



**BURGER KING® USA Nutritionals: Core, Regional and
Limited Time Offerings
November 2010**

	serving size (g)	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Allergens [▲]
Nutrition facts													
WHOPPER® Sandwiches													
WHOPPER® Sandwich	290	670	360	40	11	1	75	980	51	3	11	29	WES
w/o Mayo	268	510	200	23	9	0.5	65	840	51	3	11	28	WS
WHOPPER® Sandwich with Cheese	315	760	430	47	16	1	100	1410	53	3	11	33	MWES
w/o Mayo	294	600	270	30	14	1	85	1270	53	3	11	32	MWS
DOUBLE WHOPPER® Sandwich	373	900	510	57	19	1.5	140	1050	51	3	11	47	WES
w/o Mayo	352	740	350	39	16	1	130	910	51	3	11	47	WS
DOUBLE WHOPPER® Sandwich with Cheese	398	990	580	65	24	1.5	160	1480	53	3	11	52	MWES
w/o Mayo	376	830	420	47	21	1.5	150	1340	53	3	11	52	MWS
TRIPLE WHOPPER® Sandwich	455	1140	670	75	27	2	205	1110	51	3	11	67	WES
w/o Mayo	434	980	510	57	24	1.5	190	970	51	3	11	66	WS
TRIPLE WHOPPER® Sandwich With Cheese	480	1230	740	82	32	2	225	1550	53	3	11	71	MWES
w/o Mayo	459	1070	580	64	29	2	215	1410	53	3	11	71	MWS
Texas WHOPPER® Sandwich	327	800	460	51	18	1.5	110	1700	50	3	8	37	MWES
Texas Double WHOPPER® Sandwich	410	1040	620	69	26	2	175	1770	50	3	8	56	MWES
Texas Triple WHOPPER® Sandwich	506	1270	780	86	33	2.5	240	1840	50	3	8	76	MWS
Mustard WHOPPER® Sandwich	290	530	210	23	9	0.5	65	1080	52	3	11	29	WS
WHOPPER JR.® Sandwich	147	340	170	19	5	0.0	40	510	28	2	6	14	WES
w/o Mayo	136	260	90	10	4	0	35	440	28	2	6	13	WS
WHOPPER JR.® Sandwich with Cheese	159	380	210	23	8	0.5	55	730	29	2	6	16	MWES
w/o Mayo	137	300	130	14	6	0	45	710	660	1	6	16	MWS

