



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

Major food allergens are listed below underlined> and in **RED**.

† Menu item is cooked in the same oil as other items that contain major allergens.

\* Manufactured in a facility that processes peanuts or tree nuts.

• Menu item may not be available at all Arby's® restaurants.

### 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) |
|--|--------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| Pizza Slider <u>Contains: Milk, Soy, Wheat</u>   | 95                 | 300      | 150               | 17              | 6                 | 0             | 35               | 930         | 23                     | 1                 | 2          | 13          |
| Smokehouse Pork Belly Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available) | 248                | 860      | 550               | 61              | 23                | 0.5           | 105              | 1540        | 49                     | 2                 | 13         | 29          |
| Smoke Mountain Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)        | 296                | 820      | 440               | 49              | 19                | 1             | 145              | 2040        | 51                     | 2                 | 15         | 44          |
| Orange Cream Shake-Small <u>Contains: Milk</u>   | 407                | 530      | 150               | 17              | 11                | 0             | 55               | 340         | 86                     | 1                 | 72         | 12          |
| Orange Cream Shake-Large <u>Contains: Milk</u>   | 582                | 750      | 200               | 22              | 15                | 0.5           | 75               | 490         | 124                    | 1                 | 103        | 18          |
| Mtn Dew® Game Fuel® Citrus Cherry - Small Cup  | 454                | 130      | 0                 | 0               | 0                 | 0             | 0                | 90          | 35                     | 0                 | 35         | 0           |

### SIGNATURE

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



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### ROAST BEEF

|  | 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) |
|--|--------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| Classic Roast Beef <u>Contains: Soy, Wheat</u>                         | 154                | 360      | 120               | 14              | 5                 | 0.5           | 50               | 970         | 37                     | 2                 | 5          | 23          |
| Double Roast Beef <u>Contains: Soy, Wheat</u>                          | 239                | 510      | 210               | 24              | 9                 | 1.5           | 95               | 1610        | 38                     | 2                 | 5          | 38          |
| Half Pound Roast Beef <u>Contains: Soy, Wheat</u>                      | 295                | 610      | 270               | 30              | 12                | 2             | 130              | 2040        | 38                     | 2                 | 5          | 48          |
| Classic Beef 'n Cheddar <u>Contains: Milk, Soy, Wheat</u>              | 195                | 450      | 180               | 20              | 6                 | 1             | 50               | 1280        | 45                     | 2                 | 9          | 23          |
| Double Beef 'n Cheddar <u>Contains: Milk, Soy, Wheat</u>               | 301                | 630      | 290               | 32              | 11                | 1.5           | 100              | 2100        | 48                     | 2                 | 9          | 39          |
| Half Pound Beef 'n Cheddar <u>Contains: Milk, Soy, Wheat</u>           | 358                | 740      | 350               | 39              | 14                | 2             | 130              | 2530        | 48                     | 2                 | 9          | 49          |
| Arby's Sauce® Adds   | 14                 | 15       | 0                 | 0               | 0                 | 0             | 0                | 180         | 3                      | 0                 | 2          | 0           |
| Horsey Sauce® Adds <u>Contains: Egg</u>                                | 14                 | 60       | 45                | 5               | 1                 | 0             | 5                | 150         | 3                      | 0                 | 2          | 0           |
| Classic French Dip & Swiss/Au Jus <u>Contains: Milk, Soy, Wheat</u>    | 327                | 540      | 210               | 23              | 11                | 1             | 85               | 2500        | 50                     | 2                 | 3          | 35          |
| Half Pound French Dip & Swiss/Au Jus <u>Contains: Milk, Soy, Wheat</u> | 441                | 750      | 330               | 36              | 17                | 2             | 150              | 3350        | 51                     | 2                 | 3          | 55          |

