Crabby Joe's Nutritional and Allergen Information - Food & Beverages

		Nutrition Information														Allergens								
2020 OCTOBER	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																								
Tomato & Red Pepper Bisque with Gouda	10 fl oz	440	31	13	0.4	50	1060	20	4	15	9	2	20	15	6		*		*	*				
Tomato & Red Pepper Bisque with Gouda	8 fl oz side	350	24	10	0.3	35	830	16	3	12	7	2	15	10	4		*		*	*				
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		*	*	*	*				
Cream of Asparagus	10 fl oz	187	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		*		*	*				
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		*	*		*				
Cream of mushroom	10 fl oz	187	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	88	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	113	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	138	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	138	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	175	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		*		*	*				
Loaded Baked Potato	10 fl oz	270	18	9	0.4	45	930	20	1	1	7	0	2	15	4	*	*		*	*				
Loaded Baked Potato	8 fl oz	210	14	7	0.3	35	720	16	1	1	6	0	2	10	4	*	*		*	*				
Split Pea wtih 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 wtih 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					*				
Nine Veg Moroccan	10 fl oz	225	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				*	*				
Crackers	20g	90	2	0.3	0	0	230	15	1	0	2	0	0	0	0.8					*			*	
SALADS																								
Caesar - Regular	1 serv	790	75	8.8	0	74	1256	16	0	0	14	68	25	20	21	*	*	*		*	*			*
Caesar - Small	1 serv	370	35	3.6	0	31.6	417	10	0	0	4.4	48	19	16.5	13	*	*	*		*	*			*
Avocado & Cashew Salad	1 serv	540	36	4.75	0	6	818	59	10.5	24.6	11.3	40	105	10	42		*	*	*	*	*		*	
Mediterranean Chicken	1 serv	560	18.6	5	0	57	1278	22.5	3	4	26	13	44	6	79		*		*					
Thai Chicken salad	1 serv	990	47.4	11	0	65	1761	118	4.5	27.5	36	36	81.5	9	49		*			*	*			
sub House Salad	1 serv	120	10	0.6	0	0	186	6	0.6	2	0.8	62	29	1.5	4									
add Grilled Chicken Breast	1serv	130	6	1	0.3	45	992	1.4	0	1	18	0	0	0	0		*		*				*	
SALAD DRESSINGS																								
Tangy Thai	2 fl oz	180	0	0	0	0	660	30	0	28	0.2	0	4	0	0									
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	280	32	4	0	20	540	4	0	0	4	0	0	16	0	*	*							
Fat Free Tuscan Italian	2 fl oz	10	0	0	0	0	560	0	0	0	0.4	8	8	0	0									
Honey Herb & Dijon Vinaigrette	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	32	2	0	40	320	4	0	0	1.6	0	0	0	0	*	*							
Balsamic	2 fl oz	200	20	1.2	0	0	340	4	0	0	0	0	0	0	0						*			
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	135	11	0	0	0	450	10	0	9	0.14	0	0	0	0									
APPETIZERS																								
Honey Prosciutto Flatbread	1serv	630	45.5	18.7	0.4	102	1571	21	8	3	35	33	37	43	8		*		*	*				
Smoky Bacon Flatbread	1 serv	390	21.6	7	0.25	40	1694	25	9.5	5	27	31	67	8	8		*		*	*			*	
Classic Poutine	1 serv	870	38.4	7	0.3	9	1060	102.5	10.4	3	15.66	1	35	8	24		*		*	*				
Crabby Combo	1 serv	1950	94.5	26	0.6	179	2160	62	3	25.5	59	45	28.5	50	30		*		*	*			*	
Buffalo Chicken Quesadilla	1 serv	1040	57	19	1	107	2344	93.5	7	20	39	19	43	60	25	*	*		*	*			*	
