



## 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)
Market Fresh® Cranberry Deep Fried Turkey Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u>	340	820	300	33	10	0	100	2050	85	5	22	44
Market Fresh® Cranberry Deep Fried Turkey Wrap <u>Contains: Egg, Milk, Soy, Wheat</u>	294	630	270	30	9	0	100	1710	49	3	13	43
Deep Fried Turkey Club Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u>	275	540	250	28	10	0	95	1620	39	2	8	34
Deep Fried Turkey Club Wrap <u>Contains: Egg, Milk, Soy, Wheat</u>	292	580	260	29	9	0	95	1650	41	3	7	41
Prime Rib Cheesesteak <u>Contains: Milk, Wheat</u>	283	600	230	25	14	0.5	65	1560	45	2	3	49
Spicy Prime Rib Cheesesteak <u>Contains: Milk, Soy, Wheat</u>	305	640	230	26	14	0.5	65	1940	53	3	10	49
Beer Battered Fish Sandwich <u>Contains: Egg, Milk, Wheat, Fish</u> † Soy	325	600	210	23	4	0	65	1820	73	5	14	25
Sweet Potato Waffle Fries - Snack ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	68	250	120	13	2	0	0	105	31	4	11	1
Sweet Potato Waffle Fries - Small ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	85	310	150	17	2.5	0	0	130	39	5	14	2
Sweet Potato Waffle Fries - Medium ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	116	430	210	23	3.5	0	0	180	53	7	20	3
Sweet Potato Waffle Fries - Large ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	133	490	240	26	4	0	0	200	60	7	23	3
Root Beer Float-16 oz/Small <u>Contains: Milk</u>	369	310	60	6	4	0	20	180	61	0	59	6
Root Beer Float- 24 oz/Medium <u>Contains: Milk</u>	553	470	80	9	6	0	30	280	92	0	88	9
Root Beer Float- 32 oz/Large <u>Contains: Milk</u>	737	630	110	12	8	0	45	370	123	0	118	12
Coke Float- 16 oz/Small <u>Contains: Milk</u>	369	300	60	6	4	0	20	160	58	0	55	6
Coke Float- 24 oz/Medium <u>Contains: Milk</u>	553	450	80	9	6	0	30	240	87	0	83	9
Coke Float- 32 oz/Large <u>Contains: Milk</u>	737	600	110	12	8	0	45	330	116	0	111	12
Chicken Cheddar Ranch Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	249	610	270	30	8	0	65	1400	58	4	7	28

### SIGNATURE

Smokehouse Brisket <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	203	600	310	35	12	1	100	1250	42	3	8	34
Loaded Italian <u>Contains: Egg, Milk, Wheat</u>	300	630	320	35	12	0	90	2370	49	3	7	29
Reuben <u>Contains: Egg, Milk, Wheat</u>	308	680	280	31	8	0.5	80	2420	62	4	5	37
Greek Gyro <u>Contains: Egg, Milk, Soy, Wheat</u>	273	710	390	44	13	0	75	1360	55	4	6	23
Roast Beef Gyro <u>Contains: Egg, Milk, Wheat</u>	273	550	260	29	7	1	60	1290	48	3	5	24
Roast Turkey Gyro <u>Contains: Egg, Milk, Wheat</u>	273	470	180	20	3.5	0	45	1520	48	3	5	25

