

arbys

Menu Item	Serv	Spts	Pts +	Org Pts	Cal	Tfat	Sfat	Fib	Pro	Carb	Sug
Angus Philly	291g	18	16	14	620	31	10	3	39	47	4
Angus Three Cheese & Bacon	273g	20	18	16	670	34	13	2	47	45	4
Apple Turnover	128g	20	12	10	430	18	9	2	4	65	39
Arby's Melt , Wheat	146g	10	9	7	330	12	4	2	18	39	5
Arby's Sauce® Adds	14g	1	0	0	15	0	0	0	0	3	2
Arby-Q® , Wheat	182g	14	11	8	400	11	3.5	3	18	58	23
Bacon, Egg & Cheese Biscuit	173g	18	13	12	490	29	15	1	19	38	4
Bacon, Egg & Cheese Croissant	139g	16	12	11	440	27	13	1	19	29	4
Bacon, Egg & Cheese Sourdough	170g	15	13	11	490	23	8	2	24	46	5
Bacon, Egg & Cheese Wrap	178g	16	13	11	500	27	10	4	22	41	4
Balsamic Vinaigrette Dressing	43g	5	4	4	130	12	2	0	0	4	4
Beef 'n Cheddar Classic , Wheat	195g	14	12	10	450	20	6	2	23	45	9
Beef 'n Cheddar Mid , Wheat	251g	17	15	13	560	27	9	2	33	45	9
Brewed Iced Tea – Small Cup	358g	0	0	0	5	0	0	0	0	1	0
Bronco Berry Sauce® Adds	28g	4	2	1	60	0	0	0	0	15	15
Buffalo Dipping Sauce Adds	28g	0	0	0	10	1	0	0	0	2	0
Buttermilk Ranch Dressing	43g	7	6	6	210	22	3.5	0	0	2	1
CapriSun® Fruit Juice	185g	5	2	2	80	0	0	0	0	21	20
CapriSun® Fruit Juice	185g	5	2	2	80	0	0	0	0	21	20
Cheddar Cheese Sauce Adds	43g	2	1	1	50	3.5	0.5	0	1	4	0
Cherry Turnover , Wheat	128g	18	11	8	390	13	6	2	4	65	40
Chicken Bacon Swiss	272g	19	16	14	610	30	9	3	35	52	9
Chicken Biscuit	147g	14	11	9	400	19	9	1	14	43	2
Chicken Cordon Bleu	247g	18	17	15	620	32	9	2	37	48	5
Chicken Tender 'n Cheese Slider	99g	8	8	7	290	12	3.5	1	15	30	1
Chocolate Shake - Jr	255g	16	9	7	320	8	5	1	8	56	50
Chocolate Shake - Large	680g	43	23	18	820	22	15	2	21	142	129
Chocolate Shake - Medium	468g	30	16	12	570	15	10	1	14	99	90
Chocolate Shake - Small	369g	23	12	10	440	12	8	1	12	76	69
Chocolate Turnover	132g	24	15	12	520	26	11	3	5	71	43
Chopped Farmhouse Salad – Crispy Chicken	323g	13	11	10	430	24	8	4	28	26	4
Chopped Farmhouse Salad – Roast Turkey	285g	7	6	5	230	13	7	2	22	8	5
Chopped Side Salad	128g	3	2	2	70	5	2.5	1	5	4	2
Chopped Side Salad	128g	3	2	2	70	5	2.5	1	5	4	2
Coffee	369g	0	0	0	0	0	0	0	0	0	0
Corned Beef 'n Cheese Slider , Wheat	91g	6	6	5	220	9	3.5	1	14	21	1
Crispy Chicken	239g	15	14	11	500	25	4.5	3	24	49	6
Crispy Fish Flatbread	253g	18	16	14	600	25	4	2	21	72	6
Crispy Fish Sandwich	228g	18	15	13	570	25	4	3	20	65	9
Curly Fries – Kids	77g	8	7	5	250	13	2	3	3	29	0
Curly Fries – Large	201g	20	18	15	650	35	5	7	8	77	0
Curly Fries – Medium	170g	17	15	13	550	29	4	6	6	65	0
Curly Fries – Small	128g	13	11	9	410	22	3	5	5	49	0
Curly Fries – Snack	77g	8	7	5	250	13	2	3	3	29	0
