



# ALLERGENS & GLUTEN

	Gluten	Soybeans	Milk	Eggs	Peanuts	Tree Nuts	Fish	Shellfish
Flour Tortillas (White & Whole Wheat - Burritos, Grande Salads w/ Crisp Shell & Kids' Quesadilla)	✓	✓						
Wheat-Corn Blend Tortilla (Fried Tacos)	✓	✓						
Soft White Corn Tortilla (Soft Tacos)								
Blue Corn Tortilla (Tostada)								
Corn Chips								
Chicken		✓						
Pork Carnitas								
Beef		✓						
Alaskan Cod	✓		✓	✓			✓	
Tofu		✓						
Rice		✓						
Black Beans		✓						
Pinto Beans		✓						
Cheddar-Jack			✓					
Cotija			✓					
Cabbage								
Romaine								
Cilantro								
Jalapenos								
Pico de Gallo								
Tomatillo-Chile Salsa								
Chipotle-Corn Salsa								
Sour Cream			✓					
Lime-Cilantro Sour Cream			✓					
Sweet-Chipotle Vinaigrette		✓						
Pepita-Citrus Vinaigrette		✓						
Guacamole								
Mango Salsa		✓						

✓ Contains allergen.

✓ The only soy-derived ingredient is highly refined soybean oil, excluded as a major food allergen.

**General Cross-Contact:** Not reflected in the above chart is the fact that individual foods may come into contact with one another during preparation. Although efforts are made to avoid cross-contact of allergens, we do not guarantee that cross-contact with allergens will not occur. For instance, please be advised that our soft corn tortillas are heated on the same surface as our flour tortillas that contain both gluten and soybean oil. Before placing your order, please inform your server if you or anyone in group has a food allergy. We will do our very best to work with you, including happily changing our gloves upon request.

**Fryer Cross-Contact:** All of our fried products are fried in trans-fat-free rice bran oil. Our fryers have two separate wells. One well is used exclusively for frying battered fish that contains wheat, soy, milk and egg. The other well is used to deep fry flour tortillas that contain gluten and soybean oil, tofu that is a soy-based product, and corn tortillas that contain neither of these allergens. The specific corn tortillas that are fried in this oil are our organic blue corn tortilla (served as a Tostada and as Chips) and our yellow corn tortilla (served as Chips). This means that both our tostada and chips feature corn tortillas that have been in oil that has contacted products that contain gluten and soy.

**Disclaimer:** To the best of our knowledge, the allergen information provided here is accurate and up-to-date as of April, 2013. However, it is based entirely on the information provided by our ingredient manufacturers and suppliers. Ingredient changes may occur before this list is updated. We have limited this disclosure to the "Big 8" (wheat, soy, milk, eggs, peanuts, tree nuts, fish and shellfish) as those are the only ones manufacturers are required to disclose. The labeling practices and terminology relating to manufacturer's handling of other potential allergens in their facilities varies greatly and can be vague. Because of this, we have not included in our listings allergens that may be present in the manufacturer's plants or may even come in contact with the same manufacturing equipment. Further, we have no practical way to ascertain with our manufacturers that proper segregation and cleaning procedures are in place to prevent cross-contact. No allergen or nutritional information we provide should ever be considered a guarantee, but simply a best faith effort to serve our customers. We ask that when placing your order you alert the manager on duty to your food allergy or sensitivity. We will then try our best to avoid any accidental cross-contact, but again we can offer no guarantees and accept no liability. The more information relating to your specific needs you can provide, the better we can attempt to ensure your food does not contain ingredients to which you are allergic. Ultimately, however, if you choose to eat at our restaurant you accept the risk that despite our efforts the food you order may contain ingredients to which you are allergic.