



**BURGER KING® USA Nutritionals: Core, Regional and
Limited Time Offerings
August- September 2012**

Nutrition facts	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
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 DOUBLE WHOPPER® Sandwich	410	1040	620	69	26	2	175	1770	50	3	8	56	MWES
WHOPPER JR.® Sandwich	147	340	160	18	5	0	40	520	32	1	7	14	WES
w/o Mayo	136	260	90	9	4	0	35	450	32	1	7	14	WS
WHOPPER JR.® Sandwich with Cheese	159	380	190	21	8	0.5	50	710	33	1	7	16	MWES
w/o Mayo	137	300	110	13	6	0	45	640	32	1	7	16	MWS

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FLAME BROILED BURGERS													
Hamburger	101	240	70	8	3.5	0	30	460	31	1	7	12	WS
Cheeseburger	116	280	100	12	6	0	40	690	32	1	7	15	MWS
Double Hamburger	133	330	130	15	6	0	60	490	31	1	7	19	WS
Double Cheeseburger	148	370	170	18	9	0.5	70	720	32	1	7	22	MWS
BK® Bacon Burger	105	320	150	17	5	0	40	500	31	1	7	14	WES
Bacon Cheeseburger	119	310	130	14	6	0	45	770	32	1	7	17	MWS
Double Bacon Cheeseburger	160	440	220	24	10	0.5	85	940	32	1	7	26	MWS
BK® Single Stacker	114	370	190	21	8	0	50	690	32	1	7	16	MWES
BK® Double Stacker	152	490	270	30	11	0.5	90	820	32	1	7	26	MWES
BK® Triple Stacker	196	630	360	41	17	1	130	1040	32	1	7	36	MWES
BK® Quad Stacker	240	760	460	51	22	1.5	170	1270	33	1	8	46	MWES
CHICKEN, FISH, VEGGIE and KIDS													
TENDERGRILL® Chicken Sandwich	253	470	160	18	3.5	0	85	1330	39	2	7	37	WES
w/o Mayo	239	360	60	6	1.5	0	75	1230	39	2	7	36	WES
TENDERCRISP® Chicken Sandwich	264	750	400	45	8	0.5	70	1560	58	3	8	30	MWE ¹
w/o Mayo	236	540	190	21	4	0	55	1370	57	3	8	29	MWE ¹
Original Chicken Sandwich	218	630	350	39	7	0.5	65	1390	46	3	4	24	MWES ¹
w/o Mayo	190	420	140	16	3.5	0	45	1210	46	3	4	24	MWS ¹
Italian Original Chicken Sandwich	246	520	200	22	7	0	65	1670	50	3	5	32	MWES ¹
Club Original Chicken Sandwich	259	700	400	44	9	0.5	75	1620	52	3	7	29	MWES ¹
CHICK'N CRISP® - Classic	134	440	250	28	5	0	30	750	37	2	5	11	WES ¹
CHICK'N CRISP® - Spicy	134	400	200	23	4	0	30	830	38	2	6	11	WES ¹
Homestyle Chicken Strips- 2pc	90	240	110	13	2.5	0	20	940	23	0	0	9	WE ¹
Homestyle Chicken Strips- 3pc	135	360	170	19	3.5	0	30	1400	34	1	0	14	WE ¹
Homestyle Chicken Strips- 5pc	225	610	280	32	6	0.5	50	2340	57	1	1	23	WE ¹
Chicken Nuggets (4 pc)	62	190	100	11	2	0	25	310	10	1	0	10	W ¹
Chicken Nuggets (6 pc)	94	290	150	17	3	0	40	460	15	1	0	15	W ¹
Chicken Nuggets(10 pc)	156	480	250	28	5	0	65	760	25	2	0	26	W ¹
Chicken Nuggets (20 pc)	312	950	500	55	11	0	130	1530	50	5	0	51	W ¹
Tacos (2)	173	390	140	16	7	0.5	30	710	39	8	3	12	MS ¹
Country Pork Sandwich	298	810	380	42	13	0	75	1910	78	4	10	29	WS
Premium Alaskan Fish Sandwich	203	530	250	28	4.5	0.0	30	1380	54	2	7	16	WESF ¹
w/o Tartar Sauce	174	360	80	9	1.5	0	15	1140	51	2	5	16	WSF ¹
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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SIDES													
BK® Fresh Apple Slices	57	30	0	0	0	0	0	0	7	1	6	0	NONE
Onion Rings - value	43	150	70	8	1.5	0	0	400	19	1	2	1	MW ¹
Onion Rings - small	91	320	150	16	3	0	0	840	41	3	4	3	MW ¹
Onion Rings - medium	117	410	190	21	3.5	0	0	1080	53	4	5	4	MW ¹
Onion Rings - large	142	500	230	25	4.5	0	0	1310	64	5	7	5	MW ¹
French Fries - value (Salted)	89	240	90	10	1.5	0	0	330	34	3	0	2	NONE
French Fries - small (Salted)	128	340	130	15	2.5	0	0	480	49	4	0	4	NONE
French Fries - medium (Salted)	153	410	160	18	3	0	0	570	58	4	0	4	NONE
French Fries - large (Salted)	190	500	200	22	3.5	0	0	710	72	5	0	5	NONE
Mozzarella Sticks (4 pc)	88	280	140	15	5	0	35	650	24	2	2	11	MWES ¹
BK™ Garden Fresh Salads and Wraps													
Garden Fresh Salad Chicken Caesar with TENDERGRILL and dressing	386	490	250	28	4.5	0	100	1620	22	3	7	41	MWSF
Garden Fresh Salad Chicken Caesar with TENDERCRISP and dressing	384	670	380	43	7	0	80	1760	40	5	8	34	MWESF ¹
Garden Fresh Salad Chicken BLT with TENDERGRILL and dressing	401	510	290	33	9	0	125	1610	13	3	6	42	MWE
Garden Fresh Salad Chicken BLT with TENDERCRISP and dressing	398	690	430	48	12	0.5	100	1750	31	4	8	35	MWE ¹
Garden Fresh Salad Chicken Apple & Cranberry with TENDERGRILL and dressing	400	520	240	26	7	0	100	950	35	4	35	35	ME
Garden Fresh Salad Chicken Apple & Cranberry with TENDERCRISP and dressing	398	700	370	41	9	0	80	1090	54	5	37	28	MWE ¹
Side Garden Fresh Salad and Ranch Dressing	183	240	200	22	5	0	30	540	6	2	2	6	ME
Ranch Crispy Chicken Wrap	137	370	190	21	6	0.5	30	1060	33	1	1	12	MWE ¹
Ranch Grilled Chicken Wrap	148	350	170	18	5	0	55	1020	24	1	1	19	MWE
Honey Mustard Crispy Chicken Wrap	137	390	190	21	6	0	30	990	37	2	6	12	MWE ¹
Honey Mustard Grilled Chicken Wrap	148	370	170	19	5	0	55	950	29	1	6	19	MWE
Cesar Crispy Chicken Wrap	235	460	210	23	5	0	35	1260	44	5	4	21	MWSF ¹
Cesar Grilled Chicken Wrap	236	370	140	16	3.5	0	45	1190	35	5	4	24	MWSF
Crispy Chicken Apple and Cranberry Wrap	214	500	210	24	6	0	40	1030	54	5	19	18	MWE ¹
Grilled Chicken Apple and Cranberry Wrap	215	410	150	16	4.5	0	50	960	45	4	18	22	MWE
Crispy BLT Salad Wrap	206	490	240	27	7	0	50	1340	43	4	4	22	MWES ¹
Grilled BLT Salad Wrap	210	400	180	19	6	0	60	1270	34	4	4	25	MWES
Ken's® Citrus Caesar Dressing- packet	50	180	160	18	3.5	0	5	460	4	0	2	2	MWSF
Ken's® Honey Mustard Dressing- packet	50	220	160	18	2.5	0	15	270	13	1	12	1	E
Ken's® Lite Honey Balsamic- packet	50	120	70	7	1	0	0	220	14	0	11	0	NONE
Ken's® Avocado Ranch Dressing- packet	50	170	150	17	3	0	15	420	4	0	3	1	ME
Ken's® Ranch Dressing- packet	50	170	160	18	3	0	20	440	2	0	1	1	ME
Ken's® Apple Cider Vinaigrette- packet	50	210	160	18	2.5	0	10	115	10	0	7	0	E
Home-style Caesar Croutons- Packet	14	60	20	2	0	0	10	160	9	0	1	2	MWS

