



HAVE IT YOUR WAY®

NUTRITIONAL INFORMATION



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Beverages	Serving Size (g)	Calories	Fat (g)	Fat (%DV)	Saturated Fat * (g)	Trans Fat (g)	Sum of Saturated & Trans (%DV)	Cholesterol (mg)	Sodium (mg)	Sodium (%DV)	Carbohydrate (g)	Carbohydrate (%DV)	Fibre (g)	Fibre (%DV)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Milk -1%	250 ml	100	2.5	4	1.5	0	8	15	130	5	12	4	0	0	12	8	15	4	28	0
Milk - 2%	250 ml	130	5	8	3	0.1	16	20	130	5	12	4	0	0	12	9	10	0	30	0
MINUTE MAID® Apple Juice	175 ml	80	0	0	0	0	0	0	0	0	20	7	0	0	18	0.2	0	100	0	0
MINUTE MAID® Orange Juice	175 ml	80	0	0	0	0	0	0	10	1	20	7	0	0	18	1	0	35	0	0
MINUTE MAID® Orange Juice	295 ml	140	0	0	0	0	0	0	20	1	33	11	0	0	30	2	0	70	0	0
Sanka Decaffeinated Instant Coffee	250 ml	4	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
Coffee‡	250 ml	5	0	0	0	0	0	0	0	0	1	0	0	0	0	0.3	0	0	0	0
Sweetened Tea - Kids	266ml	210	0	0	0	0	0	0	25	1	55	18	0	0	53	0	0	0	0	0
Sweetened Tea - Small	355ml	290	0	0	0	0	0	0	35	1	73	24	0	0	71	0	0	0	0	0
Sweetened Tea - Medium	488ml	390	0	0	0	0	0	0	50	2	101	34	0	0	98	0	0	0	0	0
Sweetened Tea - Large	710ml	570	0	0	0	0	0	0	70	3	147	49	0	0	142	0	0	0	0	0
COCA COLA® CLASSIC‡ - Kids‡	266ml	110	0	0	0	0	0	0	10	1	30	10	0	0	30	0	0	0	0	0
COCA COLA® CLASSIC‡ - Small‡	355ml	150	0	0	0	0	0	0	10	1	40	13	0	0	40	0	0	0	0	0
COCA COLA® CLASSIC‡ - Medium‡	488ml	210	0	0	0	0	0	0	15	1	54	18	0	0	55	0	0	0	0	0
COCA COLA® CLASSIC‡ - Large‡	710ml	310	0	0	0	0	0	0	20	1	78	26	0	0	80	0	0	0	0	0
DIET COKE®‡ - Kids	266ml	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0
DIET COKE®‡ - Small	355ml	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
DIET COKE®‡ - Medium	488ml	0	0	0	0	0	0	0	25	1	0	0	0	0	0	0	0	0	0	0
DIET COKE®‡ - Large	710ml	0	0	0	0	0	0	0	35	2	0	0	0	0	0	0	0	0	0	0
SPRITE®‡ - Kids	266ml	110	0	0	0	0	0	0	30	2	27	9	0	0	28	0	0	0	0	0
SPRITE®‡ - Small	355ml	140	0	0	0	0	0	0	45	2	36	12	0	0	37	0	0	0	0	0
SPRITE®‡ -Medium	488ml	200	0	0	0	0	0	0	60	3	49	16	0	0	51	0	0	0	0	0
SPRITE®‡ - Large	710ml	280	0	0	0	0	0	0	85	4	71	24	0	0	74	0	0	0	0	0
MINUTE MAID® Orange Soda-kids	266ml	130	0	0	0	0	0	0	35	2	35	12	0	0	33	0	0	0	0	0
MINUTE MAID® Orange Soda-small	355ml	180	0	0	0	0	0	0	50	2	46	15	0	0	44	0	0	0	0	0
MINUTE MAID® Orange Soda-medium	488ml	250	0	0	0	0	0	0	70	3	64	21	0	0	60	0	0	0	0	0
MINUTE MAID® Orange Soda-large	710ml	360	0	0	0	0	0	0	100	4	92	31	0	0	88	0	0	0	0	0
BARQ'S® Root Beer - Kids	266ml	120	0	0	0	0	0	0	25	1	35	12	0	0	32	0	0	0	0	0
BARQ'S® Root Beer - Small	355ml	160	0	0	0	0	0	0	35	1	46	15	0	0	43	0	0	0	0	0
BARQ'S® Root Beer - Medium	488ml	220	0	0	0	0	0	0	50	2	64	21	0	0	59	0	0	0	0	0
BARQ'S® Root Beer - Large	710ml	330	0	0	0	0	0	0	70	3	92	31	0	0	85	0	0	0	0	0
FRUITOPIA - Kids	266ml	320	0	0	0	0	0	0	25	1	83	28	0	0	80	0	0	0	0	0
FRUITOPIA - Small	355ml	430	0	0	0	0	0	0	35	1	110	37	0	0	107	0	0	0	0	0
FRUITOPIA - Medium	488ml	520	0	0	0	0	0	0	50	2	151	50	0	0	147	0	0	0	0	0
FRUITOPIA - Large	710ml	860	0	0	0	0	0	0	70	3	220	73	0	0	213	0	0	0	0	0
MINUTE MAID® Lemonade - kids	266ml	n/a	0	0	0	0	0	0	n/a	n/a	n/a	n/a	0	0	n/a	0	0	0	0	0
MINUTE MAID® Lemonade - small	355ml	n/a	0	0	0	0	0	0	n/a	n/a	n/a	n/a	0	0	n/a	0	0	0	0	0
MINUTE MAID® Lemonade - medium	488ml	n/a	0	0	0	0	0	0	n/a	n/a	n/a	n/a	0	0	n/a	0	0	0	0	0
MINUTE MAID® Lemonade - large	710ml	n/a	0	0	0	0	0	0	n/a	n/a	n/a	n/a	0	0	n/a	0	0	0	0	0
NESTEA® Iced Tea - Kids	266ml	210	0	0	0	0	0	0	20	1	55	18	0	0	53	0	0	0	0	0
NESTEA® Iced Tea - Small	355ml	290	0	0	0	0	0	0	25	1	73	25	0	0	71	0	0	0	0	0
NESTEA® Iced Tea - Medium	488ml	390	0	0	0	0	0	0	35	1	101	34	0	0	98	0	0	0	0	0
NESTEA® Iced Tea - Large	710ml	570	0	0	0	0	0	0	45	2	147	49	0	0	142	0	0	0	0	0
CHOCOLATE SHAKE - Kids	355 ml	260	3.5	5	2.5	0.2	14	20	160	7	50	17	1	4	38	6	20	0	20	4
CHOCOLATE SHAKE - Small	474 ml	330	4.5	7	3	0.2	16	25	200	8	65	22	1	4	53	7	10	0	25	0
CHOCOLATE SHAKE - Medium	651 ml	500	6	9	4	0.3	22	35	290	12	100	33	2	8	83	10	15	0	35	2
CHOCOLATE SHAKE - Large	947 ml	660	9	14	6	0.5	33	55	400	17	129	43	2	8	106	14	20	0	50	2
VANILLA SHAKE - Kids	355 ml	230	4	6	3	0.2	16	20	170	7	42	14	1	4	33	6	8	0	20	0
VANILLA SHAKE - Small	474 ml	300	5	8	3	0.3	17	30	220	9	56	19	1	4	43	8	10	0	30	2
VANILLA SHAKE - Medium	651 ml	420	7	12	5	0.4	27	40	310	13	78	26	2	8	60	11	15	0	40	2
VANILLA SHAKE - Large	947 ml	600	10	15	7	0.5	38	60	440	18	111	37	3	12	87	16	20	0	60	2
STRAWBERRY SHAKE - Kids	355 ml	250	3.5	5	2	0.2	11	20	150	6	49	16	1	4	40	5	6	0	20	0
STRAWBERRY SHAKE - Small	474 ml	330	4.5	7	3	0.2	16	25	200	8	65	22	1	4	53	7	10	0	25	0
STRAWBERRY SHAKE - Medium	651 ml	500	6	9	4	0.3	22	35	290	12	100	33	2	8	83	10	15	0	35	2
STRAWBERRY SHAKE - Large	947 ml	660	9	14	6	0.5	33	50	400	17	129	43	2	8	106	14	20	0	50	2

