



CJ's Suggestions for Guests with Dietary Requests



CJ's on the Bay recognizes some guests have allergy and/or dietary concerns. The following guideline is used for selecting options based on the eight most common allergies. Please always inform your server of your specific allergy. Our Chef is available to answer any questions or concerns you may have.

General Information:

- **No** products containing peanuts, peanut oil or MSG are knowingly used, stored or purchased for any recipes.
 - Canola oil, olive oil or clarified, unsalted butter is used when sautéing.
 - A blend of canola and corn oil is used for fryer shortening.
- Gluten free pasta is cooked and reheated separately from any other pastas. Our Gluten free pasta is also egg free.
 - Fruit, French fries and sweet potato puffs are allergy-free as sandwich sides.
- Please consult your server for allergy information related to our daily specialties items.

IF UNSURE OF YOUR RISK, PLEASE CONSULT YOUR PHYSICIAN.

We are committed to consistently serving our guests quality food with outstanding guest service!

Wheat / Gluten Allergy

Starters and Lite Fare <ul style="list-style-type: none"> • Mini Burgers / Clams (no bread) • Tuna Poke (no wonton, no seaweed) • Hummus (no pita) • Shrimp Cocktail • Chicken Wings, Nachos 	Salads and Soups <ul style="list-style-type: none"> • Caesar (no croutons) • All Other Salads • All salad add-ons EXCEPT crab cakes • All Dressings • Seafood Chowder, Veggie Chili 	Sandwiches and Sides <ul style="list-style-type: none"> • Sandwiches (no bread): Fish (blackened or Grilled), Chicken, CJ's "Philly" (no tobacco onions), Prime Rib, Salmon BLT, All Burgers • All Wraps — request lettuce cup
Seafood Entrees <ul style="list-style-type: none"> • Mahi Mahi (no flour) • Seafood Combo, Scallops, Lobster Tail • Grilled Salmon 	Pasta <ul style="list-style-type: none"> • All Pasta (request gluten free) • No Garlic Bread with Clams Linguini 	Mainland Entrees <ul style="list-style-type: none"> • Filet Mignon (no sauce) • Prime Rib (no au jus) • Pork Chop • NY Strip
Desserts <ul style="list-style-type: none"> • Chocolate Nut Torte • Crème Brûlée 		Kids <ul style="list-style-type: none"> • Kids Pasta (request gluten free, marinara or butter sauce) • Chicken/Fish Dinner

Soy Allergy

Starters and Lite Fare <ul style="list-style-type: none"> • All Items except Tuna Poke 	Salads and Soups <ul style="list-style-type: none"> • All Salads • All Salad Add-ons • Dressings: Citrus, Balsamic Vinaigrette, Red Wine Vinaigrette, Oil and Vinegar • Seafood Chowder, Veggie Chili 	Sandwiches and Sides <ul style="list-style-type: none"> • CJ's "Philly", Prime rib (no bread or sub whole wheat bun) • Salmon BLT (no mayo) • Fish Sandwich (no tartar sauce, no bread or sub whole wheat bun)
Seafood Entrees <ul style="list-style-type: none"> • All Items EXCEPT crab cakes 	Pasta <ul style="list-style-type: none"> • All Items 	Mainland Entrees <ul style="list-style-type: none"> • Chicken Pot Pie (no pastry) • All Items
Desserts <ul style="list-style-type: none"> • Key Lime Tart, Crème Brûlée 		Kids <ul style="list-style-type: none"> • All Items

Peanut / Tree Nut Allergy

Starters and Lite Fare <ul style="list-style-type: none"> • All Items 	Salads and Soups <ul style="list-style-type: none"> • All Salad Add-ons, All Dressings • Seafood Chowder, Veggie Chili 	Sandwiches and Sides <ul style="list-style-type: none"> • All Items
Seafood Entrees <ul style="list-style-type: none"> • All Items 	Pasta <ul style="list-style-type: none"> • All Items 	Mainland Entrees <ul style="list-style-type: none"> • All Items
Desserts <ul style="list-style-type: none"> • Key Lime Tart, Crème Brûlée 		Kids <ul style="list-style-type: none"> • All Items



