

MISSION DISTRICT - ONION / GARLIC INFO

The following has been prepared to so customers with onion and garlic sensitivities can make decisions on what they're comfortable with. Onion and garlic is used widely through our food but in varying degrees.

Items that are onion and garlic free or easily adapted are:

- Guacamole (adapted)
- Esquites
- MD Crispy Cauliflower
- Totopos (adapted)
- Fries
- Chorizo or Cauliflower tacos (adapted)
- Queso Taco with Chorizo or Cauliflower (adapted)
- Burrito Bowl with Chorizo or Cauliflower (adapted)
- Churros

Additionally the Baja Fish / Pork / Beef only have very small amounts of onion / garlic so can be made as tacos or burrito bowls.

MENU ITEM	ONION	GARLIC	
SHARING ITEMS			
Red Guacamole	x	x	Guac contains raw onion, can be removed. Salsa Macha contains cooked onion and garlic, can also be removed.
Esquites			
Esquites (Vegan)			
Fried Chicken	x	x	Marinade contains garlic. Batter contains garlic and onion powder.
MD Crispy Cauliflower			
Totopos	x	x	Totopos are fine, the salsas contain onion and garlic.
Fries			
MD Snack Pack	x	x	Our queso (cheese sauce) contains cooked onion and garlic. The pico contains raw onion. Pickled onion is also used. (Pico and pickled onion can be removed, Queso can be swapped with grated cheese)
Chile con Queso	x	x	Our queso (cheese sauce) contains cooked onion and garlic. The pico contains raw onion.
Queso Nachos	x	x	Our queso (cheese sauce) contains cooked onion and garlic. The pico contains raw onion. Pickled onion is also used. (Pico and pickled onion can be removed)
PROTEINS / VEG			
Pork Carnitas	x	x	Cooked with onion and garlic then onion and garlic is removed
Grilled Chicken	x	x	Marinade contains onion and garlic
Beef Barbacoa	x	x	Cooked with onion and garlic then onion and garlic is removed
Mushroom Asada	x	x	Marinade contains onion and garlic
Cauliflower al Pastor			
Baja Fish	x	x	Batter contains a tiny amount (0.5%) garlic and onion powder
Chorizo			

ONION / GARLIC INFO

MENU ITEM	ONION	GARLIC	
SALSAS / SAUCES			
Pico De Gallo	x		Contains raw onion
Salsa Verde	x	x	Contains onion and garlic
Salsa Roja	x	x	Contains onion and garlic
Salsa Habanero (hot)			
Salsa Yucatan (very hot)		x	Contains garlic
Salsa Macha	x	x	Contains onion and garlic (though in much small amounts than other salsas, and it isn't blended)
Chipotle Mayo (Vegan)			
Crema			
Crema Vegan			
TACOS			
			All tacos are served with raw onion (can be removed). Salsas can also be swapped as required.
QUESO TACOS			
			All queso tacos are served with raw onion (can be removed). Salsas can also be swapped as required.
BURRITOS			
Fish Burrito			Burritos contain pico (raw onion), salsa (onion and garlic), beans (onion and garlic) plus the proteins or veg. With the removal of Pico – this only contains a tiny amount of onion and garlic powder in the fish batter (it has rice in place of beans, and chipotle mayo as the salsa).
BURRITO BOWL			
Fish Bowl			Bowls contain pico (raw onion), salsa (onion and garlic), plus the proteins or veg. With the removal of Pico – this only contains a tiny amount of onion and garlic powder in the fish batter
Chorizo Bowl			With the removal of Pico – and swapping the salsa to habanero or chipotle mayo this contains no onion or garlic
Cauliflower Bowl			With the removal of Pico – and swapping the salsa to habanero or chipotle mayo this contains no onion or garlic