



Arby's® Nutrition & Allergen Information (CAN)

Major food allergens are listed below are underlined and in **RED**.

† Menu item is cooked in the same oil as other items that contain major allergens.

* Menu item may not be available at all Arby's® restaurants.

LIMITED TIME ONLY

	Serving Weight (g)	Calories	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)
Poutine <u>Contains: Milk, Soya, Wheat</u> † Fish (where available)	241	650	40	12	1	60	1870	53	4	1	19
Crispy Fish Sandwich <u>Contains: Egg, Mustard, Soya, Wheat, Fish (Pollock), Sesame Seeds</u> † Milk	228	570	25	4	0	45	990	65	3	9	20
Crispy Fish Flatbread <u>Contains: Egg, Milk, Mustard, Soya, Wheat, Fish (Pollock)</u>	246	590	25	4	0	45	1030	70	3	5	20
Buffalo Chicken Sandwich <u>Contains: Egg, Milk, Soya, Wheat</u> † Fish (where available)	237	530	23	3.5	0.2	55	2360	59	3	5	22
Oreo® Bites <u>Contains: Egg, Milk, Soya, Wheat</u>	71	330	21	10	0	10	115	32	1	17	4

ROAST BEEF SANDWICHES

Classic Roast Beef <u>Contains: Sesame Seeds, Wheat</u>	154	350	14	5	1	60	970	34	1	7	22
Medium Roast Beef <u>Contains: Sesame Seeds, Wheat</u>	210	450	20	8	1.5	95	1410	35	1	7	32
Large Roast Beef <u>Contains: Sesame Seeds, Wheat</u>	267	550	27	11	2	135	1860	35	1	7	43
Classic Beef 'n Cheddar <u>Contains: Milk, Wheat, Mustard</u>	195	440	21	6	1	60	1270	40	1	9	22
Medium Beef 'n Cheddar <u>Contains: Milk, Wheat, Mustard</u>	251	540	27	9	1.5	100	1710	40	1	9	33
Large Beef 'n Cheddar <u>Contains: Milk, Wheat, Mustard</u>	329	670	36	12	2	140	2340	42	1	9	44

SIGNATURE SANDWICHES

Three Cheese & Bacon <u>Contains: Egg, Milk, Soya, Wheat</u>	272	750	42	15	1.5	120	2230	49	2	6	45
Fire-Roasted Philly <u>Contains: Egg, Milk, Mustard, Soya, Wheat</u>	279	580	28	10	1	95	2040	52	3	7	37
French Dip 'n Swiss Sandwich/Au Jus <u>Contains: Egg, Milk, Soya, Wheat, Sulphites</u>	332	580	24	10	1	85	2610	56	2	7	37
Montreal Smoked Meat Reuben <u>Contains: Egg, Milk, Soya, Wheat, Mustard</u>	303	640	26	6	0.3	65	1850	62	4	5	34
Double Montreal <u>Contains: Egg, Milk, Soya, Wheat, Mustard</u>	402	750	30	7	0.3	110	2620	64	4	6	51

TURKEY SANDWICHES

Grand Turkey Club <u>Contains: Egg, Milk, Mustard, Soya, Wheat</u>	236	390	15	5	0.2	60	1670	40	2	7	28
Roast Turkey Ranch & Bacon <u>Contains: Egg, Milk, Wheat</u>	343	790	33	9	0.4	90	2320	79	6	13	45
Roast Turkey & Swiss <u>Contains: Egg, Milk, Mustard, Wheat, Fish (anchovies)</u>	325	620	19	4.5	0.2	60	1910	79	5	13	37



