



	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
STARTERS																								
Korean Duck Wings	1 serv	1280	55	34	0.7	240	2660	38	13	0	11	15	15	20	8				*	*			*	
Spinach Artichoke & Goat Cheese	1 serv	1020	49	23	0.5	115	1520	21	87	4	5	17	9	10	12	*	*		*	*				
Deep Fried Pickles	1 serv	610	28	3.5	0	15	3310	10	75	7	12	15	10	8	15	*	*		*	*				
Buffalo Cauliflower <i>(no dip)</i>	1 serv	470	160	8	0.6	30	2990	12	66	2	4	70	15	10	40	*	*		*	*			*	
Asian Chicken Bites	1 serv	470	24	2	0	80	1380	36	31	2	8	2	15	4	20	*	*		*	*				*
Four Cheese French Onion Soup	1 serv	270	16	8	0.5	20	1110	15	18	2	7	15	8	35	6		*		*	*	*		*	
Double Stacked Nachos	1 serv	2030	102	57	2.5	90	4180	27	73	7	12	10	10	20	10		*		*	*				
Calamari	1 serv	600	25	35	2.5	540	1590	38	36	2	12	17	10	9	30	*	*	*	*	*			*	*
Primo Loco Quesadilla	1 serv	1090	69	29	1.5	140	3050	45	75	6	8	50	15	45	40	*	*		*	*				
Fish Tacos	1 serv	750	19	6	0.3	105	2820	57	82	7	7	15	25	35	35	*	*	*	*	*			*	*
Chicken Wings <i>(no sauce or dip)</i>	1 serv	450	15	4	0	135	1020	52	25	2	3	100	6	6	25				*	*			*	
Mini Mac Sliders	1 serv	1110	640	41	2.2	180	2100	55	25	5	16	10	5	32.5	20	*	*		*	*			*	*
All-Star Platter	1 serv	1740	78	20	0.1	470	5350	71	164	10	22	70	45	30	50	*	*	*	*	*	*		*	*
FLATBREADS																								
Buffalo Chicken	1 serv	1190	60	19	0.5	75	2680	67	102	5	8	30	15	50	20	*	*		*	*			*	
Herbed Mushroom & Parmesan	1 serv	1090	58	15	1	85	1590	46	91	4	5	30	10	30	20	*	*		*	*			*	*
Porchetta & Roasted Pepper	1 serv	1250	58	22	0.1	130	2190	50	122	4	5	2.6	15	10	20	*	*		*	*			*	
Shrimp Basil Pesto	1 serv	1070	42	10	0.5	90	2030	50	122	7	9	20	25	30	15	*	*	*	*	*				
ENTRÉE SALADS																								
The Harvest Cobb	1 serv	850	61	12	0.2	305	1130	48	32	10	14	170	200	10	30	*			*	*				*
Berry Pecan	1 serv	500	42	7	0	15	360	10	26	8	16	60	150	15	25		*		*	*	*			*
Maple Bacon Caesar	1 serv	650	57	12	0.5	65	1080	16	24	5	8	150	100	20	20	*	*	*	*	*	*		*	*
Chipotle Southwest	1 serv	710	50	13	0.5	120	1940	44	19	3	6	100	40	30	20	*	*		*	*			*	
Roasted Beet & Goat Cheese	1 serv	500	32	10	0	25	400	19	39	10	21	100	45	20	30		*		*	*	*			
Large Field of Greens <i>(no dressing)</i>	1 serv	120	0.5	0.1	0	0	36	2	28	4	20	10	19	15	2									
ADD Chopped Steak	1 serv	190	8	3	0.5	50	360	21	7	0	6	0	6	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	290	17	3	0	125	1630	33	4	0	0	0	0	0	2				*					

	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	
BURGERS *sides not included																									
Maple Peppercorn Bacon & Cheddar	1 serv	1230	96	29	3	250	2010	48	44	3	11	10	25	20	50	*	*		*	*	*			*	
