



I'm thinking Arby's®

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

| | Serving Weight (g) | Calories | 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) |
|---|--------------------|----------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------------------|------------------|----------------|-------------|
| Arby's® Roast Beef Sandwiches | | | | | | | | | | | | | | | |
| Regular Beef 'n Cheddar Contains: Milk, Wheat | 195 | 430 | 20 | 6 | 1 | 45 | 1220 | 40 | 1 | 9 | 22 | 2 | 15 | 6 | 30 |
| Regular Roast Beef Contains: Sesame Seeds, Wheat | 154 | 340 | 13 | 4.5 | 0.5 | 45 | 930 | 35 | 1 | 7 | 22 | 0 | 10 | 4 | 25 |
| Medium Roast Beef Contains: Sesame Seeds, Wheat | 210 | 440 | 19 | 7 | 1 | 75 | 1350 | 35 | 1 | 7 | 32 | 0 | 10 | 4 | 35 |
| Large Roast Beef Contains: Sesame Seeds, Wheat | 267 | 530 | 25 | 10 | 1.5 | 100 | 1760 | 35 | 1 | 7 | 43 | 0 | 10 | 6 | 45 |
| Pepper Bacon (4 Pieces) Adds | 18 | 100 | 7 | 2.5 | 0 | 15 | 330 | 1 | 0 | 1 | 8 | 0 | 2 | 0 | 2 |
| Great Canadian Sandwich Contains: Egg, Sesame Seeds, Wheat | 214 | 410 | 21 | 4.5 | 0.5 | 35 | 990 | 40 | 2 | 11 | 17 | 10 | 20 | 6 | 25 |
| Bacon 'n Cheddar Deluxe Contains: Egg, Milk, Sesame Seeds, Wheat | 224 | 490 | 27 | 7 | 0.5 | 50 | 1230 | 39 | 2 | 8 | 23 | 10 | 20 | 6 | 25 |
| Philly Beef 'n Swiss Contains: Milk, Sesame Seeds, Soya, Wheat | 194 | 410 | 19 | 8 | 0.5 | 50 | 1150 | 40 | 2 | 10 | 22 | 10 | 35 | 20 | 25 |
| Arby's Melt* Contains: Milk, Sesame Seeds, Wheat | 146 | 320 | 12 | 3.5 | 0.5 | 30 | 900 | 36 | 1 | 7 | 17 | 0 | 8 | 6 | 20 |
| French Dip Sandwich w/Au Jus* Contains: Milk, Soya, Wheat | 312 | 470 | 14 | 5 | 1 | 60 | 2910 | 56 | 2 | 1 | 31 | 0 | 2 | 6 | 40 |
| Junior Beef Deluxe Sandwich* Contains: Egg, Sesame Seeds, Wheat | 121 | 260 | 13 | 3.5 | 0.5 | 30 | 660 | 23 | 2 | 3 | 15 | 8 | 20 | 6 | 20 |
| Arby's® Chicken & Fish | | | | | | | | | | | | | | | |
| Chicken Bacon 'n Swiss Contains: Egg, Milk, Sesame Seeds, Soya, Wheat † Fish(when available) | 205 | 610 | 29 | 6 | 0.3 | 70 | 2400 | 58 | 3 | 10 | 31 | 4 | 10 | 15 | 20 |
| Chicken Sandwich - Crispy Contains: Egg, Sesame Seeds, Soya, Wheat † Milk, Fish (when available) | 188 | 530 | 25 | 3 | 0.1 | 50 | 1960 | 54 | 2 | 7 | 23 | 8 | 10 | 6 | 15 |
| Chicken Cordon Bleu Contains: Egg, Milk, Sesame Seeds, Soya, Wheat † Fish (when available) | 241 | 630 | 29 | 5 | 0.2 | 75 | 2780 | 58 | 2 | 9 | 33 | 4 | 8 | 15 | 20 |
| Roast Chicken Club Contains: Egg, Milk, Sesame Seeds, Soya, Wheat | 230 | 510 | 26 | 7 | 0.3 | 60 | 1560 | 40 | 2 | 10 | 29 | 15 | 20 | 15 | 20 |
| 2 Piece Chicken Tenders Snack* Contains: Wheat † Egg, Milk, Soya, Fish (when available) | 201 | 580 | 29 | 4.5 | 0.1 | 40 | 1730 | 58 | 5 | 5 | 22 | 0 | 4 | 4 | 10 |
| 3 Piece Chicken Tenders Contains: Wheat † Egg, Milk, Soya, Fish (when available) | 131 | 420 | 22 | 4 | 0 | 60 | 1140 | 29 | 2 | 0 | 27 | 0 | 0 | 2 | 6 |
| Barbeque Dipitt Adds | 28 | 30 | 0.1 | 0 | 0 | 0 | 350 | 7 | 0 | 5 | 0.2 | 0 | 2 | 0 | 0 |
| Honey Mustard Dipitt Adds Contains: Egg, Sulphites | 28 | 130 | 13 | 2 | 0.2 | 20 | 170 | 4 | 0 | 1 | 0.4 | 0 | 0 | 0 | 2 |
| Fish Sandwich* Contains: Egg, Fish (pollock), Sesame Seeds, Wheat † Milk, Soya | 206 | 550 | 29 | 3.5 | 0.1 | 50 | 1190 | 56 | 3 | 8 | 16 | 2 | 10 | 6 | 20 |



