

Arby's® 2006 Nutrition, Ingredient & Allergen Information (U.S.)

Notice to Arby's® customers:

Arby's menu items and nutritional information, as listed at www.arbys.com, may vary based on product offerings, regional variability and in individual unit compliance with Arby's standard operating procedures. Periodically, Arby's restaurants offer test products or regional favorites that may not be offered in all locations. For information on any products not listed here, please call 1-800-487-2729.

Information on Arby's products contained herein is approximate based on current laboratory and calculated analyses of ingredients. Actual nutritional information may vary based on regional variability in product availability and in individual unit compliance with Arby's Standard Operating Procedures.

Information is not to be used by individuals with special dietary needs in lieu of professional medical advice. **If you have dietary restrictions, please consult your physician.** Arby's reserves the right to make changes to any ingredient specification or menu item without notice.

NOTICE - THIS MENU IS EFFECTIVE AS OF FEBRUARY 1, 2006

Items marked with an asterisk (*) may not be available at all Arby's restaurants

 Available Nutrients Menu Items	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 (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (%RDI)
Arby's Sandwiches																
Regular Roast Beef	154	320	110	13	5	1	45	950	34	2	5	21	0	0	6	20
Medium Roast Beef	210	420	170	21	9	1	75	1380	34	2	5	31	0	0	6	25
Large Roast Beef	267	510	220	29	12	2	100	1800	34	2	5	41	0	0	6	35
Bacon, Beef 'n Cheddar	212	520	250	27	9	2	65	1570	45	2	9	27	4	4	8	25
Beef 'n Cheddar	195	440	180	21	7	2	50	1270	44	2	8	22	2	2	8	20
Super Roast Beef*	216	400	170	19	6	1	45	1060	41	2	10	21	4	4	6	20
Junior Roast Beef*	125	270	90	9	4	.5	30	740	34	2	5	16	0	0	6	15
Arby's Melt w/ Cheddar*	146	300	100	12	4.5	1	30	920	36	2	5	16	2	0	6	15
Hot Ham & Swiss Melt*	138	270	80	8	3.5	0	35	1140	35	1	7	18	2	2	15	15
Chicken Sandwiches & Tenders																
Chicken Breast Fillet - Grilled	233	410	150	17	3	0	10	910	36	3	7	32	15	20	8	15
Chicken Breast Fillet - Crispy	261	640	290	33	6	1	60	1010	53	3	12	36	10	15	10	15
Chicken Bacon 'n Swiss - Grilled	209	460	170	17	5	0	25	1330	38	2	9	38	6	4	20	15
Chicken Bacon 'n Swiss - Crispy	237	690	310	33	7	1	75	1430	55	2	14	42	2	2	20	15
Chicken Fingers - 3 Pack	115	150	150	16	3	1	35	1040	25	2	0	22	2	0	20	8
Chicken Fingers - 5 Pack	191	240	240	27	5	2	60	1740	41	3	0	37	2	2	35	15
Cordon Bleu - Grilled*	238	490	190	19	4	0	40	1580	35	2	7	42	6	4	20	15
Cordon Bleu - Crispy*	266	710	330	35	7	1	90	1670	52	2	12	45	2	2	20	15
Market Fresh® Sandwiches & Wraps																
Chicken Salad Sandwich	322	880	400	45	6	1	70	1240	92	7	33	29	6	15	20	25
Chicken Salad Wrap	282	750	410	48	8	1	70	1390	65	32	19	31	6	15	20	10
Corned Beef Reuben Sandwich	309	610	240	27	7	1	85	1850	55	3	6	34	4	4	35	30
Turkey Reuben Sandwich	309	610	210	30	8	1	95	1430	56	3	6	44	4	6	35	25
Roast Turkey & Swiss Sandwich	357	720	250	30	8	1	90	1790	74	5	16	45	8	4	35	30
Roast Turkey, Ranch & Bacon Sandwich	379	830	340	38	10	1	110	2260	75	5	16	49	10	6	35	30
Roast Turkey, Ranch & Bacon Wrap	340	710	39	39	13	1	110	242	48	31	2	51	10	8	35	15
Roast Ham & Swiss Sandwich*	357	700	270	31	9	1	85	2140	74	5	18	36	8	6	35	30
Ultimate BLT Sandwich *	293	780	410	45	11	1	50	1570	75	6	18	23	15	30	15	25
Ultimate BLT Wrap*	254	650	420	47	13	1	50	1730	48	31	4	25	15	30	20	10
Southwest Chicken Wrap*	259	550	270	30	11	1	75	1690	45	30	1	35	10	10	40	10
LTO - Limited Time Offers																
<i>Please be advised that the following LTO items are available <u>only</u> at participating Arby's® restaurants and only for a limited promotional time. A restaurant may serve all, some, one or none of the LTO items.</i>																
Sourdough Roast Beef Melt	146	300	110	12	4.5		30	1050	31	1	1	16	2	0	10	15
Sourdough Ham Melt	145	320	130	14	4		40	1300	30	1	2	17	2	0	20	10
French Dip Sandwich (on French Roll)	198	390	130	15	7		60	1280	37	3	2	26	0	10	4	15
French Dip & Swiss Sandwich (on French Roll)	224	470	190	21	11		80	1680	38	3	2	32	4	10	25	15
Au Jus Adds	98	50	15	1.5	.5		0	1740	8	0	1	1	0	0	2	0
Loaded Potato Bites - Small (5)	112	350	200	22	7		15	800	27	2	0	11	4	20	20	6
Loaded Potato Bites - Large (10)	224	710	400	44	14		25	1600	54	5	0	23	10	40	35	10
Cool Ranch Sour Cream Dipping Sauce	43	160	140	16	4		n/a	280	2	0	1	1	0	0	2	0
Over the Top Brownie	128	530	210	24	13		75	260	72	2	57	7	--	--	--	--
Over the Top Brownie Shake	503	750	190	21	11		55	510	122							
Fish Sandwich	220	560	240	26	6		60	1000	62	3	8	22	10	2	6	15
French Dip Sub (on sub roll) w/ Au	281	450	140	16	8		60	2800	48	2	3	29	0	2	6	25

