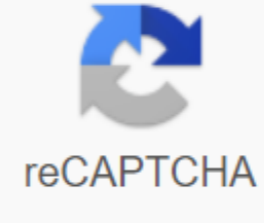




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## Wahoos gluten free menu

Driving around Colorado's front range, it always seemed like Kelly, Marin and I bumping into Wahoo's Taco Wahoo Fish. (Wahoo has a total of more than 50 seats in California, Colorado, Texas and Hawaii. Finally, we decided to stop for lunch. The restaurant chain has an interesting history: it was founded in 1988 by three brothers who grew up in Brazil. Their parents owned a Chinese restaurant in Sao Paolo, and in the mid-1970s the family moved to Orange County, California. The brothers, all three of them passionate surfers, often traveled south to Baja California, Mexico to surf ... and enjoy fish fish with salsa and tortillas. These myriad influences eventually became Wahoo Fish Taco. Of course, our main focus was the food. We had lunch at a place in Broomfield (after Kelly first scouted the place and ate lunch there with Marin earlier). I was immediately impressed by the knowledge of the gluten-free staff and they could easily lead me to a gluten-free menu. I chose the Wahoo Bowl - it consisted of charbroiled Wahoo fish, served with rice, salsa, and at our request, a side of fresh corn tortillas. Holy Moli's food was delicious. The fish was cooked to perfection... charbroiled outside, deliciously moist on the inside. The food was deeply satisfying. Curiously, if my experience was unique to one Colorado location or a representative of the corporate level of GF awareness, I contacted the headquarters office. They responded quickly via email (Yes, indeed, we have options for our gluten-free friends!) and attached an Excel table, highlighting GF menu items. It contained one error (it lists GF menu items that were cooked in deep-fried, in conjunction with gluten-containing menu items), but the spreadsheet easily recognized this with a red asterisk and a clear explanation. Otherwise, the menu offers a wide range of delicious dishes, including #8 - Wahoo Bowl. In short, I will definitely be back... for both delicious food and for the very positive GF dining experience I had while eating at Wahoo'. Flame Grill Wahoo Bowl with black beans and Rice! was doing some last-minute shopping today for the dinner I throw tomorrow to celebrate my brother's upcoming wedding... (Yes, a gluten-free holiday!) when my baby son started screaming: BA, BA, BA! In his language, it means: Mom, you better feed me for the next three minutes, or I'm going to get really cranky and then you'll regret it! As I discussed earlier on this blog, finding inexpensive and delicious foods that are also gluten-free can be a real challenge when you are away from your home or favorite grocery store, when you need to find it its That's why I was so relieved to realize that we were only a few blocks away from the Taco Wahu fish. We don't live very close to their local restaurants so I haven't been in the catering there since I was diagnosed with gluten intolerance last December. More... fish and rice sounded like a great protein for my son, despite his abiding love of burgers. There wasn't enough time to guess himself, so we gave him a whirlwind. I'm so glad we did! My son and I each enjoyed a Wahoo Bowl with a flame of fried fish, on the side of their ahi rice and black beans. The person taking our order assured me that no gluten ingredients were used in this particular fish preparation, and that it felt positive that our food was gluten-free. He even checked with the kitchen! Green salad Wahu... Delicious! Imagine my joy, then, to go home and discover on the reputable gluten free website (Gluten Free In SD) that Wahoo has already been tested by Coeliac Friendly Organizations in Southern California, and it's really known for its gluten free fare! To see a list of all menu items confirmed to be gluten free Wahoo in 2007, please click here. It is a pity that my family does not live closer to the restaurant Wahoo's Fish Taco... and depending on what state you live in, there are probably many other readers in this blog who don't have access to their food either. However, I have three ideas about this: Encourage your favorite local restaurant to add gluten-free fish tacos to your repertoire, using all the corn tortillas, black beans, gluten-free guacamole and delicious white fish, check back with this blog over the next few weeks, I'm going to try to develop a gluten-free taco recipe to share with you, or better... Contact Wahoo, 'to encourage them to open a new franchise near you!' (It can't hurt to ask!) If you are considering opening a gluten-free restaurant, this could be your golden opportunity... Meanwhile, despite the ever-increasing cost of gasoline I will be in cahoots to bring back my family soon to enjoy another delicious meal in Wahoo's! Today we tried a place we had never been before. Wahoo's Fish Taco has an eclectic Mexican/Brazilian/Asian menu. Their menu was a bit overwhelming as it was set up, but the manager was good enough to explain how it works. They have quite a few options for gluten free dining! I got Wahoo's Bowl (#8) with fish, black beans and white rice. Mom got a Wahu salad with Karnitas (pork). My fish was perfectly cooked, it was moist and tasted great. The rice and beans were a little dry though. He came with roasted peppers salsa, it tasted very good, but I hate cilantro, and that taste was too noticeable to me. Mom loved him, so I gave her mine. Mum's salad was good too, but the carnitas was a little bit and she needed a second cup of salsa. So without being able to have green salsa on the mine, I wanted to try one of my other. I looked back and couldn't find a salsa bar or anything! That's really my only complaint. On their