



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

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### LIMITED TIME OFFERS

	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)
Mild Chicken Fajita Flatbread <b>Contains: Egg, Milk, Wheat</b>	316	570	250	28	8	0	210	1290	49	3	6	30
Spicy Chicken Fajita Flatbread <b>Contains: Egg, Milk, Wheat</b>	316	570	250	28	8	0	210	1280	49	3	6	31
Mild Steak Fajita Flatbread <b>Contains: Egg, Milk, Soy, Wheat</b>	316	580	260	29	9	0.5	195	1520	51	3	6	31
Spicy Steak Fajita Flatbread <b>Contains: Egg, Milk, Soy, Wheat</b>	316	580	260	29	9	0.5	195	1510	51	3	6	31
Mint Chocolate Swirl Shake <b>Contains: Milk, Soy</b>	517	750	230	26	18	0.5	65	450	119	1	108	16
*Apple Crisp <b>Contains: Egg, Milk, Soy, Wheat, Tree Nuts</b>	191	570	240	27	12	0	55	530	76	1	47	6

### SIGNATURE

Smokehouse Brisket <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	203	600	310	35	12	1	100	1240	42	2	7	33
Turkey Gyro <b>Contains: Egg, Milk, Wheat</b>	273	470	180	20	3.5	0	45	1520	48	3	5	25
Roast Beef Gyro <b>Contains: Egg, Milk, Wheat</b>	273	550	260	29	7	1	60	1290	48	3	5	24
Loaded Italian <b>Contains: Egg, Milk, Wheat</b>	308	680	360	40	14	0.5	100	2270	49	3	7	32
Reuben <b>Contains: Egg, Milk, Wheat</b>	308	680	280	31	8	0.5	80	2420	62	4	5	37

### ROAST BEEF

Roast Beef Classic <b>Contains: Soy, Wheat</b>	154	360	120	14	5	0.5	50	970	37	2	5	23
Roast Beef Mid <b>Contains: Soy, Wheat</b>	210	460	180	20	8	1	80	1400	37	2	5	33
Roast Beef Max <b>Contains: Soy, Wheat</b>	267	560	240	27	11	1.5	115	1830	38	2	5	43
Beef 'n Cheddar Classic <b>Contains: Milk, Soy, Wheat</b>	195	450	180	20	6	1	50	1280	45	2	9	23
Beef 'n Cheddar Mid <b>Contains: Milk, Soy, Wheat</b>	251	560	240	27	9	1.5	80	1710	45	2	9	33
Arby's Sauce® Adds	14	15	0	0	0	0	0	180	3	0	2	0
Horsey Sauce® Adds <b>Contains: Egg</b>	14	60	45	5	1	0	5	150	3	0	2	0
French Dip & Swiss/Au Jus <b>Contains: Milk, Soy, Wheat</b>	327	540	210	23	11	1	85	2500	50	2	3	35



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### STEAK

	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)
Three Cheese <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	255	650	320	36	15	1	115	1750	44	2	7	42
Fire-Roasted Philly <b>Contains: Egg, Milk, Soy, Wheat</b>	291	640	290	32	11	0.5	105	1950	46	3	4	42

### TURKEY

Grand Turkey Club <b>Contains: Egg, Milk, Soy, Wheat</b>	233	480	220	24	7	0	65	1610	37	2	9	30
Roast Turkey Ranch & Bacon Sandwich <b>Contains: Egg, Milk, Soy, Wheat</b>	344	800	310	34	10	0.5	80	2420	79	5	16	45
Roast Turkey Ranch & Bacon Wrap <b>Contains: Egg, Milk, Soy, Wheat</b>	279	620	310	34	11	0.5	85	2130	39	4	6	37
Roast Turkey & Swiss Sandwich <b>Contains: Egg, Milk, Soy, Wheat</b>	326	710	260	28	7	0	65	1930	79	5	15	38
Roast Turkey & Swiss Wrap <b>Contains: Egg, Milk, Soy, Wheat</b>	261	520	240	27	9	0	65	1640	39	4	6	30

