

JOEY NUTRITION REPORT

Item Name	Modifications	Serving Size (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Daily Calorie and Sodium Requirements - Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and Seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)												
To Start												
Blue Cheese Fries	Shared between 2	338	1330	103	38	1.5	195	1080	75	8	2	18
		169	670	52	19	0.5	100	540	37	4	1	9
Chili Chicken	Shared between 2	148	270	10	1	0.1	35	450	28	1	13	17
	baked no breading	260	370	5	1	0	80	790	44	1	26	34
	Baked no breading shared by 2	130	180	3	0	0	40	390	22	0	13	17
	No wontons sub rice shared by 2	248	295	9	1	0.1	40	685	35	1	13	17
Gyoza	Shared between 2	206	490	32	7	0	55	1340	30	2	7	16
		103	250	16	4	0	30	670	15	1	4	8
Hibachi Wings & Parmesan Dip USA	Shared between 2	207	650	47	12	0.2	285	1440	5	1	1	48
	No dip shared by 2	184	520	34	10	0.2	275	1310	5	1	0	47
Hot Wings & Blue Cheese Dressing	Shared between 2	128	530	39	9	0.4	185	980	1	0	1	42
	No blue cheese sauce	110	420	27	8	0.3	170	820	0	0	0	41
Hummus	Shared between 2	415	1250	81	14	0.2	25	1850	105	7	10	20
		207	630	40	7	0.1	10	920	52	3	5	10
Korean Fried Cauliflower	Shared between 2	125	230	14	1	0	0	450	24	2	10	3
Lettuce Wraps - Prawn	Shared between 2	541	1160	72	8	0.1	210	1870	81	5	28	39
		270	580	36	4	0.1	105	940	41	3	14	20
Lettuce Wraps - Crispy Tofu	Shared between 2	551	1060	71	8	0.1	10	1680	74	5	28	28
		275	530	35	4	0.1	5	840	37	3	14	14
Lettuce Wraps - Fried Chicken	Shared between 2	541	1090	63	7	0.2	95	1760	79	5	28	46
		270	550	31	4	0.1	45	880	40	3	14	23
Nachos	Shared between 3	697	1530	81	33	1.5	190	3250	143	21	10	76
		232	510	27	11	0.5	65	1625	48	7	3	25
Sliders Royale	Shared between 2	160	480	34	9	1	65	795	29	2	9	19
	One slider	107	320	22	6	0.3	43	530	19	1	6	13
Yam Fries & Truffle Lemon Aioli	Shared between 2	124	520	39	4	0.1	10	470	40	5	12	3
	No parmesan or lemon mayo shared between 2	101	350	20	2	0.1	0	310	40	5	12	2
	No salt on fries shared between 2	123	520	39	4	0.1	10	370	40	5	12	3
Crispy Chicken Strips	Shared between 2	1023	3090	145	21	2	620	2820	255	8	25	176
		512	1540	73	10	1	310	1410	127	4	12	88
Crispy Chicken Strips and Fries	Shared between 2	1155	3500	166	24	2	620	2890	303	13	25	181
		577	1750	83	12	1	310	1440	152	7	12	90
		309	970	58	6	0.2	60	1480	73	5	14	31
5 Spice Ribs	Shared between 2	293	1240	83	31	0.5	295	570	1	0	0	78
		147	620	42	15	0.3	145	290	0	0	0	39
Truffle Parmesan Fries	Shared between 2	99	400	30	5	0.1	15	520	25	3	0	6
	No tarragon remoulade shared between 2	78	250	14	3.5	0.1	10	260	24	3	0	6
Ceviche		268	310	13	2	0.1	115	1430	25	2	7	22
Ahi Tuna & Shrimp Ceviche		359	460	13	2	0	115	1200	62	7	15	31
Ahi Tuna Poke		233	360	22	2.5	0	35	940	21	6	6	21
Roasted Corn Guacamole		339	680	35	4	0.1	5	1360	90	17	7	17
Crab Cake		280	700	58	6	0.1	140	1450	20	3	7	18
Harrisa Prawn		113	280	21	9	1	190	1020	3	0	0	18
Lobster Roll		129	360	23	3.5	0.2	70	770	27	2	6	12
