

Arby's® Nutrition & Allergen Information (U.S.)



Major food allergens are listed below in **RED**.

† Menu item is cooked in the same oil as other items that contain major allergens.

* Manufactured in a facility that processes peanuts or tree nuts.

* Menu item may not be available at all Arby's restaurants.

	Serving Weight (g)	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Arby's® Roast Beef																
Roast Beef Classic Contains: Milk, Soy, Wheat	154	360	130	14	6	1	50	950	37	2	5	22	0	0	8	25
Roast Beef Mid Contains: Milk, Soy, Wheat	210	470	190	22	9	1.5	85	1360	38	2	5	32	0	0	10	30
Roast Beef Max Contains: Milk, Soy, Wheat	281	610	270	29	12	2	120	1830	46	3	7	43	0	0	10	40
Beef 'n Cheddar Classic Contains: Milk, Soy, Wheat	195	450	190	21	7	1	55	1240	43	2	10	22	2	0	10	20
Beef 'n Cheddar Mid Contains: Milk, Soy, Wheat	251	550	250	28	10	1.5	85	1650	43	2	10	32	2	0	10	30
Beef 'n Cheddar Max Contains: Milk, Soy, Wheat	329	680	330	37	13	2	120	2230	46	2	10	42	4	0	10	35
Pepper Bacon (4 pieces) Adds	18	90	50	6	2	0	10	340	1	0	1	7	0	6	0	0
Arby's Sauce® Adds	14	15	0	0	0	0	0	180	3	0	2	0	0	2	0	0
Horsey Sauce® Adds Contains: Egg	14	50	45	5	0.5	0	5	160	3	0	2	0	0	0	0	0
Shroom & Swiss Contains: Egg, Milk, Soy, Wheat	216	520	250	28	9	1	65	1990	46	2	8	22	2	0	20	15
Deluxe Bacon Cheddar Contains: Milk, Soy, Wheat	235	430	170	19	9	1	60	1830	42	2	8	25	10	15	15	15
Market Fresh® Sandwiches																
Reuben Sandwich Contains: Egg, Milk, Wheat	308	690	290	32	9	0	65	1870	64	4	8	38	4	20	35	30
Roast Turkey & Swiss Sandwich Contains: Egg, Fish (anchovies), Milk, Soy, Wheat	334	650	200	22	6	0	75	1820	79	5	18	39	25	15	45	25
Roast Turkey & Swiss Wrap Contains: Egg, Fish (anchovies), Milk, Soy, Wheat	278	500	220	24	7	0.5	75	1510	43	8	6	35	25	10	30	15
Roast Turkey, Ranch & Bacon Sandwich Contains: Egg, Milk, Soy, Wheat	344	810	320	36	10	0.5	95	220	78	5	17	46	25	15	45	30
Roast Turkey, Ranch & Bacon Wrap Contains: Egg, Milk, Soy, Wheat	297	600	290	32	9	0.5	95	2000	43	8	6	42	25	15	35	20
Angus Cool Deli Sandwich Contains: Egg, Milk, Soy, Wheat	340	640	310	35	8	0	80	1760	47	3	4	37	40	35	20	30
Angus Cool Deli Wrap Contains: Egg, Milk, Soy, Wheat	331	620	330	36	8	0.5	80	1640	42	9	5	39	45	20	30	25
Toasted Subs																
Philly Beef Toasted Sub Contains: Egg, Milk, Soy, Wheat	240	520	210	23	9	1	70	1510	53	2	6	27	6	35	15	15
French Dip & Swiss Toasted Sub w/Au Jus Contains: Milk, Soy, Wheat May Contain Egg	282	500	180	20	8	1	60	2100	56	2	4	27	2	0	15	15
Angus Three Cheese & Bacon Sub Contains: Egg, Milk, Soy, Wheat	267	660	300	33	13	0.5	115	1810	46	2	3	47	8	20	35	25
Kids Menu																
Jr. Roast Beef Contains: Milk, Soy, Wheat	100	230	80	8	3.5	0.5	35	640	24	1	4	14	0	0	4	15
Curly Fries - Kids ♦ Contains: Wheat † Egg, Milk, Soy, Fish (where available)	77	270	130	14	2	0	10	700	33	2	0	3	0	0	0	6
CapriSun® Fruit Juice	185	80	0	0	0	0	0	25	21	0	20	0	0	0	0	0
Applesauce	113	80	0	0	0	0	0	10	21	2	18	0	0	45	0	0

