



## U.S. Menu Items Without Gluten

### *No Wheat, Barley, Oats, or Rye*

Ingredient 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 the season of the year. Certain menu items may not be available at all locations. Temporary products are not included. This information is effective as of **September 2009**.

Wendy's International, 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.

We encourage anyone with food allergies, sensitivities, or special dietary needs to check our website at [www.wendys.com](http://www.wendys.com) on a regular basis to obtain the most comprehensive and up-to-date information. If you have specific questions about our menu, call or write:

Wendy's International, Inc., Consumer Relations Department, One Dave Thomas Boulevard, Dublin, OH 43017-0256, 614-764-3100.

#### Meats:

Hamburger Patty  
Grilled Chicken Breast<sup>+</sup>

#### Condiments:

American Cheese  
Applewood Smoked Bacon  
Bacon Jr.  
Cheddar Cheese Sauce  
Dill Pickles  
Honey Mustard Sauce  
Ketchup  
Lettuce  
Mustard  
Natural Swiss Cheese  
Onion  
Ranch Sauce  
Tomato  
Tartar Sauce\*

#### Baked Potatoes:

Plain  
Sour Cream & Chives  
Bacon & Cheese\*  
Broccoli & Cheese\*  
Chili & Cheese\*  
Buttery Best Spread<sup>+</sup>

#### Salads:

Caesar Side Salad  
(without croutons)  
Side Salad  
Southwest Taco Salad  
Seasoned Tortilla Strips<sup>+</sup>  
Reduced Fat Acidified Sour Cream<sup>+</sup>

#### Side Items:

Chili  
Hot Chili Seasoning Packet  
Shredded Cheddar Cheese  
Mandarin Oranges

#### Beverages:

Coffee  
Tea  
Sweet Tea  
Coca-Cola®  
Diet Coke®  
Sprite®  
Barq's® Root Beer\*  
Coke Zero™\*  
Dr Pepper®  
Fanta® Orange\*  
Hi-C® Flashin' Fruit Punch\*  
Minute Maid® Light Lemonade\*  
Pibb Xtra®\*  
Dasani® Water\*  
Nesquik® Low Fat Chocolate Milk  
Nesquik Low Fat White Milk

#### Dressings:

Ancho Chipotle Ranch Dressing  
Classic Ranch Dressing  
Honey Dijon Dressing  
Supreme Caesar Dressing  
Fat Free French Style Dressing\*  
Italian Vinaigrette Dressing\*  
Light Classic Ranch Dressing\*  
Thousand Island Dressing\*

#### Frosty™:

Chocolate Frosty  
Vanilla Frosty  
Coffee Toffee Twisted Frosty

M&M's® Twisted Frosty  
Chocolate Fudge Frosty Shake  
Frosty™-cino  
Strawberry Frosty Shake  
Vanilla Bean Frosty Shake

#### Dipping Sauces

BBQ Nugget Sauce  
Heartland Ranch Sauce  
Honey Mustard Nugget Sauce  
Sweet & Sour Nugget Sauce  
Blue Cheese Dipping Sauce\*  
Honey Nugget Sauce\*  
Wild Buffalo Ranch Sauce\*

French Fries may be cooked in the same oil as Boneless Chicken Wings, Crispy Chicken Patty, Crispy Chicken Nuggets & Fish Fillets (where available) which contain a wheat allergen.

Barq's, Coca-Cola, Coke Zero, Dasani, Diet Coke, Fanta, Hi-C, Minute Maid, Pibb Xtra and Sprite are trademarks of The Coca-Cola Company. M&M's is a registered trademark of Mars, Incorporated. Nesquik is a registered trademark of Societe Des Produits Nestle S.A. Vevey, Switzerland. Dr Pepper is a registered trademark of Dr Pepper/Seven Up, Inc.

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

+Contains maltodextrin from a corn source.

**This list may not be published or distributed in any manner without prior written consent of Wendy's International, Inc.**

© 2009 Oldemark LLC. The Wendy's name, design and logo, Mandarin Chicken and Frosty are trademarks of Oldemark LLC and are licensed to Wendy's International, Inc.