



2022-01-01			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
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	*	*	*	*	*			*	
Buffalo Chicken Poutine	1	svg	1250	82	26	2	145	3840	114	9	1	39	30	30	50	25	*	*	*	*	*	*	*	*	
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	*	*	*	*	*			*	
Single Stacked Nachos	1	svg	760	32	15	0.4	30	2250	93	8	7	24	20	20	60	25	*	*	*	*	*			*	
Mountain Stacked Nachos	1	svg	1440	58	27	0.5	40	4220	181	16	10	45	35	40	110	45	*	*	*	*	*			*	
Deep Fried Pickles	1	svg	310	14	1.5	0	10	830	38	3	6	5	8	4	4	6	*	*	*	*	*			*	
Feta Bruschetta Flatbread	1	svg	950	51	13	2	45	1540	93	6	8	35	50	50	15	8	*	*	*	*	*			*	
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	*	*	*	*	*			*	
Salads & Powerbowls																									
<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 Greens**	1	svg	120	0.5	0.1	0	0	30	28	4	20	2	90	35	6	10	*	*	*	*	*			*	
Souvlaki Chicken Bowl	1	svg	620	47	6	0.2	65	780	23	3	10	28	100	160	15	20	*	*	*	*	*			*	
Sandwiches & Wraps																									
<i>**Indicates side choice not included</i>																									
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	*	*	*	*	*			*	
Buttermilk Fried Chicken Sandwich*	1	svg	600	20	5	0.3	120	1700	62	2	11	43	6	4	30	20	*	*	*	*	*			*	
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																									
<i>**Indicates side choice not included</i>																									
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	*	*	*	*	*			*	
The 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																									
<i>**Indicates side choice not included</i>																									
Chicken Cordon Bleu	1	svg	1290	91	38	0.1	320	1860	60	6	9	56	70	160	25	30	*	*	*	*	*			*	
Steak & Garlic Parmesan Frites	1	svg	1300	74	23	4	165	4200	95	9	7	59	60	150	50	50	*	*	*	*	*			*	
Amber Ale Battered Fish & Chips 1 pcs.	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	*	*	*	*	*			*	
Grilled Lemon Garlic Salmon	1	svg	1230	50	10	1	105	1360	149	17	6	65	45	160	15	130	*	*	*	*	*			*	
Crispy Shrimp Noodle Bowl	1	svg	1110	27	7	0.2	165	2490	169	8	41	43	80	200	15	80	*	*	*	*	*			*	
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	*	*	*	*	*			*	
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	2	2	*	*	*	*	*			*	
Add Steak	1	svg	140	5	2	0	55	65	0	0	0	21	0	2	0	15	*	*	*	*	*			*	
Add Spicy Nacho Beef	1	svg	200	12	4.5	0	50	690	4	0	3	20	8	10	2	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	*	*	*	*	*			*	
Add Guacamole	1	svg	140	11	1.5	0	0	240	9	6	1	1	0	15	0	0	*	*	*	*	*			*	
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	*	*	*	*	*			*	

2022-01-01		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		
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				*	*	*	*	*	*	*	*
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	*	*	*	*	*	*	*	*	*	*	*
Kids Menu																											
<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	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	*	*	*	*	*	*	*	*	*	*	*
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	*	*	*	*	*	*	*	*	*	*	*
	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	*	*	*	*	*	*	*	*	*	*	*
Appy Hour																											
<i>*indicates side choice not included</i>																											
	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.