

03135-4 Trayliners CAL Update-Regular\_CR.indd 1

## **NUTRITIONAL INFORMATION**

WHOPPER® Sandwiches	Serving	Calarias	Total	Saturated	Trans	Chol	Sodium	Total	Dietary	Total	Protein
WHOPPER®	Size (g) 289	Calories 660	fat (g) 39	fat (g) 11	Fat (g) 2	(mg) 95	(mg) 690	Carb (g) 49	Fibre (g) 3	Sugar (g) 14	(g) 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
louble WHOPPER® with Cheese	397	980	64	24	3.5	200	1150	50	3	14	53
riple WHOPPER®	458	1140	75	27	5	260	840	49	3	14	68
riple WHOPPER® with Cheese VHOPPER JR.®	481 141	1220 320	81 19	32 6	5 0.5	280 45	1220 400	50 27	3 1	14 5	73 14
VHOPPER JR.® with Cheese	161	380	23	8	0.5	55	710	27	2	5	16
	Serving		Total	Saturated	Trans	Chol	Sodium	Total	Dietary	Total	Protein
Other Flame-Grilled Burgers	Size (g)	Calories	fat (g)	fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fibre (g)	Sugar (g)	(g)
Angry King™ Double Quarter Pound King™	368 353	1130 900	73 54	27 26	4	220 205	1940 1930	57 50	2	15 11	60 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
BQ Bacon King™	348	1120	75	30	4.5	230	1950	51	1	14	60
K <sup>®</sup> Stacker - Single	117	360	21	8	.5	60	600	26	1	4	19
K <sup>®</sup> Stacker - Double	159	490	30	12	1	105	750	26	1	4	30
IK® Stacker - Triple	210	640	42	18	1.5	155	940	26	1	5	41
K® Stacker - Quad	261	800	54	24	2	200	1160	27	1	5	52
heeseburger heeseburger - Double	116 154	280 390	13 22	6 10	0	50 85	580 610	26 26	1	5 5	16 25
Bacon Double Cheeseburger	166	450	26	11	1	100	830	26	1	5	30
lamburger	104	240	10	4	Ö	40	380	26	i	5	13
lamburger - 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	Sodium (mg)	Total Carb (g)	Dietary Fibre (g)	Total Sugar (g)	Protein
3K BIG FISH®	184	510	26	1at (g)	Pat (9)	(mg) 35	(mg) 820	54	2 Pibre (g)	Sugar (g) 8	(g) 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
thicken 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
hicken Nuggets (20 pieces)	292	870	55	10	0.3	115	1550	46	3	1	46
rispy Chicken Sandwich lacon and Cheese Crispy Chicken Sandwich	228 265	670 810	41 52	7 13	0 0.5	70 105	1070 1690	54 55	2	8	23 33
picy Crispy Chicken Sandwich	243	690	42	6	0.5	60	1270	56	2	8	22
hicken 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	190 207	430	18	3	0.2	45 45	390 690	48 60	2	4	21
SPICY Original Chicken Chicken Fries (9 pieces)	102	490 310	18 19	3	0.1 0.1	45 45	850	21	2 1	15 0	21 16
	Serving		Total	Saturated	Trans	Chol	Sodium	Total	Dietary	Total	Protein