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Market Fresh® Sandwiches

| | Serving Weight (g) | Calories | 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) |
|--|--------------------|----------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------------------|------------------|----------------|-------------|
| Roast Beef & Swiss Sandwich Contains: Egg, Fish (anchovies), Milk, Wheat | 332 | 790 | 36 | 9 | 1 | 75 | 1690 | 80 | 6 | 19 | 38 | 15 | 15 | 35 | 45 |
| Roast Beef & Swiss Wrap Contains: Egg, Fish (anchovies), Milk, Wheat | 249 | 660 | 38 | 11 | 1 | 75 | 1610 | 50 | 3 | 3 | 31 | 10 | 6 | 25 | 40 |
| Roast Ham & Swiss Sandwich Contains: Egg, Fish (anchovies), Milk, Wheat | 292 | 720 | 29 | 6 | 0.3 | 55 | 2140 | 83 | 5 | 20 | 34 | 10 | 6 | 35 | 35 |
| Roast Ham & Swiss Wrap Contains: Egg, Fish (anchovies), Milk, Wheat | 249 | 610 | 31 | 8 | 0.3 | 55 | 2060 | 55 | 3 | 5 | 28 | 10 | 4 | 25 | 30 |
| Roast Turkey & Swiss Sandwich Contains: Egg, Fish (anchovies), Milk, Wheat | 332 | 720 | 28 | 6 | 0.3 | 55 | 1920 | 80 | 6 | 21 | 41 | 15 | 15 | 35 | 35 |
| Roast Turkey & Swiss Wrap Contains: Egg, Fish (anchovies), Milk, Wheat | 249 | 600 | 30 | 8 | 0.3 | 55 | 1830 | 51 | 3 | 5 | 33 | 10 | 4 | 25 | 25 |
| Roast Turkey Ranch & Bacon Sandwich Contains: Egg, Milk, Wheat | 350 | 840 | 38 | 8 | 0.3 | 75 | 2330 | 81 | 6 | 22 | 47 | 15 | 15 | 30 | 35 |
| Roast Chicken Caesar Salad Sandwich* Contains: Egg, Fish (anchovies), Milk, Soya, Wheat | 309 | 900 | 52 | 4.5 | 0.4 | 60 | 2030 | 80 | 5 | 18 | 34 | 15 | 15 | 20 | 35 |
| Roast Chicken Caesar Salad Wrap* Contains: Egg, Fish (anchovies), Milk, Soya, Wheat | 266 | 780 | 53 | 6 | 0.4 | 60 | 1950 | 52 | 3 | 3 | 27 | 15 | 10 | 15 | 25 |
| Ultimate BLT Sandwich* Contains: Egg, Wheat | 285 | 860 | 45 | 8 | 0.3 | 50 | 1720 | 80 | 6 | 20 | 35 | 15 | 20 | 20 | 35 |

Market Fresh® Chopped Salads

| | | | | | | | | | | | | | | | |
|--|-----|-----|-----|-----|-----|----|------|----|---|---|-----|----|----|----|----|
| Chopped Farmhouse Chicken Salad- Crispy* Contains: Milk, Wheat † Egg, Soya, Fish (where available) | 344 | 480 | 27 | 9 | 0.3 | 70 | 1160 | 28 | 4 | 5 | 31 | 35 | 20 | 25 | 10 |
| Chopped Farmhouse Chicken Salad- Roast* Contains: Milk, Soya, Wheat | 314 | 270 | 16 | 8 | 0.3 | 60 | 980 | 10 | 3 | 5 | 24 | 35 | 20 | 25 | 10 |
| Chopped Side Salad* Contains: Milk | 120 | 70 | 4.5 | 3 | 0.1 | 15 | 115 | 4 | 1 | 2 | 4 | 15 | 10 | 10 | 4 |
| Turkey Club Salad* Contains: Milk | 314 | 250 | 14 | 7 | 0.3 | 50 | 1040 | 11 | 3 | 6 | 23 | 35 | 20 | 25 | 10 |
| Ranch Dressing* Contains: Egg, Milk | 40 | 190 | 21 | 2.5 | 0.1 | 10 | 360 | 2 | 0 | 2 | 0.3 | 0 | 0 | 0 | 0 |
| Italian Dressing* | 41 | 100 | 10 | 1.5 | 0 | 0 | 430 | 3 | 0 | 3 | 0.1 | 0 | 2 | 0 | 0 |
| French Dressing* | 41 | 160 | 16 | 2.5 | 0.1 | 0 | 350 | 6 | 0 | 5 | 0.2 | 0 | 0 | 0 | 0 |

