

Not Your Average Joe's Kitchen and Bar

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Big Salads	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Almond-crusted Goat Cheese with Raspberry Vinaigrette	630	420	47	12		10	24	60	680	130	40	8	20	17
GF Cobb Salad (No Dressing)	820	480	55	15		8	26	360	1430	1570	24	11	7	62
GF Goodhouse Salad with Balsamic Vinaigrette	540	400	45	3.5		16	25		350	540	31	13	15	9
GF Greek Salad with Greek Dressing	1200	740	84	20		12	34	195	3230	1220	24	6	8	61
GF Steak Wedge with Horseradish Dressing	700	360	41	15		5	5.0	215	1400	520	11	3	7	68
GF Super Crunch with Orange Sesame Vinaigrette	810	330	37	4.5		10	21	110	1170	1490	73	14	32	51
GF Vegetarian Greek Salad Dinner with Greek Dressing	770	610	69	17		8	25	85	3000	880	24	6	8	20
GF Vegetarian Waldorf Salad with Creamy Sherry Vinaigrette	880	560	63	9		29	23	35	660	640	75	10	59	9
GF Waldorf Salad with Creamy Sherry Vinaigrette	1020	520	58	13		21	20	170	1250	870	64	8	48	58
Greek Salad with Pita And Greek Dressing	1200	780	88	17		14	40	175	2990	1000	46	5	6	60
Grilled Chicken Caesar Salad with Caesar Dressing	770	560	63	9		16	37	165	1100	650	9	3	3	46
Mona Lisa Salad with Creamy Basil Dressing	1410	790	89	24		20	36	310	1580	900	66	7	22	86
Vegetarian Greek Salad Dinner with Pita And Greek Dressing	840	560	64	14		8	26	65	3010	920	52	7	8	20
Vegetarian Mona Lisa Dinner with Creamy Basil Dressing	600	340	39	10		13	14	45	1030	750	51	11	35	14
Vegetarian Waldorf Salad with Creamy Sherry Vinaigrette	880	560	63	9		29	23	35	660	640	75	10	59	9

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Bread And Oil For Table	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bread And Oil For Table (Full Portion)	1290	610	69	7		19	42	15	2930	240	147	6	3	24
GF Roll And Oil For One Person	630	550	62	7		16	37	40	280	30	16			6

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Brunch	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Crab Cake Eggs Benedict	1360	930	105	39		19	39	910	2900	720	63	4	9	45
Eggs Benedict - No Protein	1100	750	85	33		12	34	750	2770	1190	67	5	5	26
Eggs Benedict with Ham	1250	800	91	36		12	34	810	3420	1190	70	5	5	41
Eggs Benedict with Smoked Salmon	1260	830	94	34		12	34	805	3670	1190	67	5	5	43
French Toast with Cinnamon Butter	1180	610	69	30		6	20	285	1110	250	126	4	58	18

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Desserts	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
GF Carrot Cake	620	220	25	12		1.5	3.5	95	150	35	37	1	33	3
GF Flourless Chocolate Torte	740	490	56	32	0.5	0	4.0	250	220	110	66	8	48	11
GF Sorbet Dessert	210	0	0.5			0	0		0	190	52	6	42	2
Hot Apple Cinnamon Sticks (Seasonal)	1360	620	70	23		12	31	100	730	360	179	8	99	13
Hot Fudge Sundae	570	360	41	25		1.0	9	125	100	170	50	2	38	6
Key Lime Pie	980	400	45	26		3.5	13	230	430	620	132	4	103	15
Peanut Butter Thing Ice Cream Cake	1570	850	96	53		2.5	19	250	390	410	177	6	133	17
Sticky Toffee Pudding	1080	460	52	24		1.0	7	185	260	50	152	2	112	9

