



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.

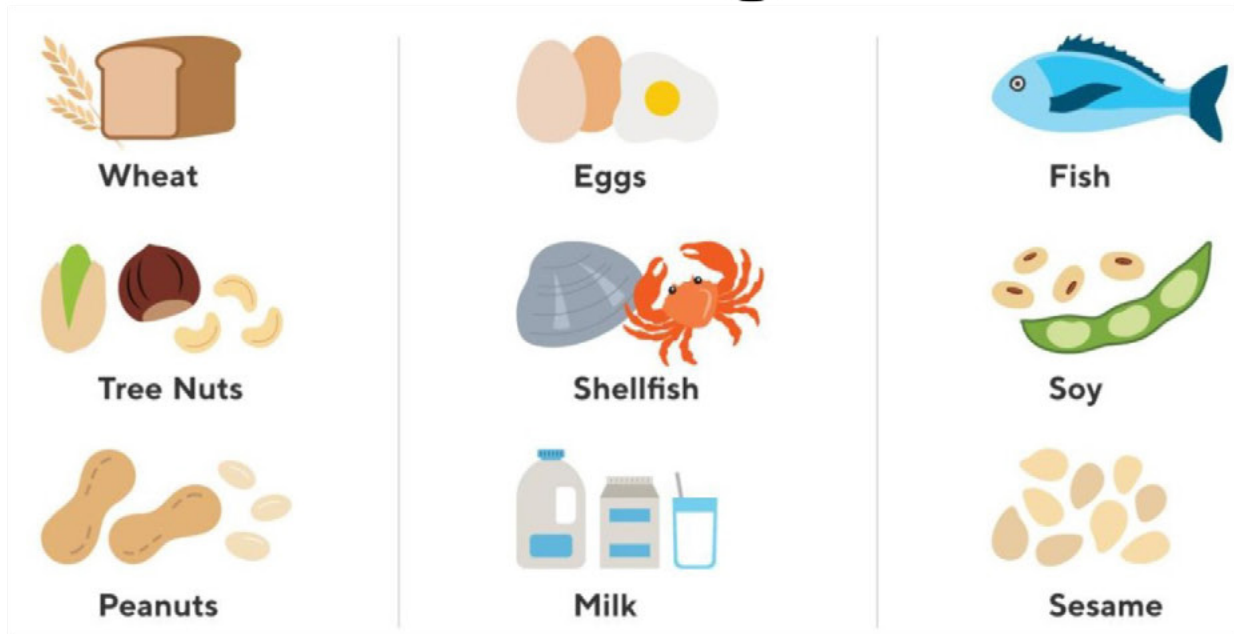
| Product | Cals (kcal) | FatCals (kcal) | Fat (g) | SatFat (g) | TransFat (g) | Chol (mg) | Sod (mg) | Carb (g) | Fib (g) | Sugar (g) | Prot (g) | Egg | Fish | Milk | Peanut | Shellfish | Soy | Tree Nuts | Sesame | Wheat |
|--|-------------|----------------|---------|------------|--------------|-----------|----------|----------|---------|-----------|----------|-----|---------|------|--------|-----------|-----|-----------|--------|-------|
| 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 |
| 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 |
| Cheese Double | 470 | 260 | 29 | 12 | 1 | 70 | 1340 | 32 | 1 | 8 | 21 | | | X | | | X | | X | X |
| Sourdough Double Melt | 540 | 306 | 34 | 13 | 2 | 75 | 1430 | 31 | 2 | 3 | 28 | X | | X | | | X | | X | X |
| Bacon Sourdough Buford | 800 | 485 | 54 | 22 | 2 | 120 | 2180 | 33 | 2 | 5 | 49 | X | | X | | | X | | X | X |
| CHICKEN & FISH | | | | | | | | | | | | | | | | | | | | |
| Crispy Fish Sandwich | 460 | 200 | 23 | 4.5 | 0.5 | 40 | 910 | 51 | 2 | 6 | 14 | X | Pollock | | | | X | | X | X |
| Deep Sea Double® | 670 | 290 | 33 | 10 | 1 | 75 | 1600 | 73 | 2 | 7 | 25 | X | 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 |
| 8pc Chicken Bites (Classic) | 330 | 200 | 22 | 7 | 0.5 | 45 | 920 | 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® (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® (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® (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 |
| Classic Clucker (Crispy) | 720 | 368 | 41 | 12 | 1.5 | 60 | 1508 | 62 | 1 | 6 | 23 | X | | | | | X | | X | X |
| Classic Clucker (Grilled) | 371 | 118 | 13 | 1.5 | 0 | 48 | 1188 | 38 | 0 | 7 | 23 | X | | | | | X | | X | X |
| Bacon Sourdough Clucker (Grilled) | 630 | 336 | 37 | 13 | 1 | 90 | 2230 | 35 | 2 | 3 | 43 | X | | X | | | X | | X | X |
| Bacon Sourdough Clucker (Crispy) | 760 | 412 | 46 | 15 | 1 | 65 | 2210 | 58 | 3 | 2 | 34 | X | | 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 | | | X | | X | X |
