



GLUTEN FREE LUNCH MENU

Enjoy the following options
for those who are Gluten sensitive.

APPETIZERS

Nachos Fiesta... tri-color tortilla chips topped with baked chicken, cheese, tomato, sour cream and jalapeños on the side. 12.95

SOUPS

Caribbean Black Bean... chipotle sour cream and tri-color tortilla chips.
Cup 2.25 Bowl 3.95

MANGOS CLASSICS

Grouper Sandwich... imported grouper served blackened or broiled on a toasted GF sesame seed bun with lettuce, tomato, and onion. 15.95

Triple Decker Club... ham, turkey, salami, swiss, lettuce, tomato and bacon piled high on toasted GF Seven Grains bread. 10.95

 **Sea Breeze Shrimp Salad ...** 5 marinated chilled jumbo shrimp, served on top of a salad of fresh mixed greens with candied walnuts, raisins, diced tomatoes, blue cheese crumbles and topped with a balsamic vinaigrette. 15.95
Fat 28g Sat. Fat 8g Cholesterol 205mg Carbs 64g Pro. 32g Cal 610
(HEALTHY DINING: Request less blue cheese [1 oz.] and less candied walnuts [1 oz.]

Chicken Caprese Sandwich... grilled marinated boneless chicken breast on a toasted GF sesame seed bun, with sliced tomato, fresh buffalo mozzarella and pesto mayo. 12.95

Turkey Reuben... roasted turkey breast, Swiss cheese, sauerkraut & thousand island dressing on toasted GF caraway bread. 11.95



MANGOS FAVORITES



BOLD & SPICY



HEALTHY DINING® OPTIONS

These items meet HEALTHY DINING'S nutrition criteria and are featured on HealthyDiningFinder.com



VEGETARIAN OPTION

FROM THE GARDEN

Mangos Seared Tuna... Lightly blackened pan seared tuna topped with mango chili sauce, served alongside a salad of fresh mixed greens with cucumber jicama slaw, and garnished with sliced mango. 16.95 

Mangos Grilled Salad... choice of sirloin steak, chicken or shrimp on a bed of fresh mixed greens surrounded by tomato, cucumber and onion slices. 15.95

Chicken Cobb Salad... traditional cobb salad with grilled chicken and crispy iceberg lettuce, topped with hard boiled eggs, kalamata olives, smoked ham, diced tomatoes, avocado, cilantro and feta cheese served with low fat ranch dressing. 13.95 

Fat 38g Sat. Fat 10g Cholesterol 285mg Carbs 23g Pro. 41g Cal 600

Traditional Caesar... traditional Caesar salad with fresh grated parmesan, homemade croutons and our own Caesar dressing. 8.95
Add: grilled chicken 2.95, tender steak 4.95, shrimp 3.95 or grouper 5.95.

Beach Umbrella... chicken salad, tuna salad and potato salad with cottage cheese, surrounded by fresh fruit. 12.95

Beef Tenderloin Salad... fresh baby greens drizzled with balsamic vinaigrette, tomatoes, cucumbers and blue cheese crumbles accompanied with grilled lean beef tenderloin and caramelized onions. 21.95 

Fat 18g Sat. Fat 8g Cholesterol 25mg Carbs 14g Pro. 36g Cal 360

Sunset Salmon Salad... grilled blackened fresh salmon served on top of a salad of fresh mixed greens with candied walnuts, raisins, diced tomatoes, blue cheese crumbles and topped with a balsamic vinaigrette. 18.95 

Fat 30g Sat. Fat 9g Cholesterol 165mg Carbs 54g Pro. 61g Cal 720
(HEALTHY DINING: Request less blue cheese [1 oz.] and no candied walnuts)

LATE RISER

Western Omelet... ham, onions & peppers. Add your choice of cheese for an additional 95. Served with a cup of fruit. 11.95

TIKI FAVORITES

Served with choice of chips, potato salad, fruit or slaw

Turkey Burger... 6oz. ground turkey patty dusted with our own southwest seasonings, served on toasted GF sesame seed bun with lettuce, tomato & onion. Add your choice of American, Swiss, Provolone, Smoked Gouda or Cheddar cheese .95. 11.25

LUNCH ENTRÉES

Tilapia Tropical... 8 oz. flaky tilapia filet topped with mango tropical salsa. Served with island rice. 12.95

Mangos Meatloaf... While it lasts! Mixture of fresh Angus ground beef, bell peppers, onions, ground corn tortillas and a special blend of spices. Served with Cholula ketchup and Yukon gold mashed potatoes. 13.95

Chicken Pesto... grilled chicken breast topped with mushrooms, onions and creamy pesto sauce. Served with Yukon gold mashed potatoes. 12.95

FROM THE GRILL

Served with choice of chips, potato salad, fruit or slaw

Beachside Burger... ½ lb. thick and juicy Angus Beef charbroiled and brushed with garlic butter and special seasoning. Served on a toasted GF sesame seed bun. Add your choice of American, Swiss, Provolone, Smoked Gouda or Cheddar cheese .95. 11.95

Chicken Sandwich... grilled chicken breast served on your choice of toasted GF bread. Add your choice of American, Swiss, Provolone, Smoked Gouda or Cheddar cheese .95 11.95

Bleu Burger... ½ lb. thick and juicy Angus Beef blackened and topped with crumbled bleu cheese and sautéed onions, served on toasted GF sesame seed bread. 12.50

Hot Dog... ¼ lb. Oscar Meyer® all beef hot dog, served on a Gluten Free hot dog bun with cheese, onions & kraut ~ if you like. 8.95

Portabella Mushroom Stacker...  marinated portabella mushrooms, fresh sliced tomato, buffalo mozzarella and roasted red peppers. Drizzled with a balsamic reduction and fresh basil. 14.95



Vegetarian Order without cheese

Seasonal, locally sourced produce used whenever possible.

* Our Gluten Free Breads come from Canyon Bakehouse. Canyon Bakehouse is "passionately determined to produce delicious breads that taste good and are healthy for you".

This menu and the information on it is provided by Mangos Restaurant as a service to our customers. Mangos Restaurant assumes no responsibility for its use and information which has not been verified by Mangos Restaurant. You are encouraged to your own satisfaction, to consider this information in light of your individual requirements and needs. These items are produced in the same kitchen where Gluten-containing items are prepared.

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