

Menu Item	Calories	Fat Calories	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Total Carbs g	Fiber g	Sugars g	Protein g	Vitamin A%	Vitamin C%	Calcium %	Iron %	
Appetizers																
Appetizers																
Pizza Stix with dipping sauce	Large - 21ct	150	50	6	1	0	0	250	19	1	2	3	4	6	2	6
	Med - 21ct	110	40	4	1	0	1	105	11	1	1	2	3	3	2	4
	Small - 14ct	90	30	3	1	0	0	79	9	1	1	2	2	2	1	3
Garlic Toast w/cheese (per slice)	1 slice	160	90	10	3	0	10	316	11	1	1	5	5	0	9	2
Garlic Toast (per slice)	1 slice	110	60	7	1	0	0	198	11	1	1	2	3	0	0	1
Fried Pickles	Per 3 pc	110	0	0.5	0	0	0	930	22	2	0	3	4	0	2	4
Combo Basket	Basket	990	340	38	15	0	45	2700	135	13	17	24	15	25	50	15
Chicken Strips	Per 1 pc	200	130	14	2.5	0	35	450	1	0	1	17	0	0	2	0
	Large - 21ct	190	78	9	2	0.5	5	320	20	1	2	5	6	6	7	6
Cheese Stix with dipping sauce	Med - 21ct	130	53	6	2	0	5	149	11	1	3	4	3	5	4	4
	Small - 14ct	100	40	4	1	0	4	108	9	1	1	2	3	2	4	3
Bone-in Wings (8 each)																
Bone-in Wing plain & no dip		610	410	45	12	0	160	1010	5	0	0	48	0	0	0	15
Bone-in Happy Joe's Taco		670	670	83	18	0	170	2240	21	0	14	48	10	10	4	15
Bone-in Wings Teriyaki		660	660	83	18	0	170	2660	18	0	11	48	0	0	4	15
Bone-in Wings Sweet chili		790	750	83	18	0	170	1670	60	0	47	48	0	0	4	15
Bone-in Wings Hot		620	620	83	18	0	170	2840	9	0	56	48	0	0	4	15
Bone-in Wings Honey mustard		790	750	83	18	0	170	2360	54	3	38	51	0	0	4	15
Bone-in Wings BBQ		740	740	83	18	0	170	2740	39	0	29	48	0	0	4	15
Bone-in Wings Garlic BBQ		760	750	83	18	0	170	2840	45	0	29	48	0	0	4	15
Bone-in Wing with ranch		610	610	83	18	0	170	1490	9	0	2	48	0	0	4	15
Boneless Wings (8 oz)																
Boneless Happy Joe's Taco		530	530	60	9	0	55	2990	53	3	14	28	10	10	4	0
Boneless Wings Teriyaki		510	510	60	9	0	55	3410	50	3	11	28	0	0	4	0
Boneless Wings Sweet chili		650	540	60	9	0	55	2420	92	3	47	28	0	0	4	0
Boneless Wings Hot		470	470	60	9	0	55	3600	41	3	56	28	0	0	4	0
Boneless Wings Honey mustard		650	540	60	9	0	55	3110	86	6	38	31	0	0	4	0
Boneless Wings BBQ		590	540	60	9	0	55	3500	71	3	29	28	0	0	4	0
Boneless Wings Garlic BBQ		620	540	60	9	0	55	3590	77	3	29	28	0	0	4	0
Boneless Wing with ranch		470	470	60	9	0	55	2240	41	3	2	28	0	0	4	0
Boneless Wing plain & no dip		470	200	22	3	0	45	1770	37	3	0	28	0	0	0	0
Boneless Wings, Bone-in Wings																
Added calories for Ranch dip	(1oz)	110	100	11	2	0	10	90	1	0	1	1	0	0	2	0
Beverages																
Beer																
Angry Orchard Crisp Apple Hard Cider	355 ml	210	0	0	0	0	0	10	30	0	24	0	0	0	0	0
Bud Light	12 oz	110	0	0	0	0	0	11	7	0	0	1	0	0	1	0
Budweiser	12 oz	150	0	0	0	0	0	20	11	0	0	1	0	0	0	0
Busch Light	12 oz	100	0	0	0	0	0	3	0	0	1	0	0	0	0	0
Coors Light	12 oz	100	0	0	0	0	0	11	5	0	1	0	0	0	0	0
Corona Extra	12 oz	150	0	0	0	0	0	0	13	0	0	0	0	0	0	0
Goose Island IPA	12 oz	210	0	0	0	0	0	22	0	0	0	0	0	0	0	0
Michelob Ultra Light	12 oz	100	0	0	0	0	0	3	0	0	1	0	0	0	0	0
Miller Genuine Draft	12 oz	60	0	0	0	0	0	2	0	0	1	0	0	0	0	0
Miller Lite	12 oz	100	0	0	0	0	0	5	3	0	1	0	0	0	0	0
Sam Adams Boston Lager	12 oz	170	0	0	0	0	0	18	0	0	2	0	0	0	0	0
Stella Artois Lager	11.2 oz	150	0	0	0	0	0	6	0	0	0	0	0	0	0	0
Beverages (Small (1 fl oz) - No Ice)																
Cherry Coke		15	0	0	0	0	0	4	0	4	0	0	0	0	0	0
Coca-Cola		15	0	0	0	0	0	3	0	3	0	0	0	0	0	0
Coca-Cola Cherry Zero		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coca-Cola Vanilla		15	0	0	0	0	0	4	0	4	0	0	0	0	0	0
Coca-Cola Vanilla Zero		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coca-Cola Zero		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Diet Coke		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Non-Carbonated (Small (1 fl oz) - No Ice)																

Menu Item	Calories	Fat Calories	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Total Carbs g	Fiber g	Sugars g	Protein g	Vitamin A%	Vitamin C%	Calcium %	Iron %
Brisk Raspberry Iced Tea	5	0	0	0	0	0	5	2	0	2	0	0	0	0	0
Brisk Unsweetened No Lemon Iced Tea	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Tropicana Fruit Punch (FTN)	15	0	0	0	0	0	5	4	0	4	0	0	0	0	0
Tropicana Lemonade (FTN)	15	0	0	0	0	0	15	3	0	3	0	0	0	0	0
Tropicana Pink Lemonade (FTN)	15	0	0	0	0	0	15	3	0	3	0	0	0	0	0
Soda (Small (1 fl oz) - No Ice)															
Barq's Root Beer	15	0	0	0	0	0	5	4	0	4	0	0	0	0	0
Diet Barq's Root Beer	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Diet Mountain Dew	0	0	0	0	0	0	5	0	0	0	<1	0	0	0	0
Diet Pepsi	0	0	0	0	0	0	5	0	0	0	<1	0	0	0	0
Fanta Orange	15	0	0	0	0	0	5	4	0	4	0	0	0	0	0
Fanta Orange Zero	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mello Yello	15	0	0	0	0	0	0	4	0	4	0	0	0	0	0
Mello Yello Zero	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mountain Dew	15	0	0	0	0	0	5	4	0	4	0	0	0	0	0
Mug Root Beer	15	0	0	0	0	0	0	3	0	3	0	0	0	0	0
Pepsi	15	0	0	0	0	0	5	4	0	4	0	0	0	0	0
Pepsi Wild Cherry	15	0	0	0	0	0	5	4	0	4	0	0	0	0	0
Pibb Xtra	0	0	0	0	0	0	0	3	0	3	0	0	0	0	0
Pibb Zero	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sierra Mist	15	0	0	0	0	0	5	3	0	3	0	0	0	0	0
Sprite	15	0	0	0	0	0	6	3	0	3	0	0	0	0	0
Sprite Zero	0	0	0	0	0	0	3	0	0	0	0	0	0	0	0
Tropicana Twister Soda - Orange	15	0	0	0	0	0	5	4	0	4	0	0	0	0	0
Buffet															
Casseroles (1 oz)															
BLT Pasta	35	20	2.5	0.5	0	5	105	3	0	1	2	2	2	2	2
Canadian Bacon Pasta	50	25	3	1.5	0	10	140	4	0	1	3	2	0	6	2
Garden Pasta	50	25	3	1.5	0	10	130	4	0	1	2	2	2	6	2
Pepperoni Pasta	60	35	4	2	0	10	130	4	0	1	3	4	0	6	2
Sausage Pasta	60	35	3.5	1.5	0	10	130	4	0	1	3	2	0	6	2
Seafood Pasta	60	35	2.5	2	0	15	105	4	0	0	4	2	0	8	2
Taco Pasta	50	20	2.5	1	0	5	85	4	1	1	2	4	2	4	2
Vegetarian Pasta	40	20	2.5	1	0	5	100	4	0	1	2	2	2	6	2
Lunch Buffet															
Beef Stroganoff	3 oz	140	50	6	2.5	0	10	670	13	1	1	8	0	2	8
Chicken pot pie	3 oz	180	70	8	3	2	35	220	12	0	2	14	2	0	8
Corn	3 oz	90	5	0.5	0	0	0	19	2	3	3	0	8	0	2
Corn Dog		0													
Corn Nuggets	6 ea	190	50	6	1	0	0	420	31	2	2	3	0	2	4
Garlic Toast	1 ea	160	80	9	2	0	0	280	17	1	0	3	0	0	2
Green Beans		0													
Ham and Potatoes	3 oz	90	25	2.5	0	0	15	800	12	1	3	6	0	4	2
Little Smokies	56g	190	140	16	5	0	45	660	6	0	3	6	0	2	4
Mac & Cheese	1 cup	350	150	17	7	0	30	820	33	2	4	15	0	30	6
Mashed potatoes	1/4 cup	90	10	1.5	0	0	0	410	17	1	0.7	2	0	15	2
Meat Ball	85g	210	140	15	6	0.5	85	670	7	0	1	12	2	4	6
Nacho Cheese		0													
Polish Sausage	76g	240	198	22	8	0	50	760	2	0	2	10	0	0	0
Ravioli beef in meat sauce	8 ea (275g)	260	70	8	3.5	0	25	600	30	4	6	16	6	0	15
Soft taco shells	1 ea	230	0	5	2	0	0	430	38	2	3	7	1	0	13
Sour Cream	100g	100	177.6	19.7	11.5	0	52	47	2.9	0	2.9	2.1	11.5	1.5	11
Spicy Chicken Nuggets	84g	190	60	7	1.5	0	35	770	14	1	0	16	6	0	8
Taco shells	1 ea	160	70	8	3.5	0	0	21	1	0	1	0	0	0	6
Tater Tot casserole	3 oz	110	50	6	2	0	5	420	10	1	2	4	2	2	4
Tater tots	84g	160	70	8	2	0	0	330	19	2	1	2	0	4	4
Salad Bar															
Bacon Pieces HJ	2 Tbsp	80	47.39	5.27	2	0.03	17.55	295.5	0.93	0.11	0.45	6.02	0	10	0
Cottage Cheese	100g	80	2.6	0.3	0.2	0	7	372	6.7	0	1.9	10.3	0.2	0	8.6

