



Arby's® Nutrition & Allergen Information (CAN)

Major food allergens are listed below 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.

ARBY'S® ROAST BEEF SANDWICHES

	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)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular Beef 'n Cheddar Contains: Milk, Wheat, Mustard	195	440	21	6	1	60	1270	40	1	9	22	2	2	6	30
Medium Beef 'n Cheddar Contains: Milk, Wheat, Mustard	251	540	27	9	1.5	100	1710	40	1	9	33	2	4	6	40
Large Beef 'n Cheddar Contains: Milk, Wheat, Mustard	329	670	36	12	2	140	2340	42	1	9	44	2	6	8	45
Regular Roast Beef Contains: Sesame Seeds, Wheat	154	350	14	5	1	60	970	34	1	7	22	0	2	6	25
Medium Roast Beef Contains: Sesame Seeds, Wheat	210	450	20	8	1.5	95	1410	35	1	7	32	0	4	6	35
Large Roast Beef Contains: Sesame Seeds, Wheat	267	550	27	11	2	135	1860	35	1	7	43	0	6	6	45
Great Canadian Contains: Egg, Sesame Seeds, Wheat, Mustard	225	350	15	4	0.5	45	1040	41	3	11	18	4	15	8	25
Bacon 'n Cheddar Deluxe Contains: Egg, Milk, Sesame Seeds, Wheat, Mustard	235	490	27	7	0.5	60	1260	39	2	9	24	4	15	6	25
Philly Beef 'n Swiss Contains: Milk, Sesame Seeds, Soya, Wheat	194	420	19	7	1	55	1180	40	2	10	23	10	30	20	25
Arby's Melt* Contains: Milk, Sesame Seeds, Wheat	146	320	12	4	0.5	40	930	36	1	7	17	2	2	6	20
French Dip & Swiss Sandwich/Au Jus* Contains: Milk, Soya, Wheat, Sulphites	314	570	23	10	1.5	95	2540	54	2	7	37	6	20	30	40

ARBY'S® CHICKEN

Chicken Bacon 'n Swiss Contains: Egg, Milk, Sesame Seeds, Soya, Wheat, Mustard † Fish (where available)	205	610	29	6	0.4	75	1900	59	3	10	31	4	0	15	25
Chicken Breast Fillet Contains: Egg, Sesame Seeds, Soya, Wheat, Mustard † Milk, Fish (where available)	240	480	19	2	0.2	50	1490	58	3	9	22	4	10	6	20
Chicken Cordon Bleu* Contains: Egg, Milk, Sesame Seeds, Soya, Wheat, Mustard † Fish (where available)	234	550	23	4	0.3	80	2100	58	3	9	31	4	0	15	25
Roast Chicken Club Contains: Egg, Milk, Sesame Seeds, Soya, Wheat, Mustard	241	430	19	6	0.2	60	1620	40	2	11	30	8	10	15	20
3 Piece Chicken Tenders Contains: Wheat † Egg, Milk, Soya, Fish (where available)	131	370	17	1.5	0	55	1100	30	2	0	24	0	2	2	2
Barbeque Dippitt Adds	28	30	0.1	0	0	0	350	7	0	5	0.2	0	2	0	0
Honey Mustard Dippitt Adds Contains: Mustard	28	50	0.2	0	0	0	180	11	0	9	0.2	0	0	0	0



