

Gluten-Free Information Sheet

Yes, these items are GLUTEN FREE: (bottom of page lists items to avoid)

From American Menu:

Starters:

Fruit and Cheese Plate

Salads:

All Salad Dressings

House Salad- request no croutons, do not add chicken

Caesar Salad- request no croutons and no crackers, do not add chicken

Basil Chicken Salad-Salad- request no croutons

Club Salad – request no croutons and chicken tenders

Grilled Mahi Mahi Salad- request no croutons

Blackened Tilapia Salad- request no croutons

Spring Mix Salad – do not add chicken

Kate's Salad – do not add chicken

Side Items:

French fries – (note: these are cooked in fryer with gluten items)

Side salad

Rice

Black beans

Fruit

Chipotle coleslaw

Burgers: see above for side item info

Rojo Hamburger- request no bun

Cheeseburger – request no bun

Bacon Cheeseburger – request no bun

Swiss Bacon Cheeseburger – request no bun

Bacon Blue Burger – request no bun

Americana: see above for side item info

Philly Cheesesteak – request no bun

Basil Chicken Salad Sandwich – request no bun

Blackened Tilapia Sandwich – request no bun

From Latin Menu:

Starters:

Salsa

Pineapple Salsa

Guacamole

Black Bean & Corn Salsa

Queso

Kip Style Queso

Nachos

Mini Nachos

Chicken Tortilla Soup – request no chicken (just chicken broth with veggies)

Black Bean & Corn Soup

Salads:

Grilled Shrimp Salad – request no croutons

Taco Salad – do not add chicken

(For all burritos, tacos, and quesadillas, you can ask to substitute corn tortilla chips but note that these are cooked in fryer that has had gluten products in it. Or you can order a side of rice to mix with items)

Burritos and Tacos:

Spinach Burrito – request no tortilla

Chorizo Tacos – request no tortilla

Veggie Tacos – request no tortilla

Quesadillas:

Steak Quesadilla – request no tortilla

Southwest Quesadilla – request no tortilla, do not add chicken

Shrimp Quesadilla – request no tortilla

Spinach and Mushroom Quesadilla – request no tortilla

Pepper Quesadilla – request no tortilla, do add chicken, Philly steak is ok

Mediterranean Quesadilla – request no tortilla, do not add chicken

Entrees:

Blackened tilapia Tacos – request no tortilla

Grilled Mahi Mahi Tacos – request no tortilla

Chipotle Pork & Mushroom Burrito - request no tortilla

Rojo Burrito – request no tortilla,

Shrimp Fajitas- request no tortilla

Paella – shrimp only not chicken,

Yes- Shrimp, mahi mahi, tilapia, chorizo, basil chicken salad, jalapeno sausage, and Philly steak are gluten free

No-Organic steak, grilled chicken, tofu sausage are NOT

THESE ITEMS ARE NOT Gluten Free:

Mozzarella Sticks????

Hot Wings, BBQ Wings, Taco Wings

BBQ Salad

Pasta salad

Cilantro Chicken Pasta

Organic New York Strip

Chicken Cheesesteak

Black Bean Burger

Garden Burger

Chicken Tenders

Chicken Sandwich

Buffalo Chicken Sandwich

Fried Chicken Sandwich

Rojo BBQ Sandwich

Corn Dogs

Chili

Cobbler, banana pudding, brownie sundae, fried apple pie, peanut butter cream pie

Steak or Chicken Burrito??????????

Chicken Arugula Tacos?????????

Fried Chicken Tacos

Grilled Chicken Tacos ??????????

BBQ Tacos

Chicken Quesadilla??????????

David's Quesadilla

Steak Tacos

BBQ Burrito

Chicken Fajitas

Steak Fajitas

Chango

-Not sure on chili, chili ranchero sauce, or tofu. Will check on these.