



I'm thinking Arby'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.

	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)
Arby's® Roast Beef Sandwiches																
Regular Roast Beef Contains: Milk, Soy, Wheat	154	350	110	13	4.5	0.5	45	960	37	2	5	23	0	0	6	20
Medium Roast Beef Contains: Milk, Soy, Wheat	210	450	170	19	7	1	75	1380	37	2	5	34	0	2	8	25
Large Roast Beef Contains: Milk, Soy, Wheat	281	590	230	25	10	1.5	100	1860	45	3	7	46	0	4	8	35
Regular Beef 'n Cheddar Contains: Milk, Soy, Wheat	195	430	170	19	6	1	45	1220	42	2	10	23	2	2	10	25
Medium Beef 'n Cheddar Contains: Milk, Soy, Wheat	251	530	230	25	8	1	75	1640	42	2	10	34	2	4	10	30
Large Beef 'n Cheddar Contains: Milk, Soy, Wheat	329	650	300	33	11	1.5	105	2200	44	2	10	45	2	4	10	40
Pepper Bacon (4 pieces) Adds	18	100	60	7	2.5	0	15	330	1	0	1	8	0	0	0	0
All-American Roastburger® Contains: Egg, Soy, Wheat	245	390	150	16	5	0.5	40	1720	40	2	10	19	10	15	8	20
Bacon Cheddar Roastburger® Contains: Milk, Soy, Wheat	235	430	160	18	8	0.5	55	1810	39	2	8	26	10	15	15	20
Bacon & Bleu Roastburger® Contains: Egg, Milk, Soy, Wheat	235	450	190	21	7	0.5	55	1750	39	2	9	24	10	15	8	20
Double Meat Roastburger® Option Adds	71	120	70	8	3.5	0.5	35	520	0	0	0	13	0	0	0	10
Super Roast Beef* Contains: Milk, Soy, Wheat	229	430	160	18	6	1	45	1070	44	3	11	24	10	10	8	20
Arby's Melt* Contains: Milk, Soy, Wheat	146	320	100	11	3.5	0	30	900	38	2	6	18	0	0	8	20
Ham & Swiss Melt* Contains: Milk, Soy, Wheat	131	300	70	8	3.5	0	35	1070	37	2	6	18	2	0	15	10
Arby's® Chicken																
Chicken Sandwich - Crispy Contains: Egg, Milk, Soy, Wheat † Fish (where available)	200	520	220	24	4	0	45	1130	51	3	6	26	2	4	8	15
Chicken Sandwich - Roast Contains: Egg, Milk, Soy, Wheat	189	400	140	16	2.5	0	50	950	40	3	7	24	2	2	8	10
Chicken Bacon & Swiss - Crispy* Contains: Egg, Milk, Soy, Wheat † Fish (where available)	205	590	240	27	7	0	60	1560	54	3	9	34	2	4	20	15
Chicken Bacon & Swiss - Roast* Contains: Egg, Milk, Soy, Wheat	194	470	170	19	6	0	70	1380	43	3	10	32	2	4	20	15
Chicken Cordon Bleu - Crispy* Contains: Egg, Milk, Soy, Wheat † Fish (where available)	241	610	260	29	6	0	75	1860	51	2	7	37	2	4	20	15
Chicken Cordon Bleu - Roast* Contains: Egg, Milk, Soy, Wheat	230	490	180	20	5	0	85	1670	40	3	8	35	2	2	20	15
Roast Chicken Club Contains: Egg, Milk, Soy, Wheat	258	500	210	23	7	0	75	1370	38	2	8	31	10	15	15	10
Popcorn Chicken - Regular Contains: Egg, Soy, Wheat † Milk, Fish (where available)	135	360	150	16	2.5	0	40	980	27	2	0	26	0	0	0	6
Popcorn Chicken - Large Contains: Egg, Soy, Wheat † Milk, Fish (where available)	184	490	200	22	3.5	0	55	1340	38	3	0	35	0	0	2	8
Crispy Chicken Tenders* - Regular Contains: Egg, Soy, Wheat † Milk, Fish (where available)	131	360	160	17	2.5	0	45	730	28	2	0	23	0	0	0	4
Crispy Chicken Tenders* - Large Contains: Egg, Soy, Wheat † Milk, Fish (where available)	219	600	260	29	4.5	0	70	1220	46	3	1	39	0	0	2	8
Tangy Barbeque Sauce Adds	28	45	0	0	0	0	0	350	11	0	8	0	2	6	0	0
Buffalo Dipping Sauce Adds Contains: Milk	28	10	0	0.5	0	0	0	790	2	0	0	0	8	6	0	0
Honey Dijon Mustard Sauce Adds Contains: Egg	28	130	110	12	2	0	10	160	5	0	5	0	0	0	0	0



