



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
Mandarin Chicken® Salad	180	2	0.5	0	65	630	17	2	13	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	17	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	0.5	90	1210	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	440	23	12	1	80	1180	29	8	10	31						•
Reduced Fat Sour Cream	45	3.5	2	0	10	25	2	0	1	1						•
Seasoned Tortilla Strips	110	5	1	0	0	170	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	•					•
Italian Vinaigrette**	130	11	1.5	0	0	330	8	0	6	0						
Fat Free French**	70	0	0	0	0	170	17	1	15	0						
Thousand Island**	290	28	4.5	0	30	530	9	0	7	1	•					

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

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Nutrition Information

Side Selections

Numerous Options for a Balanced Meal

Side Selections	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
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	90	0	0	0	0	10	21	1	18	1						
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	220	7	3	0	35	870	22	6	6	18						
Large Chili	330	10	4	0.5	50	1310	32	8	10	28						
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	0	15	105	1	0	0	4			•			
Kids' Meal French Fries* ◇	210	10	2	0	0	180	28	2	0	2	•	•	•		•	
Small French Fries* ◇	330	15	3	0	0	280	45	4	0	4	•	•	•		•	
Medium French Fries* ◇	410	19	3.5	0	0	350	56	5	0	4	•	•	•		•	
Large French Fries* ◇	540	25	4.5	0	0	460	73	6	0	6	•	•	•		•	
Ketchup, 1 Packet	10	0	0	0	0	115	3	0	2	0						

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

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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
Nesquik® Low Fat White Milk	100	2.5	1.5	0	10	120	12	0	12	8			•			
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	160	0	0	0	0	35 ⁺	41	0	41	0						
Coca-Cola®, Small Cup	160	0	0	0	0	0 ⁺	45	0	45	0						
Minute Maid® Light Lemonade, Small Cup	10	0	0	0	0	0 ⁺	0	0	0	0						
Hi-C® Flashin' Fruit Punch, Small Cup	170	0	0	0	0	15 ⁺	45	0	45	0						
Barq's® Root Beer, Small Cup	180	0	0	0	0	35 ⁺	49	0	49	0						
Fanta® Orange, Small Cup	180	0	0	0	0	25 ⁺	49	0	49	0						
Pibb Xtra®, Small Cup	160	0	0	0	0	25 ⁺	45	0	41	0						
Coke Zero™, Small Cup	0	0	0	0	0	10 ⁺	0	0	0	0						
Dr Pepper®, Small Cup	160	0	0	0	0	40 ⁺	43	0	43	0						
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, 1 each	20	2	1	0	10	10	0	0	0	0			•			
Sugar, 1 packet	15	0	0	0	0	0	3	0	3	0						
Non-Nutritive Sweetener	5	0	0	0	0	0	1	0	1	0						
Hot Tea	0	0	0	0	0	0 ⁺	1	0	0	0						

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

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Nutrition Information

Boneless Wings & Crispy Chicken Nuggets Crispy All-White Meat Chicken	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
Spicy Chipotle Boneless Wings ◇	500	20	4	0	80	1640	48	3	10	33	•	•	•	•	•	
Honey BBQ Boneless Wings ◇	570	18	3.5	0	80	1950	69	3	34	33	•	•	•	•	•	
Sweet & Spicy Asian Boneless Wings ◇	540	18	3.5	0	80	2490	62	3	27	33	•	•	•	•	•	
4 Piece Kids' Meal Chicken Nuggets ◇	180	12	2.5	0	30	340	10	0	1	9	•	•	•	•	•	
5 Piece Chicken Nuggets ◇	230	14	3	0	35	430	13	0	1	12	•	•	•	•	•	
10 Piece Chicken Nuggets ◇	450	29	6	0	70	850	25	0	1	23	•	•	•	•	•	
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	130	12	2	0	10	220	6	0	5	0	•					
Heartland Ranch Dipping Sauce	120	12	1.5	0	10	240	3	0	2	0	•	•	•			

