WENDY-MENUS: INDEPENDENT WENDY'S MENU GUIDE

Wendy's Allergen Menu for Canada November 2026 (Updated)

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TYPICAL DETAILS FOR WENDY'S ALLERGEN MENU FOR CANADA

Priority allergen (Health Canada)	What to watch on the Canada board
Milk (dairy)	Cheese, Frosty®, creamy sauces, butter, and many breakfast builds.
Eggs	Breakfast sandwiches, some sauces, and bakery-style sides.
Fish	Listed when a fish entrée or sauce is on the regional board.
Crustacean shellfish	Not a core Canada burger allergen; confirm LTO seafood if offered.
Mollusc shellfish	Grouped with Health Canada priority labelling on the Canada menu.
Tree nuts	Watch salads and sweets with nut toppings (for example pecan). Shared prep still applies.
Peanuts	Not a default burger build; check LTOs and sweets before you order.
Wheat	Buns, wraps, breaded chicken, biscuits, croissants, and many fried coatings.
Soybeans	Common in buns, oils, and processed proteins on the Canada board.
Sesame seeds	Often in bun toppings and some sauces - check the item allergen strip.
Mustard	Canada-specific priority allergen; shows up in sauces and some sandwich builds.
Sulphites	Canada-specific priority allergen (additive). Confirm on the live item card when listed.

Wendy-Menus is an independent guide and is not affiliated with The Wendy's Company. Prices are typical, vary by restaurant, and items can change. Confirm prices, availability, and allergens in the Wendy's app or at your restaurant. Source page: https://wendy-menus.com/wendys-allergen-menu-for-canada/