

## PEANUTS ALLERGY

Avoid these menu items

### VEGETARIAN

Thai Peanut  
Organic Tofu

### BURRITOS

Thai Chicken

### TACOS

Thai Chicken

## FISH ALLERGY

Avoid all salmon and tilapia dishes

## CRUSTACEAN SHELLFISH ALLERGY

Avoid all crab and shrimp dishes

## TREE NUTS ALLERGY

We do not use tree nuts in any of our menu items

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

## VEGAN MENU ITEMS

### MENU ITEMS

Thai Peanut  
Organic Tofu

Avocado Roasted  
Corn Bowl

-order with no cheese

Firecracker  
Organic Tofu

-order with no chile  
ranch dressing and  
no cotija cheese

Lime-Avocado  
Chicken Salad

-order with no chicken  
and cheese

-sub with organic tofu

### STARTERS

Chips and Salsa  
Fresca

Avocado Dip

Hummus

Black Bean Dip

Aqui Sampler

### SIDES

Organic Tofu

Broccoli

Escabeche Veggies

Chayote-Zucchini

Red Cabbage Slaw

Cauliflower-chickpea  
Mash

Mashed Sweet  
Potatoes

All beans and rice  
from our menu

### SALSA BAR

All salsas are  
acceptable

Avoid: dressings and  
sour cream

# Allergy and Food Facts Info

## AQUI SEASONAL 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.



NATURAL • WILD • ORGANIC

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

[www.aquicalex.com](http://www.aquicalex.com)

This document is subject to change without notice. 03/2021



NATURAL • WILD • ORGANIC

## WHEAT ALLERGY

Items prepared without gluten (wheat)

### STARTERS

Chips and Salsa Fresca  
Black Bean Dip  
Hummus  
Aqui Sampler  
Avocado Dip

### MAIN PLATES

Blackened Salmon  
-order with no chip garnish  
West Coast Salmon  
Achiote Grass Fed Beef  
-order with no organic corn meal-sweet potato fritter  
-sub with roasted corn brown rice

### VEGETARIAN

Romano Organic Polenta Bowl  
Firecracker Organic Tofu  
-order with no crisp cauliflower and no tortilla strips  
Avocado Roasted Corn Bowl  
-order with no tortilla strips

### BOWLS

Adobo Chicken Lime-Avocado  
Grilled Salmon  
-order with no organic corn meal-sweet potato fritter  
-sub with mashed sweet potatoes  
Lemon Chicken  
-order with no crisp cauliflower  
Pork Carnitas Supreme Bowl  
Firecracker Shrimp  
-order with no crisp cauliflower and no tortilla strips

### TACOS

Adobo Chicken Avocado  
BBQ Pork Carnitas  
Grass Fed Beef

### SALADS

Southwest Caesar  
-order with no tortilla strips  
Grilled Salmon  
-order with no wheat chips  
Lime-Avocado Chicken  
-order with no tortilla strips

### KID'S

Classic Kid's Chicken Bowl

### DESSERT

Flourless Chocolate Cake

### SIDES

Grilled salmon, grilled chicken, pork carnitas, grilled shrimp, tofu, broccoli, Aqui slaw, grass fed beef, chayote-zucchini, cauliflower-chickpea mash, creamy organic polenta, broccoli, all rice and beans from the menu

### SALSA BAR

All dressings and salsas are acceptable

### NOTE

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  
Black Bean Dip  
Hummus  
Aqui Sampler  
Avocado Dip  
Green Chile Tomatillo Soup

### MAIN PLATES

West Coast Salmon  
-order with no aioli  
Free Range Chicken Enchiladas  
Blackened Salmon  
-order with no Achiote slaw  
-sub with broccoli or chayote-zucchini

### BOWLS

Lemon Chicken  
-order with no crisp cauliflower and no lemon aioli  
Norteño Beef  
Pork Carnitas Supreme Bowl  
Southwest Chicken Taquitos  
Adobo Chicken Lime-Avocado  
-order with no Achiote veggies

### VEGETARIAN

Avocado Roasted Corn Bowl  
Sonoma Enchiladas  
Romano Organic Polenta Bowl  
Cotija Taquitos  
-order with no Achiote slaw

