



Wendy's Nutrition Menu Pdf

The official Wendy's nutrition PDF was last updated in 2025 and may not include the newest menu changes. For the most accurate information, we provide the latest Wendy's Nutrition PDF updated for 2026, featuring current calories, ingredients, and nutrition details.

Wendy's Hamburgers Nutrition Facts

Hamburger	Calories	Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Jalapeño Ranch Cheeseburger, Single	570	35	14	85	1230	36	2	8	31
Jalapeño Ranch Cheeseburger, Double	820	53	22	145	1460	36	2	8	50
Jalapeño Ranch Cheeseburger, Triple	1100	75	32	215	1880	36	2	8	72
Dave's Single®	560	34	14	90	1170	37	2	9	31
Dave's Double	810	52	22	150	1410	37	2	9	50
Dave's Triple	1100	74	32	220	1830	38	2	9	72
Baconator®	890	58	24	165	1580	36	1	8	59
Son of Baconator®	590	36	14	95	1220	35	1	8	34
Big Bacon Classic®	610	37	15	95	1340	38	2	9	35
Big Bacon Classic® Double	860	55	23	155	1570	38	2	9	55
Big Bacon Classic® Triple	1140	77	33	225	2000	38	2	10	77
Bacon Double Stack™	420	24	10	70	880	25	1	6	26
Jr. Bacon Cheeseburger	350	21	8	45	640	24	1	5	18
Jr. Cheeseburger Deluxe	330	19	7	40	700	26	1	6	15

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Jr. Cheeseburger	270	13	6	35	660	25	1	5	14
Double Stack™	380	21	9	65	770	25	1	5	23
Jr. Hamburger	230	10	4	25	470	24	1	5	12

Wendy's Chicken, Nuggets & More

Item	Calories	Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Spicy Nuggs Party Pack	2340	153	34	330	5960	112	8	0	128
10 PC. Spicy Chicken Nuggets	470	31	7	65	1190	22	2	0	26
6 PC. Spicy Chicken Nuggets	280	18	4	40	720	13	1	0	15
4 PC. Spicy Chicken Nuggets	190	12	3	25	480	9	1	0	10
Classic Chicken Sandwich	550	25	4	60	1630	55	3	7	28
Spicy Chicken Sandwich	560	26	4.5	60	1500	55	3	7	28
Grilled Chicken Ranch Wrap	420	16	5	70	1100	41	1	2	28
Asiago Ranch Club Sandwich, Classic	670	34	8	80	1830	56	3	7	37
Asiago Ranch Club Sandwich, Spicy	680	35	9	80	1700	56	3	7	36
Crispy Chicken BLT	420	23	6	55	940	34	1	5	20
Crispy Chicken Sandwich	340	17	3	40	640	32	1	4	15
10 PC. Chicken Nuggets	430	27	6	75	900	22	1	0	23
6 PC. Chicken Nuggets	260	16	3.5	45	540	13	1	0	14

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4 PC. Chicken Nuggets	170	11	2.5	30	360	9	0	0	9
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Wendy's Tenders Nutrition

Item	Calories	Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
3 PC. Tenders	420	22	3.5	80	1050	22	1	0	33
4 PC. Tenders	560	30	5	105	1390	29	1	0	44

Wendy's Fresh-Made Salads Nutrition

Salad	Calories	Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Parmesan Caesar Salad	270	11	5	80	790	12	3	2	31
Cobb Salad	410	23	8	245	860	16	3	4	37
Apple Pecan Salad	420	22	9	90	980	27	5	18	30
Taco Salad	470	25	10	70	1180	36	8	12	27

Wendy's Fries & Sides Nutrition Facts

Item	Calories	Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Jr. Natural-Cut Fries	260	12	2	0	420	35	3	0	4
Baconator Fries	450	25	8	30	1000	42	3	1	14
Chili Cheese Fries	510	27	9	45	1260	49	5	3	18
Cheese Fries	470	27	10	40	1120	44	3	1	12
Chili	280	12	4.5	45	1050	24	3	6	19

