

GLUTEN SENSITIVE MENU

P.J. WHELIHAN'S

PUB + RESTAURANT

STARTERS

Buffalo Chicken Dip 10.99

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

SALADS UPGRADE YOUR SALAD: shrimp +2



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

Buffalo Chicken 11.99

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)

Super Greens Salad 11.99

Romaine, baby spinach, arugula and red cabbage tossed with pesto vinaigrette and topped with grilled chicken, cucumber, avocado, sugar snap peas, cherry tomatoes, scallions and toasted pepitas.

Chicken Caesar 11.49

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

Cobb Salad 11.99

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 11.99

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

California Crunch 11.99

Marinated grilled chicken over mixed greens tossed in raspberry vinaigrette, topped with diced avocado, crispy bacon, red cabbage, carrots, sundried cherries, toasted almonds and goat cheese.

*sub grilled chicken

Mediterranean Chicken 11.99

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

Keto Fajita Bowl 12.99

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

SANDWICHES Served with chips and a pickle.

Chicken Bacon Ranch 10.49

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

Grilled Chicken 9.49

Marinated grilled chicken breast. Lettuce, tomato + onion on request.



Sandwiches and burgers are available without a roll or on a gluten free roll + \$1

BURGERS

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

Cheese Burger[†] 10.49

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

PJ's Burger[†] 11.49

Vermont yellow cheddar, crispy bacon, and caramelized onion.

JD Bacon[†] 11.49

Vermont white cheddar, crispy bacon + Jack Daniels® maple ketchup.

Avocado Chipotle[†] 11.99

Sliced avocado, chipotle cream, pepper jack and roasted tomatoes.

The Classic[†] 11.49

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

*no fried pickle chips

Southwest Bacon BBQ[†] 11.49

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

Mushroom & Swiss[†] 11.49

Sautéed mushrooms, melted swiss, beer-braised onions and horseradish mustard mayo.

Beyond Burger 12.99

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

FAMOUS WINGS

NAKED

order of [5] 7.99

order of [10] 14.49

order of [20] 27.99

Hot & Honey or
Garlic Parm (no breadcrumbs)

ENTRÉES

Grilled Chicken Breasts 14.99

Two char-grilled breasts served with jasmine rice and seasonal vegetables.

Pub Steak 17.99

Char-grilled half-pound steak with jasmine rice and seasonal vegetables. *no french fries; sub rice

Fire-Grilled Salmon 17.99

North atlantic salmon filet with jasmine rice and seasonal vegetables. *no sauce or marinade

DESSERTS

Scoop of Ice Cream 1.00

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.