



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.

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

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

	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)
<b>LIMITED TIME OFFERS</b>												
Garlic Butter Steak Sandwich <u>Contains: Milk, Wheat</u>	248	520	210	24	6	0	60	1760	42	2	4	33
Steak & Bacon Melt <u>Contains: Egg, Milk, Wheat</u> † Soy, Fish (where available)	236	640	290	32	10	0	85	2020	48	2	5	38
Beer Braised Beef Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	278	590	210	23	8	0	70	1770	64	4	11	33
Beer Cheese 'n Double Beef Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	335	770	340	38	15	1.5	110	2260	64	4	10	45
Beer Cheese Triple Stack <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	335	710	280	31	11	1	105	2570	65	4	11	44
S'mores Shake-12 oz/Snack <u>Contains: Milk</u>	249	340	70	8	5	0	30	200	59	0	52	8
* S'mores Shake-16 oz/Small <u>Contains: Egg, Milk, Soy, Wheat</u>	429	660	180	20	13	0	60	380	108	1	94	14
* S'mores Shake-24 oz/Medium <u>Contains: Egg, Milk, Soy, Wheat</u>	602	890	230	26	17	0.5	80	520	148	1	130	19
* S'mores Shake-32 oz/Large <u>Contains: Egg, Milk, Soy, Wheat</u>	772	1120	300	33	21	1	100	660	183	1	161	25
Cinnamuffin <u>Contains: Egg, Milk, Soy, Wheat</u>	71	280	120	13	6	0	10	280	37	1	16	4
Bourbon BBQ Brisket Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	218	650	300	33	12	1	105	1470	50	3	16	39
Bourbon BBQ Turkey Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	218	510	170	19	7	0	65	1830	51	3	17	33
Bacon Beef 'n Cheddar <u>Contains: Milk, Soy, Wheat</u>	208	520	230	25	8	1	65	1530	46	2	10	28
King's Hawaiian Roast Beef 'n Cheese Slider <u>Contains: Egg, Milk, Soy, Wheat</u>	80	210	90	10	5	0	45	550	18	1	6	12
King's Hawaiian Ham Slider <u>Contains: Egg, Milk, Soy, Wheat</u>	80	200	70	8	4.5	0	45	640	19	1	8	12
King's Hawaiian BBQ Chicken Slider <u>Contains: Egg, Milk, Soy, Wheat</u>	95	250	70	8	2	0	30	550	34	1	13	11
<b>SIGNATURE</b>												
Smokehouse Brisket <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	203	600	310	35	12	1	100	1240	42	2	7	33
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
Traditional Greek Gyro <u>Contains: Egg, Milk, Soy, Wheat</u>	273	710	390	44	13	0	75	1360	55	4	6	23
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



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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 Chicken Bacon & Swiss <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	268	610	270	30	9	0	85	1510	51	5	10	35
Buttermilk Chicken Cordon Bleu <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	250	660	310	34	10	0	110	1830	49	4	8	38
Buttermilk Crispy Chicken <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	235	510	220	25	5	0	55	1230	48	4	7	24
Buttermilk Buffalo Chicken <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	224	500	210	23	4.5	0	55	1860	49	4	7	24
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
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

### ROAST BEEF

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
Classic French Dip & Swiss/Au Jus <u>Contains: Milk, Soy, Wheat</u>	327	540	190	22	10	1	85	2550	51	2	3	34
Half Pound French Dip & Swiss/Au Jus <u>Contains: Milk, Soy, Wheat</u>	441	740	310	35	16	2	150	3400	52	2	3	55
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
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
Fire-Roasted Philly <u>Contains: Egg, Milk, Soy, Wheat</u>	275	630	320	35	13	1	100	1890	45	3	3	34
Three Cheese <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	266	710	370	41	15	1.5	105	2020	49	3	3	36



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### TURKEY

	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 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
Grand Turkey Club <u>Contains: Egg, Milk, Soy, Wheat</u>	255	480	200	23	7	0	65	1700	38	3	8	31

### 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>	304	240	120	13	7	0	55	940	9	3	5	23
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
Pizza Slider <u>Contains: Milk, Soy, Wheat</u>	93	300	160	17	7	0	40	1040	22	1	2	13
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

### SIDES

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
Loaded Curly Fries <u>Contains: Egg, Milk, Wheat</u> †Soy, Fish (where available)	226	670	400	44	8	0	30	1950	57	5	2	12
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
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
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
Chopped Side Salad <u>Contains: Milk</u>	128	70	45	5	2.5	0	15	100	4	1	2	5

