

Ingredient	Gluten Free	Contains Gluten
Beans and Rice		
Black Beans	X	
Black Bean & Corn Salsa	X	
Pinto Beans	X	
Refried Beans	X	
Seasoned Rice	X	
Meats		
Alaskan Fish		X
Braised Chicken	X	
Carne Asada Steak		X
Ground Beef	X	
Seasoned Pork	X	
Shredded Beef	X	
Wraps, Shells, Chips		
6" Corn Tortilla	X	
Flour Tortillas, all sizes		X
Salad Shell		X
Spinach Wrap		X
Taco Shell	X	
Tomato Basil Wrap		X
Tortilla Chips	X	
Whole Wheat Wrap		X
Add-Ons		
Cabbage, shredded	X	
Cheese, shredded	X	
Cilantro Ranch Dressing	X	
Enchilada Sauce		X
Guacamole	X	
Jalapeno Peppers	X	
Lettuce, shredded	X	
Pico de Gallo	X	
Queso Cheese Sauce	X	
Salsa, Habanero	X	
Salsa, Roasted Chipotle		X
Salsa, Tomatillo	X	
Sour Cream	X	
White Sauce	X	
Desserts		
Cookies		X
Oreo Brownie		X
Breakfast		
Breakfast Egg	X	
Breakfast Potatoes		X
Breakfast Sausage	X	

What is Gluten?

Gluten is a protein found in many grains, including wheat, rye, barley, spelt, emmer, faro, triticale, and kamut.

Gluten sensitivities can range from having a runny nose and sneezing to causing damage to the intestines.

At Taco Del Mar, many of our ingredients are gluten-free, giving our customers the ability to build a gluten sensitive/free meal of their own choosing.

While we make every attempt to avoid cross-contamination, please be aware that our restaurants are not 100% gluten-free facilities.

For more information on gluten, contact the Gluten Intolerance Group (GIG) at www.gluten.net