

GLUTEN FREE MENU*

*Fried in a shared fryer

TELL YOUR SERVER IF YOU ARE CELIAC and some adjustments can be made!

APPETIZERS

- *Guacamole** 7.00
- Quesadillas Americana** SUB CORN tortilla wedges with melted cheese, salsa & sour cream on the side. Add protein 11.95
***Cannot be made without cross contamination
- *Hole Mole** Salena's traditional chips: melted cheese on top and guacamole in the center
Add lettuce, salsa fresca, olives \$13.50 11.50
- *Loaded Nachos** Salena's traditional chips topped with your choice of protein, lettuce, salsa fresca, olives, jalapenos and guacamole 13.95
- 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, onion, and jalapenos covered in a thick layer of cheese. Topped with cotija cheese & salsa fresca. Served with Salena's premium chips. 8.50
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 15.95
- *Combination Enchiladas** 3 enchiladas: a shredded beef, a chicken, and a cheese, all enchilada style 14.95
- Vegetarian Option:** One quinoa, one black bean, one cheese. All enchilada style
- *Super Combo Enchiladas** 17.95
Our Mexican Flag dish with an additional chicken enchilada with mole style

THANK YOU FOR YOUR PATIENCE!

Send any feedback at any time to
kelly@salenas.com

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 14.35

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

ALBERTO COMBO 19.35

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, ground beef, chorizo, pulled pork, chili, quinoa, black bean mix, pinto bean.

*Guacamole- Taco or Tostada only

For enchiladas

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

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SALADS 12.95

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

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

SIGNATURE PLATES served with rice and black beans

*no substitutions

Stuffed Avocado Fresh avocado cut in half and filled with your choice of shredded chicken, shredded beef, ground beef, chorizo, pork, quinoa, black bean mix, or pinto beans. 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 honey-lime slaw, avocado crema, salsa fresca, and cotija

***Fried Cauliflower Tacos** Gluten-free and served in 3 corn tortillas. Topped with avocado crema, honey-lime slaw, and cotija 17.95

Drunken Shrimp Tacos Sautéed in our tequila red chili sauce served in 3 (SUB CORN) tortillas. Topped with honey lime slaw, avocado crema, salsa fresca, and cotija 21.95

Grilled Tacos 21.95
In 3 (SUB CORN) tortillas. Topped with lettuce, salsa fresca, avocado crema, and 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

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| Chicken | 22.95 |
| Shrimp | 22.95 |
| Steak | 22.95 |
| Combination (Chicken, Steak, & Shrimp) | 24.95 |
| Vegetable | 17.95 |

- Sautéed onion, bell peppers, potatoes, mushroom, Brussel sprouts, & broccoli
- Add grilled tofu for \$5

Sides:

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| 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 |
| Salsa Fresca | 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

Desserts:

Flan \$5.95

*Fried Ice Cream \$5.95