



NUTRITIONAL
—AND—
ALLERGENS
INFORMATION
DECEMBER 2013



TASTE IS KING®

	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Monounsaturated Fat (g)	polyunsaturated Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide
Beef																							
WHOPPER®	653	2741	30.5	51.5	11.8	35.4	18.2	5.8	9.8	3.4	1.043	×	×	✓	✓	×	×	×	×	✓	×	✓	×
Double WHOPPER®	894.3	3746	51.4	51.9	11.8	52.8	25.9	6.1	17.9	3.8	1.043	×	×	✓	✓	×	×	×	×	✓	×	✓	×
WHOPPER® Junior	344	1440	15.2	32.8	6.7	16.9	8.9	3.1	4.2	1.9	0.580	×	×	✓	✓	×	×	×	×	✓	×	✓	×
WHOPPER® Bacon & Cheese	765	3206	38.1	51.9	12.2	44.3	21.6	6.1	14.5	3.8	1.625	×	✓	✓	✓	✓	×	×	×	✓	×	✓	×
Steakhouse	732	3043	35.4	48.5	12.8	43.1	21.3	5	16.2	3	1.199	×	✓	✓	✓	✓	×	×	×	×	✓	×	×
Steakhouse Double	955	3955	53.7	48.6	12.8	59.3	29.5	5.3	23.8	3	1.275	×	✓	✓	✓	✓	×	×	×	×	✓	×	×
Angus** Classic	571	2731	37.2	42.1	9.4	36.6	16.2	3.9	9.7	2.3	0.632	×	✓	✓	✓	✓	✓	×	×	✓	✓	×	✓
Angus** Smoked Bacon & Cheddar	682	3192	45.1	43.1	9.8	45.2	19.6	4.5	14	2.6	0.947	×	✓	✓	✓	✓	×	×	×	×	✓	×	×
Angus** Classic Double	829	4140	65.7	42.2	9.4	61.6	25.7	4.2	18.3	2.3	0.75	×	×	✓	✓	✓	×	×	×	×	✓	×	×
Angus** Smoked Bacon & Cheddar Double	940	4602	73.5	43.2	9.8	70.2	29.1	4.8	22.6	2.6	1.065	×	✓	✓	✓	✓	×	×	×	×	✓	×	×
Bacon Double Cheese	477	2081	31.5	34.2	8.7	25.8	11	1.5	11.7	2.3	1.054	×	✓	✓	✓	✓	✓	×	×	✓	✓	✓	×
Bacon Double Cheese XL	955	4001	63	52	12	54.8	23.2	2.6	25.8	3.6	1.82	×	✓	✓	✓	✓	✓	×	×	✓	✓	✓	×
Big King	473	1976	26.9	32.3	6.6	25.9	12.2	2.8	9.4	2.1	0.796	×	✓	✓	✓	✓	×	×	×	✓	✓	✓	×
Double Rodeo	503.5	2107	28	43.8	8.4	24.2	10.7	2	10.3	2.4	0.681	×	✓	✓	×	✓	×	×	×	×	✓	✓	×
Double Cheeseburger	459.9	1924	29	33.1	6.9	23.8	9.9	1.2	11.1	2.1	0.979	×	✓	✓	✓	✓	✓	×	×	✓	✓	✓	×
Quarter Pound Cheeseburger	435.7	1830	20.9	49.8	11.8	17.2	4.2	1.6	7.5	2.5	1.361	×	✓	✓	✓	✓	✓	×	×	✓	✓	✓	×
Cheeseburger	315.6	1324	17.3	32.4	6.5	13.2	5.6	1.1	5.7	1.8	0.767	×	✓	✓	✓	✓	✓	×	×	✓	✓	✓	×
Hamburger	274.3	1153	15	31.9	6	9.9	4.6	1	3.6	1.8	0.556	×	✓	✓	✓	✓	✓	×	×	✓	✓	✓	×
Chicken																							
Chicken* Royale	605	1998	24	55.7	6.6	17.1	8.6	3.8	4.2	2.8	1.436	×	✓	✓	✓	✓	×	×	×	✓	✓	✓	✓
