

EVERYTHING  
YOU NEED TO  
KNOW ABOUT  
OUR FOOD.





A NUTRITION AND  
ALLERGEN GUIDE TO BK<sup>®</sup>




## OUR BURGERS USE 100% BEEF. WHICH MEANS 100% TASTE.

Burger Nutrition Figures shown are per serving	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide
WHOPPER®	651	2724	29	51	10	36	9	2	1.063	0	0	I	I	0	0	0	0	I	0	I	0
WHOPPER® with Cheese	734	3068	34	52	11	43	13	2	1.485	0	I	I	I	I	0	0	0	I	0	I	0
Double WHOPPER®	893	3731	50	51	10	54	16	3	1.157	0	0	I	I	0	0	0	0	I	0	I	0
Double WHOPPER® with Cheese	976	4075	55	52	11	61	20	3	1.579	0	I	I	I	I	0	0	0	I	0	I	0
WHOPPER JR.®	352	1479	15	30	6	16	4	1	0.580	0	0	I	I	0	0	0	0	I	0	I	0
WHOPPER JR.® with Cheese	393	1651	17	30	6	21	6	1	0.791	0	I	I	I	I	0	0	0	I	0	I	0
Hamburger	284	1190	15	30	6	11	4	1	0.561	0	0	I	0	0	0	0	0	I	I	I	0
Cheeseburger	325	1362	17	30	6	14	6	1	0.772	0	I	I	0	I	0	0	0	I	I	I	0
Double Cheeseburger	485	2024	30	31	7	26	11	1	1.025	0	I	I	0	I	0	0	0	I	I	I	0
Bacon Double Cheeseburger	495	2067	32	29	5	27	11	1	0.907	0	I	I	0	I	0	0	0	0	0	I	0
XL Bacon Double Cheeseburger	933	3891	62	48	7	55	24	3	1.673	0	I	I	0	I	0	0	0	0	0	I	0
Angus Burger	580	2429	31	41	9	31	9	2	0.620	0	0	I	I	I	0	0	0	0	I	0	0
Smoked Bacon & Cheddar Angus	699	2921	40	42	9	39	14	2	0.964	0	I	I	I	I	0	0	0	0	I	0	0
Double Angus	847	3539	53	41	9	50	18	3	0.716	0	0	I	I	I	0	0	0	0	I	0	0
Smoked Bacon & Cheddar Double Angus	966	4031	62	42	9	58	23	3	1.06	0	I	I	I	I	0	0	0	0	I	0	0

## ALL OUR CHICKEN IS TRACEABLE. WELL, IF YOU'RE MAKING CHICKEN TO GO YOU SHOULD KNOW WHERE IT'S BEEN.

Veggie, Fish, Chicken Nutrition Figures shown are per serving	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide
BK® Veggie Bean Burger 	590	2470	18	83	13	20	5	8	1.499	0	I	I	I	0	0	0	I	I	0	I	0
BK® Veggie Wrap 	459	1920	10	71	7	15	3	8	1.499	0	0	I	I	0	0	0	I	I	0	0	0
Ocean Catch*	493	2070	16	43	5	27	4	2	0.978	0	I	I	I	0	I	0	0	0	0	I	0
Chicken Royale*	608	2556	25	51	5	32	4	3	1.376	0	0	I	I	0	*	0	0	I	0	I	0
Chicken Royale with Cheese*	696	2920	30	53	7	39	8	3	1.801	0	I	I	I	I	*	0	0	I	0	I	0
Sweet Chilli Chicken Royale* **	546	2302	25	56	10	23	4	3	1.37	0	0	I	I	0	I	0	0	I	0	I	0
Chicken Tendercrisp*	620	2598	27	51	6	32	5	3	1.234	0	I	I	I	0	*	0	0	I	0	0	0
Chicken Caesar Tendercrisp*	633	2642	28	51	7	34	6	3	1.228	0	I	I	I	0	I	0	0	I	0	0	0
Sweet Chilli Chicken Wrap**	296	1246	23	35	6	6	2	2	1.195	0	0	I	I	0	I	0	0	0	0	0	0
Caesar Chicken Wrap	343	1441	23	29	2	14	3	2	1.158	0	I	I	I	0	I	0	0	0	I	0	0
Chicken Nuggets x 6 (Regular)*	258	1082	14.3	20.4	0.9	13	3.7	1.3	0.580	0	I	I	I	0	*	0	0	I	0	0	I
Chicken Nuggets x 9 (Large)*	388	1622	21.4	30.6	1.3	19.5	5.6	1.9	0.869	0	I	I	I	0	*	0	0	I	0	0	I

\*Product is fried in the same oil as Chicken and Fish products. \*\*Chilli sauce contains fish.  British Vegetarian Society Approved

Burger King uses Sesame Seeded Buns and mustard, whilst care is taken at the restaurants, we cannot guarantee that any of our prepared products will not contain sesame seeds or mustard. Whilst Burger King takes great care to remove bones from its meat, poultry and seafood products, some small bones may still be present.

