

NUTRITION INFORMATION QUALITY IS OUR RECIPE®

Allergens

Nutrition Information

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FRESH-MADE SALADS	*															SANDWICHES*																
	e (g) 🖊	cal)	= 1	-at (g)	(mg)	9)	(b,	yr (g)			(\nd\%.	(%DN)	(VQ;	_			▼ (â) e	ial)	_	at (g)	a)	l (mg)	(g)	(g)	er (g)			(ND%)	(ND%)	(NOS	_	
	ng Sizi	ies (ko	rat (g)	ated Fat Fat (g)	ssterol	w) wr	Carb (ry Fibe	rs (g)	in (g)) A nir	in C (%) wn	(%DV)			ng Siz	ies (ko	Fat (g	rated F	s Fat (g	ssterol	m) mr	Carb (ry Fibe	ırs (g)	ein (g)) A nir	nin C (%) wn	(%DV)	
	Servii	Calor	lotal	Satur	Chole	Sodiu	Total	- Dieta	Suga	Prote	Vitam	Vitan	Calcii	lron (Servi	Calor	Total	Satur	Trans	Chole	Sodiu	Total	Dieta	Suga	Prote	Vitan	Vitan	Calci	Iron	
Apple Pecan Chicken Salad Full Size	425	580 2	27	9 0	115	1350	53	7	40	34	40	100	25	15	MST	Jr. Hamburger Deluxe ♦ ●	143	310	14	4.5	0.5	40	640	29	2	7	14	2	6	4	25	DEG
Apple Pecan Chicken Salad Half Size	240	350 1	8	5 0	55	710	30	4	22	18	25	50	10	10	MST	Jr. Cheeseburger Deluxe ♦ •	155	350	18	7	1	50	820	29	2	7	16	8	6	10	25	DEGMS
BBQ Ranch Chicken Salad Full Size ▶	444	560 2	28	9 0	120	1540	42	5	25	38	40	50	30	15	DEFMS	Jr. Bacon Cheeseburger (JBC) ♦ •	149	380	21	8	1	60	840	28	2	5	19	6	8	10	25	DEGMS
BBQ Ranch Chicken Salad Half Size	247	300 1	4 4	.5 0	60	810	25	3	15	19	25	30	15	10	DEFMS	Cheesy Cheddarburger ♦ •	109	300	14	6	0.5	50	730	26	1	5	16	4	0	10	20	G M S
Power Mediterranean Chicken Full Size	509	450 1	6 4	.5 0	95	1180	43	8	18	36	90	100	15	15	MSX	Hamburger, Kids' Meal ♦ ●	92	250	9	3.5	0.5	35	530	27	1	6	13	0	0	2	20	G
Power Mediterranean Chicken Half Size			8 2	2.5 0	45	600	23	5	10	19	50	60	8	8	MSX	Cheeseburger, Kids' Meal ♦ •	103	290	12	6	0.5	45	700	28	1	6	16	4	0	8	20	GMS
Spicy Chicken Caesar Salad Full Size				22 1	170		37	5	7	46	20	70	60	35	DEFGMS	Dave's Single™ ■ ♦ ●	239	550		13	1.5	95	1130	34	2	7	28	10	10	15	25	DEGMS
Spicy Chicken Caesar Salad Half Size				11 0.				1	1	24	10	50		25		Dave's Double™ ■ ◆ •	322					170			2	7	46	10	10			DEGMS
Taco Supremo Salad Full Size ♦	660			17 1		1790		11	15	35	60			30		Dave's Triple™ ■ ♦ ●		1080		29		250			2	7	67	15	10	25		DEGMS
•								11	10	33	40					Baconator® ■ ◆ •	287					200			4	7	55	8				DEGMS
Taco Supremo Salad Half Size ◆ * Nutrition and allergen information includ	434 to			1	60			8 of drag	10 	20	40	35	35	20	1				58	23					1	7		-	10	15		
• Grilled, Homestyle, and Spicy Chicken Br							Jackets	orures	ssilig, n	all Size	Salaus	iliciu	ue one	packe	et of dressing.	Son of Baconator® ■ ♦ •		610				115			1	6	33	8	8	15		DEGMS
★ Breaded chicken fillets, strips and nugg						.P 1 11	l l	1.1.84	91 1.4	2						Bacon Deluxe ■ ♦ •	252		36			110			2	8	33	10	15	15		DEGMS
 Beef in chili is cooked on the same grill a Portion size ordinarily served to the gue 		y come	in con	tact witr	ı, ıngred	alents t	nat cor	itain ivii	iik and t	50y.						Double Bacon Deluxe ■ ◆ •	334	860	53	21	3	185	1640	35	2	8	51	10	15	20	50	DEGMS
																Ultimate Chicken Grill ■ ◆ •	214	320	7	1.5	0	80	880	35	2	7	29	4	20	4	10	DEGS
																Spicy Chicken ■ ♦ • ★	211	420	17	3	0	55	980	44	2	5	23	4	10	4	20	DEFGMS
