



Chuck's Roadhouse Bar & Grill - Nutritional and Allergen Chart

2018 March	Nutrition Information														Allergens											
	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		
Soup of the Day																										
Cream of Asparagus	10 fl oz	190	10	3.1	0.17	12.5	1000	17.5	1.25	8.8	7.5	5	0	19	5		*	*	*	*						
Cream of Asparagus - side	8 fl oz	150	8	2.5	0.1	20	800	14	1	7	6	4	0	15	4		*	*	*	*						
Broccoli Cheese	10 fl oz	150	7.5	3.75	0.25	18.75	1188	16.25	3.75	3.75	6.25	5	25	12.5	2.5		*	*	*	*						
Broccoli Cheese - side	8 fl oz	120	6	3	0.2	15	950	13	3	3	5	2	20	10	2		*	*	*	*						
Cream of Chicken	10 fl oz	150	10	3	0	18.8	1000	12.5	1.25	1.25	5	2.5	0	5	2.5		*	*	*	*						
Cream of Chicken - side	8 fl oz	130	8	2.5	0	15	800	10	1	1	4	2	0	4	2		*	*	*	*						
Cream of Mushroom	10 fl oz	190	10	3.8	0.13	18.8	1088	18.75	3.75	5	6.25	0	0	12.5	2.5		*	*	*	*						
Cream of Mushroom - side	8 fl oz	150	8	3	0.1	15	870	15	3	4	5	0	0	10	2		*	*	*	*						
Homestyle Minestrone	10 fl oz	90	0.6	0	0	0	812	16.25	3.75	5	3.75	10	2.5	5	7.5					*	*					
Homestyle Minestrone - side	8 fl oz	70	0.5	0	0	0	650	13	3	4	3	8	2	4	6					*	*					
Classic Chicken Noodle	10 fl oz	100	1.9	0.6	0	18.8	1113	12.5	1.25	1.25	7.5	2.5	2.5	4.5	5	*				*	*					
Classic Chicken Noodle - side	8 fl oz	80	1.5	0.5	0	15	890	10	1	1	6	2	2	2	4	*				*	*					
Butternut Squash	10 fl oz	100	1.25	0.4	0	0	813	21.3	2.5	6.25	1.25	56	2.25	5	7.5		*			*	*					
Butternut Squash - side	8 fl oz	80	1	0.3	0	0	650	17	2	5	1	45	2	4	6	*				*	*					
Italian Wedding	10 fl oz	150	5.6	1.9	0	6.25	925	21.3	2.5	1.25	7.5	0	2.5	2.5	12.5		*			*	*					
Italian Wedding - side	8 fl oz	130	4.5	1.5	0	5	740	17	2	1	6	0	2	2	10		*			*	*					
Vegetable Beef Barley	10 fl oz	120	1.25	0.25	0	6.25	813	19	3.75	3.75	6.25	12.5	2.5	2.5	7.5					*	*					
Vegetable Beef Barley - side	8 fl oz	90	1	0.2	0	5	650	15	3	3	5	10	2	2	6					*	*					
Tomato Tortellini	10 fl oz	140	1.25	0.5	0	0	900	26	2.5	8.75	5	5	5	5	7.5	*				*	*					
Tomato Tortellini - side	8 fl oz	110	1	0.4	0	0	720	21	2	7	4	4	4	4	6	*				*	*					
Chicken with Wild Rice	10 fl oz	100	1.25	0.38	0	12.5	1100	16.25	1.25	1.25	6.25	7.5	25	2.5	2.5					*	*					
Chicken with Wild Rice - side	8 fl oz	80	1	0.3	0	10	880	13	1	1	5	6	20	2	2					*	*					
North Atlantic Clam Chowder	10 fl oz	140	2.5	0.5	0	6.25	1138	25	1.25	1.25	5	0	0	5	10		*			*	*					
North Atlantic Clam Chowder - side	8 fl oz	110	2	0.4	0	5	910	20	1	1	4	0	0	4	8		*			*	*					
Chicken Broccoli Cheese	10 fl oz	180	7.5	3.1	0	12.5	1238	21.25	2.5	1.25	7.5	12.5	10	10	5		*			*	*					
Chicken Broccoli Cheese - side	8 fl oz	140	6	2.5	0	10	990	17	2	1	6	10	8	8	4		*			*	*					
Broccoli Creamy Garden	10 fl oz	160	7.5	2.5	0	18.8	1013	17.5	2.5	7.5	6.25	12.5	18.8	18.8	5		*			*	*					
