

# CAROLINA ALE HOUSE

## NUTRITION INFORMATION GUIDE



	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)
<b>BAR BITES &amp; SHAREABLES</b>											
Bacon Cheese Fries	1322	920	102	34	0	141	2833	70	7	5	37
Bacon Cheese Fries with CAH Chili	1400	939	104	35	0	150	3176	78	10	7	42
Bar Cheeseburger	643	343	38	16	0	109	2366	36	2	8	37
Beer Battered Cheese Curds	961	520	58	36	0	178	3189	58	2	9	48
Buffalo Chicken Bites	581	303	34	6	0	93	2174	33	3	3	32
Buffalo Shrimp	1172	767	85	15	0	289	3773	64	5	7	42
Carolina Nachos with Housemade Chili	1513	384	43	17	4	87	4335	244	23	20	32
Carolina Nachos with Smoked Chicken	1640	437	49	19	4	200	3977	228	18	18	65
Chili Tostada	319	150	17	10	0	51	939	25	5	4	15
Chips and Salsa	617	39	4	1	0	0	1250	136	9	5	8
Classic Burger Sliders	887	479	53	19	0	137	2357	51	2	8	47
Crispy Ribs	966	439	49	17	0	142	3349	96	2	58	32
Five Cheese Spinach Dip	1039	497	55	28	0	134	1411	102	6	2	31
Frickles	684	421	47	9	0	49	5759	57	2	7	9
Fried Chicken Taco	494	170	19	3	0	74	1614	43	4	3	32
Parmesan Chicken Flatbread	979	394	44	19	0	136	2752	77	4	5	67
Popcorn Chicken	931	428	48	8	0	172	3092	59	3	4	60
Pretzels with Queso	858	269	30	7	1	10	2984	127	5	5	21
Smoked Chicken Quesadilla	1655	1110	123	42	0	266	3220	64	7	7	74
Southern Fried Chicken Sliders	941	348	39	7	0	95	3458	96	3	11	48

## SOUPS & SALADS

Asian Grilled Chicken Salad	537	100	11	1	0	99	786	56	10	11	50
Asian Grilled Chicken Salad with Peanut Dressing	840	300	33	5	0	119	1783	76	10	26	53
Blackened Salmon Caesar Salad	859	621	69	13	0	120	2080	22	6	6	41
Buffalo Shrimp Salad	503	197	22	7	0	183	2526	42	9	6	34
Buffalo Shrimp Salad with Dressing	1035	675	75	11	0	183	2782	55	9	19	34
Balsamic Vinaigrette											
Buffalo Shrimp Salad with Dressing Blue Cheese	1008	679	75	16	0	239	3063	48	9	7	37
Buffalo Shrimp Salad with Dressing											
Chipotle Ranch	882	548	61	13	0	223	3171	49	10	9	36
Buffalo Shrimp Salad with Dressing											
Honey Mustard	962	618	69	14	0	226	3015	53	10	13	35

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Buffalo Shrimp Salad with Dressing Ranch	876	548	61	13	0	223	3103	48	9	8	36
Chili, Bowl	314	101	11	5	0	36	1158	32	7	4	18
Chili, Cup	209	63	7	3	0	24	808	22	6	3	12
Crock of French Onion Soup	294	158	18	9	0	42	1552	20	2	5	15
Grilled Chicken, Add On for Salads	272	100	11	2	0	99	923	1	0	0	39
Grilled Tuna, Add On for Salads	171	38	4	1	0	64	468	0	0	0	33
House Garden Salad	156	76	8	4	0	13	233	13	4	3	7
House Garden Salad with Add Blackened Tuna	365	122	14	5	0	89	424	13	4	3	47
House Garden Salad with Add Grilled Chicken	376	126	14	5	0	111	931	13	4	3	47
House Garden Salad with Dressing Balsamic Vinaigrette	688	555	62	7	0	13	489	25	4	15	8
House Garden Salad with Dressing Blue Cheese	661	558	62	12	0	69	770	19	4	3	10
House Garden Salad with Dressing Chipotle Ranch	535	428	48	10	0	53	879	20	5	5	9
House Garden Salad with Dressing Honey Mustard	615	497	55	10	0	55	722	24	5	10	8
House Garden Salad with Dressing Ranch	529	427	47	10	0	53	810	19	4	5	9
Salad Dressings	0	0	0	0	0	0	0	0	0	0	0
Salad Dressings with Balsamic Vinaigrette	532	479	53	4	0	0	256	13	0	12	0
Salad Dressings with Blue Cheese Dressing	505	482	54	9	0	57	537	6	0	1	3
Salad Dressings with CAH Ranch Dressing	373	351	39	6	0	40	576	6	0	2	2
Salad Dressings with Caesar Dressing	413	371	41	8	0	32	1206	6	0	3	6
Salad Dressings with Chipotle Ranch Dressing	379	352	39	6	0	40	645	7	1	2	2
Salad Dressings with Creamy Poppyseed Dressing	358	268	30	4	0	27	805	23	0	20	0
Salad Dressings with Honey Mustard Dressing	459	421	47	6	0	43	489	12	1	7	1
Salad Dressings with Low Fat Italian Dressing	32	0	0	0	0	0	1556	10	0	6	0
Salad Dressings with Thousand Island Dressing	300	216	24	5	0	15	840	18	0	12	0
Southern Fried Chicken Salad	754	203	23	9	0	225	2469	59	6	8	76
Southern Fried Chicken Salad with Dressing Balsamic Vinaigrette	1286	681	76	13	0	225	2725	72	6	21	76
Southern Fried Chicken Salad with Dressing Blue Cheese	1259	685	76	18	0	281	3006	65	6	9	79

