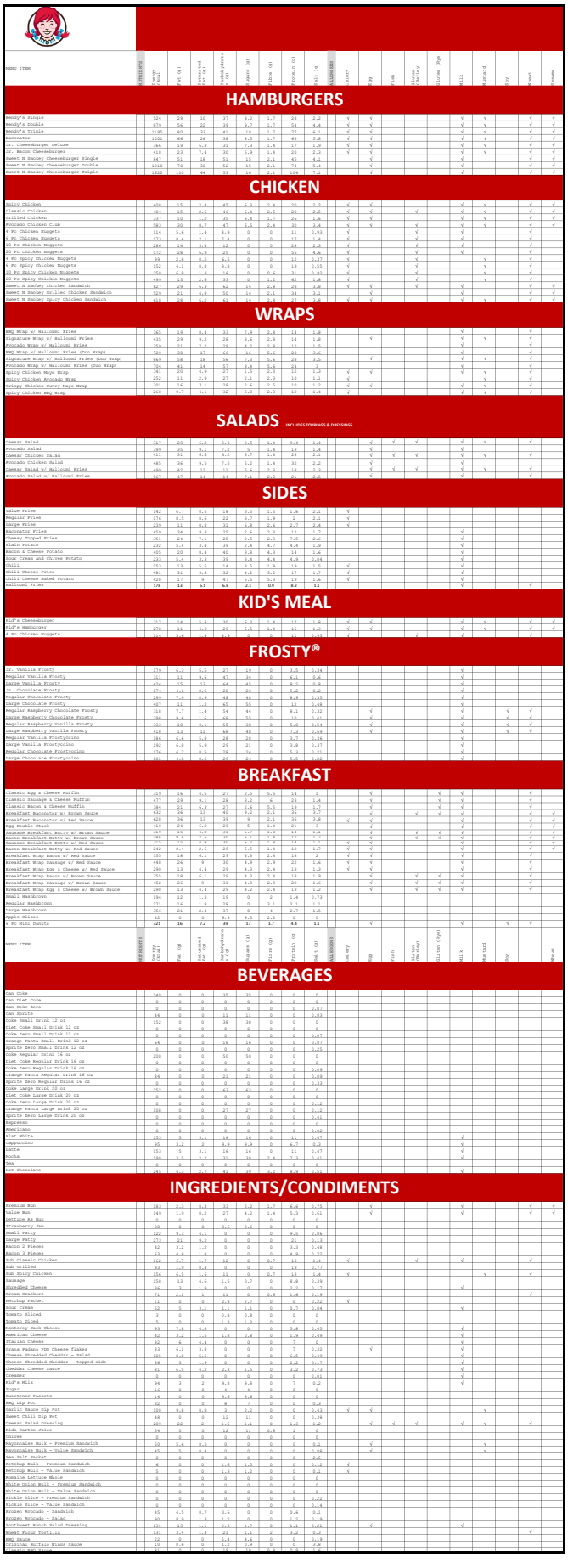

MENU ITEM	Calories	Energy (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens	Celery	Egg	Fish	Gluten (Barley)	Gluten (Oat)	Milk	Mustard	Soy	Wheat	Sesame
HAMBURGERS																				
Wendy's Single	524	29	10	37	8.2	1.7	28	2.2		√	√					√	√		√	√
Wendy's Double	879	54	22	39	9.7	1.7	54	4.4		√	√					√	√		√	√
Wendy's Triple	1145	80	33	41	10	1.7	77	6.1		√	√					√	√		√	√
Baconator	1001	66	26	38	8.5	1.7	63	5.8		√	√					√	√		√	√
Sr. Cheeseburger Deluxe	366	19	6.2	31	7.3	1.6	17	1.9		√	√					√	√		√	√
Sr. Bacon Cheeseburger	410	23	7.4	30	5.9	1.4	20	2.3		√	√					√	√		√	√
Sweet N Smokey Cheeseburger Single	847	51	18	51	15	2.1	45	4.1			√					√			√	√
Sweet N Smokey Cheeseburger Double	1210	78	30	52	15	2.1	74	5.9			√					√			√	√
Sweet N Smokey Cheeseburger Triple	1622	115	44	53	16	2.1	104	7.7			√					√			√	√
CHICKEN																				
Spicy Chicken	480	15	2.4	45	6.2	2.6	20	2.2		√	√					√	√		√	√
Classic Chicken	464	15	2.5	44	6.4	2.5	20	2.5		√	√			√		√	√		√	√
Grilled Chicken	337	10	1.2	35	6.6	1.7	26	1.6		√	√					√	√		√	√
Avocado Chicken Club	581	30	8.7	47	8.5	2.6	30	2.6		√	√			√		√	√		√	√
4 Pc Chicken Nuggets	114	5.4	1.4	4.8	0	0	11	0.93		√				√		√			√	
6 Pc Chicken Nuggets	173	8.4	2.1	7.4	0	0	17	1.4		√				√		√			√	
10 Pc Chicken Nuggets	286	14	3.4	12	0	0	28	2.3		√				√		√			√	
20 Pc Chicken Nuggets	572	28	6.9	25	0	0	55	4.6		√				√		√			√	
4 Pc Spicy Chicken Nuggets	99	4.8	0.5	6.5	0	0	12	0.37		√						√	√		√	
6 Pc Spicy Chicken Nuggets	152	4.1	0.8	9.8	0	0	19	0.55		√						√	√		√	
10 Pc Spicy Chicken Nuggets	250	6.8	1.3	16	0	0.6	31	0.92		√						√	√		√	
20 Pc Spicy Chicken Nuggets	499	13	2.6	33	0	1.2	62	1.8		√				√		√	√		√	
Sweet N Smokey Chicken Sandwich	427	29	6.3	42	14	2.8	28	3.8		√	√			√		√			√	√
Sweet N Smokey Grilled Chicken Sandwich	349	21	4.8	30	14	2.1	34	3.1		√	√					√			√	√
Sweet N Smokey Spicy Chicken Sandwich	430	28	6.2	41	14	2.3	30	3.8		√	√					√	√		√	√
WRAPS																				
BBQ Wrap w/ Halloumi Fries	365	19	8.4	32	7.3	2.8	14	1.8								√			√	
Signature Wrap w/ Halloumi Fries	435	29	9.2	28	5.6	2.8	14	1.8			√					√	√		√	
Avocado Wrap w/ Halloumi Fries	359	21	7.2	29	4.2	2.8	12	1.5								√			√	
BBQ Wrap w/ Halloumi Fries (Duo Wrap)	729	38	17	64	14	5.6	28	3.6								√			√	
