

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
Mandarin Chicken® Salad	170	2.5	0.5	0	60	520	16	3	12	21					
Crispy Noodles	70	2.5	0	0	0	190	10	0	0	1					•
Roasted Almonds†	130	11	1	0	0	70	4	2	1	5					
Oriental Sesame Dressing	170	9	1.5	0	0	340	19	0	17	1				•	•
Chicken Caesar Salad	170	4.5	2	0	70	570	8	3	3	24			•		
Homestyle Garlic Croutons	70	2.5	0	0	0	125	9	0	0	2			•		•
Caesar Dressing	120	13	2.5	0	20	200	1	0	0	1	•	•	•	•	
Chicken BLT Salad	340	19	9	0	105	990	10	4	5	34			•		
Homestyle Garlic Croutons	70	2.5	0	0	0	125	9	0	0	2			•		•
Honey Mustard Dressing	250	23	3.5	0	20	300	9	0	9	1	•				
Southwest Taco Salad	430	22	12	1	80	1090	30	8	9	30			•		
Reduced Fat Acidified Sour Cream	45	3.5	2	0	10	25	2	0	1	1			•		
Seasoned Tortilla Strips	110	5	1	0	0	160	13	1	0	2			•	•	
Ancho Chipotle Ranch Dressing	90	8	1.5	0	10	240	3	0	2	1	•		•	•	
Additional Salad Dressings															
Fat Free French	70	0	0	0	0	170	17	1	14	0					
Reduced Fat Creamy Ranch**	90	7	1.5	0	10	360	6	1	3	1	•		•		
Low Fat Honey Mustard**	100	2.5	0	0	0	270	19	0	14	0	•		•		
Italian Vinaigrette	130	11	1.5	0	0	320	8	0	7	0					
Creamy Ranch	200	20	3.5	0	15	360	4	0	2	1	•		•	•	
Blue Cheese**	230	24	4.5	0	35	370	2	0	1	2	•		•		
Thousand Island**	230	22	3.5	0	20	350	7	0	5	1	•				

* Toppings and Salad Dressings listed separately. ** Not available in all locations. † Indicates treenut allergen

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This nutrition information is current as of March 2008.

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
Side Salad	35	0	0	0	0	25	8	2	4	1					
Caesar Side Salad	70	4	2	0	10	170	4	2	1	6			•		
Homestyle Garlic Croutons	70	2.5	0	0	0	125	9	0	0	2			•		•
Caesar Dressing	120	13	2.5	0	20	200	1	0	0	1	•	•	•	•	
Mandarin Orange Cup	80	0	0	0	0	15	19	1	17	1					
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	0	10	50	63	7	4	8			•		
Buttery Best Spread	50	5	1	0	0	90	0	0	0	0			•	•	
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	1	0	1	0					
Saltine Crackers	25	0.5	0	0	0	95	4	0	0	0				•	•
Cheddar Cheese, shredded	70	6	3.5	0	15	110	1	0	0	4			•		
Kids' Meal French Fries*	210	10	1.5	0	0	180	28	3	0	3	•	•	•		•
Small French Fries*	340	16	2.5	0	0	290	45	4	0	4	•	•	•		•
Medium French Fries*	430	20	3	0	0	370	56	5	0	6	•	•	•		•
Large French Fries*	550	26	4	0	0	480	72	7	0	7	•	•	•		•
Ketchup, 1 Packet	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.

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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	Soy	Wheat
Milk, 2% Reduced Fat Milk	120	4.5	3	0	20	130	12	0	11	8			•		
Milk, 1% Low Fat Chocolate	150	2.5	1.5	0	10	190	24	0	22	7			•		
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					
Coffee	0	0	0	0	0	0	0	0	0	0					
Coffee Creamer	20	2	1	0	10	0	0	0	0	0			•		
Half and Half	15	1	1	0	5	0	0	0	0	0			•		
Sugar, 1 Packet	15	0	0	0	0	0	3	0	3	0					
Non-Nutritive Sweetener	0	0	0	0	0	0	1	0	1	0					
Hot Tea	0	0	0	0	0	0	0	0	0	0					
Chocolate Frosty™ Junior	160	4	2.5	0	15	75	26	0	21	4			•		
Chocolate Frosty™ Small	320	8	5	0	35	150	52	0	41	9			•		
Chocolate Frosty™ Medium	410	11	7	0.5	45	200	68	0	54	11			•		
Vanilla Frosty™ Junior	150	4	2.5	0	20	90	26	0	21	4			•		
Vanilla Frosty™ Small	310	8	5	0	35	180	52	0	43	8			•		
Vanilla Frosty™ Medium	410	10	6	0.5	45	240	68	0	57	11			•		
Vanilla Frosty™ Float with Coca-Cola*	410	8	5	0	35	190	78	0	69	8			•		

