



# Nutrition Information

Garden Sensations Salads Flavour-Packed Entrée Salads* Prepared Fresh Daily	Nutrition Information										% Daily Value				Allergens
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
<b>Apple Pecan Chicken Salad</b>	340	14	8	0.4	110	1080	25	5	18	31	30	90	40	10	M
<b>Apple Pecan Chicken Salad Half Size</b>	170	7	4	0.2	55	550	13	3	9	16	20	45	20	6	M
Roasted Pecans	110	9	1	0	0	60	5	1	3	1	2	0	0	0	M S G T
Pomegranate Vinaigrette Dressing❖	60	3	0.5	0	0	160	8	0	7	0.1	0	6	0	0	Z
<b>Baja Salad</b>	540	32	14	1	90	1590	33	12	11	32	40	20	45	30	M
<b>Baja Salad Half Size</b>	280	16	7	0.5	45	820	18	6	6	16	25	15	25	15	M
Seasoned Tortilla Strips	80	4.5	1.5	0.2	0	105	11	1	0	1	8	0	2	2	M S
Creamy Red Jalapeño Dressing❖	100	10	2	0.2	10	220	2	0	1	1	2	0	2	0	E M
<b>BLT Cobb Salad</b>	450	28	13	0.5	285	1540	9	3	5	43	40	35	30	15	E M
<b>BLT Cobb Salad Half Size</b>	230	14	7	0.3	145	780	5	2	3	22	20	20	15	10	E M
Avocado Ranch Dressing❖	100	10	2	0.2	10	210	2	0	1	1	2	10	2	0	E M
<b>Spicy Chicken Caesar Salad ■</b>	580	36	15	0.5	125	1450	27	6	6	39	150	35	40	20	E F M G D
<b>Spicy Chicken Caesar Salad Half Size ■</b>	300	18	8	0.3	60	730	16	4	4	20	110	25	20	10	E F M G D
Gourmet Croutons	80	3	0.2	0.1	0	190	13	0	0	2	0	2	0	8	M G
Lemon Garlic Caesar Dressing❖	110	11	2	0.2	10	180	2	0	1	2	2	4	4	2	E F M S D
<b>Additional Salad Dressings</b>															
Light Classic Ranch❖	50	4.5	1	0.1	10	150	2	0	1	1	0	0	2	0	E M D
Fat Free Italian Vinaigrette❖	20	0.1	0	0	0	180	5	0	4	0.1	0	2	0	0	D

\* Toppings and Salad Dressings listed separately. ❖ Information is for 1 dressing packet.  
 ■ Includes menu item cooked in soya, corn, cottonseed, and hydrogenated soya oil that has 0 grams trans fat.

### ALLERGENS:

- D = MUSTARD
- E = EGG
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**Blue Letter** menu item may be cooked in the same oil as an item containing the allergen

Government regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soya 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 soya oil.



# Nutrition Information

Side Selections	Nutrition Information										% Daily Value				Allergens
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
<b>Garden Side Salad</b>	25	0.2	0	0	0	30	5	2	3	1	45	15	2	4	
Gourmet Croutons	80	3	0.2	0.1	0	190	13	0	0	2	0	2	0	8	M G
<b>Caesar Side Salad</b>	90	6	3	0.1	20	135	4	2	2	5	80	6	10	6	M
Gourmet Croutons	80	3	0.2	0.1	0	190	13	0	0	2	0	2	0	8	M G
Lemon Garlic Caesar Dressing❖	110	11	2	0.2	10	180	2	0	1	2	2	4	4	2	EFMSD
<b>Strawberry Yogurt</b>	160	2.5	1.5	0	10	85	28	0	28	7	8	0	30	0	M
<b>Plain Baked Potato</b> (avg. wt. 10 oz.)	270	0.4	0.1	0	0	40	61	7	3	7	0	40	4	20	
<b>Sour Cream &amp; Chives Baked Potato</b>	360	6	3.5	0.2	15	75	65	7	5	9	20	60	10	25	M
<b>Broccoli &amp; Cheese Sauce Baked Potato</b>	400	10	5	0.4	25	370	67	8	5	13	45	90	20	25	M
<b>Bacon &amp; Cheese Sauce Baked Potato</b>	500	18	9	0.5	55	570	65	7	6	18	40	40	15	25	M
Becel® Margarine	50	6	1	0	0	50	0	0	0	0	8	0	0	0	M S
<b>Small Chili</b>	210	6	2.5	0.5	40	880	21	6	6	17	0	0	6	20	
<b>Large Chili</b>	310	9	3.5	0.5	60	1330	31	10	10	26	0	0	10	30	
Hot Chili Seasoning	5	0.1	0	0	0	280	1	0	1	0	0	0	0	0	
Saltine Crackers	25	0.5	0.1	0	0	90	5	0	0	1	0	0	0	2	G S
Cheddar Cheese, shredded	70	5	3.5	0.1	15	130	1	0	0	4	4	0	10	0	M
<b>Chili Cheese Nachos</b>	300	14	3	0.4	20	490	37	5	3	10	4	0	8	10	M
<b>Chili Cheese Fries</b>	520	27	9	0.5	45	1080	53	7	4	18	30	6	20	15	M G F
<b>Poutine</b>	660	37	14	1	60	1410	61	5	1	20	15	6	40	10	MZSGF
<b>Kids' Fries w/Sea Salt † ■</b>	230	11	2	0.1	0	250	29	3	0	3	0	4	2	4	G F
<b>Small Fries w/Sea Salt † ■</b>	320	15	3	0.1	0	360	41	4	0	4	0	6	2	6	G F
<b>Medium Fries w/Sea Salt † ■</b>	420	20	4	0.2	0	470	54	5	0	5	0	6	2	8	G F
<b>Large Fries w/Sea Salt † ■</b>	500	24	4.5	0.2	0	570	65	6	0	7	0	8	2	10	G F

† Recommended portion sizes. French fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

❖ Information is for 1 dressing packet.

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Beverages Refreshments for Everyone's Thirst	Nutrition Information										% Daily Value				Allergens
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Minute Maid® Apple Juice	130	0	0	0	0	30	32	0	32	0.3	0	170	0	0	
Minute Maid Orange Juice	150	0	0	0	0	15	32	0	30	3	0	120	0	0	
Coffee, Regular 12 oz. Cup	5	0	0	0	0	0	2	0	0	0	0	0	0	0	
Hot Specialty Teas, Regular cup Orange Pekoe, Orange Pekoe Decaf, Chai, Green Tea, Earl Grey, Peppermint	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
Dasani® Bottled Water	0	0	0	0	0	1	0	0	0	0	0	0	0	0	
1% M.F. Partly Skimmed Chocolate Milk	160	2.5	1.5	0.1	10	190	25	0	25	8	10	0	25	4	M
2% M.F. Partly Skimmed Milk	130	5	3	0.1	20	110	12	0	12	9	10	0	30	0	M
Nestea® Sweetened Lemon Iced Tea, Small Cup	120	0	0	0	0	15+	34	0	34	0	0	0	0	0	
Fruitopia® Strawberry Passion Awareness®, Small Cup	190	0	0	0	0	40+	49	0	47	0	0	160	0	0	
Barq's® Root Beer, Small Cup	180	0	0	0	0	35+	49	0	49	0	0	0	0	0	
Coca-Cola Classic®, Small Cup	170	0	0	0	0	5+	47	0	47	0	0	0	0	0	
Diet Coke®, Small Cup	1	0	0	0	0	15+	0	0	0	0.1	0	0	0	0	
Fresca®, Small Cup	3	0	0	0	0	100+	0	0	0	0.1	0	0	0	0	
Sprite®, Small Cup	150	0	0	0	0	35+	40	0	40	0	0	0	0	0	

+The sodium value will vary based on the level of sodium in the local water supply. \*Health Canada has exempted tea from the mandatory nutritional labeling program due to insignificant nutritive values.

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# Nutrition Information

## Sandwiches

Made when you order it using each sandwich's standard toppings

	Nutrition Information										% Daily Value				Allergens
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Jr. Hamburger Deluxe♦	310	15	4.5	0.5	40	640	27	2	6	15	4	6	6	20	G E D
Jr. Cheeseburger Deluxe♦	350	19	7	1	50	810	27	2	6	17	8	6	10	20	GMSED
Jr. Bacon Cheeseburger (JBC)♦	400	24	9	1	65	900	26	2	5	21	6	10	10	20	GMSED
Cheesy Cheddarburger♦	300	15	7	1	50	720	24	1	4	18	10	0	15	20	G M S
Hamburger, Kids' Meal♦	240	10	4	0.5	35	530	25	1	5	15	0	0	4	20	G
Cheeseburger, Kids' Meal♦	290	13	6	0.5	45	710	26	1	5	17	4	0	10	20	G M S
The "W"♦	590	33	14	1.5	105	1410	41	3	9	33	15	8	20	35	GMSED
1/4 lb. ** Single♦	590	33	14	1.5	105	1170	42	3	10	31	15	10	20	35	GMSED
1/2 lb. ** Double♦	810	49	21	2.5	175	1450	42	3	10	51	15	10	20	50	GMSED
3/4 lb. ** Triple♦	1070	68	30	4	255	1910	43	3	10	72	20	10	25	70	GMSED
Baconator®, Single♦	670	41	17	1.5	120	1370	40	2	9	36	10	10	20	35	GMSED
Baconator, Double♦	980	64	27	3	210	1960	41	2	10	60	10	20	20	50	GMSED
Bacon Deluxe Single♦	680	41	17	1.5	120	1480	42	3	10	36	15	20	20	35	GMSED
Bacon Deluxe Double♦	900	56	24	2.5	190	1760	43	3	10	56	15	20	20	50	GMSED
Ultimate Chicken Grill Sandwich♦	380	10	3.5	0.1	80	1010	42	3	10	31	6	15	6	25	GMED
Spicy Chicken Breast Sandwich♦ ■	510	21	5	0.2	60	1240	54	4	8	25	6	10	6	20	GMEDF
Homestyle Chicken Breast Sandwich♦ ■	500	21	5	0.3	60	1180	53	4	8	25	6	10	6	25	GMEDF
Asiago Ranch Club w/Homestyle Chicken♦ ■	680	36	11	0.5	95	1670	55	4	9	34	15	20	15	30	GMEDF
Asiago Ranch Club w/Ultimate Chicken Grill♦	570	27	10	0.4	120	1480	41	3	9	40	15	25	15	25	G M E
Asiago Ranch Club w/Spicy Chicken♦ ■	680	36	11	0.4	95	1730	56	4	9	34	15	20	15	25	GMEDF
Spicy Chicken BLT Fresh Wrap ■	390	21	7	0.4	50	1020	32	1	2	19	15	10	20	15	GMEDF
Pico Grilled Chicken Fresh Wrap	280	11	5	0.3	50	800	25	1	2	20	15	10	15	15	G M

♦ Bun may contain sesame seeds, egg products, soy products, milk products.

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\*\* Approximate weight before cooking.

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Nutrition and ingredient information is current as of April 2012.



