

ALLERGEN INFORMATION

Bowls

	egg	fish	milk	peanut	shellfish	soy	tree nuts	coconut	wheat	gluten
grilled pineapple al pastor			X					X		
birria			X						X	X
fajita del rey			X			X		X		
salmon		X	X							
keto			X							
protein	X		X							
spicy cilantro verde								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
fruit cart										
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 mozzarella								X		

Tacos

	egg	fish	milk	peanut	shellfish	soy	tree nuts	coconut	wheat	gluten
tacos: substitute butter lettuce										
street										
baja (non-vegan)		X	X							
birria			X							X
tinga (non-vegan)						X				
asada (non-vegan)			X							
salmon		X	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 quesadilla			X					X		
house quesadilla			X						X	X

Soups

	egg	fish	milk	peanut	shellfish	soy	tree nuts	coconut	wheat	gluten
tortilla soup						X		X		X
chicken soup			X					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										
mexican rice										
pinto beans						X				
plantain chips										
roasted cauliflower rice										
street corn			X					X		
tortilla chips										
vegan queso								X		

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Salads

	egg	fish	milk	peanut	shellfish	soy	tree nuts	coconut	wheat	gluten
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									
achiote chicken										
adobo tofu						X		X		
cilantro lime vegan chickn										
carne asada										
chicken tinga						X				
diablo chicken										
grilled chile lime salmon		X								
grilled shrimp					X					
fried mahi mahi		X								
turkey picante										
beef birria										X

Tortas

	egg	fish	milk	peanut	shellfish	soy	tree nuts	coconut	wheat	gluten
beef birria			X						X	X
chicken tinga			X			X			X	X
potato			X						X	X
shrimp					X				X	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.