

# NUTRITIONAL INFORMATION



CANADA NOVEMBER 2009

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## BREAD / BUNS:

**SESAME SEED BUNS:** 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. **Contains: wheat, sesame seeds; may contain traces of soybean.**

**SPECIALTY SANDWICH BUN:** Enriched wheat flour, water, sugar / glucose-fructose, cornmeal, yeast, vegetable oil (canola or soybean), salt, vinegar, calcium propionate, sodium stearoyl-2-lactylate, monoglycerides. **Contains: wheat; may contain traces of sesame seeds and soybean.**

**CORN-DUSTED BUN:** Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamine mono-nitrate, 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 fiber & dough conditioners (sodium stearoyl actylate, monoglycerides, calcium peroxide) guar gum, alginate, xanthan gum, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate), calcium propionate (preservative), L-cysteine hydrochloride, tricalcium phosphate. **Contains: wheat.**

**CROISSANT:** 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 (color)], high fructose corn syrup, yeast, contains 2% or less of each of the following: salt, natural and artificial flavor, 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, datein). **Contains: wheat, milk, egg, soy.**

**CINI MINI® DOUGH:** Enriched bleached flour (wheat flour, niacin, ferrous sulfate, thiamine 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 (datein), sodium aluminum phosphate, baking soda, artificial colour, natural and artificial flavour, L-cysteine hydrochloride, TBHQ (preservative), ascorbic acid, azodicarbonylamide. **Contains: egg, milk, wheat.**

**PANCAKES:** Water, enriched flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), high fructose corn syrup, whole wheat flour, canola oil with TBHQ added to protect flavour, buttermilk, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate monohydrate), salt, egg white, egg yolk, soybean oil, calcium carbonate, Vitamin A Palmitate, Vitamin D, Vitamin B6 hydrochloride, Vitamin B12. **Contains: wheat, milk, egg.**

**FRENCH TOAST STICKS:** Enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine 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, azodicarbonylamide, 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, lecithin, gum arabic, leavening (monocalcium phosphate, sodium bicarbonate), yeast, glycerine, natural and artificial flavour, polysorbate 80, carrageenan. Fried in soybean oil. **Contains: wheat, soy.**

**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. **Contains: wheat, soy; may contain traces of milk, egg, and/or sesame.**

## Beef, Pork, Chicken And Fish:

**BACON:** Pork, water, salt, sodium phosphate, sodium erythorbate, sodium nitrate, smoke. May contain sugar, brown sugar, potassium chloride, spices (mace, clove, cayenne, garlic), sodium nitrite, maple flavour.

**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).

**EGG OMELET:** Whole egg, whey, soybean oil, salt, natural and artificial butter flavour, xanthan gum, citric acid, annatto (colour). **Contains: milk, egg.**

**STEAKHOUSE ANGUS PATTY:** Beef, 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).

**WHOPPER® PATTIES & HAMBURGER PATTIES:** 100% ground beef.

**ORIGINAL CHICKEN FILET:** Chicken meat, water, salt. **BATTER:** water, wheat flour, modified corn starch, corn starch, salt. **BREADING:** toasted wheat crumbs, wheat flour, salt, spice, hydrogenated soybean oil. Browned in canola oil. **Contains: wheat.**

**CROWN SHAPED CHICKEN TENDERS®:** Chicken breast meat, water, salt, potassium chloride, sodium phosphate, maltodextrin, modified corn starch, spices, flavour. Predusted with wheat flour, modified corn starch, salt, sodium gluconate, spice, potassium chloride, sugar, torula yeast, soybean oil, flavour, silicon dioxide. In a batter of water, wheat flour, yellow corn flour, spices, dextrose, garlic powder, milk ingredients, disodium inosinate, disodium guanylate. In a breading of wheat flour, salt, spice, monocalcium phosphate, soybean oil, flavour. Browned in canola oil. **May contain soy proteins and eggs.**

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**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.

