

Garden Sensations Salads

Flavour-Packed Entrée Salads*
Prepared Fresh Daily

	Nutrition Information										% Daily Value				Allergens
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Mandarin Chicken Salad	180	2	0.5	0	65	630	16	2	12	24	25	45	4	10	
Crispy Noodles	70	2.5	0.4	0	0	190	10	0	0	1	0	0	0	2	W
Roasted Almonds	130	11	1	0.5	0	70	4	2	1	5	0	0	6	6	T *
Oriental Sesame Dressing	170	10	1.5	0	0	360	19	0	17	1	0	2	2	2	S W SS
Chicken BLT Salad	460	27	11	0.4	90	1230	23	2	6	34	45	45	25	15	MEWSF
Homestyle Garlic Croutons	70	2.5	0.2	0	0	125	9	0	0	2	0	2	0	2	M W
Honey Dijon Dressing	250	24	3.5	0.3	20	330	9	0	8	1	2	0	0	2	E S
Chicken Caesar Salad	190	6	3	0.1	75	750	7	3	3	28	70	60	15	15	M
Homestyle Garlic Croutons	70	2.5	0.2	0	0	125	9	0	0	2	0	2	0	2	M W
Supreme Caesar Dressing†	120	13	2	0.2	10	200	1	0	1	1	0	2	2	0	E M F
Southwest Taco Salad	400	22	12	1	85	1190	26	7	10	27	40	25	40	20	M
Seasoned Tortilla Strips	100	5	1.5	0.2	0	170	13	1	0	2	0	0	2	2	M S
Sour Cream	70	6	3.5	0.2	15	35	3	0	2	2	6	0	4	0	M
Ancho Chipotle Ranch Dressing	90	8	1.5	0.1	10	240	3	0	2	1	4	8	2	0	E M
Additional Salad Dressings															
Light Classic Ranch	90	8	1.5	0	20	360	4	0	2	1	2	2	4	0	E M
Light Honey Dijon	100	5	1	0	20	280	13	1	12	1	0	0	0	2	E S
Italian Vinaigrette	130	11	1.5	0	0	330	8	0	6	0.2	2	2	0	2	
Classic Ranch	200	20	3	0.3	15	340	3	0	2	1	2	0	2	0	E M

* Toppings and Salad Dressings listed separately. † Information is for 1 packet.

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Side Selections Numerous Options for a Balanced Meal	Nutrition Information										% Daily Value				Allergens
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Side Salad	35	0	0	0	0	25	8	2	4	1	60	25	4	6	
Caesar Side Salad	80	5	2.5	0.1	10	210	3	2	1	6	50	35	10	6	M
Homestyle Garlic Croutons	70	2.5	0.2	0	0	125	9	0	0	2	0	2	0	2	M W
Supreme Caesar Dressing	120	13	2	0.2	10	200	1	0	1	1	0	2	2	0	E M F
Mandarin Orange Cup	80	0	0	0	0	15	19	1	17	1	2	40	2	4	
Strawberry Yogurt	160	2.5	1.5	0	10	90	28	0	25	6	4	0	25	2	M
Plain Baked Potato (avg. wt. 10 oz.)	270	0	0	0	0	40	61	7	3	7	0	60	4	20	
Sour Cream & Chives Baked Potato	350	6	3.5	0.2	15	75	65	7	5	10	35	80	10	25	M
Broccoli & Cheese Sauce Baked Potato	340	2	1.5	0	5	500	70	8	6	10	8	100	15	25	M S
Bacon & Cheese Sauce Baked Potato	460	13	5	0.1	30	1000	67	7	7	19	2	70	15	25	M S
Becel® Margarine	50	6	1	0	0	50	0	0	0	0	8	0	0	0	M S
Small Chili	190	6	2.5	0.3	40	830	19	5	6	14	6	4	6	15	
Large Chili	280	9	3.5	0.5	60	1240	29	7	9	21	10	6	10	20	
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	95	4	0	0	0.5	0	0	0	2	W S
Cheddar Cheese, shredded	70	5	3.5	0.2	15	130	1	0	0	4	6	0	10	0	M
Kids' French Fries†	270	13	2.5	0.1	0	240	35	3	0	3	0	8	0	6	W F
Value French Fries†	330	16	3	0.2	0	300	44	4	0	4	0	8	2	6	W F
Small French Fries†	390	19	3.5	0.2	0	360	51	5	0	5	0	10	2	8	W F
Medium French Fries†	470	22	4.5	0.3	0	430	61	6	0	6	0	10	2	10	W F
Large French Fries†	560	27	5	0.3	0	510	73	7	0	7	0	15	2	10	W F

