



# Arby's® Nutritional Information

Some Menu Items May Be Available  
for a Limited Time Only

## Menu Item

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Allergens*
<b>Side Dishes</b>																	
Broccoli	1	212	171	19	5	0	0	515	9	3	2	4	32	187	6	6	M,S
Coleslaw	1	158	66	7.3	1.3	0	6.5	840.4	23.2	1.6	19.7	1.3	0	45	4	3	E,S,M
Green Beans	5oz	240	240	22	6	0	0	420	9	3	3	2	30	25	4	6	W,M,E,S,TN
Italian Spinach	1	128	107	12	2	0	8	475	5	2	2	3	157	24	10	15	E,S
Lima Beans	1	304	145	16	4	0	0	487	33	6	7	8	18	14	4	12	M,S
Macaroni & Cheese	1	262	111	12.4	5.3	0	24.5	445.5	29.2	0	2.9	7.1	9	9	0	6	W,M,E,S,G
Mashed Potatoes	6oz	210	100	12	6	0	15	610	23	2	2	4	10	45	6	4	W,G,M,E,S,TN
Stewed Tomato	4oz	116	46	5	1	0	0	375	16	2	5	3	6	14	5	9	W,G,M,E,S,TN
Summer Squash, Onions & Bacon	1	106	65	7	2	0	3	771	9	3	5	3	11	17	5	4	W,M,E,S
Yellow Sweet Corn	1	235	117	13	3	0	0	100	30	4	5	4	17	9	1	4	M,S
<b>Salads</b>																	
Cobb Salad	1	515	417	46.4	7.3	0	108.4	914.8	22.6	4.4	12.8	12.2	43	32	18	9	W,M,E,S,P,TN
Fruit and Poppy Salad	1	175	97	11	1	11	0	17	20	6	12	4	123	120	7	10	TN
Greek	1	246	150	17	9	0	51	1345	16	4	7	11	12	76	37	12	M,E,S
Greek Salad w/dressing	1	766	660	73	17	0	51	1819	20	5	10	11	13	76	38	16	W,M,E,S
Greek Salad w/Grilled Chicken	1	823	665	74	17	0	82	1571	19	5	10	24	14	80	36	18	W,G,M,E,S
Martha's Vineyard	1	268	130	14	5	0	21	144	29	7	19	10	140	50	24	11	TN,M,E,S
Napa Valley	1	369	150	17	9	0	92	763	26	5	17	30	142	51	23	14	TN,M,E,S
Side Salad with Vinaigrette Dressing	1	184	153	17	1	0	0	301	12	2	7	1	75	28	4	4	W,S,TN,P,M,E
Southern Fried Chicken Salad**	1	399	181	20.1	7.4	0	51.5	1011.0	34	6.3	8.8	23.4	152	33	31	8	W,G,M,E,S,P,TN
Strawberry Fields w/dressing	1	555	342	38	12.4	0	44.8	311.5	38.9	2.4	32.7	17.2	47	86	32	16	W,G,M,E,S
<b>Baked Potatoes</b>																	
Bacon Cheddar Potato	1	609	388	43	15	0	69	1557	42.5	4	6	16.6	29	28	26	12	W,G,M,E,S,TN
Broccoli & Cheddar Potato	1	729	340	38	20	0	82	1587	81	9	8	20	37	139	36	24	M,E,S
Butter Baked Potato	1	520	210	23	15	0	60	200	72	7	4	9	15	50	6	20	W,G,M,E,S,TN
Deluxe Baked Potato	1	680	290	33	19	0	85	1120	74	8	4	26	20	60	20	20	W,G,M,E,S,TN
Sweet Potato	1	312	199	22.1	6	0	0	251.5	26.2	3.9	5.4	2	389	5	4	4	W,G,M,E,S,TN
<b>Reference: Bread Only</b>																	
Nine Grain Bread	1 slc	170	25	3	0	0	0	280	32	2	7	5	0	0	6	10	W,G,S,M,E
Potato White Bread	1 slc	160	35	4	0.5	0	0	280	27	1	2	4	0	0	8	8	W,G,S,M,E
Wheat Bread	1 slc	170	25	3	0	0	0	310	31	2	7	5	0	0	8	10	W,G,S,M,E
<b>Arby's Roast Beef Sandwiches</b>																	
Roast Beef Sandwich, Classic	1	425	206	23	25	0	50	1143	34	1	7	19	10	0	4	10	W,G,M,E,S
Roast Beef Sandwich, Grande	1	563	288	32	42	0	89	1451	39	1	8	30	10	0	5	10	W,G,M,E,S
Beef 'n Cheddar, Classic	1	585	305	34	32	0	93	1662	42	2	7	27	16	2	25	13	W,G,M,E,S
Beef 'n Cheddar, Grande	1	702	384	43	48	0	126	1985	40	1	9	37	16	0	28	11	W,G,M,E,S
Beef & Que	1	509	274	31	25	0	62	1050	37	2	5	25	13	2	7	14	W,G,M,E,S
Bacon Beef 'n Cheddar - grass fed beef	1	605	304	34	32	0	112	2022	40	1	9	34	6	0	28	11	W,G,M,E,S
Super Bacon Deluxe Sandwich - grass fed beef	1	543	264	29	29	0	87	1530	41	2	9	29	45	11	21	11	W,G,M,E,S
Adventure Meal	1	340	157	18	5	0	33	677	34	1	5	15	1	0	5	10	W,G,M,E
Roast Beef Patty Melt	1	813	408	45	30	0	75	1282	67	4	16	35	17	3	23	1	W,G,M,E,S
Arby's Sauce	.5 oz	15	1	0.1	0	0	0	177	4	0	1	0	0	2	0	0	NA
<b>Dinner Deals</b>																	
Meatloaf (4 servings)	1 slc	261	139	15.4	5.7	0.9	82.1	699.7	14.7	1	7.2	14.9	7	15	5	12	W,S,E,M,G
Meatloaf Sandwich	1	480	219	24.4	7.6	0.9	82.1	1042	48.7	2	12.2	19.9	8	15	10	22	W,G,P,M,E,S
Roast Beef Dinner Special w/no Sides (4 srvgs)	1	360	153	17	28	0	62	1013	33	2	4	24	0	0	7	10	W,G,M,E,S
TRC Fiesta Chicken Dinner - Whole	4	7337	6098	678	106	0	488	10,127	250	6	158	56	47	43	17	41	W,G,M,E,S,TN
TRC Fiesta Chicken Dinner - Individual	1	1834	1524	169	26	0	122	2532	63	1.5	40	14	12	11	4	10	W,G,M,E,S,TN
Turkey Dinner Special w/no Sides (4 servings)	1	431	198	22	5	0	78	1069	39	2	20	23	24	3	2	5	W,G,M,E,S
<b>Turkey Roasters</b>																	
Grand Turkey Club	1	456	174	19	8	0	67	1305	40	3	7	31	41	11	11	11	W,G,M,E,S
Smoked Turkey Classic	1	279	76	8.5	2.4	0	51.4	899.8	34.2	1	5	21.8	0	0	0	0	W,G,M,E,S
Turkey 'n Cheddar Classic	1	421	150	17	8	0	86	1553	40	1	9	29	6	0	28	11	W,G,M,E,S

