

19/08/2025

																									
	Gluten	Soy	Milk	Sodium Nitrate / Sodium Nitrite	Egg	Crustacean	Mollusc	Fish	Sesame Seeds	Bee Products	Wheat	Lupin	Sulphite	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio	Walnut		
BURGER COMPONENTS																									
4oz Hamburger Patty	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
2oz Hamburger Patty	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Homestyle Breaded Chicken Fillet	Y	May be present	Y	N	Y	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	
Spicy Chicken Fillet	Y	May be present	May be present	N	Y	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	
Crispy Chicken (Value) Patty	Y	Y	May be present	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Hoki Fish Fillet	Y	N	N	N	N	N	N	Y	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	
Kaiser Bun	Y	Y	N	N	N	N	N	N	Y (on line)	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	
Plain Bun	Y	Y	N	N	N	N	N	N	Y (on line)	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	
Cheese - Processed (may also contain cellulose products)	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Bacon	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Ketchup	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Lettuce	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Mayonnaise	Y	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	
Mustard	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Onions	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Red Onions	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Dill Pickles	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	
Tomatoes	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Honey Mustard Bulk	N	Y	Y	Y	Y	N	N	N	N	Y	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	
Avocado	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Sweet Thai Chilli	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Aioli	N	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	
Tartare Sauce	N	N	Y	Y	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	
SALADS																									
Side Salad	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Chicken BLAT Salad	Y	Y	Y	Y	Y	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	
Aioli Dressing for BLAT Salad	N	N	N	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	
Taco Salad (base)	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Taco Chips	N	Y (on line)	Y (on line)	N	N	N	N	N	Y (on line)	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	
Sour Cream	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
FRENCH FRIES																									
Small	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	

HOT STUFFED BAKED POTATOES																							
