

ALLERGEN INFORMATION

Bowls

| | egg | fish | milk | peanut | shellfish | soy | tree nuts | coconut | wheat | gluten |
|---------------------------|-----|------|------|--------|-----------|-----|-----------|---------|-------|--------|
| al pastor bowl | | | X | | | | | X | | |
| birria | | | X | | | | | | X | X |
| fajita del rey | | | X | | | X | | X | | |
| grilled salmon | | X | X | | | | | | | |
| keto bowl | | | X | | | | | | | |
| protein bowl | X | | X | | | | | | | |
| spicy cilantro verde bowl | | | | | | | | X | | |
| street corn en fuego | | | X | | | | | X | | |

Burritos

| | egg | fish | milk | peanut | shellfish | soy | tree nuts | coconut | wheat | gluten |
|--------------------------------|-----|------|------|--------|-----------|-----|-----------|---------|-------|--------|
| breakfast burrito | X | | X | | | | | X | X | X |
| burrito mexicano | | | X | | | | | X | X | X |
| guiltless burrito | | | X | | | | | | X | X |
| fajita burrito | | | X | | | X | | X | X | X |
| burritos: flour tortilla | | | | | | | | | X | X |
| burritos: jalapeño tortilla | | | | | | | | | X | X |
| burritos: gluten free tortilla | | | | | | | | X | | |

Desserts

| | egg | fish | milk | peanut | shellfish | soy | tree nuts | coconut | wheat | gluten |
|--------------------------|-----|------|------|--------|-----------|-----|-----------|---------|-------|--------|
| barrio fruit bowl | | | | | | | | | | |
| churro waffle bites | | | | | | | X | X | | |
| horchata cookie | X | | X | | | | | | X | X |
| mexican chocolate cookie | | | X | | | | | | X | X |

Kids

| | egg | fish | milk | peanut | shellfish | soy | tree nuts | coconut | wheat | gluten |
|---------------------|-----|------|------|--------|-----------|-----|-----------|---------|-------|--------|
| kids burrito | | | X | | | | | X | X | X |
| kids chicken strips | | | | | | | | X | | |
| kids quesadilla | | | X | | | | | | X | X |
| kids taco | | | X | | | | | | | |

Cheese

| | egg | fish | milk | peanut | shellfish | soy | tree nuts | coconut | wheat | gluten |
|---------------------|-----|------|------|--------|-----------|-----|-----------|---------|-------|--------|
| cotija | | | X | | | | | | | |
| fresco | | | X | | | | | | | |
| jalapeño jack | | | X | | | | | | | |
| oaxaca | | | X | | | | | | | |
| vegan chipotle jack | | | | | | | | X | | |
| vegan mozzarella | | | | | | | | X | | |

Tacos

| | egg | fish | milk | peanut | shellfish | soy | tree nuts | coconut | wheat | gluten |
|-----------------------|-----|------|------|--------|-----------|-----|-----------|---------|-------|--------|
| tacos: butter lettuce | | | | | | | | | | |
| barrio | | | | | | | | | | |
| baja (non-vegan) | | X | | | | | | | | |
| birria | | | X | | | | | | | X |
| tinga (non-vegan) | | | | | | X | | | | |
| asada (non-vegan) | | | X | | | | | | | |
| salmon | | X | X | | | | | | | |
| tierra | | | | | | X | | | | |
| vegan asada | | | | | | X | | X | | |
| vegan baja | | | | | | | | X | | |
| vegan tinga | | | | | | | | | | |
| cauliflower | | | | | | | | | | |
| papas y queso | | | X | | | | | | | |
| tres hermanas | | | X | | | | | | | |

Quesadillas

| | egg | fish | milk | peanut | shellfish | soy | tree nuts | coconut | wheat | gluten |
|-----------------------|-----|------|------|--------|-----------|-----|-----------|---------|-------|--------|
| guiltless gluten-free | | | X | | | | | X | | |
| mushroom & jalapeño | | | X | | | X | | | | |
| house | | | X | | | | | | X | X |
| street corn | | | X | | | | | X | | |

