



Major food allergens are listed below underlined and in **RED**.

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** Buttered Buns available at participating Harrisburg, PA and Sioux Falls, SD locations

Arby's® Nutrition & Allergen Information (U.S.)

LIMITED TIME OFFERS

	Serving Weight (g)	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Cheesesteak	290	660	243	27	13	0.5	170	2040	58	5	6	49
Chicken Cheesesteak Half Pound	489	1040	450	50	25	1.5	340	3570	65	7	8	88
Chicken Cheesesteak Deluxe	352	670	243	27	13	0.5	170	2050	60	6	7	50
Chicken Cheesesteak Deluxe Half Pound	550	1050	450	50	25	1.5	340	3580	67	8	10	88
Spicy Chicken Cheesesteak	305	760	333	37	17	1	170	2150	60	5	6	49
Spicy Chicken Cheesesteak Half Pound	517	1250	639	71	32	2	340	3800	69	7	9	88
Spicy Chicken Cheesesteak Deluxe	366	770	333	37	17	1	170	2160	62	6	7	50
Spicy Chicken Cheesesteak Deluxe Half Pound	579	1260	639	71	32	2	340	3810	71	8	10	89
Steak Nuggets (5)	79	140	50	5	2	0	40	440	2	1	2	20
Steak Nuggets (9)	142	240	90	10	3.5	0	70	780	3	2	4	36
Steak 'n Mac Bowl <u>Contains: Wheat, Milk, Egg</u>	320	680	340	38	14	0.5	95	1880	47	3	13	37
Steak 'n Potato Bowl <u>Contains: Milk, Soy</u>	307	770	430	47	10	0.5	55	1640	50	6	2	26
Horsey Ranch Dipping Sauce <u>Contains: Milk, Egg</u>	28	120	120	13	2	0	10	280	1	0	1	0
Shirley 'n Cream – Small <u>Contains: Milk</u>	223	170	13.5	1.5	1	0	5	65	38	0	36	2
Shirley 'n Cream – Medium <u>Contains: Milk</u>	288	210	13.5	1.5	1	0	5	75	49	0	47	2
Shirley 'n Cream – Large <u>Contains: Milk</u>	458	300	13.5	1.5	1	0	5	105	71	0	69	2
Classic Shirley Temple – Small	202	120	0	0	0	0	0	40	31	0	30	0
Classic Shirley Temple – Medium	267	170	0	0	0	0	0	50	42	0	42	0
Classic Shirley Temple – Large	437	250	0	0	0	0	0	80	64	0	64	0
Classic Shirley Temple – XL	585	330	0	0	0	0	0	110	84	0	83	0
Peach Cobbler Roll (1) <u>Contains: Wheat, Milk, Soy, Egg</u>	53	170	70	8	3	0	5	290	23	1	8	2
Peach Cobbler Roll (2) <u>Contains: Wheat, Milk, Soy, Egg</u>	105	350	150	16	6	0	15	570	46	2	16	4
Mozzarella Sticks (2) <u>Contains: Wheat, Milk</u>	97	240	110	12	4.5	0	20	870	23	2	4	10



