

Carolina Ale House

Allergen Guide

Allergen Guide

Fall 2026 Menu

This guide shows which menu items may contain the most common food allergens, based on our suppliers and current recipes. Because every dish is made to order and prepared in shared kitchen spaces — with no separate areas or equipment for allergen-free preparation — we cannot guarantee that any item is free of any allergen.

We work to keep this information current, but recipes and ingredients can change. If you have a food allergy, sensitivity, or dietary restriction, please tell your server before ordering and ask about ingredients and preparation. Menu item availability varies by location. For any questions, please email wecare@carolinaalehouse.com.

How to read this guide: “Yes” means the item, as prepared, contains that allergen — including standard sauces, marinades, condiments, and fixed accompaniments unless stated otherwise. A blank cell means the allergen is not an intentional ingredient. **Gluten** reflects any gluten-containing grain (wheat, barley, rye, malt, or oats).

Appetizers

Menu Item	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sesame	Gluten
Artisan Five Cheese Spinach Dip	Yes	Yes					Yes	Yes		Yes
Bacon Cheese Fries	Yes	Yes					Yes			Yes
Bavarian Pretzel Bites	Yes	Yes					Yes	Yes		Yes
Beer Battered Cheese Curds	Yes	Yes					Yes	Yes		Yes
Boneless Chicken Zingers, Grilled, 10	Yes							Yes		
Boneless Chicken Zingers, Grilled, 5	Yes							Yes		
Boneless Chicken Zingers, Hand-Battered, 10	Yes	Yes					Yes	Yes		Yes
Boneless Chicken Zingers, Hand-Battered, 5	Yes	Yes					Yes	Yes		Yes
Buffalo Chicken Dip	Yes	Yes					Yes	Yes		Yes
Carolina Nachos with CAH Chili	Yes		Yes					Yes		Yes
Cheese Fries	Yes	Yes					Yes			Yes
Colossal Carolina Nachos	Yes									
Dry Rub Chicken Wings, 18										
Dry Rub Chicken Wings, 24										
Frickles	Yes	Yes					Yes	Yes		Yes
Fried Chicken Taco	Yes	Yes					Yes	Yes		Yes
Fried Chicken Wings, 12	Yes						Yes	Yes		Yes
Fried Chicken Wings, 6	Yes						Yes	Yes		Yes
Garlic Parmesan Wings, 12	Yes	Yes					Yes	Yes		Yes
Grilled Chicken Wings, 12										
Grilled Chicken Wings, 24										
Grilled Chicken Wings, 6										
Grilled Chicken Wings, 6 (Naked)										
Grilled Chicken Wings, 18										
Regular Carolina Nachos	Yes									

Menu Item	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sesame	Gluten
Signature Dry Rub Wings, 12										
Signature Dry Rub Wings, 6										

Soups

Menu Item	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sesame	Gluten
Carolina Ale House Chili, Bowl	Yes						Yes	Yes		Yes
Carolina Ale House Chili, Cup	Yes						Yes	Yes		Yes
French Onion Soup	Yes		Yes				Yes	Yes		Yes
Soup of the Day, Bowl							Yes	Yes		Yes
Soup of the Day, Cup							Yes	Yes		Yes

Salads

Menu Item	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sesame	Gluten
Add 6 Grilled Shrimp				Yes				Yes		
Caesar Salad, Full	Yes	Yes	Yes				Yes	Yes		Yes
Grilled Chicken Cobb Salad	Yes	Yes						Yes		
House Garden Salad, Full	Yes						Yes	Yes		Yes
House Garden Salad, Side	Yes						Yes	Yes		Yes
Southern Fried Chicken Salad	Yes	Yes					Yes	Yes		Yes