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CHICKEN												
Crispy Chicken <u>Contains: Egg, Mustard, Soya, Wheat</u> † Milk, Fish (where available)	248	480	19	2.5	0.1	55	1590	59	3	6	22	
Chicken Cordon Bleu <u>Contains: Egg, Milk, Mustard, Soya, Wheat</u> † Fish (where available)	276	630	30	7	0.3	80	1850	61	3	8	33	
Chicken Bacon Swiss <u>Contains: Egg, Milk, Mustard, Soya, Wheat</u> † Fish (where available)	251	560	24	5	0.3	85	2110	58	2	5	34	
3 Piece Chicken Tenders <u>Contains: Wheat</u> † Egg, Milk, Soya, Fish (where available)	131	370	17	1.5	0	55	1100	30	2	0	24	
Barbeque Dippitt Adds	28	30	0.1	0	0	0	350	7	0	5	0.2	
Honey Mustard Dippitt Adds <u>Contains: Mustard</u>	28	50	0.2	0	0	0	180	11	0	9	0.2	
KIDS MEAL												
Roast Beef 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u>	91	240	10	4	0.4	30	680	22	1	2	13	
2 Piece Chicken Tenders <u>Contains: Wheat</u> † Egg, Milk, Soya, Fish (where available)	87	250	11	1	0	35	730	20	2	0	16	
Ham 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u>	91	200	7	2.5	0.1	25	750	22	1	3	13	
BAKED POTATOES												
Baked Potato- Sour Cream & Butter <u>Contains: Milk, Soya</u>	381	570	27	17	0.5	75	300	71	7	5	10	
Baked Potato- Deluxe <u>Contains: Milk, Soya</u>	451	740	40	22	1	105	1010	77	8	6	19	
Baked Potato- Butter <u>Contains: Milk, Soya</u>	352	520	23	14	0.5	60	270	69	7	3	9	
DESSERTS												
Chocolate Shake <u>Contains: Milk</u>	496	590	16	10	0.2	60	310	97	1	90	16	
Vanilla Shake <u>Contains: Milk</u>	461	510	16	10	0.2	60	290	78	0	75	15	
Jamocha Shake <u>Contains: Milk</u>	496	590	16	10	0.2	60	340	97	0	94	15	
Apple Turnover (no icing) <u>Contains: Soya, Wheat</u>	89	280	16	8	0.1	0	220	30	1	8	3	
Blueberry Turnover (no icing) <u>Contains: Soya, Wheat</u>	89	270	15	7	0.1	0	220	31	1	9	4	
Icing Adds <u>Contains: Sulphites</u>	21	70	0.5	0.4	0	0	2	17	0	16	0	
Triple Chocolate Cookie <u>Contains: Egg, Milk, Soya, Wheat, Peanuts</u>	95	450	21	13	0.2	40	370	60	2	31	5	
Salted Caramel and Chocolate Cookies <u>Contains: Egg, Milk, Soya, Wheat, Peanuts</u>	94	430	18	10	0.1	30	360	63	1	33	4	



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SLIDERS

	Serving Weight (g)	Calories	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)
Buffalo Chicken Slider <u>Contains: Egg, Milk, Soya, Wheat</u> † Fish (where available)	106	290	12	1.5	0.1	20	1010	32	2	2	12
Roast Beef 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u>	91	240	10	4	0.4	30	680	22	1	2	13
Jalapeño Roast Beef 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u>	98	240	10	4	0.4	30	680	23	1	3	13
Chicken Tender 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u> † Egg, Fish (where available)	99	300	12	2.5	0.2	25	780	32	2	2	15
Montreal Smoked Meat 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u>	91	210	7	3	0.1	25	690	23	1	3	13
Ham 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u>	91	200	7	2.5	0.1	25	750	22	1	3	13

