Arby's Nutrition Facts

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LIMITED TIME

ITEM	CAL	FAT	SAT FAT	CARBS	SUGARS	PROTEIN	SODIUM
Deep Fried Turkey Gobbler Sandwich	690	28g	10g	74g	14g	36g	2130mg
Deep Fried Turkey Club Sandwich	650	35g	10g	46g	6g	40g	2030mg

ROAST BEEF SANDWICHES

ITEM	CAL	FAT	SAT FAT	CARBS	SUGARS	PROTEIN	SODIUM
Classic Beef 'n Cheddar	450	21g	6g	43g	9g	23g	1270mg
Double Beef 'n Cheddar	630	33g	11g	46g	10g	39g	2090mg
Half Pound Beef 'n Cheddar	730	40g	14g	46g	10g	49g	2520mg
Classic Roast Beef	360	14g	5g	37g	5g	23g	970mg
Double Roast Beef	510	24g	9g	38g	5g	38g	1610mg
Half Pound Roast Beef	610	30g	12g	38g	5g	48g	2040mg
Classic French Dip & Swiss	600	33g	11g	46g	4g	29g	2110mg

CHEESESTEAKS

ITEM	CAL	FAT	SAT FAT	CARBS	SUGARS	PROTEIN	SODIUM
Spicy Angus Cheesesteak	800	44g	20g	64g	9g	39g	2230mg
Half Pound Spicy Angus Cheesesteak	1320	84g	39g	77g	14g	67g	3950mg
Chicken Cheesesteak	660	27g	13g	58g	6g	49g	2040mg
Half Pound Chicken Cheesesteak	1040	50g	25g	65g	8g	88g	3570mg
Deluxe Chicken Cheesesteak	670	27g	13g	60g	7g	50g	2050mg
Half Pound Deluxe Cheesesteak	1050	50g	25g	67g	10g	88g	3580mg
Spicy Chicken Cheesesteak	760	37g	17g	60g	6g	49g	2150mg
Half Pound Spicy Chicken Cheesesteak	1250	71g	32g	69g	9g	88g	3800mg
Angus Cheesesteak	690	34g	16g	61g	8g	38g	2110mg
Half Pound Cheesesteak	1110	63g	31g	72g	13g	66g	3720mg

STEAK NUGGETS & BOWLS

ITEM	CAL	FAT	SAT FAT	CARBS	SUGARS	PROTEIN	SODIUM
Steak 'n Potato Bowl	770	47g	10g	50g	2g	26g	1640mg
Steak Nuggets 9PC	240	10g	3.5g	3g	4g	36g	780mg
Steak Nuggets 5PC	140	5g	2g	2g	2g	20g	440mg
Steak 'n Mac Bowl	680	38g	14g	47g	13g	37g	1880mg

CRAFTED SANDWICHES

ITEM	CAL	FAT	SAT FAT	CARBS	SUGARS	PROTEIN	SODIUM
Ham & Swiss Melt	380	13g	5g	40g	5g	26g	1370mg
Roast Turkey Ranch & Bacon Sandwich	800	34g	10g	79g	16g	46g	2480mg
Greek Gyro	700	44g	13g	55g	6g	23g	1370mg
Corned Beef Reuben	680	31g	8g	62g	5g	37g	2420mg

CHICKEN

ITEM	CAL	FAT	SAT FAT	CARBS	SUGARS	PROTEIN	SODIUM
Buffalo Chicken Sandwich	530	22g	4.5g	59g	12g	23g	2090mg
Chicken Cordon Bleu	650	30g	9g	59g	11g	35g	1790mg
Crispy Chicken Sandwich	530	22g	4.5g	59g	13g	24g	1410mg
Chicken Bacon Swiss Sandwich	650	30g	9.5g	61g	14g	35g	1760mg
Chicken Tenders 3PC	370	18g	3g	28g	0g	23g	1190mg
Chicken Tenders 5PC	610	30g	4.5g	47g	0g	39g	1990mg

