



## Nutrition Facts

Some people are allergic to certain foods or ingredients. The FDA identified the major food allergens as milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans, as well as ingredients that contain protein derived from these foods. For your convenience, we have listed the foods and ingredients that contain these major allergens. All of our foods are prepared in a common kitchen. For general information on food allergens, we suggest you visit the Food Allergy & Anaphylaxis Network website as [www.foodallergy.org](http://www.foodallergy.org).

### BEVERAGES

	Serving Weight	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Proteins (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (% RDI)
Mountain Dew®	32oz	330	0	0	0	0	0	105	87	0	87	0	-	-	-	-
Mountain Dew® - 32 oz.	32	330	0	0	0	0	0	105	87	0	87	0	-	-	-	-
Sierra Mist	16oz	150	0	0	0	0	0	30	41	0	41	0	-	-	-	-
Sierra Mist® - 16 oz.	16	150	0	0	0	0	0	30	41	0	41	0	-	-	-	-
Sierra Mist	22oz	210	0	0	0	0	0	40	56	0	56	0	-	-	-	-
Sierra Mist® - 22oz.	22	210	0	0	0	0	0	40	56	0	56	0	-	-	-	-
Pepsi®	32oz	300	0	0	0	0	0	75	84	0	81	0	-	-	-	-
Pepsi® - 32 oz.	32	300	0	0	0	0	0	75	84	0	81	0	-	-	-	-
Sierra Mist	32oz	300	0	0	0	0	0	60	81	0	81	0	-	-	-	-
Sierra Mist® - 32 oz.	32	300	0	0	0	0	0	60	81	0	81	0	-	-	-	-
Diet Pepsi®	32oz	0	0	0	0	0	0	75	0	0	0	0	-	-	-	-
Diet Pepsi® - 32 oz.	32	0	0	0	0	0	0	75	0	0	0	0	-	-	-	-
Dr. Pepper®	32oz	360	0	0	0	0	0	120	104	104	0	0	-	-	-	-
Dr. Pepper - 32 oz.	32	360	0	0	0	0	0	120	104	104	0	0	-	-	-	-
Diet Pepsi®	16oz	0	0	0	0	0	0	40	0	0	0	0	-	-	-	-
Diet Pepsi® - 16 oz.	16	0	0	0	0	0	0	40	0	0	0	0	-	-	-	-
Mountain Dew®	16oz	170	0	0	0	0	0	55	44	0	44	0	-	-	-	-
Mountain Dew® - 16 oz.	16	170	0	0	0	0	0	55	44	0	44	0	-	-	-	-
Mountain Dew®	22oz	230	0	0	0	0	0	70	60	0	60	0	-	-	-	-
Mountain Dew® - 22 oz.	22	230	0	0	0	0	0	70	60	0	60	0	-	-	-	-

Dr. Pepper®	16oz	180	0	0	0	0	0	60	52	0	52	0	-	-	-	-
Dr. Pepper - 16 oz.	16	180	0	0	0	0	0	60	52	0	52	0	-	-	-	-
Diet Pepsi®	22oz	0	0	0	0	0	0	50	0	0	0	0	-	-	-	-
Diet Pepsi® - 22oz.	22	0	0	0	0	0	0	50	0	0	0	0	-	-	-	-
Coffee - Reg	1oz	5	0	0	0	0	0	0	0	0	0	2	-	-	-	-
Coffee - Regular 12 oz	1	5	0	0	0	0	0	0	0	0	0	2	-	-	-	-
Pepsi®	16oz	150	0	0	0	0	0	40	42	0	41	0	-	-	-	-
Pepsi® - 16 oz.	16	150	0	0	0	0	0	40	42	0	41	0	-	-	-	-
Pepsi®	22oz	210	0	0	0	0	0	50	58	0	56	0	-	-	-	-
Pepsi® - 22 oz.	22	210	0	0	0	0	0	50	58	0	56	0	-	-	-	-
Dr. Pepper®	22oz	225	0	0	0	0	0	75	65	0	65	0	-	-	-	-
Dr. Pepper® - 22 oz.	22	225	0	0	0	0	0	75	65	0	65	0	-	-	-	-
Orange Juice	0	0	0	0	0	0	0	0	0	0	0	0	-	-	-	-
Orange Juice	0	0	0	0	0	0	0	0	0	0	0	0	-	-	-	-
Sweet Tea	16oz	120	0	0	0	0	0	15	32	0	31	0	-	-	-	-
Sweet Tea 16 oz	16	120	0	0	0	0	0	15	32	0	31	0	-	-	-	-

**MARKET FRESH®  
SALADS**

	Serving Weight	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Proteins (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (% RDI)
Light Buttermilk Ranch Dressing	56g	99	50	6	1	0	1	414	11	1	4	1	0	1	3	2
Light Buttermilk Ranch Dressing	56	99	50	6	1	0.12	1	414	11	1	4	1	0	1	3	2
Santa Fe Salad	344g	415	154	17	5	0	55	806	37	6	6	25	127	57	20	13
Popcorn Chicken	79	227	92	10	2	0.05	34	581	17	1	0	150	1	1	-	-
Cherry Tomatoes	68	14	2	0	0	0	0	6	3	1	0	1	8	220	2	-
Red onion rings	5	2	0	0	0	0	0	0	0	0	0	0	-	-	-	-
Roasted Corn & Black Bean Mix	57	67	10	1	0	0	0	70	12	3	3	3	67	8	1	4
Iceberg/Romaine Blend	113	20	0	0	0	0	0	13	4	1	3	1	47	273	6	-
Cheddar, shredded	21	85	50	6	3	0.39	21	135	1	0	0	5	5	0	150	-
Chicken Club Salad	345g	425	194	22	7	0	180	894	26	4	3	28	64	51	21	11
Popcorn Chicken	79	227	92	10	2	0.05	34	581	17	1	0	150	1	1	-	-
Iceberg/Romaine Blend	113	20	0	0	0	0	0	13	4	1	3	1	47	273	6	-
Cherry Tomatoes	68	14	2	0	0	0	0	6	3	1	0	1	8	220	2	-
Cucumber, sliced	28	3	0	0	0	0	0	1	1	0	0	0	0	1	0	0
Cheddar, shredded	21	85	50	6	3	0.39	21	135	1	0	0	5	5	0	150	-
Hard-boiled Egg	28	44	27	3	1	0	120	35	0	0	0	4	3	-	1	2
Pepper Bacon	7	31	22	2	1	0.03	5	123	0	0	0	2	0	1	0	1
Sliced Almonds	14g	81	76	8	1	0	0	0	2	1	0	4	-	-	4	4

