



U.S. NUTRITION INFORMATION

Note: Your totals may differ slightly from those listed. Wendy's calculations follow the federal regulations regarding the rounding of the nutritional data.

Garden Sensations™ Salads

Flavor-Packed Entree Salads to Dress and Top Yourself*

	Serving Size	Weight (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Mandarin Chicken® Salad Iceberg, Romaine, Spring Salad Mix, Mandarin Oranges, Diced Chicken	1 ea.	348	190	25	3	1	0	50	740	17	3	11	22
Crispy Noodles	1 pkt.	14	60	20	2	0	0.5	0	170	10	0	1	1
Roasted Almonds	1 pkt.	21	130	100	11	1	0	0	70	4	2	1	5
Oriental Sesame Dressing	1 pkt.	64	250	170	19	2.5	0	0	560	19	0	18	1
Spring Mix Salad Iceberg, Romaine, Spring Salad Mix, Cucumbers, Grape Tomatoes, Red Onions, Carrots, Cheddar Cheese	1 ea.	315	180	100	11	6	0.5	30	230	12	5	5	11
Honey Roasted Pecans	1 pkt.	20	130	120	13	12	0	0	65	5	2	3	2
House Vinaigrette Dressing	1 pkt.	64	190	160	18	2.5	0	0	750	8	0	7	0
Chicken BLT Salad Iceberg, Romaine, Spring Salad Mix, Cucumbers, Grape Tomatoes, Cheddar Cheese, Bacon Pieces, Diced Chicken	1 ea.	376	360	170	19	9	0.5	95	1140	10	4	4	34
Homestyle Garlic Croutons	1 pkt.	14	70	25	2.5	0	0	0	120	9	0	0	1
Honey Mustard Dressing	1 pkt.	64	280	230	26	4	0.5	25	350	11	0	10	1
Taco Supremo Salad Iceberg, Romaine, Tomatoes, Red Onions, Cheddar Cheese, Wendy's Chili	1 ea.	495	360	140	16	8	1	65	1090	29	8	8	27
Salsa	1 ea.	85	30	0	0	0	0	0	440	6	0	4	1
Sour Cream	1 pkt.	28	60	45	5	3.5	0	20	20	2	0	1	1
Taco Chips	1 pkt.	43	220	100	11	2	2	0	200	27	2	0	3
Homestyle Chicken Strips Salad Iceberg, Romaine, Spring Salad Mix, Cucumbers, Grape Tomatoes, Red Onions, Carrots, Cheddar Cheese, 2 Homestyle Chicken Strips	1 ea.	420	450	200	22	9	2.5	70	1190	34	5	6	29
Creamy Ranch Dressing	1 pkt.	64	230	200	23	4	0.5	15	580	5	0	3	1
Lighter Salad Dressings Fat Free French Style	1 pkt.	64	80	0	0	0	0	0	210	19	0	16	0
Reduced Fat Creamy Ranch	1 pkt.	64	100	70	8	1.5	0	15	550	6	1	3	1
Low Fat Honey Mustard	1 pkt.	64	110	25	3	0	0.5	0	340	21	0	16	0

* Toppings and Salad Dressings listed separately.

Beverages and Frosty™

Refreshments for Everyone's Thirst

Beverages													
Coffee	1 ea.	170	0	0	0	0	0	0	0	1	0	1	0
Tea	1 ea.	170	0	0	0	0	0	0	0	0	0	0	0
Milk, 2% Reduced Fat Milk	1 ea.	227	110	40	4.5	2.5	0	15	115	11	0	11	8
Diet Cola Soft Drink, Medium (20 oz. cup)*	1 ea.	312	0	0	0	0	0	0	15	0	0	0	0
Lemon-Lime Soft Drink, Medium (20 oz. cup)*	1 ea.	312	130	0	0	0	0	0	30	36	0	36	0
Cola Soft Drink, Medium (20 oz. cup)*	1 ea.	312	140	0	0	0	0	0	10	37	0	37	0
Frosty													
Junior, 6 oz. cup	1 ea.	113	160	35	4	2.5	0	15	75	28	0	21	4
Small, 12 oz. cup	1 ea.	227	330	70	8	5	0	35	150	56	0	42	8
Medium, 16 oz. cup	1 ea.	298	430	100	11	7	0	45	200	74	0	55	10

*To determine nutritional information for a Kid's size (12 oz.) soft drink, multiply by 0.6; Small (16 oz.) soft drink, multiply by 0.8; Biggie (32 oz.) soft drink, multiply by 1.6.

