



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
Double Classic Cheeseburger	470	260	29	12	1	70	1340	32	1	8	21			X			X		X	X
Classic Burger	420	210	24	6	0	35	960	37	0	9	13	X					X			X
Classic Double	500	340	38	13	1	75	1280	20	0	7	19	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
Cheese Fix w/ American	470	220	24	12	1	70	1390	38	0	9	24			X			X		X	X
Double Cheese Fix w/ American	710	388	43	21	2.5	125	1970	39	0	10	41			X			X		X	X
Cheese Fix w/ Pepper Jack	460	215	24	11	1	65	1380	37	0	8	24			X			X		X	X
Double Cheese Fix w/ Pepper Jack	690	381	42	20	2	125	1950	37	0	8	40			X			X		X	X
Flava Max Double (Stingin' Honey Garlic)	680	279	31	14	2	75	1910	72	1	28	27			X			X			X
Flava Max Double (Creamy Garlic Parmesan)	860	546	61	22	2	80	1890	47	1	7	27	X		X			X		X	X
Flava Max Double (Smokin' Chipotle Mayo)	860	565	63	18	2.5	90	1730	46	1	7	27	X		X			X			X
Cheesy 80's Bacon Buford	920	545	61	28	3	160	1570	38	0	8	58			X			X			X
Philly Cheesesteak Sliders	700	363	40	10	0	50	1000	55	0	12	24	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
Flava Max 1/2lb Chicken Bites (Stingin' Honey Garlic)	1210	699	78	29	4	170	2570	81	0	30	45						X			X
Flava Max 1/2lb Chicken Bites (Creamy Garlic Parmesan)	1450	1055	177	40	4	185	2540	48	0	2	45	X		X			X		X	X
Flava Max 1/2lb Chicken Bites (Smokin' Chipotle Mayo)	1450	1080	120</																	

