Poblano — Allergen chart

The 14 main allergens, dish by dish

Updated **18 November 2026**

Menu item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Beef Chilli Burrito	X													
Beef Short Rib Birria Burrito	X													
Pork Burrito	X													
Chicken Burrito	X													
Bean Burrito	X													
Beef Chilli Bowl														
Short Rib Birria Bowl														
Pork Bowl														
Chicken Bowl														
Bean Bowl														
Beef Chilli Salad														
Short Rib Birria Salad														
Pork Salad														
Chicken Salad														
Bean Salad														
Cheesy Nachos (Nacho Pot)	MC						X							
Loaded Nachos (Beef Chilli)	MC						X							
Loaded Nachos (Birria Beef)	MC						X							
Loaded Nachos (Pork)	MC						X							
Loaded Nachos (Chicken)	MC						X							
Loaded Nachos (Beans)	MC						X							
Birria Beef Taco							X							
Fish Taco			X	X						X				
Chicken Tinga Taco							X							
Pork Taco														
Chorizo Taco						MC	X							
Mushroom Taco							X							
Cactus Taco														
Bean Quesadilla	X						X							
Chicken Quesadilla	X		X				X							
Birria Quesadilla	X						X							
Mushroom Quesadilla	X						X							
Elotes in a Cup			X			X	X			X				
Cheese Quesadilla	X		X				X							
Corn Salad														
Birria Ramen	X					X	X							
Chicken Ramen	X					X	X							
Salsa Roja / Verde														
Consome														

X Contains MC May contain

Burritos, bowls and salads are listed without toppings. Cheese and sour cream contain milk.

Food allergy or intolerance? Please let us know.

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