

## GLUTEN FREE MENU

\*Some items cannot be made without cross contamination



### TO START

<b>Salena's Chips &amp; Salsa</b>	3.00
<b>Large Chips &amp; Salsa</b>	9.00
<b>Guacamole &amp; Chips</b>	7.00
<b>Queso Fundido &amp; Chips</b>	6.00
Add quinoa, chorizo, or ground beef 8.00	
<b>Quesadillas Americana*</b> sub corn tortilla wedges with melted cheese, salsa & sour cream on the side. Add protein 11.95	8.95
<b>Loaded Nachos</b> Salena's traditional chips topped with your choice of protein, queso fundido, lettuce, salsa fresca, olives, sour cream, jalapenos, & guacamole.	12.95
<b>Stuffed Jalapenos</b>	3.75
4 jalapeno peppers stuffed with cheese Add chorizo, ground beef, quinoa 5.50	

### BUILD YOUR OWN

**Bowl** 10 full/6 half  
Your choice of protein from list, rice, black beans (includes corn), jalapenos, olives, salsa fresca, guacamole, lettuce, sour cream and cheese.  
Topped with your choice of sauce  
\*can substitute lettuce for rice

### A LA CARTE ITEMS

**Taco** 3.75  
corn tortilla topped with your choice of protein, pickled onion, cotija cheese, salsa fresca, and cilantro

**Enchilada+** 3.75  
corn tortilla wrapped around cheese & your choice of protein. Broiled with enchilada sauce and cheese on top

### ENCHILADA PLATES served with rice and pinto beans

\*no substitutions

<b>Mexican Flag</b> 3 enchiladas: a shredded beef enchilada, a chicken enchilada white style, and a pork enchilada green style	15.65
<b>Combination Enchiladas</b> 3 enchiladas: a shredded beef, a chicken, and a cheese, all enchilada style	14.95
<b>Vegetarian:</b> 1 quinoa, 1 black bean, 1 cheese	
<b>Super Combo Enchiladas</b> Our Mexican Flag dish with an additional chicken enchilada with mole style	17.95

**Protein Choices:** Shredded chicken, shredded chicken and bean, shredded beef, shredded beef and bean, pork carnitas, ground beef, chorizo, quinoa, roasted vegetables, black bean mix, pinto bean.

\*Guacamole: Taco & Tostada only

#### **+For enchiladas**

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

### COMBOS 10.95

**Taco Combo:** 2 tacos with your choice of protein, served with rice and pinto beans. Tacos are topped with pickled onion, salsa fresca, and cotija

**Enchilada Combo:** 2 Enchiladas with your choice of protein and cheese, served with rice and pinto beans. Enchiladas are topped with cheese and enchilada sauce.

745 Maiden Lane  
585-270-5033  
Salenas.com

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### **FAMILY 4 PACK TO-GO:** \$35 (8 Tacos)

- 4 hard shell, 4 soft shell corn tortillas
- Protein (1 choice)
- Lettuce, salsa fresca, cheese, pickled onion, jalapeño, sour cream
- Rice and pinto beans
- Chips and salsa

### **SIDES:**

Quinoa	3.00
Corn Tortilla	1.00
Sour Cream	1.00
½ Guacamole	4.00
Lettuce, Tomato, Cheese, or onion	1.00
Rice	2.50
Pinto or Black Bean Mix	2.50
Large salsa	3.50
Side salsa	1.00

### **SIGNATURE PLATES** served with rice and black beans

\*no substitutions

**Stuffed Avocado** Fresh avocado cut in half and filled with your choice of protein. Topped with sautéed peppers & onions, melted cheese, salsa fresca, and cotija 16.65

### **KID'S MEAL:** \$4.50

**Pick one:** Taco or Enchilada

**Pick one:** Rice, Pinto Beans, Black Beans, Applesauce, ½ Guacamole

### **DESSERTS** 3.95

**Flan**

### **BEVERAGES:** \$2

**Regular or Diet Soda**

**Bottled Water**

**Jarritos \$3**

**THANK YOU FOR YOUR PATIENCE!**

*Send any feedback at any time to [kelly@salenas.com](mailto:kelly@salenas.com)*