



NUTRITIONAL & ALLERGEN INFORMATION

At Checkers and Rally's restaurants, we are proud to serve tasteful and quality items from our menu to our guests. Although we provide known allergen information, please be aware that we are incapable of guaranteeing that any of our menu items are free of allergens due to the use of shared equipment and handling common allergens throughout our restaurants. Guests and consumers at risk with allergies should exercise judgment when ordering. We encourage those at risk to check out <http://www.foodallergy.org> and <https://www.fda.gov/food/food-labeling-nutrition/food-allergies> for more educational information.

Product	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Sesame	Wheat
BURGERS & SANDWICHES																				
All American Cheeseburger	330	160	18	7	0	40	1050	31	1	8	13			X			X		X	X
Smoky BBQ Bacon Buford	970	600	70	25	1.5	130	2300	47	1	14	44	X		X			X			X
Smoky BBQ Bacon Buford Triple	1210	780	90	33	2	185	2790	47	1	14	58	X		X			X			X
Big Buford®	770	490	57	20	1.5	115	1730	41	1	10	30	X		X			X			X
Big Buford Triple	1010	670	78	29	2.5	170	2250	41	1	11	42	X		X			X			X
Baconzilla®	960	640	75	27	1.5	115	2440	41	0	11	46	X		X			X			X
Baconzilla® Triple	1210	830	96	36	2.5	170	2950	42	0	11	58	X		X			X			X
Checker/Rallyburger®	390	220	28	6	0	35	930	33	2	9	12	X		X			X		X	X
Double Checker/Rallyburger™ w/Cheese	570	360	43	13	1	80	1430	34	2	9	21	X		X			X		X	X
Cheese Champ®	530	300	37	11	1	60	1220	40	1	10	18	X		X			X			X
Fry Lover's Double	630	400	48	15	1	80	1580	39	2	8	21	X		X			X		X	X
Grilled Hot Dog	310	160	18	6	0	35	1000	25	1	6	11						X			X
Chili Dog	360	190	21	7	0	40	1290	28	1	6	13						X			X
Bacon Cheddar Crisp	390	190	21	8	0	45	930	31	1	7	16			X			X		X	X
Mushroom Swissburger	330	160	15	18	0.5	40	930	29	2	5	15			X			X		X	X
Cheese Double	470	260	29	12	1	70	1340	32	1	8	21			X			X		X	X
Glo's BBQ Jacked Burger	430	250	27	9	0	45	910	35	2	8	14	X		X			X		X	X
BBQ Brisket Buford	820	432	48	18	2	115	1920	60	2	22	40	X		X			X		X	X
Hatch Canyon Burger	700	396	44	17	2	0.09	1.28	42	0	8	29	X	X	X	X	X	X	X	X	X
Steakhouse Prime Rib Burger	980	504	56	18	1	195	2360	44	0	8	58	X	X	X	X	X	X	X		X
Bacon Swiss Buford	860	540	60	22	1.5	115	2050	39	0	10	41	X			X			X		X
Brisket Truffle Burger	619.81	337	37.42	12.95	1.5	66.93	2280.03	45.11	1	7	22	X		X			X		X	X
CHICKEN & FISH																				
Classic Mother Cruncher™ Chicken Sandwich	700	330	41	9	1	165	2270	62	1	8	28	X					X			X
Bacon BBQ Mother Cruncher Chicken Sandwich	960	450	53	17	2	170	3040	87	2	29	37	X					X			X
Crispy Fish Sandwich	460	200	23	4.5	0.5	40	910	51	2	6	14	X	Pollock X				X		X	X
Deep Sea Double®	670	290	33	10	1	75	1600	73	2	7	25	X		X			X		X	X
Chicken Bites and Fries Box	710	360	40	14	2	85	1680	64	6	0	24	X		X						X
Half Pound Chicken Bites and Fries Box	1150	600	67	23	3	160	2780	89	9	0	46	X		X						X
Fry-Seasoned Tender 3PC	410	180	20	5	0.5	50	1120	33	2	0	27									X
Fry-Seasoned Tender 5PC	680	300	33	9	1	85	1860	54	3	1	44									X
Fry-Seasoned Tender 8PC	1090	470	52	14	2	130	2980	87	4	1	71									X
Buffalo Sauced Tender 3PC	420	180	20	5	0.5	50	2350	34	2	1	27									X
Buffalo Sauced Tender 5PC	700	300	34	9	1	85	3510	56	3	1	45									X
Buffalo Sauced Tender 8PC	1120	480	54	14	1.5	135	5860	90	5	2	72									X
Spicy Chicken Sandwich	580	380	49	9	0.5	55	1440	38	2	6	15	X		X			X		X	X
Double Spicy Chicken	870	580	71	17	1.5	105	2650	48	3	6	27	X		X			X		X	X