Calamari	1 serv	730	43	4.3	0.4	225	2204	67	25	36	19.5	0	6.5	8	15		*	*		*				*
Garlic Cheese Bread	1 serv	1950	58	16.4	4.4	48	3677	283	15.2	8	63	1	147	65	164	*	*		*	*			*	
Garlic Skillet Bread	1 serv	1750	42.2	6.8	4	0	3253	283	15.2	8	48.5	0	147	29	164	*	*		*	*			*	
Joe's Nachos	1 serv	1090	68.5	36	1.3	168	1936	71	9	17.5	50.5	40	83	130	24		*							
Add Buffalo Chicken for Joe's Nachos	1serv	270	9	2	0	35	956	32	1	10.5	13.5	1	2.5	2	10	*	*			*				
Add Guacamole	3 oz	150	12	1.5	9	9	255	9	6	1.2	1.2	0	17	0	0									
Loaded Cheese Fries	1 serv	1330	87.5	17.2	0.4	104	3716	119	8.4	5.7	28	15	26.5	13.5	19	*	*			*				
Mozza Sticks	1 serv	680	39	14	0.6	40	1500	54	0	14	26	30	0	60	20		*		*	*				
Spinach Goat Cheese Dip	1 serv	820	70	23	2	120	1311	21.5	8	0	19	60	12	21	6		*		*	*			*	
Fried Pickles	6 Pickles, add Ranch	250	14.6	1	0	0	1057	25	2.3	3.4	3.4	4.5	4	2	4	*	*			*				
Ranch	2 fl oz	280	32	2	0	40	320	4	0	0	1.6	0	0	0	0	*	*							
		Nutrition Information														Allergens								

2020 OCTOBER	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
LARGE SIDES																								
Gourmet Onion Rings	16 oz, add Ranch	790	48	10	0	10	2500	149	7	250	9	0	0	4.5	14		*			*				
Ranch	2 fl oz	280	32	2	0	40	320	4	0	0	1.6	0	0	0	0	*	*							
Sweet Potato Fries	12oz, add Ancho Chipotle Sauce	710	33.5	1	0	0	1120	98	12	40	4	240	24	0	8									
Ancho Chipotle Sauce	2 fl oz	220	16	3	0	10	560	14	0	0	1	0	0	0	0									
Fries	16 oz	760	34	3	0.2	0	2484	220	8	3.2	10	0	17	3	17									
SANDWICHES & TACOS																								
Buffalo Chicken	1, add side	1130	67	19	1.6	133	4413	110	4.5	16	53.5	12	22	59	41	*	*		*	*			*	
Clubhouse	1, add side	820	33.3	14	0	126.5	3034	80	6.7	4.5	45.4	17	17	2	52	*	*			*				
Avocado Chicken Club	1, add side	760	43	3.7	1	55	1751	69	9.6	5	30.4	5	38	4	32		*		*	*			*	
Steak Sandwich	1, add side	1310	40.6	11.3	0.25	132	2719	170	5	25	60	0	61	17	100		*		*	*			*	
Cajun Fish Tacos	1, add side	570	47	6	0.6	97.5	1328	43.5	10	10	29	16	80	16	26			*		*				
Nashville Chicken Tacos	1, add side	800	35	4.7	0.4	60	3540	94.5	10	24	41	14	51	13	18	*	*			*				
BURGERS																								
The Classic	1, add side	730	37	10	1.5	130	1075	48	3	1.75	40.5	3	30	9	46					*				
Cheddar on Cheddar	1, add side	850	464	16	1.7	160	1264	48	3	1.75	46	10	28	3	46		*			*				
Bacon and Cheddar	1, add side	930	53	18	1.7	177	1633	48	3	1.75	52	10	28	14.5	47		*			*				
Texas Crunch	1, add side	1070	57	16.5	1.6	172	2163	70.5	4	9.5	55	4	8	16	48		*			*				
Mushroom Mozza	1, add side	900	52.5	16.5	1.7	119	1709	72	2.5	8	49	20	11.5	37	47.5		*		*	*				
The Big Joe	1, add side	1240	61	19	1.7	177	2443	103	5	21	57	10	28	26.5	51		*		*	*				
Edgy Veggie	1, add side	690	28	3.5	0.15	25	1186	70	11	7.4	38	12	55.5	20	107	*	*		*	*				*
BURGER & SANDWICH SIDES																								
Sub House Salad	1 serv	120	10	0.6	0	0	186	6	0.6	2	0.8	62	29	1.5	4									
Fries	8 oz	380	16.75	2	0.1	0	1242	55	4	1.6	5	0	0	1.5	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		*		*	*				
Sub Sweet Potato Fries	6 oz, incl. sauce	570	33.6	3.5	0	10	1120	62	6	20	3	120	12	0	4	*	*							*
Tomato & Red Pepper Bisque with Gouda	8 fl oz side	350	24	10	0.3	35	830	16	3	12	7	2	15	10	4		*		*	*				
