



Nutrition Information

Garden Sensations® Salads

Flavor-Packed Entrée Salads*
Prepared Fresh Daily

	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
Apple Pecan Chicken Salad	340	11	7	0	105	1150	28	5	20	35			•			
Apple Pecan Chicken Salad Half-Size	170	6	3.5	0	50	580	15	3	11	18			•			
Roasted Pecans	110	9	1	0	0	60	5	1	4	1			•	•	•	•
Pomegranate Vinaigrette Dressing❖	60	3	0	0	0	160	8	0	7	0						
Baja Salad	550	33	14	1	90	1650	34	12	12	32			•			
Baja Salad Half-Size	280	17	7	0	45	840	18	6	6	16			•			
Seasoned Tortilla Strips	80	4.5	1.5	0	0	105	11	1	0	1			•	•		
Creamy Red Jalapeño Dressing❖	100	10	2	0	10	270	2	0	1	1	•		•			
BLT Cobb Salad	450	25	11	0	275	1610	9	3	5	46	•		•			
BLT Cobb Salad Half-Size	230	13	6	0	140	810	5	1	3	23	•		•			
Avocado Ranch Dressing❖	100	10	2	0	10	210	2	0	1	1	•		•			
Spicy Chicken Caesar Salad ■	460	25	12	0.5	85	1410	27	6	3	33	•	•	•		•	
Spicy Chicken Caesar Salad Half-Size ■	240	13	6	0	40	710	15	4	3	17	•	•	•		•	
Gourmet Croutons	80	3	0	0	0	220	12	0	0	2			•		•	
Lemon Garlic Caesar Dressing❖	110	11	2	0	10	180	2	0	1	2	•	•	•	•		
Additional Salad Dressings																
Classic Ranch❖	100	10	1.5	0	10	150	2	0	1	1	•		•			
Light Classic Ranch❖**	50	4.5	1	0	10	150	2	0	1	1	•		•			
Italian Vinaigrette❖**	70	6	1	0	0	180	4	0	3	0						
Fat Free French❖**	40	0	0	0	0	95	9	0	8	0						
Thousand Island❖**	160	15	2.5	0	15	290	5	0	4	0	•					

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

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

• = menu item contains the allergen

• = menu item may be cooked in the same oil as an item containing the allergen

This nutrition information is current as of September 2011.



Nutrition Information

Side Selections

Numerous Options for a
Balanced Meal

	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
Garden Side Salad	25	0	0	0	0	30	5	2	3	1						
Gourmet Croutons	80	3	0	0	0	220	12	0	0	2			•			•
Caesar Side Salad	60	3.5	2.5	0	10	115	5	2	2	4			•			
Gourmet Croutons	80	3	0	0	0	220	12	0	0	2			•			•
Lemon Garlic Caesar Dressing ♦	110	11	2	0	10	180	2	0	1	2	•	•	•	•		
Apple Slices	40	0	0	0	0	0	9	2	7	0						
Plain Baked Potato (avg. wgt. 10 oz.)	270	0	0	0	0	25	61	7	3	7						
Sour Cream & Chives Baked Potato	320	3.5	2	0	10	50	63	7	4	8			•			
Buttery Best Spread	50	5	1	0	0	95	0	0	0	0			•	•		
Small Chili	210	6	2.5	0	40	880	21	6	6	17						
Large Chili	310	9	3.5	0.5	60	1330	31	10	10	26						
Hot Chili Seasoning Packet	5	0	0	0	0	270	1	0	1	0						
Saltine Crackers	25	0.5	0	0	0	80	5	0	0	1					•	•
Cheddar Cheese, shredded	70	6	3.5	0	15	110	1	0	0	4			•			
Value Natural-Cut Fries* ■	230	11	2.5	0	0	250	30	3	0	3	•	•	•			•
Small Natural-Cut Fries* ■	320	16	3	0	0	350	42	4	0	4	•	•	•			•
Medium Natural-Cut Fries* ■	420	21	4	0	0	460	55	6	0	5	•	•	•			•
Large Natural-Cut Fries* ■	530	25	5	0	0	570	68	7	0	6	•	•	•			•
Ketchup, 1 Packet	10	0	0	0	0	95	3	0	2	0						

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

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

• = menu item contains the allergen

• = menu item may be cooked in the same oil as an item containing the allergen

This nutrition information is current as of September 2011.



