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Before placing your order, please inform one of our restaurant managers if anyone in your party has a food allergy. We are committed to the health and safety of our guests, and upon request we will provide allergen information for our menu items for the most common allergens: egg, fish, milk, peanut, shellfish, soy, tree nuts, wheat/gluten, and sesame.


While we strive to keep allergen information accurate, ingredient changes, substitutions, and variations in preparation may occur. Menu items may differ by location, and some limited-time or test items may not be listed. We also use shared cooking areas. Thus, we cannot guarantee that any item on our menu is completely allergen-free.

Thank you for your understanding as we work to accommodate dietary needs.


































































FOOD ALLERGENS

	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUT	WHEAT	SESAME
#1									
#10									
#11									
#12									
#2									
#3									
#4									
#5									
#8									
#9									
Avocado Ensalada									
Babalu									
Ceviche de Camarones									
Chile con Queso									
Chips and Salsa									
Cocina Changa – Beef									
Cocina Changa – Chicken									
Cocina Changa – Fajita Chicken									
Cocina Changa – Fajita Beef									
Cocina Platter									
Crispy Chicken “Enchiladas Verdes”									
Crispy Guacamole Tacos									
Deluxe 57									
El Ray’s									
Enchilada Dinner – Poblano Chicken									
Enchilada Dinner – Spinach									
Enchiladas Sunset – 50/50									
Enchiladas Sunset – Beef									
Enchiladas Sunset – Chicken									




















FOOD ALLERGENS, CONT.

	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUT	WHEAT	SESAME
Ernie's Chicken									
Fajitas – 50/50									
Fajitas – Beef									
Fajitas – Chicken									
Fajitas – Latin Stir Fry Vegetables									
Fajitas – Ribeye									
Fajitas – Shrimp									
Fajitas Sunset – Shrimp									
Fajitas Sunset – Latin Stir Fry Vegetables									
Fajitas Sunset – Ribeye									
Flautitas de Pollo									
Gina's									
Grouper Ranchero									
Guacamole Mexicano									
Huevos con Chorizo									
Huevos Ranchero									
La Picoso									
Latin Stir Fry Vegetables									
Los Cabos Salad									
Luann's									
Mama's Chicken Con Hongos									
Mama's Tacos – Beef									
Mama's Tacos – Chicken									
MiCo Burrito – Beef									
MiCo Burrito – Brisket									
MiCo Burrito – Chicken									
Milo's									
Nachos al Carbon – 50/50									
Nachos al Carbon – Beef									
Nachos al Carbon – Chicken									
Nachos Habana									
Nachos Loco – 50/50									
Nachos Loco – Beef									
Nachos Loco – Chicken									
Nachos Mi Tierra – Beef									
Nachos Mi Tierra – Chicken									
Pasilla Poblano con Hongo									
Pollo Moderno									
Pollo Tacos Carbon									
Pork Tamales									
Quesadilla – Brisket									
Quesadilla – Shrimp									
Quesadilla – 50/50									
Quesadilla – Bacon									
Quesadilla – Beef Fajita									
Quesadilla – Brisket									
Quesadilla – Cheese									
Quesadilla – Chicken Fajita									
Quesadilla – Vegetable									






FOOD ALLERGENS, CONT.

	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUT	WHEAT	SESAME
Queso Blanco									
Ribeye al Carbon									
Ricardo's Beef									
Ricardo's Chicken									
Rico Salad – Beef									
Rico Salad – Chicken									
Rico Salad – Gulf Shrimp									
Rico Salad – No Protein									
Shrimp Brochette									
Soup – Chicken and Rice									
Soup – Sopa de Frijol									
Soup – Sopa de Tortilla									
Sour Cream Sauce									
Taco Dinner									
Taco Salad – Ground Beef									
Taco Salad – Shredded Chicken									
Tacos “De Brisket”									
Tacos “De Camarones”									
Tacos “De Papa”									
Tacos “De Pescado”									
Tacos “De Pollo”									
Tacos de Ribeye									
Tacos Habana									
Tacos Mi Tierra – Beef									
Tacos Mi Tierra – Chicken									
Tamale Dinner									

KIDS' MENU ALLERGENS

	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUT	WHEAT	SESAME
Burrito									
Enchilada									
Fajitas – Beef									
Fajitas – Chicken									
Quesadilla									
Taco – Cheese									
Taco – Chicken									
Taco – Beef									

DESSERT ALLERGENS

	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUT	WHEAT	SESAME
Praline									
Chocolate Tres Leches									
Flan	