



# Arby's® Nutrition & Allergen Information (U.S.)

Major food allergens are listed below in **RED**.

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\* Menu item may not be available at all Arby's® restaurants.

## ULTIMATE ANGUS SANDWICHES

| Serving Weight (g)                  | Calories | Calories from Fat | Fat - Total (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|-------------------------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| Angus Three Cheese & Bacon Sandwich | 640      | 300               | 33              | 12                | 0.5           | 105              | 1820        | 45                     | 2                 | 3          | 41          | 8               | 8               | 35            | 25         |
| Angus Philly                        | 590      | 270               | 29              | 9                 | 0.5           | 85               | 1760        | 48                     | 3                 | 4          | 34          | 10              | 30              | 30            | 25         |

## ARBY'S® ROAST BEEF SANDWICHES

|                         |     |     |    |     |     |     |      |    |   |   |    |   |   |    |    |
|-------------------------|-----|-----|----|-----|-----|-----|------|----|---|---|----|---|---|----|----|
| Roast Beef Classic      | 350 | 110 | 12 | 4   | 0.5 | 45  | 950  | 39 | 2 | 5 | 23 | 0 | 0 | 6  | 25 |
| Roast Beef Mid          | 440 | 150 | 17 | 6   | 1   | 75  | 1380 | 40 | 2 | 5 | 33 | 0 | 0 | 6  | 35 |
| Roast Beef Max          | 580 | 200 | 22 | 9   | 1   | 110 | 1870 | 49 | 3 | 6 | 45 | 0 | 0 | 8  | 45 |
| Arby's Sauce® Adds      | 15  | 0   | 0  | 0   | 0   | 0   | 180  | 3  | 0 | 2 | 0  | 2 | 2 | 0  | 0  |
| Horsey Sauce® Adds      | 50  | 45  | 5  | 0.5 | 0   | 5   | 160  | 3  | 0 | 2 | 0  | 0 | 0 | 0  | 0  |
| Beef 'n Cheddar Classic | 440 | 160 | 18 | 5   | 0.5 | 45  | 1290 | 47 | 2 | 9 | 23 | 2 | 2 | 15 | 25 |
| Beef 'n Cheddar Mid     | 530 | 200 | 23 | 7   | 1   | 80  | 1720 | 48 | 2 | 9 | 34 | 2 | 2 | 15 | 35 |
| Beef 'n Cheddar Max     | 650 | 260 | 29 | 10  | 1.5 | 110 | 2330 | 52 | 2 | 9 | 45 | 4 | 2 | 15 | 45 |

## SIGNATURE SANDWICHES

|                           |     |     |    |     |     |    |      |    |   |    |    |    |    |    |    |
|---------------------------|-----|-----|----|-----|-----|----|------|----|---|----|----|----|----|----|----|
| Fish Sandwich             | 540 | 210 | 23 | 4   | 0   | 40 | 960  | 63 | 4 | 9  | 20 | 2  | 0  | 8  | 15 |
| Cheese Slice Adds         | 50  | 40  | 4  | 2.5 | 0   | 15 | 240  | 0  | 0 | 0  | 3  | 2  | 0  | 8  | 0  |
| Bacon Beef 'n Cheddar     | 510 | 210 | 23 | 7   | 0.5 | 60 | 1510 | 48 | 2 | 10 | 28 | 2  | 2  | 15 | 25 |
| 'Shroom & Swiss           | 510 | 220 | 25 | 8   | 0.5 | 60 | 2350 | 49 | 3 | 9  | 24 | 2  | 2  | 20 | 20 |
| Deluxe Bacon Cheddar      | 420 | 150 | 17 | 8   | 0.5 | 60 | 1840 | 43 | 2 | 8  | 25 | 10 | 10 | 15 | 20 |
| French Dip & Swiss/Au Jus | 430 | 130 | 14 | 6   | 0.5 | 55 | 2120 | 52 | 2 | 3  | 26 | 2  | 8  | 15 | 25 |



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## MARKET FRESH® SANDWICHES

| Serving Weight (g)                   | Calories | Calories from Fat | Fat - Total (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |    |
|--------------------------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|----|
| Reuben Sandwich                      | 308      | 640               | 270             | 30                | 8             | 0                | 55          | 1610                   | 62                | 4          | 7           | 32              | 6               | 20            | 35         | 30 |
| Roast Turkey & Swiss Sandwich        | 326      | 700               | 250             | 27                | 7             | 0                | 80          | 1770                   | 77                | 5          | 18          | 39              | 20              | 10            | 45         | 30 |
| Roast Turkey & Swiss Wrap            | 272      | 500               | 220             | 24                | 6             | 0.5              | 80          | 1500                   | 43                | 8          | 6           | 35              | 20              | 10            | 35         | 20 |
| Roast Turkey, Ranch & Bacon Sandwich | 344      | 800               | 320             | 36                | 9             | 0.5              | 105         | 2200                   | 78                | 5          | 18          | 45              | 20              | 10            | 45         | 30 |
| Roast Turkey, Ranch & Bacon Wrap     | 290      | 600               | 290             | 32                | 9             | 0.5              | 105         | 1940                   | 44                | 8          | 6           | 41              | 20              | 10            | 30         | 20 |

## PRIME-CUT™ CHICKEN

|                                   |     |     |     |    |     |   |    |      |    |   |   |    |    |    |    |    |
|-----------------------------------|-----|-----|-----|----|-----|---|----|------|----|---|---|----|----|----|----|----|
| Cravin' Chicken Sandwich – Crispy | 221 | 510 | 200 | 22 | 4   | 0 | 50 | 1110 | 51 | 4 | 7 | 26 | 10 | 15 | 10 | 15 |
| Cravin' Chicken Sandwich – Roast  | 210 | 380 | 110 | 12 | 2.5 | 0 | 45 | 1000 | 42 | 3 | 8 | 24 | 10 | 10 | 8  | 15 |
| Chicken Bacon & Swiss – Crispy    | 205 | 610 | 270 | 30 | 7   | 0 | 75 | 1400 | 51 | 3 | 8 | 33 | 2  | 4  | 20 | 15 |
| Chicken Bacon & Swiss – Roast     | 194 | 480 | 180 | 20 | 6   | 0 | 70 | 1280 | 43 | 2 | 9 | 31 | 2  | 2  | 20 | 15 |
| Roast Chicken Club                | 239 | 460 | 170 | 19 | 6   | 0 | 70 | 1440 | 42 | 2 | 9 | 30 | 15 | 15 | 20 | 10 |
| Prime-Cut™ Chicken Tenders (3)    | 131 | 350 | 150 | 17 | 2.5 | 0 | 45 | 970  | 25 | 2 | 0 | 25 | 0  | 4  | 2  | 4  |
| Prime-Cut™ Chicken Tenders (5)    | 219 | 590 | 250 | 28 | 4   | 0 | 75 | 1610 | 42 | 4 | 0 | 42 | 0  | 8  | 2  | 8  |
| Tangy Barbeque Sauce Adds         | 28  | 45  | 0   | 0  | 0   | 0 | 0  | 350  | 11 | 0 | 8 | 0  | 2  | 6  | 0  | 2  |
| Buffalo Dipping Sauce Adds        | 28  | 10  | 10  | 1  | 0   | 0 | 0  | 720  | 1  | 0 | 0 | 0  | 8  | 0  | 0  | 0  |
| Honey Mustard Dipping Sauce Adds  | 28  | 140 | 120 | 13 | 2   | 0 | 10 | 130  | 5  | 0 | 4 | 0  | 0  | 0  | 0  | 0  |
| Ranch Dipping Sauce Adds          | 43  | 160 | 140 | 16 | 3.5 | 0 | 30 | 280  | 2  | 0 | 1 | 1  | 2  | 0  | 4  | 0  |



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### VALUE MENU

|   | Serving Weight (g) | Calories | Calories from Fat | Fat - Total (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|---|--------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| Jr Roast Beef Sandwich <b>Contains: Milk, Soy, Wheat</b>                              | 87                 | 210      | 60                | 6               | 2                 | 0             | 25               | 520         | 25                     | 1                 | 3          | 12          | 0               | 0               | 4             | 15         |
| Jr Pepper Jack Sandwich* <b>Contains: Milk, Soy, Wheat</b>                            | 101                | 250      | 100               | 11              | 4.5               | 0             | 35               | 770         | 25                     | 1                 | 3          | 15          | 2               | 0               | 10            | 15         |
| Jr Chicken Sandwich <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)   | 122                | 320      | 130               | 15              | 2.5               | 0             | 25               | 680         | 33                     | 2                 | 4          | 13          | 2               | 2               | 4             | 10         |
| Jr Ham & Cheddar Sandwich <b>Contains: Milk, Soy, Wheat</b>                           | 115                | 210      | 60                | 6               | 1.5               | 0             | 25               | 900         | 26                     | 1                 | 4          | 13          | 2               | 0               | 6             | 10         |
| Kraft® Macaroni & Cheese <b>Contains: Milk, Wheat</b>                                 | 113                | 170      | 45                | 5               | 1.5               | 0             | 10               | 350         | 25                     | 1                 | 4          | 6           | 0               | 0               | 15            | 6          |
| Sliced Apples   | 62                 | 30       | 0                 | 0               | 0                 | 0             | 0                | 0           | 8                      | 2                 | 5          | 0           | 0               | 25              | 2             | 2          |
| Strawberry Yogurt Dip <b>Contains: Milk</b>   | 43                 | 50       | 5                 | 0               | 0                 | 0             | 5                | 30          | 10                     | 0                 | 8          | 1           | 0               | 0               | 4             | 0          |
| Curly Fries – Value ♦ <b>Contains: Wheat</b> † Egg, Milk, Soy, Fish (where available) | 77                 | 240      | 120               | 13              | 2                 | 0             | 0                | 540         | 28                     | 3                 | 0          | 3           | 0               | 0               | 2             | 6          |
| * Apple Turnover <b>Contains: Soy, Wheat</b>  | 128                | 430      | 160               | 18              | 9                 | 0             | 0                | 210         | 64                     | 2                 | 39         | 4           | 0               | 0               | 0             | 10         |
| * Cherry Turnover <b>Contains: Soy, Wheat</b>   | 128                | 390      | 120               | 13              | 6                 | 0             | 0                | 200         | 64                     | 2                 | 40         | 4           | 8               | 0               | 2             | 8          |
| * Chocolate Turnover <b>Contains: Milk, Soy, Wheat</b>                                | 128                | 570      | 270               | 30              | 13                | 0             | 0                | 280         | 71                     | 4                 | 43         | 6           | 10              | 0               | 2             | 20         |
| Jr Chocolate Shake <b>Contains: Milk</b>  | 283                | 350      | 80                | 9               | 6                 | 0             | 30               | 280         | 61                     | 1                 | 50         | 9           | 4               | 4               | 30            | 4          |
| Jr Jamocha Shake <b>Contains: Milk</b>  | 283                | 350      | 80                | 9               | 6                 | 0             | 30               | 270         | 60                     | 0                 | 49         | 9           | 4               | 4               | 30            | 2          |
| Jr Vanilla Shake <b>Contains: Milk</b>  | 255                | 280      | 80                | 9               | 6                 | 0             | 30               | 230         | 45                     | 0                 | 37         | 8           | 4               | 4               | 30            | 0          |

♦ Recommended portion sizes. Curly Fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.



