



Nutritional values are not exact. Since we cook each dish to order, there can be variances in the actual numbers versus recipe specifications. However, since each dish is prepared specifically for you, many of our items may be modified to better meet your personal tastes or dietary needs. We can go easy on the butter and bring sauces on the side. Or cut your carbs and double your veggies. It's all part of what it means to be Not Average.

If you have a food allergy or special dietary restriction, please notify a manager or chef and we will do our best to accommodate your request. Please email kristin@nyajoes.com with any nutrition questions. All items' nutritional values are for the entire plate. We do not split any dish into "servings" for the purpose of this nutritional analysis.

| Starters | Calories | Protein | Fat | Sat Fat | Carbs | Fiber | Sodium (mg) |
|---|----------|---------|-----|---------|-------|-------|-------------|
| House Made Guacamole | 331 | 5 | 28 | 4 | 23 | 11 | 99 |
| <i>with Blue Corn Tortillas add</i> | 592 | 12 | 20 | 4 | 96 | 14 | 160 |
| Crab Cakes | 505 | 28 | 26 | 5 | 39 | 3 | 1717 |
| <i>with Mixed Greens and Dressing add</i> | 69 | 1 | 3 | 0 | 11 | 1 | 223 |
| <i>with Spicy Red Pepper Aioli add</i> | 80 | 0 | 6 | 1 | 5 | 0 | 401 |
| Vegetable Spring Rolls | 211 | 10 | 5 | 0 | 36 | 11 | 870 |
| <i>with Peanut Sauce add</i> | 148 | 6 | 8 | 1 | 13 | 4 | 534 |
| Chicken Quesadilla | 887 | 59 | 48 | 19 | 54 | 6 | 1022 |
| <i>with Chipolte Sour Cream add</i> | 65 | 1 | 5 | 1 | 4 | 0 | 373 |
| Boneless Buffalo Tenders | 503 | 59 | 15 | 5 | 30 | 4 | 1059 |
| <i>with Blue Cheese Dressing add</i> | 222 | 2 | 20 | 4 | 9 | 0 | 559 |
| Coconut Shrimp | 346 | 14 | 18 | 4 | 35 | 2 | 1023 |
| <i>with Spicy Orange Marmalade add</i> | 153 | 1 | 0 | 0 | 41 | 1 | 175 |
| Ahi Tuna Wontons | 184 | 27 | 6 | 1 | 2 | 1 | 43 |
| <i>with Fried Wontons add</i> | 219 | 3 | 14 | 3 | 20 | 1 | 177 |
| <i>with Citrus Teriyaki Glaze add</i> | 27 | 2 | 0 | 0 | 5 | 0 | 549 |
| <i>with Wasabi Aioli add</i> | 162 | 0 | 13 | 1 | 12 | 0 | 279 |
| <i>with Ginger and Onions add</i> | 19 | 1 | 2 | 0 | 4 | 1 | 4 |
| Korean BBQ Chicken Tacos | 543 | 40 | 12 | 1 | 71 | 8 | 2544 |
| Firecracker Chicken | 586 | 36 | 31 | 3 | 41 | 4 | 1408 |
| California Bacon Blue Mini Pizza | 908 | 31 | 53 | 21 | 74 | 1 | 2431 |
| Santa Fe Chicken Mini Pizza | 783 | 40 | 30 | 11 | 77 | 3 | 2009 |
| Salads | Calories | Protein | Fat | Sat Fat | Carbs | Fiber | Sodium (mg) |
| House Salad - Small | 113 | 8 | 5 | 3 | 10 | 2 | 162 |
| <i>with Lo Cal Zinfandel add</i> | 50 | 0 | 5 | 0 | 2 | 0 | 138 |
| House Salad - Large | 232 | 16 | 10 | 6 | 21 | 5 | 330 |
| <i>with Lo Cal Zinfandel add</i> | 50 | 0 | 5 | 0 | 2 | 0 | 138 |
