

# GLUTEN-FREE DINNER MENU

This menu is offered as a courtesy to those guests following a gluten-free diet. Every effort has been made to identify and prepare these items without gluten, but it is each guest's responsibility to ensure such. In addition, it is each guest's obligation to identify themselves to their waiter as desiring a gluten-free meal, and to also specifically modify each offering as indicated. Also, please be aware that the house Spanish rice, tostadas and tortillas are not gluten-free.

The following served (unless noted) with rice, borracho (whole) beans and tortillas.

## ANTOJITOS

### CEVICHE DEL MAR (F)(C)(S)

Fresh cooked fish, with avocado, cilantro, onion and tomato in a light lime and olive oil-based marinade. *Ask for gluten-free tostadas.* 11.95

### COCKTAIL DE CAMARÓN (F)(C)(S)

Fresh shrimp and pico de gallo mixed in a tangy red sauce, with just a hint of spice. This recipe is steeped in Mexican tradition from the beautiful coasts of Veracruz. *Ask for gluten-free tostadas.* 18.95

### ENSALADA DE GUACAMOLE

Our homemade guacamole served on a bed of chopped lettuce and tomato, topped with cilantro dressing. *Ask for gluten-free tostadas.* (serves 4) 10.95

### GUACAMOLE Y GLUTEN-FREE TOSTADAS

(serves 4 to 6) 10.95

## ENSALADAS Y SOPAS

### CREAM LÍGERA POBLANA

A delicious light cream of chile poblano enhanced with flavorful golden corn. *Delete sour cream.* Cup (16oz) 7.95

### CALDO TLALPEÑO

Spicy! Chicken soup garnished with tomato, cilantro, garbanzo beans and fresh avocado in our savory chicken broth. *Delete tortilla strips.* Cup (16oz) 10.95

### POZOLE (F)(C)(S)

Shredded pork and hominy, served with sliced cabbage, onions, radishes and lime wedges on the side. Cup (16oz) 10.95

### CALDITO DE POLLO

Diced chicken breast with cilantro, avocado, potatoes, carrots and rice in our savory chicken broth. Cup (16oz) 12.95

### ENSALADA CHABELITA

Two ripe avocado halves filled with shrimp, corn, red pepper, chile serrano and chopped cilantro on a bed of hearts of romaine lettuce, with tomato wedges and chopped green onion. Served with a light avocado dressing. 21.95

### ENSALADA ESMERALDA (F)(C)(S)

A blend of crisp iceberg, romaine and spinach lettuces mixed with red onion, tomatoes, rajas poblanas and queso fresco tossed in our cilantro dressing. *Delete tortilla strips.* with 7oz grilled chicken. 14.95, 7oz. grilled beef, or 7oz. grilled shrimp 22.95

## ENCHILADAS DE LA CASA

### ENCHILADAS DIVORCIADAS

Two irreconcilable chicken enchiladas, one covered with Salsa Verde and one with Salsa Ranchera. *Substitute poblano corn white rice for Spanish rice.* 15.95

### ENCHILADAS SAN MIGUEL (VEGETARIAN)

Mushrooms in Salsa Guajillo covered with queso fresco. Served with poblano corn white rice and Ensalada Esmeralda. *Delete tortilla strips in the Ensalada Esmeralda.* 17.95

### ENCHILADAS VERDES (F)(C)

Two cheese or chicken enchiladas covered in our tangy tomatillo sauce melted queso monterrey, covered with sour cream. Served with guacamole. *Substitute poblano corn white rice for Spanish rice and delete sour cream on enchilada.* 17.95

## ESPECIALIDADES DE POLLO

### POLLO ASADO (F)(C)

Grilled chicken breast served on a sizzling comal and covered with fresh mushrooms, poblano pepper and onion. *Substitute poblano corn white rice for Spanish rice.* 18.95

### POLLO AL CILANTRO O CHIPOTLE

Grilled chicken breast covered in our signature Crema Cilantro or Crema Chipotle. Can't decide? Try half and half! Served with poblano corn white rice and salad. 18.95

