

Nutrition Information - UPDATED OCTOBER 2020 FNL

	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 AND SHAREABLES																							
Spinach Artichoke & Goat Cheese	1120	30	11	0	55	690	12	58	3	2	30	1	8	20	*	*		*	*				
Deep Fried Pickles	610	28	3.5	0	15	3310	10	75	7	12	15	10	8	15	*	*		*	*				
Buffalo Cauliflower (no dip)	470	18	8	0.6	30	2990	12	66	7	5	70	15	10	40	*	*		*	*			*	
Asian Chicken Bites	470	24	2	0	80	1380	36	31	2	8	2	15	4	20	*	*		*	*				*
French Onion Soup	280	16	9	0.5	35	1080	9	20	2	5	17	4	35	6		*		*	*	*		*	
Double Stacked Nachos	2340	42	19	0.1	80	2080	29	67	5	4	29	8	620	20		*		*	*				
Single Stacked Nachos	1100	67	31	0.4	90	3770	56	104	9	9	40	30	100	45		*		*	*				
Calamari	600	25	35	2.5	540	1590	38	36	2	12	17	10	9	30	*	*	*	*	*			*	*
Primo Loco Quesadilla	1100	69	29	1.5	140	3050	45	75	6	8	50	15	45	40	*	*		*	*				
Fish Tacos	700	23	7	0.3	105	1980	47	76	6	6	15	25	25	35	*	*	*	*	*			*	*
Regular Chicken Wings (no sauce or dip)	780	49	0.1	0	230	1090	57	25	2	3	90	8	6	20					*			*	
Snack Chicken Wings (no sauce or dip)	400	24	0.1	0	115	560	29	15	2	3	90	8	4	10					*			*	
Mini Mac Sliders	1110	71	25	3	180	2100	48	70	3	18	8	4	30	60	*	*		*	*	*		*	*
FLATBREADS																							
Buffalo Chicken	1190	60	19	0.5	75	2680	67	102	5	8	30	15	50	20	*	*		*	*			*	
Herbed Mushroom & Parmesan	1310	54	20	0.5	100	2110	59	147	7	49	20	8	10	20	*	*		*	*				
Chorizo & Sweet Pear	1250	58	22	0.1	130	2190	50	122	4	5	2.6	15	10	20	*	*		*	*	*		*	
SALADS																							
The Harvest Cobb	850	61	12	0.2	305	1130	48	32	10	14	170	200	10	30	*			*					*
Maple Bacon Caesar	650	57	12	0.5	65	1080	16	24	5	8	150	100	20	20	*	*	*	*	*	*		*	*
Roasted Beet & Goat Cheese	480	32	10	0	25	400	19	33	10	21	100	45	20	30		*		*		*	*		
Large Field of Greens (no dressing)	120	0.5	0.1	0	0	36	2	28	4	20	10	19	15	2				*	*				
ADD Chopped Steak	190	8	3	0.5	50	360	21	7	0	6	0	6	0	15				*	*			**	
ADD Shrimp	150	9	1.5	0	115	280	17	2	0	0	6	4	8	15		*		*					
ADD Salmon	280	12	2.5	0	50	1110	18	1	0	0	2	6	2	4			*						
ADD Chicken	290	17	3	0	125	1630	33	4	0	0	0	0	0	2				*					
BURGERS *sides not included																							
Maple Peppercorn Bacon & Cheddar	1230	96	29	3	250	2010	48	44	3	11	10	25	20	50	*	*		*	*	*			*
Joe's Signature Smashed	950	71	21	3	220	1670	38	40	3	7	6	8	8	45	*	*		*	*	*			*
Lumberjack	950	63	23	3	220	1840	43	52	4	11	10	10	25	50	*	*		*	*	*			*
The Beyond Burger	510	24	9	0	0	1870	28	51	6	10	30	170	4	45				*	*				
SANDWICHES & WRAPS *sides not included																							
Tennessee Style Fried Chicken	850	37	7	0.2	115	3170	42	87	4	15	42	8	6	40	*	*		*	*	*		*	
Grilled Chicken Club Sandwich	900	53	17	0.4	160	2630	53	61	3	4	15	30	20	30	*	*		*	*	*		*	*
Buffalo Chicken Wrap	830	40	11	0.5	60	2300	40	80	5	14	20	20	35	40	*	*		*	*				*
Salt & Vinegar Fish Sandwich	750	23	4	0.1	65	2210	45	88	6	11	10	10	6	30	*	*	*	*	*	*			*