♦ Recommended portion sizes. Sweet Potato Waffle 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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	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>MARKET FRESH® ROAST CHICKEN WRAPS</b>												
Roast Chicken Club Wrap <u>Contains: Egg, Milk, Soy, Wheat</u>	298	650	320	35	9	0.5	105	1370	47	4	12	41
Jalapeño Bacon Ranch Roast Chicken Wrap <u>Contains: Egg, Milk, Soy, Wheat</u>	293	600	300	33	6	0	95	1480	42	4	7	37
Creamy Mediterranean Roast Chicken Wrap <u>Contains: Egg, Milk, Soy, Wheat</u>	274	550	270	30	5	0	80	1240	41	3	5	32
<b>MARKET FRESH® SANDWICHES &amp; WRAPS</b>												
Turkey & Swiss Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u>	326	720	260	28	7	0	65	1930	79	5	15	38
Turkey & Swiss Wrap <u>Contains: Egg, Milk, Soy, Wheat</u>	280	530	230	25	7	0	65	1590	42	3	6	37
Turkey, Ranch & Bacon Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u>	344	810	310	35	10	0.5	80	2420	79	5	16	45
Turkey, Ranch & Bacon Wrap <u>Contains: Egg, Milk, Soy, Wheat</u>	298	630	290	32	9	0.5	85	2080	43	3	7	44
<b>MARKET FRESH® SALADS</b>												
Roast Chicken Salad <u>Contains: Milk</u>	304	250	120	14	7	0	75	690	8	3	4	25
Crispy Chicken Salad <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	334	430	220	25	8	0	75	1170	27	4	4	28
Side Salad <u>Contains: Milk</u>	133	70	45	5	2.5	0	15	110	4	1	2	5
Light Italian Dressing	43	15	10	1	0	0	0	730	2	0	2	0
Dijon Honey Mustard Dressing <u>Contains: Egg</u>	43	180	150	16	2.5	0	15	230	7	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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### 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)
Roast Chicken Bacon Swiss <u>Contains: Egg, Milk, Soy, Wheat</u>	261	480	190	21	8	0	95	1140	39	3	10	34
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
Classic Roast Chicken <u>Contains: Egg, Milk, Soy, Wheat</u>	229	370	140	16	3.5	0	65	860	35	3	7	24
Classic Chicken <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	235	510	220	25	5	0	55	1230	48	4	7	24
Roast Buffalo Chicken <u>Contains: Egg, Milk, Soy, Wheat</u>	217	360	130	14	3.5	0	65	1490	36	3	7	24
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)	129	370	160	18	3	0	60	1190	28	2	0	23
Chicken Tenders (5) <u>Contains: Egg, Soy, Wheat</u> † Milk, Fish (where available)	215	610	270	30	4.5	0	100	1990	47	3	0	39
Tangy Barbeque Dipping Sauce Adds	28	45	0	0	0	0	0	360	10	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	130	120	13	2	0	10	160	5	0	4	0
Ranch Dipping Sauce Adds <u>Contains: Egg, Milk</u>	28	100	90	10	2	0	15	135	1	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 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
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
Fire-Roasted Philly <u>Contains: Egg, Milk, Soy, Wheat</u>	275	630	320	35	13	1	100	1890	45	3	3	34



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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)	105	300	120	14	2	0	25	940	31	1	2	12
Chicken Slider <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	92	270	100	11	2.5	0	25	700	30	1	1	13
Pizza Slider <u>Contains: Milk, Soy, Wheat</u>	87	280	140	16	6	0	30	940	22	1	2	12
Ham Slider <u>Contains: Milk, Soy, Wheat</u>	84	200	70	7	2.5	0	25	660	22	1	3	11
Jalapeño Roast Beef Slider <u>Contains: Milk, Soy, Wheat</u>	92	220	80	9	3.5	0	25	570	21	1	1	12
Roast Beef Slider <u>Contains: Milk, Soy, Wheat</u>	84	210	80	9	3.5	0	25	570	21	1	1	12
Turkey Slider <u>Contains: Milk, Soy, Wheat</u>	84	180	45	5	1.5	0	20	660	21	1	2	13

