



# Nutrition Information

Garden Sensations Salads Flavor-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>	350	14	8	0.4	120	1130	25	4	17	33	40	90	30	15	M *
Roasted Pecans	110	9	1	0	0	60	5	1	4	1	2	0	0	2	M S W T
Pomegranate Vinaigrette Dressing	120	6	1	0	0	320	16	0	15	0.2	2	10	0	2	SL
<b>Baja Salad</b>	560	33	14	1	80	1620	35	11	12	34	50	50	45	35	M
Seasoned Tortilla Strips	80	4.5	1.5	0.2	0	105	11	1	0	1	2	0	2	2	M S
Creamy Red Jalapeño Dressing❖	100	10	2	0.2	10	270	2	0	1	1	2	0	2	0	E M
<b>BLT Cobb Salad</b>	470	28	13	0.5	290	1410	12	3	4	42	50	35	30	15	E M
Avocado Ranch Dressing	200	21	3.5	0.3	15	430	3	0	2	1	4	2	2	0	E M
<b>Spicy Chicken Caesar Salad ■</b>	430	24	11	0.5	95	1150	23	6	4	31	150	80	40	15	E F M W
Gourmet Croutons	80	3	0.2	0.1	0	220	12	0	0	2	0	2	0	8	M W
Lemon Garlic Caesar Dressing	210	21	4	0.3	25	350	3	0	1	3	4	6	8	2	E F M S
<b>Additional Salad Dressings</b>															
Light Classic Ranch	100	9	1.5	0.2	20	400	4	0	2	2	2	2	4	2	E M
Fat Free Italian Vinaigrette	45	0.1	0	0	0	360	10	0	8	0.3	2	2	0	2	

\* 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:

E = EGG                      S = SOYA                      SF = SHELLFISH  
 F = FISH                      T = TREE NUT                      SL = SULPHITES  
 M = MILK                      W = WHEAT  
 P = PEANUT                      SS = SESAME SEEDS

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# 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	20	2	4	
Gourmet Croutons	80	3	0.2	0.1	0	220	12	0	0	2	0	2	0	8	M W
<b>Caesar Side Salad</b>	60	3.5	2	0.1	10	80	5	2	2	4	70	40	10	6	M
Gourmet Croutons	80	3	0.2	0.1	0	220	12	0	0	2	0	2	0	8	M W
Lemon Garlic Caesar Dressing❖	110	11	2	0.2	10	180	2	0	1	2	2	4	4	2	E F M S
<b>Strawberry Yogurt</b>	160	2.5	1.5	0	10	90	27	0	24	6	8	0	25	2	M
<b>Plain Baked Potato</b> (avg. wt. 10 oz.)	270	0	0	0	0	40	61	7	3	7	0	60	4	20	
<b>Sour Cream &amp; Chives Baked Potato</b>	350	6	4	0.2	20	80	65	7	5	9	20	80	10	25	M
<b>Broccoli &amp; Cheese Sauce Baked Potato</b>	330	2	1.5	0	5	470	70	8	6	10	6	110	15	25	M S
<b>Bacon &amp; Cheese Sauce Baked Potato</b>	440	12	5	0.1	25	690	70	7	6	13	0	60	10	25	M S
Becel® Margarine	50	6	1	0	0	50	0	0	0	0	8	0	0	0	M S
<b>Small Chili</b>	220	7	3	0.4	35	870	22	6	6	18	0	0	8	20	
<b>Large Chili</b>	330	10	4	0.5	50	1310	32	8	10	28	0	0	10	30	
Hot Chili Seasoning	5	0.1	0	0	0	270	1	0	1	0	0	0	0	0	
Saltine Crackers	25	0.5	0.1	0	0	80	5	0	0	1	0	0	0	2	W S
Cheddar Cheese, shredded	70	5	3.5	0.2	15	125	1	0	0	4	4	0	10	0	M
<b>Kids' French Fries† ■</b>	270	12	2	0.1	0	230	37	3	0	3	0	0	0	4	W F
<b>Value French Fries† ■</b>	330	15	3	0.1	0	280	46	4	0	3	0	0	2	4	W F
<b>Small French Fries† ■</b>	390	18	3.5	0.1	0	330	54	4	0	4	0	0	2	6	W F
<b>Medium French Fries† ■</b>	470	22	4	0.2	0	390	64	5	0	5	0	0	2	6	W F
<b>Large French Fries† ■</b>	560	26	4.5	0.2	0	470	76	6	0	6	0	0	2	8	W 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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# Nutrition Information