Diet Pepsi® – Small Cup	435g	0	0	0	0	0	0	0	0	0	0
Dijon Honey Mustard Dressing	43g	7	5	5	180	16	2.5	0	0	8	7
Dr Pepper® – Small Cup	439g	11	5	4	180	0	0	0	0	48	48
Fiery Steak Fajita Flatbread	309g	17	15	13	560	26	8	3	32	50	6
French Dip & Swiss/Au Jus , Wheat	327g	16	14	12	540	23	11	2	35	50	3
French Toast Sticks	128g	12	9	7	350	10	1.5	5	7	57	13
GoGo squeeZ® Applesauce	90g	2	3	1	60	0	0	3	3	28	0
Gourmet Chocolate Chunk Cookies (2)	91g	19	11	10	420	21	10	2	4	54	35
Grand Turkey Club	233g	15	13	11	480	24	7	2	30	37	9
Ham & Swiss Croissant	119g	9	7	6	270	14	8	1	15	23	2
Ham & Swiss Melt , Wheat	131g	9	8	6	300	8	3.5	2	18	37	6
Ham 'n Cheese Slider , Wheat	91g	6	5	5	210	8	3	1	13	21	2
Ham 'n Cheese Slider , Wheat	91g	6	5	5	210	8	3	1	13	21	2
Ham, Egg & Cheese Biscuit	203g	15	12	11	440	23	12	1	21	37	4
Ham, Egg & Cheese Croissant	169g	13	11	9	390	22	11	1	21	28	4
Ham, Egg & Cheese Sourdough	200g	13	11	10	440	17	5	2	26	45	5

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Ham, Egg & Cheese Wrap	184g	14	11	10	430	21	8	4	17	41	4
Homestyle Fries – Kids	85g	7	6	5	240	11	1.5	3	3	33	0
Homestyle Fries – Large	213g	19	16	13	600	26	3.5	7	7	84	0
Homestyle Fries – Medium	170g	15	13	11	480	21	3	6	5	67	0
Homestyle Fries – Small	126g	11	9	8	350	16	2	4	4	49	0
Honey Mustard Dipping Sauce Adds	28g	5	4	4	140	13	2	0	0	5	4
Horsey Sauce® Adds	14g	2	2	2	60	5	1	0	0	3	2
Jalapeno Bites® – (5)	110g	10	8	7	290	17	6	2	5	31	3
Jalapeno Bites® – (8)	176g	17	13	11	470	27	10	3	8	50	4
Jalapeno Roast Beef 'n Cheese Slider , Wheat	98g	7	6	6	240	11	4.5	1	14	21	1
Jamocha Shake - Jr	255g	16	9	7	310	8	5	0	8	55	50
Jamocha Shake - Large	680g	42	23	18	820	22	15	1	21	141	127
Jamocha Shake - Medium	468g	29	16	12	570	15	10	1	14	98	88
Jamocha Shake - Small	369g	23	12	10	440	12	8	1	11	75	68
Jr Bacon Cheddar Melt , Wheat	117g	9	7	6	280	12	4	1	16	26	4
Jr Chicken Sandwich	122g	10	9	7	320	15	2.5	2	14	33	4
Jr Deluxe Sandwich	116g	8	7	6	270	13	3.5	2	13	25	4
Jr Ham & Cheddar Melt , Wheat	115g	6	5	5	210	6	1.5	1	13	26	4
Jr Roast Beef , Wheat	87g	6	5	5	210	7	2.5	1	12	24	3
Ketchup Adds	9g	1	0	0	10	0	0	0	0	3	2
KING'S HAWAIIAN Deluxe Fish Sandwich	301g	24	19	16	690	34	10	2	25	74	19
Light Italian Dressing	43g	1	0	0	20	1	0	0	0	2	2
Loaded Curly Fries	233g	23	19	17	700	46	9	5	14	57	2
Marinara Sauce Adds	28g	1	0	0	20	0	0	1	1	4	3
Mint Chocolate Swirl Shake	517g	39	21	17	750	26	18	1	16	119	108
Mountain Dew® – Small Cup	454g	13	6	4	200	0	0	0	0	54	54
Mozzarella Sticks – (4)	137g	14	12	10	440	23	9	2	19	37	3
Mozzarella Sticks – (6)	206g	21	17	15	650	35	14	3	29	56	4