### CHICKEN

Buttermilk Crispy Chicken <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	263	550	230	26	4.5	0	60	1480	52	2	6	29
Buttermilk Chicken Bacon & Swiss <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	295	650	280	31	9	0	90	1750	56	2	9	39
Buttermilk Chicken Cordon Bleu* <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	270	690	310	35	10	0	110	2000	53	1	7	41
Buttermilk Buffalo Chicken <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	251	540	220	24	4.5	0	60	2110	53	2	6	29
Prime-Cut™ Chicken Tenders (3) <b>Contains: Egg, Soy, Wheat</b> † Milk, Fish (where available)	131	360	150	17	2.5	0	45	950	28	2	0	23
Prime-Cut™ Chicken Tenders (5) <b>Contains: Egg, Soy, Wheat</b> † Milk, Fish (where available)	219	600	250	28	4	0	75	1590	47	3	0	39
Tangy Barbeque Sauce Adds	28	40	0	0	0	0	0	350	9	0	8	0
Buffalo Dipping Sauce Adds <b>Contains: Milk</b>	28	10	10	1	0	0	0	720	2	0	0	0
Honey Mustard Dipping Sauce Adds <b>Contains: Egg</b>	28	140	120	13	2	0	10	130	5	0	4	0
Ranch Dipping Sauce Adds <b>Contains: Egg, Milk</b>	28	100	100	11	2.5	0	20	190	2	0	1	1



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### SALADS

	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)
Chopped Farmhouse Salad - Crispy Chicken <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	323	430	220	24	8	0	65	1000	26	4	4	28
Chopped Farmhouse Salad - Roast Turkey <b>Contains: Milk</b>	285	230	120	13	7	0	55	870	8	2	5	22
Chopped Side Salad <b>Contains: Milk</b>	128	70	45	5	2.5	0	15	100	4	1	2	5
Light Italian Dressing	43	20	10	1	0	0	0	720	2	0	2	0
Dijon Honey Mustard Dressing <b>Contains: Egg</b>	43	180	150	16	2.5	0	10	230	8	0	7	0
Balsamic Vinaigrette Dressing	43	130	110	12	2	0	0	470	4	0	4	0
Buttermilk Ranch Dressing <b>Contains: Egg, Milk</b>	43	210	200	22	3.5	0	10	330	2	0	1	0



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### SLIDERS/SNACKS/ FRIENDS OF MEAT

