



Wendy's

Low Carb Food Chart

*Ask for any sandwich without the bun & no sauce to cut out most of the carbs!



Jr. Hamburger
Plain, no bun
0g Carbs



Hamburger
Plain, no bun
0g Carbs



Double Hamburger
Plain, no bun
0g Carbs



Cheeseburger
Plain, no bun
1g Carbs



Double Cheeseburger
Plain, no bun
2g Carbs



Baconator
Plain, no bun
2g Carbs



Son of Baconator
Plain, no bun
2g Carbs



Triple Cheeseburger
Plain, no bun
3g Carbs



Grilled Chicken Sandwich
Plain, no bun
3g Carbs



Crispy Chicken BLT
Plain, no bun
8g Carbs



Grilled Chicken Club
Plain, no bun
6g Carbs



Southwest Chicken Salad
Full
11g Carbs