NUTRITION INFORMATION

QUALITY IS OUR RECIPE®

FRESH-MADE SALADS*

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Mustard	Egg	Fish	Wheat	Milk	Peanut	Soybean	Tree Nut	Sesame Seeds	Shellfish	Sulphites
Apple Pecan Chicken Salad, Full Size ◗	425	590	28	9	0	120	1170	51	7	40	37	40	90	25	10					✓		✓	✓			
Apple Pecan Chicken Salad, Half Size ◗	240	350	19	5	0	60	620	29	4	22	19	25	45	10	8					✓		✓	✓			
BBQ Ranch Chicken Salad, Full Size ◗	444	580	30	9	0	130	1350	40	5	25	41	40	45	30	15	✓	✓			✓		✓				
BBQ Ranch Chicken Salad, Half Size ◗	247	300	15	4.5	0	65	710	24	3	15	21	25	25	15	8	✓	✓			✓		✓				
Power Mediterranean Chicken, Full Size ◗	508	460	16	5	0	100	990	41	8	18	39	70	90	15	15					✓		✓		✓		
Power Mediterranean Chicken, Half Size ◗	293	240	9	2.5	0	50	510	22	5	10	20	45	15	8	8					✓		✓		✓		
Spicy Chicken Caesar Salad, Full Size ◗★	414	850	58	22	1	170	1960	37	5	7	46	20	70	60	35	✓	✓	✓	✓	✓		•				•
Spicy Chicken Caesar Salad, Half Size ◗★	250	470	31	11	0.5	85	1080	26	4	4	24	10	50	30	25	✓	✓	✓	✓	✓		•				•
Taco Salad, Full Size ♦	681	650	32	14	1	85	1600	60	10	15	31	35	50	45	35					✓		✓				
Taco Salad, Half Size ♦	444	500	26	10	0.5	55	1110	49	7	10	19	30	35	35	20					✓		✓				

*Nutrition and allergen information includes salad toppings. Full Size salads include two packets of dressing; Half Size and Side salads include one packet of dressing.

SIDE SELECTIONS

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Mustard	Egg	Fish	Wheat	Milk	Peanut	Soybean	Tree Nut	Sesame Seeds	Shellfish	Sulphites
Garden Side Salad with Ranch Dressing*	190	150	7	1	0	10	370	19	3	4	4	20	70	4	10	✓	✓		✓	✓						
Caesar Side Salad with Caesar Dressing*	152	280	20	5	0	30	500	17	3	2	9	80	10	15	15	✓	✓	✓	✓	✓		✓				
Strawberry Yogurt	175	160	2.5	1.5	0	10	90	28	0	24	6	10	0	20	0					✓						
Plain Baked Potato (avg wt. 10 oz)	284	270	0	0	0	0	40	61	7	3	7	0	40	4	20											
Sour Cream & Chives Baked Potato	328	350	6	3.5	0	20	70	65	7	4	9	20	60	10	25					✓						
Broccoli & Cheese Sauce Baked Potato	397	380	8	4	0	15	400	67	8	6	12	6	90	15	25					✓		✓				
Bacon & Cheese Sauce Baked Potato	363	480	17	7	0	45	600	65	7	7	17	0	40	15	25					✓		✓				
Becel® Margarine	7	50	6	1	0	0	50	0	0	0	0	10	0	0	0					✓		✓				
Chili, Small ♦	227	170	5	2	0	35	780	16	4	6	15	0	0	4	20							✓				
Chili, Large ♦	340	250	7	3	0.5	50	1170	23	5	9	23	0	0	6	25							✓				
Hot Chili Seasoning	7	5	0	0	0	0	280	2	0	1	0	0	0	0	0											
Saltine Crackers	6	25	0.5	0	0	0	90	5	0	0	1	0	0	0	2				✓			✓				
Cheddar Cheese, shredded	17	70	5	3.5	0	15	125	1	0	0	4	4	0	10	0					✓						
Chili Cheese Nachos ♦	135	280	13	2.5	0	15	450	36	4	2	9	0	0	8	10					✓		✓				
Cheese Fries	153	380	17	7	0	20	670	48	3	1	8	2	8	15	6	•	•	•	•	✓		✓				•
Chili Cheese Fries ♦	266	460	19	8	0.5	35	1050	56	5	4	15	2	8	15	15	•	•	•	•	✓		✓				•
Poutine	287	620	30	15	1	60	1420	69	4	1	19	15	10	40	10	•	•	•	✓	✓		✓				✓
Bacon Poutine	300	690	35	16	1	75	1650	70	4	1	24	15	15	40	10	•	•	•	✓	✓		✓				✓
Kids' Fries w/Sea Salt	77	200	7	2	0	0	260	33	2	0	2	0	6	2	4	•	•	•	•	•		•				•
Small Fries w/Sea Salt	108	290	9	3	0	0	370	47	3	0	3	0	8	2	6	•	•	•	•	•		•				•
Medium Fries w/Sea Salt	142	380	12	4	0	0	480	62	4	0	4	0	10	2	8	•	•	•	•	•		•				•
Large Fries w/Sea Salt	170	450	15	5	0	0	580	74	4	0	5	0	10	2	10	•	•	•	•	•		•				•