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MARKET FRESH® SANDWICHES

	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)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Roast Beef & Swiss Sandwich Contains: Egg, Fish (anchovies), Milk, Wheat, Mustard	261	480	23	7	1	70	1250	45	4	11	27	10	25	25	30
Roast Beef & Swiss Wrap* Contains: Egg, Fish (anchovies), Milk, Wheat, Mustard	289	560	29	10	1	70	1380	52	8	5	27	10	15	25	35
Roast Ham & Swiss Sandwich Contains: Egg, Fish (anchovies), Milk, Wheat, Mustard	261	410	16	3.5	0.2	50	1370	46	4	12	25	10	20	25	20
Roast Ham & Swiss Wrap* Contains: Egg, Fish (anchovies), Milk, Wheat, Mustard	289	500	22	6	0.3	50	1500	53	8	6	25	10	10	25	25
Roast Turkey & Swiss Sandwich Contains: Egg, Fish (anchovies), Milk, Wheat, Mustard	261	410	15	3.5	0.2	50	1340	47	4	11	26	10	20	25	20
Roast Turkey & Swiss Wrap* Contains: Egg, Fish (anchovies), Milk, Wheat, Mustard	289	490	21	6	0.3	50	1470	53	8	5	25	10	10	25	25
Roast Turkey Ranch & Bacon Sandwich Contains: Egg, Milk, Wheat	279	560	28	6	0.3	75	1640	46	4	11	33	10	20	25	20
Roast Turkey Ranch & Bacon Wrap* Contains: Egg, Milk, Wheat	307	640	34	9	0.4	75	1770	52	8	5	33	10	10	25	25
Ultimate BLT Sandwich* Contains: Egg, Wheat, Mustard	237	510	26	6	0.1	70	1510	46	5	12	30	6	25	15	20

MARKET FRESH® CHOPPED SALADS

Chopped Farmhouse Chicken Salad- Crispy* Contains: Milk, Wheat † Egg, Soya, Fish (where available)	344	440	23	8	0.4	75	1120	29	4	5	29	30	20	20	6
Chopped Side Salad Contains: Milk	120	70	4.5	3	0.2	15	105	4	1	2	5	8	10	10	0
Turkey Club Salad* Contains: Milk	314	240	13	7	0.4	65	920	10	3	5	23	30	20	20	6
Ranch Dressing Adds* Contains: Egg, Milk	40	190	21	2.5	0.1	10	360	2	0	2	0.3	0	0	0	0
Italian Dressing Adds*	41	100	10	1.5	0	0	430	3	0	3	0.1	0	2	0	0
French Dressing Adds* Contains: Egg, Milk, Mustard	41	160	16	2.5	0.1	0	350	6	0	5	0.2	0	0	0	0

KIDS MEAL

Jr Roast Beef Sandwich Contains: Sesame Seeds, Wheat	90	190	6	2.5	0.4	30	580	22	1	2	12	0	2	4	15
Jr Ham & Swiss Sandwich Contains: Milk, Soya, Sesame Seeds, Wheat	124	280	7	2.5	0.2	30	910	36	1	8	16	4	0	15	15
2 Piece Chicken Tenders Contains: Wheat † Egg, Milk, Soya, Fish (where available)	87	250	11	1	0	35	730	20	2	0	16	0	0	2	2



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SIDES

	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)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Curly Fries - Small ♦ Contains: Wheat † Egg, Milk, Soya, Fish (where available)	77	250	14	1	0	0	700	29	2	0	3	0	0	2	4
Curly Fries - Medium ♦ Contains: Wheat † Egg, Milk, Soya, Fish (where available)	128	410	23	1.5	0	0	1160	48	4	1	4	0	0	2	8
Curly Fries - Large ♦ Contains: Wheat † Egg, Milk, Soya, Fish (where available)	170	550	30	2	0.2	0	1550	64	5	1	6	0	0	4	10
Beef Gravy Adds Contains: Milk, Soya, Wheat, Sulphites	85	35	0.4	0.1	0	0	510	6	0	1	1	0	0	0	2
Homestyle Fries - Small ♦ † Egg, Milk, Soya, Wheat, Fish (where available)	85	240	10	1	0	0	640	33	3	0	3	0	10	2	4
Homestyle Fries - Medium ♦ † Egg, Milk, Soya, Wheat, Fish (where available)	128	360	16	1	0	0	960	50	4	0	5	0	15	4	6
Homestyle Fries - Large ♦ † Egg, Milk, Soya, Wheat, Fish (where available)	213	600	26	2	0.2	0	1590	83	7	0	8	0	25	6	10
Onion Rings - Medium Contains: Wheat † Egg, Milk, Soya, Fish (where available)	113	390	21	1.5	0.1	0	940	48	2	3	5	0	0	2	15
Onion Rings - Large Contains: Wheat † Egg, Milk, Soya, Fish (where available)	170	590	31	2.5	0.2	0	1410	72	3	5	7	0	0	4	20
Mozzarella Sticks - Regular (4) Contains: Milk, Soya, Wheat † Egg, Fish (where available)	137	440	22	9	0.5	45	1510	39	2	2	21	10	0	40	10
Mozzarella Sticks - Large (8) Contains: Milk, Soya, Wheat † Egg, Fish (where available)	274	880	45	18	1	90	3010	77	5	3	42	20	0	80	20
Marinara Sauce Adds	43	35	1.5	0.1	0	0	160	5	1	2	1	0	0	2	2
Ranch Dippitt Adds Contains: Egg, Milk	43	200	20	1.5	0.3	10	350	3	0	2	1	0	0	2	0
Baked Potato- Sour Cream & Bece! Contains: Milk, Soya	367	460	16	4	0.2	10	170	72	7	5	10	20	70	8	25
Baked Potato- Broccoli & Cheddar* Contains: Milk, Soya	473	570	22	6	0.4	20	800	79	9	5	15	30	120	20	30
Baked Potato- Deluxe Contains: Milk, Soya	437	630	29	9	0.5	40	780	77	7	5	17	30	70	20	25
Baked Potato-Mushroom & Swiss* Contains: Milk, Soya	456	760	41	11	1	35	1180	77	8	7	22	50	80	45	30
Butter Baked Potato Contains: Milk, Soya	338	420	12	1.5	0.1	0	140	70	7	4	9	15	70	6	25
Jalapeño Bites®* - Regular (5) Contains: Milk, Wheat † Egg, Soya, Fish (where available)	110	320	18	6	0.5	30	750	34	2	2	5	6	0	6	2
Jalapeño Bites®* - Large (10) Contains: Milk, Wheat † Egg, Soya, Fish (where available)	220	640	36	12	1	60	1500	69	4	4	11	15	0	10	4
Bronco Berry Sauce®* Adds Contains: Egg	43	80	0	0	0	0	30	20	0	17	0.1	0	0	0	0