Kids Meal

| | | | | | | | | | | | | | | | |
|---|----|-----|----|-----|-----|----|-----|----|---|---|----|---|----|---|----|
| Junior Roast Beef Sandwich* Contains: Sesame Seeds, Wheat | 90 | 190 | 6 | 2.5 | 0.3 | 20 | 510 | 22 | 2 | 3 | 12 | 0 | 15 | 6 | 15 |
| 2 Piece Chicken Tenders Contains: Wheat † Egg, Milk, Soya, Fish (where available) | 87 | 280 | 15 | 2.5 | 0 | 40 | 760 | 19 | 2 | 0 | 18 | 0 | 0 | 2 | 4 |



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Sides & Sidekickers®

| | Serving Weight (g) | Calories | 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) |
|--|--------------------|----------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------------------|------------------|----------------|-------------|
| Curly Fries - Small ♦ Contains: Wheat † Egg, Milk, Soya, Fish (where available) | 77 | 240 | 13 | 2 | 0 | 0 | 550 | 29 | 3 | 0 | 3 | 0 | 2 | 2 | 6 |
| Curly Fries - Medium ♦ Contains: Wheat † Egg, Milk, Soya, Fish (where available) | 128 | 410 | 22 | 3 | 0.1 | 0 | 920 | 48 | 5 | 0 | 5 | 0 | 4 | 2 | 10 |
| Curly Fries - Large ♦ Contains: Wheat † Egg, Milk, Soya, Fish (where available) | 201 | 640 | 34 | 5 | 0.2 | 0 | 1460 | 76 | 7 | 0 | 8 | 0 | 6 | 4 | 20 |
| Homestyle Fries - Small ♦ † Egg, Milk, Soya, Wheat, Fish (where available) | 85 | 230 | 10 | 1.5 | 0 | 0 | 480 | 33 | 3 | 0 | 3 | 0 | 2 | 2 | 6 |
| Homestyle Fries - Medium ♦ † Egg, Milk, Soya, Fish, Wheat (where available) | 128 | 350 | 15 | 2 | 0.1 | 0 | 720 | 49 | 4 | 0 | 4 | 0 | 4 | 2 | 8 |
| Homestyle Fries - Large ♦ † Egg, Milk, Soya, Wheat, Fish (where available) | 213 | 590 | 26 | 3.5 | 0.1 | 0 | 1200 | 82 | 7 | 0 | 7 | 0 | 6 | 2 | 15 |
| Mozzarella Sticks - Regular (4) Contains: Milk, Soya, Wheat † Egg, Fish (where available) | 137 | 410 | 18 | 7 | 0 | 50 | 1600 | 42 | 4 | 1 | 19 | 15 | 0 | 35 | 4 |
| Mozzarella Sticks - Large (8) Contains: Milk, Soya, Wheat † Egg, Fish (where available) | 274 | 810 | 36 | 14 | 0 | 100 | 3200 | 85 | 9 | 2 | 38 | 30 | 0 | 70 | 8 |
| Marinara Sauce Adds | 43 | 30 | 1.5 | 0.2 | 0 | 0 | 170 | 5 | 1 | 3 | 1 | 0 | 0 | 2 | 4 |
| Loaded Potato Bites®- Regular (5) Contains: Egg, Milk, Wheat † Soya, Fish (where available) | 112 | 340 | 20 | 6 | 0.4 | 5 | 760 | 29 | 2 | 1 | 10 | 6 | 0 | 15 | 6 |
| Loaded Potato Bites®- Large (10) Contains: Egg, Milk, Wheat † Soya, Fish (where available) | 224 | 670 | 40 | 13 | 1 | 10 | 1510 | 58 | 3 | 2 | 19 | 15 | 0 | 30 | 10 |
| Ranch Dipitt Adds Contains: Milk | 43 | 190 | 20 | 1.5 | 0.3 | 0 | 300 | 3 | 0 | 2 | 0.4 | 0 | 0 | 2 | 0 |
| Baked Potato- Sour Cream & Bece!* Contains: Milk, Soya | 367 | 460 | 16 | 4 | 0.2 | 10 | 150 | 72 | 7 | 5 | 10 | 20 | 70 | 8 | 25 |
| Baked Potato- Broccoli & Cheddar* Contains: Milk, Soya | 473 | 570 | 22 | 5 | 0.3 | 15 | 790 | 79 | 9 | 5 | 15 | 25 | 120 | 20 | 30 |
| Baked Potato- Deluxe* Contains: Milk, Soya | 437 | 630 | 28 | 9 | 0.4 | 45 | 880 | 76 | 7 | 5 | 19 | 25 | 70 | 20 | 25 |
| Baked Potato-Mushroom & Swiss* Contains: Milk, Soya | 456 | 760 | 40 | 11 | 1 | 35 | 960 | 80 | 8 | 11 | 20 | 45 | 80 | 35 | 30 |
| Jalapeño Bites® * - Regular (5) Contains: Milk, Wheat † Egg, Soya, Fish (where available) | 110 | 300 | 17 | 7 | 0.5 | 25 | 640 | 32 | 2 | 2 | 5 | 8 | 2 | 4 | 6 |
| Jalapeño Bites® * - Regular (10) Contains: Milk, Wheat † Egg, Soya, Fish (where available) | 220 | 600 | 35 | 13 | 1 | 50 | 1290 | 63 | 3 | 5 | 10 | 15 | 6 | 8 | 10 |
| Bronco Berry Sauce® Adds | 43 | 80 | 0 | 0 | 0 | 0 | 30 | 20 | 0 | 17 | 0.1 | 0 | 0 | 0 | 0 |
| Onion Petals*- Regular Contains: Milk, Wheat † Egg, Soya, Fish (where available) | 99 | 330 | 18 | 2.5 | 0.1 | 0 | 280 | 38 | 2 | 7 | 4 | 0 | 0 | 2 | 6 |
| Onion Petals*- Large Contains: Milk, Wheat † Egg, Soya, Fish (where available) | 284 | 940 | 52 | 7 | 0.3 | 0 | 790 | 109 | 7 | 19 | 10 | 0 | 0 | 6 | 15 |
| Tangy Southwest Sauce® Adds Contains: Egg | 43 | 250 | 26 | 4 | 0.4 | 35 | 310 | 4 | 0 | 3 | 1 | 2 | 6 | 0 | 2 |

