



# WENDY'S UK Nutrition Information

MENU ITEM

MENU ITEM	WEIGHT (per serving)	Grams (g)	NUTRIENTS							ALLERGENS	Celery	Egg	Fish	Gluten (Barley)	Gluten (Rye)	Milk	Mustard	Soy	Gluten (Wheat)	Sesame
			Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fiber (g)	Protein (g)											

## HAMBURGERS

Wendy's Single	213		524	29	10	37	8.2	1.7	28	2.2		✓	✓		✓	✓		✓	✓
Wendy's Double	324		879	56	22	39	9.7	1.7	54	4.4		✓	✓		✓	✓		✓	✓
Wendy's Triple	422		1195	80	33	41	10	1.7	77	6.1		✓	✓		✓	✓		✓	✓
Baconator	298		1001	66	26	38	8.5	1.7	63	5.8		✓	✓		✓	✓		✓	✓
Jr. Cheeseburger Deluxe	151		366	19	6.3	31	7.3	1.4	17	1.9		✓	✓		✓	✓		✓	✓
Jr. Bacon Cheeseburger	143		410	23	7.4	30	5.9	1.4	20	2.3		✓	✓		✓	✓		✓	✓
BBQ Bacon Melt Single Cheeseburger	266		827	46	19	56	15	2.3	46	3.9		✓	✓		✓	✓		✓	✓
BBQ Bacon Melt Double Cheeseburger	393		1243	78	38	58	15	2.3	76	5.7		✓	✓		✓	✓		✓	✓
BBQ Bacon Melt Triple Cheeseburger	520		1646	109	46	59	16	2.3	106	7.4		✓	✓		✓	✓		✓	✓

## CHICKEN

Spicy Chicken	177		400	15	2.4	45	6.3	2.4	20	2.2		✓	✓		✓	✓		✓	✓
Classic Chicken	189		404	15	2.5	46	6.4	2.5	20	2.5		✓	✓		✓	✓		✓	✓
Avocado Chicken Club	240		583	30	8.7	47	6.5	2.4	30	3.4		✓	✓		✓	✓		✓	✓
Jr. Crispy Chicken Sandwich	112		321	14	1.7	35	4.5	1.4	15	1.5		✓	✓		✓	✓		✓	✓
BBQ Bacon Melt Classic Chicken	227		627	25	7.9	68	15	3	31	4.1		✓	✓		✓	✓		✓	✓
BBQ Bacon Melt Spicy Chicken	227		619	25	7.9	67	15	3	30	4.1		✓	✓		✓	✓		✓	✓
4 Pc Chicken Nuggets	51		114	5.6	1.4	4.9	0	0	11	0.93		✓	✓		✓	✓		✓	✓
6 Pc Chicken Nuggets	77		173	8.4	2.1	7.4	0	0	17	1.4		✓	✓		✓	✓		✓	✓
10 Pc Chicken Nuggets	128		286	14	3.4	12	0	0	28	2.3		✓	✓		✓	✓		✓	✓
20 Pc Chicken Nuggets	255		572	28	6.9	25	0	0	55	4.6		✓	✓		✓	✓		✓	✓
4 Pc Spicy Chicken Nuggets	51		99	2.8	0.5	6.5	0	0	12	0.37		✓	✓		✓	✓		✓	✓
6 Pc Spicy Chicken Nuggets	77		152	4.1	0.8	9.8	0	0	19	0.55		✓	✓		✓	✓		✓	✓
10 Pc Spicy Chicken Nuggets	128		250	6.8	1.3	16	0	0	0.6	31	0.92		✓	✓		✓	✓		✓
20 Pc Spicy Chicken Nuggets	255		499	13	2.6	33	0	1.2	62	1.8		✓	✓		✓	✓		✓	✓
6 Pc Buffalo Sauce Classic Nuggets	122		189	9.7	2.2	8.3	0.7	0	17	4.3		✓	✓		✓	✓		✓	✓
10 Pc Buffalo Sauce Classic Nuggets	187		312	16	3.6	14	0.9	0	28	6.1		✓	✓		✓	✓		✓	✓
6 Pc Buffalo Sauce Spicy Nuggets	122		169	5.4	0.9	11	0.7	0	19	3.4		✓	✓		✓	✓		✓	✓
10 Pc Buffalo Sauce Spicy Nuggets	187		276	8.8	1.5	18	1	0.6	31	4.7		✓	✓		✓	✓		✓	✓
6 Pc BBQ Sauce Classic Nuggets	129		255	9.5	2	15	0.7	0	19	2.9		✓	✓		✓	✓		✓	✓
10 Pc BBQ Sauce Classic Nuggets	185		382	16	3.6	31	18	0.8	28	3.9		✓	✓		✓	✓		✓	✓
6 Pc BBQ Sauce Spicy Nuggets	129		233	5.2	0.9	27	16	1.1	19	2		✓	✓		✓	✓		✓	✓
10 Pc BBQ Sauce Spicy Nuggets	185		347	8.5	1.5	35	18	1.4	32	2.5		✓	✓		✓	✓		✓	✓
3 Pc Chicken Tenders	134		257	10	1.2	20	0.7	1.3	21	4		✓	✓		✓	✓		✓	✓
4 Pc Chicken Tenders	178		350	14	1.6	27	0.9	1.8	28	5.3		✓	✓		✓	✓		✓	✓
5 Pc Chicken Tenders	223		433	17	2	33	1.1	2.2	36	6.7		✓	✓		✓	✓		✓	✓
6 Pc Chicken Tenders	267		514	20	2.4	40	1.4	2.6	42	8		✓	✓		✓	✓		✓	✓