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Dinner Entrees	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Baked Ziti	1380	560	63	33		2.0	6	245	4140	150	121	7	19	81
Chicken Parmesan Dinner	1380	530	59	16		10	29	210	2710	520	135	8	19	77
Chicken Piccata Dinner	1280	590	67	34		6	21	305	2250	670	104	7	4	71
GF Chicken Parmesan Dinner	1380	520	58	15		11	29	205	3260	600	114	5	14	79
GF Chicken Piccata Dinner	1280	570	64	32		6	21	300	2600	680	102	5	2	62
GF Herb-crusted Haddock Dinner	1180	820	93	26		26	37	285	2190	1330	49	5	5	41
GF Heritage Pork Chop	1195	560	64	22	0	7	28	190	1090	990	13	2	2	49
GF Rosemary Skewered Scallop Dinner	960	350	40	5.0		10	20	80	1790	1120	26	3	15	38
GF Sage And Pecan Pesto Salmon Dinner (Seasonal)	1230	730	83	18		21	40	165	2260	1750	48	11	15	54
GF Seafood Penne Dinner	1540	890	101	42		13	40	470	2890	900	102	3	2	59
GF Simply Grilled Protein Dinner - Chicken (No Sides)	400	180	20	2.5		5	11	145	390	440				53
GF Simply Grilled Protein Dinner - Salmon (No Sides)	550	350	40	6		13	18	130	660	800				46
GF Simply Grilled Protein Dinner - Scallops (No Sides)	270	140	16	1.0		4.5	9	70	890	630				31
GF Simply Grilled Protein Dinner - Sirloin Steak (No Sides)	550	300	34	7		4.0	9	175	710	0				56
GF Simply Grilled Protein Dinner - Steak Tips (No Sides)	570	320	37	7		6	13	150	1530	45	5		4	47
GF Smokehouse Jambalaya Dinner	690	310	35	9		6	13	195	2410	400	61	5	14	34
GF Spaghetti Squash Bolognese Dinner (Seasonal)	390	180	21	7		2.0	11	20	2220	1280	47	10	15	12
Grilled BBQ Meatloaf Dinner	1210	660	75	37	1.0	6	26	295	3740	1580	91	9	31	47
Grilled Heritage Pork Chop Dinner (Seasonal)	1070	710	80	31	0	8	34	225	1540	1010	32	5	2	55
Herb Crusted Haddock Dinner (No Sides)	750	520	59	7		24	27	195	900	650	19	1	2	38
Mustard Crusted Chicken Dinner	840	410	47	18		7	19	170	2010	1070	56	6	5	46
Rosemary Skewered Scallop Dinner	960	540	61	18		11	26	150	2350	1180	59	4	15	48
Sage And Pecan Pesto Salmon Dinner	1230	770	87	20		21	41	170	2470	2030	66	18	18	57
Seafood Fettuccine Dinner (Seasonal)	1770	1050	119	53		13	44	560	3240	1170	100	5	5	80
Sirloin Tips 11 oz Dinner	1250	750	85	24		13	33	225	2880	1080	61	6	19	58

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Drinks - Alcoholic	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
All American Mule	200								0	25	19		17	0
Bloody Mary with Vodka And Garnish	180	0	0			0			2520	310	11	2	6	1
Blueberry Pounder	160	0	0						5	95	18	1	13	1
Cucumber Twist	160	0	0						0	80	17		14	0
Fresh Fruit Sangria	260	0	0			0			15	270	34		28	1
Frozen Joes Margarita with Salt Rim	390	0	0			0			1360	120	52		46	1
Gin Gimlet	210								0	25	21		19	0
Joe's Margarita (No Salt Rim)	300	0	0						0	65	40		36	0
Joes Margarita with Salt Rim	320	0	0			0			1360	130	34		29	1
Maple Old Fashioned	190								0	45	15		12	
Moe Bubbles	210	0	0						0	60	18		15	0
Peachy Keen	220								0	45	24		18	0
Pineapple Painkiller	190	25	3.0	2.5					35	180	24		22	0
Tiki Time	260	0	0						5	135	32		29	0

