

# U.S. NUTRITION INFORMATION

## Garden Sensations™ Salads

Flavor-Packed Entree Salads to Dress and Top Yourself\*

	Serving Size	Weight (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (g)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Mandarin Chicken® Salad</b> Iceberg, Romaine, Spring Salad Mix, Mandarin Oranges, Diced Chicken	1 ea.	348	<b>190</b>	25	<b>3</b>	1	0	50	740	<b>17</b>	3	11	<b>22</b>
Crispy Rice Noodles	1 pkt.	14	<b>60</b>	20	<b>2</b>	0	0.5	0	170	<b>10</b>	0	1	<b>1</b>
Roasted Almonds	1 pkt.	21	<b>130</b>	100	<b>11</b>	1	0	0	70	<b>4</b>	2	1	<b>5</b>
Oriental Sesame Dressing	1 pkt.	64	<b>250</b>	170	<b>19</b>	2.5	0	0	560	<b>19</b>	0	18	<b>1</b>
<b>Spring Mix Salad</b> Iceberg, Romaine, Spring Salad Mix, Cucumbers, Grape Tomatoes, Red Onions, Carrots, Cheddar Cheese	1 ea.	315	<b>180</b>	100	<b>11</b>	6	0.5	30	230	<b>12</b>	5	5	<b>11</b>
Honey Roasted Pecans	1 pkt.	20	<b>130</b>	120	<b>13</b>	12	0	0	65	<b>5</b>	2	3	<b>2</b>
House Vinaigrette Dressing	1 pkt.	64	<b>190</b>	160	<b>18</b>	2.5	0	0	750	<b>8</b>	0	7	<b>0</b>
<b>Chicken BLT Salad</b> Iceberg, Romaine, Spring Salad Mix, Cucumbers, Grape Tomatoes, Cheddar Cheese, Bacon Pieces, Diced Chicken	1 ea.	376	<b>360</b>	170	<b>19</b>	9	0.5	95	1140	<b>10</b>	4	4	<b>34</b>
Homestyle Garlic Croutons	1 pkt.	14	<b>70</b>	25	<b>2.5</b>	0	0	0	120	<b>9</b>	0	0	<b>1</b>
Honey Mustard Dressing	1 pkt.	64	<b>280</b>	230	<b>26</b>	4	0.5	25	350	<b>11</b>	0	10	<b>1</b>
<b>Taco Supremo Salad</b> Iceberg, Romaine, Tomatoes, Red Onions, Cheddar Cheese, Wendy's Chili	1 ea.	495	<b>360</b>	140	<b>16</b>	8	1	65	1090	<b>29</b>	8	8	<b>27</b>
Salsa	1 ea.	85	<b>30</b>	0	<b>0</b>	0	0	0	440	<b>6</b>	0	4	<b>1</b>
Sour Cream	1 pkt.	28	<b>60</b>	45	<b>5</b>	3.5	0	20	20	<b>2</b>	0	1	<b>1</b>
Taco Chips	1 pkt.	43	<b>220</b>	100	<b>11</b>	2	2	0	200	<b>27</b>	2	0	<b>3</b>
<b>Light Salad Dressings</b>													
Fat Free French Style	1 pkt.	64	<b>80</b>	0	<b>0</b>	0	0	0	210	<b>19</b>	0	16	<b>0</b>
Reduced Fat Creamy Ranch	1 pkt.	64	<b>100</b>	70	<b>8</b>	1.5	0	15	550	<b>6</b>	1	3	<b>1</b>
Low Fat Honey Mustard	1 pkt.	64	<b>110</b>	25	<b>3</b>	0	0.5	0	340	<b>21</b>	0	16	<b>0</b>
<b>Additional Salad Dressings</b>													
Creamy Ranch	1 pkt.	64	<b>230</b>	200	<b>23</b>	4	0.5	15	580	<b>5</b>	0	3	<b>1</b>
Blue Cheese	1 pkt.	64	<b>260</b>	240	<b>27</b>	5	0.5	35	600	<b>3</b>	0	1	<b>2</b>
Thousand Island	1 pkt.	64	<b>290</b>	260	<b>28</b>	4.5	0.5	25	460	<b>8</b>	0	7	<b>1</b>

\* Toppings and Salad Dressings listed separately.

