



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) |
|--|--------------------|----------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| Crispy Buffalo Chicken Sandwich <u>Contains: Egg, Milk, Soya, Wheat</u> † Fish (where available) | 237 | 530 | 23 | 4 | 0.2 | 55 | 2370 | 58 | 4 | 6 | 23 |
| 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 |
| Crispy Fish Sandwich <u>Contains: Egg, Mustard, Soya, Wheat, Fish (Pollock)</u> | 203 | 550 | 29 | 4 | 0.2 | 45 | 1040 | 54 | 3 | 7 | 19 |
| White Cheddar Mac & Cheese- Side <u>Contains: Egg, Milk, Wheat</u> | 227 | 510 | 29 | 17 | 1 | 80 | 1120 | 44 | 1 | 13 | 20 |
| Mint Chocolate Shake- 12 oz <u>Contains: Milk</u> | 249 | 300 | 8 | 4.5 | 0.2 | 35 | 140 | 49 | 0 | 44 | 7 |
| Mint Chocolate Shake with Andes® Candy Pieces- 16 oz <u>Contains: Milk, Soya</u> | 424 | 600 | 21 | 14 | 0.5 | 70 | 230 | 88 | 1 | 78 | 12 |
| Mint Chocolate Shake with Andes® Candy Pieces- 20 oz <u>Contains: Milk, Soya</u> | 520 | 710 | 25 | 16 | 0.5 | 80 | 290 | 106 | 1 | 95 | 15 |

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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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) |
|---------------------------------------|----------|----------|-----------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| 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 |

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.

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.

Fish: Alaskan pollock fish fillets, toasted wheat crumbs, water, modified starch (corn), flour (corn, wheat), vegetable oil (canola, soya/sunflower, cotton seed), 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, 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).

Mint 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), Mint Chocolate Shake Syrup (glucose-fructose, water, corn syrup, natural and artificial flavours, citric acid, potassium sorbate and sodium benzoate [preservatives], polysorbate 80, vanilla extract, Yellow 5, Blue 1), Andes Mints (sugar, palm kernel and palm oil, cocoa [processed with alkali], nonfat milk, lactose, milk protein concentrate, soya lecithin [emulsifier], natural and artificial flavours, peppermint oil, colors added [Yellow 5, Blue 1]), Whipped Cream (cream, water, sugar/glucose-fructose, skim milk powder, mono and diglycerides, carrageenan, natural flavour, nitrous oxide [pressure dispensing agent]), 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).

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.

Orange Cream 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), Orange Cream Syrup (glucose-fructose, corn syrup, water, natural flavour, citric acid, sodium benzoate [preservative], Yellow 6), Whipped Cream (cream, water, sugar/glucose-fructose, skim milk powder, mono and diglycerides, carrageenan, natural flavour, nitrous oxide [pressure dispensing agent]).

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 lacylate, 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.

Tartar Sauce: Water, soybean 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, 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]).

White Cheddar Mac & Cheese: Water, enriched macaroni (semolina, egg white, glycerol monostearate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), cream, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes), cream cheese (pasteurized cultured milk and cream, salt, stabilizers [xanthan and/or carob bean and/or guar gums]), cheese flavour (whey, cheddar cheese [milk, cheese cultures, salt, enzymes], buttermilk solids, butter), contains less than 2% of the following: modified food starch, Romano cheese (sheep's milk, cheese culture, salt, enzymes, calcium propionate), butter flavouring (whey solids, enzyme-modified butter [butter, buttermilk powder, enzymes], maltodextrin, salt, dehydrated butter [butter, buttermilk powder], guar gum, annatto and turmeric [colour]), sodium phosphates, toasted cheddar base (natural cheddar cheese flavour [cheddar cheese {milk, culture, salt, enzymes}, water, whey, dry milk, salt, sodium phosphates, enzymes], salt, yeast extract, corn oil, butter [cream], cream solids, whey, sugar, spice, disodium inosinate and disodium guanylate, natural flavour), disodium inosinate and disodium guanylate, onion powder, spices.

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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 **December 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.