

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
GF Ahi Tuna Salad (No Dressing) - Paleo		X						
Ahi Tuna Salad		X				X		X
Cobb Salad (GF)	X		X					
Steak Wedge with Blue Cheese Dressing - Keto, (GF)	X		X					
Super Crunch with Orange Sesame Vinaigrette (GF)							X	
Waldorf Salad with Creamy Sherry Vinaigrette (GF)	X		X				X	
Grilled Chicken Caesar Salad with Caesar Dressing	X	X	X					X
Mona Lisa Salad with Creamy Basil Dressing	X		X			X		X
Hoisin Salmon Salad	X	X				X		X
Thai Beef Noodle Salad	X	X		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>								
Chocolate Chip Cookie	X		X			X		X
Chocolate Mousse Cake	X		X			X		X
Carrot Cake (GF)	X		X				X	
Flourless Chocolate Torte (GF)	X		X			X		
Sorbet Dessert (GF)								
Hot Fudge Sundae			X			X		
Key Lime Pie	X		X			X		X
Peanut Butter Thing Ice Cream Cake			X	X		X		X
Strawberry Shortcake	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					X
Fish & Chips	X	X	X					X
Veggie Quinoa Stir Fry							X	
Chicken Caprese Dinner (GF)			X					
GF Chicken Parmesan Dinner	X		X			X		
GF Chicken Piccata Dinner			X					
GF Herb-crusted Haddock Dinner	X	X	X					
Jambalaya Dinner (GF)			X		X			
GF Mustard Crusted Chicken Dinner	X		X			X		
GF Simply Grilled Protein Dinner - Chicken (No Sides)								
GF Simply Grilled Protein Dinner - Salmon (No Sides)		X						
GF Simply Grilled Protein Dinner - Scallops (No Sides)					X			
GF Simply Grilled Protein Dinner - Steak Tips (No Sides)								
GF Smokehouse Jambalaya Dinner			X		X			
GF Spaghetti Squash Bolognese Dinner - Paleo								

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Spaghetti Squash Bolognese Dinner (GF)			X				
Vietnamese Salmon Dinner (GF)		X		X			
Grilled BBQ Meatloaf Dinner	X	X	X				X
Herb Crusted Haddock Dinner (No Sides)	X	X	X			X	X
Mustard Crusted Chicken Dinner			X			X	X
New Bedford Seared Scallops (GF)		X	X		X		X
Shrimp And Chicken Rice Bowl		X	X		X		X
Sirloin Tips 11 oz Dinner			X				
<b>Drinks - Alcoholic</b>							
All American Mule							
Bloody Mary with Vodka And Garnish		X					
Blueberry Pounder							
Cucumber Twist							
Fresh Fruit Sangria							X
Frozen Joes Margarita with Salt Rim							
Joe's Margarita (No Salt Rim)							X
Joes Margarita Pitcher For Two with Salt Rim							
Joes Margarita with Salt Rim							
Maple Old Fashioned							
Moe Bubbles							
Peachy Keen							
Pineapple Painkiller						X	
Tiki Time						X	
<b>Drinks - Non-alcoholic</b>							
Arnold Palmer with Sugar Rim							
Baby Peach Belini							X
Cookies 'n Cream Smoothie			X			X	X
Cucumber Mint Spritzer							
House Made Lemonade with Sugar Rim							
Mango Mantra Smoothie							
Pomegranate Fizz with Pomegranate Sugar Rim						X	
Raspberry Lime Rickey							
Raspberry Pop							
Unsweetened Iced Tea							
<b>Flatbreads</b>							
Bacon Blue Flatbread			X				X
BBQ Chicken Flatbread			X				X
Farmer's Market Flatbread			X				X
<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
<b>Kid's Menu</b>							
GF Kid's Classic Burger (No Side)	X		X				
GF Kid's Grilled Chicken Breast (No Side Or Sauce)							
GF Kid's Grilled Salmon		X	X				
GF Kid's Mac N' Cheese			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

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Kid's Grilled Cheese with Fries			X		X		X
Kid's Grilled Chicken with Fries (No Sauce)							
Kid's Grilled Salmon		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				X
Chicken Caprese Lunch (GF)			X				
GF Chicken Parmesan Lunch	X		X		X		
GF Chicken Piccata Lunch			X				
GF Herb-crusted Haddock Lunch	X	X	X				
Jambalaya Lunch (GF)			X	X			
GF Mustard Crusted Chicken 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 - Steak Tips (No Sides)							
Spaghetti Squash Bolognese Lunch (GF)			X				
GF Spaghetti Squash Bolognese Lunch - Paleo							
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
Sirloin Tips Lunch			X				
<b>Pizza (Large)</b>							
Buffalo Chicken Pizza	X		X		X		X
Joe Schmo			X				X
NYA Pepperoni Pizza			X				X
Pizza Chip			X				X
Roasted Tomato Basil Pizza			X				X
The Supreme Joe Large			X				X
Toppings - Anchovies		X					
Toppings - Artichokes							
Toppings - Asiago Cheese			X				
Toppings - Bacon							
Toppings - Caramelized Onions			X				
Toppings - Chicken							
Toppings - Feta Cheese			X				
Toppings - Fresh Mozzarella Cheese			X				
Toppings - Green Peppers							
Toppings - Italian Sausage Pizza			X				X
Toppings - Kalamata Olives							
Toppings - Marinated Pizza Tomatoes							
Toppings - Mozzarella Cheese			X				
Toppings - Pepperoni							
Toppings - Pineapple							
Toppings - Red Onions							
Toppings - Roasted Mushrooms							
Toppings - Roasted Sausage							
Toppings - Shrimp				X			
Toppings - Smoked Mozzarella Cheese			X				