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 (30 oz.) soft drink, multiply by 1.5; Large (40 oz.) soft drink, multiply by 2.0.

+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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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
Jr. Hamburger	230	8	3	0	30	490	27	1	5	13					•
Jr. Cheeseburger	270	11	5	0.5	40	690	27	1	6	15			•	•	•
Jr. Cheeseburger Deluxe	300	14	6	0.5	45	730	29	2	7	15	•		•	•	•
Jr. Bacon Cheeseburger	320	16	6	0.5	50	670	26	1	5	17	•		•	•	•
Stack Attack™	380	20	9	1	75	750	27	1	5	23	•		•	•	•
Hamburger, Kids' Meal	220	8	3	0	30	490	26	1	5	12					•
Cheeseburger, Kids' Meal	270	11	5	0.5	40	700	27	1	5	15			•	•	•
Single w/Everything	430	20	7	1	75	870	39	2	9	25	•				•
Double w/Everything and Cheese	710	40	17	2	160	1440	41	2	9	47	•		•	•	•
Triple w/Everything and Cheese	980	60	27	3.5	245	2010	43	2	9	69	•		•	•	•
Baconator™	840	51	23	2.5	195	1880	38	1	8	56	•		•	•	•
Ultimate Chicken Grill Sandwich	320	7	1.5	0	70	950	36	2	8	28	•				•
Spicy Chicken Fillet Sandwich	440	16	2.5	0	60	1300	46	3	6	28	•	•		•	•
Homestyle Chicken Fillet Sandwich	430	16	2.5	0	45	1120	48	2	6	25	•	•		•	•
Chicken Club Sandwich	540	25	8	0	75	1360	48	2	7	34	•	•	•	•	•
Crispy Chicken Sandwich	330	14	2.5	0	35	680	34	1	4	16	•	•	•	•	•
Grilled Chicken Go Wrap	260	11	3.5	0	45	760	23	1	2	17	•		•	•	•
Homestyle Chicken Go Wrap	320	16	4.5	0	35	860	29	1	1	15	•	•	•	•	•
Spicy Chicken Go Wrap	320	16	4.5	0	40	960	28	2	1	17	•	•	•	•	•

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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
Jr. Hamburger Patty	90	6	3	0	30	110	1	0	0	8					
1/4 lb.* Hamburger Patty	210	14	6	1	70	250	2	0	0	19					
Ultimate Chicken Grill Fillet	110	1.5	0	0	65	610	1	0	0	23					
Spicy Chicken Fillet	230	11	1.5	0	55	970	13	2	0	22	•	•		•	•
Homestyle Chicken Fillet	230	10	1.5	0	40	790	15	0	0	20	•	•		•	•
Crispy Chicken Patty	180	11	2	0	30	420	10	0	0	12	•	•	•	•	•
Sandwich Bun	120	1.5	0	0	0	220	23	1	4	4					•
Premium Bun	160	2	0	0	0	280	31	1	5	5					•
Tortilla	130	4	1.5	0	0	340	20	0	0	30					•
American Cheese Jr.	40	3.5	2	0	10	200	0	0	0	2			•	•	
American Cheese	70	5	3.5	0	15	320	1	0	0	3			•	•	
Swiss Cheese	70	6	3.5	0	20	85	0	0	0	5			•		
Bacon – 1 strip	15	1	0	0	5	50	0	0	0	1					
Mayonnaise – 1 tsp.	40	3.5	0.5	0	5	55	1	0	0	0	•				
Ketchup – 1 tsp.	10	0	0	0	0	95	2	0	2	0					
Mustard – 1/2 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	•				
Ranch Sauce	35	35	0.5	0	5	70	1	0	0	0	•		•	•	
Dill Pickles – 4 each	0	0	0	0	0	140	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					
Onion – 4 rings	5	0	0	0	0	0	1	0	1	0					

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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	Soy	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	160	11	0	9	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	●		●		

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1% Lowfat Chocolate Milk: See label.

