

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)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
<u>Starters</u>	Cheese Steak Egg Rolls	960	720	82	17		21	34	105	3580	95	28	2	2		31
	Ahi Tuna Wontons (on wontons)	470	230	26	3.5		13	10	60	1060	520	29		12		29
	Ahi Tuna Wontons (on cucumbers)	370	190	22	3		11	7	55	850	600	17	1	9		27
	Buffalo Caribbean Chicken Tenders	1410	840	96	17		32	45	250	2640	780	79	3	30	21	61
	Sweet & Spicy Cauliflower Bites	1330	860	97	12		38	45	35	4490	590	112	10	62	7	11
	Chicken Dumplings	340	150	17	1.5		4	9	35	1520	200	35	1	10		15
<u>Soups & Salads</u>	Cup New England Clam Chowder (cup) <i>(no crackers)</i>	320	190	21	10				60	1180	5	21	1	4		14
	Cup New England Clam Chowder (bowl) <i>(no crackers)</i>	480	280	32	15				90	1170	5	32	2	7		22
	Tomato Basil Soup (cup)	230	160	18	10		1	6	60	950	150	15	2	8		3
	Tomato Basil Soup (bowl)	340	230	26	15		1.5	8	90	1420	230	22	3	12		4
	Classic Caesar	840	710	80	11		21	47	115	1050	560	23	5	4		15
	Super Crunch	750	280	32	4		8	18	110	1290	1480	72	14	31	7	50
	Cobb	1280	920	105	24		33	42	395	2160	1615	25	11	7		65
	Ahi Tuna*	480	150	17	1.5		5	9	45	1290	830	55	8	33	7	30
	Waldorf	1020	520	58	13		21	20	170	1250	870	64	8	48	26	58
	Add Grilled Chicken	300	130	15	2		4	8	110	230	330					40
	Add Grilled Salmon	500	320	37	6		12	17	115	380	700					40
	Add Grilled Sirloin Tips	400	250	29	5		5	11	80	1130	30	3		2		31
	Add-On Caesar	250	220	25	3.5		6	15	35	520	170	5	1	1		5
	Add-On Simple Salad <i>(no dressing)</i>	80	5	0.5						140	270	15	4	6		3
<u>Salad Dressings</u>	Balsamic Vinaigrette (3 fl oz)	490	490	55	4		16	35		370	25	4		3		
	Creamy Sherry Vinaigrette (3 fl oz)	460	440	49	6		26	17	20	480	10	4		4		
	Orange-Sesame Vinaigrette (3 fl oz)	260	120	13	1		4	8		780	20	37		21		
	Buttermilk Ranch (3 fl oz)	450		48	7.5				15	900		6		3		
	Blue Cheese (3 fl oz)	460	440	50	9		25	16	35	730	45	1				3
	Caesar (3 fl oz)	480	470	53	5		14	33	70	440	50	3		2		4
<u>Mains</u>	Mustard-Crusted Chicken	840	410	47	18		7	19	170	2010	1160	57	6	5		47
	Sirloin Tips*	1280	770	87	25		13	33	215	2770	1160	61	6	17	5	63
	Simply Prepared Salmon <i>(steamed broccoli & quinoa rice)</i>	640	340	39	8		11	17	110	1060	960	35	2	3		39
	Chicken Piccata	1360	780	88	37		11	34	305	1800	630	80	4	3		66
	Herb-Crusted Haddock	1140	685	77.5	19	0	25	31.5	245	2230	1880	70	11	7	0	46
	Ahi Tuna Poke Bowl	880	360	41	5		13	20	55	2210	1490	95	13	24	16	38
	Twisted Pulled Pork Mac & Cheese	1510	810	91	45	0	5	22	275	4030	440	127	6	24	3	47
	BBQ Meatloaf	1230	660	75	37	1	6	26	295	3750	1790	91	9	27	15	47
	Fish & Chips	960	560	63	8		21	26	80	2200	940	74	5	20	13	26
	Chef Bryan's Jambalaya	1490	970	109	29		21	50	355	2990	940	68	3	7		65
	Chicken Parmesan	1240	520	59	15		11	29	210	2120	720	108	8	14		73

