

Tito's BURRITOS & WINGS

GLUTEN-FREE/VEGAN & VEGETARIAN OPTIONS

Tito's GLUTEN-FREE suggestions:

- Any of our burrito bowls WITHOUT the crispy tortilla bowl EXCEPT Buffalo Chicken and Hottie Chicken Burrito
- Any of our tacos with a hard shell only, EXCEPT Bang-Bang Shrimp, Tony Hawk, Tito's Famous Fish & The Fat Amy
- Taco Salad (with **OR** without protein)
- Chipotle Caesar Salad (with **OR** w/out protein)
- Loaded Nachos (with **OR** without protein)
- Tito's Rice & Beans Bowl
- **ADD** fresh sliced avocado for some extra flavor & protein
- Hand-cut Fries
- Tortilla Chips with **ANY** of our salsas **OR** guacamole
- Our **HOMEMADE** tortilla chips are made with corn masa & organic sprouted grains (both GLUTEN-FREE) & not fried with **ANY** items containing gluten
- **ALL** of our salsas at the salsa bar are gluten free
- Our homemade cilantro vinaigrette is gluten free

Food items on our menu to avoid for gluten-free:

- Flour tortillas (12" on burritos & 6" on tacos)
- Crispy tortilla bowl on Burrito Bowls & Salads
- Empanadas (all)
- Batter/fried fish and shrimp (Tito's Famous Fish Taco & Bang-Bang Shrimp)
- Rippin' Strips (including Rippin' Strips Kids Meal)
- Portobello mushrooms in our veggie mix (made with teriyaki sauce)
- Aloha wing sauce (made with teriyaki sauce)
- Churros (Bummer)

Tito's VEGETARIAN friendly suggestions:

- Veggie Lover Burrito **OR** Taco
- Taco Salad
- Chipotle Caesar Salad
- Loaded Nachos
- 12" Classic Quesadilla (add beans or veggies too!)
- Tito's Rice & Beans Bowl
- Hand-cut Fries
- Tortilla Chips with **ANY** of our salsas **OR** guacamole

Tito's VEGAN friendly suggestions:

- Veggie Lover Burrito **OR** Taco (NO CHEESE) - try adding black beans instead
- Taco Salad (NO CHEESE)
- Chipotle Caesar Salad (with cilantro vinaigrette)
- Tito's Rice & Beans Bowl (NO CHEESE) - try adding sliced avocado instead
- Loaded Nachos (NO CHEESE/ & NO SOUR CREAM)
- Hand-cut Fries (NO CHIPOTLE DIPPING SAUCE)
- Tortilla Chips with **ANY** of our salsas **OR** guacamole
- Our homemade tortilla chips are **NOT** fried in oil used for **ANY** poultry/meat/seafood
- **ADD** black beans, fresh guacamole **OR** sliced avocado to **ANY** of these to add extra flavor and protein to your meal
- Our Mexi-rice & black beans **DO NOT** contain **ANY** meat **OR** meat products

It's all good!

   @titosburritos

Summit • Ridgewood • South Orange • More Tito's coming soon!