\*Allergens: NA = No Allergens E = Eggs M = Milk P = Peanuts TN = Tree Nuts SF = Shellfish F = Fish S = Soy W = Wheat G = Gluten

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 federal regulations regarding the rounding of nutritional data. This information is effective as of July 2013.

The Restaurant Company and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Federal regulations have identified 8 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, and crustacean shellfish. 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. Items may be cooked in the same oil as menu items that contain Soy, Egg, and Fish (where available).

Federal regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soy 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 soy oil.



The Restaurant Company  
1132 Heritage Road • Richmond, Virginia 23220

Menu items are subject to change without notice.



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<b>Turkey</b>																	
Turkey Apple Cheddar	1	707	150	16.6	2.6	0	61.3	1680	110.6	13	44	34.7	14	30	30	23	W,G,M,E,S
Turkey Apple Cheddar Wrap	1	637	177	19.6	4.1	0.4	61.3	1720	92.6	12	40	32.7	14	31	19	25	W,G,M,E,S
Turkey Avocado	1	660	281	31.3	6.5	0	73.7	1663.1	60.5	5.9	4.9	35	13	10	29	22	W,G,M,E,S
Turkey Avocado Wrap	1	590	308	34.3	8	0.4	73.7	1703.1	42.5	4.9	0.9	33	13	11	18	24	W,G,M,E,S
Smoked Turkey Ranch	1	606	229	25.4	5	0	35.6	1431	66	4.7	15.5	29.1	49	12	1	2	W,G,M,E,S
Smoked Turkey Ranch Wrap	1	496	247	27.4	6.5	0.4	35.6	1471	42	3.7	1.5	25.1	49	13	2	24	W,G,M,E,S
Smokehouse Turkey Club	1	613	223	25	7	0	69	2161	61	5	6	34	39	11	13	22	W,G,M,E,S
Smokehouse Turkey Club Wrap	1	542	250	27.8	8.3	0.4	69.3	2201.8	42.6	3.6	1.5	32.3	39	12	2	23	W,G,M,E,S
Turkey Tenderloin Chunk 4 pc	4 pcs	280	108	12	2	0	30	1080	24	1.5	0	24	0	0	4	0	W,G,M,E,S
Turkey Tenderloin Chunk 6 pc	6 pcs	420	162	18	3	0	45	1620	36	2.3	0	36	0	0	6	12	W,G,M,E,S
Turkey Tenderloin Chunk 12 pc	12 pcs	840	324	36	6	0	90	3240	72	4.5	0	72	0	0	12	24	W,G,M,E,S
<b>Arby's Toasted Subs</b>																	
Angus Three Cheese & Bacon	1	759	459	51	18.6	0.1	140.3	2073	45	1.2	4.5	40.5	10	0	43	11	W,G,M,E,S
Classic Italian Toasted Sub	1	845	507	56.3	19.7	0.6	118	2549.5	49.1	1.2	9	38.8	73	27	55	26	W,G,M,E,S,TN
French Dip Classic Sandwich	1	481	293	33	25	0	60	1027	50	1	2	18	7	0	8	8	W,G,M,E,S
French Dip Classic with Swiss	1	526	324	36	28	0	60	1217	50	1	2	21	9	0	18	8	W,G,M,E,S
Grande French Dip (Plain) w/ Au Jus	1	524	277	31	42	0	89	1711	52	1	4	31	10	0	8	9	W,G,M,E,S,TN
Grande French Dip w/ Mayo, Swiss & Au Jus	1	669	398	44	45	0	99	2141	54	1	4	34	12	0	18	9	W,G,M,E,S,TN
Roast Turkey Bacon Ranch	1	651	302	33.5	11.7	0.1	98.8	1815.5	54.5	1.2	16.7	34.9	70	27	38	18	W,G,M,E,S,TN
Ultimate Philly Beef	1	1098	869	96.5	47	0	73.9	1758.6	48	2.1	5.9	21.2	62	6	17	10	W,G,M,E,S,TN
Side Au Jus	1	28	5	0.5	0.1	0	0	617	3.1	0	1.7	1.9	0	0	0	1	W,G,M,S
<b>Specialty Sandwiches</b>																	