Mini Crispy Chicken Sandwiches		473	1150	60	7	0.5	55	1930	114	5	15	35
Sushi	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Osaka Style Pressed Salmon Sushi		217	400	16	2	0	40	1350	46	2	8	17
Sushi Cone	With soy sauce	98	220	12	1	0	35	270	23	2	1	6
		128	240	12	1	0	35	1380	24	2	1	8
Tuna Poke Cone	1 cone	105	190	7	1	0	10	640	26	2	5	7
Pacific Roll		294	490	21	3	0	30	1390	58	7	8	20
Buttered Crab Roll		190	470	32	9	0	90	1910	34	1	5	11
Crispy Tuna Roll		261	500	23	2	0	30	1230	59	6	9	14
Starter Salad	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Caesar Salad Starter/Side	with rotisserie chicken	130	200	17	3.5	0.1	20	470	8	2	2	5
		234	430	29	6	0.2	105	1090	10	3	2	32
House Salad Starter		172	270	21	4	0.1	10	430	16	3	10	6
The New Cobb Starter/Side		110	220	20	3	0	10	340	8	2	1	4

Entrée Salad	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
		255	390	34	7	0.3	35	920	14	4	3	9
Caesar Salad	No dressing, cheese or crouton with grilled chicken	175	30	0.5	0.1	0	0	15	6	3	2	2
		328	560	44	9	0.3	90	1110	14	4	3	26
Katsu Crispy Chicken Peanut Salad		402	650	34	6	0.3	125	1960	49	5	15	32
	No dressing	322	500	26	5	0.2	125	630	35	4	5	30
The New Cobb		432	820	65	12	0.2	300	1600	21	4	5	38
Yellowfin Tuna Salad		400	640	43	6	0.1	30	1040	45	7	23	24
	No dressing	340	470	30	3.5	0.1	30	410	30	6	11	23
		439	860	69	9	1	75	1440	39	9	20	30
Beach Salad	No chicken	359	670	58	7	1	15	1380	38	9	20	11
	No dressing	369	450	27	6	0.1	75	1180	29	8	12	30
Grilled Caesar Salad		366	550	37	11	0.3	60	3140	34	9	11	23
	No dressing	295	450	32	9	0.2	45	1930	28	8	9	16
		395	640	30	4	0	100	2440	52	6	17	46
Mercado Salad	No dressing	350	480	18	2	0	100	2260	39	6	5	46
		542	870	55	10	0.2	260	3440	49	6	18	35
Nicoise Salad	No dressing	482	620	30	7	0.2	260	2810	41	6	11	35
		343	540	42	8	0.2	15	850	32	5	19	12
House Salad	No dressing	283	280	17	5	0.2	15	220	24	5	13	12
Healthy options	Subtract for no skin on rotisserie chicken	113	220	8	3	0	95	660	2	0	0	32
Sandwich & Burgers		Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Listed as just sandwich with no sides												
Ahi Tuna Club		344	970	56	9	0.4	115	2190	70	4	22	44
		535	1390	81	12	0.2	150	1520	127	13	5	40
Baja Fish Tacos	No cheese, no goddess	477	1130	56	4.5	0.2	105	1170	126	13	5	32
	panfried fish	488	1030	66	11	0.1	150	1320	79	11	4	32
	Grilled chicken breast no fish	439	1080	72	12	0.1	90	1000	76	11	3	35
Baja Fish Tacos (New - 2 tacos)		373	890	51	9	0.1	95	1040	74	8	3	34
	No cheese, no goddess	334	710	34	3	0.1	70	790	73	8	3	29
Baja Cauliflower Tacos (New 2 tacos)		395	800	57	8	0.5	25	1440	63	11	7	14
Butcher's Sandwich		606	1240	56	14	0.1	115	3110	109	11	3	52
California Chicken Sandwich		300	920	65	14	0.3	140	1720	38	3	1	44
		348	840	55	12	1	125	1210	48	2	14	41
	with cheese	362	910	62	17	1	145	1770	48	1	13	46
Hand Pressed Burger	with cheese & bacon	401	1080	77	21	1	180	2210	50	1	14	52
	with cheese & mushrooms	462	1060	76	18	1	145	1900	51	2	15	49
	with cheese, bacon & mushrooms	500	1220	91	23	1	180	2340	53	2	16	55
