



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.

* 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)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Pecan Chicken Salad Sandwich Contains: Egg, Milk, Soy, Tree Nuts (pecans), Wheat	305	840	400	44	6	0.5	75	1210	81	6	20	33	10	8	25	25
Pecan Chicken Salad Wrap Contains: Egg, Milk, Soy, Tree Nuts (pecans), Wheat	241	650	390	43	8	0.5	75	920	43	5	8	25	10	8	10	15
Orange Cream Shake Contains: Milk	512	660	180	20	13	0	65	430	109	1	91	15	10	8	60	2
Smokehouse Brisket Contains: Egg, Milk, Soy, Wheat † Fish (where available)	203	610	320	35	12	1	110	1230	42	3	7	35	4	8	20	20
Double Stacked Reuben Contains: Egg, Milk, Wheat	407	740	310	35	10	0	80	2110	63	4	8	44	6	20	35	35
Double Stacked Reuben w/Turkey Contains: Egg, Milk, Wheat	407	730	270	30	8	0	95	2590	63	4	8	51	6	20	35	30
Reel Big Fillet Fish Sandwich Contains: Egg, Fish (Polluck), Milk, Soy, Wheat	228	570	230	25	4	0	45	1010	64	2	9	21	2	2	10	20

ARBY'S® ROAST BEEF SANDWICHES

Roast Beef Classic Contains: Milk, Soy, Wheat	154	360	130	14	5	1	60	970	35	1	6	23	0	2	8	25
Roast Beef Mid Contains: Milk, Soy, Wheat	210	460	180	21	8	1.5	95	1420	35	1	6	34	0	4	8	30
Roast Beef Max Contains: Milk, Soy, Wheat	267	560	240	27	11	2	135	1860	35	1	6	45	0	6	8	40
Arby's Sauce® Adds	14	15	0	0	0	0	0	180	3	0	2	0	2	2	0	0
Horsey Sauce® Adds Contains: Egg	14	50	45	5	0.5	0	5	160	3	0	2	0	0	0	0	0
Beef 'n Cheddar Classic Contains: Milk, Soy, Wheat	195	450	180	20	6	1	60	1310	45	2	9	24	2	4	15	20
Beef 'n Cheddar Mid Contains: Milk, Soy, Wheat	251	560	240	27	9	1.5	95	1760	45	2	9	34	2	6	15	30
French Dip & Swiss/Au Jus Contains: Milk, Soy, Wheat	327	540	210	23	11	1	100	2560	50	2	3	34	4	10	30	30

ULTIMATE ANGUS

Angus Three Cheese & Bacon Contains: Egg, Milk, Soy, Wheat	267	630	270	30	11	0.5	120	2220	45	2	4	47	8	8	35	25
Angus Philly Contains: Egg, Milk, Soy, Wheat	289	590	250	27	8	0.5	95	2130	48	3	5	38	10	30	30	30



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ROAST TURKEY

Grand Turkey Club Contains: Egg, Milk, Soy, Wheat	233	480	210	24	8	0	70	1610	37	5	8	31	15	10	15	15
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REUBEN

Reuben Contains: Egg, Milk, Wheat	308	640	270	30	8	0	55	1610	62	4	7	32	6	20	35	30
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MARKET FRESH® SANDWICHES

Roast Turkey Ranch & Bacon Sandwich Contains: Egg, Milk, Soy, Wheat	344	800	310	35	9	0.5	100	2250	76	5	18	48	20	10	40	60
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Roast Turkey Ranch & Bacon Wrap Contains: Egg, Milk, Soy, Wheat	279	620	300	34	11	0.5	100	1960	38	4	6	39	20	10	25	45
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Roast Turkey & Swiss Sandwich Contains: Egg, Fish (anchovies), Milk, Soy, Wheat	326	700	250	28	7	0	75	1760	77	5	18	39	20	10	45	60
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Roast Turkey & Swiss Wrap Contains: Egg, Fish (anchovies), Milk, Soy, Wheat	261	520	240	27	8	0	75	1470	38	4	6	31	20	10	30	45
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MARKET FRESH® SALADS

