

VEGAN AND ALLERGEN GUIDE

Key:

✓ Vegan

x Contains allergen

Protein Options	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Mild Grilled Fish			x						
Spicy Grilled Fish		x	x			x			
Crispy Fish		x	x			x			
Mild Grilled Chicken			x						
Spicy Grilled Chicken		x	x						
Carne Asada			x						
Carnitas									
Salmon			x			x			
Shrimp			x				x		
Banzai Veggies	✓		x						
Tofu	✓		x						
Spicy Mushrooms	✓		x						
Soup & Salads	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Chicken Tortilla Soup			x						x
Chipotle Salad				x	x			x	x
Chipotle Dressing				x	x				
Wahoo's Salad (add choice of protein)			x		x				x
Sunset Chopped Salad (Chicken)		x	x		x			x	x
Honey Lime Dressing	✓								

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Street Tacos									X
Enchiladas (corn tortillas)	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Red Enchilada (add choice of protein)			X		X				X
Red Enchilada Sauce	✓		X						X
Green Enchilada (add choice of protein)					X				X
Fat-free Roasted Pepper Cilantro			X	X					X
Sides	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
White Rice			X		X				
Brown Rice	✓	X							
Black Beans	✓								
Cajun Spicy White Beans	✓	X							X
Citrus Slaw	✓								X

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Bowls	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Aloha Breakfast Bowl				X	X				X
Banzai Bowl (add protein, rice & beans)			X						
Maui Bowl (add rice & beans)			X						X
Protein Bowl (add choice of 2 proteins)									X
Wahoo's Bowl (add protein, rice & Beans)									X
Burritos (flour tortillas)	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Aloha Burrito		X	X	X	X				X
Banzai burrito (add choice of protein)		X	X		X				X
Citrus Slaw 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
Outer Reef Burrito (add choice of protein)		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
Chips	✓		X						
French Fries	✓		X						
Guacamole	✓								X
Loaded Nachos (add Protein)			X		X				X
Loaded Quesadilla (add protein)		X			X				X

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Onion Rings		X	X		X				
Shrimp Ceviche			X				X		X
Tacos De Papas									X
Taquitos (chicken or Steak)			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				
Extras	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Guacamole	✓								X

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.