## Beverages and Frosty™

Refreshments for Everyone's Thirst

	Serving Size	Weight (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (g)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Beverages</b>													
Coffee	1 ea.	0	<b>0</b>	0	<b>0</b>	0	0	0	0	<b>1</b>	0	1	<b>0</b>
Tea	1 ea.	0	<b>0</b>	0	<b>0</b>	0	0	0	0	<b>0</b>	0	0	<b>0</b>
Milk, 2% Reduced Fat Milk	1 ea.	227	<b>110</b>	40	<b>4.5</b>	2.5	0	15	115	<b>11</b>	0	11	<b>8</b>
Diet Cola Soft Drink, Medium (20 oz. cup)*	1 ea.	312	<b>0</b>	0	<b>0</b>	0	0	0	15	<b>0</b>	0	0	<b>0</b>
Lemon-Lime Soft Drink, Medium (20 oz. cup)*	1 ea.	312	<b>130</b>	0	<b>0</b>	0	0	0	30	<b>36</b>	0	36	<b>0</b>
Cola Soft Drink, Medium (20 oz. cup)*	1 ea.	312	<b>140</b>	0	<b>0</b>	0	0	0	10	<b>37</b>	0	37	<b>0</b>
<b>Frosty</b>													
Junior, 6 oz. cup	1 ea.	113	<b>160</b>	35	<b>4</b>	2.5	0	15	75	<b>28</b>	0	21	<b>4</b>
Small, 12 oz. cup	1 ea.	227	<b>330</b>	70	<b>8</b>	5	0	35	150	<b>56</b>	0	42	<b>8</b>
Medium, 16 oz. cup	1 ea.	298	<b>430</b>	100	<b>11</b>	7	0	45	200	<b>74</b>	0	55	<b>10</b>

\*To determine nutritional information for a Kid's size (12 oz.) soft drink, multiply by 0.6; Small (16 oz.) soft drink, multiply by 0.8; Biggie (32 oz.) soft drink, multiply by 1.6.

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## Side Selections

Numerous Options to Serve Yourself a Balanced Meal

	Serving Size	Weight (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
<b>SIDE SALADS</b>	Side Salad Iceberg, Romaine, Cucumbers, Grape Tomatoes, Red Onions, Carrots	1 ea.	167	35	0	0	0	0	20	7	3	4	2	
	Caesar Side Salad Romaine, Parmesan Cheese, Bacon Pieces	1 ea.	99	70	40	4.5	2	0	10	190	2	1	1	6
	Homestyle Garlic Croutons Caesar Dressing	1 pkt. 1 pkt.	14 28	70 150	25 150	2.5 16	0 2.5	0 0	0 20	120 240	9 1	0 0	0 0	1 1
<b>BAKED POTATOES</b>	Plain	10 oz.*	284	270	0	0	0	0	25	61	7	3	7	
	Sour Cream & Chives Potato, Sour Cream, Chives	1 ea.	312	340	60	6	3.5	0	15	40	62	7	3	8
	Broccoli & Cheese Potato, Broccoli, Cheese Sauce, Margarine	1 ea.	411	440	130	15	3	0	10	540	70	9	6	10
	Bacon & Cheese Potato, Cheese Sauce, Bacon Pieces, Margarine	1 ea.	380	560	220	25	7	0	35	910	67	7	6	16
	Country Crock® Spread	1 pkt.	14	60	60	7	1.5	0.5	0	115	0	0	0	0
<b>CHILI</b>	Small	8 oz.	227	200	45	5	2	0	35	870	21	5	5	17
	Large	12 oz.	340	300	70	7	3	0	50	1310	31	7	7	25
	Hot Chili Seasoning	1 pkt.	7	5	0	0	0	0	0	270	2	0	1	0
	Saltine Crackers	2 ea.	6	25	5	0.5	0	0	0	70	5	0	0	1
	Cheddar Cheese, shredded	2 T.	17	70	50	6	3.5	0	15	110	1	0	0	4
<b>FRENCH FRIES</b>	Kids' Meal	3.2 oz.	91	250	100	11	2	3	0	220	36	4	0	3
	Medium	5.0 oz.	142	390	150	17	3	4.5	0	340	56	6	0	4
	Biggie®	5.6 oz.	159	440	170	19	3.5	5	0	380	63	7	0	5
	Great Biggie®	6.7 oz.	190	530	200	23	4.5	5.5	0	450	75	8	1	6

\* Average weight.

