

PEANUTS ALLERGY

No peanuts are being used for this menu

Beyond Beef® plant based crumbles are made from pea protein. Peas are legumes. Their products do not contain peanuts or tree nuts. People with severe allergies to legumes like peanuts should be cautious when introducing pea protein into their diet because of the possibility of a pea allergy.

FISH ALLERGY

Avoid all salmon, mahi mahi and tilapia dishes

CRUSTACEAN SHELLFISH ALLERGY

Avoid all crab and shrimp dishes

TREE NUTS ALLERGY

Avoid dishes with pistachio-black rice cake, other side dishes can be substituted for this item

NOTE: We use Pumpkin Seeds in our BBQ Chicken Quesadilla, Southwest Caesar Salad and Lime-Avocado Chicken Salad

VEGAN MENU ITEMS

MENU ITEMS

Avocado Roasted Corn Bowl **-order with no Monterey Jack or cotija**

Firecracker Organic Chickpeas Bowl **-order with no chile ranch dressing or cotija**

Lime-Avocado Chicken Salad **- order with no chicken or cotija cheese, may sub with Beyond Meat® plant based crumbles**

STARTERS

Chips and Salsa Fresca
Avocado Dip

SIDES

Broccoli
Organic mashed chickpeas
Beyond Meat® plant based crumbles
Grilled zucchini
Butternut squash pepita salsa
Sun dried tomato salsa
Red cabbage-daikon radish slaw
All beans and rice from our menu

SALSA BAR

All salsas are acceptable **-avoid dressings and sour cream**

Allergy and Food Facts Info

FOR AQUI SHELTER IN PLACE MENU

This brochure lists the best items to order if you suffer from any of the 8 major food allergies. We take great care in preparing your food, but we have a horizontal work surface system. This means that plates may pass through different stations to get completed. This can lead to unexpected cross contamination by allergens. We would love to be your restaurant today, but if you have severe allergic reactions to gluten (wheat), fish, crustacean shellfish, soy or peanuts, we think it's best to not eat at AQUI.

See our current store menu or our website for complete item descriptions listed in this brochure.



The most current version of this brochure and our most current menu may be found on our website.

www.aquicalmex.com

This document is subject to change without notice. 06/2020



WHEAT ALLERGY

Items prepared without gluten (wheat)

STARTERS

Chips & Salsa Fresca
Avocado Dip

MAIN PLATES

Blackened Salmon
-order with no chip garnish

West Coast Salmon
-order with no black rice cake, sub roasted corn brown rice

Mahi Mahi Piccata
-order with no noodle cake, sub roasted corn rice

BOWLS

Adobo Chicken
Lime-Avocado

Grilled Salmon
-order with no black rice cake, sub mashed sweet potatoes

Lemon Chicken
-order with no organic spinach noodle cake, sub roasted corn brown rice

Firecracker Shrimp
-order with no tortilla strips

VEGETARIAN

Avocado Roasted Corn Bowl
-order with no tortilla strips

SALADS

Southwest Caesar
-order with no tortilla strips

Grilled Salmon
-order with no wheat chips

Lime-Avocado Chicken
-order with no tortilla strips

TACOS

Adobo or Grilled Chicken

Grilled Salmon

KID'S

Classic Kid's Chicken Bowl

DESSERT

Flourless Chocolate Cake

SIDES

Grilled salmon, grilled chicken, broccoli, mashed sweet potatoes, grilled zucchini, Aquei slaw, mashed organic chickpeas, all rice and beans from the menu

SALSA BAR

All dressings and salsas are acceptable

Many foods in our kitchen contain gluten (wheat) ingredients, so interaction of ingredients is possible given our horizontal work surface system. These dishes from our menu are prepared without gluten ingredients and we cannot make any other accommodations. Due to our horizontal work surface system, we cannot guarantee that the items listed here are 100% gluten free. Thank you for understanding.

