



# NUTRITION INFORMATION

QUALITY IS  
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## FRESH-MADE SALADS\*

	Nutrition Information														Allergens								
	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut		
Apple Pecan Chicken Salad Full Size ▶	355	350	11	7	0	1	3	115	960	840	28	5	17	35			✓						
Apple Pecan Chicken Salad Half Size ▶	196	180	6	3.5	0	0	1.5	55	490	460	15	3	9	18			✓						
Roasted Pecans	17	110	9	1	0	3	5	0	60	50	6	1	4	1			✓	✓			✓		
Pomegranate Vinaigrette ❖	31	70	3	0	0	1.5	0.5	0	150	15	10	0	9	0									
Asian Cashew Chicken Salad Full Size ▶	371	210	3.5	0	0	0	0.5	90	520	1000	14	5	5	33					✓				
Asian Cashew Chicken Salad Half Size ▶	213	110	2	0	0	0	0	45	260	550	8	3	3	17					✓				
Spicy Roasted Cashews	14	80	6	1	0	1	3.5	0	65	90	4	0	1	2					✓		✓		
Light Spicy Asian Chili Vinaigrette ❖	31	45	1.5	0	0	1	0	0	190	20	8	0	6	0					✓				
BBQ Ranch Chicken Salad Full Size ▶	391	390	15	7	0	2	6	125	930	950	28	4	12	40			✓						
BBQ Ranch Chicken Salad Half Size ▶	221	210	8	3.5	0	1	3	60	510	510	17	3	9	20			✓						
BBQ Ranch Dressing ❖	31	100	7	1	0	3.5	1.5	5	260	60	8	0	6	1	✓		✓						
Spicy Chicken Caesar Salad Full Size ▶	354	480	27	11	1	7	7	105	1100	790	25	6	3	34	✓	•	✓		✓				
Spicy Chicken Caesar Salad Half Size ▶	221	250	14	6	0	3.5	3.5	55	550	510	14	4	2	18	✓	•	✓		✓				
Gourmet Croutons	18	90	3.5	0	0	1	2	0	190	25	12	0	0	2			✓		✓				
Lemon Garlic Caesar Dressing ❖	31	110	11	2	0	5	2.5	10	180	15	2	0	1	2	✓	✓	✓	✓					
Additional Salad Dressings																							
Ranch Dressing ❖	31	100	10	1.5	0	5	2.5	10	170	25	2	0	1	1	✓		✓						
Light Ranch Dressing ❖	31	50	4.5	0.5	0	2	1	10	160	30	2	0	1	1	✓		✓						
Italian Vinaigrette ❖	31	60	5	1	0	3	1.5	0	180	0	4	0	3	0									
Light Honey French Dressing ❖	31	40	0	0	0	0	0	0	95	20	9	0	8	0									
Thousand Island Dressing ❖	31	130	12	1	0	3.5	8	15	250	25	5	0	4	0	✓								

\*Toppings and Salad Dressings listed separately.

❖ Information is for 1 dressing packet.

▶ Grilled, Homestyle, and Spicy Chicken Breasts are cut on a common cutting board.

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**Federal regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soy oil as an ingredient is not indicated as an allergen. Please consult your doctor to know if you should avoid products that contain highly refined soy oil.**



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## SIDE SELECTIONS

	Nutrition Information														Allergens							
	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	
Garden Side Salad	125	25	0	0	0	0	0	0	20	250	5	2	3	1								
Gourmet Croutons	18	90	3.5	0	0	1	2	0	190	25	12	0	0	2			✓		✓			
Caesar Side Salad	106	60	4	2	0	0	1	10	90	240	4	2	1	4			✓					
Gourmet Croutons	18	90	3.5	0	0	1	2	0	190	25	12	0	0	2			✓		✓			
Lemon Garlic Caesar Dressing ❖	31	110	11	2	0	5	2.5	10	180	15	2	0	1	2	✓	✓	✓	✓				
Apple Slices	68	35	0	0	0	0	0	0	0	75	9	2	7	0								
Plain Baked Potato (avg. wgt. 10 oz.)	283	270	0	0	0	0	0	0	25	1560	61	7	3	7								
Sour Cream & Chive Baked Potato	309	320	3.5	2	0	0	1	10	50	1610	63	7	4	8			✓					
Broccoli & Cheddar Baked Potato	424	420	11	6	0	1.5	3	25	560	1820	68	8	6	14			✓					
Bacon & Cheddar Baked Potato	389	520	20	9	0	3	7	50	930	1820	67	7	6	20			✓					
Buttery Best Spread	11	50	6	1	0	3	1	0	95	0	0	0	0	0			✓	✓				
Rich & Meaty Chili, Small	227	170	5	2	0	0	2	35	780	400	16	4	6	15								
Rich & Meaty Chili, Large	340	250	7	3	0.5	0	3	50	1170	600	23	5	9	23								
Hot Chili Seasoning Packet	7	5	0	0	0	0	0	0	280	0	2	0	1	0								
Saltine Crackers	6	25	0.5	0	0	0	0	0	80	0	5	0	0	1					✓	✓		
Cheddar Cheese, Shredded	17	70	6	3	0	0	1.5	15	105	15	1	0	0	4			✓					
Value Natural-Cut Fries*	77	220	11	2	0	5	3	0	240	440	28	3	0	3	•	•				•		
Small Natural-Cut Fries*	108	310	15	3	0	7	4	0	330	620	40	4	0	4	•	•				•		
Medium Natural-Cut Fries*	142	410	20	3.5	0	10	5	0	440	820	52	5	0	5	•	•				•		
Large Natural-Cut Fries*	176	500	24	4.5	0	12	6	0	540	1020	65	6	0	6	•	•				•		
Ketchup, 1 Packet	9	10	0	0	0	0	0	0	85	0	3	0	2	0								