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Sour Cream & Chive Baked Potato	300	2.5	1.5	5	55	63	7	4	8
Plain Baked Potato	270	0	0	0	40	61	7	3	7
Bacon Cheese Baked Potato	420	12	6	30	570	64	7	4	17
Chili & Cheese Baked Potato	490	14	7	45	830	70	8	6	21
Cheese Baked Potato	440	14	8	40	700	65	7	4	15
Apple Bites	35	0	0	0	0	8	1	6	0

Wendy's Coffee Nutrition Facts

Coffee Drink	Calories	Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Small Regular Hot Coffee	5	0	0	0	10	0	0	0	0
Small Cold Brew	20	0	0	0	15	4	0	0	1
Vanilla Cold Brew with Cream	120	4	2.5	15	40	17	0	15	1
Caramel Cold Brew with Cream	120	4	2.5	15	40	18	0	15	1
Chocolate Cold Brew with Cream	120	4	2.5	15	50	19	0	16	1
Cold Brew with Cream and Sugar	110	4	2.5	15	35	18	0	15	1

Wendy's Beverages Nutrition Facts

Beverage	Calories	Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Sodium (mg)
Watermelon Lemonade	220	0	57	54	0	25
Pineapple Mango Lemonade	230	0	58	55	0	25

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All-Natural Lemonade	190	0	48	46	0	25
Strawberry Lemonade	230	0	58	54	0	25
Sprite® Watermelon	170	0	45	45	0	40
Watermelon Sparkling Energy	190	0	48	47	0	140
Pineapple Citrus Sparkling Energy	160	0	42	41	0	135
Coca-Cola®	0	0	0	0	0	0
Coca-Cola® Zero Sugar	0	0	0	0	0	0
Diet Coke®	0	0	0	0	0	0
Small Sprite®	0	0	0	0	0	0
Dr Pepper®	0	0	0	0	0	0
Small Diet Dr Pepper	0	0	0	0	0	0
Barq's® Root Beer	0	0	0	0	0	0
Fanta® Orange	0	0	0	0	0	0
Minute Maid® Light Lemonade	0	0	0	0	0	0
Hi-C® Flashin' Fruit Punch®	0	0	0	0	0	0
Small Regular Hot Coffee	5	0	0	0	0	10
Pure Life® Bottled Water	0	0	0	0	0	0
Milk	90	2	10	10	7	90
Chocolate Milk	140	2.5	23	22	7	160
Honest Kids® Fruit Punch	35	0	8	8	0	15
Simply Orange® Juice	160	0	39	34	3	0

Wendy's Frosty Nutrition

Frosty Item	Calories	Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Jr. Classic Chocolate Frosty®	310	9	6	35	180	49	1	41	9
Jr. Vanilla Frosty®	310	9	5	35	180	49	0	41	9

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Cookie Dough Frosty Fusion®, Vanilla	540	24	10	35	400	73	1	55	10
Cookie Dough Frosty Fusion®, Chocolate	540	25	10	35	400	72	2	54	10
OREO® Brownie Vanilla Frosty Fusion™	520	23	8	30	370	68	1	54	10
Caramel Crunch Vanilla Frosty Fusion™	420	10	6	35	390	75	0	60	9
Brownie Batter Vanilla Frosty Swirl™	500	24	8	30	370	62	1	51	10
Strawberry Vanilla Frosty Swirl™	330	8	5	30	160	59	0	51	8
Caramel Vanilla Frosty Swirl™	380	10	6	35	310	65	0	52	10
OREO® Brownie Chocolate Frosty Fusion™	520	24	8	30	370	67	2	53	10
Caramel Crunch Chocolate Frosty Fusion™	420	11	6	35	390	75	1	59	9
Brownie Batter Chocolate Frosty Swirl™	500	24	8	30	370	61	2	50	10
Strawberry Chocolate Frosty Swirl™	330	8	5	30	160	58	1	50	8
Caramel Chocolate Frosty Swirl™	380	10	6	35	310	64	1	52	10

Wendy's Bakery Nutrition Facts

Bakery Item	Calories	Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cinnabon® Pull-Apart	550	26	11	35	440	70	3	30	8

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Chocolate Chunk Cookie	330	16	8	20	210	43	2	26	3
Sugar Cookie	330	16	8	20	300	44	1	24	3

