

# NUTRITIONAL INFORMATION



CANADA NOVEMBER 2008

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## BREAD / BUNS:

### BK™ SESAME BURGER BUNS: (4", 5" AND 6" STEAK BUN)

Enriched **Wheat** Flour, Water, Sugar/Glucose-Fructose, Yeast, **Sesame Seeds**, Vegetable Oil (Canola Or Soybean), Salt, Monoglycerides, Sodium Stearoyl-2-Lactylate, Calcium Propionate, Calcium Sulfate. May Contain Traces Of **Soybean**.

### SPECIALTY BUN:

Enriched **Wheat** Flour, Water, Sugar / Glucose-Fructose, **Cornmeal**, Yeast, Vegetable Oil (Canola Or Soybean), Salt, Vinegar, Calcium Propionate, Sodium Stearoyl-2-Lactylate, Monoglycerides. May Contain Traces Of **Sesame Seeds And Soybean**.

### ZTF BUN - CROISSANT 1.75oz FROZEN:

Enriched Flour [**Wheat** Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Water, Vegetable Shortening [**Partially Hydrogenated Soybean & Cottonseed Oil**, Water, Salt, Nonfat Dry Milk Solids, Vegetable Mono- & Diglycerides, Sodium Benzoate (Preservative), Annatto (Colour)], High Fructose Corn Syrup, Yeast. Contains 2% Of Less Of Each Of The Following: Salt, Natural And Artificial Flavour, Calcium Propionate Added To Retard Spoilage, **Egg Yolks**, Whey Protein Concentrate, Sodium Caseinate, Wheat Gluten, Nonfat Milk, Soy Lecithin, **Soy** Flour Dough Conditioners (Sodium Stearoyl Lactylate, Datem).

### BK "CINI MINIS"® FROZEN DOUGH:

Enriched Flour Bleached (**Wheat** Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Palm, Canola And Soybean Oils, Sugar, High Fructose Corn Syrup, Dextrose, Cinnamon, Dried Nonfat **Milk**, Dried Whole **Eggs** (Contains Sodium Silicoaluminate), Molasses, Vital Wheat Gluten, Yeast, Salt, Modified Tapioca StArch, Mono And Diglycerides, Acetylated Tartaric Acid Esters Of Mono- And Diglycerides (Datem), Sodium Aluminum Phosphate, Baking Soda, Artificial Colour, Natural And Artificial Flavour, L-Cysteine Hydrochloride, TBqh (Preservative), Ascorbic Acid, Azodicarbonamide.

### WHEAT TOAST:

Whole **Wheat** Flour, Water, Yeast\*, Sugar / Glucose-Fructose, Vegetable Oil (Canola Or Soybean), Salt, Wheat Gluten, Vinegar, Calcium Propionate, Sodium Stearoyl-2-Lactylate, Acetylated Tartaric Acid Esters Of Mono And Diglycerides, Monoglycerides, Calcium Sulphate, Ammonium Chloride. \*Order May Change. May Contain Traces Of Soybean And Sesame Seeds.

### PANCAKES:

TBD

### FRENCH TOAST STICKS:

Enriched Bleached Flour (**Wheat** Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Corn Syrup, Yeast, Contains 2% Or Less Of Each Of The Following: **Partially Hydrogenated Soybean Oil**, Cottonseed Oil, Wheat Gluten, Salt, Corn Flour, Dough Conditioners (May Contain One Or More Of The Following: Mono- And Diglycerides, Ethoxylated Mono- And Diglycerides, Calcium And Sodium Stearoyl Lactylates, Calcium Iodate, Calcium Peroxide, Ascorbic Acid, Azodicarbonamide, Enzymes), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate), Corn Starch, Natural Flavour, Glycerol Monooleate, Polysorbate 60, Calcium Propionate Added To Retard Spoilage, Turmeric And Paprika Extractives, Soy Lecithin, Soy Flour. Batter And Breading: Water, Bleached **Wheat** Flour (Enriched With Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Wheat** Flour, Sugar, **Yellow Corn** Flour, Soy Flour Contains 2% Or Less Of The Following: Dextrose, Modified Corn Starch, Salt, Slecithin, Gum Arabic, Leavening (Monocalcium Phosphate, Sodium Bicarbonate), Yeast, Glycerine, Natural And Artificial Flavour, Polysorbate 80, Carrageenan. Fried In Soybean Oil.

### 4" SPLIT TOP CORN DUSTED:

Enriched **Wheat** Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Degermed **Yellow Corn** Meal, Wheat Gluten, Contains 2% Or Less Of The Following: Soybean Oil, Yeast, Salt, Durum **Wheat** Flour, Corn Syrup Solids, Oat Fibre Dough Conditioners (Sodium Stearoyl Acylate, Monoglycerides, Calcium Peroxide) Guer Gum, Algin, Xanthan Gum, Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate), Calcium Propionate (Preservative), L-Cysteine Hydrochloride, Tricalcium Phosphate.

### ENGLISH MUFFINS:

Enriched **Flour**, Water, Yeast, **Corn** Flour, Glucose-Fructose, **Cornmeal**, Salt, Vinegar, **Wheat** Gluten, Soybean Oil, Monoglycerides, Calcium Propionate, Calcium Phosphate, Calcium Sulphate, Calcium Carbonate, Calcium Silicate, Potassium Sorbate, Sorbic Acid Ammonium Sulphate, Fumaric Acid, Diacetylated Tartaric Acid Esters Of Mono- And Diglycerides, Amylase, Protease. **May Contain Traces Of Milk, Egg, And /Or Sesame**.

## Beef, Pork, Chicken, Fish And Kids:

### BACON - PRECOOKED, DICED TOPPING:

Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate, Smoke. May Contain Sugar, Brown Sugar, Potassium Chloride, Spices, Maple Flavour.

### BACON - RAW, LAYERED, FROZEN:

Pork, Water, Salt, Sugar, Sodium Erythorbate, Sodium Phosphate, Spices (Mace, Clove, Cayenne, Garlic), Sodium Nitrite, Smoke.

### BACON - SLICED, FULLY COOKED, REFRIGERATED:

Pork, Water, Salt, Sugar, Sodium Erythorbate, Sodium Phosphate, Spices, Sodium Nitrite, Smoke.

### SLICED HAM:

Ham Cured With Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke.

### MILD SPICED SAUSAGE PATTY:

Pork, Salt, Spices, Corn Syrup Solids, Dextrose, **Monosodium Glutamate**, **Partially Hydrogenated Soybean Oil**, Flavour (Maltodextrin, Grill Flavour (From Soybean Oil), Modified **Corn** Starch, Corn Syrup Solids).

### BEEF-PATTY ANGUS STEAKHOUSE, SEASONED, UNCOOKED (4.6oz):

Beef, Encapsulated Salt (Salt, **Partially Hydrogenated Vegetable Oil**), Flavourings, Beef Fat, Beef Stock, Dextrose.

### WHOPPER®, 4.0oz / BEEF PATTY 2.2oz:

100% GROUND BEEF

### EGG PATTY - OMELET:

Whole **Egg**, **Whey**, Soybean Oil, Salt, Natural And Artificial Butter Flavour, Xanthan Gum, Citric Acid, Annatto (Colour).

### CROWN SHAPED CHICKEN TENDERS® (Fried):

Breaded Chicken Breast Strips With Rib Meat Containing Up To 8.7% Solution Of Water, Salt, Sodium Phosphate, Modified Corn Starch And Flavouring. Breaded With: Bleached **Wheat** flour, Water, Modified Corn Starch, Salt, Yellow Corn Flour, Spices, Monocalcium Phosphate, **Partially Hydrogenated Soybean Oil**, Dextrose, Sugar, Garlic Powder, Yeast, **Monosodium Glutamate**, **Buttermilk** Powder, Natural Flavourings, Breading Set In Vegetable Oil. Natural

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Flavours Include Oil Of Garlic, Extractive Of Black Pepper And Spice Extractives.

