

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.

Base Ingredients	EGG	FISH	MILK	PEANUTS	SHELL FISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Mexican Rice										
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									■	■
Proteins	EGG	FISH	MILK	PEANUTS	SHELL FISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Mesquite Grilled Chicken Breast										
Plain Grilled Chicken Breast										
Blackened Chicken Breast		■								
Mesquite Grilled Steak										
Pork Carnitas										
Taco Beef						X				X
Blackened Fish		X								
Shrimp		■			X					
Tofu									■	■
Salsas	EGG	FISH	MILK	PEANUTS	SHELL FISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Fresh Pico De Gallo										
Mango Salsa										
Fire Roasted Corn Salsa										
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							
Korean BBQ Sauce						X		X	X	X
Sweet Red Chili Sauce			X			X			X	X
Sriracha Chili Sauce										
Vegetables/Other Ingredients	EGG	FISH	MILK	PEANUTS	SHELL FISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Fajita Veggies										
Spinach										
Romaine Lettuce										
Cabbage Slaw										
Roma Tomatoes										
Sriracha Pickled Onions										
Jalapeno Peppers										
Cilantro										
Limes										
Guacamole, Sour Cream, Cheese	EGG	FISH	MILK	PEANUTS	SHELL FISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Guacamole										
Sour Cream			X							
Monterey Jack Cheese			X							
Queso			X							
Dressings	EGG	FISH	MILK	PEANUTS	SHELL FISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
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				
Soups, Chili	EGG	FISH	MILK	PEANUTS	SHELL FISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Turkey Chili			X			X				X
Desserts	EGG	FISH	MILK	PEANUTS	SHELL FISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Brownies	X		■	■		X	■		X	X
Chocolate Chip Cookie	X		X	■		X	■		X	X

■ 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.