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	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)
Market Fresh® Sandwiches																
Reuben Sandwich Contains: Egg, Milk, Wheat	309	690	290	32	9	0	80	2050	65	4	7	36	4	20	35	35
Roast Turkey & Swiss Sandwich Contains: Egg, Fish (anchovies), Milk, Soy, Wheat	334	710	250	28	7	0	75	1790	78	5	18	41	25	15	45	25
Roast Turkey, Ranch & Bacon Sandwich Contains: Egg, Milk, Soy, Wheat	353	820	330	36	10	0.5	95	2270	78	6	18	48	25	15	45	25
Roast Chicken Ranch Sandwich Contains: Egg, Milk, Wheat	226	360	90	10	1.5	0	50	1030	42	3	5	26	15	10	15	15
Roast Beef Gyro Contains: Egg, Milk, Wheat	220	420	210	23	6	1	50	1030	32	2	3	20	10	15	8	20
Pecan Chicken Salad Sandwich Contains: Egg, Soy, Tree Nuts (pecan), Wheat	311	830	390	44	6	0	60	1390	82	6	22	30	15	10	30	25
Roast Beef & Swiss Sandwich* Contains: Egg, Fish (anchovies), Milk, Soy, Wheat	334	780	330	37	11	1	80	1700	78	5	17	39	25	15	45	35
Roast Ham & Swiss Sandwich* Contains: Egg, Fish (anchovies), Milk, Soy, Wheat	334	710	270	30	7	0	75	2030	79	5	19	37	25	15	45	30
Ultimate BLT Sandwich* Contains: Egg, Soy, Wheat	284	850	410	46	10	0	55	1680	78	6	18	34	40	25	30	25
Arby's® Toasted Sandwiches																
* Philly Beef Toasted Sub Contains: Egg, Milk, Soy, Wheat	254	570	240	27	8	1	65	1490	55	3	3	29	6	40	15	20
* French Dip & Swiss Toasted Sub w/Au Jus Contains: Milk, Soy, Wheat May Contain Egg	297	500	150	17	7	1	55	2080	59	2	2	29	2	4	15	20
* Classic Italian Toasted Sub Contains: Egg, Milk, Soy, Wheat	291	590	270	30	8	0	55	1870	57	3	5	24	10	20	15	15
* Turkey Bacon Club Toasted Sub Contains: Egg, Milk, Soy, Wheat	292	570	210	24	6	0	65	1700	56	3	4	33	10	15	15	15
Roast Beef Patty Melt Contains: Egg, Milk, Soy, Wheat	207	470	190	22	6	1	55	1790	44	3	5	26	6	6	20	25
Market Fresh® Chopped Salads																
Chopped Farmhouse Salad - Turkey and Ham Contains: Milk	307	250	130	14	7	0	60	900	9	3	5	23	60	25	25	8
Buttermilk Ranch Dressing Contains: Egg, Milk	43	210	200	23	3.5	0	10	380	2	0	1	1	0	0	0	0
Chopped Farmhouse Chicken Salad - Crispy Contains: Egg, Milk, Soy, Wheat † Fish (where available)	349	460	220	25	9	0	65	1090	29	4	5	32	60	20	25	10
Chopped Farmhouse Chicken Salad - Roast Contains: Milk	307	260	120	14	7	0	65	720	10	3	5	24	60	25	25	8
Dijon Honey Mustard Dressing Contains: Egg	43	180	150	16	2.5	0	15	260	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
Chopped Side Salad* Contains: Milk	120	70	45	5	3	0	15	100	4	1	2	4	25	10	10	2



