

AQUI ALLERGY AND FOOD FACTS INFORMATION

AQUI MENU DATED 01/09/24

8 Major Food Allergies & Horizontal Work Surface

This brochure lists the best items to order if you suffer from any of the 8 major food allergies. We take great care in preparing your food, but we have a horizontal work surface system. This means that plates may pass through different stations to get completed. This can lead to unexpected cross contamination by allergens. We would love to be your restaurant today, but if you have severe allergic reactions to gluten (wheat), fish, crustacean shellfish, soy or peanuts, we think it's best to not eat at AQUI.

See our current store menu or our website for complete item descriptions listed in this brochure.

About Our Vegetarian and Vegan Items

We take great care in preparing your vegetarian and vegan items, but we have a horizontal work surface system. This means plates will pass through different stations to be completed. This can lead to possible cross contamination with animal proteins. Our kitchens only have a single fryer which is used to crisp both vegetarian/vegan items and non-vegetarian/vegan items. We understand if the information noted will give you pause about enjoying our vegetarian and vegan food at AQUI. As always, we appreciate the opportunity to be your kitchen.

WHEAT ALLERGY

Items prepared **without** gluten (wheat)

STARTERS

Chips and Salsa Fresca
Black Bean Dip
Hummus
Aqui Sampler
Avocado Dip

SEAFOOD

Grilled Wild Mahi
-order with no ancho-teriyaki sauce
Blackened Salmon
West Coast Salmon
Grilled Salmon Bowl
Firecracker Shrimp
-order with no tortilla strips

CHICKEN • BEEF • PORK

Adobo Chicken
Lime-Avocado Bowl
Tri-Tip Chimichurri
-order with no guajillo gravy
Cuban Pork Carnitas
-order with no fried plantains
Lemon Chicken Bowl
-order with no cauliflower

VEGETARIAN • VEGAN

Butternut Squash & Cauliflower Bowl
Avocado Roasted Corn Bowl
-order with no tortilla strips

SALADS

Southwest Caesar
-order with no tortilla strips
Grilled Salmon
Lime-Avocado Chicken
-order with no tortilla strips

SUPREME BOWLS

Adobo Chicken
Pork Carnitas
Grass Fed Beef
Grilled Shrimp
Butternut Squash & Cauliflower

NOTE

Many foods in our kitchen contain gluten (wheat) ingredients, so interaction of ingredients is possible given our horizontal work surface system. These dishes from our menu are prepared without gluten ingredients and we cannot make any other accommodations. Due to our horizontal work surface system, we cannot guarantee that the items listed here are 100% gluten free. Thank you for understanding.

TACOS

Grilled Salmon
Shrimp
Grilled Chicken
Pork Carnitas

KID'S

Classic Kid's Chicken Bowl
Organic Tofu Bowl

SIDES

Grilled salmon, grilled chicken, pork carnitas, grass fed beef, grilled shrimp, organic tofu, broccoli, AQUI slaw, chayote-zucchini, mashed sweet potatoes, blue lake beans, all rice and beans from the menu

SALSA BAR

All dressings and salsas are acceptable

EGG ALLERGY

Items prepared **without** eggs

STARTERS

Chips and Salsa Fresca
Black Bean Dip
Hummus
Aqui Sampler
Avocado Dip

CHICKEN • BEEF • PORK

Adobo Chicken Fajitas
-order with no chipotle dressing
Free Range Chicken Enchiladas
Adobo Chicken Lime-Avocado Bowl
Southwest Chicken Taquitos
Cuban Roast Pork Carnitas
Tri-Tip Chimichurri
Grass fed Beef Taquitos

Jerk Spice Chicken Enchiladas
Free Range Chicken Parmigiana
Lemon Chicken Bowl
-order with no aioli

SEAFOOD

West Coast Salmon
-order with no aioli
Blackened Salmon
-order with no AQUI slaw
-sub with broccoli or chayote-zucchini
Grilled Salmon Bowl
-order with no aioli

VEGETARIAN • VEGAN

Firecracker Cauliflower
-order with no chile ranch dressing
All others OK

SALADS

Southwest Caesar
Lime-Avocado Chicken
Grilled Salmon
-order with no aioli

BURRITOS

Grilled Chicken, Baja Tilapia and Shrimp or Grilled Steak
-order with no lemon aioli
Roasted Corn Avocado
Thai Chicken

SUPREME BOWLS

All OK

TACOS

Thai Chicken
Pork Carnitas
Grilled Chicken
Shrimp

QUESADILLAS

All OK

KID'S

All OK

SIDES

Grilled salmon, grilled chicken, grass fed beef, adobo chicken, grilled shrimp, pork carnitas, mashed sweet potatoes, chayote-zucchini, organic tofu, broccoli, blue lake beans, all rice and beans from the menu

SALSA BAR

Avoid: Dressings
All other items from the Salsa Bar are acceptable

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MILK ALLERGY

Items prepared **without** milk

STARTERS

- Chips and Salsa Fresca
- Black Bean Dip
-order with no sour cream
- Hummus
- Avocado Dip
- Aqui Sampler
-order with no sour cream

SEAFOOD

- Grilled Salmon Bowl
- West Coast Salmon
- Grilled Wild Mahi

CHICKEN • BEEF • PORK

- Cuban Roast Pork Carnitas
-order with no cotija cheese, no sour cream
- Southwest Chicken Taquitos
-order with no sour cream
- Adobo Chicken
- Lime-Avocado Bowl
-order with no cotija cheese
- Adobo Chicken Fajitas
-order with no cotija cheese
- Tri-Tip Chimichurri
-order with no guajillo gravy
- Lemon Chicken Bowl

