

# ALLERGEN INFORMATION

## CALORIC INFO ALLERGEN & SPECIAL DIETS MENU

	CALORIES*	DAIRY	EGGS	GLUTEN	SOY	SHELLFISH	VEGAN	VEGETARIAN
TORTILLA	80 (SM)-350 (LG) CAL	✓	✓	✓	✓			✓
RICE	210 CAL						✓	✓
BLACK BEANS	60 CAL						✓	✓
PINTO BEANS	60 CAL						✓	✓
STEAK	60 CAL							
CHICKEN	40 CAL							
CARNITAS	60 CAL							
TOFUSADA®	40 CAL				✓		✓	✓
GRILLED VEGGIES	60 CAL						✓	✓
QUESO	150 CAL	✓						✓
CHEESE	60 CAL	✓						✓
CORN SALSA	70 CAL						✓	✓
PICO DE GALLO	60 CAL						✓	✓
MILD ANCHO SALSA	15 CAL				✓		✓	✓
SALSA VERDE	60 CAL						✓	✓
HOT TOMATILLO	15 CAL						✓	✓
GUACAMOLE	60 CAL						✓	✓
VINAIGRETTE	110 CAL							✓
CHIPS	450 CAL						✓	✓
LETTUCE	0 CAL						✓	✓
JALAPENOS	60 CAL						✓	✓
SOUR CREAM	80 CAL	✓						✓
FLAVOLCANO HOT SAUCE	60 CAL							✓
GREENADE HOT SAUCE	0 CAL							✓
MARINADES	60 CAL						✓	✓
limited time SHRIMP	40 CAL					✓		

\*Calories Per Serving.

### PEANUTS, TREE NUTS, FISH, AND CANOLA OIL

We do not use peanuts, tree nuts, sunflower oil, or fish in our recipes. However, it's possible that our blue corn tortilla chips, Flavolcano Hot Sauce, and Greenade Hot Sauce were produced in a facility that also processes peanuts, tree nuts, sunflower oil, or fish. We use canola oil in recipes containing, chicken, rice, corn salsa, and cilantro lime vinaigrette dressing. Steak, chicken, rice, queso, tortilla balls, tofusada, and veggies may have direct contact with canola oil spray.

### GLUTEN INTOLERANCE & CELIAC DISEASE

If gluten isn't in your diet, skip our tortillas. If you're highly sensitive to gluten, we'll gladly change our gloves for you. You should be aware items containing corn, including our blue corn tortilla chips and corn salsa, may have a small amount of gluten from potentially co-mingling with gluten-containing grains in crop fields. Because we make dough in house, there is always a potential of cross-contamination during prep.

Guests with celiac disease or gluten intolerance can become very ill if they consume gluten. Gluten is a protein that can be found in some grains including our tortillas.

When a guest mentions being gluten intolerant or having celiac disease, the individual serving the guest will wash their hands and change their gloves. This individual will make the guest's full order before serving other guests and handling tortillas again.

### VEGAN & VEGETARIAN OPTIONS

Pancheros Tofusada® is vegan and vegetarian approved. Vegans should avoid our tortillas, meats, limited-time shrimp, queso, shredded white cheddar cheese, sour cream, and hot sauces. Our rice, beans, Tofusada®, veggies, salsas, guacamole, and chips are vegetarian and vegan.