



Nutrition Information

Additional Value Menu Items	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
Bacon 99'er	350	19	8	0.5	55	720	28	1	6	17	•	•	•	•	•	
Cheeseburger Deluxe*	350	19	7	1	55	790	28	2	7	18	•	•	•	•	•	
Crispy Chicken Caesar Wrap	430	24	7	0	45	1120	35	2	1	17	•	•	•	•	•	
Double Stack*	420	22	10	1.5	90	900	27	1	6	28			•	•	•	
DT Double*	590	36	16	1.5	120	1230	35	2	8	32	•	•	•	•	•	
Jr. Bacon Cheeseburger*	400	24	9	1	65	740	27	2	5	20	•	•	•	•	•	
Monterey Ranch Crispy Chicken Sandwich	390	19	5	0	45	1030	38	2	4	17	•	•	•	•	•	
Spicy Chipotle Crispy Chicken Sandwich	410	22	6	0	45	1250	38	2	4	17	•	•	•	•	•	
Spicy Chipotle Jr. Cheeseburger	310	17	6	0.5	45	770	25	1	4	15	•	•	•	•	•	

• = menu item contains the allergen • = menu item may be cooked in the same oil as an item containing the allergen

* Sandwich contains 25% more beef.

Processed Monterey Jack Cheese: Cultured Milk and Skim Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid (preservative), Lactic Acid, Enzymes, Artificial Color, Soy Lecithin. CONTAINS: MILK, SOY.

Processed Pepper Jack Cheese: Cultured Milk, Water, Sodium Citrate, Cream, Salt, Jalapeno Puree, Sorbic Acid (preservative), Sodium Pyrophosphate, Jalapeno Peppers (dehydrated), Red Bell Peppers (dehydrated), Soy Lecithin, Enzymes, Calcium Chloride. CONTAINS: MILK, SOY.

Signature Sauce: Soybean Oil, Water, Relish (pickles, sugar, vinegar, salt, xanthan gum, mustard seed, red pepper, natural flavors), Sugar, Distilled Vinegar, Egg Yolk, Tomato Paste, Salt, Onion Juice, Lemon Juice Concentrate, Xanthan Gum, Annatto Color, Spices, Natural Flavors, Oleoresin Paprika, Calcium Disodium EDTA (to protect flavor), Onion (dehydrated), Garlic (dehydrated). CONTAINS: EGG.

Spicy Burger Sauce: Soybean Oil, Water, Red Chili Peppers, Egg Yolk, Distilled Vinegar, Sugar, Ancho Pepper Powder, Garlic, Salt, Spices, Xanthan Gum, Chipotle Peppers, Corn Oil, Oleoresin Paprika, Oleoresin Rosemary, Natural Smoke Flavor. CONTAINS: EGG.

Nutrition and 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 May 2011.

Wendy's International, 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.wendys.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: Wendy's International, Inc., Consumer Relations Department, One Dave Thomas Boulevard, Dublin, OH 43017, 614-764-3100.

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This nutrition information is current as of May 2011.