



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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BEEF

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.

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	11.3	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	121.6	3041	661
Big King®	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
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	4420	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	491.1	1745	24.5	30.1	7	17	22	9.5	0.9	11.4	0.2	0	0.2	1.6	833	2082	786
Double Cheese Burger 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
Cheeseburger	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	18.2	1455	3638	1327
Ranch Cheeseburger	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
Bacon King	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
King's Selection Whisky BBQ Single	342	867	3626	46	55	17		50			18				6.7	2000	5000	
King's Selection Whisky BBQ Double	447	1162	4864	72	55	17		71			28				7.8	2100	5200	
Gouda Lover Beef	346	783	3276	39	66	8.8		40			16				5	1700	4300	

Chicken

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.

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	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
Gouda Lover Chicken	366	809	3386	39	66	8.7		37			10				5.7	2300	5600	

Fish, Veggie & Salad

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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
Crunchy Chicken Salad	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
Green Salad	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 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.

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	21.5	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
Plant-Based Royale®	215	608	2545	17	55			34			3.4				1200	3100		

Sides & Fries

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Chicken Fries (6Pcs)	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 (9Pcs)	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 (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	3.20	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	4.79	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	7.19	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	
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		21.8	10.9	3.7	7.2	0.1	0	0.1	5.4	992	2480	2560
Chili Cheese Bites (6Pcs)	117	337	1410	10	30	1.9		1.9	4.9	5.6	7.5	0		0	1.9	890	2200	
Chili Cheese Bites (9Pcs)	175.5	505	2115	16	45	2.8		2.8	7.4	8.4	7.5	0		0	2.8	1300	3300	
Chili Cheese Bites (12Pcs)	234	674	2820	21	60	3.7		3.8	9.8	11	7.5	0		0	3.7	1800	4500	
Cheeseburger Bites (6Pcs)	102	276	1167	10	20	2		17			5				3.1	680	2200	
Best Burger Loaded Fries	198	512	2140	5.8	55	4.2		28			8.9				9.3	580	1400	

Sauces & Dressings

Salad Dressing Yoghurt (Sachet)	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
Caesar Salad Dressing (Sachet)	50	231	954	0.6	5	9.4		23			3.7						2100	
Ketchup (pod)	21		43	0.1	2.4	2.4	2	0	0	0	0	0	0	0	0.1	70	175	173
Mayonnaise (Pod)	27	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	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		
Honey Mustard Dip (Pod)	25	22.5	94	0	8	8		6			1					400		
Curry Mango Dip (Pod)	25	22.5	94	0	8	8		6			1					400		

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
BK Fusion® Smarties®	180	323	1351	5.1	55.9	50.3		8.3			5.9						0.5	
Ice Cream Cone	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
Burger King Sundae	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
Burger King Sundae Caramel	145	211.9	886	3.8	38.3	33.3	26.1	4.6	1.1	0.1								