# Nutrition Information

## Sandwich Components

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

Sandwich Components	Nutrition Information										% Daily Value				Allergens
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Jr. Hamburger Patty	110	8	3.5	0.5	35	260	0	0	0	10	0	0	0	8	
1/4 lb.** Hamburger Patty	220	15	7	1	70	290	0	0	0	19	0	0	0	15	
Ultimate Chicken Grill Breast	110	1	0.4	0	70	620	1	0	0	24	0	6	0	4	
Spicy Chicken Breast ■	250	11	2.5	0.1	50	950	17	1	0	19	0	4	2	4	G E D F
Homestyle Chicken Breast ■	220	10	2	0.1	45	820	14	1	0	18	0	2	2	8	G E D F
Sandwich Bun◆	120	1.5	0.3	0	0	220	23	1	4	4	0	0	4	10	G
Premium Butter Toasted Bun◆	220	5	2.5	0.1	10	330	36	2	6	7	4	0	4	15	G M
Tortilla	130	3.5	1	0.2	0	280	21	0	0	3	0	0	4	10	G
Processed Cheese Slice	40	3.5	2	0.1	10	170	1	0	0	2	4	0	6	0	M S
Asiago Cheese Slice	50	4	2.5	0.1	15	100	1	0	0	3	6	0	8	0	M
Cheddar Pepper Jack Cheese Blend, Shredded	70	5	3.5	0.2	15	140	1	0	0	4	6	0	10	0	M
Cheddar Cheese Sauce	25	2	1	0.1	5	70	1	0	0	1	8	0	2	0	M
Applewood Smoked Bacon – 1 strip	30	2.5	1	0	5	105	0	0	0	2	0	4	0	0	
Mayonnaise	50	6	1	0.1	5	35	0	0	0	0.1	0	0	0	0	E D
Honey Mustard Sauce	40	3.5	0.5	0.1	5	60	3	0	2	0.2	0	0	0	0	E D
Crinkle Cut Pickles – 3 each	1	0	0	0	0	105	0	0	0	0	2	0	0	0	
Ketchup	10	0	0	0	0	60	2	0	2	0.1	0	0	0	0	
Mustard	4	0.2	0	0	0	55	0	0	0	0.2	0	0	0	0	D
Pico de Gallo	20	1.5	0.2	0	0	70	2	1	1	0.4	4	8	0	0	
Ranch Sauce	40	4.5	1	0.1	5	60	1	0	0	0.3	0	0	0	0	E M
Signature Sauce	45	4.5	0.5	0.1	5	105	1	0	1	0.1	0	0	0	0	E D
Iceberg Lettuce Leaf	2	0	0	0	0	2	0	0	0	0.1	0	0	0	0	
Tomato – 1 slice	5	0.1	0	0	0	2	1	0	1	0.3	2	8	0	0	
Red Onion – 2 rings	2	0	0	0	0	0	0	0	0	0	0	0	0	0	

\*\* Approximate weight before cooking. ◆ Bun may contain sesame seeds, egg products, soy products, milk products.

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# Nutrition Information

Homestyle Chicken Strips & Crispy Chicken Nuggets Crispy All-White Meat Chicken	Nutrition Information										% Daily Value				Allergens
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Homestyle Chicken Strips ■	400	18	3.5	0.2	60	1750	32	2	0	28	0	2	2	10	G F
4 Piece Kids' Meal Nuggets ■	160	10	2	0.1	25	380	9	1	0	10	0	0	0	4	G F
5 Piece Nuggets ■	200	12	2.5	0.1	30	470	11	1	0	12	0	2	0	4	G F
10 Piece Nuggets ■	400	24	5	0.2	65	940	22	1	0	24	0	2	2	8	G F
Heartland Ranch Sauce	120	12	1.5	0.1	10	240	3	0	2	0.3	2	0	0	0	E M S
Barbecue Sauce	45	0	0	0	0	120	11	0	4	0.4	0	4	0	2	
Sweet & Sour Sauce	50	0	0	0	0	120	12	0	11	0	0	2	0	0	
Honey Mustard Sauce	80	6	1	0.1	10	220	7	0	3	0.4	0	0	0	0	E D
Wild Buffalo Ranch Sauce	150	16	2.5	0.3	10	340	1	0	1	0.2	0	2	0	0	E M S

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Frosty™ Treats	Nutrition Information										% Daily Value				Allergens
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Chocolate Frosty, Junior	200	5	3.5	0.3	20	95	33	0	28	5	10	0	20	8	M
Chocolate Frosty, Small	300	8	5	0.4	30	140	49	0	42	7	20	0	25	10	M
Vanilla Frosty, Junior	190	5	3	0.3	20	90	32	0	28	5	10	0	20	0	M
Vanilla Frosty, Small	280	7	4.5	0.4	30	135	47	0	40	7	15	0	25	0	M
*Vanilla Frosty Float w/Coca-Cola®	440	9	5	0.4	35	160	84	0	77	9	25	0	30	2	M
Chocolate Frosty Shake, Small	580	14	9	0.5	50	250	104	2	93	11	25	0	35	15	M
Chocolate Frosty Shake, Large	880	17	11	1	60	380	165	4	148	15	30	0	50	30	M
Strawberry Frosty Shake, Small	540	13	8	0.5	50	180	97	1	86	10	25	15	35	4	M
Strawberry Frosty Shake, Large	790	16	10	0.5	60	240	150	1	135	13	35	35	45	6	M
Vanilla Bean Frosty Shake, Small	600	13	8	0.5	50	460	112	0	80	10	25	0	35	0	M
Vanilla Bean Frosty Shake, Large	870	16	10	0.5	60	730	170	0	119	13	30	0	45	2	M
Caramel Frosty Shake, Small	650	14	9	0.5	55	320	121	0	96	10	25	0	35	2	M
Caramel Frosty Shake, Large	1000	19	12	0.5	70	510	196	0	154	14	35	0	50	2	M
Wild Berry Frosty Shake, Small	520	13	8	0.5	50	190	91	1	78	10	25	15	35	4	M
Wild Berry Frosty Shake, Large	740	16	10	0.5	60	250	135	2	117	13	35	25	50	8	M
Oreo® Frosty Parfait	330	9	4.5	0.3	25	190	57	1	47	7	15	0	20	10	M S G
Caramel Apple Parfait	340	8	4	0.3	25	140	60	1	47	7	15	20	20	2	M G

\* Visit [wendys.ca](http://wendys.ca) for other beverage variations.

