



Arby's®

Food Item

Roast Beef Sandwiches

	<i>Calories</i>	<i>Carbohydrates(gm)</i>	<i>Protein(gm)</i>	<i>Total Fat(gm)</i>	<i>Sodium(mg)</i>	<i>Exchanges</i>
Arby's Melt with Cheddar	340	36	16	15	890	2½ starch 1 high fat meat 1 fat
Arby-Q	350	40	16	14	1530	3 starch 1 medium fat meat 1 fat
Big Montana	640	41	47	32	2080	3 starch 5 medium fat meat 1 fat
Beef 'N Cheddar	480	43	23	24	1240	3 starch 2 medium fat meat 2 fat
Giant Roast Beef	499	41	32	23	1440	3 starch 3 medium fat meat 1 fat
Junior Roast Beef	317	34	16	13	740	2 ½ starch 1 medium fat meat 1 fat
Regular Roast Beef	364	34	21	16	950	2 ½ starch 2 medium fat meat ½ fat

	Calories	Carbohydrates(gm)	Protein(gm)	Total Fat(gm)	Sodium(mg)	Exchanges
Super Roast Beef	483	47	22	23	1130	3 starch 2 medium fat meat 2 fat

Other Sandwiches

Chicken Bacon 'N Swiss	617	49	31	33	1550	3 starch 3 medium fat meat 3 fat
Chicken Breast Fillet	554	47	24	30	1160	3 ½ starch 2 medium fat meat 3 fat
Chicken Cordon Bleu	639	47	34	35	1820	3½ starch 3 medium fat meat 3 fat
Grilled Chicken Deluxe	462	37	29	22	1050	2 ½ starch 3 medium fat meat 1 fat
Hot Ham 'N Swiss	340	35	23	13	1450	2 ½ starch 2 medium fat meat
Roast Chicken Club	520	38	29	28	1440	2½ starch 3 medium fat meat 2 fat

Sub Sandwiches

French Dip	442	42	28	18	1680	3 starch 2 medium fat meat 1 fat
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	<i>Calories</i>	<i>Carbohydrates(gm)</i>	<i>Protein(gm)</i>	<i>Total Fat(gm)</i>	<i>Sodium(mg)</i>	<i>Exchanges</i>
Hot Ham `N Swiss	539	45	29	27	1860	3 starch 3 medium fat meat 2 fat
Italian Sub	789	49	29	53	2440	3½ starch 3 medium fat meat 6 fat
Philly Beef `n Swiss	706	46	36	42	1940	3 starch 4 medium fat meat 4 fat
Roast Beef Sub	760	47	35	48	2230	3 starch 4 medium fat meat 5 fat
Turkey Sub	641	51	26	37	2170	3½ starch 3 medium fat meat 3 fat

Market Fresh Sandwiches

Roast Beef & Swiss	810	73	37	42	1780	5 starch 3 medium fat meat 4 fat
Roast Chicken Caesar	820	75	43	38	2160	5 starch 4 medium fat meat 3 fat
Roast Ham & Swiss	730	74	36	34	2180	5 starch 3 medium fat meat 3 fat

	Calories	Carbohydrates(gm)	Protein(gm)	Total Fat(gm)	Sodium(mg)	Exchanges
Roast Turkey & Swiss	769	75	43	33	1920	5 starch 4 medium fat meat 2 fat

Salads

Caesar Salad (dressing not included)	90	8	7	4	170	2 vegetable 1 fat
Caesar Side Salad	45	4	4	2	95	1 vegetable ½ fat
Chicken Finger Salad (dressing not included)	582	39	30	34	1300	2 starch 2 vegetable 3 lean meat 4 fat
Grilled Chicken Caesar (dressing not included)	230	8	33	8	920	2 vegetable 4 very lean meat 1 fat
Turkey Club Salad (dressing not included)	350	9	33	21	920	2 vegetable 4 lean meat 2 fat

Light Menu

Light Grilled Chicken	281	30	29	5	1170	2 starch 4 very lean meat
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	<i>Calories</i>	<i>Carbohydrates(gm)</i>	<i>Protein(gm)</i>	<i>Total Fat(gm)</i>	<i>Sodium(mg)</i>	<i>Exchanges</i>
Light Roast Chicken Deluxe	269	33	23	5	1010	2 starch 3 very lean meat
Light Roast Turkey Deluxe	269	33	23	5	980	2 starch 3 very lean meat
Grilled Chicken Salad	216	14	30	4.5	800	1 starch 4 very lean meat
Roast Chicken Salad	162	15	20	2.5	700	1 starch 2 very lean meat
Garden Salad	81	14	4	1	45	3 vegetable
Side Salad	28	5	2	0	20	1 vegetable

Breakfast Items

Biscuit with Bacon	360	27	9	24	1000	2 starch 4 ½ fat
Biscuit with Butter	280	27	5	17	780	2 starch 3 fat

