



NUTRITION SURVIVAL GUIDE TO

# ARBY'S

CALORIES AND MACRONUTRIENTS

[WWW.PDFITNESSANDNUTRITION.CO.UK](http://WWW.PDFITNESSANDNUTRITION.CO.UK)

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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### SIGNATURE

Traditional Greek Gyro	710	23	55	4	6	44	3.4
Loaded Italian	680	32	49	3	7	40	5.7
Reuben	680	37	62	4	5	31	6.1
Smokehouse Brisket	600	33	42	2	7	35	3.1
Roast Beef Gyro	550	24	48	3	5	29	3.2
Turkey Gyro	470	25	48	3	5	20	3.8

### ROAST BEEF

Half Pound Beef 'n Cheddar	740	49	48	2	9	39	6.3
Half Pound French Dip & Swiss/Au Jus	740	55	52	2	3	35	8.5
Three Cheese	700	38	42	3	6	43	4.7
Double Beef 'n Cheddar	630	39	48	2	9	32	5.3
Fire-Roasted Philly	630	34	45	3	3	35	4.7
Half Pound Roast Beef	610	48	38	2	5	30	5.1
Classic French Dip & Swiss/Au Jus	540	34	51	2	3	22	6.4
Double Roast Beef	510	38	38	2	5	24	4
Classic Beef 'n Cheddar	450	23	45	2	9	20	3.2
Classic Roast Beef	360	23	37	2	5	14	2.4
Horsey Sauce® Adds	60	0	3	0	2	5	0.4
Arby's Sauce® Adds	15	0	3	0	2	0	0.5

### TURKEY

Roast Turkey Ranch & Bacon Sandwich	800	45	79	5	16	34	6.1
Roast Turkey & Swiss Sandwich	710	38	79	5	15	28	4.8
Roast Turkey Ranch & Bacon Wrap	620	37	39	4	6	34	5.3
Roast Turkey & Swiss Wrap	520	30	39	4	6	27	4.1
Grand Turkey Club	480	30	37	2	9	24	4

### CHICKEN

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

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## SALADS

Salad - Crispy Chicken	430	28	26	4	4	24	2.5
Salad - Roast Turkey	230	22	8	2	5	13	2.2
Buttermilk Ranch Dressing	210	0	2	0	1	22	0.8
Dijon Honey Mustard Dressing	180	0	8	0	7	16	0.6
Balsamic Vinaigrette Dressing	130	0	4	0	4	12	1.2
Side Salad	70	5	4	1	2	5	0.3
Light Italian Dressing	20	0	2	0	2	1	1.8

## SLIDERS

Pizza Slider	300	13	23	1	2	17	2.3
Buffalo Chicken Slider	290	12	31	2	2	13	2.2
Chicken Tender 'n Cheese Slider	290	15	30	1	1	12	1.8
Jalapeno Roast Beef 'n Cheese Slider	240	14	21	1	1	11	1.7
Roast Beef 'n Cheese Slider	240	14	21	1	1	11	1.7
Ham 'n Cheese Slider	230	13	22	1	3	9	1.9
Turkey 'n Cheese Slider	200	14	21	1	2	7	1.9

## FRIENDS OF MEAT

Loaded Curly Fries	700	14	57	5	2	46	5
Curly Fries - Large	650	8	77	7	0	35	3.7
Mozzarella Sticks - (6)	650	29	56	3	4	35	5.3
Curly Fries - Medium	550	6	65	6	0	29	3.1
Potato Cakes (4)	490	4	46	5	0	28	2.2
Jalapeno Bites® - (8)	470	8	50	3	4	27	2.7
Mozzarella Sticks - (4)	440	19	37	2	3	23	3.5
Steakhouse Onion Rings (5)	420	6	52	3	4	21	4.4
Curly Fries - Small	410	5	49	5	0	22	2.4
Potato Cakes (3)	370	3	35	4	0	21	1.6
Jalapeno Bites® - (5)	290	5	31	2	3	17	1.7
Curly Fries - Snack	250	3	29	3	0	13	1.4
Potato Cakes (2)	250	2	23	2	0	14	1.1
Bronco Berry Sauce®* Adds	60	0	15	0	15	0	0.1
Marinara Sauce Adds	20	1	4	1	3	0	0.4
Ketchup Adds	10	0	3	0	2	0	0.2