### STEAK

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

### TURKEY

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



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### CHICKEN

|  | Serving Weight (g) | Calories | Calories from Fat | Fat - Total (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--|--------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| Buttermilk Crispy Chicken <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)        | 263                | 550      | 230               | 26              | 4.5               | 0             | 60               | 1480        | 52                     | 2                 | 6          | 29          |
| Buttermilk Chicken Bacon & Swiss <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available) | 295                | 650      | 280               | 31              | 9                 | 0             | 90               | 1750        | 56                     | 2                 | 9          | 39          |
| Buttermilk Chicken Cordon Bleu <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)   | 270                | 690      | 310               | 35              | 10                | 0             | 110              | 2000        | 53                     | 1                 | 7          | 41          |
| Buttermilk Buffalo Chicken <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)       | 251                | 540      | 220               | 24              | 4.5               | 0             | 60               | 2110        | 53                     | 2                 | 6          | 29          |
| Prime-Cut™ Chicken Tenders (3) <u>Contains: Egg, Soy, Wheat</u> † Milk, Fish (where available)   | 131                | 360      | 150               | 17              | 2.5               | 0             | 45               | 950         | 28                     | 2                 | 0          | 23          |
| Prime-Cut™ Chicken Tenders (5) <u>Contains: Egg, Soy, Wheat</u> † 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 <u>Contains: Milk</u>   | 28                 | 10       | 10                | 1               | 0                 | 0             | 0                | 720         | 2                      | 0                 | 0          | 0           |
| Honey Mustard Dipping Sauce Adds <u>Contains: Egg</u>  | 28                 | 140      | 120               | 13              | 2                 | 0             | 10               | 130         | 5                      | 0                 | 4          | 0           |
| Ranch Dipping Sauce Adds <u>Contains: Egg, Milk</u>  | 28                 | 100      | 100               | 11              | 2.5               | 0             | 20               | 190         | 2                      | 0                 | 1          | 1           |

### SALADS

|  |     |     |     |    |     |   |    |      |    |   |   |    |
|--|-----|-----|-----|----|-----|---|----|------|----|---|---|----|
| Chopped Farmhouse Salad - Crispy Chicken <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available) | 323 | 430 | 220 | 24 | 8   | 0 | 65 | 1000 | 26 | 4 | 4 | 28 |
| Chopped Farmhouse Salad - Roast Turkey <u>Contains: Milk</u>   | 285 | 230 | 120 | 13 | 7   | 0 | 55 | 870  | 8  | 2 | 5 | 22 |
| Chopped Side Salad <u>Contains: Milk</u>   | 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 <u>Contains: Egg</u>  | 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 <u>Contains: Egg, Milk</u>   | 43  | 210 | 200 | 22 | 3.5 | 0 | 10 | 330  | 2  | 0 | 1 | 0  |



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### SLIDERS

|   | 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 <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)          | 106                | 290      | 120               | 13              | 2                 | 0             | 20               | 860         | 31                     | 2                 | 2          | 12          |
| Chicken Tender 'n Cheese Slider <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available) | 99                 | 290      | 110               | 12              | 3.5               | 0             | 25               | 720         | 30                     | 1                 | 1          | 15          |
| Corned Beef 'n Cheese Slider <u>Contains: Milk, Soy, Wheat</u>                                  | 91                 | 220      | 80                | 9               | 3.5               | 0             | 30               | 890         | 21                     | 1                 | 1          | 14          |
| Ham 'n Cheese Slider <u>Contains: Milk, Soy, Wheat</u>  | 91                 | 230      | 80                | 9               | 3.5               | 0             | 30               | 750         | 22                     | 1                 | 3          | 13          |
| Jalapeño Roast Beef 'n Cheese Slider <u>Contains: Milk, Soy, Wheat</u>                          | 98                 | 240      | 90                | 11              | 4.5               | 0             | 30               | 670         | 21                     | 1                 | 1          | 14          |
| Roast Beef 'n Cheese Slider <u>Contains: Milk, Soy, Wheat</u>                                   | 91                 | 240      | 90                | 11              | 4.5               | 0             | 30               | 670         | 21                     | 1                 | 1          | 14          |
| Turkey 'n Cheese Slider <u>Contains: Milk, Soy, Wheat</u>                                       | 91                 | 200      | 60                | 7               | 2.5               | 0             | 25               | 760         | 21                     | 1                 | 2          | 14          |