BBQ Pork Sandwich w/Coleslaw	1	454	180	20	11.9	0	54	915.4	28	2	4.9	20.6	7	16	6	9	W,G,M,E,TN
Corned Beef Reuben Sandwich	1	566	248	27.6	7.2	0.3	52.1	1825	61.6	4.3	11.7	29.1	3	8	27	32	W,G,M,E,TN
Corned Beef Reuben Double Stack	1	679	288	32	9.1	0.5	95.8	2973.9	62.4	4.3	12.6	44.8	3	8	27	41	W,G,M,E,TN
Corned Beef Reuben Turkey Double Stack	1	671	280	31.1	9	0.3	113.3	2315	61.6	4.3	11.7	50.1	3	8	27	32	W,G,M,E,TN
<b>Build Your Own Turkey Burgers***</b>																	
Turkey Burger Single BYO	1	390	171	19	5.5	0	55	470	29	1	4	21	10	0	4	16	W,G,M,E,S
Turkey Burger Double BYO	1	530	225	25	7.5	0	110	520	29	1	4	37	10	0	4	22	W,G,M,E,S
<b>Chicken/Fish Sandwiches</b>																	
Crispy Chicken Bacon Swiss**	1	710	368	41	9	0	72	1446	45	2	10	36	13	0	17	11	W,G,M,E,S
Crispy Cravin Chicken Deluxe**	1	684	378	42	7.8	0	53.1	934.7	48.5	3	10.7	29.5	50	11	8	12	W,G,M,E,S
Fish Filet Sandwich	1	679	367	41	11	0	54	1564	62	3	9	21	48	9	6	16	W,G,M,E,F,S
Rotisserie Chicken Salad Sandwich	1	343	53	5.9	0.6	0	8.8	658.4	57.6	4.6	4.8	15	39	12	13	22	W,G,M,E,S
Rotisserie Chicken Salad Wrap	1	273	80	8.9	2.1	0.4	8.8	698.4	39.6	3.6	0.8	13	39	13	2	24	W,G,M,E,S
Horsley Sauce	.5 oz	62	45	5	0.8	0	5	173	3	0	1	0	0	0	0	0	E
<b>Chicken Tenders</b>																	
2 Tenders**	1	250	110	12	1.5	0	30	790	19	1	0	17	0	0	15	6	W,G,M,E,S
3 Tenders**	3 pcs	380	160	18	2.5	0	40	1190	28	2	0	25	2	0	20	10	W,G,M,E,S
4 Tenders**	1	500	220	24	3	0	60	1580	38	2	0	34	0	0	30	12	W,G,M,E,S
5 Tenders**	5 pcs	630	270	30	4.5	0	70	1980	47	3	0	42	4	0	35	15	W,G,M,E,S
<b>Chicken Platters (Meat Only, Side Dish &amp; Muffin Information Listed Separately)</b>																	
Quarter White (Breast & Wing)	1	380	150	16	4.5	0	155	130	0	0	0	54	4	0	2	10	NA
Half Dark	1	630	350	39	11	0	240	220	0	0	0	66	8	0	4	20	NA
Half Rotisserie	1	690	320	35	10	0	275	240	0	0	0	87	8	0	4	20	NA
Whole Rotisserie	1	1380	640	71	20	0	550	490	0	0	0	174	15	0	8	40	NA
Roast Turkey Breast	5 oz	220	40	4.5	1	0	130	75	0	0	0	41	0	0	2	10	S,M
<b>Pick 5 Menu</b>																	
Jr. Ham and Swiss	1	265	74	8.3	3.3	0	37.5	545	23	0	0	9.8	2	0	10	2	W,G,M,E,F,S
Jr. Melt Sandwich	1	344	184	20	17	0	36	713	26	3	8	15	12	0	4	0	W,G,M,E,S
Jr. Smoked Turkey Sandwich	1	211	25	2.7	0.2	0	17.4	416.7	23	0	0	7.5	0	0	0	0	W,G,M,E,F,S
Jr. Curly Fry	2.8 oz	252	135	15	1.7	0	0	589	29	3.1	0	3.1	6	6	3	7	M,W,G,S,E
<b>Mighty Minis</b>																	
Original Roast Beef Mighty Minis Twin Pack	1	370	110	12	3.5	0	40	960	42	2	5	22	0	0	15	25	W,G,M,E,S
Original Roast Turkey Mighty Minis Twin Pack	1	330	60	7	1	0	40	1130	41	2	5	25	0	0	15	20	W,G,M,E,S
Crispy Onion Roast Beef Mighty Minis Twin Pack	1	540	260	28	6	0.5	45	1240	49	2	6	22	0	0	15	25	W,G,M,E,S
Crispy Onion Turkey Mighty Minis Twin Pack	1	500	200	23	3.5	0	50	1410	48	2	7	26	0	0	15	26	W,G,M,E,S
Spicy Roast Beef Mighty Minis Twin Pack	1	470	210	23	7	0.5	55	1330	43	2	5	25	4	2	20	25	W,G,M,E,S
Spicy Turkey Mighty Minis Twin Pack	1	440	160	18	4.5	0	60	1500	42	2	6	28	4	2	20	20	W,G,M,E,S