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CROUTONS	6 ea	30	10	1	0	0	90	5	0	0	1	0	0	0	2	
dressing, 1000 island	2 Tbsp	120	100	11	1.5	0	240	7	0	5	0	0	0	0	0	
dressing, caesar	2 Tbsp	130	120	13	2	0	290	2	0	1	1	0	2	0	0	
dressing, French	2 Tbsp	140	100	11	1.5	0	300	10	0	10	0	2	2	0	0	
dressing, ranch	2 Tbsp	190	180	20	3	0	5	260	2	0	1	0	0	2	0	
Graham Cracker	14g (1 pack)	60	0	1.5	0	0	90	11	0.5	3	1	0	0	0	4	
Hard Boiled Eggs	44g	70	0	4	1.5	0	190	55	0	0	6	6	0	2	4	
Lettuce	100g	20	2.7	0.3	0	0	8	3.3	2.1	1.2	1.2	174.2	6.7	3.3	5.4	
Pickle Slice 1/8" crinkle	28g (8 ea)	0	0	0	0	0	380	0	0	0	0	0	0	0	0	
Shredded Cheddar Cheese	100g	380	280.7	31.2	19.7	0	94	7	1.6	0	0.5	22.2	19.2	0	61.6	2.2
Sliced Peaches	860065	0														
Sunflower Kernels	28g	170	140	15	1.5	0	0	140	5	2	1	5	0	0	2	8
Tomato	100g	20	1.8	0.2	0	0	5	3.9	1.2	2.6	0.9	16.7	22.8	1	1.5	
White Onion	1 lb	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Soups																
Broccoli Cheese (Quality Chef)	1 cup (245g)	200	0	14	8	0.5	45	1270	11	2	5	9	20	35	20	2
Broccoli Cheese Soup	1/2 cup	150	100	11	3	0	10	800	10	2	2	2	6	6	2	
Brown & Wild Rice w/ Chicken Soup	1/2 cup	210	110	12	5	0	30	680	19	2	5	6	2	10	8	2
Chicken and Dumpling Soup	1/2 cup	140	40	4.5	1	0	40	820	20	2	2	4	10	0	2	4
Chicken Noodle Soup	1/2 cup	70	20	2	0.5	0	15	790	10	0	1	4	2	15	2	2
Chicken Tortilla Mexican (select harvest)	1/2 cup	120	15	1.5	0.5	0	15	410	20	2	3	7	10	2	2	2
Cream of Chicken (Heinz)	1 cup	80	0	3.5	1	0	10	760	10	0	1	3	10	0	2	2
Cream of Mushroom (Heinz)	1 cup	100	0	6	1	0	0	790	10	1	1	2	0	0	2	4
Cream of Potato w/ bacon	1/2 cup	210	130	14	5	0	20	830	18	1	3	4	2	0	4	2
Minestrone Soup	1/2 cup	60	5	0.5	0	0	0	650	12	3	4	3	15	4	4	6
Veggie Lumberjack Soup	1/2 cup	80	5	0.5	0	0	0	960	17	3	6	2	15	4	2	2
Wisconsin Cheese Soup	1/2 cup	210	130	40	8	0	40	850	14	0	6	8	6	0	15	2
Calzones																
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BBQ Beef		1080	300	33	13	2.5	80	2530	139	9	17	50	35	15	70	50
BBQ Canadian Bacon		1090	310	34	13	2.5	100	3040	140	9	19	48	35	15	70	50
Beef		1120	340	38	15	3	70	3170	137	10	14	48	30	15	70	50
BLT		1090	360	40	13	2	65	2530	136	9	15	39	35	25	45	50
Canadian Bacon and Pineapple		1050	290	32	13	2.5	85	2640	139	9	17	45	30	20	70	50
Candian Bacon		1070	210	34	13	2.5	100	2900	136	9	15	48	30	15	70	50
Cheese		1090	330	37	15	2.5	75	2500	136	9	14	46	40	15	80	45
Garden		1100	340	38	15	2.5	75	2710	138	10	14	45	35	50	70	50
Garden Plus		1120	360	40	15	2.5	75	2790	137	10	14	44	35	35	70	50
Happy Joe's Special		1060	300	33	13	2.5	90	2870	137	9	15	46	30	20	70	50
Meatworks		1130	370	41	16	2.5	85	2870	135	9	14	47	35	15	70	50
Mushroom		1010	270	30	12	2.5	55	2460	136	10	13	39	30	60	70	50
Nacho Joe		1180	360	40	16	2.5	70	3410	150	10	22	46	50	45	50	60
Pepperoni		1120	370	41	16	2.5	85	2620	135	9	13	44	35	15	70	50
Sausage		1150	400	44	17	2.5	80	2800	136	10	13	47	35	15	70	50
Sausage and Mushroom		1080	330	37	14	2.5	65	2630	136	10	13	43	35	35	70	50
Taco		1190	390	43	18	2	85	2930	149	11	17	47	45	35	70	50
Taco Supreme		1210	400	44	23	2.5	75	2970	152	11	18	57	45	35	70	50
Vegetarian		1030	290	32	12	2.5	55	2460	138	10	14	40	35	45	70	50
Desserts																
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Caramel Fudge Pecan Sundae	Reg	580	220	24	14	3.5	100	160	59	3	34	8	15	0	15	4
	Small	320	120	13	7	2.5	50	90	34	2	20	4	8	0	10	2
	Small - 14ct	80	25	3	0.5	0	0	25	11	1	3	1	2	2	0	4
Cinnamon Stix Dessert Pizza	Med - 21 ct	110	50	6	1	0	0	25	12	1	3	1	2	2	0	4
	Large - 21 ct	130	45	5	1	0.5	0	40	19	1	4	2	4	2	2	6
Circus Funny Face	Reg	360	160	18	9	3	85	100	46	1	29	6	10	0	15	6
Cookie Double Choc Chip	3 oz ea	360	150	17	7	0	20	270	51	2	31	5	10	0	2	10

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Dessert Pizza - Apple	Small - 14ct	120	45	4.5	1	0	30	17	1	6	1	2	2	0	4	
	Med - 21 ct	150	50	6	1	0.5	40	20	1	7	2	2	2	0	4	
	Large - 21 ct	230	90	10	2	1	65	31	2	10	3	4	2	2	6	
Dessert Pizza - Cherry	Small - 14ct	120	45	4.5	1	0	35	18	1	8	1	2	2	0	4	
	Med - 21 ct	150	50	6	1	0.5	40	22	1	9	2	2	2	0	4	
	Large - 21 ct	240	90	10	2	1	65	32	1	14	3	4	2	2	6	
Malt	Reg	1130	470	52	30	0.5	360	420	148	110	16	45	0	60	4	
	Small	880	350	39	22	0.5	270	320	118	1	87	12	35	0	45	4
Mint Chocolate Marvel	Reg	680	220	24	15	2	45	180	98	2	80	11	20	4	30	6
	Small	360	120	13	8	1	25	95	52	1	42	5	10	2	15	4
Peanut Butter Cup Sundae	Reg	890	420	47	20	6	145	440	92	3	67	17	20	0	25	6
	Small	550	260	29	12	5	75	280	57	2	42	10	10	0	15	4
Quart (serving size one)	Reg	1140	820	91	53	0	560	510	123	0	112	27	50	0	80	10
Riverboat Float	Reg	400	180	20	12	0	140	150	49	0	38	6	15	0	20	0
S'Mores	Reg	680	150	17	15	2	75	350	99	2	66	9	15	2	20	10
	Small	370	90	10	8	1.5	35	180	54	1	36	5	8	0	10	6
Shake	Reg	1110	470	52	30	0.5	360	420	143	1	110	15	45	0	60	4
	Small	860	350	39	22	0.5	270	320	113	1	87	12	35	0	45	4
Silly Willy	Reg	680	310	34	18	4	130	180	89	2	66	10	20	2	25	8
	Small	370	160	18	9	2.5	65	95	49	1	36	5	10	2	15	4
Snickered	Reg	710	340	38	17	6	115	230	81	4	55	13	20	2	25	10
	Small	380	180	20	9	3.5	60	120	45	2	31	7	10	2	15	6
Streusel Topping	1 oz	120	35	4.5	1	0	45	19	1	11	1	4	0	0	2	
Sugar Daddy Dish	Reg	670	330	37	17	6	155	190	70	2	50	12	20	0	25	6
	Small	360	180	20	9	3.5	75	100	40	1	29	6	10	0	15	2
Sundae	Reg	630	310	34	18	3.5	165	240	75	1	45	9	20	0	25	2
	Small	360	160	18	8	2	75	140	44	1	26	5	10	0	15	2
Ice Cream (1/2 cup)																
Bear Creek Carmel	150	60	7	4.5	0	25	85	21	0	16	2	4	0	8	0	
Blue Moon FZ	130	60	7	4	0	30	50	16	0	13	2	6	0	8	0	
Blueberry Cheesecake	140	50	5	3.5	0	25	50	19	0	17	2	4	0	6	0	
Bubble Gum	130	60	6	4	0	25	50	15	0	12	2	4	0	8	0	
Butter Pecan	150	80	9	4	0	25	120	16	0	12	2	4	0	8	0	
Campfire Crunch Peanut	160	70	8	5	0	25	60	20	0	14	2	4	0	6	0	
Caramel Cheesecake	160	70	8	4.5	0	30	95	20	0	14	2	4	0	8	0	
Chocolate	130	60	6	4	0	25	45	16	0	14	2	4	0	6	0	
Chocolate Chip	140	60	7	4.5	0	25	50	17	0	14	2	4	0	8	0	
Chocolate Chip Mint	150	70	8	6	0	25	45	18	0	15	2	4	0	8	0	
Chocolate Fountain	130	60	6	4	0	25	45	17	0	14	2	4	0	6	0	
Chocolate French Silk	150	60	7	4.5	0	25	60	20	0	16	2	4	0	6	0	
Cinnamon	130	60	6	4	0	30	50	16	0	12	2	4	0	8	0	
Coffee	130	60	6	4	0	30	50	16	0	12	2	4	0	8	0	
Cookie Cream	150	60	7	4	0.5	25	60	18	0	14	2	4	0	8	0	
Cookie Dough	150	60	7	4	0	25	60	19	0	14	2	4	0	8	0	
Cotton Candy	140	60	7	4	0	30	50	16	0	13	2	6	0	8	0	
Fountain Vanilla Bean	150	60	7	4	0	30	75	18	0	14	4	6	0	15	0	
French Silk	150	60	7	4.5	0	25	60	20	0	16	2	4	0	6	0	
Grasshopper	130	60	6	4	0	30	50	16	0	12	2	6	0	8	0	
Maple Nut TFF FZ	150	70	8	4	0	25	50	16	0	12	3	4	0	8	0	
Mint Chocolate Bon Bon	140	60	7	4.5	0	25	50	17	0	14	2	4	0	8	0	
Monster Cookie FZ	180	100	11	5	0	25	110	19	<1	14	4	4	0	6	0	
Moose Tracks	170	90	10	4	0	25	65	19	<1	15	3	4	0	8	0	
Non Fat Orange Sherbet	110	0	0	0	0	0	25	27	0	21	<1	0	0	2	0	
Peanut Butter Revel	170	90	10	4.5	0	20	100	16	<1	13	4	4	0	6	0	
Peppermint Stick	140	60	7	5	0	25	50	17	0	14	2	4	0	8	0	
Pillsbury Cake Ice Cream	180	70	8	5	0.5	30	70	25	0	18	2	4	0	8	0	
Praline Pecan	150	60	6	3.5	0	25	100	20	0	14	2	4	0	8	0	
Pumpkin	130	50	5	3.5	0	25	65	19	0	16	2	30	0	6	0	
Rocky Road	160	70	8	3.5	0	20	60	20	0	14	3	4	0	6	0	
Rum Black Cherry	130	50	6	4	0	25	40	17	0	13	2	4	0	8	0	

