

ALLERGY GUIDE & PROCEDURES

- **When a customer makes us aware of a severe allergy please:**
- Ensure every team member working in the kitchen and serving is made aware of the severe food allergy order.
- Work hard to avoid cross-contamination: Use new gloves, cutting board & knife. Clean work surfaces and use all tools necessary to prevent contact.
- Let the customer know we work hard to prevent cross-contamination and have served many customers with allergies. We take extra steps to prevent incident.
- **We can not guarantee 100% safety. We do have allergens on site and do not want to put anyone in danger.**

Precautionary Procedures for Allergy Order

For all Menu Items:

1. Wash hands and put on new food safe gloves.
2. Wipe counter area and start with clean surfaces.
3. Use new cooking utensils and designated cutting board and knife.
4. Use extra caution while handling people's food with allergies to try and prevent cross-contamination.

Quesadillas/ Burritos on Grill:

5. Line tray with parchment paper and build the menu item on the parchment.
6. Transfer parchment paper directly to grill with food item.
7. Grill food on parchment, so food item does not touch the grill.
8. Transfer item to "designated cutting board and knife. Plate food with caution and serve immediately.
9. Put designated cutting board and knife in dish area to be washed.

VEGAN & VEGETARIAN

A Guide to Vegetarian and Vegan Options

- We have realized the growing demand for plant based menu items and will work with customers to ensure they are happy with their order.

Vegan & Vegetarian Ingredients

Yam - Curry Potato
Black Beans - Refried Beans - Mexican Rice - Quinoa
Fresh Salsa - Pico de Gallo - Guacamole - All Veggies - Tortilla
Chips
Balsamic Salad Dressing - Taco Sauce

Vegetarian Menu Options

Yam, Curry Potato, Rice & Bean or Veggie: Burritos/ Burrito Bowls or
Quesadilla
Salsa & Guacamole with Totilla Chips
Veggie & Yam Nachos
Mexican Garden Salad (vegan) - Buddha Bowl w/out Chicken

NUT ALLERGIES

Severe Peanut & Nut Allergies

- **** We do not have any peanuts on site.** However, we do serve almonds, pumpkins seeds and hazelnut syrups.
- As well, we have some food items on-site containing ingredients that have been packaged in a facility containing nuts.

Menu Items containing nuts

Burrito Grill Chicken Salad - Mexican Garden Salad -
Certain Flavor Shot Coffees/ Lattes

Menu Items possibly containing nuts

Mexican Coffee - Hot Chocolate - Chocolate Torte -
Margarita Cheesecake - Chocolate Cupcakes.

ALLERGY CHARTS

List of Burrito Grill Menu Items

Yes - Contains Allergen/ No - Does not contain Allergen

Menu Item	Gluten	Dairy	Onion/ Garlic	Eggs	Shellfish
Chicken	No	No	Yes	No	No
Beef	No	No	No	No	Yes
Pork	No	No	Yes	No	Yes
Fish	(only in seasoning spice)	No	No	No	Yes
Yam	No	No	Garlic only	No	No
Shrimp	No	No	Garlic only	No	Yes
Veggie Curry	No	No	Yes	No	No
Wholewheat Shells 10"/ 12"	Yes	No	No	No	No
Flour Shells 10" / 12"	Yes	No	No	No	No
Hard Shell Tacos	No	No	No	No	No
Soft Shell Tacos	Yes	No	No	No	No
Black Beans	No	No	No	No	No
Refried Beans	No	No	Yes	No	No
Mexican Rice	No	No	Yes	No	No
Organic Quinoa	No	No	No	No	No
Guacamole	No	No	Yes	No	No
Fresh Salsa	No	No	Yes	No	No
Pico de	No	No	Onion only	No	No

Gallo					
Tortilla Chips	No	No	No	No	No
Balsamic	No	No	Garlic only	No	No
Ranch	No	Yes	Yes	Yes	No
Creamy Lemon	No	Yes	Garlic only	No	Yes
Choc. Torte	Yes	Yes	No	Yes	No
Cheesecake	Yes	Yes	No	Yes	No
Cupcakes	Yes	Yes	No	Yes	No
Black Bean Dip	No	No	Yes	No	No
7 Layer Dip	Yes	Yes	Yes	No	No
Chkn. Lm Soup	Yes	No	Yes	No	No
Bl. Bean Soup	No	No	Yes	No	No

Ingredient List & Allergens

Ingredients	Gluten	Onion/ Garlic	Soy	Eggs	Shellfish
Cheese	No	No	No	No	No
Liquid Cheese	Yes	No	No	No	No
Chicken Stock	Yes	Yes	Yes	No	No
Coleslaw Dressing(Ta co Sauce)	No	No	No	No	No
Mollases (BBQ)	No	No	No	No	No
Wochestire(BBQ)	No	No	No	No	Yes

