



Arby's® Nutritional Information

Some Menu Items May Be Available
for a Limited Time Only

Menu Item

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Allergens*
Side Dishes																	
Broccoli	4 oz	150	130	14	4	0	0	390	6	3	2	3	25	140	4	4	M
Fruit Salad – Summer	3.25 oz	40	0	0	0	0	0	0	9	1	7	<1	8	60	0	0	NA
Fruit Salad – Winter	3.25 oz	70	0	0	0	0	0	0	18	2	14	0	8	25	0	0	NA
Green Beans	5 oz	240	240	22	6	0	0	420	9	3	3	2	30	25	4	6	M
Lima Beans	4 oz	160	80	9	2.5	0	0	260	18	3	4	4	10	8	2	6	M
Macaroni & Cheese	4 oz	260	120	13	5	0	25	440	29	0	3	7	8	0	10	6	M,W,S
Mashed Potatoes	6 oz	210	100	12	6	0	15	610	23	2	2	4	10	45	6	4	M
Rosemary Roasted Potatoes	4 oz	140	60	7	2	0	0	150	17	2	1	2	6	35	0	4	M
Spiced Apples	4 oz	160	60	7	1.5	0	0	60	27	1	12	0	6	4	0	2	M
Spiced Carrots	4 oz	200	130	14	4	0	0	180	18	2	15	<1	250	10	4	4	M
Sweet Yellow Corn	5 oz	200	100	11	3	0	0	85	25	3	4	3	15	8	0	4	M
Sweet Potatoes/Yams	5 oz	220	40	4.5	3	0	15	55	43	3	27	2	330	20	4	6	M
Stewed Tomato	4 oz	116	46	5	1	0	0	375	16	2	5	3	6	14	5	9	M
Summer Squash, Onions and Bacon	4 oz	65	40	4	1	0	2	474	6	2	3	2	7	10	3	2	M
Italian Spinach Side Dish	1	128	107	12	2	1	8	475	5	2	2	3	157	24	10	15	NA
Salads																	
Napa Valley	1	507	378	42	7.4	0	27.1	1036.6	33	4	23.2	9.7	39	28	17	6	W,M,E,S,P,TN
Cobb Salad	1	515	417	46.4	7.3	0	108.4	914.8	22.6	4.4	12.8	12.2	43	32	18	9	W,M,E,S,P,TN
Greek Salad	1	246	150	16.7	8.6	0	50.5	1345.2	15.5	4	6.9	10.7	12	76	37	12	W,M,E,S
Greek Salad w/dressing	1	766	660	73	17	0	51	1819	20	5	10	11	13	76	38	16	W,M,E,S,
Southern Fried Chicken Salad	1	399	181	20.1	7.4	0	51.5	1011.0	34	6.3	8.8	23.4	152	33	31	8	W,M,E,S,P,TN
Fruit and Poppy	1	175	97	10.8	0.9	0	0	16.9	7	5.9	12.2	3.7	123	120	7	10	TN
Martha's Vineyard Salad	1	268	126	14	5	0	21	143	29	7	19	10	140	50	24	11	W,M,E,S,P,TN
Side Salad with Vinaigrette Dressing	1	184	153	17	1	0	0	301	12	2	7	1	75	28	4	4	W,S,TN,P,M,E
Baked Potatoes																	
Plain Baked Potato	1	320	0	0	0	0	0	35	72	7	4	9	0	50	6	20	NA
Butter Baked Potato	1	520	210	23	15	0	60	200	72	7	4	9	15	50	6	20	M
Broccoli Cheddar Potato	1	780	380	42	26	0	125	1390	82	9	9	22	35	140	40	25	M
Deluxe Baked Potato	1	680	290	33	19	0	85	1120	74	8	4	26	20	60	20	20	M
Sweet Potato	1	312	199	22.1	6	0	0	251.5	26.2	3.9	5.4	2	389	5	4	4	M
Reference: Bread Only																	
Nine Grain Bread	1 slc	170	25	3	0	0	0	280	32	2	7	5	0	0	6	10	W,G,S
Potato White Bread	1 slc	160	35	4	0.5	0	0	280	27	1	2	4	0	0	8	8	W,G,S
Wheat Bread	1 slc	170	25	3	0	0	0	310	31	2	7	5	0	0	8	10	W,G,S
Arby's Roast Beef Sandwiches																	
Roast Beef Sandwich, Classic	1	425	206	23	25	0	50	1143	34	1	7	19	10	0	4	10	W,G,M,E,S
Roast Beef Sandwich, Grande	1	489	245	27	34	0	71	1320	34	1	7	25	10	0	4	10	W,G,M,E,S
Beef 'n Cheddar, Classic	1	585	305	34	32	0	93	1662	42	2	7	27	16	2	25	13	W,G,M,E,S
Beef 'n Cheddar, Grande	1	649	352	39	40	0	108	1838	40	1	9	32	16	0	28	11	W,G,M,E,S
Adventure Meal	1	340	157	18	5	0	33	677	34	1	5	15	1	0	5	10	W,G,M,E
Roast Beef Patty Melt	1	813	408	45	30	0	75	1282	67	4	16	35	17	3	23	1	W,G,M,E,S
Arby's Sauce	.5 oz	15	1	0.1	0	0	0	177	4	0	1	0	0	2	0	0	NA
Dinner Deals																	
Meatloaf (4 srvgs)	1 slc	261	139	15.4	5.7	0.9	82.1	699.7	14.7	1	7.2	14.9	7	15	5	12	W,S,E,M,G
Meatloaf Sandwich	1	480	219	24.4	7.6	0.9	82.1	1042	48.7	2	12.2	19.9	8	15	10	22	W,G,P,M,E
Turkey Dinner Special w/no Sides (4 srvgs)	1	431	198	22	5	0	78	1069	39	2	20	23	24	3	2	5	W,G,M,E,S
Roast Beef Dinner Special w/no Sides (4 srvgs)	1	360	153	17	28	0	62	1013	33	2	4	24	0	0	7	10	W,G,M,E,S
Arby's Toasted Subs																	
French Dipper, Classic	1	419	286	32	25	0	60	768	15	0.5	0.4	16	7	0	0	4	W,G,M,E,S
French Dipper, Grande	1	482	325	36	34	0	81	944	15	0.5	0.4	23	7	0	0	4	W,G,M,E,S
Side Au Jus	1	28	5	0.5	0.1	0	0	617	3.1	0	1.7	1.9	0	0	0	1	W,G,M,E,S,TN
Angus Three Cheese & Bacon	1	759	459	51	18.6	0.1	140.3	2073	27.8	1.2	4.5	40.5	10	0	43	11	W,G,M,E,S
Ultimate Angus Philly	1	578	336	37.4	12.1	0	90.8	1499.8	32	1.6	5.9	26.5	4	3	15	8	W,G,M,E,S

*Allergens: NA = No Allergens E = Eggs M = Milk P = Peanuts TN = Tree Nuts SF = Shellfish F = Fish S = Soy W = Wheat G = Gluten

Nutrition information is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or season of the year. Certain menu items may not be available at all locations. Temporary products are not included. Nutrition calculations follow federal regulations regarding the rounding of nutritional data. This information is effective as of April 2011.

The Restaurant Company and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Federal regulations have identified 8 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, and crustacean shellfish. For your convenience, menu items and ingredients that contain these major allergens have been indicated. Foods cooked in common oil have also been indicated as possible allergens.

Federal regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soy oil as an ingredient is not indicated as an allergen. Please consult your Doctor to know if you should avoid products that contain highly refined soy oil.



The Restaurant Company
1132 Heritage Road • Richmond, Virginia 23220

Menu items are subject to change without notice.



Arby's® Nutritional Information

Some Menu Items May Be Available
for a Limited Time Only

Menu Item

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Allergens*
Turkey																	
Turkey Apple Cheddar	1	698	162	18	2.5	0	56	1482	109	13	48	33	14	30	18	3	W,G,M,E,S
Turkey Advocado	1	653	279	31	6	0	68	1486	61	6	5	33	15	11	30	22	W,G,M,E,S
Smokehouse Turkey Club	1	580	203	23	7	0	61	1834	60	5	6	33	39	11	13	22	W,G,M,E,S
Smoked Turkey Ranch	1	606	227	25	5	0	33	1359	68	5	16	28	49	2	2	2	W,G,M,E,S
Turkey Tenderloin Chunk 4 pc	4 pcs	280	108	12	2	0	30	1080	24	1.5	0	24	0	0	4	0	W,G,M,E,S
Turkey Tenderloin Chunk 6 pc	6 pcs	420	162	18	3	0	45	1620	36	2.3	0	36	0	0	6	12	W,G,M,E,S
Turkey Tenderloin Chunk 12 pc	12 pcs	840	324	36	6	0	90	3240	72	4.5	0	72	0	0	12	24	W,G,M,E,S
Market Fresh Sandwiches																	
Market Fresh Reuben	1	566	248	28	7	0	52	1825	62	4	12	29	3	8	27	32	M,E,G,S,W
Market Fresh Super Reuben	1	578	249	28	7	0	68	1613	61	4	11	34	3	8	27	28	M,E,G,S,W
Build Your Own Turkey Burgers**																	
Turkey Burger Single BYO	1	390	171	19	5.5	0	55	470	29	1	4	21	10	0	4	16	W,G,M,E,S
Turkey Burger Double BYO	1	530	225	25	7.5	0	110	520	29	1	4	37	10	0	4	22	W,G,M,E,S
Chicken/Fish Sandwiches																	
Chicken Bacon Swiss	1	759	422	47	13	0	87	1287	45	2	10	39	15	0	27	11	M,S,E,W,G
Crispy Cravin Chicken Deluxe	1	542	250	28	6	0	43	935	45	3	9	30	50	11	8	12	M,S,E,W,G,P
Fish Filet Sandwich	1	658	355	39.5	9.7	0	53.5	1571.7	56.5	3	7.6	20.5	48	9	5	16	F,E,M,W,G,S
Rotisserie Chicken Salad Sandwich	1	560	203	23.0	3.9	0	61	1083	58	4.9	5	30	41	13	15	27	G,W,M,E
Horsley Sauce	.5 oz	62	45	5	0.8	0	5	173	3	0	1	0	0	0	0	0	E
Chicken Tenders																	
Kids Meal: 2 Tenders	2 pcs	250	110	12	1.5	0	30	790	19	1	0	17	0	0	15	6	W,S,E
3 Tenders	3 pcs	380	160	18	2.5	0	40	1190	28	2	0	25	2	0	20	10	W,S,E
5 Tenders	5 pcs	630	270	30	4.5	0	70	1980	47	3	0	42	4	0	35	15	W,S,E
Chicken Platters (Meat Only, Side Dish & Muffin Information Listed Separately)																	
Quarter White (Breast & Wing)	1	380	150	16	4.5	0	155	130	0	0	0	54	4	0	2	10	NA
Half Dark	1	630	350	39	11	0	240	220	0	0	0	66	8	0	4	20	NA
Half Rotisserie	1	690	320	35	10	0	275	240	0	0	0	87	8	0	4	20	NA
Whole Rotisserie	1	1380	640	71	20	0	550	490	0	0	0	174	15	0	8	40	NA
Roast Turkey Breast	5 oz	220	40	4.5	1	0	130	75	0	0	0	41	0	0	2	10	S,M
Value Menu																	
Jr. Deluxe	1	332	150	16.6	3.9	0	26.9	948.7	32.8	1.6	5.4	13.7	40	11	5	11	W,G,S,M,E
Jr. Roast Beef	1	319	146	16.2	4.5	0	32.5	693.3	29	1	4	15	1	0	4	10	W,G,S,M,E
JR. Melt Sandwich	1	344	184	20	17	0	36	713	26	3	8	15	12	0	4	0	W,G,M,E,S
BBQ Beef Sandwich	1	325	126	14	3.6	0	24.5	958	37.9	1	9.9	12.5	1	1	4	11	W,G,S,M,E
Value Curly Fry	2.8 oz	252	135	15	1.7	0	0	589	29	3.1	0	3.1	6	6	3	7	M,W,G
Kids Meal																	
Jr. Roast Beef	1	319	146	16.2	4.5	0	32.5	693.3	29	1	4	15	1	0	4	10	W,G,S,M,E
Yogurt	1	52.5	0	0	0	0	5	35	7	0	6	1	0	0	0	0	M,G
Apple Slices	1	30	0	0	0	0	0	0	8	2	6	0	0	0	4	0	G
Kids Meal Chicken Tenders 2 pc	2 pcs	250	110	12	1.5	0	30	790	19	1	0	17	0	0	15	6	W,S,E
Kids Meal Curly Fry	2.8 oz	252	135	15	1.7	0	0	589	29	3.1	0	3.1	6	6	3	7	M,W,G
Juice	1	80	0	0	0	0	0	25	21	0	20	0	0	0	0	0	G
Milk	1	130	45	5	3	0	20	125	13	0	12	8	10	0	30	25	M
Chocolate Milk	1	180	65	2.5	1.5	0	10	210	32	1	30	8	10	0	30	0	M
Soups																	
Broccoli Cheddar – Cup	7 fo	250	160	17	10	0	55	930	13	2	4	11	45	60	20	4	M,G,W
Broccoli Cheddar – Bowl	10 fo	330	210	23	13	0	75	1280	18	2	5	14	60	90	24	4	M,G,W
Brunswick Stew – Cup	7 fo	130	25	4	1	0	15	550	17	3	5	8	8	15	4	6	S,M,G
Brunswick Stew – Bowl	10 fo	180	50	6	1.5	0.5	20	790	24	4	8	11	10	20	4	8	S,M,G
Chicken Noodle – Cup	7 fo	100	20	2.5	0.5	0	55	1030	9	<1	<1	9	8	0	0	6	W,G
Chicken Noodle – Bowl	10 fo	140	30	3.5	1	0	80	1470	13	1	1	13	10	0	0	8	W,G
Clam Chowder – Cup	7 fo	300	170	19	10	4	15	960	20	3	1	14	0	8	2	4	SF,M,W,G
Clam Chowder – Bowl	10 fo	410	230	26	14	5	20	1320	27	5	2	20	2	10	4	6	SF,M,W,G
Lobster Bisque – Cup	7 fo	320	230	25	16	0	100	630	14	0	3	7	100	4	15	4	SF,M,W,F,G
Lobster Bisque – Bowl	10 fo	450	330	36	23	0	145	900	20	0	4	10	140	6	20	6	SF,M,W,F,G
Tomato Basil – Cup	7 fo	210	150	16	9	0	50	780	17	2	11	3	25	25	6	6	M,G,S,W
Tomato Basil – Bowl	10 fo	310	210	23	13	0	70	1120	24	3	16	4	35	35	8	8	M,G,S,W

