



U.S. Menu Items Without Gluten

No Wheat, Barley, Oats, or Rye

The information contained in this list is based on standard U.S. product formulations. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or season of the year. Test products are not included. This information is effective as of **August, 2007**.

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

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

Meats:

Hamburger Patty
(without bun)
Grilled Chicken Breast†
(without bun)
Diced Chicken †

Condiments:

American Cheese
Swiss Cheese
Cheddar Cheese Sauce †
Romaine Lettuce
Bacon
Lettuce
Tomato
Onion
Ketchup
Mustard
Honey Mustard Sauce
Special Thousand Island Sauce*
Tartar Sauce*
Sliced Dill Pickles

Baked Potatoes:

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

Salads:

Chicken BLT Salad †
(without croutons)
Caesar Chicken Salad †
(without croutons)
Mandarin Chicken® Salad †
(without Crispy Noodles and
Oriental Sesame Dressing)
Roasted Almonds
Caesar Side Salad †
(without croutons)
Side Salad
Southwest Taco Salad †
Seasoned Tortilla Strips †
Reduced Fat Acidified Sour Cream †

Frosty™:

Original Chocolate Frosty
Vanilla Frosty †
M&M® Candy Crumbles
Butterfinger® Candy Crumbles

Beverages:

Coffee
Tea
Non-Dairy Creamer
Coca-Cola®
Diet Coke®
Sprite®
Minute Maid®Light Lemonade
Dasani® Water
2% Reduced Fat Milk
1% Lowfat Chocolate Milk
POWERade †

Dressings:

Ancho Chipotle Ranch Dressing †
Creamy Ranch Dressing
Fat Free French Style Dressing
Italian Vinaigrette Dressing
Honey Mustard Dressing
Low Fat Honey Mustard Dressing* †
Reduced Fat Creamy Ranch Dressing*†
Thousand Island Dressing*
Casesar Dressing †

Side Items:

Chili †
Shredded Cheddar Cheese
French Fries
Mandarin Oranges
Low-Fat Strawberry Flavored
Yogurt (without granola)
Chili, Chips & Cheese*†

Dipping Sauces

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

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Butterfinger is a registered trademark of the Society des Produits Nestle S.A., Vevey, Switzerland.
Baked! Lays® is a trademark of Frito Lay®.

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

† Contains maltodextrin

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