



# ALLERGEN MENU 2026

KNOW YOUR ALLERGENS. ORDER WITH CONFIDENCE.

## — COMMON ALLERGENS —



MILK



EGG



WHEAT



SOY



SESAME



FISH



MUSTARD



GLUTEN



CELERY



## HAMBURGERS & CHICKEN

Most Wendy's burgers contain allergens due to bun, cheese, sauces, and toppings. Chicken products may contain allergens from breading, seasoning, and sandwich ingredients.

| MENU ITEM                  | CELERY | GLUTEN (BARLEY) | GLUTEN (RYE) | EGG | FISH | MILK | MUSTARD | SOY | WHEAT | SESAME |
|----------------------------|--------|-----------------|--------------|-----|------|------|---------|-----|-------|--------|
| Dave's Single              | ✓      | -               | -            | -   | -    | ✓    | -       | -   | ✓     | ✓      |
| Dave's Double              | ✓      | -               | -            | -   | -    | ✓    | -       | -   | ✓     | ✓      |
| Dave's Triple              | ✓      | -               | -            | -   | -    | ✓    | -       | -   | ✓     | ✓      |
| Baconator                  | ✓      | -               | -            | -   | -    | ✓    | -       | -   | ✓     | ✓      |
| Curry Bean Burger          | -      | -               | -            | -   | -    | ✓    | -       | -   | ✓     | ✓      |
| Spicy Chicken              | ✓      | -               | -            | -   | -    | ✓    | -       | -   | ✓     | ✓      |
| Classic Chicken            | ✓      | ✓               | -            | ✓   | -    | ✓    | ✓       | -   | ✓     | ✓      |
| Grilled Chicken            | ✓      | -               | -            | -   | -    | ✓    | -       | -   | ✓     | ✓      |
| Avocado Chicken Club       | ✓      | ✓               | -            | ✓   | -    | ✓    | ✓       | -   | ✓     | ✓      |
| 4 Pc Chicken Nuggets       | ✓      | ✓               | -            | -   | -    | -    | ✓       | -   | -     | ✓      |
| 6 Pc Chicken Nuggets       | ✓      | ✓               | -            | -   | -    | -    | ✓       | -   | -     | ✓      |
| 10 Pc Chicken Nuggets      | ✓      | ✓               | -            | -   | -    | -    | ✓       | -   | -     | ✓      |
| 20 Pc Chicken Nuggets      | ✓      | ✓               | -            | -   | -    | -    | ✓       | -   | -     | ✓      |
| 4 Pc Spicy Nuggets         | ✓      | ✓               | -            | -   | -    | -    | -       | -   | ✓     | ✓      |
| 6 Pc Spicy Nuggets         | ✓      | ✓               | -            | -   | -    | -    | -       | -   | ✓     | ✓      |
| 10 Pc Spicy Nuggets        | ✓      | ✓               | -            | -   | -    | -    | -       | -   | ✓     | ✓      |
| 20 Pc Spicy Nuggets        | ✓      | ✓               | -            | -   | -    | -    | -       | -   | ✓     | ✓      |
| Spicy Chicken Mayo Wrap    | ✓      | -               | -            | -   | -    | ✓    | -       | ✓   | ✓     | ✓      |
| Spicy Chicken Avocado Wrap | ✓      | -               | -            | -   | -    | -    | -       | -   | ✓     | ✓      |
| Crispy Chicken Curry Wrap  | -      | -               | -            | -   | -    | -    | -       | -   | -     | -      |
| Spicy Chicken BBQ Wrap     | ✓      | -               | -            | -   | -    | -    | -       | -   | ✓     | ✓      |
| Cheeseburger Deluxe        | ✓      | -               | -            | -   | -    | ✓    | -       | ✓   | ✓     | ✓      |
| Bacon Cheeseburger         | ✓      | -               | -            | -   | -    | ✓    | -       | ✓   | ✓     | ✓      |



## SALADS — INCLUDES TOPPINGS & DRESSINGS

Toppings and dressings can introduce allergens. Common allergens found in salads include milk, egg, fish, mustard, gluten, and wheat.

| MENU ITEM            | CELERY | GLUTEN (BARLEY) | GLUTEN (RYE) | EGG | FISH | MILK | MUSTARD | SOY | WHEAT | SESAME |
|----------------------|--------|-----------------|--------------|-----|------|------|---------|-----|-------|--------|
| Caesar Chicken Salad | -      | -               | -            | ✓   | ✓    | ✓    | -       | ✓   | ✓     | -      |

| MENU ITEM             | CELERY | GLUTEN (BARLEY) | GLUTEN (RYE) | EGG | FISH | MILK | MUSTARD | SOY | WHEAT | SESAME |
|-----------------------|--------|-----------------|--------------|-----|------|------|---------|-----|-------|--------|
| Avocado Chicken Salad | *      | *               | *            | ✓   | *    | *    | *       | *   | ✓     | *      |

