



Chuck's Roadhouse Bar and Grill

Table with Nutrition Information and Allergens columns. Includes items like Cream of Asparagus, Broccoli cheese, Chicken noodle, etc.

Table with Nutrition Information and Allergens columns. Includes categories like soups, sauces and dressings, and sides.

2017 June		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	
sides																										
corn cobs. Butter	2	179	8.6	5	0	21	83	28	3.6	4.6	4	11	10	0	4		*									
baked potato, plain	1	211	5.6	0.4	0	0	1140	37	4	33	4	0	28	2	14											
fries	8oz	321	15	0	0	0	828	53.7	5.3	2.7	5.3	0	11	0	0											
fries	16 oz	642	30	1	0	0	1656	107	10.6	5.4	10.6	0	21	0	0											
BBQ baked beans	3 oz	132	1	0.2	0	0	216	26	4.4	11.6	5	0	0	5.5	16										*	
salsa	2 fl oz	25	0	0	0	0	480	5	2	4	1	2	6	2	2											
garlic sauteed mushrooms	7 oz	200	16.4	2.4	1	0	437	8.5	2.2	3.7	7	0	6	0	7		*		*				*	*		
loaded baked potato	1	459	28	13	0.2	67	1567	41	4	3	11	13.3	28	9.5	15.5		*								*	
sauteed onions	4 oz	216	18	2.4	1	0	598	11.5	1.8	5.2	0.2	0	12.5	2	0										*	
sub poutine	1	391	19.7	2.7	0	11	1325	57	6	3	10	3	10.5	2.5	0		*		*	*						
Nutritionals																										
Allergens																										
2017 June																										
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																										
sandwiches & wraps																										
Buffalo chicken sandwich	1	639	39.2	7.2	0.7	80	2167	49	1.1	12.6	29	7	2.5	11	14		*	*		*	*				*	
Grilled chicken club	1	597	24	7	0.2	92	2079	49	2.8	3.5	43.4	11	20	16	23		*	*		*	*					
Triple decker classic club	1	692	36.5	14.4	0	102	2110	43	2	3.5	38	7.5	16.5	5.5	33		*	*		*	*					
BBQ beef brisket	1	800	31.6	9.5	0.7	8.4	2213	96	3.2	42	36.5	1	9	7	32				*	*						
sandwiches & wraps																										
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sandwiches & wraps																										
Crispy chicken wrap	1	852	50	8	0.7	65	1526	78	4.4	4	28	8	20	17	22		*	*		*	*				*	
Prime rib dip	1	627	31.5	10	0	105	960	42	2	2	40.5	0	0	4	51				*	*				*		
burgers																										
prime rib burger	1	689	33.5	12.2	2.25	112.5	927.5	50.5	2	2	35	0	6.5	4	15			*	*	*						
Mushroom melt burger	1	1169	78.3	25	4.6	142.5	2072	57.5	3.6	4.4	50	12.5	10	25	19		*	*	*	*			*	*		
Bacon cheese burger	1	836	44.7	18.5	2.35	145	1392	50.5	2	2	44	5	7	12	16		*	*	*	*						
Cheese burger	1	809	42.5	18	2.45	142.5	1118	50.5	2	2	41	8	7	20	15		*	*	*	*						
Pickled ranch burger	1	946	57	13.7	2.25	132.5	1619	65	3.2	3.7	38	3	9	5	17		*	*	*	*						
