

CAROLINA ALE HOUSE

PRIVATE DINING

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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
APPETIZERS															
Cheese and Fruit Platter (1 serving)	243	149	17	8	0	41	400	12	2	9	12	868	16	335	0
Cheese and Fruit Platter (20 servings)	4863	2981	331	157	0	830	7995	246	35	177	236	17364	329	6702	8
Fried Chicken Tenders (1 piece)	179	64	7	1	0	38	552	13	1	2	15	50	1	38	1
Fried Chicken Tenders (50 pieces)	8938	3195	355	57	0	1892	27614	648	26	95	756	2524	46	1899	56
Shrimp Cocktail (1 piece)	30	3	0	0	0	30	148	2	0	2	4	268	5	13	1
Shrimp Cocktail (50 pieces)	1520	165	18	3	0	1499	7395	123	20	81	214	13390	272	650	30
Spinach Dip (1 serving)	466	294	33	16	0	76	715	26	2	2	15	3745	9	347	2
Spinach Dip (20 servings)	9312	5883	654	312	0	1528	14309	526	31	47	299	74904	184	6942	36
Vegetable Platter (1 serving)	131	106	12	2	0	11	298	5	1	2	1	1457	24	27	0
Vegetable Platter (20 servings)	2628	2122	236	33	0	213	5960	106	27	43	25	29143	480	544	7
BAR BITES & SHAREABLES															
Meatballs (1 piece)	139	93	10	4	0	47	255	3	0	1	9	251	3	42	2
Meatballs (50 pieces)	6951	4635	515	180	0	2341	12764	147	14	55	434	12538	154	2114	78
SOUPS & SALAD															
CAH Salad (1 serving)	64	34	4	2	0	10	98	4	2	1	4	3596	18	116	2
CAH Salad (1 serving) with Dressing Balsamic Vinaigrette	241	193	21	4	0	10	183	8	2	5	4	3600	18	118	2
CAH Salad (1 serving) with Dressing Blue Cheese	232	194	22	5	0	29	277	6	2	1	5	3637	19	140	2
CAH Salad (1 serving) with Dressing Chipotle Ranch	190	151	17	4	0	23	313	6	2	2	5	3750	19	132	2
CAH Salad (1 serving) with Dressing Greek	228	191	21	4	0	10	178	5	2	2	4	3615	19	127	2
CAH Salad (1 serving) with Dressing Honey Mustard	217	174	19	5	0	24	261	8	2	3	4	3599	18	122	2
CAH Salad (1 serving) with Dressing Ranch	189	151	17	4	0	23	290	6	2	2	5	3636	19	132	2
CAH Salad (1 serving) with Dressing Thai Peanut	152	91	10	3	0	16	425	10	2	5	5	3636	19	122	2
CAH Salad (20 servings)	1284	671	75	48	0	200	1964	77	31	22	81	71913	368	2321	31

