

# ALLERGY & INGREDIENT GUIDE

## TORTILLAS & TOPPINGS

PRODUCT	Is it Vegetarian?	Is it Vegan?	Dairy, Milk and Milk Products	Eggs and Egg Sources	MSG	Wheat	Mustard	Garlic	Soy	Vegetable Oil - Canola, Soybean* or Palm**	Peanuts	Tree Nuts	Sesame Seeds	Sunflower and Poppy Seeds	Shell Fish
Tortilla White	Yes	Yes	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
Tortilla Whole Wheat	Yes	Yes	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
Tortilla Gluten Free	Yes	Yes	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No
Tortilla 6 inch	Yes	Yes	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Beans	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Rice	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Noodles	Yes	Yes	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No
Cheese	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No
Lettuce	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
Green Onions	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
Jalapenos	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
Cilantro	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
Sauteed Veggies	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Pico De Gallo	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Coleslaw	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Crunchies - Tortilla Chips	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No

## PROTEINS

PRODUCT	Is it Vegetarian?	Is it Vegan?	Dairy, Milk and Milk Products	Eggs and Egg Sources	MSG	Wheat	Mustard	Garlic	Soy	Vegetable Oil - Canola, Soybean* or Palm**	Peanuts	Tree Nuts	Sesame Seeds	Sunflower and Poppy Seeds	Shell Fish
Baked Chicken	No	No	No	No	No	No	May Contain	Yes	No	Yes	No	No	No	No	No
Breaded Chicken	No	No	No	No	No	Yes	No	Yes	No	Yes	No	No	No	No	No
Pulled Pork	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Ground Beef	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Pulled Beef	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Battered Fish	No	No	Yes	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No
Shrimp	No	No	No	Yes	No	No	Yes	Yes	No	Yes	No	No	No	No	Yes
Tofu	Yes	Yes	No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No
Sweet Potato	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No

## SAUCES

PRODUCT	Is it Vegetarian?	Is it Vegan?	Dairy, Milk and Milk Products	Eggs and Egg Sources	MSG	Wheat	Mustard	Garlic	Soy	Vegetable Oil - Canola, Soybean* or Palm**	Peanuts	Tree Nuts	Sesame Seeds	Sunflower and Poppy Seeds	Shell Fish
Buffalo Sauce	Yes	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Chipotle	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No
Tequila Lime	Yes	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No	No
Sweet Chili Thai	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Burrito	Yes	No	No	Yes	No	No	Yes	No	No	Yes	No	No	No	No	No
FB Hot Sauce	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No
Guacamole	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
Sour Cream	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No
Burrito Sauce	No	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No

## TACOS

PRODUCT	Is it Vegetarian?	Is it Vegan?	Dairy, Milk and Milk Products	Eggs and Egg Sources	MSG	Wheat	Mustard	Garlic	Soy	Vegetable Oil - Canola, Soybean* or Palm**	Peanuts	Tree Nuts	Sesame Seeds	Sunflower and Poppy Seeds	Shell Fish
<b>FISH/SHRIMP</b>															
Battered Fish	No	No	Yes	Yes	No	Yes	May Contain	No	May Contain	Yes	No	No	No	No	May Contain
Shrimp	No	No	No	Yes	No	No	Yes	Yes	No	Yes	No	No	No	No	Yes
Tortilla 6 inch	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Green Onions	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
Coleslaw	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Chipotle	Yes	No	No	Yes	No	No	Yes	Yes	No	Yes	No	No	No	No	No
Pico De Gallo	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
<b>TEQUILA LIME CHICKEN TACO</b>															
Baked Chicken	No	No	No	No	No	No	May Contain	Yes	No	Yes	No	No	No	No	No
Tortilla 6 inch	Yes	Yes	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
Cheese	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No
Lettuce	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
Tequila Lime Sauce	Yes	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No	No
Pico De Gallo	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
<b>GROUND BEEF</b>															
Ground Beef	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Tortilla 6 inch	Yes	Yes	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
Cheese	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No
Lettuce	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
Jalapeno	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
Salsa	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Sour Cream	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No

## DESSERTS

PRODUCT	Is it Vegetarian?	Is it Vegan?	Dairy, Milk and Milk Products	Eggs and Egg Sources	MSG	Wheat	Mustard	Garlic	Soy	Vegetable Oil - Canola, Soybean* or Palm**	Peanuts	Tree Nuts	Sesame Seeds	Sunflower and Poppy Seeds	Shell Fish
Fried Mars Bar	Yes	No	Yes	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No
Churro Chips	Yes	Yes	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No

\*Highly refined soy oil is not required to be labeled as an allergen. Studies show that most people with soy allergy can safely eat highly refined soy oil as well as soy lecithin. If you are allergic to soy, ask your doctor whether you need to avoid soy oil or soy lecithin. Source: <http://www.kidswinfoodallergies.org/g/page/soy-allergy.aspx>

\*\*Palm oil is a common ingredient used in many foods. Palm oil is generally not considered a cause of allergic reactions. If you are experiencing problems you think are associated with palm oil or allergies, please visit your physician or allergist. Source: <https://www.bestfoodfacts.org/palm-oil-allergies/>