



On The Border Allergen Information

At On the Border, a top priority is always the health and safety of our guests. As part of this ongoing commitment, we provide the most current allergen menu information available from our food suppliers on the eight most common allergens to help our guests with food allergies to make informed food selections. Below is a link to suggested menu items for Egg, Fish, Dairy, Peanuts, Shellfish, Soy, Tree Nuts, and Wheat/Gluten allergens.

Because this list expires on a MONTHLY basis, please be sure to contact us for an updated version. We hope that you are able to choose a meal to your liking and look forward to serving you soon.

[On the Border Egg Allergen Information](#)

[On the Border Fish Allergen Information](#)

[On the Border Dairy Allergen Information](#)

[On the Border Peanut Allergen Information](#)

[On the Border Shellfish Allergen Information](#)

[On the Border Soy Allergen Information](#)

[On the Border Tree Nut Allergen Information](#)

[On the Border Wheat and Gluten Allergen Information](#)

*Valid only thru
April 2008*



Suggested Menu Options for EGG Allergies

We have prepared this suggested list of menu options based on the most current ingredient information from our food suppliers and their stated absence of egg protein within these items. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come into contact with egg proteins. Additionally, fried food items could pick-up egg proteins during the cooking process. Therefore, we recommend that individuals with dietary allergies and intolerances avoid all fried food menu offerings, including Tortilla chips and Enchiladas.*

Due to these circumstances, we are unable to guarantee that any menu entrées below can be completely egg-free.

APPETIZERS:

(All Listed Without Tortilla Chips)

- Guacamole
- Con Queso – Chile, Fajita Chicken or White Chile

SALADS & SOUPS:

(All Listed Without Dressing, Tortilla Strips & Crisp/Croutons)

- Chicken Fiesta Salad –Grilled
- Grilled Steak Ensalada Salad – No Onion Strings
- House Salad
- Sizzling Fajita Salad – Steak, Chicken or Combination
- Chicken Tortilla Soup

SALAD DRESSINGS:

- Smoked Jalapeno Vinaigrette
- Smoked Chipotle Vinaigrette

FAJITA GRILL:

(All Listed Without Condiments)

- Grilled Vegetable, Mesquite-grilled Chicken
- Mesquite-grilled Beef
- Smothered Steak

BORDER SMART:

- Chicken Salsa Fresca
- Grilled Fajita Chicken Tacos
- Jalapeno BBQ Salmon
- Pico Shrimp Tacos

BURRITOS & CHIMI'S:

- Burrito Bean & Cheese w/ Chile Con Carne
- Burrito Beef w/ Chile Con Carne
- Burrito Chicken w/ Sour Cream Sauce
- Burrito Three Sauce – Fajita Beef or Chicken

TACOS:

- Brisket Tacos – No Onion Strings

FAVORITOS:

- Quesadillas - Fajita Beef, Fajita Chicken or Fajita Combo

SIDES/EXTRAS:

- Black Bean & Corn Relish, Black Beans w/ Jack Cheese, Flour Tortillas, Grilled Vegetables, Guacamole, House Vegetables w/ Fajita Seasoning, Mexican Rice, Pico, Refried Beans w/ Mixed Cheese, Sour Cream

SAUCES:

- Chili Con Carne Sauce, Citrus Garlic Sauce, Green Chile Sauce, Guajillo Sauce, Jalapeno BBQ Sauce, Nortena Sauce, Pecan Praline Sauce, Ranchero Sauce, Salsa, Sour Cream Sauce

DESSERTS:

- Kahlua Ice Cream Pie, Sizzling Apple Crisp

KIDS:

(All Listed Without Sides)

- Cheeseburger/Hamburger, Cheese Quesadilla
- Grilled Chicken Entrée
- Grilled Chicken Sandwich
- Desserts – Chocolate or Strawberry Sundae

*The corn tortillas for our Enchiladas are dipped in the fryer prior to being stuffed and rolled.

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Suggested Menu Options for FISH Allergies

We have prepared this suggested list of menu options based on the most current ingredient information from our food suppliers and their stated absence of fish protein within these items. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come into contact with fish proteins. Additionally, fried food items could pick-up fish proteins during the cooking process. Therefore, we recommend that individuals with dietary allergies and intolerances avoid all fried food menu offerings, including Tortilla chips and Enchiladas.*

Due to these circumstances, we are unable to guarantee that any menu entrées below can be completely fish-free.