The big chuck	1	946	49	21.5	2.5	160	1867	62.5	2	12	47.5	9	8	21	18		*	*	*	*						
Smoky Mountain burger	1	975	53.3	19.4	2.35	145	1560	69.5	3.2	18	45	5	13	13.5	17		*	*	*	*						
Steaks & Ribs																										
Top sirloin steak	7 oz	466	32.5	14	0.7	167	269	0	0	0	42	3	0	0	28.5		*	*		*	*				*	
NY striploin	10 oz	674	37	16.5	1	193	309	0	0	0	76	3.5	0	0	50		*	*		*	*				*	
Rib eye	9 oz	728	52	22.5	0.9	170	287	0	0	0	60	3.4	0	0	51		*	*		*	*				*	
T bone	14 oz	1032	64	28.5	1.4	259	402	0	0	0	101	3.5	0	0	71		*	*		*	*				*	
Chuck's cowboy veal steak	10 oz	709	27.6	8.4	0	263	1542	39	2	32	75.7	4	10	5	17.5		*	*		*	*				*	
Rib steak	16 oz	904	55	21	1.6	321	420	0	0	0	102	4	0	8	71		*	*		*	*				*	
Goat cheese NY steak	10 oz	740	42.6	20	1	205	401	0	0	0	80.5	10	0	3	53.5		*	*		*	*				*	
Rib wing combo	1	1312	77.5	21.5	0.15	265	2460	73.5	0	61.5	78	5	9	11	35		*	*		*	*				*	
Full rack ribs	1	1070	51	18	0.3	210	2960	93	0	82	55	7	11	15	30		*	*		*	*				*	
Steak rib combo	1	1051	58	23	0.15	272	2129	58.5	0	51	70	7	6.5	8	45		*	*		*	*				*	
Ribs, 1/2 rack	1	586	25.5	9	0.15	105	1860	58.5	0	51	28	4	6.5	8	16				*	*					*	
Prime rib	10 oz	803	56	18	0	210	460	4	0	0	65	0	0	0	16				*	*				*		
Prime rib	8 oz	626	43	13	0.8	163	485	3	0	0	54.5	0	0	0	12				*	*				*		
Prime Rib	16 oz	1229	86.4	26.4	0	326	618	3	0	0	107.5	0	0	0	24				*	*				*		
Veal T bone	13 oz	625	24	9.2	1.2	347	250	0	0	0	96	3	0	3.5	16		*	*		*	*				*	
corn cobs. Butter	2	179	8.6	5	0	21	83	28	3.6	4.6	4	11	10	0	4				*	*						
baked potato, plain	1	211	5.6	0.4	0	0	1140	37	4	33	4	0	28	2	14				*	*						
salsa	2 fl oz	25	0	0	0	0	480	5	2	4	1	2	6	2	2				*	*						
garlic sauteed mushrooms	7 oz	200	16.4	2.4	1	0	437	8.5	2.2	3.7	7	0	6	0	7		*		*				*	*		
fries	8oz	321	15	0	0	0	828	53.7	5.3	2.7	5.3	0	11	0	0				*	*						
gravy	4 fl oz	48	1.4	0.4	0	1.5	790	7	1.4	1.1	1.4	0	0	1	1.4		*		*	*						
Nutrition Information																										
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Roadhouse favs																										
Chicken wings	4 pcs	447	30	8	0	104	400	10	0	7	33	1	1.5	2	12				*	*					*	
Chicken wings	1 lb	894	60	16	0	208	800	20	0	14	66	2	3	4	24				*	*					*	
Chicken wings	2 lbs	1788	120	32	0	416	1600	40	0	28	133	3.5	6.5	8	49				*	*					*	
Chicken fingers & fries	1 serv	825	34.5	2.25	0.13	87.5	2278	104	8	2.7	38	0	11	5	25				*	*					*	
fish & chips	1 pc	596	23.4	1	0	45	2077	78.4	6.24	3	29	2	16.5	3.5	12			*	*	*						
Fish & chips	2 pcs	871	32	1.5	0	90	3326	103	7	3.5	52.5	4	22.5	7	25			*	*	*						
Kids menu																										
Burger	1	470	23	7.2	1	65	680	44	2	1	24	0	2	6	30		*	*		*	*				*	

