



Following is the list of Rosa's Café products NOT containing wheat (gluten)\*:

- Beef Fajita Meat
- Chicken Fajita Meat
- Beans
- Queso
- Taco Meat
- Tamales
- Shredded Chicken
- Sautéed Veggies
- Green Enchilada Sauce
- Cheese
- Sour Cream
- Sliced Jalapenos
- All Fresh Produce
- Salsas - Medio Caliente, No Caliente, Chili de Arbol, Tomatillo
- Pico de Gallo
- Guacamole

\* There may be a small amount of cross contact to the items that do not contain flour due to the flour coming out of the mixer during the preparation of the flour tortillas or because of a product that contains wheat to accidentally come into contact on the serving line with something that does not contain wheat flour (gluten), which is called cross contact.

**Here is a list of the products that may come into contact with a small amount of flour because of cooking methods:**

- Mexican Rice - Fried Rice comes into contact with oil that could have been used to fry Sopapillas
- Corn Enchilada Tortillas - Blanched tortillas come into contact with oil that could have been used to fry Sopapillas
- Chips - Fried in oil that could have been used to fry Sopapillas
- Taco/Tostada Shells - Fried in oil that could have been used to fry Sopapillas
- Corn Tortillas - Heats up tortillas by putting them through the tortilla oven which is used to cook flour tortillas

**Here are some menu item suggestions for those with Gluten allergies/concerns:**

- Crispy Taco Plate - ONLY IF THE CROSS CONTACT FROM THE FRYER IS OK FOR THE TACO SHELLS. Ask for no flour tortillas, if the rice is a concern then you can ask for double beans or for lettuce and tomatoes to replace it.
- Any Fiesta Salad - This salad comes without the fried salad bowl. It has your choice of meat, lettuce, tomatoes, cheese, sour cream, guacamole, and two chips. If chips are not wanted because of the possible cross contact then be sure to tell the cashier no chips.

There may be a chance that something containing gluten could come into contact with something else that does not contain gluten (cross-contact) through the fryer, preparation in the same area, serving line, etc. The cross contact would probably be minimal but because this is a possibility you will need to decide if this type of cross contact is small enough not to worry about. We would love to have you eat at Rosa's Café but we also want the safety of our customers to come first.

**Again, we would like to state that there is no guarantee that Rosa's Café's food does not contain gluten. If you have anymore questions please feel free to email them to:**

**<http://www.rosascafe.com/contact>**