MENU ITEM	NUTRI-SCORE	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	ALLERGENS	Celery	Egg	Fish	Gluten (Barley)	Gluten (Rye)	Milk	Mustard	Soy	Wheat	Nuts/Seeds
HAMBURGERS																				
Wendy's Single		524	29	10	37	8.2	1.7	28	2.2		√	√				√	√		√	√
Wendy's Double		879	56	22	39	8.7	1.7	54	3.1		√	√				√	√		√	√
Wendy's Triple		1195	80	32	41	10	1.7	77	4.1		√	√				√	√		√	√
Baconator		1001	66	26	38	8.5	1.7	63	3.8		√	√				√	√		√	√
JR. Cheeseburger Deluxe		344	14	4.5	35	7.3	1.4	17	1.9		√	√				√	√		√	√
JR. Bacon Cheeseburger		410	23	7.4	30	5.9	1.4	20	2.3		√	√				√	√		√	√
Sweet N Smokey Cheeseburger Single		847	51	18	51	15	2.1	45	4.1			√				√			√	√
Sweet N Smokey Cheeseburger Double		1210	76	30	52	15	2.1	76	5.4			√				√			√	√
Sweet N Smokey Cheeseburger Triple		1572	113	44	53	16	2.1	108	7.1			√				√			√	√
CHICKEN																				
Spicy Chicken		420	15	2.4	45	6.3	2.6	20	2.2		√	√				√	√		√	√
Classic Chicken		404	15	2.5	46	6.4	2.5	20	2.5		√	√		√		√	√		√	√
Grilled Chicken		337	10	1.2	35	6.4	1.7	26	1.6		√	√				√	√		√	√
Avocado Chicken Club		540	30	8.7	47	6.5	2.4	30	3.4		√	√		√		√	√		√	√
4 Pc Chicken Nuggets		114	5.6	1.4	4.9	0	0	11	0.93		√			√		√			√	
6 Pc Chicken Nuggets		173	8.4	2.1	7.4	0	0	17	1.4		√			√		√			√	
10 Pc Chicken Nuggets		294	14	3.4	12	0	0	28	2.3		√			√		√			√	
20 Pc Chicken Nuggets		570	28	6.8	25	0	0	55	4.6		√			√		√			√	
4 Pc Spicy Chicken Nuggets		93	2.8	0.5	6.5	0	0	12	0.37		√			√			√		√	
6 Pc Spicy Chicken Nuggets		152	4.1	0.8	9.8	0	0	19	0.55		√			√			√		√	
10 Pc Spicy Chicken Nuggets		250	6.8	1.3	16	0	0.4	31	0.92		√			√			√		√	
20 Pc Spicy Chicken Nuggets		498	13	2.6	33	0	1.2	62	1.8		√			√			√		√	
4 Pc Buffalo Sauce Classic Nuggets		189	9.7	2.2	8.3	0.7	0	17	2.2		√			√		√			√	
10 Pc Buffalo Sauce Classic Nuggets		312	16	3.6	14	0.9	0	28	4.1		√			√		√			√	
4 Pc Buffalo Sauce Spicy Nuggets		149	5.4	0.9	11	0.7	0	19	3.4		√			√			√		√	
10 Pc Buffalo Sauce Spicy Nuggets		276	8.8	1.5	18	1	0.6	31	5.5		√			√			√		√	
4 Pc BBQ Sauce Classic Nuggets		255	9.5	2.2	25	16	0.7	17	2.9		√			√		√	√		√	
10 Pc BBQ Sauce Classic Nuggets		380	16	3.6	31	18	0.8	28	3.9		√			√		√	√		√	
4 Pc BBQ Sauce Spicy Nuggets		233	5.2	0.9	27	16	1.1	19	2		√			√			√		√	
10 Pc BBQ Sauce Spicy Nuggets		347	8.1	1.5	35	18	1.4	32	2.7		√			√			√		√	
Sweet N Smokey Chicken Sandwich		627	29	6.3	62	14	2.8	28	3.8		√	√		√		√			√	√
Sweet N Smokey Grilled Chicken Sandwich		529	21	4.8	50	14	2.1	34	3.1			√				√			√	√
