

These details list the "Top 8" allergens present in each menu item based on suppliers' ingredient statements.  
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## Not Your Average Joe's Kitchen and Bar - Common Allergens

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
<b>Big Salads</b>								
Almond-crusted Goat Cheese with Raspberry Vinaigrette	X		X			X	X	X
Caesar Salad with Caesar Dressing	X	X	X					X
GF Cobb Salad (No Dressing)	X		X					
GF Goodhouse Salad with Balsamic Vinaigrette								
GF Greek Salad with Greek Dressing			X					
GF Mona Lisa Dinner (Without Dressing)			X					
GF Steak Wedge with Horseradish Dressing	X		X					
GF Super Crunch with Orange Sesame Vinaigrette							X	
GF Vegetarian Greek Salad Dinner with Greek Dressing			X					
GF Vegetarian Waldorf Salad with Creamy Sherry Vinaigrette	X		X				X	
GF Waldorf Salad with Creamy Sherry Vinaigrette	X		X				X	
Greek Salad with Pita And Greek Dressing			X					X
Grilled Chicken Caesar Salad with Caesar Dressing	X	X	X					X
Mona Lisa Salad with Creamy Basil Dressing	X		X			X		X
Vegetarian Greek Salad Dinner with Pita And Greek Dressing			X					X
Vegetarian Mona Lisa Dinner with Creamy Basil Dressing	X		X			X		X
Vegetarian Waldorf Salad with Creamy Sherry Vinaigrette	X		X				X	
<b>Bread And Oil For Table</b>								
Bread And Oil For Table (Full Portion)			X					X
GF Roll And Oil For One Person	X		X					
<b>Brunch</b>								
Crab Cake Eggs Benedict	X		X		X	X		X
Eggs Benedict - No Protein	X		X					X
Eggs Benedict with Ham	X		X					X
Eggs Benedict with Smoked Salmon	X	X	X					X
French Toast with Cinnamon Butter	X		X			X	X	X
<b>Desserts</b>								
GF Carrot Cake	X		X				X	
GF Flourless Chocolate Torte	X		X			X		
GF Sorbet Dessert								
Hot Apple Cinnamon Sticks (Seasonal)			X					X
Hot Fudge Sundae			X			X		
Key Lime Pie	X		X			X		X
Peanut Butter Thing Ice Cream Cake			X	X		X		X
Sticky Toffee Pudding	X		X			X	X	X
<b>Dinner Entrees</b>								
Baked Ziti	X		X					X
Chicken Parmesan Dinner	X		X			X		X
Chicken Piccata Dinner	X		X					X
GF Chicken Parmesan Dinner			X					
GF Chicken Piccata Dinner			X					
GF Forno Baked Pasta Dinner			X					
GF Herb-crusted Haddock Dinner	X	X	X					
GF Heritage Pork Chop			X					
GF Rosemary Skewered Scallop Dinner					X			
GF Sage And Pecan Pesto Salmon Dinner (Seasonal)		X	X				X	
GF Seafood Penne Dinner			X		X	X		
GF Simply Grilled Protein Dinner - Chicken (No Sides)								

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GF Simply Grilled Protein Dinner - Salmon (No Sides)		X					
GF Simply Grilled Protein Dinner - Scallops (No Sides)					X		
GF Simply Grilled Protein Dinner - Sirloin Steak (No Sides)							
GF Simply Grilled Protein Dinner - Steak Tips (No Sides)							
GF Simply Grilled Protein Dinner - Tuna Steak (No Sides)		X					
GF Smokehouse Jambalaya Dinner			X		X		X
GF Spaghetti Squash Bolognese Dinner (Seasonal)			X				
Grilled BBQ Meatloaf Dinner	X	X	X				X
Grilled Heritage Pork Chop Dinner (Seasonal)			X				X
Herb Crusted Haddock Dinner (No Sides)	X	X	X			X	X
Heritage Pork Chop			X				X
Mustard Crusted Chicken Dinner			X			X	X
Rosemary Skewered Scallop Dinner			X		X		X
Sage And Pecan Pesto Salmon Dinner		X	X				X
Seafood Fettuccine Dinner (Seasonal)	X		X		X	X	X
Sirloin Tips 11 oz Dinner (w/spinach & mashed potatoes)			X			X	X
<b>Drinks - Alcoholic</b>							
All American Mule							
Baby Peach Belini							X
Berry Me In Bubbles							
Bloody Mary with Vodka And Garnish		X					
Blueberry Pounder							
Cucumber Twist							
Fresh Fruit Sangria							X
Frozen Joes Margarita with Salt Rim							X
Joe's Margarita (No Salt Rim)							X
Joes Margarita with Salt Rim							X
Maple Bourbon Old Fashioned							X
Moe Bubbles							
Moscow Mule							
Peachy Keen							
Pineapple Painkiller						X	
Tiki Time						X	
<b>Drinks - Non-alcoholic</b>							
Arnold Palmer with Sugar Rim							
Cookies 'n Cream Smoothie			X			X	X
Cucumber Mint Spritzer							
House Made Lemonade with Sugar Rim							
Mango Mantra Smoothie							
Mint Grapefruit Twist							
Pomegranate Fizz with Pomegranate Sugar Rim						X	
Raspberry Lime Rickey							
Raspberry Pop							
Unsweetened Iced Tea							
<b>Happy Hour Menu</b>							
Happy Hour Nachos	X		X				
Lemon Rosemary Wings (12)							
Lemon Rosemary Wings (6)							
Mod Burger Slider (1)	X					X	X
Mod Burger Slider (3)	X					X	X
Mod Burger Slider (6)	X					X	X
Mustard Crusted Chicken Slider (1)	X					X	X
Mustard Crusted Chicken Slider (3)	X					X	X
Mustard Crusted Chicken Slider (6)	X					X	X
<b>Kid's Menu</b>							