SNACKS/FRIENDS OF MEAT

Jr Roast Beef Sandwich <u>Contains: Sesame Seeds, Wheat</u>	90	190	6	2.5	0.4	30	580	22	1	2	12
Jr Bacon 'n Cheddar Sandwich <u>Contains: Milk, Wheat, Sesame Seeds</u>	120	260	11	4	0.4	40	930	25	1	3	16
Jr Ham & Swiss Sandwich <u>Contains: Milk, Soya, Wheat, Sesame Seeds</u>	124	280	7	2.5	0.2	30	910	36	1	8	16
Loaded Curly Fries <u>Contains: Milk, Wheat</u> † Egg, Soya, Fish (where available)	240	630	39	8	0.4	35	2030	57	4	3	14
Curly Fries - Small ♦ <u>Contains: Wheat</u> † Egg, Milk, Soya, Fish (where available)	77	250	14	1	0	0	700	29	2	0	3
Curly Fries - Medium ♦ <u>Contains: Wheat</u> † Egg, Milk, Soya, Fish (where available)	128	410	23	1.5	0	0	1160	48	4	1	4
Curly Fries - Large ♦ <u>Contains: Wheat</u> † Egg, Milk, Soya, Fish (where available)	170	550	30	2	0.2	0	1550	64	5	1	6
Beef Gravy Adds <u>Contains: Milk, Soya, Wheat, Sulphites</u>	85	35	0.4	0.1	0	0	510	6	0	1	1
Homestyle Fries - Small ♦ † Egg, Milk, Soya, Wheat, Fish (where available)	85	240	10	1	0	0	640	33	3	0	3
Homestyle Fries - Medium ♦ † Egg, Milk, Soya, Wheat, Fish (where available)	128	360	16	1	0	0	960	50	4	0	5
Homestyle Fries - Large ♦ † Egg, Milk, Soya, Wheat, Fish (where available)	213	600	26	2	0.2	0	1590	83	7	0	8
Mozzarella Sticks - Snack (2) <u>Contains: Milk, Soya, Wheat</u> † Egg, Fish (where available)	69	220	11	4.5	0.3	20	750	19	1	1	10
Mozzarella Sticks - Regular (4) <u>Contains: Milk, Soya, Wheat</u> † Egg, Fish (where available)	137	440	22	9	0.5	45	1510	39	2	2	21
Mozzarella Sticks - Large (8) <u>Contains: Milk, Soya, Wheat</u> † Egg, Fish (where available)	274	880	45	18	1	90	3010	77	5	3	42
Marinara Sauce Adds	43	35	1.5	0.1	0	0	160	5	1	2	1
Ranch Dippitt Adds <u>Contains: Egg, Milk</u>	43	200	20	1.5	0.3	10	350	3	0	2	1
Onion Rings - Regular <u>Contains: Wheat</u> † Egg, Milk, Soya, Fish (where available)	113	390	21	1.5	0.1	0	940	48	2	3	5
Onion Rings - Large <u>Contains: Wheat</u> † Egg, Milk, Soya, Fish (where available)	170	590	31	2.5	0.2	0	1410	72	3	5	7
Chopped Side Salad <u>Contains: Milk</u>	120	80	4.5	3	0.2	15	105	4	1	2	5



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BEVERAGES											
Pepsi®- Snack	12 oz	150	0	0	0	0	20+	41	0	41	0
Pepsi®- Small	16 oz	200	0	0	0	0	20+	55	0	55	0
Peps®i- Medium	22 oz	280	0	0	0	0	30+	75	0	75	0
Pepsi®- Large	30 oz	380	0	0	0	0	40+	102	0	102	0
Diet Peps®i- Snack	12 oz	0	0	0	0	0	30+	0	0	0	0
Diet Pepsi®- Small	16 oz	0	0	0	0	0	30+	0	0	0	0
Diet Pepsi®- Medium	22 oz	0	0	0	0	0	50+	0	0	0	0
Diet Pepsi®- Large	30 oz	0	0	0	0	0	60+	0	0	0	0
Brisk® Iced Tea- Snack	12 oz	80	0	0	0	0	40+	22	0	22	0
Brisk® Iced Tea- Small	16 oz	110	0	0	0	0	50+	29	0	29	0
Brisk® Iced Tea- Medium	22 oz	150	0	0	0	0	70+	40	0	40	0
Brisk® Iced Tea- Large	30 oz	200	0	0	0	0	100+	55	0	55	0
7 Up®- Snack	12 oz	160	0	0	0	0	60+	42	0	42	0
7 Up®- Small	16 oz	210	0	0	0	0	80+	56	0	56	0
7 Up®- Medium	22 oz	280	0	0	0	0	110+	77	0	77	0
7 Up®- Large	30 oz	400	0	0	0	0	150+	105	0	105	0
Mug® Root Beer- Snack	12 oz	160	0	0	0	0	50+	39	0	39	0
Mug® Root Beer- Small	16 oz	210	0	0	0	0	60+	52	0	52	0
Mug® Root Beer- Medium	22 oz	290	0	0	0	0	80+	72	0	72	0
Mug® Root Beer- Large	30 oz	400	0	0	0	0	110+	98	0	98	0
Dr Pepper®- Snack	12 oz	140	0	0	0	0	50+	38	1	37	0
Dr Pepper®- Small	16 oz	190	0	0	0	0	60+	51	0	49	0
Dr Pepper®- Medium	22 oz	260	0	0	0	0	80+	70	0	68	0
Dr Pepper®- Large	30 oz	350	0	0	0	0	110+	95	0	92	0

+The sodium value will vary based on the level of sodium in the local water supply.

1% Lowfat Chocolate Milk: See carton label.

2% Reduced Fat White Milk: See carton label.