### TENDERGRILL® CHICKEN FILET:

Chicken Breast Fillets With Rib Meat, Water Seasoning (Maltodextrin, Salt, Sugar, Autolyzed Yeast Extract, Garlic Powder, Spices, Flavours And Artificial Flavours, Onion Powder, Modified **Cornstarch**, Chicken Fat, Chicken Powder, Chicken Broth, Disodium Guanylate & Inosinate, Citric Acid, Hydrogenated Soybean Oil, Dehydrated Garlic), Soybean Oil, Modified Cornstarch, Salt, Sodium Phosphates. Glazed With: Water, Seasoning (Maltodextrin, Salt, Sugar, Methylcellulose, Autolyzed Yeast Extract, Hydrogenated Sunflower Oil, Modified Potato Starch, Fructose, Hydrogenated Soybean Oil, Garlic Powder, Onion Powder, Dehydrated Garlic, Spices, Modified Cornstarch, Xanthan Gum, Flavours And Artificial Flavours, Disodium Guanylate & Inosinate, Chicken Fat, Caramel, Grill Flavour, Chicken Powder, Chicken Broth, Smoke Flavour And Annatto Extract) Soybean Oil.

### ORIGINAL CHICKEN FILET, OCS 3.75oz:

Chicken Meat, Water, Salt. In A Batter Of Water, **Wheat** Flour, Modified **Corn** Starch, Corn Starch, Salt. In A Breading Of Toasted Wheat Crumbs, Wheat Flour, Salt, Spice, Hydrogenated Soybean Oil. Browned In Canola Oil.

### CHICKEN BREAST WHOLE MUSCLE FILET, TENDERCRISP®:

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. Breading Set In Soybean Oil.

### BK® Chicken Fries (Fried):

Chicken Breast With Rib Meat, Water, Seasoning [Salt, Modified Food Starch, Flavouring], Modified Potato Starch, Sodium Phosphates. Breaded With: Bleached **Wheat** Flour, Modified **Wheat** Starch, Rice Flour, Salt, Spices, Dextrose, Paprika, **Monosodium Glutamate**, Dehydrated Garlic, Dehydrated Onion, Soybean Oil, Maltodextrin, Natural Flavour, Extractives Of Paprika. Battered With: Water, Bleached **Wheat** Flour, Corn Starch, Modified **Wheat** Starch, Maltodextrin, Potato Starch, Modified Food Starch, Methylcellulose, Mono And Diglycerides, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate). PreDusted With: Bleached **Wheat** Flour, Modified Food Starch (Corn Or Potato), Dextrose, Monosodium Glutamate, Salt, Maltodextrin, Corn Starch, Sugar, Soybean Oil, Paprika, Spice, Onion Powder, Extractives Of Paprika, Garlic Powder, Turmeric, Natural Flavours. Breading Set In Soybean Oil Or Vegetable Oil. Modified Food Starch Sources Include Corn And Potato In Addition To **Wheat** As Declared. Flavouring Or Natural Flavours Include: Oil Of Garlic, Black Pepper Extractive, Oleoresin Capsicum, Oleoresin Chili.

### CHICKEN-PATTY, BREADED, SPICY 2.35oz:

Chicken Breasts With Rib Meat, Water, Salt, **Monosodium Glutamate**, Chicken Flavour (Sunflower Oil, Flavours, Chicken Fat, Artificial Flavours, Polysorbate 80, Chicken Powder, Chicken Broth, **Partially Hydrogenated Soybean & Cottonseed Oil**, Papain, And Thiamine Hydrochloride), Flavouring. Breaded With: Bleached **Wheat** Flour, Enriched Bleached **Wheat** Flour (Enriched With Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Spice, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Onion Powder, Garlic Powder, Extractives Of Paprika, Soybean Oil. Battered With: Water, Bleached **Wheat** Flour, Modified Corn Starch, Salt, Spices, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Soybean Oil, Onion Powder, Dextrin, Extractives Of Paprika, **Yellow 6**, **Red 40 Lake**, Natural & Artificial Flavour (Including Butter Flavour), Lactic Acid, Not More Than 2% Sodium Silico Aluminate Added To Prevent Caking. PreDusted With: **Wheat** Flour, Modified Corn Starch, Salt, **Wheat** Gluten, Spice, Extractives Of Paprika, Soybean Oil, Onion Powder, Less Than 2% Silicon Dioxide Added To Prevent Caking. Breading Set In Vegetable Oil. Contains: **Wheat**.

## Veggie Patty And Side Items:

### SOY PATTY - BK VEGGIE®:

Water, **Soy** Protein, Hydrogenated Palm Kernel Oil (Trans Fat Free), Cellulose Gum, Salt, Modified **Wheat** Gluten, Soy Protein, Hydrolyzed Soy, **Wheat & Corn** Protein, Flavour, Onion, Sugar, Spices, Malt, Garlic, Beet Powder.

### BK BIG FISH® PORTIONS:

**Pollock Filets**, Toasted **Wheat** Crumbs, Modified Starch (**Corn**), Flour (Corn), Water, Salt, Seasonings (Onion, Garlic, Spices), Colour (Paprika, Annatto), Vegetable Oil (Soya).

### PROCESSED CHEESE:

Cultured **Milk**, Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), Sodium Phosphate, **Artificial Colour**, Enzymes, Acetic Acid, Soy Lecithin.

### PEANUT BUTTER:

Select Roasted **Peanuts**, Soybean Oil, Maltodextrin, Sugar, Hydrogenated Vegetable Oil, Dextrose, Salt.

### MOTT'S FRUITSATIONS®:

Apples, Water, Calcium From Calcium Lactate And Calcium Gluconate Vitamin C From Ascorbic Acid.

### MOZZARELLA STICKS:

Mozzarella Cheese (Modified **Milk** Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme), Toasted **Wheat** Crumbs, Water, Flour (**Wheat**, **Corn**), Modified Starch (Corn), Seasonings (Garlic, Onion, Spices), Salt, Romano Cheese (Modified Milk Ingredients, Bacterial Culture, Salt, Rennet, Lipase, Calcium Chloride), Sugar, Vegetable Oil (Canola, Soya, Cottonseed), Guar Gum. Browned In Canola Oil.

## Condiments, Sauces & Toppings:

### SALTED BUTTER:

**Cream**, Salt.

### CREAMY OIL - CORN/CANOLA:

Corn Oil, Canola Oil, Hydrogenated Soybean Oil, TBHQ And Citric Acid Added To Help Preserve Freshness And Dimethylpolysiloxane, An Antifoaming Agent Added.

### WHIPPED SALTED BUTTERCUPS:

**Cream**, Salt (May Contain Colour).

### "CINI MINIS" ICING:

Liquid Sugar, Icing Sugar, Glucose, Sugar, Water, Sorbitol, Propylene Glycol, Salt, Natural And Artificial Flavour, Titanium Dioxide, Xanthan Gum, Canola Oil, Potassium Sorbate, Agar, Cellulose Gum, Phosphoric Acid, Ascorbyl Palmitate, Tocopherols, Citric Acid.

### HONEY:

Honey.

