

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

		Common Allergens							
		Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
<u>Starters</u>	Cheese Steak Egg Rolls	X	X	X			X		X
	Ahi Tuna Wontons (on wontons)	X	X				X		X
	Ahi Tuna Wontons (on cucumbers)	X	X				X		X
	Buffalo Caribbean Chicken Tenders	X		X					X
	Sheet Pan Nachos Chicken		X	X					
	Sheet Pan Nachos Pulled Pork		X	X					X
	Whipped Feta Dip	X		X					X
	Korean BBQ Wings	X	X			X	X		X
	Crispy Bang Bang Shrimp	X	X	X		X	X		X
	Sweet & Spicy Cauliflower Bites	X		X					X
Chicken Dumplings		X				X		X	
<u>Soups &amp; Salads</u>	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					
	Seasonal House			X				X	
	Classic Caesar	X	X	X					X
	Super Crunch							X	
	Cobb	X		X					
	Ahi Tuna*		X				X		X
	Waldorf	X		X				X	
	Crispy Southwest Chicken	X		X					X
	Greek Wedge			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>									
<u>Salad Dressings</u>	Balsamic Vinaigrette (3 fl oz)								
	Creamy Sherry Vinaigrette (3 fl oz)	X							
	Orange-Sesame Vinaigrette (3 fl oz)								
	Buttermilk Ranch (3 fl oz)	X		X					
	Blue Cheese (3 fl oz)	X		X					
	Santa Fe Ranch	X		X					
	Red Wine Vinaigrette								
	Caesar (3 fl oz)	X	X	X					
<u>Mains</u>	Mustard-Crusted Chicken			X					X
	Sirloin Tips*			X					
	Teriyaki Salmon	X	X			X	X		X
	Simply Prepared Salmon <i>(steamed broccoli &amp; quinoa rice)</i>		X						
	Korean Beef & Noodle Bowl	X	X			X	X	X	X
	Penne Alla Vodka <i>(no added protein included)</i>			X					X
	Sweet & Sour Chicken Bowl			X			X		X
	Chicken Piccata			X					X
	Herb-Crusted Haddock	X	X	X					X
	Ahi Tuna Poke Bowl	X	X			X	X		X
	Twisted Pulled Pork Mac & Cheese		X	X					X
	Veggie Pasta			X					X
	BBQ Meatloaf	X	X	X		X			X
	Fish & Chips	X	X	X					X
	Chef Bryan's Jambalaya		X	X		X	X		
	Jumbo Lump Crab Cakes	X	X	X		X	X		X
	Chicken Parmesan	X		X					X

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<b>Sides</b>	French Fries						X		X
	Sweet Potato Fries						X		X
	Jasmine Rice Pilaf			X					
	3 Rice Rice Pilaf								
	Mashed Potatoes			X					
	Green Beans			X					
	Cole Slaw			X					
	Steamed Broccoli								
	Sauteed Spinach								
<b>Burgers &amp; More</b>	The Burger <i>(no added toppings included, w/fries)</i>	X	X	X			X		X
	Mustard-Crusted Chicken BLT (w/ fries)	X		X			X	X	X
	That's Fire Burger (w/fries)	X		X			X		X
	Smokey Joe Burger (w/fries)	X		X			X		X
	The Veggie Burger (w/fries)	X		X			X		X
	The Cuban (w/fries)	X		X			X	X	X
	BBQ Pulled Pork Sandwich (w/fries)	X		X			X		X
	Chicken Caprese (w/fries)	X		X			X	X	X
	Chicken Caesar Wrap (w/fries)	X	X	X			X		X
	Buffalo Chicken Wrap (w/Fries)	X		X			X		X
	Grilled Cheese & Tomato Soup			X			X		X
	Turkey Avocado Club (w/fries)	X		X			X		X
<b>Pizzas</b>	Classic Cheese Small	X		X					X
	Classic Cheese Large	X		X					X
	The Margherita Small	X		X					X
	The Margherita Large	X		X					X
	Buffalo Chicken Small	X		X					X
	Buffalo Chicken Large	X		X					X
	BLT Pizza	X		X			X		X
	Shrimp Scampi Small	X		X		X			X
	Shrimp Scampi Large	X		X		X			X
	The Mediterranean Small	X		X					X
	The Mediterranean Large	X		X					X
<b>Desserts</b>	Peanut Butter Thing			X	X		X		X
	Carrot Cake	X		X				X	
	Choc. Chip Cookie Explosion	X		X					X
	Molten Lava Cake for 2	X		X					X
	Joe's Key Lime Pie	X		X				X	X
<b>Kids</b>	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 Pasta with Meatballs			X					X
	Kid Cheeseburger (w/fries)	X		X			X		X

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		Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
<b>Bread &amp; Oil</b>	Bread And Oil For Table (Full Portion)			X					X
<b>Gluten Sensitive</b>	Ahi Tuna on Cucumber	X	X						
	Super Crunch							X	
	Cobb	X		X					
	Waldorf	X		X				X	
	Seasonal House			X				X	
	Greek Wedge			X					
	Mustard Crusted Chicken	X		X			X		
	Sirloin Tips			X					
	Veggie Pasta			X					
	Chicken Piccata	X		X			X		
	Chicken Parmesan	X		X			X		
	Herb-Crusted Haddock	X	X	X			X		
	Chef Bryan's 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		
	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						