



Nutrition Information



Breakfast-Puerto Rico

Arby's® Nutrition & Allergen Information (U.S.)

	Serving Weight (g)	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar Total (g)	Protein (g)
Avocado Bacon & Cheese Sandwich (Criollo Bread)	174	630	250	43	27	0	60	1310	46	2	1	14
Avocado Bacon & Cheese Sandwich (Sobao Bread)	181	700	70	45	24	0	60	1160	58	2	11	15
Avocado Ham & Cheese Sandwich (Criollo Bread + Regular Ham)	256	700	100	47	28	0	100	1810	51	2	5	17
Avocado Ham & Cheese Sandwich (Criollo Bread + Turkey Ham)	256	720	70	47	28	0	105	2000	47	2	3	28
Avocado Ham & Cheese Sandwich (Sobao Bread + Regular Ham)	262	810	441	49	25	0	100	1670	63	2	15	28
Avocado Ham & Cheese Sandwich (Sobao Bread + Turkey Ham)	262	790	130	49	25	0	105	1860	59	2	13	29
Bacon-Egg & Cheese Sandwich (Criollo Bread)	249	770	30	54	31	0.5	430	1170	45	2	1	26
Bacon-Egg & Cheese Sandwich (Sobao Bread)	256	840	30	56	28	0.5	430	1030	57	2	11	26
Criollo Bacon-Ham & Cheese Sandwich (Criollo Bread + Turkey Ham)	242	760	45	50	30	0	120	1930	45	2	3	32
Criollo Bacon-Ham & Cheese Sandwich (Criollo Bread + Regular Ham)	242	730	50	45	30	0	110	1740	49	2	6	31
Criollo Bacon-Ham & Cheese Sandwich (Sobao Bread + Regular Ham)	246	820	60	51	27	0	110	1580	60	2	15	31
Criollo Bacon-Ham & Cheese Sandwich (Sobao Bread + Turkey Ham)	246	820	50	52	27	0	120	1770	55	2	13	32
Ham-Egg & Cheese Sandwich (Criollo Bread + Regular Ham)	330	880	30	58	32	0.5	470	1670	51	2	5	39
Ham-Egg & Cheese Sandwich (Criollo Bread + Turkey Ham)	330	870	40	58	32	0.5	480	1860	46	2	3	40
Ham-Egg & Cheese Sandwich (Sobao Bread + Regular Ham)	337	950	65	60	29	0.5	470	1530	63	2	15	39
Ham-Egg & Cheese Sandwich (Sobao Bread + Turkey Ham)	337	930	210	60	29	0.5	480	1720	58	2	13	40
Scramble Deluxe (Criollo Bread + Turkey Ham)	477	1070	100	63	30	1	300	2300	96	2	4	30
Scramble Deluxe Plate (Criollo Bread + Bacon)	435	1070	110	65	31	1	280	2030	96	2	4	24
Scramble Deluxe Plate (Criollo Bread + Regular Ham)	477	1080	110	63	30	1	295	2170	99	2	6	29
Scramble Deluxe Plate (Sobao Bread + Bacon)	442	870	100	37	27	1	280	1890	108	2	13	27
Scramble Deluxe Plate (Sobao Bread + Regular Ham)	484	1150	100	65	26	1	295	2030	111	2	16	29
Scramble or Fried Eggs Plate (Criollo Bread + Bacon)	407	1060	110	65	31	1	280	2030	94	2	3	24
Scramble or Fried Eggs Plate (Criollo Bread + Regular Ham)	449	1070	100	63	30	1	295	2170	97	2	5	29
Scramble or Fried Eggs Plate (Criollo Bread + Turkey Ham)	449	1060	100	63	30	1	300	2300	94	2	3	29
Scramble or Fried Eggs Plate (Sobao Bread + Bacon)	413	1120	100	67	27	1	280	1890	106	2	13	24
Scramble or Fried Eggs Plate (Sobao Bread + Regular Ham)	455	1140	50	65	26	1	295	2030	109	2	15	29
Scramble or Fried Eggs Plate (Sobao Bread + Turkey Ham)	455	1140	100	65	26	1	300	2160	108	2	13	30
Scramblev Plate (Sobao Bread + Turkey Ham)	484	1140	100	65	26	1	300	2160	108	2	14	30
Toast with Butter (Criollo Bread)	107	410	60	23	21	0	30	720	42	2	1	8
Toast with Butter (Sobao Bread)	113	470	40	25	18	0	30	600	54	2	11	8
Toast with Cheese (Criollo Bread)	163	640	60	42	32	1	85	1110	44	2	1	21
Toast with Cheese (Sobao Bread)	169	700	70	44	29	1	85	970	56	2	11	21



