

## 9to5strength - Arby's Nutrition Tables

### Arby's - Signature

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Traditional Greek Gyro	710	23	55	6	44	13	4.0	3.4
Loaded Italian	680	32	49	7	40	14	3.0	5.7
Reuben	680	37	62	5	31	8	4.0	6.1
Smokehouse Brisket	600	33	42	7	35	12	2.0	3.1
Roast Beef Gyro	550	24	48	5	29	7	3.0	3.2
Turkey Gyro	470	25	48	5	20	4	3.0	3.8

### Arby's - Roast Beef

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Half Pound Beef 'n Cheddar	740	49	48	9	39	14	2.0	6.3
Half Pound French Dip & Swiss/Au Jus	740	55	52	3	35	16	2.0	8.5
Three Cheese	700	38	42	6	43	17	3.0	4.7
Double Beef 'n Cheddar	630	39	48	9	32	11	2.0	5.3
Fire-Roasted Philly	630	34	45	3	35	13	3.0	4.7
Half Pound Roast Beef	610	48	38	5	30	12	2.0	5.1
Classic French Dip & Swiss/Au Jus	540	34	51	3	22	10	2.0	6.4
Double Roast Beef	510	38	38	5	24	9	2.0	4.0
Classic Beef 'n Cheddar	450	23	45	9	20	6	2.0	3.2
Classic Roast Beef	360	23	37	5	14	5	2.0	2.4
Horsey Sauce® Adds	60	0	3	2	5	1	0.0	0.4
Arby's Sauce® Adds	15	0	3	2	0	0	0.0	0.5

### Arby's - Turkey

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Roast Turkey Ranch & Bacon Sandwich	800	45	79	16	34	10	5.0	6.1
Roast Turkey & Swiss Sandwich	710	38	79	15	28	7	5.0	4.8
Roast Turkey Ranch & Bacon Wrap	620	37	39	6	34	11	4.0	5.3
Roast Turkey & Swiss Wrap	520	30	39	6	27	9	4.0	4.1
Grand Turkey Club	480	30	37	9	24	7	2.0	4.0

### Arby's - Chicken

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Buttermilk Chicken Cordon Bleu	700	41	52	7	36	10	3.0	4.9
Buttermilk Chicken Bacon & Swiss	660	38	55	9	33	10	4.0	4.3
Chicken Tenders (5)	600	39	47	0	28	4	3.0	4.0
Buttermilk Crispy Chicken	560	28	52	6	27	5	4.0	3.6
Buttermilk Buffalo Chicken	550	28	52	6	26	5	4.0	5.1
Chicken Tenders (3)	360	23	28	0	17	3	2.0	2.4
Honey Mustard Dipping Sauce Adds	140	0	5	4	13	2	0.0	0.3
Ranch Dipping Sauce Adds	100	1	2	1	11	3	0.0	0.5
Tangy Barbeque Sauce Adds	40	0	9	8	0	0	0.0	0.9
Buffalo Dipping Sauce Adds	10	0	2	0	1	0	0.0	1.8

### Arby's - Salads

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Salad - Crispy Chicken	430	28	26	4	24	8	4.0	2.5
Salad - Roast Turkey	230	22	8	5	13	7	2.0	2.2
Buttermilk Ranch Dressing	210	0	2	1	22	4	0.0	0.8
Dijon Honey Mustard Dressing	180	0	8	7	16	3	0.0	0.6
Balsamic Vinaigrette Dressing	130	0	4	4	12	2	0.0	1.2
Side Salad	70	5	4	2	5	3	1.0	0.3
Light Italian Dressing	20	0	2	2	1	0	0.0	1.8

### Arby's - Sliders

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Pizza Slider	300	13	23	2	17	6	1.0	2.3
Buffalo Chicken Slider	290	12	31	2	13	2	2.0	2.2
Chicken Tender 'n Cheese Slider	290	15	30	1	12	4	1.0	1.8
Jalapeño Roast Beef 'n Cheese Slider	240	14	21	1	11	5	1.0	1.7
Roast Beef 'n Cheese Slider	240	14	21	1	11	5	1.0	1.7
Ham 'n Cheese Slider	230	13	22	3	9	4	1.0	1.9
Turkey 'n Cheese Slider	200	14	21	2	7	3	1.0	1.9

### Arby's - Friends of Meat

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Loaded Curly Fries	700	14	57	2	46	9	5.0	5.0
Curly Fries - Large	650	8	77	0	35	5	7.0	3.7
Mozzarella Sticks - (6)	650	29	56	4	35	14	3.0	5.3
Curly Fries - Medium	550	6	65	0	29	4	6.0	3.1
Potato Cakes (4)	490	4	46	0	28	5	5.0	2.2
Jalapeno Bites® - (8)	470	8	50	4	27	10	3.0	2.7
Mozzarella Sticks - (4)	440	19	37	3	23	9	2.0	3.5
Steakhouse Onion Rings (5)	420	6	52	4	21	3	3.0	4.4
Curly Fries - Small	410	5	49	0	22	3	5.0	2.4
Potato Cakes (3)	370	3	35	0	21	3	4.0	1.6
Jalapeno Bites® - (5)	290	5	31	3	17	6	2.0	1.7
Curly Fries - Snack	250	3	29	0	13	2	3.0	1.4
Potato Cakes (2)	250	2	23	0	14	2	2.0	1.1
Bronco Berry Sauce®* Adds	60	0	15	15	0	0	0.0	0.1
Marinara Sauce Adds	20	1	4	3	0	0	1.0	0.4
Ketchup Adds	10	0	3	2	0	0	0.0	0.2