♦ Recommended portion sizes. Curly Fries and Homestyle Fries (where available) are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.



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Shakes & Desserts

| | Serving Weight (g) | Calories | 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) |
|--|--------------------|----------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------------------|------------------|----------------|-------------|
| Chocolate Shake* Contains: Milk | 468 | 570 | 15 | 7 | 0.3 | 55 | 300 | 97 | 1 | 86 | 13 | 20 | 4 | 45 | 40 |
| Vanilla Shake* Contains: Milk | 482 | 540 | 16 | 7 | 0.4 | 60 | 320 | 83 | 0 | 76 | 15 | 20 | 4 | 50 | 0 |
| Jamocha Shake* Contains: Milk | 468 | 570 | 14 | 7 | 0.3 | 55 | 340 | 98 | 1 | 90 | 13 | 20 | 4 | 45 | 2 |
| Strawberry Shake* Contains: Milk | 468 | 560 | 14 | 7 | 0.3 | 55 | 290 | 95 | 0 | 89 | 13 | 20 | 4 | 45 | 0 |
| Apple Turnover (no icing) Contains: Soya, Wheat | 89 | 270 | 15 | 8 | 0.2 | 0 | 370 | 31 | 1 | 11 | 4 | 0 | 2 | 0 | 10 |
| Blueberry Turnover (no icing) Contains: Soya, Wheat | 89 | 270 | 15 | 8 | 0.2 | 0 | 380 | 31 | 1 | 10 | 4 | 0 | 2 | 0 | 10 |
| Icing Adds Contains: Sulphites | 21 | 70 | 1 | 0.2 | 0 | 0 | 3 | 17 | 0 | 16 | 0 | 0 | 0 | 0 | 0 |
| Chocolate Chunk Cookies* (2) Contains: Egg, Milk, Soya, Wheat | 76 | 330 | 16 | 8 | 0.1 | 15 | 250 | 45 | 2 | 26 | 4 | 15 | 0 | 2 | 15 |

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.

◆ Recommended portion sizes. Curly Fries and Homestyle Fries (where available) are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

+The sodium value will vary based on the level of sodium in the local water supply.

1% Lowfat Chocolate Milk: See carton label.

2% Reduced Fat White Milk: See carton label.

Apple Turnover: Enriched wheat flour, apples, water, palm oil margarine (soya lecithin), sugar, glucose-fructose, modified corn starch, raisins, salt, cinnamon, ascorbic acid. Icing: sugar, water, glucose syrup, hydrogenated soya and/or cottonseed oil, modified tapioca starch, preservatives (sorbic acid and sulphiting agent [sulphites]), colour, artificial flavour.

