



## Arby's® Nutrition & Allergen Information (U.S.)

Major food allergens are listed below in **RED**.

† Menu item is cooked in the same oil as other items that contain major allergens.

\* Manufactured in a facility that processes peanuts or tree nuts.

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

	Serving Weight (g)	Calories	Calories from Fat	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)
<b>ULTIMATE ANGUS</b>																
Angus Three Cheese & Bacon	267	640	300	33	12	0.5	105	1820	45	2	3	41	8	8	35	25
Angus Philly	289	590	270	29	9	0.5	85	1760	48	3	4	34	10	30	30	25
<b>ARBY'S® ROAST BEEF SANDWICHES</b>																
Roast Beef Classic	154	350	110	12	4	0.5	45	950	39	2	5	23	0	0	6	25
Roast Beef Mid	210	440	150	17	6	1	75	1380	40	2	5	33	0	0	6	35
Roast Beef Max	281	580	200	22	9	1	110	1870	49	3	6	45	0	0	8	45
Arby's Sauce® Adds	14	15	0	0	0	0	0	180	3	0	2	0	2	2	0	0
Horsesey Sauce® Adds	14	50	45	5	0.5	0	5	160	3	0	2	0	0	0	0	0
Beef 'n Cheddar Classic	195	440	160	18	5	0.5	45	1290	47	2	9	23	2	2	15	25
Beef 'n Cheddar Mid	251	530	200	23	7	1	80	1720	48	2	9	34	2	2	15	35
Beef 'n Cheddar Max	329	650	260	29	10	1.5	110	2330	52	2	9	45	4	2	15	45
<b>SIGNATURE</b>																
'Shroom & Swiss	219	510	220	25	8	0.5	60	2350	49	3	9	24	2	2	20	20
French Dip & Swiss/Au Jus	286	430	130	14	6	0.5	55	2120	52	2	3	26	2	8	15	25
Bacon Beef 'n Cheddar	208	510	210	23	7	0.5	60	1510	48	2	10	28	2	2	15	25
Deluxe Bacon Cheddar	216	420	150	17	8	0.5	60	1840	43	2	8	25	15	10	15	20



## Arby's® Nutrition & Allergen Information (U.S.)

Major food allergens are listed below in **RED**.

† Menu item is cooked in the same oil as other items that contain major allergens.

\* Manufactured in a facility that processes peanuts or tree nuts.

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

Serving Weight (g)	Calories	Calories from Fat	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)
--------------------	----------	-------------------	-----------------	-------------------	---------------	------------------	-------------	------------------------	-------------------	------------	-------------	-----------------	-----------------	---------------	------------

### TURKEY ROASTERS

Turkey Classic <b>Contains: Milk, Soy, Wheat</b>	154	290	45	5	1	0	40	1020	38	2	6	24	0	0	8	15
Turkey 'n Cheddar Classic <b>Contains: Milk, Soy, Wheat</b>	195	380	100	11	2	0	45	1350	46	2	10	24	2	2	15	15
Grand Turkey Club <b>Contains: Egg, Milk, Soy, Wheat</b>	233	490	220	24	8	0	75	1440	38	2	8	29	15	10	15	15

### MARKET FRESH® SANDWICHES

Roast Turkey, Ranch & Bacon Sandwich <b>Contains: Egg, Milk, Soy, Wheat</b>	344	800	320	36	9	0.5	105	2200	78	5	18	45	20	10	45	30
Roast Turkey, Ranch & Bacon Wrap <b>Contains: Egg, Milk, Soy, Wheat</b>	290	590	290	33	9	0.5	105	1990	39	7	6	40	20	10	30	20
Roast Turkey & Swiss Sandwich <b>Contains: Egg, Fish (anchovies), Milk, Soy, Wheat</b>	326	700	250	27	7	0	80	1770	77	5	18	39	20	10	45	30
Roast Turkey & Swiss Wrap <b>Contains: Egg, Fish (anchovies), Milk, Soy, Wheat</b>	272	490	220	25	6	0.5	80	1550	39	7	6	34	20	10	35	20
Reuben <b>Contains: Egg, Milk, Wheat</b>	308	640	270	30	8	0	55	1610	62	4	7	32	6	20	35	30

