



## Allergen Matrix

Revised February 2018

### RESTRICTIVE DIET NOTICE

- **Glutens:** Care is taken to not cross contaminate gluten from our standard fare. Since all food is prepared in the same kitchen, we cannot guarantee that all items are completely free of allergens.
- **Fryers:** While an item may not contain specific allergens, it may be cooked with items with different source ingredients. **Guests who are highly allergic or follow strict diets should avoid all fried food at Mad Mex.**
- **Other Allergens:** This guide does not address allergies to tree nuts, fruits, yeast, oats, corn, seeds, fish or crustacen shellfish.
- **Questions:** If you have specific questions, please ask your server for more information.
- For seasonal items, please see [madmex.com/about/allergen-info](http://madmex.com/about/allergen-info)

Mad Mex menu item	Dairy and Eggs (D)	Gluten (G)	Peanut Allergy (P)	Soy Allergy (S)	Allergen	Sub for Dairy Allergy	Sub for Gluten Allergy	Peanut Allergy	Soy Allergy Option
<b>Proteins</b>									
Barbacoa				x	(S) Blended oil				None
Carnitas		x			(G) Beer in carnitas		None		
Steak				x	(S) Oil				None
Chicken				x	(S) Oil				None
Shrimp				x	(S) Oil				None
Tofu		x		x	(S) Oil (S) (G) Soy sauce in tofu marinade (S) Tofu		None		None
Portabello				x	(S) Oil				None
<b>Salsas &amp; Dips</b>									
Avocado-Tomatillo Salsa									
Crab Dip w/ Chips	x				(D) Cream cheese, sour cream, Cotija cheese	None			
Fire-Roasted Tomato-Chipotle Salsa									
Grilled Corn Salsa									
Guacamole									
Kaya Yucatan Black Bean Dip	x			x	(D) Cotija cheese in dip (D) Mayonnaise (eggs) in dip (D) Monterey Jack cheese on top (S) Various	None			None
Mad Mex Chips & Salsa				x	(S) Various, frying oil				None
Original Salsa									
Pepita Hummus Dip			x	x	(P) Pepitas prepared in factory alongside peanuts (S) Various			None	None
Pepita Hummus with Flatbread		x	x	x	(P) Pepitas prepared in factory alongside peanuts (S) Various, frying oil		Chips	None	None
Pico de Gallo									
Pineapple-Habanero Salsa									
XX Cheese Dip	x	x		x	(D) Cheese sauce (D) Heavy cream (G) Contains beer (S) Cheese sauce	None	None		None
<b>Appetizers</b>									
Jersey Chips	x	x		x	(D) XX Cheese Dip (heavy cream) (D) Ranch dressing (D) Blue cheese dressing (G) Fries contain wheat (S) Various	No cheese dip No ranch dressing No blue cheese dressing	None		None
Pennsylvucky Tofu		x	x	x	(G) Soy sauce (tofu is marinated and dressed in soy sauce) (P) Peanuts (S) Various		None	No peanuts	None
Potato Taquitos	x	x		x	(D) Monterey Jack cheese (D) Heavy cream and butter in Black Bean Mashers (G) Flour tortilla (S) Various	None	None		None
Shoshito Peppers	x			x	(D) Dairy (S) Various	Vegan ranch			none
Shrimp and Fun Guy Taquitos	x	x		x	(D) Heavy cream in filling (G) Flour tortilla (S) Tortilla, filling	None	None		None
Stuffed Hatch Chillis	x	x	x	x	(D) Monterey Jack/Cotjia cheese, (G) Bread crumbs (G) (P) Mole, (S) Various	None	None	None	None