Menu Item	Calories	Fat Calories	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Total Carbs g	Fiber g	Sugars g	Protein g	Vitamin A%	Vitamin C%	Calcium %	Iron %
Sea Salt Caramel Nut	160	70	8	4	0	25	100	20	0	14	3	4	0	8	0
Sherbet Rainbow Tub	110	0	0	0	0	0	25	27	0	21	<1	0	0	2	0
Spumoni	160	60	6	4	0	25	50	17	0	14	2	4	0	8	0
Strawberry	120	50	6	3.5	0	25	45	16	0	13	2	4	6	6	0
Strawberry Cheesecake	140	50	5	3.5	0	25	50	20	0	14	2	4	0	6	0
Super Man	130	60	6	4	0	30	50	16	0	12	2	4	0	8	0
Toasted Almond Fudge	160	80	9	4	0	25	70	17	0	14	3	4	0	6	0
Toffee Crunch	140	60	7	4	0	30	60	18	0	14	2	4	0	8	0
Vanilla	130	60	6	4	0	30	50	16	0	12	2	6	0	8	0
Vanilla Fountain	150	60	7	4	0	30	75	18	0	14	4	6	0	15	0
Vanilla French	140	60	7	4	0	50	55	17	0	13	2	6	0	8	0
Vanilla New York FZ	160	60	6	4	0	30	50	16	0	12	2	6	0	8	0
Vanilla NSA	80	45	4.5	3	0	20	55	11	3	3	3	6	0	10	0
Vanilla Premium	190	110	12	8	0	45	45	18	0	15	2	8	0	10	0
White Chocolate Raspberry FZ	140	60	6	4	0	25	50	19	0	15	2	4	0	6	0
Joegurt															
Joegurt (3 oz)															
Italian Ice Base Mix	90	0	0	0	0	0	0	22	0	18	0	0	0	0	0
Low Fat Candy Bar Smash	130	20	2	0.5	0	0	85	23	0	17	4	0	2	15	0
Low Fat Cookie and Cream	120	25	3	2	0	5	70	21	0	17	4	2	4	15	0
Low Fat Cupcake	130	25	3	2	0	5	55	22	>1	17	4	2	2	15	0
Low Fat Egg Nog	110	25	3	2	0	5	50	18	0	13	3	2	2	10	0
Low Fat Espresso	120	25	3	2	0	5	60	19	0	16	4	2	4	15	0
Low Fat French Vanilla	120	25	3	2	0	5	60	19	0	16	4	2	4	15	0
Low Fat Pumpkin Pie	130	25	3	2	0	10	55	22	0	17	3	2	2	10	0
Low Fat Sea Salt Caramel Pretzel	120	25	3	2	0	5	170	19	0	16	4	2	4	15	0
Low Fat Spiced Apple Pie	130	25	3	2	0	5	70	23	>1	19	4	2	4	20	4
Low Fat Strawberry Sensations	120	25	3	2	0	5	65	20	0	16	4	2	4	15	0
Low Fat Triple Chocolate	130	25	2.5	2	0	5	55	22	0	17	4	2	2	15	4
Low Fat White Chocolate Mousse	140	25	2.5	2	0	5	55	25	0	21	3	2	2	15	0
No Sugar Added Chocolate	80	0	0	0	0	0	85	17	0	6	5	0	4	15	4
No Sugar Added Tahitian Vanilla	80	0	0	0	0	0	80	16	0	6	4	0	4	15	0
No Sugar Added Wild Strawberry	80	0	0	0	0	0	80	16	0	6	4	0	4	15	0
Non Fat All Natural Classic Tart	100	0	0	0	0	0	65	21	0	20	4	0	2	15	0
Non Fat Banana Rama	100	0	0	0	0	0	50	21	0	16	3	0	4	10	0
Non Fat Birthday Cake	100	0	0	0	0	0	55	22	0	16	3	0	2	15	0
Non Fat Blue Moon	100	0	0	0	0	0	60	21	0	16	4	0	2	15	0
Non Fat Blueberry Tart	120	0	0	0	0	0	65	24	0	23	4	0	2	15	0
Non Fat California Tart	100	0	0	0	0	0	50	20	0	17	3	0	2	10	0
Non Fat Cheesecake	120	0	0	0	0	0	60	25	0	18	3	0	2	15	0
Non Fat Cherry Amaretto	110	0	0	0	0	0	60	24	0	19	4	0	2	15	0
Non Fat Dreamy Dark Chocolate	120	0	0	0	0	0	60	26	0	18	3	0	2	10	6
Non Fat Island Coconut	110	0	0	0	0	0	60	22	0	16	4	0	2	15	0
Non Fat Italian Style Tart	90	0	0	0	0	0	50	18	0	16	2	0	2	10	2
Non Fat Key Lime Bar	110	0	0	0	0	0	55	24	0	20	3	0	4	10	0
Non Fat Mint Chocolate Chip	110	0	0	0	0	0	55	22	0	16	4	0	2	15	0
Non Fat Mountain Blackberry	120	0	0	0	0	0	50	26	0	18	3	0	2	10	0
Non Fat Olde Fashion Candy Cane	110	0	0	0	0	55	22	0	0	17	4	0	2	15	0
Non Fat Pomegranate Energy	120	0	0	0	0	0	90	24	0	23	4	0	2	15	0
Non Fat Southern Butter Pecan	100	0	0	0	0	0	60	22	0	17	3	0	2	10	0
Non Fat Tahitian Vanilla	100	0	0	0	0	0	55	21	0	16	4	0	2	15	0
Non Fat Vanilla Bean	100	0	0	0	0	0	55	22	0	16	3	0	2	15	0
Ooeg Goegy Low Fat Cinnamon Bun	130	25	3	2	0	10	70	22	0	18	4	2	4	15	0
Reduced Fat Gelato 7% Vanilla Flavored	140	60	6	4.5	0	15	95	18	0	14	4	4	2	15	0
Reduced Fat Gelato Belgium Cookie	170	70	8	5	0	45	115	22	0	17	4	6	2	15	2
Reduced Fat Gelato Black Walnut	160	50	6	3.5	0	15	50	25	0	21	3	4	2	10	0
Reduced Fat Gelato Chocolate Chip Cookie Dough	140	50	5	3.5	0	40	70	19	0	18	4	6	2	15	2
Reduced Fat Gelato Chocolate Obsession	140	60	7	4.5	0	15	85	18	0	14	3	4	2	10	2
Reduced Fat Gelato Jamocho	160	60	6	4	0	40	70	22	0	18	4	6	2	10	0

Menu Item	Calories	Fat Calories	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Total Carbs g	Fiber g	Sugars g	Protein g	Vitamin A%	Vitamin C%	Calcium %	Iron %
Reduced Fat Gelato Peanut Butter Fudge	150	50	6	3	0	35	105	21	0	16	4	4	2	10	2
Reduced Fat Gelato Pistachio Dulche de Leche	150	60	6	4	0	40	85	20	0	16	4	6	2	10	0
Reduced Fat Gelato Red Raspberry	150	60	6	4	0	40	70	21	0	16	4	6	2	10	0
Reduced Fat Gelato Strawberry Shortcake	140	50	6	4	0	15	70	20	0	15	3	6	4	10	0
Reduced Fat Gelato Yellow Cake Batter	150	60	7	4.5	0	45	75	19	0	15	4	6	2	15	0
Sorbet Non Fat Cherry Limeade	90	0	0	0	0	0	0	21	0	18	0	0	0	0	0
Sorbet Non Fat Mango	90	0	0	0	0	0	0	22	0	19	0	0	0	0	0
Sorbet Non Fat Orange	90	0	0	0	0	0	0	22	0	19	0	0	0	0	0
Sorbet Non Fat Pink Lemonade	90	0	0	0	0	0	0	22	0	19	0	0	0	0	0
Sorbet Non Fat Tropical	100	0	0	0	0	0	0	24	0	20	0	0	0	0	0
Sorbet Non Fat Watermelon	90	0	0	0	0	0	5	19	0	20	0	0	0	0	0
Yogurt Toppings (1 oz)															
Almonds	160	130	14	1	0	0	0	6	3	1	6	0	0	8	6
Blueberries	15	0	0	0	0	0	0	4	1	3	0	0	4	0	0
Brownie Bites	130	50	6	2.5	0	20	160	17	1	10	2	4	0	2	6
Caramel Cups	140	70	8	7	0	5	30	17	1	14	1	0	0	4	2
Cheesecake Bites	90	60	6	4	0	25	90	10	0	7	2	4	0	2	6
Chewy Sweet Tarts	100	10	1	1	0	0	10	24	0	20	0	0	0	0	0
Chocolate Covered Peanuts	110	60	8	3	0	15	8	10	1	8	3	0	0	2	2
Chocolate Rock Candy	140	70	8	7	0	0	18	18	0	17	1	1	0	10	0
Coconut Flakes	140	80	9	8	0	0	60	15	3	11	1	0	0	0	0
Confetti Cake Pieces	110	33	4	0	1	0	32	17	0	10	1	0	0	0	0
Cookie Dough Bites	120	45	5	2.5	0.5	15	30	18	0	9	1	2	0	2	2
Cookies and Cream	130	50	5	2	0	0	130	20	1	11	1	0	0	0	6
Dark Chocolate Chips	130	90	9	8	0	0	0	14	2	0	1	0	0	0	6
Dark Chocolate Raspberry Cups	160	86	9	6	1	0	13	16	0	15	1	0	0	2	0
Graham Crackers	130	30	3.5	1	0	0	160	22	1	7	2	0	0	10	6
Gummy Bears	90	0	0	0	0	0	5	21	0	14	2	0	0	0	0
Mochi	110	0	0	0	0	0	60	26	0	9	1	0	0	0	0
Oats & Honey Granola	120	40	4.5	0.5	0	0	110	20	2	8	3	0	0	2	4
Peanut Butter Cups	150	90	10	8	0	0	80	14	1	13	3	0	0	4	2
Popping Pearls (Cherry)	25	0	0	0	0	0	9	6	0	5	0	0	0	2	0
Popping Pearls (Kiwi)	25	0	0	0	0	0	9	7	0	5	0	0	0	2	0
Popping Pearls (Mango)	25	0	0	0	0	0	8	6	0	5	0	0	0	2	0
Popping Pearls (Orange)	25	0	0	0	0	0	8	6	0	5	0	0	0	2	0
Popping Pearls (Peach)	25	0	0	0	0	0	8	6	0	5	0	0	0	2	0
Popping Pearls (Strawberry)	25	0	0	0	0	0	13	6	0	5	0	0	0	2	0
Rainbow Sprinkles	140	45	5	2.5	1	0	2.5	22	0	12	0	0	0	0	0
Raspberries	15	0	0	0	0	0	0	3	2	1	0	0	10	0	2
Sour Gummi Worms	80	0	0	0	0	0	15	19	0	16	2	0	0	0	0
Waffle Cones	140	60	7	6	0	0	20	20	0	20	1	0	0	2	0
Yogurt Chips	140	60	7	6	0	0	20	20	0	20	1	0	0	2	0
Sauce Toppings (2 tbsp)															
Caramel Dessert Sauce	130	5	1	0	0	5	75	30	0	22	0	0	0	0	0
Chocolate Dessert Sauce	100	0	1	0	0	0	40	23	0	20	>1	0	0	0	4
Cinnamon Dessert Sauce	110	20	2	1.5	0	5	60	23	0	19	0	0	0	0	0
Kiwi Lime Dessert Sauce	90	0	0	0	0	0	45	21	0	20	0	0	0	0	0
Lemon Zest Dessert Sauce	70	0	0	0	0	0	20	17	0	16	0	0	2	0	0
Mango Dessert Sauce	80	0	0	0	0	0	10	20	0	19	0	8	4	0	0
Marshmallow Topping	50	0	0	0	0	0	10	13	0	11	0	0	0	0	0
Raspberry Dessert Sauce	70	0	0	0	0	0	30	18	0	17	0	0	0	0	0
Strawberry Dessert Sauce	100	0	0	0	0	0	10	25	0	24	0	0	6	0	0
White Chocolate Dessert Sauce	90	0	0	0	0	0	40	23	0	18	0	0	0	0	0
Local Favorites															
Fargo, ND															
Apple Dessert	1 oz	50	10	1	0	0	10	10	1	2	1	0	2	0	4
Caramel Rolls	1 oz	210	80	9	2.5	0.5	10	50	28	1	3	4	4	2	8
Cherry Dessert	1 oz	60	10	1	0	0	0	10	0	2	1	2	2	0	4
Meatballs	1 oz	70	35	4	1.5	0	10	200	4	0	2	3	2	0	2

Menu Item	Calories	Fat Calories	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Total Carbs g	Fiber g	Sugars g	Protein g	Vitamin A%	Vitamin C%	Calcium %	Iron %	
Spicy Mac & Cheese	8 oz	300	140	15	5	0	15	1390	36	1	1	6	0	0	6	6
Tuna Casserole	8 oz	240	35	4.5	1	0	45	540	24	1	1	27	2	2	4	15
LeClaire, IA (8 oz)																
Green Bean Casserole		50	10	1	0	0	0	680	9	0	4	1	10	10	4	2
Mac & Cheese		330	130	15	7	0.5	40	1040	36	2	5	12	10	0	20	8
Morning Offerings																
Morning Offerings																
Biscuits & Gravy	1 biscuit, 1/2 cup gravy	260	10	10	6	0	19	540	30	1	3	18	2	9	1	0
Egg Bake	1 oz	35	20	2.5	1	0	55	100	0	0	3	80	0	2	2	2
Eggs, Scrambled	8 oz	370	243	27	8	0	774	616	5	0	4	24	23	16	1	15
French Toast Sticks	4 sticks	210	45	5	1	0	15	380	39	1	10	5	8	4	0	10
Sausage Patties	56 g	240	210	23	8	0	45	300	1	0	0	6	0	0	2	0
Waffle	76 g	150	15	1.5	0	0	0	450	31	1	6	5	0	0	10	10
Waffle Syrup	2 tbsp	110	0	0	0	0	0	0	28	0	0	0	0	0	0	0
Scrambler																
3-Meat		820	360	40	14	0	380	2560	72	5	9	38	25	30	40	20
Denver		780	310	34	12	0	365	2400	74	5	11	37	35	25	60	15
Egg & Cheese		740	290	32	12	0	365	2260	72	5	10	35	35	10	60	15
Joe's Original		560	250	28	9	1	360	1950	43	3	8	29	30	10	50	15
Western		570	250	28	9	1	360	1920	45	4	8	29	35	40	50	15
Sides																
Breakfast Burrito		310	150	17	6	0.5	245	1300	16	1	3	19	20	15	30	10
Cinnamon Roll with icing		560	210	23	8	4	35	830	78	2	34	9	10	0	4	15
Morning Offerings - Pizza																
Omelet Pizzas (Pan crust)																
3 Meat	Lg - 32 cut	100	25	3.5	1	0	25	290	13	1	1	5	4	4	6	6
	Med - 25 cut	90	25	3	1	0	25	250	10	1	1	4	4	4	4	4
	Sm - 16 cut	80	25	3	1	0	25	230	9	1	1	4	4	4	4	4
	LJ - 4 cut	180	60	7	2	0	55	490	20	1	1	8	6	6	8	8
Bacon & Bacon	Lg - 32 cut	110	35	3.5	1	0	25	310	13	1	1	5	4	4	4	4
	Med - 25 cut	90	25	3	1	0	25	260	10	1	1	4	4	4	4	4
	Sm - 16 cut	80	25	3	1	0	25	230	9	0	1	4	4	2	4	4
	LJ - 4 cut	170	50	6	2	0	50	470	20	1	1	8	6	6	8	8
Denver	Lg - 32 cut	100	25	3	1	0	25	270	13	1	1	4	4	10	6	4
	Med - 25 cut	80	25	2.5	1	0	20	230	11	1	1	4	4	8	4	4
	Sm - 16 cut	70	20	2.5	1	0	25	190	9	1	1	3	4	6	4	4
	LJ - 4 cut	200	80	9	3	0	50	420	20	1	2	7	6	15	8	8
Pasta																
Build your own Pasta (1 serving -- Served with garlic toast)																
Beef		920	470	52	19	1	85	2850	75	7	9	40	30	2	60	20
Canadian Bacon		870	420	47	17	0.5	110	2590	74	6	9	40	30	2	60	20
Pepperoni		930	500	56	20	0.5	100	2360	72	6	7	37	35	2	60	20
Sausage		960	510	57	20	0.5	90	2480	74	7	8	39	30	2	60	20
Party Pasta (Serves 10 -- Served with garlic toast)																
Combo	1 / 10	500	250	28	10	0	45	1320	43	4	4	20	15	15	30	10
Garlic Toast (1 piece)	1 / 10	160	80	9	2	0	0	280	17	1	0	3	0	0	0	2
Sausage	1 / 10	500	250	28	10	0	45	2040	42	4	4	20	15	2	30	10
Taco	1 / 10	320	120	13	5	0	25	810	36	4	6	14	15	10	20	10
Pasta (1 serving)																
Chicken Alfredo Pasta	with garlic toast	1130	530	59	26	0.5	150	2730	71	4	3	48	30	2	70	15
Combo Pasta	with garlic toast	910	460	51	19	1	85	2390	76	7	9	36	30	35	60	20
Garlic Toast (2 pieces)		320	160	18	4	0	0	560	34	2	0	6	0	0	0	4
Lasghetti Pasta	with garlic toast	720	320	36	17	0.5	115	1960	62	6	13	38	45	0	90	15
	with garlic toast	1040	490	54	21	0.5	115	2520	96	8	13	44	45	0	90	20
Seafood Pasta	with garlic toast	1120	530	59	26	0.5	175	2290	69	3	3	48	30	4	70	15
Spaghetti Pasta	with garlic toast	850	370	41	12	0.5	50	2090	91	8	12	29	25	2	25	20
Taco Pasta	with garlic toast	990	460	51	18	1	30	2260	95	10	10	41	40	20	60	25
Taco Supreme Pasta	with garlic toast	1000	480	35	26	1	85	2340	96	11	11	51	40	20	60	30

