WENDY-MENUS: INDEPENDENT WENDY'S MENU GUIDE

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

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WENDY'S PUERTO RICO MENU: PUBLISHED CALORIES, WITH ESTIMATES STARRED

Producto	Precio	Calorías	Based on
Classic Sencillo 1/4 lb	$4.89	590	Published Puerto Rico menu board
Classic Doble 1/2 lb	$6.89	860	Published Puerto Rico menu board
Baconator Doble 1/2 lb	$7.99	960	Published Puerto Rico menu board
Homestyle Chicken Sandwich	$5.99	540	Published Puerto Rico menu board
Spicy Chicken Sandwich	$5.99	500	Published Puerto Rico menu board
Crunchy Nuggets 10 piezas	$6.39	540–630	Published Puerto Rico menu board
4 Pack (sándwich o nuggets con papas, refresco y Frosty)	$5.48	530–750 + el sándwich	Published Puerto Rico menu board
Frosty pequeño (chocolate o vainilla)	$2.49	310	Published Puerto Rico menu board
Chili	$3.69	250	Published Puerto Rico menu board
Breakfast Baconator Sandwich	$6.79	620	Published Puerto Rico menu board
Burrito de huevo	$4.49	700*	US Breakfast Burrito, Bacon
French Toast Sticks (4)	$3.49	460*	US Homestyle French Toast Sticks, 4 PC
French Toast Sticks (6)	$4.49	630*	US Homestyle French Toast Sticks, 6 PC
Hashbrowns	$2.99	280*	US Small Seasoned Potatoes

* 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 PUERTO RICO NUTRITION FACTS (CALORIES, FAT, CARBS, SUGAR, PROTEIN, SODIUM)

Item	Calories	Total fat	Sat. fat	Carbs	Sugar	Protein	Sodium
Baconator	960-1,330	58 g*	24 g*	36 g*	8 g*	59 g*	1,580 mg*
Classic Sencillo, Doble y Triple	590-1,160	34 g-74 g*	14 g-32 g*	37 g-38 g*	9 g*	31 g-72 g*	1,170 mg-1,830 mg*
Homestyle y Spicy Chicken	500-540	25 g-26 g*	4 g-4.5 g*	55 g*	7 g*	28 g*	1,500 mg-1,630 mg*
Crunchy Nuggets	270-630	27 g*	6 g*	22 g*	0 g*	23 g*	900 mg*
Papas	430-530	12 g*					420 mg*
Chili y papas asadas	250-570	12 g*	4.5 g*	24 g*	6 g*	19 g*	1,050 mg*
Frosty	310-990	9 g*	6 g*	49 g*	41 g*	10 g*	180 mg*
4 Pack y Super Value Menu	530-750						
Desayunos	400-1,014						
Bebidas y café	190	0 g*	0 g*	0 g*	0 g*	0 g*	10 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 PUERTO RICO (MENÚ OFICIAL)

Hamburguesa	Sencillo 1/4 lb	Doble 1/2 lb	Triple 3/4 lb
Classic	$4.89 · 590 cal	$6.89 · 860 cal	$8.89 · 1160 cal
Bacon Deluxe	$5.49 · 650 cal	$7.19 · 910 cal	No se vende
Baconator	No se vende	$7.99 · 960 cal	$9.99 · 1330 cal
Jr. Cheeseburger / Deluxe / Jr. Bacon	$2.39 / $2.99 / $3.49	No se vende	No se vende

POLLO EN WENDY'S PUERTO RICO (MENÚ OFICIAL)

Producto	Precio	Calorías
Homestyle Chicken Sandwich	$5.99	540
Spicy Chicken Sandwich	$5.99	500
Asiago Ranch Chicken Club	$6.39	630 homestyle / 620 spicy
Deluxe Wrap	$7.49	610 grilled / 740 homestyle o spicy
Chicken Tenders 4 piezas	$7.69	560
Crispy Chicken (Super Value Menu)	$2.99	340

NUGGETS Y SALSAS EN WENDY'S PUERTO RICO (MENÚ OFICIAL)

Opción	Precio	Calorías
Crunchy Nuggets 5 piezas	$3.49	270–310
Crunchy Nuggets 10 piezas	$6.39	540–630
Salsas: Signature / Creamy Ranch / Sweet Chili / Honey BBQ / Honey Mustard	incluida	130 / 130 / 80 / 70 / 110

CHILI Y PAPAS ASADAS EN WENDY'S PUERTO RICO (MENÚ OFICIAL)

Producto	Precio	Calorías
Chili	$3.69	250
Chili Chips & Cheese	$3.69	420
Papa asada con mantequilla	$3.99	270
Papa asada queso y brócoli / queso y bacon	$5.19	410 / 440
Papa asada queso y chili / jamón y ranch	$5.19	500 / 570

FROSTY EN WENDY'S PUERTO RICO (MENÚ OFICIAL)

Frosty	Pequeño	Mediano	Grande
Chocolate o vainilla	$2.49 · 310 cal	$3.69 · 390 cal	$3.99 · 510 cal
Nutella	$4.19 · 470 cal	$5.19 · 550 cal	$6.99 · 990 cal
Jr. Frosty	$1.59 · 230 cal	No se vende	No se vende

BEBIDAS EN WENDY'S PUERTO RICO (MENÚ OFICIAL)

Bebida	Tamaño	Precio
Refresco	16 / 20 / 30 oz	$1.79 / $1.99 / $2.99
Dave's Limonada Natural	20 oz	$2.69
Jugo de china	16 / 20 oz	$2.39 / $3.19
Café de grano puertorriqueño	8 oz (12 oz +$0.50)	$2.19
Agua	botella	$1.99

COMBOS(1)

Item	Typical price	Calories
4 Pack y Super Value Menu	$1.59–$5.48	530-750 cal

POLLO(2)

Item	Typical price	Calories
Homestyle y Spicy Chicken	$5.99	500-540 cal
Crunchy Nuggets	$3.49–$6.39	270-630 cal

FROSTY(1)

Item	Typical price	Calories
Frosty	$2.49–$6.99	310-990 cal

BEBIDAS(1)

Item	Typical price	Calories
Bebidas y café	$1.79–$3.19	190 cal

HAMBURGUESAS(2)

Item	Typical price	Calories
Baconator	$7.99–$9.99	960-1,330 cal
Classic Sencillo, Doble y Triple	$4.89–$8.89	590-1,160 cal

ACOMPAÑANTES(2)

Item	Typical price	Calories
Papas	$1.89–$3.19	430-530 cal
Chili y papas asadas	$3.69–$5.19	250-570 cal

DESAYUNOS(1)

Item	Typical price	Calories
Desayunos	$1.99–$10.68	400-1,014 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-puerto-rico/