



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

I'm thinking Arby's.®

Major food allergens are listed below 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® Roast Beef Sandwiches

	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)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Regular Roast Beef <b>Contains: Milk, Soy, Wheat</b>	154	340	100	11	4	0	45	970	38	2	5	23	0	0	8	25
Medium Roast Beef <b>Contains: Milk, Soy, Wheat</b>	210	430	140	16	6	1	80	1380	39	2	5	33	0	0	10	30
Large Roast Beef <b>Contains: Milk, Soy, Wheat</b>	281	560	200	22	8	1	110	1870	47	3	7	45	0	0	10	40
Arby's Sauce® Adds	14	15	0	0	0	0	0	180	3	0	2	0	0	2	0	0
Horsey Sauce® Adds <b>Contains: Egg</b>	14	50	45	5	0.5	0	5	160	3	0	2	0	0	0	0	0
Regular Beef 'n Cheddar <b>Contains: Milk, Soy, Wheat</b>	195	420	160	18	5	0.5	50	1260	43	2	10	23	2	0	10	20
Medium Beef 'n Cheddar <b>Contains: Milk, Soy, Wheat</b>	251	510	200	23	7	1	80	1670	44	2	10	34	2	0	10	30
Large Beef 'n Cheddar <b>Contains: Milk, Soy, Wheat</b>	329	630	260	29	9	1	115	2270	47	2	10	44	4	0	10	35
Pepper Bacon (4 pieces) Adds	18	90	50	6	2	0	10	340	1	0	1	7	0	6	0	0
All-American Roastburger® <b>Contains: Egg, Soy, Wheat</b>	245	390	140	15	5	0	45	1730	44	2	10	20	10	10	10	15
Bacon Cheddar Roastburger® <b>Contains: Milk, Soy, Wheat</b>	235	420	150	16	8	0.5	60	1840	42	2	8	26	10	15	15	15
Double Meat Roastburger® Option Adds	71	110	60	6	2.5	0	40	520	1	0	0	13	0	0	0	8
Super Roast Beef* <b>Contains: Milk, Soy, Wheat</b>	229	420	150	17	5	0.5	45	1080	45	3	11	23	10	10	10	25
Arby's Melt* <b>Contains: Milk, Soy, Wheat</b>	175	370	120	13	4	0.5	50	1150	40	2	6	23	0	0	10	25
Ham & Swiss Melt* <b>Contains: Milk, Soy, Wheat</b>	131	300	80	8	3.5	0	35	1070	37	2	6	18	2	0	20	15



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## Arby's® Chicken

	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)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Chicken Sandwich - Crispy <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	200	530	220	25	4	0	60	1310	52	4	6	25	2	2	10	15
Chicken Sandwich - Roast <b>Contains: Egg, Milk, Soy, Wheat</b>	189	400	150	16	3	0	50	870	40	3	8	24	4	2	10	15
Chicken Bacon & Swiss - Crispy* <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	205	600	250	27	7	0	75	1750	55	4	8	33	2	6	20	20
Chicken Bacon & Swiss - Roast* <b>Contains: Egg, Milk, Soy, Wheat</b>	194	470	170	19	5	0	65	1310	43	2	10	32	4	6	20	15
Chicken Cordon Bleu - Crispy* <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	241	620	270	30	6	0	95	2040	53	3	7	36	2	2	20	20
Chicken Cordon Bleu - Roast* <b>Contains: Egg, Milk, Soy, Wheat</b>	230	490	190	21	5	0	85	1600	40	2	8	35	4	2	20	20
Roast Chicken Club <b>Contains: Egg, Milk, Soy, Wheat</b>	258	500	210	23	7	0	70	1320	41	2	8	31	10	15	20	10
Prime-Cut™ Chicken Tenders - Regular <b>Contains: Egg, Soy, Wheat</b> † Milk, Fish (where available)	131	360	150	17	2.5	0	50	1160	31	2	0	21	0	0	0	4
Prime-Cut™ Chicken Tenders - Large <b>Contains: Egg, Soy, Wheat</b> † Milk, Fish (where available)	219	610	250	28	4	0	85	1940	52	3	0	35	0	0	2	8
Tangy Barbeque Sauce Adds	28	45	0	0	0	0	0	350	11	0	8	0	2	6	0	0
Buffalo Dipping Sauce Adds <b>Contains: Milk</b>	28	10	10	1	0	0	0	720	1	0	0	0	8	0	0	0
Honey Dijon Mustard Sauce Adds <b>Contains: Egg</b>	28	140	120	13	2	0	10	130	5	0	4	0	0	0	0	0
Ranch Dipping Sauce Adds <b>Contains: Egg, Milk</b>	43	160	140	16	3.5	0	30	280	2	0	1	1	2	0	4	0



