



SUGGESTED *Gluten* FRIENDLY BEVERAGE & MENU OPTIONS VALID 1/27/2016V6

Made without gluten containing ingredients

For our guest with gluten sensitivity, we have prepared the following menu which list items that are made without gluten containing ingredients. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with gluten containing food products.

Due to these circumstances, we are unable to guarantee that any menu items can be completely free of gluten.

PRIOR TO PLACING YOUR ORDER, PLEASE ALWAYS ALERT THE MANAGER TO YOUR FOOD ALLERGY OR SPECIAL DIETARY NEEDS

APPETIZERS: *[Listed W/O Tortilla Chips*]*

Guacamole, Guacamole Live!®, Primo Queso: Big Dipper, Club Queso, Green Pig Queso: Original, Original Carne Style, Queso & Guacamole Duo

SOUP and SALADS: *[Listed W/O Tortilla Strips*]*

Chicken Tortilla Soup, House Salad, Mango Chicken Salad
Sizzling Fajita Salad: Chicken or Steak *W/O* Onions, Tex-Mex Cobb Salad *W/O* Avocado Fries*

SALAD DRESSINGS:

Avocado Ranch, Chipotle-Honey Mustard, Fat-Free Mango Citrus Vinaigrette, Ranch, Salsa, Smoked Jalapeño Vinaigrette

Fresh from the **GRILL:**

Jalapeño-BBQ Salmon, Queso Chicken

BORDER SMARTSM:

Grilled Chicken Fajita Tacos, Mango Chicken Salad, Mexican Grilled Chicken: Salsa Fresca or Tomatillo Sauce
Tomatillo Enchiladas: Chicken Tinga or Spinach & Mushroom

TACOS:

Green Chile Carnitas, Grilled Mahi, Street-Style Mini Tacos: Carnitas, Chicken or Steak

FAJITA GrillSM: *[Listed W/O Onions **& Flour Tortillas]*

Carnitas, Chicken, Grilled Vegetables, Monterey Ranch Chicken, Steak

Border **BOWLS:**

Chicken, Portobello Mushroom, Shrimp, Steak

Sides & **ADD-ONS:**

Avocado Slices, Black Beans, Cilantro Lime Rice, Corn Tortillas, Grilled Shrimp Skewer, Grilled Vegetables
Guacamole, Mexican Rice, Mixed Cheese, Pico de Gallo, Refried Beans, Sautéed Vegetables, Side Salad, Sour Cream

SAUCES:

Green Chile, Jalapeño-BBQ, Original Queso, Salsa Fresca, Tomatillo

KIDS: *[Listed W/O Side]*

Kids LiveWell® Build Your Own Mini Soft Chicken Tacos
Sides: Black Beans, Grilled Vegetables, Mexican Rice, Refried Beans, Salad *W/O* Dressing
Desserts: Chocolate or Strawberry Sundae

DESSERTS:

Flan

NON-ALCHOLIC BEVERAGES:

Coca-Cola, Coke Zero, Diet Coke, Dr Pepper, Iced & Flavored Teas, Minute Maid Lemonade, Sprite, Strawberry Lemonade

*Fried in common fry oil ** Contains soy sauce

At On The Border, a top priority is always the health and safety of our guests. As part of our commitment to you, our gluten friendly menu is composed of menu items made with no gluten-containing ingredients. This menu is based on product information provided by On The Border's approved food manufacturers and every effort is made to keep this information current. However, it is possible that ingredient changes and substitutions may occur due to the differences in regional suppliers, recipe revisions, preparation techniques, and/or the season of the year. Certain menu items may vary from restaurant to restaurant and may not be available at all locations. We highly recommend that our guests with special dietary needs consult a restaurant manager prior to placing an order to ensure the posted information is accurate and represents the menu items sold at that particular location. Limited time offers, test products, or regional items have not been included in the menus.

