✓	✓					
Valentina	✓	✓	✓					
Crema (Mexican Sour Cream)	✓		✓	✓				
Chipotle Aioli	✓		✓		✓	✓		
VEGAN Chipotle Aioli	✓	✓	✓			✓		
Salad Dressing	✓	✓	✓					
Butter Alt.: Toasting tacos, burrito, ques.	✓	✓				✓		



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<b>TOPPINGS</b>								
Cotija Cheese	✓		✓	✓				
Jack Cheese	✓		✓	✓				
Escabeche (Pickled Jalapenos and Carrots)	✓	✓	✓			✓		

- All cheeses are pasteurized.
- Crema is pasteurized.
- No peanut oil used to fry chips or golden avocado.
- We use Soy Bean oil for all fried items.

If you have any questions or are looking for an allergy or dietary restriction not listed here, please contact manager for further clarification.