Sweet N Smokey Spicy Chicken Sandwich		615	28	5.2	61	14	2.5	27	3.8		√	√				√	√		√	√
WRAPS																				
BBQ Wrap w/ Hallouhi Fries		345	10	8.4	33	5.9	2.8	14	1.8							√			√	
Signature Wrap w/ Hallouhi Fries		435	29	9.2	28	2.6	2.8	14	1.8			√				√	√		√	
Avocado Wrap w/ Hallouhi Fries		358	21	7.2	28	4.2	2.8	12	1.5							√			√	
BBQ Wrap w/ Hallouhi Fries (Duo Wrap)		729	38	17	66	16	5.6	28	3.6							√			√	
Signature Wrap w/ Hallouhi Fries (Duo Wrap)		849	58	18	56	7.3	5.6	28	3.5			√				√	√		√	
Avocado Wrap w/ Hallouhi Fries (Duo Wrap)		704	41	14	57	8.6	5.6	24	3							√			√	
Avocado Wrap w/ Grilled Chicken		223	8.8	2.3	22	2.2	2	13	0.78										√	
Avocado Wrap w/ Classic Chicken		240	11	2.9	28	2.1	2.3	11	1.1		√			√		√			√	
Avocado Wrap w/ Spicy Chicken		232	11	2.9	27	2.1	2.3	10	1.1		√					√	√		√	
Signature Wrap w/ Grilled Chicken		301	17	4.3	21	1.6	2	15	1			√				√	√		√	
Signature Wrap w/ Classic Chicken		241	20	5	27	1.5	2.3	12	1.3		√	√		√		√	√		√	
Signature Wrap w/ Spicy Chicken		241	20	4.9	27	1.5	2.3	12	1.3		√	√				√	√		√	
BBQ Wrap w/ Grilled Chicken		235	7.4	2.5	26	5.9	2	15	1							√			√	
BBQ Wrap w/ Classic Chicken		249	9.8	4.1	32	5.8	2.3	12	1.4		√			√		√			√	
BBQ Wrap w/ Spicy Chicken		248	9.7	4.1	32	5.8	2.3	12	1.4		√					√	√		√	
SALADS INCLUDES TOPPINGS & DRESSINGS																				
Caesar Salad		317	29	6.2	3.3	3.5	1.4	9.4	1.4			√	√	√		√	√		√	
Avocado Salad		194	11	3.4	7.7	1.4	3.8	8	2.1			√				√				
Caesar Chicken Salad		411	21	6.4	4.2	3.7	1.4	28	3.1			√	√	√		√	√		√	
Avocado Chicken Salad		485	26	9.3	7.5	5.2	1.4	32	2.2			√				√				
Caesar Salad w/ Hallouhi Fries		498	42	12	11	5.4	2.2	18	2.2			√	√	√		√	√		√	
Avocado Salad w/ Hallouhi Fries		365	31	10	14	1.9	4.6	12	2.6			√				√			√	
SIDES																				
Value Fries		142	6.7	0.5	18	2.5	1.5	1.6	2.1		√									
Regular Fries		174	8.5	0.6	22	2.7	1.9	2	2.1		√									
Large Fries	228	11	0.8	31	4.8	2.6	2.7	2.4		√										
Baconator Fries	459	34	9.3	25	2.4	2.3	12	1.7								√				
Cheesy Topped Fries	351	24	7.1	25	2.5	2.3	7.5	2.4								√				
Plain Potato	232	5.4	3.4	39	2.4	4.7	4.4	1.9								√				
Bacon & Cheese Potato	405	20	8.4	40	3.8	4.3	14	1.6								√				
Sour Cream and Chives Potato	233	5.4	3.3	39	3.4	4.4	4.9	0.04								√				
Chili	203	13	6.5	14	3.5	1.9	18	1.5			√					√				
Chili Cheese Fries	481	31	9.8	32	4.2	3.2	17	1.7			√					√				
Chili Cheese Baked Potato	428	17	9	47	5.2	5.2	23	1.7			√					√				
Hallouhi Fries	178	11	5.1	16	0.7	0.8	2.2	1.2								√			√	
KID'S MEAL																				