## WRAPS

Avocado Wrap w/ Classic Chicken	139		260	11	2.9	28	2.1	2.3	11	1.1		✓	✓		✓	✓		✓	✓
Avocado Wrap w/ Spicy Chicken	159		252	11	2.9	27	2.1	2.3	10	1.1		✓	✓		✓	✓		✓	✓
Avocado Wrap w/ Halloumi Fries	132		359	21	7.2	29	4.2	2.8	12	1.5		✓	✓		✓	✓		✓	✓
Avocado Wrap w/ Halloumi Fries (Duo Wrap)	304		704	41	14	57	8.4	5.6	24	3		✓	✓		✓	✓		✓	✓
Signature Wrap w/ Classic Chicken	109		341	20	5	27	1.5	2.3	12	1.3		✓	✓		✓	✓		✓	✓
Signature Wrap w/ Spicy Chicken	109		341	20	4.9	27	1.5	2.3	12	1.3		✓	✓		✓	✓		✓	✓
Signature Wrap w/ Halloumi Fries	122		435	29	9.2	28	3.6	2.8	14	1.8		✓	✓		✓	✓		✓	✓
Signature Wrap w/ Halloumi Fries (Duo Wrap)	244		869	58	18	56	7.3	5.6	28	3.5		✓	✓		✓	✓		✓	✓
BBQ Wrap w/ Classic Chicken	110		269	9.8	4.3	32	5.8	2.3	12	1.4		✓	✓		✓	✓		✓	✓
BBQ Wrap w/ Spicy Chicken	110		268	9.7	4.1	32	5.8	2.3	12	1.4		✓	✓		✓	✓		✓	✓
BBO Wrap w/ Halloumi Fries	124		365	19	8.4	33	7.9	2.8	14	1.8		✓	✓		✓	✓		✓	✓
BBO Wrap w/ Halloumi Fries (Duo Wrap)	248		729	38	17	66	16	5.6	28	3.6		✓	✓		✓	✓		✓	✓

