



# GLUTEN GUIDE

## NOT GLUTEN FREE

- × Tortilla Soup
- × Chili con Carne
- × Fajita Beef
- × French Fries
- × Mexican Rice
- × Ice Cream Cones
- × Housemade Flour Tortillas
- × Poblano Cream Sauce
- × White Wine Cream Sauce
- × Tomatillo Enchilada Sauce
- × Suiza Enchilada Sauce
- × Chicharrones

## GLUTEN FREE

- ✓ All Bean Options
- ✓ Baked Chips
- ✓ Fajita Chicken
- ✓ Green Sauce
- ✓ Amazon Sauce
- ✓ Queso
- ✓ Ranchero Sauce
- ✓ Red Salsa
- ✓ Seasoned Ground Beef
- ✓ Soft Serve Ice Cream
- ✓ Table Tortilla Chips
- ✓ Tomatillo Salsa
- ✓ Salsa-Style Chicken
- ✓ Cilantro Lime Rice

## 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

## SALADS

*Gluten Free Dressings: Ranch · Amazon Sauce  
Honey Mustard · Margarita Vinaigrette · 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 or salsa-style chicken, lettuce, tomatoes, grated cheeses, guacamole & sour cream  
*\*request no tortilla shell; chicken fajita can be substituted for additional cost*

### 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*

### DINNER SALAD

mixed greens, tomatoes, cheese, cucumber, jicama, and red onion  
*\*request no garnish chips*

## FAJITAS & FAVORITES

### FAJITAS CLASSICOS

grilled chicken breast with accompaniments & choice of beans  
*\*select fajita chicken only, request corn tortillas and sub cilantro lime rice*

### POLLO MONTY RAY

grilled chicken breast piled high with grilled onions & melted cheeses; side of guacamole, sour cream, and pico de gallo  
*\*request corn tortillas and sub cilantro lime rice*

### POLLO CON QUESO

grilled chicken breast loaded with freshly diced pico de gallo & smothered in queso, with sliced avocado  
*\*request corn tortillas and sub cilantro lime rice*

### PASTOR BOWL

pork al pastor, cilantro lime rice, black beans, grilled pineapple, pickled red onions & avocado, drizzled with housemade chipotle mayo  
*\*request no garnish chip and sub pork al pastor for chicken fajita, or sauteed shrimp (additional charge)*

### FISH/SHRIMP TACOS

two fresh, never-frozen tilapia or sautéed shrimp - avocado, cabbage slaw, chipotle mayo & queso fresco  
*\*request corn tortillas and sub cilantro lime rice*

### VERACRUZ

fajitas + four brochette shrimp with Mexican panela cheese, jalapeño & bacon; lime butter  
*\*select fajita chicken only, request corn tortillas and sub cilantro lime rice*

### ELOTE

roasted corn mixed with chipotle mayo & lime juice topped with Mexican spices & queso fresco  
*\*request in a bowl*

### 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](http://www.houstonceliacs.org)