



Gluten-Free Menu

Tico's has compiled this menu listing items that are prepared to be gluten-free based on 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.

LUNCH

Appetizers

Nachitos

Tico's own fresh chips layered with melted cheeses and jalapeno peppers.

Large 10.49 Small 7.49

Nacho Wheels

Three crispy corn tortillas topped with beef or refritos, melted cheeses and jalapeno peppers.

Beef 8.79 Refrito 7.89

Garnachas

Crispy corn tortillas covered with refritos, guacamole, onions, lettuce and shredded cheese, topped with tomatoes and dressing. 7.99

Chitos Majados

Our Nachitos served with jalapeños, sour cream, guacamole and refritos.

Large 14.99 Small 9.99

Add beef 1.59 Add chicken 1.89

Guacamole Dip

The freshest avocados blended with our secret ingredients and served with chips.

Large 11.49 Small 7.49

Chile Con Queso

Tico's own spicy cheese dip served with fresh chips. 7.29

Add beef or chorizo .59

Soups & Salads

Grilled Chicken Salad

Grilled chicken breast on crisp greens, topped with vegetable garnishes.

Served with your choice of dressing.

8.29

Fresh Spinach Salad

Spinach leaves topped with mushrooms, hard boiled egg, cottage cheese and our poppyseed dressing.

Large 7.99 Small 6.29

Carnivale Salad

A fresh salad with cheese, tomato, black olives, kidney beans and your choice of taco beef, chicken, shrimp or refritos. We top it off with our special Carnivale dressing or your dressing of choice. Large 8.99 Small 5.69

Ensalada Cesar

Romaine lettuce tossed with Caesar dressing and served with tomatoes, red onions, green peppers and celery

5.99

Add chicken for 1.49

Tossed Salad

Crisp salad with red onion, tomato, green beans and serve it with your choice of dressing.

Large 3.79 Small 2.29

Soups

Freshly prepared from our own original recipe. Soup of the Day. 3.29

Combination Plates

Served with your choice of rice and/or refritos.

Choice of 2 items 8.29

Choice of 3 items 9.99

Choice of 4 items 11.49

Beef Taco

Chicken Taco

Refrito Taco

Guacamole Taco

Beef Tostada

Refrito Tostada

Guacamole Tostada

Beef Burrito

Cheese and Onion Enchilada

Beef Enchilada

Sour Cream Enchilada

Chicken Enchilada

Chicken & Cream Cheese Enchilada

Potato Enchilada

Refrito Burrito

Beef and Refrito Burrito

Tico's Favorites

Deluxe Burrito

Beef and refrito burrito topped with choice of red chile or green chile with pork, cheese, lettuce, onion and tomato.

7.99

Ticoritto

Soft corn tortilla filled with beef, rice, refritos, onions and sour cream then topped with melted cheese, lettuce and choice of red chile or green chile with pork. Large 7.99 Small 5.99

Enchilada Torte

Soft corn tortillas in layers filled with beef, cheese and lettuce, topped with red chile, melted cheese and green onions.

Large 8.29 Small 5.99

Pollo en Chiles

A casserole with marinated chicken breast, rice, corn tortillas, green chile with pork and melted cheese, served with a corn tortilla, sour cream and refritos. 7.99

Burrito Specialties

Fajita Burrito

Soft corn tortillas filled with your choice of marinated chicken or steak. Served with rice and/or refritos.

Steak 10.29 Chicken 9.99

Chile Verde Burrito

Chunks of pork in a spicy sauce and refritos wrapped in a corn tortilla, topped with green chile with pork, melted cheese and sour cream.

Served with rice. 9.29

Enchilada Specialties

Served with rice and/or refritos.

Enchilada Mazatlan

Two soft corn tortillas filled with chicken and cheese, topped with cheese, an exciting sauce, green onions and sour cream. 9.29

Enchilada Tampico

Two soft corn tortillas filled with beef, cheese and onion, topped with green chile with pork, cheese, black olives and sour cream. 9.29

Add Tossed Salad 2.59

Add Spinach Salad 4.29

Chicken & Cream Cheese Enchiladas

Two soft corn tortillas filled with grilled chicken and spicy cream cheese, topped with vegetarian green chile, red chile sauce and green onions. 8.29

Potato Enchiladas

Two corn tortillas filled with potatoes and cheese, topped with red chile, green onions and sour cream. 7.49
Add beef, chicken or chorizo sausage 1.79

Vegetarian

Legumbres Torte

Corn tortillas in layers filled with spinach, green peppers, mushrooms, onions, black olives and sour cream. Topped with cheese and your choice of red chile or vegetarian green chile. Large 8.29 Small 5.79

Vegetable Burrito

A corn tortilla filled with steamed vegetables, topped with vegetarian green chile. Large 7.99 Small 5.69

Cream Cheese Tostada

A crisp corn tortilla topped with a spicy cream cheese spread, guacamole, lettuce, cheese, fresh tomatoes and black olives. 5.99

Oaxacan Red

A corn tortilla filled with lettuce, tomatoes, cheese and onions topped with red chile and melted cheese. Large 7.49 Small 5.79

Fresh Steamed Vegetables with Rice

A medley of black olives, celery, green peppers, mushrooms, broccoli, onions and tomatoes combined with our vegetarian green chile and rice. 6.99
Add chicken 1.79 or beef 2.19