Almonds, Toasted Sliced	14	81	76	8	1	0.01	0	2	1	0	4	-	-	4	4	
Buttermilk Ranch Dressing	58g	296	277	31	5	0.5	26	598	3	0	2	1	1	1	3	1
Buttermilk Ranch Dressing	58	296	277	31	5	0.61	26	598	3	0	2	1	1	1	3	1
Garlic & Cheese Croutons	14g	77	42	5	1	0	1	116	7	0	0	2	0	0	0	1
Garlic & Cheese Croutons	14	77	42	5	1	0.05	1	116	7	0	0	2	0	0	0	1
Martha's Vineyard Salad®	330g	273	79	9	4	0	61	609	25	4	17	22	61	52	19	12
Diced Grilled Chicken	85	91	23	3	1	0	40	455	1	0	2	150	2	1	4	
Diced Apples	28	16	0	0	0	0	0	0	4	1	3	0	-	2	-	-
Cherry Tomatoes	68	14	2	0	0	0	0	6	3	1	0	1	8	22	0	2
Cheddar, shredded	21	85	50	6	3	0.39	21	135	1	0	0	5	5	0	15	0
Cranberries	14	46	3	0	0	0	0	0	12	1	9	0	-	-	-	-
Iceberg/Romaine Blend	113	20	0	0	0	0	0	13	4	1	3	1	47	27	3	6
Raspberry Vinaigrette	42g	130	81	9	2	0	0	260	12	0	11	0	-	3	-	-
Raspberry Vinaigrette	42	130	81	9	2	0	0	260	12	0	11	0	-	3	-	-
Santa Fe Ranch Dressing	56g	260	245	27	4	0	19	608	3	0	1	1	2	4	2	2
Southwest Ranch Dressing	56	260	245	27	4	0	19	608	3	0	1	1	2	4	2	2
Santa Fe Salad w/ Grilled Chicken	350g	279	85	9	4	0	61	679	21	6	8	25	127	58	21	16
Diced Grilled Chicken	85	91	23	3	1	0	40	455	1	0	2	150	2	1	4	
Cherry Tomatoes	68	14	2	0	0	0	0	6	3	1	0	1	8	22	0	2
Red onion rings	5	2	0	0	0	0	0	0	0	0	0	0	-	-	-	-
Roasted Corn & Black Bean Mix	57	67	10	1	0	0	0	70	12	3	3	3	67	8	1	4
Iceberg/Romaine Blend	113	20	0	0	0	0	0	13	4	1	3	1	47	27	3	6
Cheddar, shredded	21	85	50	6	3	0.39	21	135	1	0	0	5	5	0	15	0
Seasoned Tortilla Strips	14g	71	27	3	0	0	0	25	9	1	0	1	-	-	2	2
Tortilla Strips	14	71	27	3	0	0	0	25	9	1	0	1	-	-	2	2

**MARKET FRESH®  
SANDWICHES &  
WRAPS**

	Serving Weight	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Proteins (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (% RDI)
Corned Beef Reuben Wrap	266g	560	259	29	8	0.5	77	1556	42	11	6	36	4	5	20	12
Sauerkraut	28	6	0	0	0	0	0	260	1	1	0	0	-	5	0	2
Thousand Island Dressing	28	137	123	14	2	0	15	23	3	0	3	0	-	-	-	-
Corned Beef	99	113	39	4	2	0.17	43	1149	1	0	1	160	-	0	10	
Sour Rye Wrap	90	230	45	5	1	0	0	83	37	10	2	14	-	-	-	-

Swiss, Big Eye natural	20	74	51	6	4	0.37	19	41	0	0	0	6	4	0	200
Roast Turkey Reuben Wrap	266g	564	239	277	0	86	1189	43	11	6	444	5	218		
Sour Rye Wrap	90	230	45	5	1	0	0	83	37	10	2	14	-	-	-
Swiss, Big Eye natural	20	74	51	6	4	0.37	19	41	0	0	0	6	4	0	200
Sauerkraut	28	6	0	0	0	0	0	260	1	1	0	0	-	5	0
Thousand Island Dressing	28	137	123	142	0	15	23	3	0	3	0	-	-	-	-
Roast Turkey	99	117	19	2	1	0.04	53	782	1	0	0	24	-	0	1
Roast Ham & Swiss Sandwich	345g	691	275	318	0.5	59	1952	75	5	19	33	13	183	729	
Tomato, sliced	40	8	1	0	0	0	0	4	2	0	1	0	5	130	1
Honey Wheat Bread	142	361	63	7	1	0.04	0	661	68	4	14	10	-	-	14
Roast Ham	99	100	27	3	1	0.01	29	1058	1	0	2	170	2	1	6
Leaf Lettuce	10	2	0	0	0	0	0	1	0	0	0	0	4	3	1
Red onion rings	5	2	0	0	0	0	0	0	0	0	0	0	-	-	-
Mayonnaise	14	105	103	112	0.17	9	74	0	0	0	0	0	0	0	0
Spicy Brown Honey Mustard Sauce	14	39	29	3	0	0.02	3	113	2	0	1	0	0	1	1
Swiss, Big Eye natural	20	74	51	6	4	0.37	19	41	0	0	0	6	4	0	200
Pecan Chicken Salad Sandwich	322g	769	351	39	100	74	1240	79	9	17	304	50	18	24	
Honey Wheat Bread	142	361	63	7	1	0.04	0	661	68	4	14	10	-	-	14
Pecan Chicken Salad	170	406	288	329	0.44	74	578	10	5	3	201	473	4		
Leaf Lettuce	10	2	0	0	0	0	0	1	0	0	0	0	4	3	1
Pecan Chicken Salad Wrap	277g	638	342	38	101	74	1199	48	8	3	304	505	27		
Wrap, Wheat Tortilla	97	230	54	6	2	0.41	0	620	38	3	0	100	1	1	22
Pecan Chicken Salad	170	406	288	329	0.44	74	578	10	5	3	201	473	4		
Leaf Lettuce	10	2	0	0	0	0	0	1	0	0	0	0	4	3	1
Corned Beef Reuben Sandwich	295g	590	288	329	0.5	77	1685	55	3	6	324	5	36	28	
Marble Rye Bread	119	260	77	9	2	0.08	0	50	2	2	10	-	-	16	16
Sauerkraut	28	6	0	0	0	0	0	260	1	1	0	0	-	5	0
Swiss, Big Eye natural	20	74	51	6	4	0.37	19	41	0	0	0	6	4	0	200
Thousand Island	28	137	120	132	0.09	15	235	3	0	3	0	-	-	-	-
Corned Beef	99	113	39	4	2	0.17	43	1149	1	0	1	160	-	0	10
Roast Turkey & Swiss Sandwich	345g	708	267	308	0.5	83	1677	74	5	17	41	13	173	629	
Honey Wheat Bread	142	361	63	7	1	0.04	0	661	68	4	14	10	-	-	14
Roast Turkey	99	117	19	2	1	0.04	53	782	1	0	0	24	-	0	1
Leaf Lettuce	10	2	0	0	0	0	0	1	0	0	0	0	4	3	1
Tomato, sliced	40	8	1	0	0	0	0	4	2	0	1	0	5	130	1
Swiss, Big Eye natural	20	74	51	6	4	0.37	19	41	0	0	0	6	4	0	200

