



# 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
<b>BURGERS &amp; SANDWICHES</b>																			
All American Cheeseburger	330	160	18	7	0	40	1050	31	1	8	13			X			X		X
Smoky BBQ Bacon Buford	910	600	66	24	1.5	130	2110	41	1	7	44	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
Double Checker/Rallyburger® w/Cheese	570	360	43	13	1	80	1430	34	2	9	21	X		X			X		X
Cheese Champ®	530	300	37	11	1	60	1220	40	1	10	18	X		X			X		X
Fry Lovers Double	630	400	48	15	1	80	1580	39	2	8	21	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
Deep Sea Double	670	290	33	10	1	75	1600	73	2	7	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 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
Double Spicy Chicken	870	580	71	17	1.5	105	2650	48	3	6	27	X		X			X		X
5 Chicken Wings, Plain	350	200	23	7	0	180	760	2	0	0	35								
5 Chicken Wings, Angry Buffalo	360	210	23	7	0	180	1530	3	1	0	35								
5 Chicken 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 Chicken Wings, Garlic Parmesan	510	360	40	14	0.5	180	1080	3	0	0	35			X			X		
5 Chicken Wings, Sweet & Smoky BBQ	430	200	23	7	0	180	1050	19	1	16	35								
10 Chicken Wings, Plain	690	400	44	14	0.5	350	1500	4	0	0	68								
10 Chicken Wings, Angry Buffalo	710	410	45	15	0.5	350	3030	6	1	0	69								
10 Chicken 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 Chicken Wings, Garlic Parmesan	1010	710	79	27	1	355	2150	6	0	0	69			X			X		
10 Chicken Wings, Sweet & Smoky BBQ	840	400	44	14	0.5	350	2080	38	1	31	69								
20 Chicken Wings, Plain	1380	800	89	29	1.5	700	3000	8	0	0	136								
20 Chicken Wings, Angry Buffalo	1420	820	91	29	1.5	700	6070	13	3	0	137								
20 Chicken 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 Chicken Wings, Garlic Parmesan	2040	1420	158	55	2.5	710	4290	13	0	0	139			X			X		
20 Chicken 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
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
Mushroom Swissburger	330	160	15	18	0.5	40	930	29	2	5	15			X			X		X
Double Mushroom Swissburger	460	260	29	12	1	70	1210	29	2	5	22			X			X		X
Bacon Cheddar Crisp	390	190	21	8	0	45	930	31	1	7	16			X					X
Bacon Cheddar Crisp Double	570	340	37	15	1	85	1470	33	1	8	25			X			X		X
10 PC Chicken Nuggets	500	280	32	14	0	90	1160	28	2	0	24	X		X					X
Double Olive Burger	570	370	44	13	1	65	1850	33	2	8	18	X					X		X
Olive Burger	440	260	33	8	0	35	1560	33	2	8	12	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								
Parmesan Garlic, 1 FO--wing sauce	160	160	17	6	0	5	320	1	0	0	1			X			X		
Lemon Pepper Seasoning, .25oz--wing seasoning	0	0	0	0	0	0	1520	0	0	0	0								
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								
Ranch Dipping Sauce Dipper, 1 each PC	210	210	23	3.5	0	10	440	2	0	1	1	X		X					