We're proud of the quality food we serve. To learn more, visit wendys.com or wendysenespanol.com

Side Selections

Numerous Options to Serve Yourself a Balanced Meal

	Serving Size	Weight (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
SIDE SALADS	Side Salad Iceberg, Romaine, Cucumbers, Grape Tomatoes, Red Onions, Carrots	1 ea.	167	35	0	0	0	0	20	7	3	4	2	
	Caesar Side Salad Romaine, Parmesan Cheese, Bacon Pieces	1 ea.	99	70	40	4.5	2	0	10	190	2	1	1	6
	Homestyle Garlic Croutons Caesar Dressing	1 pkt. 1 pkt.	14 28	70 150	25 150	2.5 16	0 2.5	0 0	120 240	9 1	0 0	0 0	1 1	
BAKED POTATOES	Plain	10 oz.*	284	270	0	0	0	0	25	61	7	3	7	
	Sour Cream & Chives Potato, Sour Cream, Chives	1 ea.	312	340	60	6	3.5	0	15	40	62	7	3	8
	Broccoli & Cheese Potato, Broccoli, Cheese Sauce, Margarine	1 ea.	411	440	130	15	3	0	10	540	70	9	6	10
	Bacon & Cheese Potato, Cheese Sauce, Bacon Pieces, Margarine	1 ea.	380	560	220	25	7	0	35	910	67	7	6	16
	Country Crock® Spread	1 pkt.	14	60	60	7	1.5	0.5	0	115	0	0	0	0
FRENCH FRIES	Small	8 oz.	227	200	45	5	2	0	35	870	21	5	5	17
	Large	12 oz.	340	300	70	7	3	0	50	1310	31	7	7	25
	Hot Chili Seasoning	1 pkt.	7	5	0	0	0	0	0	270	2	0	1	0
	Saltine Crackers	2 ea.	6	25	5	0.5	0	0	0	70	5	0	0	1
	Cheddar Cheese, shredded	2 T.	17	70	50	6	3.5	0	15	110	1	0	0	4
	Kids' Meal	3.2 oz.	91	250	100	11	2	3	0	220	36	4	0	3
	Medium	5.0 oz.	142	390	150	17	3	4.5	0	340	56	6	0	4
	Biggie®	5.6 oz.	159	440	170	19	3.5	5	0	380	63	7	0	5
	Great Biggie®	6.7 oz.	190	530	200	23	4.5	5.5	0	450	75	8	1	6

* Average weight.



Homestyle Chicken Strips & Crispy Chicken Nuggets

Crispy All-White Breast Meat for High Flavor Dipping

STRIPS	Homestyle Chicken Strips	3 ea.	159	410	160	18	3.5	3	60	1470	33	0	0	28
	Deli Honey Mustard Sauce	1 pkt.	35	170	140	16	2.5	0	15	190	6	0	4	0
	Spicy Southwest Chipotle Sauce	1 pkt.	35	140	120	13	2	0	20	170	5	0	1	0
	Heartland Ranch Sauce	1 pkt.	35	200	190	21	3.5	0	20	280	1	0	1	0
NUGGETS	4 Piece Kids' Meal	4 pc.	60	180	100	11	2.5	1.5	25	390	10	0	0	8
	5 Piece	5 pc.	75	220	130	14	3	1.5	35	490	13	0	0	10
	Barbecue Sauce	1 pkt.	28	40	0	0	0	0	0	160	10	0	5	1
	Sweet & Sour Sauce	1 pkt.	28	45	0	0	0	0	0	120	12	0	7	0
	Honey Mustard Sauce	1 pkt.	28	130	100	12	2	0	10	220	6	0	5	0

