



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 **March, 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 Wyecroft Rd. Oakville, Ontario L6K 2G7, (905)-849-7685.

Meats:

Hamburger Patty
Ultimate Chicken Grill Breast†

Condiments:

Applewood Smoked Bacon
Bacon Jr.
Cheddar Cheese, Processed
Cheddar Cheese Sauce
Dill Pickles
Honey Mustard Sauce
Ketchup
Lettuce
Mayonnaise, Lite
Mustard
Onion
Ranch Sauce
Tomato

Baked Potatoes:

Plain
Sour Cream & Chives
Bacon & Cheese
Broccoli & Cheese
Chili & Cheese*
Becel® Margarine

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
Shredded Cheddar Cheese
Hot Chili Seasoning Packet
Mandarin Oranges
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:

Ancho Chipotle Ranch Dressing
Classic Ranch Dressing
Italian Vinaigrette Dressing
Honey Dijon Dressing
Light Honey Dijon Dressing
Light Classic Ranch Dressing†
Supreme Caesar Dressing

Salads:

Caesar Side Salad
(without Homestyle Garlic Croutons)
Side Salad

Southwest Taco Salad

Sour Cream
Seasoned Tortilla Strips†

Dipping Sauces:

BBQ Nugget Sauce
Sweet & Sour Nugget Sauce
Honey Mustard Nugget Sauce
Honey Nugget Sauce*
Heartland Ranch Dipping Sauce
Wild Buffalo Ranch Dipping Sauce

French Fries may be cooked in the same oil as Boneless Wings, 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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