Condiments	Serving Size (g)	Calories	Fat (g)	Fat (%DV)	Saturated Fat * (g)	Trans Fat (g)	Sum of Saturated & Trans (%DV)	Cholesterol (mg)	Sodium (mg)	Sodium (%DV)	Carbohydrate (g)	Carbohydrate (%DV)	Fibre (g)	Fibre (%DV)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Lettuce (Iceberg)	21	3	0	0	0	0	0	0	2	1	0	0	0	0	0	0.2	2	2	0	2
Tomatoes (2 slices)	28	5	0	0	0	0	0	0	3	1	1	1	0	0	1	0.3	2	8	2	2
Ketchup	14	15	0	0	0	0	0	0	110	5	4	1	0	0	3	0.2	6	2	2	2
Fire Roasted Onions	28	25	0.5	1	0.1	0.1	1	0	60	3	5	2	2	8	2	0.5	2	4	2	2
Onions	14	5	0	0	0	0	0	0	1	0	1	1	0	0	1	0.2	0	2	2	2
Pickles (2 pickles)	11	1	0	0	0	0	0	0	130	5	0	0	0	0	0	0	0	2	2	2
Mustard	3	2	0	0	0	0	0	0	30	1	0	0	0	0	0	0.1	2	2	2	2
Mayonnaise	14	100	12	19	2	0	10	5	100	4	0	0	0	0	0	0.2	0	2	2	2
Cheese (single slice)	12	40	3	5	2	0.1	11	10	200	8	1	1	0	0	0	2	2	2	8	2
Tartar Sauce	42	240	25	39	4	0.1	21	10	220	9	3	1	1	4	2	0.3	0	2	2	2
Zesty Sauce	28	160	16	25	2.5	0.1	13	15	260	11	3	1	0	0	2	0.3	2	0	0	0
Barbeque Sauce	21	90	9	14	1.5	n/a	n/a	10	210	9	4	4	0	0	3	0.3	2	4	2	2
Buffalo Style Dipping Sauce	28	80	8	12	1.5	0.1	8	5	350	15	2	1	0	0	1	0.2	2	2	2	2
KING SUPREME® Sauce	14	70	7	11	1	0	5	5	100	4	2	1	0	0	2	0.2	2	2	2	2
Spicy Sauce	28	150	16	25	2.5	0.3	14	10	500	21	1	1	0	0	0	0.2	6	2	2	2
Marinara Sauce	28	25	0.5	1	0.1	0	1	0	290	12	5	2	0	0	2	0.2	2	2	2	2
The Angus Burger Sauce	14	25	0.1	1	0	0	0	0	140	6	6	2	0	0	4	0.2	4	2	2	2
Sweet and Sour Sauce	21	45	0.3	0	0	0	0	0	95	4	11	4	0	0	8	8	10	0	0	0
Honey Mustad Dipping Sauce	18	50	3.5	5	0.5	0	3	5	115	5	5	2	0	0	5	0	0	2	2	2
Honey Mustard Sauce	11	30	1.5	2	0.2	0	1	5	100	4	4	1			3	0.2	0	2	2	2
Gravy Side	113	45	0.5	1	0.2	0.1	2	0	1000	42	9	3	0	0	1	1	2	2	2	2
Breakfast syrup	38	90	0	0	0	0	0	0	5	1	23	8	0	0	17	0	10	0	2	2
Strawberry Jam	16	40	0	0	0	0	0	n/a	5	1	10	3	0	0	6	0	0	6	2	2
Sour Cream Portion	43 ml	70	6	9	4	0.1	21	15	35	1	3	1	0	0	1	1	n/a	n/a	6	0
Margarine Portion	7	50	6	9	1.5	0.1	8	0	50	2	0	0	0	0	0	0	8	0	2	0
Icing for Cini Minis	28	110	3	5	0.5	0.5	5	0	40	17	21	7	0	0	20	0	0	0	2	0

NUTRITIONAL INFORMATION (Continued)

Sandwiches	Serving Size (g)	Calories	Fat (g)	Fat (%DV)	Saturated Fat * (g)	Trans Fat (g)	Sum of Saturated & Trans (%DV)	Cholesterol (mg)	Sodium (mg)	Sodium (%DV)	Carbohydrate (g)	Carbohydrate (%DV)	Fibre (g)	Fibre (%DV)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Original WHOPPER® Sandwich	283	650	36	55	10	0.5	53	75	930	39	53	18	5	20	12	28	4	10	8	40
Original Double WHOPPER® Sandwich	357	850	51	79	17	1.5	93	140	990	41	53	18	5	20	12	45	6	15	10	50
Original WHOPPER® Sandwich with Cheese	307	730	42	65	14	1	75	95	1330	55	55	18	5	20	12	33	10	10	25	40
Original WHOPPER JR® Sandwich	153	360	20	31	5	0.4	28	40	400	17	31	10	2	8	7	15	2	6	4	20
Original WHOPPER JR® Sandwich with Cheese	165	400	23	35	8	0.5	43	50	700	29	32	11	2	8	7	18	6	6	10	20
Hamburger	112	270	11	17	4	0.4	23	35	480	20	30	10	1	4	7	15	2	2	4	20
Cheeseburger	124	310	14	22	6	0.5	33	45	640	27	31	10	1	4	7	17	4	2	10	20
KING SUPREME®	196	490	28	43	11	1	60	85	700	29	32	11	2	8	7	27	6	2	15	30
Double Cheeseburger	175	460	24	37	11	1	60	95	880	37	32	11	2	8	7	29	8	2	20	30
Bacon Double Cheeseburger	184	500	33	51	16	1	85	125	1460	61	35	12	2	8	7	37	10	2	35	30
Double Hamburger	151	380	19	29	8	0.5	43	70	470	20	30	10	2	8	7	24	2	2	4	25
The Angus Burger	248	520	24	37	8	1.5	48	205	1090	45	45	15	4	16	11	34	6	15	8	40
The Angus with Bacon and Cheese (With Steak Sauce)	281	650	32	49	14	1.5	78	238	1670	70	48	16	4	16	11	42	12	15	22	40
BK VEGGIE™	149	260	6	9	2.5	0.1	13	5	390	16	42	11	4	16	8	10	15	8	4	15
CHICKEN TENDERS® (6 pieces)	95	250	15	23	3.5	4	38	45	650	27	13	4	1	4	0	16	0	0	2	8
CHICKEN TENDERS® (4 pieces)	63	170	10	15	2.5	2.5	25	30	430	18	9	3	1	4	0	11	0	0	2	6
BK™ Chicken Fries (6 pieces)	85	260	15	23	3.5	3	33	35	650	27	18	6	2	8	1	12	2	2	2	6
BK™ Chicken Fries (9 pieces)	128	390	23	35	5	4.5	48	50	980	41	26	9	3	12	1	18	2	2	2	8
BK BIG FISH® Sandwich (With Tartar Sauce)	238	680	37	57	6	3.5	48	45	980	41	66	22	6	24	9	20	2	2	8	30
Original Chicken Sandwich	211	670	42	65	8	3	55	75	1620	68	50	17	2	8	5	25	2	2	6	30
TENDERCRISP™ Sandwich	230	530	29	45	5	2	35	40	1110	46	52	17	4	16	7	16	6	25	6	20
TENDERGRILL™ Sandwich	197	320	7	11	1.5	0.3	9	55	890	37	40	13	3	12	7	27	6	10	6	20
SPICY TENDERCRISP™ Chicken Sandwich (With Spicy Sauce)	276	650	33	51	7	6	65	65	1790	75	65	22	3	12	7	32	6	0	2	20