	Calories	Carbohydrates(gm)	Protein(gm)	Total Fat(gm)	Sodium(mg)	Exchanges
Biscuit with Ham	340	28	12	20	1610	2 starch 1 lean meat 3 fat
Biscuit with Sausage	460	28	12	33	1080	2 starch 1 high fat meat 4 ½ fat
Croissant with Bacon	359	28	10	23	520	2 starch 1 high fat meat 2 ½ fat
Croissant with Ham	339	29	13	19	1130	2 starch 1 medium fat meat 2 fat
Croissant with Sausage	456	29	13	32	600	2 starch 1 high fat meat 4 ½ fat
French Toastix (no syrup)	370	48	7	17	440	3 starch 3 fat
Sourdough with Bacon	420	66	16	10	960	4 ½ starch 1 fat
Sourdough with Bacon – Add Egg	530	68	21	19	1130	4 ½ starch 2 medium fat meat 1 fat
Sourdough with Ham	390	67	19	6	1570	4 ½ starch 1 very lean meat

	Calories	Carbohydrates(gm)	Protein(gm)	Total Fat(gm)	Sodium(mg)	Exchanges
Sourdough with Sausage	520	67	19	19	1040	4 ½ starch 1 high fat meat 1 fat

Potatoes

Baked Potato (butter & sour cream)	508	65	8	24	170	4½ starch 3 fat
Broccoli `N Cheddar Baked Potato	548	71	12	24	680	4½ starch 1 vegetable 3½ fat
Cheddar Curly Fries	456	54	6	24	1290	3½ starch 4 fat
Curly Fries (small)	307	39	4	15	770	2½ starch 3 fat
Deluxe Baked Potato	650	67	20	34	750	4½ starch 1 medium fat meat 5 fat
Home Style Fries (small)	297	42	3	13	570	2 ½ starch 2 fat
Potato Cakes (2)	256	26	2	16	490	2 starch 2 fat

Side Items

	Calories	Carbohydrates(gm)	Protein(gm)	Total Fat(gm)	Sodium(mg)	Exchanges
Chicken Finger Snack	580	55	19	32	1450	3 ½ starch 1 medium fat meat 5 fat
Chicken Finger 4-Pack	640	42	31	38	1590	3 starch 3 medium fat meat 4 fat
Jalapeno Bites	330	30	7	21	670	1 ½ starch 1 vegetable 4 fat
Mozzarella Sticks	470	34	18	29	1330	2 starch 2 medium fat meat 3 ½ fat
Onion Petals	410	43	4	24	300	3 starch 4 fat

Condiments, Sauces and Salad Dressings (1 packet)

Arby's Sauce® Packet	15	4	0	0	180	Free
Au Jus Sauce	5	0.89	0.30	0.05	386	Free
Bronco Berry Sauce™	90	23	0	0	35	1 ½ carbohydrate

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BBQ Dipping Sauce	40	10	0	0	350	½ carbohydrate
BBQ Vinaigrette Dressing	140	9	0	11	660	½ carbohydrate 2 fat
Bleu Cheese Dressing	300	3	2	31	580	6 fat
Buttermilk Ranch Dressing	360	2	1	39	490	8 fat
Buttermilk Ranch Dressing – Reduced Calorie	60	13	1	0	750	1 carbohydrate
Caesar Dressing	310	1	1	34	470	7 fat
Honey French Dressing	290	18	0	24	410	1 carbohydrate 5 fat
Italian Dressing - Reduced Calorie	21	3	0	1	1030	Free
Italian Parmesan Dressing	240	4	1	24	950	5 fat

	Calories	Carbohydrates(gm)	Protein(gm)	Total Fat(gm)	Sodium(mg)	Exchanges
Thousand Island Dressing	290	9	1	28	480	½ carbohydrate 6 fat
German Mustard Packet	5	0	0	0	60	Free
Honey Mustard Sauce	128	5	0	12	160	½ carbohydrate 2 ½ fat
Horsey Sauce® Packet	60	3	0	5	150	1 fat
Marinara Sauce	35	4	1	1	260	½ carbohydrate
Tangy Southwest Sauce	250	3	0	26	290	5 ½ fat
French Toast Syrup	130	32	0	0	45	2 carbohydrate
Croutons, Cheese & Garlic	100	10	2.5	6.25	138	½ starch 1 fat
Croutons, Seasoned	30	5	1	1	70	½ starch

	Calories	Carbohydrates(gm)	Protein(gm)	Total Fat(gm)	Sodium(mg)	Exchanges
Shakes						
Vanilla Shake	507	83	10	15	360	5 starch 2 fat
Chocolate Shake	520	84	10	16	370	5 starch 2 fat

Nutrient data obtained from Arby's.

Information compiled and exchanges calculated by:

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Gale A. Buchanan, Dean and Director