<b>Burritos</b>									
Angry Hippie Burrito	x	x		x	(D) Monterey Jack cheese (D) "Cactus Sauce"(sour cream) (G) Flour tortilla (S) Portabello, tortilla	Non-dairy cheese No "cactus sauce"	"Bare-ito" burrito		None
Barbacoa Burrito	x	x		x	(D) Monterey Jack cheese (D) "Cactus Sauce" (sour cream) (G) (S) Flour tortilla (S) Blended oil	Non-dairy cheese No "cactus sauce"	"Bare-ito" burrito		No tortilla
Barbecue Burrito	x	x		x	(D) Monterey Jack cheese (D) "Cactus Sauce" (sour cream) (G) (S) Flour tortilla (S) Blended oil	Non-dairy cheese, no "cactus sauce"	"Bare-ito" burrito		No tortilla

Mad Mex menu item	Dairy and Eggs (D)	Gluten (G)	Peanut Allergy (P)	Soy Allergy (S)	Allergen	Sub for Dairy Allergy	Sub for Gluten Allergy	Peanut Allergy	Soy Allergy Option
Carnitas Burrito	x	x		x	(D) Monterey Jack cheese (D) "Cactus Sauce" (sour cream) (D) Dairy in cornbread (cream, butter, eggs and milk) (G) (S) Flour tortilla (G) Flour in cornbread (G) Beer in carnitas	Non-dairy cheese No "cactus sauce" No cornbread	"Bare-ito" burrito No cornbread		No tortilla
Chicken Chickpea Chili Burrito	x	x		x	(D) Monterey Jack cheese (D) "Cactus Sauce" (sour cream) (G) (S) Flour tortilla	Non-dairy cheese No "cactus sauce"	"Bare-ito" burrito		None
Chicken Mole Burrito	x	x	x	x	(D) Monterey Jack cheese (D) Cotija cheese (G) (S) Flour tortilla (P) Peanuts in mole sauce	Non-dairy cheese	None (Mole sauce contains wheat flour)	None	None
Cinco Breakfast Burrito	x	x		x	(D) Monterey Jack cheese (D) "Cactus Sauce" (sour cream) (G) (S) Flour tortilla	Non-dairy cheese No "cactus sauce"	"Bare-ito" burrito		None
Dance Marathon Burrito	x	x		x	(D) Monterey Jack cheese (D) "Cactus Sauce" (sour cream) (G) (S) Flour tortilla	Non-dairy cheese No "cactus sauce"	"Bare-ito" burrito		None
Fajita Burrita	x	x		x	(D) Monterey Jack cheese (D) "Cactus Sauce" (sour cream) (G) (S) Flour tortilla	Non-dairy cheese No "cactus sauce"	"Bare-ito" burrito		None
Feastivus Burrito		x		x	(D) (G) Gravy (G) (S) Flour Tortilla (S) Barbacoa	No gravy	No gravy, "Bare-ito" Burrito		No tortilla, no barbacoa
Gobblерito	x	x	x	x	(D) (G) Gravy (G) (S) Flour Tortilla	No gravy	No gravy, no stuffing, "Bare-ito" burrito	No stuffing (factory/shared equipment)	No tortilla
Grilled Chicken & Asparagus Burrito	x	x		x	(D) Goat cheese, Monterey jack cheese, Lime-Cilantro Vinagrette (D) "Cactus Sauce" (sour cream) (G) (S) Flour tortilla, (S) Chicken/vegetable, Lime-Cilantro Vinagrette	Non-dairy cheese, no "cactus sauce", no Lime-Cilantro Vinagrette	"Bare-ito" burrito		None
Grilled Hatch Chili Burrito	x	x	x	x	(D) Monterey Jack/Goat cheese (D) "Cactus Sauce" (sour cream) (G) (S) Flour tortilla (S) Chicken (P) (G) Mole sauce	Non-dairy cheese, no "cactus sauce"	"Bare-ito" burrito	None	None
Grilled Chicken & Roasted Vegetable Burrito	x	x		x	(D) Goat cheese (D) "Cactus Sauce" (sour cream) (G) (S) Flour tortilla, (S) Chicken/vegetable	Non-dairy cheese, no "cactus sauce"	"Bare-ito" burrito		None
