



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

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

LIMITED TIME OFFERS

Italian Beef Dip Contains: Wheat, Milk, Soy	343	680	340	37	13	1	85	2900	52	3	5	35
Crispy Fish Sandwich Contains: Soy, Wheat, Sesame, Fish (Pollock), Egg † Milk	228	570	230	25	4	0	45	990	65	3	9	20
King's Hawaiian Fish Deluxe Sandwich Contains: Wheat, Milk, Soy, Egg, Fish, Sesame †	301	690	300	34	10	0.5	105	1000	74	2	19	25
Apple Pie Shake – Regular Contains: Milk	377	560	140	16	10	0	50	290	94	0	82	11
Apple Pie Shake – Large Contains: Milk	499	740	180	20	13	0	65	380	124	0	108	15
Peach Cobbler Roll (1) Contains: Wheat, Milk, Soy, Egg	53	170	70	8	3	0	5	290	23	1	8	2
Peach Cobbler Roll (2) Contains: Wheat, Milk, Soy, Egg	105	350	150	16	6	0	15	570	46	2	16	4
Mozarella Sticks (2) Contains: Wheat, Milk	245	720	380	42	10	0	70	1520	52	3	14	30
Steak Nugget Bowl Contains: Milk, Wheat, Egg	353	880	540	60	17	0.5	105	2130	51	2	13	34
Loaded Italian Contains: Milk, Wheat, Egg, Soy	281	600	300	33	11	0	90	2110	46	3	4	29
White Cheddar Mac 'n Cheese Contains: Milk, Egg, Wheat	227	470	240	27	12	0	55	1310	40	1	10	17

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>	154	360	120	14	5	0.5	50	970	37	2	5	23
Double Roast Beef <u>Contains: Soy, Wheat, Sesame</u>	239	510	210	24	9	1.5	95	1610	38	2	5	38
Half Pound Roast Beef <u>Contains: Soy, Wheat, Sesame</u>	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

JUICY BURGERS

Deluxe Burger <u>Contains: Egg, Milk, Soy, Wheat; May Contain Sesame</u> † Fish (where available)	272	600	300	33	15	1	80	1370	45	3	13	31
Big Cheesy Bacon Burger <u>Contains: Egg, Milk, Soy, Wheat; May Contain Sesame</u> † Fish (where available)	235	710	370	41	17	1	85	1820	50	0	14	37



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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)
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: Egg, Milk, Soy, 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
CRAFTED SANDWICHES												
Greek Gyro <u>Contains: Egg, Milk, Soy, Wheat</u>	273	700	390	44	13	0	75	1370	55	4	6	23
Roast Beef Gyro <u>Contains: Egg, Milk, Wheat</u>	273	540	260	29	7	1	60	1300	48	3	5	24
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	810	310	35	10	0.5	80	2520	79	5	15	46
Smokehouse Brisket <u>Contains: Egg, Milk, Wheat; May Contain Sesame</u> † Fish (where available)	204	590	260	29	11	1	95	1190	48	3	13	35
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
TREATS												
* Jamocha Shake – Regular <u>Contains: Milk</u>	366	530	140	16	10	0	50	320	85	0	71	12
* Jamocha Shake – Large <u>Contains: Milk</u>	484	690	180	20	13	0	65	420	112	0	94	15
* Chocolate Shake – Regular <u>Contains: Milk</u>	366	520	150	17	11	0	50	320	83	1	72	12
* Chocolate Shake – Large <u>Contains: Milk</u>	484	680	190	21	13	0	65	420	110	1	96	16
Vanilla Shake – Regular <u>Contains: Milk</u>	361	480	150	17	11	0	55	300	70	0	64	12
Vanilla Shake – Large <u>Contains: Milk</u>	481	620	190	21	14	0.5	70	400	93	0	85	16
* 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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SIGNATURE SIDES												
Curly Fries – Medium ♦ <u>Contains: Wheat</u>	128	410	200	22	3	0	0	940	49	5	0	5
† Egg, Milk, Soy, Fish (where available)												
Curly Fries – Large ♦ <u>Contains: Wheat</u>	170	550	260	29	4	0	0	1250	65	6	0	6
† Egg, Milk, Soy, Fish (where available)												
Crinkle Fries – Medium ♦	139	390	170	19	2.5	0	0	460	49	0	0	5
† Egg, Milk, Soy, Wheat, Fish (where available)												
Crinkle Fries – Large ♦	190	530	230	26	3.5	0	0	630	68	0	0	7
† Egg, Milk, Soy, Wheat, Fish (where available)												
Potato Cakes (3)	150	370	190	21	3	0	0	650	35	4	0	3
† Egg, Milk, Soy, Wheat, Fish (where available)												
Potato Cakes (4)	200	490	250	28	4.5	0	0	860	46	5	0	4
† Egg, Milk, Soy, Wheat, Fish (where available)												
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>	137	440	210	23	9	0.5	35	1410	37	2	3	19
† Egg, Soy, Fish (where available)												
Mozzarella Sticks (6) <u>Contains: Milk, Wheat</u>	206	650	310	35	14	1	55	2110	56	3	4	29
† Egg, Soy, Fish (where available)												
Marinara Sauce Adds	28	20	0	0	0	0	0	170	4	1	3	1
Jalapeno Bites® (5) <u>Contains: Milk, Wheat</u>	110	290	150	17	6	0	25	660	31	2	3	5
† Egg, Soy, Fish (where available)												
Jalapeno Bites® (8) <u>Contains: Milk, Wheat</u>	176	470	240	27	10	0.5	40	1060	50	3	4	8
† Egg, Soy, Fish (where available)												
Bronco Berry Sauce® Adds	28	60	0	0	0	0	0	25	15	0	15	0

