

# WAHACA'S LUNCH FOR 1 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) 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.

### 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 other allergens, in which case these dishes are marked with a black asterisk (\*) to denote that the dish could contain traces of the following allergens; **Gluten, Fish, Milk, Mustard, Soya, Sulphites, as well garlic and onion**. Dishes marked with a pink asterisk (\*) can have the fried element of the dish removed.

### 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/s/b/o 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. 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.

### DAIRY

All of our dairy products are pasteurised, except for the cheese in the Potato Esquites. If you are avoiding unpasteurised dairy, please ask for this to be removed.

### NUTRITIONAL INFORMATION

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

### DRINKS

We have a separate allergy guide for our drinks menu, please ask your waiter if you require this. Oat milk is available in all of our restaurants as a dairy substitute, please ask if you would like to swap regular milk for this.

| LUNCH FOR 1                   |             |        |             |        |        |             |      |      |       |      |          |         |      |         |        |      |           |        |       |   |
|-------------------------------|-------------|--------|-------------|--------|--------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-----------|--------|-------|---|
| SIDES                         | VEGETARIAN? | VEGAN? | DEEP FRIED? | GLUTEN | CELERY | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | NUTS | PEANUTS | SESAME | SOYA | SULPHITES | GARLIC | ONION |   |
|                               | Guacamole   | ✓      | ✓           |        |        |             |      |      |       |      |          |         |      |         |        |      |           |        |       |   |
| Smoky Sonoran hummus          | ✓           | ✓      |             |        |        |             |      |      |       |      |          |         |      |         |        |      |           | ●      | ●     | ● |
| Homemade tortilla chips *     | ✓           | ✓      | ✓           |        |        |             |      |      |       |      |          |         |      |         |        |      |           |        |       |   |
| Sweet potato & feta taquito * | ✓           |        | ✓           |        |        |             | ●    |      |       | ●    |          |         |      |         |        | ●    |           | ●      | ●     |   |
| Chipotle salsa                | ✓           | ✓      |             |        |        |             |      |      |       |      |          |         |      |         |        |      |           |        | ●     | ● |
| TACOS                         |             |        |             |        |        |             |      |      |       |      |          |         |      |         |        |      |           |        |       |   |
| Buttermilk chicken *          |             |        | ✓           | ●W     |        |             | ●    |      |       | ●    |          | ●       |      |         |        |      |           | ●      | ●     | ● |
| MSC battered fish *           |             |        | ✓           | ●W     |        |             | ●    | ●    |       | ●    |          | ●       |      |         |        |      |           | ●      | ●     | ● |
| Beef Gringa                   |             |        |             |        | ●      |             |      |      |       | ●    |          |         |      |         |        |      |           | ●      | ●     | ● |
| Pork pibil                    |             |        |             |        |        |             |      |      |       | ●    |          |         |      |         |        |      |           |        | ●     | ● |
| Plantain *                    | ✓           | ✓      | ✓           |        |        |             |      |      |       | ●    |          |         |      |         |        |      |           |        | ●     | ● |
| Ancho mushroom *              | ✓           | ✓      | ✓           |        |        |             | ●    |      |       |      |          | ●       |      |         |        |      |           | ●      | ●     | ● |

| VEGAN LUNCH FOR 1           |             |        |             |        |        |             |      |      |       |      |          |         |      |         |        |      |           |        |       |   |
|-----------------------------|-------------|--------|-------------|--------|--------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-----------|--------|-------|---|
| SIDES                       | VEGETARIAN? | VEGAN? | DEEP FRIED? | GLUTEN | CELERY | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | NUTS | PEANUTS | SESAME | SOYA | SULPHITES | GARLIC | ONION |   |
|                             | Guacamole   | ✓      | ✓           |        |        |             |      |      |       |      |          |         |      |         |        |      |           |        |       |   |
| Smoky Sonoran hummus        | ✓           | ✓      |             |        |        |             |      |      |       |      |          |         |      |         |        |      |           | ●      | ●     | ● |
| Homemade tortilla chips *   | ✓           | ✓      | ✓           |        |        |             |      |      |       |      |          |         |      |         |        |      |           |        |       |   |
| Vegan Bean tostada *        | ✓           | ✓      | ✓           |        |        |             |      |      |       |      |          |         |      |         |        |      |           |        | ●     | ● |
| Chipotle salsa              | ✓           | ✓      |             |        |        |             |      |      |       |      |          |         |      |         |        |      |           |        | ●     | ● |
| TACOS                       |             |        |             |        |        |             |      |      |       |      |          |         |      |         |        |      |           |        |       |   |
| Vegan plantain taco *       | ✓           | ✓      | ✓           |        |        |             |      |      |       |      |          | ●       |      |         |        |      |           | ●      | ●     | ● |
| Vegan ancho mushroom taco * | ✓           | ✓      | ✓           |        |        |             |      |      |       |      |          | ●       |      |         |        |      |           | ●      | ●     | ● |