

Allergen Awareness and Gluten-Free Chart



Known Allergens											
Nut	Sesame	Milk	Egg	Fish	Soy	Wheat	Sulphite	MSG	Corn	Mustard	Gluten-Free

TORTILLAS AND TACOS											
Whole wheat tortillas			•			•			•		
Flour tortillas		•				•			•		
Hard Taco									•		†
FILLINGS											
Barbacoa (Shredded beef)					•	•					
Carnitas (Shredded pork)		•			•	•					
Carne Asada (Steak)											†
Pollo (Chicken)									•		†
Chorizo (Sausage)									•		†
Tilapia (Fish)		•	•	•	•	•			•		
CONDIMENTS AND TOPPINGS											
Breakfast - Scrambled Eggs			•	•		•					†
Breakfast - Mexican Potatoes							•				†
Cilantro Lime Rice											†
Cheese		•									†
Pinto Beans											†
Black Beans											†
Sautéed peppers and onions							•				†
Jalapenos											†
Cilantro											†
Romaine Lettuce											†
Nacho Chips									•		
SALSAS AND SAUCES											
Pico de Gallo - Mild Salsa											†
Medium Fresh Green Salsa											†
Medium Green Salsa											†
Medium Red Salsa											†
Hot Salsa											†
Sweet Corn and Black Bean									•		†
Guacamole											†
Sour Cream		•					•		•		†
Burrito Sauce			•								†
Ranchero Dressing		•	•								†
Chipotle Vinaigrette Dressing		•									†
Queso Cheese		•									†
Smothered Sauce		•					•		•		†
DESSERTS											
Cinnamon Roll			•			•	•		•		
Chocolate Chip			•	•		•	•				
Double Chocolate Chip			•	•		•	•				
Oatmeal Raisin	•		•	•		•	•				
White Chocolate Macademia Nut	•		•	•		•	•				

CDN 2011

• - denotes allergen is present in the product

† - denotes product is gluten-free