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Drinks - Non-alcoholic	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Arnold Palmer with Sugar Rim	70	0	0						0	40	19		16	0
Baby Peach Belini	270	0	0			0			5	125	59		56	0
Cookies 'n Cream Smoothie	430	160	18	8		0	4.5	35	250	115	64	1	45	4
Cucumber Mint Spritzer	80	0	0			0			10	160	21	2	15	1
House Made Lemonade with Sugar Rim	120	0	0						0	55	33		30	0
Mango Mantra Smoothie	290	0	0	0		0	0		20	220	71	4	65	1
Pomegranate Fizz with Pomegranate Sugar Rim	140	0	0						0	450	34		30	1
Raspberry Lime Rickey	220								20	125	48		46	0
Raspberry Pop	270	0	0						10	70	69		64	0
Unsweetened Iced Tea	0								5	65	1			

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Happy Hour Menu

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Happy Hour Nachos	1180	710	81	26		14	27	215	3470	610	57	7	10	50
Lemon Rosemary Wings (12)	1700	1260	143	25		36	74	305	3860	790	7	2		98
Lemon Rosemary Wings (6)	850	630	71	13		18	37	150	1930	400	3			49
Mod Burger Slider (1)	390	200	23	7	1.0	5.0	9	85	640	280	19	1	4	26
Mod Burger Slider (3)	1180	610	69	20	3.0	14	27	260	1920	850	58	4	11	78
Mod Burger Slider (6)	2360	1230	139	40	6	29	53	515	3850	1690	115	8	21	157
Mustard Crusted Chicken Slider (1)	220	60	7	1.0		3.0	2.5	35	460	140	23	1	4	15
Mustard Crusted Chicken Slider (3)	660	190	22	3.0		10	7	105	1390	420	68	4	12	44
Mustard Crusted Chicken Slider (6)	1310	390	44	6		19	14	205	2780	840	135	8	23	88

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Kid's Menu	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
GF Kid's Classic Burger (No Side)	500	260	29	8	1.0	2.5	12	140	720	310	30	1	1	28
GF Kid's Grilled Chicken Breast (No Side Or Sauce)	330	160	19	2.5		5.0	11	110	360	330				40
GF Kid's Grilled Salmon with Rice And Green Beans	690	410	46	11		12	22	105	1330	880	22	3	2	31
GF Kid's Mac N' Cheese (No Sides)	1150	670	75	45		2.5	19	250	1490	150	93	2		27
GF Kid's Pasta Plain	410	30	3.5	0		0	1.0		590	0	89	2		6
GF Kid's Pasta with Marinara Sauce	470	30	3.5	0		0	1.0		1490	0	101	4	8	7
GF Kid's Sirloin Tips	530	310	35	13		3.5	11	125	1440	300	19	2	4	30
Kid's Chicken Quesadilla	740	370	41	16		4.5	14	115	1100	280	39	1	1	49
Kid's Classic Burger with Fries	720	420	48	16	1.0	5	20	120	1030	500	39	1	6	32
Kid's Grilled Cheese with Fries	830	570	65	36		3.5	16	145	1280	190	51	3		13
Kid's Grilled Chicken with Fries (No Sauce)	410	190	21	3.5		4.5	10	110	1550	510	13	1		41
Kid's Grilled Salmon with Rice And Green Beans	690	280	32	11		7	11	115	1780	650	66	2	4	34
Kid's Hand-breaded Chicken Tenders with Fries (No Sauce)	610	360	41	5		10	22	150	720	480	23	1	1	36
Kid's Ice Cream Sundae	240	150	17	11		0	3.5	55	50	60	21		16	3
Kid's Mac And Cheese	1150	660	75	44		2.5	19	250	1110	150	89	4	4	36
Kid's Pasta Plain	410	25	2.5			0	0		200	0	85	4	4	14
Kid's Pasta with Butter	510	130	14	7		0.5	3.5	30	200	0	85	4	4	14
Kid's Pasta with Marinara Sauce	470	25	2.5			0	0		1100	0	97	6	12	16
Kid's Pizza	800	160	18	9		1.5	4.5	40	2290	230	120	5	5	36

