



GLUTEN GUIDE

NOT GLUTEN FREE

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

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 in a bowl, 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*

COZUMEL CHICKEN SALAD

chicken salad with mixed greens, mandarin oranges,
avocados, red grapes, strawberries, tomatoes & pecans
**request no tortilla shell*

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, jicama
guacamole, red onion, tortilla strips
**request 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*

GLUTEN FREE

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

FAJITAS & FAVORITES

CHICKEN FAJITAS CLASSICOS

grilled chicken breast with accompaniments & choice of beans
**request gluten free corn tortillas and cilantro lime rice; no garnish chip*

CHICKEN VERACRUZ

chicken fajitas + four brochette shrimp with Mexican panela
cheese, jalapeño & bacon; lime butter
**request gluten free corn tortillas and cilantro lime rice; no garnish chip*

PASTOR FAJITAS

pork or chicken al pastor, served with avocado salsa,
grilled pineapple, cilantro & onion
**request gluten free corn tortillas and cilantro lime rice*

LA BOMB-AH BURGER

ground sirloin, cheese, bacon, poblano peppers, avocado, pico,
and amazon sauce
**request no bun and no fries*

POLLO MONTY-RAY

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

POLLO CON QUESO

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

PASTOR BOWL

pork or chicken al pastor, cilantro lime rice, black beans, grilled
pineapple, pickled red onions & avocado, drizzled with chipotle mayo
**request no garnish chips*

FISH/SHRIMP TACOS

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

ELOTE

roasted corn mixed with chipotle mayo & lime juice
topped with Mexican spices & queso fresco
**request in a bowl; no tortilla shell*

v10.25

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