



# GLUTEN INTOLERANT FRIENDLY

Our Gluten Intolerant Friendly (GIF) menu and the information on it is provided by CJ's as a service to our customers who may be seeking Gluten Intolerant Friendly items.



## APPETIZERS & SALADS

### Seared Bacon-Wrapped Shrimp

Cajun Style: Under 650 calories, 5g net carbs when ordered "In the Pink"

Colossal shrimp, smoked bacon...9.99

★ **Cajun:** Pan-blackened, mixed greens, lime remoulade, chipotle bleu cheese

★ **Maple Citrus:** Pan-seared, citrus glaze, mixed greens

### California Chopped

Romaine, Napa cabbage, tomato, cucumber, bacon, cheddar, red onion, avocado, tortilla chips, chipotle bleu cheese dressing...9.99

★ **Grilled Chicken**...3.99 ★ **Salmon**...6.99

★ **Bacon-Wrapped Shrimp**...5.99

### B & B

Under 650 calories when ordered "In the Pink"

Salad greens, grilled chicken, cucumber, tomato, onion, green pepper, Colby & Jack cheese, tortilla thins...13.99

(Blackened, Buffalo, or both B&B)

### Caesar

Under 650 calories & 10g net carbs when ordered "In the Pink"

Romaine, Parmesan, Caesar dressing...9.99

★ **Grilled Chicken**...3.99 ★ **Salmon**...6.99

★ **Bacon-Wrapped Shrimp**...5.99

## BURGERS & SANDWICHES

### Mushroom Swiss Smash Burger

Two 4 oz. burgers, Swiss, mushroom, grilled onion, lettuce, tomato, black pepper mayo, GF brioche roll, broccoli...12.99

### Great American Burger

½lb. burger, white American or cheddar, lettuce, tomato, onion, GF brioche roll, broccoli...13.49

★ **sautéed mushrooms**...99¢

★ **bacon**...99¢ ★ **both**...1.49

### Steak 'n' Cheese Rollup

Shaved sirloin, sautéed pepper & onion, mushroom, American cheese, ranch, GF tortilla, broccoli...12.99

### Grilled Chicken Sandwich

GF brioche roll, lettuce & tomato, broccoli...12.99

★ **Monterey:** Ranch, Jack cheese

★ **Buffalo:** Bleu cheese, Buffalo sauce

★ **Blackened:** Ranch, Jack cheese

★ **Rustler's:** Bacon, ranch, American cheese

## HOUSE FAVORITES

### Cattleman's NY Strip Steak, 14 oz.

Baked potato, asparagus...22.99

### Chef Nicole® Signature Salmon

Under 650 calories as is

Fresh salmon, Chef Nicole's® signature spice, garlic butter, asparagus, broccoli...16.99

### Enchiladas

Corn tortillas, cheddar, pico de gallo, sweet chilies, refried beans, enchilada sauce, sided with Mexican rice, refried beans & sour cream.

★ **Cheese**...11.99

★ **Chicken**...13.99

★ **Ground Beef**...14.99

### Bueno Burrito

GF tortilla, refried beans, traditional salsa, cheddar, sided with Mexican rice, refried beans & sour cream.

★ **Chicken**...14.99

★ **Ground Beef**...15.99

## ORDERING FOR A CHILD?

Just ask, and we'll include a package of Home Free Allergen Friendly cookies with your meal.



The items on this menu are not intended to be Gluten Free as we have a made-from-scratch kitchen in which various foods containing gluten are prepared on a regular basis. In making a decision to enjoy one of our GIF menu items, please be aware that due to shared cooking and preparation areas, including common fryer oil, the possibility exists for GIF menu items (and purchased gluten free products) to come in contact with non-GIF menu items. Due to these circumstances, we are unable to guarantee that any menu items can be completely free of gluten. Our GIF menu is not intended for those who have Celiac disease or low tolerance to foods containing trace amounts of gluten.