

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	Peanuts	Soy	Tree Nuts	Wheat
Mandarin Chicken® Salad	170	2.5	0.5	0	60	520	16	3	12	21							
Crispy Noodles	60	2	0	0	0	170	10	0	1	1							X
Roasted Almonds	130	11	1	0	0	70	4	2	1	5						X	
Oriental Sesame Dressing	170	9	1.5	0	0	430	19	0	17	1					X		X
Chicken Caesar Salad	180	6	2.5	0	70	660	8	3	3	25			X				
Homestyle Garlic Croutons	70	2.5	0	0	0	125	9	0	0	2			X				X
Caesar Dressing	120	13	2.5	0	20	220	1	0	0	1	X	X	X		X		
Chicken BLT Salad	330	18	9	0	105	1050	11	4	5	33			X				
Homestyle Garlic Croutons	70	2.5	0	0	0	125	9	0	0	2			X				X
Honey Mustard Dressing	250	23	3.5	0	20	330	9	0	9	1	X						
Southwest Taco Salad	430	22	12	1	80	1090	30	8	9	30			X				
Reduced Fat Acidified Sour Cream	50	4	2.5	0	10	30	2	0	1	1			X				
Seasoned Tortilla Strips	110	5	1	0	0	160	13	1	0	2			X		X		
Ancho Chipotle Ranch Dressing	90	8	1.5	0	10	270	3	0	2	1	X		X		X		
Additional Salad Dressings																	
Fat Free French	70	0	0	0	0	190	17	0	14	0							
Reduced Fat Creamy Ranch**	90	7	1.5	0	10	400	6	1	3	1	X		X				
Low Fat Honey Mustard**	100	2.5	0	0	0	300	19	0	14	0	X		X				
Italian Vinaigrette	130	11	1.5	0	0	360	8	0	7	0							
Creamy Ranch	200	20	3.5	0	15	400	4	0	2	1	X		X		X		
Blue Cheese**	230	24	4.5	0	35	420	2	0	1	2	X		X				
Thousand Island**	230	22	3.5	0	20	400	7	0	5	1	X						

* Toppings and Salad Dressings listed separately.
 ** Not available in all locations.

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	Peanuts	Soy	Tree Nuts	Wheat
Side Salad	35	0	0	0	0	25	8	2	4	1							
Caesar Side Salad	80	4.5	2	0	10	240	6	2	1	6			X				
Mandarin Orange Cup	80	0	0	0	0	15	19	1	17	1							
Low Fat Strawberry Flavored Yogurt	140	1.5	1	0	5	90	27	0	24	6			X				
Granola Topping	110	4.5	0.5	0	0	0	15	1	6	2							
Plain Baked Potato (avg. wgt. 10 oz.)	270	0	0	0	0	25	61	7	3	7							
Sour Cream & Chives Baked Potato	320	4	2.5	0	10	55	63	7	4	9			X				
Buttery Best Spread	50	6	1	0	0	90	0	0	0	0			X		X		
Small Chili	220	6	2.5	0	35	780	23	5	6	17							
Large Chili	330	9	3.5	0.5	55	1170	35	8	9	25							
Hot Chili Seasoning	5	0	0	0	0	270	2	0	1	0							
Saltine Crackers	25	0.5	0	0	0	95	4	0	0	0					X		X
Cheddar Cheese, shredded	70	6	3.5	0	15	110	1	0	0	4			X				
Kids' Meal French Fries*	210	10	1.5	0	0	210	26	3	0	3	✓	✓	✓				✓
Small French Fries*	330	16	2.5	0.5	0	340	42	4	0	4	✓	✓	✓				✓
Medium French Fries*	420	20	3	1	0	430	53	5	0	6	✓	✓	✓				✓
Large French Fries*	520	24	3.5	1	0	550	69	7	0	7	✓	✓	✓				✓

* Recommended portion sizes. French fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

