



BURGER KING® USA Nutritionals: Core, Regional and Limited Time Offerings SEPTEMBER 2013

Nutrition Facts	serving size (g)	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	▲ Allergens Please see all disclaimers on the last page
WHOPPER® Sandwiches													
WHOPPER® Sandwich	275	610	310	34	9	1.5	60	540	50	2	12	20	WES
w/o Mayo	254	470	170	19	7	1	55	420	50	2	12	19	WS
WHOPPER® Sandwich with Cheese	321	780	440	48	19	2	100	1340	53	2	14	28	MWES
w/o Mayo	300	640	300	33	16	1.5	95	1230	52	2	13	28	MWS
DOUBLE WHOPPER® Sandwich	346	820	450	50	16	2.5	115	620	50	2	12	31	WES
w/o Mayo	325	680	310	35	14	2	105	500	50	2	12	31	WS
DOUBLE WHOPPER® Sandwich with Cheese	392	990	580	64	25	3	155	1420	53	2	14	39	MWES
w/o Mayo	371	850	440	49	23	3	145	1300	52	2	13	39	MWS
TRIPLE WHOPPER® Sandwich	417	1020	590	66	23	3.5	165	690	50	2	12	42	WES
w/o Mayo	396	890	450	50	21	3.5	160	570	50	2	12	42	WS
Texas WHOPPER® Sandwich	309	760	430	48	15	1	90	1600	55	3	10	34	MWES
Texas DOUBLE WHOPPER® Sandwich	391	1000	590	66	24	1.5	155	1860	55	3	11	52	MWES
WHOPPER JR.® Sandwich	144	320	160	18	5	0.5	30	470	27	1	7	10	WES
w/o Mayo	133	250	90	10	3.5	0.5	30	410	27	1	6	10	WS
WHOPPER JR.® Sandwich with Cheese	167	400	220	25	10	1	50	870	28	1	7	14	MWES
w/o Mayo	146	330	150	17	8	1	50	810	28	1	7	14	MWS
FLAME BROILED BURGERS													
Hamburger	100	230	80	9	3	0	25	460	26	1	6	9	WS
Cheeseburger	111	270	110	12	5	0.5	35	630	27	1	7	11	MWS
Double Hamburger	128	320	140	15	6	1	45	450	26	1	6	14	WS
Double Cheeseburger	154	400	200	23	11	1.5	65	890	27	1	7	18	MWS
BK® Bacon Burger	99	290	140	15	4.5	0.5	30	420	26	1	6	10	WES
Bacon Cheeseburger	127	350	170	19	9	1	50	980	27	1	7	15	MWS
Double Bacon Cheeseburger	166	460	250	27	12	1.5	80	1140	27	1	7	21	MWS
BK® Single Stacker	115	370	190	22	9	1	50	790	27	1	7	14	MWES
BK® Double Stacker	149	470	270	30	12	1.5	75	890	27	1	7	19	MWES
BK® Triple Stacker	203	650	390	43	20	2	120	1320	28	1	7	29	MWES
BK® Quad Stacker	257	820	520	57	27	3	165	1750	29	1	8	38	MWES

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CHICKEN, FISH and VEGGIE BURGER													
TENDERGRILL® Chicken Sandwich	237	460	150	17	2.5	0	100	950	38	2	6	39	WES
w/o Mayo	223	360	60	7	1	0	95	870	38	2	6	39	W
TENDERCRISP® Chicken Sandwich	259	770	410	46	7	0.5	70	1620	61	2	9	30	MWE¹
w/o Mayo	231	590	230	25	4	0	60	1460	61	2	8	30	MWE¹
Original Chicken Sandwich	218	630	320	36	6	0	70	1120	52	2	6	26	MWES¹
w/o Mayo	190	450	140	15	2.5	0	60	970	51	2	6	28	MWS¹
Chicken Crisp Sandwich- classic	145	440	260	28	4.5	0	30	790	35	2	4	12	MWES¹
Chicken Crisp Sandwich- Spicy	145	420	230	26	4.5	0	35	880	36	2	5	12	MWES¹
Home-style Chicken Strips- 3pc	135	340	150	17	2.5	0	55	1130	26	3	0	22	WE¹
Home-style Chicken Strips- 5pc	225	570	250	28	4.5	0.5	90	1890	44	4	0	36	WE¹
Chicken Nuggets- 4pc	70	190	100	11	2	0	20	360	13	2	0	8	W¹
Chicken Nuggets- 6pc	105	280	150	17	3	0	30	540	20	3	0	13	W¹
Chicken Nuggets- 10 pc	175	470	260	29	5	0	50	890	34	5	0	21	W¹
Chicken Nuggets- 20 pc	350	950	510	57	11	0	100	1790	67	9	0	42	W¹
Tacos (2)	173	390	140	16	7	0.5	30	710	18	5	4	14	MS¹
Country Pork Sandwich	298	810	380	42	13	0	75	1910	78	4	10	29	WS¹
Premium Alaskan Fish Sandwich	203	530	250	28	4.5	0	30	1380	54	3	7	18	WESF¹
w/o Tartar Sauce	174	360	80	9	1.5	0	15	1140	51	2	5	16	WSF¹
BK VEGGIE® Burger **	214	390	140	16	2.5	0	5	900	44	5	9	21	MWES
w/o Mayo	197	320	70	8	1	0	0	840	43	5	9	21	MWES
Kids Meals													
entrees													
Kids Oatmeal	167	170	35	3.5	1.5	0	5	260	32	3	9	4	M
Chicken Nuggets- 4pc	70	190	100	11	2	0	20	360	13	2	0	8	W¹
Chicken Nuggets- 6pc	105	280	150	17	3	0	30	540	20	3	0	13	W¹
Home-style Chicken Strips- 2pc (in some areas)	90	230	100	11	2	0	35	760	18	2	0	15	WE¹
Hamburger	100	230	80	9	3	0	25	460	26	1	6	9	WS
Cheeseburger	111	270	110	12	5	0.5	35	630	27	1	7	11	MWS
side items													
Apple Slices	58	30	0	0	0	0	0	0	7	1	6	0	NONE
French Fries - value (Salted)	89	240	90	10	1.5	0	0	330	34	3	0	2	NONE
beverage													
Fat FREE Milk (8 fl oz)		90	0	0	0	0	5	125	13	0	12	9	M
1% Low Fat Chocolate Milk (8 fl oz)		160	25	2.5	1.5	0	15	150	26	0	25	8	M
Minute Maid® Apple Juice 6.67 fl oz		100	0	0	0	0	0	15	23	0	21	0	NONE
treat													
Apple Slices	58	30	0	0	0	0	0	0	7	1	6	0	NONE
Soft Serve Cone	100	160	35	4	2.5	0	15	130	27	0	20	4	MWS
Chocolate Chip cookie (in some areas)	38	160	70	8	4	0	10	125	24	1	15	2	MWES

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BK™ Garden Fresh Salads and SIDES													
Chicken Caesar Garden Fresh Salad with TENDERGRILL and dressing	376	490	260	28	4.5	0	120	1270	20	3	6	42	MWSF
Chicken Caesar Garden Fresh Salad with TENDERCRISP and dressing	384	670	380	43	7	0	80	1760	40	5	8	34	MWESF¹
Chicken BLT Garden Fresh Salad with TENDERGRILL and dressing	384	480	270	30	9	0	135	1200	11	3	5	41	MWES
Chicken BLT Garden Fresh Salad with TENDERCRISP and dressing	398	690	430	48	12	0.5	100	1750	31	4	8	35	MWES¹
Chicken Apple & Cranberry Garden Fresh Salad with TENDERGRILL and dressing	390	520	240	27	7	0	115	600	34	4	34	36	ME
Chicken Apple & Cranberry Garden Fresh Salad with TENDERCRISP and dressing	398	700	370	41	9	0	80	1090	54	5	37	28	MWE¹
Side Garden Salad and Avocado Ranch Dressing	149	230	190	21	5	0	30	520	7	2	3	5	ME
Ranch Crispy Chicken Wrap	137	360	180	20	6	0.5	40	970	30	2	1	15	MWE¹
Ranch Grilled Chicken Wrap	148	330	150	17	5	0	65	830	21	1	1	23	MWE
Honey Mustard Crispy Chicken Wrap	137	380	180	20	6	0	35	900	35	2	6	15	MWE¹
Honey Mustard Grilled Chicken Wrap	148	350	150	17	5	0	65	760	26	1	6	23	MWE
Chicken BLT Garden Fresh Salad Wrap- grilled	205	400	170	19	6	0	70	1090	33	4	3	26	MWES
Chicken BLT Garden Fresh Salad Wrap- crispy	206	490	240	27	7	0	50	1340	43	4	4	22	MWES¹
Chicken Apple and Cranberry Garden Fresh Salad Wrap- grilled	239	420	150	17	4.5	0	55	790	48	5	20	23	MWE
Chicken Apple and Cranberry Garden Fresh Salad Wrap- crispy	214	500	210	24	6	0	40	1030	54	5	19	18	MWE¹
Chicken Caesar Garden Fresh Salad Wrap- grilled	230	370	150	16	3.5	0	55	1020	34	5	3	25	MWSF
Ch	235	460	210	23	5	0	35	1260	44	5	4	21	MWSF¹
Ken's Citrus Caesar Dressing- packet	50	180	160	18	3.5	0	5	460	4	0	2	2	MWSF
Ken's Honey Mustard Dressing- packet	50	220	160	18	2.5	0	15	270	13	1	12	1	E
Ken's Lite Honey Balsamic- packet	50	120	70	7	1	0	0	220	14	0	11	0	NONE
Ken's Avocado Ranch Dressing- packet	50	170	150	17	3	0	15	420	4	0	3	1	ME
Ken's Apple Cider Vinaigrette- packet	50	210	160	18	2.5	0	10	115	10	0	7	0	E
Home-style Caesar Croutons- Packet	14	60	20	2	0	0	10	160	9	0	1	2	MWS
Apple Slices	57	30	0	0	0	0	0	0	7	1	6	0	NONE
Onion Rings - value	43	150	70	8	1.5	0	0	400	19	1	2	1	MW¹
Onion Rings - small	91	320	150	16	3	0	0	840	41	3	4	3	MW¹
Onion Rings - medium	117	410	190	21	3.5	0	0	1080	53	4	5	4	MW¹
Onion Rings - large	142	500	230	25	4.5	0	0	1310	64	5	7	5	MW¹
French Fries - value (Salted)	89	240	90	10	1.5	0	0	330	34	3	0	2	NONE
French Fries - small (Salted)	128	340	130	15	2.5	0	0	480	49	4	0	4	NONE
French Fries - medium (Salted)	153	410	160	18	3	0	0	570	58	4	0	4	NONE
French Fries - large (Salted)	190	500	200	22	3.5	0	0	710	72	5	0	5	NONE
Satisfries™ French Fries - Value (Salted)	87	190	70	8	1	0	0	210	28	2	0	2	NONE
Satisfries™ French Fries - Small (Salted)	127	270	100	11	1.5	0	0	300	41	3	0	4	NONE

