



# Arby's® U.S. Menu Items Without Gluten

## No Wheat, Barley (Malt), Rye, or Oats

Ingredient 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 **January 2023**.

For the most comprehensive and up-to-date information, or to calculate nutrition facts for your favorite menu items, visit [www.arbys.com](http://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](http://www.arbys.com) on a regular basis to obtain the most comprehensive and up-to-date information. If you have specific questions about our menu, call or write: **Arby's Restaurant Group, Inc. Three Glenlake Parkway NE Atlanta, GA 30328 or call 1 (800) 599-2729.**

### CONDIMENTS

American Cheese (Processed Slice)  
Arby's Sauce®  
Cheddar Cheese Sauce+\*  
Cheddar Cheese (Mild Slice)  
Dijon Honey Mustard Sandwich Sauce  
Horsey Sauce®  
Ketchup  
Mayonnaise  
Parmesan Peppercorn Ranch Sauce  
Red Ranch Sauce  
Roasted Garlic Aioli  
Sauerkraut  
Smoky Q Sauce\*  
Spicy Brown Honey Mustard Sauce  
Spicy Buffalo Sauce  
Spicy Three Pepper® Sauce\*  
Swiss Cheese (Natural Slice)  
Swiss Cheese (Processed Slice)  
Thousand Island Spread

### DIPPING SAUCES

Bronco Berry Sauce®\*  
Buffalo Dipping Sauce  
Honey Mustard Dipping Sauce  
Marinara Sauce  
Ranch Dipping Sauce  
Tangy Barbeque Sauce

### SHAKES

Jamocha Shake  
Chocolate Shake  
Vanilla Shake

### MEATS

Comed Beef  
Bacon  
Roast Beef  
Roast Turkey  
Smoked Brisket

### SIDES & SNACKS

Crinkle Fries  
Tree Top® Applesauce

### BEVERAGES

Market Fresh™ Classic Lemonade\*  
Market Fresh™ Peach Lemonade\*  
Market Fresh™ Strawberry Lemonade\*  
Brewed Iced Tea  
Honest® Apple Juice  
Coffee  
Coca-Cola®  
Diet Coke®  
Barq's®  
Coca-Cola Zero Sugar®  
Fanta® Orange  
Hi-C® Flashin' Fruit Punch®  
Mello Yello®  
Minute Maid Light Lemonade®  
POWERADE® Mountain Berry Blast®  
Sprite®  
Dr Pepper®  
Diet Dr Pepper®  
Shamrock Farms® Lowfat White Milk  
Shamrock Farms® Lowfat Chocolate Milk\*  
Sweet Tea\*

### BREAKFAST

American Cheese\*  
Cage Free Egg Patty\*  
Orange Juice\*  
Sausage Patty\*  
Pit-Smoked Ham\*

Arby's Potato Cakes and Crinkle Fries may be cooked in the same oil as the following menu items, which contain a wheat allergen: Chicken Fillet, Crispy Chicken Strips, Premium Chicken Nuggets, Curly Fries, Crispy Onions, Fish Fillets\*, Jalapeno Bites, and Mozzarella Sticks.

\*Certain menu items may vary from store to store and may not be available at all locations.

+Contains maltodextrin from a corn source.

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