



Fuzzy's Taco Shop Nutrition FAQ

Fuzzy's Taco Shop is committed to being as transparent as possible with our nutrition and allergen information. You've got questions, we've got answers! We've compiled a list of the most frequently asked questions from our guests. Please look to see if yours is answered here.

Q: Do you offer gluten free menu items?

The only certified gluten free item at Fuzzy's Taco Shop is the Gluten Free Brownie. While several menu items are made without gluten-containing ingredients, we cannot guarantee they are free from cross-contact or meet the FDA's definition of "gluten free" (<20 parts per million of gluten) as they are not tested. If you have a question about a specific menu item, please send an inquiry at <https://fuzzystacoshop.com/contact-us/>.

Q: Can you accommodate dietary restrictions?

Certain modifications and substitutions may be requested at each location to cater to your dietary restrictions; however, we cannot ensure items are free from cross-contact. If you have questions about specific menu items, please send an inquiry at <https://fuzzystacoshop.com/contact-us/>.

Q: For some menu items containing soybean oil, why is soy not marked as an allergen?

The FDA exempts highly refined soybean oil from being labeled as an allergen.

Q: Which cheeses are vegetarian?

For more information on our vegetarian offerings, check out the [Vegetarian and Vegan Menu Guide](#).

Q: Do your beans contain lard?

At Fuzzy's Taco Shop, we offer 3 types of beans:

- Borracho Beans (available only at certain locations): No lard, contains bacon.
- Black Beans: Vegetarian-friendly, with no lard or pork products.
- Refried Beans: Contains lard.

If you have any further questions, please send an inquiry at <https://fuzzystacoshop.com/contact-us/> for additional information.

Q: Where can I find information regarding ingredients containing added monosodium glutamate (MSG), artificial flavors, artificial dyes, or preservatives?

For specific information regarding ingredients, please contact Guest Relations at 888-510-8226 or send an inquiry at <https://fuzzystacoshop.com/contact-us/>.

Q: Do your tacos contain milk?

If you remove the cheese, the following tacos will not contain milk; however, we cannot ensure items are free from cross-contact.

- Grilled Shrimp Taco
- Tempura Shrimp Taco
- Seasoned Ground Beef Taco
- Shredded Chicken Taco
- Shredded Brisket Taco
- Grilled Cod Taco
- Fajita Chicken Taco
- Fajita Beef Taco
- Carnitas Taco
- Grilled Veggie Taco
- California Heat Grilled Shrimp Taco
- California Heat Tempura Shrimp Taco
- Margarita Tempura Shrimp Taco
- Margarita Shrimp Taco
- Quesa Birria Tacos
- Potato, Egg, & Cheese Taco
- Bacon, Egg, & Cheese Taco
- Bacon, Potato, Egg, & Cheese Taco
- Chorizo, Egg, & Cheese Taco
- Chorizo, Potato, Egg, & Cheese Taco

If you remove the cheese and Cilantro Lime Crema, the following tacos will not contain milk; however, we cannot ensure items are free from cross-contact.

- Beer-Battered Cod Taco
- Baja Fish Taco, Battered Cod
- Baja Fish Taco, Grilled Cod

Still have questions? Please contact Guest Relations at 888-510-8226 or send an inquiry at <https://fuzzystacoshop.com/contact-us/>.