Wendy's Allergy Menu: Allergens and Ingredients List November 2026

Updated November 2, 2026 · PDF created: November 2, 2026

TYPICAL DETAILS FOR WENDY'S ALLERGY MENU: ALLERGENS AND INGREDIENTS LIST NOVEMBER 2026

Item Name	Allergens
CLASSIC SINGLE	Wheat, Milk, Egg
CLASSIC DOUBLE	Wheat, Milk, Egg
CLASSIC TRIPLE	Wheat, Milk, Egg
BACONMATOR	Wheat, Milk, Egg
BBQ BACONMATOR	Wheat, Gluten, Milk, Soy. May Contain Sesame
JR DELUXE CHEESEBURGER	Wheat, Milk, Egg
JR BACON CHEESEBURGER	Wheat, Milk, Egg
JR HAMBURGER	Wheat, Soy, Gluten, May Contain Sesame.
JR CHEESEBURGER	Wheat, Milk, Soy, Gluten, May Contain Sesame
BACONMATOR	Wheat, Milk, Egg
JR BACONMATOR	Wheat, Milk, Soy, Gluten, May Contain Sesame
HOMESTYLE CHICKEN TENDER BURGER	Wheat, Milk, Egg, Gluten
HOMESTYLE CHICKEN TENDER WRAP	Wheat, Egg, Milk, Gluten
SPICY CHICKEN TENDER BURGER	Wheat, Egg, Gluten, Fish, May Contain Soy
SPICY CHICKEN TENDER	WRAP Wheat, Egg, Gluten, Fish, May Contain Soy
HOMESTYLE CHICKEN TENDERS	Wheat, Milk, Gluten
SPICY CHICKEN TENDERS	Wheat, Gluten
FRIES	None
MAYO TUB	Egg
BBQ TUB	None
SIGNATURE SAUCE	Gluten, Egg, Fish, May Contain Wheat, Soy
RANCH SAUCE	Egg, Milk
KETCHUP PACKET	None
CHILI SINGLE SERVE	None
CHEESE LOADED FRIES	Milk
CHILLI CHEESE LOADED FRIES	Milk
BACONMATOR LOADED FRIES	Milk
COKE	None
COKE ZERO	None
SPRITE	None
FANTA ORANGE	None
FANTA RASP	None
COKE VANILLA	None
FROZEN COKE	None
FROZEN RASP	None
JUICE BOX ORANGE	None
JUICE BOX APPLE	None
600ML WATER	None

Item Name	Allergens
450ML SPARKLING WATER	None

FIND AN ITEM BY NAME OR CALORIES

Item	Typical price	Calories
Dave's Single®	$7.29	560 cal
Dave's Double®	$8.69	810 cal
Dave's Triple®	$10.39	1100 cal
Baconator®	$10.09	890 cal
Son of Baconator®	$8.19	590 cal
Big Bacon Classic®	$8.99	610 cal
Big Bacon Classic® Double	$9.99	860 cal
Big Bacon Classic® Triple	$11.99	1140 cal
Bacon Double Stack™	$4.99	420 cal
Jr. Bacon Cheeseburger	$3.99	350 cal
Jr. Cheeseburger Deluxe	$3.49	330 cal
Jr. Cheeseburger	$2.99	270 cal
Double Stack™	$3.99	380 cal
Jr. Hamburger	$1.99	230 cal
Takis Fuego™ Chicken Sandwich	$7.99	550 cal
10 PC. Spicy Chicken Nuggets	$6.99	470 cal
6 PC. Spicy Chicken Nuggets	$4.49	280 cal
4 PC. Spicy Chicken Nuggets	$3.49	190 cal
Spicy Chicken Sandwich	$7.99	560 cal
Classic Chicken Sandwich	$7.99	550 cal
Grilled Chicken Ranch Wrap	$7.99	420 cal
Asiago Ranch Classic Chicken Club	$8.99	670 cal
Spicy Asiago Ranch Chicken Club	$8.99	680 cal
Crispy Chicken BLT	$4.29	420 cal

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