Tally up your whole meal! Meal calculator at wendys.com or wendysenespanol.com

Sandwiches

100% Ground Beef and Whole-Breast Chicken Fillets Taste Great

HAMBURGERS

CHICKEN TEMPTATIONS™

	Serving Size	Weight (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Jr. Hamburger 2 oz.* Patty, Ketchup, Mustard, Dill Pickles, Onion, Sandwich Bun	1 ea.	117	270	80	9	3.5	0.5	30	610	34	2	7	15
Jr. Cheeseburger 2 oz.* Patty, American Cheese Jr. Slice, Ketchup, Mustard, Dill Pickles, Onion, Sandwich Bun	1 ea.	129	310	110	12	6	0.5	45	820	34	2	7	17
Jr. Cheeseburger Deluxe™ 2 oz.* Patty, American Cheese Jr. Slice, Mayonnaise, Ketchup, Mustard, Dill Pickles, Onion, Tomato, Lettuce, Sandwich Bun	1 ea.	179	350	140	15	6	1	45	880	36	2	8	18
Jr. Bacon Cheeseburger 2 oz.* Patty, American Cheese Jr. Slice, Bacon, Mayonnaise, Tomato, Lettuce, Sandwich Bun	1 ea.	165	380	170	19	7	1	55	830	34	2	6	20
Hamburger, Kids' Meal 2 oz.* Patty, Ketchup, Mustard, Dill Pickles, Sandwich Bun	1 ea.	110	270	80	9	3.5	0.5	30	610	33	1	6	15
Cheeseburger, Kids' Meal 2 oz.* Patty, American Cheese Jr. Slice, Ketchup, Mustard, Dill Pickles, Sandwich Bun	1 ea.	122	310	110	12	6	0.5	45	820	33	1	7	17
Classic Single® w/ Everything 1/4 lb.* Patty, Mayonnaise, Ketchup, Mustard, Dill Pickles, Onion, Tomato, Lettuce, Sandwich Bun	1 ea.	218	410	170	19	7	1	70	910	37	2	8	25
Big Bacon Classic® 1/4 lb.* Patty, American Cheese Slice, Bacon, Mayonnaise, Ketchup, Dill Pickles, Onion, Tomato, Lettuce, Kaiser Roll	1 ea.	282	580	260	29	12	1.5	95	1430	45	3	11	33
Ultimate Chicken Grill Sandwich Ultimate Chicken Grill Fillet, Sweet & Savory Sauce, Tomato, Romaine, Kaiser Roll	1 ea.	225	360	60	7	1.5	0	75	1100	44	2	11	31
Spicy Chicken Fillet Sandwich Spicy Chicken Fillet, Mayonnaise, Tomato, Romaine, Kaiser Roll	1 ea.	225	510	170	19	3.5	1.5	55	1480	57	2	8	29
Homestyle Chicken Fillet Sandwich Homestyle Chicken Fillet, Creamy Tangy Sauce, Red Onion, Tomato, Romaine, Kaiser Roll	1 ea.	230	540	190	22	4	1.5	55	1320	57	2	8	29

Sandwich Components

Everything Can Be Made to Order for Your Taste

Note: For your custom sandwich order, add or subtract the nutritional value of any of the following to the totals above.

