



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

ENSALADAS & SOPAS

Casa Salad (Please request no flour shell)
Fajita Salad (Please request no flour shell or marinade)
Mexican Cobb Salad
Taco Salad (Please request no Flour Shell)
Jose's Famous Chicken soup (Request 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
Blue Corn Taquitos
Camarones ala Diablo (Please request no flour bowl and corn tortillas)
Carne Asada (Please request corn tortilla)
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)
Avocado Omelet (only available Saturday & Sunday 11am-3pm)
Busted Yolk Black Bean Tacos (Please request corn tortillas) (only available Saturday & Sunday 11am-3pm)