



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)		
Greek Loaded Curly Fries <u>Contains: Milk, Wheat</u>	† Egg, Soya, Fish (where available)	263	820	60	11	0.5	55	1860	57	5	3	14

SIGNATURE SANDWICHES

Gyro - Traditional Greek <u>Contains: Egg, Milk, Soya, Wheat</u>		273	710	44	13	0.2	75	1360	55	4	6	23
Gyro - Roast Beef <u>Contains: Egg, Milk, Wheat</u>		273	550	29	7	1	60	1290	48	3	5	24
Gyro - Turkey <u>Contains: Egg, Milk, Wheat</u>		273	460	20	3.5	0.2	45	1440	49	3	5	23
Three Cheese & Bacon <u>Contains: Egg, Milk, Soya, Wheat</u>		272	760	42	16	1.5	120	2230	51	2	3	44
Fire-Roasted Philly <u>Contains: Egg, Milk, Mustard, Soya, Sulphites, Wheat</u>		279	610	28	10	1.5	85	2020	53	2	3	36
Montreal Smoked Meat Reuben <u>Contains: Egg, Milk, Soya, Wheat, Mustard</u>		296	610	26	6	0.5	70	1840	59	4	5	34
Double Montreal <u>Contains: Egg, Soya, Wheat, Mustard, Fish (anchovies)</u>		339	610	20	4.5	0.5	95	2330	59	3	5	47

CHICKEN

Chicken Bacon Swiss <u>Contains: Egg, Milk, Soya, Mustard, Wheat</u>	† Fish (where available)	276	630	29	7	0.3	80	1300	60	4	9	35
Chicken Cordon Bleu <u>Contains: Egg, Milk, Soya, Mustard, Wheat</u>	† Fish (where available)	258	590	24	6	0.3	90	1530	56	3	6	40
Crispy Chicken <u>Contains: Egg, Mustard, Soya, Wheat</u>	† Milk, Fish (where available)	248	490	18	3	0.1	55	1040	57	4	7	26
3 Piece Chicken Strips <u>Contains: Wheat</u>	† Egg, Milk, Soya, Fish (where available)	131	410	19	1.5	0.1	60	870	36	2	0	25
5 Piece Chicken Strips <u>Contains: Wheat</u>	† Egg, Milk, Soya, Fish (where available)	219	680	31	3	0.2	100	1440	59	3	0	42
Barbeque Dippitt Adds		28	40	0	0	0	0	290	9	0	7	1
Honey Mustard Dippitt Adds <u>Contains: Mustard</u>		28	60	0	0	0	0	85	14	0	12	0



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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)
Classic Beef 'n Cheddar <u>Contains: Milk, Wheat, Mustard</u>	195	450	21	6	1	50	1270	33	2	9	23
Double Beef 'n Cheddar <u>Contains: Milk, Wheat, Mustard</u>	280	610	31	11	1.5	100	1910	34	2	9	38
Half Pound Beef 'n Cheddar <u>Contains: Milk, Wheat, Mustard</u>	337	710	37	14	2	130	2330	34	2	9	48
French Dip 'n Swiss Sandwich/Au Jus <u>Contains: Milk, Soya, Wheat, Sulphites</u>	332	590	22	10	1	85	2640	59	2	4	37
Half Pound French Dip 'n Swiss Sandwich/Au Jus <u>Contains: Milk, Soya, Wheat, Sulphites</u>	445	790	36	16	2	150	3490	60	2	4	57
Classic Roast Beef <u>Contains: Sesame Seeds, Wheat</u>	154	350	14	5	1	50	960	35	1	5	22
Double Roast Beef <u>Contains: Sesame Seeds, Wheat</u>	239	500	24	9	1.5	95	1590	36	1	5	38
Half Pound Roast Beef <u>Contains: Sesame Seeds, Wheat</u>	295	610	30	12	2	130	2020	36	1	5	48

TURKEY SANDWICHES

Roast Turkey Ranch & Bacon <u>Contains: Egg, Milk, Wheat</u>	342	780	34	9	0.5	85	2280	77	5	13	43
Roast Turkey & Swiss <u>Contains: Egg, Milk, Mustard, Wheat, Fish (anchovies)</u>	325	610	16	4	0.2	55	2040	79	6	12	37
Grand Turkey Club <u>Contains: Egg, Milk, Soya, Wheat</u>	255	410	15	5	0.2	60	1680	40	3	7	29

