

# Dietary & Ingredient Guide

Helping You Order with Confidence



*Good to Know*



We are a **100% lard-free** kitchen.



Our Spanish Rice is prepared with chicken seasoning and is **not vegetarian**.

## GLUTEN-FRIENDLY

- ✓ Corn Tortillas
- ✓ Street Tacos with Corn Tortillas
- ✓ Soft Tacos with Corn Tortillas
- ✓ Fajitas
- ✓ Protein Bowl
- ✓ Rice & Beans
- ✓ Ceviche
- ✓ Aguachile
- ✓ House Salad

**GOOD TO KNOW**

- ✗ Flour Tortillas contain wheat
- ✗ Red Mole Sauce contains flour

**Salsa Verde** is a great gluten-friendly substitute for **Red Mole**.

## VEGETARIAN

- ✓ Veggie Burrito
- ✓ Veggie Fajitas
- ✓ Bean & Cheese Burrito
- ✓ Cheese Enchiladas
- ✓ Guacamole & Chips
- ✓ House Salad

## DAIRY-FREE

*Tastiest if wanting to order without:*

- Cheese
- Sour Cream
- Mexican Crema

*Popular Choices:*

- ✓ Street Tacos
- ✓ Fajitas
- ✓ Protein Bowl
- ✓ Burritos
- ✓ Ceviche
- ✓ Aguachile

## SPICE LEVEL

**SPICY**

- 🔥 Aguachile
- 🔥 Habanero Salsa
- 🔥 Salsa Roja

**MILD**

- 🍋 Salsa Verde
- 🍋 Pico de Gallo

## SHELLFISH

*Contains shellfish:*

- Shrimp Fajitas
- Shrimp Burrito
- Baja Shrimp Tacos
- Shrimp Cocktail
- Shrimp Ceviche
- Aguachile
- Fajitas Trio

## TORTILLA GUIDE

**CORN TORTILLAS**

- ✓ Gluten-Friendly
- ✓ Traditional Mexican Style

**FLOUR TORTILLAS**

- ✗ Contains Wheat
- ✓ Larger & Softer

## Family Recipe Notes

♥ All produce chopped fresh every morning

♥ All Items Can Be Customized – *Just Ask!*

♥ Please let us know about any food allergies before ordering and we will do our best to *help guide you*.