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Does moes have gluten free wraps

A friend told me that Moe's Southwest grill was "just like Chipotle, but better." Well when you give me a recommendation like that, I can't help but try them out. Well..... Post taste test; Not as good as Chipotle, at all, but good. We don't have many around our area, but I've seen more of them when we're traveling. Actually when I mentioned it to my boyfriend he told me "Sounds good, what is it?" Unlike Chipotle they don't have as many gluten free options. The burrito bowl is really it.They give you fresh chips with every meal but nothing said they were fried in a dedicated fryer so I avoided them. I liked the extra ingredients to add in it was a nice way to break up the variety from Chipotle (Olives, pickles mushrooms, and jalapeno's). Moe's have more locations Nationally than they do in Chicago. I've seen them come up a few times looking at places to eat while traveling. Chicken Burrito Bowl My boyfriend got this cute little taco thing wrapped in a flour tortilla - It looked good, he said it tasted good. It was like a crunch wrap supreme from back in the day at Taco Bell. Unfortunately due to the flour burrito shell used it wasn't gluten free, it would be nice to have something like that since it'd be a nice different option. Over all it was ok, they get two dragoflies, nothing to go crazy over, not a huge selection, but it's there for a quick meal when you need something different. But I won't go out of my way to stop there for dinner or lunch. I wish I could get more information on their chips since they had a salsa bar, that would be a nice change as well. Maybe I'm in a food rut, I want some variety here! Recently I have discovered yet another question that needs to be asked. Even though a restaurant might serve corn chips, which are gluten free, do they fry it in the same oil as flour tortillas or anything breaded? If corn chips (or anything for that matter) are fried in the same oil as anything with flour or anything that has been breaded, they are no longer gluten free. This is called cross contamination. I guess I just assumed if a restaurant says they serve corn chips, or says that their corn chips are gluten free that they would be. That's not always the case. I don't usually like to call negative attention to a restaurant, but I'd like to share the experience I had to bring more awareness to this situation. The husband and I were in Asheville, N.C. a few weeks ago and decided to eat at a local Mexican restaurant called Salsa's. We have eaten there several times and love their unique, flavorful food and fun dining experience. They are known for being gluten free friendly and having many gluten free options. The husband and I split the Steak Molcajetes which is "a hot lava rock bowl filled with yummy goodness... served w/roasted veggies, cilantro & pozole on top, a side plate of rice, beans, and salsa. It's amazing. I ordered a side of corn chips and salsa as well. I ate a few bites of chips with salsa and could tell they had just been fried. I had a weird gut feeling and asked our server if the corn chips were fried in the same oil as the flour tortillas. She said yes. I told her (as nicely as I could) that they are not gluten free if they're fried in the same oil as flour tortillas or anything breaded. I'm just thankful I asked when I did and didn't eat a whole basket of chips filled with gluten! Hopefully they might make some changes to their fryer situation or to their menu because cross contamination with people with Celiac Disease is very dangerous. After that incident, I have been doing some more research about Mexican chains and local restaurants as to which ones serve gluten free corn chips. I hope this provides you with some clarity on whether or not you can eat the corn chips are these restaurants. Chipotle Mexican Grill: YES! Chipotle states their allergy information very clearly in this Special Diet Information Grid. They clearly show that the only food they serve that contains gluten is their flour tortillas. I'm very impressed with the fact that they have one fryer and the only thing that goes in it are corn tortillas and corn taco shells. I even got a speedy response back from a customer service representative. When I wrote asking about their fryer situation, a woman named Olivia kindly responded, "Thank you for taking the time to write. I am happy to inform you that none of our restaurants fry flour tortillas in our fryer. Both the chips and the crispy taco shells are corn tortillas, therefore those ingredients are gluten-free. I hope this helps!" Chipotle also strives towards using local, organic ingredients and hormone free meat. Moes Southwest Grill: NO! Moes also has an Allergen Grid that is very helpful. While they do serve corn taco shells and corn chips, their grid shows that those both contain wheat/gluten. I spoke with a manager there and she said they fry their flour and corn tortillas in the same fryer oil. Their grid shows that nothing else has gluten in it except for their flour tortillas/chips and cookies, so there's no hidden gluten in any of their ingredients. I love that their meat and cheese is hormone free and that their beef is grass fed! On The Border: NO! On The Border has a downloadable Allergen PDF that has menu options for those with various allergies (gluten, peanut, egg, fish, etc.) On the top of their allergen site it states, "Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products." I called and asked if they serve corn or flour chips. While they do serve corn chips, the person I spoke with confirmed that they do use the same