SLIDERS

Buffalo Chicken Slider <u>Contains: Egg, Milk, Soya, Wheat</u> † Fish (where available)	107	310	13	1.5	0.1	25	960	34	2	1	13
Roast Beef 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u>	92	240	10	4	0.5	30	680	23	1	1	13
Jalapeño Roast Beef 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u>	99	240	10	4	0.5	30	680	23	1	2	14
Chicken Tender 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u> † Egg, Fish (where available)	101	310	12	3	0.2	30	700	34	1	1	15
Montreal Smoked Meat 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u>	92	220	8	3	0.2	25	690	23	1	2	13
Ham 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u>	92	220	8	3	0.2	25	690	23	1	2	13
Turkey 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u>	92	210	6	2.5	0.2	25	740	23	1	1	13

EVERYDAY VALUE

Jr Roast Beef <u>Contains: Sesame Seeds, Wheat</u>	90	210	7	3	0.4	25	520	24	1	2	13
Jr Bacon 'n Cheddar <u>Contains: Milk, Sesame Seeds, Wheat</u>	131	310	14	5	0.4	40	1010	28	1	3	18
Jr Ham & Swiss <u>Contains: Milk, Sesame Seeds, Soya, Wheat</u>	103	230	7	3	0.2	30	730	26	1	3	15



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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)
Poutine <u>Contains: Milk, Soya, Wheat</u>	241	640	39	12	1	60	1460	56	5	1	20
Loaded Curly Fries <u>Contains: Milk, Wheat</u> † Egg, Soya, Fish (where available)	233	620	37	8	0.4	30	1610	59	5	2	14
Baked Potato- Deluxe <u>Contains: Milk</u>	451	740	40	22	1	100	980	77	8	5	19
Baked Potato- Sour Cream & Butter <u>Contains: Milk</u>	381	570	27	17	1	70	260	71	7	4	9
Baked Potato- Butter <u>Contains: Milk</u>	352	520	23	14	0.5	60	240	70	7	3	9
Mozzarella Sticks - Snack (2) <u>Contains: Milk, Soya, Wheat</u> † Egg, Fish (where available)	69	230	12	5	0.2	25	690	20	1	1	11
Mozzarella Sticks - Regular (4) <u>Contains: Milk, Soya, Wheat</u> † Egg, Fish (where available)	137	450	24	10	0.5	50	1370	39	2	2	21
Mozzarella Sticks - Large (6) <u>Contains: Milk, Soya, Wheat</u> † Egg, Fish (where available)	170	610	34	3	0.2	0	1120	71	4	6	7
Marinara Sauce Adds	35	20	0	0.1	0	0	85	1	1	2	1
Ranch Dippitt Adds <u>Contains: Egg, Milk</u>	24	120	12	1	0.3	10	190	2	0	2	0
Onion Rings - Regular <u>Contains: Wheat</u> † Egg, Milk, Soya, Fish (where available)	113	400	22	2	0.1	0	750	47	3	4	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
Curly Fries - Snack ♦ <u>Contains: Wheat</u> † Egg, Milk, Soya, Fish (where available)	77	250	13	1	0.1	0	450	30	3	0	3
Curly Fries - Medium ♦ <u>Contains: Wheat</u> † Egg, Milk, Soya, Fish (where available)	128	410	22	2	0.1	0	750	51	4	0	5
Curly Fries - Large ♦ <u>Contains: Wheat</u> † Egg, Milk, Soya, Fish (where available)	170	550	29	2.5	0.2	0	1000	68	6	0	7
Beef Gravy Adds <u>Contains: Milk, Soya, Wheat, Sulphites</u>	85	35	0.4	0.1	0	0	510	6	0	1	1

DESSERTS

Chocolate Shake- Snack/12 oz <u>Contains: Milk</u>	256	320	8	4.5	0.2	35	210	54	1	43	7
Chocolate Shake- Small/16 oz <u>Contains: Milk</u>	423	550	17	10	0.5	70	340	88	1	69	12
Chocolate Shake- Large/20 oz <u>Contains: Milk</u>	522	680	20	12	0.5	80	420	109	1	86	15
Jamocha Shake- Snack/12 oz <u>Contains: Milk</u>	255	310	8	4.5	0.2	35	170	52	0	47	7
Jamocha Shake- Small/16 oz <u>Contains: Milk</u>	420	540	17	10	0.5	70	280	84	0	74	11
Jamocha Shake-Large/20 oz <u>Contains: Milk</u>	520	670	20	12	0.5	80	350	105	1	93	14
Vanilla Shake-1 Snack/2 oz <u>Contains: Milk</u>	243	270	9	5	0.2	35	150	39	0	36	7
Vanilla Shake- Small/16 oz <u>Contains: Milk</u>	401	470	18	10	0.5	75	240	64	0	59	12
Vanilla Shake-Large/20 oz <u>Contains: Milk</u>	495	580	21	12	0.5	90	290	80	0	73	15