Breakfast Sandwiches	Serving Size (g)	Calories	Fat (g)	Fat (%DV)	Saturated Fat * (g)	Trans Fat (g)	Sum of Saturated & Trans (%DV)	Cholesterol (mg)	Sodium (mg)	Sodium (%DV)	Carbohydrate (g)	Carbohydrate (%DV)	Fibre (g)	Fibre (%DV)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
CROISSANWICH® with Egg & Cheese	115	300	16	25	5	1.5	33	145	730	30	6	2	1	4	5	13	10	0	15	20
CROISSANWICH® with Egg, Cheese & Bacon	121	330	18	28	6	1.5	38	150	850	35	6	2	1	4	5	16	10	0	15	20
CROISSANWICH® with Egg, Cheese & Ham	150	340	17	26	5	1.5	33	160	1180	49	7	2	1	4	6	19	10	0	15	20
CROISSANWICH® with Egg, Cheese & Sausage	172	470	30	46	10	1.5	58	185	1280	53	6	2	1	4	5	24	10	0	15	25
Enormous Omelette Sandwich	265	730	44	68	15	1	80	330	2000	83	46	15	2	8	8	38	25	0	30	50
English Muffin with Egg & Cheese	122	260	11	17	4	0.5	23	140	700	29	28	9	1	4	3	14	10	0	20	30
English Muffin with Egg, Cheese & Bacon	128	290	13	20	5	0.5	28	145	820	34	28	9	1	4	3	16	10	0	20	30
English Muffin with Egg, Cheese & Ham	157	260	11	17	4	0.5	23	140	700	29	28	9	1	4	3	14	10	0	20	30
English Muffin with Egg, Cheese & Sausage	179	430	11	17	9	0.5	48	185	1250	52	28	9	2	8	3	24	10	0	20	35
French Toast (5 sticks)	112	283	12	18	2	2	20	0	500	21	40	13	2	8	8	6	0	0	4	15
Cini Minis (4 Rolls, No Icing)	116	450	19	29	5	5	50	25	5	1	62	21	3	12	17	9	10	0	0	0
HASHBROWNS-Small	75	220	14	22	3	6	45	0	510	21	22	7	2	12	0	1	0	0	2	6
HASHBROWNS-Medium	128	370	24	37	5	10	77	0	870	36	37	12	4	16	0	2	0	2	2	10
Pancakes	128	290	7	11	1.5	0	8	25	680	28	49	16	2	8	13	8	4	0	8	15

Side Orders	Serving Size (g)	Calories	Fat (g)	Fat (%DV)	Saturated Fat * (g)	Trans Fat (g)	Sum of Saturated & Trans (%DV)	Cholesterol (mg)	Sodium (mg)	Sodium (%DV)	Carbohydrate (g)	Carbohydrate (%DV)	Fibre (g)	Fibre (%DV)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
FRENCH FRIES-Kids	74	230	12	18	3	3	30	0	240	10	29	10	2	8	0	3	0	0	2	4
FRENCH FRIES -Small/ value	88	270	14	22	4	3.5	38	0	280	12	35	12	3	12	0	3	0	0	2	4
FRENCH FRIES-Medium	116	360	18	28	5	4.5	48	0	370	15	46	15	4	16	1	4	0	0	2	6
FRENCH FRIES-Large	159	500	25	38	7	6	65	0	510	21	63	21	5	20	1	6	0	0	2	6
Toast (no margarine)	42	100	2	3	0	0	0	0	190	8	18	6	2	8	1	4	0	0	2	6
Poutine	332	750	42	65	19	11	150	75	2720	113	74	25	6	24	3	19	45	0	40	20
Baked Potato (no margarine, no sour cream)	283	310	0.3	1	0.1	0	1	0	20	1	72	24	7	28	0	7	0	0	2	25
ONION RINGS-Kids	51	130	5	8	1	1	10	0	240	10	25	8	1	4	2	2	0	2	2	2
ONION RINGS-Small/ value	57	140	6	9	1	1	10	0	270	11	28	9	1	4	2	2	0	2	2	2
ONION RINGS-Medium	91	230	9	14	2	2	20	0	430	18	45	15	2	8	3	3	0	2	4	4
ONION RINGS- Large	108	270	11	17	2	2	20	0	510	21	53	18	3	12	4	4	0	4	4	4
Mozzarella Sticks (4 Sticks)	106	360	19	29	7	4	55	25	940	39	31	10	2	8	0	16	4	0	40	10

Desserts	Serving Size (g)	Calories	Fat (g)	Fat (%DV)	Saturated Fat * (g)	Trans Fat (g)	Sum of Saturated & Trans (%DV)	Cholesterol (mg)	Sodium (mg)	Sodium (%DV)	Carbohydrate (g)	Carbohydrate (%DV)	Fibre (g)	Fibre (%DV)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Blueberry Turnover	87	310	16	25	3.5	6	48	0	410	17	40	13	1	4	15	3	0	2	2	10
Apple Turnover	85	270	13	20	3	5	40	0	320	13	40	13	1	4	12	2	0	0	2	15
Ice Cream Vanilla (with cone)	150	230	6	9	4	n/a	n/a	25	260	11	40	13	0	n/a	n/a	6	20	2	20	2
Ice Cream Vanilla (no cone)	140	200	6	9	4	n/a	n/a	25	240	10	34	11	0	0	n/a	5	20	2	20	2
Ice Cream Chocolate (with cone)	150	310	14	22	0	n/a	n/a	0	n/a	n/a	42	14	n/a	n/a	n/a	58	n/a	n/a	n/a	n/a
Ice Cream Chocolate (no cone)	140	280	13	20	0	n/a	n/a	0	n/a	n/a	36	12	n/a	n/a	n/a	57	n/a	n/a	n/a	n/a

