



## 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>Cheese Potato</b>	1 ea.	371	440	12	7	0.3	30	710	68	7	6	16			x						
<b>Chili and Cheese Nachos</b>	1 ea.	156	300	12	3	0.2	15	640	39	4	4	9			x						
<b>Chili and Cheese Sauce Potato</b> (Baked Potato, Cheddar Cheese, Wendy's Chili, Cheese Sauce)	1 ea.	456	520	14	8	0.4	50	1020	75	8	8	21			x						
<b>Gravy</b>	1 ea.	28	10	0.2	0	0	0	150	2	0	0	0.1			x				x	x	
<b>Honey Nugget Sauce</b>	1 ea.	28	90	0	0	0	0	0	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, diacetyl tartrate ester of monoglyceride, sodium silicoaluminate [anti-caking agent], colour).

**Chili and Cheese Nachos:** Wendy's 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, calcium disodium EDTA (preservative)], chili beans [beans, water, sugar, corn syrup, salt, natural flavourings, onion powder, calcium chloride], vegetable mix [onion, celery, green peppers]). 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, 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 or sunflower oil], salt, calcium hydroxide).

**Chili and Cheese Sauce Potato:** Baked potato, Wendy's 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, calcium disodium EDTA (preservative)], chili beans [beans, water, sugar, corn syrup, salt, natural flavourings, onion powder, calcium chloride], vegetable mix [onion, celery, green peppers]). 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, diacetyl tartrate ester of monoglyceride, sodium silicoaluminate [anti-caking agent], colour). Shredded Cheddar cheese (milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, colour, cellulose, natamycin. May contain calcium chloride).

**Gravy:** Modified corn starch, corn starch, salt, flour (wheat), canola oil, modified milk ingredients, sugar, guar gum, flavour (includes autolyzed yeast extract, sesame oil), colour (includes tartrazine), dehydrated vegetables (onions, garlic), corn syrup solids, xanthan gum, dextrose, citric acid, disodium guanylate, disodium inosinate, spices, artificial flavour.

**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 **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 & 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 Wyecroft 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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