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# WE WORK ON A SIMPLE PRINCIPLE. LESS ADDITIVES = MORE TASTE.

## Breakfast Nutrition

Figures shown are per serving

	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide
BK® Bacon Butty with Heinz Ketchup	213	897	11	32	6	5	1	2	0.551	0	0	1	0	0	0	0	0	1	0	0	0
BK® Bacon Butty with HP sauce	214	903	11	32	5	5	1	2	0.558	0	0	1	0	0	0	0	0	0	0	0	0
BK® Bacon Egg & Cheese Butty with Heinz Ketchup**	354	1487	18	37	7	15	6	2	0.926	0	1	1	1	1	0	0	0	1	0	0	0
BK® Bacon Egg & Cheese Butty with HP sauce**	355	1493	18	37	6	15	6	2	0.933	0	1	1	1	1	0	0	0	0	0	0	0
Sausage Butty with Heinz Ketchup	315	1317	13	33	6	15	5	2	0.541	0	0	1	0	0	0	0	0	1	0	0	0
Sausage Butty with HP sauce	316	1323	13	33	5	15	5	2	0.548	0	0	1	0	0	0	0	0	0	0	0	0
Sausage Egg & Cheese Butty with Heinz Ketchup**	453	1893	21	36	7	25	10	2	0.908	0	1	1	1	1	0	0	0	1	0	0	0
Sausage Egg & Cheese Butty with HP sauce**	454	1899	21	36	6	25	10	2	0.915	0	1	1	1	1	0	0	0	0	0	0	0
Egg & Cheese Butty with Heinz Ketchup**	300	1260	12	36	7	12	5	2	0.66	0	1	1	1	1	0	0	1	1	0	0	0
Egg & Cheese Butty with HP sauce**	301	1266	12	36	6	12	5	2	0.667	0	1	1	1	1	0	0	1	0	0	0	0
Big Beefy with Heinz Ketchup**	730	3048	44	54	11	38	16	2	1.471	0	1	1	1	1	0	0	0	1	0	1	0
Big Beefy with HP sauce**	732	3055	44	55	11	38	16	2	1.478	0	1	1	1	1	0	0	0	0	0	1	0
Breakfast in Bread with Heinz Ketchup**	583	2435	32	42	9	31	13	2	1.406	0	1	1	1	1	0	0	0	1	0	0	0
Breakfast in Bread with HP Sauce**	585	2442	32	43	9	31	13	2	1.414	0	1	1	1	1	0	0	0	0	0	0	0
Mini Pancakes with Maple Syrup (Regular)	269	1130	3	41	22	10	5	1	0.150	0	1	1	1	0	0	0	1	0	0	0	0
Mini Pancakes with Maple Syrup (Large)	363	1526	4	52	26	15	7	2	0.224	0	1	1	1	0	0	0	1	0	0	0	0
Hash Browns (Regular)*	310	1290	3	25	tr	22	6	3	0.413	0	0	1	0	0	*	0	0	0	0	0	0
Hash Browns (Large)*	396	1648	3	32	tr	28	8	4	0.528	0	0	1	0	0	*	0	0	0	0	0	0

\*Product is fried in the same oil as Chicken and Fish products. \*\*Egg omelette in breakfast products contains cheese and milk.

