

VEGAN AND ALLERGEN GUIDE

Key:	Vegan		x Contains allergen	
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Protein Options	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Mild Grilled Fish			x			x			
Spicy Grilled Fish		x	x			x			
Crispy/Ensenada Fried Fish		x	x		x	x			
Honey Battered Shrimp		x	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
Protein Choice will affect if salad also contains seafood, dairy, gluten, and soy - see above for protein info									
Chicken Tortilla Soup			x						x

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Chipotle Salad (add choice of protein)				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	✓								
Salad Dressings	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Fat-free Roasted Pepper Cilantro			X	X					X
Ranch			X	X	X				
Chipotle Dressing				X	X				
Balsamic Vinaigrette					X				
Oil & Vinegar	✓		X						
Honey Lime Dressing	✓								
Tortillas	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Corn tortillas	✓								
Flour tortillas		X	X		X				
Tacos (corn tortillas)	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Protein Choice will affect if taco also contains seafood, dairy, gluten, and soy - see above for protein info									
1988 taco (add choice of protein)					X				X

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Bowls	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Protein Choice will affect if bowl also contains seafood, dairy, gluten, and soy - see above for protein info									
Aloha Breakfast Bowl				X	X				X
Banzai Bowl (add protein, white rice & beans)			X		X				
Maui Bowl (white rice & beans)			X		X				X
Protein Bowl (add choice of 2 proteins, white rice and beans)			X		X				X
Wahoo's Bowl (add protein, white rice & beans)			X		X				X
Burritos (flour tortillas)	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Protein Choice will affect if burrito also contains seafood, dairy, gluten, and soy - see above for protein info									
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
BRC (add choice of Protein)		X	X		X				

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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
Onion Rings		X	X		X				
Shrimp Ceviche			X				X		X
Tacos De Papas					X				X
Taquitos (chicken or steak) served with Guac and Sour Cream			X		X				
Just for Kids	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Protein Choice will affect if kid's meal also contains seafood, dairy, gluten, and soy - see above for protein info									
Kid's Bowl (add protein, white rice and black beans)			X		X				
Black Bean, White Rice & Cheese Burrito			X		X				
Kid's Plate (add protein, white rice and black beans)			X		X				
Mini Quesadilla			X		X				
Salsa Bar	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO

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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
Teriyaki sauce/ Light soy marinade	✓		X						
Make it loaded					X				
Limited 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				
Portuguese Sausage									
Spam									

Please speak with a staff member for more information on which items contain any of the items listed above

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Agua Fresca Drinks	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
Strawberry Watermelon									
Mango Lemonade									
Margaritas	VEGAN	ALLERGENS							
		GLUTEN	SOY	EGGS	DAIRY	FISH	SHELLFISH	PEANUT/NUTS/ SEEDS	CILANTRO
All Margaritas									

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, Fish, Shrimp and Taquitos are fried in the same oil as items containing gluten.