**SUGGESTED GLUTEN FRIENDLY MENU SUGGESTIONS**

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.

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**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 Smart™ Tomatillo Enchiladas: Chicken Tinga or Spinach & Mushroom

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

**Tacos**
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 Multi 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

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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.