### 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	88
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
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
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
Ketchup Adds	9	10	0	0	0	0	0	85	3	0	2	0
Side Salad <u>Contains: Milk</u>	133	70	45	5	2.5	0	15	110	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)
Chocolate Shake-Snack <u>Contains: Milk</u>	255	350	80	9	6	0	30	220	60	1	52	8
* Chocolate Shake-Small <u>Contains: Milk, Soy</u>	413	590	160	18	12	0	55	350	95	1	83	13
* Chocolate Shake-Medium <u>Contains: Milk, Soy</u>	587	830	220	24	16	0.5	75	500	134	1	118	19
* Chocolate Shake-Large <u>Contains: Milk, Soy</u>	758	1050	290	32	21	0.5	100	650	169	2	149	25
Jamocha Handcrafted Shake-Snack <u>Contains: Milk</u>	255	340	80	8	5	0	30	230	59	0	53	8
* Jamocha Shake-Small <u>Contains: Milk, Soy</u>	413	580	160	17	11	0	55	360	93	1	84	13
* Jamocha Shake-Medium <u>Contains: Milk, Soy</u>	587	810	210	23	15	0.5	75	510	132	1	119	19
* Jamocha Shake-Large <u>Contains: Milk, Soy</u>	758	1030	280	31	20	0.5	100	650	166	1	150	24
Vanilla Shake-Snack <u>Contains: Milk</u>	227	280	70	8	5	0	30	190	44	0	40	8
Vanilla Shake-Small <u>Contains: Milk</u>	376	490	160	17	11	0	55	310	72	0	66	13
Vanilla Shake-Medium <u>Contains: Milk</u>	534	690	210	23	15	0.5	75	440	103	0	95	18
Vanilla Shake-Large <u>Contains: Milk</u>	700	900	270	30	20	0.5	100	580	135	1	124	24
* 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 Slider <u>Contains: Egg, Milk, Soy, Wheat</u> † Fish (where available)	92	270	100	11	2.5	0	25	700	30	1	1	13
Pizza Slider <u>Contains: Milk, Soy, Wheat</u>	87	280	140	16	6	0	30	940	22	1	2	12
Ham Slider <u>Contains: Milk, Soy, Wheat</u>	84	200	70	7	2.5	0	25	660	22	1	3	11
Roast Beef Slider <u>Contains: Milk, Soy, Wheat</u>	84	210	80	9	3.5	0	25	570	21	1	1	12
Turkey Slider <u>Contains: Milk, Soy, Wheat</u>	84	180	45	5	1.5	0	20	660	21	1	2	13
Chicken Tenders (2) <u>Contains: Egg, Soy, Wheat</u> † Milk, Fish (where available)	86	240	110	12	2	0	40	800	19	1	0	15
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	20	1330	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>TOPPINGS</b>												
Pepper Bacon- 3 half strips	14	70	45	5	1.5	0	15	250	1	0	1	5
Red Ranch Sauce- 0.5 oz	14	70	50	6	1	0	0	105	5	0	4	0
Leaf Lettuce- 1 leaf	5	0	0	0	0	0	0	0	0	0	0	0
Crispy Onions- 0.5 oz <u>Contains: Egg, Milk, Wheat</u> † Soy, Fish (where available)	14	70	45	5	1	0	0	150	6	0	1	1
Natural Cheddar- 1 slice <u>Contains: Milk</u>	19	80	60	6	3.5	0	20	120	0	0	0	5
Tomato- 2 slices	40	5	0	0	0	0	0	0	2	0	1	0
4" Sesame Seed Bun <u>Contains: Soy, Wheat</u>	69	210	35	3.5	0.5	0	0	340	36	2	5	7
Red Onion- 2 slices	4	0	0	0	0	0	0	0	0	0	0	0
Jalapenos- 0.25 oz	7	0	0	0	0	0	0	0	0	0	0	0
Smoked Gouda- 1 slice <u>Contains: Milk</u>	21	70	60	6	4	0	20	180	0	0	0	5
Processed Swiss- 1 slice <u>Contains: Milk, Soy</u>	13	40	25	3	2	0	10	200	0	0	0	3
Cheddar Sauce- 0.75 oz <u>Contains: Milk</u>	21	25	15	2	0	0	0	180	2	0	0	0





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	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 **September 2020**.

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.