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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)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
<b>Market Fresh® Sandwiches</b>																
Reuben Sandwich <b>Contains: Egg, Milk, Wheat</b>	309	700	290	32	9	0	65	1870	64	4	8	38	6	20	35	30
Roast Turkey & Swiss Sandwich <b>Contains: Egg, Fish (anchovies), Milk, Soy, Wheat</b>	332	710	250	28	7	0	75	1780	78	5	18	39	25	15	45	25
Roast Turkey, Ranch & Bacon Sandwich <b>Contains: Egg, Milk, Soy, Wheat</b>	351	810	320	36	10	0.5	95	2270	78	5	17	46	30	20	45	30
Pecan Chicken Salad Sandwich* <b>Contains: Egg, Soy, Tree Nuts (pecan), Wheat</b>	311	750	300	34	4.5	0	55	1350	85	4	21	29	15	4	30	25
Roast Beef & Swiss Sandwich* <b>Contains: Egg, Fish (anchovies), Milk, Soy, Wheat</b>	332	770	320	35	10	1	85	1680	78	5	17	38	25	15	45	35
Roast Ham & Swiss Sandwich* <b>Contains: Egg, Fish (anchovies), Milk, Soy, Wheat</b>	332	710	270	30	8	0	75	2010	78	5	19	36	25	15	45	30
Ultimate BLT Sandwich* <b>Contains: Egg, Soy, Wheat</b>	284	820	400	44	9	0	45	1690	78	5	18	32	40	35	30	25
<b>Arby's® Toasted Sandwiches</b>																
* Philly Beef Toasted Sub <b>Contains: Egg, Milk, Soy, Wheat</b>	254	560	220	25	7	0.5	65	1490	56	3	3	28	6	40	15	20
* French Dip & Swiss Toasted Sub w/Au Jus <b>Contains: Milk, Soy, Wheat</b> May Contain Egg	314	500	140	15	6	0.5	60	2220	61	2	2	29	2	2	15	20
* Classic Italian Toasted Sub <b>Contains: Egg, Milk, Soy, Wheat</b>	289	590	270	30	8	0	55	1870	57	3	5	24	10	20	15	15
* Turkey Bacon Club Toasted Sub <b>Contains: Egg, Milk, Soy, Wheat</b>	290	560	200	23	6	0	60	1720	56	3	3	32	10	15	15	15
Angus Three Cheese & Bacon Sub <b>Contains: Egg, Milk, Soy, Wheat</b>	267	660	300	33	13	0.5	115	1810	46	2	3	47	8	20	35	25
<b>Market Fresh® Chopped Salads</b>																
Chopped Farmhouse Salad - Turkey and Ham <b>Contains: Milk</b>	307	250	120	14	7	0	60	910	10	3	5	23	60	25	25	8
Buttermilk Ranch Dressing <b>Contains: Egg, Milk</b>	43	210	200	23	3.5	0	10	380	2	0	1	1	0	0	0	0
Chopped Farmhouse Chicken Salad - Crispy <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	337	430	210	24	8	0	65	1150	30	4	5	27	60	25	25	10
Chopped Farmhouse Chicken Salad - Roast <b>Contains: Milk</b>	307	250	120	13	7	0	60	680	11	3	6	23	60	25	25	8
Dijon Honey Mustard Dressing <b>Contains: Egg</b>	43	180	150	16	2.5	0	15	260	8	0	7	0	0	0	0	0
Balsamic Vinaigrette Dressing	43	130	110	12	2	0	0	470	5	0	5	0	0	0	0	0
Chopped Side Salad* <b>Contains: Milk</b>	120	70	45	5	3	0	15	100	4	1	2	4	25	10	10	2



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## Sides & Sidekickers®

	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)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Curly Fries - Small ♦ <b>Contains: Wheat</b> † Egg, Milk, Soy, Fish (where available)	128	450	210	24	3	0	20	1160	55	4	0	4	2	2	2	10
Curly Fries - Medium ♦ <b>Contains: Wheat</b> † Egg, Milk, Soy, Fish (where available)	170	600	280	31	4	0	25	1550	74	5	0	6	4	4	4	10
Curly Fries - Large ♦ <b>Contains: Wheat</b> † Egg, Milk, Soy, Fish (where available)	201	710	340	37	5	0	30	1840	87	6	0	7	4	4	4	15
Cheddar Cheese Sauce* Adds <b>Contains: Milk</b>	43	50	35	3.5	0.5	0	0	360	4	0	0	1	2	0	2	0
Potato Cakes - Small (2) † Egg, Milk, Soy, Wheat, Fish (where available)	100	260	140	15	2	0	0	400	28	2	0	2	0	0	0	2
Potato Cakes - Medium (3) † Egg, Milk, Soy, Wheat, Fish (where available)	150	390	210	23	3.5	0	0	600	42	3	0	3	0	0	0	4
Potato Cakes - Large (4) † Egg, Milk, Soy, Wheat, Fish (where available)	200	510	270	30	4.5	0	0	790	57	4	0	4	0	0	2	4
Homestyle Fries* - Small ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	128	360	140	16	2	0	0	1020	52	4	0	4	0	6	0	6
Homestyle Fries* - Medium ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	170	480	190	21	3	0	0	1360	69	5	0	5	0	8	0	8
Homestyle Fries* - Large ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	213	610	240	26	3.5	0	0	1700	86	7	0	6	0	10	0	10
Loaded Potato Bites®- Regular (5) <b>Contains: Egg, Milk, Wheat</b> † Soy, Fish (where available)	112	350	190	21	6	0	40	810	32	3	1	9	6	0	15	4
Loaded Potato Bites®- Large (8) <b>Contains: Egg, Milk, Wheat</b> † Soy, Fish (where available)	179	570	310	34	10	0.5	60	1300	51	5	1	14	10	0	25	8
Ranch Dipping Sauce Adds <b>Contains: Egg, Milk</b>	43	160	140	16	3.5	0	30	280	2	0	1	1	2	0	4	0
Mozzarella Sticks - Regular (4) <b>Contains: Milk, Wheat</b> † Egg, Soy, Fish (where available)	137	440	200	23	9	0.5	5	1190	39	2	3	21	10	0	60	4
Mozzarella Sticks - Large (6) <b>Contains: Milk, Wheat</b> † Egg, Soy, Fish (where available)	206	660	310	34	13	1	5	1780	59	3	5	31	15	0	80	6
Marinara Sauce Adds	43	35	15	1.5	0	0	0	160	5	1	2	1	8	10	0	0
Jalapeno Bites®* - Regular (5) <b>Contains: Milk, Wheat</b> † Egg, Soy, Fish (where available)	110	300	150	17	6	0	25	740	31	2	2	5	8	0	4	4
Jalapeno Bites®* - Large (8) <b>Contains: Milk, Wheat</b> † Egg, Soy, Fish (where available)	176	470	250	27	10	1	40	1180	49	4	4	8	15	0	6	6
Bronco Berry Sauce®* Adds	43	90	0	0	0	0	0	30	22	0	21	0	0	0	0	0
Steakhouse Onion Rings* (5) <b>Contains: Milk, Wheat</b> † Egg, Soy, Fish (where available)	132	460	210	24	3	0	0	1400	56	3	6	6	0	0	4	4

♦ Recommended portion sizes. Curly Fries and Homestyle Fries (where available) are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.