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Jus																
Hot Ham & Swiss Sub	274	500	210	23	7		70	1850	45	3	5	29	6	4	30	15
Roast Beef Sub	331	730	400	45	15		90	2210	47	3	4	35	6	4	30	25
Turkey Sub	303	630	300	34	8		80	1880	48	3	2	35	8	4	20	25
Philly Beef 'n Swiss Sub	307	670	350	39	14		90	1940	46	4	5	36	4	15	30	25
French Onion Melt	315	660	300	33	13		95	1490	56	3	4	38	4	0	35	30
Market Fresh® Salads																
Martha's Vineyard™	291	270	230	8	4	0	70	450	22	4	17	26	60	45	20	8
Sliced Almonds	14	81	64	7	0	0	0	0	2	1	0	4	0	0	4	4
Raspberry Vinaigrette	64	190	120	14	1.5	0	0	390	18	0	16	0	0	4	0	0
Santa Fe™	309	300	180	20	7	1	50	1010	35	6	6	26	130	50	40	20
Seasoned Tortilla Strips	14	61	23	3	0	0	0	25	10	.5	0	1	0	0	2	0
Santa Fe Ranch Dressing	64	300	280	31	5	0	20	690	4	0	1	1	2	4	2	2
Chicken Club Salad	386	310	220	23	8	1	200	1020	27	4	4	29	80	60	35	20
Buttermilk Ranch Dressing	64	330	300	34	5	1	30	660	4	0	2	1	2	2	4	2
Other Dressings																
Light Buttermilk Ranch Dressing	64	110	60	6	1	0	0	470	13	<1	5	1	0	0	4	2
Kids Meal																
Junior Roast Beef Sandwich	125	270	90	9	4	.5	30	740	34	2	5	16	0	0	6	15
2 Pack Chicken Tenders	77	100	100	11	2	1	25	690	16	1	0	15	0	0	15	6
Market Fresh® Mini Ham & Cheese Sandwich	126	240	70	5	2	0	25	1070	28	2	7	16	2	0	15	10
Market Fresh® Mini Turkey & Cheese Sandwich	126	250	50	4	1	0	40	910	28	2	6	21	2	0	15	10
Fruit Cup	57	35	0	0	0	0	0	0	9	1	8	0	0	8	0	0
Premium Potatoes																
Curly Fries – Small	106	340	160	20	4	3	0	790	39	4	N/A	4	8	8	4	10
Curly Fries – Medium	128	410	200	24	4	4	0	950	47	5	N/A	5	8	10	6	10
Curly Fries – Large	199	630	300	37	7	6	0	1480	73	7	N/A	8	15	15	8	20
Cheddar Cheese Sauce* (on the side)	43	60	40	2	1	1	0	360	4	0	0	1	4	0	2	0
Homestyle Fries – Small	113	300	110	20	4	3	0	550	44	3	1	3	0	10	2	6
Homestyle Fries – Medium	142	380	140	25	5	4	0	690	55	4	1	4	0	15	4	6
Homestyle Fries – Large	213	570	210	37	7	5	0	1030	82	6	1	6	0	20	6	10
Potato Cakes (2)*	100	250	140	18	3.5	3	0	390	26	2	N/A	2	0	4	2	2
Sidekickers®																
Mozzarella Sticks – Regular (4)	137	430	200	28	13	2.5	45	1370	38	2	5	18	15	2	40	6
Mozzarella Sticks – Large (8)	274	850	410	56	26	5	90	2740	76	4	9	36	30	2	80	10
Jalapeno Bites®* - Regular (5)	110	310	170	21	9	2	30	530	29	2	3	5	15	0	4	6
Jalapeno Bites®* - Large (10)	220	610	330	43	18	4	55	1050	58	4	5	11	30	2	6	10
Onion Petals* – Regular	113	330	170	23	4	1	0	330	35	2	7	4	10	0	2	4
Onion Petals* – Large	284	830	440	57	9	2	0	830	88	5	18	10	30	2	6	10
Breakfast* (Available only at participating Arby's® franchise restaurants)																
Biscuit – Plain	73	230	110	12	3		0	710	26	<1	3	5	0	0	2	80
Butter Adds	14	100	100	11	7		30	115	0	0	0	0	8	0	0	0
Scrambled Egg Adds	50	80	50	6	1.5		145	220	2	0	1	5	4	0	2	4
Swiss cheese Adds	13	40	25	3	2		10	200	0	0	0	3	2	0	10	0
Bacon Biscuit	86	300	160	17	5		15	950	27	<1	3	9	0	0	2	80
Ham Biscuit	116	270	120	13	3.5		20	1170	27	<1	4	12	0	0	4	80
Sausage Biscuit	113	390	250	27	9		30	1080	26	<1	3	10	0	0	2	80
Bacon 'n Egg Croissant	125	410	230	26	12		190	670	31	<1	4	13	10	0	4	15
Ham 'n Cheese Croissant	118	350	170	19	11		65	870	30	<1	5	15	10	0	15	10
Sausage 'n Egg Croissant	152	510	320	36	15		210	800	31	<1	4	14	10	0	4	15
Sourdough Ham, Egg 'n Swiss	237	450	210	23	8		330	1750	33	1	3	27	10	0	30	20
Sourdough Bacon, Egg & Swiss	211	500	260	29	10		325	1600	33	1	2	25	10	0	30	20
Sourdough Egg 'n Cheese	144	330	140	16	6		165	1060	31	1	2	15	8	0	30	15
Ham, Egg, Cheese Wrap	256	600	280	31	11		185	1930	53	2	5	26	10	2	40	20
Sausage, Egg & Cheese Wrap	253	720	410	45	16		205	1850	53	2	4	24	10	2	40	20
Bacon, Egg & Cheese Wrap	222	610	300	33	12		180	1630	53	2	5	22	10	2	40	20
Desserts																
Apple Turnover (no icing)	89	250	90	15	4	6	0	200	35	2	15	4	0	4	0	6
Cherry Turnover (no icing)	89	250	90	14	4	5.5	0	200	35	2	15	4	2	4	0	6

