



Nutrition Information

Additional Menu Items	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	
Baked Potato, Cheese	440	12	7	0.3	35	680	67	7	6	17	10	60	35	20	M
Chili & Cheese Nachos	310	14	3	0.3	15	660	40	5	3	11	0	0	10	15	M
Baked Potato, Chili & Cheese (Baked Potato, Cheddar Cheese, Wendy's Chili, Cheese Sauce)	520	14	8	0.5	45	1010	75	9	8	24	10	60	40	30	M

ALLERGENS:

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

Tortilla chips: Corn, vegetable oil, (contains one or more of the following: corn, soya, sunflower or cottonseed oil), salt, calcium hydroxide.

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 federal regulations regarding the rounding of nutritional data. This information is effective as of May 2011.

Wendy's International, Inc., its franchisees and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Federal regulations have identified 8 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, and crustacean shellfish. 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.

Federal regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soy 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 soy oil.

We encourage anyone with food allergies, sensitivities, or special dietary needs to check our website at www.wendys.com 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 International, Inc., Consumer Relations Department, One Dave Thomas Boulevard, Dublin, OH 43017, 614-764-3100.

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This nutrition information is current as of May 2011.