APPETIZERS:

(All Listed Without Tortilla Chips)

- Guacamole
- Con Queso – Chile, Fajita Chicken or White Chile
- Ultimate Loaded Queso w/ Taco Meat

SALADS/SOUPS:

(All Listed Without Dressing & Tortilla Strips)

- Chicken Fiesta Salad – Grilled
- Grilled Steak Ensalada Salad – **No** Onion Strings
- House Salad
- Sizzling Fajita Salad – Steak, Chicken or Combination
- Chicken Tortilla Soup

SALAD DRESSINGS:

- Chipotle Honey Mustard
- Smoked Chipotle Vinaigrette
- Smoked Jalapeno Vinaigrette

FAJITA GRILL:

(All Listed Without Condiments)

- Carnita, Grilled Vegetable, Mesquite-grilled Chicken,
- Mesquite-grilled Beef, Monterey Ranch Chicken
- Sauteed Shrimp, Smothered Steak,
- Ultimate Fajitas

BORDER SMART:

- Chicken Salsa Fresca
- Grilled Fajita Chicken Tacos
- Pico Shrimp Tacos

BURRITOS & CHIMI'S:

- Burrito Bean & Cheese w/ Chile Con Carne
- Burrito Beef w/ Chile Con Carne
- Burrito Chicken w/ Sour Cream Sauce
- Burrito Three Sauce – Fajita Beef or Chicken

FAVORITOS:

- Double Stacked Club Quesadillas
- Quesadillas – Fajita Beef, Fajita Chicken or Fajita Combo
- Carne Asada & Shrimp, Pico Chicken & Shrimp

TACOS: *(All Listed Without Onion Strings)*

- Brisket, Carne Asada Steak, Southwest Chicken

SIDES/EXTRAS:

- Black Bean & Corn Relish, Black Beans w/ Jack Cheese,
- Flour Tortillas, Grilled Vegetables, Guacamole, House
- Vegetables w/ Fajita Seasoning, Mexican Rice, Pico,
- Refried Beans w/ Mixed Cheese, Sour Cream

SAUCES:

- Chili Con Carne Sauce, Citrus Garlic Sauce,
- Green Chile Sauce, Jalapeno BBQ Sauce, Nortena Sauce,
- Pecan Praline Sauce, Ranchero Sauce, Salsa,
- Sour Cream Sauce

DESSERTS:

- Border Brownie Sundae, Dulce De Leche Cheesecake
- Kahlua Ice Cream Pie, Sizzling Apple Crisp

KIDS: *(All Listed Without Sides)*

- Cheeseburger/Hamburger, Cheese Quesadilla
- Grilled Chicken Entrée
- Grilled Chicken Sandwich
- Desserts – Chocolate or Strawberry Sundae

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Suggested Menu Options for MILK Allergies

We have prepared this suggested list of menu options based on the most current ingredient information from our food suppliers and their stated absence of milk protein within these items. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come into contact with milk proteins. Additionally, fried food items could pick-up milk proteins during the cooking process. Therefore, we recommend that individuals with dietary allergies and intolerances avoid all fried food menu offerings, including Tortilla chips and Enchiladas.*

Due to these circumstances, we are unable to guarantee that any menu entrées below can be completely milk-free.

APPETIZERS:

(All Listed Without Tortilla Chips)
Guacamole – **No** Tortilla Chips

SALADS/SOUPS:

***(All Listed Without Cheese, Dressing,
Tortilla Strips & Crisp/CROUTONS)***

Chicken Fiesta Salad – Grilled
House Salad

Sizzling Fajita Salad – Steak, Chicken or
Combination **without** Sour Cream

Chicken Tortilla Soup – **No** Rice, Cheese or Tortilla Strips

SALAD DRESSINGS:

Chipotle Honey Mustard
Smoked Chipotle Vinaigrette
Smoked Jalapeno Vinaigrette

FAJITA GRILL:

(All Listed Without Condiments, No Rice, No Cheese on Beans)

Grilled Vegetable
Mesquite-grilled Beef
Mesquite-grilled Chicken

BORDER SMART:

Grilled Fajita Chicken Tacos
Pico Shrimp Tacos

SIDES/EXTRAS:

Black Bean & Corn Relish, Black Beans w/ **No**
Garnish, Grilled Vegetables, Guacamole, House
Vegetables w/ Fajita Seasoning, Pico De Gallo,
Refried Beans w/ **No** Cheese

SAUCES:

Citrus Garlic Sauce, Guajillo Sauce,
Nortena Sauce, Ranchero Sauce, Salsa

KIDS:

(All Listed Without Sides)
Grilled Chicken Entrée – **No** Sides

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Suggested Menu Options for PEANUT Allergies

We have prepared this suggested list of menu options based on the most current ingredient information from our food suppliers and their stated absence of peanut protein within these items. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come into contact with peanut proteins. Additionally, fried food items could pick-up peanut proteins during the cooking process. Therefore, we recommend that individuals with dietary allergies and intolerances avoid all fried food menu offerings, including Tortilla chips and Enchiladas.*

Due to these circumstances, we are unable to guarantee that any menu entrées below can be completely peanut-free.

APPETIZERS: (All Listed Without Tortilla Chips)

Guacamole
Con Queso - Chile, White Chile or Fajita Chicken
Ultimate Loaded Queso w/ Taco Meat

SALADS/SOUPS:

**(All Listed Without Dressing,
Tortilla Strips & Crisp/Croutons)**

Chicken Fiesta Salad – Grilled
House Salad
Sizzling Fajita Salad – Steak, Chicken or Combination
Chicken Tortilla Soup

SALAD DRESSINGS:

Chipotle Honey Mustard
Ranch, Smoked Chipotle Vinaigrette
Smoked Jalapeno Vinaigrette

FAJITA GRILL: (All Listed Without Condiments)

Carnita, Grilled Vegetable, Mesquite-grilled Chicken
Mesquite-grilled Beef, Monterey Ranch Chicken Sauteed
Shrimp, Smothered Steak, Ultimate Fajitas

BORDER SMART:

Chicken Salsa Fresca
Grilled Fajita Chicken Tacos
Jalapeno BBQ Salmon
Pico Shrimp Tacos

BURRITOS & CHIMI'S:

Burrito Chicken w/ Sour Cream Sauce
Burrito Three Sauce – Fajita Beef or Chicken

FAVORITOS:

Double Stacked Club Quesadillas
Quesadillas - Fajita Beef, Fajita Chicken or Fajita Combo
Carne Asada & Shrimp, Pico Chicken & Shrimp

TACOS: (All Listed Without Onion Strings)

Brisket, Buffalo Chicken, Carne Asada Steak
Southwest Chicken

SIDES:

Black Bean & Corn Relish, Black Beans w/ Jack Cheese,
Flour Tortillas, Grilled Vegetables, Guacamole, House
Vegetables w/ Fajita Seasoning, Mexican Rice, Pico,
Refried Beans w/ Mixed Cheese, Sour Cream

SAUCES:

Citrus Garlic Sauce, Green Chile Sauce, Guajillo Sauce,
Jalapeno BBQ Sauce, Nortena Sauce, Pecan Praline
Sauce, Ranchero Sauce, Salsa,
Sour Cream Sauce

DESSERTS:

Border Brownie Sundae
Dulce De Leche Cheesecake
Kahlua Ice Cream Pie, Sizzling Apple Crisp

KIDS: (All Listed Without Sides)

Cheeseburger/Hamburger, Cheese Quesadilla
Grilled Chicken Entrée, Grilled Chicken Sandwich
Desserts – Chocolate or Strawberry Sundae

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Suggested Menu Options for SHELLFISH Allergies

We have prepared this suggested list of menu options based on the most current ingredient information from our food suppliers and their stated absence of shellfish protein within these items. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come into contact with shellfish proteins. Additionally, fried food items could pick-up shellfish proteins during the cooking process. Therefore, we recommend that individuals with dietary allergies and intolerances avoid all fried food menu offerings, including Tortilla chips and Enchiladas.*

Due to these circumstances, we are unable to guarantee that any menu entrées below can be completely shellfish-free.