### MARKET FRESH® SALADS

Chopped Farmhouse Salad – Crispy Chicken <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	337	430	220	24	9	0	65	1000	26	4	5	29	60	20	25	8
Chopped Farmhouse Salad – Roast Turkey <b>Contains: Milk</b>	300	240	120	13	7	0	60	760	10	3	5	22	60	20	25	8
Chopped Side Salad <b>Contains: Milk</b>	135	80	45	5	3	0	15	105	5	2	2	5	35	10	10	4
Light Italian Dressing	43	20	5	1	0	0	0	750	3	0	2	0	0	0	0	0
Dijon Honey Mustard Dressing <b>Contains: Egg</b>	43	180	150	16	2.5	0	15	230	8	0	7	0	0	0	0	0
Balsamic Vinaigrette Dressing	43	130	110	12	2	0	0	470	5	0	5	0	0	0	0	0
Buttermilk Ranch Dressing <b>Contains: Egg, Milk</b>	43	210	200	22	3.5	0	10	310	2	0	1	0	0	0	2	0



## Arby's® Nutrition & Allergen Information (U.S.)

Major food allergens are listed below in **RED**.

† Menu item is cooked in the same oil as other items that contain major allergens.

\* Manufactured in a facility that processes peanuts or tree nuts.

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

	Serving Weight (g)	Calories	Calories from Fat	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)
<b>PRIME-CUT™ CHICKEN</b>																
Cravin' Chicken – Crispy																
Contains: Egg, Milk, Soy, Wheat																
† Fish (where available)	221	510	200	22	4	0	50	1110	51	4	7	26	10	15	10	15
Chicken Bacon & Swiss – Crispy	205	610	270	30	7	0	75	1400	51	3	8	33	2	4	20	15
Contains: Egg, Milk, Soy, Wheat																
† Fish (where available)																
Prime-Cut™ Chicken Tenders (3)	131	350	150	17	2.5	0	45	970	25	2	0	25	0	4	2	4
Contains: Egg, Soy, Wheat																
† Milk, Fish (where available)																
Prime-Cut™ Chicken Tenders (5)	219	590	250	28	4	0	75	1610	42	4	0	42	0	8	2	8
Contains: Egg, Soy, Wheat																
† Milk, Fish (where available)																
Tangy Barbeque Sauce Adds	28	45	0	0	0	0	0	350	11	0	8	0	2	6	0	2
Buffalo Dipping Sauce Adds	28	10	10	1	0	0	0	720	1	0	0	0	8	0	0	0
Contains: Milk																
Honey Mustard Dipping Sauce Adds	28	140	120	13	2	0	10	130	5	0	4	0	0	0	0	0
Contains: Egg																
Ranch Dipping Sauce Adds	28	100	100	11	2.5	0	20	190	1	0	1	1	2	0	2	0
Contains: Egg, Milk																



## Arby's® Nutrition & Allergen Information (U.S.)

Major food allergens are listed below in **RED**.

† Menu item is cooked in the same oil as other items that contain major allergens.

\* Manufactured in a facility that processes peanuts or tree nuts.