Satisfries™ French Fries - Medium (Salted)	157	340	120	14	2	0	0	370	51	4	0	4	NONE
Satisfries™ French Fries - Large (Salted)	191	410	150	17	2.5	0	0	460	62	5	0	5	NONE
Mozzarella Sticks (4 pc)	88	280	140	15	5	0	35	650	24	2	2	11	MWES ¹
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BREAKFAST													
Quaker® Oatmeal Maple and Brown Sugar Flavor*	177	270	35	3.5	1.5	0	5	270	55	5	32	5	M
Quaker® Oatmeal Original	124	140	30	3.5	1	0	5	100	23	3	1	5	M
Sausage Breakfast Burrito	123	290	150	17	7	0	140	830	21	1	2	14	MWES ¹
Southwestern Breakfast Burrito	223	580	320	35	13	0	205	1690	42	4	3	23	MWES ¹
BK® Breakfast Muffin Sandwich Egg and Cheese	125	250	100	11	4	0	170	650	23	1	2	12	MWES
BK® Breakfast Muffin Sandwich Sausage and Cheese	112	330	180	20	7	0	45	750	23	1	1	14	MWS ¹
BK® Breakfast Muffin Sandwich Sausage, egg and Cheese	169	390	210	23	9	0	195	960	23	1	2	20	MWES ¹
BK® Breakfast Muffin Sandwich ham, egg and Cheese	159	300	120	13	5	0	185	1110	25	1	4	18	MWES
BK® Breakfast Muffin Sandwich bacon, egg and Cheese	132	280	130	14	5	0	175	800	23	1	3	14	MWES
BK™ Ultimate Breakfast Platter	511	1450	750	84	30	1	505	2920	134	5	41	40	MWES ¹
Pancake and Sausage platter	231	670	300	34	9	0	125	1010	78	1	36	14	MWES ¹
Pancakes (3) and 1 oz breakfast syrup	187	500	170	19	4.5	0	95	700	77	1	36	7	MWES
CROISSAN'WICH® Egg & Cheese	126	340	170	19	8	0	170	620	31	1	6	12	MWES
CROISSAN'WICH® Sausage & Cheese	112	390	230	26	10	0	45	700	25	1	3	13	MWES ¹
CROISSAN'WICH® Sausage, Egg & Cheese	169	450	270	30	11	0	195	910	26	1	4	19	MWES ¹
CROISSAN'WICH® Ham, Egg & Cheese	155	390	180	20	8	0	175	1080	33	1	7	17	MWES
CROISSAN'WICH® Bacon, Egg & Cheese	132	380	190	21	9	0	175	790	31	1	6	13	MWES
DOUBLE CROISSAN'WICH™ w/ Sausage, Egg, & Cheese	225	660	430	48	18	0.5	235	1420	27	1	4	29	MWES ¹
DOUBLE CROISSAN'WICH™ w/ ham, Egg, & Cheese	200	480	230	26	11	0	205	1720	36	1	9	25	MWES
DOUBLE CROISSAN'WICH™ w/ Bacon, Egg, & Cheese	132	380	190	21	9	0	175	790	31	1	6	13	MWES
DOUBLE CROISSAN'WICH™ w/ Sausage, Bacon, Egg, & Cheese	187	530	320	36	15	0.5	210	1220	26	1	4	23	MWES ¹
DOUBLE CROISSAN'WICH™ w/ Ham, Bacon, Egg, & Cheese	177	470	240	27	12	0.5	205	1430	34	1	7	21	MWES
DOUBLE CROISSAN'WICH™ w/ Ham, Sausage, Egg, & Cheese	215	530	300	34	14	0.5	215	1550	27	1	5	27	MWES ¹
Sausage Biscuit	126	420	240	27	15	0.5	35	1090	32	1	3	13	MW ¹
Ham, Egg, & Cheese Biscuit	181	390	170	19	14	0.5	165	1600	33	1	4	19	MWES
Sausage, Egg, & Cheese Biscuit	190	520	300	34	19	0.5	180	1490	33	1	3	20	MWES ¹
Bacon, Egg & Cheese Biscuit	159	420	220	25	16	0.5	160	1400	32	1	4	17	MWES
Country Ham and Egg Biscuit	182	420	210	23	15	0.5	185	1990	32	1	3	18	MWES
Cinnabon® Roll- One	96	300	100	11	5	0	5	280	45	2	20	6	MWS
Hash Browns - small	84	250	150	16	3.5	0	0	410	24	3	0	2	W ¹
Hash Browns - medium	168	500	290	33	7	0	0	810	48	7	0	4	W ¹

Hash Browns - large	224	670	390	44	9	0	0	1080	65	9	0	5	W ¹
French Toast Sticks (3 piece)	65	230	100	11	2	0	0	260	29	1	8	3	WS ¹
French Toast Sticks (5 piece)	109	380	160	18	3	0	0	430	49	2	13	5	WS ¹

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DESSERTS													
Dutch Apple Pie	107	340	130	14	6	0	0	310	51	1	25	3	WS
HERSHEY®'S Sundae Pie	79	310	170	19	12	0	10	220	32	1	22	3	MWS
Soft Serve Cone	100	160	35	4	2.5	0	15	130	27	0	20	4	MWS
Soft Serve Cup	95	140	35	4	2.5	0	15	125	23	0	19	4	M
Caramel Sundae	141	280	60	6	3.5	0	20	250	52	0	37	5	M
Chocolate Fudge Sundae	141	280	60	7	5	0	15	220	50	1	43	6	M
Strawberry Sundae	141	190	35	4	2.5	0	15	125	35	0	31	4	M
OREO® Sundae	204	440	110	12	7	0	25	390	77	1	57	8	MWS
Mini M & M® Sundae	204	450	120	13	9	0	30	310	76	0	62	8	MSP
Brownie Sundae	228	530	150	17	10	0	55	390	89	2	70	10	MWES
Chocolate Chip Cookies (2)	76	330	140	15	8	0	20	250	47	1	29	3	MWES
White Chocolate Macadamia Nut Cookies (2)	76	340	160	18	8	0	20	240	44	0	28	4	MWEST
Oatmeal Raisin Cookies (2)	76	310	120	13	8	0	20	260	46	3	26	4	MWET
Additional Options (some options are only available regionally)													
American Cheese (slice)- may vary	11	40	30	3.5	2	0	10	180	1	0	0	2	MS
Thick cut bacon	7	35	25	3	1	0	5	160	0	0	0	2	NONE
Ketchup (Packet)	10	10	0	0	0	0	0	125	3	0	2	0	NONE
Mayonnaise (Packet)	12	80	80	9	0.5	0	10	75	1	0	0	0	E
Pickles (2)	10	0	0	0	0	0	0	100	0	0	0	0	S
Strawberry or Grape Jam (packet)	12	30	0	0	0	0	0	0	7	0	6	0	NONE
SunGlow® Butter blend - 2 pats	10	70	70	8	2.5	0	0	65	0	0	0	0	MS
Breakfast Syrup (1 oz)	41	120	0	0	0	0	0	15	30	0	18	0	NONE
Barbecue Dipping Sauce (1 oz)	28	40	0	0	0	0	0	310	11	0	10	0	NONE
Honey Mustard Dipping Sauce (1 oz)	28	90	60	6	1	0	10	180	8	0	7	0	E
Sweet and Sour Dipping Sauce (1 oz)	28	45	0	0	0	0	0	55	11	0	10	0	NONE
Ranch Dipping Sauce (1 oz)	28	140	130	15	2.5	0	5	230	1	0	1	1	ME
Buffalo Dipping Sauce (1 oz)	28	80	70	8	1.5	0	5	360	2	0	1	0	ME
Marinara Sauce (1 oz)	28	15	0	0	0	0	0	170	4	1	3	1	M
French Fry Sauce (1 oz)	28	90	60	7	1	0	5	250	5	0	3	0	E
Picante/Taco Sauce (0.5 oz)	28	10	0	0	0	0	0	115	2	0	1	0	NONE
Zesty Onion Ring Dipping Sauce (1 oz)	28	150	140	15	2.5	0	15	210	3	1	2	0	ES

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BEVERAGES BY CUP SIZE													
Fat FREE Milk (8 fl oz)		90	0	0	0	0	5	125	13	0	12	9	M
1% Low Fat Chocolate Milk (8 fl oz)		160	25	2.5	1.5	0	15	150	26	0	25	8	M
Smoothie: Strawberry Banana 12 fl oz		200	5	0	0	0	0	20	48	2	40	1	M
Smoothie: Strawberry Banana 16 fl oz		310	5	0.5	0	0	0	35	73	2	60	2	M
Smoothie: Strawberry Banana 20 fl oz		410	10	1	0	0	0	50	97	3	81	3	M
Smoothie: Tropical Mango- 12 fl oz		210	5	0.5	0	0	0	40	51	1	41	2	M
Smoothie: Tropical Mango- 16 fl oz		330	10	1	0	0	0	65	78	2	63	3	M
Smoothie: Tropical Mango- 20 fl oz		450	15	1.5	0	0	5	95	104	2	85	4	M
Vanilla Milk Shake													
12 fl oz		550	140	16	12	0.5	40	310	91	0	81	10	MS
16 fl oz		730	180	20	15	0.5	55	430	124	0	110	14	MS
20 fl oz		930	210	23	17	0.5	65	540	163	0	146	17	MS
Chocolate Milk Shake													
12 fl oz		580	150	17	13	0.5	40	310	97	0	83	10	MS
16 fl oz		760	190	21	15	0.5	55	430	131	0	112	14	MS
20 fl oz		980	220	24	17	0.5	65	530	174	0	150	17	MS
Strawberry Milk Shake													
12 fl oz		500	140	16	12	0.5	40	320	79	0	67	10	MS
16 fl oz		660	180	20	15	0.5	55	440	107	0	92	14	MS
20 fl oz		820	210	23	17	0.5	65	550	137	0	119	17	MS