Beverages and Frosty™

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	Peanuts	Soy	Tree Nuts	Wheat
Milk, 2% Reduced Fat Milk	120	4.5	3	0	20	125	12	0	11	7			X				
Milk, 1% Low Fat Chocolate	170	2.5	1.5	0	15	200	28	0	26	8			X				
Diet Coke®, Small Cup	0	0	0	0	0	15+	0	0	0	0							
Sprite®, Small Cup	130	0	0	0	0	30+	34	0	34	0							
Coca-Cola®, Small Cup	140	0	0	0	0	0+	37	0	37	0							
Dasani® Water	0	0	0	0	0	0	0	0	0	0							
Chocolate Frosty Junior	160	4	2.5	0	15	75	28	0	21	4			X				
Chocolate Frosty Small	330	8	5	0	35	150	56	0	42	8			X				
Chocolate Frosty Medium	430	11	7	0	45	200	74	0	55	10			X				
Vanilla Frosty Junior	150	4	2.5	0	20	90	26	0	21	4			X				
Vanilla Frosty Small	310	8	5	0	35	180	52	0	43	8			X				
Vanilla Frosty Medium	410	10	6	0.5	45	240	68	0	57	11			X				
Vanilla Frosty Float with Coca-Cola*	410	8	5	0	35	190+	78	0	69	8			X				
Chocolate Frosty Fix 'N Mix	170	4	2.5	0	20	80	29	0	22	4			X				
Vanilla Frosty Fix 'N Mix	160	4	2.5	0	20	95	27	0	22	4			X				
Oreo® Cookie Crumbles	100	4	1.5	0	0	115	15	1	9	1					X		X
Butterfinger® Candy Crumbles	130	5	2.5	0	0	65	20	1	13	2			X	X	X		
M&M's® Candy Crumbles	140	6	3.5	0	5	15	20	1	18	1			X	*	X		

To determine nutritional information for a Kid's size (12 oz.) soft drink, multiply by 0.6; Value (16 oz.) soft drink, multiply by 0.8; Medium (32 oz.) soft drink, multiply by 1.6; Large (42 oz.) soft drink, multiply by 2.1.

+The sodium value will vary based on the level of sodium in your city's water supply.

* Visit wendys.com for other beverage variations.

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This nutrition information is current as of May 2007.

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	Peanuts	Soy	Tree Nuts	Wheat
Jr. Hamburger	280	9	3.5	0.5	30	590	34	1	7	15							X
Jr. Cheeseburger	320	12	5	0.5	40	800	34	1	7	17			X		X		X
Jr. Cheeseburger Deluxe	360	16	6	0.5	45	860	36	2	8	18	X		X		X		X
Jr. Bacon Cheeseburger	370	18	7	0.5	50	790	34	2	6	19	X		X		X		X
Hamburger, Kids' Meal	270	9	3.5	0.5	30	590	33	1	6	15							X
Cheeseburger, Kids' Meal	310	12	5	0.5	40	800	34	1	7	17			X		X		X
Ham & Cheese Sandwich, Kids' Meal	240	6	3	0	30	880	32	1	6	14			X		X		X
Turkey & Cheese Sandwich, Kids' Meal	250	6	3	0	25	900	34	1	5	14			X		X		X
Single w/Everything	430	20	7	1	65	900	37	2	9	25	X						X
Double w/Everything and Cheese	700	40	16	2.5	140	1500	38	2	9	48	X		X		X		X
Triple w/Everything and Cheese	980	59	25	3.5	215	2090	38	2	9	70	X		X		X		X
Baconator™	830	51	22	2.5	170	1920	35	1	8	57	X		X		X		X
Ultimate Chicken Grill Sandwich	320	7	1.5	0	70	950	36	2	8	28	X						X
Spicy Chicken Fillet Sandwich	440	16	2.5	0	60	1320	46	3	6	28	X	✓			✓		X
Homestyle Chicken Fillet Sandwich	430	16	2.5	0	45	1140	48	2	6	25	X	✓			X		X
Chicken Club Sandwich	610	31	11	0.5	95	1490	49	2	7	39	X	✓			X		X
Crispy Chicken Sandwich	360	14	2.5	0	30	730	41	1	5	16	X	✓	✓				X
Black Forest Ham & Swiss Frescata®	460	19	6	0	60	1470	50	4	8	27	X		X				X
Roasted Turkey & Swiss Frescata	470	20	6	0	60	1520	51	4	4	25	X		X				X
Frescata Club	430	17	3.5	0	50	1560	49	4	5	22	X						X

This nutrition information is current as of May 2007.