Korean BBQ Burrito		x	x	x	(G) (S) Flour tortilla, (S) Fajita onions, Korean BBQ Sauce, (P) Peanuts		"Bare-ito" burrito	No peanuts	None - Korean BBQ contains soy
Kristy's Big Sister's Red Velvet Burrito	x	x		x	(D) Monterey Jack cheese (D) "Cactus Sauce" (sour cream) (G) (S) Flour tortilla	Non-dairy cheese No "cactus sauce"	"Bare-ito" burrito		No chicken, no tortilla
Lepreconed Beef Burrito	x	x		x	(D) (S) Mashed potatoes (S) (G) Flour tortilla	No mashed potatoes	"Bare-ito" burrito		No mashed potatoes, no tortilla
Mad Mex Burrito	x	x		x	(D) Monterey Jack cheese (D) "Cactus Sauce" (sour cream) (G) (S) Flour tortilla	Non-dairy cheese No "cactus sauce"	"Bare-ito" burrito		Carnitas only No tortilla
Mole Verde Burrito	x	x	x	x	(D) Monterey Jack cheese (D) Cotija cheese (G) (S) Flour tortilla (P) (G) Peanuts in mole sauce	Non-dairy cheese	None (Mole sauce contains wheat flour)	None	None
Pico Burrito	x	x		x	(D) Monterey Jack cheese (D) "Cactus Sauce" (sour cream) (G) (S) Flour tortilla	Non-dairy cheese No "cactus sauce"	"Bare-ito" burrito		No tortilla
Red Bean Turkey Chili Burrito	x	x		x	(D) Monterey Jack cheese (D) "Cactus Sauce" (sour cream) (D) Dairy in cornbread (cream, butter, eggs and milk) (G) (S) Flour tortilla (G) Flour in cornbread	Non-dairy cheese No "cactus sauce" No cornbread	"Bare-ito" burrito, No cornbread		No tortilla
Shishitorito	x	x		x	(D) Monterey Jack cheese, Goat cheese (G) Flour tortilla (S) Various	Non-dairy cheese	"Bare-ito" burrito		none
Shrimp Mushroom Spinach Burrito	x	x		x	(D) Monterey Jack cheese (D) "Cactus Sauce" (sour cream) (G) (S) Flour tortilla	Non-dairy cheese No "cactus sauce"	"Bare-ito" burrito		No tortilla
Spicy Mad Mex Burrito	x	x		x	(D) Monterey Jack cheese (D) "Cactus Sauce" (sour cream) (G) (S) Flour tortilla	Non-dairy cheese No "cactus sauce"	"Bare-ito" burrito		No tortilla
Super Mad Mex Burrito	x	x		x	(D) Monterey Jack cheese (D) "Cactus Sauce" (sour cream) (G) (S) Flour tortilla	Non-dairy cheese No "cactus sauce"	"Bare-ito" burrito		None

Mad Mex menu item	Dairy and Eggs (D)	Gluten (G)	Peanut Allergy (P)	Soy Allergy (S)	Allergen	Sub for Dairy Allergy	Sub for Gluten Allergy	Peanut Allergy	Soy Allergy Option
Thai Curry Burrito		x	x	x	(G) (S) Flour tortilla (P) Peanuts in burrito and in curry sauce		“Bare-ito” burrito	No peanuts and no curry sauce	None
Wing-o-Rito	x	x		x	(D) Monterey Jack cheese (D) “Cactus Sauce” (sour cream) (G) (S) Flour tortilla (S) Various	Non-dairy cheese No “cactus sauce”	“Bare-ito” burrito		None
Veggie Burrito	x	x		x	(D) Monterey Jack cheese (D) “Cactus Sauce”(sour cream) (G) (S) Flour tortilla (S) Various	Non-dairy cheese No “cactus sauce”	“Bare-ito” burrito		None
<b>Chimi</b>									
Chicken Chimichanga	x	x		x	(D) Monterey Jack cheese (D) Cream and cotija cheese in Pink Sauce (G) Flour tortilla (S) Various	None	None		None
<b>Enchiladas</b>									
