

Chuck's Roadhouse Nutritional and Allergen Chart

| Nutrition Information | | | | | | | | | | | | | | | | Allergens | | | | | | | | | | |
|--|--------------|----------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|------------|-------------|---------------|---------------|-------------|----------|-----------|------------|--------------|-----|--------------|-----------|---------|-----------|---------|---|--|
| 2020 October | 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 | | |
| Starters | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Garlic Pan Bread | 1 loaf | 870 | 36 | 7 | 3 | 5 | 3200 | 282 | 15 | 8 | 50 | 0 | 0 | 35 | | * | * | | * | * | | | | * | | |
| Mozzarella Sticks | 1 serv | 810 | 59 | 12.5 | 0.45 | 50 | 1488 | 45 | 0 | 10 | 21.5 | 22.5 | 0 | 45 | 14 | * | * | | * | * | | | | * | | |
| Steak Bites incl. CRH sauce | 1 serv | 920 | 29 | 11 | 0.5 | 177 | 792 | 13.6 | 0.1 | 9.7 | 72 | 0 | 0 | 0 | | | | * | * | | | | * | | | |
| Wings, Rings & Fingers - add ranch | 1 serv | 1450 | 56 | 10 | 0 | 174 | 2510 | 116 | 4.6 | 106 | 63 | 2 | 2 | 8 | | | | | | * | | | | | | |
| Ranch Dressing | 2 fl oz | 280 | 32 | 2 | 0 | 40 | 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 | 1220 | 88.5 | 19 | 0.2 | 104 | 2992 | 110 | 11.4 | 4.5 | 28.5 | 15 | 52 | 19 | 12 | * | * | | | | | | | * | | |
| 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 | 1090 | 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 | 460 | 14.3 | 0.9 | 0 | 190 | 1650 | 55.4 | 22.7 | 28 | 17 | 0 | 2 | 7 | 50 | | | * | | * | | | | | | |
| 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 | | | | | | | | | | | |
| 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 | * | * | | | | | | | | | |
| Salads & Soups | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Caesar Salad - incl dressing | 1 serv | 370 | 65 | 5 | 0 | 43.5 | 742 | 15.5 | 0 | 0 | 5 | 69 | 27 | 14 | 0 | * | * | * | | * | | | | | * | |
| Garden Salad - add dressing choice | 1 serv | 70 | 2.4 | 1.3 | 0 | 5 | 123.5 | 5.75 | 4 | 4 | 5 | 31 | 5 | 12 | 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 | | | | | | | | | | * | |
| Steakhouse Salad - incl dressing | 1 serv | 890 | 61 | 15 | 0.9 | 197 | 868.5 | 11 | 4 | 4.4 | 80 | 31 | 50 | 14 | 0 | * | * | * | | | | | | * | | |
| Roasted Chicken Salad - incl dressing | 1 serv | 650 | 18 | 2 | 0 | 85 | 570.5 | 53.5 | 8 | 49 | 39 | 32 | 64 | 1 | 0 | | * | | | * | * | | | | | |
| Cream of Asparagus | 6 fl oz | 100 | 5.3 | 1.7 | 0 | 6.7 | 580 | 9.3 | 0.7 | 4.7 | 3.3 | 2.5 | 0 | 10 | 2.5 | | * | | * | * | | | | | | |
| Cream of Mushroom | 6 fl oz | 80 | 5.6 | 1.2 | 0 | 4 | 648 | 5.6 | 0.8 | 0.8 | 0.8 | 0 | 0 | 1.5 | 1.5 | | * | | * | * | | | | | | |
| Chicken Noodle | 6 fl oz | 53 | 0.7 | 0.2 | 0 | 3.3 | 320 | 9.3 | 0.7 | 0.7 | 2 | 13 | 1 | 1 | 2.5 | * | | | * | * | | | | | | |