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<b>Kids Meal</b>																
Jr. Roast Beef <b>Contains: Milk, Soy, Wheat</b>	87	200	50	6	2	0	25	530	24	1	4	12	0	0	6	15
Prime-Cut™ Chicken Tenders - (2) <b>Contains: Egg, Soy, Wheat</b> † Milk, Fish (where available)	87	240	100	11	1.5	0	35	770	21	1	0	14	0	0	0	4
Curly Fries - Kids ♦ <b>Contains: Wheat</b> † Egg, Milk, Soy, Fish (where available)	77	270	130	14	2	0	10	700	33	2	0	3	0	0	0	6
Potato Cakes (2) † Egg, Milk, Soy, Wheat, Fish (where available)	100	260	140	15	2	0	0	400	28	2	0	2	0	0	0	2
Homestyle Fries* - Kids ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	85	240	90	10	1.5	0	0	680	35	3	0	3	0	4	0	4
Applesauce	113	80	0	0	0	0	0	10	21	2	18	0	0	45	0	0
CapriSun® Fruit Juice	185	80	0	0	0	0	0	25	21	0	20	0	0	0	0	0
2% Reduced Fat White Milk* <b>Contains: Milk</b>	227	120	40	4.5	3	0	15	130	12	0	11	9	10	4	30	0
1% Lowfat Chocolate Milk* <b>Contains: Milk</b>	227	160	20	2	1.5	0	10	200	28	0	26	8	10	4	30	2
<b>Beverages, Shakes &amp; Desserts</b>																
Coffee - Small Cup	302	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sweet Tea - Small Cup	358	100	0	0	0	0	0	0	26	0	25	0	0	0	0	0
Pepsi®- Small Cup	438	180	0	0	0	0	0	5+	49	0	49	0	0	0	0	0
Diet Pepsi®- Small Cup	435	0	0	0	0	0	0	5+	0	0	0	0	0	0	0	0
Mountain Dew®- Small Cup	454	200	0	0	0	0	0	25+	54	0	54	0	0	0	0	0
Sierra Mist® - Small Cup	451	190	0	0	0	0	0	0+	50	0	50	0	0	0	0	0
Dr Pepper® - Small Cup	439	180	0	0	0	0	0	45	48	0	48	0	0	0	0	0
Chocolate Shake - Small <b>Contains: Milk</b>	369	450	110	12	8	0	45	350	75	1	69	12	8	6	50	4
Chocolate Shake - Regular <b>Contains: Milk</b>	468	570	140	15	10	0	55	450	98	1	90	15	10	8	60	6
Jamocha Shake - Small <b>Contains: Milk</b>	369	440	110	12	8	0	45	350	75	1	68	11	8	6	50	2
Jamocha Shake - Regular <b>Contains: Milk</b>	468	570	140	15	10	0	55	440	97	1	89	14	10	8	60	4
Vanilla Shake - Small <b>Contains: Milk</b>	340	380	110	12	8	0	45	310	60	0	56	11	8	6	50	0
Vanilla Shake - Regular <b>Contains: Milk</b>	425	480	140	15	10	0	55	390	74	0	70	14	10	8	60	0
Chocolate Chunk Cookies (2)* <b>Contains: Egg, Milk, Soy, Wheat</b>	91	420	190	21	10	0	30	320	54	2	34	4	0	0	0	8

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.

♦ Recommended portion sizes. Curly Fries and Homestyle Fries (where available) are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

+The sodium value will vary based on the level of sodium in the local water supply.



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<b>Value Menu</b>																
Jr. Roast Beef Sandwich <b>Contains: Milk, Soy, Wheat</b>	87	200	50	6	2	0	25	530	24	1	4	12	0	0	6	15
Jr. Chicken Sandwich <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	122	340	160	17	3	0	25	690	33	2	4	13	0	0	6	10
Jr. Ham & Cheddar Sandwich <b>Contains: Milk, Soy, Wheat</b>	115	210	50	6	1.5	0	25	930	26	1	5	13	0	0	8	10
Jr Deluxe Sandwich* <b>Contains: Egg, Milk, Soy, Wheat</b>	128	260	110	12	3	0	30	570	25	2	4	13	4	4	6	15
Curly Fries - Value ♦ <b>Contains: Wheat</b> † Egg, Milk, Soy, Fish (where available)	77	270	130	14	2	0	10	700	33	2	0	3	0	0	0	6
* Apple Turnover (no icing) <b>Contains: Soy, Wheat</b>	89	310	140	16	7	0	0	190	38	1	13	5	10	20	0	8
* Cherry Turnover (no icing) <b>Contains: Soy, Wheat</b>	89	310	140	16	7	0	0	240	37	2	10	5	15	0	0	10
Icing Adds	39	130	15	1.5	1	0	0	5	30	0	27	0	0	0	0	0
Jr. Chocolate Shake <b>Contains: Milk</b>	284	350	80	9	6	0	30	280	60	1	55	9	6	6	35	4
Jr. Jamocha Shake <b>Contains: Milk</b>	284	350	80	9	6	0	30	270	60	0	54	9	6	6	35	2
Jr. Vanilla Shake <b>Contains: Milk</b>	255	290	80	9	6	0	30	230	45	0	42	8	6	6	35	0

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**1% Lowfat Chocolate Milk:** See carton label.

**2% Reduced Fat White Milk:** See carton label.

**Applesauce:** Apples, High Fructose Corn Syrup, Corn Syrup, Water, Ascorbic Acid (to maintain color).

**Apple Turnover:** Enriched Bleached Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Margarine (palm oil and palm kernel oil, soybean oil, water, salt, vegetable mono and diglycerides, polyglycerol ester, sodium benzoate and potassium sorbate [preservatives], soy lecithin, natural and artificial flavors, beta carotene [color], vitamin A palmitate), Water, Contains 2% or less of the following: High Fructose Corn Syrup, Salt. Filling: Diced Apples (apples, water, salt, ascorbic acid, citric acid), Water, Sugar, High Fructose Corn Syrup, Modified Corn Starch, Corn Syrup, Contains 2% or less of the following: Raisins, Gellan Gum, Sodium Benzoate and Potassium Sorbate (preservatives), Malic Acid, Salt, Spice. Icing: Sugar, Water, Maltodextrin, Palm Oil, Corn Starch, Corn Syrup, Modified Food Starch, Titanium Dioxide (color), Guar Gum, Agar, Potassium Sorbate (preservative), Citric Acid, Mono and Diglycerides with Citric Acid, Propylene Glycol, Ammonium Alginate, Arabic Gum, Polysorbate 60, Artificial Flavor. Manufactured on shared equipment that processes eggs, milk, tree nuts. CONTAINS: SOY, WHEAT.