Wendy's Kids Meal Nutrition Facts

Kids' Meal Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids' Hamburger	230	10	4	25	470	24	1	5	12
Kids' Cheeseburger	270	13	6	35	660	25	1	5	14
Kids' 4 PC Nuggets	170	11	2.5	30	360	9	0	0	9
Kids' 4 PC Spicy Nuggets	190	12	3	25	480	9	1	0	10
Kids' 2 PC Tenders*	280	15	2.5	55	700	15	1	0	22

Wendy's Croissants Nutrition Facts

Croissant Item	Calories	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Maple Bacon Chicken Croissant	540	30	11	60	880	48	3	12	19
Sausage, Egg & Swiss Croissant	590	40	16	265	960	35	0	7	21
Bacon, Egg & Swiss Croissant	420	23	10	235	800	34	0	7	18

Wendy's Biscuits Nutrition Facts

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Biscuit Item	Calories	Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Jalapeño Sausage, Egg & Cheese Biscuit	600	41	17	235	1590	36	2	4	21
Jalapeño Bacon, Egg & Cheese Biscuit	430	24	11	205	1440	35	2	3	17
Sausage, Egg & Cheese Biscuit	590	41	17	235	1350	35	2	3	21
Bacon, Egg & Cheese Biscuit	420	24	11	205	1200	34	2	3	17
Egg & Cheese Biscuit	370	21	10	195	1030	34	2	3	13
Honey Buddy Chicken Biscuit	490	27	9	25	1040	48	4	8	14
Honey Butter Biscuit	330	17	8	5	740	39	2	8	5
Sausage Gravy & Biscuit	410	23	10	10	1300	45	2	3	7
Sausage Biscuit	470	31	13	40	1020	34	2	3	12

Wendy's Classics Breakfast Nutrition Facts

Breakfast Item	Calories	Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Breakfast Baconator®	680	45	18	275	1580	36	1	8	34
Homestyle French Toast Sticks, 4 PC	130	0	0	0	30	31	0	13	0

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Homestyle French Toast Sticks, 6 PC	500	27	6	170	520	48	2	12	16
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Wendy's Breakfast Burrito Nutrition Facts

Breakfast Burrito	Calories	Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Breakfast Burrito, Bacon	700	39	15	420	2140	55	2	3	32
Breakfast Burrito, Sausage	820	53	20	440	2120	55	3	4	31

Wendy's Breakfast Sides & Sweets Nutrition Facts

Item	Calories	Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cinnabon® Pull-Apart	550	26	11	35	440	70	3	30	8
Homestyle French Toast Sticks, 4 PC	130	0	0	0	30	31	0	13	0
Homestyle French Toast Sticks, 6 PC	500	27	6	170	520	48	2	12	16
Jalapeño Bacon Seasoned Potatoes	520	27	8	30	1510	59	5	2	12
Small Seasoned Potatoes	280	13	2	0	600	39	4	0	3
Apple Bites	35	0	0	0	0	8	1	6	0
Honey Butter Biscuit	330	17	8	5	740	39	2	8	5
Sausage Biscuit	470	31	13	40	1020	34	2	3	12
Simply Orange® Juice	160	0	0	0	0	39	1	34	3

Wendy's Ingredients & Condiments Nutrition Facts

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Ingredient / Condiment	Calories	Fat (g)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)
Premium Bun	183	2.3	33	5.2	1.7	6.6
Value Bun	149	1.9	27	4.2	1.4	5.3
Lettuce as Bun	0	0	0	0	0	0
Small Patty	122	9.3	0	0	0	9.5
Large Patty	273	21	0	0	0	21
Bacon (2 Pieces)	42	3.2	0	0	0	3.3
Bacon (3 Pieces)	63	4.8	0	0	0	4.9
American Cheese Slice	50	4.0	1	0	0	3
Shredded Cheese	36	3.0	0	0	0	2.2
Mayonnaise (Premium Sandwich)	50	5.6	0	0	0	0
Mayonnaise (Value Sandwich)	45	5.0	0	0	0	0
Ketchup (Premium Sandwich)	6	0	1.6	1.5	0	0
Ketchup (Value Sandwich)	5	0	1.3	1.2	0	0
Strawberry Jam	38	0	9.6	9.6	0	0
Cranberries	41	0	10	8.3	0.6	0
Brown Sugar	16	0	4	4	0	0
Frozen Avocado (Sandwich)	45	4.5	0.6	0	0	0.6