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BEVERAGES BY CUP SIZE												
Coca Cola classic®‡												
	16 fl oz	140	0	0	0	0	0	0	39	0	39	0
	20 fl oz	190	0	0	0	0	0	0	51	0	51	0
	30 fl oz	290	0	0	0	0	0	5	77	0	77	0
	40 fl oz	380	0	0	0	0	0	10	102	0	102	0
	20 fl oz bottle	240										
Diet Coke®‡												
	16 fl oz	0	0	0	0	0	0	15	0	0	0	0
	20 fl oz	0	0	0	0	0	0	20	0	0	0	0
	30 fl oz	0	0	0	0	0	0	25	0	0	0	0
	40 fl oz	5	0	0	0	0	0	35	0	0	0	0
	20 fl oz bottle											
Sprite®‡												
	16 fl oz	140	0	0	0	0	0	30	39	0	39	0
	20 fl oz	190	0	0	0	0	0	40	51	0	51	0
	30 fl oz	290	0	0	0	0	0	65	77	0	77	0
	40 fl oz	380	0	0	0	0	0	85	102	0	102	0
	20 fl oz bottle											
Dr. Pepper®‡												
	16 fl oz	140	0	0	0	0	0	35	39	0	39	0
	20 fl oz	190	0	0	0	0	0	45	51	0	51	0
	30 fl oz	280	0	0	0	0	0	70	77	0	77	0
	40 fl oz	370	0	0	0	0	0	90	101	0	101	0
Barq's® Root Beer‡												
	16 fl oz	160	0	0	0	0	0	20	46	0	46	0
	20 fl oz	220	0	0	0	0	0	25	61	0	61	0
	30 fl oz	320	0	0	0	0	0	35	91	0	91	0
	40 fl oz	430	0	0	0	0	0	45	121	0	121	0
Cherry Coke®‡												
	16 fl oz	150	0	0	0	0	0	5	42	0	42	0
	20 fl oz	200	0	0	0	0	0	10	56	0	56	0
	30 fl oz	300	0	0	0	0	0	15	84	0	84	0
	40 fl oz	400	0	0	0	0	0	20	111	0	111	0
Fanta® Orange‡												
	16 fl oz	160	0	0	0	0	0	0	42	0	42	0
	20 fl oz	210	0	0	0	0	0	0	56	0	56	0
	30 fl oz	310	0	0	0	0	0	0	84	0	84	0
	40 fl oz	410	0	0	0	0	0	0	111	0	111	0
Hi-C® Fruit Punch‡												
	16 fl oz	150	0	0	0	0	0	15	42	0	42	0
	20 fl oz	200	0	0	0	0	0	15	55	0	55	0
	30 fl oz	300	0	0	0	0	0	25	82	0	82	0
	40 fl oz	400	0	0	0	0	0	35	108	0	108	0

Nutrition facts‡**MINUTE MAID® Light Lemonade**

16 fl oz
20 fl oz
30 fl oz
40 fl oz

Sweet Tea

20 fl oz
30 fl oz
40 fl oz

Unsweetened Tea

20 fl oz
30 fl oz
40 fl oz

Peach Tea

20 fl oz
30 fl oz
40 fl oz

Vault®

16 fl oz
20 fl oz
30 fl oz
40 fl oz

Frozen Coke®

16 fl oz
20 fl oz
Minute Maid® Apple Juice 6.67 fl oz
Minute Maid® Orange Juice 10 fl oz

Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
5	0	0	0	0	0	0	1	0	0	0
10	0	0	0	0	0	0	1	0	0	0
10	0	0	0	0	0	5	1	0	0	0
15	0	0	0	0	0	10	2	0	0	0
120	0	0	0	0	0	0	35	0	35	0
160	0	0	0	0	0	0	49	0	49	0
240	0	0	0	0	0	0	71	0	71	0
0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0
100	0	0	0	0	0	0	23	0	23	0
130	0	0	0	0	0	0	32	0	32	0
190	0	0	0	0	0	0	47	0	47	0
160	0	0	0	0	0	15	42	0	42	0
210	0	0	0	0	0	20	56	0	56	0
310	0	0	0	0	0	30	84	0	84	0
410	0	0	0	0	0	35	111	0	111	0
90	0	0	0	0	0	10	25	0	25	0
110	0	0	0	0	0	10	31	0	31	0
100	0	0	0	0	0	15	23	0	21	0
140	0	0	0	0	0	20	33	0	30	2

Nutrition facts‡		Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	▲ Allergens Please see all disclosures on the last page
Seattle's Best Coffee®													
Seattle's Best Coffee® - Decaf- 16 fl oz		0	0	0	0	0	0	0	0	0	0	0	NONE
Seattle's Best Coffee®- Decaf- 20 fl oz		0	0	0	0	0	0	0	0	0	0	0	NONE
Seattle's Best Coffee®- Regular- 16 fl oz		0	0	0	0	0	0	0	0	0	0	0	NONE
Seattle's Best Coffee®- Regular- 20 fl oz		0	0	0	0	0	0	0	0	0	0	0	NONE
Iced Coffees													
Iced Coffee -Small		130	50	6	3.5	0	10	35	16	0	16	0	M
Iced Coffee - Medium		160	70	7	4.5	0	15	45	19	0	19	0	M
Iced Coffee -Large		200	90	10	6	0	20	60	25	0	25	0	M
Iced Coffee -Small- VANILLA		140	50	6	3.5	0	10	35	19	0	19	0	M
Iced Coffee - Medium-VANILLA		180	70	7	4.5	0	15	45	24	0	24	0	M
Iced Coffee -Large- VANILLA		230	90	10	6	0	20	60	31	0	31	0	M
Iced Coffee -Small- MOCHA		150	70	8	6	0	10	140	18	1	17	1	M
Iced Coffee - Medium-MOCHA		190	90	10	7	0	15	170	22	1	21	1	M
Iced Coffee -Large- MOCHA		250	120	13	9	0	20	230	29	1	27	1	M
Iced Coffee -Small- CARAMEL		140	50	6	3.5	0	10	40	19	0	19	0	M
Iced Coffee - Medium CARAMEL		170	70	7	4.5	0	15	50	23	0	23	0	M
Iced Coffee -Large- CARAMEL		230	90	10	6	0	20	60	31	0	31	0	M
Frappes													
BK® Mocha Frappe: 12 fl oz		410	170	19	11	0	5	230	58	0	39	3	MS
BK® Mocha Frappe: 16 fl oz		510	200	22	12	0	5	300	72	0	49	4	MS
BK® Mocha Frappe: 20 fl oz		600	230	25	14	0	5	360	87	0	59	5	MS
BK® Caramel Frappe: 12 fl oz		410	170	19	11	0	5	230	58	0	39	3	MS
BK® Caramel Frappe: 16 fl oz		510	200	22	12	0	5	300	72	0	49	4	MS
BK® Caramel Frappe: 20 fl oz		600	230	25	13	0	5	360	87	0	59	5	MS

	serving size (g)	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	▲ Allergens Please see all discaliners on the last page
Nutrition facts													
Lattes- Nonfat and 2%, and Hot Chocolate													
Nonfat Latte- Small		120	0	0	0	0	0	170	23	0	12	4	M
Nonfat Latte- Medium		150	0	0	0	0	0	220	31	0	15	6	M
Nonfat Latte- large		190	0	0	0	0	0	270	39	0	19	7	M
Nonfat Caramel Latte- Small		220	0	0	0	0	0	170	50	0	38	4	M
Nonfat Caramel Latte- Medium		300	0	0	0	0	0	220	66	0	51	6	M
Nonfat Caramel Latte- large		370	0	0	0	0	0	280	83	0	63	7	M
Nonfat Vanilla Latte- Small		220	0	0	0	0	0	170	50	0	37	4	M
Nonfat Vanilla Latte- Medium		300	0	0	0	0	0	220	67	0	50	6	M
Nonfat Vanilla Latte- large		370	0	0	0	0	0	270	84	0	62	7	M
Nonfat Mocha Latte- Small		120	0	0	0	0	0	130	31	0	22	2	M
Nonfat Mocha Latte- Medium		160	0	0	0	0	0	170	41	0	29	3	M
Nonfat Mocha Latte- large		210	0	0	0	0	0	220	53	0	38	4	M
2% Latte- Small		140	40	4.5	4.5	0	0	190	23	0	10	2	M
2% Latte- Medium		180	50	6	6	0	0	250	31	0	12	3	M
2% Latte- large		230	60	7	7	0	0	310	39	0	16	4	M
2% Caramel Latte- Small		240	40	4.5	4.5	0	0	190	50	0	36	2	M
2% Caramel Latte- Medium		320	50	6	6	0	0	250	66	0	48	3	M
2% Caramel Latte- large		410	60	7	7	0	0	310	83	0	60	4	M
2% Vanilla Latte- Small		240	40	4.5	4.5	0	0	190	50	0	35	2	M
2% Vanilla Latte- Medium		320	50	6	6	0	0	250	67	0	47	3	M
2% Vanilla Latte- large		410	60	7	7	0	0	310	84	0	58	4	M
2% Mocha Latte- Small		160	30	3	3	0	0	130	32	0	21	1	M
2% Mocha Latte- Medium		210	35	4	4	0	0	170	42	0	28	2	M
2% Mocha Latte- large		270	45	5	5	0	0	220	55	0	36	2	M
Hot Chocolate- small		170	20	2	1.5	0	0	210	38	1	30	2	M
Hot Chocolate- medium		230	25	2.5	2	0	0	290	52	1	41	3	M
Hot Chocolate- large		290	30	3.5	2.5	0	0	350	64	2	50	3	M