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CAH Salad (20 servings) with Dressing Balsamic Vinaigrette	4828	3861	429	74	0	200	3669	163	32	103	82	71998	370	2358	32
CAH Salad (20 servings) with Dressing Blue Cheese	4649	3886	432	108	0	577	5543	117	32	26	99	72736	370	2797	31
CAH Salad (20 servings) with Dressing Chipotle Ranch	3810	3016	335	89	0	467	6266	125	37	36	92	74994	371	2646	33
CAH Salad (20 servings) with Dressing Greek	4558	3820	424	75	0	208	3555	102	35	34	88	72292	371	2547	37
CAH Salad (20 servings) with Dressing Honey Mustard	4344	3479	387	91	0	486	5224	155	35	67	86	71978	369	2443	32
CAH Salad (20 servings) with Dressing Ranch	3771	3011	335	89	0	467	5807	117	31	35	91	72724	371	2635	31
CAH Salad (20 servings) with Dressing Thai Peanut	3036	1822	202	69	0	317	8497	191	36	109	98	72711	387	2431	33
Caesar Salad (1 serving)	211	179	20	5	0	21	600	5	1	2	7	4111	16	195	1
Caesar Salad (20 servings)	4224	3584	398	96	0	414	12007	95	29	42	132	82212	327	3907	13
ENTRÉES															
BBQ Grilled Chicken Breasts (1 serving)	718	352	39	5	0	124	1993	49	4	40	42	3761	56	97	2
BBQ Grilled Chicken Breasts (20 servings)	14360	7038	782	107	0	2475	39854	980	79	803	832	75211	1124	1935	46
Baked Shrimp Pasta (1 serving)	525	172	19	9	0	178	612	51	3	4	36	1610	6	326	5
Baked Shrimp Pasta (20 servings)	10501	3445	383	175	2	3561	12244	1021	52	77	712	32198	119	6522	93
Enchiladas (1 enchilada)	634	332	37	18	0	98	1597	47	5	4	25	3063	4	435	3
Enchiladas (20 enchiladas)	12673	6638	738	361	0	1955	31950	947	98	76	505	61251	83	8702	64
Grilled Salmon (1 serving)	418	197	22	4	0	84	1326	24	2	1	31	917	15	60	2
Grilled Salmon (20 servings)	8359	3933	437	90	0	1686	26517	486	33	18	619	18330	298	1209	39
Meatloaf (1 serving)	524	298	33	12	0	105	1492	31	3	3	24	509	12	55	5
Meatloaf (20 servings)	10486	5960	662	245	0	2094	29831	624	59	68	486	10181	232	1093	91
Pulled Pork (1 serving)	417	214	24	8	0	73	1331	33	1	28	17	1092	14	30	1
Pulled Pork (20 servings)	8345	4274	475	153	0	1465	26610	668	21	561	347	21836	283	598	28
Romano Chicken Alfredo (1 serving)	530	197	22	8	0	86	1311	50	3	5	32	654	3	218	3
Romano Chicken Alfredo (20 servings)	10608	3942	438	156	0	1724	26228	1000	54	106	644	13080	53	4365	58
Thai Chicken Bowl (1 serving)	848	367	41	7	0	85	2582	76	7	20	39	2537	153	107	5
Thai Chicken Bowl (20 servings)	16957	7344	816	139	0	1699	51640	1527	138	408	784	50749	3060	2138	97
HANDHELDS															
Asian Chicken Wraps (1 wrap)	217	77	9	2	0	29	603	20	2	6	13	1857	18	61	2
Asian Chicken Wraps (24 wraps)	5219	1850	206	52	0	699	14477	489	39	141	312	44564	427	1460	37

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Classic Burger Sliders (1 slider)	296	160	18	6	0	46	786	17	1	3	16	249	2	101	2
Classic Burger Sliders (50 sliders)	14791	7977	886	308	0	2275	39283	852	32	130	782	12431	114	5068	95
Pulled Pork Sliders (1 slider)	261	108	12	4	0	33	719	25	1	10	12	171	3	45	1
Pulled Pork Sliders (50 sliders)	13051	5385	598	213	0	1675	35943	1269	27	518	596	8569	152	2257	73
Southern Fried Chicken Sliders (1 slider)	314	116	13	2	0	32	1153	32	1	4	16	188	4	88	2
Southern Fried Chicken Sliders (50 sliders)	15684	5794	644	124	0	1588	57640	1608	58	188	803	9388	189	4377	108
Turkey Club Wraps (1 wrap)	310	220	24	5	0	33	720	15	1	2	9	620	3	61	1
Turkey Club Wraps (24 wraps)	7451	5281	587	112	0	798	17284	356	27	48	209	14880	79	1461	22
WINGS															
Dry Rubbed Chicken Wings (1 piece)	130	96	11	2	0	30	386	2	1	0	6	753	2	25	1
Dry Rubbed Chicken Wings (50 pieces)	6489	4801	533	116	0	1480	19299	109	32	18	311	37672	77	1228	36
Fried Chicken Wings (1 piece)	161	106	12	3	0	30	447	7	1	0	7	652	1	16	1
Fried Chicken Wings (1 piece) with Wing Sauce BBQ	174	106	12	3	0	30	581	10	1	3	7	675	1	16	1
Fried Chicken Wings (1 piece) with Wing Sauce Buffalo	186	126	14	3	0	30	643	8	1	0	7	974	2	18	1
Fried Chicken Wings (1 piece) with Wing Sauce Garlic Parmesan	206	148	16	3	0	31	561	8	1	0	7	686	2	25	1
Fried Chicken Wings (1 piece) with Wing Sauce Honey Buffalo	192	121	13	3	0	30	589	11	1	3	7	886	1	18	1
Fried Chicken Wings (1 piece) with Wing Sauce Korean BBQ	179	107	12	3	0	30	674	11	1	4	7	681	1	17	1
Fried Chicken Wings (1 piece) with Wing Sauce Sesame Peanut	191	126	14	3	0	32	573	9	1	2	7	673	1	17	1
Fried Chicken Wings (1 piece) with Wing Sauce Sriracha	171	110	12	3	0	30	540	8	1	2	7	775	2	18	1
Fried Chicken Wings (50 pieces)	8026	5319	591	127	0	1480	22336	337	26	19	337	32607	30	807	34
Fried Chicken Wings (50 pieces) with Wing Sauce BBQ	8706	5320	591	127	0	1480	29037	504	26	162	338	33760	47	823	34
Fried Chicken Wings (50 pieces) with Wing Sauce Buffalo	9304	6317	702	163	0	1480	32130	395	59	22	350	48683	82	915	42
Fried Chicken Wings (50 pieces) with Wing Sauce Garlic Parmesan	10320	7393	821	168	0	1546	28070	385	31	22	354	34299	82	1271	36

