



U.S. Nutritional Information

Core Menu Items January 2008

		fat (g)	fat * (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber(g)	Sugars (g)	(g)	Size (g)	
<u>WHOPPER® Sandwiches</u>												
WHOPPER® Sandwich		670	39	11	1.5	95	1020	51	3	11	28	290
	w/o Mayo	510	22	9	1	80	880	51	3	11	28	269
WHOPPER® Sandwich with Cheese		760	47	16	1.5	115	1450	52	3	11	33	315
	w/o Mayo	600	30	14	1.5	100	1310	52	3	11	32	294
DOUBLE WHOPPER® Sandwich		900	57	19	2	175	1090	51	3	11	47	373
	w/o Mayo	740	39	17	2	160	950	51	3	11	47	352
DOUBLE WHOPPER® Sandwich with Cheese		990	64	24	2.5	195	1520	52	3	11	52	398
	w/o Mayo	830	47	22	2	180	1380	52	3	11	52	376
TRIPLE WHOPPER® Sandwich		1130	74	27	3	255	1160	51	3	11	67	456
	w/o Mayo	980	57	24	2.5	240	1020	51	3	11	66	434
TRIPLE WHOPPER® Sandwich With Cheese		1230	82	32	3.5	275	1590	52	3	11	71	480
	w/o Mayo	1070	65	29	3	260	1450	52	3	11	71	459
WHOPPER JR.® Sandwich		370	21	6	0.5	50	570	31	2	6	15	158
	w/o Mayo	290	12	4.5	0	40	490	31	2	6	15	147
WHOPPER JR.® Sandwich with Cheese		410	24	8	1	60	780	32	2	6	18	170
	w/o Mayo	330	16	7	0.5	55	710	31	2	6	17	149
Bacon (1 Strip)		15	1	0	0	5	50	0	0	0	1	2.5
	Calories		Total	Saturated	Trans	Chol	Sodium	Total	Dietary	Total	Protein	Servin
<u>Flame-Broiled Burgers</u>												
		fat (g)	fat * (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fiber(g)	Sugars (g)	(g)	Size (g)	
Hamburger		290	12	4.5	0	40	560	30	1	6	15	121
Cheeseburger		330	16	7	0.5	55	780	31	1	6	17	133
Double Hamburger		410	21	9	1	85	600	30	1	6	25	164
Double Cheeseburger		500	29	14	1.5	105	1030	31	1	6	30	189
BK™ Double Stacker		610	39	16	1.5	125	1100	32	1	5	34	190
BK™ Triple Stacker		800	54	23	2	185	1450	33	1	5	48	250
BK™ Quad Stacker		1000	68	30	3	240	1800	34	1	6	62	311
The Angus Steak Burger		640	33	10	1.5	185	1260	55	3	10	33	273

Chicken, Fish, & Veggie		Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars	Protein (g)	Servin Size (g)
TENDERGRILL® Chicken Sandwich (with Mayo)		510	19	3.5	0.5	75	1180	49	4	7	37	258
	w/o Mayo	400	7	1.5	0	70	1090	49	4	7	36	244
TENDERCRISP® Chicken Sandwich		790	44	8	4	70	1640	68	5	9	33	284
Original Chicken Sandwich		660	40	8	2.5	70	1440	52	4	5	24	219
	w/o Mayo	450	17	4	2	50	1250	52	4	5	23	190
Spicy CHICK'N CRISP™ Sandwich		480	31	5	2	45	870	36	1	4	15	144
	w/o Mayo	320	13	2.5	1.5	30	730	36	1	4	15	122
CHICKEN TENDERS® Kid's Meal	4 pc	170	10	2.5	1.5	25	480	11	0	0	9	62
CHICKEN TENDERS®	5 pc	210	12	3	2	35	600	13	0	0	12	77
CHICKEN TENDERS® Big Kid's Meal	6 pc	250	15	3.5	2.5	40	720	16	0	0	14	92
CHICKEN TENDERS®	8 pc	340	20	5	3	55	960	21	<1	1	19	123
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	260	15	3.5	3	35	650	18	2	1	12	85
	9 pc	390	23	5	4.5	50	980	26	3	1	18	128
	12 pc	520	31	7	6	65	1300	35	4	2	25	170
Buffalo Dipping Sauce (1 oz)		80	8	1.5	0	5	350	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	1240	65	3	7	23	220
BK VEGGIE® Burger		420	16	2.5	0	10	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 Sugars	Protein (g)	Servin Size (g)
MOTT'S® Strawberry Flavored Apple Sauce		90	0	0	0	0	0	23	<1	21	0	113
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

