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PROUD TO SHOW OFF OUR FIGURES

A NUTRITIONAL AND ALLERGEN GUIDE TO BK®



AN APOLOGY

If you're a big fan of additives, binders, and fillers in your burgers, then for once, you can't 'HAVE IT YOUR WAY®'. Sorry.

Sides Nutrition	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	peanuts	celery	mustard	sesame	sulphur dioxide
Fries (Small)	74	196	818	2	26	1	9	3	2	0.250			•					•					•
Fries (Regular)	111	294	1228	3	39	1	14	5	3	0.380			•					•					•
Fries (Large)	137	363	1515	4	48	2	17	6	4	0.466			•					•					•
Fries (Super)	174	461	1924	5	60	2	22	8	5	0.592			•					•					•
*Onion Rings (Regular)	90	261	1094	4	33	5	13	1	3	0.181			•			•							•
*Onion Rings (Large)	120	348	1458	6	44	7	17	2	5	0.241			•			•							•
*Onion Rings (Super)	180	522	2188	8	66	10	26	2	6	0.362			•			•							•

*Product is fried in the same oil as Chicken and Fish products.

Desserts Nutrition	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	peanuts	celery	mustard	sesame	sulphur dioxide
Vanilla & Chocolate Cone	102	287	1198	3	37	23	14	11	3	0.050	X	•	•	•				•					•
Vanilla & Strawberry Cone	102	269	1156	3	40	24	12	9	1	0.052	X	•	•	•				•					•
BK Fusions™ Strawberry Cheesecake	170	342	1444	6	59	38	8	5	0	0.157		•	•	•	•			•					•
BK Fusions™ Double Chocolate Fudge Cake	155	244	1025	6	39	34	7	5	1	0.187		•	•	•	•			•					•
Strawberry Cheesecake	100	346	1445	6	27	19	24	13	0	0.25	X	•	•	•	•			•					•
Apple Pie	150	446	1872	4	64	26	19	Tr	2	0.042	X	•	•	•	•			•					•
Apple Pie with ice cream	220	548	2301	6	79	40	23	3	3	0.081	X	•	•	•	•			•					•
Small BK® Ice Cream Shake (Vanilla)	82	82	346	2	13	11	2	2	0	0.053		•	•	•	•			•					•
Regular BK® Ice Cream Shake (Vanilla)	124	124	523	4	20	16	3	2	0	0.108		•	•	•	•			•					•
Large BK® Ice Cream Shake (Vanilla)	165	165	696	5	27	22	4	3	0	0.107		•	•	•	•			•					•
Small BK® Ice Cream Shake (Chocolate)	98	122	514	2	23	21	2	2	0	0.053		•	•	•	•			•					•
Regular BK® Ice Cream Shake (Chocolate)	145	176	744	4	33	29	3	2	0	0.081		•	•	•	•			•					•
Large BK® Ice Cream Shake (Chocolate)	198	247	1043	5	47	42	4	3	0	0.107		•	•	•	•			•					•
Small BK® Ice Cream Shake (Strawberry)	98	115	485	2	21	19	2	2	0	0.053		•	•	•	•			•					•
Regular BK® Ice Cream Shake (Strawberry)	145	167	705	4	31	27	3	2	0	0.081		•	•	•	•			•					•
Large BK® Ice Cream Shake (Strawberry)	198	232	982	5	44	39	4	3	0	0.107		•	•	•	•			•					•
Small BK® Ice Cream Shake (Banana)	98	117	494	2	22	20	2	2	0	0.054		•	•	•	•			•					•
Regular BK® Ice Cream Shake (Banana)	145	170	718	4	32	33	3	2	0	0.082		•	•	•	•			•					•
Large BK® Ice Cream Shake (Banana)	198	238	1002	5	45	40	4	3	0	0.108		•	•	•	•			•					•

X Made on equipment that processes peanuts and other nuts.