**Arby's Sauce®:** Water, Corn Syrup, Tomato Paste, Distilled Vinegar, High Fructose Corn Syrup, Salt, Modified Corn Starch, Soybean Oil, Xanthan Gum, Garlic (dehydrated), Sodium Benzoate (preservative), Onion (dehydrated), Spice and Spice Extractives, Artificial Flavor, Extractives of Capsicum

**Au Jus:** Water, Maltodextrin, Modified Food Starch, Hydrolyzed Plant Proteins (corn, soy, wheat), Vegetable Oil (palm, soybean, canola, vitamin E [antioxidant]), Sugar, Salt, Beef Flavor Extract (beef stock, yeast extract, lactic acid powder [lactic acid, calcium lactate], sodium phosphate, caramel color, disodium inosinate and disodium guanylate), Beef Bone Fat (with TBHQ and citric acid [for stability]), Onion Powder, Contains 2% or less of the following: Caramel Color, Beef Stock, Beef Extract, Garlic Powder, Yeast Extract, Natural Flavors (contains milk), Monoglycerides, Disodium Inosinate and Disodium Guanylate, DATEM, Lactic Acid, Gum Arabic, Dextrose, Silicon Dioxide. CONTAINS: MILK, SOY, WHEAT.

**Balsamic Vinaigrette Dressing:** Water, Soybean Oil, Balsamic Vinegar (contains sulfites), High Fructose Corn Syrup, Red Wine Vinegar, Salt, Sugar, Garlic (dehydrated), Spices, Xanthan Gum, Lemon Juice Concentrate, Calcium Disodium EDTA (to protect flavor).

**Banana Peppers:** Fresh Banana Peppers, Water, Vinegar, Salt, Malic and Lactic Acid, Calcium Chloride, Sodium Benzoate and Sodium Metabisulfite (preservatives), Yellow 5.

**Black Angus Beef:** Beef, Water, Sea Salt, Raw Sugar, Sodium Phosphate, Yeast Extract. Coated With: Black Pepper, Caramel Color, Salt, Dextrose, Onion Powder, Spices, Garlic Powder, Citric Acid, Hydrolyzed Soy Protein, Spice Extractives. CONTAINS: SOY.

**Bronco Berry Sauce®:** Sugar, Water, High Fructose Corn Syrup, Red Bell Peppers, Distilled Vinegar, Modified Corn Starch, Jalapeno Peppers, Onion (dehydrated), Xanthan Gum, Spices, Salt, Sodium Benzoate and Potassium Sorbate (preservatives), Citric Acid, Red 40, Blue 1.

**Buffalo Dipping Sauce:** Cayenne Red Pepper, Water, Distilled Vinegar, Salt, Soybean Oil, Natural Flavor (including cheese [milk cultures, salt, enzymes]), Sweet Cream (dehydrated), Garlic, Xanthan Gum, Calcium Disodium EDTA (to protect flavor). CONTAINS: MILK.

**Buttermilk Ranch Dressing:** Soybean Oil, Water, Buttermilk, Distilled Vinegar, High Fructose Corn Syrup, Salt, Egg Yolk, Whey Protein Concentrate, Garlic Juice, Monosodium Glutamate, Xanthan Gum, Natural Flavor, Onion (dehydrated), Potassium Sorbate and Sodium Benzoate (preservatives), Polysorbate 60, Phosphoric Acid, Spice, Lactic Acid, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG, MILK.

**CapriSun® Fruit Juice:** Apple, Grape and Cherry Juices from Concentrate (water, apple, cherry, and grape juice concentrates), Citric Acid (for tartness), Natural Flavor.

**Chargrill Seasoning:** Salt, Sugar, Caramel Color (contains sulfites), Garlic (dehydrated), Onion (dehydrated), Refinery Syrup, Spices, Molasses, Flavor (from sunflower oil), Soybean Oil, Silicon Dioxide (to prevent caking).

**Cheddar Cheese Sauce:** Water, Canola Oil, Modified Corn Starch, Cheddar Cheese (milk, cheese cultures, salt, enzymes), Maltodextrin, Contains 2% or less of the following: Salt, Sodium Phosphate, Nonfat Dry Milk, Sodium Citrate, Yeast Extract, Acetic Acid, Sodium Stearoyl Lactylate, Sodium Hexametaphosphate, Mono and Diglycerides, Annatto Color, Citric Acid, Cream, Natural Flavors, Paprika Color, Carotenal Color, Yellow 6. CONTAINS: MILK.

**Cheddar Cheese, Sharp, Natural Slice:** Cultured Pasteurized Milk, Salt, Enzymes, Annatto Color. CONTAINS: MILK.

**Cheddar Cheese, Shredded Natural:** Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato Starch and Powdered Cellulose (to prevent caking), Natamycin (natural mold inhibitor). CONTAINS: MILK.

**Cheddar Cheese, Processed Slice:** Cultured Milk, Water, Cream, Sodium Citrate, Salt, Artificial Color, Sorbic Acid (preservative), Acetic Acid, Sodium Phosphate, Enzymes, Soy Lecithin. CONTAINS: MILK, SOY.

**Cherry Turnover:** Enriched Bleached Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Margarine (palm oil and palm kernel oil, soybean oil, water, salt, vegetable mono and diglycerides, polyglycerol ester, sodium benzoate and potassium sorbate [preservatives], soy lecithin, natural and artificial flavors, beta carotene [color], vitamin A palmitate), Water, Contains 2% or less of the following: High Fructose Corn Syrup, Salt. Filling: Cherries, Water, Sugar, Modified Food Starch, High Fructose Corn Syrup, Corn Syrup, Contains 2% of less of the following: Fruit Juice Blend (pear, apple, clarified pineapple, cherry, plum, and elderberry juice concentrates, malic acid, natural flavors), Gellan Gum, Sodium Benzoate and Potassium Sorbate (preservatives), Salt. Icing: Sugar, Water, Maltodextrin, Palm Oil, Corn Starch, Corn Syrup, Modified Food Starch, Titanium Dioxide (color), Guar Gum, Agar, Potassium Sorbate (preservative), Citric Acid, Mono and Diglycerides with Citric Acid, Propylene Glycol, Ammonium Alginate, Arabic Gum, Polysorbate 60, Artificial Flavor. Manufactured on shared equipment that processes eggs, milk, tree nuts. CONTAINS: SOY, WHEAT.

**Chicken Patty:** Chicken Breast, Water, Seasoning (salt, flavor [contains torula yeast], chicken fat, garlic powder, natural and artificial flavor [modified corn starch, flavor (contains milk), maltodextrin, medium chain triglycerides], onion powder, spice extractives, polysorbate 80), Seasoning (modified corn and potato starch, carrageenan), Sodium Phosphates. Breaded with: Wheat Flour, Water, Bleached Wheat Flour, Salt, Wheat Gluten, Dextrose, Egg White Solids, Spice, Modified Corn Starch, Leavening (sodium aluminum phosphate, sodium bicarbonate), Yellow Corn Flour, Garlic Powder, Spice Extractives. Cooked in Corn Oil. May be cooked in the same oil as menu items that contain Soy and Fish (where available). CONTAINS: EGG, MILK, WHEAT.

