

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 Aqi.**

Food Allergy Information

Dairy 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 the Sweet Potato-Polenta Fritter are items with "hidden" dairy. All food at Aqi is prepared on shared work surfaces.

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

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 Aqi is prepared on shared work surfaces.

* The Food Allergy & Anaphylaxis Network, www.foodallergy.org 09/2011

Items 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 Aquí Sampler
Black Bean Dip Hummus
Salsa Fresca

Salads & Plates

Southwest Caesar Salad (*no chips*)
with Chicken or Salmon
Salmon Salad (*no tortillas*)
Organic Greens Salad
Lemon Chicken Salad Small Plate
West Coast Salmon (*no tofu*)
Kid's Chicken Bowl

Sides

All rice All beans
Aqui Slaw Ginger Slaw
Seasonal Veggies Grilled Salmon
Pork Carnitas Grilled Chicken

Tacos

Grilled Chicken
Pork Carnitas
Grilled Salmon

Salsas

Salsa Fresca
Serrano-Tomatillo
Diablo Macha
Mango Habanero

Dressings

Lemon Vinaigrette
Chipotle Dressing
Caesar Dressing
Ranch Dressing
Balsamic Vinaig.
Cilantro Pesto

Classic Small Plate

Your choice of grilled natural chicken breast or natural pork carnitas with corn-jicama salsa, black beans, spinach and organic brown rice. 7.39

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.

Vegan Items

All Starters (*except Tomatillo Soup*)
Apple-Walnut Salad
Organic Greens Salad
Pinto Bean & Organic Brown Rice Burrito (*no cheese*)
All Beans, whole and mashed
Green Rice and Organic Brown Rice
Seasonal Vegetables

For updates: www.aquicalmex.com/foodfacts