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BURGER KING LEGAL STUFF!
(SORRY LAWYERS)

IN THE SPOTLIGHT SO YOU'RE NOT IN THE DARK

A NUTRITION AND ALLERGEN GUIDE TO BK NOVEMBER 2009

HONESTY IS THE BEST POLICY, APART FROM FLAME-GRILLING THAT IS.

Republic of Ireland Only		Weight (g)	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)		190	504	2104	29	32	6	27	12	1	0.978		•	•	•	•					•	•	
XL Big King (Eire only)		338	904	3776	55	49	9	54	22	3	1.339		•	•	•	•					•	•	

Sides Nutrition		Weight (g)	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)**		74	200	835	2	28	1	10	3	3	0.296			•					•				
Fries (Regular)**		111	300	1253	3	43	1	15	5	4	0.444			•					•				
Fries (Large)**		141	381	1592	4	54	2	18	6	5	0.564			•					•				
Fries (Super)**		174	470	1964	5	67	2	23	7	6	0.696			•					•				
Onion Rings (Regular)*		126	462	1935	8	54	3	24	2	6	0.118			•			*						
Onion Rings (Large)*		190	697	2918	12	82	5	36	3	9	0.179			•			*						
Onion Rings (Super)*		253	929	3886	16	109	7	48	4	12	0.238			•			*						

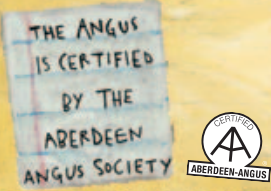
*Product is fried in the same oil as Chicken and Fish products. **No gluten on fries, possible cross contamination from fryers and gluten products.

Desserts Nutrition		Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fats (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide
BK Fusions® Strawberry Cheesecake		170	345	1457	6	55	40	12	7	Tr	0.230		•	•		•			•				
Regular BK® Shake (Vanilla)		401	421	1768	13	65	61	12	8	1	0.385		•	•		•			•				
Large BK® Shake (Vanilla)		519	545	2289	17	84	79	16	10	1	0.498		•	•		•			•				
Regular BK® Shake (Chocolate)		401	467	1963	12	79	72	11	7	1	0.383		•	•		•			•				
Large BK® Shake (Chocolate)		519	635	2672	15	113	99	14	9	2	0.495		•	•		•			•				
Regular BK® Shake (Strawberry)		401	452	1902	12	76	70	11	7	1	0.366		•	•		•			•				
Large BK® Shake (Strawberry)		519	606	2552	15	106	95	14	9	1	0.461		•	•		•			•				
KIDS Small BK® Shake (Vanilla)		276	290	1217	9	45	42	8	5	tr	0.265		•	•		•			•				
KIDS Small BK® Shake (Chocolate)		276	313	1315	8	52	47	8	5	tr	0.264		•	•		•			•				
KIDS Small BK® Shake (Strawberry)		276	305	1284	8	50	46	8	5	tr	0.256		•	•		•			•				