Nutrition facts	serving size (g)	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	▲ Allergens Please see all disclaimers on the last page
LIMITED TIME OFFERINGS													
Bratwurst Sandiwich	201	510	250	28	9	0	55	1510	47	2	8	20	WS
Chicken Parmesan Sandwich	250	650	270	30	9	0.5	80	1940	61	2	11	35	MWES
French Fry Burger	127	360	170	19	5	0	35	490	37	2	7	13	WES
Angry WHOPPER® Sandwich	314	790	430	47	16	0.5	95	1230	59	3	16	32	MWES
Angry WHOPPER JR® Sandwich	165	420	230	25	8	0	60	850	31	1	8	17	MWES
Angry DOUBLE WHOPPER® Sandwich	384	990	560	62	22	1	150	1290	59	3	16	48	MWES
Buffalo Chicken Strips - 3pc - with ranch sauce	192	520	320	36	6	0.5	60	2060	28	3	1	23	MWES
Buffalo Chicken Strips - 5pc - with ranch sauce	323	900	570	63	10	1	105	3380	48	5	2	38	MWES
Satisfries™ French Fries - Value (salted)	87	190	70	8	1	0	0	210	28	2	0	2	NONE
Satisfries™ French Fries - Small (salted)	127	270	100	11	1.5	0	0	300	41	3	0	4	NONE
Satisfries™ French Fries - Medium (salted)	157	340	120	14	2	0	0	370	51	4	0	4	NONE
Satisfries™ French Fries - Large (salted)	191	410	150	17	2.5	0	0	460	62	5	0	5	NONE
BBQ salad- TENDERGRILL®- no dressing	339	300	130	14	5	0	90	1000	14	3	4	31	M
BBQ salad- TENDERCRISP®- no dressing	348	440	220	25	7	0	75	1120	28	4	6	29	MWE

INGREDIENTS: (Revised 9/17/2013)
Buns, Breads and Tortillas
<p>SESAME SEED BUNS: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Sesame Seeds, Contains 2% or less of the following: Soybean Oil, Wheat Gluten, Dough Conditioners (Monoglycerides, DATEM, Azodicarbonamide), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate), Milled Flaxseed, Calcium Propionate (Preservative), Maltodextrin, Sorbic Acid, Wheat Starch.</p> <p>CONTAINS: WHEAT AND SOY</p>
<p>ARTISAN-STYLE BUN: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Contains 2% or less of each of the following: Salt, Wheat Gluten, Dough Conditioners (Mono- and Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide, Calcium Sulfate, Enzymes), Yellow Corn Flour, Turmeric, Modified Corn Starch, Paprika, Natural and Artificial Flavors, Sodium Alginate, Polysorbate 60, Calcium Propionate (Preservative), Milled Flax Seed, Maltodextrin, Wheat Starch.</p> <p>CONTAINS: WHEAT</p>
<p>SPECIALTY BUNS: enriched flour (wheat flour, malted barley flour or alpha amylase from aspergillus orizae, niacin , iron , thiamine mononitrate (vitamin b1), riboflavin (vitamin b2), ascorbic acid and folic acid), water, high fructose corn syrup or granulated sucrose or liquid sucrose, vegetable oil (canola and/or soy) and/or soybean and/or cottonseed oil, yeast may contain 2% or less of the following: salt, (vital) wheat gluten, sesame seeds, yeast food (may contain one or more of the following: [di-] calcium sulfate, ammonium sulfate, monocalcium phosphate, calcium carbonate), dough conditioners (may contain one or more of the following: wheat starch, microcrystalline cellulose, sorbitol, sodium chloride, magnesium stearate, distilled monoglycerides, sodium stearyl lactylate, ascorbic acid, azodicarbonamide, [ethoxylated] mono- and diglycerides, calcium peroxide, calcium stearyl-2-lactylate, date, l-cysteine), enzymes, mold inhibitor (calcium propionate and/or sorbic acid), vinegar, soy flour, corn starch, cellulose gel, leavening (sodium acid pyrophosphate, sodium bicarbonate, diammonium phosphate).</p> <p>CONTAINS: WHEAT AND SOY</p>
<p>TORTILLA: Enriched Bleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil), Contains 2% or less of the following: Sugar, Salt, Vital Wheat Gluten, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Distilled Monoglycerides, Enzymes, Wheat Starch, Calcium Carbonate, Tocopherol (antioxidant), Ascorbic Acid (antioxidant), Citric Acid (antioxidant), Guar Gum, Yeast, Cellulose Gum, Fumaric Acid (Dough Conditioner), Calcium Propionate and Sorbic Acid (To Preserve Freshness).</p> <p>CONTAINS: WHEAT</p>
<p>WHEAT TORTILLA : Water, Whole Wheat Flour, Enriched Bleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil), contains 2% or less of the following: Sugar, Salt, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Distilled Monoglycerides, Enzymes, Wheat Starch, Calcium Carbonate, Tocopherol (antioxidant), Ascorbic Acid (antioxidant), Citric Acid (antioxidant), Cellulose Gum, Fumaric Acid (dough conditioner), Calcium Propionate and Sorbic Acid (to preserve freshness).</p> <p>CONTAINS: WHEAT</p>
<p>ENGLISH MUFFIN: Enriched Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine, Riboflavin, Folic Acid), Water, Yeast. Contains 2% or less of: Salt, Vinegar, Partially Hydrogenated Soybean and Cottonseed Oil, White Corn Flour, White Corn Meal, Dextrose, Calcium Propionate and Potassium Sorbate (preservatives), Mono & Diglycerides, Sugar, Wheat Gluten, Potato Starch, Yeast Food (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate), Malted Barley Flour.</p> <p>CONTAINS: WHEAT</p>
<p>BISCUIT: enriched flour bleached (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, hydrogenated palm kernel oil, buttermilk, sugar, baking soda, salt, sodium aluminum phosphate, sodium caseinate, date, partially hydrogenated soybean and cottonseed oil*, sodium acid pyrophosphate, dextrose, wheat protein isolate, corn syrup solids, natural flavor.</p> <p>CONTAINS: WHEAT AND MILK</p>
<p>CROISSANT: Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Margarine [Palm Oil, Water, Soybean Oil, Sugar, Soybean Lecithin with Mono- and Diglycerides added, Potassium Sorbate and Citric Acid (preservatives), Beta Carotene, Vitamin A Palmitate], High Fructose Corn Syrup, Yeast, Salt, Sweet Whey, Dough Conditioner [Calcium Sulfate, Diacetyl Tartaric Acid Ester of Monoglyceride (DATEM), Ammonium Sulfate, Enzymes, Ascorbic Acid, Azodicarbonamide], Calcium Propionate, Natural and Artificial Butter Flavor, Modified Cornstarch.</p> <p>CONTAINS: WHEAT, MILK, EGGS AND SOY</p>

BEEF*, CHICKEN* and FISH:

WHOPPER® PATTIES and HAMBURGER PATTIES : 100% USDA inspected Ground Beef (Fire-Grilled).

BACON CHEDDAR STUFFED BURGER: BEEF, Pasteurized Process Smoked Sharp Cheddar Cheese [Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (Vegetable Color)], Water, Cream, Sodium Phosphate, Apo-Carotenal (Color), Inactivated Enzymes, Natural Smoke Flavor, Potassium Sorbate (Preservative), Romano Cheese (Pasteurized Cow's Milk, Cheese Culture, Salt, Enzymes), Salt, Sodium Citrate, Sorbic Acid (Preservative), Xanthan Gum], Potato Starch And Natamycin], Bacon (Cured with Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.) and Natural Flavoring.

CONTAINS: MILK

TURKEY BURGER: Turkey, water. CONTAINS LESS THAN 2% OF salt, sugar, modified food starch, sodium phosphate, maltodextrin, flavoring, natural flavor, chicken fat, disodium inosinate and disodium guanylate, dried chicken, dried chicken broth, autolyzed yeast extract.

TENDERGRILL® CHICKEN FILET (grilled): Chicken Breast Filet with Rib Meat, Water, Seasoned Oil (Soybean Oil and/or Canola Oil, Flavoring), Modified Food Starch, Seasoning [Salt, Maltodextrin, Autolyzed Yeast Extract, Flavoring, Contains less than 2% (Chicken Fat, Citric Acid, Dried Chicken, Dried Chicken Broth)], Sodium Phosphates, Dextrose.

**Beef and Chicken may be cooked on the same broiler with products containing dairy (or other allergens.)*

BREADED ORIGINAL CHICKEN PATTY (Fried): Chicken Breast with Rib Meat, Water, Salt and Monosodium Glutamate. Breaded with: Bleached Wheat Flour, Salt, Spices, Partially Hydrogenated Vegetable Oil (Soybean and/or Cottonseed), Dried Whey, Monosodium Glutamate, Yeast, Dehydrated Sweet Pepper, Onion Powder, Garlic Powder, Dextrose, Leavening (Monocalcium Phosphate, Sodium Bicarbonate). **BATTERED WITH:** Water, Bleached Wheat Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Salt, Corn Starch, Oat Flour and Natural Flavoring. Natural flavors from plant sources.

CONTAINS: MILK AND WHEAT

CRISPY CHICKEN PATTY (FRIED): Uncooked Chicken Breast Pattie Fritters with Rib Meat Chicken breast with rib meat, water, salt, modified food starch, sodium phosphates, monosodium glutamate, chicken broth powder (chicken broth, salt, and flavoring), chicken flavor (gum arabic, maltodextrin, flavors, chicken powder, yeast extract, palm kernel oil, and salt). **BREADED WITH:** Bleached wheat flour, spice, salt, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), onion powder, garlic powder, extractives of paprika. **BATTERED WITH:** Water, bleached wheat flour, modified corn starch, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), spice, onion powder, extractives of paprika, natural flavor. **PREDUSTED WITH:** Wheat flour, modified corn starch, salt, wheat gluten, spice, onion powder, extractives of paprika. Breeding set in vegetable oil.

CONTAINS: WHEAT

TENDERCRISP® CHICKEN (Fried): Chicken Breast With Rib Meat, containing: up to 18% of a solution of Water, Seasoning (Sugar, Monosodium Glutamate, Salt, Spices, Mustard Flour, Soybean Oil), Modified Corn Starch, Sodium Phosphates. **BREADED WITH:** Bleached Wheat Flour, Sugar, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Spices, Monosodium Glutamate, Nonfat Dry Milk, Dried Whey, Paprika, Extractives of Turmeric. **PREDUSTED AND BATTERED WITH:** Water, Wheat Flour, Salt, Whole Egg Solids, Nonfat Dry Milk, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Monosodium Glutamate, Dried Whey, Soybean Oil. Breeding set in Soybean Oil.

