





Nutrition Information															Allergens											
2021 SEPTEMBER	servicing 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		
<b>STEAK &amp; ENTREE SIDES</b>																										
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 Sautéed 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	*	*			*					*	
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			*								
<b>SEAFOOD</b>																										
2 pcs Beer Battered Fish & Chips	2 pcs., add side, slaw, tartar	580	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	310	14.5	1.2	0	75	485	9	0.2	0.1	25	2	0	7	13			*	*	*						
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											
<b>FAJITAS</b>																										
Grilled Steak	1 serv	810	36	13.5	0.25	130	392	56.7	6	10	61	20	285	15.5	37.5	*		*	*	*					*	
Grilled Chicken	1 serv	750	36	12	0.65	93	1282	67	6.4	11	40	15	285	50	9	*		*	*	*					*	
<b>KIDS</b>																										
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		*									
<b>DESSERTS</b>																										
Crabby Apple Crumble	1 serv	630	33	9.5	0.1	44	76	81	6.5	60	8	4.5	0	3.5	2		*		*	*	*					
Carrot Caramel Stack	1 serv	610	32	14.6	0.9	46.5	370	69	2	39.6	5.5	4	0	7	50	*	*	*	*	*	*				*	
Mudslide Mountain with Oreo® Cookie Pieces	1 serv	840	37	16.7	0.6	60	438	118.5	2.5	82	10.6	16	0	17.5	55		*		*	*	*				*	
SKOR Chocolate Toffee Cheesecake	1	960	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		*		*	*						
<b>BEVERAGES - NON ALCOHOLIC</b>																										
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															*									
Mudslide Milkshake with Oreo® Cookie Pieces	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 September 2021