# **BALLERGEN** INFORMATION

last updated: 29/11/24

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# ALLERGEN ADVICE

Below, is a list of all of our menu items with any relevant allergens displayed for quick and easy reference. If a product contains one of these ingredients, there will be a circle in the corresponding box.

Ingredients	Cereals containing Gluten	Soy	Milk	Mustard	Sulphur Dioxide & Sulphates
Flour tortillas	CG Wheat				
Whole Wheat Tortilla	<b>cG</b> Wheat				
Lime & Cilantro Rice					
Mexican Savoury Rice*					
Pinto Beans					
Black Beans					
Mixed Fajita Veg					
Pollo					
Chorizo			•		
Barbacoa					S
Carnitas					
Chilli Con Carne*					5
3 Bean Chilli*					5
Tomato Salsa					
Salsa Verde					
Salsa Roja					
Corn Salsa					
Guacamole					
Jalapeños					
Grated Cheese			•		
Sour Cream			•		
Corn Chips/Tacos					
Soft Flour Tacos	<b>CG</b> Wheat				
Queso			•		
Naga Hot Sauce					5
Chipotle (Morita) Hot Sauce					S
Crunch'um (w/chorizo)*			M		
Crunch'um (w/chickpeas)*					
Pickled Red Onion					S
[Mock] Alt Pastor	<b>CG</b> Barley, Wheat	S			S
Chipotle Sour Cream		S			5

See individual product packaging for allergens listed on: Ben & Jerry's, Soft Drinks, Alcoholic Drinks and Table Sauces.

## ALLERGEN ADVICE

All of our menu items are listed here with any relevant allergens displayed for quick and easy reference. If a product contains one of these ingredients, there will be a circle in the corresponding box. If you do not see a particular allergen listed, this means none of our food items contain the allergen.

\*Whilst these products do not contain the allergens (Milk, Soy, Nuts, Egg, Celery, Cereals containing Gluten and Mustard), some of our items are prepared in facilities where these allergens are processed and therefore cross-contamination, whilst unlikely, can occur.

#### **CROSS CONTAMINATION**

Food allergens are handled in the kitchen and in some cases, allergens may be unavoidably present due to shared equipment or the ingredients used.

#### BONES

Although all our meat is purchased as a boneless product, our supplier cannot guarantee the 100% removal of all bones thus we advise caution when consuming the meals as they MAY contain bones.

### **GLUTEN INTOLERANCE**

Our flour tortillas are not gluten free, please avoid these if you cannot consume gluten. If you would like us to change our gloves to prepare your order, just let us know before we begin.

## ADDITIONAL INFO

If you have specific requests or require additional information, please ask your server - they'll be happy to help.

We recommend that you consume our food while it's hot.