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SLOW ROASTED BEEF												
Classic Beef 'n Cheddar <u>Contains: Milk, Soy, Wheat, Sesame</u>	195	450	180	20	6	1	50	1280	45	2	9	23
Double Beef 'n Cheddar <u>Contains: Milk, Soy, Wheat, Sesame</u>	301	630	290	32	11	1.5	100	2100	48	2	9	39
Half Pound Beef 'n Cheddar <u>Contains: Milk, Soy, Wheat, Sesame</u>	358	740	350	39	14	2	130	2530	48	2	9	49
Classic Roast Beef <u>Contains: Soy, Wheat, Sesame</u> **Milk	154	360	120	14	5	0.5	50	970	37	2	5	23
Double Roast Beef <u>Contains: Soy, Wheat, Sesame</u> **Milk	239	510	210	24	9	1.5	95	1610	38	2	5	38
Half Pound Roast Beef <u>Contains: Soy, Wheat, Sesame</u> **Milk	295	610	270	30	12	2	130	2040	38	2	5	48
Arby's Sauce® Adds	14	15	0	0	0	0	0	180	3	0	2	0
Horsey Sauce® Adds <u>Contains: Egg</u>	14	60	45	5	1	0	5	150	3	0	2	0
Classic French Dip & Swiss/Au Jus <u>Contains: Milk, Soy, Wheat</u>	324	530	190	21	10	1	85	2540	50	2	3	34
ARBY'S CHEESESTEAKS												
Angus Cheesesteak <u>Contains: Milk, Wheat, Sesame</u>	290	690	300	34	16	1	110	2110	61	4	8	38
Angus Cheesesteak Deluxe	352	700	306	34	16	1	110	2120	64	5	10	39
Angus Cheesesteak Half Pound <u>Contains: Milk, Wheat, Sesame</u>	489	1110	570	63	31	2.5	220	3720	72	5	13	66
Spicy Angus Cheesesteak <u>Contains: Milk, Wheat, Sesame</u>	305	800	396	44	20	1.5	110	2230	64	4	9	39
Spicy Angus Cheesesteak Deluxe	366	810	396	44	20	1.5	110	2240	66	5	10	39
Spicy Angus Cheesesteak Half Pound <u>Contains: Milk, Wheat, Sesame</u>	517	1320	756	84	39	3	220	3950	77	5	14	67
CRISPY CHICKEN												
Crispy Chicken <u>Contains: Egg, Wheat, May Contain Sesame</u> † Milk, Soy, Fish (where available)	240	530	200	22	4.5	0	50	1410	59	4	13	24
Buffalo Chicken <u>Contains: Egg, Milk, Wheat, May Contain Sesame</u> † Soy, Fish (where available)	228	530	200	22	4.5	0	45	2100	59	4	12	24
Chicken Bacon Swiss <u>Contains: Egg, Milk, Wheat, May Contain Sesame</u> † Soy, Fish (where available)	272	650	270	30	9.5	0	75	1760	61	4	14	35
Chicken Cordon Bleu <u>Contains: Egg, Milk, Wheat, May Contain Sesame</u> † Soy, Fish (where available)	233	650	270	30	9	0	85	1790	59	4	11	35
Chicken Tenders (3) <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	129	370	160	18	3	0	60	1190	28	2	0	23
Chicken Tenders (5) <u>Contains: Wheat</u> † Fish (where available)	215	610	270	30	4.5	0	100	1990	47	3	0	39
BBQ Dipping Sauce Adds	36	70	0	0	0	0	0	290	16	0	15	0
Buffalo Dipping Sauce Adds <u>Contains: Milk</u>	28	10	10	1	0	0	0	720	2	0	0	0
Honey Mustard Dipping Sauce Adds <u>Contains: Egg</u>	28	130	120	13	2	0	10	160	5	0	4	0
Ranch Dipping Sauce Adds <u>Contains: Egg, Milk</u>	28	100	90	10	2	0	15	135	1	0	1	1



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CRAFTED SANDWICHES												
Greek Gyro <u>Contains: Egg, Milk, Soy, Wheat</u>	273	700	390	44	13	0	75	1370	55	4	6	23
Reuben <u>Contains: Egg, Milk, Wheat</u>	308	680	280	31	8	0.5	80	2420	62	4	5	37
Turkey Ranch & Bacon Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u>	360	800	310	34	10	0.5	70	2480	79	5	16	46
Ham & Swiss Melt <u>Contains: Egg, Milk, Wheat, Sesame</u> † Fish (where available)	167	380	120	13	5	0	60	1370	40	2	5	26
SIGNATURE SIDES												
Curly Fries – Medium ♦ <u>Contains: Wheat</u> † Egg, Milk, Soy, Fish (where available)	128	410	200	22	3	0	0	940	49	5	0	5
Curly Fries – Large ♦ <u>Contains: Wheat</u> † Egg, Milk, Soy, Fish (where available)	170	550	260	29	4	0	0	1250	65	6	0	6
Curly Fries – XL ♦ <u>Contains: Wheat</u> † Egg, Milk, Soy, Fish (where available)	185	600	290	32	4.5	0	0	1360	71	7	0	7
Crinkle Fries – Medium ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	139	390	170	19	2.5	0	0	460	49	0	0	5
Crinkle Fries – Large ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	190	530	230	26	3.5	0	0	630	68	0	0	7
Crinkle Fries – XL ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	227	630	280	31	4.5	0	0	750	81	7	0	8
Potato Cakes (3) † Egg, Milk, Soy, Wheat, Fish (where available)	150	370	190	21	3	0	0	650	35	4	0	3
Potato Cakes (4) † Egg, Milk, Soy, Wheat, Fish (where available)	200	490	250	28	4.5	0	0	860	46	5	0	4
Potato Cakes (5) † Egg, Milk, Soy, Wheat, Fish (where available)	250	620	320	35	5	0	0	1080	58	6	0	5
Ketchup Adds	9	10	0	0	0	0	0	85	3	0	2	0
Cheddar Cheese Sauce Adds <u>Contains: Milk</u>	43	50	35	3.5	0.5	0	0	370	4	0	0	1
Mozzarella Sticks (4) <u>Contains: Milk, Wheat</u> † Egg, Soy, Fish (where available)	137	440	210	23	9	0.5	35	1410	37	2	3	19
Mozzarella Sticks (6) <u>Contains: Milk, Wheat</u> † Egg, Soy, Fish (where available)	206	650	310	35	14	1	55	2110	56	3	4	29
Marinara Sauce Adds	28	20	0	0	0	0	0	170	4	1	3	1
Jalapeno Bites® (5) <u>Contains: Milk, Wheat</u> † Egg, Soy, Fish (where available)	110	290	150	17	6	0	25	660	31	2	3	5
Jalapeno Bites® (8) <u>Contains: Milk, Wheat</u> † Egg, Soy, Fish (where available)	176	470	240	27	10	0.5	40	1060	50	3	4	8
Bronco Berry Sauce® Adds	28	60	0	0	0	0	0	25	15	0	15	0
White Cheddar Mac 'n Cheese <u>Contains: Wheat, Milk, Egg</u>	227	470	240	27	12	0	55	1310	40	1	10	17