		309	480	33	10	0.5	100	730	11	2	7	34
	with cheese	337	560	40	14	1	120	1290	12	2	7	40
Protein Style Burger	with cheese & bacon	350	610	45	16	1	130	1390	12	2	8	41
	with cheese & mushrooms	437	700	54	15	1	120	1420	15	3	9	42
	with cheese, bacon & mushrooms	450	760	59	17	1	130	1520	15	3	9	44
		351	750	48	11	0.3	35	1500	57	5	15	28
	with cheese	379	830	55	16	0.5	55	2060	58	5	15	33
Impossible Burger	with cheese & bacon	392	890	60	17	0.5	65	2170	59	5	15	35
	with cheese & mushrooms	479	970	69	17	0.5	55	2200	61	6	16	36
	with cheese, bacon & mushrooms	491	1030	74	18	0.5	65	2300	62	6	16	37
Veggie Burger	with peanut kale side salad	527	1310	95	14	1	35	2810	86	12	18	24
Veggie Burger US		439	1030	76	10	0.5	20	1720	72	10	10	18
Crispy Chicken Sandwich		378	1070	73	10	1	125	2980	63	4	16	46

Mains (Listed as complete dish)	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
BBQ Salmon Bowl	White rice	554	790	50	6	0.1	40	2360	61	4	23	26
	Brown rice	554	940	52	6	0.1	40	1950	90	7	24	29
Ahi Tuna Poke Bowl		499	750	31	6	0	30	2000	83	4	13	29
Ahi Tuna Poke		233	780	34	6	0	30	2090	84	4	13	29
Crispy Tofu Bowl		461	520	24	2.5	0	0	1330	58	4	11	16
Roasted Peanut Curry Noodle Bowl		592	1190	60	22	0.1	160	2920	122	7	15	41
Chicken Teriyaki Rice Bowl		504	580	30	3.5	0.1	50	1660	53	4	20	24
Teriyaki Vegetable Rice Bowl		584	570	28	2.5	0.1	0	1960	65	6	28	12
Mediterranean Bowl		547	790	46	10	0.2	75	1450	57	12	14	29
Butter Chicken with Premade Naan and Papadam	6 1/4 oz chicken	615	1170	44	10	0.5	145	2490	133	6	16	56
	No naan (Gluten wise)	565	1020	41	10	0.5	140	2030	108	5	14	51
	8 oz chicken	648	1220	45	11	0.5	175	2510	133	6	16	67
	No naan (Gluten wise)	598	1070	41	10	0.5	170	2060	108	5	14	62
Bombay Butter Tofu		548	1030	41	10	0.5	45	2400	138	6	16	24
	No naan (Gluten wise)	498	870	37	9	0.5	40	1950	114	5	14	19
Sake Glazed	Sablefish	489	640	40	6	0.1	80	1940	40	4	17	29
	Seabass	501	490	19	2	0.1	75	1580	41	4	17	38
Spaghetti Pomodoro		543	940	44	16	1	70	1230	105	6	17	31
	With garlic prawns	611	1060	51	17	1	205	1940	106	6	17	45
	Chicken Parmesan	671	1290	63	20	1.5	195	1860	123	7	17	58
Chicken Parmesan & Spaghetti NEW		659	1270	61	19	1.5	185	1850	122	7	17	58
Herb Crush Salmon with Mashed Potatoes & Vegetables		541	950	64	27	1.5	190	1840	53	9	8	45
Truffle Ravioli		393	890	59	33	2.0	295	1760	60	2	5	32
Steak & Black Truffle Ravioli		443	780	44	24	1.5	270	1620	42	2	4	52
Oven Roasted Cod		525	920	49	18	0.2	95	1870	85	6	12	35

Steak & Sushi	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Steak & Pressed Salmon Sushi		444	790	34	6	0.2	130	3440	57	3	11	54
Steak & Sushi Cones 5.5 oz & salt + pepper		423	740	34	6	0.3	145	4210	54	5	4	50
Steak & Sushi Cones 5 oz	no salt and pepper	410	720	33	6	0.3	140	3550	53	4	4	47
Steak & Tuna + Avocado Roll 5.5 oz		493	880	41	7	0.3	160	3970	68	6	14	55
Steak & Tuna + Avocado Roll 5 oz		483	860	40	7	0.3	150	3960	68	6	14	52
Steaks (Listed as steak only)	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