\*Recommended portion sizes. French fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

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## BEVERAGES & FROSTY™ DAIRY DESSERTS

	Nutrition Information														Allergens							
	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	
Redhead Roasters® Hot Coffee, Regular	369	0	0	0	0	0	0	0	5 <sup>+</sup>	0	0	0	0	0								
1% White Milk	198	90	2	1.5	0	0	0.5	10	105	330	10	0	10	7			✓					
1% Chocolate Milk	198	180	2.5	1.5	0	0	0.5	10	210	460	29	0	26	10			✓					
Juicy Juice® Apple Juice	191	90	0	0	0	0	0	0	5	170	22	0	20	0								
Diet Coke®, Small Cup	392	0	0	0	0	0	0	0	15 <sup>+</sup>	40	0	0	0	0								
Sprite®, Small Cup	409	160	0	0	0	0	0	0	35 <sup>+</sup>	0	41	0	41	0								
Coca-Cola®, Small Cup	409	160	0	0	0	0	0	0	0 <sup>+</sup>	0	45	0	45	0								
Minute Maid® Light Lemonade, Small Cup	393	10	0	0	0	0	0	0	10 <sup>+</sup>	140	0	0	0	0								
Hi-C® Flashin' Fruit Punch®, Small Cup	410	170	0	0	0	0	0	0	15 <sup>+</sup>	0	45	0	45	0								
Barq's® Root Beer, Small Cup	411	180	0	0	0	0	0	0	35 <sup>+</sup>	0	49	0	49	0								
Fanta® Orange, Small Cup	411	170	0	0	0	0	0	0	0 <sup>+</sup>	20	45	0	45	0								
Pibb Xtra®, Small Cup	409	160	0	0	0	0	0	0	25 <sup>+</sup>	0	45	0	45	0								
Coke Zero™, Small Cup	409	0	0	0	0	0	0	0	10 <sup>+</sup>	80	0	0	0	0								
Dr Pepper®, Small Cup	391	160	0	0	0	0	0	0	40 <sup>+</sup>	0	43	0	43	0								
Brewed Unsweetened Iced Tea	258	0	0	0	0	0	0	0	10 <sup>+</sup>	95	1	0	0	0								
Brewed Sweetened Iced Tea	582	140	0	0	0	0	0	0	15 <sup>+</sup>	100	37	0	36	0								
Strawberry Tea, Small Cup	301	45	0	0	0	0	0	0	10 <sup>+</sup>	120	11	0	10	0								
Nestlé® Pure Life® Bottled Water	479	0	0	0	0	0	0	0	0	0	0	0	0	0								
All Natural Lemonade, Small Cup	288	140	0	0	0	0	0	0	0 <sup>+</sup>	45	37	0	35	0								
Strawberry Lemonade, Small Cup	286	170	0	0	0	0	0	0	0 <sup>+</sup>	60	45	0	42	0								
Classic Frosty, Chocolate, Small	247	340	9	6	0	0	2	35	160	640	56	3	46	9			✓					
Classic Frosty, Vanilla, Small	244	330	8	5	0	0	2	35	160	550	55	0	47	9			✓					

+The sodium value will vary based on the level of sodium in the local water supply.

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## CRISPY CHICKEN NUGGETS

	Nutrition Information														Allergens						
	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut
4-Piece Chicken Nuggets	60	180	12	2.5	0	5	3.5	30	350	115	10	1	0	9	•	•			✓		
4-Piece Spicy Chicken Nuggets	60	170	11	2.5	0	4.5	3	30	500	135	9	1	0	10	✓	•			✓		
6-Piece Chicken Nuggets	90	270	18	4	0	8	5	45	520	170	14	1	0	14	•	•			✓		
6-Piece Spicy Chicken Nuggets	90	260	17	3.5	0	7	4.5	45	750	200	14	1	0	15	✓	•			✓		
10-Piece Chicken Nuggets	150	450	30	7	0	13	9	75	870	290	24	2	0	23	•	•			✓		
10-Piece Spicy Chicken Nuggets	149	430	28	6	0	11	8	80	1240	340	23	1	0	25	✓	•			✓		
Barbecue Dipping Sauce	28	45	0	0	0	0	0	0	110	75	11	0	4	0							
Sweet & Sour Dipping Sauce	28	45	0	0	0	0	0	0	120	20	12	0	10	0							
Honey Mustard Dipping Sauce	28	80	6	1	0	3.5	1.5	10	220	15	7	0	3	0	✓						
Buttermilk Ranch Dipping Sauce	28	120	12	2	0	7	2.5	10	240	20	2	0	2	0	✓		✓	✓			

