


Arby's® 2004 Nutrition, Ingredient & Allergen Information (U.S.)

Notice to Arby's® customers:


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

Information on Arby's® products contained herein is approximate based on laboratory and calculated analyses of ingredients as of October 2003. Actual nutritional information may vary based on regional variability in product availability and in individual unit compliance with Arby's Standard Operating Procedures.


Information is not to be used by individuals with special dietary needs in lieu of professional medical advice. Arby's reserves the right to make changes to any ingredient specification or menu item without notice.

 Available Nutrients Menu Items	Serving Weight (g)	Calories	Calories from fat	Fat - Total (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (% RDI)
Roast Beef Sandwiches															
Arby-Q® Roast Beef marinated in BBQ sauce, Sesame Seed Bun ¹	182	360	100	11	4.5	35	1210	51	2	20	18	4	2	10	25
Big Montana® Roast Beef, Sesame Seed Bun ¹	309	590	260	29	14	115	2080	41	3	6	47	0	0	8	40
Giant Roast Beef Roast Beef, Sesame Seed Bun ¹	224	450	170	19	9	75	1440	41	2	6	32	0	0	6	30
Regular Roast Beef Roast Beef, Sesame Seed Bun ¹	154	320	110	13	6	45	950	34	2	5	21	0	0	6	20
Beef 'n Cheddar Roast Beef, Cheddar Cheese Sauce ³⁶ , Red Ranch Sauce, Onion Bun ²	195	440	180	21	7	50	1270	44	2	8	22	2	2	8	20
Super Roast Beef Roast Beef, Red Ranch Sauce, Tomato, Shredded Lettuce, Sesame Seed Bun ¹	241	440	170	19	7	45	1130	48	3	11	22	2	2	8	25
Junior Roast Beef Roast Beef, Sesame Seed Bun ¹	125	270	90	9	4	30	740	34	2	5	16	0	0	6	15
French Dip 'n Swiss Baguette ²³ , Big Eye Swiss Cheese ¹¹ , Roast Beef Au Jus ³⁴ On Side	332 85	320 50	220 35	25 4	11 1	75 0	2040 540	56 5	3 0	2 0	35 0	4 0	10 0	20 0	30 0
Philly Beef Supreme Baguette ²³ , Big Eye Swiss Cheese ¹¹ , Roast Beef, Roasted Garlic Sauce ²² , Fire-Roasted Onions and Peppers	325	450	340	37	13	95	1660	59	3	6	36	6	70	25	40
Other Sandwiches															
Chicken Breast Fillet Breaded Chicken Breast Fillet ³ , Shredded Lettuce, Mayonnaise ⁴ , Sesame Seed Bun ¹	204	490	220	24	4	55	1220	46	2	7	25	2	2	8	15
Chicken Bacon 'n Swiss Breaded Chicken Breast Fillet ³ , Dijon Honey Mustard Sauce ⁵ , Pepper Bacon, Swiss Cheese ⁶ , Sesame Seed Bun ¹	209	550	240	27	7	70	1640	49	2	10	31	4	2	15	15
Chicken Cordon Bleu Breaded Chicken Breast Fillet ³ , Mayonnaise ⁴ , Ham, Swiss Cheese ⁶ , Sesame Seed Bun ¹	238	570	260	29	6	85	1880	46	2	8	34	4	2	15	15
Chicken Fingers 4 Pack Chicken Fingers ¹³ (4)	192	640	350	38	8	70	1590	42	3	0	31	0	0	2	15
Chicken Fingers Snack Chicken Fingers ¹³ (2), Curly Fries ¹⁴	181	590	300	34	6	35	1430	53	3	0	19	6	6	4	15
Chicken Fingers Combo Chicken Fingers ¹³ (4), Curly Fries ¹⁴	320	1050	540	60	11	70	2540	89	5	0	37	8	10	6	25


Arby's® 2004 Nutrition, Ingredient & Allergen Information (U.S.)

 Available Nutrients Menu Items	Serving Weight (g)	Calories	Calories from fat	Fat - Total (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (% RDI)
<u>Grilled Chicken Deluxe</u> Grilled Chicken Fillet ³ , Dijon Honey Mustard Sauce ⁵ , Shredded Lettuce, Tomato, Sesame Seed Bun ¹	242	380	110	12	2	50	920	40	2	9	29	2	4	8	15
<u>Roast Chicken Club</u> Roast Chicken ^{4,3} , Mayonnaise ⁴ , Shredded Lettuce, Tomato, Pepper Bacon, Swiss Cheese ⁶ , Sesame Seed Bun ¹	239	470	230	25	7	65	1320	39	2	7	27	4	2	15	15
<u>Hot Ham 'n Cheese</u> Ham, Swiss Cheese ⁶ , Sesame Seed Bun ¹	167	300	80	9	3.5	50	1450	35	1	7	23	2	2	15	15
<u>Hot Ham 'n Swiss Melt</u> Ham, Swiss Cheese ⁶ , Sesame Seed Bun ¹	138	270	80	8	3.5	35	1140	35	1	7	18	2	2	15	15
Market Fresh® Sandwiches															
<u>Market Fresh® Roast Turkey, Ranch & Bacon</u> Roast Turkey, Creamy Ranch Spread ⁷ , Red Onion Rings, Tomato, Lettuce, Pepper Bacon, Natural Sharp Cheddar Cheese ⁸ , Honey Wheat Bread ⁹	379	830	340	38	10	110	2260	75	5	16	49	10	6	35	30
<u>Market Fresh® Ultimate BLT</u> Pepper Bacon, Lettuce, Tomato, Mayonnaise ⁴ , Honey Wheat Bread ⁹	293	780	410	46	9	50	1570	75	6	18	23	15	30	15	25
<u>Market Fresh® Roast Beef & Swiss</u> Roast Beef, Mayonnaise ⁴ , Spicy Brown Honey Mustard ¹⁰ , Red Onion Rings, Tomato, Lettuce, Big Eye Swiss Cheese ¹¹ , Honey Wheat Bread ⁹	357	780	350	39	12	90	1740	74	6	15	37	8	4	35	35
<u>Market Fresh® Roast Ham & Swiss</u> Roast Ham, Mayonnaise ⁴ , Spicy Brown Honey Mustard ¹⁰ , Red Onion Rings, Tomato, Lettuce, Big Eye Swiss Cheese ¹¹ , Honey Wheat Bread ⁹	357	700	270	31	7	85	2140	74	5	18	36	8	6	35	30
<u>Market Fresh® Roast Turkey & Swiss</u> Roast Turkey, Mayonnaise ⁴ , Spicy Brown Honey Mustard ¹⁰ , Red Onion Rings, Tomato, Lettuce, Big Eye Swiss Cheese ¹¹ , Honey Wheat Bread ⁹	357	720	250	27	6	90	1790	74	5	16	45	8	4	35	30
<u>Market Fresh® Chicken Salad</u> Chicken Salad (Diced Grilled Chicken, Celery, Red Seedless Grapes, Chopped Apple, Toasted Pecans ²⁵ and Mayonnaise ⁴), Lettuce, Honey Wheat Bread ⁹	322	860	400	44	6	60	1270	92	6	33	26	6	10	20	25


Arby's® 2004 Nutrition, Ingredient & Allergen Information (U.S.)

