

## ALLERGY CHART

|                                                                                                                            | FISH | SHELLFISH | DAIRY | SOY | TREE NUTS /SEEDS | PEANUTS | SESAME | WHEAT | EGGS |
|----------------------------------------------------------------------------------------------------------------------------|------|-----------|-------|-----|------------------|---------|--------|-------|------|
| <b>TORTILLAS</b>                                                                                                           |      |           |       |     |                  |         |        |       |      |
| <b>Corn</b>                                                                                                                |      |           |       |     |                  |         |        |       |      |
| <b>Flour:</b> made with avocado oil                                                                                        |      |           |       |     |                  |         |        | •     |      |
| <b>Whole Wheat</b>                                                                                                         |      |           |       |     |                  |         |        | •     |      |
| <b>AGUAS FRESCAS</b>                                                                                                       |      |           |       |     |                  |         |        |       |      |
| <b>Horchata:</b> rice, almonds, cinnamon, evaporated cane sugar, vanilla                                                   |      |           |       |     | •                |         |        |       |      |
| <b>Limonada:</b> lime juice, sugar                                                                                         |      |           |       |     |                  |         |        |       |      |
| <b>BREAKFAST</b>                                                                                                           |      |           |       |     |                  |         |        |       |      |
| <b>Jess Special:</b> eggs, tomatoes, onions, jalapeños, tortilla chips, jack cheese, avocado                               |      |           | •     |     |                  |         |        |       | •    |
| <b>Migas Taco:</b> eggs, tomatoes, onions, jalapeños tortilla chips, jack cheese                                           |      |           | •     |     |                  |         |        |       | •    |
| <b>Migas Plate:</b> migas, queso, jack cheese, avocado, pico de gallo, mashed potatoes, refried black beans, tortillas     |      |           | •     |     |                  |         |        |       | •    |
| <b>Vaquero:</b> eggs, roasted peppers, corn, jack cheese                                                                   |      |           | •     |     |                  |         |        |       | •    |
| <b>BEQ:</b> bacon, egg, jack cheese                                                                                        |      |           | •     |     |                  |         |        |       | •    |
| <b>CEQ:</b> housemade chorizo, egg, jack cheese                                                                            |      |           | •     |     |                  |         |        |       | •    |
| <b>SEQ:</b> housemade sausage, egg, jack cheese                                                                            |      |           | •     |     |                  |         |        |       | •    |
| <b>Barbacoa Madruguera:</b> egg, beef cheek, arbol salsa, green onion                                                      |      |           |       |     |                  |         |        |       | •    |
| <b>Picadillo and Eggs:</b> eggs, ground beef, jack cheese, arbol sauce, green onions                                       |      |           | •     |     |                  |         |        |       | •    |
| <b>Veggie Nut Chorizo:</b> pecans, cauliflower, walnuts, pistachios, salt, canola oil, apple cider vinegar, salsa habanero |      |           |       |     | •                |         |        |       |      |
| <b>BEEF</b>                                                                                                                |      |           |       |     |                  |         |        |       |      |
| <b>Akaushi Picadillo:</b> ground beef, jack cheese, cilantro, onion                                                        |      |           | •     |     |                  |         |        |       |      |
| <b>Cowboy:</b> beef tenderloin, corn, roasted peppers, caramelized onion, guacamole, queso fresco                          |      |           | •     |     |                  |         |        |       |      |
| <b>Frontera Fundido Sirloin:</b> sirloin, jack cheese, onion, poblano                                                      |      |           | •     |     |                  |         |        |       |      |
| <b>Mexico City Sirloin:</b> sirloin, cilantro, onion                                                                       |      |           |       |     |                  |         |        |       |      |
| <b>El Picosito:</b> beef tenderloin, chipotle-sesame sauce, avocado, queso fresco                                          |      |           | •     |     | •                |         | •      |       |      |
| <b>Braised Beef Barbacoa:</b> beef cheek, arbol salsa, cilantro, onion, avocado                                            |      |           |       |     |                  |         |        |       |      |
| <b>CHICKEN</b>                                                                                                             |      |           |       |     |                  |         |        |       |      |
| <b>Pollo Fantastico:</b> chicken thigh, roasted green chile sauce, Mexican crema, green onion                              |      |           | •     |     |                  |         |        |       |      |
| <b>Frontera Fundido Chicken:</b> chicken breast, jack cheese, onion, poblano                                               |      |           | •     |     |                  |         |        |       |      |
| <b>Mexico City Chicken:</b> chicken breast, cilantro, onion                                                                |      |           |       |     |                  |         |        |       |      |
| <b>Happy Taco:</b> chicken thigh, mushrooms, jack cheese, cilantro, onion                                                  |      |           | •     |     |                  |         |        |       |      |
| <b>Pollo en Mole:</b> chicken thigh, mole sauce, cilantro, onion, queso fresco                                             |      |           | •     |     | •                |         | •      |       |      |
| <b>PORK</b>                                                                                                                |      |           |       |     |                  |         |        |       |      |
| <b>Puerco Verde:</b> pork shoulder, salsa verde/roja, queso fresco, cilantro, onion                                        |      |           | •     |     |                  |         |        |       |      |
| <b>Delibelly:</b> honey, tomatillo-serrano salsa, cilantro, onion, avocado                                                 |      |           |       |     |                  |         |        |       |      |
| <b>Borracho Carnitas:</b> sherry, tequila, basil, chile, lime, onion, cilantro, avocado                                    |      |           |       |     |                  |         |        |       |      |
| <b>The Otto:</b> refried black beans, bacon, jack cheese, avocado                                                          |      |           | •     |     |                  |         |        |       |      |