Sides	Size (g)	Calories	fat (g)	fat (g)	Fat (g)	(mg)	(mg)	Carb (g)	Fibre (g)	Sugar (g)	(g)
rench 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 Gravy	198 113	500 45	20 0.5	3 0.2	0.1	0	470 1010	75 9	7	2	5 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
Inion 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
outine with Bacon	336	940	51	18	1	90	930	88	6	2	33
alads	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)
LT Garden Fresh Salad	273	230	16	7	0	45	530	8	3	5	18
aesar Garden Fresh Salad	151	330	24	7	0.3	40	730	14	1	1	14
	141	30	1	0.2	0	0	610	5	1	2	1
adruen Side Salad									Dietary	Total	Protein
	Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Fibre (g)	Total Sugar (g)	
Pressings, Sauces and Condiments	Size (g) 28	40	fat (g) 0	fat (g) 0	Fat (g) 0	(mg) 0	(mg) 310	Carb (g) 11			(g) 0.3
Pressings, Sauces and Condiments  BQ Sauce reaklast Syrup	Size (g) 28 28	40 80	fat (g) 0 0	fat (g) 0 0	Fat (g) 0 0	(mg) 0 0	(mg) 310 20	Carb (g) 11 21	Fibre (g) 0 0	Sugar (g) 10 14	(g) 0.3 0
Oressings, Sauces and Condiments BIO Sauce treakfast Syrup urfalo Style Dipping Sauce	Size (g) 28 28 28	40 80 80	fat (g) 0 0 8	fat (g) 0 0 1.5	Fat (g) 0 0 0.1	(mg) 0 0 5	(mg) 310 20 360	Carb (g) 11 21 2	Fibre (g) 0 0 0	Sugar (g) 10 14 1	(g) 0.3 0 0.2
Oressings, Sauces and Condiments BBQ Sauce Breakfast Syrup Buffalo Style Dipping Sauce Honey Mustard Dipping Sauce	Size (g) 28 28 28 28 28	40 80 80 90	fat (g) 0 0 8 6	fat (g) 0 0 1.5	Fat (g) 0 0 0.1 0.1	(mg) 0 0 5 10	(mg) 310 20 360 180	Carb (g) 11 21 2 8	Fibre (g) 0 0 0 0	Sugar (g) 10 14 1 7	(g) 0.3 0 0.2 0.3
Pressings, Sauces and Condiments  BBQ Sauce  breakfast Syrup  urflato Style Dipping Sauce  loney Mustard Dipping Sauce  RAFT® Balsamic Vinaigrette	Size (g) 28 28 28 28 28 40ml	40 80 80 90 180	fat (g) 0 0 8 6 17	fat (g) 0 0 1.5 1 2.5	Fat (g) 0 0 0.1 0.1 0.1	(mg) 0 0 5 10	(mg) 310 20 360 180 420	Carb (g) 11 21 2 8 5	Fibre (g) 0 0 0 0 0	Sugar (g) 10 14 1 7 4	(g) 0.3 0 0.2 0.3
Dressings, Sauces and Condiments  BIQ Sauce  Breakfast Syrup  Buffalo Style Dipping Sauce  Brook Tipping Sauce  BrokeTr® Balsamic Vinaigrette  RAFT® Creamy Caesar Dressing	Size (g) 28 28 28 28 28 40ml 40ml	40 80 80 90	fat (g) 0 0 8 6	fat (g) 0 0 1.5	Fat (g) 0 0 0.1 0.1	(mg) 0 0 5 10	(mg) 310 20 360 180	Carb (g) 11 21 2 8	Fibre (g) 0 0 0 0	Sugar (g) 10 14 1 7	(g) 0.3 0 0.2 0.3
