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
Philly Cheesesteak Burger	490	260	29	9	0	55	1250	35	0	7	19	X		X			X			X
Double Bacon Philly Burger	740	470	52	19	0.5	95	2120	36	0	7	36	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
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
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® (BBQ Dry Rub)	350	270	30	11	1	115	770	6	0	5	16									
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® (BBQ Dry Rub)	700	540	60	22	2	230	1610	2	0	0	32									
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® (BBQ Dry Rub)	1400	1090	121	44	4.5	465	3230	4	0	2	64									
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
SAUCES & DRESSINGS																				
Angry Buffalo, 1 FO--wing sauce	10	5	0	0	0	0	770	1	1	0	0									
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	1	1	0	0									
Blue Cheese Dipping Sauce, 1 each PC	230	220	24	4.5	0	25	450	2	0	1	1	X		X						
Honey Mustard Dipper, 1 each PC	160	140	16	2.5	0	15	135	4	0	4	0	X								
Ranch Dipping Sauce Dipper, 1 each PC	210	210	23	3.5	0	10	440	2	0	1	1	X		X						
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
Monsterella Stix™, 4 pc. w/ 1 portion cup Marinara	280	150	17	8	0.5	35	1060	20	1	3	12	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

FRIES & SIDES																				
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
Bacon Philly Loaded Fries-Reg	620	390	43	15	1.5	30	1550	41	4	1	14			X			X			
Bacon Philly Loaded Fries-Lg	890	560	62	22	2	40	2140	64	6	2	16			X			X			X
DESSERTS & SHAKES / SWEET SIDES																				
Milkshake - Banana, 16 FO	350	90	10	7	0	35	200	58	1	48	7			X						
Milkshake - Banana, 22 FO	460	120	13	9	0	45	260	77	2	63	9			X						
Milkshake - Banana, 32 FO	700	180	20	14	0	65	390	117	3	95	14			X						
Milkshake - Chocolate, 16 FO	380	100	11	8	0	35	240	64	2	49	8			X						
Milkshake - Chocolate, 22 FO	470	120	13	9	0	45	290	79	2	60	10			X						
Milkshake - Chocolate, 32 FO	720	180	20	14	0	65	440	120	3	92	15			X						
Milkshake - Strawberry, 16 FO	350	90	10	7	0	35	190	57	1	46	7			X						
Milkshake - Strawberry, 22 FO	460	120	13	9	0	45	250	75	2	61	9			X						
Milkshake - Strawberry, 32 FO	690	180	20	14	0	65	380	114	3	93	14			X						
Milkshake - Vanilla, 16 FO	290	90	10	7	0	35	180	44	1	33	7			X						
Milkshake - Vanilla, 22 FO	390	120	13	9	0	45	240	57	2	44	9			X						
Milkshake - Vanilla, 32 FO	590	180	20	14	0	65	370	87	3	66	14			X						
Fudge Cheesecake Sundae	500	150	17	12	0	45	510	79	0	62	8			X						X
Caramel Cheesecake Sundae	460	140	15	10	0	50	460	73	0	53	8			X						X
Strawberry Cheesecake Sundae	470	130	15	9	0	45	460	77	1	60	8			X						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						
Strawberry Sundae Topping, 1.8 FO	60	0	0	0	0	0	15	16	1	13	0									
Caramel Sundae Topping, .5 FO	45	5	0	0	0	0	0	10	0	6	0			X						
Graham Sundae Topping, .6oz	60	0	0	0	0	0	130	15	0	6	0									X
Cheesecake Filling, 1oz	80	50	6	3.5	0	15	95	6	0	5	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																				
Classic Slushie - Watermelon, Regular 16 fl oz	110	0	0	0	0	0	35	28	0	28	0									
Classic Slushie - Watermelon, Large 20 fl oz	130	0	0	0	0	0	45	35	0	35	0									
Classic Slushie - Blue Raspberry, Regular 16 fl oz	110	0	0	0	0	0	25	28	0	28	0									
Classic Slushie - Blue Raspberry, Large 20 fl oz	130	0	0	0	0	0	30	35	0	35	0									
Classic Slushie - Mango, Regular 16 fl oz	110	0	0	0	0	0	25	28	0	28	0									
Classic Slushie - Mango, Large 20 fl oz	130	0	0	0	0	0	35	35	0	35	0									
Nerds® Layered Slushie - Blue Raspberry & Piña Colada, Regular 16 fl oz	180	0	0	0	0	0	30	47	0	47	0									
Nerds® Layered Slushie - Blue Raspberry & Piña Colada, Large 20 fl oz	210	0	0	0	0	0	35	55	0	54	0									
Strawberry Sweet Creamery Slushie, Regular 16 fl oz	160	25	4	4	0	0	40	31	0	30	0									
Strawberry Sweet Creamery Slushie, Large 20 fl oz	180	35	4	4	0	0	50	38	0	37	0									
Orange Sweet Creamery Slushie, Regular 16 fl oz	170	35	4	4	0	0	45	35	0	34	0									
Orange Sweet Creamery Slushie, Large 20 fl oz	200	35	4	4	0	0	50	43	0	42	0									
Piña Colada Energy Slushie, Regular 16 fl oz	130	0	0	0	0	0	25	34	0	30	0									