2% Reduced Fat Milk: See label.

American Cheese: Cultured Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid (preservative), Artificial Color, Acetic Acid, Enzymes, Soy Lecithin (for slice separation). 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 Powder (buttermilk, whey), Modified Corn Starch, Garlic (dehydrated), Chipotle Peppers, Onion (dehydrated), Natural Flavors Including Smoke Flavor, Ancho Peppers (dehydrated), Xanthan Gum, Potassium Sorbate and Sodium Benzoate (preservatives), Propylene Glycol Alginate, Spices, Disodium Inosinate, Disodium Guanylate, Lactic Acid, Jalapeno Peppers (dehydrated), Calcium Disodium EDTA (flavor protector). CONTAINS: MILK, EGG, SOY.

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: Pork 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 Powder, Sodium Benzoate (preservative), Garlic Powder.

Blue Cheese Dressing: Soybean Oil, Water, Distilled Vinegar, Blue Cheese (pasteurized milk, cheese cultures, salt, enzymes, natamycin [flavor protector]), Whole Egg, Buttermilk (cultured lowfat milk, nonfat 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, Sugar, Salt, Dehydrated Onion and Garlic, Natural and Artificial Flavors, 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 (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 2% or less than: 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 (Premium only), 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 & 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, Lemon Juice Concentrate, Salt, 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: EGGS, MILK, FISH, (Anchovies), SOY.

Cheddar Cheese Sauce: Cheddar Cheese (milk, salt, cheese cultures, enzymes), Whey, Buttermilk, Salt, Disodium Phosphate, Yellow 5 and 6, Modified Food Starch, Whey, Corn Syrup Solids, Partially Hydrogenated Coconut Oil, Natural Flavor, Salt, Lactic Acid, Tricalcium Phosphate, Sodium Alginate, Yeast Extract, Sodium Caseinate (milk derivative), Calcium Gluconate, Xanthan Gum, Disodium Inosinate, Dipotassium Phosphate, Sodium Triphosphate, Garlic, Monoglycerides, DATEM, Sodium Silicoaluminate (anti-caking agent), Yellow 5 and 6. CONTAINS: MILK.

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

Chili: Ground Beef, Chili Base (tomatoes, salt, citric acid, calcium chloride), 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, extracts of paprika, malic acid, red 40, natural and artificial flavor, 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 powder, calcium chloride), Vegetable Mix (onions, celery, green peppers).

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

Coffee Creamer: Light Cream, Contains less than 1% of each of the following: Skim Milk, Sodium Citrate, Disodium Phosphate. CONTAINS: MILK.

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 (dehydrated), Garlic (dehydrated), Whey, Natural Flavors, Onion (dehydrated), Spices, Modified Corn Starch, Xanthan Gum, Potassium Sorbate and Sodium Benzoate (preservatives), Propylene Glycol Alginate, Lactic Acid, Calcium Disodium EDTA (flavor protector). CONTAINS: MILK, EGG, SOY.

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, 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 and French Toast Sticks (where available). CONTAINS: MILK, WHEAT.

Crispy Chicken Patty: Chicken Breast, 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. Cooked in Vegetable Oil. Note: May be cooked in the same oil as Fish Fillets and French Toast Sticks (where available), Crispy Chicken Nuggets, Homestyle Chicken Breast Fillet. CONTAINS: WHEAT.

Crispy Rice Noodles: Bleached Wheat Flour, Water, Corn Oil, Corn Flour, Rice Flour, Salt, Sugar. CONTAINS: WHEAT

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

Diced Chicken: Chicken Breast, 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 Phosphate.