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

VALUE	Serving Weight (g)	Calories	Calories from Fat	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)
Jr Roast Beef <span style="color: red;">Contains: Milk, Soy, Wheat</span>	87	210	60	6	2	0	25	520	25	1	3	12	0	0	4	15
Jr Ham & Cheddar Melt <span style="color: red;">Contains: Milk, Soy, Wheat</span>	115	210	60	6	1.5	0	25	900	26	1	4	13	2	0	6	10
Jr Chicken Sandwich <span style="color: red;">Contains: Egg, Milk, Soy, Wheat</span> † Fish (where available)	110	320	130	15	2.5	0	25	680	32	2	4	13	4	2	4	10
Kraft® Macaroni & Cheese <span style="color: red;">Contains: Milk, Wheat</span>	113	170	45	5	1.5	0	10	350	25	1	4	6	0	0	15	6
Curly Fries – Value ♦ <span style="color: red;">Contains: Wheat</span> † Egg, Milk, Soy, Fish (where available)	77	240	120	13	2	0	0	540	28	3	0	3	0	0	2	6
Jr Jamocha Shake <span style="color: red;">Contains: Milk</span>	283	350	80	9	6	0	30	270	60	0	49	9	4	4	30	2
Jr Chocolate Shake <span style="color: red;">Contains: Milk</span>	283	350	80	9	6	0	30	280	61	1	50	9	4	4	30	4
Jr Vanilla Shake <span style="color: red;">Contains: Milk</span>	255	280	80	9	6	0	30	230	45	0	37	8	4	4	30	0
*Chocolate Turnover <span style="color: red;">Contains: Egg, Milk, Soy, Wheat</span>	132	520	230	26	12	0	0	280	69	3	39	5	15	0	2	15
*Apple Turnover <span style="color: red;">Contains: Soy, Wheat</span>	128	430	160	18	9	0	0	210	64	2	39	4	0	0	0	10
*Cherry Turnover <span style="color: red;">Contains: Soy, Wheat</span>	128	390	120	13	6	0	0	200	64	2	40	4	8	0	2	8
Apple Slices	62	35	0	0	0	0	0	0	9	1	6	0	0	170	2	0
Strawberry Yogurt Dip <span style="color: red;">Contains: Milk</span>	43	50	5	0	0	0	5	30	10	0	8	1	0	0	4	0

♦ Recommended portion sizes. Curly Fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.



## Arby's® Nutrition & Allergen Information (U.S.)

Major food allergens are listed below in **RED**.

† Menu item is cooked in the same oil as other items that contain major allergens.

\* Manufactured in a facility that processes peanuts or tree nuts.

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

### SNACKS & SHAKES

	Serving Weight (g)	Calories	Calories from Fat	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: <b>Wheat</b> † Egg, Milk, Soy, Fish (where available)	128	400	200	22	3	0	0	900	47	5	0	5	0	0	2	8
Curly Fries – Medium ♦ Contains: <b>Wheat</b> † Egg, Milk, Soy, Fish (where available)	170	540	260	29	4	0	0	1200	62	7	0	6	0	0	2	10
Curly Fries – Large ♦ Contains: <b>Wheat</b> † Egg, Milk, Soy, Fish (where available)	201	630	310	35	5	0	0	1420	74	8	0	7	0	0	4	15
Steakhouse Onion Rings (5) Contains: <b>Milk, Wheat</b> † Egg, Soy, Fish (where available)	132	410	180	20	3	0	0	1690	51	3	6	6	0	2	2	4
Ketchup Adds	9	10	0	0	0	0	0	85	3	0	2	0	0	0	0	0
Mozzarella Sticks – (4) Contains: <b>Milk, Wheat</b> † Egg, Soy, Fish (where available)	137	420	190	21	9	0.5	50	1690	35	2	4	21	6	0	60	4
Mozzarella Sticks – (6) Contains: <b>Milk, Wheat</b> † Egg, Soy, Fish (where available)	206	620	290	32	13	1	75	2530	52	3	6	32	10	0	90	4
Marinara Sauce Adds	28	25	5	0.5	0	0	0	140	4	1	2	1	4	8	0	2
Potato Cakes (2) † Egg, Milk, Soy, Wheat, Fish (where available)	100	230	120	14	2	0	0	460	25	3	0	2	0	0	2	2
Potato Cakes (3) † Egg, Milk, Soy, Wheat, Fish (where available)	150	340	180	20	3.5	0	0	700	37	4	0	3	0	0	2	4
Potato Cakes (4) † Egg, Milk, Soy, Wheat, Fish (where available)	200	460	240	27	4.5	0	0	930	50	5	0	3	0	0	2	6
Jamocha Shake - Small Contains: <b>Milk</b>	369	440	110	12	8	0	40	350	75	1	61	11	6	6	40	2
Jamocha Shake - Regular Contains: <b>Milk</b>	468	560	130	15	10	0	50	440	98	1	80	14	8	8	50	4
Chocolate Shake - Small Contains: <b>Milk</b>	369	440	110	12	8	0	40	350	76	1	62	12	6	6	40	4
Chocolate Shake - Regular Contains: <b>Milk</b>	468	570	140	15	10	0	50	450	99	1	81	14	8	8	50	6
Vanilla Shake - Small Contains: <b>Milk</b>	340	380	110	12	8	0	40	310	60	0	49	11	6	6	40	2
Vanilla Shake - Regular Contains: <b>Milk</b>	425	470	130	15	10	0	50	390	75	0	61	14	8	8	50	2

