



Nutrition Information

Garden Sensations®

Salads

Flavor-Packed Entrée Salads*
Prepared Fresh Daily

	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
Apple Pecan Chicken Salad	350	12	7	0	110	1210	29	5	20	37			•			•
Apple Pecan Chicken Salad Half-Size	180	6	3.5	0	55	610	15	3	10	18			•			•
Roasted Pecans	110	9	1	0	0	60	5	1	4	1			•	•	•	•
Pomegranate Vinaigrette Dressing❖	60	3	0	0	0	160	8	0	7	0						
Baja Salad	550	33	14	1	85	1610	36	12	12	33			•			
Baja Salad Half-Size	280	17	7	0	40	820	19	6	7	17			•			
Seasoned Tortilla Strips	80	4.5	1.5	0	0	105	11	1	0	1			•	•		
Creamy Red Jalapeño Dressing❖	100	10	2	0	10	270	2	0	1	1	•		•			
BLT Cobb Salad	460	26	12	0	285	1490	12	3	4	46	•		•			
BLT Cobb Salad Half-Size	230	13	6	0	140	750	7	2	2	23	•		•			
Avocado Ranch Dressing❖	100	10	2	0	10	220	1	0	1	1	•		•			
Spicy Chicken Caesar Salad ■	450	25	11	0.5	100	1290	25	6	3	32	•	•	•		•	
Spicy Chicken Caesar Salad Half-Size ■	230	13	6	0	50	650	14	4	3	17	•	•	•		•	
Gourmet Croutons	80	3	0	0	0	190	13	0	0	2			•		•	
Lemon Garlic Caesar Dressing❖	110	11	2	0	10	180	2	0	1	2	•	•	•	•		
Additional Salad Dressings																
Classic Ranch❖	110	11	2	0	10	190	1	0	1	1	•		•			
Light Classic Ranch❖**	50	4.5	1	0	10	200	2	0	1	1	•		•			
Italian Vinaigrette❖**	70	6	1	0	0	180	4	0	3	0						
Fat Free French❖**	40	0	0	0	0	95	9	0	8	0						
Thousand Island❖**	160	15	2.5	0	15	290	5	0	4	0	•					

* Toppings and Salad Dressings listed separately. ** Not available in all locations. ❖ Information is for 1 dressing packet.

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Nutrition Information

Side Selections

Numerous Options for a
Balanced Meal

Nutrition Information										Allergens					
Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
25	0	0	0	0	30	5	2	3	1						
80	3	0	0	0	190	13	0	0	2						
60	3.5	2	0	10	95	5	2	2	4						
80	3	0	0	0	190	13	0	0	2						
110	11	2	0	10	180	2	0	1	2						
90	0	0	0	0	10	21	1	18	1						
270	0	0	0	0	25	61	7	3	7						
320	3.5	2	0	10	50	63	7	4	8						
50	5	1	0	0	95	0	0	0	0						
220	7	3	0	35	870	22	6	6	18						
330	10	4	0.5	50	1310	32	8	10	28						
5	0	0	0	0	270	1	0	1	0						
25	0.5	0	0	0	80	5	0	0	1						
70	6	3	0	15	105	1	0	0	4						
220	11	2	0	0	270	29	3	0	3						
320	15	3	0	0	380	41	5	0	4						
420	20	3.5	0	0	500	54	6	0	5						
520	25	4.5	0	0	630	67	7	0	6						
10	0	0	0	0	115	3	0	2	0						

* Recommended portion sizes. French fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant. ❖ Information is for 1 dressing packet.

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Nutrition Information

Beverages

Refreshments for
Everyone's Thirst

	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
Lowfat White Milk	100	2.5	1.5	0	10	120	12	0	12	8			•			
Lowfat Chocolate Milk	170	2.5	1.5	0	10	160	29	1	28	8			•			
Diet Coke®, Small Cup	0	0	0	0	0	15 ⁺	0	0	0	0						
Sprite®, Small Cup	160	0	0	0	0	35 ⁺	41	0	41	0						
Coca-Cola®, Small Cup	160	0	0	0	0	0 ⁺	45	0	45	0						
Minute Maid® Light Lemonade, Small Cup	10	0	0	0	0	0 ⁺	0	0	0	0						
Hi-C® Flashin' Fruit Punch®, Small Cup	170	0	0	0	0	15 ⁺	45	0	45	0						
Barq's® Root Beer, Small Cup	180	0	0	0	0	35 ⁺	49	0	49	0						
Fanta® Orange, Small Cup	180	0	0	0	0	25 ⁺	49	0	49	0						
Pibb Xtra®, Small Cup	160	0	0	0	0	25 ⁺	45	0	41	0						
Coke Zero™, Small Cup	0	0	0	0	0	10 ⁺	0	0	0	0						
Dr Pepper®, Small Cup	160	0	0	0	0	40 ⁺	43	0	43	0						
Nestlé® Pure Life® Bottled Water	0	0	0	0	0	0	0	0	0	0						
Coffee	0	0	0	0	0	0 ⁺	0	0	0	0						
Coffee Creamer, 1 each	20	2	1	0	10	10	0	0	0	0			•			
Sugar, 1 packet	15	0	0	0	0	0	3	0	3	0						
Non-Nutritive Sweetener	5	0	0	0	0	0	1	0	1	0						
Hot Tea	0	0	0	0	0	0 ⁺	1	0	0	0						

+The sodium value will vary based on the level of sodium in the local water supply. To determine approximate nutritional information for a Kids' Meal size soft drink, multiply the value shown for the Small cup by 0.6; Value soft drink, multiply by 0.8; Medium soft drink, multiply by 1.5; Large soft drink, multiply by 2.0. Soft drink nutrition information reflects the amount of liquid in the beverage cup. A beverage cup will be half full of ice unless otherwise requested.