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# Ingredient Information

**Apple Chunks:** Apples, calcium ascorbate (to maintain freshness and colour).

**Applewood Smoked Bacon:** Pork cured with: water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke.

**Asiago Cheese, Shaved:** Milk, salt, bacterial culture, calcium chloride, lipase, microbial enzyme, cellulose, natamycin (to prevent caking).

**Asiago Cheese, Sliced:** Pasteurized milk, cheese culture, salt, enzymes.

**Avocado Ranch Dressing:** Soya oil, buttermilk preparation (milk, skim milk powder, bacterial culture, salt, may contain lactose, natural flavour), water, avocado pulp, cultured milk and cream (milk, cream, bacterial culture), vinegar, liquid egg yolk, onion, salt, red and green peppers, jalapeño pepper, sugar, garlic (dehydrated), onion (dehydrated), whey powder, modified corn starch, green pepper juice, garlic juice, lime juice from concentrate (concentrated lime juice, water), spices, natural flavour, xanthan gum, citric acid, ascorbic acid, guar gum, carrageenan, locust bean gum, lactic acid.

**Bacon Pieces:** Bacon (cured with water, salt, sugar, smoke flavour, sodium phosphate, sodium erythorbate, sodium nitrate, smoke).

**Barbecue Nugget Sauce:** Glucose-fructose, tomato paste, water, white vinegar, molasses, modified corn starch, salt, torula yeast, natural smoke flavour, spices, onion powder, sodium benzoate, garlic powder.

**Barq's® Root Beer:** Sugar/glucose-fructose, water, caramel colour, sodium benzoate, natural and artificial flavours, citric acid, caffeine.

**Becel® Margarine:** Canola and sunflower oils, water, modified palm and palm kernel oils salt, whey powder (milk), soya lecithin, vegetable monoglycerides, potassium sorbate, citric acid, alpha-tocopherol acetate, artificial flavour, beta-carotene, vitamin A palmitate, calcium disodium EDTA, vitamin D3.

**Blue Cheese Crumbles:** Pasteurized milk, salt, bacterial culture, calcium chloride, microbial enzyme, Penicillium Roquefort.

**Bun, Premium Butter Toasted:** Enriched wheat flour, water, sugar/glucose-fructose, yeast, soya and/or canola oil, wheat gluten, contains 2% or less of the following: salt, cultured wheat flour, acetic acid, propionic acid, lactic acid, vinegar, calcium carbonate, azodicarbonamide, vegetable monoglycerides, sodium stearoyl-2-lactylate, corn maltodextrin, gum arabic, triglycerides, natural flavour. Brushed with clarified butter for toasting. May be manufactured in a facility that contains sesame seeds, milk products, egg products, soya products.

**Bun, Sandwich:** Enriched wheat flour, water, sugar/glucose-fructose, yeast, canola and/or soya oil, contains 2% or less of the following: salt, wheat gluten, corn flour, colour, natural and artificial flavours, diacetyl tartaric acid esters of mono and diglycerides, sodium steryl-2-lactate, calcium propionate (preservative), calcium sulphate. May be manufactured in a facility that contains sesame seeds, egg products, milk products, soya products.

**Caramel Apple Frosty™ Parfait:** Vanilla Frosty (milk, cream, sugar, glucose solids, whey powder, skim milk powder, guar gum, mono and diglycerides, cellulose gum, carrageenan, calcium sulphate, disodium phosphate, natural and artificial flavours, dextrose, colour). Caramel sauce (corn syrup, water, high fructose corn syrup, sugar, nonfat milk, heavy cream, salt, pectin, natural flavour, disodium phosphate, apple chunks (apples, calcium ascorbate [to maintain freshness and colour], granola (oats, brown sugar, soya oil)).

**Caramel Frosty Shake:** Vanilla Frosty (milk, cream, sugar, glucose solids, whey powder, skim milk powder, guar gum, mono and diglycerides, cellulose gum, carrageenan, calcium sulphate, disodium phosphate, natural and artificial flavours, dextrose, colour). Caramel sauce (corn syrup, water, high fructose corn syrup, sugar, nonfat milk, heavy cream, salt, pectin, natural flavour, disodium phosphate).

**Chai Tea:** Assam black tea, cinnamon, cardamom, ginger, cloves, natural flavours.

**Cheddar Cheese, Shredded:** Milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, colour, cellulose, natamycin (to prevent caking). May contain calcium chloride.

**Cheddar Cheese Sauce:** Water, pasteurized process cheddar cheese (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], water, sodium phosphate, milkfat, salt, apocarotenal [colour]), cream cheese spread (pasteurized milk & cream, cheese culture, salt, carob bean gum), milk ingredients, cornstarch, soybean oil, cheddar cheese blend (cheddar, semi-soft and blue cheese [pasteurized milk, cheese cultures, salt and enzymes], water, sodium phosphate, vinegar, salt), sea salt, disodium phosphate, annatto colour.

**Cheddar Pepper Jack Cheese Blend, Shredded:** Cheddar Cheese (milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, colour, cellulose, natamycin [to prevent caking]), Monterey Jack Cheese with Jalapeño Peppers (milk, jalapeño peppers, modified milk ingredients, bacterial culture, salt, microbial enzyme, cellulose, natamycin [to prevent caking]).

**Chili:** Chili base (water, tomatoes, salt, citric acid, calcium chloride), ground beef, vegetable mix (onions, celery, green peppers), chili beans (beans, water, sugar, corn syrup, salt, natural flavourings, onion powder, calcium chloride), kidney beans (kidney beans, water, sugar, corn syrup, salt, natural flavourings, onion powder, calcium chloride, disodium EDTA [preservative]), chili seasoning (sugar, spice [including chili pepper], salt, modified corn starch, onion powder, dextrose, garlic powder, citric acid, disodium inosinate & guanylate, xanthan gum, yeast extract, soya oil, extractives of paprika [including sunflower oil], colour [includes caramel], natural and artificial flavour, malic acid, silicon dioxide [anticaking agent]).





