



# 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
<b>Tortillas</b>									
Whole Wheat Tortillas					●				
Flour Tortillas					●				
Corn Tortillas									
<b>Proteins</b>									
Grilled Chicken						●		●	
Grilled Steak						●		●	
Beef Barbacoa									
BBQ Pork									
Pork Chorizo Crumble									
Battered Cod			●		●			●	
Shrimp			●					●	
Veggie Crumble									
<b>Fillings</b>									
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	●								
<b>Salsas, Sauces &amp; Dips</b>									
Roasted Tomato and Chipotle									
Roasted Tomatillo and Jalapeño									
Grilled Pineapple Salsa									
Pico de Gallo									
Guacamole									
Queso		●							
Sour Cream		●							
<b>Dressings</b>									
Honey Lime Dijon Dressing								●	●
<b>Desserts &amp; Sides</b>									
Chocolate Chip Cookies	●	●		●	●				
White Chocolate Macadamia Cookies	●	●		●	●	●			
Churros	●			●	●				
Caramel Sauce									
Tortilla Soup Base				●					
Tortilla Soup with Corn and Beans				●	●				
Hash Browns									