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.

	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	Peanuts	Soy	Tree Nuts	Wheat
2 oz.** Hamburger Patty	100	7	3	0.5	30	130	0	0	0	10							
1/4 lb.** Hamburger Patty	210	14	6	1	60	260	0	0	0	19							
Ultimate Chicken Grill Fillet	110	1.5	0	0	65	610	1	0	0	22							
Spicy Chicken Fillet	230	11	1.5	0	55	970	13	2	0	22	X	✓			✓		X
Homestyle Chicken Fillet	230	10	1.5	0	40	790	15	0	0	20	X	✓			X		X
Crispy Chicken Patty	170	10	1.5	0	30	390	9	0	0	11	✓	✓	✓		✓		X
Roasted Turkey Breast – 4 slices	80	1.5	0	0	30	810	5	0	0	12							
Black Forest Ham – 4 slices	70	1.5	0.5	0	35	780	1	0	1	14							
Sandwich Bun	160	2	0	0	0	290	31	1	5	5							X
Premium Bun	160	2	0	0	0	280	31	1	5	5							X
Artisan Bread	250	6	1	0	0	510	43	3	2	7							X
American Cheese Jr.	40	3.5	2	0	10	200	0	0	0	2			X		X		
American Cheese	70	5	3.5	0	15	320	1	0	0	3			X		X		
Swiss Cheese	70	6	3.5	0	20	85	0	0	0	5			X				
Bacon – 1 strip	15	1	0	0	5	50	0	0	0	1							
Mayonnaise – 1 tsp.	35	3.5	0.5	0	5	70	1	0	0	0	X						
Ketchup – 1 tsp.	10	0	0	0	0	95	2	0	2	0							
Mustard – ½ tsp.	5	0	0	0	0	50	0	0	0	0							
Honey Mustard Sauce – 1 tsp.	40	3.5	0	0	5	60	3	0	2	0	X						
Dill Pickles – 4 each	0	0	0	0	0	135	0	0	0	0							
Iceburg Lettuce Leaf	0	0	0	0	0	0	0	0	0	0							
Romaine 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							
Onion – 4 rings	5	0	0	0	0	0	1	0	1	0							

** Net weight before cooking.

This nutrition information is current as of May 2007.

Crispy Chicken Nuggets Crispy All-White Meat for Full Flavor Dipping	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	Peanuts	Soy	Tree Nuts	Wheat
4 Piece Kids' Meal Chicken Nuggets	190	12	2	0	30	420	10	0	0	10	✓	✓	✗				✗
5 Piece Chicken Nuggets	230	15	3	0	35	520	12	0	0	12	✓	✓	✗				✗
10 Piece Chicken Nuggets	460	30	6	0	70	1040	24	0	0	24	✓	✓	✗				✗
Barbecue Nugget Sauce	45	0	0	0	0	170	10	0	8	1							
Sweet & Sour Nugget Sauce	50	0	0	0	0	120	13	0	11	0							
Honey Mustard Nugget Sauce	130	12	2	0	10	220	6	0	5	0	✗						
Heartland Ranch Dipping Sauce	160	17	2.5	0	15	220	1	0	1	0	✗		✗				

This nutrition information is current as of May 2007.

1% Lowfat Chocolate Milk: Lowfat Milk, High Fructose Corn Syrup, Sugar, Cocoa, Salt, Carrageenan, Vitamin A Palmitate and Vitamin D3. CONTAINS: MILK.