## DESSERTS

Ultimate Chocolate Shake (L)	970	24	158	2	140	31	1.8
Jamocho Handcrafted Shake (L)	950	23	156	1	141	30	1.8
Vanilla Handcrafted Shake (L)	820	23	124	1	115	30	1.6
Ultimate Chocolate Shake (M)	760	18	126	2	111	24	1.4
Jamocho Handcrafted Shake (M)	750	18	124	1	112	23	1.4
Vanilla Handcrafted Shake (M)	630	18	95	1	88	23	1.2
Ultimate Chocolate Shake (S)	550	13	89	1	78	18	1
Jamocho Handcrafted Shake (S)	540	13	87	1	79	17	1

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Vanilla Handcrafted Shake (S)	450	12	67	0	62	17	0.9
Triple Chocolate Cookie	450	5	60	2	31	21	0.9
Salted Caramel & Chocolate Cookie	430	4	63	1	33	18	0.9
Apple Turnover	430	4	65	2	39	18	0.5
Cherry Turnover	390	4	65	2	40	13	0.5
Ultimate Chocolate Shake (Snack)	320	8	57	1	49	9	0.6
Jamocho Handcrafted Shake (Snack)	310	8	55	0	50	8	0.6
Vanilla Handcrafted Shake (Snack)	250	8	40	0	37	8	0.5

## BEVERAGES (NO ICE)

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

## BREAKFAST

Sausage Gravy Biscuit-Double	970	18	96	3	5	56	8.9
Sausage & Egg w/Biscuit Platter	720	22	50	3	4	46	4.7
Sausage, Egg & Cheese Sourdough	640	25	47	2	6	39	3.8
Sausage, Egg & Cheese Biscuit	640	20	39	1	5	45	5
Sausage, Egg & Cheese Wrap	630	20	42	4	5	41	3.9
Sausage, Egg & Cheese Croissant	590	20	30	1	5	44	3.2
Bacon & Egg w/Biscuit Platter	590	23	49	3	4	32	4.1
Ham & Egg w/Biscuit Platter	570	23	50	2	5	29	4.6
Sausage Biscuit	500	12	36	1	3	33	3.6
Bacon, Egg & Cheese Wrap	500	20	42	4	5	27	3.4
Bacon, Egg & Cheese Sourdough	490	23	46	2	6	23	3.2
Sausage & Cheese Croissant	490	15	28	1	3	35	2.4
Bacon, Egg & Cheese Biscuit	480	18	38	1	5	29	4.3
Sausage Gravy Biscuit	480	9	48	1	3	28	4.4
Ham, Egg & Cheese Sourdough	470	26	47	2	6	19	3.4
Ham, Egg & Cheese Biscuit	470	21	39	1	5	25	4.6
Bacon, Egg & Cheese Croissant	440	18	29	1	5	27	2.5
Ham, Egg & Cheese Wrap	440	17	42	4	5	22	3.2
Ham, Egg & Cheese Croissant	420	21	30	1	5	23	2.8



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Chicken Biscuit	390	13	44	2	2	18	3.1
French Toast Sticks	350	7	57	5	13	10	0.6
Bacon Biscuit	340	10	36	1	3	17	3
Ham Biscuit	340	13	37	1	4	16	3.6
Ham & Swiss Croissant	340	16	29	1	4	17	2.3
Bacon & Cheese Croissant	330	13	27	1	3	19	1.7
Orange Juice	140	2	33	1	26	0	0
Coffee - 16 oz	5	0	0	0	0	0	0
Coffee - 12 oz	0	0	0	0	0	0	0