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Sides & Sidekickers®

	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	128	410	200	22	3	0	0	920	48	5	0	5	0	4	2	8
† Egg, Milk, Soy, Fish (where available)																
Curly Fries - Medium ♦ Contains: Wheat	170	540	260	29	4	0	0	1230	64	6	0	7	0	6	4	10
† Egg, Milk, Soy, Fish (where available)																
Curly Fries - Large ♦ Contains: Wheat	201	640	310	34	5	0	0	1460	76	7	0	8	0	6	4	15
† Egg, Milk, Soy, Fish (where available)																
Cheddar Cheese Sauce* Adds Contains: Milk	43	45	25	3	0.5	0	0	290	3	0	0	1	0	0	0	6
Potato Cakes - Small (2)	100	260	120	14	2	0	0	440	16	2	0	2	0	2	0	4
† Egg, Milk, Soy, Wheat, Fish (where available)																
Potato Cakes - Medium (3)	150	380	180	20	3	0	0	650	25	3	0	3	0	4	0	6
† Egg, Milk, Soy, Wheat, Fish (where available)																
Potato Cakes - Large (4)	200	510	240	27	4	0	0	870	33	5	0	4	0	6	2	8
† Egg, Milk, Soy, Wheat, Fish (where available)																
Homestyle Fries* - Small ♦	128	350	140	15	2	0	0	720	49	4	0	4	0	4	0	6
† Egg, Milk, Soy, Wheat, Fish (where available)																
Homestyle Fries* - Medium ♦	170	470	190	21	3	0	0	960	66	6	0	5	0	4	2	8
† Egg, Milk, Soy, Wheat, Fish (where available)																
Homestyle Fries* - Large ♦	213	590	230	26	3.5	0	0	1200	82	7	0	7	0	6	4	10
† Egg, Milk, Soy, Wheat, Fish (where available)																
Loaded Potato Bites®- Regular (5) Contains: Egg, Milk, Wheat	112	340	180	20	6	0	5	760	29	2	1	10	4	0	15	4
† Soy, Fish (where available)																
Loaded Potato Bites®- Large (8) Contains: Egg, Milk, Wheat	179	540	290	32	10	0.5	10	1210	47	3	2	15	6	0	25	6
† Soy, Fish (where available)																
Ranch Dipping Sauce Adds Contains: Egg, Milk	43	160	140	16	3.5	0	30	280	2	0	1	1	2	0	4	0
Mozzarella Sticks - Regular (4) Contains: Milk, Wheat	137	430	210	23	9	0.5	50	1480	36	2	3	20	8	0	40	4
† Egg, Soy, Fish (where available)																
Mozzarella Sticks - Large (6) Contains: Milk, Wheat	206	650	310	35	13	1	75	2220	54	2	4	30	15	0	60	6
† Egg, Soy, Fish (where available)																
Marinara Sauce Adds	43	35	15	1.5	0	0	0	160	5	1	2	1	8	10	0	0
Jalapeno Bites®* - Regular (5) Contains: Milk, Wheat	110	300	160	17	7	0	25	640	32	2	2	5	6	2	4	4
† Egg, Soy, Fish (where available)																
Jalapeno Bites®* - Large (8) Contains: Milk, Wheat	176	480	250	28	10	1	40	1030	51	3	4	8	8	4	8	6
† Egg, Soy, Fish (where available)																
Bronco Berry Sauce® Adds	43	90	0	0	0	0	0	30	22	0	21	0	0	0	0	0
Onion Petals* - Regular Contains: Milk, Wheat	99	330	160	18	2.5	0	0	280	38	2	7	4	0	0	2	4
† Egg, Soy, Fish (where available)																
Onion Petals* - Large Contains: Milk, Wheat	181	600	300	33	5	0	0	510	70	4	12	7	0	0	4	8
† Egg, Soy, Fish (where available)																
Tangy Southwest Sauce® Adds Contains: Egg	43	230	220	24	3.5	0	20	280	3	0	2	0	2	0	0	0

◆ Recommended portion sizes. Curly Fries and Homestyle Fries (where available) are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.