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Southern Fried Chicken Salad with Dressing Chipotle Ranch	1133	554	62	16	0	265	3115	66	7	11	78
Southern Fried Chicken Salad with Dressing Honey Mustard	1213	624	69	16	0	268	2958	70	7	15	77
Southern Fried Chicken Salad with Dressing Ranch	1127	554	62	16	0	265	3046	65	6	10	78
Strawberry Chicken Salad	1113	611	68	16	0	166	2284	65	11	44	58

## ENTRÉES

Angus Top Sirloin	752	403	45	17	0	122	1729	34	6	8	49
BBQ Baby Back Pork Ribs, Full Rack	1321	745	83	26	0	197	3180	101	6	60	42
BBQ Baby Back Pork Ribs, Half Rack	887	501	56	16	0	105	2119	74	6	37	23
Bacon, Add On (2 slices)	63	55	6	2	0	9	95	0	0	0	2
Beer-Battered Fish and Chips	1376	728	81	15	0	149	3623	110	8	28	48
Chargrilled Ribeye	1194	637	71	25	0	433	1836	36	6	9	96
Crispy Shrimp Platter	1524	743	83	15	0	355	5634	142	10	43	55
Fried Shrimp, Add On	317	41	5	1	0	173	2196	40	2	16	29
Hand-Battered Chicken Tenders	1431	756	84	14	0	188	3548	105	8	25	65
Pork Mac and Cheese	1523	474	53	25	0	126	2261	197	9	29	62
Simply Grilled Salmon	536	271	30	5	0	109	1245	26	5	3	41
Thai Chicken Bowl	1440	580	64	11	0	167	4732	134	12	38	72
Zinger Mac and Cheese	2340	1018	113	56	0	346	5760	190	13	23	133

## HANDHELDS

Ahi Tuna Wrap	696	252	28	8	0	91	1415	62	5	14	49
Bacon Swiss Melt	1057	634	70	23	0	189	1903	49	4	7	56
Baked Turkey Brie Sandwich	1378	789	88	20	0	143	3649	104	7	15	47
Buffalo Chicken Sandwich	1454	771	86	17	1	156	4448	108	9	12	61
Buffalo Zinger Wrap , Fried	1183	635	71	26	0	143	3644	83	8	8	55
Buffalo Zinger Wrap, Grilled	1071	630	70	26	0	143	2914	60	7	6	51
Carolina Dipper	932	443	49	26	0	98	1900	71	7	10	49
Classic Philly Cheesesteak	983	434	48	19	0	110	2457	74	5	9	63
Classic Reuben	774	395	44	15	0	113	3319	52	2	8	44
Pulled Pork Sandwich	845	389	43	12	1	93	1825	80	4	34	32
Southern Fried Chicken Club Sandwich	1035	395	44	9	1	129	2839	97	4	12	59
Southern Grilled Chicken Club	870	438	49	9	1	128	1841	52	3	8	52
Turkey Pita Club	769	436	48	9	0	91	2289	51	3	9	35

## BURGERS

Beyond Burger Patty (1 patty)	420	270	30	9	0	0	590	9	3	0	30
Frickle Burger	674	342	38	13	1	56	1735	59	3	8	24
Frickle Burger with Beef Burger Patty	1085	603	67	23	1	179	2661	59	3	8	59
Frickle Burger with Beyond Burger Patty	1094	612	68	22	1	56	2325	68	6	8	54
Pimento Cheese and Bacon Burger	623	340	38	12	1	44	1286	51	2	7	19

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Pimento Cheese and Bacon Burger with Beef Burger Patty	1035	601	67	22	1	168	2213	51	3	7	54
Pimento Cheese and Bacon Burger with Beyond Burger Patty	1043	610	68	21	1	44	1876	60	5	7	49
Pub Burger	924	520	58	17	1	63	2724	77	4	11	24
Pub Burger with Beef Burger Patty	1335	781	87	27	1	187	3650	77	4	11	59
Pub Burger with Beyond Burger Patty	1344	790	88	26	1	63	3314	86	7	11	54
Steakhouse Burger	761	344	38	13	1	50	1706	76	4	10	26
Steakhouse Burger with Beef Burger Patty	1173	605	67	23	1	173	2632	77	4	10	61
Steakhouse Burger with Beyond Burger Patty	1181	614	68	22	1	50	2296	85	7	10	56
The Varsity Cheeseburger	488	214	24	10	1	30	1442	48	2	7	18
The Varsity Cheeseburger with Bacon	551	270	30	13	1	39	1537	48	2	7	20
The Varsity Cheeseburger with Beef Burger Patty	899	475	53	20	1	153	2368	48	3	7	53
The Varsity Cheeseburger with Beyond Burger Patty	908	484	54	19	1	30	2032	57	5	7	48