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Nutrition Information

Crispy Chicken Nuggets

Crispy All-White Meat Chicken

Nutrition Information										Allergens					
Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
180	12	2.5	0	30	340	10	0	1	9	●	●	●		●	
230	14	3	0	35	430	13	0	1	12	●	●	●		●	
450	29	6	0	70	850	25	0	1	23	●	●	●		●	
45	0	0	0	0	120	11	0	4	0						
50	0	0	0	0	120	12	0	11	0						
80	6	1	0	10	220	7	0	3	0	●					
120	12	1.5	0	10	240	3	0	2	0	●		●	●		

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Nutrition Information

Sandwiches

Made when you order it using each sandwich's standard toppings

Nutrition Information										Allergens					
Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
230	8	3	0	30	480	26	1	5	12						
270	11	5	0.5	40	690	26	1	6	15						
300	14	6	0.5	45	700	28	2	7	15						
350	19	8	0.5	55	660	28	2	5	17						
440	25	11	1	80	730	28	2	5	25						
360	18	8	1	70	760	26	1	6	23						
220	8	3	0	30	480	26	1	5	12						
270	11	5	0.5	40	690	26	1	6	14						
550	28	12	1.5	95	1280	43	2	10	30						
770	43	19	2.5	160	1450	43	2	10	50						
1020	62	28	3.5	240	1820	43	2	10	71						
630	36	15	1.5	110	1250	43	1	9	33						
940	59	25	2.5	195	1590	45	2	9	55						
670	38	16	1.5	115	1460	46	2	10	35						
880	54	23	2.5	185	1630	46	2	10	54						
370	7	1.5	0	90	1150	42	2	9	34						
460	16	3	0	60	1330	54	3	7	26						
470	18	3.5	0	50	1160	52	3	7	26						
660	34	10	0	85	1490	55	3	8	33						
560	24	8	0	125	1470	43	2	8	41						
660	33	10	0	95	1660	57	3	8	33						
350	15	3	0	35	830	38	2	4	15						
320	13	2.5	0	30	790	37	2	4	15						
260	10	3.5	0	55	750	25	1	3	20						
320	16	4.5	0	35	760	29	1	1	15						
320	16	4.5	0	40	840	30	1	1	15						

* Approximate weight before cooking. ■ Includes menu item cooked in soy, corn, cottonseed, and hydrogenated soy oil that has 0 grams trans fat.

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Nutrition Information

Sandwich Components

Our sandwiches can be made to order

Note: For your custom sandwich order, add or subtract the nutritional value of any of the following to the totals above.

Sandwich Components	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
Jr. Hamburger Patty	90	7	3	0	30	70	0	0	0	8						
1/4 lb.* Hamburger Patty	220	15	7	1	70	170	0	0	0	19						
Ultimate Chicken Grill Fillet	130	2	0.5	0	85	720	1	0	0	28						
Spicy Chicken Fillet ■	230	11	2	0	55	910	15	2	0	19	•	•				•
Homestyle Chicken Fillet ■	240	12	2.5	0	45	740	13	1	0	19	•	•				•
Crispy Chicken Patty ■	200	12	2.5	0	30	550	13	1	0	11	•	•	•			•
Sandwich Bun	120	1	0	0	0	240	24	1	4	4						•
Premium Bun	190	2	0	0	0	360	36	1	6	6						•
Tortilla	130	3.5	1	0	0	280	21	0	0	3						•
American Cheese	40	3.5	2	0	10	200	0	0	0	2			•	•		
Natural Asiago Cheese	50	4	2.5	0	15	100	1	0	0	3			•			
Applewood Smoked Bacon – 1 strip	30	2.5	1	0	5	55	1	0	0	1						
Mayonnaise	40	3.5	0.5	0	5	55	1	0	0	0	•					
Ketchup	10	0	0	0	0	95	2	0	2	0						
Mustard	0	0	0	0	0	50	0	0	0	0						
Honey Mustard Sauce	40	3.5	0	0	5	60	3	0	2	0	•					
Ranch Sauce	40	4	0.5	0	5	55	1	0	0	0	•		•			
Dill Pickles – 4 each	0	0	0	0	0	150	0	0	0	0						
Iceburg Lettuce Leaf	0	0	0	0	0	0	0	0	0	0						
Tomato – 1 slice	5	0	0	0	0	0	1	0	1	0						
Red Onion – 2 rings	0	0	0	0	0	0	0	0	0	0						

