



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) |
|--|--------------------|----------|-------------------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| Mint Chocolate Swirl Shake Contains: Milk, Soy | 517 | 750 | 230 | 26 | 18 | 0.5 | 65 | 450 | 119 | 1 | 99 | 16 | 10 | 8 | 60 | 4 |
| 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 |
| KING'S HAWAIIAN Roast Beef Sandwich Contains: Egg, Milk, Soy, Wheat | 221 | 550 | 190 | 21 | 10 | 1.5 | 140 | 1200 | 59 | 2 | 20 | 31 | 6 | 4 | 8 | 30 |
| KING'S HAWAIIAN Roast Beef & Swiss Sandwich Contains: Egg, Milk, Soy, Wheat | 257 | 600 | 220 | 25 | 12 | 1.5 | 150 | 1640 | 61 | 2 | 20 | 34 | 8 | 4 | 20 | 30 |
| KING'S HAWAIIAN Roast Beef Max Sandwich Contains: Egg, Milk, Soy, Wheat | 306 | 700 | 280 | 31 | 15 | 2 | 195 | 1870 | 59 | 2 | 20 | 47 | 6 | 6 | 8 | 40 |
| KING'S HAWAIIAN Roast Beef & Swiss Max Sandwich Contains: Egg, Milk, Soy, Wheat | 342 | 750 | 310 | 34 | 17 | 2 | 205 | 2310 | 61 | 2 | 20 | 50 | 8 | 6 | 20 | 40 |

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 |
| NEW! 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 |
|--|-----|-----|-----|----|---|---|----|------|----|---|---|----|----|----|----|----|

REUBEN

| | | | | | | | | | | | | | | | | |
|--|-----|-----|-----|----|---|---|----|------|----|---|---|----|---|----|----|----|
| Reuben Contains: Egg, Milk, Wheat | 308 | 640 | 270 | 30 | 8 | 0 | 55 | 1610 | 62 | 4 | 7 | 32 | 6 | 20 | 35 | 30 |
|--|-----|-----|-----|----|---|---|----|------|----|---|---|----|---|----|----|----|

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 | 290 | 580 | 290 | 32 | 9 | 0.5 | 100 | 2030 | 38 | 7 | 6 | 43 | 20 | 10 | 30 | 45 |
|--|-----|-----|-----|----|---|-----|-----|------|----|---|---|----|----|----|----|----|

| | | | | | | | | | | | | | | | | |
|--|-----|-----|-----|----|---|---|----|------|----|---|----|----|----|----|----|----|
| 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 |
|--|-----|-----|-----|----|---|---|----|------|----|---|----|----|----|----|----|----|

| | | | | | | | | | | | | | | | | |
|--|-----|-----|-----|----|---|-----|----|------|----|---|---|----|----|----|----|----|
| Roast Turkey & Swiss Wrap Contains: Egg, Fish (anchovies), Milk, Soy, Wheat | 272 | 490 | 230 | 25 | 7 | 0.5 | 75 | 1540 | 38 | 7 | 6 | 35 | 20 | 10 | 30 | 45 |
|--|-----|-----|-----|----|---|-----|----|------|----|---|---|----|----|----|----|----|

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 |
|---|-----|-----|-----|----|---|---|----|------|----|---|---|----|----|----|----|---|

| | | | | | | | | | | | | | | | | |
|--|-----|-----|-----|----|---|---|----|-----|---|---|---|----|----|----|----|----|
| Chopped Farmhouse Salad – Roast Turkey Contains: Milk | 285 | 230 | 120 | 13 | 7 | 0 | 60 | 780 | 8 | 3 | 4 | 23 | 60 | 15 | 25 | 25 |
|--|-----|-----|-----|----|---|---|----|-----|---|---|---|----|----|----|----|----|

| | | | | | | | | | | | | | | | | |
|--|-----|----|----|---|---|---|----|-----|---|---|---|---|----|----|----|---|
| Chopped Side Salad Contains: Milk | 128 | 70 | 45 | 5 | 3 | 0 | 15 | 105 | 4 | 1 | 2 | 5 | 35 | 10 | 10 | 4 |
|--|-----|----|----|---|---|---|----|-----|---|---|---|---|----|----|----|---|

| | | | | | | | | | | | | | | | | |
|------------------------|----|----|---|---|---|---|---|-----|---|---|---|---|---|---|---|---|
| Light Italian Dressing | 43 | 20 | 5 | 1 | 0 | 0 | 0 | 750 | 3 | 0 | 2 | 0 | 0 | 0 | 0 | 0 |
|------------------------|----|----|---|---|---|---|---|-----|---|---|---|---|---|---|---|---|

| | | | | | | | | | | | | | | | | |
|---|----|-----|-----|----|-----|---|----|-----|---|---|---|---|---|---|---|---|
| Dijon Honey Mustard Dressing Contains: Egg | 43 | 180 | 150 | 16 | 2.5 | 0 | 15 | 230 | 8 | 0 | 7 | 0 | 0 | 0 | 0 | 0 |
|---|----|-----|-----|----|-----|---|----|-----|---|---|---|---|---|---|---|---|

| | | | | | | | | | | | | | | | | |
|-------------------------------|----|-----|-----|----|---|---|---|-----|---|---|---|---|---|---|---|---|
| Balsamic Vinaigrette Dressing | 43 | 130 | 110 | 12 | 2 | 0 | 0 | 470 | 5 | 0 | 5 | 0 | 0 | 0 | 0 | 0 |
|-------------------------------|----|-----|-----|----|---|---|---|-----|---|---|---|---|---|---|---|---|

| | | | | | | | | | | | | | | | | |
|--|----|-----|-----|----|-----|---|----|-----|---|---|---|---|---|---|---|---|
| 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 |

♦ 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® - 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) | 183 | 510 | 240 | 27 | 10 | 0 | 165 | 1630 | 43 | 2 | 2 | 22 | 10 | 6 | 35 | 20 |
| 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) | 217 | 640 | 370 | 41 | 15 | 0 | 185 | 1870 | 44 | 2 | 3 | 21 | 10 | 0 | 40 | 20 |
| 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) | 184 | 420 | 180 | 20 | 8 | 0 | 150 | 1530 | 42 | 2 | 1 | 17 | 6 | 0 | 35 | 20 |
| 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 |



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.

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 **January 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.