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

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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)
LIMITED TIME OFFERS												
Angus Cheesesteak Contains: Milk, Wheat, Egg, Soy, Sesame	295	700	360	41	17	1.5	120	2050	49	3	6	36
Quarter Pound Brisket Sandwich Contains: Soy, Wheat, Sesame	196	510	210	24	8	1	95	1130	38	3	7	37
Spicy BBQ Sauce Adds	43	80	0	0	0	0	0	540	19	1	15	1
Sweet BBQ Sauce Adds	43	90	0	0	0	0	0	530	21	0	19	0
Quarter Pound Pulled Pork Sandwich Contains: Soy, Wheat, Sesame	196	340	90	10	2.5	0	55	1190	38	2	7	24
Spicy BBQ Sauce Adds	43	80	0	0	0	0	0	540	19	1	15	1
Sweet BBQ Sauce Adds	43	90	0	0	0	0	0	530	21	0	19	0
White Cheddar Mac 'n Cheese Contains: Milk, Egg, Wheat	227	470	240	27	12	0	55	1310	40	1	10	17
Orange Cream Shake - Regular Contains: Milk	377	550	140	16	10	0	50	280	90	1	82	11
Orange Cream Shake - Large Contains: Milk	499	720	180	20	13	0	65	370	120	1	109	15
SLOW ROASTED BEEF												
Classic Beef 'n Cheddar Contains: Milk, Soy, Wheat, Sesame	195	450	180	20	6	1	50	1280	45	2	9	23
Double Beef 'n Cheddar Contains: Milk, Soy, Wheat, Sesame	301	630	290	32	11	1.5	100	2100	48	2	9	39
Half Pound Beef 'n Cheddar Contains: Milk, Soy, Wheat, Sesame	358	740	350	39	14	2	130	2530	48	2	9	49
Classic Roast Beef Contains: Soy, Wheat, Sesame	154	360	120	14	5	0.5	50	970	37	2	5	23
Double Roast Beef Contains: Soy, Wheat, Sesame	239	510	210	24	9	1.5	95	1610	38	2	5	38
Half Pound Roast Beef Contains: Soy, Wheat, Sesame	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 Contains: Egg	14	60	45	5	1	0	5	150	3	0	2	0
Classic French Dip & Swiss/Au Jus Contains: Milk, Soy, Wheat	324	530	190	21	10	1	85	2540	50	2	3	34
BURGERS												
Deluxe Burger Contains: Egg, Milk, Soy, Wheat; May Contain Sesame † Fish (where available)	272	600	300	33	15	1	80	1370	45	3	13	31
BBQ Bacon Burger Contains: Egg, Milk, Soy, Wheat; May Contain Sesame † Fish (where available)	298	710	300	41	19	1	100	1880	45	1	14	40
Big Cheesy Bacon Burger Contains: Egg, Milk, Soy, Wheat; May Contain Sesame † Fish (where available)	235	710	370	41	17	1	85	1820	50	0	14	37

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CHICKEN												
Crispy Chicken Contains: Egg, Wheat; May Contain Sesame † Milk, Soy, Fish (where available)	240	530	200	22	4.5	0	50	1410	59	4	13	24
Buffalo Chicken Contains: Egg, Milk, Wheat; May Contain Sesame † Soy, Fish (where available)	228	530	200	22	4.5	0	45	2100	59	4	12	24
Chicken Bacon Swiss Contains: Egg, Milk, Wheat; May Contain Sesame † Soy, Fish (where available)	272	650	270	30	9.5	0	75	1760	61	4	14	35
Chicken Cordon Bleu Contains: Egg, Milk, Wheat; May Contain Sesame † Soy, Fish (where available)	233	650	270	30	9	0	85	1790	59	4	11	35
Chicken Tenders (3) Contains: Egg, Milk, Soy, Wheat † Fish (where available)	129	370	160	18	3	0	60	1190	28	2	0	23
Chicken Tenders (5) Contains: Egg, Milk, Soy, Wheat † 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 Contains: Milk	28	10	10	1	0	0	0	720	2	0	0	0
