




SHOELESS JOE'S SPORTS GRILL™	Nutrition Information														Allergens								
	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	1280	55	34	0.7	240	2660	38	13	0	11	15	15	20	8				*	*			*	
Spinach Artichoke & Goat Cheese	1020	49	23	0.5	115	1520	21	87	4	5	17	9	10	12	*	*		*	*				
Deep Fried Pickles	610	28	3.5	0	15	3310	10	75	7	12	15	10	8	15	*	*		*	*				
Buffalo Cauliflower (no dip)	470	160	8	0.6	30	2990	12	66	2	4	70	15	10	40	*	*		*				*	
Asian Chicken Bites	470	24	2	0	80	1380	36	31	2	8	2	15	4	20	*	*		*	*				*
Four Cheese French Onion Soup	270	16	8	0.5	20	1110	15	18	2	7	15	8	35	6		*		*	*	*		*	
Double Stacked Nachos	2050	104	58	2.5	80	4740	108	180	16	15	90	110	200	60		*		*	*				
Calamari	600	25	35	2.5	540	1590	38	36	2	12	17	10	9	30	*	*	*	*	*			*	*
Primo Loco Quesadilla	1090	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	*	*	*	*	*			*	*
Chicken Wings (no sauce or dip)	450	15	4	0	135	1020	52	25	2	3	100	6	6	25				*				*	
Mini Mac Sliders	1110	640	41	2.2	180	2100	55	25	5	16	8	4	30	60	*	*		*	*			*	*
All-Star Platter	1740	78	20	0.1	470	5350	71	164	10	22	70	45	30	50	*	*	*	*	*	*		*	*
FLATBREADS																							
Buffalo Chicken	1190	60	19	0.5	75	2680	67	102	5	8	30	15	50	20	*	*		*	*			*	
Herbed Mushroom & Parmesan	1090	58	15	1	85	1590	46	91	4	5	30	10	30	20	*	*		*	*			*	*
Porchetta & Roasted Pepper	1250	58	22	0.1	130	2190	50	122	4	5	2.6	15	10	20	*	*		*	*			*	
Shrimp Basil Pesto	1070	42	10	0.5	90	2030	50	122	7	9	20	25	30	15	*	*	*	*	*				
ENTRÉE SALADS																							
The Harvest Cobb	850	61	12	0.2	305	1130	48	32	10	14	170	200	10	30	*			*					*
Berry Pecan	500	42	7	0	15	360	10	26	8	16	60	150	15	25		*		*	*	*			*
Maple Bacon Caesar	650	57	12	0.5	65	1080	16	24	5	8	150	100	20	20	*	*	*	*	*	*		*	*
Chipotle Southwest	710	50	13	0.5	120	1940	44	19	3	6	100	40	30	20	*	*		*	*			*	
Roasted Beet & Goat Cheese	500	32	10	0	25	400	19	39	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				*					

	Nutrition Information													Allergens									
	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	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	*	*		*	*	*			*
Mushroom & Arugula	1020	73	25	3	230	1820	40	41	3	6	15	8	10	45	*	*		*	*	*			*
Lumberjack	950	63	23	3	220	1840	43	52	4	11	10	10	25	50	*	*		*	*	*			*
The West Coaster	990	71	24	3	220	1410	43	44	4	9	20	100	10	50	*	*		*	*	*			*
SANDWICHES & WRAPS *sides not included																							
Tennessee Style Fried Chicken	1150	60	10	0.2	225	4560	51	97	6	7	15	8	10	50	*	*		*	*	*		*	*
Truffle Porchetta	1230	89	30	0.1	175	2660	44	61	3	4	6	45	10	40	*	*		*	*	*		*	*
Great Ruben	650	16	5	0.2	90	2710	35	47	5	22	10	1030	25	30	*	*		*	*			*	*
Grilled Chicken Club Sandwich	900	53	17	0.4	160	2630	53	61	3	4	15	30	20	30	*	*		*	*	*		*	*
California Garden Wrap	830	37	10	0.3	20	910	21	100	13	8	25	110	20	40	*	*		*	*				*
The Closer	1160	56	15	0.4	130	3790	59	110	4	12	15	25	25	50	*	*		*	*	*		*	*
Buffalo Chicken Wrap	830	40	11	0.5	60	2300	40	80	5	14	20	20	35	40	*	*		*	*				*
Gacho Beef Burrito	880	33	11	0.4	65	1880	39	109	14	9	20	60	20	60		*		*	*			*	
ENTREES																							
Chicken Cordon Blue	1290	91	39	0.4	325	1670	55	85	6	9	70	160	25	30	*	*		*	*				
CAB Steak Frites	730	34	9	0.5	130	1890	53	48	7	3	10	40	2	45		*		*	*				
Lemon-Thyme Chicken	1110	48	22	0.5	255	1420	77	91	8	35	50	90	6	45	*	*		*	*			*	*
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	1030	50	8	0.1	95	1760	50	94	13	20	25	130	10	30		*	*	*	*	*			
Crispy Chicken Tenders & Fries (no dip)	1050	51	6	0	90	3180	45	182	4	10	100	40	8	30	*	*		*	*				*
The Tomahawk Short Rib	1380	102	46	0.2	225	1500	49	51	7	8	45	160	8	260		*							

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Power Bowls and Pastas																								
Korean Gochujang Beef Bowl	940	32	6	0.5	245	1670	43	120	14	31	25	90	15	45	*	*		*	*	*	*	*	*	
10 Spiced Chicken & Chickpea Bowl	1030	41	7	0.2	115	1900	54	117	18	9	20	200	15	50	*	*		*	*				*	
Crispy Shrimp Noodle Bowl	1150	41	9	0.2	340	2280	47	147	8	36	45	190	20	80	*	*	*	*	*	*	*	*	*	
Boom Shakalaka Bowl	960	41	12	1	220	1930	29	125	15	10	60	120	15	60	*	*		*	*			*	*	
Rigatoni Bolognese	1210	49	12	0.4	75	1720	49	147	8	7	30	15	10	60	*	*		*	*	*				
Short Rib Gnocchi	1390	75	29	0.4	135	1350	41	132	3	8	25	90	10	160	*	*		*	*	*				
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	*	*		*	*					
Peanut Butter Stacker Sundae	690	39	22	0.5	40	270	7	81	4	57	20	0	15	8		*		*	*	*	*			
Cosmo Cheesecake	520	36	25	0.2	35	340	7	45	2	31	10	40	8	2	*	*		*	*	*				
Chunky Chocolate Crunch	670	32	16	0.4	15	200	9	92	4	54	10	0	15	15		*		*						
Caramel Pretzel Bites	1160	22	16	0	20	1320	21	191	6	90	6	90	10	35	*	*		*	*					
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		*		*						
Freekeh Ancient Grain Rice	310	2	0	0	0	65	8	65	10	0	0	0	2	20				*						
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	*	*	*	*	*	*				*
Plain Baked Potato	340	5	0.4	0	0	260	7	67	7	5	0	70	2	15		*		*						
Baked Potato, butter & sour cream	590	32	17	1	75	470	8	69	7	6	25	70	6	15		*		*						
Loaded Baked Potato	490	18	8	0.5	30	450	11	70	7	6	10	70	10	15	*	*		*						
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	*	*		*						*

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DRESSING																								
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	270	12	6	0.5	25	1100	11	19	2	8	15	10	25	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	*	*		*	*					

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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.