Joe's Signature Smashed	1 serv	950	71	21	3	220	1670	38	40	3	7	6	8	8	45	*	*		*	*	*			*	
Mushroom & Arugula	1 serv	1020	73	25	3	230	1820	40	41	3	6	15	8	10	45	*	*		*	*	*			*	
Lumberjack	1 serv	950	63	23	3	220	1840	43	52	4	11	10	10	25	50	*	*		*	*	*			*	
The West Coaster	1 serv	990	71	24	3	220	1410	43	44	4	9	20	100	10	50	*	*		*	*	*			*	
SANDWICHES & WRAPS *sides not included																									
Tennessee Style Fried Chicken	1 serv	1150	60	10	0.2	225	4560	51	97	6	7	15	8	10	50	*	*		*	*	*		*	*	
Truffle Porchetta	1 serv	1230	89	30	0.1	175	2660	44	61	3	4	6	45	10	40	*	*		*	*	*		*	*	
Great Ruben	1 serv	650	16	5	0.2	90	2710	35	47	5	22	10	1030	25	30	*	*		*	*		*	*	*	
Grilled Chicken Club Sandwich	1 serv	900	53	17	0.4	160	2630	53	61	3	4	15	30	20	30	*	*		*	*	*		*	*	
California Garden Wrap	1 serv	830	37	10	0.3	20	910	21	100	13	8	25	110	20	40	*	*		*	*				*	
The Closer	1 serv	1160	56	15	0.4	130	3790	59	110	4	12	15	25	25	50	*	*		*	*	*		*	*	
Buffalo Chicken Wrap	1 serv	830	40	11	0.5	60	2300	40	80	5	14	20	20	35	40	*	*		*	*				*	
Gacho Beef Burrito	1 serv	920	35	12	0.4	75	2200	43	109	14	8	15	60	20	60		*		*	*			*		
ENTREES																									
Chicken Cordon Blue	1 serv	1290	91	39	0.4	325	1670	55	85	6	9	70	160	25	30	*	*		*	*					
CAB Steak Frites	1 serv	730	34	9	0.5	130	1890	53	48	7	3	10	40	2	45		*		*	*					
Lemon-Thyme Chicken	1 serv	1110	48	22	0.5	255	1420	77	91	8	35	50	90	6	45	*	*		*	*			*	*	
Amber Ale Battered Fish&Chips (1 pc)	1 serv	1170	55	10	0.1	90	3340	53	137	12	23	15	45	8	25	*	*	*	*	*			*	*	
Amber Ale Battered Fish&Chips (2 pc)	1 serv	1490	65	11	0.1	11	4470	62	165	13	29	15	50	10	35	*	*	*	*	*			*	*	
Sticky Ribs & Fries (no sauce)	1 serv	1390	75	22	0.4	190	3080	57	125	11	38	15	45	10	25	*	*		*	*			*	*	
Sesame Salmon	1 serv	1250	51	7	0	150	2170	69	125	6	29	60	80	20	70	*		*	*	*					
Crispy Chicken Tenders & Fries (no dip)	1 serv	1050	51	6	0	90	3180	45	182	4	10	100	40	8	30	*	*		*	*				*	
The Tomahawk Short Rib	1 serv	1320	99	43	0	210	1500	44	47	6	5	80	120	15	240		*		*	*					

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Power Bowls and Pastas																								
Korean Gochujang Beef Bowl	1 serv	940	32	6	0.5	245	1670	43	120	14	31	25	90	15	45	*	*		*	*			*	
10 Spiced Chicken & Chickpea Bowl	1 serv	1030	41	7	0.2	115	1900	54	117	18	9	20	200	15	50	*	*		*	*				*
Crispy Shrimp Noodle Bowl	1 serv	1060	36	6	0.1	330	2020	47	134	7	20	30	100	20	80	*	*		*	*	*		*	
Boom Shakalaka Bowl	1 serv	960	41	12	1	220	1930	29	125	15	10	60	120	15	60	*	*		*	*			*	
Rigatoni Bolognese	1 serv	1210	49	12	0.4	75	1720	49	147	8	7	30	15	10	60	*	*		*	*	*			