 Available Nutrients Menu Items	Serving Weight (g)	Calories	Calories from fat	Fat - Total (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (% RDI)
Market Fresh® Low Carbys™ Wraps Net Carbs = Total Carbs(g) – Dietary Fiber (g) and sugar alcohols (g) that do not affect blood sugar levels															
Market Fresh® Low Carbys™															
Ultimate BLT Wrap Green Leaf Lettuce, Tomatoes, Pepper Bacon, Mayonnaise ⁴ , Whole Wheat Tortilla ¹⁵ CONTAINS 17 g NET CARBS															
	254	650	420	47	11	50	1730	48	31	4	25	15	30	20	10
Market Fresh® Low Carbys™															
Roast Turkey Ranch & Bacon Wrap Green Leaf Lettuce, Tomatoes, Red Onion Rings, Natural Sharp Cheddar Cheese ⁸ , Pepper Bacon, Roast Turkey, Creamy Ranch Spread ⁷ , Whole Wheat Tortilla ¹⁵ CONTAINS 18 g NET CARBS															
	338	710	350	39	11	110	2420	48	30	3	51	15	20	35	15
Market Fresh® Low Carbys™															
Southwest Chicken Wrap Green Leaf Lettuce, Shredded Cheddar Cheese ¹² , Shredded Pepper Jack Cheese ¹⁸ , Red Onion Rings, Diced Grilled Chicken, Santa Fe Ranch Sauce ²⁰ , Whole Wheat Tortilla ¹⁵ CONTAINS 15 g NET CARBS															
	259	550	270	30	9	75	1690	45	30	1	35	10	10	40	10
Market Fresh® Low Carbys™															
Chicken Caesar Wrap Green Leaf Lettuce, Red Onion Rings, Diced Grilled Chicken, Caesar Sauce ²¹ , Whole Wheat Tortilla ¹⁵ CONTAINS 16 g NET CARBS															
	245	520	240	27	7	65	1530	46	30	2	33	8	6	35	10
Market Fresh® Salads															
Martha's Vineyard™															
Iceberg/Romaine/Spring Mix, Diced Grilled Chicken, Diced Apples, Dried Cranberries, Grape Tomatoes and Shredded Cheddar Cheese ¹²															
	291	250	70	8	4.5	60	490	23	4	23	26	60	40	20	10
Sliced Almonds ³¹															
	14	81	64	7	0	0	0	2	1	0	4	0	0	4	4
Raspberry Vinaigrette															
	57	172	109	12	1.5	0	344	16	0	14	0	0	4	0	0
Santa Fe™															
Iceberg/Romaine/Spring Mix, Chopped Chicken Fingers ¹³ , Roasted Corn and Black Bean Mix, Grape Tomatoes, Red Onion Rings, Shredded Pepper Jack Cheese ¹⁸ and Shredded Cheddar Cheese ¹²															
	328	520	260	29	9	60	1120	40	5	6	27	130	45	25	20
Seasoned Tortilla Strips															
	14	61	23	2.5	.5	0	25	10	.5	0	1	0	0	2	0
Santa Fe Ranch Dressing ¹⁹															
	57	264	248	28	4	19	615	3	0	1	1	2	2	4	2
Asian Sesame™															
Iceberg/Romaine/Spring Mix, Diced Grilled Chicken, Shredded Red Cabbage, Shredded Carrots, Mandarin Orange Slices															
	284	140	10	1	0	40	360	15	3	11	18	130	60	6	10
Sliced Almonds ³¹															
	14	81	64	7	0	0	0	2	1	0	4	0	0	4	4
Asian Noodles															
	14	71	27	3	1	0	30	8	1	1	2	0	0	0	0
Asian Sesame Dressing															
	57	190	127	14	2	0	463	15	0	10	1	0	6	0	2

Arby's® 2004 Nutrition, Ingredient & Allergen Information (U.S.)

