

|                             |              |          |               |                   |               |                  |             | Crabby Joe's     |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
|-----------------------------|--------------|----------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|------------|-------------|---------------|---------------|-------------|----------|-----------|------------|--------------|-----|--------------|-----------|---------|-----------|---------|--|
| Nutrition Information       |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          | Allergens |            |              |     |              |           |         |           |         |  |
| 2026 July                   | serving size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fibre (g) | Sugars (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 |  |
|                             |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
| Cream of Asparagus          | 10 fl oz     | 190      | 10            | 3.1               | 0.17          | 12.5             | 1000        | 17.5             | 1.25      | 8.8        | 7.5         | 5             | 0             | 19          | 5        |           | *          |              | *   | *            |           |         |           |         |  |
| Cream of Asparagus          | 8 fl oz      | 150      | 8             | 2.5               | 0.1           | 20               | 800         | 14               | 1         | 7          | 6           | 4             | 0             | 15          | 4        |           | *          |              | *   | *            |           |         |           |         |  |
| Broccoli cheese             | 10 fl oz     | 150      | 7.5           | 3.75              | 0.25          | 18.75            | 1188        | 16.25            | 3.75      | 3.75       | 6.25        | 5             | 25            | 12.5        | 2.5      |           | *          |              | *   | *            |           |         |           |         |  |
| Broccoli cheese             | 8fl oz       | 120      | 6             | 3                 | 0.2           | 15               | 950         | 13               | 3         | 3          | 5           | 2             | 20            | 10          | 2        |           | *          |              | *   | *            |           |         |           |         |  |
| Cream of Chicken            | 10 fl oz     | 150      | 10            | 3                 | 0             | 18.8             | 1000        | 12.5             | 1.25      | 1.25       | 5           | 2.5           | 0             | 5           | 2.5      |           | *          |              | *   | *            |           |         |           |         |  |
| Cream of chicken            | 8fl oz       | 130      | 8             | 2.5               | 0             | 15               | 800         | 10               | 1         | 1          | 4           | 2             | 0             | 4           | 2        |           | *          |              | *   | *            |           |         |           |         |  |
| Cream of mushroom           | 10 fl oz     | 190      | 10            | 3.8               | 0.13          | 18.8             | 1088        | 18.75            | 3.75      | 5          | 6.25        | 0             | 0             | 12.5        | 2.5      |           | *          |              | *   | *            |           |         |           |         |  |
| Cream of mushroom           | 8fl oz       | 150      | 8             | 3                 | 0.1           | 15               | 870         | 15               | 3         | 4          | 5           | 0             | 0             | 10          | 2        |           | *          |              | *   | *            |           |         |           |         |  |
| Homestyle minestrone        | 10 fl oz     | 90       | 0.6           | 0                 | 0             | 0                | 812         | 16.25            | 3.75      | 5          | 3.75        | 10            | 2.5           | 5           | 7.5      |           |            |              | *   | *            |           |         |           |         |  |
| Homestyle minestrone        | 8fl oz       | 70       | 0.5           | 0                 | 0             | 0                | 650         | 13               | 3         | 4          | 3           | 8             | 2             | 4           | 6        |           |            |              | *   | *            |           |         |           |         |  |
| Chicken noodle, classic     | 10 fl oz     | 100      | 1.9           | 0.6               | 0             | 18.8             | 1113        | 12.5             | 1.25      | 1.25       | 7.5         | 2.5           | 2.5           | 2.5         | 5        | *         |            |              | *   | *            |           |         |           |         |  |
| Chicken noodle, classic     | 8fl oz       | 80       | 1.5           | 0.5               | 0             | 15               | 890         | 10               | 1         | 1          | 6           | 2             | 2             | 2           | 4        | *         |            |              | *   | *            |           |         |           |         |  |
| Butternut Squash            | 10 fl oz     | 100      | 1.25          | 0.4               | 0             | 0                | 813         | 21.3             | 2.5       | 6.25       | 1.25        | 56            | 2.25          | 5           | 7.5      |           | *          |              | *   | *            |           |         |           |         |  |
| Butternut Squash            | 8fl oz       | 80       | 1             | 0.3               | 0             | 0                | 650         | 17               | 2         | 5          | 1           | 45            | 2             | 4           | 6        |           | *          |              | *   | *            |           |         |           |         |  |
| Italian wedding             | 10 fl oz     | 150      | 5.6           | 1.9               | 0             | 6.25             | 925         | 21.3             | 2.5       | 1.25       | 7.5         | 0             | 2.5           | 2.5         | 12.5     |           | *          |              | *   |              |           |         |           |         |  |
| Italian wedding             | 8fl oz       | 130      | 4.5           | 1.5               | 0             | 5                | 740         | 17               | 2         | 1          | 6           | 0             | 2             | 2           | 10       |           | *          |              | *   |              |           |         |           |         |  |
| Vegetable beef barley       | 10 fl oz     | 120      | 1.25          | 0.25              | 0             | 6.25             | 813         | 19               | 3.75      | 3.75       | 6.25        | 12.5          | 2.5           | 2.5         | 7.5      |           |            |              | *   |              |           |         |           |         |  |
| Vegetable beef barley       | 8fl oz       | 90       | 1             | 0.2               | 0             | 5                | 650         | 15               | 3         | 3          | 5           | 10            | 2             | 2           | 6        |           |            |              | *   |              |           |         |           |         |  |
| Tomato Tortellini           | 10 fl oz     | 140      | 1.25          | 0.5               | 0             | 0                | 900         | 26               | 2.5       | 8.75       | 5           | 5             | 5             | 5           | 7.5      | *         |            |              | *   | *            |           |         |           |         |  |
| Tomato tortellini           | 8fl oz       | 110      | 1             | 0.4               | 0             | 0                | 720         | 21               | 2         | 7          | 4           | 4             | 4             | 4           | 6        | *         |            |              | *   | *            |           |         |           |         |  |
| Chicken with wild rice      | 10 fl oz     | 100      | 1.25          | 0.38              | 0             | 12.5             | 1100        | 16.25            | 1.25      | 1.25       | 6.25        | 7.5           | 25            | 2.5         | 2.5      |           |            |              |     | *            |           |         |           |         |  |
| Chicken with wild rice      | 8fl oz       | 80       | 1             | 0.3               | 0             | 10               | 880         | 13               | 1         | 1          | 5           | 6             | 20            | 2           | 2        |           |            |              |     | *            |           |         |           |         |  |
| North atlantic clam chowder | 10 fl oz     | 140      | 2.5           | 0.5               | 0             | 6.25             | 1138        | 25               | 1.25      | 1.25       | 5           | 0             | 0             | 5           | 10       |           | *          | *            | *   | *            |           |         |           |         |  |
| North atlantic clam chowder | 8fl oz       | 110      | 2             | 0.4               | 0             | 5                | 910         | 20               | 1         | 1          | 4           | 0             | 0             | 4           | 8        |           | *          | *            | *   | *            |           |         |           |         |  |
| Chicken Broccoli Cheese     | 10 fl oz     | 180      | 7.5           | 3.1               | 0             | 12.5             | 1238        | 21.25            | 2.5       | 1.25       | 7.5         | 12.5          | 10            | 10          | 5        |           | *          | *            | *   | *            |           |         |           |         |  |
| Chicken Broccoli Cheese     | 8 fl oz      | 140      | 6             | 2.5               | 0             | 10               | 990         | 17               | 2         | 1          | 6           | 10            | 8             | 8           | 4        |           | *          | *            | *   | *            |           |         |           |         |  |
| Broccoli Creamy Garden      | 10 fl oz     | 170      | 7.5           | 2.5               | 0             | 18.8             | 1013        | 17.5             | 2.5       | 7.5        | 6.25        | 12.5          | 18.8          | 18.8        | 5        |           | *          | *            | *   | *            |           |         |           |         |  |
| Broccoli Creamy Garden      | 8 fl oz      | 130      | 6             | 2                 | 0             | 15               | 810         | 14               | 2         | 6          | 5           | 10            | 15            | 15          | 4        |           | *          | *            | *   | *            |           |         |           |         |  |
