



Arby's® Nutritional Information

Some Menu Items May Be Available for a Limited Time Only
Menu Item

	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens*
Roast Beef													
Classic Roast Beef Sandwich	1	450	200	22	7	1	65	1040	35	3	6	27	W,G,M,E,S
Double Roast Beef Sandwich	1	560	260	29	10	1.5	100	1390	35	3	6	37	W,G,M,E,S
Half Pound Roast Beef Sandwich	1	650	320	35	13	2	130	1740	35	3	6	47	W,G,M,E,S
Classic Roast Beef Deluxe	1	590	280	31	13	1.5	95	1810	44	2	8	33	W,G,M,E,S
Double Roast Beef Deluxe	1	700	340	38	16	2	130	2150	44	2	8	43	W,G,M,E,S
Classic Beef 'n Cheddar	1	590	280	31	13	1.5	95	1810	44	2	8	33	W,G,M,E,S
Double Beef 'n Cheddar	1	700	340	38	16	2	130	2150	44	2	8	43	W,G,M,E,S
Half Pound Beef 'n Cheddar	1	860	440	49	21	2.5	175	2850	46	2	9	56	W,G,M,E,S
Classic French Dip Sandwich w/Swiss & Au Jus	1	610	250	28	12	1.5	85	2460	54	4	4	35	W,G,M,E,S
Classic French Dip Sandwich + Mayo	1	540	220	24	8	1	70	2040	50	3	4	29	W,G,M,E,S
Half Pound French Dip Sandwich w/Swiss & Au Jus	1	820	370	41	17	2	150	3150	55	4	4	54	W,G,M,E,S
Half Pound French Dip Sandwich + Mayo	1	780	350	39	14	2	135	2850	56	4	5	49	W,G,M,E,S
Steak													
Fire Roasted Philly Steak	1	720	350	39	13	1	100	2040	51	4	4	42	W,G,M,E,S
Three Cheese Steak & Crispy Onion	1	690	370	41	16	0.5	95	1790	44	2	7	40	W,G,M,E,S
Turkey													
Smokehouse Turkey Club	1	740	260	29	9	0	85	2430	77	5	14	44	W,G,M,E,S
Smokehouse Turkey Club Wrap	1	540	250	27	10	0	85	2170	39	4	6	35	W,G,M,E,S
Turkey Apple Cheddar Sandwich	1	700	210	23	6	0	70	1640	85	7	19	38	W,G,M,E,S
Turkey Apple Cheddar Wrap	1	500	200	22	7	0	70	1380	47	6	10	29	W,G,M,E,S
Turkey Advocado Sandwich	1	760	290	33	7	0	70	1870	78	6	12	38	W,G,M,E,S
Turkey Advocado Wrap	1	560	280	31	8	0	70	1600	40	5	4	29	W,G,M,E,S
Grand Turkey Club	1	530	220	25	6	0	60	1470	42	4	7	37	W,G,M,E,S
Deli													
Corned Beef Reuben	1	600	210	24	7	0	60	2240	62	5	4	35	W,G,M,E
Italian Sub	1	870	490	55	17	0.5	110	2720	63	4	11	32	W,G,M,E,S
Roast Turkey Ranch & Bacon Sub	1	690	310	35	9	0	85	1980	59	4	12	34	W,G,M,E,S
Roast Turkey Ranch & Bacon Wrap	1	670	350	39	11	0	85	1820	46	4	12	32	W,G,M,E,S
Roast Beef Gyro	1	540	260	29	7	1	60	1190	48	3	5	23	W,G,M,E,S
Roast Turkey Gyro	1	490	190	21	3	0	55	1020	48	3	5	26	W,G,M,E,S
Brisket													
Smokehouse Sliced Brisket	1	690	370	41	14	1	95	1490	46	2	10	36	W,G,M,E,S
Chicken Sandwiches													
Crispy Chicken	1	590	250	28	4.5	0	55	1620	54	3	8	31	W,G,M,E,S,F
Chicken Bacon 'n Swiss	1	630	260	29	8	0	70	1740	56	2	9	38	W,G,M,E,S,F
Cordon Bleu	1	620	250	28	7	0	85	2160	53	1	5	40	W,G,M,E,S,F
Buffalo Chicken	1	540	220	24	4.5	0	60	2110	53	2	6	29	W,G,M,E,S,F
Pecan Chicken Salad Sandwich	1	1010	560	63	9	1	70	1170	82	7	18	29	TN,G,M,E,S
Pecan Chicken Salad Wrap	1	810	550	61	11	1	70	900	44	6	10	20	TN,G,M,E,S
Pecan Chicken Salad Flatbread	1	870	560	63	9	1	70	970	54	5	10	22	TN,G,M,E,S
Pecan Chicken Salad by the lb.	1	1630	1350	150	22	2	190	1370	30	7	21	39	TN,M,E,S
Pecan Chicken Salad Cold Plate	1	920	770	85	12	1	95	750	18	5	11	21	TN,M,E,S
Chicken Strips													
3 Strips	1	360	150	17	2.5	0	45	950	28	2	0	23	W,G,M,E,S,F