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BREAKFAST													
Quaker® Oatmeal Maple and Brown Sugar Flavor*	175	270	40	4	1.5	0	5	290	55	5	29	5	M
Quaker® Oatmeal Original	124	140	30	3.5	1	0	5	100	23	3	1	5	M
Kids Oatmeal	167	170	35	3.5	1.5	0	5	260	32	3	9	4	M
Southwestern Burrito	243	620	330	37	14	0.5	205	1740	47	3	4	24	MWES¹
Sausage Burrito	123	290	150	17	7	0	140	830	21	1	2	14	MWES¹
BK® Breakfast Muffin Sandwich: Egg and Cheese	125	220	80	9	4	0	160	650	22	1	2	12	MWES
BK® Breakfast Muffin Sandwich: Sausage and Cheese	112	330	180	20	7	0	45	750	23	1	1	14	MWS¹
BK® Breakfast Muffin Sandwich: Sausage, Egg and Cheese	169	390	210	23	9	0	195	960	23	1	2	20	MWES¹
BK® Breakfast Muffin Sandwich: Ham, Egg and Cheese	159	250	80	9	4	0	175	1090	23	1	3	18	MWES
BK® Breakfast Muffin Sandwich: Bacon, Egg and Cheese	131	250	100	11	5	0	165	760	22	1	2	14	MWES
Bk™ Ultimate Breakfast Platter	511	1450	750	84	30	1	505	2920	134	5	41	40	MWES¹
BK™ Breakfast Platter	301	810	480	54	22	1	360	1790	57	4	5	25	MWE¹
CROISSAN'WICH® Egg & Cheese	126	280	140	15	7	0	160	620	25	1	4	12	MWES
CROISSAN'WICH® Sausage & Cheese	112	390	230	26	10	0	45	700	25	1	3	13	MWES¹
CROISSAN'WICH® Sausage, Egg & Cheese	169	450	270	30	11	0	195	910	26	1	4	19	MWES¹
CROISSAN'WICH® Ham, Egg & Cheese	155	310	140	15	7	0	165	1030	26	1	5	17	MWES
CROISSAN'WICH® Bacon, Egg & Cheese	131	320	160	18	8	0	165	710	25	1	4	13	MWES
DOUBLE CROISSAN'WICH™ w/ Sausage, Egg, & Cheese	225	660	430	48	18	0.5	235	1420	27	1	4	29	MWES¹
DOUBLE CROISSAN'WICH™ w/ Ham Egg, & Cheese	201	390	170	19	9	0	185	1670	27	1	6	26	MWES
DOUBLE CROISSAN'WICH™ w/ Bacon, Egg, & Cheese	149	390	220	24	11	0	180	1020	25	1	4	18	MWES
DOUBLE CROISSAN'WICH™ w/ Sausage, Bacon, Egg, & Cheese	187	530	320	36	15	0.5	210	1220	26	1	4	23	MWES¹

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DOUBLE CROISSAN'WICH™ w/ Ham, Bacon, Egg, & Cheese	176	390	200	22	10	0	190	1350	26	1	5	22	MWES
DOUBLE CROISSAN'WICH™ w/ Ham, Sausage, Egg, & Cheese	215	530	300	34	14	0.5	215	1550	27	1	5	27	MWES¹
Sausage Biscuit	126	420	240	27	15	0.5	35	1090	32	1	3	13	MW¹
Ham, Egg, & Cheese Biscuit	181	390	170	19	14	0.5	165	1600	33	1	4	19	MWES
Sausage, Egg, & Cheese Biscuit	190	520	300	34	19	0.5	180	1490	33	1	3	20	MWES¹
Bacon, Egg & Cheese Biscuit	159	420	220	25	16	0.5	160	1400	32	1	4	17	MWES¹
Country Ham and Egg Biscuit	182	420	210	23	15	0.5	185	1990	32	1	3	18	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	MWES¹
Hash Browns - small	84	250	150	16	3.5	0	0	410	24	3	0	2	W¹
Hash Browns - medium	168	500	290	33	7	0	0	810	48	7	0	4	W¹
Hash Browns - large	224	670	390	44	9	0	0	1080	65	9	0	5	W¹
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
Cinnabon® roll- one	96	300	100	11	5	0	5	280	45	2	20	6	MWES
French Toast Sticks (3 piece)	65	230	100	11	2	0	0	260	29	1	8	3	WS¹
French Toast Sticks (5 piece)	109	380	160	18	3	0	0	430	49	2	13	5	WS¹

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DESSERTS													
Dutch Apple Pie	107	340	130	14	6	0	0	310	51	1	25	3	WS
HERSHEY®'S Sundae Pie	79	310	170	19	12	0	10	220	32	1	22	3	MWS
Soft Serve Cone	100	160	35	4	2.5	0	15	130	27	0	20	4	MWS
Soft Serve Cup	95	140	35	4	2.5	0	15	125	23	0	19	4	M
Caramel Sundae	141	280	60	6	3.5	0	20	250	52	0	37	5	M
Chocolate Fudge Sundae	141	280	60	7	5	0	15	220	50	1	43	6	M
Strawberry Sundae	141	190	35	4	2.5	0	15	125	35	0	31	4	M
OREO® Sundae	204	440	110	12	7	0	25	390	77	1	57	8	MWS
Mini M & M's® Sundae	204	450	120	13	9	0	30	310	76	0	62	8	MSP
Warm Oreo® Brownie Sundae	228	530	150	17	10	0	55	390	89	2	70	10	MWES
Chocolate Chip Cookies (2)	76	330	140	15	8	0	20	250	47	1	29	3	MWES
White Chocolate Macadamia Nut Cookies (2)	76	340	160	18	8	0	20	240	44	0	28	4	MWEST
Oatmeal Raisin Cookies (2)	76	310	120	13	8	0	20	260	46	3	26	4	MWET
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HAVE IT YOUR WAY® Options (some options are only available regionally)													
American Cheese (slice)- may vary	12	45	35	4	2.5	0	10	220	1	0	0	2	MS
Thick Cut Bacon (full slice)	12	70	50	6	2	0	10	220	0	0	0	4	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
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
King Kung Pao Dipping Sauce (1 oz)	28	60	0	0	0	0	0	360	13	0	12	1	WS
BBQ Roasted Jalepeno Dipping Sauce (1 oz)	28	50	0	0	0	0	0	160	13	0	11	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	0	25	8	M
Smoothie: Strawberry Banana 12 fl oz		200	5	0	0	0	0	20	48	2	40	1	M
Smoothie: Strawberry Banana 16 fl oz		310	5	0.5	0	0	0	35	73	2	60	2	M
Smoothie: Strawberry Banana 20 fl oz		410	10	1	0	0	0	50	97	3	81	3	M
Smoothie: Tropical Mango- 12 fl oz		210	5	0.5	0	0	0	40	51	1	41	2	M
Smoothie: Tropical Mango- 16 fl oz		330	10	1	0	0	0	65	78	2	63	3	M
Smoothie: Tropical Mango- 20 fl oz		450	15	1.5	0	0	5	95	104	2	85	4	M
Vanilla Milk Shake													
12 fl oz		550	140	16	12	0.5	40	310	91	0	81	10	MS
16 fl oz		730	180	20	15	0.5	55	430	124	0	110	14	MS
20 fl oz		930	210	23	17	0.5	65	540	163	0	146	17	MS
Chocolate Milk Shake													
12 fl oz		580	150	17	13	0.5	40	310	97	0	83	10	MS
16 fl oz		760	190	21	15	0.5	55	430	131	0	112	14	MS
20 fl oz		980	220	24	17	0.5	65	530	174	0	150	17	MS
Strawberry Milk Shake													
12 fl oz		500	140	16	12	0.5	40	320	79	0	67	10	MS
16 fl oz		660	180	20	15	0.5	55	440	107	0	92	14	MS
20 fl oz		820	210	23	17	0.5	65	550	137	0	119	17	MS

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

Nutrition facts	
MINUTE MAID® Light Lemonade‡	
	16 fl oz
	20 fl oz
	30 fl oz
	40 fl oz
NESTEA® Southern Style Iced Tea‡	
	16 fl oz
	20 fl oz
	30 fl oz
	40 fl oz
NESTEA® Sweetened Iced Tea‡	
	16 fl oz
	20 fl oz
	30 fl oz
	40 fl oz
NESTEA® Unsweetened (Plain) Iced Tea‡	
	16 fl oz
	20 fl oz
	30 fl oz
	40 fl oz
Vault®‡	
	16 fl oz
	20 fl oz
	30 fl oz
	40 fl oz
Gold Peak® Unsweetened Tea‡	
	16 fl oz
	20 fl oz
	30 fl oz
	40 fl oz
Gold Peak® Sweet Tea‡	
	16 fl oz
	20 fl oz
	30 fl oz
	40 fl oz
Gold Peak® Sweet Green Tea‡	
	16 fl oz
	20 fl oz
	30 fl oz
	40 fl oz
Frozen Coke®‡	
	12 fl oz
	16 fl oz
	20 fl oz
Minute Maid® Apple Juice	6.67 fl oz
Minute Maid® Orange Juice	10 fl oz

