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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)
LIMITED TIME OFFERS												
Pecan Chicken Salad Sandwich <u>Contains: Egg, Soy, Wheat, Tree Nuts (Pecans)</u>	305	840	410	46	7	0.5	65	1190	83	6	18	28
Market Fresh Classic Lemonade - Small	199	110	0	0	0	0	0	10	29	0	27	0
Market Fresh Classic Lemonade - Medium	263	150	0	0	0	0	0	10	38	0	36	0
Market Fresh Classic Lemonade - Large	440	240	0	0	0	0	0	20	64	0	60	0
Market Fresh Peach Lemonade - Small	213	150	0	0	0	0	0	10	38	0	35	0
Market Fresh Peach Lemonade - Medium	284	200	0	0	0	0	0	10	51	0	48	0
Market Fresh Peach Lemonade - Large	468	310	0	0	0	0	0	20	81	0	77	0
Market Fresh Strawberry Lemonade - Small	213	150	0	0	0	0	0	10	38	0	36	0
Market Fresh Strawberry Lemonade - Medium	284	200	0	0	0	0	0	10	52	0	49	0
Market Fresh Strawberry Lemonade - Large	468	320	0	0	0	0	0	20	83	0	78	0
Orange Cream Shake - Snack <u>Contains: Milk</u>	266	370	80	9	6	0	30	200	64	0	59	8
Orange Cream Shake - Small <u>Contains: Milk</u>	377	550	140	16	10	0	50	280	90	1	82	11
Orange Cream Shake - Medium <u>Contains: Milk</u>	499	720	180	20	13	0	65	380	119	1	109	15
Orange Cream Shake - Large <u>Contains: Milk</u>	701	1010	250	28	18	0.5	90	530	168	1	153	21
White Cheddar Mac 'n Cheese <u>Contains: Egg, Milk, Wheat</u>	227	470	240	27	12	0	55	1310	40	1	10	17
Chicken Cheddar Ranch Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	249	610	270	30	8	0	65	1400	58	4	7	28



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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)
SLOW ROASTED BEEF												
Classic Beef 'n Cheddar <u>Contains: Milk, Soy, Wheat</u>	195	450	180	20	6	1	50	1280	45	2	9	23
Double Beef 'n Cheddar <u>Contains: Milk, Soy, Wheat</u>	301	630	290	32	11	1.5	100	2100	48	2	9	39
Half Pound Beef 'n Cheddar <u>Contains: Milk, Soy, Wheat</u>	358	740	350	39	14	2	130	2530	48	2	9	49
Classic Roast Beef <u>Contains: Soy, Wheat</u>	154	360	120	14	5	0.5	50	970	37	2	5	23
Double Roast Beef <u>Contains: Soy, Wheat</u>	239	510	210	24	9	1.5	95	1610	38	2	5	38
Half Pound Roast Beef <u>Contains: Soy, Wheat</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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MARKET FRESH®

	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)
Turkey, Ranch & Bacon Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u>	344	810	310	35	10	0.5	80	2520	79	5	15	46
Turkey & Swiss Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u>	326	720	260	28	7	0	65	1930	79	5	15	38
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
Roast Turkey Gyro <u>Contains: Egg, Milk, Wheat</u>	273	470	180	20	3.5	0	45	1530	48	3	6	25
Roast Turkey Club Wrap <u>Contains: Egg, Milk, Soy, Wheat</u>	307	660	310	34	9	0.5	85	1970	47	3	12	43
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