Honey Mustard Dipping Sauce Adds Contains: Egg	28	130	120	13	2	0	10	160	5	0	4	0
Ranch Dipping Sauce Adds Contains: Egg, Milk	28	100	90	10	2	0	15	135	1	0	1	1
ARBY'S CLASSICS												
Greek Gyro Contains: Egg, Milk, Soy, Wheat	273	700	390	44	13	0	75	1370	55	4	6	23
Roast Beef Gyro Contains: Egg, Milk, Wheat	273	540	260	29	7	1	60	1300	48	3	5	24
Reuben Contains: Egg, Milk, Wheat	308	680	280	31	8	0.5	80	2420	62	4	5	37
Turkey Ranch & Bacon Sandwich Contains: Egg, Milk, Soy, Wheat	360	810	310	35	10	0.5	80	2520	79	5	15	46
Smokehouse Brisket Contains: Egg, Milk, Wheat; May Contain Sesame † Fish (where available)	204	590	260	29	11	1	95	1190	48	3	13	35
Ham & Swiss Melt Contains: Egg, Milk, Wheat, Sesame † Fish (where available)	167	380	120	13	5	0	60	1370	40	2	5	26
DESSERTS												
* Jamocha Shake – Regular Contains: Milk	366	530	140	16	10	0	50	320	85	0	71	12
* Jamocha Shake – Large Contains: Milk	484	690	180	20	13	0	65	420	112	0	94	15
* Chocolate Shake – Regular Contains: Milk	366	520	150	17	11	0	50	320	83	1	72	12
* Chocolate Shake – Large Contains: Milk	484	680	190	21	13	0	65	420	110	1	96	16
Vanilla Shake – Regular Contains: Milk	361	480	150	17	11	0	55	300	70	0	64	12
Vanilla Shake – Large Contains: Milk	481	620	190	21	14	0.5	70	400	93	0	85	16
* Salted Caramel & Chocolate Cookie Contains: Egg, Milk, Soy, Wheat	94	430	160	18	10	0	30	360	63	1	33	4
* Apple Turnover Contains: Soy, Wheat	128	430	160	18	9	0	0	210	65	2	39	4
* Cherry Turnover Contains: Soy, Wheat	128	390	120	13	6	0	0	200	65	2	40	4

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SIDES & SNACKS													
Curly Fries – Medium ◆ Contains: Wheat	† Egg, Milk, Soy, Fish (where available)	128	410	200	22	3	0	0	940	49	5	0	5
Curly Fries – Large ◆ Contains: Wheat	† Egg, Milk, Soy, Fish (where available)	170	550	260	29	4	0	0	1250	65	6	0	6
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
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
Cheddar Cheese Sauce Adds Contains: Milk		43	50	35	3.5	0.5	0	0	370	4	0	0	1
Mozzarella Sticks (4) Contains: Milk, Wheat	† Egg, Soy, Fish (where available)	137	440	210	23	9	0.5	35	1410	37	2	3	19
Mozzarella Sticks (6) Contains: Milk, Wheat	† 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) Contains: Milk, Wheat	† Egg, Soy, Fish (where available)	110	290	150	17	6	0	25	660	31	2	3	5
Jalapeno Bites® (8) Contains: Milk, Wheat	† 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
Chicken Tenders (2) Contains: Egg, Soy, Wheat	† Fish (where available)	67	160	80	9	1.5	0	40	420	7	1	0	13
BBQ Dipping Sauce Adds		36	70	0	0	0	0	0	290	16	0	15	0
Buffalo Dipping Sauce Adds Contains: Milk		28	10	10	1	0	0	0	720	2	0	0	0
Honey Mustard Dipping Sauce Adds Contains: Egg		28	130	120	13	2	0	10	160	5	0	4	0
Ranch Dipping Sauce Adds Contains: Egg, Milk		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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VALUE MENU												
