

ALLERGY & INGREDIENT GUIDE

TORTILLAS & TOPPINGS

 Vegan

PRODUCT	Is it Vegetarian?	Is it Vegan?	Dairy, Milk and Milk Products	Eggs and Egg Sources	MSG	Wheat	Mustard	Garlic	Soy	Vegetable Oil - Canola, Soybean* or Palm**	Peanuts	Tree Nuts	Sesame Seeds	Sunflower and Poppy Seeds	Shell Fish
 Tortilla White	Yes	Yes	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
 Tortilla Whole Wheat	Yes	Yes	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
 Tortilla Gluten Free	Yes	Yes	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No
 Tortilla 6 inch	Yes	Yes	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
 Beans	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
 Rice	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No
 Noodles	Yes	Yes	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No
Cheese	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No
 Lettuce	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
 Green Onions	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
 Jalapenos	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
 Cilantro	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
 Sweet Peppers	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
 Pico De Gallo	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
 Coleslaw	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
 Crunchies - Tortilla Chips	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No
 Guacamole	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No
Sour Cream	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No
Burrito Sauce	Yes	No	No	Yes	No	No	Yes	Yes	No	Yes	No	No	No	No	No
 FB Hot Sauce	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No






Vegan










CHICKEN, PORK, BEEF, FISH, SHRIMP, TOFU & SWEET POTATO

PRODUCT	Is it Vegetarian?	Is it Vegan?	Dairy, Milk and Milk Products	Eggs and Egg Sources	MSG	Wheat	Mustard	Garlic	Soy	Vegetable Oil - Canola, Soybean* or Palm**	Peanuts	Tree Nuts	Sesame Seeds	Sunflower and Poppy Seeds	Shell Fish
Baked Chicken	No	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No
Chicken Fingers	No	No	No	Yes	No	Yes	No	Yes	No	Yes	No	No	No	No	No
Pork	No	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No
Ground Beef	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No
Steak	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Battered Fish	No	No	Yes	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No
Shrimp	No	No	No	Yes	No	No	Yes	Yes	No	Yes	No	No	No	No	Yes
 Tofu	Yes	Yes	No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No
 Sweet Potato	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No


SAUCES

PRODUCT	Is it Vegetarian?	Is it Vegan?	Dairy, Milk and Milk Products	Eggs and Egg Sources	MSG	Wheat	Mustard	Garlic	Soy	Vegetable Oil - Canola, Soybean* or Palm**	Peanuts	Tree Nuts	Sesame Seeds	Sunflower and Poppy Seeds	Shell Fish
 BBQ Sauce	Yes	Yes	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No
 Buffalo Sauce	Yes	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No
 Baja Chipotle	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
 Tequila Lime	Yes	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No	No
Butter Chicken	Yes	No	Yes	No	No	No	No	Yes	No	No	No	No	No	No	No
 Curry Chicken	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	Coconut Milk	No	No	No
 Chili Thai	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
 Pad Thai	Yes	Yes	Yes	No	No	No	No	Yes	No	Yes	No	No	No	No	No
 Jerk Chicken	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No
 Cajun	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
 Valentina's Hot	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
Burrito	Yes	No	No	Yes	No	No	Yes	Yes	No	Yes	No	No	No	No	No
 FB Hot Sauce	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No
Baja Chipotle Aioli	Yes	No	No	Yes	No	No	Yes	Yes	No	Yes	No	No	No	No	No

TACOS

PRODUCT	Is it Vegetarian?	Is it Vegan?	Dairy, Milk and Milk Products	Eggs and Egg Sources	MSG	Wheat	Mustard	Garlic	Soy	Vegetable Oil - Canola, Soybean* or Palm**	Peanuts	Tree Nuts	Sesame Seeds	Sunflower and Poppy Seeds	Shell Fish
FISH TACO	No	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	No	No	No	No	No
Battered Fish	No	No	Yes	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No
 Tortilla 6 inch	Yes	Yes	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
 Lettuce	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
 Green Onions	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
 Coleslaw	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Baja Chipotle Aioli	Yes	No	No	Yes	No	No	Yes	Yes	No	Yes	No	No	No	No	No
 Pico De Gallo	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
PULLED PORK TACO	No	No	Yes	No	No	Yes	Yes	Yes	No	Yes	No	No	No	No	No
Pork	No	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No
 Tortilla 6 inch	Yes	Yes	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
 Beans	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
 Lettuce	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
 Green Onions	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
 Pico De Gallo	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Sour Cream	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No
 Crunchies - Tortilla Chips	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No

TACOS

PRODUCT	Is it Vegetarian?	Is it Vegan?	Dairy, Milk and Milk Products	Eggs and Egg Sources	MSG	Wheat	Mustard	Garlic	Soy	Vegetable Oil - Canola, Soybean* or Palm**	Peanuts	Tree Nuts	Sesame Seeds	Sunflower and Poppy Seeds	Shell Fish
GROUND BEEF TACO	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No	No	No	No	No
Ground Beef	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No
 Tortilla 6 inch	Yes	Yes	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
 Beans	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
 Lettuce	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
 Green Onions	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
 Mild Salsa	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Sour Cream	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No
 Crunchies - Tortilla Chips	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No
TEQUILA LIME CHICKEN TACO	No	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No
Baked Chicken	No	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No
 Tequila Lime Sauce	Yes	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No	No
 Tortilla 6 inch	Yes	Yes	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
 Lettuce	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
 Green Onions	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
 Mild Salsa	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Sour Cream	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No
 Crunchies - Tortilla Chips	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No

DESSERT

PRODUCT	Is it Vegetarian?	Is it Vegan?	Dairy, Milk and Milk Products	Eggs and Egg Sources	MSG	Wheat	Mustard	Garlic	Soy	Vegetable Oil - Canola, Soybean* or Palm**	Peanuts	Tree Nuts	Sesame Seeds	Sunflower and Poppy Seeds	Shell Fish
Fried Mars Bar	Yes	No	Yes	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No
Churro Chips	Yes	Yes	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No

GUACAMOLE
made
Fresh
in Store
from
Fresh Ripe
Avocados

Tortillas White, Wheat, and 6"
Made in Canada from
Canadian Grown Artisan Flour
NON GMO



GLUTEN FREE TORTILLA
We ate 1000's
of these and
this one is the
best tasting
Gluten Free
Tortilla on the
planet.
Enjoy!



CHEESE
100% Real Cheese, no vegetable or
soy oil filler, the perfect blend of
Monterey Jack and Cheddar, made
in Canada just for us. Its the best!

*Highly refined soy oil is not required to be labeled as an allergen. Studies show that most people with soy allergy can safely eat highly refined soy oil as well as soy lecithin. If you are allergic to soy, ask your doctor whether you need to avoid soy oil or soy lecithin.

Source: <http://www.kidswithfoodallergies.org/page/soy-allergy.aspx>

**Palm oil is a common ingredient used in many foods. Palm oil is generally not considered a cause of allergic reactions. If you are experiencing problems you think are associated with palm oil or allergies, please visit your physician or allergist

Source: <https://www.bestfoodfacts.org/palm-oil-allergies/>