Menu Item	Calories	Fat Calories	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Total Carbs g	Fiber g	Sugars g	Protein g	Vitamin A%	Vitamin C%	Calcium %	Iron %
Pizza & Grille Buffet															
Hot Dishes & Weekly Specials															
Bacon Strips	2 slices	80	63	7	3	0	15	320	1	0	1	5	0	0	2
Biscuits	1 ea	100	35	4	2	0	0	310	16	0	2	2	0	4	6
Cheddar Bites	4 ea	90	36	4	2.5	0	10	290	9	1	4	4	0	10	0
Chicken Fritters	2 ea	200	70	8	1	0	35	890	18	2	14	0	0	2	10
Chicken Nuggets	6 pieces	270	170	18	3.5	0	40	620	13	0	14	0	0	2	4
Chicken Nuggets, Spicy	84g	190	60	7	1.5	0	35	770	14	1	0	16	6	0	8
Chicken pot pie	3 oz	180	70	8	3	2	35	220	12	0	2	14	2	0	8
Chicken Wings, Fried	1 ea	70	40	4	1	0	15	15	0.5	0	5	0	0	0	1
Corn	3 oz	90	5	0.5	0	0	0	19	2	3	3	0	8	0	2
Corn Dog	4 ea	180	70	8	2	0	25	250	23	2	8	0	80	6	8
Corn Nuggets	6 ea	190	50	6	1	0	0	420	31	2	2	3	0	2	4
Corned Beef Hash	8 oz	430	230	26	11	0	55	1580	29	5	2	20	0	4	15
French Fries	3.5 oz	290	126	14	2.5	0	1	357	37	4	0	3.5	0	1	17
Fries, Sidewinders	84 g	120	30	3.5	0.5	0	0	330	21	2	0	2	0	4	0
Garlic Toast	1 ea	160	80	9	2	0	0	280	17	1	0	3	0	0	2
Green Beans	6 oz	30	0	0	0	0	0	0	5	2	2	1	2	6	4
Jalapeno Poppers	3 ea	120	40	4.5	2.5	0	15	570	16	1	0	5	8	0	10
Kielbasa	75 g	240	185	20	7	0	49	678	2	0	1	9	0	0	1
Mashed Potatoes	2 oz	90	10	1.5	0	0	0	410	17	1	0.7	2	0	15	0
Meatballs	3 oz	210	140	15	6	0.5	85	670	7	0	1	12	2	2	4
Mushrooms, Fried	5 ea	200	117	13	3	0	0	640	17	0	0	3	0	0	0
Onion Rings	5 ea	130	72	8	2.5	0	0	114	11	< 1	0	1.5	1.3	0.7	1
Peas	3 oz	70	0	0	0	0	0	12	4	4	5	8	10	0	6
Polish Sausage & Kraut	76 g	240	198	22	8	0	50	760	2	0	2	10	0	0	0
Pork & Beans, Smoked	4 oz	160	20	2	1	0	10	830	25	10	2	10	4	0	4
Pretzel Stix	1 ea	170	0	0	0	0	0	370	32	1	0	6	0	6	19
Ravioli, Beef, in meat sauce	8 ea	260	70	8	3.5	0	25	600	30	4	6	16	6	0	4
Sausages (Little Smokies)	2 oz	190	140	16	5	0	45	660	6	0	3	6	0	0	2
Smiley Potatoes	3 oz	160	50	6	1	0	0	230	25	2	0	2	0	6	4
Taco Shell, Hard	1 shell	160	70	8	3.5	0	0	21	1	0	1	0	0	0	6
Tater tots	12 ea	170	70	8	2	0	0	330	19	2	1	2	0	4	4
Tortilla, Flour	1 ea	230	45	5	2	0	0	430	38	2	3	7	1	0	13
Pastas & Casseroles															
Beef Pasta	1 oz	50	25	3	1.5	0	10	160	4	0	1	3	2	0	6
Beef Stroganoff	3 oz	140	50	6	2.5	0	10	670	13	1	1	8	0	0	8
BLT Pasta	1 oz	35	20	2.5	0.5	0	5	105	3	0	1	2	2	2	2
Canadian Bacon Pasta	1 oz	50	25	3	1.5	0	10	140	4	0	1	3	2	0	6
Chicken Fajita Pasta	8 oz	380	90	10	9	0	55	3410	49	0	9	27	50	45	25
Garden Pasta	1 oz	50	25	3	1.5	0	10	130	4	0	1	2	2	2	6
Ham and Potatoes	3 oz	90	25	2.5	0	0	15	800	12	1	3	6	0	4	2
Mac & Cheese	8 oz	350	150	17	7	0	30	820	33	2	4	15	0	0	30
Pepperoni Pasta	1 oz	60	35	4	2	0	10	130	4	0	1	3	4	0	6
Sausage Pasta	1 oz	60	35	3.5	1.5	0	10	130	4	0	1	3	2	0	6
	4 oz	110	35	4	2	0	15	200	14	0	1	5	2	0	6
Seafood Pasta	1 oz	60	35	2.5	2	0	15	105	4	0	0	4	2	0	8
Spaghetti	4 oz	160	60	7	2.5	0	15	470	18	2	4	7	8	0	8
Spring Pasta Salad	4 oz	370	240	26	4.5	0	35	540	29	1	11	3	15	6	0
Taco Pasta	1 oz	50	20	2.5	1	0	5	85	4	1	1	2	4	2	4
Tater Tot casserole	3 oz	110	50	6	2	0	5	420	10	1	2	4	2	2	4
Tuna Casserole	8 oz	240	35	4.5	1	0	45	540	24	1	1	27	2	2	4
Vegetarian Pasta	1 oz	40	20	2.5	1	0	5	100	4	0	1	2	2	2	6
Veggie Pasta	4 oz	160	80	9	4	0	25	490	13	1	3	8	10	10	20
Wisconsin Mac N' Cheese	8 oz	320	130	14	7	0	35	1170	36	1	10	14	420	4	35
Salad Bar															
Bacon, crumbled	2 tbsp	80	47	5	2	0	18	296	<1	<1	0.5	6	0	10	0
Banana Peppers	1 oz	5	0	0	0	0	0	280	1	1	0	0	0	15	2
Bell Peppers, Green	1 oz	10	0	0	0	0	0	1	1	0	1	0	2	38	0

Menu Item	Calories	Fat Calories	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Total Carbs g	Fiber g	Sugars g	Protein g	Vitamin A%	Vitamin C%	Calcium %	Iron %	
Broccoli Florets	1 oz	10	0	0	0	0	9	2	0.7	0	0.8	0	25	13	0.2	
Carrots	1 oz	10	0	0	0	0	22	2	1	1	0	77	1	1	1	
Cheese, Asiago	1 tbsp	20	15	2	1	0	5	40	0	0	1	2	0	6	0	
Cheese, Blend Shredded	1 oz	90	61	7	4	0	25	235	0	0	6	264	0	176	0	
Cheese, Cheddar Shredded	3.5 oz	380	281	31	20	0	94	7	2	0	22	19	0	62	2	
Coleslaw	4 oz	290	240	27	5	0	35	260	12	2	10	15	40	2	2	
Cottage Cheese	4 oz	90	20	3	2	0	15	410	5	0	4	13	4	0	10	
Crackers	2 ea	40	0	0.5	0.5	0	0	40	2	2	0	2	0	0	0	
Croutons	6 croutons	30	10	1	0	0	0	90	5	0	0	1	0	0	2	
Cucumber Slices	4 oz	25	1	0	0	0	2	2	1	1	1	1	5	1	1	
Dill Pickle Spear	1/2 spear	0	0	0	0	0	0	340	1	0	0	0	0	0	0	
Dressing, Blue Cheese	2 tbsp	150	140	16	3	0	10	210	2	0	1	0	0	4	0	
Dressing, Buttermilk Ranch	2 tbsp	190	180	20	3	0	5	260	2	0	1	0	0	2	0	
Dressing, Caesar	2 tbsp	130	120	13	2	0	20	290	2	0	1	0	2	0	0	
Dressing, Creamy Italian	2 tbsp	120	110	13	2	0	5	370	2	0	1	0	0	0	0	
Dressing, French	2 tbsp	130	100	11	1.5	0	0	300	7	0	7	0	2	0	0	
Dressing, Golden Italian	2 tbsp	100	90	10	1.5	0	0	230	3	0	2	0	2	0	0	
Dressing, Honey French	2 tbsp	140	100	11	2	0	0	250	9	0	9	0	2	0	0	
Dressing, Raspberry Vinaigrette	2 tbsp	60	36	4	0	0	0	290	5	0	5	0	0	2	0	
Dressing1,000 Island	2 tbsp	70	18	2	0	0	0	440	12	0	7	0	0	0	0	
Fluff, Oreo Cookie	1 oz	100	45	5	3.5	0	0	50	37	0	6	0	0	0	6	
Fluff, Strawberry Surprise	4 tbsp	80	45	5	4.5	0	0	35	9	0	6.5	0.5	0	3	0	
	4 oz	180	100	11	11	0	0	80	19	1	16	1	2	15	0	
Fruit Salad	5 oz	100	0	0	0	0	0	24	2	21	0	0	45	2	0	
Ham, Diced	3.5 oz	260	180	20	5	0	30	910	14	0.5	12	6	4	0	4	
Hard Cooked Egg	1 egg	70	36	4	2	0	190	55	0	0	6	6	0	2	4	
Honey (packet)		25	0	0	0	0	0	7	0	7	0	0	0	0	0	
Lemon	1 lemon	20	2	17	0	0	0	1	5	2	1	1	0	51	2	
Lettuce, Romaine	8 oz	20	3	0.3	0	0	0	8	3	2	1	1	174	7	3	
Mandarin Oranges	3 oz	100	0	0	0	0	10	23	0	20	0	6	30	0	2	
Margarine	15 g	100	100	11	2	2	0	120	0	0	0	10	0	0	0	
Mashed Potatoes	4 tbsp	100	10	1	0	0	0	360	20	2	1	2	0	15	2	
Mushroom Slices	1 oz	10	1	0	0	0	0	1	1	0	0	1	0	1	1	
Olives, Black	1 tbsp	10	7	1	0	0	0	72	1	0	0	1	0	1	2	
Olives, Green	16 g	30	25	2.5	0	0	0	250	1	0	0	0	0	0	0	
Onions, Red	1 oz	15	0	0	0	0	0	1	3	<1	1	0	0	3.5	0.6	
Onions, White	1 oz	15	0	0	0	0	0	1	3	0	1	0	0	3	1	
Peaches	1 oz	25	0	0	0	0	0	2	6	1	5	0	4	1	0	
Pineapple Tidbits	4 oz	70	0	0	0	0	0	16	1	15	0	0	25	0	2	
Potato Salad, Mustard	6 oz	200	90	10	4	0	20	540	28	2	6	2	0	15	0	
Potato Salad, New York Style	5 oz	270	170	19	5	0	35	650	20	1	2	4	35	2	6	
Pudding, Banana	128 g	140	35	3.5	0	0	0	170	26	0	16	0	0	2	0	
Pudding, Butterscotch	128 g	140	35	4	0.5	0	0	240	25	0	15	0	0	2	0	
Pudding, Chocolate	4.5 oz	130	45	5	0.5	1.5	0	190	23	0	16	1	0	2	0	
Pudding, Milk Chocolate	4 oz	150	45	5	5	0	0	220	26	0	19	1	0	4	2	
Pudding, Tapioca	113 ml	140	40	4.5	1	1.5	0	180	23	0	16	2	0	6	0	
Salad, Bean	108 g	110	0	0	0	0	0	800	28	2	24	2	0	0	0	
Salad, Macaroni	123 g	270	150	16	6	0	30	770	30	0	12	3	0	0	0	
Salad, Spring	4 oz	370	240	26	5	0	35	540	29	1	11	3	15	6	0	
Sunflower Seeds	1 oz	170	117	14	1	0	0	115	7	3	1	5	0	1	2	
Tomatoes	1 oz	4	0	0	0	0	0	12	1	0	0	8	7	0	0	
Vegetables, Mixed	1 oz	20	0	0	0	0	0	140	4	1	0	1	4	15	0	
Wonton Strips	2 tbsp	35	20	2	0	0	0	30	4	0	0	1	0	0	2	
Sauces & Creams																
Gravy, Brown	4 tbsp	20	5	1	0	0	0	240	3	0	0	0	0	0	2	
Gravy, Chicken	4 tbsp	35	5	1	0	0	0	240	7	0	0	0	0	0	2	
Gravy, Sausage	4 tbsp	100	70	8	2	0	15	240	2	0	0	2	0	0	0	
Nacho Cheese	1 oz	45	35	3.5	1.5	0	5	200	2	0	0	1	2	0	0	
Salsa	1 tbsp	4	0	<1	0	0	0	96	1	0	0	1	0	0	0	
Sauce, Honey Mustard	2 tbsp	60	0	0	0	0	0	290	15	1	12	1	0	0	0	