♦ Recommended portion sizes. Curly Fries and Homestyle Fries (where available) are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

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Sides and Sidekickers®

	Serving Weight (g)	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Curly Fries - Small ♦ Contains: Wheat	128	450	210	24	3	0	20	1160	55	4	0	4	2	2	2	10
† Egg, Milk, Soy, Fish (where available)																
Curly Fries - Medium ♦ Contains: Wheat	170	600	280	31	4	0	25	1550	74	5	0	6	4	4	4	10
† Egg, Milk, Soy, Fish (where available)																
Curly Fries - Large ♦ Contains: Wheat	201	710	340	37	5	0	30	1840	87	6	0	7	4	4	4	15
† Egg, Milk, Soy, Fish (where available)																
Cheddar Cheese Sauce* Adds Contains: Milk	43	50	35	3.5	0.5	0	0	360	4	0	0	1	2	0	2	0
Mozzarella Sticks - Regular (4) Contains: Milk, Wheat	137	440	200	23	9	0.5	5	1190	39	2	3	21	10	0	60	4
† Egg, Soy, Fish (where available)																
Mozzarella Sticks - Large (6) Contains: Milk, Wheat	206	660	310	34	13	1	5	1780	59	3	5	31	15	0	80	6
† Egg, Soy, Fish (where available)																
Marinara Sauce Adds	43	35	15	1.5	0	0	0	160	5	1	2	1	8	10	0	0
Steakhouse Onion Rings* (5) Contains: Milk, Wheat	132	460	210	24	3	0	0	1400	56	3	6	6	0	0	4	4
† Egg, Soy, Fish (where available)																

Desserts and Drinks

Sweet Tea - Small Cup	358	100	0	0	0	0	0	0	26	0	25	0	0	0	0	0
Unsweetened Tea - Small Cup	392	0	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Pepsi®- Small Cup	438	180	0	0	0	0	0	5+	49	0	49	0	0	0	0	0
Diet Pepsi®- Small Cup	435	0	0	0	0	0	0	5+	0	0	0	0	0	0	0	0
Mountain Dew®- Small Cup	454	200	0	0	0	0	0	25+	54	0	54	0	0	0	0	0
Sierra Mist® - Small Cup	451	190	0	0	0	0	0	0+	50	0	50	0	0	0	0	0
Dr Pepper® - Small Cup	439	180	0	0	0	0	0	45+	48	0	48	0	0	0	0	0
Nestle® Pure Life® Bottled Water	479	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Diet Mountain Dew - Small Cup	541	0	0	0	0	0	0	30	0	0	0	0	0	0	0	0
Diet Dr. Pepper - Small Cup	440	10	0	0	0	0	0	95	0	0	0	0	0	0	0	0
Caffeine Free Mug® Root Beer - Small Cup	443	170	0	0	0	0	0	15	47	0	47	0	0	0	0	0
Tropicana® Fruit Punch	475	220	0	0	0	0	0	40	57	0	57	0	0	0	0	0
Tropicana Light Lemonade	452	10	0	0	0	0	0	135	0	0	0	0	0	0	0	0
* Apple Turnover (no icing) Contains: Soy, Wheat	89	310	140	16	7	0	0	190	38	1	13	5	10	20	0	8
* Cherry Turnover (no icing) Contains: Soy, Wheat	89	310	140	169	7	0	0	240	37	2	10	5	15	0	0	10
Icing Adds	21	70	5	1	0	0	0	0	16	0	14	0	0	0	0	0
* Chocolate Turnover (no icing) Contains: Milk, Soy, Wheat	89	390	220	25	11	0	0	200	37	2	13	5	15	0	2	10
Chocolate Icing Adds	39	120	0	0	0	0	0	55	30	0	26	0	0	0	0	2

♦ Recommended portion sizes. Curly Fries and Homestyle Fries (where available) are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

+The sodium value will vary based on the level of sodium in the local water supply.



Wendy's® Nutrition & Allergen Information (U.S.)

