

JOE'S FOOD IS MADE FRESH-TO-ORDER, EVERY ORDER... USING THE BEST INGREDIENTS POSSIBLE. THE NUTRITIONAL VALUES GIVEN ARE AVERAGES BASED ON OUR PORTION GUIDELINES. NO MSG, NO TRANS FATS, AND NO PRESERVATIVES ARE ADDED TO ANY OF OUR ITEMS.

## STARTERS

	SERVING	CALORIES	total FAT (g)	sat. FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	WHEAT/GLUTEN	SOY	DAIRY	EGGS	SESAME	SHELLFISH	FISH	PEANUT	TREE NUTS*	VEGETARIAN	VEGAN		
edamame	6 oz.	200	6	0	290	18	6	0	18													
gyoza PORK WITH SAUCE	5/ order	185	8	2.5	1440	22	0	3	9	•	•			•	•							
peanut skewers	one order	175	5	1	780	9	1	5	23	•	•			•			•	•				
spring rolls CHICKEN WITHOUT SAUCE	2/ order	225	8	1	410	30	3	8	9													
spring rolls SHRIMP WITHOUT SAUCE	2/ order	230	8	1	360	30	3	8	15						•	•						
spring rolls TOFU WITHOUT SAUCE	2/ order	290	14	2	450	33	3	8	11		•										•	•
miso SOUP	cup	100	3.5	0	1400	9	3	3	6	•	•					•						

## SUSHI

ROLLS:		SERVING	CALORIES	total FAT (g)	sat. FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	WHEAT/GLUTEN	SOY	DAIRY	EGGS	SESAME	SHELLFISH	FISH	PEANUT	TREE NUTS*	VEGETARIAN	VEGAN	
arizona roll		4 pc.	290	15	2	490	26	2	4	10	•	•		•	•	•	•					
california roll		4 pc.	210	9	1	370	24	1	2	9		•		•	•	•	•					
cali poke roll		4 pc.	415	26	4	540	32	2	4	14	•	•		•	•	•	•					
crab cheese wonton roll		4 pc.	290	25	3	560	34	1	7	9	•	•		•	•	•	•					
joe's roll		4 pc.	170	25	2	170	24	1	3	9		•		•	•	•	•					
spicy tuna roll		4 pc.	225	25	2	260	24	1	2	6		•		•	•	•	•					
yo roll		4 pc.	170	25	<1	110	25	1	4	6				•	•	•	•					
texas roll		4 pc.	190	25	1	130	24	1	3	3				•	•	•	•					
veggie tofu roll		4 pc.	185	25	<1	290	30	2	8	4	•	•		•	•	•	•				•	•

## SUSHI

BOWLS:		SERVING	CALORIES	total FAT (g)	sat. FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	WHEAT/GLUTEN	SOY	DAIRY	EGGS	SESAME	SHELLFISH	FISH	PEANUT	TREE NUTS*	VEGETARIAN	VEGAN	
ahi tuna poke		one order	440	16	1	770	51	3	6	25	•	•		•	•	•	•				•	
spicy salmon poke		one order	515	25	4	360	54	4	9	18		•		•	•	•	•					

