



MENU ITEM	NUTRIENTS								ALLERGENS									
	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Fiber (g)	Protein (g)	Salt (g)	Celery	Egg	Fish	Gluten (Barley)	Gluten (Rye)	Milk	Mustard	Soy	Gluten (Wheat)	Sesame
HAMBURGERS																		
Wendy's Single	524	29	10	37	8.2	1.7	28	2.2	✓	✓				✓	✓		✓	✓
Wendy's Double	879	56	22	39	9.7	1.7	54	4.4	✓	✓				✓	✓		✓	✓
Wendy's Triple	1195	80	33	41	10	1.7	77	6.1	✓	✓				✓	✓		✓	✓
Baconator	1001	66	26	38	8.5	1.7	63	5.8	✓	✓				✓	✓		✓	✓
Jr. Cheeseburger Deluxe	366	19	6.3	31	7.3	1.4	17	1.9	✓	✓				✓	✓		✓	✓
Jr. Bacon Cheeseburger	410	23	7.4	30	5.9	1.4	20	2.3	✓	✓				✓	✓		✓	✓
Single Grilled Cheese Cheeseburger	843	46	18	61	13	2.7	45	3.2	✓	✓				✓	✓		✓	✓
Double Grilled Cheese Cheeseburger	1250	77	31	62	13	2.7	76	3.9	✓	✓				✓	✓		✓	✓
Triple Grilled Cheese Cheeseburger	1657	108	45	64	14	2.7	106	4.5	✓	✓				✓	✓		✓	✓
CHICKEN																		
Spicy Chicken	400	15	2.4	45	6.3	2.4	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	583	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	286	14	3.4	12	0	0	28	2.3	✓	✓				✓	✓		✓	✓
20 Pc Chicken Nuggets	572	28	6.9	25	0	0	55	4.6	✓	✓				✓	✓		✓	✓
4 Pc Spicy Chicken Nuggets	99	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	31	0.92	✓	✓				✓	✓		✓	✓
20 Pc Spicy Chicken Nuggets	499	13	2.6	33	0	0	62	1.8	✓	✓				✓	✓		✓	✓
6 Pc Buffalo Saucy Classic Nuggets	189	9.7	2.2	8.3	0.7	0	17	4.3	✓	✓				✓	✓		✓	✓
10 Pc Buffalo Saucy Classic Nuggets	312	16	3.6	14	0.9	0	28	6.1	✓	✓				✓	✓		✓	✓
6 Pc Buffalo Saucy Spicy Nuggets	169	5.4	0.9	11	0.7	0	19	3.4	✓	✓				✓	✓		✓	✓
10 Pc Buffalo Saucy Spicy Nuggets	276	8.8	1.5	18	1	0.6	31	4.7	✓	✓				✓	✓		✓	✓
6 Pc BBQ Saucy Classic Nuggets	255	9.5	2.2	25	16	0.7	17	2.9	✓	✓				✓	✓		✓	✓
10 Pc BBQ Saucy Classic Nuggets	382	16	3.6	31	18	0.8	28	3.9	✓	✓				✓	✓		✓	✓
6 Pc BBQ Saucy Spicy Nuggets	233	5.2	0.9	27	16	1.1	19	2	✓	✓				✓	✓		✓	✓
10 Pc BBQ Saucy Spicy Nuggets	347	8.5	1.5	35	18	1.4	32	2.5	✓	✓				✓	✓		✓	✓
3 Pc Chicken Tenders	257	10	1.2	20	0.7	1.3	21	4	✓	✓				✓	✓		✓	✓
4 Pc Chicken Tenders	350	14	1.6	27	0.9	1.8	28	5.3	✓	✓				✓	✓		✓	✓
5 Pc Chicken Tenders	433	17	2	33	1.1	2.2	36	6.7	✓	✓				✓	✓		✓	✓
6 Pc Chicken Tenders	514	20	2.4	40	1.4	2.6	42	8	✓	✓				✓	✓		✓	✓
WRAPS																		
BBQ Wrap w/ Halloumi Fries	365	19	8.4	33	7.9	2.8	14	1.8						✓	✓		✓	✓
Signature Wrap w/ Halloumi Fries	435	29	9.2	28	3.6	2.8	14	1.8		✓				✓	✓		✓	✓
Avocado Wrap w/ Halloumi Fries	359	21	7.2	29	4.2	2.8	12	1.4						✓	✓		✓	✓
BBQ Wrap w/ Halloumi Fries (Duo Wrap)	729	38	17	66	16	5.6	28	3.6						✓	✓		✓	✓
Signature Wrap w/ Halloumi Fries (Duo Wrap)	869	58	18	56	7.3	5.6	28	3.5		✓				✓	✓		✓	✓
Avocado Wrap w/ Halloumi Fries (Duo Wrap)	704	41	14	57	8.4	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	260	11	2.9	28	2.1	2.3	11	1.1	✓					✓	✓		✓	✓
Avocado Wrap w/ Spicy Chicken	252	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	341	20	5	27	1.5	2.3	12	1.3	✓	✓				✓	✓		✓	✓
Signature Wrap w/ Spicy Chicken	341	20	4.9	27	1.5	2.3	12	1.3	✓	✓				✓	✓		✓	✓
BBQ Wrap w/ Grilled Chicken	235	7.4	1.5	27	5.9	2	15	1	✓					✓	✓		✓	✓