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<b>CRISPY ONIONS:</b>	Onions, Enriched Flour ( <b>Wheat</b> Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower, Safflower Or Canola Oil, Cornstarch, Tapioca Dextrin, Salt.
<b>GARLIC CROUTONS:</b>	Enriched Flour, Hydrogenated Soybean Oil, Sugar, Salt, Corn Syrup Solids, Modified <b>Milk</b> Ingredients, Yeast, Romano Cheese, Parmesan Cheese, Autolyzed Yeast Extract, Cheese Powder, Garlic Powder, Dehydrated Parsley, Natural and Artificial Flavour, Citric Acid, Colour. CONTAINS: MILK and WHEAT Ingredients Sensitive Ingredients: Corn and Gluten
<b>SALT:</b>	Contains Salt, Sodium Silico Aluminate.
<b>PEPPER:</b>	Ground Black Pepper.
<b>WHITE SUGAR:</b>	Granulated Sugar.
<b>SINGLE SERVE MAYONNAISE:</b>	Soybean Oil, White Vinegar, Water, Frozen And/Or Liquid <b>Egg</b> Yolk, Salt, Sugar, Mustard Flour, Onion Powder, Concentrated Lemon Juice, Calcium Disodium Edta, Spice.
<b>MAYONNAISE, BULK:</b>	Canola And/Or Soya Oil, Frozen Whole <b>Egg</b> , Water, Frozen Yolk, Vinegar, Salt, Sugar, Concentrated Lemon Juice, Onion Powder, Garlic Powder, Calcium Disodium Edta.
<b>KETCHUP:</b>	Tomato Paste (Made From Fresh Ripe Tomatoes), Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices.
<b>BK™ VOL PAK MUSTARD:</b>	Vinegar, Water, Mustard Seed, Salt, Turmeric, Spices
<b>STACKER® SAUCE:</b>	Vegetable Oil, Sweet Relish (Cured Cucumbers, High Fructose Corn Syrup, Vinegar, Onion, Salt, Red Bell Peppers, Xanthan Gum, Sodium Benzoate And Potassium Sorbate (Preservatives), Natural Flavourings, Calcium Chloride, Polysorbate 80, Extractives Of Turmeric), Sugar, Water, Distilled Vinegar, Tomato Paste, <b>Egg</b> Yolk, Contains Less Than 2% Salt, Dehydrated Onion, Xanthan Gum, Sodium Benzoate And Potassium Sorbate As Preservatives, Natural And Artificial Flavours, Propylene Glycol Alginate, Polysorbate 60, Caramel Colour, Oleoresins Paprika And Turmeric (Colour), Calcium Disodium Edta Added To Protect Flavour. Soy Lecithin.
<b>BK™ BARBECUE SAUCE:</b>	High Fructose Corn Syrup, Water, Tomato Paste, Distilled Vinegar, Salt, Food Starch-Modified, Contains Less Than 2% Of Pineapple Juice Concentrate, Natural Flavours, Spices, Caramel Colour, Molasses, Corn Syrup, Sodium Benzoate (A Preservative), Sugar, Tamarind, Garlic And Onion*. *Dehydrated.
<b>BUFFALO DIPPING SAUCE</b>	Water, Soybean Oil, Cayenne Pepper Sauce (Aged Cayenne Peppers, Distilled Vinegar, Salt, Garlic), High Fructose Corn Syrup, Distilled Vinegar, Contains Less Than 2% Of: <b>Egg</b> Yolks, Modified Food Starch, Dark Brown Sugar, Spices, Salt, Garlic And Onion Powders, Maltodextrin, Paprika, Polysorbate 60, xanthan Gum, Sodium Benzoate And Potassium Sorbate Added As Preservatives, autolyzed Yeast Extract, Oleoresin Paprika, Chipotle Peppers, Natural And Artificial Flavours, Sodium Diacetate, Annatto, Malic Acid, Extractives Of Turmeric (Colour), <b>Butter</b> Oil, Calcium Disodium Edta To Protect Flavour, Tocopherol.
<b>BK™ Zesty Dipping Sauce:</b>	Canola And/Or Soya Oil, Water, Sugar/Glucose-Fructose, Prepared Horseradish, Frozen <b>Yolk</b> , Vinegar, Tomato Paste, Salt, Spices, Colour, Xanthan Gum, Propylene Glycol Alginate, Concentrated Lemon Juice, Natural Flavour, Calcium Disodium Edta.
<b>BK™ TARTAR SAUCE:</b>	Soybean Or Vegetable Oil, Sweet Relish (Cured Cucumbers, High Fructose Corn Syrup Or Glucose-Fructose, Vinegar, Onion, Salt, Red Bell Pepper, Xanthan Gum, Sodium Benzoate, Potassium Sorbate, Natural Flavours, Calcium Chloride, Polysorbate 80, Turmeric), Water, Frozen <b>Yolk</b> , Sugar/Glucose-Fructose, Salt, Vinegar, Dehydrated Onion, Concentrated Lemon Juice, Spices, Flavour, Potassium Sorbate, Xanthan Gum, Phosphoric Acid, Sodium Benzoate, Disodium Inosinate And Guanylate, Calcium Disodium.
<b>BK™ SWEET 'N SOUR SAUCE:</b>	Water, High Fructose Corn Syrup, Distilled Vinegar, Sugar, Pineapple Juice Concentrate, <b>Corn Starch-Modified</b> , Crushed Pineapple, Apricot Puree, Molasses, Contains Less Than 2% Of Soybean Oil, Salt, Xanthan Gum, Red Bell Pepper*, Corn Syrup, Ascorbic Acid, Garlic*, Spices, Caramel Colour, Tamarind, Natural Flavour, <b>Red 40</b> , Oleoresin Paprika. *Dehydrated.
<b>BK™ HONEY MUSTARD SAUCE:</b>	Soybean Oil, Water, Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Flavour Clove Extract On Dextrose, Garlic Powder, Spice), High Fructose Corn Syrup, Honey, Sugar, Distilled Vinegar, Corn Syrup, Egg Yolks, Contains Less Than 2% Of Hot Sauce (Aged Red Peppers, Distilled Vinegar, Salt, Xanthan Gum), Salt, Spices, Food Starch-Modified, Lemon Juice Concentrate, Natural And Artificial Flavours, Xanthan Gum, Propylene Glycol Alginate, Citric Acid, Tartaric Acid, Dextrose, Onion*, Garlic*, Potassium Sorbate (A Preservative), Caramel Colour, Hydrolyzed Corn Gluten, White Wine, Guar Gum, Calcium Disodium Edta Added To Protect Flavour. *Dehydrated. Contains: Egg.
<b>KRAFT® THICK &amp; HEARTY STEAK SAUCE:</b>	Tomato Puree (Water, Tomato Paste), Glucose-Fructose, Vinegar, Corn Syrup, Salt, Raisin Paste, Orange Puree, Spices, Xanthan Gum, Dried Onions, Colour, Dried Garlic.
<b>MARINARA DIPPING SAUCE:</b>	Water, Tomato Paste, Sugar, Salt, Distilled Vinegar, Dehydrated Garlic, Dehydrated Onion, Romano <b>Cheese</b> (Pasteurized Cultured Milk, Salt, Microbial Enzymes), Spices, Citric Acid, Sodium Benzoate And Potassium Sorbate, Phosphoric Acid, Dehydrated Parsley.
<b>KRAFT® CREAMY CAESAR:</b>	Water, Soybean Oil, Parmesan And Romano <b>Cheese</b> , Sugar, Salt, Vinegar, Garlic, <b>Egg</b> Yolk, Modified Cornstarch, <b>Anchovy</b> Paste, Spices And Seasonings (Contains <b>Wheat</b> And <b>Soybean</b> ), Lactic Acid, Lemon Juice Concentrate, Xanthan Gum, Hydrolyzed Soy Protein, Polysorbate 60, Sorbic Acid, Phosphoric Acid, Dried Garlic, Calcium Disodium Edta.
<b>KRAFT® CW RANCHER'S CHOICE:</b>	Water, Corn Syrup, Soybean Oil, Vinegar, <b>Egg</b> Yolk, Salt, Modified <b>Cornstarch</b> , Sugar, Garlic Juice, Natural Flavours (Contains Milk), Phosphoric Acid, <b>Monosodium Glutamate</b> , Xanthan Gum, Potassium Sorbate, <b>Colour</b> , Polysorbate 60, Lemon Juice Concentrate, Spices, Dried Parsley, Lactic Acid, Calcium Disodium Edta.
<b>KRAFT® FRENCH SALAD:</b>	Soybean Oil, Water, Sugar, Vinegar, Salt, Mustard, Paprika, Xanthan Gum, Propylene Glycol Alginate, Spices, Calcium Disodium Edta.
<b>KRAFT® HONEY MUSTARD:</b>	Water, Soybean Oil, Sugar, Honey, Vinegar, Dijon Mustard (Vinegar, Water, Mustard Seed, Salt, White Wine, Citric Acid, Spice, Tartaric Acid), Prepared Mustard (Water, Vinegar, Mustard Seed, Salt, Dried Onions, Spice), Modified <b>Corn Starch</b> , Salt, <b>Egg</b> Yolks, Natural Flavour, Colour, Sorbic Acid, Calcium Disodium Edta, Sulphites.
<b>KRAFT® CW ZESTY ITALIAN:</b>	Water, Vinegar, Salt, Sugar, Soybean Oil, Dried Garlic, Garlic, Xanthan Gum, Herbs And Spices, Dried Onions, Dried Red Bell Peppers, Calcium Disodium Edta, Colour (Contains Tartrazine).
<b>SC BALSAMIC VINEGRETTE:</b>	Soybean Oil, Balsamic Vinegar (Contains Sulphites) Water, Sugar, Salt, Dried Garlic, Colour, Spices And Herbs, Xanthan Gum, Mustard, Potassium Sorbate, Calcium Disodium Edta, Acetylated Monoglycerides.