Cheese burger	1	530	27.5	10	1	80	775	44	2	1	27	4	2	14	30	*	*		*					
Chicken fingers & fries	3pcs	297	11	1	0	52.5	870	30	1.5	0	19.5	0	0	3	14				*					
Grilled cheese	1	376	16.5	10	0.3	41	546	40	1	2	15	13	0	22	20		*		*					
fries	8oz	321	15	0	0	0	828	53.7	5.3	2.7	5.3	0	11	0	0									
Desserts																								
Funnel of love	15pcs	564	23.3	7	0.1	40	362	88	1	52	3.6	3.5	50	5	30	*	*		*	*				
Funnel of love	30 pcs	1061	46	13.5	0.2	80	712	159	2	90	11	7.5	75	11	46	*	*		*	*				
Funnel of love	45 pcs	1488	66	18	0.2	107	1037	221	2	122.5	10	7.5	100	13	62	*	*		*	*				
Toffee blondie brownie	1 pc	663	26.5	13.5	0.2	81	469	99.5	2	67	5.5	17.5	0	11	10	*	*		*	*	*			
buffalo chicken club flatbread	1	803	42.5	7	0.1	85	2781	70.7	10.5	33.5	40	20	35.5	9	23	*	*		*	*				
apple crumble, ice cream	1	533	25.5	8.75	0.1	44	76	72.5	5.5	52	6.8	4.5	0	3.5	0			*	*		*	*		
maple cedar plank salmon	8oz	500	25	5	0	103	885	32	0	37	7	6.5	4.5	8.5				*						
fries	8oz	321	15	0	0	0	828	53.7	5.3	2.7	5.3	0	11	0	0									
corn cobs. Butter	2	179	8.6	5	0	21	83	28	3.6	4.6	4	11	10	0	4			*						
BBQ baked beans	3 fl oz	132	1	0.2	0	0	216	26	4.4	11.6	5	0	0	5	15.5									
Buffalo Shrimp	1serv	518	31.6	2	0	116	988	51.5	1.6	7	15.4	4	0	8	20	*	*	*	*	*			*	
Philly Cheesesteak	1serv	574	18.5	6.2	0.3	77.7	1669	66	0.86	24.5	39.5	13	8.5	20	31			*	*		*	*		
Buffalo chicken sandwich	1serv	695	35.5	6	0.2	70	1623	76	1.3	17.2	26.8	8.5	11.5	21	21	*	*		*	*				