Nutrition Information

Beverages

Refreshments for
Everyone's Thirst

	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
TruMoo® Lowfat White Milk	100	2.5	1.5	0	10	125	12	0	11	8			•			
TruMoo Lowfat Chocolate Milk	140	2.5	1.5	0	10	170	22	0	20	7			•			
Juicy Juice® Apple Juice	90	0	0	0	0	5	22	0	20	0						
Diet Coke®, Small Cup	0	0	0	0	0	15 ⁺	0	0	0	0						
Sprite®, Small Cup	160	0	0	0	0	35 ⁺	43	0	43	0						
Coca-Cola®, Small Cup	160	0	0	0	0	0 ⁺	44	0	44	0						
Minute Maid® Light Lemonade, Small Cup	5	0	0	0	0	5 ⁺	1	0	0	0						
Hi-C® Flashin' Fruit Punch®, Small Cup	170	0	0	0	0	15 ⁺	46	0	46	0						
Barq's® Root Beer, Small Cup	180	0	0	0	0	40 ⁺	50	0	50	0						
Fanta® Orange, Small Cup	180	0	0	0	0	25 ⁺	49	0	49	0						
Pibb Xtra®, Small Cup	160	0	0	0	0	25 ⁺	43	0	43	0						
Coke Zero™, Small Cup	0	0	0	0	0	5 ⁺	0	0	0	0						
Dr Pepper®, Small Cup	160	0	0	0	0	40 ⁺	43	0	43	0						
Nestea® Unsweetened Iced Tea	0	0	0	0	0	10 ⁺	0	0	0	0						
Nestea Sweetened Iced Tea	100	0	0	0	0	10 ⁺	28	0	27	0						
Wild Berry Tea, Small Cup	70	0	0	0	0	10 ⁺	16	1	14	0						
Nestlé® Pure Life® Bottled Water	0	0	0	0	0	0	0	0	0	0						
All Natural Lemonade, Small Cup	190	0	0	0	0	5 ⁺	49	0	46	0						
Wild Berry Lemonade, Small Cup	230	0	0	0	0	10 ⁺	58	1	54	0						

+The sodium value will vary based on the level of sodium in the local water supply.

- = menu item contains the allergen
- = menu item may be cooked in the same oil as an item containing the allergen

This nutrition information is current as of September 2011.



Nutrition Information

Crispy Chicken Nuggets

Crispy All-White Meat Chicken

	Nutrition Information										Allergens				
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat
4 Piece Kids' Meal Chicken Nuggets ■	180	11	2.5	0	25	370	11	1	1	8	•	•	•	•	•
5 Piece Chicken Nuggets ■	220	14	3	0	35	460	13	1	1	10	•	•	•	•	•
10 Piece Chicken Nuggets ■	450	29	6	0	65	930	26	2	1	21	•	•	•	•	•
Barbecue Nugget Sauce	45	0	0	0	0	120	11	0	4	0					
Sweet & Sour Nugget Sauce	50	0	0	0	0	120	12	0	11	0					
Honey Mustard Nugget Sauce	80	6	1	0	10	220	7	0	3	0	•				
Heartland Ranch Dipping Sauce	120	12	1.5	0	10	240	3	0	2	0	•		•	•	

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

- = menu item contains the allergen
- = menu item may be cooked in the same oil as an item containing the allergen

This nutrition information is current as of September 2011.



