

Wendy's Calorie Counter

Food	Serving	Prot	Carb	Fat	Pts	Cals	
Menu Category: Garden Sensations Salads							
Chicken Caesar Salad (Romaine, grape tomatoes, Parmesan cheese, diced chicken)	353 g	30	20	34	12.5	500	MORE
Southwest Taco Salad (Iceberg, romaine, diced tomatoes, cheddar cheese, Wendy's chili)	593 g	34	51	41	17	700	MORE
Spinach Chicken Salad	353 g	34	42	16	10	450	MORE
Chicken BLT Salad (Iceberg, romaine, spring mix, cucumbers, grape tomatoes, cheddar cheese, bacon pieces, diced chicken)	452 g	37	32	46	17	680	MORE
Mandarin Chicken Salad (Iceberg, romaine, spring mix, mandarin oranges, diced chicken)	447 g	30	54	26	12.5	550	MORE
Fat Free French Salad Dressing	1 pkt	0	19	0	2	80	MORE
Reduced Fat Creamy Ranch Salad Dressing	1 pkt	1	6	8	2.5	100	MORE
Low Fat Honey Mustard Salad Dressing	1 pkt	0	21	3	2.5	110	MORE
Italian Vinaigrette Salad Dressing	1 pkt	0	9	12	4	140	MORE
Creamy Ranch Salad Dressing	1 pkt	1	5	23	7	230	MORE
Blue Cheese Salad Dressing	1 pkt	2	3	27	7.5	260	MORE
Thousand Island Salad Dressing	1 pkt	1	8	25	7.5	260	MORE
Crispy Noodles for Mandarin Chicken Salad	1 pkt	1	10	2	1.5	60	MORE
Roasted Almonds for Mandarin Chicken Salad	1 pkt	5	4	11	3.5	130	MORE
Oriental Sesame Dressing for Mandarin Chicken Salad	1 pkt	1	21	11	5	190	MORE
Homestyle Garlic Croutons for Caesar Chicken Salad	1 pkt	2	9	2.5	2	70	MORE
Caesar Dressing for Caesar Chicken Salad	1 pkt	1	1	13	3.5	120	MORE
Homestyle Garlic Croutons for Chicken BLT Salad	1 pkt	2	9	2.5	2	70	MORE
Honey Mustard Dressing for Chicken BLT Salad	1 pkt	1	11	26	8	280	MORE
Reduced Fat Acidified Sour Cream for Southwest Taco Salad	1 pkt	1	2	3.5	1.5	45	MORE
Seasoned Tortilla Strips for Southwest Taco Salad	1 pkt	2	13	5	2.5	110	MORE
Ancho Chipotle Ranch Dressing for Southwest Taco Salad	1 pkt	1	4	10	3.5	110	MORE
Menu Category: Frosty™ and Beverages							
Small Fix 'n Mix Frosty™	138 g	5	310	8	6	270	MORE
Jr. Frosty™ (Ingredients: Milkfat and Nonfat milk, Sugar, Corn Syrup, Whey, Cocoa (processed with alkali), Guar Gum, Mono and Diglycerides, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Artificial and Natural Flavoring, Vitamin A Palmitate)	113 g	4	26	4	4	160	MORE
Small Frosty™ (Ingredients: Milkfat and Nonfat milk, Sugar, Corn Syrup, Whey, Cocoa (processed with alkali), Guar Gum, Mono and Diglycerides, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Artificial and Natural Flavoring, Vitamin A Palmitate)	227 g	9	52	8	7.5	320	MORE