# Ingredient Information

**Chili Cheese Fries:** Chili (chili base [water, tomatoes, salt, citric acid, calcium chloride], ground beef, vegetable mix [onions, celery, green peppers], chili beans [beans, water, sugar, corn syrup, salt, natural flavourings, onion powder, calcium chloride], kidney beans [kidney beans, water, sugar, corn syrup, salt, natural flavourings, onion powder, calcium chloride, disodium EDTA {preservative}], chili seasoning [sugar, spice {including chili pepper}, salt, modified corn starch, onion powder, dextrose, garlic powder, citric acid, disodium inosinate & guanylate, xanthan gum, yeast extract, soya oil, extractives of paprika {including sunflower oil}, colour {includes caramel}, natural and artificial flavour, malic acid, silicon dioxide {anticaking agent}]). Fries (potatoes, vegetable oil [canola and/or soya and/or cottonseed and/or sunflower], dextrose, sodium acid pyrophosphate. Cooked in Vegetable Oil [soya oil, corn oil, cottonseed oil, hydrogenated soya oil, natural flavour {vegetable}, citric acid {preservative}, dimethylpolysiloxane {anti-foaming agent}]). Cooked in the same oil as menu items that contains wheat and fish [where available]. Seasoned with Sea Salt). Cheddar Cheese Sauce (water, pasteurized process cheddar cheese [cheddar cheese {pasteurized milk, cheese culture, salt, enzymes}, water, sodium phosphate, milkfat, salt, apocarotenal {color}], cream cheese spread [pasteurized milk & cream, cheese culture, salt, carob bean gum], milk ingredients, cornstarch, soybean oil, cheddar cheese blend [cheddar, semi-soft and blue cheese {pasteurized milk, cheese cultures, salt and enzymes}, water, sodium phosphate, vinegar, salt], sea salt, disodium phosphate, annatto color). Shredded Cheddar Cheese (milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, colour, cellulose, natamycin. May contain calcium chloride).

**Chocolate Frosty Shake:** Vanilla Frosty (milk, cream, sugar, glucose solids, whey powder, skim milk powder, guar gum, mono and diglycerides, cellulose gum, carrageenan, calcium sulphate, disodium phosphate, natural and artificial flavours, dextrose, colour). Chocolate sauce (sugar, high fructose corn syrup, water, corn syrup, cocoa powder (processed with alkali), citric acid, potassium sorbate [preservative], salt, natural flavour, xanthan gum).

**Chocolate Milk 1% M. F. Partly Skimmed:** Refer to package label.

**Coca-Cola Classic®:** Sugar/glucose-fructose, water, caramel colour, phosphoric acid, natural flavour, caffeine.

**Creamy Red Jalapeño Dressing:** Soya oil, buttermilk preparation (milk, skim milk powder, bacterial culture, salt, may contain lactose, natural flavour), water, sour cream preparation (milk, cream, skim milk powder, modified corn starch, bacterial culture, guar gum, locust bean gum, xanthan gum, carrageenan), vinegar, red jalapeño peppers, sugar, liquid egg yolk, garlic juice, salt, onion juice, garlic (dehydrated), xanthan gum, onion (dehydrated), spices, citric acid.

**Crinkle Cut Pickles:** Cucumbers, water, salt, vinegar, lactic acid, sodium benzoate (preservative), natural flavours, polysorbate 80, turmeric (colour).

**Crispy Chicken Nuggets:** Chicken breast, water, modified potato starch, sodium phosphate, salt. Battered and breaded with: wheat flour, water, modified corn starch, salt, spice, dextrose, yellow corn flour, citric acid, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate), soya oil, natural and artificial flavour, garlic powder, yeast, xanthan gum. Cooked in Vegetable Oil (soya oil, corn oil, cottonseed oil, hydrogenated soya oil, natural flavour [vegetable], citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Fish (where available).

**Dasani® Bottled Water:** Water, magnesium sulphate, potassium chloride, salt, ozone.

**Diet Coke®:** Water, caramel colour, phosphoric and citric acid, aspartame (contains phenylalanine), flavour, sodium benzoate, acesulfame-potassium, caffeine, dimethylpolysiloxane.

**Dried Cranberries:** Cranberries, sugar, sunflower oil.

**Earl Grey Tea:** Premium black tea, natural oil of bergamot.

**Eggs, Chopped:** Hard cooked eggs.

**Fat Free Italian Vinaigrette Dressing:** Water, sugar, white wine vinegar, white vinegar, modified corn starch, garlic, salt, garlic (dehydrated), mustard seed, onion (dehydrated), bell pepper (dehydrated), spices, oleoresin rosemary, xanthan gum.

**Fresca®:** Water, citric acid, natural and artificial flavours, sodium citrate, aspartame (contains phenylalanine), sodium benzoate, acesulfame-potassium, salt, colour.

**Fries:** Potatoes, vegetable oil (canola and/or soya and/or cottonseed and/or sunflower), dextrose, sodium acid pyrophosphate. Cooked in Vegetable Oil (soya oil, corn oil, cottonseed oil, hydrogenated soya oil, natural flavour [vegetable], citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Wheat and Fish (where available). Seasoned with Sea Salt.

**Frosty, Chocolate:** Milk, sugar, glucose, cream, whey powder, skim milk powder, cocoa (processed with alkali), guar gum, mono and diglycerides, cellulose gum, carrageenan, calcium sulfate, disodium phosphate, artificial and natural flavour.

