



# el Loco Gluten-Free

## MEXICAN cafe



### TOTOPAS - Corn Tortilla Chips

Green Mountain Gringo strips *gluten-free* 3.20

with 1 dip below 5.45  
with 2 dips below 7.70  
with 3 dips below 9.95

### Salsa Roja-

Our most popular red dipping salsa

### Salsa Fresca -

A fresh "pico de gallo" salsa

### Frijoles

Our no-lard pinto beans, with chiles

Please help yourself to the **SALSA BAR!**  
This is where YOU can make your meal as spicy as YOU wish -- with Salsas ranging from **Mild to Loco Hot!**  
The salsas AND our house salad dressing are gluten-free.

### Loco Chili

Veggie, a *HOT* love

### Salsa Verde

Our green tomatillo salsa

### Salsa Mixta

A mix of red, green, and fresca salsas



Gluten-free chips with: **Guacamole**

Our avocado dip - made fresh from only Hass variety avocados 7.70

## Nachos

### Nachos Classicos

Green Mt strips topped with melted jack & cheddar, and jalapenos. Served with salsa roja and salsa verde. 10.95

### Nachos Fantasticos

Layers of Green Mt strips topped with melted jack & cheddar cheeses, black beans, salsa roja & verde, tomatoes, onions and jalapenos. 13.95

## SOPAS

Soups

### Sopa de Frijole Negro

Vegetarian black bean soup 3.-

### Loco Chili Veggie

Our meatless chili 3.-

### Gazpacho

Seasonal, chilled veggie soup 3.-



## Quesadillas



*For our gluten-free patrons, we make a quesadilla with corn tortillas, folded over our home-made fillings covered in jack and cheddar cheeses and broiled. Served with Mexican brown rice and a salad.*

**Ancho-Chipotle Chicken and Spinach** - our spinach, artichoke heart, and mushroom mix with ancho-chipotle chicken. 12.25

**Ancho Chicken with Mexican Rice** - our chunked breast of chile spiced chicken with Mexican brown rice 12.25

**Spinach & Portabella Mushroom** - Spinach and artichoke hearts, with portabellas. 11.75

**Queso** - cheese, green chiles, onions & cilantro. 9.25

**Portabella Mushroom** - strips of portabellas sauteed in garlic and butter 11.75

**Portabella Mushroom & Ancho Chicken** - strips of portabellas with our chile spiced chicken 12.25

**Black Bean and Ancho Chicken** - our chunks of spiced breast of chicken layered on black beans. 12.25

**Frijole** - refried pinto beans, with green chiles, and scallions. 11.50

**Ancho Chicken in Green Salsa** - our chunked breast of chicken spiced with ancho-chipotle chiles, and covered in tomatillo salsa 12.25

**Gluten Free Dessert Flan** - Our homemade traditional Mexican coconut caramel egg custard 4.50

# ESPECIALES

## Vegetarian Fajitas

A mixture of green & red peppers, jalapenos, garlic, cilantro, potatoes, celery, zucchini, carrots, mushrooms, and onions, pan sauteed and served with fajita fixings of refried black beans, salsa roja, shredded cheeses, and warmed CORN tortillas. 12.25



## Chicken Fajitas

Breast of chicken cut in strips, sauteed with onions, chiles, and green & red peppers, bathed in a cilantro-parsley and lime based **Chimichurri Sauce**. Served with fajita fixings of refried black beans, salsa roja, shredded cheeses, and warmed CORN tortillas. 13-



## Shrimp Fajitas

Sauteed with red & green peppers, chiles, and onions all bathed in a cilantro-parsley and lime based garlicy **Chimichurri Sauce**. Served with fajita fixings of refried black beans, salsa roja, and warmed CORN tortillas 15.50

## Ancho-Chipotle Chicken & Spinach Enchiladas

Chunked breast of chicken sauteed with ancho and chipotle chiles, garlic, spinach, artichoke hearts, mushrooms, and red peppers. Wrapped in corn tortillas and broiled with green tomatillo salsa and jack & cheddar cheeses. Served with Black Beans and a salad 13-

## Tamales con Puerco

Our unusual spicy-sweet shredded pork rolled in cornmeal masa, wrapped in cornhusks, steamed, and bathed in a veggie chili garnish. Served with Mexican rice and refried black beans, and your choice of *one (1) of the following*: .....13.25

*Rice & Beans \* Chili Veggie \* Black Bean Soup  
Gazpacho \* Salad \* Guacamole Salad (+1.00)*

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## LOCO COMBOS

**3 Soft Tacos** Three soft corn tortillas with your choice of **one** filling : *Cheese, Mexican Rice, Pinto Beans, or Black Beans*. Topped with lettuce, tomatoes, onions & cilantro, and shredded cheeses. ....13.10

**2 Enchiladas** Rolled soft corn tortillas filled with your choice of **one** filling : *Cheese, Mexican Rice, Pinto Beans, or Black Beans*. Then topped with *Salsa Roja or Salsa Verde* and melted cheeses. ....12.25

**1 Enchilada & 1 Soft Taco** ..10.95

Loco Combos are served with your choice of **one (1) of the following** :

*Rice & Beans \* Chili Veggie \* Black Bean Soup  
Gazpacho \* Salad \* Guacamole Salad (+1.00)*

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## Tostadas Grandes

*Served in a Bowl for our Gluten-free patrons and topped with a salad of fresh lettuce, tomatoes, onions & cilantro, black olives, and shredded cheeses.*

**Rice & Bean** 10.00

**Black Bean** 10.00

**Pinto Bean** 10.00

**Ensalada** - the salad fixings without the beans. Served with fresh grated carrot, and our house dressing 7.50

with guacamole 9.75

**Ancho-Chipotle Chicken & Black Beans** Chunked breast of chicken sauteed with ancho chipotle chiles, served over black beans and topped with a salad as above 12.25