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Nutrition Information

Frosty™ Treats

Made with real dairy for a delicious, cool complement to any meal

Nutrition Information										Allergens					
Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
310	8	5	0	25	140	52	0	44	8			•			
310	8	5	0	30	150	52	0	45	8			•			
390	7	5	0	30	130	75	0	69	7			•			
410	11	7	0	35	190	69	1	58	8			•			
540	13	8	0.5	40	270	94	1	80	11			•			
390	11	7	0	35	140	66	0	59	7			•			
510	13	8	0.5	40	180	89	0	81	9			•			
380	11	7	0	35	140	64	0	57	7			•			
510	13	8	0.5	40	180	88	0	78	9			•			
380	11	7	0	35	140	63	0	53	7			•			
510	13	8	0.5	40	180	87	0	72	9			•			
470	14	7	0	35	230	77	1	58	9			•	•	•	•
470	14	8	0.5	35	230	78	1	59	9			•	•	•	•
550	19	12	0	35	170	86	1	75	10			•	•		•
560	19	12	0	40	170	87	1	76	10			•	•		•
440	14	7	0	25	290	72	1	54	9			•	•	•	
440	14	7	0	30	290	72	1	55	9			•	•	•	
540	20	15	0	35	230	83	1	69	9			•	•		•
540	20	15	0.5	40	230	83	1	71	8			•	•		•

To determine approximate nutritional information for a Jr. Frosty, multiply the value shown for the Small by 0.5; Medium Frosty, multiply by 1.3; Large Frosty, multiply by 1.7.

* Visit wendys.com for other beverage variations.

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Nutrition Information

American Cheese, Sliced: Cultured Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Citric Acid, Sorbic Acid (preservative), Artificial Color, Enzymes, Soy Lecithin. CONTAINS: MILK, SOY.

Apple Chunks: Fresh Apples, Calcium Ascorbate (calcium, vitamin C [to maintain freshness and color]).

Applewood Smoked Bacon: Pork Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.

Asiago Cheese, Shaved: Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (to prevent caking). CONTAINS: MILK.

Asiago Cheese, Sliced: Pasteurized Milk, Cheese Culture, Salt, Enzymes. CONTAINS: MILK.

Avocado Ranch Dressing: Soybean Oil, Buttermilk, Water, Avocado Pulp, Cultured Milk and Cream, Distilled Vinegar, Egg Yolk, Onion, Contains 2% or less of the following: Salt, Red and Green Peppers, Jalapeño Pepper, Sugar, Spices, Garlic (dehydrated), Onion (dehydrated), Whey, Modified Corn Starch, Green Pepper Juice, Garlic Juice, Lime Juice from Concentrate, Xanthan Gum, Natural Flavors, Citric Acid, Ascorbic Acid, Guar Gum, Carrageenan, Locust Bean Gum, Lactic Acid. CONTAINS: EGG, MILK.

Barq's® Root Beer: High Fructose Corn Syrup, Water, Caramel Color, Sodium Benzoate (to protect taste), Citric Acid, Caffeine, Artificial and Natural Flavors, Acacia.

Barbecue Nugget Sauce: High Fructose Corn Syrup, Tomato Paste, Water, Distilled White Vinegar, Molasses, Modified Corn Starch, Contains less than 2% of: Salt, Torula Yeast, Natural Smoke Flavor, Spices, Onion Powder, Sodium Benzoate (preservative), Garlic Powder.

Blue Cheese Crumbles: Blue Cheese (pasteurized milk, cheese cultures, salt, enzymes, penicillium Roquefort), Powdered Cellulose (to prevent caking), Natamycin (to protect flavor). CONTAINS: MILK

Bun, Premium: Enriched Flour (wheat flour, malted barley flour, thiamine mononitrate, riboflavin, niacin, iron, folic acid), Water, High Fructose Corn Syrup, Yeast, Soy and/or Canola Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Dough Conditioners (contains one or more of the following: sodium stearoyl lactylate, ascorbic acid, azodicarbonamide, mono and diglycerides, DATEM, calcium peroxide, calcium sulfate, L-cysteine, enzymes), Yeast Nutrients (contains one or more of the following: ammonium sulfate, tricalcium phosphate, ammonium chloride), Modified Food Starch, Natural and Artificial Flavors, Wheat Starch, Maltodextrin, Gum Arabic, Calcium Carbonate, Calcium Propionate (preservative). CONTAINS: WHEAT.

Bun, Sandwich: Enriched Flour (wheat flour, malted barley flour, thiamine mononitrate, riboflavin, niacin, iron, folic acid), Water, High Fructose Corn Syrup, Vegetable Oil (contains one or more of the following: soybean, cottonseed, canola), Yeast, Salt, Wheat Gluten, Contains 2% or less of the following: Dough Conditioners (contains one or more of the following: sodium stearoyl lactylate, calcium stearoyl-2-lactylate, ascorbic acid, azodicarbonamide, mono and diglycerides, DATEM, enzymes), Yeast Nutrients (may contain one or more of the following: monocalcium phosphate, calcium sulfate, calcium carbonate, ammonium sulfate), Turmeric, Paprika, Annatto, Natural Flavor, Calcium Silicate, Calcium Propionate (preservative). CONTAINS: WHEAT.

Buttery Best Spread: Liquid and Partially Hydrogenated Soybean Oil, Water, Salt, Hydrogenated Soybean Oil, Vegetable Mono & Diglycerides, Pectin and Sodium Alginate, Natural and Artificial Flavors, Buttermilk Solids, Soy Lecithin, Potassium Sorbate (preservative), Citric Acid, Calcium Disodium EDTA (to protect flavor), Beta Carotene (color), Vitamin A Palmitate. CONTAINS: MILK, SOY.