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Fried Chicken Wings (50 pieces) with Wing Sauce Honey Buffalo	9589	6045	672	154	0	1480	29459	533	50	168	346	44299	68	885	40
Fried Chicken Wings (50 pieces) with Wing Sauce Korean BBQ	8953	5343	594	127	0	1480	33679	550	27	210	340	34055	45	827	36
Fried Chicken Wings (50 pieces) with Wing Sauce Sesame Peanut	9552	6308	701	145	0	1579	28644	440	31	97	353	33667	48	858	36
Fried Chicken Wings (50 pieces) with Wing Sauce Sriracha	8568	5489	610	129	0	1480	26984	422	33	89	346	38742	97	885	36
SUBS															
Beer Battered Fries (1 serving)	158	80	9	2	0	0	396	18	2	1	2	0	1	0	1
Beer Battered Fries (20 servings)	3155	1592	177	47	0	0	7925	366	41	21	41	0	24	0	15
Mashed Potatoes (1 serving)	203	68	8	3	0	6	535	31	3	2	3	331	11	28	0
Mashed Potatoes (20 servings)	4066	1356	151	65	0	127	10703	615	56	38	63	6613	221	553	10
Southwest Rice (1 serving)	122	49	5	1	0	0	451	15	2	2	2	756	6	40	2
Southwest Rice (20 servings)	2441	979	109	23	0	6	9024	299	35	32	48	15121	123	809	32
Vegetable Medley (1 serving)	38	2	0	0	0	0	8	7	3	2	2	1081	27	35	1
Vegetable Medley (20 servings)	751	31	3	1	0	0	157	145	63	35	35	21629	540	691	19
DESSERTS															
Brownies (1 piece)	230	64	7	3	0	0	182	39	1	30	3	0	0	6	2
Brownies (40 pieces)	9216	2555	284	130	0	0	7275	1572	52	1198	120	0	0	223	64
Chocolate Chip Cookies (1 cookie)	180	72	8	5	0	20	110	24	1	15	2	200	0	0	1
Chocolate Chip Cookies (25 cookies)	4500	1800	200	113	0	500	2750	600	25	375	50	5000	0	0	36
Doughnuts (1 piece)	70	29	3	1	0	1	58	9	0	5	1	8	0	11	0
Doughnuts (39 pieces)	2738	1126	125	52	0	25	2250	366	15	195	34	325	1	440	16
SIDE ITEMS															
Rice Pilaf (1 serving)	134	31	3	1	0	1	455	23	1	1	3	839	1	36	1
Rice Pilaf (20 servings)	2670	626	70	24	0	13	9105	459	21	12	51	16778	21	711	27

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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