

Glory Days Grill Menu & Prices

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Prices updated July 2026, 1305 W 7th St, Frederick location. Prices vary by location.

SHAREABLES

Item	Price	Calories
BUFFALO CHICKEN DIP	\$12.97	1366
CHEESE FRIES	\$12.97	
FRIED PICKLES	\$9.43	
BUFFALO CAULIFLOWER WINGS	\$11.79	730
CHIPS, SALSA AND FRESH GUACAMOLE	\$10.61	
KNOCKOUT SHRIMP	\$16.51	
MACHO NACHOS	\$14.74	
CRAB DIP	\$16.51	
MAC N' CHEESE BITES	\$11.79	
SLAM DUNK PRETZELS	\$11.79	

BEST DARN WINGS

Item	Price	Calories
10- Dry Rub Wings (Bone-In)	\$18.87	
15- Dry Rub Wings (Bone-In)	\$27.13	
25- Dry Rub Wings (Bone-In)	\$40.11	
6- Fire Grilled Wings (Bone-in)	\$14.15	
10- Fire Grilled Wings (Bone-In)	\$18.87	
15- Fire Grilled Wings (Bone-In)	\$27.13	
25- Fire Grilled Wings (Bone-In)	\$40.11	
6- Traditional Buffalo Wings (Bone-in)	\$14.15	
10- Traditional Buffalo Wings (Bone-In)	\$18.87	
15- Traditional Buffalo Wings (Bone-In)	\$27.13	
25-Traditional Buffalo Wings	\$40.11	
Add Seasoned Fries to Wings	\$4.12	
Boneless Wings	\$15.33	
6- Dry Rub Wings (Bone-in)	\$14.15	

GREENS AND BOWLS

Item	Price	Calories
GLORY DAYS COBB SALAD	\$16.51	1233
GDG CRAVE A BOWL-Chicken	\$17.69	

GREENS AND BOWLS

Item	Price	Calories
GDG CRAVE A BOWL-Salmon	\$21.23	
GDG CRAVE A BOWL-Shrimp	\$18.87	
FRIED CHICKEN SALAD	\$15.33	
GRILLED CHICKEN SALAD	\$15.33	
BUFFALO CHICKEN SALAD	\$15.33	
CHILI WITH CORNBREAD - CUP	\$7.66	
CHILI WITH CORNBREAD - BOWL	\$10.02	
CLAM CHOWDAH-Cup	\$7.07	
CLAM CHOWDAH-Bowl	\$9.43	
STRAWBERRY SALMON SALAD	\$21.23	671
GRILLED CHICKEN CAESAR SALAD	\$16.51	1172

FRESH GRILLED BURGERS

Item	Price	Calories
BACON CHEDDAR BURGER	\$17.10	1312
CHEESEBURGER SLIDERS	\$16.51	
SWISS MUSHROOM ONION BURGER	\$16.51	1213
BURGER BLUE BURGER	\$16.51	
MAC N' CHEESEBURGER	\$17.69	
THE IMPOSSIBLE BURGER	\$17.69	
THE GLORY BURGER	\$17.69	1659
HERO DOUBLE CHEESEBURGER	\$18.28	
ALL AMERICAN CHEESEBURGER	\$15.92	1146

HANDHELDS

Item	Price	Calories
BUFFALO CHICKEN SANDWICH	\$15.33	1568
GLORY DAYS MONTE CRISTO	\$17.69	
RANCHERO CHICKEN WRAP	\$15.33	1886
TURKEY BLT SANDWICH/WRAP	\$15.33	
GRILLED CHICKEN SANDWICH	\$15.33	1653
GLORY DAYS CHEESESTEAK	\$17.69	
GLORY DAYS CHESSESTEAK - Grilled Chicken	\$17.69	

FAN FAVORITES

Item	Price	Calories
MR. RICHARD'S MEATLOAF	\$18.87	
SMOTHERED CHICKEN	\$19.46	1313
GRILLED CHICKEN	\$18.87	1019
SHRIMP PLATTER	\$21.23	1550
BABY BACK RIBS-FULL RACK	\$28.31	
BABY BACK RIBS-HALF RACK	\$20.05	
GLORY GLAZED SALMON	\$22.41	
PENNE PASTA WITH GARLIC CREAM SAUCE (w/ Shrimp)	\$20.05	
PENNE PASTA WITH GARLIC CREAM SAUCE (w/Grilled Chicken)	\$20.05	
FABULOUS FISH FRY	\$20.05	
CHICKEN TENDER PLATTER	\$17.69	

SIGNATURE STEAKS

Item	Price	Calories
"1988" Sirloin	\$23.59	
FILET MEDALLIONS (6oz)	\$25.95	
FILET MEDALLIONS (8oz)	\$29.49	
18oz T-Bone	\$29.49	
RIBEYE	\$31.26	

SWEETS

Item	Price	Calories
WARM CHOCOLATE LAVA CAKE	\$10.02	
FUNNEL CAKE FRIES	\$9.43	
BOURBON BUTTER CAKE	\$10.61	1074
WARM COOKIE SUNDAE	\$8.25	

KIDS MENU

Item	Price	Calories
KID CHICKEN TENDERS	\$9.44	
STADIUM KID HOT DOG	\$8.26	
KID GRILLED CHICKEN	\$9.44	
KID CHEESEBURGER SLIDERS	\$9.44	
KID MAC AND CHEESE	\$7.08	
KID GRILLED CHEESE	\$7.08	
SHARK ATTACK	\$5.31	

KIDS MENU

Item	Price	Calories
KID BONELESS WINGS	\$9.44	
KID PASTA	\$8.26	

PARTY PLATTERS

Item	Price	Calories
House Salad	from \$17.70	186
Caesar Salad	from \$17.70	310
Mac & Cheese	from \$17.70	
Mashed Potatoes	from \$11.80	
Broccoli	from \$11.80	

SIDES

Item	Price	Calories
STEAMED BROCCOLI	\$4.71	149
PUB CHIPS	\$4.71	
BASAMATI RICE	\$4.71	
SWEET POTATO FRIES	\$7.07	717
SIDE HOUSE SALAD	\$7.07	
SIDE CAESAR SALAD	\$7.07	
FRIZZLED ONIION STRAWS	\$4.71	
BASKET OF ROLLS (6)	\$7.07	
CORNBREAD WITH BUTTER (4 pieces)	\$7.07	
MAC N CHEESE	\$4.71	
CREAMY COLESLAW	\$4.71	

BEVERAGES

Item	Price	Calories
Coke Zero 20 oz.	\$4.13	
Sprite 20 oz.	\$4.13	
Vitamin Water 20 oz.	\$4.13	
Dr. Pepper 20 oz.	\$4.13	
Freshly Brewed Iced Tea 20 oz.	\$4.72	
Fresh Lemonade 20 oz.	\$4.72	
Glory Days Bottled Water	\$1.77	
Coca-Cola 20 oz.	\$4.13	
Diet Coke 20 oz.	\$4.13	