SALAD TOPPINGS & D	RESSI	NGS	5 *													Homestyle Chicken ■ ♦ • ★	215	440	19	3.5	0	55	1010	44	1	5	23	4	10	4	10	DEFGMS
	▼		(5	6	(Br			(b)			<u>(</u>)	2	<u></u>			Asiago Ranch Chicken Club, Homestyle ■◆	≥ ★ 252	600	32	9	0	90	1430	46	2	6	31	10	20	20	15	DEFGMS
	Size (i	(kcal)	Eat	it (g)	erol (m	(mg)	rb (g)	Fiber ((a)	(g)	A (%[1%) ე	\Q%)	DV)		Asiago Ranch Chicken Club, Grilled ■				7		115			2	6	38		25	20		EGMS
	ıving	llories tal Fat	1 21 21	ans Fa	noleste	mnipo	ıtal Ca	etary	ıgars	otein	tamin	tamin	alcium	%) uc						0												
Roasted Pecans	ى ا 17 م	3 P		1 0	0	60	<u>و</u> 6	i 1	s 1	1	0	<u> </u>	0	2	MST	Asiago Ranch Chicken Club, Spicy ■ ◆							1390		2	6	31		20	20		DEFGMS
						150		0	9		0	0	0	0	IVI O I	Chicken Go Wrap, Spicy ▶★		310		4.5			780	29	2	2	15	6	2	10		DEFGMS
Pomegranate Vinaigrette Dressing		70 3		0 0				-	_	U	-	4	U	U		Chicken Go Wrap, Grilled		260						25	2	3	18	6	6	10	15	DEGMS
BBQ Ranch Dressing		00 7		1 0	5	260		0	6		2	4	2	2	EM	Hamburger Patties are cooked on theBun may contain sesame seeds, egg p									nat cor	ıtaın M	ılık and	i 50y.				
Light Balsamic Vinaigrette Dressing		45 2) 0	0	125		0	5	0	0	0	0	0	S	■ Premium and Brioche buns are toaste	ed in a com	nmon to	oaster v	vith pro	ducts t	hat co			d Milk.	Untoas	sted bu	ıns are	availab	ole upo	n reque	est.
Gourmet Croutons	tons 18 90 3.5 0 0 190 12 0 0 2 0 2 0 4 M G															■ Grilled, Homestyle, and Spicy Chicken ★ Breaded chicken fillets, strips and nug	n Breasts ar	re cut o	n a cor	nmon cı	utting b											
Caesar Dressing	31	80 8	3 1.	.5 0	15	180	1	0	1	1	0	0	2	0	D E F M	* All buns may contain sesame seed and		contair	ı∟yy, I\	nnk alla	υυy.											
Tortilla Chips	43 2	210 10	0 1.	.5 0	0	115	29	2	0	3	0	0	4	4		▲ Portion size ordinarily served to the g																
Salsa		30 0) n	0	440		1	4	1	10	20	6	2		DEVEN																
Sour Cream		60 5		.5 0				0	1	1	6	0	4	0	M	BEVERAGES																
Light Ranch Dressing		45 3.		.5 0	10			0	1	1	0	0	2	0	DEM		▼ (ɓ)	=		t (g)		(mg)		(g)	(a)			°DV)	(DV)	()(
	31	10 0.	.5 0.	.5 0	10	100	2	0	'	'	0	0	۷	U	DLIVI		g Size	ss (kca	Fat (g)	ited Fa	Fat (g)	sterol	n (mg)	Sarb (g	y Fiber	s (g)	n (g)	n A (%	n C (%]%) w	(ND%)	
* Information is for 1 packet.A Portion size ordinarily served to the gues	et																Servin	Calorie	Total F	Satura	Trans	Choles	Sodiur	Total (Dietar	Sugar	Proteil	Vitami	Vitami	Calciu	lron (9	
= 1 orden eles ordinarily served to the gast	J															Redhead Roasters® Hot Coffee,	369	5	0	0	0	0	5*	0	0	0	0	0	0	0	0	
SIDE SELECTIONS																Regular, Plain Redhead Roasters® Hot Coffee,																
3101 31113113	•															Large, Plain	482	5	0	0	0	0	10*	0	0	0	0	0	0	0	0	
	ze (g)	cal)	ξ Fa+ (σ)	ا ها (ع) (g)	ol (mg)	(Bu	(g)	oer (g)	_		Λ 0 %)	C (%DV	(ND%)	_		Hot Specialty Teas, Regular		*	*	*	*	*	*	*	*	*	*	*	*	*	*	
	ing Si;	ries (kca Fat (a)	rated	s Fat (g)	lesterc	n) mni	l Carb (g)	ary Fib	ars (g)	ein (g)	min A	min C	ium (9	\0%)		Orange Pekoe, Green Tea																
	Serv	Calo		Tran	Chol	Sodi	Total	Dieta	Suga	Prot	Vitar	Vitar	Calc	Iron		Dasani® Bottled Water	591	0	0	0	0	0	1	0	0	0	0	0	0	0	0	