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)
5	0	0	0	0	0	0	1	0	0	0
10	0	0	0	0	0	0	1	0	0	0
10	0	0	0	0	0	5	1	0	0	0
15	0	0	0	0	0	10	2	0	0	0
180	0	0	0	0	0	20	50	0	50	0
240	0	0	0	0	0	30	66	0	66	0
360	0	0	0	0	0	40	98	0	98	0
470	0	0	0	0	0	55	130	0	130	0
90	0	0	0	0	0	20	24	0	24	0
120	0	0	0	0	0	30	32	0	32	0
180	0	0	0	0	0	40	48	0	40	0
240	0	0	0	0	0	55	64	0	64	0
0	0	0	0	0	0	20	0	0	0	0
0	0	0	0	0	0	30	0	0	0	0
0	0	0	0	0	0	40	0	0	0	0
0	0	0	0	0	0	55	0	0	0	0
160	0	0	0	0	0	15	42	0	42	0
210	0	0	0	0	0	20	56	0	56	0
310	0	0	0	0	0	30	84	0	84	0
410	0	0	0	0	0	35	111	0	111	0
0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0
120	0	0	0	0	0	0	31	0	31	0
160	0	0	0	0	0	0	42	0	42	0
240	0	0	0	0	0	0	62	0	62	0
310	0	0	0	0	0	0	82	0	82	0
120	0	0	0	0	0	0	31	0	31	0
160	0	0	0	0	0	0	42	0	42	0
240	0	0	0	0	0	0	62	0	62	0
310	0	0	0	0	0	0	82	0	82	0
110	0	0	0	0	0	10	30	0	30	0
140	0	0	0	0	0	10	38	0	38	0
170	0	0	0	0	0	15	46	0	46	0
100	0	0	0	0	0	15	23	0	21	0
140	0	0	0	0	0	20	33	0	30	2

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)	▲ Allergens
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 Coffee -SMALL		80	20	2	1.5	0	10	75	14	0	12	2	M
Seattle's Best Coffee® Iced Coffee - MED		110	25	3	2	0	10	100	18	0	16	3	M
Seattle's Best Coffee® Iced Coffee -LARGE		140	35	4	2.5	0	15	125	23	0	20	4	M
Seattle's Best Coffee® Iced Coffee -SMALL- MOCHA		180	25	2.5	1.5	0	10	75	37	1	33	2	M
Seattle's Best Coffee® Iced Coffee - MED- MOCHA		260	35	3.5	2.5	0	10	100	54	1	48	3	M
Seattle's Best Coffee® Iced Coffee -LARGE- MOCHA		340	45	3	2	0	15	125	71	2	62	4	M
Seattle's Best Coffee® Iced Coffee -SMALL- VANILLA		160	20	2	1.5	0	10	75	34	0	32	2	M
Seattle's Best Coffee® Iced Coffee - MED-VANILLA		230	25	3	2	0	10	100	49	0	46	3	M
Seattle's Best Coffee® Iced Coffee -LARGE- VANILLA		300	35	4	2.5	0	15	130	63	0	60	4	M
Mocha Frappé: 12 fl oz		410	170	19	11	0	5	230	58	0	39	3	MS
Mocha Frappé: 16 fl oz		510	200	22	12	0	5	300	72	0	49	4	MS
Mocha Frappé: 20 fl oz		600	230	25	14	0	5	360	87	0	59	5	MS
Caramel Frappé: 12 fl oz		410	170	19	11	0	5	230	58	0	39	3	MS
Caramel Frappé: 16 fl oz		510	200	22	12	0	5	300	72	0	49	4	MS
Caramel Frappé: 20 fl oz		600	230	25	13	0	5	360	87	0	59	5	MS
Whipped topping coffee shot		100	60	7	7	0	0	30	10	0	10	1	MS

Nutrition facts	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
LIMITED TIME OFFERINGS													
Popcorn Chicken- small	108	240	100	11	2	0	50	860	19	0	1	18	W ¹
Popcorn Chicken- medium	136	300	130	14	2.5	0	65	1090	24	0	2	22	W ¹
Popcorn Chicken- large	170	380	160	18	3	0	80	1360	30	0	2	28	W ¹
Chicken Parmesean Sandwich- Grilled	247	470	130	15	2.5	0	85	1600	46	1	7	37	MW
Chicken Parmesean Sandwich- Crispy	256	610	230	25	4.5	0	70	1720	60	2	10	36	MWE ¹
Italian Chicken Basil Sandwich- Grilled	262	500	180	20	3.5	0	80	1380	47	3	7	33	MWE
Italian Chicken Basil Sandwich- Crispy	271	640	280	31	6	0	65	1490	62	4	9	32	MWE ¹
Italian Chicken Basil Wrap- Grilled	154	330	160	18	3.5	0	50	870	23	1	3	19	WE
Italian Chicken Basil Wrap- Crispy	137	370	200	23	4.5	0	20	920	33	2	3	9	WE ¹
Italian Breakfast Burrtio	228	490	250	28	9	0	175	1220	40	4	3	20	MWE ¹
Raspberry Smoothie- Small		200	0	0	0	0	0	30	49	0	43	1	M
Raspberry Smoothie- medium		310	5	0.5	0	0	0	50	74	0	65	1	M
Raspberry Smoothie- large		420	5	1	0	0	0	70	99	1	87	2	M
Sweet Potato Fries- small	89	290	140	16	2.5	0	0	530	36	3	8	2	NONE
Sweet Potato Fries- medium	120	390	190	21	3	0	0	720	48	5	11	2	NONE
Sweet Potato Fries- large	139	450	220	24	3.5	0	0	830	56	5	12	3	NONE
Cinnabon® roll- one	96	300	100	11	5	0	5	280	45	2	20	6	MWES

INGREDIENTS: (Revised 6/4/2012)**BUNS**

SESAME SEED BUNS: enriched flour (wheat flour, malted barley flour or alpha amylase from aspergillus orizae, niacin , iron , thiamine mononitrate (vitamin b1), riboflavin (vitamin b2), ascorbic acid and folic acid), water, high fructose corn syrup or granulated sucrose or liquid succrose, vegetable oil (canola and/or soy) and/or soybean and/or cottonseed oil, yeast may contain 2% or less of the following: salt, (vital) wheat gluten, sesame seeds, yeast food (may contain one or more of the following: calcium sulfate, ammonium sulfate, monocalcium phosphate, calcium carbonate), dough conditioners (may contain one or more of the following: wheat starch, microcrystalline cellulose, sorbitol, sodium chloride, magnesium stearate, distilled monoglycerides, sodium stearoyl lactylate, ascorbic acid, azodicarbonamide, [ethoxylated] mono- and diglycerides, calcium peroxide, calcium stearoyl-2-lactylate, datem, l-cysteine), enzymes, mold inhibitor (calcium propionate and/or sorbic acid), vinegar, soy flour, corn starch.

CONTAINS: WHEAT AND SOY.

ARTISAN STYLE BUN: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Contains 2% or less of each of the following: Wheat Gluten, Salt, Dough Conditioners (Mono- and Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide, Calcium Sulfate, Enzymes), Yellow Corn Flour, Turmeric, Modified Corn Starch, Paprika, Natural and Artificial Flavors, Sodium Alginate, Polysorbate 60, Calcium Propionate (Preservative), Wheat Starch.

CONTAINS: WHEAT

WHEAT ARTISAN STYLE BUN: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Whole Wheat Flour, Wheat Bran, Yeast, Soybean Oil, Contains 2% or less of each of the following: Cracked Wheat, Wheat Gluten, Salt, Dough Conditioners (Mono- and Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide, Calcium Sulfate, Enzymes), Modified Corn Starch, Sodium Alginate, Polysorbate 60, Calcium Propionate (Preservative), Wheat Starch.

CONTAINS: WHEAT

SPECIALTY BUNS: enriched flour (wheat flour, malted barley flour or alpha amylase from aspergillus orizae, niacin , iron , thiamine mononitrate (vitamin b1), riboflavin (vitamin b2), ascorbic acid and folic acid), water, high fructose corn syrup or granulated sucrose or liquid succrose, vegetable oil (canola and/or soy) and/or soybean and/or cottonseed oil, yeast may contain 2% or less of the following: salt, (vital) wheat gluten, sesame seeds, yeast food (may contain one or more of the following: [di-] calcium sulfate, ammonium sulfate, monocalcium phosphate, calcium carbonate), dough conditioners (may contain one or more of the following: wheat starch, microcrystalline cellulose, sorbitol, sodium chloride, magnesium stearate, distilled monoglycerides, sodium stearoyl lactylate, ascorbic acid, azodicarbonamide, [ethoxylated] mono- and diglycerides, calcium peroxide, calcium stearoyl-2-lactylate, datem, l-cysteine), enzymes, mold inhibitor (calcium propionate and/or sorbic acid), vinegar, soy flour, corn starch, cellulose gel, leavening (sodium acid pyrophosphate, sodium bicarbonate, diammonium phosphate).

CONTAINS: WHEAT AND SOY.

BEEF*, CHICKEN* and FISH:

WHOPPER® PATTIES and HAMBURGER PATTIES : 100% USDA inspected Ground Beef (Fire-Grilled).