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Lunch Entrees	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chicken Parmesan Lunch	1010	330	37	11		6	17	125	2090	310	118	7	16	52
Chicken Piccata Lunch	1030	460	52	26		4.5	17	200	1960	430	102	6	3	44
GF Chicken Parmesan Lunch	820	210	24	10		2.0	9	155	2630	460	87	4	11	60
GF Chicken Piccata Lunch	1030	590	66	30		7	24	250	2100	540	79	4	2	47
GF Herb-crusted Haddock Lunch	950	710	81	19		28	31	210	1760	870	29	3	3	30
GF Sage And Pecan Pesto Salmon Lunch (Seasonal)	1010	650	73	17		17	35	135	1790	1600	54	16	15	43
GF Shrimp And Wild Mushroom Penne Lunch	1070	620	71	40		4.0	21	380	2450	410	79	2	2	32
GF Simply Grilled Protein Lunch - Chicken (No Sides)	300	130	15	2.0		4.0	8	110	230	330				40
GF Simply Grilled Protein Lunch - Salmon (No Sides)	440	290	33	5.0		11	16	100	630	600				35
GF Simply Grilled Protein Lunch - Sirloin Steak (No Sides)	380	230	26	5.0		4.0	9	105	370	0				33
GF Smokehouse Jambalaya Lunch	590	270	31	7		5	12	130	1900	280	55	4	11	24
GF Spaghetti Squash Bolognese Lunch (Seasonal)	360	180	21	3.5		3.5	13	5	1910	1060	40	9	13	10
Grilled Meatloaf Lunch	940	520	59	29	0.5	4.5	20	235	2680	1100	64	6	20	37
Herb Crusted Haddock Lunch (No Sides)	620	450	51	6		22	22	150	770	500	15	1	2	29
Mustard Crusted Chicken Lunch	840	340	39	17		5	15	115	1640	880	48	5	4	26
Sage And Pecan Pesto Salmon Lunch	1010	650	73	17		17	35	135	1790	1600	54	16	15	43
Shrimp And Wild Mushroom Fettuccine Lunch	1400	870	99	42		12	39	345	2410	380	97	5	4	37
Sirloin Tips Lunch	980	570	64	22		9	23	185	2700	970	55	5	15	43
Fish & Chips	940	560	63	9		21	26	80	2200	940	74	5	20	26

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Pizza (Large)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Anchovies	100	40	4.5	1.0		1.0	2.0	40	1760	260				14
Artichokes	100								1260		18	12	3	6
Asiago Cheese	390	280	32	20				100	1340					28
BBQ Chicken Pizza	2090	450	51	16		9	18	205	4980	820	288	10	42	105
Bacon	780	570	65	26				130	4260		6			39
Buffalo Chicken Pizza	3270	1420	160	37		44	70	370	6240	1170	312	11	27	143
Caramelized Onions	60	35	4.0	2.5		0	1.0	10	460	5	6	1	4	0
Chicken	370	70	8	2.5		1.5	3.0	195	170	580				70
Feta Cheese	360	250	28	16				100	1600		8			20
Four Cheese, Spinach & Roasted Mushroom Pizza	1820	510	58	25		6	14	135	4470	900	245	11	3	76
Fresh Mozzarella Cheese	680	450	51	30		1.5	15	180	1420	170	5		2	50
Green Peppers	45	0	0	0		0			5	390	10	4	5	2
Italian Sausage Pizza	2170	720	82	36		2.0	6	200	6270	370	263	11	17	82
Joe Schmo	1690	350	40	20		2.5	10	100	4630	490	247	10	9	78
Kalamata Olives	270	240	27						1300		7			
Marinated Pizza Tomatoes	210	50	6	1.0		0.5	4.5		1480	25	34	6	20	6
Mozzarella Cheese	470	280	31	17		1.0	8	85	820	150	6			40
NYA Pepperoni Pizza	2020	630	71	33		3.0	12	160	5930	500	249	10	11	95
Pepperoni	280	250	28	11				45	1120		2		2	13
Pineapple	170	0	0			0			0	360	43	5	33	2
Pizza Chip	2110	750	85	42		7	20	225	5420	450	234	9	2	96
Prosciutto & Arugula Pizza	1690	370	42	17		6	15	125	5170	560	247	10	9	69
Red Onions	100	0	0	0					10	350	22	4	10	3
Roasted Mushrooms	120	90	11	1.0		3.0	7		500	310	7	2	1	2
Roasted Sausage	450	380	43	14				70	680		3		3	13
Margherita	1790	380	42	21		3.0	11	105	4870	910	262	13	19	81
Shrimp	100	10	1.0	0		0	0	195	230	180				21
Smoked Mozzarella Cheese	240	110	12	8				60	680		8			20
Spanish Onions	100	0	0	0					10	350	22	4	10	3
Spinach	15	0	0			0			45	330	2	1		2