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### MARKET FRESH® CHOPPED SALADS

|   | Serving Weight (g) | Calories | Calories from Fat | Fat - Total (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|---|--------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| Chopped Farmhouse Chicken Salad – Crispy <b>Contains: Egg, Milk, Soy, Wheat</b><br>† Fish (where available) | 337                | 430      | 220               | 24              | 9                 | 0             | 65               | 1000        | 26                     | 4                 | 5          | 29          | 60              | 20              | 25            | 8          |
| Chopped Farmhouse Chicken Salad – Roast <b>Contains: Milk</b>   | 307                | 250      | 120               | 14              | 7                 | 0             | 65               | 670         | 11                     | 3                 | 5          | 23          | 60              | 20              | 25            | 8          |
| Chopped Side Salad <b>Contains: Milk</b>  | 135                | 80       | 45                | 5               | 3                 | 0             | 15               | 105         | 5                      | 2                 | 2          | 5           | 35              | 10              | 10            | 4          |
| Light Italian Dressing  | 43                 | 20       | 5                 | 1               | 0                 | 0             | 0                | 750         | 3                      | 0                 | 2          | 0           | 0               | 0               | 0             | 0          |
| Dijon Honey Mustard Dressing <b>Contains: Egg</b>   | 43                 | 180      | 150               | 16              | 2.5               | 0             | 15               | 230         | 8                      | 0                 | 7          | 0           | 0               | 0               | 0             | 0          |
| Balsamic Vinaigrette Dressing   | 43                 | 130      | 110               | 12              | 2                 | 0             | 0                | 470         | 5                      | 0                 | 5          | 0           | 0               | 0               | 0             | 0          |
| Buttermilk Ranch Dressing <b>Contains: Egg, Milk</b>  | 43                 | 210      | 200               | 22              | 3.5               | 0             | 10               | 310         | 2                      | 0                 | 1          | 0           | 0               | 0               | 2             | 0          |



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### SIDES AND SNACKS

|   | Serving Weight (g) | Calories | Calories from Fat | Fat - Total (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|---|--------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| Curly Fries – Small ♦ Contains: Wheat † Egg, Milk, Soy, Fish (where available)      | 128                | 400      | 200               | 22              | 3                 | 0             | 0                | 900         | 47                     | 5                 | 0          | 5           | 0               | 0               | 2             | 8          |
| Curly Fries – Medium ♦ Contains: Wheat † Egg, Milk, Soy, Fish (where available)     | 170                | 540      | 260               | 29              | 4                 | 0             | 0                | 1200        | 62                     | 7                 | 0          | 6           | 0               | 0               | 2             | 10         |
| Curly Fries – Large ♦ Contains: Wheat † Egg, Milk, Soy, Fish (where available)      | 201                | 630      | 310               | 35              | 5                 | 0             | 0                | 1420        | 74                     | 8                 | 0          | 7           | 0               | 0               | 4             | 15         |
| Potato Cakes (2) † Egg, Milk, Soy, Wheat, Fish (where available)                    | 100                | 230      | 120               | 14              | 2                 | 0             | 0                | 460         | 25                     | 3                 | 0          | 2           | 0               | 0               | 2             | 2          |
| Potato Cakes (3) † Egg, Milk, Soy, Wheat, Fish (where available)                    | 150                | 340      | 180               | 20              | 3.5               | 0             | 0                | 700         | 37                     | 4                 | 0          | 3           | 0               | 0               | 2             | 4          |
| Potato Cakes (4) † Egg, Milk, Soy, Wheat, Fish (where available)                    | 200                | 460      | 240               | 27              | 4.5               | 0             | 0                | 930         | 50                     | 5                 | 0          | 3           | 0               | 0               | 2             | 6          |
| Steakhouse Onion Rings (5) Contains: Milk, Wheat † Egg, Soy, Fish (where available) | 132                | 410      | 180               | 20              | 3                 | 0             | 0                | 1690        | 51                     | 3                 | 6          | 6           | 0               | 2               | 2             | 4          |
| Ketchup Adds  | 9                  | 10       | 0                 | 0               | 0                 | 0             | 0                | 85          | 3                      | 0                 | 2          | 0           | 0               | 0               | 0             | 0          |
| Mozzarella Sticks – (4) Contains: Milk, Wheat † Egg, Soy, Fish (where available)    | 137                | 420      | 190               | 21              | 9                 | 0.5           | 50               | 1690        | 35                     | 2                 | 4          | 21          | 6               | 0               | 60            | 4          |
| Mozzarella Sticks – (6) Contains: Milk, Wheat † Egg, Soy, Fish (where available)    | 206                | 620      | 290               | 32              | 13                | 1             | 75               | 2530        | 52                     | 3                 | 6          | 32          | 10              | 0               | 90            | 4          |
| Marinara Sauce Adds   | 43                 | 35       | 15                | 1.5             | 0                 | 0             | 0                | 160         | 5                      | 1                 | 2          | 1           | 8               | 10              | 0             | 2          |

### BEVERAGES

|   |     |     |    |     |     |   |    |     |    |   |    |   |   |   |    |   |
|---|-----|-----|----|-----|-----|---|----|-----|----|---|----|---|---|---|----|---|
| Nestle® Pure Life® Bottled Water                      | 479 | 0   | 0  | 0   | 0   | 0 | 0  | 0   | 0  | 0 | 0  | 0 | 0 | 0 | 0  | 0 |
| Brewed Iced Tea – Small Cup                           | 369 | 0   | 0  | 0   | 0   | 0 | 0  | 0+  | 0  | 0 | 0  | 0 | 0 | 0 | 0  | 0 |
| Pepsi®– Small Cup                                     | 438 | 180 | 0  | 0   | 0   | 0 | 0  | 0+  | 49 | 0 | 49 | 0 | 0 | 0 | 0  | 0 |
| Diet Pepsi®– Small Cup                                | 435 | 0   | 0  | 0   | 0   | 0 | 0  | 5+  | 0  | 0 | 0  | 0 | 0 | 0 | 0  | 0 |
| Mountain Dew®– Small Cup                              | 454 | 200 | 0  | 0   | 0   | 0 | 0  | 25+ | 54 | 0 | 54 | 0 | 0 | 0 | 0  | 0 |
| Sierra Mist® – Small Cup                              | 451 | 190 | 0  | 0   | 0   | 0 | 0  | 0+  | 50 | 0 | 50 | 0 | 0 | 0 | 0  | 0 |
| Dr Pepper® – Small Cup                                | 439 | 180 | 0  | 0   | 0   | 0 | 0  | 45+ | 48 | 0 | 48 | 0 | 0 | 0 | 0  | 0 |
| CapriSun® Fruit Juice                                 | 185 | 80  | 0  | 0   | 0   | 0 | 0  | 25  | 21 | 0 | 20 | 0 | 0 | 0 | 0  | 2 |
| Shamrock Farms® Lowfat White Milk Contains: Milk      | 214 | 90  | 20 | 2   | 1.5 | 0 | 10 | 105 | 10 | 0 | 10 | 7 | 8 | 4 | 25 | 0 |
| Shamrock Farms® Lowfat Chocolate Milk* Contains: Milk | 218 | 150 | 20 | 2.5 | 1.5 | 0 | 10 | 170 | 26 | 1 | 23 | 7 | 8 | 4 | 25 | 0 |

♦ Recommended portion sizes. Curly Fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

To determine approximate nutritional information for a Kids Meal size soft drink, multiply the value shown for the Small cup by 0.7; Medium soft drink, multiply by 1.4; Large soft drink, multiply by 1.8.

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



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### KIDS MEAL

|  | Serving Weight (g) | Calories | Calories from Fat | Fat - Total (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|--|--------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| Jr Roast Beef <b>Contains: Milk, Soy, Wheat</b>  | 87                 | 210      | 60                | 6               | 2                 | 0             | 25               | 520         | 25                     | 1                 | 3          | 12          | 0               | 0               | 4             | 15         |
| Prime-Cut™ Chicken Tenders - (2) <b>Contains: Egg, Soy, Wheat</b> † Milk, Fish (where available) | 87                 | 230      | 100               | 11              | 1.5               | 0             | 30               | 650         | 17                     | 1                 | 0          | 17          | 0               | 4               | 0             | 4          |
| Kraft® Macaroni & Cheese <b>Contains: Milk, Wheat</b>  | 113                | 170      | 45                | 5               | 1.5               | 0             | 10               | 350         | 25                     | 1                 | 4          | 6           | 0               | 0               | 15            | 6          |
| Jr Turkey & Cheese Sandwich <b>Contains: Milk, Soy, Wheat</b>                                    | 101                | 210      | 45                | 5               | 2                 | 0             | 30               | 730         | 24                     | 1                 | 4          | 16          | 2               | 0               | 8             | 10         |
| Sliced Apples  | 62                 | 30       | 0                 | 0               | 0                 | 0             | 0                | 0           | 8                      | 2                 | 5          | 0           | 0               | 25              | 2             | 2          |
| Strawberry Yogurt Dip <b>Contains: Milk</b>  | 43                 | 50       | 5                 | 0               | 0                 | 0             | 5                | 30          | 10                     | 0                 | 8          | 1           | 0               | 0               | 4             | 0          |
| Curly Fries – Kids ♦ <b>Contains: Wheat</b> † Egg, Milk, Soy, Fish (where available)             | 77                 | 240      | 120               | 13              | 2                 | 0             | 0                | 540         | 28                     | 3                 | 0          | 3           | 0               | 0               | 2             | 6          |
| CapriSun® Fruit Juice  | 185                | 80       | 0                 | 0               | 0                 | 0             | 0                | 25          | 21                     | 0                 | 20         | 0           | 0               | 0               | 0             | 2          |
| Shamrock Farms® Lowfat White Milk <b>Contains: Milk</b>  | 214                | 90       | 20                | 2               | 1.5               | 0             | 10               | 105         | 10                     | 0                 | 10         | 7           | 8               | 4               | 25            | 0          |
| Shamrock Farms® Lowfat Chocolate Milk* <b>Contains: Milk</b>                                     | 218                | 150      | 20                | 2.5             | 1.5               | 0             | 10               | 170         | 26                     | 1                 | 23         | 7           | 8               | 4               | 25            | 0          |

