



# Nutritional Information

x Allergen is present in the menu item

✓ Menu item may be cooked in the same oil as an item containing the allergen

													Allergens					
Burgers	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Fiber	Sugars	Protein	Egg	Fish	Milk	Peanuts	Soy	Wheat
Kid's Burger	110g	280	110	12g	6g	0g	20mg	570mg	28g	2g	3g	15g					x	x
Kid's Cheeseburger	120g	320	130	15g	8g	0g	30mg	730mg	29g	2g	3g	16g			x		x	x
Bacon Cheddar Burger	125g	370	170	19g	9g	0g	35mg	730mg	29g	2g	3g	20g			x		x	x
Bacon Double Cheeseburger	250g	650	380	42g	20g	1.5g	75mg	1340mg	32g	4g	6g	35g			x		x	x
Big Buford®	230g	570	320	36g	18g	1.5g	65mg	1090mg	31g	3g	5g	31g	x		x		x	x
Bacon Buford®	255g	680	420	46g	21g	2g	45mg	1510mg	31g	3g	5g	34g	x		x		x	x
Bacon Swiss Buford®	250g	660	400	45g	21g	1.5g	85mg	1310mg	28g	4g	4g	35g	x		x		x	x
1/4 LB. Champ®	205g	490	270	30g	12g	0g	65mg	810mg	32g	4g	3g	22g	x				x	x
1/4 LB. Champ® with Cheese	225g	580	350	39g	18g	0g	90mg	930mg	33g	4g	3g	24g	x		x		x	x
1/4 LB. Bacon Cheese Champ®	235g	630	370	41g	18g	0g	100mg	1230mg	35g	5g	4g	29g	x		x		x	x
1/2 LB. Double Champ®	280g	740	470	52g	25g	0g	120mg	1030mg	30g	3g	5g	39g	x				x	x
1/2 LB. Double Champ® with Cheese	300g	790	490	54g	28g	0g	125mg	1360mg	34g	4g	3g	42g	x		x		x	x
Checkerburger®	170g	390	200	22g	8g	0g	20mg	680mg	32g	3g	5g	16g	x				x	x
Checkerburger® with Cheese	179g	420	235	24g	12g	0g	25mg	810mg	33g	3g	5g	18g	x		x		x	x
Cheese Double Cheese	190g	510	270	31g	17g	1.5g	65mg	1140mg	31g	3g	4g	29g			x		x	x
Chili Cheeseburger	135g	320	140	15g	8g	0g	15mg	620mg	30g	3g	3g	18g			x		x	x
Double Chili Cheeseburger	180g	460	240	26g	14g	1g	55mg	760mg	30g	3g	3g	27g			x		x	x
Double Decker	215g	480	250	28g	13g	1g	45mg	720mg	31g	3g	4g	27g	x				x	x
Rallyburger®	170g	390	200	22g	8g	0g	20mg	680mg	32g	3g	5g	16g	x				x	x
Rallyburger® with Cheese	179g	420	235	24g	12g	0g	25mg	810mg	33g	3g	5g	18g	x		x		x	x
Smokehouse Buford®	265g	650	330	37g	13g	0g	90mg	1610mg	44g	4g	15g	36g			x		x	x
Triple Cheeseburger	250g	690	380	43g	23g	2g	105mg	1450mg	33g	4g	5g	43g			x		x	x
													Allergens					
Chicken, Fish & Veggie	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Fiber	Sugars	Protein	Egg	Fish	Milk	Peanuts	Soy	Wheat
BLT	140g	380	150	16g	3.5g	0g	35mg	830mg	47g	4g	3g	13g	x				x	x
Crispy Fish Sandwich	165g	430	180	19g	6g	0g	45mg	780mg	51g	4g	6g	14g	x	x	x		x	x
Deep Sea Double®	240g	640	280	31g	13g	1g	95mg	1170mg	63g	5g	5g	25g	x	x	x		x	x
Frank's® RedHot® Chicken Sandwich	150g	340	140	16g	8g	0g	15mg	1340mg	34g	2g	3g	16g	x	✓	x		x	x
Homestyle Chicken Strip Sandwich	240g	670	370	41g	11g	0g	65mg	1420mg	50g	4g	4g	27g	x	✓	✓		x	x
Screamin' Chicken Strip Sandwich	230g	650	370	41g	13g	0g	60mg	1690mg	45g	3g	3g	25g	x	✓	x		x	x
Homestyle Chicken Strips Meal (2 piece)	230g	670	340	37g	20g	0g	70mg	2060mg	58g	5g	1g	27g	✓	✓	x		x	x
Screamin' Chicken Strips Meal (2 piece)	225g	670	350	38g	20g	0g	65mg	2430mg	59g	6g	1g	23g	x	✓	x		x	x
Homestyle Chicken Strips Meal (3 piece)	310g	890	440	49g	26g	0g	95mg	2540mg	77g	7g	1g	36g	✓	✓	x		x	x
Screamin' Chicken Strips Meal (3 piece)	320g	970	500	55g	29g	0g	110mg	3460mg	82g	8g	1g	36g	x	✓	x		x	x
Spicy Chicken Sandwich	165g	550	330	37g	10g	0g	55mg	1110mg	39g	3g	3g	17g	x	✓	✓		x	x