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Nutrition Information

Sandwiches

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

	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
Jr. Hamburger	230	8	3	0	30	520	26	1	6	13						
Jr. Cheeseburger	270	11	5	0.5	40	730	27	1	6	15			•	•	•	
Jr. Cheeseburger Deluxe	300	14	6	0.5	45	770	29	2	7	15	•		•	•	•	
Jr. Bacon Cheeseburger	310	16	6	0.5	50	690	26	1	5	17	•		•	•	•	
Double Stack™	360	18	8	1	75	840	27	1	6	23			•	•	•	
Hamburger, Kids' Meal	220	8	3	0	30	520	26	1	5	13						•
Cheeseburger, Kids' Meal	260	11	5	0.5	40	730	26	1	6	15			•	•	•	
Single w/Everything	470	21	8	1	80	970	43	2	10	27	•					•
Double w/Everything and Cheese	750	42	18	2.5	170	1560	44	2	10	50	•		•	•	•	
Triple w/Everything and Cheese	1030	62	28	3.5	255	2150	44	2	11	73	•		•	•	•	
Baconator® Single	610	34	14	1.5	110	1260	43	1	9	33	•		•	•	•	
Baconator Double	980	62	27	2.5	215	2020	46	2	9	59	•		•	•	•	
Baconator Triple	1350	90	40	3.5	320	2780	49	2	10	85	•		•	•	•	
Bacon Deluxe Single	650	37	15	1.5	115	1480	46	2	11	34	•		•	•	•	
Bacon Deluxe Double	870	52	22	2.5	190	1740	47	2	11	54	•		•	•	•	
Bacon Deluxe Triple	1150	72	32	3.5	280	2330	47	2	11	77	•		•	•	•	
Ultimate Chicken Grill Sandwich	340	7	1.5	0	70	1030	41	2	9	29	•					•
Spicy Chicken Fillet Sandwich ◇	470	16	3	0	55	1280	55	1	7	27	•	•				•
Homestyle Chicken Fillet Sandwich ◇	460	16	3	0	50	1130	53	1	7	26	•	•				•
Chicken Club Sandwich ◇	630	30	10	0	85	1390	56	2	8	35	•	•	•			•
Crispy Chicken Sandwich ◇	350	15	3	0	35	830	38	2	4	15	•	•	•			•
Crispy Chicken Sandwich, Kids' Meal ◇	320	13	2.5	0	30	790	37	2	4	15	•	•	•			•
Grilled Chicken Go Wrap	250	10	3.5	0	45	690	24	1	3	17	•		•			•
Homestyle Chicken Go Wrap ◇	310	15	4.5	0	35	760	29	1	1	16	•	•	•	•		•
Spicy Chicken Go Wrap ◇	320	15	4.5	0	40	840	30	1	1	16	•	•	•	•		•

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Nutrition Information

Sandwich Components

Our sandwiches can be made to order

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

Sandwich Components	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
Jr. Hamburger Patty	90	6	3	0	30	110	0	0	0	8						
1/4 lb.* Hamburger Patty	220	15	7	1	75	260	0	0	0	20						
Ultimate Chicken Grill Fillet	110	1.5	0	0	65	610	1	0	0	23						
Spicy Chicken Fillet ◇	240	10	2	0	50	870	16	0	0	20	•	•			•	
Homestyle Chicken Fillet ◇	230	11	2	0	45	720	14	0	0	20	•	•			•	
Crispy Chicken Patty ◇	200	12	2.5	0	30	550	13	1	0	11	•	•	•		•	
Sandwich Bun	120	1	0	0	0	240	24	1	4	4					•	
Premium Bun	190	2	0	0	0	360	36	1	6	6					•	
Tortilla	130	3.5	1	0	0	280	21	0	0	3					•	
American Cheese 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			•	•		
Natural Swiss Cheese	70	6	3.5	0	20	85	0	0	0	5			•			
Bacon Jr. – 1 strip	15	1	0	0	5	50	0	0	0	1						
Applewood Smoked Bacon – 1 strip	30	2.5	1	0	5	55	1	0	0	1						
Mayonnaise	40	3.5	0.5	0	5	55	1	0	0	0	•					
Ketchup	10	0	0	0	0	95	2	0	2	0						
Mustard	0	0	0	0	0	50	0	0	0	0						
Honey Mustard Sauce	40	3.5	0	0	5	60	3	0	2	0	•					
Ranch Sauce	35	3.5	0.5	0	5	70	1	0	0	0	•	•	•			
Dill Pickles – 4 each	0	0	0	0	0	150	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						
Onion – 4 rings	5	0	0	0	0	0	1	0	1	0						

* Approximate weight before cooking.

