

Garden Sensations®

Salads

Flavor-Packed Entrée Salads*
Prepared Fresh Daily

	Nutrition Information										Allergens				
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat
Mandarin Chicken® Salad	180	2	0.5	0	65	630	16	2	12	24					
Crispy Noodles	70	2.5	0	0	0	190	10	0	0	1					•
Roasted Almonds†	130	11	1	0	0	70	4	2	1	5					
Oriental Sesame Dressing	170	10	1.5	0	0	360	19	0	18	1					•
Chicken Caesar Salad	180	4	2	0	75	690	8	3	3	28					•
Homestyle Garlic Croutons	70	2.5	0	0	0	125	9	0	0	2					•
Supreme Caesar Dressing	120	13	2	0	10	200	1	0	1	1	•	•	•		
Chicken BLT Salad	470	27	10	0	85	1280	23	3	5	35	•	•	•	•	•
Homestyle Garlic Croutons	70	2.5	0	0	0	125	9	0	0	2					•
Honey Dijon Dressing	250	24	3.5	0	20	330	9	0	8	1	•				•
Southwest Taco Salad	400	22	12	1	85	1140	26	7	9	27					•
Reduced Fat Acidified Sour Cream	45	3.5	2	0	10	25	2	0	1	1					•
Seasoned Tortilla Strips	110	5	1	0	0	160	13	1	0	2					•
Ancho Chipotle Ranch Dressing	90	8	1.5	0	10	240	3	0	2	1	•				•
Additional Salad Dressings															
Classic Ranch	200	20	3	0	15	340	3	0	2	1	•				•
Light Classic Ranch	90	8	1.5	0	20	360	4	0	2	1	•				•
Balsamic Vinaigrette	90	6	1	0	0	380	8	0	7	0					
Italian Vinaigrette	130	11	1.5	0	0	320	8	0	6	0					
Fat Free French**	70	0	0	0	0	170	17	1	15	0					
Light Honey Dijon**	100	5	1	0	20	280	13	1	12	1	•				•
Chunky Blue Cheese**	230	24	5	0	35	370	2	0	2	2	•				•
Thousand Island**	290	28	4.5	0	30	530	9	0	7	1	•				

* Toppings and Salad Dressings listed separately. ** Not available in all locations. † Indicates tree nut allergen

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Side Selections

Numerous Options for a
Balanced Meal

	Nutrition Information										Allergens				
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat
Side Salad	35	0	0	0	0	25	8	2	4	1					
Caesar Side Salad	70	4	2	0	10	170	4	2	1	6			•		
Homestyle Garlic Croutons	70	2.5	0	0	0	125	9	0	0	2			•	•	
Supreme Caesar Dressing	120	13	2	0	10	200	1	0	1	1	•	•	•		
Mandarin Orange Cup	80	0	0	0	0	15	19	1	17	1					
Plain Baked Potato (avg. wgt. 10 oz.)	270	0	0	0	0	25	61	7	3	7					
Sour Cream & Chives Baked Potato	320	4	2	0	10	50	63	7	4	8			•		
Buttery Best Spread	50	5	1	0	0	90	0	0	0	0			•	•	
Small Chili	190	6	2.5	0	40	830	19	5	6	14					
Large Chili	280	9	3.5	0.5	60	1240	29	7	9	21					
Hot Chili Seasoning	5	0	0	0	0	270	1	0	1	0					
Saltine Crackers	25	0.5	0	0	0	95	4	0	0	0				•	•
Cheddar Cheese, shredded	70	6	3.5	0	15	110	1	0	0	4			•		
Kids' Meal French Fries*	210	10	1.5	0	0	180	28	3	0	3	•	•	•	•	
Small French Fries*	340	16	2.5	0	0	290	45	4	0	4	•	•	•	•	
Medium French Fries*	430	20	3	0	0	370	56	5	0	6	•	•	•	•	
Large French Fries*	550	26	4	0	0	480	72	7	0	7	•	•	•	•	
Ketchup, 1 Packet	10	0	0	0	0	115	3	0	2	0					

