

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



We take pride in serving delicious, wholesome food made with the finest quality ingredients in every sandwich, salad and side item we make. At Arby's, great taste and quality ingredients can be a part of a well-balanced diet. We offer this nutrition and allergen guide to help you make the proper choices for your dietary needs. For the most up-to-date and complete nutrition information and a nutrition calculator, please visit our website at:

arbys.com.

I'm thinking Arby's.® You may also call 1-800-487-2729.

Notice - This menu is effective as of March 2009.
Items marked with an asterisk (*) may not be available at all Arby's restaurants.

Major food allergens are listed below in Red

	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 (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (% RDI)
Arby's® Roast Beef Sandwiches																
Regular Roast Beef <small>CONTAINS: WHEAT</small>	154	320	120	14	5	.5	44	955	34	2	5	21	0	0	6	20
Medium Roast Beef <small>CONTAINS: WHEAT</small>	210	415	186	21	9	1	73	1380	34	2	5	31	0	0	6	25
Large Roast Beef <small>CONTAINS: WHEAT</small>	281	550	260	28	12	1.5	100	1870	41	3	6	42	0	0	8	35
Regular Beef 'n Cheddar <small>CONTAINS: MILK, SOY AND WHEAT</small>	195	440	180	20	6	1	50	1270	43	2	8	22	2	2	8	20
Medium Beef 'n Cheddar <small>CONTAINS: MILK, SOY AND WHEAT</small>	251	540	250	27	9	1	80	1700	44	2	8	33	2	2	8	30
Large Beef 'n Cheddar <small>CONTAINS: MILK, SOY AND WHEAT</small>	329	660	320	36	13	2	110	2310	46	3	8	43	4	4	10	35
Add Bacon (4 half-pieces)	17	80	50	6	2.5	0	15	300	1	0	1	5	0	2	0	2
All American Roastburger <small>CONTAINS: EGGS, SOY AND WHEAT</small>	236	420	170	18	6	1	40	1390	46	2	9	19	6	15	4	15
Bacon Cheddar Roastburger <small>CONTAINS: MILK, SOY AND WHEAT</small>	225	440	160	18	8	1	55	1450	44	2	7	24	6	15	4	15
Bacon & Bleu Roastburger <small>CONTAINS: EGGS, MILK, SOY AND WHEAT</small>	225	470	210	23	8	1	50	1400	44	2	8	22	8	15	4	15
Super Roast Beef* <small>CONTAINS: WHEAT</small>	216	400	170	19	6	1.5	45	1060	41	2	10	21	4	4	6	20
Arby's Melt* <small>CONTAINS: MILK AND WHEAT</small>	146	300	110	12	4.5	.5	30	920	36	2	5	16	2	0	6	15
Ham & Swiss Melt* <small>CONTAINS: MILK, SOY AND WHEAT</small>	138	280	50	6	2	0	25	1120	35	1	6	18	2	2	15	15
Arby's® Chicken Sandwiches & Popcorn Chicken																
Chicken Fillet Sandwich - Crispy <small>CONTAINS: EGGS, MILK, SOY AND WHEAT</small>	200	480	210	23	4	0	50	1190	47	2	6	25	2	4	6	15
Chicken Fillet Sandwich - Roast <small>CONTAINS: EGGS AND WHEAT</small>	189	380	140	16	3	0	50	920	37	2	7	23	2	4	6	15
Chicken Bacon & Swiss - Crispy <small>CONTAINS: EGGS, MILK, SOY AND WHEAT</small>	204	540	210	23	5	0	65	1610	50	2	9	31	4	4	15	15
Chicken Bacon & Swiss - Roast* <small>CONTAINS: EGGS, MILK, SOY AND WHEAT</small>	194	440	140	16	4.5	0	65	1350	40	2	10	30	4	2	15	15
Chicken Cordon Bleu - Crispy <small>CONTAINS: EGGS, MILK, SOY AND WHEAT</small>	241	570	230	25	5	0	75	1910	47	2	7	36	4	4	15	15
Chicken Cordon Bleu - Roast* <small>CONTAINS: EGGS, MILK, SOY AND WHEAT</small>	223	460	160	18	4	0	80	1590	37	2	8	33	2	2	15	15
