



I'm thinking Arby'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)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Arby's® Roast Beef Sandwiches																
Regular Roast Beef Contains: Milk, Soy, Wheat	154	350	110	13	4.5	0.5	45	960	37	2	5	23	0	0	6	20
Medium Roast Beef Contains: Milk, Soy, Wheat	210	450	170	19	7	1	75	1380	37	2	5	34	0	2	8	25
Large Roast Beef Contains: Milk, Soy, Wheat	281	590	230	25	10	1.5	100	1860	45	3	7	46	0	4	8	35
Regular Beef 'n Cheddar Contains: Milk, Soy, Wheat	195	430	170	19	6	1	45	1220	42	2	10	23	2	2	10	25
Medium Beef 'n Cheddar Contains: Milk, Soy, Wheat	251	530	230	25	8	1	75	1640	42	2	10	34	2	4	10	30
Large Beef 'n Cheddar Contains: Milk, Soy, Wheat	329	650	300	33	11	1.5	105	2200	44	2	10	45	2	4	10	40
Pepper Bacon (4 pieces) Adds	18	100	60	7	2.5	0	15	330	1	0	1	8	0	0	0	0
All-American Roastburger® Contains: Egg, Soy, Wheat	245	390	140	16	5	0.5	40	1690	40	2	10	19	10	15	8	20
Bacon Cheddar Roastburger® Contains: Milk, Soy, Wheat	235	430	160	18	8	0.5	55	1810	39	2	8	26	10	15	15	20
Bacon & Bleu Roastburger® Contains: Egg, Milk, Soy, Wheat	235	450	190	21	7	0.5	55	1750	39	2	9	24	10	15	8	20
Double Meat Roastburger® Option Adds	71	120	70	8	3.5	0.5	35	520	0	0	0	13	0	0	0	10
Super Roast Beef* Contains: Milk, Soy, Wheat	229	430	160	18	6	1	45	1070	44	3	11	24	10	10	8	20
Arby's Melt* Contains: Milk, Soy, Wheat	146	320	100	11	3.5	0	30	900	38	2	6	18	0	0	8	20
Ham & Swiss Melt* Contains: Milk, Soy, Wheat	131	300	70	8	3.5	0	35	1070	37	2	6	18	2	0	15	10
Arby's® Chicken																
Chicken Sandwich - Crispy Contains: Egg, Milk, Soy, Wheat † Fish (where available)	200	520	220	24	4	0	45	1130	51	3	6	26	2	4	8	15
Chicken Sandwich - Roast Contains: Egg, Milk, Soy, Wheat	189	400	140	16	2.5	0	50	950	40	3	7	24	2	2	8	10
Chicken Bacon & Swiss - Crispy* Contains: Egg, Milk, Soy, Wheat † Fish (where available)	205	590	240	27	7	0	60	1560	54	3	9	34	2	4	20	15
Chicken Bacon & Swiss - Roast* Contains: Egg, Milk, Soy, Wheat	194	470	170	19	6	0	70	1380	43	3	10	32	2	4	20	15
Chicken Cordon Bleu - Crispy* Contains: Egg, Milk, Soy, Wheat † Fish (where available)	241	610	260	29	6	0	75	1860	51	2	7	37	2	4	20	15
Chicken Cordon Bleu - Roast* Contains: Egg, Milk, Soy, Wheat	230	490	180	20	5	0	85	1670	40	3	8	35	2	2	20	15
Roast Chicken Club Contains: Egg, Milk, Soy, Wheat	258	460	170	19	6	0	70	1490	39	2	9	31	10	15	15	10
Popcorn Chicken - Regular Contains: Egg, Soy, Wheat † Milk, Fish (where available)	135	360	150	16	2.5	0	40	980	27	2	0	26	0	0	0	6
Popcorn Chicken - Large Contains: Egg, Soy, Wheat † Milk, Fish (where available)	184	490	200	22	3.5	0	55	1340	38	3	0	35	0	0	2	8
Crispy Chicken Tenders* - Regular Contains: Egg, Soy, Wheat † Milk, Fish (where available)	131	360	160	17	2.5	0	45	730	28	2	0	23	0	0	0	4
Crispy Chicken Tenders* - Large Contains: Egg, Soy, Wheat † Milk, Fish (where available)	219	600	260	29	4.5	0	70	1220	46	3	1	39	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 Contains: Milk	28	10	0	0.5	0	0	0	790	2	0	0	0	8	6	0	0
Honey Dijon Mustard Sauce Adds Contains: Egg	28	130	110	12	2	0	10	160	5	0	5	0	0	0	0	0



