

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 can be removed

PLU	NIBBLES	vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	garlic	lupin	milk	molluscs	mustard	nuts	onion	peanuts	sesame	soya	sulphites
103	Guacamole with tortilla chips	✓	✓	✓						●						●				
102	Guacamole with pork scratchings									●						●				
614	Salsa & tortilla chips	✓	✓	✓												●				
196	Frijoles & tortilla chips with cheese & crema	✓		✓						●		●								
1151	Frijoles & tortilla chips with chorizo			✓						●		●				●				
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																				
1421	Hibiscus-roasted aubergine salad	✓	✓	✓						●		●				●		●		●
1437	Four cheese empanada			✓	●w					●		●				●			●	●
TOSTADAS & TAQUITOS																				
1315	Corn & black bean tostada	✓		✓						●		●				●				●
1420	Devon crab tostada			✓		●	●	●		●						●		●		●
948	Sweet potato & feta taquito	✓		✓				●		●		●				●			●	●
QUESADILLAS																				
161	Black bean & cheese	✓			●w					●		●				●				●
510	Roast chilli	✓			●w					●		●				●				●
1419	Mexican style chorizo & potato				●w					●		●				●				●
1418	The chicken club				●w					●		●				●				●
CLASSIC TACOS																				
121	Pork pibil									●		●				●				●
1415	Grilled ancho chicken									●		●				●			●	●
124	Grilled British steak									●		●				●				●
125	Grilled British steak with cheese									●		●				●				●
1416	Fire-roasted cactus & courgette	✓	✓			●		●		●		●				●				●
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
1441	Beetroot & Goat's Curd Salad	✓	✓									●		●		●				●
1440	Seafood Coctel			✓	●b	●	●		●	●		●				●				●
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	✓	✓	✓						●						●				
1331	Grilled summer corn	✓	✓					●				●								
192	Frijoles	✓								●		●				●				
1164	Frijoles with chorizo									●		●				●				
659	Corn & bean salad	✓	✓							●		●		●		●				●
800	Rice n' beans	✓	✓			●				●		●				●				
193	Spicy 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

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

PLU	BIGGER FOOD	vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	garlic	lupin	milk	molluscs	mustard	nuts	onion	peanuts	sesame	soya	sulphites
	CLASSICS																			
1326	Yucatecan grilled chicken					●				●				●		●				●
1325	British steak, the Mexican way					●				●				●		●				●
1422	Grilled MSC cod 'al pastor'					●			●	●				●		●				
1423	Toasted corn & spelt risotto	✓	✓		●s					●				●		●				
1353	Mexico City style chicken 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	●				●						●				●
1424	Fire-roasted cactus & courgette	✓	✓		●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			●		●				●		●				
1427	with hibiscus-roasted aubergine	✓	✓	✓	●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	✓		✓	●z															
276	Churros y cajeta caramel	✓		✓	●z															●
1426	Leo's coconut flan	✓						●												
277	Salted caramel ice-cream	✓																		
272	Vanilla ice-cream & cajeta 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 MSC 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 (✓). Meat and vegetarian / vegan dishes are prepared and stored separately. Please see our note above 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).