Carnitas Enchilada	x	x		x	(D) Monterey Jack cheese (D) Dairy in cornbread (cream, butter, eggs and milk) (G) Flour in cornbread (G) Beer in carnitas (S) Various	Non-dairy cheese No cornbread	No cornbread		No red sauce
Cinco Eggchilada	x	x		x	(D) Monterey Jack cheese (D) Dairy in cornbread (cream, butter, eggs and milk) (G) Flour in cornbread (S) Various	None - eggs	No cornbread		None
Chicken Mole Enchilada	x	x	x	x	(D) Monterey Jack cheese (D) Cotija cheese (P) Peanuts in mole sauce (S) Various	Non-dairy cheese	None (Mole sauce contains wheat flour)	None	None
Dance Marathon Enchilada	x			x	(D) Monterey Jack cheese (S) Various	Non-dairy cheese			No red sauce, no portabello, no chicken
Grilled Hatch Chili Enchilada	x			x	(D) Monterey Jack cheese (S) Various				No chicken
Kristy’s Big Sister’s Red Velvet Enchilada	x			x	(D) Monterey Jack cheese (S) Various	Non-dairy cheese			No red sauce, no chicken - substitute carnitas
Mad Mex Enchilada	x			x	(D) Monterey Jack cheese (S) Various	Non-dairy cheese			No red sauce, carnitas only
Super Mad Mex Enchilada	x			x	(D) Monterey Jack cheese (S) Various	Non-dairy cheese			No red sauce
Veggie Enchilada	x			x	(D) Monterey Jack cheese (S) Various	Non-dairy cheese			No red sauce
<b>Fajitas</b>									
Chicken Fajitas	x	x		x	(All proteins Grilled to Order) (D) Monterey Jack cheese and sour cream on top plate (D) Butter in the fajita sauce (G) Flour tortillas (S) Various	Non-dairy cheese & tofu sour cream No fajita sauce or substitute non- dairy salsa	Corn tortillas		None
Combo Fajitas (a.k.a. Mondo Combo Fajito)	x	x		x	(D) Monterey Jack cheese and sour cream on top plate (G) Flour tortillas (S) Various	Non-dairy cheese & tofu sour cream No fajita sauce or substitute non- dairy salsa	Corn tortillas		None
Mahi Mahi Fajitas	x	x		x	(D) Monterey Jack cheese and Sour cream on top plate (G) Flour tortillas (S) Various	Non-dairy cheese & tofu sour cream No fajita sauce or substitute non- dairy salsa	Corn tortillas		None
Steak Fajitas	x	x		x	(D) Monterey Jack cheese and sour cream on top plate (G) Flour tortillas (S) Various	Non-dairy cheese & tofu sour cream No fajita sauce or substitute non- dairy salsa	Corn tortillas		None
Skewered Jumbo Shrimp Fajita	x	x		x	(D) Monterey Jack cheese and sour cream on top plate (G) Flour tortillas (S) Various	Non-dairy cheese & tofu sour cream No fajita sauce or substitute non- dairy salsa	Corn tortillas		None

Mad Mex menu item	Dairy and Eggs (D)	Gluten (G)	Peanut Allergy (P)	Soy Allergy (S)	Allergen	Sub for Dairy Allergy	Sub for Gluten Allergy	Peanut Allergy	Soy Allergy Option
Grilled Portobello and Tofu Fajita	x	x		x	(D) Monterey Jack cheese and sour cream on top plate (G) Flour tortillas (G) Soy Sauce in tofu marinade (S) Various	Non-dairy cheese & tofu sour cream No fajita sauce or substitute non- dairy salsa	None		None
<b>Nachos</b>									