♦ Recommended portion sizes. Curly Fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.



## Arby's® Nutrition & Allergen Information (U.S.)

Major food allergens are listed below in **RED**.

† Menu item is cooked in the same oil as other items that contain major allergens.

\* Manufactured in a facility that processes peanuts or tree nuts.

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

	Serving Weight (g)	Calories	Calories from Fat	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)
<b>KIDS</b>																
Jr Turkey & Cheese Sandwich <b>Contains: Milk, Soy, Wheat</b>	101	210	45	5	2	0	30	730	24	1	4	16	2	0	8	10
Kraft® Macaroni & Cheese <b>Contains: Milk, Wheat</b>	113	170	45	5	1.5	0	10	350	25	1	4	6	0	0	15	6
Prime-Cut™ Chicken Tenders - (2) <b>Contains: Egg, Soy, Wheat</b> † Milk, Fish (where available)	87	230	100	11	1.5	0	30	650	17	1	0	17	0	4	0	4
Jr Roast Beef <b>Contains: Milk, Soy, Wheat</b>	87	210	60	6	2	0	25	520	25	1	3	12	0	0	4	15
Apple Slices	62	35	0	0	0	0	0	0	9	1	6	0	0	170	2	0
Strawberry Yogurt Dip <b>Contains: Milk</b>	43	50	5	0	0	0	5	30	10	0	8	1	0	0	4	0
Curly Fries – Kids ♦ <b>Contains: Wheat</b> † Egg, Milk, Soy, Fish (where available)	77	240	120	13	2	0	0	540	28	3	0	3	0	0	2	6
CapriSun® Fruit Juice	185	80	0	0	0	0	0	25	21	0	20	0	0	0	0	2
Shamrock Farms® Lowfat White Milk <b>Contains: Milk</b>	214	90	20	2	1.5	0	10	105	10	0	10	7	8	4	25	0
Shamrock Farms® Lowfat Chocolate Milk* <b>Contains: Milk</b>	218	150	20	2.5	1.5	0	10	170	26	1	23	7	8	4	25	0
<b>BEVERAGES</b>																
Nestle® Pure Life® Bottled Water	479	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Brewed Iced Tea – Small Cup	358	5	0	0	0	0	0	0+	1	0	0	0	0	0	0	0
Pepsi®– Small Cup	438	180	0	0	0	0	0	0+	49	0	49	0	0	0	0	0
Diet Pepsi®– Small Cup	435	0	0	0	0	0	0	5+	0	0	0	0	0	0	0	0
Mountain Dew®– Small Cup	454	200	0	0	0	0	0	25+	54	0	54	0	0	0	0	0
Sierra Mist® – Small Cup	451	190	0	0	0	0	0	0+	50	0	50	0	0	0	0	0
Dr Pepper® – Small Cup	439	180	0	0	0	0	0	45+	48	0	48	0	0	0	0	0
CapriSun® Fruit Juice	185	80	0	0	0	0	0	25	21	0	20	0	0	0	0	2
Shamrock Farms® Lowfat White Milk <b>Contains: Milk</b>	214	90	20	2	1.5	0	10	105	10	0	10	7	8	4	25	0
Shamrock Farms® Lowfat Chocolate Milk* <b>Contains: Milk</b>	218	150	20	2.5	1.5	0	10	170	26	1	23	7	8	4	25	0

♦ Recommended portion sizes. Curly Fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

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.

