

Arby's® Nutrition & Allergen Information (U.S.)

Scan QR Code with your phone's camera to access the most current nutritional information at Arbys.com



Major food allergens are listed below in **BOLD** and **DARK RED**.

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

* Manufactured in a facility that processes peanuts or tree nuts.

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

	Serving Weight (g)	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SLOW ROASTED BEEF												
Classic Beef 'n Cheddar	195	450	180	20	6	1	50	1280	45	2	9	23
Double Beef 'n Cheddar	301	630	290	32	11	1.5	100	2100	48	2	9	39
Half Pound Beef 'n Cheddar	358	740	350	39	14	2	130	2530	48	2	9	49
Classic Roast Beef	154	360	120	14	5	0.5	50	970	37	2	5	23
Double Roast Beef	239	510	210	24	9	1.5	95	1610	38	2	5	38
Half Pound Roast Beef	295	610	270	30	12	2	130	2040	38	2	5	48
Arby's Sauce* Adds	14	15	0	0	0	0	0	180	3	0	2	0
Horsely Sauce* Adds	14	60	45	5	1	0	5	150	3	0	2	0
Classic French Dip & Swiss/Au Jus	324	530	190	21	10	1	85	2540	50	2	3	34
Smokehouse Brisket	193	560	260	29	11	1	95	1140	42	3	3	36
CRISPY JUICY CHICKEN												
Chicken Bacon Swiss	268	610	270	30	9	0	80	1580	51	4	9	35
Classic Chicken	235	510	220	25	5	0	55	1230	48	4	7	24
Buffalo Chicken	224	500	210	23	5	0	55	1960	48	4	7	24
Chicken Tenders (3)	129	370	160	18	3	0	60	1190	28	2	0	23
Chicken Tenders (5)	215	610	270	30	4.5	0	100	1990	47	3	0	39
Premium Nuggets (9)	176	470	210	23	7	0	75	1360	28	2	2	38
Tangy Barbeque Sauce Adds	14	45	0	0	0	0	0	360	10	0	8	0
Buffalo Dipping Sauce Adds	28	10	10	1	0	0	0	720	2	0	0	0
Honey Mustard Dipping Sauce Adds	28	130	120	13	2	0	10	160	5	0	4	0
Ranch Dipping Sauce Adds	28	100	90	10	2	0	15	135	1	0	1	1
MARKET FRESH*												
Market Fresh® Turkey, Ranch & Bacon Sandwich	344	810	310	35	10	0.5	80	2520	79	5	15	46
Market Fresh® Turkey & Swiss Sandwich	326	720	260	28	7	0	65	1930	79	5	15	38
Corned Beef Reuben	308	680	280	31	8	0.5	80	2420	62	4	5	37
Greek Gyro	273	700	390	44	13	0	75	1370	55	4	6	23
Roast Beef Gyro	273	540	260	29	7	1	60	1300	48	3	5	24
Roast Turkey Gyro	273	470	180	20	3.5	0	45	1530	48	3	6	25
Roast Turkey Club Wrap	307	660	310	34	9	0.5	85	1970	47	3	12	43
Buffalo Chicken Wrap	328	790	400	45	9	0	75	2490	61	5	7	39
SIDES & SNACKS												
Curly Fries - Snack ♦	77	250	120	13	2	0	0	570	29	3	0	3
Curly Fries - Small ♦	128	410	200	22	3	0	0	940	49	5	0	5
Curly Fries - Medium ♦	170	550	260	29	4	0	0	1250	65	6	0	6
Curly Fries - Large ♦	201	650	310	35	5	0	0	1480	77	7	0	8
Crinkle Fries - Snack ♦	91	250	110	12	1.5	0	0	300	32	0	0	3
Crinkle Fries - Small ♦	139	390	170	19	2.5	0	0	460	49	0	0	5
Crinkle Fries - Medium ♦	190	530	230	26	3.5	0	0	630	68	0	0	7
Crinkle Fries - Large ♦	221	620	270	30	4	0	0	730	79	0	0	8
Ketchup Adds	9	10	0	0	0	0	0	85	3	0	2	0
Mozzarella Sticks - (4)	137	440	210	23	9	0.5	35	1410	37	2	3	19