## CHILES RELLENOS

### DE CAMARÓN

Poblano pepper filled with a blend of fresh grilled shrimp, chopped tomatoes, onions and corn, topped with sour cream and queso monterrey. Baked, and served with poblano corn white rice and Ensalada Esmeralda. *Delete tortilla strips in the Ensalada Esmeralda and sour cream topping on chile.* 20.95

### DE VEGETALES (VEGETARIAN) (F)(C)

Baked poblano pepper filled with crunchy zucchini, golden corn, poblano strips and queso monterrey. *Substitute poblano corn white rice for Spanish rice and Salsa Ranchera for Salsa Española.* 14.95

## ESPECIALIDADES DE LA CASA

### CARNE ASADA TAMPIQUEÑA

A flavorful, grilled 10 oz. ribeye steak served with guacamole and pico de gallo. 39.95 Add 4 shrimp al Chipotle. 39.95 *Substitute Salsa Ranchera for gravy on enchilada and substitute poblano corn white rice for Spanish rice.*

### PUNTAS DE PUERCO (F)(C)(S)

Spicy! Lean, marinated pork served with roasted garlic and covered in our SalsaChile Chipotle. *Substitute poblano corn white rice for Spanish rice.* 14.95

### FAJITAS A LA PARRILLA (F)(C)(S)

Served on a hot comal with grilled onion and bell pepper, guacamole and pico de gallo. *Ask for gluten-free tortillas and substitute poblano corn white rice for Spanish rice.*

	plate	pound
Vegetarian	10.95	21.95
Chicken	17.95	35.95
Fresh Gulf Shrimp	20.95	41.95

### TACOS DE CAMARÓN

Grilled fresh shrimp in two gluten-free tortillas topped with fresh cabbage, sliced avocado, tomato, onion and Crema Chipotle. *Substitute soft (not fried) gluten-free tortillas for fried house tortillas and poblano corn white rice for Spanish rice.* 22.95

### TACOS DE PESCADO (F)(C)(S)

Grilled fresh strips of Tilapia in two gluten-free tortillas topped with fresh cabbage, sliced avocado, tomato, onion and a spicy Salsa de Mango y Habanero. *Substitute soft (not fried) gluten-free tortillas for house tortillas and poblano corn white rice for Spanish rice.* 19.95

### MAR Y TIERRA

Grilled chicken breast covered with our signature Crema Chipotle and served with four grilled shrimp in our signature Crema Cilantro. *Substitute poblano corn white rice for Spanish rice.* 26.95

### PESCA DEL DIA (F)(C)

Fresh grilled filet topped with your choice of our Crema Cilantro, Crema Chipotle, or Salsa Veracruz (onion, green pepper, tomato and capers). Served with poblano corn white rice and Ensalada Esmeralda. *Delete tortilla strips in the Ensalada Esmeralda.* 28.95

### ~ CANTINA ~

**REDBRIDGE LAGER** 3.75  
**ALL OUR MARGARITAS ARE GLUTEN-FREE**  
(see our Cantina Menu)

### ~ POSTRES ~

**FLAN** 6.95  
**HELADO DE VAINILLA** 3.50

Grilled vegetables may be substituted for rice and beans.

(F) = Lower saturated fat (C) = Lower carbohydrates (S) = Lower sodium 🕒 = Please allow a few extra minutes to prepare. SPLIT PLATE CHARGE \$3.

