WENDY-MENUS: INDEPENDENT WENDY'S MENU GUIDE

Wendy's Canada Menu with Prices, Calories & Nutrition November 2026 (Updated)

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WENDY'S CANADA COMBOS: PUBLISHED CALORIES, WITH ESTIMATES STARRED

Product	Typical price (CAD)	Calories	Based on	Section
10-Piece Crispy Chicken Nuggets	$12.39 CAD	590-830*	Similar Wendy's item, not a published Canada combo calorie	Combos
3-Piece Chicken Strips	$13.19 CAD	740-1140	Published Canada calories	Combos
5-Piece Chicken Strips	$16.19 CAD	1000-1390	Published Canada calories	Combos
Bacon Deluxe ¼ lb.* Single	$13.89 CAD	920-1150	Published Canada calories	Combos
Baconator®	$15.59 CAD	1230-1470	Published Canada calories	Combos
Buffalo Chicken Sandwich	$13.99 CAD	730-970*	Similar Wendy's item, not a published Canada combo calorie	Combos
Classic Asiago Ranch Chicken Club	$13.99 CAD	870-1100	Published Canada calories	Combos
Classic Chicken Sandwich	$13.19 CAD	730-970	Published Canada calories	Combos
Classic Chicken Wrap Duo	$12.39 CAD	1000-1230	Published Canada calories	Combos
Dave's Double®	$14.69 CAD	1120-1360	Published Canada calories	Combos
Dave's Single®	$12.49 CAD	860-1100	Published Canada calories	Combos
Dave's Triple®	$16.59 CAD	1430-1670	Published Canada calories	Combos

* Starred calories are estimates based on similar Wendy's items and are not confirmed for this country. Figures without a star are the published local calories.

WENDY'S CANADA NUTRITION FACTS (CALORIES, FAT, CARBS, SUGAR, PROTEIN, SODIUM)

Item	Calories	Total fat	Sat. fat	Carbs	Sugar	Protein	Sodium
10-Piece Crispy Chicken Nuggets	590-830*	27 g*	6 g*	22 g*	0 g*	23 g*	900 mg*
Buffalo Chicken Sandwich	730-970*	26 g*	4.5 g*	55 g*	7 g*	28 g*	1,500 mg*
Korean BBQ Chicken Sandwich	760-1000*	26 g*	4.5 g*	55 g*	7 g*	28 g*	1,500 mg*
Spicy Buffalo Chicken Sandwich	710-950*	26 g*	4.5 g*	55 g*	7 g*	28 g*	1,500 mg*
Spicy Korean BBQ Chicken Sandwich	740-980*	26 g*	4.5 g*	55 g*	7 g*	28 g*	1,500 mg*
2 for $4.99	380-980*	32 g-42 g*	7 g-16 g*	26 g-48 g*	0 g-10 g*	28 g-36 g*	1,080 mg-1,300 mg*
Chili	280*	12 g*	4.5 g*	24 g*	6 g*	19 g*	1,050 mg*
Poutine	330*						
Frosty Fizz	310*	9 g*	6 g*	49 g*	41 g*	10 g*	180 mg*
Hot Coffee	5*	0 g*	0 g*	0 g*	0 g*	0 g*	10 mg*
Brown Sugar Frosty Cream Cold Brew	170*	3 g*	2 g*	33 g*	28 g*	4 g*	85 mg*
Caramel Frosty Cream Cold Brew	160*	3 g*	2 g*	31 g*	26 g*	4 g*	70 mg*
Chocolate Frosty Cream Cold Brew	170*	3 g*	2 g*	33 g*	28 g*	4 g*	85 mg*
Hot Coffee	5*	0 g*	0 g*	0 g*	0 g*	0 g*	10 mg*
Original Frosty Cream Cold Brew	170*	3 g*	2 g*	32 g*	27 g*	4 g*	75 mg*
Vanilla Frosty Cream Cold Brew	170*	3 g*	2 g*	32 g*	27 g*	4 g*	75 mg*
Crispy Chicken Sandwich	560-880*	17 g*	3 g*	32 g*	4 g*	15 g*	650 mg*
Sausage Bacon Deluxe	700-1020*	45 g*	18 g*	36 g*	8 g*	34 g*	1,580 mg*

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COMBOS(19)

