



# Nutritional Information

	Amount (g)	Energy (Kcal.)	Energy (KJ)	Protein (g)	Carbohydrate (g)	Sugar (g)	Added Sugar (g)	Fat (g)	Monosaturated Fat (g)	Polyunsaturated Fat (g)	Saturated Fat (g)	Natural Trans Fat (g)	Hydrogenation Trans Fat (g)	Total Trans Fat (g)	Fiber (g)	Sodium (mg)	Salt (mg)	Added Salt (mg)	
<b>Beef</b>																			
Whopper®	290.9	609.3	2565	23.5	51.7	12.1	9.6	35.6	10.8	9.6	8.2	0.2	0	0.3	3.2	1088	2721	1226	
Whopper® Cheese	311.7	689.9	2889	28	52.7	13	9.6	41.8	12.7	9.8	12.2	0.2	0	0.3	3.2	1410	3524	661	
Double Whopper®	358.5	843.6	3545	40.7	51.6	12.1	9.6	55.2	17.3	9.8	14.2	0.2	0	0.2	3.2	945	2362	661	
Triple Whopper®	458.7	1079.5	4532	58.1	51.9	12.2	9.6	74.9	23.9	10.1	20.1	0.2	0	0.2	3.2	1216	3041	661	
Big King®	213.1	496.1	1286	23.6	39.4	10.1	1.1	26.6	13.2	4.4	8.9	0.4	0	0.4	2.7	909	2273	630	
Big King XXL®	336.7	945.6	3945	49.4	51.5	11.7	8	62.1	22.3	4	21.8	0.3	0	0.3	2.6	1848	4620	1048	
Double Cheese Bacon	207	463.6	1932	27.6	34	9.1	2.6	23.9	10.5	1	12.2	0.2	0	0.2	1.9	1051	2627	812	
Double Cheese Bacon XXL®	354.1	921.1	3842	54.1	50.9	12.5	10.2	57.4	18.7	2.1	22.4	0.1	0	0.1	2.6	1957	4892	1325	
Double Cheese Burger	166.6	419.1	1745	24.5	30.1	7	1.7	22	9.5	0.9	11.4	0.2	0	0.2	1.6	833	2082	786	
Double Cheese XXL®	341.7	869.1	3626	49.3	50.5	12	9.7	54	17.3	1.6	21.2	0.1	0	0.1	2.6	1758	4395	828	
Steakhouse	294.7	810.8	3389	36.3	60.3	13.8	8.3	48.3	17.2	7.6	15.6	0.2	0.2	0.3	3.2	1398	3495	1521	
Double Steakhouse	379.7	1048.2	4384	53.6	60.9	14.3	8.9	67.8	23.6	7.7	21.5	0.1	0.1	0.3	3.2	1480	3699	1519	
Whopper Jr.®	156.6	324.9	1367	12.2	33.6	8.6	2.7	15.8	6	5.1	4.6	0.2	0	0.2	2	536	1341	812	
Whopper Jr.® Cheese	168.1	364.6	1527	14.4	34	9	2.7	18.9	6.9	5.2	6.6	0.2	0	0.2	2	715	1786	812	
Hamburger	111.6	249.2	1050	11.9	30.8	6.5	1.7	8.7	4	0.5	4.1	0.1	0	0.1	1.6	454	1136	816	
Cheese Burger	123.1	288.9	1210	14.1	31.2	6.9	1.7	11.8	4.9	0.6	6.1	0.1	0	0.1	1.6	633	1581	816	
BBQ Beef Wrap	230.9	583.2	2434	31.8	43.4	11.2	8.9	32.1	11.3	2	11.7	0.1	0	0.1	18.2	1556	3891	1571	
Rodeo Cheese Burger	144.5	380.1	1591	15.4	43.3	9.5	3.3	15.8	7.2	1.4	7	0.1	0	0.1	2.3	587	1467	827	
Swiss Mushroom King 3.0	497.9	1366.4	5717	83.5	43.3	13.1	0.1	98.3	30.5	7.8	35.1	0.3	0	0.3	5.9	2681	6702	1270	
Swiss Mushroom King 2.0	384.5	1034.4	4328	60	42.5	12.2	0.1	71	21.6	7.3	24.2	0.2	0	0.3	5.9	2159	5397	986	