CONTAINS: MILK, EGG, WHEAT

CHICKEN NUGGETS (Fried): Boneless chicken breast with rib meat, water, isolated oat product, potato starch, seasoning (modified corn starch, salt, maltodextrin, yeast extract, chicken stock, flavors, wheat starch, dextrose, propylene glycol and citric acid), salt, sodium phosphates. **BATTERED WITH:** Water, Wheat Flour, Yellow Corn Flour, Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate). **BREADED WITH:** Wheat flour, leavening (sodium acid pyrophosphate, sodium bicarbonate), spices, salt. Breeding set in vegetable oil.

CONTAINS: WHEAT

HOMESTYLE CHICKEN STRIPS: Uncooked breaded chicken tenderloins Contains up to 18% of solution of: Water, Seasoning (Salt, Maltodextrin, Modified Corn Starch, Garlic Powder, Disodium Inosinate and Disodium Guanylate, Onion Powder, Spices), Modified Food Starch and Carrageen an, Sodium Phosphates. BREADED WITH: Bleached Wheat Flour, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Spice, Disodium Inosinate and Disodium Guanylate. BATTERED WITH: Bleached Wheat Flour, Modified Corn Starch, Yellow Corn Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Salt, Spice, Spice Extractive. PREDUSTED WITH: Wheat Flour, Salt, Egg White Solids, Wheat Gluten, Spice.

CONTAINS: WHEAT, EGG

TACO: Filling: Water, Beef, Textured Vegetable Protein [Soy Flour, Caramel Color, Zinc Oxide, Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Pyridoxine Hydrochloride (B6), Riboflavin (B2), Thiamine Mononitrate (B1), Vitamin A Palmitate and Cyanocobalamin (B12)], Taco Seasoning (White Corn Flour, Maltodextrin, Modified Tapioca Starch, Salt, Dehydrated Onion, Paprika, Spices, Chili Pepper, Garlic Powder, Sugar, Caramel Color, Citric Acid, Autolyzed Yeast, Natural Flavors, Yeast Extract, Disodium Inosinate and Disodium Guanylate. Tortilla: Water, Tortilla Flour (Stoneground Corn Masa Flour, Cellulose Gum, Mono & Diglycerides, Trace of Lime).

CONTAINS: SOY

Premium Alaskan Fish (Fried): Alaska Pollock, Water, Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Bleached Wheat Flour, Yellow Corn Flour, MODIFIED FOOD STARCH, Less than 2% of each of the following: Ascorbic Acid, Garlic Powder, Leavening (Sodium Bicarbonate, SODIUM ACID PYROPHOSPHATE), Malted Barley Flour, Onion Powder, Palm Oil, Paprika Extract, Salt, Sodium Alginate, Spice, Spice extract, Yeast.

CONTAINS: FISH and WHEAT.

BRATWURST: Pork, water and less than 2% of the following: sorbitol, potassium and sodium lactate, salt, spice, sodium phosphate, monosodium glutamate, dextrose, sodium acetate, flavorings.

PORK RIB PATTY: Pork, Water, Less than 2% of Salt , Sodium Phosphate, Sugar, Flavoring, Hydrogenated Vegetable Oil (Soybean, Palm, Cottonseed), Maltodextrin (Corn & Potato), Grill Flavor from Vegetable Oil, Disodium Guanylate, Disodium Inosinate, Smoke Flavor, Vinegar, Natural Flavor.

PULLED PORK- pork, barbeque sauce (water, high fructose corn syrup, tomato paste, distilled vinegar, sugar, salt, modified food starch, mustard (water, vinegar, mustard bran, salt), natural smoke flavor, tamarind extract, sodium benzoate and potassium sorbate (preservatives), caramel color, spices, ground paprika, malic acid, tomato powder, citric acid, garlic powder, onion powder).

VEGGIE PATTY and SIDE ITEMS:

VEGGIE BURGER PATTY: Supplied by MORNINGSTAR FARMS® - Hydrated Wheat Gluten (Water, Wheat Gluten), Hydrated Soy Flour (Water, Soy Flour), Mushrooms (Mushrooms, Water, Salt), Water Chestnuts (Water Chestnuts, Water, Citric Acid), Onion, Carrots, Cooked Brown Rice (Water, Brown Rice), Whole Grain Oats, Corn Oil, Egg Whites, Calcium Caseinate (From Milk), Green Peppers, Soy Sauce (Water, Soybeans, salt, Wheat), Red Bell Peppers, Contains 2% or less of Soy Protein Isolate, Hydrolyzed Corn Protein, Salt, Spices, Hydrolyzed Wheat Protein, Yeast Extract, Garlic Powder, Thiamin Hydrochloride, Jalapeno Pepper, Natural Flavor, Dextrose, Caramel Color, Celery Extract.

CONTAINS: MILK, EGG, WHEAT, SOY. The patty is NOT cooked on equipment with meat or poultry products. *This is not a vegan product.*

APPLE SLICES: Apple, Calcium Ascorbate (a blend of Calcium and Vitamin C to maintain freshness and color).

MOZZARELLA STICKS (FRIED): part-skim mozzarella cheese (pasteurized part-skim milk, cultures, salt, enzymes), wheat flour, soybean oil, water, bleached wheat flour. contains 2% or less of each of the following: modified food starch, salt, dextrose, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), vinegar, spices, egg whites, nonfat milk, modified wheat starch, modified corn starch, corn dextrin, soy lecithin, wheat starch, garlic powder, yeast, yeast nutrients (calcium sulfate, ammonium chloride), spice extract, onion powder, sodium alginate, sodium caseinate, hydroxypropyl methylcellulose, paprika extract (color).

CONTAINS: WHEAT, MILK, EGG, SOY

FRENCH FRIES (Fried): Potatoes, Soybean Oil or Canola and Palm Oil, Modified Potato Starch, Rice Flour, Potato Dextrin, Salt, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dextrose, Xanthan Gum, Sodium Acid Pyrophosphate added to preserve natural color.

SWEET POTATO FRIES: Sweet Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Food Starch- Modified, Rice Flour, Dextrin, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Flavor, Xanthan Gum, Color (Beta Carotene, Caramel Color, Annatto), Sugar, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color.

SATISFRIES™: Potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), tapioca starch-modifies, contains 2% or less of corn starch-modified, paprika extract (color), rice flour, salt, sodium acid pyrophosphate (to maintain natural color), turmeric extract (color), xanthan gum.

ONION RINGS (Fried): water, bleached wheat flour, dehydrated onion, modified corn starch, yellow corn flour, sugar, gelatinized wheat starch, contains 2% or less of :salt, guar gum, methylcellulose, fructose, onion powder, food starch-modified, sodium alginate, sunflower oil, natural flavors, grill flavor (from sunflower oil), canola oil, wheat gluten, modified palm oil, sodium tripolyphosphate, whey, dextrose, garlic powder, leavening (baking soda, sodium aluminum phosphate), spice, hydroxypropylmethylcellulose, yeast extract, corn starch, sorbitol, dried yeast, calcium chloride. parfried in soybean oil. **CONTAINS WHEAT, MILK.**

SALAD TOPPINGS

THREE CHEESE BLEND: Mild Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color), Monterey Jack Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Low - Moisture Part - Skim Mozzarella Cheese (Cultured Pasteurized Part - Skim Milk, Salt, Enzymes), Potato Starch and Powdered Cellulose added to prevent caking, Natamycin (a Natural Mold Inhibitor).

CONTAINS: MILK

BLUE CHEESE CRUMBLES: whole milk, cheese culture, salt, enzymes, penicillium roqueforti.

CONTAINS: MILK

PARMESAN CHEESE, SHAVED: pasteurized part-skim milk, cheese culture, salt, enzymes, and cellulose

CONTAINS: MILK

HOMESTYLE CAESAR CROUTONS: enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola and/or sunflower oil, yeast, salt, 2% or less of garlic powder, high fructose corn syrup, parmesan cheese (part skim milk, cultures, salt, enzymes), spices, maltodextrin, whey, onion powder, sugar, torula yeast, natural flavors (milk), corn syrup solids, cultured whey, wheat gluten, calcium propionate (preservative), calcium peroxide, calcium sulfate, ascorbic acid, azodicarbonamide, sodium stearoyl lactylate, disodium inosinate, disodium guanylate, caramel color, soy sauce solids (wheat, soybeans, salt), tamarinds, citric acid, tbhq (to preserve freshness).

CONTAINS: WHEAT, MILK, SOY.

DRIED CRANBERRIES: Cranberries, Sugar, Sunflower Oil.

APPLE CIDER VINEGARETTE DRESSING: Soybean oil, water, high fructose corn syrup, vinegar (balsamic, cider), apple juice concentrate, egg yolk, contains less than 2% of: sugar, natural flavor, salt, xanthum gum, potassium sorbate and calcium disodium EDTA as preservatives, spice, onion, garlic, propylene glycol alginate, citric acid.

CONTAINS: EGG

RANCH DRESSING (for snack wrap): Vegetable oil (soybean and/or canola), water, buttermilk, egg yolk, distilled vinegar, contains less than 2% of: salt, monosodium glutamate, modified food starch, buttermilk solids, sugar, garlic, spice, citric acid, xanthum gum, onion, sorbic acid, natural flavor, calcium disodium EDTA to protect flavor, egg whites.

CONTAINS: MILK, EGGS

HONEY BALSAMIC DRESSING: Water, Balsamic Vinegar, High Fructose Corn Syrup, Honey, Vegetable Oil (Soybean and/or Canola), Olive Oil, Maltodextrin, Distilled Vinegar, Lemon Juice Concentrate, Contains less than 2% of: Spice, Salt, Garlic, Carrageenan, Xanthan Gum, White Wine, Citric Acid, Calcium Disodium EDTA to protect flavor, Tartaric Acid.

HONEY MUSTARD DRESSING (for wrap): Soybean Oil, High Fructose Corn Syrup, Dijon Mustard (Distilled Vinegar and Water, Mustard Seed, Salt, White Wine, Spices), Honey Water, Vinegar, Egg Yolk, Contains less than 2% of: Salt, Xanthan Gum, Spice, Sodium Benzoate and Calcium Disodium EDTA as preservatives.

