



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		287	5	23	3	23	11	90
	<i>with fried Blue Corn Tortillas add</i>	372	12	48	7	96	14	160
Crab Cakes		478	28	23	5	40	3	977
	<i>with organic Mixed Greens and Dressing add</i>	68	1	3	0	10	1	47
	<i>with Spicy Red Pepper Aioli add</i>	80	0	6	1	5	0	284
Vegetable Spring Rolls		204	9	5	0	35	11	204
	<i>with Peanut Sauce add</i>	151	6	8	1	14	4	594
Chicken Quesadilla		664	43	30	6	56	6	658
	<i>with Chipolte Sour Cream add</i>	65	1	5	1	4	0	154
Boneless Buffalo Tenders		566	57	36	6	1	0	134
	<i>with Buffalo BBQ sauce</i>	149	1	4	2	25	3	901
	<i>with Blue Cheese Dressing add</i>	222	2	20	4	9	0	384
Shrimp Mozambique		889	50	58	9	40	2	909
	<i>with Mozambiqu Aioli add</i>	234	1	17	2	19	0	394
Ahi Tuna Wontons		184	27	6	1	2	1	43
	<i>with Fried Wontons add</i>	345	3	28	4	20	1	174
	<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
California Bacon Blue Mini Pizza		946	49	48	19	75	1	2238
	<i>hold the bacon</i>	519	21	15	8	74	1	527
Santa Fe Chicken Mini Pizza		640	36	21	7	75	2	378
Calamari		738	46	48	9	26	0	910
	<i>with Crostini</i>	182	4	2	0	35	0	6
	<i>with Lemon Caper Tartar and Lemon EVO Vinaigrette</i>	269	1	26	3	9	0	212
	<i>with Arugula Salad and Dressing</i>	322	10	19	2	30	10	292
Thai Chicken Lettuce Wraps		504	45	16	2	52	19	241
	<i>with Sesame Ginger Vinaigrette add</i>	117	2	8	1	8	1	650
Edamame Hummus		611	19	48	6	31	11	80
	<i>with Glazed Pita Crisps add</i>	168	4	12	6	12	0	766
Side Salads, no dressings		Calories	Protein	Fat	Sat Fat	Carbs	Fiber	Sodium (mg)
House Salad Side		116	8	5	3	11	3	165
Great Hill Wedge		24	1	0	0	5	2	15
	<i>with Great Hill Blue Cheese and Bacon add</i>	486	17	45	18	1	0	1167
Spinach Salad		104	3	7	1	9	3	100
	<i>with Blue Cheese and Bacon add</i>	250	9	23	9	1	0	613
Joe's Caesar Side		24	2	0	0	5	3	11
	<i>with two Pizza Crisps add</i>	112	4	2	1	18	0	76
	<i>with Romano Cheese add</i>	38	3	2	1	0	0	119
Almond Crusted Goat Cheese Side		334	13	21	9	24	3	253
Salads, no dressings		Calories	Protein	Fat	Sat Fat	Carbs	Fiber	Sodium (mg)
House Salad - Large		228	16	10	6	21	5	329
Not Your Average House - Large		223	12	15	8	12	3	941
	<i>with three Pizza Crisps add</i>	168	4	3	2	26	0	115
Joe's Caesar - Large		32	2	0	0	6	4	15
	<i>with three Pizza Crisps add</i>	168	4	3	2	26	0	115
Sashimi Tuna		170	31	2	0	5	1	64
	<i>with 1 oz Soy Lime Mustard Dressing (on tuna), add</i>	67	1	0	0	15	1	237