## Sides Nutrition

Figures shown are per serving

	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide
Fries (Small)* **	194	814	2	26	tr	8	3	3	0.333	0	0	1	0	0	0	0	1	0	0	0	0
Fries (Regular)* **	291	1221	4	39	tr	12	4	5	0.5	0	0	1	0	0	0	0	1	0	0	0	0
Fries (Large)* **	369	1551	5	50	tr	16	5	6	0.635	0	0	1	0	0	0	0	1	0	0	0	0
Fries (Super)* **	456	1914	6	61	tr	19	6	8	0.783	0	0	1	0	0	0	0	1	0	0	0	0
Onion Rings (Regular) x 8*	398	1667	7	46	4	20	3	5	0.127	0	0	1	0	0	*	0	0	0	0	0	0
Onion Rings (Large) x 12*	598	2500	10	69	6	30	5	7	0.191	0	0	1	0	0	*	0	0	0	0	0	0
Onion Rings (Super) x 16*	797	3334	14	93	7	40	7	10	0.254	0	0	1	0	0	*	0	0	0	0	0	0
Chilli Cheese Bites x4 (Regular)*	252	1049	6	20	1	16	6	1	0.491	0	1	1	0	0	*	0	0	0	0	0	0
Chilli Cheese Bites x6 (Large)*	378	1574	10	31	2	24	10	2	0.737	0	1	1	0	0	*	0	0	0	0	0	0

\*Product is fried in the same oil as Chicken and Fish products. \*\*No gluten on fries, possible cross contamination from fryers and gluten products.

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## Kids Nutrition

Figures shown are per serving

	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide
BK® Angus Mini Burgers	271	1142	14	29	5	11	4	1	0.407	0	0	1	0	0	0	0	0	1	0	0	0
Angus Mini Burgers with Cheese	320	1346	17	29	5	15	6	1	0.502	0	1	1	0	0	0	0	0	1	0	0	0
KIDS Hamburger	281	1177	15	30	6	11	4	1	0.414	0	0	1	0	0	0	0	0	1	0	1	0
KIDS Cheeseburger	322	1349	17	30	6	14	6	1	0.625	0	1	1	0	1	0	0	0	1	0	1	0
BK® Veggie Bean Burger - Kids	278	1174	7	48	6	7	tr	4	0.705	0	0	1	0	0	0	1	1	1	0	0	0
Char Grilled Chicken Mini Burger	214	906	16	29	5	3	0	1	0.633	0	0	1	0	0	0	0	0	1	0	0	0
Chicken Nuggets x 4*	172	721	9.5	13.6	0.6	8.7	2.5	0.8	0.386	0	1	1	1	0	*	0	0	1	0	0	1
Kids 3 Char Grilled Chicken Strips	95	402	19	tr	tr	2	tr	tr	0.398	0	0	0	0	0	0	0	0	0	0	0	0
BK® Fresh Apple Fries	28	119	tr	7	7	tr	0	1	0.002	0	0	0	0	0	0	0	1	0	0	0	0
Kids Sundae - Strawberry	136	571	2	22	20	4	3	0	0.086	0	1	0	0	1	0	0	1	0	0	0	1

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## Salad Nutrition

Figures shown are per serving

	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide
Flame-Grilled Chicken Salad	128	539	20	6	5	3	tr	2	0.414	0	0	0	0	0	0	0	0	0	0	0	0
Garden Salad <sup>†</sup>	33	137	1	6	5	1	tr	2	0.016	0	0	0	0	0	0	0	1	0	0	0	0

<sup>†</sup>Suitable for vegetarians

## Sauces Nutrition

Figures shown are per serving

	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide
Ketchup Sachet	10	43	tr	2	2	tr	tr	tr	0.120	0	0	0	0	0	0	0	1	1	0	0	0
Mayonnaise sachet	80	328	tr	tr	tr	9	1	tr	0.079	0	0	0	1	0	0	0	0	0	1	0	0
Sweet Chilli Sauce Dip Pot	96	407	tr	24	19	tr	tr	tr	0.398	0	0	0	0	0	0	0	1	0	1	0	1
BBQ Sauce Dip Pot	48	203	tr	11	10	tr	tr	tr	0.508	0	0	0	0	0	0	0	1	1	1	0	1
French Dressing Sachet	7	22	tr	1	tr	tr	tr	tr	0.044	0	0	1	0	0	0	0	1	0	1	0	1
Honey & Mustard Dressing Sachet	32	117	1	6	4	1	tr	tr	0.170	0	0	0	0	0	0	0	1	0	1	0	1

## Republic of Ireland only

Figures shown are per serving

	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide
Big King (Eire only)	524	2183	30	31	6	30	11	1	1.025	0	1	1	1	1	0	0	0	0	1	1	0
XL Big King (Eire only)	917	3824	55	51	9	55	20	3	1.536	0	1	1	1	1	0	0	0	0	1	1	0

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## Dessert Nutrition

Figures shown are per serving

	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide
BK® Fusions Strawberry Cheesecake	339	1429	4	57	41	10	5	1	0.214	0	1	1	0	1	0	0	1	0	0	0	1
BK® Fusions Mint Choc Swirl	269	1134	6	37	33	11	8	1	0.221	0	1	0	0	1	0	0	1	0	0	0	1