### SHAKES & DESSERTS

|   |     |     |     |    |    |   |    |     |    |   |    |    |   |   |    |   |
|---|-----|-----|-----|----|----|---|----|-----|----|---|----|----|---|---|----|---|
| Chocolate Shake - Small <b>Contains: Milk</b>       | 369 | 440 | 110 | 12 | 8  | 0 | 40 | 350 | 76 | 1 | 62 | 12 | 6 | 6 | 40 | 4 |
| Chocolate Shake - Regular <b>Contains: Milk</b>     | 468 | 570 | 140 | 15 | 10 | 0 | 50 | 450 | 99 | 1 | 81 | 14 | 8 | 8 | 50 | 6 |
| Jamocha Shake - Small <b>Contains: Milk</b>         | 369 | 440 | 110 | 12 | 8  | 0 | 40 | 350 | 75 | 1 | 61 | 11 | 6 | 6 | 40 | 2 |
| Jamocha Shake - Regular <b>Contains: Milk</b>       | 468 | 560 | 130 | 15 | 10 | 0 | 50 | 440 | 98 | 1 | 80 | 14 | 8 | 8 | 50 | 4 |
| Vanilla Shake - Small <b>Contains: Milk</b>         | 340 | 380 | 110 | 12 | 8  | 0 | 40 | 310 | 60 | 0 | 49 | 11 | 6 | 6 | 40 | 2 |
| Vanilla Shake - Regular <b>Contains: Milk</b>       | 425 | 470 | 130 | 15 | 10 | 0 | 50 | 390 | 75 | 0 | 61 | 14 | 8 | 8 | 50 | 2 |
| Jamocha Cream Pie <b>Contains: Milk, Soy, Wheat</b> | 81  | 300 | 160 | 17 | 11 | 0 | 5  | 220 | 32 | 1 | 22 | 3  | 4 | 0 | 4  | 4 |

♦ Recommended portion sizes. Curly Fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.



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### BREAKFAST

|  | Serving Weight (g) | Calories | Calories from Fat | Fat - Total (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|--|--------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| Sausage Biscuit* Contains: Egg, Milk, Soy, Wheat                                     | 135                | 460      | 280               | 31              | 17                | 0             | 40               | 1230        | 33                     | 1                 | 3          | 13          | 0               | 0               | 4             | 15         |
| Sausage Gravy Biscuit* Contains: Egg, Milk, Soy, Wheat                               | 253                | 460      | 240               | 26              | 15                | 0             | 20               | 1590        | 45                     | 1                 | 3          | 10          | 0               | 0               | 4             | 15         |
| Chicken Biscuit* Contains: Egg, Milk, Soy, Wheat † Fish (where available)            | 128                | 350      | 140               | 15              | 10                | 0             | 15               | 1120        | 39                     | 1                 | 3          | 14          | 0               | 0               | 4             | 10         |
| Bacon, Egg & Cheese Sourdough* Contains: Egg, Milk, Soy, Wheat                       | 165                | 460      | 190               | 21              | 7                 | 0             | 155              | 1140        | 44                     | 2                 | 7          | 24          | 6               | 6               | 35            | 20         |
| Bacon, Egg & Cheese Croissant* Contains: Egg, Milk, Soy, Wheat                       | 134                | 380      | 220               | 24              | 11                | 0             | 185              | 840         | 24                     | 1                 | 3          | 17          | 6               | 6               | 25            | 10         |
| Bacon, Egg & Cheese Biscuit* Contains: Egg, Milk, Soy, Wheat                         | 160                | 450      | 230               | 26              | 15                | 0             | 165              | 1610        | 34                     | 1                 | 5          | 18          | 6               | 0               | 25            | 15         |
| Bacon, Egg & Cheese Wrap* Contains: Egg, Milk, Soy, Wheat † Fish (where available)   | 178                | 490      | 230               | 26              | 9                 | 0             | 165              | 1540        | 43                     | 2                 | 2          | 21          | 6               | 6               | 35            | 20         |
| Sausage, Egg & Cheese Sourdough* Contains: Egg, Milk, Soy, Wheat                     | 204                | 610      | 330               | 37              | 12                | 0             | 180              | 1450        | 46                     | 2                 | 7          | 24          | 8               | 0               | 35            | 20         |
| Sausage, Egg & Cheese Croissant* Contains: Egg, Milk, Soy, Wheat                     | 173                | 540      | 360               | 40              | 16                | 0             | 205              | 1150        | 26                     | 1                 | 4          | 18          | 8               | 0               | 30            | 15         |
| Sausage, Egg & Cheese Biscuit* Contains: Egg, Milk, Soy, Wheat                       | 199                | 590      | 370               | 42              | 21                | 0             | 195              | 1680        | 35                     | 1                 | 4          | 20          | 8               | 0               | 25            | 15         |
| Sausage, Egg & Cheese Wrap* Contains: Egg, Milk, Soy, Wheat † Fish (where available) | 212                | 620      | 360               | 40              | 14                | 0             | 180              | 1780        | 44                     | 2                 | 2          | 20          | 8               | 0               | 40            | 20         |
| Ham, Egg & Cheese Sourdough* Contains: Egg, Milk, Soy, Wheat                         | 200                | 430      | 150               | 16              | 5                 | 0             | 160              | 1420        | 44                     | 2                 | 7          | 26          | 6               | 0               | 35            | 20         |
| Ham, Egg & Cheese Croissant* Contains: Egg, Milk, Soy, Wheat                         | 169                | 350      | 180               | 20              | 9                 | 0             | 185              | 1120        | 24                     | 1                 | 3          | 20          | 6               | 0               | 30            | 15         |
| Ham, Egg & Cheese Biscuit* Contains: Egg, Milk, Soy, Wheat                           | 195                | 420      | 190               | 22              | 14                | 0             | 180              | 1720        | 34                     | 1                 | 5          | 22          | 6               | 0               | 30            | 15         |
| Ham, Egg & Cheese Wrap* Contains: Egg, Milk, Soy, Wheat † Fish (where available)     | 184                | 420      | 180               | 20              | 8                 | 0             | 150              | 1530        | 42                     | 2                 | 1          | 17          | 6               | 0               | 35            | 20         |
| Outside-In Cinnamon Bites® Contains: Egg, Milk, Soy, Wheat † Fish (where available)  | 85                 | 300      | 130               | 15              | 4.5               | 0             | 10               | 480         | 36                     | 2                 | 11         | 5           | 6               | 2               | 8             | 10         |
| Coffee   | 369                | 0        | 0                 | 0               | 0                 | 0             | 0                | 0           | 0                      | 0                 | 0          | 0           | 0               | 0               | 0             | 0          |
| Orange Juice   | 309                | 140      | 0                 | 0               | 0                 | 0             | 0                | 0           | 33                     | 1                 | 26         | 2           | 6               | 200             | 2             | 0          |



## Arby's® Nutrition & Allergen Information (U.S.)

Major food allergens are listed below in **RED**.

† Menu item is cooked in the same oil as other items that contain major allergens.

\* Manufactured in a facility that processes peanuts or tree nuts.

\* Menu item may not be available at all Arby's® restaurants.

