

# Perios Tex-Mex Allergens

Review date 17/07/2023

Add 'X' if the allergen is present in the ingredients or 'M' supplier say it may contain it.

FOOD PREPARED HERE MAY CONTAIN OR MAY HAVE COME IN CONTACT WITH THE BELOW ALLGENS AND MIGHT HAVE COME IN CONTACT WITH OTHER INGREDIENTS WHITCH ARE NOT LISTED BELOW

Name of dish	Peanuts	Nuts*	Molluscs	Sesame seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulphur Dioxide	Lupin	Gluten
Tres Salsa												X		X
Truffle Mac & Cheese								X	X			X		X
Chicken Goujons Check Dips										M		M		X
Polo Asado Tacos Check Flavours								X	X	M	M	M		X
Beef Steak Tacos Check Flavours									X	M	M	M		X
Mix Mex Veggie Chili Check Flavours									X	M	M	M		X
Name of dish	Peanuts	Nuts*	Molluscs	Sesame seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulphur Dioxide	Lupin	Gluten
Quesadillas Chicken Check Flavours								X	X			X		X

Quesadillas Beef Check Flavours									X			X		X
Mix Mex Veg Burrito Check Flavours	M	M		M				M	X		M	X		X
Grilled Chicken Burrito Check Flavours								X	X			X		X
Super Steak Burrito Check Flavours									X			M		X

Chicken Burrito Bowl Check Flavours								X	X		M	M		X
Steak Burrito Bowl Check Flavours									X					
Name of dish	Peanuts	Nuts*	Molluscs	Sesame seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulphur Dioxide	Lupin	Gluten
Fierce Fajitas (Chicken & Beef) Check Flavours								X	X	M	M	M		X
Spinach Empanadas	M	M		M	M	M	X	M	X	X	X			X
Chicken Empanadas	M	M		M	M	M	X	M	M	X	X			X
Beef Empanadas	M	M		M	M	M	X	M	M	X	X	X		X
Huevos Rancheros							X					M		X

Frijoles											M	M		X
Name of dish	Peanuts	Nuts*	Molluscs	Sesame seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulphur Dioxide	Lupin	Gluten
Mexican Street Chicken Salad								X	M		M	M		X
Mexican Street Salad Only gluten free without tortilla chips														X NA
Name of dish	Peanuts	Nuts*	Molluscs	Sesame seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulphur Dioxide	Lupin	Gluten

Buffalo Wings Check Flavours								X		M	M	M		X
Alitas Fritas Check Flavours										X	M	X		X
ColiWings											M	X		X
Name of dish	Peanuts	Nuts*	Molluscs	Sesame seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulphur Dioxide	Lupin	Gluten
Fries												M		X
Cajun Fries												M		X
Cheesy Fries									X			M		X



Ranch Sauce							X	M		M	M			
Habenero Mango										M				
Salsa Roja										M	M	M		
Salsa Verde										M	M	M		
Chimichurri								M		M		m	M	M
Cheesecake GF may be available	M	M					X	M	X					M
Mexican Churros	M	M					M	M	M					X
Brownie de chocolate	M	M					X	X	X					X

Delche leche Empanada	M	M		M	M	M	X	X	X					X
Chocolate Ice Cream								X	X					
Vanilla Ice cream		M							X					

Name of dish	Peanuts	Nuts*	Molluscs	Sesame seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulphur Dioxide	Lupin	Gluten
Strawberry Ice Cream		M							X					
Salted Caramel Ice Cream									X					
Sauces/Choice of flavour														

Mild Chilli Lime														
Hola Herbs														
Hot Chilli Lime												X		
Texan Jerk														
American Buffalo														
Habanero												X		
BBQ Fiesta														
Name of dish	Peanuts	Nuts*	Molluscs	Sesame seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulphur Dioxide	Lupin	Gluten

Chico Champ Burger							X		X			X		X
Nino Wrapster							X		X			X		X
Nino Wrapster (V)							X		X			X		X
Chicken Goujons									X					X
Mac & Cheese								X	X			X		X
Name of dish	PEANUTS	NUTS	MOLLUSCS	SESAME SEEDS	CRUSTACEAN	FISH	EGGS	SOYA	MILK	CELERY	MUSTARD	SULPHUR DIOXIDE	LUPIN	GLUTEN
Chicken Tinga Tacos								X		M	M	M		X
Beef Birria Tacos										M	M	M		X
Cauliflower Tacos										M		X		X

Pollo Frito							X					M		X
Chicken Al Pastor Tacos								X		M	M	X		X
Mix Mex Chilli Tacos									X	M	M	M		X
Chilli Con Carne Tacos									X		M	X		X

Pollo Asado								X	X	X	M	M		X
Beef Steak Tacos									X	M	M	M		X
Cauliflower Fajita									X	M	M	X		X
Plato Grande							X	M		X	M	X		X
Chicken Tinga Nachos				M				X	X	M	M	M		X
Mix – Mex Nachos				M					X	M		M		X
Chilli Con Carne Nachos									X	M		M		X
Beef Birria Nachos								X	X	M	M	M		X
Chicken Tinga Burrito								X	X		M	X		X
Chicken Al Pastor Burrito								X	X		M	X		X
Cauliflower Burrito							M	M	X		M	X		X
Beef Birria Burrito								M	X	M	M	M		X
DISH	PEANUTS	NUTS	MOLLUSCS	SESAME SEEDS	CRUSTACEAN	FISH	EGG	SOYA	MILK	CELERY	MUSTARD	SULPHUR	LUPIN	GLUTEN
Taco Platter							x	x	X	M	M	X		X
Chilli Con Carne									M		M	X		



Mix Mex Chilli											M	X		
Chicken Tinga							X			M	M	X		X
Grilled Chicken							X			M	M	X		X
Fried Cauliflower										M	M	M		X
Mexican Side Salad												x		
Fresh Guacamole												X		
Coleslaw							X		X		X			
Fried Chicken									M	M	M	X		X
Chicken Al pastor								X		M	M	X		X
Grilled Beef												X		
Beef Birria												X		

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