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## SANDWICHES

	Nutrition Information														Allergens							
	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	
Jr. Hamburger	105	260	10	4	0.5	1	4	40	630	190	25	2	5	14					✓			
Jr. Cheeseburger	116	290	13	6	0.5	1	5	50	830	210	26	2	6	16			✓	✓	✓			
Jr. Bacon Cheeseburger	151	390	22	8	1	5	8	65	850	320	26	2	5	20	✓		✓	✓	✓			
Jr. Cheeseburger Deluxe	159	350	19	7	1	4.5	6	55	860	280	28	2	7	17	✓		✓	✓	✓			
Double Stack™	172	460	25	12	1.5	1	9	100	1280	360	27	2	6	29			✓	✓	✓			
1/4 lb.* Single w/ Cheese ■	247	580	31	13	1.5	4.5	11	100	1220	450	42	3	10	30	✓		✓	✓	✓			
1/2 lb.* Double w/ Cheese ■	329	820	47	20	2.5	5	18	170	1510	680	42	3	10	48	✓		✓	✓	✓			
3/4 lb.* Triple w/ Cheese ■	423	1090	66	29	4	5	26	255	1990	930	43	3	11	69	✓		✓	✓	✓			
Baconator® ■	295	940	57	23	2.5	7	22	200	1850	710	41	2	9	57	✓		✓	✓	✓			
Son of Baconator® ■	211	660	38	15	1.5	6	14	125	1640	470	41	2	9	38	✓		✓	✓	✓			
Pretzel Bacon Cheeseburger ■	265	680	36	15	1.5	4	14	115	1100	540	46	2	7	36	✓		✓	✓	✓			
Ultimate Chicken Grill ■	231	370	7	1.5	0	3.5	2	95	880	580	43	2	9	34	✓				✓	✓		
Spicy Chicken ■	244	510	20	4	0	10	5	65	1130	490	55	4	7	29	✓	•			✓			
Homestyle Chicken ■	247	510	20	4	0	10	5	70	1200	500	54	4	8	29	✓	•			✓			
Asiago Ranch Chicken Club, Homestyle ■	284	670	32	9	0	13	9	100	1610	600	57	4	9	38	✓	•	✓		✓			
Asiago Ranch Chicken Club, Grilled ■	265	530	21	7	0	7	6	130	1250	670	43	2	8	42	✓		✓		✓			
Asiago Ranch Chicken Club, Spicy ■	282	660	32	9	0.5	13	9	100	1540	590	57	4	8	37	✓	•	✓		✓			
Premium Cod Sandwich ■	188	480	23	4	0	13	5	40	970	110	51	3	6	18	✓	✓			✓			
Crispy Chicken Sandwich	132	350	19	3.5	0	9	5	35	620	200	34	3	4	13	✓	•			✓			
Crispy Chicken Caesar Wrap	147	410	24	7	0	10	7	45	870	200	32	3	2	16	✓	✓	✓		✓			
Chicken Go Wrap, Grilled	127	270	10	3.5	0	3.5	2.5	55	680	280	25	2	3	19	✓		✓	✓	✓			
Chicken Go Wrap, Spicy	135	340	16	5	0	7	4	45	810	230	30	3	2	17	✓	•	✓		✓			

\*Approximate weight before cooking.

■ Buns are toasted in a common toaster with products that contain Egg and Milk. Untoasted buns are available upon request.

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# NUTRITION INFORMATION

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## SANDWICH COMPONENTS

For your custom sandwich order, add or subtract the nutritional value of any of the following to the totals above.

	Nutrition Information														Allergens							
	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	
Jr. Hamburger Patty	45	120	8	3.5	0.5	0	3.5	40	260	130	0	0	0	10								
1/4 lb.* Hamburger Patty	82	240	16	7	1	0	7	70	290	230	0	0	0	18								
Grilled Chicken Breast	106	130	1.5	0	0	0	0.5	90	470	390	3	0	0	27								
Spicy Chicken Breast	122	260	12	2.5	0	6	3	60	760	310	17	1	0	21	✓	•				✓		
Homestyle Chicken Breast	125	270	12	2.5	0	6	3	65	840	320	17	1	1	22	•	•				✓		
Crispy Chicken Patty	66	180	11	2.5	0	5	3	30	370	130	10	1	0	9	•	•				✓		
Premium Cod	83	180	9	2	0	4.5	2	30	480	0	14	1	0	11		✓				✓		
Jr. Sandwich Bun	44	120	1.5	0	0	0.5	0	0	220	45	23	1	4	4						✓		
Premium Bun, Toasted ■	68	190	2	0	0	1	0	0	330	75	36	2	6	7						✓		
Pretzel Bun, Toasted ■	87	230	4.5	2	0	0.5	1.5	0	310	85	40	1	3	7			✓			✓		
Brioche Bun, Toasted ■	67	170	1.5	0.5	0	0	0	10	360	65	33	1	5	5	✓		✓			✓		
Tortilla	43	130	3.5	1	0	1.5	0.5	0	320	35	21	2	1	4						✓		
American Cheese	11	40	3.5	2	0	0	1	10	190	20	1	0	0	2			✓	✓				
Cheddar Cheese Slice	19	80	6	3.5	0	0	2	20	120	20	0	0	0	5			✓					
Cheddar Cheese, Shredded	17	70	6	3	0	0	1.5	15	105	15	1	0	0	4			✓					
Asiago Cheese	14	50	4	2.5	0	0	1	15	100	15	1	0	0	3			✓					
Applewood Smoked Bacon - 1 strip	4.5	20	1.5	0.5	0	0	1	5	75	25	0	0	0	2								
Mayonnaise	7	50	5	1	0	3	1	5	30	0	0	0	0	0	✓							
Ketchup	7	10	0	0	0	0	0	0	70	0	2	0	2	0								
Mustard	5	5	0	0	0	0	0	0	60	0	0	0	0	0								
Smoky Honey Mustard	10	45	3.5	0.5	0	2	1	5	75	15	3	0	2	0	✓					✓		
Ranch Sauce	17	80	9	1.5	0	5	2	10	110	15	1	0	1	1	✓		✓					
Cheddar Cheese Sauce	12	20	1.5	1	0	0	0	5	75	20	1	0	0	1			✓					
Tartar Sauce	21	110	12	2	0	7	3	10	150	15	0	0	0	0	✓							
Crinkle Cut Pickles - 3 slices	9	0	0	0	0	0	0	0	110	5	0	0	0	0								
Iceberg Lettuce Leaf	15	0	0	0	0	0	0	0	0	20	0	0	0	0								
Spring Mix	28	5	0	0	0	0	0	0	35	110	1	1	0	1								
Tomato - 1 slice	32	5	0	0	0	0	0	0	0	75	1	0	1	0								
Red Onion - 2 rings	4	0	0	0	0	0	0	0	0	5	0	0	0	0								

