Wendy's Nutrition Guide (Updated 2026)

Easy Navigation

Hamburgers & chicken

Salads includes toppings & dressings

Sides

Kids' meal

Frosty®

Breakfast

Beverages

Ingredients/condiments

Allergens

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Information are based on official sources with no affiliation with them. Menu items vary by location. © 2026 all rights reserved.

Hamburgers & chicken

Menu Item	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Dave's Single	524	29	10	37	8.2	1.7	28	2.2
Dave's Double	879	56	22	39	9.7	1.7	54	4.4
Dave's Triple	1195	80	33	41	10	1.7	77	6.1
Baconator	1001	66	26	38	8.5	1.7	63	5.8
Curry Bean Burger	535	25	7	57	9	7	17	2.8
Spicy Chicken	400	15	2.4	45	6.3	2.4	20	2.2
Classic Chicken	404	15	2.5	46	6.4	2.5	20	2.5
Grilled Chicken	337	10	1.2	35	6.4	1.7	26	1.6
Avocado Chicken Club	583	30	8.7	47	6.5	2.4	30	3.4
4 Pc Chicken Nuggets	114	5.6	1.4	4.9	0	0	11	0.93
6 Pc Chicken Nuggets	173	8.4	2.1	7.4	0	0	17	1.4
10 Pc Chicken Nuggets	286	14	3.4	12	0	0	28	2.3
20 Pc Chicken Nuggets	572	28	6.9	25	0	0	55	4.6
4 Pc Spicy Chicken Nuggets	99	2.8	0.5	6.5	0	0	12	0.37
6 Pc Spicy Chicken Nuggets	152	4.1	0.8	9.8	0	0	19	0.55
10 Pc Spicy Chicken Nuggets	250	6.8	1.3	16	0	0.6	31	0.92

Menu Item	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
20 Pc Spicy Chicken Nuggets	499	13	2.6	33	0	1.2	62	1.8
Spicy Chicken Mayo Wrap	341	20	4.9	27	1.5	2.3	12	1.3
Spicy Chicken Avocado Wrap	252	11	2.9	27	2.1	2.3	10	1.1
Crispy Chicken Curry Mayo Wrap								
Spicy Chicken BBQ Wrap	268	9.7	4.1	32	5.8	2.3	12	1.4
Cheeseburger Deluxe	366	19	6.3	31	7.3	1.4	17	1.9
Bacon Cheeseburger	410	23	7.4	30	5.9	1.4	20	2.3

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Menu Item	Energy (kcal)	Fat (g)	Saturat-ed fat (g)	Carbo-hyr-dates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Caesar Chicken Salad	411	31	6.6	4.2	3.7	1.4	28	2.1
Avocado Chicken Salad	485	36	9.5	7.5	5.2	1.4	32	2.2

Easy Navigation

Hamburgers & chicken | Salads includes toppings & dressings | **Sides** | Kids' meal | Frosty® | Breakfast | Beverages | Ingredients/condiments | Allergens

Sides

Menu Item	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Value Fries	142	6.7	0.5	18	3.5	1.5	1.6	2.1
Medium Fries	176	8.5	0.6	22	3.7	1.9	2	2.1
Large Fries	239	11	0.8	31	6.8	2.6	2.7	2.4
Baconator Fries	459	34	9.3	25	2.6	2.3	12	1.7
Cheesy Topped Fries	351	24	7.1	25	2.5	2.3	7.5	2.6
Plain Potato	232	5.4	3.4	39	2.4	4.7	4.4	1.9
Bacon & Cheese Potato	405	20	8.4	40	3.8	4.3	14	1.6
Sour Cream and Chives Potato	233	5.4	3.3	39	3.4	4.4	4.9	0.04
Chili	253	13	5.5	14	3.5	1.9	19	1.5
Chili Cheese Fries	481	31	9.8	32	4.2	3.2	17	1.7

Menu Item	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Chili Cheese Baked Potato	428	17	9	47	5.5	5.3	19	1.6

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Hamburgers & chicken | Salads includes toppings & dressings | Sides | **Kids' meal** | Frosty® | Breakfast | Beverages | Ingredients/condiments | Allergens

