WENDY-MENUS: INDEPENDENT WENDY'S MENU GUIDE

Wendy's Salads Menu With Prices November 2026

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WENDY'S SALADS MENU WITH PRICES AND CALORIES (TYPICAL US, ENTREE BEFORE DRESSING)

Salad	Typical US price	Calories
Parmesan Caesar Salad	$9.99	290
Cobb Salad	$9.99	420
Apple Pecan Salad	$9.99	450
Taco Salad	$9.99	480

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

Item	Calories	Total fat	Sat. fat	Carbs	Sugar	Protein	Sodium
Parmesan Caesar Salad	270	11 g	5 g	12 g	2 g	31 g	790 mg
Cobb Salad	410	23 g	8 g	16 g	4 g	37 g	860 mg
Apple Pecan Salad	420	22 g	9 g	27 g	18 g	30 g	980 mg
Taco Salad	470	25 g	10 g	36 g	12 g	27 g	1,180 mg

MORE(4)

Item	Typical price	Calories
Parmesan Caesar Salad	$9.99	270 cal
Cobb Salad	$9.99	410 cal
Apple Pecan Salad	$9.99	420 cal
Taco Salad	$9.99	470 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-salads-menu/