

WAHACA'S ALLERGEN & DIETARY REQUIREMENTS GUIDE

HOW TO USE OUR ALLERGEN GUIDE

Our guide will let you know which of the 16 main allergens are in our dishes. Whilst an allergen may not be listed in the menu description, it may be present in the cooking process. A black dot (●) means that the specified allergen **IS** present, making it unsuitable if you are avoiding this allergen. In some instances, our chefs can prepare a dish in a way that removes the allergen – this is shown with a pink dot (●). Dishes suitable for vegetarians and vegans are marked with a tick (✓) in the relevant column, and a pink tick (✓) when our chefs can make a change so they are suitable.

KEY

- / ● = allergen present / allergen can be removed
- w/s/sw/b = the gluten present is in wheat (w), spelt (s), both spelt and wheat (sw) or barley (b)
- ✓ / ✓ = suitable for vegetarians, vegans or dish is deep-fried / can be made suitable or deep-fried ingredient removed

PLU	NIBBLES	vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	garlic	lupin	milk	molluscs	mustard	nuts	onion	peanuts	sesame	soya	sulphites	
1453	Guacamole with tortilla chips	✓	✓	✓												●					
1452	Guacamole with chilli flakes & tortilla chips	✓	✓	✓												●		●			
1454	Guacamole with pork scratchings															●					
1499	Guacamole with chilli flakes & pork scratchings															●		●			
1455	Roast tomato salsa with tortilla chips	✓	✓	✓						●						●					
196	Frijoles & tortilla chips with cheese & crema	✓		✓						●		●				●					
1151	Frijoles & tortilla chips with sobrasada			✓						●		●				●					
1106	Gluten-free tortilla chips	✓										●									
PLU	STREET FOOD	vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	garlic	lupin	milk	molluscs	mustard	nuts	onion	peanuts	sesame	soya	sulphites	
MARKET TREATS																					
1462	Roast winter vegetables with sesame hummus	✓	✓							●						●		●			●
1460	Wild mushroom empanadas	✓		✓	●w					●		●		●		●					
1381	Hibiscus glazed wings			✓	●w									●		●					
TOSTADAS & TAQUITOS																					
1459	Corn & black bean tostadas	✓		✓						●		●				●					●
1458	Smoked salmon tostadas			✓				●	●			●				●					●
948	Sweet potato & feta taquito	✓		✓				●		●		●				●			●		●
QUESADILLAS																					
161	Black bean & cheese	✓			●w					●		●				●					
510	Roast chilli	✓			●w					●		●				●					
1419	Mexican style chorizo & potato				●w					●		●				●					
1463	The chicken club				●w			●		●		●				●					●
CLASSIC TACOS																					
121	Pork pibil									●		●				●					●
1415	Grilled chicken & avocado									●		●				●		●			
124	Grilled British steak									●		●				●					
125	Grilled British steak with cheese									●		●				●					
1456	Fire-roasted poblano pepper & corn	✓	✓		●			●		●		●				●					●
1457	Fire-roasted poblano pepper & corn with cheese	✓	✓		●			●		●		●				●					●
660	Plantain	✓		✓						●		●				●					●
1249	Vegan plantain (off-menu special)	✓	✓	✓						●		●				●					●
BAJA TACOS																					
1417	Buttermilk chicken			✓	●w	●		●		●		●			●		●				●
1313	MSC battered cod			✓	●w			●	●			●				●					●
PLU	SEASONAL SPECIALS	vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	garlic	lupin	milk	molluscs	mustard	nuts	onion	peanuts	sesame	soya	sulphites	
1449	Corn bread with chipotle agave & goats' curd	✓			●			●		●		●				●					
1450	Mutton tacos with pea & mint salsa									●		●		●		●					●
PLU	SIDES	vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	garlic	lupin	milk	molluscs	mustard	nuts	onion	peanuts	sesame	soya	sulphites	
132	Sweet potato	✓	✓	✓						●						●					
1477	Smoky cauliflower cheese	✓								●		●				●					
1478	Charred tenderstem broccoli	✓	✓							●						●					
192	Frijoles	✓								●		●				●					
1164	Frijoles with sobrasada									●		●				●					
659	Avocado, corn & bean salad	✓	✓							●		●		●		●					●
800	Rice n' beans	✓	✓		●					●		●		●		●					●
1476	Wahaca slaw	✓	✓							●		●		●		●					

NUTS

Our suppliers cannot guarantee that every product we use is trace-free (this means they cannot guarantee there were no nuts present on the premises where a product they supply us with originated). There may be presence of nuts in our kitchens.

GLUTEN

We have a separate gluten information menu available on request. In this guide, ●w indicates the gluten present is in wheat; ●s indicates spelt; ●sw indicates both spelt & wheat; ●b indicates barley.

OIL & FRYERS

Some dishes - whilst not containing an allergen or ingredient themselves - are cooked in our deep-fryers. Whilst our fryers are cleaned & filled with fresh oil regularly, they may have also been used to cook products containing an allergen or other ingredient during a service. If you are concerned about cross-contamination of this nature, please see the grey column which marks deep-fried dishes with a tick (✓). If the deep-fried element can be removed, it is marked with a pink tick (✓).