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Icing Adds*	39	130	15	1.5	.5		0	N/A	29	0	26	0	N/A	0	N/A	N/A
Gourmet Chocolate Cookie*	45	200	90	10	4	2	15	210	26	<1	16	2	2	0	2	8
Sauces / Condiments																
Arby's Sauce® Packet	14	15	0	0	0	0	0	180	4	0	1	0	0	2	0	0
BBQ Dipping Sauce	28	40	0	0	0	0	0	350	10	0	9	0	0	4	0	2
Bronco Berry Sauce®	57	120	0	0	0	0	0	35	30	0	28	0	2	6	0	0
Buttermilk Ranch Dressing	57	290	270	30	5	1	25	580	3	0	2	1	2	2	4	0
Honey Mustard Dipping Sauce	28	130	110	12	2	1	10	170	5	0	5	0	0	0	0	0
Horsey Sauce® Packet	14	60	45	5	1	0	5	170	3	0	1	0	0	0	0	0
Ketchup Packet	14	20	0	0	0	0	0	170	4	0	3	0	0	4	0	0
Light Mayonnaise Packet	14	45	45	4.5	1	0	5	115	1	0	0	0	0	0	0	0
Marinara Sauce	42	30	15	1.5	0	0	0	160	4	<1	3	<1	8	2	0	2
Mayonnaise Packet	14	100	100	11	2	2	10	75	0	0	0	0	0	0	0	0
Red Ranch Sauce	14	70	50	6	1	0	0	105	5	0	4	0	0	0	0	0
Tangy Southwest Sauce®	57	330	310	35	5	2	30	370	5	0	4	1	2	2	0	0
Three Pepper Sauce Packet	14	20	10	1	0	0	0	140	3	0	3	0	4	2	0	0
Shakes (Notice: All Shakes contain Milk products)																
Chocolate Shake - Regular	397	510	120	13	8	0	35	360	83	0	81	13	8	10	50	2
Chocolate Shake - Large	510	660	150	17	10	.5	45	450	110	<1	106	17	10	10	60	4
Jamocho® Shake - Regular	397	500	120	13	8	0	35	390	81	0	78	13	8	10	50	4
Jamocho® Shake - Large	510	650	150	17	10	.5	45	510	107	<1	102	17	10	10	60	4
Strawberry Shake - Regular	397	500	120	13	8	0	35	360	81	0	77	13	8	10	50	4
Strawberry Shake - Large	510	650	150	17	10	.5	45	460	107	<1	101	16	10	15	70	6
Vanilla Shake - Regular	397	500	120	13	8	0	35	370	82	0	81	13	8	10	50	6
Vanilla Shake - Large	510	650	150	17	10	.5	45	470	107	0	106	16	10	10	70	10
Beverages																
Coffee (Small)	12 fl oz	5	0	0	0	--	0	0	0	0	0	2	0	0	0	2
Iced Tea (Sweetened) -Small	16 fl oz	120	0	0	0	--	0	15	32	0	31	0	0	0	0	0
Milk (2%) (1 ea)	8 fl oz	120	40	4.5	3	--	20	115	12	0	11	8	15	4	30	0
Orange Juice (1 ea)	10 fl oz	140	0	0	0	--	N/A	35	34	0	30	0	0	150	0	0
Calorie and Sodium Ranges for Popular Soft Drinks																
Beverage	Calorie Range						Sodium Range									
Cola Beverages	185-215						45-65									
Non-Cola Carbonated Beverages	185-225						55-95									
Diet Sodas	0						55-90									
Orange Sodas	260-280						75-80									

INGREDIENTS

Allergens are noted in *red italics*.

If you have further questions or concerns regarding allergens, please contact 1-800-487-2729.