Sub Caesar Salad	1 serv	260	23.6	2.5	0	23	317	7	0	0	3.6	29	11.5	10	7	*	*	*		*				*
Sub Onion Rings	8 oz, incl. sauce	610	35	4.5	0	30	1170	75	3.5	123	5.7	0	0	2	7	*	*			*				
Baked Potato	1 serv	210	5.6	0.4	0	0	1140	37	4	3	4	0	28	2	14									
Sub Loaded Baked Potato	1 serv	370	14.5	7	0.1	40.5	365	36	3.6	5	13.6	10	38	8	5		*							
Sub Mashed Potatoes	6 oz	230	8.4	1.8	0	6	600	33.6	2.4	3.6	5	2	12	2	5		*							
PASTA																								
Chicken Parmesan	1 serv	1350	77.5	17	1	80.5	3524	118	7	11.7	49	50	60	45	45		*		*	*			*	
Penne Rustic	1 serv	960	59	10	1	10.25	763	84	8.5	3.4	21	22	98	20	45		*		*	*			*	
Add Shrimp	6pcs	360	18	2.7	1	145	554	2.5	0.2	0.2	19	6	4	4	15		*	*	*	*			*	
add Grilled Chicken Breast	1serv	130	6	1	0.25	45	992	1.4	0	1	18	0	0	0	0		*		*				*	
Wicked Chicken & Shrimp Penne	1 serv	810	24.3	4.2	0	195	1516	84	6	11.6	52	14	171	15.5	42		*	*		*				
BOWLS																								
Quinoa Power Bowl	1 serv	700	50	8.3	0.7	15	239	57.6	22	10.7	16	19	74	10	20	*	*		*				*	
Cashew Chicken	1 serv	1010	35	9.3	0	62	2064	147	8	37	44	13.5	319	10.5	61					*	*			
Mayan Shrimp Bowl	1 serv	680	39	4	0.5	155	977	55	10.3	8.7	26	13	82	8	40	*	*	*	*	*			*	*
WINGS & CHICKEN																								
Chicken Wings	10	1390	60	16	0	208	800	20	0	14	67	2	3	4	24					*				*
Chicken Wings	20	2770	120	32	0	416	1600	40	0	28	133	3.5	6.5	8	49					*				*
Chunky Blue Cheese	2 fl oz	280	32	4	0	20	540	4	0	0	4	0	0	16	0	*	*							
Chicken Fingers (add plum sauce)	5pcs, add side	540	24.5	2	0	87	1450	49	0	32.3	0	0	6	28.5		*	*		*	*				
Plum Sauce	2 fl oz	120	0	0	0	0	200	32	0	30	0.2	6	0	0	0									
Fries	8 oz	380	16.75	2	0.1	0	1242	55	4	1.6	5	0	0	1.5	8.5									
Buffalo Chicken Fingers(add wing sauce)	5pcs, add side	540	24.5	2	0	87	1450	49	0	32.3	0	0	6	28.5		*	*		*	*				
WING SAUCES & CRUDITE																								
BBQ	2.5 fl oz	130	0	0	0	0	560	24	0	20	0.6	0	0	0	0									*
Medium Wing	2.5 fl oz	90	0	0	0	0	500	16	0	14	0.6	0	0	0	0									
Hot	2.5 fl oz	10	0	0	0	0	2000	2	0	0	0.6	0	0	0	0									
Ghost Pepper	2.5 fl oz	10	0	0	0	0	2580	12	0	10	0.2	0	0	0	0									
Honey Garlic	2.5 fl oz	150	0	0	0	0	200	28	0	26	0.2	0	0	0	0				*					
Sweet Thai Chili	2.5 fl oz	150	0	0	0	0	330	16	0	14	0.1	0	2	0	0									
Nashville Hot Sauce	2.5 fl oz	80	0	0	0	0	435	28	0	26	0.2	0	0	0	0				*					
Fire & Ice	2.5 fl oz	80	0	0	0	0	435	28	0	26	0.2	0	0	0	0				*					
Butter	1oz	200	24	10	0	40	112	0	0	0	0	132	0	4	0		*							
Carrot and Celery sticks	4 each	10	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	1.3	0.4	0.35	0.1	7.5	1.1	0.75	0.35									
RIBS																								
Full Rack	1, Add side	1100	51	18	0.3	210	2560	101	0	90	54	6	6	12	24									*
Half Rack	1, Add side	610	25.5	9	0.15	105	1560	64.5	0	57	27	3	3	6	12									*
Rib and Wing Combo	1, add side	1280	71	21	0.15	265	2160	79.5	0	67.5	77	4.5	5.5	9	30					*				*
Fries	8 oz	380	16.75	2	0.1	0	1242	55	4	1.6	5	0	0	1.5	8.5									
Creamy Coleslaw	2 fl oz	90	5	0.75	0	0	265	9	2	6.5	0.5	1	35	3	1		*				*			*
Medium Wing	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																								
10 oz. New York Strip	1, add side & Veg	670	37	16.5	0	193	309	0	0	0	76	3	0	2	50	*	*							*
7 oz. Top Sirloin	1, add side & Veg	460	32.5	14	0	167	269	0	0	0	43	3	0	4	29	*	*							*
