

food facts

Dear customer,

Our food is complicated with many layers of ingredients and sometimes menu items are not as simple as they may sound. If you suffer from a food allergy that can cause severe reactions or even lead to death, **we highly recommend that you do not order food from Aqui.**

Food Allergy Information

Milk We use whipped cream, butter, sour cream, asiago, cotija, feta, goat cheese, cream cheese, jack and cheddar. With some items, the dairy can be removed for the customer, but with other items this is not possible (ie. Chicken Flautas, all enchiladas). Caesar Dressing, Ranch Dressing and Polenta are items with "hidden" dairy.

Peanut Any customer that has a severe peanut allergy **should not eat in our restaurant.** Severe reactions can occur. All food at Aqui is prepared on shared work surfaces.

Egg All creamy dressings and desserts are off limits.

Tree Nuts We are using walnuts in our Apple-Walnut Salad. We occasionally use pecans and almonds in our special dessert preparation.

Fish and Shellfish Any customer that has a severe fish or shellfish allergy should not eat in our restaurant. Severe reactions can occur.

Soy Soy is increasingly being used in the commercial production of foods. In our restaurant we use soy sauce, soybean salad oil and edamame (fresh soy beans) and organic tofu. Our beef and chicken are not recommended because we use soy sauce in the beef marinade and soybean oil in the chicken marinade. Also, some of our sauces and dressings are prepared with soybean oil.

Wheat and Gluten See reverse for current list of dishes prepared without wheat or gluten ingredients.



All food at Aqui is prepared on shared work surfaces.

* The Food Allergy & Anaphylaxis Network, www.foodallergy.org v.03.2010

Dishes Without Gluten Ingredients

These are the menu items that have been prepared without added gluten ingredients. However, we prepare many foods in our kitchen that do contain wheat and gluten ingredients and all of our food is prepared and cooked on shared work surfaces, so interaction of ingredients is possible. **We cannot guarantee that any of these items are 100% gluten free.**

starters

Avocado Dip
Aqui Sampler
Black Bean Dip
BBQ Pinto Bean Dip
Hummus
Salsa Fresca

salads

No chip strips

Southwest Caesar
Caesar with Chicken
Caesar with Salmon
Salmon Salad (*no tortillas*)

vegetarian

Adobo Tofu Polenta Bowl
Organic Greens Salad

small plates

Grilled Salmon on Polenta

kid's

Chicken Bowl

soft tacos

Order tacos on corn tortillas

Grilled Chicken
Pork Carnitas
Grilled Salmon

sides

All rice, all beans
Aqui Slaw, Ginger Slaw
Polenta
Grilled Veggies
Grilled Salmon
Pork Carnitas
Grilled Chicken

salsas

Salsa Fresca
Tomatillo Salsa
Salsa Macha
Habanero Salsa

dressings

Chipotle Dressing
Caesar Dressing
Ranch Dressing
Balsamic Vinaig.
Cilantro Pesto

Note on Tortilla Chips Our Tortilla Chips are prepared by an outside vendor. Although they do not contain gluten ingredients, shared surfaces and equipment may be present at their facility.

For updates: www.aquicalmex.com/foodfacts