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Market Fresh® Sandwiches																
Reuben Sandwich Contains: Egg, Milk, Wheat	295	690	290	32	9	0	80	1970	65	4	7	36	4	15	35	35
Roast Turkey & Swiss Sandwich Contains: Egg, Fish (anchovies), Milk, Soy, Wheat	345	740	250	28	7	0	75	1850	84	6	19	42	25	15	45	30
Roast Turkey, Ranch & Bacon Sandwich Contains: Egg, Milk, Soy, Wheat	363	850	330	37	10	0.5	95	2330	84	6	19	49	25	15	45	30
Roast Chicken Ranch Sandwich Contains: Egg, Milk, Wheat	211	340	80	9	1.5	0	45	940	41	3	4	23	15	10	15	15
Roast Beef Gyro Contains: Egg, Milk, Wheat	220	420	210	23	6	0.5	50	1040	32	2	3	20	10	15	8	20
Pecan Chicken Salad Sandwich - Grilled* Contains: Egg, Milk, Soy, Tree Nuts (pecan), Wheat	322	870	400	44	6	0	65	1510	88	7	22	34	15	10	30	30
Pecan Chicken Salad Sandwich - Roast* Contains: Egg, Soy, Tree Nuts (pecan), Wheat	322	860	400	44	6	0	60	1450	89	7	23	31	15	10	30	30
Roast Beef & Swiss Sandwich* Contains: Egg, Fish (anchovies), Milk, Soy, Wheat	345	820	340	37	11	1	80	1760	84	6	18	40	25	15	45	40
Roast Ham & Swiss Sandwich* Contains: Egg, Fish (anchovies), Milk, Soy, Wheat	345	750	270	30	8	0	75	2090	85	6	20	38	25	15	45	30
Ultimate BLT Sandwich* Contains: Egg, Soy, Wheat	295	880	420	46	10	0	55	1740	84	6	20	36	40	25	30	30
Arby's® Toasted Sandwiches																
Philly Beef Toasted Subs Contains: Egg, Milk, Soy, Wheat	254	570	240	27	8	1	65	1490	55	3	3	29	6	40	15	20
French Dip & Swiss Toasted Sub w/Au Jus Contains: Milk, Soy, Wheat	297	500	150	17	7	1	55	2080	59	2	2	29	2	4	15	20
Classic Italian Toasted Sub Contains: Egg, Milk, Soy, Wheat	291	590	270	30	8	0	55	1870	57	3	5	24	10	20	15	15
Turkey Bacon Club Toasted Sub Contains: Egg, Milk, Soy, Wheat	292	570	210	24	6	0	65	1700	56	3	4	33	10	15	15	15
Roast Beef Patty Melt Contains: Egg, Milk, Soy, Wheat	200	460	190	21	6	1	55	1790	43	3	5	26	4	4	20	25
Market Fresh® Chopped Salads																
Chopped Turkey Club Salad Contains: Milk	307	250	130	14	7	0	60	900	9	3	5	23	60	25	25	8
Buttermilk Ranch Dressing Contains: Egg, Milk	43	210	200	23	3.5	0	10	380	2	0	1	1	0	0	0	0
Chopped Farmhouse Chicken Salad - Crispy Contains: Egg, Milk, Soy, Wheat † Fish (where available)	349	460	220	25	9	0	65	1090	29	4	5	32	60	20	25	10
Chopped Farmhouse Chicken Salad - Grilled* Contains: Milk, Soy, Wheat	307	260	120	14	7	0	70	770	10	3	5	26	60	25	25	8
Chopped Farmhouse Chicken Salad - Roast Contains: Milk	307	260	120	14	7	0	65	720	10	3	5	24	60	25	25	8
Dijon Honey Mustard Dressing Contains: Egg	43	180	150	16	2.5	0	15	260	8	0	7	0	0	0	0	0
Chopped Italian Salad Contains: Milk	312	390	280	31	14	0.5	70	1360	10	3	5	20	60	45	25	10
Balsamic Vinaigrette Dressing	43	130	110	12	2	0	0	470	5	0	5	0	0	0	0	0
Chopped Side Salad* Contains: Milk	120	70	45	5	3	0	15	100	4	1	2	4	25	10	10	2



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Sides & Sidekickers®																
Curly Fries - Small ♦ Contains: Wheat † Egg, Milk, Soy, Fish (where available)	128	410	200	22	3	0	0	920	48	5	0	5	0	4	2	8
Curly Fries - Medium ♦ Contains: Wheat † Egg, Milk, Soy, Fish (where available)	170	540	260	29	4	0	0	1230	64	6	0	7	0	6	4	10
Curly Fries - Large ♦ Contains: Wheat † Egg, Milk, Soy, Fish (where available)	201	640	310	34	5	0	0	1460	76	7	0	8	0	6	4	15
Cheddar Cheese Sauce* (on the side) Contains: Milk	43	45	25	3	0.5	0	0	290	3	0	0	1	0	0	0	6
Potato Cakes - Small (2) † Egg, Milk, Soy, Wheat, Fish (where available)	100	260	120	14	2	0	0	440	16	2	0	2	0	2	0	4
Potato Cakes - Medium (3) † Egg, Milk, Soy, Wheat, Fish (where available)	150	380	180	20	3	0	0	650	25	3	0	3	0	4	0	6
Potato Cakes - Large (4) † Egg, Milk, Soy, Wheat, Fish (where available)	200	510	240	27	4	0	0	870	33	5	0	4	0	6	2	8
Homestyle Fries* - Small ♦ † Milk, Wheat, Egg, Soy, Fish (where available)	128	350	140	15	2	0	0	720	49	4	0	4	0	4	0	6
Homestyle Fries* - Medium ♦ † Milk, Wheat, Egg, Soy, Fish (where available)	170	470	190	21	3	0	0	960	66	6	0	5	0	4	2	8
Homestyle Fries* - Large ♦ † Milk, Wheat, Egg, Soy, Fish (where available)	213	590	230	26	3.5	0	0	1200	82	7	0	7	0	6	4	10
Loaded Potato Bites®- Regular (5) Contains: Egg, Milk, Wheat † Soy, Fish (where available)	112	340	180	20	6	0	5	760	29	2	1	10	4	0	15	4
Loaded Potato Bites®- Large (8) Contains: Egg, Milk, Wheat † Soy, Fish (where available)	179	540	290	32	10	0.5	10	1210	47	3	2	15	6	0	25	6
Ranch Dipping Sauce Adds Contains: Egg, Milk	43	160	140	16	3.5	0	30	280	2	0	1	1	2	0	4	0
Mozzarella Sticks - Regular (4) Contains: Milk, Wheat † Egg, Soy, Fish (where available)	137	430	210	23	9	0.5	50	1480	36	2	3	20	8	0	40	4
Mozzarella Sticks - Large (6) Contains: Milk, Wheat † Egg, Soy, Fish (where available)	206	650	310	35	13	1	75	2220	54	2	4	30	15	0	60	6
Marinara Sauce Adds	43	35	15	1.5	0	0	0	160	5	1	2	1	8	10	0	0
Jalapeño Bites®* - Regular (5) Contains: Milk, Wheat † Egg, Soy, Fish (where available)	110	300	160	17	7	0	25	640	32	2	2	5	6	2	4	4
Jalapeño Bites®* - Large (8) Contains: Milk, Wheat † Egg, Soy, Fish (where available)	176	480	250	28	10	1	40	1030	51	3	4	8	8	4	8	6
Bronco Berry Sauce® Adds	43	90	0	0	0	0	0	30	22	0	21	0	0	0	0	0
Onion Petals* - Regular Contains: Milk, Wheat † Egg, Soy, Fish (where available)	99	330	160	18	2.5	0	0	280	38	2	7	4	0	0	2	4
Onion Petals* - Large Contains: Milk, Wheat † Egg, Soy, Fish (where available)	181	600	300	33	5	0	0	510	70	4	12	7	0	0	4	8
Tangy Southwest Sauce® Adds Contains: Egg	43	230	220	24	3.5	0	20	280	3	0	2	0	2	0	0	0

