



## ALLERGEN CHART

Menu Item	Gluten	Wheat	Egg	Milk	Tree Nuts	Peanuts	Sesame	Fish	Soy	Shellfish
Basmati Rice	GF VG									
Beef Empanadas										
Chicken Empanadas										
ChocoFlan	V									
Coco Bread	V									
Cuban Black Beans	GF									
Fried Plantains	GF VG									
Jamaican Beef Patty										
Jerk Chicken	GF									
Pork Pernil	GF									
Rice & Pigeon Peas	GF									
Cabbage & Carrots	GF V									
Macaroni au Gratin	V									
Sweet Corn Bread	V									
Veggie Empanadas	V									
Yellow Rice	GF									
<b>LTOs</b>										
Carne Frita	GF									
Chuletas										
Cuban Ropa Vieja	GF									
Curry Chicken	GF									
Mojo Pork	GF									

V Vegetarian GF Gluten-Free VG Vegan

## FOOD ALLERGY WARNING

Please be advised that food prepared here may contain these ingredients: EGG, MILK, SHELLFISH, FISH, SOY, PEANUT, TREE NUTS, SESAME, WHEAT, GLUTEN & OTHER POTENTIAL ALLERGENS.

Please see a manager for assistance.