

Not Your Average Joe's Kitchen and Bar Nutritional Information

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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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Almond-crusted Goat Cheese with Raspberry Vinaigrette	630	420	47	12		10	24	60	680	130	40	8	20		17
Ahi Tuna Salad	500	60	7	1.0		2.5	3.5	45	90	650	22	8	13		29
GF Ahi Tuna Salad (No Dressing) - Paleo	270	60	7	1.0		2.5	3.5	45	90	650	22	8	13		29
Cobb Salad (No Dressing)	820	480	55	15		8	26	360	1430	1570	24	11	7		62
GF Steak Wedge with Blue Cheese Dressing - Keto	1020	680	77	22		21	16	240	1750	480	9	3	5		71
Super Crunch with Orange Sesame Vinaigrette	810	330	37	4.5		10	21	110	1170	1490	73	14	32		51
Hoisin Salmon Salad	780	370	42	7		16	16	120	1350	1700	57	7	34		47
Waldorf Salad with Creamy Sherry Vinaigrette	1020	520	58	13		21	20	170	1250	870	64	8	48		58
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	780	89	24		20	36	310	1460	880	65	7	19		86
Thai Beef Noodle Salad	1380	760	86	13		26	31	130	2690	1040	95	13	48		61
Steak Wedge	915	360	41	15		5	5	215	1400	520	11	3	7		68

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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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added 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	640	560	63	6		16	37	45	190	60	17	1	1		7

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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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added 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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Chocolate Chip Cookie	1750	850	96	59		4.0	28	260	530	820	225	11	156		18
Chocolate Mousse Cake	730	450	51	26	0.5	0	4.0	140	360	280	68	3	48		8
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
Raspberry Sorbet Dessert	210	0	0.5			0	0		0	190	52	6	42		2
Strawberry Shortcake	690	340	38	19		0	3.0	175	440	150	80	2	53		8
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

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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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Baked Ziti	1380	560	63	33		2.0	6	245	4140	150	121	7	19		81
Chicken Parmesan Dinner	1200	500	56	15		10	27	210	1800	480	102	5	12		72
Chicken Piccata Dinner	1680	1110	126	61		13	44	400	1590	600	77	4	4		67
Fish & Chips	940	560	63	9		21	26	80	2200	940	74	5	20		26
Veggie Quinoa Stir Fry	650	340	38	3.5		12	21		1430	980	72	9	26		14
Chicken Caprese Dinner	750	330	37	12		6	14	190	1100	940	7	2	4		69
GF Chicken Parmesan Dinner	1300	460	52	15		8	23	295	3290	640	123	5	15		82
GF Chicken Piccata Dinner	1680	570	64	32		6	21	300	2610	680	102	5	2		62
GF Herb-cruste d Haddock Dinner	1170	820	93	26		26	36	280	2210	1350	49	5	5		41
Jambalaya Dinner	690	310	35	9		6	13	195	2410	380	61	5	15		34
GF Mustard Crusted Chicken Dinner	960	500	56	18		9	24	210	1900	1070	56	4	3		49
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)	500	320	37	6		12	17	115	650	700					40
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 - Steak Tips (No Sides)	570	320	37	7		6	13	150	1530	45	5		4		47
Spaghetti Squash Bolognese Dinner	340	120	13	2.0		2.0	9		2020	1270	46	10	15		10
GF Spaghetti Squash Bolognese Dinner - Paleo	310	120	13	2.0		2.0	9		2020	1270	46	10	15		10
GF Vietnamese Salmon Dinner	990	400	45	7		15	21	115	2780	1080	94	3	22		52
Grilled Meatloaf Dinner	1190	650	74	37	1.0	6	25	295	3470	1420	86	8	28		46
Herb Crusted Haddock Dinner	1140	820	93	26		26	36	280	2210	1350	49	5	5		41
Mustard Crusted Chicken Dinner	840	410	47	18		7	19	170	2010	1070	56	6	5		46
New Bedford Seared Scallops	730	340	38	13		7	16	120	1590	1270	59	7	8		40
Shrimp And Chicken Rice Bowl	1020	420	48	6		11	26	255	4510	1700	94	15	33		59
Sirloin Tips 11 oz Dinner	1250	750	85	24		13	33	225	2780	1070	60	6	17		58
Shrimp Scampi	1830	1330	151	43		29	74	330	950	490	101	6	3		33

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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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added 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	19	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
Joe's Margarita (No Salt Rim)	300	0	0						0	65	40		36		0
Joes Margarita Pitcher For Two with Salt Rim	480	0	0			0			1370	210	61		53		1
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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Arnold Palmer with Sugar Rim	70	0	0						0	40	19		16		0
Baby Peach Bellini	270	0	0						10	70	69		64		0
Cookies 'n Cream Smoothie	430	160	18	8		0	4.5	35	250	115	65	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
Unsweetened Iced Tea	0								5	65	1				
Pomegranate Fizz with Pomegranate Sugar Rim	140	0	0						0	450	35		31		1
Raspberry Lime Rickey	220								20	125	48		46		0
Raspberry Pop	270	0	0						10	70	69		64		0

