



Peckwater Brands LTD, trading as La Lupe, works to ensure that the ingredient information on our website is accurate. Allergy data detailed on the website has been derived from specifications obtained from our suppliers. Product specifications and recipes may change periodically. The data provided is based on the standard garnishes and accompaniments included on the menu.

Whilst we have taken all reasonable steps to ensure that our allergy data is accurate, our kitchens do use allergenic ingredients and we do not have specific allergen free zones, therefore there is a possibility that allergen traces may be found in any of our dishes. We cannot guarantee your order is 100% free from any allergenic ingredient.

There is significant risk of cross contamination in our deep fat fryers.

Meals which have 'contains' information include ingredients with this allergen intentionally present.

Meals are only Halal if cooked in a Halal certified kitchen, as well as being indicated as such on this chart.

Item Name	Gluten	Wheat	Barley	Oat	Rye	Spelt	Kamut	Crustaceans	Celery	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Treenuts	Peanuts	Sesame	Soybeans	Sulphur dioxide and sulphites	Vegan	Vegetarian	Halal
Birria de Carne Bowl (Beef)												Contains									No	No	Yes
Pollo Al Pastor Bowl (Chicken)												Contains									No	No	Yes
Bowl Vegetariano (Veggie)												Contains									No	Yes	Yes
Birria de Carne Burrito (Beef)	Contains	Contains		Contains								Contains									No	No	Yes
Pollo Al Pastor Burrito (Chicken)	Contains	Contains		Contains								Contains									No	No	Yes
Verduras Burrito (Veggie)	Contains	Contains		Contains								Contains									No	Yes	Yes
Birria de Carne Tacos (Beef)	Contains	Contains																			No	No	Yes
Pollo Al Pastor Tacos (Chicken)	Contains	Contains																			No	No	Yes
Tacos Vegetarianos (Veggie)	Contains	Contains																			Yes	Yes	Yes
Quesabirria de Carne (Beef)												Contains									No	No	Yes
Quesabirria de Pollo (Chicken)												Contains									No	No	Yes
Quesabirria de Vegetales (Veggie)												Contains									No	Yes	Yes
Quesadilla Birria de Carne (Beef)	Contains	Contains		Contains								Contains									No	No	Yes
Quesadilla Pollo Al Pastor (Chicken)	Contains	Contains		Contains								Contains									No	No	Yes
Quesadilla Vegetales (Veggie)	Contains	Contains		Contains								Contains									No	Yes	Yes
Birria de Carne Nachos (Beef)												Contains							Contains		No	No	Yes
Pollo Al pastor Nachos (Chicken)												Contains							Contains		No	No	Yes
Nachos Vegetarianos (Veggie)												Contains							Contains		No	Yes	Yes
Taquitos de Queso	Contains	Contains										Contains									No	Yes	Yes
Jalapeños Rellenos	Contains	Contains										Contains									No	Yes	Yes
Totopos con Salsa (Tortilla chips & salsa)																					Yes	Yes	Yes
Totopos con Guacamole																					Yes	Yes	Yes
Totopos con 3 Salsas (Tortilla chips & 3 salsas)																					Yes	Yes	Yes
Guacamole																					Yes	Yes	Yes



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Salsa Ranchera (Mild)																					Yes	Yes	Yes
Salsa Verde (Medium)																					Yes	Yes	Yes
Salsa Chipotle (Hot)																					Yes	Yes	Yes
Churros con Chocolate	Contains	Contains																	Contains		No	Yes	Yes
Brownie Cheesecake	Contains	Contains											Contains						Contains		No	Yes	Yes
Coke																					Yes	Yes	Yes
Diet Coke Can																					Yes	Yes	Yes
Jarritos Lime																					Yes	Yes	Yes
Jarritos Mango																					Yes	Yes	Yes
Bottled Water																					Yes	Yes	Yes