

100% BEEF

FLAME-GRILLED
WITH NO FILLERS
AND NO PRESERVATIVES



**FREE* WHOPPER® SANDWICH
FOR YOUR THOUGHTS**

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NUTRITIONAL INFORMATION (OCTOBER 2016)

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®	273	639	37	11	2	88	854	51	3	12	25
WHOPPER® with Cheese	315	760	47	16	1.5	100	1320	49	3	11	33
Double WHOPPER®	349	859	54	18	3	161	922	51	3	12	42
Double WHOPPER® with Cheese	398	1000	65	24	2.5	165	1390	49	3	11	53
Triple WHOPPER®	424	1072	70	25	5	234	985	51	3	12	60
Triple WHOPPER® with Cheese	481	1240	83	32	3	230	1470	49	3	11	73
WHOPPER JR®	141	323	19	5.5	0.6	45	401	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)
Bacon Double Cheeseburger	161	430	24	11	1	94	745	27	1	5	28
BIG KING®	205	544	32	12	1	95	675	40	1	8	27
BK® Stacker - Single	113	346	20	8	0.5	58	535	26	1	5	17
BK® Stacker - Double	154	468	29	12	1	99	612	26	1	5	27
BK® Stacker - Triple	204	619	40	18	1	147	839	26	1	5	39
BK® Stacker - Quad	255	771	52	23	2	195	1067	27	1	5	50
Cheeseburger	116	284	13	6	0.5	48	578	26	1	5	16
Cheeseburger - Double	154	393	22	10	1	86	611	26	1	5	25
Hamburger	104	242	10	4	0.5	38	384	26	1	5	13
Hamburger - Double	150	370	19	8	1	75	540	26	1	5	22
HP® Ultimate Bacon Cheeseburger	309	830	48	22	3.5	200	1260	45	2	10	53

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®	177	489	26	4	0.3	37	860	49	1	6	16
BK VEGGIE®	205	331	8	4	0	5	827	51	4	9	14
Chicken BIG KING®	240	638	34	7	0.1	69	1604	59	2	10	26
Chicken Nuggets (4 pieces)	58	174	11	2	0	23	310	9	1	0	9
Chicken Nuggets (6 pieces)	88	260	17	3	1	35	464	14	1	0	14
Chicken Nuggets (10 pieces)	146	434	28	5	0	58	774	23	1	0	23
Chicken Nuggets (20 pieces)	292	868	55	10	0.3	116	1548	46	3	1	46
Chicken Wrap - BBQ	142	300	15	5	0.4	35	860	35	2	9	15
Chicken Wrap - Ranch	142	360	21	5	0.4	45	1010	27	2	2	16
Crispy Chicken Jr.	129	408	26	4	0.3	37	801	32	1	3	13
MOTT'S FRUITSATIONS®	111	50	0	0	0	0	13	0	0	11	0.2
Original Chicken	207	645	41	7	0.5	63	572	49	2	4	21
Original Chicken NO MAYO	190	470	20	3.5	0.2	50	1260	49	3	4	23
SPICY Original Chicken	207	487	18	3	0.1	44	694	60	2	15	21
TENDERGRILL® Chicken	210	385	16	3	0.1	49	1032	38	0.6	6	22
TENDERCRISP® Chicken	226	622	36	6	2	54	1604	52	3	9	24
Chicken Fries (9 pieces)	102	314	19	3	0.1	45	847	21	1	0.4	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	90	240	10	1.5	0	0	330	34	3	0	3
French Fries - Medium	128	340	15	2.5	0	0	480	49	4	0	4
French Fries - Large	153	410	18	3	0	0	570	58	4	0	4
Gravy	100	33	0.41	0.07	0.019	0	903	6.6	0.2	1.6	0.6
Mozzarella Sticks - 4 pieces	98	350	20	6	0	25	930	29	2	1	14
Onion Rings - Small	43	150	8	1.5	0.1	0	290	18	2	0	2
Onion Rings - Medium	91	320	17	2.5	0.1	0	620	39	3	3	5
Onion Rings - Large	116	410	21	3.5	0.1	0	790	50	4	4	6
Poutine (Fries, Cheese Curds, Gravy)	330	680	36	13	1	55	2010	72	5	2	19
Poutine with Bacon	341	750	41	15	1	66	2430	66	5	2	30