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DESSERTS (Continued)

	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)
Salted Caramel and Chocolate Cookies <u>Contains: Egg, Milk, Soya, Wheat</u>	94	430	18	10	0.1	30	360	63	1	33	4
Triple Chocolate Cookie <u>Contains: Egg, Milk, Soya, Wheat</u>	95	450	21	13	0.2	40	370	60	2	31	5
Blueberry Turnover (no icing) <u>Contains: Soya, Wheat</u>	89	270	15	7	0.1	0	220	31	1	9	4
Apple Turnover (no icing) <u>Contains: Soya, Wheat</u>	89	280	16	8	0.1	0	220	30	1	8	3
Icing Adds <u>Contains: Sulphites</u>	21	70	0.5	0.4	0	0	2	17	0	16	0

KIDS MEALS

2 Piece Chicken Strips <u>Contains: Wheat</u> † Egg, Milk, Soya, Fish (where available)	87	270	12	1	0.1	40	580	24	1	0	17
Buffalo Chicken Slider <u>Contains: Egg, Milk, Soya, Wheat</u> † Fish (where available)	107	310	13	1.5	0.1	25	960	34	2	1	13
Roast Beef 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u>	92	240	10	4	0.5	30	680	23	1	1	13
Jalapeño Roast Beef 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u>	99	240	10	4	0.5	30	680	23	1	2	14
Chicken Tender 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u> † Egg, Fish (where available)	101	310	12	3	0.2	30	700	34	1	1	15
Montreal Smoked Meat 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u>	92	220	8	3	0.2	25	690	23	1	2	13
Ham 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u>	92	220	8	3	0.2	25	690	23	1	2	13
Turkey 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u>	92	210	6	2.5	0.2	25	740	23	1	1	13
Ham 'n Cheese Slider <u>Contains: Milk, Soya, Wheat</u>	91	200	7	2.5	0.1	25	750	22	1	3	13
Jr Roast Beef <u>Contains: Sesame Seeds, Wheat</u>	90	210	7	3	0.4	25	520	24	1	2	13
Curly Fries - Snack ♦ <u>Contains: Wheat</u> † Egg, Milk, Soya, Fish (where available)	77	250	13	1	0.1	0	450	30	3	0	3
Apple Juice	77	250	14	1	0	0	700	29	2	0	3
Milk <u>Varies: See carton label</u>											

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



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BEVERAGES

	Cup Size	Calories	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)
Barq's® Root Beer- Snack	12 oz	160	0	0	0	0	65+	45	0	45	0
Barq's® Root Beer- Medium	22 oz	290	0	0	0	0	120+	83	0	83	0
Barq's® Root Beer- Large	30 oz	400	0	0	0	0	160+	113	0	113	0
Coca-Cola®- Snack	12 oz	140	0	0	0	0	35+	39	0	39	0
Coca-Cola®- Medium	22 oz	260	0	0	0	0	65+	72	0	72	0
Coca-Cola®- Large	30 oz	350	0	0	0	0	100+	98	0	98	0
Coca-Cola® Cherry- Snack	12 oz	140	0	0	0	0	60+	39	0	39	0
Coca-Cola® Cherry- Medium	22 oz	260	0	0	0	0	110+	72	0	72	0
Coca-Cola® Cherry- Large	30 oz	350	0	0	0	0	150+	98	0	98	0
Coca-Cola® Zero Sugar- Snack	12 oz	1	0	0	0	0	40+	0	0	0	0
Coca-Cola® Zero Sugar- Medium	22 oz	1.83	0	0	0	0	70+	0	0	0	0
Coca-Cola® Zero Sugar- Large	30 oz	2.5	0	0	0	0	100+	0	0	0	0
Diet Coke®- Snack	12 oz	0	0	0	0	0	50+	0	0	0	0
Diet Coke®- Medium	22 oz	0	0	0	0	0	90+	0	0	0	0
Diet Coke®- Large	30 oz	0	0	0	0	0	125+	0	0	0	0
Fanta® Orange- Snack	12 oz	150	0	0	0	0	40+	41	0	41	0
Fanta® Orange- Medium	22 oz	275	0	0	0	0	70+	75	0	75	0
Fanta® Orange- Large	30 oz	375	0	0	0	0	100+	103	0	103	0

Calories are shown for full cups with no ice. †The sodium value will vary based on the level of sodium in the local water supply.