CONTAINS: EGGS

CITRUS CAESAR DRESSING: Soybean Oil, Water, Vinegar, Romano Cheese (Cultured Milk, Salt, Enzymes), Parmesan Cheese (Cultured Milk, Salt, Enzymes), Garlic, High Fructose Corn Syrup, Lemon Juice Concentrate, Contains less than 2% of: Salt, Sugar, Orange Juice Concentrate, Lime Juice Concentrate, Garlic Juice, Hydrolyzed Soy Protein, Spices, Corn Syrup Solids, Xanthan Gum, Disodium Inosinate and Disodium Guanylate, Lactic Acid, Onion, Anchovies, Potassium Sorbate and Calcium Disodium EDTA as preservatives, Natural Flavor, Soy Sauce Solids, Tamarind.

CONTAINS: ANCHOVY (FISH), MILK, SOY, WHEAT

CONDIMENTS, SAUCES, & TOPPINGS: Dipping Sauces have ingredients listed on the package	
AMERICAN CHEESE (PASTEURIZED PROCESS):	Cultured Milk, Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), Sodium Phosphate, Artificial Color, Enzymes, Acetic Acid, Lecithin. Artificial Colors may consist of one or more of the following: Annatto Extract, Beta-Apo-8'-Carotenal, Beta-Carotene, Canthaxanthin, Paprika Oleoresin, Tumeric Oleoresin.
CONTAINS: SOY LECITHIN and MILK	
MONTEREY JACK WITH JALAPENOS:	Monterey jack cheese(cultured milk, salt, enzymes), water, cream, jalapeno peppers, sodium citrate, salt, sorbic acid (preservative), lactic acid, artificial color, lecithin.
CONTAINS: MILK	
LETTUCE, TOMATOES, ONIONS, CARROTS, ROMAINE, RED ONIONS: US Grade #1.	
BREAKFAST SYRUP:	corn syrup, high fructose corn syrup, water, contains less than 2% of natural and artificial maple flavor, salt, potassium sorbate as a preservative, caramel color, citric acid, ammoniated glycyrrhizin
JAM-GRAPE: Concord Grapes (Water, Grape Puree Concentrate), Sugar, Corn Syrup, Citric Acid, Pectin, Sodium Citrate.	
JAM-STRAWBERRY: Strawberries (Strawberry Concentrate, Water), Corn Syrup, Sugar, Pectin, Citric Acid.	
KETCHUP:	Tomato concentrate made from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring, Natural flavoring is plant in origin.
MAYONNAISE:	Soybean Oil, Distilled White Vinegar, Water, Egg Yolks, Salt, Sugar, Mustard Flour, Onion Powder, Lemon Juice Concentrate, Calcium Disodium EDTA added to protect flavor, Natural Flavor.
CONTAINS: SOYBEAN, EGG	
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric.	
MUSTARD DELI for BRATWURST: Distilled white vinegar, mustard seed, water, salt, spices, mustard bran, turmeric.	
CARMELIZED STYLE ONIONS: Onions, Vegetable oil (palm, cottonseed), salt, sugar, vegetable stock (carrot, onion, celery), maltodextrin, onion powder, caramel color, flavors, spice, paprika, garlic powder and silicon dioxide	

PICKLES: Cucumbers, Water, Vinegar, Salt, Calcium Chloride or 1/10 of 1% Sodium Benzoate as a preservative, Alum and/or Propylene Glycol, Polysorbate 80, Natural Flavors+, Yellow #5, Turmeric Oleoresin, Blue #1, Soy Lecithin. Natural flavors from plant sources.

CONTAINS: SOY LECITHIN

BREAD AND BUTTER PICKLES: Fresh Cucumbers, High Fructose Corn Syrup, Vinegar, Water, Salt, Sodium Benzoate (as preservative), Natural Flavors and Yellow #5

SWEET BABY RAY'S BBQ SAUCE (PULLED PORK SANDWICH): High Fructose Corn Syrup, Vinegar, Water, Tomato Paste, Modified Food Starch, Contains less than 2% of: Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel, Jalapeno Pepper, Sodium Benzoate as a preservative, Molasses, Corn Syrup, Garlic, Sugar, Tamarind, Natural Flavor.

SWEET AND TANGY BBQ SAUCE (RIB SANDWICH): High Fructose Corn Syrup, Water, Tomato Paste, Distilled Vinegar, Honey, Food Starch-Modified, Yellow Mustard Seed, Contains Less Than 2% Cider Vinegar, Molasses, Salt, Brown Sugar, Ketchup (Tomato Concentrate, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavor), Pineapple Juice Concentrate, Worcestershire Sauce (Distilled Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spice, Tamarind, Natural Flavor), Natural Hickory Smoke Flavor, Pepper Sauce (Red Peppers, Distilled Vinegar, Water, Salt, Garlic Powder), Red Bell Pepper, Spice, Caramel Color, Garlic Powder, Potassium Sorbate and Sodium Benzoate as Preservatives, Turmeric (Color), Paprika

BULL'S EYE BBQ SAUCE (CAROLINA): vinegar, tomato puree (water, tomato paste), sugar, water, mustard seed, salt, contains less than 2% of modified food starch, spice, dried onions, natural flavor, dried garlic, white wine, fruit pectin, citric acid, tartaric acid

TARTAR SAUCE : Soybean Oil, Sweet Relish (Cucumbers, High Fructose Corn Syrup, Vinegar, Onion, Salt, Red Bell Peppers, Xanthan Gum, Sodium Benzoate and Potassium Sorbate as Preservatives, Natural Flavorings, Extractives of Turmeric), Water, Egg Yolks. *Contains less than 2%:* High Fructose Corn Syrup, Salt, Distilled Vinegar, Sugar, Dehydrated Onion, Lemon Juice Concentrate, Spice, Natural Flavors, Sodium Benzoate and Potassium Sorbate (as preservatives), Phosphoric Acid, Disodium Inosinate and Disodium Guanylate, Xanthan Gum, Calcium Disodium EDTA added to protect flavor. Natural Flavors from plant sources.

CONTAINS: EGG and SOY LECITHIN.

BK® STACKER SAUCE: Soybean Oil, Sweet Relish (Cured Cucumbers, High Fructose Corn Syrup, Vinegar, Onion, Salt, Red Bell Peppers, Xanthan Gum, Sodium Benzoate And Potassium Sorbate (Preservatives), Natural Flavorings, Calcium Chloride, Polysorbate 80, Turmeric), Sugar, Water, Distilled Vinegar, Tomato Paste, Egg Yolk. *Contains Less Than 2%:* Salt, Dehydrated Onion, Xanthan Gum, Sodium Benzoate And Potassium Sorbate As Preservatives, Natural Flavors, Propylene Glycol Alginate, Polysorbate 60, Caramel Color, Oleoresins Paprika And Turmeric (Color), Canola Oil, Calcium Disodium EDTA Added To Protect Flavor. Natural Flavors from plant sources.

CONTAINS: EGG.

ITALIAN HERB MARINARA SAUCE (CHICKEN PARMESAN SANDWICH): Water, Tomato Paste, Sugar, Salt, Granulated Garlic, Citric Acid, Sodium Benzoate, Potassium Sorbate, Cracked Oregano, Distilled Vinegar, Phosphoric Acid, Romano Cheese Grated, Black Pepper, Cracked Basil, Parsley Flakes.

COLE SLAW SAUCE- Soybean Oil, Cider Vinegar, Sugar, Egg Yolk, Mustard (Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice, Garlic Powder), Contains Less Than 2% Salt, Water, Xanthan Gum, Propylene Glycol Alginate, Spice, Sodium Benzoate and Potassium Sorbate as Preservatives, Polysorbate 60, Calcium Disodium EDTA Added to Protect Flavor.

CONTAINS: EGG.

BREAKFAST:	
BACON:	Fully Cooked Bacon. Cured with Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite.
HARDWOOD SMOKED BACON:	Bacon cured with Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite
LIQUID EGG MIX:	Whole Eggs, Whey, Soybean Oil. Contains 2% or less of the following: Salt, Natural and Artificial Butter Flavor (soybean oil, butter oil, natural & artificial flavoring), Xanthan Gum, Citric Acid, Annatto (Color). CONTAINS: EGG and MILK
HAM:	Ham Cured With Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke. Sensitive Ingredients: Nitrite
SAUSAGE (Fried):	Pork, Salt, Spices, Corn Syrup Solids, Dextrose, Monosodium Glutamate, Hydrogenated Soybean Oil, Flavor [Maltodextrin, Grill Flavor (from Soybean Oil), Modified Corn Starch, Corn Syrup Solids].
HASH BROWN ROUNDS (Fried):	potatoes, soybean oil, dehydrated potato flakes (potatoes, mono and diglycerides, sodium acid pyrophosphate, citric acid), salt, corn flour, enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), natural flavoring, disodium dihydrogen pyrophosphate (to promote color retention), dextrose. CONTAINS: WHEAT
VEGETABLE MIX (BURRITO):	Onions, Red Peppers, Green Peppers
PANCAKES:	water, enriched flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, leavening (sodium aluminum phosphate, sodium bicarbonate), egg yolks, dextrose, contains 2% or less of the following: salt, whey, soy lecithin, natural and artificial flavor, cellulose gum, xanthan gum. CONATINS: WHEAT, EGG, MILK, SOY LECITHIN
CINNABON® ROLL:	roll: enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, margarine (palm oil, water, salt, whey, monoglycerides, soy lecithin, sodium benzoate and citric acid [preservatives], artificial flavor, beta carotene, vitamin a palmitate), brown sugar, sugar, nonfat milk, yeast, high fructose corn syrup, cinnamon, modified corn starch, wheat protein isolate, vital wheat gluten, hydroxypropyl methylcellulose, salt, monoglycerides, datem, baking soda, guar gum, glucono delta-lactone, lactic acid, enzymes, ascorbic acid, propionic acid (preservative). frosting: sugar, margarine (palm oil, water, salt, vegetable monoglycerides, natural butter flavor (milk) sodium benzoate (preservative), citric acid, vitamin a palmitate, beta carotene (color), cream cheese (pasteurized milk and cream, cheese cultures, salt, stabilizers (carob bean gum and/or xanthan gum and/or guar gums), water, corn starch, corn syrup solids, cellulose gum, natural and artificial flavor, potassium sorbate (preservative), lactic acid, potassium sorbate (preservative), artificial color including yellow 5. CONTAINS: MILK, WHEAT, SOY
QUAKER® Oatmeal Maple and Brown Sugar Flavor*:	whole grain rolled oats, sugar, natural flavor, salt, calcium carbonate, guar gum, oat flour, caramel color, reduced iron, vitamin a palmitate.
Quaker® Original Oatmeal:	whole grain rolled oats, oat flour, calcium carbonate, salt, guar gum, caramel color, reduced iron, vitamin a palmitate.
FRENCH TOAST STICKS:	Bread: Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), water, high fructose corn syrup, yeast, may contain 2% or less of each of the following: soybean oil, wheat gluten, salt, dough conditioners (may contain one or more of the following: sodium stearoyl lactylate, calcium stearoyl-2-lactylate, calcium peroxide, calcium iodate, ascorbic acid, azodicarbonamide, enzymes), corn flour, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), glycerol monooleate, oleoresin paprika and oleoresin turmeric (coloring agents), polysorbate 60, polysorbate 80, calcium propionate (preservative), corn starch, soy lecithin, soy flour. Batter and breading: water, bleached wheat flour (enriched with niacin, iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), wheat flour, sugar, yellow corn flour, soy flour, contains 2% or less of the following: dextrose, modified corn starch, salt, lecithin, gum arabic, leavening (monocalcium phosphate, sodium bicarbonate), yeast, glycerin, natural and artificial flavor, polysorbate 80, carrageenan. Pre- Fried in soybean oil. CONTAINS: WHEAT, SOY, SOY LECITHIN