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<b>KRAFT® PEANUT BUTTER:</b>	Select Roasted <b>Peanuts</b> , Soybean Oil, Maltodextrin, Sugar, Hydrogenated Vegetable Oil, Dextrose, Salt.
<b>KRAFT® PURE BLUEBERRY JAM:</b>	Sugar/Glucose-Fructose, Blueberries, Water, Fruit Pectin, Citric Acid (Help Pectin Set Jam).
<b>KRAFT® PURE STRAWBERRY JAM:</b>	Sugar/Glucose-Fructose, Strawberries, Water, Citric Acid (Helps Pectin Set Jam), Fruit Pectin.
<b>KRAFT® PURE RED RASPBERRY JAM:</b>	Sugar/Glucose-Fructose, Raspberries, Water, Fruit Pectin, Citric Acid (Help Pectin Set Jam).
<b>BURGER KING A.M. EXPRESS TABLE SYRUP:</b>	Corn Syrup, High Fructose Corn Syrup, Water, Sugar, Modified Food Starch, Natural And Artificial Maple Flavour, Xanthan Gum, Phosphoric Acid, Cellulose Gum, Potassium Sorbate And Sorbic Acid As Preservatives, Caramel Colour.
<b>DELISSIO SHREDDED PARMESAN:</b>	<b>Milk</b> , Bacterial Culture, Salt, Lipase, Microbial Enzymes, Calcium Chloride, Milk Ingredients.
<b>CASINO MOZZARELLA:</b>	<b>Milk</b> , Bacterial Culture, Salt, Calcium Chloride, Microbial Enzymes, Modified Milk Ingredients.
<b>SWISS PROCESS CHEESE PRODUCT:</b>	<b>Cheese</b> (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Rennet And/Or Microbial Enzyme, Calcium Chloride, Lipase), Modified Milk Ingredients, Water, Glucose, Sodium Citrate And/Or Sodium Phosphate, Salt, Sorbic Acid, <b>Soy Lecithin</b> , Carboxymethylcellulose. May Contain Citric Acid.
<b>Deserts:</b>	
<b>HERSHEY'S® SUNDAE PIE:</b>	Water, Sugar, Reduced Fat Sweetened Condensed <b>Milk</b> (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 <b>Flour</b> (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), <b>Partially Hydrogenated Vegetable Shortening</b> (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, Sodium Caseinate (A Milk Derivative), Soy Lecithin, Polysorbate 60, Modified Cellulose Gum, Coloured With Beta Carotene, Cocoa Butter, Mono- And Diglycerides, Carrageenan, Polysorbate 65, Polysorbate 80, Sodium Phosphate, Corn Syrup Solids, Fructose, Maltodextrin, Malic Acid, Hydroxypropylmethylcellulose, Milkfat, Glycerol-Lactate 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 "Processed On Shared Equipment With Peanuts And Tree Nuts".
<b>APPLE TURNOVERS:</b>	Water, Enriched <b>Wheat</b> Flour, Apples (Apples, Erythorbic And/Or Ascorbic Acid, Citric Acid, Calcium Chloride, Salt), Palm Oil Shortening, Sugar, Modified Corn Starch, <b>Corn Starch</b> , Salt, <b>Whey</b> Powder, Hydroxypropyl Methylcellulose, Guar Gum, Carrageenan, Dextrose, Cinnamon, Glycerin.
<b>2% SHAKE MIX:</b>	Partially Skimmed <b>Milk</b> (Milk And Skim Milk), Sugar, High Fructose Corn Syrup, Corn Syrup, Sweet Whey, Artificial Vanilla Flavour, Guar Gum, Mono And Diglycerides, Cellulose Gum, Carrageenan, Potassium Phosphate Or Di-Sodium Or Di-Potassium Phosphate, Sodium Citrate, Sodium Carbonate, And Artificial Colour (Caramel And/Or Annatto).
<b>SHAKE MIX-CHOCOLATE:</b>	Modified <b>Milk</b> Ingredients, Sugar, Cocoa, Mono And Diglycerides, Cellulose Gum, Guar Gum, Polysorbate 80, Disodium Phosphate, Carrageenan, Tetrasodium Pyrophosphate.
<b>BK™ CHOCOLATE SYRUP:</b>	High Fructose Corn Syrup, Water, Dextrose, Cocoa (Processed With Alkali), Corn Syrup, Sweet <b>Whey</b> Powder, Salt, Xanthan Gum, Potassium Sorbate (Preservative), Citric Acid.
<b>CHOCOLATE TOPPING:</b>	Sugar/Glucose-Fructose, Water, Cocoa, Modified <b>Corn Starch</b> , Carrageenan, Salt, Artificial Flavour.
<b>RICHARDSON CAMEL SUNDAE TOPPING:</b>	Sugar/Glucose-Fructose, Water, Modified Milk Ingredients, Corn Starch, Salt, Sodium Phosphate, Potassium Sorbate, Mono And Diglycerides, Xanthan Gum, Artificial Flavour, Colour.
<b>RICHARDSON CAMEL HOT FUDGE:</b>	Sugar/Glucose-Fructose, Sweetened Condensed Whole <b>Milk</b> (Milk, Sugar), Water, Butter, Salt, Pectin, Sodium Phosphate, Citric Acid, Artificial Flavour.
<b>RICHARDSON STRAWBERRY SYRUP:</b>	Glucose-Fructose, Water, Citric Acid, Flavour, Sodium Benzoate, Colour.
<b>RICH CNSR DELUXE HOT FUDGE TOPPING:</b>	Sugar/Glucose-Fructose, Water, Hydrogenated Coconut Oil, Milk Ingredients, Cocoa, Modified Corn Starch, Salt, Sodium Phosphate, Potassium Sorbate, Artificial Flavour.
<b>SIDES:</b>	
<b>BK® COATED FRIES:</b>	Potatoes, <b>Partially Hydrogenated Soybean Oil</b> , Modified Potato Starch, Rice Flour, Potato Dextrin, Salt, Baking Powder, Sunflower Oil, Dextrose Sodium Acid Pyrophosphate, Natural And Artificial Flavours, Xanthan Gum, Thiamine, Triglycerides, Smoke Flavour.
<b>ONION RINGS:</b>	Rehydrated Onion, Bleached <b>Wheat</b> Flour, Soybean Oil, Water, Yellow <b>Corn</b> Flour, Sugar, Contains 2% Or Less Of The Following: Gelatinized Wheat Starch, Corn Starch, Calcium Chloride, Modified Food Starch, Methyl Cellulose, Salt, Fructose, Guar Gum, Sodium Alginate, Dextrose, Yeast, Sodium Bicarbonate, Sodium Tripolyphosphate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Sunflower Oil, Natural Flavours, Grill Flavours, Garlic Powder, Hydroxypropyl Methyl Cellulose, Sorbitol. +Natural Flavours From Plant Sources.
<b>HASH ROUNDS:</b>	Potatoes, Soybean Oil, Dehydrated Potato Flakes (Potatoes, Mono And Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), Salt, <b>Corn</b> Flour, Enriched <b>Wheat</b> Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Flavour, Sodium Acid Pyrophosphate, Dextrose.
<b>POUTINE MIX:</b>	<b>Wheat</b> Flour, Modified <b>Cornstarch</b> , Seasoning (Contains Sugar, Tomato Powder, Onion Powder, Garlic Powder, Salt, Soybean Oil Shortening, Spices, Lemon Juice Powder, Glucose Solids, Citric Acid, Artificial Flavour, Cornstarch), Salt, Hydrolyzed Soya Protein (Contains Salt, Caramel Colour, Hydrogenated Soybean Oil), <b>Monosodium Glutamate</b> , Vegetable Oil Shortening (Contains One Or More Of The Following: Palm Oil, Cottonseed Oil, Soybean Oil, Canola Oil), Colour ( <b>Yellow 6</b> ).
<b>FIRM UNRIPENED CHEESE CURDS (FROZEN):</b>	Pasteurized <b>Milk</b> , Salt, Microbial Enzyme, Cellulose (Natamycin), Calcium Chloride, Bacterial Culture And Colour.
<b>TOMATOES, WHOLE FRESH RED:</b>	Tomatoes.
<b>ENGLISH CUCUMBERS:</b>	English Cucumbers.