Au Jus: Beef flavour (hydrolyzed corn, soya and wheat proteins, flavour, autolyzed yeast extract, hydrogenated soya oil), maltodextrin, salt, corn starch, modified milk ingredients, soya oil, colour, silicon dioxide, citric acid, disodium inosinate, disodium guanylate. May contain sesame seeds and sulphites.

Bacon Flakes: Pork cured with: water, salt, sodium phosphate, sodium erythorbate, sodium nitrite, smoke. May contain sugar, brown sugar, potassium chloride, spices, flavour.

Barbeque Dipitt: Water, sugar/glucose-fructose, tomato paste, vinegar, salt, modified corn starch, vegetable oil, xanthan gum, sodium benzoate, spices and spice extractives, flavour.

Becel Margarine: Canola and sunflower oils, water, modified palm and kernel oils, salt, whey powder (milk), soya lecithin, vegetable monoglycerides, potassium sorbate, citric acid, alpha-tocopherol acetate, artificial flavour, beta carotene, vitamin A palmitate, calcium disodium EDTA, vitamin D3.

Blueberry Turnover: Enriched wheat flour, water, blueberries, palm oil margarine (soya lecithin), glucose-fructose, sugar, modified corn starch, salt, citric acid, ascorbic acid. Icing: sugar, water, glucose syrup, hydrogenated soya and/or cottonseed oil, modified tapioca starch, preservatives (sorbic acid and sulphiting agent [sulphites]), colour, artificial flavour.

Bronco Berry Sauce: Sugar/glucose-fructose, water, modified corn starch, vinegar, red bell pepper (dehydrated), jalapeno pepper (dehydrated), onion (dehydrated), salt, sodium benzoate, potassium sorbate, xanthan gum, chili pepper (contains silicon dioxide [anticaking], ethoxyquin [colour retention]), spices, colour (red 40).

Caesar Spread: Canola oil, water, fresh garlic, frozen yolk (egg), concentrated lemon juice, salt, cheeses (Parmesan [milk], Romano [milk]), seasonings, Dijon mustard (water, mustard seeds, vinegar, salt, turmeric), garlic (dehydrated), spices, flavour (soya), cured anchovies (fish).

Cheddar Cheese, Sharp, Natural Slice: Pasteurized milk, bacterial culture, salt, colour, calcium chloride, microbial enzyme. May contain modified milk ingredients.

Cheddar Cheese Sauce: Water, canola oil, modified corn starch, cheddar cheese (milk, cheese, salt, enzymes), maltodextrin, less than 2% of: salt, sodium phosphate, nonfat dry milk, mono and diglycerides, sodium stearyl lactylate, autolyzed yeast extract, acetic acid, citric acid, sodium citrate, sodium hexametaphosphate, natural flavours, colour (annatto extract, oleoresin paprika, carotene, yellow 6).

Cheddar, Shredded: Milk, modified milk ingredients, bacterial culture, salt, rennet and/or microbial enzyme, colour, cellulose (to prevent caking), natamycin. May contain calcium chloride.

Chicken Tenders: Chicken breast, water, salt, sodium phosphate. Battered and Breaded with: bleached wheat flour, modified food starch, white corn flour, salt, spices, leavening, (sodium aluminum phosphates, sodium bicarbonate), soya oil, garlic powder. Cooked in canola oil. May be cooked in the same oil as menu items that contain Soy, Milk, Egg and Fish (where available).

Chocolate Chunk Cookies: Wheat flour, sugar, chocolate chunks (sugar, chocolate liquor, cocoa butter, soya lecithin, vanilla, artificial flavour, salt), vegetable oil, margarine (milk), modified palm and palm kernel oil, liquid whole eggs, liquid invert sugar, cooking molasses, water, sodium bicarbonate, natural flavour, salt. Processed in a plant that contains peanuts, tree nuts, sulphites and tartrazine.

Chocolate Shake: Vanilla Shake Mix (milk and/or modified milk ingredients and/or cream, sugar/glucose-fructose, mono and diglycerides, cellulose gum, guar gum, polysorbate 80, sodium phosphate, carrageenan, salt, artificial flavour and colour), Chocolate Syrup (sugar/glucose-fructose, water, cocoa, modified corn starch, salt, potassium sorbate, xanthan gum, citric acid, artificial flavour).

Ciabatta Bread: Enriched wheat flour, water, vegetable oil (soya, canola), salt, yeast, sugar, calcium propionate (preservative), dextrose, malted barley flour, dried sour of rye (rye flour, bacterial culture), soya lecithin, enzymes, ascorbic acid, L-cysteine hydrochloride, tricalcium phosphate. May contain egg, milk, tree nuts, sulphites, sesame seeds.

Creamy Ranch Spread: Canola oil, water, vinegar, egg yolk, sugar, salt, skim milk powder, garlic, flavours, monosodium glutamate, xanthan gum, phosphoric acid, polysorbate 60, spices, dried parsley, lemon juice concentrate.