Entrees

Menu Item	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sesame	Gluten
28 Day Aged Ribeye	Yes	Yes					Yes	Yes		Yes
Angus Top Sirloin	Yes							Yes		
Bacon, Add On										
Baja Chicken and Shrimp Bowl	Yes			Yes				Yes		
Basil Pesto Pasta	Yes									
Beer-Battered Fish and Chips	Yes	Yes	Yes				Yes	Yes		Yes
Buffalo Tender Mac and Cheese	Yes	Yes					Yes	Yes		Yes
Cajun Shrimp Pasta	Yes			Yes			Yes	Yes		Yes
Carolina Combo (Sides Only)		Yes					Yes			Yes
Cheese Quesadilla	Yes						Yes	Yes		Yes
Chicken Tacos, Three	Yes						Yes	Yes		Yes
Chicken Tacos, Two	Yes						Yes	Yes		Yes
Chicken Tenders Basket	Yes	Yes					Yes	Yes		Yes
Crispy Shrimp Platter	Yes	Yes		Yes			Yes	Yes		Yes
Fried Chicken Alfredo	Yes	Yes					Yes	Yes		Yes
Grilled Chicken Taco		Yes					Yes	Yes		Yes
Hand-Battered Chicken Tenders	Yes	Yes					Yes	Yes		Yes
Hibachi Steak and Shrimp Bowl	Yes			Yes			Yes	Yes		Yes
Island Style Fish Tacos	Yes	Yes	Yes				Yes	Yes		Yes
Island Style Fish Tacos, Three	Yes	Yes	Yes				Yes	Yes		Yes
Island Style Fish Tacos, Two	Yes	Yes	Yes				Yes	Yes		Yes

Menu Item	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sesame	Gluten
Island-Style Shrimp Tacos		Yes		Yes			Yes	Yes		Yes
Island-Style Shrimp Tacos, Three	Yes	Yes		Yes			Yes	Yes		Yes
Island-Style Shrimp Tacos, Two	Yes	Yes		Yes			Yes	Yes		Yes
Mariner's Platter	Yes	Yes	Yes	Yes			Yes	Yes		Yes
Plant Based Zingers, 10							Yes	Yes		Yes
Plant Based Zingers, 5							Yes	Yes		Yes
Roasted Salmon	Yes		Yes					Yes		
Slow Roasted Carolina Baby Back Ribs, Full Rack		Yes					Yes			Yes
Slow Roasted Carolina Baby Back Ribs, Half Rack		Yes					Yes			Yes
Smothered Cheesy Bacon Chicken	Yes	Yes					Yes	Yes		Yes
Steak Taco	Yes	Yes					Yes			Yes
Steak Tacos, Three	Yes	Yes					Yes			Yes
Steak Tacos, Two	Yes	Yes					Yes			Yes

Sandwiches

Menu Item	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sesame	Gluten
Beyond Burger Patty										
Buffalo Chicken Sandwich	Yes	Yes					Yes	Yes		Yes
Buffalo Zinger Wrap	Yes	Yes					Yes	Yes		Yes
Buffalo Zinger Wrap, Fried	Yes	Yes					Yes	Yes		Yes
Classic Philly Cheesesteak	Yes						Yes	Yes		Yes
Classic Smash Burger	Yes	Yes	Yes				Yes	Yes		Yes
French Onion Patty Melt	Yes	Yes	Yes				Yes	Yes		Yes
Grilled Chicken Club	Yes	Yes					Yes	Yes		Yes
Pub Burger	Yes	Yes	Yes				Yes	Yes		Yes
Simply Grilled Chicken Sandwich	Yes						Yes	Yes		Yes
Sourdough Melt	Yes	Yes	Yes				Yes	Yes		Yes
Southern Fried Chicken Club Sandwich	Yes	Yes					Yes	Yes		Yes
The Varsity Cheeseburger	Yes						Yes	Yes		Yes
Ultimate Club Sandwich	Yes	Yes					Yes	Yes		Yes

