WENDY-MENUS: INDEPENDENT WENDY'S MENU GUIDE

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

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WENDY'S MEXICO MENU SECTIONS WITH ESTIMATED CALORIES

Sección	Productos	Calories	Based on
Hamburguesas	Dave's Sencilla, Doble y Triple, Big Bacon Clásica, Baconator, Son of Baconator, Bacon Jalapeño Melt	560-1,100*	US Dave's Single through Dave's Triple
Pollo	Pollo Clásico, Pollo Spicy, Pollo a la Plancha, Pollo Club, Chicken Nuggets	170-560*	US 4 PC. Chicken Nuggets through Spicy Chicken Sandwich
Papas y complementos	Papas Fritas, Papas Baconator, Papas con Chili y Queso, Chili	260-510*	US Natural-Cut Fries through Chili Cheese Fries
Ensaladas	César y César con Pollo	270*	US Parmesan Caesar Salad
Postres	Frosty Clásico de Chocolate, Frosty de Vainilla, Twisted Frosty, Malteadas, conos de chocolate, vainilla y waffle	190-510*	US Classic Chocolate Frosty, Jr. through large
Promociones	Sandwich Pollo Crispy, Quesoburguesa Jr. Tocino, Double Stack, Quesoburguesa Jr.	270-380*	US Jr. Cheeseburger through Double Stack

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

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

Item	Calories	Total fat	Sat. fat	Carbs	Sugar	Protein	Sodium
Bacon Jalapeño Melt	610*	37 g*	15 g*	38 g*	9 g*	35 g*	1,340 mg*
Dave's Sencilla	560*	34 g*	14 g*	37 g*	9 g*	31 g*	1,170 mg*
Dave's Doble	810*	52 g*	22 g*	37 g*	9 g*	50 g*	1,410 mg*
Big Bacon Clásica	610*	37 g*	15 g*	38 g*	9 g*	35 g*	1,340 mg*
Baconator	890*	58 g*	24 g*	36 g*	8 g*	59 g*	1,580 mg*
Pollo Spicy	560*	26 g*	4.5 g*	55 g*	7 g*	28 g*	1,500 mg*
Pollo a la Plancha	420*	16 g*	5 g*	41 g*	2 g*	28 g*	1,100 mg*
Pollo Club	550*	25 g*	4 g*	55 g*	7 g*	28 g*	1,630 mg*
Chicken Nuggets	170-430*	11 g-27 g*	2.5 g-6 g*	9 g-22 g*	0 g*	9 g-23 g*	360 mg-900 mg*
Papas Fritas	260-470*	12 g*					420 mg*
Papas Baconator	450*	58 g*	24 g*	36 g*	8 g*	59 g*	1,580 mg*
Chili	280*	12 g*	4.5 g*	24 g*	6 g*	19 g*	1,050 mg*
Ensalada César	270*	11 g*	5 g*	12 g*	2 g*	31 g*	790 mg*
Twisted Frosty	310*	9 g*	6 g*	49 g*	41 g*	10 g*	180 mg*
Conos	310*	9 g*	6 g*	49 g*	41 g*	10 g*	180 mg*

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

HAMBURGUESAS DE WENDY'S MÉXICO POR CARNE Y TOCINO (FICHAS OFICIALES)

Hamburguesa	Carne	Tocino	Lo distintivo
Dave's Sencilla	¼ lb	Sin tocino	vegetales completos
Dave's Triple	¾ lb	Sin tocino	vegetales completos
Big Bacon Clásica	¼ lb	3 tiras	ingredientes premium
Bacon Jalapeño Melt	¼ lb	3 tiras	cheddar con jalapeños
Son of Baconator	2 carnes	abundante	ketchup y mayonesa
Baconator	½ lb	6 tiras Applewood	ketchup y mayonesa

Hamburguesa	Carne	Tocino	Lo distintivo
Double Stack (promoción)	2 carnes jr.	Sin tocino	mostaza y pepinillos

POLLO(4)

Item	Typical price	Calories
Pollo Spicy		560 cal*
Pollo a la Plancha		420 cal*
Pollo Club		550 cal*
Chicken Nuggets		170-430 cal*

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

FROSTY(2)

Item	Typical price	Calories
Twisted Frosty		310 cal*
Conos		310 cal*

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

HAMBURGUESAS(5)

Item	Typical price	Calories
Bacon Jalapeño Melt		610 cal*
Dave's Sencilla		560 cal*
Dave's Doble		810 cal*
Big Bacon Clásica		610 cal*
Baconator		890 cal*

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

ACOMPAÑANTES(3)

Item	Typical price	Calories
Papas Fritas		260-470 cal*
Papas Baconator		450 cal*
Chili		280 cal*

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

ENSALADAS(1)

Item	Typical price	Calories
Ensalada César		270 cal*

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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-mexico/