## Homestyle Chicken Strips & Crispy Chicken Nuggets

Crispy All-White Breast Meat for High Flavor Dipping

<b>STRIPS</b>	Homestyle Chicken Strips	3 ea.	159	410	160	18	3.5	3	60	1470	33	0	0	28
	Deli Honey Mustard Sauce	1 pkt.	35	170	140	16	2.5	0	15	190	6	0	4	0
	Spicy Southwest Chipotle Sauce	1 pkt.	35	170	150	17	2.5	0	10	150	5	0	1	0
	Heartland Ranch Sauce	1 pkt.	35	200	190	21	3.5	0	20	280	1	0	1	0
<b>NUGGETS</b>	4 Piece Kids' Meal	4 pc.	60	180	100	11	2.5	1.5	25	390	10	0	0	8
	5 Piece	5 pc.	75	220	130	14	3	1.5	35	490	13	0	0	10
	Barbecue Sauce	1 pkt.	28	40	0	0	0	0	0	160	10	0	5	1
	Sweet & Sour Sauce	1 pkt.	28	45	0	0	0	0	0	120	12	0	7	0
	Honey Mustard Sauce	1 pkt.	28	130	100	12	2	0	10	220	6	0	5	0

Tally up your whole meal! Meal calculator at [www.wendys.com](http://www.wendys.com)

## Sandwiches

100% Pure Beef and Whole-Breast Chicken Fillets Taste Great

	Serving Size	Weight (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
<b>BEEF</b>	<b>Jr. Hamburger</b> 2 oz.* Patty, Ketchup, Mustard, Dill Pickles, Onion, Sandwich Bun	1 ea.	117	270	80	9	3.5	0.5	30	610	34	2	7	15
	<b>Jr. Cheeseburger</b> 2 oz.* Patty, American Cheese Jr. Slice, Ketchup, Mustard, Dill Pickles, Onion, Sandwich Bun	1 ea.	129	310	110	12	6	0.5	45	820	34	2	7	17
	<b>Jr. Cheeseburger Deluxe™</b> 2 oz.* Patty, American Cheese Jr. Slice, Mayonnaise, Ketchup, Mustard, Dill Pickles, Onion, Tomato, Lettuce, Sandwich Bun	1 ea.	179	350	140	15	6	1	45	880	36	2	8	18
	<b>Jr. Bacon Cheeseburger</b> 2 oz.* Patty, American Cheese Jr. Slice, Bacon, Mayonnaise, Tomato, Lettuce, Sandwich Bun	1 ea.	165	380	170	19	7	1	55	830	34	2	6	20
	<b>Hamburger, Kids' Meal</b> 2 oz.* Patty, Ketchup, Mustard, Dill Pickles, Sandwich Bun	1 ea.	110	270	80	9	3.5	0.5	30	610	33	1	6	15
	<b>Cheeseburger, Kids' Meal</b> 2 oz.* Patty, American Cheese Jr. Slice, Ketchup, Mustard, Dill Pickles, Sandwich Bun	1 ea.	122	310	110	12	6	0.5	45	820	33	1	7	17
	<b>Classic Single® w/ Everything</b> 1/4 lb.* Patty, Mayonnaise, Ketchup, Mustard, Dill Pickles, Onion, Tomato, Lettuce, Sandwich Bun	1 ea.	218	410	170	19	7	1	70	910	37	2	8	25
	<b>Big Bacon Classic®</b> 1/4 lb.* Patty, American Cheese Slice, Bacon, Mayonnaise, Ketchup, Dill Pickles, Onion, Tomato, Lettuce, Kaiser Bun	1 ea.	282	580	260	29	12	1.5	95	1430	45	3	11	33
	<b>Grilled Chicken Sandwich</b> Grilled Chicken Fillet, Reduced Calorie Honey Mustard, Tomato, Lettuce, Sandwich Bun	1 ea.	188	300	60	6	1.5	0	55	730	36	2	8	24
	<b>Chicken Breast Fillet Sandwich</b> Breaded Chicken Fillet, Mayonnaise, Tomato, Lettuce, Sandwich Bun	1 ea.	207	430	120	13	2.5	1	55	740	46	2	6	27
<b>CHICKEN</b>	<b>Spicy Chicken Sandwich</b> Spicy Chicken Fillet, Mayonnaise, Tomato, Lettuce, Sandwich Bun	1 ea.	217	430	120	14	2.5	1	60	1220	47	3	6	28
	<b>Chicken Club Sandwich</b> Breaded Chicken Fillet, Mayonnaise, Tomato, Lettuce, Bacon, Sandwich Bun	1 ea.	215	470	150	17	4	1	60	860	47	2	7	30