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



## Arby's® Nutrition & Allergen Information (U.S.)

Major food allergens are listed below in **RED**.

† Menu item is cooked in the same oil as other items that contain major allergens.

\* Manufactured in a facility that processes peanuts or tree nuts.

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

### BREAKFAST

	Serving Weight (g)	Calories	Calories from Fat	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)
Sausage Biscuit* <b>Contains: Egg, Milk, Soy, Wheat</b>	135	470	280	32	17	0	40	1280	34	1	4	13	2	0	4	10
Sausage Gravy Biscuit* <b>Contains: Egg, Milk, Soy, Wheat</b>	253	460	240	27	15	0	20	1610	46	1	3	10	0	0	4	10
Chicken Biscuit* <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	128	360	140	16	10	0	20	1120	40	1	3	13	0	0	2	10
Bacon, Egg & Cheese Sourdough* <b>Contains: Egg, Milk, Soy, Wheat</b>	165	460	190	21	7	0	155	1140	44	2	7	24	6	6	35	20
Bacon, Egg & Cheese Croissant* <b>Contains: Egg, Milk, Soy, Wheat</b>	134	380	220	24	11	0	185	840	24	1	3	17	6	6	25	10
Bacon, Egg & Cheese Biscuit* <b>Contains: Egg, Milk, Soy, Wheat</b>	160	450	230	26	15	0	160	1430	34	1	4	19	6	6	25	15
Bacon, Egg & Cheese Wrap* <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	178	490	230	26	9	0	165	1540	43	2	2	21	6	6	35	20
Sausage, Egg & Cheese Sourdough* <b>Contains: Egg, Milk, Soy, Wheat</b>	204	610	330	37	12	0	180	1450	46	2	7	24	8	0	35	20
Sausage, Egg & Cheese Croissant * <b>Contains: Egg, Milk, Soy, Wheat</b>	173	540	360	40	16	0	205	1150	26	1	4	18	8	0	30	15
Sausage, Egg & Cheese Biscuit* <b>Contains: Egg, Milk, Soy, Wheat</b>	199	600	380	42	21	0	180	1730	35	1	5	20	8	0	30	15
Sausage, Egg & Cheese Wrap* <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	212	620	360	40	14	0	180	1780	44	2	2	20	8	0	40	20
Ham, Egg & Cheese Sourdough* <b>Contains: Egg, Milk, Soy, Wheat</b>	200	430	150	16	5	0	160	1420	44	2	7	26	6	0	35	20
Ham, Egg & Cheese Croissant* <b>Contains: Egg, Milk, Soy, Wheat</b>	169	350	180	20	9	0	185	1120	24	1	3	20	6	0	30	15
Ham, Egg & Cheese Biscuit* <b>Contains: Egg, Milk, Soy, Wheat</b>	195	420	190	21	14	0	160	1710	34	1	4	22	6	0	30	15
Ham, Egg & Cheese Wrap * <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	184	420	180	20	8	0	150	1530	42	2	1	17	6	0	35	20
Outside-In Cinnamon Bites® <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	85	300	130	15	4.5	0	10	480	36	2	11	5	6	2	8	10
Coffee	369	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Orange Juice	309	140	0	0	0	0	0	0	33	1	26	2	6	200	2	0



## Arby's® Nutrition & Allergen Information (U.S.)

Major food allergens are listed below in **RED**.

† Menu item is cooked in the same oil as other items that contain major allergens.

\* Manufactured in a facility that processes peanuts or tree nuts.