7 oz Sirloin	Mashed potatoes GF	150	350	20	9	0.5	120	500	2	1	0	40
	No seasoning on steak	376	620	33	16	0.5	145	1250	38	4	2	45
		147	350	19	9	0.5	120	160	1	0	0	40
12 oz New York Steak		251	700	44	20	2	195	550	2	1	0	71
	No seasoning on steak	249	700	43	20	2	195	200	1	1	0	70
12 oz Peppercorn New York Steak		367	950	61	31	2.5	250	1250	12	4	2	72
	No seasoning on steak	365	950	61	31	2.5	250	910	11	3	2	72
20 oz Bone-In Ribeye		451	1430	109	45	0.5	430	880	2	1	0	104
	No seasoning on steak	449	1425	109	45	1	430	540	1	1	0	104
Fillet Mignon		147	400	23	13	1	125	500	2	1	0	41
	No seasoning on steak	145	390	23	12	1	125	160	1	0	0	41
Steak Frites	6 oz top sirloin, 7 oz fries	336	850	48	12	0.5	110	1790	57	8	5	45
	No seasoning on steak	334	840	48	12	1	110	1460	56	7	5	45
What comes with your steak												
Fully Loaded Crispy Mashed Potato		201	520	36	8	0.4	35	680	41	3	3	9
Grilled asparagus	see seasonal veg below											
Dessert	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Individually Baked Apple Pie with Gelato	shared between 2	192	305	12	6	0.2	23	165	54	2	36	3
Individually Baked Apple Pie with Ice Cream	shared between 2	222	360	15	7.5	0.3	43	145	60	4	45	5
Key Lime Pie	shared between 2	141	455	29	18	1	188	330	40	1	28	7
Molten Chocolate Cake with Gelato	shared between 2	130	395	25	15	0.75	168	220	41	3	34	6
Molten Chocolate Cake with Ice Cream	shared between 2	135	430	27	16	1	190	225	43	3	37	6
1 Scoop Maple Ice Cream		131	410	25	14	0.1	295	200	36	0	33	5
1 Scoop Vanilla Ice Cream		130	410	26	16	0.2	295	210	36	2	32	5
Warm Italian Donuts		198	640	37	20	0.1	155	470	63	0	30	10
Strawberry Crème Brûlée Cheesecake		251	690	48	30	1	235	290	54	2	46	8
Butter Cake		329	860	35	21	1	185	420	128	2	102	13
Affogato Sundae		140	310	15	9	0.3	80	130	40	1	34	4
Seasonal Veg	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Grilled Asparagus	Entrée portion	98	100	9	3	0.3	10	260	4	2	2	2
	Side	126	100	9	3	0.3	10	260	5	2	2	3
	Side	179	160	15	2	0	0	8	7	2	4	2
Sides		Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Marinated Chicken Breast no skin		62	130	6	0.5	0	50	190	0	0	0	19
Marinated Chicken Breast with skin		63	150	9	2	0	50	180	0	0	0	15
Coleslaw		131	210	18	2.5	0	20	380	9	2	6	3
Crispy Mashed Potato fully loaded		201	520	36	8	0.4	35	680	41	3	3	9
Crispy Mashed Potato no toppings		159	430	28	4.5	0.1	10	490	38	3	1	6
Garlic Bread		98	330	20	13	1	50	510	31	3	0	5
Grilled Asparagus		126	100	9	3	0.3	10	260	5	2	2	3
Grilled Prawn Skewer		92	160	11	6	0.5	155	610	2	0	0	14
Mashed Potatoes		227	270	13	6	0	25	750	37	4	2	5
Brown Rice		227	270	2	0.4	0	0	180	57	3	0	6
Roti Chicken (3.5oz)		91	201	10	1.75	0.2	75	620	3	1	0	25
Side Aromatic Rice		198	290	4	2.5	0.2	10	540	59	2	0	5
Side Fries CAN		139	450	23	4.5	0	0	1610	55	5	3	5
	With ketchup	169	485	23	4.5	0	0	1850	63	6	11	5
	No salt on fries	137	450	23	5	0	0	719	55	5	3	5
Side Fries US		149	570	35	6	0.1	0	890	57	5	0	5
	With ketchup	209	650	39	8	0.1	10	1670	64	6	3	8