Nachos Grande	x			x	(D) Monterey Jack cheese (D) Sour cream (S) Various	No cheese or use non dairy cheese No sour cream or use tofu sour cream			None
Barbacoa	x			x	(D) Monterey Jack cheese (D) Cotija cheese in Black Bean Dip (D) Mayonnaise (eggs) in Black Bean Dip (D) Sour cream (S) Various	No cheese or use non dairy cheese No sour cream or use tofu sour cream No black bean dip			None
Carnitas Nachos	x	x		x	(D) Monterey Jack cheese (D) Sour cream (G) Beer in carnitas (S) Various	No cheese or use non dairy cheese No sour cream	None		None
Turkey Chili Nachos	x			x	(D) Monterey Jack cheese (D) Sour cream (S) Various	No cheese or use non dairy cheese No sour cream			None
<b>Quesadilla</b>									
Barbacoa Quesadilla	x	x		x	(D) Monterey Jack cheese (G) Flour tortilla (S) Various	Non-dairy cheese	Corn tortilla		None
Black Beanie Quesadeenie	x	x		x	(D) Black Bean Dip contains cotija cheese and mayo (eggs) (G) Flour tortilla (S) Various	None	Corn tortilla		None
Carnitas Quesadilla (Wheat tortilla)	x	x		x	(D) Monterey Jack cheese (G) Wheat tortilla (G) Beer in carnitas (S) Various	Non-dairy cheese	Corn tortilla		Corn tortilla
Chili, Crab & Tomato Quesadilla	x	x		x	(D) Monterey Jack/cotija cheese (G) (S) Flour tortilla (S) Various	Non-dairy cheese	Corn tortilla		Corn tortilla
Grilled Chicken & Asparagus Quesadilla	x	x		x	(D) Goat cheese (G) (S) Flour tortilla, (S) Chicken	Non-dairy cheese	Corn tortilla		None
Grilled Chicken & Roasted Vegetable Quesadilla					(D) Goat cheese (G) (S) Flour tortilla, (S) Chicken/vegetable	Non-dairy cheese	Corn tortilla		None
Happy Hippie Quesadilla	x	x		x	(D) Monterey Jack cheese (G) Flour tortilla (S) Various	Non-dairy cheese	Corn tortilla		No portabello, corn tortilla
Korean BBQ Quesadilla		x		x	(G) (S) Flour tortilla, (S) Fajita onions, Korean BBQ Sauce		Corn tortilla		None - Korean BBQ contains soy
Kristy's Big Sister's Red Velvet Quesadilla	x	x		x	(D) Monterey Jack cheese (G) Flour tortilla (S) Various	Non-dairy cheese	Corn tortilla		No chicken, corn tortilla
Mad Mex Quesadilla	x	x		x	(D) Monterey Jack cheese (G) Flour tortilla (S) Various	Non-dairy cheese	Corn tortilla		Carnitas only, corn tortilla
Reuben Qes O'Dilla	x	x		x	(D) Swiss cheese, Mex Russian Dressing (G) (S) Flour tortilla	Non-dairy cheese, no Mex Russian Dressing	Corn tortilla		Corn tortilla
Shishitodilla	x	x		x	(D) Monterey Jack cheese, Goat cheese (G) Flour tortilla (S) Various	Non-dairy cheese	Corn tortilla		No chicken, corn tortilla
Shrimp Mushroom Spinach Quesadilla	x	x		x	(D) Monterey Jack cheese (G) Flour tortilla (S) Various	Non-dairy cheese	Corn tortilla		None, corn tortilla
<b>Salads</b>									
Baby Kale Salad Note: Ask about seasonal ingredients.					(D) Cotija cheese (D) Parmesan cheese (in dressing) (G) Flour tortilla (S) Various, frying oil (tortilla strips) (S) Oil (in dressing)	No cheese or non-dairy cheese No dressing	Corn tortilla or no tortilla		No tortilla strips No dressing