## SALADS

INCLUDES TOPPING & DRESSINGS

Caesar Salad	165		317	29	6.2	3.9	3.5	1.4	9.4	1.4		✓	✓	✓	✓	✓		✓	✓
Caesar Salad w/ Classic Chicken	242		495	38	8	15	2.7	1.7	22	2.8		✓	✓	✓	✓	✓		✓	✓
Caesar Salad w/ Spicy Chicken	242		480	37	7.9	14	2.7	1.7	22	2.8		✓	✓	✓	✓	✓		✓	✓
Caesar Salad w/ Halloumi Fries	216		499	42	12	11	5.6	2.3	18	2.3		✓	✓	✓	✓	✓		✓	✓
Avocado Salad	285		399	35	9.1	7.2	5	1.4	13	1.4		✓	✓		✓	✓		✓	✓
Avocado Salad w/ Classic Chicken	362		574	43	11	19	5	1.7	27	2.8		✓	✓	✓	✓	✓		✓	✓
Avocado Salad w/ Spicy Chicken	362		567	43	11	18	5	1.8	26	2.8		✓	✓	✓	✓	✓		✓	✓
Avocado Salad w/ Halloumi Fries	336		567	47	14	14	7.1	2.2	21	2.5		✓	✓		✓	✓		✓	✓

## SIDES

Small Fries	81		142	6.7	0.5	18	3.5	1.5	1.6	2.1		✓	✓		✓	✓		✓	✓
Medium Fries	98		176	8.5	0.5	22	3.7	0.9	2	2.1		✓	✓		✓	✓		✓	✓
Large Fries	138		239	11	0.8	31	6.8	2.6	2.7	2.4		✓	✓		✓	✓		✓	✓
Baconator Fries	169		459	34	9.3	25	2.6	2.3	12	1.7		✓	✓		✓	✓		✓	✓
Cheesy Topped Fries	153		351	24	7.1	25	2.5	2.3	7.5	2.6		✓	✓		✓	✓		✓	✓
BBQ Topped Fries	226		495	30	8.9	42	16	2.4	13	19.3		✓	✓		✓	✓		✓	✓
Plain Potato	175		232	5.4	3.4	39	2.4	4.7	4.4	1.9		✓	✓		✓	✓		✓	✓
Bacon & Cheese Potato	230		405	20	8.4	40	3.8	4.3	14	1.6		✓	✓		✓	✓		✓	✓
Sour Cream and Chives Potato	193		233	5.4	3.3	39	3.4	4.4	4.9	0.04		✓	✓		✓	✓		✓	✓
Chili	245		253	13	5.5	14	3.5	1.9	19	1.5		✓	✓		✓	✓		✓	✓
Chili Cheese Baked Potato	294		428	17	9	47	5.5	5.3	19	1.6		✓	✓		✓	✓		✓	✓
Halloumi Fries	321		178	13	5.1	6.6	2.1	1.9	8.2	1.1		✓	✓		✓	✓		✓	✓
Beef Chili Cheese Fries	324		499	32	10	33	4.5	3.4	18	3.4		✓	✓		✓	✓		✓	✓

## KID'S MEAL

Kid's Cheeseburger	106		317	14	5.8	30	6.3	1.4	17	1.8		✓	✓		✓	✓		✓	✓
Kid's Hamburger	93		278	11	4.3	29	5.5	1.4	15	1.3		✓	✓		✓	✓		✓	✓
4 Pc Chicken Nuggets	51		114	5.6	1.4	4.9	0	0	11	0.93		✓	✓		✓	✓		✓	✓
Jr. Crispy Chicken Sandwich	112		321	14	1.7	35	4.5	1.4	13	1.3		✓	✓		✓	✓		✓	✓

