



# Nutritional INFORMATION

Amount (g)	Energy (Kcal)	Energy (KJ)	Proteins (g)	Carbohydrates (g)	Sugar (g)	Added-Sugar (g)	Fat (g)	Monosaturated Fat (g)	Polysaturated Fat (g)	Saturated Fat (g)	Natural Trans Fat (g)	Hydrogenation Trans Fat (g)	Total Trans Fat (g)	Fibre (g)	Sodium (mg)	Salt (mg)	Added Salt (mg)
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<b>BEEF</b>																		
Beef patties are cooked in the same flame grilling equipment (broiler) as our plant-based patties and may contain traces of allergens present in these products.																		
<b>Whopper®</b>	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
<b>Whopper® Cheese</b>	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
<b>Double Whopper®</b>	358.5	843.6	3545	40.7	51.6	12.1	9.6	55.2	11.3	9.8	14.2	0.2	0	0.2	3.2	945	2362	661
<b>Triple Whopper®</b>	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	121.6	3041	661
<b>Big King®</b>	213.1	496.1	1286	23.6	39.4	10.1	11	26.6	13.2	4.4	8.9	0.4	0	0.4	2.7	909	2273	630
<b>Big King® XXL</b>	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
<b>Double Cheese Bacon</b>	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
<b>Double Cheese Bacon XXL®</b>	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
<b>Double Cheese Burger</b>	166.6	419.1	1745	24.5	30.1	7	17	22	9.5	0.9	11.4	0.2	0	0.2	1.6	833	2082	786
<b>Double Cheese Burger XXL®</b>	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
<b>Steakhouse</b>	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
<b>Double Steakhouse</b>	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
<b>Whopper Jr.®</b>	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
<b>Whopper Jr.® Cheese</b>	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
<b>Hamburger</b>	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
<b>Cheeseburger</b>	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
<b>BBQ Beef Wrap</b>	230.9	571.6	2409	30.1	41.6	9.5	7.3	33	9.8	1.5	12.3	0	0	0	18.2	1455	3638	1327
<b>Ranch Cheeseburger</b>	144.5	380.1	1591	15.4	43.3	9.5	3.3	15.8	7.2	14.7	7	0.1	0	0.1	2.3	587	1467	827
<b>Bacon King</b>	393.7	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
<b>Cheesy Onion King Beef</b>	408	1194	4996	64	66	17		76			27				5.1	2000	5000	

<b>Chicken</b>																		
All fried products may be prepared in the same oil as chicken, cheese and fish products and may contain traces of allergens present in the rest of our fried products.																		
<b>Chicken Supreme</b>	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
<b>Chicken Supreme Cheese</b>	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
<b>Chicken Supreme French</b>	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
<b>Chicken Tendercrisp®</b>	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
<b>Crispy Chicken®</b>	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
<b>Crispy Chicken® Cheese</b>	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
<b>Crispy Chicken Wrap</b>	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
<b>Chicken Bacon King</b>	326.2	829	3472	42.9	69.8	11.5	7.3	42.2	13.4	8.8	13.1	0.3	0.2	0.4	3.8	1979	4946	1401
<b>Cheesy Onion King Chicken</b>	344	995	3995	40	81	17		53			13				6.2	2200	5500	

<b>Fish, Veggie &amp; Salad</b>																		
All fried products may be prepared in the same oil as chicken, cheese and fish products and may contain traces of allergens present in the rest of our fried products.																		
<b>King Fish</b>	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
<b>King Fish Cheese</b>	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
<b>Crunchy Chicken Salad</b>	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
<b>Green Salad</b>	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 patties are cooked in the same flame grilling equipment (broiler) as our beef patties. The Plant-Based nuggets and the plant-based Royale are fried separately to other products. However, they are prepared in the same kitchen environment where our chicken and beef sandwiches are made.																		
<b>Plant-Based Whopper®</b>	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>Plant-Based Nuggets® (x4 Pieces)</b>	72	162	678	5.3	14.3	0.6	0.6	8.6	4.9	3.1	0.6				3.5	323	806	806
<b>Plant-Based Nuggets® (x6 Pieces)</b>	108	243	1017	7.9	21.5	0.9	0.9	12.9	7.3	4.6	0.9				5.2	484	1210	1210
<b>Plant-Based Nuggets® (x9 Pieces)</b>	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
<b>Plant-Based Royale®</b>	215	608	2545	17	55			34			3.4				1200	3100		

