



How' to Eat EL MONTE GRILL



DAIRY FREE

Dairy free menu

READ ALL DESCRIPTIONS CAREFULLY
ALWAYS HAVE MEDICINE ON HAND (ANTACIDS)

ASK FOR CHEESE OR SOUR CREAM
FEEL LIMITED WITH YOUR OPTIONS

DAIRY FREE

Menu items

Salads

Bowls

Burritos

Sopes

Tacos

TOPPING

3 Alarm Salsa

Corn Salsa

Chipotle Honey Vinaigrette

Guacamole



4n0wtr52tl

EL MONTE GRILL



NO GLUTEN ADDED

Added means the recipe itself does not

ASK EMPLOYEES TO CHANGE THEIR GLOVES
MAKE SURE TO SPECIFY IF ALLERGY OR
PREFERENCE
ASK QUESTIONS OR FOR CLARIFICATIONS

ASK FOR FLOUR TORTILLAS
FEEL LIMITED WITH YOUR OPTIONS

MENU ITEMS



How to Eat EL MONTE GRILL



NUT ALLERGIES

Nut allergies include any form of tree nut including walnut, almond, hazelnut, cashew, and pistachio.



READ MENU ITEMS CAREFULLY
ASK EMPLOYEES TO CHANGE GLOVES (IF SEVERE)

DO



CONSUME ANY BAKED GOODS

DON'T

FOOD ITEMS TO CHOOSE FROM

MENU ITEMS

BOWLS
BURRITOS
SALADS
SOPES
TACOS
TORTAS

PROTEINS

CARNE ASADA
CARNITAS
POLLO ASADO
SOYRIZO Y PAPAS
BAJA FISH (TACOS ONLY)

TOPPINGS

3 ALARM SALSA
CORN SALSA
CHEESE
CHIPOTLE HONEY VINAIGRETTE
GUACAMOLE
JICAMA ORANGE SALSA
LETTUCE
PICO DE GALLO, MILD
SALSA VERDE, MEDIUM
SOUR CREAM

SIDES

CHARRO BLACK BEANS
MAYOCOBA BEANS
TORTA BEANS
CILANTRO CITRUS BROWN
RICE
CILANTRO CITRUS WHITE
RICE
BELL PEPPER FAJITAS
CHIPS
CORN & FLOUR TORTILLAS
WHOLE FRUIT

How to Eat

EL MONTE GRILL

SHELLFISH ALLERGIES

Shellfish allergy

KNOW THE DIFFERENCE BETWEEN FISH AND SHELLFISH

FORGET EPIPEN (IF APPLICABLE)

MENU ITEMS

BOWLS
BURRITOS
SALADS
SOPES
TACOS
TORTAS

PROTEINS

CARNE ASADA
CARNITAS
POLLO ASADO
SOYRIZO Y PAPAS
BAJA FISH (TACOS ONLY)

TOPPINGS

3 ALARM SALSA
CORN SALSA
CHEESE
CHIPOTLE HONEY VINAIGRETTE
GUACAMOLE
JICAMA ORANGE SALSA
LETTUCE
PICO DE GALLO, MILD
SALSA VERDE, MEDIUM
SOUR CREAM

SIDES

CHARRO BLACK BEANS
MAYOCOBA BEANS
TORTA BEANS
CILANTRO CITRUS
BROWN RICE
CILANTRO CITRUS

How to Eat EL MONTE GRILL

PAY ATTENTION TO FOOD LABELS
ASK QUESTIONS

ASK FOR ANY MEATS OR BLACK BEANS
FEEL LIMITED WITH YOUR OPTIONS

MENU ITEMS

BOWLS
BURRITOS
SALADS
SOPES
TACOS
TORTAS

MEATS

SOYRIZO Y PAPAS

TOPPINGS

3 ALARM SALSA
CORN SALSA
CHEESE
CHIPOTLE HONEY VINAIGRETTE
GUACAMOLE
JICAMA ORANGE SALSA
LETTUCE
PICO DE GALLO, MILD
SALSA VERDE, MEDIUM
SOUR CREAM

SIDES

MAYOCOBA BEANS
TORTA BEANS