

CAROLINA ALE HOUSE

Nutritional Information Sheet

BAR BITES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Frickles	680	421	47	9	0	49	5759	57	2	7	9
Popcorn Chicken	930	428	48	8	0	172	3092	59	3	4	60
Classic Burger Sliders	890	479	53	19	0	137	2357	51	2	8	47
Sweet Potato Fries with Chipotle Ranch Dressing	1030	720	80	10	0	40	1755	74	7	24	5
Chips and Salsa	620	39	4	1	0	0	1250	136	9	5	8
Southern Fried Chicken Sliders	940	348	39	7	0	95	3458	96	3	11	48
Pretzels with Queso	860	269	30	7	1	10	2984	127	5	5	21

SHAREABLES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Carolina Nachos with Housemade Chili	1530	392	44	17	4	87	3770	243	23	20	33
Carolina Nachos with Chicken	1670	424	47	17	4	201	3872	227	18	17	76
Five-Cheese Spinach Dip	1040	479	53	28	0	134	1432	106	6	4	31
Beer-Battered Cheese Curds	960	520	58	36	0	178	3189	58	2	9	48
Brisket Quesadilla	1740	1196	133	54	0	205	3370	74	11	9	65
Grilled Chicken Flatbread	810	380	42	11	0	97	1945	54	4	5	50
Loaded Fries - NC Poutine	990	595	66	29	0	107	2530	70	7	6	32
Loaded Fries - Chili Cheese	810	423	47	18	1	58	2289	79	10	11	16
Loaded Fries - Bacon Cheese	1320	920	102	34	0	141	2833	70	7	5	37

HOUSEMADE SOUP or CHILI

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bowl of Chili	310	101	11	5	0	36	1158	32	7	4	18
Cup of Chili	210	63	7	3	0	24	808	22	6	3	12
Crock of French Onion Soup	280	144	16	9	0	42	1541	19	2	5	15

SALADS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<i>Served with choice of salad dressing:</i>											
Housemade Blue Cheese Dressing	510	482	54	9	0	57	537	6	0	1	3
Housemade Ranch Dressing	370	351	39	6	0	40	576	6	0	2	2
Housemade Greek Dressing	490	472	52	4	0	1	239	4	1	2	1
Housemade Honey Mustard Dressing	460	421	47	6	0	43	489	12	1	7	1
Housemade Balsamic Vinaigrette	530	479	53	4	0	0	256	13	0	12	0
Housemade Chipotle Ranch Dressing	380	352	39	6	0	40	645	7	1	2	2
Thousand Island Dressing	300	216	24	5	0	15	840	18	0	12	0
Caesar Dressing	410	371	41	8	0	32	1206	6	0	3	6
Thai Peanut	300	201	23	3	0	20	998	20	2	15	3
House Garden Salad	140	63	7	3	0	13	223	12	4	3	7
...add Chicken	270	112	12	5	0	111	920	13	4	3	46
...add Tuna	170	108	12	4	0	89	414	13	4	3	47
Buffalo Shrimp Salad	500	197	22	7	0	183	2526	42	9	6	34
Southern Fried Chicken Salad	750	203	23	9	0	225	2469	59	6	8	76
Blackened Salmon Caesar Salad	910	621	74	14	0	127	2080	22	11	6	41
Greek Grilled Chicken Salad	410	161	18	3	0	104	1409	14	5	4	45
Asian Grilled Chicken Salad	540	100	11	1	0	99	786	56	10	11	50
Southwestern Blackened Tuna Salad	560	135	15	5	0	77	1194	52	9	10	49
Autumn Chopped Salad	920	563	63	17	0	77	1457	69	11	49	20

CAROLINA ALE HOUSE

BURGERS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<i>Served with your choice of:</i>											
Beer-Battered French Fries	260	133	15	4	0	0	660	30	3	2	3
Coleslaw	190	126	14	2	0	13	398	16	2	12	1
Steakhouse Burger	1370	738	82	27	1	173	3293	108	8	12	64
Smoked Cheddar Burger	930	484	54	19	1	161	2109	51	3	9	54
The Varsity Cheeseburger	900	475	53	20	1	153	2368	49	3	7	53
...add Bacon	60	55	6	2	0	9	95	0	0	0	2
Pub Burger	1340	781	87	27	1	187	3650	78	4	11	59
Veggie Burger	670	236	26	6	1	5	2559	65	13	8	42
Texas Angus Melt	1100	628	70	21	0	186	2715	54	1	10	58
Pimento Cheese and Bacon Burger	1040	601	67	22	1	168	2213	52	3	8	54

