



# 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

<b>Starters and Lite Fare</b> <ul style="list-style-type: none"> <li>• Clams (no bread)</li> <li>• Hummus (no pita)</li> <li>• Carpaccio (no crostini)</li> <li>• Chicken Wings, Nachos</li> </ul>	<b>Salads and Soups</b> <ul style="list-style-type: none"> <li>• Caesar (no croutons)</li> <li>• All Other Salads</li> <li>• All salad add-ons</li> <li>• All Dressings</li> <li>• Seafood Chowder, Veggie Chili</li> </ul>	<b>Sandwiches and Sides</b> <ul style="list-style-type: none"> <li>• Sandwiches (<i>no bread</i>): Fish (blackened or Grilled), Blackened Prime Rib (no tobacco onions)</li> <li>• All Wraps — request lettuce cup</li> </ul>
<b>Seafood Entrees</b> <ul style="list-style-type: none"> <li>• Mahi Mahi (no flour / no sauce)</li> <li>• Seafood Combo, Scallops, Lobster Tail</li> <li>• Grilled Salmon, Cobia</li> </ul>	<b>Pasta</b> <ul style="list-style-type: none"> <li>• All Pasta (request gluten free)</li> <li>• No Garlic Bread with Clams Linguini</li> </ul>	<b>Mainland Entrees</b> <ul style="list-style-type: none"> <li>• Filet Mignon, Pork Chop (no sauce)</li> <li>• Prime Rib (no au jus)</li> <li>• Charred Veggie Stack</li> </ul>
<b>Desserts</b> <ul style="list-style-type: none"> <li>• Crème Brûlée</li> <li>• Honey Granola Parfait (no granola)</li> </ul>		<b>Kids</b> <ul style="list-style-type: none"> <li>• Kids Pasta (request gluten free, marinara/butter sauce)</li> <li>• Chicken/Fish Dinner, Hummus and Veggies (no pita)</li> <li>• Mini burger (no bun)</li> </ul>

## Soy Allergy

<b>Starters and Lite Fare</b> <ul style="list-style-type: none"> <li>• Fried Scallops (no sauce)</li> <li>• All other Items except Tuna Poke, Coconut Shrimp</li> </ul>	<b>Salads and Soups</b> <ul style="list-style-type: none"> <li>• All Salads EXCEPT Caesar</li> <li>• All Salad Add-ons</li> <li>• Dressings: Citrus, Balsamic / Red Wine Vinaigrette, Oil and Vinegar, French</li> <li>• Seafood Chowder, Veggie Chili</li> </ul>	<b>Sandwiches and Sides</b> <ul style="list-style-type: none"> <li>• All Wraps</li> <li>• CJ's Philly / Chicken Sandwich</li> <li>• All sandwiches (no bread)</li> </ul>
<b>Seafood Entrees</b> <ul style="list-style-type: none"> <li>• All Items</li> </ul>	<b>Pasta</b> <ul style="list-style-type: none"> <li>• All Items</li> </ul>	<b>Mainland Entrees</b> <ul style="list-style-type: none"> <li>• All Items</li> </ul>
<b>Desserts</b> <ul style="list-style-type: none"> <li>• All items EXCEPT Filookie, ice cream</li> </ul>		<b>Kids</b> <ul style="list-style-type: none"> <li>• All Items except pizza, chicken fingers. Mini burgers (no bread)</li> </ul>

## Peanut / Tree Nut Allergy

<b>Starters and Lite Fare</b> <ul style="list-style-type: none"> <li>• All Items EXCEPT Coconut Shrimp</li> </ul>	<b>Salads and Soups</b> <ul style="list-style-type: none"> <li>• Beet Salad (no nuts)</li> <li>• All other Items</li> </ul>	<b>Sandwiches and Sides</b> <ul style="list-style-type: none"> <li>• All Items</li> </ul>
<b>Seafood Entrees</b> <ul style="list-style-type: none"> <li>• All Items</li> </ul>	<b>Pasta</b> <ul style="list-style-type: none"> <li>• All Items</li> </ul>	<b>Mainland Entrees</b> <ul style="list-style-type: none"> <li>• All Items</li> </ul>
<b>Desserts</b> <ul style="list-style-type: none"> <li>• All items EXCEPT Ice cream</li> </ul>		<b>Kids</b> <ul style="list-style-type: none"> <li>• All Items</li> </ul>



# CJ's Suggestions for Guests with Dietary Requests



## Egg Allergy

<b>Starters and Lite Fare</b> <ul style="list-style-type: none"> <li>Tuna Poke (no spicy mayo)</li> <li>All other Items EXCEPT Carpaccio</li> </ul>	<b>Salads and Soups</b> <ul style="list-style-type: none"> <li>Tropical Cobb (no egg)</li> <li>All Other Salads &amp; Salad Add-ons</li> <li>Dressings: Citrus, Honey-Dijon, Orange Poppy, Balsamic, Red Wine, Oil &amp; Vinegar</li> <li>Seafood Chowder, Veggie Chili</li> </ul>	<b>Sandwiches and Sides</b> <ul style="list-style-type: none"> <li>Fish Sandwich &amp; Crispy Fish Strips (grilled or blackened)</li> <li>Salmon BLT / Turkey Wrap (no sauces)</li> <li>All Burgers</li> <li>All Other Items</li> </ul>
<b>Seafood Entrees</b> <ul style="list-style-type: none"> <li>All items</li> </ul>	<b>Pasta</b> <ul style="list-style-type: none"> <li>Linguini &amp; Fettuccini request gluten free</li> <li>Puttanesca</li> </ul>	<b>Mainland Entrees</b> <ul style="list-style-type: none"> <li>All Items</li> </ul>
<b>Desserts</b> <ul style="list-style-type: none"> <li>Honey Granola Parfait</li> </ul>		<b>Kids</b> <ul style="list-style-type: none"> <li>All items (pasta with gluten free pasta ) EXCEPT Chicken Fingers</li> </ul>