Nutrition Information																**Allergens**								

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STEAK & ENTREE SIDES																								
Broccoli & Carrots	5 oz	210	16.5	2.5	2	0	349	12.5	3.3	5	2.75	48	130	5	6		*		*					*
Asparagus Spears	5	90	8	1	0.5	0	139	3	1.4	0.3	1.7	3	18	1	4		*		*				*	
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 House Salad	1 serv	120	10	0.6	0	0	186	6	0.6	2	0.8	62	29	1.5	4									
Fries	8 oz	380	16.75	2	0.1	0	1242	55	4	1.6	5	0	0	1.5	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		*		*	*				
Sub Sweet Potato Fries	6 oz, incl. sauce	570	33.6	3.5	0	10	1120	62	6	20	3	120	12	0	4	*	*							*
Tomato & Red Pepper Bisque with Gouda	8 fl oz side	350	24	10	0.3	35	830	16	3	12	7	2	15	10	4		*		*	*				
Sub Caesar Salad	1serv	260	23.6	2.5	0	23	317	7	0	0	3.6	29	11.5	10	7	*	*	*		*				*
Sub Onion Rings	8 oz, incl. sauce	610	35	4.5	0	30	1170	75	3.5	123	5.7	0	0	2	7	*	*			*				
Baked Potato	1	210	5.6	0.4	0	0	1140	37	4	3	4	0	28	2	14									
Sub Loaded Baked Potato	1	370	14.5	7	0.1	40.5	365	36	3.6	5	13.6	10	38	8	5		*							
Sub Mashed Potatoes	6 oz	230	8.4	1.8	0	6	600	33.6	2.4	3.6	5	2	12	2	5		*							
SEAFOOD																								
2 pcs Beer Battered Fish & Chips	2 pcs., add side, slaw, tartar	510	29	2.4	0	150	970	18	0.5	0.2	50	4	0	14	26			*	*	*				
1 pc Beer Battered Fish & Chips	1 pc., add side, slaw, tartar	250	14.5	1.2	0	75	485	9	0.2	0.1	25	2	0	7	13			*	*	*				
Coleslaw	2 fl oz	90	5	0.75	0	0	265	9	2	6.5	0.5	1	35	3	1						*			*
Tartar sauce	2fl oz	270	29	4.5	0.15	26	662	2.7	0.1	2	0.5	0	0	0	0	*								
Fries	8 oz	380	16.75	2	0.1	0	1242	55	4	1.6	5	0	0	1.5	8.5									
FAJITAS																								
Grilled Top Sirloin	1 serv	1090	63	23	0.65	204	624	66	6.4	10	64	15	285	50	37.5		*		*	*			*	
Grilled Chicken	1 serv	750	36	12	0.65	93	1282	67	6.4	11	40	15	285	50	9		*		*	*			*	
KIDS																								
Burger	1, add side, beverage and Dessert	470	23	7.2	1	65	680	44	2	1	24	0	2	6	30					*				
Cheese Burger	1, add side, beverage and Dessert	530	27.5	10	1	80	775	44	2	1	27	4	2	14	30		*			*				
Cheese Pizza	1, add beverage and Dessert	420	18	7	0.3	30	900	46	3	6	18	4	10	20	25		*		*	*				*
Chicken Fingers	1, add side, beverage and Dessert	320	14.5	1.25	0	52.5	870	30	1.5	0	19.5	0	0	3	14	*	*		*	*				
Grilled Chicken	1, add side, beverage and Dessert	140	9	1	0	45	760	1	0	1	18	0	0	0	0		*							
Pasta Marinara	1, add beverage and Dessert	440	6.6	0.6	0	0	638	80	5.7	10	13.7	44	57	6.5	30					*				
Pasta Butter Parmesan	1, add beverage and Dessert	880	52	31.3	0	137	89	64	3.2	0	12.5	41	0	8.5	23		*			*				
Grilled Cheese	1, add side, beverage and Dessert	490	20.5	10	0.3	41	716	54	6	2	20	12	0	22	2					*				
Fries	8 oz	380	16.75	2	0.1	0	1242	55	4	1.6	5	0	0	1.5	8.5									
sub House Salad	1 serv	120	10	0.6	0	0	186	6	0.6	2	0.8	62	29	1.5	4									
Ice Cream	3 fl oz	90	4.5	2.6	0.2	15	30	13	0.8	8	0.4	4.5	0	3	0		*							
Kinder Surprise Egg	1	110	7	5	0	0	30	11	0	10	2	0	0	7	0		*							
DESSERTS																								
Crabby Apple Crumble	1 serv	630	33	9.5	0.1	44	76	81	6.5	60	8	4.5	0	3.5	2		*			*	*			
Funnel Fry Poutine	1 serv	670	29	12.5	0.1	40	362	94.5	1	58	3.4	3.5	50	5	30	*	*		*	*				