## CONTENTS (Continued)

<b>ONION:</b>	Onion.
<b>1 1/2" CUT ICEBERG LETTUCE:</b>	Iceberg Lettuce Harvested In USA Or CANADA.
<b>CHIVES:</b>	Chives.
<b>SLICED PICKLES:</b>	Cucumbers, Water, Vinegar, Salt, 1/10 Of 1% Sodium Benzoate As A Preservative, Alum, Propylene Glycol, Polysorbate 80, Natural Flavours, <b>Yellow #5</b> , Turmeric Oleoresin, <b>Blue #1</b> , <b>Soy Lecithin</b> . Pickle Favoring May Contain Soy Lecithin And Is Processed On Shared Equipment With Peanuts. Or B. Cucumbers, Water, Vinegar, Salt, Calcium Chloride, 1/10 Of 1% Sodium Benzoate As A Preservative, Propylene Glycol, Polysorbate 80, Natural Flavours, <b>Yellow #5</b> , Turmeric Oleoresin, <b>Blue #1</b> , <b>Soy Lecithin</b> . The Following Allergen Information Is Not To Be Included On The Master Case Graphics: Pickle Favoring <b>May Contain Soy Lecithin And Is Processed On Shared Equipment With Peanuts</b> .
<b>POTATO:</b>	Potato.
<b>Beverages:</b>	
<b>SKIMMED MILK:</b>	Skim <b>Milk</b> , Vitamin A Palmitate And Vitamin D3.
<b>1% PARTLY SKIMMED MILK:</b>	Partly Skimmed <b>Milk</b> , Vitamin A Palmitate, Vitamin D3.
<b>2% PARTLY SKIMMED MILK:</b>	Partly Skimmed <b>Milk</b> , Vitamin A Palmitate and Vitamin D3.
<b>HOMOGENIZED MILK:</b>	Whole <b>Milk</b> , Vitamin D3.
<b>1% PARTLY SKIMMED CHOCOLATE:</b>	<b>Milk</b> Ingredients, Modified Milk Ingredients, Sugar, Cocoa, Salt, Carrageenan, Artificial Flavour, Colour, Vitamin A Palmitate and Vitamin D3.
<b>18% CREAMER CUPS:</b>	<b>Milk</b> , Cream, Dextrose, Sodium Citrate, Disodium Phosphate, Carrageenan, Locust Bean Gum.
<b>SPRITE® (AS SYRUP):</b>	Sugar/Glucose-Fructose, Water, Citric Acid, Sodium Citrate, Natural Flavour, Sodium Benzoate.
<b>COCA-COLA® CLASSIC (AS SYRUP):</b>	Sugar/Glucose-Fructose, Water, Caramel Colour, Phosphoric Acid, Natural Flavour, <b>Caffeine</b> .
<b>COKE ZERO®:</b>	Water, Caramel Colour, Phosphoric Acid, Potassium Citrate, Aspartame (Contains Phenylalanine), Potassium Benzoate, Natural Flavour, Acesulfame-Potassium, <b>Caffeine</b> , Dimethylpolysiloxane.
<b>DIET COKE® (AS SYRUP):</b>	Water, Caramel Colour, Phosphoric Acid, Citric Acid, Aspartame (Contains Phenylalanine), Flavours, Sodium Benzoate, Acesulfame-Potassium, <b>Caffeine</b> , Dimethylpolysiloxane.
<b>BARQ'S ROOT BEER (AS SYRUP):</b>	Sugar/Glucose-Fructose, Water, Caramel Colour, Sodium Benzoate, Natural And Artificial Flavours, Citric Acid, <b>Caffeine</b> .
<b>MINUTE MAID ORANGE SODA (AS SYRUP):</b>	Sugar/Glucose-Fructose, Water, Natural Flavour, Citric Acid, Sodium Benzoate, Salt, Colour.
<b>MINUTE MAID LIGHT LEMONADE (AS SYRUP):</b>	Water, Lemon Juice From Concentrate, Citric Acid, Potassium Citrate, Natural Flavour, Aspartame (Contains Phenylalanine), Potassium Sorbate, Sodium Benzoate, Acesulfame-Potassium, Calcium Disodium EDTA, Colour.
<b>NESTEA SWEETENED LEMON (AS SYRUP):</b>	Water, Sugar/Glucose-Fructose, Citric Acid, Concentrated Tea From Tea Leaves, Potassium Citrate, Sodium Benzoate, Natural Lemon Flavour.
<b>NESTEA ICED TEA CONCENTRATE:</b>	Sugar, Water, Citric Acid, Tea, Sodium Citrate, Erythorbic Acid, Lemon Flavour, Sodium Benzoate.
<b>FRUITOPIA STRAWBERRY PASSION AWARENES (AS SYRUP):</b>	Sugar/Glucose-Fructose, Water, Fruit Juices From Concentrate (Apple, Pear, Strawberry, And Passionfruit), Citric Acid, Natural Flavour, Ascorbic Acid, Sodium Benzoate, Potassium Citrate, Potassium Sorbate, Colour, Coconut Oil.
<b>MINUTE MAID ORANGE JUICE:</b>	Filtered Water, Concentrated Orange Juice.
<b>MINUTE MAID APPLE JUICE:</b>	Filtered Water, Concentrated Apple Juice, Ascorbic Acid (Vitamin C).
<b>HOT CHOCOLATE:</b>	Sugar, Corn Syrup Solids, Hydrogenated Vegetable Oil (May Contain Coconut, Palm Kernel And/Or Soybean Oil), Modified Milk Ingredients, Cocoa, Cellulose Gum, Salt, Dipotassium Phosphate, Silicon Dioxide, Artificial Flavour, Mono-And Diglycerides, Guar Gum, Sodium Aluminum Silicate.
<b>DASANI WATER:</b>	Water, Magnesium Sulphate, Potassium Chloride, Salt, Ozone. (Reverse Osmosis, Non Carbonated, Total Dissolved Solids < 35 Ppm, Fluoride Ions 0 Ppm) - Common Name: Remineralized Water.

