

Combos	Allergens
#1 Tacos al gusto	Milk, Peanuts, Soy
#2 Quesadilla with meat	Milk, Peanuts, Soy, Wheat
#3 Beef or mutton stew	Milk, Soy
#4 Pork ribs in salsa verde	Milk, Soy
#5 Chicharron in salsa verde	Milk, Soy
#6 Chile relleno	Milk, Eggs, Soy, Wheat
#7 Carne asada	Milk, Soy
#8 1/2 Grilled chicken	Milk, Soy
#9 Fried mojarra	Milk, Fish (Tilapia), Soy
#10 Chipotle shredded chicken	Milk, Soy
#11 Carnitas in salsa verde	Milk, Soy
#12 Carnitas	Milk, Soy
Jugos	Allergens
Agua Frescas	Milk, Soy
Vampiro	None
Popeye	None
Energy	None
Vallarta	None
Vitamin C	None
Verde	None
Wellness Shots	None
Orange Juice	None
Hot Beverages	Allergens
Champurrado	Milk, Soy, Tree Nuts (Shea, Illipe)
Avena	Milk
Café de Olla	None
Coffee, Regular	None
Smoothies	Allergens
Encanto de fresa	Milk, Tree Nuts (Almonds)
Fruta de fuerza	Milk, Tree Nuts (Almonds)
Caribe	None
Tropikale	None
Mango de de fuego	None
Café de sol	Milk
A La Carte	Allergens
Tacos	Peanuts, Soy
Quesa taco	Milk, Peanuts, Soy
Torta Regular	Eggs, Milk, Peanuts, Soy, Wheat
Torta Cubana	Eggs, Milk, Peanuts, Soy, Wheat
Quesadilla regular	Milk, Wheat
Quesadilla with meat	Milk, Peanuts, Soy, Wheat
Burrito	Peanuts, Soy, Wheat

Tamales - (Beef, Pork, Chicken, Corn, Cheese, Pineapple, Strawberry, Hatch Chile, Pumpkin, Chicken Mole, Blue Corn Shrimp)	Contains Milk, Soy (Collectively for everyday tamales). Below is the breakdown per flavor: Chicken, Beef, Pork - None Sweet Corn - None Cheese - Milk, Soy Hatch Chile (Seasonal) - Milk Chicken Mole (Seasonal) - Sesame, Wheat Pineapple (Seasonal) - Milk, Soy Strawberry (Seasonal) - Milk, Soy Pumpkin (Seasonal) - Milk, Soy Blue Corn Shrimp (Seasonal) - Milk, Shellfish (Shrimp)
Pupusas (Revuelta, Bean/Cheese, Loroco/Cheese)	Milk
Rice	Soy
Beans (Refried, Spicy Refried, De la Olla)	None
Breakfast	Allergens
Eggs Any Style (Scrambled, Ranchero, A La Mex, Chorizo, Ham)	Eggs, Soy
Chilaquiles with Eggs	Eggs, Milk
Breakfast Burrito	Eggs, Soy, Wheat
Soups	Allergens
Albondigas Beef	Eggs, Soy
Albondigas Chicken	Eggs, Soy
Caldo de pollo	Soy
Caldo de res	Soy
Pozole	None
Menudo	None
Family Packs	Allergens
Fiesta Vallarta 1 & 2	Soy
Fiesta Combo 1 & 2	Eggs, Soy
Picnic 1 & 2	Eggs, Soy
Pachanga 1 & 2	Soy
Taquiza 1 & 2	Peanuts, Soy
Party Trays	Allergens
Asada Vallarta	Soy
Fajitas Chicken/Beef	None
Beef, Pork, Chicken, Corn, Cheese, Pineapple, Strawberry, Hatch Chile, Pumpkin, Chicken Mole, Blue Corn Shrimp	Can collectively state "Contains Milk, Soy" (for everyday tamales). Allergen breakdown per tamale is as follows: Chicken, Beef, Pork - None Sweet Corn - None Cheese - Milk, Soy Hatch Chile (Seasonal) - Milk Chicken Mole (Seasonal) - Sesame, Wheat Pineapple (Seasonal) - Milk, Soy Strawberry (Seasonal) - Milk, Soy Pumpkin (Seasonal) - Milk, Soy Blue Corn Shrimp (Seasonal) - Milk, Shellfish (Shrimp)
By the Pound	Allergens
Chicken wings	Wheat

Fried chicken	Soy, Wheat
Pork Carnitas	None
Chicharron carnudo	None
Chicharron moruza	None
Potato wedges	None