




2022-08-01		Nutrition Information														Allergens											
		Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein g	Vitamin A %DV	Vitamin C % DV	Calcium % DV	Iron % DV	Eggs	Milk/Dairy	Fish/Seafood	Soy	Wheat/Gluten	Tree Nuts	Peanuts	Sulphites	Mustard		
<b>Sauces</b>																											
	Frank's Sweet Chili	1 svg	40	0	0	0	0	270	10	0	8	0.1	2	2	0	2											
	Signature Burger Sauce	1 svg	350	37	6	0	45	490	4	6	4	1	24	7	20	6	*	*		*							*
	Chipotle Chili Sauce	1 svg	15	1	0	0	0	880	4	1	1	0.3	90	7	6	3				*							
	Truffle Aioli	1 svg	210	14	2	0.1	10	310	0.3	5	0	2	0	0	0	0	*	*			*						*
	Franks Red Hot Sauce	1 svg	15	0.3	0	0	0	2020	2	1	1	0.4	15	2	0	2											
	Hickory BBQ Sauce	1 svg	120	0.2	0	0	0	310	25	0	21	1	0	0	4	8				*							*
	Honey Garlic	1 svg	180	0	0	0	0	240	47	0	38	0.2	0	0	0	2											
	Joe's Buffalo Butter	1 svg	210	23	15	1	60	1200	1	0	0	0.5	25	2	0	0	*	*			*						*
	Medium	1 svg	50	0.2	0	0	0	820	13	0	11	1	6	2	0	0	*	*			*						*
	Mild	1 svg	90	0.1	0	0	0	0	23	0	19	0	0	0	2	0	*	*			*						*
	Plum	1 svg	140	0	0	0	0	0	35	0	32	0.2	0	0	0	2											*
	Chipotle BBQ	1 svg	80	0	0	0	0	530	30	2	21	2	4	0	4	4	*	*		*	*	*	*	*	*	*	*
	Tartar	1 svg	110	9	1	0	0	0	8	0	6	0.4	0	0	0	0	*	*		*							*
<b>Dressings</b>																											
	Balsamic Vinaigrette	1 svg	170	15	1.5	0.2	0	470	7	0	6	0.3	0	0	0	0				*							*
	Blue Cheese	1 svg	300	31	4.5	0.3	35	560	4	0	4	2	0	0	0	0	*	*		*							*
	Caesar	1 svg	310	33	3	0.3	25	390	3	0	1	2	0	0	0	0	*	*	*	*	*	*	*	*	*	*	*
	Garlic Dill	1 svg	260	28	1	0	40	160	4	0	3	1	0	0	0	0	*	*		*							*
	Chipotle Ranch	1 svg	200	20	2.5	0	15	430	4	0	2	1	2	2	0	0	*	*	*	*	*	*	*	*	*	*	*
	Ranch	1 svg	210	21	2.5	0	20	430	4	0	2	1	0	0	0	1	*	*	*	*	*	*	*	*	*	*	*
	Zesty Italian	1 svg	140	12	0	0	0	740	6	0	4	0	0	0	0	0				*							*
	Honey Dijon Dressing	1 svg	320	32	2.5	0	0	180	7	0	0	0	0	0	0	0				*							*
	Lemon Herb Dressing	1 svg	180	18	1	0	0	20	3	0	3	1	2	9	4	2				*							*
<b>Soups</b>																											
	Broccoli Cheese	1 svg	160	8	3.5	0.2	15	1080	15	2	5	6	2	10	10	2	*	*		*	*	*	*	*	*	*	*
	Chicken Noodle	1 svg	100	2.5	0.5	0	15	950	15	1	2	6	6	0	2	6	*	*		*	*	*	*	*	*	*	*
	Cream of Mushroom	1 svg	170	9	3.5	0.1	15	990	17	3	5	6	0	0	10	2	*	*		*	*	*	*	*	*	*	*
	Creole Chicken Gumbo	1 svg	90	0.5	0.2	0	5	940	16	0	3	5	2	2	4	2	*	*		*	*	*	*	*	*	*	*
	French Onion Soup	1 svg	280	16	9	0.5	35	1080	20	2	9	16	20	8	45	2	*	*		*	*	*	*	*	*	*	*
	Home-style Minestrone	1 svg	110	2.5	0.5	0	0	980	20	3	6	3	10	0	4	6	*	*		*	*	*	*	*	*	*	*
	Italian Wedding	1 svg	150	5	1.5	0	5	840	19	2	1	7	0	2	0	10	*	*	*	*	*	*	*	*	*	*	*
	Tomato Garden Vegetable Rotini	1 svg	90	0	0	0	0	850	19	2	8	3	10	4	4	6	*	*		*	*	*	*	*	*	*	*
	Tomato Tortellini	1 svg	120	1	0.5	0	0	820	24	2	8	5	4	4	4	6	*	*		*	*	*	*	*	*	*	*
	Vegetable Beef Barley	1 svg	100	1	0.2	0	5	740	17	3	3	6	10	2	2	6	*	*		*	*	*	*	*	*	*	*
	Chicken Cheddar & Broccoli	1 svg	160	7	0	0	10	1120	19	2	1	7	10	10	10	4	*	*		*	*	*	*	*	*	*	*
	Clam Chowder	1 svg	170	8	0.5	0	10	1060	18	1	1	6	0	0	2	6	*	*	*	*	*	*	*	*	*	*	*
	Leek & Potato	1 svg	140	7	2.5	0	10	830	16	1	3	2	0	0	6	4	*	*		*	*	*	*	*	*	*	*
	Split Pea & Ham	1 svg	280	1.5	0.5	1	10	1510	47	12	5	17	9	4	4	15				*	*	*	*	*	*	*	*
