

Jan-21

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	
Starters & Shareables																									
<i>**indicates dressing/sauce choice not included</i>																									
Spinach Artichoke & Goat Cheese Dip	1 svg	560	30	11	0	55	345	58	3	2	12	30	1	8	20		*		*	*					*
Asian Chicken Bites	1 svg	280	13	1	0	40	365	26	1	5	18	0	4	2	15	*	*	*	*	*	*				
Buffalo Cauliflower	1 svg	220	16	4.5	0.2	25	395	16	3	4	4	8	90	4	8	*	*		*	*			*		
Calamari	1 svg	200	5	1	0	230	560	21	2	5	17	4	40	8	10	*	*	*		*					*
French Onion Soup	1 svg	280	16	9	0.5	35	1080	20	2	9	16	20	8	45	2	*	*		*	*					
Mountain Stacked Nachos	1 svg	830	42	20	0.1	52	2443	67	5	4	38	8	30	620	20		*		*						
Single Stacked Nachos	1 svg	1250	67	31	0.4	90	3770	104	9	9	56	40	30	100	45		*		*						
Deep Fried Pickles	1 svg	310	14	1.5	0	10	830	38	3	6	5	8	4	4	6	*	*		*						
Grilled Chicken Quesadilla	1 svg	310	16	7	0.3	50	960	28	2	5	16	10	6	15	8		*		*	*					
Fish Tacos	1 svg	230	8	2	0	35	680	26	2	2	15	4	8	6	10	*	*	*	*	*			*	*	
Cheesy Beef Sliders	1 svg	670	49	14	1.5	110	1170	23	31	2	6	4	2	10	20	*	*		*	*	*		*	*	
Guacamole & Chips	1 svg	330	14	3.5	0	5	640	43	2	1	8	2	2	15	8		*								
Regular Wings (10)**	1 svg	690	28	0.4	0	115	550	11	1	1	29	25	4	4	10					*			*		
Flatbreads																									
Chorizo & Sweet Pear	1 svg	660	27	10	0.3	50	525	73	4	24	19	10	4	6	10	*	*		*	*					
Buffalo Chicken	1 svg	670	41	11	0.3	55	700	63	3	2	26	10	6	15	6	*	*		*	*					*
Herbed Mushroom & Shaved Parmesan	1 svg	550	29	11	0	35	795	44	2	2	23	20	6	15	6	*	*		*	*					
Power Bowls & Salads																									
<i>**indicates dressing/sauce choice not included</i>																									
Roasted Beet & Goat Cheese	1 svg	340	24	6	0	15	210	23	7	14	12	90	35	15	20		*		*		*	*			
The Harvest Cobb	1 svg	780	56	11	0.2	305	1100	26	7	12	47	170	200	10	30	*			*						*
Parmesan Crusted Chicken Caesar	1 svg	800	59	11	0.3	125	1270	28	4	4	41	150	80	20	25	*	*	*	*	*	*				*
Field of Green**	1 svg	120	0.5	0.1	0	0	30	28	4	20	2	90	35	6	10										
Chipotle Steak Bowl	1 svg	680	34	8	0.1	55	1350	64	10	12	34	100	110	25	45		*		*	*					*
Crispy Sweet Potato Buddha Bowl	1 svg	750	41	6	0	0	1870	85	14	34	17	280	170	15	50	*	*		*	*	*				*
Crispy Shrimp Noodle Bowl	1 svg	1110	27	7	0.2	165	2490	169	8	41	43	80	200	15	80	*	*	*	*	*			*		

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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
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Sandwiches & Wraps

**indicates side choice not included*

Tennessee Style Fried Chicken*	1 svg	850	37	7	0.2	115	3170	87	4	15	42	6	8	6	40	*	*		*	*			*	
Salt & Vinegar Fish Sandwich*	1 svg	750	18	2	0	120	2830	100	4	8	45	6	8	6	40	*	*	*	*	*				*
Grilled Chicken Club*	1 svg	1000	64	20	1.5	170	2730	62	3	4	53	30	30	20	30	*	*		*	*	*			*
Crispy Sweet Potato Wrap*	1 svg	770	35	7	0	0	1860	99	11	23	18	150	100	20	45	*	*		*	*	*			*
Buffalo Chicken Wrap*	1 svg	1180	44	11	0	60	4590	151	10	12	44	8	40	30	45	*	*		*	*				*
Steak Sandwich*	1 svg	860	40	13	1	130	2640	75	4	6	52	20	15	25	60	*	*		*	*	*			*

