



# GLUTEN FREE MENU

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

## SHAREABLES

### MACHO NACHOS

Blue corn tortilla chips topped with chili, queso, lettuce, tomatoes, and sour cream. 920 cal. \$12  
ADD GUACAMOLE 120 cal. +\$3

### CHIPS & FRESH GUACAMOLE

Blue corn tortilla chips and homemade guacamole. 387 cal. \$7

### BUFFALO CHICKEN DIP

Grilled chicken, mild Buffalo sauce, and cream cheese. Served with Fritos. 880 cal. \$10



## BEST DARN WINGS



### GRILLED

6 for \$10 (490 cal.)  
12 for \$18 (970 cal.)

### GRILLED BONELESS

8 for \$11 (340 cal.)  
12 for \$15 (510 cal.)

Served with celery and carrots (10 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.

### 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.

### MILD

Classic wing sauce: High flavor, low heat. 210 cal.

### GLORY

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.

### HOT

Classic wing sauce: High flavor, high heat. 80 cal.

## AWARD-WINNING BURGERS



NAMED  
"BEST BURGER"

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

All burgers served on a Gluten Free bun with lettuce, tomato, onion and a pickle. Served with your choice of Gluten-Free side.

### CLASSIC BURGERS

#### ALL AMERICAN CHEESEBURGER†

Our delicious award-winning burger grilled and topped with cheddar cheese. 1,120 cal. \$13

#### SWISS / MUSHROOM / ONION BURGER†

Grilled mushrooms, onions, and melted Swiss. 1,070 cal. \$13.5

#### BACON & CHEDDAR BURGER†

Bacon and melted cheddar. 1,110 cal. \$13.5

#### BLEU CHEESE & GRILLED ONION BURGER†

Melted bleu cheese\* and grilled onions. 990 cal. \$13.5

### SPECIALTY BURGERS

#### THE GLORY BURGER®†

BBQ sauce, bacon, cheddar, and a soft fried egg†. 1,730 cal. \$14.5

#### 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. 950 cal. \$15

#### HERO BURGER†

Two-hand crafted house blend patties topped with American cheese. 1,290 cal. \$15

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



= Glory Days Grill Signature Dish

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.

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

## GREENS

**SIGNATURE DRESSINGS:** Caesar, Citrus Vinaigrette, Italian Vinaigrette, Ranch, Bacon Ranch, Oil & Vinegar, and Bleu Cheese\* 45-240 cal. (1.5 oz.)

### HOUSE SALAD

Fresh mixed lettuce, spinach, Monterey Jack, cheddar, tomatoes, and red onions. Served with choice of dressing.

Grilled Steak† 1,210 cal. \$16  
Grilled Salmon† 630 cal. \$15  
Grilled Chicken 340 cal. \$11.5

### GRILLED CHICKEN CAESAR SALAD

Chopped romaine, Caesar dressing, Parmesan and grilled chicken. 650 cal. \$11.5

### GRILLED SALMON† BLT SALAD

Sweet and smoky salmon, chopped romaine, bacon, tomatoes, red onions, scallions, avocado, and crushed blue corn tortilla chips served with a citrus vinaigrette. 1,220 cal. \$16

### BUFFALO CHICKEN SALAD

Grilled chicken, mild wing sauce, chopped romaine hearts, celery, tomatoes, carrots, cabbage, bleu cheese\* dressing, and bleu cheese\* crumbles. 1,500 cal. \$11.5

### GLORY DAYS® COBB SALAD

Chopped romaine hearts, grilled chicken breast, Bacon-Ranch dressing, hard-boiled eggs, diced tomatoes, bacon, grated Monterey Jack and cheddar, and green onions. 1,300 cal. \$12.5

## HANDHELDS

Served on Gluten-Free Bun. Served with your choice of Gluten-Free side.

### GRILLED CHICKEN SANDWICH

Tender chicken breast, bacon, and melted Swiss cheese. 1,010 cal. \$11

### TURKEY BLT SANDWICH

Oven roasted turkey, bacon, lettuce, tomato, cheddar, and mayo. 1,420 cal. \$12

## FORK & KNIFE

You may substitute your sides with an item from our sides list at no additional charge.

### GRILLED SHRIMP PLATTER

Served with coleslaw, broccoli, and cocktail sauce. 970 cal. \$16.5

### BBQ RIBS

Baby back pork ribs with original BBQ sauce, coleslaw, and broccoli.

Full Order 1,390 cal. \$22  
Half Order 830 cal. \$15

### BBQ RIB & SHRIMP COMBO

Half order of baby back pork ribs with grilled shrimp. Served with broccoli. 1,380 cal. \$19



### 1988 SIRLOIN STEAK†

USDA Choice sirloin served with a loaded baked potato\*, and your choice of Caesar salad or house salad. 790-960 cal. \$17

### SMOTHERED CHICKEN

Grilled boneless skinless chicken topped with melted provolone, cheddar, and Swiss cheeses, sautéed mushrooms, peppers, and grilled onions. Served with broccoli. 720 cal. \$15

### BRAISED SHORT RIB

Tender, braised beef short rib served with creamy mashed potatoes and broccoli. 975 cal. \$17

### GRILLED CHICKEN

Served with broccoli and creamy mashed potatoes. 479 cal. \$17

### GRILLED SALMON†

Grilled Salmon served with jasmine rice, and broccoli. 880 cal. \$17



### SIDES \$3 each

CREAMY MASHED POTATOES 240 cal.

FRESHLY PREPARED CREAMY COLESLAW 330 cal.

JASMINE RICE 230 cal.

LOADED BAKED POTATO\* 510 cal.

\*Available after 5pm

BROCCOLI 110 cal.

### EXTRAS

SIDE CAESAR SALAD 230 cal. \$5

SIDE HOUSE SALAD 110 cal. \$5

HOMEMADE GUACAMOLE 100 cal. \$4

### CHILI

Cup 530 cal. \$6

Bowl 770 cal. \$8

## KIDS

### CHEESEBURGER†

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. \$7

### GRILLED SHRIMP

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

## SWEETS

### ICE CREAM SUNDAE

Vanilla ice cream with Hershey's Chocolate Syrup, whipped cream and a cherry. 330 cal. \$3

ORDER ONLINE!

GLORYDAYSGRILL.COM



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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® 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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