



Jul-25															Allergens												
		Servings	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Eggs	Milk/Dairy	Fish/Seafood	Soy	Wheat/Gluten	Tree Nuts	Peanuts	Sulphites	Mustard		
Starters & Shareables																											
<i>*Indicates dressing/sauce choice not included</i>																											
	Crispy Gyoza	2 Svg	368	21	15	1	79	1380	40	2	4	16	25	6	40	20	*	*	*	*	*	*	*	*	*	*	
	Buffalo Cauliflower	2 Svg	400	31	9	0.5	40	1280	28	1	2	4	20	0	0	0	*	*	*	*	*	*	*	*	*	*	
	Double Cheese Poutine	2 Svg	550	19	8	1	40	2200	48	5	0	20	20	15	25	15	*	*	*	*	*	*	*	*	*	*	
	Calamari	2 Svg	250	5	1	0	230	560	21	2	5	17	4	40	8	10	*	*	*	*	*	*	*	*	*	*	
	Deep Fried Pickles	2 Svg	310	14	1.5	0	10	830	38	3	6	5	8	4	4	6	*	*	*	*	*	*	*	*	*	*	
	Tikka Masala Shrimp	2 Svg	350	10	2	0.1	40	1300	38	1	3	22	10	15	8	15	*	*	*	*	*	*	*	*	*	*	
	Garlic Bread With Cheese	2 Svg	320	10	4	0	20	820	45	3	2	6	15	20	10	8	*	*	*	*	*	*	*	*	*	*	
	Joe's Famous Chicken Wings - Dusted *	2 Svg	730	28	0.4	0	120	625	12	1	1	29	25	4	5	12	*	*	*	*	*	*	*	*	*	*	
	Joe's Famous Chicken Wings - Traditional *	2 Svg	690	28	0.4	0	115	550	11	1	1	29	25	4	4	10	*	*	*	*	*	*	*	*	*	*	
	Nashville Chicken Sliders	2 Svg	350	21	2	0	25	1390	37	2	14	24	15	10	3	7	*	*	*	*	*	*	*	*	*	*	
	Spinach Artichoke & Goat Cheese Dip	2 Svg	510	30	11	0	55	345	58	3	2	12	30	1	8	20	*	*	*	*	*	*	*	*	*	*	
	Stacked Nachos - Mountain	2 Svg	720	29	13	0.2	20	2110	90	8	5	25	20	20	55	20	*	*	*	*	*	*	*	*	*	*	
	Stacked Nachos - Single	2 Svg	490	25	15	1	40	1140	46	5	5	33	25	30	50	20	*	*	*	*	*	*	*	*	*	*	
	Sweet & Spicy Chicken Bites	2 Svg	300	13	1	0	40	365	26	1	5	18	0	4	2	15	*	*	*	*	*	*	*	*	*	*	
Platter see individual items																											
Flatbreads																											
	Bruschetta	2 Svg	490	25	6	0	0	1140	52	4	5	15	20	25	20	25	*	*	*	*	*	*	*	*	*	*	*
	Buffalo Chicken	2 Svg	640	41	11	0.3	55	1780	63	3	2	26	10	6	15	6	*	*	*	*	*	*	*	*	*	*	
	Honeybee Stinger	2 Svg	550	27	10	0.3	55	1220	54	4	6	25	5	6	6	25	*	*	*	*	*	*	*	*	*	*	
	Philly Cheesesteak	2 Svg	560	18	8	0.5	70	1340	50	2	3	24	25	20	10	20	*	*	*	*	*	*	*	*	*	*	
Salads & Powerbowls																											
<i>**Indicates dressing/sauce choice not included</i>																											
	Grilled Asian Salad	1 Svg	750	25	15	0.2	55	1320	30	8	12	24	80	80	15	20	*	*	*	*	*	*	*	*	*	*	
	Caesar Salad	1 Svg	960	68	15	1	65	1710	68	6	5	25	180	45	25	40	*	*	*	*	*	*	*	*	*	*	
	Honey Sriracha Salmon Bowl	1 Svg	890	45	10	0.5	70	1740	30	5	8	35	60	40	8	12	*	*	*	*	*	*	*	*	*	*	
	Souvlaki Chicken Bowl	1 Svg	710	52	8	0.3	75	930	34	3	11	29	90	150	20	25	*	*	*	*	*	*	*	*	*	*	
	South West Bowl	1 Svg	750	30	8	0.5	80	2620	90	10	7	35	60	40	10	22	*	*	*	*	*	*	*	*	*	*	
	Strawberry & Boursin Salad	1 Svg	690	46	15	0.4	50	770	61	11	26	14	40	80	19	25	*	*	*	*	*	*	*	*	*	*	