Kids' meal

Menu Item	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Kid's Cheeseburger	317	14	5.8	30	6.3	1.4	17	1.8
Kid's Hamburger	278	11	4.3	29	5.5	1.4	15	1.3
4 Pc Chicken Nuggets	114	5.6	1.4	4.9	0	0	11	0.93
Espresso	0	0	0	0	0	0	0	0
Americano	0	0	0	0	0	0	0	0.02
Flat White	153	5	3.1	16	16	0	11	0.47
Cappuccino	95	3.2	2	9.9	9.9	0	6.7	0.3
Latte	153	5	3.1	16	16	0	11	0.47
Mocha	190	3.5	2.2	31	30	2.4	7.3	0.41
Tea	0	0	0	0	0	0	0	0
Hot Chocolate	245	4.3	2.7	41	39	3.2	8.9	0.51

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Hamburgers & chicken | Salads includes toppings & dressings | Sides | Kids' meal | **Frosty®** | Breakfast | Beverages | Ingredients/condiments | Allergens

Frosty®

Menu Item	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Jr. Vanilla Frosty	179	6.3	5.5	27	19	0	3.5	0.34
Regular Vanilla Frosty	311	11	9.6	47	34	0	6.1	0.6
Large Vanilla Frosty	424	15	13	64	45	0	8.2	0.8
Jr. Chocolate Frosty	174	4.6	0.5	28	23	0	5.2	0.2
Regular Chocolate Frosty	299	7.9	0.9	48	40	0	8.9	0.35
Large Chocolate Frosty	407	11	1.2	65	55	0	12	0.48

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Hamburgers & chicken | Salads includes toppings & dressings | Sides | Kids' meal | Frosty® | **Breakfast** | Beverages | Ingredients/condiments | Allergens

Breakfast

Menu Item	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Sausage, Egg, & Cheese Croissant	492	33	13	28	4.9	1.5	20	1.1
Bacon, Egg, & Cheese Croissant	403	25	10	27	4.3	1	17	1.4
Breakfast Baconator	704	44	15	39	8	2.1	37	3.9
Egg & Cheese Muffin	319	16	4.5	27	2.5	5.5	14	1
Sausage & Cheese Muffin	477	29	9.1	28	3.2	6	23	1.4
Bacon & Cheese Muffin	384	21	6.3	27	2.6	5.5	19	1.7
Small Breakfast Potatoes	132	3.4	0.3	22	0	2.3	2.3	0.46
Med Breakfast Potatoes	186	4.8	0.5	31	0.5	3.2	3.2	0.66

Menu Item	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Large Breakfast Potatoes	236	6.1	0.6	39	0.7	4.1	4.1	0.83
Pain au Chocolat	206	10	6.2	24	7.3	1.6	4.1	0.32
Apple Slices	42	0	0	9.3	9.3	2.2	0	0

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Frosty®

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Beverages

Menu Item	Energy (kcal)	Fat (g)	Saturat-ed fat (g)	Carbo-hyr-dates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Can Coke	140	0	0	35	35	0	0	0
Can Diet Coke	0	0	0	0	0	0	0	0
Can Coke Zero	0	0	0	0	0	0	0	0.07
Can Sprite	44	0	0	11	11	0	0	0.03
Coke Small Drink 12 oz	152	0	0	38	38	0	0	0
Diet Coke Small Drink 12 oz	0	0	0	0	0	0	0	0
Coke Zero Small Drink 12 oz	0	0	0	0	0	0	0	0.07
Orange Fanta Small Drink 12 oz	64	0	0	16	16	0	0	0.07
Sprite Zero Small Drink 12 oz	0	0	0	0	0	0	0	0.25

Menu Item	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Coke Medium Drink 16 oz	200	0	0	50	50	0	0	0
Diet Coke Medium Drink 16 oz	0	0	0	0	0	0	0	0
Coke Zero Medium Drink 16 oz	0	0	0	0	0	0	0	0.09
Orange Fanta Medium Drink 16 oz	84	0	0	21	21	0	0	0.09
Sprite Zero Medium Drink 16 oz	0	0	0	0	0	0	0	0.33
Coke Large Drink 20 oz	252	0	0	63	63	0	0	0
Diet Coke Large Drink 20 oz	0	0	0	0	0	0	0	0
Coke Zero Large Drink 20 oz	0	0	0	0	0	0	0	0.12
Orange Fanta Large Drink 20 oz	108	0	0	27	27	0	0	0.12
Sprite Zero Large Drink 20 oz	0	0	0	0	0	0	0	0.41