 Available Nutrients Menu Items	Serving Weight (g)	Calories	Calories from fat	Fat - Total (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (% RDI)
<u>Garden Side Salad</u> Iceberg/Romaine/Spring Mix, Shredded Red Cabbage, Shredded Carrots, Red Onion Rings, Cucumber Slices, Grape Tomatoes	169	35	2	0	0	0	25	7	5	3	2	120	45	4	6
Light Dressing Choices															
Light Buttermilk Ranch Dressing	56	100	55	6	1	0	486	12	1	4	1	0	0	2	0
Light Balsamic Vinaigrette	56	110	50	6	1	0	220	13	0	12	0	0	0	0	0
Fat Free Italian Dressing	56	30	0	0	0	0	520	7	0	5	0	2	0	0	0
Premium Potatoes															
Curly Fries ¹⁴ – Small	106	340	160	18	205	0	790	39	4	N/A	4	8	8	4	10
Curly Fries ¹⁴ – Medium	128	410	200	22	3	0	950	47	5	N/A	5	8	10	6	10
Curly Fries ¹⁴ – Large	199	630	300	34	5	0	1480	73	7	N/A	8	15	15	8	20
Cheddar Cheese Sauce ³⁶ (on side)	43	60	40	4.5	1	0	360	4	0	0	1	4	0	2	0
Homestyle Fries – Small	113	300	110	13	2	0	550	44	3	1	3	0	10	2	6
Homestyle Fries – Medium	142	380	140	16	205	0	690	55	4	1	4	0	15	4	6
Homestyle Fries – Large	213	570	210	24	3.5	0	1030	82	6	1	6	0	20	6	10
Potato Cakes (2 each)	100	250	140	15	2	0	390	26	2	N/A	2	0	4	2	2
Baked Potato – Plain	184	200	0	0	0	0	15	46	4	3	4	0	40	2	15
Butter ¹⁷ Adds	14	100	100	11	7	30	115	0	0	0	0	8	0	0	0
Sour Cream ¹⁶ Adds	57	120	110	12	7	25	30	2	0	N/A	2	8	0	6	0
<u>Broccoli 'n Cheddar Potato</u> Baked Potato, Broccoli, Butter (or margarine/butter blend), Cheddar Cheese Sauce ³⁶ , Shredded Cheddar Cheese ¹²	333	460	210	23	12	50	780	56	6	4	11	50	130	15	15
<u>Deluxe Potato</u> Baked Potato, Butter ¹⁷ (or margarine/butter blend), Cheddar Cheese Sauce, Sour Cream ¹⁶ , Bacon Bits, Shredded Cheddar Cheese ¹² , Chives	296	570	310	34	20	90	750	50	5	3	18	25	40	30	15
Sidekickers®															
Jalapeno Bites® ⁴¹ - Regular (5)	110	310	170	19	7	30	530	29	2	3	5	15	0	4	6
Jalapeno Bites® ⁴¹ - Large (10)	220	610	330	37	14	55	1050	58	4	5	11	30	2	6	10
Mozzarella Sticks ³⁸ – Regular (4)	137	430	200	23	10	45	1370	38	2	5	18	15	2	40	6
Mozzarella Sticks ³⁸ – Large (8)	274	850	410	45	19	90	2740	76	4	9	36	30	2	80	10
Onion Petals ⁴² – Regular	113	330	170	19	3	0	330	35	2	7	4	10	0	2	4
Onion Petals ⁴² – Large	284	830	440	48	7	0	830	88	5	18	10	30	2	6	10
Breakfast (Available only at participating Arby's® franchise restaurants)															
Biscuit ²⁷ – Plain	73	230	110	12	3	0	710	26	<1	3	5	0	0	2	80
Butter Adds	14	100	100	11	7	30	115	0	0	0	0	8	0	0	0
Scrambled Egg ⁴⁴ Adds	50	80	50	6	1.5	145	220	2	0	1	5	4	0	2	4
Swiss cheese ⁶ Adds	13	40	25	3	2	10	200	0	0	0	3	2	0	10	0
<u>Bacon Biscuit</u> Biscuit ²⁷ , Breakfast Bacon	86	300	160	17	5	15	950	27	<1	3	9	0	0	2	80
<u>Ham Biscuit</u> Biscuit ²⁷ , Ham	116	270	120	13	3.5	20	1170	27	<1	4	12	0	0	4	80
<u>Sausage Biscuit</u> Biscuit ²⁷ , Sausage Patty	113	390	250	27	9	30	1080	26	<1	3	10	0	0	2	80
<u>Bacon 'n Egg Croissant</u> Croissant ²⁸ Breakfast Bacon, Egg	125	410	230	26	12	190	670	31	<1	4	13	10	0	4	15
<u>Ham 'n Cheese Croissant</u> Croissant ²⁸ , Ham, Swiss cheese ⁶	118	350	170	19	11	65	870	30	<1	5	15	10	0	15	10
<u>Sausage 'n Egg Croissant</u> Croissant ²⁸ , Sausage Patty, Egg	152	510	320	36	15	210	800	31	<1	4	14	10	0	4	15
<u>Sourdough Ham, Egg 'n Swiss</u> Sourdough bread ²⁹ , Ham, Swiss cheese ⁶ , Egg	237	450	210	23	8	330	1750	33	1	3	27	10	0	30	20

Arby's® 2004 Nutrition, Ingredient & Allergen Information (U.S.)

 Available Nutrients Menu Items	Serving Weight (g)	Calories	Calories from fat	Fat - Total (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (% RDI)
Sourdough Bacon, Egg & Swiss Sourdough Bread ²⁹ , Breakfast Bacon, Swiss cheese ⁶ , Egg	211	500	260	29	10	325	1600	33	1	2	25	10	0	30	20
Sourdough Egg 'n Cheese Sourdough bread ²⁹ , Swiss ⁶ , Egg	144	330	140	16	6	165	1060	31	1	2	15	8	0	30	15
Desserts															
Apple Turnover ³² (no icing)	89	250	90	10	3	0	200	35	2	15	4	0	4	0	6
Cherry Turnover ³³ (no icing)	89	250	90	10	3	0	200	35	2	15	4	2	4	0	6
Icing Adds	39	130	15	1.5	.5	0	N/A	29	0	26	0	N/A	0	N/A	N/A
Gourmet Chocolate Cookie ³⁷	45	200	90	10	6	15	210	26	<1	16	2	2	0	2	8
Sauces / Condiments															
Arby's Sauce® Packet	14	15	0	0	0	0	180	4	0	1	0	0	2	0	0
BBQ Dipping Sauce	28	40	0	0	0	0	350	10	0	9	0	0	4	0	2
Bronco Bery Sauce®	57	120	0	0	0	0	35	30	0	28	0	2	6	0	0
Buffalo Dipping Sauce ³⁵	57	20	10	1	0	0	1600	3	0	1	0	N/A	N/A	N/A	N/A
Buttermilk Ranch Dressing ³⁰	57	290	270	30	5	25	580	3	0	2	1	2	2	4	0
Honey Mustard Dipping Sauce ³⁹	28	130	110	12	2	10	170	5	0	5	0	0	0	0	0
Horsey Sauce® Packet ⁴⁰	14	60	45	5	1	5	170	3	0	1	0	0	0	0	0
Ketchup Packet	14	20	0	0	0	0	170	4	0	3	0	0	4	0	0
Marinara Sauce	43	15	0	0	0	0	220	4	<1	2	0	8	15	2	2
Mayonnaise Packet	14	100	100	11	2	10	75	0	0	0	0	0	0	0	0
Red Ranch Sauce	14	70	50	6	1	0	105	5	0	4	0	0	0	0	0
Tangy Southwest Sauce ²⁶	57	330	310	35	5	30	370	5	0	4	1	2	2	0	0
Three Pepper Sauce Packet	14	20	10	1	0	0	140	3	0	3	0	4	2	0	0
Shakes (Notice: All Shakes contain Dairy products)															
Chocolate Shake – Regular	397	510	120	13	0	35	360	83	0	81	13	8	10	50	2
Chocolate Shake – Large	510	660	150	17	0	45	450	110	<1	106	17	10	10	60	4
Jamocha Shake – Regular	397	500	120	13	0	35	390	81	0	78	13	8	10	50	4
Jamocha Shake – Large	510	650	150	17	0	45	510	107	<1	102	17	10	10	60	4
Strawberry Shake – Regular	397	500	120	13	0	35	360	81	0	77	13	8	10	50	4
Strawberry Shake – Large	510	650	150	17	0	45	460	107	<1	101	16	10	15	70	6
Vanilla Shake – Regular	397	500	120	13	0	35	370	82	0	81	13	8	10	50	6
Vanilla Shake – Large	510	650	150	17	0	45	470	107	0	106	16	10	10	70	10
Beverages															
Coffee (Small)	12 fl oz	5	0	0	0	0	0	0	0	0	2	0	0	0	2
Iced Tea (Sweetened) -Small	16 fl oz	480	0	0	0	0	10	123	0	123	0	N/A	N/A	N/A	N/A
Milk (2%) (1 ea)	8 fl oz	120	40	4.5	3	20	115	12	0	11	8	15	4	30	0
Orange Juice (1 ea)	10 fl oz	140	0	0	0	N/A	35	34	0	30	0	0	150	0	0
Calorie and Sodium Ranges for Popular Soft Drinks															
Beverage	Calorie Range					Sodium Range									
Cola Beverages	185-215					45-65									
Non-Cola Carbonated Beverages	185-225					55-95									
Diet Sodas	0					55-90									
Orange Sodas	260-280					75-80									