*Nutrition and allergen information includes salad toppings. Full Size salads include two packets of dressing; Half Size and Side salads include one packet of dressing.

HOMESTYLE CHICKEN STRIPS & CRISPY CHICKEN NUGGETS

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Mustard	Egg	Fish	Wheat	Milk	Peanut	Soybean	Tree Nut	Sesame Seeds	Shellfish	Sulphites
3 Piece Homestyle Chicken Strips ★	139	360	17	3	0	65	1320	28	1	1	24	0	0	2	15	•	•	•	✓	•		•				•
4 Piece Kids' Meal Nuggets ★	64	170	10	2	0	30	350	9	0	0	9	0	0	0	4	•	•	•	✓	•		•				•
5 Piece Nuggets ★	81	210	13	2.5	0	35	440	11	0	0	12	0	0	0	6	•	•	•	✓	•		•				•
Buttermilk Ranch Sauce	28	120	12	2	0	10	240	2	0	2	0	0	0	0	0					✓						
Barbecue Sauce	28	45	0.1	0	0	0	115	11	0	4	0.4	0	4	2	2	✓										
Sweet & Sour Sauce	28	45	0	0	0	0	120	12	0	4	0	0	4	0	0											
Honey Mustard Sauce	28	80	6	1	0	10	220	7	0	3	0	0	0	0	0	✓										
Creamy Sriracha Sauce	28	120	12	2	0	10	340	3	0	2	0	2	8	0	0	✓										

BREAKFAST

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Mustard	Egg	Fish	Wheat	Milk	Peanut	Soybean	Tree Nut	Sesame Seeds	Shellfish	Sulphites
Artisan Sandwich, Egg & Cheese	130	300	15	7	0	285	520	26	1	4	16	6	0	20	10		✓		✓	✓		✓				
Artisan Sandwich, Bacon	138	350	19	8	0	295	670	26	1	4	19	6	4	20	10		✓		✓	✓		✓				
Artisan Sandwich, Sausage	180	510	34	14	0	325	900	28	1	4	22	6	0	20	15	✓	✓		✓	✓		✓				
Panini, Egg & Cheese	208	510	29	15	0.5	320	1020	41	2	5	22	10	4	30	20		✓		✓	✓		✓				
Panini, Bacon	220	580	35	17	0.5	335	1250	41	2	5	27	10	10	30	20		✓		✓	✓		✓				
Panini, Sausage	258	720	48	22	0.5	360	1400	43	2	5	28	10	4	30	25	✓	✓		✓	✓		✓				
Oatmeal	259	180	2.5	0.5	0	0	230	35	4	13	5	0	0	2	6				✓							
Cranberry & Pecan Oatmeal	245	310	11	1.5	0	0	240	51	6	27	5	0	0	2	8				✓	✓		✓	✓			
Sausage Burrito	151	350	20	8	0	280	860	25	2	3	16	0	6	15	15		✓		✓	✓		✓				
Panini Bread, Side, 2 Slices ●	85	200	2	0	0	0	600	38	2	3	7	0	0	6	15				✓			✓				
Seasoned Homestyle Potatoes, Side Portion	95	230	8	1.5	0	0	680	35	4	0	3	0	0	0	4	•	•	•	•	•		•				•
Oatmeal Bar	71	290	10	4.5	0	20	230	47	5	23	4	0	0	15	10		✓		✓	✓		✓				
Breakfast Platter, Bacon	293	680	30	7	0	370	1680	76	5	5	26	0	6	15	30	•	✓	•	✓	✓		✓				•
Breakfast Platter, Sausage	330	820	43	12	0	395	1830	78	5	5	28	2	0	15	30	✓	✓	•	✓	✓		✓				•

