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 Tortilla									
Tortilla Chips									
Tortilla Strips									
Proteins									
Grilled Chicken									
Chicken Al Pastor									
Grilled Steak									
Chorizo									
Beef Barbacoa									
Shrimp			●						
Veggie Crumble				●					
Fillings									
Cilantro Lime Rice									
Seasoned Black Beans									
Roasted Corn									
Sautéed Fajita Veggies									
Pickled Red Onions									
Salad (Romaine)									
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		●							
Chipotle Crema		●							
Sour Cream		●							
Dressings									
Cilantro-Lime Vinaigrette									
Desserts & Sides									
Churros	●				●				
Caramel Sauce		●							
Tortilla Soup				●					
Hash Browns									
Fries									