

# Allergy Chart

Tito's BURRITOS & WINGS

MENU ITEM	DAIRY	WHEAT	SOY	EGG	SHELLFISH	FISH	TREE NUTS	PEANUTS
<b>BURRITOS</b>								
The Bird is the Word	•	•	•					
The Big Easy	•	•	•	•				
Buffalo Chicken Burrito	•	•	•	•				
The Spicoli	•	•	•					
Veggie Lover	•	•	•					
Hang-Five Shrimp	•	•	•		•			
Mac Daddy	•	•	•					
King of the Road	•	•	•					
<b>BURRITO BOWLS*</b>								
The Bird is the Word	•							
The Big Easy	•			•				
Buffalo Chicken Burrito	•	•	•	•				
The Spicoli	•							
Veggie Lover	•		•					
Hang-Five Shrimp	•		•		•			
Mac Daddy	•							
King of the Road	•							
*Crispy flour tortilla bowl contains gluten; "naked" burrito bowls do not								
<b>TACOS</b>								
Tito Chickito	•	•*	•*					
The Lowboy	•	•*	•*					
The Tony Hawk	•	•	•*	•				
Bang-Bang Shrimp		•	•*	•	•			
Veggie Lover	•	•*	•*					
Tito's Famous Fish Taco	•	•	•*			•		
The Ron Burgundy	•	•*	•*					
The Fat Amy	•	•	•	•				
*Represents tacos ordered with a SOFT SHELL (flour tortilla); HARD SHELL tacos (corn) do NOT contain the listed allergen(s)								
<b>SALADS</b>								
Taco Salad	•	•*	•*					
Chop Shop Salad								
*From the crispy flour tortilla bowl – can be ordered without								
<b>WINGS &amp; STRIPS</b>								
Wings (any qty)								
Strips (any qty)		•						
<b>WING SAUCES/DIPPING SAUCE</b>								
Aloha		•	•					
Mellow								
K-Pop		•	•					
Hot, Sweet & Sticky								
Nashville Hot Sauce			•					

MENU ITEM	DAIRY	WHEAT	SOY	EGG	SHELLFISH	FISH	TREE NUTS	PEANUTS
<b>WING SAUCES/DIPPING SAUCE (continued)</b>								
Jack Talk Thai							•*	
Wango Tango					•			
Gnarly-Q	•		•					
Gnarly	•		•					
Lively Up Yourself							•*	
Super Gnarly	•		•					
Wings of Death	•		•					
Bleu Cheese	•		•	•				
Ranch	•			•				
*Contains coconut, which the FDA considers a Tree Nut								
<b>DAILY SPECIALS</b>								
One Day Vacay	•	•	•				•*	
Runnin' Down a Dream	•	•	•	•				
Spicy Avocado	•	•	•					
Mother Clucker	•	•	•					
Dude from Ipanema	•	•	•					
*Contains coconut, which the FDA considers a Tree Nut								
<b>QUESADILLAS</b>								
Classic Quesadilla	•	•	•					
Grilled Chicken Quesadilla	•	•	•					
Grilled Steak Quesadilla	•	•	•					
The Miguelito Quesadilla	•	•	•					
<b>LOADED NACHOS</b>								
The Original	•							
<b>EMPANADAS</b>								
Shredded Chicken	•	•						
Ground Beef	•	•						
<b>FOR THE KIDS</b>								
Kids-a-dilla Meal	•	•	•					
Kids Taco Meal	•	•*	•*					
Kids Rippin' Strip Taco Meal	•	•	•					
Rippin' Strips Meal		•						
*Represents tacos ordered with a SOFT SHELL (flour tortilla); HARD SHELL tacos (corn) do NOT contain the listed allergen(s)								
<b>SIDES</b>								
Homemade Corn Tortilla Chips								
Guacamole								
Hand-cut Fries								
Rice & Beans Bowl	•							
Sour Cream	•							
Bowl of Rice								
Bowl of Beans								
<b>DESSERT</b>								
Cookie Dough Empanadas	•	•	•					

Many of our items that contain allergens like Dairy, Wheat or Soy can be modified to remove the allergen (aka just how you want it!). Please let us know if you have any questions regarding your dietary needs.