Pressings, Sauces and Condiments  IBQ Sauce reakfast Syrup  Urifalo Style Dipping Sauce  Ioney Mustard Dipping Sauce  RAFT® Salsamic Vinaigrette  RAFT® Creamy Caesar Dressing  trawberry Jam	Size (g) 28 28 28 28 28 40ml	40 80 80 90 180 150	fat (g) 0 0 8 6 17 16	fat (g) 0 0 1.5 1 2.5 2.5	Fat (g) 0 0 0.1 0.1 0.1 0.1	(mg) 0 0 5 10 0	(mg) 310 20 360 180 420 410	Carb (g) 11 21 2 8 5 2	Fibre (g) 0 0 0 0 0 0	Sugar (g) 10 14 1 7 4	(g) 0.3 0 0.2 0.3 0.2
Oressings, Sauces and Condiments BBQ Sauce reakfast Syrup Buffalo Style Dipping Sauce doney Mustard Dipping Sauce (RAFT® Balsamic Vinaigrette (RAFT® Creamy Caesar Dressing Strawberry Jam weet and Sour Sauce	Size (g)  28  28  28  28  28  40ml  40ml  16	40 80 80 90 180 150	fat (g) 0 0 8 6 17 16 0	fat (g) 0 0 1.5 1 2.5 2.5 0	Fat (g) 0 0 0.1 0.1 0.1 0.1 0	(mg) 0 0 5 10 0	(mg) 310 20 360 180 420 410 0	Carb (g) 11 21 2 8 5 2 14	Fibre (g) 0 0 0 0 0 0 0	Sugar (g) 10 14 1 7 4 1 14	(g) 0.3 0 0.2 0.3 0.2 1
Dressings, Sauces and Condiments BIO Sauce treakfast Syrup turfalo Style Dipping Sauce toney Mustard Dipping Sauce RAFT® Balsamic Vinaigrette RAFT® Creamy Caesar Dressing trawberry Jam weet and Sour Sauce esty Sauce	Size (g) 28 28 28 28 28 40ml 40ml 16 28 28	40 80 80 90 180 150 50 45	fat (g) 0 0 8 6 17 16 0 0.2 15	fat (g) 0 0 1.5 1 2.5 2.5 0 0 2.5 Saturated	Fat (g) 0 0 0.1 0.1 0.1 0.1 0.2 Trans	(mg) 0 0 5 10 0 10 0 15 Chol	(mg) 310 20 360 180 420 410 0 55 210	Carb (g) 11 21 2 8 5 2 14 11 3	Fibre (g) 0 0 0 0 0 0 0 1 Dietary	Sugar (g) 10 14 1 7 4 1 14 10 2 Total	(g) 0.3 0 0.2 0.3 0.2 1 0 0.1 0.3
Dressings, Sauces and Condiments BIO Sauce treakfast Syrup tuffalo Style Dipping Sauce loney Mustard Dipping Sauce RAFT® Balsamic Vinaigrette RAFT® Creamy Caesar Dressing trawberry Jam tweet and Sour Sauce esty Sauce	Size (g)  28  28  28  28  40ml  40ml  16  28  28  Serving Size (g)	40 80 80 90 180 150 50 45 150	fat (g) 0 0 8 6 17 16 0 0.2 15 Total fat (g)	fat (g) 0 0 1.5 1 2.5 2.5 0 0 2.5 Saturated fat (g)	Fat (g) 0 0 0.1 0.1 0.1 0.1 0.2 Trans Fat (g)	(mg) 0 0 5 10 0 10 0 15 Chol (mg)	(mg) 310 20 360 180 420 410 0 55 210 Sodium (mg)	Carb (g) 11 21 2 8 5 2 14 11 3 Total Carb (g)	Fibre (g) 0 0 0 0 0 0 0 0 1 Dietary Fibre (g)	Sugar (g) 10 14 1 7 4 1 14 10 2 Total Sugar (g)	(g) 0.3 0 0.2 0.3 0.2 1 0 0.1 0.3
