

Gluten Free

- ✓ TABLE TORTILLA CHIPS
- ✓ RED SALSA
- ✓ GREEN SAUCE
- ✓ QUESO BLANCO
- ✓ JALAPEÑO RANCH
- ✓ CREAMY CILANTRO
- ✓ AVOCADO SALSA
- ✓ RANCHERO SALSA
- ✓ BBQ RANCH
- ✓ FAJITA CHICKEN
- ✓ SHREDDED CHICKEN
- ✓ PULLED PORK
- ✓ PORK PASTOR
- ✓ ALL BEAN OPTIONS
- ✓ CILANTRO LIME RICE
- ✓ SOFT SERVE ICE CREAM

DIPS

QUESO BLANCO DIP
white melted cheeses with peppers

GUACAMOLE FRESCO
avocados blended with spices

Salads

RANCH, MARGARITA VINAIGRETTE,
CREAMY CILANTRO, BBQ RANCH

SHRIMP TOSTADA SALAD

grilled shrimp & pineapple with avocado, mixed greens, pecans, black beans, red peppers & tomatoes
request no crispy tortilla strips or tostada shell

CHICKEN MACHETE SALAD

fajita chicken, bacon, tomatoes, avocado, egg, black olives, roasted corn, queso fresco, cucumbers & avocado
no modifications needed

CHICKEN FAJITA SALAD

fajita chicken, tomatoes, cucumbers, roasted corn, red peppers, onion, grated cheeses, guacamole & tortilla strips
request no tortilla strips

TACO SALAD

beef picadillo, shredded chicken or pulled pork; lettuce, tomatoes, cheese, guacamole & sour cream
request no tortilla shell; chicken fajita can be substituted for additional cost

DINNER SALAD

mixed greens, tomatoes, cheese, cucumber, jícama & red onion
request no garnish chips

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)

NOT GLUTEN FREE - STAY AWAY FROM

- × BEEF PICADILLO
- × FAJITA BEEF
- × HOUSEMADE CORN TORTILLAS
- × HOUSEMADE FLOUR TORTILLAS
- × SPANISH RICE
- × FRENCH FRIES
- × TORTILLA SOUP
- × CHILE CON CARNE
- × POBLANO CREAM SAUCE
- × WHITE WINE CREAM SAUCE
- × TOMATILLO SAUCE
- × SUIZA SAUCE
- × CHIPOTLE CREAM SAUCE
- × CHICHARRONES
- × ICE CREAM CONES

SKILLETS & SPECIALTIES

CHICKEN FAJITAS

fajitas with sautéed onions - served with choice of beans, guacamole, pico de gallo & sour cream

request packaged corn tortillas and cilantro lime rice; no garnish chip

CHICKEN VERACRUZ

chicken fajitas + four diablo shrimp with Mexican panela cheese, jalapeño & bacon; lime butter

request packaged corn tortillas and cilantro lime rice; no garnish chip

SHRIMP DIABLO

stuffed with panela cheese & jalapeño, wrapped in bacon

request cilantro lime rice; no chip garnish

PABLO'S BURGER

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

request no bun and no fries

FISH/SHRIMP TACOS

{2} fresh, never-frozen grilled tilapia or sautéed shrimp, avocado, cabbage slaw, queso fresco & chipotle mayo

request packaged corn tortillas and cilantro lime rice

PASTOR BOWL

pork or chicken al pastor, cilantro lime rice, black beans, grilled pineapple, pickled red onions & avocado, drizzled with housemade chipotle mayo

request no garnish chips

ELOTE

roasted corn mixed with chipotle mayo & lime juice topped with Mexican spices & queso fresco

no modifications needed