1000 Island Spread: Soya oil, water, dijon mustard (vinegar, mustard seed, salt, white wine, citric acid, tartaric acid, spices), red wine vinegar, glucose-fructose, egg yolk, pickles, sugar, extra virgin olive oil, tomato paste, salt, corn syrup, caraway seed, distilled vinegar, garlic (including dehydrated), spices, xanthan gum, onion (dehydrated), sodium benzoate (preservative), propylene glycol alginate, oleoresin paprika, disodium guanylate, disodium inosinate, bell peppers, mustard seed, dextrose, calcium disodium EDTA (to protect flavour), alum, natural flavours, polysorbate 80.

7 Up®: Carbonated Water, glucose-fructose and/or sugar, citric acid, natural flavours, malic acid, sodium citrate, sodium benzoate.

Apple Turnover: Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), margarine (palm oil and palm kernel oil), soya oil, water, salt, vegetable mono and diglycerides polyglycerol ester, sodium benzoate and potassium sorbate (preservatives), soya lecithin, natural and artificial flavours, beta carotene [colour], vitamin A palmitate), water. Contains 2% or less of the following: glucose-fructose, salt. Filling: Diced apples (apples, water, salt, ascorbic acid, citric acid), water, sugar, glucose-fructose, modified corn starch, corn syrup. Contains 2% or less of the following: raisins, gellan gum, sodium benzoate and potassium sorbate (preservatives), malic acid, salt, spice.

Au Jus: Water, maltodextrin, modified corn starch, hydrolyzed plant proteins (corn, soya, and wheat), sugar, salt, palm oil, beef fat (TBHQ, and citric acid added to protect flavour), dried beef stock, autolyzed yeast extract, onion powder. Contains 2% or less of the following: soya oil, caramel colour, natural flavouring (contains milk), disodium inosinate, disodium guanylate, lactic acid, caramel colour, garlic powder, natural flavours, beef extract, beef stock, DATEM.

Contains Sulphites.

Barbeque Dippitt: Water, sugar/glucose-fructose, tomato paste, vinegar, salt, modified corn starch, vegetable oil, xanthan gum, sodium benzoate (preservative), spices and spice extractives, flavour.

Beef Gravy: Water, wheat flour (gluten), modified corn starch, hydrolyzed soya/corn/wheat protein (gluten), monosodium glutamate, sugar, onion (dehydrated), beef shortening, whey powder (milk), caramel colour (sulphites), cooked beef powder, spices, disodium inosinate and guanylate.

Blueberry Turnover: Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin,

folic acid), water, margarine (palm oil and palm kernel oil, soya oil, salt, vegetable mono and diglycerides, polyglycerol ester, sodium benzoate and potassium sorbate (preservatives), soya lecithin, natural and artificial flavours, beta carotene [colour], vitamin A palmitate). Filling: blueberries, glucose-fructose, sugar, modified corn starch. Contains 2% or less of the following: salt, citric acid, gellan gum, natural flavour, sodium benzoate and potassium sorbate (preservatives).

Manufactured on shared equipment that processes egg, milk and tree nuts.

Brisk® Iced Tea: Water, glucose-fructose and/or sugar, citric acid, instant tea, colour, potassium sorbate, sodium benzoate, natural flavours, acesulfame potassium, maltodextrin, sucralose, gum arabic.

Buffalo Sauce: Distilled vinegar, aged cayenne red peppers, salt, modified corn starch, partially hydrogenated soya oil, paprika, vegetable fiber, xanthan gum, oleoresin paprika, soya lecithin, sodium benzoate (preservative), natural flavour, mono and diglycerides.

Butter: Cream (milk), salt.

Cheddar Cheese (Sharp Slice): Milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, colour.

May contain calcium chloride.

Cheddar Cheese Sauce: Water, canola oil, modified corn starch, cheddar cheese (milk, cheese cultures, salt, enzymes), maltodextrin, contains 2% or less of the following: salt, sodium phosphate, nonfat dry milk, sodium citrate, yeast extract, acetic acid, sodium stearoyl lactylate, sodium hexametaphosphate, mono and diglycerides, annatto colour, citric acid, cream, natural flavours, paprika colour, carotenal colour, yellow 6.

Cheddar (Shredded): Milk, modified milk ingredients, bacterial culture, salt, rennet and/or microbial enzyme, colour, cellulose (to prevent caking), natamycin. May contain calcium chloride.

Chicken Tenders: Chicken breast, water, salt, sodium phosphate. Coated with: bleached wheat flour, modified food starch, white corn flour, salt, spices, leavening, (sodium aluminum phosphates, sodium bicarbonate), soya oil, garlic powder. Cooked in canola oil.

May be cooked in the same oil as menu items that contain Soya, Milk, Egg and Fish (where available).