Menu Item	Calories	Fat Calories	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Total Carbs g	Fiber g	Sugars g	Protein g	Vitamin A%	Vitamin C%	Calcium %	Iron %	
Sour Cream	2 tbsp	60	50	5	3	0	20	50	2	0	2	1	4	0	4	0
Taco Sauce, Spicy Joe's	1 tbsp	10	0	0	0	0	125	2	0	2	0	2	2	0	0	
Tartar Sauce	1 tbsp	80	67	7	1	0	4	98	2	0	<1	<1	1	0	0	1
Soups & Chowders																
Beef Stew	8 oz	210	90	10	4	0	20	740	21	3	1	10	90	0	2	10
Broccoli Cheese Soup	4 oz	150	100	11	3	0	10	800	10	2	2	2	6	6	2	
Brown & Wild Rice w/ Chicken	4 oz	210	110	12	5	0	30	680	19	2	5	6	2	10	8	2
Chicken and Dumpling Soup	8 oz	200	63	7	3	0	50	910	25	0	1	9	15	4	4	8
Chicken Noodle Soup	4 oz	70	20	2	1	0	15	790	10	0	1	4	2	15	2	2
Chicken Wild Rice Soup	4 oz	210	110	12	5	0	30	680	19	2	5	6	2	10	8	2
	8 oz	110	0	0	0	0	15	870	18	2	2	7	30	0	2	0
Chili	8 oz	280	117	13	5	0	55	1150	20	4	4	21	10	4	4	15
Cream of Chicken Soup	8 oz	80	0	4	1	0	10	760	10	0	1	3	10	0	2	2
Cream of Mushroom Soup	8 oz	100	0	6	1	0	0	790	10	1	1	2	0	0	2	4
Cream of Potato Soup	4 oz	160	70	8	3	0	10	830	19	2	4	3	4	0	8	2
Cream of Potato w/ bacon Soup	4 oz	210	130	14	5	0	20	830	18	1	3	4	2	0	4	2
Italian Wedding Soup	8 oz	120	27	3	1	0	15	840	15	2	3	7	15	0	4	8
Mexican Chicken Tortilla Soup	4 oz	120	15	1.5	0.5	0	15	410	20	2	3	7	10	2	2	2
Minestrone Soup	4 oz	60	5	1	0	0	0	650	12	3	4	3	15	4	4	6
Red Potato and Cheese Chowder	4 oz	170	90	10	5	0	30	930	16	1	2	4	6	0	10	2
Tomato Florentine w/ Pasta Soup	8 oz	80	9	1	0.5	0	0	800	14	2	6	4	0	10	6	4
Veggie Lumberjack Soup	4 oz	80	5	0.5	0	0	0	960	17	3	6	2	15	4	2	2
Wisconsin Cheese Soup	4 oz	210	130	14	8	0	40	850	14	0	6	8	6	0	15	2
Pizza Chicago																
Chicago Prime																
Single Topping		0														
Specialty		0														
Chicago Style																
Single Topping Pizza		0														
Pizza Gluten-Free Crust Single Slice																
Gluten-Free Specialty Pizzas (9" pie - 1/8 slices)																
BBQ		120	35	4	2	0	25	390	14	1	4	6	6	0	10	4
BLT		110	60	7	2	0	24	376	12	1	3	6	7	5	9	3
Chicken Bacon Ranch		100	100	13	3	0	24	453	11	0	1	5	2	0	10	1
Chicken Hot Wings		120	70	8	2	0	22	639	10	0	1	5	7	0	8	1
Combo		130	60	6	3	0	25	416	12	1	2	6	5	9	11	3
Combo Plus		130	60	7	3	0	27	440	12	1	2	6	5	7	12	3
Happy Joe's Special		110	41	5	2	0	26	426	12	1	2	6	4	4	10	3
Hawaiian		110	41	5	2	0	26	379	12	1	2	6	4	4	10	2
Meatworks		140	70	8	3	0	29	505	12	1	2	7	5	3	11	3
Sandies Delight		120	50	6	3	0	24	404	12	1	2	6	5	9	10	3
Spaghetti Joe		120	30	4	2	0	16	383	16	1	2	4	4	2	6	2
Vegetarian		110	40	4	2	0	19	353	13	1	2	5	6	12	11	3
Mexican Pizzas (9" pie - 1/8 slices)																
Chicken Taco		120	40	4	2	0	23	434	14	1	2	6	5	6	9	2
Fajita		110	40	4	2	0	24	455	13	1	2	6	4	5	11	4
Matador		110	50	5	2	0	20	390	10	1	1	5	5	3	9	3
Nacho Joe		140	130	15	5	0	20	450	15	4	2	5	5	5	10	2
Taco Joe		130	50	6	2	0	21	413	14	1	2	5	6	6	9	3
Taco Supreme		130	60	6	4	0	22	425	13	1	2	7	6	5	10	3
Single Topping Pizzas (9" pie - 1/8 slices)																
Bacon Pieces		110	70	10	5	0	20	480	10	1	2	7	4	2	10	2
Beef		120	50	5	2	0	20	450	10	1	2	6	4	3	11	3
Black Olives		110	40	5	2	0	19	365	12	1	2	4	5	3	11	4
Canadian Bacon		110	40	5	2	0	30	400	10	1	2	6	4	3	10	2
Cheese		110	50	5	2	0	23	315	11	1	2	5	5	3	13	2
Chicken		110	40	4	2	0	24	390	10	1	2	6	4	3	10	2
Extra Cheese		130	60	6	3	0	30	360	10	1	2	7	6	3	16	2
Fire-Roasted Vegetables		100	40	4	2	0	20	300	10	1	2	4	5	5	13	5

Menu Item	Calories	Fat Calories	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Total Carbs g	Fiber g	Sugars g	Protein g	Vitamin A%	Vitamin C%	Calcium %	Iron %	
Green Olives	110	45	5	2	0	20	360	10	1	2	4	5	3	11	4	
Green Pepper	100	35	4	2	0	19	270	10	1	2	4	6	18	10	2	
Mushrooms	100	35	4	2	0	20	320	12	1	2	4	4	10	10	2	
Onion	100	35	4	2	0	19	270	12	1	2	4	4	4	10	2	
Pepperoni	130	60	7	3	0	26	380	11	1	2	6	5	3	10	2	
Pineapple	100	35	4	2	0	19	270	12	1	3	4	4	5	10	2	
Salami	140	70	7	3	0	30	460	11	1	2	6	4	3	10	3	
Sauerkraut	100	35	4	2	0	20	340	12	1	2	4	4	5	10	3	
Sausage	130	60	6	3	0	23	380	12	1	2	6	5	3	11	3	
Tomato	100	35	4	2	0	20	270	12	1	2	4	6	6	10	2	
Pizza Original Crust Single Slice																
Mexican Pizzas																
Chicken Taco	6" pie - 1/4 slices	150	40	4	2	0	12	304	18	1	2	7	5	6	7	7
	9" pie - 1/8 slices	150	40	5	2	0	14	315	18	1	2	7	5	6	8	7
	12" pie - 1/10 slices	190	50	6	2	0	18	414	25	2	3	10	6	8	9	9
	15" pie - 1/14 slices	230	70	7	3	1	21	467	29	2	3	12	8	9	12	10
Fajita	6" pie - 1/4 slices	140	40	4	2	0	14	323	17	2	2	7	4	5	9	9
	9" pie - 1/8 slices	140	40	4	2	0	15	336	17	2	2	8	4	5	10	9
	12" pie - 1/10 slices	190	50	5	2	1	20	444	23	2	3	10	5	6	12	11
Matador	15" pie - 1/14 slices	210	50	6	3	1	21	453	25	2	3	11	5	6	13	12
	6" pie - 1/4 slices	140	45	5	2	0	10	270	16	2	2	6	5	3	7	7
	9" pie - 1/8 slices	140	50	6	2	0	12	274	16	2	2	6	5	3	8	7
	12" pie - 1/10 slices	190	70	10	3	1	15	383	22	2	2	9	6	4	9	10
Nacho Joe	15" pie - 1/14 slices	230	80	9	4	1	19	467	25	2	2	10	8	4	12	12
	6" pie - 1/4 slices	160	130	15	5	0	11	315	18	5	2	6	4	5	8	6
	9" pie - 1/8 slices	170	140	15	5	0	13	333	17	5	2	7	5	5	9	7
	12" pie - 1/10 slices	220	180	20	7	0	16	437	24	6	2	9	7	7	11	9
Taco Joe	15" pie - 1/14 slices	270	220	24	8	1	21	526	28	7	3	11	8	8	14	11
	6" pie - 1/4 slices	160	50	6	2	0	10	276	19	2	2	6	5	6	7	7
	9" pie - 1/8 slices	160	60	6	2	0	12	290	20	2	2	7	6	6	8	7
Taco Supreme	12" pie - 1/10 slices	220	80	8	3	1	15	387	25	2	3	9	8	8	10	10
	15" pie - 1/14 slices	260	100	10	4	1	19	468	30	2	3	11	10	10	13	12
	6" pie - 1/4 slices	160	60	6	4	0	11	295	19	2	2	9	6	6	8	8
Taco Supreme	9" pie - 1/8 slices	160	60	7	4	0	13	306	17	1	2	9	6	5	9	7
	12" pie - 1/10 slices	220	90	10	7	1	17	441	26	2	3	14	8	8	11	11
	15" pie - 1/14 slices	270	110	12	8	1	21	538	31	3	4	16	11	10	15	13
Original Specialty Pizzas																
BBQ	6" pie - 1/4 slices	140	35	4.5	2	0	15	260	18	1	4	7	6	0	8	8
	9" pie - 1/8 slices	150	45	4.5	2	0	15	270	17	1	4	8	6	0	8	8
	12" pie - 1/10 slices	200	50	6	3	0	20	390	25	1	6	10	8	0	10	10
	15" pie - 1/14 slices	230	60	7	3	0.5	25	460	29	2	7	12	10	0	15	10
BLT	6" pie - 1/4 slices	140	70	8	2	0	16	275	16	1	4	7	7	5	8	7
	9" pie - 1/8 slices	140	65	7	2	0	15	257	16	1	3	7	7	5	9	7
	12" pie - 1/10 slices	190	100	10	3	0	22	371	21	2	5	10	9	8	11	9
Chicken Alfredo	15" pie - 1/14 slices	230	120	10	4	1	30	466	25	2	6	12	11	9	14	11
	6" pie - 1/4 slices	160	60	7	3	0	20	300	15	1	1	8	4	0	10	6
	9" pie - 1/8 slices	170	60	7	3	0	20	320	15	1	1	9	4	0	10	6
	12" pie - 1/10 slices	220	80	9	4	0	30	420	20	1	1	12	6	0	15	8
Chicken Bacon Ranch	15" pie - 1/14 slices	250	90	10	4.5	0.5	30	520	23	1	2	12	6	2	20	10
	6" pie - 1/4 slices	130	129	14	3	0	14	352	15	1	1	7	2	0	8	5
	9" pie - 1/8 slices	130	120	10	3	0	15	334	15	1	1	7	2	0	9	5
	12" pie - 1/10 slices	180	160	20	4	0	20	460	20	1	2	9	3	0	12	7
Chicken Hot Wings	15" pie - 1/14 slices	210	163	18	5	1	24	524	23	1	2	11	3	0	14	8
	6" pie - 1/4 slices	150	78	9	2	0	13	563	14	1	1	7	7	0	7	5
	9" pie - 1/8 slices	140	70	10	2	0	13	520	14	1	1	7	7	0	7	5
	12" pie - 1/10 slices	200	100	10	3	0	18	708	19	1	1	9	10	0	10	7
Combo	15" pie - 1/14 slices	220	100	11	3	0	20	703	22	1	2	11	10	0	11	8
	6" pie - 1/4 slices	150	50	6	2	0	14	262	16	1	2	7	5	11	9	7
	9" pie - 1/8 slices	160	60	7	3	0	16	297	16	1	2	7	5	9	10	7

