

El Charro Café Gluten Sensitive Menu

This menu is offered as a courtesy to our guests who may have dietary sensitivities to gluten or other similar issues. Additionally, for your dietary information: we do not use any peanut oils or nut products in the items listed below and we only fry food in ♥ healthy non-trans fat oils. El Charro hopes these items satisfy you, but we remind all customers that you should always be sure of what your dietary constraints may be and never be afraid to ask us for special requests.
¡Gracias!

Aperitivos

Fresh Guacamole! *(vegetarian)*
Chef Carlotta's kitchen table recipe served fresh with our chunky Pico de Charro salsa 7.50

Ceviche Tostaditas (3) Our deliciously light ceviche recipe with avocado, cucumber, tomato & fresh lime 9.25

Corn Quesadillas (3 per order)

Must request Corn Tortilla. With our Cuatro Quesos blend of Monterrey, Casero, Chihuahua & Oaxaca

Four Cheese *(vegetarian)* 5.95

Grilled Green Chile & Onion *(vegetarian)* 6.95

New! Simpática Recipe *(vegetarian)* 6.95

Grilled Chicken 7.95

Elegante! Grilled Chicken, Bacon & Avocado 8.95

El Charro Carne Seca 9.95

Queso Fundido (request corn tortilla)
Made with our New! Cuatro Quesos blend. Served with extra chips, fire roasted green chile, & roasted corn 8.95

The Tamale Temptation

Sampling Trio of Handmade Tamales:
Pork Carnitas, Chicken Tomatillo & Fresh Corn 9.95

New! Copas de Lechuga

Crisp iceberg lettuce cups with your choice of recipe:
Fresh Ceviche OR **BBQ Chicken Adobo**
7.95

¡El Platón de Shrimp Chi-Charron!

A grande platter of Applewood Bacon-wrapped Grilled Shrimp stuffed with Queso Chihuahua and now with three zesty dipping recipes: Chipotle Ranchero, Chorizo frijoles, and Crema de Rajas.

With house-made chips
14.95

ASK US ABOUT OUR NEW SHRIMP SALSA!

Add some love to your appetizer with our "Con Amor"
Trio of Guacamole, Sour Cream & Frijoles! Just \$4.95

Ensaladas

New! Carlotta's Choice

Our Chef's light and lovely salad with Grilled Chicken, Mango & balsamic dressing, dried cranberry, pepitas, & part skim queso Casero
9.95

Vegetarian available for 8.75

Carlotta's del Mar

Adobo rubbed Salmon Filet atop Carlotta's Choice
10.95

New! BBQ Rancho 'Rita

BBQ Chicken Adobo atop fresh greens with Chipotle Ranch, roasted corn & tomato, and Cuatro Quesos
10.95

El Topopo* ☺

Don't be fooled by the rest, this is the best.
We invented and perfected the famous Topopo!
Your choice of recipe & dressing:

Original Vegetarian *(available as vegan-no dairy)* 10.95

Grilled Chicken 11.95

New! Grilled Shrimp & Chipotle Ranch 12.95

El Charro Carne Seca 13.95

☺ Allow for extra time

Charro Salad* House greens salad 3.95

Bean Tostada Mixed greens, frijoles & Queso 4.25

*Dressing Recipes: Vinaigrette de la Casa, Charro Ranch,
New! Chipotle Ranch (reduced fat)
& New! Mango Balsamic

Handmade Tamales

Fresh Corn *(vegetarian)* Pork Carnitas

Tamales served two per order with your choice of above recipe. Garnished with Sour Cream and feature arroz & frijoles refritos or Charros
8.95

Ask us about our Seasonal Recipes and
Tamales by the Dozen!

Tortilla Soup

Caldo de Queso

Chef Carlotta's House Recipe

Pozole Stew

Sopas

Please request corn tortillas only

Small 4.25/Large* 7.25

*Large with CORN tortillas

Grilled Chicken

Tortilla Soup

(add \$.50 cents)

½ Lb. Fajitas El Charro 🕒

Guacamole, Pico de Charro salsa, crema, arroz & frijoles refritos or Charros, corn tortillas

All Natural Chicken Breast 14.95

Steak Tenderloin 16.95

Jumbo Shrimp 17.95

“Any Combo” 17.95

🕒 Allow for extra time

The Famous Carne Seca Plate

The Legend. A deliciously grande ½ pound portion of our World Famous El Charro Carne Seca. Lean Angus beef sun-dried to perfection, shredded & grilled with green chile & onions. With guacamole, Pico de Charro salsa, arroz & frijoles refritos or Charros, corn tortillas

17.95

“A Taste Explosion!” -Gourmet Magazine

Classic Taco Recipes

Featuring arroz & frijoles refritos or Charros

The Original “Charro Style” Taco

Try our Original Taco and Taste History!

Two for 7.95 or Three for 9.25

Original Rolled Chicken Tacos

Three “Charro Style” Chicken Tacos

8.85

Crisp Shell Recipes

Two tacos per order in crisp tortilla shells with choice of: Ground Beef or Pork Carnitas

8.95

El Charro Carne Seca

10.95

Original Flautas Famosas

They're back! Two rolled tacos served together “flute” style with lots of Guacamole, Sour Cream, Fresh Greens & Tomato

Chicken 8.95 Carne Seca 10.95

“Taquitos Guac-ogados”

Three taquitos smothered in avocado crema of Shredded Chicken OR Shredded Roast Beef with Pico de Charro

9.95

New! Platitos de Carlotta

Delicious **New!** flavors by our beloved Chef Carlotta

Served with low-fat Charro beans or arroz blanco

Featuring a petite Carlotta's Fiesta Salad

CORN tortillas available upon request

9.95

Reynosa Chicken

All-Natural grilled chicken breast lightly brushed in Chipotle Ranch, topped with part skim queso Casero and delicious Calabacitas Simpática

With choice of Charro beans or arroz blanco

Enchiladas Calabacitas Simpáticas

Our best vegetarian recipe in two enchiladas baked with nonfat yogurt & part skim queso Casero (*vegetarian*)

Pan Seared Cod Veracruz

True Cod with Veracruz Style sauce over arroz blanco

Filet Bistec

Tender filet of beef medallions marinated in chimichurri and served with fire roasted rajas (green chile strips)

Adobo BBQ Salmon

Adobo seasoned & seared Salmon Filet served over arroz blanco

Si Camarones Sinaloas

Grilled jumbo shrimp in a tomatillo and green chile cremosa sauce over a bed of arroz blanco

Enchiladas de Crema

Ask us for our Sour Cream or Fat Free Yogurt topped enchiladas with cheese, grilled chicken or Carne Seca!

Soft Taco Recipes

Featuring arroz & frijoles refritos or Charros

Tres Tacos Cabo on Corn Tortillas

Your Choice of Soft Taco Recipe:

Grilled Chicken

Grilled White Fish

Grilled Tiger Shrimp Tacos (*with bacon and queso casero*)

9.95

New! Adobo BBQ Salmon OR BBQ Chicken Adobo

Carne Asada Steak OR El Charro Carne Seca

10.95