

GLUTEN

guide



Gluten Free

- ✓ All Bean Options
- ✓ Fajita Chicken
- ✓ Salsa-Style Chicken
- ✓ Seasoned Ground Beef
- ✓ Soft Serve Ice Cream
- ✓ Housemade Corn Tortillas
- ✓ Table Tortilla Chips
- ✓ Baked Chips
- ✓ Red Salsa
- ✓ Green Sauce
- Sauces:**
- ✓ Queso
- ✓ Ranchero Sauce
- ✓ Tomatillo Salsa
- ✓ GMK Amazon

Not Gluten Free

- ✗ Fajita Beef
- ✗ Mexican Rice
- ✗ BBQ Pulled Pork
- ✗ Chili con Carne
- ✗ French Fries
- ✗ Ice Cream Cones
- ✗ Sour Cream Sauce
- ✗ White Wine Cream Sauce
- ✗ Housemade Flour Tortillas

STARTERS

GUACAMOLE SALAD

Avocados blended with spices, onions, cilantro & topped with queso fresco **request no garnish chips*

QUESO DIP

with pickled & fresh jalapeños on the side
**request no tortilla shell*

Add Ground Beef, Fajita Chicken or "Loco-Style" with ground beef, guacamole & sour cream

FAJITAS, SHRIMP & FAVORITES

FAJITAS CLASSICOS

grilled chicken breast with accompaniments & choice of beans
**select fajita chicken only, request corn tortillas and no Mexican rice*

POLLO MONTY RAY

grilled chicken breast piled high with grilled onions & melted cheeses; side of guacamole & sour cream
**request corn tortillas and no Mexican rice*

POLLO CON QUESO

grilled chicken breast loaded with freshly diced pico de gallo & smothered in queso, with sliced avocado
**request corn tortillas and no Mexican rice*

CARNE GUISADA

braised short ribs simmered with tomatoes, peppers, onions & Mexican spices to make a rich, flavorful gravy, with guacamole
**request corn tortillas and no Mexican rice*

SALADS

*Gluten Free Dressings: Creamy Ranch · GMK Amazon
Honey Mustard · Margarita Vinaigrette · Smoky BBQ Ranch*

CHICKEN CABO SALAD

tex-mex cobb salad; fajita chicken, bacon, diced avocado, tomatoes, black olives, chopped egg & grated cheeses
**select fajita chicken only*

TACO SALAD

tortilla bowl filled with seasoned ground beef, bbq pulled pork or salsa-style chicken; lettuce, tomatoes, grated cheeses, guacamole & sour cream **request no tortilla shell; select ground beef, salsa-style chicken or fajita chicken only*

CHICKEN FAJITA SALAD

mixed greens, tomatoes, cheese, cucumbers, guacamole, red onion, tortilla strips
**select fajita chicken only, no tortilla strips*

SOUTHWEST SHRIMP & AVOCADO SALAD

grilled shrimp, avocado, grilled corn, tomatoes, black beans, cheeses and tortilla strips atop mixed greens
**request no tortilla strips*

COZUMEL CHICKEN SALAD

tex-mex twist on chicken salad with mixed greens, mandarin oranges, avocados, red grapes, strawberries, tomatoes & maple pecans
**request no tortilla shell*

V3.19-T2

Disclaimer Researched and Supported by Houston Celiac Support Group

Gringo's Mexican Kitchen cannot guarantee no cross contamination. This special menu is offered only as a "guideline" of suggested appropriate menu items for people who need a wheat-free, gluten-free restricted diet. Not all locations have the same ingredients and methods of preparation, nor have all cooks and wait staff been necessarily properly trained. Always consult with the manager before ordering. Menu items and ingredients may change at any time. Ask your usual detailed questions and disclose if you have other individual food sensitivities before you make a final selection. Gringo's Mexican Kitchen and the Houston Chapter assume no responsibility or liability for any errors in labeling or changes in ingredients or prepared products used in recipes and menu items that are the direct or indirect result of the actions and activities of the suppliers, distributors and purveyors of said ingredients and products. **Houston Celiac Support Group www.houstonceliacs.org**