| Cream of Potato with Bacon  | 10 fl oz     | 230      | 5.6           | 3.75              | 0.125         | 25               | 1075        | 29               | 1.25      | 6.25       | 6.25        | 5             | 2.5           | 12.5        | 5        |           | *          | *            | *   | *            |           |         |           |         |  |
| Cream of Potato with Bacon  | 8 fl oz      | 180      | 4.5           | 3                 | 0.1           | 20               | 860         | 23               | 1         | 5          | 5           | 4             | 2             | 10          | 4        |           | *          | *            | *   | *            |           |         |           |         |  |
| Split Pea wth Ham           | 10 fl oz     | 200      | 1.25          | 0.4               | 0             | 6.25             | 1088        | 34               | 8.75      | 3.75       | 12.5        | 12.5          | 5             | 2.5         | 12.5     |           |            |              |     |              |           |         |           |         |  |
| Split Pea wth Ham           | 8 fl oz      | 160      | 1             | 0.3               | 0             | 5                | 870         | 27               | 7         | 3          | 10          | 10            | 4             | 2           | 10       |           |            |              |     |              |           |         |           |         |  |
| Garden Vegetable Rotini     | 10 fl oz     | 100      | 0             | 0                 | 0             | 0                | 938         | 21.25            | 2.5       | 8.75       | 3.75        | 12.5          | 5             | 5           | 7.5      |           |            |              |     | *            |           |         |           |         |  |
| Garden Vegetable Rotini     | 8 fl oz      | 80       | 0             | 0                 | 0             | 0                | 750         | 17               | 2         | 7          | 3           | 10            | 4             | 4           | 6        |           |            |              |     | *            |           |         |           |         |  |
| French onion, recipe        | 8fl oz       | 310      | 21.3          | 12.6              | 0.6           | 45               | 2122        | 16.3             | 2         | 12         | 19          | 18            | 8             | 34          | 5        |           | *          |              | *   | *            |           |         |           |         |  |
| Crackers                    | 20g          | 90       | 2             | 0.3               | 0             | 0                | 230         | 15               | 1         | 0          | 2           | 0             | 0             | 0           | 0.84     |           |            |              |     | *            |           |         | *         |         |  |
|                             |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
| Nutrition Information       |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          | Allergens |            |              |     |              |           |         |           |         |  |
| 2026 July                   | serving size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fibre (g) | Sugars (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 |  |
| Soups                       |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
| Sauted Mushroom and Onion   | 10 fl oz     | 180      | 11.25         | 7.5               | 0.25          | 37.5             | 1113        | 15               | 1.25      | 3.75       | 3.75        | 0             | 2.5           | 7.5         | 7.5      |           |            |              |     | *            |           |         |           |         |  |
| Sauted Mushroom and Onion   | 8 fl oz      | 140      | 9             | 6                 | 0.2           | 30               | 890         | 12               | 1         | 3          | 3           | 0             | 2             | 6           | 6        |           | *          |              | *   | *            |           |         |           |         |  |
| Lobster Bisque              | 10 fl oz     | 350      | 22.5          | 10                | 0.4           | 87.5             | 1550        | 24               | 1.25      | 8.75       | 12.5        | 2.5           | 7.5           | 20          | 10       |           | *          | *            | *   | *            |           |         |           |         |  |
| Lobster Bisque              | 8 fl oz      | 280      | 18            | 8                 | 0.3           | 70               | 1240        | 19               | 1         | 7          | 10          | 2             | 6             | 15          | 8        |           | *          | *            | *   | *            |           |         |           |         |  |
| Crab and Sweet Corn Chowder | 10 fl oz     | 400      | 27.5          | 10                | 0.6           | 87.5             | 1400        | 25               | 2.5       | 11.25      | 12.5        | 0             | 2.5           | 10          | 12.5     |           |            |              |     |              |           |         |           |         |  |
| Crab and Sweet Corn Chowder | 8 fl oz      | 320      | 22            | 8                 | 0.5           | 70               | 1120        | 20               | 2         | 9          | 10          | 0             | 2             | 8           | 10       |           | *          | *            | *   | *            |           |         |           |         |  |
| Korean Style Beef           | 10 fl oz     | 250      | 5.6           | 1.25              | 0             | 12.5             | 1275        | 42.5             | 2.5       | 22.5       | 7.5         | 2.5           | 5             | 5           | 12.5     |           |            |              |     |              |           |         |           |         |  |

|                         |                          |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |      |            |              |     |              |           |         |           |         |   |  |  |
|-------------------------|--------------------------|----------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|------------|-------------|---------------|---------------|-------------|----------|------|------------|--------------|-----|--------------|-----------|---------|-----------|---------|---|--|--|
|                         | Korean Style Beef        | 8 fl oz  | 200           | 4.5               | 1             | 0                | 10          | 1020             | 34        | 2          | 18          | 6             | 2             | 4           | 4        | 10   |            |              |     | *            | *         |         |           |         |   |  |  |
|                         | Nine Veg Moroccan        | 10 fl oz | 230           | 5                 | 4.4           | 0.6              | 0           | 938              | 40        | 12.5       | 12.5        | 6.25          | 37.5          | 2.5         | 7.5      | 12.5 |            |              |     | *            | *         |         |           |         |   |  |  |
|                         | Nine Veg Moroccan        | 8 fl oz  | 180           | 4                 | 3.5           | 0.5              | 0           | 750              | 32        | 10         | 10          | 5             | 30            | 2           | 6        | 10   |            |              |     | *            | *         |         |           |         |   |  |  |
|                         | Tequila Spiked Chicken   | 10 fl oz | 300           | 11.25             | 5.6           | 0.25             | 43.8        | 1063             | 40        | 5          | 10          | 17.5          | 2.5           | 7.5         | 12.5     | 7.5  |            |              |     |              |           |         |           |         |   |  |  |
|                         | Tequila Spiked Chicken   | 8 fl oz  | 240           | 9                 | 4.5           | 0.2              | 35          | 850              | 26        | 4          | 8           | 14            | 2             | 6           | 10       | 6    |            | *            |     | *            | *         |         |           |         |   |  |  |
|                         | Tomato Red Pepper Bisque | 10 fl oz | 440           | 30                | 17.5          | 0.4              | 62.5        | 1213             | 36        | 6.25       | 22.5        | 5             | 12.5          | 7.5         | 5        | 12.5 |            | *            |     | *            | *         |         |           |         |   |  |  |
|                         | Tomato Red Pepper Bisque | 8 fl oz  | 350           | 24                | 14            | 0.3              | 50          | 970              | 29        | 5          | 18          | 4             | 10            | 6           | 4        | 10   |            | *            |     | *            | *         |         |           |         |   |  |  |
|                         | Wicked Thai Chicken      | 10 fl oz | 350           | 23.8              | 10            | 0.6              | 50          | 1600             | 20        | 2.5        | 6.25        | 12.5          | 2.5           | 2.5         | 7.5      | 10   |            | *            | *   | *            | *         |         |           |         |   |  |  |
|                         | Wicked Thai Chicken      | 8 fl oz  | 280           | 19                | 8             | 0.5              | 40          | 1280             | 16        | 2          | 5           | 10            | 2             | 2           | 6        | 8    |            | *            | *   | *            | *         |         |           |         |   |  |  |
|                         | Zuppa Alla Bolognese     | 10 fl oz | 340           | 17.5              | 8.75          | 0.5              | 43.75       | 1063             | 28.75     | 3.75       | 16.26       | 16.3          | 5             | 10          | 20       | 12.5 |            | *            |     | *            | *         |         |           |         |   |  |  |
|                         | Zuppa Alla Bolognese     | 8 fl oz  | 270           | 14                | 7             | 0.4              | 35          | 850              | 23        | 3          | 13          | 13            | 4             | 8           | 15       | 10   |            | *            |     | *            | *         |         |           |         |   |  |  |
|                         | Spicy chicken nacho      | 10 fl oz | 330           | 18.75             | 6.25          | 0.4              | 50          | 1462             | 30        | 7.5        | 9           | 12.5          | 0             | 0           | 5        | 15   |            | *            |     | *            |           |         |           |         |   |  |  |