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

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Beverages and Frosty™

Refreshments for
Everyone's Thirst

	Nutrition Information										Allergens				
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat
Milk, 2% Reduced Fat Milk	120	4.5	3	0	20	130	12	0	11	8			•		
Milk, 1% Low Fat Chocolate	150	2.5	1.5	0	10	190	24	0	22	7			•		
Diet Coke®, Small Cup	0	0	0	0	0	15	0	0	0	0					
Sprite®, Small Cup	130	0	0	0	0	30	34	0	34	0					
Coca-Cola®, Small Cup	140	0	0	0	0	0	37	0	37	0					
Dasani® Water	0	0	0	0	0	0	0	0	0	0					
Coffee	0	0	0	0	0	0	0	0	0	0					
Coffee Creamer	20	2	1	0	10	0	0	0	0	0			•		
Sugar, 1 Packet	15	0	0	0	0	0	3	0	3	0					
Non-Nutritive Sweetener	0	0	0	0	0	0	1	0	1	0					
Hot Tea	0	0	0	0	0	0	<1	0	0	0					
Sweet Tea	100	0	0	0	0	10	26	0	25	0					
Chocolate Frosty™ Junior	160	4	2.5	0	15	75	26	0	21	4			•		
Chocolate Frosty™ Small	320	8	5	0	35	150	52	0	41	9			•		
Chocolate Frosty™ Medium	410	11	7	0.5	45	200	68	0	54	11			•		
Chocolate Frosty™ Large	530	14	9	0.5	55	260	86	0	69	14			•		
Vanilla Frosty™ Junior	150	4	2.5	0	20	90	26	0	21	4			•		
Vanilla Frosty™ Small	310	8	5	0	35	180	52	0	43	8			•		
Vanilla Frosty™ Medium	410	10	6	0.5	45	240	68	0	57	11			•		
Vanilla Frosty™ Large	520	13	8	1	60	300	86	0	72	14			•		
Vanilla Frosty™ Float with Coca-Cola*	380	7	4.5	0	30	160	75	0	68	7			•		
Chocolate Fudge Frosty™ Shake, Small	410	11	7	0.5	35	260	69	0	57	9			•		
Chocolate Fudge Frosty™ Shake, Large	540	13	8	0.5	45	370	95	0	79	12			•		
Strawberry Frosty™ Shake, Small	390	11	7	0.5	35	170	67	0	58	7			•		
Strawberry Frosty™ Shake, Large	520	13	8	0.5	45	220	91	0	79	9			•		
Vanilla Bean Frosty™ Shake, Small	380	11	7	0.5	35	170	65	0	56	7			•		
Vanilla Bean Frosty™ Shake, Large	500	12	8	0.5	45	220	89	0	77	9			•		
Chocolate Twisted Frosty™ with Nestle® Toll House® Cookie Dough▲	480	16	10	0.5	35	220	77	1	58	10			•	•	•
Vanilla Twisted Frosty™ with Nestle® Toll House® Cookie Dough▲	480	16	10	0.5	40	240	77	1	60	9			•	•	•
Chocolate Twisted Frosty™ with M&M's®▲	560	19	12	0.5	40	180	86	1	72	10			•	•	
Vanilla Twisted Frosty™ with M&M's®▲	550	19	12	0.5	40	210	86	1	74	10			•	•	
Chocolate Twisted Frosty™ with Oreo®	450	14	7	0	30	300	72	1	52	10			•	•	•
Vanilla Twisted Frosty™ with Oreo®	440	14	6	0.5	35	320	72	1	54	9			•	•	•

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To determine nutritional information for a Kid's size (12 oz.) soft drink, multiply by 0.6; Value (16 oz.) soft drink, multiply by 0.8; Medium (30 oz.) soft drink, multiply by 1.5; Large (40 oz.) soft drink, multiply by 2.0. †The sodium value will vary based on the level of sodium in your city's water supply. * Visit wendys.com for other beverage variations.

▲ Indicates product may contain peanut and/or tree nuts allergen.