<b>Sides &amp; Fries</b>																		
All fried products may be prepared in the same oil as chicken, cheese and fish products and may contain traces of allergens present in the rest of our fried products.																		
<b>Chicken Fries (6Pcs)</b>	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
<b>Chicken Fries (9Pcs)</b>	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
<b>Chicken Nuggets (4Pcs)</b>	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	3.20	799	680	
<b>Chicken Nuggets (6Pcs)</b>	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	4.79	1199	1020	
<b>Chicken Nuggets (9Pcs)</b>	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	7.19	1798	1530	
<b>Onion Rings (8Pcs)</b>	120	345.7	1446	5.6	41.5	5.6		16.6	8.8	2.9	3.8				3.6	188	471	
<b>Onion Rings (12Pcs)</b>	180	518.6	2170	8.5	62.3	8.5	24.8		13.1	4.3	5.8				5.4	283	707	
<b>Fries (Small)</b>	90	246.6	1032	3	29	0.2		12.4	6.7	1.3	4.4				3.6	432	1080	
<b>Fries (Medium)</b>	116	317.8	1331	3.8	37.4	0.2		16	8.6	1.6	5.7				4.6	557	1392	
<b>Fries (Large)</b>	159	435.7	1824	5.2	51.3	0.3		21.9	11.8	2.2	7.8				6.4	763	1908	
<b>Fries (King)</b>	193	528.8	2214	6.4	62.2	0.4		26.6	14.3	2.7	9.5				7.7	926	2316	
<b>Curly Fries (Large)</b>	160	433.6	1813	5.4	51.3	1.1		21.8	10.9	3.7	7.2	0.1	0	0.1	5.4	992	2480	2560
<b>Chili Cheese Bites (6Pcs)</b>	117	337	1410	10	30	1.9		1.9	4.9	5.6	7.5	0		0	1.9	890	2200	
<b>Chili Cheese Bites (9Pcs)</b>	175.5	505	2115	16	45	2.8		2.8	7.4	8.4	7.5	0		0	2.8	1300	3300	
<b>Chili Cheese Bites (12Pcs)</b>	234	674	2820	21	60	3.7		3.8	9.8	11	7.5	0		0	3.7	1800	4500	

<b>Sauces &amp; Dressings</b>																		
<b>Salad Dressing Yoghurt (Sachet)</b>	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
<b>Caesar Salad Dressing (Sachet)</b>	50	231	954	0.6	5	9.4		23			3.7						2100	
<b>Ketchup (pod)</b>	21		43	0.1	2.4	2.4	2	0	0	0	0	0	0	0.1	70	175	173	
<b>Mayonnaise (Pod)</b>	27	62.7	258	0.1	0.3	0.3		6.8	14	3.9	0.5				0	42	105	
<b>BBQ Dip (Pod)</b>	25	34.5	144	0.2	8	7		0.1	0	0	0	0	0	0.1	120	300		
<b>Sweet Chili Dip (Pod)</b>	25	46.8	199	0.1	11.5	10.5	10.2	0	0	0	0			0.1	150	375		
<b>Honey Mustard Dip (Pod)</b>	25	22.5	94	0	8	8		6			1					400		
<b>Curry Mango Dip (Pod)</b>	25	22.5	94	0	8	8		6			1					400		

<b>Desserts</b>																		
<b>BK Fusion® Oreo®</b>	170	313.4	1310	5.5	48.6	4.1	25.4	10.5	1.3	0.2	6.9	0	0	0	1.6	218	545	160
<b>BK Fusion® KitKat®</b>	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
<b>BK Fusion® Smarties®</b>	180	323	1351	5.1	55.9	50.3		8.3			5.9						0.5	
<b>Ice Cream Cone</b>	72	127.5	533	2.6	22.9	15.8	8.8	2.7	0.7	0.2	1.8				0.6	85	213	60
<b>Burger King Sundae</b>	130	171.2	716	3.8	28.3	26.0	19.1	4.6	1.1	0.1	3.3	0	0	0	0.6	203	507	175
<b>Burger King Sundae Caramel</b>	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
<b>Burger King Sundae Chocolate</b>	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
<b>Burger King Sundae Strawberry</b>	145	199.6	837	3.9	35.2	32.6	25.3	4.6	1.1	0.1	3.3				0.1	1.4	261	256
<b>Hot Brownie with Ice Cream</b>	120	410.8	1719	5.6	40.5	29.3	5.9	24.7	0.3	0	1.9				1.8	67	166	40
<b>Vanilla Milkshake (small)</b>	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
<b>Vanilla Milkshake (medium)</b>	401	4																