



Nutrition Information

Premium Chicken Sandwiches	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
Spicy Chicken Bruschetta Sandwich	510	23	9	0	80	1170	50	3	8	28	•	•	•	•	•	
Homestyle Chicken Bruschetta Sandwich	500	23	8	1	70	1170	47	1	10	27	•	•	•	•	•	
Grilled Chicken Bruschetta Sandwich	430	15	7	0	110	1240	37	1	8	37			•	•	•	
Spicy Asiago Ranch Chicken Club	680	38	13	0.5	105	1370	53	3	7	33	•	•	•	•	•	
Homestyle Asiago Ranch Chicken Club	660	37	13	1.5	95	1380	51	2	9	31	•	•	•	•	•	
Grilled Asiago Ranch Chicken Club	590	30	12	0.5	140	1450	41	2	7	41	•		•	•	•	
Spicy Chicken Sandwich	500	23	7	0	70	1020	49	2	6	26	•	•	•	•	•	
Homestyle Chicken Sandwich	480	22	7	1	65	1020	47	1	8	24	•	•	•	•	•	
Grilled Chicken Sandwich	390	12	5	0	100	1120	39	1	8	34	•		•	•	•	
Premium Chicken Sandwiches on Artisan Bun																
Spicy Chicken Bruschetta Sandwich	540	21	7	0	70	1350	58	3	11	30	•	•	•	•	•	
Homestyle Chicken Bruschetta Sandwich	560	23	7	1.5	70	1500	60	2	13	30	•	•	•	•	•	
Grilled Chicken Bruschetta Sandwich	450	13	6	0	105	1430	45	2	11	39			•	•	•	
Spicy Asiago Ranch Chicken Club	680	35	11	0	95	1520	58	3	9	34	•	•	•	•	•	
Homestyle Asiago Ranch Chicken Club	710	37	11	1.5	95	1670	60	2	11	34	•	•	•	•	•	
Grilled Asiago Ranch Chicken Club	590	27	10	0	130	1600	45	2	9	43	•		•	•	•	
Spicy Bistro Cheddar Chicken Sandwich	570	26	8	0	75	1340	55	3	8	31	•	•	•	•	•	
Homestyle Bistro Cheddar Chicken Sandwich	590	28	8	1.5	75	1480	57	2	10	31	•	•	•	•	•	
Grilled Bistro Cheddar Chicken Sandwich	480	18	6	0	110	1410	42	2	8	39	•		•	•	•	
Spicy Chicken Sandwich	500	20	5	0	65	1170	54	3	8	27	•	•	•	•	•	
Homestyle Chicken Sandwich	530	22	5	1.5	60	1320	56	2	10	27	•	•	•	•	•	
Grilled Chicken Sandwich	390	9	3	0	95	1270	43	2	10	36	•		•	•	•	

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

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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Artisan Bun: Unbleached Flour (wheat, malted barley), Water, Sugar, Wheat Gluten, Soybean Oil, Yeast, Salt, Contains Less Than 2% Of Each Of The Following: Natural Flavor, ADA, Ascorbic Acid, Calcium Sulfate, Calcium Peroxide, Ammonium Sulfate And Calcium Propionate (preservative). Glaze: Water, Soy Protein, Propylene Glycol, Rice Syrup Solids, Sunflower Oil, Acetylated Tartaric Acid Esters Of Mono-Diglycerides, Methylcellulose, Caramel Color, Sodium Phosphate, Artificial Flavor. Brushed With Clarified Butter For Toasting. CONTAINS: MILK, SOY, WHEAT.

Balsamic Glaze: Balsamic Vinegar (wine vinegar, grape must, sulfites), Water, Brown Sugar (sugar, invert sugar, molasses), Modified Corn Starch, Raisin Paste, Potassium Sorbate and Sodium Benzoate (preservatives).

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

Bruschetta Topping: Tomatoes, Soybean Oil, Onion, Balsamic Vinegar, Water, Extra Virgin Olive Oil, Basil, Garlic, Salt, Distilled Vinegar, Natural Flavors, Spice, Xanthan Gum.

Cheddar Cheese, Slice: Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color. CONTAINS: Milk.

Homestyle Chicken Breast Fillet: Chicken Breast, Water, Seasoning (sea salt, sugar, yeast extract, natural flavors, chicken meat, corn syrup solids, modified corn starch, spice, corn maltodextrin, medium chain triglycerides, gum arabic), Modified Food Starch, Sodium Phosphates. Breaded With: Wheat Flour, Water, Sugar, Modified Corn Starch, Sea Salt, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), Spice, Extractives of Paprika. Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Egg and Fish (where available). CONTAINS: WHEAT.

Spicy Chicken Breast Fillet: Chicken Breast, Water, Seasoning (salt, spice, sodium phosphate [sodium tripolyphosphate, sodium polyphosphates], modified corn starch, paprika, spice extractives, extractives of paprika, extractives of turmeric). Breaded With: Wheat Flour, Water, Modified Corn Starch, Salt, Bleached Wheat Flour, Wheat Gluten, Spice, Egg White Solids, Spice Extractives, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), Extractives of Paprika. Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Fish (where available). CONTAINS: EGG, WHEAT.

Premium Bun: Enriched Flour (wheat flour, malted barley flour, thiamine mononitrate, riboflavin, niacin, iron, folic acid), Water, High Fructose Corn Syrup, Yeast, Soy and/or Canola Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Dough Conditioners (contains one or more of the following: sodium stearoyl lactylate, ascorbic acid, azodicarbonamide, mono and diglycerides, DATEM, calcium peroxide, calcium sulfate, L-cysteine, enzymes), Yeast Nutrients (contains one or more of the following: ammonium sulfate, tricalcium phosphate, ammonium chloride), Modified Food Starch, Natural and Artificial Flavors, Wheat Starch, Maltodextrin, Gum Arabic, Calcium Carbonate, Calcium Propionate (preservative). Brushed With Clarified Butter For Toasting. CONTAINS: MILK, WHEAT.