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Sandwiches

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

	Nutrition Information										Allergens				
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat
Jr. Hamburger	220	8	3	0	30	490	26	1	5	13					
Jr. Cheeseburger	260	11	5	0.5	40	690	26	1	6	15			•	•	•
Jr. Cheeseburger Deluxe	300	14	6	0.5	45	730	28	2	7	15	•		•	•	•
Jr. Bacon Cheeseburger	310	16	6	0.5	50	670	25	1	5	17	•		•	•	•
Stack Attack™	380	20	9	1	75	750	26	1	5	23	•		•	•	•
Hamburger, Kids' Meal	220	8	3	0	30	490	25	1	5	12					•
Cheeseburger, Kids' Meal	260	11	5	0.5	40	700	26	1	5	15			•	•	•
Single w/Everything	430	20	7	1	75	870	37	2	9	25	•				•
Double w/Everything and Cheese	700	40	17	2	160	1440	38	2	9	47	•		•	•	•
Triple w/Everything and Cheese	960	60	27	3.5	245	2010	39	2	9	69	•		•	•	•
Baconator™	830	51	23	2.5	195	1880	35	1	8	56	•		•	•	•
Ultimate Chicken Grill Sandwich	320	7	1.5	0	70	950	36	2	8	28	•				•
Spicy Chicken Fillet Sandwich	440	16	2.5	0	60	1300	46	3	6	28	•	•		•	•
Homestyle Chicken Fillet Sandwich	430	16	2.5	0	45	1120	48	2	6	25	•	•		•	•
Chicken Club Sandwich	540	25	8	0	75	1360	48	2	7	34	•	•	•	•	•
Crispy Chicken Sandwich	330	14	2.5	0	35	680	34	1	4	16	•	•	•	•	•
Grilled Chicken Go Wrap	260	11	3.5	0	45	760	23	1	2	17	•		•	•	•
Homestyle Chicken Go Wrap	320	16	4.5	0	35	860	29	1	1	15	•	•	•	•	•
Spicy Chicken Go Wrap	320	16	4.5	0	40	960	28	2	1	17	•	•	•	•	•

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Sandwich Components

Our sandwiches can be made to order

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

Sandwich Components	Nutrition Information										Allergens				
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat
Jr. Hamburger Patty	90	6	3	0	30	110	0	0	0	8					
1/4 lb.* Hamburger Patty	200	14	6	1	70	250	0	0	0	19					
Ultimate Chicken Grill Fillet	110	1.5	0	0	65	610	1	0	0	23					
Spicy Chicken Fillet	230	11	1.5	0	55	970	13	2	0	22	•	•		•	•
Homestyle Chicken Fillet	230	10	1.5	0	40	790	15	0	0	20	•	•		•	•
Crispy Chicken Patty	180	11	2	0	30	420	10	0	0	12	•	•	•	•	•
Sandwich Bun	120	1.5	0	0	0	210	23	1	4	4					•
Premium Bun	160	2	0	0	0	280	31	1	5	5					•
Tortilla	130	4	1.5	0	0	340	20	0	0	3					•
American Cheese Jr.	40	3.5	2	0	10	200	0	0	0	2			•	•	
American Cheese	70	5	3.5	0	15	320	1	0	0	3			•	•	
Swiss Cheese	70	6	3.5	0	20	85	0	0	0	5			•		
Bacon – 1 strip	15	1	0	0	5	50	0	0	0	1					
Mayonnaise – 1 tsp.	40	3.5	0.5	0	5	55	1	0	0	0	•				
Ketchup – 1 tsp.	10	0	0	0	0	95	2	0	2	0					
Mustard – 1/2 tsp.	5	0	0	0	0	50	0	0	0	0					
Honey Mustard Sauce – 1 tsp.	40	3.5	0	0	5	60	3	0	2	0	•				
Ranch Sauce	35	3.5	0.5	0	5	70	1	0	0	0	•	•	•		
Dill Pickles – 4 each	0	0	0	0	0	140	0	0	0	0					
Iceberg Lettuce Leaf	0	0	0	0	0	0	0	0	0	0					
Tomato – 1 slice	5	0	0	0	0	0	1	0	1	0					
Onion – 4 rings	5	0	0	0	0	0	1	0	1	0					

* Approximate weight before cooking.

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Crispy Chicken Nuggets

Crispy All-White Meat for Full Flavor Dipping

	Nutrition Information										Allergens				
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat
4 Piece Kids' Meal Chicken Nuggets	190	12	2	0	30	420	10	0	0	10	●	●	●		●
5 Piece Chicken Nuggets	230	15	3	0	35	520	12	0	0	12	●	●	●		●
10 Piece Chicken Nuggets	460	30	6	0	70	1040	24	0	0	24	●	●	●		●
Barbecue Nugget Sauce	45	0	0	0	0	160	11	0	9	1					
Sweet & Sour Nugget Sauce	50	0	0	0	0	120	13	0	11	0					
Honey Mustard Nugget Sauce	130	12	2	0	10	220	6	0	5	0	●				
Heartland Ranch Dipping Sauce	160	17	2.5	0	15	220	1	0	1	0	●		●		

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1% Low Fat Chocolate Milk: See label.

2% Reduced Fat Milk: See label.

