

Garden Sensations®

Salads

Flavor-Packed Entrée Salads\*

Prepared Fresh Daily

|                                  | Nutrition Information |               |                   |               |             |             |                |           |            |             | Allergens |      |      |     |       |
|----------------------------------|-----------------------|---------------|-------------------|---------------|-------------|-------------|----------------|-----------|------------|-------------|-----------|------|------|-----|-------|
|                                  | Calories              | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Choist (mg) | Sodium (mg) | Total Carb (g) | Fiber (g) | Sugars (g) | Protein (g) | Egg       | Fish | Milk | Soy | Wheat |
| Mandarin Chicken® Salad          | 180                   | 2             | 0.5               | 0             | 65          | 630         | 16             | 2         | 12         | 24          |           |      |      |     |       |
| 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                   | 10            | 1.5               | 0             | 0           | 360         | 19             | 0         | 18         | 1           |           |      |      | ●   | ●     |
| Chicken Caesar Salad             | 180                   | 4             | 2                 | 0             | 75          | 690         | 8              | 3         | 3          | 28          |           |      | ●    |     |       |
| Homestyle Garlic Croutons        | 70                    | 2.5           | 0                 | 0             | 0           | 125         | 9              | 0         | 0          | 2           |           |      | ●    |     | ●     |
| Supreme Caesar Dressing          | 120                   | 13            | 2                 | 0             | 10          | 200         | 1              | 0         | 1          | 1           | ●         | ●    | ●    |     |       |
| Chicken BLT Salad                | 470                   | 27            | 10                | 0             | 85          | 1280        | 23             | 3         | 5          | 35          | ●         | ●    | ●    | ●   | ●     |
| Homestyle Garlic Croutons        | 70                    | 2.5           | 0                 | 0             | 0           | 125         | 9              | 0         | 0          | 2           |           |      | ●    |     | ●     |
| Honey Dijon Dressing             | 250                   | 24            | 3.5               | 0             | 20          | 330         | 9              | 0         | 8          | 1           | ●         |      |      | ●   |       |
| Southwest Taco Salad             | 400                   | 22            | 12                | 1             | 85          | 1140        | 26             | 7         | 9          | 27          |           |      | ●    |     |       |
| 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       |                       |               |                   |               |             |             |                |           |            |             |           |      |      |     |       |
| Classic Ranch                    | 200                   | 20            | 3                 | 0             | 15          | 340         | 3              | 0         | 2          | 1           | ●         |      | ●    |     |       |
| Light Classic Ranch              | 90                    | 8             | 1.5               | 0             | 20          | 360         | 4              | 0         | 2          | 1           | ●         |      | ●    |     |       |
| Balsamic Vinaigrette             | 90                    | 6             | 1                 | 0             | 0           | 380         | 8              | 0         | 7          | 0           |           |      |      |     |       |
| Italian Vinaigrette              | 130                   | 11            | 1.5               | 0             | 0           | 320         | 8              | 0         | 6          | 0           |           |      |      |     |       |
| Fat Free French**                | 70                    | 0             | 0                 | 0             | 0           | 170         | 17             | 1         | 15         | 0           |           |      |      |     |       |
| Light Honey Dijon**              | 100                   | 5             | 1                 | 0             | 20          | 280         | 13             | 1         | 12         | 1           | ●         |      |      | ●   |       |
| Chunky Blue Cheese**             | 230                   | 24            | 5                 | 0             | 35          | 370         | 2              | 0         | 2          | 2           | ●         |      | ●    |     |       |
| Thousand Island**                | 290                   | 28            | 4.5               | 0             | 30          | 530         | 9              | 0         | 7          | 1           | ●         |      |      |     |       |

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

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- † = indicates tree nut allergen
- ▲ = may contain peanuts and/or tree nuts

This nutrition information is current as of September 2008.