	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)
Buffalo Chicken Slider <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	106	290	120	13	2	0	20	860	31	2	2	12
Roast Beef 'n Cheese Slider <b>Contains: Milk, Soy, Wheat</b>	91	240	90	11	4.5	0	30	670	21	1	1	14
Ham 'n Cheese Slider <b>Contains: Milk, Soy, Wheat</b>	91	230	80	9	3.5	0	30	750	22	1	3	13
Chicken Tender 'n Cheese Slider <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	99	290	110	12	3.5	0	25	720	30	1	1	15
Corned Beef 'n Cheese Slider <b>Contains: Milk, Soy, Wheat</b>	91	220	80	9	3.5	0	30	890	21	1	1	14
Jalapeno Roast Beef 'n Cheese Slider <b>Contains: Milk, Soy, Wheat</b>	98	240	90	11	4.5	0	30	670	21	1	1	14
Jr Roast Beef <b>Contains: Soy, Wheat</b>	87	210	70	7	2.5	0	25	530	24	1	3	12
Jr Ham & Cheddar Melt <b>Contains: Milk, Soy, Wheat</b>	115	230	70	8	2	0	30	890	28	1	6	13
Jr Bacon Cheddar Melt <b>Contains: Milk, Soy, Wheat</b>	117	280	110	12	4	0	35	880	26	1	4	16
Loaded Curly Fries <b>Contains: Egg, Milk, Wheat</b> †Soy, Fish (where available)	233	700	420	46	9	0	35	1990	57	5	2	14
Curly Fries - Snack ♦ <b>Contains: Wheat</b> † Egg, Milk, Soy, Fish (where available)	77	250	120	13	2	0	0	570	29	3	0	3
Curly Fries - Small ♦ <b>Contains: Wheat</b> † Egg, Milk, Soy, Fish (where available)	128	410	200	22	3	0	0	940	49	5	0	5
Curly Fries - Medium ♦ <b>Contains: Wheat</b> † Egg, Milk, Soy, Fish (where available)	170	550	260	29	4	0	0	1250	65	6	0	6
Curly Fries - Large ♦ <b>Contains: Wheat</b> † Egg, Milk, Soy, Fish (where available)	201	650	310	35	5	0	0	1480	77	7	0	8
Ketchup Adds	9	10	0	0	0	0	0	85	3	0	2	0
Chopped Side Salad <b>Contains: Milk</b>	128	70	45	5	2.5	0	15	100	4	1	2	5
Potato Cakes (2) † Egg, Milk, Soy, Wheat, Fish (where available)	100	250	130	14	2	0	0	430	23	2	0	2
Potato Cakes (3) † Egg, Milk, Soy, Wheat, Fish (where available)	150	370	190	21	3	0	0	650	35	4	0	3
Potato Cakes (4) † Egg, Milk, Soy, Wheat, Fish (where available)	200	490	250	28	4.5	0	0	860	46	5	0	4
Steakhouse Onion Rings (5) <b>Contains: Milk, Wheat</b> † Egg, Soy, Fish (where available)	132	420	190	21	3	0	0	1740	52	3	4	6
Mozzarella Sticks - (4) <b>Contains: Milk, Wheat</b> † Egg, Soy, Fish (where available)	137	440	210	23	9	0.5	35	1410	37	2	3	19
Mozzarella Sticks - (6) <b>Contains: Milk, Wheat</b> † Egg, Soy, Fish (where available)	206	650	310	35	14	1	55	2110	56	3	4	29
Marinara Sauce Adds	28	20	0	0	0	0	0	170	4	1	3	1
Jalapeno Bites®* - (5) <b>Contains: Milk, Wheat</b> † Egg, Soy, Fish (where available)	110	290	150	17	6	0	25	660	31	2	3	5
Jalapeno Bites®* - (8) <b>Contains: Milk, Wheat</b> † Egg, Soy, Fish (where available)	176	470	240	27	10	0.5	40	1060	50	3	4	8
Bronco Berry Sauce®* Adds	28	60	0	0	0	0	0	25	15	0	15	0



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### DESSERTS

	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)
Salted Caramel & Chocolate Cookie <b>Contains: Egg, Milk, Soy, Wheat, Peanuts</b>	94	430	160	18	10	0	30	360	63	1	33	4
Triple Chocolate Cookie <b>Contains: Egg, Milk, Soy, Wheat, Peanuts</b>	95	450	190	21	13	0	40	370	60	2	31	5
* Apple Turnover <b>Contains: Egg, Milk, Soy, Wheat</b>	128	430	160	18	9	0	0	210	65	2	39	4
* Cherry Turnover <b>Contains: Milk, Soy, Wheat</b>	128	390	120	13	6	0	0	200	65	2	40	4
Jamocha Shake - Jr <b>Contains: Milk</b>	255	310	70	8	5	0	25	240	55	0	50	8
Jamocha Shake - Small <b>Contains: Milk</b>	369	440	110	12	8	0	40	350	75	1	68	11
Jamocha Shake - Medium <b>Contains: Milk</b>	468	570	140	15	10	0	50	440	98	1	88	14
Jamocha Shake - Large <b>Contains: Milk</b>	680	820	200	22	15	0.5	75	640	141	1	127	21
Chocolate Shake - Jr <b>Contains: Milk</b>	255	320	70	8	5	0	25	250	56	1	50	8
Chocolate Shake - Small <b>Contains: Milk</b>	369	440	110	12	8	0	40	350	76	1	69	12
Chocolate Shake - Medium <b>Contains: Milk</b>	468	570	140	15	10	0	50	450	99	1	90	14
Chocolate Shake - Large <b>Contains: Milk</b>	680	820	200	22	15	0.5	75	660	142	2	129	21
Vanilla Shake - Jr <b>Contains: Milk</b>	227	250	70	8	5	0	25	210	40	0	37	8
Vanilla Shake - Small <b>Contains: Milk</b>	340	380	110	12	8	0	40	310	60	0	56	11
Vanilla Shake - Medium <b>Contains: Milk</b>	425	470	140	15	10	0	50	390	75	0	70	14
Vanilla Shake - Large <b>Contains: Milk</b>	624	690	200	22	15	0.5	75	570	110	1	102	21