♦ 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-Medium <u>Contains: Milk, Soy</u>	587	760	210	24	15	0.5	75	540	126	2	111	18
* Ultimate Chocolate Shake-Large <u>Contains: Milk, Soy</u>	758	970	280	31	20	0.5	95	700	158	2	140	24
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-Medium <u>Contains: Milk, Soy</u>	587	750	200	23	15	0.5	75	550	124	1	112	18
* Jamocha Handcrafted Shake-Large <u>Contains: Milk, Soy</u>	758	950	270	30	19	0.5	95	700	156	1	141	23
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</u>	376	450	150	17	11	0	55	340	67	0	62	12
Vanilla Handcrafted Shake-Medium <u>Contains: Milk</u>	534	630	200	23	15	0.5	75	480	95	1	88	18
Vanilla Handcrafted Shake-Large <u>Contains: Milk</u>	700	820	270	30	19	0.5	95	630	124	1	115	23
* Salted Caramel & Chocolate Cookie <u>Contains: Egg, Milk, Soy, Wheat</u>	94	430	160	18	10	0	30	360	63	1	33	4
* Triple Chocolate Cookie <u>Contains: Egg, Milk, Soy, Wheat</u>	95	450	190	21	13	0	40	370	60	2	31	5
* Apple Turnover <u>Contains: Soy, Wheat</u>	128	430	160	18	9	0	0	210	65	2	39	4
* Cherry Turnover <u>Contains: Soy, Wheat</u>	128	390	120	13	6	0	0	200	65	2	40	4

### KIDS

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
Pizza Slider <u>Contains: Milk, Soy, Wheat</u>	93	300	160	17	7	0	40	1040	22	1	2	13
Ham 'n Cheese Slider <u>Contains: Milk, Soy, Wheat</u>	91	230	80	9	3.5	0	30	750	22	1	3	13
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
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

♦ 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.



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### BEVERAGES

	Serving Weight (g) or Amount	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)
Barq's® Root Beer <sup>^</sup>	22 oz	330	0	0	0	0	0	135+	90	0	90	0
Barq's® Root Beer <sup>o</sup>	22 oz	250	0	0	0	0	0	100+	67	0	67	0
Coca-Cola® <sup>^</sup>	22 oz	290	0	0	0	0	0	65+	80	0	80	0
Coca-Cola® <sup>o</sup>	22 oz	220	0	0	0	0	0	50+	60	0	60	0
Coca-Cola® Zero Sugar <sup>^</sup>	22 oz	0	0	0	0	0	0	75+	0	0	0	0
Coca-Cola® Zero Sugar <sup>o</sup>	22 oz	0	0	0	0	0	0	55+	0	0	0	0
Diet Coke® <sup>^</sup>	22 oz	0	0	0	0	0	0	95+	0	0	0	0
Diet Coke® <sup>o</sup>	22 oz	0	0	0	0	0	0	70+	0	0	0	0
Fanta® Orange <sup>^</sup>	22 oz	310	0	0	0	0	0	95+	84	0	84	0
Fanta® Orange <sup>o</sup>	22 oz	240	0	0	0	0	0	70+	63	0	63	0
Hi-C® Flashin' Fruit Punch® <sup>^</sup>	22 oz	310	0	0	0	0	0	105+	85	0	83	0
Hi-C® Flashin' Fruit Punch® <sup>o</sup>	22 oz	230	0	0	0	0	0	80+	63	0	62	0
Mello Yello® <sup>^</sup>	22 oz	310	0	0	0	0	0	90+	84	0	84	0
Mello Yello® <sup>o</sup>	22 oz	240	0	0	0	0	0	65+	63	0	63	0
Minute Maid Light Lemonade® <sup>^</sup>	22 oz	15	0	0	0	0	0	80+	0	0	0	0
Minute Maid Light Lemonade® <sup>o</sup>	22 oz	10	0	0	0	0	0	60+	0	0	0	0
POWERADE® Mountain Berry Blast® <sup>^</sup>	22 oz	170	0	0	0	0	0	220+	44	0	44	0
POWERADE® Mountain Berry Blast® <sup>o</sup>	22 oz	130	0	0	0	0	0	160+	33	0	33	0
Sprite® <sup>^</sup>	22 oz	290	0	0	0	0	0	130+	77	0	77	0
Sprite® <sup>o</sup>	22 oz	220	0	0	0	0	0	100+	58	0	58	0
Diet Dr Pepper® <sup>^</sup>	22 oz	0	0	0	0	0	0	140+	0	0	0	0
Diet Dr Pepper® <sup>o</sup>	22 oz	0	0	0	0	0	0	100+	0	0	0	0
Dr Pepper® <sup>^</sup>	22 oz	250	0	0	0	0	0	80+	72	0	72	0
Dr Pepper® <sup>o</sup>	22 oz	180	0	0	0	0	0	60+	52	0	52	0
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
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

+The sodium value will vary based on the level of sodium in the local water supply. ^With no ice. °With 50% ice fill.



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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





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.

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

	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)
<b>OPTIONAL/REGIONAL</b>												
• 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 **October 2019**.

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.