### OPTIONAL/REGIONAL

|  | Serving Weight (g) | Calories | Calories from Fat | Fat - Total (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|--|--------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| Turkey Bacon Club Toasted Sub* Contains: Egg, Milk, Soy, Wheat                         | 261                | 500      | 200               | 22              | 6                 | 0             | 70               | 1560        | 46                     | 2                 | 5          | 28          | 10              | 20              | 15            | 20         |
| Chicken Cordon Bleu – Crispy* Contains: Egg, Milk, Soy, Wheat † Fish (where available) | 241                | 620      | 280               | 32              | 7                 | 0             | 90               | 1710        | 48                     | 3                 | 6          | 37          | 2               | 4               | 20            | 20         |
| Chicken Cordon Bleu – Roast* Contains: Egg, Milk, Soy, Wheat                           | 230                | 500      | 190               | 22              | 6                 | 0             | 85               | 1590        | 40                     | 2                 | 7          | 35          | 2               | 2               | 20            | 20         |
| Arby-Q® Sandwich* Contains: Milk, Soy, Wheat   | 182                | 400      | 90                | 10              | 3                 | 0             | 30               | 1230        | 58                     | 3                 | 23         | 18          | 4               | 10              | 10            | 20         |
| Super Roast Beef* Contains: Milk, Soy, Wheat   | 229                | 430      | 160               | 17              | 5                 | 0.5           | 45               | 1060        | 45                     | 3                 | 11         | 23          | 10              | 10              | 8             | 25         |
| Arby's Melt* Contains: Milk, Soy, Wheat  | 146                | 330      | 100               | 11              | 3.5               | 0             | 30               | 920         | 40                     | 2                 | 5          | 18          | 2               | 0               | 8             | 20         |
| Ham & Swiss Melt* Contains: Milk, Soy, Wheat   | 131                | 300      | 80                | 9               | 3.5               | 0             | 35               | 1030        | 37                     | 2                 | 6          | 18          | 2               | 0               | 15            | 15         |
| Jr Deluxe Sandwich* Contains: Egg, Milk, Soy, Wheat                                    | 128                | 260      | 110               | 12              | 3                 | 0             | 30               | 560         | 26                     | 2                 | 4          | 13          | 4               | 6               | 4             | 15         |
| Chocolate Chunk Cookies* (2) Contains: Egg, Milk, Soy, Wheat                           | 91                 | 420      | 190               | 21              | 10                | 0             | 30               | 320         | 54                     | 2                 | 34         | 4           | 0               | 0               | 0             | 8          |
| Jalapeno Bites®* – (5) Contains: Milk, Wheat † Egg, Soy, Fish (where available)        | 110                | 280      | 140               | 16              | 6                 | 0             | 25               | 600         | 31                     | 2                 | 3          | 5           | 8               | 0               | 4             | 4          |
| Jalapeno Bites®* – (8) Contains: Milk, Wheat † Egg, Soy, Fish (where available)        | 176                | 460      | 230               | 25              | 10                | 0.5           | 45               | 970         | 49                     | 4                 | 4          | 8           | 15              | 0               | 6             | 6          |
| Bronco Berry Sauce®* Adds  | 43                 | 90       | 0                 | 0               | 0                 | 0             | 0                | 30          | 22                     | 0                 | 21         | 0           | 0               | 0               | 0             | 0          |
| Loaded Potato Bites®* – (5) Contains: Egg, Milk, Wheat † Soy, Fish (where available)   | 112                | 330      | 170               | 19              | 6                 | 0             | 25               | 650         | 31                     | 2                 | 1          | 9           | 6               | 0               | 15            | 4          |
| Loaded Potato Bites®* – (8) Contains: Egg, Milk, Wheat † Soy, Fish (where available)   | 179                | 530      | 270               | 30              | 10                | 0.5           | 45               | 1040        | 50                     | 4                 | 1          | 14          | 10              | 0               | 25            | 6          |
| Homestyle Fries* – Kids ♦ † Egg, Milk, Soy, Wheat, Fish (where available)              | 85                 | 240      | 100               | 11              | 1.5               | 0             | 0                | 490         | 33                     | 3                 | 0          | 3           | 0               | 20              | 2             | 4          |
| Homestyle Fries* – Small ♦ † Egg, Milk, Soy, Wheat, Fish (where available)             | 128                | 360      | 150               | 17              | 2.5               | 0             | 0                | 730         | 49                     | 5                 | 1          | 4           | 0               | 30              | 2             | 6          |
| Homestyle Fries* – Medium ♦ † Egg, Milk, Soy, Wheat, Fish (where available)            | 170                | 480      | 200               | 22              | 3                 | 0             | 0                | 980         | 66                     | 7                 | 1          | 6           | 0               | 45              | 2             | 8          |
| Homestyle Fries* – Large ♦ † Egg, Milk, Soy, Wheat, Fish (where available)             | 213                | 610      | 250               | 28              | 4                 | 0             | 0                | 1220        | 82                     | 8                 | 1          | 7           | 0               | 50              | 4             | 10         |
| Cheddar Cheese Sauce* Adds Contains: Milk  | 43                 | 50       | 35                | 3.5             | 0.5               | 0             | 0                | 360         | 4                      | 0                 | 0          | 1           | 2               | 0               | 2             | 0          |
| Spicy Three Pepper® Sauce Adds   | 14                 | 25       | 10                | 1               | 0                 | 0             | 0                | 130         | 3                      | 0                 | 3          | 0           | 4               | 2               | 0             | 0          |

♦ Recommended portion sizes. Homestyle Fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

**Angus Beef:** Black Angus Beef, Water, Sea Salt, Raw Sugar, Sodium Phosphate, Yeast Extract. Coated With: Black Pepper, Caramel Color, Salt, Dextrose, Onion Powder, Spices, Garlic Powder, Citric Acid, Hydrolyzed Soy Protein, Spice Extractives. CONTAINS: SOY.

**Apple Slices:** Apples, Calcium Ascorbate (calcium, ascorbic acid [vitamin C] to maintain color).

**Apple Turnover:** Enriched Bleached Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Margarine (palm oil and palm kernel oil, soybean oil, water, salt, vegetable mono and diglycerides, polyglycerol ester, sodium benzoate and potassium sorbate [preservatives], soy lecithin, natural and artificial flavors, beta carotene [color], vitamin A palmitate), Water, Contains 2% or less of the following: High Fructose Corn Syrup, Salt. Filling: Diced Apples (apples, water, salt, ascorbic acid, citric acid), Water, Sugar, High Fructose Corn Syrup, Modified Corn Starch, Corn Syrup, Contains 2% or less of the following: Raisins, Gellan Gum, Sodium Benzoate and Potassium Sorbate (preservatives), Malic Acid, Salt, Spice. Icing: Sugar, Water, Maltodextrin, Palm Oil, Corn Starch, Corn Syrup, Modified Food Starch, Titanium Dioxide (color), Guar Gum, Agar, Potassium Sorbate (preservative), Citric Acid, Mono and Diglycerides with Citric Acid, Propylene Glycol, Ammonium Alginate, Arabic Gum, Polysorbate 60, Artificial Flavor. CONTAINS: SOY, WHEAT.

Manufactured on shared equipment that processes Eggs, Milk & Tree Nuts.

**Arby-Q®:** Roast Beef (beef, water, salt, sodium phosphate), Smoky Q Sauce (high fructose corn syrup, water, tomato paste, molasses, distilled vinegar, salt, modified corn starch, natural smoke flavor, mustard flour, onion powder, soybean oil, garlic powder, xanthan gum, sodium benzoate [preservative], spices).

**Arby's Sauce®:** Water, Corn Syrup, Tomato Paste, Distilled Vinegar, High Fructose Corn Syrup, Salt, Modified Corn Starch, Soybean Oil, Xanthan Gum, Garlic (dehydrated), Sodium Benzoate (preservative), Onion (dehydrated), Spice and Spice Extractives, Artificial Flavor, Extractives of Capsicum.

**Au Jus:** Water, Maltodextrin, Modified Food Starch, Hydrolyzed Plant Proteins (corn, soy, wheat), Vegetable Oil (palm, soybean, canola, vitamin E [antioxidant]), Sugar, Salt, Beef Flavor Extract (beef stock, yeast extract, lactic acid powder [lactic acid, calcium lactate], sodium phosphate, caramel color, disodium inosinate and disodium guanylate), Beef Bone Fat (with TBHQ and citric acid [for stability]), Onion Powder, Contains 2% or less of the following: Caramel Color, Beef Stock, Beef Extract, Garlic Powder, Yeast Extract, Natural Flavors (contains milk), Monoglycerides, Disodium Inosinate and Disodium Guanylate, DATEM, Lactic Acid, Gum Arabic, Dextrose, Silicon Dioxide. CONTAINS: MILK, SOY, WHEAT.

**Balsamic Vinaigrette Dressing:** Water, Soybean Oil, Balsamic

Vinegar (contains sulfites), High Fructose Corn Syrup, Red Wine Vinegar, Salt, Sugar, Garlic (dehydrated), Spices, Xanthan Gum, Lemon Juice Concentrate, Calcium Disodium EDTA (to protect flavor).

**Breakfast Bacon:** Pork, Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.

**Breakfast Biscuit:** Enriched Flour Bleached (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Water, Hydrogenated Palm Kernel Oil, Buttermilk, Sugar, Baking Soda, Salt, Sodium Aluminum Phosphate, Sodium Caseinate, DATEM, Nonfat Milk, Whey Protein Concentrate, Sodium Acid Pyrophosphate, Whey, Wheat Protein Isolate, Natural Flavor. Topped With Butter Flavored Oil (high oleic sunflower oil, hydrogenated soybean oil, contains 2% or less of: salt, soy lecithin, artificial & natural flavor, vitamin A palmitate, artificial color, hydrolyzed soy protein, autolyzed yeast extract). CONTAINS: EGG, MILK, SOY, WHEAT.

**Breakfast Chicken Fillet:** Chicken Breast, Water, Seasoning (salt, hydrolyzed corn and soy protein, flavor, autolyzed yeast extract, disodium guanylate, disodium inosinate, enzyme modified egg yolk, thiamine hydrochloride), Sodium Tripolyphosphate. Battered And Breaded With: Bleached Wheat Flour, Water, Wheat Flour, Salt, Spice, Disodium Inosinate And Disodium Guanylate, Yeast Extract, Leavening (sodium bicarbonate, sodium aluminum sulphate), Garlic Powder, Yellow Corn Flour, Dextrose, Onion Powder, Extractives Of Paprika, Extractives Of Turmeric. Breeding Set In Vegetable Oil. Cooked in Corn Oil. CONTAINS: EGG, SOY, WHEAT.

May be cooked in the same oil as menu items that contain Milk and Fish (where available).

**Bronco Berry Sauce®:** Sugar, Water, High Fructose Corn Syrup, Red Bell Peppers, Distilled Vinegar, Modified Corn Starch, Jalapeno Peppers, Onion (dehydrated), Xanthan Gum, Spices, Salt, Sodium Benzoate and Potassium Sorbate (preservatives), Citric Acid, Red 40, Blue 1.

**Buffalo Dipping Sauce:** Cayenne Red Pepper, Water, Distilled Vinegar, Salt, Soybean Oil, Natural Flavor (including cheese [milk cultures, salt, enzymes]), Sweet Cream (dehydrated), Garlic, Xanthan Gum, Calcium Disodium EDTA (to protect flavor). CONTAINS: MILK.

**Buttermilk Ranch Dressing:** Soybean Oil, Water, Buttermilk, Distilled Vinegar, High Fructose Corn Syrup, Salt, Egg Yolk, Whey Protein Concentrate, Garlic Juice, Monosodium Glutamate, Xanthan Gum, Natural Flavor, Onion (dehydrated), Potassium Sorbate and Sodium Benzoate (preservatives), Polysorbate 60, Phosphoric Acid, Spice, Lactic Acid, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG, MILK.

**CapriSun® Fruit Juice:** Apple, Grape and Cherry Juices from Concentrate (water, apple, cherry, and grape juice concentrates),

Citric Acid (for tartness), Natural Flavor.