\* Weights are approximate before cooking

### Please Note:

This information is provided by Checkers Drive-In Restaurants, Inc. regarding our food and is as complete as possible at the time of this publication: October 2009.

Test or regional products have not been included. The information on this list is derived from testing conducted in accredited laboratories, published resources, and information provided by our suppliers, and is based on our standard product formulations. Variations may occur due to differences in seasons, suppliers, ingredient substitutions, recipe revisions, and product assembly on a restaurant-by-restaurant basis. Product formulations may change periodically.

Please check [www.checkers.com](http://www.checkers.com) on regular basis for nutritional updates.

Checkers Drive-In Restaurants, Inc., its franchisees and employees do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants. Persons with food allergies, sensitivities, or special dietary needs should consult a medical professional with questions regarding their diet.



# Nutritional Information

x Allergen is present in the menu item

✓ Menu item may be cooked in the same oil as an item containing the allergen

													Allergens					
Classic Wings	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Fiber	Sugars	Protein	Egg	Fish	Milk	Peanuts	Soy	Wheat
Classic Wings-Honey BBQ (5 piece)	169g	390	160	17g	5g	0g	120mg	810mg	18g	0g	17g	38g						
Classic Wings-Honey BBQ (10 piece)	338g	780	320	34g	10g	0g	240mg	1620mg	36g	0g	34g	76g						
Classic Wings-Honey BBQ (20 piece)	676g	1560	640	68g	20g	0g	480mg	3240mg	72g	0g	68g	152g						
Classic Wings-Honey BBQ (40 piece)	1352g	3120	1280	136g	40g	0g	960mg	6480mg	144g	0g	136g	304g						
Classic Wings-Extra Hot (5 piece)	163g	355	195	21g	5.5g	0g	120mg	1480mg	2g	less than 1g	0g	38g					x	
Classic Wings-Extra Hot (10 piece)	326g	710	390	42g	11g	0g	240mg	2960mg	4g	less than 2 g	0g	76g					x	
Classic Wings-Extra Hot (20 piece)	652g	1420	780	84g	22g	0g	480mg	5920mg	8g	less than 4g	0g	152g					x	
Classic Wings-Extra Hot (40 piece)	1304g	2840	1560	168g	44g	0g	960mg	11840mg	16g	less than 8g	0g	304g					x	
Classic Wings-Parmesan Garlic (5 piece)	157g	480	320	35g	12g	0g	125mg	830mg	1g	0g	0g	39g			x		x	
Classic Wings-Parmesan Garlic (10 piece)	314g	960	640	70g	24g	0g	250mg	1660mg	2g	0g	0g	78g			x		x	
Classic Wings-Parmesan Garlic (20 piece)	628g	1920	1280	140g	48g	0g	500mg	3320mg	4g	0g	0g	156g			x		x	
Classic Wings-Parmesan Garlic (40 piece)	1256g	3840	2560	280g	96g	0g	1000mg	6640mg	8g	0g	0g	312g			x		x	
Classic Wings-Asian Kick (5 piece)	170g	390	160	17g	5g	0g	120mg	960mg	19g	0g	18g	38g					x	
Classic Wings-Asian Kick (10 piece)	340g	780	320	34g	10g	0g	240mg	1920mg	38g	0g	36g	76g					x	
Classic Wings-Asian Kick (20 piece)	680g	1560	640	68g	20g	0g	480mg	3840mg	76g	0g	72g	152g					x	
Classic Wings-Asian Kick (40 piece)	1360g	3120	1280	136g	40g	0g	960mg	7680mg	152g	0g	144g	304g					x	
Classic Wings-Medium Buffalo (5 piece)	232g	335	173	18g	5g	less than .10g	120mg	3420mg	2g	0g	less than 1g	39g						
Classic Wings-Medium Buffalo (10 piece)	464g	670	347	37g	10g	less than .20g	240mg	6840mg	5g	0g	1g	77g						
Classic Wings-Medium Buffalo (20 piece)	928g	1340	694	74g	21g	less than .40g	480mg	13680mg	9g	0g	2g	154g						
Classic Wings-Medium Buffalo (40 piece)	1856g	2680	1387	148g	42g	less than .80g	960mg	27360mg	18g	0g	4g	309g						
													Allergens					
Hot Dogs	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Fiber	Sugars	Protein	Egg	Fish	Milk	Peanuts	Soy	Wheat
All Beef Hot Dog	95g	280	150	17g	9g	0g	35mg	1660mg	23g	2g	3g	11g			x		x	x
Chili Dog	170g	410	220	25g	14g	0g	55mg	1160mg	27g	3g	5g	19g			x		x	x
Chili Cheese Dog	160g	390	210	23g	13g	0g	50mg	1150mg	28g	3g	4g	17g	x		x		x	x