♦ 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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Kids Meal																
Junior Roast Beef Contains: Milk, Soy, Wheat	125	300	90	9	3.5	0	30	750	37	2	5	18	0	0	6	15
Popcorn Chicken - Kids Contains: Egg, Soy, Wheat † Milk, Fish (where available)	99	260	110	12	2	0	30	720	20	1	0	19	0	0	0	4
Curly Fries - Kids ♦ Contains: Wheat † Egg, Milk, Soy, Fish (where available)	77	240	120	13	2	0	0	550	29	3	0	3	0	2	0	6
Potato Cakes (2) † Egg, Milk, Soy, Wheat, Fish (where available)	100	260	120	14	2	0	0	440	16	2	0	2	0	2	0	4
Homestyle Fries* - Kids ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	85	230	90	10	1.5	0	0	480	33	3	0	3	0	2	0	4
Applesauce	113	90	0	0	0	0	0	0	21	1	19	0	0	110	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 Contains: Milk	244	130	45	5	3	0	20	125	13	0	12	8	10	0	30	0
1% Lowfat Chocolate Milk Contains: Milk	249	160	20	2.5	1.5	0	10	210	27	1	25	8	15	0	30	4
Beverages, Shakes & Desserts																
Coffee - Reg	355	0	0	0	0	0	0	5+	0	0	0	0	0	0	0	0
Sweet Tea - Small	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	10+	49	0	49	0	0	0	0	0
Diet Pepsi®- Small Cup	435	0	0	0	0	0	0	10+	0	0	0	0	0	0	0	0
Mountain Dew®- Small Cup	454	200	0	0	0	0	0	30+	54	0	54	0	0	0	0	0
Sierra Mist® - Small Cup	451	190	0	0	0	0	0	5+	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
Mandarin Peach FruiTea	333	90	0	0	0	0	0	0+	23	0	22	0	0	0	0	0
Passion Fruit FruiTea	334	100	0	0	0	0	0	0+	25	0	24	0	0	0	0	0
Diet Blackberry FruiTea	327	5	0	0	0	0	0	0+	5	0	0	0	0	0	0	0
Diet Peach FruiTea	327	5	0	0	0	0	0	0+	5	0	0	0	0	0	0	0
Chocolate Swirl Shake Contains: Milk	482	630	160	17	12	0.5	50	440	109	1	100	15	10	6	60	4
Jamocha Swirl Shake Contains: Milk	482	610	150	17	11	0	50	490	106	1	97	15	10	6	60	4
Vanilla Shake Contains: Milk	482	540	150	17	12	0.5	60	450	85	0	80	16	10	8	60	0
Apple Turnover (no icing) Contains: Soy, Wheat	89	270	130	15	7	0	0	290	32	1	11	4	10	15	0	6
Cherry Turnover (no icing) Contains: Soy, Wheat	89	270	130	15	7	0	0	300	31	1	10	4	15	0	0	6
Icing Adds	21	70	5	1	0	0	0	0	16	0	14	0	0	0	0	0
Chocolate Chunk Cookies (2)* Contains: Egg, Milk, Soy, Wheat	91	420	190	21	10	0	30	55	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.

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

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 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, High Fructose Corn Syrup, Salt, Turmeric and Annatto Extracts (color). Filling: Diced Apples (apples, water, salt, ascorbic acid, citric acid), Water, Sugar, High Fructose Corn Syrup, Modified Corn Starch, Corn Syrup, Raisins, Gellan Gum, Sodium Benzoate and Potassium Sorbate (preservatives), Malic Acid, Calcium Chloride, Salt, Spice. Icing: Sugar, Water, Maltodextrin, Palm Oil, Corn Starch, Corn Syrup, Modified Food Starch, Titanium Dioxide (color), Guar Gum, Potassium Sorbate (preservative), Agar, Citric Acid, Mono and Diglycerides with Citric Acid, Propylene Glycol, Calcium Alginate, Ammonium Alginate, Polysorbate 60, Artificial Flavor. May contain tree nuts and peanuts. CONTAINS: WHEAT, SOY.