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	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)
Kids Meal																
Jr. Roast Beef Contains: Milk, Soy, Wheat	87	200	60	7	2.5	0	20	530	24	2	4	13	0	0	4	10
Popcorn Chicken - Kids Contains: Egg, Soy, Wheat † Milk, Fish (where available)	99	260	110	12	2	0	30	720	20	1	0	19	0	0	0	4
Curly Fries - Kids ♦ Contains: Wheat † Egg, Milk, Soy, Fish (where available)	77	240	120	13	2	0	0	550	29	3	0	3	0	2	0	6
Potato Cakes (2) † Egg, Milk, Soy, Wheat, Fish (where available)	100	260	120	14	2	0	0	440	16	2	0	2	0	2	0	4
Homestyle Fries* - Kids ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	85	230	90	10	1.5	0	0	480	33	3	0	3	0	2	0	4
Applesauce	113	90	0	0	0	0	0	0	21	1	19	0	0	110	0	0
CapriSun® Fruit Juice	185	80	0	0	0	0	0	25	21	0	20	0	0	0	0	0
2% Reduced Fat White Milk Contains: Milk	244	130	45	5	3	0	20	125	13	0	12	8	10	0	30	0
1% Lowfat Chocolate Milk Contains: Milk	249	160	20	2.5	1.5	0	10	210	27	1	25	8	15	0	30	4
Beverages, Shakes & Desserts																
Coffee - Reg	355	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sweet Tea - Small Cup	358	100	0	0	0	0	0	0+	26	0	25	0	0	0	0	0
Pepsi®- Small Cup	438	180	0	0	0	0	0	10+	49	0	49	0	0	0	0	0
Diet Pepsi®- Small Cup	435	0	0	0	0	0	0	10+	0	0	0	0	0	0	0	0
Mountain Dew®- Small Cup	454	200	0	0	0	0	0	30+	54	0	54	0	0	0	0	0
Sierra Mist® - Small Cup	451	190	0	0	0	0	0	5+	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
Mandarin Peach FruiTea	333	90	0	0	0	0	0	0+	23	0	22	0	0	0	0	0
Passion Fruit FruiTea	334	100	0	0	0	0	0	0+	25	0	24	0	0	0	0	0
Diet Blackberry FruiTea	327	5	0	0	0	0	0	0+	5	0	0	0	0	0	0	0
Diet Peach FruiTea	327	5	0	0	0	0	0	0+	5	0	0	0	0	0	0	0
Chocolate Swirl Shake Contains: Milk	482	630	160	17	12	0.5	50	440	109	1	100	15	10	6	60	4
Jamocho Swirl Shake Contains: Milk	482	610	150	17	11	0	50	490	106	1	97	15	10	6	60	4
Vanilla Shake Contains: Milk	482	540	150	17	12	0.5	60	450	85	0	80	16	10	8	60	0
Chocolate Chunk Cookies (2)* Contains: Egg, Milk, Soy, Wheat	91	420	190	21	10	0	30	55	54	2	34	4	0	0	0	8

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.

♦ Recommended portion sizes. Curly Fries and Homestyle Fries (where available) are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

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



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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)
Curly Fries - Value ♦ Contains: Wheat † Egg, Milk, Soy, Fish (where available)	77	240	120	13	2	0	0	550	29	3	0	3	0	2	0	6
Jr. Chicken Sandwich Contains: Egg, Milk, Soy, Wheat † Fish (where available)	122	330	150	17	3	0	25	690	33	2	4	13	0	0	6	8
Jr. Ham & Cheddar Melt Contains: Milk, Soy, Wheat	115	200	45	5	1.5	0	25	890	26	2	5	13	0	0	6	10
Jr. Roast Beef Sandwich Contains: Milk, Soy, Wheat	87	200	60	7	2.5	0	20	530	24	2	4	13	0	0	4	10
* Apple Turnover (no icing) Contains: Soy, Wheat	89	270	130	15	7	0	0	290	32	1	11	4	10	15	0	6
* Cherry Turnover (no icing) Contains: Soy, Wheat	89	270	130	15	7	0	0	300	31	1	10	4	15	0	0	6
Icing Adds	21	70	5	1	0	0	0	0	16	0	14	0	0	0	0	0
Value Chocolate Shake Contains: Milk	284	360	90	10	6	0	30	240	62	0	57	9	6	4	35	0
Value Jamocha Shake Contains: Milk	284	350	80	9	6	0	30	270	60	0	56	9	6	4	35	0
Value Vanilla Shake Contains: Milk	255	290	80	9	6	0	30	240	45	0	42	9	6	4	35	0

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1% Lowfat Chocolate Milk: See carton label.

2% Reduced Fat White Milk: See carton label.

Applesauce: Apples, High Fructose Corn Syrup, Corn Syrup, Water, Ascorbic Acid (to maintain color).