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## KIDS' MEAL

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	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	
Grilled Chicken Wrap	127	270	10	3.5	0	3.5	2.5	55	680	280	25	2	3	19	✓		✓	✓	✓			
Hamburger	94	250	10	4	0.5	1	4	40	530	180	25	1	5	14					✓			
Cheeseburger	106	290	13	6	0.5	1	5	50	730	200	26	1	6	16			✓	✓	✓			
4-Piece Chicken Nuggets	60	180	12	2.5	0	5	3.5	30	350	115	10	1	0	9	•	•			✓			
Apple Slices	68	35	0	0	0	0	0	0	0	75	9	2	7	0								
Natural-Cut Fries*	77	220	11	2	0	5	3	0	240	440	28	3	0	3	•	•			•			
Juicy Juice® Apple Juice	191	90	0	0	0	0	0	0	5	170	22	0	20	0								
Nestlé® Pure Life® Bottled Water	479	0	0	0	0	0	0	0	0	0	0	0	0	0								
1% White Milk	198	90	2	1.5	0	0	0.5	10	105	330	10	0	10	7			✓					
1% Chocolate Milk	198	180	2.5	1.5	0	0	0.5	10	210	460	29	0	26	10			✓					
Classic Frosty, Chocolate, Jr.	143	200	5	3	0	0	1	20	90	370	32	2	27	5			✓					
Classic Frosty, Vanilla, Jr.	139	190	4.5	3	0	0	1	20	90	310	32	0	27	5			✓					

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# INGREDIENT INFORMATION

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**1% Chocolate Milk:** Lowfat Milk, Sugar, Cocoa (processed with alkali), Corn Starch, Salt, Carrageenan, Vanillin, Vitamin A Palmitate, Vitamin D3. CONTAINS: MILK.

**1% White Milk:** Lowfat Milk, Vitamin A Palmitate, Vitamin D3. CONTAINS: MILK.

**American Cheese, Sliced:** Cultured Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Citric Acid, Sorbic Acid (preservative), Artificial Color, Enzymes, Soy Lecithin. CONTAINS: MILK, SOY.

**Apple Chunks:** Fresh Apples, Calcium Ascorbate (to maintain freshness and color).

**Apple Slices:** Apples, Calcium Ascorbate (to maintain freshness and color).

**Applewood Smoked Bacon:** Pork Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.

**Asiago Cheese, Shaved:** Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (to prevent caking). CONTAINS: MILK.

**Asiago Cheese, Sliced:** Pasteurized Milk, Cheese Culture, Salt, Enzymes. CONTAINS: MILK.

**Barbecue Dipping Sauce:** High Fructose Corn Syrup, Tomato Paste, Water, Distilled White Vinegar, Molasses, Modified Corn Starch, Contains less than 2% of: Salt, Torula Yeast, Natural Smoke Flavor, Spices, Onion Powder, Sodium Benzoate (preservative), Garlic Powder.

**BBQ Ranch Dressing:** Water, Soybean Oil, Distilled Vinegar, Buttermilk, Molasses, Corn Syrup, Tomato Paste, Brown Sugar, Honey, Extra Virgin Olive Oil, Egg Yolk, Sea Salt, Sugar, Garlic (including dehydrated), Granular and Parmesan Cheese (pasteurized milk, cheese culture, salt, enzymes), Seasoning (salt, onion [dehydrated], garlic [dehydrated]), sour cream solids [cream, nonfat milk, cultures], buttermilk solids, sugar, spice, whey solids, lactic and citric acids, parsley), Natural Flavors (including smoke flavor), Red Chili Peppers, Salt, Xanthan Gum, Onion (dehydrated), Spice, Chili Powder (chili pepper, spices, garlic powder), Ancho Chili Pepper (dehydrated), Egg Whites, Dry Skim Milk, Citric Acid, Corn Oil, Lactic Acid. CONTAINS: EGG, MILK.

**Barq's® Root Beer:** Carbonated Water, High Fructose Corn Syrup, Caramel Color, Sodium Benzoate (to protect taste), Citric Acid, Caffeine, Artificial and Natural Flavors, Acacia.

**Blue Cheese Crumbles:** Blue Cheese (pasteurized milk, cheese cultures, salt, enzymes, penicillium roqueforti), Powdered Cellulose (to prevent caking), Natamycin (natural mold inhibitor). CONTAINS: MILK

**Brewed Iced Tea, Unsweetened:** Orange Pekoe and Pekoe Cut Black Tea.

**Brewed Iced Tea, Sweetened:** Orange Pekoe and Pekoe Cut Black Tea, Sugar.

**Brioche Bun, Toasted:** Enriched Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Water, Sugar, Yeast, Buttermilk Powder (whey solids, enzyme-modified butter, maltodextrin, salt, guar gum, annatto and turmeric [color]), Egg Yolks, Butter, Salt, Dough Conditioner (wheat flour, DATEM, contains 2% or less of: silicon dioxide [flow aid], soybean oil, enzymes [wheat], calcium sulfate, salt), Dry Malt, Calcium Propionate, Dough Conditioner (degermed yellow corn flour, turmeric and paprika [color], contains 2% or less of: natural flavor), Egg Wash (eggs, water). CONTAINS: WHEAT, EGG, MILK.

**Bun, Premium Toasted:** Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Dough Conditioners (may contain one or more of the following: sodium stearoyl lactylate, ascorbic acid, mono and diglycerides, calcium peroxide, calcium iodate, calcium sulfate, DATEM, azodicarbonamide, enzymes), Yeast Nutrients (may contain one or more of the following: ammonium sulfate, monocalcium phosphate, ammonium chloride), Maltodextrin, Medium Chain Triglycerides, Gum Arabic, Dextrin, Natural Flavor, Calcium Carbonate, Cultured Wheat Flour, Vinegar, Calcium Propionate (preservative). Buns are toasted in a common toaster with products that contain Egg and Milk. Untoasted buns are available upon request. CONTAINS: WHEAT.