## Build-Your-Own BOWLS ...

PROTEIN (+) CARB (+) SAUCE (+) VEGGIES

PROTEIN (+)		SERVING	CALORIES	total FAT (g)	sat. FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	WHEAT/GLUTEN	SOY	DAIRY	EGGS	SESAME	SHELLFISH	FISH	PEANUT	TREE NUTS*	VEGETARIAN	VEGAN					
WHITE CHICKEN		reg. sz.	110	2.5	1	330	<1	0	0	22																
DARK CHICKEN		reg. sz.	240	12	4.5	100	0	0	0	29																
STEAK		reg. sz.	135	5	2	60	0	0	0	22																
SALMON		reg. sz.	230	15	2.5	65	0	0	0	23																
TOFU		reg. sz.	160	9	2	220	5	0	<1	14		•										•	•			
CARB (+)																										
brown rice		reg. sz.	(9 oz.)	290	2	0	60	5	0	6													•	•		
white rice		reg. sz.	(9 oz.)	330	0.5	0	73	<1	0	6													•	•		
udon noodles		reg. sz.	(9 oz.)	290	1	0	440	56	6	14	•												•	•		
(RAMEN) egg noodles		reg. sz.	(8 oz.)	440	1.5	0	590	94	3	14	•			•									•	•		
rice noodles		reg. sz.	(9 oz.)	325	0	0	63	3	0	6													•	•		
SAUCE (+)																										
TERIYAKI		2.5 oz.	130	0	0	1250	25	0	25	5	•	•											•	•		
SPICY-AKI®		2.5 oz.	100	0	0	900	20	0	20	0		•			•								•	•		
YAKITORI		2.5 oz.	150	8	0	1350	20	0	15	5	•	•			•			•	•	•	•		•	•		
GREEN DRAGON		2.5 oz.	250	25	0	0	0	0	0	0													•	•		
RED DRAGON		2.5 oz.	100	5	0	950	15	0	10	0	•	•											•	•		
YELLOW CURRY		2.5 oz.	100	10	10	180	5	0	0	0													•	•		
GREEN CURRY		2.5 oz.	100	10	10	225	2.5	0	0	0													•	•		
PEANUT		2.5 oz.	200	18	4	550	8	3	3	8	•	•			•			•	•	•	•		•	•		
OYAKO BROTH		2.5 oz.	30	0	0	480	7	0	7	1	•	•					•						•	•		
GLUTEN FREE TERIYAKI		2.5 oz.	100	0	0	1100	25	0	20	0		•											•	•		
SPICY STEVI-YAKI™		2.5 oz.	50	0	0	1400	10	0	0	5		•			•								•	•		
STEVI-YAKI		2.5 oz.	25	0	0	1200	5	0	0	5	•	•											•	•		
VEGGIES (+)																										
NO BRAINER veggie mix (TOP 5)		5 oz.	65	1	0	2	6	1	0	3		•												•	•	
broccoli		1 oz.	5	0	0	0	0	0	0	0														•	•	
zucchini		1 oz.	5	0	0	0	0	0	0	0														•	•	
carrots		1 oz.	10	0	0	0	2	0	0	0														•	•	
edamame beans		1 oz.	35	1	0	2	3	1	0	3		•												•	•	
snap peas		1 oz.	10	0	0	0	1	0	0	0														•	•	
asparagus		1 oz.	5	0	0	0	1	2	<1	<1														•	•	
spinach		1 oz.	5	0	0	5	0	0	0	0														•	•	
bean sprouts		1 oz.	0	0	0	0	0	0	0	0														•	•	
water chestnuts		1 oz.	10	0	0	4	2	0	<1	0														•	•	
mushrooms		1 oz.	10	1	0	35	2	1	0	1														•	•	
green onion		1 oz.	5	0	0	2	1	0	0	0														•	•	
red onion		1 oz.	10	0	0	0	0	0	0	0														•	•	
jalapeño		1 oz.	10	0	0	0	2	1	1	0														•	•	
UPGRADES (+)																										
avocado		1/2 fruit	150	15	2	10	6	5	0	2															•	•
scrambled egg		2 oz.	80	5	2	60	1	0	0	6				•											•	
hardboiled egg		1 pc.	80	5	2	60	0	0	0	6				•											•	

## SIGNATURE BOWLS

INCLUDES SAUCES & CARBS

	SERVING	CALORIES	total FAT (g)	sat. FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	WHEAT/GLUTEN	SOY	DAIRY	EGGS	SESAME	SHELLFISH	FISH	PEANUT	TREE NUTS*	VEGETARIAN	VEGAN		
YAKITORI bowl w/ YAKITORI SAUCE	reg. sz.	750	12	1	2180	115	2	17	45	•	•			•	•	•	•					
MOJOE bowl w/ SWEET & SPICY SAUCE	reg. sz.	660	8	3	1640	103	0	19	34	•	•			•								
MAHI-MAHI bowl w/ SW. LEMONGRASS	reg. sz.	950	40	7	1720	108	1	30	31	•	•			•	•	•	•					
TRADITIONAL OYAKO bowl w/ OYAKO SAUCE	reg. sz.	660	13	5	1220	90																