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

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, WHEAT, SOY.

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, Phosphoric Acid, Calcium Chloride, Sodium Benzoate and Sodium Metabisulfite (preservatives), Yellow 5.

Biscuit: Enriched Flour Bleached (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Water, Hydrogenated Palm Kernel, Buttermilk, Sugar, Baking Soda, Salt, Sodium Aluminum Phosphate, Sodium Caseinate, DATEM, Nonfat Milk, Whey Protein Concentrate, Sodium Acid Pyrophosphate, Whey, Wheat Protein Isolate, Natural Flavor. Butter Flavored Oil: Sunflower Oil, Hydrogenated Soybean Oil, Contains 2% or less of the following: Salt, Soy Lecithin, Artificial and Natural Butter Flavor (contains milk and egg), Vitamin A Palmitate, Artificial Color, Hydrolyzed Soy Protein, Autolyzed Yeast Extract. CONTAINS: WHEAT, MILK, EGG, SOY.

Blue Cheese Spread: Soybean Oil, Water, Blue Cheese (pasteurized milk, cheese cultures, salt, enzymes, natamycin), Distilled Vinegar, Egg Yolks, Sugar, Salt, Lactic Acid, Garlic Powder, Sodium Benzoate and Potassium Sorbate (preservatives), Propylene Glycol Alginate, Natural Flavor, Xanthan Gum, Sodium Acid Sulfate, Spices. CONTAINS: MILK, EGG.

Blueberry Muffin: Enriched Wheat Flour Bleached (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Sugar, Blueberries, Whey, Soybean Oil, Whole Eggs, Egg Whites, Partially Hydrogenated Soybean and/or Cottonseed Oil, Modified Food Starch, Nonfat Milk, Leavening (baking soda, sodium acid pyrophosphate, sodium aluminum phosphate, monocalcium phosphate, aluminum sulfate), Salt, Mono and Diglycerides, Egg Yolk, Propylate Glycol Mono and Diesters of Fatty Acids, Wheat Gluten, Wheat Starch, Potassium Sorbate and Sodium Propionate (preservatives), Soy Flour, Water, Propylene Glycol, Xanthan Gum, Sodium Caseinate, Natural and Artificial Flavor, Dextrose, Corn Starch, Corn Syrup, Polysorbate 80, Soy Lecithin, Glycerin, Caramel Color, Citric Acid, Alpha Tocopherols (preservative). CONTAINS: EGG, MILK, SOY, WHEAT.

Breakfast Bacon: Pork cured with: Water, Salt, Sugar, Natural Smoke Flavor, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite.

Breakfast Chicken Fillet: 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 Triphosphate. Battered and Breaded with: Bleached Wheat Flour, Water, Wheat Flour, Salt, Spice, Disodium Inosinate and Disodium Guanylate, Yeast Extract, Leavening (sodium bicarbonate, sodium aluminum sulfate), Garlic Powder, Yellow Corn Flour, Dextrose, Onion Powder, Extractives of Paprika and Turmeric. Cooked in Corn Oil. Cooked in the same oil as menu items that contains Milk and Fish (where available). CONTAINS: EGG, SOY, WHEAT.

Breakfast Syrup: High Fructose Corn Syrup, Corn Syrup, Water, Molasses, Cellulose Gum, Potassium Sorbate (preservative), Salt, Sodium Citrate, Caramel Color, Natural and Artificial Flavors, Citric Acid, Polysorbate 60.

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: MILK, EGG.

CapriSun® Fruit Juice: Apple, Grape & Cherry Juices from Concentrate (water, apple, cherry, & 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, Autolyzed Yeast Extract, Acetic Acid, Sodium Stearoyl Lactylate, Sodium Hexametaphosphate, Mono and Diglycerides, Annatto Color, Citric Acid, Cream, Natural Flavors, Color (annatto extract, paprika oleoresin, carotene, yellow 6). CONTAINS: MILK.

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

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

Cheddar, Processed Slice: Cultured Milk, Water, Cream, Sodium 1 Citrate, Salt, Artificial Color, Sorbic Acid (preservative), Acetic Acid, Sodium Phosphate, Enzymes, Soy Lecithin. CONTAINS: MILK, SOY.

Cherry Turnover: Enriched 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, High Fructose Corn Syrup, Salt, Ascorbic Acid, Turmeric and Annatto Extracts (color). Filling: Cherries, Water, Sugar, Modified Food Starch, High Fructose Corn Syrup, Corn Syrup, 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, Potassium Sorbate (preservative), Agar, Citric Acid, Mono and Diglycerides with Citric Acid, Propylene Glycol, Calcium Alginate, Ammonium Alginate, Polysorbate 60, Artificial Flavor. May contain tree nuts and peanuts. CONTAINS: WHEAT, SOY.

Chicken Club Sauce: Soybean Oil, Water, Tomato Paste, Corn Syrup, Dijon Mustard (water, mustard seed, vinegar, salt, white wine, citric acid, tartaric acid, spices), Distilled White Vinegar, Egg Yolk, Salt, High Fructose Corn Syrup, Worcestershire Sauce (distilled vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, tamarind, natural flavor), Spices, Garlic (dehydrated), Sugar, Lemon Juice Concentrate, Potassium Sorbate and Sodium Benzoate (preservatives), Xanthan Gum, Artificial Flavor, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG.