DRINKS

Please ask your waiter if you require an allergy advice for our drinks menu. Soy milk is available in some branches; please ask. Our Mexican hot chocolate contains nuts.

KEY

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PLU	BIGGER FOOD	vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	garlic	lupin	milk	molluscs	mustard	nuts	onion	peanuts	sesame	soya	sulphites
	CLASSICS																			
1468	Yucatecan grilled chicken				•					•		•		•		•				•
1470	British steak, the Mexican way				•					•		•		•		•				•
1469	Grilled MSC cod with olive & herb salsa				•			•	•	•		•		•		•				•
1467	Winter vegetable enchilada	✓	✓		•					•		•		•		•				•
1353	Chicken & tomato enchiladas				•					•		•		•		•				•
	BURRITOS																			
253	Pork pibil			✓	•w	•				•		•				•				•
263	with Baja cheese			✓	•w	•				•		•				•				•
1323	pimped-up			✓	•w	•				•		•				•				•
252	Chicken tinga			✓	•w	•				•		•				•			•	•
262	with Baja cheese			✓	•w	•				•		•				•			•	•
1322	pimped-up			✓	•w	•				•		•				•			•	•
251	Flash-grilled skirt steak			✓	•w	•				•		•				•				•
261	with Baja cheese			✓	•w	•				•		•				•				•
1324	pimped-up			✓	•w	•				•		•				•				•
1465	Fire-roasted poblano pepper	✓	✓	✓	•w	•				•		•				•				•
1321	pimped-up	✓		✓	•w	•				•		•				•				•
1250	Vegan sweet potato (off-menu special)	✓	✓	✓	•w	•				•		•				•				•
1365	pimped-up	✓	✓	✓	•w	•				•		•				•				•
	SALADS																			
	The Sonora salad																			
628	with chargrilled steak			✓	•sw		•			•		•				•				
627	with Yucatecan grilled chicken			✓	•sw		•			•		•				•				
1471	with roasted winter vegetables	✓	✓	✓	•sw		•			•		•				•				•
	MEXICO CITY BOARDS (BLUEWATER ONLY)																			
1007	Pork pibil				•w					•		•				•				•
983	Chicken & bacon				•w					•		•				•				
986	Alambres steak				•w					•		•				•				
PLU	DESSERTS	vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	garlic	lupin	milk	molluscs	mustard	nuts	onion	peanuts	sesame	soya	sulphites
271	Churros y chocolate	✓		✓	•w							•								•
276	Churros y cajeta caramel	✓		✓	•w							•								
1472	Chocolate brownie	✓			•w			•				•			•					•
277	Salted caramel ice-cream	✓										•								
1473	Vanilla ice-cream & chocolate sauce	✓										•								•
275	Mango sorbet	✓	✓									•								
463	Passion fruit sorbet	✓										•								
PLU	TABLE SAUCES	vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	garlic	lupin	milk	molluscs	mustard	nuts	onion	peanuts	sesame	soya	sulphites
867	Hot & Fiery Arbol Chilli Sauce	✓	✓							•						•				
869	Smoky Chipotle Chilli Sauce	✓	✓							•						•				
868	Fruity Habanero Chilli Sauce	✓								•						•				
PLU	KIDS' MENU	vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	garlic	lupin	milk	molluscs	mustard	nuts	onion	peanuts	sesame	soya	sulphites
	Build your own tacos																			
1089	with grilled chicken				•					•		•				•				
1090	with grilled steak				•					•		•				•				
1088	with crunchy cod			✓	•				•	•		•				•				
1091	with seasonal veg	✓	✓	✓	•					•		•				•				
	Cheesy toasted quesadilla sandwiches																			
1092	with gooey melted cheese	✓			•					•		•				•				
1093	with grilled chicken				•					•		•				•				

VEGETARIAN / VEGAN DIETS

We define dishes suitable for vegetarians as those which do not contain meat as an ingredient & dishes suitable for vegans as those which do not contain meat or animal products as an ingredient. Suitable dishes are marked with a tick (✓) in the relevant column. If our chefs can make a change to make a dish suitable, it is marked with a pink tick (✓). We have a separate vegan information menu available on request. Please see our note overleaf regarding oil & fryers - if you are concerned about cross-contamination of this nature, please avoid dishes marked as deep-fried.

PASTEURISED DAIRY

All our dairy products are pasteurised, with the exception of Grana Padano cheese which is a PDO (Protected Denomination of Origin) product. Please check with your waiter about use of Grana Padano if you are concerned.

NUTRITIONAL INFORMATION

Nutritional information & calorie counts are not currently available for our dishes, though it's something we are investigating. If you are looking for lower calorie items we'd recommend our salads (without the tortilla bowl and perhaps with dressing on the side), vegetable or steak tacos (without cheese), or anything from the grill (grilled steak, chicken or fish).