Soups

| | egg | fish | milk | peanut | shellfish | soy | tree nuts | coconut | wheat | gluten |
|--------------------|-----|------|------|--------|-----------|-----|-----------|---------|-------|--------|
| spicy chicken soup | | | | | | X | | | | X |
| tortilla soup | | | | | | X | | X | | X |
| black bean soup | | | | | | | | X | | |

Sides

| | egg | fish | milk | peanut | shellfish | soy | tree nuts | coconut | wheat | gluten |
|-----------------------|-----|------|------|--------|-----------|-----|-----------|---------|-------|--------|
| black beans | | | | | | | | X | | |
| chips & salsa | | | | | | | | | | |
| cilantro lime rice | | | | | | | | | | |
| guacamole | | | | | | | | | | |
| half & half chips | | | | | | | | | | |
| mahi & shrimp ceviche | | X | | | X | | | | | |
| mexican rice | | | | | | | | | | |
| pinto beans | | | X | | | | | | | |
| plantain chips | | | | | | | | | | |
| quinoa salad | | | | | | | | | | |
| cauliflower rice | | | | | | | | | | |
| street corn | | | X | | | | | X | | |
| tortilla chips | | | | | | | | | | |
| vegan queso | | | | | | | | X | | |

ALLERGEN INFORMATION

Salads

| | egg | fish | milk | peanut | shellfish | soy | tree nuts | coconut | wheat | gluten |
|------------------------|-----|------|------|--------|-----------|-----|-----------|---------|-------|--------|
| shredded kale & quinoa | | | | | | X | | X | | |
| taco salad | | X | X | | | X | | | | |
| tocaya salad | | | X | | | | | | | |
| yucatan chop | | X | X | | | | | | | |

Extras

| | egg | fish | milk | peanut | shellfish | soy | tree nuts | coconut | wheat | gluten |
|---------------------------------|-----|------|------|--------|-----------|-----|-----------|---------|-------|--------|
| 3 corn tortillas | | | | | | | | | | |
| arbol salsa | | | | | | | | | | |
| jalapeños | | | | | | | | | | |
| pico de gallo | | | | | | | | | | |
| poblano dressing | | X | | | | X | | | | |
| red wine vinaigrette | | | | | | | | | | |
| roasted tomato salsa | | | | | | | | | | |
| spicy cilantro lime vinaigrette | | | | | | | | | | |
| tomatillo salsa | | | | | | | | | | |
| vegan chipotle crema | | | | | | | | | | |
| take & bake nachos | | | | | | | | X | | |

Proteins

| | egg | fish | milk | peanut | shellfish | soy | tree nuts | coconut | wheat | gluten |
|----------------------------|-----|------|------|--------|-----------|-----|-----------|---------|-------|--------|
| egg: scrambled, whole | X | | | | | | | | | |
| fried maitake mushroom | | | | | | X | | X | | |
| achiote chicken | | | | | | | | | | |
| adobo tofu | | | | | | X | | X | | |
| cilantro lime vegan chickn | | | | | | | | | | |
| carne asada | | | | | | | | | | |
| chicken tinga | | | | | | | | | | |
| diablo chicken | | | | | | | | | | |
| grilled salmon | | X | | | | | | | | |
| grilled shrimp | | | | | X | | | | | |
| mahi mahi | | X | | | | | | | | |
| turkey picante | | | | | | | | | | X |
| beef birria | | | | | | | | | | X |

While Tocaya takes into consideration a wide range of dietary preferences, we cannot guarantee that any of our restaurant items are 100% free of gluten, as there is always a possibility of limited amounts of gluten crossing over between kitchen areas. Please consider this when ordering from our menu. We therefore urge those guests w/ allergies, especially to nuts, garlic & soy, to exercise extreme caution as we are not liable for any injury caused by adverse reactions.

**Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness.