



## Calories and Fat Content in Fast Food Restaurant Foods

### Baja Fresh

	<b>Calories</b>	<b>Fat (grams)</b>
Baja Ensalada	310	7
"Baja-Style" Taco with Chicken	180	4
"Baja-Style" Taco with Wild Gulf Shrimp	190	5
Mahi Mahi Ensalada	280	9
Shrimp Ensalada	180	4
Baja Fish Taco	260	12
Charbroiled Fish Taco	250	9
Taco Chilito with Steak	330	11
Taco Chilito with Chicken	310	9
Baja Ensalada with Chicken	310	7
Baja Ensalada with Fish	360	15
2 ounces Side of Guacamole	70	6
3 ounces Side of Guacamole	110	9
Charbroiled Chicken	230	3.5
Wild Gulf Shrimp	150	2

Nutrition information for Baja Fresh is © 2005 Fresh Enterprises. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at <http://www.bajafresh.com/shopping/product/nninfo.jsp?iProductID=56>.



## Calories and Fat Content in Fast Food Restaurant Foods

### Boston Market

	Calories	Fat (grams)
1/4 White Sweet Garlic Rotisserie Chicken, no skin or wing	170	4
Hand-Carved Rotisserie Turkey Breast	170	1
Honey Glazed Ham (Lean)	210	8
Lemon Herb 1/4 White Chicken	310	13
Pan Asian Grilled Chicken	430	12
Grilled Chicken BBQ	370	12
Grilled Chicken Teriyaki	290	10
Butternut Squash Side	150	6
Poultry Gravy	15	0.5
Chicken Gravy Side	15	0.5
Corn (whole kernel) Side	180	4
Green Beans Side	70	4
Garlic Dill New Potatoes Side	130	2.5
Rice Pilaf Side	140	4
Fresh Steamed Broccoli	30	0
Steamed Vegetable Medley Side	30	0
Fruit Salad	70	0
Chicken Carver (no cheese, no sauce)	400	6
Ham Sandwich (no cheese, no sauce)	420	9
Turkey Carver (no cheese, no sauce)	400	4.5
Asian Grilled Chicken Salad (no dressing or noodles)	300	9
Chicken Tortilla Soup with toppings	170	8
Chicken Tortilla Soup (no toppings)	80	4.5
Turkey Tortilla Soup with toppings	160	7
Turkey Tortilla Soup (no toppings)	70	3.5
Chicken Noodle Soup, cup	100	4.5

Nutrition information for Boston Market is © 2005 Boston Market Corporation. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at <http://www.bostonmarket.com/food/index.jsp?page=nutrition>.



## Calories and Fat Content in Fast Food Restaurant Foods

### Burger King

	Calories	Fat (grams)
Hamburger	310	13
Chicken Whopper Sandwich - without Mayonnaise	410	7
Chicken Whopper Sandwich - Low Carb	160	3.5
BK VEGGIE	380	16
BK VEGGIE (without mayonnaise)	300	7
Santa Fe Fire-grilled chicken baguette	380	4
Savory mustard chicken baguette	380	4.5
Fire-Grilled Chicken Caesar Salad - plain	190	7
Fire-Grilled Shrimp Cesar Salad - plain	180	10
Fire-Grilled Chicken Garden Salad - plain	210	7
Fire-Grilled Shrimp Garden Salad - plain	200	10
Chicken Caesar Salad (w/ croutons and dressing)	410	19
Side garden salad (plain)	20	0
Fat-Free Honey Mustard Dressing - 2 ounces	70	0
Hidden Valley Fat-Free Ranch Dressing - 2 ounces	35	0
Garlic Parmesan Toast	70	2.5
Chili	190	8
Crackers	25	0.5

Nutrition information for Burger King is © 2005 Burger King Brands, Inc. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at <http://www.bk.com/Food/Nutrition/NutritionWizard/index.aspx>.



## Calories and Fat Content in Fast Food Restaurant Foods

### Chick-fil-A

	<b>Calories</b>	<b>Fat (grams)</b>
Chick-Fil-A Chicken Sandwich no butter	380	13
Chicken (1 filet, no bun, no pickles)	230	11
Chick-Fil-A Chargrilled Chicken Sandwich	270	3.5
Chargrilled Chicken (1 filet, no bun, no pickles)	100	1.5
Chargrilled Chicken Club Sandwich (1 sandwich, no sauce)	380	11
Chick-Fil-A Chicken Salad Sandwich (1 sandwich on whole wheat)	350	15
Spicy Chicken Cool Wrap	380	6
Chargrilled Chicken Cool Wrap	390	7
Chicken Caesar Cool Wrap	460	10
Chargrilled Chicken Garden Salad	180	6
Southwest Chargrilled Salad	240	8
Side Salad	60	3
Carrot and Raisin Salad	170	6
Hearty Breast of Chicken Soup (regular)	140	3.5
Hearty Breast of Chicken Soup (large)	250	7
Reduced Fat Raspberry Vinaigrette	80	2
Light Italian Dressing	15	0.5
Fat Free Honey Mustard Dressing	60	0
Polynesian Sauce	110	6
Barbecue Sauce	45	0
Honey Mustard Sauce	45	0
Chick-fil-A Buffalo Sauce	15	1.5
Diet Lemonade (small)	25	0
Diet Lemonade (medium)	30	0
Diet Lemonade (large)	50	0
Iced Tea (unsweetened, small)	0	0
Iced Tea (unsweetened, medium)	0	0
Iced Tea (unsweetened, large)	0	0
Iced Tea (sweetened, small)	80	0
Iced Tea (sweetened, medium)	110	0
Iced Tea (sweetened, large)	180	0

Nutrition information for Chick-fil-A is © 2002 CFA Properties, Inc. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at <http://www.chick-fil-a.com/NutritionPDF.asp>.



## Calories and Fat Content in Fast Food Restaurant Foods

### Cosi

	Calories	Fat (grams)
Plain Bagel	429	2
Cinnamon Raisin Bagel	483	2
Poppysseed Bagel	458	4
Asiago Cheese Bagel	493	7
Cranberry Orange Bagel	438	1
Sesame Bagel	452	4
Low Fat Plain Cream Cheese	83	5
Low Fat Veggie Cream Cheese	83	5
Fruit Salad	70	0
Shanghai Chicken Salad	222	5
Caesar Salad	200	6
Chicken Caesar Salad	319	8
Mixed Greens Salad	46	1
Bombay Salad	297	8
Low-fat Ginger Soy Dressing	80	3
Reduced Fat Roasted Shallot Sherry Vinaigrette	80	3
Fat Free Balsamic Vinaigrette	45	0
Chicken Noodle Soup (Regular Cup)	139	2
Chicken Noodle Soup (Large Bowl)	208	3
Turkey Gumbo Soup (Regular Cup)	139	6
Turkey Gumbo (Large Bowl)	208	9
Three Bean Chili (Regular Cup)	174	3
Three Bean Chili (Large Bowl)	260	5
Minestrone (Regular Cup)	162	4
Minestrone (Large Bowl)	243	6
Hummus & Veggies Sandwich	440	8
Turkey Light Sandwich	475	8
Cosi Club Sandwich	751	38
Sesame Ginger Chicken Sandwich	515	7
Brie & Fruit	277	15
Hummus Dip	179	4
Chai Tea Latte - Tall	107	6
Arctic Latte - Tall	68	2
Arctic Latte - Grande	101	3
Arctic Latte - Gigante	135	4
Arctic Mocha - Tall	114	2
Arctic Mocha - Grande	154	3

Arctic Mocha - Gigante	171	1
Mango Mania - Tall	186	0
Wildberry Blast - Tall	186	0
Peach - Tall	186	0
Peach - Grande	248	0
Strawberry Banana - Tall	186	0

Nutrition information for Cosi is © 2004 Cosi, Inc. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at [http://www.getcosi.com/catering\\_menus.htm](http://www.getcosi.com/catering_menus.htm).



## Calories and Fat Content in Fast Food Restaurant Foods

### Hardees

	<b>Calories</b>	<b>Fat (Grams)</b>
Sunrise Croissant	210	10
Pancake Platter	300	5
Charbroiled BBQ Chicken Sandwich	340	4
Hamburger	310	12
Fried Chicken Breast	370	15
Fried Chicken Wing	200	8
Fried Chicken Thigh	330	15
Fried Chicken Leg	170	7
French Fries - Kids	250	12
Mashed Potatoes (small = 1 serving)	90	2
Cole Slaw (small = 1 serving)	170	10
Peach Cobbler	280	7
Honey Mustard Dipping Sauce	110	9
BBQ Sauce - Dipping Sauce	45	0
Sweet N Sour - Dipping Sauce	45	0
Hot Sauce (Packet)	0	0
Horseradish Sauce (Packet)	25	2

Nutrition information for Hardee's is © 2007 Hardee's Food Systems, Inc. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at <http://www.hardees.com/nutrition/>



## Calories and Fat Content in Fast Food Restaurant Foods

### Jack in the Box

	<b>Calories</b>	<b>Fat (Grams)</b>
Breakfast Jack	110	12
Hash Brown (1)	90	10
Egg Roll (1)	130	6
Soy Sauce	0	0
Sweet & Sour Dipping Sauce	0	0
Fruit Cup	90	0
Regular Beef Taco	160	8
Salsa, Fire Roasted Tomato	0	0
Sour Cream	45	5
Taco Sauce	0	0
Chicken Fajita Pita - no salsa	280	9
Asian Chicken Salad (with Grilled Chicken) (does not include dressing)	160	1.5
Side Salad (does not include dressing)	50	3
Low Fat Balsamic Dressing	20	2

Nutrition information for Jack in the Box is © 2007 Jack in the Box Inc. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at <http://www.jackinthebox.com/ourfood/index.php?section=7>





## Calories and Fat Content in Fast Food Restaurant Foods

### Kentucky Fried Chicken

	<b>Calories</b>	<b>Fat (grams)</b>
Original Recipe Chicken-Whole Wing	150	9
Original Recipe Drumstick	140	8
Hot and Spicy Drumstick	150	9
Green Beans	50	1.5
Mashed Potatoes without Gravy	110	4
Mashed Potatoes with Gravy	120	4.5
Macaroni and Cheese	130	6
Corn on the Cob (3")	70	1.5
Corn on the Cob (5.5")	150	3
BBQ Beans	230	1
Potato Salad	180	9
Cole Slaw	190	11
Original Recipe without Sauce	320	13
TR Sandwich without Sauce	260	5
HBBQ Sandwich	300	6

Nutrition information for Kentucky Fried Chicken is © 2003 Yum!Brands LLC. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at [http://www.yum.com/nutrition/menu.asp?brandID\\_Abbr=2\\_KFC](http://www.yum.com/nutrition/menu.asp?brandID_Abbr=2_KFC).



## Calories and Fat Content in Fast Food Restaurant Foods

### McDonalds

	Calories	Fat (grams)
Hamburger	260	9
Cheeseburger	310	12
Chicken McGrill	400	16
Ketchup Packet	10	0
Bacon Ranch Salad with Grilled Chicken	240	9
Bacon Ranch Salad (without chicken)	130	7
Caesar Salad with Grilled Chicken	200	6
Caesar Salad (without chicken)	90	4
California Cobb Salad with Grilled Chicken	260	11
California Cobb Salad (without chicken)	150	9
Side Salad	15	0
Newman's Own Low Fat Balsamic Vinaigrette	40	3
Egg McMuffin	290	11
English Muffin	150	2
Bagel (plain)	260	1
Scrambled Eggs (2)	180	11
Grape Jam	35	0
Strawberry Preserves	35	0
Fruit 'n Yogurt Parfait	160	2
Fruit 'n Yogurt Parfait (without granola)	130	2
Apple Dippers With Low-fat Caramel Dip	100	1
Apple Dippers	35	0
Low Fat Caramel Dip	70	1
Vanilla Reduced Fat Ice Cream Cone	150	3.5
Kiddie Cone	45	1
Low-fat Milk	100	2.5
Apple Juice	90	0
Orange Juice (12 fl oz cup)	140	0
Orange Juice (16 fl oz cup)	180	0
POWERade Mountain Blast (Child)	70	0
POWERade Mountain Blast (Small)	100	0
POWERade Mountain Blast (Medium)	140	0

Nutrition information for McDonald's is © 2005 McDonald's. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at [http://www.mcdonalds.com/usa/eat/nutrition\\_info.html](http://www.mcdonalds.com/usa/eat/nutrition_info.html).



## Calories and Fat Content in Fast Food Restaurant Foods

### Noodles & Company

	<b>Calories</b>	<b>Fat (Grams)</b>
Indonesian Peanut Saute (small)	330	10
Pad Thai (small)	380	8
Whole Grain Tuscan Fettuccine (small)	360	
House Marinara (small)	340	9
Chicken Noodle Soup (small)	170	6
Chicken Noodle Soup (regular)	350	11
Chinese Chop Salad (small)	120	5
Chinese Chop Salad (regular)	250	10
The Med Salad (small)	170	3.5
The Med Salad (regular)	320	7
Japanese Pan Noodles Trio with Shrimp and Tossed Green Side Salad with Fat-Free Asian Dressing	420	6
Bangkok Curry Trio with Shrimp and Tossed Green Side Salad with Fat-Free Asian Dressing	330	10

Nutrition information for Noodles & Company is © 2007 Noodles & Company. Selected nutrition information is provided here as a service to Dr. Gourmet readers. View more nutrition information at <http://www.noodles.com/>.



## Calories and Fat Content in Fast Food Restaurant Foods

### Panera Bread

	Calories	Fat (Grams)
Blueberry Bagel	330	1
Dutch Apple & Raisin Bagel	370	3
Everything Bagel	300	1.5
Plain Bagel	290	1
Sesame Bagel	310	4
Whole Grain Bagel	340	2.5
Reduced Fat Honey Walnut Cream Cheese (2 oz.)	160	11
Reduced Fat Plain Cream Cheese (2 oz.)	140	13
Banana Nut Muffie	230	11
Chocolate Chip Muffie	240	10
Low Fat Tripleberry Muffin	270	2.5
Pumpkin Muffie	310	7
Half Chicken Bacon Dijon on Country Bread	410	14
Half Smokehouse Turkey on Three Cheese Bread	350	11
Half Bacon Turkey Bravo	370	13
Half Chicken Tomesto on French Bread	240	7
Half Chicken Tomesto on Three Cheese Bread	310	8
Half Mediterranean Veggie	300	6
Whole Mediterranean Veggie	590	13
Chicken Salad Sandwich on Sesame Semolina Bread – half portion	340	12
Smoked Turkey Breast Sandwich on Country Bread – half portion	300	9
Smoked Turkey Breast Sandwich on Sourdough Bread – half portion	230	8
Boston Clam Chowder (8 oz.)	299	11
French Onion Soup (with cheese & croutons) (8 oz.)	220	10
French Onion Soup (without cheese & croutons) (8 oz.)	80	3
Low-Fat Chicken Noodle Soup (8 oz.)	100	2
Low-Fat Vegetarian Black Bean Soup (8 oz.)	160	1
Low-Fat Vegetarian Garden Vegetable Soup (8 oz.)	90	0.5
Tomato & Fresh Basil Crispani	320	13
Asian Sesame Chicken Salad – half portion	220	11
Grilled Salmon Salad – half portion	170	7
Fresh Fruit Cup – large	150	0
Fresh Fruit Cup – small	70	0
Grilled Salmon Salad – whole portion	340	14

Fat-Free Poppyseed Dressing (2 oz.)	30	0
Fat-Free Raspberry Dressing (2 oz.)	50	0
Meyer Lemon Vinaigrette (2 oz.)	70	3
Panera Kids Deli Sandwich – Roast Beef	370	13
Panera Kids Deli Sandwich – Smoked Turkey	350	12
Panera Kids Grilled Cheese Sandwich	290	11

Nutrition information for Panera Bread is © 2007 Panera Bread. Selected nutrition information is provided here as a service to Dr. Gourmet readers. View more nutrition information at <http://www.panerabread.com/menu/>.



## Calories and Fat Content in Fast Food Restaurant Foods

### Popeye's

	<b>Calories</b>	<b>Fat (Grams)</b>
Mild Chicken Wing	150	10
Mild Chicken Leg	110	7
Mild Chicken Wing (Skinless and Breading Removed)	40	1.5
Mild Chicken Leg (Skinless and Breading Removed)	50	2
Mild Chicken Thigh (Skinless and Breading Removed)	80	4
Mild Chicken Breast (Skinless and Breading Removed)	120	2
Mild Chicken Strips, Two Pieces (Skinless and Breading Removed)	130	2.5
Spicy Chicken Wing	140	9
Spicy Chicken Leg	100	5
Spicy Chicken Wing (Skinless and Breading Removed)	40	2
Spicy Chicken Leg (Skinless and Breading Removed)	50	1.5
Spicy Chicken Thigh (Skinless and Breading Removed)	80	3
Spicy Chicken Breast (Skinless and Breading Removed)	120	2
Spicy Chicken Strips, Two Pieces (Skinless and Breading Removed)	150	4
Naked Chicken Strips, Three Pieces	220	10
Smothered Chicken	210	8
Chicken Etouffee	160	10
Crawfish Etouffee	180	5
Corn on the Cob, 1 Ear	190	2
Cajun Rice	170	6
Green Beans	70	1

Nutrition information for Popeye's is © 2007 AFC Enterprises, Inc.. Selected nutrition information is provided here as a service to Dr. Gourmet readers. View more nutrition information at [http://www.popeyes.com/nutrition/pop\\_nutrition.pdf](http://www.popeyes.com/nutrition/pop_nutrition.pdf)



## Calories and Fat Content in Fast Food Restaurant Foods

### Potbelly Sandwich Works

	<b>Calories</b>	<b>Fat (Grams)</b>
Vegetarian Sandwich (without cheese, peppers, mayo or oil)	305	1.75
Turkey Breast (without cheese, peppers, mayo or oil)	372	3.5
Roast Beef (without cheese, peppers, mayo or oil)	433	5.25
Smoked Ham (without cheese, peppers, mayo or oil)	421	8.75
Pizza with Provolone (without peppers, mayo or oil)	422	9.09
Tuna Salad (without cheese, peppers, mayo or oil)	465	9.74
A Wreck (without cheese, peppers, mayo or oil)	442	9.75

Nutrition information for Potbelly Sandwich Works is © 2004 Potbelly Sandwich Works. Selected nutrition information is provided here as a service to Dr. Gourmet readers. View more nutrition information at <http://www.potbelly.com/food2.4.html>



## Calories and Fat Content in Fast Food Restaurant Foods

### Subway

	<b>Calories</b>	<b>Fat (grams)</b>
Subway Seafood Sensation (6 inch)	380	13
Steak & Cheese (6 inch)	362	13
Subway Melt (6 inch)	384	15
Tuna (6 inch)	430	19
Asiago Caesar Chicken (6 inch)	391	15
Honey Mustard Turkey w/Cucumber (6 inch)	275	3.5
Southwest Chicken (6 inch)	362	13
Turkey Breast, Ham & Bacon Melt (6 inch)	380	12
Cheese Steak (6 inch)	360	10
Ham (6 inch)	290	5
Roast Beef (6 inch)	290	5
Roasted Chicken Breast (6 inch)	330	5
Honey Mustard Ham (6 inch)	310	5
Sweet Onion Teriyaki (6 inch)	370	5
Subway Club (6 inch)	296	5
Turkey Breast (6 inch)	280	4.5
Turkey Breast & Ham (6 inch)	290	5
Turkey Breast, Ham & Roast Beef (6 inch)	320	6
Veggie Delite (6 inch)	230	3
Ham Deli Sandwich	210	4
Roast Beef Deli Sandwich	223	4.5
Turkey Breast Deli Sandwich	215	3.5
Lloyd's Barbecue Chicken (6 inch)	310	6
Veggi-Max (6 inch)	390	8
Gardenburger (6 inch)	390	7
Buffalo Chicken (6 inch)	400	15
Barbecue Pulled Pork (6 inch)	440	13
Baja Chicken (6 inch)	350	9
Carne Asada (6 inch)	420	11
Atkins-Friendly Wrap	120	4.5
Garden Fresh Salad	60	1
Mediterranean Chicken Salad	170	4.5
Kraft Fat Free Italian	35	0
Kraft Ranch	200	22