Medium Frosty™ (Ingredients: Milkfat and Nonfat milk, Sugar, Corn Syrup, Whey, Cocoa (processed with alkali), Guar Gum, Mono and Diglycerides, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Artificial and Natural Flavoring, Vitamin A Palmitate)	298 g	11	68	11	9.5	410	MORE
Large Frosty™ (Ingredients: Milkfat and Nonfat milk, Sugar, Corn Syrup, Whey, Cocoa (processed with alkali), Guar Gum, Mono and Diglycerides, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Artificial and Natural Flavoring, Vitamin A Palmitate)	378 g	14	86	14	12	540	MORE
Kids' Meal Coca-Cola	203 g	0	22	0	2	80	MORE
Small Coca-Cola	271 g	0	30	0	2.5	110	MORE
Medium Coca-Cola	339 g	0	37	0	3	140	MORE
Biggie Coca-Cola	542 g	0	60	0	4.5	220	MORE
Kids' Meal Diet Coke	195 g	0	0	0	0	0	MORE
Small Diet Coke	260 g	0	0	0	0	0	MORE
Medium Diet Coke	325 g	0	0	0	0	0	MORE
Biggie Diet Coke	519 g	0	0	0	0	0	MORE
Kids' Meal Sprite	203 g	0	20	0	2	80	MORE
Small Sprite	271 g	0	27	0	2.5	110	MORE
Medium Sprite	338 g	0	34	0	2.5	110	MORE
Biggie Sprite	541 g	0	54	0	4.5	210	MORE
Small Iced Tea	249 g	0	0	0	0	0	MORE
Medium Iced Tea	312 g	0	0	0	0	0	MORE
Biggie Iced Tea	499 g	0	0	0	0	0	MORE
Dasani Water	479 g	0	0	0	0	0	MORE
Small Regular Coffee	170 g	0	1	0	0	0	MORE
Large Regular Coffee	340 g	0	1	0	0.5	5	MORE
Small Brewed Decaffeinated Coffee	170 g	0	1	0	0	0	MORE
Large Brewed Decaffeinated Coffee	340 g	0	1	0	0.5	5	MORE
Small Hot Tea	170 g	0	0	0	0	0	MORE
2% Reduced-fat Milk	8 oz	8	13	4.5	3	120	MORE
1% Low-fat Chocolate Milk	8 oz	8	28	2.5	4	170	MORE
Hot Cocoa	170 g	1	23	2.5	2.5	120	MORE
Kids' Meal Minute Maid Light	195 g	0	0	0	0	0	MORE
Small Minute Maid Light	260 g	0	0	0	0.5	5	MORE
Medium Minute Maid Light	325 g	0	0	0	0.5	5	MORE
Biggie Minute Maid Light	520 g	0	0	0	0.5	10	MORE
Kids' Meal Sweetened Iced Tea	200 g	0	14	0	1	50	MORE
Small Sweetened Iced Tea	267 g	0	19	0	1.5	70	MORE
Medium Sweetened Iced Tea	333 g	0	23	0	2	80	MORE
Biggie Sweetened Iced Tea	533 g	0	37	0	3	130	MORE
Kids' Meal Dr. Pepper	187 g	0	21	0	1.5	70	MORE
Small Dr. Pepper	250 g	0	27	0	2	100	MORE
Medium Dr. Pepper	312 g	0	34	0	2.5	120	MORE

Biggie Dr. Pepper	499 g	0	55	0	4	200	MORE
Oreo Cookie Crumbles for Fix 'N Mix Frosty	1 pkt	1	15	4	2.5	100	MORE
Butterfinger Candy Crumbles for Fix 'N Mix Frosty	1 pkt	2	20	5	3	130	MORE
M&M's Candy Crumbles for Fix 'N Mix Frosty	1 pkt	1	20	6	3.5	140	MORE

Menu Category: Side Dishes

Baked! Lays Potato Chips	1 bag	2	26	2	2.5	130	MORE
Low Fat Strawberry Flavored Yogurt (Granola topping)	163 g	8	42	6	5.5	250	MORE
Mandarin Oranges	5 oz	1	19	0	1.5	80	MORE
Side Salad (Iceberg, romaine, cucumbers, grape tomatoes, carrots)	232 g	3	14	9	3	140	MORE
Caesar Side Salad (Romaine, Parmesan cheese, bacon pieces)	142 g	8	14	20	6.5	260	MORE
Small Chili	227 g	17	23	6	4.5	220	MORE
Large Chili	340 g	25	35	9	7	330	MORE
Medium French Fries	5 oz	5	58	21	10	440	MORE
Kids' Meal French Fries	3.2 oz	3	37	14	6.5	280	MORE
Small French Fries	91 g	3	37	14	6.5	280	MORE
Biggie French Fries	5.6 oz	5	64	24	11	490	MORE
Great Biggie French Fries	6.7 oz	6	77	28	13.5	590	MORE
Chili, Chips and Cheese	220 g	13	48	15	8.5	380	MORE
Chocolate Chip Cookie	57 g	4	37	12	6.5	270	MORE
Homestyle Garlic Croutons for Caesar Side Salad	1 pkt	2	9	2.5	2	70	MORE
Caesar Dressing for Caesar Side Salad	1 pkt	1	1	13	3.5	120	MORE
Hot Chili Seasoning for Chili	1 pkt	0	2	0	0.5	5	MORE
Saltine Crackers for Chili	2 each	0	4	0.5	1	25	MORE
Cheddar Cheese, shredded for Chili	2 t	4	1	6	2	70	MORE