DESSERTS

Jamocha Shake-Snack <u>Contains: Milk</u>	259	350	80	9	6	0	30	230	60	0	50	8
* Jamocha Shake-Small <u>Contains: Milk, Soy</u>	372	540	140	16	10	0	50	320	88	1	74	12
* Jamocha Shake-Medium <u>Contains: Milk, Soy</u>	490	700	180	20	13	0	65	420	116	1	97	15
* Jamocha Shake-Large <u>Contains: Milk, Soy</u>	687	980	250	28	18	0.5	90	600	161	1	136	22
Chocolate Shake-Snack <u>Contains: Milk</u>	258	350	80	9	6	0	30	220	59	1	51	8
* Chocolate Shake-Small <u>Contains: Milk, Soy</u>	372	540	150	17	11	0	50	320	86	1	76	12
* Chocolate Shake-Medium <u>Contains: Milk, Soy</u>	490	700	190	21	14	0	65	420	113	1	99	16
* Chocolate Shake-Large <u>Contains: Milk, Soy</u>	687	970	260	29	19	0.5	90	590	158	2	138	22
Vanilla Shake-Snack <u>Contains: Milk</u>	255	310	80	9	6	0	30	210	49	0	45	9
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
* Salted Caramel & Chocolate Cookie <u>Contains: Egg, Milk, Soy, Wheat</u>	94	430	160	18	10	0	30	360	63	1	33	4
* Triple Chocolate Cookie <u>Contains: Egg, Milk, Soy, Wheat</u>	95	450	190	21	13	0	40	370	60	2	31	5
* 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 – Snack ♦ <u>Contains: Wheat</u>	77	250	120	13	2	0	0	570	29	3	0	3
Curly Fries – Small ♦ <u>Contains: Wheat</u>	128	410	200	22	3	0	0	940	49	5	0	5
Curly Fries – Medium ♦ <u>Contains: Wheat</u>	170	550	260	29	4	0	0	1250	65	6	0	6
Curly Fries – Large ♦ <u>Contains: Wheat</u>	201	650	310	35	5	0	0	1480	77	7	0	8
Crinkle Fries – Snack ♦ <u>Contains: Wheat</u>	91	250	110	12	1.5	0	0	300	32	0	0	3
Crinkle Fries – Small ♦ <u>Contains: Wheat</u>	139	390	170	19	2.5	0	0	460	49	0	0	5
Crinkle Fries – Medium ♦ <u>Contains: Wheat</u>	190	530	230	26	3.5	0	0	630	68	0	0	7
Crinkle Fries – Large ♦ <u>Contains: Wheat</u>	221	620	270	30	4	0	0	730	79	0	0	8
Ketchup Adds	9	10	0	0	0	0	0	85	3	0	2	0
Mozzarella Sticks – (4) <u>Contains: Milk, Wheat</u>	137	440	210	23	9	0.5	35	1410	37	2	3	19
Mozzarella Sticks – (6) <u>Contains: Milk, Wheat</u>	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>	110	290	150	17	6	0	25	660	31	2	3	5
Jalapeno Bites® – (8) <u>Contains: Milk, Wheat</u>	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
Premium Nuggets (4) <u>Contains: Wheat</u>	78	210	90	10	3	0	35	600	12	1	1	17
Premium Nuggets (6) <u>Contains: Wheat</u>	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

♦ 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												
Buffalo Chicken Slider <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	105	300	120	14	2	0	25	990	31	1	2	12
Roast Beef Slider <u>Contains: Milk, Soy, Wheat</u>	84	210	80	9	3.5	0	25	570	21	1	1	12
Jalapeño Roast Beef Slider <u>Contains: Milk, Soy, Wheat</u>	92	220	80	9	3.5	0	25	570	21	1	1	12
Chicken Slider <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	92	270	100	11	2.5	0	25	700	30	1	1	13
Turkey Slider <u>Contains: Milk, Soy, Wheat</u>	84	180	45	5	1.5	0	20	660	21	1	2	13
KIDS MEALS												
Buffalo Chicken Slider <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	105	300	120	14	2	0	25	990	31	1	2	12
Roast Beef Slider <u>Contains: Milk, Soy, Wheat</u>	84	210	80	9	3.5	0	25	570	21	1	1	12
Jalapeño Roast Beef Slider <u>Contains: Milk, Soy, Wheat</u>	92	220	80	9	3.5	0	25	570	21	1	1	12
Chicken Slider <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	92	270	100	11	2.5	0	25	700	30	1	1	13
Roast Turkey Slider <u>Contains: Milk, Soy, Wheat</u>	84	180	45	5	1.5	0	20	660	21	1	2	13
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 – Kids ♦ <u>Contains: Wheat</u> † Egg, Milk, Soy, Fish (where available)	77	250	120	13	2	0	0	560	29	3	0	3
Crinkle Fries – Kids ♦ <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. To determine approximate nutritional information for a Kids Meal size soft drink, multiply the value shown for the Small cup by 0.7; Medium soft drink, multiply by 1.4; Large soft drink, multiply by 1.8.



