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.

Base Ingredients	EGG	FISH	MILK	PEANUTS	SHELL FISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Mexican Rice			- MER							OZOTEN
Black Beans										
Mexican Quinoa										
Tortillas, Taco Shells, etc.	EGG	FISH	MILK	PEANUTS	SHELL FISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Soft Flour Tortillas									X	X
Soft Corn Taco Shells										
Soft Flour Tortilla Bowls									X	X
White Corn Tortilla Chips										
White Corn Tortilla Strips									_	_
Protiens	EGG	FISH	MILK	PEANUTS	SHELL FISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Mesquite Grilled Chicken Breast	Edd	11011	WILK	LANGIS	SHEEL HISH	301	THEE NOTS	SESAME	WIILAI	GLOTEN
Plain Grilled Chicken Breast										
Blackened Chicken Breast										
Mesquite Grilled Steak		_								
Pork Carnitas										
Taco Beef						X				X
Blackened Fish		X				^				^
		+								
Shrimp					X				_	
Tofu			-						_	
Bacon	F00	FIGU	BALLAC	DEANHER	CHELL FION	COV	TDEE AWTO	CECAME	VAULEAT	CLUZEN
Salsas	EGG	FISH	MILK	PEANUTS	SHELL FISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Fresh Pico De Gallo										
Mango Salsa										
Fire Roasted Corn Salsa		El Cir		DEAL	OUEL - Free	-00	TREE	05000	1444	01.11
Sauces	EGG	FISH	MILK	PEANUTS	SHELL FISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Spicy Sunset Sauce										
California Screamin Sauce										
Enchilada Sauce										
BBQ										
Honey Lime	X		X							
Caesar	X	X	X			X				
BBQ Ranch	X		X							
Chipotle Sour Cream			X							
Jalapeño Ranch Sauce	X		Х							
Korean BBQ Sauce						X		X	X	X
Sweet Red Chili Sauce			Х			X			X	X
Sriracha Chili Sauce										
Vegetables/Other Ingredients	EGG	FISH	MILK	PEANUTS	SHELL FISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Fajita Veggies		1	1	,						
Fresh Veggie Medley										
Spinach										
Spinach Romaine Lettuce										
Spinach Romaine Lettuce Iceberg Lettuce										
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens										
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw										
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes										
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions										
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers										
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro										
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes										
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes Onion-Cilantro Relish		FISH	MILK	PFANUTS	SHELL EIGH	SOV	TREE NUTS.	SESAME		GLUTEN
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes Onion-Cilantro Relish Guacamole, Sour Cream, Cheese	EGG	FISH	MILK	PEANUTS	SHELL FISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes Onion-Cilantro Relish Guacamole, Sour Cream, Cheese Guacamole	EGG	FISH		PEANUTS	SHELL FISH	SOY	TREE NUTS	SESAME		GLUTEN
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes Onion-Cilantro Relish Guacamole, Sour Cream, Cheese Guacamole Sour Cream	EGG	FISH	X	PEANUTS	SHELL FISH	SOY	TREE NUTS	SESAME		GLUTEN
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes Onion-Cilantro Relish Guacamole, Sour Cream, Cheese Guacamole Sour Cream Monterey Jack Cheese	EGG	FISH	X	PEANUTS	SHELL FISH	SOY	TREE NUTS	SESAME		GLUTEN
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes Onion-Cilantro Relish Guacamole, Sour Cream, Cheese Guacamole Sour Cream Monterey Jack Cheese			X X X						WHEAT	
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes Onion-Cilantro Relish Guacamole, Sour Cream, Cheese Guacamole Sour Cream Monterey Jack Cheese Queso Dressings	EGG	FISH	X		SHELL FISH	SOY	TREE NUTS	SESAME		GLUTEN
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes Onion-Cilantro Relish Guacamole, Sour Cream, Cheese Guacamole Sour Cream Monterey Jack Cheese Queso Dressings Spicy Sunset Sauce			X X X						WHEAT	
