



Nutrition Information

Limited Time Offerings

	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
Bacon Mushroom Melt	630	36	16	2	110	1350	42	1	7	34			•	•	•	
Bistro Cheddar Cheeseburger	710	43	18	1.5	125	1040	43	2	8	37	•		•		•	
BBQ Flavor Dipped Chicken Sandwich	510	14	3	0	45	1570	69	3	23	26	•	•			•	
Buffalo Flavor Dipped Chicken Sandwich	550	26	5	0	55	2050	53	3	8	27	•	•	•	•	•	
Spicy Chipotle Cheeseburger	560	30	12	1.5	95	1050	41	2	9	31	•		•		•	

• = menu item contains the allergen • = menu item may be cooked in the same oil as an item containing the allergen

* Certain menu items may not be available at all locations.

Bistro Sauce: Soybean Oil, Water, Distilled Vinegar, Egg Yolk, Horseradish, Tomato Paste, Mustard Seed, Salt, Sugar, Lemon Juice From Concentrate, Xanthan Gum, Garlic (dehydrated), Onion (dehydrated), Natural Flavors, Molasses, Corn Syrup, Caramel Color, Oleoresin Paprika, Spices, Tamarind. CONTAINS: EGG.

Aged Cheddar Cheese Sauce: Cheese Whey, Water, Partially Hydrogenated Soybean Oil, Cheddar Cheese (milk, cultures, salt, enzymes), Modified Tapioca Starch, Modified Corn Starch, Sodium Phosphate, Salt, Yeast Extract, Vinegar, Mono & Diglycerides, Citric Acid, Phosphoric Acid, Sodium Hexametaphosphate, Annatto Color, Sodium Hydroxide, Paprika Color, Natural And Artificial Flavor, Carotene Color. CONTAINS: MILK.

BBQ Sauce: Water, Sugar, Tomato Paste, Distilled Vinegar, Molasses, Salt, Modified Corn Starch, Spices, Natural Flavor (including smoke flavor), Maltodextrin, Potassium Sorbate And Sodium Benzoate (preservatives), Onion (dehydrated), Caramel Color, Garlic (dehydrated), Beet Juice Concentrate.

Blue Cheese Sauce: Soybean Oil, Buttermilk, Blue Cheese (milk, cheese cultures, salt, enzymes), Egg Yolk, Sour Cream (cream, modified corn starch, gelatin, lactic acid, guar gum, mono and diglycerides, disodium phosphate, citric acid, artificial flavor), Distilled Vinegar, Water, Sugar, Salt, Natural Flavor, Xanthan Gum, Garlic (dehydrated), Potassium Sorbate and Sodium Benzoate (preservatives), Onion (dehydrated), Propylene Glycol Alginate, Lactic Acid, Spice, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG, MILK.

Buffalo Sauce: Water, Distilled White Vinegar, Cayenne Pepper Puree (cayenne pepper, salt, vinegar), Hot Sauce (cayenne pepper, vinegar, salt, xanthan gum, benzoate of soda), Hot Sauce (cayenne pepper, vinegar, salt, garlic), Salt, Contains Less Than 2% Of Soybean Oil, Modified Corn Starch, Red Pepper, Xanthan Gum, Granulated Garlic, Caramel Color, Extractives Of Paprika, Soy Lecithin, Natural Flavor (milk), Sodium Benzoate And Potassium Sorbate (preservatives), Calcium Disodium EDTA (to protect flavor). CONTAINS: MILK, SOY.

Spicy Burger Sauce: Soybean Oil, Water, Red Chili Peppers, Egg Yolk, Distilled Vinegar, Sugar, Ancho Pepper Powder, Garlic, Salt, Spices, Xanthan Gum, Chipotle Peppers, Corn Oil, Oleoresin Paprika, Oleoresin Rosemary, Natural Smoke Flavor. CONTAINS: EGG.

Pepper Jack Cheese: Pasteurized Milk, Jalapeno Peppers, Salt, Enzymes. CONTAINS: MILK.

Nutrition and 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 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 May 2011.

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. 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.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, 614-764-3100.

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This nutrition information is current as of May 2011.