



## Wendy's Restaurants of Canada Inc. Additional Menu Items

	Serving Size	Weight(g)	Calories	Total Fat	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Soya	Tree Nuts	Wheat	Sesame Seeds	
<b>Optional Items</b>																					
<b>Baked Potato, Cheese</b>	1 ea.	371	440	12	7	0.3	30	670	68	7	6	16			x						
<b>Chili and Cheese Nachos</b>	1 ea.	156	310	14	3	0.3	15	660	40	5	4	10			x						
<b>Baked Potato, Chili and Cheese Sauce</b> (Baked Potato, Cheddar Cheese, Wendy's Chili, Cheese Sauce)	1 ea.	456	520	14	8	0.5	45	1000	76	9	8	23			x						
<b>Honey Nugget Sauce</b>	1 ea.	28	90	0	0	0	0	1	24	0	15	0									

### Ingredients:

**Cheese Potato:** Baked potato, 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 [soya], 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 and Cheese Nachos:** Wendy's 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, and not more than 2% silicon dioxide (anticaking agent)]). 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 [soya], 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). Tortilla chips (corn, vegetable oil [contains one or more of the following: corn, soya, sunflower or cottonseed oil], salt, calcium hydroxide).

**Chili and Cheese Sauce Potato:** Baked potato, Wendy's Chili (water, chili base [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, and not more than 2% silicon dioxide (anticaking agent)]). 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 [soya], 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 cheese, shredded (milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, colour, cellulose, natamycin. May contain calcium chloride).

**Honey Nugget Sauce:** Glucose-fructose, honey, sugar, corn syrup, natural flavour, caramel.

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 **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. Government regulations have identified 10 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, crustacean shellfish, sesame seeds & sulphites. For your convenience, menu items and ingredients that contain these major allergens have been indicated.

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. 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.

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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