Chocolate Shake: Vanilla Shake Mix (milk and/or modified milk ingredients and/or cream, sugar/glucose-fructose, mono and diglycerides, cellulose gum, guar gum, polysorbate 80, sodium phosphate, carrageenan, salt, artificial flavour and colour), Chocolate Syrup (sugar/glucose-fructose, water, cocoa, modified corn starch, salt, potassium sorbate (preservative), xanthan gum, citric acid, artificial flavour).

Creamy Ranch Spread: Canola oil, water, vinegar, egg yolk, sugar, salt, skim milk powder, garlic, flavours, monosodium glutamate, xanthan gum, phosphoric acid, polysorbate 60, spices, dried parsley, lemon juice concentrate. .

Crispy Chicken Breast: Chicken breast, water, salt, sodium phosphate. Coated with: wheat flour, modified cornstarch, salt, spice, garlic powder, hydrolyzed soya protein. Cooked in canola oil.

May be cooked in the same oil as menu items that contain Milk, Egg and Fish (where available).

Curly Fries: Potatoes, vegetable oil (contains one or more of the following: canola oil, soya oil, cottonseed oil, sunflower oil, corn oil), bleached enriched wheat flour, salt, corn starch, onion powder, degemmed yellow corn meal, spices, garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate), modified corn starch, dextrose, spice and colouring, natural flavour, dried torula yeast, xanthan gum, sodium acid pyrophosphate (to preserve natural colour). Cooked in canola oil.

May be cooked in the same oil as menu items that contain Soya, Milk, Egg and Fish (where available).

Diet Pepsi®: Carbonated water, caramel colour, phosphoric acid, aspartame (contains phenylalanine), sodium benzoate, caffeine, flavour, acesulfame potassium, citric acid, dimethylpolysiloxane.

Dijon Honey Mustard Sandwich Spread: Soya oil, water, honey, mustard seed, glucose-fructose, distilled vinegar, egg yolk, salt, xanthan gum, spices, propylene glycol alginate, white wine, sodium benzoate and potassium sorbate (preservatives), oleoresin paprika, calcium disodium EDTA (to protect flavour), yellow 5, citric acid, tartaric acid.

Dr Pepper®: Sugar/glucose-fructose, water, colour, artificial and natural flavours, phosphoric acid, caffeine, sodium benzoate, dimethylpolysiloxane.

French Dressing: Water, soya oil, sugar, vinegar, salt, mustard, paprika, xanthan gum, propylene glycol alginate, spices, calcium disodium EDTA.

Fish Fillet: Alaskan pollock fish fillets, toasted wheat crumbs, water, modified starch (corn), flour (corn, wheat), vegetable oil (canola, soya, sunflower, cottonseed), seasonings (spices, garlic, onion), salt, torula yeast, hydrolyzed plant protein (soya), dextrose.

Flatbread: Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate [B1], riboflavin [B2], folic acid), water, whole wheat flour, soya oil and/or canola oil, contains 2% or less of the following: sugar, salt, yeast, dough conditioner (calcium sulfate, acacia gum, mono and diglycerides, enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), nonfat dry

milk, yeast nutrients (ammonium sulfate, ascorbic acid), calcium propionate, potassium sorbate (preservatives).

Homestyle Fries: Potatoes, vegetable oil (contains one or more of the following: canola oil, soya oil, cottonseed oil, sunflower oil), modified potato starch, rice flour, dextrin, salt, baking powder, xanthan gum, dextrose, sodium acid pyrophosphate. Cooked in canola oil.

May be cooked in the same oil as menu items that contain Wheat, Soya, Milk, Egg and Fish (where available).

Honey Mustard Dippitt: Sugar and/or glucose-fructose, water, vinegar, honey, salt, mustard seed, modified corn starch, spices, mustard bran, sodium benzoate, artificial flavour.

Honey Mustard Sauce: Soya oil, water, honey, dijon mustard (vinegar, water, mustard seed, salt, white wine, citric acid, tartaric acid, spices), glucose-fructose, distilled vinegar, egg yolk, salt, mono and diglycerides, spice and spice extractives, xanthan gum, sodium benzoate and potassium sorbate (preservatives), mustard seed, propylene glycol alginate, oleoresin paprika, calcium disodium EDTA (to protect flavour), yellow 5.

