WENDY-MENUS: INDEPENDENT WENDY'S MENU GUIDE

Wendy's Frosty Flavors and Desserts Menu November 2026

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

Item	Calories	Total fat	Sat. fat	Carbs	Sugar	Protein	Sodium
Caramel Crunch Vanilla Frosty Fusion	410	10 g	6 g	73 g	58 g	9 g	380 mg
Brownie Batter Vanilla Frosty Swirl	480	24 g	8 g	60 g	50 g	9 g	360 mg
Strawberry Vanilla Frosty Swirl	350	8 g	5 g	63 g	56 g	8 g	160 mg
Caramel Vanilla Frosty Swirl	370	9 g	6 g	63 g	51 g	9 g	310 mg
Caramel Crunch Chocolate Frosty Fusion	410	10 g	6 g	73 g	58 g	9 g	380 mg
Brownie Batter Chocolate Frosty Swirl	480	24 g	8 g	59 g	49 g	9 g	360 mg
Strawberry Chocolate Frosty Swirl	350	8 g	5 g	62 g	55 g	8 g	160 mg
Caramel Chocolate Frosty Swirl	370	10 g	6 g	63 g	50 g	9 g	310 mg

FROSTY(18)

Item	Typical price	Calories
OREO® Brownie Twist Vanilla Frosty Fusion™	$4.19	520 cal
Pop-Tarts® Strawberry Vanilla Frosty Fusion™	$4.19	370 cal
Caramel Crunch Vanilla Frosty Fusion™	$4.19	410 cal
Brownie Batter Vanilla Frosty Swirl™	$3.79	480 cal
Strawberry Vanilla Frosty Swirl™	$3.79	350 cal
Caramel Vanilla Frosty Swirl™	$3.79	370 cal
OREO® Brownie Twist Chocolate Frosty Fusion™	$4.19	520 cal
Pop-Tarts® Strawberry Chocolate Frosty Fusion™	$4.19	370 cal
Caramel Crunch Chocolate Frosty Fusion™	$4.19	410 cal
Brownie Batter Chocolate Frosty Swirl™	$3.79	480 cal
Strawberry Chocolate Frosty Swirl™	$3.79	350 cal
Classic Chocolate Frosty®	$2.49	310 cal
Caramel Chocolate Frosty Swirl™	$3.79	370 cal
Vanilla Frosty®	$2.59	310 cal
Snickerdoodle Cookie Vanilla Frosty Fusion™	$4.49	410 cal
Snickerdoodle Cookie Chocolate Frosty Fusion™	$4.49	410 cal
Snickerdoodle Vanilla Frosty Swirl™	$4.49	410 cal
Snickerdoodle Chocolate Frosty Swirl™	$4.49	410 cal

DRINKS(3)

Item	Typical price	Calories
Chocolate Frosty® Cream Cold Brew		170 cal
Caramel Frosty® Cream Cold Brew		160 cal
Vanilla Frosty® Cream Cold Brew		170 cal

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