Signature Wrap w/ Halloumi Fries (Duo Wrap)	869	58	18	56	7.3	5.6	28	3.5			√					√	√		√	
Avocado Wrap w/ Halloumi Fries (Duo Wrap)	704	41	14	57	8.4	5.6	24	3								√			√	
Spicy Chicken Mayo Wrap	341	20	4.9	27	1.5	2.3	12	1.3		√	√					√	√		√	
Spicy Chicken Avocado Wrap	252	11	2.9	27	2.1	2.3	10	1.1		√						√	√		√	
Crispy Chicken Curry Mayo Wrap	301	14	3.1	28	2.6	2.5	10	1.2		√	√					√	√		√	
Spicy Chicken BBQ Wrap	268	9.7	4.1	22	5.8	2.3	12	1.6		√						√	√		√	
SALADS INCLUDES TOPPINGS & DRESSINGS																				
Caesar Salad	317	29	6.2	3.9	3.5	1.4	9.4	1.4			√	√	√			√	√		√	
Avocado Salad	399	35	9.1	7.2	5	1.4	13	1.4			√					√				
Caesar Chicken Salad	411	31	6.4	4.2	3.7	1.4	28	2.1			√	√	√			√	√		√	
Avocado Chicken Salad	483	36	9.5	7.5	5.2	1.4	32	2.2			√					√				
Caesar Salad w/ Halloumi Fries	699	42	12	11	5.6	2.3	18	2.3			√	√	√			√	√		√	
Avocado Salad w/ Halloumi Fries	767	47	14	14	7.1	2.3	23	2.5			√					√			√	
SIDES																				
Value Fries	142	6.7	0.5	18	3.5	1.5	1.4	2.1		√										
Regular Fries	176	8.5	0.6	22	3.7	1.9	2	2.1		√										
Large Fries	239	11	0.9	31	4.8	2.6	2.7	2.4		√										
Baconator Fries	419	24	9.3	25	2.4	2.3	12	1.7								√				
Cheesy Topped Fries	351	24	7.1	25	2.5	2.3	7.5	2.6								√				
Plain Potato	232	5.4	3.4	29	2.4	4.7	4.4	1.9								√				
Bacon & Cheese Potato	405	20	8.4	40	3.8	4.3	14	1.6								√				
Sour Cream and Chives Potato	233	5.4	3.3	38	3.4	6.6	4.9	0.04								√				
Chili	253	13	5.5	14	3.5	1.9	19	1.5		√						√				
Chili Cheese Fries	481	31	9.9	32	4.2	3.2	17	1.7		√						√				
Chili Cheese Baked Potato	424	17	9	47	5.5	5.3	19	1.6		√						√				
Halloumi Fries	178	13	5.1	6.6	2.1	0.9	8.2	1.1								√			√	
KID'S MEAL																				
Kid's Cheeseburger	317	14	5.8	30	6.3	1.6	17	1.8		√	√					√	√		√	√
Kid's Hamburger	278	11	4.2	29	5.6	1.4	15	1.6		√	√					√	√		√	√
4 Pc Chicken Nuggets	114	5.5	1.4	4.8	0	0	11	0.93		√	√			√		√			√	
FROSTY®																				
Sr. Vanilla Frosty	479	6.3	5.5	27	19	0	3.5	0.34								√				
Regular Vanilla Frosty	311	11	3.6	47	34	0	6.1	0.6								√				
Large Vanilla Frosty	624	15	10	64	45	0	8.2	0.8								√				
Sr. Chocolate Frosty	474	6.4	0.5	28	23	0	5.2	0.2								√				
Regular Chocolate Frosty	295	3.8	0.3	48	40	0	8.9	0.35								√				