† Recommended portion sizes. French fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

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Beverages Refreshments for Everyone's Thirst	Nutrition Information										% Daily Value				Allergens
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholest (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	3.5	2	0.1	15	230	23	0	22	8	10	0	25	4	M
2% M.F. Partly Skimmed Milk	120	5	3	0.1	20	120	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	0	0	0	0	0	15+	0	0	0	0.1	0	0	0	0	
Fresca®, Small Cup	0	0	0	0	0	100+	0	0	0	0.1	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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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)	Cholest (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	0.5	35	510	28	2	7	13	4	6	4	20	W E
Jr. Cheeseburger Deluxe♦	300	14	5	0.5	45	630	28	2	7	15	6	6	10	20	W M S E
Jr. Bacon Cheeseburger♦	310	16	6	0.5	50	580	25	1	5	17	6	6	10	20	W M S E
Hamburger, Kids' Meal♦	220	8	3	0.4	30	470	25	1	5	13	2	0	4	20	W
Cheeseburger, Kids' Meal♦	260	11	5	0.5	40	580	26	1	5	15	4	0	10	20	W M S
Single w/Everything♦	470	21	8	1	80	910	43	3	10	27	6	10	10	35	W E
Double w/Everything and Cheese♦	750	41	17	2	165	1350	44	3	10	51	15	10	20	50	W M S E
Triple w/Everything and Cheese♦	1020	62	27	3.5	255	1790	44	3	10	74	20	10	30	70	W M S E
Baconator®, Single♦	590	32	13	1	115	1250	41	2	9	35	8	8	15	35	W M S E
Baconator, Double♦	950	59	25	2.5	225	2060	43	2	10	64	15	15	30	60	W M S E
Baconator, Triple♦	1310	85	36	3.5	335	2860	45	2	11	93	20	25	40	70	W M S E
Bacon Deluxe/Big Bacon Classic®♦	640	34	14	1	125	1510	45	2	11	38	10	20	20	40	W M S E
Bacon Deluxe Double♦	850	50	20	2.5	195	1780	45	2	11	57	15	20	20	60	W M S E
Bacon Deluxe Triple♦	1130	70	30	3.5	285	2220	46	2	11	81	20	20	30	70	W M S E
Ultimate Chicken Grill Sandwich♦	350	7	1.5	0	70	1000	41	2	9	29	4	10	8	20	W E
Spicy Chicken Breast Sandwich♦	450	15	3	0.1	50	1180	53	2	7	26	4	10	8	20	W E F
Homestyle Chicken Breast Sandwich♦	460	16	3	0.1	45	1080	52	2	7	26	4	10	8	20	W E S F
Homestyle Chicken Go Wrap	310	15	4.5	0.2	35	800	29	0	2	15	6	2	8	10	W M E S F
Spicy Chicken Go Wrap	310	14	4.5	0.2	35	850	30	0	2	15	6	2	8	10	W M E S F
Grilled Chicken Go Wrap	250	10	3.5	0.1	45	740	24	0	4	17	6	4	8	10	W M E

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

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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.