fryer oil for corn and flour tortillas. Salsaritas Fresh Cantina: NO! Salsaritas provides an Allergen Grid on their website as well. While their grid does not show that there is gluten/wheat in their corn chips or fried corn tortillas, they provide a ** beside all corn tortilla items that states that "corn & wheat tortillas are fried in the same oil creating potential gluten transfer in cooking process. The materiality of this potential transfer should be assessed on a personal basis." Something else to be cautious of when eating there is the following items (aside from the flour and corn tortilla items) are listed to contain gluten: pork, shrimp, refried beans, biscuit, flavored sour cream, and chocolate chip cookies. Qdoba Mexican Grill: NO! Qdoba provides an Allergen Information in a downloadable form. Their site provides an "X" for items containing gluten and a "triangle" for items that may contain gluten. The items that may contain gluten are their corn chips, corn taco shells, and corn tortilla strips. Their website states, "Fryer oil has contact with product containing wheat ingredients." Some other items that are listed to contain or may contain gluten (aside from their flour and corn tortillas) is their cheese (really??), ancho chili BBO sauce, potatoes and brownies. Pacos Tacos and Tequila: YES! This is a restaurant we have in Charlotte that has several other locations around the U.S. It is delicious and they were featured during Charlotte Restaurant Week. Here is their menu. While their website does not provide allergen information, I called and spoke with a manager and she reported that they have a separate fryer for their corn chips, so they are gluten free! If you live near the Charlotte area and haven't been here, I highly recommend it. Cabo Fish Taco: NO! Cabo is local Charlotte Mexican restaurant that has been featured on The Food Network. They do not have any allergy information provided on their website. I called and spoke with a manager and he confirmed that they do serve corn chips but they are not gluten free. He told me that their manufacturer of the chips has reported to them that there is a small amount of gluten in their chips. They don't have soft corn tortillas an an option there, so if you go be ready to get a burrito bowl or a salad. Cantina Fifteen Eleven: YES! Cantina is one of my favorite Mexican Restaurants in Charlotte. I wrote a blog about Cantina a few months ago. While they don't have allergy information listed on their website, I called and spoke with a woman who works there and she reported that they have corn chips as a gluten free option. They do not fry their chips there but receive them bagged. They're not served warm but they are safe! Loco Lime: No! Loco Lime is another great Mexican Restaurant in Charlotte. They don't have their allergy information listed on their website, so I called and asked about their fryers. The woman I spoke with confirmed with her manager that they do use the same fryers for corn and flour tortillas. Phew! That's all I've got for now! If you are GF, I hope you don't feel defeated after reading this, but inspired with the knowledge to know where to go if you want to eat chips at a Mexican restaurant. I mean, it's kinda the best part of the meal (at least for me it is)! For those restaurants that don't serve gluten free chips, don't forget you can always order soft corn tortillas (they aren't fried), and that is always a safe, gluten free option. As always, please feel free to ask any questions or make any comments you may have! -glutenfreems- The only downside is that Moes doesn't offer an alternative with brown rice, which is served on both chipotle and qdoba, and offers spicy rice instead.Chipotle Mexican Grill definitely has a lime form of rice with a choice of white or brown rice. Moes has regular rice and, more recently, spicy rice as well. Moes recently switched to a new recipe for their delicious chicken with white meat. This chicken is made with the name adobo chicken, which is made from dark meat chicken. The new meat is greasy, greasy and tastes awful.Headphone. Tap the tortilla and dip it into a bowl filled with flavored rice, beans, grated cheese, pico de gallo, and your choice of carnitas, beef, chicken, ground beef, or organic tofu. It's time to drop them and move on.Moes Southwest Grill: Fish Burrito Bowl The Fish Burrito Bowl with black beans, spiced rice, shredded lettuce, pico de gallo corn, grilled peppers, onions and mushrooms has only 624 calories and 17 grams of fat. Moes takes pride in using fresh ingredients, but the end result isn't entirely healthy. Burritos and quesadillas can quickly exceed 1,000 calories, and simple salads can exceed 700 calories. Q: Why are corn chips and tacos listed as gluten? A: There is no gluten in corn chips or corn tortillas. However, we make our own fries and tacos in house. We use the same deep fryer for our salad bowl, a fried flour tortilla (contains wheat gluten). Best: Wholemeal tortilla with beef, pinto beans, quinoa, chopped onions, jalapenos, cilantro, pico de gallo, and shredded lettuce. Opt for whole-grain tortillas and more fresh veggies to save calories, increase fiber, and add nutrients, says Cecere. Bad Doug accumulates 855,915 calories, 35 8, Ministry of the Interior. 19 5, Moe's famous queso, 19 8, Batteries. 13 6, Joey Burrito, 13 6, Nachos, 8 5, Kaisersalsa. 