Side Items

Menu Item	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sesame	Gluten
Caesar Salad, Side	Yes	Yes	Yes				Yes	Yes		Yes
Crispy Texas Pete Potatoes	Yes	Yes					Yes	Yes		Yes
Fresh Avocado (add-on)										
Garlic Steamed Broccoli								Yes		
Garlic Steamed Broccoli										
Hand Cut Fresh Mixed Fruit										
Homemade Coleslaw		Yes								
Mac and Cheese	Yes						Yes			Yes

Menu Item	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sesame	Gluten
Pub Chips										
Seasoned Black Beans										
Vegetable Rice Pilaf	Yes							Yes		
Vegetable Rice Pilaf	Yes							Yes		

Kids Menu Items

Menu Item	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sesame	Gluten
Kids Apple Juice										
Kids Applesauce										
Kids Broccoli										
Kids Cheerwine										
Kids Cheese Pizza	Yes						Yes	Yes		Yes
Kids Cheese Quesadilla	Yes						Yes	Yes		Yes
Kids Cheeseburger Quesadilla	Yes						Yes	Yes		Yes
Kids Chicken Tenders	Yes	Yes					Yes	Yes		Yes
Kids Diet Dr Pepper										
Kids Diet Pepsi										
Kids Dr Pepper										
Kids Fish and Chips	Yes	Yes	Yes				Yes	Yes		Yes
Kids Fresh Fruit										
Kids Fries							Yes			Yes
Kids Grilled BBQ Chicken								Yes		
Kids Grilled Caribbean Chicken								Yes		
Kids Grilled Cheese Sandwich	Yes						Yes	Yes		Yes
Kids Grilled Chicken Tenders	Yes	Yes						Yes		
Kids Little Cheese Burger	Yes						Yes	Yes		Yes
Kids Little Cheese Burger	Yes						Yes	Yes		Yes
Kids Little Mac and Cheese	Yes						Yes			Yes
Kids Meatball and Penne	Yes						Yes	Yes		Yes
Kids Milk	Yes									
Kids Mountain Dew										
Kids Pasta with Butter							Yes	Yes		Yes
Kids Pasta with Butter with Fruit Cup							Yes	Yes		Yes
Kids Pasta with Cheese Sauce	Yes						Yes	Yes		Yes
Kids Pasta with Cheese Sauce with Fruit Cup	Yes						Yes	Yes		Yes
Kids Pasta with Marinara Sauce	Yes						Yes			Yes
Kids Pasta with Marinara Sauce with Fruit Cup	Yes						Yes			Yes
Kids Penne Pasta	Yes						Yes			Yes
Kids Pepperoni Pizza	Yes						Yes	Yes		Yes
Kids Pepsi										
Kids Popcorn Shrimp	Yes	Yes	Yes	Yes			Yes	Yes		Yes
Kids Rice	Yes							Yes		

Menu Item	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sesame	Gluten
Kids Salad	Yes									
Kids Sierra Mist										
Kids Stix and Dip	Yes	Yes								
Kids Sundae	Yes							Yes		
Kids Tropicana Lemonade										
Kids Wings	Yes	Yes					Yes	Yes		Yes

Desserts

Menu Item	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sesame	Gluten
Brookie of the Year	Yes	Yes					Yes	Yes		Yes
Decadent Chocolate Cake a la Mode	Yes	Yes					Yes	Yes		Yes
Decadent Chocolate Layer Cake	Yes	Yes					Yes	Yes		Yes
Macked Out Doughnuts	Yes	Yes					Yes	Yes		Yes

Beverages

Menu Item	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sesame	Gluten
Brewed Sweetened Iced Tea										
Brewed Unsweetend Ice Tea										
Cheerwine										
Coffee										
Cranberry Juice										
Diet Dr Pepper										
Diet Pepsi										
Dr Pepper										
Grapefruit Juice										
Hot Tea										
Mountain Dew										
Orange Juice										
Pepsi										
Pineapple Juice										
Sierra Mist										
Tropicana Lemonade										
Whole Milk	Yes									