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes Onion-Cilantro Relish Guacamole, Sour Cream, Cheese Guacamole Sour Cream Monterey Jack Cheese Queso Dressings Spicy Sunset Sauce Lite Olive Oil Vinaigrette	EGG		X X X MILK						WHEAT	
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes Onion-Cilantro Relish Guacamole, Sour Cream, Cheese Guacamole Sour Cream Monterey Jack Cheese Queso Dressings Spicy Sunset Sauce Lite Olive Oil Vinaigrette Honey Lime	EGG		X X X			SOY			WHEAT	GLUTEN
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes Onion-Cilantro Relish Guacamole, Sour Cream, Cheese Guacamole Sour Cream Monterey Jack Cheese Queso Dressings Spicy Sunset Sauce Lite Olive Oil Vinaigrette Honey Lime Low Fat Caribbean Mango	EGG X		X X X MILK						WHEAT	
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes Onion-Cilantro Relish Guacamole, Sour Cream, Cheese Guacamole Sour Cream Monterey Jack Cheese Queso Dressings Spicy Sunset Sauce Lite Olive Oil Vinaigrette Honey Lime Low Fat Caribbean Mango Ranch	EGG X X X X	FISH	X X X MILK			SOY			WHEAT	GLUTEN
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes Onion-Cilantro Relish Guacamole, Sour Cream, Cheese Guacamole Sour Cream Monterey Jack Cheese Queso Dressings Spicy Sunset Sauce Lite Olive Oil Vinaigrette Honey Lime Low Fat Caribbean Mango	EGG X X X X X	FISH	X X X MILK			SOY	TREE NUTS		WHEAT	GLUTEN
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes Onion-Cilantro Relish Guacamole, Sour Cream, Cheese Guacamole Sour Cream Monterey Jack Cheese Queso Dressings Spicy Sunset Sauce Lite Olive Oil Vinaigrette Honey Lime Low Fat Caribbean Mango Ranch Caesar Soups, Chili	EGG X X X X	FISH	X X X MILK X X MILK			X X SOY			WHEAT	GLUTEN
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes Onion-Cilantro Relish Guacamole, Sour Cream, Cheese Guacamole Sour Cream Monterey Jack Cheese Queso Dressings Spicy Sunset Sauce Lite Olive Oil Vinaigrette Honey Lime Low Fat Caribbean Mango Ranch Caesar	EGG X X X X X	FISH	X X X MILK	PEANUTS	SHELL FISH	SOY X	TREE NUTS	SESAME	WHEAT	GLUTEN
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes Onion-Cilantro Relish Guacamole, Sour Cream, Cheese Guacamole Sour Cream Monterey Jack Cheese Queso Dressings Spicy Sunset Sauce Lite Olive Oil Vinaigrette Honey Lime Low Fat Caribbean Mango Ranch Caesar Soups, Chili	EGG X X X X X	FISH	X X X MILK X X MILK	PEANUTS	SHELL FISH	X X SOY	TREE NUTS	SESAME	WHEAT	GLUTEN X
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes Onion-Cilantro Relish Guacamole, Sour Cream, Cheese Guacamole Sour Cream Monterey Jack Cheese Queso Dressings Spicy Sunset Sauce Lite Olive Oil Vinaigrette Honey Lime Low Fat Caribbean Mango Ranch Caesar Soups, Chili Turkey Chili	EGG X X X X EGG	FISH	X X X MILK X MILK X	PEANUTS	SHELL FISH	X X SOY X	TREE NUTS	SESAME	WHEAT	GLUTEN X GLUTEN
Spinach Romaine Lettuce Iceberg Lettuce Salad Greens Cabbage Slaw Fiesta Tomatoes Sriracha Pickled Onions Jalapeno Peppers Cilantro Limes Onion-Cilantro Relish Guacamole, Sour Cream, Cheese Guacamole Sour Cream Monterey Jack Cheese Queso Dressings Spicy Sunset Sauce Lite Olive Oil Vinaigrette Honey Lime Low Fat Caribbean Mango Ranch Caesar Soups, Chili Turkey Chili Desserts	EGG X X X X EGG	FISH	X X X MILK X MILK X MILK	PEANUTS PEANUTS PEANUTS	SHELL FISH	X X SOY X SOY	TREE NUTS TREE NUTS	SESAME	WHEAT	GLUTEN X GLUTEN X GLUTEN

Indicates possible cross contamination with another known allergen.
Tortilla chips, tortilla strips, and tofu 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 and shrimp.

Cookies and brownies are produced in a facility that also produces products with milk, peanuts and tree nuts.

X Contains allergen.