**Chocolate Chunk Cookies:** Semisweet Chocolate Chunks (sugar, chocolate liquor, cocoa butter, milk fat, soy lecithin, artificial flavor), Enriched Flour Bleached (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Sugar, Palm and Canola Oil, Liquid Invert Sugar, Water, Butter, Contains 2% or less of the following: Eggs, Molasses, Baking Soda, Salt, Sodium Aluminum Phosphate, Natural Flavor, TBHQ (preservative). CONTAINS: EGG, MILK, SOY, WHEAT.

**Chocolate Shake:** Vanilla Shake Mix (milk fat, nonfat milk, sugar, whey, high fructose corn syrup, cream, contains 2% or less of the following: vanilla, artificial flavor, mono and diglycerides, cellulose gum, guar gum, carrageenan, dipotassium phosphate, sodium citrate, sodium chloride, sodium bicarbonate, annatto [color], caramel color), Chocolate Syrup (high fructose corn syrup, corn syrup, water, cocoa [processed with alkali], sugar, palm oil, caramel color, potassium sorbate [preservative], salt, carrageenan, citric acid, vanillin, red 40), CONTAINS: MILK.

**Ciabatta Bread:** Flour (wheat flour, malted barley flour), Water, Extra Virgin Olive Oil, Contains 2% or less of the following: Salt, Yeast, Corn Syrup or Sugar, Wheat Gluten, Enzymes, Dextrose, Malt Extract, Fava Bean Flour, Guar Gum, Xanthan Gum, Soy Lecithin, Hydrated Monoglycerides, Propionic Acid, Phosphoric Acid, Ascorbic Acid, Calcium Propionate (preservative). Made in a facility that also processes common food allergens including milk, tree nuts (pecan, coconut), eggs, and soybean. CONTAINS: SOY, WHEAT.

**Corned Beef:** Beef flat of round, Water, Sodium Lactate, Contains 2% or less of the following: Salt, Flavorings, Sugar, Sodium Chloride, Potassium Chloride, Sodium Gluconate, Sodium Phosphates, Sodium Nitrite, Sodium Erythorbate.

**Crispy Chicken Fillet:** Chicken Breast Fillet, Water, Seasoning (salt, flavor [contains torula yeast], chicken fat, garlic powder, natural and artificial flavor [contains modified corn starch, flavor (contains milk), maltodextrin, medium chain triglycerides], onion powder, spice extractives, polysorbate 80), Sodium Tripolyphosphate. Breaded with: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Wheat Gluten, Spices, Egg White Solids, Yellow Corn Flour, Leavening (cream of tartar, sodium bicarbonate), Garlic Powder, Spice Extractives. Cooked in Corn Oil. May be cooked in the same oil as menu items that contain Soy and Fish (where available). CONTAINS: EGG, MILK, WHEAT.

**Curly Fries:** Potatoes, Vegetable Oil (contains one or more of the following: canola oil, soybean oil, cottonseed oil, sunflower oil, corn oil, palm oil), Enriched Bleached Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Salt, Corn Starch, Onion Powder, Yellow Corn Meal, Spices, Garlic Powder, Leavening (sodium acid pyrophosphate, sodium bicarbonate), Modified Corn Starch, Dextrose, Spice and Coloring, Natural Flavor, Dried Torula Yeast, Xanthan Gum, Sodium Acid Pyrophosphate (to preserve natural color). Cooked in Corn Oil. May be cooked in the same oil as menu items that contain Soy, Egg, Milk, and Fish (where available). CONTAINS: WHEAT.

**Diet Pepsi®:** Carbonated Water, Caramel Color, Phosphoric Acid, Potassium Benzoate (to preserve freshness), Aspartame, Potassium Citrate, Caffeine, Sodium Saccharin, Natural Flavors, Acesulfame Potassium, Citric Acid, Calcium Disodium EDTA (to protect flavor). Phenylketonurics: contains phenylalanine.

**Dijon Honey Mustard Dressing:** Soybean Oil, Water, High Fructose Corn Syrup, Distilled Vinegar, Honey, Mustard Seed, Egg Yolk, Sugar, Salt, Spice, White Wine, Natural Flavor, Xanthan Gum, Citric Acid, Tartaric Acid, Artificial Color (Including Yellow 5), Calcium Disodium EDTA (to protect flavor). CONTAINS: EGGS

**Dijon Honey Mustard Sandwich Sauce:** Soybean Oil, Water, Honey, Dijon Mustard, (Vinegar, Water, Mustard Seed, Salt, White Wine, Citric Acid, Tartaric Acid, Spices), High Fructose Corn Syrup, Distilled Vinegar,

Egg Yolk, Salt, Mono and Diglycerides, Spice and Spice Extractives, Xanthan Gum, Sodium Benzoate and Potassium Sorbate (preservatives), Mustard Seed, Propylene Glycol Alginate, Oleoresin Paprika, Calcium Disodium EDTA (to protect flavor), Yellow 5. CONTAINS: EGG.

**Dill Pickle Slices:** Cucumbers, Water, Vinegar, Salt, Alum, Calcium Chloride, Potassium Sorbate (preservative), Natural Flavors, Polysorbate 80, Yellow 5, Blue 1.

**Double Cut Bun:** Enriched Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Water, Sugar, Yeast, Palm Oil, Salt, Dough Conditioner (wheat flour, wheat gluten, contains 2% or less of: enzyme, ascorbic acid), Calcium propionate, Dry Malt (barley malt flour, dextrose, wheat flour), Dough Strengthener (sodium stearoyl lactylate), Dough Conditioner (wheat flour, enzymes, soybean oil), Egg Color (water, propylene glycol, red 40, yellow 5, yellow 6, citric acid, sodium benzoate, and propylparaben), Caramel Color, Ascorbic Acid. CONTAINS: WHEAT.

**Dr Pepper®:** Carbonated Water, High Fructose Corn Syrup and/or Sugar, Caramel Color, Natural and Artificial Flavors, Phosphoric Acid, Caffeine, Sodium Benzoate (preservative), Dimethyl Polysiloxane.

**Genoa Salami:** Pork, Salt, Contains 2% or less of the following: Dextrose, Flavorings, Lactic Acid Starter Culture, Sodium Nitrite, Spices, Vitamin C (sodium ascorbate), Wine, BHA, BHT, Citric Acid.