Broccoli Creamy Garden - side	8 fl oz	130	6	2	0	15	810	14	2	6	5	10	15	15	4		*			*	*					
Cream of Potato with Bacon	10 fl oz	130	5.6	3.75	0.125	25	1075	29	1.25	6.25	6.25	5	2.5	12.5	5		*			*	*					
Cream of Potato with Bacon - side	8 fl oz	180	4.5	3	0.1	20	860	23	1	5	5	4	2	10	4		*			*	*					
Split Pea with Ham	10 fl oz	200	1.25	0.4	0	6.25	1088	34	8.75	3.75	12.5	12.5	5	2.5	12.5					*	*					
Split Pea with Ham - side	8 fl oz	160	1	0.3	0	5	870	27	7	3	10	10	4	2	10					*	*					
Garden Vegetable Rotini	10 fl oz	100	0	0	0	0	938	21.25	2.5	8.75	3.75	12.5	5	5	7.5					*	*					
Garden Vegetable Rotini - side	8 fl oz	80	0	0	0	0	750	17	2	7	3	10	4	4	6					*	*					
Sauteed Mushroom and Onion Bisque - side	10 fl oz	180	11.25	7.5	0.25	37.5	1113	15	1.25	3.75	3.75	0	2.5	7.5	7.5		*			*	*					
Sauteed Mushroom and Onion Bisque - side	8 fl oz	140	9	6	0.2	30	890	12	1	3	3	0	2	6	6		*			*	*					
Lobster Bisque	10 fl oz	350	22.5	10	0.4	87.5	1550	24	1.25	8.75	12.5	2.5	7.5	20	10		*	*	*	*	*					
Lobster Bisque - side	8 fl oz	280	18	8	0.3	70	1240	19	1	7	10	2	6	15	8		*	*	*	*	*					
Crab and Sweet Corn Chowder	10 fl oz	400	27.5	10	0.6	87.5	1400	25	2.5	11.25	12.5	0	2.5	10	12.5		*	*	*	*	*					
Crab and Sweet Corn Chowder - side	8 fl oz	320	22	8	0.5	70	1120	20	2	9	10	0	2	8	10		*	*	*	*	*					
Korean Style Beef	10 fl oz	250	5.6	1.25	0	12.5	1275	42.5	2.5	22.5	7.5	2.5	5	5	12.5					*	*					
Korean Style Beef - side	8 fl oz	200	4.5	1	0	10	1020	34	2	18	6	2	4	4	10					*	*					
Nine Veg Moroccan	10 fl oz	230	5	4.4	0.6	0	938	40	12.5	12.5	6.25	37.5	2.5	7.5	12.5					*	*					
Nine Veg Moroccan - side	8 fl oz	180	4	3.5	0.5	0	750	32	10	10	5	30	2	6	10					*	*					
Tequila Spiked Chicken	10 fl oz	300	11.25	5.6	0.25	43.8	1063	40	5	10	17.5	2.5	7.5	12.5	7.5		*			*	*					
Tequila Spiked Chicken - side	8 fl oz	240	9	4.5	0.2	35	850	26	4	8	14	2	6	10	6		*			*	*					
Tomato Red Pepper Bisque	10 fl oz	440	30	17.5	0.4	62.5	1213	36	6.25	22.5	5	12.5	7.5	5	12.5		*			*	*					
Tomato Red Pepper Bisque - side	8 fl oz	350	24	14	0.3	50	970	29	5	18	4	10	6	4	10		*			*	*					
Wicked Thai Chicken	10 fl oz	350	23.8	10	0.6	50	1600	20	2.5	6.25	12.5	2.5	2.5	7.5	10		*	*	*	*	*					
Wicked Thai Chicken - side	8 fl oz	280	19	8	0.5	40	1280	16	2	5	10	2	2	6	8		*	*	*	*	*					
Zuppa Alla Bolognese	10 fl oz	340	17.5	8.75	0.5	43.75	1063	28.75	3.75	16.25	16.3	5	10	20	12.5		*	*	*	*	*					
Zuppa Alla Bolognese - side	8 fl oz	270	14	7	0.4	35	850	23	3	13	13	4	8	15	10		*	*	*	*	*					
Crackers	20g	90	2	0.3	0	0	230	15	1	0	2	0	0	0	0.84					*	*					
Starters																										
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	0	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															