Honey Wheat Bread: Unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, coarse cracked wheat, yeast, honey, fully refined soybean oil, granulated sugar, wheat gluten, salt, calcium propionate (to retain freshness), tapioca, malt, dough improver (malted wheat flour, enzymes and 2% or less of ascorbic acid), calcium sulfate, enzymes, caramel colour, ascorbic acid.

Horsey Sauce: Canola oil, water, sugar/glucose-fructose, vinegar, seasoning (salt, mustard flour, dehydrated horseradish, calcium disodium EDTA), egg yolk powder, modified corn starch, salt, xanthan gum, sodium benzoate, mustard oil.

Icing: Icing sugar, sugar, water, glucose syrup, modified palm oil, modified tapioca starch, preservative (sorbic acid, sulphiting agent), colour, artificial flavour.

Italian Dressing: Water, soya oil, vinegar, glucose-fructose, salt, garlic (dehydrated), garlic, xanthan gum, onions (dried), lemon juice concentrate, sorbic acid, spices, red bell peppers, (dried), parsley (dried), calcium disodium EDTA, colour (contains tartrazine).

Italian Seasoning: Garlic (dehydrated), spices, herbs, soya and/or palm oil.

Jalapeño Peppers: Jalapeno Peppers.

Jamocho Shake: Vanilla Shake Mix (milk and/or modified milk ingredients and/or cream, sugar/glucose-fructose, mono and diglycerides, cellulose gum, guar gum, polysorbate 80, sodium phosphate, carrageenan, salt, artificial flavour and colour), Jamocha Syrup (sugar/glucose-fructose, water, cocoa powder,

instant coffee, caramel colour, salt, citric acid, xanthan gum, polysorbate 60, potassium sorbate, artificial flavour).

Ketchup: Tomato paste, sugar/glucose-fructose, water, white vinegar, salt, seasoning.

Liquid Margarine: Soya oil, water, hydrogenated soya oil, salt, soya protein, soya lecithin, potassium sorbate, monoglycerides, artificial flavour, vitamin A palmitate, vitamin D3, colour.

Marble Rye Bread: Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folate), water, yeast, wheat flour, salt, fumaric acid, malted barley flour, malt powder (dried corn syrup, barley malt extract), contains 2% or less of the following: acetic acid, lactic acid, soya oil, wheat gluten, caramel colour, pumpernickel flour, rye flour, ground caraway seed, sugar, calcium propionate (preservative), dough improver (malted wheat flour, enzymes, 2% or less of ascorbic acid), calcium sulfate, enzymes.

Marinara Sauce: Water, crushed tomato, vegetable oil (canola/soya oil), sugar/glucose-fructose, onion (dehydrated), salt, citric acid, xanthan gum, spices, garlic (dehydrated), sodium benzoate and potassium sorbate (preservatives).

Mayonnaise: Water, canola oil, whole egg, sugar, vinegar, modified corn & potato starch, salt, cellulose gum, lemon juice concentrate, spices (contains mustard), xanthan gum, colours, flavours, calcium disodium EDTA, potassium sorbate.

Montreal Smoked Meat: Beef, water, salt, flavour (corn, soya), spices, caramel, glucose solids, sodium phosphate, brown sugar, dextrose, sodium erythorbate, sodium bicarbonate, garlic, sodium nitrite. May contain wheat.

Mozzarella Sticks: Mozzarella cheese (milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme), wheat flour, water, vegetable oils (soya, canola), corn flour, salt, sugar, dextrose, modified milk ingredients, baking powder, spices, turmeric and paprika extracts, modified cornstarch, colour, flavour, sodium alginate, soya lecithin, potato starch, soya monoglycerides. Cooked in canola oil.

May be cooked in the same oil as menu items that contain Egg and Fish (where available).

Mug® Root Beer: Carbonated water, glucose-fructose and/or sugar, caramel colour, sodium benzoate, citric acid, natural and artificial flavours, quillaia extract, calcium disodium edta.

Mustard: Water, vinegar, mustard seed, salt, mustard bran, turmeric, spices and spice extracts.

May contain wheat, soya.

Onion Bun: Enriched wheat flour, water, sugar/glucose-fructose, yeast, soya and/or canola oil, wheat gluten, salt, spice mix (corn flour, turmeric, mono and diglycerides, paprika, natural and

artificial flavours), calcium propionate, sodium stearoyl-2 lactylate, diacetyl tartaric acid esters of mono and diglycerides, vegetable monoglycerides, vinegar. Topped with onion, poppy seeds.

May contain sesame seeds, milk, egg, soya.