Large Chocolate Frosty	467	11	1.2	45	55	0	12	0.48								√				
Regular Raspberry Chocolate Frosty	318	7.7	1.4	54	44	0	8.1	0.32			√					√		√	√	
Large Raspberry Chocolate Frosty	398	9.6	1.6	68	55	0	10	0.41			√					√		√	√	
Regular Raspberry Vanilla Frosty	333	10	3.1	55	38	0	5.8	0.54			√					√		√	√	
Large Raspberry Vanilla Frosty	418	13	11	68	48	0	7.3	0.69			√					√		√	√	
Regular Vanilla Frostycino	186	6.4	5.8	28	20	0	3.7	0.26								√				
Large Vanilla Frostycino	190	8.8	5.8	29	21	0	3.8	0.27								√				
Regular Chocolate Frostycino	176	4.7	0.5	28	24	0	5.3	0.21								√				
Large Chocolate Frostycino	181	6.8	0.5	29	24	0	5.5	0.22								√				
BREAKFAST																				
Classic Egg & Cheese Muffin	319	16	4.5	27	2.5	5.5	14	1			√				√	√			√	
Classic Sausage & Cheese Muffin	477	29	9.1	28	3.2	6	23	1.4			√				√	√			√	
Classic Bacon & Cheese Muffin	384	21	6.3	27	2.5	5.5	18	1.3			√				√	√			√	
Breakfast Baconator w/ Brown Sauce	632	34	13	40	9.2	2.1	36	3.7			√		√		√	√			√	√
Breakfast Baconator w/ Red Sauce	624	34	13	39	9	2.1	34	3.6		√					√	√			√	√
Egg Double Stack	419	24	6.2	29	5	1.4	21	3			√					√			√	√
Sausage Breakfast Sutty w/ Brown Sauce	459	35	9.8	31	4.7	1.8	15	1.1			√		√		√	√			√	√
Bacon Breakfast Sutty w/ Brown Sauce	386	9.4	2.5	30	4.1	1.4	12	1.7			√		√		√	√			√	√
Sausage Breakfast Sutty w/ Red Sauce	515	35	9.8	30	4.2	1.8	15	1.1		√					√	√			√	√
Bacon Breakfast Sutty w/ Red Sauce	242	8.4	2.6	29	5.5	1.4	12	1.7		√	√				√	√			√	√
Breakfast Wrap Bacon w/ Red Sauce	355	18	6.1	29	4.3	2.4	18	2		√	√				√	√			√	
Breakfast Wrap Sausage w/ Red Sauce	448	26	9	30	4.9	2.9	22	1.6		√	√				√	√			√	
Breakfast Wrap Egg & Cheese w/ Red Sauce	290	13	4.4	29	4.3	2.4	13	1.3		√	√				√	√			√	
Breakfast Wrap Egg & Cheese w/ Brown Sauce	355	18	6.1	29	4.3	2.4	18	1.9			√		√	√	√	√			√	
Breakfast Wrap Sausage w/ Brown Sauce	452	26	9	31	4.9	2.9	22	1.6			√		√	√	√	√			√	
Breakfast Wrap Egg & Cheese w/ Brown Sauce	290	13	4.4	29	4.2	2.4	13	1.2			√		√	√	√	√			√	
Small Hashbrown	194	12	1.3	19	0	2	1.6	0.73												
Regular Hashbrown	271	16	1.8	26	0	3.1	2.1	1.1												
Large Hashbrown	356	21	2.4	37	0	4	2.7	1.5												
Apple Sliced	42	0	0	9.3	9.3	2.2	0	0												
5 Pc Mini Donuts	321	16	7.2	39	17	17	6.4	1.1			√					√		√	√	