BBQ Spicy Chicken	650	410	45	11	0.5	60	1780	43	2	10	17	X		X			X		X	X
8pc Chicken Bites (Classic)	330	200	22	7	0.5	45	920	20	1	1	14									X
8pc BBQ Dry Rub Bites	330	200	22	7	0.5	45	1060	20	1	1	14									X
5 PC Classic Wings® (Plain)	350	200	23	7	0	180	760	2	0	0	35									
5 PC Classic Wings® (Angry Buffalo)	360	210	23	7	0	180	1530	3	1	0	35									
5 PC Classic Wings® (Medium Buffalo)	360	210	23	7	0	180	1630	3	0	0	35									
5 PC Classic Wings® (Garlic Parmesan)	510	360	40	14	0.5	180	1080	3	0	0	35			X			X			
5 PC Classic Wings® (Sweet & Smoky BBQ)	430	200	23	7	0	180	1050	19	1	16	35									
5 PC Classic Wings® (Stingin' Honey Garlic)	390	270	30	11	1	180	1050	10	0	8	28									
10 PC Classic Wings® (Plain)	690	400	44	14	0.5	350	1500	4	0	0	68									
10 PC Classic Wings® (Angry Buffalo)	710	410	45	15	0.5	350	3030	6	1	0	69									
10 PC Classic Wings® (Medium Buffalo)	700	410	45	15	0.5	350	3240	5	0	0	69									
10 PC Classic Wings® (Garlic Parmesan)	1010	710	79	27	1	355	2150	6	0	0	69			X			X			
10 PC Classic Wings® (Stingin' Honey Garlic)	780	540	60	22	2	350	2010	21	0	0	15									
10 PC Classic Wings® (Sweet & Smoky BBQ)	840	400	44	14	0.5	350	2080	38	1	31	69									
20 PC Classic Wings® (Plain)	1380	800	89	29	1.5	700	3000	8	0	0	136									
20 PC Classic Wings® (Angry Buffalo)	1420	820	91	29	1.5	700	6070	13	3	0	137									
20 PC Classic Wings® (Medium Buffalo)	1410	820	91	29	1.5	700	6490	10	0	1	137									
20 PC Classic Wings® (Garlic Parmesan)	2040	1420	158	55	2.5	710	4290	13	0	0	139			X			X			
20 PC Classic Wings® (Sweet & Smoky BBQ)	1690	800	89	29	1.5	700	4150	76	3	62	138									
20 PC Classic Wings® (Stingin' Honey Garlic)	1550	1096	121	44	4.5	700	4010	42	0	30	112									
Garlic Swiss Clucker (Grilled)	440	180	20	5	0	65	1220	37	0	6	24	X		X			X			X
Garlic Swiss Clucker (Crispy)	680	310	34	9	0.5	60	1660	64	1	6	27	X		X			X			X
Cheesy Bacon Clucker (Grilled)	410	150	17	6	0	60	1690	36	0	6	30			X			X			X
Cheesy Bacon Clucker (Crispy)	650	280	31	10	0.5	55	2130	63	1	6	33			X			X			X
Bayou Tender Stack	1370	878.11	98	35	4.5	70	2470	99	8	9	24	X		X			X			X
LOCAL FLAVORS																				
B.L.T.	470	320	42	8	0	15	1020	30	2	7	17	X					X		X	X
Bowl of Chili, 12 FO	380	180	20	9	0.5	65	1800	26	9	8	23									
Bowl of Chili with Beans, 12 FO	430	140	15	6	0	40	2000	53	1	18	9									
Chili Cheeseburger	340	170	18	7	0	40	960	30	1	5	13			X					X	X
Mushroom Swissburger	330	160	15	18	0.5	40	930	29	2	5	15			X						



Food Allergies

Anyone can be allergic to any food, but these foods are the most common triggers for allergic reactions:

The Big 9



Prevent allergic reactions by following these tips:



Always wash your hands before and after handling food.



Clearly communicate with your team members when a guest informs you of a food allergy.



For any ingredient questions, please refer to a manager.



Avoid cross-contact by using separate utensils, cooking surfaces, and storage containers. Clean and sanitize all surfaces and equipment thoroughly.

Severe reactions can occur if someone eats or comes into contact with food they are allergic to.

Symptoms may include:



Skin reactions:
Hives, rash itching or swelling



Breathing problems:
Difficulty breathing, wheezing, shortness of breath, tightness in the chest



Cardiovascular symptoms:
Dizziness or fainting

Call 911 immediately if someone is experiencing severe symptoms.