



# GLUTEN-FREE MENU

Please double check with your server as some items may change without notice. We practice the utmost caution in preparing our gluten-free items and do our best to ensure a gluten-free product. However, Jose O'Shea's is not a gluten-free environment. When consuming our gluten free items, please be aware there is a chance of cross contamination. Patrons are encouraged to consider this information in light of their individual needs and diet restrictions.

Please request no flour chips, flour bowls or flour tortillas.

Jose's tortilla chips and table salsa is gluten-free.

## GLUTEN FREE SAUCES

Chile Verde

Green Chile Queso Sauce

Tomatillo Sauce

Vegetarian Chile Verde

Enchilada Sauce

## BOTANAS

Guacamole with no flour chips

Hatch Green Chile Queso Dip

Queso Fundido with no shell or flour tortillas

Macho Nachos

Carne Asada Fries (with approved gluten free sauce from above)

## ENSALADAS & SOPAS

Casa Salad (Please request no flour shell)

Fajita Salad (Please request no flour shell or marinade)

Mexican Shrimp Salad

Taco Salad (Please request no Flour Shell)

Jose's Famous Chicken soup (Request corn tortillas)

Tortilla Soup

Posole' (Corn Tortillas)

## FAJITAS (Please request corn tortillas instead of flour and no marinade)

Chicken, Steak, Carnitas, Portabello Mushroom, Shrimp or Trio

## COMBINATIONS (Please choose Gluten Free Sauce)

#1. Cheese enchilada & beef taco

#2. Two beef or two cheese enchiladas (or one of each enchilada)

#8. One ground beef, one chicken and one cheese enchilada

#11. Two tacos: shredded beef, ground beef or chicken

## ENCHILADAS

Enchiladas Suizas

Seafood Enchiladas with Gluten Free Sauce

Mama's Skinny Enchiladas

Vegetable Enchiladas

## TACOS

Grilled Steak Tacos

Grilled Chicken Tacos (please request corn tortillas)

Grilled Tacos Al Carbon

Grilled Cholo's Tacos

Grilled Fish Tacos

Grilled Shrimp Tacos

Maribel's Vegetarian Tacos

## ESPECIALES MEXICANOS

Chicken Taquitos (Please choose Gluten Free Sauce)

Blue Corn Taquitos (Please choose Gluten Free Sauce)

Camarones ala Diablo (Please request no flour bowl and corn tortillas)

Carne Asada (Please request corn tortilla) (Please choose Gluten Free Sauce)

Carnitas Chile Verde with approved sauce (Please request no flour bowl and corn tortillas)

## POSTRES

Flan (Please request no shell)

Vanilla Ice Cream (Please request no shell)

Kid's Sundae

## NINOS

One ground beef taco

One cheese enchilada

One ground beef enchilada

Nachos

## BRUNCH

Huevos Rancheros (Please request corn tortillas)

Huevos Carnitas (Please request corn tortillas)

Mexican Skillet (Please request corn tortilla)