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Pizza (Small)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Anchovies	70	25	3.0	0.5		1.0	1.0	25	1170	170				9
Artichokes	70								840		12	8	2	4
Asiago Cheese	200	140	16	10				50	670					14
BBQ Chicken Pizza	1100	240	28	8		5	10	120	2590	490	147	5	23	59
Bacon	520	380	43	17				85	2840		4			26
Buffalo Chicken Pizza	1760	790	89	20		25	39	205	3360	630	162	6	16	77
Caramelized Onions	35	25	2.5	1.5		0	0.5	5	310	0	4		3	0
Chicken	190	35	4.0	1.0		1.0	1.5	95	85	290				35
Feta Cheese	180	120	14	8				50	800		4			10
Four Cheese, Spinach & Roasted Mushroom Pizza	930	270	30	12		3.0	8	70	2300	500	123	6	2	38
Fresh Mozzarella Cheese	510	340	38	22		1.5	11	135	1070	130	4		2	38
Green Peppers	30	0	0	0		0			0	260	7	3	4	1
Italian Sausage Pizza	1110	390	44	18		1.0	3.0	100	3190	190	132	6	10	40
Joe Schmo	850	180	20	10		1.5	5	50	2320	250	123	5	4	39
Kalamata Olives	180	160	18						870		5			
Marinated Pizza Tomatoes	140	35	4.0	0.5		0	3.0		980	15	22	4	14	4
Mozzarella Cheese	240	140	16	8		0	4.0	40	410	75	3			20
NYA Pepperoni Pizza	1060	350	40	19		1.5	6	90	3150	260	125	5	6	51
Pepperoni	200	180	20	8				30	780		2		2	9
Pineapple	80	0	0			0			0	180	22	2	16	1
Prosciutto & Arugula Pizza	860	190	22	9		3.0	8	65	2680	280	125	5	5	36
Red Onions	60	0	0	0					5	230	15	3	7	2
Roasted Mushrooms	80	60	7	0.5		2.0	4.5		330	210	5	1		2
Roasted Sausage	300	250	28	9				45	450		2		2	9
Margherita	1030	320	36	12		5	15	55	2480	460	131	7	10	41
Shrimp	80	5	1.0	0		0	0	150	170	140				16
Smoked Mozzarella Cheese	120	50	6	4.0				30	340		4			10
Spanish Onions	60	0	0	0					5	230	15	3	7	2
Spinach	5	0	0						25	170	1			1

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Salad Add-ons	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
GF Chicken	300	130	15	2.0		4.0	8	110	230	330				40
GF Salmon	440	290	33	5.0		11	16	100	360	600				35
GF Shrimp (6 Each)	140	70	8	0.5		2.5	4.5	150	440	140				16
GF Steak Tips	460	300	34	2.5		10	22		3320	170	20		14	1