**Homestyle Fries:** Potatoes, Vegetable Oil (may contain one or more of the following: canola, soybean, cottonseed, sunflower, corn, palm), Modified Potato Starch and/or Modified Corn Starch, Rice Flour, Dextrin, Salt, Leavening (sodium acid pyrophosphate, sodium bicarbonate), Xanthan Gum, Dextrose, Sodium Acid Pyrophosphate (to preserve natural color). Cooked in Corn Oil. May be cooked in the same oil as menu items that contain Wheat, Soy, Egg, Milk, and Fish (where available).

**Honey Mustard Dipping Sauce:** Soybean Oil, Water, Honey, Dijon Mustard (vinegar, water, mustard seed, salt, white wine, citric acid, tartaric acid, spices), High Fructose Corn Syrup, Distilled Vinegar, Egg Yolk, Salt, Mono and Diglycerides, Spice, and Spice Extractives, Xanthan Gum, Sodium Benzoate and Potassium Sorbate (preservatives), Mustard Seed, Propylene Glycol Alginate, Oleoresin Paprika, Calcium Disodium EDTA (protect flavor), Yellow 5. CONTAINS: EGG

**Honey Wheat Bread:** Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Cracked Wheat, High Fructose Corn Syrup, Honey, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Wheat Gluten, Calcium Sulfate, Corn Syrup, Barley Malt Extract, DATEM, Calcium Stearoyl Lactylate, Mono and Diglycerides, Modified Corn Starch, Enzymes, L-cysteine, Sodium Alginate, Soy Lecithin, Polysorbate 60, Azodicarbonamide, Potassium Iodate, Citric Acid, Ascorbic Acid, Caramel Color, Calcium Propionate (preservative). CONTAINS: SOY, WHEAT.

**Horsey Sauce®:** Soybean Oil, Water, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Modified Corn Starch, Egg Yolks, Salt, Mustard Flour, Horseradish Powder, Artificial Flavor, Sodium Benzoate (preservative), Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG.

**Jalapeño Bites®:** Green Jalapeno Peppers (peppers, water, salt, acetic acid, sodium benzoate [preservative]), Cream Cheese (pasteurized cultured cream, skim milk, salt, gums [xanthan, locust bean, carob bean and/or guar]), Bleached Wheat Flour, Water, Contains 2% or less of the following: Modified Food Starch, Yellow Corn Flour, Salt, Whey, Dextrose, Sugar, Yeast, Soybean Oil, Potato Starch, Rice Flour, Sunflower Oil, Leavening (sodium acid pyrophosphate, sodium bicarbonate), Cellulose Gum, Oleo Turmeric (color). Cooked in Corn Oil. May be cooked in the same oil as menu items that contain Soy, Egg, and Fish (where available). CONTAINS: MILK, WHEAT.

**Jamocha Shake:** Vanilla Shake Mix (milk fat, nonfat milk, sugar, whey, high fructose corn syrup, cream, contains 2% or less of the following: vanilla, artificial flavor, mono and diglycerides, cellulose gum, guar gum, carrageenan, dipotassium phosphate, sodium citrate, sodium chloride, sodium bicarbonate, annatto [color], caramel color), Jamocha Syrup (high fructose corn syrup, water, corn syrup, instant coffee, cocoa [processed with alkali], caramel color, salt, potassium sorbate [preservative]), citric acid, xanthan gum, polyglycerol esters of fatty acids, artificial flavor), CONTAINS: MILK.

**Ketchup:** Tomato Concentrate Made from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.

**Loaded Potato Bites®:** Hash Brown Potatoes, Pasteurized Process American Cheese (American cheese [milk, cheese culture, salt, enzymes]), water, cream, sodium phosphate, sodium citrate, salt, sorbic acid [preservative], apo-carotenal [color]), Water, Bleached Wheat Flour, Dehydrated Potatoes (potatoes, mono and diglycerides, dextrose), Bacon Bits (pork cured with: water, salt, sodium phosphate, sodium nitrite, smoke flavoring. May contain: sugar, sodium erythorbate, brown sugar, sodium ascorbate, potassium chloride, dextrose, flavoring, honey, potassium lactate, sodium diacetate), Dried Chives, Dried Parsley, Salt, Sugar, Spices (including paprika and turmeric), Onion, Cornstarch, Garlic, Natural Flavor, Yeast, Soybean Oil, Egg, Modified Food Starch, Rice Flour, Dextrin, Leavening (sodium acid pyrophosphate, sodium bicarbonate), Xanthan Gum. Cooked in Corn Oil. May be cooked in the same oil as menu items that contain Soy and Fish (where available). CONTAINS: EGG, MILK, WHEAT.

**Marble Rye Bread:** Bleached Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thi-

amine mononitrate, riboflavin, folate), Water, Yeast, Sour (wheat flour, salt, malt, fumaric acid, contains 2% or less of the following: acetic acid, lactic acid), Soybean Oil, Wheat Gluten, High Fructose Corn Syrup, Caramel Color, Pumpernickel Flour, Rye Flour, Ground Caraway Seed, Dough Improver (wheat flour, calcium stearoyl lactylate, salt, calcium sulfate, DATEM, soy oil, contains 2% or less of the following: potassium iodate, ascorbic acid, enzyme, L-cysteine, azodicarbonamide), Calcium Propionate (preservative), Salt, Calcium Sulfate, Enzymes. CONTAINS: WHEAT.

**Marinara Sauce:** Tomato Puree (water, tomato paste), Soybean Oil, High Fructose Corn Syrup, Dry Onion, Salt, Xanthan Gum, Citric Acid, Spices, Dry Garlic, Sodium Benzoate and Potassium Sorbate (preservatives).

**Mayonnaise:** Soybean Oil, Water, Egg Yolk, High Fructose Corn Syrup, Distilled Vinegar, Salt, Cider Vinegar, Sugar, Lemon Juice Concentrate, Spice, Onion (dehydrated), Garlic (dehydrated), Natural Flavor, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG.

**Mountain Dew®:** Carbonated Water, High Fructose Corn Syrup, Concentrated Orange Juice, Citric Acid, Natural Flavors, Sodium Benzoate (to preserve freshness), Caffeine, Sodium Citrate, Erythorbic Acid (to preserve freshness), Gum Arabic, Calcium Disodium EDTA (to protect flavor), Brominated Vegetable Oil, Yellow 5.

