

Chuck's Roadhouse Nutritional and Allergen Chart

2021 October		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		
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	*	*									
Sweet Potato Fries		16 oz	870	33.5	1	0	0	1120	98	12	40	4	240	24	0	8	*	*	*	*						*	
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					*	*				*	
Bruschetta Flatbread		1 serv	310	16.5	5.2	0.25	14.5	688	22	10	5	14.5	13	29	5	13	*	*	*	*						*	
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					*	*				*	
Add Blue Cheese		2 fl oz	280	32	4	0	20	540	4	0	0	4	0	0	16	0	*	*								*	
Salads & Soups																											
Caesar Salad - Regular		1 serv	370	65	5	0	43.5	742	15.5	0	0	5	69	27	14	0	*	*	*	*						*	
Caesar - Chuck's Size		1 serv	790	75	8.8	0	74	1256	16	0	0	14	68	25	20	21	*	*	*	*						*	
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	460	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	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)		10 oz	630	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	930	77	29	0.75	215	526	1	0	0	81	0	0	2	71	*	*	*	*						*	
AAA Porterhouse Steak - 20 oz. (add side)		20oz	1250	87	35	2.75	345	567	0	0	0	115	0	0	0	107	*	*	*	*						*	
AAA T - Bone Steak - 14 oz. (add side)		14 oz	890	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	750	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	500	30	11.6	0.25	143	344	0.4	0	0	60	0	0	0	35	*	*	*	*						*	
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	6	0	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	*	*									
2021 October																											
Steak & Lobster																											
AAA Top Sirloin Steak - 7 oz. & Lobster Tail (add side & Butter)		1 serv	770	43.6	13.7	0.75	236	887	29.4	4.6	12	71	1.5	5	10	44	*	*	*	*						*	
AAA Filet Mignon & Lobster Tail (add side & butter)		1 serv	980	48	16	0.75	262	927	29.4	4.6	12	105	1.5	5	10	66	*	*	*	*						*	
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.																						