<b>Chicken</b>																			
Chicken Supreme	217	590.1	2483	21.4	51.2	5.9	5.5	33.1	13.5	15.8	3.7	0.3	0	0.4	3.4	1274	3184	405	
Chicken Supreme Cheese	240	669.7	2803	25.9	52	6.7	5.5	39.3	15.4	16	7.7	0.4	0	0.4	3.4	1630	4076	405	
Chicken Supreme French	284	783.6	3279	31.4	52.4	7	5.6	49.3	18.1	22	8.7	0.5	0	0.6	3.5	1944	4861	405	
Chicken Tendercrisp®	290	706.7	2966	31.4	64.7	8	4.8	35.6	14	14.4	6	0.4	0.2	0.5	3.8	1408	3521	615	
Crispy Chicken®	158	431.4	1814	15.1	42.1	5.2	0.6	22.4	9.3	7.4	5.7	0.2	0	0.2	2.4	738	1844	666	
Crispy Chicken® Cheese	169.5	471.2	1974	17.3	42.6	5.6	0.6	25.5	10.2	7.5	7.7	0.2	0	0.2	2.4	916	2290	666	
Crispy Chicken Wrap	214.5	527.5	2208	19	47.1	3.2	0.6	28.7	11.6	9.2	7.7	0.3	0	0.3	19.2	1204	3010	96	
Chicken Swiss Mushroom King	313.6	745.3	3118	41.2	57.8	12.4	0.1	37.6	13	9.1	11.4	0.3	0	0.3	7.2	2264	5659	284	
<b>Fish, Veggie &amp; Salad</b>																			
King Fish	179	483.4	2032	14.2	42.7	5.6	0.3	28	10.9	14.5	2.6	0.3	0	0.3	3.7	790	1975	1034	
King Fish Cheese	190.5	523.2	2191	16.4	43.1	6	0.3	31.1	11.8	14.7	4.6	0.3	0	0.3	3.7	968	2420	1034	
Salad Crunchy Chicken	318	254	1063	16.4	20.2	5.3	1.3	12.3	7.2	3	1.7	0.1	0	0.1	3.5	758	1894	59	
Salad Green	240	53.6	225	2.7	10.1	4.9	0.8	0.7	0.1	0.3	0.1	0	0	0	3	87	217	59	
<b>Plant Based</b>																			
Plant Based Whopper	293.4	582.1	2451	19.9	52.1	12.4	9.6	31.5	4.3	9.3	8.5	0.2	0	0.3	9.9	1139	2847	808	
<b>Sides &amp; Fries</b>																			
Chicken Fries x 6	72	174.2	726	11.7	9.6	0	0	9.7	5.5	1.5	2.7	0.1	0	0.1	9.7	389	972	86	
Chicken Fries x 9	108	261.4	1090	17.5	14.5	0	0	14.6	8.2	2.2	4.1	0.1	0	0.1	14.6	583	1458	130	
Chicken Nuggets x 4	68	164.6	690	8.2	14.3	0.5	0.5	8.2	1.3	5.7	1.4	0.2	0	0.2	320	799	680		
Chicken Nuggets x 6	102	246.8	1035	12.2	21.4	0.7	0.7	12.2	1.9	8.6	2.1	0.3	0	0.3	479	1199	1020		
Chicken Nuggets x 9	153	370.3	1553	18.4	32.1	1.1	1.1	18.4	2.9	12.9	3.2	0.5	0	0.5	719	1798	1530		
Onion Rings x 8	120	345.7	1446	5.6	41.5	5.6		16.6	8.8	2.9	3.8				3.6	188	471		
Onion Rings x 12	180	518.6	2170	8.5	62.3	8.5	24.8		13.1	4.3	5.8				5.4	283	707		
Camembert Bites x3	60	215.4	898	7.9	13.4	0	0	14.5	0	0	6.4	0	0	0	0.6	660	1650	0	
Camembert Bites x6	120	430.8	1796	15.7	26.8	0	0	29	0	0	12.7	0	0	0	1.2	1320	3300	0	
