

# GLUTEN FREE MENU

Before placing your order, please inform your server if a person in your party has a food allergy.



**f @GLORYDAYSGRILL**

**ORDER ONLINE: GLORYDAYGRILL.COM**

## STARTERS ★

### MACHO NACHOS

Tortilla chips topped with chili, beer cheese, lettuce, tomatoes, and sour cream. 920 cal.  
\$12.49 ADD GUACAMOLE 120 cal. +\$3

### CHIPS, FRESH GUACAMOLE AND SALSA

517 cal. \$8.99

### CHEESE FRIES

Monterey Jack and Cheddar cheeses, bacon. Served with a side of homemade ranch. 1200 cal. \$10.99



### BUFFALO CHICKEN DIP

Pulled chicken, 3 cheese blend, blue cheese, and mild Buffalo sauce. Served with Fritos® scoops. 1366 cal. \$11.99

## BEST DARN WINGS ★

**FIRE GRILLED** Chargrilled. 90 cal. per wing.

**TRADITIONAL** Classic wing style. 110 cal. per wing.

**DRY RUBBED** Seasoned with our signature dry rub blend, our crispiest wing. 105 cal. per wing.

6 for \$11.99 10 for \$15.99 15 for \$22.99 25 for \$33.99

Served with celery and carrots (10 cal.) and blue cheese\* (240 cal.) or ranch (210 cal.).

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

All flats or drums +\$2

**ADD SEASONED FRIES**  
for \$3.49



## PICK YOUR FAVORITE SAUCES

### LEMON PEPPER

Zesty lemon pepper seasoning. 60 cal.

### BBQ

Traditional BBQ sauce: Satisfyingly sweet. 100 cal.

### MILD

Classic wing sauce: High flavor, low heat. 170 cal.

### GLORY

Glory Days Grilling Sauce™: BBQ, Honey & Heat. 140 cal.

### THAI CHILI

Mildly spicy yet sweet flavor. 144 cal

### TANGY BUFFALO

Buffalo sauce with garlic aioli blend. 259 cal.

### HOT

Classic wing sauce: High flavor, high heat. 0 cal.

### HIGH HEAT

Extra, extra heat! 16 cal.



### HERO BURGER†

Two-hand crafted patties topped with American cheese. 1,643 cal. \$16.99

A portion of sales are donated to Tunnel to Towers Foundation with each purchase!



## FRESH GRILLED BURGERS ★

### ALL AMERICAN CHEESEBURGER†

Our delicious award-winning burger grilled and topped with cheddar cheese. 1,466 cal. \$14.49

### SWISS MUSHROOM ONION BURGER†

Grilled mushrooms, onions, and melted Swiss. 1,533 cal. \$15.49

### BURGER BLUE†

Topped with Blue Cheese crumbles, balsamic drizzle and caramelized onions. 1,575 cal. \$15.49

**OUR AWARD-WINNING HANDCRAFTED BURGERS ARE SEASONED WITH OUR SIGNATURE SPICE BLEND.**

### THE GLORY BURGER®†

Glory sauce, bacon, Pepper Jack cheese, and a soft fried egg†. 1,979 cal. \$15.99

### BACON & CHEDDAR BURGER†

Topped with Cheddar cheese and seasoned bacon. 1,632 cal. \$15.49

### THE IMPOSSIBLE™ BURGER

Made entirely from PLANTS. Cholesterol free. 17 grams of protein and 35% less fat than ground beef. Topped with melted cheddar and grilled onions. 1,323 cal. \$15.99

All burgers served on a Gluten Free bun with lettuce, tomato, onion, and seasoned fries. You may substitute seasoned fries with your choice of any regular side.

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

These items are suggestions for gluten-sensitive guests. We understand that sensitivity to gluten varies and it's important to note that Glory Days Grill is not a gluten-free environment. Please consider your personal level of gluten intolerance when ordering any fried items.

Some of our food may contain allergens including nuts, soy, seafood, dairy, etc. If you have any dietary concerns, please notify your server. Visit [www.GloryDaysGrill.com](http://www.GloryDaysGrill.com) for complete nutrition and allergen information.

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

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

## GREENS



**SIGNATURE DRESSINGS:** Caesar, Balsamic Vinaigrette, Cane Vinaigrette, Honey Mustard, Ranch, Oil & Vinegar, and Blue Cheese\*  
45-240 cal. (1.5 oz.)

### HOUSE SALAD

Our house mix, cucumbers, cheese, tomatoes, topped with your choice of dressing and protein.

Grilled Chicken 340 cal. \$13.99  
Grilled Salmon<sup>†</sup> 630 cal. \$16.99  
Grilled Filet Mignon<sup>†</sup> 1,210 cal. \$17.99

### CRAVE A' BOWL<sup>†</sup>

Basmati rice, broccoli, tomato and cucumber, crispy chickpeas, hummus, Feta, garlic aioli and lemon wedge.