|                         | Spicy chicken nacho      | 8 fl oz  | 260           | 15                | 5             | 0.3              | 40          | 1170             | 24        | 6          | 7           | 10            | 0             | 0           | 4        | 8    |            | *            |     | *            |           |         |           |         |   |  |  |
|                         | Loaded baked potato      | 10 fl oz | 370           | 22.5              | 8.75          | 0                | 50          | 1087             | 32.5      | 2.5        | 2.5         | 7.5           | 0             | 0           | 18.75    | 5    |            | *            |     |              | *         |         |           |         |   |  |  |
|                         | Loaded baked potato      | 8 fl oz  | 290           | 18                | 7             | 0                | 40          | 870              | 26        | 2          | 2           | 6             | 0             | 0           | 15       | 4    |            | *            |     |              | *         |         |           |         |   |  |  |
|                         | Dressings                |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |      |            |              |     |              |           |         |           |         |   |  |  |
|                         | Tangy Thai               | 2 fl oz  | 120           | 0                 | 0             | 0                | 0           | 660              | 32        | 0          | 28          | 0.2           | 0             | 4           | 0        | 0    |            |              |     |              |           |         |           |         |   |  |  |
|                         | Creole Dijon             | 2 fl oz  | 160           | 10                | 0.8           | 0                | 40          | 580              | 16        | 0          | 14          | 2             | 0             | 8           | 0        | 4    | *          |              |     |              |           |         |           |         | * |  |  |
|                         | Asian Sesame             | 2 fl oz  | 180           | 12                | 0.8           | 0                | 0           | 460              | 16        | 0          | 12          | 0.8           | 0             | 0           | 0        | 0    |            |              |     | *            |           | *       |           |         |   |  |  |
|                         | Chunky Blue Cheese       | 2 fl oz  | 320           | 32                | 3.4           | 0                | 15          | 335              | 3         | 0          | 1.7         | 1.7           | 0             | 0           | 1.5      | 1    | *          | *            |     |              |           |         |           | *       |   |  |  |
|                         | Fat Free Tuscan Italian  | 2 fl oz  | 20            | 0                 | 0             | 0                | 0           | 560              | 0         | 0          | 0           | 0.4           | 8             | 8           | 0        | 0    |            |              |     |              |           |         |           |         |   |  |  |
|                         | Honey Dijon              | 2 fl oz  | 140           | 10                | 0.4           | 0                | 0           | 420              | 16        | 0          | 12          | 0.8           | 0             | 0           | 0        | 0    |            |              |     |              |           | *       |           |         | * |  |  |
|                         | Caesar                   | 2 fl oz  | 360           | 40                | 2             | 0                | 20          | 320              | 4         | 0          | 0           | 0.8           | 0             | 0           | 8        | 0    | *          | *            | *   |              |           | *       |           |         | * |  |  |
|                         | Ranch                    | 2 fl oz  | 280           | 28                | 3             | 0                | 8           | 425              | 4         | 0          | 1           | 1             | 0             | 0           | 2        | 1    | *          | *            |     |              |           |         |           |         |   |  |  |
|                         | Balsamic                 | 2 fl oz  | 140           | 12                | 2             | 0                | 0           | 460              | 8         | 0          | 6           | 0             | 0             | 0           | 0        | 0    |            |              |     |              | *         |         |           |         |   |  |  |
|                         | Creamy sherry dressing   | 2 fl oz  | 200           | 17                | 2.5           | 2                | 0           | 438              | 8.5       | 2.25       | 3.75        | 7.25          | 0             | 6           | 1        | 7    |            |              |     |              |           |         |           |         |   |  |  |
|                         | Mayonnaise               | 2 fl oz  | 400           | 44                | 6             | 0.8              | 20          | 280              | 0         | 0          | 0           | 0.4           | 0             | 0           | 0        | 0    | *          |              |     | *            |           |         |           |         | * |  |  |
|                         | Citrus kiwi vinaigrette  | 2 fl oz  | 140           | 11                | 0             | 0                | 0           | 450              | 10        | 0          | 9           | 0.14          | 0             | 0           | 0        | 0    |            |              |     |              |           |         |           |         |   |  |  |
|                         | Sauces                   |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |      |            |              |     |              |           |         |           |         |   |  |  |
|                         | BBQ                      | 2 fl oz  | 100           | 0                 | 0             | 0                | 0           | 560              | 24        | 0          | 20          | 0.6           | 0             | 0           | 0        | 0    |            |              |     |              |           |         |           |         | * |  |  |
|                         | 1st degree               | 2 fl oz  | 60            | 0                 | 0             | 0                | 0           | 440              | 16        | 0          | 14          | 0.4           | 0             | 0           | 0        | 0    |            |              |     |              |           |         |           |         |   |  |  |
|                         | 2nd degree               | 2 fl oz  | 70            | 0                 | 0             | 0                | 0           | 500              | 16        | 0          | 14          | 0.6           | 0             | 0           | 0        | 0    |            |              |     |              |           |         |           |         |   |  |  |
|                         | 3rd degree               | 2 fl oz  | 60            | 0                 | 0             | 0                | 0           | 2580             | 12        | 0          | 10          | 0.2           | 0             | 0           | 0        | 0    |            |              |     |              |           |         |           |         |   |  |  |
|                         | Tartar sauce             | 2fl oz   | 270           | 29                | 4.5           | 0.15             | 26          | 662              | 2.7       | 0.1        | 2           | 0.5           | 0             | 0           | 0        | 0    | *          |              |     |              |           |         |           |         |   |  |  |
|                         | Plum sauce               | 2 fl oz  | 120           | 0                 | 0             | 0                | 0           | 200              | 32        | 0          | 30          | 0.2           | 6             | 0           | 0        | 0    |            |              |     |              |           |         |           |         |   |  |  |
| Nutritional Information |                          |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |      | Allergens  |              |     |              |           |         |           |         |   |  |  |
| 2026 July               | serving size             | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fibre (g) | Sugars (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                   |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |      |            |              |     |              |           |         |           |         |   |  |  |
|                         | Northern Heat Cayenne    | 2 fl oz  | 10            | 0                 | 0             | 0                | 2000        | 2                | 0         | 0          | 0.6         | 0             | 0             | 0           | 0        |      |            |              |     |              |           |         |           |         |   |  |  |
|                         | Teriyaki                 | 2 fl oz  | 100           | 0                 | 0             | 0                | 960         | 24               | 0         | 14         | 2           | 0             | 0             | 0           | 0        |      |            |              | *   | *            |           |         |           |         |   |  |  |
|                         | Honey Garlic             | 2 fl oz  | 120           | 0                 | 0             | 0                | 200         | 28               | 0         | 26         | 0.2         | 0             | 0             | 0           | 0        |      |            |              | *   | *            |           |         |           |         |   |  |  |
|                         | Chili Lime Wing          | 2 fl oz  | 90            | 4                 | 0.6           | 0                | 940         | 14               | 0         | 12         | 0.6         | 8             | 8             | 0           | 0        |      |            |              | *   |              |           |         |           |         |   |  |  |
|                         | Ancho Chipotle           | 2 fl oz  | 220           | 16                | 3             | 0                | 10          | 560              | 14        | 0          | 0           | 1             | 0             | 0           | 0        | *    | *          |              |     |              |           |         |           | *       |   |  |  |
|                         | Marinara                 | 2 fl oz  | 50            | 2                 | 0.25          | 0                | 0           | 255              | 6.5       | 1          | 4           | 1             | 18            | 23          | 2        | 3    |            | *            |     |              |           |         | *         |         |   |  |  |