## Sandwich Components

Everything Can Be Made to Order for Your Taste

Note: For your custom sandwich order, add or subtract the nutritional value of any of the following to the totals above.

2 oz.* Hamburger Patty	2 oz.*	37	100	60	7	3	0.5	30	150	0	0	0	9
1/4 lb.* Hamburger Patty	1/4 lb.*	74	200	120	13	6	1	65	290	0	0	0	19
Grilled Chicken Fillet	1 pc.	82	110	25	3	0.5	0	55	400	1	0	0	19
Breaded Chicken Fillet	1 pc.	99	230	80	8	1.5	1	50	390	13	0	0	22
Spicy Chicken Fillet	1 pc.	109	230	80	9	1.5	1	55	870	13	1	0	22
Sandwich Bun	1 ea.	58	160	15	2	0	0	0	290	31	1	5	5
Kaiser Bun	1 ea.	71	200	20	2.5	0	0	0	350	38	2	6	7
American Cheese, Jr.	1 sl.	12	45	30	3.5	2.5	0	10	220	0	0	0	2
American Cheese	1 sl.	18	70	50	5	3.5	0	15	320	1	0	0	3
Bacon	1 str.	4	20	15	1.5	0.5	0	5	60	0	0	0	1
Reduced Calorie Honey Mustard Sauce	1 tsp.	7	25	15	1.5	0	0	0	40	2	0	2	0
Mayonnaise	1.5 tsp.	9	30	30	3	0.5	0	5	55	1	0	0	0

\* Approximate weight before cooking.

Great Food – Fresh Ideas – Smart Choices

**AMERICAN CHEESE:** Cultured Milk, Water, Cream, Sodium Citrate (anti-oxidant), Salt, Sodium Phosphate, Sorbic Acid (preservative), Artificial Color, Acetic Acid, Enzymes, Lecithin.

**BACON PIECES:** Pork cured with: Water, Salt, Sodium Phosphates, Sodium Nitrite (color enhancer), Smoke Flavoring. May contain: Sugar, Sodium Erythorbate (buffering agent), Brown Sugar, Sodium Ascorbate, Potassium Chloride, Dextrose.

**BACON STRIPS:** Pork cured with: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate (buffering agent), Sodium Nitrite (color enhancer).

**BREADED CHICKEN FILLET:** Chicken Breast with Rib Meat, Water, Sodium Phosphates, Salt. *Breaded with:* Wheat Flour, Water, Modified Corn Starch, Salt, Spices, Wheat Gluten, Egg Whites, Yellow Corn Flour, Garlic, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate). *Cooked in:* Partially Hydrogenated Soybean Oil.

**BUNS, KAISER AND SANDWICH:** Enriched and Bleached Flour (Wheat Flour, Thiamin Mononitrate, Riboflavin, Niacin, Iron, Folic Acid), Water, High Fructose Corn Syrup, Partially Hydrogenated Soybean Oil, Yeast, Salt, Vital Wheat Gluten, Contains less than 2% of each of the following: Sodium Stearoyl Lactylate and Calcium Stearoyl-2-Lactylate (dough conditioners), colored with Turmeric and Paprika, Calcium Sulfate, Yellow Corn Meal (Kaiser Bun only), Calcium Propionate (preservative), Distilled Monoglycerides, Soy Flour, Ascorbic Acid, Azodicarbonamide and DATEM (dough conditioners).