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Wendy's Sandwiches

	Serving Weight (g)	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Jr Bacon Cheeseburger Contains: Egg, Milk, Soy, Wheat	140	330	150	17	7	0.5	50	800	26	1	5	18	8	6	10	15
Double Stack™ Contains: Milk, Soy, Wheat	139	360	160	18	8	1	70	760	26	1	6	23	4	0	10	20
1/4 lb.* Single Contains: Egg, Milk, Soy, Wheat	255	550	250	28	12	1.5	95	1280	43	2	10	30	15	10	20	25
1/2 lb.* Double Contains: Egg, Milk, Soy, Wheat	334	770	390	43	19	2.5	160	1450	43	2	10	50	15	10	20	40
3/4 lb.* Triple Contains: Egg, Milk, Soy, Wheat	423	1020	560	62	28	3.5	240	1820	43	2	10	71	20	15	30	50
Baconator® Single Contains: Egg, Milk, Soy, Wheat	193	580	290	32	13	1.5	100	1050	42	1	9	31	4	4	15	25
Baconator Double Contains: Egg, Milk, Soy, Wheat	299	940	530	59	25	2.5	195	1590	45	2	9	55	8	8	20	40
Bacon Deluxe Single Contains: Egg, Milk, Soy, Wheat	266	640	320	36	15	1.5	110	1520	43	2	11	35	15	20	20	30
Bacon Deluxe Double Contains: Egg, Milk, Soy, Wheat	345	850	460	51	22	2.5	180	1690	43	2	11	54	15	20	20	40
Ultimate Chicken Grill Sandwich Contains: Egg, Wheat	230	370	70	7	1.5	0	90	1150	42	2	9	34	6	15	8	20
Homestyle Chicken Fillet Sandwich Contains: Egg, Wheat † Fish (where available)	230	460	150	17	2.5	0	50	1140	53	1	7	25	6	10	8	15
Spicy Chicken Fillet Sandwich Contains: Egg, Wheat † Fish (where available)	233	470	150	17	3	0	60	1330	52	3	7	27	6	10	8	20
Asiago Ranch Club w/Ultimate Chicken Grill Contains: Egg, Milk, Wheat	267	560	220	24	8	0	125	1470	43	2	8	41	10	15	20	20
Asiago Ranch Club w/Homestyle Chicken Contains: Egg, Milk, Wheat † Fish (where available)	267	650	300	33	9	0	85	1480	56	2	8	33	10	15	20	20
Asiago Ranch Club w/Spicy Chicken Contains: Egg, Milk, Wheat † Fish (where available)	270	660	300	34	9	0	90	1660	55	3	8	34	10	15	20	20
Crispy Chicken Sandwich Contains: Egg, Wheat † Milk, Fish (where available)	142	350	140	16	3	0	30	710	39	2	4	14	0	0	6	10

◆ Recommended portion sizes. Curly Fries and Homestyle Fries (where available) are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

* Approximate weight before cooking.



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Garden Sensations® Salads

	Serving Weight (g)	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
* Apple Pecan Chicken Salad Contains: Milk	354	350	110	12	7	0	110	1210	29	5	20	37	35	60	25	10
* Apple Pecan Chicken Salad (Half-Size) Contains: Milk	196	180	50	6	3.5	0	55	610	15	3	11	18	25	30	15	6
* Roasted Pecans Contains: Milk, Soy, Treenut (pecan), Wheat	17	110	80	9	1	0	0	60	5	1	4	1	0	0	0	0
Pomegranate Vinaigrette Dressing ❖	31	60	25	3	0	0	0	160	8	0	7	0	0	6	0	0
Baja Salad Contains: Milk	529	560	290	33	14	1	85	1610	36	11	12	33	60	45	50	30
Baja Salad (Half-Size) Contains: Milk	293	280	150	17	7	0	40	820	19	6	7	17	35	25	25	15
Creamy Red Jalapeño Dressing ❖ Contains: Egg, Milk	31	100	90	10	2	0	10	270	2	0	1	1	0	0	0	0
Seasoned Tortilla Strips Contains: Milk, Soy	17	80	40	4.5	1.5	0	0	105	11	1	0	1	0	0	0	0
BLT Cobb Salad Contains: Egg, Milk	397	450	210	23	11	0	275	1840	10	2	5	49	50	25	25	15
BLT Cobb Salad (Half-Size) Contains: Egg, Milk	217	230	100	11	5	0	135	920	6	1	3	25	30	15	15	8
Avocado Ranch Dressing ❖ Contains: Egg, Milk	31	100	90	10	2	0	10	220	1	0	1	1	0	0	0	0
Spicy Chicken Caesar Salad Contains: Egg, Milk, Wheat † Fish (where available)	340	460	230	26	11	0.5	100	1270	23	4	5	34	50	30	40	8
Spicy Chicken Caesar Salad (Half-Size) Contains: Egg, Milk, Wheat † Fish (where available)	241	240	120	13	5	0	50	640	14	3	4	17	35	20	20	6
Gourmet Croutons Contains: Milk, Wheat	18	80	25	3	0	0	0	190	13	0	0	2	0	0	0	6
Lemon Garlic Caesar Dressing ❖ Contains: Egg, Fish (anchovies), Milk, Soy	31	110	90	11	2	0	10	180	2	0	1	2	0	4	4	0