ZINGERS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<i>Served Grilled or Fried with your choice of:</i>											
Housemade Blue Cheese Dressing	510	482	54	9	0	57	537	6	0	1	3
Housemade Ranch Dressing	370	351	39	6	0	40	576	6	0	2	2
5 Boneless Chicken Zingers, Grilled	380	84	9	2	0	165	712	4	1	2	66
5 Boneless Chicken Zingers, Grilled, with BBQ sauce	520	84	9	2	0	165	1292	40	1	34	66
5 Boneless Chicken Zingers, Grilled, with Honey Buffalo sauce	580	174	19	5	0	165	1602	28	4	21	68
5 Boneless Chicken Zingers, Grilled, with Buffalo sauce	540	208	23	7	0	165	1936	11	5	3	68
5 Boneless Chicken Zingers, Grilled, with Habanero BBQ sauce	460	95	11	2	0	165	1275	19	1	15	67
5 Boneless Chicken Zingers, Grilled, with Garlic Parmesan sauce	670	340	40	10	0	170	1430	10	0	0	70
5 Boneless Chicken Zingers, Grilled, with Fiery Thai sauce	470	98	11	2	0	165	1259	20	3	14	68
5 Boneless Chicken Zingers, Hand-Battered & Fried	500	87	10	2	0	166	1195	28	2	5	71
5 Boneless Chicken Zingers, Hand-Battered & Fried, with BBQ sauce	640	87	10	2	0	166	1775	64	2	37	71
5 Boneless Chicken Zingers, Hand-Battered & Fried, with Honey Buffalo sauce	690	178	20	5	0	166	2086	52	5	24	72
5 Boneless Chicken Zingers, Hand-Battered & Fried, with Buffalo sauce	660	212	24	7	0	166	2420	35	6	5	72
5 Boneless Chicken Zingers, Hand-Battered & Fried, with Habanero BBQ sauce	570	99	11	2	0	166	1758	42	2	17	71
5 Boneless Chicken Zingers, Hand-Battered & Fried, with Garlic Parmesan sauce	790	350	40	10	0	170	1910	30	0	10	70
5 Boneless Chicken Zingers, Hand-Battered & Fried, with Fiery Thai sauce	580	102	11	2	0	166	1742	44	3	17	72
10 Boneless Chicken Zingers, Grilled	750	166	18	4	0	329	1387	5	1	3	133
10 Boneless Chicken Zingers, Grilled, with BBQ sauce	1030	166	18	4	0	329	2547	77	1	67	133
10 Boneless Chicken Zingers, Grilled, with Honey Buffalo sauce	1150	348	39	11	0	329	3168	54	7	40	135
10 Boneless Chicken Zingers, Grilled, with Buffalo sauce	1070	416	46	13	0	329	3835	19	9	4	136
10 Boneless Chicken Zingers, Grilled, with Habanero BBQ sauce	900	189	21	4	0	329	2512	34	1	28	133
10 Boneless Chicken Zingers, Grilled, with Garlic Parmesan sauce	1330	690	80	10	0	350	2820	20	0	0	140
10 Boneless Chicken Zingers, Grilled, with Fiery Thai sauce	930	196	22	4	0	329	2480	37	4	26	135
10 Boneless Chicken Zingers, Hand-Battered Fried	980	173	19	4	0	331	2353	52	3	9	141
10 Boneless Chicken Zingers, Hand-Battered Fried, with BBQ sauce	1260	173	19	4	0	331	3513	124	3	73	141
10 Boneless Chicken Zingers, Hand-Battered & Fried, with Honey Buffalo sauce	1370	355	39	11	0	331	4134	102	9	46	143
10 Boneless Chicken Zingers, Hand-Battered & Fried, with Buffalo sauce	1300	423	47	13	0	331	4802	67	11	9	144
10 Boneless Chicken Zingers, Hand-Battered & Fried, with Habanero BBQ sauce	1120	196	22	5	0	331	3478	82	3	33	141
10 Boneless Chicken Zingers, Hand-Battered & Fried, with Garlic Parmesan sauce	1560	690	80	10	0	350	3790	60	0	10	150
10 Boneless Chicken Zingers, Hand-Battered & Fried, with Fiery Thai sauce	1150	203	23	4	0	331	3446	84	6	32	143