*Allergens: NA = No Allergens E = Eggs M = Milk P = Peanuts TN = Tree Nuts SF = Shellfish F = Fish S = Soy W = Wheat G = Gluten

**Nutritional information for Build Your Own Turkey Burgers includes turkey patties and bun, but does not include any additional Build Your Own Turkey Burger ingredients.



Arby's® Nutritional Information

Some Menu Items May Be Available
for a Limited Time Only

Menu Item

	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Allergens*
Fries/Appetizers																	
Curly Fries – Kids	2.8 oz	252	135	14.9	1.7	0	0	589	29.1	3.1	0	3.1	6	6	3	7	M,W,G
Curly Fries – Small	4 oz	360	192	21.4	2.4	0	0	841	41.6	4.4	0	4.4	8	9	4	10	M,W,G
Curly Fries – Medium	6 oz	540	288	32	3.7	0	0	1261	62.5	6.6	0	6.6	12	13	7	15	M,W,G
Curly Fries – Large	6.7 oz	602	322	35.8	4.1	0	0	1408	69.7	7.4	0	7.4	13	15	7	16	M,W,G
Curly Fries with Cheddar	6.25 oz	540	330	36	10	0	50	1740	51	5	5	10	15	10	20	10	M,W,G
Mozzarella Sticks (2)	2 pcs	213	127	14	6.7	.6	22	685	19.3	1.3	2.7	9.3	8	0.6	19.7	3	M,W,G
Mozzarella Sticks (3)	3 pcs	320	191	21	10	1	34	1028	29	2	4	14	12	1	29	5	M,W,G
Mozzarella Sticks (5)	5 pcs	533	318	35	16.5	1.5	57	1713	48	3	7	23	20	2	48	8	M,W,G
Onion Rings (5)	5 pcs	142	4.1	.4	0	0	0	400	32	.8	3	3	0	3.3	2	3	M,W
Onion Rings (6)	6 pcs	170	5	.5	0	0	0	480	39	1	4	4	0	4	4	4	M,W
Potato Cakes (2)	2 pcs	246	166	18	4	3	0	391	26	2	0	2	0	4	2	3	NA
Potato Cakes (3)	3 pcs	380	180	20	3	0	0	650	25	3	0	3	0	4	0	6	NA
Potato Cakes (4)	4 pcs	510	240	27	4	0	0	870	33	5	0	4	0	6	2	8	NA
Sauces																	
Barbecue Sauce	1.5 oz	50	0	0	0	0	0	690	13	0	11	0	6	2	2	4	S,F
Buttermilk Ranch Sauce	1 oz	150	140	15	2	0	15	290	2	0	<1	0	0	0	0	0	M,E,S
Chile Lime Ranch Sauce	1.5 oz	190	170	19	3.5	0	25	300	2	0	1	1	4	2	2	2	E,M
Honey Mustard	1.5 oz	220	190	21	3	0	0	260	6	0	6	1	0	0	0	0	S,E
Ketchup Package	0.5 oz	13	0	0	0	0	0	158	3	0	3	0	0	0	0	0	NA
Marinara Sauce	1.5 oz	30	14	2	0	0	0	0	4	1	3	1	0	0	0	0	NA
Turnovers																	
Apple with Icing	1	330	150	17	9	0	0	340	39	2	19	4	10	0	0	8	W,G,S
Cherry with Icing	1	320	140	16	9	0	0	320	39	0	17	4	10	0	0	8	W,G,S