Beverage Nutrition	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	peanuts	celery	mustard	sesame	sulphur dioxide
Small Coca-Cola®	300	123	522	0	30	30	0	0	0	0.000								•					
Regular Coca-Cola®	400	164	696	0	40	40	0	0	0	0.000								•					
Large Coca-Cola®	600	246	1044	0	61	61	0	0	0	0.000								•					
Super Coca-Cola®	900	369	1566	0	91	91	0	0	0	0.000								•					
Small Diet Coke®	300	1	5	0	0	0	0	0	0	0.000								•					
Regular Diet Coke®	400	2	6	0	0	0	0	0	0	0.000								•					
Large Diet Coke®	600	2	9	0	0	0	0	0	0	0.000								•					
Super Diet Coke®	900	4	14	0	0	0	0	0	0	0.000								•					
Small Fanta® Orange	300	129	543	0	31	31	0	0	0	0.000								•					
Regular Fanta® Orange	400	172	724	0	42	42	0	0	0	0.000								•					
Large Fanta® Orange	600	258	1086	0	62	62	0	0	0	0.000								•					
Super Fanta® Orange	900	387	1629	0	94	94	0	0	0	0.000								•					
Small Sprite®	300	129	552	0	32	32	0	0	0	0.000								•					
Regular Sprite®	400	180	732	0	42	42	0	0	0	0.000								•					
Large Sprite®	600	258	1104	0	63	63	0	0	0	0.000								•					
Super Sprite®	900	387	1656	0	99	99	0	0	0	0.000								•					
FIVE ALIVE® Berry Blast	250	133	560	0	33	33	0	0	0	0.000								•					
Semi-Skimmed Milk carton	250	118	493	8	13	13	5	3	0	0.115		•						•					
Water (Abbey Well®)	500	0	0	0	0	0	0	0	0	0.008								•					
Orange Juice (Minutemaid®)	250	123	522	2	29	29	0	0	0	0.026								•					
Regular Tea (white no sugar)	200	22	94	1	2	2	4	Tr	0	0.033		•						•					
Large Tea (white no sugar)	284	31	134	1	3	3	6	Tr	0	0.047		•						•					
Regular Coffee (black)	200	2	7	Tr	Tr	Tr	Tr	Tr	0	Tr								•					
Large Coffee (black)	284	3	10	Tr	Tr	Tr	Tr	Tr	0	Tr								•					
Regular Cappuccino	200	36	150	2	6	6	Tr	Tr	Tr	Tr		•						•					
Large Cappuccino	284	52	215	3	10	10	Tr	Tr	Tr	Tr		•						•					
Regular Latte	200	67	275	4	12	12	Tr	Tr	Tr	Tr		•						•					
Large Latte	284	95	394	6	18	18	Tr	Tr	Tr	Tr		•						•					
Hot Chocolate	200	78	230	1	15	16	2	1	1	0.090		•						•					

* Fried in the same oil as Chicken and Fish products

X Made on equipment that processes peanuts and other nuts

• Contains allergen

Tr = Trace

100% PURE BEEF

No additives. No fillers. No knife. No fork. No room for dessert?