## TACOS

Ahi Tuna Tacos	783	233	26	3	0	81	1691	94	11	11	43
Blackened Tuna Taco	289	113	13	2	0	47	576	21	3	4	23
Caribbean Fish Tacos, Grilled	743	232	26	4	0	78	2065	92	10	11	35
Caribbean Fish Tacos, Hand Battered	916	238	26	4	0	78	2812	126	11	12	39
Chargrilled Chicken Tacos	823	244	27	4	0	115	2133	92	10	11	49
Fried Fish Taco	286	109	12	2	0	24	907	32	3	7	12
Fried Shrimp Taco	316	116	13	2	0	95	972	33	3	7	17
Grilled Chicken Taco	318	140	16	2	0	58	891	20	3	5	23
Grilled Fish Taco	315	126	14	2	0	39	1103	30	3	5	17
Island-Style Shrimp Tacos	854	236	26	4	0	190	2524	117	11	14	37

## WINGS

Boneless Chicken Zingers, Grilled, 10	753	166	18	4	0	329	1387	5	1	3	133
Boneless Chicken Zingers, Grilled, 10 with Dressing Blue Cheese	1258	649	72	13	0	386	1924	11	1	4	135
Boneless Chicken Zingers, Grilled, 10 with Dressing CAH Ranch	1126	517	57	10	0	369	1963	11	1	5	134
Boneless Chicken Zingers, Grilled, 10 with Wing Sauce BBQ	923	167	19	4	0	329	3062	47	1	39	133
Boneless Chicken Zingers, Grilled, 10 with Wing Sauce Buffalo	1073	416	46	13	0	329	3835	19	9	4	136
Boneless Chicken Zingers, Grilled, 10 with Wing Sauce Garlic Parmesan	1327	685	76	14	0	346	2820	17	2	4	137
Boneless Chicken Zingers, Grilled, 10 with Wing Sauce Honey Buffalo	1144	348	39	11	0	329	3168	54	7	40	135

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Boneless Chicken Zingers, Grilled, 10 with Wing Sauce Korean BBQ	985	172	19	4	0	329	4223	58	1	51	133
Boneless Chicken Zingers, Grilled, 10 with Wing Sauce Sesame Peanut	1135	413	46	8	0	354	2964	31	2	22	136
Boneless Chicken Zingers, Grilled, 10 with Wing Sauce Sriracha	889	209	23	4	0	329	2549	26	3	20	135
Boneless Chicken Zingers, Grilled, 5	384	84	9	2	0	165	712	4	1	2	66
Boneless Chicken Zingers, Grilled, 5 with Dressing Blue Cheese	888	566	63	11	0	221	1249	10	1	3	69
Boneless Chicken Zingers, Grilled, 5 with Dressing CAH Ranch	757	435	48	8	0	205	1289	10	1	4	68
Boneless Chicken Zingers, Grilled, 5 with Wing Sauce BBQ	469	84	9	2	0	165	1550	25	1	20	66
Boneless Chicken Zingers, Grilled, 5 with Wing Sauce Buffalo	543	208	23	7	0	165	1936	11	5	3	68
Boneless Chicken Zingers, Grilled, 5 with Wing Sauce Garlic Parmesan	670	343	38	7	0	173	1429	10	2	3	69
Boneless Chicken Zingers, Grilled, 5 with Wing Sauce Honey Buffalo	579	174	19	5	0	165	1602	28	4	21	68
Boneless Chicken Zingers, Grilled, 5 with Wing Sauce Korean BBQ	499	87	10	2	0	165	2130	30	1	26	67
Boneless Chicken Zingers, Grilled, 5 with Wing Sauce Sesame Peanut	574	207	23	4	0	177	1501	17	2	12	68
Boneless Chicken Zingers, Grilled, 5 with Wing Sauce Sriracha	451	105	12	2	0	165	1293	14	2	11	68
Boneless Chicken Zingers, Hand Battered, 10	985	173	19	4	0	331	2353	52	3	9	141
Boneless Chicken Zingers, Hand Battered, 10 with Dressing Blue Cheese	1489	656	73	13	0	388	2890	58	3	9	144
Boneless Chicken Zingers, Hand Battered, 10 with Dressing CAH Ranch	1358	524	58	10	0	371	2930	59	3	10	142
Boneless Chicken Zingers, Hand Battered, 10 with Wing Sauce BBQ	1155	174	19	4	0	331	4028	94	3	44	141
Boneless Chicken Zingers, Hand Battered, 10 with Wing Sauce Buffalo	1304	423	47	13	0	331	4802	67	11	9	144
Boneless Chicken Zingers, Hand Battered, 10 with Wing Sauce Garlic Parmesan	1558	692	77	14	0	348	3787	64	4	9	145
Boneless Chicken Zingers, Hand Battered, 10 with Wing Sauce Honey Buffalo	1375	355	39	11	0	331	4134	102	9	46	143
Boneless Chicken Zingers, Hand Battered, 10 with Wing Sauce Korean BBQ	1216	179	20	4	0	331	5189	106	3	56	142