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	5	33	0	31	0.3	0	170	0	0	
Minute Maid® Orange Juice	140	0	0	0	0	20	33	0	30	2	0	*	0	0	
Custom Bean™ Coffee, regular cup (with cream and sugar)	80	4.5	2.5	0.1	15	20	11	0	11	1	4	0	2	0	M
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	150	2.5	1.5	0	10	220	25	0	24	8	10	0	25	4	M
2% M.F. Partly Skimmed Milk	120	5	3	0.1	20	125	12	0	12	7	10	0	25	2	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	0.1	0	0	0	0	0	
Sprite®, Small Cup	150	0	0	0	0	35+	40	0	40	0	0	0	0	0	

To determine approximate nutritional information for a Kids' Meal soft drink, multiply the value shown for the Small cup by 0.6; Value soft drink, multiply by 0.8; Medium soft drink, multiply by 1.5; Large soft drink, multiply by 2.0. +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. \*Minute Maid® Orange Juice – 100 % Pure Orange Juice from Concentrate – Not a significant source of Vitamin C – see carton.

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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♦	260	11	3.5	0.3	30	510	28	2	7	13	2	6	4	20	W E
Jr. Cheeseburger Deluxe♦	300	14	6	0.5	40	690	29	2	7	15	6	6	10	20	W M S E
Jr. Bacon Cheeseburger♦	350	19	7	0.5	50	650	28	2	5	17	6	6	10	20	W M S E
Double Stack♦	360	18	8	1	70	790	27	1	6	23	6	2	10	30	W M S E
Hamburger, Kids' Meal♦	230	8	3	0.3	30	470	26	1	6	13	0	0	4	20	W
Cheeseburger, Kids' Meal♦	270	11	5	0.4	35	640	26	1	6	15	4	0	10	20	W M S
Single w/Everything♦	470	22	7	1	70	870	43	2	10	27	4	10	8	35	W E
Double w/Everything and Cheese♦	760	43	17	1.5	150	1330	44	3	10	50	10	10	15	50	W M S E
Triple w/Everything and Cheese♦	1040	63	27	2.5	230	1790	45	3	10	74	15	10	25	60	W M S E
Baconator®, Single♦	610	35	14	1	100	1130	43	2	9	33	6	2	15	35	W M S E
Baconator, Double♦	990	63	26	2	200	1750	46	2	9	60	15	4	25	50	W M S E
Bacon Deluxe/Big Bacon Classic®♦	660	37	15	1	110	1320	47	3	11	35	10	10	15	35	W M S E
Bacon Deluxe Double♦	880	53	21	1.5	175	1500	47	3	11	55	10	10	15	50	W M S E
Bacon Mushroom Melt♦	630	36	15	1.5	105	1320	43	2	7	34	8	4	15	35	W M
Ultimate Chicken Grill Sandwich♦	360	7	1.5	0	80	1090	42	2	9	32	4	15	6	25	W E
Spicy Chicken Breast Sandwich♦ ■	450	16	3	0.1	55	1260	52	3	7	24	4	10	6	20	W E F
Homestyle Chicken Breast Sandwich♦ ■	460	17	3.5	0.1	50	1140	51	3	7	25	4	10	6	20	W E F
Homestyle Chicken Go Wrap ■	310	15	4.5	0.3	35	770	29	1	1	15	6	4	10	10	W M E S F
Spicy Chicken Go Wrap ■	300	14	4.5	0.3	40	830	29	1	1	14	6	4	10	10	W M E S F
Grilled Chicken Go Wrap	260	10	3.5	0.3	50	730	25	1	3	18	6	4	10	15	W M E