Mozzarella Sticks - (6)	206	650	310	35	14	1	55	2110	56	3	4	29
Marinara Sauce Adds	28	20	0	0	0	0	0	170	4	1	3	1
Jalapeno Bites® - (5)	110	290	150	17	6	0	25	660	31	2	3	5
Jalapeno Bites® - (8)	176	470	240	27	10	0.5	40	1060	50	3	4	8
Bronco Berry Sauce* Adds	28	60	0	0	0	0	0	25	15	0	15	0
Nuggets (4)	78	210	90	10	3	0	35	600	12	1	1	17
Nuggets (6)	117	310	140	15	4.5	0	50	910	18	1	1	25
Tangy Barbeque Sauce Adds	14	45	0	0	0	0	0	360	10	0	8	0
Buffalo Dipping Sauce Adds	28	10	10	1	0	0	0	720	2	0	0	0
Honey Mustard Dipping Sauce Adds	28	130	120	13	2	0	10	160	5	0	4	0
Ranch Dipping Sauce Adds	28	100	90	10	2	0	15	135	1	0	1	1
SLIDERS												
Buffalo Chicken Slider	105	300	120	14	2	0	25	990	31	1	2	12
Roast Beef Slider	84	210	80	9	3.5	0	25	570	21	1	1	12
Jalapeno Roast Beef Slider	92	220	80	9	3.5	0	25	570	21	1	1	12
Chicken Slider	92	270	100	11	2.5	0	25	700	30	1	1	13
Roast Turkey Slider	84	180	45	5	1.5	0	20	660	21	1	2	13
KIDS												
Buffalo Chicken Slider	105	300	120	14	2	0	25	990	31	1	2	12
Roast Beef Slider	84	210	80	9	3.5	0	25	570	21	1	1	12
Jalapeno Roast Beef Slider	92	220	80	9	3.5	0	25	570	21	1	1	12
Chicken Slider	92	270	100	11	2.5	0	25	700	30	1	1	13
Roast Turkey Slider	84	180	45	5	1.5	0	20	660	21	1	2	13
Nuggets (4)	78	210	90	10	3	0	35	600	12	1	1	17
Nuggets (6)	117	310	140	15	4.5	0	50	910	18	1	1	25
Tangy Barbeque Sauce Adds	14	45	0	0	0	0	0	360	10	0	8	0
Buffalo Dipping Sauce Adds	28	10	10	1	0	0	0	720	2	0	0	0
Honey Mustard Dipping Sauce Adds	28	130	120	13	2	0	10	160	5	0	4	0
Ranch Dipping Sauce Adds	28	100	90	10	2	0	15	135	1	0	1	1
Curly Fries - Kids ♦	77	250	120	13	2	0	0	570	29	3	0	3
Crinkle Fries - Kids ♦	91	250	110	12	1.5	0	0	300	32	0	0	3
Honest Kids® Apple Juice Drink	91	45	0	0	0	0	0	12	3	8	1	1
Shamrock Farms® Lowfat White Milk	214	90	20	2	1.5	0	10	105	10	0	10	7
Shamrock Farms® Lowfat Chocolate Milk	218	150	20	2.5	1.5	0	10	170	26	1	23	7
DESSERTS												
Jamocha Shake - Snack	259	350	80	9	6	0	30	230	60	0	50	8
*Jamocha Shake - Small	372	540	140	16	10	0	50	320	88	1	74	12
*Jamocha Shake - Medium	490	700	180	20	13	0	65	420	116	1	97	15
*Jamocha Shake - Large	687	980	250	28	18	0.5	90	600	161	1	136	22
Chocolate Shake - Snack	258	350	80	9	6	0	30	220	59	1	51	8
*Chocolate Shake - Small	372	540	150	17	11	0	50	320	86	1	76	12
*Chocolate Shake - Medium	490	700	190	21	14	0	65	420	113	1	99	16
*Chocolate Shake - Large	687	970	260	29	19	0.5	90	590	158	2	138	22
Vanilla Shake - Snack	255	310	80	9	6	0	30	210	49	0	45	9
Vanilla Shake - Small	361	480	150	17	11	0	55	300	70	0	64	12
Vanilla Shake - Medium	481	620	190	21	14	0.5	70	400	93	0	85	16
Vanilla Shake - Large	672	870	260	29	19	0.5	95	560	129	1	119	23
*Salted Caramel & Chocolate Cookie	94	430	160	18	10	0	30	360	63	1	33	4
*Triple Chocolate Cookie	95	450	190	21	13	0	40	370	60	2	31	5
*Apple Turnover	128	430	160	18	9	0	0	210	65	2	39	4
*Cherry Turnover	128	390	120	13	6	0	0	200	65	2	40	4