California Grilled Salad	x	x		x	(D) Monterey Jack cheese (G) Flour tortilla (S) Dressing, tortilla, proteins, pepitas	Non-dairy cheese	Corn tortilla or no tortilla		No tortilla, no dressing, no pepitas, sub carnitas

Mad Mex menu item	Allergen				Sub for Dairy Allergy	Sub for Gluten Allergy	Peanut Allergy	Soy Allergy Option	
	Dairy and Eggs (D)	Gluten (G)	Peanut Allergy (P)	Soy Allergy (S)					
Casa Salad	x	x	x	x	(D) Blue cheese crumbles (G) Flour tortilla (P) Pepitas prepared in same factory as peanuts (S) Dressing, tortilla, proteins, pepitas	Non-dairy cheese	Corn tortilla or no tortilla	No pepitas	No tortilla, no dressing, no pepitas
Chopper Salad Note: Ask about seasonal ingredients.		x		x	(G) Flour tortilla (S) Dressing, tortilla, proteins, pepitas		Corn tortilla or no tortilla		No tortilla, no dressing, no pepitas, sub carnitas
Mahi Mahi Salad	x	x	x	x	(D) Aioli (eggs) (G) Flour tortilla (P) Pepitas prepared in same factory as peanuts (S) Dressing, tortilla, proteins, aioli, pepitas	No aioli	Corn tortilla or no tortilla	No pepitas	No tortilla, no dressing, no pepitas, no aioli, no pepitas, sub carnitas
Taco Salad	x	x		x	(D) Monterey Jack cheese (G) Flour tortilla (S) Dressing, tortilla, proteins, peppers, onions, pepitas, fryer oil	Non-dairy cheese	No tortilla shell		No tortilla, no dressing, no peppers, no onions, no pepitas, sub carnitas
Wing Salad	x	x		x	(D) Cheese (G) (S) Tortilla	No cheese or non-dairy cheese	None		None
<b>Salad Dressings</b>									
Blue Cheese (Fromage Bleu)	x			x	(D) Mayonnaise (eggs) (D) Sour cream (D) Blue cheese (S) Mayonnaise	None			None
House Vinaigrette	x			x	(D) Egg yolks (S) Oil	None			None
Lime Cilantro Vinaigrette	x			x	(D) Parmesan cheese (S) Oil	None			None
Ranch	x			x	(D) Buttermilk (D) Mayonnaise (eggs) (D) Sour cream (S) Ranch flavor	None			None
Vegan Chipotle Ranch				x	(S) Tofutti				None
<b>Soups &amp; Chilis</b>									
Black Bean Soup	x			x	(D) Sour cream garnish (S) Various	Tofu sour cream			None
Chickpea Chili	x			x	(D) Monterey Jack cheese and sour cream garnish (S) Various	Non-dairy cheese and tofu sour cream			None
Corn Chowder		x	x	x	(G) Mole contains gluten (P) Peanuts in mole sauce (S) Various		None	None	None
Red Bean Turkey Chili	x			x	(D) Sour cream garnish (S) Various	Tofu sour cream			None
Tortilla Soup	x			x	(D) Monterey Jack cheese garnish (S) Various	Non-dairy cheese			None
<b>Tacos</b>									
Barbacoa Tacos	x	x		x	(D) Cotija cheese (G) Flour tortilla (S) Various	No cheese	Corn tortilla		None
Carnitas Tacos		x		x	(G) (S) Flour tortilla		Corn tortilla		Corn tortilla
Chicken Gyro Tacos	x	x		x	(D) Feta, Tzatziki sauce, (G) (S) Flour tortilla (S) various	No cheese, no Tzatziki sauce	Corn tortilla		None
Corned Beef Tacos	x	x		x	(D) Swiss cheese (G) (S) Flour tortilla (S) Fryer oil	No cheese	Corn tortilla		Corn tortilla, no fries
Crispy Pork Belly Tacos		x		x	(G) (S) Flour tortilla		Corn tortilla		Corn tortilla
