

# GLUTEN FREE MENU

\*Fried in a shared fryer

--ENCHILADAS CAN BE MADE SAFE FOR CELIAC GUESTS, but you need to talk to your server--

## APPETIZERS

**Salena's Chips & Salsa** 3/5.5

**Guacamole** 7.00

**Queso Fundido** 6.00

Add quinoa, chorizo, or ground beef 8.00

**Quesadillas Americana** SUB CORN tortilla 9.95

wedges with melted cheese, salsa & sour cream on the side. Add bean 11.95. Add meat 12.95

\*\*\*Cannot be made without cross contamination

**Hole Mole** Salena's traditional chips, melted cheese on top, and guacamole in the center 11.50

Add lettuce, salsa fresca, olives \$13.50

**Loaded Nachos** Salena's traditional chips 13.95

topped with your choice of protein, lettuce, salsa fresca, olives, sour cream, jalapenos and guacamole, and queso fundido

**Stuffed Jalapenos** with cheese 3.75

Add quinoa, chorizo, or ground beef 4.95

**\*Bacon Wrapped Jalapenos** stuffed with cream cheese, wrapped in bacon, and fried 7.95

**Nacho Bean Dip** Fried pinto beans, garlic, 8.50

onion, and jalapenos covered in a thick layer of cheese. Topped with cotija cheese & salsa fresca.

Served with Salena's premium chips.

Sub Black Beans \$9.50

**\*ENCHILADA PLATES** served with rice and pinto beans

\*no substitutions

**\*Mexican Flag** 3 enchiladas: a shredded beef enchilada, a chicken enchilada white style, and a pork enchilada green style 16.95

**\*Combination Enchiladas** 3 enchiladas: a shredded beef, a chicken, and a cheese, all enchilada style 15.95

**\*Super Combo Enchiladas** Our Mexican Flag dish with an additional chicken enchilada with mole style 18.95

**THANK YOU FOR YOUR PATIENCE!**

Send any feedback at any time to [kelly@salenas.com](mailto:kelly@salenas.com) and you will be entered in a drawing for a free \$25 gift card!

## A LA CARTE ITEMS 4.95

**Taco** corn tortilla topped with your choice of protein, pickled onion, cotija cheese, salsa fresca, and cilantro

\*hard shell is in shared fryer

**Tostada** corn tortilla fried flat, topped with your choice of protein, lettuce, salsa fresca, and cotija cheese

**\*Enchilada** corn tortilla wrapped around onions & your choice of protein. Broiled with enchilada sauce and cheese on top

**SALENA COMBO** 14.95

Pick 2 items from A La Carte, served with rice & beans

**ALBERTO COMBO** 19.95

Pick 3 items from A La Carte, served with rice & beans.

**RICE BOWL** 12.95

Your choice of protein, rice, black beans (includes corn), jalapenos, olives, salsa fresca, guacamole, lettuce, sour cream and cheese. Topped with your choice of sauce

**Protein Choices:** Shredded chicken, shredded beef (add \$1), ground beef, chorizo, pulled pork, chili, quinoa, black bean mix, pinto bean, roasted vegetables +Guacamole- Taco or Tostada only

**For enchiladas**

choose from Red Enchilada, White, Green Tomatillo or Mole Style on top

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## SALADS

**Salena's Avocado Salad** greens, avocado, carrots, tomatoes, red onions, cucumbers, bell peppers, salsa fresca & cotija cheese\* 12.95

add chicken or tofu \$5, add steak or shrimp \$6

DRESSINGS: SALSA RANCH, SALSA BLEU, HONEY-LIME CILANTRO, ITALIAN

**Sante Fe Chicken Salad** shredded lettuce with corn, black beans, diced chicken, tomatoes, & cilantro. and served with salsa ranch dressing on the side. Add diced avocado \$2. **Ask for NO tortilla strips** 14.95

## SIGNATURE PLATES served with rice and black beans

\*no substitutions

**Stuffed Avocado** Fresh avocado cut in half and filled with italian dressing and your choice of protein. Topped with sautéed peppers & onions, melted cheese, salsa fresca, and cotija. 17.95

**Grilled Cilantro Citrus Tofu Tacos** 17.95  
Marinated, grilled, and served in 3 (SUB CORN) tortillas. Topped with pickled onion, salsa fresca, cotija, and your choice of crema

**Drunken Shrimp Tacos** 21.95  
Sautéed in our tequila red chili sauce served in 3 (SUB CORN) tortillas. With honey lime slaw, your choice of crema, salsa fresca, & cotija

**Grilled Tacos** 21.95  
In 3 (SUB CORN) tortillas. Topped with lettuce, salsa fresca, your choice of crema, & cotija. Choose marinated chicken or steak

**Grilled Chicken Plates** 19.95  
Chipotle Style: topped with salsa fresca & cotija  
Mole Style: topped with cilantro and cotija  
Both served with rice and black beans

**FAJITAS** Includes: sautéed peppers and onions. With rice, pinto beans, 3 (SUB CORN) tortillas, lettuce, tomato, cheese, sour cream, and guacamole served on the side

<b>Chicken</b>	22.95
<b>Shrimp</b>	22.95
<b>Steak</b>	22.95
<b>Combination</b> (Chicken, Steak, & Shrimp)	24.95
<b>Vegetable</b>	17.95

- Seasonal roasted vegetables
- Add grilled tofu for \$5

## SIDES

Mexican Rice, Black Beans, or Pinto Beans	2.75
Side Salad	4.00
Quinoa	3.00
Corn Tortilla	1.00
Sour Cream	1.00
½ Guacamole	4.00
Lettuce, Tomato, Cheese, or onion	1.00
Salsas	1.00

## LUNCH COMBOS 13.95

**Only available 12-4pm.** Combos are served with rice and pinto beans.

- #1- Taco & \*Enchilada
- #3- Two Tacos
- #4- Two \*Enchiladas

## DESSERT

**Flan** 5.95

Traditional caramel custard served with a rosette of whipped cream. Contains egg.