

LA CHOZA INFORMATION ON ALLERGENS

No matter what your unique dietary needs are, La Choza has options for you... unless you have an allergy to yum food!

If one of your party has an allergy which is very severe or you just want to know more about the allergens present in some of the ingredients used at La Choza, please ask your server.

We use a lot of gluten free products in the ingredients that make up our delicious dishes. If a menu item is not named below is due to it having no allergens in any of its ingredients. All of our dishes on the menu can be made dairy free, just ask.

If you tell your server about any allergies you might have extra care will be taken when preparing your food. However individual foods may come in contact with one another during preparation and La Choza cannot guarantee that cross-contamination with allergens does not occur.

This list is compiled based on information provided by La Choza approved food suppliers as of December 2016.

Ingredients changes may occur before this list is updated.

For general information on food allergens visit the Food Allergy Research & Education website at <http://www.foodallergy.org>

Warm Tortilla flour	x												
Warm Tortilla corn													
Corn on the cob			x			x			x				
DESSERTS													
Churros + Dulce	x				x	x	x						
Brownie	x		x			x							
Churros + Choc	x			x		x	x						
Ice cream						x							

Which ingredients can cause a problem?



Peanuts



Nuts



Milk



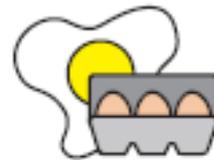
Soya



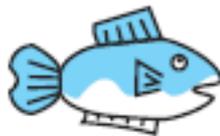
Mustard



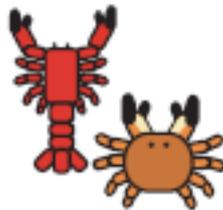
Lupin



Eggs



Fish



Shellfish



Gluten



Sesame seeds



Celery



Sulphur dioxide