Red onion rings	5	2	0	0	0	0	0	0	0	0	0	0	-	-	-	-
Mayonnaise	14	105	103	112	0.179	74	0	0	0	0	0	0	0	0	0	0
Spicy Brown Honey Mustard Sauce	14	39	29	3	0	0.023	113	2	0	1	0	0	1	1	1	1
Roast Turkey Ranch & Bacon Sandwich	367g	818	339	38	110.5	102	214	675	5	17	46	16	19	33	30	
Honey Wheat Bread	142	361	63	7	1	0.040	661	68	4	14	10	-	-	14	20	
Creamy Ranch Spread	28	166	148	163	0.1215	265	1	0	1	1	1	1	1	1	0	
Red onion rings	5	2	0	0	0	0	0	0	0	0	0	-	-	-	-	
Leaf Lettuce	14	3	0	0	0	0	1	0	0	0	0	5	4	1	1	
Tomato, sliced	40	8	1	0	0	0	4	2	0	1	0	5	13	0	1	
Pepper Bacon	17	76	54	6	2	0.0813	299	1	0	1	5	0	1	0	1	
Cheddar, slice natural	21	84	52	6	4	0.4221	134	0	0	0	5	5	0	15	0	
Roast Turkey	99	117	19	2	1	0.0453	782	1	0	0	24	-	0	1	6	
Roast Turkey Ranch & Bacon Wrap	302g	683	329	37	111	102	2103	44	4	2	45	14	13	19	32	
Wrap, Wheat Tortilla	97	230	54	6	2	0.410	620	38	3	0	100	1	1	22		
Creamy Ranch Spread	28	166	148	163	0.1215	265	1	0	1	1	1	1	1	1	0	
Red onion rings	5	2	0	0	0	0	0	0	0	0	0	-	-	-	-	
Leaf Lettuce	14	3	0	0	0	0	1	0	0	0	0	5	4	1	1	
Tomato, sliced	20	4	1	0	0	0	2	1	0	1	0	2	6	0	1	
Pepper Bacon	17	76	54	6	2	0.0813	299	1	0	1	5	0	1	0	1	
Cheddar, slice natural	21	84	52	6	4	0.4221	134	0	0	0	5	5	0	15	0	
Roast Turkey	99	117	19	2	1	0.0453	782	1	0	0	24	-	0	1	6	
Roast Turkey Reuben Sandwich	295g	594	267	308	0.5	86	1318	56	3	6	40	4	5	37	23	
Marble Rye Bread	119	260	77	9	2	0.080	0	50	2	2	10	-	-	16	16	
Thousand Island	28	137	120	132	0.0915	235	3	0	3	0	-	-	-	-	-	
Sauerkraut	28	6	0	0	0	0	260	1	1	0	0	-	5	0	2	
Swiss, Big Eye natural	20	74	51	6	4	0.3719	41	0	0	0	6	4	0	20	0	
Roast Turkey	99	117	19	2	1	0.0453	782	1	0	0	24	-	0	1	6	
Southwest Chicken Wrap	254g	563	273	309	1	77	1609	42	4	3	32	12	10	24	28	
Wrap, Wheat Tortilla	97	230	54	6	2	0.410	620	38	3	0	100	1	1	22		
Santa Fe Ranch Sauce	28	131	126	142	0.2010	301	1	0	1	0	1	2	1	1		
Diced Grilled Chicken	85	91	23	3	1	0	40	455	1	0	2	150	2	1	4	
Red onion rings	5	2	0	0	0	0	0	0	0	0	0	-	-	-	-	
Pepper Jack, shredded	14	51	36	4	3	0.2113	142	1	0	0	3	3	3	10	-	
Cheddar, shredded	14	57	34	4	2	0.2614	90	0	0	0	3	3	0	10	0	
Leaf Lettuce	10	2	0	0	0	0	1	0	0	0	0	4	3	1	1	
Ultimate BLT Sandwich	294g	779	407	45	110.5	51	1571	75	6	18	23	16	28	17	26	
Honey Wheat Bread	142	361	63	7	1	0.040	661	68	4	14	10	-	-	14	20	
Mayonnaise	28	209	206	234	0.3318	149	1	0	1	0	0	0	0	0	0	

Leaf Lettuce	20	4	1	0	0	0	0	2	1	0	0	0	8	6	1	2
Tomato, sliced	60	13	2	0	0	0	0	5	3	1	2	1	7	190	2	
Pepper Bacon	43	192	136	156	0.20	33	753	3	1	1	1	121	3	1	3	
Ultimate BLT Wrap	249g	648	398	441	11	51	1530	45	5	4	23	16	294	29		
Wrap, Wheat Tortilla	97	230	54	6	2	0.41	10	620	38	3	0	100	1	1	22	
Mayonnaise	28	209	206	234	0.33	18	149	1	0	1	0	0	0	0	0	
Leaf Lettuce	20	4	1	0	0	0	0	2	1	0	0	0	8	6	1	2
Tomato, sliced	60	13	2	0	0	0	0	5	3	1	2	1	7	190	2	
Pepper Bacon	43	192	136	156	0.20	33	753	3	1	1	1	121	3	1	3	

**ARBY'S® ROAST BEEF SANDWICHES & MELTS**

	Serving Weight	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Proteins (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (% RDI)
Arby-Q	168g	340	97	114	0		31	1089	48	2	18	173	7	9	18	
Sesame Bun, regular	69	177	30	3	1	0	0	314	34	1	5	5	0	0	5	10
Arby-Q®	99	164	68	8	3	0.49	31	775	15	1	13	113	7	4	8	
Kids Meal - Junior Roast Beef Sandwich	125g	272	92	104	0		29	740	34	2	5	160	0	6	17	
Sesame Bun, regular	69	177	30	3	1	0	0	314	34	1	5	5	0	0	5	10
Roast Beef	57	96	62	7	3	0.46	29	426	0	0	0	10-	0	0	6	
Arby's Melt	146g	302	110	124	1		30	921	36	2	5	162	0	6	17	
Roast Beef	57	96	62	7	3	0.46	29	426	0	0	0	10-	0	0	6	
Cheddar cheese sauce	21	30	18	2	1	0.74	1	181	2	0	0	0	2	-	1	-
Sesame Bun, regular	69	177	30	3	1	0	0	314	34	1	5	5	0	0	5	10
Arby's Sauce	14g	15	1	0	0	0	0	177	4	0	1	0	0	2	0	0
Arby's Sauce	14	15	1	0	0	0	0	177	4	0	1	0	0	2	0	0
Bacon Beef 'n Cheddar Sandwich	212g	521	239	279	1.5		64	1573	45	2	9	273	4	8	23	
Onion Bun	74	200	24	3	0	0	6	350	37	2	4	7	0	2	7	12
Cheddar cheese sauce	21	30	18	2	1	0.74	1	181	2	0	0	0	2	-	1	-
Pepper Bacon	17	76	54	6	2	0.08	13	299	1	0	1	5	0	1	0	1
Roast Beef	85	143	94	105	0.70	44	639	0	0	0	0	15-	0	0	10	
Red Ranch Dressing	14	72	49	5	1	0.05	0	105	5	0	4	0	1	0	0	0
BBQ Bacon \n Jack 2for	169g	360	141	165	0.5		38	1175	42	2	10	191	3	7	18	
Sesame Bun, regular	69	177	30	3	1	0	0	314	34	1	5	5	0	0	5	10
Pepper Bacon	9	38	27	3	1	0.04	7	150	1	0	0	2	0	1	0	1
Roast Beef	57	96	62	7	3	0.46	29	426	0	0	0	10-	0	0	6	
Monterey Jack Cheese Sauce	21	27	22	2	0	0	2	168	2	0	0	0	-	-	0	-
Smoky Q Sauce	14	23	1	0	0	0	0	117	5	0	4	0	1	2	1	0
Beef 'n Cheddar	195g	445	185	216	1.5		51	1274	44	2	8	223	3	8	22	