AWARD-WINNING WINGS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<i>Served Hand-Battered & Fried, Roasted Dry Rub, or Grilled with your choice of:</i>											
Housemade Blue Cheese Dressing	510	482	54	9	0	57	537	6	0	1	3

CAROLINA ALE HOUSE

Housemade Ranch Dressing	370	351	39	6	0	40	576	6	0	2	2
6 Fresh Chicken Wings, Roasted Dry Rub	460	268	30	8	0	141	1974	9	4	2	36
6 Fresh Chicken Wings, Hand-Battered & Fried	650	330	37	10	0	141	2338	37	3	2	39
6 Fresh Chicken Wings, Hand-Battered & Fried, with BBQ sauce	790	330	37	10	0	141	2918	73	3	34	39
6 Fresh Chicken Wings, Hand-Battered & Fried, with Honey Buffalo sauce	840	420	47	13	0	141	3228	61	6	21	40
6 Fresh Chicken Wings, Hand-Battered & Fried, with Buffalo sauce	800	455	51	14	0	141	3562	44	7	2	40
6 Fresh Chicken Wings, Hand-Battered & Fried, with Habanero BBQ sauce	720	341	38	10	0	141	2901	51	3	14	39
6 Fresh Chicken Wings, Hand-Battered & Fried, with Garlic Parmesan sauce	930	590	70	20	0	150	3060	40	0	0	40
6 Fresh Chicken Wings, Hand-Battered & Fried, with Fiery Thai sauce	730	345	38	10	0	141	2885	53	4	14	40
6 Fresh Chicken Wings, Grilled	420	265	29	8	0	141	1587	3	1	1	34
6 Fresh Chicken Wings, Grilled, with BBQ sauce	560	265	29	8	0	141	2167	39	1	33	34
6 Fresh Chicken Wings, Grilled, with Honey Buffalo sauce	620	356	40	12	0	141	2478	28	4	20	35
6 Fresh Chicken Wings, Grilled, with Buffalo sauce	580	390	43	13	0	141	2812	10	5	2	36
6 Fresh Chicken Wings, Grilled, with Habanero BBQ sauce	500	277	31	8	0	141	2150	18	1	14	34
6 Fresh Chicken Wings, Grilled, with Garlic Parmesan sauce	710	520	60	10	0	150	2300	10	0	0	40
6 Fresh Chicken Wings, Grilled, with Fiery Thai sauce	510	280	31	8	0	141	2134	19	3	13	35
12 Fresh Chicken Wings, Roasted Dry Rub	900	534	59	16	0	283	3910	16	6	2	71
12 Fresh Chicken Wings, Hand-Battered & Fried	1270	659	73	19	0	283	4639	71	5	2	77
12 Fresh Chicken Wings, Hand-Battered & Fried, with BBQ sauce	1550	659	73	19	0	283	5799	143	5	66	77
12 Fresh Chicken Wings, Hand-Battered & Fried, with Honey Buffalo sauce	1660	840	93	26	0	283	6420	120	11	40	79
12 Fresh Chicken Wings, Hand-Battered & Fried, with Buffalo sauce	1590	908	101	28	0	283	7087	85	13	3	80
12 Fresh Chicken Wings, Hand-Battered & Fried, with Habanero BBQ sauce	1420	682	76	20	0	283	5764	100	5	27	78
12 Fresh Chicken Wings, Hand-Battered & Fried, with Garlic Parmesan sauce	1840	1180	130	30	0	300	6070	80	10	0	80
12 Fresh Chicken Wings, Hand-Battered & Fried, with Fiery Thai sauce	1450	688	76	19	0	283	5732	103	8	26	79
12 Fresh Chicken Wings, Grilled	830	529	59	16	0	283	3138	4	1	1	68
12 Fresh Chicken Wings, Grilled, with BBQ sauce	1110	529	59	16	0	283	4298	76	1	65	68
12 Fresh Chicken Wings, Grilled, with Honey Buffalo sauce	1230	711	79	23	0	283	4918	53	7	39	70
12 Fresh Chicken Wings, Grilled, with Buffalo sauce	1150	779	87	26	0	283	5586	18	10	2	71
12 Fresh Chicken Wings, Grilled, with Habanero BBQ sauce	980	552	61	17	0	283	4263	33	1	26	68
12 Fresh Chicken Wings, Grilled, with Garlic Parmesan sauce	1410	1050	120	30	0	300	4570	20	0	0	70
12 Fresh Chicken Wings, Grilled, with Fiery Thai sauce	1010	559	62	17	0	283	4231	36	4	25	70
18 Fresh Chicken Wings, Roasted Dry Rub	1360	802	89	25	0	424	5884	25	10	4	106
18 Fresh Chicken Wings, Hand-Battered & Fried, 18	1910	988	110	29	0	424	6977	107	8	4	116
18 Fresh Chicken Wings, Hand-Battered & Fried, with BBQ sauce	2330	988	110	29	0	424	8717	215	8	100	116
18 Fresh Chicken Wings, Hand-Battered & Fried, with Buffalo sauce	2390	1363	151	42	0	424	10650	129	20	5	121
18 Fresh Chicken Wings, Hand-Battered & Fried, with Honey Buffalo sauce	2500	1261	140	39	0	424	9648	181	17	60	119
18 Fresh Chicken Wings, Hand-Battered & Fried, with Habanero BBQ sauce	2130	1023	114	29	0	424	8665	151	8	41	117
18 Fresh Chicken Wings, Hand-Battered & Fried, with Garlic Parmesan sauce	2770	1770	200	40	0	450	9130	130	10	10	120
18 Fresh Chicken Wings, Hand-Battered & Fried, with Fiery Thai sauce	2170	1033	115	29	0	424	8617	155	12	39	119
18 Fresh Chicken Wings, Grilled	1260	794	88	25	0	424	4725	7	3	3	102
18 Fresh Chicken Wings, Grilled, with BBQ sauce	1680	794	88	25	0	424	6465	115	3	99	102
18 Fresh Chicken Wings, Grilled, with Buffalo sauce	1740	1169	130	38	0	424	8398	29	15	4	107
18 Fresh Chicken Wings, Grilled, with Honey Buffalo sauce	1480	1067	119	35	0	424	7396	81	12	59	105
18 Fresh Chicken Wings, Grilled, with Habanero BBQ sauce	1480	829	92	25	0	424	6413	51	3	40	103
18 Fresh Chicken Wings, Grilled, with Garlic Parmesan sauce	2120	1570	180	40	0	450	6880	30	0	0	110
18 Fresh Chicken Wings, Grilled, with Fiery Thai sauce	1520	839	93	25	0	424	6365	55	7	38	105

