



# GLUTEN GUIDE

JIMMYCHANGAS.COM

## Gluten Free

- ✓ All Bean Options
- ✓ Baked Chips
- ✓ Fajita Chicken
- ✓ Free Soft Serve Ice Cream
- ✓ Shredded Chicken
- ✓ Cilantro Lime Rice
- ✓ Avocado Ranch
- ✓ Green Sauce
- ✓ Queso Blanco
- ✓ Red Salsa
- ✓ Table Tortilla Chips
- ✓ Ranchero Salsa
- ✓ Chipotle BBQ
- ✓ BBQ/Pulled Pork

## NOT GLUTEN FREE - STAY AWAY FROM

- × All Soups
- × Beef Picadillo
- × Chile con Carne
- × French Fries
- × Fajita Beef
- × Housemade Flour Tortillas
- × Ice Cream Cones
- × Poblano Cream Sauce
- × Spanish Rice
- × White Wine Cream Sauce
- × Tomatillo Enchilada Sauce
- × Suiza Enchilada Sauce
- × Chicharrones

## APPETIZERS



### QUESO BLANCO DIP

white melted cheeses with peppers \*request baked chips

### GUACAMOLE FRESCO

avocados blended with spices \*request baked chips

## JIMMY'S SPECIALTIES



### PABLO'S BURGER

ground sirloin with bacon, grilled onions, poblano peppers, avocado, cheese and smoked bbq sauce

\*request no bun and no fries

## SIZZLING SKILLETS



### CHICKEN FAJITAS

chicken breast grilled to perfection with sautéed onions -- served with choice of charro, refried or black beans, fresh guacamole, pico de gallo & sour cream

\*request no tortillas and sub cilantro lime rice

## SALADS



Margarita Vinaigrette, Honey Mustard, Creamy Cilantro, Ranch, and Chipotle BBQ

### SHRIMP TOSTADA SALAD

grilled shrimp & pineapple with avocado, mixed greens, pecans, black beans, red peppers & tomatoes -- tossed in margarita vinaigrette dressing

\*request no crispy tortilla chips and no tostada shell

### MACHETE SALAD

fajita chicken, bacon, tomatoes, avocado, egg, black olives, roasted corn, queso fresco, cucumbers & avocado

\*request fajita chicken only

### CHICKEN FAJITA SALAD

fajita chicken, tomatoes, cucumbers, roasted corn, red peppers, onion, grated cheeses, guacamole & tortilla strips

\*request fajita chicken only and no tortilla strips

### TACO SALAD

beef picadillo, shredded chicken or shredded pork; lettuce, tomatoes, cheese, guacamole & sour cream

\*request no tortilla shell

### Disclaimer: Researched and Supported by Houston Celiac Support Group

Jimmy Changas cannot guarantee no cross contamination. This special menu is offered only as a "guideline" of suggested appropriate menu items for people who need a wheat-free, gluten-free restricted diet. Not all locations have the same ingredients and methods of preparation, nor have all cooks and wait staff been necessarily properly trained. Always consult with the manager before ordering. Menu items and ingredients may change at any time. Ask your usual detailed questions and disclose if you have other individual food sensitivities before you make a final selection. Jimmy Changas and the Houston Chapter assume no responsibility or liability for any errors in labeling or changes in ingredients or prepared products used in recipes and menu items that are the direct or indirect result of the actions and activities of the suppliers, distributors and purveyors of said ingredients and products. [Houston Celiac Support Group www.houstonceliacs.org](http://www.houstonceliacs.org)