Short Rib Gnocchi	1 serv	1390	75	29	0.4	135	1350	41	132	3	8	25	90	10	160	*	*		*	*	*			
DESSERTS																								
The Ultimate Cookie	1 serv	1040	43	20	0.2	35	710	9	141	6	88	30	2	8	25	*	*		*	*				
Slam Dunk Donut Bites	1 serv	1240	48	23	0.3	35	1320	11	187	4	123	0	15	4	0	*	*		*	*				
Peanut Butter Stacker Sundae	1 serv	690	39	22	0.5	40	270	7	81	4	57	20	0	15	8		*		*	*	*	*		
Cosmo Cheesecake	1 serv	520	36	25	0.2	35	340	7	45	2	31	10	40	8	2	*	*		*	*	*			
Chunky Chocolate Crunch	1 serv	670	32	16	0.4	15	200	9	92	4	54	10	0	15	15		*		*	*				
Caramel Pretzel Bites	1 serv	1160	22	16	0	20	1320	21	191	6	90	6	90	10	35	*	*		*	*				
SIDES																								
Fries	1 serv	540	24	3.5	0	0	1490	6	78	9	0	10	18	2	8				*	*			*	
Sweet Potato Fries	1 serv	570	28	1	0	0	1180	5	61	5	20	80	25	4	10				*	*			*	
Lattice Fries	1 serv	570	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		*		*	*			*	
Seasonal Vegetables	1 serv	50	0.4	0.1	0	0	25	3	11	4	4	15	170	4	8		*		*	*				
Freekeh Ancient Grain Rice	1 serv	310	2	0	0	0	65	8	65	10	0	0	0	2	20									
Mashed Potato	1 serv	330	16	11	0	45	880	5	37	4	2	0	0	40	2		*		*	*			*	
Egg Noodles	1 serv	540	7	1	0	25	420	18	100	4	4	0	0	42	7	*	*		*	*				
Side Field of Greens Salad	1 serv	60	0.4	0	0	0	15	1	15	2	10	45	20	2	6									
Side Caesar salad w/ Bacon	1 serv	320	22	4	0.2	25	370	8	10	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	*	*		*	*				
DRESSINGS																								
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	*	*		*	*				*
Caesar	2 fl oz	310	33	3	0.3	25	390	2	3	0	1	0	0	0	0	*	*	*	*	*				*
1000 Island	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	*	*		*	*				*

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DRESSING																									
Chipotle Ranch Dressing	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	*	*		*	*					
Zesty Italian	2 fl oz	140	12	0	0	0	740	0	6	0	4	0	0	0	0				*	*					
Honey Dijon Dressing	2 fl oz	550	62	44	0	0	319	0.4	28	0	14	7	6	19	6										*
Lemon Herb Dressing	2 fl oz	180	18	1	0	0	20	1	3	0	3	2	9	4	2										
SAUCES																									
Sauce Frank's Sweet Chili	2 fl oz	40	0	0	0	0	270	0.1	10	0	8	2	2	0	2										
Signature Burger Sauce	2 fl oz	350	37	6	0	45	490	1	4	6	4	24	7	20	6		*			*					*
Chipotle Chili Sauce	2 fl oz	15	1	0	0	0	880	0.3	4	1	1	90	7	6	3				*						
Truffle Aioli	2 fl oz	210	14	2	0.1	10	310	0.3	5	0	2	0	0	0	0	*	*								*
Frank's Red Hot	2 fl oz	15	0.3	0	0	0	2020	0.4	2	1	1	15	2	0	2										
Hickory BBQ Sauce	2 fl oz	120	0.2	0	0	0	310	1	25	0	21	0	0	4	8				*						*