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Frosty™ Treats

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

	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
Chocolate Frosty Small	310	8	5	0	25	140	52	0	44	8			•			
Vanilla Frosty Small	310	8	5	0	30	150	52	0	45	8			•			
Vanilla Frosty Float with Coca-Cola®*	390	7	5	0	30	130	75	0	69	7			•			
Chocolate Fudge Frosty Shake, Small	410	11	7	0	35	190	69	1	58	8			•			
Chocolate Fudge Frosty Shake, Large	540	13	8	0.5	40	270	94	1	80	11			•			
Strawberry Frosty Shake, Small	390	11	7	0	35	140	66	0	59	7			•			
Strawberry Frosty Shake, Large	510	13	8	0.5	40	180	89	0	81	9			•			
Vanilla Bean Frosty Shake, Small	380	11	7	0	35	140	64	0	57	7			•			
Vanilla Bean Frosty Shake, Large	510	13	8	0.5	40	180	88	0	78	9			•			
Frosty™-cino, Small	380	11	7	0	35	140	63	0	53	7			•			
Frosty-cino, Large	510	13	8	0.5	40	180	87	0	72	9			•			
Nestle® Toll House® Cookie Dough																
Twisted Frosty, Chocolate	480	16	10	0	30	200	77	1	60	9			•	•	•	•
Nestle Toll House Cookie Dough																
Twisted Frosty, Vanilla	480	16	10	0	35	210	77	1	61	9			•	•	•	•
M&M's® Twisted Frosty, Chocolate	550	19	12	0	35	170	86	1	75	10			•	•		•
M&M's Twisted Frosty, Vanilla	560	19	12	0	40	170	87	1	76	10			•	•		•
Oreo® Twisted Frosty, Chocolate	440	14	7	0	25	290	72	1	54	9			•	•	•	
Oreo Twisted Frosty, Vanilla	440	14	7	0	30	290	72	1	55	9			•	•	•	
Coffee Toffee Twisted Frosty, Chocolate	540	20	15	0	35	230	83	1	69	9			•	•		•
Coffee Toffee Twisted Frosty, Vanilla	540	20	15	0.5	40	230	83	1	71	8			•	•		•

To determine approximate nutritional information for a Jr. Frosty, multiply the value shown for the Small by 0.5; Medium Frosty, multiply by 1.3; Large Frosty, multiply by 1.7.
 * Visit wendys.com for other beverage variations.

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

Ancho Chipotle Ranch Dressing: Buttermilk, Soybean Oil, Water, Sour Cream (skim milk and 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: EGG, MILK.

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

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

Bacon Pieces: Pork cured with: Water, Salt, Smoke Flavoring, Sodium Phosphates, Sodium Nitrate. Contains one or more of the following: Sugar, Sodium Erythorbate, Brown Sugar, Sodium Ascorbate, Potassium Chloride, Dextrose.

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

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

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

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

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

Cheddar Cheese Sauce: Water, Cheddar Cheese (cheddar cheese [milk, salt, cheese cultures, enzymes], whey, buttermilk, salt, disodium phosphate, artificial color [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, Soy Lecithin, DATEM, Sodium Silicoaluminate (anti-caking agent), Artificial Color (yellow 5 and 6). CONTAINS: MILK, SOY.

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

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

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

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

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

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

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

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

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

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

Crispy Chicken Nuggets: Chicken Breast, Water, Modified Corn Starch, Sodium Phosphates, Salt, Whey Protein Concentrate. Battered and Breaded with: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spices, Leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), Dextrose, Yellow Corn Flour, Yeast, Garlic Powder, Citric Acid, Spice Extractives, Natural and Artificial Flavor, Xanthan Gum. Cooked in Soy, Corn, Cottonseed, & Hydrogenated Soy Oil. Cooked in the same oil as menu items that contain Egg and Fish (where available). CONTAINS: MILK, WHEAT.

