

Chuck's Roadhouse Nutritional and Allergen Chart

Nutrition Information																Allergens								
2025 February	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	1 serv	950	20	9	0.5	172	332	5.6	0.1	3.7	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	*	*		*	*			*	*
Shrimp Tempura	1 serv	370	11.5	2.6	0	43.75	775	43.5	3.7	23.5	4.6	9	1.5	9	14			*	*	*			*	
Onion Rings	16 oz	1980	112	21	0	28	5040	234	94	362	14	0	0	6	20				*	*				
fried pickles	8oz	678	32.4	4	0	11	1260	90	3	21	8	0	0	3	33.5	*	*			*				*
Calamari with sauce	1 serv	451	15.3	1	0	210	1788	60	26	28	19.6	0	2	8	16			*	*	*				
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				*	*				*
Boneless Chicken Wings - add sauce	1 lb	680	60	16	0	208	800	20	0	14	66	2	3	4	24				*	*				*
Boneless Chicken Wings - add sauce	2 lbs	1360	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	*	*	*	*	*	*			*
Strawberry Pecan Salad	1 serv	500	18	2	0	85	570.5	53.5	8	49	9.7	32	64	1	0	*	*	*	*	*	*			*
Broccoli & Cheese	6 fl oz	120	6	3	0.2	15	950	13	3	3	5	2	20	10	2		*	*	*	*				
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	*		*	*	*				
Homestyle minestrone	6 fl oz	70	0.5	0	0	0	650	13	3	4	3	8	2	4	6			*	*	*				
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		*	*	*	*				
Tomato & Red Pepper Bisque with Gouda	6 fl oz	350	24	10	0.3	35	830	16	3	12	7	2	15	10	4		*	*	*	*				
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)																								
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		*							*
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		*							*
Rib-Eye Steak - 12 oz. (add side)	12 oz	930	77	29	0.75	215	526	1	0	0	81	0	0	2	71		*	*	*	*			*	*
Porterhouse Steak - 20 oz. (add side)	20oz	1250	87	35	2.75	345	567	0	0	0	115	0	0	0	107		*	*	*	*			*	*
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		*	*	*	*			*	*
8 oz. Prime Rib (add side)	8 oz	630	43	13	0.8	163	485	3	0	0	54.5	0	0	0	12			*	*				*	
10 oz. Prime Rib (add side)	10 oz	800	56	18	0	210	460	4	0	0	65	0	0	0	16			*	*				*	
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			*	*				*	
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 - 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	*								

2025 February	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																								
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		*	*	*				*	
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	8 oz	820	50	10	0	14	2100	104	47	170	6	0	0	3	10				*					
Corn	4 oz	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		*	*	*		*			*
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	620	32	5	10	62	1849	51	2.25	5	33	2.5	10	5	19.5		*		*	*		*	*	*
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		*	*		*			*	*
philly beef sandwich	1	597	58	11.6	1.4	76	1471	56.5	0.76	5.7	39.5	12	8	30.5	27		*		*	*			*	*
Spicy Chicken	1 serv	633	46	9.5	0.6	97	1820	42	0.4	35.6	68	1	11	18	18		*	*	*	*			*	*
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		*	*	*		*			*
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					*			*	*
Chuck's BBQ Chicken - add CRH sauce & side choice	1 serv	436	11	1.5	0	90	3206	50	0	42	37	0	4.5	3	6		*	*	*	*			*	*
Chicken & Rib Combo - add CRH sauce & side choice	1 serv	781	34.5	10	0.15	150	3166	71.5	0	62	46	3	8	9	18		*	*	*	*			*	*
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				*				*	*
grilled mesquite chicken sizzler	1 serv	479	9	1	0	57	2134	58	4.3	38.5	33	38	93	8	50								*	*
grilled teriyaki chicken sizzler	1 serv	433	8.7	1	0	57	4317	41	4.4	25.5	30	38	93	8	16				*	*				
grilled teriyaki steak sizzler	1 serv	758	35.5	12	0	156	3997	40	4.4	25.5	53	38	93	8	42				*	*				
grilled honey sriracha chicken sizzler	1 serv	471	8.7	1	0	57	1221	57	4.3	11.5	26	38	93	6.5	7									
veggie sizzler	1 serv	331	7	0.5	0	0	1122	46	4.3	29.5	11	38	93	8	33								*	*
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		*	*	*	*			*	*
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			*	*	*	*	*	*		
The Chopper NY cheesecake/ reese peanut butter cups	1 serv	1510	91	35.5	0	115	1396	164	7	136.5	27	0	0	20	70		*	*	*	*	*	*	*	*
Chuck's Buckaroo	1 serv	1000	39	10	0.2	23	91	109	4.4	41	11.6	6	0	64	7		*	*	*	*	*	*		
Butter Toffee Bread Pudding	1 serv	760	52	28	0	214.5	552.5	110	1.3	77	12.5	20	8	11.5	7		*	*	*	*	*	*		

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 April 2025