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Fruitopia® Strawberry Passion- Snack	12 oz	170	0	0	0	0	35+	44	0	43	0
Fruitopia® Strawberry Passion- Medium	22 oz	310	0	0	0	0	65+	81	0	79	0
Fruitopia® Strawberry Passion- Large	30 oz	425	0	0	0	0	90+	110	0	108	0
Minute Maid® Lemonade- Snack	12 oz	140	0	0	0	0	95+	38	0	38	0
Minute Maid® Lemonade- Medium	22 oz	260	0	0	0	0	175+	70	0	70	0
Minute Maid® Lemonade- Large	30 oz	350	0	0	0	0	240+	95	0	95	0
Sprite®- Snack	12 oz	140	0	0	0	0	65+	38	0	38	0
Sprite®- Medium	22 oz	260	0	0	0	0	120+	70	0	70	0
Sprite®- Large	30 oz	350	0	0	0	0	160+	95	0	95	0
Gold Peak® Lemon Iced Tea- Snack	12 oz	110	0	0	0	0	45+	28	0	28	0
Gold Peak® Lemon Iced Tea- Medium	22 oz	200	0	0	0	0	80+	51	0	51	0
Gold Peak® Lemon Iced Tea- Large	30 oz	275	0	0	0	0	110+	70	0	70	0
Gold Peak® Raspberry Iced Tea- Snack	12 oz	110	0	0	0	0	45+	28	0	28	0
Gold Peak® Raspberry Iced Tea- Medium	22 oz	200	0	0	0	0	80+	51	0	51	0
Gold Peak® Raspberry Iced Tea- Large	30 oz	275	0	0	0	0	110+	70	0	70	0

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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: Corn syrup solids, salt, hydrolyzed plant protein (wheat, soya, corn), beef fat, colour, corn maltodextrin, onion powder, yeast extract, modified corn starch, flavour, citric acid, sulphites. Contains barley.

Barbeque Dippitt: Glucose-fructose, water, tomato paste, vinegar, prepared mustard (water, white vinegar, mustard, sugar, salt, spice), salt, blackstrap molasses, seasoning (contains sulphites), spice extracts, spice, mustard bran, sodium benzoate, caramel, garlic powder, natural flavour, onion powder.

Barq's® Root Beer: Carbonated water, sugar/glucose-fructose, caramel colour, sodium benzoate, natural and artificial flavours, citric acid, caffeine.

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.

Bistro Sauce: Water, vegetable oils (olive, canola and soya), horseradish (contains mustard), dijon mustard (water, mustard seed, vinegar, salt, white wine, fruit pectin, tartaric acid, citric acid, spices), modified corn starch, vinegar, sugar, corn dextrin, whole eggs, tomato paste, salt, garlic, spices and seasonings, mustard, lactic acid, dried egg yolks (phospholipase), phosphoric acid, potassium sorbate, dried onions, propylene glycol alginate, xanthan gum, sodium benzoate, flavour, dried garlic, colour, calcium disodium EDTA.

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.

Buffalo Sauce: Vinegar, aged cayenne red peppers, salt, water, modified corn starch, canola oil, paprika, carrot fibre, xanthan gum, natural butter type flavour, garlic powder.

Butter: Cream (milk), salt.

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

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

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

Chicken Strip: 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-12 oz: Vanilla Shake Mix (milk, sugar, corn syrup solids, cream, modified milk ingredients, guar gum, sodium phosphate, carrageenan, natural and artificial flavour), Chocolate Syrup (sugars [corn syrup, glucose-fructose], water, cocoa, salt, sodium alginate, potassium sorbate, dextrin, trisodium phosphate, artificial flavour, xanthan gum, colour [erythrosine]).

Chocolate Shake-16/20 oz: Vanilla Shake Mix (milk, sugar, corn syrup solids, cream, modified milk ingredients, guar gum, sodium phosphate, carrageenan, natural and artificial flavour), Chocolate Syrup (sugars [corn syrup, glucose-fructose], water, cocoa, salt, sodium alginate, potassium sorbate, dextrin, trisodium phosphate, artificial flavour, xanthan gum, colour [erythrosine]), Chocolate Drizzle (glucose-fructose, water, glycerin, cocoa, fructose, modified corn starch, chocolate liquor, modified milk ingredients, natural flavour [soya and milk], salt, potassium sorbate, soya lecithin, polysorbate 60, sodium benzoate), Whipped Cream (cream, water, sugar/glucose-fructose, skim milk powder, mono and diglycerides, carrageenan, natural flavour, nitrous oxide [pressure dispensing agent]).

