

GLUTEN SENSITIVE MENU

STARTERS

CHICKEN SOUP CUP 4.79 / BOWL 5.99
Order without bread, crackers or noodles. (35/60 cal)

CROCK OF FRENCH ONION SOUP 6.79
Order without bread or croutons. (200 cal)

TOMATO CUCUMBER SALAD 4.99
Fresh wedges of tomatoes blended with crunchy cucumbers, red onion and dill tossed with Italian vinaigrette. (80 cal)
Upgrade any side or dinner salad for .99 (add 40 cal)

ROASTED BRUSSELS SPROUTS MEDLEY 7.99
Brussels sprouts and seasonal vegetables roasted, lightly seasoned and topped with crispy chopped bacon and a balsamic glaze. (500 cal)
Upgrade the vegetable on any dinner for 1.59 (340 cal)

DELI SALADS

Request with no bread, crackers or croutons.

DILL CHICKEN SALAD 9.99
A signature dish! Diced chicken breast tossed in our signature dill sauce. (520 cal)

TUNA SALAD 10.99
Our homemade blend of all white Albacore tuna mix with just the right amount of seasoning and mayo. (480 cal)

T.J.'S TRIO 12.79
Choose any three – dill chicken, traditional chicken, tuna or egg salad. (370-730 cal)

STUFFED TOMATO 10.99
A vine ripe tomato filled with your choice of dill chicken, traditional chicken, tuna or egg salad. (450-630 cal)

HAND TOSSED SALADS

All salad dressings are gluten-free.
Add a side of avocado for 1.99 (160 cal)

CHICKEN CAESAR SALAD 11.59
Fresh romaine lettuce tossed with our own Caesar dressing.
Request with plain chicken and no croutons. (290 cal)

MANDARIN CHICKEN SALAD 12.99
Diced chicken breast, mandarin orange, toasted sliced almonds and sweet red grapes tossed in a homemade tropical dressing served atop a bowl of fresh mixed greens. (560 cal)

STRAWBERRY CITRUS SALAD 10.99
Fresh mixed greens tossed with our raspberry vinaigrette, topped with mandarin oranges, strawberries, grapes, Gorgonzola and toasted almonds. (810 cal)
Topped with sliced plain chicken add 3.59 (add 250 cal)

TOOJAY'S CHOPPED SALAD 12.79
Turkey, ham, egg, black olives, red onions, crisp greens and garden vegetables chopped and tossed in your choice of dressing, topped with Gorgonzola, crumbled bacon and artichoke hearts. (450 cal)

TOOJAY'S COBB SALAD 12.79
Fresh mixed greens piled with diced chicken, ham, red onions, bacon, tomatoes, hard boiled eggs and shredded cheddar. (630 cal)

Your choice of dressing: Ranch (560 cal), Blue Cheese (490 cal), Honey Mustard (560 cal), Caesar (390 cal), Lite Italian (50 cal), Balsamic Vinaigrette (420 cal), Raspberry Vinaigrette (450 cal), Russian (420 cal) and Oil & Vinegar (430 cal)

CHOOSE TOO

All salad dressings are gluten-free.

CUP OF SOUP & SALAD 8.99
Chicken Soup and House or Caesar Side Salad. (95-875 cal)

CUP OF SOUP & SCOOP OF DELI SALAD 10.79
Chicken Soup and Dill or Traditional Chicken Salad, Tuna Salad or Egg Salad. (195-695 cal)

CUP OF SOUP & CAFÉ-SIZED HAND TOSSED SALAD 10.99
Chicken Soup and any of our Gluten-Sensitive Hand Tossed Salads. (245-1115 cal)
Topped with plain chicken breast add 1.69 (add 120 cal)

BURGERS & CHICKEN

Request with no bun and plain chicken. Grilled and served with lettuce and tomato. Request fruit salad or vegetable of the day as a substitution for fries.

BUILD YOUR OWN* 10.99

Includes your choice of cheese and one sauce.
No cheese 10.59

1. CHOOSE YOUR BURGER

USDA Choice Ground Beef (410 cal)
Grilled Chicken Breast (230 cal) | Ground Turkey (460 cal)

2. CHOOSE YOUR CHEESE

American (110 cal) | Cheddar (110 cal) | Swiss (110 cal)
Provolone (100 cal) | Muenster (170 cal)
Gorgonzola (100 cal) | Feta (80 cal)

3. ADD TOPPINGS

Caramelized Onions .59 (60 cal) | Balsamic Caramelized Onions .79 (45 cal) | Grilled Green Peppers .59 (80 cal)
Sautéed Mushrooms .59 (35 cal) | Fried Egg .99 (140 cal)
Bacon 1.59 (50 cal) | Avocado 1.99 (160 cal)

4. CHOOSE SAUCES

Chipotle Mayo (330 cal) | Lemon Garlic Aioli (340 cal)
Horseradish Sauce (100 cal) | Remoulade (280 cal)
BBQ Sauce (80 cal) | Salsa (20 cal)

BURGER À LA TOOJAY'S* 12.79

Topped with mushrooms, smokehouse bacon and melted Muenster. (670 cal)

CHICKEN À LA TOOJAY'S 12.79

Chicken breast grilled and topped with mushrooms, smokehouse bacon and melted Muenster. Order chicken plain. (470 cal)

CLASSIC COMFORTS

Includes Chicken Soup or House or Caesar salad. (35-560 cal)
Request with no croutons.

OLD FASHIONED POT ROAST 16.99

Tender, slow roasted and topped with mushroom demi-glace.
Order with double vegetables as substitution for mashed potatoes. (450 cal)

BEEF BRISKET PLATTER 17.79

Our lean and tender brisket topped with mushroom demi-glace.
Order with double vegetables as substitution for potato pancakes. (500 cal)

GRILLED CHOPPED SIRLOIN* 15.99

Grilled to order and topped with caramelized onions and mushroom demi-glace. Order with double vegetables as substitution for mashed potatoes. (690 cal)

LIVER AND ONIONS* 14.79

Grilled beef liver topped with caramelized onions. Order with double vegetables as substitution for mashed potatoes. (730 cal)

BAKED ATLANTIC SALMON WITH DILL SAUCE* 17.99

Topped with a creamy dill sauce. Order with double vegetables as substitution for rice pilaf. (1090 cal)

BROILED COD 16.79

Atlantic Cod fillets simply broiled with a lemon dill butter. Order with double vegetables as substitution for rice pilaf. (470 cal)

Please be aware that during normal kitchen operations involving shared cooking and preparation areas, the possibility exists for gluten-free products to come in contact with other food products. Every opportunity is taken to minimize the exposure where possible. Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens.

Our allergen list (toojays.com) details the Top 8 allergens present in each menu item based on suppliers' ingredient statements. These ingredients may have also come into contact with, or are produced at, facilities that handle other allergens.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, Nova salmon or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.