Red Wine Vinaigrette	80	1
Fat Free Honey Mustard	30	0
Chipotle Southwest Sauce	90	9
Fat Free Red Wine Vinaigrette	30	0
Fat Free Sweet Onion	40	0
Dijon Horseradish	90	0
Western Egg Breakfast Sandwich	300	12
French Toast w/Syrup	350	8
Atkins-Friendly Double-Chocolate	100	6
Fruit Roll-Up	50	1
Roasted Chicken Noodle	60	1.5
Vegetable Beef	90	1
Minestrone	90	4
New England Style Clam Chowder	110	3.5
Chili Con Carne	240	10
Tomato Garden Vegetable with Rotini	100	0.5
Brown and Wild Rice with Chicken	190	11
Hearty Chili Beef	250	7
Cream of Broccoli	130	6
Vinegar (1 Tsp.)	0	0
Yellow or Deli Brown Mustard (2 Tsp.)	5	0
Light Mayonnaise (1 Tbsp.)	45	5
Lettuce	5	0
Tomato (3 Wheels)	5	0
Onions	5	0
Green Peppers (3 Strips)	0	0
Pickles (3 Chips)	0	0
Olives (3 Rings)	5	0
Cucumbers (3 Slices)	0	0
Jalapeno Peppers (3 Rings)	0	0
Banana Peppers (3 Rings)	0	0

Nutrition information for Subway is © 2005 Doctor's Associates Inc. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at <http://www.subway.com/applications/NutritionInfo/index.aspx>.



## Calories and Fat Content in Fast Food Restaurant Foods

### Taco Bell

	<b>Calories</b>	<b>Fat (grams)</b>
Crunchy Taco Fresco Style	150	7
Beef Soft Taco Fresco Style	190	8
Ranchero Chicken Soft Taco Fresco Style	170	4.5
Grilled Steak Soft Taco Fresco Style	170	5
Beef Baja Gordita Fresco Style	250	9
Chicken Baja Gordita Fresco Style	230	5
Steak Baja Gordita Fresco Style	230	7
Bean Burrito Fresco Style Fresco Style	350	8
Chicken Burrito Supreme Fresco Style	350	8
Steak Burrito Supreme Fresco Style	350	9
Chicken Fiesta Burrito Fresco Style	350	9
Tostada	200	6
Beef Enchirito	270	9
Chicken Enchirito	250	5
Steak Enchirito	250	7
Double Decker Taco	340	14
Crunchy Taco	170	10
Taco Supreme	220	14
Beef Soft Taco	210	10
Beef Soft Taco Supreme	260	14
Chicken Soft Taco Supreme	230	10
Chicken Gordita Supreme	290	12
Steak Gordita Supreme	290	13
Chicken Gordita Baja	320	15
Beef Gordita Nacho Cheese	300	13
Chicken Gordita Nacho Cheese	270	10
Steak Gordita Nacho Cheese	270	11
Bean Burrito	370	10
Chicken Burrito Supreme	410	14
Chicken Fiesta Burrito	370	12
Steak Fiesta Burrito	370	13
Chicken Enchirito	350	14
Pintos n Cheese	180	7
Dijon Horseradish	90	0

Western Egg Breakfast Sandwich	300	12
Steak & Egg Breakfast Sandwich	330	14
Western & Egg Omelet	220	14
Ham & Egg Omelet	230	14
Vegetable & Egg Omelet	210	14

Nutrition information for Taco Bell is © 2005 Taco Bell Corp. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at [http://www.yum.com/nutrition/documents/tb\\_nutrition.pdf](http://www.yum.com/nutrition/documents/tb_nutrition.pdf).



## Calories and Fat Content in Fast Food Restaurant Foods

### Wendy's

	<b>Calories</b>	<b>Fat (grams)</b>
Jr. Hamburger	270	9
Jr Cheeseburger	310	12
Grilled Chicken Sandwich	360	7
Side Salad	35	0
Caesar Side Salad	70	4.5
Homestyle Garlic Croutons	70	2.5
Caesar Dressing	150	16
Baked Potato	270	0
Sour Cream and Chives Potato	340	6
Broccoli and Cheese Potato	440	15
Country Crock Spread	60	7
Chili (small)	200	5
Chili (large)	300	7
Hot Chili Seasoning	5	0
Saltine Crackers (2 pack for Chili)	25	0.5
Mandarin Chicken Salad	190	3
Crispy Noodles	60	2
Spring Mix Salad	180	11
House Vinaigrette Dressing	190	18
Fat Free French Style Dressing	80	0
Reduced Fat Creamy Ranch	100	8
Low Fat Honey Mustard	110	3
Junior Frosty, 6 ounces	160	4
Reduced Fat Milk	110	4.5

Nutrition information for Wendy's is © 2005 Oldemark LLC. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at <http://www.wendys.com/food/index.jsp>.