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### KIDS

	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)
Roast Beef 'n Cheese Slider <b>Contains: Milk, Soy, Wheat</b>	91	240	90	11	4.5	0	30	670	21	1	1	14
Ham 'n Cheese Slider <b>Contains: Milk, Soy, Wheat</b>	91	230	80	9	3.5	0	30	750	22	1	3	13
Prime-Cut™ Chicken Tenders (2) <b>Contains: Egg, Soy, Wheat</b> † Milk, Fish (where available)	87	240	100	11	1.5	0	30	640	19	1	0	16
Tree Top® Applesauce	91	45	0	0	0	0	0	0	13	2	11	0
Curly Fries - Kids ♦ <b>Contains: Wheat</b> † Egg, Milk, Soy, Fish (where available)	77	250	120	13	2	0	0	560	29	3	0	3
CapriSun® Fruit Juice	185	80	0	0	0	0	0	25	21	0	20	0
Shamrock Farms® Lowfat White Milk <b>Contains: Milk</b>	214	90	20	2	1.5	0	10	105	10	0	10	7
Shamrock Farms® Lowfat Chocolate Milk* <b>Contains: Milk</b>	218	150	20	2.5	1.5	0	10	170	26	1	23	7

### BEVERAGES

Nestle® Pure Life® Bottled Water	479	0	0	0	0	0	0	0	0	0	0	0
Brewed Iced Tea - Small Cup	358	5	0	0	0	0	0	0+	1	0	0	0
Pepsi® - Small Cup	438	180	0	0	0	0	0	0+	49	0	49	0
Diet Pepsi® - Small Cup	435	0	0	0	0	0	0	5+	0	0	0	0
Mountain Dew® - Small Cup	454	200	0	0	0	0	0	25+	54	0	54	0
Mist Twst - Small Cup	451	190	0	0	0	0	0	0+	50	0	50	0
Dr Pepper® - Small Cup	439	180	0	0	0	0	0	45+	48	0	48	0
CapriSun® Fruit Juice	185	80	0	0	0	0	0	25	21	0	20	0
Shamrock Farms® Lowfat White Milk <b>Contains: Milk</b>	214	90	20	2	1.5	0	10	105	10	0	10	7
Shamrock Farms® Lowfat Chocolate Milk* <b>Contains: Milk</b>	218	150	20	2.5	1.5	0	10	170	26	1	23	7

♦ Recommended portion sizes. Curly Fries are individually portioned at every restaurant. Variations in portion size may exist from portion to portion, and restaurant to restaurant.

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.