Cheddar Cheese Sauce: Water, Cheddar & Parmesan Cheese Blend [(milk, salt, cheese cultures, enzymes), whey, buttermilk, salt, disodium phosphate], Modified Food Starch, Whey Protein Concentrate, Soybean Oil, Salt, Natural Flavor, Yeast Extract, Maltodextrin, Sugar, Calcium & Sodium Phosphate, Tomato, Sodium Alginate, Lactic Acid, Nonfat Dry Milk, Xanthan Gum, Calcium Gluconate, Dextrin, Color (annatto & turmeric extract), Onion. CONTAINS: MILK.

Cheddar Pepper Jack Cheese Blend, Shredded: Cheddar Cheese (cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose [to prevent caking], natamycin [a natural mold inhibitor]), Monterey Jack Cheese with Jalapeño Peppers (cultured pasteurized milk, jalapeño peppers, salt, enzyme, potato starch and powdered cellulose [to prevent caking], natamycin [a natural mold inhibitor]). CONTAINS: MILK

Chili: Chili Base (water, tomatoes, salt, citric acid, calcium chloride), Ground Beef, Vegetable Mix (onions, celery, green peppers), Chili Beans (beans, water, sugar, corn syrup, salt, natural flavorings, onion powder, calcium chloride), Kidney Beans (kidney beans, water, sugar, corn syrup, salt, natural flavorings, onion powder, calcium chloride, disodium EDTA [preservative]), Chili Seasoning (sugar, salt, modified corn starch, chili pepper, onion powder, spices, dextrose, garlic powder, citric acid, disodium inosinate & guanylate, xanthan gum, autolyzed yeast extract, soybean oil, caramel color, extractives of paprika, malic acid, red 40, natural and artificial flavor, silicon dioxide [anticaking agent]).

Chocolate Sauce: High Fructose Corn Syrup, Water, Cocoa, Sugar, Modified Food Starch, Salt, Potassium Sorbate (preservative), Artificial Flavor, Cellulose Gum.

Classic Ranch Dressing: Buttermilk, Soybean Oil, Water, Distilled Vinegar, Egg Yolk, Sugar, Salt, Garlic (dehydrated), Modified Corn Starch, Yeast Extract, Onion (dehydrated), Spices, Natural Flavors, Xanthan Gum, Lactic Acid. CONTAINS: EGG, MILK.

Coca-Cola®: High Fructose Corn Syrup, Water, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine.

Coffee Toffee Pieces: Chocolate Flavored Coating (sugar, fractionated palm kernel oil, cocoa [processed with alkali], soy lecithin, vanilla), Toffee (sugar, butter [cream, salt], corn syrup, fractionated palm kernel oil, instant coffee, soy lecithin, salt, caramel color, natural and artificial flavor). Manufactured in a facility that processes or uses peanuts & tree nuts. CONTAINS: MILK, SOY.

Coffee Toffee Twisted Frosty™, Chocolate: Chocolate Frosty (milk, sugar, corn syrup, whey, nonfat dry milk, cocoa [processed with alkali], guar gum, mono and diglycerides, cellulose gum, carrageenan, calcium sulfate, disodium phosphate, artificial and natural flavoring, vitamin A palmitate), Coffee Syrup (water, high fructose corn syrup, propylene glycol, caramel color, cocoa powder [processed with alkali], natural flavoring, potassium sorbate [preservative], instant coffee, citric acid, xanthan gum) CONTAINS: MILK.

Coffee Toffee Twisted Frosty™, Vanilla: Vanilla Frosty (milk, sugar, corn syrup, cream, whey, nonfat dry milk, guar gum, mono and diglycerides, natural and artificial flavor, cellulose gum, carrageenan, calcium sulfate, disodium phosphate, dextrose, annatto color, vitamin A palmitate), Coffee Syrup (water, high fructose corn syrup, propylene glycol, caramel color, cocoa powder [processed with alkali], natural flavoring, potassium sorbate [preservative], instant coffee, citric acid, xanthan gum). CONTAINS: MILK.

Coke Zero™: Water, Caramel Color, Phosphoric Acid, Potassium Citrate, Aspartame, Potassium Benzoate (to protect taste), Natural Flavors, Acesulfame Potassium, Caffeine, Dimethylpolysiloxane. Phenylketonurics: contains phenylalanine.

Coffee Creamer: Light Cream, Skim Milk, Sodium Citrate, Disodium Phosphate. CONTAINS: MILK.

Creamy Red Jalapeño Dressing: Soybean Oil, Buttermilk, Water, Sour Cream (cultured milk and cream, non fat dry milk, modified corn starch, guar gum, locust bean gum, xanthan gum, carrageenan), Distilled Vinegar, Red Jalapeño Peppers, Sugar, Egg Yolk, Garlic Juice, Salt, Onion Juice, Garlic (dehydrated), Xanthan Gum, Onion (dehydrated), Spices, Citric Acid. CONTAINS: EGG, MILK.

