

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)
BAR BITES & SHAREABLES											
Bacon Cheese Fries with/ Chili	1276	822	91	33	0	136	2984	76	10	6	42
Bar Cheeseburger	643	343	38	16	0	109	2366	36	2	8	37
Beer Battered Cheese Curds	949	520	58	36	0	178	3097	55	2	7	48
Beer Battered Green Beans	621	286	32	6	0	32	3740	68	9	5	10
Buffalo Chicken Bites	581	303	34	6	0	93	2174	33	3	3	32
Carolina Nachos with Housemade Chili	1538	405	45	17	4	87	4233	244	24	20	33
Carolina Nachos with Smoked Chicken	1664	458	51	19	4	200	3875	229	19	17	65
Carolina Pork Nachos, Full Order	2195	680	76	29	5	179	4829	317	25	33	56
Carolina Triple Play	1493	540	60	21	0	82	2376	209	19	5	29
Chili Tostada	320	150	17	10	0	51	900	25	5	4	15
Chips and Salsa	617	39	4	1	0	0	1134	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	1370	648	72	31	0	134	2078	134	6	8	44
Frickles	555	302	34	6	0	33	5603	55	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	804	311	35	6	0	158	2877	57	3	3	59
Pretzels with Queso	830	252	28	6	1	6	2786	125	4	4	20
Smoked Chicken Quesadilla	1554	1014	113	40	0	253	2902	62	7	6	74
Add Avocado	68	51	6	1	0	0	3	3	3	0	1
Soups and Salads											
Blackened Salmon Caesar Salad	859	621	69	13	0	120	2080	22	6	6	41
Carolina Cobb Salad	777	403	45	13	0	301	2037	24	10	6	66
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
Fall Apple Salad	914	563	63	17	0	77	1555	69	11	49	20
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
Add 6 Grilled Shrimp	96	15	2	0	0	145	141	1	0	0	19
House Garden Salad	156	76	8	4	0	13	233	13	4	3	7
Southern Fried Chicken Salad	754	203	23	9	0	225	2469	59	6	8	76
Steak Salad	458	241	27	13	0	90	808	16	7	5	35
Entrees											
Angus Top Sirloin	752	403	45	17	0	122	1729	34	6	8	49
BBQ Baby Back Pork Ribs, Full Rack	1261	696	77	25	0	192	3078	98	7	57	42
BBQ Baby Back Pork Ribs, Half Rack	827	453	50	15	0	100	2017	70	6	34	23

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Bacon, Add On (2 slices)	63	55	6	2	0	9	95	0	0	0	2
Baked Meatball Pasta	1086	552	61	30	1	178	1779	89	6	9	37
Beer-Battered Fish and Chips	1166	544	60	11	0	129	3350	103	8	20	48
Chargrilled Choice Ribeye	1194	637	71	25	0	433	1836	36	6	9	96
Chorizo Meatloaf	1074	642	71	22	0	160	2750	64	5	8	42
Crispy Shrimp Platter	992	289	32	7	0	305	4652	122	10	24	55
Fried Jumbo Shrimp, Add On	295	41	5	1	0	173	1827	35	2	12	28
Hand-Battered Chicken Tenders	1218	566	63	11	0	169	3282	97	8	20	65
Simply Grilled Salmon	536	271	30	5	0	109	1245	26	5	3	41

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
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
Pulled Pork Sandwich	800	353	39	12	1	89	1748	78	4	31	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	558	240	27	6	0	70	1909	47	2	7	34

Burgers

Beyond Burger Patty (1 patty)	420	270	30	9	0	0	590	9	3	0	30
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 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 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 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 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

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
Island Style Grilled Fish Taco	337	128	14	2	0	51	1118	30	3	5	22
Island Style Grilled Shrimp Taco	259	118	13	2	0	95	728	20	3	4	15
Island Style Tuna Taco	290	113	13	2	0	47	583	21	3	4	23
Smoked Chicken Taco	264	129	14	3	0	34	479	19	3	2	13
Steak Taco	389	244	27	6	0	43	1000	20	5	2	16

Wings

Boneless Chicken Zingers, Grilled, 10	753	166	18	4	0	329	1387	5	1	3	133
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Boneless Chicken Zingers, Grilled, 5	384	84	9	2	0	165	712	4	1	2	66
Boneless Chicken Zingers, Hand Battered, 10	985	173	19	4	0	331	2353	52	3	9	141
Boneless Chicken Zingers, Hand Battered, 5	499	87	10	2	0	166	1195	28	2	5	71
Carolina Spiced Chicken Wings, 12	1073	535	59	16	0	283	5598	58	7	38	71
Carolina Spiced Chicken Wings, 18	1601	802	89	25	0	424	8372	86	10	56	106
Carolina Spiced Chicken Wings, 6	541	268	30	8	0	141	2811	30	4	20	36
Garlic Parmesan Wings, 12	1861	1195	133	30	0	304	6142	83	6	3	83
Chicken Wings, Dry Rub, 12	899	534	59	16	0	283	3910	16	6	2	71
Chicken Wings, Dry Rub, 18	1355	802	89	25	0	424	5884	25	10	4	106
Chicken Wings, Dry Rub, 6	456	268	30	8	0	141	1974	9	4	2	36
Chicken Wings, Fried, 12	1267	659	73	19	0	283	4639	71	5	2	77
Chicken Wings, Fried, 18	1908	988	110	29	0	424	6977	107	8	4	116
Chicken Wings, Fried, 6	641	330	37	10	0	141	2338	37	3	2	39
Chicken Wings, Grilled, 12	834	529	59	16	0	283	3138	4	1	1	68
Chicken Wings, Grilled, 18	1258	794	88	25	0	424	4725	7	3	3	102
Chicken Wings, Grilled, 6	424	265	29	8	0	141	1587	3	1	1	34

Subs

Beer-Battered French Fries	263	133	15	4	0	0	660	30	3	2	3
Cole Slaw	95	56	6	1	0	6	216	9	2	7	1
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
Seasoned Rice	100	23	3	1	0	1	341	17	1	0	2
Side Caesar Salad	336	274	30	6	0	23	875	10	3	4	7
Side Salad	91	39	4	2	0	6	135	9	3	2	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

Black Cherry Cheesecake	1007	423	47	28	0	140	650	130	1	109	9
Doughnuts	936	379	42	18	0	9	784	127	2	72	12
Hot Chocolate Mud Pie	1437	460	51	20	0	119	675	234	4	191	14

Beverages

Aquafina Bottled Water	0	0	0	0	0	0	0	0	0	0	0
Brewed Sweetened Iced Tea	104	0	0	0	0	0	5	26	0	26	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
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

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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 Menus

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 with Fruit Cup	376	103	11	2	0	99	1022	25	2	22	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 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 with Fruit Cup	829	394	44	8	0	91	2123	74	5	21	32
Kids Fresh Fruit	53	1	0	0	0	0	10	12	1	11	1
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 with Fruit Cup	565	244	27	13	0	45	1540	56	1	17	21
Kids Grilled Chicken Tenders with Fruit Cup	275	51	6	1	0	99	415	13	1	11	40
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
Kids Mountain Dew	99	0	0	0	0	0	45	28	0	28	0
Kids Pasta with Butter with Fruit Cup	877	520	58	10	0	0	515	76	4	15	11
Kids Pasta with Cheese Sauce with Fruit Cup	586	160	18	10	0	39	873	83	4	19	22
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 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 with Fruit Cup	659	372	41	6	0	205	1529	45	2	17	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 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.