Dressings, Sauces and Condiments  BQ Sauce reakfast Syrup  Urfalo Style Dipping Sauce Ioney Mustard Dipping Sauce RAFT® Balsamic Vinaligrette RAFT® Casmy Caesar Dressing  Itrawberry Jam  Weet and Sour Sauce  esty Sauce  Desserts  pple Turnover	Size (g) 28 28 28 28 28 40ml 40ml 16 28 28	40 80 80 90 180 150 50 45	fat (g) 0 0 8 6 17 16 0 0.2 15	fat (g) 0 0 1.5 1 2.5 2.5 0 0 2.5 Saturated	Fat (g) 0 0 0.1 0.1 0.1 0.1 0.2 Trans	(mg) 0 0 5 10 0 10 0 15 Chol	(mg) 310 20 360 180 420 410 0 55 210	Carb (g) 11 21 2 8 5 2 14 11 3	Fibre (g) 0 0 0 0 0 0 0 1 Dietary	Sugar (g) 10 14 1 7 4 1 14 10 2 Total	(g) 0.3 0 0.2 0.3 0.2 1 0 0.1 0.3
Dressings, Sauces and Condiments  BIO Sauce  Breakfast Syrup  Wilfalo Style Dipping Sauce  GRAFT® Balsamic Vinaigrette  GRAFT® Creamy Caesar Dressing  Strawberry Jam  Sweet and Sour Sauce  Gesty Sauce  Desserts  Uesserts  BIC Wilfalo Sundae Pie  BIECO® Cookie Cheesecake	Size (g) 28 28 28 28 40ml 40ml 16 28 28 Serving Size (g) 85 79 92	40 80 80 90 180 150 50 45 150	fat (g) 0 0 8 6 17 16 0 0.2 15 Total fat (g) 13 18	fat (g) 0 0 1.5 1 2.5 2.5 0 0 2.5 Saturated fat (g) 4 12 8	Fat (g) 0 0 0.1 0.1 0.1 0.1 0.0 0 Trans Fat (g) 0.1	(mg) 0 0 5 10 0 10 0 0 15 Chol (mg) 0	(mg) 310 20 360 180 420 410 0 55 210 Sodium (mg) 340	Carb (g) 11 21 2 8 5 2 14 11 3 Total Carb (g) 34	Fibre (g) 0 0 0 0 0 0 0 0 1 Dietary Fibre (g) 1 1	Sugar (g) 10 14 1 7 4 1 11 14 10 2 Total Sugar (g) 12 22 25	(g) 0.3 0 0.2 0.3 0.2 1 0 0.1 0.3 Protein (g) 2 3 6
Dressings, Sauces and Condiments  BBQ Sauce  greakfast Syrup  Buffalo Style Dipping Sauce  doney Mustard Dipping Sauce  (RAFT® Balsamic Vinaignette  (RAFT® Creamy Caesar Dressing  Birawberry Jam  Sweet and Sour Sauce  Pesty Sauce  Desserts  Apple Turnover  HERSHEY'S® Sundae Pie  DREO® Cookie Cheesecake  boft Serve Cone	Size (g) 28 28 28 28 40ml 40ml 16 28 28 Serving Size (g) 85 79 92 128	40 80 80 90 180 150 50 45 150 Calories 260 310 350 210	fat (g) 0 0 8 6 17 16 0 0.2 15 Total fat (g) 13 18 18	fat (g) 0 1.5 1 2.5 2.5 0 0 2.5 Saturated fat (g) 4 12 8 3.5	Fat (g) 0 0 0.1 0.1 0.1 0.1 0.1 0.0 0 0 0.2  Trans Fat (g) 0.1 0.4 0.4 0	(mg) 0 0 5 10 0 10 0 15 Chol (mg) 0 12 35	(mg) 310 20 360 180 420 410 0 55 210  Sodium (mg) 340 210 150	Carb (g) 11 21 2 8 5 2 14 11 3 Total Carb (g) 34 31 41 34	Fibre (g) 0 0 0 0 0 0 0 1 Dietary Fibre (g) 1 1 0	Sugar (g) 10 14 1 7 4 1 10 2 Total Sugar (g) 12 22 25 26	(g) 0.3 0 0.2 0.3 0.2 1 0 0.1 0.3  Protein (g) 2 3 6 5