MENU ITEM	Calories	Energy (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens	Celery	Egg	Fish	Gluten (Barley)	Gluten (Oat)	Milk	Mustard	Soy	Wheat	Sesame
BEVERAGES																				
Can Coke	140	0	0	35	35	0	0	0												
Can Diet Coke	0	0	0	0	0	0	0	0												
Can Coke Zero	0	0	0	0	0	0	0	0.07												
Can Sprite	66	0	0	11	11	0	0	0.03												
Coke Small Drink 12 oz	152	0	0	38	38	0	0	0												
Diet Coke Small Drink 12 oz	0	0	0	0	0	0	0	0												
Coke Zero Small Drink 12 oz	0	0	0	0	0	0	0	0.07												
Orange Fanta Small Drink 12 oz	64	0	0	16	16	0	0	0.07												
Sprite Zero Small Drink 12 oz	0	0	0	0	0	0	0	0.25												
Coke Regular Drink 14 oz	200	0	0	50	50	0	0	0												
Diet Coke Regular Drink 14 oz	0	0	0	0	0	0	0	0												
Coke Zero Regular Drink 14 oz	0	0	0	0	0	0	0	0.09												
Orange Fanta Regular Drink 14 oz	84	0	0	21	21	0	0	0.09												
Sprite Zero Regular Drink 14 oz	0	0	0	0	0	0	0	0.13												
Coke Large Drink 20 oz	252	0	0	63	63	0	0	0												
Diet Coke Large Drink 20 oz	0	0	0	0	0	0	0	0												
Coke Zero Large Drink 20 oz	0	0	0	0	0	0	0	0.32												
Orange Fanta Large Drink 20 oz	108	0	0	27	27	0	0	0.12												
Sprite Zero Large Drink 20 oz	0	0	0	0	0	0	0	0.41												
Espresso	0	0	0	0	0	0	0	0												
Americano	0	0	0	0	0	0	0	0.02												
Flat White	153	5	2.1	14	14	0	11	0.47								√				
Cappuccino	95	3.2	2	9.9	9.9	0	6.7	0.3								√				
Latte	153	5	3.1	14	14	0	11	0.47								√				
Mocha	190	3.5	2.2	31	30	2.4	7.3	0.41								√				
Tea	0	0	0	0	0	0	0	0												
Hot Chocolate	245	4.3	3.7	41	39	3.2	8.9	0.31								√				
INGREDIENTS/CONDIMENTS																				
Premium Bun	183	3.3	0.3	33	5.2	3.7	6.6	0.75			√					√			√	√
Value Bun	148	1.9	0.2	27	4.2	1.4	5.3	0.61			√					√			√	√
Lettuce As Bun	0	0	0	0	0	0	0	0												
Strawberry Jam	38	0	0	9.4	9.4	0	0	0												
Small Patty	122	8.3	4.1	0	0	0	0.5	0.06												
Large Patty	272	21	9.2	0	0	0	21	0.13												
Bacon 2 Pieces	42	3.2	1.2	0	0	0	3.3	0.68												
Bacon 3 Pieces	63	4.8	1.8	0	0	0	4.9	0.72												
Sub Classic Chicken	162	4.7	1.7	12	0	0.7	13	1.4		√			√			√			√	
Sub Grilled	93	1.9	0.4	0	0	0	18	0.77												
Sub Spicy Chicken	156	4.5	1.6	11	0	0.7	13	1.4		√							√		√	
Sausage	158	13	4.6	1.5	0.7	0	8.8	0.39												