**Chargrill Seasoning:** Salt, Sugar, Caramel Color (contains sulfites), Garlic (dehydrated), Onion (dehydrated), Refinery Syrup, Spices, Molasses, Flavor (from sunflower oil), Soybean Oil, Silicon Dioxide (to prevent caking).

**Cheddar Cheese Sauce:** Water, Canola Oil, Modified Corn Starch, Cheddar Cheese (milk, cheese cultures, salt, enzymes), Maltodextrin, Contains 2% or less of the following: Salt, Sodium Phosphate, Nonfat Dry Milk, Sodium Citrate, Yeast Extract, Acetic Acid, Sodium Stearoyl Lactylate, Sodium Hexametaphosphate, Mono and Diglycerides, Annatto Color, Citric Acid, Cream, Natural Flavors, Paprika Color, Carotenal Color, Yellow 6. CONTAINS: MILK.

**Cheddar Cheese, Sharp, Natural Slice:** Cultured Pasteurized Milk, Salt, Enzymes, Annatto Color. CONTAINS: MILK.

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

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

**Cherry Turnover:** Enriched Bleached Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Margarine (palm oil and palm kernel oil, soybean oil, water, salt, vegetable mono and diglycerides, polyglycerol ester, sodium benzoate and potassium sorbate [preservatives], soy lecithin, natural and artificial flavors, beta carotene [color], vitamin A palmitate), Water, Contains 2% or less of the following: High Fructose Corn Syrup, Salt. Filling: Cherries, Water, Sugar, Modified Food Starch, High Fructose Corn Syrup, Corn Syrup, Contains 2% or less of the following: Fruit Juice Blend (pear, apple, clarified pineapple, cherry, plum, and elderberry juice concentrates, malic acid, natural flavors), Gellan Gum, Sodium Benzoate and Potassium Sorbate (preservatives), Salt. Icing: Sugar, Water, Maltodextrin, Palm Oil, Corn Starch, Corn Syrup, Modified Food Starch, Titanium Dioxide (color), Guar Gum, Agar, Potassium Sorbate (preservative), Citric Acid, Mono and Diglycerides with Citric Acid, Propylene Glycol, Ammonium Alginate, Arabic Gum, Polysorbate 60, Artificial Flavor. CONTAINS: SOY, WHEAT.

Manufactured on shared equipment that processes Eggs, Milk & Tree Nuts.

**Chicken Patty:** Chicken Breast with Rib Meat, Water, Seasoning (salt, flavor [contains torula yeast], chicken fat, garlic powder, natural and artificial flavor [modified corn starch, flavor (contains milk), maltodextrin, medium chain triglycerides], onion powder, spice extractives, polysorbate 80), Seasoning (modified corn and

potato starch, carrageenan), Sodium Phosphates. Breaded with: Wheat Flour, Water, Bleached Wheat Flour, Salt, Wheat Gluten, Dextrose, Egg White Solids, Spice, Modified Corn Starch, Leavening (sodium aluminum phosphate, sodium bicarbonate), Yellow Corn Flour, Garlic Powder, Spice Extractives. Breeding set in vegetable oil. Cooked in Corn Oil. CONTAINS: EGG, MILK, WHEAT.

May be cooked in the same oil as menu items that contain Soy and Fish (where available).

**Chocolate Chunk Cookies:** Semisweet Chocolate Chunks (sugar, chocolate liquor, cocoa butter, milk fat, soy lecithin, artificial flavor), Enriched Flour Bleached (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Sugar, Palm and Canola Oil, Liquid Invert Sugar, Water, Butter, Contains 2% or less of the following: Eggs, Molasses, Baking Soda, Salt, Sodium Aluminum Phosphate, Natural Flavor, TBHQ (preservative). CONTAINS: EGG, MILK, SOY, WHEAT.

**Chocolate Shake:** Vanilla Shake Mix (whole milk, sugar, high fructose corn syrup, nonfat milk, grade A sweet whey, cream, artificial vanilla flavor, mono and diglycerides, cellulose gum, guar gum, carrageenan, dipotassium phosphate, sodium citrate, sodium chloride, sodium carbonate, annatto, caramel color), Chocolate Syrup (high fructose corn syrup, corn syrup, water, cocoa [processed with alkali], sugar, palm oil, caramel color, potassium sorbate [preservative], salt, carrageenan, citric acid, vanillin, Red 40). CONTAINS: MILK.

**Chocolate Swirl:** Sugar, Water, Sweetened Condensed Skim Milk (skim milk, sugar), Palm Oil, High Fructose Corn Syrup, Nonfat Dry Milk, Cocoa (processed with alkali), Corn Syrup, Natural and Artificial Flavor, Salt, Disodium Phosphate, Artificial Flavor (vanillin), Potassium Sorbate (preservative). CONTAINS: MILK.

**Chocolate Turnover:** Enriched Bleached Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Margarine (palm oil and palm kernel oil, soybean oil, water, salt, vegetable mono and diglycerides, polyglycerol ester, sodium benzoate and potassium sorbate [preservatives], soy lecithin, natural and artificial flavors, beta carotene [color], vitamin A palmitate), Water, Contains 2% or less of the following: High Fructose Corn Syrup, Salt. Filling: Sugar, Cocoa, Soybean Oil, Semi-Sweet Chocolate (chocolate liquor, sugar, cocoa butter, butter oil, soy lecithin, pure vanilla), Vegetable Shortening (palm kernel oil and soybean oil), Contains 2% or less of the following: Corn Starch, Natural Flavor, Soy Lecithin, Vanillin. Icing: Sugar, Water, Maltodextrin, Corn Starch, Cocoa Processed With Alkali, Corn Syrup, Food Starch-Modified, Caramel Color, Salt, Guar Gum, Sodium Benzoate And Potassium Sorbate (preservatives), Lactic Acid, Agar, Ammonium And Calcium Alginate, Natural And Artificial Flavor, Dextrose, Propylene Glycol, Sulfites, Xanthan Gum, Cellulose Gum. CONTAINS: MILK, SOY, WHEAT.

Manufactured on shared equipment that processes Eggs.

**Corn Oil:** Refined, bleached and deodorized corn oil with TBHQ and citric acid added to protect flavor. Dimethylpolysiloxane added as an anti-foaming agent.

**Corned Beef:** Beef flat of round, Water, Sodium Lactate, Contains 2% or less of the following: Salt, Flavorings, Sugar, Sodium Chloride, Potassium Chloride, Sodium Gluconate, Sodium Phosphates, Sodium Nitrite, Sodium Erythorbate.

**Cravin' Sauce:** Soybean Oil, Water, Tomato Paste, Corn Syrup, Dijon Mustard (water, mustard seed, vinegar, salt, white wine, citric acid, tartaric acid, spices), Distilled Vinegar, Egg Yolk, Salt, High Fructose Corn Syrup, Worcestershire Sauce (distilled vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, tamarind, natural flavor and sulfating agents), Spice, Spice Garlic (dehydrated), Sugar, Lemon Juice Concentrate, Potassium Sorbate And Sodium Benzoate (preservatives), Xanthan Gum, Artificial Flavor, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG.

**Crispy Chicken Fillet:** Chicken Breast Fillet, Water, Seasoning, (flavoring, maltodextrin [corn, potato], autolyzed yeast extract, hydrolyzed corn gluten, salt, contains less than 2% of: chicken fat, citric acid, disodium inosinate and disodium guanylate, dried chicken, dried chicken broth), Modified Food Starch, Sodium Phosphate. Breaded With: Water, Bleached Wheat Flour, Enriched Wheat Flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Wheat Flour, Salt, Leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), Wheat Gluten, Spices, Nonfat Dry Milk, Dried Whole Eggs, Dried Egg Whites, Flavor (maltodextrin, yeast extract, hydrolyzed corn gluten, natural flavor, salt), Yeast Extract, Disodium Inosinate and Disodium Guanylate, Bell Pepper (dehydrated), Paprika, Silicon Dioxide, Garlic Powder, Onion Powder, Extractives of Turmeric. Breeding set in vegetable oil. Cooked in Corn Oil. CONTAINS: EGG, MILK, WHEAT.

May be cooked in the same oil as menu items that contain Soy and Fish (where available).

**Crispy Onions:** Onions, Wheat Flour, Vegetable Oil (soybean and/or canola oil), Corn Starch, Contains 2% Or Less Of: Annatto Extract, Egg Whites (dehydrated), Onion (dehydrated), Paprika Extract, Salt, Spices, Spice Extract, Sugar, Turmeric Extract, Water, Whey, Yellow Corn Flour. Breeding set in vegetable oil. Cooked in corn oil. CONTAINS: EGG, MILK, WHEAT.

May be cooked in the same oil as menu items that contain Soy and Fish (where available).

**Croissant:** Enriched Flour (wheat flour, barley, malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Water, Butter, Sugar, Eggs, Contains 2% Or Less Of: Yeast, High Fructose Corn Syrup, Salt, Natural and Artificial Flavor, Dough Conditioner (sodium stearoyl

lactylate, soy flour, dextrose, ascorbic acid, azodicarbonide, l-cysteine, enzymes), Calcium Propionate (preservative). CONTAINS: EGG, MILK, SOY, WHEAT.

**Curly Fries:** Potatoes, Vegetable Oil (contains one or more of the following: canola oil, soybean oil, cottonseed oil, sunflower oil, corn oil, palm oil), Enriched Bleached Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Salt, Corn Starch, Onion Powder, Yellow Corn Meal, Spices, Garlic Powder, Leavening (sodium acid pyrophosphate, sodium bicarbonate), Modified Corn Starch, Dextrose, Spice and Coloring, Natural Flavor, Dried Torula Yeast, Xanthan Gum, Sodium Acid Pyrophosphate (to preserve natural color). Cooked in Corn Oil. CONTAINS: WHEAT.

May be cooked in the same oil as menu items that contain Soy, Egg, Milk, and Fish (where available).

**Diet Pepsi®:** Carbonated Water, Caramel Color, Phosphoric Acid, Potassium Benzoate (to preserve freshness), Aspartame, Potassium Citrate, Caffeine, Sodium Saccharin, Natural Flavors, Acesulfame Potassium, Citric Acid, Calcium Disodium EDTA (to protect flavor). Phenylketonurics: contains phenylalanine.

