



Excluding Richmond, VA, Charlotte, NC, Sacramento, CA, Kansas City, KS, Kansas City, MO Restaurants

U.S. Nutritional Information

Core Menu Items September 2008

	Calories	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Svg Size (g)
WHOPPER® Sandwiches											
WHOPPER® Sandwich	680	40	11	1.5	75	1020	51	3	11	29	290
w/o Mayo	520	23	9	1	65	880	51	3	11	28	269
WHOPPER® Sandwich with Cheese	770	48	16	1.5	100	1450	52	3	11	33	315
w/o Mayo	610	30	14	1.5	85	1310	52	3	11	33	294
DOUBLE WHOPPER® Sandwich	920	58	19	2.5	140	1100	51	3	11	48	373
w/o Mayo	760	41	16	2	130	960	51	3	11	48	352
DOUBLE WHOPPER® Sandwich with Cheese	1010	66	24	2.5	160	1530	52	3	11	53	398
w/o Mayo	850	48	21	2.5	150	1390	52	3	11	53	376
TRIPLE WHOPPER® Sandwich	1160	76	27	3	205	1170	51	3	11	68	456
w/o Mayo	1000	59	24	3	190	1030	51	3	11	68	434
TRIPLE WHOPPER® Sandwich With Cheese	1250	84	32	3.5	225	1600	52	3	11	73	480
w/o Mayo	1090	66	29	3	215	1460	52	3	11	73	459
WHOPPER JR.® Sandwich	370	21	6	0.5	40	570	31	2	6	16	158
WHOPPER JR.® Sandwich w/o Mayo	290	12	4.5	0.5	35	500	31	2	6	16	147
WHOPPER JR.® Sandwich with Cheese	420	25	8	1	50	780	32	2	6	18	170
w/o Mayo	340	16	7	0.5	45	710	31	2	6	18	149
Bacon (1 Strip)	15	1	0	0	5	50	0	0	0	1	2.5
Flame-Broiled Burgers											
Hamburger	290	12	4.5	0.5	35	560	30	1	6	15	121
Cheeseburger	340	16	7	0.5	45	780	31	1	6	18	133
Double Hamburger	420	22	9	1	65	600	30	1	6	26	164
Double Cheeseburger	510	29	14	1.5	90	1030	31	1	6	30	189
BK™ Double Stacker	620	39	16	1.5	105	1100	32	1	5	34	190
BK™ Triple Stacker	820	55	23	2	160	1450	33	1	5	49	250
BK™ Quad Stacker	1010	70	30	3	210	1800	34	1	6	64	311
Steakhouse Burger	950	59	21	2	140	1950	55	4	12	40	329
Loaded Steakhouse Burger	970	55	22	2	155	2190	63	5	12	46	339

Chicken, Fish, Veggie& Kids		Calories	Total fat (g)	Saturated Fat(g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Svg Size(g)
TENDERGRILL® Chicken Sandwich (with Mayo)		490	21	4	0	55	1250	51	3	7	26	251
	w/o Mayo	380	9	2	0	45	1130	51	3	7	25	237
TENDERCRISP® Chicken Sandwich (with Mayo)		780	43	8	4	75	1590	67	3	8	33	284
	w/o Mayo	570	20	4.5	3.5	60	1400	67	3	8	33	256
Original Chicken Sandwich		650	38	7	2.5	70	1190	48	2	4	27	219
	w/o Mayo	430	15	3.5	2.5	55	1010	48	2	4	26	190
Spicy CHICK'N CRISP™ Sandwich		480	30	6	2	45	850	30	2	4	22	144
	w/o Mayo	320	13	3	1.5	35	710	30	2	4	21	122
CHICKEN TENDERS® Kid's Meal (4 pc)		190	11	3	1.5	25	440	9	0	0	12	62
CHICKEN TENDERS® (5 pc)		230	14	3.5	2	35	540	11	1	0	15	77
CHICKEN TENDERS® Big Kid's Meal (6 pc)		280	17	4	2.5	40	650	13	1	1	18	92
CHICKEN TENDERS® (8 pc)		370	23	6	3.5	55	870	18	1	1	24	123
KRAFT® Macaroni and Cheese		180	7	2	0	15	460	22	0	7	7	113
Barbecue Dipping Sauce (1 oz)		40	0	0	0	0	310	11	0	10	0	28
Honey Mustard Dipping Sauce (1 oz)		90	6	1	0	10	180	8	0	7	0	28
Sweet and Sour Dipping Sauce (1 oz)		45	0	0	0	0	55	11	0	10	0	28
Ranch Dipping Sauce (1 oz)		140	15	2.5	0	5	95	1	0	1	1	28
BK™ CHICKEN FRIES (6 pc)		270	16	3.5	3	30	760	17	1	1	14	85
BK™ CHICKEN FRIES (9 pc)		400	24	6	4.5	45	1130	25	1	1	20	128
BK™ CHICKEN FRIES (12 pc)		530	32	7	6	55	1510	33	1	1	27	170
Buffalo Dipping Sauce (1 oz)		80	8	1.5	0	5	360	2	0	1	0	28
BK BIG FISH® Sandwich		640	32	6	2.5	65	1450	67	3	9	24	249
	w/o Tartar Sauce	470	13	3	2	50	1230	65	3	7	23	220
BK VEGGIE® Burger		420	16	2.5	0	5	1100	46	7	8	23	215
	w/ Cheese	470	20	5	0	20	1320	47	7	9	25	228
	w/o Mayo	340	8	1	0	0	1030	46	7	8	23	205
Side Orders		Calories	Total fat (g)	Saturated Fat(g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Svg Size (g)
BK™ Fresh Apple Fries		25	0	0	0	0	0	6	1	5	0	57
Caramel Sauce		35	0	0	0	0	25	9	0	5	0	14
Onion Rings - Small		140	7	1.5	1	0	210	18	2	2	2	43
Onion Rings - Medium		310	15	3.5	2.5	0	440	37	3	4	4	91
Onion Rings - Large		440	22	4.5	4	0	620	53	5	6	6	130
Onion Rings - King		500	25	5	4.5	0	720	62	5	7	7	150
Zesty Onion Ring Dipping Sauce (1 oz)		150	15	2.5	0	15	210	3	<1	2	0	28
CHEESY TOTS™ Potatoes - (6 pc)		210	12	4.5	2	20	650	20	2	1	7	77
CHEESY TOTS™ Potatoes - (9 pc)		320	18	7	3	30	970	30	2	2	10	115
CHEESY TOTS™ Potatoes - (12 pc)		430	24	9	4	40	1300	40	3	2	14	153
French Fries - Small (Salted)		230	13	3	3	0	380	26	2	1	2	74
French Fries - Medium (Salted)		360	20	4.5	4.5	0	590	41	4	1	4	116
French Fries - Large (Salted)		500	28	6	6	0	820	57	5	1	5	160
French Fries - King (Salted)		600	33	8	7	0	990	69	6	2	6	194
French Fries - Small (Salt not added)•		230	13	3	3	0	240	26	2	1	2	74
French Fries - Medium (Salt not added)•		360	20	4.5	4.5	0	380	41	4	1	4	116
French Fries - Large (Salt not added)•		500	28	6	6	0	530	57	5	1	5	160
French Fries - King (Salt not added)•		600	33	8	7	0	640	69	6	2	6	194