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Flatbreads	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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Bacon Blue Flatbread	980	310	35	19		1.5	8	95	2990	330	120	4	7		42
BBQ Chicken Flatbread	1100	240	28	8		5	10	120	2590	490	147	5	23		59
Farmer's Market Flatbread	980	340	38	12		4.5	13	45	2320	410	120	7	5		38

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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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added 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

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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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
GF Kid's Classic Burger (No Side)	640	260	29	8	1.0	2.5	12	135	840	410	28	2	2		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	690	470	53	12		15	24	140	1370	1080	22	3	2		43
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
Kid's Sirloin Tips	530	310	35	13		3.5	11	125	1450	300	19	2	4		30
Kid's Chicken Quesadilla	730	370	41	16		4.5	14	115	1100	280	39	1	1		49
Kid's Classic Burger with Fries	810	420	48	16	1.0	5	20	120	1030	500	39	1	6		32
Kid's Grilled Cheese with Fries	850	590	67	36		3.5	16	145	1200	250	49	2	5		13
Kid's Grilled Chicken with Fries (No Sauce)	440	190	21	3.5		4.5	10	110	1550	510	13	1			41
Kid's Grilled Salmon	690	340	38	12		9	13	150	1820	850	66	2	4		45
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	950	660	75	44		2.5	18	250	1050	150	113	5	6		40
Kid's Pasta Plain	390	25	3.0			0	0		150	0	109	5	5		18
Kid's Pasta with Butter	490	130	15	7		0.5	3.5	30	150	0	109	5	5		18
Kid's Pasta with Marinara Sauce	450	25	3.0			0	0		1050	0	121	7	13		20
Kid's Pizza	800	160	18	9		1.5	4.5	40	2290	230	120	5	5		36
GF Kid's Chicken Quesadilla	740	370	41	16		4.5	14	115	1100	280	39	1	1		49

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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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Chicken Parmesan Lunch	800	280	31	9		5	15	110	1280	260	87	5	10		43
Chicken Piccata Lunch	1410	970	109	59		8	34	330	1120	370	74	4	4		40
Chicken Caprese Lunch	670	460	52	12		9	27	115	1420	610	11	2	7		41
GF Chicken Parmesan Lunch	1040	310	36	11		5.0	16	195	3140	500	114	5	14		64
GF Chicken Piccata Lunch	1410	590	66	30		7	24	250	2110	540	79	4	2		47
GF Herb-crusted Haddock Lunch	940	710	80	19		28	31	205	1770	880	28	4	3		30
Jambalaya Lunch	590	270	31	7		5	12	130	1900	280	55	4	11		24
GF Mustard Crusted Chicken Lunch	650	350	40	17		5	15	135	1640	900	41	4	3		30
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)	500	320	37	6		12	17	115	650	700					40
GF Simply Grilled Protein Lunch - Steak Tips (No Sides)	390	240	28	4.5		5.0	11	90	1140	30	3		2		28
Spaghetti Squash Bolognese Lunch	300	100	12	2.0		1.5	8		1820	1050	40	9	13		8
GF Spaghetti Squash Bolognese Lunch - Paleo	270	100	12	2.0		1.5	8		1820	1050	40	9	13		8
Grilled Meatloaf Lunch	930	520	59	29	0.5	4.5	20	235	2680	1100	64	6	20		37
Herb Crusted Haddock Dinner	1140	820	93	26		26	36	280	2210	1350	49	5	5		41
Mustard Crusted Chicken Lunch	640	340	39	17		5	15	115	1640	880	48	5	4		26
Sirloin Tips Lunch Mid A	970	570	64	22		8	23	185	2630	960	55	5	13		43