Chocolate	1	510	286	25	11	7	0	260	67	3	39	5	0	0	0	0	W,M,E,S,P,TN,G
Muffins																	
Blueberry Muffin	2 oz	210	59	12	2	0	35	150	23	<1	14	3	0	0	0	4	E,W,M,G
Carrot Raisin	2 oz	240	61	15	2.5	0	25	210	23	1	13	3	20	2	0	2	E,W,M
Cranberry Nut Muffin	2 oz	215	85	9	1	0	17	189	29	1	16	4	0	2	4	6	TN,E,W,G
Zucchini Muffin	2 oz	180	62	8	1	0	20	190	26	<1	16	2	0	2	0	4	E,W,M,G
Cookies																	
Chocolate Chip	2 oz	260	120	13	4	0	25	120	33	0	13	4	4	0	2	8	W,G
Macadamia Nut	2 oz	260	140	15	5	0	25	120	31	1	14	4	2	0	2	8	W,G,TN
Oatmeal Raisin	2 oz	200	90	10	3.5	0	5	190	20	2	13	3	2	0	4	2	W,G
Peanut Butter	2 oz	290	180	20	6	0	25	160	24	2	12	7	4	0	2	6	W,G,P
Cupcakes																	
Chocolate Chocolate	1	409	125	13.8	5.4	0	12.6	353.1	66.4	5.6	37.6	3.4	1	0	17	25	G,M,E,W,S
Red Velvet	1	465	136	15.2	5.3	0	5.3	526.8	79.7	0	47.9	3.7	1	0	15	19	G,M,E,W,S
Milkshakes																	
Chocolate – Value	1	290	110	12	6	0	25	160	45	<1	38	5	10	4	20	6	M
Chocolate – Regular	1	450	170	19	9	0.5	40	240	70	2	59	8	15	6	30	10	M
Jamocha – Value	1	250	100	12	7	0.5	30	180	35	0	27	6	8	4	20	0	M
Jamocha – Regular	1	390	160	18	11	1	45	290	54	0	42	9	10	6	30	0	M
Orange – Value	1	330	120	13	9	0.5	40	210	44	0	37	8	8	4	30	0	M
Orange – Regular	1	510	190	21	14	1	60	330	69	0	57	12	10	6	45	0	M
Sundaes																	
Mini Sundae – Chocolate	1	265	115	12.8	7.8	0	76.6	59.5	33.4	12	18.8	3.9	0	0	0	0	E,G,M
Mini Sundae – Caramel	1	264	115	12.8	7.8	0	76.6	59.5	32.9	12	18.8	3.9	0	0	0	0	E,G,M
Mini Sundae – Strawberry	1	268	115	12.8	7.8	0	76.6	59.5	33.9	12	30.8	3.9	0	0	0	0	E,G,M
Mini Sundae – Mango	1	268	115	12.8	7.8	0	76.6	59.5	33.9	12	30.8	3.9	0	0	0	0	E,G
Concretes																	
Oreo	11 fo	829	406	45	23	0	197	453	95	2	69	13	0	0	1	15	E,M,W
Snickers	10 fo	694	357	40	23	0	199	221	72	1	63	12	0	0	2	1	E,M,P
Strawberry	11 fo	577	298	33	20	0	197	154	59	1	51	11	0	56	1	1	E,M
Strawberry Banana	10 fo	602	598	33	20	0	197	154	66	2	55	11	1	33	1	1	E,M
Other Desserts																	
Jamocha Cream Pie	1	300	160	17	11	0	5	220	32	1	22	3	4	0	4	4	M,S,W