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

Ancho Chipotle Ranch Dressing: Buttermilk, Soybean Oil, Water, Sour Cream (skim milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, sodium citrate, locust bean gum), Distilled Vinegar, Chili Peppers, Sugar, Egg Yolk, Salt, Garlic Juice, Buttermilk Powder (buttermilk, whey), Modified Corn Starch, Garlic (dehydrated), Chipotle Peppers, Onion (dehydrated), Natural Flavors Including Smoke Flavor, Xanthan Gum, Ancho Peppers (dehydrated), Spices, Lactic Acid, Jalapeno Peppers (dehydrated). CONTAINS: MILK, EGG.

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

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

Balsamic Vinaigrette: Water, Balsamic Vinegar, Sugar, Soybean Oil, Distilled Vinegar, Salt, Spices, Garlic (dehydrated), Lemon Juice Concentrate, Xanthan Gum, Oleoresin Rosemary.

BBQ Nugget Sauce: High Fructose Corn Syrup, Tomato Paste, Water, Distilled Vinegar, Molasses, Salt, Modified Food Starch, Torula Yeast, Natural Smoke Flavor, Spices, Onion Powder, Sodium Benzoate (preservative), Garlic Powder.

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

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

Cheddar Cheese Sauce: Cheddar Cheese (milk, salt, cheese cultures, enzymes), Whey, Buttermilk, Salt, Disodium Phosphate, Yellow 5 and 6, Modified Food Starch, Whey, Corn Syrup Solids, Partially Hydrogenated Coconut Oil, Natural Flavor, Salt, Lactic Acid, Tricalcium Phosphate, Sodium Alginate, Yeast Extract, Sodium Caseinate (milk derivative), Calcium Gluconate, Xanthan Gum, Disodium Inosinate, Dipotassium Phosphate, Sodium Tripolyphosphate, Garlic, Monoglycerides, DATEM, Sodium Silicoaluminat (anti-caking agent), Yellow 5 and 6. CONTAINS: MILK.

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

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

Chunky Blue Cheese Dressing: Soybean Oil, Water, Blue Cheese (milk, cheese cultures, salt, enzymes), Distilled Vinegar, Egg Yolk, Sugar, Salt, Buttermilk, Xanthan Gum, Natural Flavors, Garlic (dehydrated), Cultured Whey. CONTAINS: EGG, MILK.

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

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

Coffee Creamer: Light Cream, Contains less than 1% of each of the following: Skim Milk, Sodium Citrate, Disodium Phosphate. CONTAINS: MILK.

Crispy Chicken Nuggets: Chicken Breast, Water, Modified Corn Starch, Sodium Phosphates, Salt, Whey Protein Concentrate. Battered and Breaded with: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spices, Dextrose, Leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), Yellow Corn Flour, Yeast, Garlic Powder, Citric Acid, Natural and Artificial Flavor, Spice Extractives, Xanthan Gum. Cooked in Corn/Soy Oil. Note: May be cooked in the same oil as Fish Fillets and French Toast Sticks (where available). CONTAINS: MILK, WHEAT.

Crispy Chicken Patty: Chicken Breast, Water, Salt, Sodium Phosphates. Breaded With: Wheat Flour, Bleached Wheat Flour, Water, Rice Flour, Salt, Modified Corn Starch, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate), Spices, Garlic Powder, Onion Power, Yeast, Spice Extractives, Extractives of Paprika, Natural and Artificial Flavor and Lactic Acid. Cooked in Corn/Soy Oil. Note: May be cooked in the same oil as Fish Fillets and French Toast Sticks (where available), Crispy Chicken Nuggets, Homestyle Chicken Breast Fillet. CONTAINS: WHEAT.

Crispy Rice Noodles: Bleached Wheat Flour, Water, Corn Oil, Corn Flour, Rice Flour, Salt, Sugar. CONTAINS: WHEAT

Dasani® Bottle Water: Purified Water, Magnesium Sulfate, Potassium Chloride, Salt.

Diced Chicken: Chicken Breast, Water, Seasoning (maltodextrin, salt, autolyzed yeast extract, onion powder, spice, natural flavors, garlic powder, iodized salt, modified corn starch, sugar, disodium inosinate, disodium guanylate, lactic acid, citric acid, artificial flavors), Modified Food Starch, Sodium Phosphate.

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

Dill Pickles: Cucumbers, Water, Vinegar, Salt, Sodium Benzoate (preservative), Natural Flavoring, Polysorbate 80, Calcium Chloride, Yellow #5, Blue #1.

