

Tito's BURRITOS & WINGS

GLUTEN-FREE/VEGAN & VEGETARIAN OPTIONS

Tito's GLUTEN-FREE suggestions:

- Any of our burrito bowls WITHOUT the crispy tortilla bowl EXCEPT Buffalo Chicken
- Any of our tacos with a hard shell only, EXCEPT Bang-Bang Shrimp, Tony Hawk, Tito's Famous Fish & The Fat Amy
- Taco Salad (with OR without protein)
- Chop Shop Salad (with OR without protein)
- Loaded Nachos (with OR without protein)
- Tito's Rice & Beans Bowl
- ADD fresh sliced avocado for some extra flavor & protein
- Hand-cut Fries
- Tortilla Chips with ANY of our salsas OR guacamole
- 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)
- Crispy tortilla bowl on Burrito Bowls & Salads
- Empanadas (all)
- Battered/fried fish (Tito's Famous Fish Taco)
- Rippin' Strips (including Rippin' Strips Kids Meal)
- Portobello mushrooms in our veggie mix (made with teriyaki sauce)
- Aloha wing sauce (made with teriyaki sauce) & Miyagi's Maple Wasabi wing sauce
- Lollipop S'mores (Bummer)

Tito's VEGETARIAN friendly suggestions:

- Veggie Lover Burrito OR Taco
- Taco Salad
- Chop Shop Salad
- Loaded Nachos
- 12" Classic Quesadilla (add beans or veggies too!)
- Tito's Rice & Beans Bowl
- Hand-cut Fries
- Tortilla Chips with ANY of our salsas OR guacamole

Tito's VEGAN friendly suggestions:

- Veggie Lover Burrito OR Taco (NO CHEESE) - try adding black beans instead
- Taco Salad (NO CHEESE)
- Chop Shop Salad
- Tito's Rice & Beans Bowl (NO CHEESE) - try adding sliced avocado instead
- Loaded Nachos (NO CHEESE/ & NO SOUR CREAM)
- Hand-cut Fries (NO CHIPOTLE DIPPING SAUCE)
- Tortilla Chips with ANY of our salsas OR guacamole
- Our homemade tortilla chips are NOT fried in oil 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!



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