Tomato, sliced	20	4	1	0	0	0	0	2	1	0	1	0	2	6	0	1
Swiss Melt	146g	303	111	124	1	29	919	37	2	6	160	0	6	17		
Sesame Bun, regular	69	177	30	3	1	0	0	314	34	1	5	5	0	0	5	10
Swiss Cheese Sauce	21	31	19	2	1	0.69	0	178	3	0	0	0	-	-	0	-
Roast Beef	57	96	62	7	3	0.46	29	426	0	0	0	10	-	0	0	6
Spicy Three Pepper Sauce®	14g	22	8	1	0	0	0	140	3	0	3	0	4	2	0	1
Spicy Three Pepper Sauce®	14	22	8	1	0	0	0	140	3	0	3	0	4	2	0	1

## ARBY'S CHICKEN

	Serving Weight	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Proteins (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (% RDI)
Popcorn Chicken - Large	184g	529	214	244	0	79	1354	39	3	0	350	2	2	-		
Popcorn Chicken	184	529	214	244	0.12	79	1354	39	3	0	350	2	2	-		
Chicken Fillet Sandwich - Grilled	244g	395	153	173	0	60	1002	38	2	8	32	10	178	16		
Shredded Lettuce	21	3	0	0	0	0	2	0	0	0	0	1	1	0	1	
Sesame Bun, regular	69	177	30	3	1	0	0	314	34	1	5	5	0	0	5	10
Mayonnaise	14	105	103	112	0.17	9	74	0	0	0	0	0	0	0	0	0
Tomato, sliced	40	8	1	0	0	0	0	4	2	0	1	0	5	130	1	
Grilled Chicken Breast	100	103	19	2	0	0	52	608	2	0	1	264	2	2	5	
Chicken Fillet Sandwich - Crispy	249g	510	214	244	0	52	1265	49	3	7	277	177	15			
Shredded Lettuce	21	3	0	0	0	0	2	0	0	0	0	1	1	0	1	
Sesame Bun, regular	69	177	30	3	1	0	0	314	34	1	5	5	0	0	5	10
Mayonnaise	14	105	103	112	0.17	9	74	0	0	0	0	0	0	0	0	0
Tomato, sliced	40	8	1	0	0	0	0	4	2	0	1	0	5	130	1	
Chicken Fillet - Crispy	105	217	80	9	1	0.06	43	870	13	1	1	210	2	1	3	
Popcorn Chicken Shakers™	240g	582	219	244	0	79	2483	51	3	9	362	3	3	1		
Popcorn Chicken	184	529	214	244	0.12	79	1354	39	3	0	350	2	2	-		
BBQ Dipping Sauce	28	43	1	0	0	0	0	339	10	0	8	0	2	1	1	1
Buffalo Dipping Sauce	28	10	5	1	0	0	0	790	2	0	1	0	-	-	-	-
Popcorn Chicken - Regular	126g	363	147	163	0	54	930	27	2	0	240	1	2	-		
Popcorn Chicken	126	363	147	163	0.08	54	930	27	2	0	240	1	2	-		
BBQ Dipping Sauce	28g	44	1	0	0	0	0	343	11	0	8	0	2	1	1	1
BBQ Dipping Sauce	28	44	1	0	0	0	0	343	11	0	8	0	2	1	1	1
Buffalo Dipping Sauce	28g	10	5	1	0	0	0	790	2	0	1	0	-	-	-	-
Buffalo Dipping Sauce	28	10	5	1	0	0	0	790	2	0	1	0	-	-	-	-

Chicken Bacon & Swiss - Crispy	214g	557	212	245	0	68	1684	51	2	9	333	4	17	14
Sesame Bun, regular	69	177	30	3	1	0	0	314	34	1	5	5	0	0
Dijon Honey Mustard Sandwich Sauce	14	64	56	6	1	0.05	5	76	3	0	3	0	0	0
Pepper Bacon	13	57	40	4	2	0.06	10	224	1	0	0	4	0	1
Chicken Fillet - Crispy	105	217	80	9	1	0.06	43	870	13	1	1	210	2	1
Swiss, slice processed	13	41	6	1	0	0.06	10	199	0	0	0	3	2	0
Chicken Bacon & Swiss - Grilled	209g	443	151	174	0	77	1421	40	2	10	386	4	18	16
Sesame Bun, regular	69	177	30	3	1	0	0	314	34	1	5	5	0	0
Dijon Honey Mustard Sandwich Sauce	14	64	56	6	1	0.05	5	76	3	0	3	0	0	0
Pepper Bacon	13	57	40	4	2	0.06	10	224	1	0	0	4	0	1
Grilled Chicken Breast	100	103	19	2	0	0	52	608	2	0	1	264	2	2
Swiss, slice processed	13	41	6	1	0	0.06	10	199	0	0	0	3	2	0
Chicken Cordon Bleu Sandwich - Crispy	250g	590	233	265	0	76	1987	48	2	7	382	4	17	16
Sesame Bun, regular	69	177	30	3	1	0	0	314	34	1	5	5	0	0
Mayonnaise	14	105	103	112	0.17	9	74	0	0	0	0	0	0	0
Swiss, slice processed	13	41	6	1	0	0.06	10	199	0	0	0	3	2	0
Roast Ham	50	50	13	1	1	0.00	14	529	1	0	1	8	0	1
Chicken Fillet - Crispy	105	217	80	9	1	0.06	43	870	13	1	1	210	2	1
Chicken Cordon Bleu Sandwich - Grilled	245g	476	171	194	0	85	1725	37	1	8	436	3	18	18
Sesame Bun, regular	69	177	30	3	1	0	0	314	34	1	5	5	0	0
Mayonnaise	14	105	103	112	0.17	9	74	0	0	0	0	0	0	0
Swiss, slice processed	13	41	6	1	0	0.06	10	199	0	0	0	3	2	0
Roast Ham	50	50	13	1	1	0.00	14	529	1	0	1	8	0	1
Grilled Chicken Breast	100	103	19	2	0	0	52	608	2	0	1	264	2	2
Honey Mustard Dipping Sauce	28g	129	106	122	0	9	151	6	0	5	0	0	0	0
Honey Mustard Dipping Sauce	28	129	106	122	0.23	9	151	6	0	5	0	0	0	0