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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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Buffalo Chicken Pizza	3270	1420	160	37		44	70	370	6140	1170	312	11	27		143
Joe Schmo	1690	350	40	20		2.5	10	100	4630	490	247	10	9		78
NYA Pepperoni Pizza	2020	630	71	33		3.0	12	160	5930	500	249	10	11		95
Pizza Chip	2110	750	85	42		7	20	225	5420	450	234	9	2		96
Margarita Pizza	1770	370	42	21		3.0	11	105	4740	890	260	13	15		80
The Supreme Joe Large	2780	1180	133	62		10	39	365	7400	1310	266	14	22		137
Toppings - Anchovies	100	40	4.5	1.0		1.0	2.0	40	1760	260					14
Toppings - Artichokes	100								1260		18	12	3		6
Toppings - Asiago Cheese	390	280	32	20				100	1340						28
Toppings - Bacon	780	570	65	26				130	4260		6				39
Toppings - Caramelized Onions	60	35	4.0	2.5		0	1.0	10	460	5	6	1	4		0
Toppings - Chicken	370	70	8	2.5		1.5	3.0	195	170	580					70
Toppings - Feta Cheese	360	250	28	16				100	1600		8				20
Toppings - Fresh Mozzarella Cheese	680	450	51	30		1.5	15	180	1420	170	5		2		50
Toppings - Green Peppers	45	0	0	0		0			5	390	10	4	5		2
Toppings - Italian Sausage Pizza	2170	720	82	36		2.0	6	200	6270	370	263	11	17		82
Toppings - Kalamata Olives	270	240	27						1300		7				
Toppings - Marinated Pizza Tomatoes	210	50	6	1.0		0.5	4.5		1480	25	34	6	20		6
Toppings - Mozzarella Cheese	470	280	31	17		1.0	8	85	820	150	6				40
Toppings - Pepperoni	280	250	28	11				45	1120		2		2		13
Toppings - Pineapple	170	0	0			0			0	360	43	5	33		2
Toppings - Red Onions	100	0	0	0					10	350	22	4	10		3
Toppings - Roasted Mushrooms	120	90	11	1.0		3.0	7		500	310	7	2	1		2
Toppings - Roasted Sausage	450	380	43	14				70	680		3		3		13
Toppings - Shrimp	100	10	1.0	0		0	0	195	230	180					21
Toppings - Smoked Mozzarella Cheese	240	110	12	8				60	680		8				20
Toppings - Spanish Onions	100	0	0	0					10	350	22	4	10		3
Toppings - 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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Buffalo Chicken Pizza	1760	790	89	20		25	39	205	3300	630	162	6	16		77
Joe Schmo	850	180	20	10		1.5	5	50	2320	250	123	5	4		39
NYA Pepperoni Pizza	1060	350	40	19		1.5	6	90	3150	260	125	5	6		51
Roasted Tomato Basil Pizza	1020	320	36	12		5	15	55	2410	450	130	7	8		41
The Supreme Joe Small	1560	720	81	35		7	26	200	4030	780	138	8	13		75
Toppings - Anchovies	70	25	3.0	0.5		1.0	1.0	25	1170	170					9
Toppings - Artichokes	70								840		12	8	2		4
Toppings - Asiago Cheese	200	140	16	10				50	670						14
Toppings - Bacon	520	380	43	17				85	2840		4				26
Toppings - Caramelized Onions	35	25	2.5	1.5		0	0.5	5	310	0	4		3		0
Toppings - Chicken	190	35	4.0	1.0		1.0	1.5	95	85	290					35
Toppings - Feta Cheese	180	120	14	8				50	800		4				10
Toppings - Fresh Mozzarella Cheese	510	340	38	22		1.5	11	135	1070	130	4		2		38
Toppings - Green Peppers	30	0	0	0		0			0	260	7	3	4		1
Toppings - Italian Sausage Pizza	1110	390	44	18		1.0	3.0	100	3190	190	132	6	10		40
Toppings - Kalamata Olives	180	160	18						870		5				
Toppings - Marinated Pizza Tomatoes	140	35	4.0	0.5		0	3.0		980	15	22	4	14		4
Toppings - Mozzarella Cheese	240	140	16	8		0	4.0	40	410	75	3				20
Toppings - Pepperoni	200	180	20	8				30	780		2		2		9
Toppings - Pineapple	80	0	0			0			0	180	22	2	16		1
Toppings - Red Onions	60	0	0	0					5	230	15	3	7		2
Toppings - Roasted Mushrooms	80	60	7	0.5		2.0	4.5		330	210	5	1			2
Toppings - Roasted Sausage	300	250	28	9				45	450		2		2		9
Toppings - Shrimp	80	5	1.0	0		0	0	150	170	140					16
Toppings - Smoked Mozzarella Cheese	120	50	6	4.0				30	340		4				10
Toppings - Spanish Onions	60	0	0	0					5	230	15	3	7		2
Toppings - 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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
GF Chicken	300	130	15	2.0		4.0	8	110	230	330					40
GF Salmon	500	320	37	6		12	17	115	380	700					40
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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Balsamic Vinaigrette	490	490	55	4.0		16	35		370	25	4		3		0
Blue Cheese Dressing	460	440	50	9		25	16	35	730	45	1				3
Creamy Sherry Vinaigrette	460	440	49	6		26	17	20	480	10	4		4		0
Lemon Garlic Caesar Dressing	480	470	53	5		14	33	70	440	50	3		2		4
Lemon Vinaigrette	360	340	39	3.0		11	25		720	50	6		4		0
Orange Sesame Vinaigrette	260	120	13	1.0		4.0	8		780	20	37		21		0
Raspberry Vinaigrette	390	340	38	2.5		11	25		350	50	15	1	13		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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added 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
BBQ Pulled Pork Sandwich	990	510	58	18		7	22	140	3460	720	87	5	52		36
Backyard Burger (with Cheddar) w/ Fries	1330	790	90	35	2.0	6	27	240	2190	1020	60	4	8		67
Backyard Burger (with Cheddar) w/ Mixed Greens	990	580	66	31	2.0	2.0	17	240	1410	710	30	2	7		64
GF BBQ Grilled Chicken Sandwich	700	360	41	13		4.5	10	170	1850	380	58	2	33		42
GF Backyard Burger (w/ mix greens)	990	580	66	31	2.0	2.0	17	240	1410	710	30	2	7		64
GF Fork & Knife Burger - Impossible Burger	410	260	29	10		2.0	10		940	1230	19	10	3		22
GF Fork & Knife Burger - Keto (with Sauteed Spinach)	500	350	39	9	1.0	4.5	22	90	650	1090	12	8	2		29
GF Fork & Knife Burger - Paleo (with Steamed Broccoli)	490	290	33	9	1.0	2.5	18	90	1070	1380	22	13	4		32
GF Impossible Caprese Burger	710	430	49	15		7	17	85	1550	770	38	5	4		30
GF Turkey Avocado Club	810	490	55	10		15	14	165	2120	440	38	6	7		43
Impossible Caprese Burger	730	510	58	22		8	21	70	1410	680	37	3	7		33
Mustard-cruste Chicken BLT w/ Fries	1270	710	80	20		23	26	140	3040	1000	90	7	12		44
Mustard-cruste Chicken BLT w/ Mixed Greens	930	500	56	16		19	16	140	2250	690	60	5	11		42
Sweet Blue Burger w/ Fries	1340	760	86	33	2.0	7	30	225	2850	1120	80	4	20		63
Sweet Blue Burger w/ Mixed Greens	1000	540	62	29	2.0	2.5	20	225	2070	810	50	2	19		61
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	740	84	23	20	32	175	2710	870	76	5	9	54
Tuscan Grilled Chicken Sandwich w/ Mixed Greens	960	530	60	19	15	23	175	1920	560	47	3	8	52