	Tomato Ravioli	1 svg	120	1.5	0.5	0	5	1070	24	10	5	5	6	6	6	6	*	*		*	*	*	*	*	*	*	*
<b>Kids Menu</b>																											
<i>*Indicates side choice not included</i>																											
	Grilled Chicken*	1 svg	290	17	4.5	0.2	100	85	0	0	0	33	4	2	0	4				*	*	*	*	*	*	*	*
	Mini Beef Burgers*	1 svg	440	26	9	0	75	340	28	2	4	20	0	3	1	3				*	*	*	*	*	*	*	*
	Mini Cheese Burgers*	1 svg	480	30	11	1.5	85	430	28	2	4	20	0	4	2	25				*	*	*	*	*	*	*	*
	Cheese Pizza Flatbread*	1 svg	470	19	7	0.4	40	910	46	2	4	28	10	10	4	2	*	*	*	*	*	*	*	*	*	*	*
	Fish 'n Chips*	1 svg	520	14	4.5	0	105	1820	57	4	5	38	4	10	4	20	*	*	*	*	*	*	*	*	*	*	*
	Chicken Fingers*	1 svg	520	13	1	0	55	1170	119	4	32	26	0	15	4	20	*	*	*	*	*	*	*	*	*	*	*
	Pasta w/ Butter*	1 svg	440	15	7	0.5	30	95	66	4	2	12	10	0	0	20	*	*		*	*	*	*	*	*	*	*
	Pasta w/ Tomato Sauce*	1 svg	880	12	0.4	0	0	290	171	9	9	30	6	15	2	45				*	*	*	*	*	*	*	*
	Pasta w/ Creamy Cheese Sauce*	1 svg	550	26	13	0.1	70	250	68	4	2	15	25	0	10	20	*	*		*	*	*	*	*	*	*	*
	Side Fries (unseasoned)	1 svg	160	3.5	0.4	0	0	550	30	3	0	3	0	10	0	6				*	*	*	*	*	*	*	*
	Oreo Cookies	1 svg	170	7	1.5	2	0	190	25	1	14	2	0	0	0	15	*	*		*	*	*	*	*	*	*	*
	Jell-O	1 svg	70	0	0	0	0	40	17	0	17	1	0	0	0	0				*	*	*	*	*	*	*	*
	Mini Brownie	1 svg	330	16	8	0.2	0	310	46	2	33	5	2	0	2	4	*	*		*	*	*	*	*	*	*	*
<b>Desserts</b>																											
	Caramel Pretzel Bites	1 svg	460	8	2.5	0	0	400	94	3	47	9	0	8	4	15	*	*		*	*	*	*	*	*	*	*
	The Ultimate Cookie	1 svg	520	26	13	0.3	20	310	70	2	44	6	2	0	2	0	*	*		*	*	*	*	*	*	*	*
	Mini Brownie	1 svg	330	16	8	0.2	0	310	46	2	33	5	2	0	2	4	*	*		*	*	*	*	*	*	*	*
	Chocolate Godiva Cheesecake	1 svg	690	49	31	1.5	150	330	57	3	41	9	15	2	10	25	*	*		*	*	*	*	*	*	*	*
	Raspberry Cheesecake	1 svg	660	45	29	1.5	170	360	60	1	47	7	20	0	10	6	*	*		*	*	*	*	*	*	*	*
<b>Appy Hour</b>																											
	Wings - Snack	1 svg	480	32	0.4	0	140	550	34	10	0	0	0	2	2	10				*	*	*	*	*	*	*	*
	Poutine	1 svg	560	24	10	1	55	2280	20	67	6	0	15	25	40	15				*	*	*	*	*	*	*	*
	Buffalo Perogies	1 svg	710	36	7	0.3	50	1370	14	86	0	8	10	2	6	35	*	*		*	*	*	*	*	*	*	*
	BBQ Ranch Onion Rings	1 svg	440	10	1.5	0	0	800	8	78	6	16	0	4	6	10	*	*		*	*	*	*	*	*	*	*
	Mini Cheese Sliders	1 svg	670	49	14	1.5	110	1170	23	31	2	6	4	2	10	20	*	*		*	*	*	*	*	*	*	*
	Buffalo Cauliflower Tacos	1 svg	420	22	4.5	0.2	25	970	9	50	6	6	10	110	8	25	*	*		*	*	*	*	*	*	*	*
	Garlic Bread with Cheese	1 svg	820	58	13	1	50	2010	17	63	2	5	10	2	35	20	*	*		*	*	*	*	*	*	*	*
	Half Herbed Mushroom & Shaved Parm.	1 svg	545	32	11	0	35	795	44	2	2	23	20	6	15	6	*	*		*	*	*	*	*	*	*	*

The nutritional data has been compiled from information received from our suppliers and from the Canadian Nutrient File. Shoeless Joe's Sports Grill is not responsible for accuracy of content. Shoeless Joe's Sports Grill cannot control or eliminate the possibility of cross-contamination in our restaurants or in our products provided to you by our suppliers; therefore we cannot assume responsibility for particular sensitivity or allergy to any food at our restaurants. If you have any questions or concerns, please speak to the manager.