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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									
Chili Crisp Green Beans									
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									
House Salad									
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									
Papas Bravas									
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									









FOOD ALLERGENS, CONT.

	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUT	WHEAT	SESAME
Quesadilla – Vegetable									
Queso Blanco									
Redfish Aquachile									
Redfish y Camarones									
Ribeye al Carbon									
Ricardo's Beef									
Ricardo's Chicken									
Rico Salad – Beef									
Rico Salad – Chicken									
Rico Salad – Gulf Shrimp									
Rico Salad – No Protein									
Salmon Adobo									
Shrimp Brochette									
Soup – Chicken and Rice									
Soup – Sopa de Frijol									
Soup – Sopa de Tortilla									
Sour Cream Sauce									
Sunset Queso									
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 de Redfish									
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									
Vanilla Tres Leches	