TENDERGRILL® CHICKEN FILET (grilled): Chicken Breast Filet with Rib Meat, Water, Seasoned Oil (Soybean Oil and/or Canola Oil, Flavoring), Modified Food Starch, Seasoning [Salt, Maltodextrin, Autolyzed Yeast Extract, Flavoring, Contains less than 2% (Chicken Fat, Citric Acid, Dried Chicken, Dried Chicken Broth)], Sodium Phosphates, Dextrose.

****Beef and Chicken may be cooked on the same broiler with products containing dairy (or other allergens.)***

BREADED ORIGINAL CHICKEN PATTY (Fried): Chicken Breast with Rib Meat, Water, Salt and Monosodium Glutamate. Breaded with: Bleached Wheat Flour, Salt, Spices, Partially Hydrogenated Vegetable Oil (Soybean and/or Cottonseed), Dried Whey, Monosodium Glutamate, Yeast, Dehydrated Sweet Pepper, Onion Powder, Garlic Powder, Dextrose, Leavening (Monocalcium Phosphate, Sodium Bicarbonate). *BATTERED WITH* : Water, Bleached Wheat Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Salt, Corn Starch, Oat Flour and Natural Flavoring. Natural flavors from plant sources.

CONTAINS: MILK AND WHEAT

CRISPY CHICKEN PATTY (FRIED): Uncooked Chicken Breast Pattie Fritters with Rib Meat Chicken breast with rib meat, water, salt, modified food starch, sodium phosphates, monosodium glutamate, chicken broth powder (chicken broth, salt, and flavoring), chicken flavor (gum arabic, maltodextrin, flavors, chicken powder, yeast extract, palm kernel oil, and salt). BREADED WITH: Bleached wheat flour, spice, salt, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), onion powder, garlic powder, extractives of paprika. BATTERED WITH: Water, bleached wheat flour, modified corn starch, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), spice, onion powder, extractives of paprika, natural flavor. PREDUSTED WITH: Wheat flour, modified corn starch, salt, wheat gluten, spice, onion powder, extractives of paprika. Breeding set in vegetable oil.

CONTAINS: WHEAT

TENDERCRISP® CHICKEN (Fried): Chicken Breast With Rib Meat, containing: up to 18% of a solution of Water, Seasoning (Sugar, Monosodium Glutamate, Salt, Spices, Mustard Flour, Soybean Oil), Modified Corn Starch, Sodium Phosphates. *BREADED WITH*: Bleached Wheat Flour, Sugar, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Spices, Monosodium Glutamate, Nonfat Dry Milk, Dried Whey, Paprika, Extractives of Turmeric. *PREDUSTED AND BATTERED WITH*: Water, Wheat Flour, Salt, Whole Egg Solids, Nonfat Dry Milk, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Monosodium Glutamate, Dried Whey, Soybean Oil. Breeding set in Soybean Oil.

CONTAINS: MILK, EGG, WHEAT

Chicken Nuggets (Fried): Uncooked Chicken Breast Pattie Fritters with Rib Meat Chicken breast with rib meat, water, flavoring [potassium chloride, flavoring, autolyzed yeast extract, maltodextrin (corn, potato), salt, chicken fat, contains less than 2% (chicken broth, citric acid, dextrin, disodium inosinate & disodium guanylate, dried chicken, mannitol, modified cornstarch)], modified food starch, salt, sodium phosphates. BREADED WITH: Bleached wheat flour, modified corn starch, salt, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), dextrose, spices, garlic powder, onion powder, extractives of turmeric. BATTERED WITH: Water, wheat flour, modified wheat starch, modified corn starch, salt, sodium gluconate, leavening (sodium aluminum phosphate, sodium bicarbonate), garlic powder, spice, onion powder, potassium chloride. PREDUSTED WITH: Wheat flour, modified corn starch, wheat gluten, salt, leavening (sodium aluminum phosphate, sodium bicarbonate), sodium gluconate, onion powder, garlic powder, potassium chloride, spice. Breeding set in vegetable oil.

CONTAINS: WHEAT

Popcorn Chicken (Fried): Breaded Boneless Skinless Chicken Breast with Rib Meat CONTAINING UP TO 21% OF A SOLUTION OF Water with less than 2% of Salt, Sugar, Maltodextrin, Flavor, Autolyzed Yeast Extract, Soybean Oil, Canola Oil, Chicken Fat, Dried Chicken Broth, Dried Chicken, Sodium Phosphate, Food Starch-Modified. Breaded With: Bleached Wheat Flour, Water, Modified Corn Starch, Wheat Flour, Modified Wheat Starch, Salt, Natural Flavors with less than 2% of Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Sodium Gluconate, Dextrose, Extractives of Turmeric, Potassium Chloride.

CONTAINS: WHEAT

HOMESTYLE CHICKEN STRIPS: Contains up to 18% of solution of: Water, Seasoning (Salt, Maltodextrin, Modified Corn Starch, Garlic Powder, Disodium Inosinate and Disodium Guanylate, Onion Powder, Spices), Modified Food Starch and Carrageenan, Sodium Phosphates. BREADED WITH: Bleached Wheat Flour, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Spice, Disodium Inosinate and Disodium Guanylate. BATTERED WITH: Bleached Wheat Flour, Modified Corn Starch, Yellow Corn Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Salt, Spice, Spice Extractive. PREDUSTED WITH: Wheat Flour, Salt, Egg White Solids, Wheat Gluten, Spice.

CONTAINS: WHEAT, EGG

TACO: Filling: Water, Beef, Textured Vegetable Protein [Soy Flour, Caramel Color, Zinc Oxide, Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Pyridoxine Hydrochloride (B6), Riboflavin (B2), Thiamine Mononitrate (B1), Vitamin A Palmitate and Cyanocobalamin (B12)], Taco Seasoning (White Corn Flour, Maltodextrin, Modified Tapioca Starch, Salt, Dehydrated Onion, Paprika, Spices, Chili Pepper, Garlic Powder, Sugar, Caramel Color, Citric Acid, Autolyzed Yeast, Natural Flavors, Yeast Extract, Disodium Inosinate and Disodium Guanylate. Tortilla: Water, Tortilla Flour (Stoneground Corn Masa Flour, Cellulose Gum, Mono & Diglycerides, Trace of Lime).

CONTAINS: SOY

Premium Alaskan Fish Filet(Fried): Alaska Pollock, Water, Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Bleached Wheat Flour, Yellow Corn Flour, MODIFIED FOOD STARCH, Less than 2% of each of the following: Ascorbic Acid, Garlic Powder, Leavening (Sodium Bicarbonate, SODIUM ACID PYROPHOSPHATE), Malted Barley Flour, Onion Powder, Palm Oil, Paprika Extract, Salt, Sodium Alginate, Spice, Spice extract, Yeast.; CONTAINS: FISH (ALASKA POLLOCK), WHEAT

CONTAINS: FISH and WHEAT.

VEGGIE PATTY and SIDE ITEMS:

BK VEGGIE® BURGER PATTY: Supplied by MORNINGSTAR FARMS® - Vegetables (Mushrooms, Water Chestnuts, Onions, Carrots, Green Bell Peppers, Red Bell Peppers, Black Olives), Textured Vegetable Protein (Soy Protein Concentrate, Wheat Gluten, Water for hydration), Egg Whites, Cooked Brown Rice (Water, Brown Rice), Rolled Oats, Corn Oil, Calcium Caseinate, Soy Sauce (Water, Soybeans, Salt, Wheat), Onion Powder, Corn Starch, Salt, Hydrolyzed Corn, Soy, and Wheat Protein, Autolyzed Yeast Extract, Natural Flavors from non-meat sources, Sugar, Soy Protein Isolate, Spices, Garlic Powder, Dextrose, Jalapeño Pepper Powder, Celery Extract.

CONTAINS: MILK, EGG, WHEAT, SOY. The patty is NOT cooked on equipment with meat or poultry products. *This is not a vegan product.*

APPLE SLICES: Apple, Calcium Ascorbate (a blend of Calcium and Vitamin C to maintain freshness and color).

MOZZARELLA STICKS: part-skim mozzarella cheese (pasteurized part-skim milk, cultures, salt, enzymes), wheat flour, soybean oil, water, bleached wheat flour. contains 2% or less of each of the following: modified food starch, salt, dextrose, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), vinegar, spices, egg whites, nonfat milk, modified wheat starch, modified corn starch, corn dextrin, soy lecithin, wheat starch, garlic powder, yeast, yeast nutrients (calcium sulfate, ammonium chloride), spice extract, onion powder, sodium alginate, sodium caseinate, hydroxypropyl methylcellulose, paprika extract (color).

CONTAINS: WHEAT, MILK, EGG, SOY

FRENCH FRIES (Fried): Potatoes, Soybean Oil or Canola and Palm Oil, Modified Potato Starch, Rice Flour, Potato Dextrin, Salt, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dextrose, Xanthan Gum, Sodium Acid Pyrophosphate added to preserve natural color.

Sweet Potato Fries (Fried): Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Food Starch- Modified, Rice Flour, Dextrin, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Flavor, Xanthan Gum, Color (Beta Carotene, Caramel Color, Annatto), Sugar, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color.