**ARBY'S®  
TOASTED SUBS**

	Serving Weight	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Proteins (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (% RDI)
Classic Italian Toasted Sub	290g	596	222	255	0	49	1831	65	3	4	25	10	19	12	6	
Pepperoni	9	43	34	4	1	0.09	9	169	0	0	0	2	1	1	0	1
Red onion rings	5	2	0	0	0	0	0	0	0	0	0	0	-	-	-	-

Shredded Lettuce	21	3	0	0	0	0	0	2	0	0	0	0	1	1	0	1
Ciabatta Bread	113	305	31	3	0	0	0	637	60	2	1	10	-	-	-	-
Banana Peppers	7	1	0	0	0	0	0	121	0	0	0	0	-	-	-	-
Tomato, sliced	40	8	1	0	0	0	0	4	2	0	1	0	5	130	1	
Genoa Salami	10	38	29	3	1	0	9	170	0	0	0	2	0	3	0	1
Swiss, slice processed	13	41	6	1	0	0.06	10	199	0	0	0	3	2	0	100	
Mayonnaise	14	105	103	112	0.179		74	0	0	0	0	0	0	0	0	0
Roast Ham	43	43	12	1	0	0.00	12	453	1	0	1	7	0	1	0	2
Red Wine Vinaigrette	14	7	6	1	0	0	0	0	0	0	0	0	-	-	-	-
French Dip & Swiss Toasted Sub	296g	533	142	166	1	54	2985	67	3	2	292	0	11	10		
Roast Beef	85	143	94	105	0.70	44	639	0	0	0	15	-	0	0	10	
Au Jus Prepared	85	43	12	1	0	0.43	0	1510	7	0	1	1	-	-	0	-
Ciabatta Bread	113	305	31	3	0	0	0	637	60	2	1	10	-	-	-	-
Swiss, slice processed	13	41	6	1	0	0.06	10	199	0	0	0	3	2	0	100	
Philly Beef Toasted Sub	254g	610	244	277	1	63	1549	62	3	3	292	7	11	10		
Pepper & Onion Mix	28	16	11	1	0	0	0	0	1	1	1	0	-	7	0	0
Mayonnaise	14	105	103	112	0.179		74	0	0	0	0	0	0	0	0	0
Ciabatta Bread	113	305	31	3	0	0	0	637	60	2	1	10	-	-	-	-
Roast Beef	85	143	94	105	0.70	44	639	0	0	0	15	-	0	0	10	
Swiss, slice processed	13	41	6	1	0	0.06	10	199	0	0	0	3	2	0	100	
Turkey Bacon Club Toasted Sub	290g	605	196	224	0	67	1701	65	3	3	359	16	12	7		
Ciabatta Bread	113	305	31	3	0	0	0	637	60	2	1	10	-	-	-	-
Pepper Bacon	13	58	41	5	2	0.06	10	226	1	0	0	4	0	1	0	1
Red onion rings	5	2	0	0	0	0	0	0	0	0	0	0	-	-	-	-
Roast Turkey	71	84	14	2	1	0.03	38	558	1	0	0	17	-	0	0	4
Shredded Lettuce	21	3	0	0	0	0	0	2	0	0	0	0	1	1	0	1
Tomato, sliced	40	8	1	0	0	0	0	4	2	0	1	0	5	130	1	
Mayonnaise	14	105	103	112	0.179		74	0	0	0	0	0	0	0	0	0
Swiss, slice processed	13	41	6	1	0	0.06	10	199	0	0	0	3	2	0	100	

## SIDES & SIDEKICKERS®

	Serving Weight	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Proteins (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (% RDI)
Mozzarella Sticks - Regular (4)	137g	426	254	28	13	1	45	1370	38	2	5	18	16	1	38	6
Mozzarella Sticks	137	426	254	28	13	1.08	45	1370	38	2	5	18	16	1	38	6
Marinara Sauce	43g	30	14	2	0	0	0	0	4	1	3	1	-	-	-	-
Marinara Sauce	43	30	14	2	0	0	0	0	4	1	3	1	-	-	-	-
Mac & Cheezers -	130g	390	158	188	0	15	805	50	3	5	104	3	108			

Regular (5 )

Mac & Cheezers	130	390	158	188	0	15	805	50	3	5	104	3	108
Bronco Berry Dipping Sauce®	57g	122	0	0	0	0	36	30	0	28	0	2	5 0 1
Bronco Berry® Dipping Sauce	57	122	0	0	0	0	36	30	0	28	0	2	5 0 1
Cheddar Fries - Medium	170g	465	253	286	2	2	1311	151	5	0	6	12	107 11
Seasoned Curly Fries	128	406	217	244	0.5	0	949	47	5	0	5	9	105 11
Cheddar cheese sauce	43	60	36	4	1	1.48	2	361	4	0	0	1	3 - 2 -
Cheddar Cheese Sauce - side	21g	30	18	2	1	0.5	1	181	2	0	0	0	2 - 1 -
Cheddar cheese sauce	21	30	18	2	1	0.74	1	181	2	0	0	0	2 - 1 -
Cool Ranch Sour Cream Dipping Sauce	43g	158	142	164	0	0	277	2	0	1	1	-	- 2 -
Cool Ranch Sour Cream Dipping Sauce	43	158	142	164	0	0	277	2	0	1	1	-	- 2 -
Curly Fries - Large	198g	631	337	377	1	0	1476	73	7	0	8	13	168 18
Seasoned Curly Fries	198	631	337	377	0.77	0	1476	73	7	0	8	13	168 18
Curly Fries - Medium	125g	397	212	244	0	0	928	46	4	0	5	8	105 11
Seasoned Curly Fries	125	397	212	244	0.49	0	928	46	4	0	5	8	105 11
Curly Fries - Small	106g	338	181	204	0	0	791	39	4	0	4	7	8 4 10
Seasoned Curly Fries	106	338	181	204	0.41	0	791	39	4	0	4	7	8 4 10
Jalapeno Bites® - Large (10)	220g	611	383	431	1.5	56	1052	58	4	5	11	29	2 7 10
Jalapeno Bites	220	611	383	431	1.74	56	1052	58	4	5	11	29	2 7 10
Jalapeno Bites® - Regular (5)	110g	305	191	219	1	28	526	29	2	3	5	14	1 3 5
Jalapeno Bites	110	305	191	219	0.87	28	526	29	2	3	5	14	1 3 5
Ketchup Packet	14g	13	0	0	0	0	158	3	0	3	0	-	- - -
Ketchup	14	13	0	0	0	0	158	3	0	3	0	-	- - -
Loaded Potato Bites® - Large (10)	224g	707	398	441	1.5	27	1601	154	5	0	23	9	41 37 12
Loaded Potato Bites	224	707	398	441	1.28	27	1601	154	5	0	23	9	41 37 12
Loaded Potato Bites® - Regular (5)	112g	353	199	227	0.5	13	800	27	2	0	11	5	21 18 6
Loaded Potato Bites	112	353	199	227	0.64	13	800	27	2	0	11	5	21 18 6
Mozzarella Sticks - Large (8)	273g	849	507	562	2	90	2730	75	4	9	36	32	2 76 11
Mozzarella Sticks	273	849	507	562	2.16	90	2730	75	4	9	36	32	2 76 11
Onion Petals - Large	283g	828	511	579	1	2	831	88	5	18	10	28	2 6 11
Onion Petals	283	828	511	579	0.88	2	831	88	5	18	10	28	2 6 11
Onion Petals - Regular	113g	331	205	234	0	1	332	35	2	7	4	11	1 2 5
Onion Petals	113	331	205	234	0.35	1	332	35	2	7	4	11	1 2 5