APPETIZERS: (All Listed Without Tortilla Chips)

Guacamole
Con Queso – Chile, Fajita Chicken or White Chile
Ultimate Loaded Queso w/ Taco Meat

SALADS/SOUPS:

All Listed Without Dressing, Tortilla Strips & Crisp/Croutons)

Chicken Fiesta Salad – Grilled
Grilled Steak Ensalada Salad – No Onion Strings
House Salad
Sizzling Fajita Salad – Steak, Chicken or Combination
Chicken Tortilla Soup

SALAD DRESSINGS:

Chipotle Honey Mustard
Ranch, Smoked Chipotle Vinaigrette
Smoked Jalapeno Vinaigrette

FAJITA GRILL: (All Listed Without Condiments)

Carnita, Grilled Vegetable,
Mesquite-grilled Chicken, Mesquite-grilled Beef
Monterey Ranch Chicken, Smothered Steak

FAVORITOS:

Double Stacked Club Quesadillas
Quesadillas – Fajita Beef, Fajita Chicken or Fajita Combo

BORDER SMART:

Chicken Salsa Fresca
Grilled Fajita Chicken Tacos
Jalapeno BBQ Salmon

TACOS: (All Listed Without Onion Strings)

Brisket, Buffalo Chicken,
Carne Asada Steak, Southwest Chicken

BURRITOS & CHIMI'S:

Burrito Bean & Cheese w/ Chile Con Carne
Burrito Beef w/ Chile Con Carne
Burrito Chicken w/ Sour Cream Sauce
Burrito Three Sauce – Fajita Beef or Chicken

SIDES:

Black Bean & Corn Relish, Black Beans w/ Jack Cheese,
Chili Con Carne, Flour Tortilla, Grilled Vegetables,
Guacamole, House Vegetables w/ Fajita Seasoning,
Mexican Rice, Pico, Refried Beans w/ Mixed Cheese,
Sour Cream

SAUCES:

Citrus Garlic Sauce, Green Chile Sauce, Guajillo Sauce,
Jalapeno BBQ Sauce, Nortena Sauce, Pecan Praline
Sauce, Ranchero Sauce, Salsa, Sour Cream Sauce

DESSERTS:

Border Brownie Sundae
Dulce De Leche Cheesecake
Kahlua Ice Cream Pie
Sizzling Apple Crisp

KIDS: (All Listed Without Sides)

Cheeseburger/Hamburger, Cheese Quesadilla
Grilled Chicken Entrée, Grilled Chicken Sandwich
Desserts – Chocolate or Strawberry Sundae

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Suggested Menu Options for SOY Allergies

We have prepared this suggested list of menu options based on the most current ingredient information from our food suppliers and their stated absence of soy protein within these items. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come into contact with soy proteins. Additionally, fried food items could pick-up soy proteins during the cooking process. Therefore, we recommend that individuals with dietary allergies and intolerances avoid all fried food menu offerings, including Tortilla chips and Enchiladas.*

Due to these circumstances, we are unable to guarantee that any menu entrées below can be completely soy-free.

APPETIZERS:

(All Listed Without Tortilla Chips)

Guacamole

SALADS/SOUPS:

All Listed Without Dressing, Tortilla Strips & Crisp/Croutons)

House Salad

SALAD DRESSINGS:

None

SIDES:

Black Bean & Corn Relish

Grilled Vegetables

Guacamole

House Vegetables – No Fajita Seasoning & No Phase

Refried Beans w/ Mixed Cheese

Sour Cream

SAUCES:

Pecan Praline Sauce

Ranchero Sauce

Salsa

KIDS:

Desserts – Chocolate or Strawberry Sundae

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Suggested Menu Options for TREE NUT Allergies

We have prepared this suggested list of menu options based on the most current ingredient information from our food suppliers and their stated absence of tree nut protein within these items. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come into contact with tree nut proteins. Additionally, fried food items could pick-up tree nut proteins during the cooking process. Therefore, we recommend that individuals with dietary allergies and intolerances avoid all fried food menu offerings, including Tortilla chips and Enchiladas.*

Due to these circumstances, we are unable to guarantee that any menu entrées below can be completely tree nut-free.

