Category	menu_item_name		allium	eggs	fish	milk	sesame	soybean	tree nuts	wheat
Bowls	Basic Cowgirl Bowl		✓			✓				
Bowls	Build Your Own Cowgirl Bowl									
Bowls	Hungry Cowboy Bowl		✓			✓				
Bowls	Pollo Verde Asado Bowl (New!)		✓							
Bowls	Roasted Carrots & Broccoli Vegetarian Bowl		✓						✓	
Bowls	Slow Roasted Chicken Bowl		✓							
Bowls	Steak Asada Bowl		✓							
Bowls	The Hungry Cowgirl Bowl		✓			✓				
Sides	Chips and Guac							✓		
Sides	Chips and Queso					✓		✓		
Sides	Chips and Salsa							✓		
Sides	Elote Salad		✓	✓		✓				
Sides	Mexican Cornbread			✓		✓				✓
Sides	Side of Chips							✓		
Sides	Side of Guacamole									
Sides	Side of Queso					✓				
Desserts	Cornbread Cookie			✓		✓				✓
Desserts	Stuffed Churro Cookie			✓		✓				✓
Desserts	Tres Leches Cake			✓		✓				✓
Salsas and Sauces	Cantina-Style Salsa Roja		✓							
Salsas and Sauces	Cilantro crema		✓			✓				
Salsas and Sauces	Citrus Vinaigrette		✓							
Salsas and Sauces	Pepper Crema					✓				
Salsas and Sauces	Salsa Macha (mexican chile crisp)	✓	✓				✓			
Salsas and Sauces	Smoky Hot Sauce (hot)		✓							
Salsas and Sauces	Sour Cream					✓				
Modifier	Mexican Rice		✓							
Modifier	White Rice									
Modifier	asada steak		✓							
Modifier	black beans		✓							
Modifier	cheddar cheese					✓				
Modifier	cheese					✓				
Modifier	corn		✓							
Modifier	corn salsa		✓							
Modifier	mexican rice		✓							
Modifier	pico de gallo		✓							
Modifier	pollo verde asado		✓							
Modifier	romaine									
Modifier	seared steak asada		✓							
Modifier	slow roasted chicken		✓							
Modifier	slow-roasted chicken		✓							
Modifier	smoky roasted carrots & broccoli (served cold)		✓						✓	
Modifier	white rice									