



CORE Menu Items (August 4, 2004)

	Serving Size (g)	Calories	Calories from fat	Total fat (g)	Saturated fat * (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Original WHOPPER®																
Original WHOPPER® Sandwich	291	700	370	42	13	1	85	1020	52	4	8	31	20	15	10	30
w/o Mayo	270	540	220	24	10	1	75	900	52	4	8	30	10	15	10	30
Low Carb	167	280	180	20	9	1	75	290	3	<1	2	22	4	10	6	15
Original WHOPPER® With Cheese Sandwich	316	800	440	49	18	1.5	110	1450	53	4	9	35	25	15	25	30
w/o Mayo	294	640	280	31	15	2	95	1330	53	4	9	35	15	15	25	30
Low Carb	192	370	250	28	14	1	95	720	5	<1	2	27	10	10	20	15
Original DOUBLE WHOPPER® Sandwich	374	970	550	61	22	2	160	1110	52	4	8	52	20	15	15	45
w/o Mayo	353	810	390	44	19	2	150	980	52	4	8	52	10	15	15	45
Low Carb	251	540	360	40	18	2	150	380	3	<1	2	43	4	10	10	30
Original DOUBLE WHOPPER® With Cheese Sandwich	399	1060	620	69	27	3	185	1540	53	4	9	56	25	15	30	45
w/o Mayo	378	900	460	51	24	2	170	1410	53	4	9	56	15	15	30	45
Low Carb	275	630	430	47	23	2	170	810	5	<1	2	48	10	10	25	30
Original WHOPPER JR.® Sandwich	158	390	200	22	7	0.5	45	550	31	2	5	17	10	6	8	15
w/o Mayo	147	310	120	13	5	0.5	40	490	31	2	5	17	4	6	8	15
Low Carb	75	140	90	10	4.5	0	40	140	1	0	1	11	2	6	4	8
Original WHOPPER JR.® With Cheese Sandwich	160	430	230	26	9	1	55	770	32	2	5	19	10	6	15	15
w/o Mayo	149	350	150	17	8	0.5	50	700	32	2	5	19	8	6	15	15
Low Carb	87	190	130	14	7	0.5	50	360	2	0	1	14	6	6	10	8
ADD: Bacon (3 Strips)	8	40	25	3	1	--	10	210	0	0	0	3	0	0	0	0

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Fire-Grilled Burgers																
Hamburger	121	310	120	13	5	0.5	40	550	30	1	5	17	2	2	8	15
Cheeseburger	133	350	150	17	8	0.5	50	770	31	1	5	19	6	2	15	15
Double Hamburger	164	440	210	23	10	1	75	600	30	1	5	28	2	2	10	25
Double Cheeseburger	189	530	280	31	15	1.5	100	1030	32	2	5	32	10	2	25	25
Bacon Cheeseburger	141	390	180	20	9	0.5	60	990	31	1	5	22	6	2	15	15
Bacon Double Cheeseburger	196	570	310	34	17	1.5	110	1250	32	2	6	35	10	2	25	25
The Angus Steak Burger	290	570	200	22	8	1	180	1270	62	3	13	33	15	20	10	35
Low Carb	183	280	160	18	7	1	180	730	5	<1	3	25	15	20	2	20
The Angus Bacon & Cheese	325	710	300	33	15	1.5	215	1990	64	3	14	41	20	20	25	35
Low Carb	217	420	270	29	14	1.5	215	1450	7	<1	4	33	20	20	15	20
BK VEGGIE® Burger**	186	380	140	16	2.5	0	5	930	46	4	6	14	15	6	8	35
w/o Mayo	175	300	60	7	1.5	0	0	870	46	4	6	14	10	6	8	35