5 Strips	1	600	250	28	4	0	75	1590	47	3	0	39	W,G,M,E,S,F
Rotisserie Chicken Platters (Meat Only)													
Quarter White (Breast & Wing)	1	310	110	12	3.5	0	175	420	0	0	0	49	NA
Half Dark	1	490	270	30	8	0	305	880	1	0	0	55	NA
Half Rotisserie	1	550	250	27	7	0	330	860	1	0	0	76	NA
Whole Rotisserie	1	1050	470	53	15	0	695	1650	3	0	0	140	NA
Snack (Leg, Thigh & Zucchini Muffin)	1	520	240	26	6	0	185	780	40	1	23	31	NA
Salads													
Martha's Vineyard Salad with Dressing	1	530	220	25	2	0	0	1080	73	6	62	6	TN,M,E,S
Napa Valley Salad	1	810	550	61	10	0	65	1730	51	4	40	25	TN,M,E,S
Garden Side Salad with Dressing	1	150	130	14	1	0	0	290	4	1	2	1	M,E,S
Southern Fried Chicken Salad	1	920	610	68	14	1	85	1590	50	5	20	30	TN,M,E,S
Greek Salad with Dressing	1	630	570	65	16	0	50	770	18	3	10	11	TN,M,E,S
Strawberry Arugula Salad	1	560	350	39	11	0	35	890	38	6	30	18	M,E,S
Jr Sandwiches													
Jr Ham & Cheddar Sandwich	1	230	60	6	2.5	0	35	1000	31	1	6	14	W,G,M,E,S
Jr Bacon Cheddar Melt	1	310	110	12	5	0	40	870	32	1	6	17	W,G,M,E,S
Jr Roast Beef Sandwich	1	230	60	7	2.5	0	25	540	31	1	5	12	W,G,M,E,S
Sliders													
Roast Beef 'n Cheese Slider	1	240	100	11	4.5	0	30	620	21	1	1	14	W,G,M,E,S
Corned Beef 'n Cheese Slider	1	220	80	9	3.5	0	30	850	21	1	1	14	W,G,M,E,S
Ham 'n Cheese Slider	1	210	70	8	3	0	30	800	21	1	1	13	W,G,M,E,S
Jalapeno Roast Beef 'n Cheese Slider	1	240	100	11	4.5	0	30	620	21	1	2	14	W,G,M,E,S
Chicken Tender 'n Cheese Slider	1	300	120	13	4	0	15	550	30	1	1	16	W,G,M,E,S,F
Buffalo Chicken Slider	1	290	120	13	2	0	20	860	31	2	2	12	W,G,M,E,S
Turkey 'n Cheese Slider	1	210	60	7	2.5	0	30	560	21	1	1	14	W,G,M,E,S
Pizza Slider	1	300	150	17	6	0	35	930	23	1	2	13	W,G,M,E,S
Sides													
Mac 'n Cheese	1	260	130	14	8	0	35	640	23	3	13	11	W,G,M,E,S
Italian Spinach	1	180	130	16	2	0	0	720	7	3	2	4	E,S
Lima Beans	1	280	130	15	4.5	0	0	460	31	6	7	7	M,S
Steamed Broccoli	1	150	120	14	4.5	0	0	380	5	2	1	2	M,S
Yellow Sweet Corn	1	270	110	13	3.5	0	0	100	35	4	5	5	M,S
Yukon Gold Mashed Potatoes	1	240	80	10	3	0	0	900	32	3	0	3	W,G,M,E,S
Spiced Cinnamon Apples	1	240	9	11	3	0	0	110	37	2	33	0	M,S
Summer Squash	1	140	110	12	3.5	0	0	780	8	2	4	3	M,S
Baked Potatoes													
Butter Baked Potato	1	470	200	23	7	0	0	210	63	7	4	7	M,E,S
Broccoli 'n Cheddar	1	670	320	36	15	0.5	45	1280	70	8	6	19	M,E,S
Deluxe Baked Potato	1	710	390	44	18	0	65	950	69	7	6	17	M,E,S
Sweet Potato with Butter	1	360	200	23	7	0	0	250	37	6	12	4	M,E,S
Plain Baked Potato	1	280	5	0	0	0	0	30	63	7	4	7	M,E,S
Soup/ Stew													
Brunswick Stew - Cup	1	170	30	3.5	1.5	0	55	700	20	5	6	15	S,M,G
Brunswick Stew - Bowl	1	240	45	5	2	0	75	1000	28	7	9	21	S,M,G
Brunswick Stew - To Go	1	670	120	13	5	0	215	2800	78	21	25	59	S,M,G
Turnovers													
Apple Turnover with Icing	1	430	160	18	9	0	0	210	65	2	39	4	W,G,M,E,S
Cherry Turnover with Icing	1	390	120	13	6	0	0	200	65	2	40	4	W,G,M,E,S

*Allergens: NA = No Allergens E = Eggs M = Milk P = Peanuts TN = Tree Nuts SF = Shellfish F = Fish S = Soy W = Wheat G = Gluten

Nutrition 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 **January 1, 2018**.

