

JOHN & TONY'S

Gluten-Free, Low Calorie Menu



Team Dau 3-Course Meal

Naked French Onion Soup

broth and onions
phase two add cheese

(a la carte 4.95)

Special House Salad

iceberg lettuce, apple, tomato, cucumber, oregano, basil, red cabbage, parsely, and lemon juice
phase two served with ranch dressing on the side

(a la carte 5.95)

Choice of:

Chicken Skewers

with onion, tomato, and apple slices

15.95

Blackened Tilapia

4oz portion served with water sauteed spinach or sub asparagus for \$3.95

15.95

Prime Rib Skewers

with onion, tomato, and apple slices

19.95

Shrimp Skewers

with onion, tomato, and apple slices

19.95

Petite Filet

4oz portion of filet mignon served with water sauteed spinach or sub asparagus for \$3.95
peppercorn encrusted add \$2.00

23.95

Side of Asparagus.....\$5.95



Naked Sandwich Meal

served with your choice of a cup of naked french onion soup or special side salad

Grilled Chicken

served on a bed of lettuce and tomato with a pickle spear
phase two add cheese and bacon for \$1.00

8.95

Angus Sliders Trio

served on a bed of water caramelized onions with a pickle spear
phase two add cheese for \$1.00

9.95

Prime Rib French Dip

served on a bed of water caramelized onions and au jus
phase two add cheese for \$1.00

12.95

Mini Tenderloin Steak

served on a bed of water caramelized onions with a pickle spear
phase two served with horseradish sauce

13.95

Bottomless Salad Bowls

"The Wedge"

iceberg lettuce, tomato, cucumber
phase two add bacon and blue cheese dressing on the side add \$1.00

6.95

Special House Salad

iceberg lettuce, apple, tomato, cucumber, oregano, basil, red cabbage, parsely, and lemon juice
phase two served with ranch dressing on the side

8.95

Spinach Salad

spinach, tomato, celery
phase two add hard-boiled egg and chicken for \$3.00

10.95

Chopped Salad

iceberg lettuce, tomato, asparagus, baby spinach, hard-boiled egg
phase two add bacon, avocado, black olives, and blue cheese for \$1.00

11.95

Enhance any salad:

add 4 oz chicken..... 4.00
add 4oz shrimp or steak..... 6.00

<http://www.teamdauwellness.com/>
Reservations and Events
Phone 630.520.0593 Fax 630.520.0740
www.JohnandTonys.com