Honey Garlic	2 fl oz	180	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		*								
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										
Chipotle BBQ	2 fl oz	80	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	*	*		*						*
SOUPS																									
Broccoli Cheese	1 serv	250	13	5	0.4	25	1730	9	24	4	7	4	20	20	4		*		*	*					
Chicken Noodle	1 serv	160	3.5	1	0	25	1530	9	24	2	4	10	0	4	10	*			*	*					
Cream of Mushroom	1 serv	270	15	5	0.2	25	1580	9	27	5	7	0	0	20	4		*		*	*					
Creole Chicken Gumbo	1 serv	140	1	0.4	0	10	1510	7	25	0	5	4	4	8	4				*	*					*
French Onion Soup	1 serv	270	12	6	0.5	25	1100	11	19	2	8	15	10	25	6		*		*	*	*		*	*	*
Homestyle Minestrone	1 serv	180	3.5	1	0	0	1560	5	33	5	9	20	0	8	10	*	*		*	*			*	*	
Italian Wedding	1 serv	240	8	2.5	0	10	1340	11	31	4	2	0	4	0	20		*		*	*					
Tomato Garden Vegetable Rotini	1 serv	150	0	0	0	0	1360	5	31	4	13	20	8	8	10	*			*						
Tomato Tortellini	1 serv	200	2	0.5	0	0	1310	7	38	4	13	8	8	8	10	*	*		*				*	*	
Vegetable Beef Barley	1 serv	160	2	0.4	0	10	1180	9	27	5	5	20	4	4	10				*				*	*	
Chicken Cheddar & Broccoli	1 serv	250	11	0	0	20	1800	11	31	4	2	20	15	15	8		*		*	*					
Clam Chowder	1 serv	270	13	1	0	20	1690	9	29	2	2	0	0	4	10		*	*	*						
Leek & Potato	1 serv	220	11	3.5	0	20	1330	4	25	2	5	0	0	10	8		*		*	*					
Split Pea & Ham	1 serv	440	3	1	0	15	2410	28	15	19	8	10	6	6	30										
Tomato Ravioli	1 serv	200	2.5	0.5	0	10	1710	7	38	16	7	10	10	10	10	*	*		*	*					

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KIDS MEALS *sides not included																									
Mini Oreo	1 serv	170	7	1.5	2	0	190	2	25	1	14	0	0	0	15		*		*	*					
Jell-O	1 serv	70	0	0	0	0	40	1	17	0	17	0	0	0	0										
Mini Beef Burgers	1 serv	440	26	9	0	75	340	20	28	2	4	0	3	1	3				*	*	*				
Mini Cheese Burgers	1 serv	480	30	11	1.5	85	430	20	28	2	4	0	4	2	25		*		*	*	*				
Grilled Chicken	1 serv	290	17	3	0	125	570	33	3	0	3	0	0	0	0				*						
Pizza Flatbread Cheese	1 serv	470	19	7	0.4	40	910	28	46	2	4	10	10	4	2	*	*		*	*					
Fries	1 serv	270	12	2	0	0	450	3	39	5	0	0	15	0	4				*	*				*	
Fish N' Chips	1 serv	380	14	1.5	0	105	1280	35	28	1	5	4	0	4	10	*	*	*	*	*				*	*
Chicken Fingers	1 serv	380	12	1	0	55	630	23	89	2	32	0	4	4	15	*	*		*	*					
Pasta With Creamy Cheese Sauce	1 serv	560	33	16	0.1	75	135	14	55	3	1	25	0	15	15	*	*		*	*					
Pasta With Butter	1 serv	350	10	8	0	30	95	9	31	3	1	10	0	0	15	*	*		*	*					
Pasta With Tomato Sauce	1 serv	350	10	0.5	0	0	290	10	59	3	6	6	15	2	15	*			*	*				*	
Dippin Donut Bites	1 serv	390	20	10	0.1	10	400	4	47	3	27	0	0	0	0	*	*		*	*					

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.