



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	461	1920	26.6	33.5	8.8	2.6	24.3	9.5	0.8	12.4	0.2	0	0.2	1.9	995	2487	948	
Double Cheese Bacon XXL®	354.1	921.1	3841	52.5	50.5	12.0	9.7	58.4	17.3	1.6	23.0	0.1	0	0.1	2.6	1855	4637	1076	
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	806.9	3372	34.7	59.6	13.3	8.3	48.9	15.8	7.3	15.8	0.2	0.2	0.3	3.2	1314	3286	1725	
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	577.6	2409	30.1	41.6	9.5	7.3	33	9.8	1.5	12.3	0.0	0	0.0	18.2	1455	3638	1327	
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	1135.3	4708	57.4	61.7	12.7	7.3	74.2	24.8	7.9	23.5	0.2	0.2	0.4	3.4	2021	5052	1564	
Bacon King	363.7	1094.3	4559	59.78	51.4	10.7	7.3	74.0	21.5	6.9	25.0	0.2	0.2	0.4	2.2	1787	4469	1819	
Italian King	262.6	723.5	302.6	43.0	40.7	11.5	0.3	41.9	0.0	0.0	14.0				5	783	1975	676	
'Nduja King	279.6	782.6	3273	44.8	42.6	13.0	2.3	46.9	2.5	5.9	16.7	0.1	0	0.2	5.3	975	2438	750	
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	829	3462	42.9	69.81	11.5	7.3	42.2	13.4	8.8	13.1	0.3	0.2	0.4	3.8	1979	4946	1401	
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	
Plant-Based Nuggets (x4 Pieces)	72	162	678	5.3	14.3	0.6	0.6	8.6	4.9	3.1	0.6				3.5	323	806	806	
Plant-Based Nuggets (x6 Pieces)	108	243	1017	7.9	21.50	0.9	0.9	12.9	7.3	4.6	0.9				5.2	484	1210	1210	
Plant-Based Nuggets (x9 Pieces)	162	364.5	1525	11.8	32.2	1.3	1.3	19.3	11.0	7.0	1.3				7.8	726	1814	1814	
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	0.1	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		

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NUTRITIONAL INFORMATION - CONT.

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DESSERTS																			
BK Fusion® Oreo®	170	313.4	1310	5.5	48.6	41.1	25.4	10.5	1.3	0.2	6.9	0	0	0	1.6	218	545	160	
BK Fusion® KitKat®	180	366.6	1534	6.0	54.2	46.9	25.4	13.6	1.3	0.2	9.0	0	0	0	1.6	224	559	160	
Ice Cream Cone	72	127.5	533	2.6	22.9	15.8	8.8	2.7	0.7	0.2	1.8	0		0	0.6	85	213	60	
Burger King Sundae	130	171.2	716	3.8	28.3	26.0	19.1	4.6	1.1	0.1	3.3				0.6	203	507	175	
Burger King Sundae with Caramel	145	211.9	886	3.8	38.3	33.3	26.1	4.6	1.1	0.1	3.3	0	0	0	0	122	305	301	
Burger King Sundae with Chocolate	155	234.5	981	4.4	38.2	35.4	27.8	6.9	1.4	0.2	5.3	0	0	0	0.7	185	463	130	
Burger King Sundae with Strawberry	145	199.6	837	3.9	35.2	32.6	25.3	4.6	1.1	0.1	3.3	0	0	0	0.1	1.4	261	256	
Hot Brownie with Ice Cream	120	410.8	1719	5.6	40.5	29.3	5.9	24.7	0.3	0.0	19				1.8	67	166	40	
Waffle with Ice Cream & Caramel	135	391	1638	5.2	55.4	34.9	15.8	16.2	5	2.3	8.9	0	0	0	1.4	343	858	105	
Waffle with Ice Cream & Chocolate	135	400.9	1677	5.5	53.1	34.9	16	18.2	5.1	2.4	10.6	0	0	0	1.5	326	814	61	
Waffle with Ice Cream & Strawberry	135	379.2	1588	5.3	52.2	34.2	15	16.2	5.0	2.3	8.9	0	0	0	1.3	240	601	1	
Vanilla Milkshake (small)	246	276.2	1155	8.6	44.9	49.9	24.8	6.9	1.7	0.2	5.0				0.1	182	456	138	
Vanilla Milkshake (medium)	401	401.2	1679	12.5	65.2	58.0	36.1	10.0	2.4	0.3	7.3				0.1	265	663	201	
Vanilla Milkshake (large)	519	519.3	2173	16.1	84.4	75.1	46.7	13.0	3.2	0.4	9.4				0.1	343	858	260	
Chocolate Milkshake (small)	306	339	1421	8.9	58.7	48.8	33.2	7.5	1.9	0.3	5.3					206	514	196	
Chocolate Milkshake (medium)	431	464.7	1944	12.8	79.1	66.9	44.4	10.7	2.6	0.4	7.6				0.6	288	721	259	
Chocolate Milkshake (large)	578	644.2	2695	16.8	111.6	92.6	63.1	14.2	3.5	0.5	10.1				1.1	389	972	374	
Strawberry Milkshake (small)	306	33.8	1417	8.6	60.6	55.6	38.2	6.9	1.7	0.2	5.0	0	0	0	0.1	183	458	141	
Strawberry Milkshake (medium)	431	463	1940	12.5	80.9	73.7	49.4	10.0	2.4	0.3	7.3	0	0	0	0.1	266	665	204	
Strawberry Milkshake (large)	578	642.0	2686	16.1	115.2	105.9	72.9	13.0	3.2	0.4	9.4	0	0	0	0.1	345	861	265	

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