

# Tito's BURRITOS & WINGS

## GLUTEN-FREE/VEGAN & VEGETARIAN OPTIONS

### Tito's gluten-free suggestions:

- Try any of our burritos "NAKED" (in a bowl instead of the tortilla) **EXCEPT** the Buffalo Chicken Burrito
- Any of our tacos with a hard shell only, **EXCEPT** the Bang-Bang Shrimp, Tony Hawk, Tito's Famous Fish & the Fat Amy
- Taco Salad (with **OR** without protein)
- Tito's Chop Shop Salad (with **OR** without protein)
- Loaded Nachos/Fries (with **OR** without protein)
- Rice & Beans Bowl
- **ADD** fresh sliced avocado for some extra flavor & protein
- Hand-cut **FRESH** French Fries
- Tortilla Chips with **ANY** of our salsas **OR** guacamoles
- Our Queso Dip with tortilla chips
- Our **HOMEMADE** tortilla chips are made with corn masa & organic sprouted grains (both **GLUTEN-FREE**) & not fried with **ANY** items containing gluten
- **ALL** of our salsas at the salsa bar are gluten free
- Our homemade mango vinaigrette is gluten free

### Food items on our menu to avoid for gluten-free:

- Flour tortillas (12" on burritos & 6" on tacos)
- Empanadas (all)
- Battered/fried fish Tito's Famous Fish Taco
- Rippin' Strips (including the Rippin' Strips Kids Meal)
- Portobello mushrooms in our veggie mix (made with teriyaki sauce)
- Aloha wing sauce (made with teriyaki sauce)
- **SOME** of our daily specials might contain gluten – if you are unsure about the ingredients, please ask our staff
- Cookies (Bummer)
- Dulce de Leche Flauta (Double bummer)

### Tito's vegetarian friendly suggestions:

- Veggie Empanadas **NEW!**
- The Benno Burrito
- Veggie Lover Burrito **OR** Taco
- Taco Salad
- Tito's Chop Shop Salad
- Loaded Nachos **OR** Fries
- Classic Cheese Quesadilla
- Rice & Beans Bowl
- Hand-cut **FRESH** French Fries
- Tortilla Chips with **ANY** of our salsas **OR** guacamoles
- Our Queso Dip with tortilla chips

### Tito's vegan friendly suggestions:

- The Benno Burrito (NO CHEESE) - try adding fresh guac instead
- Veggie Lover Burrito **OR** Taco (NO CHEESE) - try adding black beans instead
- Taco Salad (NO CHEESE)
- Tito's Chop Shop Salad
- Rice & Beans Bowl (NO CHEESE) - try adding sliced avocado instead
- Loaded Nachos **OR** Fries (NO CHEESE/QUESO & NO SOUR CREAM)
- Hand-cut French Fries (NO CHIPOTLE DIPPING SAUCE)
- Tortilla Chips with **ANY** of our salsas **OR** guacamoles
- Our homemade tortilla chips are **NOT** fried in oil that's used for **ANY** poultry/meat/seafood
- Add black beans, fresh guacamole **OR** sliced avocado to **ANY** of these to add extra flavor and protein to your meal
- Our Mexi-rice & black beans **DO NOT** contain **ANY** meat **OR** meat products

It's all good!