



Canadian Menu Items Without Gluten

No Wheat, Barley, Oats, or Rye

The information contained in this list is based on standard product formulations. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant, and/or season of the year. Certain menu items may not be available at all locations. Temporary products are not included. Wendy's calculations follow government regulations regarding the rounding of nutritional data. This information is effective as of **August, 2008**.

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Meats: Hamburger Patty Ultimate Chicken Grill Breast† Diced Chicken†	Hot Chili Seasoning Packet Mandarin Oranges Chili Cheese Nachos*	Seasoned Tortilla Strips† Side Salad Mandarin Chicken Salad† (without crispy noodles or Oriental Sesame dressing) Roasted Almonds Chicken Caesar† (without croutons)
Condiments: Cheddar Cheese, Processed Bacon Lettuce Tomato Onion Ketchup Mayonnaise Lite Honey Mustard Sauce Ranch Sauce Mustard Sliced Dill Pickles Cheddar Cheese Sauce	Beverages: Coffee Iced Tea Coca-Cola Classic® Coca-Cola Zero® Dasani Water® Diet Coke® Fresca™ Sprite® Barq's Root Beer Minute Maid® Apple Juice Minute Maid® Orange Juice Fruitopia® Strawberry Passion Awareness 2% M.F. Partly Skimmed Milk 1% M.F. Partly Skimmed Choc Milk	Dipping Sauces: BBQ Nugget Sauce Sweet & Sour Nugget Sauce Honey Mustard Nugget Sauce Honey Nugget Sauce* Heartland Ranch Dipping Sauce Wild Buffalo Dipping Sauce
Baked Potatoes: Plain Sour Cream & Chives Bacon & Cheese Broccoli & Cheese Chili & Cheese* Becel® Spread	Dressings: Ancho Chipotle Ranch Dressing Balsamic Vinaigrette Dressing Classic Ranch Dressing Italian Vinaigrette Dressing Honey Dijon Dressing Light Honey Dijon Dressing* Light Classic Ranch Dressing*† Supreme Caesar Dressing	
Frosty™: Chocolate Frosty™ Vanilla Frosty™ M&M's® Candy Crumbles	Salads: Caesar Side Salad (without croutons) Southwest Taco Salad Sour Cream	
Side Items: Chili Shredded Cheddar Cheese		

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*Certain menu items may vary from store to store and may not be available at all locations.

†Contains maltodextrin

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