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GF Kid's Classic Burger (No Side)	X					
GF Kid's Grilled Chicken Breast (No Side Or Sauce)						
GF Kid's Grilled Salmon with Rice And Green Beans		X	X			
GF Kid's Mac N' Cheese (No Sides)			X		X	
GF Kid's Pasta Plain						
GF Kid's Pasta with Marinara Sauce						
GF Kid's Sirloin Tips			X			
Kid's Chicken Quesadilla			X			X
Kid's Classic Burger with Fries			X			X
Kid's Grilled Cheese with Fries			X		X	X
Kid's Grilled Chicken with Fries (No Sauce)						
Kid's Grilled Salmon with Rice And Green Beans		X	X			
Kid's Hand-breaded Chicken Tenders with Fries (No Sauce)	X		X		X	X
Kid's Ice Cream Sundae			X		X	
Kid's Mac And Cheese	X		X		X	X
Kid's Pasta Plain	X					X
Kid's Pasta with Butter	X		X			X
Kid's Pasta with Marinara Sauce	X					X
Kid's Pizza			X			X
<b>Lunch Entrees</b>						
Chicken Parmesan Lunch	X		X		X	X
Chicken Piccata Lunch	X		X			X
Fish & Chips	X	X	X			X
GF Chicken Parmesan Lunch			X			
GF Chicken Piccata Lunch			X			
GF Forno Baked Pasta Lunch			X			
GF Herb-crusted Haddock Lunch	X	X	X			
GF Sage And Pecan Pesto Salmon Lunch (Seasonal)		X	X			X
GF Shrimp And Wild Mushroom Penne Lunch			X	X	X	
GF Simply Grilled Protein Lunch - Chicken (No Sides)						
GF Simply Grilled Protein Lunch - Salmon (No Sides)		X				
GF Simply Grilled Protein Lunch - Sirloin Steak (No Sides)						
GF Simply Grilled Protein Lunch - Steak Tips (No Sides)						
GF Smokehouse Jambalaya Lunch			X	X		X
GF Spaghetti Squash Bolognese Lunch (Seasonal)			X			
Grilled BBQ Meatloaf Lunch	X	X	X			X
Herb Crusted Haddock Lunch (No Sides)	X	X	X		X	X
Mustard Crusted Chicken Lunch			X		X	X
Sage And Pecan Pesto Salmon Lunch		X	X			X
Shrimp And Wild Mushroom Fettuccine Lunch	X		X	X	X	X
Sirloin Tips Lunch (w/ spinach & mashed potatoes)			X		X	X
<b>Pizza (Large)</b>						
Anchovies		X				
Artichokes						
Asiago Cheese			X			
BBQ Chicken Pizza			X			X
Bacon						
Buffalo Chicken Pizza	X		X		X	X
Caramelized Onions			X			
Chicken						
Feta Cheese			X			
Four Cheese, Spinach & Roasted Mushroom Pizza			X			X
Fresh Mozzarella Cheese			X			
Green Peppers						
Italian Sausage Pizza			X			X