Beverage Nutrition		Weight (g)	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
Small Coca-Cola®		300	126	540	0	32	32	0	0	0	0.000								•				
Regular Coca-Cola®		400	168	720	0	42	42	0	0	0	0.000								•				
Large Coca-Cola®		600	252	1080	0	64	64	0	0	0	0.000								•				
Super Coca-Cola®		900	378	1620	0	95	95	0	0	0	0.000								•				
Small Diet Coke®		300	1	3	0	0	0	0	0	0	0.090								•				
Regular Diet Coke®		400	1	4	0	0	0	0	0	0	0.120								•				
Large Diet Coke®		600	2	6	0	0	0	0	0	0	0.180								•				
Super Diet Coke®		900	2	9	0	0	0	0	0	0	0.270								•				
Small Fanta® Orange		300	117	498	Tr	29	26	Tr	Tr	0	0.000								•				
Regular Fanta® Orange		400	156	664	Tr	38	35	Tr	Tr	0	0.000								•				
Large Fanta® Orange		600	234	996	1	57	53	1	Tr	0	0.000								•				
Super Fanta® Orange		900	351	1494	1	86	79	1	Tr	0	0.000								•				
Small Sprite®		300	111	477	0	27	27	0	0	0	0.090								•				
Regular Sprite®		400	148	636	0	36	36	0	0	0	0.120								•				
Large Sprite®		600	222	954	0	55	55	0	0	0	0.180								•				
Super Sprite®		900	333	1431	0	82	82	0	0	0	0.270								•				
FIVE ALIVE® Berry Blast		250	63	270	0	15	15	0	0	0	0.000								•				
Semi-Skimmed Milk carton		258	121	508	9	12	12	4	3	0	0.142		•						•				
Water (Abbey Well®)		500	0	0	0	0	0	0	0	0	0.010								•				
Orange Juice (Tropicana®)		262	118	498	2	25	25	0	0	1	0								•				
Regular Tea (white no sugar)		200	22	94	2	2	2	4	Tr	0	0.034								•				
Large Tea (white no sugar)		284	31	133	3	3	3	6	Tr	0	0.048								•				
Regular Coffee (black)		200	4	16	Tr	1	0	Tr	Tr	Tr	0.004								•				
Large Coffee (black)		284	6	23	Tr	1	0	Tr	Tr	Tr	0.006								•				
Regular Cappuccino		46	64	268	4	7	0	2	1	0	0.084		•						•				
Large Cappuccino		59	81	341	6	9	0	3	2	0	0.108		•						•				
Regular Latte		45	60	253	5	6	0	2	1	0	0.082		•						•				
Large Latte		62	82	349	6	9	0	3	2	0	0.112		•						•				

* Fried in the same oil as Chicken and Fish products
Tr = Trace

• Contains allergen



YOU COULD SAY THERE'S NOTHING TO OUR BURGERS
EXCEPT 100% BEEF OF COURSE!!

no additives
no fillers
no binders

Burger Nutrition

	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide	
WHOPPER®	274	634	2661	29	48	10	35	9	2	0.936													
WHOPPER® with Cheese	299	721	3022	34	49	11	42	14	2	1.383		•											
Double WHOPPER®	355	876	3666	50	49	10	53	17	3	0.936													
Double WHOPPER® with Cheese	380	963	4027	55	50	11	60	22	3	1.383		•											
WHOPPER JR.®	148	343	1444	14	31	6	16	3	1	0.550													
WHOPPER JR.® with Cheese	161	388	1631	16	31	6	20	5	1	0.782		•											
Hamburger	110	275	1155	14	31	6	9	3	1	0.531													
Cheeseburger	123	320	1342	16	31	6	13	5	1	0.763		•											
Double Cheeseburger	173	465	1945	29	32	7	23	12	1	0.978		•											
Bacon Double Cheeseburger	160	479	2001	31	30	5	25	12	1	0.872		•											
XL Bacon Double Cheeseburger	302	928	3877	62	46	6	55	26	3	1.517		•											
Angus Burger	239	555	2322	29	44	9	28	9	2	0.510													
Double Angus	323	796	3324	51	44	9	45	17	3	0.510													
Smoked Bacon & Cheddar Angus	270	679	2836	38	45	9	37	14	2	0.874		•											
Smoked Bacon & Cheddar Double Angus	354	920	3838	60	45	9	54	22	3	0.874		•											