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Chicken & Fish																
Chicken WHOPPER® Sandwich	272	570	230	25	4.5	0	75	1410	48	4	5	38	15	10	6	40
w/o Mayo	251	410	70	7	2	0	60	1280	48	4	5	38	4	10	6	40
Low Carb	163	160	30	3.5	1	0	60	850	3	1	1	30	4	10	2	25
Chicken WHOPPER® Sandwich, "on a small bun w/o mayo"	218	320	60	7	1.5	0	60	1130	31	3	5	35	4	10	6	35
Original Chicken Sandwich	204	560	260	28	6	2	60	1270	52	3	5	25	8	0	6	15
w/o Mayo	190	460	150	17	4.5	2	55	1190	52	3	5	25	2	0	6	15
TenderCrisp Chicken Sandwich	298	780	400	45	7	4	55	1730	70	6	9	27	6	15	8	25
w/o Mayo	270	570	190	21	3.5	3.5	40	1540	70	6	9	26	6	15	8	25
Spicy TenderCrisp Chicken Sandwich	298	720	340	38	6	3.5	55	2030	71	6	9	27	6	20	10	25
CHICKEN TENDERS®																
4 Pieces	62	170	90	9	2.5	2	25	420	10	0	0	11	0	0	0	2
5 Pieces	77	210	110	12	3.5	2.5	30	530	13	<1	0	14	0	0	2	2
6 Pieces	92	250	130	14	4	2.5	35	630	15	<1	0	16	2	0	2	4
8 Pieces	123	340	170	19	5	3.5	50	840	20	<1	0	22	2	0	2	4
BK FISH FILET™ Sandwich	185	520	270	30	8	0	55	840	44	2	4	18	6	2	15	15
w/o tartar sauce	156	360	120	13	5	0	40	700	42	2	3	18	4	2	15	10

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Side Orders																
FRENCH FRIES																
Small (Salted)	74	230	100	11	3	3	0	410	29	2	0	3	0	8	2	2
Small (Salt not added)	74	230	100	11	3	3	0	240	29	2	0	3	0	8	2	2
Medium (Salted)	117	360	160	18	5	4.5	0	640	46	4	1	4	0	15	2	4
Medium (Salt not added)	116	360	160	18	5	4.5	0	380	46	4	1	4	0	15	2	4
Large (Salted)	160	500	220	25	7	6	0	880	63	5	1	6	0	20	2	6
Large (Salt not added)	159	500	220	25	7	6	0	510	63	5	1	6	0	20	2	6
King (Salted)	194	600	270	30	8	8	0	1070	76	6	1	7	0	20	2	6
King (Salt not added)	193	600	270	30	8	8	0	620	76	6	1	7	0	20	2	6

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Side Orders (cont.)																
ONION RINGS																
Small	51	180	80	9	2	2	0	260	22	2	3	2	0	0	6	0
Medium	91	320	140	16	4	3.5	0	460	40	3	5	4	0	0	10	0
Large	137	480	210	23	6	5	0	690	60	5	7	7	0	0	15	0
King	159	550	240	27	7	6	5	800	70	5	8	8	0	0	20	0
CHILI	216	190	70	8	3	0	25	1040	17	5	5	13	25	60	8	8
Cheddar Cheese, Shredded	21	90	60	7	4.5	--	20	130	0	0	0	5	4	0	15	0
Crackers	6	25	5	0.5	0	--	0	70	4	0	0	--	--	--	--	--

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Dipping Sauces																
Barbecue Dipping Sauce	28	35	0	0	0	--	0	390	9	0	7	0	2	4	0	2
Honey Flavored Dipping Sauce	28	90	0	0	0	--	0	0	23	0	22	0	0	0	0	0
Honey Mustard Dipping Sauce	28	90	60	6	1	--	10	150	9	0	4	0	0	2	0	0
Sweet and Sour Dipping Sauce	28	40	0	0	0	--	0	65	10	0	5	0	0	2	0	4
Ranch Dipping Sauce	28	140	130	15	2.5	--	5	95	1	--	1	1	0	0	0	0
Zesty Onion Ring Dipping Sauce	28	150	140	15	2.5	0	15	210	3	<1	2	0	0	0	0	0
Ketchup (Packet)	10	10	0	0	0	--	0	125	3	0	2	0	4	2	0	0