Crispy Chicken Patty: Chicken Breast, Water, Salt, Sodium Phosphates. Battered and Breaded with: Wheat Flour, Bleached Wheat Flour, Water, Rice Flour, Salt, Modified Corn Starch, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate), Spices, Garlic Powder, Onion Power, Yeast, Spice Extractives, Extractives of Paprika, Natural and Artificial Flavor, Lactic Acid. Cooked in Soy, Corn, Cottonseed, & Hydrogenated Soy Oil. Cooked in the same oil as menu items that contain Egg, Milk, and Fish (where available). CONTAINS: WHEAT.

Crispy Noodles: Bleached Enriched 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 (to protect taste), Natural Flavors, Citric Acid, Caffeine, Potassium Citrate, Aspartame, Dimethylpolysiloxane. Phenylketonurics: contains phenylalanine.

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

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

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

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

French Fries: Potatoes, Vegetable Oil (contains one or more of the following: soy oil, canola oil, cottonseed oil, sunflower oil), Dextrose, Sodium Acid Pyrophosphate (to protect natural color). Cooked in Soy, Corn, Cottonseed, & Hydrogenated Soy Oil. Cooked in the same oil as menu items that contain Wheat, Egg, Milk, and Fish (where available). Seasoned with Salt.

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

This nutrition information is current as of April 2010.



Nutrition Information

Frosty, Chocolate: Milk, Sugar, Corn Syrup, Whey, Nonfat Dry Milk, Cocoa (processed with alkali), Guar Gum, Mono and Diglycerides, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Artificial and Natural Flavoring, Vitamin A Palmitate. 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, natural chocolate fudge flavor [cocoa powder (processed with alkali)], natural flavoring, citric acid), glucono delta lactone, xanthan gum, potassium sorbate [preservative], natural flavor). CONTAINS: MILK.

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

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

Hamburger Patty: Ground Beef. Seasoned with Salt.

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

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

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

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

Honey BBQ Boneless Wings: Boneless Wings (chicken breast, water, chicken flavor [salt, flavor, autolyzed yeast extract, maltodextrin, chicken flavor, chicken, gum arabic, sunflower oil, sugar, silicon dioxide, lactic acid, canola oil, modified corn starch, grill flavor (from canola oil), citric acid, trisodium phosphate], modified food starch, sodium phosphates. Battered and Breaded with: wheat flour, water, modified corn starch, salt, sugar, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], spice, onion powder, garlic powder, dextrose, autolyzed yeast, natural and artificial flavor, extractives of paprika), Honey BBQ Sauce (honey, water, high fructose corn syrup, tomato paste, distilled white vinegar, modified corn starch, molasses, Worcestershire sauce concentrate [distilled vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, tamarind, natural flavor], corn syrup, sugar, salt, natural hickory smoke flavor, sodium benzoate and potassium sorbate [preservatives], spices, mustard flour, paprika, garlic [dehydrated], onion powder, turmeric). Cooked in Soy, Corn, Cottonseed, & Hydrogenated Soy Oil. Cooked in the same oil as menu items that contain Egg, Milk and Fish (where available). CONTAINS: WHEAT.

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 (to protect taste). CONTAINS: EGG.

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

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

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

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.

Mandarin Oranges: Mandarin Orange Segments, Water, Sugar.

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

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

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

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

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

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

Nestle Toll House® Cookie Dough with Chocolate Flakes: Nestle Toll House Cookie Dough (wheat flour, sugar, water, butter, soybean oil, semi-sweet chocolate [sugar, chocolate, cocoa butter, milkfat, soy lecithin, natural flavor], molasses, contains 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). Manufactured in a facility that processes peanuts & tree nuts. CONTAINS: MILK, SOY, WHEAT.

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

Nesquik Low Fat White Milk: Lowfat Milk with Vitamin A Palmitate and Vitamin D3 Added, Calcium Carbonate, Potassium Citrate, Carrageenan. CONTAINS: 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: SOY, WHEAT.

