



		Nutrition Information														Allergens									
		Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Carbohydrate (g)	Fibre (g)	Sugar (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>STARTERS</b>																									
Calamari	2 serv	720	25	4.5	0.1	650	2440	50	71	3	14	15	35	20	35	*	*	*		*					*
Crispy Creole Shrimp	2 serv	910	55	12	0.5	160	2430	21	80	6	13	15	8	20	15	*	*	*	*	*					*
Deep Fried Pickles	2 serv	780	49	7	0	30	3180	10	74	7	12	15	10	6	15	*	*		*	*					
Asian Chicken Bites	2 serv	590	24	2.5	0.2	70	1480	35	55	3	13	2	15	6	20		*			*					
Baja Fish Tacos	2 serv	870	49	8	0.3	55	1570	37	78	6	5	15	25	30	45	*	*	*	*	*					*
Four Cheese French Onion Soup	1 serv	220	12	6	0.5	25	1100	11	19	2	8	15	10	25	6		*		*	*					*
Parmesan Truffle Sidewinders	1 serv	1040	83	16	0.5	30	2140	10	66	5	0	2	45	20	6	*	*		*						*
<b>FLATBREADS</b>																									
South Side Pulled Pork	2 serv	1320	46	13	0.4	110	3130	55	175	9	48	45	60	20	60	*	*			*					*
Feta Bruschetta	2 serv	1120	58	15	1	85	2060	31	121	9	17	45	60	25	50	*	*		*	*					*
Joe's Buffalo Chicken	2 serv	1310	55	20	1	80	2930	62	141	8	18	45	30	50	60	*	*		*	*					*
<b>SHARE PLATES</b>																									
All-Star Platter	3 serv	1750	71	19	0.3	465	5340	72	193	11	26	70	40	40	60	*	*	*	*	*					*
Homerun Nachos	3 serv	1870	93	47	2	125	5070	88	173	17	23	100	50	180	60		*		*	*					*
Primo Loco Chicken Quesadilla	2 serv	1460	82	30	1.5	170	3780	63	114	7	13	50	20	50	50		*		*	*					
Mini Mac Sliders	2 serv	1200	73	22	0.5	100	2950	50	83	7	19	15	8	20	15	*	*		*	*	*				*
Spinach Artichoke & Goat Cheese Dip	2 serv	1070	56	23	0	115	1510	22	93	5	5	70	15	20	30		*		*	*					*
Thai Shrimp Quesadilla	2 serv	1260	77	22	1	105	2930	37	107	6	21	30	15	60	35	*	*	*	*	*					*

		Nutrition Information														Allergens											
		Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Carbohydrate (g)	Fibre (g)	Sugar (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>ENTRÉE SALADS</b>																											
Spinach with Feta & Quinoa	1 serv	460	34	7	0.4	215	870	17	24	5	13	80	70	25	30	*	*			*							
Chipotle Southwest Chicken	1 serv	800	55	13	0.3	135	1760	35	45	4	5	90	40	30	15	*	*		*	*							
Mediterranean Greek	1 serv	390	27	10	0.4	55	1770	16	30	6	13	180	120	25	15	*	*		*							*	
Field of Greens <i>(Dressing not included)</i>	1 serv	120	0.5	0.1	0	0	30	2	29	4	21	90	35	6	10												
Traditional Ceasar w/ Bacon	1 serv	520	43	8	0.5	50	740	15	19	4	4	150	90	20	15	*	*	*	*	*	*					*	
Traditional Ceasar w/o Bacon	1 serv	450	39	6	0.5	35	560	10	19	4	4	150	90	15	15	*	*	*	*	*	*					*	
Berry Pecan Salad	1 serv	450	35	7	0.1	15	660	10	29	6	21	60	60	15	25		*				*	*				*	