Kid's Cheeseburger	317	14	5.8	30	6.3	1.4	17	1.8			√	√				√	√		√	√
Kid's Hamburger	278	11	4.3	28	5.5	1.4	15	1.3			√	√				√	√		√	√
4 Pc Chicken Nuggets	114	5.6	1.4	4.9	0	0	11	0.93			√			√		√			√	
FROSTY®																				
Jr. Vanilla Frosty	178	4.3	5.5	27	19	0	3.5	4.34								√				
Regular Vanilla Frosty	311	11	9.6	47	34	0	6.1	7.6								√				
Large Vanilla Frosty	424	15	13	64	45	0	8.2	9.8								√				
Jr. Chocolate Frosty	168	4	3.4	28	22	0	3	4.28								√				
Regular Chocolate Frosty	290	6.9	6.2	48	39	0.8	5.4	6.5								√				
Large Chocolate Frosty	390	9.4	8.3	66	53	1.1	7.2	8.49								√				
Regular Raspberry Chocolate Frosty	318	7.7	1.4	54	44	0	8.1	6.32			√					√		√	√	
Large Raspberry Chocolate Frosty	398	9.6	1.4	68	55	0	10	8.41			√					√		√	√	
Regular Raspberry Vanilla Frosty	333	10	9.1	55	38	0	6.8	6.54			√					√		√	√	
Large Raspberry Vanilla Frosty	418	12	11	68	48	0	7.8	8.49			√					√		√	√	
Regular Vanilla Frostpicino	186	6.6	5.8	28	20	0	3.7	0.24								√				
Large Vanilla Frostpicino	190	6.8	5.9	29	21	0	3.8	0.27								√				
Regular Chocolate Frostpicino	149	4.1	3.7	28	23	0	5.1	0.3								√				
Large Chocolate Frostpicino	176	4.2	3.8	29	24	0.5	5.2	0.31								√				
BREAKFAST																				
Classic Egg & Cheese Muffin	319	16	4.5	27	2.5	5.6	16	1				√				√			√	
Classic Sausage & Cheese Muffin	477	29	9.3	28	2.4	1	23	1.4				√				√			√	
Classic Bacon & Cheese Muffin	424	24	8.1	27	2.4	1.5	19	1.3				√				√			√	
Breakfast Baconator w/ Brown Sauce	630	36	13	40	6.2	2.1	36	3.7				√		√		√			√	√
Breakfast Baconator w/ Red Sauce	628	36	13	39	9	2.1	36	3.8			√	√				√			√	√
Sausage Biscuit	419	24	6.2	29	5	1.4	21	3			√					√			√	√
Sausage Breakfast Burrito w/ Brown Sauce	319	15	4.8	31	6.7	1.8	14	1.1			√			√	√	√			√	√
Bacon Breakfast Burrito w/ Brown Sauce	296	9.5	2.5	40	9.1	1.9	12	1.7			√			√	√	√			√	√
Sausage Breakfast Burrito w/ Red Sauce	315	15	4.8	30	9.2	1.9	14	1.1			√	√				√			√	√
Bacon Breakfast Burrito w/ Red Sauce	292	9.5	2.5	39	9.3	1.8	12	1.7			√	√				√			√	√
Breakfast Wrap Bacon w/ Red Sauce	355	18	6.1	29	4.3	2.6	18	2			√	√				√			√	
Breakfast Wrap Sausage w/ Red Sauce	448	26	9	30	4.3	2.9	22	1.4			√	√				√			√	
Breakfast Wrap Egg & Cheese w/ Red Sauce	290	13	4.4	29	4.3	2.6	13	1.3			√	√				√			√	
Breakfast Wrap Bacon w/ Brown Sauce	355	18	6.1	29	4.3	2.6	18	1.9				√		√	√	√			√	
Breakfast Wrap Sausage w/ Brown Sauce	452	26	9	31	4.9	2.9	22	1.6				√		√	√	√			√	
Breakfast Wrap Egg & Cheese w/ Brown Sauce	290	13	4.4	29	4.2	2.6	13	1.2				√		√	√	√			√	
