



NUTRITIONAL INFORMATION

	Amount (g)	Energy (Kcal.)	Energy (KJ)	Proteins (g)	Carbohydrates (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)
BEEF																		
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
Angry Bacon King	393.1	1135.6	4732	59.4	62.6	12.7	7.3	73.5	26.7	8.2	23.2	0.2	0.2	0.4	3.5	2132	5330	1292
Bacon King	363.7	1104.7	4607	63.8	53.2	11.9	7.3	72.5	25.3	7.6	24.3	0.2	0.2	0.4	2.4	2010	5026	1275
Italian King	262.6	727.4	3044	44.5	41.4	12	0.3	41.1	1.4	0.3	13.7				5	866	2166	472
*Nduja King	279.6	786.4	3291	46.3	43.3	13.4	2.3	46.3	3.9	6.2	16.5	0.1	0	0.2	5.4	1059	2648	546

CHICKEN																		
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 Bacon King	326.2	839.3	3510	46.9	69.9	12.7	7.3	40.7	17.2	9.5	12.4	0.3	0.2	0.4	4	2202	5504	857

FISH, VEGGIE & SALAD																		
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

PLANT-BASED																		
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

SIDES & FRIES																		
Chicken Fries (6Pcs)	72	174.2	726	11.7	9.6	0	0	9.7	5.5	1.5	2.7	0.1		0.1	9.7	389	972	86
Chicken Fries (9Pcs)	108	261.4	1090	17.5	14.5	0	0	14.6	8.2	2.2	4.1	0.1		0.1	14.6	583	1458	130
Chicken Nuggets (4Pcs)	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 (6Pcs)	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 (9Pcs)	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 (8Pcs)	120	345.7	1446	5.6	41.5	5.6		16.6	8.8	2.9	3.8				3.6	188	471	
Onion Rings (12Pcs)	180	518.6	2170	8.5	62.3	8.5	24.8		13.1	4.3	5.8				5.4	283	707	
Camembert Bites (3Pcs)	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 (6Pcs)	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 (3Pcs)	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 (6Pcs)	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	
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

SAUCES & DRESSINGS																		
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	0	70	175	173
Mayonnaise (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 Chilli Dip (pod)	25	46.8	199	0.1	11.5	10.5	10.2	0	0	0	0				0.1	150	375	

DESSERTS																		
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	0.4	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	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	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	145	220.8	939	5.9	32.3	32	31.5	8.2	2	1.9	4.3	0	0	0	0.1	1.4	261	256
Hot Brownie with Ice Cream	120	417.6	1744	6.2	39.6	29.1	7.8	25.8	5.2	1.4	19.2	0	0	0	1.6	42	104	79
Waffle with Ice Cream & Caramel	75	312.5	1307	3.4	42.3	22.9	7	14.1	4.4	2.3	7.4	0	0	0	1.1	258	645	45
Waffle with Ice Cream & Chocolate	75	321.9	1347	3.7	40	22.9	7.2	16.1	4.6	2.3	9.1	0	0	0	1.5	253	633	31
Waffle with Ice Cream & Strawberry	75	300.2	1258	3.5	39.2	22.2	6.2	14.1	4.4	2.3	7.4	0	0	0	1.3	240	601	1
Vanilla Milkshake (small)	276	317.4	1350	11	46.1	45.8	45.8	10.8	2.6	2.6	5.5				0	221	552	544
Vanilla Milkshake (medium)	401	461.2	1961	16	67	66.6	66.6	15.6	3.8	3.8	8				0	321	802	790
Vanilla Milkshake (large)	519	596.9	2538	20.8	86.7	86.2	86.2	20.2	4.9	4.9	10.4				0	415	1038	1022
Chocolate Milkshake (small)	306	380.9	1615	11.4	59.9	54.7	54.2	11.4	2.8	2.7	5.9	0.5				244	610	602
Chocolate Milkshake (medium)	431	524.6	2226	16.4	80.8	75.5	74.9	16.3	4	3.9	8.4				0.5	344	860	848
Chocolate Milkshake (large)	578	721.7	3060	2														