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

This nutrition information is current as of April 2010.



Nutrition Information

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

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 (to protect taste). CONTAINS: EGG, MILK, SOY.

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 Almonds: Almonds, Salt. May contain traces of peanuts and other nuts. CONTAINS: TREE NUTS (almonds).

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

Seasoned Tortilla Strips: Whole Corn, Vegetable Oil (contains one or more of the following: corn, soybean or sunflower oil), Salt, Buttermilk Solids, Spices, Tomato, Sweet Cream, Dextrose, Onion, Sugar, Cheddar Cheese (milk, cheese cultures, 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 Soy, Corn, Cottonseed, & Hydrogenated Soy Oil. Cooked in the same oil as menu items that contain Fish (where available). CONTAINS: EGG, WHEAT.

Spicy Chipotle Boneless Wings: Boneless Wings (chicken breast, water, chicken flavor [salt, flavor, autolyzed yeast extract, maltodextrin, chicken flavor, chicken, gum arabic, sunflower oil, sugar, silicon dioxide, lactic acid, canola oil, modified corn starch, grill flavor (from canola oil), citric acid, trisodium phosphate], modified food starch, sodium phosphates. Battered and Breaded with: wheat flour, water, modified corn starch, salt, sugar, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], spice, onion powder, garlic powder, dextrose, autolyzed yeast, natural and artificial flavor, extractives of paprika), Spicy Chipotle Sauce (water, high fructose corn syrup, sugar, chipotle seasoning blend [onion (dehydrated), spice (including chipotle chili pepper), red and green bell peppers, paprika, sea salt, tomato powder, garlic (dehydrated), cane juice solids, sun dried tomato, citric acid, salt, natural flavor], distilled white vinegar, chipotle in adobo [water, red jalapeno peppers (chipotle peppers), tomato paste, vinegar, salt, oleoresin paprika, natural flavor, oleoresin capsicum], honey, soy oil, modified corn starch, xanthan gum, honey flavor [molasses, ethyl alcohol, natural flavoring], extractives of paprika, chili powder, sodium benzoate and potassium sorbate [preservatives], canola oil). Cooked in Soy, Corn, Cottonseed, & Hydrogenated Soy Oil. Cooked in the same oil as menu items that contain Egg, Milk, and Fish (where available). CONTAINS: WHEAT.

Spring Mix: Lolla Rossa, Green Oakleaf, Red Romaine, Green Romaine, Spinach, Red Chard, Green Chard, Mizuna, Tango.

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

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, FISH (anchovies), MILK.

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

Sweet & Spicy Asian Boneless Wings: Boneless Wings (chicken breast, water, chicken flavor [salt, flavor, autolyzed yeast extract, maltodextrin, chicken flavor, chicken, gum arabic, sunflower oil, sugar, silicon dioxide, lactic acid, canola oil, modified corn starch, grill flavor (from canola oil), citric acid, trisodium phosphate], modified food starch, sodium phosphates. Battered and Breaded with: wheat flour, water, modified corn starch, salt, sugar, leavening [sodium acid pyrophosphate, sodium bicarbonate,

monocalcium phosphate], spice, onion powder, garlic powder, dextrose, autolyzed yeast, natural and artificial flavor, extractives of paprika), Sweet & Spicy Asian Sauce (water, sugar, chili garlic sauce [salted chili peppers, garlic, sugar, rice vinegar, acetic acid], distilled vinegar, modified corn starch, salt, contains less than 2% of: spices, onion [dehydrated], potassium sorbate and sodium benzoate [preservatives], garlic [dehydrated]). Cooked in Soy, Corn, Cottonseed, & Hydrogenated Soy Oil. Cooked in the same oil as menu items that contain Egg, Milk, and Fish (where available). CONTAINS: WHEAT.

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

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

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

Nutrition and ingredient information is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or season of the year. Certain menu items may not be available at all locations. Temporary products are not included. Nutrition calculations follow federal regulations regarding the rounding of nutritional data. This information is effective as of April 2010.

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.

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

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This nutrition information is current as of April 2010.