| Double Mushroom Swissburger | 460 | 260 | 29 | 12 | 1 | 70 | 1210 | 29 | 2 | 5 | 22 | | | X | | | X | | X | X |
| Bacon Cheddar Crisp | 390 | 190 | 21 | 8 | 0 | 45 | 930 | 31 | 1 | 7 | 16 | | | X | | | | | X | X |
| Bacon Cheddar Crisp Double | 570 | 340 | 37 | 15 | 1 | 85 | 1470 | 33 | 1 | 8 | 25 | | | X | | | X | | X | X |
| 10 PC Chicken Nuggets | 500 | 280 | 32 | 14 | 0 | 90 | 1160 | 28 | 2 | 0 | 24 | X | | X | | | | | | X |
| Olive Burger | 440 | 260 | 33 | 8 | 0 | 35 | 1560 | 33 | 2 | 8 | 12 | X | | | | | X | | X | X |
| Double Olive Burger | 570 | 370 | 44 | 13 | 1 | 65 | 1850 | 33 | 2 | 8 | 18 | X | | | | | X | | X | X |
| Beef Tacos (2) | 550 | 310 | 35 | 15 | 1 | 85 | 1260 | 35 | 3 | 3 | 25 | | | X | | | | | | X |
| Kids Meal Hot Dog | 310 | 160 | 18 | 6 | 0 | 35 | 1000 | 25 | 1 | 6 | 11 | | | | | | X | | X | X |
| Kids Meal Hamburger | 290 | 120 | 14 | 4.5 | 0 | 30 | 840 | 31 | 1 | 7 | 11 | | | | | | | | X | X |
| Kids Meal Cheeseburger | 330 | 160 | 18 | 7 | 0 | 40 | 1050 | 31 | 1 | 8 | 13 | | | X | | | X | | X | X |
| Kids Meal Chicken Bites | 310 | 170 | 19 | 6 | 1 | 60 | 770 | 16 | 1 | 0 | 41 | X | | X | | | | | | X |
| Hatch Canyon Burger | 700 | 396 | 44 | 17 | 2 | 90 | 1280 | 42 | 0 | 8 | 29 | X | X | X | X | X | X | X | X | X |
| Snake Bite Burger | 700 | 396 | 44 | 17 | 2 | 90 | 1680 | 42 | 0 | 8 | 30 | X | | X | | | X | | X | X |
| SAUCES & DRESSINGS | | | | | | | | | | | | | | | | | | | | |
| Sweet & Smoky BBQ Sauce, 1 FO--wing/burger sauce | 80 | 0 | 0 | 0 | 0 | 0 | 290 | 17 | 1 | 16 | 0 | | | | | | | | | |
| Medium Buffalo Sauce, 1 FO--wing sauce | 5 | 5 | 0 | 0 | 0 | 0 | 870 | 1 | 0 | 0 | 0 | | | | | | | | | |
| Parmesan Garlic, 1 FO--wing sauce | 160 | 160 | 17 | 6 | 0 | 5 | 320 | 1 | 0 | 0 | 1 | | | X | | | X | | | |
| Ranch Dressing, 1FO--burger sauce | 150 | 126 | 14 | 2 | 0 | 5 | 240 | 4 | 0 | 3 | 0 | X | | X | | | | | | |
| BBQ Sauce Dipper, 1 each PC | 60 | 0 | 0 | 0 | 0 | 0 | 300 | 15 | 0 | 12 | 0 | | | | | | | | | |
| Frank's® Buffalo Hot Sauce Dipper, 1 each PC | 10 | 0 | 0 | 0 | 0 | 0 | 730 | | | | | | | | | | | | | |



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.