## Beverage Nutrition

Figures shown are per serving

	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide
Regular Coca-Cola®	168	720	0	42	42	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0
Large Coca-Cola®	252	1080	0	64	64	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0
Super Coca-Cola®	378	1620	0	95	95	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0
Regular Diet Coke®	1	4	0	0	0	0	0	0	0.120	0	0	0	0	0	0	0	1	0	0	0	0
Large Diet Coke®	2	6	0	0	0	0	0	0	0.180	0	0	0	0	0	0	0	1	0	0	0	0
Super Diet Coke®	2	9	0	0	0	0	0	0	0.270	0	0	0	0	0	0	0	1	0	0	0	0
FIVE ALIVE® Berry Blast	63	270	0	15	15	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0
Water (Abbey Well®)	0	0	0	0	0	0	0	0	0.010	0	0	0	0	0	0	0	1	0	0	0	0
Orange Juice (Tropicana®)	118	498	2	25	25	0	0	1	0	0	0	0	0	0	0	0	1	0	0	0	0
Regular Fanta® Orange	156	664	tr	38	35	tr	tr	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Large Fanta® Orange	234	996	1	57	53	1	tr	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Super Fanta® Orange	351	1494	1	86	79	1	tr	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Regular Sprite®	148	636	0	36	36	0	0	0	0.120	0	0	0	0	0	0	0	1	0	0	0	0
Large Sprite®	222	954	0	55	55	0	0	0	0.180	0	0	0	0	0	0	0	1	0	0	0	0
Super Sprite®	333	1431	0	82	82	0	0	0	0.270	0	0	0	0	0	0	0	1	0	0	0	0
Regular BK® Shake (Vanilla)	405	1708	12	66	62	10	6	tr	0.289	0	1	0	0	0	0	0	1	0	0	0	0
Large BK® Shake (Vanilla)	524	2211	16	85	80	13	8	tr	0.374	0	1	0	0	0	0	0	1	0	0	0	0
Regular BK® Shake (Chocolate)	452	1907	12	80	73	9	6	tr	0.294	0	1	1	0	1	0	0	1	0	0	0	0
Large BK® Shake (Chocolate)	617	2603	14	113	100	12	7	1	0.384	0	1	1	0	1	0	0	1	0	0	0	0
Regular BK® Shake (Strawberry)	437	1846	12	77	71	9	6	tr	0.277	0	1	1	0	0	0	0	1	0	0	0	0
Large BK® Shake (Strawberry)	588	2483	14	106	96	12	7	tr	0.35	0	1	1	0	0	0	0	1	0	0	0	0
KIDS Small BK® Shake (Vanilla)	279	1176	9	45	43	7	4	tr	0.199	0	1	0	0	0	0	0	1	0	0	0	0
KIDS Small BK® Shake (Chocolate)	303	1276	8	53	47	7	4	0	0.201	0	1	1	0	1	0	0	1	0	0	0	0
KIDS Small BK® Shake (Strawberry)	295	1245	8	51	46	7	4	tr	0.193	0	1	1	0	0	0	0	1	0	0	0	0
KIDS Semi- Skimmed Milk carton	121	508	9	12	12	4	3	0	0.142	0	1	0	0	0	0	0	1	0	0	0	0
KIDS Small Coca-Cola®	126	540	0	32	32	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0
KIDS Small Diet Coke®	1	3	0	0	0	0	0	0	0.090	0	0	0	0	0	0	0	1	0	0	0	0
KIDS Small Fanta® Orange	117	498	tr	29	26	tr	tr	0	0	0	0	0	0	0	0	0	0	0	0	0	0
KIDS Small Sprite®	111	477	0	27	27	0	0	0	0.090	0	0	0	0	0	0	0	1	0	0	0	0

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Updated August 2011. All information in this leaflet applies to the UK & Eire only. Burger King Ltd has relied on analytical data from suppliers and published sources to prepare this information and can accept no liability for its accuracy or completeness. Data based on standard formulations. Some variations may be expected as a result of manufacturing tolerances and slight differences in product assembly. Some products not available in all restaurants. Most promotional products, regional items or items in test markets not listed. Please email ukcareline@whopper.com or visit www.burgerking.co.uk for information on products not included. Product data is current at time of publication. New product introductions or product changes may cause deviations from the information listed.