Roast Chicken Club* <small>CONTAINS: EGGS, MILK, SOY AND WHEAT</small>	257	500	160	17	5	0	70	1540	46	2	9	30	10	15	15	10
Popcorn Chicken - Regular <small>CONTAINS: EGGS, SOY AND WHEAT</small>	113	330	130	15	2.5	0	50	840	27	2	1	22	0	0	2	4
Popcorn Chicken - Large <small>CONTAINS: EGGS, SOY AND WHEAT</small>	142	410	160	18	3	0	60	1050	34	3	1	27	0	2	2	4
BBQ Sauce Adds*	28	44	1	0	0	0	0	343	11	0	8	0	2	1	1	1
Buffalo Sauce Adds* <small>CONTAINS: MILK</small>	28	10	5	1	0	0	0	790	2	0	1	0	0	0	0	0
Market Fresh® Sandwiches																
Corned Beef Reuben Sandwich <small>CONTAINS: EGGS, MILK AND WHEAT</small>	309	610	293	33	9	.5	85	1850	55	3	6	34	4	4	35	30
Roast Turkey & Swiss Sandwich <small>CONTAINS: EGGS, MILK AND WHEAT</small>	343	710	270	30	8	1	85	1680	74	5	16	41	8	4	35	30
Roast Turkey, Ranch & Bacon Sandwich <small>CONTAINS: EGGS, MILK AND WHEAT</small>	365	820	340	38	11	1	100	2150	74	5	16	46	10	6	30	30
Pecan Chicken Salad Sandwich* <small>CONTAINS: EGGS, SOY, TREE NUTS AND WHEAT</small>	322	870	420	47	7	0	60	1380	92	6	33	25	6	10	20	25
Roast Beef & Swiss Sandwich* <small>CONTAINS: EGGS, MILK AND WHEAT</small>	343	760	360	40	12	1.5	80	1640	73	6	15	35	8	4	35	35
Roast Ham & Swiss Sandwich* <small>CONTAINS: EGGS, MILK AND WHEAT</small>	343	690	270	31	8	1	60	1950	75	5	18	33	8	6	35	30
Ultimate BLT Sandwich* <small>CONTAINS: EGGS AND WHEAT</small>	293	780	410	45	11	1	50	1570	75	6	18	23	15	30	15	25
Arby's® Toasted Subs																
Philly Beef Toasted Subs <small>CONTAINS: EGGS, MILK, SOY AND WHEAT</small>	245	590	240	26	7	1	65	1500	59	3	3	29	2	30	10	20
French Dip & Swiss Toasted Sub w/Au Jus <small>CONTAINS: MILK, SOY AND WHEAT</small>	287	510	140	16	6	1	55	2110	63	3	3	29	2	2	10	15
Classic Italian Toasted Sub <small>CONTAINS: EGGS, MILK, SOY AND WHEAT</small>	282	600	240	27	6	0	50	1890	61	3	5	25	10	25	10	10
Turkey Bacon Club Toasted Sub <small>CONTAINS: EGGS, MILK, SOY AND WHEAT</small>	282	580	190	21	4.5	0	65	1650	60	3	4	35	8	15	10	10
Market Fresh® Chopped Salads																
Chopped Turkey Salad <small>CONTAINS: MILK</small>	292	250	110	12	6	.5	60	880	10	3	6	23	70	50	25	15
Buttermilk Ranch Dressing <small>CONTAINS: EGGS AND MILK</small>	42	230	210	24	3.5	0	10	390	2	0	2	1	0	0	0	0
Chopped Southern Chicken Salad (Grilled) <small>CONTAINS: MILK, SOY AND WHEAT</small>	292	250	110	12	6	.5	60	660	10	3	6	22	70	50	25	15
Chopped Southern Chicken Salad (Popcorn) <small>CONTAINS: EGGS, MILK, SOY AND WHEAT</small>	303	390	170	19	7	1	65	860	26	4	6	25	70	50	25	10
Dijon Honey Mustard Dressing <small>CONTAINS: EGGS</small>	43	180	150	17	2.5	0	15	240	8	0	7	1	0	0	0	0
Chopped Italian Salad <small>CONTAINS: MILK</small>	306	430	280	31	13	1	85	1570	11	3	6	23	80	60	25	15
Balsamic Vinaigrette Dressing	43	130	110	12	2	0	0	460	5	0	4	0	0	0	0	0
Kids Meal																
Junior Roast Beef <small>CONTAINS: WHEAT</small>	125	270	90	9	4	0	30	740	34	2	5	16	0	0	6	15
Popcorn Chicken - Kids <small>CONTAINS: EGGS, SOY AND WHEAT</small>	85	240	100	11	2	0	35	630	20	2	0	16	0	0	2	2