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Joe Schmo			X			X
Kalamata Olives						
Marinated Pizza Tomatoes						
Mozzarella Cheese			X			
NYA Pepperoni Pizza			X			X
Pepperoni						
Pineapple						
Pizza Chip			X			X
Prosciutto & Arugula Pizza			X			X
Red Onions						
Roasted Mushrooms						
Roasted Sausage						
Roasted Tomato Basil Pizza (Margherita)			X		X	X
Shrimp				X		
Smoked Mozzarella Cheese			X			
Spanish Onions						
Spinach						
<b>Pizza (Small)</b>						
Anchovies		X				
Artichokes						
Asiago Cheese			X			
BBQ Chicken Pizza			X			X
Bacon						
Buffalo Chicken Pizza	X		X		X	X
Caramelized Onions			X			
Chicken						
Feta Cheese			X			
Four Cheese, Spinach & Roasted Mushroom Pizza			X			X
Fresh Mozzarella Cheese			X			
Green Peppers						
Italian Sausage Pizza			X			X
Joe Schmo			X			X
Kalamata Olives						
Marinated Pizza Tomatoes						
Mozzarella Cheese			X			
NYA Pepperoni Pizza			X			X
Pepperoni						
Pineapple						
Prosciutto & Arugula Pizza			X			X
Red Onions						
Roasted Mushrooms						
Roasted Sausage						
Roasted Tomato Basil Pizza (Margherita)			X		X	X
Shrimp				X		
Smoked Mozzarella Cheese			X			
Spanish Onions						
Spinach						
<b>Salad Add-ons</b>						
GF Chicken						
GF Salmon		X				
GF Shrimp				X		
GF Steak Tips						
<b>Salad Dressings (3 Oz)</b>						
GF Balsamic Vinaigrette						
GF Blue Cheese Dressing	X		X			

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GF Buttermilk Horseradish	X		X			
GF Creamy Sherry Vinaigrette	X					
GF Lemon Garlic Caesar Dressing	X	X	X			
GF Lemon Vinaigrette						
GF Olive Oil - Lemon Vinaigrette						
GF Orange Sesame Vinaigrette						
GF Raspberry Vinaigrette						
GF Red Wine Vinaigrette						
Sesame Ginger Vinaigrette	X	X			X	X
<b>Sandwiches &amp; Burgers</b>						
Add Bacon						
Add Cheese: American			X		X	
Add Cheese: Blue			X			
Add Cheese: Cheddar			X			
Add Cheese: Pepper Jack			X			
Add Cheese: Swiss			X			
Backyard Burger w/ Fries			X			X
Backyard Burger w/ Mixed Greens			X			X
Bacon Cheeseburger (No Cheese Or Side)			X			X
GF Backyard Burger (No Side)	X					
GF Bacon Cheeseburger (No Cheese Or Side)	X					
GF Grilled Chicken Sandwich (No Side)	X					
Grilled Cheese Sandwich with Tomato Soup			X		X	X
Half Mustard Crusted Chicken BLT (No Side)	X		X		X	X
Half Tuscan Grilled Chicken Sandwich (No Side)	X		X		X	X
Half Vegetarian Tuscan Sandwich On Ciabatta (No Side)	X		X		X	X
Impossible Burger with Fries	X	X	X		X	X
Mustard-crusted Chicken BLT w/ Fries	X		X		X	X
Mustard-crusted Chicken BLT w/ Mixed Greens	X		X		X	X
Sweet Blue Burger w/ Fries			X		X	X
Sweet Blue Burger w/ Mixed Greens			X		X	X
Sweet Potato Veggie Burger On Multigrain Roll w/ Fries			X		X	X
Sweet Potato Veggie Burger On Multigrain Roll w/ Mixed Green			X		X	X
Turkey Avocado Club Sandwich with Fries	X				X	X
Turkey Avocado Club Sandwich with Mixed Greens	X				X	X
Tuscan Grilled Chicken Sandwich w/ Fries	X		X		X	X
Tuscan Grilled Chicken Sandwich w/ Mixed Greens	X		X		X	X
Vegetarian Tuscan Sandwich On Ciabatta w/ Fries	X		X		X	X
Vegetarian Tuscan Sandwich On Ciabatta w/ Mixed Greens	X		X		X	X
<b>Side Salads</b>						
Almond-crusted Goat Cheese Side with Raspberry Vinaigrette	X		X		X	X
Caesar Side Salad with Caesar Dressing	X	X	X			X
GF Caesar Side Salad with Caesar Dressing	X	X	X			
GF Goodhouse Side Salad with Balsamic Vinaigrette			X			
GF Greek Side Salad with Greek Dressing			X			
GF Vegetarian Side Wedge with Horseradish Dressing	X		X			
GF Waldorf Side Salad	X		X		X	
GF Wedge Side Salad	X		X			
Greek Side Salad with Pita And Greek Dressing			X			X
<b>Sides</b>						
GF Side of Broccoli						
GF Side of Chipotle Mashed Sweet Potatoes			X			
GF Side of Cole Slaw	X		X			
GF Side of Fresh Fruit						
GF Side of Garlic Mashed Potatoes			X			