| Not Your Average House - Small | 150 | 8 | 11 | 6 | 6 | 2 | 625 |
| <i>with Lemon Vinaigrette add</i> | 328 | 0 | 35 | 3 | 3 | 0 | 363 |
| <i>with Pizza Crisps add</i> | 112 | 4 | 3 | 1 | 18 | 0 | 453 |
| Not Your Average House - Large | 221 | 12 | 15 | 8 | 12 | 3 | 946 |
| <i>with Lemon Vinaigrette add</i> | 328 | 0 | 35 | 3 | 3 | 0 | 363 |
| <i>with Pizza Crisps add</i> | 112 | 4 | 3 | 1 | 18 | 0 | 453 |
| Joe's Caesar - Small | 62 | 5 | 3 | 2 | 5 | 3 | 130 |
| <i>with Caesar Dressing add</i> | 607 | 6 | 64 | 8 | 3 | 0 | 318 |
| <i>with Pizza Crisps add</i> | 112 | 4 | 3 | 1 | 18 | 0 | 453 |
| <i>with Grilled Chicken add</i> | 344 | 40 | 19 | 3 | 1 | 0 | 334 |
| Joe's Caesar - Large | 81 | 6 | 4 | 2 | 7 | 4 | 168 |
| <i>with Caesar Dressing add</i> | 809 | 8 | 85 | 11 | 4 | 8 | 424 |
| <i>with Pizza Crisps add</i> | 168 | 6 | 4 | 2 | 26 | 0 | 679 |
| <i>with Grilled Chicken add</i> | 344 | 40 | 19 | 3 | 1 | 0 | 334 |

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|--|-----------------|----------------|------------|----------------|--------------|--------------|--------------------|
| Sashimi Tuna | 588 | 31 | 22 | 2 | 69 | 4 | 1393 |
| Santa Monica Spinach Salad | 547 | 8 | 22 | 2 | 90 | 9 | 934 |
| Goat Cheese Salad | 895 | 26 | 63 | 20 | 59 | 6 | 507 |
| Cobb Salad | 1128 | 67 | 85 | 23 | 28 | 11 | 1304 |
| Chipotle Chicken Salad | 1134 | 49 | 79 | 20 | 59 | 7 | 1455 |
| Waldorf Salad | 1232 | 45 | 88 | 13 | 75 | 10 | 918 |
| Lunch Entrees | Calories | Protein | Fat | Sat Fat | Carbs | Fiber | Sodium (mg) |
| Baked Haddock | 285 | 44 | 7 | 2 | 9 | 1 | 629 |
| <i>with Vegetable Medley add</i> | 138 | 2 | 11 | 4 | 9 | 2 | 270 |
| <i>with Vegetable Medley (no butter, no salt) add</i> | 69 | 2 | 4 | 0 | 8 | 2 | 16 |
| <i>with Lemon Caper Tartar sauce add</i> | 195 | 1 | 17 | 2 | 12 | 0 | 664 |
| <i>with Garlic Mashed Potatoes add</i> | 393 | 6 | 22 | 9 | 44 | 3 | 1411 |
| Chicken Oscar | 702 | 69 | 25 | 7 | 78 | 10 | 1027 |
| Chicken Marsala | 676 | 55 | 14 | 3 | 74 | 4 | 3467 |
| Chicken Piccata | 526 | 46 | 15 | 4 | 32 | 3 | 1552 |
| Cranberry-Teriyaki Chicken with Sweet Potato Cannelloni | 671 | 48 | 40 | 13 | 30 | 2 | 1371 |
| Crab Cake Entrée | 513 | 29 | 26 | 5 | 40 | 4 | 1362 |
| <i>with Orange Sesame Vinaigrette add</i> | 122 | 0 | 6 | 0 | 17 | 0 | 428 |
| <i>with Spicy Red Pepper Aioli add</i> | 80 | 0 | 6 | 1 | 5 | 0 | 401 |
| House - Made Sweet Potato Cannellonis | 505 | 13 | 33 | 15 | 41 | 3 | 1397 |
| Meat Loaf | 660 | 43 | 44 | 18 | 20 | 2 | 1413 |
| <i>with Green Beans add</i> | 42 | 1 | 2 | 1 | 6 | 2 | 232 |
| <i>with Blanched Green Beans add</i> | 25 | 1 | 0 | 0 | 6 | 2 | 169 |
| <i>with Garlic Mashed Potatoes add</i> | 393 | 6 | 22 | 9 | 44 | 3 | 1411 |
| <i>with BBQ Gravy add</i> | 43 | 0 | 2 | 1 | 7 | 0 | 286 |