**Please Note:**

This information is provided by Checkers Drive-In Restaurants, Inc. regarding our food and is as complete as possible at the time of this publication: October 2009.

Test or regional products have not been included. The information on this list is derived from testing conducted in accredited laboratories, published resources, and information provided by our suppliers, and is based on our standard product formulations. Variations may occur due to differences in seasons, suppliers, ingredient substitutions, recipe revisions, and product assembly on a restaurant-by-restaurant basis. Product formulations may change periodically.

Please check [www.checkers.com](http://www.checkers.com) on regular basis for nutritional updates.

Checkers Drive-In Restaurants, Inc., its franchisees and employees do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants. Persons with food allergies, sensitivities, or special dietary needs should consult a medical professional with questions regarding their diet.



# Nutritional Information

x Allergen is present in the menu item  
 ✓ Menu item may be cooked in the same oil as an item containing the allergen

													Allergens					
Fries**	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Fiber	Sugars	Protein	Egg	Fish	Milk	Peanuts	Soy	Wheat
Fries - Small	85g	300	170	19g	10g	1g	20mg	700mg	28g	3g	0g	3g	x				x	x
Fries - Medium	120g	420	240	27g	14g	1.5g	25mg	990mg	40g	4g	1g	5g	x	x	x		x	x
Fries - Large	170g	590	340	38g	20g	2g	40mg	1410mg	57g	6g	1g	7g	x	x	x		x	x
Bacon Cheddar Fries	185g	560	340	37g	17g	2.5g	50mg	1750mg	44g	5g	2g	11g	x	✓	x		x	x
Bacon Ranch Fries	175g	640	390	43g	17g	1.5g	45mg	1730mg	50g	5g	2g	12g	x	✓	✓		x	x
Chili Cheese Fries	220g	550	310	34g	16g	2.5g	50mg	1610mg	48g	6g	2g	13g	x	✓	x		x	x
Fully Loaded Bacon Cheddar Ranch Fries	210g	640	390	44g	17g	2g	45mg	1880mg	51g	6g	2g	11g	✓	✓	x		x	x
													Allergens					
Shakes & Treats	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Fiber	Sugars	Protein	Egg	Fish	Milk	Peanuts	Soy	Wheat
Cinnamon Apple Pie	85g	240	100	12g	5g	0g	5mg	310mg	31g	2g	7g	3g	✓	✓	✓		x	x
Vanilla Shake - Small	300g	330	90	10g	7g	0g	30mg	180mg	51g	0g	39g	8g			x			
Vanilla Shake - Medium	375g	410	120	13g	9g	0g	40mg	220mg	64g	0g	48g	10g			x			
Vanilla Shake - Large	560g	610	170	19g	13g	0g	60mg	330mg	95g	0g	72g	14g			x			
Chocolate Shake - Small	300g	350	90	10g	7g	0g	35mg	170mg	57g	0g	41g	7g			x			
Chocolate Shake - Medium	375g	430	110	12g	9g	0g	40mg	220mg	72g	0g	51g	9g			x			
Chocolate Shake - Large	560g	650	170	19g	14g	0g	65mg	330mg	107g	0g	76g	14g			x			
Strawberry Shake - Small	300g	350	100	11g	8g	0g	40mg	170mg	57g	0g	42g	7g			x			
Strawberry Shake - Medium	375g	440	120	13g	10g	0g	50mg	210mg	71g	0g	53g	9g			x			
Strawberry Shake - Large	560g	660	180	20g	14g	0.5g	80mg	310mg	106g	0g	79g	14g			x			
Banana Shake - Small	300g	350	90	10g	7g	0g	40mg	160mg	56g	0g	44g	9g			x			
Banana Shake - Medium	375g	440	110	12g	9g	0g	50mg	200mg	71g	0g	54g	11g			x			
Banana Shake - Large	560g	650	170	18g	14g	0g	75mg	300mg	105g	0g	81g	16g			x			

\* Weights are approximate before cooking.