Burger Nutrition	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	peanuts	celery	mustard	sesame	sulphur dioxide
WHOPPER®	274	614	2577	29	47	8	34	9	4	0.908													
WHOPPER® with Cheese	299	696	2915	34	47	8	41	13	4	1.308		•	•	•	•					•		•	•
Double WHOPPER®	355	841	3525	50	47	8	50	16	4	1.012			•	•	•					•		•	•
Double WHOPPER® with Cheese	380	923	3863	55	47	8	57	20	4	1.412		•	•	•	•					•		•	•
WHOPPER JR.®	148	337	1417	15	29	5	17	4	1	0.461			•	•	•					•		•	•
WHOPPER JR.® with Cheese	168	378	1586	19	29	5	21	6	1	0.661		•	•	•	•					•		•	•
Hamburger	110	270	1134	15	29	5	10	4	1	0.500			•	•	•					•		•	•
Cheeseburger	123	311	1303	17	29	5	13	6	1	0.700		•	•	•	•					•		•	•
Double Cheeseburger	173	463	1934	30	29	5	25	12	1	0.940		•	•	•	•					•		•	•
Bacon Double Cheeseburger	160	478	1974	31	28	3	27	13	1	0.834		•	•	•	•					•		•	•
XL Bacon Double Cheeseburger	302	863	3612	64	41	3	51	24	4	1.540		•	•	•	•							•	•
Angus Burger	239	561	2347	30	42	9	31	9	2	0.561			•	•	•					•		•	•
Double Angus Burger	323	814	3398	30	42	9	31	9	2	0.611			•	•	•					•		•	•
Smoked Bacon & Cheddar Angus	270	696	2908	39	42	9	41	15	2	0.949		•	•	•	•					•		•	•
Smoked Bacon & Cheddar Double Angus	354	949	3959	62	41	8	60	23	2	0.999		•	•	•	•					•		•	•

Breakfast Nutrition	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	peanuts	celery	mustard	sesame	sulphur dioxide
BK® Bacon Butty	115	376	1577	18	38	6	17	5	2	0.748		•	•										
With Heinz Ketchup	126	387	1625	18	41	9	17	5	2	0.880		•	•							•			
With HP Sauce	126	389	1633	18	40	8	17	5	2	0.891		•	•										
BK® Bacon & Egg Butty	165	456	1907	23	39	6	23	7	2	0.895		•	•	•									
With Heinz Ketchup	176	467	1955	23	42	10	23	7	2	1.027		•	•	•						•			
With HP Sauce	176	469	1963	23	41	8	23	7	2	1.038		•	•	•						•			
Cumberland Sausage Butty	197	561	2352	26	45	5	31	10	2	1.370		•	•		•								•
With Heinz Ketchup	208	572	2400	26	48	8	31	10	2	1.502		•	•		•					•			•
With HP Sauce	208	574	2408	26	47	7	31	10	2	1.513		•	•		•								•
Cumberland Sausage & Egg Butty	247	641	2682	31	46	5	37	12	2	1.517		•	•	•	•								•
With Heinz Ketchup	258	652	2730	31	49	9	37	12	2	1.649		•	•	•	•					•			•
With HP Sauce	258	654	2738	31	48	7	37	12	2	1.660		•	•	•	•								•
Egg & Cheese Butty	153	445	1858	17	37	4	25	10	2	0.594		•	•	•				•					
With Heinz Ketchup	164	456	1906	17	40	8	25	10	2	0.726		•	•	•				•		•			
With HP Sauce	164	458	1914	17	40	6	25	10	2	0.737		•	•	•				•					
Big Breakfast Butty	301	832	3477	47	48	7	49	19	2	2.088		•	•	•	•								•
With Heinz Ketchup	312	843	3525	47	51	11	49	19	2	2.220		•	•	•	•					•			•
With HP Sauce	312	845	3533	47	50	9	49	19	2	2.231		•	•	•	•								•
*Hash Browns	102	333	1385	3	31	2	22	13	3	0.510			•			•							
Quaker Oats with Milk Powder	50	177	749	9	29	9	3	1	3	0.050		•	•					•					
Double Chocolate Twist	88	316	1325	7	38	19	15	9	2	0.212	X	•	•	•	•			•					

*Product is fried in the same oil as Chicken and Fish products. X Made on equipment that processes peanuts and other nuts

ALL OUR CHICKEN IS TRACEABLE.

So not only do we know why it crossed the road, we know which road it crossed, and what day it crossed it on.