	<i>with Orange Sesame Vinaigrette (on greens) add</i>	244	0	13	1	35	1	152
Goat Cheese Salad		662	26	42	19	47	2	497
Cobb Salad		1109	67	85	23	28	12	1295
Cobb Salad, hold the bacon and cheese		665	51	41	6	27	12	213
Chipotle Chicken Salad		896	104	29	5	52	6	594
Waldorf Salad		612	44	24	5	62	9	273
Salad Dressings, 1 ounce		Calories	Protein	Fat	Sat Fat	Carbs	Fiber	Sodium (mg)
	<i>Creamy Sherry Vinaigrette</i>	155	0	16	2	3	0	76
	<i>Lemon Herb Vinaigrette</i>	164	0	17	1	1	0	22
	<i>Horseradish Mustard</i>	113	0	11	1	2	0	61
	<i>Caesar Dressing</i>	202	2	21	3	1	0	77
	<i>Raspberry Vinaigrette</i>	78	0	7	0	4	0	1
	<i>Chipotle Ranch Dressing</i>	138	0	14	0	2	0	248
	<i>Maple Vinaigrette</i>	129	0	9	1	13	0	33
	<i>Balsamic Vinaigrette</i>	158	0	16	1	2	0	5
	<i>Lo-Cal Zinfandel</i>	50	0	5	0	2	0	138
	<i>Blue Cheese Dressing</i>	111	1	10	2	4	0	192
	<i>Orange Sesame Vinaigrette</i>	122	0	6	0	17	0	76
Lunch Entrees		Calories	Protein	Fat	Sat Fat	Carbs	Fiber	Sodium (mg)
Baked Haddock		285	44	7	1	1	1	340
	<i>with Vegetable Medley add</i>	75	2	5	0	8	2	12
	<i>with Lemon Caper Tartar sauce add</i>	195	1	17	2	12	0	371
	<i>with Garlic Mashed Potatoes add</i>	312	6	16	8	38	4	29
Chicken Piccata		630	53	15	5	68	6	941
Cranberry-Teriyaki Chicken		249	39	9	1	0	0	111
	<i>with butternut squash cannellonis, scampi sauce and romano cheese add</i>	172	6	11	5	11	1	321
	<i>with cranberry teriyaki glaze and spinach add</i>	153	3	8	4	19	2	392
Crab Cake Entrée		478	28	23	5	40	3	977
	<i>with organic Mixed Greens and Dressing add</i>	129	1	6	0	19	1	88
	<i>with Spicy Red Pepper Aioli add</i>	80	0	6	1	5	0	284
House - Made Butternut Squash Cannellonis		574	14	40	19	42	3	957
Not Your Average Meatloaf		712	38	53	18	18	2	405
	<i>with Veggies, Mashed Potatoes, Gravy and Fried Onion Strings</i>	369	8	16	5	51	5	1015
Artisan Vegetable Lasagna		645	25	48	17	32	4	1323
	<i>with toppings including scampi sauce, mozzarella and romano cheeses, marinara sauce</i>	215	12	13	6	11	2	503
Mediterranean Chicken		232	40	6	1	2	0	141
	<i>with Cucumber, Tomato, Feta and Arugula Salad add</i>	105	2	9	2	3	1	219
	<i>with Edamame Hummus add</i>	285	8	23	3	14	5	39
	<i>with Ziziki Sauce add</i>	45	1	3	1	3	0	26
Mustard Crusted Chicken		504	44	33	3	8	3	279
	<i>with Green Beans add</i>	32	1	1	0	6	2	170
	<i>with Garlic Mashed Potatoes add</i>	312	6	16	8	38	4	29
Cider Mustard Pork		423	49	23	6	1	1	124
	<i>with Edamame Cous Cous and Cider Mustard Sauce add</i>	375	12	21	4	38	8	36
Chicken Enchilada		346	29	8	1	40	5	183
	<i>with Poblano Crema</i>	47	2	2	0	5	1	236
	<i>with Yellow Rice and Black Beans</i>	420	9	16	1	61	8	108
	<i>with Cotija Cheese and Pumpkin Seeds</i>	82	4	7	2	2	0	100
Farfalle with Chicken and Fresh Mozz		1004	73	46	16	73	7	1506
Grilled Salmon		340	36	21	4	0	0	106
	<i>with Balsamic Glaze</i>	76	0	0	0	17	0	148
	<i>with Asparagus add</i>	64	4	3	0	7	4	25
	<i>with Jasmine Rice Pilaf</i>	273	6	2	0	57	4	2
	<i>with Pineapple Salsa add</i>	14	0	1	0	2	0	3
Steak Tips		404	55	19	7	1	0	304
	<i>with Green Beans add</i>	32	1	1	0	6	2	170
	<i>with Garlic Mashed Potatoes add</i>	312	6	16	8	38	4	29
Dinner Entrees		Calories	Protein	Fat	Sat Fat	Carbs	Fiber	Sodium (mg)
Baked Haddock		342	55	12	2	1	0	436
	<i>with Vegetable Medley add</i>	103	4	6	1	12	4	17
	<i>with Lemon Caper Tartar sauce add</i>	195	1	17	2	12	0	371
	<i>with Garlic Mashed Potatoes add</i>	416	7	21	10	51	5	39
Chicken Piccata		773	69	14	4	88	5	1144