7 4, El Guapo sauce, 6 3, Bsgreen space us. There are 1,240 calories in 1 serving of Moe's Southwest Grill Chicken Rice Bowl. Distribution of calories: 48% fat, 33% carbohydrate, 20% protein. Nutritional Values Calories 360 (1505 kJ) Total Carbs 44 g 15% Dietary Fiber 4 g 16% Sugar 0 g Protein 4 g Nutritional Information Calories 639 (2675 kJ) Polysaturated Fat 0 g Monounsaturated Fat 0 g Cholesterol 120 mg 40% Sodium 1333 mg 56% How can I follow a low carb diet with Moes? Starting with chicken or ground beef, add bacon, guacamole, grated lettuce, sour cream, grated cheese, black olives, and cilantro. Low-carb goodness. We partnered with a nutritionist to make sure our ketone meals are macro and non-microbial. Ketogenic Diet Bacon Cubes. Black olives. Adobo chicken. Chopped coriander. Grilled mushrooms. Grilled onions. Roasted peppers. Minced meat. Moe's vegetarian burrito is served in a flour or wholemeal tortilla and filled with rice, beans, homemade guacamole, and shredded lettuce. To make it vegan, save the cheese and sour cream. You also have the option of adding grilled onions, peppers and / or mushrooms. Additional tokens are free when you request them. Tokens are always free on Moes. You can also request a larger cup and take your favorite salsa home or bring an extra bag of chips. Our organic tofu, beans, tortillas and rice are all vegan. Check out all vegan food at Moes Southwest Grill. The best thing about Moes Southwest Grill is that you get exactly what you want. Make your own taco, burrito or salad from a variety of plant-based ingredients like tofu and beans, fresh vegetables and lots of sauces! Proteins: black beans, pinto beans, tofu. The Moe's Southwest Grill gluten free menu should be one of your first resources if you want to grab some tasty gluten free Mexican food. Moe's Southwest Grill is one of the nation's most famous fast-casual Mexican restaurants — they have over 600 locations right here in the United States.The great thing about Moe's Southwest Grill is that all of their menu items are completely customizable. They let you decide what you want — you can order as much or as little as you want!If you're in the market for a creative Mexican dish, it's time to give Moe's Southwest Grill a shot. They provide all the gluten information on their website, which allows you to better navigate what you can and can't eat.We've done all the research for you — check out the whole Moe's Southwest Grill gluten free menu right here on our site!FoodSizePriceFried Corn Chips\$3.25Crispy Corn Taco Shells\$3.55Chicken\$8.50Fish\$8.00Ground Beef\$8.00Steak\$8.50Tofu\$8.50Pork\$8.50Black Beans\$3.00Pinto Beans\$3.00Black Olives\$0.70Chipotle Ranch\$0.70Cucumbers\$0.70Guacamole\$0.70Lettuce\$0.70Queso\$0.70Rice\$0.70Salsa, Kaiser or El Guapo\$0.70Sour Cream\$0.70Southwest Vinaigrette\$0.70Fat-Free Salsa Vinaigrette\$0.70Veggies\$0.70Tomatillo Salsa\$0.70Pico De Gallo\$0.70Corn Pico De Gallo\$0.70Hard Rock N Roll Sauce\$0.70Baja Chicken Enchilada Soup\$0.70Popular Gluten Free Items at Moe's Southwest GrillWith the level of customization available at Moe's Southwest Grill, you'll never have to worry about running out of gluten free options. You can customize salads, burrito bowls, tacos, nachos, desserts, kids items, stacks, and plenty more when you visit Moe's Southwest Grill.The possibilities are truly endless, just make sure to verify the ingredients you select are from their gluten free range.Below we explore some of the most popular gluten free menu items available at Moe's Southwest Grill.Earmuffs (Burrito Bowl)At Moe's Southwest Grill, you can customize burrito bowls to have all the gluten free goodness you could dream of. Choose a meat, such as chicken or steak, and then load on the beans, rice jalapenos, cilantro, tomatoes, and plenty of other gluten free options.The possibilities are endless. The costs of these bowls range from \$6.99 to \$8.09 depending on what you choose.Salad - Close TalkerSalad is also a popular item at Moe's Southwest Grill. Like the bowls, you customize the salad to contain what you want — lettuce, chicken, steak, pork, fish, beans, onions, cilantro, tomatoes, corn, grilled onions, diced cucumbers, black olives, shredded lettuce, and more are all options for your salad.The cost of each salad ranges from \$5.99 to \$7.49 depending on the protein you choose.NachosNachos are another customizable option at Moe's Southwest Grill. Grab some tortilla chips, add your choice of protein, and the pile on the tomatoes, cheese, queso, lettuce, onions, jalapenos and more.The cost of the nachos from Moe's Southwest Grill ranges from \$6.69 to \$7.99 depending on the protein you choose.Moe's Famous QuesoIf you're looking for some great stuff to start your meal, the Moe's Southwest Grill chips and queso is the way to go. It comes with tortilla chips and queso — you dip the chips in the queso, it's a fan favorite!The cost of the chips and queso at Moe's Southwest Grill is \$3.29 for a medium.Enjoy Moe's Southwest Grill's Gluten Free Offering!If you've been selling yourself short because of your gluten intolerance, it's time to realize how many great options you truly have at your disposal. Modern restaurant trends have provided gluten intolerant individuals with the ability to order plenty of great food.At a spot like Moe's Southwest Grill, it's nice to know they have your back. You can even submit custom orders online for in-store pickup if you're in a hurry.Moe's Southwest Grill first opened its doors in Atlanta, Georgia in 2000 — despite being open for less than 20 years, they've become one of the nation's most prominent Mexican food brands. There are now over 680 locations throughout the United States.Moe's Southwest Grill is owned by Focus Brands, which also owns a range of different restaurant brands. Private equity company Roark Capital Group is the owner of Focus Brands.

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