2% Reduced Fat Milk: Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3. CONTAINS: MILK.

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

Ancho Chipotle Ranch Dressing: Buttermilk, Soybean Oil, Water, Sour Cream (cream, modified corn starch, soy lecithin, lactic acid, water, citric acid, sodium phosphate, guar gum, artificial flavor), Distilled Vinegar, Chili Peppers, Sugar, Egg Yolk, Salt, Garlic Juice, Buttermilk (buttermilk, whey), Modified Corn Starch, Garlic, Chipotle Peppers, Onion, Natural Flavors Including Smoke Flavor, Ancho Peppers, Xanthan Gum, Potassium Sorbate and Sodium Benzoate (preservatives), Propylene Glycol Alginate, Spices, Disodium Inosinate, Disodium Guanylate, Lactic Acid, Jalapeno Peppers, Calcium Disodium EDTA (flavor protector). CONTAINS: MILK, EGG.

Artisan Bread: Unbleached Flour (wheat flour, malted barley flour), Water, Extra Virgin Olive Oil, Sour Culture, Contains less than 2% of the following: Salt, Sugar, Yeast, Semolina, Malt Powder, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Ascorbic Acid (dough conditioner), Folic Acid, Ferrous Sulfate. CONTAINS: WHEAT.

Bacon Pieces: Pork Cured With: Water, Salt, Smoke Flavoring, Sodium Phosphates, Sodium Nitrate, Contains One Or More Of The Following: Sugar, Sodium Erythorbate, Brown Sugar, Sodium Ascorbate, Potassium Chloride, Dextrose.

Bacon: Cured With Water, Sugar, Salt, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate.

BBQ Nugget Sauce: High Fructose Corn Syrup, Tomato Paste, Water, Distilled Vinegar, Molasses, Salt, Modified Food Starch, Torula Yeast, Natural Smoke Flavor, Spices, Onion, Sodium Benzoate (preservative), Garlic Powder.

Black Forest Ham: Pork Cured With: Water, Contains 2% or less; Salt, Dextrose, Sodium Lactate, Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite, Natural Smoke Flavoring, Coated With Caramel.

Blue Cheese Dressing: Soybean Oil, Water, Distilled Vinegar, Blue Cheese (pasteurized milk, cheese cultures, salt, enzymes, natamycin [flavor protector]), Egg, Buttermilk (cultured lowfat milk, non-fat milk solids, salt, modified corn starch, carrageenan, locust bean gum, vitamin A palmitate, vitamin D), Cheese Paste (blue/cheddar cheeses [pasteurized milk, cheese cultures, salt, enzymes], natural flavors, water, whey, salt, disodium phosphate, citric acid), Egg Yolk, Contains Less Than 2%: Sugar, Salt, Natural and Artificial Flavors, Onion, Garlic, Xanthan Gum, Propylene Glycol Alginate, Roasted Red Bell Pepper Concentrate (roasted red bell peppers, sugar, potato flour, salt, natural flavor, corn oil), Phosphoric Acid, Sodium Benzoate as a Preservative, Spices, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK.

Buns, Premium and Sandwich: Enriched Wheat 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, Gluten, Contains less than 2% of: Dough conditioners (may contain 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, ammonium sulfate), Turmeric, Paprika, Natural Flavor, Yellow Corn Meal (Kaisers only), Calcium Silicate, Calcium Propionate (preservative). CONTAINS: WHEAT.

Butterfinger Candy Crumbles: Corn Syrup, Sugar, Ground Roasted Peanuts, Hydrogenated Palm Kernel Oil, Cocoa, Molasses, Less than 1% of: Whey, Confectioner's Corn Flakes, Nonfat Milk, Salt, Lactic Acid Esters, Soy Lecithin, Soybean Oil, Corn Starch, Artificial Flavors, TBHQ and Citric Acid (preservatives), Yellow 5, Red 40. CONTAINS: MILK, PEANUT, SOY.