APPETIZERS: (All Listed Without Tortilla Chips)

Guacamole
Con Queso – Chile, Fajita Chicken or White Chile
Ultimate Loaded Queso w/ Taco Meat

SALADS/SOUPS:

**(All Listed Without Dressing,
Tortilla Strips & Crisp/CROUTONS)**

Chicken Fiesta Salad – Grilled
House Salad
Sizzling Fajita Salad – Steak, Chicken or Combination
Chicken Tortilla Soup

SALAD DRESSINGS:

Chipotle Honey Mustard
Smoked Chipotle Vinaigrette
Ranch, Smoked Jalapeno Vinaigrette

FAJITA GRILL: (All Listed Without Condiments)

Carnita, Grilled Vegetable,
Mesquite-grilled Chicken, Mesquite-grilled Beef
Monterey Ranch Chicken, Sauteed Shrimp,
Smothered Steak, Ultimate Fajitas

BORDER SMART:

Chicken Salsa Fresca
Grilled Fajita Chicken Tacos
Jalapeno BBQ Salmon
Pico Shrimp Tacos

BURRITOS & CHIMI'S:

Burrito Bean & Cheese w/ Chile Con Carne
Burrito Beef w/ Chile Con Carne
Burrito Chicken w/ Sour Cream Sauce
Burrito Three Sauce – Fajita Beef or Chicken

FAVORITOS:

Double Stacked Club Quesadillas
Quesadillas – Fajita Beef, Fajita Chicken or Fajita Combo
Pico Chicken & Shrimp, Carne Asada & Shrimp

TACOS: (All Listed Without Onion Strings)

Brisket, Buffalo Chicken,
Carne Asada Steak, Southwest Chicken

SIDES:

Black Bean & Corn Relish, Black Beans w/ Jack Cheese,
Flour Tortillas, Grilled Vegetables, Guacamole, House
Vegetables w/ Fajita Seasoning, Mexican Rice, Pico,
Refried Beans w/ Mixed Cheese, Sour Cream

SAUCES:

Chili Con Carne Sauce, Citrus Garlic Sauce, Green Chile
Sauce, Guajillo Sauce, Jalapeno BBQ Sauce,
Nortena Sauce, Pecan Praline Sauce, Ranchero Sauce,
Salsa, Sour Cream Sauce

KIDS: (All Listed Without Sides)

Cheeseburger/Hamburger
Cheese Quesadilla
Grilled Chicken Entrée
Grilled Chicken Sandwich
Desserts – Chocolate or Strawberry Sundae

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Suggested Menu Options for WHEAT/GLUTEN Allergies

We have prepared this suggested list of menu options based on the most current ingredient information from our food suppliers and their stated absence of wheat/gluten protein within these items. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come into contact with wheat/gluten proteins. Additionally, fried food items could pick-up wheat/gluten proteins during the cooking process. Therefore, we recommend that individuals with dietary allergies and intolerances avoid all fried food menu offerings, including Tortilla chips and Enchiladas.*

Due to these circumstances, we are unable to guarantee that any menu entrées below can be completely wheat/gluten-free.

APPETIZERS:

(All Listed Without Tortilla Chips)

- Guacamole
- Con Queso – Chile, White Chile or
- Fajita Chicken – **No** Sour Cream

SALADS/SOUPS:

(All Listed Without Dressing, Tortilla Strips & Crisp/Croutons)

- Chicken Fiesta Salad – Grilled
- House Salad
- Sizzling Fajita Salad – Steak, Chicken or Combination
- w/ **No** Sour Cream and **No** Onions

SALAD DRESSINGS:

- Chipotle Honey Mustard
- Smoked Jalapeno Vinaigrette

FAJITA GRILL:

(All Listed Without Condiments, No Onions, No Flour Tortillas)

- Carnita
- Mesquite-grilled Chicken
- Mesquite-grilled Beef

BORDER SMART:

- Chicken Salsa Fresca – **No** Grilled Veggies

SIDES:

- Black Bean & Corn Relish,
- Black Beans w/ Jack Cheese,
- Guacamole,
- House Vegetables w/ Fajita Seasoning
- Mexican Rice
- Pico De Gallo
- Refried Beans w/ Mixed Cheese

SAUCES:

- Citrus Garlic Sauce
- Nortena Sauce
- Pecan Praline Sauce
- Salsa

KIDS:

(All Listed Without Sides)

- Grilled Chicken Entrée
- Dessert – Strawberry Sundae

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