



ALLERGEN

in-restaurant information guide



Valid from September 2018.



INTRODUCTION

Every effort is made by El Mexicana and its colleagues to meet EU Allergen requirements and fully support our customer's information needs.

The allergen data we provide is based on recipe information and supplier specifications. However, within our kitchens we do use ingredients containing the following major allergens:

- **Gluten**
- **Fish**
- **Milk**
- **Celery**
- **Sulphur Dioxide**
- **Eggs**
- **Soybean**
- **Nuts**
- **Mustard**

From time to time may use other ingredients that have:

- **Crustaceans**
- **Sesame Seed**
- **Molluscs**
- **Peanuts**
- **Lupin**

It is impossible for us to fully guarantee the separation of these items in storage, preparation or cooking, however, we make every effort to do so.

Gluten ingredients which are deep-fried will use the same fryers in our kitchens as dishes not containing these ingredients and whilst there may be minimal risk of cross-contamination we cannot totally guarantee the absence of wheat or gluten, which may, therefore, affect extremely sensitive sufferers.

Please ask your restaurant host to confirm any items you are concerned about.

GUIDANCE ON USING THE ALLERGEN DATA:



Indicates that an allergen is present in the ingredient.



Indicates that NO allergen is used in the preparation of this product.



Indicates that it is suitable for Vegetarians.



Indicates that it is suitable for Vegans.



Indicates that it is suitable for Coeliacs.

Eat Better · Eat Mexican

BASES		THIS DISH CONTAINS													SUITABLE FOR		
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy beans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)	Vegetarian	Vegan	Coeliac
Burrito	•																
Burrito basket	•																
Naked burrito (Cos lettuce)																Y	Y
Superfood burrito	•																
Superfood naked burrito																	Y
Tortilla chips																	Y

FILLINGS		THIS DISH CONTAINS													SUITABLE FOR		
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy beans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)	Vegetarian	Vegan	Coeliac
Black turtle beans															Y	Y	Y
Lime and coriander rice							•								Y		Y
Mexican rice							•			•					Y		Y
Peppers and onion mix															Y	Y	Y
Pinto beans (refried)															Y	Y	Y

TACOS		THIS DISH CONTAINS													SUITABLE FOR		
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy beans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)	Vegetarian	Vegan	Coeliac
Chicken and chorizo	•																
Chili beef classic	•																
Pulled pork	•																
Chicken aztec tinga	•																
Veggie chili fiesta	•									•					Y		

MAIN FILLINGS	THIS DISH CONTAINS														SUITABLE FOR		
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy beans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)	Vegetarian	Vegan	Coeliac
Chargrilled chicken	•					•											
Chipotle barbacoa beef										•							Y
Chili beef																	Y
Chili paneer							•								Y		Y
Pulled chicken tinga																	Y
Pulled pork carnitas										•							Y
Vegetarian										•					Y	Y	Y

TOPPINGS	THIS DISH CONTAINS														SUITABLE FOR		
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy beans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)	Vegetarian	Vegan	Coeliac
Corn salsa															Y	Y	Y
Chipotle crema							•								Y		Y
Chorizo							•								Y		Y
Guacamole															Y	Y	Y
Guac crema							•								Y		Y
Jalapeño peppers														•	Y	Y	Y
Lettuce (Cos)															Y	Y	Y
Monterey Jack cheese							•								Y		Y
Pink pickled onions														•	Y	Y	Y
Slaw														•	Y		Y
Sour cream							•								Y		Y

SPECIALS	THIS DISH CONTAINS														SUITABLE FOR		
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy beans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)	Vegetarian	Vegan	Coeliac
Loaded nachos with chargrilled chicken						•	•										
Loaded nachos with chicken tinga							•										
Loaded nachos with pork carnitas							•										
Loaded nachos with barbacoa beef							•			•							
Loaded nachos with beef chili							•										
Loaded nachos with vegetable chili							•			•					Y		
Vegetarian loaded nachos															Y		
Simple quesadilla	•						•										
Loaded quesadilla with chicken tinga (pulled chicken)	•						•										
Loaded quesadilla with carnitas (pulled pork)	•						•										
Loaded quesadilla with chargrilled chicken	•					•	•										

SIDES	THIS DISH CONTAINS														SUITABLE FOR		
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy beans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)	Vegetarian	Vegan	Coeliac
Mexican fries															Y	Y	Y
Mexican chicken wings	•																Y
Potato wedges	•														Y	Y	
Simple nachos							•								Y		
Sweet potato fries															Y	Y	Y
Tortilla chips and salsa															Y	Y	

SALSAS		THIS DISH CONTAINS													SUITABLE FOR		
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy beans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)	Vegetarian	Vegan	Coeliac
Corn salsa															Y	Y	Y
Chimichurri														•	Y	Y	Y
Chipotle crema							•								Y		Y
Guac crema							•								Y		Y
Inferno														•	Y	Y	Y
Picante														•	Y	Y	Y
Pink pickled onions														•	Y	Y	Y
Pico de gallo															Y	Y	Y
Slaw														•	Y	Y	Y
Smoky chipotle															Y	Y	Y

DESSERTS		THIS DISH CONTAINS													SUITABLE FOR		
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy beans	Milk	Nuts	Sesame seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10 mg/kg)	Vegetarian	Vegan	Coeliac
Churros with chocolate fudge dipping sauce	•						•								Y		
Churros with dulce de leche dipping sauce							•								Y		
Chocolate tacos	•						•								Y		