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

Caesar Dressing: Soybean Oil, Water, Egg Yolk, Parmesan and Romano Cheese (milk, cheese cultures, salt, enzymes), Red Wine Vinegar, Salt, Lemon Juice Concentrate, Spice, Dehydrated Garlic, Lactic Acid, Sugar, Polysorbate 60, Xanthan Gum, Modified Corn Starch, Anchovies, Natural Flavors, Propylene Glycol Alginate, Sodium Benzoate (preservative), Yeast Extract, Soy Flour, Maltodextrin, Disodium Inosinate, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK, FISH, SOY.

Cheddar Cheese, Shredded: Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato Starch and Powdered Cellulose (anti-caking agents), Natamycin (preservative). CONTAINS: MILK.

Chili: Ground Beef, Chili Base (tomatoes, salt, citric acid, calcium chloride), Chili Seasoning (maltodextrin, tomato powder, salt, modified corn starch, chili pepper, sugar, onion, spices, dextrose, garlic, soybean oil, xanthan gum, citric acid, autolyzed yeast extract, extracts of paprika, disodium inosinate, disodium guanylate, artificial flavors, silicon dioxide [anti-caking agent]), Kidney Beans

(kidney beans, water, sugar, corn syrup, salt, natural flavorings, onion powder, calcium chloride, disodium EDTA [flavor protector]), Chili Beans (beans, water, sugar, corn syrup, salt, natural flavorings, onion, calcium chloride), Vegetable Mix (onions, celery, peppers).

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

Creamy Ranch Dressing: Soybean Oil, Cultured Buttermilk, Water, Sour Cream (cream, modified corn starch, soy lecithin, lactic acid, water, citric acid, sodium phosphate, guar gum, artificial flavor), Distilled Vinegar, Sugar, Egg Yolk, Salt, Garlic Juice, Cultured Buttermilk, Garlic, Whey, Natural Flavors, Onion, Spices, Modified Corn Starch, Xanthan Gum, Potassium Sorbate, Sodium Benzoate (preservatives), Propylene Glycol Alginate, Lactic Acid, Calcium Disodium EDTA (flavor protector). CONTAINS: MILK, EGG.

Crispy Chicken Nuggets: Chicken Breast with Rib Meat, 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, Dextrose, Leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), Yellow Corn Flour, Yeast, Garlic Powder, Citric Acid, Natural and Artificial Flavor, Spice Extractives, Xanthan Gum. Cooked in Vegetable Oil. Note: May be cooked in the same oil as Fish Fillets (where available) and Omelet Bites (where available). CONTAINS: MILK, WHEAT.

Crispy Chicken Patty: Boneless, Skinless Chicken Breast with rib meat, Water, Salt, Sodium Phosphates. 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 Power, Yeast, Spice Extractives, Extractives of Paprika, Natural and Artificial Flavor and Lactic Acid. Breading set in Vegetable Oil. CONTAINS: WHEAT.

Crispy Rice Noodles: Bleached Enriched Wheat Flour (niacin, reduced iron, thiamine mononitrate, riboflavin), Corn Oil (contains TBHQ), Rice Flour, Modified Corn Starch, Salt, Water. CONTAINS: WHEAT.

Dasani Bottle Water: Purified Water, Magnesium Sulfate, Potassium Chloride, Salt.

Diced Chicken: Chicken Breast with Rib Meat, Water, Seasoning (maltodextrin, salt, autolyzed yeast extract, onion powder, spice, natural flavors, garlic powder, iodized salt, modified corn starch, sugar, disodium inosinate, disodium guanylate, lactic acid, citric acid, artificial flavors), Modified Food Starch, Sodium Phosphates.

Diet Coke: Water, Caramel Color, Phosphoric Acid, Sodium Saccharin, Potassium Benzoate (flavor protector), Natural Flavors, Citric Acid, Caffeine, Potassium Citrate, Aspartame, Dimethylpolysiloxane (anti-foaming agent). CONTAINS: PHENYLALANINE.