Menu Item	Calories	Fat Calories	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Total Carbs g	Fiber g	Sugars g	Protein g	Vitamin A%	Vitamin C%	Calcium %	Iron %	
Combo	12" pie - 1/10 slices	210	80	10	4	1	22	396	21	2	10	6	10	14	9	
	15" pie - 1/14 slices	250	100	10	5	1	27	501	25	2	12	7	13	16	11	
Combo Plus	6" pie - 1/4 slices	150	60	6	3	0	15	315	16	1	2	7	5	8	9	
	9" pie - 1/8 slices	160	60	10	3	0	18	321	16	1	2	8	5	7	11	
	12" pie - 1/10 slices	230	90	10	4	1	30	470	22	2	11	7	9	17	10	
	15" pie - 1/14 slices	270	109	12	5	1	30	590	25	2	13	8	14	17	12	
Happy Joe's Special	6" pie - 1/4 slices	140	40	5	2	0	17	302	16	1	2	5	2	1	8	
	9" pie - 1/8 slices	140	40	5	2	0	17	306	16	1	2	7	4	4	9	
	12" pie - 1/10 slices	200	66	7	3	0	28	516	22	2	3	11	6	7	14	
	15" pie - 1/14 slices	220	70	10	5	1	29	534	25	2	3	12	7	7	15	
Hawaiian	6" pie - 1/4 slices	140	40	5	2	0	16	245	16	1	2	7	4	4	8	
	9" pie - 1/8 slices	140	44	5	2	0	17	260	16	1	2	7	4	4	9	
	12" pie - 1/10 slices	200	60	10	3	0	26	387	22	1	4	10	6	5	13	
	15" pie - 1/14 slices	220	70	8	3	1	26	393	25	2	4	11	7	6	15	
Meatworks	6" pie - 1/4 slices	160	60	10	3	0	16	300	15	1	2	7	4	3	9	
	9" pie - 1/8 slices	170	70	10	3	0	20	386	15	1	2	9	5	3	10	
	12" pie - 1/10 slices	220	90	10	4	1	25	455	21	1	2	11	6	3	14	
	15" pie - 1/14 slices	290	130	15	6	1	35	685	24	2	3	15	7	4	16	
Reuben	6" pie - 1/4 slices	110	60	7	2	0	15	270	7	1	0	4	2	4	8	
	9" pie - 1/8 slices	160	70	8	2	0	15	280	16	1	1	6	2	4	10	
	12" pie - 1/10 slices	230	110	10	3	0	20	430	22	2	1	9	4	4	15	
	15" pie - 1/14 slices	260	130	10	4	0	25	490	25	2	2	10	4	6	15	
Sandies Delight	6" pie - 1/4 slices	140	50	5	2	0	12	256	16	1	2	7	5	9	9	
	9" pie - 1/8 slices	150	60	6	3	0	15	285	16	1	2	7	5	9	10	
	12" pie - 1/10 slices	210	80	10	4	1	21	392	21	2	2	10	7	13	14	
	15" pie - 1/14 slices	240	90	10	4	1	23	449	24	2	3	11	8	13	16	
Spaghetti Joe	6" pie - 1/4 slices	140	40	4	2	0	7	239	18	1	2	5	4	1	5	
	9" pie - 1/8 slices	150	40	4	2	0	7	264	20	1	2	6	4	2	6	
	12" pie - 1/10 slices	210	60	10	3	0	12	384	27	2	3	9	6	3	10	
	15" pie - 1/14 slices	270	80	10	4	1	16	509	33	2	3	11	9	4	14	
Super Max	6" pie - 1/4 slices	130	35	5	2	0	10	440	18	2	3	6	6	4	8	
	9" pie - 1/8 slices	140	45	5	3	0	10	430	17	2	3	6	6	4	8	
	12" pie - 1/10 slices	180	50	6	3	0	10	630	23	2	4	8	8	6	10	
	15" pie - 1/14 slices	210	60	7	4	0	15	570	26	2	5	8	9	6	15	
Vegetarian	6" pie - 1/4 slices	130	40	4	2	0	9	208	16	1	2	5	5	10	9	
	9" pie - 1/8 slices	140	40	5	2	0	10	234	17	2	2	6	6	12	10	
	12" pie - 1/10 slices	180	60	6	3	0	14	314	22	2	2	8	7	14	10	
	15" pie - 1/14 slices	210	66	7	3	1	16	369	25	2	3	9	9	20	16	
Single Topping Pizzas																
Bacon Pieces	6" pie - 1/4 slices	190	83	9	4	0	16	412	15	1	2	9	4	2	8	
	9" pie - 1/8 slices	170	75	8	3	0	15	357	15	1	2	9	4	2	9	
	12" pie - 1/10 slices	250	113	13	5	1	23	544	20	1	2	13	6	3	13	
	15" pie - 1/14 slices	290	130	15	6	1	26	638	23	2	3	15	7	4	15	
Beef	6" pie - 1/4 slices	140	50	5	2	0	12	317	16	1	2	7	4	3	9	
	9" pie - 1/8 slices	150	50	6	2	0	13	331	16	1	2	7	4	3	10	
	12" pie - 1/10 slices	210	80	9	4	1	19	502	21	2	2	11	6	3	14	
	15" pie - 1/14 slices	240	90	10	4	1	22	588	24	2	3	12	7	4	16	
Black Olives	6" pie - 1/4 slices	130	42	5	2	0	9	232	16	1	2	5	5	3	9	
	9" pie - 1/8 slices	130	45	5	2	0	10	246	16	1	2	6	5	3	10	
	12" pie - 1/10 slices	190	70	7	3	0	14	366	21	2	2	8	7	4	15	
	15" pie - 1/14 slices	210	70	8	3	1	16	390	24	2	2	9	8	4	17	
Canadian Bacon	6" pie - 1/4 slices	140	40	5	2	0	17	267	16	1	2	7	4	3	8	
	9" pie - 1/8 slices	140	45	5	2	0	18	281	15	1	2	7	4	3	9	
	12" pie - 1/10 slices	200	70	7	3	0	28	422	21	1	3	11	6	3	13	
	15" pie - 1/14 slices	230	75	8	4	1	32	493	24	2	3	12	7	4	15	
Cheese	6" pie - 1/4 slices	140	50	5	2	0	13	182	15	1	2	7	5	3	11	
	9" pie - 1/8 slices	140	50	6	2	0	14	196	15	1	2	7	5	3	12	
	12" pie - 1/10 slices	200	70	10	4	1	20	279	21	1	2	10	7	3	18	
	15" pie - 1/14 slices	220	80	10	4	1	22	310	24	2	2	11	8	4	20	
6" pie - 1/4 slices	160	70	7	3	0	15	302	16	1	2	7	4	3	9		

Menu Item	Calories	Fat Calories	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Total Carbs g	Fiber g	Sugars g	Protein g	Vitamin A%	Vitamin C%	Calcium %	Iron %	
Chicago Prime Sausage	9" pie - 1/8 slices	150	60	7	3	0	15	275	16	1	2	7	4	3	10	7
	12" pie - 1/10 slices	220	90	10	4	0	22	412	21	2	3	10	6	3	15	9
	15" pie - 1/14 slices	260	110	12	5	1	25	481	25	2	3	12	7	4	17	11
Chicken	6" pie - 1/4 slices	140	40	4	2	0	16	293	16	1	2	8	4	3	8	6
	9" pie - 1/8 slices	140	40	4	2	0	15	269	15	1	2	8	4	3	9	6
	12" pie - 1/10 slices	190	60	10	3	0	23	401	21	1	2	12	6	4	14	9
	15" pie - 1/14 slices	220	65	7	3	1	27	468	24	2	3	13	7	4	15	10
Extra Cheese	6" pie - 1/4 slices	220	90	10	4	1	26	345	21	1	2	12	9	3	23	8
	9" pie - 1/8 slices	160	60	10	3	0	18	242	15	1	2	8	6	3	16	6
	12" pie - 1/10 slices	220	90	10	4	1	26	345	21	1	2	12	9	3	23	8
	15" pie - 1/14 slices	250	100	10	5	1	28	379	24	2	2	13	9	4	25	9
Fire-Roasted Vegetables	6" pie - 1/4 slices	130	40	5	2	0	9	164	16	1	2	5	5	5	11	9
	9" pie - 1/8 slices	130	40	5	2	0	10	178	16	1	2	6	5	5	12	9
	12" pie - 1/10 slices	180	60	10	3	0	14	257	22	2	3	8	7	7	18	13
	15" pie - 1/14 slices	210	70	10	3	1	16	286	25	2	3	9	8	8	19	14
Green Olives	6" pie - 1/4 slices	130	45	5	2	0	9	229	16	1	2	5	5	3	9	8
	9" pie - 1/8 slices	140	50	5	2	0	10	244	16	1	2	6	5	3	10	8
	12" pie - 1/10 slices	190	70	10	3	0	14	361	21	2	2	8	7	3	15	11
	15" pie - 1/14 slices	220	80	10	3	1	16	385	25	2	2	9	8	4	17	12
Green Pepper	6" pie - 1/4 slices	120	35	5	2	0	9	137	16	1	2	5	5	18	8	6
	9" pie - 1/8 slices	130	40	5	2	0	10	151	16	1	2	6	6	18	9	6
	12" pie - 1/10 slices	180	55	6	3	0	14	213	22	2	2	8	8	28	13	8
	15" pie - 1/14 slices	200	60	10	3	1	16	244	25	2	3	9	9	28	15	9
Mushrooms	6" pie - 1/4 slices	120	35	5	2	0	9	183	16	1	2	5	4	10	8	7
	9" pie - 1/8 slices	130	39	4	2	0	10	198	15	1	2	6	4	10	9	7
	12" pie - 1/10 slices	180	55	6	3	0	14	288	21	2	2	8	6	15	13	9
	15" pie - 1/14 slices	200	60	7	13	1	16	334	24	2	2	9	7	17	15	10
Onion	6" pie - 1/4 slices	130	35	4	2	0	9	137	16	1	2	5	4	4	8	6
	9" pie - 1/8 slices	130	40	4	2	0	10	151	16	1	2	6	4	4	9	6
	12" pie - 1/10 slices	180	55	6	3	0	14	213	22	2	3	8	6	5	14	8
	15" pie - 1/14 slices	210	60	10	3	1	16	245	25	2	3	9	7	6	15	9
Pepperoni	6" pie - 1/4 slices	150	60	10	3	0	16	239	15	1	2	7	5	3	8	7
	9" pie - 1/8 slices	160	65	10	3	0	17	260	15	1	2	7	5	3	9	7
	12" pie - 1/10 slices	220	95	10	4	0	26	377	20	1	2	10	7	3	14	9
	15" pie - 1/14 slices	250	100	10	5	1	28	409	23	2	2	11	8	4	15	10
Pineapple	6" pie - 1/4 slices	130	35	4	2	0	9	136	17	1	3	5	4	5	8	6
	9" pie - 1/8 slices	130	40	4	2	0	10	151	16	1	3	6	4	5	9	6
	12" pie - 1/10 slices	180	60	6	3	0	14	213	23	2	4	8	6	7	13	8
	15" pie - 1/14 slices	210	60	10	3	1	16	244	26	2	4	9	7	7	15	9
Salami	6" pie - 1/4 slices	180	80	10	3	0	23	395	15	1	2	8	4	3	8	7
	9" pie - 1/8 slices	170	70	10	3	0	21	345	15	1	2	8	4	3	9	7
	12" pie - 1/10 slices	240	110	15	5	0	32	524	21	1	2	12	6	3	14	10
	15" pie - 1/14 slices	280	120	10	5	1	37	614	24	2	2	13	7	4	15	11
Sauerkraut	6" pie - 1/4 slices	120	35	4	2	0	9	207	16	1	2	5	4	5	8	7
	9" pie - 1/8 slices	130	40	5	2	0	10	221	15	1	2	6	4	5	10	7
	12" pie - 1/10 slices	180	55	10	3	0	14	325	21	2	2	8	6	7	14	9
	15" pie - 1/14 slices	200	60	10	3	1	16	351	24	2	3	9	7	8	16	10
Sausage	6" pie - 1/4 slices	150	60	10	3	0	13	247	16	1	2	7	4	3	9	7
	9" pie - 1/8 slices	160	60	10	3	0	14	261	15	1	2	7	4	3	10	7
	12" pie - 1/10 slices	220	90	10	4	0	21	389	21	2	2	10	6	3	15	10
	15" pie - 1/14 slices	260	110	10	5	1	25	451	24	2	2	12	7	4	17	11
Tomato	6" pie - 1/4 slices	130	35	4	2	0	9	137	16	1	2	5	5	6	8	6
	9" pie - 1/8 slices	130	39	4	2	0	10	152	16	1	2	6	6	6	9	6
	12" pie - 1/10 slices	180	56	6	3	0	14	215	21	2	2	8	8	9	13	8
	15" pie - 1/14 slices	210	63	7	3	1	16	246	24	2	3	9	9	9	15	9
Pizza Pan Crust Single Slice																
Mexican Pizzas																
	15" pie - 1/14 slices	310	130	14	4	1	21	451	31	2	3	11	9	13	12	10
Chicken Taco	12" pie - 1/10 slices	260	110	10	3	1	18	400	27	2	3	10	7	11	9	9