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Sides	French Fries	350	210	24	4		4.5	10		810	450	31	3	1		3
	Sweet Potato Fries	290	170	19	2		3.5	7		800		29	2	16		1
	Jasmine Rice Pilaf	360	90	10	6			2.5	25	1100	100	64	1	3		5
	Mashed Potatoes	330	160	18	12		1	4.5	50	880	730	39	4	3		4
	Cole Slaw	350	280	31	7		16	8	30	1700	330	16	4	10	4	3
	Steamed Broccoli	60	5	0.5						450	500	12	6	2		4
	Sauteed Spinach	70	60	7	0.5		2	4.5		25	170	2				1
Burgers & More	The Burger <i>(no added toppings included, w/fries)</i>	1070	600	68	22	2	6	27	180	1850	1020	60	4	8		53
	Mustard-Crusted Chicken BLT (w/ fries)	1270	710	80	19		23	26	140	3040	1000	90	7	12	2	44
	Smokey Joe Burger (w/fries)	1640	860	98	25	2	13	42	230	4490	1580	111	7	27	2	75
	BBQ Pulled Pork Sandwich (w/fries)	1430	710	80	16	0	16	35	135	5080	1220	127	7	42	4	47
	Chicken Caprese (w/fries)	1550	850	97	19		24	41	175	3110	1240	96	7	10		68
	Grilled Cheese & Tomato Soup	960	680	77	44		2	15	230	1730	230	49	5	4		25
	Turkey Avocado Club (w/fries)	1200	700	79	12		19	24	120	2880	800	78	11	7		51
Pizzas	Classic Cheese Small	880	200	23	10		2	7	50	2510	300	126	6	6		40
	Classic Cheese Large	1760	400	45	20		4	13	100	5030	610	253	11	12		79
	Buffalo Chicken Small	1760	790	89	20		25	39	205	3310	700	162	6	14	11	77
	Buffalo Chicken Large	3270	1420	160	37		44	70	370	6160	1280	312	11	24	18	143
	Shrimp Scampi Small	950	280	32	14		3.5	9	185	2290	500	119	7	2		49
	Shrimp Scampi Large	1820	500	57	26		6	15	360	4410	910	233	12	3		93
	The Mediterranean Small	1250	580	66	16		11	22	65	3810	270	121	4	5		42
	The Mediterranean Large	2280	960	109	28		14	29	115	7190	520	241	9	9		81
Desserts	Peanut Butter Thing	1570	850	96	53		2.5	19	250	390	410	176	7	132	84	17
	Carrot Cake	620	220	25	12		1.5	3.5	95	150	35	37	1	33	11	3
	Joe's Key Lime Pie	510	160	19	7			3	145	240	340	61		47	32	11
Kids	Kid Chicken Tenders (w/fries)	610	360	41	5		10	22	150	720	480	23	1	1		36
	Kid Mac And Cheese	1260	660	75	44		2.5	18	250	1050	150	113	5	6		40
	Kid Pizza	800	160	18	9		1.5	4.5	40	2290	230	120	5	5		36
	Kid Pasta Plain	520	25	3						150		109	5	5		18
	Kid Pasta with Butter	620	130	15	7		0.5	3.5	30	150		109	5	5		18
	Kid Pasta with Sauce	580	25	3						1050		121	7	13		20
	Kid Cheeseburger (w/fries)	720	420	48	16	1	5	20	120	1030	500	39	1	6		32

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Bread & Oil	Bread And Oil For Table (Full Portion)	1290	610	69	7		19	42	15	2930	240	147	6	3		24
Gluten Sensitive	Ahi Tuna on Cucumber	310	190	21	3		11	7	55	300	590	4	1	2		26
	Super Crunch	750	280	32	4		8	18	110	1290	1480	72	14	31	7	50
	Cobb	1280	920	105	24		33	42	395	2160	1615	25	11	7		65
	Waldorf	1020	520	58	13		21	20	170	1250	870	64	8	48	26	58
	Mustard Crusted Chicken	930	450	51	15		9	22	195	1990	1370	60	7	4		51
	Sirloin Tips	1090	630	72	27		7	21	230	3140	840	47	5	7		61
	Chicken Piccata	1300	640	73	38		6	23	315	2390	690	103	5	2		61
	Chicken Parmesan	1270	460	52	14		9	23	295	2710	660	116	5	12		82
	Herb-Crusted Haddock	1180	820	93	26		26	36	280	2210	1460	50	6	5		42
	Chef Bryan's Jambalaya	690	310	35	9		6	13	185	2410	380	61	5	15		34
	Grilled Salmon	640	340	39	8		11	17	110	1060	960	35	2	3		39
	The Burger (no added toppings, no side)	630	310	35	12	2	1	13	195	1180	680	29	3	3	2	46
	Grilled Chicken Caprese (no side)	680	370	42	5		15	16	165	1330	450	30	3	4	2	43
	Turkey Avocado Club (no side)	810	490	55	10		15	14	165	2120	440	38	6	7	2	43
	Kid Mac & Cheese	1150	670	75	45		2.5	19	250	1490	150	93	2			27
	Kid Pasta Plain	410	30	3.5				1		590		89	2			6
	Kid Pasta with Sauce	470	30	3.5				1		1490		101	4	8		7
	Kid Cheeseburger (no side)	490	260	29	8	1	2.5	12	135	840	410	28	2	2	2	28
Carrot Cake	620	220	25	12		1.5	3.5	95	150	35	37	1	33	11	3	
Gluten-Free Roll And Oil For One Person	640	560	63	6		16	37	45	190	60	17	1	1	1	7	