Mozzarella Sticks x3	60	206.4	862	9.4	12.6	0.7	0	12.9	3.7	3.3	5.9				1.1	402	1005		
Mozzarella Sticks x6	120	412.8	1723	18.8	25.2	1.4	0	25.8	7.4	6.6	11.8				2.2	804	2010		
Fries (small)	90	246.6	1032	3	29	0.2		12.4	6.7	1.3	4.4				3.6	432	1080		
Fries (medium)	116	317.8	1331	3.8	37.4	0.2		16	8.6	1.6	5.7				4.6	557	1392		
Fries (large)	159	435.7	1824	5.2	51.3	0.3		21.9	11.8	2.2	7.8				6.4	763	1908		
Fries (king)	193	528.8	2214	6.4	62.2	0.4		26.6	14.3	2.7	9.5				7.7	926	2316		
Swiss Cheese Bites x3	60	205.8	861	8.5	12.7	0.5		13.3	5.4	1.5	5.9				0.8	588	1470		
Swiss Cheese Bites x6	120	411.6	1722	12	25.3	1		26.5	10.8	3	11.8	0	0	0	1.6	1176	2940		
Swiss Cheese Bites x9	180	617.4	2583	20.5	38	1.5	0	39.8	16.2	4.5	17.7	0	0	0	2.4	1764	4410	0	
Sweet Potato Fries (Medium)	159	386.4	1617	3.2	40.6	19.9		21.3			21				9.9	270	676		
Sweet Potato Fries (Large)	218	529.7	2216	4.4	55.7	27.3		29.2			28.8				13.5	371	927		
Sweet Potato Fries (King)	264	641.5	2684	5.3	67.4	33		35.4			34.8				16.4	449	1122		
Curly Fries (Large)	160	433.6	1813	5.4	51.3	1.1	1.1	21.8	10.9	3.7	7.2	0.1	0	0.1	5.4	992	2480	2560	
<b>Sauces &amp; Dressings</b>																			
Salad Dressing Yoghurt	58	85.3	355	0.6	8.1	7.5	6.4	5.3	3.2	1.6	0.4	0.6	0.3	0.9	0.2	348	870	754	
Salad Dressing Fine Herbs	25	6.5	28	0.1	1.3	1.3	1.2	0	0	0	0	0	0	0.1	0.1	295	737	700	
Ketchup Sachet	10	10.2	43	0.1	2.4	2.4	2	0	0	0	0	0	0	0.1	70	175	173		
Mayonaise Sachet	9.5	62.7	258	0.1	0.3	0.3		6.8	1.4	3.9	0.5				0	42	105		
BBQ Dip Pod	25	34.5	144	0.2	8	7		0.1	0	0	0				0.1	120	300		
Sweet Chili Dip Pod	25	46.8	199	0.1	11.5	10.5	10.2	0	0	0	0				0.1	150	375		
<b>Desserts</b>																			
BK Fusion® Oreo®	170	336.2	1420	7.5	45.5	40.4	32.1	14.3	2.2	2.1	7.9	0	0	0	1	131	327	296	
BK Fusion® KitKat®	180	387.9	1639	8.4	51.8	46.9	46.8	16.8	4.2	2.4	9.4	0	0	0	0.8	148	370	363	
Ice Cream Cone	72	137.3	581	3.5	21.5	15.5	11.7	4.3	1.1	1	2.2	0	0	0	0.4	48	120	118	
Burger King Sundae	130	192.4	819	5.7	25.4	25.4	25.4	8.1	2	1.9	4.2				0	104	260	256	
Burger King Sundae with Caramel topping	145	233.1	989	5.8	35.4	32.7	32.4	8.2	2	1.9	4.3	0	0	0	0	122	305	301	
Burger King Sundae with Chocolate topping	155	257.3	1092	6.5	35	34.7	34.5	10.8	2.3	2.1	6.3	0	0	0	0.4	125	313	306	
Burger King Sundae with Strawberry topping	145	220.8	939	5.9	32.3	32													