Beverages
SEATTLE'S BEST COFFEE: Roasted and ground coffee
SIMPLE SYRUP- ICED COFFEE- Sugar, water, potassium sorbate (preservatives), citric acid
VANILLA SYRUP, ICED COFFEE- Sugar, water, natural flavors, benzoic acid and potassium sorbate (preservatives)
CARAMEL SYRUP, ICED COFFEE- Sugar, water, natural flavors, sodium benzoate and sorbic acid (preservatives)
CHOCOLATE SYRUP, ICED COFFEE- High fructose corn syrup, water, cocoa processed with alkali, hydrogenated coconut oil, whey, nonfat dry milk, salt, cream, natural and artificial flavors, potassium sorbate (preservative), soy lecithin, disodium phosphate. CONTAINS: MILK
FRAPPE BASE, CARAMEL: Caramel Flavor Base (High Fructose Corn Syrup, Non-Dairy Creamer (Refined Coconut Oil, Corn Syrup Solids, Potassium Caseinate (MILK), Sugar, Dipotassium Phosphate, Mono- & Diglycerides, Salt, Sodium Stearoyl Lactylate, Carrageenan, Sodium Silicon Aluminate, Artificial Flavor, Annatto & Turmeric), Coffee Extract, Nonfat Dry Milk, Water, Natural and Artificial Flavors, Salt, Sodium Citrate, Potassium Sorbate (as a preservative), Calcium Disodium EDTA (as a preservative), Potassium Hydroxide.), Water, Milk, Cream, Sugar, Less than 2% Mono and Diglycerides, Guar Gum, Potassium Citrate, Disodium Phosphate, Carrageenan and Locust Bean Gum. CONTAINS: MILK
FRAPPE BASE, MOCHA: Mocha Flavor Base (High Fructose Corn Syrup, Non-Dairy Creamer (Refined Coconut Oil, Corn Syrup Solids, Potassium Caseinate, Sugar, Dipotassium Phosphate, Mono- & Diglycerides, Salt, Sodium Stearoyl Lactylate, Carrageenan, Sodium Silicon Aluminate, Artificial Flavor, Annatto & Turmeric), Coffee Extract, Nonfat Dry Milk, Cocoa, Water, Natural and Artificial Flavors, Salt, Sodium Citrate, Potassium Sorbate (as a preservative), Calcium Disodium EDTA (as a preservative), Potassium Hydroxide), Water, Milk, Cream, Sugar, Contains Less than 2 % Mono and Diglycerides, Guar Gum, Potassium Citrate, Disodium Phosphate, Carrageenan and Locust Bean Gum. CONTAINS: MILK
LATTE BASE NONFAT (MOCHA)- Latte powder (nonfat dry milk, maltodextrin, sugar, whey, corn syrup solids, nondairy creamer [corn syrup solids, coconut oil, sodium caseinate (milk), dipotassium phosphate, mono and diglycerides, sodium aluminosilicate], milk protein isolate, modified food starch, carboxymethylcellulose gum, natural and artificial flavors, silicon dioxide [an anticaking agent], dipotassium phosphate, salt, medium chain triglycerides), sugar, instant coffee, natural and artificial flavor. CONTAINS: MILK; manufactured on equipment that processes wheat, egg and soy
LATTE BASE 2% (MOCHA)- Latte powder (nondairy creamer [corn syrup solids,partially hydrogenated coconut oil, sodium caseinate, dipotassiumphosphate, sodium tripolyphosphate, mono and diglycerides, datem, sodium silicoaluminate (an anticaking agent), artificial flavor],maltodextrin, dairy product solids, corn syrup solids, nonfat drymilk, whey, sugar, milk protein isolate, carboxymethylcellulose gum, modified food starch, silicon dioxide [an anticaking agent], salt, natural and artificial flavors), sugar, instant coffee, natural and artificial flavor. CONTAINS: MILK; manufactured on equipment that processes wheat, egg and soy
LATTE BASE NONFAT (PLAIN, Vanilla, caramel)- Latte powder (nonfat dry milk, maltodextrin, sugar, whey, corn syrup solids, nondairy creamer [corn syrup solids, coconut oil, sodium caseinate (milk), dipotassium phosphate, mono and diglycerides, sodium aluminosilicate], milk protein isolate, modified food starch, carboxymethylcellulose gum, natural and artificial flavors, silicon dioxide [an anticaking agent], dipotassium phosphate, salt), instant coffee. CONTAINS: MILK manufactured on equipment that processes wheat, eggs and soy
LATTE BASE 2% (PLAIN, Vanilla, caramel)- Latte powder (nondairy creamer [corn syrup solids, partially hydrogenated coconut oil, sodium caseinate, dipotassium phosphate, sodium tripolyphosphate, mono and diglycerides, datem, sodium silicoaluminate (an anticaking agent), artificial flavor], maltodextrin, dairy product solids, corn syrup solids, nonfat dry milk, whey, sugar, milk protein isolate, carboxymethylcellulose gum, modified food starch, silicon dioxide [an anticaking agent], salt, natural and artificial flavors), instant coffee. CONTAINS: MILK manufactured on equipment that processes wheat, eggs and soy
Iced Tea- Black tea
PEACH SYRUP for Peach iced tea- Sugar, Water, Peach Puree Concentrate, Natural Flavor, Citric Acid, Sodium Benzoate and Potassium Sorbate (preservatives), Xanthan Gum, Caramel Color, Yellow 6, Red 40.

FROZEN LEMONADE MIX- water, high fructose corn syrup, sugar, concentrated lemon juice, concentrated orange juice, guar and karaya gums, natural flavors
SOFT SERVE: Milk fat and Nonfat Milk, Sugar, Sweet Whey, Corn Syrup, High Fructose Corn Syrup, Propylene Glycol Monoesters, Natural and Artificial Vanilla Flavor, Mono & Diglycerides, Guar Gum, Disodium Phosphate, Sodium Citrate, Cellulose Gum, Carrageenan. CONTAINS: MILK
SMOOTHIE MIX- STRAWBERRY BANANA: Banana Puree, Strawberry Puree, Sugar Syrup, Strawberry Puree Concentrate, Water, Concentrated Grape Juice, Natural Flavors, Concentrated Carrot Juice, Xanthan Gum, Pectin, Guar Gum, CMC Gum.
SMOOTHIE MIX- TROPICAL MANGO: Water, Sugar Syrup, Concentrated Grape Juice, Apple Puree Concentrate, Concentrated Pear Juice, Mango Puree Concentrate, Concentrated Pineapple Juice, Concentrated Orange Juice, Concentrated Apple Juice, Concentrated Passion Fruit Juice, Natural & Artificial Flavors, Xanthan Gum, Pectin, Guar Gum, Cellulose Gum, Beta Carotene, Citric Acid.
SMOOTHIE MIX- PINA COLADA: Water, Grape Juice Concentrate, Sucrose Syrup, Pineapple Juice Concentrate, Pineapple Puree, Coconut Cream (Coconut Extract, Water, Xanthan Gum, Carrageenan), Apple Juice Concentrate, Coconut Oil, Natural Flavors, Pectin, Guar Gum, Xanthan Gum, Titanium Dioxide, Sodium Citrate, Salt, Polysorbate 60, Cellulose Gum.
LOW-FAT VANILLA YOGURT: Cultured Lowfat Milk, Stabilizer (Grade A Whey Protein Concentrate, Corn Starch and Gelatin) CONTAINS: MILK
COCA COLA® CLASSIC: High Fructose Corn Syrup and/or Sucrose, Water, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine. Natural flavors from plant sources.
DIET COKE® : Water, Caramel Color, Phosphoric Acid, Sodium Saccharin, Potassium Benzoate (to protect taste), Natural Flavors, Citric Acid, Caffeine, Potassium Citrate, Aspartame, Dimethylpolysiloxane. Natural flavors from plant sources.
SPRITE® : High Fructose Corn Syrup and/or Sucrose, Water, Citric Acid, Natural Flavors, Sodium Citrate, Sodium Benzoate, Dimethylpolysiloxane. Natural flavors from plant sources.
DR PEPPER® : High Fructose Corn Syrup, Water, Caramel Color, Artificial and Natural Flavor, Phosphoric Acid, Caffeine, Sodium Benzoate (Preservative), and Dimethylpolysiloxane. Natural flavors from plant sources.
Frozen- COCA COLA CLASSIC® : High Fructose Corn Syrup and/or Sucrose, Water, Caramel Color, Phosphoric Acid, Natural Flavors, Quillalial, Yucca Extract. +Natural flavors from plant sources.

Desserts and Shakes:

DUTCH APPLE PIE: Apples, enriched flour, water, glucose-fructose, palm and soybean oil shortening, sugar, modified corn starch, palm and soybean oil, margarine, apple juice concentrate, soybean oil, salt, dextrose, silicon dioxide, xanthan gum, potassium sorbate, spices, malic acid, yeast, ascorbic acid, sodium propionate, citric acid, annatto.