Plain	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Bacon & Cheese	N	Y	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mushroom & Cheese	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sour Cream & Chives	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cheese Sauce	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
CHILI																							
Small	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Shredded Cheese	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Saltine Crackers	Y	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
CRISPY CHICKEN NUGGETS & CHICKEN STRIPS																							
5 pc / 9 pc / 12 pc nuggets	Y	Y	May be present	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Barbeque Sauce (PCU)	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sweet & Sour Sauce (PCU)	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
3 pc / 5 pc / 7 pc strips	Y	Y	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FROSTY DAIRY DESSERT																							
Small 12oz	N	Y	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N
Frosty Cone	Y	Y	Y	N	N		N	N	N	N	N	N	Y	N									
BEVERAGES																							
Coke	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Diet Coke	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sprite	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Fanta	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
L & P	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Raspberry	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Keri Orange Juice	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N
Flake (in Flake Shake)	N	N	Y	N	N	N	N	N	N	N	N	N	N	Traces	N	N	N	N	N	N	N	N	N
Oreo cookie (in Chocolate shake with cookie topping)	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Promo																							
Cheesenator	Y	Y	Y	Y	Y	N	N	N	Y (on line)	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Maple Syrup	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Candy Bacon Chip	May be present	May be present	May be present	N	N	N	N	N	N	N	May be present	N	N	N	N	N	N	N	N	N	N	N	N

Wendys has stated all information recorded in allergen statements provided by Wendys Suppliers/Manufacturers, 100% freedom from other allergens is not guaranteed by Wendys

Nutritional Information

4/05/2022

	Serving size	Weight (g)	Kilojoules 100g	Calories p 100g	Protein 100g	Total fat 100g	Saturated fat 100g	Trans fatty acids 100g	Carbohydrates 100g	Sugars 100g	Sodium(mg) 100g		Kilojoules	Calories	Protein	Total fat	Saturated fat	Trans fatty acids	Carbohydrates	Sugars	Sodium(mg)
BURGERS																					
1/4 lb Single	1 ea.	277	875	218	10	11	6	0	13	4	265		2423	603	28	31	16	1	36	11	735
1/2 lb Double	1 ea.	351	1145	280	14	17	9	0	10	3	246		4020	985	50	61	33	1	36	11	863