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Salad Dressings (3 Oz)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
GF Balsamic Vinaigrette	490	490	55	4.0		16	35		370	25	4		3	0
GF Blue Cheese Dressing	460	440	50	9		25	16	35	730	45	1			3
GF Buttermilk Horseradish	140	110	13	2.0		7	3.0	10	630	95	4		3	2
GF Creamy Sherry Vinaigrette	460	440	49	6		26	17	20	480	10	4		4	0
GF Lemon Garlic Caesar Dressing	480	470	53	5		14	33	70	440	50	3		2	4
GF Lemon Vinaigrette	360	340	39	3.0		11	25		720	50	6		4	0
GF Olive Oil - Lemon Vinaigrette	340	320	36	5.0		3.5	25		730	45	6		4	0
GF Orange Sesame Vinaigrette	260	120	13	1.0		4.0	8		780	20	37		21	0
GF Raspberry Vinaigrette	390	340	38	2.5		11	25		350	50	15	1	13	0
GF Red Wine Vinaigrette	480	480	55	6		11	38		900	20	1			0
Sesame Ginger Vinaigrette	280	220	25	3.5		14	8	10	920	20	12		9	1

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Sandwiches & Burgers		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Add Bacon		60	45	5	2.0				10	330		0			3
Add Cheese: American		100	80	9	5.0				25	510					5
Add Cheese: Blue		120	90	10	6		0	2.5	25	470	85	1			7
Add Cheese: Cheddar		260	200	22	12				60	340					14
Add Cheese: Pepper Jack		170	120	14	9				50	480					7
Add Cheese: Swiss		160	100	12	8		0	3.0	40	80	35	2			11
Backyard Burger w/ Fries		1070	600	68	23	2.0	6	27	180	1850	1020	60	4	8	52
Backyard Burger w/ Mixed Greens		720	390	44	19	2.0	2.0	17	180	1060	710	30	2	7	50
Bacon Cheeseburger (No Cheese Or Side)		770	430	49	21	2.0	2.0	17	190	1370	590	28		6	52
GF Backyard Burger (No Side)		640	310	35	12	2.0	1.0	13	200	1060	590	31	2	2	46
GF Bacon Cheeseburger (No Cheese Or Side)		700	350	40	14	2.0	1.0	13	210	1390	590	31	2	2	49
GF Grilled Chicken Sandwich (No Side)		690	370	42	5		15	16	170	1210	350	32	2	3	43
GF Smoked Turkey Club (No Side)		710	380	43	8		11	8	170	1890	115	38	3	6	42
Grilled Cheese Sandwich with Tomato Soup		810	430	49	27		1.5	9	145	2530	270	55	3	13	30
Half Mustard Crusted Chicken BLT (No Side)		480	270	30	8		10	9	70	1110	270	29	2	5	21
Half Tuscan Grilled Chicken Sandwich (No Side)		480	280	31	9		11	10	80	1000	220	23	1	4	23
Half Vegetarian Tuscan Sandwich On Ciabatta (No Side)		210	150	17	7		5.0	4.5	30	370	60	9		2	5
Impossible Burger with Fries		910	600	68	18		12	30	70	1830	510	60	3	8	17
Mustard-crusted Chicken BLT w/ Fries		1270	710	80	20		23	26	140	3040	1000	90	7	12	44
Mustard-crusted Chicken BLT w/ Mixed Greens		930	500	56	16		19	16	140	2250	690	60	5	11	42
Sweet Blue Burger w/ Fries		1360	760	86	33	2.0	7	30	225	3080	1150	81	4	26	63

