



Menu Options for Gluten Sensitive Customers

Appetizers

Fajita Nachos
Bean Nachos
Chili Con Queso (**Dipping Sauce Only**)
Hot Sauce and Chips
Guacamole
Table Corn Tortillas
Relish

Soups, Salads, and Sandwiches

Chicken Fajita Salad with choice of dressings

Fajitas & Grill

Any of the **grilled** beef, chicken, shrimp, rib fajitas **served with corn tortillas**
Chicken and mushroom fajitas **served with corn tortillas**
Cascabel Ribeye
Chicken Monterrey Dinner (vegetables sautéed without soy sauce).
Grilled Chicken Chipotle

Lunch Specials

Chicken Monterey Lunch - grilled chicken breast with onions, mushrooms, green peppers and melted Jack cheese. With pico de gallo, **rice** and sautéed vegetables (sautéed without soy sauce).

Lunch Fajitas - chicken, steak, vegetables, rice, frijoles, pico de gallo, sour cream, guacamole, **with corn tortillas only.**

Americano

Grilled chicken breast with sautéed vegetables (sautéed without soy sauce), rice, salad, and a cup of frijoles rancheros.

General Notes

Rice, beans, vegetables, and sour cream are fine to be served with any of the dishes above. Both chicken taco and beef taco meat are **not ok** along with any of the sauces served over enchiladas excluding the chipotle wine sauce over cheese enchiladas.

Disclaimer

This menu information is provided by El Chico Restaurants as a service to our customers. El Chico assumes no responsibility for its use. Patrons are encouraged to their own satisfaction, to consider this information in light of their individual requirements and needs.

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