ADD Sirloin	1 serv	140	9	4.5	0.2	65	1150	21	1	0	0	4	2	0	15												
ADD Shrimp	1 serv	150	9	1.5	0	115	280	17	2	0	0	6	4	8	15		*	*									
ADD Salmon	1 serv	280	16	4	0.1	115	1180	38	1	0	0	6	0	2	15			*									
ADD Chicken	1 serv	170	7	3	0.2	115	1160	32	1	0	0	4	0	0	2												
<b>BURGERS</b> *sides not included																											
Truffle Wild Mushroom	1 serv	840	56	16	0.5	60	2550	44	41	5	5	15	35	30	30	*	*			*							
The Lumber Jack	1 serv	940	57	20	0.4	70	2990	44	65	4	5	15	15	20	35		*		*	*						*	
The Pilgrim	1 serv	570	25	8	1	145	1270	46	36	2	6	8	25	20	25	*	*			*							
The Classic	1 serv	650	41	11	0.5	40	1470	36	35	4	3	4	30	8	25	*				*							
Three Cheese and Jalapeno	1 serv	1060	74	20	0	80	3040	43	80	5	4	15	20	10	35	*	*		*	*							
Braised Beef	1 serv	1020	56	17	0.3	75	3130	53	71	5	9	0	15	6	45	*	*		*	*				*	*	*	
<b>WRAPS</b> *sides not included																											
Sonoma Vegetable & Goat Cheese Wrap	1 serv	630	33	10	0.5	0.5	1090	17	68	9	9	30	60	20	35	*	*		*	*						*	
San Diego Chicken Wrap	1 serv	880	41	11	0.5	55	1840	41	84	5	9	15	20	35	40	*	*		*	*						*	
Greek Chicken Street Wrap	1 serv	700	31	9	0.5	130	1400	46	61	3	6	10	10	20	25	*	*		*	*						*	
Buffalo Chicken Wrap	1 serv	890	37	11	0.5	50	1690	38	99	5	23	15	20	35	35	*	*		*	*						*	
Buffalo Chicken Wrap - <i>Oven roasted chicken substitute</i>	1 serv	820	38	12	0.5	100	1100	47	74	4	220	15	15	30	25	*	*		*	*						*	
San Diego Chicken Wrap - <i>Oven roasted chicken substitue</i>	1 serv	790	40	11	0.5	120	1090	49	58	4	7	15	15	30	25	*	*		*	*						*	


		Nutrition Information														Allergens										
		Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Carbohydrate (g)	Fibre (g)	Sugar (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>WINGS</b> *sauces not included																										
Dusted Wings - Single	1 serv	450	15	4	0	135	660	51	25	2	2	60	10	6	20					*						
Championship Wing Dinner	1 serv	790	27	5	0.2	135	2320	56	79	6	2	60	25	6	20					*						
Traditional Wings - Single	1 serv	390	21	4.5	0	135	150	48	0	0	0	2	0	2	15											
<b>TENDERS</b> *sauces not included																										
Buffalo Chicken Tenders	1 serv	980	41	4	0.4	75	3010	43	106	8	6	60	30	8	20	*	*		*	*						
<b>SANDWICHES</b> *sides not included																										
Three Cheese Philly	1 serv	970	27	13	0.4	1.2	2970	41	86	5	8	30	80	30	60	*	*		*	*	*		*	*	*	*
The Great Reuben	1 serv	650	16	5	0.2	90	2710	35	47	5	6	10	1030	25	30	*	*		*	*	*		*	*	*	*
The Closer	1 serv	1180	41	12	0.2	155	3000	61	144	5	22	15	80	25	50		*		*	*					*	*
Steak Sandwich	1 serv	470	14	5	0.4	125	1710	48	36	2	4	15	45	4	50		*		*	*						