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: WHEAT, EGG, MILK, SOY.

Chocolate Flavored Swirl: Sugar, Water, Sweetened Condensed Skim Milk (skim milk, sugar), Palm Oil, High Fructose Corn Syrup, Nonfat Dry Milk, Cocoa (processed with alkali), Corn Syrup, Natural and Artificial Flavor, Salt, Disodium Phosphate, Vanillin, Potassium Sorbate (preservative). CONTAINS: MILK.

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.

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). CONTAINS: WHEAT, SOY.

Corned Beef: Corned Beef, Water, Salt, Sodium Lactate, Sugar, Sodium Phosphate, Flavorings, Sodium Erythorbate and Sodium Nitrite.

Country Gravy w/Sausage: Country Gravy (water, modified corn starch, palm oil, enriched bleached flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], corn syrup solids, sunflower oil, salt, maltodextrin, contains 2% or less of the following: sodium caseinate, black pepper, sodium citrate, dipotassium phosphate, mono and diglycerides, soy lecithin, monoglycerides, annatto [color]), Sausage (pork, whey protein concentrate, salt, spices, corn syrup solids, dextrose, caramel color, spice extractives, BHA, propyl gallate, citric acid). CONTAINS: MILK, SOY, WHEAT.

Crispy Chicken Fillet: Chicken Breast, 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 or polysorbate 90), Sodium Triphosphate. 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. Cooked in the same oil as menu items that contains Soy and Fish (where available). CONTAINS: EGG, MILK, WHEAT.

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

Croissant: Enriched Flour (wheat flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Water, Butter, Sugar, Eggs, Contains 2% or less of the following: Yeast, High Fructose Corn Syrup, Salt, Natural and Artificial Flavor, Dough Conditioner (sodium stearoyl lactylate, soy flour, dextrose, ascorbic acid, azodicarbonamide, L-cysteine enzymes), Calcium Propionate (preservative). CONTAINS: EGG, MILK, SOY, 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. Cooked in the same oil as menu items that contains Soy, Egg, Milk, and Fish (where available). CONTAINS: WHEAT.

Diet Blackberry Syrup: Water, Erythritol, Natural and Artificial Blackberry Flavors, Concentrated Lemon Juice, Cellulose Gum, Sucralose, Potassium Sorbate (preservative).

Diet Dr Pepper®: Water, Caramel Color, Artificial and Natural Flavors, Phosphoric Acid, Aspartame, Sodium Citrate, Sodium Benzoate (preservative), Caffeine, Acesulfame Potassium, Sucralose, Dimethyl Polysiloxane. Phenylketonurics: contains phenylalanine.

Diet Mountain Dew®: Carbonated Water, Concentrated Orange Juice, Citric Acid, Natural Flavors, Citrus Pectin, Aspartame, Potassium Benzoate (to preserve freshness), Potassium Citrate, Caffeine, Potassium Sorbate (to preserve freshness), Acesulfame Potassium, Sodium Citrate, Sodium Saccharin, Gum Arabic, Sodium Benzoate (to preserve freshness), Salt, Calcium Disodium EDTA (to protect flavor), Brominated Vegetable Oil, Yellow 5. Phenylketonurics: contains phenylalanine.

Diet Peach Syrup: Water, Erythritol, Natural and Artificial Peach Flavor, Citric Acid, Cellulose Gum, Sucralose, Potassium Sorbate (preservative), Yellow 5, Red 40.

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: EGG.

Dijon Honey Mustard Sandwich Sauce: Soybean Oil, Water, Honey, Mustard Seed, High Fructose Corn Syrup, Distilled Vinegar, Egg Yolk, Salt, Xanthan Gum, Spices and Natural Flavors, Mono and Diglycerides, Mustard Flour, Propylene Glycol Alginate, White Wine, Sodium Benzoate and Potassium Sorbate (preservatives), Oleoresin Paprika, Calcium Disodium EDTA (to protect flavor), Yellow 5, Citric Acid, Tartaric Acid. 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: Flour (wheat flour, malted barley flour), Water, Yeast, Sugar, Palm Oil, Contains 2% or less of the following: Salt, Wheat Gluten, Enzymes, Corn Syrup, Dextrose, Malt Extract, Modified Starch, Soybean Oil, Sodium Alginate, Mono and Diglycerides, Soy Lecithin, Sodium Stearoyl Lactylate, Polysorbate 60, Corn Flour, Natural and Artificial Flavor, Propylene Glycol, Turmeric, Paprika, Yellow 5 and 6, Red 40, Caramel Color, Citric Acid, Ascorbic Acid, Calcium Propionate (preservative). CONTAINS: WHEAT, SOY.

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

Egg, Scrambled Patty: Whole Eggs, Water, Soybean Oil, Whey Solids, Dicalcium Phosphate, Nonfat Dried Milk, Salt, Sodium Bicarbonate, Xanthan Gum, Artificial Butter Flavor (partially hydrogenated soybean oil, cottonseed oil, medium chain triglycerides, flavors), Citric Acid, Liquid Pepper Extract. CONTAINS: EGG, MILK.

Egg, Scrambled Mix: Whole Eggs, Buttermilk (sweet buttermilk, sodium citrate, sodium phosphate), Egg Whites, Corn Syrup Solids, Salt, Carrageenan, Citric Acid (to preserve color). CONTAINS: EGG, MILK.