**Bun, Jr. Sandwich:** Enriched Flour (wheat flour, malted barley flour, thiamine mononitrate, riboflavin, niacin, iron, folic acid), Water, High Fructose Corn Syrup, Vegetable Oil (contains one or more of the following: soybean, cottonseed, canola), Yeast, Salt, Wheat Gluten, Contains 2% or less of the following: Dough Conditioners (contains one or more of the following: sodium stearoyl lactylate, calcium stearoyl-2-lactylate, ascorbic acid, azodicarbonamide, mono and diglycerides, DATEM, enzymes), Yeast Nutrients (may contain one or more of the following: monocalcium phosphate, calcium sulfate, calcium carbonate, ammonium sulfate), Turmeric, Paprika, Annatto, Natural Flavor, Calcium Silicate, Calcium Propionate (preservative). CONTAINS:

**Buttermilk Ranch Dipping Sauce:** Soybean Oil, Water, White Distilled Vinegar, Buttermilk (cultured lowfat milk, milk, nonfat dry milk, salt, sodium citrate, vitamin A palmitate), Corn Syrup, Egg Yolks, Sugar, Contains 2% or Less of: Salt, Modified Corn Starch, Inactive Dried Yeast, Phosphoric Acid, Lactic Acid, Sodium Benzoate

and Potassium Sorbate (preservatives), Garlic Powder, Disodium Inosinate & Disodium Guanylate, Polysorbate 60, Xanthan Gum, Spice, Onion Powder, Natural Flavoring, Cultured Cream, Parsley Flakes, Propylene Glycol, Calcium Disodium EDTA (to protect flavor), Soy Lecithin. CONTAINS: EGG, MILK, SOY.

**Buttery Best Spread:** Liquid and Partially Hydrogenated Soybean Oil, Water, Salt, Hydrogenated Soybean Oil, Vegetable Mono & Diglycerides, Pectin and Sodium Alginate, Natural and Artificial Flavors, Buttermilk Solids, Soy Lecithin, Potassium Sorbate (preservative), Citric Acid, Calcium Disodium EDTA (to protect flavor), Beta Carotene (color), Vitamin A Palmitate. CONTAINS: MILK, SOY.

**Caesar Sauce:** Soybean Oil, Water, Parmesan and Romano Cheese (part skim milk, cheese cultures, salt, enzymes), Red Wine Vinegar, Egg Yolk, Extra Virgin Olive Oil, Lemon Juice Concentrate, Salt, Sugar, Garlic (dehydrated), Mustard Seed, Spices, Autolyzed Yeast Extract, Anchovies, Xanthan Gum, Distilled Vinegar, Molasses, Corn Syrup, Caramel Color, Tamarind, Natural Flavor. CONTAINS: EGGS, FISH (anchovies), MILK.

**Cheddar Cheese Sliced:** Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color (vegetable color). CONTAINS: MILK.

**Cheddar Cheese, Shredded:** Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato Starch and Powdered Cellulose (to prevent caking), Natamycin (natural mold inhibitor). CONTAINS: MILK.

**Chili:** Water, Chili Base (tomatoes, salt, citric acid, calcium chloride), Ground Beef, Vegetable Mix (onions, celery, green peppers), Chili Beans (beans, water, sugar, corn syrup, salt, natural flavorings, onion powder, calcium chloride), Kidney Beans (kidney beans, water, sugar, corn syrup, salt, natural flavorings, onion powder, calcium chloride, disodium EDTA [preservative]), Chili Seasoning (sugar, salt, modified corn starch, chili pepper, onion powder, spices, dextrose, garlic powder, citric acid, disodium inosinate & guanylate, xanthan gum, autolyzed yeast extract, soybean oil, caramel color, extractives of paprika, malic acid, red 40, natural and artificial flavor, silicon dioxide [anticaking agent]).

**Cod Fillet:** Cod, Water, Enriched Bleached Wheat Flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Modified Corn Starch, Bleached Wheat Flour, Less Than 2% Of The Following: Yellow Corn Flour, Salt, Garlic Powder, Onion Powder, Leavening (sodium aluminum phosphate, sodium bicarbonate), Soybean Oil, Sugar, Spice, Palm Oil, Disodium Inosinate and Guanylate, Yeast, Malted Barley Flour, Natural Flavor, Sodium Phosphate (to retain moisture), Ascorbic Acid (dough conditioner). Cooked in the same oil as menu items that contain Egg, and Milk. CONTAINS: FISH (cod), WHEAT.

**Coca-Cola®:** Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine.

**Coffee Creamer:** Light Cream, Skim Milk, Sodium Citrate, Disodium Phosphate. CONTAINS: MILK.

**Coke Zero™:** Carbonated Water, Caramel Color, Phosphoric Acid, Potassium Citrate, Potassium Benzoate (to protect taste), Aspartame, Natural Flavors, Acesulfame Potassium, Caffeine, Sucralose. Phenylketonurics: contains phenylalanine.

**Crinkle Cut Pickle:** Fresh Cucumbers, Water, Salt, Vinegar, Lactic Acid, Sodium Benzoate (preservative), Natural Flavors, Polysorbate 80, Turmeric (color).

**Crispy Chicken Nuggets:** Chicken Breast, Water, Sodium Phosphates, Salt. Battered And Breaded With: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spices, Dextrose, Leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), Yellow Corn Flour, Yeast, Garlic Powder, Citric Acid, Natural And Artificial Flavor, Spice Extractives, Xanthan Gum. Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, natural flavor [vegetable], citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Egg and Fish (where available). CONTAINS: WHEAT.

