NUTRITIONAL INFORMATION (MARCH 2014)

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®	290	670	40	11	1	80	910	48	3	11	28
WHOPPER® with Cheese	315	760	47	16	1.5	100	1320	49	3	11	33
DOUBLE WHOPPER®	373	910	58	19	2	140	980	48	3	11	48
DOUBLE WHOPPER® with Cheese	398	1000	65	24	2.5	165	1390	49	3	11	53
TRIPLE WHOPPER®	456	1150	76	27	3	205	1060	48	3	11	68
TRIPLE WHOPPER® with Cheese	481	1240	83	32	3	230	1470	49	3	11	73
WHOPPER JR.®	148	340	19	5	0.5	45	510	27	2	5	13
WHOPPER JR.® with Cheese	161	380	23	8	0.5	55	710	27	2	5	16
Double WHOPPER JR.®	187	450	28	9	1	80	540	27	2	5	22
Double WHOPPER JR.® with Cheese	199	490	31	11	1	95	740	27	2	5	25

Other Flame-Broiled 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)
Hamburger	111	260	11	4	0.4	40	500	26	1	5	13
Cheeseburger	124	300	14	6	0.5	50	710	26	1	5	16
Double Hamburger	150	370	19	8	1	75	540	26	1	5	22
Double Cheeseburger	175	450	26	13	1	95	950	27	1	5	27
BK® Stacker - Double	171	560	37	14	1	105	920	26	1	6	31
BK® Stacker - Triple	216	680	45	18	1.5	155	1060	27	1	6	41
KING SUPREME®	182	470	29	11	1	90	700	27	1	6	25
Bacon Double Cheeseburger	185	510	30	14	1	110	1140	27	1	6	31
Rodeo Burger	117	260	9	3.5	0.5	30	50	33	1	11	11
Jalapeño Cheeseburger	117	290	14	6	0.5	50	430	26	1	5	15
Big King™	214	570	32	12	1	95	720	45	2	10	26

Chicken, Fish, Veggie & Kids Items	Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugars (g)	Protein (g)
TENDERGRILL® Chicken Sandwich	197	370	16	2.5	0.1	40	910	37	2	5	20
TENDERCRISP® Chicken Sandwich	235	640	36	6	0.3	60	1420	51	3	6	27
Original Chicken Sandwich	219	680	43	8	0.4	70	1430	50	2	4	23
Original Chicken Sandwich NO MAYO	190	470	20	3.5	0.2	50	1260	49	3	4	23
CHICKEN TENDERS® (4 pieces)	62	190	10	2	0	25	310	10	1	0	10
CHICKEN TENDERS® (6 pieces)	94	290	17	3	0	40	460	15	1	0	15
CHICKEN TENDERS® (10 pieces)	156	480	28	5	0	65	760	25	2	0	26
CHICKEN TENDERS® (20 pieces)	312	960	55	11	0	130	1530	50	5	0	51
Chicken Strips (3 pieces)	168	550	32	3.5	0.2	60	1500	32	2	10	32
Chicken Strips (5 pieces)	250	830	48	5	0.2	90	2230	48	3	15	48
Chicken Wrap (Ranch)	142	360	21	5	0.4	45	1010	27	2	2	16
Chicken Wrap (BBQ)	142	300	15	5	0.4	35	860	35	2	9	15
BK BIG FISH® Sandwich	180	500	26	4	0.3	40	860	49	2	5	17
BK VEGGIE® Burger	161	270	6	3	0.1	5	740	42	3	7	10
Crispy Chicken Jr.	143	460	30	5	0	40	540	35	2	3	14
Spicy Crispy Chicken Jr.	140	330	12	2.5	0	25	610	42	2	9	13
Chicken Big King™	262	700	35	8	0	65	1400	68	3	10	27

Sides	Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugars (g)	Protein (g)
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
Fries - small	90	240	10	1.5	0	0	330	34	3	0	3
Fries - medium	128	340	15	2.5	0	0	480	49	4	0	4
Fries - large	153	410	18	3	0	0	570	58	4	0	4
Fries with Gravy	272	470	19	3	0	0	1600	70	5	1	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
Mozzarella Sticks (4 pieces)	98	350	20	6	0	25	930	29	2	1	14
MOTT'S FRUITSATIONS® Applesauce	111	50	0	0	0	0	0	13	0	11	0.2

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 Carbs (g)	Dietary Fibre (g)	Total Sugars (g)	Protein (g)
TENDERGRILL® BLT Salad	361	350	23	10	0.3	75	1060	11	2	2	27
TENDERGRILL® Caesar Salad	269	250	14	6	0	45	860	8	2	2	23
BK® Side Garden Salad	140	25	0.3	0	0	0	5	5	2	1	1

