



MONTEZUMA'S™ MEXICAN RESTAURANTS

ALLERGY FOOD CHART – GUIDELINE ONLY



ALLERGY	MENU ITEMS (with allergy)	SUGGESTED MENU ITEMS				
FLOUR	Enchilada Sauce Rice Flour Burritos Chilli Verde Seafood Filling	Tamale Pie served with beans instead of rice. All #3 (but not Seafood) served with beans and salad, make with red sauce instead of enchilada sauce. All #1 (no rice) Both #7 made with red sauce instead of enchilada sauce and serve with beans instead of rice. #11, #17 #18, #19, #20.				
VEGAN	Most of our meals are cooked with cheese, however it is not a problem to omit it.	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> HS Dip Taco - Vegetarian Only #1 Bean (no cheese or sour cream) #6 Vegetarian (no cheese or sour cream) #13 (no cheese) </td> <td style="width: 50%; border: none;"> Frijole Dip (no cheese) Tostada - Picadillo & Bean (no cheese) #3 Picadillo (no cheese) & #3 Bean (no cheese) #11 (no cheese) #18 Vegetarian (no cheese) </td> </tr> </table>	HS Dip Taco - Vegetarian Only #1 Bean (no cheese or sour cream) #6 Vegetarian (no cheese or sour cream) #13 (no cheese)	Frijole Dip (no cheese) Tostada - Picadillo & Bean (no cheese) #3 Picadillo (no cheese) & #3 Bean (no cheese) #11 (no cheese) #18 Vegetarian (no cheese)		
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NUTS	#9 Mole Poblano, #6 Chicken Burrito Picadillo Taco & #3 Picadillo Picadillo & Sin Carne Tostada (Any Meal with Picadillo)	Everything on the menu except for #9, #6 and Sin Carne Tostada and any meals that contain Picadillo.				
DAIRY	Queso Fundido Dip Guacamole Dip Nachos Most main meals are cooked with cheese, but can make most without.	You can recommend #10, #15 and #18 without the cheese.				
GARLIC	Most of our food is cooked in garlic, however there are a few select things that we can put together for you.	<table style="width: 100%; border: none;"> <tr> <td colspan="2" style="border: none;">All these meals can be served with Red Sauce and Jalapeno Sauce (Not Tomatillo Sauce)</td> </tr> <tr> <td style="width: 50%; border: none;"> Guacamole Dip, Hot Sauce Dip Chicken Tostada (no beans) #1 Chicken (no rice or beans) #8 served with salad only #25 served with salad only Salad (no dressing) </td> <td style="width: 50%; border: none;"> Chicken Taco Quesadilla with chicken instead of the chorizo #3 Chicken served with salad only #6 Chicken with salad only (no tomatillo sauce) #30 served with salad only </td> </tr> </table>	All these meals can be served with Red Sauce and Jalapeno Sauce (Not Tomatillo Sauce)		Guacamole Dip, Hot Sauce Dip Chicken Tostada (no beans) #1 Chicken (no rice or beans) #8 served with salad only #25 served with salad only Salad (no dressing)	Chicken Taco Quesadilla with chicken instead of the chorizo #3 Chicken served with salad only #6 Chicken with salad only (no tomatillo sauce) #30 served with salad only
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SEAFOOD	All meals containing Seafood are self descriptive.	There is a wide variety of meals for you to pick from.				

Please Note: Montezuma's Restaurants take great care in the preparation of meals, however due to the nature of processing, traces of soy, gluten, sulphates, dairy, nuts and monosodium l-glutamate may be present in some products.