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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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added 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
Caprese Starter Salad	440	340	39	11		7	16	50	1260	440	10	2	6		15
Waldorf Side Salad	380	210	24	4.5		10	8	25	490	330	36	5	27		7
Wedge Side Salad	280	180	21	9		5	4.5	35	1090	530	12	3	7		12
Joe's House Starter Salad (No Dressing)	80	5	0.5	0		0	0		140	270	15	4	6		3

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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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
GF Side of Broccoli	60	5	0.5	0		0	0		450	500	12	6	2		4
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 Spinach	70	60	7	0.5		2.0	4.5		25	170	2				1
GF Side of Spaghetti Squash	110	50	6	1.0		1.0	4.0		830	260	14	3	6		1
Side of Brown Rice	210	50	6	2.0		0.5	1.0	10	1400	100	36	2			3
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	580	25	3.0			0	0		930	0	120	7	12		19
Side of Sweet Potato Fries	290	170	19	2.0		3.5	7		800		29	2	16		1

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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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added 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	210	50	6	0.5		1.0	2.5	20	1030	190	28	2	3		12
Chicken Pepper Noodle Soup - Cup	140	35	4.0	0		1.0	1.5	15	680	125	18	2	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	1420	230	22	3	12		4
GF Tomato Basil Soup - Cup	230	160	18	10		1.0	6	60	950	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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Ahi Tuna On Cucumber	370	190	22	3		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
Buffalo-caribbean Chicken Tenders	1400	840	96	17		32	45	250	2620	660	79	3	34		61
Cheese Steak Egg Rolls	960	720	82	17		21	34	105	3580	95	28	2	2		31
Chicken Dumplings - Purchased	340	150	17	1.5		4.0	9	35	1520	200	35	1	10		15
Chipotle Chicken Quesadilla	1220	720	81	34		15	14	260	3200	500	52	4	11		56
GF Chipotle Chicken Quesadilla	1220	720	81	33		15	14	260	3230	480	53	4	12		51
GF Vegetable Quesadilla	1430	930	105	35		19	27	175	3380	1210	84	17	21		36
GF Tuna Wonton On Cucumber	320	190	21	3.0		11	7	55	250	590	8	1	2		26
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
Chicken Satay Lettuce Wraps	720	180	21	3.0		4.5	8	70	2270	690	98	8	57		39
Veggie Satay Lettuce Wraps	850	350	40	6		8	17	15	2340	1430	119	20	58		23
Coconut Shrimp	620	250	28	7		7	14	200	480	270	75	2	57		22

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