

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 (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) | Yes if Cashew Cream | | | | |
| Chili / Soups | Yes | | | | | | Yes | | Yes (rapeseed oil) | | | | | |
| Meal of the Month (varies) | Yes | Yes | Yes (fish, shrimp) | Yes (mayo) | Yes (fish, shrimp) | Yes (some) | Yes | Yes (fish, shrimp) | Yes (rapeseed oil) | Yes if Mole Pork or Cashew Crema | Yes if Mole Por | Yes if Mole | Yes (some) | Yes if carne adada |
| Guacamole | | | | | | | | | | | | | | |
| Tortilla Chips | | | | | | | | | | | | | | |
| Aguas Frescas Clerico, Margarita | | Yes if Horchata | | | | | Yes if Horchata | | | Yes if Horchata | | | | |
| Desserts | | Yes | | Yes | | | Yes | | | Yes (trace) | | | | Yes |
| 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 April 2018