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Egg Allergy		
Starters and Lite Fare <ul style="list-style-type: none"> • Mini Burger (no bread) • All Items EXCEPT Crab Cakes, Coconut Shrimp 	Salads and Soups <ul style="list-style-type: none"> • Niçoise, Cobb (no egg) • All Salad Add-ons EXCEPT crab cakes • Dressings: Citrus, Red Wine Vinaigrette, Oil and Vinegar, Balsamic • Seafood Chowder, Veggie Chili 	Sandwiches and Sides <ul style="list-style-type: none"> • Fish Sandwich (grilled or blackened) • Salmon BLT (no mayo) • All Burgers (no bread or sub bread) • Fish and Chips, Blknd Prime Rib, Chicken • All Wraps
Seafood Entrees <ul style="list-style-type: none"> • All items EXCEPT crab cakes 	Pasta <ul style="list-style-type: none"> • Linguini & Fettuccini request gluten free • Puttanesca 	Mainland Entrees <ul style="list-style-type: none"> • All Items
Desserts <ul style="list-style-type: none"> • Request Fresh Fruit 		Kids <ul style="list-style-type: none"> • Kids Pasta (request gluten free), Chicken/Fish Dinner

Shellfish Allergy		
Starters and Lite Fare <ul style="list-style-type: none"> • All Items EXCEPT Clams, Crab Cakes, Lobster Fries, Shrimp Cocktail, Coconut Shrimp 	Salads and Soups <ul style="list-style-type: none"> • Cobb (no shrimp), All Other Salads • Add-ons: Tuna, Chicken, Salmon, Mahi • All Dressings • Veggie Chili 	Sandwiches and Sides <ul style="list-style-type: none"> • All Wraps and Sandwiches
Seafood Entrees <ul style="list-style-type: none"> • Salmon, Mahi Mahi 	Pasta <ul style="list-style-type: none"> • CJ's Shrimp Pasta (no shrimp) • Fettuccini, Puttanesca 	Mainland Entrees <ul style="list-style-type: none"> • All Items
Desserts <ul style="list-style-type: none"> • All Items 		Kids <ul style="list-style-type: none"> • All items

Fish Allergy		
Starters and Lite Fare <ul style="list-style-type: none"> • All Items EXCEPT Tuna Poke 	Salads and Soups <ul style="list-style-type: none"> • All Salads EXCEPT Niçoise 	Sandwiches and Sides <ul style="list-style-type: none"> • All Items EXCEPT Salmon Turnover, Fish & Chips, Fish Sandwich, Salmon BLT
Seafood Entrees <ul style="list-style-type: none"> • Crab Cakes, Scallops, Lobster Tail, Seafood Combo 	Pasta <ul style="list-style-type: none"> • All Items 	Mainland Entrees <ul style="list-style-type: none"> • All Items
Desserts <ul style="list-style-type: none"> • All Items 		Kids <ul style="list-style-type: none"> • All EXCEPT Fish Dinner

Dairy Allergy		
Starters and Lite Fare <ul style="list-style-type: none"> • Mini Burger, Nachos, Pizza (no cheese), Crab Cakes (no butter) • All Other Items EXCEPT Blue Cheese Chips 	Salads and Soups <ul style="list-style-type: none"> • Cobb (no cheese), Caesar (no cheese, no croutons, sub dressing), Antipasto Salad (no cheese) • All Other Salads and Add-ons • Dressings: All Vinaigrettes, Honey Dijon, 1000 Island • Seafood Chowder, Veggie Chili 	Sandwiches and Sides <ul style="list-style-type: none"> • Sandwiches (no cheese): CJ's "Philly", Chicken, Blknd Prime Rib • All Burgers (no bread or sub whole wheat roll) • Salmon BLT • Wraps: Italian, Veggie Wrap (no cheese)
Seafood Entrees <ul style="list-style-type: none"> • Scallops, Lobster Tail, Seafood Combo (no butter) • Mahi Mahi (no sauce) 	Pasta <ul style="list-style-type: none"> • Fettuccini (no garlic cream sauce) • All other pastas EXCEPT Linguini with White Wine 	Mainland Entrees <ul style="list-style-type: none"> • Filet (no butter) • NY Strip (no cheese topping) • Prime Rib, Pork Chop
Desserts <ul style="list-style-type: none"> • Request Fresh Fruit 		Kids <ul style="list-style-type: none"> • Kids Pasta (marinara), Chicken/Fish Dinner (no butter)