|                         | Alfredo                  | 2 fl oz  | 160           | 15                | 5.5           | 2.5              | 22.5        | 210              | 4.5       | 0          | 2.5         | 2.5           | 12            | 0           | 7        | 0    |            | *            |     | *            | *         |         |           |         |   |  |  |
|                         | Guacamole                | 2fl oz   | 80            | 8                 | 1             | 0                | 0           | 170              | 6         | 4          | 1           | 1             | 0             | 12          | 0        | 0    |            |              |     |              |           |         |           |         |   |  |  |
|                         | Ponzu                    | 2fl oz   | 40            | 0                 | 0             | 0                | 0           | 1920             | 8         | 0          | 4           | 4             | 0             | 0           | 0        | 4    |            | *            |     | *            | *         |         |           |         |   |  |  |
|                         | Sweet chili mayo         | 2 fl oz  | 210           | 17                | 1.7           | 0.17             | 8           | 405              | 12.75     | 0          | 12          | 0.25          | 0             | 0           | 0        | 0    | *          | *            |     |              |           |         |           |         |   |  |  |
|                         | Salsa                    | 2 fl oz  | 40            | 0                 | 0             | 0                | 0           | 460              | 8         | 2          | 4           | 1             | 8             | 15          | 2        | 4    |            |              |     |              |           |         |           |         |   |  |  |
|                         | Sour Cream               | 2 fl oz  | 120           | 11                | 6.5           | 0.5              | 30          | 45               | 2.5       | 0          | 2           | 1.5           | 8             | 1           | 5        | 0    |            | *            |     |              |           |         |           |         |   |  |  |
|                         | Appetizers               |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |      |            |              |     |              |           |         |           |         |   |  |  |
|                         | Garlic Skillet Bread     | 1 loaf   | 1750          | 42                | 7             | 4                | 0           | 3253             | 283       | 15.2       | 8           | 48.5          | 0             | 146         | 29       | 164  | *          | *            |     | *            | *         |         |           | *       |   |  |  |
|                         | Garlic Cheese Bread      | 1 serv   | 1950          | 50                | 11            | 4                | 20          | 3461             | 283       | 15.2       | 8           | 56.5          | 6             | 147         | 33       | 164  | *          | *            |     | *            | *         |         |           | *       |   |  |  |
|                         | Spinach Goat Cheese Dip  | 1 serv   | 760           | 62                | 21            | 2                | 80          | 1695             | 31        | 12         | 0.05        | 24            | 1.5           | 0           | 11       | 112  |            | *            |     | *            | *         |         |           | *       |   |  |  |
|                         | Joe's Nachos             | 1 serv   | 1420          | 81                | 24            | 0.2              | 84          | 1484             | 146       | 19         | 13.5        | 41            | 51            | 72          | 37       | 15.5 |            | *            |     | *            | *         |         |           |         |   |  |  |
|                         | Loaded Cheese Fries      | 1 serv   | 1260          | 81                | 14            | 0.2              | 104         | 2886             | 115       | 11         | 2.5         | 28            | 15            | 10          | 15       | 16   |            | *            |     |              | *         |         |           |         |   |  |  |

|                                                    |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
|----------------------------------------------------|--------------|----------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|------------|-------------|---------------|---------------|-------------|----------|-----------|------------|--------------|-----|--------------|-----------|---------|-----------|---------|--|
| Bruschetta Flatbread                               | 1 serv       | 340      | 21.5          | 4.75              | 2             | 15               | 807.5       | 26.3             | 10        | 5.65       | 13          | 5             | 31.5          | 3           | 9.5      |           | *          |              | *   | *            |           |         | *         |         |  |
| Crabby Combo                                       | 1 serv       | 2250     | 142           | 36.5              | 1.5           | 264              | 5052        | 173              | 12        | 45.6       | 78          | 69            | 71            | 78          | 53       |           | *          |              |     | *            |           |         | *         |         |  |
| Crabby Combo incl marinara, no sour cream or salsa | 1 serv       | 2300     | 144           | 36.8              | 1.5           | 264              | 5307        | 179.5            | 13        | 49.6       | 79          | 87            | 94            | 80          | 56       |           | *          |              | *   | *            |           |         | *         |         |  |
| Buffalo Chicken Quesadilla incl salsa              | 1 serv       | 1010     | 56            | 14                | 0.65          | 69               | 2378        | 90               | 8         | 23         | 40          | 24            | 42.5          | 27          | 20.5     |           | *          |              | *   | *            |           |         | *         |         |  |
| Steak bites                                        | 1 serv       | 770      | 54            | 5.4               | 1             | 130              | 818         | 10               | 0.6       | 6.7        | 46.4        | 2             | 10            | 2           | 33       | *         | *          |              | *   | *            |           |         | *         | *       |  |
| Calamari                                           | 1 serv       | 490      | 22            | 1                 | 0             | 210              | 1640        | 53               | 25        | 23         | 19          | 0             | 0             | 8           | 15       |           | *          | *            |     | *            |           |         |           |         |  |
| Calamari incl sweet Thai chili                     | 1 serv       | 610      | 22            | 1                 | 0             | 210              | 2300        | 85               | 25        | 51         | 19.2        | 0             | 4             | 8           | 15       |           | *          | *            |     | *            |           |         |           |         |  |
| Honey prosciutto flatbread                         | 1 serv       | 590      | 37.5          | 13                | 0             | 74               | 1438.5      | 38               | 8.4       | 19         | 29.5        | 10.5          | 90            | 4           | 8        |           | *          |              |     | *            |           |         |           |         |  |
| Mozza sticks                                       | 7            | 630      | 36            | 12.7              | 0.5           | 36               | 1363        | 49               | 0         | 23.6       | 23.6        | 27            | 0             | 54.5        | 50       |           | *          |              | *   | *            |           |         |           |         |  |
| Mozza Sticks incl marinara                         | 7            | 680      | 38            | 13                | 0.5           | 36               | 1618        | 55.5             | 1         | 27.6       | 24.6        | 45            | 23            | 56.5        | 53       |           | *          |              | *   | *            |           |         | *         |         |  |
| Joe's sliders                                      | 1 serv       | 1320     | 85            | 21                | 1.35          | 237              | 1580        | 73               | 5.3       | 16.2       | 61.5        | 6             | 1.5           | 13          | 3        |           | *          |              | *   | *            |           |         |           |         |  |
| Coconut shrimp incl sauce                          | 1 serv       | 450      | 26            | 11                | 0             | 50               | 1450        | 43               | 1         | 29         | 9           | 0             | 3             | 4           | 8.5      |           |            | *            |     | *            |           |         |           |         |  |
| Sweet Chili Chicken Bites                          | 1 serv       | 820      | 38.5          | 3.5               | 0             | 62.5             | 2677        | 74               | 5         | 35.5       | 50.5        | 1             | 5             | 6           | 17       |           |            |              | *   | *            | *         |         |           |         |  |
| Veggie Gyoza incl ponzu sauce                      | 1 serv       | 250      | 4.5           | 0.6               | 0             | 0                | 2250        | 42               | 3         | 7          | 14.5        | 0             | 0             | 7           | 24       |           |            | *            | *   | *            | *         |         |           |         |  |
| Peking Beef Bites                                  | 1 serv       | 570      | 18.5          | 5                 | 0             | 141              | 2236        | 41.75            | 0         | 36         | 60.7        | 1             | 5             | 3           | 44       |           |            |              | *   |              | *         |         |           |         |  |
| Peking Beef Bites incl sweet chili mayo            | 1 serv       | 780      | 35.5          | 6.7               | 0.17          | 149              | 2641        | 54.5             | 0         | 48         | 60.95       | 1             | 5             | 3           | 44       | *         | *          |              | *   |              | *         |         |           |         |  |