2 oz.* Hamburger Patty	2 oz.*	37	100	60	7	3	0.5	30	150	0	0	0	9
1/4 lb.* Hamburger Patty	1/4 lb.*	74	200	120	13	6	1	65	290	0	0	0	19
Ultimate Chicken Grill Fillet	1 pc.	105	120	20	2.5	0.5	0	70	630	2	0	1	23
Spicy Chicken Fillet	1 pc.	108	260	110	12	2.5	1.5	50	1050	16	0	0	22
Homestyle Chicken Fillet	1 pc.	105	260	110	12	2.5	1.5	50	880	17	0	0	21
Sandwich Bun	1 ea.	58	160	15	2	0	0	0	290	31	1	5	5
Kaiser Roll	1 ea.	71	200	20	2.5	0	0	0	350	38	2	6	7
American Cheese, Jr.	1 slice	12	45	30	3.5	2.5	0	10	220	0	0	0	2
American Cheese	1 slice	18	70	50	5	3.5	0	15	320	1	0	0	3
Bacon	1 strip	4	20	15	1.5	0.5	0	5	60	0	0	0	1
Mayonnaise	1.5 tsp.	9	30	30	3	0.5	0	5	55	1	0	0	0
Sweet & Savory Sauce	1/2 oz.	14	35	20	2	0	0	10	110	3	0	2	0
Creamy Tangy Sauce	1/2 oz.	14	70	60	7	1	0	5	85	1	0	0	0

* Approximate weight before cooking.

Great Food – Fresh Ideas – Smart Choices

AMERICAN CHEESE: Cultured Milk, Water, Cream, Sodium Citrate (anti-oxidant), Salt, Sodium Phosphate, Sorbic Acid (preservative), Artificial Color, Acetic Acid, Enzymes, Lecithin.

BACON PIECES: Pork cured with: Water, Salt, Sodium Phosphates, Sodium Nitrite (color enhancer), Smoke Flavoring. May contain: Sugar, Sodium Erythorbate (buffering agent), Brown Sugar, Sodium Ascorbate, Potassium Chloride, Dextrose.

BACON STRIPS: Pork cured with: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate (buffering agent), Sodium Nitrite (color enhancer).

BUN, SANDWICH AND KAISER ROLL: Enriched and Bleached Flour (Wheat Flour, Thiamin Mononitrate, Riboflavin, Niacin, Iron, Folic Acid), Water, High Fructose Corn Syrup, Partially Hydrogenated Soybean Oil, Yeast, Salt, Vital Wheat Gluten, Contains less than 2% of each of the following: Sodium Stearoyl Lactylate and Calcium Stearoyl-2-Lactylate (dough conditioners), colored with Turmeric and Paprika, Calcium Sulfate, Yellow Corn Meal (Kaiser Roll only), Calcium Propionate (preservative), Distilled Monoglycerides, Soy Flour, Ascorbic Acid, Azodicarbonamide and DATEM (dough conditioners).

CHEDDAR CHEESE, SHREDDED: Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato Starch, Powdered Cellulose (anti-caking agent), Natamycin (mold inhibitor).

CHEESE SAUCE: Cheddar Cheese Solids [(Milk, Salt, Cheese Cultures, Enzymes), Whey, Partially Hydrogenated Soybean Oil, Maltodextrin, Reduced Lactose Whey, Buttermilk, Salt, Disodium Phosphate, Blue Cheese (Milk, Salt, Cheese Cultures, Enzymes), Nonfat Milk, Citric Acid, Artificial Color (Yellow #5 and #6)], Modified Tapioca Starch, Partially Hydrogenated Soybean Oil, Corn Syrup, Nonfat Milk, Salt, Tricalcium Phosphate, Sodium Caseinate, Citric Acid, Butter, Mono and Diglycerides (emulsifiers), Sodium Citrate (anti-oxidant), Dipotassium Phosphate, Whey, Guar Gum, Autolyzed Yeast Extract, Disodium Inosinate (flavor enhancer), Carrageenan.

