

Allergen Matrix for La Cabaña Mexican Restaurant

ATTENTION : FOR THE SAFETY OF OUR GUESTS, KINDLY INFORM OUR TEAM ABOUT ANY FOOD ALLERGIES BEFORE PLACING YOUR ORDER.

● Denotes Contains Allergens

Dishes are prepared as listed, unless an exception is mentioned.

Allergen Information : If you or someone in your group has a food allergy or sensitivity, please inform a staff member or manager before ordering. Your safety is our top concern, and we are committed to providing accurate details about allergens in our dishes, including dairy, eggs, gluten, soy, fish and shellfish. While we make every effort to maintain updated allergen information, ingredient variations may occur due to supplier differences, seasonal changes, recipe updates, or kitchen practices. Menu items may also vary by location, and some dishes might not be available at all restaurants. Please note that limited-time or regional offerings may not be included in our standard allergen listings. Be aware that cross-contact with allergens is possible in our kitchen, as shared equipment, cooking surfaces, and fryers are used in food preparation. For this reason, we cannot guarantee that any menu item is entirely free of allergens. To ensure a safe dining experience, please discuss your dietary needs with our team before ordering.

Appetizers, Salads, Nachos, Taco Meals	Dairy	Gluten	Soy	Shellfish	Fish	Eggs
La Cabaña Sampler	●	●	●			
Calamari	●	●	●	●		
Ceviche				●		
Mexican Quesadilla	●	●	●			
Taquitos La Cabaña			●			
Jalapenos Poppers	●	●	●			
Mozzarella Sticks	●	●	●			
Guacamole						
Queso Dip	●	●	●			
Shrimp Taco Salad	●	●	●	●		
Steak & Mushrooms Taco Salad	●	●	●			
Fajita Taco Salad	●	●	●			
Taco Salad	●	●	●			
El Trio Taco Salad	●	●	●	●		
La Cabaña Salad	●		●	●		
Ensalada Mexicana	●	●	●	●		

Appetizers, Salads, Nachos, Taco Meals	Dairy	Gluten	Soy	Shellfish	Fish	Eggs
Nachos Supreme	•		•			
Nachos Cabaña	•		•	•		
Texas Nachos	•		•	•		
Nachos De Carnitas Supreme	•		•			
Nachos Fajitas	•		•			
Steak Tacos	•	•	•			
Spicy Steak Tacos	•	•	•			
Tacos De Carnitas	•	•	•			
Tacos De Chorizo	•	•	•			
Taco Loco	•	•	•			
Fish Tacos	•	•	•		•	
Shrimp Tacos	•	•	•	•		

Steaks, House Favorites, Combo Dinners	Dairy	Gluten	Soy	Shellfish	Fish	Eggs
Carne Asada	•	•	•			
Carne Asada Tampiqueña	•	•	•			
Steak Mexicano	•	•	•			
Steak & Shrimp	•	•	•	•		
Carnitas La Cabaña	•	•	•			
Chile Verde	•	•	•			
Mexican Flautas	•		•			
Tostada Meal	•		•			
Acapulco Platter	•	•	•			
Chiles Poblano	•	•	•			•
Chilaquiles El Rancho	•		•			
La Cabaña Molcajete	•	•	•	•		
La Cabaña Torta	•	•	•			
El Rio Combo	•	•	•	•		
La Cabaña Combo	•	•	•			

Fajitas, Seafood, Chicken	Dairy	Gluten	Soy	Shellfish	Fish	Eggs
La Cascada	•	•	•			
Steak or Chicken Fajita	•	•	•			
Fajitas De Carnitas	•	•	•			
Fajita La Cabaña	•	•	•	•		
Texas Fajita	•	•	•	•		
Shrimp Fajita	•	•	•	•		
Hawaiian Fajitas	•	•	•	•		
Pollo Vera Cruz	•	•	•	•		
Pollo Cabaña	•	•	•			
Pollo Guanajuato	•	•	•			
Pollo Loco	•	•	•			
Pollo Supreme	•	•	•			
Pollo Monterrey	•	•	•			
Pollo A La Diabla	•	•	•			
Pollo Jalisco	•	•	•			
Milanesa De Pollo	•	•	•			
Salmon Cabaña	•	•	•	•	•	
Salmon Del Rio	•		•		•	
Camarones El Caribe	•	•	•	•		
Camarones Al Mojo De Ajo	•	•	•	•		
Shrimp Cocktail			•	•		

Burritos, Enchiladas, Quesadillas, Chimichangas	Dairy	Gluten	Soy	Shellfish	Fish	Eggs
Enchiladas Chabelas	•		•			
Enchiladas Lupe	•		•			
Enchiladas Verdes	•		•			
Enchiladas Suizas	•		•			

