



CJ's Suggestions for Guests with Dietary Requests



The following guidelines can be used for selecting options based on the 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 about our menu items.

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. Although common fryer oil is used, it is high-grade shortening that has a minimal transfer of flavor and allergens and is filtered each night.
 - Gluten free pasta is cooked and reheated separately from any other pastas.
 - Fruit, French fries and sweet potato puffs are allergy-free as sandwich sides.
- Highly refined soybean oil is used which the FDA exempts from being labeled as an allergen

CJ's on the Bay utilizes ingredient labels to identify the source of allergies in our recipes.

Due to the complexity of our ingredients, other allergenic foods may be present in a menu item but not declared.

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	
Allergen Free	Allergen Free with Modifications
<p>Starters and Lite Fare</p> <ul style="list-style-type: none"> • Stone Crabs, Nachos, Blue Cheese Chips <p>Salads / Soups / Dressings</p> <ul style="list-style-type: none"> • Salads—Seafood, Cobb, Beet, House • Dressings—All <p>Entrees</p> <ul style="list-style-type: none"> • Seafood Combo, Scallops, Grilled Salmon, Cobia • Filet, Crab-Topped Steak, Charred Veggie Slant 	<p>Starters and Lite Fare</p> <ul style="list-style-type: none"> • Oysters (no crackers) • Hummus (no pita) • Key West Pink Shrimp (no fried) <p>Salads / Soups / Dressings</p> <ul style="list-style-type: none"> • Burrata Salad (no bread) • Caesar Salad (no croutons) • Chowder, Veggie Chili (no crackers) <p>Sandwiches</p> <ul style="list-style-type: none"> • All Sandwiches/Wraps (no bread or request bed of lettuce) • CJ's Mahi Mahi (no bread, prepared blackened or grilled) <p>Entrees</p> <ul style="list-style-type: none"> • Mahi Mahi / Snapper (prepared grilled or blackened) • Pasta (request gluten-free pasta or mixed vegetables) • Pork Chop (no sauce)

*Did you know.....
White Claw and High Noon Seltzers
are gluten-free!
Ask about CJ's variety of flavors!*

Dairy Allergy	
Allergen Free	Allergen Free with Modifications
<p>Starters and Lite Fare</p> <ul style="list-style-type: none"> • Oysters, Tuna Poke, Hummus <p>Salads / Soups / Dressings</p> <ul style="list-style-type: none"> • Salads—Seafood, House • Soups— Chowder, Veggie Chili • Dressings—All EXCEPT Blue Cheese, Ranch <p>Entrees</p> <ul style="list-style-type: none"> • All Entrée with plain steamed vegetables (no mashed potato) • Grilled Salmon, Lionfish • Pork Chop • Veggie Slant • All pasta prepared with marinara or spicy marinara 	<p>Starters and Lite Fare</p> <ul style="list-style-type: none"> • Stone crab (no butter) • Nachos (no cheese) • Key West Pink Shrimp (no fried, no blackened) <p>Salads / Soups and Dressings</p> <ul style="list-style-type: none"> • Beet Salad (no goat cheese) • Tropical Cobb (no feta) • Caesar Salad (no parmesan, sub dressing) <p>Sandwiches</p> <ul style="list-style-type: none"> • All Sandwiches (no cheese, no butter) • Salmon Wrap (no cheese) • CJ's Mahi Mahi (grilled or blackened with oil) <p>Entrees</p> <ul style="list-style-type: none"> • Cobia (no butter, no crema) • Mahi Mahi (no sauce), Combo (no butter) • Snapper (blackened or seared, no butter) • Scallops (no parmesan crisp) • Crab Cakes, Filet (no butter) • Vegetables (no butter)

