


## Arby's Market Fresh® Salads

 Available Nutrients Menu Items	Weight (g)	Calories	Calories from fat	Fat - Total (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (mg)
<b>Market Fresh® Salads</b>															
<b>Martha's Vineyard™</b> Iceberg/Romaine/Spring Mix, Diced Grilled Chicken, Diced Apples, Dried Cranberries, Grape Tomatoes and Shredded Cheddar Cheese	291	250	70	8	4.5	60	490	23	4	23	26	60	40	20	10
Sliced Almonds	14	81	64	7	0	0	0	2	1	0	4	0	0	4	4
Raspberry Vinaigrette	57	172	109	12	1.5	0	344	16	0	14	0	0	4	0	0
<b>Santa Fe™</b> Iceberg/Romaine/Spring Mix, Chopped Chicken Fingers, Roasted Corn and Black Bean Mix, Grape Tomatoes, Red Onion Rings, Shredded Pepper Jack Cheese and Shredded Cheddar Cheese	328	520	260	29	9	60	1120	40	5	6	27	130	45	25	20
Seasoned Tortilla Strips	14	61	23	2.5	.5	0	25	10	.5	0	1	0	0	2	0
Santa Fe Ranch Dressing	57	264	248	28	4	19	615	3	0	1	1	2	2	4	2
<b>Asian Sesame™</b> Iceberg/Romaine/Spring Mix, Diced Grilled Chicken, Shredded Red Cabbage, Shredded Carrots, Mandarin Orange Slices	284	140	10	1	0	40	360	15	3	11	18	130	60	6	10
Sliced Almonds	14	81	64	7	0	0	0	2	1	0	4	0	0	4	4
Asian Noodles	14	71	27	3	1	0	30	8	1	1	2	0	0	0	0
Asian Sesame Dressing	57	190	127	14	2	0	463	15	0	10	1	0	6	0	2
<b>Garden Side Salad</b> Iceberg/Romaine/Spring Mix, Shredded Red Cabbage, Shredded Carrots, Red Onion Rings, Cucumber Slices, Grape Tomatoes	169	35	2	0	0	0	25	7	5	3	2	120	45	4	6
<b>Light Dressing Choices</b>															
Light Buttermilk Ranch Dressing	56	100	55	6	1	0	486	12	1	4	1	0	0	2	0
Light Balsamic Vinaigrette	56	110	50	6	1	0	220	13	0	12	0	0	0	0	0
Fat Free Italian Dressing	56	30	0	0	0	0	520	7	0	5	0	2	0	0	0

### INGREDIENT STATEMENTS – NEXT PAGE

Information on Arby's® products contained herein is approximate based on laboratory and calculated analyses of ingredients as of October 2003 and April 2004 (depending on the ingredient). Actual nutritional information may vary based on regional variability in product availability and in individual unit compliance with Arby's Standard Operating Procedures.

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### **Ingredient Statements:**

**Diced Grilled Chicken** – Chicken breast meat, water, seasoning (salt, sodium phosphates, modified corn starch, dextrose, chicken flavor [salt, autolyzed yeast extract, natural flavors, sugar, chicken broth, chicken powder, chicken fat, soy sauce (soybeans, wheat, salt)], autolyzed yeast extract, hydrolyzed corn gluten, maltodextrin, disodium inosinate, disodium guanylate, natural flavors, lactic acid, grill flavor [from partially hydrogenated cottonseed and soybean oil], thiamine hydrochloride, natural smoke flavor, corn syrup solids), modified corn starch, salt, sodium phosphates.

**Dried Cranberries** – Cranberries, sugar, sunflower oil

**Shredded Cheddar Cheese** - Cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)

**Shredded Pepper Jack Cheese** - Cultured pasteurized milk, jalapeno peppers, salt, calcium chloride, enzymes, powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)

**Chicken Fingers** - Chicken tenders, water, salt, sodium phosphate. Batter and breading ingredients: water, wheat flour, modified food starch, corn flour, salt, spices, leavening (sodium aluminum phosphate, sodium bicarbonate), soybean oil, garlic powder, vegetable oil.

