



U.S. Nutritional Information

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

Core Menu Items April 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
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		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)		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 (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	3	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	2.5	1.5	30	730	36	1	4	15	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
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	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 Sugar (g)	Protein (g)	Svg 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 (w/out dressing or garlic parmesan croutons)	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)
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	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	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)
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 Sugar (g)	Protein (g)	Svg Size (g)
Dutch Apple Pie	320	14	5	0	0	290	47	1	24	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 Sugar (g)	Protein (g)	Svg 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 (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
French Toast Kid's Meal (5pc, apple sauce, 1% milk, syrup)	680	24	6	3	10	590	100	3	55	0	494
Strawberry or Grape 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 Sugar (g)	Protein (g)	Svg Size (g)
Mocha BK JOE® Iced Coffee	380	10	6	0	40	290	66	1	63	6	452
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	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 microwave.										
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® ‡					
	Kid's	12	Calories	Kids	Small	Medium	Large	King	Kids	Small	Medium	Large	King
				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											
Cofee Cup Serving Sizes: fl oz Cup Serving Size:			DR. PEPPER®‡					DIET COKE® ‡					
			Calories	Kids	Small	Medium	Large	King	Kids	Small	Medium	Large	King
				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
Cofee Cup Serving Sizes: fl oz Cup Serving Size:			BK JOE™ Regular Coffee‡			BK JOE™ Turbo Coffee‡			BK JOE™ Decaf Coffee‡				
	Small	12	Calories	Small	Med	Large	Small	Med	Large	Small	Med	Large	
				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 6.67 oz	MINUTE MAID® Orange Juice 8 oz			NESTLE® PURE LIFE® 16 fl oz			ICEE® COCA COLA 16 fl oz 22 fl oz		ICEE® MINUTE MAID® Cherry‡ 16 fl oz 22 fl oz	
			Calories	100	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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Note: NYC & Philadelphia, Westchester County, NY & Montgomery County, MD Residents:
In these areas, fried products are cooked in an oil that has 0g of trans fat per serving, some products may contain a small amount of trans fat if ingredients are made with partially hydrogenated oils. 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.