



Lunch

Gluten-Free Menu

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

Dips All dips are served with spiced corn chips. Unspiced chips available upon request

CHILE CON QUESO

Tico's classic spicy cheese dip. 8.49
Add ground beef or chorizo .99
Add black beans and pico de gallo .99

QUESO BLANCO

Spicy white cheese dip. 8.49
Add ground beef or chorizo .99
Add black beans and pico de gallo .99

GUACAMOLE

The freshest avocados are used to create this classic Mexican dip. Large 12.49 Small 8.49

MEXI DELI-ROSA DIP

The blend that made our Ticatoritto famous: refried beans, rice, ground beef, onions and sour cream. 7.39

JALAPEÑO BEAN DIP

Spicy bean dip topped with jack and cheddar cheese, jalapenos and onions. 6.29

Appetizers

NACHITOS

Tico's fresh chips layered with melted jack and cheddar cheese and jalapeño peppers. Large 12.49 Small 8.99

CHITOS MAJADOS

Tico's fresh chips layered with melted jack and cheddar cheese. Topped with jalapeño peppers, sour cream, guacamole and refried beans. Large 17.99 Small 11.99
Add Ground Beef, Chicken or Ground Chorizo 2.29

NACHO WHEELS

Three corn tostada shells filled with your choice of beef, refried beans, or beef and refried beans. Topped with melted cheese and jalapeños. Beef 10.49 Bean 9.99 Beef and Bean 10.99

GARNACHAS

Corn tostada shells layered with refried beans, guacamole, onions, lettuce and cheddar cheese. Topped with fresh tomatoes and our Carnivale dressing. 9.49

Sides

- RICE
- REFRIED OR BLACK BEANS
- SMALL TOSSED SALAD add .99
- FRESH FRUIT add .49
- FIESTA CORN
- FRIES

Salads

GRILLED CHICKEN SALAD

Marinated, grilled chicken with tomato, carrot, red onion, broccoli, celery and green beans on fresh romaine and leaf lettuce. Served with choice of dressing. 10.99

FRESH SPINACH SALAD

Fresh spinach leaves with mushrooms, hard boiled egg, cottage cheese and house-made poppyseed dressing. Large 11.99 Small 8.99
Add grilled chicken 3.29
Add shrimp 4.99

CARNIVALE SALAD

Romaine and iceberg lettuce with cheddar cheese, tomato, black olives, kidney beans and your choice of taco beef, grilled chicken, shrimp, refried beans or black beans. Served with Carnivale dressing. Large 11.99 Small 7.99

TOSSED SALAD

Fresh romaine and leaf lettuce with red onion, tomato, carrot, green beans, bacon and cheese. Served with choice of dressing. Large 4.69 Small 2.99

SOUPS

Freshly prepared from our original recipes. Soup of the Day. Cup 3.99 Bowl 5.99

Enchiladas

Served with choice of side

ENCHILADA TORTE

Soft corn tortillas layered with ground beef, cheddar cheese and lettuce. Topped with red chile, melted cheddar cheese and green onions. Large 10.99 Small 8.49

CHICKEN & CREAM CHEESE ENCHILADAS

Two soft corn tortillas filled with grilled chicken and jalapeño cream cheese. Topped with vegetarian green chile, red chile, melted jack and cheddar cheese and green onions. 10.99

POTATO ENCHILADAS

Two soft corn tortillas filled with potatoes and cheese. Topped with red chile, melted jack and cheddar cheese, green onions and sour cream. 10.99
Add ground beef, grilled chicken or chorizo sausage 2.29

ENCHILADA TAMPICO

Two soft corn tortillas filled with ground beef, Swiss cheese and onions. Topped with green chile with pork, melted jack and cheddar cheese, black olives, green onions and sour cream. 11.99

ENCHILADA MAZATLAN

Two soft corn tortillas filled with chicken and Swiss cheese. Topped with a slightly spicy marinara sauce, green onions and sour cream. 11.99

