

100% BEEF

FLAME-GRILLED
WITH NO FILLERS
AND NO PRESERVATIVES

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**FREE* WHOPPER® (660 CALS)
SANDWICH FOR YOUR THOUGHTS**

Grab your receipt and visit
www.mybkexperience.com for details.

*Food purchase and completion of online survey required.

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NUTRITIONAL INFORMATION

WHOPPER® Sandwiches		Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fibre (g)	Total Sugar (g)	Protein (g)
WHOPPER®		289	660	39	11	2	95	690	49	3	14	29
WHOPPER® with Cheese		313	740	46	16	2	115	1080	50	3	14	34
BBQ Bacon WHOPPER®		328	810	50	17	2	130	1710	53	2	14	37
Bacon and Cheese WHOPPER®		330	830	52	18	2	135	1390	50	3	14	41
Double WHOPPER®		374	900	57	19	3.5	180	760	49	3	14	49
Double WHOPPER® with Cheese		397	980	64	24	3.5	200	1150	50	3	14	53
Triple WHOPPER®		458	1140	75	27	5	260	840	49	3	14	68
Triple WHOPPER® with Cheese		481	1220	81	32	5	280	1220	50	3	14	73
WHOPPER JR.®		141	320	19	6	0.5	45	400	27	1	5	14
WHOPPER JR.® with Cheese		161	380	23	8	0.5	55	710	27	2	5	16
Other Flame-Grilled Burgers		Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fibre (g)	Total Sugar (g)	Protein (g)
Angry King™		368	1130	73	27	4	220	1940	57	2	15	60
Double Quarter Pound King™		353	900	54	26	4	205	1930	50	2	11	56
Quarter Pound King™		246	580	29	13	2	105	1470	49	2	11	32
Bacon King™		348	1110	75	30	4.5	230	1950	48	2	12	60
BBQ Bacon King™		348	1120	75	30	4.5	230	1950	51	1	14	60
BK® Stacker - Single		117	360	21	8	.5	60	600	26	1	4	19
BK® Stacker - Double		159	490	30	12	1	105	750	26	1	4	30
BK® Stacker - Triple		210	640	42	18	1.5	155	940	26	1	5	41
BK® Stacker - Quad		261	800	54	24	2	200	1160	27	1	5	52
Cheeseburger		116	280	13	6	0	50	580	26	1	5	16
Cheeseburger - Double		154	390	22	10	1	85	610	26	1	5	25
Bacon Double Cheeseburger		166	450	26	11	1	100	830	26	1	5	30
Hamburger		104	240	10	4	0	40	380	26	1	5	13
Hamburger - Double		150	370	19	8	1	75	540	26	1	5	22
Chicken, Fish, Veggie & Kids Items		Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fibre (g)	Total Sugar (g)	Protein (g)
BK BIG FISH®		184	510	26	4	0	35	820	54	2	8	16
BK VEGGIE®		205	330	8	4	0	5	830	51	4	9	14
Chicken Nuggets (4 pieces)		58	170	11	2	0.1	25	310	9	1	0	9
Chicken Nuggets (6 pieces)		88	260	17	3	0.1	35	460	14	1	0	14
Chicken Nuggets (10 pieces)		146	430	28	5	0.1	60	770	23	1	0	23
Chicken Nuggets (20 pieces)		292	870	55	10	0.3	115	1550	46	3	1	46
Crispy Chicken Sandwich		228	670	41	7	0	70	1070	54	2	8	23
Bacon and Cheese Crispy Chicken Sandwich		265	810	52	13	0.5	105	1690	55	2	8	33
Spicy Crispy Chicken Sandwich		243	690	42	6	0.5	60	1270	56	2	8	22
Chicken Jr.		129	410	26	4	0.3	35	800	32	1	3	13
Spicy Chicken Jr.		129	290	9	1.5	0.1	20	890	40	2	11	13
Original Chicken		207	640	41	7	0.5	65	570	49	2	4	21
Original Chicken NO MAYO		190	430	18	3	0.2	45	390	48	2	4	21
SPICY Original Chicken		207	490	18	3	0.1	45	690	60	2	15	21
Chicken Fries (9 pieces)		102	310	19	3	0.1	45	850	21	1	0	16
Sides		Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fibre (g)	Total Sugar (g)	Protein (g)
French Fries - Small		122	310	12	2	0.1	0	290	46	5	1	3
