



NUTRITION SURVIVAL GUIDE TO

# CHECKERS

CALORIES AND MACRONUTRIENTS

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## BURGERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Baconzilla	910	46	43	3	7	62	4.2
Bacon Roadhouse	680	29	37	1	9	47	4.2
Big Buford	660	38	39	2	9	39	4.3
Double Checkerburger with Cheese	490	27	39	2	9	25	3.8
Cheese Double	480	27	38	2	8	25	3.8
Bacon Checkerburger with Cheese	440	21	40	2	9	22	3.3
Cheese Champ	430	22	33	2	9	21	3.6
Checkerburger with Cheese	360	18	39	2	9	15	2.9
Checkerburger	320	15	39	2	9	12	2.4
Bacon Cheese Champ	70	30	35	2	9	33	4.4

## HOT DOGS

Chili Cheese Dog	410	15	34	2	9	23	3
Chili Dog	390	15	33	2	8	22	2.8
Grilled Hot Dog	360	13	30	1	7	20	2.4

## CHICKEN/FISH

1/2lb Chicken Bites	760	24	40	4	0	48	4.2
Chicken Bites & Fries Box	710	24	64	6	0	40	4.2
Deep Sea Double	640	25	63	5	5	31	2.9
Spicy Chicken Double	550	27	48	3	6	28	3.9
Crispy Fish Sandwich	530	15	52	2	8	29	1.9
Big Chicken Deluxe	460	18	49	5	5	22	3
Big Chicken Sandwich	410	16	48	5	4	18	2.4
Spicy Chicken Deluxe	390	17	41	2	6	17	2.6
Spicy Chicken Sandwich	340	15	40	2	5	13	2.1

## CLASSIC WINGS

Garlic Parmesan (5)	510	35	3	0	0	40	2.7
Honey BBQ (5)	430	35	19	1	16	23	2.6
Asian Kick (5)	430	35	21	0	18	23	3
Medium Buffalo (5)	360	35	3	0	0	23	4.1
Angry Buffalo (5)	360	35	3	1	0	23	3.8

## BONELESS WINGS

Garlic Parmesan (5)	500	25	24	3	0	34	4.2
Stingin' Honey Garlic (5)	380	25	38	3	13	14	3.8

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Sweet & Smoky BBQ (5)	370	24	37	3	13	14	3.9
Asian Kick (5)	370	24	37	2	14	14	4.1
Medium Buffalo (5)	320	24	23	2	0	15	5.4
Angry Buffalo (5)	320	24	2	3	0	15	5.1

## FRY LOVE

Famous Seasoned Fries (XL)	910	12	115	12	1	45	5.1
Fully Loaded Fries	870	19	72	7	3	56	5.5
Garlic Parm Fries & Stix	830	18	70	6	3	53	5.6
Famous Seasoned Fries (L)	590	8	74	7	1	29	3.3
Cheese Chili Cheese Fries	590	9	72	8	2	30	3.6
Famous Seasoned Fries (M)	500	7	63	6	0	24	2.8
Monsterella Stix (6)	420	18	29	2	3	25	3.8
Famous Seasoned Fries (S)	390	5	49	5	0	19	2.2
Monsterella Stix (4)	280	12	20	1	3	17	2.7
Famous Seasoned Fries - Value	260	3	33	3	0	13	1.5

## SWEET SIDE

Apple Pie Loaded Milkshake	900	15	127	2	79	37	1.7
Oreo Fudge Loaded Milkshake	590	8	100	3	78	18	1
Banana Split Loaded Milkshake	540	7	101	3	88	12	0.6
Apple Pie Stacker	540	8	79	2	42	21	1.2
Loaded Funnel Cake Fries	480	3	56	1	31	27	0.7
Chocolate Milkshake	470	10	79	2	60	13	0.7
Banana Milkshake	460	9	77	2	63	13	0.7
Strawberry Milkshake	460	9	75	2	6	13	0.6
Caramel Cheesecake Loaded Milkshake	460	7	60	1	48	21	0.7
Caramel Cheesecake Stacker (w Twix)	460	7	60	1	48	21	0.7
Vanilla Milkshake	390	9	57	2	44	13	0.6
Funnel Cake Fries	370	2	38	0	16	23	0.6
Strawberry Cheesecake Stacker	340	4	85	2	56	6	0.6
Oreo Fudge Stacker	340	4	59	2	46	11	0.6
Cinnamon Apple Pie	270	3	38	2	14	12	0.8
Chocolate Waffle Cone	230	4	40	1	22	5	0.3
Swirl Waffle Cone	230	4	40	1	21	5	0.3
Vanilla Waffle Cone	220	4	39	1	20	5	0.3
Classic Chocolate Cone	160	3	25	1	17	5	0.2
Classic Swirl Cone	160	3	25	1	16	5	0.2
Classic Vanilla Cone	150	3	24	1	15	5	0.2

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## DRINKS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Fanta Strawberry (32 oz)	290	0	80	-	79	0	-
Hi-C (32 oz)	280	0	78	-	78	0	-
Barq's Root Beer (32 oz)	280	0	78	-	78	0	-
Cherry Cola (32 oz)	280	0	75	-	75	0	-
Coca-Cola (32 oz)	260	0	72	-	72	0	-
Gold Peak Sweet Tea (32 oz)	260	0	67	-	66	0	-
Sprite (32 oz)	260	0	69	-	69	0	-
Mr Pibb (32 oz)	250	0	68	-	68	0	-
Minute Maid Lemonade (32 oz)	240	0	68	-	64	0	-
Diet Coke (32 oz)	0	0	0	-	0	0	-