NOTE -	
<ul style="list-style-type: none"> All Salad Dressings and some sauces contain vegetable oil, which may include refined soybean oil All fried items are cooked in 100% Corn Oil All Shakes contain Milk 	
Almonds - sliced	Toasted blanched sliced <i>almonds</i>
Apple Turnover	Unbleached enriched <i>wheat flour</i> [flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (Vitamin B1), Riboflavin (Vitamin B2), folic acid], apples, water, sugar, high fructose corn syrup, partially hydrogenated vegetable shortening (soybean and cottonseed oils colored with beta carotene), raisins, modified food starch, salt, corn syrup, cinnamon, distilled monoglycerides (from hydrogenated soybean oil) and <i>soy lecithin</i>
Arby's Sauce®	Water, corn syrup, tomato paste, distilled vinegar, high fructose corn syrup, salt, modified food starch, soybean oil, xanthan gum, onion powder, sodium benzoate (preservative), <i>garlic powder</i> , spice and spice extractives
Bacon, Breakfast	Cured with: water, salt, sugar, smoke flavor, sodium phosphate, sodium erythorbate, sodium nitrite.
Bacon, Pepper	Cured with: water, salt, sugar, smoke flavor, sodium phosphate, sodium erythorbate, sodium nitrite. Coated with: ground black pepper and sugar.
BBQ Dipping Sauce	Water, high fructose corn syrup, tomato paste, molasses, distilled vinegar, brown sugar, salt, Worcestershire sauce (vinegar, water, molasses, corn syrup, salt, caramel color, garlic, sugar, spices, <i>anchoovies</i> , tamarind, natural flavor), red peppers, natural hickory smoke flavor, onion powder, dextrose, <i>garlic powder</i> , spice and spice extractives, xanthan gum, sodium benzoate