### FRIENDS OF MEAT

|  |     |     |     |    |     |     |    |      |    |   |    |    |
|--|-----|-----|-----|----|-----|-----|----|------|----|---|----|----|
| Loaded Curly Fries <u>Contains: Egg, Milk, Wheat</u> †Soy, Fish (where available)          | 233 | 700 | 420 | 46 | 9   | 0   | 35 | 1990 | 57 | 5 | 2  | 14 |
| Curly Fries - Snack ♦ <u>Contains: Wheat</u> † Egg, Milk, Soy, Fish (where available)      | 77  | 250 | 120 | 13 | 2   | 0   | 0  | 570  | 29 | 3 | 0  | 3  |
| Curly Fries - Small ♦ <u>Contains: Wheat</u> † Egg, Milk, Soy, Fish (where available)      | 128 | 410 | 200 | 22 | 3   | 0   | 0  | 940  | 49 | 5 | 0  | 5  |
| Curly Fries - Medium ♦ <u>Contains: Wheat</u> † Egg, Milk, Soy, Fish (where available)     | 170 | 550 | 260 | 29 | 4   | 0   | 0  | 1250 | 65 | 6 | 0  | 6  |
| Curly Fries - Large ♦ <u>Contains: Wheat</u> † 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  |
| 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) <u>Contains: Milk, Wheat</u> † Egg, Soy, Fish (where available) | 132 | 420 | 190 | 21 | 3   | 0   | 0  | 1740 | 52 | 3 | 4  | 6  |
| Mozzarella Sticks - (4) <u>Contains: Milk, Wheat</u> † Egg, Soy, Fish (where available)    | 137 | 440 | 210 | 23 | 9   | 0.5 | 35 | 1410 | 37 | 2 | 3  | 19 |
| Mozzarella Sticks - (6) <u>Contains: Milk, Wheat</u> † 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) <u>Contains: Milk, Wheat</u> † Egg, Soy, Fish (where available)      | 110 | 290 | 150 | 17 | 6   | 0   | 25 | 660  | 31 | 2 | 3  | 5  |
| Jalapeno Bites® - (8) <u>Contains: Milk, Wheat</u> † 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  |

♦ 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.



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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) |
|---|--------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| Ultimate Chocolate Shake-Snack <u>Contains: Milk</u>                              | 255                | 320      | 80                | 9               | 6                 | 0             | 25               | 240         | 57                     | 1                 | 49         | 8           |
| Ultimate Chocolate Shake-Small <u>Contains: Milk, Soy</u>                         | 413                | 550      | 160               | 18              | 12                | 0             | 55               | 380         | 89                     | 1                 | 78         | 13          |
| Ultimate Chocolate Shake-Large <u>Contains: Milk, Soy</u>                         | 587                | 760      | 210               | 24              | 15                | 0.5           | 75               | 540         | 126                    | 2                 | 111        | 18          |
| Jamocha Handcrafted Shake-Snack <u>Contains: Milk</u>                             | 255                | 310      | 70                | 8               | 5                 | 0             | 25               | 240         | 55                     | 0                 | 50         | 8           |
| Jamocha Handcrafted Shake-Small <u>Contains: Milk, Soy</u>                        | 413                | 540      | 150               | 17              | 11                | 0             | 55               | 380         | 87                     | 1                 | 79         | 13          |
| Jamocha Handcrafted Shake-Large <u>Contains: Milk, Soy</u>                        | 587                | 750      | 200               | 23              | 15                | 0.5           | 75               | 550         | 124                    | 1                 | 112        | 18          |
| Vanilla Handcrafted Shake-Snack <u>Contains: Milk</u>                             | 227                | 250      | 70                | 8               | 5                 | 0             | 25               | 210         | 40                     | 0                 | 37         | 8           |
| Vanilla Handcrafted Shake-Small <u>Contains: Milk, Soy</u>                        | 376                | 450      | 150               | 17              | 11                | 0             | 55               | 340         | 67                     | 0                 | 62         | 12          |
| Vanilla Handcrafted Shake-Large <u>Contains: Milk, Soy</u>                        | 534                | 630      | 200               | 23              | 15                | 0.5           | 75               | 480         | 95                     | 1                 | 88         | 18          |
| Salted Caramel & Chocolate Cookie <u>Contains: Egg, Milk, Soy, Wheat, Peanuts</u> | 94                 | 430      | 160               | 18              | 10                | 0             | 30               | 360         | 63                     | 1                 | 33         | 4           |
| Triple Chocolate Cookie <u>Contains: Egg, Milk, Soy, Wheat, Peanuts</u>           | 95                 | 450      | 190               | 21              | 13                | 0             | 40               | 370         | 60                     | 2                 | 31         | 5           |
| * Apple Turnover <u>Contains: Egg, Milk, Soy, Wheat</u>                           | 128                | 430      | 160               | 18              | 9                 | 0             | 0                | 210         | 65                     | 2                 | 39         | 4           |
| * Cherry Turnover <u>Contains: Milk, Soy, Wheat</u>                               | 128                | 390      | 120               | 13              | 6                 | 0             | 0                | 200         | 65                     | 2                 | 40         | 4           |