**Frosty, Vanilla:** Milk, sugar, glucose, cream, whey powder, skim milk powder, guar gum, mono and diglycerides, natural and artificial flavour, cellulose gum, carrageenan, calcium sulfate, disodium phosphate, dextrose, colour (annatto).

**Fruitopia® Strawberry Passion Awareness®:** Sugar/glucose-fructose, water, fruit juices from concentrate (apple, pear, strawberry and passionfruit), citric acid, natural flavour, ascorbic acid (vitamin C), sodium benzoate, potassium citrate, potassium sorbate, colour, coconut oil.



# Ingredient Information

**Gourmet Croutons:** Enriched wheat flour, sunflower oil and/or canola oil, salt, garlic (dehydrated), water, yeast, malted barley flour, seasonings (sea salt, black pepper, natural flavour), natural butter flavour (milk), oleoresin rosemary, ascorbic acid, citric acid and/or tocopherols (to maintain freshness).

**Green Tea:** Premium sencha green tea, lemon grass, lemon balm herb, verbena leaves.

**Guacamole:** Hass avocado, tomato, white vinegar, jalapeno, onion, cilantro, salt, onion (dehydrated), granulated garlic, lime juice powder (lime juice solids, natural flavour), sugar, ascorbic acid and/or erythorbic acid (to maintain colour), citric acid, jalapeno powder.

**Hamburger Patty:** Ground beef. Seasoned with salt.

**Heartland Ranch Dipping Sauce:** Soya oil, water, white vinegar, buttermilk (cultured low fat milk, milk, skim milk powder, salt, sodium citrate, vitamin A palmitate), corn syrup, egg yolks, enzyme modified egg yolks, sugar, salt, modified corn starch, torula yeast, lactic acid, phosphoric acid, sodium benzoate, potassium sorbate, garlic powder, polysorbate 60, xanthan gum, onion powder, disodium inosinate, disodium guanylate, spice, natural flavour, cultured cream, parsley (dehydrated), enzyme modified milk, calcium disodium EDTA, propylene glycol, buttermilk powder, molasses, soya lecithin.

**Homestyle Chicken Breast:** Chicken breast, water, modified potato starch, seasoning (salt, autolyzed yeast extract, sugar, flavour, chicken, maltodextrin, gum arabic, silicon dioxide, lactic acid, sunflower oil, canola oil, dextrose, grill flavour [from canola oil], citric acid), sodium phosphate. Battered and breaded with: wheat flour, water, modified corn starch, salt, onion (dehydrated), flavour, garlic (dehydrated), yeast extract (may contain barley gluten), sodium acid pyrophosphate, sodium bicarbonate, spice extractives, soya oil, monocalcium phosphate, silicon dioxide, hydrogenated sunflower oil. May contain milk, egg, soya, and/or sulphites. Cooked in Vegetable Oil (soya oil, corn oil, cottonseed oil, hydrogenated soya oil, citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Egg and Fish (where available).

**Homestyle Chicken Strips:** Chicken breast, water, modified potato starch, salt, sodium phosphate. Battered and breaded with: wheat flour, water, rice flour, salt, modified corn starch, sugar, spices, baking powder, dextrose, onion powder, garlic powder, chicken broth, autolyzed yeast extract, corn maltodextrin, natural and artificial flavour, soya oil, lactic acid, extractives of paprika, hydrogenated soya oil. Cooked in Vegetable Oil (soya oil, corn oil, cottonseed oil, hydrogenated soya oil, natural flavour [vegetable], citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Fish (where available).

**Honey Mustard Nugget Sauce:** Soya oil, honey, Dijon mustard (water, mustard seed, vinegar, salt, white wine, citric acid, tartaric acid, spice), water, vinegar, liquid egg yolk, sugar, salt, xanthan gum, sodium benzoate, mustard flour, pepper, spices, tartrazine.

**Honey Mustard Sauce:** Soya oil, honey, water, Dijon mustard (vinegar, water, mustard seed, salt, white wine, citric acid, tartaric acid, spices), sugar, vinegar, liquid yolk, salt, mustard seed, dried egg-white, xanthan gum, propylene glycol alginate, potassium sorbate and sodium benzoate, titanium dioxide, spice, garlic (dehydrated), onion (dehydrated), natural flavour, concentrated lemon juice, calcium disodium EDTA.

**Hot Chili Seasoning Packet:** Water, corn syrup, salt, vinegar, natural flavours, xanthan gum, caramel.

**Ketchup:** Tomato paste (made from fresh ripe tomatoes), liquid sugar, white vinegar, salt, onion powder, spices.

**Lemon Garlic Caesar Dressing:** Water, soya oil, parmesan cheese preparation (partly skimmed milk, bacterial culture, salt, corn starch, microbial enzyme, chymosin, cellulose), garlic, lemon juice, vinegar, liquid egg yolk, spices (including mustard seed), lemon juice from concentrate (water, concentrated lemon juice), garlic juice, salt, dried egg-whites, xanthan gum, garlic (dehydrated), white wine, anchovies (fish), natural flavour, refiners' molasses, corn syrup, colour, soya flour, sugar, tamarind, citric acid, tartaric acid, lactic acid.

**Light Classic Ranch Dressing:** Buttermilk preparation (milk, skim milk powder, bacterial culture, salt, may contain lactose, natural flavour), water, soya oil, vinegar, liquid egg yolk, modified corn starch, salt, sugar, cultured whey powder (cultured whey, maltodextrin), garlic (dehydrated), spices (including mustard seed), xanthan gum, natural flavour, lactic acid, onion (dehydrated), lemon juice concentrate.

**Mayonnaise:** Soya oil, liquid egg yolk, water, glucose-fructose, vinegar, salt, mustard seed, natural flavour, calcium disodium EDTA (to protect flavour).