Garden Side Salad	190 1	50 7	7 1	1 0	10	370	19	3	4	4	20	70	4	10	DEGM	1% M.F. Partly Skimmed Chocolate M	1ilk ₩															M
Caesar Side Salad	152 2	280 20	0 5	5 0	30	500	17	3	2	9	80	10	15	15	DEFGMS	1% M.F. Partly Skimmed Milk 🕸																M
Strawberry Yogurt	175 1	60 2.	5 1.	.5 0	10	90	28	0	24	6	10	0	20	0	M	Nestea® Iced Tea, Small	412	130	0	0	0	0	50*	34	0	34	0	0	0	0	0	
Plain Baked Potato (avg wt. 10 oz)	284 2	270 0) (0 0	0	40	61	7	3	7	0	40	4	20		Nestea® Iced Tea, Medium	631	270	0	0	0	0	80*	52	0	52	0	0	0	0	0	
Sour Cream & Chives Baked Potato		350 6		.5 0	20		65	7	1	9	20	60	10	25	M	Nestea® Iced Tea, Large	892	270	0	0	0	0	110*	74	0	74	0	0	0	0	0	
								0	6							Fruitopia® Strawberry Passion					0								100			
Broccoli & Cheese Sauce Baked Potato		80 8		4 0				8	6	12	6	90	15	25	MS	Awareness®, Small	412	190	0	0	0	0	40*	49	0	47	0	0	160	0	U	
Bacon & Cheese Sauce Baked Potato	363 4	80 1	7 7	7 0	45	600	65	7	7	17	0	40	15	25	MS	Fruitopia® Strawberry Passion	631	290	0	0	0	0	60*	75	0	72	0.1	0	240	0	0	
Becel® Margarine	7	50 6	3 1	1 0	0	50	0	0	0	0	10	0	0	0	MS	Awareness®, Medium Fruitonia® Strawbarry Passion																
Rich & Meaty Chili, Small ◆	227 1	70 5	5 2	2 0	35	780	16	4	6	15	0	0	4	20	S	Fruitopia® Strawberry Passion Awareness®, Large	892	410	0	0	0	0	85*	106	0	102	0.1	0	340	0	2	
Rich & Meaty Chili, Large ◆	340 2	250 7	7 3	3 0.5	5 50	1170	23	5	9	23	0	0	6	25	S	Lemonade, Small	319	180	0	0	0	0	0	47	0	44	0	0	0	0	0	
Hot Chili Seasoning	7	5 0) (0	280		0	1	0	0	0	0	0		Lemonade, Medium	570			0	0	0	0	84	0	79	0	0	0	0	0	
Saltine Crackers		25 O.) 0		90	5	0	0	1	0	0	0	2	GS	Lemonade, Large		340		0	0	0	0	89	0	84	0	0	0	0	0	
				- 0	1.5			0	0	1		0	10			•	314			0	0	0	0	54	0	50	0	0	6	0	0	
Cheddar Cheese, shredded		70 5						0	0	4	4	0	10	0	M	Strawberry Lemonade, Small				0	0	0	0		0		0		0	0	0	
Chili Cheese Nachos ◆		280 13			15			4	2	9	0	0	8	10	MS	Strawberry Lemonade, Medium		360		0	0	0	0	93	0	88	0	0	8	2	0	
Cheese Fries		880 1	7 7	7 0				3	1	8	2	8	15	6	DEFGMS	Strawberry Lemonade, Large	606		0	U	U	U	0	103	U	97	U	0	10	2	2	
Chili Cheese Fries ◆	266 4	60 19	9 8	3 0.5	35	1050	56	5	4	15	2	8	15	15	D E F G M S	Minute Maid™ Apple Juice, Kids'	295		0	0	0	0	25	33	0		0.4	_	170	0	0	
Poutine	287 6	30 30	0 1	5 1	60	1420	69	4	1	19	15	10	40	10	DEFGMSZ	Minute Maid™ Orange Juice, Kids	295		0.2	0	0	0	20	32	0	28	2	0	0	0	0	
Bacon Poutine	300 6	90 3	5 1	6 1	75	1650	70	4	1	24	15	15	40	10	DEFGMSZ	Barq's® Root Beer, Small	412		0	0	0		75*	50	0	50	0	0	0	0	0	
Kids' Fries w/Sea Salt		200 7		2 0	0	260		2	0	2	0	6	2	4	DEFGMS	Barq's® Root Beer, Medium	631		0	0	0	0	115*	76	0	76	0	0	0	0	0	
Small Fries w/Sea Salt †		290 9				370		3	n	3	0	8	2	6	DEFGMS	Barq's® Root Beer, Large	892	380	0	0	0	0	160*	107	0	107	0	0	0	0	0	
									0	1		10		_	DEFGMS	Coca-Cola®, Small	412	170	0	0	0	0	45*	47	0	47	0	0	0	0	0	
Medium Fries w/Sea Salt †		80 1		4 0	0	480		4	U	4	0	10	2	8		Coca-Cola®, Medium	631	260	0	0	0	0	65*	72	0	72	0	0	0	0	0	
Large Fries w/Sea Salt †		50 1			0	580		4	U	5	0	10	2	10	DEFGMS	Coca-Cola®, Large	892		0	0	0		95*	101	0	101	0	0	0	0	0	
Oatmeal Bar**	71 2	90 10	0 4.	.5 0	20	230	47	5	23	4	0	0	15	10	EMSG	Diet Coke®, Small	412		0	0	0		60*	0	0		0.1	0	0	0	0	