ONION RINGS (Fried): water, bleached wheat flour, dehydrated onion, modified corn starch, yellow corn flour, sugar, gelatinized wheat starch, contains 2% or less of :salt, guar gum, methylcellulose, fructose, onion powder, food starch-modified, sodium alginate, sunflower oil, natural flavors, grill flavor (from sunflower oil), canola oil, wheat gluten, modified palm oil, sodium tripolyphosphate, whey, dextrose, garlic powder, leavening (baking soda, sodium aluminum phosphate), spice, hydroxypropylmethylcellulose, yeast extract, corn starch, sorbitol, dried yeast, calcium chloride. parfried in soybean oil.

CONTAINS WHEAT, MILK.

SALAD TOPPINGS
THREE CHEESE BLEND: Mild Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color), Monterey Jack Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Low - Moisture Part - Skim Mozzarella Cheese (Cultured Pasteurized Part - Skim Milk, Salt, Enzymes), Potato Starch and Powdered Cellulose added to prevent caking, Natamycin (a Natural Mold Inhibitor). CONTAINS: MILK
BLUE CHEESE CRUMBLES: whole milk, cheese culture, salt, enzymes, penicillium roqueforti. CONTAINS: MILK
PARMESEAN CHEESE, SHAVED: pasteurized part-skim milk, cheese culture, salt, enzymes, and cellulose CONTAINS: MILK
HOMESTYLE CAESAR CROUTONS: enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola and/or sunflower oil, yeast, salt, 2% or less of garlic powder, high fructose corn syrup, parmesan cheese (part skim milk, cultures, salt, enzymes), spices, maltodextrin, whey, onion powder, sugar, torula yeast, natural flavors (milk), corn syrup solids, cultured whey, wheat gluten, calcium propionate (preservative), calcium peroxide, calcium sulfate, ascorbic acid, azodicarbonamide, sodium stearoyl lactylate, disodium inosinate, disodium guanylate, caramel color, soy sauce solids (wheat, soybeans, salt), tamarinds, citric acid, tbhq (to preserve freshness). CONTAINS: WHEAT, MILK, SOY.
DRIED CRANBERRIES: Cranberries, Sugar, Sunflower Oil.
APPLES: Apple, Calcium Ascorbate (a blend of Calcium and Vitamin C to maintain freshness and color)
APPLE CIDER VINEGARETTE DRESSING: Soybean oil, water, high fructose corn syrup, vinegar (balsamic, cider), apple juice concentrate, egg yolk, contains less than 2% of: sugar, natural flavor, salt, xanthum gum, potassium sorbate and calcium disodium EDTA as preservatives, spice, onion, garlic, propylene glycol alginate, citric acid. CONTAINS: EGG
RANCH DRESSING: Soybean Oil, Water, Buttermilk, Egg Yolk, Distilled Vinegar, Contains less than 2% of: Salt, Monosodium Glutamate, Modified Food Starch, Buttermilk Solids, Sugar, Garlic, Spice, Citric Acid, Xanthan Gum, Onion, Sorbic Acid, Natural Flavor, Calcium Disodium EDTA to protect flavor, Egg Whites. CONTAINS: MILK, EGGS
AVOCADO RANCH DRESSING: Soybean Oil, Water, Buttermilk, Sugar, Egg Yolk, Vinegar, Contains less than 2% of: Avocado Solids, Salt, Buttermilk Solids, Monosodium Glutamate, Modified Food Starch, Spice, Garlic, Lactic Acid, Sorbic Acid, Natural Flavor, Citric Acid, Xanthan Gum, Natural Smoke Flavor, Onion, Calcium Disodium EDTA to protect flavor. CONTAINS: EGGS, MILK
HONEY BALSALMIC DRESSING: Water, Balsamic Vinegar, High Fructose Corn Syrup, Honey, Vegetable Oil (Soybean and/or Canola), Olive Oil, Maltodextrin, Distilled Vinegar, Lemon Juice Concentrate, Contains less than 2% of: Spice, Salt, Garlic, Carrageenan, Xanthan Gum, White Wine, Citric Acid, Calcium Disodium EDTA to protect flavor, Tartaric Acid.
HONEY MUSTARD DRESSING (for snack wrap): Soybean Oil, High Fructose Corn Syrup, Dijon Mustard (Distilled Vinegar and Water, Mustard Seed, Salt, White Wine, Spices), Honey Water, Vinegar, Egg Yolk, Contains less than 2% of: Salt, Xanthan Gum, Spice, Sodium Benzoate and Calcium Disodium EDTA as preservatives. CONTAINS: EGGS
CITRUS CAESAR DRESSING: Soybean Oil, Water, Vinegar, Romano Cheese (Cultured Milk, Salt, Enzymes), Parmesan Cheese (Cultured Milk, Salt, Enzymes), Garlic, High Fructose Corn Syrup, Lemon Juice Concentrate, Contains less than 2% of: Salt, Sugar, Orange Juice Concentrate, Lime Juice Concentrate, Garlic Juice, Hydrolyzed Soy Protein, Spices, Corn Syrup Solids, Xanthan Gum, Disodium Inosinate and Disodium Guanylate, Lactic Acid, Onion, Anchovies, Potassium Sorbate and Calcium Disodium EDTA as preservatives, Natural Flavor, Soy Sauce Solids, Tamarind. CONTAINS: ANCHOVY (FISH), MILK, SOY, WHEAT

CONDIMENTS, SAUCES, & TOPPINGS: Dipping Sauces have ingredients listed on the package

AMERICAN CHEESE (PASTEURIZED PROCESS): Cultured Milk, Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), Sodium Phosphate, Artificial Color, Enzymes, Acetic Acid, Lecithin. Artificial Colors may consist of one or more of the following: Annatto Extract, Beta-Apo-8'-Carotenal, Beta-Carotene, Canthaxanthin, Paprika Oleoresin, Tumeric Oleoresin.

CONTAINS: SOY LECITHIN and MILK

MOZZARELLA CHEESE SLICE (PASTEURIZED PROCESS): Pasturized part skim milk, cheese culture, salt, enzymes.

CONTAINS: MILK

LETTUCE, TOMATOES, ONIONS, CARROTS, ROMAINE, RED ONIONS: US Grade #1.

BREAKFAST SYRUP: corn syrup, high fructose corn syrup, water, contains less than 2% of natural and artificial maple flavor, salt, potassium sorbate as a preservative, caramel color, citric acid, ammoniated glycyrrhizin

JAM-GRAPE: Concord Grapes (Water, Grape Puree Concentrate), Sugar, Corn Syrup, Citric Acid, Pectin, Sodium Citrate.

JAM-STRAWBERRY: Strawberries (Strawberry Concentrate, Water), Corn Syrup, Sugar, Pectin, Citric Acid.

KETCHUP: Tomato concentrate made from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring, Natural flavoring is plant in origin.

MAYONNAISE: Soybean Oil, Eggs, Water, Distilled Vinegar. Contains 2% or less of the following: Egg Yolks, Salt, Sugar, Lemon Juice Concentrate, Natural Flavor, Calcium Disodium EDTA added to protect flavor, Dehydrated Garlic, Dehydrated Onion, Paprika or Paprika Oleoresin. Natural flavors from plant sources.

CONTAINS: EGG

MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric.

PICKLES: Cucumbers, Water, Vinegar, Salt, Calcium Chloride or 1/10 of 1% Sodium Benzoate as a preservative, Alum and/or Propylene Glycol, Polysorbate 80, Natural Flavors+, Yellow #5, Turmeric Oleoresin, Blue #1, Soy Lecithin. Natural flavors from plant sources.

CONTAINS: SOY LECITHIN

TARTAR SAUCE : Soybean Oil, Sweet Relish (Cucumbers, High Fructose Corn Syrup, Vinegar, Onion, Salt, Red Bell Peppers, Xanthan Gum, Sodium Benzoate and Potassium Sorbate as Preservatives, Natural Flavorings, Extractives of Turmeric), Water, Egg Yolks. *Contains less than 2%:* High Fructose Corn Syrup, Salt, Distilled Vinegar, Sugar, Dehydrated Onion, Lemon Juice Concentrate, Spice, Natural Flavors, Sodium Benzoate and Potassium Sorbate (as preservatives), Phosphoric Acid, Disodium Inosinate and Disodium Guanylate, Xanthan Gum, Calcium Disodium EDTA added to protect flavor. Natural Flavors from plant sources.

CONTAINS: EGG and SOY LECITHIN.