Chicken* Royale with Cheese	687	2883	28.8	53.1	6.8	39.5	20	8.4	9.6	2.8	1.746	×	✓	✓	✓	✓	×	×	×	✓	✓	✓	✓
Sweet Chilli Chicken* Royale	480	2275	24	57.3	11	23.7	12.4	5.7	4.6	2.7	1.307	×	✓	✓	✓	✓	✓	×	×	✓	✓	✓	✓
Chicken* TENDERCRISP®	607	2608	28	51.1	6.3	32.7	18.2	8.5	5.4	3.1	1.244	×	✓	✓	✓	×	×	×	×	✓	×	×	✓
Chicken* TENDERCRISP® with Cheese	689	2942	32.5	52.4	7.2	39.2	20.3	8.5	9.5	3.2	1.656	×	✓	✓	✓	×	×	×	×	✓	×	×	✓
Caesar Chicken* TENDERCRISP®	626	2556	25.9	53.9	7.2	32.5	18	8.6	5.7	3.4	1.349	×	✓	✓	✓	×	×	×	×	✓	×	×	✓
Sweet Chilli Chicken Wrap	297.6	1255	23	35.4	2.4	6.9	2.5	1.5	2.6	2.1	1.211	×	✓	✓	✓	✓	✓	✓	×	✓	✓	✓	×
Caesar Chicken Wrap	346	1424	23.2	30.4	2.6	13.6	6.4	3.6	3.2	2.1	1.174	×	✓	✓	✓	✓	✓	✓	×	✓	✓	✓	×
Chicken* Nugget burger	366.4	1539	14.1	38.8	5	16.5	8.3	4.4	1.6	2.3	0.693	×	✓	✓	✓	✓	×	×	×	✓	✓	✓	✓
Chicken* Nuggets (Regular) 6 pieces includes dip	285	1250	17.2	25.8	7.9	13.7	5.3	3	1.6	2.1	0.850	×	✓	✓	✓	×	×	×	×	✓	×	×	✓
Chicken* Nuggets (Large) 9 pieces includes dip	442	1932	25.9	41.9	15.1	20.5	7.9	4.6	2.4	3.3	1.388	×	✓	✓	✓	×	×	×	×	✓	×	×	✓

	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Monounsaturated Fat (g)	polyunsaturated Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide
Veggie, Fish and Salad																							
Veggie Bean Burger	625	2621	18.1	75.3	12.7	26.7	12.4	4.6	8.6	6.8	1.403	×	✓	✓	✓	×	×	×	✓	✓	✓	✓	×
Veggie Wrap	493.5	2068	9.8	63.7	7.9	21	10	3.8	6.4	6.3	1.394	×	×	✓	✓	×	×	×	✓	✓	✓	×	×
Ocean Catch	498.6	2090	17.3	43.6	4.4	27.9	14	7.1	5.5	2.8	1.021	×	✓	✓	✓	×	✓	×	×	×	×	✓	×
Garden Salad	18	132	1.3	5.1	5	0.8	0	0	0.2	2.1	0.024	×	×	×	×	×	×	×	✓	×	×	×	×
Grilled Chicken Salad	113	534	19.8	5.6	5.5	2.9	0.8	0.7	0.7	2.5	0.421	×	✓	✓	✓	✓	✓	✓	×	✓	✓	✓	×
Kids Nutrition																							
Kid's Hamburger	271.6	1142	14.8	31.8	6	9.7	4.6	0.9	3.6	1.7	0.383	×	×	✓	×	×	×	×	×	✓	×	✓	×
Kid's Cheeseburger	313	1380	18	31.6	6.7	14.3	2.4	0.9	6.3	1.5	0.632	×	✓	✓	×	✓	×	×	×	✓	×	✓	×
Chicken* Nuggets (4 pieces) includes dip	199	871	11.5	19.3	7.4	9.1	3.5	2	1.1	1.5	0.642	×	✓	✓	✓	×	×	×	×	✓	×	×	✓
Char-Grilled Chicken Fillet Strips	122	402	18.5	0.5	0.5	2.1	0.8	0.7	0.5	0.4	0.398	×	✓	✓	✓	✓	×	✓	×	✓	✓	✓	×