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	Serving Weight (g)	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
BEVERAGES													
Market Fresh® Peach Lemonade ¹	Small	150	0	0	0	0	0	10	38	0	35	0	
Market Fresh® Strawberry Lemonade ¹	Small	150	0	0	0	0	0	10	38	0	36	0	
Market Fresh® Classic Lemonade ¹	Small	110	0	0	0	0	0	10	29	0	27	0	
Barq's® Root Beer [^]	Small	240	0	0	0	0	0	105	62	0	62	0	
Barq's® Root Beer ^o	Small	170	0	0	0	0	0	75	44	0	44	0	
Coca-Cola ^{^A}	Small	250	0	0	0	0	0	60	62	0	62	0	
Coca-Cola ^o	Small	180	0	0	0	0	0	45	44	0	44	0	
Coca-Cola® Zero Sugar ^{^A}	Small	0	0	0	0	0	0	60	0	0	0	0	
Coca-Cola® Zero Sugar ^o	Small	0	0	0	0	0	0	45	0	0	0	0	
Diet Coke ^{^A}	Small	0	0	0	0	0	0	75	0	0	0	0	
Diet Coke ^o	Small	0	0	0	0	0	0	50	0	0	0	0	
Fanta® Orange ^{^A}	Small	240	0	0	0	0	0	60	61	0	61	0	
Fanta® Orange ^o	Small	170	0	0	0	0	0	45	43	0	43	0	
Hi-C® Flashin' Fruit Punch ^{^A}	Small	250	0	0	0	0	0	110	65	0	63	0	
Hi-C® Flashin' Fruit Punch ^o	Small	180	0	0	0	0	0	80	46	0	45	0	
Mello Yello ^{^A}	Small	250	0	0	0	0	0	75	67	0	67	0	
Mello Yello ^o	Small	180	0	0	0	0	0	55	47	0	47	0	
Minute Maid Zero Sugar Lemonade ^{^A}	Small	10	0	0	0	0	0	65	3	0	0	0	
Minute Maid Zero Sugar Lemonade ^o	Small	5	0	0	0	0	0	45	2	0	0	0	
POWERADE® Mountain Berry Blast ^{^A}	Small	130	0	0	0	0	0	170	34	0	34	0	
POWERADE® Mountain Berry Blast ^o	Small	90	0	0	0	0	0	120	24	0	24	0	
Sprite ^{^A}	Small	220	0	0	0	0	0	110	57	0	57	0	
Sprite ^o	Small	160	0	0	0	0	0	75	41	0	41	0	
Dr Pepper ^{^A}	Small	220	0	0	0	0	0	65	60	0	59	0	
Dr Pepper ^o	Small	160	0	0	0	0	0	50	42	0	42	0	
Diet Dr Pepper ^{^A}	Small	0	0	0	0	0	0	110	0	0	0	0	
Diet Dr Pepper ^o	Small	0	0	0	0	0	0	80	0	0	0	0	
Brewed Iced Tea ¹	Small	5	0	0	0	0	0	0+	1	0	0	0	
Nestle® Pure Life® Bottled Water		479	0	0	0	0	0	0	0	0	0	0	
OPTIONAL / REGIONAL													
•Arby-Q® Contains: Soy, Wheat		182	400	100	11	3.5	0.5	30	1250	58	3	23	18
•Super Roast Beef Contains: Soy, Wheat		229	440	170	19	6	1	50	1080	44	3	11	23
•Arby's Melt Contains: Milk, Soy, Wheat		146	330	110	12	4	0.5	35	940	39	2	5	18
•Cheddar Cheese Sauce Adds Contains: Milk		43	50	35	3.5	0.5	0	0	370	4	0	0	1
•Spicy Three Pepper® Sauce Adds		14	25	10	1	0	0	0	140	4	0	3	0
BREAKFAST													
•Sausage Biscuit Contains: Egg, Milk, Soy, Wheat		144	500	300	33	15	0	40	1450	36	1	3	12
•Bacon Biscuit Contains: Egg, Milk, Soy, Wheat		104	340	150	17	10	0	15	1180	36	1	3	10
•Ham Biscuit Contains: Egg, Milk, Soy, Wheat		140	340	140	16	9	0	30	1420	37	1	4	13
•Chicken Biscuit Contains: Egg, Milk, Soy, Wheat † Fish (where available)		134	390	160	18	9	0	20	1330	44	2	2	13
•Bacon Egg & Cheese Sourdough Contains: Egg, Milk, Soy, Wheat		163	470	190	22	8	0	145	1260	46	2	5	23
•Bacon Egg & Cheese Croissant Contains: Egg, Milk, Soy, Wheat		132	430	240	26	13	0.5	175	1010	29	1	4	18
•Bacon Egg & Cheese Biscuit Contains: Egg, Milk, Soy, Wheat		166	470	250	28	14	0	145	1720	37	1	4	18
•Bacon Egg & Cheese Wrap Contains: Egg, Milk, Soy, Wheat † Fish (where available)		171	490	230	26	10	0	145	1380	41	4	4	21
•Sausage Egg & Cheese Sourdough Contains: Egg, Milk, Soy, Wheat		203	630	340	38	13	0	175	1450	47	2	5	24
•Sausage Egg & Cheese Croissant Contains: Egg, Milk, Soy, Wheat		172	580	380	43	19	0.5	205	1200	30	1	4	19