♦ Beef in chili is cooked on the same grill a																Diet Coke®, Medium	631		n	0	0		90*	0	0		0.1	0	0	0	0	
† Recommended portion sizes. French frie Portion size ordinarily served to the gues		idually p	ortion	ed at ev	ery rest	aurant.	Variati	ons wil	ıı exist f	rom re	staurar	it to re	staura	nt.		Diet Coke®, Large	892		0	0	0		130*	0	0		0.1	0	0	0	0	
S.25 Stanially Solved to the gue	ē															Coke Zero®, Small	412		0	0	0		50*	0	0		0.2	0	0	0	0	
FROSTY™ DAIRY DESS	ERTS															Coke Zero®, Medium	631		0	0	0		75*	0	0		0.1	0	0	0	0	
DAINIBLOC	√				_						((· · · · · · · · · · · · · · · · · · ·	892			0	0		105*		0		0.1	_	0	0	0	
	ize (g)	(c)	(9) Fat (a)	(g)	ol (mg	mg)	, (g)	ber (g)	_	Œ.	\U%)	(%DV)	(NO%	(5)		Coke Zero®, Large			0	U	U			0	U		U. I	0	U	-	0	
	/ing Si	ories (k al Fat (c		s Fat (lesterc	ium (n	l Carb	ary Fit	Jars (g)	tein (g)	ımin A	ımin C	') muić	(۸۵%) ر		Fanta® Orange, Small	412		0	0	U		45*	46	Û	46	U	0	0	0	U	
	Serv	Calc	Sati	Tran	Cho	Sod	Tota	Diet	Sug	Pro	Vita	Vita	Calt	Iron		Fanta® Orange, Medium	631		0	U	U		70*	70	U	70	U	0	U	0	U	
Classic Frosty, Chocolate, Junior		210 6	3.	.5 0.2				1	26	5	6	0	20		M	Fanta® Orange, Large		370		0	0		100*	99	0	99	0	0	0	0	0	
Classic Frosty, Chocolate, Small		60 10	0 6	6 0.3	35	170		1	44	9	10	0	30	10		Sprite®, Small		160		0	0		75*	43	0	43	0	0	0	0	0	
Classic Frosty, Chocolate, Medium	338 4	90 1	3 9	0.5	45	230	80	2	61	13	15	0	45	15	M	Sprite [®] , Medium		240		0	0		110*	65	0	65	0	0	0	0	0	
Classic Frosty, Chocolate, Large	424 6	10 10	6 1	1 0.5	60	290	101	2	76	16	15	0	50	20	M	Sprite [®] , Large	892	340	0	0	0	0	160*	92	0	92	0	0	0	0	0	
Classic Frosty, Chocolate, X-Large	655	40 2	5 1	7 1	90	450	156	3	118	24	25	0	80	35	M	+ The sodium value will vary based on t																
Classic Frosty, Vanilla, Junior		200 5						0	27	5	6	0	20	0	M	* Health Canada has exempted these tea * See individual carton for full nutrition		e manda	atory n	utritiona	I labeli	ing pro	gram	due to	insigni	ıticant ı	nutritiv	e value	es.			
Classic Frosty, Vanilla, Small		340 9		6 0.4				0	47	9	10	0	30		M	▲ Portion size ordinarily served to the g																
•																,																
Classic Frosty, Vanilla, Medium		60 12		0.5				0	63	12	10	0	40	0	M	Allergen Key: D = MUSTARD M = MILI	К	X = C	FSAM	IE SEEI)S			Red	Letter -	= menu	item co	ontains t	the alle	rgen		
Classic Frosty, Vanilla, Large		70 10		0 0.5				0	79	15	15	0	50	0	M	E = EGG $M = MILI$		X = S Y = S			<i>ر</i> ر			Blue	e Letter	= menu	ı item m	nay be c	ooked i	in the s		as an item
Classic Frosty, Vanilla, X-Large	655	20 2	5 1	6 1	90	460	149	1	126	24	25	0	80	0	M	F = FISH S = SOY	BEAN	Z = S						that	contain	s the all	iergen o	or an ite	m that	may co	ntain the	e allergen
▲ Portion size ordinarily served to the gues	st.															G = WHEAT, BARLEY, T = TREE RYE and OAT	I UVI															
							,										da '		er		_,.				4:**			i.		•		
HOMESTYLE CHICKEN	STRI	PS &	CR	ISP'	Y CH	ICK	ŒN	NUC	GE	S						Nutrition information is based on stand revisions, product assembly at the res																
	T		(6	ıg)			<u> </u>			5	5				nroducts are not included. Nutrition ca																,