Small Hashbrown	134	12	1.3	13	0	2	1.4	0.73												
Regular Hashbrown	271	16	1.8	28	0	3.1	2.1	1.1												
Large Hashbrown	356	21	2.4	37	0	4	2.7	1.5												
Apple Slices	62	0	0	0.2	0.2	0.2	0	0												
6 Pc Mini Donuts		221	16	7.2	20	17	1.7	4.4	1.1			√				√		√	√	
MENU ITEM	NUTRI-SCORE	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	ALLERGENS	Celery	Egg	Fish	Gluten (Barley)	Gluten (Rye)	Milk	Mustard	Soy	Wheat	Nuts
BEVERAGES																				
Can Coke		140	0	0	35	35	0	0	0											
Can Diet Coke		0	0	0	0	0	0	0	0											
Can Coke Zero		0	0	0	0	0	0	0	0.07											
Can Sprite		44	0	0	11	11	0	0	0.03											
Coke Small Drink 12 oz		150	0	0	38	38	0	0	0											
Diet Coke Small Drink 12 oz		0	0	0	0	0	0	0	0											
Coke Zero Small Drink 12 oz		0	0	0	0	0	0	0	0.07											
Orange Fanta Small Drink 12 oz		44	0	0	14	14	0	0	0.07											
Sprite Zero Small Drink 12 oz		0	0	0	0	0	0	0	0.21											
Coke Regular Drink 16 oz		200	0	0	50	50	0	0	0											
Diet Coke Regular Drink 16 oz		0	0	0	0	0	0	0	0											
Coke Zero Regular Drink 16 oz		0	0	0	0	0	0	0	0.09											
Orange Fanta Regular Drink 16 oz		84	0	0	21	21	0	0	0.08											
Sprite Zero Regular Drink 16 oz		0	0	0	0	0	0	0	0.33											
Coke Large Drink 20 oz		250	0	0	63	63	0	0	0											
Diet Coke Large Drink 20 oz		0	0	0	0	0	0	0	0											
Coke Zero Large Drink 20 oz		0	0	0	0	0	0	0	0.12											
Orange Fanta Large Drink 20 oz		108	0	0	27	27	0	0	0.12											
Sprite Zero Large Drink 20 oz		0	0	0	0	0	0	0	0.41											
Espresso		0	0	0	0	0	0	0	0											
Americano		0	0	0	0	0	0	0	0.02											
Flat White		153	5	3.1	16	16	0	11	0.47							√				
Cappuccino		90	3.4	2	6.8	6.8	0	6.7	0.2							√				
Latte		153	5	3.1	16	16	0	11	0.47							√				
Mocha		198	3.4	2.4	35	32	2.4	7.2	0.41							√				
Tea		0	0	0	0	0	0	0	0											
Hot Chocolate		240	6.8	7.5	41	39	3.2	8.9	0.51							√				
INGREDIENTS/CONDIMENTS																				
Premium Bun		183	2.3	0.3	33	5.2	1.7	6.6	0.75			√				√			√	√
Value Bun		148	1.8	0.2	27	4.8	1.4	5.2	0.61			√				√			√	√
Lettuce As Bun		0	0	0	0	0	0	0	0											
Strawberry Jam		38	0	0	9.4	8.4	0	0	0											
Small Patty		122	9.3	4.1	0	0	0	9.5	0.06											
Large Patty		273	24	9.2	0	0	0	21	0.13											
Bacon 2 Pieces		62	3.2	1.2	0	0	0	3.2	0.48											
Bacon 3 Pieces		93	4.8	1.8	0	0	0	4.8	0.72											
Sub Classic Chicken		142	6.7	1.7	12	0	0.7	13	1.4		√			√		√			√	