Fajita Seasoning: Yeast Extract, Fructose, Onion Powder, Tomato Powder, Chipotle Powder, Maltodextrin, Salt, Garlic Powder, Mixed Triglycerides, Molasses, Green Pepper, Natural and Artificial Flavoring, Corn Syrup Solids, Modified Corn Starch, Safflower Oil, Silicon Dioxide.

Flatbread: Enriched Wheat Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Palm and/or Soybean Oil, Contains 2% or less of the following: Yeast, Sugar, Salt, Dough Conditioner (calcium salts, mono and diglycerides, guar gum, wheat starch, sodium metabisulfite, ascorbic acid, enzyme), Calcium Propionate and Potassium Sorbate (preservatives), Caramel Color, Vinegar. CONTAINS: WHEAT.

Fish Fillet: Pollock, Enriched Flour (bleached wheat flour, wheat flour, yellow corn flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Bleached Wheat Flour, Modified Corn Starch, Yellow Corn Flour, Salt, Soybean Oil, Leavening (sodium acid pyrophosphate, sodium bicarbonate), White Corn Flour, Torula Yeast, Hydrolyzed Soy Protein, Garlic Powder, Spice Extractives, Onion Powder, Natural Flavor, Spices, Dough Conditioners (ascorbic acid, L-cysteine monohydrochloride), Dextrose, Salt. Cooked in Corn Oil. Cooked in the same oil as menu items that contain Egg and Milk. CONTAINS: FISH (Pollock), WHEAT, SOY.

French Toastix: Unbleached Enriched Wheat Flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, High Fructose Corn Syrup, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Dough Conditioners (may contain one or more of the following: sodium stearoyl lactylate, calcium stearoyl-2-lactylate, calcium iodate, azodicarbonamide), Corn Flour, Glycerol Monooleate, Natural Flavor, Extractives of Paprika (color), Calcium Propionate (preservative), Calcium Sulfate, Polysorbate 60, Polysorbate 80, Monocalcium Phosphate, Ammonium Sulfate. Coated with: Water, Enriched Bleached Wheat Flour and Enriched Wheat Flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Soybean Oil, Sugar, Yellow Corn Flour, Contains 2% or less of the following: Modified Corn Starch, Soy Flour, Salt, Dextrose, Leavening (monocalcium phosphate, sodium bicarbonate), Arabic Gum, Soy Lecithin, Artificial and Natural Flavors, Glycerin, Yeast, Carrageenan, Polysorbate 80. Cooked in Corn Oil. Cooked in the same oil as menu items that contains Egg, Milk, and Fish (where available). CONTAINS: WHEAT, SOY.

Garlic Buttered Onions: Onions, Margarine (natural oil blend [palm fruit, soybean and olive oils], water, salt, contains 2% of each of the following: nonfat dry milk, mono and diglycerides, soy lecithin, sodium benzoate [preservative], natural and artificial flavor, vitamin A palmitate, beta carotene [color]), Garlic, Butter (cream, salt), Modified Corn Starch, Natural Flavor, Citric Acid (preservative), Onions, Parsley, Spice, Potassium Sorbate (preservative). CONTAINS: MILK, SOY.

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.

Grillaise®: CONTAINS: EGG.

Grilled Chicken: Chicken Breast, Water, Seasoning (sodium citrate blend [buffered sodium citrate, sodium diacetate], salt, yeast extract, dextrose, hydrolyzed corn gluten, natural flavors [with smoke flavor], sugar, chicken broth, chicken powder, flavor [gum arabic, natural flavor], maltodextrin, chicken fat, disodium inosinate and disodium guanylate, soy sauce solids [wheat, soybeans, salt], lactic acid, thiamine hydrochloride), Seasoning (modified food starch, whey protein concentrate, carrageenan, sodium phosphate), Sodium Phosphate, Soy Lecithin. CONTAINS: MILK, SOY, WHEAT.

Gyro Sauce: Soybean Oil, Buttermilk (nonfat milk solids, culture), Water, Cucumber Juice (cucumber, vinegar, salt), Egg Yolks, Cucumber Essence, Cucumbers (cucumbers, water, lactic acid, sodium benzoate and potassium sorbate [preservatives], xanthan gum), Distilled Vinegar, Whey Protein Concentrate, Nonfat Dry Milk, Natural Flavors, Salt, Garlic (dehydrated), Lemon Juice Concentrate, Monosodium Glutamate, Glucono Delta-Lactone, Spices, Potassium Sorbate and Sodium Benzoate (preservatives), Lactic Acid, Onion (dehydrated), Xanthan Gum, Calcium Disodium EDTA (to protect flavor). CONTAINS: MILK, EGG.

Gyro Seasoning: Spices, Garlic (dehydrated), Onion (dehydrated), Corn Starch, Salt, Parsley, Olive Oil, Extractives of Paprika, Silicon Dioxide (to prevent caking).

Half & Half: Milk, Cream, Sodium Citrate, Sodium Phosphate. CONTAINS: MILK.

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. Cooked in the same oil as menu items that contains Wheat, Soy, Egg, Milk, and Fish (where available).

Honey Dijon Mustard Dipping Sauce: Soybean Oil, Water, Honey, Mustard Seed, High Fructose Corn Syrup, Distilled Vinegar, Egg Yolk, Salt, Xanthan Gum, Spices, Propylene Glycol Alginate, White Wine, Sodium Benzoate and Potassium Sorbate (preservatives), Oleoresin Paprika, Calcium Disodium EDTA (to protect flavor), Yellow 5, Citric Acid, Tartaric Acid. 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: WHEAT, SOY.

