

Menu Items that are Wheat Free

Chips and Salsa

Guacamole

Nachos made with chicken

Flautas

Queso

Chicken soup if made with Stouffer's chicken base-check label

Black bean soup

House salad-check ranch packet for ingredients-no spec in book today

Comino vinaigrette is ok, so is balsamic vinegar

Caesar Salad of Chicken Caesar-sub corn tortilla strips for puffs

Fajita Salads-tuna, shrimp, or vegetable (omit grill marinade-soy sauce contains wheat)

Chicken fajita salad (marinade is ok)

Fajitas-chicken, pork, shrimp, tuna, vegetable (omit grill marinade)

Fajita onions and peppers-cook to order w/no soy sauce

Pollo Poblano-sub ranchero sauce or veracruz sauce

Salmon Acapulco-no grill marinade, balance ok

Carne Asada-no grill marinade, balance ok

Pork Rostizado, corn tortillas

Pescado Veracruz-grilled fish

Cancun Enchiladas-sub ranchero sauce for cancion sauce

Fish Tacos-grill the fish for the tacos in tacos, maybe no chipotle mayo (check can for ingredients-not sure from spec book)

Martin's Cheese Enchiladas

Antonio's Plate-sub ranchero sauce on tamale

Taco Plate-all chicken or pork tacos in corn tortillas-no picadillo

Enchilada Plate-can be chicken or pork with ranchero sauce or verde sauce

Fresh strawberries with chocolate and ice cream for dessert or banana pudding without the cookies and tortilla crisp

Dishes containing wheat, wheat gluten or flour:

Grill marinade (soy sauce)

Beef Fajitas (soy sauce)

Ancho Sauce (roux)

Poblano Sauce (roux)

Quesadillas (flour)

Flour tortillas (flour)

Chile Rellenos (flour)

Barbacoa Beef (Ancho sauce)

Tortilla Puffs (flour)

Fajita Onions and peppers (soy sauce)

Picadillo (flour)

All Desserts

Soy sauce, wheat gluten in some chicken and beef bases-check labels, roux, all flour, bread, flour tortillas, cookie bases

COZYMEL'S MEXICAN GRILLS

Wheat Free, Gluten Free and Ordering Requirements

| Problem foods | | Reason | Options at home |
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| Soy sauce | | Soy sauces are brewed with soy beans and wheat | Buy Tamari-soy sauce made from soy beans only, no wheat |
| Soup bases | | Uses wheat gluten as ingredient | Buy canned broth or make your own |
| Fryer oil | | We cannot guarantee that a flour breaded item has not been fried in any of our fryers | Buy corn chips that say no wheat (packaged) or make your own |
| Roux as thickener | | This method uses flour as the base of the thickener | Use cornstarch or arrowroot as thickener or thicken soups with vegetable purees |
| Cozymel's Menu Wheat free foods | Fry oil transfer possible | Notes on dish | Allergen in ingredients |
| Corn Tortilla chips | * | Although corn tortillas are wheat free, we cannot guarantee that there will be no wheat transference from breaded items possibly cooked in same fryer | Wheat transfer-chips |
| Corn Tortillas-soft | | Order steamed in microwave instead of cooking on flat grill or tortilla oven steel plates. Possible transfer of wheat from cooking surface of flat grill or tortilla oven. | Possible transfer from cooking surface. |
| Bean or chicken nachos | * | Could order in casserole and eat with soft corn tortillas | Wheat transfer-Nacho chips |
| Quesadillas-chicken or spinach | | Order made with corn tortillas, cooked in fresh sauté pan rather than on flat grill. | Wheat flour-flour tortillas. Possible transfer from cooking surface. |
| Seafood Sopes | * | Order with sopes warmed in oven, not fried | Wheat transfer-sopes masa bases |
| Chile con Queso | | Order with warm corn tortillas for dipping (see corn tortillas above) | |
| Ceviche | | | |
| Chicken Flautas | * | | Wheat transfer-fried in oil |
| Cabbage Salad/Red Slaw | | | |
| Guacamole Salad | | Order with jicama chips or carrot chips for dipping, or soft corn tortillas (see corn tortillas above) | |
| House salad | * | No Sesame dressing, skip the tortilla strips | Soy sauce-Sesame dressing Wheat transfer-tortilla strips |
| Caesar salad | * | Order without tortilla strips | Wheat transfer-tortilla strips |
| Fajita Salad-chicken, shrimp, salmon, veggie or tuna only | * | Order topping grilled without any grill marinade, skip the beef fajitas(pre-marinated), skip the tortilla strips, any dressing but sesame | Soy sauce-grill marinade Wheat transfer-tortilla strips Soy sauce-fajita marinade |
| La Jolla Coconut Shrimp Salad | * | Order with grilled shrimp, no grill marinade | Wheat flour-shrimp breading Soy sauce-grill marinade |
| Spinach Salad | | Order with chicken or tuna with no grill marinade | Soy sauce-grill marinade |
| Bleu cheese vinaigrette, Caesar, Honey chipotle, vinegar/oil, Mango lime | | These dressings have no glutens or wheat products in them | |
| Camarones con chile | | Skip the rice and grill marinade. Order with extra veggies or black beans or stuffed potato | Wheat gluten-chicken stock-rice Soy sauce-grill marinade |
| Any grilled or sautéed fresh fish | | Order without grill marinade or flour breading Order with substitute for rice | Soy sauce-grill marinade Wheat-flour-breading |