Potato Cakes (2)	100g	246	166	184	1	0	391	26	2	0	2	-	4	2	3
Potato Cake	100	246	166	184	0.89	0	391	26	2	0	2	-	4	2	3
Potato Cakes (3)	150g	369	249	285	1.5	0	587	39	3	0	3	-	5	3	4
Potato Cake	150	369	249	285	1.34	0	587	39	3	0	3	-	5	3	4
Tangy Southwest Sauce®	57g	333	312	355	0.5	29	371	5	0	4	1	3	3	0	1
Tangy Southwest Sauce	57	333	312	355	0.68	29	371	5	0	4	1	3	3	0	1

## SHAKES & DESSERTS

	Serving Weight	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Proteins (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (% RDI)
Orange Cream Swirl Shake	567g	765	169	19	120		47	482	133	1	124	189		12	7	12
Orange Cream Shake	567	765	169	19	120		47	482	133	1	124	189		12	7	12
Apple Turnover	128g	377	146	165	6.5	0	201	65	2	41	4	1	3	1	7	
Apple Turnover	89	247	133	154	6.0	0	201	35	2	15	4	1	3	1	7	
Turnover Icing	39	130	13	1	1	0.48	0	29	0	26	0	-	-	0	-	
Cherry Turnover	128g	377	137	155	6	0	201	65	2	41	4	1	3	1	7	
Cherry Turnover	89	247	124	144	5.5	0	201	35	2	15	4	1	3	1	7	
Turnover Icing	39	130	13	1	1	0.48	0	29	0	26	0	-	-	0	-	
Chocolate Chip Cookie	45g	202	89	104	2	15	213	26	1	16	2	3	-	1	7	
Chocolate Chip Cookie	45	202	89	104	2.11	15	213	26	1	16	2	3	-	1	7	
Chocolate Shake - Large	510g	660	154	17	100.5	43	455	110	1	106	17	10	12	6	5	4
Vanilla Shake Mix	468	555	154	17	100.56	43	445	83	0	82	16	10	12	6	4	2
Chocolate Syrup	43	105	1	0	0	0	10	26	0	24	0	-	-	0	2	
Chocolate Shake - Regular	397g	507	121	138	0	34	357	83	0	81	138	9	5	1	3	
Vanilla Shake Mix	369	437	121	138	0.44	34	350	66	0	65	138	9	5	1	2	
Chocolate Syrup	28	70	0	0	0	0	7	18	0	16	0	-	-	0	1	
Jamocha Shake - Large	510g	647	154	17	100.5	43	509	107	1	102	17	10	12	6	5	4
Vanilla Shake Mix	468	555	154	17	100.56	43	445	83	0	82	16	10	12	6	4	2
Jamocha syrup	43	92	1	0	0	0	64	23	0	20	0	-	-	1	2	
Jamocha Shake - Regular	397g	498	121	138	0	34	393	81	0	78	138	9	5	1	3	
Vanilla Shake Mix	369	437	121	138	0.44	34	350	66	0	65	138	9	5	1	2	
Jamocha syrup	28	61	0	0	0	0	43	15	0	13	0	-	-	0	2	
Strawberry Shake - Large	510g	646	154	17	100.5	43	464	107	1	101	16	10	15	6	5	6
Vanilla Shake Mix	468	555	154	17	100.56	43	445	83	0	82	16	10	12	6	4	2
Strawberry Syrup	43	91	0	0	0	0	19	23	0	19	0	-	3	1	4	
Strawberry Shake - Regular	397g	498	121	138	0	34	363	81	0	77	138	11	5	1	4	
Vanilla Shake Mix	369	437	121	138	0.44	34	350	66	0	65	138	9	5	1	2	
Strawberry Syrup	28	61	0	0	0	0	12	15	0	12	0	-	2	1	2	

Vanilla Shake - Large	468g	555	154	17	100.5	43	445	83	0	82	1610	126	42
Vanilla Shake Mix	468	555	154	17	100.56	43	445	83	0	82	1610	126	42
Vanilla Shake - Regular	369g	437	121	138	0	34	350	66	0	65	138	9	512
Vanilla Shake Mix	369	437	121	138	0.44	34	350	66	0	65	138	9	512

## KIDS MENU

	Serving Weight	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Proteins (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (% RDI)
Applesauce	113g	90	0	0	0	0	0	10	22	2	19	0	-	-	-	-
Applesauce	113	90	0	0	0	0	0	10	22	2	19	0	-	-	-	-
Kids Meal - Popcorn Chicken	95g	272	110	122	0		41	698	20	1	0	180	1	1	-	
Popcorn Chicken	95	272	110	122	0.06		41	698	20	1	0	180	1	1	-	
Kids Meal - Junior Roast Beef Sandwich	125g	272	92	104	0		29	740	34	2	5	160	0	6	17	
Sesame Bun, regular	69	177	30	3	1	0	0	314	34	1	5	5	0	0	5	10
Roast Beef	57	96	62	7	3	0.46	29	426	0	0	0	10	-	0	0	6
Market Fresh® Mini Ham & Cheese Sandwich	119g	235	45	5	2	0	25	992	28	2	7	152	1	16	11	
Honey Wheat Bread	57	144	25	3	1	0.02	0	264	27	2	6	4	-	-	6	8
Swiss, slice processed	13	41	6	1	0	0.06	10	199	0	0	0	3	2	0	100	
Roast Ham	50	50	13	1	1	0.00	14	529	1	0	1	8	0	1	0	3
Market Fresh® Mini Turkey & Cheese Sandwich	119g	244	41	5	1	0	37	854	28	2	6	192	0	16	11	
Honey Wheat Bread	57	144	25	3	1	0.02	0	264	27	2	6	4	-	-	6	8
Swiss, slice processed	13	41	6	1	0	0.06	10	199	0	0	0	3	2	0	100	
Roast Turkey	50	59	10	1	0	0.02	26	391	1	0	0	12	-	0	0	3