| Blazin' Butter Chicken Flatbread                   | 1 serv       | 510      | 23.5          | 7                 | 0.16          | 57               | 1637.5      | 51.75            | 10        | 17.25      | 29          | 8             | 12            | 9           | 21       |           | *          |              | *   | *            |           |         |           |         |  |
| Midnight Market BBQ Pork Sliders                   | 1 serv       | 970      | 26            | 6                 | 0.04          | 68               | 2172        | 132              | 6.3       | 65         | 44          | 1             | 5             | 32          | 45       | *         | *          |              |     | *            |           |         |           |         |  |
| Salads incl dressing                               |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
| House reg                                          | 1 serv       | 270      | 17            | 2.5               | 2             | 0                | 507         | 23               | 6.5       | 7.8        | 11          | 7.5           | 79            | 8           | 19       |           |            | *            |     |              |           |         |           |         |  |
| Caesar, large                                      | 1 serv       | 740      | 71.5          | 8                 | 0             | 57               | 1076        | 16               | 0         | 0          | 10          | 67.5          | 26            | 19.5        | 19       | *         | *          | *            |     | *            | *         |         |           | *       |  |
| Caesar small                                       | 1 serv       | 460      | 41.5          | 6.3               | 0             | 42               | 831         | 11               | 0         | 0          | 9           | 48            | 18            | 17          | 14       | *         | *          | *            |     | *            | *         |         |           | *       |  |
| Sub caesar salad                                   | 1 serv       | 250      | 23            | 2.2               | 0             | 17               | 330.5       | 6.7              | 0         | 0          | 2.5         | 28            | 11            | 6           | 6        | *         | *          | *            |     | *            | *         |         |           | *       |  |
| Sub house                                          | 1 serv       | 220      | 18.5          | 2                 | 1             | 0                | 411         | 10               | 1.7       | 2.8        | 4.4         | 26            | 21.5          | 2           | 7        |           | *          |              |     |              |           |         |           |         |  |
| Small house                                        | 1 serv       | 190      | 13            | 2                 | 1.5           | 0                | 370.5       | 12               | 4         | 5          | 8           | 41            | 48            | 4.5         | 12.5     |           | *          |              |     |              |           |         |           |         |  |
|                                                    |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
|                                                    |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
| Sub garden                                         | 1 serv       | 220      | 18.5          | 2                 | 1             | 0                | 410         | 9.25             | 1.5       | 3          | 4.4         | 26            | 20            | 2           | 6        |           | *          |              |     |              |           |         |           |         |  |
| Mediterranean chicken                              | 1 serv       | 480      | 22            | 5.5               | 0             | 108              | 1088        | 21.5             | 2.7       | 2          | 39          | 12            | 65            | 7           | 22       |           | *          |              | *   |              |           |         | *         |         |  |
| Cobb incl chicken breast                           | 1 serv       | 740      | 55            | 14.4              | 3.25          | 349              | 2268        | 23               | 5.5       | 7          | 60          | 45            | 39            | 20.5        | 30       | *         | *          |              | *   |              |           |         | *         |         |  |
| Add grilled chicken breast                         | 1 serv       | 150      | 2             | 0.5               | 0             | 96.5             | 586         | 0                | 0         | 0          | 31.4        | 0             | 0             | 0           | 4        |           |            |              |     |              |           |         |           |         |  |
| Chicken fingers no sauce                           | 2 pcs        | 250      | 12            | 1                 | 0             | 25               | 830         | 17               | 2         | 3          | 20          | 0             | 0             | 2           | 5        |           |            |              |     | *            |           |         |           |         |  |
| Sonoma Salad                                       | 1 serv       | 420      | 34            | 4.5               | 0.15          | 15               | 554.5       | 28.5             | 3         | 14.5       | 8           | 44            | 78            | 7           | 12       | *         | *          |              |     |              | *         |         |           |         |  |
| Nutrition Information                              |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          | Allergens |            |              |     |              |           |         |           |         |  |
| 2026 July                                          | serving size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fibre (g) | Sugars (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 |  |
|                                                    |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
| Sides                                              |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
| Gourmet onion rings                                | 12 oz        | 610      | 18            | 1                 | 0             | 0                | 1378        | 107              | 5         | 18         | 10          | 0             | 0             | 5           | 11       |           | *          |              |     | *            |           |         |           |         |  |
| Fries                                              | 16 oz        | 700      | 26.7          | 1                 | 0             | 0                | 1654        | 106.8            | 10.6      | 0          | 10.6        | 0             | 0             | 5           | 14       |           |            |              | *   |              |           |         |           |         |  |
| Baked Potato                                       | 1            | 220      | 5.6           | 0.4               | 0             | 0                | 1140        | 37               | 4         | 3          | 4           | 0             | 28            | 2           | 14       |           |            |              |     |              |           |         |           |         |  |
| Bbq ranch                                          | 2 fl oz      | 280      | 32            | 2                 | 0             | 40               | 320         | 4                | 0         | 0          | 1.6         | 0             | 0             | 0           | 0        | *         | *          |              |     |              |           |         |           |         |  |
| Ancho Chipotle                                     | 2 fl oz      | 220      | 16            | 3                 | 0             | 10               | 560         | 14               | 0         | 0          | 1           | 0             | 0             | 0           | 0        | *         | *          |              |     |              |           |         |           | *       |  |
| Sub loaded baked potato                            | 1            | 370      | 14.5          | 7                 | 0.1           | 40.5             | 365         | 36               | 3.6       | 5          | 13.6        | 10            | 38            | 8           | 5        |           | *          |              |     |              |           |         |           |         |  |
| Gravy                                              | 4 fl oz      | 50       | 1.4           | 0.4               | 0             | 1.5              | 790         | 7                | 1.4       | 1.1        | 1.4         | 0             | 0             | 1           | 1        |           | *          |              | *   | *            |           |         |           |         |  |
| Fries                                              | 8 oz         | 350      | 13.6          | 0.5               | 0             | 0                | 827         | 53.4             | 5.3       | 0          | 5.3         | 0             | 0             | 2           | 7        |           |            |              | *   |              |           |         |           |         |  |
| Au jus                                             | 4 fl oz      | 20       | 0             | 0                 | 0             | 0                | 740         | 4                | 0         | 2          | 0.4         | 0             | 0             | 0           | 0        |           |            |              |     |              |           |         |           |         |  |
| Sweet potato fries                                 | 12 oz        | 710      | 33.5          | 1                 | 0             | 0                | 1120        | 96               | 12        | 40         | 4           | 240           | 24            | 0           | 8        | *         | *          |              |     |              |           |         |           | *       |  |
| Mashed potatoes                                    | 8 oz         | 280      | 8             | 1                 | 0             | 0                | 840         | 46               | 4         | 2          | 6           | 0             | 0             | 5.5         | 0        |           |            |              | *   |              |           |         |           |         |  |
| Side Coleslaw                                      | 6 oz         | 240      | 13.5          | 2.25              | 0             | 7.5              | 330         | 24               | 3         | 22.5       | 1.5         | 0             | 0             | 4           | 4        | *         |            |              | *   |              | *         |         |           |         |  |
| Sandwiches wraps                                   |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