| Side Selections<br>Numerous Options for a<br>Balanced Meal | Nutrition Information |               |                   |               |             |             |                |           |            |             | Allergens |      |      |     |       |
|--|-----------------------|---------------|-------------------|---------------|-------------|-------------|----------------|-----------|------------|-------------|-----------|------|------|-----|-------|
|  | Calories              | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Choist (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           |           |      | ●    |     | ●     |
| Supreme Caesar Dressing                                    | 120                   | 13            | 2                 | 0             | 10          | 200         | 1              | 0         | 1          | 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  | 190                   | 6             | 2.5               | 0             | 40          | 830         | 19             | 5         | 6          | 14          |           |      |      |     |       |
| Large Chili  | 280                   | 9             | 3.5               | 0.5           | 60          | 1240        | 29             | 7         | 9          | 21          |           |      |      |     |       |
| 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           |           |      |      |     |       |
| Strawberry Yogurt Squeezerz                                | 70                    | 0.5           | 0                 | 0             | <5          | 40          | 12             | 0         | 10         | 2           |           |      | ●    |     |       |

\* 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™<br>Refreshments for<br>Everyone's Thirst | Nutrition Information |               |                   |               |             |             |                |           |            |             | Allergens |      |      |     |       |
|--|-----------------------|---------------|-------------------|---------------|-------------|-------------|----------------|-----------|------------|-------------|-----------|------|------|-----|-------|
|  | Calories              | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Choist (mg) | Sodium (mg) | Total Carb (g) | Fiber (g) | Sugars (g) | Protein (g) | Egg       | Fish | Milk | Soy | Wheat |
| Nesquik® Low Fat White Milk (non-California)                   | 100                   | 2.5           | 1.5               | 0             | 10          | 120         | 12             | 0         | 12         | 8           |           |      | ●    |     |       |
| Nesquik® Low Fat White Milk (California)                       | 130                   | 2.5           | 1.5               | 0             | 10          | 160         | 15             | 0         | 15         | 10          |           |      | ●    |     |       |
| Nesquik® Low Fat 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   | 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           |           |      | ●    |     |       |
| 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           | <1             | 0         | 0          | 0           |           |      |      |     |       |
| Sweet Tea  | 100                   | 0             | 0                 | 0             | 0           | 10          | 26             | 0         | 25         | 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          |           |      | ●    |     |       |
| Chocolate Frosty™ Large  | 530                   | 14            | 9                 | 0.5           | 55          | 260         | 86             | 0         | 69         | 14          |           |      | ●    |     |       |
| 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™ Large  | 520                   | 13            | 8                 | 1             | 60          | 300         | 86             | 0         | 72         | 14          |           |      | ●    |     |       |
| Vanilla Frosty™ Float with Coca-Cola*                          | 380                   | 7             | 4.5               | 0             | 30          | 160         | 75             | 0         | 68         | 7           |           |      | ●    |     |       |
| Chocolate Fudge Frosty™ Shake, Small                           | 410                   | 11            | 7                 | 0.5           | 35          | 260         | 69             | 0         | 57         | 9           |           |      | ●    |     |       |
| Chocolate Fudge Frosty™ Shake, Large                           | 540                   | 13            | 8                 | 0.5           | 45          | 370         | 95             | 0         | 79         | 12          |           |      | ●    |     |       |
| Strawberry Frosty™ Shake, Small                                | 390                   | 11            | 7                 | 0.5           | 35          | 170         | 67             | 0         | 58         | 7           |           |      | ●    |     |       |
| Strawberry Frosty™ Shake, Large                                | 520                   | 13            | 8                 | 0.5           | 45          | 220         | 91             | 0         | 79         | 9           |           |      | ●    |     |       |
| Vanilla Bean Frosty™ Shake, Small                              | 380                   | 11            | 7                 | 0.5           | 35          | 170         | 65             | 0         | 56         | 7           |           |      | ●    |     |       |
| Vanilla Bean Frosty™ Shake, Large                              | 500                   | 12            | 8                 | 0.5           | 45          | 220         | 89             | 0         | 77         | 9           |           |      | ●    |     |       |
| Chocolate Twisted Frosty™ with                                 |                       |               |                   |               |             |             |                |           |            |             |           |      |      |     |       |
| Nestle® Toll House® Cookie Dough▲                              | 480                   | 16            | 10                | 0.5           | 35          | 220         | 77             | 1         | 58         | 10          |           |      | ●    | ●   | ●     |
| Vanilla Twisted Frosty™ with                                   |                       |               |                   |               |             |             |                |           |            |             |           |      |      |     |       |
| Nestle® Toll House® Cookie Dough▲                              | 480                   | 16            | 10                | 0.5           | 40          | 240         | 77             | 1         | 60         | 9           |           |      | ●    | ●   | ●     |
| Chocolate Twisted Frosty™ with M&M's®▲                         | 560                   | 19            | 12                | 0.5           | 40          | 180         | 86             | 1         | 72         | 10          |           |      | ●    | ●   |       |
| Vanilla Twisted Frosty™ with M&M's®▲                           | 550                   | 19            | 12                | 0.5           | 40          | 210         | 86             | 1         | 74         | 10          |           |      | ●    | ●   |       |
| Chocolate Twisted Frosty™ with Oreo®                           | 450                   | 14            | 7                 | 0             | 30          | 300         | 72             | 1         | 52         | 10          |           |      | ●    | ●   | ●     |
| Vanilla Twisted Frosty™ with Oreo®                             | 440                   | 14            | 6                 | 0.5           | 35          | 320         | 72             | 1         | 54         | 9           |           |      | ●    | ●   | ●     |