3/4 lb Triple	1 ea.	435	1291	314	16	21	12	0	8	2	228		5617	1366	72	90	50	2	36	11	991
Big Bacon Classic	1 ea.	295.8	965	239	12	14	7	0	12	4	333		2855	706	34	40	21	1	36	11	984
Baconator	1 ea.	312	1392	340	18	22	12	0	11	3	368		4339	1061	57	68	36	1	34	9	1147
Baconator Mushroom Melt	1 ea.	361	1217	298	16	18	10	0	10	2	412		4400	1076	58	66	37	1	37	8	1491
Son of Baconator	1 ea	167	1509	360	19	38	9	0	16	4	504		2523	603	32	64	14	1	26	6	843
Hamburger	1 ea.	115.5	1198	330	24	25	5	0	23	8	437		1384	381	28	29	5	0	27	9	504
Cheeseburger	1 ea.	125.5	1246	336	24	26	6	0	21	7	455		1564	421	30	33	7	0	27	9	571
Kid Meal Hamburger	1 ea.	101	1335	319	15	28	5	0	25	5	411		1348	322	16	28	5	0	25	5	415
Kids Meal Cheeseburger	1 ea.	111	1376	326	16	29	7	0	23	5	434		1528	362	18	32	7	0	25	5	482
Bacon Cheeseburger	1 ea.	176.2	983	233	11	20	5	0	15	4	318		1732	411	20	36	8	0	26	6	560
Deluxe Cheeseburger	1 ea.	180.5	938	224	10	19	4	0	16	5	468		1693	404	18	34	8	0	29	8	845
Deluxe Double Stacker	1 ea.	163	1482	354	17	37	8	0	18	5	539		2408	575	28	60	13	1	29	8	876
BBQ Deluxe Double Stack	1 ea.	163	1410	337	17	35	8	0	18	5	404		2291	547	28	58	13	1	29	8	656
Single Mushroom Melt	1 ea	268	1034	256	13	14	7	0	14	3	447		2774	687	35	37	20	1	37	8	1199
Crispy Chicken Burger	1 ea.	157	1064	254	11	11	3	0	27	4	544		1671	399	18	17	4	0	42	6	853
Bacon Chicken Chomper	1 ea.	208	943	225	11	11	3	0	21	4	499		1957	467	22	22	7	0	43	8	1035
Hoki Burger	1 ea.	154	1138	272	13	7	3	0	37	15	367		1752	419	21	11	5	0	58	23	565
Ultimate Chicken Grill	1 ea.	261	621	158	16	2	0	0	14	5	523		1621	412	42	6	1	0	37	12	1364
Homestyle Chicken Burger	1 ea.	245	874	219	11	8	1	0	22	4	550		2142	536	28	19	2	0	54	9	1348
Spicy Chicken Burger	1 ea.	245	824	207	12	7	1	0	20	4	589		2020	507	28	18	3	0	48	9	1444
Chicken Club	1 ea.	284	875	218	12	9	2	0	19	3	580		2484	618	34	26	6	0	53	8	1645
Avocado Bacon Supreme	1 ea.	307.2	820	204	10	8	1	0	19	4	546		2518	626	32	25	4	0	57	12	1678

Chickenator	1 ea.	374.4	1045	256	16	12	2	0	20	2	768		3912	959	58	43	9	0	75	9	2876
Salad burger	1 ea.	203	615	159	5	5	1	0	18	6	348		1249	323	10	11	3	0	36	11	707
Low carb burger Beef	1 ea.	235.2	845	202	11	15	8	0	2	2	273		1987	474	27	36	19	1	5	4	643
Low carb burger Chicken	1 ea.	261.6	649	155	9	7	1	0	13	5	620		1698	406	24	19	3	0	35	12	1622
BURGER COMPONENTS																					
4oz Hamburger Patty	4 oz	74	1260	301	17.4	26.0	13.4	0.7	0.0	0.0	54		1430	342	19.7	26.0	15.2	0.5	0.0	0.0	61
2oz Hamburger Patty	2 oz	37	1260	301	17.4	26.0	13.4	0.7	0.0	0.0	54		715	171	9.9	26.0	5.0	0.3	0.0	0.0	31
Ultimate Chicken Grill	1 pc	132	542	129	26.4	2.3	0.7	0.0	0.5	0.0	730		715	171	34.8	3.0	0.9	0.0	0.7	0.0	964
Homestyle Chicken Fillet	1 pc	120	1010	241	17.2	11.5	1.5	0.0	17.0	0.0	780		1212	289	20.6	13.8	1.8	0.0	20.4	0.0	936