website they claim it's for sanitary reasons that I can understand, but why not do what some places do and plastic cups with lids already full of salsa in a big ice bath? So when the guy came to ask how I liked my food, I asked for salsa. It took him a while to get it, but when I got it, I was very pleased. I tried them Mr. Lees Chili sauce. Wau, it was so hot and delicious! Below is Wahoo's answer to what are gluten free menu items: Snacks of French Fries Charboiled Chicken Nachos (served with salsa and guac on the side) Taquitos: (served with salsa and guak) - Fish, chicken, Carnitas chips, salsa and Guac'One fryer in place. Onion rings contain gluten. French fries, chips, tacito fried in the same oil as onion rings. Soups and salads Wahoo Salad: (served with fresh salsa, Ranch, or roasted pepper cilantro sauce) - Charbroiled Fish, Charbroiled Chicken, Carnitas, Vegetarian (white rice, black bean filling) Sliced salad: (served with fresh salsa, ranch, or roasted cilantro sauce) - Charbroiled Fish, Charbroiled toppings of black beans) Chicken tortilla soup salad (served with fresh salsa, ranch, or roasted cilantro sauce) - Charbroiled Fish, Charbroed toppings of black beans) Chicken tortilla soup salad (served with fresh salsa, ranch, or roasted cilantro sauce) - Charbroiled Fish, Charbroiled toppings of black beans) Chicken tortilla soup salad (served with fresh salsa, ranch, or roasted cilaner Ranch, or roasted cilantro sauce) Combo Platters (served with white rice and black beans) Tacos - Charbroiled Fish, Charbroiled Chicken, Carnitas, Vegetarian (white rice, black bean filling) Enchiladas (served with red or green sauce) Charbroiled Fish, Charbroiled chicken, Carney Vegetarian (white rice, black bean filling) Bowls #7 Charbroiled chicken bowl (served with white rice and black beans) #8 Charbroiled Fish Bowl (served with white rice and black beans) #10 Carnitas Bowl (served with white rice and black beans) Not to be confused with the Kalua Pig Bowl Kids Menu Baby Tacos or Enchilida (red sauce or green sauce). Served with white rice and black beans or French fries (see Above note) - Charbroiled Fish, Charbroiled Chicken, Carnitas, Vegetarian Side Kicks Side Black Bean Side Of White Rice 1/2 Black Bean 1/2 White Rice Side Tortillas - 3 Corn Side Guac Side Fresh Salsa Side Of Roasted Pepper Cilantro Sauce Side Ranch Note Against Chicken: Their chicken contains trace amounts of corn for those of you. 3 ratings \$ They couldn't guarantee gluten free food as there are grilled items that contain gluten. Updated 1 year ago read a full review of the stick with tacos, no cajun seasonings, rice and BLACK beans... No cajun You should be fine. Update - double check about steak. Chicken and fish, fish, don't get blackened. Updated 4 years ago read the full review of Good Fast Option, with a walk-up order. Had fish tacos, black beans and white rice as recommended. The cashier was able to quickly pull out information about allergies when ordering. Updated 5 years ago read the full review of Add Photo Manager is well aware. Maybe cross-contamination is a problem for you it may not be the place, but I eat here often and I am sensitive and have had no problems. I like that I can have enchiladas here (no flour in the sauce). Can't eat steak here because marinated in soy, but other types of meat are lovely. The Wahoo chain is a solid place to get fish tacos in Los Angeles. However, my experience today at this place only deserves 3 stars. I had friends in town who wanted fish tacos, so I took them to Wahoo's, partly because I have coeliac disease and therefore can't eat gluten. When we walked in, I asked about gluten-free options. The guy in the register asked someone behind the counter and told them they didn't have GF. I pointed to a sign that clearly states that they have GF options. The register guy went back to the guy behind the counter who came out to talk to me. He asked if I wanted gluten free or no gluten free. (Who asks for gluten?) I kept asking questions about menu items, but didn't feel confident about his answers until I did some research on my phone. In the end, I ordered two fish tacos, one regular, one style slaw, with rice and beans. When my food came, I asked the waiter if the tortillas were just corn. He hesitated and then said: Yes..? The tacos are delicious (not exciting but good). Rice and beans were basic. The service was quick and friendly but not knowledgeable. Please, please, outsta your staff! There's no gluten free menu, but I've eaten here successfully many, many times. I am very sensitive to gluten and it seems to be ok. Stay away from the fryer (no chips). I pretty much stick to fish tacos and fish enchiladas (with green sauce) and black beans and white rice. There was never a problem. If you are doing a search on the internet, there is a list of menu items floating around that should be safe. I have never asked the staff about this and I doubt they will know much. They have a special GF menu. Enchiladas are great. I've eaten here 3 times, the manager is excellent with cross-contamination staff, I'm reminded to use new cooking dishes. Also, don't forget to order from the GF menu exactly how it is listed. The staff offer parties and options with food that are not GF, so I had to check back on the GF menu to see what was and wasn't GF. NO dedicated GF fryers:0 (The food is fine, not I had not been here before and asked about the gluten-free menu, I had to ask 3 different ways to explain what I could and couldn't have, the staff member acted as I should have known it all already. Other Others that the rest of the service was ok, I had fish tacos, they were ok. Ok.

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