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

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# 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	90	7	3	0.3	30	75	0	0	0	8	0	0	0	6	
1/4 lb.** Hamburger Patty	220	16	6	0.5	65	180	0	0	0	20	0	0	0	15	
Ultimate Chicken Grill Breast	120	1.5	0.5	0	80	660	1	0	0	26	0	6	0	6	
Spicy Chicken Breast ■	210	10	2	0.1	50	840	14	1	0	17	0	4	2	4	W E F
Homestyle Chicken Breast ■	230	12	2.5	0.1	45	720	13	1	0	19	0	4	2	4	W E F
Sandwich Bun♦	120	1	0.3	0	0	240	24	1	4	4	0	0	4	10	W
Premium Bun♦	190	2	0.4	0	0	360	36	1	6	6	0	0	6	15	W
Tortilla	130	3.5	1	0	0	280	21	0	0	3	0	0	4	10	W
Cheddar Cheese, Processed, Jr.	40	3.5	2	0.1	10	170	1	0	0	2	4	0	6	0	M S
Cheddar Cheese, Processed	70	5	3.5	0.2	15	280	1	0	0	4	6	0	10	0	M S
Applewood Smoked Bacon – 1 strip	30	2.5	1	0	5	55	1	0	0	1	0	0	0	0	
Mayonnaise, Lite	40	4	0.5	0	5	60	1	0	0	0.1	0	0	0	0	E
Honey Mustard Sauce	40	3.5	0.5	0	5	60	3	0	2	0.2	0	0	0	0	E
Dill Pickles – 4 each	1	0	0	0	0	135	0	0	0	0	0	0	0	0	
Ketchup	10	0.1	0	0	0	75	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	
Ranch Sauce	35	3.5	0.5	0.1	5	70	1	0	0	0.2	0	0	0	0	E M S
Iceberg Lettuce Leaf	2	0	0	0	0	1	0	0	0	0.1	0	0	0	0	
Tomato – 1 slice	4	0	0	0	0	1	1	0	1	0.2	2	4	0	0	
Onion – 4 rings	5	0	0	0	0	1	1	0	1	0.1	0	2	0	0	

\*\* Net weight before cooking.

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# Nutrition Information

Boneless Chicken, 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	
<b>Spicy Chipotle Boneless Chicken ■</b>	470	17	3	0.1	85	1720	45	2	9	35	30	20	4	15	W F
<b>Honey BBQ Boneless Chicken ■</b>	530	15	3	0.1	85	2030	66	2	33	35	4	6	4	20	W F
<b>Sweet &amp; Spicy Asian Boneless Chicken ■</b>	510	15	3	0.1	85	2570	59	2	26	35	0	0	4	20	W F
<b>Homestyle Chicken Strips ■</b>	400	18	3.5	0.1	75	1750	29	1	0	30	0	0	2	10	W F
<b>4 Piece Kids' Meal Nuggets ■</b>	170	11	2	0.1	25	470	9	0	0	9	0	0	0	4	W F
<b>5 Piece Nuggets ■</b>	210	14	2.5	0.1	30	590	11	1	0	11	0	0	0	6	W F
<b>10 Piece Nuggets ■</b>	420	27	5	0.2	60	1190	23	1	1	23	0	0	2	10	W F
Heartland Ranch Sauce	110	12	1.5	0	10	230	2	0	2	0.3	0	0	0	0	E M
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	130	12	2	0.2	10	220	6	0	5	0.4	0	0	0	2	E
Wild Buffalo Ranch Sauce	150	15	2.5	0.3	10	330	1	0	1	0.2	0	2	0	0	E M S

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# Nutrition Information

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	150	4	2.5	0.2	15	70	26	0	22	4	8	0	15	6	M
Chocolate Frosty, Small	310	8	5	0.4	25	140	52	0	44	8	15	0	30	10	M
Vanilla Frosty, Junior	160	4	2.5	0.2	15	70	26	0	22	4	10	0	15	0	M
Vanilla Frosty, Small	310	8	5	0.4	30	150	52	0	45	8	25	0	30	0	M
Vanilla Frosty Float w/Coca-Cola	390	7	5	0.4	30	135	77	0	70	7	20	0	25	0	M
Vanilla Frosty Float w/Fresca	280	7	5	0.4	30	190	46	0	40	7	20	0	25	0	M
Vanilla Frosty Float w/ Strawberry Passion Awareness	400	7	5	0.4	30	160	78	0	71	7	20	100	25	0	M
Vanilla Frosty Float w/Barq's® Root Beer	400	7	5	0.4	30	150	78	0	72	7	20	0	25	0	M
M&M's® Twisted Frosty, Chocolate	550	18	11	0.4	30	170	87	2	75	10	20	0	35	15	M S *
M&M's Twisted Frosty, Vanilla	550	18	11	0.5	35	170	87	2	77	10	25	0	35	6	M S *
Oreo® Twisted Frosty, Chocolate	440	14	7	0.4	25	290	72	1	54	9	15	0	30	20	M S W
Oreo Twisted Frosty, Vanilla	440	14	7	0.5	30	290	72	1	55	9	20	0	30	15	M S W
Coffee Toffee Twisted Frosty, Chocolate	550	20	15	0.5	35	230	84	1	70	9	20	0	30	15	M S *
Coffee Toffee Twisted Frosty, Vanilla	550	21	15	0.5	40	230	84	1	71	8	25	0	30	8	M S *
Frosty™-cino, Small	400	10	7	0.5	40	135	67	0	53	7	25	0	25	2	M
Frosty™-cino, Large	540	12	8	0.5	50	170	93	0	73	9	30	0	35	2	M
Chocolate Fudge Frosty Shake, Small	410	11	7	0.5	40	160	71	2	58	8	25	0	25	0	M
Chocolate Fudge Frosty Shake, Large	530	13	9	0.5	50	210	96	3	78	11	30	0	35	2	M
Strawberry Frosty Shake, Small	390	10	7	0.5	40	140	68	1	60	7	25	10	25	2	M
Strawberry Frosty Shake, Large	510	12	8	0.5	50	180	92	1	83	9	30	15	35	2	M
Vanilla Bean Frosty Shake, Small	390	10	7	0.5	40	140	67	0	56	7	25	0	25	0	M
Vanilla Bean Frosty Shake, Large	510	12	8	0.5	50	180	91	0	77	9	30	0	35	2	M

