



Major food allergens are listed below underlined and in RED.

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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) |
|---|--------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| King's Hawaiian Sweet Heat Crispy Chicken Sandwich <u>Contains: Egg, Milk, Wheat, Soy</u> † Fish (where available) | 318 | 700 | 300 | 33 | 11 | 0 | 110 | 1640 | 70 | 4 | 22 | 31 |
| King's Hawaiian Sweet Heat Beef 'n Brisket Sandwich <u>Contains: Egg, Milk, Wheat, Soy</u> | 257 | 720 | 350 | 39 | 15 | 1 | 140 | 1550 | 55 | 2 | 20 | 38 |
| Loaded Fries <u>Contains: Egg, Milk, Wheat, Soy</u> † Fish (where available) | 267 | 720 | 360 | 38 | 7 | 0 | 40 | 1580 | 64 | 5 | 4 | 23 |
| Blueberry Lemonade - Regular | 218 | 160 | 0 | 0 | 0 | 0 | 0 | 10 | 41 | 0 | 39 | 0 |
| Blueberry Lemonade - Large | 283 | 200 | 0 | 0 | 0 | 0 | 0 | 10 | 50 | 0 | 48 | 0 |
| Steakhouse Garlic Ribeye Sandwich <u>Contains: Milk, Wheat, Egg, Soy</u> | 215 | 630 | 340 | 38 | 14 | 0 | 100 | 1070 | 41 | 3 | 6 | 29 |
| Orange Cream Shake - Regular <u>Contains: Milk</u> | 377 | 550 | 140 | 16 | 10 | 0 | 50 | 280 | 90 | 1 | 82 | 11 |
| Orange Cream Shake - Large <u>Contains: Milk</u> | 499 | 720 | 180 | 20 | 13 | 0 | 65 | 380 | 119 | 1 | 109 | 15 |
| Crispy Fish Sandwich <u>Contains: Egg, Soy, Wheat, Fish (Pollock), Sesame</u> † Milk | 228 | 570 | 230 | 25 | 4 | 0 | 45 | 990 | 65 | 3 | 9 | 20 |
| King's Hawaiian Fish Deluxe Sandwich <u>Contains: Egg, Milk, Soy, Wheat, Fish (Pollock)</u> | 301 | 690 | 300 | 34 | 10 | 1 | 105 | 1000 | 74 | 2 | 19 | 25 |
| Chicken Bacon Ranch Loaded Mac 'n Cheese <u>Contains: Milk, Wheat, Egg</u> | 313 | 780 | 430 | 47 | 17 | 1 | 100 | 2220 | 50 | 2 | 11 | 36 |
| White Cheddar Mac 'n Cheese <u>Contains: Egg, Milk, Wheat</u> | 227 | 470 | 240 | 27 | 12 | 0 | 55 | 1310 | 40 | 1 | 10 | 17 |