Nestle® Pure Life® Bottled Water	479g	0	0	0	0	0	0	0	0	0	0
Orange Juice	309g	7	4	3	140	0	0	1	2	33	26
Pepsi® – Small Cup	438g	11	5	4	180	0	0	0	0	49	49
Potato Cakes (2)	100g	8	6	6	250	14	2	2	2	23	0
Potato Cakes (3)	150g	12	9	8	370	21	3	4	3	35	0
Potato Cakes (4)	200g	16	12	11	490	28	4.5	5	4	46	0
Prime-Cut™ Chicken Tenders (2)	87g	6	6	6	240	11	1.5	1	16	19	0
Prime-Cut™ Chicken Tenders (3)	131g	9	9	8	360	17	2.5	2	23	28	0
Prime-Cut™ Chicken Tenders (5)	219g	16	16	14	600	28	4	3	39	47	0
Ranch Dipping Sauce Adds	28g	4	3	3	100	11	2.5	0	1	2	1
Reuben	308g	20	18	15	680	31	8	4	37	62	5
Roast Beef 'n Cheese Slider , Wheat	91g	7	6	6	240	11	4.5	1	14	21	1
Roast Beef 'n Cheese Slider , Wheat	91g	7	6	6	240	11	4.5	1	14	21	1
Roast Beef Classic	154g	11	10	8	360	14	5	2	23	37	5
Roast Beef Max	267g	16	15	13	560	27	11	2	43	38	5
Roast Beef Mid	210g	14	12	10	460	20	8	2	33	37	5
Roast Turkey & Swiss Sandwich	326g	22	19	16	710	28	7	5	38	79	15
Roast Turkey & Swiss Wrap	261g	16	14	12	520	27	9	4	30	39	6
Roast Turkey Ranch & Bacon Sandwich	344g	25	21	18	800	34	10	5	45	79	16
Roast Turkey Ranch & Bacon Wrap	279g	19	16	14	620	34	11	4	37	39	6
Sausage Biscuit	144g	19	13	13	500	33	15	1	12	36	3
Sausage Gravy Biscuit	261g	18	13	12	480	28	13	1	9	48	3
Sausage, Egg & Cheese Biscuit	204g	24	17	16	620	43	22	1	21	36	6
Sausage, Egg & Cheese Croissant	178g	22	16	15	590	44	19	1	20	30	5
Sausage, Egg & Cheese Sourdough	210g	21	17	16	640	39	13	2	25	47	6
Sausage, Egg & Cheese Wrap	213g	22	17	15	630	41	15	4	20	42	5
Shamrock Farms® Lowfat Chocolate Milk	218g	7	4	3	150	2.5	1.5	1	7	26	23
Shamrock Farms® Lowfat Chocolate Milk	218g	7	4	3	150	2.5	1.5	1	7	26	23
Shamrock Farms® Lowfat White Milk	214g	4	2	2	90	2	1.5	0	7	10	10
Shamrock Farms® Lowfat White Milk	214g	4	2	2	90	2	1.5	0	7	10	10
Sierra Mist® – Small Cup	451g	12	5	4	190	0	0	0	0	50	50
Smokehouse Brisket	203g	19	16	15	600	35	12	2	33	42	7

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Menu Item	Serv	SPts	Pts +	Org Pts	Cal	Tfat	Sfat	Fib	Pro	Carb	Sug
Spicy Three Pepper® Sauce Adds	14g	1	1	1	25	1	0	0	0	3	3
Steak Fajita Flatbread	309g	17	15	13	560	26	8	3	32	50	6
Steakhouse Onion Rings (5)	132g	14	11	10	420	21	3	3	6	52	4
Super Roast Beef	210g	14	11	10	440	19	6	3	23	43	11
Tangy Barbeque Sauce Adds	28g	2	1	1	40	0	0	0	0	9	8
Vanilla Shake - Jr	227g	13	7	6	250	8	5	0	8	40	37
Vanilla Shake - Large	624g	35	19	15	690	22	15	1	21	110	102
Vanilla Shake - Medium	425g	24	13	11	470	15	10	0	14	75	70
Vanilla Shake - Small	340g	19	11	9	380	12	8	0	11	60	56