Cranberry-Teriyaki Chicken	311	52	9	1	0	0	147
<i>with butternut squash cannellonis, scampi sauce and romano cheese add</i>	652	13	39	19	70	7	517
<i>with cranberry teriyaki glaze and spinach add</i>	180	3	8	4	25	2	517
House - Made Butternut Squash Cannellonis	631	16	41	19	51	4	1746
Not Your Average Meatloaf	977	52	72	25	26	2	619
<i>with Veggies, Mashed Potatoes , Gravy and Fried Onion Strings</i>	429	10	21	7	55	6	1290
Artisan Vegetable Lasagna	760	28	55	20	35	6	1533
<i>with toppings including scampi sauce, mozzarella and romano cheeses, marinara sauce</i>	240	15	15	7	13	2	550
Mediterranean Chicken	262	45	8	1	2	0	162
<i>with Cucumber, Tomato, Feta and Arugula Salad add</i>	115	3	9	2	3	1	252
<i>with Edamame Hummus add</i>	285	8	23	3	14	5	39
<i>with Ziziki Sauce add</i>	45	1	3	1	3	0	26
Cider Mustard Pork	466	53	26	8	1	1	203
<i>with Edamame Cous Cous and Cider Mustard Sauce add</i>	399	13	24	5	42	9	50
Mustard Crusted Chicken	919	91	54	5	17	6	640
<i>with Green Beans add</i>	32	1	1	0	6	2	170
<i>with Garlic Mashed Potatoes add</i>	416	7	21	10	51	5	39
Chicken Enchilada	518	44	13	2	60	8	275
<i>with Poblano Crema</i>	63	2	3	0	7	1	314
<i>with Yellow Rice and Black Beans</i>	420	9	16	1	61	8	108
<i>with Cotija Cheese and Pumpkin Seeds</i>	82	4	7	2	2	0	100
Rosemary Scallops	273	38	9	1	7	1	367
<i>with Cous Cous Succotash add</i>	463	12	33	8	31	4	530
<i>with Chipolte Orange Glaze add</i>	93	0	7	0	6	0	6
Grilled Salmon	461	47	28	5	0	0	141
<i>with Balsamic Glaze</i>	76	0	0	0	17	0	148
<i>with Asparagus add</i>	64	4	3	0	7	4	25
<i>with Jasmine Rice Pilaf</i>	273	6	2	0	57	4	2
<i>with Pineapple Salsa add</i>	28	0	1	0	3	1	6
Steak Tips - 12 ounce	631	82	30	10	1	0	455
<i>with Green Beans add</i>	37	2	1	0	7	3	204
<i>with Garlic Mashed Potatoes add</i>	416	7	21	10	51	5	39
Steak Tips - 16 ounce	915	124	42	15	2	0	683
<i>with Green Beans add</i>	37	2	1	0	7	3	204
<i>with Garlic Mashed Potatoes add</i>	416	7	21	10	51	5	39
Vietnamese Salmon	801	56	38	7	60	6	1567
Sandwiches	Calories	Protein	Fat	Sat Fat	Carbs	Fiber	Sodium (mg)
Backyard Burger	735	65	41	15	21	2	582
Southwestern Burger (without fried onion strings)	900	71	53	19	31	2	811
Crab Cake BLT	709	38	47	12	33	3	1964
Tuscan Grilled Chicken	892	57	56	13	12	6	893
Veggie Burger	582	19	18	6	86	8	951
Sweet Blue Burger	1252	92	74	28	49	3	2136
Turkey Burger	425	33	23	5	21	2	356
<i>with Mediterranean Salad</i>	311	6	28	7	10	2	655
<i>with Ziziki Sauce add</i>	23	1	1	1	1	0	13
Pork Cubano	801	71	44	20	26	2	1016
House-Roasted Classic Turkey BLT	938	65	58	17	35	1	1862
Side of Joe's Fries	750	4	60	9	47	4	86
Pizzas - 10 inch, 6 slices	Calories	Protein	Fat	Sat Fat	Carbs	Fiber	Sodium (mg)
BBQ Chicken	1064	69	29	12	126	1	1014
Margherita	1057	49	39	17	127	5	1567
Joe's Kitchen Sink	1199	68	47	21	124	4	1961
Joe's Garden	897	42	27	13	121	3	805
Joe Schmo	856	40	26	13	112	1	799
Buffalo Chicken	1607	135	54	21	134	2	1711
California Bacon Blue	1399	68	63	27	135	2	2764
Santa Fe Chicken	1217	70	42	14	138	4	754
Desserts	Calories	Protein	Fat	Sat Fat	Carbs	Fiber	Sodium (mg)
Molten Lava Cake	474	6	26	13	60	3	280
Cinnamon Sticks	1125	14	38	20	188	8	763
Crème Brulee Cheesecake	462	4	28	15	50	1	131
Peanutbutter Thing	1616	18	99	49	180	7	688

White Chocolate Cherry Bread Pudding	756	13	44	25	81	2	333
Kids Meals	Calories	Protein	Fat	Sat Fat	Carbs	Fiber	Sodium (mg)
Kids Salmon	808	39	40	5	72	8	192
Kids Burger, no sides	588	38	37	9	21	1	321
Kids Grilled Cheese, no sides	444	7	35	21	25	1	473
Kids Grilled Chicken, no sides	249	39	9	1	0	0	112
Kids Chicken Fingers, no sides	262	11	31	2	14	0	285
Kids Mac & Cheese	966	28	62	38	73	4	718
Kids Sirloin Tips	680	46	44	15	25	3	360
Kids Pizza	841	35	18	9	130	1	487
Miscellaneous	Calories	Protein	Fat	Sat Fat	Carbs	Fiber	Sodium (mg)
Bread, 1 piece with Cheese/Oil Dip	208	4	11	1	22	0	39
Tomato Basil Cup	327	3	32	20	9	2	262
Tomato Basil Bowl	490	5	48	30	13	3	392

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.