Crispy Chicken Nuggets: Chicken Breast, Water, Modified Corn Starch, Sodium Phosphates, Salt, Whey Protein Concentrate. Battered and Breaded with: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spices, Leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), Dextrose, Yellow Corn Flour, Yeast, Garlic Powder, Citric Acid, Spice Extractives, Natural and Artificial Flavor, Xanthan Gum. Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, natural flavor [vegetable], citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Egg and Fish (where available). CONTAINS: MILK, WHEAT.

Crispy Chicken Patty: Chicken Breast, Water, Salt, Sodium Phosphates. Battered and Breaded with: Wheat Flour, Bleached Wheat Flour, Water, Rice Flour, Salt, Modified Corn Starch, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate), Spices, Garlic Powder, Onion Powder, Yeast, Spice Extractives, Extractives of Paprika, Natural and Artificial Flavor, Lactic Acid. Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, natural flavor [vegetable], citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Egg, Milk, and Fish (where available). CONTAINS: WHEAT.

Diet Coke®: Water, Caramel Color, Phosphoric Acid, Sodium Saccharin, Potassium Benzoate (to protect taste), Natural Flavors, Citric Acid, Caffeine, Potassium Citrate, Aspartame, Dimethylpolysiloxane. Phenylketonurics: contains phenylalanine.

Dill Pickle: Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Sodium Benzoate (preservative), Alum, Natural Flavors, Polysorbate 80, Yellow 5, Blue 1.

Dried Cranberries: Cranberries, Sugar, Sunflower Oil. Manufactured in a facility that processes peanuts and tree nuts.

Dr Pepper®: Carbonated Water, High Fructose Corn Syrup and/or Sugar, Caramel Color, Phosphoric Acid, Artificial and Natural Flavors, Sodium Benzoate (preservative), Caffeine.

Eggs, Chopped: Hard Cooked Eggs. CONTAINS: EGG.

Fanta® Orange: High Fructose Corn Syrup, Water, Citric Acid, Sodium Benzoate (to protect taste), Natural Flavors, Modified Food Starch, Sodium Polyphosphates, Glycerol Ester of Rosin, Yellow 6, Brominated Vegetable Oil, Red 40.

Fat Free French Dressing: Water, Honey, Sugar, Distilled Vinegar, Corn Syrup, Tomato Paste, Cider Vinegar, Modified Corn Starch, Salt, Mustard Seed, Microcrystalline Cellulose, Onion (dehydrated), Garlic (dehydrated), Xanthan Gum, Oleoresin Paprika, Spices, Lemon Juice Concentrate, Cellulose Gum, Natural Flavors.

Frosty™-cino: Vanilla Frosty (milk, sugar, corn syrup, cream, whey, nonfat dry milk, guar gum, mono and diglycerides, natural and artificial flavor, cellulose gum, carrageenan, calcium sulfate, disodium phosphate, dextrose, annatto color, vitamin A palmitate), Coffee Syrup (water, high fructose corn syrup, propylene glycol, caramel color, cocoa powder [processed with alkali], natural flavoring, potassium sorbate [preservative], instant coffee, citric acid, xanthan gum). CONTAINS: MILK.

Frosty, Chocolate: Milk, Sugar, Corn Syrup, Cream, Whey, Nonfat Dry Milk, Cocoa (processed with alkali), Guar Gum, Mono and Diglycerides, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Artificial and Natural Flavoring, Vitamin A Palmitate. CONTAINS: MILK.



Nutrition Information

Frosty, Vanilla: Milk, Sugar, Corn Syrup, Cream, Whey, Nonfat Dry Milk, Guar Gum, Mono and Diglycerides, Natural and Artificial Flavor, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Dextrose, Annatto Color, Vitamin A Palmitate. CONTAINS: MILK.

Frosty Shake, Chocolate Fudge: Vanilla Frosty (milk, sugar, corn syrup, cream, whey, non-fat dry milk, guar gum, mono and diglycerides, natural and artificial flavor, cellulose gum, carrageenan, calcium sulfate, disodium phosphate, dextrose, annatto color, vitamin A palmitate), Chocolate Shake Syrup (water, high fructose corn syrup, corn syrup, natural chocolate fudge flavor [cocoa powder (processed with alkali), natural flavoring, citric acid], glucono delta lactone, xanthan gum, potassium sorbate [preservative], natural flavor). CONTAINS: MILK.

Frosty Shake, Strawberry: Vanilla Frosty (milk, sugar, corn syrup, cream, whey, nonfat dry milk, guar gum, mono and diglycerides, natural and artificial flavor, cellulose gum, carrageenan, calcium sulfate, disodium phosphate, dextrose, annatto color, vitamin A palmitate), Strawberry Shake Syrup (water, high fructose corn syrup, sweetened strawberries [strawberries, sugar], corn syrup, natural flavor, citric acid, xanthan gum, potassium sorbate [preservative], red 40, blue 1). CONTAINS: MILK.

Frosty Shake, Vanilla Bean: Vanilla Frosty (milk, sugar, corn syrup, cream, whey, nonfat dry milk, guar gum, mono and diglycerides, natural and artificial flavor, cellulose gum, carrageenan, calcium sulfate, disodium phosphate, dextrose, annatto color, vitamin A palmitate), Vanilla Shake Syrup (water, high fructose corn syrup, corn syrup, xanthan gum, potassium sorbate [preservative], natural and artificial flavors, citric acid). CONTAINS: MILK.