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	Serving Weight (g)	Calories	Calories from Fat	Fat - Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar Total (g)	Protein (g)
MARKET FRESH® SANDWICHES & WRAPS												
Roast Chicken Club Wrap <u>Contains: Egg, Milk, Soy, Wheat</u>	298	650	320	35	9	0.5	105	1370	47	4	12	41
Turkey & Swiss Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u>	326	720	260	28	7	0	65	1930	79	5	15	38
Turkey & Swiss Wrap <u>Contains: Egg, Milk, Soy, Wheat</u>	280	530	230	25	7	0	65	1590	42	3	6	37
Turkey, Ranch & Bacon Sandwich <u>Contains: Egg, Milk, Soy, Wheat</u>	344	810	310	35	10	0.5	80	2420	79	5	16	45
Turkey, Ranch & Bacon Wrap <u>Contains: Egg, Milk, Soy, Wheat</u>	298	630	290	32	9	0.5	85	2080	43	3	7	44
Triple Cheese Turkey BLT	338.1	877.6		478	6.3	0	166.1	1236.3	50	2.9	0	44.2
Turkey Avocado Club	320.3	693		37.1	5.1	0	123.3	953.4	50.4	3.1	0	34.4
MARKET FRESH® SALADS												
Side Salad <u>Contains: Milk</u>	133	70	45	5	2.5	0	15	110	4	1	2	5
Light Italian Dressing	43	15	10	1	0	0	0	730	2	0	2	0
Dijon Honey Mustard Dressing <u>Contains: Egg</u>	43	180	150	16	2.5	0	15	230	7	0	7	0
Balsamic Vinaigrette Dressing	43	130	110	12	2	0	0	470	4	0	4	0
Buttermilk Ranch Dressing <u>Contains: Egg, Milk</u>	43	210	200	22	3.5	0	10	330	2	0	1	0



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CHICKEN												
Roast Chicken Bacon Swiss	480	190	21	8	0	95	1140	39	3	10	34	
Contains: <u>Egg</u> , <u>Milk</u> , <u>Soy</u> , <u>Wheat</u>												
Chicken Bacon Swiss	610	270	30	9	0	85	1510	51	5	10	35	
Contains: <u>Egg</u> , <u>Milk</u> , <u>Soy</u> , <u>Wheat</u> † <u>Fish</u> (where available)												
Classic Roast Chicken	370	140	16	3.5	0	65	860	35	3	7	24	
Contains: <u>Egg</u> , <u>Milk</u> , <u>Soy</u> , <u>Wheat</u>												
Classic Chicken	510	220	25	5	0	55	1230	48	4	7	24	
Contains: <u>Egg</u> , <u>Milk</u> , <u>Soy</u> , <u>Wheat</u> † <u>Fish</u> (where available)												
Chicken Tenders (3)	370	160	18	3	0	60	1190	28	2	0	23	
Contains: <u>Egg</u> , <u>Soy</u> , <u>Wheat</u> † <u>Milk</u> , <u>Fish</u> (where available)												
Chicken Tenders (5)	610	270	30	4.5	0	100	1990	47	3	0	39	
Contains: <u>Egg</u> , <u>Soy</u> , <u>Wheat</u> † <u>Milk</u> , <u>Fish</u> (where available)												
Tangy Barbeque Dipping Sauce Adds	45	0	0	0	0	0	360	10	0	8	0	
Buffalo Dipping Sauce Adds Contains: <u>Milk</u>												
Honey Mustard Dipping Sauce Adds	130	120	13	2	0	10	160	5	0	4	0	
Contains: <u>Egg</u>												
Ranch Dipping Sauce Adds	100	90	10	2	0	15	135	1	0	1	1	
Contains: <u>Egg</u> , <u>Milk</u>												
ROAST BEEF												
Classic Beef 'n Cheddar	450	180	20	6	1	50	1280	45	2	9	23	
Contains: <u>Milk</u> , <u>Soy</u> , <u>Wheat</u>												
Double Beef 'n Cheddar	630	290	32	11	1.5	100	2100	48	2	9	39	
Contains: <u>Milk</u> , <u>Soy</u> , <u>Wheat</u>												
Half Pound Beef 'n Cheddar	740	350	39	14	2	130	2530	48	2	9	49	
Contains: <u>Milk</u> , <u>Soy</u> , <u>Wheat</u>												
Classic Roast Beef	360	120	14	5	0.5	50	970	37	2	5	23	
Contains: <u>Soy</u> , <u>Wheat</u>												
Double Roast Beef	510	210	24	9	1.5	95	1610	38	2	5	38	
Contains: <u>Soy</u> , <u>Wheat</u>												
Half Pound Roast Beef	610	270	30	12	2	130	2040	38	2	5	48	
Contains: <u>Soy</u> , <u>Wheat</u>												
Arby's Sauce® Adds	15	0	0	0	0	0	180	3	0	2	0	
Horsey Sauce® Adds Contains: <u>Egg</u>												
Deluxe Beef and Cheddar	270.8	401.2	13.3	1	0	52.5	811.1	36.7	2.3	4	29.9	
Classic French Dip & Swiss/Au Jus Contains: <u>Milk</u> , <u>Soy</u> , <u>Wheat</u>												
327	540	190	22	10	1	85	2550	51	2	3	34	
BEEF BRISKET												
Smoke House Brisket	600	300	33	8	1	95	1310	42	9	33		
Contains: <u>Egg</u> , <u>Milk</u> , <u>Soy</u> , <u>Wheat</u> † <u>Fish</u> (where available)												
PORK												
Pulled Pork	896.5	571.6	7	0	155.6	638.1	47.9	3.1	8.3	32.4		
Triple Thick BLT												
270.8	401.2	13.3	1	0	52.5	811.1	36.7	2.3	4	29.9		
Deluxe Beef and Cheddar												
320.3	693	37.1	5.1	0	123.3	953.4	50.4	3.1	0	34.4		



