WENDY-MENUS: INDEPENDENT WENDY'S MENU GUIDE

Wendy's Drinks Menu: Sodas, Tea, Coffee and Lemonade November 2026

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WENDY'S DRINKS NUTRITION FACTS (CALORIES, FAT, CARBS, SUGAR, PROTEIN, SODIUM)

Item	Calories	Total fat	Sat. fat	Carbs	Sugar	Protein	Sodium
Simply Orange Juice	160	0 g	0 g	39 g	34 g	3 g	0 mg
Pineapple Mango Lemonade	230	0 g	0 g	58 g	55 g	0 g	25 mg
All-Natural Lemonade	190	0 g	0 g	48 g	46 g	0 g	25 mg
Strawberry Lemonade	230	0 g	0 g	60 g	58 g	0 g	20 mg
Regular Hot Coffee (small)	5	0 g	0 g	0 g	0 g	0 g	10 mg
Cold Brew (small)	20	0 g	0 g	4 g	0 g	1 g	15 mg
Milk	90	2 g	1 g	10 g	10 g	7 g	90 mg
Chocolate Milk	140	2.5 g	1.5 g	23 g	22 g	7 g	160 mg
Pineapple Citrus Sparkling Energy	160	0 g	0 g	42 g	41 g	0 g	135 mg
Vanilla Cold Brew with Cream	120	4 g	2.5 g	17 g	15 g	1 g	40 mg
Caramel Cold Brew with Cream	120	4 g	2.5 g	18 g	15 g	1 g	40 mg
Chocolate Cold Brew with Cream	120	4 g	2.5 g	19 g	16 g	1 g	50 mg
Cold Brew with Cream and Sugar	110	4 g	2.5 g	18 g	15 g	1 g	35 mg

DRINKS(25)

Item	Typical price	Calories
Tangerine Twist Lemonade	$3.99	220 cal
Pineapple Mango Lemonade	$3.99	230 cal
All-Natural Lemonade	$3.39	190 cal
Strawberry Lemonade	$3.39	230 cal
Coca-Cola®		180 cal
Coca-Cola® Zero Sugar		0 cal
Diet Coke®		0 cal
Sprite®		160 cal
Dr Pepper®		170 cal
Diet Dr. Pepper		0 cal
Barq's® Root Beer		180 cal
Fanta® Orange		180 cal
Minute Maid® Light Lemonade		10 cal
Hi-C® Flashin' Fruit Punch®		200 cal
Regular Hot Coffee	$1.89	5 cal
Cold Brew		20 cal
Brewed Unsweetened Iced Tea	$3.79	10 cal
Sweetened Iced Tea		190 cal
Pure Life® Bottled Water	$2.39	0 cal
Milk	$1.99	90 cal
Chocolate Milk	$1.99	140 cal

Item	Typical price	Calories
Cherry Limeade Sparkling Energy	$3.29	160 cal
Pineapple Citrus Sparkling Energy	$3.29	160 cal
Chocolate Cold Foam	$3.59	360 cal
Chocolate Cold Brew with Cream	$2.49	120 cal

MORE(5)

Item	Typical price	Calories
Simply Orange® Juice	$3.59	160 cal
Caramel Cold Foam	$3.59	260 cal
Vanilla Cold Brew with Cream	$2.49	120 cal
Caramel Cold Brew with Cream	$2.49	120 cal
Cold Brew with Cream and Sugar	$2.49	110 cal

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