

# Texas Roadhouse Gluten Free Entrees

## (Main Meals)

Category	Gluten-Friendly Item	Important Notes
Steaks	Hand-Cut Steaks	Prime Rib is NOT gluten free
Kabobs	Steak Kabob	No rice
Chicken	Grilled Chicken	Safe grilled option
Chicken	Grilled BBQ Chicken	Gluten-friendly
Chicken	Herb Crusted Chicken	Seasoned grilled chicken
Pork	Pork Chops	No peppercorn sauce
Seafood	Grilled Salmon	Gluten-friendly

Seafood	Grilled Shrimp	No rice
Pork	Pulled Pork Dinner	No bread
Veg Meal	Vegetable Plate	No fries or rice
Ribs	Ribs	Gluten-friendly

## Texas Roadhouse Gluten Free Dinner Salad Options

Salad Item	How to Order Gluten Free
Dinner Salad	Oil & vinegar, no croutons
Grilled Chicken Salad	No croutons
Grilled Salmon Salad	No croutons

Steakhouse Filet Salad	No croutons
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## **Texas Roadhouse Gluten Free Kids Meals**

<b>Kids Menu Item</b>	<b>Notes</b>
Grilled Chicken	Gluten-friendly
Lil' Dillo Steak Bites	Good kids option

## **Texas Roadhouse Gluten Free Ranger Meals**

<b>Ranger Item</b>	<b>Notes</b>
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Andy's Steak	Gluten-friendly
Ranger Rib Basket	Gluten-friendly

**Texas Roadhouse Gluten Free Burgers  
& Sandwiches (No Bun)**

<b>Item</b>	<b>Gluten-Free Order Rule</b>
All-American Cheeseburger	No bun, no fries
Bacon Cheeseburger	No bun, no fries
BBQ Chicken Sandwich	No bun, no fries
Mushroom-Jack Chicken Sandwich	No bun, no fries

## Gluten Free Side Dishes

Side Item	Notes
Fresh Vegetables	Gluten-friendly
House Salad	Oil & vinegar, no croutons
Baked Potato	Safe choice
Sweet Potato	Gluten-friendly
Green Beans	Gluten-friendly
Corn	Gluten-friendly
Applesauce	Gluten-friendly
Mashed Potatoes	No gravy

## Texas Roadhouse Gluten Free Smother Options (Toppings)

Smother Option	Notes
Jack Cheese	Gluten-friendly
Sautéed Mushrooms	Gluten-friendly
Brown or Cream Gravy	Avoid (Not gluten free)

## Not Gluten Free at Texas Roadhouse

Item	Reason
Prime Rib	Marinade contains gluten

Dinner Rolls	Made with wheat
Fries	Shared fryer cross-contact risk
Gravy & Cream Sauces	Often contain gluten

**Visit Our Website for More Resources**

For more Texas Roadhouse information and tools, check out our other pages:

- **Texas Roadhouse Nutrition Facts** – Full nutrition guide for all menu items  
<https://texasroadhousenutrition.us/>
- **Texas Roadhouse Nutrition Calculator** – Build your custom meal and see calories  
<https://texasroadhousenutrition.us/texas-roadhouse-nutrition-calculator/>
- **Texas Roadhouse Allergen Menu** – Learn about allergens and safe choices  
<https://texasroadhousenutrition.us/texas-roadhouse-allergen-menu/>