Nutrition Information

Sandwiches

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

	Nutrition Information										Allergens				
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat
Jr. Hamburger	250	10	4	0.5	35	620	25	1	5	15					•
Jr. Cheeseburger	290	13	6	0.5	45	820	26	1	5	17			•	•	•
Jr. Bacon Cheeseburger (JBC)	400	24	9	1	65	930	25	2	5	21	•		•	•	•
Double Jr. Bacon Cheeseburger	510	32	12	1.5	100	1190	25	2	5	31	•		•	•	•
Cheeseburger Deluxe	350	19	7	1	55	850	27	2	6	17	•		•	•	•
Cheesy Cheddarburger	300	15	7	1	55	760	24	1	4	18			•	•	•
Double Stack™	400	21	9	1.5	85	1080	26	1	5	27			•	•	•
Hamburger, Kids' Meal	250	10	4	0.5	35	540	25	1	5	15					•
Cheeseburger, Kids' Meal	290	13	6	0.5	45	750	25	1	5	17			•	•	•
1/4 lb.* Single	580	33	14	1.5	105	1240	42	3	10	31	•		•	•	•
1/2 lb.* Double	800	48	21	2.5	175	1530	42	3	10	50	•		•	•	•
3/4 lb.* Triple	1060	67	30	4	255	2020	42	3	10	72	•		•	•	•
Baconator® Single	660	40	17	1.5	120	1440	40	2	9	36	•		•	•	•
Baconator Double	970	63	27	3	210	2020	40	2	10	60	•		•	•	•
Bacon Deluxe Single	670	40	17	1.5	120	1540	42	3	10	36	•		•	•	•
Bacon Deluxe Double	890	56	24	3	195	1830	42	3	10	55	•		•	•	•
Ultimate Chicken Grill Sandwich	390	10	3.5	0	90	1080	42	3	10	33	•		•		•
Spicy Chicken Fillet Sandwich ■	520	22	6	0	65	1320	55	4	8	27	•	•	•		•
Homestyle Chicken Fillet Sandwich ■	510	21	6	0	60	1140	54	4	8	26	•	•	•		•
Asiago Ranch Club w/Homestyle Chicken ■	690	36	12	0	95	1630	56	4	9	35	•	•	•		•
Asiago Ranch Club w/Ultimate Chicken Grill	570	27	10	0	125	1530	41	3	9	42	•		•		•
Asiago Ranch Club w/SpicyChicken ■	700	37	12	0	100	1810	57	4	9	36	•	•	•		•
Monterey Ranch Crispy Chicken Sandwich ■	400	20	6	0	45	930	37	2	4	18	•	•	•	•	•
Crispy Chicken Sandwich ■	380	20	4	0	35	720	37	2	4	15	•	•	•		•
Crispy Chicken Sandwich, Kids' Meal ■	330	14	3	0	30	690	36	2	4	15	•	•	•		•
Crispy Chicken Caesar Wrap ■	430	25	7	0	45	950	35	2	1	17	•	•	•		•
Grilled Chicken Go Wrap	260	10	3.5	0	50	730	25	1	3	19	•		•		•
Homestyle Chicken Go Wrap ■	320	16	4.5	0	35	770	30	1	1	15	•	•	•		•
Spicy Chicken Go Wrap ■	330	16	4.5	0	40	860	31	1	1	16	•	•	•		•

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

* Approximate weight before cooking.

• = menu item contains the allergen

• = menu item may be cooked in the same oil as an item containing the allergen



Nutrition Information

Sandwich Components

Our sandwiches can be made to order

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

	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
Jr. Hamburger Patty	110	8	3.5	0.5	35	260	0	0	0	10						
1/4 lb.* Hamburger Patty	220	15	7	1	70	290	0	0	0	19						
Ultimate Chicken Grill Fillet	120	1.5	0	0	80	670	1	0	0	26						
Spicy Chicken Fillet ■	250	11	2.5	0	50	950	17	1	0	19	•	•				•
Homestyle Chicken Fillet ■	240	11	2	0	50	770	16	1	0	19	•	•				•
Crispy Chicken Patty ■	200	12	2.5	0	30	460	13	1	0	11	•	•	•			•
Sandwich Bun	120	1.5	0	0	0	220	23	1	4	4						•
Premium Butter Toasted Bun	220	5	2.5	0	10	330	36	2	6	7				•		•
Tortilla	130	3.5	1	0	0	280	21	0	0	3						•
American Cheese	40	3.5	2	0	10	200	0	0	0	2				•	•	
Natural Asiago Cheese	50	4	2.5	0	15	100	1	0	0	3				•		
Monterey Jack	40	3.5	2	0	10	200	0	0	0	2				•	•	
Applewood Smoked Bacon – 1 strip	30	2.5	1	0	5	100	0	0	0	2						
Mayonnaise	50	5	1	0	5	30	0	0	0	0	•					
Ketchup	10	0	0	0	0	80	2	0	2	0						
Mustard	5	0	0	0	0	50	0	0	0	0						
Honey Mustard Sauce	40	3.5	0	0	5	75	3	0	2	0	•					
Ranch Sauce	40	4	0.5	0	5	55	1	0	0	0	•		•			
Crinkle Cut Pickles – 3 each	0	0	0	0	0	110	0	0	0	0						
Iceberg Lettuce Leaf	0	0	0	0	0	0	0	0	0	0						
Tomato – 1 slice	5	0	0	0	0	0	1	0	1	0						
Red Onion – 2 rings	0	0	0	0	0	0	0	0	0	0						

* Approximate weight before cooking.

