


Allergen Awareness and Gluten-Free Chart

Known Allergens

	Nut	Sesame	Milk	Egg	Fish	Soy	Wheat	Sulphite	MSG	Corn	Mustard	Gluten-Free	Vegan
TORTILLAS, TACOS & GRAINS													
Whole Wheat Tortilla							•						•
White Tortilla							•						•
Soft Flour Taco							•						•
Crispy Corn Taco										•		○	•
Soft Corn Taco										•		○	•
Rice												†	•
Gluten Free Tortilla						•				•		†	•
PROTEINS													
Barbacoa (Shredded Beef)						•						†	
Carnitas (Shredded Pork)												†	
Chicken										•		†	
Steak										•		†	
Shrimp					•	•				•		†	
Ground Beef												†	
Black Bean Crumbles						•				•		†	•
TOPPING, CHEESES & GARNISHES													
Fajita Veggies												†	•
Black Beans						•						†	•
Pinto Beans						•						†	•
Tex Mex Cheese			•									†	
Cabbage Coleslaw			•	•							•	†	
Corn										•		†	•
Jalapeños												†	•
Cilantro												†	•
Lime Wedges												†	•
SALSAS, SAUCES & DRESSINGS													
Mild Salsa												†	•
Medium Salsa												†	•
Hot Salsa												†	•
Guacamole												†	•
Sour Cream			•							•		†	
Burrito Sauce			•	•						•		†	
Cilantro Lime Sauce			•							•		†	
Enchilada Sauce						•				•		†	•
Queso Cheese			•			•				•		†	
Smokey Lime Dressing						•						†	•
Hot Sauce											•	†	•
SIDES & DESSERTS													
Churros			•	•		•	•						
Chocolate Sauce								•		•		†	
Caramel Sauce			•							•		†	
Triple Chocolate Chunk Brownie			•	•		•	•						
Chocolate Chunk Cookie							•						•
Nachos			•			•				•		†	
Tortilla Chips										•		†	•
<small>CDM 2020</small> • - denotes allergen is present in the product ○ - this product does not contain gluten, however, it may have come in contact with equipment used to prepare products containing gluten † - denotes product is gluten-free													