MEAT & 3 BOX

ITEM	CAL	FAT	SAT FAT	CARBS	SUGARS	PROTEIN	SODIUM
$7.99 Meat & 3	1170						
$9.99 Meat & 3	1410						

COMBO MEALS

ITEM	CAL	FAT	SAT FAT	CARBS	SUGARS	PROTEIN	SODIUM
Deep Fried Turkey Gobbler Sandwich Meal	1290						
Deep Fried Turkey Club Sandwich Meal	1220						
Angus Cheesesteak Meal	1290						
Half Pound Cheesesteak Meal	1710						
Chicken Cheesesteak Meal	1260						
Half Pound Chicken Cheesesteak Meal	1450						
Deluxe Chicken Cheesesteak Meal	1080						
Half Pound Deluxe Cheesesteak Meal	1650						
Spicy Chicken Cheesesteak Meal	1360						
Half Pound Spicy Chicken Cheesesteak Meal	1660						
Spicy Angus Cheesesteak Meal	1400						
Half Pound Spicy Angus Cheesesteak Meal	1730						
Steak 'n Potato Bowl Meal	1370						
Steak Nuggets 9PC Meal	840						
Steak Nuggets 5PC Meal	740						
Steak 'n Mac Bowl Meal	1280						
Double Roast Beef Meal	1080						
Double Beef 'n Cheddar Meal	1200						
Buffalo Chicken Sandwich Meal	1110						
Ham & Swiss Melt Meal	950						
Chicken Cordon Bleu Meal	1220						
Classic Beef 'n Cheddar Meal	1020						
Half Pound Beef 'n Cheddar Meal	1300						
Classic Roast Beef Meal	930						
Half Pound Roast Beef Meal	1180						
Greek Gyro Meal	1270						
Roast Turkey Ranch & Bacon Sandwich Meal	1210						
Corned Beef Reuben Meal	1250						
Classic French Dip & Swiss Meal	1170						
Crispy Chicken Sandwich Meal	1100						
Chicken Bacon Swiss Sandwich Meal	1220						
Chicken Tenders 3PC Meal	940						
Chicken Tenders 5PC Meal	1180						

VALUE MENU

ITEM	CAL	FAT	SAT FAT	CARBS	SUGARS	PROTEIN	SODIUM
Buffalo Chicken Slider	240	10g	1.5g	30g	6g	10g	940mg
Ham Slider	170	6g	2g	19g	4g	11g	600mg
Chicken Slider	230	9g	2g	27g	4g	12g	570mg
Roast Beef Slider	180	7g	3g	18g	4g	11g	520mg
Ranch Chicken Wrap	400	23g	7g	32g	1g	16g	1000mg
Honey Mustard Chicken Wrap	390	22g	7g	33g	3g	16g	930mg
Small Classic Lemonade	110	0g	0g	29g	27g	0g	10mg
Small Strawberry Lemonade	140	0g	0g	36g	34g	0g	10mg

SIDES & SNACKS

ITEM	CAL	FAT	SAT FAT	CARBS	SUGARS	PROTEIN	SODIUM
Curly Fries *(Large)*	550	29g	4g	65g	0g	6g	1250mg
Crinkle Fries *(Large)*	530	26g	3.5g	68g	0g	7g	630mg

ITEM	CAL	FAT	SAT FAT	CARBS	SUGARS	PROTEIN	SODIUM
White Cheddar Mac 'n Cheese	470	27g	12g	40g	10g	17g	1310mg
Chicken Tenders 2PC	160	9g	1.5g	7g	0g	13g	420mg
Potato Cakes *(4-Pc)*	490	28g	4.5g	46g	0g	4g	860mg
Mozzarella Sticks *(4-Pc)*	440	23g	9g	37g	3g	19g	1410mg
Jalapeño Bites *(5-Pc)*	290	17g	6g	31g	3g	5g	660mg

DESSERTS & SHAKES

ITEM	CAL	FAT	SAT FAT	CARBS	SUGARS	PROTEIN	SODIUM
Peach Cobbler Roll 2PC	350	16g	6g	46g	16g	4g	570mg
Apple Turnover	430	18g	9g	65g	39g	4g	210mg
Cherry Turnover	390	13g	6g	65g	40g	4g	200mg
Jamocha Shake *(Large)*	980	28g	18g	161g	136g	22g	600mg
Chocolate Shake *(Large)*	970	29g	19g	158g	138g	22g	590mg
Vanilla Shake *(Large)*	870	29g	19g	129g	119g	23g	560mg

DRINKS

ITEM	CAL	FAT	SAT FAT	CARBS	SUGARS	PROTEIN	SODIUM
Classic Shirley Temple *(Medium)*	170	0g	0g	42g	42g	0g	50mg
Shirley 'n Cream *(Medium)*	210	1.5g	1g	49g	47g	2g	75mg
Sweet Tea *(Medium)*	90	0g	0g	23g	22g	0g	0mg
Unsweet Tea *(Medium)*	5	0g	0g	1g	0g	0g	0mg
Classic Lemonade *(Medium)*	150	0g	0g	38g	36g	0g	10mg
Strawberry Lemonade *(Medium)*	190	0g	0g	49g	46g	0g	10mg
Bottled Water	0	0g	0g	0g	0g	0g	0mg

KIDS MENU

ITEM	CAL	FAT	SAT FAT	CARBS	SUGARS	PROTEIN	SODIUM
Ham Slider Kids Meal	420						
Chicken Tenders 2PC Kids Meal	500						
Roast Beef Slider Kids Meal	430						
Chicken Slider Kids Meal	570						
Low Fat Milk	110	2.5g	1.5g	12g	12g	8g	110mg
Tree Top Applesauce	45	0g	0g	12g	8g	1g	0mg
Honest Kids Organic Apple Juice Drink	45	0g	0g	12g	8g	1g	0mg
Low Fat Chocolate Milk	140	2.5g	1.5g	22g	22g	8g	130mg