

Z' Gluten Free Menu

At Z'Tejas our goal is to provide every guest with fresh and flavorful food and a great dining experience. Therefore, in cooperation with the Gluten Intolerance Group® (GIG®), we have created a gluten free menu based on the most current ingredient information from our food suppliers and their stated absence of wheat/gluten protein within these items.



Salads

Z'Salad

Fresh field greens with red and green peppers, roma tomatoes, parmesan cheese and sun dried tomato basil vinaigrette. Add grilled cilantro pesto shrimp.

Grilled Fish Salad

Fresh grilled fish served on top fresh field greens tossed in sun dried tomato basil vinaigrette, topped off with creamy goat cheese, spicy walnuts, and a lime wedge.

From the Grill

All items come with a choice of two sides; green chile rice, black beans, or vegetable of the day.

Grilled Salmon Fresh Atlantic grilled salmon.

Grilled Pesto Rubbed Chicken Grilled chicken breast rubbed with cilantro pesto.

Grilled N.Y. Strip Steak A center cut New York strip steak grilled to order.

Z'Tejas Southwestern Grill and GIG® assume no responsibility for the use of this gluten free menu. Patrons are encouraged to consider this information in light of their individual requirements and needs. Please be aware that Z'Tejas is not a gluten free establishment and therefore, cross contamination may occur.