Roast Beef Slider Contains: Milk, Soy, Wheat/May contain Sesame	77	180	70	7	3	0	25	520	18	1	4	11
Chicken Slider Contains: Egg, Milk, Soy, Wheat/May contain Sesame † Fish (where available)	79	230	80	9	2	0	25	620	25	1	2	11
Ham Slider Contains: Milk, Soy, Wheat/May contain Sesame	77	170	50	6	2	0	25	600	19	0	4	11
Buffalo Chicken Slider Contains: Egg, Milk, Soy, Wheat/May contain Sesame † Fish (where available)	92	260	100	12	2	0	25	910	26	1	3	10
Jalapeño Roast Beef Slider Contains: Milk, Soy, Whea /May contain Sesame	79	180	60	7	3	0	25	490	16	1	2	10
Ranch Chicken Wrap Contains: Egg, Milk, Wheat, Soy † Fish (where available)	139	400	210	23	7	0	45	1000	32	1	1	16
BBQ Chicken Wrap Contains: Egg, Milk, Wheat, Soy † Fish (where available)	139	350	140	16	6	0	40	980	36	1	5	16
Honey Mustard Chicken Wrap Contains: Egg, Milk, Wheat, Soy † Fish (where available)	139	390	200	22	7	0	45	930	33	1	3	16
Curly Fries – Small ◆ Contains: Wheat † 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 MEALS												
Roast Beef Slider Contains: Milk, Soy, Wheat/May contain Sesame	77	180	70	7	3	0	25	520	18	1	4	11
Chicken Slider Contains: Egg, Milk, Soy, Wheat/May contain Sesame † Fish (where available)	79	230	80	9	2	0	25	620	25	1	2	11
Ham Slider Contains: Milk, Soy, Wheat/May contain Sesame	77	170	50	6	2	0	25	600	19	0	4	11
Buffalo Chicken Slider Contains: Egg, Milk, Soy, Wheat/May contain Sesame † Fish (where available)	92	260	100	12	2	0	25	910	26	1	3	10
Jalapeño Roast Beef Slider Contains: Milk, Soy, Whea /May contain Sesame	79	180	60	7	3	0	25	490	16	1	2	10
Chicken Tenders (2) Contains: Egg, Soy, Wheat † 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 Contains: Milk	28	10	10	1	0	0	0	720	2	0	0	0
Honey Mustard Dipping Sauce Adds Contains: Egg	28	130	120	13	2	0	10	160	5	0	4	0
Ranch Dipping Sauce Adds Contains: Egg, Milk	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 ◆ Contains: Wheat † 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 Contains: Milk	214	90	20	2	1.5	0	10	105	10	0	10	7
• Shamrock Farms® Lowfat Chocolate Milk Contains: Milk	218	150	20	2.5	1.5	0	10	170	26	1	23	7

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BEVERAGES												
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 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 Contains: Milk	214	90	20	2	1.5	0	10	105	10	0	10	7
• Shamrock Farms® Lowfat Chocolate Milk Contains: Milk	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 Contains: Egg, Milk, Soy, Wheat	144	500	300	33	15	0	40	1450	36	1	3	12
• Bacon Biscuit Contains: Egg, Milk, Soy, Wheat	104	340	150	17	10	0	15	1180	36	1	3	10
• Ham Biscuit Contains: Egg, Milk, Soy, Wheat	140	340	140	16	9	0	30	1420	37	1	4	13
• Chicken Biscuit Contains: Egg, Milk, Soy, Wheat † Fish (where available)	134	390	160	18	9	0	20	1330	44	2	2	13
• Bacon, Egg & Cheese Sourdough Contains: Egg, Milk, Soy, Wheat	163	470	190	22	8	0	145	1260	46	2	5	23