The Restaurant Company 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. Items may be cooked in the same oil as menu items that contain Soy, Egg, and Fish (where available). 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.



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	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens*
Fries/ Appetizers													
Curly Fries - Kids/Jr.	1	250	120	13	2	0	0	560	29	3	0	3	W,G,M,E,S
Curly Fries - Small	1	410	200	22	3	0	0	940	49	5	0	5	W,G,M,E,S
Curly Fries - Medium	1	550	260	29	4	0	0	1250	65	6	0	6	W,G,M,E,S
Curly Fries - Large	1	650	310	35	5	0	0	1480	77	7	0	8	W,G,M,E,S
Loaded Curly Fries	1	810	490	54	16	1	80	2530	58	5	5	22	W,G,M,E,S
Potato Cakes (2)	1	250	130	14	2	0	0	430	23	2	0	2	W,G,M,E,S
Potato Cakes (3)	1	370	190	21	3	0	0	650	35	4	0	3	W,G,M,E,S
Potato Cakes (4)	1	490	250	28	4.5	0	0	860	46	5	0	4	W,G,M,E,S
Steakhouse Onion Rings (5)	1	420	190	21	3	0	0	1740	52	3	4	6	W,G,M,E,S
Mozzarella Sticks (2)	1	220	100	12	4.5	0	20	700	19	1	1	10	W,G,M,E,S
Mozzarella Sticks (4)	1	440	210	23	9	0.5	35	1410	37	2	3	19	W,G,M,E,S
Mozzarella Sticks (6)	1	650	310	35	14	1	55	2110	56	3	4	29	W,G,M,E,S
Jalapeno Bites (5)	1	290	150	17	6	0	25	660	31	2	3	5	W,G,M,E,S
Jalapeno Bites (8)	1	470	240	27	10	0.5	40	1060	50	3	4	8	W,G,M,E,S
Kid's Meals													
TreeTop Applesauce	1	45	0	0	0	0	0	0	13	2	11	0	see packaging
Capri Sun Fruit Juice	1	80	0	0	0	0	0	25	21	0	20	0	see packaging
Milk, Low-Fat White	1	130	45	5	3	0	20	130	12	0	12	8	M
Milk, Chocolate	1	180	25	3	2	0	10	135	31	0	30	8	M
Roast Beef 'n Cheese Slider	1	240	100	11	4.5	0	30	620	21	1	1	14	W,G,M,E,S
Ham 'n Cheese Slider	1	210	70	8	3	0	30	800	21	1	1	13	W,G,M,E,S
Chicken Tenders (2)	1	240	100	11	1.5	0	30	640	19	1	0	16	W,G,M,E,S
Mac 'n Cheese	1	260	130	14	8	0	35	640	23	3	3	11	W,G,M,E,S
Curly Fries- Kids/ Jr.	1	250	120	13	2	0	0	570	29	3	0	3	W,G,M,E,S
Sauce													
AA BBQ Sauce	1	60	0	0	0	0	0	630	13	0	12	0	F
Horsey Sauce	1	60	45	5	1	0	5	150	3	0	2	0	E
Buffalo Sauce	1	10	10	1	0	0	0	720	2	0	0	0	M
Tangy BBQ Sauce	1	40	0	0	0	0	0	350	9	0	8	0	
Honey Dijon Mustard	1	140	120	13	2	0	10	130	5	0	4	0	E
Ranch Dipping Sauce	1	100	100	11	2.5	0	20	190	2	0	1	1	E,M
Frozen Custard													
Chocolate Banana Milkshake - 12 oz.	1	640	250	27	17	1	85	200	82	2	71	14	G,M,E
Chocolate Banana Milkshake - 22 oz.	1	980	360	40	24	1	120	310	129	4	112	21	G,M,E
Chocolate Malt Milkshake - 12 oz.	1	710	270	30	18	1	90	340	89	1	78	16	G,M,E