Menu Category: Chicken Temptations, Chicken Strips and Fish

Homestyle Chicken Strips	3 each	28	33	18	10	410	MORE
Chicken Nuggets	10 pieces	21	25	29	11.5	440	MORE
Fish Sandwich	186 g	17	50	24	11.5	480	MORE
Kids' Meal Nuggets	4 pieces	8	10	11	5	180	MORE
Chicken Nuggets	5 pieces	10	13	14	6	220	MORE
Deli Honey Mustard Dipping Sauce for Crispy Chicken Nuggets	1 pkt	1	6	16	5	170	MORE
Spicy Southwest Chipotle Dipping Sauce for Crispy Chicken Nuggets	1 pkt	1	5	15	4.5	150	MORE
Heartland Ranch Dipping Sauce for Crispy Chicken Nuggets	1 pkt	0	1	22	6	200	MORE
Sweet & Spicy Hawaiian Dipping Sauce for Crispy Chicken Nuggets	1 pkt	0	17	0	1.5	70	MORE
Wild Buffalo Ranch Dipping Sauce for Crispy Chicken Nuggets	1 pkt	0	2	19	5.5	180	MORE
Barbecue Nugget Sauce for Crispy Chicken Nuggets	1 pkt	1	10	0	1	45	MORE
Sweet & Sour Nugget Sauce for Crispy Chicken Nuggets	1 pkt	0	13	0	1	50	MORE
Honey Mustard Nugget Sauce for Crispy Chicken Nuggets	1 pkt	0	6	12	4	130	MORE

Menu Category: Sandwiches

Frescata Club (Roasted turkey breast, black forest ham, bacon, mayonnaise, romaine lettuce, tomato, artisan bread)	249 g	23	50	16	9.5	440	MORE
Roasted Turkey & Swiss Frescata (Roasted turkey breast, swiss cheese, mayonnaise, romaine lettuce, tomato, artisan bread)	270 g	26	52	21	11	490	MORE
Black Forest Ham & Swiss Frescata™ (Black forest ham, swiss cheese, honey mustard sauce, romaine lettuce, tomato, artisan bread)	255 g	28	50	20	10.5	480	MORE
Roasted Turkey & Basil Pesto Frescata (Roasted turkey breast, roasted red peppers, basil pesto spread, romaine lettuce, artisan bread)	255 g	21	50	16	9	420	MORE
Classic Single w/ Everything (Patty, mayonnaise, ketchup, mustard, dill pickles, onion, tomato, lettuce, sandwich bun)	0.3 lb	25	37	19	10	430	MORE
Classic Double (w/ Cheese)	310 g	48	38	39	17	700	MORE
Classic Triple (w/ Cheese)	402 g	70	38	59	24	970	MORE
Big Bacon Classic (Patty, American cheese, bacon, mayonnaise, ketchup, dill pickles, onion, tomato, lettuce, kaiser roll)	0.3 lb	35	46	29	13.5	580	MORE
Jr. BBQ Cheeseburger (Patty, American cheese Jr., BBQ sauce, pickles, onions, sandwich bun)	2 oz	17	36	13	7.5	330	MORE
Jr. Hamburger (Patty, ketchup, mustard, dill pickles, onion, sandwich bun)	2 oz	15	34	9	6	280	MORE
Jr. Bacon Cheeseburger (Patty, American cheese Jr., bacon, mayonnaise, tomato, lettuce, sandwich bun)	2 oz	19	34	17	8.5	370	MORE
Jr. Cheeseburger Deluxe (Patty, American cheese Jr., mayonnaise, ketchup, mustard, dill pickles, onion, tomato, lettuce, sandwich bun)	2 oz	18	37	16	8.5	360	MORE
Jr. Cheeseburger (Patty, American cheese Jr., ketchup, mustard, dill pickles, onion, sandwich bun)	2 oz	17	34	13	7.5	320	MORE
Double Stack	0.3 lb	27	34	20	10	420	MORE
Deluxe Double Stack	0.3 lb	27	36	24	11	470	MORE
Hamburger, Kids' Meal (Patty, ketchup, mustard, dill pickles, sandwich bun)	2 oz	15	33	9	6	270	MORE
Cheeseburger, Kids' Meal (Patty, American cheese Jr., ketchup, mustard, dill pickles, sandwich bun)	2 oz	17	34	13	7.5	320	MORE
Ham & Cheese Sandwich, Kids' Meal (Black forest ham, lettuce, sandwich bun)	105 g	14	32	6	5.5	240	MORE
Turkey & Cheese Sandwich, Kids' Meal (Roasted turkey breast, lettuce, sandwich bun)	113 g	14	34	6	5.5	250	MORE
Ultimate Chicken Grill Sandwich (Ultimate chicken grill fillet, honey mustard sauce, tomato, lettuce, kaiser roll)	227 g	31	44	8	8	370	MORE
Spicy Chicken Fillet Sandwich (Spicy chicken fillet, mayonnaise, tomato, lettuce, kaiser roll)	231 g	29	57	19	11.5	510	MORE
Homestyle Chicken Fillet Sandwich (Homestyle chicken fillet, mayonnaise, tomato, lettuce, kaiser roll)	228 g	28	57	18	11.5	510	MORE