• Bacon, Egg & Cheese Croissant Contains: Egg, Milk, Soy, Wheat	132	430	240	26	13	0.5	175	1010	29	1	4	18
• Bacon, Egg & Cheese Biscuit Contains: Egg, Milk, Soy, Wheat	166	470	250	28	14	0	145	1720	37	1	4	18
• Bacon, Egg & Cheese Wrap Contains: Egg, Milk, Soy, Wheat † Fish (where available)	146	410	220	24	9	0	150	1330	29	1	2	18
• Sausage, Egg & Cheese Sourdough Contains: Egg, Milk, Soy, Wheat	203	630	340	38	13	0	175	1450	47	2	5	24
• Sausage, Egg & Cheese Croissant Contains: Egg, Milk, Soy, Wheat	172	580	380	43	19	0.5	205	1200	30	1	4	19
• Sausage, Egg & Cheese Biscuit Contains: Egg, Milk, Soy, Wheat	206	630	400	44	20	0	175	1910	39	1	4	19
• Sausage, Egg & Cheese Wrap Contains: Egg, Milk, Soy, Wheat † Fish (where available)	181	550	350	39	14	0	175	1420	30	1	3	17
• Ham, Egg & Cheese Sourdough Contains: Egg, Milk, Soy, Wheat	194	460	160	18	5	0	155	1290	47	2	4	26
• Ham, Egg & Cheese Croissant Contains: Egg, Milk, Soy, Wheat	162	410	200	23	11	0.5	185	1040	30	1	3	21
• Ham, Egg & Cheese Biscuit Contains: Egg, Milk, Soy, Wheat	196	460	210	24	12	0	155	1750	38	1	3	21
• Ham, Egg & Cheese Wrap Contains: Egg, Milk, Soy, Wheat † Fish (where available)	178	400	190	21	8	0	165	1390	31	1	2	20
• Ham & Swiss Croissant Contains: Egg, Milk, Soy, Wheat	119	340	160	17	10	0	70	910	29	1	2	17
• Bacon & Cheese Croissant Contains: Egg, Milk, Soy, Wheat	83	330	170	19	10	0	50	740	27	1	2	14
• Sausage & Cheese Croissant Contains: Egg, Milk, Soy, Wheat	123	490	310	35	16	0	80	940	28	1	3	15
• French Toast Sticks Contains: Soy, Wheat † Egg, Milk, Fish (where available)	191	590	225	25	4.5	0	0	540	82	3	36	8
• Sausage Gravy Biscuit Contains: Egg, Milk, Soy, Wheat	261	480	250	28	13	0	20	1770	48	1	3	9
• Sausage Gravy Biscuit-Double Contains: Egg, Milk, Soy, Wheat	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	140	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
Leaf Lettuce- 1 leaf	5	0	0	0	0	0	0	0	0	0	0	0
Crispy Onions- 0.5 oz Contains: Egg, Milk, Wheat † Soy, Fish (where available)	14	70	45	5	1	0	0	150	6	0	1	1
Cheddar Cheese (Mild Slice)- 1 slice Contains: Milk	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 Contains: Soy, Wheat, Sesame	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 Contains: Milk, Soy	13	40	25	3	2	0	10	200	0	0	0	3
Cheddar Cheese Sauce- 0.75 oz Contains: Milk	21	25	15	2	0	0	0	180	2	0	0	0
OPTIONAL/REGIONAL												
• Super Roast Beef Contains: Soy, Wheat, Sesame	210	440	170	19	6	1	50	1080	43	3	11	23
• Arby's Melt Contains: Milk, Soy, Wheat, Sesame	146	330	110	12	4	0.5	35	940	39	2	5	18
• Ham & Swiss Sandwich Contains: Egg, Milk, Soy, Wheat	328	730	260	29	9	0	85	1760	81	5	15	37
• Spicy Three Pepper® Sauce Adds	14	25	10	1	0	0	0	130	3	0	3	0

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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 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 to2,300 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.