To determine approximate nutritional information for a regular Frosty, multiply the value shown for the small cup by 1.3; for a large Frosty, multiply by 1.7.

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

**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.

**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 mono-glycerides, 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:** Enriched wheat flour, water, sugar/glucose-fructose, yeast, canola and/or soya oil, wheat gluten, contains 2% or less of the following: salt, dough conditioners (contains one or more of the following: sodium stearoyl lactylate, ascorbic acid, azodicarbonamide, acetylated tartaric acid esters of mono and diglycerides, calcium peroxide, calcium sulfate, enzymes), triglycerides, natural and artificial flavours, wheat starch, corn maltodextrin, gum arabic, calcium propionate (preservative). Topped with yellow corn meal. May be manufactured in a facility that contains sesame seeds, egg products, milk 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.

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

**Cheddar Cheese, Processed Sliced:** 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.

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

**Cheddar Cheese Sauce:** Cheddar cheese (cheddar cheese [milk, salt, cheese cultures, enzymes], whey, buttermilk, salt, disodium phosphate, colour), modified food starch, whey, corn syrup solids, partially hydrogenated coconut oil, natural flavour, salt, lactic acid, tricalcium phosphate, sodium alginate, yeast extract, sodium caseinate, calcium gluconate, xanthan gum, disodium inosinate, dipotassium phosphate, sodium tripolyphosphate, garlic, monoglycerides, soya lecithin, diacetyl tartrate ester of monoglyceride, sodium silicoaluminate (anti-caking agent), colour.

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

**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]).

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

**Chocolate Sauce:** Glucose-fructose, water, cocoa, sugar, modified corn starch, salt, potassium sorbate (preservative), xanthan gum, artificial flavour.

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

**Coffee Creamer:** Milk, cream, sodium citrate, mono and diglycerides, disodium phosphate, carrageenan, locust bean gum. May contain: modified milk ingredients.

**Coffee Toffee Twisted Frosty, Chocolate™:** Chocolate Frosty (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). Coffee syrup (water, glucose-fructose, propylene glycol, caramel colour, cocoa powder [processed with alkali], potassium sorbate [preservative], citric acid, instant coffee, natural flavour, xanthan gum, dimethylpolysiloxane formulations). Coffee toffee pieces (chocolate coating [sugar, palm kernel oil, alkalized cocoa, soya lecithin (emulsifier), vanilla flavour], sugar, butter [cream, salt], glucose syrup, palm kernel oil, instant coffee, soya lecithin [emulsifier], salt, caramel colour, natural and artificial flavour. Manufactured in a facility that processes peanuts or tree nuts).

**Coffee Toffee Twisted Frosty, Vanilla:** 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]). Coffee syrup (water, glucose-fructose, propylene glycol, caramel colour, cocoa powder [processed with alkali], potassium sorbate [preservative], citric acid, instant coffee, natural flavour, xanthan gum, dimethylpolysiloxane formulations). Coffee toffee pieces (chocolate coating [sugar, palm kernel oil, alkalized cocoa, soya lecithin (emulsifier), vanilla flavour], sugar, butter [cream, salt], glucose syrup, palm kernel oil, instant coffee, soya lecithin [emulsifier], salt, caramel colour, natural and artificial flavour [contains sulphites]. Manufactured in a facility that processes peanuts or tree nuts).

