



# NUTRITIONAL 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	
<b>BURGERS &amp; SANDWICHES</b>																					
All American Cheeseburger	330	160	18	7	0	40	1050	31	1	8	13			X			X		X	X	
Smoky BBQ Bacon Buford	1070	700	84	26	1.5	135	2390	48	1	9	45	X		X			X			X	
Smoky BBQ Bacon Buford Triple	1360	960	107	36	2	190	2740	41	1	10	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	
<b>CHICKEN &amp; FISH</b>																					
Classic Mother Cruncher™ Chicken Sandwich	690	330	37	9	1	165	2400	60	1	10	28	X		X			X			X	
Bacon BBQ Mother Cruncher Chicken Sandwich	1110	690	76	22	2	185	2860	67	2	13	36	X		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	
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	
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® (Lemon Pepper)	350	180	20	7	0	160	2280	2	0	0	31										
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										
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® (Lemon Pepper)	700	370	41	13	0.5	325	3420	3	0	0	63										
10 PC Classic Wings® (Garlic Parmesan)	1010	710	79	27	1	355	2150	6	0	0	69			X			X				
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® (Lemon Pepper)	1400	740	82	27	1.5	645	6840	7	0	0	126										
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										
Boneless Wings (Plain) - 5PC	310	130	14	6	0.5	60	1310	22	2	0	24	X								X	
Boneless Wings (Angry Buffalo) - 5PC	320	135	14	6	0.5	60	2080	23	3	0	24	X								X	
Boneless Wings (Medium Buffalo) - 5PC	315	135	14	6	0.5	60	2180	23	2	0	24	X								X	
Boneless Wings (Lemon Pepper) - 5PC	310	130	14	6	0.5	60	2830	22	2	0	24	X								X	
Boneless Wings (Garlic Parmesan) - 5PC	470	290	31	12	0.5	65	1630	23	2	0	25	X								X	
Boneless Wings (Sweet & Smoky BBQ) - 5PC	390	130	14	6	0.5	60	1600	39	3	16	24	X								X	
Boneless Wings (Plain) - 10PC	630	260	29	12	1.5	120	2620	45	5	1	48	X								X	
Boneless Wings (Angry Buffalo) - 10PC	645	267	29	12	1.5	120	3775	47	7	1	48	X								X	
Boneless Wings (Medium Buffalo) - 10PC	640	267	29	12	1.5	120	3927	47	5	1	48	X								X	
Boneless Wings (Lemon Pepper) - 10PC	630	260	29	12	1.5	120	4245	45	5	1	48	X								X	
Boneless Wings (Garlic Parmesan) - 10PC	870	500	55	21	1.5	128	3100	47	5	1	50	X								X	
Boneless Wings (Sweet & Smoky BBQ) - 10PC	750	260	29	12	1.5	120	3055	71	7	25	48	X								X	
Boneless Wings (Plain) - 20PC	1260	520	57	24	3	240	5240	89	10	1	96	X								X	
Boneless Wings (Angry Buffalo) - 20PC	1290	534	58	24	3	240	7550	94	14	2	96	X								X	
Boneless Wings (Medium Buffalo) - 20PC	1280	534	58	24	3	240	7854	94	10	2	96	X								X	
Boneless Wings (Lemon Pepper) - 20PC	1260	520	57	24	3	240	8490	89	10	1	96	X								X	
Boneless Wings (Garlic Parmesan) - 20PC	1870	1000	110	42	3	256	6200	94	10	2	100	X								X	
Boneless Wings (Sweet & Smoky BBQ) - 20PC	1500	520	58	24	3	240	6110	142	14	50	96	X								X	
<b>LOCAL FLAVORS</b>																					
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										
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	
Apple Pie, 1	270	100	12	5	0	5	310	38	2	14	3						X			X	
<b>SAUCES &amp; DRESSINGS</b>																					
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										

FRIES & SIDES																			
Fries - Small	390	170	19	7	1	20	870	49	5	0	5								X
Fries - Medium	500	220	24	9	1	25	1110	63	6	0	7								X
Fries - Large	590	260	29	10	1.5	30	1310	74	7	1	8								X
Fries - Fry Lover's XL	910	400	45	16	2	50	2030	115	12	1	12								X
Cheese Chili Cheese Fries®-Reg	540	340	37	13	1.5	13	1510	43	4	1	7								X
Fully Loaded Fries™-Reg	870	560	62	19	1.5	45	1920	46	4	4	14	X							X
Monstereella Stix™, 4 pc. w/ 1 portion cup Marinara	280	150	17	8	0.5	35	1060	20	1	3	12	X						X	X
Monstereella Stix™, 6 pc. w/ 1 portion cup Marinara	420	230	25	13	1	50	1530	29	2	3	18	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								

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
Caramel Cheesecake Sundae	460	140	15	10	0	50	460	73	0	53	8								X
Strawberry Cheesecake Sundae	470	130	15	9	0	45	460	77	1	60	8								X
Wicked Strawberry Soft Serve Cone-Swirl	200	40	4	2.5	0	50	320	29	0	12	4							X	X
Wicked Strawberry Soft Serve Cone-Classic	230	10	1	3	0	70	460	33	0	13	4							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
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
Brookie	380	160	18	7	0	55	290	48	2	34	5	X						X	X
Brookie with Soft Serve	540	210	24	11	0	70	430	73	2	55	9	X						X	X

SMOOTHIES & SLUSHIES / CHILL STOP																			
Fanta Slushie - Fruit Punch, Regular 16 fl oz	220	0	0	0	0	0	105	55	0	55	0								
Fanta Slushie - Fruit Punch, Large 21 fl oz	300	0	0	0	0	0	140	76	0	76	0								
Fanta Slushie - Watermelon, Regular 16 fl oz	220	0	0	0	0	0	105	55	0	55	0								
Fanta Slushie - Watermelon, Large 21 fl oz	300	0	0	0	0	0	140	76	0	76	0								
Fanta Slushie - Blue Raspberry, Regular 16 fl oz	220	0	0	0	0	0	110	55	0	55	0								
Fanta Slushie - Blue Raspberry, Large 21 fl oz	300	0	0	0	0	0	160	76	0	76	0								
Big Surf Slushie (REG)	430	40	4.5	3.5	0	15	220	98	1	80	4								X
Big Surf Slushie (LG)	500	40	4.5	3.5	0	15	250	115	1	95	4								X

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								
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								



Please note that we cannot guarantee that any of our menu items are free of allergens because we use shared equipment and handle common allergens throughout our supply chain and facility. \*Pre-Cooked Weight. ©Frank's RedHot® is a registered trademark of The French's Food Company, LLC. Used under license by Checkers Drive-In Restaurants, Inc. Coca-Cola is a registered trademark of The Coca-Cola Company. ©2023 Checkers Drive-In Restaurants, Inc. 20230258-01-MISC