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Salads																
Side Garden Salad (w/o dressing)	106	20	0	0	0	0	0	15	4	<1	<1	1	60	20	0	2
Fire-Grilled Chicken Caesar Salad (w/o dressing or toast)	286	190	60	7	3	0	50	900	9	1	1	25	85	40	15	8
Fire-Grilled Shrimp Caesar Salad (w/o dressing or toast)	291	180	90	10	3	0.5	120	880	9	2	1	20	90	45	20	15
Fire-Grilled Chicken Garden Salad (w/o dressing or toast)	344	210	60	7	3	0	50	910	12	2	3	26	130	45	20	10
Fire-Grilled Shrimp Garden Salad (w/o dressing or toast)	349	200	90	10	3	0.5	120	900	13	3	6	21	90	45	25	20

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Salad Dressings & Toppings																	
Garden Ranch (2 oz)		57	120	90	10	1.5	0	20	610	7	0	2	<1	0	0	2	2
Creamy Garlic Caesar (2 oz)		57	130	100	11	2	0	20	710	7	0	2	2	2	0	6	2
Sweet Onion Vinaigrette (2 oz)		57	100	70	8	1	0	0	960	8	0	7	0	0	2	0	0
Tomato Balsamic Vinaigrette (2 oz)		57	110	80	9	1	0	0	760	9	0	8	0	2	2	2	2
Fat-Free Honey Mustard Dressing (2 oz)		57	70	0	0	0	--	0	230	18	0	15	0	0	0	0	0
HIDDEN VALLEY® Fat Free Ranch (1.5oz)		43	35	0	0	0	--	0	370	7	0	2	0	0	0	2	0
Garlic Parmesan Toast		14	70	20	2.5	0	--	0	120	9	0	<1	2	0	2	0	2
Desserts																	
Dutch Apple Pie		113	340	130	14	3	3	0	470	52	1	23	2	2	0	0	8
HERSHEY'S® Sundae Pie		79	300	160	18	10	1.5	10	190	31	1	23	3	2	0	4	6
NESTLE® Toll House™ Freshly Baked Chocolate Chip Cookies (2)		96	440	150	16	5	0	20	360	68	0	32	5	15	2	8	15
Breakfast																	
CROISSANWICH® w/ Bacon, Egg & Cheese		119	360	200	22	8	2	195	950	25	<1	4	15	8	0	30	20
CROISSANWICH® w/ Ham, Egg & Cheese		146	360	180	20	8	2	200	1500	25	<1	3	18	8	2	30	25
CROISSANWICH® w/ Sausage, Egg & Cheese		157	520	350	39	14	2.5	210	1090	24	1	4	19	10	0	30	25
CROISSANWICH® w/ Sausage & Cheese		107	420	280	31	11	2.5	45	840	23	<1	4	14	4	0	10	20
CROISSANWICH® w/ Egg & Cheese		112	320	170	19	7	2	185	730	24	<1	3	12	8	0	30	20
French Toast Sticks (5 sticks)		112	390	180	20	4.5	4.5	0	440	46	2	11	6	0	0	6	10
Hash Brown Rounds																	
	Small	75	230	130	15	4	5	0	450	23	2	0	2	0	2	0	2
	Large	128	390	230	25	7	8	0	760	38	4	0	3	0	2	2	4
Breakfast Jams and Syrup																	
Grape Jam		12	30	0	0	0	--	0	0	7	0	6	0	0	0	0	0
Strawberry Jam		12	30	0	0	0	--	0	0	7	0	6	0	0	0	0	0
Breakfast Syrup		28	80	0	0	0	--	0	20	21	0	14	0	0	0	2	0
Drinks																	
Milk Shakes																	
	Vanilla - Small	298	400	130	15	9	0	60	240	57	0	56	8	10	4	35	0
	Vanilla - Medium	397	540	180	20	13	0.5	80	320	76	0	74	11	15	6	50	2
	Vanilla - Large	588	800	270	29	19	1	120	480	113	<1	110	16	20	10	70	2