Arby's® 2004 Nutrition, Ingredient & Allergen Information (U.S.)

ALLERGENS

<p>¹ Sesame Seed Bun – Dairy, Wheat, Possibly Soy ² Onion Bun – Egg, Wheat, Possibly Soy ³ Breaded Chicken Fillet – Wheat, Soy, Possibly Dairy ⁴ Mayonnaise – Egg ⁵ Dijon Honey Mustard Sandwich Sauce – Egg ⁶ Swiss Cheese (processed) – Dairy ⁷ Creamy Ranch Spread – Dairy, Egg ⁸ Natural Sharp Cheddar Cheese – Dairy ⁹ Honey Wheat Bread – Wheat, Possibly Soy ¹⁰ Spicy Brown Honey Mustard – Fish, Egg ¹¹ Big Eye Swiss Cheese – Dairy ¹² Shredded Cheddar Cheese – Dairy ¹³ Chicken Fingers – Wheat, Soy ¹⁴ Curly Fries – Dairy, Wheat ¹⁵ Whole Wheat Tortilla – Wheat ¹⁶ Sour Cream – Dairy ¹⁷ Butter – Dairy ¹⁸ Shredded Pepper Jack Cheese – Dairy ¹⁹ Santa Fe Ranch Dressing – Dairy, Egg ²⁰ Santa Fe Ranch Sauce – Dairy, Egg ²¹ Caesar Sauce – Fish, Dairy, Egg ²² Roasted Garlic Sauce – Egg ²³ Baguette – Wheat ²⁴ Provolone Cheese – Dairy ²⁵ Toasted Pecans – Tree Nuts ²⁶ Tangy Southwest Sauce® - Egg ²⁷ Biscuit – Dairy, Wheat ²⁸ Croissant – Wheat, Dairy, Soy</p>	<p>²⁹ Sourdough – Wheat ³⁰ Buttermilk Ranch Dressing – Dairy, Egg ³¹ Almonds – Tree Nuts ³² Apple Turnover – Wheat, Soy ³³ Cherry Turnover – Wheat ³⁴ Au Jus – Wheat, Soy ³⁵ Buffalo Dipping Sauce – Dairy ³⁶ Cheddar Cheese Sauce – Dairy ³⁷ Gourmet Chocolate Cookie – Dairy, Egg, Wheat, manufactured on shared equipment with products containing peanut ingredients ³⁸ Mozzarella Sticks – Dairy, Wheat, produced in the same plant as seafood ³⁹ Honey Mustard Dipping Sauce – Egg ⁴⁰ Horsey Sauce® – Egg ⁴¹ Jalapeno Bites® - Dairy, Wheat, produced in the same plant as seafood ⁴² Onion Petals - Dairy, Wheat, produced in the same plant as seafood ⁴³ Roast Chicken – Soy, Wheat ⁴⁴ Scrambled Egg Patty – Dairy, Egg ⁴⁵ BBQ Dipping Sauce – Fish ⁴⁶ Chocolate Shake – Dairy ⁴⁷ Jamocha Shake – Dairy ⁴⁸ Strawberry – Dairy ⁴⁹ Vanilla – Dairy ⁵⁰ Grilled Chicken Fillet – Soy, Wheat ⁵¹ Grilled Chicken Diced – Soy, Wheat ⁵² Light Buttermilk Ranch Dressing – Dairy</p>
--	--

NOTE – All Salad Dressings and some sauces contain vegetable oil, which may include soybean oil