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SIDES												
Mozzarella Sticks – (4) Contains: Milk, Wheat † Egg, Soy, Fish (where available)	137	440	210	23	9	0.5	35	1410	37	2	3	19
Mozzarella Sticks – (6) Contains: Milk, Wheat † Egg, Soy, Fish (where available)	206	650	310	35	14	1	55	2110	56	3	4	29
Marinara Sauce Adds	28	20	0	0	0	0	0	170	4	1	3	1
Loaded Curly Fries Contains: Egg, Milk, Wheat † Soy, Fish (where available)	226	670	400	44	8	0	30	1950	57	5	2	12
Curly Fries – Snack • Contains: Wheat † Egg, Milk, Soy, Fish (where available)	77	250	120	13	2	0	0	570	29	3	0	3
Curly Fries – Small • Contains: Wheat † Egg, Milk, Soy, Fish (where available)	128	410	200	22	3	0	0	940	49	5	0	5
Curly Fries – Medium • Contains: Wheat † Egg, Milk, Soy, Fish (where available)	170	550	260	29	4	0	0	1250	65	6	0	6
Curly Fries – Large • Contains: Wheat † Egg, Milk, Soy, Fish (where available)	201	650	310	35	5	0	0	1480	77	7	0	8
Potato Cakes (2) † Egg, Milk, Soy, Wheat, Fish (where available)	100	250	130	14	2	0	0	430	23	2	0	2
Potato Cakes (3) † Egg, Milk, Soy, Wheat, Fish (where available)	150	370	190	21	3	0	0	650	35	4	0	3
Potato Cakes (4) † Egg, Milk, Soy, Wheat, Fish (where available)	200	490	250	28	4.5	0	0	860	46	5	0	4
Ketchup Adds	9	10	0	0	0	0	0	85	3	0	2	0
Side Salad Contains: Milk	133	70	45	5	2.5	0	15	110	4	1	2	5

u Recommended portion sizes. Curly Fries are individually portioned at every restaurant. Variations in portion size may exist from portion to portion, and restaurant to restaurant.



