Tico's
RESTAURANT
& TEQUILA BAR

Gluten-Free Menu

Tico's has compiled this menu listing items that are prepared to be gluten-free based upon the most current information from our suppliers. Please be aware that our kitchen is not entirely gluten-free. We make every effort to avoid cross-contamination, but that cannot be guaranteed. We recommend that our guests with special dietary needs consult with a restaurant manager prior to placing an order.

Dips

All dips are served with spiced corn chips.
Unspiced chips available upon request.

CHILE CON QUESO
Tico's classic spicy cheese dip. 9.49
Add ground beef or chorizo .99
Add black beans and pico de gallo .99

QUESO BLANCO
Spicy white cheese dip. 9.49
Add ground beef or chorizo .99
Add black beans and pico de gallo .99

GUACAMOLE
The freshest avocados are used to create this classic Mexican dip. Large 13.49 Small 8.99

MEXI DELI-ROSA DIP
The blend that made our Ticoritto famous: refried beans, rice, ground beef, onions and sour cream. 8.49

JALAPEÑO BEAN DIP
Spicy bean dip topped with jack and cheddar cheese, jalapeños and onions. 8.99

Appetizers

NACHITOS
Tico's fresh chips layered with melted jack and cheddar cheese and jalapeño peppers. Large 13.99 Small 9.99

CHITOS MAJADOS
Tico's fresh chips layered with melted jack and cheddar cheese. Topped with jalapeño peppers, sour cream, guacamole and refried beans. Large 18.99 Small 13.99
Add Ground Beef, Chicken or Ground Chorizo 2.99

NACHO WHEELS
beans, or beef and refried beans. Topped with melted cheese and jalapeños.
Beef 11.49 Bean 10.99 Beef and Bean 11.99

GARNACHAS
Corn tostada shells layered with refried beans, guacamole, onions, lettuce and cheddar cheese. Topped with fresh tomatoes and our Carnivale dressing. 13.99

Sides

RICE
REFRIED OR BLACK BEANS
SMALL TOSSED SALAD add 1.99
FRESH FRUIT add 1.99
FIESTA CORN

Salads

GRILLED CHICKEN SALAD
Marinated, grilled chicken with tomato, carrot, red onion and green beans on fresh romaine lettuce.
Served with choice of dressing. 13.99

FRESH SPINACH SALAD
Fresh spinach leaves with mushrooms, hard boiled egg, cottage cheese and house-made poppyseed dressing.
Large 14.99 Small 11.99
Add grilled chicken 3.49
Add shrimp 5.49

CARNIVALE SALAD
Romaine and iceberg lettuce with cheddar cheese, tomato, black olives, kidney beans and your choice of taco beef, grilled chicken, refried beans or black beans.
Served with Carnivale dressing. Large 14.99 Small 11.99
Substitute Shrimp +2.99

CREAM CHEESE TOSTADA SALAD
Corn tostada shells layered with jalapeño cream cheese, guacamole, lettuce, jack and cheddar cheese, tomatoes and black olives. Served with side of Carnivale dressing. 11.99

TOSSED SALAD
Fresh romaine lettuce with red onion, tomato, carrot, green beans, bacon and cheese. Served with choice of dressing. Large 5.99 Small 3.99

Enchiladas
Served with choice of side

ENCHILADA TORTE
Soft corn tortillas layered with ground beef, cheddar cheese and lettuce. Topped with red chile, melted cheddar cheese and green onions. Large 14.99 Small 11.99

CHICKEN & CREAM CHEESE ENCHILADAS
Two soft corn tortillas filled with grilled chicken and jalapeño cream cheese. Topped with vegetarian green chile, red chile sauce, melted jack and cheddar cheese and green onions. 14.99

POTATO ENCHILADAS
Two soft corn tortillas filled with potatoes and cheese. Topped with red chile, melted jack and cheddar cheese, green onions and sour cream. 14.99
Add ground beef, grilled chicken or chorizo sausage 2.99

ENCHILADA TAMPICO
Two soft corn tortillas filled with ground beef, Swiss cheese and onions. Topped with green chile with pork, melted jack and cheddar cheese, black olives, green onions and sour cream. 14.99

ENCHILADAS FLORENTINE
Two soft corn tortillas filled with fresh spinach, mushrooms and jalapeño cream cheese. Topped with vegetarian green chile, melted jack cheese, pesto cream and diced tomatoes. 15.99