**CHEDDAR CHEESE, SHREDDED:** Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato Starch, Powdered Cellulose (anti-caking agent), Natamycin (mold inhibitor).

**CHEESE SAUCE:** Cheddar Cheese Solids [(Milk, Salt, Cheese Cultures, Enzymes), Whey, Partially Hydrogenated Soybean Oil, Maltodextrin, Reduced Lactose Whey, Buttermilk, Salt, Disodium Phosphate, Blue Cheese (Milk, Salt, Cheese Cultures, Enzymes), Nonfat Milk, Citric Acid, Artificial Color (Yellow #5 and #6)], Modified Tapioca Starch, Partially Hydrogenated Soybean Oil, Corn Syrup, Nonfat Milk, Salt, Tricalcium Phosphate, Sodium Caseinate, Citric Acid, Butter, Mono and Diglycerides (emulsifiers), Sodium Citrate (anti-oxidant), Dipotassium Phosphate, Whey, Guar Gum, Autolyzed Yeast Extract, Disodium Inosinate (flavor enhancer), Carrageenan.

**CHILI:** Ground Beef, Chili Base (Tomatoes, Salt, Citric Acid, Calcium Chloride), Chili Seasoning (Maltodextrin, Tomato, Salt, Modified Corn Starch, Chili Pepper, Sugar, Onion, Spices, Dextrose, Garlic, Soybean Oil, Xanthan Gum (thickener), Autolyzed Yeast Extract, Citric Acid, Disodium Inosinate and Guanylate [flavor enhancers], colored with Paprika, Artificial Flavor, Silicon Dioxide [anti-caking agent]), Kidney Beans (Kidney Beans, Water, Sugar, Corn Syrup, Salt, Natural Flavorings, Onion, Calcium Chloride, Disodium EDTA [preservative]), Chili Beans (Pink Beans, Water, Sugar, Corn Syrup, Salt, Natural Flavorings, Onion, Calcium Chloride), Vegetable Mix (Onions, Celery, Peppers).

**CRISPY CHICKEN NUGGETS™:** Chicken Breast with Rib Meat, Water, Modified Corn Starch, Sodium Phosphates, Salt, Whey Protein Concentrate. *Breaded with:* Bleached Wheat Flour, Salt, Modified Corn Starch, Spices, Dextrose, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Yellow Corn Flour, Yeast, Garlic, Citric Acid, Natural and Artificial Flavor, Spice Extractives, Xanthan Gum (thickener). *Cooked in:* Partially Hydrogenated Corn and Soybean Oil.

**COLA SOFT DRINK:** High Fructose Corn Syrup and/or Sucrose, Water, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine.

**DICED CHICKEN:** Chicken Breast Fillets with Rib Meat, Water, Seasoning (Salt, Dextrose, Maltodextrin, Flavor and Artificial Flavor [Contains Wheat Flour, Egg, Soybean]), Autolyzed Yeast Extract, Sugar, Fructose, Onion, Disodium Inosinate and Guanylate [flavor enhancers]), Modified Corn Starch, Soy Protein Concentrate, Sodium Phosphates, Fructose.

**DIET COLA SOFT DRINK:** Water, Caramel Color, Phosphoric Acid, Sodium Saccharin, Potassium Benzoate (flavor protector), Natural Flavors, Citric Acid, Caffeine, Potassium Citrate, Aspartame, Dimethylpolysiloxane (anti-foaming agent).

**DILL PICKLES:** Cucumbers, Water, Distilled Vinegar, Salt, Calcium Chloride, Sodium Benzoate (preservative), Natural Flavors, Yellow #5, Blue #1.

**FRENCH FRIES:** Potatoes, Partially Hydrogenated Soybean Oil, Dextrose, Disodium Dihydrogen Pyrophosphate (retains color). *Cooked in:* Partially Hydrogenated Corn and Soybean Oil. *Note:* French Fries may be cooked in

same oil as Crispy Chicken Nuggets and Homestyle Chicken Strips.

