

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, as well as garlic and onion. Whilst an allergen may not be listed in the menu description, it may be present in the dish. 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 with a pink tick (✓) when our chefs can make a change so they are suitable.

KEY

● / ● = allergen present / allergen can be removed

●w/s/b/o = the gluten present in the dish is wheat (w), spelt (s), both spelt and wheat (sw), barley (b) or oats (o)

●p/c/a = the tree nut present in the dish is pecan nuts (p), cashew nuts (c) or almonds (a)

✓ / ✓ = suitable for vegetarians, vegans or dish is deep-fried / can be made suitable or deep-fried ingredient removed

* / * = Part of the dish has been fried in oil that may contain traces of Allergens not in the dish itself / The fried element of the dish can be removed.

NUTS/ALLERGENS We cook in an open kitchen environment and currently use nuts and other allergens throughout our menus. Although care is always taken, we cannot guarantee there is no cross contamination of 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 or other allergens present. Please speak to a manager if you have any concerns. In this guide, ●p indicates the tree nut present is pecan nuts; ●c indicates cashew nuts; ●a indicates almonds; ●p/c/a indicates the dish can be modified to be free from tree nuts.

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; ●b indicates barley; ●o indicates oats. ●w indicates the dish can be modified to be gluten free.

VEGETARIAN / VEGAN DIETS We define dishes suitable for vegetarians as those which do not contain meat or fish as an ingredient & dishes suitable for vegans as those which do not contain 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.

NUTRITIONAL INFORMATION This can be found on our table menus and on our website for all food dishes and non-alcoholic drinks.

WORCESTERSHIRE SAUCE We have a few drinks with a tomato base that includes Worcestershire sauce, which contains traces of anchovies (fish) as a flavouring as well as gluten. Please review the guide if you wish to avoid this.

WINE You will notice that some of our wines are not marked as suitable for vegetarians. This is due to the 'fining' process of wine, where combinations of egg whites, milk protein and gelatine are sometimes used to remove sediment from the wine before bottling. Please refer to this guide to establish which of our wines are suitable for your dietary requirements.