Havana Slamma'	1 serv	630	23	9	0.2	95	2720	36	73	3	24	15	4	30	30	*	*		*	*					*	*
Grilled Chicken Club	1 serv	710	43	13	0.3	165	2320	53	36	8	6	10	30	25	20	*	*		*	*					*	*
<b>POWER BOWLS</b>																										
Chicken Pad Thai	1 serv	1030	39	6	0	280	1480	52	115	10	58	220	230	15	30	*	*		*	*	*	*	*			
Chicken Stir-Fry	1 serv	770	18	2	0.1	115	590	39	34	7	17	160	230	10	20		*		*	*	*					
Lemon Chicken & Quinoa	1 serv	600	27	5	0.1	110	1140	45	43	10	10	210	270	25	35		*		*	*						
Side: Jasmine Rice	1 serv	330	1	0.3	0	0	320	6	71	0	0	2	0	0	25		*									
Side: Quinoa	1 serv	260	4.5	0.4	0	0	670	9	46	6	1	0	0	4	20											
Side: Penne/Cappelini	1 serv	320	2	0	0	0	2	12	67	4	2	0	0	0	20					*						
Side: Rice Noodles	1 serv	180	3	0.2	0	0	25	3	34	1	0	0	0	0	2											
<b>STEAKS</b> *starch side not included																										
Top Sirloin (7 oz)	1 serv	450	13	4.5	0.2	120	1590	47	33	5	9	15	180	8	45		*		*	*						
New York Striploin (11 oz)	1 serv	650	25	10	1	155	1600	70	33	5	7	15	170	8	60		*		*	*						

		Nutrition Information														Allergens									
		Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Carbohydrate (g)	Fibre (g)	Sugar (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>RIBS</b> *sauces and starch side not included																									
Ribs Half Rack	1 serv	850	50	19	0.4	190	1590	51	47	2	38	15	15	10	15	*	*		*						*
Ribs Full Rack	1 serv	1530	90	34	0.5	365	2940	101	75	2	58	20	20	15	30	*	*		*						*
Rib & Championship Wing	1 serv	1070	58	21	0.4	260	1910	76	58	2	38	15	15	10	25	*	*		*	*					*
<b>ENTRÉES</b>																									
Sausage & Pepper Penne	1 serv	1020	48	13	0.5	75	1710	36	100	6	8	25	40	10	40		*		*	*					
Prosciutto Wrapped Chicken	1 serv	840	47	17	1	165	2410	47	56	4	6	35	50	15	15		*		*	*				*	
Pecan Crusted Chicken	1 serv	960	49	8	0.5	110	2110	43	93	6	24	25	60	15	25	*	*		*	*	*				*
Diablo Shrimp Pasta	1 serv	960	41	8	0.5	130	1770	38	108	6	12	45	70	25	50		*	*	*	*					*
Herb Truffle Shepherd's Pie	1 serv	810	48	11	0.3	20	1530	25	75	6	26	100	70	20	20		*		*	*				*	
Oven-Baked Five Cheese Chicken Penne	1 serv	1250	56	27	1.5	200	2770	71	125	8	13	60	70	90	45		*		*	*					
Fish 'N Chips 2 pc.	1 serv	1200	43	7	0.3	170	3310	58	141	9	27	15	45	20	20	*	*	*		*					
Fish 'N Chips 1 pc.	1 serv	980	42	7	0.3	90	2680	33	117	8	25	15	45	15	15	*	*	*		*					
Citrus Glazed Salmon	1 serv	1000	36	5	0.5	130	1080	53	113	3	29	20	30	8	45		*	*	*						*
Chicken Asiago Parmesan	1 serv	1350	54	21	1	165	2600	75	144	6	17	60	50	70	50		*		*	*					
Braised Beef & Wild Mushroom Stroganoff	1 serv	1160	41	15	2	105	2130	51	153	9	9	25	35	15	70	*	*		*	*				*	*
<b>DESSERTS</b>																									
