

GLUTEN FREE MENU

*Cannot be made without cross contamination



TO START

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

A LA CARTE ITEMS

Taco/Tostada 3.50
corn tortilla topped with your choice of protein, pickled onion, cotija cheese, salsa fresca, and cilantro

Enchilada+ 3.50
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

Mexican Flag 3 enchiladas: a shredded beef enchilada, a chicken enchilada white style, and a pork enchilada green style	14.65
Combination Enchiladas 3 enchiladas: a shredded beef, a chicken, and a cheese, all enchilada style	13.95
Vegetarian: 1 quinoa, 1 black bean, 1 cheese	
Super Combo Enchiladas Our Mexican Flag dish with an additional chicken enchilada with mole style	15.95

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 9.95

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.

FAMILY 4 PACK TO-GO: \$30 (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

THANK YOU FOR YOUR PATIENCE!

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

745 Maiden Lane
585-270-5033
Salenas.com

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SALADS 10.00

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

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

*DRESSINGS: SALSA RANCH, SALSA BLEU, HONEY-LIME CILANTRO, ITALIAN, RASPBERRY VINAGRETTE

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

Grilled Cilantro Citrus Tofu Tacos 15.45
Marinated, grilled, and served in (SUB CORN) tortillas. Topped with pickled onion, avocado crema, salsa fresca, and cotija.

Grilled Tacos 19.95
In 3 (SUB CORN) tortillas. Topped with lettuce, salsa fresca, avocado crema, shredded cheese, and cotija. Choose marinated chicken or steak

Chicken Plates 19.95
Grilled chicken with your choice of Chipotle or Mole style, topped with salsa fresca & cotija

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 19.95

Steak 19.95

Combination (Chicken & Steak) 21.95

Vegetable 15.95

- Sautéed seasonal vegetables
- Add grilled tofu for \$5

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
Side Salad 4.00

BEVERAGES: \$2
Regular or Diet Soda
Bottled Water

Jarritos \$3

DESSERTS 3.95

Flan

KID'S MEAL: \$4

Pick one: Taco or Enchilada

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