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| | | | Wheat gluten-chicken stock-rice |
| Salmon Tropical | | Order without Cancun sauce or rice. Order with extra veggies or black beans or stuffed potato. Get lemon butter instead of Cancun sauce | Wheat gluten-shrimp stock-Cancun sauce Wheat gluten-chicken stock-rice |
| Baked Chile Relleno | | Order with no rice, get extra veggies or black beans | Wheat gluten-chicken stock-rice |
| Tuna, chicken, veggie or shrimp fajitas | | Order with grilled onions/peppers Order with no grill marinade Order with no rice, get vegetables Order with corn tortillas | Soy sauce-peppers and onions Soy sauce-grill marinade Wheat gluten-chicken stock-rice Wheat flour-tortillas |
| Carne Asada | * | Order with no grill marinade Order with no fried onion rings, get grilled instead, no soy | Soy sauce-grill marinade Wheat Flour-onion ring breading |
| Bistek Azul | | | |
| Pollo San Luis | | Order with no rice or tortilla, get extra veggies or beans | Wheat gluten-chicken stock-rice, flour tortilla |
| Enchiladas-fillings-chicken, pork, spinach, seafood Sauces-ranchero, verde, queso, mole | * | Order with dry tortillas (see corn tortillas above) Avoid Ancho, Poblano, Sour Cream and Cancun | Wheat transfer-blanching oil for tortillas Wheat flour-roux thickener- ancho/poblano/Cancun/sour cream sauces Wheat gluten-stocks-Cancun/ poblano/rice |
| Tacos-shredded chicken or pork | * | Order on soft corn tortillas only (see corn tortillas above) Avoid shredded beef-ancho sauce, breaded things Order with no rice, get extra beans or veggies | Wheat-flour tortillas, roux, breading Wheat gluten-chicken stock-rice |
| Bravo BLT Tacos | | Order on soft corn tortillas (see corn tortillas above) Order with no rice, get veggies | Wheat-whole wheat tortillas Wheat gluten-chicken stock-rice |
| Ahi Tuna Tacos | | Order on soft corn tortillas (see corn tortillas above) Order with no grill marinade Order with no rice, get veggies | Wheat-whole wheat tortillas Soy sauce-grill marinade Wheat gluten-chicken stock-rice |
| Roasted Brisket Tacos | | Order on soft corn tortillas (see corn tortillas above) Order with no rice, get veggies | Wheat-whole wheat tortillas Wheat gluten-chicken stock-rice |
| BBQ Salmon Tacos | | Order on soft corn tortillas (see corn tortillas above) Order with no grill marinade Order with no rice, get veggies | Wheat-whole wheat tortillas Soy sauce-grill marinade Wheat gluten-chicken stock-rice |
| Baja Shrimp Tacos | | Order sautéed, not fried Order on soft corn tortillas (see corn tortillas above) Order with no rice, get veggies | Wheat flour-breading Wheat-whole wheat tortillas Wheat gluten-chicken stock-rice |
| BBQ Brisket Tacos | | Order on soft corn tortillas (see corn tortillas above) Order with no rice, get veggies | Wheat-whole wheat tortillas Wheat gluten-chicken stock-rice |
| Chicken Caesar Tacos | * | Order on soft corn tortillas (see corn tortillas above) Order with no rice, get veggies Skip the tortilla strips | Wheat-whole wheat tortillas Wheat gluten-chicken stock-rice Wheat transfer-tortilla strips |
| Chicken Mole Enchiladas | | Order with no rice, get beans or veggies, no tortilla strips in salad. Order with dry tortillas (see corn tortillas above) | Wheat gluten-chicken stock-rice Wheat transfer-tortilla strips |
| Pork Rostizado | | Order with no rice, get extra beans or veggies, order with corn tortillas (see corn tortillas above) | Wheat gluten-chicken stock-rice Wheat-flour tortillas |
| Enchiladas Rancheras | | Order with dry tortillas (see corn tortillas above) | Wheat transfer-blanching oil for tortillas |
| Baja Fish Tacos | * | Order grilled or sautéed with no rice, get veggies or extra beans | Wheat gluten-chicken stock-rice |
| Black beans | | | |
| Refried Beans | | | |
| Sautéed Vegetables | | | |
| Salad Greens | | | |

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| Pico de Gallo | | | |
| Mango Salsa | | | |
| Black Bean-Corn Salad | | | |