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Nutrition facts													
FLAME BROILED BURGERS													
Hamburger	109	260	90	10	4	0	35	490	28	1	6	13	WS
Cheeseburger	121	300	130	14	6	0	45	710	28	1	6	16	MWS
Double Hamburger	146	360	160	18	8	0	70	520	28	1	6	22	WS
Double Cheeseburger	171	450	230	26	12	1	95	960	29	1	6	26	MWS
Buck Double	158	410	200	22	10	0.5	85	740	28	1	6	24	MWS
Rodeo Cheeseburger	128	350	160	17	7	0	45	600	37	2	9	16	MWS
Bacon Cheeseburger	126	330	150	16	7	0	55	810	28	1	6	18	MWS
Double Bacon Cheeseburger	181	510	270	30	14	1	105	1150	29	1	7	31	MWS
BK® Double Stacker	173	560	320	36	15	1	110	1040	29	1	7	30	MWES
BK® Triple Stacker	227	740	450	50	22	1.5	165	1390	30	1	7	43	MWES
BK® Quad Stacker	282	920	570	63	28	2	220	1730	31	1	8	58	MWES
A1® Steakhouse XT™	316	910	540	60	23	1	135	1790	42	4	10	40	MWES
Steakhouse XT™	284	710	410	45	17	0	115	1200	40	2	9	35	MWES
CHICKEN, FISH, VEGGIE and KIDS													
TENDERGRILL® Chicken Sandwich on ciabatta	250	470	170	18	3.5	0	85	1100	40	2	7	37	WES
w/o Mayo	236	360	60	7	1.5	0	75	1010	40	2	7	37	WES
TENDERCRISP® Chicken Sandwich	284	800	410	46	8	0.5	70	1640	68	3	9	32	MWES
w/o Mayo	256	590	200	22	4	0	55	1450	68	3	9	31	MWS
Original Chicken Sandwich	218	630	350	39	7	0.5	65	1390	46	3	4	24	MWES
w/o Mayo	190	420	140	16	3.5	0	45	1210	46	3	4	24	MWS
American Original Chicken Sandwich	271	730	420	47	12	1	85	1830	49	3	5	29	MWES
Original Chicken Club Sandwich	256	690	390	43	9	0.5	75	1590	48	3	5	29	MWES
Italian Original Chicken Sandwich	246	520	200	22	7	0	65	1670	50	3	5	32	MWES
Spicy CHICK'N CRISP® Sandwich	136	460	270	30	5	0	30	810	34	2	4	13	WES
w/o Mayo	114	300	110	12	2.5	0	20	670	35	2	4	12	WS
CHICKEN TENDERS® (4 pc)	62	180	100	11	2	0	30	310	13	0	0	9	MW
CHICKEN TENDERS® (5 pc)	78	230	120	13	2.5	0	35	380	16	0	0	11	MW
CHICKEN TENDERS® (6 pc)	93	270	140	16	3	0	45	460	19	0	0	14	MW
CHICKEN TENDERS® (8 pc)	123	360	190	21	4	0	60	610	25	0	0	18	MW
CHICKEN TENDERS® Sandwich	142	440	250	28	4.5	0	35	610	35	1	4	12	MWES
KRAFT® Macaroni and Cheese	113	160	45	5	1.5	0	10	340	22	1	5	7	MW
Tacos (2)	174	330	200	23	8	0.5	30	750	18	5	4	14	MS
Spicy Chicken BK Wrapper™	135	360	170	19	5	0	30	1010	32	2	0	14	MWES
BK® CHICKEN FRIES (6 pc)	85	250	130	15	2.5	0	30	820	16	1	1	14	W
BK® CHICKEN FRIES (9 pc)	127	380	200	22	4	0	40	1220	24	2	1	21	W
BK® CHICKEN FRIES (12 pc)	170	500	260	29	5	0	55	1630	32	3	1	28	W
Country Pork Sandwich	301	1040	430	48	15	0.5	85	3310	112	3	9	39	W
BK BIG FISH® Sandwich	248	640	280	31	5	0.5	45	1560	67	3	9	23	WESF
w/o Tartar Sauce	219	460	120	13	2.5	0	30	1320	64	3	6	23	WSF
BK VEGGIE® Burger **	209	410	150	16	2.5	0	5	1030	44	7	8	22	MWES
w/ Cheese	221	450	180	20	5	0	20	1250	44	7	8	24	MWES
w/o Mayo	198	320	70	7	1	0	0	960	43	7	8	22	MWS

