Allergen Guide

At Taste Local, we care about the health, safety, and dining experience of every guest.

While we are happy to accommodate dietary restrictions and food allergies whenever possible, please be aware that our kitchen handles ingredients containing common allergens, including milk, eggs, wheat, soy, peanuts, tree nuts, fish, shellfish, and sesame.

Although we take precautions when preparing meals, we cannot guarantee that any menu item is completely free from allergens or cross-contact.

If you have a food allergy or dietary restriction, please inform your server before ordering so our team can help you make an informed dining decision.

● - contains the allergen ● - may contain the allergen

	milk	egg	fish	shellfish	tree nuts	peanuts	wheat	soy	sesame	Ingredients containing:
Breakfast - Sweet										
OG Cran French Toast	● ●	● ●	●		●	●	●	●	●	Milk - Buena vista dip, french toast bread not intentionally nor inherent Egg - Buena vista dip, french toast bread not intentionally nor inherent Tree Nuts - french toast bread not intentionally nor inherent Peanuts - french toast bread not intentionally nor inherent Wheat - french toast bread Soy - cooking oil Sesame - french toast bread not intentionally nor inherent
Mountain Fog French Toast	● ●	● ●	●		●	●	●	●	●	Milk - french toast bread not intentionally nor inherent Egg - french toast bread not intentionally nor inherent Tree Nuts - french toast bread not intentionally nor inherent Peanuts - french toast bread not intentionally nor inherent Wheat - french toast bread Soy - cooking oil Sesame - french toast bread not intentionally nor inherent
Frangipane Pancake	●	●			●		●	●		Milk - pancake/waffle mix (buttermilk) Egg - pancake/waffle mix (egg) Tree Nuts - almond paste Wheat - pancake/waffle mix (flour) Soy - cooking oil
Summer Ruby Waffle	●	●					●	●		Milk - pancake/waffle mix (buttermilk) Egg - pancake/waffle mix (egg) Wheat - pancake/waffle mix (flour) Soy - cooking oil
Marianos Blueberry Flapjacks	●	●					●	●		Milk - pancake/waffle mix (buttermilk) Egg - pancake/waffle mix (egg) Wheat - pancake/waffle mix (flour)
Pancake Stack	●	●					●	●		Milk - pancake/waffle mix (buttermilk) Egg - pancake/waffle mix (egg) Wheat - pancake/waffle mix (flour)
French Toast	●	●					●	●		Milk - pancake/waffle mix (buttermilk) Egg - pancake/waffle mix (egg) Wheat - pancake/waffle mix (flour)
Bruleed Oats	●				●					Milk - oat milk Tree Nuts - Granola (almonds, walnuts)

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Breakfast - Savory										
Queen Croque	● ●	●					●	● ●	●	Milk - Swiss cheese, hollandaise (butter, cream cheese), sourdough bread may contain Egg - Hollandaise Wheat - sourdough bread Soy - sourdough bread may contain, cooking oil Sesame - sourdough bread may contain
The Southwestern	●	●						●		Milk - corn pudding (milk, pepperjack cheese), hollandaise (butter, cream cheese) Egg - corn pudding, poached eggs, hollandaise Soy - chorizo, cooking oil
The Black Diamond Bowl	●	●						●		Milk - Feta cheese, shaved parmesan, Avo Cream, Adobo Cream Egg - poached egg Soy - cooking oil for prep
Sweet Potato Hash	●	●					●	●		Milk - hollandaise (butter, cream cheese) Egg - poached eggs, hollandaise Wheat - wheat bread (may contain soy, sesame, milk/dairy) Soy - cooking oil
The Larimer Burrito	●	●					●	●		Milk - Pepperjack cheese, chipotle cream (sour cream) Egg- scrambled eggs Wheat - tortilla Soy - cooking oil
Cowboy Fry	●	●					●	●		Milk - biscuits (buttermilk, cream, butter), gravy (milk) Egg - eggs, biscuits Wheat - biscuit (flour), gravy (flour) Soy - cooking oil
Taste Biscuits and Gravy	●	●					●	●		Milk - biscuits (buttermilk, cream, butter), gravy (milk) Egg - eggs, biscuits Wheat - biscuit (flour), gravy (flour) Soy - cooking oil
Maple Bacon Breakfast Sammy		●					●	●		Egg - eggs, habanero cream (mayo) Wheat - ciabatta bread Soy - cooking oil

