NUTRITION INFORMATION

MENU ITEM	N EIGHT (per serving)	Grams (g)	NUTRIENTS	Iron (g) (food)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sugars (g)	Fiber (g)	Protein (g)	Salt (g)	ALLERGENS	Celery	Egg	Fish	Gluten (Barley)	Gluten (Rye)	Milk	Mustard	Soy	Gluten (Wheat)	Sesame
HAMBURGERS																						
Wendy's Single		213		524	29	10	37	8.2	1.7	28	2.2		√	√				√	√		√	√
Wendy's Double		324		870	56	22	59	9.7	1.7	54	4.4		√	√				√	√		√	√
Wendy's Triple		422		1195	80	33	41	10	1.7	77	6.1		√	√				√	√		√	√
Baconator		298		1001	66	26	38	8.5	1.7	63	5.8		√	√				√	√		√	√
Jr. Cheeseburger Deluxe		151		366	19	6.3	31	7.5	1.4	17	1.9		√	√				√	√		√	√
Jr. Bacon Cheeseburger		143		410	23	7.4	39	5.9	1.4	20	2.3		√	√				√	√		√	√
CHICKEN																						
Spicy Chicken		177		400	15	2.4	45	6.3	2.4	20	2.2		√	√				√	√		√	√
Classic Chicken		189		404	15	2.5	46	6.4	2.5	20	2.5		√	√		√		√	√		√	√
Avocado Chicken Club		240		583	30	8.7	47	6.5	2.4	39	3.4		√	√		√		√	√		√	√
Jr. Crispy Chicken Sandwich		112		321	14	1.7	35	4.5	1.4	13	1.3			√		√		√	√		√	√
4 Pc Chicken Nuggets		51		114	5.6	1.4	6.9	0	0	11	0.93		√			√		√			√	
6 Pc Chicken Nuggets		77		172	8.4	2.1	5.4	0	0	17	1.4		√			√		√			√	
10 Pc Chicken Nuggets		128		286	14	3.4	12	0	0	28	2.3		√			√		√			√	
20 Pc Chicken Nuggets		255		572	28	6.9	25	0	0	55	4.6		√			√		√			√	
4 Pc Spicy Chicken Nuggets		51		99	2.8	0.5	6.5	0	0	12	0.37		√			√			√		√	
6 Pc Spicy Chicken Nuggets		77		152	4.1	0.8	9.8	0	0	19	0.55		√			√			√		√	
10 Pc Spicy Chicken Nuggets		128		250	6.8	1.3	16	0	0.6	31	0.92		√			√			√		√	
20 Pc Spicy Chicken Nuggets		255		499	13	2.6	33	0	1.2	62	1.8		√			√			√		√	
6 Pc Buffalo Saucy Classic Nuggets		122		189	9.7	2.2	8.3	0.7	0	17	4.3		√			√		√			√	
10 Pc Buffalo Saucy Classic Nuggets		187		312	16	3.6	14	0.9	0	28	6.1		√			√		√			√	
6 Pc Buffalo Saucy Spicy Nuggets		122		169	5.4	0.9	11	0.7	0	19	3.4		√			√			√		√	
10 Pc Buffalo Saucy Spicy Nuggets		187		276	8.8	1.5	18	1	0.6	31	4.7		√			√			√		√	
6 Pc BBQ Saucy Classic Nuggets		129		255	8.5	2.1	15	16	0.8	17	3.9		√			√		√	√		√	
10 Pc BBQ Saucy Classic Nuggets		185		382	16	3.6	31	18	0.8	28	3.9		√			√		√			√	
6 Pc BBQ Saucy Spicy Nuggets		128		213	6.2	0.9	27	16	1.2	17	2		√			√					√	
10 Pc BBQ Saucy Spicy Nuggets		185		347	8.5	1.5	35	18	1.4	32	2.5		√			√			√		√	
4 Pc Chicken Tenders		134		257	10	1.2	20	0.7	0	21	4		√					√			√	
4 Pc Chicken Tenders		178		350	14	1.6	27	0.9	1.8	28	5.3		√					√			√	
5 Pc Chicken Tenders		221		433	17	2	33	1.1	2.2	36	6.7		√					√			√	
6 Pc Chicken Tenders		267		514	20	2.4	40	1.4	2.6	42	7		√					√			√	
WRAPS																						