Chopped Farmhouse Salad – Crispy Chicken Contains: Egg, Milk, Soy, Wheat † Fish (where available)	323	420	210	23	8	0	70	1020	24	4	4	30	60	20	25	8
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Chopped Farmhouse Salad – Roast Turkey Contains: Milk	285	230	120	13	7	0	60	780	8	3	4	23	60	15	25	25
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Chopped Side Salad Contains: Milk	128	70	45	5	3	0	15	105	4	1	2	5	35	10	10	4
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Light Italian Dressing	43	20	5	1	0	0	0	750	3	0	2	0	0	0	0	0
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Dijon Honey Mustard Dressing Contains: Egg	43	180	150	16	2.5	0	15	230	8	0	7	0	0	0	0	0
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Balsamic Vinaigrette Dressing	43	130	110	12	2	0	0	470	5	0	5	0	0	0	0	0
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Buttermilk Ranch Dressing Contains: Egg, Milk	43	210	200	22	3.5	0	10	310	2	0	1	0	0	0	2	0
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PRIME-CUT™ 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)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Crispy Chicken Sandwich Contains: Egg, Milk, Soy, Wheat † Fish (where available)	240	540	240	27	4.5	0	55	990	48	3	8	27	10	15	10	20
Chicken Bacon & Swiss - Crispy Contains: Egg, Milk, Soy, Wheat † Fish (where available)	205	600	260	29	7	0	80	1430	49	3	9	36	2	4	20	20
Prime-Cut™ Chicken Tenders (3) Contains: Egg, Soy, Wheat † Milk, Fish (where available)	131	350	150	17	2.5	0	45	970	25	2	0	25	0	4	2	4
Prime-Cut™ Chicken Tenders (5) Contains: Egg, Soy, Wheat † Milk, Fish (where available)	219	590	250	28	4	0	75	1610	42	4	0	42	0	8	2	8
Tangy Barbeque Sauce Adds	28	45	0	0	0	0	0	350	11	0	8	0	2	6	0	2
Buffalo Dipping Sauce Adds Contains: Milk	28	10	10	1	0	0	0	720	1	0	0	0	8	0	0	0
Honey Mustard Dipping Sauce Adds Contains: Egg	28	140	120	13	2	0	10	130	5	0	4	0	0	0	0	0
Ranch Dipping Sauce Adds Contains: Egg, Milk	28	100	100	11	2.5	0	20	190	1	0	1	1	2	0	2	0

SIDES

Potato Cakes (2) † Egg, Milk, Soy, Wheat, Fish (where available)	100	230	120	14	2	0	0	460	25	3	0	2	0	0	2	2
Potato Cakes (3) † Egg, Milk, Soy, Wheat, Fish (where available)	150	340	180	20	3.5	0	0	700	37	4	0	3	0	0	2	4
Potato Cakes (4) † Egg, Milk, Soy, Wheat, Fish (where available)	200	460	240	27	4.5	0	0	930	50	5	0	3	0	0	2	6
Curly Fries - Small ♦ Contains: Wheat † Egg, Milk, Soy, Fish (where available)	128	400	200	22	3	0	0	900	47	5	0	5	0	0	2	8
Curly Fries - Medium ♦ Contains: Wheat † Egg, Milk, Soy, Fish (where available)	170	540	260	29	4	0	0	1200	62	7	0	6	0	0	2	10
Curly Fries - Large ♦ Contains: Wheat † Egg, Milk, Soy, Fish (where available)	201	630	310	35	5	0	0	1420	74	8	0	7	0	0	4	15
Ketchup Adds	9	10	0	0	0	0	0	85	3	0	2	0	0	0	0	0
Steakhouse Onion Rings (5) Contains: Milk, Wheat † Egg, Soy, Fish (where available)	132	410	180	20	3	0	0	1690	51	3	6	6	0	2	2	4
Chopped Side Salad Contains: Milk	128	70	45	5	3	0	15	105	4	1	2	5	35	10	10	4

♦ 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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SNACK 'N SAVE®

