



U.S. Menu Items Without Gluten

No Wheat, Barley, Oats, or Rye

Ingredient 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 the season of the year. Certain menu items may not be available at all locations. Temporary products are not included. This information is effective as of **August, 2010**.

Wendy's International, Inc., its franchisees and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. We encourage anyone with food allergies, sensitivities, or special dietary needs to check our website at www.wendys.com on a regular basis to obtain the most comprehensive and up-to-date information. If you have specific questions about our menu, call or write:

Wendy's International, Inc., Consumer Relations Department, One Dave Thomas Boulevard, Dublin, OH 43017-0256, 614-764-3100.

Meats:

Hamburger Patty
Ultimate Chicken Grill Fillet⁺

Condiments:

American Cheese
Applewood Smoked Bacon
Buttery Best Spread⁺
Cheddar Cheese Sauce
Dill Pickles
Honey Mustard Sauce
Ketchup
Lettuce
Mustard
Natural Swiss Cheese
Onion
Ranch Sauce
Reduced Fat Sour Cream⁺
Tomato
Tartar Sauce*

Baked Potatoes:

Plain
Sour Cream & Chives
Bacon & Cheese*
Broccoli & Cheese*
Chili & Cheese*

Salads:

Caesar Side Salad
(without croutons)
Garden Side Salad
(without croutons)
Baja Salad
Seasoned Tortilla Strips⁺

Side Items:

Chili
Hot Chili Seasoning Packet
Cheddar Cheese, shredded
Mandarin Orange Cup

Beverages:

Coffee
Coffee Creamer
Iced Tea
Hot Tea
Sweet Tea*
Coca-Cola®
Diet Coke®
Sprite®
Barq's® Root Beer*
Coke Zero™*
Dr Pepper®
Fanta® Orange*
Hi-C® Flashin' Fruit Punch*
Minute Maid® Light Lemonade*
Pibb Xtra®*
Dasani® Water*
Nesquik® Low Fat Chocolate Milk
Nesquik Low Fat White Milk

Dressings:

Avocado Ranch Dressing*
Classic Ranch Dressing*
Creamy Red Jalapeno Dressing*
Fat Free French Dressing*
Italian Vinaigrette Dressing*
Lemon Garlic Caesar Dressing*
Light Classic Ranch Dressing*

Pomegranate Vinaigrette Dressing*
Thousand Island Dressing*

Frosty™:

Chocolate Frosty
Vanilla Frosty
Coffee Toffee Twisted Frosty
M&M's® Twisted Frosty
Chocolate Fudge Frosty Shake
Frosty™ -cino
Strawberry Frosty Shake
Vanilla Bean Frosty Shake

French Fries may be cooked in the same oil as Boneless Chicken Wings, Crispy Chicken Patty, Crispy Chicken Nuggets, Spicy Chicken Nuggets (where available) & Fish Fillets (where available), which contain a wheat allergen.

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*Certain menu items may vary from store to store and may not be available at all locations.

+Contains maltodextrin from a corn source.

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