Grilled Chicken 1,526 cal. \$14.99  
Grilled Salmon<sup>†</sup> 1,321 cal. \$17.99  
Grilled Filet Mignon<sup>†</sup> 1,634 cal. \$18.99

## FAN FAVORITES



Served with your choice of two sides.  
(Excludes Margherita Pizza.)

### GRILLED SHRIMP PLATTER

Served with cocktail sauce. 794 cal. \$17.99

### BABY BACK RIBS

Baby back pork ribs with your choice of BBQ or Glory sauce.

Full Order 1,796/1,946 cal. \$23.99  
Half Order 1,317/1,437 cal. \$17.99



### GRILLED SALMON<sup>†</sup>

Grilled Salmon. 880 cal. \$19.99

### GRILLED CHICKEN

Seasoned and grilled over an open flame.  
1,019 cal. \$16.49

### SMOTHERED CHICKEN

Grilled boneless skinless chicken topped with melted white American, cheddar, and Swiss cheeses, sautéed mushrooms, peppers, and grilled onions. 1,313 cal. \$16.99

### MARGHERITA PIZZA

A crisp cauliflower crust topped with mozzarella and Parmesan cheeses, fresh tomatoes and sprinkled with fresh basil. 840 cal. \$14.99

### GRILLED CHICKEN CAESAR SALAD

Chopped romaine, Caesar dressing, Parmesan and grilled chicken. 1,172 cal. \$13.99

### STRAWBERRY SALMON<sup>†</sup> SALAD

Grilled salmon over spinach mix tossed with strawberries, Feta, candied pecans and served with cane vinaigrette. 671 cal. \$17.99

### GLORY DAYS<sup>®</sup> COBB SALAD

Salad mix topped with chicken, Monterey Jack and Cheddar cheeses, tomatoes, bacon, and eggs. 1,233 cal. \$13.99

## SIGNATURE STEAKS



Served with house salad and your choice of side.  
Add 6 grilled shrimp for \$6.



### T-BONE<sup>†</sup>

18 oz. seasoned and grilled.  
1,531 cal. \$25.99

### RIBEYE<sup>†</sup>

14 oz. seasoned and grilled. 1,530 cal. \$27.99

### THE "1988" SIRLOIN<sup>†</sup>

9 oz. seasoned and seared. 1,085 cal. \$19.98

### TWIN FILETS<sup>†</sup>

Two 4oz filets seasoned and grilled.  
736 cal. \$25.99

## SWEETS



### WARM COOKIE SUNDAE

Warm chocolate chip cookie topped with vanilla ice cream. Drizzled with HERSHEY'S<sup>®</sup> chocolate syrup. 689 cal. \$7.49

### ICE CREAM SUNDAE

Vanilla ice cream with HERSHEY'S<sup>®</sup> chocolate syrup and a cherry. 330 cal. \$3

### BUFFALO CHICKEN SALAD

Grilled chicken, mild wing sauce, chopped romaine hearts, celery, tomatoes, carrots, cabbage, Blue Cheese\* dressing, and Blue Cheese crumbles. 1,165 cal. \$13.99

## HANDHELDS



### GRILLED CHICKEN SANDWICH

Tender chicken breast, bacon, honey mustard, and melted Swiss cheese. 1,653 cal. \$12.99

### TURKEY CLUB SANDWICH

Roasted turkey sliced and piled with Swiss cheese, spinach, tomatoes, seasoned bacon and mayo. 1,233 cal. \$13.99

Served on Gluten Free Bun.

Served with your choice of Gluten Free side.

## SIDES

\$3.99 each

SEASONED FRIES 317 cal.

MASHED POTATOES 329 cal.

FRESHLY PREPARED

CREAMY COLESLAW 203 cal.

BASMATI RICE 240 cal.

STEAMED BROCCOLI 149 cal.

## PREMIUMS

SIDE CAESAR SALAD 310 cal. \$5.99

SIDE HOUSE SALAD 186 cal. \$5.99

CHILI 406 cal. \$8.49

LOADED BAKED POTATO 327 cal. \$5.99  
Available after 3pm

## KIDS



### CHEESEBURGER<sup>†</sup>

Served on a Gluten Free bun with a side of steamed broccoli. 600 cal. \$8

### GRILLED CHICKEN

Served with a side of steamed broccoli.  
323 cal. \$8

### GRILLED SHRIMP

Six grilled shrimp with cocktail sauce and a side of steamed broccoli. 280 cal. \$8

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. If you have any dietary concerns, please notify your server. Visit [www.GloryDaysGrill.com](http://www.GloryDaysGrill.com) for complete nutrition and allergen information. We have prepared this suggested list of menu options based on the most current ingredient information from our food suppliers and their stated absence of wheat/gluten within these items. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, the possibility exists for food items to come in contact with other food products. Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens and gluten. Nutritional Information Services (NIS, [www.nistn.com](http://www.nistn.com)) reviewed the information on this menu and is the guarantor for the information provided herein. Glory Days Grill<sup>®</sup> 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.

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