



Nutrition Information

Hearty Soups	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
Broccoli Cheddar Soup, Cup	210	17	10	0	55	490	7	1	1	8			•	•		
Broccoli Cheddar Soup, Small	370	30	18	1	95	860	11	2	3	14			•	•		
Broccoli Cheddar Soup, Large	490	40	24	1	130	1150	15	2	3	18			•	•		
Garden Vegetable Soup, Cup	35	0.5	0	0	0	600	7	2	3	2						
Garden Vegetable Soup, Small	60	1	0	0	0	990	12	3	5	3						
Garden Vegetable Soup, Large	80	1.5	0	0	0	1320	16	4	7	3						

- = menu item contains the allergen
- = manufactured in a facility that processes peanuts or tree nuts

Broccoli Cheese Soup: Water, Heavy Cream, Broccoli, Parmesan Cheese (part-skim milk, cheese cultures, salt, enzymes), Cheddar Cheese (milk, cheese culture, salt, enzymes, annatto [color]), Cheddar Cheese (milk and cream, cheese culture, salt, enzymes, annatto [color]), Onions, Contains 2% Or Less Of: Cornstarch, Carrot Puree, Nonfat Dry Milk, Celery, Butter (cream, salt), Natural Cheddar Cheese Flavor (natural flavor [milk], water), Buttermilk (cultured lowfat milk, milk, nonfat dry milk, salt, sodium citrate, vitamin A palmitate), Sea Salt, Soybean Oil, Chopped Garlic (garlic, water), Xanthan Gum, Black Pepper, Spices, Annatto Extract. CONTAINS: MILK, SOY.

Garden Vegetable Soup: Water, Carrots, Tomatoes (tomatoes, tomato juice, salt), Tomato Paste, Celery, Onions, Zucchini, Squash, Turnips, Cabbage, Corn, Spinach, Poblano Peppers, Sea Salt, Garlic, Natural Flavoring, Corn Starch, Olive Oil, Spices, Evaporated Cane Juice.

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.

©2011 Oldemark LLC. The Wendy's name, design and logo and Frosty are trademarks of Oldemark LLC and are licensed to Wendy's International, Inc. Oreo is a registered trademark of Kraft Foods Global Brands LLC.