Shredded Cheese	34	2	1.5	0	0	0	2.2	0.17								√				
Cream Crackers	71	2.1	1	11	0	0.4	1.4	0.19											√	
Ketchup Packet	11	0	0	2.8	2.7	0	0	0.22		√										
Sour Cream	52	5	3.1	1.1	1.1	0	0.7	0.04								√				
Tomato Sliced	3	0	0	0.8	0.8	0	0	0												
Tomato Diced	5	0	0	1.3	1.3	0	0	0												
Monterey Jack Cheese	93	7.8	6.2	0	0	0	5.8	0.45								√				
American Cheese	62	3.2	1.5	1.3	0.8	0	1.9	0.49								√				
Italian Cheese	92	6	4.4	0	0	0	7	0								√				
Krana Padano PDO Cheese Flakes	83	6.1	3.8	0	0	0	7	0.32			√					√				
Cheese Shredded Cheddar - Salad	105	8.8	5.5	0	0	0	6.5	0.48								√				
Cheese Shredded Cheddar - Topped side	34	3	1.8	0	0	0	2.2	0.17								√				
Cheddar Cheese Sauce	81	6.5	4.2	2.3	1.5	0	3.2	0.73								√				
Creamer	0	0	0	0	0	0	0	0.01								√				
Kid's Milk	94	3	2	9.8	9.8	0	7	0.2								√				
Sugar	16	0	0	4	4	0	0	0												
Sweetener Packets	14	0	0	3.4	3.4	0	0	0												
BBQ Dip Pot	32	0	0	8	7	0	0	0.3												
Garlic Sauce Dip Pot	100	8.4	0.8	3	2.2	0	0	0.43		√	√						√			
Sweet Chili Dip Pot	48	0	0	12	11	0	0	0.38												
Caesar Salad Dressing	208	22	3	1.5	1.1	0	1.3	1.2			√	√	√			√	√		√	
Kids Carton Juice	54	0	0	12	11	0.8	1	0												
Chives	0	0	0	0	0	0	0	0												
Mayonnaise Mulk - Premium Sandwich	50	5.4	0.5	0	0	0	0.1				√						√			
Mayonnaise Mulk - Value Sandwich	45	5	0.4	0	0	0	0	0.08			√						√			
Sea Salt Packet	0	0	0	0	0	0	0	2.6												
Ketchup Mulk - Premium Sandwich	4	0	0	1.4	1.3	0	0	0.12		√										
Ketchup Mulk - Value Sandwich	5	0	0	1.3	1.2	0	0	0.1		√										
Romaine Lettuce Whole	0	0	0	0	0	0	0	0												
White Onion Mulk - Premium Sandwich	0	0	0	0	0	0	0	0												
White Onion Mulk - Value Sandwich	0	0	0	0	0	0	0	0												
Pickle Slice - Premium Sandwich	0	0	0	0	0	0	0	0.22												
Pickle Slice - Value Sandwich	0	0	0	0	0	0	0	0.14												
Frozen Avocado - Sandwich	45	4.5	0.7	0.4	0	0	0.4	0.1												
Frozen Avocado - Salad	90	8.9	1.3	1.2	0	0	1.2	0.19												
Southwest Ranch Salad Dressing	131	13	1.1	2.3	1.7	0	1.1	0.21			√					√				
Wheat Flour Tortilla	131	3.4	3.4	21	1.1	2	3.2	0.3											√	
BBQ Sauce	22	0	0	5.4	5.4	0	0	0.19												
Original Buffalo Wings Sauce	10	0.4	0	1.2	0.9	0	0	1.8												