♦ Recommended portion sizes. Curly and Crinkle Fries are individually portioned at every restaurant. Variations in portion size may exist from portion to portion, and restaurant to restaurant.



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SHAKES												
* Jamocha Shake – Small <u>Contains: Milk</u>	372	540	140	16	10	0	50	320	88	1	74	12
* Jamocha Shake – Medium <u>Contains: Milk</u>	490	700	180	20	13	0	65	420	116	1	97	15
* Jamocha Shake – Large <u>Contains: Milk</u>	687	980	250	28	18	0.5	90	600	161	1	136	22
* Chocolate Shake – Small <u>Contains: Milk</u>	372	540	150	17	11	0	50	320	86	1	76	12
* Chocolate Shake – Medium <u>Contains: Milk</u>	490	700	190	21	14	0	65	420	113	1	99	16
* Chocolate Shake – Large <u>Contains: Milk</u>	687	970	260	29	19	0.5	90	590	158	2	138	22
Vanilla Shake – Small <u>Contains: Milk</u>	361	480	150	17	11	0	55	300	70	0	64	12
Vanilla Shake – Medium <u>Contains: Milk</u>	481	620	190	21	14	0.5	70	400	93	0	85	16
Vanilla Shake – Large <u>Contains: Milk</u>	672	870	260	29	19	0.5	95	560	129	1	119	23
VALUE MENU												
Roast Beef Slider <u>Contains: Milk, Soy, Wheat/May contain Sesame</u>	77	180	70	7	3	0	25	520	18	1	4	11
Chicken Slider <u>Contains: Egg, Milk, Soy, Wheat/May contain Sesame</u> † Fish (where available)	79	230	80	9	2	0	25	620	25	1	2	11
Ham Slider <u>Contains: Milk, Soy, Wheat/May contain Sesame</u>	77	170	50	6	2	0	25	600	19	0	4	11
Buffalo Chicken Slider <u>Contains: Egg, Milk, Soy, Wheat/May contain Sesame</u> † Fish (where available)	92	260	100	12	2	0	25	910	26	1	3	10
Ranch Chicken Wrap <u>Contains: Egg, Milk, Wheat, Soy</u> † Fish (where available)	139	400	210	23	7	0	45	1000	32	1	1	16
Honey Mustard Chicken Wrap <u>Contains: Egg, Milk, Wheat, Soy</u> † Fish (where available)	139	380	190	21	7	0	35	990	34	1	3	15
Curly Fries – Small ♦ <u>Contains: Wheat</u> † Egg, Milk, Soy, Fish (where available)	77	250	120	13	2	0	0	570	29	3	0	3
Crinkle Fries – Small ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	91	250	110	12	1.5	0	0	300	32	0	0	3
* Apple Turnover <u>Contains: Soy, Wheat</u>	128	430	160	18	9	0	0	210	65	2	39	4
* Cherry Turnover <u>Contains: Soy, Wheat</u>	128	390	120	13	6	0	0	200	65	2	40	4

