

WHAT'S INSIDE: CAL TORT'S ALLERGY INFO



This list is compiled based on product information provided by California Tortilla-approved food manufacturers. While we will make every effort to keep this information current, variances may occur due to differences in suppliers, ingredient substitutions, recipe revisions, and/or product production at the restaurant. This chart does not include regional or limited-time offers as ingredients may vary. For additional ingredient information contact California Tortilla at (301) 545-0035.

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Rice & Beans	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	GLUTEN
Mexican Rice									
Black Beans									
Vegetables	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	GLUTEN
Fajita Veggies									
Farm Fresh Veggies									
Spinach									
Romaine Lettuce									
Iceberg Lettuce									
Salad Greens									
Cabbage Slaw									
Breakfast Potatoes									
Tortillas, Taco Shells, Etc.	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	GLUTEN
Soft Flour Tortillas								X	X
Soft Corn Tortillas									
Soft Flour Tortilla Bowl								X	X
Hard Corn Taco Shells									
White Corn Chips								■	■
Corn Tortilla Strips								■	■
Proteins	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	GLUTEN
Mesquite Grilled Chicken Breast									
Plain Grilled Chicken Breast									
Blackened Chicken Breast		■			■				
Mesquite Grilled Sirloin Steak									
Carnitas									
Taco Beef						X			
Blackened Fish		X			■				
Sausage						X		X	X
Bacon									
Eggs	X								
Salsa	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	GLUTEN
Fresh Pico De Gallo									
Mango Salsa									
Onion-cilantro relish									
Sauces	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	GLUTEN
Spicy Sunset									
California Screamin'									
Enchilada									
BBQ									
Honey Lime	X		X						
Caesar	X	X	X			X			
BBQ Ranch	X		X						
Chipotle Sour Cream			X						
Jalapeño Ranch	X		X						
Korean BBQ						X		X	X
Sriracha Chili									
Taco (breakfast menu)									
Guacamole, Sour Cream, Cheese	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	GLUTEN
Guacamole									
Sour Cream			X						
Monterey Jack Cheese			X						
Queso			X						
Dressings	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	GLUTEN
Fresh Pico De Gallo									
Spicy Sunset Sauce									
Lite Olive Oil Vinaigrette									
Honey Lime	X		X						
Low Fat Caribbean Mango	X					X		X	X
Ranch	X		X						
Caesar	X	X	X			X			
Desserts	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	GLUTEN
Brownies	X		■	■		X	■	X	X
Chocolate Chip Cookie	X		X	■		X	■	X	X
Oatmeal Cookie	X		X	■		X	■	X	X

■ Indicates possible cross contamination with another known allergen.
 Tortilla chips and tortilla strips are fried in the same oil used to fry flour tortilla bowls.
 Blackened chicken is prepared in the same cooking oil as the blackened fish.
 Cookies and brownies are produced in a facility that also produces products with milk, peanuts and tree nuts.
 X Contains allergen.