BBQ Wrap w/ Classic Chicken	269	9.8	4.1	32	5.8	2.3	12	1.4	✓					✓	✓		✓	✓
BBQ Wrap w/ Spicy Chicken	268	9.7	4.1	32	5.8	2.3	12	1.4	✓					✓	✓		✓	✓
SALADS																		
										INCLUDES TOPPINGS & DRESSINGS								
Cesar Salad	317	29	6.2	3.9	3.5	1.4	9.4	1.4		✓	✓			✓	✓		✓	✓
Avocado Salad	389	35	9.1	7.2	5	1.4	13	1.4		✓	✓			✓	✓		✓	✓
Cesar Grilled Chicken Salad	411	31	6.6	4.2	3.7	1.4	28	2.1	✓	✓	✓	✓	✓	✓	✓		✓	✓
Avocado Grilled Chicken Salad	485	36	9.5	7.5	5.2	1.4	32	2.2		✓				✓	✓		✓	✓
Cesar Salad w/ Halloumi Fries	499	42	12	11	5.6	2.3	18	2.3		✓	✓	✓	✓	✓	✓		✓	✓
Avocado Salad w/ Halloumi Fries	567	47	14	14	7.1	2.2	21	2.5		✓				✓	✓		✓	✓
SIDES																		
Small Fries	142	6.7	0.5	18	3.5	1.5	1.6	2.1	✓									
Regular Fries	176	8.5	0.6	22	3.7	1.9	2	2.1	✓									
Large Fries	239	11	0.8	31	6.8	2.6	2.7	2.4	✓									
Baconator Fries	459	34	9.3	25	2.6	2.3	12	1.7						✓	✓			
Cheesy Topped Fries	351	24	7.1	25	2.5	2.3	7.5	2.6						✓	✓			
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	253	13	5.5	14	3.5	1.9	19	1.5	✓					✓	✓			
Chili Cheese Baked Potato	428	17	9	27	5.5	5.3	19	1.6	✓					✓	✓			
Halloumi Fries	178	13	5.1	6.6	2.1	0.9	8.2	1.1	✓					✓	✓		✓	✓
Beef Chili Cheese Fries	499	32	10	33	4.5	3.4	18	3.4	✓					✓	✓		✓	✓
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	29	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	179	6.3	5.5	27	19	0	3.5	0.34							✓			
Regular Vanilla Frosty	311	11	9.6	47	34	0	6.1	0.8							✓			
Large Vanilla Frosty	424	15	13	64	45	0	8.2	0.8							✓			
Jr. Chocolate Frosty	168	4	3.6	28	23	0	6	0.29							✓			
Regular Chocolate Frosty	290	6.9	6.2	48	39	0	8.6	0.5							✓			
Large Chocolate Frosty	399	9.4	8.6	68	53	1	12	0.69							✓			
Regular Vanilla Biscoff Frosty	532	29	12	61	40	0	6.7	0.77							✓		✓	
Large Vanilla Biscoff Frosty	605	31	14	73	49	0.5	8.2	0.91							✓		✓	
Regular Chocolate Biscoff Frosty	506	25	8.7	61	44	1.1	8.7	0.68							✓		✓	
Large Chocolate Biscoff Frosty	582	27	10	73	54	1.3	11	0.78							✓		✓	
Regular Vanilla Frostycino	186	6.6	5.8	28	20	0	3.7	0.36							✓			
Large Vanilla Frostycino	192	6.8	5.9	29	21	0	3.8	0.37							✓			
Regular Chocolate Frostycino	169	4.1	3.7	28	23	0	6.1	0.3							✓			
Large Chocolate Frostycino	176	4.2	3.8	29	24	0.5	6.3	0.31							✓			
BREAKFAST																		
Classic Egg & Cheese Muffin	319	16	4.5	27	2.5	5.5	14	1		✓				✓	✓		✓	✓
Classic Sausage & Cheese Muffin	477	29	9.1	28	3.2	6	23	1.4		✓				✓	✓		✓	✓
Classic Bacon & Cheese Muffin	384	21	6.3	27	2.6	5.5	19	1.7		✓				✓	✓		✓	✓
Breakfast Baconator w/ Brown Sauce	632	36	13	40	9.2	2.1	36	3.7		✓	✓	✓	✓	✓	✓		✓	✓
Breakfast Baconator w/ Red Sauce	628	36	13	39	9	2.1	36	3.6		✓	✓	✓	✓	✓	✓		✓	✓
Egg Double Stack	419	24	6.8	29	5	1.4	21	3		✓				✓	✓		✓	✓
Sausage Breakfast Butty w/ Brown Sauce	319	15	4.2	31	8.7	1.8	14	1.1		✓	✓	✓	✓	✓	✓		✓	✓
Sausage Breakfast Butty w/ Red Sauce	246	9.6	7.6	30	6.1	1.6	12	1.7		✓	✓	✓	✓	✓	✓		✓	✓
Sausage Breakfast Butty w/ Red Sauce	375	15	4.8	30	6.2	1.8	14	1.1		✓	✓	✓	✓	✓	✓		✓	✓
Bacon Breakfast Butty w/ Red Sauce	242	8.4	2.6	29	5.5	1.4	12	1.7		✓	✓	✓						