**Dijon Honey Mustard Dressing:** Soybean Oil, Water, High Fructose Corn Syrup, Distilled Vinegar, Honey, Mustard Seed, Egg Yolk, Sugar, Salt, Spice, White Wine, Natural Flavor, Xanthan Gum, Citric Acid, Tartaric Acid, Artificial Color (Including Yellow 5), Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG.

**Dijon Honey Mustard Sandwich Sauce:** Soybean Oil, Water, Honey, Dijon Mustard, (Vinegar, Water, Mustard Seed, Salt, White Wine, Citric Acid, Tartaric Acid, Spices), High Fructose Corn Syrup, Distilled Vinegar, Egg Yolk, Salt, Mono and Diglycerides, Spice and Spice Extractives, Xanthan Gum, Sodium Benzoate and Potassium Sorbate (preservatives), Mustard Seed, Propylene Glycol Alginate, Oleoresin Paprika, Calcium Disodium EDTA (to protect flavor), Yellow 5. CONTAINS: EGG.

**Double Cut Bun:** Enriched Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Water, Sugar, Yeast, Palm Oil, Salt, Dough Conditioner (wheat flour, wheat gluten, contains 2% or less of: enzyme, ascorbid acid), Calcium propionate, Dry Malt (barley malt flour, dextrose, wheat flour), Dough Strengthener (sodium stearoyl lactylate), Dough Conditioner (wheat flour, enzymes, soybean oil), Egg Color (water, propylene glycol, Red 40, Yellow 5, Yellow 6, citric acid, sodium benzoate, and propylparaben), Caramel Color, Ascorbic Acid. CONTAINS: WHEAT.

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

**Flour Tortilla:** Enriched Bleached Wheat Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water,

Palm Oil, Contains 2% Or Less Of The Following: Salt, Leavening (sodium bicarbonate, sodium aluminum sulfate, corn starch, monocalcium phosphate, and/or sodium acid pyrophosphate, calcium sulfate), Distilled Monoglycerides, Wheat Starch, Alpha Amylase, Tricalcium Phosphate, BHT, Cellulose Gum, Guar Gum, Dough Conditioners (fumaric acid, sodium metabisulfite), Calcium Propionate (preservative), Sorbic Acid (preservative), Citric Acid (preservative). CONTAINS: WHEAT.

**Fish Fillet:** Pollock, Enriched Bleached Wheat Flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Bleached Wheat Flour, Modified Food Starch, Enriched Wheat Flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Yellow Corn Flour, Salt, Soybean Oil, Leavening (sodium acid pyrophosphate, sodium bicarbonate), Enriched Yellow Corn Flour (corn flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), White Corn Flour, Torula Yeast, Hydrolyzed Soy Protein, Garlic Powder, Spice Extractives, Onion Powder, Natural Flavor, Spices, Dough Conditioners (ascorbic acid, L-cysteine monohydrochloride), Dextrose, Iodized Salt. Cooked in Corn oil. CONTAINS: FISH (Pollock), SOY, WHEAT.

May be cooked in the same oil as menu items that contain Egg and Milk.

**Frying Oil:** Refined, bleached and deodorized corn oil with TBHQ and citric acid added to protect flavor. Dimethylpolysiloxane added as an anti-foaming agent.

**Homestyle Fries:** Potatoes, Vegetable Oil (may contain one or more of the following: canola, soybean, cottonseed, sunflower, corn, palm), Modified Potato Starch and/or Modified Corn Starch, Rice Flour, Dextrin, Salt, Leavening (sodium acid pyrophosphate, sodium bicarbonate), Xanthan Gum, Dextrose, Sodium Acid Pyrophosphate (to preserve natural color). Cooked in Corn Oil.

May be cooked in the same oil as menu items that contain Egg, Milk, Soy, Wheat and Fish (where available).

**Honey Mustard Dipping Sauce:** Soybean Oil, Water, Honey, Dijon Mustard (vinegar, water, mustard seed, salt, white wine, citric acid, tartaric acid, spices), High Fructose Corn Syrup, Distilled Vinegar, Egg Yolk, Salt, Mono and Diglycerides, Spice, and Spice Extractives, Xanthan Gum, Sodium Benzoate and Potassium Sorbate (preservatives), Mustard Seed, Propylene Glycol Alginate, Oleoresin Paprika, Calcium Disodium EDTA (protect flavor), Yellow 5. CONTAINS: EGG

**Honey Wheat Bread:** Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Cracked Wheat, High Fructose Corn Syrup, Honey, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Wheat Gluten, Calcium Sulfate, Corn Syrup, Barley Malt Extract, DATEM, Calcium Stearoyl Lactylate, Mono and Diglycerides, Modified

Corn Starch, Enzymes, L-cysteine, Sodium Alginate, Soy Lecithin, Polysorbate 60, Azodicarbonamide, Potassium Iodate, Citric Acid, Ascorbic Acid, Caramel Color, Calcium Propionate (preservative). CONTAINS: SOY, WHEAT.

**Horse Sauce®:** Soybean Oil, Water, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Modified Corn Starch, Egg Yolks, Salt, Mustard Flour, Horseradish Powder, Artificial Flavor, Sodium Benzoate (preservative), Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG.

**Light Italian Dressing:** Water, Distilled Vinegar, Sugar, Salt, Soybean Oil, Garlic (dehydrated), Xanthan Gum, Sodium Benzoate (preservative), Spices, Onion (dehydrated), Red Bell Pepper (dehydrated), Calcium Disodium EDTA (to protect flavor), Yellow 5, Yellow 6.

**Italian Seasoning:** Garlic (dehydrated), Spices, Herbs, Soybean Oil.

**Jalapeño Bites®:** Green Jalapeno Peppers (peppers, water, salt, acetic acid, sodium benzoate (preservative)), Cream Cheese (pasteurized cultured cream, skim milk, salt, gums [xanthan, locust bean, carob bean and/or guar]), Bleached Wheat Flour, Water, Contains 2% or less of the following: Modified Food Starch, Yellow Corn Flour, Salt, Whey, Dextrose, Sugar, Yeast, Soybean Oil, Potato Starch, Rice Flour, Sunflower Oil, Leavening (sodium acid pyrophosphate, sodium bicarbonate), Cellulose Gum, Oleo Turmeric (color). Cooked in Corn Oil. CONTAINS: MILK, WHEAT.

May be cooked in the same oil as menu items that contain Soy, Egg, and Fish (where available).

**Jamocho Cream Pie:** Water, Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Sugar, Reduced Fat Sweetened Condensed Milk (milk, skim milk, sugar, vitamin A palmitate), Vegetable Oil (palm kernel oil, palm oil, coconut oil), High Fructose Corn Syrup, Vegetable Shortening (palm oil, soybean oil), Milk, Cream Cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), contains 2% or less of the following: Cocoa (natural and processed with alkali), Food Starch Modified, Baking Soda, Salt, Natural and Artificial Flavors, Caramel Color, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Sodium Caseinate (a milk derivative), Dextrose, Cheese Culture, Carob Bean Gum, Mono and Diglycerides, Soy Lecithin, Colored with Beta Carotene and Apocarotenal. CONTAINS: MILK, SOY, WHEAT.

**Jamocho Shake:** Vanilla Shake Mix (whole milk, sugar, high fructose corn syrup, nonfat milk, grade A sweet whey, cream, artificial vanilla flavor, mono and diglycerides, cellulose gum, guar gum, carrageenan, dipotassium phosphate, sodium citrate, sodium chloride, sodium carbonate, annatto, caramel color), Jamocha Syrup (high fructose corn syrup, water, corn syrup,

instant coffee, cocoa [processed with alkali], caramel color, salt, potassium sorbate [preservative], citric acid, xanthan gum, polyglycerol esters of fatty acids, artificial flavor). CONTAINS: MILK.

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

**Kraft® Macaroni & Cheese:** Cooked Enriched Macaroni Product (water, enriched macaroni product [durum wheat semolina, niacin, ferrous sulfate (iron), thiamine mononitrate {vitamin B<sub>3</sub>}, riboflavin {vitamin B<sub>2</sub>}, folic acid]), Cheese Sauce (water, canola oil, whey, skim milk, buttermilk solids, whey protein concentrate, granular cheese [pasteurized milk, cheese culture, salt, enzymes], cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], cream, contains less than 2% of the following: salt, sodium phosphate, calcium phosphate, modified food starch, monoglycerides, citric acid, xanthan gum, Yellow 5, Yellow 6, lactic acid, artificial flavor, vitamin D<sub>3</sub>). CONTAINS: MILK, WHEAT.

**Loaded Potato Bites®:** Hash Brown Potatoes, Pasteurized Process American Cheese (American cheese [milk, cheese culture, salt, enzymes], water, cream, sodium phosphate, sodium citrate, salt, sorbic acid [preservative], apo-carotenal [color]), Water, Bleached Wheat Flour, Dehydrated Potatoes (potatoes, mono and diglycerides, dextrose), Bacon Bits (pork cured with: water, salt, sodium phosphate, sodium nitrite, smoke flavoring. May contain: sugar, sodium erythorbate, brown sugar, sodium ascorbate, potassium chloride, dextrose, flavoring, honey, potassium lactate, sodium diacetate), Dried Chives, Dried Parsley, Salt, Sugar, Spices (including paprika and turmeric), Onion, Cornstarch, Garlic, Natural Flavor, Yeast, Soybean Oil, Egg, Modified Food Starch, Rice Flour, Dextrin, Leavening (sodium acid pyrophosphate, sodium bicarbonate), Xanthan Gum. Cooked in Corn Oil. CONTAINS: EGG, MILK, WHEAT.

May be cooked in the same oil as menu items that contain Soy and Fish (where available).

**Marble Rye Bread:** Bleached Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folate), Water, Yeast, Sour (wheat flour, salt, malt, fumaric acid, contains 2% or less of the following: acetic acid, lactic acid), Soybean Oil, Wheat Gluten, High Fructose Corn Syrup, Caramel Color, Pumpnickel Flour, Rye Flour, Ground Caraway Seed, Dough Improver (wheat flour, calcium stearoyl lactylate, salt, calcium sulfate, DATEM, soy oil, contains 2% or less of the following: potassium iodate, ascorbic acid, enzyme, L-cysteine, azodicarbonamide), Calcium Propionate (preservative), Salt, Calcium Sulfate, Enzymes. CONTAINS: WHEAT.