Dressings and Sauces	Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugars (g)	Protein (g)
KRAFT® Creamy Caesar Dressing	40 ml	150	16	2.5	0.1	10	410	2	0	1	1
KRAFT® Balsamic Vinaigrette	40 ml	180	17	2.5	0.1	0	420	5	0	4	0.2
Zesty Sauce	28	150	15	2.5	0.2	15	210	3	1	2	0.3
Barbeque Sauce	28	40	0	0	0	0	310	11	0	10	0.3
Buffalo Style Dipping Sauce	28	80	8	1.5	0.1	5	360	2	0	1	0.2
Sweet and Sour Sauce	28	45	0.2	0	0	0	55	11	0	10	0.1
Honey Mustard Dipping Sauce	28	90	6	1	0.1	10	180	8	0	7	0.3
Breakfast Syrup	28	80	0	0	0	0	20	21	0	14	0
Strawberry Jam	16	50	0	0	0	0	0	14	0	14	0

Desserts	Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugars (g)	Protein (g)
Apple Turnover	85	260	13	4	0.1	0	340	34	1	12	2
HERSHEY®'S Sundae Pie	79	300	18	12	0.4	10	210	31	1	22	3

Breakfast	Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugars (g)	Protein (g)
CROISSAN'WICH® Egg & Cheese	115	320	16	6	0.4	180	670	26	0	5	11
CROISSAN'WICH® with Bacon, Egg & Cheese	122	360	18	7	5	190	820	26	0	5	15
CROISSAN'WICH® with Ham, Egg & Cheese	149	350	17	7	0.4	195	1090	27	0	6	17
CROISSAN'WICH® with Sausage, Egg & Cheese	159	480	30	11	0.5	210	1030	27	0	5	18
Double CROISSAN'WICH® w/ Bacon, Egg, & Cheese	142	440	25	11	0.5	210	1170	27	0	5	20
Double CROISSAN'WICH® w/ Ham, Egg & Cheese	196	440	21	10	0.5	220	1720	29	0	7	26
Double CROISSAN'WICH® w/ Sausage, Egg & Cheese	215	690	49	18	0.5	250	1590	29	1	5	27

Breakfast	Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugars (g)	Protein (g)
Enormous Omelette Sandwich	266	750	43	15	1	400	1860	44	2	7	35
English Muffin with Egg & Cheese	122	270	11	4.6	0	175	660	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 & Ham	156	340	12	5	0.3	190	1090	31	1	4	18
English Muffin with Egg, Cheese & Sausage	166	460	26	9	0.4	205	1020	32	1	3	19
Double English Muffin with Egg, Cheese & Bacon	149	420	20	9	0.5	205	1160	32	1	3	21
Double English Muffin with Egg, Cheese & Ham	203	420	17	8	0.4	220	1710	33	1	5	27
Double English Muffin with Egg, Cheese & Sausage	222	670	44	16	0.5	245	1590	34	2	3	28
Hashbrowns - small	84	270	18	2.5	0.3	0	390	25	2	0	2
Hashbrowns - medium	140	450	30	4	0.5	0	660	42	4	0	4
Hashbrowns - large	179	570	38	5	0.5	0	840	54	4	0	5
French Toast Sticks (4 piece)	87	310	17	2.5	0.1	0	350	36	2	9	5
French Toast Sticks (5 piece)	109	390	21	3.5	0.1	0	440	45	3	12	6
Pancake Platter (3 pancakes, margarine, syrup)	173	450	18	7	0.3	110	680	65	1	30	7
Toasted English Muffin	57	150	1	0.3	0	0	250	28	1	1	5
Blueberry Muffin	112	350	13	1.5	0	0	270	52	2	24	5
Carrot Muffin	112	350	13	1	0.1	0	250	53	2	28	5

Shakes, Smoothies, Frappés, Milk, Coffee, Juice & Water	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugars (g)	Protein (g)
Milk - 2% (250mL)	130	5	3	0.1	20	120	12	0	12	9
DASANI® Bottled Water (500mL)	0	0	0	0	0	0	0	0	0	0
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
Oasis® Apple Grape Juice Bottle (300ml)	140	0	0	0	0	25	35	0	33	0
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
Vanilla Shake - kids (12oz)	230	4	2.5	0.1	15	190	42	0	36	7
Vanilla Shake - small (16oz)	360	6	4	0.2	25	300	64	0	55	11
Vanilla Shake - medium (20oz)	560	10	6	0.3	40	460	100	0	85	17
Vanilla Shake - large (30oz)	830	15	10	0.5	60	690	149	0	127	25
Chocolate Shake - kids (12oz)	270	4.5	2.5	0.1	15	190	52	0	44	7
Chocolate Shake - small (16oz)	440	7	4	0.2	25	300	85	1	71	11
Chocolate Shake - medium (20oz)	740	11	7	0.3	40	610	143	2	126	18
Chocolate Shake - large (30oz)	1110	16	10	0.5	60	910	214	2	188	26
Strawberry Shake - kids (12oz)	270	4	2.5	0.1	15	200	52	0	45	7
Strawberry Shake - small (16oz)	430	6	4	0.2	25	310	84	0	73	11
Strawberry Shake - medium (20oz)	700	10	6	0.3	40	470	137	0	120	16
Strawberry Shake - large (30oz)	1060	15	10	0.5	60	710	207	0	182	25
Strawberry-Banana Smoothie - snack (9oz)	150	0.3	0	0	0	20	36	1	30	1
Strawberry-Banana Smoothie - small (12oz)	200	0.3	0	0	0	20	48	2	40	1
Strawberry-Banana Smoothie - medium (16oz)	310	0.5	0.1	0	0	35	73	2	60	2
Strawberry-Banana Smoothie - large (20oz)	410	1	0.1	0	0	50	97	3	81	3
Tropical Mango Smoothie - snack (9oz)	150	0.5	0	0	0	30	35	1	29	1
Tropical Mango Smoothie - small (12oz)	210	0.5	0	0	0	40	51	1	41	2
Tropical Mango Smoothie - medium (16oz)	330	1	0	0	0	65	78	2	63	3
Tropical Mango Smoothie - large (20oz)	450	1.5	0.1	0	5	95	104	2	85	4
Caramel Frappé - small (12oz)	430	19	11	0.3	5	240	61	0	40	3
Caramel Frappé - medium (16oz)	520	22	12	0.3	5	310	75	0	50	4
Caramel Frappé - large (20oz)	620	26	14	0.3	5	380	91	0	61	5
Mocha Frappé - small (12oz)	420	19	11	0.2	5	240	60	0	42	3
Mocha Frappé - medium (16oz)	520	22	13	0.2	5	300	75	0	51	4
Mocha Frappé - large (20oz)	620	26	14	0.2	5	370	91	0	62	5

