

<b>BURGER KING® Canada Menu Items Nutrition Facts as of June 2010 (Information subject to change)</b>	Serving Size (g)	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugars (g)	Protein (g)
<b>WHOPPER® Sandwiches</b>											
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
<b>Flame-Broiled Burgers</b>											
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	176	560	36	15	1.5	115	1000	27	1	6	31
BK® Stacker - Triple	232	740	50	21	2	170	1340	28	1	6	45
BK® Stacker - Quad	289	920	63	28	2.5	225	1670	29	1	7	58
Smoky STEAKHOUSE XT™ Burger	261	680	41	19	0.5	120	1570	40	2	9	37
STEAKHOUSE XT™ Burger	278	770	50	19	0.5	110	1590	39	3	7	34
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
<b>Chicken, Fish, Veggie &amp; Kids Items</b>											
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
Spicy CHICK'N CRISP® Sandwich	138	460	30	5	0.2	35	850	33	2	3	13
Spicy CHICK'N CRISP® Sandwich NO MAYO	117	300	13	2.5	0.1	25	720	33	2	3	12
CHICKEN TENDERS® (4 pieces)	62	160	9	1	0.1	25	310	10	1	1	10
CHICKEN TENDERS® (6 pieces)	92	250	14	2	0.2	35	470	15	1	0	15
KRAFT® Dinner Macaroni and Cheese	113	160	5	1.5	0.1	5	320	22	1	5	7
BK BIG FISH® Sandwich	180	500	26	4	0.3	40	860	49	2	5	17
BK® Chicken Fries (6 pieces)	85	270	16	3	0.1	35	940	17	1	0	13
BK® Chicken Fries (9 pieces)	128	400	24	4.5	0.2	50	1400	25	1	0	19
BK® Chicken Fries (12 pieces)	170	530	33	6	0.2	65	1870	33	2	0	26
BK VEGGIE® Burger	161	270	6	3	0.1	5	740	42	3	7	10
<b>Side Orders</b>											
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	74	220	11	2	0.2	0	500	29	2	0	2
Fries- medium	116	350	17	3.5	0.4	0	790	45	3	0	3
Fries- large	147	440	22	4.5	0.5	0	1000	57	4	0	4
Fries with gravy	272	530	25	5	0.5	0	2090	71	5	1	6
Poutine (fries, cheese curds, gravy)	330	740	41	13	1.5	55	2500	73	5	2	19
Poutine Gravy	113	45	0.5	0.2	0.1	0	1010	9	0	1	1
Mozzarella Sticks	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
<b>Salads (w/out dressing or garlic parmesan croutons)</b>											
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



	Serving Size (g)	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugars (g)	Protein (g)
<b>HAVE IT YOUR WAY™ Options</b>											
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
KRAFT® Calorie-Wise Zesty Italian Dressing	40 ml	20	1	0.2	0	0	660	2	0	2	0.1
KRAFT® Calorie-Wise Rancher's Choice Dressing	40 ml	100	6	1	0	15	490	10	0	5	0.4
Ketchup (1 packet)	10	10	0	0	0	0	80	3	0	2	0.2
Pickles (2 pieces)	10	1	0	0	0	0	100	0	0	0	0
Mustard	5	3	0.2	0	0	0	55	0	0	0	0.2
Mayonnaise	12	80	9	5	0.2	10	75	1	0	0	0.3
Cheese (single slice)	12	45	3.5	2.5	0.1	10	200	1	0	0	2
Tartar Sauce	22	130	14	2	0.2	10	180	2	0	2	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
Stackers Sauce	14	70	6	1	0.1	5	120	3	0	3	0.1
Marinara Sauce	28	15	0	0	0	0	135	3	1	2	1
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
Margarine Portion	4.5	35	3.5	2.5	0.1	10	25	0	0	0	0
<b>Desserts</b>											
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
STIR-UPS®	173	290	8	3.5	0.1	10	280	48	1	35	6
<b>Breakfast</b>											
BK™ Breakfast Bowl	243	550	43	13	0.5	400	1010	17	2	4	24
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
Enormous Omelette Sandwich	266	750	43	15	1	400	1860	44	2	7	35
English Muffin with Egg & Cheese	122	300	11	4.5	0.3	175	660	30	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
CINI-MINIS® (4 minis)	144	520	19	8	0.3	25	430	78	2	40	8
Vanilla Icing (for CINI-MINIS®)	28	90	0	0	0	0	25	22	0	20	0
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