Salads	Serving Size (g)	Calories	Fat (g)	Fat (%DV)	Saturated Fat * (g)	Trans Fat (g)	Sum of Saturated & Trans (%DV)	Cholesterol (mg)	Sodium (mg)	Sodium (%DV)	Carbohydrate (g)	Carbohydrate (%DV)	Fibre (g)	Fibre (%DV)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
TENDERGRILL™ Chicken BLT Salad (w/o dressing)	344	360	19	29	9	0.3	47	105	1350	56	9	3	3	12	4	37	2	40	20	10
TENDERGRILL™ Chicken Caesar Salad (w/o dressing)	182	230	11	17	5	0.2	26	80	1020	43	4	1	2	8	1	29	10	10	2	6
TENDERGRILL™ Chicken Greek Salad (w/o dressing)	380	230	10	15	5	0.1	26	75	1000	42	11	4	4	16	4	25	15	45	20	15
BK Side Garden Salad (w/o dressing)	129	20	0.2	1	0	0	0	0	15	1	4	1	2	8	3	1	60	20	2	4
Creamy Caesar Dressing	40 ml	140	15	23	2.5	0.1	13	10	390	16	2	1	0	0	1	1	0	0	2	0
Balsamic Vinaigrette	40 ml	150	16	25	2.5	0.1	13	0	390	16	3	1	0	0	2	0.2	0	0	0	2
Honey Mustard Dressing	40 ml	140	11	17	1.5	0	8	10	350	15	12	4	0	0	10	0.3	6	0	0	2
Lite Italian Dressing	40 ml	15	1	2	0.2	0	1	0	640	27	2	1	0	0	2	0.1	0	0	2	0
Rancher's Choice Dressing	40 ml	150	15	23	2	0	10	10	390	16	3	1	0	0	2	0.4	0	0	0	0

The nutrition values are for the complete standard product as served.

The % Daily Values are based on a 2000 calorie diet. Your Daily Value requirements may differ depending on your Calorie needs.

All data displayed follow the Food and Drug Act and Regulation regarding the rounding of nutritional data.

Nutrition and ingredient information applies to the Burger King Restaurants of Canada Inc only.

These values may vary slightly by region due to the availability of the product, its size or depending on the local supplier or season.

Test products are not included in this table.

Periodically the recipe may slightly change to provide our customers with great tasting food and good value.

And during this period of the new recipe, the previous product may continue to be served while other restaurants may offer new recipe.

Beverages ‡ : Sodium may vary depending on the quantity contained in the water supply where the finished beverages are produced.

Saturated Fat* (g): Does not include Trans Fat.

%DV* : Daily Value

CONTENTS

BURGERS/SANDWICHES

ORIGINAL WHOPPER®/ BURGER PATTIES	100% Federally Inspected Ground Beef (Fire-Grilled).
ANGUS BURGER PATTIES	Angus Beef, Seasoning [Encapsulated Salt (Salt, Hydrogenated Soybean Oil), Flavoursings, Beef Stock, Silicon Dioxide]. Contains Soybean Oil.
SESAME SEED BUNS	Enriched Flour (Niacin, Iron, Thiamine Mononitrate, Riboflavin and Folic Acid), Water, Sugar (Sucrose or High Fructose Corn Syrup), Vegetable Shortening (Canola or Soybean), Yeast, Salt, Wheat Gluten, Sesame Seeds, Yeast Food (Calcium Sulphate, Potassium Iodate, and/or Ammonium Sulphate), Dough Conditioners (Polysorbate 60, Calcium Peroxide [Oxidant], Calcium Salts, Sulphates, Phosphates, and Ammonium Salts), Dough Strengtheners (Sodium and/or Calcium-2-Stearoyl Lactylate or Ethoxylated Mono- and Diglycerides), Dough Softeners (Mono- and Diglycerides, and/or Protease Enzyme) Mold Inhibitor (Calcium Propionate), Preservative (Potassium Sorbate), Oxidation Reduction Additives (Ascorbic Acid, Potassium/Calcium Iodate, Alpha-Amylase, Azodicarbonamide), Leavening Agent (Monocalcium Phosphate). Contains Sesame Seeds.
CORN DUSTED BUNS	Enriched Flour, (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Soybean Oil, Yeast, Wheat Gluten, Corn Meal, Soy Protein, Modified Cellulose. Mono Calcium Phosphate, Mono- and Diglycerides, Calcium Propionate, Soy Lecithin. Contains Wheat, Soybean Oil and Soy.
SPECIALTY BUNS	Enriched Flour (Niacin, Iron, Thiamine Mononitrate, Riboflavin and Folic Acid), Water, Sugar (Sucrose or High Fructose Corn Syrup), Sesame Seeds, Vegetable Shortening (Canola or Soybean), Salt, Wheat Gluten, Yeast, Yeast Food (Calcium Sulphate, Potassium Iodate and/or Ammonium Sulphate), Dough Conditioners (Polysorbate 60, Calcium Peroxide (Oxidant), Calcium Salts, Sulphates, Phosphates and Ammonium Salts), Dough Strengtheners (Sodium and/or Calcium-2-Stearoyl Lactylate or Ethoxylated Mono- and Diglycerides), Dough Softeners (Mono- and Diglycerides and/or Protease Enzyme). Mold inhibitor (Calcium Propionate), Preservative (Potassium Sorbate), Oxidation Reduction Additives (Ascorbic Acid, Potassium/Calcium Iodate, Alpha-Amylase, Azodicarbonamide), Leavening Agent (Monocalcium Phosphate). Contains Sesame Seeds.
TENDERCRISP™ BREADED WHOLE MUSCLE CHICKEN BREAST FILET (FRIED)	Chicken Breast Filet with Rib Meat Containing: Up To 17.7% of a Solution of Water, Seasoning (Sugar, Monosodium Glutamate, Salt, Spices, Mustard Flour, Soybean Oil), Modified Corn Starch, Sodium Phosphates. Battered with: Water, Wheat Flour, Salt, Whole Egg Solids, Non-Fat Dry Milk, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Monosodium Glutamate, Dried Whey, Soybean Oil. Breaded with: Bleached Wheat Flour, Sugar, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Spices, Monosodium Glutamate, Non-Fat Dry Milk, Dried Whey, Paprika, Extractives of Turmeric. Breeding set in Hydrogenated Soybean Oil. Contains Soybean Oil, Wheat, Egg, and Milk.
TENDERGRILL™ WHOLE MUSCLE CHICKEN BREAST FILET (GRILLED)	Chicken Breast Filet with Rib Meat, Water, Seasoning (Maltodextrin, Salt, Sugar, Autolyzed Yeast Extract, Garlic Powder, Spices, Natural Flavours, Onion Powder, Modified Corn Starch, Chicken Fat, Chicken Powder, Chicken Broth, Disodium Guanylate and Disodium Inosinate, Citric Acid, Hydrogenated Soybean Oil, Dehydrated Garlic, and Artificial Flavours.), Modified Corn Starch, Soybean Oil, Salt, Sodium Phosphates. Glazed with: Water, Seasoning [Maltodextrin, Salt, Sugar, Methylcellulose, Autolyzed Yeast Extract, Partially Hydrogenated Sunflower Oil, Modified Potato Starch, Fructose, Hydrogenated Soybean Oil, Garlic Powder, Onion Powder, Dehydrated Garlic, Spices, Modified Corn Starch, Xanthan Gum, Natural Flavours, Disodium Guanylate and Disodium Inosinate, Chicken Fat, Carmel Colour, Grill Flavour (From Hydrogenated Soybean and Cottonseed Oil), Chicken Powder, Chicken Broth, Turmeric, Smoke Flavour, Annatto Extract, and Artificial Flavours], Soybean Oil. Contains Soybean Oil and Sulphites.
BREADED ORIGINAL CHICKEN PATTY (FRIED)	Chicken Meat, Water, Salt. In a Batter of Water, Wheat Flour, Modified Corn Starch, Corn Starch, Salt. In a Breeding of Toasted Wheat Crumbs, Wheat Flour, Salt, Spice, Hydrogenated Soybean Oil. Browned in Canola Oil. Contains Wheat and Soybean Oil.
CHICKEN TENDERS® (FRIED)	Chicken Breast Meat, Water, Isolated Soy Protein, Salt, Pepper, Spices; In a Coating of Wheat Flour, Water, Modified Corn Starch, Salt, Spices, Corn Flour, Dextrose, Monocalcium Phosphate, Garlic Powder, Monosodium Glutamate, Buttermilk Powder, Yeast and Sugar. Browned in Canola Oil. Contains Soy, Wheat and Milk.

