

 Escondido Allergen List						
	Dairy	Gluten	Nut	Pork	Shellfish	Soy
All fried items are fried in a blended soy bean oil						
All optional flour tortillas contain gluten						
APPETIZERS						
CHIPS		X				X
GUACAMOLE	X					
QUESO	X					
DIP TRIO	X					
QUESO FUNDIDO *	X	X				
NACHOS NICOLA	X	X				X
PAPAS BRAVAS *	X	X				X
MEXICAN SHRIMP COCKTAIL					X	
MEXICAN PIZZA	X	X				
CHICKEN FLAUTAS	X	X				X
ELOTE BITES *	X	X				X
QUESADILLA *	X	X				
SOUP / SALADS						
TORTILLA SOUP	X					
VEGAN BLACK BEAN SOUP						
CRISPY BEEF TACO SHELL SALAD	X	X				X
SHRIMP & CORN CHOP SALAD	X				X	
MEXICAN CAPRESE SALAD *	X					
TACOS						
CRISPY BEEF TACOS	X	X		X		X
BRISKET TACOS	X	X		X		X
CHICKEN TINGA TACOS	X	X		X		
SHRIMP TACOS	X	X		X	X	X
MUSHROOM SPINACH TACOS	X	X		X		
SPICED SALMON TACOS	X	X		X		
FAJITAS						
CHICKEN FAJITAS	X	X				
SHRIMP FAJITAS	X	X				X
STEAK FAJITAS	X	X				
PORTOBELLO FAJITAS *	X	X				
ENCHILADAS						
CHEESE ENCHILADAS	X	X		X		
CHICKEN ENCHILADAS	X	X		X		
BEEF ENCHILADAS	X	X		X		X
BRISKET ENCHILADAS	X	X		X		
VEGGIE ENCHILADAS *	X	X		X		
ENTREES						
CHILE RELLENO	X	X		X		X
CARNE ASADA	X	X				
PORK CHOP	X	X		X		
GUAJILLO GLAZED SHRIMP	X	X			X	X
GRILLED CHICKEN BREAST	X					
GRILLED SALMON	X					
SIDES						
MEXICAN RICE	X	X				
BACON REFRIED BEANS	X			X		
BLACK BEANS *						
AVOCADO A LA PLANCHA *						
SPINACH PORTOBELLO SAUTE *	X					
ELOTES *	X					
GRILLED JALAPENOS *						
ARUGULA PICO SALAD *						
LUNCH POWER BOWLS						
BRISKET POWER BOWL	X	X				
CHICKEN TINGA POWER BOWL	X	X				
GUAJILLO SHRIMP POWER BOWL	X	X			X	X
BRUNCH						
FRENCH TOAST	X	X				
BREAKFAST BURRITO	X	X		X		
CARNE ASADA & EGGS	X	X				
BREAKFAST TACOS	X	X		X		