



Not Your Average Joe's Kitchen and Bar - Nutritional Information

		Nutritional Info										
		Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Starters	Cheesesteak Egg Rolls	790	520	57.8	16.1	0	115	1452	35	2	5	26
	Ahi Tuna Wontons (on wontons)	601	343	38.1	5.1	0.7	72	1492	31	3	9	32
	Ahi Tuna Wontons (on cucumbers)	502	320	35.6	4.7	0	70	1285	22	2	7	31
	Buffalo Caribbean Chicken Tenders	1276	450	50	16.7	2.8	299	3086	110	5	30	90
	Sweet & Spicy Cauliflower Bites	1109	707	78.5	15.6	2.7	90	3644	112	10	62	11
	Whipped Feta Dip	803	425	47.2	16.6	0.3	152	3288	116	5	7	44
	Chicken Wings (Joe's Buffalo) 1/2 Dozen (no dressing)	705	259	28.8	11.6	2.7	247	3331	15	0	12	92
	Chicken Wings (Korean BBQ) 1/2 Dozen (no dressing)	655	237	26.3	9.7	2.7	239	2734	7	0	4	92
	Chicken Wings (Sweet Chili) 1/2 Dozen (no dressing)	839	320	35.5	10.3	2.7	238	3314	35	1	32	92
	Nachos (Chicken)	1096	470	52.2	28.1	0	176	3374	103	15	8	57
	Nachos (Pulled Pork)	1405	594	66	34.4	0	222	5471	144	14	47	63
Chicken Dumplings	468	248	27.5	1.9	0	32	1821	44	2	11	12	
Soups & Salads	Cup New England Clam Chowder (cup) (no crackers)	311	207	23	14	0	90	981	18	1	4	8
	Cup New England Clam Chowder (bowl) (no crackers)	466	311	34.5	21	0	135	1471	27	2	6	12
	Tomato Basil Soup (cup)	263	191	21.2	13.4	0	87	447	12	2	7	3
	Tomato Basil Soup (bowl)	394	285	31.7	20.1	0	130	671	18	3	10	5
	French Onion Soup (crock)	568	337	37.4	16.4	0	78	1407	35	3	6	28
	Classic Caesar	599	474	52.7	5.6	0	50	1688	30	4	1	6
	Super Crunch	919	427	47.4	4.6	0	117	1888	89	15	48	55
	Cobb	1240	872	96.9	19.5	0	353	2521	27	11	3	71
	Ahi Tuna*	388	137	15.2	1.5	0	44	1476	44	4	25	32
	Thai Chicken Noodle Salad	1121	640	71.1	7.9	0.2	145	3097	72	4	16	60
	Almond Crusted Goat Cheese Salad	777	491	54.6	11	0	104	1032	58	5	34	16
	Crispy Southwest Chicken Salad	953	367	40.8	10.1	0	166	3157	89	14	6	59
	Waldorf	1189	733	81.4	14.2	0	172	1738	63	8	48	60
	Add Grilled Chicken	406	211	23	2	0	117	988	3	1	0	46
Add Grilled Salmon	496	320	36.6	5.5	0	115	380	0	0	0	40	
Add Shrimp	135	69	8	0	0	148	438	0	0	0	16	
Add Grilled Sirloin Tips	567	316	35.1	11.2	0	202	876	2	0	1	62	
Salad Dressings	Balsamic Vinaigrette (2 fl oz)	290	275	32.8	2.3	0	0	171	1.8	0	1.5	0
	Creamy Sherry Vinaigrette (2 fl oz)	335	323	35.9	4.3	0	25	252	3	0	3	0
	Orange-Sesame Vinaigrette (2 fl oz)	232	112	12.4	1	0	0	472	34	0	31	0
	Buttermilk Ranch (2 fl oz)	125	112	12.4	2.7	0	17	299	3	0	1	1
	Blue Cheese (2 fl oz)	308	299	33.2	5.4	0	29	371	0	0	0	2