The Ultimate Cookie	1 serv	960	43	20	0.2	35	710	9	141	6	88	30	2	8	25	*	*		*	*				*	
Slam Dunk Donut Bites	2 serv	1210	48	23	0.3	35	1320	11	187	4	123	2	15	4	0	*	*		*	*					
Peanut Butter Stacker Sundae	1 serv	660	37	20	0.4	45	260	7	78	4	55	20	0	15	8		*		*	*	*	*	*	*	*
Cosmo Cheesecake	1 serv	480	33	22	0	45	350	5	42	2	28	10	40	8	2	*	*		*	*				*	
Chunky Chocolate Crunch	1 serv	590	29	15	0.2	5	250	8	78	3	51	6	2	15	10		*			*					
Caramel Pretzel Bites	2 serv	1150	22	16	0	20	1320	21	191	6	90	6	90	10	35	*	*		*	*					

Nutrition Information																Allergens									
SHOELESS JOE'S SPORTS GRILL™	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Carbohydrate (g)	Fibre (g)	Sugar (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>SIDES</b>																									
Fries	1 serv	410	20	2	0.2	0	1660	5	55	4	0	0	15	2	0										
Sweet Potato Fries	1 serv	520	28	1	0	0	1180	5	61	5	20	80	25	4	10										
Lattice Fries	1 serv	520	30	4	0.3	0	1840	5	57	5	0	0	15	2	8					*					
Poutine	1 serv	540	28	5	0.4	20	2250	12	61	4	0	4	15	4	0		*		*	*			*		
Sidewinders	1 serv	570	34	8	0	0	1900	5	64	5	0	0	40	6	6										
Seasonal Vegetables	1 serv	50	0.4	0.1	0	0	25	3	11	4	4	15	170	4	8										
Side Quinoa	1 serv	260	4.5	0.4	0	0	670	9	46	6	1	0	0	4	20										
Mashed Potato	1 serv	260	10	2.5	0.1	0	770	4	38	0	2	0	30	4	6		*		*				*		
Jasmine Rice	1 serv	330	1	0.3	0	0	320	6	72	0	0	2	0	0	25		*								
Green Beans	1 serv	80	4.5	1.5	0.4	5	50	2	9	3	2	15	20	4	6		*								
Side/Starter Greek Salad	1 serv	200	13	5	0.2	30	880	8	15	3	7	90	60	10	8	*	*		*						*
Side/Starter Field of Greens Salad	1 serv	60	0.4	0	0	0	15	1	15	2	10	45	20	2	6										
Side/Starter Caesar salad w/ Bacon	1 serv	260	22	4	0.2	25	370	8	10	2	2	80	45	8	8	*	*	*	*	*	*				*
Side/Starter Caesar salad w/o bacon	1 serv	230	19	3	0.2	20	280	5	9	2	2	80	45	8	8	*	*	*	*	*	*				*
Plain Baked Potato	1 serv	340	5	0.4	0	0	260	7	67	7	5	0	70	2	15		*		*						
Baked Potato, butter & sour cream	1 serv	590	32	17	1	75	470	8	69	7	6	25	70	6	15		*								
Loaded Baked Potato	1 serv	490	18	8	0.5	30	450	11	70	7	6	10	70	10	15	*	*		*						
Saute Onions	2 oz	45	2.5	0.5	0.2	0	25	1	6	1	3	2	4	2	2		*								
Saute Mushrooms	2 oz	35	2.5	1	0.2	0	25	1	3	1	1	2	4	0	6		*								
<b>DRESSINGS</b>																									
Balsamic Vinaigrette	2 fl oz	170	15	1.5	0.2	0	470	0.3	7	0	6	0	0	0	0				*						*
Blue Cheese	2 fl oz	300	31	4.5	0.3	35	560	2	4	0	4	0	0	0	0	*	*								*
Cesar	2 fl oz	310	33	3	0.3	25	390	2	3	0	1	0	0	0	0	*	*	*	*	*					
Creamy Chipotle Ranch	2 fl oz	340	38	6	0	30	300	0	2	0	2	0	0	0	0	*	*								
Garlic Dill	2 fl oz	260	28	1	0	40	160	1	4	0	3	0	0	0	0	*	*		*						*

Nutrition Information																Allergens								
