

GLUTEN SENSITIVE MENU

P.J. WHELIHAN'S

PUB + RESTAURANT

STARTERS

Buffalo Chicken Dip

Wing taste without the mess! Tangy and creamy chicken dip with zip! Served with carrot and celery sticks.

*no topping or pita bread; sub carrot + celery

SOUPS & CHILI

PJs Firehouse Chili

Custom blend of herbs and spices with fresh chorizo and ground beef, slow-cooked with red beans, onions and garlic in a fiery tomato broth topped with shredded cheddar jack.

SALADS



Gluten-Free Dressings: Caesar, Ranch, Bleu Cheese, Balsamic, Lite Italian, Red Wine Vinaigrette, Jalapeño Ranch

Strawberry Avocado Chicken

House blend greens tossed in orange poppy dressing, topped with grilled chicken breast, fresh strawberries, diced avocado, sugar snap peas, toasted sweet pecans + crumbled feta. *sub Ken's Gluten-Free Dressings

Buffalo Chicken

Marinated grilled chicken in hot & honey sauce, piled high on a bed of mixed greens tossed in ranch dressing, topped with onions, tomatoes and cucumber. *sub grilled chicken; hot & honey or garlic parm sauce (no breadcrumbs)

Grilled Chicken Caesar

Marinated grilled chicken breast on a bed of chopped romaine tossed with caesar dressing, topped with grated parmesan. *no croutons

Cobb Salad

Grilled chicken breast served over chopped romaine tossed with balsamic vinaigrette, topped with cherry tomatoes, egg, crispy bacon, avocado and crumbled bleu cheese.

Southwest Chicken Salad

BBQ grilled chicken breast over romaine tossed with jalapeño ranch dressing, topped with charred corn, avocado, cheddar jack, pico de gallo and crispy bacon. *sub grilled chicken; no crushed tortilla chips

Mediterranean Chicken

Chopped romaine tossed with red wine vinaigrette, topped with sliced grilled chicken, chick peas, red onions, cucumbers, kalamata olives, peppers, cherry tomatoes and feta.

HANDHELDS

Served with chips and a pickle.

Chicken Bacon Ranch

Grilled chicken breast, ranch aioli, crispy bacon, american cheese, roasted tomato and shredded lettuce.



Sandwiches and burgers are available without a roll or on a gluten free roll for an upcharge

BURGERS

Fresh, never frozen, 100% certified angus beef. Served with chips and a pickle. Lettuce, tomato and onion on request.

Cheese Burger[†]

Choice of vermont cheddar, american, wisconsin swiss, provolone or pepper jack cheese.

PJ's Burger[†]

Vermont yellow cheddar, crispy bacon, and caramelized onion.

The Classic[†]

American cheese, secret sauce, sliced pickles, shredded lettuce and shaved onion.

Southwest Bacon BBQ[†]

Glazed in BBQ sauce and topped with crispy bacon and pepper jack.

Jalapeno Popper Smash Burger[†]

Two 100% certified angus beef patties, roasted jalapeno pepper cheese sauce, sliced pickles, smoked bacon, chipotle mayo, shredded lettuce, tomato.

Mushroom & Swiss[†]

Sautéed mushrooms, melted swiss, caramelized onions and horseradish cream sauce.

Beyond Burger

Revolutionary plant based burger topped with caramelized onions, cheddar cheese, lettuce, tomato and garlic aioli.z

FAMOUS WINGS

NAKED

order of [5][10][20]

Hot & Honey, Mango Habanero or
Garlic Parm (no breadcrumbs)

ENTRÉES

Grilled Chicken Breasts

Two char-grilled breasts with jasmine rice and broccoli.

PJs Pub Steak

Char-grilled half-pound steak, served with broccoli and fries. *no french fries; sub rice

Fire-Grilled Salmon

North atlantic salmon filet glazed with honey whiskey sauce served with jasmine rice and broccoli.

*no sauce or marinade

Keto Fajita Bowl

Grilled chicken, cauliflower rice, sautéed peppers and onion, avocado, sour cream, cheddar jack cheese, pico de gallo and chipotle-lime vinaigrette.

DESSERTS

Scoop of Ice Cream

Choice of chocolate or vanilla.

We created this menu for our gluten intolerant guests. Please be aware that the handcrafted nature of our menu items, variety of procedures in our kitchens, cross-contamination with ingredients containing gluten and our reliance on suppliers may result in variations in the ingredients of these menu items. As a result, we make no guarantees regarding the gluten content of these items, but simply a best faith effort to serve our customers. All fried menu items use the same equipment cross-contamination is likely.

† Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness.