



Nutritional values are not exact. Since we cook each dish to order, there can be variances in the actual numbers versus recipe specifications. However, since each dish is prepared specifically for you, many of our items may be modified to better meet your personal tastes or dietary needs. We can go easy on the butter and bring sauces on the side. Or cut your carbs and double your veggies. It's all part of what it means to be Not Average.

If you have a food allergy or special dietary restriction, please notify a manager or chef and we will do our best to accommodate your request. Please email kristin@nyajoes.com with any nutrition questions. All items' nutritional values are for the entire plate. We do not split any dish into "servings" for the purpose of this nutritional analysis.

Specials	Calories	Protein	Fat	Sat Fat	Carbs	Fiber	Sodium (mg)
House Made Butternut Squash Ravioli	577	14	36	16	50	1	391
Sourdough Grilled Cheese	523	15	26	11	58	3	699
<i>with cup tomato basil soup</i>	327	3	32	20	9	2	259
Chinese Chicken Salad	421	43	4	1	61	25	323
<i>with rice wine vinaigrette</i>	299	0	31	3	3	0	30
<i>with fried wontons</i>	256	7	7	1	40	1	391
Penne Tuscano Lunch	799	44	44	10	54	9	863
<i>with white wine sauce</i>	76	2	4	0	7	1	555
Penne Tuscano Dinner	1156	68	57	14	89	16	1227
<i>with white wine sauce</i>	113	2	5	0	11	1	832
Grilled Duck with Pomegranate Glaze	297	18	15	4	21	0	124
<i>with blanched baby bok choy</i>	11	1	0	0	2	1	130
<i>with sweet potato au gratin</i>	383	11	15	8	54	8	251
Captain's Cut Atlantic Cod Lunch	280	34	15	1	0	0	105
<i>with lentils, bacon and swiss chard</i>	356	16	15	5	39	17	868
<i>with lemon buerre blanc sauce</i>	100	1	10	6	2	0	43
Captain's Cut Atlantic Cod Dinner	333	45	15	1	1	0	142
<i>with lentils, bacon and swiss chard</i>	428	20	17	6	49	21	1084
<i>with lemon buerre blanc sauce</i>	100	1	10	6	2	0	43

The nutritional analysis provided is comprised of a computer analysis of Not Your Average Joe's recipes, combined with nutrient data from Not Your Average Joe's suppliers and the US Department of Agriculture. Not Your Average Joe's attempts to provide nutritional information regarding its products that is as complete as possible.