

VEGAN AND ALLERGEN GUIDE

Bowls	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Protein Bowl (add choice of 2 proteins)									X
Salmon Bowl (add choice of rice)		X	X	X		X		X	X
Homemade Aioli		X	X	X				X	
Shrimp Bowl (add rice & beans)			X				X		X
Kalua Pig Bowl (add rice & beans)			X						X
Maui Bowl (add rice & beans)			X						X
Wahoo's Bowl (add protein, rice & Beans)									X
Banzai Bowl (add protein, rice & beans)			X						
Burritos (flour tortillas)	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Outer Reef Burrito (add choice of protein)		X	X	X	X				X
Citrus Slaw Burrito (add choice of protein)		X	X		X				X
Banzai burrito (add choice of protein)		X	X		X				X
Hawaiian Burrito		X	X		X				
Mr. Lee's Scream'n Chicken Burrito		X	X	X	X			X	X
The 1988 Burrito (add choice of protein)		X	X		X				X
Shared Plates	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Loaded Nachos (add Protein)			X		X				X
Loaded Quesadilla (add protein)		X			X				X
Crispy Baja Rolls		X	X		X				X
Baja Rolls		X	X		X				X

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Shared Plates	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Taquitos (chicken or Steak)			X						
French Fries	✓		X						
Cajun Fries	✓	X	X		X				
Onion Rings		X	X		X				
Shrimp Ceviche			X				X		X
Chips	✓		X						
Guacamole	✓								X
Just for Kids	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Kid's Bowl (add protein)			X		X				
Black Bean, Rice & Cheese Burrito			X		X				
Kid's Plate (add protein)			X		X				
Mini Quesadilla			X		X				
Salsa Bar	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Pico De Gallo Salsa	✓								X
Roasted Fuego Salsa	✓		X						
Mr. Lee's Spicy Chili Sauce	✓	X	X					X	
Roasted Tomato Salsa	✓								X
Maria's Salsa	✓		X						
Dessert	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Churro Chips		X	X		X				

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Extras	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Guacamole	✓								X
Teriyaki sauce/ Light soy marinade	✓		X						
Make it loaded					X				
Lmited Time Offerings	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Turkey Albondigas				X					X
Spicy Crispy Fish Sandwich		X	X	X	X	X		X	X
Brioche Bun		X	X		X			X	
Chipotle Mayo				X	X				
<i>Please speak with a staff member for more information on which items contain any of the items listed above</i>									
DISCLAIMER									
Food may have come in contact with an allergen ie; nuts, gluten, latex etc. SOMEWHERE in the supply chain If you are highly allergic, we cannot guarantee food has not been exposed to an allergen even though we are extremely cautious.									
Please note there is one fryer per Wahoo's location. Chips, french fries and taquitos are fried in the same oil as items containing gluten.									