Item	Typical price	Calories
10-Piece Crispy Chicken Nuggets	$12.39 CAD	590-830 cal*
3-Piece Chicken Strips	$13.19 CAD	740-1140 cal
5-Piece Chicken Strips	$16.19 CAD	1000-1390 cal
Bacon Deluxe ¼ lb.* Single	$13.89 CAD	920-1150 cal
Baconator®	$15.59 CAD	1230-1470 cal
Buffalo Chicken Sandwich	$13.99 CAD	730-970 cal*
Classic Asiago Ranch Chicken Club	$13.99 CAD	870-1100 cal
Classic Chicken Sandwich	$13.19 CAD	730-970 cal
Classic Chicken Wrap Duo	$12.39 CAD	1000-1230 cal
Dave's Double®	$14.69 CAD	1120-1360 cal
Dave's Single®	$12.49 CAD	860-1100 cal
Dave's Triple®	$16.59 CAD	1430-1670 cal
Grilled Chicken Wrap Duo	$12.39 CAD	870-1100 cal
Korean BBQ Chicken Sandwich	$13.99 CAD	760-1000 cal*
Son of Baconator®	$13.59 CAD	940-1170 cal
Spicy Buffalo Chicken Sandwich	$14.09 CAD	710-950 cal*
Spicy Chicken Sandwich	$13.19 CAD	720-960 cal
Spicy Chicken Wrap Duo	$12.39 CAD	980-1220 cal
Spicy Korean BBQ Chicken Sandwich	$13.99 CAD	740-980 cal*

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$4.99 VALUE(1)

Item	Typical price	Calories
2 for $4.99	$4.99 CAD	380-980 cal*

* Estimated calories based on similar Wendy's items; not confirmed for this country.

CHEESEBURGERS(14)

Item	Typical price	Calories
Bacon Deluxe ½ lb.* Double	$10.49 CAD	870 cal
Bacon Deluxe 3/4lb.* Triple	$12.29 CAD	1150 cal
Cheesy Cheddarburger	$2.79 CAD	300 cal
Double Jr. Bacon Cheeseburger	$3.79 CAD	490 cal
Double Stack™	$3.79 CAD	410 cal
Jr. Bacon Cheeseburger	$2.79 CAD	370 cal
Jr. Cheeseburger Deluxe	$2.79 CAD	340 cal
Jr. Hamburger Deluxe	$2.19 CAD	300 cal

CHICKEN, WRAPS & MORE(15)

Item	Typical price	Calories
6-Piece Crispy Chicken Nuggets	$3.79 CAD	190 cal
Spicy Asiago Ranch Chicken Club	$8.79 CAD	590 cal

FRESH-MADE SALADS(5)

Item	Typical price	Calories
Apple Pecan Chicken Salad	$10.29 CAD	490 cal

Item	Typical price	Calories
Caesar Side Salad	$2.49 CAD	380 cal
Cobb Salad	$10.29 CAD	600 cal
Grilled Caesar Salad	$10.29 CAD	560 cal
Taco Salad	$10.29 CAD	670 cal

FRIES & SIDES(21)

Item	Typical price	Calories
Bacon Cheese Potato	$4.39 CAD	420 cal
Bacon Poutine	$6.19 CAD	700 cal
Baconator® Fries	$4.79 CAD	410 cal
Buffalo Shaker Fries	$1.99 CAD	290 cal
Chili	$3.79 CAD	280 cal*
Chili Cheese Fries	$4.79 CAD	520 cal
Chili Cheese Nachos	$2.29 CAD	380 cal
Cinnabon® Pull-Apart	$4.59 CAD	530 cal
Cinnabon® Pull-Apart 6-Pack	$25.00 CAD	3270 cal
Classic Chicken Wrap	$3.89 CAD	480 cal
French Fries	$2.99 CAD	210-470 cal
Grilled Chicken Wrap	$3.89 CAD	300 cal
Homestyle French Toast Sticks, 4 PC	$4.49 CAD	490 cal
Homestyle French Toast Sticks, 6 PC	$5.09 CAD	660 cal
Plain Baked Potato	$3.29 CAD	270 cal
Poutine	$3.49 CAD	330 cal*
Small Poutine	$3.49 CAD	330 cal
Sour Cream & Chive Baked Potato	$3.29 CAD	350 cal
Spicy Chicken Wrap	$3.89 CAD	360 cal

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EVERYDAY VALUE(8)

Item	Typical price	Calories
Cheese Fries	$3.79 CAD	470 cal
Crispy Chicken Sandwich	$3.79 CAD	330 cal

BREAKFAST COMBOS(19)

Item	Typical price	Calories
Bacon Breakfast Wrap	$7.79 CAD	690-1010 cal
Bacon, Egg & Cheese Biscuit	$7.89 CAD	660-980 cal
Bacon, Egg & Cheese Classic Combo	$7.89 CAD	600-920 cal
Bacon, Egg & Swiss Croissant	$7.99 CAD	650-970 cal
Breakfast Baconator®	$9.89 CAD	940-1250 cal
Egg & Cheese Biscuit	$7.49 CAD	600-920 cal
Egg & Cheese Breakfast Wrap	$7.29 CAD	640-950 cal
Egg & Cheese Classic Combo	$7.19 CAD	540-860 cal
Egg & Cheese Croissant	$7.69 CAD	600-910 cal