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Nutrition facts													
SIDE ORDERS													
BK® Fresh Apple Fries	57	25	0	0	0	0	0	0	6	1	5	0	NONE
Caramel Sauce	14	45	5	0.5	0	0	0	35	10	0	5	0	M
Motts® Harvest Plus Applesauce	108	50	0	0	0	0	0	0	13	1	11	0	NONE
Onion Rings - value	43	150	70	8	1.5	0	0	230	17	1	2	2	W
Onion Rings - small	91	310	150	17	3	0	0	490	36	3	4	4	W
Onion Rings - medium	117	400	190	21	3.5	0	0	630	47	4	5	6	W
Onion Rings - large	142	490	230	26	4.5	0	0	770	57	5	7	7	W
French Fries - value (Salted)	74	220	100	11	2.5	0	0	340	28	2	0	2	NONE
French Fries - small (Salted)	116	340	160	17	3.5	0	0	530	44	4	0	4	NONE
French Fries - medium (Salted)	148	440	200	22	4.5	0	0	670	56	5	0	5	NONE
French Fries - large (Salted)	182	540	240	27	6	0	0	830	69	6	0	6	NONE
Mozzarella Sticks (4 pc)	88	280	140	15	5	0	35	650	24	2	2	11	MWES
BK™ SALAD Collection													
TENDERGRILL™ Chicken Garden Salad	286	230	70	8	3.5	0	85	930	9	3	3	34	MW
TENDERCRISP® Chicken Garden Salad	284	410	200	23	6	0	65	1060	27	4	5	27	MWE
Garden Salad (no chicken)	162	70	35	4	2.5	0	10	100	7	3	2	4	M
Side Salad	99	40	20	2	1	0	5	45	2	1	0	3	M
KEN'S® Light Italian Dressing (2 oz)	56	120	100	11	1.5	0	0	440	5	0	4	0	NONE
KEN'S® Ranch Dressing (2 oz)	56	190	180	20	3	0	20	550	2	0	1	1	ME
KEN'S® Creamy Caesar Dressing (2 oz)	56	210	190	21	4	0	25	610	4	0	3	3	MWESF
KEN'S® Fat Free Ranch Dressing (2 oz)	56	60	0	0	0	0	0	740	15	2	5	0	M
KEN'S® Honey Mustard Dressing (2 oz)	56	270	200	23	3	0	20	510	15	0	14	1	E
Garlic Parmesan Croutons	14	60	20	2	0	0	0	120	9	0	1	1	MW
BREAKFAST													
BK™ Breakfast Bowl	243	540	370	42	13	0.5	375	1020	17	2	2	24	MES
BK® Breakfast Muffin Sandwich	137	410	230	26	9	0.5	125	860	24	1	1	17	MWES
BK® Kids Breakfast Muffin Sandwich	93	240	100	11	4	0	95	550	23	1	2	9	MWES
Bk™ Ultimate Breakfast Platter	487	1310	650	72	26	1	455	2490	134	5	41	32	MWES
BK™ Breakfast Platter	301	810	480	54	22	1	360	1790	57	4	5	25	MWE
BK™ Breakfast Ciabatta Club Sandwich	219	480	200	23	7	0	210	1270	41	2	9	24	MWES
Enormous Omelet Sandwich	266	760	266	44	15	1	405	1840	44	2	8	35	MWES
CROISSAN'WICH® Egg & Cheese	115	300	140	16	7	0	180	690	26	0	5	11	MWES
CROISSAN'WICH® Sausage & Cheese	106	380	220	24	10	0	50	780	26	0	3	14	MWES
CROISSAN'WICH® Sausage, Egg & Cheese	159	460	280	31	11	0.5	215	1000	27	0	5	19	MWES
CROISSAN'WICH® Ham, Egg & Cheese	149	330	150	17	7	0	200	1110	27	0	5	18	MWES
CROISSAN'WICH® Bacon, Egg & Cheese	122	340	170	19	8	0	190	840	26	0	5	14	MWES
DOUBLE CROISSAN'WICH™ w/ Sausage, Egg, & Cheese	215	680	440	49	18	1	255	1520	29	0	5	29	MWES
DOUBLE CROISSAN'WICH™ w/ Bacon, Egg, & Cheese	142	420	230	25	11	0.5	210	1200	27	0	6	20	MWES
DOUBLE CROISSAN'WICH™ w/ Ham, Egg, & Cheese	196	410	190	22	10	0.5	230	1750	28	0	6	26	MWES
DOUBLE CROISSAN'WICH™ w/ Sausage, Bacon, Egg, & Cheese	179	550	340	37	15	1	235	1360	28	0	5	24	MWES

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Nutrition facts													
DOUBLE CROISSAN'WICH™ w/ Ham, Bacon, Egg, & Cheese	169	420	210	24	10	0.5	220	1480	28	0	6	23	MWES
DOUBLE CROISSAN'WICH™ w/ Ham, Sausage, Egg, & Cheese	206	550	320	35	14	1	240	1640	28	0	6	28	MWES
Cheesy Bacon BK WRAPPER™	137	380	210	24	7	0.5	185	1020	28	2	2	13	MWES
Sausage Biscuit	126	420	240	27	15	0.5	35	1090	32	1	3	13	MW
Ham, Egg, & Cheese Biscuit	164	400	200	22	15	0.5	185	1430	33	1	5	16	MWES
Sausage, Egg, & Cheese Biscuit	191	550	330	37	19	1	210	1520	34	1	4	20	MWES
Bacon, Egg & Cheese Biscuit	155	420	220	25	16	1	185	1360	34	1	5	16	MWES
Pancakes (3) and 1 oz breakfast syrup	187	500	170	19	4.5	0	95	700	77	1	36	7	MWES
Pancake Platter w/ Sausage & 1 oz Breakfast Syrup	231	670	300	34	9	0	125	1010	78	1	36	14	MWES
Side of Eggs	96	160	110	12	3	0	330	320	3	0	2	10	ME
Side of Southwest Potatoes	77	90	30	3.5	1	0	0	220	12	2	1	2	NONE
Hash Browns - small	84	250	150	16	3.5	0	0	410	24	3	0	2	W
Hash Browns - medium	168	500	290	33	7	0	0	810	48	7	0	4	W
Hash Browns - large	224	670	390	44	9	0	0	1080	65	9	0	5	W
Mini Blueberry Biscuits with icing	113	390	140	15	15	0	0	830	57	1	30	5	MW
Cini-minis (4 minis)	108	400	160	18	7	0	20	380	52	2	19	7	MWE
Vanilla Icing	28	90	0	0	0	0	0	25	22	0	20	0	T
French Toast Sticks (3 piece)	65	230	100	11	2	0	0	260	29	1	8	3	WS
French Toast Sticks (5 piece)	109	380	160	18	3	0	0	430	49	2	13	5	WS