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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 <u>Contains: Milk, Soy, Wheat</u>                                  | 91                 | 240      | 90                | 11              | 4.5               | 0             | 30               | 670         | 21                     | 1                 | 1          | 14          |
| Ham 'n Cheese Slider <u>Contains: Milk, Soy, Wheat</u>   | 91                 | 230      | 80                | 9               | 3.5               | 0             | 30               | 750         | 22                     | 1                 | 3          | 13          |
| Prime-Cut™ Chicken Tenders (2) <u>Contains: Egg, Soy, Wheat</u> † 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 ♦ <u>Contains: Wheat</u> † 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 <u>Contains: Milk</u>  | 214                | 90       | 20                | 2               | 1.5               | 0             | 10               | 105         | 10                     | 0                 | 10         | 7           |
| • Shamrock Farms® Lowfat Chocolate Milk <u>Contains: Milk</u>                                  | 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 |
| Mtn 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 <u>Contains: Milk</u>       | 214 | 90  | 20 | 2   | 1.5 | 0 | 10 | 105 | 10 | 0 | 10 | 7 |
| • Shamrock Farms® Lowfat Chocolate Milk <u>Contains: Milk</u> | 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 <u>Contains: Egg, Milk, Soy, Wheat</u>  | 144                | 500      | 300               | 33              | 15                | 0             | 40               | 1450        | 36                     | 1                 | 3          | 12          |
| • Bacon Biscuit <u>Contains: Egg, Milk, Soy, Wheat</u>  | 104                | 340      | 150               | 17              | 10                | 0             | 15               | 1180        | 36                     | 1                 | 3          | 10          |
| • Ham Biscuit <u>Contains: Egg, Milk, Soy, Wheat</u>  | 140                | 340      | 140               | 16              | 9                 | 0             | 30               | 1420        | 37                     | 1                 | 4          | 13          |
| • Chicken Biscuit <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)                 | 134                | 390      | 160               | 18              | 9                 | 0             | 15               | 1250        | 44                     | 2                 | 2          | 13          |
| • Bacon, Egg & Cheese Sourdough <u>Contains: Egg, Milk, Soy, Wheat</u>                            | 170                | 490      | 200               | 23              | 8                 | 0             | 155              | 1260        | 46                     | 2                 | 6          | 23          |
| • Bacon, Egg & Cheese Croissant <u>Contains: Egg, Milk, Soy, Wheat</u>                            | 139                | 440      | 250               | 27              | 13                | 0.5           | 185              | 1010        | 29                     | 1                 | 5          | 18          |
| • Bacon, Egg & Cheese Biscuit <u>Contains: Egg, Milk, Soy, Wheat</u>                              | 173                | 480      | 260               | 29              | 15                | 0             | 155              | 1720        | 38                     | 1                 | 5          | 18          |
| • Bacon, Egg & Cheese Wrap <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)        | 178                | 500      | 240               | 27              | 10                | 0             | 160              | 1370        | 42                     | 4                 | 5          | 20          |
| • Sausage, Egg & Cheese Sourdough <u>Contains: Egg, Milk, Soy, Wheat</u>                          | 210                | 640      | 350               | 39              | 13                | 0             | 185              | 1530        | 47                     | 2                 | 6          | 25          |
| • Sausage, Egg & Cheese Croissant <u>Contains: Egg, Milk, Soy, Wheat</u>                          | 178                | 590      | 390               | 44              | 19                | 0.5           | 215              | 1280        | 30                     | 1                 | 5          | 20          |
| • Sausage, Egg & Cheese Biscuit <u>Contains: Egg, Milk, Soy, Wheat</u>                            | 212                | 640      | 400               | 45              | 20                | 0             | 185              | 1990        | 39                     | 1                 | 5          | 20          |
| • Sausage, Egg & Cheese Wrap <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)      | 213                | 630      | 370               | 41              | 15                | 0             | 185              | 1550        | 42                     | 4                 | 5          | 20          |
| • Ham, Egg & Cheese Sourdough <u>Contains: Egg, Milk, Soy, Wheat</u>                              | 200                | 470      | 170               | 19              | 6                 | 0             | 165              | 1370        | 47                     | 2                 | 6          | 26          |
| • Ham, Egg & Cheese Croissant <u>Contains: Egg, Milk, Soy, Wheat</u>                              | 169                | 420      | 210               | 23              | 11                | 0.5           | 195              | 1120        | 30                     | 1                 | 5          | 21          |
| • Ham, Egg & Cheese Biscuit <u>Contains: Egg, Milk, Soy, Wheat</u>                                | 203                | 470      | 220               | 25              | 12                | 0             | 165              | 1830        | 39                     | 1                 | 5          | 21          |
| • Ham, Egg & Cheese Wrap <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)          | 184                | 440      | 200               | 22              | 8                 | 0             | 160              | 1280        | 42                     | 4                 | 5          | 17          |
| • Ham & Swiss Croissant <u>Contains: Egg, Milk, Soy, Wheat</u>                                    | 119                | 340      | 160               | 17              | 10                | 0             | 70               | 910         | 29                     | 1                 | 4          | 16          |
| • Bacon & Cheese Croissant <u>Contains: Egg, Milk, Soy, Wheat</u>                                 | 83                 | 330      | 170               | 19              | 10                | 0             | 50               | 670         | 27                     | 1                 | 3          | 13          |
| • Sausage & Cheese Croissant <u>Contains: Egg, Milk, Soy, Wheat</u>                               | 123                | 490      | 310               | 35              | 16                | 0             | 80               | 940         | 28                     | 1                 | 3          | 15          |
| • French Toast Sticks <u>Contains: Soy, Wheat</u> † Egg, Milk, Fish (where available)             | 128                | 350      | 90                | 10              | 1.5               | 0             | 0                | 250         | 57                     | 5                 | 13         | 7           |
| • Sausage Gravy Biscuit <u>Contains: Egg, Milk, Soy, Wheat</u>                                    | 261                | 480      | 250               | 28              | 13                | 0             | 20               | 1770        | 48                     | 1                 | 3          | 9           |
| • Sausage Gravy Biscuit-Double <u>Contains: Egg, Milk, Soy, Wheat</u>                             | 522                | 970      | 500               | 56              | 27                | 0             | 35               | 3540        | 96                     | 3                 | 5          | 18          |
| • Bacon & Egg w/Biscuit Platter <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)   | 244                | 590      | 290               | 32              | 13                | 0             | 260              | 1620        | 49                     | 3                 | 4          | 23          |
| • Sausage & Egg w/Biscuit Platter <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available) | 279                | 720      | 420               | 46              | 18                | 0             | 275              | 1860        | 50                     | 3                 | 4          | 22          |
| • Ham & Egg w/Biscuit Platter <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)     | 275                | 570      | 260               | 29              | 12                | 0             | 265              | 1830        | 50                     | 2                 | 5          | 23          |
| Coffee - 12 oz  | 355                | 0        | 0                 | 0               | 0                 | 0             | 0                | 5           | 0                      | 0                 | 0          | 0           |
| Coffee - 16 oz  | 474                | 5        | 0                 | 0               | 0                 | 0             | 0                | 10          | 0                      | 0                 | 0          | 0           |
| Orange Juice  | 309                | 140      | 0                 | 0               | 0                 | 0             | 0                | 0           | 33                     | 1                 | 26         | 2           |