| Buffalo Chicken                                    | 1            | 1350     | 81            | 17                | 0.9           | 224              | 2636        | 89               | 7         | 26         | 68          | 17            | 42.5          | 28          | 31       | *         | *          |              | *   | *            |           |         | *         |         |  |
| Joes Philly Cheese                                 | 1            | 600      | 29            | 7.3               | 0.57          | 78               | 1115        | 49               | 1.25      | 11         | 39          | 11            | 96            | 18          | 28       |           | *          |              | *   | *            |           |         | *         |         |  |
| Club house                                         | 1            | 630      | 31            | 12                | 0             | 69               | 1987        | 52.5             | 4.6       | 2          | 31          | 12.5          | 23            | 0           | 8.5      | *         | *          |              |     | *            |           |         |           | *       |  |
| Spicy chicken sandwich                             | 1            | 890      | 35            | 5                 | 0             | 95               | 2109        | 104.5            | 4.6       | 47.5       | 31.5        | 26            | 13            | 7           | 25       | *         | *          |              |     | *            |           |         |           |         |  |
| Avocado chicken club                               | 1            | 760      | 44            | 5                 | 1.2           | 1.4              | 1344        | 55               | 10.5      | 4.35       | 46          | 4             | 62            | 33          | 33       | *         | *          |              | *   | *            |           |         | *         |         |  |

|                                                                  |         |      |      |      |      |       |        |        |       |       |       |      |       |       |       |   |   |   |   |   |   |  |   |  |  |
|------------------------------------------------------------------|---------|------|------|------|------|-------|--------|--------|-------|-------|-------|------|-------|-------|-------|---|---|---|---|---|---|--|---|--|--|
| Chicken caesar wrap                                              | 1       | 920  | 55.4 | 8.5  | 0.7  | 146.5 | 1987   | 59     | 2.6   | 2.6   | 48.4  | 28   | 10    | 21    | 19    | * | * |   | * | * |   |  | * |  |  |
| Memphis BBQ Pork Sandwich                                        | 1 serv  | 910  | 47   | 14   | 0.5  | 78    | 1248   | 81.5   | 4     | 25    | 34    | 4    | 0     | 13    | 32.5  | * | * |   | * | * |   |  | * |  |  |
| Burgers                                                          |         |      |      |      |      |       |        |        |       |       |       |      |       |       |       |   |   |   |   |   |   |  |   |  |  |
| The Classic                                                      | 1       | 680  | 34   | 9    | 1.5  | 100   | 1017.5 | 51     | 2     | 2     | 33.25 | 7.5  | 10    | 8     | 40    |   |   |   | * | * |   |  |   |  |  |
| Cheddar on Cheddar                                               | 1       | 800  | 43   | 15.2 | 1.7  | 130   | 1207.5 | 51     | 2     | 2     | 39.25 | 8.5  | 10    | 24    | 40    |   | * |   | * | * |   |  |   |  |  |
| Bacon and Cheddar                                                | 1       | 890  | 50   | 17.4 | 147  | 1577  | 51     | 2      | 2     | 2     | 45    | 8.5  | 10    | 24    | 41.5  |   | * |   | * | * |   |  |   |  |  |
| Texas Crunch                                                     | 1       | 1000 | 55.6 | 14.3 | 2.3  | 115   | 1675   | 85.8   | 4     | 13    | 41    | 4    | 5     | 17    | 45    |   | * |   | * | * |   |  | * |  |  |
| Sweet Carolina                                                   | 1       | 1100 | 70.6 | 14   | 2.3  | 125   | 1437   | 62     | 3.75  | 8.25  | 39    | 4.5  | 14.5  | 17    | 44    | * | * |   | * | * |   |  | * |  |  |
| The Big Joe                                                      | 1       | 1620 | 90   | 27   | 3.2  | 247   | 3054   | 115    | 5     | 22    | 75    | 10.5 | 40    | 31    | 71    |   | * |   | * | * |   |  | * |  |  |
| Crazy chicken                                                    | 1       | 700  | 38   | 12.7 | 1    | 95    | 1738   | 56     | 2.7   | 1     | 30    | 2.5  | 28    | 17.5  | 31    |   | * |   | * | * |   |  |   |  |  |
| Burger garnish                                                   | 1       | 40   | 0    | 0    | 0    | 0     | 68     | 2      | 0     | 1     | 0.25  | 0    | 7     | 0     | 0     |   |   |   |   |   |   |  |   |  |  |
| Edgy Veggie                                                      | 1       | 690  | 27.5 | 3.5  | 0.15 | 25    | 1156   | 68.5   | 11    | 7     | 37.5  | 11   | 26    | 20    | 105   | * | * |   | * |   |   |  |   |  |  |
| Tuscan Sun Burger                                                | 1       | 950  | 60   | 13.2 | 1.7  | 135   | 1478   | 61     | 2     | 7     | 38    | 6    | 3     | 17.5  | 40    | * | * |   | * |   |   |  | * |  |  |
| Pasta, seafood, bowls                                            |         |      |      |      |      |       |        |        |       |       |       |      |       |       |       |   |   |   |   |   |   |  |   |  |  |
| Chicken Parmesan                                                 | 1 serv  | 1620 | 95.6 | 19.3 | 1.4  | 225   | 2677   | 113.5  | 10.4  | 22    | 72.7  | 65   | 71    | 38    | 47    |   | * |   | * | * |   |  | * |  |  |
| Penne Rustic                                                     | 1 serv  | 740  | 34   | 5.5  | 1    | 5     | 687    | 84     | 8.5   | 3.4   | 18.5  | 22   | 98    | 13.5  | 45    |   | * |   | * | * |   |  | * |  |  |
| Gnocchi mac and cheese                                           | 1 serv  | 1100 | 5.3  | 20.5 | 5.25 | 92    | 1466   | 109    | 4     | 9     | 35.5  | 26   | 0     | 32    | 1     |   | * |   | * | * |   |  | * |  |  |
| Quinoa chicken power bowl                                        | 1serv   | 780  | 44   | 7.5  | 0.55 | 126.5 | 813    | 49.5   | 12.75 | 4.3   | 46.4  | 28.5 | 99    | 9     | 39    | * | * |   | * | * |   |  |   |  |  |
| Cashew chicken bowl                                              | 1 serv  | 950  | 39   | 10   | 0.25 | 115   | 1606   | 114.5  | 7     | 36    | 52    | 13.5 | 156   | 10    | 53    |   | * | * | * | * | * |  | * |  |  |
| Quinoa power bowl                                                | 1 serv  | 630  | 34.5 | 5.5  | 0    | 11.5  | 135.5  | 21.6   | 10    | 4.3   | 10    | 36   | 156   | 1     | 13.5  |   | * |   | * |   |   |  |   |  |  |
| 2 pcs beer battered, no fries                                    | 1 serv  | 1000 | 50   | 3    | 0    | 170   | 1620   | 64     | 2     | 2     | 66    | 4    | 0     | 12    | 50    | * | * | * | * | * |   |  |   |  |  |
| Beer-Battered Fish & Chips, Two Pieces incl fries & tartar       | 1 serv  | 1620 | 92.6 | 8    | 0.15 | 196   | 3109   | 120.1  | 7.4   | 4     | 71.8  | 4    | 0     | 14    | 57    | * | * | * | * | * |   |  |   |  |  |
| 1 pc Beer Battered, no fries                                     | 1 serv  | 500  | 26.5 | 2.5  | 0    | 85    | 810    | 32     | 1     | 1     | 33    | 2    | 0     | 6     | 25    | * | * | * | * | * |   |  |   |  |  |
| Beer-Battered Fish & Chips, One Piece incl fries & tartar        | 1 serv  | 1120 | 69.1 | 7.5  | 0.15 | 111   | 2299   | 88.1   | 6.4   | 3     | 38.8  | 2    | 0     | 8     | 32    | * | * | * | * | * |   |  |   |  |  |
| Linguine Cacio e Pepe incl Alfredo sauce                         | 1 serv  | 860  | 51   | 18.6 | 7.5  | 77.5  | 784    | 79     | 3.2   | 7.5   | 21.3  | 30   | 0     | 38    | 23.5  |   | * |   | * |   |   |  |   |  |  |
| Wings and fingers                                                |         |      |      |      |      |       |        |        |       |       |       |      |       |       |       |   |   |   |   |   |   |  |   |  |  |
| Chicken Wings incl sauce                                         | 8       | 1250 | 96   | 15.5 | 0.7  | 236   | 2714   | 60     | 3.75  | 19.5  | 48.25 | 21   | 8     | 15    | 22    | * | * |   | * |   |   |  | * |  |  |
| Regular Just Wings incl sauce, carrots, celery & blue cheese     | 8       | 1260 | 96   | 15.5 | 0.7  | 236   | 2732   | 61.25  | 4.15  | 19.85 | 48.38 | 28.5 | 9.125 | 15.75 | 22.35 | * | * |   | * |   |   |  | * |  |  |
| Chicken Wings incl sauce                                         | 16      | 2250 | 160  | 26.4 | 0.6  | 447   | 4683   | 115    | 7.5   | 38.5  | 89.5  | 41   | 17    | 16    | 46    | * | * |   | * |   |   |  | * |  |  |
| Regular Just Wings incl sauce, carrots, celery & blue cheese     | 16      | 2260 | 160  | 26.4 | 0.6  | 447   | 4701   | 116.25 | 7.9   | 38.85 | 89.63 | 48.5 | 18.13 | 16.75 | 46.35 | * | * |   | * |   |   |  | * |  |  |
| Chicken Fingers                                                  | 5pcs    | 740  | 44   | 3.5  | 0    | 62.5  | 2075   | 42.5   | 5     | 7.5   | 50    | 0    | 0     | 5     | 14    |   |   |   | * | * |   |  |   |  |  |
| Chicken Fingers incl fries & plum sauce                          | 5pcs    | 1210 | 57.6 | 4    | 0    | 62.5  | 3102   | 127.9  | 10.3  | 37.5  | 55.5  | 6    | 0     | 7     | 21    |   |   |   | * | * |   |  |   |  |  |
| Chicken fingers                                                  | 2       | 310  | 19   | 1.5  | 0    | 25    | 830    | 17     | 2     | 3     | 20    | 0    | 0     | 0     | 5     |   |   |   | * | * |   |  |   |  |  |
| Buffalo Chicken Fingers incl sauce                               | 5pcs    | 1120 | 72   | 6.5  | 0    | 103   | 3250   | 70.5   | 5     | 29.5  | 52    | 2.5  | 5     | 7.5   | 17.5  | * | * |   | * | * |   |  | * |  |  |
| Buffalo Chicken Fingers incl Buffalo sauce, ranch & fries        | 5pcs    | 1470 | 85.6 | 7    | 0    | 103   | 4077   | 123.9  | 10.3  | 29.5  | 57.3  | 2.5  | 5     | 9.5   | 24.5  | * | * |   | * | * |   |  | * |  |  |
| Boneless chicken wings                                           | 20 pcs  | 2160 | 149  | 38.4 | 2    | 276   | 5552   | 124.5  | 7     | 40    | 79    | 22   | 12.5  | 14    | 34    | * | * |   | * | * |   |  | * |  |  |
| Boneless Just Wings incl carrots, celery & blue cheese, no sauce | 20 pcs  | 2170 | 149  | 38.4 | 2    | 276   | 5570   | 125.75 | 7.4   | 40.35 | 79.13 | 29.5 | 13.63 | 14.75 | 34.35 | * | * |   | * | * |   |  | * |  |  |
| Boneless chicken wings                                           | 10 pcs  | 1080 | 74   | 20   | 1.2  | 140   | 2747   | 58     | 3.5   | 16    | 40.5  | 11   | 5.5   | 11    | 16    | * | * |   | * | * |   |  |   |  |  |
| Boneless Just Wings incl carrots, celery & blue cheese, no sauce | 10 pcs  | 1090 | 74   | 20   | 1.2  | 140   | 2765   | 59.25  | 3.9   | 16.35 | 40.63 | 18.5 | 6.625 | 11.75 | 16.35 | * | * |   | * | * |   |  |   |  |  |
| Mild wing sauce                                                  | 2 fl oz | 60   | 0    | 0    | 0    | 0     | 440    | 16     | 0     | 14    | 0.4   | 0    | 0     | 0     | 0     |   |   |   |   |   |   |  |   |  |  |