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Hamburgers & chicken | Salads includes toppings & dressings | Sides | Kids' meal | Frosty® | Breakfast | Beverages | **Ingredients/condiments** | Allergens

Ingredients/condiments

Menu Item	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Premium Bun	183	2.3	0.3	33	5.2	1.7	6.6	0.75
Value Bun	149	1.9	0.2	27	4.2	1.4	5.3	0.61
Lettuce As Bun	0	0	0	0	0	0	0	0
Strawberry Jam	38	0	0	9.6	9.6	0	0	0
Cranberries	41	0	0	10	8.3	0.6	0	0
Brown Sugar	16	0	0	4	4	0	0	0
Small Patty	122	9.3	4.1	0	0	0	9.5	0.06
Large Patty	273	21	9.2	0	0	0	21	0.13
Bacon 2 Pieces	42	3.2	1.2	0	0	0	3.3	0.48
Bacon 3 Pieces	63	4.8	1.8	0	0	0	4.9	0.72
Sub Classic Chicken	162	6.7	1.7	12	0	0.7	13	1.4

Menu Item	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Sub Grilled	93	1.9	0.4	0	0	0	19	0.77
Sausage	158	13	4.6	1.5	0.7	0	8.8	0.39
Sub Spicy	156	6.5	1.6	11	0	0.7	13	1.4
Shredded Cheese	36	3	1.9	0	0	0	2.2	0.17
Cream Crackers	71	2.1	1	11	0	0.6	1.6	0.19
Ketchup Packet	11	0	0	2.8	2.7	0	0	0.22
Sour Cream	52	5	3.1	1.1	1.1	0	0.7	0.04
Tomato Sliced	3	0	0	0.8	0.8	0	0	0
Tomato Diced	5	0	0	1.3	1.3	0	0	0
Monterey Jack Cheese	93	7.8	4.8	0	0	0	5.8	0.45
American Cheese	42	3.2	1.5	1.3	0.8	0	1.9	0.49
Emmental Cheese	152	12	8.2	0	0	0	11	0.51
Italian Cheese	82	6	4.4	0	0	0	7	0
Grana Padano PDO Cheese flakes	83	6.1	3.8	0	0	0	7	0.32
Cheese Shredded Cheddar - Salad	105	8.8	5.5	0	0	0	6.5	0.49
Cheese Shredded Cheddar - topped side	36	3	1.9	0	0	0	2.2	0.17
Cheddar Cheese Sauce	81	6.5	4.2	2.3	1.5	0	3.2	0.73

Menu Item	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Breakfast Cheese Sauce	34	2.9	1.9	0.9	0.6	0	1	0.24
Creamer	0	0	0	0	0	0	0	0.01
Kid's Milk	94	3	2	9.8	9.8	0	7	0.2
Sugar	16	0	0	4	4	0	0	0
Sweetener Packets	14	0	0	3.6	3.6	0	0	0
BBQ Dip Pot	32	0	0	8	7	0	0	0.3
Garlic Sauce Dip Pot	100	9.8	0.8	3	2.2	0	0	0.43
Sweet Chili Dip Pot	48	0	0	12	11	0	0	0.38
Caesar Salad Dressing	209	22	2	1.5	1.1	0	1.3	1.2
Pomegranate Vinaigrette	100	3.3	0.3	17	16	0	0.6	0.05
Kids Carton Juice	54	0	0	12	11	0.8	1	0
Chives	0	0	0	0	0	0	0	0
Mayonnaise Bulk - Premium Sandwich	50	5.6	0.5	0	0	0	0	0.1
Mayonnaise Bulk - Value Sandwich	45	5	0.4	0	0	0	0	0.08
Sea Salt Packet	0	0	0	0	0	0	0	2.5
Ketchup Bulk - Premium Sandwich	6	0	0	1.6	1.5	0	0	0.12