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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                          | 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                       | 220                   | 8             | 3                 | 0             | 30          | 490         | 26             | 1         | 5          | 13          |           |      |      |     | ●     |
| Jr. Cheeseburger                    | 260                   | 11            | 5                 | 0.5           | 40          | 690         | 26             | 1         | 6          | 15          |           |      | ●    | ●   | ●     |
| Jr. Cheeseburger Deluxe             | 300                   | 14            | 6                 | 0.5           | 45          | 730         | 28             | 2         | 7          | 15          | ●         |      | ●    | ●   | ●     |
| Jr. Bacon Cheeseburger              | 310                   | 16            | 6                 | 0.5           | 50          | 670         | 25             | 1         | 5          | 17          | ●         |      | ●    | ●   | ●     |
| Double Stack™                       | 360                   | 18            | 8                 | 1             | 70          | 810         | 26             | 1         | 6          | 23          |           |      | ●    | ●   | ●     |
| Hamburger, Kids' Meal               | 220                   | 8             | 3                 | 0             | 30          | 490         | 25             | 1         | 5          | 12          |           |      |      |     | ●     |
| Cheeseburger, Kids' Meal            | 260                   | 11            | 5                 | 0.5           | 40          | 700         | 26             | 1         | 5          | 15          |           |      | ●    | ●   | ●     |
| Single w/Everything                 | 430                   | 20            | 7                 | 1             | 75          | 870         | 37             | 2         | 9          | 25          | ●         |      |      |     | ●     |
| Double w/Everything and Cheese      | 700                   | 40            | 17                | 2             | 160         | 1440        | 38             | 2         | 9          | 47          | ●         |      | ●    | ●   | ●     |
| Triple w/Everything and Cheese      | 960                   | 60            | 27                | 3.5           | 245         | 2010        | 39             | 2         | 9          | 69          | ●         |      | ●    | ●   | ●     |
| Baconator®                          | 830                   | 51            | 23                | 2.5           | 195         | 1880        | 35             | 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          | ●         | ●    | ●    | ●   | ●     |
| Crispy Chicken Sandwich, Kids' Meal | 310                   | 12            | 2                 | 0             | 30          | 630         | 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           | Nutrition Information |               |                   |               |             |             |                |           |            |             | Allergens |      |      |     |       |
|-------------------------------|-----------------------|---------------|-------------------|---------------|-------------|-------------|----------------|-----------|------------|-------------|-----------|------|------|-----|-------|
|                               | Calories              | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Choist (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         | 0              | 0         | 0          | 8           |           |      |      |     |       |
| 1/4 lb.* Hamburger Patty      | 200                   | 14            | 6                 | 1             | 70          | 250         | 0              | 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           | 210         | 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          | 3           |           |      |      |     | ●     |
| 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                    | 3.5           | 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           |           |      |      |     |       |

