

ALLERGY CHART

	FISH	SHELLFISH	DAIRY	SOY	TREE NUTS /SEEDS	PEANUTS	SESAME	WHEAT	EGGS
TORTILLAS									
Corn									
Flour: made with avocado oil								•	
Whole Wheat								•	
AGUAS FRESCAS									
Horchata: rice, almonds, cinnamon, evaporated cane sugar, vanilla					•				
Limonada: lime juice, sugar									
BREAKFAST									
Jess Special: eggs, tomatoes, onions, jalapeños, tortilla chips, jack cheese, avocado			•						•
Migas Taco: eggs, tomatoes, onions, jalapeños tortilla chips, jack cheese			•						•
Migas Plate: migas, queso, jack cheese, avocado, pico de gallo, mashed potatoes, refried black beans, tortillas			•						•
Vaquero: eggs, roasted peppers, corn, jack cheese			•						•
BEQ: bacon, egg, jack cheese			•						•
CEQ: housemade chorizo, egg, jack cheese			•						•
SEQ: housemade sausage, egg, jack cheese			•						•
Barbacoa Madruguera: egg, beef cheek, arbol salsa, green onion									•
Picadillo and Eggs: eggs, ground beef, jack cheese, arbol sauce, green onions			•						•
Veggie Nut Chorizo: pecans, cauliflower, walnuts, pistachios, salt, canola oil, apple cider vinegar, salsa habanero					•				
BEEF									
Akaushi Picadillo: ground beef, jack cheese, cilantro, onion			•						
Cowboy: beef tenderloin, corn, roasted peppers, caramelized onion, guacamole, queso fresco			•						
Frontera Fundido Sirloin: sirloin, jack cheese, onion, poblano			•						
Mexico City Sirloin: sirloin, cilantro, onion									
El Picosito: beef tenderloin, chipotle-sesame sauce, avocado, queso fresco			•		•		•		
Braised Beef Barbacoa: beef cheek, arbol salsa, cilantro, onion, avocado									
CHICKEN									
Pollo Fantastico: chicken thigh, roasted green chile sauce, Mexican crema, green onion			•						
Frontera Fundido Chicken: chicken breast, jack cheese, onion, poblano			•						
Mexico City Chicken: chicken breast, cilantro, onion									
Happy Taco: chicken thigh, mushrooms, jack cheese, cilantro, onion			•						
Pollo en Mole: chicken thigh, mole sauce, cilantro, onion, queso fresco			•		•		•		
PORK									
Puerco Verde: pork shoulder, salsa verde/roja, queso fresco, cilantro, onion			•						
Delibelly: honey, tomatillo-serrano salsa, cilantro, onion, avocado									
Borracho Carnitas: sherry, tequila, basil, chile, lime, onion, cilantro, avocado									
The Otto: refried black beans, bacon, jack cheese, avocado			•						
SEAFOOD									
Shrimposito: shrimp, chipotle-sesame sauce, avocado, queso fresco		•	•		•		•		
Frontera Fundido Shrimp: shrimp, jack cheese, onion, poblano		•	•						
Mojo Salmon: salmon, mojo-garlic sauce, guacamole, pico de gallo	•								
VEGAN/ VEGETARIAN									
Freakin' Vegan: refried black beans, pico de gallo avocado									
Frontera Fundido Caulibella: cauliflower, mushrooms jack cheese, onion, poblano			•						
The Heather: grilled queso fresco, refried black beans, guacamole, lettuce, tomato			•						
Papadulce: sweet potato, corn, roasted peppers, caramelized onion, sweet potato-chipotle sauce, toasted pepitas					•				
Space Cowboy: mushrooms, corn, roasted peppers, caramelized onion, guacamole, queso fresco			•						
SIDES									
Beans: organic whole/refried black beans, garlic, red onion									
Tacodeli Mashed Potatoes: potato, milk, butter, jalapeños			•						
Veggie White Rice: jasmine rice, garlic, lime, bay leaf, carrots, cilantro									
Mexican Red Rice: jasmine rice, tomato, garlic, chicken broth									
Guacamole: avocado, serranos, tomatillos, onions, cilantro, lime juice									
Esquites: corn, red onion, butter, paprika, bacon, queso fresco, cilantro			•						
Queso: easymelt cheese, milk, salsa roja			•						
Roberto's Brazo Fuerte Queso: queso, guacamole, pico de gallo, beef picadillo			•						
Salsa Verde: tomatillos, garlic, serrano, cilantro									
Salsa Roja: tomato, onion, serrano, garlic, cilantro									
Salsa Doña: jalapeños, canola oil, garlic									
Salsa Habanero: habaneros, carrots, garlic, apple cider vinegar, white vinegar									
SOUP/ SALAD/ BOWLS/ DRESSING									
Ensalada Tacodeli (choice of protein or avocado): romaine lettuce, guacamole, sour cream, tomato, pico de gallo, red onion, jack cheese			•						
Tacodeli Bowl (without protein): rice, jack cheese, beans, lettuce, roasted peppers, guacamole, pepitas			•		•				
Jalapeño Ranch: ranch jalapeños, cilantro, garlic			•						
Garlic-Lime Vinaigrette: olive oil, bay leaves, thyme, rosemary, lime juice, apple vinegar, garlic									
Serrano-Lime: serranos, tomatillos, onion, lime juice, cilantro									
Sopa de Pollo: housemade chicken broth, shredded chicken thigh, tomato, jalapeño, tortilla chips, avocado, cilantro, onion									
KIDS MENU									
Bean and Cheese: refried beans, jack cheese			•						
Cheese Quesadilla: jack cheese			•						
DESSERT									
Margarita Cookie: sugar, flour, lime zest, blanco tequila, citric acid, pure orange extract								•	
Churro Blondie: sugar, flour, eggs, vanilla, cinnamon, dulce de leche			•					•	•