**Crispy Chicken Patty:** Chicken Breast, Water, Salt, Sodium Phosphates. Breaded With: Wheat Flour, Bleached Wheat Flour, Water, Rice Flour, Salt, Modified Corn Starch, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate), Spices, Garlic Powder, Onion Powder, Yeast, Spice Extractives, Extractives of Paprika, Natural and Artificial Flavor, Lactic Acid. Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, natural flavor [vegetable], citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Egg, Milk, and Fish (where available). CONTAINS: WHEAT.

**Diet Coke®:** Carbonated Water, Caramel Color, Phosphoric Acid, Sodium Saccharin, Potassium Benzoate (to protect taste), Natural Flavors, Citric Acid, Caffeine, Potassium Citrate, Aspartame. Phenylketonurics: contains phenylalanine.

**Dried Cranberries:** Cranberries, Sugar, Sunflower Oil.

**Dr Pepper®:** High Fructose Corn Syrup, Water, Caramel Color, Phosphoric Acid, Caffeine, Sodium Benzoate (preservative), Natural and Artificial Flavors, Dimethylpolysiloxane.





# INGREDIENT INFORMATION

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**Fanta® Orange:** Carbonated Water, High Fructose Corn Syrup, Citric Acid, Potassium Benzoate (to protect taste), Natural Flavors, Modified Food Starch, Glycerol Ester of Wood Rosin, Yellow 6, Brominated Vegetable Oil, Red 40.

**Frosty, Chocolate:** Milk, Sugar, Corn Syrup, Cream, Whey, Nonfat Milk, Cocoa (processed with alkali), Guar Gum, Mono and Diglycerides, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Artificial Flavor, Vitamin A Palmitate. CONTAINS: MILK.

**Frosty, Vanilla:** Milk, Sugar, Corn Syrup, Cream, Whey, Nonfat Milk, Guar Gum, Mono and Diglycerides, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Natural and Artificial Flavors, Annatto Extract, Vitamin A Palmitate. CONTAINS: MILK.

**Gourmet Croutons:** Enriched Wheat Flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Sunflower Oil and/or Canola Oil, Seasoning (sea salt, black pepper, natural flavor), Salt, Garlic (dehydrated), Water, Yeast, Natural Butter Flavor, Malted Barley Flour, Citric Acid and/or Tocopherols (to maintain freshness). CONTAINS: MILK, WHEAT.

**Grilled Chicken Breast:** Chicken Breast, Water, Seasoning (sea salt, maltodextrin, natural flavors, yeast extract, onion powder, garlic powder, sugar, gum Arabic, dextrose), Modified Corn Starch, Sodium Phosphates. Rubbed with Paprika and Spice.

**Hamburger Patty:** Ground Beef. Seasoned with Salt.

**Hi-C® Flashin' Fruit Punch®:** Water, High Fructose Corn Syrup, Citric Acid, Ascorbic Acid (vitamin C), Acesulfame Potassium, Modified Food Starch, Sucralose, Natural Flavors, Potassium Sorbate (to protect taste), Glycerol Ester of Wood Rosin, Yellow 6, Brominated Vegetable Oil, Red 40.

**Homestyle Chicken Breast:** Chicken Breast, Water, Seasoning (salt, autolyzed yeast extract, sugar, flavor, chicken, maltodextrin, gum arabic, silicon dioxide, lactic acid, sunflower oil, canola oil, dextrose, grill flavor [from canola oil], citric acid), Modified Food Starch, Sodium Phosphates. Breaded With: Wheat Flour, Water, Salt, Modified Corn Starch, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), Onion Powder, Garlic Powder, Autolyzed Yeast Extract, Natural Flavor, Lactic Acid, Extractives of Turmeric. Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Egg and Fish (where available). CONTAINS: WHEAT.

**Honey Mustard Dipping Sauce:** Soybean Oil, High Fructose Corn Syrup, White Distilled Vinegar, Dijon Mustard (water, mustard seed, vinegar, salt, white wine, citric acid, tartaric acid, spices), Water, Honey, Egg Yolks, Sugar, Contains less than 2% of the following: Modified Tapioca Starch, Modified Corn Starch, Salt, Xanthan Gum, Mustard Flour, Sodium Benzoate (preservative), Spices, Molasses, Paprika, Oleoresin Paprika (natural extractives of paprika, canola and/or soybean oil), Natural and Artificial Flavor, Calcium Disodium EDTA (to protect flavor), FD&C Yellow No. 5. CONTAINS: EGG, SOY.

**Hot Chili Seasoning Packet:** Water, Corn Syrup, Salt, Vinegar, Propylene Glycol Alginate, Flavor, Xanthan Gum, Color.

**Italian Vinaigrette Dressing:** Water, Soybean Oil, Sugar, White Wine Vinegar, Distilled Vinegar, Garlic (including dehydrated), Corn Starch, Sea Salt, Extra Virgin Olive Oil, Mustard Seed, Spice, Xanthan Gum, Salt, Red Bell Peppers (dehydrated).

**Juicy Juice® Apple Juice:** Apple Juice (water, juice concentrate), Ascorbic Acid (vitamin C), Malic Acid.

**Ketchup:** Tomato Concentrate (made from red ripe tomatoes), Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.

**Lemonade:** Sugar, Water, Lemon Juice, Lemon Pulp, Lemon Juice Concentrate, Natural Flavor.

**Lemon Garlic Caesar Dressing:** Water, Soybean Oil, Parmesan Cheese (part-skim milk, cheese culture, salt, enzymes), Garlic, Lemon Juice, Extra Virgin Olive Oil, Egg Yolk, Distilled Vinegar, Mustard Seed, Lemon Juice Concentrate, Spice, Garlic Juice, Salt, Egg Whites, White Wine, Xanthan Gum, Garlic (dehydrated), Anchovies, Natural Flavor, Citric Acid, Tartaric Acid, Corn Syrup, Molasses, Caramel Color, Soy Flour, Sugar, Tamarind, Lactic Acid. CONTAINS: EGG, FISH (anchovies), MILK, SOY.