**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.

**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 soya, corn, cottonseed, & hydrogenated soya oil. Note: may be cooked in the same oil as Fish Fillets (where available).



# Nutrition Information

**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.

**Dill Pickles:** Cucumbers, water, white vinegar, salt, calcium chloride, sodium benzoate (preservative), seasonings, tartrazine, colour. May contain potassium sorbate.

**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.

**French Fry:** Potatoes, vegetable oil (canola and/or soya and/or cottonseed and/or sunflower), dextrose, sodium acid pyrophosphate. Seasoned with salt. Cooked in soya, corn, cottonseed, & hydrogenated soya oil. Note: may be cooked in the same oil as Boneless Chicken, Crispy Chicken Nuggets, Homestyle Chicken Strips, & Fish Fillets (where available).

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

**Frosty™-cino:** 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]). Coffee syrup (water, glucose-fructose, propylene glycol, caramel colour, cocoa powder [processed with alkali], potassium sorbate [preservative], citric acid, instant coffee, natural flavour, xanthan gum, dimethylpolysiloxane formulations).

**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).

**Frosty Shake, Chocolate Fudge:** 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 fudge shake syrup (water, glucose-fructose, corn syrup, chocolate fudge preparation [cocoa powder (processed with alkali), natural flavour, citric acid, sodium aluminum silicate], glucono delta lactone, xanthan gum, potassium sorbate [preservative], natural flavour, dimethylpolysiloxane formulations).

**Frosty Shake, Strawberry:** 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]). Strawberry shake syrup (water, glucose-fructose, sweetened strawberries [strawberries, sugar], corn syrup, natural flavour, citric acid, xanthan gum, potassium sorbate [preservative], allura red, brilliant blue FCF, dimethylpolysiloxane formulations).

**Frosty Shake, Vanilla Bean:** 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 shake syrup (water, glucose-fructose, corn syrup, xanthan gum, potassium sorbate [preservative], natural and artificial flavours, citric acid, dimethylpolysiloxane formulations).

**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.

**Gourmet Croutons:** 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, onion, jalapeño, salt, cilantro, sugar, erythorbic acid and/or ascorbic acid (to maintain colour), jalapeño chili powder, garlic (dehydrated), onion (dehydrated), citric acid, lime juice 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 soya, corn, cottonseed, & hydrogenated soya oil. Note: may be cooked in the same oil as Fish Fillets (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 soya, corn, cottonseed, & hydrogenated soya oil. Note: may be cooked in the same oil as Fish Fillets (where available).

**Honey BBQ Boneless Chicken:** Boneless chicken (chicken breast, water, chicken flavour [salt, flavour, autolyzed yeast extract, maltodextrin, chicken flavour, chicken, gum arabic, sunflower oil, sugar, silicon dioxide, lactic acid, canola oil, modified corn starch, grill flavour (from canola oil), citric acid, trisodium phosphate], modified potato starch, sodium phosphates. Battered and breaded with: wheat flour, water, salt, sugar, modified corn starch, spice, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], soya oil, onion powder, garlic powder, extractives of paprika, dextrose, autolyzed yeast extract, natural and artificial flavours). Honey BBQ sauce (honey, water, glucose-fructose, tomato paste, white vinegar, modified corn starch, molasses, concentrated Worcestershire sauce [white vinegar, molasses, corn syrup, water, caramel, garlic powder, sugar, spices, tamarind, natural flavour], corn syrup, sugar, salt, natural smoke flavour, sodium benzoate, potassium sorbate, spices, paprika, garlic [dehydrated], onion [dehydrated], turmeric). Cooked in soya, corn, cottonseed, & hydrogenated soya oil. Note: may be cooked in the same oil as Fish Fillets (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,



# Nutrition Information

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, 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, salt, modified corn starch, sugar, cultured whey powder (cultured whey, maltodextrin), garlic (dehydrated), spices (including mustard seed), natural flavour, xanthan gum, lactic acid, onion (dehydrated), lemon juice concentrate.