Menu Item	Calories	Fat Calories	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Total Carbs g	Fiber g	Sugars g	Protein g	Vitamin A%	Vitamin C%	Calcium %	Iron %	
Chicken Taco	9" pie - 1/8 slices	190	80	10	2	1	14	305	19	1	2	7	5	8	8	7
	6" pie - 1/4 slices	190	80	10	2	1	12	295	21	2	2	7	5	9	7	7
Fajita	15" pie - 1/14 slices	300	150	15	4	1	24	481	26	2	2	11	6	8	13	12
	12" pie - 1/10 slices	280	140	15	4	1	23	475	24	2	2	10	5	8	12	12
	9" pie - 1/8 slices	210	110	10	3	1	18	373	17	2	2	8	4	6	10	9
	6" pie - 1/4 slices	220	105	10	3	1	17	357	19	2	2	7	4	6	9	9
Matador	15" pie - 1/14 slices	300	145	20	5	1	19	367	26	3	2	10	7	12	12	11
	12" pie - 1/10 slices	260	125	10	4	1	15	298	24	2	2	8	6	11	9	10
	9" pie - 1/8 slices	180	90	10	3	1	12	219	17	2	1	6	4	7	8	7
	6" pie - 1/4 slices	190	80	10	3	1	10	201	19	2	1	6	4	9	7	7
Nacho Joe	15" pie - 1/14 slices	340	280	30	9	1	21	511	30	7	2	11	9	11	14	11
	12" pie - 1/10 slices	290	240	30	8	1	16	423	26	6	2	9	7	10	11	10
	9" pie - 1/8 slices	200	170	20	6	1	13	323	18	5	2	7	5	7	9	7
	6" pie - 1/4 slices	210	170	20	6	1	11	305	20	5	2	6	5	7	8	7
Taco Joe	15" pie - 1/14 slices	330	160	20	5	1	19	453	31	3	3	11	10	13	13	12
	12" pie - 1/10 slices	280	135	15	4	1	15	373	27	2	3	9	8	11	10	11
	9" pie - 1/8 slices	200	90	10	3	1	12	284	19	2	2	7	6	8	8	7
	6" pie - 1/4 slices	200	90	10	3	1	10	266	21	2	2	6	7	9	8	8
Taco Supreme	15" pie - 1/14 slices	340	170	19	9	1	21	522	32	3	3	16	11	14	15	13
	12" pie - 1/10 slices	290	145	16	8	1	17	430	28	3	3	14	9	12	11	12
	9" pie - 1/8 slices	200	100	11	5	1	13	319	20	2	2	9	7	9	9	8
	6" pie - 1/4 slices	210	100	10	5	1	12	277	21	2	2	9	6	8	8	8
Pan Specialty Pizzas																
BBQ	15" pie - 1/14 slices	300	130	14	4	1	20	430	30	2	7	12	10	4	15	10
	12" pie - 1/10 slices	270	120	13	3.5	0.5	20	380	27	2	6	10	8	4	10	10
	9" pie - 1/8 slices	190	80	9	2.5	0.5	15	260	18	1	4	8	6	2	8	8
	6" pie - 1/4 slices	190	70	8	2	0.5	15	240	20	1	4	7	6	4	8	8
BLT	15" pie - 1/14 slices	300	190	21	6	1	29	391	26	2	6	11	11	14	11	
	12" pie - 1/10 slices	260	150	17	4	1	22	352	22	2	4	10	8	9	12	9
	9" pie - 1/8 slices	180	100	11	3	1	15	249	16	1	3	7	7	7	9	7
	6" pie - 1/4 slices	190	110	12	3	1	16	261	17	1	3	7	6	6	8	7
Chicken Bacon Ranch	15" pie - 1/14 slices	280	230	25	6	1	24	508	24	1	2	11	4	4	14	9
	12" pie - 1/10 slices	250	220	25	5	1	20	448	22	1	2	9	3	3	12	8
	9" pie - 1/8 slices	170	160	20	4	1	15	324	15	1	1	2	2	2	9	5
	6" pie - 1/4 slices	180	170	20	4	1	14	342	17	1	1	7	2	3	8	6
Chicken Hot Wings	15" pie - 1/14 slices	290	160	20	4	1	20	687	23	1	1	10	10	4	11	9
	12" pie - 1/10 slices	270	160	20	4	1	18	691	21	1	1	9	10	3	10	8
	9" pie - 1/8 slices	190	110	12	3	0	13	510	15	1	1	7	7	2	7	5
	6" pie - 1/4 slices	190	120	10	3	1	13	553	17	1	1	7	8	3	7	6
Combo	15" pie - 1/14 slices	330	170	20	6	1	26	519	26	2	2	12	8	16	19	11
	12" pie - 1/10 slices	290	150	20	5	1	24	422	23	2	2	11	8	13	17	10
	9" pie - 1/8 slices	200	100	10	4	1	17	306	16	1	2	8	5	10	11	7
	6" pie - 1/4 slices	200	100	10	3	1	15	264	18	1	2	7	5	12	10	7
Combo Plus	15" pie - 1/14 slices	340	180	20	6	1	33	576	26	2	2	14	10	14	22	12
	12" pie - 1/10 slices	310	160	18	6	1	29	497	23	2	2	12	8	12	19	10
	9" pie - 1/8 slices	210	105	10	4	1	19	329	16	1	2	8	6	8	13	7
	6" pie - 1/4 slices	200	100	10	3	1	15	293	17	1	1	7	4	8	9	7
Happy Joe's Special	15" pie - 1/14 slices	300	140	20	5	1	32	551	26	2	3	12	8	10	18	11
	12" pie - 1/10 slices	280	130	15	4	1	31	539	23	2	3	12	7	9	16	10
	9" pie - 1/8 slices	180	85	10	3	1	18	315	16	1	2	7	5	6	11	7
	6" pie - 1/4 slices	190	80	10	3	1	19	304	17	1	2	7	4	5	10	7
Hawaiian	15" pie - 1/14 slices	310	140	20	5	1	32	458	27	2	4	12	8	9	18	10
	12" pie - 1/10 slices	280	130	15	4	1	28	411	24	2	3	11	7	8	16	9
	9" pie - 1/8 slices	190	85	10	3	1	18	268	17	1	2	7	5	5	11	6
	6" pie - 1/4 slices	190	80	10	3	1	17	247	18	1	2	7	4	5	9	7
Mac-Cheese	15" pie - 1/14 slices	300	90	10	5	0.5	20	440	34	2	2	11	10	4	20	10
	12" pie - 1/10 slices	280	90	10	5	0.5	20	410	31	2	2	10	10	4	15	10
	9" pie - 1/8 slices	200	60	7	3.5	0.5	15	290	22	1	1	7	6	4	15	8
	6" pie - 1/4 slices	200	60	7	3	0.5	15	260	23	1	1	7	6	4	10	8
15" pie - 1/14 slices	390	200	20	7	1	37	699	25	2	2	15	8	7	19	12	

Menu Item	Calories	Fat Calories	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Total Carbs g	Fiber g	Sugars g	Protein g	Vitamin A%	Vitamin C%	Calcium %	Iron %	
Meatworks	12" pie - 1/10 slices	300	160	20	5	1	27	478	23	2	12	7	6	17	10	
	9" pie - 1/8 slices	210	110	10	4	1	20	362	16	1	8	5	4	11	7	
	6" pie - 1/4 slices	190	100	10	3	0	17	314	15	1	8	4	1	10	6	
Reuben	15" pie - 1/14 slices	330	190	20	4.5	0.5	25	470	26	2	10	4	8	15	10	
	12" pie - 1/10 slices	300	160	18	4	0.5	20	410	23	2	9	4	8	15	10	
	9" pie - 1/8 slices	200	110	12	2.5	0	15	270	16	1	6	2	6+	10	6	
	6" pie - 1/4 slices	140	100	11	2	0	15	260	7	1	4	2	4	8	4	
Sandies Delight	15" pie - 1/14 slices	320	160	20	6	1	26	463	26	2	12	9	15	18	11	
	12" pie - 1/10 slices	290	150	20	5	1	23	415	23	2	11	8	15	17	10	
	9" pie - 1/8 slices	1200	100	10	3	1	16	294	16	1	7	5	10	11	7	
	6" pie - 1/4 slices	190	90	10	3	1	14	258	17	1	7	4	10	10	7	
Spaghetti Joe	15" pie - 1/14 slices	320	130	10	4	1	14	356	34	2	3	10	9	7	13	10
	12" pie - 1/10 slices	290	130	15	3	1	10	250	28	2	7	7	6	9	9	
	9" pie - 1/8 slices	180	70	10	2	0	5	156	20	1	5	4	4	5	6	
	6" pie - 1/4 slices	180	70	10	2	0	5	144	20	1	5	4	4	5	6	
Super Max	15" pie - 1/14 slices	280	130	14	4.5	0.5	15	760	28	3	5	9	10	15	10	
	12" pie - 1/10 slices	250	120	10	4	0.5	10	620	25	2	4	8	8	10	10	
	9" pie - 1/8 slices	180	80	10	3	0	10	450	18	2	3	6	6	10	8	
	6" pie - 1/4 slices	180	80	9	2.5	0	10	340	19	2	3	6	8	8	8	
Vegetarian	15" pie - 1/14 slices	290	140	15	4	1	19	383	27	2	3	10	22	18	11	
	12" pie - 1/10 slices	260	125	10	4	1	17	338	24	2	2	9	17	17	10	
	9" pie - 1/8 slices	180	80	10	3	1	11	234	17	1	2	6	12	11	7	
	6" pie - 1/4 slices	180	80	10	2	1	10	209	18	2	1	6	5	11	10	7
Single Topping Pizzas																
Bacon Pieces	15" pie - 1/14 slices	370	200	20	7	1	29	655	25	2	2	16	8	6	18	10
	12" pie - 1/10 slices	330	180	20	6	1	25	569	22	2	2	14	7	6	16	9
	9" pie - 1/8 slices	220	115	13	4	1	16	365	16	1	1	9	5	4	11	6
	6" pie - 1/4 slices	230	120	13	4	1	16	400	17	1	1	9	4	4	9	7
Beef	15" pie - 1/14 slices	320	160	18	6	1	25	603	26	2	2	13	8	6	19	11
	12" pie - 1/10 slices	290	145	16	5	1	22	525	23	2	2	12	7	6	17	10
	9" pie - 1/8 slices	190	90	10	3	1	15	338	16	1	1	8	5	4	11	7
	6" pie - 1/4 slices	200	90	10	3	1	13	319	17	1	1	7	4	4	10	7
Black Olives	15" pie - 1/14 slices	290	142	16	5	1	19	404	26	2	2	10	9	7	19	12
	12" pie - 1/10 slices	270	130	15	4	1	17	389	23	2	2	9	8	6	18	11
	9" pie - 1/8 slices	180	90	10	3	1	11	252	16	1	1	6	5	4	12	8
	6" pie - 1/4 slices	180	80	9	3	1	10	234	17	1	1	6	5	4	10	8
Canadian Bacon	15" pie - 1/14 slices	310	145	16	5	1	35	507	25	2	3	13	8	6	17	10
	12" pie - 1/10 slices	230	110	12	4	1	26	371	19	1	2	10	6	5	13	8
	9" pie - 1/8 slices	180	80	9	3	0	20	300	15	1	2	8	5	2	11	6
	6" pie - 1/4 slices	180	80	9	2	1	17	253	17	1	1	7	4	4	8	6
Cheese	15" pie - 1/14 slices	300	150	20	5	1	25	327	25	2	2	11	9	6	22	6
	12" pie - 1/10 slices	230	115	10	4	1	19	252	19	1	2	9	7	5	17	7
	9" pie - 1/8 slices	190	90	10	3	1	15	205	16	1	1	7	6	4	14	6
	6" pie - 1/4 slices	190	90	10	3	1	14	184	17	1	1	7	5	4	13	6
Chicago Prime Sausage	15" pie - 1/14 slices	330	170	20	6	1	28	521	26	2	4	13	9	6	18	11
	12" pie - 1/10 slices	300	160	20	5	1	25	435	23	2	2	11	7	6	17	10
	9" pie - 1/8 slices	200	100	10	4	1	16	281	16	1	2	7	5	4	11	6
	6" pie - 1/4 slices	210	110	10	1	2	16	304	18	1	2	8	4	4	10	7
Chicken	15" pie - 1/14 slices	300	135	15	4	1	29	483	26	2	2	14	8	7	18	10
	12" pie - 1/10 slices	270	120	10	4	1	26	425	23	2	2	12	7	6	16	9
	9" pie - 1/8 slices	180	80	10	3	1	17	275	16	1	1	8	5	4	11	6
	6" pie - 1/4 slices	190	80	10	2	1	17	295	17	1	1	9	4	4	10	6
Extra Cheese	15" pie - 1/14 slices	320	160	20	6	1	29	377	25	2	2	13	10	6	26	9
	12" pie - 1/10 slices	300	155	20	6	1	28	369	23	2	2	12	10	6	25	8
	9" pie - 1/8 slices	200	100	10	4	1	19	248	16	1	1	8	6	4	17	6
	6" pie - 1/4 slices	200	100	10	4	1	18	229	17	1	1	8	6	4	16	6
Fire-Roasted Vegetables	15" pie - 1/14 slices	290	140	15	4	1	19	300	26	2	3	10	9	10	21	14
	12" pie - 1/10 slices	260	120	10	4	1	17	266	23	2	2	9	8	8	19	12
	9" pie - 1/8 slices	180	80	10	3	1	11	187	17	1	2	6	5	7	13	9
	6" pie - 1/4 slices	180	80	9	2	1	10	175	18	2	2	6	5	7	13	10