Sweet Blue Burger w/ Mixed Greens	1010	550	62	29	2.0	2.5	21	225	2290	840	51	2	25	61
Sweet Potato Veggie Burger On Multigrain Roll w/ Fries	1330	560	64	14		10	25	30	3400	1860	168	28	21	29
Sweet Potato Veggie Burger On Multigrain Roll w/ Mixed Green	980	350	40	10		6	15	30	2610	1550	139	26	20	27
Turkey Avocado Club Sandwich with Fries	1200	700	79	13		19	24	120	2880	800	78	11	7	51
Turkey Avocado Club Sandwich with Mixed Greens	850	490	55	9		15	14	120	2090	490	49	9	6	49
Tuscan Grilled Chicken Sandwich w/ Fries	1300	750	84	23		20	32	175	2730	870	77	5	10	54
Tuscan Grilled Chicken Sandwich w/ Mixed Greens	960	530	60	19		15	23	175	1940	560	47	3	9	52
Vegetarian Tuscan Sandwich On Ciabatta w/ Fries	890	510	58	18		14	19	65	1810	570	75	5	9	16
Vegetarian Tuscan Sandwich On Ciabatta w/ Mixed Greens	570	320	36	15		10	9	70	1070	270	46	3	8	15

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Side Salads	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Almond-crusted Goat Cheese Side with Raspberry Vinaigrette	320	210	24	6		5	12	30	410	70	20	4	10	9
Caesar Side Salad with Caesar Dressing	250	220	25	3.5		6	15	35	520	170	5	1	1	5
GF Goodhouse Side Salad with Balsamic Vinaigrette	250	190	21	1.5		7	12		300	300	13	5	7	3
GF Waldorf Side Salad	360	210	24	4.5		10	8	25	490	330	36	5	27	7
GF Wedge Side Salad	300	180	21	9		5	4.5	35	1090	530	12	3	7	12
Greek Side Salad with Pita And Greek Dressing	580	400	45	7		8	25	20	1640	430	37	4	4	10

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Sides	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
GF Side of Broccoli	60	5	0.5	0		0	0		450	500	12	6	2	4
GF Side of Chipotle Mashed Sweet Potatoes	240	90	10	6		0	2.5	25	820	490	37	5	12	3
GF Side of Cole Slaw	350	280	31	7		16	8	30	1700	330	16	4	10	3
GF Side of Fresh Fruit	60	0	0						0	190	15	2	12	1
GF Side of Garlic Mashed Potatoes	330	160	18	12		1.0	4.5	50	880	640	38	4	3	4
GF Side of Green Beans	60	50	6	3.5		0	1.5	15	130	40	2			0
GF Side of Grilled Asparagus	60	40	5.0	0		1.5	3.0		460	160	3	2	2	2
GF Side of Guacamole	110	80	9	1.5		1.0	6		580	360	7	5		1
GF Side of Herb Roasted Carrots	150	120	13	7		1.0	4.0	30	410	260	8	2	4	1
GF Side of Jasmine Rice Pilaf	360	90	10	6		0	2.5	30	1100	100	64	1	3	5
GF Side of Roasted Brussels Sprouts	370	320	36	6		9	20	15	1100	630	15	5	3	5
GF Side of Sauteed Onions	690	500	57	4.0		16	36		3640	750	49	9	19	6
GF Side of Sauteed Spinach	140	130	14	1.0		4.0	9		50	340	3	1		2
GF Side of Snap Peas	80	50	6	3.5		0	1.5	15	160	150	6	2	3	2
GF Side of Spaghetti Squash	110	50	6	1.0		1.0	4.0		830	260	14	3	6	1
GF Side of Sweet Corn Succotash	490	330	37	14		5	15	70	1000	1400	36	8	18	11
Side of Creamy Farro	270	150	16	9		1.0	5	35	480	45	25	3		6
Side of French Fries	350	210	24	4.0		4.5	10		810	450	31	3	1	3
Side of Home Fries	340	180	21	1.5		6	13		1690	710	38	3	3	4
Side of Pasta	460	25	2.5	0		0	0		990	0	96	5	11	15
Side of Plantains	170	80	9	0.5		2.5	6		0	360	24	2	11	1
Side of Succotash Couscous	580	340	38	14		6	16	65	1090	430	51	3	7	13
Side of Sweet Potato Fries	580	340	39	4.0		7	15		1590		59	5	32	2
Side of Yellow Rice And Black Beans	370	160	18	4.0		3.5	9	15	940	290	48	6	3	6