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

• = menu item contains the allergen

• = menu item may be cooked in the same oil as an item containing the allergen

This nutrition information is current as of September 2011.



Nutrition Information

Frosty™ Treats

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

	Nutrition Information										Allergens				
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Peanut/Tree Nut
Chocolate Frosty, Small	250	6	4	0	25	115	41	0	35	6			•		
Vanilla Frosty, Small	260	7	4.5	0	25	125	43	0	37	7			•		
Vanilla Frosty Float with Coca-Cola®*	380	7	4.5	0	30	135	75	0	69	7			•		
Chocolate Frosty Shake, Small	610	14	9	0.5	45	260	109	2	98	12			•		
Chocolate Frosty Shake, Large	890	18	11	1	55	380	168	4	151	16			•		
Strawberry Frosty Shake, Small	580	14	8	0.5	45	190	104	1	94	10			•		
Strawberry Frosty Shake, Large	820	16	10	1	55	240	156	1	142	13			•		
Vanilla Bean Frosty Shake, Small	620	14	8	0.5	45	450	115	0	83	10			•		
Vanilla Bean Frosty Shake, Large	890	16	10	1	55	710	172	0	119	13			•		
Caramel Frosty Shake, Small	680	15	9	0.5	50	330	126	0	102	11			•		
Caramel Frosty Shake, Large	1020	19	12	1	65	510	198	0	157	14			•		
Wild Berry Frosty Shake, Small	550	14	8	0.5	45	190	96	1	84	11			•		
Wild Berry Frosty Shake, Large	750	16	10	1	55	250	137	2	120	13			•		
Oreo® Frosty Parfait	400	10	6	0	30	220	68	1	56	8			•	•	•
Caramel Apple Parfait	400	9	5	0	30	180	71	1	57	8			•		

* Visit wendys.com for other beverage variations.

- = menu item contains the allergen
- = menu item may be cooked in the same oil as an item containing the allergen

This nutrition information is current as of September 2011.



Nutrition Information

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

Apple Chunks: Fresh Apples, Calcium Ascorbate (to maintain freshness and color).

Apple Slices: Apples, Calcium Ascorbate (to maintain freshness and color).

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

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

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

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

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

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

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

Bun, Premium Butter Toasted: Enriched Flour (wheat flour, malted barley flour, thiamine mononitrate, riboflavin, niacin, iron, folic acid), Water, Sugar, Yeast, Wheat Gluten, Soy Oil, Contains 2% or less of the following: Salt, Dough Conditioners (contains one or more of the following: sodium stearoyl lactylate, ascorbic acid, azodicarbonamide, mono and diglycerides, DATEM, calcium peroxide, calcium sulfate, L-cysteine, enzymes), Yeast Nutrients (contains one or more of the following: ammonium sulfate, tricalcium phosphate, ammonium chloride), High Fructose Corn Syrup, Corn Maltodextrin, Medium Chain Triglycerides, Gum Arabic, Natural Flavors, Cultured Wheat, Vinegar. Brushed with Clarified Butter for toasting. CONTAINS: MILK, WHEAT.

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

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

Caesar Sauce: 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: EGGS, FISH (anchovies), MILK.

Caramel Apple Frosty Parfait: 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), Caramel Sauce (corn syrup, water, high fructose corn syrup, sugar, nonfat milk, heavy cream, salt, pectin, natural flavor, disodium phosphate), Apple Chunks (fresh apples, calcium ascorbate [to maintain freshness and color], Granola (oats, brown sugar, soybean oil). CONTAINS: MILK.

Caramel Frosty Shake: 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), Caramel Sauce (corn syrup, water, high fructose corn syrup, sugar, nonfat milk, heavy cream, salt, pectin, natural flavor, disodium phosphate). CONTAINS: MILK.