\*Allergens: NA = No Allergens E = Eggs M = Milk P = Peanuts TN = Tree Nuts SF = Shellfish F = Fish S = Soy W = Wheat G = Gluten

\*\*Foods cooked in common oil have also been indicated as possible allergens. Items may be cooked in the same oil as menu items that contain Soy, Egg, and Fish (where available).

\*\*\*Nutritional information for Build Your Own Turkey Burgers includes turkey patties and bun, but does not include any additional Build Your Own Turkey Burger ingredients.



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<b>Kids Meal</b>																	
Jr. Roast Beef	1	210	61	6.8	11.4	0	26.6	420.2	25	3	7	13.6	0	0	0	0	W,G,M,E,F,S
Yogurt	1	52.5	0	0	0	0	5	35	7	0	6	1	0	0	0	0	M,G
Apple Slices	1	30	0	0	0	0	0	0	8	2	6	0	0	0	4	0	NA
Kids Meal Chicken Tenders 2 pc**	2 pcs	250	110	12	1.5	0	30	790	19	1	0	17	0	0	15	6	W,G,S,E
Kids Meal Curly Fry**	2.8 oz	252	135	15	1.7	0	0	589	29	3.1	0	3.1	6	6	3	7	M,W,G
Juice	1	80	0	0	0	0	0	25	21	0	20	0	0	0	0	0	G
Milk	1	130	45	5	3	0	20	125	13	0	12	8	10	0	30	25	M
Chocolate Milk	1	180	65	2.5	1.5	0	10	210	32	1	30	8	10	0	30	0	M
<b>Sauces</b>																	
Barbecue Sauce	1.5 oz	50	0	0	0	0	0	690	13	0	11	0	6	2	2	4	S,F
Buttermilk Ranch Sauce	1 oz	150	140	15	2	0	15	290	2	0	<1	0	0	0	0	0	M,E
Chile Lime Ranch Sauce	1.5 oz	190	170	19	3.5	0	25	300	2	0	1	1	4	2	2	2	E,M
Honey Mustard Lime Sauce	1	347	304	34	5	0	21	443	12	0.1	6	0.5	3	1	1	3	W,G,M,E,S
Honey Mustard	1.5 oz	220	190	21	3	0	0	260	6	0	6	1	0	0	0	0	E
Ketchup Package	0.5 oz	13	0	0	0	0	0	158	3	0	3	0	0	0	0	0	NA
Marinara Sauce	1.5 oz	30	14	2	0	0	0	0	4	1	3	1	0	0	0	0	NA
Salsa Verde	1	30	1	0.1	0	0	0	392	7	0	0.8	0.1	6	30	0	1	W,G,M,E,S
<b>Soups</b>																	
Broccoli Cheddar – Cup	7 fo	250	160	17	10	0	55	930	13	2	4	11	45	60	20	4	M,G,W
Broccoli Cheddar – Bowl	10 fo	330	210	23	13	0	75	1280	18	2	5	14	60	90	24	4	M,G,W
Brunswick Stew – Cup	7 fo	208	56	6	2	0	44	790	22	3	10	18	10	16	4	8	S, M, G
Brunswick Stew – Bowl	10 fo	297	80	9	2	0	63	1128	31	4	14	25	15	22	5	11	S, M, G
Chicken Chili – Cup	7 fo	250	108	12	5	0	59	681	16	3	9.5	20	39	26	14	11	W,G,M,E,S
Chicken Chili – Bowl	10 fo	333	137	15	5	0	78	935	23	4	13	27	55	38	16	15	W,G,M,E,S
Chicken Noodle – Cup	7 fo	100	20	2.5	0.5	0	55	1030	9	<1	<1	9	8	0	0	6	W,G
Chicken Noodle – Bowl	10 fo	140	30	3.5	1	0	80	1470	13	1	1	13	10	0	0	8	W,G