	Calories	Total fat (g)	Saturated Fat(g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Svg Size (g)
Salads (w/out dressing or garlic parmesan croutons)											
Side Garden Salad	15	0	0	0	0	0	3	1	1	1	98
TENDERGRILL™ Chicken Garden Salad	210	10	3.5	0	55	750	11	3	3	22	286
TENDERCRISP® Chicken Garden Salad	400	21	6	3.5	70	1030	27	4	5	30	306
Garden Salad (no chicken)	90	5	2.5	0	15	125	7	3	3	5	184
Salad Dressings & Toppings & Condiments											
KEN'S® Light Italian Dressing (2 oz)	120	11	1.5	0	0	440	5	0	4	0	57
KEN'S® Ranch Dressing (2 oz)	190	20	3	0	20	560	2	0	1	1	57
KEN'S® Creamy Caesar Dressing (2 oz)	210	21	4	0	25	610	4	0	3	3	57
KEN'S® Honey Mustard Dressing (2 oz)	270	23	3	0	20	510	15	0	14	1	57
KEN'S® Fat Free Ranch Dressing (2 oz)	60	0	0	0	0	740	15	2	5	0	57
Garlic Parmesan Croutons	60	2	0	0	0	120	9	0	1	1	14
Ketchup (Packet)	10	0	0	0	0	125	3	0	2	0	10
Mayonnaise (Packet)	80	9	0.5	0	10	75	1	0	0	0	12
Desserts											
Dutch Apple Pie	320	12	5	0	0	290	47	1	23	2	107
HERSHEY®'S Sundae Pie	310	19	12	0	10	220	32	1	22	3	79
Breakfast											
CROISSAN'WICH® Egg & Cheese	300	17	6	2	145	740	26	<1	5	12	115
CROISSAN'WICH® Sausage & Cheese	370	25	9	2	50	810	23	<1	4	14	106
CROISSAN'WICH® Sausage, Egg & Cheese	470	32	11	2.5	180	1060	26	<1	5	19	159
CROISSAN'WICH® Ham, Egg & Cheese	340	18	6	2	160	1230	26	1	6	18	149
CROISSAN'WICH® Bacon, Egg & Cheese	340	20	7	2	155	890	26	<1	5	15	122
DOUBLE CROISSAN'WICH™ w/ Sausage, Egg, & Cheese	680	51	18	3	220	1590	26	1	6	29	215
DOUBLE CROISSAN'WICH™ w/ Bacon, Egg, & Cheese	430	27	10	2	175	1250	27	<1	6	21	142
DOUBLE CROISSAN'WICH™ w/ Ham, Egg, & Cheese	420	23	9	2	185	2210	27	1	7	27	196
DOUBLE CROISSAN'WICH™ w/ Sausage, Bacon, Egg, & Cheese	550	39	14	2.5	200	1420	27	1	6	25	179
DOUBLE CROISSAN'WICH™ w/ Ham, Bacon, Egg, & Cheese	420	24	9	2	180	1600	27	1	7	24	169
DOUBLE CROISSAN'WICH™ w/ Ham, Sausage, Egg, & Cheese	550	37	14	2.5	205	2040	27	1	6	28	206
Cheesy Bacon BK WRAPPER™	390	24	8	1.5	150	1080	29	1	2	14	137
Ham Omelet Sandwich	290	13	4.5	0	85	870	33	1	8	13	118
Sausage Biscuit	390	26	8	5	35	1020	28	1	2	12	118
Ham, Egg, & Cheese Biscuit	390	22	7	5	145	1410	31	1	4	16	156
Sausage, Egg, & Cheese Biscuit	530	37	12	6	175	1490	31	1	4	20	183
Bacon, Egg & Cheese Biscuit	410	25	8	5	150	1320	31	1	4	16	146
Hash Browns - Small	260	17	4.5	5	0	500	25	2	0	2	84
Hash Browns - Medium	430	28	8	9	0	830	42	4	0	4	140
Hash Browns - Large	620	40	11	13	0	1200	60	6	1	5	202
CHEESY TOTS™ Potatoes - See Side Orders											
Cini-minis (4 minis)	390	18	5	4	20	560	51	2	19	7	108
Vanilla Icing (for Cini-minis)	110	3	0.5	0.5	0	40	21	0	20	0	28
French Toast Sticks (3 piece)	240	13	2.5	2	0	260	26	1	6	4	65
French Toast Sticks (5 piece)	390	22	4.5	3	0	440	43	2	9	7	109
Strawberry or Grape Jam	30	0	0	0	0	0	7	0	6	15	12
Breakfast Syrup	80	0	0	0	0	20	21	0	14	0	28

