

Gluten Free Menu

Meat Choices

Albañil Ground Beef, Chorizo, Bacon, Onion and Pasilla Pepper

Al Pastor Marinated Pork in a Traditional Family Recipe Sauce

Barbacoa Beef in Guajillo Sauce

Carne Asada Grilled Angus Steak

Carnitas Slow Roasted Prairie Fresh Pork

Chile Colorado Pork in a Tomato Sauce with Chipotle

Machaca Shredded Beef

Picadillo Ground Beef with Vegetables

Pollo Asado Grilled All Natural White Meat Chicken

Pollo Hervido Simmered All Natural White Meat Chicken

Tortillas corn

Vegetarian Beans black

Vegetarian Rice red traditional

Housemade Corn chips,
salsa fresca and guacamole

LuLu's kitchens take all necessary steps to avoid contamination of gluten-free items with wheat products, including:

- Preparing each gluten-free item on designated gluten free trays with the addition of a wax paper liner.
- Maintaining separate containers for our gluten-free and vegetarian black beans and red rice.
- Cooking and reheating gluten-free items in specially designated cooking equipment and utensils.
- Our fried corn tortillas for our house made chips and taco shells are prepared in designated gluten free fryer using only vegetarian canola oil.

The logo for LuLu's, featuring the name "LuLu's" in a stylized, handwritten font inside a rectangular box with a dark border.

Comida Fresca...Salsa Caliente!

Menlo Park: 650.854.8226

Palo Alto: 650.327.8226

San Carlos: 650.596.8226

Lulu's Gluten Free Especiales

Served with black beans, red traditional rice and corn tortillas.

Platillos

Carnitas \$13.50

Crispy, tender pork.

Carne Asada \$14.50

Grilled Angus steak.

Chile Relleno \$12.50

Roasted Poblano pepper filled with Oaxaca cheese.

Chicken Mole Verde \$13.50

Chicken breast simmered in a classic green sauce.

Chicken Mole Rojo \$13.50

Same recipe as Mole Verde in a classic semi-sweet red sauce (contains peanuts)

Enchilada Plate

(red, green or Poblanas San Miguel) **\$12.50**

Three (3) hand rolled corn tortillas filled with your choice of meat or cheese, smothered in sauce and topped with lettuce, cheese, sour cream and salsa fresca.

Pollo Asado \$13.50

Grilled, marinated chicken breast.

Tacos y Mas

Enchiladas (red, green or Poblanos San Miguel) **\$6.95**

Two (2) hand rolled corn tortillas filled with your choice of meat or cheese, smothered in sauce and topped with lettuce, cheese, sour cream and salsa fresca.

Tamales \$7.25

Two (2) chicken or pork tamales served with salsa caliente, sour cream, lettuce and salsa fresca.

Crispy or Soft Taco (corn tortillas) **\$2.95**

Choice of meat, topped with lettuce, Mexican cheese, tomato sauce, sour cream and salsa fresca.

Soft Street Taco \$2.95

Choice of meat served on a corn tortilla, topped with cilantro, onion, radishes and lemon.

Fish or Shrimp Taco \$4.50

Grilled fresh fish marinated in garlic or shrimp, served on two corn tortillas topped with lettuce, salsa fresca, sliced avocado and a spicy chipotle sauce.

Veggie Taco \$3.25

Choice of beans, rice, lettuce, guacamole, cheese and salsa fresca.

Ensalada y Sopa

LuLu's Chopped Salad (side) **\$4.00** (sm) **\$6.95** (lrg) **\$9.95**

Mixed lettuce, Napa cabbage, chicken, bell peppers, fresh corn, tomatoes, pepitos, avocado, tortilla chips and Mexican queso fresco tossed with a cilantro dressing.

Chicken Tortilla Soup

Chicken Vegetable Soup

Pozole Soup

Mexican Chicken & Brown Rice Soup

(bowl) **\$7.50** (cup) **\$4.00**