



U.S. Menu Items Without Gluten

No Wheat, Barley, Oats, or Rye

Ingredient 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 the season of the year. Certain menu items may not be available at all locations. Temporary products are not included. This information is effective as of **December 2009**.

Wendy's International, Inc., its franchisees and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. We encourage anyone with food allergies, sensitivities, or special dietary needs to check our website at www.wendys.com on a regular basis to obtain the most comprehensive and up-to-date information. If you have specific questions about our menu, call or write:

Wendy's International, Inc., Consumer Relations Department, One Dave Thomas Boulevard, Dublin, OH 43017-0256, 614-764-3100.

Meats:

Hamburger Patty
Grilled Chicken Breast⁺

Condiments:

American Cheese
Applewood Smoked Bacon
Bacon Jr.
Cheddar Cheese Sauce
Dill Pickles
Honey Mustard Sauce
Ketchup
Lettuce
Mustard
Natural Swiss Cheese
Onion
Ranch Sauce
Tomato
Tartar Sauce*

Baked Potatoes:

Plain
Sour Cream & Chives
Bacon & Cheese*
Broccoli & Cheese*
Chili & Cheese*
Buttery Best Spread⁺

Salads:

Caesar Side Salad
(without croutons)
Side Salad
Southwest Taco Salad
Seasoned Tortilla Strips⁺
Reduced Fat Sour Cream⁺

Side Items:

Chili
Hot Chili Seasoning Packet
Shredded Cheddar Cheese
Mandarin Oranges

Beverages:

Coffee
Tea
Sweet Tea
Coca-Cola®
Diet Coke®
Sprite®
Barq's® Root Beer*
Coke Zero™*
Dr Pepper®
Fanta® Orange*
Hi-C® Flashin' Fruit Punch*
Minute Maid® Light Lemonade*
Pibb Xtra®*
Dasani® Water*
Nesquik® Low Fat Chocolate Milk
Nesquik Low Fat White Milk

Dressings:

Ancho Chipotle Ranch Dressing
Classic Ranch Dressing
Honey Dijon Dressing
Supreme Caesar Dressing
Fat Free French Style Dressing*
Italian Vinaigrette Dressing*
Light Classic Ranch Dressing*
Thousand Island Dressing*

Frosty™:

Chocolate Frosty
Vanilla Frosty
Coffee Toffee Twisted Frosty
M&M's® Twisted Frosty
Chocolate Fudge Frosty Shake
Frosty™-cino
Strawberry Frosty Shake
Vanilla Bean Frosty Shake

Dipping Sauces

BBQ Nugget Sauce
Heartland Ranch Sauce
Honey Mustard Nugget Sauce
Sweet & Sour Nugget Sauce
Blue Cheese Dipping Sauce*
Honey Nugget Sauce*
Wild Buffalo Ranch Sauce*

French Fries may be cooked in the same oil as Boneless Chicken Wings, Crispy Chicken Patty, Crispy Chicken Nuggets, Spicy Chicken Nuggets & Fish Fillets (where available) which contain a wheat allergen.

Barq's, Coca-Cola, Coke Zero, Dasani, Diet Coke, Fanta, Hi-C, Minute Maid, Pibb Xtra and Sprite are trademarks of The Coca-Cola Company.

M&M's is a registered trademark of Mars, Incorporated. Nesquik is a registered trademark of Societe Des Produits Nestle S.A. Vevey, Switzerland. Dr Pepper is a registered trademark of Dr Pepper/Seven Up, Inc.

*Certain menu items may vary from store to store and may not be available at all locations.

+Contains maltodextrin from a corn source.

This list may not be published or distributed in any manner without prior written consent of Wendy's International, Inc.

© 2009 Oldemark LLC. The Wendy's name, design and logo, and Frosty are trademarks of Oldemark LLC and are licensed to Wendy's International, Inc.