

## Chuck's Roadhouse Nutritional and Allergen Chart

Nutrition Information																	Allergens								
2018 May	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	
<b>Starters</b>																									
	Garlic Cheese Bread	1 serv	2150	83.2	16	8	20	3981	286	15	7.6	56.2	6	147	33	164	*	*		*	*			*	
	Mozzarella Sticks	1 serv	810	59	12.5	0.45	50	1488	45	0	10	21.5	22.5	0	45	14	*	*	*	*					
	Pickled Chuckies - add Ranch	1 serv	270	14.7	1	0	0	1237	29	2.7	4	4	5	5	2.5	5	*	*		*	*				
	Ranch Dressing	2 fl oz	280	32	2	0	40	320	4	0	0	1.6	0	0	0	0	*	*							
	Spinach & Goat Cheese Dip	1 serv	790	68	21.5	2	113	1257	21.5	8	0	17	61.5	11.5	13	5.5	*	*		*	*			*	
	Loaded Cheese Fries	1 serv	1260	88.5	19	0.2	104	2992	110	11.4	4.5	28.5	15	52	19	12	*	*		*	*			*	
	Buffalo Chicken Quesadilla	1 serv	940	49	13.3	0.75	79	2129	94	7	20	32.5	25	49	27	25	*	*		*	*			*	
	Chuck's Nachos	1 serv	970	36	11	0.2	52	2243	112	7	20	13	30	106	51	8	*	*		*	*			*	
	Add Buffalo Chicken	1 serv	260	8.5	0.75	0	35	960	32	1	10	13.3	0	1	2.5	11				*	*				
	Calamari	1 serv	420	14.3	0.9	0	190	1650	55.4	22.7	28	17	0	2	7	50		*		*	*				
	Guac & Chips	1serv	420	16	2	0	0	680	76	8	4	4	0	6	24	7									
	French Onion Soup	1 serv	310	21.3	12.6	0.6	45	2122	16.3	2	12	19	18	8	34	5	*	*		*	*				
	Salted Garlic Bread	1 serv	1460	40	6.4	2	0	2916	227	12	6.4	39	0	117	23	131	*	*		*	*			*	
	Buffalo Chicken Club Flatbread	1 serv	800	35	6.7	0	102	3012	75	9.7	41.5	48	17	26	7	18	*	*		*	*			*	
	Chicken Wings - add sauce	1 lb	890	60	16	0	208	800	20	0	14	66	2	3	4	24				*	*			*	
	Chicken Wings - add sauce	2 lbs	1790	120	32	0	416	1600	40	0	28	133	3.5	6.5	8	49				*	*			*	
	BBQ Wing Sauce	2 fl oz	130	0	0	0	0	560	24	0	20	0.6	0	0	0	0									*
	Medium Wing Sauce	2 fl oz	90	0	0	0	0	500	16	0	14	0.6	0	0	0	0									
	Hot Wing Sauce	2 fl oz	10	0	0	0	0	2000	2	0	0	0.6	0	0	0	0									
	Tangy Thai Wing Sauce	2 fl oz	120	0	0	0	0	660	32	0	28	0.2	0	4	0	0									
	Honey Garlic Wing sauce	2 fl oz	120	0	0	0	0	200	28	0	26	0.2	0	0	0	0				*	*				
	Chicken Fingers, Plum Sauce, Fries	1 serv	950	34.5	2.25	0.13	87.5	2478	136	8	33	38	6	11	5	25				*	*				
	Plum Sauce	2 fl oz	120	0	0	0	0	200	32	0	30	0.2	6	0	0	0									
	Add Blue Cheese	2 fl oz	280	32	4	0	20	540	4	0	0	4	0	0	16	0	*	*							
<b>All You Can Eat Salad</b>																									
	Caesar Salad	1 Bowl	370	35	3.6	0	28.6	495	9.5	0	0	4.4	43	16.5	11	12.5	*	*	*	*	*				
	Garden Salad - add Dressing	1 Bowl	70	2.4	1.3	0	5	117	8	2	3.6	3	9.5	45	7	4.5	*	*		*	*				
	Ranch Dressing	2 fl oz	280	32	2	0	40	320	4	0	0	1.6	0	0	0	0	*	*							
	Blue Cheese Dressing	2 fl oz	280	32	4	0	20	540	4	0	0	4	0	0	16	0	*	*							
	Golden Italian Vinaigrette	2 fl oz	180	18	3	0	0	440	0	0	0	0.2	0	2	0	0				*	*				
	French Dressing	2 fl oz	250	23	3.4	0.2	0	460	8	0.4	7.2	0.2	44	0	0	0									*
<b>Steaks &amp; Prime Rib (select locations)</b>																									
	AAA Top Sirloin Steak - 7 oz. (add side)	7 oz	470	32.5	14	0.7	167	269	0	0	0	42	3	0	0	28.5	*	*		*	*			*	
	AAA Top Sirloin Steak - 10 oz. (add side)	10 oz	610	42.4	16.5	0.2	212	324	0.32	0	0	56.8	0	0	0	40	*	*		*	*			*	
