

## ALLERGY CHART

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