Shakes, Milk, & Iced Coffee	Calories	Total fat	Saturated	Trans Fat	Chol	Sodium	Total Carb	Dietary	Total	Protein	Svg Size
Mocha BK JOE® Iced Coffee											452
	380	10	6	0	40	290	66	1	63	6	
HERSHEY®'S 1% Low Fat Milk (8 fl oz)	110	2.5	1.5	0	10	130	13	0	12	8	244
HERSHEY®'S 1% Low Fat Chocolate Milk (8 fl oz)	180	2.5	1.5	0	15	140	31	1	29	9	250
Vanilla Milk Shake - Value (12 fl oz)	310	11	7	0	45	180	44	0	43	6	228
Vanilla Milk Shake - Small (16 fl oz)	400	15	9	0	60	240	57	0	55	8	296
Vanilla Milk Shake - Medium (22 fl oz)	560	21	13	0.5	85	330	79	0	77	11	412
Vanilla Milk Shake - Large (32 fl oz)	820	30	19	1	125	490	117	<1	114	16	608
Chocolate Milk Shake - Value (12 fl oz)	370	11	7	0	40	260	61	1	59	6	245
Chocolate Milk Shake - Small (16 fl oz)	470	14	9	0	55	320	75	1	72	8	315
Chocolate Milk Shake - Medium (22 fl oz)	690	20	12	0	75	480	114	2	110	11	447
Chocolate Milk Shake - Large (32 fl oz)	950	29	19	0.5	115	640	151	2	146	16	640
Strawberry Milk Shake - Value (12 fl oz)	360	10	7	0	40	180	60	0	58	6	244
Strawberry Milk Shake - Small (16 fl oz)	460	14	9	0	55	240	73	0	71	7	314
Strawberry Milk Shake - Medium (22 fl oz)	660	19	12	0	75	330	111	0	109	10	444
Strawberry Milk Shake - Large (32 fl oz)	930	28	18	0.5	115	490	148	<1	145	15	637
OREO® BK™ Sundae Shake - Vanilla - Small (16 fl oz)	610	24	16	0.5	60	400	87	1	78	9	351
OREO® BK™ Sundae Shake - Vanilla - Medium (22 fl oz)	830	33	20	1	85	570	119	2	105	13	479
OREO® BK™ Sundae Shake - Chocolate - Small (16 fl oz)	680	24	15	0.5	55	480	105	2	95	9	369
OREO® BK™ Sundae Shake - Chocolate - Medium (22 fl oz)	960	32	20	0.5	75	720	154	3	138	13	515
OREO® BK™ Sundae Shake - Strawberry - Small (16 fl oz)	660	23	15	0.5	55	380	103	1	94	9	367
OREO® BK™ Sundae Shake - Strawberry - Medium (22 fl oz)	940	31	19	0.5	75	550	151	2	136	12	512
Footnote for BK VEGGIE® Burger**: **Burger King Corporation makes no claim that the BK VEGGIE® Burger or any other of its products meets the											
Footnote for "Salt not added-French Fries": *To reduce sodium, you can order french fries without added salt											
<u>Beverages</u>											
COCA COLA® CLASSIC‡						SPRITE® ‡					

*Beverage Cup Serving Sizes:			Kids					Kids				
fl oz	Cup Serving Size*:		Small	Medium	Large	King	Small	Medium	Large	King		
Kid's	12	Calories	110	140	210	290	390	110	140	210	290	390
Small	16	Carbohydrate (g)	30	39	56	79	104	29	39	56	79	104
Medium	22	Sugar (g)	30	39	56	79	104	29	39	56	79	104
Large	32	Sodium (mg)	0	0	5	5	10	25	30	45	65	85
King	42											
		Cup Serving Size*:	DR. PEPPER®‡					DIET COKE® ‡				
		Calories	110	140	200	280	380	0	0	0	0	5
		Carbohydrate (g)	29	39	56	78	104	0	0	0	0	0
		Sugar (g)	29	39	56	78	104	0	0	0	0	0
		Sodium (mg)	25	35	50	70	95	10	15	20	25	35
			BK JOE™ Regular Coffee‡			BK JOE™ Turbo Coffee‡			BK JOE™ Decaf Coffee‡			
		Calories	5	10	10	10	10	15	5	5	5	
		Carbohydrate (g)	1	1	2	1	2	2	0	1	1	
		Sugar (g)	0	0	0	0	0	0	0	0	0	
		Sodium (mg)	15	20	25	20	30	40	5	10	10	
		Protein (g)	1	1	1	1	1	2	0	1	1	
		Cup Serving Size:	MINUTE MAID® Apple Juice		MINUTE MAID® Orange Juice		NESTLE® PURE LIFE® Water		ICEE® COCA COLA CLASSIC®		ICEE® MINUTE MAID® Cherry‡	
			6.67 oz		8 oz		16 fl oz		Small	Medium	Small	Medium
		Calories	100		140		0		16 fl oz	22 fl oz	16 fl oz	22 fl oz
		Carbohydrate (g)	23		33		0		110	140	110	140
		Sugar (g)	21		30		0		31	40	31	40
		Sodium (mg)	15		20		0		31	40	31	40
		Protein (g)	0		2		0		10	10	5	10
		Vitamin C (mg)	60		42		0		0	0	0	0
These Beverages do not contain fat, saturated fat, trans fat, cholesterol, or fiber.												
Footnote for Beverages "‡": These values represent Sodium derived from ingredients other than water. The actual amount of Sodium in the beverages												
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