Clam Chowder – Cup	7 fo	300	170	19	10	4	15	960	20	3	1	14	0	8	2	4	SF,M,W,G
Clam Chowder – Bowl	10 fo	410	230	26	14	5	20	1320	27	5	2	20	2	10	4	6	SF,M,W,G
Lobster Bisque – Cup	7 fo	320	230	25	16	0	100	630	14	0	3	7	100	4	15	4	SF,M,W,F,G
Lobster Bisque – Bowl	10 fo	450	330	36	23	0	145	900	20	0	4	10	140	6	20	6	SF,M,W,F,G
Tomato Basil – Cup	7 fo	210	150	16	9	0	50	780	17	2	11	3	25	25	6	6	M,G,S,W
Tomato Basil – Bowl	10 fo	310	210	23	13	0	70	1120	24	3	16	4	35	35	8	8	M,G,S,W
<b>Fries/Appetizers</b>																	
Curly Fries – Kids**	2.8 oz	252	135	14.9	1.7	0	0	589	29.1	3.1	0	3.1	6	6	3	7	M,W,G,S,E
Curly Fries – Small**	4 oz	360	192	21.4	2.4	0	0	841	41.6	4.4	0	4.4	8	9	4	10	M,W,G,S,E
Curly Fries – Medium**	6 oz	540	288	32	3.7	0	0	1261	62.5	6.6	0	6.6	12	13	7	15	M,W,G,S,E
Curly Fries – Large**	6.7 oz	602	322	35.8	4.1	0	0	1408	69.7	7.4	0	7.4	13	15	7	16	M,W,G,S,E
Curly Fries with Cheddar**	6.25 oz	540	330	36	10	0	50	1740	51	5	5	10	15	10	20	10	M,W,G,S,E
Mozzarella Sticks (2)**	2 pcs	213	127	14	6.7	.6	22	685	19.3	1.3	2.7	9.3	8	0.6	19.7	3	M,W,G,S,E
Mozzarella Sticks (3)**	3 pcs	320	191	21	10	1	34	1028	29	2	4	14	12	1	29	5	M,W,G,S,E
Onion Rings (5)**	5 pcs	142	4.1	.4	0	0	0	400	32	.8	3	3	0	3.3	2	3	M,W,G,S,E
Potato Cakes (2)**	2 pcs	246	166	18	4	3	0	391	26	2	0	2	0	4	2	3	M,W,G,S,E
Potato Cakes (3)**	3 pcs	380	180	20	3	0	0	650	39	3	0	3	0	4	0	6	M,W,G,S,E
Potato Cakes (4)**	4 pcs	510	240	27	4	0	0	870	52	5	0	4	0	6	2	8	M,W,G,S,E
<b>Turnovers</b>																	
Apple with Icing	1	330	150	17	9	0	0	340	39	2	19	4	10	0	0	8	W,G,S,E,M,TN
Cherry with Icing	1	320	140	16	9	0	0	320	39	0	17	4	10	0	0	8	W,G,S,E,M,TN
Chocolate	1	510	286	25	11	7	0	260	67	3	39	5	0	0	0	0	W,M,E,S,P,TN,G
<b>Muffins</b>																	
Blueberry Muffin	2 oz	210	59	12	2	0	35	150	23	<1	14	3	0	0	0	4	E,W,M,G
Carrot Raisin	2 oz	240	61	15	2.5	0	25	210	23	1	13	3	20	2	0	2	E,W,M,G,S
Cranberry Nut Muffin	2 oz	215	85	9	1	0	17	189	29	1	16	4	0	2	4	6	TN,E,W,G
Zucchini Muffin	2 oz	180	62	8	1	0	20	190	26	<1	16	2	0	2	0	4	E,W,M,G
<b>Cookies</b>																	
Chocolate Chip	2 oz	260	120	13	4	0	25	120	33	0	13	4	4	0	2	8	W,G,M,E,TN,P
Macadamia Nut	2 oz	260	140	15	5	0	25	120	31	1	14	4	2	0	2	8	W,G,M,E,TN,P
Oatmeal Raisin	2 oz	200	90	10	3.5	0	5	190	35	2	13	3	2	0	4	2	W,G,M,E,TN,P
Peanut Butter	2 oz	290	180	20	6	0	25	160	24	2	12	7	4	0	2	6	W,G,M,E,TN,P

