



MENU ITEMS NOT MADE WITH GLUTEN-CONTAINING INGREDIENTS

Salads & Sides

Salads

Apple Pecan Chicken Salad[■] (no pecans)
 Asian Cashew Chicken Salad[■]
 BBQ Ranch Chicken Salad[■]
 Garden Side Salad (no croutons)
 Caesar Side Salad (no croutons)

Sides

Chili
 Apple Slices
 Baked Potato[■]
 Sour Cream & Chives Potato[■]

Sides

Bacon & Cheese Baked Potato[■]
 Broccoli & Cheese Baked Potato[■]
 Cheese Baked Potato[■]
 Chili & Cheese Baked Potato[■]

Salad Toppings and Dressings

BBQ Ranch Dressing
 Light Spicy Asian Chili Vinaigrette
 Pomegranate Vinaigrette
 Lemon Garlic Caesar Dressing
 Ranch Dressing*

Light Honey French Dressing*
 Italian Vinaigrette Dressing*
 Light Ranch Dressing*
 Thousand Island Dressing*
 Spicy Roasted Cashews

Frosty™

Chocolate Frosty
 Vanilla Frosty
 Caramel Frosty Shake

Chocolate Frosty Shake
 Strawberry Frosty Shake

Meat

Applewood Smoked Bacon[■]
 Hamburger Patty[■]
 Ultimate Chicken Grill Fillet^{■+■}

Beverages

Minute Maid® Light Lemonade*
 Hi-C® Flashin' Fruit Punch®*
 Hot Tea
 Iced Tea
 Coffee
 Coffee Creamer
 Juicy Juice® Apple Juice
 Nestlé® Pure Life® Bottled Water*

Coca-Cola®
 Diet Coke®
 Sprite®
 Dr. Pepper®
 Barq's® Root Beer*
 Coke Zero™*
 Fanta® Orange*
 Pibb Xtra®

Brewed Sweetened Iced Tea*
 Brewed Unsweetened Iced Tea
 Lowfat Chocolate Milk
 Lowfat White Milk
 Lemonade
 Strawberry Tea
 Strawberry Lemonade

Condiments

American Cheese[■]
 Cheddar Cheese Sauce
 Shredded Cheddar Cheese
 Cheddar & Pepper Jack Cheese Blend
 Natural Asiago Cheese[■]
 Reduced Fat Sour Cream+

Mustard
 Ketchup[■]
 Mayonnaise[■]
 Lettuce[■]
 Red Onion[■]
 Crinkle-Cut
 Pickles[■]
 Tomato[■]

Tartar Sauce[■]
 Smoky Honey Mustard Sauce[■]
 Hot Chili Seasoning
 Ranch Sauce[■]
 Buttery Best Spread+

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 the season of the year. Temporary products are not included. This information is effective as of April, 2014. Wendy's International, LLC, its franchisees and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. We encourage anyone with food allergies, sensitivities, or special dietary needs to check 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, LLC., Consumer Relations Department, One Dave Thomas Boulevard, Dublin, OH 43017-0256, 614-764-3100.

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