| Medium Wing sauce                                                | 2 fl oz | 70   | 0    | 0    | 0    | 0     | 500    | 16     | 0     | 14    | 0.6   | 0    | 0     | 0     | 0     |   |   |   |   |   |   |  |   |  |  |
| Hot wind sauce                                                   | 2 fl oz | 60   | 0    | 0    | 0    | 0     | 2580   | 12     | 0     | 10    | 0.2   | 0    | 0     | 0     | 0     |   |   |   |   |   |   |  |   |  |  |
| Honey sriracha                                                   | 2 fl oz | 160  | 0    | 0    | 0    | 0     | 890    | 40     | 0     | 38    | 0     | 0    | 0     | 1     | 0.2   |   |   |   |   |   |   |  |   |  |  |
| Honey garlic                                                     | 2 fl oz | 110  | 0    | 0    | 0    | 0     | 170    | 28     | 0     | 25    | 0.3   | 0    | 0     | 0     | 1     |   |   |   | * | * |   |  |   |  |  |
| Thai chili                                                       | 2 fl oz | 120  | 0    | 0    | 0    | 0     | 660    | 32     | 0     | 28    | 0.2   | 0    | 4     | 0     | 0     |   |   |   |   |   |   |  |   |  |  |
| Fire and ice                                                     | 2 fl oz | 70   | 0    | 0    | 0    | 0     | 1100   | 15     | 0     | 14    | 0.4   | 0    | 15    | 0     | 1     |   |   |   |   |   |   |  |   |  |  |
| Nashville hot                                                    | 2 fl oz | 70   | 0    | 0    | 0    | 0     | 1100   | 15     | 0     | 14    | 0.4   | 0    | 15    | 0     | 1     |   |   |   |   |   |   |  |   |  |  |
| Hotter than hot                                                  | 2 fl oz | 10   | 0    | 0    | 0    | 0     | 1120   | 1      | 0     | 1     | 0     | 0    | 15    | 0     | 0     |   |   |   |   |   |   |  |   |  |  |
| Cajun spice                                                      | 1/4 oz  | 0    | 0    | 0    | 0    | 0     | 455    | 7      | 0     | 0     | 0.7   | 0    | 0     | 0     | 7     |   |   |   |   |   |   |  |   |  |  |
| Parm and pepper                                                  | 1/4 oz  | 30   | 1.5  | 0.8  | 0    | 4     | 69     | 5      | 0.5   | 0     | 1.6   | 0    | 0     | 4.5   | 0     |   | * |   |   |   |   |  |   |  |  |
| Piri piri                                                        | 2 fl oz | 40   | 2    | 0.3  | 0    | 0     | 300    | 4      | 0.4   | 3.5   | 0.2   | 0    | 0     | 0     | 0     |   |   |   |   |   |   |  |   |  |  |
| Fries                                                            | 8 oz    | 350  | 13.6 | 0.5  | 0    | 0     | 827    | 53.4   | 5.3   | 0     | 5.3   | 0    | 0     | 2     | 7     |   |   |   | * |   |   |  |   |  |  |
| Carrot and celery sticks                                         | 4 each  | 20   | 0    | 0    | 0    | 0     | 36     | 2.5    | 0.8   | 0.7   | 0.25  | 15   | 2.5   | 1.5   | 0.7   |   |   |   |   |   |   |  |   |  |  |
| Carrot and Celery Sticks                                         | 2 each  | 10   | 0    | 0    | 0    | 0     | 18     | 1.25   | 0.4   | 0.35  | 0.125 | 7.5  | 1.125 | 0.75  | 0.35  |   |   |   |   |   |   |  |   |  |  |
| Ribs                                                             |         |      |      |      |      |       |        |        |       |       |       |      |       |       |       |   |   |   |   |   |   |  |   |  |  |
| Full Rack incl 4oz sauce                                         | 1       | 1480 | 72   | 24   | 0.4  | 280   | 2880   | 120    | 0     | 108   | 85    | 1    | 4.5   | 13.5  | 41    |   |   |   |   |   |   |  | * |  |  |
| Full Rack incl BBQ sauce & fries                                 | 1       | 1830 | 85.6 | 24.5 | 0.4  | 280   | 3707   | 173.4  | 5.3   | 108   | 90.3  | 1    | 4.5   | 15.5  | 48    |   |   |   | * |   |   |  | * |  |  |
| 1/2 rack incl 2 oz sauce                                         | 1       | 740  | 36   | 12   | 0.2  | 0     | 1440   | 60     | 0     | 54    | 42.5  | 0.5  | 2.3   | 6     | 20.5  |   |   |   |   |   |   |  | * |  |  |
| Half Rack incl BBQ sauce & fries                                 | 1       | 1090 | 49.6 | 12.5 | 0.2  | 0     | 2267   | 113.4  | 5.3   | 54    | 47.8  | 0.5  | 2.3   | 8     | 27.5  |   |   |   | * |   |   |  | * |  |  |
| Rib and wing combo                                               | 1       | 1260 | 66   | 20   | 0.2  | 107   | 1765   | 74     | 0     | 64.5  | 76    | 1    | 2.5   | 8     | 30    |   |   |   | * | * |   |  | * |  |  |
| Rib & Wing Combo incl BBQ sauce & fries, no wing sauce           | 1       | 1610 | 79.6 | 20.5 | 0.2  | 107   | 2592   | 127.4  | 5.3   | 64.5  | 81.3  | 1    | 2.5   | 10    | 37    |   |   |   | * | * |   |  | * |  |  |

|                                    |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
|------------------------------------|--------------|----------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|------------|-------------|---------------|---------------|-------------|----------|-----------|------------|--------------|-----|--------------|-----------|---------|-----------|---------|--|
| Fries                              | 8 oz         | 350      | 13.6          | 0.5               | 0             | 0                | 827         | 53.4             | 5.3       | 0          | 5.3         | 0             | 0             | 2           | 7        |           |            |              | *   |              |           |         |           |         |  |
| Medium wing sauce                  | 2 fl oz      | 70       | 0             | 0                 | 0             | 0                | 500         | 16               | 0         | 14         | 0.6         | 0             | 0             | 0           | 0        |           |            |              |     |              |           |         |           |         |  |
| BBQ Sauce                          | 2 fl oz      | 100      | 0             | 0                 | 0             | 0                | 560         | 24               | 0         | 20         | 0.6         | 0             | 0             | 0           | 0        |           |            |              |     |              |           |         |           | *       |  |
| Steaks                             |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
|                                    |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
|                                    |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
| New York Strip                     | 10oz         | 800      | 49            | 16.5              | 1             | 182              | 572         | 1.5              | 0.2       | 0.2        | 76          | 0             | 0             | 1           | 50       |           | *          |              | *   |              |           |         | *         | *       |  |
| Top Sirloin                        | 7 oz         | 470      | 32.5          | 14                | 0             | 167              | 269         | 0                | 0         | 0          | 42          | 3             | 0             | 2           | 29       |           | *          |              | *   |              |           |         | *         | *       |  |
| Mashed potatoes                    | 8 oz         | 280      | 8             | 1                 | 0             | 0                | 840         | 46               | 4         | 2          | 6           | 0             | 0             | 5.5         | 0        |           |            | *            |     |              |           |         |           |         |  |
| Fries                              | 8 oz         | 350      | 13.6          | 0.5               | 0             | 0                | 827         | 53.4             | 5.3       | 0          | 5.3         | 0             | 0             | 2           | 7        |           |            |              | *   |              |           |         |           |         |  |
| Fajitas                            |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
| Grilled steak                      | 1 serv       | 1070     | 61.25         | 20                | 0.45          | 154              | 898         | 66               | 8         | 14         | 62.25       | 30            | 293           | 24          | 70       |           | *          |              | *   | *            |           |         |           |         |  |
| Grilled Chicken                    | 1 serv       | 710      | 29.25         | 11                | 0.45          | 140.5            | 1396        | 65.7             | 8         | 14         | 47.25       | 28            | 293           | 24          | 15       |           | *          |              | *   | *            |           |         | *         |         |  |
| Vegetables                         | 1 serv       | 600      | 27.25         | 10                | 0.45          | 44               | 810         | 66               | 8         | 14         | 6           | 29            | 290           | 23.5        | 11       |           | *          |              | *   | *            |           |         | *         |         |  |
| Guacamole                          | 2fl oz       | 80       | 8             | 1                 | 0             | 0                | 170         | 6                | 4         | 1          | 1           | 0             | 12            | 0           | 0        |           |            |              |     |              |           |         |           |         |  |
| Mixed cheese                       | 2 oz         | 100      | 8             | 4                 | pel           | 20               | 208         | 0                | 0         | 0          | 8           | 6             | 0             | 4           | 0        |           | *          |              |     |              |           |         |           |         |  |
| Side garlic sauteed mushrooms      | 7 oz         | 200      | 16.4          | 2.4               | 1             | 0                | 437         | 8.5              | 2.2       | 3.7        | 7.2         | 0             | 6             | 7.5         | 7        |           | *          |              | *   |              |           |         | *         |         |  |
| Sub sweet potato fries incl sauce  | 6 oz         | 580      | 33.6          | 3.5               | 0             | 10               | 1120        | 62               | 6         | 20         | 3           | 120           | 12            | 0           | 4        | *         | *          |              | *   |              |           |         |           | *       |  |
| Broccoli Carrots                   | 5 oz         | 210      | 16.5          | 2.5               | 2             | 0                | 349         | 12.5             | 3.25      | 5          | 2.75        | 48            | 130           | 5           | 6        |           | *          |              | *   |              |           |         |           | *       |  |
