



# ALLERGENS

In-restaurant information guide

Valid from January 2023



# 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.





<b>BASES</b>		<b>THIS DISH CONTAINS</b>													
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy beans	Milk	Nuts	Sesame Seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10mg/kg)	
Burrito	•														
Naked Burrito															
Loaded Nachos	•					•									
Quesadillas	•														
Loaded Fries	•					•									
Chilli Bowl															
Tortilla Chips	•					•									
<b>FILLINGS</b>		<b>THIS DISH CONTAINS</b>													
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy beans	Milk	Nuts	Sesame Seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10mg/kg)	
Black Turtle Beans															
Mexican Rice										•					
Mexican Beans														•	
<b>MAIN FILLINGS</b>		<b>THIS DISH CONTAINS</b>													
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy beans	Milk	Nuts	Sesame Seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10mg/kg)	
Beef Chili															
Chargrilled Chicken	•					•									
Chicken Tinga															
Pulled Pork (Carnitas)															
Guacamole															
Vegetarian Chili															
<b>TOPPINGS</b>		<b>THIS DISH CONTAINS</b>													
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy beans	Milk	Nuts	Sesame Seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10mg/kg)	
Slaw														•	
Chorizo							•								
Guacamole															
Picco De Galo															
Jalapeño peppers														•	
Grated Cheese							•								
Nacho Cheese Sauce							•								
Mexican Pickles														•	
Pink Pickled Onions														•	
Coriander															
Sour Cream							•								



SAUCES		THIS DISH CONTAINS												
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy beans	Milk	Nuts	Sesame Seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10mg/kg)
Sour Cream							•							
Garlic mayo							•							
Vegan Ghost Pepper Mayo														•
Tomatillo														•
Chilli BBQ														
Mango Scorpion														
Mild Smokey BBQ	•					•				•				•
SHARERS		THIS DISH CONTAINS												
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy beans	Milk	Nuts	Sesame Seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10mg/kg)
Churros Sharer	•					•	•							
SIDES		THIS DISH CONTAINS												
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy beans	Milk	Nuts	Sesame Seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10mg/kg)
Mex Wings	•					•	•			•				
Mexican Fries	•					•								
Dirty Fries	•					•	•							•
Simple Nachos	•					•	•							•
Onion Rings	•					•								
Sweet Potato Fries	•					•								
Tortilla Chips	•					•								
Halloumi Fries	•					•	•							
CHURROS		THIS DISH CONTAINS												
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy beans	Milk	Nuts	Sesame Seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10mg/kg)
Mex Churros (with chocolate)	•					•	•	•						
Mex Churros (with Caramel)	•					•	•							
MILK		THIS DISH CONTAINS												
DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy beans	Milk	Nuts	Sesame Seeds	Celery	Mustard	Lupin	Molluscs	Sulphur dioxide (>10mg/1 or 10mg/kg)
Semi-skimmed							•							
Oat														
Almond								•						
Soya						•								
Coconut														
SLUSHIES		THIS DISH CONTAINS											SUITABLE FOR	
No Allergen is known to be present in preparing this product. However, Slush ice drinks can contain the ingredient glycerol as a substitute for sugar, at a level required to create the 'slush' effect. At this level, we recommend that <u>children four years of age and under should not consume these drinks</u> , due to their potential to cause side-effects such as headaches and sickness, particularly when consumed in excess."														

# FULL ALLERGEN CHART

BASES		THIS DISH CONTAINS												
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Burrito	•													
Naked Burrito														
Loaded Nachos	•					•								
Quesadillas	•													
Loaded Fries	•					•								
Chilli Bowl														
Tortilla Chips	•					•								

FILLINGS		THIS DISH CONTAINS												
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Black Turtle Beans														
Mexican Rice										•				
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MAIN FILLINGS		THIS DISH CONTAINS												
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Chorizo							•							
Guacamole														
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Grated Cheese							•							
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SAUCES		THIS DISH CONTAINS												
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MILK		THIS DISH CONTAINS												
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