Item	Typical price	Calories
EGG BLT Combo	$8.29 CAD	730-1050 cal
French Toast Sticks Kids' Meal, 3 PC	$4.99 CAD	480-800 cal
Homestyle French Toast Sticks, 4 PC Combo	$7.69 CAD	720-1040 cal
Homestyle French Toast Sticks, 6 PC Combo	$8.29 CAD	890-1200 cal
Sausage Bacon Deluxe	$7.49 CAD	700-1020 cal*
Sausage Breakfast Wrap	$7.79 CAD	850-1170 cal
Sausage, Egg & Cheese Biscuit	$7.89 CAD	820-1130 cal
Sausage, Egg & Cheese Classic Combo	$7.89 CAD	760-1070 cal
Sausage, Egg & Swiss Croissant	$7.99 CAD	810-1130 cal

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ALL-DAY CLASSICS(12)

Item	Typical price	Calories
Bacon Deluxe ¾lb.* Triple	$12.29 CAD	1150 cal

CROISSANTS(4)

Item	Typical price	Calories
EGG BLT	$4.99 CAD	500 cal

CLASSICS(5)

Item	Typical price	Calories
Bacon, Egg & Cheese Classic	$4.59 CAD	320 cal
Egg & Cheese Classic	$3.89 CAD	260 cal
Sausage, Egg & Cheese Classic	$4.59 CAD	480 cal

SIDES & SWEETS(10)

Item	Typical price	Calories
Classic Breakfast Poutine	$5.19 CAD	770 cal
Sausage Biscuit	$2.99 CAD	460 cal
Seasoned Potatoes	$2.39 CAD	280-510 cal
Swiss Cheese Breakfast Poutine	$5.19 CAD	880 cal

FROSTY(4)

Item	Typical price	Calories
Chocolate Frosty®	$1.19 CAD	190-490 cal
Oreo® Brownie Frosty®, Chocolate	$2.99 CAD	450-650 cal
Oreo® Brownie Frosty®, Vanilla	$2.99 CAD	440-650 cal
Vanilla Frosty®	$1.19 CAD	190-490 cal

BEVERAGES(20)

Item	Typical price	Calories
Barq's® Root Beer	$3.29 CAD	200-360 cal
Chocolate Milk	$2.39 CAD	150 cal
Coca-Cola®	$3.29 CAD	190-340 cal
Coke® Zero Sugar	$3.29 CAD	1-2 cal

Item	Typical price	Calories
Dasani® Bottled Water	$3.19 CAD	0 cal
Diet Coke®	$3.29 CAD	1-2 cal
Fanta® Orange	$3.29 CAD	200-360 cal
Frosty Fizz™	$3.49 CAD	310 cal*
Fuze® Tea	$3.29 CAD	130-250 cal
Hot Coffee	$2.39 CAD	5 cal*
Hot Tea	$2.39 CAD	5 cal
Milk	$2.39 CAD	130 cal
Original Lemonade	$3.49 CAD	190-330 cal
Peach Refresher	$3.79 CAD	180-360 cal
Simply Apple®	$3.49 CAD	150 cal
Simply Orange®	$3.49 CAD	160 cal
Sprite®	$3.29 CAD	180-320 cal
Strawberry Lemonade	$3.59 CAD	230-430 cal
Strawberry Passion Fruitopia	$3.29 CAD	140-260 cal
Tropical Strawberry Refresher	$3.79 CAD	210-400 cal

* Estimated calories based on similar Wendy's items; not confirmed for this country.

COFFEE(6)

Item	Typical price	Calories
Brown Sugar Frosty® Cream Cold Brew	$3.69 CAD	170 cal*
Caramel Frosty® Cream Cold Brew	$3.59 CAD	160 cal*
Chocolate Frosty® Cream Cold Brew	$3.59 CAD	170 cal*
Original Frosty® Cream Cold Brew	$3.39 CAD	170 cal*
Vanilla Frosty® Cream Cold Brew	$3.59 CAD	170 cal*

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KIDS' MEALS(4)

Item	Typical price	Calories
Kids' 4PC Nuggets	$5.69 CAD	250-610 cal
Kids' Cheeseburger	$5.39 CAD	370-660 cal
Kids' Hamburger	$5.09 CAD	510-630 cal

Wendy-Menus is an independent guide and is not affiliated with The Wendy's Company. Prices are typical, vary by restaurant, and items can change. Confirm prices, availability, and allergens in the Wendy's app or at your restaurant. Source page: https://wendy-menus.com/wendys-menu-for-canada/