Menu Item	Energy (kcal)	Fat (g)	Saturated fat (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Ketchup Bulk - Value Sandwich	5	0	0	1.3	1.2	0	0	0.1
Romaine Lettuce Whole	0	0	0	0	0	0	0	0
White Onion Bulk - Premium Sandwich	0	0	0	0	0	0	0	0
White Onion Bulk - Value Sandwich	0	0	0	0	0	0	0	0
Pickle Slice - Premium Sandwich	0	0	0	0	0	0	0	0.22
Pickle Slice - Value Sandwich	0	0	0	0	0	0	0	0.14
Frozen Avocado - Sandwich	45	4.5	0.7	0.6	0	0	0.6	0.1
Frozen Avocado - Salad	90	8.9	1.3	1.2	0	0	1.2	0.19
Southwest Ranch Salad Dressing	131	13	1.1	2.3	1.7	0	1.1	0.21
Curry Powder	0	0	0	0	0	0	0	0.04
Wheat Flour Tortilla	131	3.4	1.4	21	1.1	2	3.2	0.3
BBQ Sauce	22	0	0	5.4	4.6	0	0	0.19

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Hamburgers & chicken | Salads includes toppings & dressings | Sides | Kids' meal | Frosty® | Breakfast | Beverages | Ingredients/condiments | **Allergens**

Allergen Information

● = Contains allergen ○ = May contain allergen

Menu Item	Cel-ery	Egg	Fish	Gluten (bar-ley)	Gluten (rye)	Milk	Mus-tard	Sesame	Soy	Wheat
Hamburgers & chicken										
Dave's Single	●	●					●	●		●
Dave's Double	●	●				●	●	●		●
Dave's Triple	●	●				●	●	●		●
Baconator	●	●				●	●	●		●
Curry Bean Burg-er		●				●	●	●		●
Spicy Chicken	●	●					●	●		●
Classic Chicken	●	●		●		●	●	●		●
Grilled Chicken	●	●					●	●		●
Avocado Chicken Club	●	●		●		●	●	●		●

Menu Item	Cel-ery	Egg	Fish	Gluten (bar-ley)	Gluten (rye)	Milk	Mus-tard	Sesame	Soy	Wheat
4 Pc Chicken Nuggets	●			●		●				●
6 Pc Chicken Nuggets	●			●		●				●
10 Pc Chicken Nuggets	●			●		●				●
20 Pc Chicken Nuggets	●			●		●				●
4 Pc Spicy Chick-en Nuggets	●			●			●			●
6 Pc Spicy Chick-en Nuggets	●			●			●			●
10 Pc Spicy Chicken Nuggets	●			●			●			●
20 Pc Spicy Chicken Nuggets	●			●			●			●
Spicy Chicken Mayo Wrap	●	●				●	●			●
Spicy Chicken Av-ocado Wrap	●						●			●
Crispy Chicken Curry Mayo Wrap										
Spicy Chicken BBQ Wrap	●					●	●			●
Cheeseburger Deluxe	●	●				●	●	●		●
Bacon Cheese-burger	●	●				●	●	●		●
Salads includes toppings & dressings										

Menu Item	Cel-ery	Egg	Fish	Gluten (bar-ley)	Gluten (rye)	Milk	Mus-tard	Sesame	Soy	Wheat
Caesar Chicken Salad		●	●	●		●	●			●
Avocado Chicken Salad		●				●				
Sides										
Value Fries	●									
Medium Fries	●									
Large Fries	●									
Baconator Fries						●				
Cheesy Topped Fries						●				
Plain Potato						●				
Bacon & Cheese Potato						●				
Sour Cream and Chives Potato						●				
Chili	●					●				
Chili Cheese Fries	●					●				
Chili Cheese Baked Potato	●					●				
Kids' meal										
Kid's Cheese-burger	●	●				●	●	●		●
Kid's Hamburger	●	●					●	●		●
4 Pc Chicken Nuggets										

Menu Item	Cel-ery	Egg	Fish	Gluten (bar-ley)	Gluten (rye)	Milk	Mus-tard	Sesame	Soy	Wheat
Espresso										
Americano										
Flat White						●				
Cappuccino						●				
Latte						●				
Mocha						●				
Tea										
Hot Chocolate						●				
Frosty®										
Jr. Vanilla Frosty						●				
Regular Vanilla Frosty						●				
Large Vanilla Frosty						●				
Jr. Chocolate Frosty						●				
Regular Choco-late Frosty						●				
Large Chocolate Frosty						●				
Breakfast										
Sausage, Egg, & Cheese Croissant		●				●				●
Bacon, Egg, & Cheese Croissant		●				●				●