	Nutrition Information										% Daily Value				Allergens
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Jr. Hamburger Patty	90	6	3	0.4	30	110	0	0	0	8	2	0	0	8	
1/4 lb.** Hamburger Patty	200	15	7	1	75	260	0	0	0	20	2	0	2	15	
Ultimate Chicken Grill Breast	110	1.5	0.5	0	65	610	1	0	0	22	0	4	0	4	
Spicy Chicken Breast	220	10	2	0.1	45	800	14	0	0	19	0	2	2	4	W E S F
Homestyle Chicken Breast	230	10	2	0.1	40	700	14	0	0	19	0	2	2	4	W E S F
Sandwich Bun♦	120	1.5	0.3	0	0	210	23	1	4	4	0	0	4	10	W
Premium Bun♦	190	2	0.5	0	0	320	36	1	6	6	0	0	6	15	W
Tortilla	130	3	1	0	0	320	21	0	1	3	0	0	2	8	W
Cheddar Cheese, Processed, Jr.	40	3	2	0.1	10	110	0	0	0	0	2	0	6	0	M S
Cheddar Cheese, Processed	60	5	3	0.1	15	180	1	0	0	4	4	0	10	0	M S
Bacon, Jr. – 1 strip	15	1	0.4	0	5	50	0	0	0	1	0	0	0	0	
Applewood Smoked Bacon – 1 strip	25	2	0.5	0	10	120	0	0	0	2	0	2	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	0	0	0	0	0	135	0	0	0	0	0	0	0	0	
Ketchup	10	0	0	0	0	65	2	0	2	0.1	0	0	0	0	
Mustard	0	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
Iceburg Lettuce Leaf	0	0	0	0	0	1	0	0	0	0.1	0	0	0	0	
Tomato – 1 slice	5	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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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)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Bold Buffalo Boneless Chicken	520	18	3.5	0.3	75	2630	58	2	13	31	4	45	2	10	W F
Honey BBQ Boneless Chicken	580	18	3.5	0.3	75	1990	75	2	34	32	4	10	4	15	W F
Sweet & Spicy Asian Boneless Chicken	550	18	3.5	0.3	75	2530	67	3	27	31	2	4	2	10	W F
Homestyle Chicken Strips	440	22	4.5	0.3	70	1520	30	0	1	31	0	4	2	15	W F
4 Piece Kids' Meal Nuggets	190	13	3	0.1	25	380	9	0	0	9	0	0	0	2	W F
5 Piece Nuggets	230	16	3.5	0.2	30	480	11	0	0	12	0	0	0	4	W F
10 Piece Nuggets	470	32	7	0.3	65	960	21	0	0	23	0	0	2	8	W F
Heartland Ranch Sauce	160	17	2.5	0.3	15	220	1	0	1	0.4	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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Frosty™ Treats

Made with real dairy for a delicious, cool complement to any meal

	Nutrition Information										% Daily Value				Allergens
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Chocolate Frosty, Junior	160	4	2.5	0.2	15	75	26	0	21	4	15	0	15	8	M
Chocolate Frosty, Small	320	8	5	0.4	35	150	52	0	41	9	25	0	30	15	M
Vanilla Frosty, Junior	150	4	2.5	0.2	20	90	26	0	21	4	10	0	15	0	M
Vanilla Frosty, Small	310	8	5	0.5	35	180	52	0	43	8	20	0	30	0	M
Vanilla Frosty Float w/Coca-Cola	390	7	4.5	0.4	30	170	76	0	69	7	20	0	25	0	M
Vanilla Frosty Float w/Fresca	280	7	4.5	0.4	30	230	46	0	38	7	20	0	25	0	M
Vanilla Frosty Float w/ Strawberry Passion Awareness	400	7	4.5	0.4	30	190	77	0	69	7	20	100	25	0	M
Vanilla Frosty Float w/Barq's® Root Beer	390	7	4.5	0.4	30	190	78	0	70	7	20	0	25	0	M
M&M's® Twisted Frosty, Chocolate	560	19	12	0.5	40	180	86	1	72	10	30	0	35	20	M S *
M&M's Twisted Frosty, Vanilla	550	19	12	0.5	40	210	86	1	74	10	25	0	30	4	M S *
Oreo® Twisted Frosty, Chocolate	450	14	7	0.5	30	300	72	1	52	10	25	0	30	25	M S W
Oreo Twisted Frosty, Vanilla	440	14	6	0.5	35	320	72	1	54	9	20	0	30	10	M S W
Coffee Toffee Twisted Frosty, Chocolate	550	21	15	0.5	40	240	84	1	68	9	30	0	30	20	M S *
Coffee Toffee Twisted Frosty, Vanilla	550	20	15	0.5	45	270	84	1	69	9	25	0	25	6	M S *
Frosty™-cino, Small	400	10	6	0.5	45	160	67	0	52	7	25	0	25	0	M
Frosty™-cino, Large	540	12	8	0.5	50	210	93	0	71	10	30	0	30	0	M
Chocolate Fudge Frosty Shake, Small	400	11	7	0.5	45	190	70	2	56	9	25	0	25	0	M
Chocolate Fudge Frosty Shake, Large	530	13	8	0.5	50	250	95	3	77	11	30	0	30	0	M
Strawberry Frosty Shake, Small	400	10	6	0.5	45	170	70	1	59	7	25	0	25	0	M
Strawberry Frosty Shake, Large	520	12	7	0.5	50	220	95	1	81	9	30	0	30	0	M
Vanilla Bean Frosty Shake, Small	380	10	6	0.5	45	170	66	0	55	7	25	0	25	0	M
Vanilla Bean Frosty Shake, Large	500	12	7	0.5	50	220	90	0	76	9	30	0	30	0	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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Ancho Chipotle Ranch Dressing: Buttermilk (skim milk, bacterial culture), soya oil, water, sour cream preparation (skim milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, sodium citrate, locust bean gum), white vinegar, chili peppers, sugar, liquid yolk (egg), salt, garlic juice, buttermilk powder (buttermilk, whey), modified corn starch, garlic (dehydrated), chipotle peppers, onion (dehydrated), natural flavours, xanthan gum, ancho peppers (dehydrated), spices, lactic acid, jalapeno peppers (dehydrated).