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	(preservative)
Biscuit	Bleached enriched <i>flour</i> (bleached flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, partially hydrogenated vegetable oil (soybean, cottonseed) with citric acid added to protect flavor, baking powder (baking soda, sodium aluminum phosphate, sodium acid pyrophosphate), cultured low-fat buttermilk (<i>non-fat milk, whey</i> protein concentrate, <i>whey, cream, dairy cultures</i>), sugar, salt, sodium <i>caseinate</i> , datem, <i>wheat protein isolate</i> , natural flavor, <i>nonfat milk</i>
Breaded Chicken Breast Fillet, Natural	Boneless, skinless chicken breast fillets with rib meat. SEASONED WITH: Salt, flavor (contains torula yeast), chicken fat, garlic powder, natural and artificial flavor (contains <i>milk</i> and <i>soybean lecithin</i>), onion powder, spice extractives, and polysorbate 80. BREADED WITH: <i>Wheat flour</i> , water, bleached <i>wheat flour</i> , salt, modified corn starch, <i>wheat gluten</i> , spices, <i>egg white solids</i> , yellow corn flour, leavening (cream of tartar, sodium bicarbonate), garlic powder, spice extractive Breeding set in vegetable oil.
Bronco Berry® Sauce	Sugar, water, high fructose corn syrup, red bell peppers, distilled vinegar, modified food starch, jalapeno peppers, dehydrated onion, xanthan gum, spices, salt, sodium benzoate and potassium sorbate added as preservatives, citric acid, red #40, blue #1.
Buttermilk Ranch Dressing	Soybean oil, water, cultured <i>buttermilk</i> , distilled vinegar, <i>egg yolks</i> , salt, sugar, <i>buttermilk powder</i> , <i>sour cream powder</i> (cultured <i>sour cream, skim milk solids, whey</i> , sugar, disodium phosphate, citric acid, lactic acid), garlic powder, onion powder, lemon juice from concentrate, natural flavors, propylene glycol alginate, sodium benzoate and potassium sorbate (preservatives), lactic acid, disodium inosinate, disodium guanylate, <i>dried egg whites</i> , parsley, xanthan gum, calcium disodium EDTA added to protect flavor.
Caraway Thousand Island	Soybean oil, water, dijon mustard (distilled vinegar and water, mustard seed, salt, white wine, citric acid, tartaric acid, spices), cucumbers, red wine vinegar, <i>egg yolk</i> , corn syrup, sugar, extra virgin olive oil, tomato paste, distilled vinegar, high fructose corn syrup, caraway seed, salt, garlic (including dehydrated), spices, xanthan gum, dehydrated onion, <i>monosodium glutamate</i> , sodium benzoate added as preservative, bell peppers, mustard seed, propylene glycol alginate, oleoresin paprika, natural flavors, alum, polysorbate 80, calcium disodium EDTA added to protect flavor.
Cheddar Cheese – Natural	Cultured pasteurized <i>milk</i> , salt, calcium chloride, enzymes, artificial color
Cheddar Cheese – Shredded	Cultured pasteurized <i>milk</i> , salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)
Cheddar Cheese Sauce	Water, hydrogenated soybean oil, modified corn starch, cheddar cheese (<i>milk, cheese, cultures</i> , salt, enzymes), maltodextrin, less than 2% of: salt, sodium phosphate, <i>nonfat dry milk</i> , mono and diglycerides, sodium stearyl lactylate, yeast extract, acetic acid, citric acid, <i>cream</i> , sodium citrate, sodium hexametaphosphate, natural flavors, color (annatto extract, paprika oleoresin, carotene, yellow 6)
Cherry Turnover	Unbleached enriched <i>wheat flour</i> [flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (Vitamin B1), Riboflavin (Vitamin B2), folic acid], cherries, water, sugar, modified food starch, partially hydrogenated vegetable shortening (soybean and cottonseed oils colored with beta carotene), corn syrup, salt, high fructose corn syrup, distilled monoglycerides (from hydrogenated soybean oil) and soy lecithin
Chicken Tenders, Natural	Seasoned with salt, hydrolyzed corn and soy protein, flavor contains less than 2% (autolyzed yeast extract, disodium guanylate, disodium inosinate, enzyme modified <i>egg yolk</i> , thiamine hydrochloride). Chicken battered and breaded with <i>wheat flour</i> , water, <i>bleached wheat flour</i> , salt, spice, disodium inosinate and disodium guanylate, yeast extract, leavening (sodium bicarbonate), sodium aluminum sulfate, garlic powder), dextrose, yellow corn flour, onion powder, extractives of paprika and turmeric. Breeding set in vegetable oil.