SMOKY CHEESE SAUCE: soybean oil, water, egg yolks, contains less than 2% of salt, cheese powder (cheddar cheese [pasteurized milk, cheese cultures, salt, enzymes], whey, maltodextrin, natural & artificial flavors, butter [cream, salt], salt, buttermilk, disodium phosphate, autolyzed yeast extract), natural flavors (includes autolyzed yeast extract), distilled vinegar, sugar, lactic acid, cultured cream, polysorbate 60, cream*(cream, non-fat milk, soy lecithin), phosphoric acid, sodium benzoate and potassium sorbate (as preservatives), maltodextrin, xanthan gum, autolyzed yeast extract, propylene glycol alginate, milk fat, natural extractives of annatto seed, artificial color, whey*, calcium disodium edta added to protect flavor, yellow #5, onion*. *dehydrated

CONTAINS: MILK, EGG, SOY

FIRECRACKER SAUCE: Soybean Oil, Chili Sauce (Red Chili,, White Vinegar, Sugar, Salt, Garlic, Acetic Acid, Lactic Acid, Red Chili Powder, Xanthan Gum) Water, Egg Yolk, Chili puree (Dried Red Peppers, water, Citric Acid). Contains less than 2% of: Garlic, Soy Sauce (Water, Wheat, Soybeans, Salt), Vinegar, Lemon Juice Concentrate, Salt, Sugar, Xanthan Gum, Polysorbate 60, Aquaresin Paprika, Potassium Sorbate, Sodium Benzoate and Calcium Disodium EDTA as Preservatives, Spice, Caramel Color, Natural Flavor.

CONTAINS: EGG, SOY, WHEAT.

GRILLER SAUCE: Soybean Oil, Buttermilk (Cultured Lowfat Milk, Nonfat Dry Milk, Food Starch-Modified, Salt, Mono- and Diglycerides, Sodium Citrate, Calcium Sulfate, Locust Bean Gum, Polysorbate 80, Carrageenan, Vitamin A Palmitate, Vitamin D), Garlic, Garlic Base (Roasted Garlic, Salt, Maltodextrin [from corn], Natural Flavorings, Corn Starch, Canola Oil, Sesame Oil), Egg Yolks, Water, Natural Fatty Beef Flavor*, Distilled Vinegar, Prime Rib Type Flavor *,Contains Less Than 2% Reduced Lactose Whey (milk derivative), Torula Yeast, Soy Sauce (Water, Wheat, Soybeans, Salt and Less than 0.10% Sodium Benzoate as a preservative), Black Pepper, Salt, Monosodium Glutamate, Sodium Acid Sulfate, Xanthan Gum, Phosphoric Acid, Propylene Glycol Alginate, Natural Extractives of Black Pepper, Potassium Sorbate and Sodium Benzoate as preservatives, Calcium Disodium EDTA added to protect flavor.

CONTAINS: EGG, MILK, WHEAT, SOY

SPICY BBQ SAUCE (Sweet Baby Rays): High Fructose Corn Syrup, Vinegar, Water, Tomato Paste, Modified Food Starch, Contains less than 2% of: Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel, Jalapeno Pepper, Sodium Benzoate as a preservative, Molasses, Corn Syrup, Garlic, Sugar, Tamarind, Natural Flavor.

Carolina Style BBQ Sauce: vinegar, tomato puree (water, tomato paste), sugar, water, mustard seed, salt, contains less than 2% of modified food starch, spice, dried onions, natural flavor, dried garlic, white wine, fruit pectin, citric acid, tartaric acid

BK® STACKER SAUCE: Soybean Oil, Sweet Relish(Cured Cucumbers, High Fructose Corn Syrup, Vinegar, Onion, Salt, Red Bell Peppers, Xanthan Gum, Sodium Benzoate And Potassium Sorbate (Preservatives), Natural Flavorings, Calcium Chloride, Polysorbate 80, Turmeric), Sugar, Water, Distilled Vinegar, Tomato Paste, Egg Yolk. *Contains Less Than 2%:* Salt, Dehydrated Onion, Xanthan Gum, Sodium Benzoate And Potassium Sorbate As Preservatives, Natural Flavors, Propylene Glycol Alginate, Polysorbate 60, Caramel Color, Oleoresins Paprika And Turmeric (Color), Canola Oil, Calcium Disodium EDTA Added To Protect Flavor. Natural Flavors from plant sources.

CONTAINS: EGG.

MARINARA SAUCE (Chicken Parmesean Sandwich): water, tomato paste, sugar, contains less than 2% of salt, distilled vinegar, garlic*, romano cheese (pasteurized cultured milk, salt, enzymes and anti-mycotic agent), spices, citric acid, sodium benzoate and potassium sorbate (as preservatives), phosphoric acid, parsley*. *dehydrated

CONTAINS: MILK.

CREAMY BASIL SAUCE (Italian Wrap): Soybean Oil, Water, Basil, Sugar, Egg Yolk, White Wine Vinegar, Distilled Vinegar, Extra Virgin Olive Oil, Contains Less than 2% of Salt, Lemon Juice Concentrate, Sodium Benzoate, Potassium Sorbate and Calcium Disodium EDTA as preservatives, Garlic, Xanthan Gum, Natural Flavor, Paprika, Spice

CONTAINS: EGG

Cole Slaw Sauce: (Summer BBQ Sandwiches) Soybean Oil, Cider Vinegar, Sugar, Egg Yolk, Mustard (Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice, Garlic Powder), Contains Less Than 2% Salt, Water, Xanthan Gum, Propylene Glycol Alginate, Spice, Sodium Benzoate and Potassium Sorbate as Preservatives, Polysorbate 60, Calcium Disodium EDTA Added to Protect Flavor.

CONTAINS: EGG

BREAKFAST:	
BACON:	Fully Cooked Bacon. Cured with Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite.
HARDWOOD SMOKED BACON:	Bacon cured with Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite
LIQUID EGG MIX:	Whole Eggs, Whey, Soybean Oil. Contains 2% or less of the following: Salt, Natural and Artificial Butter Flavor (soybean oil, butter oil, natural & artificial flavoring), Xanthan Gum, Citric Acid, Annatto (Color).
CONTAINS:	EGG and MILK
HAM:	Ham Cured With Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke. Sensitive Ingredients: Nitrite
SAUSAGE (Fried):	Pork, Salt, Spices, Corn Syrup Solids, Dextrose, Monosodium Glutamate, Hydrogenated Soybean Oil, Flavor [Maltodextrin, Grill Flavor (from Soybean Oil)], Modified Corn Starch, Corn Syrup Solids].
HASH BROWN ROUNDS (Fried):	potatoes, soybean oil, dehydrated potato flakes (potatoes, mono and diglycerides, sodium acid pyrophosphate, citric acid), salt, corn flour, enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), natural flavoring, disodium dihydrogen pyrophosphate (to promote color retention), dextrose.
CONTAINS:	WHEAT
VEGETABLE MIX (Breakfast Burrito):	Onions, Red Peppers, Green Peppers
ENGLISH MUFFIN:	Enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, yeast. contains 2% or less of: white corn meal, dry whole milk, white vinegar, salt, sugar, butter (cream, salt), soybean oil, calcium propionate and potassium sorbate (preservatives), white corn flour, potato flour, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), yellow corn meal, dough conditioner (wheat flour, calcium sulfate, enzymes, ascorbic acid, calcium peroxide, azodicarbonamide), dextrose, maltodextrin, natural and artificial flavors, acacia gum, caprylic triglycerides.
CONTAINS:	WHEAT, MILK
BISCUIT:	enriched flour bleached (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, hydrogenated palm kernel oil, buttermilk, sugar, baking soda, salt, sodium aluminum phosphate, sodium caseinate, datem, partially hydrogenated soybean and cottonseed oil*, sodium acid pyrophosphate, dextrose, wheat protein isolate, corn syrup solids, natural flavor.
CONTAINS:	WHEAT AND MILK
CROISSANT:	Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Margarine [Palm Oil, Water, Soybean Oil, Sugar, Soybean Lecithin with Mono- and Diglycerides added, Potassium Sorbate and Citric Acid (preservatives), Beta Carotene, Vitamin A Palmitate], High Fructose Corn Syrup, Yeast, Salt, Sweet Whey, Dough Conditioner [Calcium Sulfate, Diacetyl Tartaric Acid Ester of Monoglyceride (DATEM), Ammonium Sulfate, Enzymes, Ascorbic Acid, Azodicarbonamide], Calcium Propionate, Natural and Artificial Butter Flavor, Modified Cornstarch.
CONTAINS:	WHEAT, MILK, SOY
PANCAKES:	water, enriched flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, eggs, leavening (sodium aluminum phosphate, sodium bicarbonate), artificial flavors, dextrose, contains 2% or less of the following: salt, dry whole milk, soy lecithin, xanthan gum, guar gum.
CONTAINS:	WHEAT, EGG, MILK, SOY LECITHIN

CINI-MINIS: enriched flour bleached (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, palm, canola and soybean oils, sugar, high fructose corn syrup, dextrose, cinnamon, dried nonfat milk, dried whole eggs (contains sodium silicoaluminate), molasses, vital wheat gluten, yeast, salt, modified tapioca starch, mono and diglycerides, acetylated tartaric acid esters of mono- and diglycerides (datem), sodium aluminum phosphate, baking soda, artificial color, natural and artificial flavor, l-cysteine hydrochloride, tbhq (preservative), ascorbic acid, azodicarbonamide.