	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)
Jr Roast Beef Contains: Milk, Soy, Wheat	87	210	70	8	2.5	0	30	530	22	1	4	13	0	2	6	15
Jr Ham & Cheddar Melt Contains: Milk, Soy, Wheat	115	210	60	6	1.5	0	25	900	25	1	4	14	0	0	6	10
Jr Bacon Cheddar Melt Contains: Milk, Soy, Wheat	117	280	110	12	4	0	40	890	25	1	4	17	2	2	6	15
Original Mighty Minis™- Roast Beef (2 Minis) Contains: Wheat	156	380	130	14	4.5	0.5	50	980	40	2	5	22	0	2	15	25
Crispy Onion Mighty Minis™- Roast Beef (2 Minis) Contains: Egg, Milk, Soy, Wheat † Fish (where available)	184	550	270	30	7	1	55	1260	47	2	6	23	0	2	15	25
Apple Slices	62	35	0	0	0	0	0	0	9	1	6	0	0	170	2	0
Curly Fries – Snack ♦ Contains: Wheat † Egg, Milk, Soy, Fish (where available)	77	240	120	13	2	0	0	540	28	3	0	3	0	0	2	6
Curly Fries – Small ♦ Contains: Wheat † Egg, Milk, Soy, Fish (where available)	128	400	200	22	3	0	0	900	47	5	0	5	0	0	2	8
Curly Fries – Medium ♦ Contains: Wheat † Egg, Milk, Soy, Fish (where available)	170	540	260	29	4	0	0	1200	62	7	0	6	0	0	2	10
Curly Fries – Large ♦ Contains: Wheat † Egg, Milk, Soy, Fish (where available)	201	630	310	35	5	0	0	1420	74	8	0	7	0	0	4	15
Ketchup Adds	9	10	0	0	0	0	0	85	3	0	2	0	0	0	0	0
Steakhouse Onion Rings (5) Contains: Milk, Wheat † Egg, Soy, Fish (where available)	132	410	180	20	3	0	0	1690	51	3	6	6	0	2	2	4
Jalapeno Bites®* – (5) Contains: Milk, Wheat † Egg, Soy, Fish (where available)	110	280	140	16	6	0	25	600	31	2	3	5	8	0	4	4
Jalapeno Bites®* – (8) Contains: Milk, Wheat † Egg, Soy, Fish (where available)	176	460	230	25	10	0.5	45	970	49	4	4	8	15	0	6	6
Bronco Berry Sauce®* Adds	28	60	0	0	0	0	0	20	15	0	14	0	0	0	0	0
Mozzarella Sticks – (4) Contains: Milk, Wheat † Egg, Soy, Fish (where available)	137	420	190	21	9	0.5	50	1690	35	2	4	21	6	0	60	4
Mozzarella Sticks – (6) Contains: Milk, Wheat † Egg, Soy, Fish (where available)	206	620	290	32	13	1	75	2530	52	3	6	32	10	0	90	4
Marinara Sauce Adds	28	25	5	0.5	0	0	0	140	4	1	2	1	4	8	0	2
* Molten Lava Cake Contains: Egg, Milk, Soy, Wheat	112	340	120	14	4	0	25	280	53	2	35	4	4	0	2	8
* Chocolate Turnover Contains: Egg, Milk, Soy, Wheat	132	520	230	26	12	0	0	280	69	3	39	5	15	0	2	15
* Apple Turnover Contains: Egg, Milk, Soy, Wheat	128	430	160	18	9	0	0	210	64	2	39	4	0	0	0	10
* Cherry Turnover Contains: Milk, Soy, Wheat	128	390	120	13	6	0	0	200	64	2	40	4	8	0	2	8

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SNACK 'N SAVE® - CONTINUED

	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)
Jamocha Shake - 12 oz Contains: Milk	255	310	70	8	5	0	25	240	55	0	45	8	4	4	30	2
Jamocha Shake - 16 oz Contains: Milk	369	440	110	12	8	0	40	350	75	1	61	11	6	6	40	2
Jamocha Shake - 22 oz Contains: Milk	468	560	130	15	10	0	50	440	98	1	80	14	8	8	50	4
Chocolate Shake - 12 oz Contains: Milk	255	320	70	8	5	0	25	250	56	1	46	8	4	4	30	4
Chocolate Shake - 16 oz Contains: Milk	369	440	110	12	8	0	40	350	76	1	62	12	6	6	40	4
Chocolate Shake - 22 oz Contains: Milk	468	570	140	15	10	0	50	450	99	1	81	14	8	8	50	6
Vanilla Shake - 12 oz Contains: Milk	227	250	70	8	5	0	25	210	40	0	33	8	4	4	30	0
Vanilla Shake - 16 oz Contains: Milk	340	380	110	12	8	0	40	310	60	0	49	11	6	6	40	2
Vanilla Shake - 22 oz Contains: Milk	425	470	130	15	10	0	50	390	75	0	61	14	8	8	50	2