Spicy Chicken Fillet	1 pc	120	908	217	17.5	10.9	1.6	0.0	12.2	0.0	860		1090	260	21.0	13.1	1.9	0.0	14.6	0.0	1032
Value Chicken Patty	1 pc	78	1221	292	15.3	16.1	4.9	0.0	21.5	1.4	649		952	227	11.9	12.6	3.8	0.0	16.8	1.1	506
Hoki Fillet	1 pc	65	518	124	12.7	1.2	0.2	0.0	15.5	0.8	225		337	80	8.3	0.8	0.1	0.0	10.1	0.5	146
Kaiser Bun	1 ea.	70	1260	301	10.4	4.7	0.7	0.0	55.9	9.4	480		780	211	7.1	2.6	0.3	0.0	30.5	6.3	330
Plain Bun	1 ea.	55	1110	265	10.0	3.9	0.5	0.0	44.5	9.0	480		610	146	5.5	2.1	0.3	0.0	24.5	4.9	265
Cheese	1 sl.	10	1670	399	23.3	34.5	20.0	1.7	0.1	0.0	668		167	40	2.3	3.5	2.0	0.2	0.0	0.0	67
Bacon	1 strip	9.6	1020	244	19.5	18.0	7.3	0.0	1.5	1.2	1200		98	23	1.9	1.7	0.7	0.0	0.1	0.1	115
Ketchup	1 tsp.	7	468	112	1.5	0.2	0.0	0.0	25.7	21.8	1240		33	8	0.1	0.0	0.0	0.0	1.8	1.5	87
Lettuce	1 leaf	15	9	2	1.1	0.3	0.0	0.0	0.4	0.0	14		1	0	0.2	0.0	0.0	0.0	0.1	0.0	2
Large lettuce leaf for low carb burger	1 leaf	24	14	3	1.8	0.5	0.0	0.0	0.6	0.0	22		3	1	0.4	0.1	0.0	0.0	0.2	0.0	5
Mayonnaise	1.5 tsp.	9	1190	284	1.0	28.3	4.3	0.0	7.4	4.5	889		107	26	0.1	2.5	0.4	0.0	0.7	0.4	80
Mustard	0.5 tsp.	5	457	109	4.6	4.5	0.2	0.0	11.0	4.0	1300		23	5	0.2	0.2	0.0	0.0	0.6	0.2	65
Red Onions	2 rings	7	103	25	1.6	0.1	0.0	0.0	4.4	4.4	13		7	2	0.1	0.0	0.0	0.0	0.3	0.3	1
Dill Pickles	3 ea.	8	0	0	0.0	0.0	0.0	0.0	0.0	0.0	1364		0	0	0.0	0.0	0.0	0.0	0.0	0.0	109
Tomatoes	1 sl.	31	68	16	0.0	0.0	0.0	0.0	3.2	3.2	0		21	5	0.0	0.0	0.0	0.0	1.0	1.0	0
Honey Mustard Bulk	1 stroke	13	641	153	1.4	1.5	0.0	0.0	31.9	27.5	521		83	20	0.2	0.2	0.0	0.0	4.1	3.6	68
Avocado	1 stroke	15	675	161	1.9	14.5	2.0	0.0	3.0	1.5	505		101	24	0.3	2.2	0.3	0.0	0.5	0.2	76
Sweet Thai Chilli	1 serve	7	621	148	0.2	0.2	0.0	0.0	35.8	32.5	610		43	10	0.0	0.0	0.0	0.0	2.5	2.3	43
Herb/Garlic Aioli	1 serve	7	1936	462	1.3	45.0	3.9	0.0	14.0	11.0	858		136	32	0.1	3.2	0.3	0.0	1.0	0.8	60
Mushroom and Cheese sauce	1 serve	95											201	48	2	1	1	0	6	1	511
BBQ Sauce	1 tsp.	7	598	142	1.1	0.2	0.1	0.0	32.9	27.7	948	42	10	0.1	0.0	0.0	0.0	2.3	1.9	66	
Chili mix (without meat) 12 oz	340g	340	335	80	4.0	0.0	0.0	0.0	16.0	6.0	880	1138	272	13.6	0.0	0.0	0.0	54.4	20.4	2992	
Chili mix (without meat) 16 oz	453g	453	335	80	4.0	0.0	0.0	0.0	16.0	6.0	880	1516	362	18.1	0.0	0.0	0.0	72.5	27.2	3986	
Processed Cheese	1 ea.	12.4	1450	345	20.0	27.9	19.0	1.4	4.4	2.6	1660	180	43	2	3	2	0	1	0	206	
SALADS																					
Side Salad	1 ea.	126	194	46	3	4	2	0	1	1	73		244	58	4	5	3	0	2	1	92

Herb/Garlic aioli	1 pkt.	20	1936	462	1	45	4	0	14	11	858		387	92	0.3	9.0	0.8	0.0	2.8	2.2	172
Bacon Chicken Fiesta Salad (base)	1 serve	312.2	428	102	14	4	2	0	3	2	445		1335	319	43	12	5	0	10	6	1388
BBQ ranch dressing for Fiesta Salad	1 pkt.	30	1162	278	2	17	2	0	30	28	963		349	83	0	5	0	0	9	8	289
Taco Salad (base)	1 serve	388	458	109	7	6	4	0	6	2	291		1776	424	28	25	15	0	23	6	1128