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Nutrition facts													
REGIONAL BREAKFAST PRODUCTS													
French Toast Sticks Platter w/ bacon & Breakfast Syrup	159	550	200	22	4.5	0	10	650	79	2	31	10	WS
French Toast Sticks Platter w/ sausage & Breakfast Syrup	193	670	300	33	8	0	35	760	80	2	30	13	WS
Scrambled Egg Platter w/ bacon (Scrambled Eggs, Croissant, Hashbrowns, Bacon slices)	237	630	340	38	9	0.5	375	1110	50	2	4	22	MWES
Scrambled Egg Platter w/ sausage (Scrambled Eggs, Croissant, Hashbrowns, Sausage patty)	271	720	430	47	14	0	395	1230	50	3	4	25	MWES
Biscuits (2) & Sausage Gravy Platter	334	680	310	35	28	1.5	20	2350	76	2	6	16	MW
Biscuit- w/ Chicken Fritter (Chicken Biscuit)	139	400	180	20	12	0	20	1320	39	1	3	15	MWES
Biscuit- w/ Breakfast Steak (Country Fried Steak)	211	650	350	38	21	0.5	205	1780	50	2	5	21	MWES
Biscuit- w/ Country Ham (1 sl) & Egg and cheese	183	470	240	26	16	0.5	210	2010	33	1	4	18	MWES
Breakfast Burrito - Sausage, Egg, Cheese & Salsa	168	440	260	29	10	0.5	175	1120	25	1	2	20	MWES
Breakfast Burrito - Potato, Egg, Cheese, & Salsa	141	320	160	17	6	0	140	900	29	2	2	13	MWES
Breakfast Burrito - Bacon, Egg, Cheese, & Salsa	129	300	140	16	6	0	145	910	24	1	2	15	MWES
Danish - Apple	128	470	200	22	10	0	5	520	62	1	29	6	MWES
Muffin - Blueberry	113	410	210	23	4.5	0	85	400	48	2	35	5	MWES

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Nutrition facts													
DESSERTS													
Dutch Apple Pie	107	320	130	14	6	0	0	300	46	1	23	2	WS
HERSHEY®'S Sundae Pie	79	300	160	18	12	0	10	210	31	1	22	3	MWS
FUNNEL CAKE STICKS with icing (9 pc)	85	300	100	11	3	0	10	210	49	1	30	2	MWEST
REGIONAL DESSERTS													
Soft Serve Cone	133	180	65	7	4	0	25	110	29	0	24	4	MWS
Caramel Sundae	173	300	60	7	5	0	25	260	55	0	39	5	M
Chocolate Fudge Sundae	173	290	70	8	7	0	20	230	53	1	45	6	M
Chocolate Chip Cookies (2)	76	330	140	15	8	0	20	250	47	1	29	3	MWES
Oatmeal Raisin Cookies (2)	76	310	120	13	8	0	20	260	46	3	26	4	MWE

