



Arby's



Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Crafted Sandwiches						
Ham & Swiss Melt	380	5	1370	40	2	26
Roast Beef Gyro	540	7	1300	48	3	24
Chicken						
Chicken Tenders (3)	370	3	1190	28	2	23
Roast Beef						
Classic Roast Beef	360	5	970	37	2	23
Classic Beef 'n Cheddar	450	6	1280	45	2	23
Sliders						
Chicken Slider	230	2	620	25	1	11
Ham Slider	170	2	600	19	0	11
Roast Beef Sliders	180	3	520	16	1	10
Sides						
Tree Top Applesauce	45	0	0	13	2	0
Crinkle Fries Kids small	250	1.5	300	32	0	3
Sauces						
BBQ Dipping Sauce	70	0	290	16	0	0
Buffalo Dipping Sauce	10	0	720	2	0	0

Spring 2026