Kid's Grilled Chicken Strip Burger	266.9	1127	24.1	31.4	6.5	4.6	2.2	1.5	0.8	1.8	0.787	×	✓	✓	✓	✓	×	✓	×	✓	✓	✓	×
Kid's Veggie Bean Burger	294	1316	8	45.2	7.1	10.4	5.3	2.2	2.4	3.4	0.637	×	×	✓	×	×	×	×	✓	✓	×	✓	×
Sides, Dips and Extras																							
Fries (Small)	197	932	2.9	29.3	0.2	10	5	1.9	3.1	2.1	0.459	×	×	×	×	×	×	×	✓	×	×	×	×
Fries (Medium)	258	1160	3.6	36.4	0.2	12.4	6.3	2.4	3.8	2.6	0.571	×	×	×	×	×	×	×	✓	×	×	×	×
Fries (Large)	327	1658	5.1	52	0.3	17.8	9	3.4	5.4	3.7	0.816	×	×	×	×	×	×	×	✓	×	×	×	×
Fries (Super)	391	1968	6.1	61.8	0.4	21.1	10.6	4	6.5	4.4	0.969	×	×	×	×	×	×	×	✓	×	×	×	×
Onion Rings* (5 pieces)	231.8	971	3.8	28	2.6	11.1	5.9	2.3	2.5	2.5	0.119	×	×	✓	×	×	×	×	✓	×	×	×	×
Onion Rings* (Regular) 8 pieces	356.4	1490	6.1	41	4.3	17.6	8.9	3.4	4.6	4.4	0.143	×	×	✓	×	×	×	×	✓	×	×	×	×
Onion Rings* (Large) 12 pieces	534.6	2236	9.2	61.6	6.5	26.5	13.3	5.2	6.8	6.7	0.214	×	×	✓	×	×	×	×	✓	×	×	×	×
Onion Rings* (Super) 16 pieces	712.8	2981	12.2	82.1	8.6	35.3	17.8	7	9.1	8.9	0.286	×	×	✓	×	×	×	×	✓	×	×	×	×
Chilli Cheese Bites* (Regular) 4 pieces	237.9	879	7	25.1	1.1	13.3	4.8	1.6	5.9	2.4	0.624	×	✓	✓	×	×	×	×	✓	×	×	×	×
Chilli Cheese Bites* (Large) 6 pieces	366	1352	10.8	38.6	1.7	20.4	7.3	2.5	9	3.7	0.960	×	✓	✓	×	×	×	×	✓	×	×	×	×
Tomato Ketchup Dip	27	113	0.3	6.5	6.4	0	0	0	0	0.2	0.227	×	×	×	×	×	×	×	✓	✓	×	×	×
Sweet Chilli Dip	60	255	0.2	14.8	11.6	0	0	0	0	0.1	0.249	×	×	×	×	×	×	×	✓	×	×	×	✓
BBQ Dip	29.5	126	0.2	7.1	6.3	0	0	0	0	0.1	0.320	×	×	×	×	×	×	×	✓	×	×	×	✓
Add Cheese	83	334	4.5	0.9	0.9	6.5	2.1	0.1	4.1	0.1	0.412	×	✓	×	×	✓	×	×	✓	×	×	×	×
Add Bacon	35.4	147	3	0.4	0.3	2.4	1.4	0.3	0.7	0	0.168	×	×	✓	×	×	×	×	×	×	×	×	×
BK® Fresh Apple Fries	28.2	119	0.2	7.1	7.1	0.1	0	0.1	0	1.1	0.002	×	×	×	×	×	×	×	✓	×	×	×	×

	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Monounsaturat-ed Fat (g)	polyunsaturat-ed Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide
Desserts, Shakes & Frozen Beverages																							
Ice Cream Cone	99.2	430	2.3	15.6	13.2	3.4	0.8	0.1	2.2	0.1	0.059	×	✓	✓	✓	✓	×	×	✓	×	×	×	×