Crispy Shrimp Tacos	x	x		x	(D) Cilantro cream sauce (G) (S) Flour tortilla (S) Various	No cilantro cream sauce	None		None
Grilled Chicken and Corn Tacos	x	x		x	(D) Cilantro cream sauce (G) (S) Flour tortilla (S) Various	No cilantro cream sauce	Corn tortilla		None
Roasted Fall Vegetable Tacos	x	x		x	(D) Cotija cheese, cilantro cream sauce (G) (S) Flour tortilla (S) Variou	Non-dairy cheese, no cilantro cream sauce	Corn tortilla		None
Fried Fish Tacos	x	x		x	(D) Aioli (eggs) (G) Flour tortilla, breading for fish (S) Various	No aioli	None		None
Grilled Mahi Mahi Tacos	x	x		x	(D) Aioli (eggs) (G) Flour tortilla (S) Various	No aioli	Corn tortilla		None
Grilled Street Corn Steak Tacos		x		x	(D) Cotija cheese, Chiptole Aioli (G) Flour tortilla (S) Various	No aioli, non-dairy cheese	Corn tortilla		None
Nacho Momma's Taco Platter	x	x		x	(D) Monterey Jack cheese (G) Flour tortilla (S) Various	Non-dairy cheese or no cheese	Corn tortilla		None

Mad Mex menu item	Dairy and Eggs (D)	Gluten (G)	Peanut Allergy (P)	Soy Allergy (S)	Allergen	Sub for Dairy Allergy	Sub for Gluten Allergy	Peanut Allergy	Soy Allergy Option
Tofu Tacos		x		x	(G) Flour tortilla (G) Soy Sauce (tofu is marinated and dressed in soy sauce) (S) Various		None		None
Wing-o Tacos	x	x		x	(D) Monterey Jack cheese (G) Flour tortilla (G) Flour on chicken (G) Flour on fries (S) Various	Non-dairy cheese or no cheese	Corn tortilla Use grilled chicken No fries		None
<b>Wings</b>									
Classic Buffalo				x	(S) Fryer oil, sauces				None
Honey Chipotle BBQ				x	(S) Fryer oil, sauces				None
Insane				x	(S) Fryer oil, sauces				None
Korean BBQ				x	(S) Fryer oil, sauces				None
San Francisco				x	(S) Fryer oil, sauces				None
Seitan Wings		x		x	(G) Seitan (S) Fryer oil, sauces		None		None
Southwestern				x	(S) Fryer oil, sauces				None
Boneless Wings		x		x	(G) Chicken coated in flour (S) Fryer oil, sauces		None		None
<b>Wraps</b>									
Wing Wrap	x	x		x	(D) Monterey Jack cheese (G) Flour tortilla (G) Chicken flour coated (G) Fries flour coated (S) Various	Non-dairy cheese or no cheese	None		None
Tofu Wrapture	x	x		x	(D) Monterey Jack cheese (G) Flour tortilla (G) Fries flour coated (S) Various	Non-dairy cheese or no cheese	None		None
<b>Desserts</b>									
Ice Cream Burrito	x	x	x	x	(D) Ice cream (D) Whipped cream (G) Chocolate brownie (flour) (G) Flour tortilla (S) Various	None	None	None	None
Mexican Chocolate Brownie	x	x	x	x	(D) Ice cream (D) Whipped cream (G) Chocolate brownie (flour) (P) Peanuts (S) Various	No ice cream or whipped cream	No brownie	None	None
Vanilla Ice Cream	x			x	(D) Ice cream (D) Whipped cream (S) Various	None			None
<b>On the side</b>									
Black Beans									
Blue Cornbread	x	x			(D) Dairy in cornbread (cream, butter, eggs and milk) (G) Flour	None	None		
Guacamole									
Jalapeño Peppers									
Mexican Rice									
Rice and Beans with cheese	x				(D) Monterey Jack cheese	Non-dairy cheese or no cheese			
Spicy Spinach									