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 Carbs (g)	Dietary Fibre (g)	Total Sugars (g)	Protein (g)
COCA COLA® CLASSIC‡ - kids (12oz)	120	0	0	0	0	25	32	0	32	0
COCA COLA® CLASSIC‡ - small (16oz)	160	0	0	0	0	35	42	0	42	0
COCA COLA® CLASSIC‡ - medium (20oz)	190	0	0	0	0	45	52	0	52	0
COCA COLA® CLASSIC‡ - large (30oz)	280	0	0	0	0	60	74	0	74	0
DIET COKE®‡ - kids (12oz)	0	0	0	0	0	40	0	0	0	0
DIET COKE®‡ - small (16oz)	0	0	0	0	0	50	0	0	0	0
DIET COKE®‡ - medium (20oz)	0	0	0	0	0	65	0	0	0	0
DIET COKE®‡ - large (30oz)	0	0	0	0	0	90	0	0	0	0
COKE ZERO®‡ - kids (12oz)	0	0	0	0	0	0	0	0	0	0
COKE ZERO®‡ - small (16oz)	0	0	0	0	0	0	0	0	0	0
COKE ZERO®‡ - medium (20oz)	0	0	0	0	0	0	0	0	0	0
COKE ZERO®‡ - large (30oz)	0	0	0	0	0	0	0	0	0	0
SPRITE®‡ - kids (12oz)	110	0	0	0	0	55	29	0	29	0
SPRITE®‡ - small (16oz)	140	0	0	0	0	70	38	0	38	0
SPRITE®‡ -medium (20oz)	180	0	0	0	0	90	51	0	51	0
SPRITE®‡ - large (30oz)	250	0	0	0	0	125	68	0	68	0
Barq's Root Beer - kids (12oz)	120	0	0	0	0	55	35	0	35	0
Barq's Root Beer - small (16oz)	160	0	0	0	0	70	46	0	46	0
Barq's Root Beer - medium (20oz)	210	0	0	0	0	95	60	0	60	0
Barq's Root Beer - large (30oz)	280	0	0	0	0	125	81	0	81	0
Fruitopia - kids (12oz)	120	0	0	0	0	25	32	0	31	0
Fruitopia - small (16oz)	160	0	0	0	0	35	42	0	41	0
Fruitopia - medium (20oz)	210	0	0	0	0	45	55	0	55	0
Fruitopia - large (30oz)	280	0	0	0	0	60	71	0	71	0
NESTEA® Iced Tea - kids (12oz)	80	0	0	0	0	10	22	0	22	0
NESTEA® Iced Tea - small (16oz)	110	0	0	0	0	10	29	0	29	0
NESTEA® Iced Tea - medium (20oz)	140	0	0	0	0	15	38	0	38	0
NESTEA® Iced Tea - large (30oz)	190	0	0	0	0	20	51	0	51	0
Iced Mocha Coffee (22oz)	220	1.5	1	0	5	110	48	0	38	3

Any items not seen above can be found on our website. Please visit 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 the Burger King Restaurants of Canada, Inc. 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. Sodium level of french fries may vary due to amount added after cooking. TM & © 2014 BURGER KING CORPORATION. USED UNDER LICENSE. ALL RIGHTS RESERVED. © 2014 The Coca-Cola Company. "Coca-Cola Classic", "Diet Coke", and "Sprite" are registered trademarks of The Coca-Cola Company. All Rights Reserved. The HERSHEY'S trademark and trade dress are used under license. KRAFT is a registered trademark of Kraft Foods Holdings, Inc. ©Mott's Fruitsations is a trademark, used under license by Canada Dry Mott's Inc. ® Registered Trademark of Lassonde Industries Inc. Nutrition information is current as of this publication (March 2014), information subject to change.