SANDWICHES

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Mustard	Egg	Fish	Wheat	Milk	Peanut	Soybean	Tree Nut	Sesame Seeds	Shellfish	Sulphites
Jr. Hamburger Deluxe ♦●	143	310	14	4.5	0.5	40	640	29	2	7	14	2	6	4	25	✓	✓		✓							
Jr. Cheeseburger Deluxe ♦●	155	350	18	7	1	50	820	29	2	7	16	8	6	10	25	✓	✓		✓	✓		✓				
Jr. Bacon Cheeseburger (JBC) ♦●	149	380	21	8	1	60	840	28	2	5	19	6	8	10	25	✓	✓		✓	✓		✓				
Cheesy Cheddarburger ♦●	109	300	14	6	0.5	50	730	26	1	5	16	4	0	10	20				✓	✓		✓				
Hamburger, Kids' Meal ♦●	92	250	9	3.5	0.5	35	530	27	1	6	13	0	0	2	20				✓							
Cheeseburger, Kids' Meal ♦●	103	290	12	6	0.5	45	700	28	1	6	16	4	0	8	20				✓	✓		✓				
Dave's Single™ ■♦●	239	570	31	13	1.5	95	1130	34	2	7	28	10	10	15	25	✓	✓		✓	✓		✓				
Dave's Double™ ■♦●	322	820	47	20	2.5	170	1410	34	2	7	46	10	10	15	50	✓	✓		✓	✓		✓				
Dave's Triple™ ■♦●	415	1100	67	29	4	250	1880	35	2	7	67	15	10	25	70	✓	✓		✓	✓		✓				
Baconator® ■♦●	287	950	58	23	3	200	1740	33	1	7	55	8	10	15	50	✓	✓		✓	✓		✓				
Son of Baconator® ■♦●	192	640	37	14	1.5	115	1520	33	1	6	33	8	8	15	25	✓	✓		✓	✓		✓				
Bacon Deluxe ■♦●	252	650	36	14	1.5	110	1360	35	2	8	33	10	15	15	30	✓	✓		✓	✓		✓				
Double Bacon Deluxe ■♦●	334	890	53	21	3	185	1640	35	2	8	51	10	15	20	50	✓	✓		✓	✓		✓				
Grilled Chicken ■●	216	380	10	2	0	90	820	41	3	11	35	10	8	4	20	✓	✓		✓			✓	✓			
Spicy Chicken ■●★	211	440	17	3	0	55	980	44	2	5	23	4	10	4	20	✓	✓	•	✓	•		•				•
Homestyle Chicken ■●★	215	460	19	3.5	0	55	1010	44	1	5	23	4	10	4	10	✓	✓	•	✓	•		•				•
Asiago Ranch Chicken Club, Homestyle ■●★	252	620	32	9	0	90	1430	46	2	6	31	10	20	20	15	•	✓	•	✓	✓		•				•
Asiago Ranch Chicken Club, Grilled ■●	247	520	24	8	0.3	120	1090	34	2	6	42	10	15	15	15		✓		✓	✓		✓				
Asiago Ranch Chicken Club, Spicy ■●★	248	600	30	8	0.4	90	1390	46	2	6	31	10	20	20	20	✓	✓	•	✓	✓		•				•
Spicy Chicken Wrap ◗★	122	310	15	4.5	0	35	780	29	2	2	15	6	2	10	20	✓	✓	•	✓	✓		•				•
Grilled Chicken Wrap ◗	122	260	10	3.5	0.2	50	640	24	2	3	19	6	2	10	15	✓	✓		✓	✓		✓				
Premium Cod ■●	184	460	23	3.5	0.3	35	1080	45	1	5	16	2	2	4	20	•	•	✓	✓	✓		•				•