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Boneless Chicken Zingers, Hand Battered, 10 with Wing Sauce Sesame Peanut	1366	421	47	9	0	356	3930	78	4	28	145
Boneless Chicken Zingers, Hand Battered, 10 with Wing Sauce Sriracha	1120	216	24	4	0	331	3515	74	5	26	143
Boneless Chicken Zingers, Hand Battered, 5	499	87	10	2	0	166	1195	28	2	5	71
Boneless Chicken Zingers, Hand Battered, 5 with Dressing Blue Cheese	1004	569	63	11	0	222	1732	34	2	6	73
Boneless Chicken Zingers, Hand Battered, 5 with Dressing CAH Ranch	872	438	49	8	0	206	1772	34	2	7	72
Boneless Chicken Zingers, Hand Battered, 5 with Wing Sauce BBQ	584	87	10	2	0	166	2033	49	2	23	71
Boneless Chicken Zingers, Hand Battered, 5 with Wing Sauce Buffalo	659	212	24	7	0	166	2420	35	6	5	72
Boneless Chicken Zingers, Hand Battered, 5 with Wing Sauce Garlic Parmesan	786	346	38	7	0	174	1912	34	3	5	73
Boneless Chicken Zingers, Hand Battered, 5 with Wing Sauce Honey Buffalo	695	178	20	5	0	166	2086	52	5	24	72
Boneless Chicken Zingers, Hand Battered, 5 with Wing Sauce Korean BBQ	615	90	10	2	0	166	2613	54	2	29	71
Boneless Chicken Zingers, Hand Battered, 5 with Wing Sauce Sesame Peanut	690	211	23	4	0	178	1984	40	3	15	73
Boneless Chicken Zingers, Hand Battered, 5 with Wing Sauce Sriracha	567	108	12	2	0	166	1776	38	3	14	72
Carolina Spiced Chicken Wings, 12	1073	535	59	16	0	283	5598	58	7	38	71
Carolina Spiced Chicken Wings, 12 with Dressing Blue Cheese	1578	1017	113	25	0	339	6135	64	7	39	74
Carolina Spiced Chicken Wings, 12 with Dressing CAH Ranch	1446	886	98	23	0	323	6174	65	7	40	72
Carolina Spiced Chicken Wings, 18	1601	802	89	25	0	424	8372	86	10	56	106
Carolina Spiced Chicken Wings, 18 with Dressing Blue Cheese	2610	1766	196	43	0	537	9446	98	10	58	111
Carolina Spiced Chicken Wings, 18 with Dressing CAH Ranch	2347	1503	167	37	0	504	9525	98	10	60	109
Carolina Spiced Chicken Wings, 24	2128	1068	119	33	0	566	11146	113	12	74	141
Carolina Spiced Chicken Wings, 24 with Dressing Blue Cheese	3137	2033	226	51	0	679	12220	125	13	76	147
Carolina Spiced Chicken Wings, 24 with Dressing CAH Ranch	2874	1770	197	45	0	646	12299	125	13	78	144
Carolina Spiced Chicken Wings, 6	541	268	30	8	0	141	2811	30	4	20	36

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Carolina Spiced Chicken Wings, 6 with Dressing Blue Cheese	1046	750	83	17	0	198	3348	36	4	20	38
Carolina Spiced Chicken Wings, 6 with Dressing CAH Ranch	914	619	69	14	0	181	3388	36	4	21	37
Garlic Parmesan Wings, 12	1861	1195	133	30	0	304	6142	83	6	3	83
Garlic Parmesan Wings, 12 with Dressing Blue Cheese	2366	1677	186	39	0	361	6679	89	6	4	86
Garlic Parmesan Wings, 12 with Dressing CAH Ranch	2234	1546	172	36	0	344	6719	89	6	5	85
Chicken Wings, Dry Rub, 12	899	534	59	16	0	283	3910	16	6	2	71
Chicken Wings, Dry Rub, 12 with Dressing Blue Cheese	1403	1016	113	25	0	339	4447	22	7	3	73
Chicken Wings, Dry Rub, 12 with Dressing CAH Ranch	1272	885	98	23	0	323	4487	22	7	4	72
Chicken Wings, Dry Rub, 18	1355	802	89	25	0	424	5884	25	10	4	106
Chicken Wings, Dry Rub, 18 with Dressing Blue Cheese	2364	1766	196	43	0	537	6958	37	11	5	112
Chicken Wings, Dry Rub, 18 with Dressing CAH Ranch	2101	1504	167	37	0	504	7037	37	10	8	109
Chicken Wings, Dry Rub, 24	1797	1069	119	33	0	566	7820	32	13	4	141
Chicken Wings, Dry Rub, 24 with Dressing Blue Cheese	2806	2033	226	51	0	679	8894	44	13	5	147
Chicken Wings, Dry Rub, 24 with Dressing CAH Ranch	2543	1770	197	45	0	646	8973	44	13	8	144
Chicken Wings, Dry Rub, 6	456	268	30	8	0	141	1974	9	4	2	36
Chicken Wings, Dry Rub, 6 with Dressing Blue Cheese	961	750	83	17	0	198	2511	15	4	2	38
Chicken Wings, Dry Rub, 6 with Dressing CAH Ranch	829	619	69	14	0	181	2550	15	4	4	37
Chicken Wings, Fried, 12	1267	659	73	19	0	283	4639	71	5	2	77
Chicken Wings, Fried, 12 with Dressing Blue Cheese	1772	1141	127	28	0	339	5176	77	5	3	80
Chicken Wings, Fried, 12 with Dressing CAH Ranch	1640	1010	112	25	0	323	5215	77	5	4	79
Chicken Wings, Fried, 12 with Wing Sauce BBQ	1437	659	73	19	0	283	6314	112	5	38	77
Chicken Wings, Fried, 12 with Wing Sauce Buffalo	1587	908	101	28	0	283	7087	85	13	3	80
Chicken Wings, Fried, 12 with Wing Sauce Garlic Parmesan	1841	1177	131	29	0	299	6072	83	6	3	81
Chicken Wings, Fried, 12 with Wing Sauce Honey Buffalo	1658	840	93	26	0	283	6420	120	11	40	79
Chicken Wings, Fried, 12 with Wing Sauce Korean BBQ	1499	665	74	19	0	283	7475	124	5	50	78
Chicken Wings, Fried, 12 with Wing Sauce Sesame Peanut	1649	906	101	24	0	308	6216	96	6	22	81

