

# Chuck's Roadhouse Nutritional and Allergen Chart

Nutrition Information																	Allergens										
2019 September																											
	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>Appetizers</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	*	*		*	*							
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	0.2	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				*	*					*		
<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>Honey Garlic Wing sauce</b>	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		*	*									
<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		*	*		*							
<b>Ranch Dressing</b>	2 fl oz	280	32	2	0	40	320	4	0	0	1.6	0	0	0	0		*	*									
<b>Blue Cheese Dressing</b>	2 fl oz	280	32	4	0	20	540	4	0	0	4	0	0	16	0		*	*									
<b>Golden Italian Vinaigrette</b>	2 fl oz	180	18	3	0	0	440	0	0	0	0.2	0	2	0	0												
<b>French Dressing</b>	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)	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 - 7 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 - 7 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												
<b>Whipped Butter</b>	1/2 oz	70	7.6	4.7	0.25	21	78	0	0	0	0	6	0	0	0		*										
<b>Sour Cream</b>	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		*										
<b>Steak &amp; Lobster</b>																											
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 (7 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		*	*	*	*					*		
<b>Butter</b>	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	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												
<b>Whipped Butter</b>	1/2 oz	70	7.6	4.7	0.25	21	78	0	0	0	0	6	0	0	0		*										
<b>Sour Cream</b>	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	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		*		*	*				*	*		

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	Nutrition Information															Allergens											
	2019 September	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>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	960	62	22.6	3.65	142.5	1738	52	2.8	2.2	47	12	1.5	24	17	*	*		*	*					*	*	
Cheeseburger - add side choice	1 serv	810	42.5	18	2.45	142.5	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	1100	63	20	2.4	144.5	1774	75	4	9.5	46	5	10	13.5	19	*	*		*	*							
The Big Chuck - add side choice	1 serv	1320	81	33.5	4.7	272	1998	55	2	2	74	9	6.5	20	16	*	*		*	*							
Fries	8 oz	370	19	3.5	0.17	0	57.5	48	4.6	0.4	4.8	0	18	0	12												
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					*	*				*	*	
Montreal Smoked Meat - add side choice	1 serv	690	31	12	1	120	1781	55	4	2	47	0	0	1	48				*	*						*	
Turkey Club - 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	*	*		*	*							
Prime Rib Dip - add side choice	1 serv	630	31.5	10	0	105	960	42	2	2	40.5	0	0	4	51				*	*					*		
Crispy Chicken Sandwich	1 serv	470	27	3	0.3	13	586	47	2.6	2	8.6	3	15	5	17	*	*		*	*							
Fries	8 oz	370	19	3.5	0.17	0	57.5	48	4.6	0.4	4.8	0	18	0	12												
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>Chuck's Classics</b>																											
Full Rack Ribs - add fries or side choice	1 serv	1070	51	18	0.3	210	2960	93	0	82	55	7	11	15	30									*	*	*	
Half Rack Ribs - add fries or side choice	1 serv	590	25.5	9	0.15	105	1860	58.5	0	51	28	4	6.5	8	16									*	*	*	
Steak & Rib Combo - add fries or side choice	1 serv	1050	58	23	0.15	272	2129	58.5	0	51	70	7	6.5	8	45		*		*	*						*	
Wing & Rib Combo - add wing sauce & side choice	1 serv	1310	71	21	0.15	265	2160	79.5	0	67.5	77	4.5	5.5	9	30				*	*						*	
<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>Honey Garlic Wing Sauce</b>	2 fl oz	120	0	0	0	0	200	28	0	26	0.2	0	0	0	0				*	*							
<b>Hand-Carved Roast Beef Dinner</b> (Includes Mashed, Corn & Gravy)	1serv	610	26	10	0.3	103	2264	58	5.6	10.3	37	3	23	3	46		*		*	*							
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	*	*		*	*							
1 Pc. Fish & Chips - add tartar sauce	1 serv	720	34	2.5	0	85	1500	77	5.4	3	37	2	9	6	25	*	*	*	*	*							
2 Pc. Fish & Chips - add tartar sauce	1 serv	1170	54	4.5	0	170	2310	109	6.4	4	70.4	4	9	12	50	*	*	*	*	*							
Tartar sauce	2fl oz	270	29	4.5	0.15	26	662	2.7	0.1	2	0.5	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												
<b>Skinnylicious®</b>																											
Grilled Chicken - add garden salad	2x4oz	270	3	0.8	0	100	1160	23	0	18	34	0	0	0	4												
Maple BBQ Salmon - add garden salad	1	470	23	5	0	90	555	28.5	0	21	35	4	12	4	37.5			*								*	
<b>AAA 7 oz. Top Sirloin Steak</b> - add garden salad	7oz	470	31.5	12	0.25	156	334	0	0	0	42	0	0	0	28.5		*		*							*	
Berry Pecan Salad - includes dressing	1	570	30	5.5	0	62	824	50	4	37	23	16	39	6	13		*				*						
Side Garden Salad with Citrus Kiwi Vinaigrette	1	120	10	0.6	0	186	6	0.6	2	0.8	62	29	1.5	4													
<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	8 oz	370	19	3.5	0.17	0	57.5	48	4.6	0.4	4.8	0	18	0	12												
<b>Desserts</b>																											
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	*	*		*	*							
Cherry Cheesecake	1 serv	830	42	8.4	0.8	27	575	84.4	3.4	49	9	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 September 2019