



# How to Eat **EL MONTE GRILL**



## DAIRY FREE

*Dairy free* means there has been no milk added to the products. Dairy products include but not limited to cheese, cream, butter, and yogurt.



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

**DO**



**ASK FOR CHEESE OR SOUR CREAM  
FEEL LIMITED WITH YOUR OPTIONS**

**DON'T**

## FOOD ITEMS TO CHOOSE FROM

### MENU ITEMS

SALADS  
BOWLS  
BURRITOS  
SOPES  
TACOS

### PROTEINS

CARNE ASADA  
CARNITAS  
POLLO ASADO  
SOYRIZO Y PAPAS

### TOPPINGS

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

### 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**

**NGA**

**NO GLUTEN ADDED**

**No Gluten Added** means the recipe itself does not include gluten, however, the facility it was produced in may contain gluten in it. If you have Celiac intolerance or gluten sensitivity, use your best judgment according to the severity.



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

**DO**



**ASK FOR FLOUR TORTILLAS**  
**FEEL LIMITED WITH YOUR OPTIONS**

**DON'T**

## **FOOD ITEMS TO CHOOSE FROM**

### **MENU ITEMS**

SALADS  
BOWLS  
SOPES  
TACOS

### **PROTEINS**

CARNE ASADA  
CARNITAS  
POLLO ASADO  
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**

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



# 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* is an abnormal response to the consumption of marine animals. This includes shrimp, crab, lobster, squid, oysters and scallops. Fish including salmon, tuna, and mahi-mahi are all acceptable to consume.



**KNOW THE DIFFERENCE BETWEEN FISH AND SHELLFISH**

**DO**



**FORGET EPIPEN (IF APPLICABLE)**

**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  
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# How to Eat **EL MONTE GRILL**



## VEGETARIAN

**Vegetarian** means to abstain from meat products. One type of vegetarianism is *lacto-ovo vegetarian*. It includes eating plant foods, dairy products, and eggs which applies here.



**PAY ATTENTION TO FOOD LABELS  
ASK QUESTIONS**

**DO**



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

**DON'T**

## FOOD ITEMS TO CHOOSE FROM

### 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  
CILANTRO CITRUS  
BROWN RICE  
CILANTRO CITRUS  
WHITE RICE  
BELL PEPPER FAJITAS  
CHIPS  
CORN & FLOUR TORTILLAS  
WHOLE FRUIT