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KIDS MENU												
Roast Beef Slider <u>Contains: Milk, Soy, Wheat/May contain Sesame</u>	77	180	70	7	3	0	25	520	18	1	4	11
Chicken Slider <u>Contains: Egg, Milk, Soy, Wheat/May contain Sesame</u> † Fish (where available)	79	230	80	9	2	0	25	620	25	1	2	11
Ham Slider <u>Contains: Milk, Soy, Wheat/May contain Sesame</u>	77	170	50	6	2	0	25	600	19	0	4	11
Buffalo Chicken Slider <u>Contains: Egg, Milk, Soy, Wheat/May contain Sesame</u> † Fish (where available)	92	260	100	12	2	0	25	910	26	1	3	10
Chicken Tenders (2) <u>Contains: Wheat</u> † Fish (where available)	67	160	80	9	1.5	0	40	420	7	1	0	13
Barbeque Dipping Sauce Adds	36	70	0	0	0	0	0	290	16	0	15	0
Buffalo Dipping Sauce Adds <u>Contains: Milk</u>	28	10	10	1	0	0	0	720	2	0	0	0
Honey Mustard Dipping Sauce Adds <u>Contains: Egg</u>	28	130	120	13	2	0	10	160	5	0	4	0
Ranch Dipping Sauce Adds <u>Contains: Egg, Milk</u>	28	100	90	10	2	0	15	135	1	0	1	1
Tree Top® Applesauce	91	45	0	0	0	0	0	0	13	2	11	0
Curly Fries – Small ♦ <u>Contains: Wheat</u> † Egg, Milk, Soy, Fish (where available)	77	250	120	13	2	0	0	560	29	3	0	3
Crinkle Fries – Small ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	91	250	110	12	1.5	0	0	300	32	0	0	3
Potato Cakes (2) † Egg, Milk, Soy, Wheat, Fish (where available)	100	250	130	14	2	0	0	430	23	2	0	2
Honest Kids® Apple Juice Drink	91	45	0	0	0	0	0	0	12	3	8	1
Nestle® Pure Life® Bottled Water	479	0	0	0	0	0	0	0	0	0	0	0
Shamrock Farms® Lowfat White Milk <u>Contains: Milk</u>	214	90	20	2	1.5	0	10	105	10	0	10	7
• Shamrock Farms® Lowfat Chocolate Milk <u>Contains: Milk</u>	218	150	20	2.5	1.5	0	10	170	26	1	23	7
1% Lowfat Milk <u>Contains: Milk</u>	8oz	110	25	2.5	1.5	0	10	110	12	0	12	8
• 1% Lowfat Chocolate Milk <u>Contains: Milk</u>	8oz	140	25	2.5	1.5	0	10	130	22	1	22	8