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Breakfast - Crepes										
The Denver Crepe	●	●					●	●		Milk - feta, crepe mix, hollandaise (butter, cream cheese) Egg - crepe mix, eggs, hollandaise Wheat - crepe mix (flour) Soy - cooking oil
Quesabirria Crepe	●	●					●	●		Milk - queso fresca, pepper jack, crepe mix Egg - crepe mix, eggs, hollandaise Wheat - crepe mix (flour) Soy - cooking oil
Crème Brulee Crepe	●	●					●	●		Milk - crème brulee filling (cream) Egg - crepe mix, crème brulee filling (egg yolk) Wheat - crepe mix (flour) Soy - cooking oil
S'mores Crepe	●	●					●	●		Milk - laender cream filling (cream cheese, cream) Egg - crepe mix Wheat - crepe mix (flour) Soy - cooking oil
Breakfast - Benedicts										
The Traditional	●	●					●	●		Milk - hollandaise (butter, cream cheese) Egg - poached eggs, hollandaise Wheat - english muffin (flour) Soy - cooking oil
Cajun Benny	●	●					●	●		Milk - hollandaise (butter, cream cheese) Egg - poached eggs, hollandaise Shellfish - shrimp Wheat - biscuit (flour) Soy - cooking oil
Adobo Benedict	●	●						●		Milk - hollandaise (butter, cream cheese) Egg - poached eggs, hollandaise Soy - cooking oil

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Lunch - Salads										
Colorado Cobb	●	●						●		Milk - feta, cream herb dressing (sour cream, cream) Egg - poached eggs Soy - cooking spray (chicken)
Beet Goddess	●							●		Milk - feta Soy - cooking spray (beets)
Fresh Garden Salad										
Caesar Salad	●	●								Milk - caesar dressing (parmesan), parmesan cheese Egg - caesar dressing (poached eggs)
Lunch - Sandwiches										
Chicken Salad Sandwich	●	●			●		●	●		Milk - croissant Egg -croissant, chicken salad mix (mayonnaise) Tree Nuts - chicken salad mix (almonds) Wheat - croissant Soy - croissant
Avocado Chicken BLT	● ●						●	●	●	Milk - sourdough bread may contain, Swiss cheese Egg - basil mayo (mayonnaise) Wheat - sourdough bread Soy - sourdough bread may contain Sesame - sourdough bread may contain
My Big Fat Greek Sandwich	● ●	●					●	● ●		Milk - Naan bread may contain, feta, chicken shawarma (greek yogurt), Tzatziki (greek yogurt) Egg - Naan bread may contain Wheat - Naan bread Soy - Naan bread may contain, cooking oil (chicken)
Mushroom Flatbread	●	●					●	● ●	●	Milk - Naan bread may contain, feta Egg - Naan bread may contain Wheat - Naan bread Soy - Naan bread may contain, cooking oil Sesame - hummus
Lunch - Bowls										
Harvest Bowl	●							●	●	Milk - feta cheese Soy - cooking oil Sesame - hummus

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Lunch - Paninis										
Barbacoa Melt	● ●						●	● ●	●	Milk - sourdough bread may contain, pepper jack Wheat - sourdough bread Soy - cooking oil Sesame - sourdough bread may contain
Colorado Summer	● ●						●	● ●	●	Milk - sourdough bread may contain, mozzarella cheese, pesto (parmesan) Tree nuts - pesto (pine nuts) Wheat - sourdough bread Soy - sourdough bread may contain, cooking oil Sesame - sourdough bread may contain
Devils Backbone	● ●	●					●	● ●		Milk - Naan bread may contain, Muenster, adobo cream (sour cream) Egg - Naan bread may contain Wheat - Naan bread Soy - Naan bread may contain, cooking oil
Soup										
Mushoorm Soup	●						●			Milk - cream Wheat - focacia bread

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Kids - Breakfast										
Kids Pancake	●	●					●	●		Milk - pancake/waffle mix (buttermilk) Egg - pancake/waffle mix (egg) Wheat - pancake/waffle mix (flour) Soy - sprinkles, cooking oil
Kids Egg		●								Egg - egg
Kids French Toast	●	●					●	●		Milk - pancake/waffle mix (buttermilk) Egg - pancake/waffle mix (egg) Wheat - pancake/waffle mix (flour) Soy - sprinkles, cooking oil
Kids Waffle	●	●					●	●		Milk - pancake/waffle mix (buttermilk) Egg - pancake/waffle mix (egg) Wheat - pancake/waffle mix (flour) Soy - sprinkles, cooking oil
Kids - Lunch										
Kids PB&J	●					●	●	●	●	Milk - sourdough bread may contain Peanuts - peanut butter Wheat - sourdough bread Soy - sourdough bread may contain Sesame - sourdough bread may contain
Kid Grilled Cheese	●						●	● ●	●	Milk - mozzarella, cheddar Wheat - sourdough bread Soy - sourdough bread may contain, cooking oil Sesame - sourdough bread may contain
Kid Quesadilla	●						●	●		Milk -mozzarella, cheddar Wheat - tortillas Soy - cooking oil