Salads											
	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars	Protein (g)	Servin Size (g)
(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	240	9	3.5	0	80	720	8	4	3	33	292
TENDERCRISP™ Chicken Garden Salad	410	22	6	3.5	70	1080	26	5	5	29	306
Garden Salad (no chicken)	90	5	2.5	0	15	125	7	3	3	5	184
Salad Dressings & Toppings & Condiments											
	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars	Protein (g)	Servin Size (g)
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	520	15	0	14	1	57
KEN'S® Fat Free Ranch Dressing (2 oz) (Restaurant Option)	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											
	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars	Protein (g)	Servin Size (g)
Dutch Apple Pie	300	13	3	3	0	270	45	1	23	2	108
HERSHEY®'S Sundae Pie	310	19	12	0	10	220	32	1	22	3	79
Breakfast											
	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars	Protein (g)	Servin Size (g)
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
Enormous Omelet Sandwich	730	45	16	1	330	1940	44	2	8	37	266
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	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
French Toast Kid's Meal (with syrup)	680	24	6	3	10	590	100	3	55	15	494
Grape Jam	30	0	0	0	0	0	7	0	6	0	12
Strawberry Jam	30	0	0	0	0	0	7	0	6	0	12
Breakfast Syrup	80	0	0	0	0	20	21	0	14	0	28
Shakes, Milk, & Iced Coffee	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Servin Size (g)
Mocha BK JOE® Iced Coffee	380	10	6	0	40	290	66	1	63	6	452
HERSHEY®'S 1% Low Fat Milk	110	2.5	1.5	0	10	130	13	0	12	8	244
HERSHEY®'S 1% Low Fat Chocolate Milk	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	300	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® Sundae Shake - Vanilla - Small (16 fl oz)	610	24	16	0.5	60	400	87	1	78	9	351
OREO® Sundae Shake - Vanilla - Medium (22 fl oz)	830	33	20	1	85	570	119	2	105	13	479
OREO® Sundae Shake - Chocolate - Small (16 fl oz)	680	24	15	0.5	55	480	105	2	95	9	369
OREO® Sundae Shake - Chocolate - Medium (22 fl oz)	960	32	20	0.5	75	720	154	3	138	13	515
OREO® Sundae Shake - Strawberry - Small (16 fl oz)	660	23	15	0.5	55	380	103	1	94	9	367
OREO® Sundae Shake - Strawberry - Medium (22 fl oz)	940	31	19	0.5	75	550	151	2	136	12	512
Footnote for "Saturated Fat* (g)":	*Does not include Trans Fat.										
Footnote for BK VEGGIE® Burger**:	**Burger King Corporation makes no claim that the BK VEGGIE® Burger or any other of its products meets the requirements of a vegan or vegetarian diet. The patty is cooked in the										
Footnote for "Salt not added-French Fries"	*To reduce sodium, you can order french fries without added salt										

Beverages

Beverage Cup Serving Sizes: fl oz Cup Serving Size:			COCA COLA® CLASSIC‡					SPRITE® ‡				
			Kids	Small	Medium	Large	King	Kids	Small	Medium	Large	King
Kid's	12	Calories	110	140	200	290	390	110	140	200	290	390
Small	16	Carbohydrate (g)	30	39	53	79	104	29	39	53	79	104
Medium	22	Sugar (g)	30	39	53	79	104	29	39	53	79	104
Large	32	Sodium (mg)	0	0	0	5	10	25	30	45	65	85
King	42											
Cup Serving Size*:			DR. PEPPER®‡					DIET COKE® ‡				
			Kids	Small	Medium	Large	King	Kids	Small	Medium	Large	King
		Calories	110	140	190	280	380	0	0	0	0	5
		Carbohydrate (g)	29	39	52	78	104	0	0	0	0	0
		Sugar (g)	29	39	52	78	104	0	0	0	0	0
		Sodium (mg)	25	35	50	70	95	10	15	20	25	35
Coffee Cup Serving Sizes: fl oz Cup Serving Size:			BK JOE™ Regular Coffee‡			BK JOE™ Turbo Coffee‡			BK JOE™ Decaf Coffee‡			
			Small	Med	Large	Small	Med	Large	Small	Med	Large	
Small	12	Calories	5	10	10	10	10	15	5	5	5	
Medium	16	Carbohydrate (g)	1	1	2	1	2	2	0	0	0	
Large	21	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	1	1	1	
Cup Serving Size:			MINUTE MAID® Apple Juice	MINUTE MAID® Orange Juice	NESTLE® PURE LIFE® Purified Water	ICEE® COCA COLA		ICEE® MINUTE MAID® Cherry‡				
			6.67 oz	8 oz	16 fl oz	Small	Medium	Small	Medium			
		Calories	90	140	0	110	140	110	140			
		Carbohydrate (g)	23	33	0	31	40	31	40			
		Sugar (g)	21	30	0	31	40	31	40			
		Sodium (mg)	15	20	0	10	10	5	10			
		Protein (g)	0	2	0	0	0	0	0			
		Vitamin C (mg)	60	42	0	0	0	0	0			
These Beverages do not contain fat, saturated fat, trans fat, cholesterol, or fiber.						Refer to Beverage Cups for fl oz						

Footnote for Beverages "‡": These values represent Sodium derived from ingredients other than water. The actual amount of Sodium in the beverages will vary depending on the quantity contained in the water supply where the finished beverages are produced.

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This information provided by Burger King Corporation regarding our food is as complete as possible at the time of this publication: **January 2008**. Test or Regional products have not been included. The source of this information is reported to us by our suppliers or is lab tested "as served" by an accredited laboratory. We use ESHA Reseach Genesis R&D Software to calculate this nutritional data. Variations may occur depending on the season, the supplier and product preparation at your local restaurant. Product formulations may change periodically, we continue to update this list to reflect changes that occur in our products. Please check www.bk.com on a regular basis for the most up-to-date nutritional information.

Note: NYC & Philadelphia Residents: The restaurants in these areas prepare your food in a cooking oil that has 0 gm trans fat per serving. However, some food products still contain partially hydrogenated oil in the formulation, and therefore, may have some trans fat. These nutritionals will not appropriately reflect the level of trans fat in products served in these areas, in many cases, the level of trans fat will be less than reflected on this website. These nutritionals apply to the rest of the U.S. where the cooking oil used is partially hydrogenated soybean oil, which does contain trans fat.

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