Avocado Wrap w/ Classic Chicken		139		260	11	2.9	28	2.1	2.3	11	1.1		√			√		√			√	
Avocado Wrap w/ Spicy Chicken		139		252	11	2.9	27	2.1	2.3	10	1.1		√					√	√		√	
Avocado Wrap w/ Halloumi Fries		152		359	21	7.2	29	4.2	2.8	12	1.5							√			√	
Avocado Wrap w/ Halloumi Fries (Duo Wrap)		304		704	41	14	57	8.4	5.6	24	3							√			√	
Signature Wrap w/ Classic Chicken		109		341	20	5	27	1.5	2.3	12	1.3		√	√		√		√	√		√	
Signature Wrap w/ Spicy Chicken		109		341	20	4.9	27	1.5	2.3	12	1.3		√	√				√	√		√	
Signature Wrap w/ Halloumi Fries		122		433	29	9.2	28	3.6	2.8	14	1.8			√				√	√		√	
Signature Wrap w/ Halloumi Fries (Duo Wrap)		244		869	58	18	56	7.3	5.6	28	3.5			√				√	√		√	
BBQ Wrap w/ Classic Chicken		110		269	9.8	4.1	32	5.8	2.3	12	1.4		√			√		√			√	
BBQ Wrap w/ Spicy Chicken		110		268	9.7	4.1	32	5.8	2.3	12	1.4		√					√	√		√	
BBQ Wrap w/ Halloumi Fries		124		365	19	8.4	33	7.9	2.8	14	1.8							√			√	
BBQ Wrap w/ Halloumi Fries (Duo Wrap)		248		729	38	17	66	16	5.6	28	3.6							√			√	
SALADS INCLUDES TOPPINGS & DRESSINGS																						
Caesar Salad		165		317	29	6.2	3.9	3.5	1.4	9.4	1.4			√	√	√		√	√		√	
Caesar Salad w/ Classic Chicken		242		493	38	8	15	2.7	1.7	22	2.8		√	√	√	√		√	√		√	
Caesar Salad w/ Spicy Chicken		242		480	37	7.9	14	2.7	1.7	22	2.8		√	√	√	√		√	√		√	
Caesar Salad w/ Halloumi Fries		216		499	42	12	11	5.6	2.3	18	2.3			√	√	√		√	√		√	
Avocado Salad		285		399	35	9.1	7.2	5	1.7	13	1.4			√				√			√	
Avocado Salad w/ Classic Chicken		362		574	43	11	19	5	1.7	27	2.8		√	√		√		√			√	
Avocado Salad w/ Spicy Chicken		362		567	43	11	18	5	1.7	26	2.8		√	√				√	√		√	
Avocado Salad w/ Halloumi Fries		336		567	47	14	14	7.1	2.2	21	2.5			√				√			√	
SIDES																						
Small Fries		81		142	6.7	0.5	18	3.5	1.5	1.6	2.1		√									
Medium Fries		98		176	8.5	0.6	22	3.7	1.9	2	2.1		√									
Large Fries		138		239	11	0.8	31	6.8	2.6	2.7	2.4		√									
Baconator Fries		169		459	34	9.3	25	2.6	2.1	12	1.7							√				
Cheese Topped Fries		153		351	24	7.1	25	2.5	2.3	7.5	2.6							√				
Plain Potato		175		252	4.4	3.4	39	2.4	4.7	4.4	1.9							√				
Bacon & Cheese Potato		230		405	20	8.4	40	3.8	4.3	14	1.6							√				
Sour Cream and Chives Potato		193		233	5.4	3.3	39	3.4	4.4	4.9	0.04							√				
Chili		245		253	13	5.5	14	3.5	1.9	19	1.5		√					√				
Chili Cheese Baked Potato		324		428	17	9	47	5.5	5.3	19	1.6		√					√				
Halloumi Fries		51		178	13	5.1	6.6	2.1	0.6	8.2	1.1							√			√	
Beef Chili Cheese Fries		291		499	32	10	33	4.5	3.4	18	3.4		√					√				
KID'S MEAL																						
Kid's Cheeseburger		106		317	14	5.8	30	6.3	1.4	17	1.8		√	√				√	√		√	√