| Butternut Squash | 6 fl oz | 120 | 5.3 | 3.3 | 0 | 20 | 500 | 15 | 1.3 | 6 | 2 | 7 | 0 | 4 | 4 | | * | | | * | | | | | | |
| Vegetable Beef Barley | 6 fl oz | 67 | 0.7 | 0.2 | 0 | 3.3 | 320 | 12 | 1.3 | 1.3 | 2 | 10 | 4 | 2.5 | 5 | | | | * | * | | | | | | |
| Tomato Tortellini | 6 fl oz | 73 | 0.7 | 0.3 | 0 | 3.3 | 520 | 14 | 1.3 | 4.7 | 5.7 | 3 | 3 | 3 | 4 | * | | | * | * | | | | | | |
| North Atlantic Clam Chowder | 6 fl oz | 73 | 2 | 0.33 | 0 | 7 | 647 | 11 | 0.7 | 0.7 | 2.7 | 0 | 0 | 3 | 5 | | * | * | * | * | | | | | | |
| Loaded Baked Potato | 6 fl oz | 193 | 12 | 4.7 | 0 | 27 | 580 | 17.3 | 1.3 | 1.3 | 4 | 0 | 0 | 10 | 3 | | * | | | | | | | | | |
| Tomato Roasted Red Pepper Bisque | 6 fl oz | 247 | 19 | 8 | 0 | 30 | 667 | | 3 | 9.3 | | 1 | 13 | 10 | 4 | | * | | * | | | | | | | |
| Lobster Bisque | 6 fl oz | 220 | 15 | 6.7 | 0 | 70 | 980 | 15 | 0.7 | 4.7 | 7.3 | 4 | 1 | 7 | 4 | | * | * | * | * | | | | | | |
| Kickin' Crab & Sweet Corn Chowder | 6 fl oz | 213 | 15 | 5.3 | 0 | 47 | 700 | 13.3 | 1.3 | 6 | 6.7 | 0 | 1 | 5 | 7 | | * | * | * | * | | | | | | |
| Wicked Thai with Chicken | 6 fl oz | 200 | 15 | 6 | 0 | 27 | 620 | 11 | 1.3 | 3 | 7 | 1 | 0 | 4 | 5 | | * | * | * | * | | | | | | |
| Crackers | 20g | 90 | 2 | 0.3 | 0 | 0 | 230 | 15 | 1 | 0 | 2 | 0 | 0 | 0 | 0.84 | | | | | * | | | | * | | |
| Steaks & Prime Rib (select locations) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| AAA Top Sirloin Steak - 7 oz. (add side) | 7 oz | 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) | 10 oz | 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) | 10 oz | 680 | 37 | 16.5 | 1 | 193 | 309 | 0 | 0 | 0 | 76 | 3.5 | 0 | 0 | 50 | | * | | | | | | | * | | |
| AAA Rib-Eye Steak - 12 oz. (add side) | 12 oz | 1050 | 77 | 29 | 0.75 | 215 | 526 | 1 | 0 | 0 | 81 | 0 | 0 | 2 | 71 | | * | | * | | | | * | * | | |
| AAA Porterhouse Steak - 20 oz. (add side) | 20oz | 1245 | 87 | 35 | 2.75 | 345 | 567 | 0 | 0 | 0 | 115 | 0 | 0 | 0 | 107 | | * | | * | | | | * | * | | |
| AAA T - Bone Steak - 14 oz. (add side) | 14 oz | 880 | 62 | 27 | 1.75 | 252 | 227 | 0 | 0 | 0 | 80.5 | 3.5 | 0 | 0 | 75 | | * | | * | | | | * | * | | |
| AAA Peppercorn NY - 10 oz. (add side) | 10 oz | 810 | 39 | 17.6 | 0 | 194 | 750 | 18 | 0 | 14.4 | 80.5 | 7 | 0 | 3 | 54 | | * | | * | * | | | * | * | | |
| AAA Bacon Wrapped Filet Mignon - 7 oz. (add side) | 7 oz | 540 | 30 | 11.6 | 0.25 | 143 | 344 | 0.4 | 0 | 0 | 60 | 0 | 0 | 0 | 35 | | * | | * | | | | * | * | | |
| AAA Texas Bronco - 12 oz. (add side) | 12 oz | 1055 | 57 | 19 | 0.75 | 220 | 889 | 53 | 1.5 | 48 | 97 | 0 | 2.5 | 1 | 60 | | * | | * | | | | * | * | | |
| AAA Bone-in New York - 12 oz. (add side) | 12 oz | 770 | 52 | 22.5 | 0 | 39 | 287 | 0 | 0 | 0 | 60 | 3 | 0 | 4 | 51 | | * | | * | | | | * | * | | |