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

French Fries: Potatoes, Vegetable Oil (contains one or more of the following: soy, canola, cottonseed, partially hydrogenated soy and/or cottonseed), Disodium Dihydrogen Pyrophosphate (color protector), Sodium Acid Pyrophosphate, Dextrose. Cooked in Corn/Soy Oil. Note: may be cooked in the same oil as Fish Fillets and French Toast Sticks (where available), Crispy Chicken Nuggets, Crispy Chicken Patty. Seasoned with Salt.

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

Frosty™, Vanilla: Milk, Sugar, Corn Syrup, Cream, Whey, Nonfat Dry Milk, Guar Gum, Mono and Diglycerides, Natural and Artificial Flavor, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Dextrose, Annatto Color, Vitamin A Palmitate. CONTAINS: MILK.

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

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

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

Hamburger Patty: Ground Beef. Seasoned with Salt.

Heartland Ranch Dipping Sauce: Soybean Oil, Water, Buttermilk, Egg Yolk, Distilled Vinegar, Salt, Sugar, Garlic Powder, Onion Powder, Citric Acid, Yeast Extract, Spices, Sodium Benzoate and Potassium Sorbate (preservatives), Xanthan Gum, Disodium Inosinate, Disodium Guanylate, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK.

Homestyle Chicken Breast Fillet: Chicken Breast, Water, Modified Potato Starch, Seasoning (salt, maltodextrin, modified corn starch, yeast extract, citric acid, disodium guanylate, disodium inosinate, chicken broth, partially hydrogenated soybean/cottonseed oil, soy sauce solids [wheat, soybeans, salt]), Sodium Phosphate. Battered and Breaded with: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spices, Wheat Gluten, Leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), Egg White Solids, Onion Powder, Garlic Powder, Fructose, Maltodextrin, Yeast, Chicken Broth, Natural and Artificial Flavor, Locust Gum, Lactic Acid, Xanthan Gum, Extractives of Paprika. Cooked in Corn/Soy Oil. Note: May be cooked in the same oil as Fish Fillets (where available). CONTAINS: WHEAT, SOY, EGG.

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

Honey Dijon Dressing: Soybean Oil, Water, Sugar, Distilled Vinegar, Honey, Egg Yolk, Mustard Seed, Salt, Natural Flavors, White Wine, Spices, Xanthan Gum, Citric Acid, Tartaric Acid, Annatto Color, Oleoresin Turmeric, Oleoresin Paprika, Turmeric, Soy Lecithin. CONTAINS: EGG, SOY.

Honey Mustard Nugget Sauce: Soybean Oil, Honey, Dijon Mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), Water, Vinegar, Egg Yolk, Sugar, Salt, Xanthan Gum, Spices (including paprika), Sodium Benzoate (preservative), Oleoresin, Paprika, Yellow #5. CONTAINS: EGG.

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

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

This nutrition information is current as of August 2008.

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

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

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

Light Honey Dijon Dressing: Water, Sugar, Distilled Vinegar, Soybean Oil, Honey, Mustard Seed, Egg Yolk, Salt, Microcrystalline Cellulose, Natural Flavors, Xanthan Gum, White Wine, Egg White (dehydrated), Spices, Citric Acid, Tartaric Acid, Cellulose Gum, Annatto Color, Oleoresin Turmeric, Turmeric, Soy Lecithin. CONTAINS: EGG, SOY.

Mandarin Oranges: Mandarin Oranges, Water, Sugar.

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

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

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

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

Nestle® Toll House® Cookie Dough: Cookie Dough (wheat flour, sugar, water, butter, soybean oil, semi-sweet chocolate [sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin {artificial flavor}, natural flavor], molasses, less than 2% of salt, vanilla extract [vanilla bean extractives, water, alcohol, invert syrup and propylene glycol], soy lecithin, baking soda). Chocolate Flakes (sugar, palm kernel and palm oils, cocoa [processed with alkali], chocolate liquor, soy lecithin). CONTAINS: MILK, SOY, WHEAT. Manufactured in a facility which makes peanut & tree nut products.

Non-nutritive Sweetener: See individual packet.

Oreo® Cookie Crumbles: Sugar, Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), High Oleic Canola and/or Palm Oil and/or Canola Oil, and/or Soybean Oil, Cocoa (processed with alkali), High Fructose Corn Syrup, Cornstarch, Leavening (baking soda and/or calcium phosphate), Salt, Soy Lecithin (emulsifier), Vanillin (artificial flavor), Chocolate. CONTAINS: SOY, WHEAT.