**Light Ranch Dressing:** Buttermilk, Water, Soybean Oil, Distilled Vinegar, Egg Yolk, Corn Starch, Extra Virgin Olive Oil, Sugar, Sea Salt, Cultured Whey, Garlic (dehydrated), Salt, Spice, Xanthan Gum, Natural Flavor, Lactic Acid, Onion (dehydrated), Lemon Juice Concentrate, Green Onion, Mustard Seed. CONTAINS: EGG, MILK.

**Light Honey French Dressing:** Water, Honey, Sugar, Distilled Vinegar, Corn Syrup, Tomato Paste, Apple Cider Vinegar, Modified Cornstarch, Sea Salt, Mustard Seed, Onion (dehydrated), Xanthan Gum, Garlic (dehydrated), Oleoresin Paprika, Spice, Lemon Juice Concentrate, Natural Flavor.

**Light Spicy Asian Chili Vinaigrette:** Water, Brown Sugar, Corn Syrup, Rice Vinegar, Chili Garlic Sauce (salted chili pepper [chili peppers, salt], garlic, sugar, rice vinegar, water, modified corn starch, acetic acid), Soybean Oil, Miso (water, organic soy-

beans, rice, salt, koji starter [aspergillus oryzae]), Lime Juice (water, lime juice concentrate, lime oil), Soy Sauce (water, soybeans, salt, alcohol), Cilantro, Ginger, Mustard Seed, Sea Salt, Garlic (dehydrated), Spice, Natural Flavor, Roasted Garlic, Guar Gum, Xanthan Gum, Extra Virgin Olive Oil, Red Pepper (dehydrated), Yeast Extract, Oleoresin Rosemary, Citric Acid. CONTAINS: SOY.

**Mayonnaise:** Soybean Oil, Egg Yolks, Water, High Fructose Corn Syrup, Distilled Vinegar, Salt, Mustard Bran, Natural Flavors, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG.

**Minute Maid® Light Lemonade:** Water, Concentrated Lemon Juice, Citric Acid, Contains Less than 1% of: Natural Flavors, Modified Cornstarch, Glycerol Ester of Wood Rosin, Potassium Citrate, Sodium Benzoate, Potassium Sorbate and EDTA (to protect taste), Aspartame, Acesulfame Potassium, Yellow 5. Phenylketonurics: contains phenylalanine.

**Mustard:** Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric (color), Paprika, Spice.

**Natural-Cut Fries:** Potatoes, Vegetable Oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), Dextrose, Sodium Acid Pyrophosphate (to maintain natural color). Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, natural flavor [vegetable], citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Wheat, Egg, Milk, and Fish (where available). Seasoned with Sea Salt.

**Nestlé® Pure Life® Bottled Water:** Purified Water, Calcium Chloride, Sodium Bicarbonate, Magnesium Sulfate.

**Non-nutritive Sweetener:** See individual packet.

**Pibb Xtra®:** Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Artificial and Natural Flavors, Sodium Benzoate and Potassium Benzoate (to protect taste), Caffeine, Monosodium Phosphate, Lactic Acid, Sodium Carboxymethylcellulose.

**Pomegranate Vinaigrette Dressing:** Water, Sugar, Pomegranate Juice Concentrate, Soybean Oil, White Wine Vinegar, Orange Juice Concentrate, Balsamic Vinegar, Distilled Vinegar, Sea Salt, Extra Virgin Olive Oil, Orange Flavored (orange peel, sugar, orange oil), Shallots, Xanthan Gum, Natural Flavor, Spice.

**Pretzel Bun, Toasted:** Enriched Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Water, Palm Oil, Sugar, Nonfat Dry Milk, Yeast, Salt, Dough Extender (wheat flour, monoglycerides, guar gum, corn syrup solids, contains 2% or less of: enzyme, soybean oil), Dough Conditioner (wheat flour, DATEM, contains 2% or less of: soybean oil, ascorbic acid, enzymes, L-cysteine hydrochloride), Calcium Propionate, Ascorbic Acid, Enzyme. Buns are toasted in a common toaster with products that contain Egg and Milk. Untoasted buns are available upon request. CONTAINS: WHEAT, MILK.

**Ranch Dressing:** Buttermilk, Soybean Oil, Water, Distilled Vinegar, Extra Virgin Olive Oil, Egg Yolk, Sugar, Sea Salt, Garlic (dehydrated), Modified Cornstarch, Yeast Extract, Spice, Salt, Onion (dehydrated), Natural Flavor, Xanthan Gum, Lactic Acid. CONTAINS: EGG, MILK.

**Ranch Sauce:** Soybean Oil, Buttermilk, Water, Distilled Vinegar, Egg Yolk, Asiago Cheese (part skim milk, cheese cultures, salt, enzymes), Sugar, Granular, Swiss and Parmesan Cheese (milk, cheese cultures, salt, enzymes), Garlic (including dehydrated), Seasoning (salt, garlic & onion [dehydrated], sour cream solids [cream, non fat milk, cultures], buttermilk solids, sugar, spice, whey solids, lactic and citric acids, parsley), Salt, Onion (dehydrated), Xanthan Gum, Egg Whites (dehydrated), Natural Flavors, Spices, Dry Skim Milk, Citric Acid, Butter (cream, salt), Whey, Lactic Acid. CONTAINS: EGG, MILK.

**Reduced Fat Sour Cream:** Milk, Cream, Modified Corn Starch, Nonfat Dry Milk, Maltodextrin, Lactic Acid, Sodium Phosphate, Citric Acid, Guar Gum, Mono and Diglycerides, Natural and Artificial Flavor, Potassium Sorbate (preservative), Locust Bean Gum, Carrageenan. CONTAINS: MILK.