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

Major food allergens are listed below underlined> and in **RED**.

† Menu item is cooked in the same oil as other items that contain major allergens.

\* Manufactured in a facility that processes peanuts or tree nuts.

• Menu item may not be available at all Arby's® restaurants.

### OPTIONAL/REGIONAL

|  | 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) |
|--|--------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| • Arby-Q® <u>Contains: Milk, Soy, Wheat</u>                                  | 182                | 400      | 100               | 11              | 3.5               | 0.5           | 30               | 1250        | 58                     | 3                 | 23         | 18          |
| • Super Roast Beef <u>Contains: Soy, Wheat</u>                               | 210                | 440      | 170               | 19              | 6                 | 1             | 50               | 1080        | 43                     | 3                 | 11         | 23          |
| • Arby's Melt <u>Contains: Milk, Soy, Wheat</u>                              | 146                | 330      | 110               | 12              | 4                 | 0.5           | 35               | 940         | 39                     | 2                 | 5          | 18          |
| • Ham & Swiss Melt <u>Contains: Milk, Soy, Wheat</u>                         | 131                | 300      | 80                | 8               | 3.5               | 0             | 35               | 1060        | 37                     | 2                 | 6          | 18          |
| • 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 <u>Contains: Milk</u>                              | 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 **May 2017**.

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.