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

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

Jamocho 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.

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 (potatoes, dextrose, disodium dihydrogen pyrophosphate [to preserve natural color]), Pasteurized Process American Cheese (American cheese [milk, cheese culture, salt, enzymes, annatto], water, cream, sodium phosphate, sodium citrate, salt, sorbic acid [preservative], apo-carotene [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), Contains 2% or less of the following: Dried Chives, Dried Parsley, Salt, Sugar, Spices (including paprika and turmeric), Onion, Cornstarch, Garlic, Natural Flavor, Yeast, Soybean Oil, Egg, Modified Potato Starch, Rice Flour, Dextrin, Leavening (sodium acid pyrophosphate, sodium bicarbonate) Xanthan Gum. Cooked in Corn Oil. Cooked in the same oil as menu items that contain Soy and Fish (where available). CONTAINS: EGG, MILK, WHEAT.

Mandarin Peach Syrup: Pure Cane Sugar, Water, Citric Acid, Natural Mandarin Flavor, Natural and Artificial Peach Flavor, Potassium Sorbate (preservative), Yellow 5, Red 40.

Marble Rye Bread: Bleached Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine 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, Caramel Color, Pumpernickel Flour, Rye Flour, High Fructose Corn Syrup, 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, Wheat Flour, 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.

Mayonnaise Packet: 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 Part-Skim 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), Methylcellulose, Monoglycerides, Natural and Artificial Flavors, Potato Starch, Red 40, Salt, Sodium Alginate, Spices, Spice Extractive, Sugar, Whey, Yellow 5. Cooked in Corn Oil. Cooked in the same oil as menu items that contains Soy, Egg, and Fish (where available).CONTAINS: MILK, WHEAT.

Mug® Root Beer: Carbonated Water, High Fructose Corn Syrup, Caramel Color, Sodium Benzoate (to preserve freshness), Citric Acid, Natural and Artificial Flavors, Modified Food Starch, Calcium Disodium EDTA (to protect flavor), Quillaia Extract.

Mustard Packet: Distilled Vinegar, Water, Mustard Seed, Mustard Bran, Salt, Turmeric, Paprika, Garlic Powder, Spices, Extractives of Paprika, Mustard Oil.

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, Preservatives (contains one or more of the following: calcium propionate, propionic acid, phosphoric acid). Topped with Onions, Poppy Seeds, Sesame Seeds. CONTAINS: WHEAT, SOY, MILK.

Onion Petals: Onions, Bleached Wheat Flour, Water, Soybean and/or Canola Oil, Yellow Corn Flour, Modified Food Starch, Buttermilk (cultured low fat milk, vitamin A palmitate, vitamin D3, cultures, salt), Contains 2% or less of the following: Cultured Buttermilk, Dextrose, Enzyme Modified Cream, Extractives of Paprika, Guar Gum, Leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate), Maltodextrin, Monoglycerides, Natural Butter Flavor, Natural Flavor, Salt, Silicon Dioxide, Sodium Silico Aluminate, Sorbitol, Spice, Sugar, Whey. Cooked in Corn Oil. Cooked in the same oil as menu items that contains Soy, Egg, and Fish (where available). CONTAINS: MILK, WHEAT.

Orange Juice: Pasteurized Orange Juice.

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: MILK, EGG.

Pecan Chicken Salad-Grilled: Grilled Chicken (chicken breast, water, seasoning [sodium citrate blend (buffered sodium citrate, sodium diacetate), salt, yeast extract, dextrose, hydrolyzed corn gluten, natural flavors (with smoke flavor), sugar, chicken broth, chicken powder, flavor (gum arabic, natural flavor), maltodextrin, chicken fat, disodium inosinate and disodium guanylate, soy sauce solids (wheat, soybeans, salt), lactic acid, thiamine hydrochloride), seasoning [modified food starch, whey protein concentrate, carrageenan, sodium phosphate], sodium phosphate, soy lecithin), 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, MILK, SOY, TREE NUTS, WHEAT.

Pecan Chicken Salad-Roast: 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.

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.

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

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.

Pink Passion Fruit Syrup: Pure Cane Sugar, Water, Natural and Artificial Passion Fruit Flavor, Citric Acid, Potassium Sorbate (preservative), Red 40.

Popcorn Chicken: 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 Tripolyphosphate. Battered and Breaded with: Bleached Wheat Flour, Water, Wheat Flour, Salt, Spice, Disodium Inosinate and Disodium Guanylate, Yeast Extract, Leavening (sodium bicarbonate, sodium aluminum sulfate), Garlic Powder, Yellow Corn Flour, Dextrose, Onion Powder, Extractives of Paprika and Turmeric. Cooked in Corn Oil. Cooked in the same oil as menu items that contains Milk and Fish (where available).CONTAINS: WHEAT, SOY, EGG.

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. Cooked in the same oil as menu items that contains Wheat, Soy, Egg, Milk, and Fish (where available).

Potato Seasoning: Salt, Maltodextrin, Hydrolyzed Soy and Corn Protein, Vinegar Solids, Modified Food Starch, Butter (cream, salt), Nonfat Milk, Natural Flavors, Disodium Inosinate and Disodium Guanylate, Extractives of Turmeric and Paprika, Caramel Color, Soybean Oil, Calcium Silicate (to prevent caking). CONTAINS: MILK, SOY.

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: MILK, EGG.