Burritos

Substitute Chile con Queso or Queso blanco sauce for a listed sauce. Add 1.69

TICORITTO
Soft corn tortilla filled with ground beef, rice, refried beans, onions and sour cream. Topped with melted cheddar cheese, lettuce and choice of red chile or green chile with pork Large 12.99 Small 8.99

DELUXE BURRITO
Ground beef and refried bean burrito in a corn tortilla topped with choice of red chile or green chile with pork, cheddar cheese, lettuce, onion and tomatoes. 12.99

CHICKEN FAJITA BURRITO
Marinated chicken breast, Swiss cheese, sour cream and fajita vegetables in a corn tortilla. Served with fresh guacamole and pico de gallo. Choice of side. 14.99

STEAK FAJITA BURRITO
Marinated flank steak, jack cheese, sour cream, and fajita vegetables in a corn tortilla. Served with house-made hot sauce and pico de gallo. Choice of side. 15.99

CHILE VERDE BURRITO
Slow-cooked pork in a spicy sauce and refried beans in a corn tortilla. Topped with green chile with pork, melted cheddar cheese and sour cream. Choice of side. 14.99

VEGETARIAN FAJITA BURRITO
Fajita-seasoned, sauteed green peppers and onions with black beans and rice inside a corn tortilla. Topped with melted jack and cheddar cheese and choice of vegetarian green chile or red chile. Served with sour cream, fresh guacamole and pico de gallo. Served with choice of side 14.99

Tacos
Served with choice of side

17TH STREET TACOS
Two tacos on soft corn tortillas with choice of slow cooked carnitas pork or marinated flank steak. Topped with fresh onions and cilantro. Served with house-made hot sauce and lime. Carnitas 15.99 Steak 16.99

AL PASTOR TACOS
Two adobo marinated pork tacos with grilled pineapple, fresh onions and cilantro on soft corn tortillas. Served with house-made arbol chile sauce, guacamole and lime. 16.99

A La Carte
SOUR CREAM 1.99
GUACAMOLE 3.49
RICE 2.49
BLACK BEANS OR REFRIED BEANS 2.49
CHILE CON QUESO / QUESO BLANCO 2.99
GREEN CHILE 2.49
EXTRA CHEESE 1.59
PINEAPPLE SALSA 2.99

If you would like to split an entree, we are happy to give you a plate to do so. If you would like the kitchen to split an entree for you, a 2.00 split plate fee will be added.

Combinations
Served with choice of side

Choice of 2 items 14.99
Choice of 3 items 17.99
Choice of 4 items 20.99

Chicken & Cream Cheese Enchilada
Cheese & Onion Enchilada
Beef Enchilada
Chicken Enchilada
Sour Cream Enchilada
Potato Enchilada

Refried Bean Burrito
Beef Burrito
Beef and Refried Bean Burrito

Beef Taco
Chicken Taco
Refried Bean Taco
Guacamole Taco

Beef Tostada
Refried Bean Tostada
Guacamole Tostada

Rice Bowls
Starting at 12.99

CHOOSE ONE PROTEIN
Ground Beef (+1.00)
Steak (+3.00) Al
Pastor (+2.00)
Shrimp (+3.50)
Chile Verde Pork (spicy) (+2.00)
Chicken (+1.50)
Carnitas (+2.00)
Chorizo (+2.00)
No Meat

CHOICE OF BEANS
Black Beans
Refried Beans
Both Black & Refried Beans

CHOOSE UP TO 2 SAUCES
Red Chile
Vegetarian Green Chile
Chile con Queso
Arbol Chile Hot Sauce
Green Chile with Pork
Sriracha Cream
Queso Blanco

CHOOSE UP TO 2 SAUCES
Cheddar Cheese
Sour Cream
Onions
Fiest Corn
Pico de Gallo
Cilantro
Diced Jalapenos
Fajita Vegetables
Lime Wedge
Jack Cheese
Guacamole
Tomatoes
Black Olives
Pineapple Salsa
Lettuce
Diced Green Chiles
Jalapeno Cream Cheese

Fajitas
Served with choice of side

Steak, chicken, carnitas or shrimp on a hot skillet with sautéed green peppers and onions. Served with fresh guacamole, sour cream, jack cheese, pico de gallo and warm corn tortillas.

Steak 20.99
Chicken 18.99
Carnitas 19.99
Shrimp 21.99
Combination (Choice of 2 meats) 20.99

For additional meats add 6.99 per selection

An optional gratuity of 18% may be added to parties of 15 or more.