Dressings, Sauces and Condiments  BBO Sauce Breakfast Syrup Buffalo Style Dipping Sauce Ioney Mustard Dipping Sauce GRAFT® Balsamic Vinaigrette GRAFT® Creamy Caesar Dressing Brawberry Jam Weet and Sour Sauce Jesty Sauce  Desserts Apple Turnover IERSHEY'S® Sundae Pie DREO® Cookie Cheesecake Bott Serve Cone Bott Serve Cup	Size (g) 28 28 28 28 28 40ml 40ml 16 28 Serving Size (g) 85 79 92 128	40 80 80 90 180 150 50 45 150 Calories 260 310 350 210 190	fat (g) 0 0 8 6 17 16 0 0.2 15 Total fat (g) 13 18 18 5 5	fat (g) 0 1.5 1 2.5 2.5 0 0 2.5 Saturated fat (g) 4 12 8 3.5 3.5	Fat (g) 0 0 0.1 0.1 0.1 0.1 0.0 0 0.2 Trans Fat (g) 0.1 0.4 0.4 0	(mg) 0 0 5 10 0 10 0 15 15 Chol (mg) 0 12 35 15 20	(mg) 310 20 360 180 420 411 0 55 210 Sodium (mg) 340 210 310 150	Carb (g) 11 21 2 8 5 2 14 11 3 Total Carb (g) 34 31 41 34 31	Fibre (g) 0 0 0 0 0 0 0 0 0 1 Dietary (g) 1 1 1 0 0	Sugar (g) 10 14 1 7 4 1 14 10 2 Total Sugar (g) 12 22 25 26 26	(g) 0.3 0 0.2 0.3 0.2 1 0 0.1 0.3 Protein (g) 2 3 6 5 5
Garden Side Salad  Dressings, Sauces and Condiments  BBO Sauce Breakfast Syrup  Buffalo Style Dipping Sauce  KRAFT® Balsamic Vinaigrette  KRAFT® Balsamic Vinaigrette  KRAFT® Balsamic Vinaigrette  KRAFT® Balsamic Vinaigrette  KRAFT® Loreamy Caesar Dressing  Strawberry Jam  Sweet and Sour Sauce  Zesty Sauce  Desserts  Apple Turnover  HERSHEY'S® Sundae Pie  OREO® Cookie Cheesecake  Soft Serve Cone  Soft Serve Cone  Soft Serve Cup  Sundae - Chocolate  Sundae - Chocolate  Sundae - Caramel	Size (g) 28 28 28 28 40ml 40ml 16 28 28 Serving Size (g) 85 79 92 128	40 80 80 90 180 150 50 45 150 Calories 260 310 350 210	fat (g) 0 0 8 6 17 16 0 0.2 15 Total fat (g) 13 18 18	fat (g) 0 1.5 1 2.5 2.5 0 0 2.5 Saturated fat (g) 4 12 8 3.5	Fat (g) 0 0 0.1 0.1 0.1 0.1 0.1 0.0 0 0 0.2  Trans Fat (g) 0.1 0.4 0.4 0	(mg) 0 0 5 10 0 10 0 15 Chol (mg) 0 12 35	(mg) 310 20 360 180 420 410 0 55 210  Sodium (mg) 340 210 150	Carb (g) 11 21 2 8 5 2 14 11 3 Total Carb (g) 34 31 41 34	Fibre (g) 0 0 0 0 0 0 0 1 Dietary Fibre (g) 1 1 0	Sugar (g) 10 14 1 7 4 1 10 2 Total Sugar (g) 12 22 25 26	(g) 0.3 0 0.2 0.3 0.2 1 0 0.1 0.3  Protein (g) 2 3 6 5

Breakfast	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)
CROISSAN'WICH® Egg & Cheese	118	310	18	7	0.1	140	540	28	1	4	11
CROISSAN'WICH® Sausage & Cheese	112	420	27	11	0.3	45	740	30	1	4	14
CROISSAN'WICH® Bacon, Egg & Cheese	131	370	22	9	0.1	155	770	28	1	4	16
CROISSAN'WICH® Sausage, Egg & Cheese	162	480	32	13	0.2	175	860	28	1	4	18
Double CROISSAN'WICH® Bacon, Egg, & Cheese	156	480	30	13	0.1	180	1200	29	1	5	23
Double CROISSAN'WICH® Sausage, Egg & Cheese	218	680	51	20	0.3	215	1370	29	1	5	28
Double CROISSAN'WICH® Sausage & Bacon	187	580	40	17	0.2	200	1280	29	1	5	25