**Marinara Sauce:** Tomato Puree (water, tomato paste), Soybean Oil, High Fructose Corn Syrup, Dry Onion, Salt, Xanthan Gum, Citric

Acid, Spices, Dry Garlic, Sodium Benzoate and Potassium Sorbate (preservatives).

**Mayonnaise:** Soybean Oil, Water, Egg Yolk, High Fructose Corn Syrup, Distilled Vinegar, Salt, Cider Vinegar, Sugar, Lemon Juice Concentrate, Spice, Onion (dehydrated), Garlic (dehydrated), Natural Flavor, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG.

**Mountain Dew®:** Carbonated Water, High Fructose Corn Syrup, Concentrated Orange Juice, Citric Acid, Natural Flavors, Sodium Benzoate (to preserve freshness), Caffeine, Sodium Citrate, Erythorbic Acid (to preserve freshness), Gum Arabic, Calcium Disodium EDTA (to protect flavor), Brominated Vegetable Oil, Yellow 5.

**Mozzarella Sticks:** Low Moisture Mozzarella Cheese (pasteurized part-skim milk, cheese cultures, salt, calcium chloride, enzymes), Bleached Wheat Flour, Water, Soybean and/or Canola Oil, Yellow Corn Flour, Contains 2% or less of the following: Blue 1, Calcium Caseinate, Dextrose, Extractives of Paprika, Leavening (sodium acid pyrophosphate, sodium bicarbonate), Monoglycerides, Natural and Artificial Flavors, Potato Starch, Red 40, Salt, Sodium Alginate, Spices, Spice Extractive, Sugar, Whey, Yellow 5. Cooked in Corn Oil. CONTAINS: MILK, WHEAT.

May be cooked in the same oil as menu items that contain Soy, Egg, and Fish (where available).

**Multigrain Wrap:** Water, Whole Wheat Flour, Fiber Base (wheat gluten, corn starch, oat fiber, soy protein, soybean oil, salt, calcium sulfate, dextrose, whole wheat flour, monoglycerides, fumaric acid), Enriched Wheat Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Grain Mix (whole wheat flour, whole grain yellow corn flour, organic oat flour, whole grain barley flour, whole grain triticale flour, whole grain rye flour), Canola Oil, Sugar, Yeast, Salt, Yeast (inactive), Calcium Propionate (mold inhibitor), Enzyme (wheat starch, sodium chloride, maltodextrin, protein [enzymes], microcrystalline cellulose, palm olein). CONTAINS: SOY, WHEAT.

**Mushrooms:** Mushrooms, Water, Salt, EDTA (to maintain color).

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

**Onion Bun:** Wheat Flour, Malted Barley Flour, Water, High Fructose Corn Syrup, Yeast, Vegetable Oil (contains one or more of the following: soybean, cottonseed, canola), Wheat Gluten, Contains 2% or less of the following: Salt, Dough Conditioners (contains one or more of the following: mono and diglycerides, ethoxylated mono and diglycerides, calcium peroxide, azodicarbonamide, calcium stearoyl lactylate, sodium stearoyl lactylate, DATEM, ascorbic acid, calcium iodate, soy lecithin, enzymes), Yeast Nutrients (contains one or more of the following: calcium carbonate, ammonium chloride,

ammonium sulfate, calcium sulfate, monocalcium phosphate), Dextrose, Distilled Vinegar, Polysorbate 60, Natural and Artificial Flavors, Color (contains one or more of the following: extracts of annatto, turmeric, paprika), L-Cysteine, Diammonium Phosphate, Tricalcium Phosphate, Corn Starch, Yellow Corn Flour, Soy Flour, Milk, Sesame Seeds, Preservatives (contains one or more of the following: calcium propionate, propionic acid, phosphoric acid). Topped with Onions, Poppy Seeds. CONTAINS: MILK, SOY, WHEAT.

**Orange Juice:** Pasteurized Orange Juice.

**Outside-In Cinnamon Bites®:** Enriched Wheat Flour Bleached (flour, malted barley flour, niacin, ferrous sulfate, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Margarine (palm oil, soybean oil, hydrogenated palm oil, water, salt, mono & diglycerides, sugar, soy lecithin, potassium sorbate and calcium disodium EDTA (preservatives), citric acid, annatto and turmeric (color), artificial flavor, vitamin A palmitate added), Sugar, Cream Cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), Corn Syrup, Whole Eggs, Nonfat Milk, Modified Food Starch, Leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), Corn Starch, Cinnamon, Salt, Preservatives (calcium propionate, potassium sorbate, benzoic acid, and sodium propionate), Calcium Sulfate (yeast nutrient), Cellulose Gel, Cellulose Gum, Lactic Acid, Titanium Dioxide (color), Azodicarbonamide (dough conditioner), Glucono Delta Lactone, Propylene Glycol, Adipic Acid, L-Cysteine, Natural and Artificial Flavor, Tricalcium Phosphate, Yellow 5, Yellow 6, Sodium Citrate, Gellan Gum, Polysorbate 80, Caramel Color, Glycerin. Cooked in Corn Oil. CONTAINS: EGG, MILK, SOY, WHEAT.

May be cooked in the same oil as menu items that contain Fish (where available).

**Parmesan Peppercorn Ranch Sauce:** Soybean Oil, Buttermilk, Water, Egg Yolk, Parmesan Cheese (part skim milk, cheese cultures, salt, enzymes), High Fructose Corn Syrup, Distilled Vinegar, Peppercorns (packed in water, salt, vinegar), Salt, Garlic (including dehydrated), Spices, Onion (dehydrated), Xanthan Gum, Monosodium Glutamate, Natural Flavors, Propylene Glycol Alginate, Potassium Sorbate and Sodium Benzoate (preservatives), Citric Acid, Lactic Acid, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG, MILK.

**Peppers & Onions:** Green Bell Pepper, Yellow Onion.

**Pepper Bacon:** Pork cured with: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Flavoring, Sodium Nitrite. Coated with Ground Black Pepper and Sugar.

**Pepper Jack Cheese:** Cultured Milk, Water, Sodium Citrate, Cream, Salt, Jalapeno Puree, Sorbic Acid (preservative), Sodium Pyrophosphate, Jalapeno Peppers (dried), Red Bell Peppers (dried), Soy Lecithin, Enzymes, Calcium Chloride. CONTAINS: MILK, SOY.

**Pepsi®:** Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Caffeine, Sodium Benzoate (to preserve freshness), Citric Acid, Natural Flavors.

**Potato Cakes:** Potatoes, Canola Oil and/or Palm Oil, Potato (dehydrated), Salt, Corn Flour, Natural Flavoring, Disodium Dihydrogen Pyrophosphate (to preserve natural color), Dextrose. Cooked in Corn Oil.

May be cooked in the same oil as menu items that contain Egg, Milk, Soy, Wheat and Fish (where available).

**Prime-Cut™ Chicken Tenders:** Chicken Breast Tenderloins, Water, Seasoning (salt, hydrolyzed corn and soy protein, flavor, autolyzed yeast extract, disodium guanylate, disodium inosinate, enzyme modified egg yolk, thiamine hydrochloride), Sodium Phosphate. Battered and Breaded with: Bleached Wheat Flour, Water, Wheat Flour, Salt, Spice, Disodium Inosinate and Disodium Guanylate, Yeast Extract, Leavening (sodium bicarbonate, sodium aluminum sulfate), Garlic Powder, Yellow Corn Flour, Dextrose, Onion Powder, Extractives of Paprika and Turmeric. Breeding set in vegetable oil. Cooked in Corn Oil. CONTAINS: EGG, SOY, WHEAT.

May be cooked in the same oil as menu items that contain Milk and Fish (where available).

**Ranch Dipping Sauce:** Sour Cream (cream, modified corn starch, gelatin, lactic acid, guar gum, mono and diglycerides, disodium phosphate, citric acid, artificial flavor), Soybean Oil, Buttermilk, Egg Yolk, Distilled Vinegar, Water, Salt, Garlic (including dehydrated), Sugar, Chives, Onion (dehydrated), High Fructose Corn Syrup, Spice, Glucono Delta Lactone, Mustard Seed, Potassium Sorbate and Sodium Benzoate (preservatives), Xanthan Gum, Disodium Inosinate, Disodium Guanylate, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG, MILK.

**Red Ranch Sauce:** High Fructose Corn Syrup, Soybean Oil, Corn-Cider Vinegar, Tomato Paste, Distilled Vinegar, Water, Salt, Paprika, Spice, Beet Juice (for color), Onion (dehydrated), Natural Flavor, Xanthan Gum, Propylene Glycol Alginate, Garlic (dehydrated).

**Red Wine Vinaigrette Sauce:** Water, Soybean Oil, Red Wine Vinegar, High Fructose Corn Syrup, Red Wine, Onions, Garlic, Salt, Spice, Xanthan Gum, Potassium Sorbate and Sodium Benzoate (preservatives), Propylene Glycol Alginate, Elderberry Juice Concentrate, Natural Flavor, Calcium Disodium EDTA (to protect flavor), Caramel Color.

**Roast Beef:** Beef, Water, Salt, Sodium Phosphates.

**Roast Chicken:** Chicken Breast, Chicken Broth, Contains 2% or less of the following: Salt, Dextrose, Modified Food Starch, Rice Flour, Corn Flour, Garlic Powder, Sugar, Onion Powder, Corn Syrup Solids, Paprika, Spices, Citric Acid, Maltodextrin, Celery Powder, Natural Flavors, Caramel Color, Brown Sugar, Chicken Fat, Carrageenan, Sodium Phosphate.

**Roast Ham:** Ham, Water, Salt, Sodium Lactate, Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate, Potassium Lactate, Smoke Flavoring, Sodium Nitrite.

**Roast Turkey:** Turkey Breast, Turkey Broth, Contains 2% or less of the following: Salt, Brown Sugar, Modified Food Starch, Dextrose, Sodium Phosphate. Browned in Soybean Oil.