Waffle Fries		x		x	(G) Flour in fries (S) Fries, Oil		None		None
<b>Kids Menu</b>									
California Chicken Salad	x	x		x	(D) Monterey Jack cheese (G) Flour tortilla (S) Various	Non-dairy cheese or no cheese	Corn tortilla		No chicken, no tortilla, no dressing
Dino Nuggets	x	x		x	(D) Butter on corn (G) Breading contains wheat (S) Nuggets contain isolated soy protein, soybean oil	Unbuttered corn	None		None
Kiddie Beefie Nachos	x			x	(D) Monterey Jack cheese (S) Various	Non-dairy cheese			None

Mad Mex menu item	Allergen				Sub for Dairy Allergy	Sub for Gluten Allergy	Peanut Allergy	Soy Allergy Option
	Dairy and Eggs (D)	Gluten (G)	Peanut Allergy (P)	Soy Allergy (S)				
Kid's Brownie	x	x	x	x	(D) Ice cream (D) Whipped cream (G) Chocolate brownie (flour) (P) Peanuts (S) Various	No ice cream or whipped cream	No brownie	None
Kiddo Burrito	x	x		x	(D) Monterey Jack cheese (D) Butter on corn (G) Flour tortilla (S) Various	Non-dairy cheese Unbuttered corn	"Bare-ito" burrito	Corn tortilla, carnitas
Kid's Quesadilla	x	x		x	(D) Monterey Jack cheese (D) Butter on corn (G) Flour tortilla (S) Various	Non-dairy cheese Unbuttered corn	Corn tortilla	Cheese quesadilla on corn tortillas with rice and beans
Grilled Chicken	x	x		x	(D) Butter on corn (S) Various	Unbuttered corn		None
Mac-N-Cheese	x	x		x	(D) Cheese Sauce, Milk on Pasta (D) Pasta is produced in a facility that also prepares food with eggs (G) Pasta (S) Various	None	None	None
Tom's Hard or Soft Taco	x	x		x	(D) Monterey Jack cheese (G) Soft Shells Are flour tortillas (S) Various	Non-dairy cheese	Hard shells are corn tortillas	Cheese tacos on corn tortillas with rice and beans
<b>Brunch</b>	(where available)							
Avocado Toast	x	x		x	(D) Eggs (cooked in butter) (D) Butter in fajita juice (D) Cheese (G) Rustic Bread	None	No bread	
Breakfast Cemita	x	x		x	(D) Eggs (cooked in butter) (D) Butter in fajita juice (D) Eggs in chipotle aioli and black bean dip. (D) Bean dip contains Cotija cheese (D) Cheese (G) Cemita roll (S) Soybean oil in fajita juice, black bean dip, and cemita preparation. (S) Eggs prepared with soil oil.	None	No roll	None
Side salad for Breakfast Cemita	x		x	x	(D) Lime Cilantro dressing contains Parmesan cheese (P) Pepitas prepared with peanuts (S) Lime Cilantro dressing contains soy oil	No dressing		No dressing
Carnitas and Fried Egg Tacos	x	x		x	(D) Eggs (cooked in butter) (G) Tortillas (G) Beer in carnitas (S) Tortillas	None	Corn tortilla, use other protein	None
Huevos Rancheros	x			x	(D) Eggs (cooked in butter) (D) Jack and cotija cheeses (S) Corn tortillas, oil	None		None
Mad Mex Breakfast Burrito	x	x		x	(D) Eggs (cooked in butter) (D) Home Fries (fajita juice has butter) (G) Tortilla (S) Soy sausage option (S) Home fries, oil	None	None	None
Mad Waffle	x	x		x	(D) Eggs (D) Butter (G) Flour (S) Oil	No butter	None	None
Mad Chicken Waffle	x	x		x	(D) Eggs (D) Butter (G) Flour (S) Oil	No butter	None	None