**Roasted Corn & Black Bean Mix** – Corn, black beans, tomatoes, onions, bell peppers, soybean oil, seasoning (salt, brown sugar, spices, chili pepper, dehydrated onion, lime juice powder, [corn syrup solids, lime juice solids, lime oil, BHT], autolyzed yeast extract, dehydrated garlic, dehydrated bell peppers, grill flavor [partially hydrogenated soybean and cottonseed oils, modified potato starch, corn syrup solids], citric acid, natural smoke flavor, and natural flavoring, with soybean oil and not more than 2% silicon dioxide to prevent caking).

**Mandarin Oranges** – Mandarin orange segments, water, sugar

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**Sliced Almonds** – Toasted blanched sliced almonds

**Asian Noodles** – Enriched wheat flour (wheat flour, malted barley flour, niacin [A “B” vitamin], reduced iron, thiamine mononitrate [B1], riboflavin [B2], folic acid), partially hydrogenated soybean and/or cottonseed oil, water, salt, sodium benzoate (preservative), enzyme.

**Tortilla Strips** – Stone ground yellow corn, corn oil or safflower oil, sea salt, water, trace of lime

**Raspberry Vinaigrette** – Water, soybean oil, corn syrup, raspberries, red wine vinegar, high fructose corn syrup, sugar, salt, natural flavors, lemon juice concentrate, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, spices, propylene glycol alginate, calcium disodium EDTA added to protect flavor

**Asian Sesame Dressing** – Soybean oil, water, crushed pineapple, soy sauce [water, wheat, soybeans, salt, sodium benzoate (preservative)], sucrose, brown sugar, hoisin sauce (sugar, water, sweet potato, salt, modified corn starch, soybeans, spices, sesame seed, caramel color, wheat flour, garlic, chili pepper, acetic acid, FD&C red #40), pineapple juice concentrate, distilled vinegar, teriyaki sauce [soy sauce (water, wheat, soybeans, salt), water, sugar, vinegar, sherry wine powder, spices, onion powder, succinic acid, garlic powder, sodium benzoate (preservative)], salt, sesame seed oil, sesame seeds, ginger, guajillo peppers, garlic powder, lemon juice concentrate, cilantro, garlic juice, xanthan gum, propylene glycol alginate, parsley, sodium benzoate (preservative), dehydrated garlic, onion powder, citric acid, phosphoric acid

**Santa Fe Ranch Dressing** – Soybean oil, water, distilled vinegar, egg yolks, green bell peppers, high fructose corn syrup, salt, corn vinegar, whey powder, onions, apple cider vinegar, garlic powder, onion powder, spices, mustard seed, jalapeno peppers, modified foods starch, natural flavor, disodium inosinate and disodium guanylate, sodium benzoate and potassium sorbate (preservatives), xanthan gum, dehydrated onions, lactic acid, parsley, propylene glycol alginate, calcium disodium EDTA

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**Fat Free Italian Dressing** – Water, high fructose corn syrup, corn-cider vinegar, distilled vinegar, modified food starch, salt, sugar, garlic\*, maltodextrin, onion\*, lemon juice concentrate, spices, bell pepper\*, xanthan gum, carrot\*, sodium benzoate and potassium sorbate added as preservatives, artificial colors (includes yellow #5 and yellow #6). \*Dehydrated.

**Light Balsamic Vinaigrette** – Balsamic vinegar (preserved with sulfites), water, soybean oil, high fructose corn syrup, sugar, modified food starch, salt, spices, dehydrated garlic, xanthan gum, potassium sorbate and sodium benzoate added as preservatives, canola oil, titanium dioxide, olive oil, calcium disodium EDTA added to protect flavor, natural flavors.

**Light Buttermilk Ranch Dressing** - Water, buttermilk, corn syrup solids, distilled vinegar, soybean oil, non-fat dry milk, salt, modified food starch, microcrystalline cellulose, garlic, artificial color, sodium benzoate and potassium sorbate (preservatives), spices, onion\*, cellulose gum, xanthan gum, lactic acid, disodium guanylate, disodium inosinate, natural flavor, propylene glycol alginate, calcium disodium EDTA added to protect flavor. \*Dehydrated.

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