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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> | 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 |
| Smokehouse Brisket <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available) | 193 | 560 | 260 | 29 | 11 | 1 | 95 | 1140 | 42 | 3 | 3 | 36 |
| CRISPY JUICY CHICKEN | | | | | | | | | | | | |
| Chicken Bacon Swiss <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available) | 268 | 610 | 270 | 30 | 9 | 0 | 80 | 1580 | 51 | 4 | 9 | 35 |
| Classic Chicken <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available) | 235 | 510 | 220 | 25 | 5 | 0 | 55 | 1230 | 48 | 4 | 7 | 24 |
| Buffalo Chicken <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available) | 224 | 500 | 210 | 23 | 5 | 0 | 55 | 1960 | 48 | 4 | 7 | 24 |
| Premium Nuggets (9) <u>Contains: Wheat</u> † Egg, Milk, Soy, Fish (where available) | 176 | 470 | 210 | 23 | 7 | 0 | 75 | 1360 | 28 | 2 | 2 | 38 |
| 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 |
| Tangy Barbeque Dipping Sauce Adds | 28 | 45 | 0 | 0 | 0 | 0 | 0 | 360 | 10 | 0 | 8 | 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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| | 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) |
|--|--------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| MARKET FRESH® | | | | | | | | | | | | |
| Reuben <u>Contains: Egg, Milk, Wheat</u> | 308 | 680 | 280 | 31 | 8 | 0.5 | 80 | 2420 | 62 | 4 | 5 | 37 |
| 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 |
| Buffalo Chicken Wrap <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available) | 328 | 790 | 400 | 45 | 9 | 0 | 75 | 2490 | 61 | 5 | 7 | 39 |
| Crispy Chicken Club Wrap <u>Contains: Egg, Milk, Soy, Wheat</u> | 325 | 880 | 440 | 49 | 14 | 0.5 | 97 | 1870 | 64 | 5 | 12 | 48 |
| Turkey, Ranch & Bacon Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u> | 344 | 810 | 310 | 35 | 10 | 0.5 | 80 | 2520 | 79 | 5 | 15 | 46 |
| DESSERTS | | | | | | | | | | | | |
| * Jamocha Shake-Regular <u>Contains: Milk, Soy</u> | 372 | 540 | 140 | 16 | 10 | 0 | 50 | 320 | 88 | 1 | 74 | 12 |
| * Jamocha Shake-Large <u>Contains: Milk, Soy</u> | 490 | 700 | 180 | 20 | 13 | 0 | 65 | 420 | 116 | 1 | 97 | 15 |
| * Chocolate Shake-Regular <u>Contains: Milk, Soy</u> | 372 | 540 | 150 | 17 | 11 | 0 | 50 | 320 | 86 | 1 | 76 | 12 |
| * Chocolate Shake-Large <u>Contains: Milk, Soy</u> | 490 | 700 | 190 | 21 | 14 | 0 | 65 | 420 | 113 | 1 | 99 | 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 |
| * Salted Caramel & Chocolate Cookie <u>Contains: Egg, Milk, Soy, Wheat</u> | 94 | 430 | 160 | 18 | 10 | 0 | 30 | 360 | 63 | 1 | 33 | 4 |
| * Reese's Peanut Butter Cup Cookie <u>Contains: Peanuts, Wheat, Milk, Soy, Eggs</u> | 94 | 460 | 230 | 25 | 11 | 0 | 40 | 400 | 54 | 2 | 36 | 7 |
| * 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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| | 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) | |
|---|--------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|--|
| SIDES & SNACKS | | | | | | | | | | | | | |
| Curly Fries – Small ♦ <u>Contains: Wheat</u> | | | | | | | | | | | | | |
| | 77 | 250 | 120 | 13 | 2 | 0 | 0 | 570 | 29 | 3 | 0 | 3 | |
| † Egg, Milk, Soy, Fish (where available) | | | | | | | | | | | | | |
| 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 – Small ♦ <u>Contains: Wheat</u> | 91 | 250 | 110 | 12 | 1.5 | 0 | 0 | 300 | 32 | 0 | 0 | 3 | |
| † Egg, Milk, Soy, Fish (where available) | | | | | | | | | | | | | |
| Crinkle Fries – Medium ♦ <u>Contains: Wheat</u> | 139 | 390 | 170 | 19 | 2.5 | 0 | 0 | 460 | 49 | 0 | 0 | 5 | |
| † Egg, Milk, Soy, Fish (where available) | | | | | | | | | | | | | |
| Crinkle Fries – Large ♦ <u>Contains: Wheat</u> | 190 | 530 | 230 | 26 | 3.5 | 0 | 0 | 630 | 68 | 0 | 0 | 7 | |
| † Egg, Milk, Soy, 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 | |
| Premium Nuggets (4) <u>Contains: Wheat</u> | 78 | 210 | 90 | 10 | 3 | 0 | 35 | 600 | 12 | 1 | 1 | 17 | |
| † Egg, Milk, Soy, Fish (where available) | | | | | | | | | | | | | |
| Premium Nuggets (6) <u>Contains: Wheat</u> | 117 | 310 | 140 | 15 | 4.5 | 0 | 50 | 910 | 18 | 1 | 1 | 25 | |
| † Egg, Milk, Soy, Fish (where available) | | | | | | | | | | | | | |
| Tangy Barbeque Dipping Sauce Adds | 28 | 45 | 0 | 0 | 0 | 0 | 0 | 360 | 10 | 0 | 8 | 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 | |

♦ 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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SLIDERS

| | 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) |
|--|--------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| Buffalo Chicken Slider <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available) | 92 | 260 | 100 | 12 | 2 | 0 | 25 | 910 | 26 | 1 | 3 | 10 |
| Chicken Slider <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available) | 79 | 230 | 80 | 9 | 2 | 0 | 25 | 620 | 25 | 1 | 2 | 11 |
| Jalapeño Roast Beef Slider <u>Contains: Milk, Soy, Wheat</u> | 79 | 180 | 60 | 7 | 3 | 0 | 25 | 490 | 16 | 1 | 2 | 10 |
| Roast Beef Slider <u>Contains: Milk, Soy, Wheat</u> | 71 | 170 | 60 | 7 | 3 | 0 | 25 | 490 | 16 | 1 | 2 | 10 |