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DESSERTS												
Chocolate Shake-Snack <u>Contains: Milk</u>	255	350	80	9	6	0	30	220	60	1	52	8
*Chocolate Shake-Small <u>Contains: Milk, Soy</u>	413	590	160	18	12	0	55	350	95	1	83	13
*Chocolate Shake-Medium <u>Contains: Milk, Soy</u>	587	830	220	24	16	0.5	75	500	134	1	118	19
*Chocolate Shake-Large <u>Contains: Milk, Soy</u>	758	1050	290	32	21	0.5	100	650	169	2	149	25
Jamocha Handcrafted Shake-Snack <u>Contains: Milk</u>	255	350	80	8	5	0	30	230	62	0	51	8
*Jamocha Shake-Small <u>Contains: Milk, Soy</u>	413	590	160	17	11	0	55	360	97	1	82	13
*Jamocha Shake-Medium <u>Contains: Milk, Soy</u>	587	830	210	23	15	0.5	75	510	137	1	116	19
*Jamocha Shake-Large <u>Contains: Milk, Soy</u>	758	1060	280	31	20	0.5	100	650	172	1	147	24
Vanilla Shake-Snack <u>Contains: Milk</u>	227	280	70	8	5	0	30	190	44	0	40	8
Vanilla Shake-Small <u>Contains: Milk</u>	376	490	160	17	11	0	55	310	72	0	66	13
Vanilla Shake-Medium <u>Contains: Milk</u>	534	690	210	23	15	0.5	75	440	103	0	95	18
Vanilla Shake-Large <u>Contains: Milk</u>	700	900	270	30	20	0.5	100	580	135	1	124	24
*Salted Caramel & Chocolate Cookie <u>Contains: Egg, Milk, Soy, Wheat</u>	94	430	160	18	10	0	30	360	63	1	33	4
*Triple Chocolate Cookie <u>Contains: Egg, Milk, Soy, Wheat</u>	95	450	190	21	13	0	40	370	60	2	31	5
*Apple Turnover <u>Contains: Soy, Wheat</u>	128	430	160	18	9	0	0	210	65	2	39	4
*Cherry Turnover <u>Contains: Soy, Wheat</u>	128	390	120	13	6	0	0	200	65	2	40	4
KIDS												
Chicken Tenders (2) <u>Contains: Egg, Soy, Wheat</u> † Milk, Fish (where available)	86	240	110	12	2	0	40	800	19	1	0	15
Curly Fries – Kids u <u>Contains: Wheat</u> † Egg, Milk, Soy, Fish (where available)	77	250	120	13	2	0	0	560	29	3	0	3

u Recommended portion sizes. Curly Fries are individually portioned at every restaurant. Variations in portion size may exist from portion to portion, and restaurant to restaurant.

To determine approximate nutritional information for a Kids Meal size soft drink, multiply the value shown for the Small cup by 0.7; Medium soft drink, multiply by 1.4; Large soft drink, multiply by 1.8.



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BEVERAGES												
Coca-Cola®^	22 oz	290	0	0	0	0	0	65+	80	0	80	0
Coca-Cola®°	22 oz	220	0	0	0	0	0	50+	60	0	60	0
Coca-Cola® Zero Sugar^	22 oz	0	0	0	0	0	0	75+	0	0	0	0
Coca-Cola® Zero Sugar°	22 oz	0	0	0	0	0	0	55+	0	0	0	0
Diet Coke®^	22 oz	0	0	0	0	0	0	95+	0	0	0	0
Diet Coke®°	22 oz	0	0	0	0	0	0	70+	0	0	0	0
Fanta® Orange^	22 oz	310	0	0	0	0	0	95+	84	0	84	0
Fanta® Orange°	22 oz	240	0	0	0	0	0	70+	63	0	63	0
Hi-C® Flashin' Fruit Punch®^	22 oz	310	0	0	0	0	0	105+	85	0	83	0
Hi-C® Flashin' Fruit Punch®°	22 oz	230	0	0	0	0	0	80+	63	0	62	0
Sprite®^	22 oz	290	0	0	0	0	0	130+	77	0	77	0
Sprite®°	22 oz	220	0	0	0	0	0	100+	58	0	58	0
Dasani® Bottled Water	16 oz	0	0	0	0	0	0	0+	0	0	0	0

+The sodium value will vary based on the level of sodium in the local water supply. ^With no ice. °With 50% ice fill.



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TOPPINGS												
Pepper Bacon- 3 half strips	14	70	45	5	1.5	0	15	250	1	0	1	5
Red Ranch Sauce- 0.5 oz	14	70	50	6	1	0	0	105	5	0	4	0
Leaf Lettuce- 1 leaf	5	0	0	0	0	0	0	0	0	0	0	0
Crispy Onions- 0.5 oz <u>Contains: Egg, Milk, Wheat</u> † Soy, Fish (where available)	14	70	45	5	1	0	0	150	6	0	1	1
Natural Cheddar- 1 slice <u>Contains: Milk</u>	19	80	60	6	3.5	0	20	120	0	0	0	5
Tomato- 2 slices	40	5	0	0	0	0	0	2	0	1	0	0
4" Sesame Seed Bun <u>Contains: Soy, Wheat</u>	69	210	35	3.5	0.5	0	0	340	36	2	5	7
Red Onion- 2 slices	4	0	0	0	0	0	0	0	0	0	0	0
Jalapenos- 0.25 oz	7	0	0	0	0	0	0	0	0	0	0	0
Smoked Gouda- 1 slice <u>Contains: Milk</u>	21	70	60	6	4	0	20	180	0	0	0	5
Processed Swiss- 1 slice <u>Contains: Milk, Soy</u>	13	40	25	3	2	0	10	200	0	0	0	3
Cheddar Cheese Sauce- 0.75 oz <u>Contains: Milk</u>	21	25	15	2	0	0	0	180	2	0	0	0