ENTREES																							
Chicken Cordon Blue	1290	91	39	0.4	325	1670	55	85	6	9	70	160	25	30	*	*		*	*				
Amber Ale Battered Fish&Chips (1 pc)	1170	55	10	0.1	90	3340	53	137	12	23	15	45	8	25	*	*	*	*	*			*	*
Amber Ale Battered Fish&Chips (2 pc)	1490	65	11	0.1	11	4470	62	165	13	29	15	50	10	35	*	*	*	*	*			*	*
Sticky Ribs & Fries (no sauce)	1390	75	22	0.4	190	3080	57	125	11	38	15	45	10	25	*	*		*	*			*	*
Sesame Salmon	980	67	16	1	105	810	45	54	7	13	45	140	10	45		*	*	*	*	*			*
Crispy Chicken Tenders & Fries (no dip)	1050	51	6	0	90	3180	45	182	4	10	100	40	8	30	*	*		*	*				*
POWER BOWLS AND PASTAS																							
Crispy Shrimp Noodle Bowl	1150	41	9	0.2	340	2280	47	147	8	36	45	190	20	80	*	*	*	*	*	*	*	*	*
Mediterranean Chicken Rigatoni	1530	82	33	0.5	240	2040	64	143	8	7	60	25	25	50	*	*		*	*	*			*
Rigatoni Bolognese	1210	49	12	0.4	75	1720	49	147	8	7	30	15	10	60	*	*		*	*	*			*
Nutrition Information															Allergens								

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DESSERTS																							
The Ultimate Cookie	1040	43	20	0.2	35	710	9	141	6	88	30	2	8	25	*	*		*	*				
Slam Dunk Donut Bites	1240	48	23	0.3	35	1320	11	187	4	123	0	15	4	0	*	*		*	*				
Caramel Pretzel Bites	920	8	2.5	0	0	400	9	94	3	47	0	8	2	15	*	*		*	*				
Cheesecake Factory - Godiva Double Chocolate	630	46	29	1.5	145	310	8	50	3	37	10	2	10	25	*	*		*	*	*	*		
Cheesecake Factory - White Chocolate Raspberry	600	42	27	1.5	165	360	7	51	1	41	15	0	10	6	*	*		*	*	*	*		
SIDES																							
Fries	540	24	3.5	0	0	1490	6	78	9	0	10	18	2	8				*	*			*	
Sweet Potato Fries	570	28	1	0	0	1180	5	61	5	20	80	25	4	10					*			*	
Lattice Fries	570	30	4	0.3	0	1840	5	57	5	0	0	15	2	8					*			*	
Poutine	540	28	5	0.4	20	2250	12	61	4	0	4	15	4	0		*		*	*			*	
Seasonal Vegetables	50	0.4	0.1	0	0	25	3	11	4	4	15	170	4	8		*		* 3	10				
Mashed Potato	330	16	11	0	45	880	5	37	4	2	0	0	40	2		*		*				*	
Egg Noodles	540	7	1	0	25	420	18	100	4	4	0	0	42	7	*	*		*					
Side Field of Greens Salad	60	0.4	0	0	0	15	1	15	2	10	45	20	2	6									
Side Caesar salad w/ Bacon	320	22	4	0.2	25	370	8	10	2	2	80	45	8	8	*	*	*	*	*	*			*
DRESSINGS																							
Balsamic Vinaigrette	170	15	1.5	0.2	0	470	0.3	7	0	6	0	0	0	0				*					
Blue Cheese	300	31	4.5	0.3	35	560	2	4	0	4	0	0	0	0	*	*							*
Caesar	310	33	3	0.3	25	390	2	3	0	1	0	0	0	0	*	*	*	*	*				*
1000 Island	340	38	6	0	30	300	0	2	0	2	0	0	0	0	*	*			*				*
Garlic Dill	260	28	1	0	40	160	1	4	0	3	0	0	0	0	*	*		*					*
Chipotle Ranch Dressing	200	20	2.5	0	15	430	1	4	0	2	2	0	2	0	*	*		*	*				
Ranch	210	21	2.5	0	20	430	1	4	0	2	0	0	1	0	*	*			*				
Zesty Italian	140	12	0	0	0	740	0	6	0	4	0	0	0	0				*					
Honey Dijon Dressing	320	32	2.5	0	0	180	0	7	0	6	0	0	0	0									*
Lemon Herb Dressing	180	18	1	0	0	20	1	3	0	3	2	9	4	2									