KIDS MEALS

| | | | | | | | | | | | | |
|---|-----|-----|-----|-----|-----|---|----|-----|----|---|----|----|
| Buffalo Chicken Slider <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available) | 92 | 260 | 100 | 12 | 2 | 0 | 25 | 910 | 26 | 1 | 3 | 10 |
| Chicken Slider <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available) | 79 | 230 | 80 | 9 | 2 | 0 | 25 | 620 | 25 | 1 | 2 | 11 |
| Jalapeño Roast Beef Slider <u>Contains: Milk, Soy, Wheat</u> | 79 | 180 | 60 | 7 | 3 | 0 | 25 | 490 | 16 | 1 | 2 | 10 |
| Roast Beef Slider <u>Contains: Milk, Soy, Wheat</u> | 71 | 170 | 60 | 7 | 3 | 0 | 25 | 490 | 16 | 1 | 2 | 10 |
| Premium Nuggets (4) <u>Contains: Wheat</u> † Egg, Milk, Soy, Fish (where available) | 78 | 210 | 90 | 10 | 3 | 0 | 35 | 600 | 12 | 1 | 1 | 17 |
| Premium Nuggets (6) <u>Contains: Wheat</u> † Egg, Milk, Soy, Fish (where available) | 117 | 310 | 140 | 15 | 4.5 | 0 | 50 | 910 | 18 | 1 | 1 | 25 |
| Tangy Barbeque Dipping Sauce Adds | 28 | 45 | 0 | 0 | 0 | 0 | 0 | 360 | 10 | 0 | 8 | 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 ♦ <u>Contains: Wheat</u> † Egg, Milk, Soy, Fish (where available) | 91 | 250 | 110 | 12 | 1.5 | 0 | 0 | 300 | 32 | 0 | 0 | 3 |
| 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 |

♦ 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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|---|------------------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| BEVERAGES | | | | | | | | | | | | |
| Market Fresh™ Classic Lemonade° | Regular | 150 | 0 | 0 | 0 | 0 | 0 | 10 | 38 | 0 | 35 | 0 |
| Market Fresh™ Peach Lemonade° | Regular | 150 | 0 | 0 | 0 | 0 | 0 | 10 | 38 | 0 | 36 | 0 |
| Market Fresh™ Strawberry Lemonade° | Regular | 110 | 0 | 0 | 0 | 0 | 0 | 10 | 29 | 0 | 27 | 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 Light Lemonade® [†] | Medium | 10 | 0 | 0 | 0 | 0 | 0 | 65 | 3 | 0 | 0 | 0 |
| Minute Maid Light 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 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

| | 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) |
|--|--------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| • 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) | 171 | 4990 | 230 | 26 | 10 | 0 | 145 | 1380 | 41 | 4 | 4 | 21 |
| • 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) | 206 | 620 | 360 | 40 | 15 | 0 | 175 | 1470 | 42 | 4 | 5 | 20 |
| • 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) | 203 | 470 | 210 | 23 | 9 | 0 | 165 | 1450 | 43 | 4 | 3 | 22 |
| • 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) | 128 | 350 | 90 | 10 | 1.5 | 0 | 0 | 250 | 57 | 5 | 13 | 7 |
| • 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 | 970 | 500 | 56 | 27 | 0 | 35 | 3540 | 96 | 3 | 5 | 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 | 140 | 0 | 0 | 0 | 0 | 0 | 0 | 33 | 1 | 26 | 2 |



Major food allergens are listed below underlined and in RED.

† Menu item is cooked in the same oil as other items that contain major allergens.

* Manufactured in a facility that processes peanuts or tree nuts.

• 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 |
| Leaf Lettuce- 1 leaf | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Crispy Onions- 0.5 oz <u>Contains: Egg, Milk, Wheat</u> | 14 | 70 | 45 | 5 | 1 | 0 | 0 | 150 | 6 | 0 | 1 | 1 |
| Natural Cheddar- 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 |
| Jalapenos- 0.25 oz | 7 | 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 |



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|--|--------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| 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 Melt <u>Contains: Milk, Soy, Wheat, Sesame</u> | 131 | 300 | 80 | 8 | 3.5 | 0 | 35 | 1060 | 37 | 2 | 6 | 18 |
| • Spicy Three Pepper® Sauce Adds | 14 | 25 | 10 | 1 | 0 | 0 | 0 | 130 | 3 | 0 | 3 | 0 |

◆ Recommended portion sizes. Homestyle 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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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 **March 2023**.

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 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. 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.