CONTENTS (Continued)

BURGERS/SANDWICHES (Continued)

BK™ CHICKEN FRIES (FRIED)	Chicken Breast with Rib Meat, Water, Seasoning (Salt, Modified Corn Starch, Flavouring), Modified Corn Starch, Sodium Phosphates. Breaded with: Bleached Wheat Flour, Modified Wheat Starch, Rice Flour, Salt, Spices, Dextrose, Paprika, Monosodium Glutamate, Dehydrated Garlic, Dehydrated Onion, Soybean Oil, Maltodextrin, Natural Flavour, Extractives of Paprika. Battered with: Water, Bleached Wheat Flour, Corn Starch, Modified Wheat Starch, Maltodextrin, Potato Starch, Modified Corn Starch, Methylcellulose, Mono- and Diglycerides, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate). Predusted with: Bleached Wheat Flour, Modified Corn Starch, Dextrose, Monosodium Glutamate, Salt, Maltodextrin, Corn Starch, Sugar, Soybean Oil, Paprika, Spice, Onion Powder, Extractives of Paprika, Garlic Powder, Turmeric, Natural Flavours. Breeding set in Hydrogenated Soybean Oil. Contains Wheat and Soybean Oil.
BK BIG FISH® (FRIED)	Pollock or Cod, Water, Toasted Wheat Crumbs, Modified Corn Starch, Corn Flour, Sodium Phosphate, Salt, Spices. Contains Fish and Wheat.
BK VEGGIE® BURGER PATTY	Water, Soy Protein, Hydrogenated Palm Kernel Oil, Cellulose Gum, Salt, Modified Wheat Gluten, Hydrolyzed Corn, Wheat And Soy Protein, Flavour, Onion, Sugar, Spices, Malt, Garlic Powder, Beet Powder, Sulphites. Contains Soy, Wheat and Sulphites.

SIDE ORDERS

FRENCH FRIES (FRIED)	Potatoes, Hydrogenated Soybean Oil, Modified Potato Starch, Rice Flour, Potato Dextrin, Salt, Baking Powder, Dextrose, Xanthan Gum, Sodium Acid Pyrophosphate. Contains Soybean Oil.
ONION RINGS (FRIED)	Rehydrated Onions, (Water, Dehydrated Onions), Wheat Flour, Hydrogenated Soybean Oil, Water, Yellow Corn Flour, Sugar, Gelatinized Wheat Starch, Salt, Crystalline Fructose, Modified Wheat Starch, Dextrose, Corn Starch, Modified Cellulose, Guar Gum, Sodium Alginate, Calcium Chloride, Flavour, Sodium Phosphate, Sodium Bicarbonate, Dried Yeast, Garlic Powder, Sorbitol. Contains Wheat and Soybean Oil.
BAKED POTATO	Fresh Potatoes.
BREADED MOZZARELLA STICKS	Mozzarella Cheese (Pasteurized Skim Milk, Cheese Culture, Salt, Enzymes, Calcium Chloride), Wheat Flour, Hydrogenated Vegetable Oil (Soybean and/or Cottonseed), Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Bleached Wheat Flour, Contains 2% or Less of Modified Corn Starch, Salt, Dextrose, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Vinegar, Spices, Egg Whites, Nonfat Milk, Wheat Starch, Dried Garlic, Yeast, Pregelatinized Rice Flour, Dried Onion, Sodium Alginate, Hydrolyzed Oat Flour, Sodium Caseinate, Whey, Paprika Oleoresin Colour, Annatto Extract Colour, Hydroxypropyl MethylCellulose, Mono- and Diglycerides, Natural Flavour. Contains Milk, Wheat, Soybean Oil and Egg.
APPLE TURNOVER (FRIED)	Water, Enriched Flour, Apples, (Apples, Salt, Erythorbic Acid, Citric Acid), Hydrogenated Soybean and Cottonseed Oils, Sugar, Modified Corn Starch, Corn Starch, Salt, Whey Powder, Hydroxypropyl Methylcellulose, Guar Gum, Carrageenan, Dextrose, Cinnamon, Glycerine, Nutmeg. Contains Wheat, Soybean Oil and Milk.
BERRY TURNOVER (FRIED)	Enriched Flour, Water, Blueberries, Vegetable Shortening (Partially Hydrogenated Soybean and Cottonseed Oils), Sugar, Raspberries, Modified Corn Starch, Corn Starch, Salt, Whey Powder, Guar Gum, Dextrose, Glycerine. Contains Wheat, Soybean Oil and Milk.

DRINKS

1% PARTLY SKIMMED CHOCOLATE MILK	Partly Skimmed Milk, Sugar, Cocoa, Salt, Carrageenan, Natural And Artificial Flavour, Maltol, Colour, Vitamin A Palmitate, Vitamin D3. Contains Milk.
1% PARTLY SKIMMED MILK	Partly Skimmed Milk, Vitamin A Palmitate And Vitamin D3. Contains Milk.
Dasani Water	Water, Magnesium Sulphate, Potassium Chloride, Salt, Ozone.
2% PARTLY SKIMMED MILK	Partly Skimmed Milk, Vitamin A Palmitate and Vitamin D3. Contains Milk.
MILK SHAKE	Milk Ingredients, Sugar, Modified Milk Ingredients, Glucose/ Fructose, Guar Gum, Propylene Glycolalginate, Carrageenan, Locust Bean Gum, Artificial Flavour, May Contain Polysorbate 80, Microcrystalline Cellulose, Mono- and Diglycerides, Cellulose Gum, Xanthan Gum, Sodium Carbonate, Sodium Phosphate, Potassium Phosphate, Sodium Citrate, Salt, Colour, Calcium Sulphate, Dipotassium Phosphate, Sodium Carbonate Monohydrate, Disodium Phosphate, Artificial Flavour. Contains Milk.
CHOCOLATE SHAKE SYRUP	Sugar/Glucose-Fructose, Water, Cocoa, Modified Corn Starch, Salt, Potassium Sorbate, Xanthan Gum, Citric Acid, Artificial Flavour.

