



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 in choosing your next z-teca meal.

	NUTS	SESAME	MILK	EGGS	FISH	SOY	WHEAT/GLUTEN	SULPHITES	CORN
TORTILLAS									
Whole Wheat Tortillas							●		
Flour Tortillas							●		
Corn Tortilla Chips									●
PROTEINS									
Beef Barbacoa									
BBQ Pork									
Grilled Steak							●		
Grilled Chicken							●		
Battered Cod					●		●		
Sautéed Shrimp					●				
Veggie Crumble						●	●		
FILLINGS									
Cilantro Lime Brown Rice									
Cilantro Lime Quinoa									
Seasoned Black Beans									
Roasted Corn									●
Sautéed Fajita Vegetables									
Monterey Jack Cheese			●						
Sour Cream			●						
Romaine Lettuce									
Cilantro									
SALSAS & SAUCES									
Roasted Tomato & Chipotle									
Roasted Tomatillo & Jalapeño									
Pico de Gallo									
Mango & Pineapple									
Guacamole									
Valentina Hot Sauce									
Chipotle Ranch Dressing			●	●					
Honey Lime Dijon Dressing									
Burrito Sauce	●		●	●			●	●	
DESSERTS & SIDES									
Chunky Chocolate Supreme Cookies	●		●	●			●		
White Chocolate Macadamia Cookies	●		●	●			●		
Tortilla Soup							●		●