



## Restaurant Guide to Arby's

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### OVERVIEW

Arby's is known for their slow roasted roast beef and turkey, sliced fresh every day. You'll definitely be able to get your protein in here! With full size options as well as sliders, you're sure to find a favorite here.

### THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

### 3 QUICK TIPS FOR EATING HEALTHI AT ARBY'S

- Check out the Market Fresh menu items
- Go for the sliders for maximum Arby's flavor in smaller portions
- Ask for no sauces or sauce on the side so you control how much you use

### FRIENDLY MENU ITEM'S AT ARBY'S

#### MAIN COURSE

Arby's is most definitely famous for their roast beef. With so many fast food places that offer an abundance of fried food, it's refreshing to have a place that offers something different. Though they do offer fried foods here, try sticking with the roast beef or turkey options. The sliders offer a smaller portion of sandwiches, so if you're really craving a chicken sandwich, go ahead and try a chicken slider!

They even offer a Market Fresh menu with many options. Just be careful on some of them- though they look light and innocent, there are some heavier sauces that really pack in the calories.

When it comes to the Roast Beef Sandwiches, stick with the classic. Doubling the meat adds in lots of extra calories and fat. The sliders offer a variety of options at smaller portions. The chicken slider (270 calories), Roast Beef Slider (210 calories) and Roast Turkey Slider (180 calories) are all great options. Their Premium 9pc Chicken Nuggets come in at 470 calories, which isn't a bad deal!

The Market Fresh menu is also a great place to choose from. The Roast Turkey Club Wrap comes in at 660 calories, but if you opt for no honey mustard, you'll save about 204 calories! The Roast Beef Gyro (How IS that pronounced anyway?!) is 540 calories and The Roast Turkey Gyro is 470 calories. Plus, that Tzatziki is delicious!

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Classic Roast Beef	360	14	37	23
Roast Beef Sliders	210	9	21	12
Turkey Sliders	180	5	21	13
Chicken Slider	270	11	30	13
Premium 9pc Nuggets	470	23	28	38
Roast Turkey Club Wrap	660	34	47	43
Roast Beef Gyro	540	29	48	24
Roast Turkey Gyro	470	20	48	25

## SIDES

The “lightest” side option here is a snack size curly fry.

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Snack Size Curley Fries	250	13	29	3