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GF Side of Green Beans			X				
GF Side of Grilled Asparagus							
GF Side of Guacamole							
GF Side of Herb Roasted Carrots			X				
GF Side of Jasmine Rice Pilaf			X				
GF Side of Roasted Brussels Sprouts			X				
GF Side of Sauteed Onions							
GF Side of Sauteed Spinach							
GF Side of Snap Peas			X				
GF Side of Spaghetti Squash							
GF Side of Sweet Corn Succotash			X				
Side of Creamy Farro			X				X
Side of French Fries							
Side of Home Fries							
Side of Pasta	X						X
Side of Plantains							
Side of Succotash Couscous			X				X
Side of Sweet Potato Fries							
Side of Yellow Rice And Black Beans			X				
<b>Soup</b>							
Beef Barley Soup - Bowl			X				
Beef Barley Soup - Cup			X				
Black Bean Soup - Bowl							X
Black Bean Soup - Cup							X
Chicken Pepper Noodle Soup - Bowl	X		X				X
Chicken Pepper Noodle Soup - Cup	X		X				X
Chicken Tortilla Soup - Bowl			X				X
Chicken Tortilla Soup - Cup			X				X
Clam Chowder - Bowl (No Crackers)		X	X		X		X
Clam Chowder - Cup (No Crackers)		X	X		X		X
Cream of Mushroom Soup - Bowl			X			X	
Cream of Mushroom Soup - Cup			X			X	
GF Tomato Basil Soup - Bowl			X				
GF Tomato Basil Soup - Cup			X				
Sweet Potato Chorizo Soup - Bowl			X				
Sweet Potato Chorizo Soup - Cup			X				
<b>Starters</b>							
Ahi Tuna On Cucumber	X	X				X	X
Ahi Tuna Wontons	X	X				X	X
Butternut Squash Flatbread			X				X
Buffalo-caribbean Chicken Tenders	X		X			X	X
Cheese Steak Egg Rolls	X		X			X	X
Chicken Dumplings	X	X	X			X	X
Forno Baked Vegetable Quesadilla	X		X				X
Forno-baked Chicken Quesadilla	X		X				X
GF Ahi Tuna On Cucumber	X	X					
GF Forno Baked Vegetable Quesadilla	X		X				X
GF Forno-baked Chicken Quesadilla	X		X				X
GF Thai Chicken Lettuce Wraps					X		
Nacho Average Nachos	X		X				
New England Style Crab Cake (Seasonal)	X		X		X	X	X
Seafood And Vegetable Tempura	X				X		X
Shrimp And Vegetable Tempura	X				X		X
Thai Chicken Lettuce Wraps	X	X		X		X	X
Veg Nacho Average Nachos	X		X				X

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Vegetable Tempura	X					X
<b>XL Entrees</b>						
XL Chicken Enchilada			X			
XL Chicken Parmesan	X		X		X	X
XL Chicken Piccata	X		X			X
XL Grilled Sirloin Tips			X			
XL Herb Crusted Haddock with Coleslaw And Fries	X	X	X		X	X
XL Mustard Crusted Chicken			X		X	X
XL Sage And Pecan Pesto Salmon		X	X			X
XL Smokehouse Jambalaya	X		X	X		X
<b>XL Salads</b>						
XL Almond Crusted Goat Cheese Salad	X		X		X	X
XL Caesar Salad with Caesar Dressing	X	X	X			X
XL Cobb Salad (No Dressing)	X		X			
XL Goodhouse Salad with Balsamic Vinaigrette						
XL Greek Salad with Pita And Greek Dressing			X			X
XL Super Crunch with Orange Sesame Vinaigrette						X
XL Waldorf Salad with Creamy Sherry Vinaigrette	X		X			X
<b>XL Starters</b>						
XL Buffalo-caribbean Chicken Tenders	X		X		X	X
XL Chicken Dumplings	X	X	X		X	X
XL Forno Baked Chicken Quesadilla	X		X			X