

## Not Your Average Joe's Kitchen and Bar - Common Allergens

		Common Allergens								
		Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Sesame
<b>Starters</b>	Cheese Steak Egg Rolls	X	X	X			X		X	
	Ahi Tuna Wontons (on wontons)	X	X				X		X	X
	Ahi Tuna Wontons (on cucumbers)	X	X				X		X	X
	Buffalo Caribbean Chicken Tenders	X		X					X	
	Korean BBQ Tenders	X	X	X			X		X	X
	Nachos (Chicken)		X	X						
	Nachos (Pulled Pork)		X	X						
	Whipped Feta Dip	X		X					X	X
	Charcuterie Board for Two	X		X	X		X	X	X	X
	Spicy Tuna Tacos	X	X				X		X	X
	Crispy Bang Bang Shrimp	X	X	X		X	X		X	X
	Sweet & Spicy Cauliflower Bites	X		X					X	
	Chicken Dumplings		X				X		X	X
<b>Soups &amp; Salads</b>	Cup New England Clam Chowder (cup) <i>(no crackers)</i>		X	X		X			X	
	Cup New England Clam Chowder (bowl) <i>(no crackers)</i>		X	X		X			X	
	Tomato Basil Soup (cup)			X						
	Tomato Basil Soup (bowl)			X						
	Almond-Crusted Goat Cheese	X		X			X	X	X	
	Classic Caesar	X	X	X					X	
	Super Crunch							X		X
	Cobb	X		X						
	Ahi Tuna*		X				X		X	X
	Waldorf	X		X				X		
	Crispy Southwest Chicken	X		X					X	
	Greek Wedge			X						
	Classic Wedge	X		X						
	Add Grilled Chicken									
	Add Grilled Salmon		X							
	Add Grilled Sirloin Tips									
	Add-On Caesar	X	X	X					X	
	Add-On Simple Salad <i>(no dressing)</i>			X					X	
Add-On Mixed Greens <i>(w/balsamic dressing)</i>										
<b>Salad Dressings</b>	Balsamic Vinaigrette (3 fl oz)									
	Creamy Sherry Vinaigrette (3 fl oz)	X								
	Orange-Sesame Vinaigrette (3 fl oz)									X
	Buttermilk Ranch (3 fl oz)	X		X						
	Blue Cheese (3 fl oz)	X		X						
	Santa Fe Ranch	X		X						
	Red Wine Vinaigrette									
	Raspberry Vinaigrette									
	Caesar (3 fl oz)	X	X	X						

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<b><u>Mains</u></b>	Mustard-Crusted Chicken			X					X	
	Sirloin Tips*			X						
	Teriyaki Salmon	X	X			X	X		X	X
	Simply Prepared Salmon <i>(steamed broccoli &amp; jasmine rice)</i>		X							
	Korean Beef & Noodle Bowl	X	X			X	X	X	X	X
	Penne Alla Vodka <i>(no added protein included)</i>			X					X	
	Sweet & Sour Chicken Bowl			X			X		X	X
	Chicken Piccata			X					X	
	Herb-Crusted Haddock	X	X	X					X	
	Ahi Tuna Poke Bowl	X	X			X	X		X	X
	Twisted Mac & Cheese		X	X					X	
	Veggie Harvest Bowl			X				X		
	BBQ Meatloaf	X	X	X		X	X		X	
	Fish & Chips	X	X	X			X		X	
	Jambalaya		X	X		X	X			
	Rosemary Skewered Scallops			X		X			X	X
Chicken Parm	X		X					X		
<b><u>Sides</u></b>	French Fries						X		X	
	Sweet Potato Fries						X		X	
	Jasmine Rice Pilaf			X						
	Roasted Brussels Sprouts									
	Glazed Carrots			X						
	Mashed Potatoes			X						
	Green Beans			X						
	Cole Slaw			X						
	Steamed Broccoli									
	Sauteed Spinach									
<b><u>Burgers &amp; More</u></b>	The Burger <i>(no added toppings included, w/fries)</i>	X	X	X			X		X	X
	Mustard-Crusted Chicken BLT <i>(w/ fries)</i>	X		X			X	X	X	
	That's Fire Burger <i>(w/fries)</i>	X		X			X		X	X
	The Veggie Burger <i>(w/fries)</i>	X		X			X		X	X
	Cape Cod Reuben <i>(w/fries)</i>	X	X	X			X		X	
	The Italian <i>(w/fries)</i>	X					X		X	
	The Cuban <i>(w/fries)</i>	X		X			X	X	X	
	BBQ Pulled Pork Sandwich <i>(w/fries)</i>	X		X			X		X	X
	Chicken Caprese <i>(w/fries)</i>	X		X			X	X	X	
	Chicken Caesar Wrap <i>(w/fries)</i>	X	X	X			X		X	
	Buffalo Chicken Wrap <i>(w/Fries)</i>	X		X			X		X	
	Grilled Cheese & Tomato Soup			X			X		X	
	Turkey Avocado Club <i>(w/fries)</i>	X		X			X		X	
<b><u>Pizzas</u></b>	Classic Cheese	X		X					X	
	The Margherita	X		X					X	
	Buffalo Chicken	X		X					X	
	Pepperoni	X		X					X	
	Shrimp Scampi	X		X		X			X	
	The Mediterranean	X		X					X	

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<u>Desserts</u>	Peanut Butter Thing			X	X		X		X	
	Carrot Cake	X		X				X		
	Choc. Chip Cookie Explosion	X		X			X		X	
	Molten Lava Cake for 2	X		X					X	
	Joe's Key Lime Pie	X		X			X	X	X	
<u>Kids</u>	Kid Chicken Tenders (w/fries)	X		X			X		X	
	Kid Mac And Cheese		X	X			X		X	
	Kid Pizza	X		X					X	
	Kid Pasta Plain								X	
	Kid Pasta with Butter			X					X	
	Kid Pasta with Sauce								X	
	Kid Cheeseburger (w/fries)	X		X			X		X	X
<u>Bread &amp; Oil</u>	Bread And Oil For Table (Full Portion)			X					X	
<u>Gluten Sensitive</u>	Ahi Tuna on Cucumber	X	X							X
	Super Crunch							X		X
	Cobb	X		X						
	Waldorf	X		X				X		
	Classic Wedge	X		X						
	Greek Wedge			X						
	Mustard Crusted Chicken	X		X			X			
	Sirloin Tips			X						
	Veggie Harvest Bowl			X				X		
	Penne Alla Vodka (no added protein included)			X						
	Mac & Cheese Entrée		X	X						
	Chicken Piccata	X		X			X			
	Chicken Parm	X		X			X			
	Herb-Crusted Haddock	X	X	X			X			
	Jambalaya		X	X		X	X			
	Grilled Salmon		X							
	The Burger (no added toppings, no side)	X	X	X						
	The Veggie Burger (no side)	X		X			X			
	Mustard Crusted Chicken BLT (no side)	X		X			X			
	Grilled Chicken Caprese (no side)	X		X						
	Turkey Avocado Club (no side)	X		X			X			
	The Italian (no side)	X								
	GF Pizza Crust	X		X						
	Kid Mac & Cheese		X	X			X			
	Kid Pasta Plain									
	Kid Pasta with Butter			X						
	Kid Pasta with Sauce									
	Kid Cheeseburger (no side)	X		X						
	Carrot Cake	X		X				X		
	Gluten-Free Roll And Oil For One Person	X		X						