♦ 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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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	390	200	22	7	0	45	930	33	1	3	16
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

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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: Egg, Soy, 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

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DRINKS												
Strawberry Lemonade [°]	Regular	110	0	0	0	0	0	10	29	0	27	0
Classic Lemonade [°]	Regular	150	0	0	0	0	0	10	38	0	35	0
Barq's® Root Beer [^]	Medium	240	0	0	0	0	0	105	62	0	62	0
Barq's® Root Beer [°]	Medium	170	0	0	0	0	0	75	44	0	44	0
Coca-Cola® [^]	Medium	250	0	0	0	0	0	60	62	0	62	0
Coca-Cola® [°]	Medium	180	0	0	0	0	0	45	44	0	44	0
Coca-Cola® Zero Sugar [^]	Medium	0	0	0	0	0	0	60	0	0	0	0
Coca-Cola® Zero Sugar [°]	Medium	0	0	0	0	0	0	45	0	0	0	0
Diet Coke® [^]	Medium	0	0	0	0	0	0	75	0	0	0	0
Diet Coke® [°]	Medium	0	0	0	0	0	0	50	0	0	0	0
Fanta® Orange [^]	Medium	240	0	0	0	0	0	60	61	0	61	0
Fanta® Orange [°]	Medium	170	0	0	0	0	0	45	43	0	43	0
Hi-C® Flashin' Fruit Punch® [^]	Medium	250	0	0	0	0	0	110	65	0	63	0
Hi-C® Flashin' Fruit Punch® [°]	Medium	180	0	0	0	0	0	80	46	0	45	0
Mello Yello® [^]	Medium	250	0	0	0	0	0	75	67	0	67	0
Mello Yello® [°]	Medium	180	0	0	0	0	0	55	47	0	47	0
Minute Maid Zero Sugar Lemonade® [^]	Medium	10	0	0	0	0	0	65	3	0	0	0
Minute Maid Zero Sugar Lemonade® [°]	Medium	5	0	0	0	0	0	45	2	0	0	0
POWERADE® Mountain Berry Blast® [^]	Medium	130	0	0	0	0	0	170	34	0	34	0
POWERADE® Mountain Berry Blast® [°]	Medium	90	0	0	0	0	0	120	24	0	24	0
Sprite® [^]	Medium	220	0	0	0	0	0	110	57	0	57	0
Sprite® [°]	Medium	160	0	0	0	0	0	75	41	0	41	0
Dr Pepper® [^]	Medium	220	0	0	0	0	0	65	60	0	59	0
Dr Pepper® [°]	Medium	160	0	0	0	0	0	50	42	0	42	0
Diet Dr Pepper® [^]	Medium	0	0	0	0	0	0	110	0	0	0	0
Diet Dr Pepper® [°]	Medium	0	0	0	0	0	0	80	0	0	0	0
Nestle® Pure Life® Bottled Water	479	0	0	0	0	0	0	0+	0	0	0	0
Brewed Sweet Iced Tea – Medium Cup	294	90	0	0	0	0	0	0	23	0	22	0
Brewed Unsweet Iced Tea – Medium Cup	358	5	0	0	0	0	0	0+	1	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

[^]With no ice. [°]With 50% ice fill. Values shown for Medium soft drink. To determine approximate nutritional information for a Small soft drink, multiply the value shown for the Medium cup by 0.83; Large soft drink, multiply by 1.63. +The sodium value will vary based on the level of sodium in the local water supply.



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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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• Menu item may not be available at all Arby's® restaurants.

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

	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)
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												
• 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

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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 **December 2025**.

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.