CONTENTS (Continued)

DRINKS

STRAWBERRY SHAKE SYRUP	Corn Syrup, Water, High Fructose Corn Syrup, Citric Acid, Artificial Flavour, Sodium Benzoate, Colour.
COCA-COLA® CLASSIC (AS SYRUP)	High Fructose Corn Syrup and/or Sucrose, Water, Caramel Colour, Phosphoric Acid, Natural Flavours, Caffeine.
DIET COKE® (AS SYRUP)	Water, Caramel Colour, Phosphoric Acid, Sodium Saccharin, Potassium Benzoate, Natural Flavours, Citric Acid, Caffeine, Potassium Citrate, Aspartame, Dimethylpolysiloxane.
FRUITOPIA® STRAWBERRY PASSION AWARENES (AS SYRUP)	Sugar/Glucose-Fructose, Water, Fruit Juices From Concentrate (Apple, Pear, Strawberry and Passionfruit), Citric Acid, Natural Flavour, Ascorbic Acid, Sodium Benzoate, Potassium Citrate, Potassium Sorbate, Colour, Coconut Oil.
MINUTE MAID® APPLE JUICE	100% Pure Apple Juice from Concentrate, Calcium Citrate (Calcium Source), Ascorbic Acid (Vitamin C).
MINUTE MAID® ORANGE JUICE	100% Pure Orange Juice from Concentrate, Pure Filtered Water, Premium Concentrated Orange Juice.
MINUTE MAID® ORANGE SODA (AS SYRUP)	Sugar/Glucose-Fructose, Water, Natural Flavour, Citric Acid, Sodium Benzoate, Salt, Colour
MINUTE MAID® LIGHT LEMONADE (AS SYRUP)	Water, Lemon Juice from Concentrate, Citric Acid, Potassium Citrate, Natural Flavour, Aspartame (Contains Phenylalanine), Potassium Sorbate, Sodium Benzoate, Acesulfame-Potassium, Calcium Disodium EDTA, Colour.
NESTEA® SWEETENED LEMON ICED TEA (AS SYRUP)	Water, Sugar/Glucose-Fructose, Citric Acid, Concentrated Tea from Tea Leaves, Potassium Citrate, Sodium Benzoate, Natural Lemon Flavour.
SPRITE® (AS SYRUP)	High Fructose Corn Syrup and/or Sucrose, Water, Citric Acid, Natural Flavours, Sodium Citrate, Sodium Benzoate, Dimethylpolysiloxane.
BARQ'S® ROOT BEER (AS SYRUP)	High Fructose Corn Syrup and/or Sucrose, Water, Caramel Colour, Sodium Benzoate, Glycerine, Citric Acid, Caffeine, Artificial and Natural Flavours, Acacia.
HOT CHOCOLATE MILK (MIX)	Sugar, Whey Powder, Cocoa, Corn Syrup Solids, Hydrogenated Coconut and/or Soybean Oil, Sodium Caseinate, Dipotassium Phosphate, Mono- and Diglycerides, Silicon Dioxide, Salt, Artificial and Natural Colour, Artificial Flavour, Vanillin. Contains Milk and Hydrogenated Soybean Oil.

CONDIMENTS/COMPONENTS

ICEBURG LETTUCE	Fresh Iceberg Lettuce.
ROMAINE LETTUCE	Fresh Romaine Lettuce.
KETCHUP	Tomato Paste (Made From Fresh Ripe Tomatoes), Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices.
PICKLES	Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Sodium Benzoate, Pickle Flavour (Water, Propylene Glycol, Polysorbate 80, Natural Flavour, Tartrazine Yellow #5 (Tartrazine), Turmeric Oleoresin, Brilliant Blue #1, Soy Lecithin). Contains Soy.
ONION	Fresh Onions.
MAYONNAISE	Canola and/or Soybean Oil, Water, Frozen Yolk, Frozen Whole Egg, Vinegar, Salt, Sugar, Spice, Concentrated Lemon Juice, Calcium Disodium EDTA. Contains Soybean Oil and Egg.
TOMATOES	Fresh Tomatoes.
HONEY MUSTARD SAUCE	Corn Syrup, Water, Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, White Wine, Citric Acid, Turmeric, Spices, Tartaric Acid), Soybean Oil, Sugar, Cider Vinegar, High Fructose Corn Syrup, Honey, Egg Yolks, Contains Less than 2% of Salt, Mustard Bran, Lemon Juice Concentrate, Xanthan Gum, Dehydrated Garlic, Dehydrated Onion, Sodium Benzoate and Potassium Sorbate (as Preservatives), Artificial Colour, Lactic Acid, Calcium Disodium EDTA Added to Protect Flavour, Annatto, Aquearesin and Paprika. Contains Egg and Soybean Oil.
MUSTARD	Vinegar, Water, Mustard Seed, Salt, Turmeric, Spices
PROCESSED CHEDDAR CHEESE	Cheese, (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Rennet and/or Microbial Enzyme, Calcium Chloride, Colour, Lipase, Sorbic Acid), Modified Milk Ingredients, Water, Sodium Citrate and/or Sodium Phosphate, Glucose, Salt, Acetic Acid, Sorbic Acid, Soy Lecithin, Carboxymethylcellulose, Colour. Contains Milk and Soy.
VINEGAR	Acetic Acid.
ONIONS-FIRE GRILLED	Onions, Soybean Oil, Maltodextrin (Corn), Modified Corn Starch, Salt, Hydrogenated Soybean and Cottonseed Oil, Autolyzed Yeast Extract, Lipolized Butter Oil, Onion Powder, Natural Flavours, Disodium Guanylate and Disodium Inosinate, Garlic Powder, Beef Stock, Carmel Flavour, Beef Fat, Grill Flavour, (Hydrogenated Soybean and Cottonseed Oil), and Smoke Flavour. Contains Soybean Oil.

CONTENTS (Continued)

CONDIMENTS/COMPONENTS (Continued)

CHEESE CURDS (POUTINE)	Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme. Contains Milk.
GRAVY	Wheat Flour, Cornstarch, Shortening (Palm, Cottonseed, Soybean Or Canola Oil), Salt, Hydrolyzed Soy Protein, (Salt, Caramel Colour, Hydrogenated Soybean Oil), Seasoning (Sugar, Tomato Powder, Onion Powder, Garlic Powder, Salt, Soybean, Shortening, Spices, Lemon Juice Powder, Glucose Solids, Citric Acid, Artificial Flavour, Cornstarch, Monosodium Glutamate, Yellow #6, Sulphites). Contains Wheat, Soybean Oil, Soy and Sulphites.
SAUCE - TARTAR	Canola and/or Soybean Oil, Relish (Pickles, Glucose-Fructose, Vinegar, Onions, Salt, Phosphoric Acid, Xanthan Gum, Alum, Sodium Benzoate, Potassium Sorbate, Mustard Seed, Red Bell Pepper, Celery Seed, Natural Spice Flavours, Polysorbate 80), Water, Frozen Egg Yolk, Glucose-Fructose, Vinegar, Spices, Onion Powder, Natural Flavour, Phosphoric Acid, Potassium Sorbate, Sodium Benzoate, Xanthan Gum, Calcium Disodium EDTA. Contains Soybean Oil and Egg.
SAUCE - KING SUPREME®	Canola and/or Soybean Oil, Relish (Pickles, Glucose-Fructose, Vinegar, Dehydrated Onion, Salt, Sugar, Dehydrated Red Pepper, Xanthan Gum, Alum, Natural Spice Flavours), Sugar/Glucose-Fructose, Water, Vinegar, Frozen Yolk, Spices, Salt, Onion Powder, Xanthan Gum, Garlic Powder, Natural Whey Flavour, Sodium Benzoate, Polysorbate 60, Colour, Disodium Inosinate and Guanylate, Sodium Citrate, Calcium Disodium EDTA. Contains Soybean Oil, Egg and Milk.
SAUCE - SPICY	Soybean Oil, Water, Distilled Vinegar, Egg Yolks, Salt, Corn Starch-Modified, Cayenne Pepper-Ground, Sugar, Xanthan Gum, Polysorbate 60, Lemon Juice Concentrate, Citric Acid Powder, Sodium Benzoate Powder, Potassium Sorbate Powder, Oleoresin Capsicum, EDTA, Onion Powder, Garlic Powder, Aquearesin Paprika, Sulphites. Contains Soybean Oil, Egg and Sulphites.
BREAKFAST SYRUP	Sugar/Glucose-Fructose, Water, Modified Corn Starch, Propylene Glycol, Artificial Flavour, Xanthan Gum, Potassium Sorbate, Colour, Phosphoric Acid.
SAUCE - ANGUS	Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Tomato Paste, Honey, Water, Peach Juice Concentrate, Orange Juice Concentrate, Salt, Modified Corn Starch, Mustard Bran, Molasses, Spices, Maltodextrin, Onion and Garlic Powder, Natural and Artificial Flavour, Autolyzed Yeast Extract, Dextrose, Citric Acid, Potassium Sorbate, Sugar, Caramel Colour, Potato Starch, Chicken Fat, Ground Beef, Gum Acacia, Beef Fat, Beef Extract, Grill Flavour from Hydrogenated Cottonseed and/or Soybean Oil, Succinic Acid, Disodium Inosinate, Disodium Guanylate, Smoke Flavour. Contains Soybean Oil.
JAM - STRAWBERRY	Corn Syrup, Strawberries, Sugar, Water, Critic Acid, Fruit, Pectin, Sulphites. Contains Sulphites.
SOUR CREAM	Milk Ingredients, Modified Corn Starch, Guar Gum, Carageenan, Locust Bean Gum, Sodium Citrate, Bacterial Culture. Contains Milk.
MARGARINE	Canola and Sunflower Oils, Water, Modified Palm and Palm-kernel Oil, Salt, Whey Powder, Soy Lecithin, Monoglycerides, Potassium Sorbate, Colour, Artificial Flavour, Citric Acid, Vitamin A Palmitate, Vitamin D3, Alpha-Tocopherol, Acetate. Contains Milk and Soy.