**Mozzarella Sticks:** Low Moisture Mozzarella Cheese (pasteurized part-skim milk, cheese cultures, salt, calcium chloride, enzymes), Bleached Wheat Flour, Water, Soybean and/or Canola Oil, Yellow Corn Flour, Contains 2% or less of the following: Blue 1, Calcium Caseinate, Dextrose, Extractives of Paprika, Leavening (sodium acid pyrophosphate, sodium bicarbonate), Monoglycerides, Natural and Artificial Flavors, Potato Starch, Red 40, Salt, Sodium Alginate, Spices, Spice Extractive, Sugar, Whey, Yellow 5. Cooked in Corn Oil. May be cooked in the same oil as menu items that contain Soy, Egg, and Fish (where available). CONTAINS: MILK, WHEAT.

**Onion Bun:** Wheat Flour, Malted Barley Flour, Water, High Fructose Corn Syrup, Yeast, Vegetable Oil (contains one or more of the following: soybean, cottonseed, canola), Wheat Gluten, Contains 2% or less of the following: Salt, Dough Conditioners (contains one or more of the following: mono and diglycerides, ethoxylated mono and diglycerides, calcium peroxide, azodicarbonamide, calcium stearoyl lactylate, sodium stearoyl lactylate, DATEM, ascorbic acid, calcium iodate, soy lecithin, enzymes), Yeast Nutrients (contains one or more of the following: calcium carbonate, ammonium chloride, ammonium sulfate, calcium sulfate, monocalcium phosphate), Dextrose, Distilled Vinegar, Polysorbate 60, Natural and Artificial Flavors, Color (contains one or more of the following: extracts of annatto, turmeric, paprika), L-Cysteine, Diammonium Phosphate, Tricalcium Phosphate, Corn Starch, Yellow Corn Flour, Soy Flour, Milk, Sesame Seeds, Preservatives (contains one or more of the following: calcium propionate, propionic acid, phosphoric acid). Topped with Onions, Poppy Seeds. CONTAINS: MILK, SOY, WHEAT.

**Parmesan Peppercorn Ranch Sauce:** Soybean Oil, Buttermilk, Water, Egg Yolk, Parmesan Cheese (part skim milk, cheese cultures, salt, enzymes), High Fructose Corn Syrup, Distilled Vinegar, Peppercorns (packed in water, salt, vinegar), Salt, Garlic (including dehydrated), Spices, Onion (dehydrated), Xanthan Gum, Monosodium Glutamate, Natural Flavors, Propylene Glycol Alginate, Potassium Sorbate and Sodium Benzoate (preservatives), Citric Acid, Lactic Acid, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG, MILK.

**Pecan Chicken Salad:** Roast Chicken (chicken breast, chicken broth, contains 2% or less of the following: salt, dextrose, rice flour, modified corn starch, corn flour, garlic powder, sugar, onion powder, corn syrup solids, paprika, spices, citric acid, maltodextrin, celery powder, natural flavors, caramel color, brown sugar, chicken fat, carrageenan, sodium phosphate), Mayonnaise (soybean oil, water, egg yolk, high fructose corn syrup, distilled vinegar, salt, cider vinegar, sugar, lemon juice concentrate, spice, onion [dehydrated], garlic [dehydrated]), natural flavor, calcium disodium EDTA [to protect flavor]), Apples, Grapes, Celery, Pecans. CONTAINS: EGG, TREE NUTS (pecans).

**Pepper & Onion Mix:** Green Bell Pepper, Red Bell Pepper, Yellow Onion.

**Pepper Bacon:** Pork cured with: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Flavoring, Sodium Nitrite. Coated with Ground Black Pepper and Sugar.

**Pepperoni:** Pork, Salt, Contains 2% or less of the following: Beef, Dextrose, Flavorings, Lactic Acid Starter Culture, Oleoresin of Paprika, Sodium Nitrite, Spices, Vitamin C (sodium ascorbate), BHA, BHT, Citric Acid.

**Pepsi®:** Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Caffeine, Sodium Benzoate (to preserve freshness), Citric Acid, Natural Flavors.

**Potato Cakes:** Potatoes, Canola Oil and/or Palm Oil, Potato (dehydrated), Salt, Corn Flour, Natural Flavoring, Disodium Dihydrogen Pyrophosphate (to preserve natural color), Dextrose. Cooked in Corn Oil. May be cooked in the same oil as menu items that contain Wheat, Soy, Egg, Milk, and Fish (where available).

**Prime-Cut™ Chicken Tenders:** Chicken Breast, Water, Seasoning (salt, hydrolyzed corn and soy protein, flavor, autolyzed yeast extract, disodium guanylate, disodium inosinate, enzyme modified egg yolk, thiamine hydrochloride), Sodium Phosphate. Battered and Breaded with: Bleached Wheat Flour, Water, Wheat Flour, Salt, Spice, Disodium Inosinate and Disodium Guanylate, Yeast Extract, Leavening (sodium bicarbon-

ate, sodium aluminum sulfate), Garlic Powder, Yellow Corn Flour, Dextrose, Onion Powder, Extractives of Paprika and Turmeric. Cooked in Corn Oil. May be cooked in the same oil as menu items that contain Milk and Fish (where available). CONTAINS: EGG, SOY, WHEAT.

**Ranch Dipping Sauce:** Sour Cream (cream, modified corn starch, gelatin, lactic acid, guar gum, mono and diglycerides, disodium phosphate, citric acid, artificial flavor), Soybean Oil, Buttermilk, Egg Yolk, Distilled Vinegar, Water, Salt, Garlic (including dehydrated), Sugar, Chives, Onion (dehydrated), High Fructose Corn Syrup, Spice, Glucono Delta Lactone, Mustard Seed, Potassium Sorbate and Sodium Benzoate (preservatives), Xanthan Gum, Disodium Inosinate, Disodium Guanylate, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG, MILK.

**Red Ranch Sauce:** High Fructose Corn Syrup, Soybean Oil, Corn-Cider Vinegar, Tomato Paste, Distilled Vinegar, Water, Salt, Paprika, Spice, Beet Juice (for color), Onion (dehydrated), Natural Flavor, Xanthan Gum, Propylene Glycol Alginate, Garlic (dehydrated).

**Red Wine Vinaigrette Sauce:** Water, Soybean Oil, Red Wine Vinegar, High Fructose Corn Syrup, Red Wine, Onions, Garlic, Salt, Spice, Xanthan Gum, Potassium Sorbate and Sodium Benzoate (preservatives), Propylene Glycol Alginate, Elderberry Juice Concentrate, Natural Flavor, Calcium Disodium EDTA (to protect flavor), Caramel Color.