Apple Turnover: Enriched 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, High Fructose Corn Syrup, Salt, Turmeric and Annatto Extracts (color). Filling: Diced Apples (apples, water, salt, ascorbic acid, citric acid), Water, Sugar, High Fructose Corn Syrup, Modified Corn Starch, Corn Syrup, Raisins, Gellan Gum, Sodium Benzoate and Potassium Sorbate (preservatives), Malic Acid, Calcium Chloride, Salt, Spice. Icing: Sugar, Water, Maltodextrin, Palm Oil, Corn Starch, Corn Syrup, Modified Food Starch, Titanium Dioxide (color), Guar Gum, Potassium Sorbate (preservative), Agar, Citric Acid, Mono and Diglycerides with Citric Acid, Propylene Glycol, Calcium Alginate, Ammonium Alginate, Polysorbate 60, Artificial Flavor. May contain tree nuts and peanuts. CONTAINS: SOY, WHEAT.

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

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).

Banana Peppers: Fresh Banana Peppers, Water, Vinegar, Salt, Phosphoric Acid, Calcium Chloride, Sodium Benzoate and Sodium Metabisulfite (preservatives), Yellow 5.

Bleu Cheese Spread: Soybean Oil, Water, Blue Cheese (pasteurized milk, cheese cultures, salt, enzymes, natamycin), Distilled Vinegar, Egg Yolks, Sugar, Salt, Lactic Acid, Garlic Powder, Sodium Benzoate and Potassium Sorbate (preservatives), Propylene Glycol Alginate, Natural Flavor, Xanthan Gum, Sodium Acid Sulfate, Spices. CONTAINS: EGG, MILK.

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 & Cherry Juices from Concentrate (water, apple, cherry, & 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, Autolyzed Yeast Extract, Acetic Acid, Sodium Stearoyl Lactylate, Sodium Hexametaphosphate, Mono and Diglycerides, Annatto Color, Citric Acid, Cream, Natural Flavors, Color (annatto extract, paprika oleoresin, carotene, 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 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, High Fructose Corn Syrup, Salt, Ascorbic Acid, Turmeric and Annatto Extracts (color). Filling: Cherries, Water, Sugar, Modified Food Starch, High Fructose Corn

Syrup, Corn Syrup, 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, Potassium Sorbate (preservative), Agar, Citric Acid, Mono and Diglycerides with Citric Acid, Propylene Glycol, Calcium Alginate, Ammonium Alginate, Polysorbate 60, Artificial Flavor. May contain tree nuts and peanuts. CONTAINS: SOY, WHEAT.

Chicken Patty: Chicken Breast, Water, Seasoning (salt, flavor [contains torula yeast]), chicken fat, garlic powder, natural and artificial flavor [contains modified corn starch, flavor (contains milk), maltodextrin, medium chain triglycerides, onion powder, spice extractives, polysorbate 80], Seasoning (modified food starch [corn, potato], 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. Cooked in Corn Oil. May be cooked in the same oil as menu items that contain Soy and Fish (where available). CONTAINS: EGG, MILK, WHEAT.

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 Swirl Shake: Vanilla Shake Mix (milk fat, nonfat milk, sugar, whey, high fructose corn syrup, cream, contains 2% or less of the following: vanilla, artificial flavor, mono and diglycerides, cellulose gum, guar gum, carrageenan, dipotassium phosphate, sodium citrate, sodium chloride, sodium bicarbonate, annatto [color], 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), Chocolate Flavored 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, vanillin, potassium sorbate [preservative]). CONTAINS: MILK.

Ciabatta Bread: Flour (wheat flour, malted barley flour), Water, Extra Virgin Olive Oil, Contains 2% or less of the following: Salt, Yeast, Corn Syrup or Sugar, Wheat Gluten, Enzymes, Dextrose, Malt Extract, Fava Bean Flour, Guar Gum, Xanthan Gum, Soy Lecithin, Hydrated Monoglycerides, Propionic Acid, Phosphoric Acid, Ascorbic Acid, Calcium Propionate (preservative). Made in a facility that also processes common food allergens including milk, tree nuts (pecan, coconut), eggs, and soybean. CONTAINS: SOY, WHEAT.

Corned Beef: Corned Beef, Water, Salt, Sodium Lactate, Sugar, Sodium Phosphate, Flavorings, Sodium Erythorbate and Sodium Nitrite.