Menu Item	Calories	Fat Calories	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Total Carbs g	Fiber g	Sugars g	Protein g	Vitamin A%	Vitamin C%	Calcium %	Iron %	
Green Olives	15" pie - 1/14 slices	300	150	20	5	1	19	400	26	2	2	10	9	7	19	12
	12" pie - 1/10 slices	270	140	15	4	1	17	385	23	2	2	9	8	6	17	11
	9" pie - 1/8 slices	180	90	10	3	1	11	250	16	1	1	6	5	4	12	8
	6" pie - 1/4 slices	180	90	10	3	1	10	231	17	2	1	6	5	4	10	8
Green Pepper	15" pie - 1/14 slices	280	130	15	4	1	19	259	26	2	2	10	10	31	18	9
	12" pie - 1/10 slices	260	120	15	4	1	17	237	23	2	2	9	9	31	16	9
	9" pie - 1/8 slices	170	80	9	3	1	11	157	16	1	1	6	6	20	11	6
	6" pie - 1/4 slices	180	80	9	2	1	10	138	17	1	1	6	5	20	9	6
Mushrooms	15" pie - 1/14 slices	280	130	15	4	1	19	348	25	2	2	10	8	20	17	10
	12" pie - 1/10 slices	210	100	10	3	1	14	260	19	2	1	7	6	14	13	8
	9" pie - 1/8 slices	170	80	10	3	1	11	206	16	1	1	6	5	11	11	6
	6" pie - 1/4 slices	170	70	8	2	1	9	169	17	1	1	5	4	11	8	6
Onion	15" pie - 1/14 slices	280	130	15	4	1	19	259	26	2	3	10	8	8	18	9
	12" pie - 1/10 slices	260	120	10	4	1	17	237	24	2	3	9	7	8	16	8
	9" pie - 1/8 slices	170	80	10	3	1	11	157	16	1	2	6	5	5	11	6
	6" pie - 1/4 slices	180	80	9	2	1	10	139	18	1	2	6	4	5	10	6
Pepperoni	15" pie - 1/14 slices	330	170	19	6	1	30	426	25	2	2	12	9	6	18	10
	12" pie - 1/10 slices	250	135	15	5	1	24	334	19	1	2	9	7	5	14	8
	9" pie - 1/8 slices	200	110	10	4	1	19	268	16	1	1	7	6	4	11	6
	6" pie - 1/4 slices	200	100	10	3	1	16	225	17	1	1	7	4	4	9	6
Pineapple	15" pie - 1/14 slices	290	130	15	4	1	19	259	27	2	4	10	8	10	18	9
	12" pie - 1/10 slices	260	120	10	4	1	17	237	24	2	4	9	7	9	16	8
	9" pie - 1/8 slices	180	80	10	3	1	11	157	17	1	2	6	5	6	11	6
	6" pie - 1/4 slices	180	80	10	2	1	10	138	18	1	2	6	4	6	10	6
Salami	15" pie - 1/14 slices	350	190	20	7	1	39	619	24	2	2	14	7	5	18	11
	12" pie - 1/10 slices	320	170	20	6	1	35	547	22	2	2	12	7	6	16	10
	9" pie - 1/8 slices	210	110	10	4	1	22	351	16	1	1	8	5	4	11	7
	6" pie - 1/4 slices	200	88	10	4	1	25	397	17	1	1	9	4	4	10	7
Sauerkraut	15" pie - 1/14 slices	280	130	15	4	1	19	356	25	2	2	10	7	9	18	10
	12" pie - 1/10 slices	260	122	14	4	1	17	349	23	2	2	9	7	10	16	9
	9" pie - 1/8 slices	170	80	9	3	1	11	227	16	1	1	6	5	7	11	6
	6" pie - 1/4 slices	170	80	10	2	1	10	208	17	1	1	6	4	6	10	7
Sausage	15" pie - 1/14 slices	330	180	20	6	1	27	468	25	2	2	12	8	7	19	11
	12" pie - 1/10 slices	250	130	15	4	1	20	344	19	2	2	9	6	5	15	8
	9" pie - 1/8 slices	200	100	11	4	1	16	269	16	1	1	7	5	4	12	7
	6" pie - 1/4 slices	200	100	10	3	1	13	232	17	1	1	7	4	4	9	7
Tomato	15" pie - 1/14 slices	280	133	15	4	1	19	260	26	2	2	10	10	12	18	9
	12" pie - 1/10 slices	260	122	14	4	1	17	238	23	2	2	9	9	11	16	9
	9" pie - 1/8 slices	170	80	9	3	1	11	158	16	1	2	6	6	7	11	6
	6" pie - 1/4 slices	170	80	9	2	1	10	139	17	1	1	6	5	7	9	6
Salads																
Salads																
Caesar Chicken Salad	Full	620	280	31	9	0	80	2160	44	6	2	36	4	4	40	15
(Served with garlic toast)	Half	390	180	20	6	0	42	1230	30	4	1	20	2	2	20	8
Caesar Salad	Full	520	270	30	9	0	35	1220	40	6	1	18	4	2	35	10
(Served with garlic toast)	Half	340	180	20	6	0	20	760	29	3	1	11	2	2	20	6
Chicken Taco Salad	Full	350	190	21	35	0	70	1620	33	4	10	61	50	60	35	15
(Served with garlic toast)	Half	200	100	11	18	0	35	880	20	2	6	31	30	35	15	8
Cobb Salad	Full	1080	630	70	21	0.5	150	3560	51	8	7	56	20	25	40	20
(Served with garlic toast)	Half	790	470	52	13	0	90	2270	48	5	5	32	10	15	20	15
Deluxe Taco Salad	Full	410	240	27	38	5	50	1490	34	6	10	59	60	60	35	20
(Served with garlic toast)	Half	230	140	15	19	0	25	820	20	3	6	30	35	35	20	10
Family Style Salad	Serves 5	170	120	13	1	0	10	300	12	2	2	3	25	25	8	4
House w/French dressing		360	210	23	6	0	10	920	30	4	8	7	15	10	10	8
Mandarin Chicken	Full	790	320	36	8	0	45	1640	68	10	21	30	8	120	10	25
(Served with garlic toast)	Half	520	230	25	6	0	20	990	47	6	11	17	4	60	6	15
Sanwiches																
Burgers																
Fried Tenderloin	5.33 oz	590	35	5	3.5	1.5	110	640	52	2	1	45	0	0	15	10

Menu Item	Calories	Fat Calories	Total Fat g	Sat Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Total Carbs g	Fiber g	Sugars g	Protein g	Vitamin A%	Vitamin C%	Calcium %	Iron %	
Iowa Burger	5.33 oz	770	250	28	13	0	75	1280	53	2	33	0	20	15	15	
Joe's Bacon Cheeseburger	3 oz	1460	650	72	20	10	125	3240	147	11	12	58	25	30	45	
(Served with fries)	7 oz	1470	630	70	28	14	210	2990	129	9	12	64	20	80	60	
Joe's Classic	3 oz	1300	550	61	17	10	105	2440	144	11	10	45	20	30	45	
(Served with fries)	7 oz	1370	610	68	25	11	190	2750	126	8	11	59	20	80	50	
Joe's Mushroom Burger	3 oz	1090	410	46	18	8	125	2380	124	8	8	47	15	90	40	
(Served with fries)	7 oz	1460	650	72	29	11	210	2700	129	9	9	65	25	100	60	
Joe's Smokehouse	3 oz	1680	770	86	25	10	125	3790	167	11	19	58	35	25	50	
(Served with fries)	7 oz	1510	630	70	28	14	210	3300	139	9	20	65	30	80	60	
Sandwiches																
Chicken Ala Joe Sandwich		500	280	31	6	0.5	110	1710	27	4	6	27	25	40	8	20
Chicken Caesar Sandwich	Served with chips	800	410	46	15	0	110	3090	40	5	4	42	20	25	60	10
Chicken-Swiss Panini	Served with chips	810	410	46	13	0	90	3170	44	6	6	41	30	45	60	25
Chicken-Swiss Panini w/ no sides		510	240	0	11	0	90	2840	12	4	6	37	30	25	60	20
Corned Beef Reuben	Served with chips	820	480	53	15	0	95	3910	56	8	7	35	20	70	60	25
Ham & Cheese Sandwich	Served with chips	520	200	22	3	0.5	25	1880	59	4	5	22	25	35	30	10
Hoagie	Served with chips	710	320	35	7	0.5	75	2770	63	5	8	40	30	50	40	15
Italian Panini	Served with chips	760	440	49	14	0	80	2100	36	3	1	28	15	25	35	10
Meatball Hoagie	Served with chips	1090	600	67	22	2.5	137	4050	76	7	10	45	35	25	45	30
Philly Cheese Steak Sandwich	Served with chips	850	430	48	18	0	110	3150	46	6	7	42	20	35	80	30
Pizza Hero	Served with chips	850	480	53	16	1	85	3310	64	7	7	30	25	50	35	25
Southwestern Chicken Sandwich	Served with chips	700	320	36	9	1	75	3220	66	6	6	35	25	45	30	15
Turkey and Cheese Sandwich	Served with chips	610	290	32	11	0.5	55	1590	53	3	2	29	8	20	45	10
Turkey Bistro Panini	Served with chips	800	380	42	12	0	85	3540	44	6	9	44	25	45	60	20
Turkey Reuben Panini	Served with chips	810	380	42	12	0	85	4580	47	9	10	45	25	70	60	25
Turkey Reuben Panini w/ no sides		490	220	24	10	0	85	2980	10	5	7	40	15	45	50	20
Taco Sauce																
Jar																
Taco Sauce	1 tbsp	10	0	0	0	0	0	125	2	0	2	0	2	2	0	0
Packet																
1 packet		5	0	0	0	0	0	95	1	0	1	0	0	2	0	0