| Asparagus Spears                   | 5            | 100      | 8             | 1                 | 0.5           | 0                | 139         | 3                | 1.4       | 0.3        | 1.7         | 3             | 18            | 1           | 4        |           | *          |              | *   |              |           |         | *         |         |  |
| Wingin it two'sdays                |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
| 89c just wings incl sauce          | 10           | 1100     | 181           | 13.8              | 0.4           | 270              | 2515        | 60.5             | 3.4       | 17.5       | 54.5        | 22            | 4             | 7           | 25       |           |            |              | *   |              |           |         |           |         |  |
| Fries                              | 8 oz         | 350      | 13.6          | 0.5               | 0             | 0                | 827         | 53.4             | 5.3       | 0          | 5.3         | 0             | 0             | 2           | 7        |           |            |              | *   |              |           |         |           |         |  |
| 89c boneless just wings incl sauce | 10           | 860      | 51            | 17                | 1             | 130              | 2585        | 59               | 3         | 18.5       | 39          | 22            | 4             | 5           | 16       |           |            |              |     |              |           |         |           |         |  |
| Nutrition Information              |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          | Allergens |            |              |     |              |           |         |           |         |  |
| 2026 July                          | serving size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fibre (g) | Sugars (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 |  |
| Kids                               |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
| Burger                             | 1            | 420      | 17            | 5.2               | 1             | 45               | 680         | 49               | 3         | 1          | 20          | 0             | 0             | 5.5         | 31       |           |            |              | *   |              |           |         |           |         |  |
| Cheese Burger                      | 1            | 480      | 21.5          | 8.2               | 1.1           | 60               | 775         | 49               | 3         | 1          | 23          | 4             | 0             | 13.5        | 31       |           | *          |              | *   |              |           |         |           |         |  |
| Chicken Fingers                    | 3            | 430      | 25            | 2                 | 0             | 37.5             | 1245        | 25.5             | 3         | 4.5        | 30          | 0             | 0             | 3           | 7        |           |            |              | *   | *            |           |         |           |         |  |
| Butter parm pasta                  | 1serv        | 780      | 52            | 31                | 0             | 137              | 89          | 64               | 3.2       | 0          | 12.5        | 41            | 0             | 9           | 23       |           | *          |              | *   |              |           |         |           |         |  |
| Battered Fish                      | 1            | 310      | 24            | 1.8               | 0             | 28.5             | 339         | 17.25            | 0.43      | 1          | 11          | 0             | 0             | 3           | 9        |           |            | *            | *   | *            |           |         |           |         |  |
| Pasta Marinara                     | 1 serv       | 440      | 6.6           | 0.6               | 0             | 0                | 638         | 80               | 5.7       | 10         | 13.7        | 44            | 57            | 6.5         | 30       |           |            |              | *   |              |           |         |           |         |  |
| Pasta butter parm                  | 1 serv       | 780      | 52            | 31                | 0             | 137              | 89          | 64               | 3.2       | 0          | 12.5        | 41            | 0             | 1           | 23       |           |            |              | *   |              |           |         |           |         |  |
| Grilled Cheese                     | 1            | 410      | 14.5          | 9.5               | 0.3           | 41               | 816         | 50               | 4         | 2          | 16          | 13            | 0             | 18          | 10       |           |            |              | *   |              |           |         |           |         |  |
| Grilled Chicken                    | 1            | 200      | 9             | 1                 | 0             | 96.5             | 586         | 0                | 0         | 0          | 18          | 0             | 0             | 1           | 4        |           |            |              |     | *            |           |         |           |         |  |
|                                    |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
|                                    |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
| Honey garlic wings                 | 4            | 530      | 31.5          | 5.75              | 0.15          | 108              | 916         | 37               | 1.35      | 20         | 21.6        | 0             | 0             | 3           | 18       |           |            |              | *   | *            |           |         |           |         |  |
| Sub caesar                         | 1            | 310      | 28            | 3.85              | 0             | 29.5             | 607.5       | 6.7              | 0         | 0          | 7           | 28            | 11            | 6           | 8        | *         | *          |              | *   | *            |           | *       |           |         |  |
| Super Sundae                       | 1            | 250      | 9             | 5                 | 0.15          | 21               | 101         | 40               | 1.25      | 26         | 1           | 6             | 0             | 4           | 31       |           | *          |              | *   | *            |           |         |           |         |  |
| Fries                              | 8 oz         | 350      | 13.6          | 0.5               | 0             | 0                | 827         | 53.4             | 5.3       | 0          | 5.3         | 0             | 0             | 2           | 7        |           |            |              | *   |              |           |         |           |         |  |
| Kinder surprise                    | 1            | 110      | 7             | 5                 | 0             | 0                | 30          | 11               | 0         | 10         | 2           | 0             | 0             | 7           | 0        |           | *          |              |     |              |           |         |           |         |  |
| Ice cream                          | 4 oz         | 120      | 6             | 3.5               | 0.2           | 0                | 40          | 17               | 1         | 1          | 1           | 0             | 0             | 2           | 0        |           | *          |              |     |              |           |         |           |         |  |
| Cheese pizza                       | 1            | 220      | 12            | 4.4               | 0             | 20               | 708         | 16.4             | 5.5       | 6          | 14          | 31            | 33            | 7           | 7        |           | *          |              | *   |              |           |         |           |         |  |
| Desserts                           |              |          |               |                   |               |                  |             |                  |           |            |             |               |               |             |          |           |            |              |     |              |           |         |           |         |  |
| Crabby Apple Crumble               | 1            | 500      | 12.75         | 4.75              | 0.1           | 13               | 121         | 92               | 4.5       | 62         | 4           | 3.5           | 0             | 8           | 2        |           | *          |              | *   | *            |           |         |           |         |  |
| Birthday Dessert                   | 1            | 340      | 11            | 6                 | 0.2           | 26               | 125         | 60               | 2         | 41         | 2.1         | 7.5           | 0             | 5           | 56       |           | *          |              | *   | *            |           |         |           |         |  |
| Ice cream                          | 3 fl oz      | 60       | 3             | 2                 | 0.1           | 10               | 20          | 9                | 0.5       | 5.3        | 0.27        | 3             | 0             | 2           | 0        |           | *          |              |     |              |           |         |           |         |  |
| Birthday dessert                   | 1            | 340      | 11            | 6                 | 0.2           | 26               | 125         | 60               | 2         | 41         | 2           | 7.5           | 0             | 89          | 56       |           | *          |              | *   |              |           |         |           |         |  |
| Whipped Cream                      | 1 oz         | 20       | 1.5           | 1                 | 0             | 6                | 10          | 1                | 0         | 0.5        | 0           | 1.5           | 0             | 0           | 0        |           | *          |              |     |              |           |         |           |         |  |



[illegible]

| Age Group | Percentage |
|-----------|------------|
| 18-24     | 35%        |
| 25-34     | 25%        |
| 35-44     | 15%        |
| 45-54     | 10%        |
| 55-64     | 8%         |
| 65-74     | 5%         |
| 75-84     | 3%         |
| 85+       | 2%         |

Rows labelled 'incl ...' are live sums of component rows.

One descriptor throughout: 'incl' for what IS in the figure, 'no ...' for what is not.

The old variants ('with sauce', 'and sauce', '/sauce', ' ', '4oz sauce') have been retired.

Allergens on plate rows are the union of their components, formula driven.

Burgers, sandwiches and steaks deliberately not combined - the side is a guest choice.