



# 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>• Mini Burgers / Clams (no bread)</li> <li>• Tuna Poke (no wonton, no seaweed)</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), Chicken, CJ's "Philly" (no tobacco onions), Prime Rib, Salmon BLT, PLT, Burger</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</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 (no sauce)</li> <li>• Prime Rib (no au jus)</li> <li>• Pork Chop</li> <li>• NY Strip</li> </ul>
<b>Desserts</b> <ul style="list-style-type: none"> <li>• Fruit Cup with Whipped Honey Yogurt</li> <li>• Crème Brûlée</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> </ul>

## Soy Allergy

<b>Starters and Lite Fare</b> <ul style="list-style-type: none"> <li>• Mini Burgers (no bread)</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 Vinaigrette, Red Wine Vinaigrette, Oil and Vinegar</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 / Mini Burger / The Italian / Blackened Prime Rib (no cheese)</li> <li>• Fish Sandwich</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 Chocolate Madness / 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



<b>Egg Allergy</b>		
<b>Starters and Lite Fare</b> <ul style="list-style-type: none"> <li>• Mini Burger (no bread)</li> <li>• All Items EXCEPT Lobster Fries or Carpaccio</li> </ul>	<b>Salads and Soups</b> <ul style="list-style-type: none"> <li>• Niçoise &amp; Cobb (no egg)</li> <li>• All Other Salads &amp; Salad Add-ons</li> <li>• Dressings: Citrus, Red Wine Vinaigrette, Oil and Vinegar, Balsamic</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 (no bread or sub wheat bread)</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>• Fruit Cup with Whipped Honey Yogurt</li> </ul>		<b>Kids</b> <ul style="list-style-type: none"> <li>• All items (pasta with gluten free pasta ) EXCEPT Chicken Fingers</li> </ul>

<b>Shellfish Allergy</b>		
<b>Starters and Lite Fare</b> <ul style="list-style-type: none"> <li>• All Items EXCEPT Lobster Fries, 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: Tuna, 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</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>

<b>Fish Allergy</b>		
<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 Niçoise, Caesar</li> <li>• Veggie Chili</li> </ul>	<b>Sandwiches and Sides</b> <ul style="list-style-type: none"> <li>• All Items EXCEPT Salmon Turnover, 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>

<b>Dairy Allergy</b>		
<b>Starters and Lite Fare</b> <ul style="list-style-type: none"> <li>• Tuna Poke, Lobster Fries, Chicken Wings (no mild sauce), Hummus, Coconut Shrimp, Fried Shrimp, Little Neck Clams (no Garlic Bread), Mini Burgers (no cheese)</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 ,</li> <li>• Seafood Chowder, Veggie Chili</li> </ul>	<b>Sandwiches and Sides</b> <ul style="list-style-type: none"> <li>• Veggie Wrap (lettuce cup)</li> <li>• Turkey Wrap (lettuce cup, no aioli)</li> <li>• Salmon BLT, CJ's PLT</li> <li>• Fish Sandwich grilled or blackened</li> <li>• All other sandwiches (no cheese) EXCEPT salmon turnover</li> </ul>
<b>Seafood Entrees</b> <ul style="list-style-type: none"> <li>• Scallops, Lobster Tail (no butter),</li> <li>• Seafood Combo (no butter)</li> <li>• Mahi Mahi (no sauce)</li> </ul>	<b>Pasta</b> <ul style="list-style-type: none"> <li>• Fettuccini (no garlic cream 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), NY Strip (no mushrooms)</li> <li>• Prime Rib (no horseradish)</li> <li>• Veggie Stack, Prime Rib, Pork Chop</li> </ul>
<b>Desserts</b> <ul style="list-style-type: none"> <li>• Fruit Cup (no whipped yogurt)</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</li> </ul>