Gourmet Croutons: Enriched Wheat Flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Sunflower Oil and/or Canola Oil, Salt, Garlic (dehydrated), Water, Yeast, Seasoning (sea salt, black pepper, natural flavor), Natural Butter Flavor, Malted Barley Flour, Citric Acid and/or Tocopherols (to maintain freshness). CONTAINS: MILK, WHEAT.

Guacamole: Hass Avocado, Tomato, Onion, Jalapeño, Salt, Cilantro, Sugar, Erythorbic Acid and/or Ascorbic Acid (to maintain color), Jalapeño Chili Powder, Garlic (dehydrated), Onion (dehydrated), Citric Acid, Lime Juice Powder.

Hamburger Patty: Ground Beef. Seasoned with Salt.

Heartland Ranch Dipping Sauce: Soybean Oil, Water, Distilled White Vinegar, Buttermilk (cultured low fat milk, milk, nonfat dry milk, salt, sodium citrate, vitamin A palmitate), Corn Syrup, Egg Yolks and Enzyme Modified Egg Yolks, Sugar, Contains less than 2% of: Salt, Modified Corn Starch, Torula Yeast, Lactic Acid, Phosphoric Acid, Sodium Benzoate and Potassium Sorbate (preservatives), Garlic Powder, Polysorbate 60, Xanthan Gum, Onion Powder, Disodium Inosinate, Disodium Guanylate, Spice, Natural Flavor, Cultured Cream, Parsley (dehydrated), Enzyme Modified Milk, Calcium Disodium EDTA (to protect flavor), Propylene Glycol, Buttermilk Powder, Molasses, Soy Lecithin. CONTAINS: EGG, MILK, SOY.

Hi-C® Flashin' Fruit Punch®: High Fructose Corn Syrup, Water, Citric Acid, Natural and Artificial Flavors, Ascorbic Acid (vitamin C), Sodium Benzoate (to protect taste), Modified Food Starch, Red 40, Glycerol Ester of Wood Rosin, Brominated Vegetable Oil.

Homestyle Chicken Breast Fillet: Chicken Breast, Water, Modified Food Starch, Seasoning (salt, maltodextrin, flavoring, modified corn starch, autolyzed yeast extract, contains 2% or less of: chicken, chicken broth, chicken fat, citric acid, dextrin, lactic acid), Sodium Phosphates. Battered and Breaded with: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spices, Wheat Gluten, Leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), Egg White Solids, Onion Powder, Garlic Powder, Fructose, Maltodextrin, Yeast, Chicken Broth, Natural and Artificial Flavor, Locust Gum, Lactic Acid, Xanthan Gum, Extractives of Paprika. Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Egg and Fish (where available). CONTAINS: WHEAT.

Honey Mustard Nugget Sauce: Soybean Oil, High Fructose Corn Syrup, Distilled White Vinegar, Dijon Mustard (water, mustard seed, vinegar, salt, white wine, citric acid, tartaric acid, spices), Water, Honey, Egg Yolks, Sugar, Contains less than 2% of the following: Modified Tapioca Starch, Modified Corn Starch, Salt, Xanthan Gum, Spices, Sodium Benzoate (preservative), Paprika, Molasses, Oleoresin Paprika (extractives of paprika, canola and/or soybean oil), Calcium Disodium EDTA (to protect flavor), Natural and Artificial Flavor, Yellow 5, Malic Acid, Citric Acid. CONTAINS: EGG.

Honey Mustard Sauce: Soybean Oil, Honey, Water, Dijon Mustard (distilled vinegar, water, mustard seed, salt, white wine, citric acid, tartaric acid, spices), Sugar, Distilled Vinegar, Egg Yolk, Salt, Mustard Seed, Egg White, Xanthan Gum, Propylene Glycol Alginate, Potassium Sorbate and Sodium Benzoate (preservatives), Titanium Dioxide, Spice, Garlic (dehydrated), Onion (dehydrated), Natural Flavor, Lemon Juice from Concentrate, Calcium Disodium EDTA (to protect taste). CONTAINS: EGG.

Hot Chili Seasoning Packet: Water, Corn Syrup, Salt, Distilled Vinegar, Natural Flavors, Xanthan Gum, Caramel Color.

Italian Vinaigrette Dressing: Water, Soybean Oil, White Wine Vinegar, Sugar, Distilled Vinegar, Garlic (including dehydrated), Modified Corn Starch, Salt, Mustard Seed, Spices, Xanthan Gum, Bell Peppers (dehydrated).

Ketchup: Tomato Concentrate (made from red ripe tomatoes), Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.

Lemon Garlic Caesar Dressing: Water, Soybean Oil, Parmesan Cheese, (part skim milk, cheese cultures, salt, enzymes), Garlic (including dehydrated), Lemon Juice, Distilled Vinegar, Egg Yolk, Mustard Seed, Lemon Juice from Concentrate, Garlic Juice, Spices, Salt, Egg Whites (dehydrated), Xanthan Gum, White Wine, Anchovies, Natural Flavors, Molasses, Corn Syrup, Caramel Color, Soy Flour, Sugar, Tamarind, Citric Acid, Tartaric Acid, Lactic Acid. CONTAINS: EGG, FISH (anchovies), MILK, SOY.