Crispy Chicken Fillet: Chicken Breast, Water, Seasoning (salt, flavor [contains torula yeast]), chicken fat, garlic powder, natural and artificial flavor [contains modified corn starch, flavor (contains milk), maltodextrin, medium chain triglycerides], onion powder, spice extractives, polysorbate 80 or polysorbate 90), Sodium Tripolyphosphate. Breaded with: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Wheat Gluten, Spices, Egg White Solids, Yellow Corn Flour, Leavening (cream of tartar, sodium bicarbonate), Garlic Powder, Spice Extractives. Cooked in Corn Oil. May be cooked in the same oil as menu items that contain Soy and Fish (where available). CONTAINS: EGG, MILK, WHEAT.

Crispy Chicken Tenders: 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 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. Cooked in Corn Oil. May be cooked in the same oil as menu items that contain Milk and Fish (where available). CONTAINS: EGG, 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. May be cooked in the same oil as menu items that contain Soy, Egg, Milk, and Fish (where available). CONTAINS: WHEAT.

Diet Blackberry Syrup: Water, Erythritol, Natural and Artificial Blackberry Flavors, Concentrated Lemon Juice, Cellulose Gum, Sucralose, Potassium Sorbate (preservative).

Diet Peach Syrup: Water, Erythritol, Natural and Artificial Peach Flavor, Citric Acid, Cellulose Gum, Sucralose, Potassium Sorbate (preservative), Yellow 5, Red 40.

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, Mustard Seed, High Fructose Corn Syrup, Distilled Vinegar, Egg Yolk, Salt, Xanthan Gum, Spices and Natural Flavors, Mono and Diglycerides, Mustard Flour,

Propylene Glycol Alginate, White Wine, Sodium Benzoate and Potassium Sorbate (preservatives), Oleoresin Paprika, Calcium Disodium EDTA (to protect flavor), Yellow 5, Citric Acid, Tartaric Acid. CONTAINS: EGG.

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

Double Cut Bun: Flour (wheat flour, malted barley flour), Water, Yeast, Sugar, Palm Oil, Contains 2% or less of the following: Salt, Wheat Gluten, Enzymes, Corn Syrup, Dextrose, Malt Extract, Modified Starch, Soybean Oil, Sodium Alginate, Mono and Diglycerides, Soy Lecithin, Sodium Stearoyl Lactylate, Polysorbate 60, Corn Flour, Natural and Artificial Flavor, Propylene Glycol, Turmeric, Paprika, Yellow 5 and 6, Red 40, Caramel Color, Citric Acid, Ascorbic Acid, Calcium Propionate (preservative). CONTAINS: SOY, WHEAT.

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

Fajita Seasoning: Yeast Extract, Fructose, Onion Powder, Tomato Powder, Chipotle Powder, Maltodextrin, Salt, Garlic Powder, Mixed Triglycerides, Molasses, Green Pepper, Natural and Artificial Flavoring, Corn Syrup Solids, Modified Corn Starch, Safflower Oil, Silicon Dioxide.

Flatbread: Enriched Wheat Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Palm and/or Soybean Oil, Contains 2% or less of the following: Yeast, Sugar, Salt, Dough Conditioner (calcium salts, mono and diglycerides, guar gum, wheat starch, sodium metabisulfite, ascorbic acid, enzyme), Calcium Propionate and Potassium Sorbate (preservatives), Caramel Color, Vinegar. CONTAINS: WHEAT.

Garlic Buttered Onions: Onions, Margarine (natural oil blend [palm fruit, soybean and olive oils], water, salt, contains 2% of each of the following: nonfat dry milk, mono and diglycerides, soy lecithin, sodium benzoate [preservative], natural and artificial flavor, vitamin A palmitate, beta carotene [color]), Garlic, Butter (cream, salt), Modified Corn Starch, Natural Flavor, Citric Acid (preservative), Onions, Parsley, Spice, Potassium Sorbate (preservative). CONTAINS: MILK, SOY.

Genoa Salami: Pork, Salt, Contains 2% or less of the following: Dextrose, Flavorings, Lactic Acid Starter Culture, Sodium Nitrite, Spices, Vitamin C (sodium ascorbate), Wine, BHA, BHT, Citric Acid.

Grilled Chicken: Chicken Breast, Water, Seasoning (sodium citrate blend [buffered sodium citrate, sodium diacetate], salt, yeast extract, dextrose, hydrolyzed corn gluten, natural flavors [with smoke flavor], sugar, chicken broth, chicken powder, flavor [gum arabic, natural flavor], maltodextrin, chicken fat, disodium inosinate and disodium guanylate, soy sauce solids [wheat, soybeans, salt], lactic acid, thiamine hydrochloride), Seasoning (modified food starch, whey protein concentrate, carrageenan, sodium phosphate), Sodium Phosphate, Soy Lecithin. CONTAINS: MILK, SOY, WHEAT.