Taco Chips	1 pkt.	43	2110	504	6.2	23.4	2.5	0.0	66.9	0.9	200		907	217	2.7	10.1	1.1	0.0	28.8	0.4	86
Sour Cream	1 pottle	45	979	234	3.4	22.0	14.5		6.3	4.5	86		441	105	1.5	9.9	6.5	0.0	2.8	2.0	39
FRENCH FRIES AND SIDES																					
Value	2.79 oz	79	1020	244	3.9	10.0	4.0		34.5	0.7	140		806	192	3.1	7.9	3.2	0.0	27.3	0.5	111
Small	3.17oz	90	1020	244	3.9	10.0	4.0		34.5	0.7	140		918	219	3.5	9.0	3.6	0.0	31.1	0.6	126
Medium	5.57oz	158	1020	244	3.9	10.0	4.0		34.5	0.7	140		1612	385	6.2	15.8	6.3	0.0	54.5	1.0	221
Large	7.06oz	200	1020	244	3.9	10.0	4.0		34.5	0.7	140		2040	487	7.8	20.0	8.0	0.0	69.0	1.3	280
Mandarin Oranges	Pottle	142	245	59	0.4	0.1	0.0	0.0	13.5	13.4	5		348	83	0.6	0.1	0.0	0.0	19.2	19.0	7
Onion rings	6 pack	103	547	131	3.5	0.3	0.1	0.0	27.2	6.2	449		566	135	3.6	0.3	0.1	0.0	28.1	6.4	464
HOT STUFFED BAKED POTATOES																					
Plain	1 ea	286	342	82	2.1	0.2	0.0		18.2	0.2	4		978	234	6.0	0.6	0.0		52.1	0.6	11
Bacon & Cheese	1 ea.	366	503	120	4.6	3.3	1.2		20.5	0.0	251		1841	440	16.8	12.1	4.4		75.0	0.0	919
Mushroom & Cheese	1 ea.	381	309	74	2	1	0	0	15	1	137		1179	282	8.0	2.0	1.0	0.0	58.0	2.0	522
Chili & Cheese	1 ea.	473	421	100	4	2	1	0	17	2	309		1990	475	17	11	7		79	9	1463
Sour Cream & Chives	1 ea.	331	429	102	2.3	3.2	2.0		16.6	0.8	15		1419	339	8	10	7		55	3	50
Cheese Sauce	2oz	57	335	80	0.7	2.0	1.3		14.7	2.7	588		191	46	0.4	1.1	0.8		8.4	1.5	335
CHILI																					
Small	12 oz.	340	461	110	6	3	1	0	16	6	885		1566	374	19.5	8.8	4.6	0.2	54.4	20.4	3010
Large	16 oz	453	461	110	6	3	1	0	16	6	885		2087	499	26.0	11.8	6.1	0.3	72.5	27.2	4011
Shredded Cheese	2 T.	17	1760	420	23.2	36.8	25.9		0.0	0.0	668		299	71	3.9	6.3	4.4		0.0	0.0	114
Saltine Crackers	2 ea.	6	1750	418	14.2	8.3	0.0	0.0	83.3	0.0	1333		105	25	0.9	0.5	0.0	0.0	5.0	0.0	80
Hot Chili Seasoning	1 pkt.	7	300	72	0.0	0.0	0.0	0.0	14.2	14.2	3857		21	5	0.0	0.0	0.0	0.0	1.0	1.0	270
SNACKS																					
Guacamole Crunch Bowl	1 ea	443	681	163	5	7	3	0	20	5	725		3016	720	24	31	12	0	86	23	3211
Chili Guacamole Fries	1 ea.	490	618	148	5	6	3	0	18	5	663		3026	723	25	30	15	0	89	23	3251
Chili Chips & Cheese	1 ea.	478	291	70	2	2	0	0	10	1	281		1393	333	8	11	2	0	48	7	1345
Loaded Cheese Fries	1 ea.	161	763	182	4	8	3	0	25	1	413		1228	293	6	12	5	0	40	2	664
CRISPY CHICKEN NUGGETS																					
12 piece	12 pc	195	805	192	12.7	9.5	1.8	0.0	14.0	2.3	638		1570	375	24.8	18.5	3.5	0.0	27.3	4.5	1244
9 piece	9 pc	146	805	192	12.7	9.5	1.8	0.0	14.0	2.3	638		1177	281	18.6	13.9	2.6	0.0	20.5	3.4	933
5 piece	5 pc	80	805	192	12.7	9.5	1.8	0.0	14.0	2.3	638		644	154	10.2	7.6	1.4	0.0	11.2	1.8	510

4 piece	4 pc	65	805	192	12.7	9.5	1.8	0.0	14.0	2.3	638		523	125	8.3	6.2	1.2	0.0	9.1	1.5	415
Barbeque Sauce	1 pkt.	28	598	143	1.1	0.2	0.0	0.0	32.9	27.7	948		167	40	0.3	0.1	0.0	0.0	9.2	7.8	265