FRIES & SIDES																				
Fries - Small	390	170	19	7	1	20	870	49	5	0	5			X						X
Fries - Medium	500	220	24	9	1	25	1110	63	6	0	7			X						X
Fries - Large	590	260	29	10	1.5	30	1310	74	7	1	8			X						X
Fries - Fry Lover's XL	910	400	45	16	2	50	2030	115	12	1	12			X						X
Cheese Chili Cheese Fries®-Reg	540	340	37	13	1.5	13	1510	43	4	1	7			X						X
Cheese Chili Cheese Fries®-Lg	810	500	56	20	2	25	2110	66	6	2	9			X						X
Fully Loaded Fries-Reg	870	560	62	19	1.5	45	1920	46	4	4	14	X		X						X
Fully Loaded Fries-Lg	1090	720	80	25	2	50	2510	68	6	5	14	X	X	X						X
Monsterella Stix™, 6 pc. w/1 portion cup Marinara	420	230	25	13	1	50	1530	29	2	3	18	X		X			X			X
Bacon, 2 Slices	70	50	6	2	0	10	170	1	0	0	4									
Cheese Sauce	35	20	2.5	1	0	0	180	2	0	1	0			X						
Chili, 1 FO	30	15	1.5	1	0	5	150	2	1	1	2									
Grilled Onions	10	0	0	0	0	0	25	2	1	1	0									
Philly Cheesesteak Bites 4 PC	220	90	10	5	0	50	640	19	2	2	11	X		X			X			X
Value Fries	295	130	14	5	0.5	15	660	37	4	0	4			X						X
Cheesy Potato Bites	262	180	20	9	1	20	340	16	0	2	4			X						
Flava Max Stix & Fries Box (Stingin' Honey Garlic)	760	466	52	22	2.5	45	1470	59	0	16	12	X		X			X			X
Flava Max Stix & Fries Box (Creamy Garlic Parmesan)	870	644	72	27	2.5	50	1450	42	0	2	13	X		X			X		X	X
Flava Max Stix & Fries Box (Smokin' Chipotle Mayo)	870	656	73	25	2.5	55	1350	42	0	2	12	X		X						X
40oz Cup with Fries	1640	1171	130	50	6	60	3030	102	0	2	11									X
DESSERTS & SHAKES / SWEET SIDES																				
Milkshake - Banana, 12 FO	350	90	10	7	0	35	200	58	1	48	7			X						
Milkshake - Banana, 16 FO	460	120	13	9	0	45	260	77	2	63	9			X						
Milkshake - Banana, 20 FO	700	180	20	14	0	65	390	117	3	95	14			X						
Milkshake - Chocolate, 12 FO	380	100	11	8	0	35	240	64	2	49	8			X						
Milkshake - Chocolate, 16 FO	470	120	13	9	0	45	290	79	2	60	10			X						
Milkshake - Chocolate, 20 FO	720	180	20	14	0	65	440	120	3	92	15			X						
Milkshake - Strawberry, 12 FO	350	90	10	7	0	35	190	57	1	46	7			X						
Milkshake - Strawberry, 16 FO	460	120	13	9	0	45	250	75	2	61	9			X						
Milkshake - Strawberry, 20 FO	690	180	20	14	0	65	380	114	3	93	14			X						
Milkshake - Vanilla, 12 FO	290	90	10	7	0	35	180	44	1	33	7			X						
Milkshake - Vanilla, 16 FO	390	120	13	9	0	45	240	57	2	44	9			X						
Milkshake - Vanilla, 20 FO	590	180	20	14	0	65	370	87	3	66	14			X						
Chocolate Soft Serve Cone - Classic	140	40	4.5	3	0	15	85	21	1	17	3			X						X
Chocolate Soft Serve Cone - Swirl	140	40	4.5	3	0	15	85	21	1	16	3			X						X
Soft Serve - Vanilla	130	40	4.5	3	0	15	85	20	1	15	3			X						
Cake Cone	20	0	0	0	0	0	5	4	0	0	0			X			X			X
Fudge Sundae Topping, 1 FO	90	20	2.5	2	0	0	60	17	0	16	1			X						
Funnel Cake Fries	370	200	23	9	1	30	250	38	0	16	2	X		X			X			X
Apple Pie, 1	270	100	12	5	0	5	310	38	2	14	3						X			X
SLUSHIES / CHILL STOP																				
Frozen Sprite FCB 16 oz	120	0	0	0	0	0	75	30	1	30	0									
Frozen Sprite FCB 20 oz	150	0	0	0	0	0	95	37	1	37	0									
Frozen Fanta Blue Raspberry FCB 16 oz	130	0	0	0	0	0	60	34	1	34	0									
Frozen Fanta Blue Raspberry FCB 20 oz	160	0	0	0	0	0	75	43	1	43	0									
ICE COLD DRINKS																				
Dasani	0	0	0	0	0	0	0	0	0	0	0									
Barq's Root Beer Value 12	110	0	0	0	0	0	50	29	0	29	0									
Barq's Root Beer Small 16	140	0	0	0	0	0	55	39	0	39	0									
Barq's Root Beer Medium 20	180	0	0	0	0	0	60	49	0	49	0									
Barq's Root Beer Large 30	270	0	0	0	0	0	90	73	0	73	0									
Cherry Coca-Cola Value 12	110	0	0	0	0	0	30	31	0	31	0									
Cherry Coca-Cola Small 16	150	0	0	0	0	0	35	37	0	37	0									
Cherry Coca-Cola Medium 20	190	0	0	0	0	0	45	47	0	47	0									
Cherry Coca-Cola Large 30	280	0	0	0	0	0	70	70	0	70	0									
Coca-Cola High Yield Value 12	110	0	0	0	0	0	30	29	0	29	0									
Coca-Cola High Yield Small 16	140	0	0	0	0	0	35	36	0	36	0									
Coca-Cola High Yield Medium 20	180	0	0	0	0	0	45	45	0	45	0									
Coca-Cola High Yield Large 30	270	0	0	0	0	0	65	67	0	67	0									
Diet Coke Small 12	0	0	0	0	0	0	35	0	0	0	0									
Diet Coke Small 16	0	0	0	0	0	0	45	0	0	0	0									
Diet Coke Medium 20	0	0	0	0	0	0	55	0	0	0	0									
Diet Coke Large 30	0	0	0	0	0	0	85	1	0	0	0									
Coke Zero Sugar Value 12	0	0	0	0	0	0	30	0	0	0	0									
Coke Zero Sugar Small 16	0	0	0	0	0	0	45	0	0	0	0									
Coke Zero Sugar Medium 20	0	0	0	0	0	0	55	0	0	0	0									
Coke Zero Sugar Large 30	0	0	0	0	0	0	85	0	0	0	0									
Fanta Grape POM Value 12	110	0	0	0	0	0	40	29	0	29	0									
Fanta Grape POM Small 16	140	0	0	0																



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.