Onion Rings: Onions, enriched wheat flour, water, corn flour, vegetable oil (canola, soya, sunflower), modified cornstarch, salt, sugar, baking powder, dextrose, yeast, spices, guar gum, flavour, celery seed. Cooked in canola oil.

May be cooked in the same oil as menu items that contain Egg, Milk, Soya, Fish (where available).

Oreo Bites: Enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), sugar, palm oil, water, soya oil, eggs, fractionated palm oil, contains 2% or less of the following: margarine (palm oil, water, salt, mono and diglycerides, soya lecithin, sodium benzoate [preservative], artificial flavour, beta carotene [color], vitamin A palmitate), yeast, mono and diglycerides, cocoa (processed with alkali), cookie pieces (unbleached enriched flour [wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sugar, canola oil, cocoa [processed with alkali], glucose-fructose, leavening [sodium bicarbonate and/or calcium phosphate], salt, soya lecithin, chocolate, artificial flavour, sugar), coconut oil, nonfat milk, natural and artificial flavour, salt, polysorbate 60, canola oil, citric acid, gluconolactone, pectin, potassium enzymes, acacia gum, guar gum, malted barley flour.

Parmesan Grated Cheese Product: Pasteurized milk, modified milk ingredients, salt, lipase, calcium chloride, bacterial culture, microbial enzyme, cellulose.

Parmesan Peppercorn Ranch Sauce: Soya oil, buttermilk, water, egg yolk, parmesan cheese (part skim milk, cheese cultures, salt, enzymes), glucose-fructose, distilled vinegar, peppercorns (packed in water, salt, vinegar), salt, garlic (including dehydrated), spices, onion (dehydrated), xanthan gum, monosodium glutamate, natural flavours, propylene glycol alginate, potassium sorbate and sodium benzoate (preservatives), citric acid, lactic acid, calcium disodium EDTA (to protect flavour).

Pepper Bacon: Pork cured with: water, salt, sugar, smoke flavouring, sodium phosphate, sodium erythorbate, sodium nitrite. Coated with ground black pepper and sugar.

Pepper Seasoning: Spice, red bell pepper (dehydrated), sugar.

Pepsi®: Carbonated water, glucose-fructose and/or sugar, caramel colour, phosphoric acid, caffeine, citric acid, flavour.

Poutine: Curly fries (potatoes, vegetable oil [contains one or more of the following: canola oil, soya oil, cottonseed oil, sunflower oil, corn oil], bleached enriched wheat flour, salt, corn starch, onion powder, degermed yellow corn meal,

spices, garlic powder, leavening [sodium acid pyrophosphate, sodium bicarbonate], modified corn starch, dextrose, spice and colouring, natural flavour, dried torula yeast, xanthan gum, sodium acid pyrophosphate [to preserve natural colour]. Cooked in canola oil), Cheese Curds (pasteurized milk, modified milk ingredients, pasteurized cream, bacterial culture, salt, calcium chloride, microbial enzyme), Poutine Gravy (brown gravy [modified corn starch, salt, hydrolyzed soya protein, wheat flour, monosodium glutamate, sugar, beef stock powder, onion powder, shiitake mushroom powder, vegetable oil shortening, caramel, xanthan gum, flavour, yeast extract, spice, disodium inosinate and disodium guanylate, corn syrup solids, garlic powder, tapioca dextrin, silicon dioxide and vegetable oil], water).

Ranch Dippitt: Soya and canola oil, water, sugar, vinegar, egg yolk, modified milk ingredients, salt, garlic juice, natural flavours, xanthan gum, onions (dried), phosphoric acid, sorbic acid, spices, polysorbate 60, parsley (dried), lemon juice concentrate, disodium guanylate, disodium inosinate, calcium disodium EDTA.

Red & Yellow Peppers: Red bell pepper, yellow bell pepper, balsamic vinegar (contains sulfites), contains 2% or less of xanthan gum.

Red Ranch Sauce: Vegetable oil (canola/soya oil), sugar/glucose-fructose, corn cider vinegar, tomato paste, water, vinegar, salt, spices and seasoning, garlic powder, mustard, xanthan gum, propylene glycol alginate, beet powder.

Roast Beef: Beef, water, salt, sodium phosphate.

Roast Ham: Pork, water, salt, sugar, flavour, sodium phosphate, hydrolyzed pork protein, carrageenan, sodium erythorbate, sodium nitrite, smoke.

Roast Turkey: Turkey breast, water, glucose solids, salt, flavour, potassium lactate, sodium phosphate, sodium diacetate, colouring.