## BREAKFAST

	Serving Weight	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Proteins (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (% RDI)
Bacon & Egg Croissant	120g	337	195	22	100		187	651	23	1	3	113	2	4	10	
Croissant	57	190	90	106	0		30	190	21	1	2	3	-	2	2	5
Bacon, breakfast	13	67	51	6	2	0	12	241	0	0	0	4	0	0	0	1
Egg, scrambled patty	50	80	54	6	2	0	145	220	2	0	1	5	3	-	2	4
Bacon Biscuit	95g	340	191	216	0		13	1028	29	1	3	9	3	0	3	1
Biscuit, breakfast	82	273	139	154	0.31		11	786	28	1	3	5	3	0	3	-
Bacon, breakfast	13	67	51	6	2	0	12	241	0	0	0	4	0	0	0	1

Bacon, Egg & Cheese Biscuit	158g	461	251	288	0	169	144	630	1	4	178	0	155				
Biscuit, breakfast	82	273	139	154	0.31	1	786	28	1	3	5	3	0	3	-		
Bacon, breakfast	13	67	51	6	2	0	12	241	0	0	0	4	0	0	0	1	
Egg, scrambled patty	50	80	54	6	2	0	145	220	2	0	1	5	3	-	2	4	
Swiss, slice processed	13	41	6	1	0	0.06	10	199	0	0	0	3	2	0	100		
Bacon, Egg & Cheese Croissant	133g	378	202	22	100		198	850	23	1	3	145	2	14	10		
Croissant	57	190	90	106	0		30	190	21	1	2	3	-	2	2	5	
Bacon, breakfast	13	67	51	6	2	0	12	241	0	0	0	4	0	0	0	1	
Swiss, slice processed	13	41	6	1	0	0.06	10	199	0	0	0	3	2	0	100		
Egg, scrambled patty	50	80	54	6	2	0	145	220	2	0	1	5	3	-	2	4	
Bacon, Egg & Cheese Sourdough	173g	437	146	165	0		174	1220	40	2	5	207	0	30	14		
Sourdough Breakfast Bread	88	230	45	5	1	0.01	10	440	38	2	4	7	-	-	8	9	
Bacon, breakfast	9	45	35	4	1	0	8	162	0	0	0	2	0	0	0	1	
Egg, scrambled patty	50	80	54	6	2	0	145	220	2	0	1	5	3	-	2	4	
Swiss, slice processed	26	82	13	1	1	0.11	21	398	1	0	0	6	4	0	200		
Bacon, Egg, & Cheese Wrap	193g	515	257	298	0.5		165	1367	50	2	2	167	2	23	18		
Egg, scrambled patty	50	80	54	6	2	0	145	220	2	0	1	5	3	-	2	4	
Breakfast Tortilla	71	220	50	6	1	0	0	557	35	1	1	6	-	-	13	12	
American cheese, slice	13	47	35	4	2	0.22	12	232	0	0	0	2	4	0	7	0	
Potato Cake	50	123	83	9	2	0.45	0	196	13	1	0	1	-	2	1	1	
Bacon, breakfast	9	45	35	4	1	0	8	162	0	0	0	2	0	0	0	1	
Biscuit - Plain	82g	273	139	154	0		1	786	28	1	3	5	3	0	3	-	
Biscuit, breakfast	82	273	139	154	0.31	1		786	28	1	3	5	3	0	3	-	
Blueberry Muffin	85g	320	108	122	0		20	490	49	1	26	4	-	-	2	2	
Blueberry Muffin	85	320	108	122	0		20	490	49	1	26	4	-	-	2	2	
Breakfast Syrup	28g	78	0	0	0	0		0	25	20	0	11	0	-	0	0	
Syrup	28	78	0	0	0	0		0	25	20	0	11	0	-	0	0	
Chicken Biscuit	132g	417	203	235	0		17	1240	39	1	3	153	0	12	4		
Biscuit, breakfast	82	273	139	154	0.31	1		786	28	1	3	5	3	0	3	-	
Chicken Fingers	50	145	63	7	1	0.08	16	454	11	1	0	101	0	9	4		
Croissant	57g	190	90	106	0		30	190	21	1	2	3	-	2	2	5	
Croissant	57	190	90	106	0		30	190	21	1	2	3	-	2	2	5	
Egg & Cheese Sourdough	164g	392	112	123	0		166	1058	40	2	5	177	0	30	13		
Sourdough Breakfast Bread	88	230	45	5	1	0.01	10	440	38	2	4	7	-	-	8	9	
Egg, scrambled patty	50	80	54	6	2	0		145	220	2	0	1	5	3	-	2	4
Swiss, slice processed	26	82	13	1	1	0.11	21	398	1	0	0	6	4	0	200		

