



# 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 differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant, and/or the season of the year. Certain menu items may not be available at all locations. Temporary products are not included. Wendy's calculations follow the federal regulations regarding the rounding of nutritional data. This information is effective as of **May, 2008**.

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](http://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  
Grilled Chicken Breast<sup>+</sup>  
Diced Chicken<sup>+</sup>

## **Condiments:**

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

## **Baked Potatoes:**

Plain  
Sour Cream & Chives  
Bacon & Cheese\*  
Broccoli & Cheese\*  
Chili & Cheese\*  
Buttery Best Spread<sup>+</sup>

## **Salads:**

Chicken Caesar Salad<sup>+</sup>  
(without croutons)  
Mandarin Chicken® Salad<sup>+</sup>  
(without Crispy Noodles and  
Oriental Sesame Dressing)

Roasted Almonds  
Caesar Side Salad  
(without croutons)  
Side Salad  
Southwest Taco Salad  
Seasoned Tortilla Strips<sup>+</sup>  
Reduced Fat Acidified Sour Cream<sup>+</sup>

## **Side Items:**

Chili  
Hot Chili Seasoning Packet  
Shredded Cheddar Cheese  
Mandarin Oranges

## **Beverages:**

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

## **Dressings:**

Ancho Chipotle Ranch Dressing  
Balsamic Vinaigrette Dressing  
Chunky Blue Cheese Dressing\*  
Classic Ranch Dressing  
Fat Free French Style Dressing\*  
Italian Vinaigrette Dressing  
Honey Dijon Dressing  
Light Honey Dijon Dressing\*  
Light Classic Ranch Dressing  
Supreme Caesar Dressing

Thousand Island Dressing\*

## **Frosty™:**

Chocolate Frosty™  
Vanilla Frosty™  
M&M's® Candy Crumbles

## **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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M&M's is a registered trademark of Mars, Incorporated

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+Contains maltodextrin.

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