WENDY-MENUS: INDEPENDENT WENDY'S MENU GUIDE

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

Updated November 6, 2026 · PDF created: November 6, 2026

WENDY'S NEW ZEALAND MENU: PRICES WITH OFFICIAL KJ, KCAL AND SODIUM

Item	Price (NZD)	Calories (kcal)	Energy (kJ)	Sodium (mg)
Baconator Burger	$13.90	1,061	4,339	1,147
Big Bacon Classic Burger	$12.90	706	2,855	984
Spicy Chicken Burger	$11.20	507	2,020	1,444
Chicken Nuggets (5 pc)	$6.40	154	644	510
Fries (Small)	$4.80	219	918	126
Taco Salad (base, before chips and sour cream)	$12.90	424	1,776	1,128
Chili (Small, 12 oz)	$5.40	374	1,566	1,050*

Calories, kJ and sodium: Wendy's New Zealand nutritional information sheet (dated 4 May 2022), published with its allergen list. The sheet's chili sodium looks out of line with every other Wendy's chili figure, so the chili row shows the closest official US value (small Chili, 1,050 mg) instead. Prices: pricelisto.com list dated 22 Aug 2026.
* Estimated values based on similar Wendy's items; not confirmed for this country.

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

Item	Calories	Total fat	Sat. fat	Carbs	Sugar	Protein	Sodium
Big Bacon Classic Burger	706	37 g*	15 g*	38 g*	9 g*	35 g*	1,340 mg*
Baconator Burger	1,061	58 g*	24 g*	36 g*	8 g*	59 g*	1,580 mg*
Spicy Chicken Burger	507	26 g*	4.5 g*	55 g*	7 g*	28 g*	1,500 mg*
Fries	192-487	12 g*					420 mg*
Chocolate Shake	401	9 g*	6 g*	49 g*	41 g*	10 g*	180 mg*
Taco Salad	424	11 g*	5 g*	12 g*	2 g*	31 g*	790 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.

NZ BEEF(1)

Item	Typical price	Calories
Big Bacon Classic Burger	$12.90	706 kcal / 2,855 kJ

BLACK LABEL CLASSICS(1)

Item	Typical price	Calories
Baconator Burger	$13.90	1,061 kcal / 4,339 kJ

CHICKEN & FISH(1)

Item	Typical price	Calories
Spicy Chicken Burger	$11.20	507 kcal / 2,020 kJ

EVERYDAY SNACKS(1)

Item	Typical price	Calories
Fries	Value $4.30 / Small $4.80 / Medium $5.00 / Large $5.30	192 to 487 kcal / 806 to 2,040 kJ

DRINKS & DESSERTS(1)

Item	Typical price	Calories
Chocolate Shake	Small $5.90 / Large $6.90	401 kcal / 1,677 kJ (small)

SALADS & SIDES(1)

Item	Typical price	Calories
Taco Salad	$12.90	424 kcal / 1,776 kJ (base)

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-new-zealand/