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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)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Jr Turkey & Cheese Sandwich Contains: Milk, Soy, Wheat	103	220	60	6	2.5	0	30	670	23	1	4	17	2	0	10	25
Prime-Cut™ Chicken Tenders (2) Contains: Egg, Soy, Wheat † Milk, Fish (where available)	87	230	100	11	1.5	0	30	650	17	1	0	17	0	4	0	4
Jr Roast Beef Contains: Milk, Soy, Wheat	87	210	70	8	2.5	0	30	530	22	1	4	13	0	2	6	15
Apple Slices	62	35	0	0	0	0	0	0	9	1	6	0	0	170	2	0
Curly Fries – Kids ♦ Contains: Wheat † Egg, Milk, Soy, Fish (where available)	77	240	120	13	2	0	0	540	28	3	0	3	0	0	2	6
CapriSun® Fruit Juice	185	80	0	0	0	0	0	25	21	0	20	0	0	0	0	2
Shamrock Farms® Lowfat White Milk Contains: Milk	214	90	20	2	1.5	0	10	105	10	0	10	7	8	4	25	0
Shamrock Farms® Lowfat Chocolate Milk* Contains: Milk	218	150	20	2.5	1.5	0	10	170	26	1	23	7	8	4	25	0

BEVERAGES

Nestle® Pure Life® Bottled Water	479	0	0	0	0	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	0	0	0	0
Pepsi® – Small Cup	438	180	0	0	0	0	0	0+	49	0	49	0	0	0	0	0
Diet Pepsi® – Small Cup	435	0	0	0	0	0	0	5+	0	0	0	0	0	0	0	0
Mountain Dew® – Small Cup	454	200	0	0	0	0	0	25+	54	0	54	0	0	0	0	0
Sierra Mist® – Small Cup	451	190	0	0	0	0	0	0+	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
CapriSun® Fruit Juice	185	80	0	0	0	0	0	25	21	0	20	0	0	0	0	2
Shamrock Farms® Lowfat White Milk Contains: Milk	214	90	20	2	1.5	0	10	105	10	0	10	7	8	4	25	0
Shamrock Farms® Lowfat Chocolate Milk* Contains: Milk	218	150	20	2.5	1.5	0	10	170	26	1	23	7	8	4	25	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.