NOTE – All fried items are cooked in 100% Corn Oil

INGREDIENTS

Almonds – sliced	Toasted blanched sliced almonds
Apple Turnover	Unbleached enriched wheat flour [flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (Vitamin B1), Riboflavin (Vitamin B2), folic acid], apples, water, sugar, high fructose corn syrup, partially hydrogenated vegetable shortening (soybean and cottonseed oils colored with beta carotene), raisins, modified food starch, salt, corn syrup, cinnamon, distilled monoglycerides (from hydrogenated soybean oil) and soy lecithin
Arby's Sauce®	Water, corn syrup, tomato paste, distilled vinegar, high fructose corn syrup, salt, modified food starch, soybean oil, xanthan gum, onion powder, sodium benzoate (preservative), garlic powder, spice and spice extractives
Asian Noodles	Enriched wheat flour (wheat flour, malted barley flour, niacin [A "B" vitamin], reduced iron, thiamine mononitrate [B1], riboflavin [B2], folic acid), partially hydrogenated soybean and/or cottonseed oil, water, salt, sodium benzoate (preservative), enzyme.
Asian Sesame Dressing	Soybean oil, water, crushed pineapple, soy sauce [water, wheat, soybeans, salt, sodium benzoate (preservative)], sucrose, brown sugar, hoisin sauce (sugar, water, sweet potato, salt, modified corn starch, soybeans, spices, sesame seed, caramel color, wheat flour, garlic, chili pepper, acetic acid, FD&C red #40), pineapple juice concentrate, distilled vinegar, teriyaki sauce [soy sauce (water, wheat, soybeans, salt), water, sugar, vinegar, sherry wine powder, spices, onion powder, succinic acid, garlic powder, sodium benzoate (preservative)], salt, sesame seed oil, sesame seeds, ginger, guajillo peppers, garlic powder, lemon juice concentrate, cilantro, garlic juice, xanthan gum, propylene glycol alginate, parsley, sodium benzoate (preservative), dehydrated garlic, onion powder, citric acid, phosphoric acid
Au Jus	Corn oil (TBHQ and citric acid added to protect flavor), modified food starch, hydrolyzed (corn, wheat and soy gluten, soy) proteins, salt, partially hydrogenated soybean and cottonseed oil, sugar, yeast extract, beef fat, beef extract, maltodextrin, flavor, onion powder, caramel color, beef stock, soy sauce (soybeans, wheat, salt), mono & diglycerides, garlic powder, disodium inosinate/disodium guanylate, sodium phosphate, lactic acid, monosodium phosphate and disodium phosphate. contains sulfites.
Bacon, Breakfast	Cured with: water, salt, sugar, smoke flavor, sodium phosphate, sodium erythorbate, sodium nitrite.
Bacon, Pepper	Cured with: water, salt, sugar, smoke flavor, sodium phosphate, sodium erythorbate, sodium nitrite. Coated with: ground black pepper and sugar.
Baguette	Unbleached, unbromated, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid), water, malt, yeast, salt, dehydrated sourdough, olive oil, sugar, wheat gluten, soybean oil, cultured corn syrup, malted barley flour, dextrose, guar gum, dough conditioner (DATEM, ascorbic acid, enzymes)
BBQ Sauce (for Arby-Q®)	Tomato puree, high fructose corn syrup, molasses, distilled vinegar, water, contains less than 2% of salt, food starch-modified, natural liquid smoked flavor, spices, sodium benzoate and potassium sorbate (as preservatives), onion*, garlic*, cayenne pepper*. *Dehydrated.
BBQ Dipping Sauce	Water, high fructose corn syrup, tomato paste, molasses, distilled vinegar, brown sugar, salt, Worcestershire sauce (vinegar, water, molasses, corn syrup, salt, caramel color, garlic, sugar, spices, anchovies, tamarind, natural flavor), red peppers, natural hickory smoke flavor, onion powder, dextrose, garlic powder, spice and spice extractives, xanthan gum, sodium benzoate (preservative)
Biscuit	Bleached enriched flour (bleached flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, partially hydrogenated vegetable oil (soybean, cottonseed) with citric acid added to protect flavor, baking powder (baking soda, sodium aluminum phosphate, sodium acid pyrophosphate), cultured low-fat buttermilk (non-fat milk, whey protein concentrate,

Arby's® 2004 Nutrition, Ingredient & Allergen Information (U.S.)