Piña Colada Energy Slushie, Large 20 fl oz	160	0	0	0	0	0	35	42	0	38	0									
Piña Colada (no energy) Slushie, Regular 16 fl oz	120	0	0	0	0	0	30	32	0	32	0									
Piña Colada (no energy) Slushie, Large 20 fl oz	150	0	0	0	0	0	35	40	0	40	0									
Strawberry Piña Colada Energy Slushie, Regular 16 fl oz	130	0	0	0	0	0	25	35	0	31	0									
Strawberry Piña Colada Energy Slushie, Large 20 fl oz	160	0	0	0	0	0	35	42	0	38	0									
Strawberry Piña Colada (no energy) Slushie, Regular 16 fl oz	130	0	0	0	0	0	25	35	0	31	0									
Strawberry Piña Colada (no energy) Slushie, Large 20 fl oz	160	0	0	0	0	0	35	42	0	38	0									
ICE COLD DRINKS																				
Dasani	0	0	0	0	0	0	0	0	0	0	0									
Barq's Root Beer Small 20	180	0	0	0	0	0	60	49	0	49	0									
Barq's Root Beer Medium 30	270	0	0	0	0	0	90	73	0	73	0									
Barq's Root Beer Large 37.5	330	0	0	0	0	0	110	91	0	91	0									
Cherry Coca-Cola Small 20	190	0	0	0	0	0	45	47	0	47	0									
Cherry Coca-Cola Medium 30	280	0	0	0	0	0	70	70	0	70	0									
Cherry Coca-Cola Large 37.5	350	0	0	0	0	0	85	88	0	88	0									
Coca-Cola High Yield Small 20	180	0	0	0	0	0	45	45	0	45	0									
Coca-Cola High Yield Medium 30	270	0	0	0	0	0	65	67	0	67	0									
Coca-Cola High Yield Large 37.5	340	0	0	0	0	0	85	84	0	84	0									
Diet Coke Small 20	0	0	0	0	0	0	55	0	0	0	0									
Diet Coke Medium 30	0	0	0	0	0	0	85	1	0	0	0									
Diet Coke Large 37.5	0	0	0	0	0	0	105	1	0	0	0									
Coke Zero Sugar Value 16	0	0	0	0	0	0	45	0	0	0	0									
Coke Zero Sugar Small 20	0	0	0	0	0	0	55	0	0	0	0									
Coke Zero Sugar Medium 30	0	0	0	0	0	0	85	0	0	0	0									
Coke Zero Sugar Large 37.5	0	0	0	0	0	0	105	0	0	0	0									
Fanta Grape POM Small 20	180	0	0	0	0	0	60	44	0	44	0									
Fanta Grape POM Medium 30	270	0	0	0	0	0	85	66	0	65	0									
Fanta Grape POM Large 37.5	330	0	0	0	0	0	110	83	0	82	0									
Fanta Orange Small 20	180	0	0	0	0	0	45	45	0	44	0									
Fanta Orange Medium 30	270	0	0	0	0	0	65	68	0	66	0									
Fanta Orange Large 37.5	340	0	0	0	0	0	85	85	0	83	0									
Fanta Strawberry Small 20	190	0	0	0	0	0	95	48	0	47	0									
Fanta Strawberry Medium 30	290	0	0	0	0	0	140	72	0	71	0									
Fanta Strawberry Large 37.5	360	0	0	0	0	0	170	90	0	89	0									
Gold Peak Premium Unsweetened Tea Small 20	0	0	0	0	0	0	55	0	0	0	0									
Gold Peak Premium Unsweetened Tea Medium 30	0	0	0	0	0	0	85	0	0	0	0									
Gold Peak Premium Unsweetened Tea Large 37.5	0	0	0	0	0	0	105	0	0	0	0									
Gold Peak Southern Style Tea Small 20	170	0	0	0	0	0	55	42	0	42	0									
Gold Peak Southern Style Tea Medium 30	260	0	0	0	0	0	80	62	0	62	0									
Gold Peak Southern Style Tea Large 37.5	330	0	0	0	0	0	100	78	0	78	0									
Hi-C Flashin Fruit Punch Small 20	190	0	0	0	0	0	80	47	0	46	0									
Hi-C Flashin Fruit Punch Medium 30	280	0	0	0	0	0	125	71	0	69	0									
Hi-C Flashin Fruit Punch Large 37.5	350	0	0	0	0	0	150	89	0	87	0									
Hi-C Orange Lavaburst Small 20	190	0	0	0	0	0	45	47	0	46	0									
Hi-C Orange Lavaburst Medium 30	280	0	0	0	0	0	65	71	0	69	0									
Hi-C Orange Lavaburst Large 37.5	350	0	0	0	0	0	85	89	0	87	0									
Mello Yello Small 20	190	0	0	0	0	0	55	49	0	49	0									
Mello Yello Medium 30	290	0	0	0	0	0	85	73	0	73	0									
Mello Yello Large 37.5	360	0	0	0	0	0	105	91	0	91	0									
Minute Maid Lemonade(HFCS) Small 20	170	0	0	0	0	0	110	42	0	40	0									
Minute Maid Lemonade(HFCS) Medium 30	250	0	0	0	0	0	160	63	0	60	0									
Minute Maid Lemonade(HFCS) Large 37.5	310	0	0	0	0	0	200	79	0	75	0									
Pibb Xtra Small 20	170	0	0	0	0	0	60	42	0	42	0									
Pibb Xtra Medium 30	250	0	0	0	0	0	90	63	0	63	0									
Pibb Xtra Large 37.5	310	0	0	0	0	0	110	79	0	79	0									
POWERade Mountain Berry Blast Small 20	100	0	0	0	0	0	125	24	0	24	0									
POWERade Mountain Berry Blast Medium 30	150	0	0	0	0	0	190	37	0	37	0									
POWERade Mountain Berry Blast Large 37.5	190	0	0	0	0	0	230	46	0	46	0									
Sprite High Yield Small 20	170	0	0	0	0	0	80	42	0	42	0									
Kids Meal Beverage Options	0 - 150	0	0	0	0	0	0 - 65	0 - 38	0	0 - 37	0									

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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.