



GLUTEN FREE

MENU



APPETIZERS

= Glory Days Grill Signature Dish



- MACHO NACHOS**
Tortilla chips topped with queso, lettuce, tomatoes, and sour cream.
Full Order (serves 4) 390 cal./serving \$9.59
Half Order (serves 2) 400 cal./serving \$6.99
ADD GUACAMOLE
Full 25 cal./ Half 60 cal./serving + \$2.99
ADD CHILI
Full 60 cal./ Half 60 cal./serving + \$2.29
- CHEESE FRIES**
Monterey Jack, cheddar, bacon, and grilled onions.
Full Order (serves 4) 590 cal./serving \$10.99
Half Order (serves 2) 600 cal./serving \$8.59

BUFFALO CHICKEN DIP
Back by Popular Request! Grilled chicken, mild buffalo sauce, and cream cheese. Served with tortilla chips. (serves 2) 440 cal./serving \$8.99

OUR FAMOUS CHICKEN WINGS

NEW! BUFFALO RANCH

Buffalo and Ranch dry rub.
300 cal.

HONEY OLD BAY®

Sweet and Savory.
390 cal.

OLD BAY®

A little heat and soothing
buttery seasoning.
490 cal.

BBQ

Traditional BBQ sauce:
Satisfyingly sweet.
100 cal.

GLORY

Tossed with Glory Days
Grilling Sauce™: BBQ,
Honey & Heat.
180 cal.

NASHVILLE HOT

Pepper Sauce with
a touch of heat.
310 cal.

GARLIC BUFFALO

Medium wing sauce with lots
of fresh garlic.
120 cal.

MEDIUM

Classic wing sauce:
Comfortably hot.
80 cal.



BONE-IN

6 for \$8.49 (490 cal.)
12 for \$15.79 (970 cal.)
18 for \$21.99 (1,460 cal.)
48 for \$53.99 (3,890 cal.)

GRILLED BONELESS

8 for \$9.49 (340 cal.)
12 for \$13.49 (510 cal.)
16 for \$17.29 (680 cal.)
48 for \$48.99 (2,050 cal.)

Served with celery (0 cal.) and bleu cheese (240 cal.) or Ranch (210 cal.).

Caloric value of sauces based on 2.5 oz portion. (6-8 wings).
Caloric value of wings based on no sauce.

AWARD-WINNING BURGERS

Add cup of soup, side Caesar salad, or side tossed salad. **Request no croutons.** + \$3.59,
Clam Chowdah or Chili + \$4.29, **Grilled mushrooms** (10 cal.), **Grilled peppers** (10 cal.)
or **Grilled onions** (50 cal.) + 99¢, **Request no bun or with our Gluten-free bun** (320 cal.) + 99¢.

CLASSIC BURGERS

- ALL-STAR BURGER†**
Our delicious award-winning burger grilled to perfection. 450-660 cal. \$9.29
- CHEESEBURGER† TRIFECTA**
Melted Swiss, cheddar, and provolone. 700-910 cal. \$9.99
- SWISS / MUSHROOM / ONION BURGER†**
Grilled mushrooms, onions, and melted Swiss. 650-860 cal. \$10.59
- BACON & CHEDDAR BURGER†**
Bacon and melted cheddar. 700-910 cal. \$10.59

SPECIALTY BURGERS

- THE GLORY BURGER®†**
BBQ sauce, fried onion straws, bacon, cheddar, and a soft fried egg†. **Request no onion straws.** 1,060-1,270 cal. \$11.59
- THE IMPOSSIBLE BURGER**
Made entirely from PLANTS. Cholesterol free. 17 grams of protein and 35% less fat than ground beef. Topped with grilled onions, cheddar cheese, lettuce, tomato, and sweet red onion. 740 cal. \$11.99
- SIGNATURE BRISKET-SHORT RIB BURGER†**
Our proprietary burger blend of brisket, short rib, and ground chuck. Topped with Cooper Sharp White American Cheese and crispy bacon. 880 cal. \$11.99
- SMOKY MEMPHIS-STYLE BLENDED CHEESEBURGER†**
Our proprietary burger blend of brisket, short rib, and ground chuck rubbed with smokehouse maple seasoning, melted cheddar, grilled onions, and a smoky spicy mayo. 1,400 cal. \$11.99

★ UPGRADE ANY BURGER TO A SIGNATURE BRISKET-SHORT RIB BURGER OR IMPOSSIBLE BURGER FOR \$2 ★

NAMED "BEST BURGER"

OUR AWARD-WINNING STEAKBURGERS ARE SEASONED WITH OUR SIGNATURE SPICE BLEND.



All burgers are served with seasoned fries (460 cal.), pickle available upon request (5 cal.). Add calories to each menu item. You may substitute seasoned fries with an item from our sides list at no additional charge.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Some of our food may contain allergens including nuts, soy, seafood, dairy, etc. Except for our gluten-free fryers, all of our fryers cook more than one type of food offering, including seafood and shellfish. If you have any dietary concerns, please notify your server. Visit www.GloryDaysGrill.com for complete nutrition and allergen information.

†Contains (or may contain) raw or undercooked ingredients. State food code requires us to inform you that consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

FIELD OF GREENS

SIGNATURE DRESSINGS: Caesar, Citrus Vinaigrette, Italian Vinaigrette, Ranch, Fat Free Ranch, Oil & Vinegar, and Bleu Cheese* 45-240 cal. (1.5 oz.) **Sliced avocado available for all salads.** 60 cal. + \$1.99.