Breakfast Nutrition

	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide	
BK® Bacon Butty/Bap with Heinz Ketchup	77	221	928	10	32	7	6	1	2	0.579													
BK® Bacon Butty/Bap with HP sauce	77	222	934	10	32	6	6	1	2	0.586													
BK® Bacon & Egg Butty/Bap with Heinz Ketchup	140	362	1512	18	35	8	17	6	2	0.959		•											
BK® Bacon & Egg Butty/Bap with HP sauce	140	363	1518	18	35	7	17	6	2	0.965		•											
Sausage Butty/Bap with Heinz Ketchup	119	312	1304	16	32	6	13	4	2	0.543													
Sausage Butty/Bap with HP sauce	119	313	1310	16	32	5	13	4	2	0.550													
Sausage & Egg Butty/Bap with Heinz Ketchup	182	453	1888	24	35	7	24	9	2	0.922		•											
Sausage & Egg Butty/Bap with HP sauce	182	454	1894	24	35	6	24	9	2	0.929		•											
Egg & Cheese Butty/Bap with Heinz Ketchup	126	300	1254	13	34	7	13	5	2	0.665		•											
Egg & Cheese Butty/Bap with HP sauce	126	301	1260	13	34	6	13	5	2	0.671		•											
Big Beefy with Heinz Ketchup	289	722	3022	43	51	11	38	17	2	1.385		•											
Big Beefy with HP sauce	289	724	3029	43	52	11	38	17	2	1.394		•											
Breakfast in Bread with Heinz Ketchup	225	592	2473	33	45	9	30	13	2	1.441		•											
Breakfast in Bread with HP Sauce	225	594	2480	33	46	9	30	13	2	1.450		•											
Mini Pancakes with Maple Syrup (Regular)	78	269	1130	3	41	22	10	5	1	0.150													
Mini Pancakes with Maple Syrup (Large)	104	363	1526	4	52	26	15	7	2	0.224		•											
Hash Browns (Regular)*	102	316	1315	3	28	2	22	7	4	0.724						*							
Hash Browns (Large)*	130	403	1676	4	35	2	27	9	5	0.923						*							

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

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 Fat (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide	
BK® Veggie Bean Burger	280	590	2470	18	85	13	20	5	8	1.503		•											
Ocean Catch*	188	495	2082	17	43	4	27	5	2	0.946		•											
Chicken Royale*	210	606	2540	23	53	6	32	5	3	1.315		•				*							
Chicken Royale with Cheese*	263	698	2921	28	55	8	39	10	3	1.765		•				*							
Chicken Bites x14*	112	317	1327	18	28	0	15	4	1	0.529		•				*							
Piri Piri Chicken Sandwich	196	336	1417	26	42	5	6	0	2	0.991													
Sweet Chilli Chicken Royale*	210	542	2274	23	58	11	23	5	3	1.301		•											

*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 Fat (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide	
BK® Angus Mini Burgers	97	272	1146	14	30	5	11	4	1	0.380													
BK® Angus Mini Burgers with Cheese	110	321	1350	17	30	5	15	6	1	0.475		•											
Char Grilled Chicken Mini Burger	109	214	906	16	30	5	3	Tr	1	0.645													
KIDS Hamburger	100	272	1142	14	31	6	9	3	1	0.384													
KIDS Cheeseburger	113	317	1329	16	31	6	13	5	1	0.616		•											
BK® Veggie Bean Burger - Kids	116	278	1174	7	49	6	7	Tr	4	0.716													
Chicken Bites x 7*	56	158	664	9	14	0	7	2	1	0.264		•				*							
Char-Grilled Chicken Fillet Strips x3	75	95	402	19	Tr	Tr	2	Tr	Tr	0.398													
BK® Fresh Apple Fries (UK only)	60	28	119	tr	7	7	tr	0	1	0.002													

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

Salad Nutrition

	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide	
Garden Salad	165	33	137	1	6	5	1	Tr	2	0.016													
Flame-Grilled Chicken Salad	240	128	539	20	6	5	3	Tr	2	0.414													

Sauces Nutrition

	Weight (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Fibre (g)	Sodium (g)	nuts/peanuts	milk	gluten	egg	soya protein	fish	crustaceans	veggie	celery	mustard	sesame	sulphur dioxide	
Ketchup Sachet	10	10	43	Tr	2	2	Tr	Tr	Tr	0.120													
Mayonnaise Sachet	12	80	328	Tr	Tr	Tr	9	1	Tr	0.079													
Sweet Chilli Sauce Dip Pot	40	96	407	Tr	24	19	Tr	Tr	Tr	0.398													
BBQ Sauce Dip Pot	40	48	203	Tr	11	10	Tr	Tr	Tr	0.508													
French Dressing Sachet	40	7	22	Tr	1	Tr	Tr	Tr	Tr	0.044													
Honey & Mustard Dressing Sachet	40	32	117	1	6	4	1	Tr	Tr	0.170													

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. Certified Aberdeen-Angus is registered trademark of the Aberdeen-Angus Cattle Society. ANGUS PRODUCTS ARE MADE FROM PURE BRED ANGUS OR ANGUS CROSS BEEF.

* Fried in the same oil as Chicken and Fish products
• Contains allergen
Tr = Trace