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Chicken Wings, Fried, 12 with Wing Sauce Sriracha	1403	701	78	19	0	283	5801	92	7	20	79
Chicken Wings, Fried, 18	1908	988	110	29	0	424	6977	107	8	4	116
Chicken Wings, Fried, 18 with Dressing Blue Cheese	2918	1953	217	46	0	537	8051	119	8	6	121
Chicken Wings, Fried, 18 with Dressing CAH Ranch	2654	1690	188	41	0	504	8130	119	8	8	119
Chicken Wings, Fried, 18 with Wing Sauce BBQ	2163	989	110	29	0	424	9490	170	8	58	116
Chicken Wings, Fried, 18 with Wing Sauce Buffalo	2387	1363	151	42	0	424	10650	129	20	5	121
Chicken Wings, Fried, 18 with Wing Sauce Garlic Parmesan	2768	1766	196	44	0	449	9127	125	10	5	122
Chicken Wings, Fried, 18 with Wing Sauce Honey Buffalo	2494	1261	140	39	0	424	9648	181	17	60	119
Chicken Wings, Fried, 18 with Wing Sauce Korean BBQ	2256	997	111	29	0	424	11231	187	8	76	117
Chicken Wings, Fried, 18 with Wing Sauce Sesame Peanut	2480	1359	151	35	0	461	9343	146	10	34	122
Chicken Wings, Fried, 18 with Wing Sauce Sriracha	2111	1052	117	29	0	424	8720	139	11	30	119
Chicken Wings, Fried, 24	2535	1317	146	38	0	566	9278	141	10	5	154
Chicken Wings, Fried, 24 with Dressing Blue Cheese	3544	2282	254	56	0	679	10352	153	10	6	160
Chicken Wings, Fried, 24 with Dressing CAH Ranch	3281	2019	224	50	0	646	10431	153	10	9	157
Chicken Wings, Fried, 24 with Wing Sauce BBQ	2875	1318	146	38	0	566	12628	224	10	76	154
Chicken Wings, Fried, 24 with Wing Sauce Buffalo	3174	1816	202	56	0	566	14175	170	27	6	161
Chicken Wings, Fried, 24 with Wing Sauce Garlic Parmesan	3682	2354	262	59	0	599	12145	165	12	6	163
Chicken Wings, Fried, 24 with Wing Sauce Honey Buffalo	3316	1680	187	51	0	566	12839	239	22	79	159
Chicken Wings, Fried, 24 with Wing Sauce Korean BBQ	2998	1329	148	38	0	566	14950	247	10	100	156
Chicken Wings, Fried, 24 with Wing Sauce Sesame Peanut	3298	1811	201	47	0	615	12432	192	12	44	162
Chicken Wings, Fried, 24 with Wing Sauce Sriracha	2806	1402	156	39	0	566	11602	183	14	39	159
Chicken Wings, Fried, 6	641	330	37	10	0	141	2338	37	3	2	39
Chicken Wings, Fried, 6 with Dressing Blue Cheese	1145	812	90	18	0	198	2875	43	3	3	41
Chicken Wings, Fried, 6 with Dressing CAH Ranch	1014	681	76	16	0	181	2915	43	3	4	40