	Sesame-Ginger Vinaigrette (2 fl oz)	218	179	19.9	2.6	0	15	788	8	1	4	1
	Raspberry Vinaigrette (2 fl oz)	284	248	27.5	2	0	0	222	12	1	10	0
	Sante Fe Ranch (2 fl oz)	103	89	9.9	2.2	0	13	401	3	0	1	1
	Caesar (3 fl oz)	342	330	38.5	3.4	0	36	365	4	1	1	1
Mains	Mustard-Crusted Chicken	1362	869	96	21	0	206	2040	71	10	5	63
	Sirloin Tips*	1311	738	82	32.5	0	341	1817	64	7	20	86
	Teriyaki Glazed Salmon*	1241	683	75.9	10.4	0	137	3176	92	7	19	51
	Simply Prepared Salmon (steamed broccoli & jasmine rice)	782	352	39.1	5.8	0	123	1674	62	5	0	50
	Chicken Piccata	1898	1333	148	57.3	0	387	2983	72	5	5	62
	Herb-Crusted Haddock	1232	776	86.2	20.3	0	297	2876	68	10	5	51
	Ahi Tuna Poke Bowl	894	370	41.1	5.2	0	51	4027	103	14	23	41
	Four Cheese Mac & Cheese	1327	736	81.8	48	0	266	2570	110	5	8	36
	BBQ Meatloaf	1845	1174	130	65	0	440	4458	120	12	38	67
	Fish & Chips	1047	543	60.3	8.8	2	189	5836	85	6	13	39
	Jambalaya	1182	867	96	22	0	269	4571	52	4	4	52
	Korean Beef & Noodle Bowl	1152	581	64.5	12	0	157	1835	104	7	19	60
	Veggie Harvest Bowl	1008	792	88	6.4	0	2	3083	102	15	4	16
	Pappardelle Bolognese	1172	529	58.8	25	0	147	1344	93	7	14	26
	Pasta all Raffi	1583	916	101	50.4	0	350	1546	99	5	12	58
Chicken Parm	1400	834	92.7	18.9	0	258	2344	76	6	12	71	

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Sides	French Fries	408	162	18	2	2.7	0	2099	50	2	10	2
	Sweet Potato Fries	501	237	26.3	3.3	2.7	0	1832	64	2	24	2
	Jasmine Rice Pilaf	235	83	9.2	5.8	25	90	90	34	1	0	4
	Mashed Potatoes	422	230	25.6	13	0	66	539	42	5	4	7
	Cole Slaw	105	84	9.3	1.9	0	12	201	9	0	4	1
	Steamed Broccoli	41	6	0.5	0.1	0	0	529	8	3	0	3
	Green Beans	44	4	5	2.7	0	11	545	7	3	0	2
	Brussels Sprouts	164	130	19	4	0	12	508	10	5	0	4
	Glazed Carrots	266	228	25.3	15.7	0	68	568	28	5	11	2
	Sauteed Spinach	117	100	14	1	0	0	374	1	1	0	1
	Side Caesar	260	196	21.8	2.4	0	21	811	15	2	0	3
Side House Salad	105	51	5.7	0.6	0	2	278	14	2	0	2	
Burgers & More (No Sides Included)	The Burger <i>(no added toppings included)</i>	940	546	60.7	21.6	0	139	3985	57	6	12	43
	Bacon Jam Wagyu Burger	1113	667	74.1	28.3	3	211	2093	52	2	15	55
	That's Fire Burger	1085	591	65.7	23.7	0.1	149	6083	95	8	14	51
	The Veggie Burger	866	431	47.9	5.5	0	8	1850	96	14	15	20
	Mustard-Crusted Chicken BLT	948	517	57.4	14.1	0	132	1852	62	4	3	43
	Chicken Caesar Wrap	1142	592	65.8	17.2	0	247	3999	69	5	2	66
	Buffalo Chicken Wrap	1514	643	71.4	17.2	0	295	3556	136	6	20	79