CHILI: Ground Beef, Chili Base (Tomatoes, Salt, Citric Acid, Calcium Chloride), Chili Seasoning (Maltodextrin, Tomato, Salt, Modified Corn Starch, Chili Pepper, Sugar, Onion, Spices, Dextrose, Garlic, Soybean Oil, Xanthan Gum (thickener), Autolyzed Yeast Extract, Citric Acid, Disodium Inosinate and Guanylate [flavor enhancers]), colored with Paprika, Artificial Flavor, Silicon Dioxide [anti-caking agent]), Kidney Beans (Kidney Beans, Water, Sugar, Corn Syrup, Salt, Natural Flavorings, Onion, Calcium Chloride, Disodium EDTA [preservative]), Chili Beans (Pink Beans, Water, Sugar, Corn Syrup, Salt, Natural Flavorings, Onion, Calcium Chloride), Vegetable Mix (Onions, Celery, Peppers).

CREAMY TANGY SAUCE: Soybean Oil, Dijon Mustard (Water, Mustard Seed, Distilled Vinegar, Salt, White Wine, Citric Acid, Tartaric Acid, Spices), Water, Eggs, Onion, High Fructose Corn Syrup, Lemon Juice, Vinegar (Cider and Distilled), Lemon Juice, Modified Food Starch, Salt, Xanthan Gum (thickener), Natural Flavor, Mustard Flour, Potassium Sorbate and Sodium Benzoate (preservatives), Calcium Disodium EDTA (preservative), Caramel Color.

CRISPY CHICKEN NUGGETS: Chicken Breast with Rib Meat, Water, Modified Corn Starch, Sodium Phosphates, Salt, Whey Protein Concentrate. Bred with: Bleached Wheat Flour, Salt, Modified Corn Starch, Spices, Dextrose, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Yellow Corn Flour, Yeast, Garlic, Citric Acid, Natural and Artificial Flavor, Spice Extractives, Xanthan Gum (thickener). Cooked in: Partially Hydrogenated Corn and Soybean Oil.

COLA SOFT DRINK: High Fructose Corn Syrup and/or Sucrose, Water, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine.

DICED CHICKEN: Chicken Breast Fillets with Rib Meat, Water, Seasoning (Salt, Dextrose, Maltodextrin, Flavor and Artificial Flavor [Contains Wheat Flour, Egg, Soybean]), Autolyzed Yeast Extract, Sugar, Fructose, Onion, Disodium Inosinate and Guanylate [flavor enhancers]), Modified Corn Starch, Soy Protein Concentrate, Sodium Phosphates, Fructose.

DIET COLA SOFT DRINK: Water, Caramel Color, Phosphoric Acid, Sodium Saccharin, Potassium Benzoate (flavor protector), Natural Flavors, Citric Acid, Caffeine, Potassium Citrate, Aspartame, Dimethylpolysiloxane (anti-foaming agent).

DILL PICKLES: Cucumbers, Water, Distilled Vinegar, Salt, Calcium Chloride, Sodium Benzoate (preservative), Natural Flavors, Yellow #5, Blue #1.

FRENCH FRIES: Potatoes, Partially Hydrogenated Soybean Oil, Dextrose, Disodium Dihydrogen Pyrophosphate (retains color). Cooked in: Partially

Hydrogenated Corn and Soybean Oil. Seasoned with Salt. Note: French Fries may be cooked in same oil as Crispy Chicken Nuggets and Home-style Chicken Strips.

FROSTY™: Milk, Sugar, Cream, Corn Syrup Solids, Whey, Nonfat Milk Solids, Cocoa, Dextrose, Guar Gum (thickener), Mono and Diglycerides (emulsifiers), Carrageenan, Calcium Sulfate, Disodium Phosphate, Vitamin A Palmitate, Artificial and Natural Flavors.

HAMBURGER PATTY: Ground Beef. Seasoned with Salt.

HOMESTYLE CHICKEN FILLET: Chicken Breast with Rib Meat, Water, Modified Potato Starch, Seasoning (Salt, Flavor, Maltodextrin, Modified Corn Starch, Citric Acid, Disodium Guanylate and Inosinate [flavor enhancers]), Chicken Broth, Partially Hydrogenated Soybean/Cottonseed Oil, Soy Sauce [Wheat, Soybeans, Salt], Yeast Extract, Sodium Phosphate (emulsifier). Bred with: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spices, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Maltodextrin, Natural and Artificial Flavor, Garlic, Lactic Acid, Onion, Yeast, Paprika. Cooked in: Partially Hydrogenated Soybean Oil.