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Nutrition facts													
HAVE IT YOUR WAY® Options (some options are only available regionally)													
American Cheese (slice)	12	45	35	4	2.5	0	10	220	1	0	0	2	MS
Bacon (1 Strip)	2.5	15	10	1	0	0	5	50	0	0	0	1	NONE
Ketchup (Packet)	10	10	0	0	0	0	0	125	3	0	2	0	NONE
Mayonnaise (Packet)	12	80	80	9	0.5	0	10	75	1	0	0	0	E
Pickles (2)	10	0	0	0	0	0	0	100	0	0	0	0	S
Green Chilies (.5 ounce)	14	5	0	0	0	0	0	0	1	0	0	0	NONE
Strawberry or Grape Jam (packet)	12	30	0	0	0	0	0	0	7	0	6	0	NONE
SunGlow® Butter blend - 2 pats	10	70	70	8	2.5	0	0	65	0	0	0	0	MS
Breakfast Syrup (1 oz)	41	120	0	0	0	0	0	15	30	0	18	0	NONE
Barbecue Dipping Sauce (1 oz)	28	40	0	0	0	0	0	310	11	0	10	0	NONE
Honey Mustard Dipping Sauce (1 oz)	28	90	60	6	1	0	10	180	8	0	7	0	E
Sweet and Sour Dipping Sauce (1 oz)	28	45	0	0	0	0	0	55	11	0	10	0	NONE
Ranch Dipping Sauce (1 oz)	28	140	130	15	2.5	0	5	230	1	0	1	1	ME
Buffalo Dipping Sauce (1 oz)	28	80	70	8	1.5	0	5	360	2	0	1	0	ME
Marinara Sauce (1 oz)	28	15	0	0	0	0	0	170	4	1	3	1	M
French Fry Sauce (1 oz)	28	90	60	7	1	0	5	250	5	0	3	0	E
Picante/Taco Sauce (0.5 oz)	28	10	0	0	0	0	0	115	2	0	1	0	NONE
Zesty Onion Ring Dipping Sauce (1 oz)	28	150	140	15	2.5	0	15	210	3	1	2	0	ES

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BEVERAGES BY CUP SIZE													
Fat FREE Milk (8 fl oz)		90	0	0	0	0	5	125	13	0	12	9	M
1% Low Fat Chocolate Milk (8 fl oz)		160	25	2.5	1.5	0	15	150	26	1	25	8	M
Vanilla Milk Shake													
	12 fl oz	350	100	11	8	0	40	290	57	0	48	8	M
	16 fl oz	480	130	15	11	0	50	390	78	0	64	11	M
	20 fl oz	520	140	16	12	0	55	420	84	0	69	12	M
	30 fl oz	760	210	24	18	0.5	85	630	124	0	102	18	M
Chocolate Milk Shake													
	12 fl oz	400	100	11	8	0	40	330	68	0	58	8	M
	16 fl oz	570	140	15	12	0	50	470	99	1	85	12	M
	20 fl oz	760	170	19	14	0.5	65	620	137	2	118	14	M
	30 fl oz	1140	260	28	21	1.0	95	930	204	2	177	21	M
Strawberry Milk Shake													
	12 fl oz	390	100	11	8	0	40	290	68	0	57	8	M
	16 fl oz	560	130	15	11	0	50	400	98	0	84	11	M
	20 fl oz	740	160	18	14	0.5	65	490	134	0	117	13	M
	30 fl oz	1110	240	27	20	1.0	95	730	200	0	175	20	M

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BEVERAGES BY CUP SIZE												
Coca Cola classic®‡												
	16 fl oz	140	0	0	0	0	0	0	39	0	39	0
	20 fl oz	190	0	0	0	0	0	0	51	0	51	0
	30 fl oz	290	0	0	0	0	0	5	77	0	77	0
	40 fl oz	380	0	0	0	0	0	10	102	0	102	0
Diet Coke®‡												
	16 fl oz	0	0	0	0	0	0	15	0	0	0	0
	20 fl oz	0	0	0	0	0	0	20	0	0	0	0
	30 fl oz	0	0	0	0	0	0	25	0	0	0	0
	40 fl oz	5	0	0	0	0	0	35	0	0	0	0
Sprite®‡												
	16 fl oz	140	0	0	0	0	0	30	39	0	39	0
	20 fl oz	190	0	0	0	0	0	40	51	0	51	0
	30 fl oz	290	0	0	0	0	0	65	77	0	77	0
	40 fl oz	380	0	0	0	0	0	85	102	0	102	0
Dr. Pepper®‡												
	16 fl oz	140	0	0	0	0	0	35	39	0	39	0
	20 fl oz	190	0	0	0	0	0	45	51	0	51	0
	30 fl oz	280	0	0	0	0	0	70	77	0	77	0
	40 fl oz	370	0	0	0	0	0	90	101	0	101	0
Barq's® Root Beer‡												
	16 fl oz	160	0	0	0	0	0	20	46	0	46	0
	20 fl oz	220	0	0	0	0	0	25	61	0	61	0
	30 fl oz	320	0	0	0	0	0	35	91	0	91	0
	40 fl oz	430	0	0	0	0	0	45	121	0	121	0
Cherry Coke®‡												
	16 fl oz	150	0	0	0	0	0	5	42	0	42	0
	20 fl oz	200	0	0	0	0	0	10	56	0	56	0
	30 fl oz	300	0	0	0	0	0	15	84	0	84	0
	40 fl oz	400	0	0	0	0	0	20	111	0	111	0
Fanta® Orange‡												
	16 fl oz	160	0	0	0	0	0	0	42	0	42	0
	20 fl oz	210	0	0	0	0	0	0	56	0	56	0
	30 fl oz	310	0	0	0	0	0	0	84	0	84	0
	40 fl oz	410	0	0	0	0	0	0	111	0	111	0
Hi-C® Fruit Punch‡												
	16 fl oz	150	0	0	0	0	0	15	42	0	42	0
	20 fl oz	200	0	0	0	0	0	15	55	0	55	0
	30 fl oz	300	0	0	0	0	0	25	82	0	82	0
	40 fl oz	400	0	0	0	0	0	35	108	0	108	0