DIPPING SAUCES

BARBECUE DIPPING SAUCE	Water, Sugar/Glucose-Fructose, Tomato Paste, Vinegar, Salt, Modified Corn Starch, Spices, Colour, Natural Flavour.
SWEET AND SOUR DIPPING SAUCE	Sugar/Glucose-Fructose, Water, Vinegar, Concentrated Pine-apple Juice, Modified Corn Starch, Canola and/or Soya Oil, Salt, Brown Sugar, Onion Powder, Spices, Seasoning, Colour, Anchovies. Contains Soybean Oil and Fish.
ZESTY ONION RING DIPPING SAUCE	Canola and/or Soybean Oil, Water, Sugar/Glucose-Fructose, Prepared Horseradish, Frozen Yolk, Vinegar, Tomato Paste, Salt, Spices, Colour, Xanthan Gum, Propylene Glycol Alginate, Concentrated Lemon Juice, Natural Flavour, Calcium Disodium EDTA. Contains Soybean Oil and Egg.
MARINARA DIPPING SAUCE	Water, Tomatoes, Corn Syrup, Salt, Modified Corn Starch, Distilled Vinegar, Citric Acid, Granulated Garlic, Red & Green Bell Peppers (Dried, Granulated), Onion Powder, Thyme Flavour, Oregano, Sodium Benzoate, Potassium Sorbate, Crushed Red Pepper Flakes.

CONTENTS (Continued)

DIPPING SAUCES

HONEY MUSTARD DIPPING SAUCE	Sugar/Glucose-Fructose, Water, Canola and/or Soybean Oil, Mustard (Water, Vinegar, Mustard Seed, Salt, Turmeric, Spices), Honey, Vinegar, Frozen Yolk, Hot Sauce (Vinegar, Aged Red Pepper, Salt), Salt, Dijon Mustard (Water, Mustard Seed, Vinegar, Salt, White Wine, Citric Acid, Turmeric, Tartaric Acid, Spices), Colour, Spices, Xanthan Gum, Concentrated Lemon Juice, Propylene Glycol Alginate, Potassium Sorbate, Garlic Powder, Onion Powder, Calcium Disodium EDTA. Contains Soybean Oil and Egg.
CREAMY CAESAR	Water, Soybean Oil, Parmesan Cheese, Romano Cheese, Sugar, Salt, Vinegar, Garlic, Egg Yolk, Modified Corn Starch, Anchovy Paste, Spices and Seasonings (Contains Wheat and Soybean) Lactic Acid, Lemon Juice Concentrate, Xanthan Gum, Hydrolyzed Soy Protein, Polysorbate 60, Sorbic Acid, Phosphoric Acid, Dried Garlic, Calcium Disodium EDTA. Contains Soybean Oil, Milk, Egg, Fish, Wheat, and Soy.
CALORIE CHOICE SALAD DRESSING	Water, Corn Syrup, Soybean Oil, Vinegar, Egg Yolk, Salt, Modified Corn Starch, Sugar, Garlic Juice, Natural Flavours (Contains Milk), Phosphoric Acid, Monosodium Glutamate, Xanthan Gum, Potassium Sorbate, Colour, Polysorbate 60, Lemon Juice Concentrate, Spices, Dried Parsley, Lactic Acid, Calcium Disodium EDTA. Contains Soybean Oil, Egg and Milk.

SALAD DRESSING + TOPPINGS

CREAMY CAESAR	Water, Soybean Oil, Parmesan Cheese, Romano Cheese, Sugar, Salt, Vinegar, Garlic, Egg Yolk, Modified Corn Starch, Anchovy Paste, Spices and Seasonings (Contains Wheat and Soybean) Lactic Acid, Lemon Juice Concentrate, Xanthan Gum, Hydrolyzed Soy Protein, Polysorbate 60, Sorbic Acid, Phosphoric Acid, Dried Garlic, Calcium Disodium EDTA. Contains Soybean Oil, Milk, Egg, Fish, Wheat, and Soy.
CALORIE CHOICE SALAD DRESSING	Water, Corn Syrup, Soybean Oil, Vinegar, Egg Yolk, Salt, Modified Corn Starch, Sugar, Garlic Juice, Natural Flavours (Contains Milk), Phosphoric Acid, Monosodium Glutamate, Xanthan Gum, Potassium Sorbate, Colour, Polysorbate 60, Lemon Juice Concentrate, Spices, Dried Parsley, Lactic Acid, Calcium Disodium EDTA. Contains Soybean Oil, Egg and Milk.
HONEY MUSTARD	Water, Soybean Oil, Sugar, Honey, Vinegar, Dijon Mustard (Vinegar, Water, Mustard Seed, Salt, White Wine, Citric Acid, Spice, Tartaric Acid), Prepared Mustard (Water, Vinegar, Mustard Seed, Salt, Dried Onions, Spice), Modified Corn Starch, Salt, Egg Yolks, Natural Flavour, Colour, Sorbic Acid, Calcium Disodium EDTA. Contains Soybean Oil and Egg.
CALORIE WISE ITALIAN	Water, Vinegar, Sugar, Soybean Oil, Garlic Puree, Salt, Dried Garlic, Xanthan Gum, Dried Red Bell Pepper, Black Pepper, Red Pepper, Oregano, Tarragon, Calcium Disodium EDTA, Colour. Contains Soybean Oil.
RANCHER'S CHOICE	Water, Soybean Oil, Sugar, Vinegar, Salt, Egg Yolks, Garlic Juice, Modified Milk Ingredients, Modified Corn Starch, Natural Flavours, Monosodium Glutamate, Xanthan Gum, Phosphoric Acid, Sorbic Acid, Polysorbate 60, Colour, Lemon Juice Concentrate, Spices, Dried Parsley, Calcium Disodium EDTA. Contains Soybean Oil, Milk and Egg.
BALSAMIC VINAIGRETTE	Soybean Oil, Balsamic Vinegar (Contains Sulphites) Water, Sugar, Salt, Dried Garlic, Colour, Spices And Herbs, Xanthan Gum, Mustard, Potassium Sorbate, Calcium Disodium EDTA, Acetylated Monoglycerides. Contains Soybean Oil and Sulphites.
CROUTONS	Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Hydrogenated Soybean Oil, Corn Syrup Solids, Salt, Whey Powder, Maltodextrin, Yeast, Garlic Powder, Hydrolyzed Corn and Soy and/or Wheat Gluten Protein, Dehydrated Parsley, Romano Cheese Solids (Pasteurized Milk Cultures, Salt, Enzymes), Calcium Propionate, Artificial Colour (Caramel Colour, Paprika, Paprika Extract, Beta Carotene), Natural and Artificial Flavours, L-Cysteine, Autolyzed Yeast Extract, Enzymes. Contains Soybean Oil, Milk and Wheat.
SHREDDED PARMESAN CHEESE	Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Powdered Cellulose, Colour, Natamycin. Contains Milk.
CRUMBLIED FETA	Milk, Bacterial Culture, Salt, Lipase, Microbial Enzyme. Contains Milk.
CARROTS	Fresh Mini Carrots
CUCUMBERS	Fresh English Cucumbers