Menu Category: Hot Stuffed Baked Potatoes

Sour Cream and Chives Potato (Potato, reduced fat acidified sour cream, chives)	311 g	8	63	4	6	320	MORE
Plain Baked Potato	10 oz	7	61	0	5	270	MORE
Broccoli and Cheese Potato	396 g	10	69	3.5	6.5	340	MORE
Bacon and Cheese Potato	366 g	16	68	13	9.5	460	MORE
Buttery Best Spread for Sour Cream and Chives Potato	11 g	0	0	6	1.5	50	MORE

Menu Category: Sandwich Components

Hamburger Patty	2 oz	10	0	7	3	100	MORE
Hamburger Patty	0.3 lb	19	0	14	5.5	210	MORE
Ultimate Chicken Grill Fillet	1 piece	23	2	2.5	3	120	MORE
Spicy Chicken Fillet	1 piece	22	16	12	6.5	260	MORE
Homestyle Chicken Fillet	1 piece	21	17	12	6.5	260	MORE
Roasted Turkey Breast	4 slices	12	5	1.5	2	80	MORE
Black Forest Ham	4 slices	14	1	1.5	2	70	MORE
Sandwich Bun	1 each	5	31	2	3.5	160	MORE
Kaiser Roll	1 each	7	38	2.5	4	200	MORE
Artisan Bread	1 each	7	43	6	5	250	MORE
American Cheese Jr.	1 slice	2	0	3.5	1.5	45	MORE
American Cheese	1 slice	3	1	5	2	70	MORE
Swiss Cheese	1 slice	5	0	6	2	70	MORE
Bacon	1 strip	1	0	1.5	1	20	MORE
Mayonnaise	1 tsp	0	1	3	1	30	MORE
Honey Mustard Sauce	1 tsp	0	3	3.5	1.5	40	MORE
BBQ Sauce	1 tsp	0	4	0	0.5	15	MORE
Basil Pesto Spread	2 tsp	1	1	8	2.5	80	MORE
Dill Pickles	4 each	0	0	0	0	0	MORE
Ketchup	1 tsp	0	2	0	0.5	5	MORE
Mustard	1/2 tsp	0	0	0	0.5	5	MORE
Honey Mustard Sauce	1 tsp	0	1	0	0	0	MORE
Iceburg Lettuce	1 leaf	0	0	0	0	0	MORE
Romaine Lettuce	1 leaf	0	0	0	0	0	MORE
Tomato	1 slice	0	1	0	0.5	5	MORE
Onion	4 rings	0	1	0	0.5	5	MORE
Roasted Red Peppers	2 tsp	1	NA	0	0	10	MORE