Coca Cola®: Carbonated water, sugar/glucose-fructose, caramel colour, phosphoric acid, natural flavour, caffeine.

Coca Cola® Cherry: Carbonated water, sugar/glucose-fructose, caramel colour, phosphoric acid, natural flavour, caffeine.

Coca Cola® Zero Sugar: Carbonated water, caramel colour, phosphoric acid, potassium citrate, potassium benzoate, natural flavour, aspartame (contains phenylalanine), acesulfame-potassium, caffeine, sucralose, dimethylpolysiloxane.

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).

Crispy Onions: Onions, Wheat Flour, Vegetable Oil (soya and/or canola oil), Corn Starch, Contains 2% Or Less Of: Annatto Extract (color), Dried Egg Whites, Dried Garlic, Dried Onion, Paprika Extract (color), Salt, Spices, Spice Extract, Sugar, Turmeric Extract (color), Water, Whey, Yellow Corn Flour. Breeding set in vegetable oil. Cooked in Canola Oil.

May be cooked in the same oil as menu items that contain Soy 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).

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

Fanta® Orange: Carbonated water, sugar/glucose-fructose, citric acid, modified cornstarch, sodium citrate, sodium benzoate, natural flavour, malic acid, potassium sorbate, colour, dimethylpolysiloxane.

Flatbread: Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (B1), riboflavin (B2), folic acid), water, soya oil and/or canola oil, contains 2% or less of: sugar, yeast, salt, whole wheat flour, vital wheat gluten, dough conditioner (calcium sulfate, acacia gum, mono and diglycerides, enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), nonfat dry milk, yeast nutrients (ammonium sulfate, ascorbic acid), calcium propionate and potassium sorbate (preservatives).

Fruitopia® Strawberry Passion Filtered water, sugar/glucose-fructose, fruit juices from concentrate (apple, pear, strawberry, and passionfruit), citric acid, natural flavour, ascorbic acid (vitamin c), sodium benzoate, potassium citrate, potassium sorbate, colour, coconut oil.

Gold Peak® Lemon Iced Tea: Tea (filtered water, brewed tea concentrate), cane sugar, natural flavour, citric acid, potassium citrate, sodium benzoate, potassium sorbate.

Gold Peak® Raspberry Iced Tea: Tea (filtered water, brewed tea concentrate), cane sugar, natural flavour, citric acid, sodium benzoate, potassium sorbate.

Honey Mustard Dippitt: Sugar/glucose-fructose, water, vinegar, corn syrup, modified corn starch, mustard and mustard seed, honey, salt, sodium benzoate, spice, natural and artificial flavour, colour.

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

Jalapeño Peppers: Jalapeno Peppers.

Jamocho Shake-12 oz: Vanilla Shake Mix (milk, sugar, corn syrup solids, cream, modified milk ingredients, guar gum, sodium phosphate, carrageenan, natural and artificial flavour), Jamocha Syrup (sugar/glucose-fructose, water, cocoa powder, instant coffee, caramel colour, salt, citric acid, xanthan gum, polysorbate 60, potassium sorbate, artificial flavour).

Jamocho Shake-16/20 oz: Vanilla Shake Mix (milk, sugar, corn syrup solids, cream, modified milk ingredients, guar gum, sodium phosphate, carrageenan, natural and artificial flavour), Jamocha Syrup (sugar/glucose-fructose, water, cocoa powder, instant coffee, caramel colour, salt, citric acid, xanthan gum, polysorbate 60, potassium sorbate, artificial flavour), Chocolate Drizzle (glucose-fructose, water, glycerin, cocoa, fructose, modified corn starch, chocolate liquor, modified milk ingredients, natural flavour [soya and milk], salt, potassium sorbate, soya lecithin, polysorbate 60, sodium benzoate), Whipped Cream (cream, water, sugar/glucose-fructose, skim milk powder, mono and diglycerides, carrageenan, natural flavour, nitrous oxide [pressure dispensing agent]).

Ketchup: Tomato paste, liquid sugar, white vinegar, salt, onion powder, spices.

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: Tomato puree (water, tomato paste), diced tomatoes, sugar, less than 2% of the following: soya oil, salt, garlic (dehydrated), onion (dehydrated), spices, parsley, citric acid.