Dill Pickles: Cucumbers, Water, Distilled Vinegar, Salt, Calcium Chloride, Alum, Sodium Benzoate (preservative), Natural Flavors, Polysorbate 80, Turmeric, FD&C Yellow #5, FD&C Blue #1.

Fat Free French Style Dressing: Water, Honey, High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Corn Syrup, Cider Vinegar, Modified Corn Starch, Salt, Mustard Flour, Microcrystalline Cellulose, Onion, Garlic, Potassium Sorbate and Sodium Benzoate (preservatives), Natural Flavors, Xanthan Gum, Cellulose Gum, Lemon Juice, Colored and Flavored With Paprika, Yellow #6, Spice, Calcium Disodium EDTA (flavor protector).

French Fries: Potatoes, Vegetable Oil Shortening (contains one or more of the following: partially hydrogenated canola oil, partially hydrogenated soybean oil), Disodium Dihydrogen Pyrophosphate (color protector), Dextrose. Cooked in Vegetable Oil. Note: may be cooked in the same oil as Fish Fillets (where available), Crispy Chicken Nuggets, Homestyle Chicken Strips (where available)

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

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

Granola: Oats, Brown Sugar, Soybean Oil.

Hamburger Patty: Ground Beef. Seasoned with Salt.

Heartland Ranch Dipping Sauce: Soybean Oil, Water, Buttermilk, Egg Yolk, Distilled Vinegar, Salt, Sugar, Garlic Powder, Onion Powder, Citric Acid, Yeast Extract, Spices, Sodium Benzoate and Potassium Sorbate (preservatives), Xanthan Gum, Disodium Inosinate, Disodium Guanylate, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK.

Homestyle Chicken Breast Fillet: Chicken Breast With Rib Meat Containing Up To 17% Of a Solution Of Water, Modified Potato Starch, Seasoning (salt, flavor, maltodextrin, modified corn starch, yeast extract, contains less than 2% of: citric acid, disodium guanylate, disodium inosinate, chicken broth, partially hydrogenated soybean/cottonseed oil, soy sauce solids [wheat, soy beans, salt]), Sodium Phosphate. 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. Note: May be cooked in the same oil as Fish Fillets (where available). CONTAINS: WHEAT, SOY, EGG.

Homestyle Chicken Strip: Chicken Breast with rib meat, Containing Up To 18% Solution Of Water, Modified Potato Starch, Salt, Sodium Phosphate, Breaded And Battered With: Wheat Flour, Water, Rice Flour, Salt, Modified Corn Starch, Sugar, Spice, Leavening (sodium bicarbonate, sodium aluminum phosphate), Dextrose, Onion Powder, Garlic Powder, Dehydrated Chicken Broth, Autolyzed Yeast, Maltodextrin, Natural and Artificial Flavor , Extractives Of Paprika, Lactic Acid. Breeding Set In Vegetable Oil. Note: May be cooked in the same oil as Fish Fillets (where available), Crispy Chicken Nuggets, and Omelet Bites (where available). CONTAINS: WHEAT.

Homestyle Garlic Crouton: Wheat Flour, Sunflower Oil and/or Canola Oil, Salt, Dehydrated Garlic, Water, Yeast, Spice, Natural Butter Flavor, Malted Barley Flour, Citric Acid and/or Tocopherols (preservatives). CONTAINS: WHEAT, MILK.

Honey Mustard Dressing: Soybean Oil, Water, Distilled Vinegar, High Fructose Corn Syrup, Honey, Egg Yolk, Mustard Seed, Salt Sugar, White Wine, Xanthan Gum (thickener), Natural Flavor, Spices, Citric Acid, Tartaric Acid, Colored and Flavored With Oleoresin Paprika, Calcium Disodium EDTA (flavor protector), Turmeric, Yellow #5. CONTAINS: EGG.