	whey, cream, dairy cultures), sugar, salt, sodium caseinate, datem, wheat protein isolate, natural flavor, nonfat milk
Breaded Chicken Breast Fillet	Contains up to 8% solution of water, sodium phosphate, and salt. breaded with: wheat flour, bleached wheat flour, salt, modified corn starch, dextrose, spices, dehydrated garlic, leavening (sodium bicarbonate, sodium aluminum phosphate, mono calcium phosphate), and hydrolyzed soy protein. breading set in partially hydrogenated soybean oil.
Bronco Berry® Sauce	Sugar, water, high fructose corn syrup, red bell peppers, distilled vinegar, modified food starch, jalapeno peppers, dehydrated onion, xanthan gum, spices, salt, sodium benzoate and potassium sorbate added as preservatives, citric acid, red #40, blue #1.
Buffalo Dipping Sauce	Cayenne red pepper, water, distilled vinegar, salt, garlic, dehydrated sweet cream, xanthan gum, cheddar and blue cheese (milk, cultures, salt, enzymes), nonfat milk, natural flavors, partially hydrogenated soybean oil, whey protein concentrate, calcium disodium EDTA added to protect flavor.
Buttermilk Ranch Dressing	Soybean oil, water, cultured buttermilk, distilled vinegar, egg yolks, salt, sugar, buttermilk powder, sour cream powder (cultured sour cream, skim milk solids, whey, sugar, disodium phosphate, citric acid, lactic acid), garlic powder, onion powder, lemon juice from concentrate, natural flavors, propylene glycol alginate, sodium benzoate and potassium sorbate (preservatives), lactic acid, disodium inosinate, disodium guanylate, dried egg whites, parsley, xanthan gum, calcium disodium EDTA added to protect flavor.
Caesar Sandwich Sauce	Romano and parmesan cheese (part-skim milk, salt, cheese cultures, enzymes), soybean oil, water, distilled vinegar, sugar, egg yolk, garlic, red wine vinegar, lemon juice concentrate, salt, mustard seed, spices, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, white wine, caramel color, molasses, dehydrated onion, corn syrup, calcium disodium EDTA added to protect flavor, anchovies, tamarind, natural flavors, citric acid, tartaric acid.
Cheddar Cheese – Natural	Cultured pasteurized milk, salt, calcium chloride, enzymes, artificial color
Cheddar Cheese – Shredded	Cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)
Cheddar Cheese Sauce	Water, hydrogenated soybean oil, modified corn starch, cheddar cheese (milk, cheese, cultures, salt, enzymes), maltodextrin, less than 2% of: salt, sodium phosphate, nonfat dry milk, mono and diglycerides, sodium stearoyl lactylate, yeast extract, acetic acid, citric acid, cream, sodium citrate, sodium hexametaphosphate, natural flavors, color (annatto extract, paprika oleoresin, carotene, yellow 6)
Cherry Turnover	Unbleached enriched wheat flour [flour, malted barley flour, niacin, reduced iron, thiamin mononitrate (Vitamin B1), Riboflavin (Vitamin B2), folic acid], cherries, water, sugar, modified food starch, partially hydrogenated vegetable shortening (soybean and cottonseed oils colored with beta carotene), corn syrup, salt, high fructose corn syrup, distilled monoglycerides (from hydrogenated soybean oil) and soy lecithin
Chicken Fingers	Chicken tenders, water, salt, sodium phosphate. Batter and breading ingredients: water, wheat flour, modified food starch, corn flour, salt, spices, leavening (sodium aluminum phosphate, sodium bicarbonate), soybean oil, garlic powder, vegetable oil.
Chocolate Chip Cookie, Gourmet	Bleached, enriched flour (bleached flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), chocolate chunks (sugar, chocolate liquor, cocoa butter, soy lecithin, natural flavor, salt), sugar, partially hydrogenated coconut oil with citric acid added to protect flavor, water, margarine (partially hydrogenated soybean oil, water, salt, mono- and diglycerides, soy lecithin, sodium benzoate [preservative], vitamin A palmitate, artificial color, vitamin D, artificial flavor), butter, egg, invert sugar syrup, wheat starch, molasses, baking soda, natural flavor, salt, sodium aluminum phosphate, sodium alginate, glycerol, maltodextrin
Chocolate Shake	Base: Whole milk, sugar syrup, high fructose corn syrup, nonfat milk, Grade A Sweet Whey, cream, artificial vanilla flavor, mono and diglycerides, cellulose gum, guar gum, carrageenan, dipotassium phosphate, sodium citrate, sodium chloride, sodium carbonate, annatto and caramel color Syrup: High fructose corn syrup, corn syrup, water, Dutch processed cocoa, caramel color, potassium sorbate (preservative), citric acid, tetrasodium pyrophosphate, red 40
Cranberries – Dried	Cranberries, sugar, sunflower oil
Creamy Ranch Spread	Soybean oil, cultured buttermilk, sour cream (cream, modified food starch, gelatin, lactic acid, guar gum, mono and diglycerides, disodium phosphate, citric acid, artificial flavor), egg yolk, water, salt, distilled vinegar, sugar, garlic*, onion*, lemon juice from concentrate, natural flavors, monosodium glutamate, xanthan gum, egg white*, spice, potassium sorbate and sodium benzoate added as preservatives, propylene glycol alginate, citric acid, calcium disodium EDTA added to protect flavor. (*dehydrated)
Croissant	Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), butter, nonfat milk, water, high fructose corn syrup, contains 2% or less of the following: yeast, partially hydrogenated soybean and/or palm oils, salt, dough conditioners (sodium stearoyl lactylate, soy lecithin), calcium propionate (a preservative), dextrin, natural and artificial flavors, casein (a milk derivative), sodium phosphate, carrageenan, spice oils.
Curly Fries	Potatoes, partially hydrogenated soybean oil, enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), salt, modified food starch, spices, onion powder, corn meal, garlic powder, leavening (disodium dihydrogen pyrophosphate, sodium bicarbonate), dried yeast, torula yeast, hydrogenated whey protein, hydrogenated wheat bran, natural flavor, spice and coloring, dextrose.
Dijon Honey Mustard Sandwich Sauce	Soybean oil, water, honey, mustard seed, high fructose corn syrup, distilled vinegar, egg yolk, salt, xanthan gum, spices, propylene glycol alginate, white wine, sodium benzoate and potassium sorbate added as preservatives, oleoresin paprika, calcium disodium EDTA added to protect flavor, yellow #5, citric acid, tartaric acid
Egg, Scrambled Patty	Whole eggs, water, soybean oil, whey solids, dicalcium phosphate, nonfat dried milk, salt, sodium bicarbonate, xanthan gum, artificial butter flavor (natural flavor, partially and polyglycerol esters of fatty acids), citric acid, liquid pepper extract. CONTAINS EGG & MILK
Fat Free Italian Dressing	Water, high fructose corn syrup, corn-cider vinegar, distilled vinegar, modified food starch, salt, sugar, garlic*, maltodextrin, onion*, lemon juice concentrate, spices, bell pepper*, xanthan gum, carrot*, sodium benzoate and potassium sorbate added as preservatives, artificial colors (includes yellow #5 and yellow #6). *Dehydrated.
Fire Roasted Peppers & Onions	Onions, green bell peppers, red bell peppers, extra virgin olive oil, gum acacia, xanthan gum
Grilled Chicken - Diced	Chicken breast meat, water, seasoning (salt, sodium phosphates, modified corn starch, dextrose, chicken flavor [salt, autolyzed yeast extract, natural flavors, sugar, chicken broth, chicken powder, chicken fat, soy sauce (soybeans, wheat, salt)], autolyzed yeast extract, hydrolyzed corn gluten, maltodextrin, disodium inosinate, disodium guanylate, natural flavors, lactic acid, grill flavor [from partially hydrogenated cottonseed and soybean oil], thiamine hydrochloride, natural smoke flavor, corn syrup solids), modified corn starch, salt, sodium phosphates.
Grilled Chicken - Fillet	Chicken breast fillets with rib meat, seasoning [salt, sodium phosphates, modified corn starch, dextrose, chicken flavor {salt, autolyzed yeast extract, natural flavors, chicken broth, sugar, chicken fat, chicken powder, soy sauce (soybeans, wheat, salt)}],

Arby's® 2004 Nutrition, Ingredient & Allergen Information (U.S.)