### Arby's - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Ultimate Chocolate Shake (L)	970	24	158	140	31	20	2.0	1.8
Jamocha Handcrafted Shake (L)	950	23	156	141	30	19	1.0	1.8
Vanilla Handcrafted Shake (L)	820	23	124	115	30	19	1.0	1.6
Ultimate Chocolate Shake (M)	760	18	126	111	24	15	2.0	1.4
Jamocha Handcrafted Shake (M)	750	18	124	112	23	15	1.0	1.4
Vanilla Handcrafted Shake (M)	630	18	95	88	23	15	1.0	1.2
Ultimate Chocolate Shake (S)	550	13	89	78	18	12	1.0	1.0
Jamocha Handcrafted Shake (S)	540	13	87	79	17	11	1.0	1.0
Vanilla Handcrafted Shake (S)	450	12	67	62	17	11	0.0	0.9
Triple Chocolate Cookie	450	5	60	31	21	13	2.0	0.9
Salted Caramel & Chocolate Cookie	430	4	63	33	18	10	1.0	0.9
Apple Turnover	430	4	65	39	18	9	2.0	0.5
Cherry Turnover	390	4	65	40	13	6	2.0	0.5
Ultimate Chocolate Shake (Snack)	320	8	57	49	9	6	1.0	0.6
Jamocha Handcrafted Shake (Snack)	310	8	55	50	8	5	0.0	0.6
Vanilla Handcrafted Shake (Snack)	250	8	40	37	8	5	0.0	0.5

### Arby's - Beverages (No Ice)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT
Barq's Root Beer	330	0	90	90	0	0
Fanta Orange	310	0	84	84	0	0
Hi-C Flashin' Fruit Punch	310	0	85	83	0	0
Mello Yello	310	0	84	84	0	0
Coca-Cola	290	0	80	80	0	0
Sprite	290	0	77	77	0	0
Dr Pepper	250	0	72	72	0	0
POWERADE Mountain Berry Blast	170	0	44	44	0	0
Lowfat Chocolate Milk	150	7	26	23	3	2
Lowfat White Milk	90	7	10	10	2	2
CapriSun Fruit Juice	80	0	21	20	0	0
Minute Maid Light Lemonade	15	0	0	0	0	0
Brewed Iced Tea - Small Cup	5	0	1	0	0	0
Coca-Cola Zero Sugar	0	0	0	0	0	0
Diet Coke	0	0	0	0	0	0
Diet Dr Pepper	0	0	0	0	0	0
Nestle Pure Life Bottled Water	0	0	0	0	0	0

### Arby's - Breakfast

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Sausage Gravy Biscuit-Double	970	18	96	5	56	27	3.0	8.9
Sausage & Egg w/Biscuit Platter	720	22	50	4	46	18	3.0	4.7
Sausage, Egg & Cheese Sourdough	640	25	47	6	39	13	2.0	3.8
Sausage, Egg & Cheese Biscuit	640	20	39	5	45	20	1.0	5.0
Sausage, Egg & Cheese Wrap	630	20	42	5	41	15	4.0	3.9
Sausage, Egg & Cheese Croissant	590	20	30	5	44	19	1.0	3.2
Bacon & Egg w/Biscuit Platter	590	23	49	4	32	13	3.0	4.1
Ham & Egg w/Biscuit Platter	570	23	50	5	29	12	2.0	4.6
Sausage Biscuit	500	12	36	3	33	15	1.0	3.6
Bacon, Egg & Cheese Wrap	500	20	42	5	27	10	4.0	3.4
Bacon, Egg & Cheese Sourdough	490	23	46	6	23	8	2.0	3.2
Sausage & Cheese Croissant	490	15	28	3	35	16	1.0	2.4
Bacon, Egg & Cheese Biscuit	480	18	38	5	29	15	1.0	4.3
Sausage Gravy Biscuit	480	9	48	3	28	13	1.0	4.4
Ham, Egg & Cheese Sourdough	470	26	47	6	19	6	2.0	3.4
Ham, Egg & Cheese Biscuit	470	21	39	5	25	12	1.0	4.6
Bacon, Egg & Cheese Croissant	440	18	29	5	27	13	1.0	2.5
Ham, Egg & Cheese Wrap	440	17	42	5	22	8	4.0	3.2
Ham, Egg & Cheese Croissant	420	21	30	5	23	11	1.0	2.8
Chicken Biscuit	390	13	44	2	18	9	2.0	3.1
French Toast Sticks	350	7	57	13	10	2	5.0	0.6
Bacon Biscuit	340	10	36	3	17	10	1.0	3.0
Ham Biscuit	340	13	37	4	16	9	1.0	3.6
Ham & Swiss Croissant	340	16	29	4	17	10	1.0	2.3
Bacon & Cheese Croissant	330	13	27	3	19	10	1.0	1.7
Orange Juice	140	2	33	26	0	0	1.0	0.0
Coffee - 16 oz	5	0	0	0	0	0	0.0	0.0
Coffee - 12 oz	0	0	0	0	0	0	0.0	0.0