ENTRÉES

Total Calories	Fat Calories	Total Fat	Saturated	Trans	Cholesterol	Sodium	Total Carbs	Fiber	Sugars	Protein
(kcal)	(kcal)	(g)	Fat (g)	Fat (g)	(mg)	(mg)	(g)	(g)	(g)	(g)

CAROLINA ALE HOUSE

Crispy Shrimp Platter	1520	743	83	15	0	355	5634	142	10	43	55
Hand-Battered Chicken Tenders	1430	756	84	14	0	188	3548	105	8	25	65
Beer-Battered Fish and Chips	1380	728	81	15	0	149	3623	110	8	28	48
Thai Chicken Bowl	1720	721	80	14	0	179	5835	163	13	48	75
Chargrilled Choice Ribeye	1190	637	71	25	0	433	1836	36	6	9	96
...add Fried Jumbo Shrimp	320	41	5	1	0	173	2196	40	2	16	29
Chorizo Meatloaf	1090	667	74	23	0	157	2756	63	5	8	41
Fresh Grilled Salmon	540	272	30	6	0	109	1299	26	4	3	41
Angus Top Sirloin	750	403	45	17	0	122	1729	34	6	8	49
Chicken and Rib Combo	1040	489	54	13	0	172	3272	96	6	57	56
Baked Shrimp Pasta	1570	823	91	43	1	367	2169	110	7	13	66
BBQ Baby Back Pork Ribs - Half Rack	880	501	56	16	0	105	2039	71	6	35	23
BBQ Baby Back Pork Ribs - Full Rack	1300	744	83	26	0	197	3019	97	6	56	42
Zinger Mac and Cheese	2320	1004	112	56	0	346	5749	190	13	23	132