French Fries - Medium		159	400	16	2.5	0.1	0	380	60	6	2	4
French Fries - Large		198	500	20	3	0.1	0	470	75	7	2	5
Gravy		113	45	0.5	0.2	0	0	1010	9	0	1	1
Mozzarella Sticks (4 pieces)		108	380	22	9	0	25	860	31	2	8	15
Onion Rings - Small		52	180	9	1.5	0.1	0	480	23	2	2	2
Onion Rings - Medium		109	390	20	3.5	0.2	0	1010	49	4	5	4
Onion Rings - Large		136	480	24	4	0.2	0	1250	61	4	6	5
Poutine (Fries, Cheese Curds, Gravy)		308	810	42	14	1	60	920	88	6	1	21
Poutine with Bacon		336	940	51	18	1	90	930	88	6	2	33
Salads		Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fibre (g)	Total Sugar (g)	Protein (g)
BLT Garden Fresh Salad		273	230	16	7	0	45	530	8	3	5	18
Caesar Garden Fresh Salad		151	330	24	7	0.3	40	730	14	1	1	14
Garden Side Salad		141	30	1	0.2	0	0	610	5	1	2	1
Dressings, Sauces and Condiments		Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fibre (g)	Total Sugar (g)	Protein (g)
BBQ Sauce		28	40	0	0	0	0	310	11	0	10	0.3
Breakfast Syrup		28	80	0	0	0	0	20	21	0	14	0
Buffalo Style Dipping Sauce		28	80	8	1.5	0.1	5	360	2	0	1	0.2
Honey Mustard Dipping Sauce		28	90	6	1	0.1	10	180	8	0	7	0.3
KRAFT® Balsamic Vinaigrette		40ml	180	17	2.5	0.1	0	420	5	0	4	0.2
KRAFT® Creamy Caesar Dressing		40ml	150	16	2.5	0.1	10	410	2	0	1	1
Strawberry Jam		16	50	0	0	0	0	0	14	0	14	0
Sweet and Sour Sauce		28	45	0.2	0	0	0	55	11	0	10	0.1
Zesty Sauce		28	150	15	2.5	0.2	15	210	3	1	2	0.3
Desserts		Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fibre (g)	Total Sugar (g)	Protein (g)
Apple Turnover		85	260	13	4	0.1	0	340	34	1	12	2
HERSHEY'S® Sundae Pie		79	310	18	12	0.4	12	210	31	1	22	3
OREO® Cookie Cheesecake		92	350	18	8	0.4	35	310	41	1	25	6
Soft Serve Cone		128	210	5	3.5	0	15	150	34	0	26	5
Soft Serve Cup		128	190	5	3.5	0	20	160	31	0	26	5
Sundae - Chocolate		160	280	5	3	0	15	160	55	1	43	5
Sundae - Caramel		160	310	5	2	0	15	210	61	0	49	5
Sundae - Strawberry		160	260	5	3	0	150	150	49	0	44	5

[illegible]

ADULTS AND YOUTH (AGES 13 AND OLDER) NEED AN AVERAGE OF 2,000 CALORIES A DAY, AND CHILDREN (AGES 4 TO 12) NEED AN AVERAGE OF 1,500 CALORIES A DAY. HOWEVER, INDIVIDUAL NEEDS VARY.

For additional nutrition and allergen information, please visit our website at BurgerKing.ca

“+.” Sodium may vary depending on the quantity contained in the water supply where the finished beverages are produced. The nutrition values are for the complete standard product as served. All data displayed follow the Food and Drug Act and Regulation regarding the rounding of nutritional data. Nutrition and ingredient information applies to **BURGER KING®** in Canada. 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. **OROLD** is a REGISTERED TRADEMARK OF MONZIEZ INTERNATIONAL GROUP LLC © 2018 BURGER KING CORPORATION USED UNDER LICENSE. ©2004-CO2A LTD., USED UNDER LICENSE. The trademarks that appear are the property of their respective trademark owners. **THE HERSHEY'S** trademark and trade dress are used under license. **OROLD** is a registered trademark of Kraft Foods Holdings, Inc. of this publication (September 2018), information subject to change.