Chocolate Malt Milkshake - 22 oz.	1	1060	390	44	26	1	130	510	135	1	117	24	G,M,E
Chocolate Milkshake - 12 oz.	1	600	250	27	16	1	85	200	71	1	65	13	G,M,E
Chocolate Milkshake - 22 oz.	1	910	360	40	24	1	120	310	112	2	104	20	G,M,E
Chocolate Oreo Milkshake - 12 oz.	1	790	320	36	19	1	85	370	100	2	81	15	G,M,E
Chocolate Oreo Milkshake - 22 oz.	1	1280	510	56	28	1	120	640	166	3	132	24	G,M,E
Chocolate Peanutbutter Milkshake - 12 oz.	1	760	390	44	19	1	85	320	70	2	62	19	P,G,M,E
Chocolate Peanutbutter Milkshake - 22 oz.	1	1230	660	73	29	1	120	550	112	5	100	31	P,G,M,E
Jamocha Snack Shake - 7 oz.	1	350	130	14	9	0	45	160	44	0	42	8	G,M,E
Jamocha Milkshake - 12 oz.	1	640	240	27	16	1	85	260	81	1	73	13	G,M,E
Jamocha Milkshake - 22 oz.	1	930	350	39	24	1	120	380	116	1	106	20	G,M,E
Nutella Banana Milkshake - 12 oz.	1	730	330	36	19	1	85	200	81	2	74	15	TN,P,G,M,E
Nutella Banana Milkshake - 22 oz.	1	1090	480	53	28	1	120	310	124	4	112	23	TN,P,G,M,E
Nutella Milkshake - 12 oz.	1	690	330	36	19	1	85	200	72	1	69	14	TN,P,G,M,E
Nutella Milkshake - 22 oz.	1	1010	470	53	28	1	120	310	104	1	101	22	TN,P,G,M,E
Peanut Butter Milkshake - 12 oz.	1	720	390	44	19	1	85	320	61	2	55	18	P,G,M,E
Peanut Butter Milkshake - 22 oz.	1	1150	650	72	29	1	120	540	90	4	82	31	P,G,M,E
Oreo Milkshake - 12 oz.	1	730	320	35	19	1	85	360	85	1	68	15	G,M,E
Oreo Milkshake - 22 oz.	1	1170	500	56	28	1	120	620	139	2	110	23	G,M,E
Strawberry Milkshake - 12 oz.	1	590	240	27	16	1	85	190	70	1	66	13	G,M,E
Strawberry Milkshake - 22 oz.	1	890	350	39	24	1	120	290	110	2	105	20	G,M,E
Strawberry Banana Spa Fruit Milkshake - 12 oz.	1	640	220	24	14	0	70	170	89	4	76	15	G,M,E
Strawberry Banana Spa Fruit Milkshake - 22 oz.	1	1020	330	36	21	0	100	260	148	7	125	23	G,M,E
Vanilla Milkshake - 12 oz.	1	580	240	27	16	1	85	200	65	0	61	13	G,M,E
Vanilla Milkshake - 22 oz.	1	860	350	39	24	1	120	300	101	0	95	19	G,M,E
Frosted Coffee Milkshake - 12 oz.	1	650	270	30	18	1	85	190	78	1	66	13	G,M,E
Frosted Coffee Milkshake - 22 oz.	1	970	390	43	26	1	120	290	118	1	100	20	G,M,E
Eggnog Milkshake - 12 oz.	1	570	240	27	16	1	85	190	62	0	59	13	G,M,E
Eggnog Milkshake - 22 oz.	1	850	350	39	24	1	120	290	97	0	94	19	G,M,E
Orange Cream Milkshake - 12 oz.	1	600	240	27	16	1	85	190	71	0	67	13	G,M,E
Orange Cream Milkshake - 22 oz.	1	920	350	39	24	1	120	300	113	1	106	19	G,M,E
Mint Swirl Milkshake - 12 oz.	1	710	290	32	21	1	85	210	88	1	80	14	G,M,E