SOY ALLERGY

Items prepared without soy

STARTERS

Chips and Salsa Fresca
Avocado Dip

MAIN PLATES

West Coast Salmon
-order without aioli

Mahi Mahi Piccata
-order with no aioli

Blackened Salmon
-order with no Aquei slaw, sub broccoli

Chicken Enchiladas

BOWLS

Southwest Chicken Taquitos

Adobo Chicken
Lime-Avocado
-order with no garbanzo-jicama-edamame mix

Firecracker Shrimp
-order with no chile ranch dressing

VEGETARIAN

Firecracker Organic Chickpea Bowl
-order with no chile ranch dressing

Avocado Roasted Corn Bowl

SALADS

Lime-Avocado Chicken

Southwest Caesar
-chicken and salmon add-on OK

TACOS

Adobo or Grilled Chicken
-order with no aioli

KID'S

Classic Kid's Chicken Bowl

DESSERT

Flourless Chocolate Cake

SIDES

Grilled salmon, blackened salmon, grilled chicken, mashed sweet potatoes, grilled zucchini, mashed organic chickpeas, broccoli, all rice and beans from menu

SALSA BAR

Avoid: Chipotle Dressing

All other items from the Salsa Bar are acceptable

MILK ALLERGY

Items prepared without milk

STARTERS

Chips and Salsa Fresca

Avocado Dip

MAIN PLATES

West Coast Salmon
-order with no pistachio black rice cake, sub spinach-cilantro rice

Adobo Chicken
Fajitas -order with no cotija cheese

BOWLS

Grilled Salmon
-order with no pistachio black rice cake, sub mashed sweet potatoes

Southwest Chicken Taquitos -order with no sour cream

Adobo Chicken
Lime-Avocado
-order with no cotija cheese

VEGETARIAN

Firecracker Organic Chickpea - order with no chile ranch dressing or cotija

Avocado Roasted Corn Bowl -order with no Monterey Jack or cotija

SALADS

Lime Avocado Chicken -order with no cotija

Grilled Salmon
-order with no feta cheese

BURRITOS

All-order with no Monterey Jack cheese

TACOS

Adobo or Grilled Chicken

Grilled Salmon

SIDES

Grilled salmon, grilled chicken, broccoli, mashed sweet potatoes, Aquei slaw, organic mashed chickpeas, all rice and beans from the menu

SALSA BAR

All items from the Salsa Bar are acceptable

EGG ALLERGY

Items prepared without eggs

STARTERS

Chips and Salsa Fresca

Avocado Dip

MAIN PLATES

West Coast Salmon
-order with no aioli

Adobo Chicken
Fajitas -order with no chipotle dressing

Chicken Enchiladas

BOWLS

Lemon Chicken
-order with no aioli

Adobo Chicken
Lime-Avocado

Southwest Chicken Taquitos

Firecracker Shrimp
-order with no chile ranch dressing

Grilled Salmon
-order with no aioli

SALADS

Southwest Caesar

Lime-Avocado Chicken

Grilled Mahi Mahi
-order with no aioli

Grilled Salmon
-order with no aioli

VEGETARIAN

California Enchiladas

Cotija Taquitos

Avocado Roasted Corn Bowl

Firecracker Organic Chickpea
-order with no chile ranch dressing

BURRITOS

All -order with no aioli

QUESADILLAS

BBQ Chicken

Sonoma Goat Cheese

Chicken and Monterey Jack

Veggie

TACOS

Grilled Chicken or Adobo Chicken
-order with no aioli

KID'S

Classic Kid's Chicken Bowl

Simple Cheese Quesadilla

Bean and Cheese Burrito

SIDES

Grilled salmon, grilled chicken, organic mashed chickpeas, mashed sweet potatoes, grilled zucchini, broccoli, all rice and beans from the menu

SALSA BAR

Avoid: Chipotle Dressing

All other items from the Salsa Bar are acceptable