**Mayonnaise, 1 Packet:** Soya oil, white vinegar, water, frozen and/or liquid egg yolk, salt, sugar, mustard flour, onion powder, concentrated lemon juice, calcium disodium EDTA, spice.

**Milk 2% M. F. Partly Skimmed:** Refer to package label.

**Minute Maid® Apple Juice:** Filtered water, concentrated apple juice, ascorbic acid (vitamin C).

**Minute Maid Orange Juice:** Filtered water, concentrated orange juice.

**Mustard:** Vinegar, water, mustard seed, salt, turmeric, spices.

**Nestea® Sweetened Lemon Iced Tea:** Water, sugar/glucose-fructose, citric acid, concentrated tea (from tea leaves), potassium citrate, sodium benzoate, natural lemon flavour.

**Orange Pekoe Tea:** Premium black tea.

**Orange Pekoe Decaffeinated Tea:** Naturally decaffeinated orange pekoe tea.

**Oreo® Cookie Pieces:** Sugar, enriched flour (wheat flour), high oleic canola and/or palm and/or canola and/or soya oil, cocoa (processed with alkali), glucose-fructose, corn starch, leavening (baking soda and/or calcium phosphate), salt, soya lecithin (emulsifier), vanillin (artificial flavour), chocolate.

**Oreo Frosty Parfait:** Vanilla Frosty (milk, cream, sugar, glucose solids, whey powder, skim milk powder, guar gum, mono and diglycerides, cellulose gum, carrageenan, calcium sulphate, disodium phosphate, natural and artificial flavours, dextrose, colour). Chocolate sauce (sugar, high fructose corn syrup, water, corn syrup, cocoa powder (processed with alkali), citric acid, potassium sorbate [preservative], salt, natural flavour, xanthan gum), Oreo cookie pieces (sugar, enriched flour [wheat flour], high oleic canola and/or palm and/or canola and/or soya oil, cocoa [processed with alkali], glucose-fructose, corn starch, leavening [baking soda and/or calcium phosphate], salt, soya lecithin [emulsifier], vanillin [artificial flavour], chocolate).



# Ingredient Information

**Peppermint Tea:** Premium peppermint leaves.

**Pico de Gallo:** Tomatoes, onions, pico de gallo base (water, soya oil, vinegar, jalapeno pepper, lime puree [concentrated lime juice, water, lime pulp, lime oil, lime peel], salt, concentrated lime juice, jalapeno pepper [dehydrated], onion [dehydrated], garlic [dehydrated], natural flavour, xanthan gum, acetic acid, calcium chloride), cilantro.

**Pomegranate Vinaigrette Dressing:** Water, sugar, concentrated pomegranate juice, soya oil, white wine vinegar, concentrate orange juice, balsamic flavoured vinegar (wine vinegar, grape must, sulphites), white vinegar, salt, orange peel, shallots, spices, natural flavour, xanthan gum.

**Poutine:** Fries (potatoes, vegetable oil [canola and/or soya and/or cottonseed and/or sunflower], dextrose, sodium acid pyrophosphate. Cooked in Vegetable Oil [soya oil, corn oil, cottonseed oil, hydrogenated soya oil, natural flavour {vegetable}, citric acid {preservative}, dimethylpolysiloxane {anti-foaming agent}]. Cooked in the same oil as menu items that contains wheat and fish [where available]. Seasoned with sea salt). Poutine Sauce (modified corn starch, corn syrup solids, salt, hydrolyzed soy protein, corn & wheat gluten, seasoning [chicken fat, salt, worcestershire sauce powder {dextrose, hydrolyzed soy protein, caramel, onion powder, citric acid, vegetable oil, garlic powder, molasses (dehydrated), flavour, maltodextrin}, sugar, spices], dehydrated vegetables [onions, tomatoes {silicon dioxide}, garlic], spices, artificial flavour [includes milk], autolyzed yeast extract, disodium inosinate, colour, disodium guanylate, sulphites). Cheese Curds (pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme).

**Processed Cheese Slice:** Cheese (milk, modified milk ingredients, bacterial culture, salt, rennet and/or microbial enzyme, calcium chloride, lipase, colour), modified milk ingredients, water, glucose, sodium citrate and/or sodium phosphate, salt, acetic acid, sorbic acid, soya lecithin, carboxymethylcellulose, colour. May contain citric acid.

**Ranch Sauce:** Soya oil, buttermilk preparation (milk, skim milk powder, bacterial culture, salt, may contain lactose, natural flavour), water, white vinegar, liquid egg yolk, asiago cheese (partly skimmed milk, bacterial culture, salt, microbial enzyme, lipase, cellulose), sugar, granular, swiss & parmesan cheese (milk, bacterial culture, salt, microbial enzyme, rennet, lipase), seasoning (salt, garlic [dehydrated], onion [dehydrated], sour cream powder [cream, skim milk, bacterial culture], buttermilk powder, sugar, whey powder, parsley [dehydrated], spice, lactic acid, citric acid, silicon dioxide), garlic, salt, garlic (dehydrated), onion (dehydrated), dried egg-white, skim milk powder, butter (cream, salt), whey powder, spice, natural flavours, xanthan gum, citric acid, lactic acid.

**Roasted Pecans:** Pecans, sugar, wheat starch, honey, maltodextrin, soya oil, sea salt, lactose (milk), cayenne pepper, soya lecithin, xanthan gum.

**Saltines Crackers:** Enriched flour (wheat), soya oil shortening, salt, glucose-fructose, baking soda, yeast, soya lecithin, protease, amylase.

**Seasoned Tortilla Strips:** Whole corn, vegetable oil (contains one or more of the following: corn, soya, sunflower, cottonseed oil), sea salt, corn maltodextrin, buttermilk powder, spice, tomato powder, sweet cream, onion powder, Cheddar cheese (milk, bacterial culture, salt, enzymes), sugar, gum arabic, vinegar solids, skim milk solids, rice concentrate, garlic powder, natural flavour, citric acid, spice extractives, disodium phosphate, soya lecithin.