Kid's Hamburger		93		276	11	4.3	29	5.5	1.4	15	1.3		√	√				√	√		√	√
4 Pc Chicken Nuggets		51		114	5.6	1.4	4.9	0	0	11	0.93		√			√		√	√		√	
Jr. Crispy Chicken Sandwich		112		321	14	1.7	35	4.5	1.4	13	1.3			√				√	√		√	√
FROSTY®																						
Jr. Vanilla Frosty		140		179	6.3	5.5	27	19	0	3.5	0.34							√				
Regular Vanilla Frosty		168		217	7.6	6.6	33	23	0	4.2	0.41							√				
Large Vanilla Frosty		244		311	11	9.6	47	34	0	6.1	0.6							√				
X-Large Vanilla Frosty		328		424	15	13	64	45	0	8.2	0.8							√				
Jr. Chocolate Frosty		143		169	4	3.6	28	23	0	5	0.29							√				
Regular Chocolate Frosty		168		199	4.7	4.2	33	26	0.6	5.8	0.34							√				
Large Chocolate Frosty		247		290	6.9	6.2	48	39	0.8	8.6	0.5							√				
X-Large Chocolate Frosty		338		399	9.4	8.5	66	53	1.1	12	0.69							√				
Regular Vanilla Kit Kat Frosty		182		291	9.6	7.7	46	33	0.7	4.7	0.52							√		√	√	
Large Vanilla Kit Kat Frosty		249		398	12	10	63	45	1	6.4	0.73							√		√	√	
Regular Chocolate Kit Kat Frosty		182		273	6.9	5.4	46	36	1.2	6.2	0.45							√		√	√	
Large Chocolate Kit Kat Frosty		249		367	8.7	7	63	49	1.6	8.4	0.64							√		√	√	
Regular Vanilla Frostyccino		355		186	6.6	5.8	28	20	0	3.7	0.36							√				
Large Vanilla Frostyccino		421		192	6.8	5.9	29	21	0	3.8	0.37							√				
Regular Chocolate Frostyccino		355		169	4.3	3.7	28	23	0	5.1	0.3							√				
Large Chocolate Frostyccino		421		176	4.2	3.8	29	24	0.5	5.3	0.31							√				
BREAKFAST																						
Classic Egg & Cheese Muffin		130		319	16	4.5	27	2.5	5.5	14	1			√			√	√			√	
Classic Sausage & Cheese Muffin		177		477	29	9.1	28	3.2	6	23	1.4			√			√	√			√	
Classic Bacon & Cheese Muffin		143		384	21	6.3	27	2.6	5.5	19	1.7			√			√	√			√	
Breakfast Baconator w/ Brown Sauce		216		632	36	13	40	9.2	2.1	38	3.7			√		√	√				√	
Breakfast Baconator w/ Red Sauce		213		628	36	12	39	9	2.1	36	3.8		√	√				√	√		√	
Egg Double Stack		173		419	24	6.2	29	5	1.4	21	3			√				√			√	√
Sausage Breakfast Burrito w/ Brown Sauce		104		319	15	4.6	31	6.7	1.8	14	1.3			√		√	√	√			√	√
Bacon Breakfast Burrito w/ Brown Sauce		102		315	14	4.8	30	6.2	1.8	14	1.3			√		√	√	√			√	√
Sausage Breakfast Burrito w/ Red Sauce		102		312	15	4.8	30	6.3	1.8	14	1.3		√	√				√	√		√	√
Bacon Breakfast Burrito w/ Red Sauce		72		242	8.4	3.7	29	5.5	1.4	10	1.7		√	√				√	√		√	√
Breakfast Wrap Bacon w/ Red Sauce		150		355	18	6.1	29	4.3	2.4	18	2		√	√				√	√		√	
Breakfast Wrap Sausage w/ Red Sauce		184		448	26	9	30	4.9	2.9	22	1.6		√	√				√	√		√	
Breakfast Wrap Egg & Cheese w/ Red Sauce		137		290	13	4.4	29	4.3	2.4	13	1.3		√	√				√	√		√	