**Roasted Garlic Aioli:** Soybean Oil, Extra Virgin Olive Oil, Egg Yolk, Roasted Garlic, Lemon Juice, Contains 2% or less of the following: Salt, Mustard (distilled vinegar, water, mustard seed, salt, white wine, citric acid, tartaric acid, spices), Distilled Vinegar, Garlic, Water, Sugar, High Fructose Corn Syrup, Sodium Benzoate (preservative), Spice, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG.

**Sauerkraut:** Cabbage, Water, Kraut Juice, Salt, Sodium Benzoate (preservative), Sodium Bisulfite (to retain color).

**Sausage Gravy:** Gravy (water, modified corn starch, palm oil, enriched bleached flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], corn syrup solids, sunflower oil, salt, maltodextrin, contains 2% or less of the following: sodium caseinate, black pepper, sodium citrate, dipotassium phosphate, mono and diglycerides, soy lecithin, monoglycerides, annatto [color]), Sausage (pork, whey protein concentrate, salt, spices, corn syrup solids, dextrose, caramel color, spice extractives, BHA, propyl gallate, citric acid). CONTAINS: MILK, SOY, WHEAT.

**Sausage Patty:** Pork, Whey Protein Concentrate, Salt, Spices, Corn Syrup Solids, Dextrose, Caramel Color, Spice Extractives, BHA, Propyl Gallate, Citric Acid. CONTAINS: MILK.

**Savory Onion Spread:** Soybean Oil, Water, Buttermilk (cultured pasteurized skim milk and milk, sodium citrate, salt), Egg Yolks, Sugar, Distilled Vinegar, Dehydrated Cream (cream, soy lecithin, tocopherols and ascorbyl palmitate [to protect flavor]), Onion (dehydrated), Salt, Contains Less Than 2% Of Natural Flavor, Parmesan Cheese (pasteurized milk, cheese culture, salt, enzymes), Spices, Garlic (dehydrated), Phosphoric Acid, Xanthan Gum, Lactic Acid, Potassium Sorbate and Sodium Benzoate (preservatives), Caramel Color, Buttermilk Blend (whey protein concentrate, cultured buttermilk solids, natural flavor, carrageenan), Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG, MILK, SOY.

**Scrambled Egg Patty:** Whole Eggs, Whey, Nonfat Milk, Soybean Oil, Contains 2% or less of the following: Dicalcium Phosphate, Salt, Sodium Bicarbonate, Xanthan Gum, Butter Flavor (sunflower oil, natural flavors, medium chain triglycerides, palm kernel oil), Citric Acid, Liquid Pepper Extract. CONTAINS: EGG, MILK.

**Sesame Seed Bun:** Wheat Flour, Malted Barley Flour, Water, High Fructose Corn Syrup, Yeast, Soybean and/or Cottonseed Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Dried

Malt, Dough Conditioners (contains one or more of the following: mono and diglycerides, ethoxylated mono and diglycerides, calcium peroxide, azodicarbonamide, calcium stearoyl lactylate, sodium stearoyl lactylate, DATEM, ascorbic acid, calcium iodate, soy lecithin, enzymes), Yeast Nutrients (contains one or more of the following: calcium carbonate, ammonium chloride, ammonium sulfate, calcium sulfate, monocalcium phosphate, carbamide), Dextrose, Natural and Artificial Flavors, Caramel Color, Propylene Glycol, Diammonium Phosphate, Tricalcium Phosphate, Wheat and/or Corn Starch, Corn Grits, Soy Flour, Potato Flour, Milk, Calcium Propionate and/or Potassium Sorbate (preservatives). Topped with Sesame Seeds. CONTAINS: MILK, SOY, WHEAT.

**Shamrock Farms® Lowfat Chocolate Milk:** Lowfat Milk, Sugar, Cocoa (processed with alkali), Corn Starch, Salt, Carrageenan, Vanillin, Vitamin A Palmitate, Vitamin D<sub>3</sub>. CONTAINS: MILK.

**Shamrock Farms® Lowfat White Milk:** Lowfat Milk, Vitamin A Palmitate, Vitamin D<sub>3</sub>. CONTAINS: MILK.

**Sierra Mist®:** Carbonated Water, High Fructose Corn Syrup, Citric Acid, Natural Flavors, Potassium Citrate, Potassium Benzoate (to preserve freshness), Calcium Disodium EDTA (to protect flavor).

**Sourdough Breakfast Bread:** Bleached Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folate), Water, Yeast, Sour (wheat flour, salt, malt, fumaric acid, contains 2% or less of the following: acetic acid, lactic acid), Wheat Gluten, High Fructose Corn Syrup, Dough Improver (wheat flour, calcium stearoyl lactylate, salt, calcium sulfate, DATEM, soy oil, contains 2% or less of the following: potassium iodate, ascorbic acid, enzyme, L-cysteine, azodicarbonamide), Calcium Propionate (preservative), Salt. CONTAINS: WHEAT.

**Spicy Three Pepper® Sauce:** Water, Distilled Vinegar, Sugar, Tomato Paste, Brown Sugar, Soybean Oil, Jalapeno Peppers, Corn Vinegar, Salt, Spices, High Fructose Corn Syrup, Mustard (water, vinegar, mustard seed, salt, turmeric, spices), Corn Syrup Solids, Apple Cider Vinegar, Modified Corn Starch, Red Bell Pepper Puree, Onions (dehydrated), Mono and Diglycerides (BHT, citric acid), Garlic (dehydrated), Ground Paprika, Propylene Glycol Alginate, Xanthan Gum, Sodium Benzoate (preservative), Natural Flavor, Citric Acid, Natural Smoke Flavor, Ground Celery Seed.

**Spicy Brown Honey Mustard Sauce:** Distilled Vinegar, Soybean Oil, Mustard Seed, Water, Honey, Horseradish, Sugar, Egg Yolk, Salt, High Fructose Corn Syrup, Spices, Molasses, Garlic (dehydrated), Corn Syrup, Artificial Color, Turmeric, Natural and Artificial Flavor, Anchovies, Tamarind, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG, FISH (Anchovies).

**Steakhouse Onion Rings:** Onions, Bleached Wheat Flour, Modified Food Starch, Corn Flour, Onion Powder, Salt, Sugar, Dextrose,

Garlic Powder, Whey, Yeast, Yellow 5, Yellow 6. Cooked in Corn Oil. CONTAINS: MILK, WHEAT.

May be cooked in the same oil as menu items that contain Soy, Egg, and Fish (where available).

**Strawberry Yogurt Dip:** Water, Sugar, Nonfat Dry Milk, Stabilizers (modified food starch, whey protein concentrate, gelatin), Strawberry Puree, Butter, Natural and Artificial Flavor, Sodium Benzoate and Potassium Sorbate (preservatives), Soybean Oil, Yogurt Culture, Red 40. CONTAINS: MILK.

**Sub Roll:** Enriched Bleached Wheat Flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Water, Contains 2% or less of each of the following: Salt, Yeast, Wheat Gluten, Sugar, Dextrose, Soybean Oil, Calcium Stearoyl Lactylate, Calcium Propionate and Phosphoric Acid (for freshness), Malt, DATEM, Mono and Diglycerides, Potassium Iodate, Ethoxylated Mono and Diglycerides, Ascorbic Acid, Calcium Sulfate, Enzymes (wheat), Azodicarbonamide, Propionic Acid, L-Cysteine, Whole Wheat Flour. CONTAINS: WHEAT.

**Sweet Tea:** Water, Tea, Sugar.

**Swiss Cheese, Natural:** Part Skim Milk, Cheese Culture, Salt, Enzymes. CONTAINS: MILK.

**Swiss Cheese, Processed Slice:** Cultured Milk, Skim Milk, Water, Salt, Sodium Citrate, Sodium Phosphate, Cream, Citric Acid, Sorbic Acid (preservative), Enzymes, Lactic Acid, Soy Lecithin. CONTAINS: MILK, SOY.

**Tangy Barbeque Sauce:** Water, Sucrose, Tomato Paste, Distilled Vinegar, Molasses, Salt, Modified Corn Starch, Natural Smoke Flavor, Spices, Onion Powder, Sodium Benzoate and Potassium Sorbate (preservatives), Caramel Color, Garlic Powder.

**Tartar Sauce:** Soybean Oil, Water, High Fructose Corn Syrup and Corn Syrup, Pickles, Distilled Vinegar, Sugar, Egg Yolk, Modified Corn Starch, Salt, Corn-Cider Vinegar, Onion (dehydrated), Propylene Glycol Alginate, Red Bell Peppers, Xanthan Gum, Spices (including mustard seed), Potassium Sorbate and Sodium Benzoate (preservatives), Natural and Artificial Flavors, Polysorbate 80, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG.

**Thousand Island Spread:** Soybean Oil, Water, Dijon Mustard (vinegar, mustard seed, salt, white wine, citric acid, tartaric acid, spices), Red Wine Vinegar, High Fructose Corn Syrup, Egg Yolk, Pickles, Sugar, Extra Virgin Olive Oil, Tomato Paste, Salt, Corn Syrup, Caraway Seed, Distilled Vinegar, Garlic (including dehydrated), Spices, Xanthan Gum, Onion (dehydrated), Sodium Benzoate (preservative), Propylene Glycol Alginate, Oleoresin Paprika, Disodium Guanylate, Disodium Inosinate, Bell Peppers, Mustard Seed, Dextrose, Calcium Disodium EDTA (to protect flavor), Alum, Natural Flavors, Polysorbate 80. CONTAINS: EGG.

**Vanilla Shake:** Whole Milk, Sugar, High Fructose Corn Syrup, Nonfat Milk, Grade A Sweet Whey, Cream, Artificial Vanilla Flavor, Mono and Diglycerides, Cellulose Gum, Guar Gum, Carrageenan, Dipotassium Phosphate, Sodium Citrate, Sodium Chloride, Sodium Carbonate, Annatto, Caramel Color. CONTAINS: MILK.

**Yellow Mustard:** Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika.

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For the most comprehensive and up-to-date information, or to calculate nutrition facts for your favorite menu items, visit [www.arbys.com](http://www.arbys.com) or call 1-800-599-2729.

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We encourage anyone with food allergies, sensitivities, or special dietary needs to check our website at [www.arbys.com](http://www.arbys.com) on a regular basis to obtain the most comprehensive and up-to-date information.