	autolyzed yeast extract, hydrolyzed corn gluten, maltodextrin, thiamine hydrochloride, disodium inosinate, disodium guanylate, natural flavors, grill flavor (from partially hydrogenated cottonseed and soybean oil), natural smoke flavor, lactic acid, corn syrup solids), modified corn starch
Ham (Roasted)	Cured with water, salt, dextrose, sodium phosphates, smoke flavorings, sodium erythorbate, sodium nitrite.
Homestyle Fries	Potatoes, Partially Hydrogenated Vegetable Shortening (Soybean Oil and/or Canola Oil), Modified Food Starch, Rice Flour, Dextrin, Salt, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dextrose, Xanthan Gum.
Honey Mustard Dipping Sauce	Soybean oil, water, honey, mustard seed, high fructose corn syrup, distilled vinegar, egg yolk, salt, xanthan gum, spices, propylene glycol alginate, white wine, sodium benzoate and potassium sorbate added as preservatives, oleoresin paprika, calcium disodium EDTA added to protect flavor, yellow #5, citric acid, tartaric acid.
Honey Wheat Bread	Bleached enriched flour (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folate), water, coarse cracked wheat, high fructose corn syrup, yeast, honey, vegetable oil (soybean and/or cottonseed oil), salt, corn syrup, barley malt extract and saccharifying enzymes, calcium propionate, dough conditioner: [enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), datem, vegetable shortening (partially hydrogenated soybean oil, TBHQ added to preserve freshness), contains less than 2% of the following: ascorbic acid, L-Cysteine hydrochloride, azodicarbonamide, enzymes, calcium peroxide], caramel color, enzyme, ascorbic acid.
Horsey® Sauce	Soybean oil, water, high fructose corn syrup, distilled vinegar, corn syrup, egg yolks, modified food starch, salt, spices, horseradish powder, sodium benzoate (preservative), artificial flavor, calcium disodium EDTA
Jalapeno Bites®	Jalapeno pepper (pepper, water, salt, acetic acid), cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), bleached wheat flour, water, contains 2% or less of each of the following: food starch-modified, yellow corn flour, salt, dextrose, whey, yeast, partially hydrogenated soybean oil, sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate), cellulose gum, oleoresin tumeric (color), modified wheat starch, wheat flour, potato starch, rice flour, methylcellulose, sunflower oil
Jamocha Shake	Base: Whole milk, sugar syrup, high fructose corn syrup, nonfat milk, Grade A Sweet Whey, cream, artificial vanilla flavor, mono and diglycerides, cellulose gum, guar gum, carrageenan, dipotassium phosphate, sodium citrate, sodium chloride, sodium carbonate, annatto and caramel color Syrup: High fructose corn syrup, water, corn syrup, instant coffee, Dutch processed cocoa, caramel color, salt, potassium sorbate (preservative), citric acid, tetrasodium pyrophosphate, artificial flavor
Ketchup	Water, tomato paste made from red ripe tomatoes, high fructose corn syrup, corn syrup, distilled vinegar, sugar, salt, dextrose, onion powder, spice and natural flavor
Light Balsamic Vinaigrette	Balsamic vinegar (preserved with sulfites), water, soybean oil, high fructose corn syrup, sugar, modified food starch, salt, spices, dehydrated garlic, xanthan gum, potassium sorbate and sodium benzoate added as preservatives, canola oil, titanium dioxide, olive oil, calcium disodium EDTA added to protect flavor, natural flavors.
Light Buttermilk Ranch Dressing	Water, buttermilk, corn syrup solids, distilled vinegar, soybean oil, non-fat dry milk, salt, modified food starch, microcrystalline cellulose, garlic, artificial color, sodium benzoate and potassium sorbate (preservatives), spices, onion*, cellulose gum, xanthan gum, lactic acid, disodium guanylate, disodium inosinate, natural flavor, propylene glycol alginate, calcium disodium EDTA added to protect flavor. *Dehydrated.
Mandarin Orange Slices	Mandarin orange segments, water, sugar
Marinara Sauce	Tomato paste, diced tomatoes (tomatoes, juice, salt and calcium chloride), water, onions, green peppers, sugar, salt, garlic, spices
Mayonnaise	Soybean oil, water, egg yolk, high fructose corn syrup, distilled vinegar, salt, cider vinegar, sugar, lemon juice concentrate, spice, onion*, garlic*, natural flavor, calcium disodium EDTA added to protect flavor. (*dehydrated)
Mozzarella Sticks	Low moisture part-skim mozzarella cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, calcium chloride), bleached wheat flour, water, vegetable oil shortening (soybean and/or partially hydrogenated soybean oil), yellow corn flour, contains 2% or less of salt, potato starch, sugar, dextrose, partially hydrogenated vegetable oil (soybean and/or cottonseed), spices, whey, leavening (sodium bicarbonate, sodium acid pyrophosphate), natural flavors, oleoresin paprika, monoglycerides, diglycerides, sodium alginate, hydroxypropyl methylcellulose, calcium caseinate, yellow 5, red 40, blue 1
Onion Bun	Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, eggs, onions, contains 2% or less of: salt, yeast, soybean oil, sodium stearoyl lactylate, corn flour, azodicarboamide, calcium peroxide, vinegar, monoglycerides, calcium propionate (preservative), spice and coloring, ammonium chloride, calcium sulfate, lecithin, poppy seeds
Onion Petals	Onions, bleached wheat flour, water, vegetable shortening (soybean, partially hydrogenated soybean oil and/or cottonseed), yellow corn flour, buttermilk, modified food starch, dextrose, salt, sugar, natural butter flavor (dextrose, natural flavors, propylene glycol), natural buttermilk flavor (natural flavoring, modified corn starch), natural cream flavor (maltodextrin, cream flavor), sorbitol, leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate), spice, guar gum, whey, monoglycerides, oleoresin paprika (color)
Pepper Jack Cheese - Shredded	Cultured pasteurized milk, jalapeno peppers, salt, calcium chloride, enzymes, powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)
Potato Cakes	Potatoes, Partially Hydrogenated Vegetable Shortening (Soybean Oil and/or Canola Oil), Dehydrated Potato, Salt, Corn Flour, Natural Flavoring, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose.
Raspberry Vinaigrette	Water, soybean oil, corn syrup, raspberries, red wine vinegar, high fructose corn syrup, sugar, salt, natural flavors, lemon juice concentrate, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, spices, propylene glycol alginate, calcium disodium EDTA added to protect flavor
Red Ranch Sauce	High fructose corn syrup, soybean oil, corn-cider vinegar, tomato paste, distilled vinegar, salt, paprika, spice, beet juice concentrate, onion*, natural flavor, xanthan gum, propylene glycol alginate, garlic* (*dehydrated)
Roast Beef	Trimmed boneless beef chunks (minimum 70%) combined with chopped beef for a maximum of 12% fat. Contains up to 9.0% of a self-basting solution of water, salt, sodium phosphate
Roast Chicken	Chicken breast w/ rib meat, chicken broth (water, concentrated chicken stock), dextrose, seasoning (sugar, onion powder, garlic powder, deheated mustard, autolyzed yeast extract, corn syrup solids, soy sauce (fermented soybeans, wheat, salt), paprika, dextrin, natural flavors, spice, partially hydrogenated soybean oil
Roasted Black Bean & Corn Mix	Corn, black beans, tomatoes, onions, bell peppers, soybean oil, seasoning (salt, brown sugar, spices, chili pepper, dehydrated onion, lime juice powder, [corn syrup solids, lime juice solids, lime oil, BHT], autolyzed yeast extract, dehydrated garlic, dehydrated bell peppers, grill flavor [partially hydrogenated soybean and cottonseed oils, modified potato starch, corn syrup solids], citric acid, natural smoke flavor, and natural flavoring, with soybean oil and not more than 2% silicon dioxide to prevent caking).