	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)
Chicken Wings, Fried, 6 with Wing Sauce BBQ	726	330	37	10	0	141	3176	58	3	20	39
Chicken Wings, Fried, 6 with Wing Sauce Buffalo	800	455	51	14	0	141	3562	44	7	2	40
Chicken Wings, Fried, 6 with Wing Sauce Garlic Parmesan	927	589	65	15	0	150	3055	43	4	2	41
Chicken Wings, Fried, 6 with Wing Sauce Honey Buffalo	836	420	47	13	0	141	3228	61	6	21	40
Chicken Wings, Fried, 6 with Wing Sauce Korean BBQ	757	333	37	10	0	141	3756	63	3	26	39
Chicken Wings, Fried, 6 with Wing Sauce Sesame Peanut	831	453	50	12	0	154	3127	50	4	12	41
Chicken Wings, Fried, 6 with Wing Sauce Sriracha	708	351	39	10	0	141	2919	47	4	11	40
Chicken Wings, Grilled, 12	834	529	59	16	0	283	3138	4	1	1	68
Chicken Wings, Grilled, 12 with Dressing Blue Cheese	1339	1011	112	25	0	339	3675	10	2	2	71
Chicken Wings, Grilled, 12 with Dressing CAH Ranch	1207	880	98	23	0	323	3714	10	1	3	69
Chicken Wings, Grilled, 12 with Wing Sauce BBQ	1004	529	59	16	0	283	4813	45	1	37	68
Chicken Wings, Grilled, 12 with Wing Sauce Buffalo	1153	779	87	26	0	283	5586	18	10	2	71
Chicken Wings, Grilled, 12 with Wing Sauce Garlic Parmesan	1407	1048	116	27	0	299	4571	16	3	2	72
Chicken Wings, Grilled, 12 with Wing Sauce Honey Buffalo	1225	711	79	23	0	283	4918	53	7	39	70
Chicken Wings, Grilled, 12 with Wing Sauce Korean BBQ	1066	535	59	16	0	283	5974	57	2	49	69
Chicken Wings, Grilled, 12 with Wing Sauce Sesame Peanut	1215	776	86	21	0	308	4715	29	3	21	72
Chicken Wings, Grilled, 12 with Wing Sauce Sriracha	969	572	64	17	0	283	4300	25	3	19	70
Chicken Wings, Grilled, 18	1258	794	88	25	0	424	4725	7	3	3	102
Chicken Wings, Grilled, 18 with Dressing Blue Cheese	2267	1759	195	43	0	537	5799	19	3	4	107
Chicken Wings, Grilled, 18 with Dressing CAH Ranch	2004	1496	166	37	0	504	5878	19	3	7	105
Chicken Wings, Grilled, 18 with Wing Sauce BBQ	1513	795	88	25	0	424	7238	69	3	56	102
Chicken Wings, Grilled, 18 with Wing Sauce Buffalo	1737	1169	130	38	0	424	8398	29	15	4	107
Chicken Wings, Grilled, 18 with Wing Sauce Garlic Parmesan	2118	1572	175	40	0	449	6875	25	4	4	108
Chicken Wings, Grilled, 18 with Wing Sauce Honey Buffalo	1844	1067	119	35	0	424	7396	81	12	59	105

	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)
Chicken Wings, Grilled, 18 with Wing Sauce Korean BBQ	1605	803	89	25	0	424	8979	87	3	75	103
Chicken Wings, Grilled, 18 with Wing Sauce Sesame Peanut	1830	1165	129	31	0	461	7091	45	4	32	108
Chicken Wings, Grilled, 18 with Wing Sauce Sriracha	1461	858	95	25	0	424	6468	39	5	29	105
Chicken Wings, Grilled, 24	1668	1058	118	33	0	566	6275	7	3	3	136
Chicken Wings, Grilled, 24 with Dressing Blue Cheese	2677	2023	225	51	0	679	7349	19	3	4	141
Chicken Wings, Grilled, 24 with Dressing CAH Ranch	2414	1760	196	45	0	646	7428	19	3	7	139
Chicken Wings, Grilled, 24 with Wing Sauce BBQ	2008	1059	118	33	0	566	9626	91	3	74	136
Chicken Wings, Grilled, 24 with Wing Sauce Buffalo	2307	1557	173	51	0	566	11172	36	19	4	142
Chicken Wings, Grilled, 24 with Wing Sauce Garlic Parmesan	2814	2095	233	53	0	599	9142	31	5	4	144
Chicken Wings, Grilled, 24 with Wing Sauce Honey Buffalo	2449	1421	158	46	0	566	9837	106	15	77	140
Chicken Wings, Grilled, 24 with Wing Sauce Korean BBQ	2131	1070	119	33	0	566	11947	114	3	98	137
Chicken Wings, Grilled, 24 with Wing Sauce Sesame Peanut	2431	1553	173	42	0	615	9429	59	5	42	144
Chicken Wings, Grilled, 24 with Wing Sauce Sriracha	1938	1143	127	34	0	566	8600	50	6	38	140
Chicken Wings, Grilled, 6	424	265	29	8	0	141	1587	3	1	1	34
Chicken Wings, Grilled, 6 with Dressing Blue Cheese	929	747	83	17	0	198	2124	9	1	2	37
Chicken Wings, Grilled, 6 with Dressing CAH Ranch	797	616	68	14	0	181	2164	9	1	3	36
Chicken Wings, Grilled, 6 with Wing Sauce BBQ	509	265	29	8	0	141	2425	24	1	19	34
Chicken Wings, Grilled, 6 with Wing Sauce Buffalo	584	390	43	13	0	141	2812	10	5	2	36
Chicken Wings, Grilled, 6 with Wing Sauce Garlic Parmesan	711	524	58	13	0	150	2304	9	2	2	36
Chicken Wings, Grilled, 6 with Wing Sauce Honey Buffalo	619	356	40	12	0	141	2478	28	4	20	35
Chicken Wings, Grilled, 6 with Wing Sauce Korean BBQ	540	268	30	8	0	141	3005	30	1	25	34
Chicken Wings, Grilled, 6 with Wing Sauce Sesame Peanut	615	389	43	10	0	154	2376	16	2	11	36
Chicken Wings, Grilled, 6 with Wing Sauce Sriracha	492	286	32	8	0	141	2169	14	2	10	35
Wing Sauce, 1 fl oz BBQ	42	0	0	0	0	0	419	10	0	9	0
Wing Sauce, 1 fl oz Buffalo	80	62	7	2	0	0	612	4	2	0	1