Honey Mustard Nugget Sauce: Soybean Oil, Honey, Dijon Mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), Water, Vinegar, Egg Yolk, Sugar, Salt, Xanthan Gum, Spices Including Paprika, Sodium Benzoate (preservative), Oleoresin Paprika, Yellow #5. 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, Onion, Natural Flavor, Lemon Juice From Concentrate, Calcium Disodium EDTA (flavor protector). CONTAINS: EGGS.

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, Salt, Mustard Seed, Modified Corn Starch, Propylene Glycol Alginate, Spices, Potassium Sorbate and Sodium Benzoate (preservatives), Xanthan Gum, Dehydrated Bell Peppers, Calcium Disodium EDTA (flavor protector).

Ketchup: Tomato Concentrate Made From Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.

Low Fat Honey Mustard Dressing: Water, High Fructose Corn Syrup, Distilled Vinegar, Honey, Soybean Oil, Maltodextrin, Corn Starch Modified, Mustard Seed, Salt, Titanium Dioxide, Egg Yolk, Sodium Benzoate (preservative), Spices, Natural and Artificial Flavor, Xanthan Gum (thickener), Cultured Whey, Disodium Inosinate and Disodium Guanylate (flavor enhancers), Turmeric, Calcium Disodium EDTA (flavor protector), Yellow #5, Colored and Flavored With Oleoresin Paprika. CONTAINS: MILK, EGG.

Low Fat Strawberry Flavored Yogurt: Cultured Low Fat Milk, Sugar, Nonfat Milk, High Fructose Corn Syrup, Whey Protein Concentrate, Modified Corn Starch, Gelatin, Pectin, Natural Flavors, Red 40, Blue 1. Active Cultures Include: Lactobacillus Acidophilus, Bifidobacterium SP. CONTAINS: MILK.

M&M's Candy Crumbles: Milk Chocolate (sugar, cocoa butter, skim milk, milk-fat, lactose, soy lecithin, salt, artificial flavors), Sugar, Corn Starch, Less than 1%: 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. May Contain Peanuts. CONTAINS MILK, SOY.

Mandarin Oranges: Mandarin Orange Segments, Water, Sugar.

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

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

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

Oriental Sesame Dressing: Water, High Fructose Corn Syrup, Soy Sauce (water, wheat, soybeans, salt), Soybean Oil, Sugar, Corn Syrup, Distilled Vinegar, Brown Sugar, Pineapple Juice Concentrate, Sesame Seed Oil, Rice Wine Vinegar, Sesame Seeds, Mustard Seed, Modified Corn Starch, Ginger, Salt, Propylene Glycol Alginate, Potassium Sorbate and Sodium Benzoate (preservatives), Xanthan Gum, Spices, Dehydrated Garlic, Calcium Disodium EDTA (flavor protector), Natural Flavor. CONTAINS: SOY, WHEAT.

Parmesan Cheese, Shredded: Part-Skim Milk, Cheese Culture, Salt, Rennet. CONTAINS: MILK.

Reduced Fat Creamy Ranch Dressing: Water, Cultured Buttermilk, Soybean Oil, Distilled Vinegar, Sugar, Egg Yolk, Salt, Garlic Juice, Microcrystalline Cellulose, Modified Corn Starch, Skim Milk, Garlic, Natural and Artificial Flavors, Whey Protein Concentrate, Onion, Xanthan Gum, Spices, Gelatin, Cream, Potassium Sorbate and Sodium Benzoate (preservatives), Cellulose Gum, Propylene Glycol Alginate, Titanium Dioxide, Artificial Color, Guar Gum, Lactic Acid, Sodium Phosphate, Mono and Diglycerides, Carrageenan, Locust Bean Gum, Citric Acid, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK.

Reduced Fat Acidified Sour Cream: Milk, Cream, Modified Corn Starch, Non-Fat 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 Almonds: Almonds, Salt. CONTAINS: TREE NUTS.

