

BURRITOS AND SALADS ARE GLUTEN FREE WHEN EATEN IN A BOWL (WITHOUT A TORTILLA) AND EXCLUDING THE ITEMS BELOW:

INGREDIENTS CONTAINING GLUTEN: Tortillas (both Flour and Wheat), Croutons, Rice Noodles, Balsamic Dressing, Caesar Dressing, Chinese Dressing, Ranch Dressing, Buffalo Sauce, Peanut Sauce, Teriyaki Sauce

ITEM	INGREDIENTS	DAIRY	EGGS	FISH	GLUTEN	PEANUTS	SOY	TREE NUT	VEGETARIAN	VEGAN
Classic	Black beans, corn salsa, choice of mild, medium or hot salsa, jack cheese, cilantro lime rice, sour cream.	DAIRY							VEGETARIAN	
Bangkok	Thai-style peanut sauce, Asian slaw, cucumbers, cilantro lime rice.				GLUTEN	PEANUTS	SOY			VEGAN
Summer	Black beans, mango salsa, jack cheese, cilantro lime rice.	DAIRY							VEGETARIAN	
Mediterranean	House made hummus, tomato salsa, cucumber, feta cheese, brown rice, balsamic vinaigrette.	DAIRY							VEGETARIAN	
Teriyaki	Teriyaki sauce, caramelized onions, broccoli, carrots, brown rice.				GLUTEN		SOY			VEGAN
Buffalo	Buffalo sauce, bleu cheese dressing, celery, romaine lettuce, white rice.	DAIRY	EGGS		GLUTEN		SOY		VEGETARIAN	
Tikka Masala	Tikka masala sauce, curried chickpeas, cucumber mint sauce, cilantro lime rice.	DAIRY							VEGETARIAN	
Currito House	Romaine lettuce, grilled chicken, pico de gallo, corn salsa, black beans, feta cheese, scallions, creamy lime dressing.	DAIRY								
Chinese Chicken	Romaine lettuce, grilled chicken, rice noodles, carrots, almonds, sesame seeds, scallions, Chinese dressing.				GLUTEN		SOY			
Caesar Chicken	Romaine lettuce, grilled chicken, herb croutons, feta cheese, Caesar dressing.	DAIRY	EGGS	FISH	GLUTEN		SOY			
Quesadilla	Fresh grilled chicken, melted jack cheese, pico de gallo, caramelized onions, flour tortilla.	DAIRY			GLUTEN				VEGETARIAN	
Egg & Cheese	Scrambled eggs, melted cheese, roast potatoes, black or pinto beans.	DAIRY	EGGS		GLUTEN				VEGETARIAN	
Bacon Egg & Cheese	Scrambled eggs, melted cheese, roast potatoes, black or pinto beans, bacon.	DAIRY	EGGS		GLUTEN				VEGETARIAN	
Chorizo Egg & Cheese	Scrambled eggs, melted cheese, roast potatoes, black or pinto beans, chorizo.	DAIRY	EGGS		GLUTEN				VEGETARIAN	
Supremo Torta	Freshly scrambled eggs, guacamole, spicy chorizo, caramelized onions, jack cheese, on a toasted telera roll.	DAIRY	EGGS		GLUTEN				VEGETARIAN	
Chorizo Torta	Freshly scrambled eggs, spicy chorizo, caramelized onions, jack cheese, on a toasted telera roll.	DAIRY	EGGS		GLUTEN				VEGETARIAN	
Bacon Torta	Freshly scrambled eggs, bacon, caramelized onions, jack cheese, on a toasted telera roll.	DAIRY	EGGS		GLUTEN				VEGETARIAN	
Berry Blitz	Apple juice, blueberries, banana and raspberry sorbet.								VEGETARIAN	VEGAN
Cape Codder	Apple juice, cranberries, blueberries, raspberry sorbet, non-fat frozen yogurt.	DAIRY							VEGETARIAN	
Mango Passion	Mango juice, mango, non-fat frozen yogurt.	DAIRY							VEGETARIAN	
Triathlete	Apple juice, mango juice, strawberries, banana, energy pack, fat burner.								VEGETARIAN	VEGAN
Soy Milkshake	Soymilk, strawberries, banana and honey.						SOY		VEGETARIAN	VEGAN
Nutella Milkshake	Skim milk, non-fat frozen yogurt, Nutella and fruit if desired.	DAIRY						TREE NUT	VEGETARIAN	
The Jimmy Carter	Skim milk, peanut butter, banana, non-fat frozen yogurt.	DAIRY				PEANUTS			VEGETARIAN	
Strawbana	Apple juice, mango juice, strawberries, banana, non-fat frozen yogurt.	DAIRY							VEGETARIAN	
White Corn Tortilla Chip	Ground corn treated with lime, water, vegetable oil (contains one or more of the following: cottonseed oil, corn oil), salt.								VEGETARIAN	VEGAN
Corn Salsa	Corn, red pepper, red onion, jalapeño, lime juice, kosher salt, cilantro, green onion, chipotle peppers, water, sugar								VEGETARIAN	VEGAN
Mango Salsa	Mango, red pepper, red onion, jalapeño, lime juice, kosher salt, cilantro								VEGETARIAN	VEGAN
Pico de gallo Salsa	Roma tomatoes, yellow onion, cilantro, jalapeño, lime juice, kosher salt								VEGETARIAN	VEGAN
Verda (mild) Salsa	Tomatillos, jalapeno, yellow onion, water, cilantro, avocado, kosher salt, garlic								VEGETARIAN	VEGAN
Roasted Tomato (med)	Fire roasted tomatoes, tomatillos, yellow onion, jalapeño, kosher salt, garlic, cilantro, chipotle pepper puree, water, pico de gallo								VEGETARIAN	VEGAN
Habañero (hot) Salsa	Fire-roasted tomatoes, garlic, jalapeño, chipotle pepper puree, kosher salt, habanero powder, white vinegar, water								VEGETARIAN	VEGAN
Guacamolé	Avocado, jalapeño, garlic, kosher salt, lime juice, pico de gallo								VEGETARIAN	VEGAN
Nutella Wrap	Nutella (sugar, palm oil, hazelnuts, cocoa, skim milk, reduced mineral whey (milk), lecithin as emulsifier (soy), vanillin: an artificial flavor), flour tortilla (enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening (partially hydrogenated soybean and/or cottonseed oils or palm oil or corn oil), contains 2% or less of the following: salt, baking powder, calcium propionate, distilled mono and diglycerides, sorbic acid, fumaric acid, gum blend, sugar, dough relaxer)	DAIRY			GLUTEN			TREE NUT	VEGETARIAN	
Choc Chip Cookie	Enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), semisweet chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin (an emulsifier), natural flavor, may contain milk products), sugar, butter, (cream (from milk), salt), palm and soybean oils, high fructose corn syrup, water, eggs, artificial flavor, leavening (baking soda, sodium acid pyrophosphate, monocalciumphosphate), molasses, salt, manufactured on shared equipment with peanuts and tree nuts.	DAIRY	EGGS		GLUTEN		SOY		VEGETARIAN	