## SIDES

Some sides contain fewer allergens, but preparation methods still matter. Review Frosty and potato ingredients carefully.

| MENU ITEM                  | CELERY | GLUTEN (BARLEY) | GLUTEN (RYE) | EGG | FISH | MILK | MUSTARD | SOY | WHEAT | SESAME |
|----------------------------|--------|-----------------|--------------|-----|------|------|---------|-----|-------|--------|
| Value Fries                | ✓      | *               | *            | *   | *    | *    | *       | *   | *     | *      |
| Medium Fries               | ✓      | *               | *            | *   | *    | *    | *       | *   | *     | *      |
| Large Fries                | ✓      | *               | *            | *   | *    | *    | *       | *   | *     | *      |
| Baconator Fries            | *      | *               | *            | *   | *    | *    | *       | *   | ✓     | *      |
| Cheesy Topped Fries        | *      | *               | *            | *   | *    | *    | *       | *   | ✓     | *      |
| Plain Potato               | *      | *               | *            | *   | *    | *    | *       | *   | ✓     | *      |
| Bacon & Cheese Potato      | *      | *               | *            | *   | *    | *    | *       | *   | ✓     | *      |
| Sour Cream & Chives Potato | *      | *               | *            | *   | *    | *    | *       | *   | ✓     | *      |
| Chili                      | ✓      | *               | *            | *   | *    | *    | *       | *   | ✓     | *      |
| Chili Cheese Fries         | ✓      | *               | *            | *   | *    | *    | *       | *   | ✓     | *      |
| Chili Cheese Baked Potato  | ✓      | *               | *            | *   | *    | *    | *       | *   | ✓     | *      |

## KIDS' MEAL

| MENU ITEM            | CELERY | GLUTEN (BARLEY) | GLUTEN (RYE) | EGG | FISH | MILK | MUSTARD | SOY | WHEAT | SESAME |
|----------------------|--------|-----------------|--------------|-----|------|------|---------|-----|-------|--------|
| Kid's Cheeseburger   | ✓      | ✓               | *            | ✓   | *    | *    | *       | ✓   | ✓     | ✓      |
| Kid's Hamburger      | ✓      | ✓               | *            | ✓   | *    | *    | *       | *   | ✓     | ✓      |
| 4 Pc Chicken Nuggets | *      | *               | *            | *   | *    | *    | *       | *   | *     | *      |

## HOT BEVERAGES

| MENU ITEM     | CELERY | GLUTEN (BARLEY) | GLUTEN (RYE) | EGG | FISH | MILK | MUSTARD | SOY | WHEAT | SESAME |
|---------------|--------|-----------------|--------------|-----|------|------|---------|-----|-------|--------|
| Espresso      | *      | *               | *            | *   | *    | *    | *       | *   | *     | *      |
| Americano     | *      | *               | *            | *   | *    | *    | *       | *   | *     | *      |
| Flat White    | *      | *               | *            | *   | *    | ✓    | *       | *   | *     | *      |
| Cappuccino    | *      | *               | *            | *   | *    | ✓    | *       | *   | *     | *      |
| Latte         | *      | *               | *            | *   | *    | ✓    | *       | *   | *     | *      |
| Mocha         | *      | *               | *            | *   | *    | ✓    | *       | *   | *     | *      |
| Tea           | *      | *               | *            | *   | *    | *    | *       | *   | *     | *      |
| Hot Chocolate | *      | *               | *            | *   | *    | ✓    | *       | *   | *     | *      |

## FROSTY

All Frosty flavors contain milk. Customers with dairy allergies should review Frosty ingredients carefully before ordering.

| MENU ITEM              | CELERY | GLUTEN (BARLEY) | GLUTEN (RYE) | EGG | FISH | MILK | MUSTARD | SOY | WHEAT | SESAME |
|------------------------|--------|-----------------|--------------|-----|------|------|---------|-----|-------|--------|
| Jr. Vanilla Frosty     | *      | *               | *            | *   | *    | ✓    | *       | *   | *     | *      |
| Regular Vanilla Frosty | *      | *               | *            | *   | *    | ✓    | *       | *   | *     | *      |
| Large Vanilla Frosty   | *      | *               | *            | *   | *    | ✓    | *       | *   | *     | *      |





| MENU ITEM            | CELERY | GLUTEN (BARLEY) | GLUTEN (RYE) | EGG | FISH | MILK | MUSTARD | SOY | WHEAT | SESAME |
|----------------------|--------|-----------------|--------------|-----|------|------|---------|-----|-------|--------|
| Monterey Jack Cheese | *      | *               | *            | *   | *    | ✓    | *       | *   | *     | *      |
| Chives               | *      | *               | *            | *   | ✓    | *    | *       | *   | *     | *      |



**Food allergies can be serious.**  
Always check updated allergen information before ordering.

  
RECIPES  
MAY CHANGE

  
INGREDIENTS  
MAY CHANGE

  
ASK OUR  
TEAM

**Quality Is  
Our Recipe®**  
Wendy's 2026