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



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### BREAKFAST

	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)
Sausage Biscuit* <b>Contains: Egg, Milk, Soy, Wheat</b>	144	500	300	33	15	0	40	1450	36	1	3	12
Sausage Gravy Biscuit* <b>Contains: Egg, Milk, Soy, Wheat</b>	261	480	250	28	13	0	20	1770	48	1	3	9
Chicken Biscuit* <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	147	400	170	19	9	0	20	1300	43	1	2	14
Bacon, Egg & Cheese Sourdough* <b>Contains: Egg, Milk, Soy, Wheat</b>	170	490	200	23	8	0	160	1220	46	2	5	24
Bacon, Egg & Cheese Croissant* <b>Contains: Egg, Milk, Soy, Wheat</b>	139	440	250	27	13	0.5	190	970	29	1	4	19
Bacon, Egg & Cheese Biscuit* <b>Contains: Egg, Milk, Soy, Wheat</b>	173	490	260	29	15	0	160	1680	38	1	4	19
Bacon, Egg & Cheese Wrap* <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	178	500	240	27	10	0	165	1310	41	4	4	22
Sausage, Egg & Cheese Sourdough* <b>Contains: Egg, Milk, Soy, Wheat</b>	210	640	350	39	13	0	185	1530	47	2	6	25
Sausage, Egg & Cheese Croissant * <b>Contains: Egg, Milk, Soy, Wheat</b>	178	590	390	44	19	0.5	215	1280	30	1	5	20
Sausage, Egg & Cheese Biscuit* <b>Contains: Egg, Milk, Soy, Wheat</b>	204	620	390	43	22	0	185	1830	36	1	6	21
Sausage, Egg & Cheese Wrap* <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	213	630	370	41	15	0	185	1550	42	4	5	20
Ham, Egg & Cheese Sourdough* <b>Contains: Egg, Milk, Soy, Wheat</b>	200	470	170	19	6	0	165	1370	47	2	6	26
Ham, Egg & Cheese Croissant* <b>Contains: Egg, Milk, Soy, Wheat</b>	169	420	210	23	11	0.5	195	1120	30	1	5	21
Ham, Egg & Cheese Biscuit* <b>Contains: Egg, Milk, Soy, Wheat</b>	203	470	220	25	12	0	165	1830	39	1	5	21
Ham, Egg & Cheese Wrap* <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	184	440	200	22	8	0	160	1280	42	4	5	17
Ham & Swiss Croissant* <b>Contains: Egg, Milk, Soy, Wheat</b>	131	320	90	10	4	0	40	1020	39	2	8	18
French Toast Sticks* <b>Contains: Soy, Wheat</b> † Egg, Milk, Fish (where available)	128	350	90	10	1.5	0	0	250	57	5	13	7
Coffee	369	0	0	0	0	0	0	0	0	0	0	0
Orange Juice	309	140	0	0	0	0	0	0	33	1	26	2



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### OPTIONAL/REGIONAL

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Jr Chicken Sandwich* Contains: Egg, Milk, Soy, Wheat † Fish (where available)	122	320	140	15	2.5	0	25	620	33	2	4	14
Arby-Q®* Contains: Milk, Soy, Wheat	182	400	100	11	3.5	0.5	30	1250	58	3	23	18
Super Roast Beef* Contains: Soy, Wheat	210	440	170	19	6	1	50	1080	43	3	11	23
Arby's Melt* Contains: Milk, Soy, Wheat	146	330	110	12	4	0.5	35	940	39	2	5	18
Ham & Swiss Melt* Contains: Milk, Soy, Wheat	131	300	80	8	3.5	0	35	1060	37	2	6	18
Jr Deluxe Sandwich* Contains: Egg, Soy, Wheat	116	270	120	13	3.5	0	30	570	25	2	4	13
Homestyle Fries* - Kids ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	85	240	100	11	1.5	0	0	550	33	3	0	3
Homestyle Fries* - Small ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	126	350	140	16	2	0	0	810	49	4	0	4
Homestyle Fries* - Medium ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	170	480	190	21	3	0	0	1100	67	6	0	5
Homestyle Fries* - Large ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	213	600	240	26	3.5	0	0	1380	84	7	0	7
Cheddar Cheese Sauce Adds Contains: Milk	43	50	35	3.5	0.5	0	0	370	4	0	0	1
Spicy Three Pepper®* Sauce Adds	14	25	10	1	0	0	0	130	3	0	3	0

♦ Recommended portion sizes. Homestyle Fries are individually portioned at every restaurant. Variations in portion size may exist from portion to portion, and restaurant to restaurant.

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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 **November 2016**.

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 1-800-599-2729.

Arby's Restaurant Group, Inc., its franchisees and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Federal regulations have identified 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.