

**CHEZWAWA restaurant**

**MAJOR FOOD ALLERGENS  
ALLERGENES**

	Celery	Cereals w/Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
	Céleri	Céréales avec Gluten	Crustacés	Oeufs	Poissons	Lupin	Lait/ Lactose	Mollusques	Moutarde	Fruits à coque	Arachides	Graines de sésame	Soja	Anhydride sulfureaux

**OUR MAIN MENU ITEMS**

Burrito grande/peq/artisan/mex'Cellent with Flour Tortilla		Yes (wheat/ blé)												
Tacos/Quesadillas - Flour(blé) Tortillas		Yes (wheat/ blé)												
Tacos/Quesadillas - Corn(mais) Tortillas														
Naked Burrito														
Salad														
Enchiladas							Yes		Yes (rapeseed oil)					
Tortas	Yes some (bouillon)	Yes (wheat/ blé)					Yes		Yes (rapeseed oil)				Yes (some)	Yes (some)
Grilled Poultry									Yes (rapeseed oil)					
Pork Carnitas	Yes (bouillon)													
Beef Barbacoa	Yes (bouillon)													Yes (vinegar)
Spicy Tofu									Yes (rapeseed oil)				Yes	
Vegetarian (Grilled Veggies + Guac)														
White Rice							Yes (butter)		Yes (rapeseed oil)					
Brown Rice									Yes (rapeseed oil)					
Pinto Beans	Yes (bouillon)													
Black Beans														
Various Salsas				Yes (mayo)			Yes (milk, s. cream)		Yes (rapeseed oil in some)					
Shredded Cheese							Yes							
Sour Cream							Yes							
Flavourful Sauces (Chip Mayo, Cil Ranch, Cashew Crema)				Yes (mayo)			Yes		Yes (rapeseed oil)	Yes if Cashew Crema (cashew)		Yes if Cashew Crema (sesame oil)		
Chili / Soups	Yes	Yes if Chili (wheat/ blé)					Yes		Yes (rapeseed oil)					
Meal/Salad of the Month (varies)	Yes	Yes if Chili (wheat/ blé)	Yes if fish, shrimp	Yes (mayo)	Yes if fish, shrimp	Yes (some)	Yes		Yes (rapeseed oil)	Yes if Spicy Quinoa (Cashew Crema), or Mole Pork or Salsa Macha Chicken (almonds, cashews)	Yes if Mole Pork or Salsa Macha Chicken	Yes if Spicy Quinoa (Cashew Crema), or Mole Pork or Salsa Macha Chicken	Yes (some)	Yes if carne asada
Guacamole														
Tortilla Chips														
Aguas Frescas		Yes if Horchata (oats/avoine)								Yes if Horchata (almond)				
Clerico, Margarita, Michelada														Yes
Avocado Milkshake							Yes							
Desserts		Yes (wheat/ blé)		Yes			Yes			Yes (trace)	Yes (if peanut butter cookies)			
Brunch: Brkfst Burritos		Yes (wheat/ blé)		Yes			Yes		Yes (rapeseed oil)					Yes (some)
Brunch: Counter Items		Yes, some (wheat/ blé)		Yes (some)			Yes (some)		Yes (rapeseed oil)					Yes (some)
Brunch: Breads		Yes (wheat/ blé)		Yes			Yes		Yes (rapeseed oil)	Yes (trace)				
Brunch: Soups	Yes						Yes		Yes (rapeseed oil)					
Brunch: Salads				Yes			Yes		Yes (rapeseed oil)					Yes (vinegar)

**Notice:** All of our menu items, ingredients and recipes are subject to change on a daily basis. Please inquire with our staff upon placing an order.

Update September 2022