

# PARRACUDA ALLERGY GUIDE

x = Contains Allergens  
 σ = Possible Allergens  
 v = Vegan

Menu Item	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Treenuts	Wheat	Vegan
<b>TORTILLA</b>										
FLOUR TORTILLA									x	v
CORN TORTILLA										v
<b>CHIPS + DIPS</b>										
SALSA + CHIPS							σ	σ	σ	v
QUESO + CHIPS			x				σ			
GUAC + CHIPS							σ			v
CHIPS							σ			v
<b>TACOS</b>										
CHICKEN TACO on flour tortilla				σ				σ	x	
BEEF TACO on flour tortilla									x	
PORK TACO on flour tortilla									x	
FISH TACO on flour tortilla	σ	x	σ		x	σ			x	
MUSHROOM TACO on flour tortilla					x				x	v
BROCCOLI TACO on corn tortilla					x			x		v
<b>BOWLS</b>										
CHICKEN BOWL			σ		σ					
BEEF BOWL			σ		σ					
PORK BOWL			σ		σ					
FISH BOWL		x	σ		σ	x			x	
MUSHROOM BOWL			σ		σ					
BROCCOLI BOWL			σ		σ					
<b>SIDES</b>										
QUESADILLA			x						x	
RICE										v
BEANS					x					v
PICKLES										v
CREMA	x		x							
GREEN SALSA										v
RED SALSA										v
ARBOL SALSA					x					v
SALSA MACHA										v
CHORIZO				σ				σ		
<b>SPECIALS</b>										
SUADERO BEEF									x	
CHICKEN MOLE	σ			x	x		σ	x	x	
SHRIMP MACHA		σ		σ	x	x		σ	x	
CHICKEN TINGA		x	σ				σ	σ		
ALAMBRES			x						x	
SWEET POTATO			x		x			x		
RED CHILE PORK				σ					x	
CHICKEN AL PASTOR								σ	x	
SHRIMP AGUA CHILE		σ				x				
SHISHITO QUESADILLA			x						x	
CHORIZO CAULIFLOWER				x				σ	σ	x
CHICKEN/TURKEY MOLE				x	x		x		x	
<b>HAPPY HOUR</b>										
NACHOS			x		σ		σ			
CRUNCHER TACO			x		x				σ	

*\*Disclaimer:* Our kitchen operates in a small space where common allergens are present. While we do our best to inform you of allergens on our menu and take precautions, cross-contamination is possible, and we cannot guarantee allergen-free dishes. If you have a severe allergy, please let us know, and we'll do our best to accommodate your needs.