



Restaurant Guide to Wendy's

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OVERVIEW

We know Wendy's doesn't cut any corners, especially with their fresh beef. With a family friendly atmosphere, fair prices and some Healthi choices, you'll get quality food at a great price.

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 WENDY'S

- Choose Jr. size burgers
- Opt for no mayo to save calories and fat
- Salads are a great lighter but filling choice

FRIENDLY MENU ITEM'S AT WENDY'S

SANDWICHES & NUGGETS

Wendy's is most famously known for their fresh, juicy, square shaped burgers. Though it'll be best to avoid the largely overloaded burgers, the smaller sized ones can fit into your day. Skip the larger sized buns and doubles, triples, etc along with the bacon.

Try the Jr. Cheeseburger Deluxe with no mayo to save some fat and calories. If you like a more simple burger without all the fixings go for the regular Jr. Cheeseburger. To save even more, you can skip the cheese and get the Jr. Hamburger.

Wendy's doesn't just do burgers- they have grilled chicken, too! The Grilled Chicken Sandwich has juicy grilled chicken with lettuce, tomato and smoky honey mustard. Yum! It comes with great protein, too!

You could also choose a 4 or 6 piece nugget for lower calories than most sandwiches. Best to skip the sauce (or bring your own light sauce!)

Sandwiches & Nuggets	Calories	Fat (g)	Carbs (g)	Protein (g)
Jr. Cheeseburger Deluxe, no mayo	290	14g	27g	15g
Jr. Cheeseburger	290	14g	26g	14g
Jr. Hamburger	250	11g	25g	13g
Grilled Chicken Sandwich	350	8g	35g	32g
Chicken Nuggets (4pc / 6pc)	180 / 270	12g / 17g	9g / 14g	10g / 15g

FRESH MADE SALADS

No need for a boring salad because Wendy's salads are far from it! The Wendy's Parmesan Caesar Salad is packed with flavor. It comes with grilled chicken and Parmesan crisps.

The Southwest Avocado Salad has the perfect southwestern flavor, without all the guilt. This salad comes with grilled chicken, bacon and avocado.

The Apple Pecan Salad is the perfect blend of sweet and savory with grilled chicken, roasted pecans, apples and blue cheese crumbles.

Salads	Calories	Fat (g)	Carbs (g)	Protein (g)
Parmesan Caesar Salad (with / without dressing)	440 / 300	28g / 14g	7g / 5g	42g / 41g
Southwest Avocado Salad (with / without dressing)	560 / 420	39g / 25g	16g / 12g	40g / 39g
Apple Pecan Salad	550 / 460	26g / 23g	42g / 26g	39g / 39g
Grilled chicken sandwich (no mayo), broccoli	540	20	40	43

FRIES & SIDES

There are a few side options here, but all will add calories to your meal. You could even choose 1 or 2 of these options as your meal, like a bowl of chili and plain baked potato. You could bring your own low fat sour cream or Nonfat Greek Yogurt for your potato to save some BITES!

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Small Fry	260	12g	35g	4g
Small /Large Chili	240 / 340	11g / 15g	22g / 31g	16g / 22g
Plain Baked Potato	270	0g	61g	7g
Apple Bites	35	0g	8g	0g