Crispy Chicken Breast: Chicken breast, water, salt, sodium phosphate. Coated with: wheat flour, modified corn starch, salt, spice, garlic powder, hydrolyzed soya protein. Cooked in canola oil. May be cooked in the same oil as menu items that contain Milk, Egg and Fish (where available).

Curly Fries: Potatoes, vegetable oil (contains one or more of the following: canola oil, soya oil, cottonseed oil, sunflower oil, corn oil), bleached enriched wheat flour, salt, corn starch, onion powder, degermed yellow corn meal, spices, garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate), modified corn starch, dextrose, spice and colouring, natural flavour, dried torula yeast, xanthan gum, sodium acid pyrophosphate (to preserve natural colour). Cooked in canola oil. May be cooked in the same oil as menu items that contain Soy, Milk, Egg and Fish (where available).

Dijon Honey Mustard Sandwich Spread: Soya oil, water, honey, mustard seed, glucose-fructose, distilled vinegar, egg yolk, salt, xanthan gum, spices, propylene glycol alginate, white wine, sodium benzoate and potassium sorbate (preservatives), oleoresin paprika, calcium disodium EDTA (to protect flavour), yellow 5, citric acid, tartaric acid.

Dill Pickle Slices: Cucumbers, water, white vinegar, salt, calcium chloride, flavours, sodium benzoate (preservative), turmeric.

Fish: Pollock, toasted wheat crumbs, modified corn starch, water, flour (wheat, corn), salt, seasonings (spices, onion, garlic), hydrolyzed corn protein, sunflower oil, guar gum, colour (caramel, paprika). Cooked in canola oil. May be cooked in the same oil as menu items that contain Egg, Milk and Soya.

French Dressing: Water, soya oil, sugar, vinegar, salt, mustard, paprika, xanthan gum, propylene glycol alginate, spices, calcium disodium EDTA.

Homestyle Fries: Potatoes, vegetable oil (contains one or more of the following: canola oil, soya oil, cottonseed oil, sunflower oil), modified potato starch, rice flour, dextrin, salt, baking powder, xanthan gum, dextrose, sodium acid pyrophosphate. Cooked in canola oil. May be cooked in the same oil as menu items that contain Wheat, Soy, Milk, Egg and Fish (where available).

Honey Mustard Dipitt: Vegetable oil, water, honey, Dijon mustard (vinegar, water, mustard seed, salt, white wine (sulphites), citric acid, tartaric acid, spices), sugar/glucose-fructose, vinegar, powdered egg yolk (egg yolks, sodium aluminum silicate), salt, xanthan gum, potassium sorbate, sodium benzoate, propylene glycol alginate, spice extract, calcium disodium EDTA, yellow 5.

Honey Wheat Bread: Bleached enriched wheat and malted barley flour, water, coarse cracked wheat, glucose-fructose, yeast, honey, soya oil, wheat gluten, salt, malt syrup (corn syrup, barley malt extract, enzymes), dough improver (wheat flour, calcium stearyl lactylate, salt, calcium sulfate, diacetyl tartaric acid esters of mono and diglycerides, soya oil, contains 2% or less of: potassium iodate, ascorbic acid, enzyme, L-cysteine, azodicarboxamide), calcium propionate (to retard spoilage), calcium sulfate, enzymes, caramel colour, ascorbic acid.

Horsey Sauce: Vegetable oil, water, sugar/glucose-fructose, vinegar, powdered egg yolk (egg yolk, sodium aluminum silicate), salt, modified corn starch, mustard flour, horseradish (dehydrated), xanthan gum, sodium benzoate, mustard oil, calcium disodium EDTA.

Italian Dressing: Water, soya oil, vinegar, glucose-fructose, salt, garlic (dried), garlic, xanthan gum, onions (dried), lemon juice concentrate, sorbic acid, spices, red bell peppers (dried), parsley (dried), calcium disodium EDTA, colour (contains tartrazine).

Jalapeno Bites: Bleached wheat flour, green jalapeno peppers (peppers, water, acetic acid, salt, calcium chloride, sodium benzoate [preservative]), cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), water, contains 2% or less of: cellulose gum, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), modified corn starch, oleoresin turmeric, salt, soya oil, sugar, whey (milk), yeast, yellow corn flour. Cooked in canola oil. May be cooked in the same oil as menu items that contain Soy, Egg and Fish (where available).

Jamocho Shake: Vanilla Shake Mix (milk and/or modified milk ingredients and/or cream, sugar/glucose-fructose, mono and diglycerides, cellulose gum, guar gum, polysorbate 80, sodium phosphate, carrageenan, salt, artificial flavour and colour), Jamocha Syrup (sugar/glucose-fructose, water, cocoa powder, instant coffee, caramel colour, salt, citric acid, xanthan gum, polysorbate 60, potassium sorbate, artificial flavour).