### SALADS

Lime-Avocado Chicken  
Southwest Caesar  
-chicken and salmon add-on OK

### TACOS

Adobo Chicken Avocado  
BBQ Pork Carnitas  
Grass Fed Beef  
-order with no cowboy dressing

### KID'S

Classic Kid's Chicken Bowl  
Chicken and Potato Flautas

### DESSERT

Flourless Chocolate Cake

### SIDES

Grilled salmon, grilled chicken, grilled shrimp, pork carnitas, grass fed beef, creamy organic polenta, cauliflower-chickpea mash, chayote-zucchini, broccoli, mashed sweet potatoes, 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  
Black Bean Dip  
Hummus  
Avocado Dip  
Aqui Sampler

### BOWLS

Lemon Chicken  
-order with no crisp cauliflower  
Grilled Salmon  
-order with no organic corn meal-sweet potato fritter  
-sub with mashed sweet potatoes  
Southwest Chicken Taquitos  
-order with no sour cream  
Adobo Chicken Lime-Avocado  
-order with no cotija cheese

### MAIN PLATES

West Coast Salmon  
Adobo Chicken Fajitas  
-order with no cotija cheese  
VEGETARIAN  
Thai Peanut Organic Tofu  
Avocado Roasted Corn Bowl  
-order with no cheese

### SALADS

Lime-Avocado Chicken  
-order with no cotija cheese  
Grilled Salmon  
-order with no feta cheese

### BURRITOS

All-order with no Monterey Jack cheese

### TACOS

All-order with no cheese

### KID'S

Classic Kid's Chicken Bowl  
-order with no cheese

### SIDES

Grilled salmon, grilled chicken, grilled shrimp, pork carnitas, grass fed beef, cauliflower-chickpea mash, tofu, broccoli, Achiote slaw, chayote-zucchini, all rice and beans from the menu

### SALSA BAR

Avoid: Sour Cream  
All other items from the Salsa Bar are acceptable

## EGG ALLERGY

Items prepared without eggs

### STARTERS

Chips and Salsa Fresca  
Black Bean Dip  
Hummus  
Aqui Sampler  
Avocado Dip  
Green Chile Tomatillo Soup

### MAIN PLATES

West Coast Salmon  
-order with no aioli  
Cuban Pork Enchiladas  
-order with no Achiote slaw  
-sub with any vegetable or any rice  
Blackened Salmon  
-order with no Achiote slaw  
-sub with any vegetable  
Achiote Grass Fed Beef  
-order with no organic corn meal-sweet potato fritter  
-sub with mashed sweet potatoes  
Adobo Chicken Fajitas  
-order with no chipotle dressing  
Free Range Chicken Enchiladas

### TACOS

Thai Chicken  
Adobo Chicken Avocado  
BBQ Pork Carnitas  
Grass Fed Beef  
-order with no cowboy dressing

### BOWLS

Lemon Chicken  
-order with no aioli  
Adobo Chicken Lime-Avocado  
Southwest Chicken Taquitos  
Pork Carnitas Supreme  
Norteño Beef

### VEGETARIAN

Cotija Taquitos  
-order with no Achiote slaw  
Romano Organic Polenta Bowl  
Veggie Feta Quesadilla  
Sonoma Enchiladas  
Thai Peanut Organic Tofu  
Avocado Roasted Corn Bowl

### SALADS

Southwest Caesar  
Lime-Avocado Chicken  
Grilled Salmon  
-order with no aioli

### QUESADILLAS

BBQ Chicken  
Sonoma Goat Cheese  
Adobo Chicken  
Chicken and Monterey Jack

### BURRITOS

All-order with no Achiote slaw  
Grilled Chicken or Pork Carnitas  
-order with no aioli  
Achiote Grass Fed Beef  
-order with no aioli  
Adobo Chicken  
Thai Chicken

### KID'S

Classic Kid's Chicken Bowl  
Chicken and Potato Flautas  
Simple Cheese Quesadilla  
Bean and Cheese Burrito

### SIDES

Grilled salmon, grilled chicken, grilled shrimp, pork carnitas, grass fed beef, creamy organic polenta, cauliflower-chickpea mash, chayote-zucchini, tofu, broccoli, all rice and beans from the menu

### SALSA BAR

Avoid: Chipotle Dressing  
All other items from the Salsa Bar are acceptable