HANDHELDS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<i>Served with your choice of:</i>											
Beer-Battered French Fries	260	133	15	4	0	0	660	30	3	2	3
Coleslaw	190	126	14	2	0	13	398	16	2	12	1
Buffalo Zinger Wrap - Hand-Battered and Fried	1180	635	71	26	0	143	3644	83	8	8	55
Buffalo Zinger Wrap - Grilled	1070	630	70	26	0	143	2914	60	7	6	51
Turkey Club Wrap	740	404	45	11	0	85	2214	52	3	6	33
Carolina Dipper	930	443	49	26	0	98	1900	71	7	10	49
Pimento Cheese BLT	940	559	62	19	0	63	2147	78	8	10	24
Buffalo Chicken Sandwich	1450	771	86	17	1	156	4448	108	9	12	61
Classic Philly Cheesesteak	980	434	48	19	0	110	2457	74	5	9	63
Southern Fried Chicken Club Sandwich	1040	395	44	9	1	129	2839	97	4	12	59
Asian Chicken Wrap	1060	396	44	12	0	112	2848	107	9	22	55
Classic Reuben	760	381	42	16	0	113	3319	52	2	8	44
Caribbean Ahi Tuna Sandwich	800	331	37	7	1	84	1431	70	5	21	45
Shrimp Po' Boy Wrap	740	278	31	7	0	189	1982	80	5	10	36
Baked Turkey and Brie Sandwich	1380	789	88	20	0	143	3649	104	7	15	47

TACOS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caribbean Fish Tacos - Hand-Battered and Fried	1000	279	31	4	0	82	3022	137	11	22	39
...add Fried Fish Taco	380	130	15	0	0	30	1015	40	0	10	10
Caribbean Fish Tacos - Grilled	830	274	30	4	0	82	2275	103	10	21	35
...add Grilled Fish Taco	310	150	20	0	0	40	1210	35	5	10	0
Chargrilled Chicken Tacos	870	261	29	4	0	118	2323	98	10	17	50
...add Chicken Taco	340	150	20	0	0	60	990	25	0	10	25
Island-Style Shrimp Tacos	940	278	31	4	0	194	2734	128	11	24	37
...add Shrimp Taco	360	140	15	0	0	100	1080	40	0	10	20
Ahi Tuna Tacos	920	283	31	6	0	96	2092	107	12	23	50
...add Ahi Tuna Taco	380	115	15	0	0	85	590	25	0	10	45

SIDES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Seasonal Vegetables	40	2	0	0	0	0	8	7	3	2	2
Fresh Fruit	80	2	0	0	0	0	16	19	1	17	1
Seasoned Rice	100	25	3	1	0	1	395	18	1	1	2
Steamed Broccoli	30	3	0	0	0	0	23	4	2	1	3
Mashed Potatoes	140	45	5	2	0	4	357	20	2	1	2
Beer-Battered French Fries	260	133	15	4	0	0	660	30	3	2	3
Sweet Potato Fries	320	184	20	2	0	0	555	33	3	11	2

CAROLINA ALE HOUSE

Side Salad	80	32	4	2	0	6	130	8	3	2	4
Side Caesar Salad	330	267	30	6	0	23	870	10	3	4	7
Loaded Mashed Potatoes	220	106	12	6	0	25	579	21	2	1	8

DESSERTS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Pie Bread Pudding	870	313	35	13	0	115	1081	119	3	70	15
Blueberry Cheesecake	790	403	45	26	0	140	611	82	3	62	10
Hot Chocolate Mud Pie	1240	347	39	24	0	32	614	201	3	167	13
Doughnuts Baker's Dozen	940	379	42	18	0	9	784	127	2	72	12

