

# 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/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	✓	✓	✓														●	●	●
614	Roast tomato salsa with tortilla chips	✓	✓	✓															●	●
5302	Veggie nachos	✓	✓	✓							●						●	●	●	●
5302	Mexico city nachos chorizo			✓							●						●	●	●	●
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										●							●	●	●
5313	Grilled chicken & avocado																	●	●	●
660	Plantain	✓	✓								●							●	●	●
5503	Poblano pepper	✓	✓											●				●	●	●
1249	Vegan plantain (off-menu special)	✓	✓	✓														●	●	●
5504	DIY taco board Steak							●			●		●				●	●	●	●
BAJA TACOS																				
1417	Buttermilk chicken			✓	●w	●		●			●		●					●	●	●
1313	MSC battered cod			✓	●w			●	●		●							●	●	●
5501	Chargrilled steak				●w													●	●	●
5502	Chargrilled steak with cheese				●w						●							●	●	●
SPECIALS																				
7203	Beef mole taco					●											●	●	●	●
7201	Turkey picadillo taco													●				●	●	●
7207	Mince pie empanada	✓	✓		●			●		●										
QUESADILLAS																				
5505	Black bean & three cheese	✓			●w						●								●	●
5507	Trealy farm chorizo				●w						●						●	●		●
5359	Grilled chicken club				●w			●			●							●	●	●
5506	Roasted chilli	✓			●w						●								●	●
PLATITOS																				
948	Sweet potato & feta taquito	✓	✓					●			●						●	●	●	●
3211	Crispy duck croquetas			✓	●w						●		●				●	●	●	●
5168	Mexican ceviche			✓					●									●	●	●
5508	Chargrilled Crown Prince squash	✓	✓		●s								●	●				●	●	●
5509	Combread & whipped goats cheese	✓			●w			●			●								●	●
5167	Mushroom tostada	✓									●			●			●	●	●	●
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																			
5322	with chargrilled steak			✓	●sw								●					●	●	●
5321	with Yucatecan grilled chicken			✓	●sw								●					●	●	●
5320	with avocado & feta	✓	✓	✓	●sw						●		●					●	●	●
	Mexican bowl																			
5356	With pork pibil					●					●		●					●	●	●
5355	With grilled chicken				●	●					●		●					●	●	●
5513	With grilled squash & tenderstem broccoli	✓	✓		●						●		●					●	●	●

**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.

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>																					
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	•					•						•	•	•	•	
5514	Fire roasted poblano pepper	✓	✓	✓	•w	•					•						•	•	•	•	
5515	with Baja cheese	✓	✓	✓	•w	•					•						•	•	•	•	
5516	pimped-up	✓	✓	✓	•w	•					•						•	•	•	•	
1250	Vegan sweet potato (off-menu special)	✓	✓	✓	•w	•											•	•	•	•	
1365	vegan pimped-up	✓	✓	✓	•w	•											•	•	•	•	
<b>ENCHILADAS</b>																					
5517	Poblano pepper	✓	✓			•					•						•	•	•	•	
1510	Chicken & tomato enchiladas					•					•						•	•	•	•	
<b>FROM THE GRILL</b>																					
1468	Yucatecan grilled chicken					•					•						•	•	•	•	
5352	British steak, the Mexican way					•					•						•	•	•	•	
5317	Grilled sea bream al ajillo				•s				•								•	•	•	•	
<b>SIDES</b>																					
132	Sweet potato	✓	✓	✓													•		•	•	
192	Frijoles	✓									•								•	•	
1164	Frijoles with sobrasada										•								•	•	
5354	Grilled tenderstem broccoli	✓	✓										•					•	•	•	
659	Avocado, com & bean salad	✓	✓										•				•	•	•	•	
1476	Wahaca slaw	✓	✓								•						•	•	•	•	
<b>DESSERTS</b>																					
271	Churros y chocolate	✓	✓	✓	•w						•						•				
276	Churros y cajeta caramel	✓	✓	✓	•w						•										
1472	Chocolate brownie	✓			•w			•			•			•			•				
5518	Black coconut bunuelo	✓		✓	•w			•			•						•				
5050	Raspberry bunuelo	✓		✓	•w			•			•										
5049	Salted caramel bunuelo	✓		✓	•w			•			•						•				
5337	Bunuelo pastry	✓	✓	✓	•w																
5338	Ice cream black coconut	✓						•			•										
5339	Ice cream salted caramel	✓						•			•										
5340	Ice cream vanilla	✓						•			•										
5341	Raspberry sorbet	✓	✓					•			•										
<b>TABLE SAUCES</b>																					
867	Hot & Fiery Arbol Chilli Sauce	✓	✓																•	•	
869	Smoky Chipotle Chilli Sauce	✓	✓																•	•	
868	Fruity Habanero Chilli Sauce	✓	✓																•	•	
<b>KIDS' MENU</b>																					
	Build your own tacos																				
1089	with grilled chicken				•w						•									•	
1090	with grilled steak				•w						•									•	
1088	with crunchy cod			✓	•w				•		•									•	
1091	with seasonal veg	✓	✓	✓	•w						•								•	•	
	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. Soy milk is available in some restaurants; please ask. Our Mexican hot chocolate contains nuts.