Ketchup: Tomato paste, sugar/glucose-fructose, water, white vinegar, salt, seasoning.

Liquid Margarine: Soya oil, water, hydrogenated soya oil, salt, soya protein, soya lecithin, potassium sorbate, mono and diglycerides, artificial flavour, vitamin A palmitate, vitamin D3. May contain colour.

Loaded Potato Bites: Hash brown potatoes, pasteurized process American cheese (American cheese [milk, cheese culture, salt, enzymes], water, cream, sodium phosphate, sodium citrate, salt, sorbic acid [preservative], apo-carotene [colour]), water, bleached wheat flour, dehydrated potatoes (potatoes, mono and diglycerides, dextrose), bacon bits (bacon cured with: water, salt, sodium phosphate, sodium nitrite, smoke flavouring). May contain sugar, sodium erythorbate, brown sugar, sodium ascorbate, potassium chloride, dextrose, flavouring, honey, potassium lactate, sodium diacetate), chives (dried), parsley (dried), salt, sugar, spices (including paprika & turmeric), onion, corn starch, garlic, natural flavour, yeast, soya oil, egg, modified corn starch, rice flour, dextrin, leavening, sodium acid pyrophosphate, sodium bicarbonate, xanthan gum. Cooked in canola oil. May be cooked in the same oil as menu items that contain Soy and Fish (where available).

Marinara Sauce: Water, crushed tomato, vegetable oil, sugar/glucose-fructose, onion (dehydrated), salt, citric acid, xanthan gum, spices, garlic (dehydrated), sodium benzoate, potassium sorbate.

Mayonnaise: Vegetable oil, water, whole egg, vinegar, egg yolk, salt, sugar, concentrated lemon juice, calcium disodium EDTA, garlic (dehydrated), onion (dehydrated), spices, seasonings.

Mozzarella Sticks: Mozzarella cheese (milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme), wheat flour, water, vegetable oils (soya, canola), corn flour, salt, sugar, dextrose, modified milk ingredients, baking powder, spices, turmeric and paprika extracts, modified cornstarch, colour, flavour, sodium alginate, soya lecithin, potato starch, soya monoglycerides. Cooked in canola oil. May be cooked in the same oil as menu items that contain Egg and Fish (where available).

Onion Bun: Enriched wheat flour, water, sugar/glucose-fructose, yeast, soya and/or canola oil, wheat gluten, salt, spice mix (corn flour, turmeric, mono and diglycerides, paprika, natural and artificial flavours), calcium propionate, sodium stearoyl-2 lactylate, diacetyl tartaric acid esters of mono and diglycerides, vegetable monoglycerides, vinegar. Topped with onion, poppy seeds. May contain sesame seeds, milk, egg, soya.

Onion Petals: Onions, bleached wheat flour, water, vegetable oil (soya and/or canola), yellow corn flour, modified corn starch, buttermilk (cultured low fat milk, vita palmitate, vitamin D3, cultures, salt), contains 2% or less of: cultured buttermilk, dextrose, enzyme modified cream, extractives of paprika, guar gum, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate), maltodextrin, monoglycerides, natural butter flavour (milk), natural flavour (milk), salt, silicon dioxide, sodium silico aluminate, sorbitol, spice, sugar, whey (milk). Cooked in canola oil. May be cooked in the same oil as menu items that contain Soy, Egg and Fish (where available).

Parmesan Grated Cheese Product: Milk, modified milk ingredients, bacterial culture, salt, rennet and/or microbial enzyme, calcium chloride, lipase, powdered cellulose, Parmesan flavour, natamycin.

Pepper Bacon: Pork cured with: water, salt, sugar, smoke flavouring, sodium phosphate, sodium erythorbate, flavouring, sodium nitrite. Coated with ground black pepper and sugar.

Pepper Seasoning: Spice, red bell pepper (dehydrated), sugar.

Plum Prunes Dipitt: Sugar/glucose-fructose, water, pumpkin, vinegar, salt, modified corn starch, apricot puree, plum puree, guar gum, blackstrap molasses, sodium benzoate, spices, ascorbic acid, caramel colour.

Potato Cake: Potatoes, canola and/or soya oil, potato granules (dehydrated potato flakes, mono and diglycerides), salt, cerelese, sodium acid pyrophosphate. Cooked in canola oil. May be cooked in the same oil as menu items that contain Wheat, Soy, Milk, Egg and Fish (where available).

Ranch Dipitt: Canola oil, water, vinegar, sugar, buttermilk powder, buttermilk flavour, salt, spices, xanthan gum, modified corn starch, citric acid, lactic acid, propylene glycol, disodium inosinate and disodium guanylate, sodium benzoate, potassium sorbate, calcium disodium EDTA.