Oreo Fusion	266	1253	5.3	43.8	39	11.2	1.4	0	7.1	0.7	0.136	×	✓	✓	×	✓	×	×	✓	×	×	×	×
Kit Kat Fusion	345	1587	6.4	56.7	50.4	13.7	3.5	0.3	8.6	0.8	0.154	✓	✓	✓	×	✓	×	×	✓	×	×	×	✓
Strawberry Cheesecake Fusion	333.3	1436	11.8	57.6	42.6	9.8	2.6	0.6	5.8	0.8	0.198	×	✓	✓	×	×	×	×	✓	×	×	×	✓
Strawberry Sundae	133	924	9	36.2	34.5	6.5	1.3	0	4.6	0.1	0.122	×	✓	×	×	×	×	×	✓	×	×	×	✓
Chocolate Sundae	153	936	4	37.3	34.9	6.4	1.3	0	4.5	0.3	0.114	×	✓	✓	×	×	×	×	✓	×	×	×	✓
Chocolate Filled Muffin	482	2007	4	47.1	31.8	30.6	16.4	7.1	6.8	3.3	0.288	✓	✓	✓	✓	✓	×	×	✓	×	×	✓	×
Blueberry Filled Muffin	430	1799	5.4	48.3	41	24	12.6	5.2	5.4	0.8	0.269	✓	✓	✓	✓	×	×	×	✓	×	×	✓	×
Shake Regular (Vanilla)	371	1558	11.1	59.4	59.4	9.3	1.9	0	7.4	0	0.260	×	✓	×	×	×	×	×	✓	×	×	×	×
Shake Large (Vanilla)	460	1932	13.8	73.6	73.6	11.5	2.3	0	9.2	0	0.322	×	✓	×	×	×	×	×	✓	×	×	×	×
Shake Regular (Strawberry)	433.4	1824	11.2	74.9	72.1	9.3	1.9	0	7.4	0	0.270	×	✓	✓	×	×	×	×	✓	×	×	×	×
Shake Large (Strawberry)	582.7	2455	13.8	104.3	98.7	11.5	2.3	0	9.2	0	0.341	×	✓	✓	×	×	×	×	✓	×	×	×	×
Shake Regular (Chocolate)	448.4	1892	11.5	79.8	74	9.6	2	0	7.5	0.5	0.287	×	✓	✓	×	✓	×	×	✓	×	×	×	×
Shake Large (Chocolate)	612.2	2588	14.4	113.7	102.4	12.1	2.6	0.1	9.5	0.9	0.375	×	✓	✓	×	✓	×	×	✓	×	×	×	×
Frappe Regular (Caramel)	337.5	1438	8.1	57	36.3	8.5	1.7	0.2	4.9	0.5	0.161	×	✓	×	×	✓	×	×	✓	×	×	×	✓
Frappe Large (Caramel)	418	1783	10.7	73.1	45.8	9.1	1.7	0.2	4.9	0.7	0.208	×	✓	×	×	×	×	×	✓	×	×	×	✓
Frappe Regular (Chocolate flavour)	326.8	1379	8.5	53.3	44.6	8.2	1.2	0.2	4.7	3.2	0.102	×	✓	✓	×	×	×	×	✓	×	×	×	✓
Frappe Large (Chocolate flavour)	407.6	1721	11.2	68.1	57.2	9.2	1.2	0.2	5	4.2	0.134	×	✓	✓	×	×	×	×	✓	×	×	×	✓
Smoothie Regular (Strawberry banana)	206.2	875	1.9	48.1	45.3	0.5	0	0	0.3	0.7	0.007	×	✓	×	×	×	×	×	✓	×	×	×	✓
Smoothie Large (Strawberry banana)	278.5	1183	1.9	65.5	60.9	0.8	0.2	0	0.1	1	0.008	×	✓	×	×	×	×	×	✓	×	×	×	✓
Smoothie Regular (Tropical mango)	220.8	938	1.3	52	49.6	0.7	0.1	0	0.3	0.9	0.005	×	✓	×	×	×	×	×	✓	×	×	×	✓
Smoothie Large (Tropical mango)	294.9	1253	1.9	69.3	66	1	0.2	0	0.5	1.2	0.007	×	✓	×	×	×	×	×	✓	×	×	×	✓
Drinks																							
