



Freebirds Food Allergen and Sensitivity Information

Ingredient	Egg	Tree Nuts	Peanuts	Milk	Wheat	Gluten	Soy	Soybean Oil *	Fish (Anchovy)	Shellfish	MSG
Corn Tortillas											
Flour Tortilla					✓	✓		✓			
Spinach Tortilla					✓	✓		✓			
Cayenne Tortilla					✓	✓		✓			
Wheat Tortilla				✓	✓	✓		✓			
Rice											
Monterrey Jack Cheese				✓							
Jack/Cheddar Cheese				✓							
Queso				✓	✓	✓					
Refried Beans											
Whole Beans											
Black Beans											
Steak					✓	✓	✓		✓		
White Chicken											
Dark Chicken											
Hot Sauce											
Mild Sauce											
BBQ Sauce					✓	✓		✓			
Death Sauce											
Habenero Sauce											
Lime Juice											
Salsa					✓	✓					
Roasted Veggies											
Guacamole											
Sour Cream				✓							
Avocado											
Pico de Gallo											
Tomatoes											
Cilantro											
Roasted Garlic											
White/Purple Onions											
Jalapenos											
Lettuce											
Chips								✓			

Updated July 2006

This list is compiled based on product information provided by Freebirds approved food manufacturers. Every effort is made to keep this information current; however, it is possible ingredient changes and substitutions may occur before this list is updated.