

# SOME THINGS ARE TOO IMPORTANT FOR FINE PRINT.

## ALLERGEN GUIDE

	WHEAT/GLUTENS	SOY	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	SESAME
<b>TORTILLAS/CHIPS</b>									
FRIED CORN CHIPS	◆	●							
CRISPY CORN TACO SHELLS	◆	●							
FLOUR TORTILLA FRIED SHELLS	✓	●							
FLOUR TORTILLA	✓	●							
WHOLE GRAIN TORTILLA	✓	●							
<b>PROTEINS</b>									
CHICKEN		●							
FISH		●			✓				
GROUND BEEF			✓						
STEAK		●							
TOFU		✓							
PORK		●							
<b>BEANS</b>									
BLACK BEANS		✓							
PINTO BEANS									
<b>DRESS IT UP</b>									
BLACK OLIVES									
CHEESE			✓						
CHIPOTLE RANCH			✓	✓					
CUCUMBERS									
GUACAMOLE									
JALAPEÑOS									
LETTUCE									
QUESO (CHEESE SAUCE)			✓						
RICE		✓							
SALSA (KAISER &/OR EL GUAPO)									
SOUR CREAM			✓						
SOUTHWEST VINAIGRETTE		●							
FAT-FREE SALSA VINAIGRETTE									
VEGGIES		●							
TOMATILLO SALSA									
PICO DE GALLO									
CORN PICO DE GALLO		●							
HARD ROCK N ROLL SAUCE									
BAJA CHICKEN ENCHILADA SOUP		✓	✓						
<b>DESSERTS</b>									
CHOCOLATE CHIP COOKIE	✓	✓	✓	✓			■	■	
OATMEAL RAISIN COOKIE	✓	✓	✓	✓			■	■	
SNICKERDOODLE COOKIE	✓	✓	✓	✓			■	■	

✓ Contains allergen

● The only soy-derived ingredient used in the recipe or for cooking purposes is highly refined soybean oil, which studies have shown is safe for consumption by most individuals with soy allergies. Please reference [www.foodallergy.org](http://www.foodallergy.org)

◆ Our corn chips and corn tortilla shells do not contain gluten as an ingredient. We do, however, fry our corn chips and corn tortilla shells in the same fryer as our flour salad shells; therefore, there is a risk of cross-contamination during preparation

■ Our cookies do not contain peanuts or tree nuts as an ingredient. They are, however, manufactured on the same line as other products that do contain peanuts and tree nuts; therefore, there is a risk of cross-contamination during preparation.



Moe's Southwest Grill® attempts to identify ingredients that may cause allergic reactions for those with food allergies. We strive to educate our food staff on the severity of food allergens and critical points of cross-contamination. Because allergens are present in the environment, there is a potential risk of cross-contamination. Based on the information listed, if you have a food allergy to any of the ingredients prepared or served in our restaurants, please keep in mind when deciding which food items are right for you that there are products containing wheat/gluten, soy, milk, and eggs in our restaurants. Cross-contact may occur during food preparation and storage. Variations may occur due to differences in suppliers and/or ingredient substitutions.

Our food does not contain shellfish, tree nuts, peanuts, or sesame.

The nutritional information listed is based on standard recipes, product formulations, and information provided by suppliers, manufacturers, and third-party audits. The information provided is effective as of August 14, 2014. Some variations in nutritional values may occur due to product assembly or preparation at the restaurant, season of the year, use of an alternate supplier or ingredient, or recipe revisions. Test products and limited-time offers are not included but can be obtained by contacting us through [www.moes.com/contact](http://www.moes.com/contact). Moe's Southwest Grill and its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in any Moe's Southwest Grill.