	AAA New York Steak - 10 oz. (add side)	10 oz	670	37	16.5	1	193	309	0	0	0	76	3.5	0	0	50	*	*		*	*			*	
	AAA Rib-Eye Steak - 9 oz. (add side)	9 oz	730	52	22.5	0.9	170	287	0	0	0	60	3.4	0	0	51	*	*		*	*			*	
	AAA Rib Steak - 16 oz. (add side)	16 oz	900	55	21	1.6	321	420	0	0	0	102	4	0	8	71	*	*		*	*			*	
	AAA Peppercorn Steak - 10 oz. (add side)	1x10oz	1410	78	35	0.25	270	1908	83.4	6.5	30.7	85.7	27.5	3	11.5	75	*	*		*	*			*	*
	T - Bone Steak - 13 oz. (add side)	13 oz	630	24	9.2	1.2	347	250	0	0	0	96	3	0	3.5	16	*	*		*	*			*	*
	Roadhouse Cut Steak - 10 oz. (add side)	10 oz	710	27.6	8.4	0	263	1542	39	2	32	75.7	4	10	5	17.5	*	*		*	*			*	*
	AA/AAA 8 oz. Prime Rib (add side)	8 oz	630	43	13	0.8	163	485	3	0	0	54.5	0	0	0	12				*	*			*	*
	AA/AAA 10 oz. Prime Rib (add side)	10 oz	800	56	18	0	210	460	4	0	0	65	0	0	0	16				*	*			*	*
	AA/AAA 14 oz. Prime Rib (add side)	14 oz	1230	86.4	26.4	0	326	618	3	0	0	107.5	0	0	0	24				*	*			*	*
	Au Jus	4 fl oz	30	0	0	0	0	460	4	0	0	2	0	0	0	0				*	*			*	*
	Fries - side	8oz	320	15	0	0	0	828	53.7	5.3	2.7	5.3	0	11	0	0									
	Corn on the Cob - side	2 pcs	180	8.6	5	0	21	83	28	3.6	4.6	4	11	10	0	4	*	*							
	Baked Potato, plain - side	1	210	5.6	0.4	0	0	1140	37	4	33	4	0	28	2	14									
	Whipped Butter	1/2 oz	70	7.6	4.7	0.25	21	78	0	0	0	6	0	0	0	0	*	*							
	Sour Cream	2 fl oz	90	8	5	0.4	30	50	4	0	2	2	8	0	4	0	*	*							
	BBQ Baked Beans	3 oz	130	1	0.2	0	0	216	26	4.4	11.6	5	0	0	5.5	16									*
	Horseradish	2 fl oz	200	18	4	0	10	460	8	0	6	0	0	0	0	0	*	*							
<b>Steak &amp; Lobster</b>																									
	AAA Top Sirloin Steak - 7 oz. & Lobster Tail (add side & Butter)	1 serv	800	43.6	13.7	0.75	236	887	29.4	4.6	12	71	1.5	5	10	44	*	*	*	*	*			*	*
	AAA Top Sirloin Steak - 10 oz. & Lobster Tail (add side & Butter)	1 serv	1000	48	16	0.75	261	927	29.4	4.6	12	105	1.5	5	10	45	*	*	*	*	*			*	*
	AAA New York Steak & Lobster Tail (add side & butter)	1 serv	1010	48	16	0.75	262	927	29.4	4.6	12	105	1.5	5	10	66	*	*	*	*	*			*	*
	AAA 1 lb. Rib Steak & Lobster Tail (add side & butter)	1 serv	1620	101	38	0.75	366	1001	29.4	4.6	12	137	1.5	5	10	109	*	*	*	*	*			*	*
	Lobster Tail Dinner (add side & butter)	1 serv	930	59.4	24	1.5	168	825	30.5	4.7	12	29	27	5	11	15.5	*	*	*	*	*			*	*
	Butter	1 oz	200	24	15	1.2	60	168	0	0	0	0	20	0	0.5	0	*	*							
	Fries - side	8oz	320	15	0	0	0	828	53.7	5.3	2.7	5.3	0	11	0	0									
	Corn on the Cob - side	2 pcs	180	8.6	5	0	21	83	28	3.6	4.6	4	11	10	0	4	*	*							
	Baked Potato, plain - side	1	210	5.6	0.4	0	0	1140	37	4	33	4	0	28	2	14									
	Whipped Butter	1/2 oz	70	7.6	4.7	0.25	21	78	0	0	0	6	0	0	0	0	*	*							
	Sour Cream	2 fl oz	90	8	5	0.4	30	50	4	0	2	2	8	0	4	0	*	*							
<b>Side Fixin's</b>																									
	Fries	16 oz	640	30	1	0	0	1656	107	10.6	5.4	10.6	0	21	0	0									
	Gravy	4 fl oz	50	1.4	0.4	0	1.5	790	7	1.4	1.1	1.4	0	0	1	1.4	*	*		*	*			*	*
	Corn on the Cob	2 pcs	180	8.6	5	0	21	83	28	3.6	4.6	4	11	10	0	4	*	*		*	*			*	*
	Sauteed Mushrooms	7 oz	200	16.4	2.4	1	0	437	8.5	2.2	3.7	7	0	6	0	7	*	*		*	*			*	*

