

# GLUTEN HEALTHY MENU

\*\*These menu items do not contain gluten as an ingredient (based on the most current ingredient information from our suppliers), but please be aware items may have been prepared in oil that was used to prepare foods with gluten in them or on cooking equipment that was used to prepare food items that contain gluten. Due to this we are unable to guarantee that these menu items can be completely gluten free.

## APPETIZERS

### NACHOS

Tortilla chips with your choice of topping, diced tomatoes, fresh guacamole and sour cream.

- Cheese or Refried beans and cheese 5.99

### 7 LAYER DIP

Layers of refried beans, cheese, pico de gallo, guacamole, sour cream, hot salsa and cilantro. Served with warm tortilla chips. 6.99

### CHILI CON QUESO

Homemade cheese dip made with diced jalapeno peppers and our secret spices! Served with warm corn tortilla chips for dipping. 5.79. Side order 2.99

## ENTREES

### GLUTEN HEALTHY CHICKEN TORTILLA SALAD

Grilled chicken served over lettuce then topped with roasted corn, shredded cheese, fresh cilantro, diced onions, tomatoes and ranch dressing. 9.99



### GLUTEN HEALTHY CHICKEN FAJITAS

Chicken Fajita dishes are served in a sizzling skillet with onions, peppers, tomatoes & mushrooms. Accompanied by refried beans, shredded lettuce, guacamole, sour cream and corn tortillas. 12.99

### GLUTEN HEALTHY POLLO CASSEROLE

Marinated chunks of chicken breast seasoned and grilled with poblano peppers and grilled onions then placed on a bed of cilantro lime rice topped with salsa and cheese. Baked to a golden brown and served with corn tortilla chips. 9.99

### GRILLED TILAPIA WITH PINEAPPLE SALSA

Grilled tilapia seasoned and topped with pineapple salsa. Served with cilantro lime rice and grilled vegetables. 10.99

### POBLANO PEPPER, MUSHROOM AND SHRIMP BAKE

Grilled shrimp, poblano peppers and mushrooms. Served on cilantro lime rice and topped with melted cheese and cilantro. Served with grilled vegetables. 10.99

### GLUTEN HEALTHY GRILLED FISH TACOS

Three corn tortillas topped with jalapeno cole slaw, tilapia grilled with pico de gallo, cilantro-lime crema and cilantro. Accompanied with refried beans 9.99

### GLUTEN HEALTHY PORK TACOS WITH PINEAPPLE SALSA

Three corn tortillas topped with seasoned shredded pork grilled with pineapple salsa. Accompanied with refried beans 9.49