\*\*Recommended portion sizes. French fries are individually portioned at each restaurant. Variations may exist from restaurant to restaurant.

**Please Note:**

This information is provided by Checkers Drive-In Restaurants, Inc. regarding our food and is as complete as possible at the time of this publication: October 2009.

Test or regional products have not been included. The information on this list is derived from testing conducted in accredited laboratories, published resources, and information provided by our suppliers, and is based on our standard product formulations. Variations may occur due to differences in seasons, suppliers, ingredient substitutions, recipe revisions, and product assembly on a restaurant-by-restaurant basis. Product formulations may change periodically.

Please check [www.checkers.com](http://www.checkers.com) on regular basis for nutritional updates.

Checkers Drive-In Restaurants, Inc., its franchisees and employees do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants. Persons with food allergies, sensitivities, or special dietary needs should consult a medical professional with questions regarding their diet.



# Nutritional Information

x Allergen is present in the menu item

✓ Menu item may be cooked in the same oil as an item containing the allergen

Soft Drinks**	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Fiber	Sugars	Protein
Coca-Cola® Classic - Kid's	12 fl oz cup	99	0g	0g	0g	0g	0g	2mg	27g	0g	27g	0g
Coca-Cola® Classic - Small	21 fl oz cup	174	0g	0g	0g	0g	0g	4mg	47g	0g	47g	0g
Coca-Cola® Classic - Medium	32 fl oz cup	265	0g	0g	0g	0g	0g	5mg	72g	0g	72g	0g
Coca-Cola® Classic - Large	42 fl oz cup	348	0g	0g	0g	0g	0g	7mg	95g	0g	95g	0g
Diet Coke® - Kid's	12 fl oz cup	1	0g	0g	0g	0g	0g	11mg	0g	0g	0g	0g
Diet Coke® - Small	21 fl oz cup	1	0g	0g	0g	0g	0g	18mg	0g	0g	0g	0g
Diet Coke® - Medium	32 fl oz cup	1	0g	0g	0g	0g	0g	27mg	0g	0g	0g	0g
Diet Coke® - Large	42 fl oz cup	2	0g	0g	0g	0g	0g	35mg	0g	0g	0g	0g
Sprite® - Kid's	12 fl oz cup	98	0g	0g	0g	0g	0g	22mg	26g	0g	26g	0g
Sprite® - Small	21 fl oz cup	171	0g	0g	0g	0g	0g	39mg	46g	0g	46g	0g
Sprite® - Medium	32 fl oz cup	260	0g	0g	0g	0g	0g	59mg	70g	0g	70h	0g
Sprite® - Large	42 fl oz cup	341	0g	0g	0g	0g	0g	77mg	91g	0g	91g	0g

\* Coca-Cola® Classic, Diet Coke® and Sprite® are trademarks of the Coca-Cola Co.

\*\* Sodium content of drinks will vary depending on water supply.

\*\*\*Nutrient contributions from individual components may not equal the total due to federal rounding regulations.

### **Please Note:**

This information is provided by Checkers Drive-In Restaurants, Inc. regarding our food and is as complete as possible at the time of this publication: October 2009.

Test or regional products have not been included. The information on this list is derived from testing conducted in accredited laboratories, published resources, and information provided by our suppliers, and is based on our standard product formulations. Variations may occur due to differences in seasons, suppliers, ingredient substitutions, recipe revisions, and product assembly on a restaurant-by-restaurant basis. Product formulations may change periodically.

Please check [www.checkers.com](http://www.checkers.com) on regular basis for nutritional updates.

Checkers Drive-In Restaurants, Inc., its franchisees and employees do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants. Persons with food allergies, sensitivities, or special dietary needs should consult a medical professional with questions regarding their diet.

### **NOTE: NYC Residents:**

The restaurants in this area prepare your food in cooking oil that has 0g trans fat per serving. However, some food products still contain partially hydrogenated oil in the formulation, and therefore, may have some trans fat. These nutritionals apply to the rest of the U.S. where the cooking oil used is partially hydrogenated soybean oil, which does contain trans fat.

© 2009 Checkers Drive-In Restaurants, Inc.

### **If you have a specific question regarding nutritional information, call or write:**

Checkers Drive-In Restaurants, Inc.  
ATTN: Nutrition Information  
4300 West Cypress Street #600  
Tampa, FL 33607  
(813) 283-7000