| Mediterranean Chicken | 505 | 45 | 8 | 2 | 59 | 5 | 153 |
| <i>with Cucumber, Tomato and Arugula Salad add</i> | 105 | 2 | 9 | 2 | 3 | 1 | 288 |
| <i>with Pizza Crisps add</i> | 112 | 4 | 3 | 1 | 18 | 0 | 420 |
| <i>with Ziziki Sauce add</i> | 45 | 1 | 3 | 2 | 3 | 0 | 33 |
| Mustard Crusted Chicken | 416 | 46 | 16 | 2 | 20 | 4 | 625 |
| <i>with Green Beans add</i> | 42 | 1 | 2 | 1 | 6 | 2 | 232 |
| <i>with Blanched Green Beans add</i> | 25 | 1 | 0 | 0 | 6 | 2 | 169 |
| <i>with Garlic Mashed Potatoes add</i> | 393 | 6 | 22 | 9 | 44 | 3 | 1411 |
| Pistachio Pesto Primavera | 851 | 32 | 35 | 7 | 106 | 7 | 1429 |
| Spice Rubbed Flank Steak | 511 | 52 | 30 | 9 | 5 | 1 | 434 |
| <i>with Roasted Corn Poblano Pepper and Cotija Cheese Relish</i> | 182 | 4 | 10 | 2 | 20 | 2 | 254 |
| <i>with Sweet Potato Steak Fries</i> | 405 | 4 | 28 | 6 | 37 | 6 | 239 |
| <i>with Orange Chipotle Dressing</i> | 46 | 0 | 4 | 0 | 3 | 0 | 7 |
| Salmon with Balsamic Glaze | 416 | 36 | 21 | 4 | 17 | 0 | 256 |
| <i>with Asparagus add</i> | 71 | 4 | 4 | 1 | 8 | 4 | 50 |
| <i>with Blanched Asparagus add</i> | 40 | 4 | 0 | 0 | 7 | 4 | 25 |
| <i>with Rice Pilaf add</i> | 273 | 6 | 4 | 0 | 57 | 4 | 35 |
| <i>with Pineapple Salsa add</i> | 14 | 0 | 1 | 0 | 2 | 0 | 5 |
| Steak Tips | 404 | 55 | 19 | 7 | 1 | 0 | 408 |
| <i>with Green Beans add</i> | 42 | 1 | 2 | 1 | 6 | 2 | 232 |
| <i>with Blanched Green Beans add</i> | 25 | 1 | 0 | 0 | 6 | 2 | 169 |
| <i>with Garlic Mashed Potatoes add</i> | 393 | 6 | 22 | 9 | 44 | 3 | 1411 |
| Thai Chicken Noodle "Salad" | 585 | 56 | 25 | 4 | 37 | 11 | 763 |
| <i>with Sesame Ginger Vinaigrette</i> | 197 | 3 | 13 | 2 | 18 | 1 | 908 |
| Thai Chicken Beef "Salad" | 591 | 44 | 30 | 6 | 40 | 8 | 959 |
| <i>with Sesame Ginger Vinaigrette</i> | 197 | 3 | 13 | 2 | 18 | 1 | 908 |
| Vietnamese Salmon | 660 | 42 | 27 | 5 | 63 | 4 | 4094 |
| Dinner Entrees | Calories | Protein | Fat | Sat Fat | Carbs | Fiber | Sodium (mg) |
| Baked Haddock | 356 | 55 | 9 | 3 | 11 | 1 | 786 |
| <i>with Vegetable Medley add</i> | 138 | 2 | 11 | 4 | 9 | 2 | 270 |
| <i>with Vegetable Medley (no butter, no salt) add</i> | 69 | 2 | 4 | 0 | 8 | 2 | 16 |
| <i>with Lemon Caper Tartar sauce add</i> | 195 | 1 | 17 | 2 | 12 | 0 | 664 |
| <i>with Garlic Mashed Potatoes add</i> | 393 | 6 | 22 | 9 | 44 | 3 | 1411 |

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|--|-----------------|----------------|------------|----------------|--------------|--------------|--------------------|
| Chicken Oscar | 878 | 86 | 31 | 9 | 98 | 13 | 1284 |
| Chicken Marsala | 845 | 69 | 18 | 4 | 93 | 5 | 4334 |
| Chicken Piccata | 658 | 58 | 19 | 5 | 40 | 4 | 1940 |
| Cranberry-Teriyaki Chicken with Sweet Potato Cannelloni | 839 | 60 | 50 | 16 | 38 | 3 | 1714 |