VEGETARIAN • VEGAN

- Thai Peanut Organic Tofu
- Falafel Tacos
- Arepas with Fried Plantains
- SALADS**
- Lime-Avocado Chicken
-order with no cotija cheese
- Grilled Salmon
-order with no feta cheese
- Wild Crab Cake

SUPREME BOWLS

All Supreme Bowls OK if ordered with no dairy

TACOS

- Grilled Chicken or Pork Carnitas
-order with no cotija cheese
- All others OK

BURRITOS

- Grilled Chicken, Pork Carnitas, Grilled Steak or Adobo Chicken
-order with no cheese
- Baja Tilapia & Shrimp
- Thai Chicken
- Roasted Corn-Avocado

KID'S

- Organic Tofu Bowl
- Crisp Chicken
- Classic Kid's Chicken Bowl
-order with no cheese

SIDES

- Grilled salmon, grilled chicken, grass fed beef, adobo chicken, grilled shrimp, pork carnitas, organic tofu, broccoli, Aqui slaw, mashed sweet potatoes, blue lake beans, chayote-zucchini, all rice and beans from the menu

SALSA BAR

- Avoid: Sour Cream
- Avoid: Ranch Dressing
- All other items from the Salsa Bar are acceptable

SOY ALLERGY

Items prepared **without** soy

STARTERS

- Chips and Salsa Fresca
- Black Bean Dip
- Hummus
- Aqui Sampler
- Avocado Dip

SEAFOOD

- West Coast Salmon
-order with no aioli
- Blackened Salmon
-order with no Aqui slaw
-sub with broccoli or chayote-zucchini
- Grilled Salmon Bowl
-order with no aioli

CHICKEN • BEEF • PORK

- Tri-Tip Chimichurri
- Jerk Spice Chicken Enchiladas
- Free Range Chicken Enchiladas
- Cuban Roast Pork Carnitas
- Southwest Chicken Taquitos

VEGETARIAN • VEGAN

- Avocado Roasted Corn Bowl
- California Enchiladas
- Cotija Taquitos
- Butternut Squash & Cauliflower Bowl
- Falafel Tacos
-order with no flour tortillas
-sub corn tortillas

SALADS

- Lime-Avocado Chicken
- Southwest Caesar
-chicken and salmon add-on OK

SUPREME BOWLS

- Adobo Chicken
- Pork Carnitas
- Grilled Shrimp
- Grass Fed Beef
- Falafel
- Butternut Squash & Cauliflower

TACOS

- Pork Carnitas
- Grilled Chicken

KID'S

- Classic Kid's Chicken Bowl
- Potato and Cheese Enchilada

SIDES

- Grilled salmon, grilled chicken, adobo chicken, grass fed beef, grilled shrimp, pork carnitas, chayote-zucchini, blue lake beans, broccoli, mashed sweet potatoes, all rice and beans from menu

SALSA BAR

- Avoid: Dressings
- All other items from the Salsa Bar are acceptable

PEANUTS ALLERGY

Avoid these menu items

VEGETARIAN

- Thai Peanut Organic Tofu

BURRITOS

- Thai Chicken

TACOS

- Thai Chicken

FISH ALLERGY

Avoid all salmon, wild mahi mahi and tilapia dishes

CRUSTACEAN SHELLFISH ALLERGY

Avoid crab cake and shrimp dishes

ADDITIONAL VEGAN ITEMS

MENU ITEMS

- Firecracker Cauliflower
-order with no chile ranch dressing

SALSA BAR

- All salsas are acceptable
- Avoid: dressings and sour cream

STARTERS

- Chips and Salsa Fresca
- Black Bean Dip
-order with no sour cream
- Hummus
- Avocado Dip
- Aqui Sampler
-order with no sour cream

SIDES

- Organic tofu, broccoli, pozole escabeche, chayote-zucchini, Aqui veggies, chipotle corn salsa, red cabbage slaw, mashed sweet potatoes, blue lake beans, all beans and rice from our menu

TREE NUTS ALLERGY

We do not use tree nuts in any of our menu items

NOTE: We use Pumpkin Seeds in our Southwest Caesar Salad, Aqui Slaw and Lime-Avocado Chicken Salad

DISHES WITHOUT CILANTRO

SEAFOOD

- Blackened Salmon
-order with no Aqui slaw
-sub with broccoli
- Grilled Salmon Bowl
-order with no herb aioli
-sub with lemon aioli
- Wild Crab Cake and Enchiladas
-order with no chayote-zucchini
-sub with broccoli

CHICKEN • BEEF • PORK

- Cuban Roast Pork Carnitas
-order with no salsa fresca
- Lemon Chicken Bowl
- Free Range Chicken Parmigian
-order with no chayote-zucchini

SALADS

- Southwest Caesar
(all protein add-ons ok)
- Wild Crab Cake
-order with no chipotle corn salsa

QUESADILLAS

- Adobo Chicken
- Chicken and Monterey Jack
- Roasted Butternut Squash
- Ranchero Steak

KID'S

- Organic Tofu Bowl
- Crisp Chicken
-order with no cilantro rice
-sub roasted corn brown rice
- Bean and Cheese Burrito
- Classic Kid's Chicken Bowl
-order with no cilantro rice
-sub with roasted corn brown rice

STARTERS

- Hummus and Chips
- Black Bean Dip and Chips

SIDES

- Grilled salmon, blackened salmon, grass fed beef, grilled chicken, adobo chicken, pork carnitas, grilled shrimp, crisp tilapia, all beans, mashed sweet potatoes, broccoli, organic tofu, crisp cauliflower, blue lake beans, roasted corn brown rice

SALSA BAR

- Firecracker Chile, Mango Habanero, Ghost Chile, Chipotle Dressing