CONTAINS: WHEAT AND SOY

HERSHEY'S SUNDAE PIE: Water, Sugar, Reduced Fat Sweetened Condensed Milk (Milk, Skim Milk, Sugar, Vitamin A Palmitate), Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Xanthan Gum and/or Carob Bean Gum and/or Guar Gum), Enriched Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Partially Hydrogenated Vegetable Shortening (Coconut Oil and Palm Kernel Oil), High Fructose Corn Syrup, Vegetable Shortening (Palm Oil and Soybean Oil), Vegetable Oil (Palm Oil, Coconut Oil and Soybean Oil), Cocoa (Natural and Processed with Alkali), contains less than 2 % of each of the following: Corn Syrup, Dextrose, Chocolate, Baking Soda, Salt, Natural and Artificial Flavors, Sodium Caseinate (A Milk Derivative), Soy Lecithin, Polysorbate 60, Modified Cellulose Gum, Colored with Beta Carotene, Cocoa Butter, Mono- and Diglycerides, Carrageenan, Polysorbate 65, Polysorbate 80, Sodium Phosphate, Corn Syrup Solids, Fructose, Maltodextrin, Malic Acid, Hydroxypropylmethylcellulose, Milk fat, Glycerol-Lacto Esters of Fatty Acids, Lactose, Xanthan Gum, Disodium Phosphate, Polyglycerol Esters, Sodium Citrate, Sorbitan Monostearate, Guar Gum, Citric Acid, Dipotassium Phosphate, Food Starch-Modified, Milk.

CONTAINS: MILK, WHEAT, SOY

SOFT SERVE/SHAKE MIX: Milk fat and Nonfat Milk, Sugar, Sweet Whey, Corn Syrup, High Fructose Corn Syrup, Propylene Glycol Monoesters, Natural and Artificial Vanilla Flavor, Mono & Diglycerides, Guar Gum, Disodium Phosphate, Sodium Citrate, Cellulose Gum, Carrageenan.

CONTAINS: MILK

SOFT SERVE CONE: Enriched Wheat Flour (Contains: Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Oil Shortening (Soybean Oil or Canola Oil, Modified Palm Oil, Soy Lecithin), Leavening (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Natural Flavor, Annatto (Vegetable Color).

CONTAINS: WHEAT, SOY

CARAMEL SUNDAE TOPPING: Corn syrup, sweetened condensed skim milk (skim milk, sugar, corn syrup), sugar, water, high fructose corn syrup, cream, butter, salt, mono and diglycerides, sodium bicarbonate, xanthan gum, natural flavor

CONTAINS: MILK

CHOCOLATE FUDGE TOPPING: High fructose corn syrup, sweetened condensed skim milk (skim milk, sugar, corn syrup), partially hydrogenated palm kernel oil, cocoa processed with alkali, water, corn starch, salt, sugar, mono & diglycerides, disodium phosphate, artificial flavor, xanthan gum and sodium alginate

CONTAINS: MILK

STRAWBERRY SUNDAE TOPPING: Strawberries, sugar, water, concentrated lemon juice, natural flavors, fruit and vegetable juice for color, guar gum, xanthan gum, citric acid

CHOCOLATE SHAKE SYRUP: High fructose corn syrup, water, dextrose, corn syrup, cocoa processed with alkali, whey, salt, natural flavors, potassium sorbate (a preservative), citric acid, xanthan gum.

CONTAINS: MILK

WHIPPED TOPPING : water, high fructose corn syrup, hydrogenated palm kernel oil, sugar, dextrose, *sodium caseinate (a milk derivative), contains less than 2% of the following: soy protein concentrate, polysorbate 60, carbohydrate gum, cellulose gel, salt, natural flavor, to preserve freshness (potassium sorbate), cellulose gum, polyglycerol esters of fatty acids, xanthan gum.

CONTAINS: MILK, SOY

OREO® COOKIE CRUMBLES - Sugar, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Palm And/Or High Oleic Canola And/Or Soybean Oil, Cocoa (Processed With Alkali), High Fructose Corn Syrup, Baking Soda, Cornstarch, Salt, Soy Lecithin (Emulsifier), Vanillin - An Artificial Flavor, Chocolate.

CONTAINS: WHEAT AND SOY

M & Ms PIECES: Milk chocolate (sugar, chocolate, skim milk, cocoa butter, lactose, milk fat, soy lecithin, salt, artificial flavors), sugar, less than 2% - cornstarch, corn syrup, coloring (includes yellow 5 lake, red 40 lake, blue 1 lake, yellow 6 lake, blue 2 lake, yellow 5, red 40, blue 1, yellow 6, blue 2), dextrin. product is kosher "m&m's"® candies may contain peanuts / made on equipment that also processes peanuts.

CONTAINS: MILK and SOY, MAY CONTAIN PEANUTS.

DOUBLE CHOCOLATE OREO® BROWNIE: sugar, enriched bleached and unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin b1}, riboflavin {vitamin b2}, folic acid), partially hydrogenated soybean and cottonseed oils, corn syrup, water, eggs, cocoa (processed with alkali and unprocessed), Oreo chocolate sandwich cookies (sugar, enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin b1}, riboflavin {vitamin b2}, folic acid], partially hydrogenated soybean oil, cocoa processed with alkali, high fructose corn syrup, baking soda, cornstarch, salt, soy lecithin - an emulsifier, chocolate, vanillin - an artificial flavor), emulsifiers (vegetable mono- and diglycerides, soy lecithin), artificial flavor, salt, leavening (baking soda, sodium acid pyrophosphate, calcium phosphate, calcium sulfate), high fructose corn syrup, cornstarch.

CONTAINS: WHEAT, EGG, SOY. ALLERGY INFORMATION: MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES TREE NUTS. MAY CONTAIN TREE NUTS.

CHOCOLATE SHAKE SYRUP: High fructose corn syrup, water, dextrose, corn syrup, cocoa processed with alkali, whey, salt, natural flavors, potassium sorbate (a preservative), citric acid, xanthan gum.

CONTAINS: MILK

VANILLA SHAKE SYRUP: Sugar, water, natural and artificial flavor, benzoic acid and potassium sorbate (preservatives), xanthan gum

STRAWBERRY SHAKE SYRUP: Strawberries, sugar, water, concentrated lemon juice, natural flavors, citric acid, pectin, sodium benzoate and potassium sorbate (preservatives), artificial colors (red 40 and blue 1), cellulose gum

CHOCOLATE CHIP COOKIE: Enriched Bleached Flour (Bleached Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin, Vanilla), Sugar, Margarine (Palm Oil, Water, Salt, Mono- and Diglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene), Brown Sugar, Eggs, Butter, Natural and Artificial Flavor, Baking Soda, Salt.

CONTAINS: MILK, WHEAT, EGGS, AND SOYBEAN

OATMEAL RAISIN COOKIE: Enriched bleached flour (Bleached flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), rolled oats, sugar, brown sugar, margarine (palm oil, water, salt, mono- and diglycerides, natural flavor, vitamin A palmitate, beta carotene), raisins, coconut, eggs, butter, invert sugar, whole milk, baking soda, artificial flavor, salt.

CONTAINS: MILK, EGGS, COCONUT, WHEAT

CHUNKY COOKIE with OREO® PIECES: Flour (bleached wheat flour, malted barley flour, niacin, iron [reduced iron], thiamin mononitrate, riboflavin, and folic acid), Oreo Cookies (sugar, unbleached enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid], high oleic canola and/or palm oil, cocoa [processed with alkali], high fructose corn syrup, cornstarch, leavening [baking soda and/or calcium phosphate], salt, soy lecithin, vanillin – an artificial flavor, chocolate), Margarine (palm oil, water, soybean oil, salt, whey solids, vegetable mono and diglycerides, soy lecithin, artificial flavor, beta carotene [color], vitamin A palmitate added), Sugar, Brown sugar, Eggs, Imitation Vanilla Flavor (water, propylene glycol, vanillin, ethyl vanillin, caramel color and artificial flavor), baking soda, baking powder, salt.

CONTAINS: MILK, EGGS, WHEAT, SOY

WHITE CHOCOLATE MACADAMIA NUT COOKIE: Enriched Bleached Flour (Bleached Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), White Chocolate Chips (Sugar, Cocoa Butter, Whole Milk Powder, Dextrose, Soy Lecithin, Artificial Flavor), Sugar, Margarine (Palm Oil, Water, Salt, Mono- and Diglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene), Brown Sugar, Macadamia Nuts, Eggs, Butter, Natural and Artificial Flavor, Baking Soda, Salt.

CONATINS: MILK, WHEAT, EGGS, SOYBEANS, AND MACADAMIA NUTS

Important Information:

Allergen Key:

M: MILK **S: Soy or soy lecithin** **F: Fish**
W: WHEAT **P: Peanut** **NONE: Contains none of the above allergens**
E: EGG **T: Tree nut**

▲ Please note:

This information provided by Burger King Corporation regarding our food is as complete as possible at the time of this publication. The source of this information is reported to us by our suppliers or is lab tested "as served" by an accredited laboratory. We use ESHA Research Genesis R&D software to calculate this nutritional data. Variations may occur depending on the supplier and on product assembly on a restaurant-by-restaurant basis. Product formulations may change periodically, we continue to update this list to reflect changes that occur in our products.

¹ From time to time, restaurants may test or feature products containing dairy (or other allergens) which will be cooked in the same broiler with beef and chicken products. At those times, it is possible that small amounts of milk protein (or other allergens) may be present on beef and chicken patties. Burger King Corporation, its franchisees, and employees, do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants. Please always consult your healthcare practitioner for questions regarding your diet. We encourage anyone with food sensitivities, allergies, or special dietary needs to check www.bk.com on a regular basis to obtain the most up-to-date information about our food before you order. If you have specific questions about our menu, call: Burger King Consumer Relations Department: 866-394-2493 or contact us via web at [bk.com/contact us](http://bk.com/contact-us)

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*Artificial maple flavor in Vermont only.

**Burger King Corporation makes no claim that the BK VEGGIE® Burger or any other of its products meets the requirements of a vegan or vegetarian diet. The patty is cooked in the microwave.

"‡": These values represent Sodium derived from ingredients other than water. The actual amount of Sodium in the beverages will vary depending on the quantity contained in the water supply where the finished beverages are produced.