



TACO CABANA® GLUTEN-FREE MENU ITEMS

The following items are wheat, rye, oat, barley and spelt free according to ingredient suppliers and food sources. No soy sauce as well.

Bacon
Barbacoa
Beef fajita meat
Beef taco filling (Crispy tacos, Chalupas or Nachos)
Black beans
Borracho beans
Cheese, shredded
Queso (Hot Cheese Topping)
Chicken fajita meat
Chicken Flameante (Rotisserie Chicken)
Chicken Flautas
Chorizo
Corn tortillas (can be substituted for Flour Tortillas in Tacos, Fajitas, Plates)
Corn tortilla chips (Nacho Chips)
Eggs (Includes whole eggs and scrambled eggs)
Guacamole
Refried beans
Rice
Salsas (all items available on Salsa Bar included)
Sour cream
Stewed chicken taco meat (Crispy tacos, Chalupas or Nachos)
Tortilla Soup

* Taco Cabana uses a common fryer.

Items to avoid due to high amounts of flour:

Carne Guisada
Chili con Carne
Enchilada Sauce
Flour Tortillas (Includes Quesadillas, Mini Chimis and Burritos)
Sour Cream Enchilada Sauce
Taco Salad and Cabana Bowl Shell
Tres Leches Parfait

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