CONTAINS: WHEAT, MILK, EGG

CINNABON® ROLL: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, margarine (palm oil, water, salt, whey, monoglycerides, soy lecithin, sodium benzoate and citric acid [preservatives], artificial flavor, beta carotene, vitamin a palmitate), brown sugar, sugar, nonfat milk, yeast, high fructose corn syrup, cinnamon, modified corn starch, wheat protein isolate, vital wheat gluten, hydroxypropyl methylcellulose, salt, monoglycerides, datem, baking soda, guar gum, glucono delta-lactone, lactic acid, enzymes, ascorbic acid, propionic acid (preservative). frosting: sugar, margarine (palm oil, water, salt, vegetable monoglycerides, natural butter flavor (milk) sodium benzoate (preservative), citric acid, vitamin a palmitate, beta carotene (color), cream cheese (pasteurized milk and cream, cheese cultures, salt, stabilizers (carob bean gum and/or xanthan gum and/or guar gums), water, corn starch, corn syrup solids, cellulose gum, natural and artificial flavor, potassium sorbate (preservative), lactic acid, potassium sorbate (preservative), artificial color including yellow 5.

CONTAINS: MILK, WHEAT, SOY

FLOUR TORTILLA: Enriched Bleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil), Contains 2% or less of the following: Sugar, Salt, Vital Wheat Gluten, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Distilled Monoglycerides, Enzymes, Wheat Starch, Calcium Carbonate, Tocopherol (antioxidant), Ascorbic Acid (antioxidant), Citric Acid (antioxidant), Guar Gum, Yeast, Cellulose Gum, Fumaric Acid (Dough Conditioner), Calcium Propionate and Sorbic Acid (To Preserve Freshness).

CONTAINS: WHEAT

WHEAT TORTILLA: Water, Whole Wheat Flour, Enriched Bleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil), contains 2% or less of the following: Sugar, Salt, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Distilled Monoglycerides, Enzymes, Wheat Starch, Calcium Carbonate, Tocopherol (antioxidant), Ascorbic Acid (antioxidant), Citric Acid (antioxidant), Cellulose Gum, Fumaric Acid (dough conditioner), Calcium Propionate and Sorbic Acid (to preserve freshness).

CONTAINS: WHEAT

PAN COATING: (Used on breakfast sandwiches) canola oil, capric/ caprylic triglycerides, silicon dioxide, calcium stearate, propellant

QUAKER® Oatmeal Maple and Brown Sugar Flavor*: whole grain rolled oats, sugar, natural flavor, salt, calcium carbonate, guar gum, oat flour, caramel color, reduced iron, vitamin a palmitate.

Quaker® Original Oatmeal: whole grain rolled oats, oat flour, calcium carbonate, salt, guar gum, caramel color, reduced iron, vitamin a palmitate.

VANILLA ICING: Liquid sugar, icing sugar, glucose, sugar, water, sorbitol, propylene glycol, salt, natural and artifical flavour, titanium dioxide, xanthan gum, canola oil, potassium sorbate, agar, cellulose gum, phosphoric acid, ascorbyl palmitate, tocopherols, citric acide. OR powdered sugar, water, corn maltodextrin, high fructose corn syrup, coconut oil, contains 2% or less of: dextrose, vegetable glycerine (soybean oil, corn oil, sunflower oil), donut glaze (tapioca dextrin, gum arabic, agar), salt, sodium alginate, natural & artificial vanilla flavor (propylene glycol, ethyl alcohol, natural and artificial flavors, water), potassium sorbate as a preservative, agar, titanium dioxide, phosphoric acid.

CONTAINS:TREE NUTS (COCONUT)

FRENCH TOAST STICKS: Bread: Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), water, high fructose corn syrup, yeast, may contain 2% or less of each of the following: soybean oil, wheat gluten, salt, dough conditioners (may contain one or more of the following: sodium stearoyl lactylate, calcium stearoyl-2-lactylate, calcium peroxide, calcium iodate, ascorbic acid, azodicarbonamide, enzymes), corn flour, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), glycerol monooleate, oleoresin paprika and oleoresin turmeric (coloring agents), polysorbate 60, polysorbate 80, calcium propionate (preservative), corn starch, soy lecithin, soy flour. Batter and breading: water, bleached wheat flour (enriched with niacin, iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), wheat flour, sugar, yellow corn flour, soy flour, contains 2% or less of the following: dextrose, modified corn starch, salt, lecithin, gum arabic, leavening (monocalcium phosphate, sodium bicarbonate), yeast, glycerine, natural and artificial flavor, polysorbate 80, carrageenan. Pre- Fried in soybean oil.

CONTAINS: WHEAT, SOY, SOY LECITHIN

Beverages
SEATTLE'S BEST COFFEE: Roasted and ground coffee
FRAPPÉ BASE, CARAMEL AND COFFEE: Caramel Flavor Base (High Fructose Corn Syrup, Non-Dairy Creamer (Refined Coconut Oil, Corn Syrup Solids, Potassium Caseinate (MILK), Sugar, Dipotassium Phosphate, Mono- & Diglycerides, Salt, Sodium Stearoyl Lactylate, Carrageenan, Sodium Silico Aluminate, Artificial Flavor, Annatto & Turmeric), Coffee Extract, Nonfat Dry Milk, Water, Natural and Artificial Flavors, Salt, Sodium Citrate, Potassium Sorbate (as a preservative), Calcium Disodium EDTA (as a preservative), Potassium Hydroxide.), Water, Milk, Cream, Sugar, Less than 2% Mono and Diglycerides, Guar Gum, Potassium Citrate, Disodium Phosphate, Carrageenan and Locust Bean Gum.
CONTAINS: MILK
FRAPPÉ BASE, MOCHA AND COFFEE: Mocha Flavor Base (High Fructose Corn Syrup, Non-Dairy Creamer (Refined Coconut Oil, Corn Syrup Solids, Potassium Caseinate, Sugar, Dipotassium Phosphate, Mono- & Diglycerides, Salt, Sodium Stearoyl Lactylate, Carrageenan, Sodium Silico Aluminate, Artificial Flavor, Annatto & Turmeric), Coffee Extract, Nonfat Dry Milk, Cocoa, Water, Natural and Artificial Flavors, Salt, Sodium Citrate, Potassium Sorbate (as a preservative), Calcium Disodium EDTA (as a preservative), Potassium Hydroxide), Water, Milk, Cream, Sugar, Contains Less than 2 % Mono and Diglycerides, Guar Gum, Potassium Citrate, Disodium Phosphate, Carageenan and Locust Bean Gum.
CONTAINS:MILK
SOFT SERVE/SHAKE MIX: Milkfat and Nonfat Milk, Sugar, Sweet Whey, Corn Syrup, High Fructose Corn Syrup, Propylene Glycol Monoesters, Natural and Artificial Vanilla Flavor, Mono & Diglycerides, Guar Gum, Disodium Phosphate, Sodium Citrate, Cellulose Gum, Carrageenan.
CONTAINS: MILK
SMOOTHIE MIX, STRAWBERRY-BANANA: Banana Puree, Strawberry Puree, Sugar Syrup, Strawberry Puree Concentrate, Water, Concentrated Grape Juice, Natural Flavors, Concentrated Carrot Juice, Xanthan Gum, Pectin, Guar Gum, CMC Gum.
SMOOTHIE MIX, TROPICAL MANGO: Water, Sugar Syrup, Concentrated Grape Juice, Apple Puree Concentrate, Concentrated Pear Juice, Mango Puree Concentrate, Concentrated Pineapple Juice, Concentrated Orange Juice, Concentrated Apple Juice, Concentrated Passion Fruit Juice, Natural & Artificial Flavors, Xanthan Gum, Pectin, Guar Gum, Cellulose Gum, Beta Carotene, Citric Acid.
SMOOTHIE MIX, RASPBERRY: Sugar Syrup, Water, Concentrated Grape Juice, Concentrated Orange Juice, Concentrated Pear Juice, Apple Puree Concentrate, Raspberry Puree, Concentrated Raspberry Juice, Peach Puree Concentrate, Concentrated Apple Juice, Concentrated Black Currant Juice, Xanthan Gum, Pectin, Guar Gum, Cellulose Gum, Natural Flavor, Citric Acid.
STRAWBERRY SUNDAE TOPPING: Strawberries, sugar, water, concentrated lemon juice, natural flavors, fruit and vegetable juice for color, guar gum, xanthan gum, citric acid
LOW- FAT VANILLA YOGURT: Cultured Lowfat Milk, Stabilizer (Grade A Whey Protein Concentrate, Corn Starch and Gelatin).
CONTAINS: MILK
COCA COLA® CLASSIC: High Fructose Corn Syrup and/or Sucrose, Water, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine. Natural flavors from plant sources.
DIET COKE® : Water, Caramel Color, Phosphoric Acid, Sodium Saccharin, Potassium Benzoate (to protect taste), Natural Flavors, Citric Acid, Caffeine, Potassium Citrate, Aspartame, Dimethylpolysiloxane. Natural flavors from plant sources.
SPRITE® : High Fructose Corn Syrup and/or Sucrose, Water, Citric Acid, Natural Flavors, Sodium Citrate, Sodium Benzoate, Dimethylpolysiloxane. Natural flavors from plant sources.
DR PEPPER® : High Fructose Corn Syrup, Water, Caramel Color, Artificial and Natural Flavor, Phosphoric Acid, Caffeine, Sodium Benzoate (Preservative), and Dimethylpolysiloxane. Natural flavors from plant sources.
Frozen- COCA COLA CLASSIC® : High Fructose Corn Syrup and/or Sucrose, Water, Caramel Color, Phosphoric Acid, Natural Flavors, Quillalia, Yucca Extract. +Natural flavors from plant sources.