| AA/AAA 8 oz. Prime Rib (add side) | 8 oz | 630 | 43 | 13 | 0.8 | 163 | 485 | 3 | 0 | 0 | 54.5 | 0 | 0 | 0 | 12 | | | | * | | | | * | * | | |
| AA/AAA 10 oz. Prime Rib (add side) | 10 oz | 800 | 56 | 18 | 0 | 210 | 460 | 4 | 0 | 0 | 65 | 0 | 0 | 0 | 16 | | | | * | | | | * | * | | |
| AA/AAA 14 oz. Prime Rib (add side) | 14 oz | 1230 | 86.4 | 26.4 | 0 | 326 | 618 | 3 | 0 | 0 | 107.5 | 0 | 0 | 0 | 24 | | | | * | | | | * | * | | |
| AA/AAA 16 oz. Prime Rib (add side) | 16 oz | 1400 | 89 | 28.2 | 0 | 356 | 625 | 4 | 0 | 0 | 110 | 0 | 0 | 0 | 28 | | | | * | * | | | * | * | | |
| Au Jus | 4 fl oz | 120 | 0.5 | 0 | 0 | 0 | 600 | 4 | 0 | 0.2 | 0.6 | 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 | | | * | | | | | | | | |
| Add Onion Rings | 6 oz | 610 | 37 | 7 | 0 | 10 | 1570 | 78 | 35 | 127 | 4.5 | 0 | 0 | 2 | 7 | | | | | * | | | | | | |
| Hand-Carved Ro | | | | | | | | | | | | | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | | | | | | |
|--|---------|------|-------|------|------|-------|-------|-------|-------|-------|-------|------|------|------|------|---|---|---|---|---|
| Lobster Tail Dinner (add side & butter) | 1 serv | 890 | 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 - 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 | 0 | 1656 | 107 | 10.6 | 5.4 | 10.6 | 0 | 21 | 0 | 0 | | | | | |
| 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 | * | * | * | * | |
| Add Onion Rings | 6 oz | 610 | 37 | 7 | 0 | 10 | 1570 | 78 | 35 | 127 | 4.5 | 0 | 0 | 2 | 7 | | | * | * | |
| 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 | * | * | | | * |
| Burgers | | | | | | | | | | | | | | | | | | | | |
| 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 | * | | * | * | |
| Cheese Burger - 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 | * | | * | * | |
| Veggie Burger - add side choice | 1 serv | 650 | 26.7 | 1.7 | 0 | 77 | 1475 | 78 | 3 | 16 | 30.6 | 22.5 | 11.5 | 5 | 24 | * | * | * | * | |
| Smokehouse Burger - add side choice | 1 serv | 1200 | 47 | 16.7 | 3 | 127.5 | 1862 | 109 | 3.4 | 54 | 42 | 50 | 8.5 | 14 | | * | * | * | * | * |
| 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 - side | 8oz | 370 | 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 | * | | * | * | |
| CRH Sauce | 4 fl oz | 140 | 0.2 | 0 | 0 | 0 | 686 | 24 | 0 | 19 | 0 | 0 | 0.6 | 0.6 | 0 | | | * | * | |
| Sandwiches | | | | | | | | | | | | | | | | | | | | |
| Hand-carved Roast Beef - add CRH sauce & side choice | 1 serv | 740 | 32 | 4.7 | 0.14 | 85 | 1756 | 61 | 4.7 | 8 | 42 | 0 | 4.5 | 5.5 | 39 | * | * | * | * | * |
| Roasted Chicken Club - Add CRH sauce & side choice | 1 serv | 620 | 35.4 | 9.5 | 0.4 | 101.5 | 1493 | 56 | 5.5 | 5 | 37 | 13 | 28 | 1.5 | | * | * | * | * | |
| Montreal Smoked Meat - add CRH sauce & side choice | 1 serv | 690 | 31 | 12 | 1 | 120 | 1781 | 55 | 4 | 2 | 47 | 0 | 0 | 1 | 48 | | | * | * | * |