	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)
Wing Sauce, 1 fl oz Garlic Parmesan	143	130	14	3	0	4	358	3	0	0	1
Wing Sauce, 1 fl oz Honey Buffalo	98	45	5	2	0	0	445	12	2	9	1
Wing Sauce, 1 fl oz Korean BBQ	58	1	0	0	0	0	709	13	0	12	0
Wing Sauce, 1 fl oz Sesame Peanut	95	62	7	1	0	6	394	6	0	5	1
Wing Sauce, 1 fl oz Sriracha	34	11	1	0	0	0	291	5	0	4	1

## SUBS

Beer-Battered French Fries	263	133	15	4	0	0	660	30	3	2	3
Fresh Fruit	83	2	0	0	0	0	16	19	1	17	1
Loaded Mashed Potatoes	222	106	12	6	0	25	579	21	2	1	8
Mashed Potatoes	136	45	5	2	0	4	357	20	2	1	2
Seasonal Vegetables	38	2	0	0	0	0	8	7	3	2	2
Quinoa & Brown Rice blend	100	23	3	1	0	1	341	17	1	0	2
Side Salad	91	39	4	2	0	6	135	9	3	2	4
Side Salad with Dressing Balsamic Vinaigrette	623	517	57	6	0	6	391	21	3	14	5
Side Salad with Dressing Blue Cheese	596	521	58	11	0	63	672	15	3	3	7
Side Salad with Dressing Chipotle Ranch	470	390	43	8	0	46	780	16	4	4	6
Side Salad with Dressing Greek	582	511	57	6	0	7	374	12	4	4	5
Side Salad with Dressing Honey Mustard	550	460	51	8	0	49	624	20	4	9	5
Side Salad with Dressing Ranch	464	390	43	8	0	46	712	15	3	4	6
Side Salad with Dressing Raspberry Poppyseed	181	44	5	2	0	6	319	27	3	18	4
Steamed Broccoli	31	3	0	0	0	0	23	4	2	1	3
Sweet Potato Fries	324	184	20	2	0	0	555	33	3	11	2

## DESSERTS

Doughnuts	936	379	42	18	0	9	784	127	2	72	12
Hot Chocolate Mud Pie	1239	347	39	24	0	32	614	201	3	167	13
Key Lime Pie	1581	801	89	50	0	190	1078	162	2	120	22
Strawberry Cheesecake	883	412	46	27	0	140	611	104	3	84	10

## BEVERAGES

Aquafina Bottled Water (1 bottle)	0	0	0	0	0	0	0	0	0	0	0
Brewed Sweetened Iced Tea	136	0	0	0	0	0	7	34	0	34	0
Brewed Unsweetend Iced Tea	0	0	0	0	0	0	8	0	0	0	0
Cheerwine	170	0	0	0	0	0	25	42	0	42	0
Coffee	0	0	0	0	0	0	5	0	0	0	0
Cranberry Juice	195	0	0	0	0	0	53	50	0	50	0
Diet Dr Pepper	0	0	0	0	0	0	53	0	0	0	0
Diet Pepsi	0	0	0	0	0	0	45	0	0	0	0
Dr Pepper	165	0	0	0	0	0	53	41	0	41	0
Grapefruit Juice	135	0	0	0	0	0	53	32	0	26	3
Hot Tea	0	0	0	0	0	0	5	0	0	0	0

	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)
Mountain Dew	165	0	0	0	0	0	75	47	0	47	0
Orange Juice	165	0	0	0	0	0	23	41	0	36	0
Pepsi	150	0	0	0	0	0	38	41	0	41	0
Pineapple Juice	210	0	0	0	0	0	0	53	0	45	0
Sierra Mist	150	0	0	0	0	0	38	39	0	39	0
Tropicana Pink Lemonade	165	0	0	0	0	0	90	41	0	39	0
Whole Milk	225	108	12	8	0	53	180	18	0	17	12