♦ Recommended portion sizes. Curly Fries and Homestyle Fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.



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VALUE MENU

	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)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Jr Roast Beef Sandwich Contains: Sesame Seeds, Wheat	90	190	6	2.5	0.4	30	580	22	1	2	12	0	2	4	15
Jr Beef 'n Cheddar Sandwich Contains: Milk, Sesame Seeds, Wheat	125	240	10	3.5	0.5	40	870	24	1	2	15	2	2	4	20
Jr Roast Beef Deluxe Sandwich Contains: Egg, Sesame Seeds, Wheat, Mustard	131	210	8	2.5	0.4	30	650	24	1	3	12	2	6	4	15
Value Curly Fries ♦ Contains: Wheat † Egg, Milk, Soya, Fish (where available)	77	250	14	1	0	0	700	29	2	0	3	0	0	2	4
Chocolate Shake* Contains: Milk	496	590	16	10	0.2	60	310	97	1	90	16	15	8	45	35
Vanilla Shake* Contains: Milk	461	510	16	10	0.2	60	290	78	0	75	15	15	8	45	0
Jamocha Shake* Contains: Milk	496	590	16	10	0.2	60	340	97	0	94	15	15	8	45	2
2-Piece Mozzarella Sticks Contains: Milk, Soya, Wheat † Egg, Fish (where available)	69	220	11	4.5	0.3	20	750	19	1	1	10	6	0	20	6
Apple Turnover (no icing) Contains: Soya, Wheat	89	280	16	8	0.1	0	220	30	1	8	3	0	0	0	10
Blueberry Turnover (no icing) Contains: Soya, Wheat	89	270	15	7	0.1	0	220	31	1	9	4	0	2	0	6
Icing Adds Contains: Sulphites	21	70	0.5	0.4	0	0	2	17	0	16	0	0	0	0	0
Chopped Side Salad Contains: Milk	120	70	4.5	3	0.2	15	105	4	1	2	5	8	10	10	0
2-Piece Chicken Tenders Contains: Wheat † Egg, Milk, Soya, Fish (where available)	87	250	11	1	0.1	35	730	20	2	0	16	0	0	2	2

