



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	Wheat
BURGERS & SANDWICHES																			
All American Cheeseburger	380	140	15	7	1	40	1160	37	2	8	17			X			X		X
Bacon All American Cheeseburger	450	190	22	9	1	50	1590	38	2	8	21			X			X		X
All American Hamburger	340	100	12	4.5	1	30	940	37	2	8	15								X
Bacon Roadhouse	680	420	47	17	2	90	1660	37	1	9	29	X		X			X		X
Big Buford®	660	350	39	18	2	115	1730	39	2	9	38			X			X		X
Baconzilla®	910	560	62	24	3	145	1670	43	3	7	46	X		X			X		X
Checker/Rallyburger®	320	110	12	4.5	1	30	940	39	2	9	15	X		X			X		X
Checker/Rallyburger® Burger w/ Cheese	450	240	27	11	1	55	960	33	4	5	19	X		X			X		X
Bacon Checker/Rallyburger® w/ Cheese	440	190	22	9	1	50	1310	40	2	9	21	X		X			X		X
Double Checker/Rallyburger® w/ Cheese	690	410	46	18	3	110	1040	30	2	8	37	X		X			X		X
Cheese Champ®	430	190	21	9	1	60	1430	39	2	9	22	X		X			X		X
Cheese Double	480	220	25	11	2	70	1510	38	2	8	27			X			X		X
Fry Lover's Burger®	440	180	20	8	1	45	1350	48	3	8	18	X		X			X		X
Double Fry Lover's Burger	670	350	39	14	2	80	1780	49	3	9	28	X		X			X		X
Mushroom Swissburger	350	140	15	6	1	40	1330	35	2	5	18			X			X		X
Double Mushroom Swissburger	470	220	25	11	2	70	1420	35	2	5	28			X			X		X
Grilled Hot Dog	360	180	20	8	1	35	940	30	1	7	13			X			X		X
Chili Dog	390	200	22	9	1	40	1100	33	2	8	15			X			X		X
Chili Cheese Dog	410	210	23	9	1	40	1180	34	2	9	15			X			X		X
CHICKEN & FISH																			
Big Chicken Sandwich	410	160	18	6	0.5	35	970	48	5	4	16	X							X
Big Chicken Deluxe	460	200	22	8	0.5	45	1190	49	5	5	18	X		X			X		X
Crispy Fish Sandwich	530	260	29	7	0.5	50	760	52	2	8	15	X	POLLOCK						X
Deep Sea Double	640	280	31	11	0	95	1170	63	5	5	25	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*	760	430	48	16	2	140	1910	40	4	0	41	X		X					X
Grilled Chicken Sandwich	460	210	24	3	0	75	1370	31	1	7	30	X					X		X
Spicy Chicken Sandwich	340	120	13	4	0	35	840	40	2	5	15	X		X					X
Double Spicy Chicken	550	260	28	11	1	80	1560	48	3	6	27	X		X			X		X
Spicy Chicken Deluxe	390	150	17	6	0	45	1050	41	2	6	17	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®, Garlic Parmesan	510	360	40	14	0.5	180	1080	3	0	0	35			X			X		
5 PC Classic Wings®, Sweet and Smoky	380	180	21	7	0	160	910	16	0	13	32								X
5 PC Classic Wings®, Medium Buffalo	360	210	23	7	0	180	1630	3	0	0	35								
5 PC Classic Wings®, Lemon Pepper	320	180	20	7	0	160	1070	2	0	0	31								
5 PC Classic Wings®, Memphis Dry Rub	330	180	20	7	0	160	820	4	0	0	31								
5 PC Boneless Wing, Plain	310	130	14	6	0.5	60	1310	22	2	0	24	X							X
5 PC Boneless Wings, Angry Buffalo	320	130	15	6	0.5	60	2040	24	3	0	24	X							X
5 PC Boneless Wings, Garlic Parmesan	500	310	34	13	1	65	1680	24	3	0	25	X		X			X		X
5 PC Boneless Wings, Sweet and Smoky	370	130	14	6	0.5	60	1540	37	3	13	24	X							X
5 PC Boneless Wings, Medium Buffalo	320	130	15	6	0.5	60	2140	23	2	0	24	X							X
5 PC Boneless Wings, Lemon Pepper	310	130	14	6	0.5	60	1690	22	2	0	24	X							X
5 PC Boneless Wings, Memphis Dry Rub	320	130	14	6	0.5	60	1440	24	2	0	24	X							X
5 PC Boneless Wings, Stingin' Honey Garlic	380	130	14	6	0.5	60	1510	38	3	13	25	X					X		X
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®, Garlic Parmesan	1010	710	79	27	1	355	2150	6	0	0	69			X			X		
10 PC Classic Wings®, Sweet and Smoky	750	370	41	13	0.5	324	1830	32	1	26	63								X
10 PC Classic Wings®, Medium Buffalo	700	410	45	15	0.5	350	3240	5	0	0	69								