	Chocolate - Small (Syrup Added)	284	410	120	13	8	0	50	300	65	<1	63	7	10	4	30	4
	Chocolate - Medium (Syrup Added)	397	600	160	18	11	0	70	470	97	2	94	10	15	6	45	8
	Chocolate - Large (Syrup Added)	581	850	240	27	17	0.5	105	620	133	2	128	15	20	8	70	8
	Strawberry - Small (Syrup Added)	284	410	120	13	8	0	50	220	64	0	63	7	10	4	30	0
	Strawberry - Medium (Syrup Added)	397	590	150	17	11	0	70	300	96	0	94	9	15	6	45	0
	Strawberry - Large (Syrup Added)	581	840	240	26	17	0.5	105	450	131	<1	128	14	20	8	60	2
COCA COLA® CLASSIC‡	Kids	282	120	0	0	0	--	0	--	31	0	31	0	--	--	--	--
	Small	376	160	0	0	0	--	0	--	41	0	41	0	--	--	--	--
	Medium	518	230	0	0	0	--	0	--	56	0	56	0	--	--	--	--
	Large	753	330	0	0	0	--	0	--	82	0	82	0	--	--	--	--
	King	988	430	0	0	0	--	0	--	108	0	108	0	--	--	--	--
DIET COKE®‡	Kids	282	0	0	0	0	--	0	--	0	0	0	0	--	--	--	--
	Small	376	0	0	0	0	--	0	--	0	0	0	0	--	--	--	--
	Medium	518	0	0	0	0	--	0	--	0	0	0	0	--	--	--	--
	Large	753	0	0	0	0	--	0	--	0	0	0	0	--	--	--	--
	King	988	0	0	0	0	--	0	--	0	0	0	0	--	--	--	--
SPRITE®‡	Kids	282	120	0	0	0	--	0	--	30	0	30	0	--	--	--	--
	Small	376	160	0	0	0	--	0	--	40	0	40	0	--	--	--	--
	Medium	518	220	0	0	0	--	0	--	55	0	55	0	--	--	--	--
	Large	753	320	0	0	0	--	0	--	80	0	80	0	--	--	--	--
	King	988	420	0	0	0	--	0	--	105	0	105	0	--	--	--	--
DR PEPPER®‡	Kids	282	120	0	0	0	--	0	--	30	0	30	0	--	--	--	--
	Small	376	160	0	0	0	--	0	--	39	0	39	0	--	--	--	--
	Medium	518	220	0	0	0	--	0	--	54	0	54	0	--	--	--	--
	Large	753	320	0	0	0	--	0	--	79	0	79	0	--	--	--	--
	King	988	410	0	0	0	--	0	--	104	0	104	0	--	--	--	--
ICEE® COCA COLA® Classic	Small	439	370	0	0	0	--	0	--	92	0	92	0	--	--	--	--
	Medium	539	450	0	0	0	--	0	--	113	0	113	0	--	--	--	--
ICEE® MINUTE MAID® Cherry‡	Small	439	370	0	0	0	0	0	--	92	0	92	0	--	--	--	--
	Medium	539	450	0	0	0	0	0	--	113	0	113	0	--	--	--	--
MINUTE MAID® Orange Juice		284	140	0	0	0	0	0	25	33	0	30	2	0	70	0	0
Coffee	Medium	366	5	0	0	0	0	0	5	1	0	0	0	0	0	0	0
	Large	488	10	0	0	0	0	0	10	2	0	0	0	0	0	0	0
1% Lowfat Milk (8 oz)		244	100	25	2.5	1.5	0	10	125	12	0	12	8	10	4	30	0
AQUAFINA® Water		490	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Footnote for Carbonated Beverages "‡" :																	
‡ 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.																	
Footnote for "Saturated Fat* (g)":																	
* Does not include Trans Fat.																	
Footnote for BK VEGGIE® Burger**:																	
**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.																	
Footnote for "--" :																	
-- Nutritional information is Not Available																	