Kids' Meal

Hamburger, Kids' Meal Contains: Wheat	84	220	70	8	3	0	30	370	26	1	5	12	0	0	4	15
Cheeseburger, Kids' Meal Contains: Milk, Soy, Wheat	95	260	100	11	5	0.5	40	570	26	1	6	14	4	0	10	15
Crispy Chicken Sandwich, Kids' Meal Contains: Wheat † Egg, Milk, Fish (where available)	135	320	120	14	2.5	0	25	680	38	2	4	13	0	0	4	10
4 Piece Chicken Nuggets, Kids' Meal Contains: Milk, Wheat † Egg, Fish (where available)	60	180	120	13	2.5	0	30	340	8	1	0	10	0	0	0	2
Kids' Natural-Cut Fries ♦ † Egg, Milk, Wheat, Fish (where available)	77	220	100	11	2	0	0	270	29	3	0	3	0	6	0	4
Apple Slices	68	40	0	0	0	0	0	0	9	2	7	0	0	90	10	0
Juicy Juice® Apple Juice	191	90	0	0	0	0	0	5	22	0	20	0	0	220	2	2
Lowfat Chocolate Milk Contains: Milk	251	170	25	2.5	1.5	0	10	160	29	1	28	8	10	2	40	2
Lowfat White Milk Contains: Milk	244	100	36	2.5	1.5	0	10	120	12	0	12	8	10	2	40	0

♦ Recommended portion sizes. Curly Fries and Homestyle Fries (where available) are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

■ Topping and Salad Dressings listed separately.

❖ Information is for 1 dressing packet.



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Side Selections																	
Value Natural-Cut Fries ♦	† Egg, Milk, Wheat, Fish (where available)	77	220	100	1	2	0	0	270	29	3	0	3	0	6	0	4
Small Natural-Cut Fries ♦	† Egg, Milk, Wheat, Fish (where available)	108	320	140	15	3	0	0	380	41	5	0	4	0	8	0	6
Medium Natural-Cut Fries ♦	† Egg, Milk, Wheat, Fish (where available)	142	420	180	20	3.5	0	0	500	54	6	0	5	0	10	0	8
Large Natural-Cut Fries ♦	† Egg, Milk, Wheat, Fish (where available)	176	520	220	25	4.5	0	0	630	67	7	0	6	0	15	2	10
Garden Side Salad		98	25	0	0	0	0	0	25	5	1	3	1	70	15	2	2
Caesar Side Salad	Contains: Milk	99	80	35	4	1.5	0	10	210	4	1	2	6	20	4	10	2
Gourmet Croutons	Contains: Milk, Wheat	18	80	25	3	0	0	0	190	13	0	0	2	0	0	0	6
Lemon Garlic Caesar Dressing ❖	Contains: Egg, Fish (anchovies), Milk, Soy	31	110	90	11	2	0	10	180	2	0	1	2	0	4	4	0
Small Chili		227	220	60	7	3	0	35	870	22	6	6	18	0	0	8	15
Saltine Crackers	Contains: Soy, Wheat	6	25	5	0.5	0	0	0	80	5	0	0	1	0	0	0	0
Chicken Nuggets																	
5 Piece Chicken Nuggets (Regular)	Contains: Milk, Wheat † Egg, Fish (where available)	75	240	150	16	3	0	35	420	10	1	0	13	0	0	0	2
5 Piece Chicken Nuggets (Spicy)	Contains: Milk, Wheat † Egg, Fish (where available)	75	230	140	15	3.5	0	35	690	14	1	0	10	0	4	0	2
10 Piece Chicken Nuggets (Regular)	Contains: Milk, Wheat † Egg, Fish (where available)	150	480	300	33	6	0	75	840	20	2	0	25	0	0	0	6
10 Piece Chicken Nuggets (Spicy)	Contains: Milk, Wheat † Egg, Fish (where available)	151	470	270	30	7	0	70	1380	27	2	0	21	0	8	2	6
Barbecue Nugget Sauce		28	45	0	0	0	0	0	120	11	0	4	0	0	4	0	0
Sweet & Sour Nugget Sauce		28	50	0	0	0	0	0	120	12	0	11	0	0	0	0	0
Honey Mustard Nugget Sauce	Contains: Egg	28	80	60	6	1	0	10	220	7	0	3	0	0	0	0	0
Heartland Ranch Dipping Sauce	Contains: Egg, Milk, Soy	28	120	100	12	1.5	0	10	240	3	0	2	0	0	0	0	0

