

ALLERGEN INFORMATION GUIDE

Updated 27th October 2026



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 may 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.

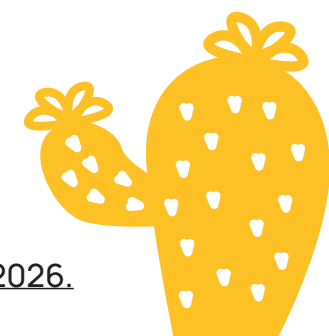
Gluten ingredients which are deep-fried will use the same fryers in our kitchens as dishes not containing these ingredients and whilst there may be minimal risk of cross-contamination we cannot totally guarantee the absence of wheat or gluten, which may, therefore, affect extremely sensitive sufferers.

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 an allergen may be present in the ingredient.
-  Indicates that NO allergen is used in the preparation of this product.

Review Date: 27/10/2026.



ALLERGENS		THIS DISH CONTAINS													
		<div>Celery</div> 	<div>Cereals Containing Gluten</div> 	<div>Crustaceans</div> 	<div>Eggs</div> 	<div>Fish</div> 	<div>Lupin</div> 	<div>Milk</div> 	<div>Molluscs</div> 	<div>Mustard</div> 	<div>Nuts</div> 	<div>Peanuts</div> 	<div>Sesame Seeds</div> 	<div>Soya</div> 	<div>Sulphites/ Sulphur Dioxide</div> 
BASES	Burrito		WHEAT												
	Naked Burrito														
	Loaded Nachos		WHEAT											•	
	Loaded Quesadilla		WHEAT					•							
	Loaded Fries		WHEAT											•	
	Cali Burrito		WHEAT											•	
	Chipotle Dirty Fries		WHEAT					•						•	
FILLINGS	Black Turtle Beans														
	Mexican Rice														
	Mexican Beans														•
PROTEINS	Beef Chilli	•												•	
	Chargrilled Chicken		WHEAT											•	M/C
	Chicken Tinga														
	Carnitas (Pulled Pork)													•	M/C
	Guacamole														
	Veggie Chilli	•												•	
TOPPINGS	Slaw														•
	Guacamole														
	Pico de Gallo Salsa														•
	Jalapeño Peppers														•
	Grated Cheese							•							
	Coriander														
	Sour Cream							•							
	Nacho Cheese							•							
	Chipotle Nacho Cheese							•							

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SALSAS	Garlic Crema (Mild)							•							
	Salsa Verde (Medium)														•
	Chipotle Salsa (Medium)														M/C
	Chipotle Sour Cream (Medium)							•							M/C
	Chilli Barbecue (Medium)														
	Ghost Pepper (Hot)														M/C
	Mex Wings		WHEAT											•	
SIDES	Mexican Fries		WHEAT											•	M/C
	Dirty Fries		WHEAT					•						•	•
	Chipotle Dirty Fries		WHEAT					•						•	•
	Simple Nachos		WHEAT					•						•	•
	Sweet Potato Fries		WHEAT											•	
	Tortilla Chips		WHEAT											•	
	Mexican Churros		WHEAT											•	M/C
CHURROS	Chocolate Sauce Dip							•							
	Dulce de Leche Dip							•							
	White Chocolate Dip							•						•	
	Flake ® Milkshake							•						•	
MILKSHAKES	Lotus Biscoff ® Milkshake		WHEAT					•						•	
	Oreo ® Milkshake		WHEAT					•						•	
	Strawberry Milkshake							•						•	
	Vanilla Milkshake							•							

[illegible]

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SEASONAL	Pumpkin Spice Latte							•							
	Spiced Pumpkin Hot Chocolate							•						•	
	Hazelnut Flat White							•							
	Gingerbread Latte							•							
	White Chocolate Latte							•							
	Hazelnut Hot Cocoa							•						•	



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BREAKFAST	Bacon Roll w/butter		WHEAT					•						•		
	Sausage Roll w/butter		WHEAT					•						•	•	
	Breakfast Burrito		WHEAT		•			•						•	•	
	Bacon Muffin		WHEAT											•		
	Sausage Muffin		WHEAT											•	•	
	Egg & Cheese Muffin		WHEAT		•									•		
	Bacon & Egg Muffin		WHEAT		•									•		
	Sausage & Egg Muffin		WHEAT		•									•	•	
	Egg				•											
	Cheddar Cheese							•								
	Sausage		WHEAT												•	•
	Bacon															
	Hash Brown															
	Pepper Jam Salsa															
BAGUETTES	Big Eat Baguette (Bacon, Sausage & Egg)		WHEAT		•									•	•	
	Bacon Baguette		WHEAT													
	Sausage Baguette		WHEAT											•	•	
PANINIS	Ham, Cheese & Mayo Panini		WHEAT		•			•								
	Tuna, Mayo & Cheese Panini		WHEAT		•	•		•								
	Cheese, Tomato & Pesto Panini		WHEAT					•								
	Meatball & Cheese Panini		WHEAT					•							•	



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JACKET POTATOES	Baked Beans Jacket Potato							•							
	Grated Cheese Jacket Potato							•							
	Tuna Mayo Jacket Potato				•	•		•							
	Beef Chilli Jacket Potato	•						•						•	
	Veggie Chilli Jacket Potato	•						•						•	