## FROSTY®

Jr. Vanilla Frosty	140		179	6.3	5.5	27	19	0	3.5	0.34		✓	✓		✓	✓		✓	✓
Regular Vanilla Frosty	168		217	7.6	6.6	33	23	0	4.2	0.41		✓	✓		✓	✓		✓	✓
Large Vanilla Frosty	244		311	11	9.6	47	34	0	6.1	0.6		✓	✓		✓	✓		✓	✓
X-Large Vanilla Frosty	328		424	15	13	64	45	0	8.2	0.8		✓	✓		✓	✓		✓	✓
Jr. Chocolate Frosty	143		168	4	3.6	28	23	0	5	0.29		✓	✓		✓	✓		✓	✓
Regular Chocolate Frosty	168		199	4.7	4.2	33	26	0.6	5.8	0.34		✓	✓		✓	✓		✓	✓
Large Chocolate Frosty	247		290	6.9	6.2	48	39	0.8	8.6	0.5		✓	✓		✓	✓		✓	✓
X-Large Chocolate Frosty	338		399	9.4	8.5	66	53	1.1	12	0.69		✓	✓		✓	✓		✓	✓
Regular Vanilla Kit Kat Frosty	182		291	9.6	7.7	46	33	0.7	4.7	0.52		✓	✓		✓	✓		✓	✓
Large Vanilla Kit Kat Frosty	249		388	12	10	63	45	1	6.4	0.73		✓	✓		✓	✓		✓	✓
Regular Chocolate Kit Kat Frosty	182		273	6.9	5.4	46	36	1.2	6.2	0.45		✓	✓</						

Bacon Breakfast Buttu w/ Red Sauce	72	242	8.4	2.6	29	5.5	1.4	12	1.7	√	√	√	√	√	√
Breakfast Wrap Bacon w/ Red Sauce	150	355	18	6.1	29	4.3	2.4	18	2	√	√	√	√	√	√
Breakfast Wrap Sausage w/ Red Sauce	164	440	26	9	30	4.9	2.9	22	1.6	√	√	√	√	√	√
Breakfast Wrap Egg & Cheese w/ Red Sauce	157	290	15	4.4	29	4.3	2.4	15	1.3	√	√	√	√	√	√
Breakfast Wrap Bacon w/ Brown Sauce	149	355	18	6.1	29	4.3	2.4	18	1.9	√	√	√	√	√	√
Breakfast Wrap Sausage w/ Brown Sauce	183	452	26	9	31	4.9	2.9	22	1.6	√	√	√	√	√	√
Breakfast Wrap Egg & Cheese w/ Brown Sauce	137	290	15	4.4	29	4.2	2.4	15	1.2	√	√	√	√	√	√
Small Hashbrown	87	194	12	1.3	19	0	2	1.4	0.73	√	√	√	√	√	√
Regular Hashbrown	129	271	16	1.8	28	0	3.1	2.1	1.1	√	√	√	√	√	√
Large Hashbrown	170	356	21	2.4	37	0	4	2.7	1.5	√	√	√	√	√	√
Apple Slices	80	42	0	0	9.3	9.3	2.2	0	0	√	√	√	√	√	√
6 Pc Mini Donuts	81	321	16	7.2	39	17	1.7	4.4	1.1	√	√	√	√	√	√

