

# The Allergen Guide

	Gluten	Dairy	Soy	Eggs	Peanuts	Tree nuts	Fish	Shellfish
<b>Tortillas/Flatbread/Chips</b>								
Regular White Flour Tortilla/Flatbread	x							
9 Grain Tortilla/Flatbread	x							
Spinach Tortilla/ Flatbread	x							
Roma Tomato Tortilla/Flatbread	x							
Corn Tortilla								
Corn Chips								
<b>Proteins</b>								
Barbacoa			x					
Carnitas								
Grilled Chicken			x					
Chicken Mole						x		
Garden Vegetables								
Fish							x	
Shrimp								x
<b>Beans/ Rice</b>								
4 Bean Blend								
Pinto Beans								
Brown Rice								
Cilantro Rice								
<b>Salsas</b>								
Fire Roasted Salsa								
Pico de Gallo								
Roasted Tomatillo Salsa		x						
Mango Salsa								
Habanero Salsa								
<b>Salads (not including flatbread)</b>								
Sonoma Latina Salad (topped with cotija cheese)		x						
Caprese Mexicana Salad		x						
Sharing Caesar		x	x	x			x	
Tamayo House Side Salad (topped with cotija cheese)								
Garden Salad w/ Grilled Nopalitos (topped with cotija cheese)		x						
<b>Appetizers</b>								
Hominy Hummus						x		
Chorizo Fundido		x						
Trip of Dips		x				x		
House Guacamole								
<b>Desserts</b>								
Tres Leches Cake	x	x		x				
Mexican Wedding Cookie	x	x				x		
Mexican Hot Chocolate		x						
Chocolate Quesadilla	x	x						
Horchata Pudding		x						
<b>Drinks</b>								
Strawberry Fresca								
Pineapple Fresca								
Horchata		x						
<b>Extras</b>								
Youkon Potatoes		x						
Scrambled Eggs		x		x				
Sour Cream		x						
Wet Burrito Sauce (green)								
Wet Burrito Sauce (red)								
Chicken Soup								