| Buffalo Chicken - add CRH sauce & side choice | 1 serv | 670 | 26.7 | 1.7 | 0 | 77 | 1475 | 78 | 3 | 16 | 30.6 | 22.5 | 11.5 | 5 | 24 | * | * | * | * | |
| Pulled Pork Sandwich add CRH sauce & choice of side | 1serv | 670 | 10.6 | 2 | 0 | 85 | 1030 | 96 | 3 | 63 | 31 | 3 | 3 | 4 | | | | * | * | |
| Prime Rib Dip - add CRH sauce & side choice | 1 serv | 630 | 31.5 | 10 | 0 | 105 | 960 | 42 | 2 | 2 | 40.5 | 0 | 0 | 4 | 51 | | | * | * | * |
| CRH Sauce | 4 fl oz | 140 | 0.2 | 0 | 0 | 0 | 686 | 24 | 0 | 19 | 0 | 0 | 0.6 | 0.6 | 0 | | | * | * | |
| Fries - side | 8oz | 370 | 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 | | | | | * |
| BBQ Chicken, Ribs & Combos | | | | | | | | | | | | | | | | | | | | |
| Full Rack Ribs - add CRH sauce & side choice | 1 serv | 1440 | 52 | 18.2 | 0.3 | 210 | 4296 | 167 | 4.4 | 133.6 | 61.2 | 7 | 11 | 20.5 | 46 | | | | | * |
| Half Rack Ribs - add CRH sauce & side choice | 1 serv | 960 | 40.5 | 9 | 0.15 | 105 | 2688 | 112.2 | 5.3 | 53.7 | 33.3 | 4 | 17.5 | 8 | 16 | | | | | * |
| Half BBQ Chicken - add CRH sauce & side choice | 1 serv | 730 | 29 | 8.3 | 0.1 | 397 | 986 | 20 | 0 | 17 | 86 | 12 | 0 | 4 | 27 | | | | | * |
| Quarter BBQ Chicken - Add CRH sauce & side choice | 1 serv | 570 | 23 | 6.3 | 0.1 | 327 | 656 | 20 | 0 | 17 | 62 | 0 | 0 | 3 | 20 | | | | | * |
| Chicken & Rib Combo - add CRH sauce & side choice | 1 serv | 830 | 40 | 12.3 | 0.2 | 397 | 1001 | 28 | 0 | 25 | 80 | 2 | 2 | 7 | 28 | | | | | * |
| Rib & Wing Combo - add CRH sauce, side choice & Wing sauce | 1 serv | 1680 | 137.9 | 45.7 | 1.65 | 433 | 4061 | 154 | 9.1 | 105.1 | 112.6 | 32 | 14 | 27.5 | 66.5 | | | * | * | * |
| CRH Sauce | 4 fl oz | 140 | 0.2 | 0 | 0 | 0 | 686 | 24 | 0 | 19 | 0 | 0 | 0.6 | 0.6 | 0 | | | * | * | |
| 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 | | | | | |
| 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 | 370 | 15 | 0 | 0 | 0 | 828 | 53.7 | 5.3 | 2.7 | 5.3 | 0 | 11 | 0 | 0 | | | | | |
| Seafood | | | | | | | | | | | | | | | | | | | | |
| Lobster Tail Dinner (add sides & butter) | 1 serv | 890 | 59.4 | 24 | 1.5 | 168 | 825 | 30.5 | 4.7 | 12 | 29 | 27 | 5 | 11 | 15.5 | * | * | * | * | * |
| 1 Pc. Fish & Chips - add tartar sauce | 1 serv | 720 | 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 | 1170 | 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 | 370 | 15 | 0 | 0 | 0 | 828 | 53.7 | 5.3 | 2.7 | 5.3 | 0 | 11 | 0 | 0 | | | | | |
| Desserts | | | | | | | | | | | | | | | | | | | | |
| Klondike Crumble | 1 serv | 840 | 37 | 19.4 | 0.6 | 73 | 300 | 114 | 1.6 | 90.5 | 19 | 0 | 23 | 38 | | * | * | * | * | * |
| Chuck's Buckaroo | 1 serv | 1000 | 39 | 10 | 0.2 | 23 | 91 | 109 | 4.4 | 41 | 11.6 | 6 | 0 | 64 | 7 | * | * | * | * | * |

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 October 2020