Desserts and Shakes:

DUTCH APPLE PIE: Apples, enriched flour, water, glucose-fructose, palm and soybean oil shortening, sugar, modified corn starch, palm and soybean oil, margarine, apple juice concentrate, soybean oil, salt, dextrose, silicon dioxide, xanthan gum, potassium sorbate, spices, malic acid, yeast, ascorbic acid, sodium propionate, citric acid, annatto.

CONTAINS: WHEAT AND SOY

HERSHEY'S® SUNDAE PIE: Water, Sugar, Reduced Fat Sweetened Condensed Milk (Milk, Skim Milk, Sugar, Vitamin A Palmitate), Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Xanthan Gum and/or Carob Bean Gum and/or Guar Gum), Enriched Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Partially Hydrogenated Vegetable Shortening (Coconut Oil and Palm Kernel Oil), High Fructose Corn Syrup, Vegetable Shortening (Palm Oil and Soybean Oil), Vegetable Oil (Palm Oil, Coconut Oil and Soybean Oil), Cocoa (Natural and Processed with Alkali), contains less than 2 % of each of the following:; Corn Syrup, Dextrose, Chocolate, Baking Soda, Salt, Natural and Artificial Flavors, Sodium Caseinate (A Milk Derivative), Soy Lecithin , Polysorbate 60, Modified Cellulose Gum, Colored with Beta Carotene, Cocoa Butter, Mono- and Diglycerides, Carrageenan, Polysorbate 65, Polysorbate 80, Sodium Phosphate, Corn Syrup Solids, Fructose, Maltodextrin, Malic Acid, Hydroxypropylmethylcellulose, Milkfat, Glyceryl-Lacto Esters of Fatty Acids, Lactose, Xanthan Gum, Disodium Phosphate, Polyglycerol Esters, Sodium Citrate, Sorbitan Monostearate, Guar Gum, Citric Acid, Dipotassium Phosphate, Food Starch-Modified, Milk.

CONTAINS: MILK, WHEAT, SOY

SOFT SERVE/SHAKE MIX: Milkfat and Nonfat Milk, Sugar, Sweet Whey, Corn Syrup, High Fructose Corn Syrup, Propylene Glycol Monoesters, Natural and Artificial Vanilla Flavor, Mono & Diglycerides, Guar Gum, Disodium Phosphate, Sodium Citrate, Cellulose Gum, Carrageenan.

CONTAINS: MILK

SOFT SERVE CONE: Enriched Wheat Flour (Contains: Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Oil Shortening (Soybean Oil or Canola Oil, Modified Palm Oil, Soy Lecithin), Leavening (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Natural Flavor, Annatto (Vegetable Color).

CONTAINS: WHEAT, SOY

CARAMEL SUNDAE TOPPING: Corn syrup, sweetened condensed skim milk (skim milk, sugar, corn syrup), sugar, water, high fructose corn syrup, cream, butter, salt, mono and diglycerides, sodium bicarbonate, xanthan gum, natural flavor

CONTAINS: MILK

CHOCOLATE FUDGE TOPPING: High fructose corn syrup, sweetened condensed skim milk (skim milk, sugar, corn syrup), partially hydrogenated palm kernel oil, cocoa processed with alkali, water, corn starch, salt, sugar, mono & diglycerides, disodium phosphate, artificial flavor, xanthan gum and sodium alginate

CONTAINS: MILK

STRAWBERRY SUNDAE TOPPING: Strawberries, sugar, water, concentrated lemon juice, natural flavors, fruit and vegetable juice for color, guar gum, xanthan gum, citric acid

GRANOLA: whole rolled oats, sugar, wheat flakes, corn syrup, honey, canola oil, whey (milk), molasses, tocopherols (antioxidant), natural flavor.

CONTAINS: WHEAT, MILK

WHIPPED TOPPING : water, high fructose corn syrup, hydrogenated palm kernel oil, sugar, dextrose, *sodium caseinate (a milk derivative), contains less than 2% of the following: soy protein concentrate, polysorbate 60, carbohydrate gum, cellulose gel, salt, natural flavor, to preserve freshness (potassium sorbate), cellulose gum, polyglycerol esters of fatty acids, xanthan gum.

CONTAINS: MILK, SOY

OREO® COOKIE CRUMBLES - Sugar, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Palm And/Or High Oleic Canola And/Or Soybean Oil, Cocoa (Processed With Alkali), High Fructose Corn Syrup, Baking Soda, Cornstarch, Salt, Soy Lecithin (Emulsifier), Vanillin - An Artificial Flavor, Chocolate.

CONTAINS: WHEAT AND SOY

M & M's® PIECES: Milk chocolate (sugar, chocolate, skim milk, cocoa butter, lactose, milkfat, soy lecithin, salt, artificial flavors), sugar, less than 2% - cornstarch, corn syrup, coloring (includes yellow 5 lake, red 40 lake, blue 1 lake, yellow 6 lake, blue 2 lake, yellow 5, red 40, blue 1, yellow 6, blue 2), dextrin. product is kosher "m&m's"® candies may contain peanuts / made on equipment that also processes peanuts.

CONTAINS: MILK and SOY, MAY CONTAIN PEANUTS.

DOUBLE CHOCOLATE OREO® BROWNIE: sugar, enriched bleached and unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin b1}, riboflavin {vitamin b2}, folic acid), partially hydrogenated soybean and cottonseed oils, corn syrup, water, eggs, cocoa (processed with alkali and unprocessed), oreo chocolate sandwich cookies (sugar, enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin b1}, riboflavin {vitamin b2}, folic acid], partially hydrogenated soybean oil, cocoa processed with alkali, high fructose corn syrup, baking soda, cornstarch, salt, soy lecithin - an emulsifier, chocolate, vanillin - an artificial flavor), emulsifiers (vegetable mono- and diglycerides, soy lecithin), artificial flavor, salt, leavening (baking soda, sodium acid pyrophosphate, calcium phosphate, calcium sulfate), high fructose corn syrup, cornstarch.

CONTAINS: WHEAT, EGG, SOY. ALLERGY INFORMATION: MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES TREE NUTS. MAY CONTAIN TREE NUTS.

CHOCOLATE SHAKE SYRUP: High fructose corn syrup, water, dextrose, corn syrup, cocoa processed with alkali, whey, salt, natural flavors, potassium sorbate (a preservative), citric acid, xanthan gum.

CONTAINS: MILK

VANILLA SHAKE SYRUP: Sugar, water, natural and artificial flavor, benzoic acid and potassium sorbate (preservatives), xanthan gum

STRAWBERRY SHAKE SYRUP: Strawberries, sugar, water, concentrated lemon juice, natural flavors, citric acid, pectin, sodium benzoate and potassium sorbate (preservatives), artificial colors (red 40 and blue 1), cellulose gum

CHOCOLATE CHIP COOKIE: Enriched Bleached Flour (Bleached Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin, Vanilla), Sugar, Margarine (Palm Oil, Water, Salt, Mono- and Diglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene), Brown Sugar, Eggs, Butter, Natural and Artificial Flavor, Baking Soda, Salt.

CONTAINS: MILK, WHEAT, EGGS, AND SOYBEAN

OATMEAL RAISIN COOKIE: Enriched bleached flour (Bleached flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), rolled oats, sugar, brown sugar, margarine (palm oil, water, salt, mono- and diglycerides, natural flavor, vitamin A palmitate, beta carotene), raisins, coconut, eggs, butter, invert sugar, whole milk, baking soda, artificial flavor, salt.

CONTAINS: MILK, EGGS, COCONUT, WHEAT

WHITE CHOCOLATE MACADAMIA NUT COOKIE: Enriched Bleached Flour (Bleached Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), White Chocolate Chips (Sugar, Cocoa Butter, Whole Milk Powder, Dextrose, Soy Lecithin, Artificial Flavor), Sugar, Margarine (Palm Oil, Water, Salt, Mono- and Diglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene), Brown Sugar, Macadamia Nuts, Eggs, Butter, Natural and Artificial Flavor, Baking Soda, Salt.

CONTAINS: MILK, WHEAT, EGGS, SOYBEANS, AND MACADAMIA NUTS

Important Information:

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*Artificial maple flavor in Vermont only.

**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.

¹Products 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, Original Chicken Patty, Crispy Chicken Patty, Hash browns, French Toast 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: Contians 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: 866-394-2493 or contact us via web at bk.com/contactus