

Chuck's Roadhouse Nutritional and Allergen Chart

2018 November		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			
Appetizers																												
	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	*	*		*	*					*		
	Coconut Shrimp	1 serv	400	19	11.5	0	50	1574	48.4	1	34.5	9.2	0	2	4	8			*	*	*	*			*			
	The Mac Flatbread	1 serv	500	30.5	1.1	1	78	1297	31.5	9.3	6	32	11.5	25	12	15	*	*		*	*				*			
	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			*	*	*							
	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	*	*		*	*				*			
	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												
	Nashville Hot Sauce	2.5 fl oz	80	0	0	0	0	435	28	0	26	0.2	0	0	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	*	*										
Soup, Chili and All You Can Eat Salad																												
	French Onion Soup	1 serv	310	21.3	12.6	0.6	45	2122	16.3	2	12	19	18	8	34	5	*	*		*	*							
	Chili & Toast	1 serv	530	15.3	7.3	0.2	35	1563	74	9.5	8.6	21	15	12	4.5	48	*	*		*	*							
	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											*	
Steaks & Prime Rib (select locations)																												
	AAA Top Sirloin Steak - 7 oz. (add side)	1serv	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)	1serv	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)	1serv	680	37	16.5	1	193	309	0	0	0	76	3.5	0	0	50	*	*		*	*							*
	AAA Petite New York - 8 oz. (add side)	1serv	540	30	11.6	0.25	143	344	0	0	0	60	0	0	0	36	*	*		*	*							*
	AAA Rib Steak - 16 oz. (add side)	1serv	910	55	21	1.6	321	420	0	0	0	102	4	0	8	71	*	*		*	*							*
	AAA Bacon Wrapped Chuck's Cut - 8 oz.	1 serv	490	24.4	10	0.25	151	537	0	0	0	61	0	0	0	51	*	*		*	*							*
	AAA T - Bone Steak - 14 oz. (add side)	1serv	1040	64	26.6	0.25	248	442	0.4	0	0	101	0	0	0	71	*	*		*	*							*
	AAA Bone-in NY Steak - 14 oz. (add side)	1serv	750	44	20.5	0.25	140	387	0.4	0	0	60	2	0	5.5	71	*	*		*	*							*
	AAA Cowboy Steak - 14 oz. (add side)	1serv	970	17.6	0.25	220	1127	35	1.25	25	96	0	14	3	60		*	*		*	*							*
	AA/AAA 8 oz. Prime Rib (add side)	1serv	630	43	13	0.8	163	485	3	0	0	54.5	0	0	0	12				*	*							*
	AA/AAA 10 oz. Prime Rib (add side)	1serv	800	56	18	0	210	460	4	0	0	65	0	0	0	16				*	*							*
	AA/AAA 14 oz. Prime Rib (add side)	1serv	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	0	6	0	0	0	*	*										
	Sour Cream	2 fl oz	90	8	5	0.4	30	50	4	0	2	2	8	0	4	0	*	*										
Hand-Carved Roast Beef Dinner (Includes Mashed, Corn & Gravy)																												
	Horseradish	2 fl oz	200	18	4	0	10	460	8	0	6	0	0	0	0	0	*	*		*	*							
Steak & Lobster																												
	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 8 oz. New York & Lobster Tail (add side & butter)	1 serv	840	53	25	0.25	276	699	3	0	0	84	17.5	45	5	36	*	*	*	*	*							*
	Butter	1 oz	210	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	0	6	0	0	0	*	*										
	Sour Cream	2 fl oz	90	8	5	0.4	30	50	4	0	2	2	8	0	4	0	*	*										
Side Fixin's																												
	Fries	16 oz	640	30	1	0																						

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Burgers																										
Chuck's Burger - add side choice	1 serv	690	33.5	12.2	2.25	113	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	143	2072	57.5	3.6	4.4	50	12.5	10	25	19		*		*	*				*	*	
Cheeseburger - add side choice	1 serv	810	42.5	18	2.45	143	1118	50.5	2	2	41	8	7	20	15		*			*						
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		*			*						
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		*			*						
The Big Chuck - add side choice	1 serv	950	44.7	18.5	2.4	145	1393	50.5	2	2	44	5	7	12	16		*	*		*					*	
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		*			*						
Sandwiches																										
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		*	*	*	*				*	*	
Au jus	4 fl oz	30	0	0	0	0	460	4	0	0	2	0	0	0	0				*					*		
Montreal Smoked Meat - add side choice	1 serv	690	31	12	1	120	1781	55	4	2	47	0	0	1	48				*	*					*	
Clubhouse - add side choice	1 serv	600	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	640	26.7	1.7	0	77	1475	78	3	16	30.6	22.5	11.5	5	24		*	*		*						
Pulled Pork Sandwich - add side choice	1 serv	670	14	2	0	85.5	1594	96	6	24	40	3	3	9	32				*	*						
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		*			*						
Ranch Dressing	1 fl oz	140	16	1	0	20	160	2	0	0	0.8	0	0	0	0		*	*								
Blue Cheese Dressing	1 fl oz	140	16	2	0	10	270	2	0	0	2	0	0	8	0		*	*								
Golden Italian Dressing	1 fl oz	90	9	1.5	0	0	220	0	0	0	0.1	0	1	0	0											
French Dressing	1 fl oz	130	11.5	1.7	0.1	0	230	4	0.2	3.6	0.1	22	0	0	0										*	
Ribs & Combos																										
Full Rack Ribs	1 serv	1520	52	18.2	0.3	210	4296	167	4.4	133.6	61.2	7	11	20.5	46											*
Half Rack Ribs	1 serv	1090	40.5	9	0.15	105	2688	112.2	5.3	53.7	33.3	4	17.5	8	16											*
Steak & Rib Combo	1 serv	1380	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 Wing sauce	1 serv	1640	119.5	26.7	0.15	368	4949	228.2	12.7	134.8	98.9	12	31	25	54.5					*						*
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				*	*						
Fries - side	8oz	320	15	0	0	0	828	53.7	5.3	2.7	5.3	0	11	0	0											
Seafood																										
Cedar Plank Salmon	1 serv	1000	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		*	*		*					*	
Kids' Menu																										
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					*						
Plum Sauce	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											
Desserts																										
Ultimate Hot Apple	1 serv	540	25	8	0.1	41	71	72	5.5	52	7	3.5	0	3	0		*		*	*						
Chuck's Buckaroo	1 serv	1000	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 November 2018