Breakfast Wrap Bacon w/ Brown Sauce		149		355	18	6.1	29	4.3	2.4	18	1.9			√		√	√	√			√	
Breakfast Wrap Sausage w/ Brown Sauce		183		452	26	9	31	4.9	2.9	22	1.6			√		√	√	√			√	
Breakfast Wrap Egg & Cheese w/ Brown Sauce		137		290	13	4.4	29	4.2	2.4	13	1.2			√		√	√	√			√	
Small Hashbrown		87		194	12	1.3	19	0	2	1.4	0.73											
Regular Hashbrown		129		271	18	1.8	28	0	2.7	2.1	1.1											
Large Hashbrown		170		356	21	2.4	37	0	4	2.7	1.5											
Apple Slices		40		42	0	0	0.3	9.3	0.3	0	0											
6 Pc Mini Donuts		81		321	16	7.2	39	17	1.7	4.4	1.1			√				√		√	√	
BEVERAGES																						
Can Coke		330		140	0	0	35	35	0	0	0											
Can Diet Coke		330		0	0	0	0	0	0	0	0											
Can Coke Zero		330		0	0	0	0	0	0	0	0.07											
Can Sprite		330		44	0	0	11	11	0	0	0.03											
Coke Small Drink 12 oz		355		152	0	0	38	38	0	0	0											
Diet Coke Small Drink 12 oz		355		0	0	0	0	0	0	0	0											
Coke Zero Small Drink 12 oz		355		0	0	0	0	0	0	0	0.07											
Orange Fanta Small Drink 12 oz		355		64	0	0	16	16	0	0	0.07											
Sprite Zero Small Drink 12 oz		355		0	0	0	0	0	0	0	0.25											
Coke Regular Drink 16 oz		473		200	0	0	50	50	0	0	0											
Diet Coke Regular Drink 16 oz		473		0	0	0	0	0	0	0	0											
Coke Zero Regular Drink 16 oz		473		0	0	0	0	0	0	0	0.09											
Orange Fanta Regular Drink 16 oz		473		64	0	0	21	21	0	0	0.09											
Sprite Zero Regular Drink 16 oz		473		0	0	0	0	0	0	0	0.37											
Coke Large Drink 20 oz		591		252	0	0	63	63	0	0	0											
Diet Coke Large Drink 20 oz		591		0	0	0	0	0	0	0	0											
Coke Zero Large Drink 20 oz		591		0	0	0	0	0	0	0	0.12											
Orange Fanta Large Drink 20 oz		591		108	0	0	27	27	0	0	0.12											
Sprite Zero Large Drink 20 oz		591		0	0	0	0	0	0	0	0.41											
Espresso		48		0	0	0	0	0	0	0	0											
Americano		338		0	0	0	0	0	0	0	0.02											
Flat White		390		153	5	3.1	16	16	0	11	0.47							√				
Cappuccino		276		95	3.2	2	9.9	9.9	0	6.7	0.3											
Latte		390		153	5	3.1	16	16	0	11	0.47							√				
Mocha		335		190	3.5	2.2	31	30	2.4	7.5	0.41							√				
Tea		31		0	0	0	0	0	0	0	0											
Hot Chocolate		318		245	4.3	2.7	41	39	3.2	8.9	0.51							√				
INGREDIENTS/CONDIMENTS																						
Premium Bun		61		183	2.3	0.3	33	5.2	1.7	6.6	0.75			√				√			√	√
Value Bun		50		149	1.9	0.2	27	4.2	1.4	5.3	0.61			√				√			√	√
Lettuce As Bun		11		0	0	0	0	0	0	0	0											
Strawberry Jam		15		38	0	0	9.6	9.6	0	0	0											
Small Patty		38		122	9.3	4.1	0	0	0	9.5	0.06											
Large Patty		85		273	21	9.2	0	0	0	21	0.13											
Bacon 2 Pieces		9		42	2.2	1.2	0	0	0	3.3	0.48											