Roasted Turkey Breast: Turkey Breast, Water, Contains Less Than 2% Sodium Lactate, Sodium Diacetate, Potassium Lactate, Modified Food Starch, Salt, Turkey Flavor, (polysorbate 60, mono and diglycerides, xanthan gum), Sodium Phosphates, Dextrose, White Ground Pepper. Coated With Caramel.

Saltines: Enriched Flour (wheat flour, niacinamide, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), Partially Hydrogenated Soybean and/or Cottonseed Oil, Salt, Contains 2% of Less of: Corn Syrup, Leavening (baking soda, yeast, soy lecithin). CONTAINS: SOY, WHEAT.

Seasoned Tortilla Strips: Whole Corn, Vegetable Oil (contains one or more of the following: corn, soybean or sunflower oil), Salt, Buttermilk Solids, Spices, Tomato, Sweet Cream, Dextrose, Onion, Sugar, Cheddar Cheese (cultured milk, salt, enzymes), Corn Starch, Modified Corn Starch, Maltodextrin, Nonfat Dry Milk, Garlic, Torula Yeast, Citric Acid, Autolyzed Yeast, Natural and Artificial Flavor, Artificial Colors (including extractives of paprika, turmeric and annatto, titanium dioxide, red 40, yellow 5, blue 1), Disodium Phosphate, Lactic Acid, Soy Lecithin. CONTAINS: MILK.

Spicy Chicken Fillet: Chicken Breast With Rib Meat, Containing Up To 17% of a Solution of Water, Seasoning (salt, spices, sodium phosphates, modified corn starch, paprika, extractives of paprika, extractives of turmeric), Battered and Breaded With: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spice, Wheat Gluten, Gum Arabic, Egg White Solids, Yellow Corn Flour, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), Spice Extractives, Dextrose, Extractives of Paprika, Yeast. Cooked in Vegetable Oil. Note: May be cooked in the same oil as Fish Fillets (where available). CONTAINS: EGG, WHEAT.

Spring Mix: Contains five or more of the following lettuces: Red Oak, Red Romaine, Red Mustard, Granada, Lolla Rosa, Brunia, Red Bibb, Radina.

Sprite: High Fructose Corn Syrup, Water, Citric Acid, Natural Flavors, Sodium Citrate, Sodium Benzoate (flavor protector), Dimethylpolysiloxane (anti-foaming agent).

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

Swiss Cheese: Cultured Milk, Salt, Enzymes, Aged Over 60 Days. CONTAINS: MILK.

Thousand Island Dressing: Soybean Oil, Water, Pickles, Tomato Paste, Corn Syrup, Sugar, Distilled Vinegar, Egg Yolk, Salt, Modified Corn Starch, Xanthan Gum, Dehydrated Onion, Sorbic Acid, Red Bell Pepper, Mustard Seed, Natural Flavors, Calcium Disodium EDTA (flavor protector), Spice. CONTAINS: EGG.

Ultimate Chicken Grill Fillet: Boneless, Skinless, Chicken Breast Fillets With Rib Meat Containing up to 18% of a solution of Water, Seasoning (salt, natural flavors, corn maltodextrin, autolyzed yeast extract, modified corn starch, onion powder, paprika, spice, garlic powder, sugar, disodium inosinate, disodium guanylate, dextrose, artificial flavors), Modified Corn Starch and Sodium Phosphates.

The nutrition and ingredient information contained in this guide is based on standard U.S. product formulations. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or season of the year. Certain menu items may vary from store to store and may not be available at all locations. Test products are not included. The information in this guide is effective as of May 31, 2007. Updated versions will be printed periodically and will be available at your local Wendy's.

The ingredients listed in this guide are those items reported by the manufacturer. Wendy's International, Inc., its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food provided in our restaurants. We encourage anyone with food sensitivities, allergies, or special dietary needs to check wendys.com on a regular basis or contact Wendy's Consumer Relations Department to obtain the most up-to-date information.

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

Wendy's Consumer Relations Department
One Dave Thomas Boulevard
Dublin, OH 43017
614/764-3100

This nutrition information is current as of May 2007.