

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

SHARABLES ★

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

CHEESE FRIES

Monterey Jack and Cheddar cheeses, bacon. Served with a side of homemade ranch. 1200 cal. \$10.5



BUFFALO CHICKEN DIP

Smoked chicken, 3 cheese blend, blue cheese, and mild Buffalo sauce. Served with Fritos® scoops. 880 cal. \$10

BEST DARN WINGS ★

FIRE GRILLED Chargrilled. 90 cal. per wing.

TRADITIONAL Classic wing style. 90 cal. per wing.

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

6 for \$11.5 10 for \$15.5 15 for \$21.5 25 for \$32.5

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 +\$1

ADD SEASONED FRIES for \$3



PICK YOUR FAVORITE SAUCES

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.



HERO BURGER†

Two-hand crafted house blend patties topped with American cheese. 1,290 cal. \$15.5

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



FRESH GRILLED BURGERS ★

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

ALL AMERICAN CHEESEBURGER†

Our delicious award-winning burger grilled and topped with cheddar cheese. 1,120 cal. \$14
Add bacon for \$.50

SWISS / MUSHROOM / ONION BURGER†

Grilled mushrooms, onions, and melted Swiss. 1,070 cal. \$14.5

BURGER BLUE†

Topped with blue cheese crumbles, balsamic drizzle and caramelized onions. 990 cal. \$14.5

THE GLORY BURGER®†

BBQ sauce, bacon, cheddar, and a soft fried egg†. 1,730 cal. \$15

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. \$15.5

All burgers served on a Gluten Free bun with lettuce, tomato, onion, seasoned fries and a pickle. 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 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, Citrus Vinaigrette, 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 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. \$13.5

CLASSICS



GRILLED SHRIMP PLATTER

Served with coleslaw, broccoli, and cocktail sauce. 970 cal. \$17

BBQ RIBS

Baby back pork ribs with original BBQ sauce, coleslaw and broccoli.
Full Order 1,390 cal. \$23
Half Order 830 cal. \$16



GRILLED SALMON†

Grilled Salmon served with basmati rice and broccoli. 880 cal. \$18.5

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

SIDES

\$3.5 each

SEASONED FRIES 460 cal.
GARLIC MASHED POTATOES 240 cal.
FRESHLY PREPARED CREAMY COLESLAW 330 cal.
BASMATI RICE 230 cal.
BROCCOLI 110 cal.

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. \$17

GLORY DAYS® COBB SALAD

Chopped romaine hearts, grilled chicken breast, Ranch dressing, hard-boiled eggs, diced tomatoes, bacon, grated Monterey Jack and cheddar, and green onions. 1,300 cal. \$13.5



1988 SIRLOIN STEAK†

USDA Choice sirloin served with a loaded baked potato and your choice of Caesar or house salad. 790-960 cal. \$19.5

BBQ RIB & SHRIMP COMBO

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

GRILLED CHICKEN

Served with broccoli and creamy mashed potatoes. 479 cal. \$15

SMOTHERED CHICKEN

Grilled boneless skinless chicken topped with melted Coopers white American, cheddar, and Swiss cheeses, sautéed mushrooms, peppers, and grilled onions. Served with broccoli. 720 cal. \$16

PREMIUMS

SIDE CAESAR SALAD 230 cal. \$5
SIDE HOUSE SALAD 110 cal. \$5
HOMEMADE GUACAMOLE 100 cal. \$5
CHILI
Cup 530 cal. \$6 Bowl 770 cal. \$8
LOADED BAKED POTATO 510 cal.
Available after 5pm

BUFFALO CHICKEN SALAD

Grilled chicken, mild wing sauce, chopped romaine hearts, celery, tomatoes, carrots, cabbage, blue cheese* dressing, and blue cheese crumbles.
1,500 cal. \$12.5

HANDHELDS



GRILLED CHICKEN SANDWICH

Tender chicken breast, bacon, and melted Swiss cheese. 1,010 cal. \$12

TURKEY BLT SANDWICH

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

Served on Gluten Free Bun.

Served with your choice of Gluten Free side.

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

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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 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) 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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