



Allergen Awareness Chart

At z-teca, we want to ensure you enjoy your meal and understand what ingredients go into making our menu items. Please use this chart to assist you in choosing your next z-teca meal.

	Eggs	Milk or Dairy	Fish or Seafood	Soy	Wheat or Gluten	Tree Nuts	Peanuts	Sulphites	Mustard
Tortillas									
Whole Wheat Tortillas					•				
Flour Tortillas					•				
Corn Tortillas									
Proteins									
Grilled Chicken						•		•	
Grilled Steak						•		•	
Beef Barbacoa									
Chorizo Crumble									
Shrimp			•					•	
Veggie Crumble									
Fillings									
Brown Rice									
Cilantro Lime Rice									
Seasoned Black Beans									
Roasted Corn									
Sautéed Fajita Veggies									
Pickled Red Onions									
Mixed Salad (Romaine, Kale, Red Cabbage)									
Monterey Jack Cheese		•							
Cotija Cheese		•							
Cilantro									
Crumbled Bacon									
Scrambled Eggs	•								
Salsas, Sauces & Dips									
Roasted Tomato and Chipotle									
Roasted Tomatillo and Jalapeño									
Grilled Pineapple Salsa									
Pico de Gallo									
Guacamole									
Queso		•							
Sour Cream		•							
Dressings									
Honey Lime Dijon Dressing								•	•
Desserts & Sides									
	•	•		•	•				
Churros	•			•	•				
Caramel Sauce									
Tortilla Soup Base				•					
Tortilla Soup with Corn and Beans				•	•				
Hash Browns									