Salads (Salads listed w/out dressing or Garlic Parmesan Croutons)	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	210	350	11	5	0	25	980	18	3	3	12
Caesar Garden Fresh Salad	151	330	24	7	0.3	40	730	14	1	1	14
Garden Side Salad	141	35	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	40 ml	180	17	2.5	0.1	0	420	5	0	4	0.2
KRAFT® Creamy Caesar Dressing	40 ml	150	16	2.5	0.1	10	410	2	0	1	1
Strawberry Jam	16	50	0	0	0	0	14	0	14	0	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	298	18	12	0.4	12	210	31	1	22	3

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	125	353	19	8	0.2	149	693	32	1	5	13
CROISSAN'WICH® Sausage & Cheese	112	417	27	11	0.3	44	739	30	1	4	14
CROISSAN'WICH® Bacon, Egg & Cheese	132	389	22	9	0.3	157	826	32	1	6	15
CROISSAN'WICH® Sausage, Egg & Cheese	169	518	34	13	0.3	182	1010	32	1	5	20
Double CROISSAN'WICH® Bacon, Egg, & Cheese	151	467	28	12	0.3	176	1155	33	1	6	21
Double CROISSAN'WICH® Sausage, Egg & Cheese	225	726	53	21	0.5	227	1523	33	1	6	30
Double CROISSAN'WICH® Sausage & Bacon	188	596	40	16	0.4	201	1339	33	1	6	25
Enormous Omelette	266	750	43	15	1	400	1860	44	2	7	35

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)
English Muffin - Toasted	57	150	1	0.3	0	0	250	28	1	1	5
English Muffin with Egg & Cheese	122	270	11	4.6	0	175	680	23	1	3	12
English Muffin with Egg, Cheese & Bacon	129	340	14	5	0.4	185	810	31	1	3	16
English Muffin with Egg, Cheese & Sausage	166	460	26	9	0.4	205	1020	32	1	3	19
English Muffin with Egg, Cheese & Bacon - Double	149	420	20	9	0.5	205	1160	32	1	3	21
English Muffin with Egg, Cheese & Sausage - Double	222	670	44	16	0.5	245	1590	34	2	3	28
French Toast Sticks - 3 Pieces	94	312	11	2	0	0	271	50	1	20	3
French Toast Sticks - 5 Pieces	137	476	21	3.4	0.2	0	447	66	3	24	6
Hashbrowns - Small	78	242	15	1	5	0	467	24	3	0	2
Hashbrowns - Medium	140	431	28	1	9	0	834	42	5	0	4
Hashbrowns - Large	184	569	36	2	12	0	1101	55	7	0	5
Pancake Platter - 3 Pancakes, Margarine, Syrup	173	450	18	7	0.3	110	680	65	1	30	7

Shakes, Smoothies, 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)	0	0	0	0	0	15	0	0	0	0
Coffee (16oz)	0	0	0	0	0	20	0	0	0	0
Coffee (20oz)	0	0	0	0	0	25	0	0	0	0
Decaf Coffee (12oz)	0	0	0	0	0	5	0	0	0	0
Decaf Coffee (16oz)	0	0	0	0	0	10	0	0	0	0
Decaf Coffee (20oz)	0	0	0	0	0	10	0	0	0	0
Iced Coffee - Mocha (12oz)	220	9	8	0	10	75	33	0	25	2
Iced Coffee - Mocha (16oz)	270	10	8	0	10	100	44	0	34	3
Iced Coffee - Mocha (20oz)	330	11	8	0	15	125	55	0	43	4
Iced Coffee - Vanilla (12oz)	220	9	8	0	10	70	32	0	28	2
Iced Coffee - Vanilla (16oz)	270	10	8	0	10	90	43	0	38	3
Iced Coffee - Vanilla (20oz)	320	10	8	0	15	110	53	0	48	3
Hot Chocolate	130	3	2.5	0	0	130	24	0	20	1
Milk 2% (250mL)	130	5	3	0.1	20	120	12	0	12	9
Milk - Chocolate	170	2.5	1.5	0	10	220	29	0	28	7
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 Kids (12oz)	270	4.5	2.5	0.1	15	190	52	0	44	7
Shake - Chocolate Small (16oz)	440	7	4	0.2	25	300	85	1	71	11