



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 **November, 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® 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⁺

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⁺

Salads:

Chicken Caesar 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⁺

Side Items:

Chili
Hot Chili Seasoning Packet
Shredded Cheddar Cheese
Mandarin Oranges
Strawberry Yogurt Squeezerz

Beverages:

Coffee
Tea
Coca-Cola®
Diet Coke®
Sprite®
Barq's Root Beer*
Coke Zero®*
Dr. Pepper*
Fanta® Orange*
Hi-C® Flashin' Fruit Punch*
Minute Maid® Light Lemonade*
Pibb Xtra*
Dasani® Water*
Nesquik® Low Fat Chocolate Milk
Nesquik® Low Fat White 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

Coca-Cola®, Diet Coke®, Sprite®, Minute Maid®, Hi-C®, Fanta®, Coke Zero®, and Dasani® are registered trademarks of The Coca-Cola Company. M&M's® is a registered trademark of Mars, Incorporated. Nesquik® is a registered trademark of Societe Des Produits Nestle S.A. Vevey, Switzerland.

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

+Contains maltodextrin.

This list may not be published or distributed in any manner without prior written consent of Wendy's International, Inc.

© 2008 Oldemark LLC. The Wendys name, design and logo and Frosty are trademarks of Oldemark LLC and are licensed to Wendy's International, Inc.