## FRIED PRODUCTS

French fries are cooked in a fryer designated for French fries only.

**These products are fried in a shared fryer:** BK BIG FISH® Sandwich, Pork Sausage, TENDERCRISP® Chicken, CHICKEN TENDERS®, BK Chicken Fries®, Original Chicken Patty, *Spicy* CHICK'N CRISP® Patty, Hash Browns, CHEESY TOTS® Potatoes, French Toast Sticks, and Onion Rings.

## FOOD ALLERGY INFORMATION

Please note:  
This information provided by Burger King Corporation regarding our food is as complete as possible at the time of this publication: November 2008. Test or regional products have not been included. The information on this list is reported to us by our suppliers and is based on Burger King Corporation's standard product formulations. Variations may occur depending on the supplier and on product assembly on a restaurant-by-restaurant basis. Product formulations may change periodically, and we continue to update this list to reflect changes that occur in our products.

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.burgerking.ca](http://www.burgerking.ca) 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:  
1-877-271-0493 (Monday-Friday 9 a.m.-5 p.m. ET)

or mail inquiries to:

Burger King Corporate Office, Attn: Consumer Relations Department  
5505 Blue Lagoon Drive, Miami, FL 33126

## SANDWICH CONTENTS

**WHOPPER® Sandwich:** 100% Beef Patty, Sesame Seed Bun, Tomato Slices, Lettuce, Pickle Slices, Onion, Mayonnaise, Ketchup. (Available with Processed Cheese and in **Double** and **Triple** sizes.)

**WHOPPER JR.® Sandwich:** 100% Beef Patty, Sesame Seed Bun, Tomato Slice, Lettuce, Pickle Slices, Onion, Mayonnaise, Ketchup.

**Hamburger:** 100% Beef Patty, Sesame Seed Bun, Pickle Slices, Mustard, Ketchup. (Available with Cheese and in **Double** size.)

**BK™ Double Stacker®:** 100% Beef Patties, Sesame Seed Bun, Bacon Slices, Processed Cheese, Stacker® Sauce. (Available in **Triple** and **Quad** sizes.)

**Steakhouse Burger:** Angus Steak Burger Beef Patty, Corn-Dusted Bun, Crispy Onions, A-1® Thick and Hearty Steak Sauce, Processed Cheese, Tomato Slices, Lettuce, Mayonnaise.

**KING SUPREME®:** 100% Beef Patties, Sesame Seed Bun, Lettuce, Onion, Pickles, Processed Cheese, Stacker® Sauce.

**Spicy CHICK'N CRISP® Sandwich:** Breaded Chicken Patty, Sesame Seed Bun, Lettuce, mayonnaise.

**TENDERGRILL® Chicken Sandwich:** TENDERGRILL® Chicken Patty, Corn Dusted Bun, Mayonnaise, Lettuce, Tomato Slices.

**TENDERCRISP® Chicken Sandwich:** TENDERCRISP® Chicken Patty, Corn Dusted Bun, Mayonnaise, Lettuce, Tomato Slices.

**Original Chicken Sandwich:** Breaded Chicken Patty, Specialty Bun, Lettuce, Mayonnaise.

**BK BIG FISH® Sandwich:** Breaded Fish Filet, Corn-Dusted Bun, Lettuce, Tartar Sauce.

**BK VEGGIE® Burger:** Soy Veggie Burger Patty, Sesame Seed Bun, Tomato Slice, Lettuce, Onions, Pickles, Ketchup. (This Is Not A Vegan Product.)

## SIDE ITEMS/SALAD CONTENTS

**TENDERGRILL® BLT Salad:** TENDERGRILL® Chicken Patty, Lettuce, Tomato, 3 Cheese Blend, Bacon Bits.

**TENDERGRILL® Caesar Salad:** TENDERGRILL® Chicken Patty, Lettuce Blend, Romaine, Parmesan Cheese, Bacon Bits.

**BK Garden Side Salad®:** Iceberg Lettuce, Tomato Slice, Baby Carrots.

## BREAKFAST SANDWICHES

**CROISSAN'WICH®:**

w/ Egg & Cheese: Croissant, Egg Omelet, Processed Cheese.

w/ Meat, Egg & Cheese: Croissant, Sausage Patty, Bacon or Ham, Egg Omelet, Processed Cheese.

**DOUBLE CROISSAN'WICH™:**

w/ Double Sausage, Egg, & Cheese: Croissant, Sausage Patty, Egg Omelet, Processed Cheese.

w/ Double Bacon, Egg, & Cheese: Croissant, Bacon, Egg Omelet, Processed Cheese.

w/ Double Ham, Egg & Cheese: Croissant, Ham, Egg Omelet, Processed Cheese.

**English Muffin Sandwiches:**

English Muffin Sandwich With Meat: English Muffin, Egg Patty, Processed Cheese, Either Sausage Patty, Bacon, Or Ham.

**Enormous Omelette Sandwich:**

w/Double Meat, Egg & Cheese: Specialty Bun, Sausage Patty, Bacon or Ham, Egg Omelet, Processed Cheese.