Chocolate Chip Cookie, Gourmet	Bleached, enriched <i>flour</i> (<i>bleached flour</i> , niacin, iron, thiamin mononitrate, riboflavin, folic acid), chocolate chunks (sugar, chocolate liquor, cocoa butter, <i>soy lecithin</i> , natural flavor, salt), sugar, partially hydrogenated coconut oil with citric acid added to protect flavor, water, margarine (partially hydrogenated soybean oil, water, salt, mono- and diglycerides, <i>soy lecithin</i> , sodium benzoate [preservative], vitamin A palmitate, artificial color, vitamin D, artificial flavor), <i>butter, egg</i> , invert sugar syrup, <i>wheat starch</i> , molasses, baking soda, natural flavor, salt, sodium aluminum phosphate, sodium alginate, glycerol, maltodextrin
Chocolate Shake	Base: <i>Whole milk</i> , sugar syrup, high fructose corn syrup, <i>nonfat milk</i> , Grade A Sweet <i>Whey, cream</i> , artificial vanilla flavor, mono and diglycerides, cellulose gum, guar gum, carrageenan, dipotassium phosphate, sodium citrate, sodium chloride, sodium carbonate, annatto and caramel color Syrup: High fructose corn syrup, corn syrup, water, Dutch processed cocoa, caramel color, potassium sorbate (preservative), citric acid, tetrasodium pyrophosphate, red 40
Corned Beef	Beef flat of round, cured with: water, salt, sodium phosphate, sugar, flavorings, sodium erythorbate and sodium nitrate
Cranberries – Dried	Cranberries, sugar, sunflower oil
Creamy Ranch Spread	Soybean oil, cultured <i>buttermilk, sour cream</i> (<i>cream</i> , modified food starch, gelatin, lactic acid, guar gum, mono and diglycerides, disodium phosphate, citric acid, artificial flavor), <i>egg yolk</i> , water, salt, distilled vinegar, sugar, garlic*, onion*, lemon juice from concentrate, natural flavors, monosodium glutamate, xanthan gum, <i>egg white*</i> , spice, potassium sorbate and sodium benzoate added as preservatives, propylene glycol alginate, citric acid, calcium disodium EDTA added to protect flavor. (*dehydrated)
Croissant	Enriched <i>wheat flour</i> (<i>wheat flour, barley malt</i> , niacin, iron, thiamin mononitrate, riboflavin, folic acid), <i>butter, nonfat milk</i> , water, high fructose corn syrup, contains 2% or less of the following: yeast, partially hydrogenated soybean and/or palm oils, salt, dough conditioners (sodium stearyl lactylate, <i>soy lecithin</i>), calcium propionate (a preservative), dextrin, natural and artificial flavors, <i>casein</i> (a milk derivative), sodium phosphate, carrageenan, spice oils.
Curly Fries	Potatoes, partially hydrogenated soybean oil, enriched <i>bleached flour</i> (<i>wheat flour</i> , niacin, iron, thiamin mononitrate, riboflavin, folic acid), salt, modified food starch, spices, onion powder, corn meal, garlic powder, leavening (disodium dihydrogen pyrophosphate, sodium bicarbonate), dried yeast, torula yeast, hydrolyzed <i>whey protein, hydrolyzed wheat bran</i> , natural flavor, spice and coloring, dextrose.
Dijon Honey Mustard Sandwich Sauce	Soybean oil, water, honey, mustard seed, high fructose corn syrup, distilled vinegar, <i>egg yolk</i> , salt, xanthan gum, spices, propylene glycol alginate, white wine, sodium benzoate and potassium sorbate added as preservatives, oleoresin paprika, calcium disodium EDTA added to protect flavor, yellow #5, citric acid, tartaric acid
Egg, Scrambled Patty	<i>Whole eggs</i> , water, soybean oil, <i>whey solids</i> , dicalcium phosphate, <i>nonfat dried milk</i> , salt, sodium bicarbonate, xanthan gum, artificial butter flavor (natural flavor, partially and polyglycerol esters of fatty acids), citric acid, liquid pepper extract.
Fish Fillet	Pollock, enriched bleached wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, yellow corn flour, water, leavening (sodium acid pyrophosphate, sodium bicarbonate), bleached wheat flour, white corn flour, vegetable shortening (soybean), salt, dextrose, yeast, monosodium glutamate, torula yeast, garlic powder, hydrolyzed soy protein, onion powder, soybean oil, spices, spice extractive, natural flavor, dough conditioners (ascorbic acid, Cysteine HCl).
Grilled Chicken – Diced, Natural	Coated with: seasoning (Sodium Citrate Blend [buffered sodium citrate, sodium diacetate], Salt, Yeast Extract, Dextrose, Hydrolyzed Corn Gluten, Natural Flavors (including smoke flavors), Sugar, Maltodextrin, Chicken Broth, Chicken Powder, Chicken Fat, Disodium Inosinate and Disodium Guanylate, Soy Sauce Solids [<i>wheat, soybean</i> , salt], Lactic Acid, Flavor [from partially

