

CAROLINA ALE HOUSE NUTRITION INFORMATION GUIDE



	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Cholester ol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Appetizers											
Beer Battered Green Beans (1 serving)	270	135	15	3	0	14	896	28	4	2	4
Carolina Triple Play (1 serving)	361	197	22	8	0	33	771	32	5	2	9
Cheese Platter (1 serving)	954	568	63	39	0	197	1253	42	1	12	58
Fiesta Chips (1 serving)	760	192	21	9	0	38	1010	127	11	5	11
Five Cheese Spin Dip (1 serving)	946	358	40	20	0	93	1126	120	7	1	24
Fresh Fruit Platter (1 serving)	116	4	0	0	0	0	28	27	2	23	2
Quesadilla Platter (1 serving)	698	401	45	15	0	107	1582	36	5	3	37
Shrimp Platter (1 serving)	204	28	3	0	0	207	2205	15	2	9	30
Veggie Platter (1 serving)	85	6	1	0	0	0	138	17	6	8	3
Soups and Salads											
CAH Salad (1 serving)	71	33	4	2	0	6	106	6	2	2	4
Caesar Salad (1 serving)	301	252	28	7	0	28	834	7	2	3	9
Caesar Salad (1 serving) with Grilled Chicken	437	302	34	7	0	78	1296	8	2	3	29
Entrees											
BBQ Rib Platter (1 serving)	567	260	29	10	0	87	987	56	4	41	20
Baked Meatball Pasta (1 serving)	604	392	44	22	0	133	1329	32	3	4	30
Chicken Alfredo Pasta (1 serving)	860	180	20	8	0	117	1368	109	7	11	58
Chorizo Meatloaf (1 serving)	652	375	42	14	0	87	1498	46	4	5	23
Grilled Chicken (1 serving)	513	182	20	3	0	148	1764	17	1	1	61
Hand Battered Chicken Tenders, 30 Piece (1 serving)	913	492	55	10	0	128	1813	59	5	9	47
Hand Battered Chicken Tenders, 65 Piece (1 serving)	1252	552	61	12	0	244	2624	77	6	11	96
Pulled Pork (1 serving)	387	189	21	7	0	71	1279	32	1	26	17
Rib and Chicken Platter (1 serving)	680	244	27	7	0	129	1781	63	4	48	45
Grilled Salmon (1 serving)	418	197	22	4	0	84	1326	24	2	1	31
Enchiladas (1 enchilada)	634	332	37	18	0	98	1597	47	5	4	25
Wings											
Boneless Zinger Platter, 30 (1 serving)	410	105	12	3	0	99	1320	29	6	8	44
Boneless Zinger Platter, 60 (1 serving)	410	105	12	3	0	99	1320	29	6	8	44
Wings, Dry Rubbed, 100 (1 serving)	396	224	25	7	0	118	1681	11	4	3	30
Wings, Dry Rubbed, 50 (1 serving)	423	226	25	7	0	118	1749	17	6	6	31
Wings, Fried, 100 (1 serving)	550	276	31	8	0	118	1985	34	4	3	33
Wings, Fried, 50 (1 serving)	577	277	31	8	0	118	2052	40	6	6	33
Wings, Grilled, 100 (1 serving)	369	222	25	7	0	118	1359	6	2	3	29
Wings, Grilled, 50 (1 serving)	396	224	25	7	0	118	1427	12	4	6	30

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Desserts											
Brownies (1 serving)	230	64	7	3	0	0	182	39	1	30	3
Chocolate Chip Cookies (1 cookie)	180	72	8	5	0	20	110	24	1	15	2
Doughnuts (1 piece)	70	29	3	1	0	1	58	9	0	5	1
Sandwiches											
Burger Sliders (1 serving)	770	408	45	16	0	114	2057	48	2	9	40
Pinwheel Platter (1 serving)	602	353	39	17	0	89	1530	34	2	5	30
Pork Sliders (1 serving)	670	336	37	12	0	90	1363	52	1	15	30
Sandwich Platter (1 serving)	1382	724	80	23	0	172	3980	93	8	15	69
Veggie Wrap Tray (1 serving)	122	59	7	1	0	0	190	13	1	2	2
Side Items											
Sweet Potato Fries (1 serving)	323	184	20	2	0	0	525	33	3	11	2
Rice Pilaf (1 serving)	134	31	3	1	0	1	455	23	1	1	3
Beer Battered Fries (1 serving)	158	80	9	2	0	0	396	18	2	1	2
Mashed Potatoes (1 serving)	203	68	8	3	0	6	535	31	3	2	3
Vegetable Medley (1 serving)	38	2	0	0	0	0	8	7	3	2	2

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.