



# 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

### WINGS

NEW! BUFFALO RANCH	HONEY OLD BAY®	OLD BAY®	BBQ	MILD
Buffalo and Ranch dry rub. 300 cal.	Sweet and savory. 390 cal.	A little heat and soothing buttery seasoning. 490 cal.	Traditional BBQ sauce: Satisfyingly sweet. 100 cal.	Classic wing sauce: High flavor, low heat. 210 cal.

GLORY	NASHVILLE HOT	GARLIC BUFFALO	MEDIUM	HOT
Tossed with Glory Days Grilling Sauce™: BBQ, Honey & Heat. 180 cal.	Pepper sauce with a touch of heat. 310 cal.	Medium wing sauce with lots of fresh garlic. 120 cal.	Classic wing sauce: Comfortably hot. 80 cal.	Classic wing sauce: High flavor, high heat. 80 cal.



BONE-IN	GRILLED BONELESS
6 for \$8.49 (490 cal.)	8 for \$9.49 (340 cal.)
12 for \$15.79 (970 cal.)	12 for \$13.49 (510 cal.)
18 for \$21.99 (1,460 cal.)	16 for \$17.29 (680 cal.)
48 for \$53.99 (3,890 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, **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

**BLEU CHEESE & GRILLED ONION BURGER†**  
Melted bleu cheese\* and grilled onions. 580-790 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

### 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.

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

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](http://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.

\*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, 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<sup>†</sup> 1,210 cal. \$12.99  
Grilled Salmon<sup>†</sup> 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<sup>†</sup>  
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<sup>†</sup> BLT SALAD

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

### BUFFALO CHICKEN SALAD

Grilled or crispy boneless chicken, mild wing sauce, chopped romaine hearts, celery, tomatoes, carrots, cabbage, bleu cheese dressing, and bleu cheese\* crumbles. **Request grilled chicken.**

Full Entrée 1,310/1,500 cal. \$11.29  
Half Entrée 630/730 cal. \$7.99

### GLORY DAYS<sup>®</sup> COBB SALAD

Chopped romaine hearts, grilled then chilled chicken breast, Bacon-Ranch dressing, hard-boiled eggs, diced tomatoes, bacon, grated Monterey Jack and cheddar, croutons, and green onions. **Request no croutons.**

Full Entrée 1,300 cal. \$11.99  
Half Entrée 650 cal. \$7.99

## 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, 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<sup>†</sup> BLT SANDWICH

Sweet and smoky salmon with bacon, lettuce, tomato, and lemon garlic aioli on artisan bread. **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, Chili + \$4.29

### GRILLED SHRIMP PLATTER

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



### BBQ RIBS

Baby back pork ribs with choice of sauce and seasoned fries. **Request no cornbread.**  
Full Order 1,390-1,540 cal. \$19.79  
Half Order 830-920 cal. \$13.99

SAUCES: ORIGINAL BBQ, GLORY

### 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<sup>†</sup>

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<sup>†</sup>

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



### SMOTHERED CHICKEN

Grilled boneless skinless chicken topped with melted provolone, cheddar, and Swiss cheeses, sautéed mushrooms, peppers, and grilled onions. Served with seasonal vegetables. 720 cal. \$12.99

## SIDES

SEASONED FRIES 460 cal. \$2.99

PARSLEY RED POTATOES  
180 cal. \$2.99

CREAMY MASHED POTATOES  
240 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<sup>†</sup>

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

ORDER ONLINE!

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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<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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