

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 & SHAREABLES																								
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	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	*	*		*	*				*	*
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	*	*	*	*	*				*	*
Coconut Shrimp	470	29	17	0.1	80	2320	14	40	3	17	40	25	8	15	*	*	*	*	*	*			*	*
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	*	*	*	*	*				*	*
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	*	*		*	*	*			*	*
All-Star Platter	1920	94	26	0.1	505	5590	73	166	10	22	90	45	35	50	*	*	*	*	*				*	*
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	*	*		*	*	*			*	*
Shrimp Basil Pesto	1070	42	10	0.5	90	2030	50	122	7	9	20	25	30	15	*	*	*	*	*					
SALADS & GREENS																								
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	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	*	*		*	*	*				*
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 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	1150	60	10	0.2	225	4560	51	97	6	7	15	8	10	50	*	*		*	*	*			*	*
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	*	*		*	*	*			*	*
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	*	*		*	*					
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		*		*	*					
POWER BOWLS & PASTAS																								
Korean Gochujang Beef Bowl	940	32	6	0.5	245	1670	43	120	14	31	25	90	15	45	*	*		*	*	*	*		*	*
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	*	*		*	*			*	*	
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	*	*		*	*	*				
Short Rib Gnocchi	1440	80	32	0.5	133	1390	41	42	2	9	40	190	10	160	*	*		*	*	*				