Burgers

**indicates side choice not included*

Maple Peppercorn Bacon & Cheddar*	1 svg	1210	93	28	3	205	2270	48	2	12	48	10	25	20	50	*	*		*	*				*
Joe's Signature Smashed*	1 svg	920	68	20	3	175	1580	42	2	8	37	4	10	6	15	*	*		*	*				*
Lumberjack*	1 svg	931	59	22	4	176	1761	63	4	14	44	11	11	21	51	*	*		*	*				*
The Beyond Burger*	1 svg	820	28	9	0	0	2410	117	26	46	35	750	390	35	70				*	*	*			

Entrées

**indicates side choice not included*

Chicken Cordon Bleu	1 svg	1290	91	38	0.1	320	1860	60	6	9	56	70	160	25	30	*	*		*	*				
NY Striploin	1 svg	890	39	19	1	190	2640	59	7	9	68	40	150	10	60	*	*		*	*				
Amber Ale Battered Fish & Chips 1 pc.	1 svg	960	37	7	0.1	90	3540	118	9	23	35	15	40	8	30	*	*	*		*				
Amber Ale Battered Fish & Chips 2 pcs.	1 svg	1280	48	8	0.1	170	4660	146	10	29	62	15	45	10	40	*	*	*		*				
Sticky Ribs & Fries	1 svg	1180	57	19	0.4	190	3270	106	8	38	57	15	40	10	30	*	*		*	*				*
Miso Ginger Salmon	1 svg	980	67	16	1	105	810	54	7	13	45	140	140	10	45	*	*	*	*	*	*			
Crispy Chicken Tenders	1 svg	840	34	3	0	90	3380	162	10	10	45	50	35	8	35		*		*	*				*
Linguine Bolognese	1 svg	820	38	12	0.4	75	1950	81	5	6	36	40	20	15	45	*	*		*	*	*			
Parmesan Crusted Chicken Rigatoni	1 svg	1710	84	37	1.5	250	2530	182	10	9	69	90	100	45	60	*	*		*	*	*			

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Serving Size	Nutrition Information														Allergens							
	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

Sides and Add-ons

Fries	1 svg	330	7	0.5	0	0	1680	59	6	0	6	0	25	0	15								*	
Sweet Potato Fries	1 svg	770	50	3.5	0	15	1680	73	5	25	6	90	25	6	10	*	*						*	
Lattice Fries	1 svg	570	33	4.5	0.4	0	1990	64	5	0	5	0	15	2	10				*	*			*	
Poutine	1 svg	560	24	10	1	55	2280	67	6	0	20	15	25	40	15								*	
Seasonal Vegetables	1 svg	50	0.4	0.1	0	0	25	11	4	4	3	15	170	4	8		*							
Sautéed Mushroom	1 svg	280	18	6	1.5	20	200	23	9	9	9	20	30	2	50		*							
Mashed Potato	1 svg	330	16	11	0	45	880	37	4	2	5	15	20	4	10		*							
Egg Noodles	1 svg	540	7	1	0	25	420	100	4	4	18	0	0	42	7	*	*							
Field of Greens salad	1 svg	60	0.4	0	0	0	15	15	2	11	1	50	25	4	6				*					
Caesar salad w/ Bacon	1 svg	300	28	6	0.2	25	500	8	2	2	7	80	50	8	8	*	*	*	*	*	*			
Caesar salad w/o Bacon	1 svg	230	19	3	0.2	10	260	9	2	2	5	80	45	8	8	*	*	*	*	*	*			
Sautéed Onions	1 svg	340	18	6	1.5	20	200	42	6	19	20	20	35	8	8		*							
Add Grilled Chicken	1 svg	290	17	3	0	125	1630	4	0	0	33	0	0	0	2									
Add Chipotle Steak	1 svg	190	8	3	0.5	50	390	7	0	6	21	0	6	0	15		*	*	*					
Add Garlic Shrimp	1 svg	150	9	1.5	0	15	280	2	0	0	17	6	4	8	15		*	*	*					
Add Grilled Salmon	1 svg	280	12	2.5	0	50	1110	1	0	0	18	2	6	2	4			*						
Onion Rings	1 svg	370	4.5	0.5	0	0	700	75	6	14	8	0	2	4	8		*		*					
Quinoa	1 svg	170	3	0.3	0	0	5	34	3	0	7	0	0	2	30									

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Sauces																									
Sauce 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	*	*		*	*					*
Dressings																									
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										

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Soups																								
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	*	*		*	*				

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SHOELESS JOE'S SPORTS GRILL™	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

Kids Menu

**indicates side choice not included*

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	*	*		*	*			*		

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Desserts

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	*	*		*	*			*		
Cheesecake Factory - Chocolate Godiva	1 svg	690	49	31	1.5	150	330	57	3	41	9	15	2	10	25	*	*		*	*					
Cheesecake Factory Raspberry Cheesecake	1 svg	660	45	29	1.5	170	360	60	1	47	7	20	0	10	6	*	*		*	*	*				

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Appy Hour

**indicates side choice not included*

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 Parmesan	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.