

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 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	✓	✓	✓														●		●
5304	Mexico city nachos	✓	✓	✓							●						●	●	●	●
5302	Nachos with 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																	●	●	●
124	Flash grilled steak																●		●	●
125	Flash grilled steak & cheese										●						●		●	●
5316	Cactus & courgette	✓	✓			●		●										●	●	●
1416	Cactus & courgette & cheese	✓	✓			●		●			●							●	●	●
660	Plantain	✓		✓							●							●	●	●
1249	Vegan plantain (off-menu special)	✓	✓	✓															●	●
5362	DIY taco board Steak							●			●		●				●	●	●	●
BAJA TACOS																				
1417	Buttermilk chicken			✓	●w	●		●			●		●					●	●	●
1313	MSC battered cod			✓	●w			●		●	●							●	●	●
QUESADILLAS																				
5358	Black bean & cheese	✓			●w						●								●	●
5360	Pork pibil				●w						●							●	●	●
5359	Grilled chicken club				●w			●			●							●	●	●
PLATITOS																				
948	Sweet potato & feta taquito	✓		✓				●			●							●	●	●
3211	Duck croquetas			✓	●w						●		●					●	●	●
5306	Chorizo empanada			✓	●w								●						●	●
5308	Mexican grilled corn	✓	✓					●			●							●	●	●
TOSTADAS																				
5310	The GLT	✓	✓	✓	●w								●					●	●	●
5314	Pea, ricotta & mint	✓	✓	✓							●		●					●	●	●
5311	Devon crab & avocado			✓			●	●			●							●	●	●
PLU	BIGGER PLATES	vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	nuts	peanuts	sesame	soya	sulphites	garlic	onion
SALADS & BOWLS																				
	The Sonora salad																			
5322	<i>with chargrilled steak</i>			✓	●sw								●					●	●	●
5321	<i>with Yucatecan grilled chicken</i>			✓	●sw								●					●	●	●
5320	<i>with avocado & feta</i>	✓	✓	✓	●sw						●		●					●	●	●
	Mexican bowl																			
5356	<i>With pork pibil</i>					●					●		●					●	●	●
5355	<i>With grilled chicken</i>				●w	●					●		●					●	●	●
5357	<i>With sauteed corn & tenderstem broccoli</i>	✓	✓			●					●		●					●	●	●

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 (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.

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.

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BURRITOS		vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	nuts	peanuts	sesame	soya	sulphites	garlic	onion
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	●					●						●	●	●	●
1465	Cactus & courgette	✓	✓	✓	●w	●					●						●	●	●	●
5365	with Baja cheese	✓	✓	✓	●w	●					●						●	●	●	●
1321	pimped-up	✓		✓	●w	●					●						●	●	●	●
1250	Vegan sweet potato (off-menu special)	✓	✓	✓	●w	●											●	●	●	●
1365	pimped-up	✓	✓	✓	●w	●											●	●	●	●
ENCHILADAS		vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	nuts	peanuts	sesame	soya	sulphites	garlic	onion
5318	Cactus & courgette	✓	✓			●					●		●				●	●	●	●
5319	Chicken & tomato enchiladas					●					●		●				●	●	●	●
FROM THE GRILL		vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	nuts	peanuts	sesame	soya	sulphites	garlic	onion
1468	Yucatecan grilled chicken					●					●		●				●	●	●	●
5352	British steak, the Mexican way					●					●		●				●	●	●	●
5317	Grilled sea bream al ajillo				●s				●				●				●	●	●	●
SIDES		vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	nuts	peanuts	sesame	soya	sulphites	garlic	onion
132	Sweet potato	✓	✓	✓													●		●	●
192	Frijoles	✓									●								●	●
1164	Frijoles with sobrasada										●								●	●
5354	Grilled tenderstem broccoli	✓	✓										●					●	●	●
659	Avocado, com & bean salad	✓	✓										●					●	●	●
DESSERTS		vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	nuts	peanuts	sesame	soya	sulphites	garlic	onion
5335	Churros y chocolate	✓		✓	●w						●						●			
5336	Churros y cajeta caramel	✓		✓	●w						●									
1472	Chocolate brownie	✓			●w			●			●			●			●			
5337	Bunuelo	✓	✓	✓	●w															
5338	Ice cream black coconut	✓						●			●									
5339	Ice cream salted caramel	✓						●			●									
5340	Ice cream vanilla	✓						●			●									
5341	Raspberry sorbet	✓	✓																	
TABLE SAUCES		vegetarian?	vegan?	deep-fried?	gluten	celery	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	nuts	peanuts	sesame	soya	sulphites	garlic	onion
867	Hot & Fiery Arbol Chilli Sauce	✓	✓																●	●
869	Smoky Chipotle Chilli Sauce	✓	✓																●	●
868	Fruity Habanero Chilli Sauce	✓																	●	●

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).

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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	<i>with grilled chicken</i>				●w						●									●
1090	<i>with grilled steak</i>				●w						●								●	●
1088	<i>with crunchy cod</i>			✓	●				●		●									●
1091	<i>with seasonal veg</i>	✓	✓	✓	●w						●								●	●
	Cheesy toasted quesadilla sandwiches																			
1092	<i>with gooey melted cheese</i>	✓			●						●									●
1093	<i>with grilled chicken</i>				●						●									●
1090	<i>with grilled steak</i>				●w						●								●	●
1088	<i>with crunchy cod</i>			✓	●				●		●									●
1091	<i>with seasonal veg</i>	✓	✓	✓	●w						●								●	●
	Cheesy toasted quesadilla sandwiches																			
1092	<i>with gooey melted cheese</i>	✓			●						●									●
1093	<i>with grilled chicken</i>				●						●									●