BEVERAGES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Pepsi	150	0	0	0	0	0	40	40	0	40	0
Diet Pepsi	0	0	0	0	0	0	50	0	0	0	0
Mountain Dew	170	0	0	0	0	0	80	50	0	50	0
Sierra Mist	150	0	0	0	0	0	40	40	0	40	0
Dr. Pepper	170	0	0	0	0	0	50	40	0	40	0
Diet Dr. Pepper	0	0	0	0	0	0	50	0	0	0	0
Tropicana Pink Lemonade	170	0	0	0	0	0	90	40	0	40	0
Cheerwine	170	0	0	0	0	0	30	40	0	40	0
Aquafina	0	0	0	0	0	0	0	0	0	0	0
Freshly Brewed Iced Tea - Unsweetened	0	0	0	0	0	0	10	0	0	0	0
Freshly Brewed Iced Tea - Sweetened	140	0	0	0	0	0	10	30	0	30	0
Coffee	0	0	0	0	0	0	10	0	0	0	0
Hot Tea	0	0	0	0	0	0	10	0	0	0	0

COCKTAILS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Grand Silver Margarita	220	0	0	0	0	0	0	30	0	30	0
Grand Silver Margarita - Fishbowl	440	0	0	0	0	0	0	60	0	50	0
Mojito	220	0	0	0	0	0	30	20	0	20	0
Southern L.I.T.	290	0	0	0	0	0	10	30	0	20	0
Old Fashioned with Bourbon	220	0	0	0	0	0	20	10	0	10	0
Carolina Hurricane	190	0	0	0	0	0	10	30	0	20	0
Mixed Berry Tea	210	0	0	0	0	0	10	30	0	20	0
Citron Lemon Drop Martini	230	0	0	0	0	0	0	20	0	20	0
Carolina Mai Tai	330	0	0	0	0	0	10	60	0	50	0
Southern Belle Sangria	250	0	0	0	0	0	10	30	0	20	0
Raspberry Lemon Sangria	210	0	0	0	0	0	10	20	0	10	0
Cucumber Spa Mule	190	0	0	0	0	0	10	20	0	20	0
Bulleit Rye Mule	170	0	0	0	0	0	10	10	0	10	0

MOCKTAILS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Prickly Pear Limeade	130	0	0	0	0	0	10	30	0	30	0
Passion Fruit Spritzer	260	0	0	0	0	0	30	60	0	60	0

WINE

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
13 Celsius Sauvignon Blanc (6oz)	150	0	0	0	0	0	0	0	0	0	0
13 Celsius Sauvignon Blanc (9oz)	220	0	0	0	0	0	0	10	0	0	0
13 Celsius Sauvignon Blanc (Bottle)	610	0	0	0	0	0	0	20	0	0	0

CAROLINA ALE HOUSE

Cupcake Pinot Grigio (6oz)	150	0	0	0	0	0	0	0	0	0	0
Cupcake Pinot Grigio (9oz)	220	0	0	0	0	0	0	10	0	0	0
Cupcake Pinot Grigio (Bottle)	620	0	0	0	0	0	0	20	0	0	0
Mirassou Moscato (6oz)	150	0	0	0	0	0	0	10	0	0	0
Mirassou Moscato (9oz)	220	0	0	0	0	0	0	10	0	0	0
Mirassou Moscato (Bottle)	630	0	0	0	0	0	0	40	0	0	0
One Hope Chardonnay (6oz)	110	0	0	0	0	0	10	0	0	0	0
One Hope Chardonnay (9oz)	170	0	0	0	0	0	10	10	0	0	0
One Hope Chardonnay (Bottle)	480	0	0	0	0	0	30	20	0	10	0
Save Me San Francisco Soul Sister Pinot Noir (6oz)	150	0	0	0	0	0	0	0	0	0	0
Save Me San Francisco Soul Sister Pinot Noir (9oz)	220	0	0	0	0	0	0	10	0	0	0
Save Me San Francisco Soul Sister Pinot Noir (Bottle)	620	0	0	0	0	0	0	20	0	0	0
Trapiche Malbec (6oz)	150	0	0	0	0	0	10	10	0	0	0
Trapiche Malbec (9oz)	230	0	0	0	0	0	10	10	0	0	0
Trapiche Malbec (Bottle)	630	0	0	0	0	0	30	20	0	10	0
Save Me San Francisco Drops of Jupiter Petite-Sirah Blend (6oz)	150	0	0	0	0	0	0	10	0	0	0
Save Me San Francisco Drops of Jupiter Petite-Sirah Blend (9oz)	220	0	0	0	0	0	0	10	0	0	0
Save Me San Francisco Drops of Jupiter Petite-Sirah Blend (Bottle)	620	0	0	0	0	0	0	20	0	0	0
One Hope Cabernet Sauvignon (6oz)	150	0	0	0	0	0	0	10	0	0	0
One Hope Cabernet Sauvignon (9oz)	220	0	0	0	0	0	0	10	0	0	0
One Hope Cabernet Sauvignon (Bottle)	620	0	0	0	0	0	0	20	0	0	0
One Hope Lodi Rosé (6oz)	140	0	0	0	0	0	10	10	0	10	0
One Hope Lodi Rosé (9oz)	210	0	0	0	0	0	10	20	0	10	0
One Hope Lodi Rosé (Bottle)	600	0	0	0	0	0	30	40	0	30	0
Cupcake Prosecco 187 Split (187 ml)	160	0	0	0	0	0	0	10	0	0	0

