Mexico Restaurant- Allergen & Preparation Guide

We are understanding of our customer needs to food intolerances and allergies that they deal with on a daily basis. To ensure a safe experience, please review the following information to assist you in selecting menu options that best fit your needs. We cannot eliminate the risk of cross-contact or guarantee that any item is free of any allergen, because we rely on our suppliers for accurate information, shared cooking and preparation areas in our kitchen, and cooking procedures. Before placing your order, please inform your server if a person has a food allergen. Please ask to speak to a manager if necessary. If you have specific questions about food allergies or sensitivities, contact a medical professional.

Menu Items	Cross-Contact	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Appetizer Favorites											
Queso-Licious Camarones al Fuego	X			X			X	X			
Avocado Fries	X							X		X	X
Appetizer Platter	X			X				X		X	X
Mexico Cheese Fries	X			X				X			
Shrimp Ceviche							X				
Appetizer Quesadillas											
Grilled Chicken	X			X				X		X	X
Steak	X			X				X		X	X
Shrimp	X			X			X	X		X	X
Chicken				X				X		X	X
Chorizo	X			X				X		X	X
Spinach	X			X				X		X	X
Mushroom	X			X				X		X	X
Cheese				X				X		X	X
Ground Beef				X				X		X	X
Nachos											
Cheese	X			X				X			

Beef	X			X				X			
Chicken	X			X				X			
Chorizo	X			X				X			
Combo	X			X				X			
Fajita Steak	X			X				X			
Fajita Chicken	X			X				X			
Grilled Chicken	X			X				X			
Steak	X			X				X			
Dips	**Cross-Contact**	**Egg**	**Fish**	**Milk**	**Peanuts**	**Sesame**	**Shellfish**	**Soy**	**Tree Nuts**	**Wheat**	**Gluten**
Queso Dip				X							
Guacamole Dip											
Bean Dip				X				X			
Chorizo Dip	X			X				X			
Shrimp Dip	X			X				X			
Shrimp & Crab Dip	X			X				X			
Guacamole Your Way											
Salads											
Tampico Salad	X	X						X			
Citrus Shrimp Salad	X						X	X			
Taco Salad (Chicken or Beef)	X			X						X	X
Fajita Salad (Chicken or Steak)	X			X				X			
Acapulco Salad	X		X					X			
Shrimp Taco Salad	X			X			X	X		X	X
Tequila Lime Salad	X			X				X			
Grilled Chicken or Steak Salad	X			X				X		X	X
Veggie Taco Salad	X			X				X		X	X
Fajitas											
Fajitas Del Mar	X			X			X	X		X	X
Shrimp Fajitas	X			X			X	X		X	X

Mixed Fajitas	X			X				X		X	X
Steak Fajitas	X			X				X		X	X
Chicken Fajitas	X			X				X		X	X
Veggie Fajitas	X			X				X		X	X
Fajitas Ixtapa	X			X			X	X		X	X
Fajitas Mexicanas	X			X				X		X	X
Fajitas Texanas	X			X			X	X		X	X
Burritos	**Cross-Contact**	**Egg**	**Fish**	**Milk**	**Peanuts**	**Sesame**	**Shellfish**	**Soy**	**Tree Nuts**	**Wheat**	**Gluten**
Burrito Mexico	X			X				X		X	X
Burrito Norteño	X			X		X	X	X		X	X
Burrito Loco	X			X				X		X	X
Burrito Fajita (Steak or Chicken)	X			X				X		X	X
Burrito Tapatío				X				X		X	X
Burrito California (Steak or Chicken)	X			X				X		X	X
Burrito Cancun	X			X			X	X		X	X
Burrito Deluxe				X						X	X
Burrito Monterrey	X			X				X		X	X
Burrito Shrimp & Crab	X			X			X	X		X	X
Burrito Bowls											
Oaxaca Burrito Bowl (Chicken, Shrimp, or Steak)	X			X			X	X			
Guerrero Burrito Bowl (Chicken, Shrimp, or Steak)	X			X			X	X			
Toluca Burrito Bowl (Chicken, Shrimp, or Steak)	X			X			X	X			
Arroz											
Arroz con Pollo	X			X				X		X	X
Arroz con Pollo y Camarón	X			X			X	X		X	X
Arroz Texano	X			X			X	X		X	X

