

CHEZWAWA restaurant

**MAJOR FOOD ALLERGENS
ALLERGENES**

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

OUR MAIN MENU ITEMS

Burrito grande/peq - Flour Tortilla		Yes											
Tacos - Flour (blé) Tortillas		Yes											
Tacos - Corn (mais) Tortillas, hard or soft													
Naked Burrito													
Salad													
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 (butter)			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)				Yes (mayo)		Yes			Yes (rapeseed oil)				
Chili / Soups	Yes					Yes			Yes (rapeseed oil)				
Meal of the Month	Yes	Yes	Yes (fish, shrimp)	Yes (mayo)	Yes (fish, shrimp)	Yes (some)	Yes	Yes (fish, shrimp)	Yes (rapeseed oil)	Yes if Mole Pork	Yes if Mole Por	Yes if Mole	Yes (some) Yes if carne adada
Guacamole													
Tortilla Chips													
Aguas Frescas		Yes if Horchata					Yes if Horchata			Yes if Horchata			
Clerico, Margarita													Yes
Desserts		Yes		Yes			Yes			Yes (trace)			
Sunday Brunch: Brkfst Burritos		Yes		Yes			Yes		Yes (rapeseed oil)			Yes (some)	
Sunday Brunch: Counter Items		Yes (some)		Yes (some)			Yes (some)		Yes (rapeseed oil)			Yes (some)	
Sunday Brunch: Breads		Yes		Yes			Yes		Yes (rapeseed oil)	Yes (trace)			
Sunday Brunch: Soups	Yes						Yes		Yes (rapeseed oil)				
Sunday 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 January 2018