\* Approximate weight before cooking.

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indicates menu item contains the allergen
- =

indicates menu item may be cooked in the same oil as an item containing the allergen
- †

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indicates tree nut allergen
- ▲

=

may contain peanuts and/or tree nuts

This nutrition information is current as of September 2008.

# Crispy Chicken Nuggets

Crispy All-White Meat for Full Flavor Dipping

|                                    | Nutrition Information |               |                   |               |             |             |                |           |            |             | Allergens |      |      |     |       |
|------------------------------------|-----------------------|---------------|-------------------|---------------|-------------|-------------|----------------|-----------|------------|-------------|-----------|------|------|-----|-------|
|                                    | Calories              | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Choist (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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**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 (skim milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, sodium citrate, locust bean gum), 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, Xanthan Gum, Ancho Peppers (dehydrated), Spices, Lactic Acid, Jalapeno Peppers (dehydrated). CONTAINS: MILK, EGG.

**Bacon Pieces:** Pork Cured With: Water, Salt, Smoke Flavoring, Sodium Phosphates, Sodium Nitrate. Contains one or more of the following: Sugar, Sodium Erythrobate, Brown Sugar, Sodium Ascorbate, Potassium Chloride, Dextrose.

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

**Balsamic Vinaigrette:** Water, Balsamic Vinegar, Sugar, Soybean Oil, Distilled Vinegar, Salt, Spices, Garlic (dehydrated), Lemon Juice Concentrate, Xanthan Gum, Oleoresin Rosemary.

**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.

**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.

**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 Tripolyphosphate, 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, extractives of paprika, malic acid, red 40, natural and artificial flavor, silicon dioxide [anticaking 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).

**Chunky Blue Cheese Dressing:** Soybean Oil, Water, Blue Cheese (milk, cheese cultures, salt, enzymes), Distilled Vinegar, Egg Yolk, Sugar, Salt, Buttermilk, Xanthan Gum, Natural Flavors, Garlic (dehydrated), Cultured Whey. CONTAINS: EGG, MILK.

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

**Coca-Cola®:** 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.

**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 Corn/Soy 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 aluminumphosphate), Spices, Garlic Powder, Onion Power, Yeast, Spice Extractives, Extractives of Paprika, Natural and Artificial Flavor and Lactic Acid. Cooked in Corn/Soy 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 Noodles:** Bleached Wheat Flour (niacin, iron, thiamine mononitrate, riboflavin, folic acid), Corn Oil (contains TBHQ), Rice Flour, Modified Corn Starch, Salt, Corn

Starch, Water. CONTAINS: WHEAT

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

**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, 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.

**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 Corn/Soy 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.

**Frosty™ Shake, Chocolate Fudge:** 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), Chocolate Shake Syrup (water, high fructose corn syrup, corn syrup, cocoa powder [processed with alkali], natural flavoring, potassium sorbate [preservative], xanthan gum, citric acid. 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.

**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 Corn/Soy 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). CONTAINS: WHEAT, MILK.

**Honey Dijon Dressing:** Soybean Oil, Water, Sugar, Distilled Vinegar, Honey, Egg Yolk, Mustard Seed, Salt, Natural Flavors, White Wine, Spices, Xanthan Gum, Citric Acid, Tartaric Acid, Annatto Color, Oleoresin Turmeric, Oleoresin Paprika, Turmeric, Soy Lecithin. CONTAINS: EGG, SOY.