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Frosty™ Treats

	Serving Weight (g)	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Chocolate Frosty Small Contains: Milk	177	250	60	6	4	0	25	115	41	0	35	6	15	0	25	8
Vanilla Frosty Small Contains: Milk	189	260	60	7	4.5	0	25	125	43	0	37	7	15	0	25	0
Frosty Float Contains: Milk	467	380	70	7	4.5	0	30	135	75	0	69	7	15	0	30	0
Chocolate Frosty Shake, Small Contains: Milk	365	610	130	14	9	0.5	45	260	109	2	98	12	20	0	40	10
Chocolate Frosty Shake, Large Contains: Milk	508	890	160	18	11	1	55	380	168	4	151	16	25	0	50	20
Vanilla Bean Frosty Shake, Small Contains: Milk	371	620	120	14	8	0.5	45	450	115	0	83	10	20	0	40	0
Vanilla Bean Frosty Shake, Large Contains: Milk	510	890	150	16	10	1	55	710	172	0	119	13	25	0	50	0
Strawberry Frosty Shake, Small Contains: Milk	364	580	120	14	8	0.5	45	190	104	1	94	10	20	15	40	2
Strawberry Frosty Shake, Large Contains: Milk	504	820	150	16	10	1	55	240	156	1	142	13	25	30	50	4
Caramel Frosty Shake, Small Contains: Milk	375	680	140	15	9	0.5	50	330	126	0	102	11	20	0	45	0
Caramel Frosty Shake, Large Contains: Milk	526	1020	170	19	12	1	65	510	198	0	157	14	30	0	60	0
Wild Berry Frosty Shake, Small Contains: Milk	364	550	120	14	8	0.5	45	190	96	1	84	11	20	10	40	2
Wild Berry Frosty Shake, Large Contains: Milk	497	750	150	16	10	1	55	250	137	2	120	13	30	20	50	4
Oreo® Frosty Parfait Contains: Milk, Soy, Wheat	237	400	90	10	6	0	30	220	68	1	56	8	15	0	30	8
Caramel Apple Parfait Contains: Milk	252	400	80	9	5	0	30	180	71	1	57	8	15	20	30	2



Nutrition information is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or season of the year. Certain menu items may not be available at all locations. Temporary products are not included. Nutrition calculations follow federal regulations regarding the rounding of nutritional data. This information is effective as of **June 2011**.

For the most comprehensive and up-to-date information, or to calculate nutrition facts for your favorite menu items, visit www.arbys.com or call 1-800-487-2729.

Arby's Restaurant Group, Inc., its franchisees and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Federal regulations have identified 8 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, and crustacean shellfish. For your convenience, menu items and ingredients that contain these major allergens have been indicated. Foods cooked in common oil have also been indicated as possible allergens.

Federal regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soy oil as an ingredient is not indicated as an allergen. Please consult your Doctor to know if you should avoid products that contain highly refined soy oil.

We encourage anyone with food allergies, sensitivities, or special dietary needs to contact Arby's Restaurant Group, Inc., Customer Relations, 1155 Perimeter Center West, Atlanta, GA 30338, 1-800-487-2729.

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Nutrition information is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or season of the year. Certain menu items may not be available at all locations. Temporary products are not included. Nutrition calculations follow federal regulations regarding the rounding of nutritional data. This information is effective as of **June 2011**.

For the most comprehensive and up-to-date information, or to calculate nutrition facts for your favorite menu items, visit www.wendys.com

Wendy's International, Inc., its franchisees and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Federal regulations have identified 8 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, and crustacean shellfish. For your convenience, menu items and ingredients that contain these major allergens have been indicated. Foods cooked in common oil have also been indicated as possible allergens.

Federal regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soy oil as an ingredient is not indicated as an allergen. Please consult your Doctor to know if you should avoid products that contain highly refined soy oil.

We encourage anyone with food allergies, sensitivities, or special dietary needs to contact Wendy's Consumer Relations Department, One Dave Thomas Boulevard, Dublin, OH 43017, 614-764-3100.

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