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.
M/C	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													
		Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites/ Sulphur Dioxide
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											•	
CHURROS	Mexican Churros		WHEAT											•	M/C
	Chocolate Sauce Dip							•							
	Dulce de Leche Dip							•							
	White Chocolate Dip							•						•	
MILKSHAKES	Flake ® Milkshake							•						•	
	Lotus Biscoff ® Milkshake		WHEAT					•						•	
	Oreo ® Milkshake		WHEAT					•						•	
	Strawberry Milkshake							•						•	
	Vanilla Milkshake							•							

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ICED	Iced Latte							•							
	Mango Smoothie														
	Frozen Margaritas	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, we recommend that children four years of age and under not consume these drinks due to their potential to cause side effects such as headaches and sickness, particularly when consumed in excess.													
GELATO	Madagascan Vanilla							•							
	Strawberry							•							
	Chocolate							•						•	
	Waffle Cone		WHEAT											•	
HOT DRINKS	Latte							•							
	Cappuccino							•							
	Flat White							•							
	Espresso														
	Americano														
	Hot Chocolate							•						•	
	Semi-Skimmed Milk							•							
	Oat Milk (GF)														
	Almond Milk										•				
	Soya Milk													•	
	Vanilla Shott Syrup														
	Caramel Shott Syrup														
	Hazelnut Shott Syrup														
TEA	English Breakfast Tea														
	Green Tea														
	Peppermint Tea														
	Berry Infusion Tea														
	Strawberry														

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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	•						•						•	