Shakes, Milk, Coffee & Iced Coffee	Serving Size	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugars (g)	Protein (g)
	(g)										
Milk - 2%	250	130	5	3	0.1	20	120	12	0	12	9
DASANI® Bottled Water	0	0	0	0	0	0	0	0	0	0	0
MINUTE MAID® Apple Juice, 6oz	182	80	0	0	0	0	0	21	0	19	0.2
MINUTE MAID® Apple Juice, 10 oz	308	140	0	0	0	0	5	34	0	32	0.4
MINUTE MAID® Orange Juice, 6oz	183	80	0	0	0	0	10	21	0	19	1
MINUTE MAID® Orange Juice, 10oz	309	150	0	0	0	0	20	35	0	31	2
Seattle's Best Coffee® 12oz	294	0	0	0	0	0	15	0	0	0	0
Seattle's Best Coffee® 16oz	412	0	0	0	0	0	20	0	0	0	0
Seattle's Best Coffee® 20oz	529	0	0	0	0	0	25	0	0	0	0
Mocha Iced Coffee	442	330	4.5	3	0.1	15	210	66	1	54	8
Vanilla Shake - kids (12oz)	375	230	4	2.5	0.1	15	190	42	0	36	7
Vanilla Shake - small (16oz)	338	360	6	4	0.2	25	300	64	0	55	11
Vanilla Shake - medium (22oz)	450	480	9	5	0.3	35	400	86	0	73	14
Vanilla Shake - large (32oz)	667	710	13	8	0.4	50	590	127	0	108	21
Chocolate Shake - kids (12oz)	238	270	4.5	2.5	0.1	15	190	52	0	44	7
Chocolate Shake - small (16oz)	375	440	7	4	0.2	25	300	85	1	71	11
Chocolate Shake - medium (22oz)	525	640	9	5	0.3	35	400	127	1	105	15
Chocolate Shake - large (32oz)	779	950	13	8	0.4	50	590	189	2	156	23
Strawberry Shake - kids (12oz)	238	270	4	2.5	0.1	15	200	52	0	45	7
Strawberry Shake - small (16oz)	375	430	6	4	0.2	25	310	84	0	73	11
Strawberry Shake - medium (22oz)	524	630	9	5	0.3	35	410	124	0	110	14
Strawberry Shake - large (32oz)	779	940	13	8	0.4	50	610	185	0	163	21
Beverages	Serving Size	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugars (g)	Protein (g)
	(g)										
COCA COLA® CLASSIC‡ - kids (12oz)	269	120	0	0	0	0	25	32	0	32	0
COCA COLA® CLASSIC‡ - small (16oz)	352	160	0	0	0	0	35	42	0	42	0
COCA COLA® CLASSIC‡ - medium (22oz)	510	230	0	0	0	0	50	61	0	61	0
COCA COLA® CLASSIC‡ - large (32oz)	716	320	0	0	0	0	70	86	0	86	0
DIET COKE®‡ - kids (12oz)	257	0	0	0	0	0	40	0	0	0	0
DIET COKE®‡ - small (16oz)	336	0	0	0	0	0	50	0	0	0	0
DIET COKE®‡ - medium (22oz)	487	0	0	0	0	0	75	0	0	0	0
DIET COKE®‡ - large (32oz)	684	0	0	0	0	0	105	0	0	0	0
COKE ZERO®‡ - kids (12oz)	257	0	0	0	0	0	0	0	0	0	0
COKE ZERO®‡ - small (16oz)	336	0	0	0	0	0	0	0	0	0	0
COKE ZERO®‡ - medium (22oz)	487	0	0	0	0	0	0	0	0	0	0
COKE ZERO®‡ - large (32oz)	685	0	0	0	0	0	0	0	0	0	0
SPRITE®‡ - kids (12oz)	267	110	0	0	0	0	55	29	0	29	0
SPRITE®‡ - small (16oz)	350	140	0	0	0	0	70	38	0	38	0
SPRITE®‡ - medium (22oz)	507	200	0	0	0	0	100	56	0	56	0
SPRITE®‡ - large (32oz)	711	280	0	0	0	0	140	78	0	78	0
Barq's Root Beer - kids (12oz)	270	120	0	0	0	0	55	35	0	35	0
Barq's Root Beer - small (16oz)	353	160	0	0	0	0	70	46	0	46	0
Barq's Root Beer - medium (22oz)	511	230	0	0	0	0	100	66	0	66	0
Barq's Root Beer - large (32oz)	718	320	0	0	0	0	140	93	0	93	0
Fruitopia - kids (12oz)	269	120	0	0	0	0	25	32	0	31	0
Fruitopia - small (16oz)	353	160	0	0	0	0	35	42	0	41	0
Fruitopia - medium (22oz)	511	230	0	0	0	0	50	61	0	61	0
Fruitopia - large (32oz)	717	330	0	0	0	0	70	85	0	82	0
NESTEA® Iced Tea - kids (12oz)	265	80	0	0	0	0	10	22	0	22	0
NESTEA® Iced Tea - small (16oz)	348	110	0	0	0	0	10	29	0	29	0
NESTEA® Iced Tea - medium (22oz)	503	150	0	0	0	0	15	42	0	42	0
NESTEA® Iced Tea - large (32oz)	707	220	0	0	0	0	25	59	0	59	0

**Footnote for Beverages "‡":**

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. only, as of June 2010.

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.

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