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# Arby's® Nutritional Information

Some Menu Items May Be Available  
for a Limited Time Only

## Menu Item

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Allergens*
<b>Cupcakes</b>																	
Chocolate Chocolate	1	409	125	13.8	5.4	0	12.6	353.1	66.4	5.6	37.6	3.4	1	0	17	25	G,M,E,W,S
Red Velvet	1	465	136	15.2	5.3	0	5.3	526.8	79.7	0	47.9	3.7	1	0	15	19	G,M,E,W,S
<b>Milkshakes</b>																	
Berry Shake – Regular	1	687	257	28.5	17.3	0.8	156.8	315.3	89.3	12.1	80.6	19	5	43	5		G,M,E
Berry Shake – Large	1	983	365	40.6	24.5	1.2	227.6	460.7	126.6	12	114.1	20.7	17	7	64	7	G,M,E
Cherry Shake - Regular	1	575	224	25	15	0	144	288	70	0	65	14	17	5	42	5	G,M,E
Cherry Milkshake - Large	1	886	331	37	22	0	215	431	112	0	104	20	25	7	62	7	G,M,E
Chocolate Shake - Regular	1	580	224	25	15	0	144	344	70	0.8	63	14	17	5	42	5	G,M,E
Chocolate Shake - Large	1	897	331	37	22	0	215	543	113	1.5	99	22	25	7	62	7	G,M,E
Jamocha – Value	1	250	100	12	7	0.5	30	180	35	0	27	6	8	4	20	0	M,G
Jamocha – Regular	1	390	160	18	11	1	45	290	54	0	42	9	10	6	30	0	M,G
Mint Chocolate Milkshake – Regular	1	725	300	33.4	21.4	0.8	156.8	320	89.9	0.5	81.8	14.8	19	5	44	5	W,G,M,E
Mint Chocolate Milkshake – Large	1	1059	409	45.4	28.6	1.2	227.6	465.4	138.1	0.5	125.2	21.6	27	7	66	8	W,G,M,E
Orange – Value	1	330	120	13	9	0.5	40	210	44	0	37	8	8	4	30	0	M,G
Orange – Regular	1	510	190	21	14	1	60	330	69	0	57	12	10	6	45	0	M,G
Strawberry Shake - Regular	1	567	224	25	15	0	144	292	69	0	64	14	17	5	42	5	G,M,E
Strawberry Shake - Large	1	871	331	37	22	0	215	439	109	0	101	20	25	7	62	7	G,M,E
Vanilla Milkshake - Regular	1	552	224	25	15	0	144	288	65	0	61	14	17	5	42	5	G,M,E
Vanilla Milkshake - Large	1	871	331	37	22	0	215	433	109	0	101	20	25	7	62	7	G,M,E
<b>Sundaes</b>																	
Mini Sundae – Caramel	1	264	115	12.8	7.8	0	76.6	59.5	32.9	12	18.8	3.9	0	0	0	0	E,G,M
Mini Sundae – Chocolate	1	265	115	12.8	7.8	0	76.6	59.5	33.4	12	18.8	3.9	0	0	0	0	E,G,M
Mini Sundae – Mango	1	268	115	12.8	7.8	0	76.6	59.5	33.9	12	30.8	3.9	0	0	0	0	E,G,M
Mini Sundae – Strawberry	1	268	115	12.8	7.8	0	76.6	59.5	33.9	12	30.8	3.9	0	0	0	0	E,G,M
<b>Concretes</b>																	
Oreo	11 fo	829	406	45	23	0	197	453	95	2	69	13	0	0	1	15	E,G,M,W,TN,P
Snickers	10 fo	694	357	40	23	0	199	221	72	1	63	12	0	0	2	1	E,M,P,G,TN,P
Strawberry	11 fo	577	298	33	20	0	197	154	59	1	51	11	0	56	1	1	E,M,G,TN,P
Strawberry Banana	10 fo	602	598	33	20	0	197	154	66	2	55	11	1	33	1	1	E,M,G,TN,P