2017 October																								
	servicing 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
kids																								
kids burger,bun	1x4oz	480	21	7.2	1	60	910	44	2	1	27	0	0	4	25	*				*				
kids cheese burger	1x4oz	540	25.5	10.2	11.1	75	1005	44	2	1	30	4	0	12	25	*	*		*	*				
sea salt garlic bread	4 pcs	1460	40	6.4	2	0	2916	227	12	6.4	39	0	117	23	131		*	*		*	*		*	
Mozzarella sticks, ranch dressing	6pcs	808	59	12.5	0.45	50	1488	45	0	10	21.5	22.5	0	45	14	*	*		*	*				
all you can eat caesar	1	368	35	3.6	0	28.6	495	9.5	0	0	4.4	43	16.5	11	12.5	*	*	*	*	*				
all you can eat garden salad	1	68	2.4	1.3	0	5	117	8	2	3.6	3	9.5	45	7	4.5		*			*				
Golden Italian dressing	30ml	90	9	1.5	0	0	220	0	0	0	0.1	0	1	0	0									
French dressing	30 ml	121	11.5	1.7	0.1	0	230	4	0.2	3.6	0.1	22	0	0	0									*
buffalo chicken flatbread	1	793	35	6.7	0	102	3012	75	9.7	41.5	48	17	26	7	18		*			*				
all american burger	2x4oz	1168	59	20.5	2	152	2533	87	4	9	59	5	6.5	14	40		*	*		*	*			
steak sandwich	1	1088	42.6	12.5	0.25	156	2199	113	5	20.5	56	0	31.5	11	70		*	*		*	*		*	
grilled chicken on bun	1	613	24	6	0.5	77	1176	60	3	2	34.4	8.5	11.5	15	24	*	*		*	*			*	
club house sandwich	1	617	24	7.5	0	51	1346	69	3.4	6	26	7.5	16.5	1.5	7	*	*		*	*				
buffalo chicken sandwich	1	666	26.7	1.7	0	77	1475	78	3	16	30.6	22.5	11.5	5	24	*	*		*	*				
peppercorn new york steak/beans	1x10oz	1409	78	35	0.25	270	1908	83.4	6.5	30.7	85.7	27.5	3	11.5	75		*		*	*			*	
top sirloin/lobster/beans/garlic spread	1x7oz	804	43.6	13.7	0.75	236	887	29.4	44.6	12	71	1.5	5	10	44		*	*	*	*			*	
NY strip loin/lobster/beans/garlic spread	1x10oz	1012	48	16	0.75	262	927	29.4	4.6	12	105	1.5	5	10	66		*	*	*	*			*	
rib steak/lobster/beans/garlic spread	1x16oz	1618	101	38	0.75	366	1001	29.4	4.6	12	137	1.5	5	10	109		*	*	*	*			*	
lobster tail dinner/ beans/garlic spread/butter	2x4oz	932	59.4	24	1.5	168	825	30.5	4.7	12	29	27	5	11	15.5		*	*	*	*			*	
cedar plank salmon	1x8oz	220	11	2.5	0	45	385	14	0	12	16	3	8	2	4		*	*	*	*				
apple cumble	1	523	25	8	0.1	41	71	72	5.5	52	7	3.5	0	3	0		*	*	*	*				
carrot caramel cheese cake	1	483	30.4	16	0	126.5	386	42.5	1	28	7	20	1	6.5	40	*	*	*	*	*				
icecream/cream/sauce	6 oz	392	10.5	6	0.3	36	162	68.5	1.5	47	2	10.5	0	8.5	40		*	*	*	*				
melted butter	1 oz	204	24	15	1.2	60	168	0	0	0	0	20	0	0.5	0		*	*	*	*				
corn on cob, no butter	1	82	1	0	0	0	0	19	3	2	3	0.5	6.5	0	3.5									
sub garden salad	1	27	1.12	0.7	0	2.5	58	2.6	0.6	0.9	1	2.5	1	4	0.9		*	*	*	*				
top blade steak	6oz	495	32	12	0.25	142	330	0.4	0	0	46	0	0	0	34		*	*	*	*			*	
top blade steak and lobster	6/4 oz	832	53	23	0.5	226	503	2	0.1	0.1	58	13.5	2	2.5	34		*	*	*	*			*	
steak sandwich	1	1073	38	12	0	142	1953	113	5	20.5	60.6	0	31.5	11	77		*	*	*	*			*	
top blade steak & rib combo	1	1080	57.6	21	0.4	247	2190	59	0	51	74	4	6.5	8	51		*	*	*	*			*	*
cajun shrimp tacos	2	433	22	1.7	0.5	155	967	45	2	8.5	22.5	29	75.5	10	19		*	*	*	*			*	*
bacon avocado grilled cheese	1	740	38	8.5	0	77	1975	70	12.5	7	36	14	43	6	36		*	*	*	*			*	*
cheese stuffed rigatoni	1	1114	35.5	12.6	0.25	50	1874	148	10	16	43	46	45	48	27.5		*	*	*	*			*	*

2017 December																								
	servicing 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
12 oz top sirloin	1	768	53	20.6	0.25	265	405	0.4	0	0	71	0	0	0	50				*	*				
12 oz top sirloin, 1 lobster tail	1	1105	74	31.3	0.5	349	578	2	0	0	83	13.5	2	3	50		*	*	*	*			*	
peppercorn sauce	3 fl oz	120	0	0	0	0	1170	24	0	18	0.9	0.5	3	5	8.5			*	*	*			*	
steak sandwich	1	1311	40.6	11.3	0.25	132	2719	170	5	25	60	0	61	17	100		*	*	*	*			*	
steak and rib combo	1	990	54	20	0.4	237	2179	59	0	51	63	4	6.5	2	41		*	*	*	*			*	
wild west burger	1	905	52	17.5	2.25	135	1804	61	2.3	10.7	43	4	15	5.5	21		*	*	*	*			*	
mega belt	1	748	35.7	13	0.2	477	1324	63	2	4.5	35.4	26	17	28	48	*	*	*	*	*			*	*
buckaroo dessert	1	993	39	10	0.2	23	91	109	4.4	41	11.6	6	0	64	7	*	*	*	*	*			*	*