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 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 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)
Summer Ruby Waffle	●	●					●			Milk - pancake/waffle mix (buttermilk) Egg - pancake/waffle mix (egg) Wheat - pancake/waffle mix (flour)
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 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
The Black Diamond Bowl	●	●								Milk - Feta cheese, shaved parmesan, Avo Cream, Adobo Cream Egg - poached egg
Sweet Potato Hash	●	●					●			Milk - hollandaise (butter, cream cheese) Egg - poached eggs, hollandaise Wheat - wheat bread (may contain soy, sesame, milk/dairy)
The Larimer Burrito	●	●					●			Milk - Pepperjack cheese, chipotle cream (sour cream) Egg- scrambled eggs Wheat - tortilla
Cowboy Fry	●	●					●			Milk - biscuits (buttermilk, cream, butter), gravy (milk) Egg - eggs, biscuits Wheat - biscuit (flour), gravy (flour)
Taste Biscuits and Gravy	●	●					●			Milk - biscuits (buttermilk, cream, butter), gravy (milk) Egg - eggs, biscuits Wheat - biscuit (flour), gravy (flour)
Maple Bacon Breakfast Sammy		●					●			Egg - eggs, habanero cream (mayo) Wheat - ciabatta bread

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

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Lunch - Salads										
Colorado Cobb	●	●								Milk - feta, cream herb dressing (sour cream, cream) Egg - poached eggs
Beet Goddess	●									Milk - feta
Fresh Garden Salad										
Caesar Salad	●	●								Milk - caesar dressing (parmesan) 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 - parsley spread Wheat - Naan bread Soy - Naan bread may contain
Mushroom Flatbread	●	● ●					●	●	●	Milk - Naan bread may contain, feta Egg - parsley spread, Naan bread may contain Wheat - Naan bread Soy - Naan bread may contain

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Lunch - Paninis										
Steak Melt	● ●						●	●	●	Milk - whole wheat bread may contain, Boursin cheese, mozzarella cheese Wheat - whole wheat bread Soy - whole wheat bread may contain Sesame - whole wheat 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 Sesame - sourdough bread may contain
Devils Backbone	● ●	●					●	●	●	Milk - Naan bread may contain, Muenster, chpotle cream (sour cream) Egg - Naan bread may contain Wheat - Naan bread Soy - Naan bread may contain
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
Kids Egg		●								Egg - egg
Kids French Toast	●	●					●	●		Milk - pancake/waffle mix (buttermilk) Egg - pancake/waffle mix (egg) Wheat - pancake/waffle mix (flour) Soy - sprinkles
Kids Waffle	●	●					●	●		Milk - pancake/waffle mix (buttermilk) Egg - pancake/waffle mix (egg) Wheat - pancake/waffle mix (flour) Soy - sprinkles
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 Sesame - sourdough bread may contain
Kid Quesadilla	●						●			Milk -mozzarella, cheddar Wheat - tortillas