



ALLERGEN

INFORMATION GUIDE

Updated 7th November 2025



INTRODUCTION

Every effort is made by El Mexicana and its colleagues to meet EU Allergen requirements and fully support our customer's information needs.

The allergen data we provide is based on recipe information and supplier specifications. However, within our kitchens we do use ingredients containing the following major allergens:

- Gluten
- Eggs
- Fish
- Soybean
- Milk
- Nuts
- Celery
- Mustard
- Sulphur Dioxide

From time to time may use other ingredients that have:

- Crustaceans
- Peanuts
- Sesame Seed
- Lupin
- Molluscs

It is impossible for us to fully guarantee the separation of these items in storage, preparation or cooking, however, we make every effort to do so.

Gluten ingredients which are deep-fried will use the same fryers in our kitchens as dishes not containing these ingredients and whilst there may be minimal risk of cross-contamination we cannot totally guarantee the absence of wheat or gluten, which may, therefore, affect extremely sensitive sufferers.

Please ask your restaurant host to confirm any items you are concerned about.

GUIDANCE ON USING THE ALLERGEN DATA:



Indicates that an allergen is present in the ingredient.



Indicates that NO allergen is used in the preparation of this product.

Review Date: 07/11/2025.



BASES	THIS DISH CONTAINS													
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites/ Sulphur Dioxide
Burrito		•												
Naked Burrito														
Loaded Nachos		•											•	
Loaded Quesadilla		•					•							
Loaded Fries		•											•	
Cali Burrito		•											•	
Chipotle Dirty Fries		•					•						•	

FILLINGS	THIS DISH CONTAINS													
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites/ Sulphur Dioxide
Black Turtle Beans														
Mexican Rice														
Mexican Beans														•

PROTEINS	THIS DISH CONTAINS													
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites/ Sulphur Dioxide
Beef Chilli	•												•	
Chargrilled Chicken		•											•	
Chicken Tinga														
Carnitas (Pulled Pork)													•	
Guacamole														
Veggie Chilli	•												•	

TOPPINGS	THIS DISH CONTAINS													
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites/ Sulphur Dioxide
Slaw														•
Guacamole														
Pico de Gallo Salsa														
Jalapeño Peppers														•
Grated Cheese							•							
Coriander														
Sour Cream							•							
Nacho Cheese							•							
Chipotle Nacho Cheese							•							

SALSAS	THIS DISH CONTAINS													
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites/ Sulphur Dioxide
Sour Cream							•							
Garlic Crema (Mild)							•							
Salsa Verde (Medium)														•
Chipotle Salsa (Medium)														
Chipotle Sour Cream (Medium)							•							
Chilli Barbecue (Medium)														
Ghost Pepper (Hot)														•

SIDES	THIS DISH CONTAINS													
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites/ Sulphur Dioxide
Mex Wings		•											•	
Mexican Fries		•											•	
Dirty Fries		•					•						•	•
Simple Nachos		•					•						•	•
Sweet Potato Fries		•											•	
Tortilla Chips		•											•	

CHURROS	THIS DISH CONTAINS													
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites/ Sulphur Dioxide
Mexican Churros		•											•	
Mexican Churros with Chocolate Sauce		•					•						•	
Mexican Churros with Dulce de Leche		•					•						•	

FROZEN MARGARITA	No Allergen is known to be present when preparing this product. However, Slush Ice Drinks can contain glycerol as a substitute for sugar, at a level required to create the 'slush' effect. At this level, <u>we recommend that children four years of age and under not consume these drinks</u> due to their potential to cause side effects such as headaches and sickness, particularly when consumed in excess.													
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GELATO	THIS DISH CONTAINS													
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites/ Sulphur Dioxide
Madagascan Vanilla							•							
Strawberry							•							
Chocolate							•						•	
Waffle Cone		•											•	

MILKSHAKES	THIS DISH CONTAINS													
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites/ Sulphur Dioxide
Chocolate Flake							•						•	
Lotus Biscoff		•					•						•	
Oreo		•					•						•	
Strawberries & Cream							•						•	
Vanilla							•							

SEASONAL	THIS DISH CONTAINS													
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites/ Sulphur Dioxide
Pumpkin Spice Shake							•							
Pumpkin Spice Latte							•							
Pumpkin Marshmallows														
Gingerbread Latte							•							
White Chocolate Latte							•							
Peppermint Mocha							•						•	
Spiced Pumpkin Shott Syrup														
Gingerbread Shott Syrup														
Peppermint Shott Syrup														
White Chocolate Shott Syrup														

HOT DRINKS	THIS DISH CONTAINS													
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites/ Sulphur Dioxide
Latte							•							
Cappuccino							•							
Flat White							•							
Espresso														
Americano														
Hot Chocolate							•						•	
Semi-Skimmed Milk							•							
Oat Milk														
Almond Milk										•				
Soya Milk													•	
Vanilla Shott Syrup														
Caramel Shott Syrup														
Hazelnut Shott Syrup														
English Breakfast Tea														
Green Tea														
Peppermint Tea														
Berry Infusion Tea														