



ALLERGEN

in-restaurant information guide



Valid from September 2021



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.

Eat Better · Eat Mexican

BASES		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 10 mg/kg)	
Burrito	•														
Naked burrito															
Salad box															
Tacos	•														
Tortilla Chips	•														

FILLINGS		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 10 mg/kg)	
Black turtle beans															
Mexican rice										•					
Peppers and onion mix	•														
Pinto beans (refried)															

MAIN FILLINGS		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 10 mg/kg)	
Beef Chili															
Chargrilled chicken	•					•									
Chicken tinga															
Jackfruit	•					•				•					
Pulled pork (carnitas)										•					
Vegetarian Guacamole															
Vegetarian chili										•					

TOPPINGS		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 10 mg/kg)
Slaw														•
Chorizo							•							
Guacamole														
Jalapeño peppers														•
Lettuce (Cos)														
Mexi Mix Cheese							•							
Nacho cheese sauce							•							
Pink pickled onions														•
Sour cream							•							

SALSAS		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 10 mg/kg)
Inferno (Extra Hot)														
Picante (Hot)														•
Pico de gallo (Mild)														•
Smoky chipotle (Medium)														

FAMILY 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 10 mg/kg)
Churros Sharer	•						•							
Dirty Fries w/ BBQ Chipotle Jackfruit	•					•	•			•				
Dirty Fries w/ Chicken Tinga	•						•							
Dirty Fries w/ Pulled Pork	•						•			•				
Enchiladas w/ BBQ Chipotle Jackfruit	•					•	•			•				
Enchiladas w/ Chicken Tinga	•						•							
Enchiladas w/ Pulled Pork	•						•			•				
Chicken Fajitas	•					•	•							

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 10 mg/kg)
Mexican chicken wings	•													
Mexican fries	•													
Potato wedges	•													
Simple nachos	•						•							
Sweet potato fries	•													
Tortilla chips	•													

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 10 mg/kg)
Mex Churros (with chocolate fudge)	•						•							
Mex Churros (with dulce de leche)	•						•							
Choco mint ice cream churros*	•					•	•							
Chocolate overload with vanilla ice cream*	•					•	•							
Salted caramel ice cream churros*	•						•							
Summer berries with vanilla ice cream*	•													

*Available in selected stores