

ALLERGY CHART

	FISH	SHELLFISH	DAIRY	SOY	TREE NUTS SEEDS	PEANUTS	WHEAT	EGGS
TORTILLAS								
Corn: made with avocado oil								
Flour: made with avocado oil							•	
Whole Wheat: made with avocado oil							•	
AGUAS FRESCAS								
Horchata: rice, almonds, cinnamon, evaporated cane sugar, vanilla					•			
Limonada: lime juice, sugar								
BREAKFAST								
Jess Special: eggs, tomatoes, onions, jalapeños, tortilla chips, jack cheese, avocado			•					•
Migas Taco: eggs, tomatoes, onions, jalapeños tortilla chips, jack cheese			•					•
Migas Plate: migas, queso, jack cheese, avocado, pico de gallo, mashed potatoes, refried black beans, tortillas			•					•
Vaquero: eggs, roasted peppers, corn, jack cheese			•					•
BEQ: bacon, egg, jack cheese			•					•
CEQ: housemade chorizo, egg, jack cheese			•					•
SEQ: housemade sausage, egg, jack cheese			•					•
Barbacoa Madruguera: egg, beef cheek, arbol salsa, green onion								•
Picadillo and Eggs: eggs, ground beef, jack cheese, arbol sauce, green onions			•					•
Veggie Nut Chorizo: pecans, cauliflower, walnuts, pistachios, salt, canola oil, apple cider vinegar, salsa habanero					•			
BEEF								
Akaushi Picadillo: ground beef, jack cheese, cilantro, onion			•					
Cowboy: beef tenderloin, corn, roasted peppers, caramelized onion, guacamole, queso fresco			•					
Frontera Fundido Sirloin: sirloin, jack cheese, onion, poblano			•					
Mexico City Sirloin: sirloin, cilantro, onion								
El Picosito: beef tenderloin, chipotle-sesame sauce, avocado, queso fresco			•		•			
Braised Beef Barbacoa: beef cheek, arbol salsa, cilantro, onion, avocado								
CHICKEN								
Pollo Fantastico: chicken thigh, roasted green chile sauce, Mexican crema, green onion			•					
Frontera Fundido Chicken: chicken breast, jack cheese, onion, poblano			•					
Mexico City Chicken: chicken breast, cilantro, onion								
Happy Taco: chicken thigh, mushrooms, jack cheese, cilantro, onion			•					
Pollo en Mole: chicken thigh, mole sauce, cilantro, onion, queso fresco			•		•			
PORK								
Puerco Verde: pork shoulder, salsa verde/roja, queso fresco, cilantro, onion			•					
Delibelly: honey, tomatillo-serrano salsa, cilantro, onion, avocado								
Borracho Carnitas: sherry, tequila, basil, chile, lime, onion, cilantro, avocado								
The Otto: refried black beans, bacon, jack cheese, avocado			•					
SEAFOOD								
Shrimposito: shrimp, chipotle-sesame sauce, avocado, queso fresco		•	•		•			
Frontera Fundido Shrimp: shrimp, jack cheese, onion, poblano		•	•					
Mojo Salmon: salmon, mojo-garlic sauce, guacamole, pico de gallo	•							
VEGAN/ VEGETARIAN								
Freakin' Vegan: refried black beans, pico de gallo avocado								
Frontera Fundido Caulibella: cauliflower, mushrooms jack cheese, onion, poblano			•					
The Heather: grilled queso fresco, refried black beans, guacamole, lettuce, tomato			•					
Papadulce: sweet potato, corn, roasted peppers, caramelized onion, sweet potato-chipotle sauce, toasted pepitas					•			
Space Cowboy: mushrooms, corn, roasted peppers, caramelized onion, guacamole, queso fresco			•					
SIDES								
Beans: organic whole/refried black beans, garlic, red onion								
Tacodeli Mashed Potatoes: potato, milk, butter, jalapeños			•					
Veggie White Rice: jasmine rice, garlic, lime, bay leaf, carrots, cilantro								
Mexican Red Rice: jasmine rice, tomato, garlic, chicken broth								
Guacamole: avocado, serranos, tomatillos, onions, cilantro, lime juice								
Esquites: corn, red onion, butter, paprika, bacon, queso fresco, cilantro			•					
Queso: easymelt cheese, milk, salsa roja			•					
Roberto's Brazo Fuerte Queso: queso, guacamole, pico de gallo, beef picadillo			•					
Salsa Verde: tomatillos, garlic, serrano, cilantro								
Salsa Roja: tomato, onion, serrano, garlic, cilantro								
Salsa Doña: jalapeños, canola oil, garlic								
Salsa Habanero: habaneros, carrots, garlic, apple cider vinegar, white vinegar								
SOUP/ SALAD/ BOWLS/ DRESSING								
Ensalada Tacodeli (choice of protein or avocado): romaine lettuce, guacamole, sour cream, tomato, pico de gallo, red onion, jack cheese			•					
Tacodeli Bowl (without protein): rice, jack cheese, beans, lettuce, roasted peppers, guacamole, pepitas			•		•			
Jalapeño Ranch: ranch jalapeños, cilantro, garlic			•					
Garlic-Lime Vinaigrette: olive oil, bay leaves, thyme, rosemary, lime juice, apple vinegar, garlic								
Serrano-Lime: serranos, tomatillos, onion, lime juice, cilantro								
Sopa de Pollo: housemade chicken broth, shredded chicken thigh, tomato, jalapeño, tortilla chips, avocado, cilantro, onion								
KIDS MENU								
Bean and Cheese: refried beans, jack cheese			•					
Cheese Quesadilla: jack cheese			•					
DESSERT								
Chocolate Chip Cookie: flour, sugar, chocolate, egg, butter, vanilla			•				•	•
Bearded Baker Blondie Bar					•		•	•