<b>Smoothies</b>																	
Raspberry Smoothie Small	9 oz	204	59	6.6	4.1	0	7.3	114.3	31.2	0.2	31	6	7	22	1	2	G,M,E,S
Raspberry Smoothie Large	12 oz	272	79	8.8	5.4	0	9.7	152.4	41.6	0.3	41.4	8	9	29	2	2	G,M,E,S
Strawberry Smoothie Small	9 oz	204	59	6.6	4.1	0	7.3	114	31.2	0.2	31	6	7	22	1	2	G,M,E,S
Strawberry Smoothie Large	12 oz	272	79	8.8	5.4	0	9.7	152.4	41.6	3	41.4	8	9	29	2	2	G,M,E,S
<b>Other Desserts</b>																	
Chocolate Molten Lava Cake	1	340	120	14	4	0	25	280	53	2	35	4	4	0	2	8	W,G,M,E,S
Ice Cream Custard Cone	1	380	157	17	10	0.6	102	219	44	0.2	37	9	10	3	26	6	M,G,E
Ice Cream Custard Cup	1	397	179	20	12	0.7	119	218	42	0	40	10	12	4	30	4	M
Jamocha Cream Pie	1	300	160	17	11	0	5	220	32	1	22	3	4	0	4	4	M,S,W,G
<b>Beverages</b>																	
Chocolate Milk	1	180	65	2.5	1.5	0	10	210	32	1	30	8	10	0	30	0	M
Fresh Squeezed Lemonade	12 fo	224	0	0	0	0	0	7	59	.3	55	.3	0	56	1	0	NA
Frozen Lemonade – Small	9 oz	186	0	0	0	0	0	6.4	49.5	0.2	45.6	0.2	0	47	1	0	NA
Frozen Lemonade – Large	16 oz	224	0	0	0	0	0	7.7	59.4	0.3	54.7	0.3	0	56	1	0	NA
Frozen Lemonade Raspberry – Small	9 oz	276	0	0	0	0	0	6.4	72.5	0.2	45.6	0.2	0	47	1	0	NA
Frozen Lemonade Raspberry – Large	16 oz	404	0	0	0	0	0	7.7	105.4	0.3	54.7	0.3	0	56	1	0	NA
Frozen Lemonade Strawberry – Small	9 oz	237	0	0	0	0	0	6.4	62	12.2	57.6	0.2	0	47	1	0	NA
Frozen Lemonade Strawberry – Large	16 oz	326	0	0	0	0	0	7.7	84.4	24.3	78.7	0.3	0	56	1	0	NA
Juice	1	80	0	0	0	0	0	25	21	0	20	0	0	0	0	0	G
Milk	1	130	45	5	3	0	20	125	13	0	12	8	10	0	30	25	M
Raspberry Lemonade	22 oz	250	0	0	0	0	0	7	66	0	50	0.3	0	52	1	0	NA
Strawberry Lemonade	22 oz	256	0	0	0	0	0	7	67	12	62	0.3	0	52	1	0	NA

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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 federal regulations regarding the rounding of nutritional data. This information is effective as of **July 2013**.

The Restaurant Company and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Federal regulations have identified 8 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, and crustacean shellfish. 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. Items may be cooked in the same oil as menu items that contain Soy, Egg, and Fish (where available).

Federal regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soy 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 soy oil.



The Restaurant Company  
1132 Hermitage Road • Richmond, Virginia 23220

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