Arby's® 2006 Nutrition, Ingredient & Allergen Information (U.S.)

	hydrogenated cottonseed and soybean oil], Modified Food Starch, Thiamine Hydrochloride, Corn Syrup Solids
Grilled Chicken Breast, Natural	Grilled Chicken Breast Fillet with rib meat - Boneless skinless chicken breast with rib meat, glazed with vegetable oil (soybean oil), chicken broth flavor (chicken broth, salt, flavor), Natural Flavor (salt, maltodextrin, sugar, disodium inosinate, disodium guanylate, grill flavor (partially hydrogenated soybean/cottonseed oil), flavor, chicken fat.)
Ham (Roasted)	Cured with water, salt, dextrose, sodium phosphates, smoke flavorings, sodium erythorbate, sodium nitrite.
Homestyle Fries	Potatoes, Partially Hydrogenated Vegetable Shortening (Soybean Oil and/or Canola Oil), Modified Food Starch, Rice Flour, Dextrin, Salt, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dextrose, Xanthan Gum.
Honey Mustard Dipping Sauce	Soybean oil, water, honey, mustard seed, high fructose corn syrup, distilled vinegar, <i>egg yolk</i> , salt, xanthan gum, spices, propylene glycol alginate, white wine, sodium benzoate and potassium sorbate added as preservatives, oleoresin paprika, calcium disodium EDTA added to protect flavor, yellow #5, citric acid, tartaric acid.
Honey Wheat Bread	Bleached enriched <i>flour</i> (<i>malted barley flour</i> , niacin, reduced iron, thiamine mononitrate, riboflavin, folate), water, <i>coarse cracked wheat</i> , high fructose corn syrup, yeast, honey, vegetable oil (soybean and/or cottonseed oil), salt, corn syrup, <i>barley malt extract</i> and saccharifying enzymes, calcium propionate, dough conditioner: [enriched <i>wheat flour</i> (<i>flour</i> , niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), datem, vegetable shortening (partially hydrogenated soybean oil, TBHQ added to preserve freshness), contains less than 2% of the following: ascorbic acid, L-Cysteine hydrochloride, azodicarbonamide, enzymes, calcium peroxide], caramel color, enzyme, ascorbic acid.
Horsey® Sauce	Soybean oil, water, high fructose corn syrup, distilled vinegar, corn syrup, <i>egg yolks</i> , modified food starch, salt, spices, horseradish powder, sodium benzoate (preservative), artificial flavor, calcium disodium EDTA
Jalapeno Bites®	Jalapeno pepper (pepper, water, salt, acetic acid), <i>cream cheese</i> (pasteurized <i>milk and cream</i> , <i>cheese culture</i> , salt, carob bean gum), bleached <i>wheat flour</i> , water, contains 2% or less of each of the following: food starch-modified, yellow corn flour, salt, dextrose, <i>wehey</i> , yeast, partially hydrogenated soybean oil, sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate), cellulose gum, oleoresin turmeric (color), <i>modified wheat starch</i> , <i>wheat flour</i> , potato starch, rice flour, methylcellulose, sunflower oil
Jamocha Shake	Base: <i>Whole milk</i> , sugar syrup, high fructose corn syrup, <i>nonfat milk</i> , Grade A Sweet <i>Whey</i> , <i>cream</i> , artificial vanilla flavor, mono and diglycerides, cellulose gum, guar gum, carrageenan, dipotassium phosphate, sodium citrate, sodium chloride, sodium carbonate, annatto and caramel color Syrup: High fructose corn syrup, water, corn syrup, instant coffee, Dutch processed cocoa, caramel color, salt, potassium sorbate (preservative), <i>citric acid</i> , tetrasodium pyrophosphate, artificial flavor
Ketchup	Water, tomato paste made from red ripe tomatoes, high fructose corn syrup, corn syrup, distilled vinegar, sugar, salt, dextrose, onion powder, spice and natural flavor
Light Buttermilk Ranch Dressing	Water, <i>buttermilk</i> , corn syrup solids, distilled vinegar, soybean oil, <i>non-fat dry milk</i> , salt, modified corn starch, microcrystalline cellulose, garlic, artificial color, sodium benzoate and potassium sorbate (preservatives), spices, onion*, cellulose gum, xanthan gum, lactic acid, disodium guanylate, disodium inosinate, natural flavor, propylene glycol alginate, calcium disodium EDTA added to protect flavor. *Dehydrated.
Marble Rye	Bleached enriched <i>flour</i> (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folate), water, bleached enriched <i>flour</i> (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folate), water, yeast, sour (<i>flour</i> , salt, malt, fumaric acid, acetic acid), yeast, <i>wheat</i> gluten, caramel color, pumpernickel <i>flour</i> , high fructose corn syrup, vegetable oil (soybean oil), rye flour, <i>wheat</i> gluten, sour (<i>flour</i> , salt, malt, fumaric acid, lactic acid), high fructose corn syrup, vegetable oil (soybean oil), ground caraway seed, calcium propionate (to retard spoilage), dough conditioner (flour, diacetyl tartaric acid esters of mono & diglycerides [datem], salt, calcium stearoyl lactylate [CSL], calcium sulfate, contains 2% or less of: vegetable shortening (partially hydrogenated soybean, cottonseed and/or canola oil), ascorbic acid, potassium iodate, L-cysteine, azodicarbonamide [ADA], enzyme), calcium propionate (to retard spoilage), dough conditioner (<i>flour</i> , diacetyl tartaric acid esters of mono * diglycerides [datem], salt, calcium stearoyl lactylate [CSL], calcium sulfate, contains 2% or less of: vegetable shortening (partially hydrogenated soybean, cottonseed and/or canola oil), ascorbic acid, potassium iodate, L-Cysteine, azodicarbonamide [ADA], enzyme), salt, salt.
Marinara Sauce	Tomato puree (water and tomato paste), soybean oil, high fructose corn syrup, dry onion, garlic, salt, spices, citric acid, xanthan gum and 0.1% sodium benzoate and potassium sorbate (as a preservative)
Mayonnaise	Soybean oil, water, <i>egg yolk</i> , high fructose corn syrup, distilled vinegar, salt, cider vinegar, sugar, lemon juice concentrate, spice, onion*, garlic*, natural flavor, calcium disodium EDTA added to protect flavor. (*dehydrated)
Mozzarella Sticks	Low moisture part-skim mozzarella cheese (pasteurized <i>part-skim milk</i> , cheese cultures, salt, enzymes, calcium chloride), bleached <i>wheat flour</i> , water, vegetable oil shortening (soybean and/or partially hydrogenated soybean oil), yellow corn flour, contains 2% or less of salt, potato starch, sugar, dextrose, partially hydrogenated vegetable oil (soybean and/or cottonseed), spices, <i>wehey</i> , leavening g (sodium bicarbonate, sodium acid pyrophosphate), natural flavors, oleoresin paprika, monoglycerides, diglycerides, sodium alginate, hydroxypropyl methylcellulose, <i>calcium caseinate</i> , yellow 5, red 40, blue 1
Onion Bun	Enriched <i>wheat flour</i> (<i>wheat flour</i> , malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, <i>eggs</i> , onions, contains 2% or less of: salt, yeast, soybean oil, sodium stearoyl lactylate, corn flour, azodicarbonamide, calcium peroxide, vinegar, monoglycerides, calcium propionate (preservative), spice and coloring, ammonium chloride, calcium sulfate, lecithin, poppy seeds
Onion Petals	Onions, bleached <i>wheat flour</i> , water, vegetable shortening (soybean, partially hydrogenated soybean oil and/or cottonseed), yellow corn flour, <i>buttermilk</i> , modified food starch, dextrose, salt, sugar, natural butter flavor (dextrose, natural flavors, propylene glycol), natural <i>buttermilk</i> flavor (natural flavoring, modified corn starch), natural cream flavor (maltodextrin, cream flavor), sorbitol, leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate), spice, guar gum, <i>wehey</i> , monoglycerides, oleoresin paprika (color)
Pepper Jack Cheese - Shredded	Cultured pasteurized <i>milk</i> , jalapeno peppers, salt, calcium chloride, enzymes, powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)
Potato Cakes	Potatoes, Partially Hydrogenated Vegetable Shortening (Soybean Oil and/or Canola Oil), Dehydrated Potato, Salt, Corn Flour, Natural Flavoring, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose.
Raspberry Vinaigrette	Water, soybean oil, corn syrup, raspberries, red wine vinegar, high fructose corn syrup, sugar, salt, natural flavors, lemon juice concentrate, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, spices, propylene glycol alginate, calcium disodium EDTA added to protect flavor
Red Ranch Sauce	High fructose corn syrup, soybean oil, corn-cider vinegar, tomato paste, distilled vinegar, salt, paprika, spice, beet juice concentrate, onion*, natural flavor, xanthan gum, propylene glycol alginate, garlic* (*dehydrated)
Roast Beef	Trimmed boneless beef chunks (minimum 70%) combined with chopped beef for a maximum of 12% fat. Contains up to 9.0% of a self-basting solution of water, salt, sodium phosphate