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SMALL DRINKS												
Strawberry Lemonade [°]	Small	140	0	0	0	0	0	10	36	0	34	0
Classic Lemonade [°]	Small	110	0	0	0	0	0	10	29	0	27	0
Barq's® Root Beer [°]	Small	130	0	0	0	0	0	60	35	1	35	0
Coca-Cola® [°]	Small	120	0	0	0	0	0	35	34	1	34	0
Coca-Cola® Zero Sugar [°]	Small	0	0	0	0	0	0	35	0	1	0	0
Diet Coke® [°]	Small	0	0	0	0	0	0	40	0	1	0	0
Fanta® Orange [°]	Small	130	0	0	0	0	0	35	35	1	35	0
Hi-C® Flashin' Fruit Punch® [°]	Small	130	0	0	0	0	0	45	35	1	34	0
Mello Yello® [°]	Small	140	0	0	0	0	0	45	38	1	38	0
Minute Maid Zero Sugar Lemonade® [°]	Small	5	0	0	0	0	0	35	2	1	0	0
POWERADE® Mountain Berry Blast® [°]	Small	70	0	0	0	0	0	100	19	1	19	0
Sprite® [°]	Small	120	0	0	0	0	0	60	33	1	33	0
Dr Pepper® [°]	Small	130	0	0	0	0	0	40	34	0	34	0
Diet Dr Pepper® [°]	Small	0	0	0	0	0	0	65	0	0	0	0
Brewed Sweet Tea	Small	60	0	0	0	0	0	0	14	0	14	0
Brewed Unsweet Tea	Small	0	0	0	0	0	0	0	1	0	0	0
MEDIUM DRINKS												
Strawberry Lemonade [°]	Med	190	0	0	0	0	0	10	49	0	46	0
Classic Lemonade [°]	Med	150	0	0	0	0	0	10	38	0	36	0
Barq's® Root Beer [°]	Med	180	0	0	0	0	0	85	50	1	50	0
Coca-Cola® [°]	Med	180	0	0	0	0	0	50	48	1	48	0
Coca-Cola® Zero Sugar [°]	Med	0	0	0	0	0	0	50	0	1	0	0
Diet Coke® [°]	Med	0	0	0	0	0	0	60	0	1	0	0
Fanta® Orange [°]	Med	180	0	0	0	0	0	45	49	1	49	0
Hi-C® Flashin' Fruit Punch® [°]	Med	180	0	0	0	0	0	60	50	1	49	0
Mello Yello® [°]	Med	200	0	0	0	0	0	65	0	1	54	0
Minute Maid Zero Sugar Lemonade® [°]	Med	10	0	0	0	0	0	55	2	1	0	0
POWERADE® Mountain Berry Blast® [°]	Med	100	0	0	0	0	0	140	27	1	27	0
Sprite® [°]	Med	170	0	0	0	0	0	90	46	1	46	0
Dr Pepper® [°]	Med	180	0	0	0	0	0	55	49	0	48	0
Diet Dr Pepper® [°]	Med	0	0	0	0	0	0	90	0	0	0	0
Brewed Sweet Tea	Med	70	0	0	0	0	0	0	19	0	18	0
Brewed Unsweet Tea	Med	0	0	0	0	0	0	0	1	0	0	0

[°]With 50% ice fill.



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LARGE DRINKS												
Strawberry Lemonade [°]	Large	300	0	0	0	0	0	15	77	0	73	0
Classic Lemonade [°]	Large	400	0	0	0	0	0	25	103	0	96	0
Barq's® Root Beer [°]	Large	270	0	0	0	0	0	125	74	1	74	0
Coca-Cola® [°]	Large	260	0	0	0	0	0	75	71	1	71	0
Coca-Cola® Zero Sugar [°]	Large	0	0	0	0	0	0	75	0	1	0	0
Diet Coke® [°]	Large	0	0	0	0	0	0	90	1	1	0	0
Fanta® Orange [°]	Large	270	0	0	0	0	0	70	73	1	73	0
Hi-C® Flashin' Fruit Punch® [°]	Large	270	0	0	0	0	0	90	73	1	72	0
Mello Yello® [°]	Large	290	0	0	0	0	0	95	80	1	80	0
Minute Maid Zero Sugar Lemonade® [°]	Large	10	0	0	0	0	0	80	4	1	0	0
POWERADE® Mountain Berry Blast® [°]	Large	150	0	0	0	0	0	210	40	1	40	0
Sprite® [°]	Large	250	0	0	0	0	0	130	68	1	68	0
Dr Pepper® [°]	Large	260	0	0	0	0	0	80	72	0	70	0
Diet Dr Pepper® [°]	Large	0	0	0	0	0	0	130	0	0	0	0
Brewed Sweet Tea	Large	120	0	0	0	0	0	0	32	0	30	0
Brewed Unsweet Tea	Large	5	0	0	0	0	0	0	1	0	0	0
XL DRINKS												
Strawberry Lemonade [°]	XL	400	0	0	0	0	0	25	103	0	96	0
Classic Lemonade [°]	XL	320	0	0	0	0	0	25	84	0	80	0
Barq's® Root Beer [°]	XL	360	0	0	0	0	0	170	98	1	98	0
Coca-Cola® [°]	XL	350	0	0	0	0	0	95	94	1	94	0
Coca-Cola® Zero Sugar [°]	XL	0	0	0	0	0	0	100	0	1	0	0
Diet Coke® [°]	XL	0	0	0	0	0	0	115	1	1	0	0
Fanta® Orange [°]	XL	360	0	0	0	0	0	90	97	1	96	0
Hi-C® Flashin' Fruit Punch® [°]	XL	360	0	0	0	0	0	120	97	1	95	0
Mello Yello® [°]	XL	380	0	0	0	0	0	125	106	1	106	0
Minute Maid Zero Sugar Lemonade® [°]	XL	15	0	0	0	0	0	105	5	1	0	0
POWERADE® Mountain Berry Blast® [°]	XL	200	0	0	0	0	0	270	53	1	53	0
Sprite® [°]	XL	250	0	0	0	0	0	130	68	1	68	0
Dr Pepper® [°]	XL	350	0	0	0	0	0	105	95	0	93	0
Diet Dr Pepper® [°]	XL	0	0	0	0	0	0	170	0	0	0	0
Brewed Sweet Tea	XL	170	0	0	0	0	0	0	42	0	41	0
Brewed Unsweet Tea	XL	5	0	0	0	0	0	0	2	0	0	0

