

SUGGESTED GLUTEN FRIENDLY MENU SUGGESTIONS VALID 05/2017V4

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

Starters

(Listed W/O Tortilla Chips*)

Guacamole, Guacamole Live!®, Queso: Signature or Primo Style, Queso & Guacamole Duo

Soup & Salads

[Listed W/O Tortilla Strips*]

Chicken Tortilla Soup, Fajita Salad: Chicken or Steak W/O Onions**, Mango Chicken Salad

Salad Dressings

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

Border Bowls

Chicken, Portobello Mushroom, Shrimp, Steak

Fajitas

[Listed W/O Onions** & Flour Tortillas]

Classic Fajitas: Carnitas, Chicken, Portobello & Grilled Vegetables, Steak Speciality Fajitas: Monterey Ranch Chicken

Enchiladas

Border SmartSM Tomatillo Enchiladas: Chicken Tinga or Spinach & Mushroom

Favorites

Chimichurri Chicken & Shrimp, Grilled Fiesta Chicken, Mexican Grilled Chicken: Salsa Fresca or Tomatillo Sauce

7acos

Cabo Grilled Shrimp Tacos, Grilled Fish Taco Del Mar, Street-Style Mini Tacos: Chicken or Steak

Sauces

Green Chile, Salsa Fresca, Signature Queso, Tomatillo

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, Sour Cream

Kids

[Listed W/O Side]

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

Non-Alcoholic 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 allergen menus are based on product information provided by On The Border's approved food manufacturers. 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 food allergies or special dietary needs consult with 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.