**M&M's® Candy Crumbles:** Milk chocolate (sugar, cocoa mass, milk ingredients, cocoa butter, lactose, soya lecithin, salt, artificial flavours), sugar, corn starch, corn syrup, tapioca dextrin, colour (contains tartrazine), carnauba wax, gum acacia. May contain peanuts.

**Maraschino Cherries:** Cherries, corn syrup, glucose-fructose, citric acid, natural and artificial flavour, potassium sorbate and sodium benzoate (preservatives), colour, and sulfur dioxide (preservative).

**Mayonnaise, Lite:** Water, vegetable oil, glucose-fructose, frozen yolk (egg), vinegar, modified corn starch, salt, spices, xanthan gum, potassium chloride, potassium sorbate, sodium benzoate, flavour, calcium disodium EDTA, sodium citrate, colour.

**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.

**Non-nutritive Sweetener:** See individual packet.

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

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

**Oreo® Cookie Crumbles:** 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.

**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.

**Ranch Sauce:** Soya oil, buttermilk (skim milk, bacterial culture), water, liquid yolk (egg), cream, vinegar, sugar, modified corn starch, garlic, salt, garlic juice, whey powder, garlic (dehydrated), onion (dehydrated), spices, natural and artificial flavours, xanthan gum, potassium sorbate, sodium benzoate, propylene glycol alginate, lactic acid, soya lecithin, calcium disodium EDTA, citric acid, sodium phosphate, guar gum.

**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.

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

**Spicy Chicken Breast:** Chicken breast, water, seasoning (salt, spices [contains mustard], sodium phosphates, modified cornstarch, 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 soya, corn, cottonseed, & hydrogenated soya oil. Note: may be cooked in the same oil as Fish Fillets (where available).

**Spicy Chipotle Boneless Chicken:** Boneless chicken (chicken breast, water, chicken flavour [salt, flavour, autolyzed yeast extract, maltodextrin, chicken flavour, chicken, gum arabic, sunflower oil, sugar, silicon dioxide, lactic acid, canola oil, modified corn starch, grill flavour [from canola oil], citric acid, trisodium phosphate], modified potato starch, sodium phosphates. Battered and breaded with: wheat flour, water, salt, sugar, modified corn starch, spice, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], soya oil, onion powder, garlic powder, extractives of paprika, dextrose, autolyzed yeast extract, natural and artificial flavours). Spicy chipotle sauce (water, glucose-fructose, sugar, chipotle seasoning blend [onion (dehydrated), spice (chipotle pepper), red & green bell pepper, paprika, sea salt, tomato powder, garlic (dehydrated), cane juice solids, sun dried tomato, citric acid, salt, natural flavour], white vinegar, chipotle in adobo [water, chipotle peppers, tomato paste, vinegar, salt, oleoresin paprika, natural flavour, oleoresin capsicum], honey, soya oil, modified corn starch, xanthan gum, honey flavour, extractive of paprika, chili powder, sodium benzoate, potassium sorbate, canola oil). Cooked in soya, corn, cottonseed, & hydrogenated soya oil. Note: may be cooked in the same oil as Fish Fillets (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 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).



# Nutrition Information

**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.

**Sweet & Spicy Asian Boneless Chicken:** Boneless chicken (chicken breast, water, chicken flavour [salt, flavour, autolyzed yeast extract, maltodextrin, chicken flavour, chicken, gum arabic, sunflower oil, sugar, silicon dioxide, lactic acid, canola oil, modified corn starch, grill flavour {from canola oil}, citric acid, trisodium phosphate], modified potato starch, sodium phosphates. Battered and breaded with: wheat flour, water, salt, sugar, modified corn starch, spice, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], soya oil, onion powder, garlic powder, extractives of paprika, dextrose, autolyzed yeast extract, natural and artificial flavour). Sweet & spicy Asian sauce (water, sugar, chili garlic sauce [salted chili peppers, garlic, sugar, rice vinegar, water, modified corn starch, acetic acid], white vinegar, modified corn starch, salt, spices, onion [dehydrated], sodium benzoate, potassium sorbate, garlic [dehydrated]). Cooked in soya, corn, cottonseed, & hydrogenated soya oil. Note: may be cooked in the same oil as Fish Fillets (where available).

**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.

**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.

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

**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.

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 October 2010.

Wendy's Restaurants of Canada Inc., its franchisees and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Government regulations have identified 10 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, crustacean shellfish, sesame seeds and sulphites. 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.

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.

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.

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If you have specific questions about our menu, call or write:

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