[°]With 50% ice fill.



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Arby's® Nutrition & Allergen Information (U.S.)

	Serving Weight (g) or Amount	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
MISCELLANEOUS DRINKS												
Nestle® Pure Life® Bottled Water	479	0	0	0	0	0	0	0+	0	0	0	0
Honest Kids® Apple Juice Drink	91	45	0	0	0	0	0	0	12	3	8	1
Shamrock Farms® Lowfat White Milk <u>Contains: Milk</u>	214	90	20	2	1.5	0	10	105	10	0	10	7
• Shamrock Farms® Lowfat Chocolate Milk <u>Contains: Milk</u>	218	150	20	2.5	1.5	0	10	170	26	1	23	7
1% Lowfat Milk <u>Contains: Milk</u>	8oz	110	25	2.5	1.5	0	10	110	12	0	12	8
• 1% Lowfat Chocolate Milk <u>Contains: Milk</u>	8oz	140	25	2.5	1.5	0	10	130	22	1	22	8



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	Serving Weight (g)	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BREAKFAST												
• Sausage Biscuit <u>Contains: Egg, Milk, Soy, Wheat</u>	144	500	300	33	15	0	40	1450	36	1	3	12
• Bacon Biscuit <u>Contains: Egg, Milk, Soy, Wheat</u>	104	340	150	17	10	0	15	1180	36	1	3	10
• Ham Biscuit <u>Contains: Egg, Milk, Soy, Wheat</u>	140	340	140	16	9	0	30	1420	37	1	4	13
• Chicken Biscuit <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	134	390	160	18	9	0	20	1330	44	2	2	13
• Bacon, Egg & Cheese Sourdough <u>Contains: Egg, Milk, Soy, Wheat</u>	163	470	190	22	8	0	145	1260	46	2	5	23
• Bacon, Egg & Cheese Croissant <u>Contains: Egg, Milk, Soy, Wheat</u>	132	430	240	26	13	0.5	175	1010	29	1	4	18
• Bacon, Egg & Cheese Biscuit <u>Contains: Egg, Milk, Soy, Wheat</u>	166	470	250	28	14	0	145	1720	37	1	4	18
• Bacon, Egg & Cheese Wrap <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	146	410	220	24	9	0	150	1330	29	1	2	18
• Sausage, Egg & Cheese Sourdough <u>Contains: Egg, Milk, Soy, Wheat</u>	203	630	340	38	13	0	175	1450	47	2	5	24
• Sausage, Egg & Cheese Croissant <u>Contains: Egg, Milk, Soy, Wheat</u>	172	580	380	43	19	0.5	205	1200	30	1	4	19
• Sausage, Egg & Cheese Biscuit <u>Contains: Egg, Milk, Soy, Wheat</u>	206	630	400	44	20	0	175	1910	39	1	4	19
• Sausage, Egg & Cheese Wrap <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	181	550	350	39	14	0	175	1420	30	1	3	17
• Ham, Egg & Cheese Sourdough <u>Contains: Egg, Milk, Soy, Wheat</u>	194	460	160	18	5	0	155	1290	47	2	4	26
• Ham, Egg & Cheese Croissant <u>Contains: Egg, Milk, Soy, Wheat</u>	162	410	200	23	11	0.5	185	1040	30	1	3	21
• Ham, Egg & Cheese Biscuit <u>Contains: Egg, Milk, Soy, Wheat</u>	196	460	210	24	12	0	155	1750	38	1	3	21
• Ham, Egg & Cheese Wrap <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	178	400	190	21	8	0	165	1390	31	1	2	20
• Ham & Swiss Croissant <u>Contains: Egg, Milk, Soy, Wheat</u>	119	340	160	17	10	0	70	910	29	1	2	17
• Bacon & Cheese Croissant <u>Contains: Egg, Milk, Soy, Wheat</u>	83	330	170	19	10	0	50	740	27	1	2	14
• Sausage & Cheese Croissant <u>Contains: Egg, Milk, Soy, Wheat</u>	123	490	310	35	16	0	80	940	28	1	3	15
• French Toast Sticks <u>Contains: Soy, Wheat</u> † Egg, Milk, Fish (where available)	191	590	225	25	4.5	0	0	540	82	3	36	8
• Sausage Gravy Biscuit <u>Contains: Egg, Milk, Soy, Wheat</u>	261	480	250	28	13	0	20	1770	48	1	3	9
• Sausage Gravy Biscuit-Double <u>Contains: Egg, Milk, Soy, Wheat</u>	522	960	500	56	27	0	35	3490	95	3	6	18
Potato Cakes (2) † Egg, Milk, Soy, Wheat, Fish (where available)	100	250	130	14	2	0	0	430	23	2	0	2
Potato Cakes (3) † Egg, Milk, Soy, Wheat, Fish (where available)	150	370	190	21	3	0	0	650	35	4	0	3
Potato Cakes (4) † Egg, Milk, Soy, Wheat, Fish (where available)	200	490	250	28	4.5	0	0	860	46	5	0	4
Ketchup Adds	9	10	0	0	0	0	0	85	3	0	2	0
Coffee - 12 oz	355	0	0	0	0	0	0	5	0	0	0	0
• Simply Orange® Juice	309	160	0	0	0	0	0	0	33	1	26	2