SAUCES																							
Sauce Frank's Sweet Chili	40	0	0	0	0	270	0.1	10	0	8	2	2	0	2									
Signature Burger Sauce	350	37	6	0	45	490	1	4	6	4	24	7	20	6		*			*				*
Chipotle Chili Sauce	15	1	0	0	0	880	0.3	4	1	1	90	7	6	3				*					*
Truffle Aioli	210	14	2	0.1	10	310	0.3	5	0	2	0	0	0	0	*	*							*
Frank's Red Hot	15	0.3	0	0	0	2020	0.4	2	1	1	15	2	0	2									*
Hickory BBQ Sauce	120	0.2	0	0	0	310	1	25	0	21	0	0	4	8				*					*
Honey Garlic	180	0	0	0	0	240	0.2	47	0	38	0	0	0	2									
Joe's Buffalo Butter	210	23	15	1	60	1200	0.5	1	0	0	25	2	0	0		*							
Medium	50	0.2	0	0	0	820	1	13	0	11	6	2	0	0		*							*
Mild	90	0.1	0	0	0	0	1	23	0	19	0	0	2	0		*							*
Plum	140	0	0	0	0	0	0.2	35	0	32	0	0	0	2									
Chipotle BBQ	80	0	0	0	0	530	2	30	2	21	4	0	4	4		*		*	*				*
Tartar	110	9	1	0	0	0	0.4	8	0	6	0	0	0	0	*	*		*	*				*
SOUPS																							
Broccoli Cheese	250	13	5	0.4	25	1730	9	24	4	7	4	20	20	4		*		*	*				
Chicken Noodle	160	3.5	1	0	25	1530	9	24	2	4	10	0	4	10	*			*	*				
Cream of Mushroom	270	15	5	0.2	25	1580	9	27	5	7	0	0	20	4		*		*	*				
Creole Chicken Gumbo	140	1	0.4	0	10	1510	7	25	0	5	4	4	8	4				*	*				*
French Onion Soup	280	16	9	0.5	35	1080	9	20	2	5	17	4	35	6		*		*	*	*	*	*	*
Homestyle Minestrone	180	3.5	1	0	0	1560	5	33	5	9	20	0	8	10	*	*		*	*			*	
Italian Wedding	240	8	2.5	0	10	1340	11	31	4	2	0	4	0	20		*		*	*				
Tomato Garden Vegetable Rotini	150	0	0	0	0	1360	5	31	4	13	20	8	8	10	*			*	*				
Tomato Tortellini	200	2	0.5	0	0	1310	7	38	4	13	8	8	8	10	*	*		*	*			*	

Vegetable Beef Barley	160	2	0.4	0	10	1180	9	27	5	5	20	4	4	10				*			*	
Chicken Cheddar & Broccoli	250	11	0	0	20	1800	11	31	4	2	20	15	15	8		*		*	*			
Clam Chowder	270	13	1	0	20	1690	9	29	2	2	0	0	4	10		*	*	*				
Leek & Potato	220	11	3.5	0	20	1330	4	25	2	5	0	0	10	8		*		*	*			
Split Pea & Ham	440	3	1	0	15	2410	28	15	19	8	10	6	6	30								
Tomato Ravioli	200	2.5	0.5	0	10	1710	7	38	16	7	10	10	10	10	*	*		*	*			
KIDS MEALS *sides not included																						
Mini Oreo	170	7	1.5	2	0	190	2	25	1	14	0	0	0	15		*		*	*			
Jell-O	70	0	0	0	0	40	1	17	0	17	0	0	0	0								
Mini Beef Burgers	440	26	9	0	75	340	20	28	2	4	0	3	1	3				*	*	*		
Mini Cheese Burgers	480	30	11	1.5	85	430	20	28	2	4	0	4	2	25		*		*	*	*		
Grilled Chicken	290	17	3	0	125	570	33	3	0	3	0	0	0	0				*				
Pizza Flatbread Cheese	470	19	7	0.4	40	910	28	46	2	4	10	10	4	2	*	*		*	*			
Fries	270	12	2	0	0	450	3	39	5	0	0	15	0	4				*	*			*
Fish N' Chips	380	14	1.5	0	105	1280	35	28	1	5	4	0	4	10	*	*	*	*	*			*
Chicken Fingers	380	12	1	0	55	630	23	89	2	32	0	4	4	15	*	*		*	*			
Pasta With Creamy Cheese Sauce	560	33	16	0.1	75	135	14	55	3	1	25	0	15	15	*	*		*	*			
Pasta With Butter	350	10	8	0	30	95	9	31	3	1	10	0	0	15	*	*		*	*			
Pasta With Tomato Sauce	350	10	0.5	0	0	290	10	59	3	6	6	15	2	15	*			*	*			*
Dippin Donut Bites	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.