

TIJUANA FLATS MENU ALLERGEN INFORMATION

While we update this sheet on a regular basis the information displayed is for guidance only.

Appetizers	Egg	Fish	Milk	MSG	Other Gluten	Peauts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Atom Bombs			✓		✓				✓		✓
Chips and Beefy Queso			✓		*			**	✓		
Chips and Guacamole					*			**	✓		
Chips and Queso			✓		*			**	✓		
Chips and Salsa					*			**	✓		
Tijuana Trio			✓		*			**	✓		
Cheese	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Cheddar Jack Cheese			✓								
Powerlite Cheese			✓								
Desserts	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Churros	✓		✓		✓			✓			✓
Cookie Dough Flautas	✓		✓		✓			✓	✓	✓	✓
Cake Pop	✓		✓		✓						✓
Chocolate Chip Cookie	✓		✓		✓						✓
Turtle Brownie	✓		✓		✓					✓	✓
Extras & Toppings	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Salsa									✓		
Guacamole									✓		
Queso			✓						✓		
Pico de Gallo									✓		
Chipotle Red Sauce											
Verde Sauce											
Jalapenos											
Onions											
Lettuce											
Tomatoes											
Sour Cream			✓								
Powerlite Sour Cream			✓								
Black Beans											
Refried Beans											
Rice									✓		
Salad Mix											
Bangin Chicken Items	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Bangin Chicken Burrito	✓		✓	✓	✓			✓	✓		✓
Bangin Chicken Tostadas	✓		✓	✓	*			✓			✓
Kids Meal Sides	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Candy			✓			✓		✓			✓
Apple Sauce											
Temporary Tattoos								✓			
Proteins	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Ground Beef											
Original Chicken											
Blackened Chicken											
Steak									✓		
Fish		✓			*				✓		
Chicken Fingers					✓			✓			✓
Refried Beans											
Black Beans											
Salad Dressings	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Ranch Dressing	✓		✓	✓							
Avocado Ranch Dressing	✓		✓	✓					✓		
Southwest Citrus Vinaigrette									✓		
Tortillas & Chips	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Flour Tortilla					✓				✓		✓
Whole Wheat Tortilla					✓				✓		✓
Hard Taco Shells					*			**			
Tostada Shell					*			**			
Enchilada Shell					*			**			
Nacho Chips					*			**			
Salad Shell					✓			**	✓		✓
Mexican Pizza Shell					✓			**	✓		✓

* Potential gluten due to other items in fryer oil.

** Soy from fryer