## Chuck's Roadhouse Nutritional and Allergen Chart

Nutrition Information																	Allergens						
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2018 May

	servings	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>Burgers</b>																									
Chuck's Burger - add side choice	1 serv	690	33.5	12.2	2.25	112.5	927.5	50.5	2	2	35	0	6.5	4	15		*			*					
Mushroom Melt - add side choice	1 serv	1170	78.3	25	4.6	142.5	2072	57.5	3.6	4.4	50	12.5	10	25	19		*		*	*			*	*	
Bacon Cheese - add side choice	1 serv	840	44.7	18.5	2.35	145	1392	50.5	2	2	44	5	7	12	16		*			*					
Wild West Burger - add side choice	1	910	52	17.5	2.25	135	1804	61	2.3	10.7	43	4	15	5.5	21		*			*					
Smoky Mountain - add side choice	1 serv	980	53.3	19.4	2.35	145	1560	69.5	3.2	18	45	5	13	13.5	17		*			*					
All American - add side choice	1 serv	1170	59	20.5	2	152	2533	87	4	9	59	5	6.5	14	40		*			*					
Fries - side	8oz	320	15	0	0	0	828	53.7	5.3	2.7	5.3	0	11	0	0										
Sub Caesar Salad	1serv	260	23.6	2.5	0	23	317	7	0	0	3.6	29	11.5	10	7		*	*	*	*					*
Sub Garden Salad - side (add 1 fl.oz dressing)	1	30	1.12	0.7	0	2.5	58	2.6	0.6	0.9	1	2.5	1	4	0.9		*			*					
<b>Sandwiches</b>																									
Hand-carved Roast Beef - add au jus & side choice	1 serv	740	87	4.7	0.14	85	1756	61	4.7	8	42	0	4.5	5.5	39		*	*		*	*		*	*	*
<b>Au jus</b>	4 fl oz	30	0	0	0	0	460	4	0	0	2	0	0	0	0										
Grilled Chicken - add side choice	1 serv	610	24	6	0.5	77	1176	60	3	2	34.4	8.5	11.5	15	24		*	*		*	*		*	*	
Clubhouse - add side choice	1 serv	620	24	7.5	0	51	1346	69	3.4	6	26	7.5	16.5	1.5	7		*	*		*					
Buffalo Chicken - add side choice	1 serv	670	26.7	1.7	0	77	1475	78	3	16	30.6	22.5	11.5	5	24		*	*		*					
Mega Belt - add side choice	1 serv	750	35.7	13	0.2	477	1324	63	2	4.5	35.4	26	17	28	48		*	*		*					
Prime Rib Dip - add side choice	1 serv	630	31.5	10	0	105	960	42	2	2	40.5	0	0	4	51				*	*			*	*	
Fries - side	8oz	320	15	0	0	0	828	53.7	5.3	2.7	5.3	0	11	0	0										
Sub Caesar Salad	1serv	260	23.6	2.5	0	23	317	7	0	0	3.6	29	11.5	10	7		*	*	*	*					*
Sub Garden Salad - side (add 1 fl.oz dressing)	1serv	30	1.12	0.7	0	2.5	58	2.6	0.6	0.9	1	2.5	1	4	0.9		*			*					
<b>Ranch Dressing</b>	1 fl oz	140	16	1	0	20	160	2	0	0	0.8	0	0	0	0		*	*							
<b>Blue Cheese Dressing</b>	1 fl oz	140	16	2	0	10	270	2	0	0	2	0	0	8	0		*	*							
<b>Golden Italian Dressing</b>	1 fl oz	90	9	1.5	0	0	220	0	0	0	0.1	0	1	0	0										
<b>French Dressing</b>	1 fl oz	130	11.5	1.7	0.1	0	230	4	0.2	3.6	0.1	22	0	0	0									*	
<b>Ribs &amp; Combos</b>																									
Full Rack Ribs - add side choice	1 serv	1460	52	18.2	0.3	210	4296	167	4.4	133.6	61.2	7	11	20.5	46										*
Half Rack Ribs - add side choice	1 serv	910	40.5	9	0.15	105	2688	112.2	5.3	53.7	33.3	4	17.5	8	16										*