Cheddar Cheese Sauce: Water, Pasteurized Process Cheddar Cheese (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], water, sodium phosphate, milkfat, salt, apocarotenal [color]), Cream Cheese Spread (pasteurized milk & cream, cheese culture, salt, carob bean gum), Milk Ingredients, Cornstarch, Soybean Oil, Cheddar Cheese Blend (cheddar, semi-soft and blue cheese [pasteurized milk, cheese cultures, salt and enzymes], water, sodium phosphate, vinegar, salt), Sea Salt, Disodium Phosphate, Annatto Color. CONTAINS: MILK.

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

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

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

Chocolate Frosty Shake: 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 (sugar, high fructose corn syrup, water, corn syrup, cocoa powder [processed with alkali], citric acid, potassium sorbate [preservative], salt, natural flavor, xanthan gum). CONTAINS: MILK.

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

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

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

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

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

Crinkle Cut Pickle: Cucumbers, Water, Salt, Vinegar, Lactic Acid, Sodium Benzoate (preservative), Natural Flavors, Polysorbate 80, Turmeric (color).

Crispy Chicken Nuggets: Chicken Breast, Water, 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 (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, natural flavor [vegetable], citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Egg and Fish (where available). CONTAINS: MILK, WHEAT.

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

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

Dried Cranberries: Cranberries, Sugar, Sunflower Oil.

Dr Pepper®: Carbonated Water, High Fructose Corn Syrup, Caramel Color, Natural and Artificial Flavors, Phosphoric Acid, Caffeine, Sodium Benzoate (to protect taste).

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

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

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

This nutrition information is current as of September 2011.



Nutrition Information

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

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.

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

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

Hamburger Patty: Ground Beef. Seasoned with Salt.

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

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

Homestyle Chicken Breast Fillet: Chicken Breast, Water, Seasoning (salt, autolyzed yeast extract, sugar, flavor, chicken, maltodextrin, gum arabic, silicon dioxide, lactic acid, sunflower oil, canola oil, dextrose, grill flavor [from canola oil], citric acid), Modified Food Starch, Sodium Phosphates. Breaded With: Wheat Flour, Water, Salt, Modified Corn Starch, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), Onion Powder, Garlic Powder, Autolyzed Yeast Extract, Natural Flavor, Lactic Acid, Extractives of Turmeric. Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Egg and Fish (where available). CONTAINS: WHEAT.

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

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

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

Hot Cocoa: Sugar, Corn Syrup, Modified Whey, Cocoa (processed with alkali), Hydrogenated Coconut Oil, Nonfat Dry Milk, Less Than 2% of: Salt, Dipotassium Phosphate, Carrageenan, Artificial Flavor, Mono- and Diglycerides. CONTAINS: MILK.

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).

Juicy Juice® Apple Juice: Apple Juice (water, juice concentrate), Ascorbic Acid (vitamin C), Malic Acid.

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

Lemonade: Water, Sugar, Lemon Juice & Concentrate.

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

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

Mayonnaise: Soybean Oil, Egg Yolk, High Fructose Corn Syrup, Distilled Vinegar, Salt, Mustard Seed, Natural Flavors, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG.

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

Monterey Jack, Sliced: Cultured Milk & Skim Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid (preservative), Lactic Acid, Enzymes, Artificial Color, Soy Lecithin. CONTAINS: MILK, SOY.

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

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

Nestea® Sweetened Iced Tea: Water, High Fructose Corn Syrup, Natural and Artificial Flavors, Concentrated Tea from Tea Leaves, Sodium Benzoate and Potassium Sorbate (to protect taste), Phosphoric Acid.

Nestea Unsweetened Iced Tea: Water, Natural and Artificial Flavors, Natural Tea Concentrate from Tea Leaves, Sodium Benzoate and Potassium Sorbate (to protect taste), Phosphoric Acid.

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

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.

Oreo® Frosty Parfait: 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 Sauce (Sugar, High Fructose Corn Syrup, Water, Corn Syrup, Cocoa Powder (processed with alkali), Citric Acid, Potassium Sorbate (preservative), Salt, Natural Flavor, Xanthan Gum.), Oreo Cookies (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: MILK, SOY, WHEAT.

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

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

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

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

Reddi-Wip: Cream, Nonfat Milk, Corn Syrup, Liquid Sugar, Mono and Diglycerides, Natural And Artificial Flavors, Carrageenan, Nitrous Oxide (propellant). CONTAINS MILK.

