

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Breakfast Items												
Croissan'wich® with Sausage, Egg & Cheese	1 each	157	470	26	1	19	32	65	11	2.5	180	1060
Croissan'wich® with Sausage & Cheese	1 each	106	370	23	1	14	25	64	9	2	50	810
Croissan'wich® with Egg & Cheese	1 each	115	300	26	0	12	17	51	6	2	145	740
Croissan'wich® with Ham, Egg & Cheese	1 each	149	340	26	1	18	18	48	6	2	160	1230
Croissan'wich® with Bacon, Egg & Cheese	1 each	122	340	26	1	15	20	53	7	2	155	890
Double Croissan'wich™ with Sausage, Egg & Cheese	1 each	215	680	26	1	29	51	68	18	3	220	1600
Double Croissan'wich™ with Bacon, Egg & Cheese	1 each	142	430	27	1	21	27	57	10	2	175	1250
Double Croissan'wich™ with Ham, Egg & Cheese	1 each	196	420	27	1	27	23	49	9	2	185	2210
Double Croissan'wich™ with Sausage, Bacon, Egg & Cheese	1 each	179	560	27	1	24	39	63	14	2.5	200	1430
Double Croissan'wich™ with Ham, Bacon, Egg & Cheese	1 each	169	420	27	1	28	24	51	9	2	180	1600
Double Croissan'wich™ with Ham, Sausage, Egg & Cheese	1 each	206	550	27	1	28	37	61	14	2.5	205	2040
Enormous Omelet Breakfast Sandwich	1 each	266	730	44	2	37	45	55	16	1	330	1940
French Toast Sticks	5 sticks	112	390	46	2	6	20	46	4.5	4.5	0	440
Cini-minis without Icing	4 rolls	108	390	51	2	7	18	47	5	4	20	560
Hash Brown Rounds	Small	75	230	23	2	2	15	56	4	5	0	450
Hash Brown Rounds	Large	128	390	38	4	3	25	58	7	8	0	760
Individual Breakfast Menu Components												
Grape Jam	1 serving	12	30	7	0	0	0	0	0	0	0	0
Strawberry Jam	1 serving	12	30	7	0	0	0	0	0	0	0	0
Breakfast Syrup	1 serving	28	80	21	0	0	0	0	0	0	0	20
Vanilla Icing (for Cini-minis)	1 serving	28	110	21	0	0	3	25	0.5	.5	0	40
Sandwiches												
Whopper®	1 each	290	670	51	3	28	39	52	11	1.5	51	1020
Whopper® without Mayo	1 each	269	510	51	3	28	22	37	9	1	80	880
Whopper® with Cheese	1 each	315	760	52	3	33	47	54	16	1.5	115	1450
Whopper® with Cheese without Mayo	1 each	294	600	52	3	32	30	44	14	1.5	100	1310
Double Whopper®	1 each	373	900	51	3	47	57	56	19	2	175	1090

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Sandwiches												
Double Whopper® without Mayo	1 each	352	740	51	3	47	39	47	17	2	160	950
Double Whopper® with Cheese	1 each	398	990	52	3	52	64	57	24	2.5	195	1520
Double Whopper® w/ Cheese w/o Mayo	1 each	376	830	52	3	52	47	50	22	2	180	1380
Triple Whopper™	1 each	456	1130	51	3	67	74	59	27	3	255	1160
Triple Whopper™ without Mayo	1 each	434	980	51	3	66	57	52	24	2.5	240	1020
Whopper Jr.®	1 each	158	370	31	2	15	21	50	6	.5	50	570
Whopper Jr.® without Mayo	1 each	147	290	31	2	15	12	38	4.5	0	40	490
Whopper Jr.® with Cheese	1 each	170	410	32	2	18	24	53	8	1	60	780
Whopper Jr.® with Cheese without Mayo	1 each	149	330	31	2	17	16	44	7	.5	55	710
Hamburger	1 each	121	290	30	1	15	12	39	4.5	0	40	560
Cheeseburger	1 each	133	330	31	1	17	16	44	7	.5	55	780
Double Hamburger	1 each	164	410	30	1	25	21	49	9	1	85	600
Double Cheeseburger	1 each	189	580	31	1	30	29	54	14	1.5	105	1030
Bacon Cheeseburger	1 each	138	360	31	1	19	18	45	8	.5	60	870
Bacon Double Cheeseburger	1 each	194	530	32	1	32	31	55	14	1.5	110	1130
BK™ Double Stacker	1 each	190	610	32	1	34	39	58	16	1.5	125	1100
BK™ Triple Stacker	1 each	250	800	33	1	48	54	61	23	2	185	1450
BK™ Quad Stacker	1 each	311	1000	34	1	62	68	61	30	3	240	1800
The Angus Steak Burger	1 each	273	640	55	3	33	33	46	10	1.5	185	1260
Chicken, Fish, & Veggie												
BK Veggie® with mayo	1 each	215	420	46	7	23	16	27	2.5	0	10	1100
BK Fish Filet® Sandwich	1 each	250	630	67	4	24	30	43	6	2.5	60	1380
Spicy BK Fish Filet® Sandwich	1 each	250	620	67	4	24	29	42	6	2.5	60	1540
Original Chicken Sandwich	1 each	219	660	52	4	24	40	53	8	2.5	70	1440
Original Chicken Sandwich without Mayo	1 each	190	450	52	4	23	17	33	4	2	50	1250
Tendergrill® Chicken Sandwich	1 each	258	450	53	4	37	10	20	2	0	75	1210
Chicken, Fish, & Veggie												
Tendercrisp® Chicken Sandwich	1 each	286	780	73	4	25	43	50	8	4	75	1730
Chicken Tenders® Kid's Meal	4 pieces	62	170	11	0	9	10	48	2.5	1.5	25	480
Chicken Tenders®	5 pieces	77	210	13	0	12	12	49	3	2	35	600
Chicken Tenders® Big Kid's Meal	6 pieces	92	250	16	0	14	15	50	3.5	2.5	40	720
Chicken Tenders®	8 pieces	123	340	21	0	19	20	50	5	3	55	960
Salads and Dressings												
Side Garden Salad	1 each	98	15	3	1	1	0	0	0	0	0	0

