



Arby's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Market Fresh						
Roast Beef Gyro	540	7	1300	48	3	24
Chicken						
Chicken Tenders (3)	370	3	1190	28	2	23
Classic Chicken	510	5	1230	48	4	24
Roast Beef						
Classic Roast Beef	360	5	970	37	2	23
Sliders						
Chicken Slider	230	2	620	25	1	11
Buffalo Chicken Sliders	260	2	910	26	1	10
Roast Beef Sliders	170	3	490	16	1	10

Dressing & Sauces						
Tangy BBQ Sauce	45	0	360	10	0	0

Summer 2024