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

Roasted Pecans: Pecans, Sugar, Wheat Starch, Honey, Maltodextrin, Soybean Oil, Sea Salt, Lactose (milk), Cayenne Pepper, Soy Lecithin, Xanthan Gum. May Contain Traces Of Peanuts And Other Nuts. CONTAINS: MILK, SOY, TREE NUTS (pecans), WHEAT.

Saltines: Enriched Flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate

This nutrition information is current as of September 2011.



Nutrition Information

[vitamin B1], riboflavin [vitamin B2], folic acid), Soybean Oil (contains TBHQ for freshness), Salt, Contains 2% or less of: Corn Syrup, Leavening (baking soda, yeast), Soy Lecithin. CONTAINS: SOY, WHEAT

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

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

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

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

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

Strawberry Frosty Shake: 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 (strawberries, high fructose corn syrup, sugar, water, natural flavor, citric acid, pectin, potassium sorbate [preservative], grape juice concentrate, carmine color). CONTAINS: MILK.

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

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

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

TruMoo® Lowfat White Milk: Lowfat Milk, Vitamin A Palmitate, Vitamin D3. CONTAINS: MILK.

TruMoo Lowfat Chocolate Milk: Lowfat Milk, Sugar, Contains Less Than 1% Of: Cocoa (processed with alkali), Corn Starch, Salt, Carrageenan, Artificial Flavor, Vitamin A Palmitate, Vitamin D3. CONTAINS: MILK.

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

Vanilla Bean Frosty Shake: 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 (corn syrup [contains sulfites], water, maltodextrin, high fructose corn syrup, natural flavor, salt, citric acid, potassium sorbate [preservative], xanthan gum). CONTAINS: MILK.

Whipped Light Cream: Cream, Milk, Sugar, Dextrose, Contains less than 1% of the following: Sorbitan Monostearate, Artificial Flavor, Carrageenan, Mixed Tocopherols (vitamin E) to protect Flavor, Propellant: Nitrous Oxide. CONTAINS: MILK.

Wild Berry Frosty Shake: 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), Wild Berry Puree (blackberries, sugar, corn syrup, strawberries, water, raspberry puree, natural flavor, citric acid, grape juice concentrate, xanthan gum, potassium sorbate [preservative]). CONTAINS: MILK.

Wild Berry Lemonade: Lemonade (water, sugar, lemon juice & concentrate), Wild Berry Puree (blackberries, sugar, corn syrup, strawberries, water, raspberry puree, natural flavor, citric acid, grape juice concentrate, xanthan gum, potassium sorbate [preservative]).

Wild Berry Tea: Unsweetened Brewed Tea, Wild Berry Puree (blackberries, sugar, corn syrup, strawberries, water, raspberry puree, natural flavor, citric acid, grape juice concentrate, xanthan gum, potassium sorbate [preservative]).

©2011 Oldemark LLC. The Wendy's name, design and logo, Garden Sensations, Frosty, Double Stack and Baconator are trademarks of Oldemark LLC and are licensed to Wendy's International, Inc.

Coca-Cola, Coke Zero, Diet Coke, Fanta, Hi-C, Flashin' Fruit Punch, Minute Maid, Pibb Xtra, Sprite are trademarks of The Coca-Cola Company. Dr Pepper is a registered trademark of Dr Pepper/Seven Up, Inc. Barq's is a registered trademark of Barq's, Inc. Oreo is a registered trademark of Kraft Foods Global Brands LLC. Nestea, Nestlé, Juicy Juice and Pure Life are registered trademarks of Société Des Produits Nestlé S.A., Vevey, Switzerland. TruMoo is a registered trademark of Dean Foods Company.

Nutrition and ingredient information is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or season of the year. Certain menu items may not be available at all locations. Temporary products are not included. Nutrition calculations follow federal regulations regarding the rounding of nutritional data. This information is effective as of September 2011.

Wendy's International, Inc., its franchisees and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Federal regulations have identified 8 major allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, and crustacean shellfish. For your convenience, menu items and ingredients that contain these major allergens have been indicated. Foods cooked in common oil have also been indicated as possible allergens.

Federal regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soy oil as an ingredient is not indicated as an allergen. Please consult your Doctor to know if you should avoid products that contain highly refined soy oil.

We encourage anyone with food allergies, sensitivities, or special dietary needs to check our website at www.wendys.com on a regular basis to obtain the most comprehensive and up-to-date information.

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

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

This nutrition information is current as of September 2011.