SOFTDRINKS																							
Regular Coca-Cola	168	720	0	42.4	42.4	0	0	0	0	0	0	×	×	×	×	×	×	×	✓	×	×	×	×
Large Coca-Cola	210	900	0	53	53	0	0	0	0	0	0	×	×	×	×	×	×	×	✓	×	×	×	×
Super Coca-Cola	315	1350	0	79.5	79.5	0	0	0	0	0	0	×	×	×	×	×	×	×	✓	×	×	×	×
Kids Coca-Cola	126	540	0	31.8	31.8	0	0	0	0	0	0	×	×	×	×	×	×	×	✓	×	×	×	×
Regular Diet Coke	1	4	0	0	0	0	0	0	0	0	0.120	×	×	×	×	×	×	×	✓	×	×	×	×
Large Diet Coke	1.3	5	0	0	0	0	0	0	0	0	0.150	×	×	×	×	×	×	×	✓	×	×	×	×
Super Diet Coke	1.9	8	0	0	0	0	0	0	0	0	0.225	×	×	×	×	×	×	×	✓	×	×	×	×
Kids Diet Coke	0.8	3	0	0	0	0	0	0	0	0	0.09	×	×	×	×	×	×	×	✓	×	×	×	×
Regular Fanta	156	664	0.4	38	35.2	0.4	0	0	0	0	0.120	×	×	×	×	×	×	×	✓	×	×	×	×
Large Fanta	195	830	0.5	47.5	44	0.5	0	0	0.1	0	0.150	×	×	×	×	×	×	×	✓	×	×	×	×
Super Fanta	292.5	1245	0.8	71.3	66	0.8	0	0	0.1	0	0.225	×	×	×	×	×	×	×	✓	×	×	×	×
Kids Fanta	117	498	0.3	28.5	26.4	0.3	0	0	0	0	0.09	×	×	×	×	×	×	×	✓	×	×	×	×
Regular Sprite	112	468	0	26.4	26.4	0	0	0	0	0	0	×	×	×	×	×	×	×	✓	×	×	×	×
Large Sprite	140	585	0	33	33	0	0	0	0	0	0	×	×	×	×	×	×	×	✓	×	×	×	×
Super Sprite	210	878	0	49.5	49.5	0	0	0	0	0	0	×	×	×	×	×	×	×	✓	×	×	×	×
Kids Sprite	126	351	0	19.8	19.8	0	0	0	0	0	0	×	×	×	×	×	×	×	✓	×	×	×	×
Tropicana	112.8	485	1.8	23.6	23.6	0	0	0	0	1.3	0	×	×	×	×	×	×	×	✓	×	×	×	×
Alive	62.5	270	0	15.3	15.3	0	0	0	0	0	0	×	×	×	×	×	×	×	✓	×	×	×	×
Milk	122.5	510	8.5	12.5	12.5	4.3	1.3	0	2.5	0	0.143	×	✓	×	×	×	×	×	✓	×	×	×	×
Water	0	0	0	0	0	0	0	0	0	0	0.010	×	×	×	×	×	×	×	✓	×	×	×	×

	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Monounsaturated Fat (g)	polyunsaturated Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide
Breakfast																							
Sausage, Egg & Cheese Butty with Heinz Ketchup	452	1883	23.7	37.4	6.7	23.2	9.7	2.9	9.5	2.5	0.689	×	✓	✓	✓	✓	×	×	×	✓	×	✓	×
Breakfast in Bread™ with Heinz Ketchup	579	2413	32.8	44.4	9.2	29.4	12.4	3.4	12.2	2.6	1.130	×	✓	✓	✓	✓	×	×	×	✓	×	×	×
Sausage Butty with Heinz Ketchup	316	1318	15.6	34	5.7	13.3	5.9	2.3	4.3	2.1	0.316	×	×	✓	×	×	×	×	×	✓	×	✓	×
Big Beefy™ with Heinz Ketchup	729	3046	43.2	53.7	12.1	37.3	16.1	2.7	16.5	3.5	1.362	×	✓	✓	✓	✓	×	×	×	✓	×	✓	×