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Soup	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Beef Barley Soup - Bowl	200	90	10	4.5		0	1.5	40	470	250	16	3	2	10
Beef Barley Soup - Cup	140	60	6	3.0		0	1.0	25	310	170	11	2	2	7
Black Bean Soup - Bowl	440	210	24	7		3.0	9	20	1040	780	42	18	5	15
Black Bean Soup - Cup	300	140	16	5.0		2.0	6	15	720	540	28	12	3	10
Chicken Pepper Noodle Soup - Bowl	190	50	6	0.5		1.0	2.5	20	1040	190	23	2	3	11
Chicken Pepper Noodle Soup - Cup	130	35	4.0	0		1.0	1.5	15	690	125	15	1	2	8
Chicken Tortilla Soup - Bowl	320	150	17	3.0		3.5	8	50	1440	190	24	2	3	19
Chicken Tortilla Soup - Cup	200	90	10	2.0		2.0	5.0	35	940	120	14	1	2	12
Clam Chowder - Bowl (No Crackers)	480	280	32	15				90	1770	5	32	2	7	22
Clam Chowder - Cup (No Crackers)	320	190	21	10				60	1180	5	21	1	4	14
Cream of Mushroom Soup - Bowl	600	470	53	33		2.0	14	170	1900	550	22	2	8	8
Cream of Mushroom Soup - Cup	400	310	36	22		1.5	10	110	1270	370	15	1	5	5
GF Tomato Basil Soup - Bowl	340	230	26	15		1.5	8	90	1610	230	22	3	12	4
GF Tomato Basil Soup - Cup	230	150	18	10		1.0	6	60	1080	150	15	2	8	3
Sweet Potato Chorizo Soup - Bowl	200	100	12	4.5		1.5	4.5	25	910	450	23	3	8	3
Sweet Potato Chorizo Soup - Cup	140	70	8	3.0		1.0	3.0	15	610	300	15	2	5	2

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Starters	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Ahi Tuna On Cucumber	370	190	22	3.0		11	7	55	850	600	17	1	9	27
Ahi Tuna Wontons	470	230	26	3.5		13	10	60	1060	520	29		12	29
Butternut Squash Flatbread	940	290	32	8		5.0	17	35	2400	510	134	8	9	28
Buffalo-caribbean Chicken	1400	840	96	17		32	45	250	2730	660	79	3	34	61
Tenders														
Cheese Steak Egg Rolls	960	720	82	17		21	34	105	3580	95	28	2	2	31
Chicken Dumplings	460	180	20	3.0		5	12	40	1790	200	46		15	18
Forno Baked Vegetable Quesadilla	1440	940	107	36		20	27	175	3380	1220	83	16	20	41
Forno-baked Chicken Quesadilla	1500	950	107	37		21	27	270	3590	1000	68	10	15	62
GF Ahi Tuna On Cucumber	370	190	22	3.0		11	7	55	260	600	8	1	2	26
GF Forno Baked Vegetable Quesadilla	1440	940	107	35		20	27	175	3410	1220	84	17	21	36
GF Forno-baked Chicken Quesadilla	1500	900	102	35		20	25	270	3500	830	64	9	15	55
GF Thai Chicken Lettuce Wraps	650	270	31	4.0		9	16	95	980	1060	50	8	29	43
Nacho Average Nachos	1160	700	79	25		14	26	215	3510	600	55	7	9	50
New England Style Crab Cake (Seasonal)	660	430	49	14		18	15	155	1080	240	35	2	6	22
Shrimp And Vegetable Tempura	920	690	78	8		32	37	215	1840	700	34	6	6	26
Thai Chicken Lettuce Wraps	650	350	39	6		17	15	90	940	1030	36	8	23	40
Veg Nacho Average Nachos	1040	690	78	24		12	25	120	2560	800	62	12	9	27
Vegetable Tempura	950	730	83	8		33	41	20	1660	960	53	10	11	8

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