REESE Peanut Butter Brownie	1 serv	770	47	15	0.3	93	324	84	4.4	56	14.4	22	0	8	41	*	*		*	*	*	*		
SKOR Chocolate Toffee Cheesecake	1	955	52	28	0	214.5	552.5	110	1.3	77	12.5	20	8	11.5	7	*	*		*	*	*			
Birthday Dessert	1 serv	340	11	6	0.2	26	125	60	2	41	2.1	7.5	0	5	56		*		*	*				

CRABBY JOE'S BEVERAGES

BEVERAGES																								
		Nutrition Information														**Allergens**								
2020 OCTOBER	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
Rose Sangria	7 fl oz	190																					*	
Peach Sangria	6 fl oz	260																					*	
Strawberry Margarita	5 fl oz	160																						
Daiquiri	5 fl oz	200																						
Joe's Bellini	8 fl oz	360																						
Blueberry Mojito	5 fl oz	110																						
Grapefruit Collins	1	140																						
Classic Martini	2 fl oz	110																						
Sunset Beach	4.5fl oz	180																						
Swedish Berry	5 fl oz	220																						
Cool Blue	6 fl oz	250																						
Jolly Rancher	4 fl oz	190																						
Classic Caesar	6 fl oz	100																*						
Cucumber Minted Mule Mule	1	150																						
Moscow Mule	1	90																						
Peach Island Tea	1	170																						
Sparkling Mint Limeade	1	130																						
BEVERAGES - NON ALCOHOLIC																								

Sprite	12 fl oz	140																							
Coke	12 fl oz	140																							
Ginger Ale	12 fl oz	130																							
Diet Coke	12 fl oz	10																							
Tea	1 cup	0																							
Coffee	1 cup	0																							
Vanilla Milk Shake	1 serv	390															*								
REESE Milkshake	1 serv	780															*		*			*			
Chocolate Milkshake	1 serv	500																							
Strawberry Milkshake	1 serv	530																							

Analysis Notes:

%DV = % Daily Value based on Health Canada recommendations.
Nutrient data is calculated based on standardized Crabby Joe's recipes and build guides using nutrition data from ingredient suppliers and the Canadian Nutrient File.
Nutrient analysis software is Genesis R&D from ESHA Research.
Nutrient values are rounded based on rounding rules from Health Canada's nutrition labelling regulations.
This allergen information is based on information provided by ingredient suppliers based on Crabby Joe's standard recipes and build guides.
This chart reflects only allergens directly added to the menu item and not allergens that MAY be present due to cross-contamination in supplier facilities or Crabby Joe's restaurants.
Any deviation from standard recipes or menu items may change this information.
This information may change if ingredient suppliers change their product formulations.
Crabby Joe's restaurants are unable to guarantee that any menu item can be completely free of allergens.
Values should be considered approximations as product ingredients may vary from time to time.
Guests' that have special dietary needs or food sensitivities, should not rely solely on this information as the basis for deciding to consume a particular menu item.
Crabby Joe's Grill - Bar assumes no liability for the use of this information.
Nutritional and Allergen Information - Effective October 2020