Curly Fries - Kids <small>CONTAINS: WHEAT</small>	74	230	130	14	2.5	0	0	550	27	3	-	3	4	6	2	6
Applesauce	113	90	0	0	0	0	0	10	22	2	19	0	0	0	0	0
Capri Sun Fruit Juice	7 oz	100	0	0	0	0	0	30	24	0	22	0	0	0	0	0
2% Reduced Fat White Milk <small>CONTAINS: MILK</small>	8 oz	130	45	5	3	0	20	125	13	0	12	8	10	0	30	0
1% Lowfat Chocolate Milk <small>CONTAINS: MILK</small>	8 oz	180	25	2.5	1.5	0	10	210	32	<1	30	8	10	0	30	0
Sides & Sidekickers®																
Curly Fries - Small <small>CONTAINS: WHEAT</small>	113	360	190	21	4	0	0	840	42	4	-	5	8	8	4	10
Curly Fries - Medium <small>CONTAINS: WHEAT</small>	156	500	260	29	5	.5	0	1160	58	6	-	7	10	10	6	15
Curly Fries - Large <small>CONTAINS: WHEAT</small>	190	600	320	36	7	1	0	1410	70	7	-	8	15	15	8	15
Cheddar Cheese Sauce* (on the side) <small>CONTAINS: MILK</small>	43	50	30	3.5	.5	0	0	360	4	0	0	1	2	0	2	0
Loaded Potato Bites® - Regular (5) <small>CONTAINS: EGGS, MILK AND WHEAT</small>	112	350	200	22	7	.5	15	800	27	2	0	11	4	20	20	6
Loaded Potato Bites® - Large (8) <small>CONTAINS: EGGS, MILK AND WHEAT</small>	179	570	320	35	11	1	20	1280	43	4	0	18	8	35	30	10
Potato Cakes - Small (2)	100	250	170	18	3.5	1	0	390	26	2	-	2	0	4	2	2
Potato Cakes - Medium (3)	150	370	250	28	5	1	0	590	39	3	-	3	0	6	4	4
Potato Cakes - Large (4)	200	490	330	37	7	1	0	780	52	5	-	3	0	8	4	6
Mozzarella Sticks - Regular (4) <small>CONTAINS: MILK AND WHEAT</small>	137	430	250	28	13	1	45	1370	38	2	5	18	15	2	40	6
Mozzarella Sticks - Large (6) <small>CONTAINS: MILK AND WHEAT</small>	206	640	380	42	19	1	70	2060	57	3	7	27	25	2	60	8
Jalapeno Bites® * - Regular (5) <small>CONTAINS: MILK AND WHEAT</small>	110	310	189	21	9	1	30	530	29	2	3	5	15	0	4	6
Jalapeno Bites® * - Large (8) <small>CONTAINS: MILK AND WHEAT</small>	176	490	310	34	14	1	45	840	47	3	4	9	25	2	6	8
Specialty Beverages, Shakes & Desserts																
Mandarin Peach FruiTea - 20 oz	551	90	0	0	0	0	0	0	23	0	23	0	0	0	0	0
Diet Blackberry FruiTea - 20 oz	548	0	0	0	0	0	0	0	4	0	0	0	0	0	0	0
Diet Peach FruiTea - 20 oz	548	0	0	0	0	0	0	0	4	0	0	0	0	0	0	0
Passion Fruit FruiTea - 20 oz	565	100	0	0	0	0	0	0	25	0	25	0	0	0	0	0
Chocolate Swirl Shake - 20 oz <small>CONTAINS: MILK</small>	482	650	150	17	11	.5	40	450	110	<1	106	16	8	10	60	4
Jamocha Swirl Shake - 20 oz <small>CONTAINS: MILK</small>	482	640	150	17	11	.5	40	510	107	<1	102	16	8	10	60	6
Vanilla Shake - 20 oz <small>CONTAINS: MILK</small>	468	550	150	17	11	1	45	440	83	0	82	16	10	10	60	2
Apple Turnover (no icing) <small>CONTAINS: SOY AND WHEAT</small>	89	250	135	15	4	0	0	200	35	2	15	4	0	4	0	6
Cherry Turnover (no icing) <small>CONTAINS: SOY AND WHEAT</small>	89	250	126	14	4	0	0	200	35	2	15	4	2	4	0	6
Icing Adds*	39	130	15	1.5	.5	N/A	0	N/A	29	0	26	0	N/A	0	N/A	N/A

Some people are allergic to certain foods or ingredients. The FDA has identified the major food allergens as milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans, as well as ingredients that contain protein derived from those foods. For your convenience, we have identified the foods and ingredients that contain these major allergens. All of our foods are prepared in a common kitchen and all of our fried