*Allergens: NA = No Allergens E = Eggs M = Milk P = Peanuts TN = Tree Nuts SF = Shellfish F = Fish S = Soy W = Wheat G = Gluten

Menu items are subject to change without notice.



Arby's® Nutritional Information

Some Menu Items May Be Available
for a Limited Time Only

Menu Item

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Allergens*
Beverages																	
Fresh Squeezed Lemonade	12 fo	224	0	0	0	0	0	7	59	.3	55	.3	0	56	1	0	NA
Raspberry Lemonade	22 oz	250	0	0	0	0	0	7	66	0	50	0.3	0	52	1	0	NA
Strawberry Lemonade	22 oz	256	0	0	0	0	0	7	67	12	62	0.3	0	52	1	0	NA
Frozen Lemonade Raspberry – Small	9 oz	276	0	0	0	0	0	6.4	72.5	0.2	45.6	0.2	0	47	1	0	NA
Frozen Lemonade Raspberry – Large	16 oz	404	0	0	0	0	0	7.7	105.4	0.3	54.7	0.3	0	56	1	0	NA
Frozen Lemonade Strawberry – Small	9 oz	237	0	0	0	0	0	6.4	62	12.2	57.6	0.2	0	47	1	0	NA
Frozen Lemonade Strawberry – Large	16 oz	326	0	0	0	0	0	7.7	84.4	24.3	78.7	0.3	0	56	1	0	NA
Frozen Lemonade – Small	9 oz	186	0	0	0	0	0	6.4	49.5	0.2	45.6	0.2	0	47	1	0	NA
Frozen Lemonade – Large	16 oz	224	0	0	0	0	0	7.7	59.4	0.3	54.7	0.3	0	56	1	0	NA
Juice	1	80	0	0	0	0	0	25	21	0	20	0	0	0	0	0	G
Milk	1	130	45	5	3	0	20	125	13	0	12	8	10	0	30	25	M
Chocolate Milk	1	180	65	2.5	1.5	0	10	210	32	1	30	8	10	0	30	0	M



The Restaurant Company
1132 Hermitage Road • Richmond, Virginia 23220

Nutrition information is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or season of the year. Certain menu items may not be available at all locations. Temporary products are not included. Nutrition calculations follow federal regulations regarding the rounding of nutritional data. This information is effective as of **April 2012**.

The Restaurant Company and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Federal regulations have identified 8 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, and crustacean shellfish. For your convenience, menu items and ingredients that contain these major allergens have been indicated. Foods cooked in common oil have also been indicated as possible allergens.

Federal regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soy oil as an ingredient is not indicated as an allergen. Please consult your Doctor to know if you should avoid products that contain highly refined soy oil.