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

Dill Pickles: Cucumbers, Water, Vinegar, Salt, Sodium Benzoate (preservative), Natural Flavoring, Polysorbate 80, Calcium Chloride, Yellow #5, 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 (dehydrated), Garlic (dehydrated), Potassium Sorbate and Sodium Benzoate (preservatives), Natural Flavors, Xanthan Gum, Cellulose Gum, Lemon Juice Concentrate, Colored and Flavored with Paprika, Yellow #6, Spice, Calcium Disodium EDTA (flavor protector).

French Fries: Potatoes, Vegetable Oil (contains one or more of the following: soy, canola, cottonseed, partially hydrogenated soy and/or cottonseed), Disodium Dihydrogen Pyrophosphate (color protector), Sodium Acid Pyrophosphate, Dextrose. Cooked in Vegetable Oil. Note: may be cooked in the same oil as Fish Fillets and French Toast Sticks (where available), Crispy Chicken Nuggets, Crispy Chicken Patty. Seasoned with Salt.

Frosty, Chocolate: Milkfat and Nonfat milk, Sugar, Corn Syrup, Whey, 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.

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.

Half and Half: Milk, Cream, Contains less than 1% of each of the following: Sodium Citrate and Disodium Phosphate. CONTAINS: MILK.

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, Water, Modified Potato Starch, Seasoning (salt, flavor, maltodextrin, modified corn starch, yeast extract, citric acid, disodium guanylate, disodium inosinate, chicken broth, partially hydrogenated soybean/cottonseed oil, soy sauce solids [wheat, soybeans, 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 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 (added to maintain freshness). CON-

This nutrition information is current as of March 2008.

TAINS: 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, 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 (dehydrated), Onion (dehydrated), 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 including Dehydrated, 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, Modified Corn Starch, Mustard Seed, Salt, Titanium Dioxide, Egg Yolk, Sodium Benzoate (preservative), Spices, Natural and Artificial Flavor, Xanthan Gum, Cultured Whey, Disodium Inosinate and Disodium Guanylate, Turmeric, Calcium Disodium EDTA (flavor protector), Yellow #5, Colored and Flavored with Oleoresin Paprika. CONTAINS: EGG, MILK.

Mandarin Oranges: Mandarin Oranges, Water, Sugar.

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

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

Non-nutritive Sweetener: See individual packet.

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

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

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

Reduced Fat Creamy Ranch Dressing: Water, Cultured Buttermilk, Soybean Oil, Distilled Vinegar, Sugar, Egg Yolk, Cultured Buttermilk (dehydrated), Salt, Garlic Juice, Microcrystalline Cellulose, Modified Corn Starch, Skim Milk (dehydrated), Garlic (dehydrated), Natural and Artificial Flavors, Whey Protein Concentrate, Onion (dehydrated), 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 (flavor protector). CONTAINS: MILK, EGG.

Reduced Fat Acidified 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 Almonds: Almonds, Salt. CONTAINS: TREE NUTS.

Saltines: Enriched Flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), Partially Hydrogenated Soybean and/or Cottonseed Oil, Salt, 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, SOY.

Spicy Chicken Fillet: Chicken Breast, 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), Homestyle Chicken Breast Fillet. 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 (protects taste), Dimethylpolysiloxane (anti-foaming agent).

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

Swiss Cheese: Cultured Part-Skim Milk, Salt, Enzymes. 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

Tortilla: Bleached Enriched Wheat Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Water, Soybean Oil, Hydrogenated Vegetable Oil (contains one or more of the following: cottonseed oil, soybean oil), Mono and Diglycerides, Potato Starch with Monoglyceride, Contains 2% or less of the following: 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), Sodium Propionate and Potassium Sorbate (preservatives).

Ultimate Chicken Grill Fillet: Chicken Breast, Water, Seasoning (salt, natural flavors, corn maltodextrin, autolyzed yeast extract, modified corn starch, onion powder, paprika, spice, garlic powder, sugar, disodium idosinate, disodium guanylate, dextrose, artificial flavors), Modified Corn Starch, Sodium Phosphates. **The nutrition and ingredient information contained in this guide is based on standard U.S. 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. The information in this guide is effective as of February 2008.**

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

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This nutrition information is current as of March 2008.