

June 1st 2026															Allergens									
	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																								
*Indicates dressing/sauce choice not included																								
Wagyu Crispy Dumplings	540	21	15	1	79	1380	40	2	4	16	25	6	40	20	*	*		*	*			*	*	
Buffalo Cauliflower	550	31	9	0.5	40	1280	28	1	2	4	20	0	0	0	*	*		*	*			*	*	
Classic Montreal Poutine	550	19	8	1	40	2200	48	5	0	20	20	15	25	15		*		*	*			*	*	
Big League Poutine	720	29	10	2	60	2400	48	5	3	30	20	15	25	25	*	*		*	*			*	*	
Southpaw Poutine	680	29	10	1.8	50	2400	48	5	10	32	20	15	25	25	*	*		*	*			*	*	
Gold Cost Calamari	600	5	1	0	230	560	21	2	5	17	4	40	8	10		*	*		*				*	
Clutch Pickle Crunch	310	14	1.5	0	10	830	38	3	6	5	8	4	4	6	*	*		*	*			*	*	
Prime Time Gochujang Shrimp	450	10	2	0.1	40	1300	38	1	3	22	10	15	8	15	*	*	*	*	*			*	*	
Joe's Famous Chicken Wings - Dusted *	730	28	0.4	0	120	625	12	1	1	29	25	4	5	12				*				*	*	
Joe's Famous Chicken Wings - Traditional *	690	28	0.4	0	115	550	11	1	1	29	25	4	4	10				*				*	*	
Nashville Chicken & Waffles	1090	21	2	0	25	1390	37	2	14	24	15	10	3	7	*	*		*	*	*			*	
All Star Spinach Dip	810	30	11	0	55	345	58	3	2	12	30	1	8	20		*		*	*			*	*	
Big Play Nachos	1560	29	13	0.2	20	2110	90	8	5	25	20	20	55	20		*		*	*					
Stadium Nachos	720	25	15	1	40	1140	46	5	5	33	25	30	50	20		*		*	*					
Island Tuna Poke & Chips	650	13	1	0	40	365	26	1	5	18	0	4	2	15	*	*	*	*	*	*	*	*	*	
Mac & Cheese Croquettes	700	13	1	0	40	365	26	1	5	18	0	4	2	15	*	*	*	*	*	*	*	*	*	
Platter see individual Items																								
Flatbreads																								
Kick Off Bruschetta	490	25	6	0	0	1140	52	4	5	15	20	25	20	25	*	*		*	*	*	*	*	*	
Buffalo Crunch	640	41	11	0.3	55	1780	63	3	2	26	10	6	15	6	*	*		*	*	*	*	*	*	
Meat Lovers	550	27	10	0.3	55	1220	54	4	6	25	5	6	6	25	*	*		*	*	*	*	*	*	
Hot & Honey Gorgonzola	520	18	8	0.5	70	1340	50	2	3	24	25	20	10	20	*	*		*	*	*	*	*	*	
Salads & Powerbowls																								
**Indicates dressing/sauce choice not included																								
Grilled Thai Steak	900	30	45	0.2	55	1320	30	8	12	30	80	80	15	20	*			*	*			*	*	
Ahi Tuna Poke	930	68	15	1	65	1710	68	6	5	25	180	45	25	40	*		*	*	*			*	*	
BBQ Salmon	952	45	10	0.5	70	1740	30	5	8	35	60	40	8	12	*	*	*	*	*			*	*	
Street Corn Chicken	810	52	8	0.3	75	930	34	3	11	29	90	150	20	25	*	*		*	*			*	*	
Chopped Cobb Salad	780	30	8	0.5	80	2620	90	10	7	35	60	40	10	22	*	*		*	*			*	*	
Burgers & Handhelds																								
All options do not include side																								
Black & Blue Smashed Burger	830	79	23	2	180	2620	62	4	12	41	15	35	6	50	*	*		*	*	*		*	*	
Burger - Classic Deluxe Samashed	620	67	20	3	175	720	42	2	8	37	4	10	4	45	*	*		*	*	*		*	*	
Smoky BBQ Smashed Burger	420	20	6	0	35	1350	48	3	9	14	15	20	30	25	*	*		*	*	*		*	*	