Arby's® 2004 Nutrition, Ingredient & Allergen Information (U.S.)

Roasted Garlic Sauce	Soybean oil, egg yolk, water, garlic, high fructose corn syrup, distilled vinegar, salt, natural flavor, maltodextrin, corn starch, mustard seed, potassium sorbate and sodium benzoate added as preservatives, caramel color, spice, xanthan gum, canola and sesame oil, calcium disodium EDTA added to protect flavor.
Santa Fe Ranch Dressing	Soybean oil, water, distilled vinegar, egg yolks, green bell peppers, high fructose corn syrup, salt, corn vinegar, whey powder, onions, apple cider vinegar, garlic powder, onion powder, spices, mustard seed, jalapeno peppers, modified foods starch, natural flavor, disodium inosinate and disodium guanylate, sodium benzoate and potassium sorbate (preservatives), xanthan gum, dehydrated onions, lactic acid, parsley, propylene glycol alginate, calcium disodium EDTA.
Santa Fe Ranch Sauce	Soybean oil, water, distilled vinegar, egg yolks, green bell peppers, salt, corn vinegar, high fructose corn syrup, whey powder, onions, apple cider vinegar, spices, dehydrated onion, jalapeno peppers, garlic powder, modified food starch, natural flavor, xanthan gum, propylene glycol alginate, sodium benzoate and potassium sorbate (preservatives), disodium inosinate and disodium guanylate, lactic acid, dehydrated parsley, calcium disodium EDTA, citric acid
Sausage Patty	Pork, water, contains 2% of the following: salt, spices, sodium phosphates, dextrose, autolyzed yeast extract, caramel color
Sesame Seed Bun	Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, salt, wheat gluten, nonfat milk, yeast, malt powder, sodium stearoyl lactylate, azodicarboamide, monoglycerides, ammonium chloride, calcium propionate, corn starch, calcium sulfate, calcium peroxide, sesame seeds.
Sourdough Bread	Bleached enriched flour (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folate), water, yeast, sour: [enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, vegetable shortening (partially hydrogenated soybean oil, TBHQ added to preserve freshness), fumaric acid, acetic acid, contains less than 2% of the following: lactic acid, ascorbic acid], vegetable oil (soybean and/or cottonseed oil), high fructose corn syrup, calcium propionate, dough conditioner: [enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), datem, vegetable shortening (partially hydrogenated soybean oil, TBHQ added to preserve freshness), contains less than 2% of the following: ascorbic acid, L-Cysteine Hydrochloride, azodicarbonamide, enzymes, calcium peroxide]
Spicy Brown Honey Mustard	Distilled vinegar, soybean oil, mustard seed, water, honey, horseradish, sugar, egg yolk, salt, high fructose corn syrup, spices, molasses, dehydrated garlic, corn syrup, artificial color, turmeric, natural and artificial flavor, anchovies, tamarind, calcium disodium EDTA added to protect flavor.
Strawberry Shake	Base: Whole milk, sugar syrup, high fructose corn syrup, nonfat milk, Grade A Sweet Whey, cream, artificial vanilla flavor, mono and diglycerides, cellulose gum, guar gum, carrageenan, dipotassium phosphate, sodium citrate, sodium chloride, sodium carbonate, annatto and caramel color Syrup: High fructose corn syrup, corn syrup, water, strawberry juice concentrate with other natural fruit flavors, citric acid, sodium benzoate (preservative), caramel color, artificial color (red 40, blue 1)
Swiss Cheese – Big Eye natural	Cultured milk, salt, enzymes. Aged over 60 days.
Swiss Cheese – processed	Cultured milk, skim milk, water, salt, sodium citrate, sodium phosphate, cream, citric acid, sorbic acid (preservative), enzymes, lactic acid, lecithin
Tangy Southwest® Sauce	Soybean oil, water, high fructose corn syrup, horseradish, egg yolks, distilled vinegar, corn cider vinegar, salt, dehydrated garlic, sugar, tomato paste, spices, sodium benzoate and potassium sorbate (preservatives), xanthan gum, paprika, natural flavors, calcium disodium EDTA
Three Pepper Sauce	Water, distilled vinegar, sugar, tomato paste, brown sugar, soybean oil, jalapeno peppers, corn vinegar, salt, spices, high fructose corn syrup, mustard (water, vinegar, mustard seed, salt, tumeric, spices), corn syrup solids, apple cider vinegar, modified food starch, red bell pepper puree, dehydrated onions, dehydrated garlic, ground paprika, xanthan gum, sodium benzoate (preservative), natural flavor [contains maltodextrin, oleoresin paprika, benzoic acid and sorbic acid (preservatives), erythorbic acid], citric acid, propylene glycol alginate, natural smoke flavor, ground celery.
Tortilla Strips, Seasoned	Stone ground yellow corn, corn oil or safflower oil, sea salt, water, trace of lime
Turkey (Roast)	Turkey breast, water, contains 2% or less of: brown sugar, dextrose, salt, browned in soybean oil.
Vanilla Shake	Whole milk, sugar syrup, high fructose corn syrup, nonfat milk, Grade A Sweet Whey, cream, artificial vanilla flavor, mono and diglycerides, cellulose gum, guar gum, carrageenan, dipotassium phosphate, sodium citrate, sodium chloride, sodium carbonate, annatto and caramel color
Whole Wheat Tortilla	Modified wheat starch, water, whole wheat flour, wheat gluten, powdered cellulose, vegetable shortening (partially hydrogenated soybean and/or cottonseed oils), wheat protein isolate (wheat gluten, lactic acid, sulfite), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), cellulose gum, distilled monoglycerides, wheat starch, alpha amylase, tricalcium phosphate, BHT and citric acid (antioxidants), dough conditioners (fumaric acid, sodium metabisulfite and/or l-cysteine), calcium propionate and sorbic acid (to preserve freshness), vegetable oil, artificial flavor, caramel color, sucralose.