Applewood Smoked Bacon: Pork cured with: water, salt, sugar, sodium phosphates, sodium erythorbate, sodium nitrite, smoke.

Bacon Jr Slices: Pork cured with: water, salt, sugar, smoke flavour, sodium phosphate, sodium erythorbate, sodium nitrate, smoke.

Bacon Pieces: Pork cured with: water, salt, sugar, smoke flavour, sodium phosphate, sodium erythorbate, sodium nitrate, smoke.

Balsamic Vinaigrette Dressing: Water, balsamic vinegar, sugar, soya oil, white vinegar, salt, spices, garlic (dehydrated), concentrated lemon juice, xanthan gum, oleoresin rosemary.

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: Carbonated water, sugar/glucose-fructose, 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, potassium sorbate, vegetable monoglycerides, citric acid, alpha-tocopherol acetate, calcium disodium EDTA, natural & artificial flavour, beta carotene, vitamin A palmitate, vitamin D3.

Bold Buffalo 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, citric acid, sodium triphosphate], modified cornstarch, sodium phosphates. Battered and breaded with: wheat flour, water, modified corn starch, salt, sugar, baking powder, spices, onion powder, garlic powder, dextrose, autolyzed yeast, natural and artificial flavours, paprika extracts), Bold Buffalo Sauce (corn syrup, water, cayenne pepper puree, white vinegar, salt, modified corn starch, soya oil, artificial flavour, garlic [dehydrated], xanthan gum, sodium benzoate, mono and diglycerides, guar gum, polysorbate 60, spice, citric acid, oleoresin paprika). Cooked in Soya, Corn, Cottonseed, & Hydrogenated Soya Oil. Note: May be cooked in the same oil as Fish Fillets (where available).

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), modified food starch, triglycerides, natural and artificial flavors, wheat starch, 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, sulphites.

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, yellow corn meal (premium bun only). May be manufactured in a facility that contains sesame seeds, egg products, milk products, soya products, sulphites.

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, carboxymethyl-cellulose, 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: Water, 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.

Chili: Ground beef, chili base (tomatoes, salt, citric acid, calcium chloride), chili seasoning (sugar, salt, modified corn starch, chili pepper, onion powder, spices, dextrose, garlic powder, citric acid, disodium inosinate & guanylate, xanthan gum, autolyzed yeast extract, soya oil, caramel colour, extractives of paprika, malic acid, allura red, natural and artificial flavour, silicon dioxide [anticaking agent]), kidney beans (kidney beans, water, sugar, corn syrup, salt, natural flavourings, onion powder, calcium chloride, disodium EDTA [preservative]), chili beans (beans, water, sugar, corn syrup, salt, natural flavourings, onion powder, calcium chloride), vegetable mix (onions, celery, green peppers).

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

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

Classic Ranch Dressing: Buttermilk (skim milk, bacterial culture), soya oil, water, white vinegar, liquid yolk (egg), sugar, salt, modified corn starch, garlic (dehydrated), autolyzed yeast extract, xanthan gum, onion (dehydrated), spices, natural flavours, lactic acid.

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

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

Coffee Toffee Twisted Frosty, Chocolate™: Chocolate Frosty (milk, cream, sugar, whey powder, glucose solids, cocoa, skim milk powder, guar gum, mono and diglycerides, cellulose gum, carrageenan, calcium sulphate, disodium phosphate, natural and artificial flavour, dextrose), 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, alkalinized 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, cream, sugar, glucose

solids, whey powder, skim milk powder, guar gum, mono and diglycerides, cellulose gum, carrageenan, calcium sulphate, disodium phosphate, natural and artificial flavour, dextrose, colour), 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, alkalinized 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).

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).

Crispy Noodles: Bleached wheat flour, water, corn oil, rice flour, salt, sugar.

Dasani® Bottled Water: Water, magnesium sulphate, potassium chloride, salt, ozone.

Diet Coke®: Carbonated water, caramel colour, phosphoric acid and citric acid, aspartame (contains phenylalanine), flavours, 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.