Sub Grilled		93	1.8	0.4	0	0	0	19	0.77											
Sub Spicy Chicken		156	6.5	1.6	11	0	0.7	13	1.4		√						√		√	
Sausage		158	13	6.4	1.5	0.7	0	8.8	0.38											
Shredded Cheese		26	2	1.9	0	0	0	2.2	0.17							√				
Cream Crackers		71	2.5	1	11	0	0.6	1.4	0.19										√	
Ketchup Packet		11	0	0	2.8	2.7	0	0	0.22		√									
Sour Cream		52	5	2.1	1.1	1.1	0	0.7	0.04							√				
Tomato Sliced	3	0	0	0.8	0.8	0	0	0	0											
Tomato Diced	5	0	0	1.3	1.3	0	0	0	0											
Monterey Jack Cheese	93	7.8	4.8	0	0	0	5.6	0.45								√				
American Cheese	42	3.2	1.5	1.3	0.8	0	1.9	0.49								√				
Italian Cheese	82	6	4.4	0	0	0	7	0								√				
Grana Padano PDO Cheese flakes	83	6.1	3.8	0	0	0	7	0.32			√					√				
Cheese Shredded Cheddar - Salad	105	8.8	5.5	0	0	0	6.5	0.49								√				
Cheese Shredded Cheddar - topped side	36	3	1.9	0	0	0	2.2	0.17								√				
Cheddar Cheese Sauce	81	6.5	4.2	2.3	1.5	0	3.2	0.73								√				
Creamer	0	0	0	0	0	0	0	0.01								√				
Kid's Milk	84	3	2	9.8	9.8	0	7	0.2								√				
Sugar	16	0	0	4	4	0	0	0												
Sweetener Packets	16	0	0	3.6	3.6	0	0	0												
BBQ Dip Pot	32	0	0	8	7	0	0	0.3												
Garlic Sauce Dip Pot	130	9.8	0.8	3	2.2	0	0	0.43			√	√					√			
Sweet Chili Dip Pot	48	0	0	12	11	0	0	0.38												
Caesar Salad Dressing	239	22	2	1.5	1.1	0	1.3	1.2				√	√	√		√	√		√	
Kids Carton Juice	54	0	0	12	11	0.8	1	0												
Chives	0	0	0	0	0	0	0	0												
Mayonnaise Milk - Premium Sandwich	50	5.5	0.5	0	0	0	0.1					√					√			
Mayonnaise Milk - Value Sandwich	45	5	0.4	0	0	0	0	0.08				√					√			
Sea Salt Packet	0	0	0	0	0	0	0	6.5												
Ketchup Bulk - Premium Sandwich	6	0	0	1.6	1.5	0	0	0.12			√									
Ketchup Bulk - Value Sandwich	5	0	0	1.3	1.2	0	0	0.1			√									
Romaine Lettuce Whole	0	0	0	0	0	0	0	0												
White Onion Bulk - Premium Sandwich	0	0	0	0	0	0	0	0												
White Onion Bulk - Value Sandwich	0	0	0	0	0	0	0	0												
Pickle Slice - Premium Sandwich	0	0	0	0	0	0	0	0.22												
Pickle Slice - Value Sandwich	0	0	0	0	0	0	0	0.14												
Frozen Avocado - Sandwich	45	4.5	0.7	0.6	0	0	0.4	0.1												
Frozen Avocado - Salad	90	8.9	1.3	1.2	0	0	1.2	0.15												
Southwest Ranch Salad Dressing	130	13	1.1	2.3	1.7	0	1.1	0.21				√				√				
Wheat Flour Tortilla	131	3.4	1.4	21	1.1	2	3.2	0.2											√	
BBQ Sauce	20	0	0	5.4	4.5	0	0	0.13												
Original Buffalo Wings Sauce	10	0.6	0	1.2	0.9	0	0	0.8												
Classic BBQ Sauce	81	0	0	19	18	0.8	0.9	1.4												