	Serving Size	Calories	Nutrition Information													Allergens								
			Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Carbohydrate (g)	Fibre (g)	Sugar (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>DRESSING</b>																								
Greek Feta Oregano	2 fl oz	90	7	4	0	25	380	7	2	1	0	6	0	10	0	*	*		*					*
Honey Herb & Dijon	2 fl oz	140	9	0.5	0.1	0	390	1	14	0	13	8	2	0	2									*
Ranch	2 fl oz	210	21	2.5	0	20	430	1	4	0	2	0	0	1	0	*	*		*					
Raspberry Poppy Seed	2 fl oz	200	18	1.5	0.2	0	0	1	9	0	8	0	0	0	0		*							
Zesty Italian	2 fl oz	140	12	0	0	0	740	0	6	0	4	0	0	0	0				*					*
Thousand Island Dressing	2 fl oz	160	12	2	0	10	650	0.5	11	0	9	0	2	2	2	*			*					*
<b>SAUCES</b>																								
Sauce Frank's Sriracha	2 fl oz	60	0.4	0.1	0	0	1210	0.4	14	2	9	30	0	2	2				*					
Sauce Frank's Sweet Chili	2 fl oz	40	0	0	0	0	270	0.1	10	0	8	2	2	0	2									
Frank's Red Hot	2 fl oz	15	0.3	0	0	0	2020	0.4	2	1	1	15	2	0	2									
Frank's Xtra Red Hot	2 fl oz	15	0.3	0.1	0	0	1970	0.4	2	1	0	6	0	0	2									
Hickory BBQ Sauce	2 fl oz	120	0.2	0	0	0	310	1	25	0	21	0	0	4	8				*					*
Honey BBQ	2 fl oz	120	0.1	0	0	0	190	1	32	0	29	0	0	2	6				*					*
Honey Garlic	2 fl oz	190	0	0	0	0	240	0.2	47	0	38	0	0	0	2									
Joe's Buffalo Butter	2 fl oz	210	23	15	1	60	1200	0.5	1	0	0	25	2	0	0		*							
Kansas City Style BBQ	2 fl oz	90	0.1	0	0	0	0	1	23	0	19	0	0	2	0									*
Medium	2 fl oz	50	0.2	0	0	0	820	1	13	0	11	6	2	0	0		*							*
Mild	2 fl oz	90	0.1	0	0	0	0	1	23	0	19	0	0	2	0									*
Plum	2 fl oz	140	0	0	0	0	0	0.2	35	0	32	0	0	0	2									
Smoky Chipotle	2 fl oz	130	0	0	0	0	530	2	30	2	21	4	0	4	4									*
Tartar	2 fl oz	110	9	1	0	0	0	0.4	8	0	6	0	0	0	0	*	*							*



		Nutrition Information														Allergens									
		Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Carbohydrate (g)	Fibre (g)	Sugar (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>KIDS MEALS</b>																									
Mini Oreo	1 serv	170	7	1.5	2	0	190	2	25	1	14	0	0	0	15		*		*	*					
Mini Cheese Burgers	1 serv	450	26	8	0.1	35	700	24	30	3	4	4	6	8	15		*		*	*					
Grilled Chicken	1 serv	170	3.5	1	0	105	65	32	0	0	0	0	0	0	0		*			*					
Grilled Cheese	1 serv	350	26	16	1	70	590	16	18	5	2	20	0	40	10	*	*			*					*
Fries	1 serv	170	6	0.5	0.1	0	530	2	27	2	0	0	8	0	0										
Fish N' Chips	1 serv	360	19	1.5	0	55	710	23	28	2	5	4	0	4	25	*	*	*		*					
Chicken Fingers	1 serv	420	6	1	0.2	45	800	23	65	2	35	0	4	4	15		*			*					
Cheese Quessadilla	1 serv	500	31	17	1	0	1170	28	31	1	2	25	0	60	10		*			*					
Cheese Pizza	1 serv	440	14	5	0.3	30	870	20	59	3	8	15	15	6	25		*		*	*					

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.