Burgers & Handhelds																											
<i>All options do not include side</i>																											
	Burger - Stack Burger	1 Svg	1130	79	23	2	180	2620	62	4	12	41	15	35	6	50	*	*	*	*	*	*	*	*	*	*	
	Burger - Classic Smashed	1 Svg	890	67	20	3	175	720	42	2	8	37	4	10	4	45	*	*	*	*	*	*	*	*	*	*	
	Burger -. Garden	1 Svg	420	20	6	0	35	1350	48	3	9	14	15	20	30	25	*	*	*	*	*	*	*	*	*	*	
	Burger - Maple Peppercorn Bacon & Cheddar	1 Svg	1180	92	27	3	205	1580	48	2	12	48	15	30	20	50	*	*	*	*	*	*	*	*	*	*	
	Nashville Chicken Sandwich	1 Svg	1060	65	18	0.5	160	1920	50	3	7	42	30	45	20	30	*	*	*	*	*	*	*	*	*	*	
	Buffalo Cauliflower Wrap	1 Svg	860	51	18	1	40	2230	84	5	7	21	30	15	30	25	*	*	*	*	*	*	*	*	*	*	
	Buffalo Chicken Wrap	1 Svg	800	47	18	1	70	2080	65	4	6	31	30	15	35	35	*	*	*	*	*	*	*	*	*	*	
	Burger - Deluxe	1 Svg	1290	82	25	3	200	1280	50	4	10	55	20	25	30	40	*	*	*	*	*	*	*	*	*	*	
	Joe's Tacos - Fish	1 Svg	810	22	8	0.3	105	2140	73	7	3	49	15	20	25	35	*	*	*	*	*	*	*	*	*	*	
	Loaded Quesadilla - Beef/Chorizo	1 Svg	820	45	18	1	55	1780	81	8	11	23	25	25	20	40	*	*	*	*	*	*	*	*	*	*	
	Loaded Quesadilla - Chicken	1 Svg	870	46	21	1.5	60	1740	74	7	9	63	35	15	60	40	*	*	*	*	*	*	*	*	*	*	
	Philly Cheesesteak	1 Svg	910	51	16	2	100	2480	70	5	8	41	40	100	30	45	*	*	*	*	*	*	*	*	*	*	
	Philly Cheesesteak - Joe's Size	1 Svg	1010	56	18	2	130	2730	71	6	8	52	40	100	35	50	*	*	*	*	*	*	*	*	*	*	
	Souvlaki Chicken Wrap	1 Svg	680	34	11	0.5	45	1650	58	4	7	34	40	15	30	35	*	*	*	*	*	*	*	*	*	*	
Entrées																											
<i>All options do not include side; * indicates choice of sauce not included</i>																											
	Chicken Cordon Bleu	1 Svg	1290	91	38	0.1	320	1860	60	6	9	56	70	160	25	30	*	*	*	*	*	*	*	*	*	*	
	Crispy Chicken Tenders *	1 Svg	510	20	3.5	0.1	75	2460	66	3	15	9	8	6	10	25	*	*	*	*	*	*	*	*	*	*	
	Crispy Shrimp Noodle Bowl	1 Svg	1120	26	7	0.3	210	2540	170	9	41	51	80	120	20	90	*	*	*	*	*	*	*	*	*	*	
	Fish & Chips 1 pcs.	1 Svg	960	37	7	0.1	90	3540	118	9	23	35	15	40	8	30	*	*	*	*	*	*	*	*	*	*	
	Fish & Chips 2 pcs.	1 Svg	1280	48	8	0.1	170	4660	146	10	29	62	15	45	10	40	*	*	*	*	*	*	*	*	*	*	
	Joe's Ribs - Full *	1 Svg	1740	88	33	0.5	360	2880	135	2	108	103	20	15	15	30	*	*	*	*	*	*	*	*	*	*	
	Joe's Ribs - Half *	1 Svg	940	48	18	0.3	185	1530	75	2	60	52	15	10	10	15	*	*	*	*	*	*	*	*	*	*	
	Joe's Ribs + Chicken Tenders *	1 Svg	1150	53	18	0.3	190	2900	105	3	61	57	15	10	15	30	*	*	*	*	*	*	*	*	*	*	
	Joe's Ribs + Chicken Wings *	1 Svg	1280	59	21	0.3	290	2290	93	3	63	90	90	15	15	35	*	*	*	*	*	*	*	*	*	*	
	Maple Dijon Salmon	1 Svg	1100	53	25	2	120	1700	13	2	6	80	20	40	69	4	*	*	*	*	*	*	*	*	*	*	
	Maple Bacon Ranch Chicken Tenders	1 Svg	720	30	4	0.2	120	3280	72	4	20	12	10	25	35	35	*	*	*	*	*	*	*	*	*	*	