# GLUTEN-FREE LUNCH SPECIALS

SERVED 11AM-3PM, MONDAY – FRIDAY

## ESPECIALIDADES DE POLLO

### ENCHILADAS VERDES

Two cheese or chicken enchiladas covered in our tangy tomatillo sauce melted queso monterrey. Served with guacamole. *Substitute poblano corn white rice for Spanish rice and delete sour cream on enchilada.* 14.95

### POLLO CILANTRO

Grilled chicken breast covered in our signature Crema Cilantro. *Substitute poblano corn white rice for Spanish rice.* 14.95

### POLLO ASADO

Grilled chicken breast served on a sizzling comal and covered with fresh mushrooms, poblano pepper and onion. *Substitute poblano corn white rice for Spanish rice.* 12.95

### POLLO CHIPOTLE

Grilled chicken breast covered in our signature Crema Chipotle. *Substitute poblano corn white rice for Spanish rice.* 14.95

## ESPECIALIDADES DE PALOMA BLANCA

### FAJITAS DE POLLO A LA PARRILLA

4oz Chicken fajitas served on a hot comal with grilled onion, bell pepper, guacamole and pico de gallo. *Substitute gluten-free tortillas for house tortillas and poblano corn white rice for Spanish rice.* 13.95

### CHILE RELLENO DE VEGETALES

Baked poblano pepper filled with crunchy zucchini, golden corn, poblano strips and queso monterrey. *Substitute poblano corn white rice for Spanish rice and Salsa Ranchera for Salsa Española.* 10.95

### PUNTAS DE PUERCO

Spicy! Lean, marinated pork served with roasted garlic and covered in our SalsaChile Chipotle. *Substitute poblano corn white rice for Spanish rice.* 9.95



# PALEO MENU

Paloma Blanca has partnered up with Mission Crossfit SA to bring you this menu. For any questions about the Paleo Diet, please email: [info@missioncrossfitsa.com](mailto:info@missioncrossfitsa.com).

### PALEO TACOS

(3) Beef Taquitos grilled with cilantro and onion served on top of iceberg lettuce, garnished with fresh cilantro, onion, lime wedges, and Salsa de La Senora. 18.95

### GUACAMOLE OLMECA (PREPARED TABLE SIDE)

Hass avocado mixed with onion, cilantro, tomato, lime and orange juice, seasoned with salt and pepper, then topped with chilitos toreados served with a side of plantain chips. A real Mexican tradition (and our own recipe) served in a molcajete! 13.95

### ENSALADA DE GUACAMOLE

Our homemade guacamole served on a bed of chopped lettuce and tomato, topped with cilantro dressing. (serves 4) 10.95

### COCKTAIL DE CAMARÓN

Fresh Gulf shrimp and pico de gallo mixed in a tangy red sauce, with just a hint of spice. Served chilled on a bed of lettuce with sliced Hass avocado 18.95

### CEVICHE DEL MAR

Fresh cooked fish, with cilantro, onion and tomato in a limejuice and olive oil-based marinade. Served chilled in a bed of lettuce with sliced Hass avocado. 11.95

### ENSALADA ESMERALDA

A blend of crisp iceberg, romaine and spinach lettuces mixed with, red onion, rajas poblanas and avocado slices served with our cilantro dressing on the side. 9.95

Chicken 14.95

7oz grilled beef or grilled shrimp 22.95

Side salad 4.95

### PUNTAS DE PUERCO

Spicy! 7 oz. lean pork marinated with roasted garlic and covered in our *Salsa de Chile Chipotle*. Served with gluten free beans and sautéed vegetables 14.95

### POLLO ASADO

Grilled 7oz. chicken breast served on a sizzling comal and covered with sautéed mushrooms, poblano peppers and onions. Served with gluten free beans and sautéed vegetables. 18.95

### CARNE ASADA TAMPIQUEÑA

A flavorful, grilled 8 oz. rib eye steak served with grilled vegetables, gluten free beans, guacamole and pico de gallo. 35.95

### FAJITAS A LA PARRILLA

(EXCEPT BEEF) Served with grilled onions and bell peppers, guacamole and pico de gallo.

	plate	pound*
Chicken	17.95	35.95
Mixed	19.95	39.95
Beef	21.95	43.95
Fresh Gulf Shrimp	20.95	41.95
The Works	20.95	39.95

\* Fajitas by the pound are served on a sizzling comal and serves two people. Served with gluten free beans and sautéed vegetables