



ALLERGEN CHART

INGREDIENTS	WHEAT/ GLUTEN	SOY	SESA- ME	MILK	EGGS	FISH	SHELL- FISH	TREE NUTS	PEA- NUTS
ADOBO CHICKEN (DARK MEAT)		●							
BACON (PIECES)		✓							
BLACK BEANS								■	
BLACK OLIVES									
BROWNIE	✓	✓		✓	✓			■	■
CHOCOLATE CHIP COOKIE	✓	✓		✓	✓			■	■
CHORIZO		✓							
CILANTRO									
CORN, ROASTED		✓							
EGGS, SCRAMBLED		✓		✓	✓				
GRILLED VEGGIES		✓							
GROUND BEEF				✓					
GUACAMOLE									
JALAPEÑOS, FRESH									
JALAPEÑOS, PICKLED		✓							
LETTUCE									
LIME/LEMON WEDGE									
ONIONS, DICED									
PICO DE GALLO									
PINTO BEANS								■	
POTATOES, BREAKFAST	◆	✓							
QUESO				✓					
RICE, CILANTRO LIME		●							
RICE, SEASONED		✓						■	
SALSA, HOUSEMADE									
SALSA, SPICY HOUSEMADE	◆								
SALSA, TOMATILLO									
SAUCE, CHILI LIME					✓			■	
SAUCE, CHIPOTLE RANCH				✓	✓			■	
SAUCE, HARD ROCK 'N ROLL								■	
SAUCE, MOE'S		●		✓	✓			■	
SAUCE, POBLANO CREMA	◆			✓					
SAUCE, SOUTHWEST VINAIGRETTE		●						■	
SHREDDED CHEESE				✓					
SOUR CREAM				✓					
STEAK		✓						■	
TOFU		✓						■	
TOMATOES									
TORTILLA, CHIPS FRIED	◆	●							
TORTILLA, CRISPY CORN SHELL	◆	●							
TORTILLA, FLOUR	✓	●							
TORTILLA, SOFT CORN	◆								
WHITE MEAT CHICKEN		✓							

Moe's Southwest Grill® attempts to identify ingredients that may cause allergic reactions for those with food allergies. We strive to educate our food staff on the severity of food allergens and critical points of cross-contamination. Because allergens are present in the environment, there is a potential risk of cross-contamination. If you have a food allergy to any of the ingredients prepared or served in our restaurants, please keep this allergen information in mind when deciding which food items are right for you.

Cross-contact may occur during food preparation and storage. Variations may occur due to differences in suppliers and/or ingredient substitutions. The national information listed is based on standard recipes, product formulations and information provided by suppliers, manufacturers and third-party audits. The information provided is as of February 2025.

Some variations in nutritional values may occur due to product assembly or preparation at the restaurant, season of the year, use of an alternate supplier or ingredient, or recipe revisions. Allergen information regarding test products and limited-time offers is not included but can be obtained by contacting us through moes.com/contact. Moe's Southwest Grill and its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in any Moe's Southwest Grill.

Please note that some products may contain food allergens and other ingredients that cause food sensitivities. Although efforts are made to avoid cross-contact of allergens and other ingredients that may cause food sensitivities, all food and beverage items may contain or come into contact with one or more of these substances. If you have a food allergy, please notify staff directly.

✓ Contains allergen.

● The only soy-derived ingredient used in the recipe or for cooking purposes is highly refined soybean oil, which studies have shown is safe for consumption by most individuals with soy allergies. Please reference foodallergy.org.

◆ These items do not contain gluten as an ingredient. We do, however, prepare/heat these items in the same areas as our flour shells; therefore, there is a risk of cross-contamination during preparation.

■ Our products do not contain peanuts or tree nuts as an ingredient. They are, however, manufactured on the same line as other products that do contain peanuts or tree nuts; therefore, there is a risk of cross-contamination during preparation.