



FOOD ALLERGENS

VEGETARIAN OPTIONS

EGG & MUSHROOM CAZUELA

scrambled eggs with roasted sweet potatoes, black beans, artisan Jack cheese and poblanos rajas, topped with wild arugula, Cotija cheese, cilantro, tortilla strips and avocado

ROASTED GARLIC MUSHROOM

TORTA cremini, shiitake + oyster mushrooms, smoky garlic mojo, poblano rajas, goat cheese, black beans, wild arugula, lime

CORN & POBLANO CHOWDER

sweet corn, roasted green chile, caramelized onion, cilantro crema, Cotija cheese, cilantro

TAQUERIA SALAD romaine, red onion, cilantro, wild arugula, poblano rajas, carrots, radishes, tortilla strips, lime-avocado vinaigrette, avocado, Cotija cheese

GUACAMOLE made fresh with ripe avocados, roasted tomatillo

SALSA & CHIPS just-fried tortilla chips with smoky chipotle and tomatillo Items that contain cheese and cilantro crema

DAIRY-FREE OPTIONS

Menu modifications can be made by:

TORTAS request all tortas to be made without cheese & cilantro crema (*except Pepito Torta*)

TORTILLA SOUP without cheese

TAQUERIA SALAD without cheese

GUACAMOLE without cheese

SALSA & CHIPS Always Dairy-Free!

DAIRY ALLERGY

EGGS contain sour cream

SHORT RIB contains whey protein

SOY ALLERGY

FRONTERA GRANOLA contains soy

GLUTEN-FREE OPTIONS

BREAKFAST CAZUELAS 5:30 - 11AM

without tortilla strips

scrambled eggs with roasted sweet potatoes, black beans, artisan Jack cheese and poblanos rajas, topped with wild arugula, Cotija cheese, cilantro and avocado

EGG & BACON

EGG & CHORIZO

EGG & MUSHROOM

GREEK-STYLE PLAIN 5:30 - 11AM

YOGURT without granola

TAQUERIA SALAD without tortilla strips

without crispy chicken

romaine, red onion, cilantro, wild arugula, poblano rajas, carrots, radishes, lime-avocado vinaigrette, avocado, Cotija cheese

TORTAS are gluten-free when ordered breadless (*except Pepito Torta and Milanese*)

SHELLFISH ALLERGY

This allergy can be severe and life threatening these items should be avoided.

GARLIC SHRIMP TORTA

smoky garlic mojo, poblano rajas, goat cheese, black beans, wild arugula, lime

TAQUERIA SALAD with shrimp

romaine, red onion, cilantro, wild arugula, poblano rajas, carrots, radishes, tortilla strips, lime-avocado vinaigrette, avocado, Cotija cheese

TREE NUTS & PEANUTS ALLERGY

FRONTERA GRANOLA contains peanuts

CAFFEINE-FREE

AGUAS FRESCAS all flavors

Our store offers products with peanuts, soy, milk, eggs, shellfish, and wheat. While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consumer for people with peanut, tree nut, soy, milk, egg, shellfish or wheat allergies.