Steak & Rib Combo - add side choice	1 serv	1310	59	23.2	0.15	272	2905	108.5	4.4	82.6	75.6	7	6.5	13.5	61		*								*
Rib & Wing Combo - add side choice & Wing sauce	1 serv	2480	119.5	26.7	0.15	368	4949	228.2	12.7	134.8	98.9	12	31	25	54.5					*					*
<b>BBQ Wing Sauce</b>	2 fl oz	130	0	0	0	0	560	24	0	20	0.6	0	0	0	0										*
<b>Medium Wing Sauce</b>	2 fl oz	90	0	0	0	0	500	16	0	14	0.6	0	0	0	0										
<b>Hot Wing Sauce</b>	2 fl oz	10	0	0	0	0	2000	2	0	0	0.6	0	0	0	0										
<b>Tangy Thai Wing Sauce</b>	2 fl oz	120	0	0	0	0	660	32	0	28	0.2	0	4	0	0										
<b>Honey Garlic Wing sauce</b>	2 fl oz	120	0	0	0	0	200	28	0	26	0.2	0	0	0	0				*	*					
Fries - side	8oz	320	15	0	0	0	828	53.7	5.3	2.7	5.3	0	11	0	0										
<b>Seafood</b>																									
Cedar Plank Salmon	1 serv	900	41	5	0	103	1713	104.7	8.3	41.7	15.3	7	22	8.5	3.5		*	*	*	*					
1 Pc. Fish & Chips - add tartar sauce	1 serv	920	38.4	1	0	45	2905	132.1	11.54	5.7	34.3	2	27.5	3.5	12			*	*	*					
2 Pc. Fish & Chips - add tartar sauce	1 serv	1190	47	1.5	0	90	4154	156.7	12.3	6.2	57.8	4	33.5	7	25			*	*	*					
Tartar sauce	2fl oz	270	29	4.5	0.15	26	662	2.7	0.1	2	0.5	0	0	0	0		*	*		*					*
<b>Kids' Menu</b>																									
Burger - add side	1	480	21	7.2	1	60	910	44	2	1	27	0	0	4	25		*			*					
Cheeseburger - add side	1	540	25.5	10.2	11.1	75	1005	44	2	1	30	4	0	12	25		*	*		*					
Chicken Fingers - add side & plum sauce	3pcs	300	11	1	0	52.5	870	30	1.5	0	19.5	0	0	3	14					*					
<b>Plum Sauce</b>	2 fl oz	120	0	0	0	0	200	32	0	30	0.2	6	0	0	0										
Grilled Cheese - add side	1	380	16.5	10	0.3	41	546	40	1	2	15	13	0	22	20		*	*		*					
Fries - side	8oz	320	15	0	0	0	828	53.7	5.3	2.7	5.3	0	11	0	0										
<b>Desserts</b>																									
Ultimate Hot Apple	1 serv	520	25	8	0.1	41	71	72	5.5	52	7	3.5	0	3	0				*	*					
Chuck's Buckaroo	1 serv	990	39	10	0.2	23	91	109	4.4	41	11.6	6	0	64	7		*	*	*	*					
House Made Coconut Cream Pie	1 serv	370	12.6	6.4	0.8	16	575	56.4	2	33	7	7.5	0	13	15		*			*	*		*	*	

**IMPORTANT INFORMATION ABOUT THIS CHART**

%DV = % Daily Value based on Health Canada recommendations.  
 Nutrient data is calculated based on standardized Chuck's Roadhouse 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 Chuck's Roadhouse 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 Chuck's Roadhouse restaurants.  
 Any deviation from standard recipes or menu items may change this information.  
 This information may change if ingredient suppliers change their product formulations.  
 Chuck's Roadhouse 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.  
 Chuck's Roadhouse Bar & Grill assumes no liability for the use of this information.  
 Nutritional and Allergen Information - Effective May 2018