**Roasted Pecans:** Pecans, Sugar, Honey, Corn Starch, Calcium Stearate (anti-caking agent), Soy Lecithin, Maltodextrin, Lactose (from milk), Xanthan Gum, Soybean Oil, Sea Salt, Cayenne Pepper. CONTAINS: MILK, SOY, TREE NUTS (pecans).

**Saltines:** Enriched Flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), Soybean Oil (contains TBHQ for freshness), Salt, Contains 2% or less of: Corn Syrup, Leavening (baking soda, yeast), Soy Lecithin. CONTAINS: SOY, WHEAT.

**Smoky Honey Mustard:** Soybean Oil, Dijon Mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), Water, Sugar, Honey, Tomato Paste, Brown Sugar, Cider Vinegar, Egg Yolk, Distilled Vinegar, Salt, Natural Flavors (including smoke flavor), Mustard Seed, Garlic (dehydrated), Xanthan Gum, Onion (dehydrated), Molasses, Corn Syrup, Spices, Caramel Color, Tamarind, Soy Lecithin. CONTAINS: EGG, SOY.



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**Spicy Chicken Breast:** Chicken Breast, Water, Seasoning (salt, spice, sodium phosphate [sodium tripolyphosphate, sodium polyphosphates, glassy], modified corn starch, paprika, natural flavor, extractives of paprika, extractives of turmeric). Battered With: Wheat Flour, Water, Salt, Modified Corn Starch, Bleached Wheat Flour, Wheat Gluten, Spice, Gum Arabic, Egg White Solids, Spice Extractives, Yellow Corn Flour, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate). Extractives of Paprika. Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Fish (where available). CONTAINS: EGG, WHEAT.

**Spicy Chicken Nuggets:** Chicken Breast, Water, Seasoning (salt, spice, spice extractive), Sodium Phosphates. Battered and Breaded with: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spice, Wheat Gluten, Egg White Solids, Gum Arabic, Paprika, Extractives of Paprika, Yellow Corn Flour, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), Spice Extractives, Yeast. Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, natural flavor [vegetable], citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Milk and Fish (where available). CONTAINS: EGG, WHEAT.

**Spicy Roasted Cashews:** Cashews, Onion Garlic Seasoning (onion powder, garlic powder, salt), Canola Oil, Soy Lecithin, Sea Salt, Paprika, Cayenne Pepper. CONTAINS: SOY, TREE NUTS (cashews).

**Spring Mix:** Baby Lettuces (red & green Romaine, red & green oak, red & green leaf, lolla Rosa, tango), Spinach, Mizuna, Arugula, Tatsoi, Red Chard, Green Chard.

**Sprite®:** Carbonated Water, High Fructose Corn Syrup, Citric Acid, Natural Flavors, Sodium Citrate, Sodium Benzoate (to protect taste), Dimethylpolysiloxane.

**Strawberry Lemonade:** Lemonade (water, sugar, lemon juice & concentrate), Strawberry Puree (sugar, strawberries, water, natural flavor, modified corn starch, citric acid, pectin, potassium sorbate [preservative], grape juice concentrate [color], carmine color).

**Strawberry Tea:** Unsweetened Brewed Tea, Strawberry Puree (sugar, strawberries, water, natural flavor, modified corn starch, citric acid, pectin, potassium sorbate [preservative], grape juice concentrate [color], carmine color).

**Sweet & Sour Dipping Sauce:** Fructose Corn Syrup, White Distilled Vinegar, Water, Pineapple Juice Concentrate, Modified Corn Starch, Salt, Sodium Benzoate and Potassium Sorbate (preservatives), Bell Peppers (dehydrated), Soybean Oil, Caramel Color (sulfites), Citric Acid, Oleoresin Paprika (natural extractives of paprika, canola and/or soybean oil), Spice, Red 40.

**Tartar Sauce:** Soybean Oil, Cucumbers, Water, Egg Yolk, Distilled Vinegar, Onion (including dehydrated), Salt, Mustard Seed, Lemon Juice from Concentrate, Xanthan Gum, Spices, Garlic (dehydrated), Propylene Glycol Alginate, Potassium Sorbate and Sodium Benzoate (preservatives), Alum, Oleoresin Turmeric, Natural Flavor. CONTAINS: EGG.

**Thousand Island Dressing:** Soybean Oil, Sweet Relish (cucumbers, sugar, vinegar, salt, xanthan gum, natural flavors), Water, Sugar, Egg Yolk, Tomato Paste, Distilled Vinegar, Salt, Onion (dehydrated), Celery Seed, Natural Flavors, Xanthan Gum, Vegetable Juice (added for color), Garlic (dehydrated). CONTAINS: EGG.

**Tortilla:** Bleached Enriched Wheat Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Water, Soybean Oil, Hydrogenated Cottonseed and/or Soybean Oil, Mono and Diglycerides, Potato Starch with Monoglycerides, Contains 2% or less of: Salt, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Fumaric Acid, Sodium Bicarbonate, Dough Conditioner (wheat flour, calcium sulphate, sorbic acid, L-Cysteine hydrochloride), Sodium Propionate and Potassium Sorbate (preservatives). CONTAINS: WHEAT.

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Nutrition 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 season of the year. Certain menu items may not be available at all locations. Temporary products are not included. Nutrition calculations follow federal regulations regarding the rounding of nutritional data.

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

Wendy's International, LLC, 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. Foods cooked in common oil have also been indicated as possible allergens. Federal regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soy oil as an ingredient is not indicated as an allergen. Please consult your doctor to know if you should avoid products that contain highly refined soy oil.

**Our products may contain or come into contact with common food allergens.  
Visit [www.wendys.com](http://www.wendys.com) for more information.**

For the most comprehensive and up-to-date information, or to calculate nutrition facts for your favorite menu items, visit [www.wendys.com](http://www.wendys.com)