10 PC Classic Wings®, Lemon Pepper	630	370	41	13	0.5	325	2140	3	0	0	63								
10 PC Classic Wings®, Memphis Dry Rub	650	370	41	13	0.5	325	1640	7	0	0	63								
10 PC Boneless Wing, Plain	630	260	29	12	1.5	120	2620	45	5	1	48	X							X
10 PC Boneless Wings, Angry Buffalo	650	270	29	12	1.5	120	4070	47	6	1	49	X							X
10 PC Boneless Wings, Garlic Parmesan	1000	620	69	27	2	125	3370	48	5	1	50	X		X			X		X

DESSERTS & SHAKES / SWEET SIDES																		
Apple Pie, 1	270	100	12	5	0	5	310	38	2	14	3						X	X
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		
Soft Serve - Chocolate	140	40	4.5	3	0	15	85	21	1	17	3					X		
Soft Serve - Swirl	140	40	4.5	3	0	15	85	21	1	16	3					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
Stacker - Strawberry Cheesecake	340	50	6	3.5	0	15	230	85	2	56	4					X		X
Stacker - Oreo® Fudge Stacker	350	110	12	6	0	10	280	56	1	43	4					X		X
Stacker - Caramel Cheesecake with Twix®	370	150	17	10	0	30	250	50	1	39	5					X		X
CHILL STOP																		
Sippable Italian Ice, Lemon - Small	190																	
Sippable Italian Ice, Lemon - Large	270																	
Sippable Italian Ice, Cherry - Small	225																	
Sippable Italian Ice, Cherry - Large	350																	
Kool-Aid® Slushie - Tropical Punch, Regular	220	0	0	0	0	0	105	55	0	55	0							
Kool-Aid® Slushie - Tropical Punch, Large	300	0	0	0	0	0	140	76	0	76	0							
Kool-Aid® Slushie - Watermelon, Regular	220	0	0	0	0	0	105	55	0	55	0							
Kool-Aid® Slushie - Watermelon, Large	300	0	0	0	0	0	140	76	0	76	0							
Kool-Aid® Slushie - Blue Raspberry, Regular	220	0	0	0	0	0	110	55	0	55	0							
Kool-Aid® Slushie - Blue Raspberry, Large	300	0	0	0	0	0	160	76	0	76	0							
ICE COLD DRINKS																		
Dasani	0	0	0	0	0	0	0	0	0	0	0							
Barq's Root Beer Value 16	140	0	0	0	0	0	45	39	0	39	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 Value 16	150	0	0	0	0	0	35	37	0	37	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 Value 16	140	0	0	0	0	0	35	36	0	36	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 Value 16	0	0	0	0	0	0	45	0	0	0	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 Value 16	140	0	0	0	0	0	45	35	0	35	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 Value 16	140	0	0	0	0	0	35	36	0	35	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 Value 16	150	0	0	0	0	0	75	38	0	38	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 Value 16	0	0	0	0	0	0	45	0	0	0	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 Value 16	140	0	0	0	0	0	45	33	0	33	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 Value 16	150	0	0	0	0	0	65	38	0	37	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 Value 16	150	0	0	0	0	0	35	38	0	37	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 Value 16	150	0	0	0	0	0	45	39	0	39	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) Value 16	130	0	0	0	0	0	85	34	0	32	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 Value 16	130	0	0	0	0	0	50	34	0	34	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 Value 16	80	0	0	0	0	0	100	20	0	20	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 Value 16	140	0	0	0	0	0	65	34	0	33	0								
Sprite High Yield Small 20	170	0	0	0	0	0	80	42	0	42	0								
Sprite High Yield Medium 30	250	0	0	0	0	0	120	63	0	62	0								
Sprite High Yield Large 37.5	320	0	0	0	0	0	150	79	0	78	0								
Moster Energy (Green) 10.5oz Can	140	0	0	0	0	0	240	36	0	35	0								