# CANADIAN MENU ITEMS NUTRITION FACTS AS OF NOVEMBER 08 (Information subject to change)

<b>WHOPPER® Sandwiches</b>		Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fibre (g)	Total Sugar (g)	Protein (g)
WHOPPER® Sandwich	290	670	40	11	1	80	910	48	3	11	28	
WHOPPER® Sandwich with Cheese	315	760	47	16	1.5	100	1320	49	3	11	33	
DOUBLE WHOPPER™ Sandwich	373	910	58	19	2	140	980	48	3	11	48	
DOUBLE WHOPPER™ Sandwich with Cheese	398	1000	65	24	2.5	165	1390	49	3	11	53	
TRIPLE WHOPPER™ Sandwich	456	1150	76	27	3	205	1060	48	3	11	68	
TRIPLE WHOPPER™ Sandwich with Cheese	481	1240	83	32	3	230	1470	49	3	11	73	
WHOPPER JR.® Sandwich	167	390	21	6	0.5	40	540	33	2	6	16	
WHOPPER JR.® Sandwich with Cheese	179	440	25	8	0.5	50	750	34	2	7	18	
Double WHOPPER JR.®	186	510	30	10	1	75	430	31	2	4	26	
Double WHOPPER JR.® with Cheese	198	550	34	12	1	85	630	31	2	4	28	
<b>Flame-Broiled Burgers</b>		Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fibre (g)	Total Sugar (g)	Protein (g)
Hamburger	130	310	12	4.5	0.5	35	530	33	2	6	16	
Cheeseburger	142	350	16	7	0.5	45	730	33	2	6	18	
Double Hamburger	173	440	22	9	1	65	570	33	2	6	26	
Double Cheeseburger	198	520	29	13	1	90	980	34	2	7	31	
BK Stacker® - Double	199	630	39	16	1.5	105	1090	34	1	7	35	
BK Stacker® - Triple	259	830	54	23	2	155	1430	35	1	7	50	
BK Stacker® - Quad	320	1020	69	30	2.5	205	1770	36	1	8	65	
Steakhouse Burger	291	830	53	20	2	140	1790	43	3	10	39	
KING SUPREME®	205	540	31	12	1	80	790	34	2	7	28	
Bacon Double Cheeseburger	208	580	33	15	1.5	100	1170	34	2	7	35	
<b>Chicken, Fish, Veggie &amp; Kids</b>		Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugars (g)	Protein (g)
TENDERGRILL® Chicken Sandwich (with Mayo)	197	370	16	2.5	0.1	40	910	37	2	5	20	
TENDERCRISP® Chicken Sandwich (with Mayo)	235	640	36	6	0.3	60	1420	51	3	6	27	
Original Chicken Sandwich	219	680	43	8	0.4	80	1430	49	2	4	24	
Spicy CHICK'N CRISP® Sandwich	153	500	31	5	0.2	35	910	40	2	4	14	
CHICKEN TENDERS® - 4 pc.	62	180	11	2	0.1	25	390	10	0	0	10	
CHICKEN TENDERS® - 6 pc.	92	260	16	2.5	0.1	40	590	15	1	0	14	
KRAFT® Dinner	113	160	5	1.5	0.1	10	330	22	1	5	7	
BK BIG FISH® Sandwich	180	500	26	4	0.3	40	860	49	2	5	17	
BK Chicken Fries® - 6 pc.	85	270	16	3	0.1	35	940	17	1	0	13	
BK Chicken Fries® - 9 pc.	128	400	24	4.5	0.2	50	1400	25	1	0	19	
BK Chicken Fries® - 12 pc.	170	530	33	6	0.2	65	1870	33	2	0	26	
BK VEGGIE® Burger**	175	310	7	3	0.1	5	770	48	4	8	12	
<b>Side Orders</b>		Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugars (g)	Protein (g)
Onion Rings - Small	57	200	10	1.5	0.1	0	390	24	2	2	3	
Onion Rings - Medium	91	320	17	2.5	0.1	0	620	39	3	3	5	
Onion Rings - Large	108	380	20	3.5	0.1	0	730	46	4	4	5	
Fries - Small	88	270	13	2.5	0.3	0	600	34	3	0	2	
Fries - Medium	116	350	17	3.5	0.4	0	790	45	3	0	3	
Fries - Large	159	480	24	4.5	0.5	0	1080	62	5	0	4	
Fries with gravy	272	530	25	5	0.5	0	2090	71	5	1	6	
Poutine (fries, cheese curds, gravy)	330	740	41	13	1.5	55	2500	73	5	2	19	
Poutine Gravy	113	45	0.5	0.2	0.1	0	1010	9	0	1	1	
Mozzerella Sticks	98	350	20	6	0	25	930	29	2	1	14	
MOTTS FRUITSATIONS® Applesauce	111	50	0	0	0	0	0	13	0	11	0.2	
<b>Salads, Salad Dressings &amp; Croutons</b>		Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugars (g)	Protein (g)
<small>(Salads listed w/out dressing or Garlic Parmesan Croutons)</small>												
BK® Side Garden Salad	112	20	0.3	0.1	0	0	5	3	2	1	1	
TENDERGRILL® BLT Salad	376	360	23	10	0.3	75	1070	13	2	3	27	
TENDERGRILL® Caesar Salad	292	270	16	6	0	55	1000	9	2	2	26	
<b>Salad Dressings &amp; Toppings &amp; Condiments</b>		Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugars (g)	Protein (g)
KRAFT® Creamy Caesar Dressing	40 ml	150	16	2.5	0.1	10	410	2	0	1	1	
KRAFT® Balsamic Vinaigrette	40 ml	180	17	2.5	0.1	0	420	5	0	4	0.2	
KRAFT® Honey Mustard Dressing	40 ml	150	11	1.5	0.1	10	370	13	0	11	0.3	
KRAFT® Lite Zesty Italian Dressing	40 ml	20	1	0.2	0	0	660	2	0	2	0.1	
KRAFT® Rancher's Choice Light Dressing	40 ml	100	6	1	0	15	490	10	0	5	0.4	
Ketchup (1 packet)	10	10	0	0	0	0	80	3	0	2	0.2	
Pickles (2 pieces)	10	1	0	0	0	0	100	0	0	0	0	
Mustard	5	3	0.2	0	0	0	55	0	0	0	0.2	
Mayonnaise	12	80	9	5	0.2	10	75	1	0	0	0.3	
Cheese (single slice)	12	45	3.5	2.5	0.1	10	200	1	0	0	2	
Tartar Sauce	22	130	14	2	0.2	10	180	2	0	2	0.2	
Zesty Sauce	28	150	15	2.5	0.2	15	210	3	1	2	0.3	
Barbecue Sauce	28	40	0	0	0	0	310	11	0	10	0.3	
Buffalo Style Dipping Sauce	28	80	8	1.5	0.1	5	360	2	0	1	0.2	
Stacker® Sauce (on Stackers® and KING SUPREME®)	14	70	6	1	0.1	5	120	3	0	3	0.1	
Marinara Sauce	28	15	0	0	0	0	135	3	1	2	1	
Sweet and Sour Sauce	28	45	0.2	0	0	0	55	11	0	10	0.1	
Honey Mustard Dipping Sauce	28	90	6	1	0.1	10	180	8	0	7	0.3	
Breakfast syrup	28	80	0	0	0	0	20	21	0	14	0	
Strawberry Jam	16	50	0	0	0	0	0	14	0	14	0	
Margarine Portion	4.5	35	3.5	2.5	0.1	10	25	0	0	0	0	