Burritos

Substitute Chile con Queso or Queso Blanco sauce for a listed sauce. Add 1.49

TICORITTO

Soft corn tortilla filled with ground beef, rice, refried beans, onions and sour cream. Topped with melted cheddar cheese, lettuce and choice of red chile or green chile with pork

Large 9.99 Small 7.49

DELUXE BURRITO

Ground beef and refried bean burrito topped with choice of red chile or green chile with pork, cheddar cheese, lettuce, onion and tomatoes. 9.99

CHICKEN FAJITA BURRITO

Marinated chicken breast, Swiss cheese, sour cream and onions in a corn tortilla. Served with fresh guacamole and pico de gallo. Choice of side. 12.49

STEAK FAJITA BURRITO

Marinated steak strips, jack cheese, sour cream, green peppers and onions in a corn tortilla. Served with house-made hot sauce and pico de gallo. Choice of side. 12.99

CHILE VERDE BURRITO

Slow-cooked pork in a spicy sauce and refried beans in a corn tortilla. Topped with green chile with pork, melted cheddar cheese and sour cream. Choice of side. 12.49

Tacos

Served with choice of side

CARNITAS TACOS

Slow cooked pork served on corn tortillas with cilantro and onion. Served with house-made hot sauce and lime. 10.99

AL PASTOR TACOS

Thinly sliced and seasoned pork shoulder with grilled pineapple, fresh onions and cilantro on soft corn tortillas. Served with house-made arbol chile sauce, guacamole and lime. 11.99

A La Carte

SOUR CREAM 1.19

GUACAMOLE 2.79

RICE 1.49

BLACK BEANS OR REFRIED BEANS 1.49

CHILE CON QUESO / QUESO BLANCO 2.69

GREEN CHILE 1.19

EXTRA CHEESE 1.49

PINEAPPLE SALSA 2.49

If you would like to split an entree, we are happy to give you a plate to do so. If you would like the kitchen to split an entree for you, a 2.00 split plate fee will be added.

Combinations

Served with choice of side

Choice of 2 items 11.99

Choice of 3 items 13.49

Choice of 4 items 14.99

Chicken & Cream Cheese Enchilada

Cheese and Onion Enchilada

Beef Enchilada

Chicken Enchilada

Sour Cream Enchilada

Potato Enchilada

Refried Bean Burrito

Beef Burrito

Beef and Refried Bean Burrito

Beef Taco

Chicken Taco

Refried Bean Taco

Guacamole Taco

Beef Tostada

Refried Bean Tostada

Guacamole Tostada

Vegetarian

VEGETARIAN FAJITA BURRITO

Fajita-seasoned, sautéed green peppers and onions with black beans and rice inside a corn tortilla. Topped with choice of vegetarian green chile or red chile and melted jack and cheddar cheese. Served with sour cream, fresh guacamole and pico de gallo. Choice of side. 11.99

ENCHILADAS FLORENTINE

Two soft corn tortillas filled with spinach, mushrooms and spicy cream cheese. Topped with vegetarian green chile, melted jack cheese, pesto cream and diced tomatoes. Choice of side. 11.99

LEGUMBRE TORTE

Corn tortillas layered with spinach, green peppers, mushrooms, onions, black olives and sour cream. Topped with melted jack and cheddar cheese and choice of red chile or vegetarian green chile. Large 11.99 Small 9.49

CREAM CHEESE TOSTADA

Corn tostada shells layered with jalapeño cream cheese, guacamole, lettuce, jack and cheddar cheese, tomatoes and black olives. 7.99

FRESH STEAMED VEGETABLES WITH RICE

Broccoli, celery, green peppers, mushrooms, black olives, onions and tomatoes topped with vegetarian green chile.

Served with rice and a corn tortilla. 10.49

Add grilled chicken 2.29

Add Steak 3.99

Add Shrimp 4.99

Fajitas

Served with choice of side

Steak, chicken, carnitas or shrimp on a sizzling skillet with sautéed green peppers and onions. Served with fresh guacamole, sour cream, jack cheese, pico de gallo and warm corn tortillas.

Steak 17.89

Chicken 17.89

Carnitas 17.89

Shrimp 19.19

Combination (Choice of up to 3 meats) 18.59