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BEVERAGES

	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)
Barq's® Root Beer [^]	18 oz	240	0	0	0	0	0	105	62	0	62	0
Barq's® Root Beer ^o	13 oz	170	0	0	0	0	0	75	44	0	44	0
Coca-Cola® [^]	18 oz	250	0	0	0	0	0	60	62	0	62	0
Coca-Cola® ^o	13 oz	180	0	0	0	0	0	45	44	0	44	0
Coca-Cola® Zero Sugar [^]	18 oz	0	0	0	0	0	0	60	0	0	0	0
Coca-Cola® Zero Sugar ^o	13 oz	0	0	0	0	0	0	45	0	0	0	0
Diet Coke® [^]	18 oz	0	0	0	0	0	0	75	0	0	0	0
Diet Coke® ^o	13 oz	0	0	0	0	0	0	50	0	0	0	0
Fanta® Orange [^]	18 oz	240	0	0	0	0	0	60	61	0	61	0
Fanta® Orange ^o	13 oz	170	0	0	0	0	0	45	43	0	43	0
Hi-C® Flashin' Fruit Punch® [^]	18 oz	250	0	0	0	0	0	110	65	0	63	0
Hi-C® Flashin' Fruit Punch® ^o	13 oz	180	0	0	0	0	0	80	46	0	45	0
Mello Yello® [^]	18 oz	250	0	0	0	0	0	75	67	0	67	0
Mello Yello® ^o	13 oz	180	0	0	0	0	0	55	47	0	47	0
Minute Maid Light Lemonade® [^]	18 oz	10	0	0	0	0	0	65	3	0	0	0
Minute Maid Light Lemonade® ^o	13 oz	5	0	0	0	0	0	45	2	0	0	0
POWERADE® Mountain Berry Blast® [^]	18 oz	130	0	0	0	0	0	170	34	0	34	0
POWERADE® Mountain Berry Blast® ^o	13 oz	130	0	0	0	0	0	160+	33	0	33	0
Sprite® [^]	18 oz	220	0	0	0	0	0	110	57	0	57	0
Sprite® ^o	13 oz	160	0	0	0	0	0	75	41	0	41	0
Diet Dr Pepper® [^]	18 oz	0	0	0	0	0	0	110	0	0	0	0
Diet Dr Pepper® ^o	13 oz	0	0	0	0	0	0	80	0	0	0	0
Dr Pepper® [^]	18 oz	220	0	0	0	0	0	65	60	0	59	0
Dr Pepper® ^o	13 oz	160	0	0	0	0	0	50	42	0	42	0
Nestle® Pure Life® Bottled Water	479	0	0	0	0	0	0	0+	0	0	0	0
Brewed Iced Tea – Small 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

+The sodium value will vary based on the level of sodium in the local water supply. [^]With no ice. ^oWith 50% ice fill.



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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
Coffee - 16 oz	474	5	0	0	0	0	0	10	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</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												
• Arby-Q® <u>Contains: Milk, Soy, Wheat</u>	182	400	100	11	3.5	0.5	30	1250	58	3	23	18
• Super Roast Beef <u>Contains: Soy, Wheat</u>	210	440	170	19	6	1	50	1080	43	3	11	23
• Arby's Melt <u>Contains: Milk, Soy, Wheat</u>	146	330	110	12	4	0.5	35	940	39	2	5	18
• Ham & Swiss Melt <u>Contains: Milk, Soy, Wheat</u>	131	300	80	8	3.5	0	35	1060	37	2	6	18
• Homestyle Fries – Kids ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	85	240	100	11	1.5	0	0	550	33	3	0	3
• Homestyle Fries – Small ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	126	350	140	16	2	0	0	810	49	4	0	4
• Homestyle Fries – Medium ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	170	480	190	21	3	0	0	1100	67	6	0	5
• Homestyle Fries – Large ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	213	600	240	26	3.5	0	0	1380	84	7	0	7
Cheddar Cheese Sauce Adds <u>Contains: Milk</u>	43	50	35	3.5	0.5	0	0	370	4	0	0	1
• 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 **June 2022**.

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.