



# Nutrition Information

## Additional Menu Items

	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
<b>Bacon and Cheese Potato</b>	440	12	4.5	0	25	680	69	7	5	14						
<b>Broccoli and Cheese Baked Potato</b>	330	2	1	0	5	470	69	8	6	11						
<b>Cheese Baked Potato</b>	440	12	7	0	35	650	67	7	5	17						
<b>Chili and Cheese Baked Potato</b>	520	15	8	0.5	50	980	75	9	7	24						
<b>Chili, Chips and Cheese</b>	330	14	3	0	20	880	42	5	4	12						
<b>Bold Buffalo Boneless Wings</b>	510	18	3.5	0	80	2580	53	2	13	33	•	•	•			•
<b>Honey BBQ Boneless Wings</b>	570	18	3.5	0	80	1950	69	3	34	33	•	•	•			•
<b>Sweet &amp; Spicy Asian Boneless Wings</b>	540	18	3.5	0	80	2490	62	3	27	33	•	•	•			•

• = menu item contains the allergen • = menu item may be cooked in the same oil as an item containing the allergen

**Bold Buffalo Boneless Wings:** Boneless Wings (chicken breast, water, chicken flavor [salt, flavor, autolyzed yeast extract, maltodextrin, chicken flavor, chicken, gum arabic, sunflower oil, sugar, silicon dioxide, lactic acid, canola oil, modified corn starch, grill flavor {from canola oil}, citric acid, trisodium phosphate], modified food starch, sodium phosphates. Battered and Breaded with: wheat flour, water, modified corn starch, salt, sugar, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], spice, onion powder, garlic powder, dextrose, autolyzed yeast, natural and artificial flavor, extractives of paprika), Spicy Buffalo Sauce (corn syrup, water, cayenne pepper puree [cayenne peppers, salt, vinegar], distilled white vinegar, modified corn starch, salt, soybean oil, artificial flavor, garlic powder, xanthan gum, sodium benzoate as a preservative, mono & diglycerides, guar gum, polysorbate 60, habanero pepper powder, citric acid, extractives of paprika, canola oil). Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, natural flavor [vegetable], citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Egg, Milk, and Fish (where available). CONTAINS: WHEAT.

**Honey BBQ Boneless Wings:** Boneless Wings (chicken breast, water, chicken flavor [salt, flavor, autolyzed yeast extract, maltodextrin, chicken flavor, chicken, gum arabic, sunflower oil, sugar, silicon dioxide, lactic acid, canola oil, modified corn starch, grill flavor {from canola oil}, citric acid, trisodium phosphate], modified food starch, sodium phosphates. Battered and Breaded with: wheat flour, water, modified corn starch, salt, sugar, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], spice, onion powder, garlic powder, dextrose, autolyzed yeast, natural and artificial flavor, extractives of paprika), Honey BBQ Sauce (honey, water, high fructose corn syrup, tomato paste, distilled white vinegar, modified corn starch, molasses, Worcestershire sauce concentrate [distilled vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, tamarind, natural flavor], corn syrup, sugar, salt, natural hickory smoke flavor, sodium benzoate and potassium sorbate [preservatives], spices, mustard flour, paprika, garlic [dehydrated], onion powder, turmeric). Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, natural flavor [vegetable], citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Egg, Milk and Fish (where available). CONTAINS: WHEAT.

**Sweet & Spicy Asian Boneless Wings:** Boneless Wings (chicken breast, water, chicken flavor [salt, flavor, autolyzed yeast extract, maltodextrin, chicken flavor, chicken, gum arabic, sunflower oil, sugar, silicon dioxide, lactic acid, canola oil, modified corn starch, grill flavor {from canola oil}, citric acid, trisodium phosphate], modified food starch, sodium phosphates. Battered and Breaded with: wheat flour, water, modified corn starch, salt, sugar, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], spice, onion powder, garlic powder, dextrose, autolyzed yeast, natural and artificial flavor, extractives of paprika), Sweet & Spicy Asian Sauce (water, sugar, chili garlic sauce [salted chili peppers, garlic, sugar, rice vinegar, acetic acid], distilled vinegar, modified corn starch, salt, contains less than 2% of: spices, onion [dehydrated], potassium sorbate and sodium benzoate [preservatives], garlic [dehydrated]). Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, natural flavor [vegetable], citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Egg, Milk, and Fish (where available). CONTAINS: WHEAT.

**Tortilla Chips:** Corn, Vegetable Oil (contains one or more of the following: corn, soybean, sunflower oil), Salt.

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 federal regulations regarding the rounding of nutritional data. This information is effective as of May 2011.

Wendy's International, Inc., its franchisees and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Federal regulations have identified 8 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, and crustacean shellfish. 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.

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

We encourage anyone with food allergies, sensitivities, or special dietary needs to check our website at [www.wendys.com](http://www.wendys.com) 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: Wendy's International, Inc., Consumer Relations Department, One Dave Thomas Boulevard, Dublin, OH 43017, 614-764-3100.

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This nutrition information is current as of May 2011.