Burritos, Enchiladas, Quesadillas, Chimichangas	Dairy	Gluten	Soy	Shellfish	Fish	Eggs
Enchiladas De Camaron	•		•	•		
Chimichanga La Cabaña	•	•	•			
Double Chimichangas	•	•	•			
Steak Chimichanga	•	•	•			
Shrimp Chimichanga	•	•	•	•		
Quesadilla Supreme	•	•	•			
Steak and Mushrooms Quesadilla	•	•	•			
Quesadilla De Fajita	•	•	•			
Qusadilla De Carnitas	•	•	•			
Qusadilla De Camarones	•	•	•	•		
Qusadilla Toluca	•	•	•			
Qusadilla La Cabaña	•	•	•			
Burrito De Asada	•	•	•			
Texas Burrito	•	•	•	•		
Burrito Loco	•	•	•			
Burrito La Cabaña	•	•	•	•		
Burrito Moreliano	•	•	•			
Burrito Las Lomas	•	•	•			
Burrito Laguna	•	•	•	•		

Combos, Vegetarian Selections, A-La-Carte, Sides	Dairy	Gluten	Soy	Shellfish	Fish	Eggs
Combo #1	•	•	•			
Combo #2	•	•	•			
Combo #3	•	•	•			
Combo #4	•	•	•			
Combo #5	•	•	•			
Combo #6	•	•	•			

Combos, Vegetarian Selections, A-La-Carte, Sides	Dairy	Gluten	Soy	Shellfish	Fish	Eggs
Combo #7	•	•	•			
Combo #8	•	•	•			
Combo #9	•	•	•			
Combo #10	•	•	•			
Combo #11	•	•	•			
Combo #12	•	•	•			
Combo #13	•	•	•			
Combo #14	•	•	•			
Combo #15	•	•	•			
Combo #16	•	•	•			
Combo #17	•	•	•			
Veggie Fajita	•	•	•			
Farmer's Quesadilla	•	•	•			
Enchiladas De Espinacas	•	•	•			
Vegetarian Combo	•	•	•			
Rancho La Cabaña	•	•	•			
Cheeseburger & French Fries	•	•	•			
Hamburger & Fresh Fries		•	•			
Grilled Chicken Sandwich	•	•	•			
Chicken Tender Basket		•	•			
La Cabaña Churros	•	•	•			
Xangos	•	•	•			
Flan	•					•
Deep Fried Ice Cream	•	•	•			•
Charro Beans			•			
French Fries	•		•			
Chiles Toreados			•			
Rice	•		•			

Combos, Vegetarian Selections, A-La-Carte, Sides	Dairy	Gluten	Soy	Shellfish	Fish	Eggs
Refried Beans	•		•			
Jalapeños						
Sour Cream	•					
Pico De Gallo						
Flour Tortillas		•				
Corn Tortillas						
Flautas			•			
Tamales	•		•			
Chiles Poblanos	•	•	•			•
A La Carta Tacos	•	• (if on Flour Tortilla)	•			
A La Carta Taco Camaron	•	• (if on Flour Tortilla)	•	•		
A La Carta Burritos	•	•	•			
A La Carta Tostadas	•		•			
A La Carta Quesadillas	•	•	•			
A la Carta Enchiladas	•		•			

Lunch Specialties, Lunch Combos, Little Amigos	Dairy	Gluten	Soy	Shellfish	Fish	Eggs
Lunch Shrimp Quesadilla	•	•	•	•		
Lunch Shrimp Taco Salad	•	•	•	•		
Lunch Taco Salad	•	•	•			
Lunch Fajita	•	•	•			
Lunch Acapulco	•	•	•			
Lunch Burrito La Cabaña	•	•	•			
Lunch Burrito Las Lomas	•	•	•			

Lunch Specialties, Lunch Combos, Little Amigos	Dairy	Gluten	Soy	Shellfish	Fish	Eggs
Lunch Chimichanga	•	•	•			
Lunch Quesadilla Supreme	•	•	•			
Lunch Vegetarian Quesadilla	•	•	•			
Huevos Rancheros	•	•	•			•
Huevos Con Chorizo	•	•	•			•
Huevos Mexicanos	•	•	•			•
Chicken & Rice Soup			•			
Lunch Combo #1	•	•	•			
Lunch Combo #2	•	•	•			•
Lunch Combo #3	•	•	•			
Lunch Combo #4	•	•	•			
Lunch Combo #5	•	•	•			
Lunch Combo #6	•	•	•			
Lunch Combo #7	•	•	•			
Lunch Combo #8	•	•	•			•
Lunch Combo #9	•	•	•			
Lunch Combo #10	•	•	•			
Kids Grilled Shrimp & Fries			•			
Kids Burrito & Enchilada	•	•	•			
Kids Burrito & Taco	•	•	•			
Kids Cheeseburger, Rice & Beans	•	•	•			
Kids Taco, Rice & Beans	•	•	•			
Kids Taco & Enchilada	•	•	•			
Kids Enchilada, Rice & Beans	•		•			
Kids Hot Dog & Fries		•	•			
Kids Chicken Tender & French Fries	•	•	•			