Light Classic Ranch Dressing: Buttermilk, Water, Soybean Oil, Distilled Vinegar, Egg Yolk, Salt, Modified Corn Starch, Sugar, Cultured Whey, Garlic (dehydrated), Spices, Natural Flavor, Xanthan Gum, Lactic Acid, Onion (dehydrated), Lemon Juice Concentrate, Mustard Seed. CONTAINS: EGG, MILK.

Mandarin Oranges: Mandarin Orange Segments, Water, Sugar.

Maraschino Cherries: Cherries, Water, Corn Syrup, High Fructose Corn Syrup, Citric Acid, Natural and Artificial Flavor, Potassium Sorbate and Sodium Benzoate (preservatives), Red 40, Sulphur Dioxide (preservative). May contain pits.

Mayonnaise Dressing: Water, Soybean Oil, Corn Syrup, Egg Yolk, Modified Corn Starch, Distilled Vinegar, Contains less than 2% of: Salt, Spice, Xanthan Gum, Sodium Benzoate and Potassium Sorbate (preservatives), Natural Flavor, Calcium Disodium EDTA (to protect flavor), Yellow 5 and 6. CONTAINS: EGG.

M&M's® Candy Crumbles: Milk Chocolate (sugar, chocolate, skim milk, cocoa butter, lactose, milkfat, soy lecithin, salt, artificial flavors), Sugar, Cornstarch, Less than 1% of: Corn Syrup, Dextrin, Coloring (includes blue 1 lake, red 40 lake, yellow 6, yellow 5, red 40, blue 1, blue 2 lake, yellow 6 lake, yellow 5 lake, blue 2), Gum Acacia. Manufactured in a facility that processes peanuts. CONTAINS: MILK, SOY.

Milk, Lowfat Chocolate Milk: Lowfat Milk with Vitamin A Palmitate and Vitamin D3 Added, Sugar, Contains less than 2% of: Cocoa (processed with alkali), Calcium Carbonate, Cellulose Gel, Natural and Artificial Flavors, Salt, Carrageenan, Cellulose Gum. CONTAINS: MILK.

Milk, Lowfat White Milk: Lowfat Milk with Vitamin A Palmitate and Vitamin D3 Added, Calcium Carbonate, Potassium Citrate, Carrageenan. CONTAINS: MILK.

Minute Maid® Light Lemonade: Water, Concentrated Lemon Juice, Citric Acid, Contains Less than 1% of: Natural Flavors, Modified Cornstarch, Glycerol Ester of Wood Rosin, Potassium Citrate, Sodium Benzoate and Potassium Sorbate and EDTA (to protect taste), Aspartame, Acesulfame Potassium, Yellow 5. Phenylketonurics: contains phenylalanine.

Mustard: Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric (color), Paprika, Spice.

Natural-Cut Fries: Potatoes, Vegetable Oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), Dextrose, Sodium Acid Pyrophosphate (to maintain natural color). Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, natural flavor [vegetable], citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Wheat, Egg, Milk, and Fish (where available). Seasoned with Sea Salt.

Nestlé® Pure Life® Bottled Water: Purified Water, Calcium Chloride, Sodium Bicarbonate, Magnesium Sulfate.

Nestlé® Toll House® Cookie Dough: Wheat Flour, Sugar, Water, Butter, Soybean Oil, Semi-Sweet Chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, natural flavor), Molasses, Less Than 2% Of: Salt, Vanilla Extract (vanilla bean extractives, water, alcohol, invert syrup, propylene glycol), Soy Lecithin, Baking Soda. Product Is Manufactured In A Plant The Processes Peanuts, Tree Nuts, Soy, And Milk. CONTAINS: MILK, SOY, WHEAT. Non-nutritive Sweetener: See individual packet.

Oreo® Cookie Crumbles: Sugar, Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), High Oleic Canola and/or Palm Oil and/or Canola Oil, and/or Soybean Oil, Cocoa (processed with alkali), High Fructose Corn Syrup, Cornstarch, Leavening (baking soda and/or calcium phosphate), Salt, Soy Lecithin (emulsifier), Vanillin (artificial flavor), Chocolate. CONTAINS: SOY, WHEAT.

Pibb Xtra®: High Fructose Corn Syrup, Water, Caramel Color, Natural and Artificial Flavors, Phosphoric Acid, Sodium Benzoate (to protect taste), Caffeine, Monosodium Phosphate, Lactic Acid, Dimethylpolysiloxane.

Pico de Gallo: Tomatoes, Onions, Pico de Gallo Base (water, soybean oil, distilled vinegar, jalapeño peppers [including dehydrated], lime puree [lime juice concentrate, water, pulp cells, lime oil, lime peel], salt, concentrated lime juice, xanthan gum, onion [dehydrated], garlic [dehydrated], natural flavors, oleoresin rosemary), Cilantro.

Pomegranate Vinaigrette Dressing: Water, Sugar, Pomegranate Juice Concentrate, Soybean Oil, White Wine Vinegar, Orange Juice Concentrate, Balsamic Vinegar, Distilled Vinegar, Salt, Orange Flavedo (orange peel, sugar, orange oil), Shallots, Xanthan Gum, Natural Flavor, Spices.

