



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 | | | | | | | | | |
| Shrimp | | | ● | | | | | | |
| Veggie Crumble | | | | | | | | | |
| Fillings | | | | | | | | | |
| 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 | | ● | | | | | | | |
| Chipotle Crema | | ● | | | | | | | |
| Sour Cream | | ● | | | | | | | |
| Dressings | | | | | | | | | |
| Honey Lime Dijon Dressing | | | | | | | | ● | ● |
| Desserts & Sides | | | | | | | | | |
| Churros | ● | | | ● | ● | | | | |
| Caramel Sauce | | | | | | | | | |
| Tortilla Soup Base | | | | ● | | | | | |
| Hash Browns | | | | | | | | | |