HOMESTYLE CHICKEN STRIPS: Chicken Breast with Rib Meat, Water, Modified Potato Starch, Salt, Sodium Phosphate (emulsifier). Bred with: Wheat Flour, Water, Rice Flour, Salt, Modified Corn Starch, Sugar, Spice, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Dextrose, Onion, Garlic, Chicken Broth, Autolyzed Yeast, Maltodextrin, Natural and Artificial Flavor, colored with Paprika, Lactic Acid. Cooked in: Partially Hydrogenated Corn and Soybean Oil.

KETCHUP: Tomato Concentrate from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion, Natural Flavoring.

LEMON LIME SOFT DRINK: High Fructose Corn Syrup and/or Sucrose, Water, Citric Acid, Natural Flavors, Sodium Citrate (anti-oxidant), Sodium Benzoate (preservative), Dimethylpolysiloxane (anti-foaming agent).

MARGARINE: Liquid Soybean Oil, Partially Hydrogenated Soybean Oil, Water, Salt, Whey, Soy Lecithin, Vegetable Mono and Diglycerides, Sodium Benzoate (preservative), Artificial Flavor, Citric Acid, Vitamin A Palmitate, Beta Carotene (color).

MANDARIN ORANGES: Mandarin Oranges, Water, Sugar.

MAYONNAISE: Water, Soybean Oil, Corn Syrup, Egg Yolk, Modified Corn Starch, Distilled Vinegar, Salt, Spice, Xanthan Gum (thickener), Sodium Benzoate and Potassium Sorbate (preservatives), Natural Flavor, Calcium Disodium EDTA (preservative), Yellow #5 and #6.

MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, colored with Turmeric and Paprika, Spice.

PARMESAN CHEESE, SHREDDED: Part-Skim Milk, Cheese Culture, Salt, Rennet.

SPICY CHICKEN FILLET: Chicken Breast with Rib Meat, Water, Seasoning (Salt, Spices, Sodium Phosphates, Modified Corn Starch, Paprika, Turmeric). Bred with: Wheat Flour, Modified Corn Starch, Salt, Yellow Corn Flour, Spices, Wheat Gluten, Egg Whites, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Dextrose, Paprika, Gum Arabic, Yeast. Cooked in: Partially Hydrogenated Soybean Oil.

SPRING MIX: May contain the following lettuces: Red Oak, Red Romaine, Red Mustard, Granada, Lollo Rossa, Brunia, Radina, Red Bibb.

SWEET AND SAVORY SAUCE: Water, Soybean Oil, Bell Peppers, Brown Sugar, Tomato Paste, Honey, Onion, Egg Yolk, Distilled Vinegar, Modified Food Starch, Salt, Garlic, Corn Starch, Rice Wine Vinegar, Natural and Artificial Flavors (including smoke flavor), Spices, Corn Syrup, High Fructose Corn Syrup, Xanthan Gum (thickener), Potassium Sorbate and Sodium Benzoate (preservatives), Propylene Glycol Alginate, Disodium Inosinate and Guanylate (flavor enhancers), Calcium Disodium EDTA (preservative).

ULTIMATE CHICKEN GRILL FILLET: Chicken Breast with Rib Meat, Water, Seasoning [Salt, Flavor, Maltodextrin, Autolyzed Yeast Extract, Citric Acid, Chicken Broth, Corn Syrup, Disodium Guanylate and Inosinate [flavor enhancers], Soy Sauce [soybeans, wheat, salt], Honey Mixed Triglycerides, Modified Corn Starch, Safflower Oil, Sugar, Thiamine Hydrochloride), Partially Hydrogenated Soybean Oil, Modified Corn Starch, Sodium Phosphate (emulsifier).