Enormous Omelette	270	700	42	16	0.3	340	1860	42	2	5	38
English Muffin - Toasted	57	150	1	0.3	0	0	250	28	1	1	5
English Muffin with Egg & Cheese	126	190	8	3.5	0.1	140	510	20	1	1	10
English Muffin with Egg, Cheese & Bacon	139	260	13	5	0.1	155	740	20	1	1	15
English Muffin with Egg, Cheese & Sausage	170	360	23	8	0.2	175	830	21	1	1	18
English Muffin with Egg, Cheese & Bacon - Double	164	360	20	9	0.1	180	1170	21	1	1	23
English Muffin with Egg, Cheese & Sausage - Double	226	570	42	16	0.3	215	1340	21	1	1	27
English Muffin with Sausage & Cheese	121	300	19	7	0.1	45	680	19	1	1	13
French Toast Sticks (3 Pieces)	94	310	11	2	0	0	270	50	1	20	3
French Toast Sticks (5 Pieces)	137	480	21	3.5	0	0	450	66	3	24	6
Hash Browns - Small	78	240	15	1	0.1	0	470	24	3	0	2
Hash Browns - Medium	140	430	28	1	0.2	0	830	42	5	0	4
Hash Browns - Large	184	570	36	2	0.3	0	1100	55	7	0	5
Pancake Platter - 3 Pancakes, Margarine, Syrup	173	450	18	7	0.3	110	680	65	1	30	7

Shakes, Milk, Coffee, Juice & Water	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)	
Coffee (12oz)	3	0	0	0	0	15	0	0	0	0	
Coffee (16oz)	5	0	0	0	0	20	0	0	0	0	
Coffee (20oz)	5	0	0	0	0	25	0	0	0	0	
Decaf Coffee (12oz)	3	0	0	0	0	5	0	0	0	0	
Decaf Coffee (16oz)	5	0	0	0	0	10	0	0	0	0	
Decaf Coffee (20oz)	5	0	0	0	0	10	0	0	0	0	
Hot Chocolate	130	3	2.5	0	0	130	24	0	20	1	
Milk 2% (237ml)	120	5	3	0.1	20	115	12	0	12	8	
Milk - Chocolate (237ml)	160	2.5	1.5	0	10	200	26	0	26	8	
OASIS® Apple Juice Bottle (300ml)	130	0	0	0	0	30	32	0	29	0	
OASIS® Orange Juice Bottle (300ml)	140	0	0	0	0	30	32	0	29	1	
Shake - Chocolate Medium (16oz)	700	21	15	0.5	45	430	114	1	94	14	
Shake - Strawberry Medium (16oz)	690	21	15	0.2	45	410	112	0	98	13	
Shake - Vanilla Medium (16oz)	660	21	15	0.2	45	400	105	0	92	3	
Shake - OREO® Medium (16oz)	740	25	16	0.3	45	490	115	1	96	14	
Shake - Chocolate OREO® Medium (16oz)	780	26	17	0.5	50	540	122	1	98	16	
Shake - Smarties® Medium (16oz)	680	20	13	0.1	50	400	111	1	99	14	
Tea (12oz, 16oz, 20oz)	0	0	0	0	0	0	0	0	0	0	
Water - DASANI® Bottled (500ml)	0	0	0	0	0	0	0	0	0	0	

Beverages (Note: values take into account a 25% ice displacement)	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)
BARQ'S® Root Beer - Kids (12oz)	160	0	0	0	0	55	35	0	35	0
BARQ'S® Root Beer - Small (160z)	210	0	Ö	0	0	70	46	0	46	0
BARQ'S® Root Beer - Medium (200z)	270	0	0	0	0	95	60	0	60	0
BARQ'S® Root Beer - Large (29oz)	400	0	0	0	0	125	81	0	81	0