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

Serving Weight (g)	Calories	Calories from Fat	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)
--------------------	----------	-------------------	-----------------	-------------------	---------------	------------------	-------------	------------------------	-------------------	------------	-------------	-----------------	-----------------	---------------	------------

### OPTIONAL/REGIONAL

Chicken Cordon Bleu – Crispy* <b>Contains: Egg, Milk, Soy, Wheat</b> † Fish (where available)	241	620	280	32	7	0	90	1710	48	3	6	37	2	4	20	20
Arby-Q® Sandwich* <b>Contains: Milk, Soy, Wheat</b>	182	400	90	10	3	0	30	1230	58	3	23	18	4	10	10	20
Super Roast Beef* <b>Contains: Milk, Soy, Wheat</b>	229	430	160	17	5	0.5	45	1060	45	3	11	23	10	10	8	25
Arby's Melt* <b>Contains: Milk, Soy, Wheat</b>	146	330	100	11	3.5	0	30	920	40	2	5	18	2	0	8	20
Ham & Swiss Melt* <b>Contains: Milk, Soy, Wheat</b>	131	300	80	9	3.5	0	35	1030	37	2	6	18	2	0	15	15
Jr Deluxe Sandwich* <b>Contains: Egg, Milk, Soy, Wheat</b>	116	260	110	12	3	0	30	560	26	2	4	13	6	4	4	15
Gourmet Chocolate Chunk Cookies* (2) <b>Contains: Egg, Milk, Soy, Wheat</b>	91	420	190	21	10	0	30	320	54	2	34	4	0	0	0	8
Jalapeno Bites®* – (5) <b>Contains: Milk, Wheat</b> † Egg, Soy, Fish (where available)	110	280	140	16	6	0	25	600	31	2	3	5	8	0	4	4
Jalapeno Bites®* – (8) <b>Contains: Milk, Wheat</b> † Egg, Soy, Fish (where available)	176	460	230	25	10	0.5	45	970	49	4	4	8	15	0	6	6
Bronco Berry Sauce®* Adds	28	60	0	0	0	0	0	20	15	0	14	0	0	0	0	0
Loaded Potato Bites®* – (5) <b>Contains: Egg, Milk, Wheat</b> † Soy, Fish (where available)	112	330	170	19	6	0	25	650	31	2	1	9	6	0	15	4
Loaded Potato Bites®* – (8) <b>Contains: Egg, Milk, Wheat</b> † Soy, Fish (where available)	179	530	270	30	10	0.5	45	1040	50	4	1	14	10	0	25	6
Homestyle Fries* – Kids ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	85	240	100	11	1.5	0	0	490	33	3	0	3	0	20	2	4
Homestyle Fries* – Small ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	128	360	150	17	2.5	0	0	730	49	5	1	4	0	30	2	6
Homestyle Fries* – Medium ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	170	480	200	22	3	0	0	980	66	7	1	6	0	45	2	8
Homestyle Fries* – Large ♦ † Egg, Milk, Soy, Wheat, Fish (where available)	213	610	250	28	4	0	0	1220	82	8	1	7	0	50	4	10
Cheddar Cheese Sauce* Adds <b>Contains: Milk</b>	43	50	35	3.5	0.5	0	0	360	4	0	0	1	2	0	2	0
Spicy Three Pepper® Sauce Adds	14	25	10	1	0	0	0	130	3	0	3	0	4	2	0	0

♦ Recommended portion sizes. Homestyle Fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

TM & © 2012 Arby's IP Holder Trust.

Pepsi, Diet Pepsi, Mountain Dew, and Sierra Mist are registered trademarks of PepsiCo Inc. Dr Pepper is a registered trademark of Dr Pepper/Seven Up, Inc. CapriSun is a trademark of the Deutsche Sisi-Werke GmbH & Co. Betriebs KG. Nestlé and Pure Life are registered trademarks of Société Des Produits Nestlé S.A., Vevey, Switzerland. KRAFT is a registered trademark of Kraft Foods. Shamrock Farms is a registered trademark of Shamrock Foods Company.

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 federal regulations regarding the rounding of nutritional data. This information is effective as of **September 2012**.

For the most comprehensive and up-to-date information, or to calculate nutrition facts for your favorite menu items, visit [www.arbys.com](http://www.arbys.com) or call 1-800-599-2729.

Arby's Restaurant Group, 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.arbys.com](http://www.arbys.com) on a regular basis to obtain the most comprehensive and up-to-date information.