Menu Item	Cel-ery	Egg	Fish	Gluten (bar-ley)	Gluten (rye)	Milk	Mus-tard	Sesame	Soy	Wheat
Breakfast Ba-conator		●				●		●		●
Egg & Cheese Muffin		●			●	●				●
Sausage & Cheese Muffin		●			●	●				●
Bacon & Cheese Muffin		●			●	●				●
Small Breakfast Potatoes										
Med Breakfast Potatoes										
Large Breakfast Potatoes										
Pain au Chocolat		●				●			●	●
Apple Slices										
Beverages										
Can Coke										
Can Diet Coke										
Can Coke Zero										
Can Sprite										
Coke Small Drink 12 oz										
Diet Coke Small Drink 12 oz										
Coke Zero Small Drink 12 oz										

Menu Item	Cel-ery	Egg	Fish	Gluten (bar-ley)	Gluten (rye)	Milk	Mus-tard	Sesame	Soy	Wheat
Orange Fanta Small Drink 12 oz										
Sprite Zero Small Drink 12 oz										
Coke Medium Drink 16 oz										
Diet Coke Medium Drink 16 oz										
Coke Zero Medi-um Drink 16 oz										
Orange Fanta Medium Drink 16 oz										
Sprite Zero Medi-um Drink 16 oz										
Coke Large Drink 20 oz										
Diet Coke Large Drink 20 oz										
Coke Zero Large Drink 20 oz										
Orange Fanta Large Drink 20 oz										
Sprite Zero Large Drink 20 oz										
Ingredients/condiments										
Premium Bun									•	•
Value Bun									•	•
Lettuce As Bun										

Menu Item	Cel-ery	Egg	Fish	Gluten (bar-ley)	Gluten (rye)	Milk	Mus-tard	Sesame	Soy	Wheat
Strawberry Jam										
Cranberries										
Brown Sugar										
Small Patty										
Large Patty										
Bacon 2 Pieces										
Bacon 3 Pieces										
Sub Classic Chicken	●			●		●			●	
Sub Grilled										
Sausage										
Sub Spicy	●						●		●	
Shredded Cheese						●				
Cream Crackers									●	
Ketchup Packet	●									
Sour Cream						●				
Tomato Sliced										
Tomato Diced										
Monterey Jack Cheese						●				
American Cheese						●				
Emmental Cheese						●				

Menu Item	Cel-ery	Egg	Fish	Gluten (bar-ley)	Gluten (rye)	Milk	Mus-tard	Sesame	Soy	Wheat
Italian Cheese						●				
Grana Padano PDO Cheese flakes		●				●				
Cheese Shredded Cheddar - Salad						●				
Cheese Shredded Cheddar - topped side						●				
Cheddar Cheese Sauce						●				
Breakfast Cheese Sauce						●				
Creamer						●				
Kid's Milk						●				
Sugar										
Sweetener Pack-ets										
BBQ Dip Pot										
Garlic Sauce Dip Pot	●	●					●			
Sweet Chili Dip Pot										
Caesar Salad Dressing		●	●	●		●	●		●	
Pomegranate Vinaigrette										
Kids Carton Juice										

Menu Item	Cel-ery	Egg	Fish	Gluten (bar-ley)	Gluten (rye)	Milk	Mus-tard	Sesame	Soy	Wheat
Chives										
Mayonnaise Bulk - Premium Sand-wich		●					●			
Mayonnaise Bulk - Value Sandwich		●					●			
Sea Salt Packet										
Ketchup Bulk - Premium Sand-wich	●									
Ketchup Bulk - Value Sandwich	●									
Romaine Lettuce Whole										
White Onion Bulk - Premium Sand-wich										
White Onion Bulk - Value Sandwich										
Pickle Slice - Pre-mium Sandwich										
Pickle Slice - Value Sandwich										
Frozen Avocado - Sandwich										
Frozen Avocado - Salad										
Southwest Ranch Salad Dressing		●				●				
Curry Powder							●			

Menu Item	Cel-ery	Egg	Fish	Gluten (bar-ley)	Gluten (rye)	Milk	Mus-tard	Sesame	Soy	Wheat
Wheat Flour Tor-tilla									●	
BBQ Sauce										