KIDS MEALS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Chicken Tenders - Grilled	220	50	6	1	0	99	405	1	0	0	40
Kids Chicken Tenders - Fried	450	57	6	1	0	100	1500	35	1	4	45
Kids Pasta with Marinara Sauce	440	29	3	0	0	2	529	74	6	11	13
Kids Pasta with Cheese Sauce	530	159	18	10	0	39	863	71	3	8	21
Kids Pasta with Butter	820	519	58	10	0	0	505	64	3	5	11
Kids Little Cheeseburgers	530	263	29	11	0	86	1475	32	1	4	31
Kids Grilled Cheese Sandwich	570	242	27	13	0	45	1530	44	0	6	20
Kids Cheese Pizza	480	141	16	8	0	32	1232	48	3	6	22
Kids Pepperoni Pizza	530	186	21	11	0	46	1219	47	2	6	23
Kids Wings - Fried	480	219	24	6	0	94	1534	23	1	0	26
Kids Caribbean Grilled Chicken	330	51	6	1	0	99	786	12	1	11	40
Kids Popcorn Shrimp	780	530	59	8	0	221	1733	37	2	8	28
Kids Fish and Chips	930	528	59	11	0	106	2283	65	4	14	31
Kids Cheeseburger Quesadilla	640	317	35	18	0	116	1953	26	3	0	37

KIDS SIDE ITEMS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Salad	90	42	5	3	0	13	127	5	2	1	5
Kids French Fries	160	80	9	2	0	0	396	18	2	1	2
Kids Applesauce	70	0	0	0	0	0	11	17	1	14	0
Kids Rice	110	25	3	1	0	1	395	18	1	1	2
Kids Broccoli	40	3	0	0	0	0	23	4	2	1	3
Kids Little Mac and Cheese	530	158	18	10	0	39	863	70	3	8	21
Kids Stix and Dip	390	352	39	6	0	40	626	10	1	4	2
Kids Sundae	260	66	7	4	0	13	108	43	0	38	3
Kids Fresh Fruit	60	1	0	0	0	0	10	12	1	11	1

CAROLINA ALE HOUSE

KIDS DRINKS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Pepsi	90	0	0	0	0	0	20	20	0	20	0
Diet Pepsi	0	0	0	0	0	0	30	0	0	0	0
Mountain Dew	100	0	0	0	0	0	50	30	0	30	0
Sierra Mist	90	0	0	0	0	0	20	20	0	20	0
Dr. Pepper	100	0	0	0	0	0	30	20	0	20	0
Diet Dr. Pepper	0	0	0	0	0	0	30	0	0	0	0
Tropicana Pink Lemonade	100	0	0	0	0	0	50	20	0	20	0
Kids Cheerwine	100	0	0	0	0	0	15	25	0	25	0
Milk	230	108	12	8	0	53	180	18	0	17	12
Kids Apple Juice	180	0	0	0	0	0	23	42	0	42	0

Nutritional Information as of 8.6.2018