



Canadian Menu Items without Gluten

No Wheat, Barley, Oats, or Rye

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. This information is effective as of **August, 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. We encourage anyone with food allergies, sensitivities, or special dietary needs to check our website at www.wendys.ca on a regular basis to obtain the most comprehensive and up-to-date information. If you have specific questions about our menu, call or write:

Wendy's Restaurants of Canada Inc., Consumer Relations Department, 240 Wycroft Rd. Oakville, Ontario L6K 2G7, (905)-849-7685.

Meats:

Hamburger Patty
Ultimate Chicken Grill Breast†

Condiments:

Applewood Smoked Bacon
Becel® Margarine
Cheddar Cheese, Processed
Cheddar Cheese Sauce
Dill Pickles
Honey Mustard Sauce
Ketchup
Lettuce
Mayonnaise, Lite
Mustard
Onion
Ranch Sauce
Sour Cream
Tomato

Baked Potatoes:

Plain
Sour Cream & Chives
Bacon & Cheese
Broccoli & Cheese
Chili & Cheese*

Frosty™:

Chocolate Frosty
Vanilla Frosty
Frosty™-cino
Coffee Toffee Twisted Frosty
M&M® Twisted Frosty
Chocolate Fudge Frosty Shake
Strawberry Frosty Shake
Vanilla Bean Frosty Shake

Side Items:

Chili
Cheddar Cheese, Shredded
Hot Chili Seasoning Packet
Chili Cheese Nachos*
Strawberry Yogurt

Beverages:

Coffee
Coffee Creamer
Iced Tea
Specialty Teas
Coca-Cola Classic®
Dasani® Water
Diet Coke®
Fresca®
Sprite®
Barq's® Root Beer
Minute Maid® Apple Juice
Minute Maid Orange Juice
Fruitopia® Strawberry Passion Awareness
2% M.F. Partly Skimmed Milk
1% M.F. Partly Skimmed Choc Milk

Dressings:

Avocado Ranch Dressing
Creamy Red Jalapeno Dressing
Fat Free Italian Vinaigrette Dressing
Lemon Garlic Caesar Dressing
Light Classic Ranch Dressing†
Pomegranate Vinaigrette Dressing

Salads:

Caesar Side Salad
(without Croutons)
Garden Side Salad
(without Croutons)
Baja Salad
Seasoned Tortilla Strips†

French Fries may be cooked in the same oil as Boneless Chicken, Crispy Chicken Nuggets, Homestyle Chicken Strips, & Fish Fillets (where available), which contain a wheat allergen.

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*Certain menu items may vary from store to store and may not be available at all locations.

†Contains maltodextrin from a corn source.

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