Oriental Sesame Dressing: Water, Sugar, Soybean Oil, Soy Sauce (water, wheat, soybeans, salt), Distilled Vinegar, Corn Syrup, Brown Sugar, Sesame Seed Oil, Pineapple Juice Concentrate, Rice Vinegar, Sesame Seeds, Modified Corn Starch, Mustard Seed, Natural Flavor, Ginger, Xanthan Gum, Spices, Garlic (dehydrated), Salt, Citric Acid. CONTAINS: WHEAT, SOY.

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

Ranch Sauce: Soybean Oil, Buttermilk, Water, Egg Yolk, Sour Cream (cream, modified corn starch, soy lecithin, lactic acid, water, citric acid, sodium phosphate, guar gum, artificial flavor), Distilled Vinegar, Sugar, Garlic (including dehydrated), Salt, Garlic Juice, Whey, Natural Flavors, Modified Corn Starch, Onion (dehydrated), Xanthan Gum, Spices, Potassium Sorbate and Sodium Benzoate (preservatives), Propylene Glycol Alginate, Lactic Acid, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK, SOY.

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

Roasted Almonds: Almonds, Salt. CONTAINS: TREE NUTS.

Saltines: Enriched Flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), Partially Hydrogenated Soybean and/or Cottonseed Oil, Salt, Corn Syrup, Leavening (baking soda, yeast), Soy Lecithin. CONTAINS: SOY, WHEAT.

Seasoned Tortilla Strips: Whole Corn, Vegetable Oil (contains one or more of the following: corn, soybean or sunflower oil), Salt, Buttermilk Solids, Spices, Tomato, Sweet Cream, Dextrose, Onion, Sugar, Cheddar Cheese (cultured milk, salt, enzymes), Corn Starch, Modified Corn Starch, Maltodextrin, Nonfat Dry Milk, Garlic, Torula Yeast, Citric Acid, Autolyzed Yeast, Natural and Artificial Flavor, Artificial Colors (including extractives of paprika, turmeric and annatto, titanium dioxide, Red 40, Yellow 5, Blue 1), Disodium Phosphate, Lactic Acid, Soy Lecithin. CONTAINS: MILK, SOY.

Spicy Chicken Fillet: Chicken Breast, Water, Seasoning (salt, spices, sodium phosphates, modified corn starch, paprika, extractives of paprika, extractives of turmeric). Battered and Breaded with: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spice, Wheat Gluten, Gum Arabic, Egg White Solids, Yellow Corn Flour, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), Spice Extractives, Dextrose, Extractives of Paprika, Yeast. Cooked in Corn/Soy Oil. Note: May be cooked in the same oil as Fish Fillets (where available), Homestyle Chicken Breast Fillet. CONTAINS: EGG, WHEAT.

Spring Mix: Contains five or more of the following lettuces: Red Oak, Red Romaine, Red Mustard, Granada, Lolla Rosa, Brunia, Red Bibb, Radina.

Sprite®: High Fructose Corn Syrup, Water, Citric Acid, Natural Flavors, Sodium Citrate, Sodium Benzoate (protects taste), Dimethylpolysiloxane (anti-foaming agent).

Supreme Caesar Dressing: Soybean Oil, Water, Parmesan and Romano Cheese (part skim milk, cheese cultures, salt, enzymes), Red Wine Vinegar, Egg Yolk, Extra Virgin Olive Oil, Lemon Juice Concentrate, Salt, Sugar, Garlic (dehydrated), Mustard Seed, Spices, Autolyzed Yeast Extract, Anchovies, Xanthan Gum, Distilled Vinegar, Molasses, Corn Syrup, Caramel Color, Tamarind, Natural Flavor. CONTAINS: EGG, MILK, FISH (anchovies).

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

Sweet Tea: Water, Tea, Sugar.

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

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

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

Ultimate Chicken Grill Fillet: Chicken Breast, Water, Seasoning (salt, natural flavors, corn maltodextrin, autolyzed yeast extract, modified corn starch, onion powder, paprika, spice, garlic powder, sugar, disodium idosinate, disodium guanylate, dextrose, artificial flavors), Modified Corn Starch, Sodium Phosphates.

Whipped Cream: Cream, Milk, Sugar, Dextrose, Contains less than 1% of each of the following: Sorbitan Monostearate, Artificial Flavor, Carrageenan, Mixed Tocopherols (vitamin E [to protect flavor]), Nitrous Oxide (propellant). May contain Corn Syrup, Mono and Diglycerides, and Natural Flavors. CONTAINS: MILK.

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

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This nutrition information is current as of August 2008.