*Enjoy CJ's New Dessert Option!
HONEY "ORANGE-U-SO-KIND"
Vegan and Dairy-Free*

Soy Allergy	
Allergen Free	Allergen Free with Modifications
<p>Starters and Lite Fare</p> <ul style="list-style-type: none"> • Oysters, Nachos, Calamari, Blue Cheese Chips, Hummus • Coconut Shrimp, Key West Pink Shrimp <p>Salads / Soups / Dressings</p> <ul style="list-style-type: none"> • Salads—Seafood, Beet, Cobb, House, Burrata • Soups—Chowder • Dressings—All EXCEPT Honey Dijon and Caesar <p>Sandwiches</p> <ul style="list-style-type: none"> • Veggie Wrap, Turkey Wrap, Salmon Wrap, • Chicken, Salmon BLT, CJ's Baloney • Fish, Mahi Basket <p>Entrees</p> <ul style="list-style-type: none"> • Cobia, Mahi Mahi, Seafood Combo, Diver Scallops, Salmon, Lionfish • All Pasta • Filet, Crab-Topped Steak, Veggie Slant 	<p>Starters and Lite Fare</p> <ul style="list-style-type: none"> • Fried Scallops (no sauce) <p>Salads / Soups / Dressings</p> <ul style="list-style-type: none"> • Salads—Caesar (different dressing) <p>Sandwiches</p> <ul style="list-style-type: none"> • Philly (no American cheese) • CJ's Burger, Mini Burgers (no American cheese) <p>Entrees</p> <ul style="list-style-type: none"> • Pork Chop (no sauce)

Soybean oil used by CJ's is highly refined and not considered an allergen by the FDA

Egg Allergy	
Allergen Free	Allergen Free with Modifications
<p>Starters and Lite Fare</p> <ul style="list-style-type: none"> • Oysters, Nachos, Calamari, Blue Cheese Chips, Hummus, • Key West Pink Shrimp <p>Salads / Soups / Dressings</p> <ul style="list-style-type: none"> • Salads—Seafood, Beet, House, Burrata • Soups— Chowder, Veggie Chili • Dressings—French, Orange Poppy Seed, All Vinaigrettes <p>Sandwiches</p> <ul style="list-style-type: none"> • Veggie Wrap, Salmon Wrap, Philly, • CJ's Burger, Mini Burger, Impossible Burger <p>Entrees</p> <ul style="list-style-type: none"> • Cobia, Mahi Mahi, Seafood Combo, Diver Scallops, Salmon • All Pasta EXCEPT Gluten-Free Pasta • Filet, Prime Rib Steak, Pork Chop, Veggie Slant, Chicken Pot Pie 	<p>Starters and Lite Fare</p> <ul style="list-style-type: none"> • Stone Crab (no sauce) • Fried Scallops (no sauce) <p>Salads / Soups / Dressings</p> <ul style="list-style-type: none"> • Tropical Cobb (no eggs) • Caesar Salad (sub dressing EXCEPT Ranch, Blue Cheese) <p>Sandwiches</p> <ul style="list-style-type: none"> • Salmon BLT (no mayo) • Chicken (no bacon aioli) • CJ's Mahi Mahi (no CJ's Aioli) • CJ's Baloney (no mustard aioli) <p>Entrees</p> <ul style="list-style-type: none"> • Snapper (no CJ's Aioli)

 ...the Heart of the Rock	ShellFish Allergy		
	Fish Allergy	Crustaceans = Lobster, Shrimp Crab Mollusks = Calamari, Oysters, Clams, Scallops	Peanuts / Tree Nuts Allergy
Starters / Lite Fare	All items allergen free EXCEPT Tuna Poke	All items allergen free EXCEPT Stone Crabs, Oysters, Scallops, Calamari, Coconut Shrimp, Key West Pink Shrimp	All items allergen Free EXCEPT Coconut Shrimp
Salads / Soups / Dressings	All items allergen free EXCEPT Caesar and Chowder	All items allergen free EXCEPT Chowder, Seafood Salad, Tropical Cobb (no shrimp)	All items allergen free EXCEPT Beet Salad (no pecans)
Sandwiches	All items allergen free EXCEPT CJ's Mahi Mahi, Salmon Wrap, Salmon BLT	All items allergen free	All items allergen free
Sides / Sauces	All items allergen free EXCEPT Cocktail Sauce, Mustard Sauce	All items allergen free EXCEPT Brandy shrimp sauce	All items allergen free EXCEPT Coco-lime dipping sauce
Entrees	All items allergen free EXCEPT Cobia, Snapper, Mahi Mahi, Salmon, Lionfish	All items allergen free EXCEPT Seafood Combo, Scallops, Crab Cakes, Key West Pink Pasta, Seafood Linguini, Crab-Topped Steak	All items allergen free EXCEPT Lionfish, Coconut Shrimp Entrée