WENDY-MENUS: INDEPENDENT WENDY'S MENU GUIDE

Wendy's Gluten-Free Menu: Chili, Fries and Safe Picks November 2026

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WENDY'S ITEMS WITH NO WHEAT IN THE OFFICIAL US ALLERGEN FLAGS

Item	Calories	Wheat	Milk
Jr. Natural-Cut Fries	210 calories	Not listed	Not listed
Small Natural-Cut Fries	260 calories	Not listed	Not listed
Medium Natural-Cut Fries	350 calories	Not listed	Not listed
Large Natural-Cut Fries	470 calories	Not listed	Not listed
Small Seasoned Potatoes	280 calories	Not listed	Not listed
Medium Seasoned Potatoes	400 calories	Not listed	Not listed
Large Seasoned Potatoes	510 calories	Not listed	Not listed
Plain Baked Potato	270 calories	Not listed	Not listed
Sour Cream and Chive Baked Potato	300 calories	Not listed	Yes
Cheese Baked Potato	440 calories	Not listed	Yes
Bacon Cheese Baked Potato	420 calories	Not listed	Yes
Cheese Fries	470 calories	Not listed	Yes
Baconator Fries	450 calories	Not listed	Yes
Small Chili, no saltine packet	230 calories	Not listed	Yes
Large Chili, no saltine packet	320 calories	Not listed	Yes
Chili Cheese Fries	510 calories	Not listed	Yes
Chili & Cheese Baked Potato	490 calories	Not listed	Yes
Taco Salad	470 calories	Not listed	Yes
Apple Pecan Salad (menu base figure)	230 calories	Not listed	Yes
Apple Bites	35 calories	Not listed	Not listed
Jr. Classic Chocolate Frosty	190 calories	Not listed	Yes
Classic Chocolate Frosty	310 calories	Not listed	Yes
Medium Classic Chocolate Frosty	390 calories	Not listed	Yes
Large Classic Chocolate Frosty	510 calories	Not listed	Yes
Jr. Vanilla Frosty	190 calories	Not listed	Yes
Vanilla Frosty	310 calories	Not listed	Yes
Medium Vanilla Frosty	390 calories	Not listed	Yes
Large Vanilla Frosty	510 calories	Not listed	Yes

Source: allergen flags and calories on Wendy's US online menu (order.wendys.com), checked Nov 2, 2026. No wheat listed does not mean gluten-free. Wendy's is not a gluten-free kitchen, and fries share oil with breaded items. The default chili order is flagged for wheat because of its saltine packet, so the chili rows show it without crackers. Check Wendy's official allergen chart before you order.

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-gluten-free-menu/