TOSSED SALADS

Fresh mixed lettuce, baby greens, Monterey Jack, cheddar, tomatoes, red onions, and croutons. Served with choice of dressing. **Request no croutons.**

Grilled Steak†	1,210 cal. \$12.99
Grilled Salmon†	630 cal. \$13.99
Grilled Chicken	
Full Entrée	340 cal. \$9.89
Half Entrée	260 cal. \$7.99

CAESAR SALAD

Chopped romaine, Caesar dressing, croutons, and Parmesan. **Request no croutons.**

Grilled Chicken	
Full Entrée	570 cal. \$9.89
Half Entrée	370 cal. \$7.99
Grilled Salmon†	
Full Entrée	890 cal. \$13.99

SOUTHWEST BBQ CHOPPED SALAD

Chopped romaine and tortilla strips, Southwest Ranch dressing, chilled BBQ chicken, tomatoes, grated Monterey Jack and cheddar, and cilantro.

Full Entrée	1,100 cal. \$11.59
Half Entrée	520 cal. \$7.99

🍴 GRILLED SALMON†* BLT SALAD

Sweet and smoky salmon, chopped romaine, bacon, tomatoes, red onions, scallions, avocado, crispy tortilla strips, and served with a citrus vinaigrette. 1,220 cal. \$13.29

SANDWICHES

Served with seasoned fries (460 cal.). Pickle (5 cal.) available upon request. Add calories to each menu item below. You may substitute seasoned fries with an item from our sides list (below) at no additional charge. Cup of soup, side Caesar salad, or side tossed salad. **Request no croutons.** + \$3.59, Clam Chowdah or Chili + \$4.29

GRILLED CHICKEN SANDWICH

Tender chicken breast, bacon, and melted Swiss cheese served BBQ style or grilled. **Request no bun or with our Gluten Free Bun +99¢.** 800-720 cal. \$9.29

GRILLED SALMON† BLT SANDWICH

Back by Popular Request! Sweet and smoky salmon, chopped romaine, bacon, tomatoes, red onions, scallions, avocado, and crispy tortilla strips served with a citrus vinaigrette. **Request no bread or with our Gluten Free Bun + 99¢.** 1,520 cal. \$12.99

MAIN EVENTS

You may substitute your sides with an item from our sides list at no additional charge. Cup of soup, side Caesar salad, or side tossed salad. **Request no croutons.** + \$3.59, Clam Chowdah or Chili + \$4.29

GRILLED SHRIMP PLATTER

Served with coleslaw, seasoned fries, and cocktail sauce. 970 cal. \$14.99



RIB & WINGS COMBO

Half order of baby back pork ribs with 6 wings in your choice of sauce. (Sauce not included in calories. See Wings for list of sauces.) Served with seasoned fries. 1,200/1,760 cal. \$18.29

RIB & SHRIMP COMBO

Half order of baby back pork ribs with grilled shrimp. (Sauce not included in calories. See Wings for list of sauces.) Served with seasoned fries. 1,380 cal. \$16.99

CENTER-CUT SIRLOIN STEAK†

8-ounce USDA Choice sirloin. Served with parsley red potatoes and your choice of Caesar salad, tossed salad, or cup of soup. **Request no croutons.** 790-960 cal. \$15.99

GRILLED MUSHROOMS AND ONIONS (35 cal.) +99¢

🍴 CEDAR PLANK SALMON†

Salmon filet on flavor-infusing cedar wood plank served with seasonal vegetables, jasmine rice, and mustard remoulade. 880 cal. \$16.99



SIDES

SEASONED FRIES 460 cal. \$2.99

PARSLEY RED POTATOES 180 cal. \$2.99

FRESH SEASONAL VEGETABLES 60 cal. \$2.99

FRESHLY PREPARED CREAMY COLESLAW 330 cal. \$2.99

JASMINE RICE 230 cal. \$2.99

EXTRAS

SUBSTITUTE ONE OF THESE ITEMS FOR A SMALL UPCHARGE.

SIDE CAESAR SALAD **Request no croutons.** 230 cal. \$4.29

SIDE TOSSED SALAD **Request no croutons.** 110 cal. \$4.29

SWEET POTATO FRIES 650 cal. \$3.99

HOMEMADE GUACAMOLE 100 cal. \$3.99

CHILI **Request no cornbread.** 100 cal.
Cup 530 cal. \$5.29
Bowl 770 cal. \$7.29

KIDS

TWO HAMBURGER SLIDERS†

With seasonal veggies. **Request no Bun.**
No cheese 280 cal. \$4.99
With cheese 350 cal. \$4.99

BBQ RIBS

Brushed with BBQ sauce and served with seasonal veggies. **Request no cornbread.** 670 cal. \$6.99

GRILLED CHICKEN SALAD

Lettuce, baby greens, cheese, tomatoes, croutons, and grilled chicken. Dressings available. **Request no croutons.** 270 cal. \$5.99

GRILLED SHRIMP

Eight grilled shrimp served with cocktail sauce and a side of seasonal veggies. 280 cal. \$6.99

GRILLED CHICKEN OR SALMON

Grilled chicken breast or grilled salmon fillet served with a side of seasonal veggies. 220-430 cal. \$6.99/\$8.99

DESSERTS

HOT FUDGE SUNDAE

Vanilla ice cream, hot fudge, and whipped cream. 580 cal. \$4.99

NOW AVAILABLE:

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Nutritional Information Services (NIS, www.nistn.com) reviewed the information on this menu and is the guarantor for the information provided herein. Glory Days Grill® and NIS assume no responsibility for the use of this menu or for errors in labeling or changes in the chemical or constituent composition of ingredients or prepared products used in this company's recipes and menu items that are the direct or indirect result of the actions or inactions of the suppliers, distributors and purveyors of said ingredients and products. Patrons are encouraged to their own satisfaction, to consider this information in light of their individual requirements and needs.

*Bleu cheese dressing is known to contain some gluten, but only in trace amounts below 20ppm, the typical gluten tolerance threshold.