

# 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. Sub Black Beans \$9.50 8.50

## 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](mailto: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

**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:

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