	Shrimp & Chorizo Jambalaya Diablo	1 Svg	1050	49	17	0.2	195	5120	115	9	15	42	35	30	42	22	*	*	*	*	*	*	*	*	*	*	
	Smokey Mac & Cheese	1 Svg	1380	110	46	1	215	2800	52	3	9	38	45	40	50	65	*	*	*	*	*	*	*	*	*	*	
	Striploin Entree	1 Svg	1320	70	22	3	200	2620	75	5	2	73	25	20	35	50	*	*	*	*	*	*	*	*	*	*	
	White Wine Chicken Tetrizzini	1 Svg	960	45	15	0.1	180	2850	60	6	10	36	30	25	35	30	*	*	*	*	*	*	*	*	*	*	

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Mar-24																Allergens											
		Servings	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein g	Vitamin A %DV	Vitamin C % DV	Calcium % DV	Iron % DV	Eggs	Milk/Dairy	Fish/Seafood	Soy	Wheat/Gluten	Tree Nuts	Peanuts	Sulphites	Mustard		
Sauces & Dressings																											
Angry Joe	1 Svg	90	6	1	0	0	720	9	0	3	1	10	15	5	5		*		*	*					*	*	
Balsamic Vinaigrette	1 Svg	170	15	1.5	0.2	0	470	7	0	6	0.3	0	0	0	0			*		*	*				*	*	
Beef Gravy	1 Svg	190	32	4	0.2	35	1450	6	0	8	3	4	0	0	2			*		*	*				*	*	
Blue Cheese	1 Svg	300	31	4.5	0.3	35	560	4	0	4	2	0	0	0	0		*	*							*	*	
Burger Sauce	1 Svg	350	37	6	0	45	490	4	6	4	1	24	7	20	6		*	*		*	*				*	*	
Caesar	1 Svg	310	33	3	0.3	25	390	3	0	1	2	0	0	0	0		*	*	*	*	*				*	*	
Cilantro Lime Pepita	1 Svg	260	28	4	0	10	420	2	0	2	2	0	0	0	0		*	*		*	*				*	*	
Creamy Buffalo Dill	1 Svg	240	26	6	0.3	45	550	2	0	2	0.5	10	0	0	0		*	*		*	*				*	*	
Garlic Dill	1 Svg	260	28	1	0	40	160	4	0	3	1	0	0	0	0		*	*		*	*				*	*	
Honey Garlic	1 Svg	180	0	0	0	0	240	47	0	38	0.2	0	0	0	2										*	*	
Honey Sriracha Aioli	1 Svg	200	0	0	0.1	20	290	30	0	30	0.1	2	6	8	2			*		*	*				*	*	
Hot & Honey Buffalo Butter	1 Svg	140	0.1	10	0.3	40	1220	1	0	18	0.3	15	2	0	2			*							*	*	
Hot Buffalo	1 Svg	30	0.3	0	0	0	2020	2	1	1	0.4	15	2	0	2										*	*	
Jameson BBQ	1 Svg	150	0	0	0	0	340	40	1	35	1	5	5	4	6			*	*	*	*				*	*	
Joe's Buffalo Butter	1 Svg	210	23	15	0.3	60	1200	1	0	0	0.5	25	2	0	0			*							*	*	
Lemon Herb	1 Svg	180	18	1	0	0	20	3	0	3	1	2	9	4	2												
Mango Jalapeno BBQ	1 Svg	90	1	0	0	0	440	20	2	4	2	10	40	0	0				*		*					*	
Mild	1 Svg	90	0.1	0	0	0	0	23	0	19	0	0	0	2	0			*								*	
Plum	1 Svg	140	0	0	0	0	0	35	0	32	0.2	0	0	0	2											*	
Ranch	1 Svg	210	21	2.5	0	20	430	4	0	2	1	0	0	0	1		*	*			*	*				*	
Suicide	1 Svg	40	0.3	0	0	0	2080	2	1	1	0.5	15	2	0	2												
Gochujang Thai	1 Svg	40	0	0	0	0	270	10	0	8	0.1	2	2	0	2				*	*	*	*				*	
Tartar	1 Svg	110	9	1	0	0	0	8	0	6	0.4	0	0	0	0		*	*		*	*					*	
Kids Menu (All options do not include side)																											
Burger	1 Svg	730	49	17	3	155	490	38	1	4	36	0	2	4	45		*	*		*	*	*	*				
Cheese Burger	1 Svg	780	55	18	3	175	500	39	1	4	40	0	2	12	45		*	*		*	*	*	*				
Jell-O	1 Svg	70	0	0	0	0	40	17	0	17	1	0	0	0	0												
Oreo Cookies	1 Svg	170	7	1.5	2	0	190	25	1	14	2	0	0	0	15			*		*	*						
