

AQUI ALLERGY AND FOOD FACTS INFORMATION

AQUI MENU DATED 05/01/24

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

CHICKEN • BEEF • PORK

Adobo Chicken
Lime-Avocado Bowl
Cuban Pork Carnitas
-order with no fried plantains
Lemon Chicken Bowl
-order with no cauliflower

SEAFOOD

Grilled Salmon and Shrimp
Blackened Salmon
West Coast Salmon
Grilled Salmon Bowl
Firecracker Shrimp
-order with no tortilla strips

VEGETARIAN • VEGAN

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

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
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, all rice and beans from the menu

SALSA BAR

All dressings and salsas are acceptable

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

Norteño Beef Crisp Taquitos or Enchiladas

Oaxaca Chicken Parmigiana

Lemon Chicken Bowl
-order with no aioli

SEAFOOD

Wild Mahi Mahi
-order with no aioli
Grilled Salmon and Shrimp
-order with no aioli
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

Plantain Chile Verde
-order with no aioli
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, Grilled Steak or Pork Carnitas
-order with no lemon aioli

Thai Chicken

Cuban Plantain

Adobo Chicken

SUPREME BOWLS

All OK

TACOS

Thai Chicken
Pork Carnitas
Grilled Chicken

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, all rice and beans from the menu

SALSA BAR

Avoid: Dressings

All other items from the Salsa Bar are acceptable

More on back page →



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

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

Lemon Chicken Bowl

SEAFOOD

Grilled Salmon Bowl

West Coast Salmon

Wild Mahi Mahi

Grilled Salmon and Shrimp

VEGETARIAN • VEGAN

Thai Peanut Organic Tofu

Falafel Tacos

Plantain Chile Verde Bowl

Avocado-Roasted Corn Bowl

-order with no cotija

Firecracker Cauliflower

-order with no chile ranch dressing

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

Thai Chicken

Cuban Plantain

-order with no sour cream

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, 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

CHICKEN • BEEF • PORK

Norteño Beef Crisp Taquitos or Enchiladas

Free Range Chicken Enchiladas

Cuban Roast Pork Carnitas

Southwest Chicken Taquitos

SEAFOOD

Grilled Salmon and Shrimp

-order with no aioli

West Coast Salmon

-order with no aioli

Blackened Salmon

-order with no Aqui slaw

Grilled Salmon Bowl

-order with no aioli

VEGETARIAN • VEGAN

Avocado Roasted Corn Bowl

California Enchiladas

Cotija Taquitos

Lime Avocado Enchiladas

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

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, 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 and wild mahi mahi dishes

CRUSTACEAN SHELLFISH ALLERGY

Avoid crab cake and shrimp dishes

ADDITIONAL VEGAN ITEMS

MENU ITEMS

Lime Avocado Chicken Salad

-order with no chicken, no cotija

Avocado Roasted Corn Bowl

-order with no cheese

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, all beans and rice from our menu

CHICKEN • BEEF • PORK

Cuban Roast Pork Carnitas

-order with no salsa fresca

Lemon Chicken Bowl

Oaxaca Chicken Parmigian

-order with no chayote-zucchini

-sub with broccoli

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

Grilled Salmon and Shrimp

-order with no pozole escabeche

SALADS

Southwest Caesar

(all protein add-ons ok)

Wild Crab Cake

-order with no chipotle corn salsa

QUESADILLAS

Adobo Chicken

Chicken and Monterey Jack

Butternut Squash and 3 Cheese

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

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