

# WHAT'S INSIDE: CAL TORT'S ALLERGY INFO



This list is compiled based on product information provided by California Tortilla-approved food manufacturers. While we will make every effort to keep this information current, variances may occur due to differences in suppliers, ingredient substitutions, recipe revisions, and/or product production at the restaurant. This chart does not include regional or limited-time offers as ingredients may vary. For additional ingredient information contact California Tortilla at (301) 545-0035.

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| Rice & Beans                    | EGG | FISH | MILK | PEANUT | SHELLFISH | SOY | TREE NUTS | WHEAT | GLUTEN |
|---------------------------------|-----|------|------|--------|-----------|-----|-----------|-------|--------|
| Mexican Rice                    |     |      |      |        |           |     |           |       |        |
| Black Beans                     |     |      |      |        |           |     |           |       |        |
| Vegetables                      | EGG | FISH | MILK | PEANUT | SHELLFISH | SOY | TREE NUTS | WHEAT | GLUTEN |
| Fajita Veggies                  |     |      |      |        |           |     |           |       |        |
| Farm Fresh Veggies              |     |      |      |        |           |     |           |       |        |
| Spinach                         |     |      |      |        |           |     |           |       |        |
| Romaine Lettuce                 |     |      |      |        |           |     |           |       |        |
| Iceberg Lettuce                 |     |      |      |        |           |     |           |       |        |
| Salad Greens                    |     |      |      |        |           |     |           |       |        |
| Cabbage Slaw                    |     |      |      |        |           |     |           |       |        |
| Breakfast Potatoes              |     |      |      |        |           |     |           |       |        |
| Tortillas, Taco Shells, Etc.    | EGG | FISH | MILK | PEANUT | SHELLFISH | SOY | TREE NUTS | WHEAT | GLUTEN |
| Soft Flour Tortillas            |     |      |      |        |           |     |           | X     | X      |
| Soft Corn Tortillas             |     |      |      |        |           |     |           |       |        |
| Soft Flour Tortilla Bowl        |     |      |      |        |           |     |           | X     | X      |
| Hard Corn Taco Shells           |     |      |      |        |           |     |           |       |        |
| White Corn Chips                |     |      |      |        |           |     |           | ■     | ■      |
| Corn Tortilla Strips            |     |      |      |        |           |     |           | ■     | ■      |
| Proteins                        | EGG | FISH | MILK | PEANUT | SHELLFISH | SOY | TREE NUTS | WHEAT | GLUTEN |
| Mesquite Grilled Chicken Breast |     |      |      |        |           |     |           |       |        |
| Plain Grilled Chicken Breast    |     |      |      |        |           |     |           |       |        |
| Blackened Chicken Breast        |     | ■    |      |        |           |     |           |       |        |
| Mesquite Grilled Sirloin Steak  |     |      |      |        |           |     |           |       |        |
| Carnitas                        |     |      |      |        |           |     |           |       |        |
| Taco Beef                       |     |      |      |        |           | X   |           |       |        |
| Blackened Fish                  |     | X    |      |        |           |     |           |       |        |
| Sausage                         |     |      |      |        |           | X   |           | X     | X      |
| Bacon                           |     |      |      |        |           |     |           |       |        |
| Eggs                            | X   |      |      |        |           |     |           |       |        |
| Salsa                           | EGG | FISH | MILK | PEANUT | SHELLFISH | SOY | TREE NUTS | WHEAT | GLUTEN |
| Fresh Pico De Gallo             |     |      |      |        |           |     |           |       |        |
| Mango Salsa                     |     |      |      |        |           |     |           |       |        |
| Onion-cilantro relish           |     |      |      |        |           |     |           |       |        |
| Sauces                          | EGG | FISH | MILK | PEANUT | SHELLFISH | SOY | TREE NUTS | WHEAT | GLUTEN |
| Spicy Sunset                    |     |      |      |        |           |     |           |       |        |
| California Screamin'            |     |      |      |        |           |     |           |       |        |
| Enchilada                       |     |      |      |        |           |     |           |       |        |
| BBQ                             |     |      |      |        |           |     |           |       |        |
| Honey Lime                      | X   |      | X    |        |           |     |           |       |        |
| Caesar                          | X   | X    | X    |        |           | X   |           |       |        |
| BBQ Ranch                       | X   |      | X    |        |           |     |           |       |        |
| Chipotle Sour Cream             |     |      | X    |        |           |     |           |       |        |
| Jalapeño Ranch                  | X   |      | X    |        |           |     |           |       |        |
| Korean BBQ                      |     |      |      |        |           | X   |           | X     | X      |
| Sriracha Chili                  |     |      |      |        |           |     |           |       |        |
| Taco (breakfast menu)           |     |      |      |        |           |     |           |       |        |
| Guacamole, Sour Cream, Cheese   | EGG | FISH | MILK | PEANUT | SHELLFISH | SOY | TREE NUTS | WHEAT | GLUTEN |
| Guacamole                       |     |      |      |        |           |     |           |       |        |
| Sour Cream                      |     |      | X    |        |           |     |           |       |        |
| Monterey Jack Cheese            |     |      | X    |        |           |     |           |       |        |
| Queso                           |     |      | X    |        |           |     |           |       |        |
| Dressings                       | EGG | FISH | MILK | PEANUT | SHELLFISH | SOY | TREE NUTS | WHEAT | GLUTEN |
| Fresh Pico De Gallo             |     |      |      |        |           |     |           |       |        |
| Spicy Sunset Sauce              |     |      |      |        |           |     |           |       |        |
| Lite Olive Oil Vinaigrette      |     |      |      |        |           |     |           |       |        |
| Honey Lime                      | X   |      | X    |        |           |     |           |       |        |
| Low Fat Caribbean Mango         | X   |      |      |        |           | X   |           | X     | X      |
| Ranch                           | X   |      | X    |        |           |     |           |       |        |
| Caesar                          | X   | X    | X    |        |           | X   |           |       |        |
| Desserts                        | EGG | FISH | MILK | PEANUT | SHELLFISH | SOY | TREE NUTS | WHEAT | GLUTEN |
| Brownies                        | X   |      | ■    | ■      |           | X   | ■         | X     | X      |
| Chocolate Chip Cookie           | X   |      | X    | ■      |           | X   | ■         | X     | X      |
| Oatmeal Cookie                  | X   |      | X    | ■      |           | X   | ■         | X     | X      |

■ Indicates possible cross contamination with another known allergen.  
 Tortilla chips and tortilla strips are fried in the same oil used to fry flour tortilla bowls.  
 Blackened chicken is prepared in the same cooking oil as the blackened fish.  
 Cookies and brownies are produced in a facility that also produces products with milk, peanuts and tree nuts.  
 X Contains allergen.