

# ALLERGENS CONTENT IN INGREDIENTS

**01/01/2020**

At Barburrito, we take allergies and dietary requirements seriously. If you have a food allergy or intolerance, please let your server know before you order.

This guide explains the allergens that are specifically contained in our food recipes. However, please note that our dishes are prepared in a busy kitchen where allergens are present and some of the ingredients are made in factories where allergens are used and handled. As such, we cannot guarantee our dishes are 100% allergen-free.

## 1. MEAL BASE

FLOUR TORTILLA WRAPS **GLUTEN (WHEAT OATS BARLEY)**  
CORN TACOS  
LIME RICE **SULPHITES**  
BROWN RICE **CELERY**  
PINTO BEANS  
BLACK BEANS  
GF CHEESE SAUCE **MILK MUSTARD**  
MUSHROOMS **SULPHITES**  
ONIONS/PEPPERS

## 2. MAIN FILLINGS

GRILLED CHICKEN **SOYA**  
SHREDDED PORK  
SHREDDED BEEF  
DICED CHORIZO **MILK**  
THIS ISN'T CHICKEN **SULPHITES SOYA CELERY**

## 3. COLD TOPPINGS

GUACAMOLE **SULPHITES**  
PICO DE GALLO (MILD) **SULPHITES**  
RANCHERA (MEDIUM) **SULPHITES**  
CHIPOTLE (HOT SALSA) **SULPHITES**  
JALAPENOS  
CHEESE **MILK**  
SOUR CREAM **MILK**  
VEGAN SLAW **SULPHITES MUSTARD**  
LETTUCE/SPINACH  
PICKLED ONIONS **SULPHITES**  
OMEGA SEEDS

## 4. SIDES

TORTILLA CHIPS  
CHICKEN WINGS  
FRIES  
CHILLI/OREGANO FRIES SALT **MUSTARD**  
CHIPOTLE MAYONNAISE **MUSTARD SULPHITES**

## 5. OTHER INGREDIENTS

SRIRACHA SAUCE  
BBQ SAUCE  
CHICK PEAS  
GARLIC MAYONNAISE **MUSTARD SULPHITES**

## 6. LIMITED EDITIONS

HAGGIS **GLUTEN (OATS)**  
PIRI PIRI CHICKEN **MUSTARD SOYA CELERY EGG**  
KATSU CHICKEN **MUSTARD SOYA SESAME SEEDS**  
JALAPEÑO GRAVY  
SEASONAL SALSA **SULPHITES**

## 7. DESSERTS

CARAMEL SAUCE **MILK SOYA**  
CHURROS/WAFFLES **GLUTEN (WHEAT)**

## 8. BREAKFAST

BREAKFASTS EGG **SULPHITES EGG**  
BREAKFASTS SAUSAGE **GLUTEN (WHEAT) MILK SULPHITES SOYA**  
BREAKFASTS BACON  
BREAKFASTS BREAD **GLUTEN (WHEAT) SOYA**

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