## Shellfish Allergy

<b>Starters and Lite Fare</b> <ul style="list-style-type: none"> <li>All Items EXCEPT Fried Scallops, Fried Shrimp, Coconut Shrimp</li> </ul>	<b>Salads and Soups</b> <ul style="list-style-type: none"> <li>Cobb (no shrimp), All Other Salads</li> <li>Add-ons: Cobia, Chicken, Salmon, Mahi</li> <li>All Dressings</li> <li>Veggie Chili</li> </ul>	<b>Sandwiches and Sides</b> <ul style="list-style-type: none"> <li>All Wraps and Sandwiches</li> </ul>
<b>Seafood Entrees</b> <ul style="list-style-type: none"> <li>Salmon, Mahi Mahi, Cobia</li> </ul>	<b>Pasta</b> <ul style="list-style-type: none"> <li>CJ's Shrimp Pasta (no shrimp)</li> <li>Fettuccini, Puttanesca</li> </ul>	<b>Mainland Entrees</b> <ul style="list-style-type: none"> <li>All Items</li> </ul>
<b>Desserts</b> <ul style="list-style-type: none"> <li>All Items</li> </ul>		<b>Kids</b> <ul style="list-style-type: none"> <li>All items</li> </ul>

## Fish Allergy

<b>Starters and Lite Fare</b> <ul style="list-style-type: none"> <li>All Items EXCEPT Tuna Poke</li> </ul>	<b>Salads and Soups</b> <ul style="list-style-type: none"> <li>All Salads EXCEPT Caesar</li> <li>All Dressing, Chicken Add-ON</li> <li>Veggie Chili</li> </ul>	<b>Sandwiches and Sides</b> <ul style="list-style-type: none"> <li>All Items EXCEPT Salmon Wrap, Crispy Fish Strips, Fish Sandwich, Salmon BLT</li> </ul>
<b>Seafood Entrees</b> <ul style="list-style-type: none"> <li>Scallops, Lobster Tail, Seafood Combo</li> </ul>	<b>Pasta</b> <ul style="list-style-type: none"> <li>All Items</li> </ul>	<b>Mainland Entrees</b> <ul style="list-style-type: none"> <li>All Items</li> </ul>
<b>Desserts</b> <ul style="list-style-type: none"> <li>All Items</li> </ul>		<b>Kids</b> <ul style="list-style-type: none"> <li>All EXCEPT Fish Dinner</li> </ul>

## Dairy Allergy

<b>Starters and Lite Fare</b> <ul style="list-style-type: none"> <li>Chicken Wings (no mild sauce),</li> <li>Hummus (no bread)</li> <li>Nachos (no cheese)</li> <li>Little Neck Clams (no Garlic Bread),</li> <li>All other items EXCEPT Fried Shrimp, Calamari, Fried Scallop</li> </ul>	<b>Salads and Soups</b> <ul style="list-style-type: none"> <li>Cobb (no cheese), Caesar (no cheese, no croutons, sub dressing),</li> <li>All Other Salads and Add-ons</li> <li>Dressings: All Vinaigrettes, Honey Dijon, 1000 Island, French,</li> <li>Seafood Chowder, Veggie Chili</li> </ul>	<b>Sandwiches and Sides</b> <ul style="list-style-type: none"> <li>All wraps (lettuce cup). Turkey Wrap (no aioli), Salmon Wrap (no cheese)</li> <li>Fish Sandwich and Crispy Fish Strips (grilled or blackened)</li> <li>All other sandwiches (no bread and no cheese)</li> </ul>
<b>Seafood Entrees</b> <ul style="list-style-type: none"> <li>Grilled Salmon</li> <li>All other items (no sauce)</li> </ul>	<b>Pasta</b> <ul style="list-style-type: none"> <li>Fettuccini, Shrimp Pasta (no sauce)</li> <li>All other pastas EXCEPT Linguini with White Wine</li> </ul>	<b>Mainland Entrees</b> <ul style="list-style-type: none"> <li>Filet (no butter), Pork Chop (no sauce)</li> <li>Prime Rib (no horseradish sauce)</li> <li>Veggie Stack</li> </ul>
<b>Desserts</b> <ul style="list-style-type: none"> <li>Honey Granola Parfait (no parfait)</li> <li>Request fresh fruit</li> </ul>		<b>Kids</b> <ul style="list-style-type: none"> <li>Kids Pasta (gluten free pasta, marinara), Chicken/Fish Dinner</li> <li>Hummus and Veggies, Mini Burger (no bread, no cheese)</li> </ul>