Ranch Dressing: Soya and canola oil, water, sugar, vinegar, egg yolk, modified milk ingredients, salt, garlic juice, natural flavours, xanthan gum, onions (dried), phosphoric acid, sorbic acid, spices, polysorbate 60, parsley (dried), lemon juice concentrate, disodium guanylate, disodium inosinate, calcium disodium EDTA.

Red Ranch Sauce: Glucose-fructose, vegetable oil, corn-cider vinegar, tomato paste, distilled vinegar, water, salt, paprika, spice, beet juice concentrate, onion (dehydrated), natural flavour, xanthan gum, propylene glycol alginate, garlic (dehydrated).

Roast Beef: Beef, water, salt, sodium phosphate.

Roast Chicken Breast: Chicken, water, sodium lactate, flavour (modified corn starch, salt, wheat starch, hydrolyzed soya and corn protein), salt, sodium phosphate, spice, sugar, onion powder, soya sauce powder, garlic powder, yeast extract. May contain traces of milk ingredients.

Roast Ham: Ham, water, corn syrup solids, salt, flavour (modified corn starch), sodium phosphate, carrageenan, sodium erythorbate, sodium nitrite, smoke. May contain milk, wheat and soya.

Roast Turkey: Turkey, water, salt, brown sugar, flavour (salt, autolyzed yeast extract, fructose, maltodextrin, turkey flavour, flavour [contains corn], onion powder, garlic powder), dextrose, sodium phosphate.

Sesame Bun: Enriched wheat flour, water, sugar/glucose-fructose, yeast, soya and/or canola oil, salt, wheat gluten, malt extract, calcium propionate, sodium stearoyl-2 lactylate, vegetable monoglycerides. Topped with sesame seeds. May contain milk, egg, soya.

Sour Cream: Milk ingredients, modified milk ingredients, modified cornstarch, disodium phosphate, guar gum, carrageenan, locust bean gum, microbial enzyme, bacterial culture.

Spicy Brown Honey Mustard Sauce: Distilled vinegar, soya oil, mustard seed, water, honey, horseradish, sugar, egg yolk, salt, sugar/glucose-fructose, spices, molasses, garlic (dehydrated), corn syrup, artificial colour, turmeric, natural and artificial flavour, anchovies (fish), tamarind, calcium disodium EDTA (to protect flavour).

Strawberry Shake: Vanilla Shake Mix (milk and/or modified milk ingredients and/or cream, sugar/glucose-fructose, mono and diglycerides, cellulose gum, guar gum, polysorbate 80, sodium phosphate, carrageenan, salt, artificial flavour and colour), Strawberry Syrup (glucose-fructose, water, citric acid, flavour, sodium benzoate, colour).

Swiss Cheese, Natural Slice: Pasteurized partly skimmed milk, bacterial culture, salt, microbial enzyme, calcium chloride, propionic culture.

Swiss Cheese, Processed Slice: Cheese (milk, modified milk ingredients, bacterial culture, salt, rennet and/or microbial enzyme, calcium chloride, lipase), modified milk ingredients, water, glucose, sodium citrate and/or sodium phosphate, salt, sorbic acid, soya lecithin, carboxymethylcellulose. May contain citric acid.

Tangy Southwest Sauce: Vegetable oil, water, sugar/glucose-fructose, horseradish, vinegar, powdered egg yolk (egg yolks, sodium aluminum silicate), salt, tomato paste, garlic powder, spices, flavour, xanthan gum, sodium benzoate, potassium sorbate, calcium disodium EDTA.

Tartar Sauce: Soya oil, relish (cucumbers, vinegar, salt, xanthan gum), onions, water, vinegar, egg yolks, sugar, salt, prepared mustard, olives, dried onions, artificial flavour, acetic acid, xanthan gum, spices, lactic acid, calcium disodium EDTA.

Tortilla: Enriched wheat flour, water, vegetable oil (canola, modified palm and palm kernel), salt, baking powder, sugar, monoglycerides, calcium propionate, propylene glycol, fumaric acid, guar gum, potassium sorbate.

Vanilla Shake: Milk and/or modified milk ingredients and/or cream, sugar/glucose-fructose, mono and diglycerides, cellulose gum, guar gum, polysorbate 80, sodium phosphate, carrageenan, salt, artificial flavour and colour.

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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 government regulations regarding the rounding of nutritional data. This information is effective as of **December 2009**.

For the most comprehensive and up-to-date information, visit www.arbys.ca or call 1-800-263-7040.

Arby's of Canada, Inc., its franchisees and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Government regulations have identified 10 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, crustacean shellfish, sesame seeds and sulphites. 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.

Government regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soya 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 soya oil.

We encourage anyone with food allergies, sensitivities, or special dietary needs to check our website at www.arbys.ca on a regular basis to obtain the most comprehensive and up-to-date information.