Nutrition facts		Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
MINUTE MAID® Lemonade‡												
	16 fl oz	140	0	0	0	0	0	60	39	0	39	0
	20 fl oz	190	0	0	0	0	0	80	51	0	51	0
	30 fl oz	280	0	0	0	0	0	120	77	0	77	0
	40 fl oz	370	0	0	0	0	0	160	102	0	102	0
MINUTE MAID® Light Lemonade‡												
	16 fl oz	5	0	0	0	0	0	0	1	0	0	0
	20 fl oz	10	0	0	0	0	0	0	1	0	0	0
	30 fl oz	10	0	0	0	0	0	5	1	0	0	0
	40 fl oz	15	0	0	0	0	0	10	2	0	0	0
NESTEA® Southern Style Iced Tea‡												
	16 fl oz	180	0	0	0	0	0	20	50	0	50	0
	20 fl oz	240	0	0	0	0	0	30	66	0	66	0
	30 fl oz	360	0	0	0	0	0	40	98	0	98	0
	40 fl oz	470	0	0	0	0	0	55	130	0	130	0
NESTEA® Sweetened Iced Tea‡												
	16 fl oz	90	0	0	0	0	0	20	24	0	24	0
	20 fl oz	120	0	0	0	0	0	30	32	0	32	0
	30 fl oz	180	0	0	0	0	0	40	48	0	40	0
	40 fl oz	240	0	0	0	0	0	55	64	0	64	0
NESTEA® Unsweetened (Plain) Iced Tea‡												
	16 fl oz	0	0	0	0	0	0	20	0	0	0	0
	20 fl oz	0	0	0	0	0	0	30	0	0	0	0
	30 fl oz	0	0	0	0	0	0	40	0	0	0	0
	40 fl oz	0	0	0	0	0	0	55	0	0	0	0
Vault‡®												
	16 fl oz	160	0	0	0	0	0	15	42	0	42	0
	20 fl oz	210	0	0	0	0	0	20	56	0	56	0
	30 fl oz	310	0	0	0	0	0	30	84	0	84	0
	40 fl oz	410	0	0	0	0	0	35	111	0	111	0
Gold Peak® Unsweetened Tea‡												
	16 fl oz	0	0	0	0	0	0	0	0	0	0	0
	20 fl oz	0	0	0	0	0	0	0	0	0	0	0
	30 fl oz	0	0	0	0	0	0	0	0	0	0	0
	40 fl oz	0	0	0	0	0	0	0	0	0	0	0
Gold Peak® Sweet Tea‡												
	16 fl oz	120	0	0	0	0	0	0	31	0	31	0
	20 fl oz	160	0	0	0	0	0	0	42	0	42	0
	30 fl oz	240	0	0	0	0	0	0	62	0	62	0
	40 fl oz	310	0	0	0	0	0	0	82	0	82	0
Gold Peak® Sweet Green Tea‡												
	16 fl oz	120	0	0	0	0	0	0	31	0	31	0
	20 fl oz	160	0	0	0	0	0	0	42	0	42	0
	30 fl oz	240	0	0	0	0	0	0	62	0	62	0
	40 fl oz	310	0	0	0	0	0	0	82	0	82	0
Frozen Coke‡												
	16 fl oz	90	0	0	0	0	0	10	25	0	25	0
	20 fl oz	110	0	0	0	0	0	10	31	0	31	0
Minute Maid® Apple Juice	6.67 oz	100	0	0	0	0	0	15	23	0	21	0
Minute Maid® Orange Juice	10 oz	140	0	0	0	0	0	20	33	0	30	2

		Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Allergens [▲]
Nutrition facts													
Seattle's Best Coffee®													
Seattle's Best Coffee® ‡- Decaf- 16 fl oz		0	0	0	0	0	0	0	0	0	0	0	NONE
Seattle's Best Coffee® ‡- Decaf- 20 fl oz		0	0	0	0	0	0	0	0	0	0	0	NONE
Seattle's Best Coffee® ‡- regular- 16 fl oz		0	0	0	0	0	0	0	0	0	0	0	NONE
Seattle's Best Coffee® ‡- regular- 20 fl oz		0	0	0	0	0	0	0	0	0	0	0	NONE
Seattle's Best Coffee® Iced Vanilla (22oz)		230	30	3.5	2.5	0	10	90	50	0	47	3	M
Seattle's Best Coffee® Iced Mocha (22oz)		290	40	4.5	3	0	10	240	61	2	55	3	M
Seattle's Best Coffee® Iced Coffee (22oz)		130	35	4	3	0	15	105	21	0	17	3	M
Whipped topping coffee shot		100	60	7	7	0	0	30	10	0	10	1	MS
Chocolate syrup- flavor shot		90	5	0.5	0	0	0	75	22	1	20	0	M
Vanilla syrup- flavor shot		70	0	0	0	0	0	0	17	0	17	0	M

	serving size (g)	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Allergens ▲
Nutrition facts													
LIMITED TIME OFFERINGS													
Smoky Cheddar Steakhouse XT™ Burger	294	850	450	51	23	1	150	1930	54	3	11	45	MWES
Cookie Dough Pie	68	240	110	12	7	0	10	190	31	1	21	3	MWS
Fanta Cherry frozen concentrated beverage													
22 fl oz		110		0	0	0	0	5	31	0	31	0	NONE
32 fl oz		140		0	0	0	0	10	40	0	40	0	NONE

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**Burger King Corporation makes no claim that the BK VEGGIE® Burger or any other of its products meets the requirements of a vegan or vegetarian diet. The patty is cooked in the microwave.

•The sodium content of French Fries may vary based on level added after cooking. To reduce sodium, HAVE IT YOUR WAY® and order your french fries without salt.

"*": These values represent Sodium derived from ingredients other than water. The actual amount of Sodium in the beverages will vary depending on the quantity contained in the water supply where the finished beverages are produced.

Products that are fried in a shared fryer include but may not be limited to: BK Big Fish® Filet, Pork Sausage, TENDERCRISP® Chicken patty, CHICKEN TENDERS®, BK® Chicken Fries, Original Chicken Patty, Spick CHICK'N CRISP® Patty, Hash browns, French Toast Sticks, Funnel cake sticks and Onion Rings. French Fries are cooked in a fryer designated for French Fries only. Frier oil contains: corn, canola, soy and/or cottonseed oils.

Allergen Key:

M: MILK

W: WHEAT

E: EGG

S: Soy or soy lecithin

P: Peanut

T: Tree nut

F: Fish

NONE: Contains none of the above allergens

▲ Please note:

This information provided by Burger King® Corporation regarding our food is as complete as possible at the time of this publication. The information on this list is reported to us by our suppliers and is based on Burger King® Corporation's standard product formulations. Variations may occur depending on the supplier and on product assembly on a restaurant-by-restaurant basis. Product formulations may change periodically, we continue to update this list to reflect changes that occur in our products.

From time to time, restaurants may test or feature products containing dairy (or other allergens) which will be cooked in the same broiler with beef and chicken products. At those times, it is possible that small amounts of milk protein (or other allergens) may be present on beef and chicken patties. Burger King® Corporation, its franchisees, and employees, do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants. Please always consult your healthcare practitioner for questions regarding your diet. We encourage anyone with food sensitivities, allergies, or special dietary needs to check www.bk.com on a regular basis to obtain the most up-to-date information about our food before

you order. If you have specific questions about our menu, call:

Burger King® Consumer Relations Department:
(305) 378-3535 (Monday-Friday 9 a.m.-5 p.m. ET)

or mail inquiries:

Burger King® Corporate Office
Attn: Consumer Relations Department
5505 Blue Lagoon Drive
Miami, FL 33126