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| <b>SEAFOOD</b>                                                                                                                                 |      |           |       |     |                   |         |        |       |      |
| <b>Shrimposito:</b> shrimp, chipotle-sesame sauce, avocado, queso fresco                                                                       |      | •         | •     |     | •                 |         | •      |       |      |
| <b>Frontera Fundido Shrimp:</b> shrimp, jack cheese, onion, poblano                                                                            |      | •         | •     |     |                   |         |        |       |      |
| <b>Mojo Salmon:</b> salmon, mojo-garlic sauce, guacamole, pico de gallo                                                                        | •    |           |       |     |                   |         |        |       |      |
| <b>VEGAN/ VEGETARIAN</b>                                                                                                                       |      |           |       |     |                   |         |        |       |      |
| <b>Freakin' Vegan:</b> refried black beans, pico de gallo avocado                                                                              |      |           |       |     |                   |         |        |       |      |
| <b>Frontera Fundido Caulibella:</b> cauliflower, mushrooms jack cheese, onion, poblano                                                         |      |           | •     |     |                   |         |        |       |      |
| <b>The Heather:</b> grilled queso fresco, refried black beans, guacamole, lettuce, tomato                                                      |      |           | •     |     |                   |         |        |       |      |
| <b>Papadulce:</b> sweet potato, corn, roasted peppers, caramelized onion, sweet potato-chipotle sauce, toasted pepitas                         |      |           |       |     | •                 |         |        |       |      |
| <b>Space Cowboy:</b> mushrooms, corn, roasted peppers, caramelized onion, guacamole, queso fresco                                              |      |           | •     |     |                   |         |        |       |      |
| <b>SIDES</b>                                                                                                                                   |      |           |       |     |                   |         |        |       |      |
| <b>Beans:</b> organic whole/refried black beans, garlic, red onion                                                                             |      |           |       |     |                   |         |        |       |      |
| <b>Tacodeli Mashed Potatoes:</b> potato, milk, butter, jalapeños                                                                               |      |           | •     |     |                   |         |        |       |      |
| <b>Veggie White Rice:</b> jasmine rice, garlic, lime, bay leaf, carrots, cilantro                                                              |      |           |       |     |                   |         |        |       |      |
| <b>Mexican Red Rice:</b> jasmine rice, tomato, garlic, chicken broth                                                                           |      |           |       |     |                   |         |        |       |      |
| <b>Guacamole:</b> avocado, serranos, tomatillos, onions, cilantro, lime juice                                                                  |      |           |       |     |                   |         |        |       |      |
| <b>Esquites:</b> corn, red onion, butter, paprika, bacon, queso fresco, cilantro                                                               |      |           | •     |     |                   |         |        |       |      |
| <b>Queso:</b> easymelt cheese, milk, salsa roja                                                                                                |      |           | •     |     |                   |         |        |       |      |
| <b>Roberto's Brazo Fuerte Queso:</b> queso, guacamole, pico de gallo, beef picadillo                                                           |      |           | •     |     |                   |         |        |       |      |
| <b>Salsa Verde:</b> tomatillos, garlic, serrano, cilantro                                                                                      |      |           |       |     |                   |         |        |       |      |
| <b>Salsa Roja:</b> tomato, onion, serrano, garlic, cilantro                                                                                    |      |           |       |     |                   |         |        |       |      |
| <b>Salsa Doña:</b> jalapeños, canola oil, garlic                                                                                               |      |           |       |     |                   |         |        |       |      |
| <b>Salsa Habanero:</b> habaneros, carrots, garlic, apple cider vinegar, white vinegar                                                          |      |           |       |     |                   |         |        |       |      |
| <b>SOUP/ SALAD/ BOWLS/ DRESSING</b>                                                                                                            |      |           |       |     |                   |         |        |       |      |
| <b>Ensalada Tacodeli (choice of protein or avocado):</b> romaine lettuce, guacamole, sour cream, tomato, pico de gallo, red onion, jack cheese |      |           | •     |     |                   |         |        |       |      |
| <b>Tacodeli Bowl (without protein):</b> rice, jack cheese, beans, lettuce, roasted peppers, guacamole, pepitas                                 |      |           | •     |     | •                 |         |        |       |      |
| <b>Jalapeño Ranch:</b> ranch jalapeños, cilantro, garlic                                                                                       |      |           | •     |     |                   |         |        |       |      |
| <b>Garlic-Lime Vinaigrette:</b> olive oil, bay leaves, thyme, rosemary, lime juice, apple vinegar, garlic                                      |      |           |       |     |                   |         |        |       |      |
| <b>Serrano-Lime:</b> serranos, tomatillos, onion, lime juice, cilantro                                                                         |      |           |       |     |                   |         |        |       |      |
| <b>Sopa de Pollo:</b> housemade chicken broth, shredded chicken thigh, tomato, jalapeño, tortilla chips, avocado, cilantro, onion              |      |           |       |     |                   |         |        |       |      |
| <b>KIDS MENU</b>                                                                                                                               |      |           |       |     |                   |         |        |       |      |
| <b>Bean and Cheese:</b> refried beans, jack cheese                                                                                             |      |           | •     |     |                   |         |        |       |      |
| <b>Cheese Quesadilla:</b> jack cheese                                                                                                          |      |           | •     |     |                   |         |        |       |      |
| <b>DESSERT</b>                                                                                                                                 |      |           |       |     |                   |         |        |       |      |
| <b>Margarita Cookie:</b> sugar, flour, eggs, butter, blanco tequila, citric acid, pure orange extract                                          |      |           | •     |     |                   |         |        | •     | •    |
| <b>Churro Blondie:</b> sugar, flour, eggs, vanilla, cinnamon, dulce de leche                                                                   |      |           | •     |     |                   |         |        | •     | •    |