## BEVERAGES

Can Coke	330	140	0	0	35	35	0	0	0	√	√	√	√	√	√
Can Diet Coke	330	0	0	0	0	0	0	0	0	√	√	√	√	√	√
Can Coke Zero	330	0	0	0	0	0	0	0	0.07	√	√	√	√	√	√
Can Sprite	330	44	0	0	11	11	0	0	0.03	√	√	√	√	√	√
Coke Small Drink 12 oz	355	152	0	0	38	38	0	0	0	√	√	√	√	√	√
Diet Coke Small Drink 12 oz	355	0	0	0	0	0	0	0	0	√	√	√	√	√	√
Coke Zero Small Drink 12 oz	355	0	0	0	0	0	0	0	0.07	√	√	√	√	√	√
Orange Fanta Small Drink 12 oz	355	64	0	0	16	16	0	0	0.07	√	√	√	√	√	√
Sprite Zero Small Drink 12 oz	355	0	0	0	0	0	0	0	0.25	√	√	√	√	√	√
Coke Regular Drink 16 oz	473	200	0	0	50	50	0	0	0	√	√	√	√	√	√
Diet Coke Regular Drink 16 oz	473	0	0	0	0	0	0	0	0	√	√	√	√	√	√
Coke Zero Regular Drink 16 oz	473	0	0	0	0	0	0	0	0.09	√	√	√	√	√	√
Orange Fanta Regular Drink 16 oz	473	84	0	0	21	21	0	0	0.09	√	√	√	√	√	√
Sprite Zero Regular Drink 16 oz	473	0	0	0	0	0	0	0	0.33	√	√	√	√	√	√
Coke Large Drink 20 oz	591	252	0	0	63	63	0	0	0	√	√	√	√	√	√
Diet Coke Large Drink 20 oz	591	0	0	0	0	0	0	0	0	√	√	√	√	√	√
Coke Zero Large Drink 20 oz	591	0	0	0	0	0	0	0	0.12	√	√	√	√	√	√
Orange Fanta Large Drink 20 oz	591	108	0	0	27	27	0	0	0.12	√	√	√	√	√	√
Sprite Zero Large Drink 20 oz	591	0	0	0	0	0	0	0	0.41	√	√	√	√	√	√
Espresso	48	0	0	0	0	0	0	0	0	√	√	√	√	√	√
Americano	338	0	0	0	0	0	0	0	0.02	√	√	√	√	√	√
Flat White	390	153	5	3.1	16	16	0	11	0.47	√	√	√	√	√	√
Cappuccino	276	95	3.2	2	9.9	9.9	0	6.7	0.5	√	√	√	√	√	√
Latte	390	153	5	3.1	16	16	0	11	0.47	√	√	√	√	√	√
Mocha	335	190	3.5	2.2	31	30	2.4	7.3	0.41	√	√	√	√	√	√
Tea	31	0	0	0	0	0	0	0	0	√	√	√	√	√	√
Hot Chocolate	318	245	4.3	2.7	41	39	3.2	8.9	0.51	√	√	√	√	√	√

