

WENDY'S UK

Nutrition Information

MENU ITEM	HAMBURGERS											ALLERGENS									
	WEIGHT	Grams (g)	NUTRIENTS	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Celery	Egg	Fish	Barley (Gluten)	Rye (Gluten)	Milk	Mustard	Soy	Wheat (Gluten)	Sesame
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		✓	✓			✓	✓		✓	✓
Cranberry Heat Baconator		316		1039	66	26	46	14	2.3	64	5.9		✓	✓			✓	✓		✓	✓
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		✓	✓			✓	✓		✓	✓

CHICKEN

[illegible]

WRAPS

Avocado Wrap w/ Chicken Tender	146	264	11	2.5	29	2.3	2.4	11	1.7		✓		✓
Avocado Wrap w/ Halloumi Fries	152	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/ Chicken Tender	116	349	20	4.5	28	1.8	2.4	13	2	✓	✓	✓	✓
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/ Chicken Tender	117	282	9.9	3.7	34	6.9	2.4	15	2	✓		✓	✓
BBQ Wrap w/ Halloumi Fries	124	365	19	8.4	33	7.9	2.8	14	1.8				✓
BBQ Wrap w/ Halloumi Fries (Duo Wrap)	248	729	38	17	66	16	5.6	28	3.6		✓		✓
Buffalo Wrap w/ Chicken Tender	126	349	20	4.5	28	1.9	2.4	13	2.6	✓		✓	✓
Buffalo Wrap w/ Halloumi Fries	132	435	29	9.2	28	3.8	2.8	14	2.4		✓	✓	✓

SALADS INCLUDES TOPPINGS & DRESSINGS

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Caesar Salad	165	311	29	6.2	3.1	2.7	1	9	1.4									
Caesar Salad w/ Classic Chicken	242	493	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	284	388	34	9.1	6.9	5	1	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	0.6	22	3.7	1.9	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 Fries	271	481	31	9.8	32	4.2	3.2	17	1.7	✓		
Chili Cheese Baked Potato	324	428	17	9	47	5.5	5.3	19	1.6	✓		
Halloumi Fries	51	178	13	5.1	6.6	2.1	0.9	8.2	1.1	✓		✓
Beef Chili Cheese Fries	291	499	32	10	33	4.5	3.4	18	3.4	✓		●
Chocolate Pop Dots	78	384	24	12	35	20	2.3	5.9	0.74	✓	✓	✓

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	339	399	9.4	8.5	66	53	1.1	12	0.69	✓	
Regular Vanilla Cranberry Frosty	175	266	9	7	42	29	0	4.5	0.5	✓	✓
Large Vanilla Cranberry Frosty	237	348	12	9.3	55	39	0	5.9	0.66	✓	✓
Regular Chocolate Cranberry Frosty	175	248	6.3	4.7	42	32	0.8	5.9	0.43	✓	✓
Large Chocolate Cranberry Frosty	237	324	7.9	6.2	55	43	1	8	0.56	✓	✓
Regular Vanilla Biscoff Frosty	180	338	16	8.1	44	29	0	4.8	0.55	✓	✓
Large Vanilla Biscoff Frosty	255	543	29	12	63	41	0	6.8	0.78	✓	✓
Regular Chocolate Biscoff Frosty	180	320	13	5.9	44	32	0.8	6.3	0.48	✓	✓
Large Chocolate Biscoff Frosty	258	519	26	8.9	63	45	1.1	8.8	0.69	✓	✓
Regular Vanilla Frostyccino	355	186	6.6	5.8	28	20	0	3.7	0.36	✓	✓
Large Vanilla Frostyccino	421	192	6.8	5.9	29	21	0	3.8	0.37	✓	✓
Regular Chocolate Frostyccino	355	169	4.1	3.7	28	23	0	5.1	0.3	✓	✓
Large Chocolate Frostyccino	421	176	4.2	3.8	29	24	0.5	5.3	0.31	✓	✓

BREAKFAST

Classic Egg & Cheese Muffin	130	319	16	4.5	27	2.5	5.5	14	1		✓		✓	✓	✓	✓
Classic Sausage & Cheese Muffin	177	477	29	9.1	28	3.2	6	23	1.4		✓		✓	✓	✓	✓
Classic Bacon & Cheese Muffin	143	384	21	6.3	27	2.6	5.5	19	1.7		✓		✓	✓	✓	✓
Breakfast Baconator w/ Brown Sauce	216	632	36	13	40	9.2	2.1	36	3.7			✓	✓	✓	✓	✓
Breakfast Baconator w/ Red Sauce	215	628	36	13	39	9	2.1	36	3.8	✓	✓				✓	✓
Egg Double Stack	173	419	24	6.2	29	5	1.4	21	3		✓		✓	✓	✓	✓
Sausage Breakfast Butty w/ Brown Sauce	104	319	15	4.8	31	6.7	1.8	14	1.1		✓		✓	✓	✓	✓
Bacon Breakfast Butty w/ Brown Sauce	74	246	8.4	2.6	30	6.1	1.4	12	1.7			✓	✓	✓	✓	✓
Sausage Breakfast Butty w/ Red Sauce	102	315	15	4.8	30	6.2	1.8	14	1.1	✓	✓			✓	✓	✓
Bacon Breakfast Butty 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	184	448	26	9	30	4.9	2.9	22	1.6	✓	✓	✓	✓	✓	✓	✓
Breakfast Wrap Egg & Cheese w/ Red Sauce	137	290	13	4.4	29	4.3	2.4	13	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	13	4.4	29	4.2	2.4	13	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							
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	0.3		✓					
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		✓					

CONDIMENTS

Buttermilk Ranch Dip Pot		35		169	17	1.3	3.1	2.1	0	0.5	0.7		✓		✓			
Cranberry Kick Dip Pot		35		55	0	0	13	11	0.9	0	0.54							
Honey BBQ Dip Pot		35		64	0	0	15	13	0	0	0.6							
Signature Dip Pot		35		153	15	1.2	3.9	2.9	0	0	0.56		✓			✓		✓
Smokin' Hot Dip Pot		35		151	15	1.2	2.9	1.7	0	0	0.53		✓			✓		
Sweet Chili Dip Pot		35		62	0	0	15	14	0	0	0.53							

Allergen Key

- ✓ Menu item contains the allergen
- Menu item may contain the allergen

We provide current information on the known instances of the 14 major allergens — cereals containing gluten (wheat, barley, rye and oats) celery, crustaceans, eggs, fish, lupin, milk, molluscs, mustard, peanuts, soybeans, sesame, sulphur dioxide and sulphites, tree nuts—in our products. However, cross contact may occur due to common handling and shared cooking and preparation areas, equipment, and kitchen utensils in our restaurants. As such, we cannot guarantee that any menu item is completely free of allergens. Customers with allergies or sensitivities should exercise discretion when ordering. should exercise judgment when ordering.

November 2026