	Hot Honey Fried Chicken Sandwich	624	142	15.8	2	2.7	65	1929	90	3	44	33
	Cape Cod Reuben	1142	618	68.7	21.1	0	188	5154	94	7	6	47
	The Cuban	1241	772	85.8	20.2	0	167	6162	65	5	11	53
	BBQ Pulled Pork Sandwich	1234	405	45	15.2	0	175	7032	165	5	99	56
	Chicken Caprese	979	500	55.6	11.7	0	138	1470	58	4	6	58
	Veggie Caprese Sandwich	826	491	54.6	14.3	0	56	1127	60	3	8	24
Grilled Cheese & Tomato Soup	900	577	64.1	39.3	0	217	1735	56	4	12	25	
Turkey Avocado Club	801	398	44.2	8.4	0.1	142	2209	43	9	2	59	
Pizzas	Classic Cheese Small	953	261	29	12.5	0	160	2794	144	8	6	47
	Classic Cheese Large	1877	489	54.3	24.8	0	319	5588	279	15	12	92
	Buffalo Chicken Small	1690	552	61.3	20.6	0	334	4475	201	9	21	95
	Buffalo Chicken Large	3233	982	109.1	38.6	0	657	8430	386	17	37	189
	The Works Small	1246	490	54.4	21.6	0	216	4111	132	8	7	57
	The Works Large	2445	940	104.4	41.8	0	422	8015	265	16	15	112
	The Margherita Small	997	284	31.6	14.8	0	164	3205	146	8	6	49
	The Margherita Large	1994	567	63	29.7	0	329	6411	283	15	12	97
	The Mediterranean Small	1167	511	56.8	19	0	180	3803	130	7	7	51
	The Mediterranean Large	2176	829	92.1	34.2	0	347	6957	257	13	13	97
Desserts	Peanut Butter Thing	1987	857	95.2	53.6	0	225	685	254	7	138	23
	Carrot Cake	453	98	10.9	1.3	0	6	150	89	4	34	3
	Chocolate Chocolate Mousse	1351	1008	112	70.7	0	492	246	66	4	53	7
	Crème Brulee	681	467	51.9	32.6	0	420	16	59	0	58	4
	Chocolate Chip Cookie Explosion	1152	523	58.1	31.5	0	145	912	147	4	94	13
Kids	Kid Chicken Tenders (w/fries)	688	265	29.4	3.5	4.7	135	4119	58	2	5	43
	Kid Mac And Cheese	588	284	31.5	18.2	0	103	1000	56	2	6	24
	Kid Pizza	924	230	25.6	12.3	0	160	2794	144	8	6	47
	Kid Pasta Plain	222	12	1.3	0.2	0	0	185	43	3	1	8
	Kid Pasta with Butter	322	111	12.3	7.2	0	30	185	43	3	1	8
	Kid Pasta with Sauce	291	49	5.4	0.6	0	0	571	52	4	5	10
	Kid Cheeseburger (w/fries)	792	373	41.4	15.8	1.4	91	2328	70	2	14	30
	Kid Sundae	582	303	33.7	22.1	0	113	134	61	1	50	7
Bread & Oil	Bread And Oil For Table (1 serving - 2 pieces w/dip)	443	226	25.1	2.5	0	9	780	45	2	1	8

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Gluten Sensitive	Ahi Tuna on Cucumber	459	315	35	4.6	0	70	594	14	2	2	30
	Tomato Basil Soup Cup	263	191	21.2	13.4	0	87	447	12	2	7	3
	Tomato Basil Soup Bowl	394	285	31.7	20.1	0	130	671	18	3	10	5
	Super Crunch	919	427	47.4	4.6	0	117	1888	89	15	48	55
	Cobb	1240	872	96.9	19.5	0	353	2521	27	11	3	71
	Waldorf	1189	733	81.4	14.2	0	172	1738	63	8	48	60
	Mustard-Crusted Chicken	1384	853	94.8	20.6	0	247	2040	76	9	4	60