	No salt on fries	147	565	35	6	0.1	0	550	56	5	0	5
Side Naan Bread Premade		70	220	9	3	0.2	15	590	31	1	2	5
Side Papadam		10	35	0.1	0	0	0	140	6	0	0	2
Side Salmon (3 oz)		69	100	5	1	0	50	310	1	0	0	13
White Rice		227	130	0.3	0.1	0	0	590	28	0	0	3
Yam Fries with lemon mayo		247	1040	78	7	0.2	20	940	81	9	24	6
	No salt on fries	247	1040	78	7	0.2	20	740	81	9	24	6
	With ketchup	277	1080	78	7	0.2	20	1190	90	9	31	6

Dressings, Sauces & Butters	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Au Jus 1 fl oz		30	5	0.1	0	0	0	230	0	0	0	0.2
Coleslaw Dressing 1 fl oz		30	130	12	1.5	0	15	240	3	0	2	1
Blue Cheese Butter		16	70	6	4	0.3	15	140	2	0	1	1
Blue Cheese Dressing 1 fl oz		30	150	15	1.5	0	15	210	1	0	1	1
Blue Cheese Sauce 1 fl oz		30	110	12	5	0.2	30	110	1	0	0	1
Buerre Blanc 1 fl oz		30	150	16	10	0.5	45	115	1	0	0	0.3
Lemon Caper Caesar Dressing 1 fl oz		30	150	15	2.5	0	15	390	1	0	0	2
Chili Lime Dressing 1 fl oz		30	90	6	1	0	0	320	7	0	6	0.3
Chipotle Mayo 1 fl oz		30	160	18	1.5	0	15	390	1	0	1	0.4
Cilantro Emulsion 1 fl oz		30	160	17	1	0.1	0	150	3	0	2	0.1
Drunkin Ginger Vinaigrette 1 fl oz		30	130	12	1	0	0	280	5	0	4	0.4
French Vinaigrette 1 fl oz		30	150	17	2	0.1	0	210	1	0	0	0.3
Garlic Butter 1 fl oz		30	180	20	13	1	50	140	2	0	0	1
Garlic Chili Sauce 1 fl oz		30	80	5	0.5	0	0	560	6	0	4	1
Green Goddess Sauce 1 fl oz		30	150	16	2	0	15	170	1	0	0	1
Hoisin Glaze 1 fl oz		30	60	0.1	0	0	0	700	13	0	11	1
Ketchup 1 fl oz		30	35	0	0	0	0	240	8	1	8	0.4
Lemon Mayo Aioli 1 fl oz		30	220	25	2	0	10	200	0	0	0	0.5
Mushroom Peppercorn Sauce	With truffle oil	31	227	26	2	0	10	200	0	0	0	1
Oil & Balsamic Vinegar 1 fl oz		60	80	4	2	0	10	780	7	1	3	3
Parmesan Dip USA 1 fl oz		30	150	15	2	0	0	4	3	0	2	0.1
Peppercorn Sauce 1 fl oz		30	170	18	2	0	20	150	1	0	0	1
Ponzu Sauce 1 fl oz		30	60	4.5	3	0.1	15	180	3	1	1	0.3
Sour Cream 1 fl oz		30	15	0	0	0	0	420	2	0	0	1
Soy Chili Sauce 1 fl oz		30	50	4.5	2.5	0	15	25	2	0	2	1
Soy Chili Sauce US 1 fl oz		30	250	27	2	0.1	0	140	1	0	0	0.3
Soy Sauce 1 fl oz		30	110	9	1.5	0	0	1070	4	0	0	1
Low Sodium Soy Sauce 1 fl oz		30	20	0	0	0	0	1690	2	0	0	3
Spicy Aioli/ Spicy Mayo 1 fl oz		30	20	0	0	0	0	1110	2	0	0	2
Srirachi Hot Sauce 1 fl oz		30	200	22	2	0	10	240	1	0	1	0.4
Teriyaki Glaze 1 fl oz		30	30	0	0	0	0	600	6	0	6	0
Truffle Oil 1 fl oz		30	40	0	0	0	0	730	9	0	6	1
Valentina Hot Sauce 1 fl oz		30	170	19	4.5	0	0	1	0	0	0	0
Yogurt 1 fl oz		30	0	0	0	0	0	380	0	0	0	0
		30	30	1.5	1	0	5	20	3	0	2	1
Miscellaneous	Modifications	Grams/Serving	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Baked Garlic Croutons (5 croutons)		10	30	1.5	1	0.1	5	45	4	0	0	1
Cheddar		28	113	10	6	0.3	30	200	0	0	0	7
Fried Gyoza		27	90	2.5	0.2	0	0	115	15	0	1	3
Parmesan Cheese		4	15	1	0.5	0	5	25	0	0	0	1
Roti Spice		1.6	5	0.1	0	0	0	200	1	0	0	0.1
Salt 1/2 tsp		2.3	0	0	0	0	0	891	0	0	0	0
Salt and Pepper Mix		0.5	0	0	0	0	0	130	0	0	0	0
Soy Chicken		100	150	1.5	0	0	0	430	4	1	1	28
Steak Spice		2.5	5	0.2	0	0	0	340	1	0	0	0.2