Burger - Maple Peppercorn Bacon & Cheddar	740	92	27	3	205	1580	48	2	12	48	15	30	20	50	*	*		*	*	*		*	*	
Nashville Chicken Sandwich	1060	65	18	0.5	160	1920	50	3	7	42	30	45	20	30	*	*		*	*	*		*	*	
Thai Fried Samshed Chicken	980	65	18	0.5	160	1920	50	3	7	42	30	45	20	30	*	*		*	*	*		*	*	
Hot & Honey Smashed Sandwich	1020	65	18	0.5	160	1920	50	3	7	42	30	45	20	30	*	*		*	*	*		*	*	
Buffalo Cauliflower Wrap	860	51	18	1	40	2230	84	5	7	21	30	15	30	25	*	*		*	*			*	*	
Buffalo Chicken Wrap	800	47	18	1	70	2080	65	4	6	31	30	15	35	35	*	*		*	*			*	*	
Joe's Tacos - Fish	810	22	8	0.3	105	2140	73	7	3	49	15	20	25	35	*	*	*	*	*			*	*	
Smashed Burger Tacos	740	92	27	3	205	1580	48	2	12	48	15	30	20	50	*	*		*	*			*	*	
Mediterranean Grilled Chicken Wrap	680	34	11	0.5	45	1650	58	4	7	34	40	15	30	35	*	*		*	*			*	*	
Entrées																								
All options do not include side; * indicates choice of sauce not included																								
Chicken Cordon Bleu	1290	91	38	0.1	320	1860	60	6	9	56	70	160	25	30	*	*		*	*			*	*	
Crispy Chicken Tenders *	540	20	3.5	0.1	75	2460	66	3	15	9	8	6	10	25	*	*		*	*			*	*	
Fish & Chips 1 pcs.	960	37	7	0.1	90	3540	118	9	23	35	15	40	8	30	*	*	*	*	*			*	*	
Fish & Chips 2 pcs.	1280	48	8	0.1	170	4660	146	10	29	62	15	45	10	40	*	*	*	*	*			*	*	
Joe's Ribs - Full *	1090	88	33	0.5	360	2880	135	2	108	103	20	15	15	30	*	*	*	*	*			*	*	
Joe's Ribs - Half *	590	48	18	0.3	185	1530	75	2	60	52	15	10	10	15	*	*	*	*	*			*	*	
Joe's Ribs + Chicken Tenders *	840	53	18	0.3	190	2900	105	3	61	57	15	10	15	30	*	*		*	*			*	*	
Joe's Ribs + Chicken Wings *	1120	59	21	0.3	290	2290	93	3	63	90	90	15	15	35	*	*		*	*			*	*	
Maple Dijon Salmon	850	53	25	2	120	1700	13	2	6	80	20	40	69	4	*	*	*	*	*			*	*	
Maple Bacon Ranch Chicken Tenders	720	30	4	0.2	120	3280	72	4	20	12	10	25	35	35	*	*		*	*		*	*	*	
Smokey Mac & Cheese	1180	110	46	1	215	2800	52	3	9	38	45	40	50	65	*	*		*	*	*		*	*	
Maple Pepper Striploin	1290	70	22	3	200	2620	75	5	40	73	25	20	35	50		*		*	*			*	*	
Steak Frites	1320	70	22	3	200	2620	75	10	2	73	25	20	35	50		*		*	*			*	*	
Country Fried Steak	1400	70	22	3	200	2620	75	10	2	73	25	20	35	50	*	*		*	*			*	*	
Katies Chicken Alfredo	1290	45	15	0.1	180	2850	60	6	10	36	30	25	35	30	*	*		*	*			*	*	
The nutritional data has been compiled from information received from our suppliers and from the Canadian Nutrient File. Shoeless Joe's Sports Grill is not responsible for accuracy of content. Shoeless Joe's Sports Grill cannot control or eliminate the possibility of cross-contamination in our restaurants or in our products provided to you by our suppliers; therefore we cannot assume responsibility for particular sensitivity or allergy to any food at our restaurants. If you have any questions or concerns, please speak to the manager.																								