Veggie, Fish & Chicken Nutrition	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	peanuts	celery	mustard	sesame	sulphur dioxide
*BK® Spicy Beanburger	247	506	2117	19	62	9	20	6	9	1.278		•	•	•	•	•				•		•	•
BK® Veggie Burger	222	409	1724	13	54	7	15	3	6	0.934		•	•	•	•	•		•		•		•	•
*Ocean Catch	175	399	1678	17	44	5	18	4	2	0.516		•	•	•	•	•						•	•
*Chicken Royale	210	574	2403	26	45	5	32	3	5	1.191			•	•	•	•				•		•	•
*Spicy Royale	210	545	2282	26	44	5	30	4	5	1.262			•	•	•	•				•		•	•
*Chicken Royale with Cheese	263	660	2757	31	46	6	39	7	5	1.592		•	•	•	•	•				•		•	•
*Breaded Chicken Fillet Strips	132	342	1432	28	24	2	16	5	0	0.586			•			•							•

*Product is fried in the same oil as Chicken and Fish products.

Kids Nutrition	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	peanuts	celery	mustard	sesame	sulphur dioxide
BK® Angus Mini-Burgers	113	309	1294	18	26	5	14	6	1	0.619			•							•			
Hamburger	100	267	1121	15	29	5	10	4	1	0.340			•							•			
Cheeseburger	113	308	1290	17	29	5	13	6	1	0.540			•							•			
Veggie Burger	160	351	1482	11	53	7	11	1	6	0.576			•	•				•		•			•
*Chicken Bites	59	133	556	10	7	1	8	2	0	0.309		•	•			•				•			•
*3 Breaded Chicken Fillet Strips	99	256	1074	21	18	2	12	4	2	0.440			•			•							
3 Char-Grilled Chicken Fillet Strips	75	96	402	19	1	1	2	1	Tr	0.398						•							
Grapple Bag	80	46	196	0	11	11	0	0	1	0.002								•					

*Product is fried in the same oil as Chicken and Fish products.

Salad & Baguette Nutrition	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	peanuts	celery	mustard	sesame	sulphur dioxide	
LA Garden Salad	165	35	144	2	6	6	Tr	Tr	4	0.031								•						
LA Flame-Grilled Chicken Salad	215	99	412	14	6	6	1	0	4	0.296														
*LA Warm Crispy Chicken Salad	231	206	860	16	18	7	8	3	5	0.324			•	•		•								
*Chicken BLT Baguette	228	578	2406	23	62	3	26	6	4	1.225		•	•	•		•							•	
*Sweet Chilli Chicken Baguette	198	512	2162	21	67	7	18	4	4	1.031		•	•	•		•							•	
Piri Piri Chicken Baguette	225	348	1481	26	52	2	4	1	3	1.085		•	•	•		•				•			•	

*Product is fried in the same oil as Chicken and Fish products.

Sauces Nutrition	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	peanuts	celery	mustard	sesame	sulphur dioxide
Ketchup Sachet	15	16	68	0	4	4	0	0	0	0.180								•		•			
Mayonnaise Sachet 80% fat	12	81	339	0	0	0	9	1	0	0.030				•				•		•			
Sweet Chilli Sauce Dip Pot	40	100	417	0	24	18	0	0	0	0.068								•					•
BBQ Sauce Dip Pot	40	58	244	1	14	12	0	0	0	0.316								•					•
French Dressing Sachet	40	8	36	0	1	1	0	0	0	0.045				•				•			•		
Thousand Island Dressing Sachet	40	65	269	0	3	2	6	0	0	0.422				•				•			•		
Tomato & Basil Dressing Sachet	40	19	80	1	3	2	1	0	0	0.041								•			•		
Honey & Mustard Dressing Sachet	40	32	134	1	6	5	1	0	0	0.255				•				•			•		

BurgerKing Ltd uses sesame seeded buns, whilst care is taken at the restaurants, we cannot guarantee that any of our prepared products will not contain sesame seeds.

* Fried in the same oil as Chicken and Fish products

X Made on equipment that processes peanuts and other nuts

• Contains allergen

Tr = Trace