

Ordering Guide for Coeliac / Gluten Intolerant Diners

At Nachos, we always endeavour to please all our diners. Thus we have provided you with this guide to assist you when dining in our Cantinas.

****We have recently replaced wheat flour in our sauces with Masa (Corn) Flour so now Enchiladas, Burrito Del Mar, Avocado Supreme and Seafood Tacos are fine!****

Please note the following when ordering.

Please ensure you tell your server of your requirements:

With all Burrito Orders

- **Flour Tortillas can be replaced with Corn Tortillas**

Other good choices

- **Tostada Grande can be order with a Corn Shell**
- **La Combination – any flavour**

Please avoid the following:

- **Flautas**
- **Items with BBQ Sauce**
- **Fish Tacos – due to wheat based batter**
- **Sticky Date Pudding**

To ensure a great night for all, the key is communication. We are more than happy to accommodate and we have a very large variety available to you. Please ask for the manager if you need any further assistance!

We hope you enjoy your dining with us!