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TOPPINGS												
Bacon- 3 half strips	14	70	45	5	1.5	0	15	250	1	0	1	5
Red Ranch Sauce- 0.5 oz	14	70	50	6	1	0	0	105	5	0	4	0
Crispy Onions- 0.5 oz <u>Contains: Egg, Milk, Wheat</u> † Soy, Fish (where available)	14	70	45	5	1	0	0	150	6	0	1	1
Cheddar Cheese (Mild Slice)- 1 slice <u>Contains: Milk</u>	19	80	60	6	3.5	0	20	120	0	0	0	5
Tomato- 2 slices	40	5	0	0	0	0	0	0	2	0	1	0
4" Sesame Seed Bun <u>Contains: Soy, Wheat, Sesame</u>	69	210	35	3.5	0.5	0	0	340	36	2	5	7
Red Onion- 2 slices	4	0	0	0	0	0	0	0	0	0	0	0
Processed Swiss- 1 slice <u>Contains: Milk, Soy</u>	13	40	25	3	2	0	10	200	0	0	0	3
Cheddar Cheese Sauce- 0.75 oz <u>Contains: Milk</u>	21	25	15	2	0	0	0	180	2	0	0	0
OPTIONAL/REGIONAL												
• ArbyQ <u>Contains: Soy, Wheat, Sesame</u>	182	420	90	10	3.5	0.5	30	1220	65	3	31	18
• Super Roast Beef <u>Contains: Soy, Wheat, Sesame</u>	210	440	170	19	6	1	50	1080	43	3	11	23
• Arby's Melt <u>Contains: Milk, Soy, Wheat, Sesame</u>	146	330	110	12	4	0.5	35	940	39	2	5	18
• Ham & Swiss Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u>	328	730	260	29	9	0	85	1760	81	5	15	37
• Roast Beef Gyro <u>Contains: Egg, Milk, Wheat</u>	273	540	260	29	7	1	60	1300	48	3	5	24

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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. This information is effective as of **September 2026**.

For the most comprehensive and up-to-date information, or to calculate nutrition facts for your favorite menu items, visit www.arbys.com or call 1-800-599-2729.

Arby's Restaurant Group, 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 9 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, sesame, fish, and crustacean shellfish. For your convenience, menu items and ingredients that contain these major allergens have been indicated. Allergen information is determined based on standard product formulations. These product formulations may vary. Fried menu items are cooked in common oil, and possible contact with other major allergens is also indicated. 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.

We encourage anyone with food allergies, sensitivities, or special dietary needs to check our website at www.arbys.com on a regular basis to obtain the most comprehensive and up-to-date information.

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. If you have a food allergy or intolerance, please notify a team member.