

# WAHACA'S ALLERGEN & DIETARY REQUIREMENTS GUIDE

## HOW TO USE OUR ALLERGEN GUIDE

Our guide will let you know which of the 14 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 = change to cooking process
- 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	lupin	milk	molluscs	mustard	nuts	peanuts	sesame	soya	sulphites	garlic	onion	
1453	Guacamole with tortilla chips	✓	✓	✓																●	
5366	Guacamole with chilli flakes & tortilla chips	✓	✓	✓																●	
5716	Tomato salsa & chips	✓	✓	✓																●	
5302	Veggie nachos	✓	✓	✓							●									●	
5302	Mexico city nachos chorizo			✓							●									●	
5712	Salsa flight	✓	✓																	●	
1106	Gluten-free tortilla chips	✓	✓																	●	
PLU	STREET FOOD	vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	nuts	peanuts	sesame	soya	sulphites	garlic	onion	
TACOS																					
121	Pork pibil										●									●	●
7212	Slow-cooked beef brisket					●														●	●
4213	Plantain	✓	✓	✓							●									●	●
5402	Grilled chicken & avocado										●									●	●
5528	Chargrilled steak & cheese				●						●		●							●	●
5673	Garden veg	✓	✓	✓																●	●
5717	Grilled mushroom & feta	✓	✓								●		●							●	●
1249	Vegan plantain (off-menu special)	✓	✓	✓									●							●	●
BAJA TACOS																					
4204	Buttermilk chicken			✓	●w			●			●		●							●	●
4232	MSC battered fish			✓	●w	●		●	●		●		●							●	●
QUESADILLAS																					
5359	Grilled chicken club				●w	●		●			●									●	●
1817	Trealy farm chorizo				●w						●									●	●
5505	Black bean & three cheese	✓	✓		●w						●									●	●
PLATITOS																					
948	Sweet potato & feta taquito	✓		✓				●			●						●			●	●
5671	Cheese & chilli croquetas	✓		✓	●w						●									●	●
1826	Crab gratin			✓	●w	●	●	●			●					●				●	●
5534	Crispy cauliflower bites	✓		✓	●w			●			●		●							●	●
1825	Squash tostada	✓	✓	✓							●					●				●	●
SPECIALS																					
5560	Halloumi taco	✓									●		●							●	●
5568	Falafel taco	✓	✓	✓	●w								●							●	●
PLU	SALADS & BOWLS	vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	nuts	peanuts	sesame	soya	sulphites	garlic	onion	
	The Sonora salad																				
5320	with avocado & feta	✓	✓	✓	●						●		●							●	●
5321	with Yucatecan grilled chicken			✓	●								●							●	●
5322	with chargrilled steak			✓	●								●							●	●
	Mexican bowl																				
4208	With sweet potato & tenderstem broccoli	✓	✓	✓		●					●		●							●	●
5356	With pork pibil					●					●		●							●	●
5355	With grilled chicken					●					●		●							●	●

**NUTS** We cook in an open kitchen environment and currently use nuts throughout our menus. Although care is taken at all times, we cannot guarantee there is no cross contamination of nut products in any of our dishes. We do not have separated preparation areas for allergenic ingredients or separated fryers. In addition our external suppliers cannot guarantee that supplied products have no traces of nuts.

### OIL & FRYERS (DEEP FRIED)

If you are concerned about cross-contamination, 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 (✓). 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.

### 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. ●w indicates the dish has a modified cooking process to ensure no cross contamination of allergens

PLU	BIGGER PLATES	vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	nuts	peanuts	sesame	soya	sulphites	garlic	onion
<b>BURRITOS</b>																				
252	Grilled chicken			✓	●w	●					●		●						●	●
262	with Baja cheese			✓	●w	●					●		●						●	●
4217	Ultimate			✓	●w	●					●		●					●	●	●
253	Pork pibil			✓	●w	●					●		●					●	●	●
263	with Baja cheese			✓	●w	●					●		●					●	●	●
4218	Ultimate			✓	●w	●					●		●					●	●	●
251	Chargrilled steak			✓	●w	●					●		●						●	●
261	with Baja cheese			✓	●w	●					●		●						●	●
4219	Ultimate			✓	●w	●					●		●					●	●	●
5540	Slow cooked beef brisket			✓	●w	●					●		●						●	●
5541	with Baja cheese			✓	●w	●					●		●						●	●
5542	Ultimate			✓	●w	●					●		●					●	●	●
6186	Sweet potato	✓	✓	✓	●w	●							●						●	●
5365	with Baja cheese	✓		✓	●w	●					●		●						●	●
5543	Ultimate	✓	✓	✓	●w	●					●		●					●	●	●
<b>ENCHILADAS</b>																				
4209	Mushroom enchilada	✓	✓			●					●		●					●	●	●
1816	Grilled chicken enchiladas					●					●		●					●	●	●
PLU	SIDES	vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	nuts	peanuts	sesame	soya	sulphites	garlic	onion
132	Sweet potato	✓	✓	✓															●	●
5718	Sweet potato bravas	✓	✓	✓				●											●	●
192	Frijoles	✓	✓								●								●	●
1164	Frijoles with sobrasada																		●	●
5354	Grilled tenderstem broccoli	✓	✓										●					●	●	●
5719	Mixed leaf & avocado salad	✓	✓										●					●	●	●
800	Rice n' beans	✓	✓			●					●								●	●
1476	Wahaca slaw	✓	✓										●						●	●
PLU	DESSERTS	vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	nuts	peanuts	sesame	soya	sulphites	garlic	onion
271	Churros y chocolate	✓	✓	✓	●w						●						●			
276	Churros y cajeta caramel	✓	✓	✓	●w						●									
4226	Vegan churros	✓	✓	✓	●w									●						
1472	Chocolate brownie	✓			●w			●			●			●			●			
5518	Black coconut bunuelo	✓		✓	●			●			●						●			
5050	Raspberry bunuelo	✓		✓	●			●			●									
5049	Salted caramel bunuelo	✓		✓	●			●			●						●			
5338	Ice cream black coconut	✓						●			●									
5339	Ice cream salted caramel	✓						●			●									
5340	Ice cream vanilla	✓						●			●									
5341	Raspberry sorbet	✓	✓																	
PLU	KIDS' MENU	vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	nuts	peanuts	sesame	soya	sulphites	garlic	onion
	Build your own tacos																			
1089	with grilled chicken			✓	●						●									●
1090	with grilled steak			✓	●						●								●	●
1088	with crunchy fish			✓	●w				●		●									●
1091	with seasonal veg	✓	✓	✓	●						●								●	●
	Cheesy toasted quesadilla sandwiches																			
1092	with gooey melted cheese	✓		✓	●w						●									●
1093	with grilled chicken			✓	●w						●									●

**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).

**DRINKS**

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