Gyro Sauce: Soybean Oil, Buttermilk (nonfat milk solids, culture), Water, Cucumber Juice (cucumber, vinegar, salt), Egg Yolks, Cucumber Essence, Cucumbers (cucumbers, water, lactic acid, sodium benzoate and potassium sorbate [preservatives], xanthan gum), Distilled Vinegar, Whey Protein Concentrate, Nonfat Dry Milk, Natural Flavors, Salt, Garlic (dehydrated), Lemon Juice Concentrate, Glucono Delta-Lactone, Spices, Potassium Sorbate and Sodium Benzoate (preservatives), Lactic Acid, Disodium Inosinate and Disodium Guanylate, Onion (dehydrated), Xanthan Gum, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG, MILK.

Gyro Seasoning: Spices, Garlic (dehydrated), Onion (dehydrated), Corn Starch, Salt, Parsley, Olive Oil, Extractives of Paprika, Silicon Dioxide (to prevent caking).

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 Wheat, Soy, Egg, Milk, and Fish (where available).

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

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

Jalapeño Bites®: Green Jalapeno Peppers (peppers, water, acetic acid, salt, calcium chloride, sodium benzoate [preservative]), Cream Cheese (pasteurized milk and cream, cheese culture, salt, gums [xanthan, locust bean, carob bean and/or guar]), Bleached Wheat Flour, Water, Contains 2% or less of the following: Cellulose Gum, Dextrose, Leavening (sodium acid pyrophosphate, sodium bicarbonate), Modified Food Starch, Oleoresin Turmeric (color), Salt, Soybean and Sunflower Oil, Sugar, Whey, Yeast, Potato Starch, Rice Flour, Yellow Corn Flour. Cooked in Corn Oil. May be cooked in the same oil as menu items that contain Soy, Egg, and Fish (where available). CONTAINS: MILK, WHEAT.

Jamocha Swirl Shake: Vanilla Shake Mix (milk fat, nonfat milk, sugar, whey, high fructose corn syrup, cream, contains 2% or less of the following: vanilla, artificial flavor, mono and diglycerides, cellulose gum, guar gum, carrageenan, dipotassium phosphate, sodium citrate, sodium chloride, sodium bicarbonate, annatto [color], 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), Chocolate Flavored 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, vanillin, potassium sorbate [preservative]). CONTAINS: MILK.

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

Loaded Potato Bites®: Hash Brown Potatoes (potatoes, dextrose, disodium dihydrogen pyrophosphate [to preserve natural color]), Pasteurized Process American Cheese (American cheese [milk, cheese culture, salt, enzymes, annatto], water, cream, sodium phosphate, sodium citrate, salt, sorbic acid [preservative], apo-carotene [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), Contains 2% or less of the following: Dried Chives, Dried Parsley, Salt, Sugar, Spices (including paprika and turmeric), Onion, Cornstarch, Garlic, Natural Flavor, Yeast, Soybean Oil, Egg, Modified Potato Starch, Rice Flour, Dextrin, Leavening (sodium acid pyrophosphate, sodium bicarbonate) Xanthan Gum. Cooked in Corn Oil. May be cooked in the same oil as menu items that contain Soy and Fish (where available). CONTAINS: EGG, MILK, WHEAT.

Mandarin Peach Syrup: Pure Cane Sugar, Water, Citric Acid, Natural Mandarin Flavor, Natural and Artificial Peach Flavor, Potassium Sorbate (preservative), Yellow 5, Red 40.

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, Caramel Color, Pumpernickel Flour, Rye Flour, High Fructose Corn Syrup, 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, Wheat Flour, 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 Part-Skim 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), Methylcellulose, Monoglycerides, Natural and Artificial Flavors, Potato Starch, Red 40, Salt, Sodium Alginate, Spices, Spice Extractive, Sugar, Whey, Yellow 5. Cooked in Corn Oil. May be cooked in the same oil as menu items that contain Soy, Egg, and Fish (where available). CONTAINS: MILK, WHEAT.

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.