Ranch Sauce: Soybean Oil, Buttermilk, Water, Distilled Vinegar, Egg Yolk, Asiago Cheese (part skim milk, cheese cultures, salt, enzymes), Sugar, Granular, Swiss and Parmesan Cheese (milk, cheese cultures, salt, enzymes), Garlic (including dehydrated), Seasoning (salt, garlic & onion [dehydrated], sour cream solids [cream, non fat milk, cultures], buttermilk solids, sugar, spice, whey solids, lactic & citric acids, parsley), Salt, Onion (dehydrated), Xanthan Gum, Egg Whites (dehydrated), Natural Flavors, Spices, Dry Skim Milk, Citric Acid, Butter (cream, salt), Whey, Lactic Acid. CONTAINS: EGG, MILK.



Nutrition Information

Reduced Fat Sour Cream: Milk, Cream, Modified Corn Starch, Nonfat Dry Milk, Maltodextrin, Lactic Acid, Sodium Phosphate, Citric Acid, Guar Gum, Mono and Diglycerides, Natural and Artificial Flavor, Potassium Sorbate (preservative), Locust Bean Gum, Carrageenan. CONTAINS: MILK.

Roasted Pecans: Pecans, Sugar, Wheat Starch, Honey, Maltodextrin, Soybean Oil, Sea Salt, Lactose (milk), Cayenne Pepper, Soy Lecithin, Xanthan Gum. CONTAINS: MILK, SOY, TREE NUTS (pecans), WHEAT.

Saltines: Enriched Flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), Soybean Oil (contains TBHQ for freshness), Salt, Contains 2% or less of: Corn Syrup, Leavening (baking soda, yeast), Soy Lecithin. CONTAINS: WHEAT, SOY.

Seasoned Tortilla Strips: Whole Corn, Vegetable Oil (contains one or more of the following: corn, soybean, sunflower or cottonseed oil), Sea Salt, Corn Maltodextrin, Buttermilk Powder, Spice, Tomato Powder, Sweet Cream, Onion Powder, Cheddar Cheese (milk, cheese cultures, salt, enzymes), Sugar, Gum Arabic, Vinegar Solids, Nonfat Milk Solids, Rice Concentrate, Garlic Powder, Natural Flavor, Citric Acid, Extractives of Paprika, Disodium Phosphate, Soy Lecithin. CONTAINS: MILK, SOY.

Spicy Chicken Fillet: Chicken Breast, Water, Seasoning (salt, spice, sodium phosphate [sodium tripolyphosphate, sodium polyphosphates, glassy], modified corn starch, paprika, natural flavor, extractives of paprika, extractives of turmeric). Battered and Breaded with: Wheat Flour, Water, Salt, Modified Corn Starch, Bleached Wheat Flour, Wheat Gluten, Spice, Gum Arabic, Egg White Solids, Spice Extractives, Yellow Corn Flour, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), Extractives of Paprika. Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Fish (where available). CONTAINS: EGG, WHEAT.

Spring Mix: Baby Lettuces (red & green Romaine, red & green oak, red & green leaf, lolita Rosa, tango), Spinach, Mizuna Arugula, Tatsoi, Red Chard, Green Chard.

Sprite®: High Fructose Corn Syrup, Water, Citric Acid, Natural Flavors, Sodium Citrate, Sodium Benzoate (to protect taste), Dimethylpolysiloxane.

Sweet & Sour Nugget Sauce: High Fructose Corn Syrup, Water, Distilled Vinegar, Pineapple Juice Concentrate, Modified Food Starch, Salt, Bell Peppers (dehydrated), Sodium Benzoate and Potassium Sorbate (preservatives), Soybean Oil, Caramel Color, Citric Acid, Extractives of Paprika, Spice, Red 40.

Thousand Island Dressing: Soybean Oil, Sweet Relish (cucumbers, sugar, vinegar, salt, xanthan gum, natural flavors), Water, Sugar, Egg Yolk, Tomato Paste, Distilled Vinegar, Salt, Onion (dehydrated), Celery Seed, Natural Flavors, Xanthan Gum, Vegetable Juice (added for color), Garlic (dehydrated). CONTAINS: EGG.

Tortilla: Bleached Enriched Wheat Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Water, Soybean Oil, Hydrogenated Cottonseed and/or Soybean Oil, Mono and Diglycerides, Potato Starch with Monoglycerides, Contains 2% or less of: Salt, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Fumaric Acid, Sodium Bicarbonate, Dough Conditioner (wheat flour, calcium sulphate, sorbic acid, L-Cysteine hydrochloride), Sodium Propionate and Potassium Sorbate (preservatives). CONTAINS: WHEAT.

Ultimate Chicken Grill Fillet: Chicken Breast, Water, Seasoning (sea salt, maltodextrin, natural flavors, yeast extract, onion powder, garlic powder, sugar, gum Arabic, dextrose), Modified Corn Starch, Sodium Phosphates. Rubbed with Paprika and Spice.

Whipped Cream: Cream, Milk, Corn Syrup, Sugar, Dextrose, Contains 2% or less of the following: Mono and Diglycerides, Natural and Artificial Flavors, Sorbitan Monostearate, Carrageenan, Mixed Tocopherols (vitamin E [to protect flavor]), Nitrous Oxide (propellant). CONTAINS: MILK.

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Nutrition and ingredient 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 April 2011.

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 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 check our website at www.wendys.com on a regular basis to obtain the most comprehensive and up-to-date information.

If you have specific questions about our menu, call or write:

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