Arroz con Carne y Camarón	X			X			X	X		X	X
Arroz Charro	X			X				X		X	X
Arroz con Carne	X			X				X		X	X
Chicken & More											
Pollo Chipotle	X			X				X		X	X
Pollo Yucatán	X			X		X		X		X	X
Pollo a la Crema	X			X				X		X	X
Pollo Fiesta	X			X				X		X	X
Pollo Asado	X			X				X		X	X
Sizzling Chicken & Shrimp	X			X			X	X		X	X
Chori Pollo	X			X				X		X	X
Cabo San Lucas	X			X			X	X			
Seafood	**Cross-Contact**	**Egg**	**Fish**	**Milk**	**Peanuts**	**Sesame**	**Shellfish**	**Soy**	**Tree Nuts**	**Wheat**	**Gluten**
Camarones a la Crema	X			X			X	X			
Vallarta	X			X			X	X		X	X
Tilapia & Shrimp	X		X					X			
Blackened Tilapia	X		X				X	X			
Arroz con Camarón	X			X			X	X		X	X
Cóctel de Camarón	X						X				
Mazatlán	X						X	X			
Arroz con Mariscos	X			X			X	X			
Yucatan Shrimp	X			X		X	X	X			
Steak & Pork											
Parrillada	X			X				X		X	X
Steak Americano	X			X				X		X	X
Carne Asada	X			X				X		X	X
Sizzling Steak & Shrimp	X			X			X	X		X	X
Jalisco Especial	X			X				X		X	X
Barbacoa	X			X				X		X	X

Pork Carnitas Tapatías	X			X				X		X	X
Enchiladas											
Enchiladas México	X			X				X			
Enchiladas Supreme	X			X				X		X	X
Enchiladas Verdes	X			X				X			
Enchiladas Poblanas	X			X	X	X		X	X	X	X
Enchiladas Don Lupe	X			X				X			
Swiss Enchiladas	X			X				X			
Shrimp & Crab Enchiladas	X			X			X	X			
Vegan	**Cross-Contact**	**Egg**	**Fish**	**Milk**	**Peanuts**	**Sesame**	**Shellfish**	**Soy**	**Tree Nuts**	**Wheat**	**Gluten**
Fajita Beyond	X							X			
Beyond Street Tacos	X							X			
Vegan Bowl	X							X			
Vegan Burrito	X							X		X	X
Vegan Taquitos	X							X			
Vegan Enchiladas	X							X			
Vegan Taco Salad	X							X		X	X
Quesadillas											
Fajita Quesadilla (Chicken or Steak)	X			X				X		X	X
Texana Quesadilla	X			X			X	X		X	X
Grilled Shrimp Quesadilla	X			X			X	X		X	X
Steak Quesadilla	X			X				X		X	X
Grilled Chicken Quesadilla	X			X				X		X	X
Quesadilla Rellena (Chicken or Beef Tips)	X			X				X		X	X
Veggie Quesadilla	X			X				X		X	X
Spinach Quesadilla	X			X				X		X	X
Shrimp & Crab Quesadilla	X			X			X	X		X	X

Chimichangas & More											
Grande	X			X				X		X	X
Chimichangas (Fried or Soft, Chicken or Beef)	X			X				X		X	X
Shrimp Chimichangas (Fried or Soft)	X			X			X	X		X	X
Guadalajara Special	X			X				X		X	X
Taquitos Mexicanos	X			X				X			
Taquitos Supreme	X			X				X			
Tacos	**Cross-Contact**	**Egg**	**Fish**	**Milk**	**Peanuts**	**Sesame**	**Shellfish**	**Soy**	**Tree Nuts**	**Wheat**	**Gluten**
Street Tacos	X			X				X		X	X
Street Tacos (Steak, Chicken, or Carnitas)	X			X				X		X	X
Chori Papa Tacos	X			X				X		X	X
Tacos al Pastor	X			X				X		X	X
Fish Tacos	X		X	X				X		X	X
Tacos Campeche	X			X				X		X	X
Shrimp Tacos	X			X			X	X		X	X
Quesabirria Tacos	X			X				X		X	X
Combinations											
1.	X			X				X		X	X
4.	X			X				X		X	X
5.	X			X				X		X	X
6.	X			X				X		X	X
10.	X			X				X			
11.	X			X				X		X	X
13.	X			X				X		X	X
15.	X			X				X		X	X
17.	X			X				X		X	X

20.	X			X				X			
23.	X			X				X		X	X
26.	X			X				X		X	X
27.	X			X				X		X	X
28.				X				X		X	X
Create Your Own Combo											
Kids											
1.				X						X	X
2.				X				X			
3.	X			X						X	X
4.	X							X		X	X
5.	X			X				X		X	X
6.	X							X		X	X
7.				X						X	X
8.	X			X				X		X	X
9.	X			X				X			
10.	X			X				X			
A la Carte	**Cross-Contact**	**Egg**	**Fish**	**Milk**	**Peanuts**	**Sesame**	**Shellfish**	**Soy**	**Tree Nuts**	**Wheat**	**Gluten**
Hard Tacos (beef or chicken)	X			X				X			
Soft Tacos (beef or chicken)				X						X	X
Enchiladas (beef, chicken, or cheese)	X			X				X		X	X
Burritos (beef, chicken, beans, or spinach)				X				X		X	X
Chicken Tamales								X		X	X
Chile Rellenos (beef, chicken, cheese, or potato)				X							
Sides											
Whole Pinto Beans				X							
Mexican White Rice								X			