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Toppings - Spanish Onions				
Toppings - Spinach				
<b>Pizza (Small)</b>				
Buffalo Chicken Pizza	X		X	X
Joe Schmo			X	X
NYA Pepperoni Pizza			X	X
Roasted Tomato Basil Pizza			X	X
The Supreme Joe Small			X	X
Toppings - Anchovies		X		
Toppings - Artichokes				
Toppings - Asiago Cheese			X	
Toppings - Bacon				
Toppings - Caramelized Onions			X	
Toppings - Chicken				
Toppings - Feta Cheese			X	
Toppings - Fresh Mozzarella Cheese			X	
Toppings - Green Peppers				
Toppings - Italian Sausage Pizza			X	X
Toppings - Kalamata Olives				
Toppings - Marinated Pizza Tomatoes				
Toppings - Mozzarella Cheese			X	
Toppings - Pepperoni				
Toppings - Pineapple				
Toppings - Red Onions				
Toppings - Roasted Mushrooms				
Toppings - Roasted Sausage				
Toppings - Shrimp			X	
Toppings - Smoked Mozzarella Cheese			X	
Toppings - Spanish Onions				
Toppings - Spinach				
<b>Salad Add-ons</b>				
GF Chicken				
GF Salmon		X		
GF Shrimp (6 Each)			X	
GF Steak Tips				
<b>Salad Dressings (3 Oz)</b>				
GF Balsamic Vinaigrette				
GF Blue Cheese Dressing	X		X	
GF Creamy Sherry Vinaigrette	X			
GF Lemon Garlic Caesar Dressing	X	X	X	
GF Lemon Vinaigrette				
GF Orange Sesame Vinaigrette				
GF Raspberry Vinaigrette				
Sesame Ginger Vinaigrette	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	
BBQ Pulled Pork Sandwich		X	X	X
Backyard Burger (with Cheddar) w/ Fries			X	X
Backyard Burger (with Cheddar) w/ Mixed Greens			X	X
Bacon Cheeseburger (No Cheese Or Side)			X	X

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GF BBQ Grilled Chicken Sandwich	X		X				
GF Backyard Burger (No Side)	X						
GF Bacon Cheeseburger (No Cheese Or Side)	X						
GF Fork & Knife Burger - Impossible Burger						X	
GF Fork & Knife Burger - Keto (with Sauteed Spinach_							
GF Fork & Knife Burger - Paleo (with Steamed Broccoli)							
GF Impossible Caprese Burger	X	X	X			X	
GF Turkey Avocado Club	X						
Impossible Burger	X	X	X			X	X
Mustard-cruste d Chicken BLT w/ Fries	X		X			X	X
Mustard-cruste d Chicken BLT w/ Mixed Greens	X		X			X	X
Sweet Blue Burger w/ Fries			X				X
Sweet Blue Burger w/ Mixed Greens			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
Tuscan Grilled Chicken Sandwich w/ Mixed Greens	X		X				X
Vegetarian Tuscan Sandwich On Ciabatta w/ Fries	X		X				X
Vegetarian Tuscan Sandwich On Ciabatta w/ Mixed Greens	X		X				X
<b>Side Salads</b>							
Almond-cruste d Goat Cheese Side with Raspberry Vinaigrette	X		X			X	X
Caesar Side Salad with Caesar Dressing	X	X	X				X
Caprese Starter Salad (GF)			X				
Waldorf Side Salad (GF)	X		X			X	
Wedge Side Salad (GF)	X		X				
Joe's House Starter Salad (No Dressing)							X
<b>Sides</b>							
GF Side of Broccoli							
GF Side of Cole Slaw	X		X				
GF Side of Fresh Fruit							
GF Side of Garlic Mashed Potatoes			X				
GF Side of Green Beans			X				
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 Spinach							
GF Side of Spaghetti Squash							
Side of Brown Rice			X				
Side of French Fries							
Side of Home Fries							
Side of Pasta	X						X
Side of Sweet Potato Fries							
<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	

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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>							
Buffalo-caribbean Chicken Tenders	X		X			X	X
Cheese Steak Egg Rolls	X		X			X	X
Chicken Dumplings		X				X	X
Vegetable Quesadilla	X		X				X
Chipotle Chicken Quesadilla	X		X				X
GF Chipotle Chicken Quesadilla	X		X				
GF Vegetable Quesadilla	X		X				
GF Tuna Wonton On Cucumber	X	X					
Nacho Average Nachos	X		X				
New England Style Crab Cake	X		X		X	X	X
Chicken Satay Lettuce Wraps	X			X		X	X
Veg Nacho Average Nachos	X		X				
Vegetable Lettuce Wraps	X		X	X		X	X
<b>XL Entrees</b>							
XL Chicken Parmesan	X		X			X	X
XL Chicken Piccata	X		X				X
XL Mustard Crusted Chicken			X			X	X
XL Smokehouse Jambalaya	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 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 Quesadilla	X		X				X