CONTENTS (Continued)

SALAD DRESSING + TOPPINGS (continued)

PITTED BLACK OLIVES	Ripe Black Olives, Water, Salt, Ferrous Gluconate.
ONIONS	Fresh Red Onions.
TOMATOES	Fresh Tomatoes.
DICED BACON	Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke. May Contain Sugar, Brown Sugar, Potassium Chloride, Spices, Maple Flavour.

BREAKFAST

BACON	Pork, Water, Salt, Sodium Phosphate, Sugar, Sodium Erythorbate, Sodium Nitrite, Spices, Maple Flavour, Smoke.
BACON (FULLY COOKED)	Pork, Water, Salt, Sugar, Natural Smoke Flavour, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite.
HAM (FULLY COOKED)	Ham, Water, Salt, Modified Corn Starch, Modified Potato Starch, Sugar, Soy Protein Concentrate, Carrageenan, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Spices, Liquid Smoke. Contains Soy.
SAUSAGE PATTY	Pork, Salt, Spices, Dextrose, Sugar, Monosodium Glutamate, Hydrolyzed Soy Protein. Contains Soy.
OMELETTE EGG	Whole Egg, Whey, Soybean Oil, Salt, Natural and Artificial Butter Flavour, Xanthan Gum, Citric Acid, Annatto (Colour). Contains Egg, Milk and Soybean Oil.
CROISSANT (CROISSANT'WICH®)	Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Water, Vegetable shortening (Hydrogenated Soybean & Cottonseed Oil, Water, Salt, Nonfat Dry Milk Solids, Vegetable Mono-& Diglycerides, Sodium Benzoate (Preservative), Annatto (Colour)), High Fructose Corn Syrup, Yeast. Contains 2% or less of each of the following: Salt, Natural and Artificial Flavour, Calcium Propionate, Egg Yolks, Whey Protein Concentrate, Sodium Caseinate, Wheat Gluten, Nonfat Milk, Soy Lecithin, Soy Flour, Dough Conditioners (Sodium Stearoyl Lactylate, Datem). Contains Wheat, Soy, Milk , Egg and Sulphites.
ENGLISH MUFFIN	Enriched Flour, Water, Yeast, Glucose-Fructose, Cornmeal, Salt, Vinegar, Wheat Gluten, Vegetable Oil Shortening (Soybean, Cottonseed), Diacetylated Tartaric Acid Esters of Mono- and Diglycerides, Fumaric Acid, Calcium Carbonate, Calcium Phosphate, Ammonium Sulphate, Calcium Sulphate, Calcium Peroxide, Amylase, Calcium Propionate, Potassium Sorbate, Sorbic Acid. Contains Wheat and Soybean Oil.
FRENCH TOAST STICKS (FRIED)	Bread: Flour, Water, Corn Syrup, Yeast, Vegetable Oil Shortening (hydrogenated soybean oil), Wheat Gluten, Salt, Corn Flour, Corn Starch, Malted Barley Flour, Calcium Stearoyl-2-Lactylate, Sodium Stearoyl-2-Lactylate, Yeast Nutrients (Monocalcium Phosphate, Calcium Sulphate, Ammonium Sulphate), Colour (Turmeric Extract, Paprika Extract), Calcium Peroxide, Calcium Propionate. Breading and Batter: Water, Flour, Vegetable Oil Shortening (hydrogenated soybean oil), Sugar, Corn Flour, Soy Flour, Dextrose, Salt, Modified Corn Starch, Yeast, Soy Lecithin, Gum Arabic, Leavening (Monocalcium Phosphate, Sodium Bicarbonate), Glycerine, Natural and Artificial Flavour, Carrageenan. Contains Wheat and Soy.
CINI MINIS	Enriched Flour, Water, Baker's Roll-In Preparation (Hydrogenated Soybean and Cottonseed Oils, Water, Modified Milk Ingredients, Salt, Mono- and Diglycerides, Soy Lecithin, Beta Carotene), Sugar, Glucose-Fructose, Soybean and Cottonseed Oil Shortening, Dextrose, Cinnamon, Modified Milk Ingredients, Dried Whole Eggs, Molasses, Wheat Gluten, Yeast, Salt, Modified Tapioca Starch, Mono- and Diglycerides, Diacetyl Tartaric Acid Esters of Mono- and Diglycerides, Sodium Aluminum Phosphate, Sodium Bicarbonate, Colour, Calcium Phosphate, Soy Lecithin, Natural and Artificial Flavour, Calcium Oxide, Azodicarbonamide, L-Cysteine Hydrochloride, Ascorbic Acid. Contains Wheat, Soybean Oil, Milk, Soy, and Eggs.
CINI MINI ICING	Liquid Sugar, Icing Sugar (Contains Corn Starch), Hydrogenated Vegetable Oil (Contains Soybean Oil and Cottonseed Oil and/or Canola Oil) Glucose, Sorbitol, Salt, Natural and Artificial Flavour, Potassium Sorbate, Xanthan Gum, Polysorbate 60, Citric Acid. Contains Soybean Oil.
HASH BROWN ROUNDS (FRIED)	Potatoes, Hydrogenated Soybean Shortening, Dehydrated Potato Flakes, Salt, Corn Flour, Enriched Wheat Flour, Natural Flavouring, Disodium Dihydrogen Pyrophosphate, Dextrose, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Citric Acid (In Potato Flakes), Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid (In Enriched Bleached Wheat Flour), Black Pepper Extract (In "Natural Flavour"), Propyl Gallate and Dimethyl Polysiloxane (In Soybean Oil), Tricalcium Phosphate as Anticaking Agent in Salt, Benzyl Peroxide, Wheat or Corn Starch and Tricalcium Phosphate in Bleaching Agent for Wheat Flour, Maltodextrin in Black Pepper Extract, Sodium Acid Pyrophosphate, Dextrose. Contains Wheat and Soybean Oil.