

Not Your Average Joe's Kitchen and Bar - Nutritional Information + Common Allergens

		Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Handhelds	Backyard Cheeseburger (w/fries) <i>Add Bacon</i>	1410	790	90	35	2	6	27	240	2190	1020	60	4	8	67			X			X		X
	Mustard-Crusted Chicken BLT (w/ fries)	1270	710	80	20		23	26	140	3040	1000	90	7	12	44	X		X			X		X
	"Impossible" Caprese Burger (w/fries)	1100	720	82	22		8	21	70	2180	1130	61	3	7	34	X		X			X		X
	Tuscan Grilled Chicken (w/fries)	1300	740	84	27		24	32	185	2710	870	76	5	9	54	X		X			X		X
	Turkey Avocado Club (w/fries)	1080	700	79	13		19	24	120	2880	800	78	11	7	51	X					X		X
	Beer Battered Fish Sandwich (w/fries)	1260	790	89	19		29	32	115	2300	1170	87	8	10	33	X	X	X			X		X
Pizzas & Flatbreads	Bianco Flatbread	1200	500	56	21		8	23	115	2860	380	123	5	2	49			X					X
	Farmer's Market Flatbread	980	310	35	12		4.5	13	45	2290	410	116	5	3	37			X					X
	Joe Schmo (Small)	880	200	23	10		2	7	50	2510	300	126	6	6	40			X					X
	Joe Schmo (Large)	1760	400	45	20		4	13	100	5030	610	253	11	12	79			X					X
	Margherita (Small)	1020	320	36	12		5	15	55	2410	450	130	7	8	41			X					X
	Margherita (Large)	1770	370	42	21		3	11	105	4740	890	260	13	15	80			X					X
	Pepperoni (Small)	1100	380	43	19		2	8	90	3350	320	128	6	7	52			X					X
	Pepperoni (Large)	2090	670	76	34		4	15	160	6330	620	255	11	14	97			X					X
	Buffalo Chicken (Small)	1760	790	89	20		25	39	205	3300	630	162	6	16	77	X		X					X
Buffalo Chicken (Large)	3270	1420	160	37		44	70	370	6140	1170	312	11	27	143	X		X					X	
Desserts	Peanut Butter Thing	1570	850	96	53		2.5	19	250	390	410	177	6	133	17			X	X		X		X
	Carrot Cake	620	220	25	12		1.5	3.5	95	150	35	37	1	33	3	X		X				X	
	Chocolate Mousse Cake	730	450	51	26	0.5	0	4	140	360	280	68	3	48	8	X		X			X		X
	Hot Fudge Sundae	570	360	41	25		1	9	125	100	170	50	2	38	6			X			X		X
	Raspberry Sorbet	210	0	0.5			0	0		0	190	52	6	42	2								
Kids	Kid Chicken Tenders (w/fries)	610	360	41	5		10	22	150	720	480	23	1	1	36	X		X			X		X
	Kid Mac And Cheese	1260	660	75	44		2.5	18	250	1050	150	113	5	6	40	X	X	X			X		X
	Kid Pasta Plain	520	25	3			0	0		150	0	109	5	5	18	X							X
	Kid Pasta with Butter	620	130	15	7		0.5	3.5	30	150	0	109	5	5	18	X		X					X
	Kid Pasta with Marinara Sauce	580	25	3			0	0		1050	0	121	7	13	20	X							X
	Kid Cheeseburger (w/fries)	720	420	48	16	1	5	20	120	1030	500	39	1	6	32			X			X		X
	Kid Grilled Salmon*	790	340	38	12		9	13	145	1820	850	66	2	4	45		X	X					
																			X				
Bread & Oil	Bread And Oil For Table (Full Portion)	1290	610	69	7		19	42	15	2930	240	147	6	3	24			X					X
Gluten-Free	GF Ahi Tuna Wontons	320	190	21	3		11	7	55	300	590	4	1	2	26	X	X						
	GF Mustard Crusted Chicken	930	450	51	15		9	22	195	1990	1370	60	7	4	51	X		X			X		
	GF Backyard Burger (no cheese, no side)	630	310	35	12	2	1	13	195	1180	680	29	3	3	46	X					X		
	GF Impossible Caprese Burger (no side)	710	430	49	15		7	17	85	1550	770	38	5	4	30	X		X			X		
	GF Turkey Avocado Club (no side)	810	490	55	10		15	14	165	2120	440	38	6	7	43	X					X		
	GF Kid Mac & Cheese	1150	670	75	45		2.5	19	250	1490	150	93	2		27			X			X		
	GF Kid Pasta Plain	410	30	3.5	0		0	1		590	0	89	2		6								
	GF Kid Pasta with Marinara Sauce	470	30	3.5	0		0	1		1490	0	101	4	8	7								
	GF Kid Cheeseburger (no side)	490	260	29	8	1	2.5	12	135	840	410	28	2	2	28	X		X					
	Gluten-Free Roll And Oil For One Person	640	560	63	6		16	37	45	190	60	17	1	1	7	X		X					