**FROSTY™:** Milk, Sugar, Cream, Corn Syrup Solids, Whey, Nonfat Milk Solids, Cocoa, Dextrose, Guar Gum (thickener), Mono and Diglycerides (emulsifiers), Carrageenan, Calcium Sulfate, Disodium Phosphate, Vitamin A Palmitate, Artificial and Natural Flavors.

**GRILLED CHICKEN FILLET:** Chicken Breast with Rib Meat, Water, Seasoning [Salt, Dextrose, Sodium Tripolyphosphate, Maltodextrin, Grill Flavor (From Partially Hydrogenated Cottonseed and Soybean Oil), Garlic, Modified Corn Starch, Onion, Beef Flavor (Beef Stock, Maltodextrin, Salt, Flavor, Caramel Color, Disodium Inosinate and Guanylate [flavor enhancers], Lactic Acid), Polysorbate 80 (stabilizer), Caramel Color, Natural Flavor], Partially Hydrogenated Soybean and/or Cottonseed Oil.

**HOMESTYLE CHICKEN STRIPS:** Chicken Breast with Rib Meat, Water, Modified Potato Starch, Salt, Sodium Phosphate (emulsifier). *Breaded with:* Wheat Flour, Water, Rice Flour, Salt, Modified Corn Starch, Sugar, Spice, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Dextrose, Onion, Garlic, Chicken Broth, Autolyzed Yeast, Maltodextrin, Natural and Artificial Flavor, colored with Paprika, Lactic Acid. *Cooked in:* Partially Hydrogenated Corn and Soybean Oil.

**KETCHUP:** Tomato Concentrate from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion, Natural Flavoring.

**LEMON LIME SOFT DRINK:** High Fructose Corn Syrup and/or Sucrose, Water, Citric Acid, Natural Flavors, Sodium Citrate (anti-oxidant), Sodium Benzoate (preservative), Dimethylpolysiloxane (anti-foaming agent).

**MARGARINE:** Liquid Soybean Oil, Partially Hydrogenated Soybean Oil, Water, Salt, Whey, Soy Lecithin, Vegetable Mono and Diglycerides, Sodium Benzoate (preservative), Artificial Flavor, Citric Acid, Vitamin A Palmitate, Beta Carotene (color).

**MANDARIN ORANGES:** Mandarin Oranges, Water, Sugar.

**MAYONNAISE:** Water, Soybean Oil, Corn Syrup, Egg Yolk, Modified Corn Starch, Distilled Vinegar, Salt, Spice, Xanthan Gum (thickener), Sodium Benzoate and Potassium Sorbate (preservatives), Natural Flavor, Calcium Disodium EDTA (preservative), Yellow #5 & #6.

**MUSTARD:** Water, Distilled Vinegar, Mustard Seed, Salt, colored with Turmeric and Paprika, Spice.

**PARMESAN CHEESE, SHREDDED:** Part-Skim Milk, Cheese Culture, Salt, Rennet.

**REDUCED CALORIE HONEY MUSTARD SAUCE:** Honey, Soybean Oil, High Fructose Corn Syrup, Water, Distilled Vinegar, Egg Yolk, Tapioca, Maltodextrin, Spices, Modified Corn Starch, Salt, Egg Whites, Xanthan Gum (thickener), White Wine, Potassium Sorbate and Sodium Benzoate (preservatives), Onion, Garlic, Citric Acid, Tartaric Acid, Lemon Juice, Calcium Disodium EDTA (preservative), Natural Flavor.

**SPICY CHICKEN FILLET:** Chicken Breast with Rib Meat, Water, Seasoning (Salt, Spices, Sodium Phosphates, Chili Pepper, Paprika, Turmeric). *Breaded with:* Wheat Flour, Water, Modified Corn Starch, Salt, Wheat Gluten, Spice, Gum Arabic, Egg Whites, Spices, Yellow Corn Flour, colored with Paprika, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate). *Cooked in:* Partially Hydrogenated Soybean Oil.

**SPRING MIX:** May contain the following lettuces: Red Oak, Red Romaine, Red Mustard, Granada, Lollo Rossa, Brunia, Radina, Red Bibb.