**Signature Sauce:** Soya oil, water, relish (cucumbers, sugar, vinegar, salt, mustard seed, red pepper, natural flavour, xanthan gum, alum), sugar, vinegar, liquid egg yolk, tomato paste, salt, onion juice, concentrated lemon juice, garlic (dehydrated), onion (dehydrated), spices, natural flavours, annatto colour, oleoresin paprika, xanthan gum, calcium disodium EDTA (to protect flavour).

**Sour Cream:** Milk ingredients, modified corn starch, guar gum, carageenan, locust bean gum, sodium citrate, bacterial culture, microbial enzyme.

**Spicy Chicken Breast:** Chicken breast, water, seasoning (salt, spices [contains mustard], sodium phosphates, modified corn-starch, flavour, spice extractives, soya oil). Battered and breaded with: wheat flour, water, modified corn starch, salt, spices, bleached wheat flour, flavour, corn flour, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), spice extractives, wheat gluten, egg white solids (bakers yeast, citric acid), soya oil, extractives of paprika. May contain milk, soya, and/or sulphites. Cooked in Vegetable Oil (soya oil, corn oil, cottonseed oil, hydrogenated soya oil, citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Fish (where available).

**Spring Mix:** Baby Lettuces (red & green Romaine, red & green oak, red & green leaf, lolla Rosa, tango), Spinach, Mizuna Arugula, Tatsoi, Red Chard, Green Chard.

**Sprite®:** Sugar/glucose-fructose, water, citric acid, sodium citrate, natural flavour, sodium benzoate.

**Strawberry Frosty Shake:** Vanilla Frosty (milk, sugar, glucose, cream, whey powder, skim milk powder, guar gum, mono and diglycerides, natural and artificial flavour, cellulose gum, carageenan, calcium sulfate, disodium phosphate, dextrose, colour [annatto]), Strawberry puree (strawberries, glucose-fructose, sugar, water, concentrated grape juice, natural flavour, citric acid, pectin, carmine colour, potassium sorbate [preservative]).

**Strawberry Yogurt:** Skim milk (vitamin A palmitate, vitamin D3), concentrated skim milk and/or skim milk powder, sugar/glucose-fructose, strawberries, water, strawberry puree, cream, modified milk ingredients, modified corn starch, gelatin, lemon juice concentrate, natural flavour, potassium sorbate, natural colour, active bacterial culture (acidophilus, bifidus, thermophilus, bulgaricus).

**Sweet & Sour Sauce:** Glucose-fructose, water, vinegar, pineapple juice concentrate, modified corn starch, salt, green & red peppers (dehydrated), potassium sorbate, sodium benzoate, soya oil, caramel, citric acid, spice, colour.

**Tortilla:** Bleached enriched flour (wheat), water, soya oil, hydrogenated cottonseed and/or soya oils, mono and diglycerides, potato starch, salt, baking powder, fumaric acid, sodium bicarbonate, dough conditioner (wheat flour, calcium sulphate, sorbic acid), sodium propionate, potassium sorbate, L-cysteine hydrochloride.



# Ingredient Information

**Ultimate Chicken Grill Breast:** Chicken breast, water, seasoning (sea salt, maltodextrin, natural flavours, yeast extract, onion powder, garlic powder, sugar, gum Arabic, dextrose), modified corn starch, sodium phosphates. Rubbed with paprika and spice.

**Vanilla Bean Frosty Shake:** Vanilla Frosty (milk, sugar, glucose, cream, whey powder, skim milk powder, guar gum, mono and diglycerides, natural and artificial flavour, cellulose gum, carrageenan, calcium sulfate, disodium phosphate, dextrose, colour [annatto]). Vanilla bean sauce (corn syrup, water, maltodextrin, glucose-fructose, salt, natural flavour, citric acid, xanthan gum, potassium sorbate [preservative], dimethylpolysiloxane formulations).

**Whipped Cream:** Pasteurized cream, water, sugar/glucose-fructose, buttermilk powder, microcrystalline cellulose, locust bean gum, cellulose gum, carrageenan, mono and diglycerides, polysorbate 80, artificial flavour, nitrous oxide (pressure dispensing agent).

**Wild Berry Frosty Shake:** Vanilla Frosty (milk, sugar, glucose, cream, whey powder, skim milk powder, guar gum, mono and diglycerides, natural and artificial flavour, cellulose gum, carrageenan, calcium sulfate, disodium phosphate, dextrose, colour [annatto]). Wild berry puree (blackberries, sugar, corn syrup, strawberries, water, raspberry puree, concentrated grape juice, natural flavour, citric acid, xanthan gum, potassium sorbate [preservative]).

**Wild Buffalo Ranch Sauce:** Soya oil, water, hot sauce (cayenne peppers, vinegar, salt, natural flavour, garlic), white vinegar, glucose-fructose, liquid egg yolk, sour cream (cream, skim milk, modified corn starch, lactic acid, citric acid, soya lecithin, sodium phosphate, potassium sorbate, guar gum, carrageenan, natural and artificial flavour, bacterial culture), salt, spices, xanthan gum, garlic powder, propylene glycol alginate, potassium sorbate, sodium benzoate, natural flavour, calcium disodium EDTA.

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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 government regulations regarding the rounding of nutritional data. This information is effective as of April 2012.

Government regulations have identified 11 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, crustacean shellfish, sesame seeds, sulphites, and mustard. 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.

Wendy's uses highly refined soya oil as an ingredient and therefore, does not indicate soya oil as an allergen. Please consult your Doctor to know if you should avoid products that contain highly refined soya oil.

We encourage anyone with food allergies, sensitivities, or special dietary needs to check our website at [www.wendys.ca](http://www.wendys.ca) 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:

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