COCA-COLA® CLASSIC‡ - Kids (12oz)	140	0	0	0	0	25	32	0	32	Ö
COCA-COLA® CLASSIC‡ - Small (160z)	190	0	0	0	0	35	42	0	42	0
COCA-COLA® CLASSIC‡ - Medium (200z)	240	0	0	0	0	45	52	0	52	0
COCA-COLA® CLASSIC‡ - Large (290z)	360	0	0	0	0	60	74	0	74	0
COKE ZERO SUGAR®‡ - Kids (12oz)	1	0	0	0	0	0	0	0	0	0
COKE ZERO SUGAR®‡ - Small (16oz)	1	0	0	0	0	0	0	0	0	0
COKE ZERO SUGAR®‡ - Medium (200z)	2	0	0	0	0	0	0	0	0	0
COKE ZERO SUGAR®‡ - Large (29oz)	2	0	0	0	0	0	0	0	0	0
DIET COKE®‡ - Kids (12oz)	1	0	0	0	0	40	0	0	0	0
DIET COKE®‡ - Small (16oz)	1	0	0	0	0	50	0	0	0	0
DIET COKE®‡ - Medium (200z)	2	0	0	0	0	65	0	0	0	0
DIET COKE®‡ - Large (290z)	3	0	0	0	0	90	0	0	0	0
CHERRY COKE® - Kids (120z)	140	0	0	0	0	35	35	0	35	0
CHERRY COKE® -Small (16oz)	190	0	0	0	0	45	46	0	46	0
CHERRY COKE® - Medium (200z)	230	0	0	0	0	55	58	0	58	0
CHERRY COKE® - Large (30oz)	350	0	0	0	0	85	87	0	87	0
FRUITOPIA® - Kids (120z)	170	0	0	0	0	25	32	0	31	0
FRUITOPIA® - Small (16oz)	230	0	0	0	0	35	42	0	41	0
FRUITOPIA® - Medium (200z)	290	0	0	0	0	45	55	0	55	0
FRUITOPIA® - Large (290z)	430	0	0	0	0	60	71	0	71	0
NESTEA® Iced Tea - Kids (12oz)	110	0	0	0	0	10	22	0	22	0
NESTEA® Iced Tea - Nuls (1202)	150	0	0	0	0	10	29	0	29	0
NESTEA® Iced Tea - Medium (200z)	190	0	0	0	0	15	38	0	38	0
NESTEA® Iced Tea - Wedidiff (2002)	280	0	0	0	0	20	51	0	51	0
SPRITE®‡ - Kids (120z)	140	0	0	0	0	55	29	0	29	0
SPRITE®‡ - Small (160z)	190	0	0	0	0	70	38	0	38	0
SPRITE®‡ - Medium (200z)	240	0	0	0	0	90	51	0	51	0
SPRITE®‡ - Large (290z)	350	0	0	0	0	125	68	0	68	0
MINUTE MAID® Lemonade - Kids (12oz)	130	0	0	0	0	85	32	0	31	0
MINUTE MAID® Lemonade - Small (160z)	180	0	0	0	0	115	43	0	41	0
MINUTE MAID® Lemonade - Medium (200z)	220	0	0	0	0	140	54	0	51	0
MINUTE MAID® Lemonade - Large (30oz)	340	0	0	0	0	210	81	0	77	0
GOLD PEAK® Lemon Iced Tea - Kids (120z)	90	0	0	0	0	50	23	0	22	0
GOLD PEAK® Lemon Iced Tea - Kids (1202)	120	0	0	0	0	65	31	0	30	0
GOLD PEAK® Lemon Iced Tea - Medium (200z)	150	0	0	0	0	85	38	0	37	0
GOLD PEAK® Lemon Iced Tea - Large (30oz)	230	0	0	0	0	125	57	0	55	0
GOLD PEAK Lefforficed fea - Large (3002) GOLD PEAK® Raspberry Iced Tea - Kids (120z)	90	0	0	0	0	50	23	0	22	0
GOLD PEAK® Raspberry Iced Tea - Small (160z)	120	0	0	0	0	65	31	0	30	0
GOLD PEAK® Raspberry Iced Tea - Medium (200z)	150	0	0	0	0	85	38	0	37	0

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

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.

Regula

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