Sweet & Sour Sauce	1 pkt.	28	676	161	0.0	0.0	0.0	0.0	38.9	34.6	399		189	45	0.0	0.0	0.0	0.0	10.9	9.7	112
CHICKEN STRIPS																					
Spicy Chicken Strips	3 pack	120	698	167	16.5	6.4	2.1	0.0	11.0	2.3	550		838	200	20	8	3	0	13	3	660
Spicy Chicken Strips	5 pack	200	698	167	16.5	6.4	2.1	0.0	11.0	2.3	550		1396	333	33	13	4	0	22	5	1100
Spicy Chicken Strips	7 pack	280	698	167	16.5	6.4	2.1	0.0	11.0	2.3	550		1954	467	46	18	6	0	31	6	1540
FROSTY DAIRY DESSERT																					
Vanilla Junior 6oz	1 ea.	113	563	134	3.6	4.0	2.3		20.7	16.6	71		636	152	4	5	3	0	23	19	80
Vanilla Small 12oz	1 ea.	227	563	134	3.6	4.0	2.3		20.7	16.6	71		1278	305	8	9	5	0	47	38	161
Vanilla Large 16oz	1 ea.	298	563	134	3.6	4.0	2.3		20.7	16.6	71		1678	401	11	12	7	0	62	49	212
Chocolate Junior 6oz	1 ea.	113	564	135	4.0	4.1	2.3		20.3	15.8	75		637	152	5	5	3	0	23	18	85
Chocolate Small 12oz	1 ea.	227	564	135	4.0	4.1	2.3		20.3	15.8	75		1280	306	9	9	5	0	46	36	170
Chocolate Large 16oz	1 ea.	298	564	135	4.0	4.1	2.3		20.3	15.8	75		1681	401	12	12	7	0	60	47	224
Frosty Float (Vanilla Frosty & Coke)	1 ea.	467	346	82.6	1.6	1.7	1.0		15.0	13.2	36.4		1614	386	7	8	5	0	70	62	170
Frosty Shake - Strawberry (small)	1 ea.	314	509	121.6	2.5	3.3	1.7		20.3	15.6	50.0		1657	396	8	14	9	0	59	57	99
Frosty Shake - Chocolate (small)	1 ea.	309	544	129.9	2.8	3.9	1.7		20.7	15.5	59.0		1677	401	9	14	9	0	60	55	102
Flake Shake - Strawberry (small)	1 ea	314	691	165	3	7	4	0	27	23	38		2171	519	10	21	13	0	85	71	119
Flake Shake - Chocolate (small)	1 ea	309	723	173	4	7	4		24	22	40		2234	534	11.1	21.3	13.9	0.0	74.6	68.9	122
DESSERTS																					
Oreo Parfait	1 ea.	190	727	174	4	5	2		30	25	100		1382	330	7	9	5		57	47	190
Frosty Cone	1 ea.	130	715	171	4	5	3		28	18	62		929	222	5	6	4		36	24	80
BEVERAGES																					
Coke	20oz	591	180	43	0.0	0.0	0.0	0.0	10.6	10.6	10		1064	254	0.0	0.0	0.0	0.0	62.6	62.6	59
Coke Zero	20oz	591	2	0	0.1	0.0	0.0	0.0	0.1	0.0	15		9	2	0.3	0.0	0.0	0.0	0.6	0.0	86
Raspberry	20oz	591	221	53	0.0	0.0	0.0	0.0	13.0	13.0	6		1306	312	0.0	0.0	0.0	0.0	76.8	76.8	35
Sprite	20oz	591	175	42	0.0	0.0	0.0	0.0	10.3	10.2	5		1034	247	0.0	0.0	0.0	0.0	60.9	60.3	30
Fanta	20oz	591	212	51	0.0	0.0	0.0	0.0	12.4	12.4	15		1253	299	0.0	0.0	0.0	0.0	73.3	73.3	89
L & P	20oz	591	188	45	0.0	0.0	0.0	0.0	10.9	10.8	14		1111	265	0.0	0.0	0.0	0.0	64.4	63.8	83
Keri Orange Juice	16 oz.	473	223	53	1.0	1.0	0.0	0.0	12.6	10.2	5		1055	252	4.7	4.7	0.0	0.0	59.6	48.2	24
Calci-Yum Chocolate	1 pk.	250	252	60	3.4	1.4	0.8		8.2	8.0	42		630	150	8.5	3.5	2.0		20.5	20.0	105
Calci-Yum Strawberry	1 pk.	250	247	59	3.2	1.3	0.8		8.4	8.4	41		618	147	8.0	3.3	2.0		21.0	21.0	103
Calci-Yum Banana	1 pk.	250	249	59	3.2	1.3	0.8		8.5	8.5	41		623	149	8.0	3.3	2.0		21.3	21.3	103