



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					x				
Flour Tortillas					x				
Corn Tortillas									
Tortilla Chips									
Tortilla Strips									
Proteins									
Grilled Chicken									
Grilled Steak									
Chorizo									
Beef Barbacoa									
Shrimp			x						
Veggie Crumble				x					
Fillings									
Cilantro-Lime Rice									
Black Beans									
Corn									
Sautéed Fajita Veggies									
Pickled Red Onions									
Romaine Lettuce									
Monterey Jack Cheese		x							
Cilantro									
Crumbled Bacon									
Scrambled Eggs	x								
Salsas & Dips									
Pico de Gallo Salsa									
Medium Salsa									
Hot Salsa									
Grilled Pineapple Salsa									
Guacamole									
Queso		x							
Chipotle Crema		x							
Sour Cream		x							
Dressings									
Cilantro-Lime Vinaigrette									
Desserts & Sides									
Churros	x				x				
Caramel Sauce		x							
Tortilla Soup Base				x					
Hash Browns					x				
Fries					x				