Mint Swirl Milkshake - 22 oz.	1	1070	440	49	32	1	120	320	131	2	121	21	G,M,E
Oreo Concrete	1	590	250	28	15	0	70	280	66	1	57	12	G,M,E
Reese's Concrete	1	790	360	40	25	0	75	300	85	2	81	20	P,G,M,E
Snicker's Concrete	1	640	290	32	18	0	80	260	69	1	66	15	G,M,E
Strawberry Banana Concrete	1	620	230	26	15	0	75	190	80	3	73	13	G,M,E
Strawberry Concrete	1	570	230	26	15	0	75	190	67	1	66	13	G,M,E
Pecan Turtle	1	620	280	32	14	0	60	240	68	2	64	13	TN,G,M,E
Cookies 'n Cream Sundae	1	590	240	27	15	0	65	250	76	2	62	11	TN,G,M,E
Zucchini Muffin Delight Sundae	1	560	210	23	9	0	65	450	76	2	56	10	TN,G,M,E
Raspberry Smoothie - 9 oz./Small	1	510	100	11	8	0	20	105	90	0	90	8	G,M,E,S
Raspberry Smoothie - 12 oz./Reg.	1	680	130	14	11	0	30	140	120	0	120	11	G,M,E,S
Strawberry Smoothie- 9 oz./Small	1	510	100	11	8	0	20	75	93	0	93	8	G,M,E,S
Strawberry Smoothie - 12 oz./Reg.	1	680	130	14	11	0	30	100	125	0	125	11	G,M,E,S
Wildberry Smoothie - 9 oz./Small	1	510	100	11	8	0	20	75	93	0	93	8	G,M,E,S
Wildberry Smoothie - 12 oz./Reg.	1	680	130	14	11	0	30	100	125	0	125	11	G,M,E,S
Ice Cream Custard Cup	1	400	180	20	12	0	60	150	40	0	40	10	M,E
Desserts													
Zucchini Muffin - 1 Muffin	1	270	100	11	1.5	0	30	330	40	1	23	3	W,G,M,E,S
Apple Crisp Cobbler	1	610	250	28	10	0	75	570	81	1	54	8	W,G,M,E,S
Cookies													
Triple Chocolate Cookie - 1 Cookie	1	450	190	21	13	0	40	370	60	2	31	5	TN,W,G,M,E,S
Salted Caramel Cookie - 1 Cookie	1	430	160	18	10	0	30	360	63	1	33	4	TN,W,G,M,E,S
Chocolate Chip One Bite Cookie - 1 Cookie	1	40	15	2	1	0	5	25	5	0	3	0	TN,W,G,M,E,S
Double Chocolate One Bite Cookie - 1 Cookie	1	40	20	2	1	0	5	25	5	0	4	0	TN,W,G,M,E,S
Oatmeal Raisin One Bite Cookie - 1 Cookie	1	35	15	1.5	0.5	0	5	25	6	0	3	1	TN,W,G,M,E,S
Sugar One Bite Cookie - 1 Cookie	1	40	20	2	1.5	0	10	35	5	0	3	0	TN,W,G,M,E,S
M&M Chocolate Chip Cookie - 1 Cookie	1	250	100	11	5	0	20	140	30	1	22	3	TN,W,G,M,E,S
Oatmeal Raisin Cookie - 1 Cookie	1	230	90	10	4	0	25	135	35	1	19	3	TN,W,G,M,E,S
Peanut Butter w/Peanut Butter Chips Cookie - 1 Cookie	1	280	150	17	8	0	20	200	29	1	19	5	P,TN,W,G,M,E,S
Coconut Macadamia White Chocolate Chip Cookie - 1 Cookie	1	270	160	15	7	0	25	125	32	1	19	3	TN,W,G,M,E,S
Chocolate Chip Cookie - 1 Cookie	1	250	110	12	6	0	20	140	35	2	21	3	TN,W,G,M,E,S
Reese's Peanut Butter Cookie - 1 Cookie	1	630	340	37	17	0	40	450	67	3	45	11	P,TN,W,G,M,E,S
Triple Chocolate Chunk Cookie - 1 Cookie	1	570	250	28	14	0	45	290	78	3	48	7	TN,W,G,M,E,S