	Sirloin Tips*	1311	738	82	32.5	0	341	1817	64	7	20	86
	Jambalaya	1182	867	96	22	0	269	4571	52	4	4	52
	Simply Prepared Salmon (steamed broccoli & jasmine rice)	782	352	39.1	5.8	0	123	1674	62	5	0	50
	Chicken Piccata	2064	1377	153	57.4	0	427	2983	104	5	2	59
	Herb-Crusted Haddock	1324	809	89.9	20.3	0	337	2876	78	9	5	49
	Four Cheese Mac & Cheese	1363	725	80.6	47.7	0	270	2570	134	6	8	30
	Pasta Bolognese	1367	545	60.6	24.9	0	147	1344	144	9	11	25
	Pasta alla Raffi	1690	922	102.4	50.4	0	350	1546	133	7	8	55
	Veggie Harvest Bowl	1008	792	88	6.4	0	2	3083	102	15	4	16
	Chicken Parm	1646	867	96.3	18.4	0	309	2344	118	7	10	80
	The Burger (no added toppings, no side)	880	560	62.2	21.1	0	184	3976	41	7	6	40
	Bacon Jam Wagyu Burger (no side)	1053	680	75.6	27.8	3	256	2083	36	3	9	52
	The Veggie Burger (no side)	806	445	49.4	5	0	53	1840	80	15	9	17
	Grilled Chicken Caprese (no side)	909	536	59.6	11.4	0	183	1260	37	4	7	52
	Mustard Crusted Chicken BLT (no side)	875	581	64.5	7.8	0	154	1597	36	4	4	36
	Turkey Avocado Club (no side)	758	416	46.2	7.8	0	187	2162	34	6	4	52
	Kid Mac & Cheese	624	291	32.3	18.2	0	103	1000	69	3	6	21
Kid Pasta with Sauce	264	21	2.3	0.1	0	0	185	59	3	0	5	
Kid Cheeseburger (no side)	790	560	62.2	16.3	0	136	2328	33	5	3	27	
Carrot Cake	453	98	10.9	1.3	0	6	150	89	4	34	3	
Crème Brulee	681	467	51.9	32.6	0	420	16	59	0	58	4	
Gluten-Free Roll And Oil For One Person	640	560	63	6		45	190	17	1	1	7	
Brunch	Granola & Greek Yogurt	492	229	25.4	10.7	0.7	53	210	64	3	37	16
	French Omelette	1133	843	93.7	35.1	2.7	825	1937	35	4	4	44
	Ham & Cheese Omelette	1079	776	86.2	30.7	2.7	816	1757	33	4	5	46
	Spinach & Feta Omelette	968	795	88.3	26.2	2.8	773	1304	35	5	5	34
	Buttermilk Pancakes	1158	665	73.9	42.6	0	229	900	113	2	68	12
	Chicken & Waffles	967	206	22.9	4.3	2.7	204	2966	124	4	38	67
	The Joe	1434	971	107.9	40.6	2.7	543	6226	85	5	10	37
	Avocado Focaccia Toast	936	645	71.7	17.9	0	458	2719	57	15	14	23
	French Toast	1095	533	59.2	27.8	0	349	624	125	2	76	19
	The Breakfast Wrap (Bacon)	1534	927	103	34.2	2.7	869	3158	119	7	14	59
	The Breakfast Wrap (Sausage)	1785	1148	127.5	44.1	2.7	910	3582	120	7	15	66
	Kiddo's Brunch Plate	689	482	53.5	15	2.7	466	1560	35	3	12	22
	Side of Scrambled Eggs	544	432	48	15	0	893	1128	0	0	0	28
	Side of Bacon	190	133	14.8	5.3	0	42	844	0	0	0	13
	Side of Southern Home Fries	309	168	18.7	6.3	2.7	23	1016	37	4	10	3
	Side of Fresh Fruit	67	3	0.3	0	0	0	1	24	2	14	1