Salted Caramel Cookie: Sugar, semi-sweet chocolate (sugar, unsweetened chocolate, cocoa butter, soya lecithin, vanilla, milk), bleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat flour, butter (cream, salt), vegetable shortening (palm), caramel chunks (cane sugar, corn syrup, butter, evaporated milk, palm, natural flavour), water, invert sugar, whole egg powder, molasses, salt, sodium bicarbonate, natural flavour.

Sauerkraut: Cabbage, water, kraut juice, salt, sodium benzoate (preservative), sodium bisulfite (to retain colour).

Sesame Bun: Enriched wheat flour, water, sugar/glucose-fructose, yeast, soya and/or canola oil, salt, wheat gluten,

malt extract, calcium propionate, sodium stearoyl-2 lactylate, vegetable monoglycerides. Topped with sesame seeds.

May contain milk, egg, soya.

Sour Cream: Milk ingredients, modified milk ingredients, modified cornstarch, disodium phosphate, guar gum, carrageenan, locust bean gum, microbial enzyme, bacterial culture.

Spicy Brown Honey Mustard Sauce: Distilled vinegar, soya oil, mustard seed, water, honey, horseradish, sugar, egg yolk, salt, sugar/glucose-fructose, spices, molasses, garlic (dehydrated), corn syrup, artificial colour, turmeric, natural and artificial flavour, anchovies (fish), tamarind, calcium disodium EDTA (to protect flavour).

Split Top Bun: Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soya oil, yeast, sugar, wheat gluten, salt, dough improver (malted wheat flour, enzymes, 2% or less of ascorbic acid), calcium propionate (preservative).

Star Cut Bun: Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, palm oil, yeast, salt, dough conditioner (wheat flour, wheat gluten, hydrolyzed wheat gluten, contains 2% or less of the following: enzyme, ascorbic acid), calcium propionate, dry malt, dough strengthener (sodium stearoyl lactylate), dough conditioner (calcium sulfate, wheat starch, wheat flour, contains 2% or less of the following: enzymes [wheat], salt), ascorbic acid, artificial colour (water, propylene glycol, Yellow 5, Yellow 6, Red 40), citric acid, sodium benzoate and propylparaben (preservatives), caramel colour, shine agent (modified starch, sodium alginate, mono-diglycerides, soya lecithin, polysorbate 60).

Sub Roll: Bleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folate), water, yeast, glucose-fructose, soya oil, wheat gluten, salt, wheat flour, fumaric acid, malted barley flour, malt powder (dried corn syrup, barley malt extract), 2% or less of the following: acetic acid, lactic acid, calcium stearoyl lactylate, calcium sulfate, DATEM, soya oil, ascorbic acid, potassium iodate, L-cysteine, hydrochloride, enzymes, calcium propionate (to retard spoilage), ascorbic acid.

Swiss Cheese (Natural Slice): Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme.

Swiss Cheese (Processed Slice): Cheese (milk, modified milk ingredients, bacterial culture, salt, rennet and/or microbial enzyme, calcium chloride, lipase, sorbic acid), modified

milk ingredients, water, glucose, sodium citrate and/or sodium phosphate, salt, sorbic acid, citric acid, soya lecithin, carboxymethylcellulose.

Tartar Sauce: Water, soya oil, relish (cucumber, vinegar, salt, xanthan gum), onions, vinegar, sugar, modified corn starch, salt, prepared mustard, whole egg, artificial and natural flavour, dried onion, spices (contains mustard), dried egg yolks (phospholipase), acetic acid, xanthan gum, colour, calcium disodium EDTA, potassium sorbate.

Triple Chocolate Cookie: Wheat flour, sugar, semi sweet chocolate (sugar, cocoa mass, cocoa butter, soya lecithin), milk chocolate (sugar, cocoa mass, cocoa butter, whole milk, soya lecithin, salt, vanilla), butter (cream, salt), corn syrup, water, vegetable shortening (palm), glucose-fructose, cocoa, alkalinized cocoa powder, whole egg powder, sodium bicarbonate, salt, sodium acid pyrophosphate, natural and artificial flavour.

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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 government regulations regarding the rounding of nutritional data. This information is effective as of **January 2018**.

For the most comprehensive and up-to-date information, visit www.arbys.ca or call 1-800-263-7040.

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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.

We encourage anyone with food allergies, sensitivities, or special dietary needs to check our website at www.arbys.ca on a regular basis to obtain the most comprehensive and up-to-date information.