## INGREDIENTS/CONDIMENTS

Premium Bun	61	183	2.3	0.3	33	5.2	1.7	6.6	0.75	√	√	√	√	√	√
Value Bun	50	149	1.9	0.2	27	4.2	1.4	5.3	0.61	√	√	√	√	√	√
Lettuce 4x Bun	11	0	0	0	0	0	0	0	0	√	√	√	√	√	√
Strawberry Jam	15	38	0	0	9.6	9.6	0	0	0	√	√	√	√	√	√
Small Pattu	38	122	9.3	4.1	0	0	0	9.5	0.06	√	√	√	√	√	√
Large Pattu	85	273	21	9.2	0	0	0	21	0.13	√	√	√	√	√	√
Bacon 2 Pieces	9	42	3.2	1.2	0	0	0	3.3	0.48	√	√	√	√	√	√
Bacon 3 Pieces	13	63	4.8	1.8	0	0	0	4.9	0.52	√	√	√	√	√	√
Sub Classic Chicken	75	162	6.7	1.7	12	0	0.7	13	1.4	√	√	√	√	√	√
Sub Grilled	75	93	1.9	0.4	0	0	0	19	0.77	√	√	√	√	√	√
Sub Spicu Chicken	75	156	6.5	1.6	11	0	0.7	13	1.4	√	√	√	√	√	√
Sausage	47	158	13	4.6	1.5	0.7	0	8.8	0.39	√	√	√	√	√	√
Shredded Cheese	9	36	3	1.9	0	0	0	2.2	0.17	√	√	√	√	√	√
Cream Crackers	16	71	2.1	1	11	0	0.6	1.6	0.19	√	√	√	√	√	√
Ketchup Packet	12	11	0	0	2.8	2.7	0	0	0.22	√	√	√	√	√	√
Sour Cream	1	52	5	3.1	1.1	1.1	0	0.7	0.04	√	√	√	√	√	√
Tomato Sliced	27	3	0	0	0.8	0.8	0	0	0	√	√	√	√	√	√
Tomato Diced	44	5	0	0	1.3	1.3	0	0	0	√	√	√	√	√	√
Monterey Jack Cheese	25	93	7.8	4.8	0	0	0	5.8	0.45	√	√	√	√	√	√
American Cheese	13	42	3.2	1.5	1.3	0.8	0	1.9	0.49	√	√	√	√	√	√
Italian Cheese	21	82	6	4.4	0	0	0	7	0	√	√	√	√	√	√
Grana Padano PDO Cheese flakes	21	85	6.1	3.8	0	0	0	7	0.32	√	√	√	√	√	√
Cheese Shredded Cheddar - Salad	26	105	8.8	5.3	0	0	0	6.5	0.49	√	√	√	√	√	√
Cheese Shredded Cheddar - topped side	9	36	3	1.9	0	0	0	2.2	0.17	√	√	√	√	√	√
Cheddar Cheese Sauce	38	81	6.5	4.2	2.3	1.5	0	3.2	0.75	√	√	√	√	√	√
Creamer	0	0	0	0	0	0	0	0	0.01	√	√	√	√	√	√
Kid's Milk	200	94	3	2	9.8	9.8	0	7	0.2	√	√	√	√	√	√
Sugar	4	16	0	0	4	4	0	0	0	√	√	√	√	√	√
Sweetener Packets	4	14	0	0	3.6	3.6	0	0	0	√	√	√	√	√	√
Caesar Salad Dressing	50	209	22	2	1.5	1.1	0	1.3	1.2	√	√	√	√	√	√
Kids Carton Juice	125	54	0	0	12	11	0.8	1	0	√	√	√	√	√	√
Chives	0	0	0	0	0	0	0	0	0	√	√	√	√	√	√
Mayonnaise Bulk - Premium Sandwich	8	50	5.6	0.5	0	0	0	0	0.1	√	√	√	√	√	√
Mayonnaise Bulk - Value Sandwich	7	45	5	0.4	0	0	0	0	0.08	√	√	√	√	√	√
Sea Salt Packet	3	0	0	0	0	0	0	0	2.5	√	√	√	√	√	√
Ketchup Bulk - Premium Sandwich	7	6	0	0	1.6	1.5	0	0	0.12	√	√	√	√	√	√
Ketchup Bulk - Value Sandwich	5	5	0	0	1.3	1.2	0	0	0.1	√	√	√	√	√	√
Romaine Lettuce Whole	6	0	0	0	0	0	0	0	0	√	√	√	√	√	√
White Onion Bulk - Premium Sandwich	6	0	0	0	0	0	0	0	0	√	√	√	√	√	√
White Onion Bulk - Value Sandwich	3	0	0	0	0	0	0	0	0	√	√	√	√	√	√
Pickle Slice - Premium Sandwich	12	0	0	0	0	0	0	0	0.22	√	√	√	√	√	√
Pickle Slice - Value Sandwich	8	0	0	0	0	0	0	0	0.14	√	√	√	√	√	√
Frozen Avocado - Sandwich	31	45	4.5	0.7	0.6	0	0	0.6	0.1	√	√	√	√	√	√
Frozen Avocado - Salad	62	90	8.9	1.3	1.2	0	0	1.2	0.19	√	√	√	√	√	√
Southwest Ranch Salad Dressing	40	131	13	1.1	2.3	1.7	0	1.1	0.21	√	√	√	√	√	√
Wheat Flour Tortilla	43	131	3.4	1.4	21	1.1	2	3.2	0.3	√	√	√	√	√	√
BBQ Sauce	16	22	0	0	5.4	4.6	0	0	0.19	√	√	√	√	√	√
Original Buffalo Wings Sauce	58	10	0.6	0	1.2	0.9	0	0	3.8	√	√	√	√	√	√
Classic BBQ Sauce	56	81	0	0	19	18	0.8	0.9	1.6	√	√	√	√	√	√