## KIDS MENU

Kids Apple Juice	180	0	0	0	0	0	23	42	0	42	0
Kids Applesauce	68	0	0	0	0	0	11	17	1	14	0
Kids Broccoli	31	3	0	0	0	0	23	4	2	1	3
Kids Caribbean Grilled Chicken	271	51	6	1	0	99	786	12	1	11	40
Kids Caribbean Grilled Chicken with Fruit Cup	323	52	6	1	0	99	796	25	2	21	40
Kids Cheerwine	102	0	0	0	0	0	15	25	0	25	0
Kids Cheese Pizza	405	131	15	8	0	30	1040	47	1	7	21
Kids Cheese Pizza with Fruit Cup	458	132	15	8	0	30	1050	59	2	18	22
Kids Cheeseburger Quesadilla	580	317	35	18	0	116	1953	26	3	0	37
Kids Cheeseburger Quesadilla with Fruit Cup	633	319	35	18	0	116	1963	38	4	11	38
Kids Cookie Madness Parfait	336	102	11	7	0	25	133	51	0	46	5
Kids Diet Dr Pepper	0	0	0	0	0	0	32	0	0	0	0
Kids Diet Pepsi	0	0	0	0	0	0	27	0	0	0	0
Kids Dr Pepper	99	0	0	0	0	0	32	24	0	24	0
Kids Fish and Chips	927	528	59	11	0	106	2283	65	4	14	31
Kids Fish and Chips with Fruit Cup	979	529	59	11	0	106	2293	78	5	25	32
Kids Fresh Fruit	53	1	0	0	0	0	10	12	1	11	1
Kids Fried Chicken Tenders	389	57	6	1	0	100	1500	35	1	4	45
Kids Fried Chicken Tenders with Fruit Cup	442	58	6	1	0	100	1510	47	2	14	46
Kids Fried Chicken Tenders with Honey Mustard Dressing	848	478	53	8	0	143	1989	47	2	10	46
Kids Fries	158	80	9	2	0	0	396	18	2	1	2
Kids Grilled Cheese Sandwich	512	242	27	13	0	45	1530	44	0	6	20
Kids Grilled Cheese Sandwich with Dill Pickle Slices	514	242	27	13	0	45	1760	44	0	6	20
Kids Grilled Cheese Sandwich with Fruit Cup	565	244	27	13	0	45	1540	56	1	17	21
Kids Grilled Chicken Tenders	222	50	6	1	0	99	405	1	0	0	40
Kids Grilled Chicken Tenders with Fruit Cup	275	51	6	1	0	99	415	13	1	11	40
Kids Little Burgers	527	263	29	11	0	86	1475	32	1	4	31
Kids Little Burgers with Fruit Cup	579	265	29	12	0	86	1485	44	2	15	32
Kids Little Mac and Cheese	530	158	18	10	0	39	863	70	3	8	21
Kids Milk	225	108	12	8	0	53	180	18	0	17	12

	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 Mountain Dew	99	0	0	0	0	0	45	28	0	28	0
Kids Pasta with Butter	824	519	58	10	0	0	505	64	3	5	11
Kids Pasta with Butter with Fruit Cup	877	520	58	10	0	0	515	76	4	15	11
Kids Pasta with Cheese Sauce	534	159	18	10	0	39	863	71	3	8	21
Kids Pasta with Cheese Sauce with Fruit Cup	586	160	18	10	0	39	873	83	4	19	22
Kids Pasta with Marinara Sauce	377	21	2	0	0	2	588	74	3	13	13
Kids Pasta with Marinara Sauce with Fruit Cup	430	22	2	0	0	2	598	86	4	23	14
Kids Penne Marinara	380	32	4	1	0	3	541	73	6	11	13
Kids Pepperoni Pizza	469	186	21	11	0	46	1219	47	2	6	23
Kids Pepperoni Pizza with Fruit Cup	522	188	21	11	0	46	1229	59	3	17	24
Kids Pepsi	90	0	0	0	0	0	23	24	0	24	0
Kids Popcorn Shrimp	776	530	59	8	0	221	1733	37	2	8	28
Kids Popcorn Shrimp with Fruit Cup	829	532	59	8	0	221	1743	49	3	18	29
Kids Rice	100	23	3	1	0	1	341	17	1	0	2
Kids Salad	81	42	5	3	0	13	127	5	2	1	5
Kids Sierra Mist	90	0	0	0	0	0	23	23	0	23	0
Kids Stix and Dip	392	352	39	6	0	40	626	10	1	4	2
Kids Sundae	258	66	7	4	0	13	108	43	0	38	3
Kids Tropicana Pink Lemonade	99	0	0	0	0	0	54	24	0	23	0
Kids Wings	418	219	24	6	0	94	1534	23	1	0	26
Kids Wings with Fruit Cup	471	221	25	6	0	94	1544	35	2	11	26

Normal kitchen operations often involve shared cooking and/or preparation areas, therefore the possibility exists for allergen-containing food items to come in contact with other food products.

For Example:

- 1) We don't use separate fryers; due to this use of shared fryers there is the potential for allergen cross-contact between various fried foods.
- 2) Our Wings and Zingers are fried then sauced in the same mixing bowls
- 3) We grill many items that contain allergens, therefore cross contact may occur during the grilling process.

Carolina Ale House has received this allergen information from our approved vendors and does not guarantee its accuracy other than as compiled. It is possible that ingredient changes and substitutions may occur due to the differences in regional suppliers, recipe modifications and/or preparation techniques. Some menu offerings may vary by location and may not be available at all restaurants; test products, test recipes, limited time offers, or regional items may not be included.

Allergen Information as of 04.22.2019