Bacon 3 Pieces		13		63	4.8	1.8	0	0	0	4.9	0.72											
Sub Classic Chicken		75		162	6.7	1.7	12	0	0.7	13	1.4		√			√		√			√	
Sub Grilled		75		93	1.9	0.4	0	0	0	19	0.77											
Sub Spicy Chicken		75		156	6.5	1.6	11	0	0.7	13	1.4		√						√		√	
Sausage		47		158	13	4.6	1.5	0.7	0	8.8	0.39											
Shredded Cheese		9		36	3	1.9	0	0	0	2.2	0.17							√				
Cream Crackers		16		71	2.1	1	11	0	0	1.6	0.19										√	
Ketchup Packet		12		11	0	0	2.8	2.7	0	0	0.22		√									
Sour Cream		1		32	3	1.1	1.1	1.1	0	0.7	0.04							√				
Tomato Sliced		27		3	0	0	0.8	0.8	0	0	0											
Tomato Diced		44		5	0	0	1.3	1.3	0	0	0											
Monterey Jack Cheese		23		93	7.8	4.8	0	0	0	5.8	0.45							√				
American Cheese		13		42	3.2	1.5	1.3	0.8	0	1.9	0.49							√				
Italian Cheese		21		82	6	4.4	0	0	0	7	0							√				
Grana Padano PDO Cheese Halves		21		83	6.1	3.8	0	0	0	7	0.32			√				√				
Cheese Shredded Cheddar - Salad		26		105	8.8	5.5	0	0	0	6.5	0.49							√				
Cheese Shredded Cheddar - topped side		9		36	3	1.9	0	0	0	2.2	0.17							√				
Cheddar Cheese Sauce		38		81	6.5	4.2	2.3	1.5	0	3.2	0.73							√				
Cream		10		0	0	0	0	0	0	0	0.01							√				
Kid's Milk		200		94	3	2	9.8	9.8	0	7	0.2							√				
Sugar		4		16	0	0	4	4	0	0	0											
Sweetener Packets		4		14	0	0	3.6	3.6	0	0	0											
Caesar Salad Dressing		50		209	22	2	1.5	1.5	0	1.3	1.2			√	√	√		√	√		√	
Kids Carton Juice		125		54	0	0	12	11	0.8	1	0											
Cheese		0		0	0	0	0	0	0	0	0											
Mayonnaise Bulk - Premium Sandwich		8		50	5.6	0.5	0	0	0	0	0.1			√					√			
Mayonnaise Bulk - Value Sandwich		7		45	5	0.4	0	0	0	0	0.08			√					√			
Sea Salt Packet		3		0	0	0	0	0	0	0	2.5											
Ketchup Bulk - Premium Sandwich		7		6	0	0	1.6	1.5	0	0	0.12		√									
Ketchup Bulk - Value Sandwich		5		5	0	0	1.3	1.2	0	0	0.1		√									
Romaine Lettuce, Whole		6		0	0	0	0	0	0	0	0											
White Onion Bulk - Premium Sandwich		6		0	0	0	0	0	0	0	0											
White Onion Bulk - Value Sandwich		3		0	0	0	0	0	0	0	0											
Pickle Slice - Premium Sandwich		12		0	0	0	0	0	0	0	0.22											
Pickle Slice - Value Sandwich		8		0	0	0	0	0	0	0	0.14											
Frozen Avocado - Sandwich		31		45	4.5	0.7	0.8	0	0	0.6	0.1											
Frozen Avocado - Salad		62		90	8.9	1.3	1.2	0	0	1.2	0.19											
Southwest Ranch Salad Dressing		50		111	13	1.1	2.3	1.7	0	1.1	0.21			√				√				
Wheat Flour Tortilla		43		131	1.4	1.4	21	1.1	2	3.2	0.3										√	
BBQ Sauce		16		22	0	0	5.4	4.6	0	0	0.19											
Original Buffalo Wings Sauce		58		10	0.6	0	1.2	0.9	0	0	3.8											
Classic BBQ Sauce		56		81	0	0	19	18	0.8	0.9	1.6											