

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.

10. Once washed please dry and store in designate blue allergy bin.

GLUTEN-FREE

A Guide to Gluten- Free Options at Burrito Grill

- We have realized the growing demand for gluten-free menu items and will work with customers to ensure they happy with their order.
- Always feel free to reference the recipe book if unsure of an ingredient in one of our recipes :)

Gluten Free Menu Items

| | | | | | |
|----------------------|---|-----------------------|---|-------------------------|---|
| Burrito Bowls | - | Teff Shell Quesadilla | - | Beef Taco Salad | - |
| Mexican Garden Salad | | Hard Shell Tacos | - | Black Bean Sausage Soup | - |
| Tortilla Chips & Dip | - | Buddha Bowl | - | **NEW** Keto Bowl | |

Gluten Sensitive Fillings

| | | | | | | | | | | |
|-------------|---|---------------|---|--------------|-------------|-----------|---|------------|---|------|
| Chicken | - | Fish | - | Shrimp | - | Beef | - | Yam | - | Pork |
| Black Beans | - | Refried Beans | - | Mexican Rice | - | Quinoa | | | | |
| Fresh Salsa | - | Pico de Gallo | - | Cheese | - | Guacamole | - | Sour Cream | | |
| | | | | - | All Veggies | | | | | |

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 -
Black Beans - Refried Beans - Mexican Rice - Quinoa
Fresh Salsa - Pico de Gallo - Guacamole - All Veggies - Tortilla
Chips
Balsamic Salad Dressing - Taco Sauce (contains egg)

Vegetarian Menu Options

Yam, 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

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| Burrito Grill Chicken Salad - Mexican Garden Salad - Certain Flavor Shot Coffees/ Lattes |
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Menu Items possibly containing nuts

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|--|
| Mexican Coffee - Hot Chocolate - Chocolate Torte - Margarita Cheesecake - Chocolate Cupcakes. |
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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 | No | 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 | Shells- No Sauce- Yes | No |
| Soft Shell Tacos | Yes | No | No | Shells- No Sauce- Yes | 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 | No | No | Yes | No | No |
| Tortilla Soup | No | No (Yes in Topping) | Yes | No | No |

Ingredient List & Allergens

| Ingredients | Gluten | Onion/ Garlic | Soy | Eggs | Shellfish | Meat |
|-----------------------------------|---------------|--------------------------|------------|-------------|------------------|-------------|
| Cheese | No | No | No | No | No | No |
| Liquid Cheese | Yes | No | No | No | No | No |
| Chicken Stock | Yes | Yes | Yes | No | No | Yes |
| Chicken Broth | No | Yes | No | No | No | Yes |
| Coleslaw Dressing(Taco Sauce) | No | No | No | Yes | No | No |
| Molasses\ (BBQ) | No | No | No | No | No | No |

| | | | | | | |
|---------------------|-----|-----|-----|----|-----|-----|
| Wochestir e(BBQ) | No | No | Yes | No | Yes | No |
| Enchilada Sauce | Yes | Yes | No | No | No | Yes |