SHAKES & DESSERTS

Chocolate Shake* Contains: Milk	496	590	16	10	0.2	60	310	97	1	90	16	15	8	45	35
Vanilla Shake* Contains: Milk	461	510	16	10	0.2	60	290	78	0	75	15	15	8	45	0
Jamocha Shake* Contains: Milk	496	590	16	10	0.2	60	340	97	0	94	15	15	8	45	2
Apple Turnover (no icing) Contains: Soya, Wheat	89	280	16	8	0.1	0	220	30	1	8	3	0	0	0	10
Blueberry Turnover (no icing) Contains: Soya, Wheat	89	270	15	7	0.1	0	220	31	1	9	4	0	2	0	6
Icing Adds Contains: Sulphites	21	70	0.5	0.4	0	0	2	17	0	16	0	0	0	0	0
Chocolate Chunk Cookies (2)* Contains: Egg, Milk, Soya, Wheat	76	330	15	6	0	15	240	46	1	28	4	15	0	2	15

♦ Recommended portion sizes. Curly Fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

1% Lowfat Chocolate Milk: See carton label.

2% Reduced Fat White Milk: See carton label.

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 flavor), 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.

Bacon Flakes: Pork cured with: water, salt, sodium erythorbate, sodium phosphate, sodium nitrite, smoke pepper. May contain sugar, brown sugar, spices, flavour.

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.

Becel Margarine: Canola and sunflower oils, water, modified palm and kernel oils, salt, whey powder (milk), soya lecithin, vegetable monoglycerides, potassium sorbate, citric acid, alpha-tocopherol acetate (vitamin E), calcium disodium EDTA, natural and artificial flavour, vitamin A palmitate, vitamin D3, beta carotene.

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 [color], 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.

Bronco Berry Sauce®: Sugar/glucose-fructose, water, modified corn starch, vinegar, red bell pepper (dehydrated), jalapeno pepper

(dehydrated), onion (dehydrated), salt, sodium benzoate, potassium sorbate, xanthan gum, chili pepper (contains silicon dioxide [anticaking], ethoxyquin [colour retention]), spices, red 40.

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 Chunk Cookies: Wheat flour, sugar, semi-sweet, chocolate chunks (sugar, chocolate liquor, cocoa butter, dextrose, soya lecithin, vanilla extract), vegetable oil, margarine (modified palm and palm kernel oil, liquid canola oil), liquid whole eggs, liquid invert sugar, cooking molasses, water, sodium bicarbonate, natural flavour, salt.

Processed in a plant that contains peanuts, tree nuts, sulphites and tartrazine.

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, 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.

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

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.

Dill Pickle Slices: Cucumbers, water, white vinegar, salt, calcium chloride, sodium benzoate (preservative), flavours, turmeric.

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

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 Wheat Bread: Bleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folate), water, coarse cracked wheat, yeast, glucose-fructose, honey, soya oil, wheat gluten, salt, corn syrup, barley malt extract and saccharifying enzymes, calcium propionate (to retard spoilage), 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).

Jalapeño Bites®: Bleached wheat flour, green jalapeno peppers (peppers, water, acetic acid, salt, calcium chloride, sodium benzoate [preservative]), cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), water, contains 2% or less of: cellulose gum, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), modified corn starch, oleoresin turmeric, salt, soya oil, sugar, whey (milk), yeast, yellow corn flour. Cooked in canola oil.

May be cooked in the same oil as menu items that contain Soya,

Egg and Fish (where available).

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.

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.

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).

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).

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

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

Potato Cake: Potatoes, canola and/or soya oil, potato granules (dehydrated potato flakes, mono and diglycerides), salt, cerelose, 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).

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 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 Chicken Breast: Chicken, water, sodium lactate, flavour (modified corn starch, salt, wheat starch, hydrolyzed soya and corn protein), salt, sodium phosphate, spice, sugar, onion powder, soya sauce powder, garlic powder, yeast extract.

May contain traces of milk ingredients.

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.

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).

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.

Tortilla: Bleached wheat flour, water, canola/modified palm oil shortening, salt, mono and diglycerides, calcium propionate,

sodium aluminum sulfate, sodium bicarbonate, rice flour, sugar, sorbic acid, CMC gum, fumaric acid, xanthan gum, L-cysteine, enzyme (wheat starch, microcrystalline cellulose).

Vanilla Shake: Milk, sugar, corn syrup solids, cream, modified milk ingredients, guar gum, sodium phosphate, carrageenan, 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 **June 2014**.

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

Arby's 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 11 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, crustacean shellfish, sesame seeds, sulphites and mustard. 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.

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.