**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: 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.

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

**Light Honey Dijon Dressing:** Water, Sugar, Distilled Vinegar, Soybean Oil, Honey, Mustard Seed, Egg Yolk, Salt, Microcrystalline Cellulose, Natural Flavors, Xanthan Gum, White Wine, Egg White (dehydrated), Spices, Citric Acid, Tartaric Acid, Cellulose Gum, Annatto Color, Oleoresin Turmeric, Turmeric, Soy Lecithin. CONTAINS: EGG, SOY.

**Mandarin Oranges:** Mandarin Oranges, Water, Sugar.

**Maraschino Cherries:** Cherries, High Fructose Corn Syrup, Water, Potassium Sorbate (preservative), Sodium Benzoate (preservative), Citric Acid, Artificial Flavor, Red #40, Sulphur Dioxide (preservative).

**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.

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

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

**Nestle® Toll House® Cookie Dough:** Cookie Dough (wheat flour, sugar, water, butter, soybean oil, semi-sweet chocolate [sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin (artificial flavor), natural flavor], molasses, less than 2% of salt, vanilla extract [vanilla bean extractives, water, alcohol, invert syrup and propylene glycol], soy lecithin, baking soda). Chocolate Flakes (sugar, palm kernel and palm oils, cocoa [processed with alkali], chocolate liquor, soy lecithin). CONTAINS: MILK, SOY, WHEAT. Manufactured in a facility which makes peanut & tree nut products.

**Nesquik® Low Fat Chocolate Milk:** Low Fat Milk (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.

**Nesquik® Low Fat White Milk:** Low Fat Milk (vitamin A palmitate and vitamin D3 added), Calcium Carbonate, Potassium Citrate, Carrageenan. CONATINS: MILK.

**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.

**Oriental Sesame Dressing:** Water, Sugar, Soybean Oil, Soy Sauce (water, wheat, soybeans, salt), Distilled Vinegar, Corn Syrup, Brown Sugar, Sesame Seed Oil, Pineapple Juice Concentrate, Rice Vinegar, Sesame Seeds, Modified Corn Starch, Mustard Seed, Natural Flavor, Ginger, Xanthan Gum, Spices, Garlic (dehydrated), Salt, Citric Acid. 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 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 Corn/Soy 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).

**Strawberry Yogurt Squeezerz:** Cultured Pasteurized Grade A Low Fat Milk, Sugar, Water, Modified Food Starch, Natural Flavor, Carrageenan, Pectin, Carrot and Currant Juice (color), Potassium Sorbate (to maintain freshness), Annatto (color), Vitamin A Palmitate, Vitamin D3. CONTAINS: MILK.

**Supreme Caesar Dressing:** Soybean Oil, Water, Parmesan and Romano Cheese (part skim milk, cheese cultures, salt, enzymes), Red Wine Vinegar, Egg Yolk, Extra Virgin Olive Oil, Lemon Juice Concentrate, Salt, Sugar, Garlic (dehydrated), Mustard Seed, Spices, Autolyzed Yeast Extract, Anchovies, Xanthan Gum, Distilled Vinegar, Molasses, Corn Syrup, Caramel Color, Tamarind, Natural Flavor. CONTAINS: EGG, MILK, FISH (anchovies).

**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.

**Sweet Tea:** Tea, Sugar.

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

**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 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). CONTAINS: WHEAT.

**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.

**Whipped Cream:** Cream, Milk, Sugar, Dextrose, Contains less than 1% of each of the following: Sorbitan Monostearate, Artificial Flavor, Carrageenan, Mixed Tocopherols (vitamin E [to protect flavor]), Nitrous Oxide (propellant). May contain Corn Syrup, Mono and Diglycerides, and Natural Flavors. CONTAINS: MILK.

**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 September 2008.**