Onion Petals: Onions, Bleached Wheat Flour, Water, Soybean and/or Canola Oil, Yellow Corn Flour, Modified Food Starch, Buttermilk (cultured low fat milk, vitamin A palmitate, vitamin D3, cultures, salt), Contains 2% or less of the following: Cultured Buttermilk, Dextrose, Enzyme Modified Cream, Extractives of Paprika, Guar Gum, Leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate), Maltodextrin, Monoglycerides, Natural Butter Flavor, Natural Flavor, Salt, Silicon Dioxide, Sodium Silico Aluminate, Sorbitol, Spice, Sugar, Whey. Cooked in Corn Oil. May be cooked in the same oil as menu items that contain Soy, Egg, and Fish (where available). CONTAINS: MILK, WHEAT.

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.

Pecan Chicken Salad: Roast Chicken (chicken breast, chicken broth, contains 2% or less of the following: salt, dextrose, rice flour, modified corn starch, 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), 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]), Apples, Grapes, Celery, Pecans. CONTAINS: EGG, TREE NUTS (pecans).

Pepper & Onion Mix: Green Bell Pepper, Red 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.

Pepperoni: Pork, Salt, Contains 2% or less of the following: Beef, Dextrose, Flavorings, Lactic Acid Starter Culture, Oleoresin of Paprika, Sodium Nitrite, Spices, Vitamin C (sodium ascorbate), BHA, BHT, Citric Acid.

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

Pink Passion Fruit Syrup: Pure Cane Sugar, Water, Natural and Artificial Passion Fruit Flavor, Citric Acid, Potassium Sorbate (preservative), Red 40.

Popcorn Chicken: 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 sulfate), Garlic Powder, Yellow Corn Flour, Dextrose, Onion Powder, Extractives of Paprika and Turmeric. Cooked in Corn Oil. May be cooked in the same oil as menu items that contain Milk and Fish (where available). CONTAINS: EGG, SOY, WHEAT.

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 Wheat, Soy, Egg, 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, Cider Vinegar, Tomato Paste, Distilled Vinegar, Water, Salt, Paprika, Spice (including mustard flour), Beet Juice Concentrate, Onion (dehydrated), Dextrose, 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, Rice Flour, Modified Corn Starch, 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: Pork cured with: Water, Salt, Dextrose, Sodium Phosphates, Smoke Flavorings, Sodium Erythorbate, Sodium Nitrite.

Roast Turkey: Turkey Breast, Water, Contains 2% or less of the following: Salt, Brown Sugar, Modified Corn Starch, Dextrose, Sodium Phosphate, Soybean or Cottonseed Oil.

Sandwich Sourdough: 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.

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

Sesame 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.

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).

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.

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).

Spicy Three Pepper® Sauce: Water, Distilled Vinegar, Sugar, Tomato Paste, 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 (with BHT and Citric Acid [preservatives]), Garlic (dehydrated), Paprika, Xanthan Gum, Propylene Glycol Alginate, Sodium Benzoate (preservative), Natural Flavor (maltodextrin, oleoresin paprika, benzoic & sorbic acid [preservatives], erythorbic acid), Citric Acid, Natural Smoke Flavor, Celery Seed.

Sweet Tea: Water, Tea, Sugar.

Swiss Cheese, Big Eye 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.

Tangy Southwest Sauce®: Soybean Oil, Water, High Fructose Corn Syrup, Horseradish, Egg Yolk, Distilled Vinegar, Corn-Cider Vinegar, Salt, Sugar, Tomato Paste, Spices, Sodium Benzoate and Potassium Sorbate (preservatives), Garlic (dehydrated), Xanthan Gum, Paprika, Natural and Artificial Flavors, 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.

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), Preservatives (calcium propionate, sorbic acid, citric acid). CONTAINS: WHEAT.

Vanilla Shake: Milk Fat, Nonfat Milk, Sugar, Whey, High Fructose Corn Syrup, Cream, Contains 2% or less of the following: Vanilla, Artificial Flavor, Mono and Diglycerides, Cellulose Gum, Guar Gum, Carrageenan, Dipotassium Phosphate, Sodium Citrate, Sodium Chloride, Sodium Bicarbonate, Annatto (color), Caramel Color. CONTAINS: MILK.

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

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Nutrition 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 **June 2010**.

For the most comprehensive and up-to-date information, or to calculate nutrition facts for your favorite menu items, visit www.arbys.com or call 1-800-487-2729.

Arby's Restaurant Group, 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 food 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.arbys.com on a regular basis to obtain the most comprehensive and up-to-date information.