Bacon, Egg & Cheese Butty* with Heinz Ketchup	407.1	1707	18.6	47.8	8.2	16.2	7.2	1.8	6.5	2.8	1.025	×	✓	✓	✓	✓	×	×	×	✓	×	×	×
Bacon Butty with Heinz Ketchup	216	1137	10.5	44.1	7.2	6.2	3.5	1.2	1.4	2.5	0.646	×	×	✓	×	×	×	×	×	✓	×	×	×
Egg & Cheese Butty with Heinz Ketchup	348	1456	16.3	41.5	7.6	12.4	5	1.4	5.4	2.2	0.749	×	✓	✓	✓	✓	×	×	✓	✓	×	×	×
Hash Browns*(Regular)	192	1146	2.4	22.1	0.1	19.2	9.9	3.7	5.5	2.4	0.367	×	✓	✓	×	✓	×	×	✓	×	×	×	×
Hash Browns*(Large)	245	1576	3.3	30.4	0.2	26.4	13.7	5.1	7.6	3.4	0.505	×	✓	✓	×	✓	×	×	✓	×	×	×	×
Mini-Pancakes & Syrup (6)	268.5	1130	2.9	41.3	22	10.2	4.4	1.3	4.6	1	0.150	×	✓	✓	✓	×	×	×	✓	×	×	×	×
Mini Pancakes & Syrup (9)	364.7	1533	4.3	52.3	26.2	15.4	6.6	1.9	6.9	1.5	0.226	×	✓	✓	✓	×	×	×	✓	×	×	×	×

1=Trace of this substance in the product 0=No trace in this product

*Product is cooked in the same oil as fish and chicken products. **Aberdeen-Angus XT Beef is seasoned with salt. Certified Aberdeen-Angus Beef is a registered trademark of the Aberdeen-Angus Cattle Society. ANGUS PRODUCTS ARE MADE FROM PURE BRED ANGUS OR ANGUS CROSS BEEF. Although we take great care to remove bones from our meat, poultry and seafood products, some small bones may still be present. Kcal meal value based on regular fries and regular Coca-Cola. Meal includes regular fries and regular soft drink. Breakfast served until 11am. Desserts and shakes subject to availability. Cost of toy is included in the kids meal price. Toy subject to availability. Subject to availability. Participating restaurants only. 'Coca-Cola', 'Diet Coke', 'Fanta', 'Sprite', '5 Alive' and the Dynamic Ribbon device are registered trademarks of the Coca-Cola Company. Tropicana Pure Premium and the Tropicana logo are registered trademarks. ©2013. Breakfast Kcal meal value includes regular Hash Browns and Regular Latte © 2013. Douwe Egberts and Douwe Egberts logo device are registered trademarks. Twinings and Twinings logo device are registered trademarks. All prices shown are in British Pound Sterling. ™ Burger King Corporation. ©2013 Burger King Europe GmbH. All rights reserved.