## NUTRITIONAL INFORMATION (continued)

Desserts		Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugars (g)	Protein (g)
Apple Turnover		85	260	13	4	0.1	0	340	34	1	12	2
HERSHEY'S® Sundae Pie		79	300	18	12	0.4	10	210	31	1	22	3
STIR-UPS®		173	290	8	3.5	0.1	10	280	48	1	35	6
Breakfast		Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugars (g)	Protein (g)
CROISSAN'WICH® w/ Egg & Cheese		115	290	16	6	0.4	180	680	26	0	5	11
CROISSAN'WICH® w/ Bacon, Egg & Cheese		122	330	18	7	5	190	830	26	0	5	15
CROISSAN'WICH® w/ Ham, Egg & Cheese		149	330	16	7	0.4	200	1150	27	0	6	17
CROISSAN'WICH® w/ Sausage, Egg & Cheese		159	460	30	11	0.5	210	1040	27	0	5	18
DOUBLE CROISSAN'WICH™ w/ Bacon, Egg & Cheese		142	420	25	11	0.5	210	1180	27	0	5	20
DOUBLE CROISSAN'WICH™ w/ Ham, Egg & Cheese		196	400	20	9	0.5	225	1830	29	0	7	26
DOUBLE CROISSAN'WICH™ w/ Sausage, Egg & Cheese		215	670	49	18	0.5	250	1600	29	1	5	27
Enormous Omelette Sandwich		272	700	43	15	0.5	400	1910	44	2	7	35
English Muffin w/ Egg & Cheese		122	270	11	4.5	0.3	175	670	30	1	3	12
English Muffin w/ Egg, Cheese & Bacon		129	320	14	5	0.4	185	820	31	1	3	16
English Muffin w/ Egg, Cheese & Ham		156	310	12	4.5	0.3	195	1150	32	1	4	18
English Muffin w/ Egg, Cheese & Sausage		166	440	26	9	0.4	205	1030	32	1	3	19
Hash Browns – Small		84	250	16	3.5	0	0	410	24	3	0	2
Hash Browns – Medium		140	420	27	6	0	0	680	40	6	0	3
Hash Browns – Large		202	610	39	8	0	0	980	58	8	0	5
CINI-MINIS® – (4 minis)		144	520	19	8	0.3	25	430	78	2	40	8
Vanilla Icing (for CINI-MINIS®)		28	90	0	0	0	0	25	22	0	20	0
French Toast Sticks – 3 pc.		65	240	12	2	0.1	0	260	27	2	7	4
French Toast Sticks – 4 pc.		87	310	17	2.5	0.1	0	350	36	2	9	5
French Toast Sticks – 5 pc.		109	390	21	3.5	0.1	0	440	45	3	12	6
Pancake Platter (3 pancakes, margarine, syrup)		148	360	7	3	0.2	20	510	69	2	26	5
Pancakes		116	240	4	0.5	0.1	10	470	48	2	13	5
Toasted English Muffin		57	150	1	0.3	0	0	250	28	1	1	5
Shakes, Milk, & Iced Coffee		Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugars (g)	Protein (g)
Milk - 1%		250	100	2.5	1.5	0	10	115	11	0	11	9
Milk - 2%		250	130	5	3	0.1	20	120	12	0	12	9
1% Chocolate Milk		250	170	2.5	1.5	0.1	10	220	29	0	28	7
Hot Chocolate(1 packet)		28	120	3	3	0.1	0	120	22	1	19	1
DASANI® Bottled Water		0	0	0	0	0	0	0	0	0	0	0
MINUTE MAID® Apple Juice, 6 oz		182	80	0	0	0	0	0	21	0	19	0.2
MINUTE MAID® Orange Juice, 6 oz		183	80	0	0	0	0	10	21	0	19	1
MINUTE MAID® Orange Juice, 10 oz		269	130	0	0	0	0	55	35	0	35	2
Mocha BK JOE® Iced Coffee		442	330	4.5	3	0.1	15	210	66	1	54	8
BK JOE® 12 oz		294	5	0	0	0	0	15	1	0	0	1
BK JOE® 16 oz		412	10	0	0	0	0	20	1	0	0	1
BK JOE® 20 oz		529	10	0	0	0	0	25	2	0	0	1
BK JOE® Turbo 12 oz		294	10	0	0	0	0	20	1	0	0	1
BK JOE® Turbo 16 oz		412	10	0	0	0	0	30	2	0	0	1
BK JOE® Turbo 20 oz		529	15	0	0	0	0	40	2	0	0	2
Vanilla Shake – Kids (12 oz)		375	230	4	2.5	0.1	15	190	42	0	36	7
Vanilla Shake – Small (16 oz)		338	360	6	4	0.2	25	300	64	0	55	11
Vanilla Shake – Medium (22 oz)		450	480	9	5	0.3	35	400	86	0	73	14
Vanilla Shake – Large (32 oz)		667	710	13	8	0.4	50	590	127	0	108	21
Chocolate Shake – Kids (12 oz)		238	270	4.5	2.5	0.1	15	190	52	0	44	7
Chocolate Shake – Small (16 oz)		375	440	7	4	0.2	25	300	85	1	71	11
Chocolate Shake – Medium (22 oz)		525	640	9	5	0.3	35	400	127	1	105	15
Chocolate Shake – Large (32 oz)		779	950	13	8	0.4	50	590	189	2	156	23
Strawberry Shake – Kids (12 oz)		238	270	4	2.5	0.1	15	200	52	0	45	7
Strawberry Shake – Small (16 oz)		375	430	6	4	0.2	25	310	84	0	73	11
Strawberry Shake – Medium (22 oz)		524	630	9	5	0.3	35	410	124	0	110	14
Strawberry Shake – Large (32 oz)		779	940	13	8	0.4	50	610	185	0	163	21
Beverages (Note: values take into account a 25% ice displacement)		Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugars (g)	Protein (g)
COCA COLA® CLASSIC‡ - Kids (12 oz)		269	120	0	0	0	0	25	32	0	32	0
COCA COLA® CLASSIC‡ - Small (16 oz)		352	160	0	0	0	0	35	42	0	42	0
COCA COLA® CLASSIC‡ - Medium (22 oz)		510	230	0	0	0	0	50	61	0	61	0
COCA COLA® CLASSIC‡ - Large (32 oz)		716	320	0	0	0	0	70	86	0	86	0
DIET COKE®‡ - Kids (12 oz)		257	0	0	0	0	0	40	0	0	0	0
DIET COKE®‡ - Small (16 oz)		336	0	0	0	0	0	50	0	0	0	0
DIET COKE®‡ - Medium (22 oz)		487	0	0	0	0	0	75	0	0	0	0
DIET COKE®‡ - Large (32 oz)		684	0	0	0	0	0	105	0	0	0	0
COKE ZERO®‡ - Kids (12 oz)		257	0	0	0	0	0	0	0	0	0	0
COKE ZERO®‡ - Small (16 oz)		336	0	0	0	0	0	0	0	0	0	0
COKE ZERO®‡ - Medium (22 oz)		487	0	0	0	0	0	0	0	0	0	0
COKE ZERO®‡ - Large (32 oz)		685	0	0	0	0	0	0	0	0	0	0
SPRITE®‡ - Kids (12 oz)		267	110	0	0	0	0	55	29	0	29	0
SPRITE®‡ - Small (16 oz)		350	140	0	0	0	0	70	38	0	38	0
SPRITE®‡ - Medium (22 oz)		507	200	0	0	0	0	100	56	0	56	0
SPRITE®‡ - Large (32 oz)		711	280	0	0	0	0	140	78	0	78	0
Barq's Root Beer - Kids (12 oz)		270	120	0	0	0	0	55	35	0	35	0
Barq's Root Beer - Small (16 oz)		353	160	0	0	0	0	70	46	0	46	0
Barq's Root Beer - Medium (22 oz)		511	230	0	0	0	0	100	66	0	66	0
Barq's Root Beer - Large (32 oz)		718	320	0	0	0	0	140	93	0	93	0
Minute Maid Orange - Kids (12 oz)		269	130	0	0	0	0	55	35	0	35	0
Minute Maid Orange - Small (16 oz)		353	180	0	0	0	0	70	46	0	46	0

## NUTRITIONAL INFORMATION (continued)

Beverages (Note: values take into account a 25% ice displacement)	Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Total Sugars (g)	Protein (g)
Minute Maid Orange - Medium (22 oz)	511	260	0	0	0	0	100	66	0	66	0
Minute Maid Orange - Large (32 oz)	718	360	0	0	0	0	140	93	0	93	0
Fruitopia - Kids (12 oz)	269	120	0	0	0	0	25	32	0	31	0
Fruitopia - Small (16 oz)	353	160	0	0	0	0	35	42	0	41	0
Fruitopia - Medium (22 oz)	511	230	0	0	0	0	50	61	0	61	0
Fruitopia - Large (32 oz)	717	330	0	0	0	0	70	85	0	82	0
NESTEA® Iced Tea - Kids (12 oz)	265	80	0	0	0	0	10	22	0	22	0
NESTEA® Iced Tea - Small (16 oz)	348	110	0	0	0	0	10	29	0	29	0
NESTEA® Iced Tea - Medium (22 oz)	503	150	0	0	0	0	15	42	0	42	0
NESTEA® Iced Tea - Large (32 oz)	707	220	0	0	0	0	25	59	0	59	0

\*†: Sodium may vary depending on the quantity contained in the water supply where the finished beverages are produced.

The nutrition values are for the complete standard product as served. All data displayed follow the Food and Drug Act and Regulation regarding the rounding of nutritional data. Nutrition and ingredient information applies to the Burger King Restaurants of Canada Inc only. These values may vary slightly by region due to the availability of the product, its size or depending on the local supplier or season. Test products are not included in this table. Periodically the recipe may slightly change to provide our customers with great tasting food good value. And during this period of the new recipe, the previous product may continue to be served while other restaurants may offer new recipe.

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