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Salads and Dressings												
Tendergrill® Chicken Garden Salad	1 each	292	240	8	4	33	9	34	3.5	0	80	720
Tendercrisp® Chicken Garden Salad	1 each	306	400	32	5	22	21	47	7	3.5	70	1170
Garden Salad-No Chicken	1 each	184	90	7	3	5	5	50	2.5	0	15	125
Ken's® Light Italian Dressing	2 oz.	57	120	5	0	0	11	83	1.5	0	0	440
Ken's® Ranch Dressing	2 oz.	57	190	2	0	1	20	95	3	0	20	560
Ken's® Creamy Caesar Dressing	2 oz.	57	210	4	0	3	21	90	4	0	25	610
Ken's® Honey Mustard Dressing	2 oz.	57	270	15	0	1	23	77	3	0	20	520
Ken's® Fat Free Ranch Dressing	2 oz.	57	60	15	2	0	0	0	0	0	0	740
Sides												
French Fries, salted	Small	74	230	26	2	2	13	45	3	3	0	380
French Fries, no salt	Small	74	230	26	2	3	13	45	3	3	0	240
French Fries, salted	Med.	116	360	41	4	4	20	45	4.5	4.5	0	590
French Fries, no salt	Med.	116	360	41	4	4	20	45	4.5	4.5	0	380
French Fries, salted	Large	160	500	57	5	5	28	45	6	6	0	820
French Fries, no salt	Large	159	500	57	5	5	28	45	6	6	0	530
French Fries, salted	King Size	194	600	69	6	6	33	45	8	7	0	990
French Fries, no salt	King Size	193	600	69	6	6	33	45	8	7	0	640
Onion Rings	Small	43	150	19	1	2	7	42	2	1.5	0	220
Onion Rings	Med.	91	320	40	3	4	16	45	4	3.5	0	460
Onion Rings	Large	130	450	57	4	6	22	45	6	5	0	660
Onion Rings	King Size	150	520	66	5	7	26	45	7	6	5	760
Condiments/Individual Menu Item Components												
Barbecue Dipping Sauce	1 serving	28	40	11	0	0	0	0	0	0	0	310
Honey Flavored Dipping Sauce	1 serving	28	90	23	0	0	0	0	0	0	0	0
Honey Mustard Dipping Sauce	1 serving	28	90	8	0	0	6	60	1	0	10	180
Ranch Dipping Sauce	1 serving	28	140	1	0	1	15	98	2.5	0	5	95
Sweet and Sour Dipping Sauce	1 serving	28	45	11	0	0	0	0	0	0	0	55
Buffalo Dipping Sauce	1 serving	28	80	2	0	0	8	90	1.5	0	5	350
Tartar Sauce	0.5 oz.	14	70	0	0	0	8	100	4	0	5	100
Ketchup	0.5 oz.	10	10	3	0	0	0	0	0	0	0	125
Shakes												
Vanilla Shake	Kid's	228	310	44	0	6	11	32	7	0	45	180
Vanilla Shake	Small	296	400	57	0	8	15	34	9	0	60	240
Vanilla Shake	Med.	412	560	79	0	11	21	34	13	.5	85	330

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Shakes												
Vanilla Shake	Large	608	820	117	1	16	30	33	19	1	125	490
Vanilla Shake	King	785	1070	151	1	21	39	33	25	1	160	640
Chocolate Shake	Kid's	245	370	61	1	6	11	27	7	0	40	300
Chocolate Shake	Small	315	470	75	1	8	14	27	9	0	55	350
Chocolate Shake	Med.	447	690	114	2	11	20	26	12	0	75	560
Chocolate Shake	Large	640	950	151	2	16	29	27	19	.5	115	720
Chocolate Shake	King	842	1260	204	3	21	38	27	24	1	145	980
Strawberry Shake	Kid's	244	360	60	0	6	10	25	7	0	40	180
Strawberry Shake	Small	314	460	73	1	7	14	27	9	0	55	240
Strawberry Shake	Med.	444	660	111	2	10	19	26	12	0	75	330
Strawberry Shake	Large	637	930	148	1	15	28	27	18	.5	115	490
Strawberry Shake	King	838	1230	200	1	19	36	26	23	1	145	640
Desserts												
Dutch Apple Pie	1 each	108	300	45	1	2	13	39	3	3	0	270
Hershey's Sundae Pie	1 each	79	310	32	1	3	19	55	12	0	10	220