Chuck's Roadhouse Nutritional and Allergen Chart

	Nutrition Information															Allergens									
2022 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
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	*	*		*	*				
Teriyaki Steak Bites	1 serv	1050	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	*	*		*	*			*	*
Potato Skins	1 serv	860	43	18	0.2	67	1435	53.3	6.4	3	22	13	1	17	18.5	*	*						*	
Shrimp Tempura	1 serv	370	11.5	2.6	0	43.8	775	43.5	3.7	23.5	4.6	9	1.5	9	14			*	*	*			*	
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	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	*								
2022 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
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		*	*	*				*	
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	113	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	143	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	128	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	*	*	*		*					*
CRH Sauce	4 fl oz	140	0.2	0	0	0	686	24	0	19	0	0	0.6	0.6	0				*	*					
Sandwiches																									
Grilled Chicken Club - add CRH Sauce & side choice	1 serv	750	43	3.7	1	55	1751	69	9.6	5	30.4	5	38	4	32		*		*	*			*		
Montreal Smoked Meat - add CRH sauce & side choice	1 serv	820	31	12	1	120	1781	55	4	2	47	0	0	1	48				*	*					*
Buffalo Chicken - add CRH sauce & side choice	1 serv	800	26.7	1.7	0	77	1475	78	3	16	30.6	22.5	11.5	5	24	*	*			*					
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	*	*	*		*					*
Chicken Parm - add side choice	1serv	820	36.6	3.8	0.5	45	3453	95	5	3.5	38	11	128	7	41		*		*	*			*		
Fish Tacos - add side choice	1 serv	670	40	5.3	0	73	1137	151	5	6	28	9	36	9.5	22.5	*		*		*	*				*
Crispy Chicken Tacos - add side choice	1serv	720	27	7	0	38	1127	151	6	11	17.5	10	37.5	9	18	*				*	*				*
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	77.7	21.5	0.15	265	3706	121.5	0	100.5	78.6	5	9.6	11.6	35					*					*
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										
Chuck's Favourites																									
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	*	*			*					*
Cedar Plank Salmon & corn, add side choice	1 pc	620	49	8.5	0	106	1329	90	7	21.5	42.5	7.7	29	2	37.5	*		*	*						*
Chicken Fingers (add plum sauce and side choice)	1 serv	470	24.5	2	0	87	1450	49	0	32.3	0	0	6	28.5		*	*		*	*					
Plum Sauce	2 fl oz	120	0	0	0	0	200	32	0	30	0.2	6	0	0	0										
Fries	8 oz	370	16.75	2	0.1	0	1242	55	4	1.6	5	0	0	1.5	8.5										
Buffalo Chicken Fingers - add side choice	1 serv	920	24.5	2	0	87	1450	49	0	32.3	0	0	6	28.5		*	*		*	*					
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										
Pasta Marinara	1	440	6.6	0.6	0	0	638	80	5.7	10	13.7	44	57	6.5	30					*					
Pasta Butter Parmesan	1	880	52	31.3	0	137	89	64	3.2	0	12.5	41	0	8.5	23		*			*					
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			*		*	*	*				
OMG Carrot Cake	1 serv	550	48	18	0.06	50	810	96	2	66	8	0	0	4	2.5	*	*		*	*	*		*		
Butter Toffee Bread Pudding	1 serv	760	52	28	0	215	552.5	110	1.3	77	12.5	20	8	11.5	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 September 2022