Arby's® 2006 Nutrition, Ingredient & Allergen Information (U.S.)

Roasted Black Bean & Corn Mix	Corn, black beans, tomatoes, onions, bell peppers, soybean oil, seasoning (salt, brown sugar, spices, chili pepper, dehydrated onion, lime juice powder, [corn syrup solids, lime juice solids, lime oil, BHT], autolyzed yeast extract, dehydrated garlic, dehydrated bell peppers, grill flavor [partially hydrogenated soybean and cottonseed oils, modified potato starch, corn syrup solids], citric acid, natural smoke flavor, and natural flavoring, with soybean oil and not more than 2% silicon dioxide to prevent caking).
Santa Fe Ranch Dressing	Soybean oil, water, distilled vinegar, <i>egg yolks</i> , green bell peppers, high fructose corn syrup, salt, corn vinegar, <i>whey powder</i> , onions, apple cider vinegar, garlic powder, onion powder, spices, mustard seed, jalapeno peppers, modified corn starch, natural flavor, disodium inosinate and disodium guanylate, sodium benzoate and potassium sorbate (preservatives), xanthan gum, dehydrated onions, lactic acid, parsley, propylene glycol alginate, calcium disodium EDTA.
Santa Fe Ranch Sauce	Soybean oil, water, distilled vinegar, <i>egg yolks</i> , green bell peppers, salt, corn vinegar, high fructose corn syrup, <i>whey powder</i> , onions, apple cider vinegar, spices, dehydrated onion, jalapeno peppers, garlic powder, modified food starch, natural flavor, xanthan gum, propylene glycol alginate, sodium benzoate and potassium sorbate (preservatives), disodium inosinate and disodium guanylate, lactic acid, dehydrated parsley, calcium disodium EDTA, citric acid
Sauerkraut	Cabbage, water, salt, vinegar, Sodium Benzoate, natural flavors, Sodium Bisulfate
Sausage Patty	Pork, water, contains 2% of the following: salt, spices, sodium phosphates, dextrose, autolyzed yeast extract, caramel color
Sesame Seed Bun	<i>Enriched wheat flour</i> (<i>wheat flour</i> , malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, salt, <i>wheat gluten</i> , <i>nonfat milk</i> , yeast, malt powder, sodium stearoyl lactylate, azodicarbonamide, monoglycerides, ammonium chloride, calcium propionate, corn starch, calcium sulfate, calcium peroxide, sesame seeds.
Sourdough Bread	<i>Bleached enriched flour</i> (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folate), water, yeast, sour: [<i>enriched wheat flour</i> (<i>flour</i> , niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, vegetable shortening (partially hydrogenated soybean oil, TBHQ added to preserve freshness), fumaric acid, acetic acid, contains less than 2% of the following: lactic acid, ascorbic acid], vegetable oil (soybean and/or cottonseed oil), high fructose corn syrup, calcium propionate, dough conditioner: [<i>enriched wheat flour</i> (<i>flour</i> , niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), date, vegetable shortening (partially hydrogenated soybean oil, TBHQ added to preserve freshness), contains less than 2% of the following: ascorbic acid, L-Cysteine Hydrochloride, azodicarbonamide, enzymes, calcium peroxide]
Spicy Brown Honey Mustard	Distilled vinegar, soybean oil, mustard seed, water, honey, horseradish, sugar, <i>egg yolk</i> , salt, high fructose corn syrup, spices, molasses, dehydrated garlic, corn syrup, artificial color, turmeric, natural and artificial flavor, <i>anchovies</i> , tamarind, calcium disodium EDTA added to protect flavor.
Strawberry Shake	Base: <i>Whole milk</i> , sugar syrup, high fructose corn syrup, <i>nonfat milk</i> , <i>Grade A Sweet Whey</i> , <i>cream</i> , artificial vanilla flavor, mono and diglycerides, cellulose gum, guar gum, carrageenan, dipotassium phosphate, sodium citrate, sodium chloride, sodium carbonate, annatto and caramel color Syrup: High fructose corn syrup, corn syrup, water, strawberry juice concentrate with other natural fruit flavors, citric acid, sodium benzoate (preservative), caramel color, artificial color (red 40, blue 1)
Swiss Cheese – Big Eye natural	<i>Cultured milk</i> , salt, enzymes. Aged over 60 days.
Swiss Cheese – processed	<i>Cultured milk</i> , <i>skim milk</i> , water, salt, sodium citrate, sodium phosphate, cream, citric acid, sorbic acid (preservative), enzymes, lactic acid, lecithin
Tangy Southwest® Sauce	Soybean oil, water, high fructose corn syrup, horseradish, <i>egg yolks</i> , distilled vinegar, corn cider vinegar, salt, dehydrated garlic, sugar, tomato paste, spices, sodium benzoate and potassium sorbate (preservatives), xanthan gum, paprika, natural flavors, calcium disodium EDTA
Tartar Sauce	Soybean oil, water, high fructose corn syrup, pickles, distilled vinegar, egg yolks, salt, modified food starch, onion powder, paprika, sodium benzoate and potassium sorbate (preservatives), spices and calcium disodium EDTA.
Three Pepper Sauce	Water, distilled vinegar, sugar, tomato paste, brown sugar, soybean oil, jalapeno peppers, corn vinegar, salt, spices, high fructose corn syrup, mustard (water, vinegar, mustard seed, salt, turmeric, spices), corn syrup solids, apple cider vinegar, modified food starch, red bell pepper puree, dehydrated onions, dehydrated garlic, ground paprika, xanthan gum, sodium benzoate (preservative), natural flavor [contains maltodextrin, oleoresin paprika, benzoic acid and sorbic acid (preservatives), erythorbic acid], citric acid, propylene glycol alginate, natural smoke flavor, ground celery.
Tortilla Strips, Seasoned	Stone ground yellow corn, corn oil or safflower oil, sea salt, water, trace of lime
Turkey (Roast)	Turkey breast, water, contains 2% or less of: brown sugar, dextrose, salt, browned in soybean oil.
Vanilla Shake	<i>Whole milk</i> , sugar syrup, high fructose corn syrup, <i>nonfat milk</i> , <i>Grade A Sweet Whey</i> , <i>cream</i> , artificial vanilla flavor, mono and diglycerides, cellulose gum, guar gum, carrageenan, dipotassium phosphate, sodium citrate, sodium chloride, sodium carbonate, annatto and caramel color
Whole Wheat Tortilla	<i>Modified wheat starch</i> , water, <i>whole wheat flour</i> , <i>wheat gluten</i> , powdered cellulose, vegetable shortening (partially hydrogenated soybean and/or cottonseed oils), <i>wheat protein isolate</i> (<i>wheat gluten</i> , lactic acid, sulfite), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), cellulose gum, distilled monoglycerides, <i>wheat starch</i> , alpha amylase, tricalcium phosphate, BHT and citric acid (antioxidants), dough conditioners (fumaric acid, sodium metabisulfite and/or l-cysteine), calcium propionate and sorbic acid (to preserve freshness), vegetable oil, artificial flavor, caramel color, sucralose.