Pasta w/ Alfredo Sauce	1 Svg	450	12	6	0	30	460	73	3	3	17	0	0	25	20		*	*		*	*					*	
Pasta w/ Butter	1 Svg	440	15	7	0.5	30	95	66	4	2	12	10	0	0	20		*	*		*	*					*	
Pasta w/ Tomato Sauce	1 Svg	880	12	0.4	0	0	290	171	9	9	30	6	15	2	45		*	*		*	*					*	
Pizza - Cheese	1 Svg	440	15	7	0.4	40	1010	52	3	4	23	10	8	6	25		*	*		*	*					*	
Pizza - Pepperoni	1 Svg	690	37	15	0.5	95	1140	53	4	4	36	15	8	6	35		*	*		*	*					*	
Popcorn Chicken	1 Svg	330	9	0.5	0	50	710	41	1	26	23	0	2	2	10				*	*	*	*				*	
Quesadilla	1 Svg	280	10	2	0	15	220	25	1	2	0	10	2	16	12		*	*		*	*					*	
Side Fries	1 Svg	160	3.5	0.4	0	0	790	30	3	0	3	0	10	0	6					*	*					*	
Tacos - Beef	1 Svg	520	30	15	0.2	65	780	35	2	5	31	15	14	22	30		*	*	*	*	*	*				*	
Tacos - Chicken	1 Svg	520	25	12	0.2	55	700	35	2	3	29	15	18	22	30		*	*	*	*	*	*				*	
Desserts																											
Funnel Cake Fries	2 Svg	290	3	1.5	0.1	25	340	64	1	35	3	2	2	2	1		*	*		*	*	*	*				
Salted Caramel Vanilla Cake	2 Svg	390	21	14	0.3	80	230	46	1	31	4	2	0	4	6		*	*		*	*	*	*	*			
The Ultimate Cookie	2 Svg	520	26	13	0.3	20	310	70	2	44	6	2	0	2	0		*	*		*	*	*	*	*			
Sides and Add-ons																											
Add Beef/Chorizo Blend	1 Svg	200	12	4.5	0	50	690	4	0	3	20	8	10	2	15			*		*	*					*	
Add Garlic Bread With Cheese	1 Svg	80	2	1	0	5	205	11	1	1	2	4	5	4	2			*		*	*					*	
Add Grilled Chicken	1 Svg	290	9	4	0.2	45	1200	16	14	2	2	10	35	2	15		*	*		*	*					*	
Add Grilled Salmon	1 Svg	280	12	2.5	0	50	1110	1	0	0	18	2	6	2	4			*		*	*					*	
Add Guacamole	1 Svg	140	11	1.5	0	0	240	9	6	1	1	0	15	0	0											*	
Add Spicy Crispy Chicken	1 Svg	220	8	1	0.1	70	820	12	2	2	4	6	30	2	10			*		*	*					*	
Add Spicy Crispy Shrimp	1 Svg	200	7	1	0.1	60	780	10	2	1	2	4	25	2	8			*		*	*					*	
Angry Joe Mac & Cheese	1 Svg	330	18	2	0.2	35	750	12	2	2	1	30	40	2	10		*	*		*	*					*	
Caesar salad w/ Bacon	1 Svg	300	28	6	0.2	25	500	8	2	2	7	80	50	8	8		*	*	*	*	*	*				*	
Caesar salad w/o Bacon	1 Svg	230	19	3	0.2	10	260	9	2	2	5	80	45	8	8		*	*	*	*	*	*				*	
Field of Greens Salad (no dressing)	1 Svg	60	0.4	0	0	0	15	15	2	11	1	50	25	4	6												
Fries	1 Svg	330	7	0.5	0	0	1680	59	6	0	6	0	25	0	15					*	*					*	
Garlic Parmesan Lattice Fries	1 Svg	770	51	15	2	20	1850	13	6	5	0	30	20	25	10				*	*						*	
Lattice Fries	1 Svg	570	33	4.5	0.4	0	1990	64	5	0	5	0	15	2	10				*	*						*	
Mashed Potato	1 Svg	330	16	11	0	45	880	37	4	2	5	15	20	4	10		*	*		*	*					*	
Poutine	1 Svg	560	24	10	1	55	2280	67	6	0	20	15	25	40	15			*		*	*					*	
Rice - Jasmine	1 Svg	330	1	0.3	0.1	0	320	71	0	0	6	2	0	0	25			*		*	*					*	
Seasonal Vegetables	1 Svg	50	0.4	0.1	0	0	25	11	4	4	3	15	170	4	8			*		*	*					*	
Sweet Potato Fries	1 Svg	770	50	3.5	0	15	1680	73	5	25	6	90	25	6	10		*	*		*	*					*	

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