| Crab Cake Entrée | 641 | 36 | 33 | 6 | 50 | 5 | 1703 |
| <i>with Orange Sesame Vinaigrette add</i> | 122 | 0 | 6 | 0 | 17 | 0 | 428 |
| <i>with Spicy Red Pepper Aioli add</i> | 80 | 0 | 6 | 1 | 5 | 0 | 401 |
| House - Made Sweet Potato Cannellonis | 631 | 16 | 41 | 19 | 51 | 4 | 1746 |
| Meat Loaf | 825 | 54 | 55 | 23 | 25 | 3 | 1766 |
| <i>with Green Beans add</i> | 42 | 1 | 2 | 1 | 6 | 2 | 232 |
| <i>with Blanched Green Beans add</i> | 25 | 1 | 0 | 0 | 6 | 2 | 169 |
| <i>with Garlic Mashed Potatoes add</i> | 393 | 6 | 22 | 9 | 44 | 3 | 1411 |
| <i>with BBQ Gravy add</i> | 43 | 0 | 2 | 1 | 7 | 0 | 286 |
| Mediterranean Chicken | 631 | 56 | 10 | 3 | 74 | 6 | 191 |
| <i>with Cucumber, Tomato and Arugula Salad add</i> | 105 | 2 | 9 | 2 | 3 | 1 | 288 |
| <i>with Pizza Crisps add</i> | 112 | 4 | 3 | 1 | 18 | 0 | 420 |
| <i>with Ziziki Sauce add</i> | 45 | 1 | 3 | 2 | 3 | 0 | 33 |
| Mustard Crusted Chicken | 520 | 58 | 20 | 3 | 25 | 5 | 781 |
| <i>with Green Beans add</i> | 42 | 1 | 2 | 1 | 6 | 2 | 232 |
| <i>with Blanched Green Beans add</i> | 25 | 1 | 0 | 0 | 6 | 2 | 169 |
| <i>with Garlic Mashed Potatoes add</i> | 393 | 6 | 22 | 9 | 44 | 3 | 1411 |
| Pistachio Pesto Primavera | 1064 | 40 | 44 | 9 | 133 | 9 | 1786 |
| Spice Rubbed Flank Steak | 639 | 65 | 38 | 11 | 6 | 1 | 543 |
| <i>with Roasted Corn Poblano Pepper and Cotija Cheese Relish</i> | 182 | 4 | 10 | 2 | 20 | 2 | 254 |
| <i>with Sweet Potato Steak Fries</i> | 405 | 4 | 28 | 6 | 37 | 6 | 239 |
| <i>with Orange Chipotle Dressing</i> | 46 | 0 | 4 | 0 | 3 | 0 | 7 |
| Salmon with Balsamic Glaze | 520 | 45 | 26 | 5 | 21 | 0 | 320 |
| <i>with Asparagus add</i> | 71 | 4 | 4 | 1 | 8 | 4 | 50 |
| <i>with Blanched Asparagus add</i> | 40 | 4 | 0 | 0 | 7 | 4 | 25 |
| <i>with Rice Pilaf add</i> | 273 | 6 | 4 | 0 | 57 | 4 | 35 |
| <i>with Pineapple Salsa add</i> | 14 | 0 | 1 | 0 | 2 | 0 | 5 |
| Steak Tips - 12 ounce | 505 | 69 | 24 | 9 | 1 | 0 | 510 |
| <i>with Green Beans add</i> | 42 | 1 | 2 | 1 | 6 | 2 | 232 |
| <i>with Blanched Green Beans add</i> | 25 | 1 | 0 | 0 | 6 | 2 | 169 |
| <i>with Garlic Mashed Potatoes add</i> | 393 | 6 | 22 | 9 | 44 | 3 | 1411 |
| Steak Tips - 16 ounce | 561 | 76 | 26 | 10 | 1 | 0 | 567 |
| <i>with Green Beans add</i> | 42 | 1 | 2 | 1 | 6 | 2 | 232 |
| <i>with Blanched Green Beans add</i> | 25 | 1 | 0 | 0 | 6 | 2 | 169 |
| <i>with Garlic Mashed Potatoes add</i> | 393 | 6 | 22 | 9 | 44 | 3 | 1411 |
| Thai Chicken Noodle "Salad" | 731 | 70 | 31 | 5 | 46 | 14 | 954 |
| <i>with Sesame Ginger Vinaigrette</i> | 197 | 3 | 13 | 2 | 18 | 1 | 908 |
| Thai Chicken Beef "Salad" | 739 | 55 | 38 | 8 | 50 | 10 | 1199 |
| <i>with Sesame Ginger Vinaigrette</i> | 197 | 3 | 13 | 2 | 18 | 1 | 908 |
| Vietnamese Salmon | 825 | 53 | 34 | 6 | 79 | 5 | 5118 |