Red Ranch Sauce: High Fructose Corn Syrup, Soybean Oil, Cider Vinegar, Tomato Paste, Distilled Vinegar, Water, Salt, Paprika, Spice (including mustard flour), Beet Juice Concentrate, Onion (dehydrated), Dextrose, 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, 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.

Roast Ham: Pork cured with: Water, Salt, Dextrose, Sodium Phosphates, Smoke Flavorings, Sodium Erythorbate, Sodium Nitrite.

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

Sandwich Sourdough: Bleached Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folate), Water, Yeast, Sour (wheat flour, salt, malt, fumaric acid, contains 2% or less of the following: acetic acid, lactic acid), Wheat Gluten, High Fructose Corn Syrup, 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. CONTAINS: WHEAT.

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

Sausage Patty: Pork, Whey Protein Concentrate, Salt, Spices, Corn Syrup Solids, Dextrose, Caramel Color, Spice Extractives, BHA, Propyl Gallate, Citric Acid. CONTAINS: MILK

Sausage Omelet: Sausage (pork, whey protein concentrate, salt, spices, corn syrup solids, dextrose, caramel color, spice extractives, BHA, propyl gallate, citric acid), Scrambled Egg Mix (whole eggs, buttermilk [sweet buttermilk, sodium citrate, sodium phosphate], egg whites, corn syrup solids, salt, carrageenan, citric acid [to preserve color]). CONTAINS: EGG, MILK.

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: WHEAT, SOY, MILK.

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.

SoBe® Energy: Water, High Fructose Corn Syrup, Citric Acid, Natural Flavor, Potassium Benzoate (to protect freshness), Caffeine, Glycerol Ester of Rosin, Cherry Juice Concentrate, Taurine, Elderberry Juice Concentrate, Panax Ginseng Root Extract, Yellow 5, Guarana (paullinia cupana) Seed Extract, Caramel Color, Yellow 6. CONTAINS: MILK, SOY.

Sourdough Breakfast Bread: Bleached Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine 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, High Fructose Corn Syrup, Wheat Gluten, 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), Wheat Flour, Enzymes. CONTAINS: WHEAT.

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).

Spicy Brown Mustard: Distilled Vinegar, Mustard Seed, Water, Salt, Spices, Turmeric, Natural Flavor.

Spicy Three Pepper® Sauce: Water, Distilled Vinegar, Sugar, Tomato Paste, Brown Sugar, Soybean Oil, Jalapeno Peppers, Corn Vinegar, Salt, Spices, High Fructose Corn Syrup, Mustard (water, vinegar, mustard seed, salt, turmeric, spices), Corn Syrup Solids, Apple Cider Vinegar, Modified Corn Starch, Red Bell Pepper Puree, Onions (dehydrated), Mono and Diglycerides (with BHT and Citric Acid [preservatives]), Garlic (dehydrated), Paprika, Xanthan Gum, Propylene Glycol Alginate, Sodium Benzoate (preservative), Natural Flavor (maltodextrin, oleoresin paprika, benzoic & sorbic acid [preservatives], erythorbic acid), Citric Acid, Natural Smoke Flavor, Celery Seed.

Sweet Tea: Tea, Water, Sugar.

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

Swiss Cheese, Processed: 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.

Tangy Southwest Sauce®: Soybean Oil, Water, High Fructose Corn Syrup, Horseradish, Egg Yolk, Distilled Vinegar, Corn-Cider Vinegar, Salt, Sugar, Tomato Paste, Spices, Sodium Benzoate and Potassium Sorbate (preservatives), Garlic (dehydrated), Xanthan Gum, Paprika, Natural and Artificial Flavors, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG.

Tartar Sauce: Soybean Oil, Water, High Fructose Corn Syrup and Corn Syrup, Pickles, Distilled Vinegar, Sugar, Egg Yolk, Modified Corn Starch, Salt, Corn-Cider Vinegar, Onion (dehydrated), Propylene Glycol Alginate, Red Bell Peppers, Xanthan Gum, Spice (including mustard seed), Potassium Sorbate and Sodium Benzoate (preservatives), Natural and Artificial Flavors, Polysorbate 80, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG.

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

Tortilla: Enriched Bleached Wheat Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Palm Oil, Contains 2% or less of the following: Salt, Levelling (sodium bicarbonate, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), Distilled Monoglycerides, Wheat Starch, Alpha Amylase, Tricalcium Phosphate, BHT, Cellulose Gum, Guar Gum, Dough Conditioners (fumaric acid, sodium metabisulfite), Preservatives (calcium propionate, sorbic acid, citric acid). CONTAINS: WHEAT.

Tropicana® Fruit Punch: Treated Water, High Fructose Corn Syrup, Pear Juice Concentrate, Citric Acid, Potassium Citrate, Natural Flavors, Phosphoric Acid, Gum Arabic, Potassium Benzoate and Potassium Sorbate (to preserve freshness), Red 40, Glycerol Ester of Wood Rosin, Calcium Disodium EDTA (to protect flavor), Blue 1.

Tropicana Light Lemonade: Treated Water, Citric Acid, Lemon Juice (from concentrate), Sodium Citrate, Natural Flavors, Gum Arabic, Aspartame, Potassium Sorbate and Sodium Benzoate (to preserve freshness), Acesulfame Potassium, Glycerol Ester or Wood Rosin, Calcium Disodium EDTA (to protect flavor), Yellow 5. Phenylketonurics: contains phenylalanine.

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. CONTAINS: MILK.

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

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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 1-800-487-2729.

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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.

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