

Chuck's Roadhouse Nutritional and Allergen Chart

Nutrition Information																	Allergens									
2019 August	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	410	19	11.5	0	50	1574	48.4	1	34.5	9.2	0	2	4	8			*	*	*				*		
Deep Fried Pickles - add Ranch	1 serv	270	14.7	1	0	0	1237	29	2.7	4	4	5	5	2.5	5		*		*	*						
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	1220	84.5	13	0.2	96	3165	121	11	10	25	12	31	12.5	1.5		*		*	*						
Buffalo Chicken Quesadilla	1 serv	930	49	13.3	0.75	79	2129	94	7	20	32.5	25	49	27	25		*		*	*				*		
Chuck's Nachos	1 serv	700	26	11	0.2	48	1487	142	5	17	12	39	72	52	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											
Honey Garlic Wing sauce	2 fl oz	120	0	0	0	0	200	28	0	26	0.2	0	0	0	0				*	*						
Add Blue Cheese	2 fl oz	280	32	4	0	20	540	4	0	0	4	0	0	16	0	*	*									
Add Ranch Dressing	2 fl oz	280	32	2	0	40	320	4	0	0	1.6	0	0	0	0	*	*									
All You Can Eat Salad																										
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	640	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	670	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. (add side)	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	1030	64	26.6	0.25	248	442	0.4	0	0	101	0	0	0	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		*		*						*	*	
AAA Porterhouse Steak - 20 oz. (add side)	16 oz	940	57	23	1.8	332	430	0	0	0	103	4	0	8	71		*		*					*	*	
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	8 oz	370	19	3.5	0.17	0	57.5	48	4.6	0.4	4.8	0	18	0	12											
Mashed Potatoes	6 oz	350	8.4	1.8	0	6	600	33.6	2.4	3.6	5	2	12	2	5		*									
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	220	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		*									
Horseradish	2 fl oz	200	18	4	0	10	460	8	0	6	0	0	0	0	0	*										
Steak & Lobster																										
AAA Top Sirloin Steak (7oz.) & Lobster Tail (add side)	1 serv	770	43.6	13.7	0.75	236	887	29.4	44.6	12	71	1.5	5	10	44		*	*	*					*	*	
AAA Petite New York Steak (8 oz.) & Lobster Tail (add side)	1 serv	840	59.4	24	1.5	168	825	30.5	4.7	12	29	27	5	11	15.5		*	*	*					*	*	
Butter	1 oz	210	24	15	1.2	60	168	0	0	0	0	20	0	0.5	0		*									
Fries	8 oz	370	19	3.5	0.17	0	57.5	48	4.6	0.4	4.8	0	18	0	12		*									
Mashed Potatoes	6 oz	230	8.4	1.8	0	6	600	33.6	2.4	3.6	5	2	12	2	5		*									
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	720	34.5	7	0.3	0	112	94	9	0.8	9.4	0	35	3.5	23											
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							
2019 August	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