| Sandwiches | Calories | Protein | Fat | Sat Fat | Carbs | Fiber | Sodium (mg) |
| Burger | 737 | 63 | 43 | 16 | 21 | 2 | 548 |
| Baja Burger | 132 | 73 | 61 | 23 | 46 | 7 | 594 |
| Bacon Cheeseburger | 1021 | 81 | 65 | 23 | 22 | 2 | 1689 |
| Crab Cake BLT | 804 | 43 | 44 | 12 | 57 | 4 | 2261 |
| Tuscan Grilled Chicken | 862 | 58 | 51 | 13 | 45 | 6 | 1179 |
| Veggie Burger | 519 | 19 | 11 | 5 | 85 | 8 | 985 |
| Roasted Tomato and Mozzarella Sandwich | 555 | 19 | 37 | 10 | 42 | 5 | 824 |
| Sweet Blue Burger | 1253 | 89 | 75 | 29 | 49 | 3 | 2104 |
| Turkey Burger | 387 | 33 | 19 | 4 | 21 | 1 | 356 |
| <i>with Mediterranean Salad</i> | 311 | 6 | 28 | 7 | 10 | 2 | 859 |
| <i>with Ziziki Sauce add</i> | 23 | 1 | 1 | 1 | 1 | 0 | 17 |
| House-Roasted Turkey Melt | 741 | 63 | 42 | 16 | 24 | 2 | 846 |
| House-Roasted Classic Turkey BLT | 938 | 65 | 58 | 17 | 35 | 1 | 1862 |

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|------------------------------|-----------------|----------------|------------|----------------|--------------|--------------|--------------------|
| Side of Joe's Seasoned Fries | 778 | 4 | 64 | 13 | 47 | 4 | 1544 |
| Pizzas - 10 inch | Calories | Protein | Fat | Sat Fat | Carbs | Fiber | Sodium (mg) |
| BBQ Chicken | 1066 | 65 | 28 | 12 | 126 | 1 | 3083 |
| Margherita | 1022 | 49 | 35 | 17 | 127 | 5 | 3635 |
| Joe's Kitchen Sink | 1199 | 68 | 47 | 21 | 124 | 4 | 4023 |
| Joe's Garden | 897 | 42 | 27 | 13 | 121 | 3 | 2866 |
| Joe Schmo | 856 | 40 | 26 | 13 | 112 | 1 | 2860 |
| Buffalo Chicken | 1295 | 79 | 47 | 19 | 133 | 2 | 3740 |
| California Bacon Blue | 1399 | 68 | 63 | 27 | 135 | 2 | 4825 |
| Santa Fe Chicken | 1413 | 82 | 58 | 23 | 141 | 6 | 3758 |
| Desserts | Calories | Protein | Fat | Sat Fat | Carbs | Fiber | Sodium (mg) |
| Molten Lava Cake | 474 | 6 | 26 | 13 | 60 | 3 | 280 |
| Key Lime Pie Brulee | 995 | 19 | 30 | 16 | 168 | 6 | 470 |
| Peanutbutter Thing | 1616 | 18 | 99 | 49 | 180 | 7 | 688 |
| Cinnamon Sticks | 1125 | 14 | 38 | 20 | 188 | 8 | 763 |
| Miscellaneous | Calories | Protein | Fat | Sat Fat | Carbs | Fiber | Sodium (mg) |
| Bread and Dip | 208 | 4 | 11 | 1 | 22 | 0 | 481 |
| Bread, 1 piece | 113 | 3 | 1 | 0 | 22 | 0 | 445 |
| Tomato Basil Cup | 327 | 3 | 32 | 20 | 9 | 2 | 266 |
| Tomato Basil Bowl | 490 | 5 | 48 | 30 | 13 | 3 | 399 |
| Chicken Pepper Noodle Cup | 129 | 9 | 4 | 0 | 15 | 1 | 1432 |
| Chicken Pepper Noodle Bowl | 194 | 13 | 5 | 1 | 23 | 2 | 2148 |

The nutritional analysis provided is comprised of a computer analysis of Not Your Average Joe's recipes, combined with nutrient data from Not Your Average Joe's suppliers and the US Department of Agriculture. Not Your Average Joe's attempts to provide nutritional information regarding its products that is as complete as possible.