Total Fat (g)
Saturated Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Total Carb (g) 28 15 DEFGMS 3 Piece Homestyle Chicken Strips ★ 139 65 1320 360 DEFGMS 64 10 30 4 Piece Kids' Meal Nuggets ★ 170 350 4 2.5 35 440 0 12 0 6 DEFGMS 5 Piece Nuggets * 10 Piece Nuggets ★ 161 70 22 23 10 DEFGMS 26 28 120 12 10 2 2 0 EMS **Buttermilk Ranch Sauce** 240 0 2 Barbecue Sauce 28 45 0.1 115 11 0 4 0.4 2

28 0 12 0 4 0 4 0 Sweet & Sour Sauce 45 0 0 0 120 0 0 28 3 Honey Mustard Sauce 80 10 220

★ Breaded chicken fillets, strips and nuggets may contain Egg, Milk and Soy. ▲ Portion size ordinarily served to the guest.

28

120

12

Daily Calorie and Sodium Requirements

Creamy Sriracha Sauce

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

0

10 340

3

0

2

0

8

0 | E D

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 applicable government regulations regarding the rounding of nutritional data. Wendy's Restaurants of Canada Inc., its affiliates and franchisees and each of their employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Canadian government regulations identify 12 major food allergens: milk, eggs, wheat or triticale, soybeans, peanuts, tree nuts, fish, crustaceans, shellfish, sesame seeds, mustard, and sulphites. 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. Wendy's uses highly refined soya oil as an ingredient and therefore, does not indicate soya oil as an allergen. Please consult your Doctor to know if you should avoid products that contain highly refined soya oil.

Wendy's encourages anyone with food allergies, sensitivities, or special dietary needs to obtain the most comprehensive and up-to-date information by contacting Wendy's Consumer Relations Department at 5515 North Service Road, Suite 201, Burlington, Ontario, Canada L7L 6G4 (905) 331-0341.

Our products may contain or come into contact with common food allergens. Visit www.wendys.ca for more information.

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