

Chuck's Roadhouse Nutritional and Allergen Chart

2020 January

Nutrition Information

Allergens

	serv	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	
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		*								
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	*	*			*					
The Great Canadian - add side choice	1 serv	900	42.7	16.5	2.45	145	1387	50.5	2	2	47	5	7	12	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		*			*					
Sandwiches																									
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	*	*			*	*			*	*
Au jus	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				*	*				*	
Peameal Stack - add side choice	1 serv	600	18.5	3	0.4	96	3006	59	2	11	44	4	1	12.5	25	*			*	*					
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		*			*					
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										*
Classics																									
Buffalo Chicken Fingers - Incl. Wing Sauce, Ranch, fries	1 serv	1290	56.5	4	0	127	2270	69	0	46.3	0	0	6	28.5		*	*			*	*				*
Hand-Carved Roast Beef Dinner (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										*
Old Country Bar-B-Que																									
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	*				*					*
Chuck's BBQ Trio - add fries or side choice	1 serv	1360	70	20	0.2	504	1818	59	0	50	113	3	3.5	9	40					*	*				*
*1/4 BBQ Chicken - add fries or side choice	1 serv	*570	23	6.3	0.1	327	656	20	0	17	62	0	0	3	20					*	*				*
1/2 BBQ Chicken - add fries or side choice	1 serv	730	29	8.3	0.1	397	986	20	0	17	86	12	0	4	27					*	*				*
*1/4 BBQ Chicken and Rib Combo - add fries or side choice	1 serv	830	40	12.3	0.2	397	1001	28	0	25	80	2	2	7	28					*	*				*
Rib & Wing Combo - add fries or side choice	1 serv	1310	47	14	0.1	177	1148	38	0	32	51	3	3.5	6	20					*	*				*
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				*	*					
Fries	8 oz	370	19	3.5	0.17	0	57.5	48	4.6	0.4	4.8	0	18	0	12										*
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	8 oz	370	19	3.5	0.17	0	57.5	48	4.6	0.4	4.8	0	18	0	12										*
Desserts																									
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 January 2020
 * Average value used