**Roast Beef:** Beef, Water, Salt, Sodium Phosphates.

**Roast Chicken:** Chicken Breast, Chicken Broth, Contains 2% or less of the following: Salt, Dextrose, Modified Food Starch, Rice Flour, Corn Flour, Garlic Powder, Sugar, Onion Powder, Corn Syrup Solids, Paprika, Spices, Citric Acid, Maltodextrin, Celery Powder, Natural Flavors, Caramel Color, Brown Sugar, Chicken Fat, Carrageenan, Sodium Phosphate.

**Roast Ham:** Ham, Water, Salt, Sodium Lactate, Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate, Potassium Lactate, Smoke Flavoring, Sodium Nitrite.

**Roast Turkey:** Turkey Breast, Turkey Broth, Contains 2% or less of the following: Salt, Brown Sugar, Modified Food Starch, Dextrose, Sodium Phosphate, Soybean Oil.

**Sauerkraut:** Cabbage, Water, Kraut Juice, Salt, Sodium Benzoate (preservative), Sodium Bisulfite (to retain color).

**Sesame Bun:** Wheat Flour, Malted Barley Flour, Water, High Fructose Corn Syrup, Yeast, Soybean and/or Cottonseed Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Dried Malt, Dough Conditioners (contains one or more of the following: mono and diglycerides, ethoxylated mono and diglycerides, calcium peroxide, azodicarbonamide, calcium stearoyl lactylate, sodium stearoyl lactylate, DATEM, ascorbic acid, calcium iodate, soy lecithin, enzymes), Yeast Nutrients (contains one or more of the following: calcium carbonate, ammonium chloride, ammonium sulfate, calcium sulfate, monocalcium phosphate, carbamide), Dextrose, Natural and Artificial Flavors, Caramel Color, Propylene Glycol, Diammonium Phosphate, Tricalcium Phosphate, Wheat and/or Corn Starch, Corn Grits, Soy Flour, Potato Flour, Milk, Calcium Propionate and/or Potassium Sorbate (preservatives). Topped with Sesame Seeds. CONTAINS: MILK, SOY, WHEAT.

**Sierra Mist®:** Carbonated Water, High Fructose Corn Syrup, Citric Acid, Natural Flavors, Potassium Citrate, Potassium Benzoate (to preserve freshness), Calcium Disodium EDTA (to protect flavor).

**Smoky Q Sauce:** High Fructose Corn Syrup, Water, Tomato Paste, Molasses, Distilled Vinegar, Salt, Modified Corn Starch, Natural Smoke Flavor, Mustard Flour, Onion Powder, Soybean Oil, Garlic Powder, Xanthan Gum, Sodium Benzoate (preservative), Spices.

**Spicy Brown Honey Mustard Sauce:** Distilled Vinegar, Soybean Oil, Mustard Seed, Water, Honey, Horseradish, Sugar, Egg Yolk, Salt, High Fructose Corn Syrup, Spices, Molasses, Garlic (dehydrated), Corn Syrup, Artificial Color, Turmeric, Natural and Artificial Flavor, Anchovies, Tamarind, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG, FISH (Anchovies).

**Steakhouse Onion Rings:** Onions, Bleached Wheat Flour, Modified Food Starch, Corn Flour, Onion Powder, Salt, Sugar, Dextrose, Garlic Powder, Whey, Yeast, Yellow 5, Yellow 6. Cooked in Corn Oil. May be cooked in the same oil as menu items that contain Soy, Egg, and Fish (where available). CONTAINS: MILK, WHEAT.

**Sub Roll:** Enriched Bleached Wheat Flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Water, Contains 2% or less of each of the following: Salt, Yeast, Wheat Gluten, Sugar, Dextrose, Soybean Oil, Calcium Stearoyl Lactylate, Calcium Propionate and Phosphoric Acid (for freshness), Malt, DATEM, Mono and Diglycerides, Potassium Iodate, Ethoxylated Mono and Diglycerides, Ascorbic Acid, Calcium Sulfate, Enzymes (wheat), Azodicarbonamide, Propionic Acid, L-Cysteine, Whole Wheat Flour. CONTAINS: WHEAT.

**Sweet Tea:** Water, Tea, Sugar.

**Swiss Cheese, Big Eye Natural:** Part Skim Milk, Cheese Culture, Salt, Enzymes. CONTAINS: MILK.

**Swiss Cheese, Processed Slice:** Cultured Milk, Skim Milk, Water, Salt, Sodium Citrate, Sodium Phosphate, Cream, Citric Acid, Sorbic Acid (preservative), Enzymes, Lactic Acid, Soy Lecithin. CONTAINS: MILK, SOY.

**Tangy Barbeque Sauce:** Water, Sucrose, Tomato Paste, Distilled Vinegar, Molasses, Salt, Modified Corn Starch, Natural Smoke Flavor, Spices, Onion Powder, Sodium Benzoate and Potassium Sorbate (preservatives), Caramel Color, Garlic Powder.

**Thousand Island Spread:** Soybean Oil, Water, Dijon Mustard (vinegar, mustard seed, salt, white wine, citric acid, tartaric acid, spices), Red Wine Vinegar, High Fructose Corn Syrup, Egg Yolk, Pickles, Sugar, Extra Virgin Olive Oil, Tomato Paste, Salt, Corn Syrup, Caraway Seed, Distilled Vinegar, Garlic (including dehydrated), Spices, Xanthan Gum, Onion (dehydrated), Sodium Benzoate (preservative), Propylene Glycol Alginate, Oleoresin Paprika, Disodium Guanylate, Disodium Inosinate, Bell Peppers, Mustard Seed, Dextrose, Calcium Disodium EDTA (to protect flavor), Alum, Natural Flavors, Polysorbate 80. CONTAINS: EGG.

**Vanilla Shake:** Milk Fat, Nonfat Milk, Sugar, Whey, High Fructose Corn Syrup, Cream, Contains 2% or less of the following: Vanilla, Artificial Flavor, Mono and Diglycerides, Cellulose Gum, Guar Gum, Carrageenan, Dipotassium Phosphate, Sodium Citrate, Sodium Chloride, Sodium Bicarbonate, Annatto (color), Caramel Color. CONTAINS: MILK.

**Yellow Mustard:** Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika.

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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 **February 2011**.

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 1-800-487-2729.

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. Foods cooked in common oil have also been indicated as possible allergens.

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.