French Toastix	124g	312	119	132	0	0	492	44	1	11	6	-	-	5	7
French Toastix	124	312	119	132	0	0	492	44	1	11	6	-	-	5	7
Sausage, Egg & Cheese Biscuit	185g	557	340	38	110		187	1579	30	1	3	188	0	154	
Sausage, breakfast	40	163	140	165	0		31	374	0	0	0	5	-	-	-
Egg, scrambled patty	50	80	54	6	2	0	145	220	2	0	1	5	3	-	2
Swiss, slice processed	13	41	6	1	0	0.06	10	199	0	0	0	3	2	0	100
Biscuit, breakfast	82	273	139	154	0.31	11	786	28	1	3	5	3	0	3	-
Sausage, Egg & Cheese Sourdough	204g	556	252	289	0		197	1431	40	2	5	227	0	30	13
Egg, scrambled patty	50	80	54	6	2	0	145	220	2	0	1	5	3	-	2
Swiss, slice processed	26	82	13	1	1	0.11	21	398	1	0	0	6	4	0	200
Sourdough Breakfast Bread	88	230	45	5	1	0.01	10	440	38	2	4	7	-	-	8
Sausage, breakfast	40	163	140	165	0		31	374	0	0	0	5	-	-	-
Ham & Cheese Croissant	120g	281	110	127	0		55	918	22	1	3	142	3	138	
Croissant	57	190	90	106	0		30	190	21	1	2	3	-	2	2
Roast Ham	50	50	13	1	1	0.00	14	529	1	0	1	8	0	1	0
Swiss, slice processed	13	41	6	1	0	0.06	10	199	0	0	0	3	2	0	100
Ham Biscuit	132g	323	153	174	0		15	1315	29	1	4	143	1	4	3
Biscuit, breakfast	82	273	139	154	0.31	11	786	28	1	3	5	3	0	3	-
Roast Ham	50	50	13	1	1	0.00	14	529	1	0	1	8	0	1	0
Ham, Egg & Cheese Biscuit	195g	444	213	246	0		171	1734	31	1	4	218	1	157	
Biscuit, breakfast	82	273	139	154	0.31	11	786	28	1	3	5	3	0	3	-
Roast Ham	50	50	13	1	1	0.00	14	529	1	0	1	8	0	1	0
Egg, scrambled patty	50	80	54	6	2	0	145	220	2	0	1	5	3	-	2
Swiss, slice processed	13	41	6	1	0	0.06	10	199	0	0	0	3	2	0	100
Ham, Egg & Cheese Croissant	170g	361	164	189	0		200	1138	23	1	4	195	3	14	12
Egg, scrambled patty	50	80	54	6	2	0	145	220	2	0	1	5	3	-	2
Croissant	57	190	90	106	0		30	190	21	1	2	3	-	2	2
Roast Ham	50	50	13	1	1	0.00	14	529	1	0	1	8	0	1	0
Swiss, slice processed	13	41	6	1	0	0.06	10	199	0	0	0	3	2	0	100
Ham, Egg & Cheese Sourdough	214g	442	125	144	0		180	1586	41	2	6	267	1	30	16
Sourdough Breakfast Bread	88	230	45	5	1	0.01	10	440	38	2	4	7	-	-	8
Roast Ham	50	50	13	1	1	0.00	14	529	1	0	1	8	0	1	0
Egg, scrambled patty	50	80	54	6	2	0	145	220	2	0	1	5	3	-	2
Swiss, slice processed	26	82	13	1	1	0.11	21	398	1	0	0	6	4	0	200
Ham, Egg, & Cheese Wrap	249g	575	277	31	101		185	2005	51	2	3	25	12	3	31

Egg, scrambled patty	50	80	54	6	2	0	145	220	2	0	1	5	3	-	2	4
Breakfast Tortilla	71	220	50	6	1	0	0	557	35	1	1	6	-	-	13	12
American cheese, slice	28	102	76	8	5	0.48	26	503	1	0	1	5	9	0	160	
Potato Cake	50	123	83	9	2	0.45	0	196	13	1	0	1	-	2	1	1
Roast Ham	50	50	13	1	1	0.00	14	529	1	0	1	8	0	1	0	3
Sausage & Egg Croissant	147g	433	284	32	13	0	206	784	23	1	3	123	2	4	9	
Croissant	57	190	90	10	6	0	30	190	21	1	2	3	-	2	2	5
Sausage, breakfast	40	163	140	16	5	0	31	374	0	0	0	5	-	-	-	-
Egg, scrambled patty	50	80	54	6	2	0	145	220	2	0	1	5	3	-	2	4
Sausage Biscuit	122g	436	279	31	9	0	32	1160	28	1	3	103	0	3	-	
Biscuit, breakfast	82	273	139	15	4	0.31	11	786	28	1	3	5	3	0	3	-
Sausage, breakfast	40	163	140	16	5	0	31	374	0	0	0	5	-	-	-	-
Sausage Gravy Biscuit	238g	961	614	68	14	0	12	3755	107	1	19	7	3	0	3	-
Biscuit, breakfast	82	273	139	15	4	0.31	11	786	28	1	3	5	3	0	3	-
Sausage, breakfast	14	58	50	6	2	0	11	133	0	0	0	2	-	-	-	-
Country Gravy, breakfast	142	630	425	47	8	0	0	2835	79	0	16	0	-	-	-	-
Sausage Patty	51g	210	180	20	7	0	40	480	0	0	0	6	-	-	-	-
Sausage, breakfast	51	210	180	20	7	0	40	480	0	0	0	6	-	-	-	-
Sausage, Egg & Cheese Croissant	160g	475	290	32	13	0	216	982	23	1	3	155	2	14	9	
Croissant	57	190	90	10	6	0	30	190	21	1	2	3	-	2	2	5
Sausage, breakfast	40	163	140	16	5	0	31	374	0	0	0	5	-	-	-	-
Swiss, slice processed	13	41	6	1	0	0.06	10	199	0	0	0	3	2	0	100	
Egg, scrambled patty	50	80	54	6	2	0	145	220	2	0	1	5	3	-	2	4
Sausage, Egg & Cheese Wrap	239g	689	404	45	15	1	202	1849	50	2	2	21	12	2	31	18
Egg, scrambled patty	50	80	54	6	2	0	145	220	2	0	1	5	3	-	2	4
Breakfast Tortilla	71	220	50	6	1	0	0	557	35	1	1	6	-	-	13	12
American cheese, slice	28	102	76	8	5	0.48	26	503	1	0	1	5	9	0	160	
Potato Cake	50	123	83	9	2	0.45	0	196	13	1	0	1	-	2	1	1
Sausage, breakfast	40	163	140	16	5	0	31	374	0	0	0	5	-	-	-	-

## T.J. CINNAMONS®

	Serving Weight	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Proteins (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (% RDI)
Chocolate Twist	71g	250	108	12	4	0	5	110	34	2	12	4	10	-	4	9
Chocolate Twist	71	250	108	12	4	0	5	110	34	2	12	4	10	-	4	9
Cinnamon Twist	71g	260	126	14	5	4	5	190	33	1	11	3	6	-	4	9
Cinnamon Twist	71	260	126	14	5	4.00	5	190	33	1	11	3	6	-	4	9
Original Gourmet Cinnamon Roll®	149g	507	94	10	4	0	7	373	73	4	31	10	10	7	18	25

Cinnamon Roll	149	507	94	104	0	7	373	73	4	31	1010	7	1825			
Pecan Sticky Bun	184g	688	201	225	0	7	420	91	5	45	1210	8	1928			
Cinnamon Roll	149	507	94	104	0	7	373	73	4	31	1010	7	1825			
Sticky Bun Smear w/ pecans	35	181	108	122	0	0	47	18	1	14	1	0	0	1	3	
Pecan Sticky Bun 4 Pack	738g	2751	806	902	10	30	1678	363	21	182	4742	32	77	111		
Cinnamon Roll	596	2026	375	4215	0	30	1490	292	18	125	4240	30	7299			
Sticky Bun Smear w/ pecans	142	724	430	486	0	0	188	70	4	57	5	1	2	6	12	
TJ Cinnamons Mocha Chill®	354g	306	60	7	4	0	29	214	48	1	46	110	5	39	1	
Mocha Chill	340	264	35	4	2	0.10	17	214	46	1	44	110	5	39	1	
Whipped Cream	14	43	26	3	1	0	11	0	1	0	1	0	-	-	-	-
TJ Icing	28g	117	46	5	2	1	8	50	18	0	16	1	2	0	1	1
Cream Cheese Icing	28	117	46	5	2	0.88	8	50	18	0	16	1	2	0	1	1