Spanish Rice								X			
Black Beans				X							
Refried Beans				X				X			
French Fries	X							X			
Pico de Gallo											
Corn Salsa								X			
Jalapeños											
Sour Cream				X							
Corn Tortillas											
Jalapeño Toreados	X							X			
Flour Tortilla										X	X
House Slaw											
Mexican Potatoes				X				X			
Cheesy Spanish Rice				X				X			
Sautéed Vegetables	X							X			
Fajita Vegetables	X							X			
Shredded Cheese				X							
Cool White Sauce		X		X							
Salsa Picosa											
Extra Salsa											
Extra Chips	X							X			
Lunch Menu	**Cross-Contact**	**Egg**	**Fish**	**Milk**	**Peanuts**	**Sesame**	**Shellfish**	**Soy**	**Tree Nuts**	**Wheat**	**Gluten**
Lunch Combos											
Speedy Gonzáles (Rice or Beans)	X			X				X		X	X
Lunch Combo #2				X				X		X	X
Lunch Combo #3				X				X		X	X
Lunch Combo #4				X				X			
Lunch Combo #5	X			X				X		X	X

Lunch Combo #6	X			X				X		X	X
Lunch Combo #7	X			X				X		X	X
Lunch Combo #8	X			X		X		X		X	X
Huevos											
Huevos con Chorizo	X	X		X				X		X	X
Huevos Rancheros	X	X		X				X		X	X
Huevos a la Mexicana	X	X		X				X		X	X
Huevos Divorciados	X	X		X				X		X	X
Favorites											
Chilaquiles	X	X		X				X			
Tacos Sunrise	X	X		X				X		X	X
Burrito Sunrise	X	X		X				X		X	X
Chimichanga (Fried or Soft, Chicken or Beef)	X			X				X		X	X
Carnitas Tapatías	X			X				X		X	X
Taquitos Supreme	X			X				X			
Arroz con Pollo	X			X				X		X	X
Chori Pollo	X			X				X		X	X
Arroz con Carne	X			X				X		X	X
Pollo Fiesta	X			X				X		X	X
Yucatán Chicken or Shrimp	X					X	X	X		X	X
Quesadillas	**Cross-Contact**	**Egg**	**Fish**	**Milk**	**Peanuts**	**Sesame**	**Shellfish**	**Soy**	**Tree Nuts**	**Wheat**	**Gluten**
Fajita Quesadilla (Chicken or Steak)	X			X				X		X	X
Texana Quesadilla	X			X			X	X		X	X
Quesadilla Rellena (Chicken or Beef Tips)	X			X				X		X	X
Steak Quesadilla	X			X				X		X	X
Grilled Chicken Quesadilla	X			X				X		X	X
Veggie Quesadilla	X			X				X		X	X

Spinach Quesadilla	X			X				X		X	X
Shrimp & Crab Quesadilla	X			X			X	X		X	X
Burritos											
Burrito Mexico	X			X				X		X	X
Burrito Loco				X				X		X	X
Burrito Fajita (Steak or Chicken)	X			X				X		X	X
Burrito Tapatío	X			X				X		X	X
Burrito California (Steak or Chicken)	X			X				X		X	X
Burrito Shrimp & Crab	X			X			X	X		X	X
Burrito Special (Beef or Chicken)				X						X	X
Salads	**Cross-Contact**	**Egg**	**Fish**	**Milk**	**Peanuts**	**Sesame**	**Shellfish**	**Soy**	**Tree Nuts**	**Wheat**	**Gluten**
Taco Salad				X				X		X	X
Shrimp Taco Salad	X			X			X	X		X	X
Grilled Chicken or Steak Salad	X			X				X		X	X
Veggie Taco Salad	X			X				X		X	X
Burrito Bowls											
Oaxaca Burrito Bowl (Chicken, Shrimp, or Steak)	X			X			X	X			
Guerrero Burrito Bowl (Chicken, Shrimp, or Steak)	X			X			X	X			
Toluca Burrito Bowl (Chicken, Shrimp, or Steak)	X			X			X	X			
Enchiladas											
Enchiladas México	X			X				X			
Enchiladas Supreme	X			X				X		X	X
Enchiladas Verdes	X			X				X			
Enchiladas del Pueblo	X			X				X			
Swiss Enchiladas	X			X				X			

Shrimp & Crab Enchiladas	X			X			X	X			
Fajitas											
Shrimp Fajitas	X			X			X	X		X	X
Mixed Fajitas	X			X				X		X	X
Steak Fajitas	X			X				X		X	X
Chicken Fajitas	X			X				X		X	X
Veggie Fajitas	X			X				X		X	X
Fajitas Texanas	X			X			X	X		X	X
Other											
Whole Crispy Fried Tilapia	X		X					X		X	X
Mexican Torta	X			X				X		X	X
Desserts	**Cross-Contact**	**Egg**	**Fish**	**Milk**	**Peanuts**	**Sesame**	**Shellfish**	**Soy**	**Tree Nuts**	**Wheat**	**Gluten**
Flan		X		X							
Churros	X			X				X		X	X
Fried Ice Cream	X			X				X	X	X	X
Sopapillas	X			X				X		X	X