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)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Sausage Biscuit* Contains: Egg, Milk, Soy, Wheat	135	470	280	32	17	0	40	1280	34	1	4	13	2	0	4	10
Sausage Gravy Biscuit* Contains: Egg, Milk, Soy, Wheat	253	460	240	27	15	0	20	1610	46	1	3	10	0	0	4	10
Chicken Biscuit* Contains: Egg, Milk, Soy, Wheat † Fish (where available)	139	370	150	17	11	0	25	1220	41	2	3	14	0	0	2	10
Bacon, Egg & Cheese Sourdough* Contains: Egg, Milk, Soy, Wheat	170	480	200	22	8	0	160	1240	45	2	7	24	10	6	35	20
Bacon, Egg & Cheese Croissant* Contains: Egg, Milk, Soy, Wheat	139	400	230	26	12	0	190	940	25	1	4	18	10	6	30	10
Bacon, Egg & Cheese Biscuit* Contains: Egg, Milk, Soy, Wheat	165	470	250	27	16	0	165	1520	35	1	5	20	10	6	25	15
Bacon, Egg & Cheese Wrap* Contains: Egg, Milk, Soy, Wheat † Fish (where available)	178	500	240	27	10	0	165	1320	42	4	5	21	10	6	35	15
Sausage, Egg & Cheese Sourdough* Contains: Egg, Milk, Soy, Wheat	209	630	340	38	13	0	185	1540	46	2	8	25	10	0	40	20
Sausage, Egg & Cheese Croissant * Contains: Egg, Milk, Soy, Wheat	178	550	380	42	17	0	210	1240	26	1	4	18	10	0	30	15
Sausage, Egg & Cheese Biscuit* Contains: Egg, Milk, Soy, Wheat	204	620	390	43	22	0	185	1830	36	1	6	21	10	0	30	15
Sausage, Egg & Cheese Wrap* Contains: Egg, Milk, Soy, Wheat † Fish (where available)	212	630	370	41	15	0	185	1550	43	4	5	20	10	0	40	15
Ham, Egg & Cheese Sourdough* Contains: Egg, Milk, Soy, Wheat	200	430	150	16	5	0	160	1420	44	2	7	26	6	0	35	20
Ham, Egg & Cheese Croissant* Contains: Egg, Milk, Soy, Wheat	169	350	180	20	9	0	185	1120	24	1	3	20	6	0	30	15
Ham, Egg & Cheese Biscuit* Contains: Egg, Milk, Soy, Wheat	195	420	190	21	14	0	160	1710	34	1	4	22	6	0	30	15
Ham, Egg & Cheese Wrap* Contains: Egg, Milk, Soy, Wheat † Fish (where available)	179	410	180	20	7	0	150	1210	41	4	3	17	8	0	35	15
Ham & Swiss Croissant* Contains: Egg, Milk, Soy, Wheat	119	270	130	14	8	0	60	910	23	1	2	15	2	0	15	10
French Toast Sticks* Contains: Soy, Wheat † Egg, Milk, Fish (where available)	128	350	120	13	2	0	0	500	52	2	16	6	0	0	6	10
Coffee	369	0	0	0	0	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	6	200	2	0



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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)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Chicken Cordon Bleu – Crispy* Contains: Egg, Milk, Soy, Wheat † Fish (where available)	241	620	280	31	7	0	90	1700	47	2	7	38	2	4	20	20
Jr Chicken Sandwich* Contains: Egg, Milk, Soy, Wheat † Fish (where available)	122	310	130	15	2.5	0	25	680	32	2	4	14	2	2	6	10
Arby-Q®* Contains: Milk, Soy, Wheat	182	400	100	11	3.5	0.5	40	1240	55	2	23	19	4	10	15	25
Super Roast Beef* Contains: Milk, Soy, Wheat	295	570	240	27	9	1.5	105	1720	43	2	11	40	10	15	10	40
Arby's Melt* Contains: Milk, Soy, Wheat	146	340	110	13	4	0.5	40	930	37	1	6	19	2	2	10	20
Ham & Swiss Melt* Contains: Milk, Soy, Wheat	131	300	80	9	3.5	0	35	1030	35	1	6	19	2	0	20	15
Jr Deluxe Sandwich* Contains: Egg, Milk, Soy, Wheat	116	270	120	13	3.5	0	35	570	23	1	4	13	6	6	6	15
Gourmet Chocolate Chunk Cookies* (2) Contains: Egg, Milk, Soy, Wheat	91	420	190	21	10	0	30	320	54	2	34	4	0	0	0	8
Homestyle Fries* – Kids ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	85	240	100	11	1.5	0	0	490	33	3	0	3	0	20	2	4
Homestyle Fries* – Small ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	128	360	150	17	2.5	0	0	730	49	5	1	4	0	30	2	6
Homestyle Fries* – Medium ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	170	480	200	22	3	0	0	980	66	7	1	6	0	45	2	8
Homestyle Fries* – Large ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	213	610	250	28	4	0	0	1220	82	8	1	7	0	50	4	10
Cheddar Cheese Sauce* Adds Contains: Milk	43	50	35	3.5	0.5	0	0	360	4	0	0	1	2	0	2	0
Spicy Three Pepper® Sauce Adds	14	25	10	1	0	0	0	130	3	0	3	0	4	2	0	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 **April 2014**.

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 1-800-599-2729.

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 on a regular basis to obtain the most comprehensive and up-to-date information.