Mayonnaise, Half the Fat: Water, canola oil, modified corn and potato starch, liquid whole egg, sugar, salt, vinegar, concentrated lemon juice, sorbic acid (to maintain quality), spices, natural colour, natural flavour, calcium disodium EDTA (to maintain flavour).

Minute Maid® Lemonade: Filtered water, sugar/glucose-fructose, citric acid, sodium citrate, potassium benzoate, flavours, colour.

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).

Mustard: Vinegar, mustard seed, water, salt, spices, turmeric, natural flavour.

Onion Bun: Enriched wheat flour, water, sugar/glucose-fructose, yeast, soya and/or canola oil, wheat gluten, salt, annatto and turmeric (color), calcium propionate, sodium stearoyl-2-lactylate. May contain diacetyl tartaric acid esters of mono and diglycerides, sorbic acid, vegetable monoglycerides, vinegar. Topped with: onion, poppy seeds.

May contain sesame seeds and 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 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.

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: Canola oil, water, vinegar, sugar, whey powder (milk), frozen yolk mix (egg), partially hydrogenated soya oil, corn syrup solids, salt, modified corn starch, artificial flavour (contains milk), spices (contains mustard), garlic powder, onion powder, propylene glycol alginate, colour, sodium benzoate, potassium sorbate, xanthan gum, sodium caseinate, dipotassium phosphate, mono & diglycerides (soya), sodium aluminosilicate, sodium hexametaphosphate, 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.

Smoked Brisket: Beef Brisket, Water, Salt, Less than 1% of the following: Sodium Phosphates, Black Pepper, Paprika, Red Pepper, Garlic Blend (salt, corn starch, garlic powder).

Smoked Meat: Beef, Water, Salt, Flavour (corn, soya), spices, caramel, glucose solids, sodium phosphate, brown sugar, dextrose, sodium erthorbate, sodium bicarbonate, garlic, sodium nitrite.

May contain wheat.

Sour Cream: Cream, milk, modified milk ingredients, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture.

Sprite®: Carbonated water, sugar/glucose-fructose, citric acid, sodium citrate, natural flavour, sodium benzoate.

Spicy Brown Honey Mustard Sauce: Vinegar, mustard seed, water, salt, spices, turmeric, natural 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, yeast, palm oil, salt, dough conditioner (wheat flour, wheat gluten, contains 2% or less of the following: hydrolyzed wheat gluten enzymes [wheat], ascorbic acid [vitamin C], organic wheat starch), calcium propionate, dry malt, dough strengthener (sodium stearoyl lacytlate), dough conditioner (calcium sulfate, wheat starch, wheat flour, contains 2% or less of the following: enzymes [wheat], salt), dough conditioner (yellow corn flour, colours [turmeric, paprika], contains 2% or less of the following: natural flavour), cocoa (processed with alkali), ascorbic acid (oxidation), shine agent (modified starch, sodium alginate, mono and diglycerides, soya lecithin, polysorbate 60).

Sub Roll: Unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, soya oil, wheat gluten, granulated sugar, salt, wheat flour, malted barley flour (contains wheat), fumaric acid, contains 2% or less of the following: acetic acid, lactic acid, calcium propionate (to retain freshness), dough improver (malted wheat flour, enzymes, 2% or less of ascorbic acid), calcium sulfate, enzyme, ascorbic acid.

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

Swiss Cheese (Processed Slice): Cheese (milk, modified milk ingredients, cream, bacterial culture, salt, rennet and/or microbial enzyme, calcium chloride, lipase), modified milk ingredients, water, glucose, sodium citrate and/or sodium phosphate, salt, sorbic acid, citric acid, soya lecithin, soya oil (for slice separation), carboxymethyl cellulose.

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, alkalized cocoa powder, whole egg powder, sodium bicarbonate, salt, sodium acid pyrophosphate, natural and artificial flavour.

Vanilla Shake-12 oz: Milk, sugar, corn syrup solids, cream, modified milk ingredients, guar gum, sodium phosphate, carrageenan, natural and artificial flavour.

Vanilla Shake-16/20 oz: Vanilla Shake Mix (milk, sugar, corn syrup solids, cream, modified milk ingredients, guar gum, sodium phosphate, carrageenan, natural and artificial flavour), Whipped Cream (cream, water, sugar/glucose-fructose, skim milk powder, mono and diglycerides, carrageenan, natural flavour, nitrous oxide [pressure dispensing agent]).

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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 **April 2020**.

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.