•Sausage Egg & Cheese Biscuit Contains: Egg, Milk, Soy, Wheat		206	630	400	44	20	0	175	1910	39	1	4	19
•Sausage Egg & Cheese Wrap Contains: Egg, Milk, Soy, Wheat † Fish (where available)		206	620	360	40	15	0	175	1470	42	4	5	20
•Ham Egg & Cheese Sourdough Contains: Egg, Milk, Soy, Wheat		194	460	160	18	5	0	155	1290	47	2	4	26
•Ham Egg & Cheese Croissant Contains: Egg, Milk, Soy, Wheat		162	410	200	23	11	0.5	185	1040	30	1	3	21
•Ham Egg & Cheese Biscuit Contains: Egg, Milk, Soy, Wheat		196	460	210	24	12	0	155	1750	38	1	3	21
•Ham Egg & Cheese Wrap Contains: Egg, Milk, Soy, Wheat † Fish (where available)		203	470	210	23	9	0	165	1450	43	4	3	22
•Ham & Swiss Croissant Contains: Egg, Milk, Soy, Wheat		119	340	160	17	10	0	70	910	29	1	2	17
•Bacon & Cheese Croissant Contains: Egg, Milk, Soy, Wheat		83	330	170	19	10	0	50	740	27	1	2	14
•Sausage & Cheese Croissant Contains: Egg, Milk, Soy, Wheat		123	490	310	35	16	0	80	940	28	1	3	15
•French Toast Sticks Contains: Soy, Wheat † Egg, Milk, Fish (where available)		128	350	90	10	1.5	0	0	250	57	5	13	7
•Sausage Gravy Biscuit Contains: Egg, Milk, Soy, Wheat		261	480	250	28	13	0	20	1740	48	1	3	9
•Sausage Gravy Biscuit-Double Contains: Egg, Milk, Soy, Wheat		522	970	500	56	27	0	35	3490	95	3	6	18
•Potato Cakes (2) † Egg, Milk, Soy, Wheat, Fish (where available)		100	250	130	14	2	0	0	430	23	2	0	2
•Potato Cakes (3) † Egg, Milk, Soy, Wheat, Fish (where available)		150	370	190	21	3	0	0	650	35	4	0	3
•Potato Cakes (4) † Egg, Milk, Soy, Wheat, Fish (where available)		200	490	250	28	4.5	0	0	860	46	5	0	4
•Ketchup Adds		9	10	0	0	0	0	0	85	3	0	2	0
•Coffee - 12 oz		355	0	0	0	0	0	5	0	0	0	0	
•Simply Orange®	11.5 fl oz	160	0	0	0	0	0	0	37	0	33	0	

Third party marks are the property of their respective owners.

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 2022**.

For the most comprehensive and up-to-date information, or to calculate nutrition facts for your favorite menu items or meals, visit www.arbys.com or call 1-800-599-2729.

Arby's Restaurant Group, Inc., its franchisees 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. Allergen information is determined based on standard product formulations. These product formulations may vary. Fried menu items are cooked in common oil, and possible contact with other major allergens is also indicated.

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.

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

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.



We take pride in serving delicious foods made with the finest quality ingredients in every sandwich and side item we make.

At Arby's, great taste and quality ingredients can be a part of a well-balanced diet. We offer this nutrition and allergen guide to help you make the proper choices for your dietary needs.

¹With 100% ice fill. [^]With no ice. ^oWith 50% ice fill. To determine approximate nutritional information for a Kids size soft drink, multiply the value shown for the Small cup by 0.7; Medium soft drink, multiply by 1.4; Large soft drink, multiply by 1.8. +The sodium value will vary based on the level of sodium in the local water supply. ♦ Recommended portion sizes. Curly Fries, Crinkle Fries and Homestyle Fries (where available) are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.