Earl Grey Tea: Premium black tea, natural oil of bergamot.

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

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

Frosty™-cino: 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 flavour, dextrose, colour), 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, cream, sugar, whey powder, glucose solids, cocoa, skim milk powder, guar gum, mono and diglycerides, cellulose gum, carrageenan, calcium sulphate, disodium phosphate, natural and artificial flavour, dextrose.

Frosty, Vanilla: 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 flavour, dextrose, colour.

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, 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), 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, 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), 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 passion fruit), citric acid, natural flavour, ascorbic acid, sodium benzoate, potassium citrate, potassium sorbate, colour, coconut oil.

Green Tea: Premium sencha green tea, lemon grass, lemon balm herb, verbena leaves.

Hamburger Patty: Ground beef. Seasoned with salt.

Heartland Ranch Dipping Sauce: Soya oil, water, white vinegar, liquid egg yolk, salt, buttermilk powder, sugar, garlic powder, onion powder, citric acid, xanthan gum, spices, potassium sorbate, sodium benzoate, yeast extract, disodium guanylate, disodium inosinate, calcium disodium EDTA.

Homestyle Chicken Breast: Chicken breast, water, modified potato starch, seasonings (salt, flavour & artificial flavour [gluten, soya], maltodextrin, modified corn starch, autolyzed yeast extract), sodium phosphate. Coated with: wheat flour, water, modified corn starch, salt, spices, wheat gluten, corn maltodextrin, dried egg white, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), onion powder, fructose, soya oil, flavour & artificial flavour, chicken broth, lactic acid, garlic powder, yeast, autolyzed yeast extract, extractives of paprika, locust bean gum, xanthan gum, silicon dioxide. 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).

Homestyle Garlic Croutons: Wheat flour, sunflower and/or canola oil, salt, garlic (dehydrated), water, yeast, spice, natural butter flavour (milk), malted barley flour, citric acid and/or tocopherols.

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, citric acid, sodium triphosphate], modi-

fied cornstarch, sodium phosphates. Battered and breaded with: wheat flour, water, modified corn starch, salt, sugar, baking powder, spices, onion powder, garlic powder, dextrose, autolyzed yeast, natural and artificial flavours, paprika extracts), Honey BBQ Sauce (honey, water, glucose-fructose, tomato paste, white vinegar, modified corn starch, molasses, Worcestershire sauce, corn syrup, sugar, salt, natural smoke flavour, sodium benzoate, potassium sorbate, spices, paprika, onion [dehydrated], garlic [dehydrated], turmeric). Cooked in Soya, Corn, Cottonseed, & Hydrogenated Soya Oil. Note: May be cooked in the same oil as Fish Fillets (where available).

Honey Dijon Dressing: Soya oil, water, sugar, white vinegar, honey, liquid yolk (egg), mustard seed, salt, natural flavours, white wine, spices, xanthan gum, citric acid and tartaric acid (acidulants), annatto colour, oleoresin turmeric, oleoresin paprika, turmeric, soya lecithin (emulsifier).

Honey Mustard Nugget Sauce: Soya oil, honey, Dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), water, white 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, 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.

Italian Vinaigrette Dressing: Water, soya oil, white wine vinegar, sugar, white vinegar, modified corn starch, garlic, salt, garlic (dehydrated), spices, xanthan gum, bell peppers (dehydrated).

Ketchup: Tomato paste (made from fresh ripe tomatoes), liquid sugar, white vinegar, salt, onion powder, spices.

Light Honey Dijon Dressing: Water, sugar, white vinegar, soya oil, honey, mustard seed, liquid yolk (egg), salt, microcrystalline cellulose, natural flavours, xanthan gum, white wine, dried egg white, spices, citric acid and tartaric acid (acidulants), cellulose gum, annatto colour, oleoresin turmeric, turmeric, soya lecithin (emulsifier).

Light Classic Ranch Dressing: Buttermilk (skim milk, bacterial culture), water, soya oil, white vinegar, liquid yolk (egg), modified corn starch, salt, sugar, cultured whey powder (cultured whey, maltodextrin, soya oil), garlic (dehydrated), xanthan gum, spices, natural flavour, lactic acid, onion (dehydrated), concentrated lemon juice.

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), carnuba wax, gum acacia. May contain peanuts.

Mandarin Oranges: Mandarin orange segments, water, sugar.