BEVERAGES & FROSTY™ DAIRY DESSERTS

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Mustard	Egg	Fish	Wheat	Milk	Peanut	Soybean	Tree Nut	Sesame Seeds	Shellfish	Sulphites
Redhead Roasters® Hot Coffee, Regular, Plain	369	5	0	0	0	0	5	0	0	0	0	0	0	0	0											
Hot Specialty Teas, Regular Orange Pekoe, Green Tea		0	0	0	0	0	0	0	0	0	0	0	0	0	0											
Dasani® Bottled Water	591	0	0	0	0	0	1	0	0	0	0	0	0	0	0											
1% M.F. Partly Skimmed Chocolate Milk ✾																				✓						
2% M.F. Partly Skimmed Milk ✾																				✓						
Nestea® Iced Tea, Small	412	130	0	0	0	0	50	34	0	34	0	0	0	0	0											
Fruitopia® Strawberry Passion Awareness®, Small	412	190	0	0	0	0	40	49	0	47	0	0	160	0	0											
Original Lemonade, Small	319	180	0	0	0	0	0	47	0	44	0	0	0	0	0											
Strawberry Lemonade, Small	314	210	0	0	0	0	0	54	0	50	0	0	6	0	0											
Minute Maid™ Apple Juice, Kids'	295	130	0	0	0	0	25	33	0	30	0.4	0	170	0	0											
Minute Maid™ Orange Juice, Kids'	295	130	0.2	0	0	0	20	32	0	28	2	0	0	0	0											
Barq's® Root Beer, Small	412	180	0	0	0	0	75	50	0	50	0	0	0	0	0											
Coca-Cola®, Small	412	170	0	0	0	0	45	47	0	47	0	0	0	0	0											
Diet Coke®, Small	412	1	0	0	0	0	60	0	0	0	0.1	0	0	0	0											
Coke Zero®, Small	412	1	0	0	0	0	50	0	0	0	0.1	0	0	0	0											
Fanta® Orange, Small	412	170	0	0	0	0	45	46	0	46	0	0	0	0	0											
Sprite®, Small	412	160	0	0	0	0	75	43	0	43	0	0	0	0	0											
Frosty, Chocolate, Small	247	360	10	6	0.3	35	170	59	1	44	9	10	0	30	10					✓						
Frosty, Vanilla, Small	244	340	9	6	0.4	35	170	56	0	47	9	10	0	30	10					✓						

✾ See individual carton for full nutrition facts.

ALLERGEN KEY:

✓ Menu item contains the allergen.

• Menu item may be cooked in the same oil as an item that contains the allergen or an item that may contain the allergen.

◗ Grilled, Homestyle, and Spicy Chicken Breasts are cut on a common cutting board.

★ Breaded chicken fillets, strips and nuggets may contain Egg, Milk, Soy and Sulphites.

♦ Hamburger Patties and Chili beef are cooked on the same grill as, and may come in contact with, ingredients that contain Milk and Soy.

● Buns and bread may contain Egg, Milk, Soy, Sesame Seeds and Sulphites.

■ Buns are toasted in a common toaster with products that contain Egg, Milk, Soy and Sesame Seeds. Untoasted buns are available upon request.

Wendy's Restaurants of Canada Inc., its affiliates and franchisees and each of their employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Canadian government regulations identify 12 major food allergens: milk, eggs, wheat or triticale, soybeans, peanuts, tree nuts, fish, crustaceans, shellfish, sesame seeds, mustard, and sulphites. 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. We are providing some known instances of allergen cross contact; however, additional instances of cross contact are possible due to common handling and preparation areas in our kitchens.

Wendy's uses highly refined soya oil as an ingredient and therefore, does not indicate soya oil as an allergen. Please consult your Doctor to know if you should avoid products that contain highly refined soya oil.

Wendy's encourages anyone with food allergies, sensitivities, or special dietary needs to obtain the most comprehensive and up-to-date information by contacting Wendy's Consumer Relations Department at 5515 North Service Road, Suite 201, Burlington, Ontario, Canada L7L 6G4 (905) 331-0341.

Our products may contain or come into contact with common food allergens. Visit www.wendys.ca for more information.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Nutrition information is based on standard product formulations and portion sizes. The sodium value on our beverages will vary based on the level of sodium in the local water supply. 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 applicable government regulations regarding the rounding of nutritional data.

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

This information is effective as of November 2016