Maraschino Cherries: Cherries, glucose-fructose, water, potassium sorbate (preservative), sodium benzoate (preservative), citric acid, artificial flavour, allura red, sulphur 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 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: 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 (CO2 decaffeination method).

Oreo® Cookie Crumbles: Sugar, enriched flour (wheat), 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), soya lecithin (emulsifier), vanillin (artificial flavour), chocolate.

Oriental Sesame Dressing: Water, sugar, soya oil, soya sauce (water, wheat, soybeans, salt), white vinegar, corn syrup, brown sugar, sesame seed oil, concentrated pineapple juice, rice vinegar, sesame seeds, modified corn starch, spices, natural flavour, ginger, xanthan gum, garlic (dehydrated), salt, citric acid (acidulant).

Parmesan Cheese, Shredded: Milk, bacterial culture, salt, lipase, microbial enzymes, calcium chloride, milk ingredients.

Peppermint Tea: Premium peppermint leaves.

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 Almonds: Almonds, salt. May contain traces of peanuts and other nuts.

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, or sunflower oil), salt, buttermilk solids, spices, tomato powder, sweet cream, dextrose, onion powder, sugar, cheddar cheese (cultured milk, salt, enzymes), corn starch, modified corn starch, maltodextrin, nonfat dry milk, garlic powder, torula yeast, citric acid, autolyzed yeast extract, natural and artificial flavour, artificial colour (including extractives of paprika, extractives of turmeric, titanium dioxide, extractives of annatto, red 40, yellow 5, blue 1), disodium phosphate, soya lecithin, lactic acid, calcium hydroxide.

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, seasonings (salt, spices, sodium phosphate, modified corn starch, paprika, extractives of paprika, soya oil, extractives of turmeric). Coated with: wheat flour, water, modified corn starch, salt, spices, wheat gluten, dried egg white, Arabic gum, yellow corn flour, leav-

ening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), soya oil, dextrose, yeast. Cooked in soya, corn, cottonseed, & hydrogenated soya oil. Note: may be cooked in the same oil as Fish Fillets (where available), Homestyle Chicken Breast.

Spring Mix: Contains five or more of the following lettuces: red oak, red romaine, red mustard, Granada, lolla Rosa, brunia, red bibb, radina.

Sprite®: Carbonated water, sugar/glucose-fructose, citric acid, sodium citrate, natural flavour, sodium benzoate.

Supreme Caesar Dressing: Soya oil, water, red wine vinegar, Parmesan cheese (partly skimmed milk, bacterial culture, salt, chymosin, microbial enzyme), Romano cheese (partly skimmed milk, bacterial culture, salt, chymosin, microbial enzyme, lipase), liquid yolk (egg), extra virgin olive oil, concentrated lemon juice, salt, sugar, garlic (dehydrated), spices, autolyzed yeast extract, anchovies (fish), xanthan gum, white vinegar, refiners' molasses, corn syrup, caramel colour, tamarind, natural flavours.

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, citric acid, sodium triphosphate], modified cornstarch, sodium phosphates. Battered and breaded with: wheat flour, water, modified corn starch, salt, sugar, baking powder, spices, onion powder, garlic powder, dextrose, autolyzed yeast, natural and artificial flavours, paprika extracts), Sweet & Spicy Asian Sauce (water, sugar, chili garlic sauce [salted chili peppers, garlic, sugar, rice vinegar, 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 wheat flour, water, soya oil, hydrogenated cottonseed and/or soya oils, mono and diglycerides, potato starch, salt, baking powder, fumaric acid, sodium bicarbonate, dough conditioner (flour, calcium sulphate, sorbic acid), sodium propionate, potassium sorbate, L-cysteine hydrochloride.

Ultimate Chicken Grill Breast: Chicken breast, water, seasoning (salt, flavours, corn maltodextrin, autolyzed yeast extract, modified corn starch, onion powder, paprika, spice, garlic powder, sugar, disodium inosinate, disodium guanylate, dextrose, artificial flavours), modified corn starch, sodium phosphate.

Yogurt, Strawberry: Milk ingredients, sugar/glucose-fructose, strawberries, water, modified milk ingredients, modified corn starch, gelatin, guar gum, pectin, natural flavour, potassium sorbate, colour, active bacterial culture (acidophilus, bifidus, thermophilus, bulgaricus).

Whipped Cream: Pasteurized cream, water, sugar/glucose-fructose, buttermilk 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 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. 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 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:

Consumer Relations Department

Wendy's Restaurants of Canada, Inc.

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This nutrition information is current as of March 2010.