**TENDERCRISP® CHICKEN FILET (FRIED):** Breaded **TENDERCRISP®** chicken filet (fried whole muscle breast): 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. Contains: wheat, eggs, milk.**

**BK® CHICKEN FRIES:** 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. **Contains: wheat.**

**SPICY CHICK'N CRISP® PATTY:** 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.**

**BK BIG FISH® FILET:** Pollock filllets, toasted wheat crumbs, modified starch (corn), flour (corn), water, salt, seasonings (onion, garlic, spices), colour (paprika, annatto), vegetable oil (soya). **Contains: wheat, fish.**

## Veggie Patty And Side Items:

**BK® SOY VEGGIE PATTY:** Water, soy protein, hydrogenated palm kernal 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. **Contains: wheat, soy.**

**KRAFT® MACARONI & CHEESE DINNER:** Cooked macaroni (water, enriched pasta from wheat), cheese sauce (water, modified milk ingredients, canola oil, cheese (milk, bacterial culture, salt, microbial enzymes), salt, sodium phosphate, modified corn starch, monoglycerides, citric acid, xanthan gum, colour (contains tartrazine), artificial flavour, lactic acid]. **Contains: wheat, milk.**

**PROCESSED CHEESE:** Cultured milk, water, cream, sodium citrate, salt, sorbic acid (preservative), sodium phosphate, artificial colour, enzymes, acetic acid, soy lecithin. **Contains: milk, soy.**

**MOTT'S FRUITSATIONS® APPLESAUCE:** 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. **Contains: wheat, milk.**

**FRENCH FRIES:** Potatoes, soybean oil, modified potato starch, rice flour, potato dextrin, salt, baking powder, dextrose, xanthan gum, sodium acid pyrophosphate.

**ONION RINGS:** Rehydrated onion, bleached wheat flour, soybean oil, water, yellow corn 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 flavour, garlic powder, hydroxypropyl methyl cellulose, sorbitol. +Natural flavours from plant sources. **Contains: wheat.**

**HASH ROUNDS:** 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), flavour, sodium acid pyrophosphate, dextrose. **Contains: wheat.**

**POUTINE GRAVY:** Wheat flour, modified cornstarch, 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

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	(contains salt, caramel colour, hydrogenated soybean oil), monosodium glutamate, vegetable oil shortening (contains one or more of the following: palm oil, cottonseed oil, soybean oil, canola oil), colour (Yellow 6). <b>Contains: wheat, soy.</b>
<b>CHEESE CURDS:</b>	Pasteurized milk, salt, microbial enzyme, cellulose (natamycin), calcium chloride, bacterial culture and colour. <b>Contains: milk.</b>
<b>PICKLES:</b>	A. Cucumbers, water, vinegar, salt, 1/10 of 1% sodium benzoate as a preservative, alum, propylene glycol, polysorbate 80, natural flavors, yellow #5, turmeric oleoresin, blue #1, soy lecithin. Pickle flavoring 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 flavors, yellow #5, turmeric oleoresin, blue #1, soy lecithin. <b>May contain soy lecithin.</b>
<b>TOMATOES:</b>	Tomatoes.
<b>CUCUMBERS:</b>	English cucumbers.
<b>ONION:</b>	Onion.
<b>ICEBERG LETTUCE:</b>	Iceberg lettuce harvested in USA or CANADA.

## Condiments, Sauces & Toppings:

<b>CINI MINIS® ICING:</b>	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.
<b>CRISPY ONIONS:</b>	Onions, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sunflower, safflower or canola oil, corn starch, tapioca dextrin, salt. <b>Contains: wheat.</b>
<b>GARLIC CROUTONS:</b>	Enriched flour, hydrogenated soybean oil, sugar, salt, corn syrup solids, modified milk ingredients, yeast, Romano cheese, parmesan cheese, autolyzed yeast extract, cheese powder, garlic powder, dehydrated parsley, natural and artificial flavour, citric acid, colour. <b>Contains: wheat, milk.</b>
<b>MARGARINE:</b>	Cream, salt (may contain colour). <b>Contains: milk.</b>
<b>MAYONNAISE:</b>	Soybean or canola oil, white vinegar, water, frozen and/or liquid egg, salt, sugar, mustard flour, onion powder, garlic powder, concentrated lemon juice, calcium disodium EDTA, spice. <b>Contains: egg.</b>
<b>KETCHUP:</b>	Tomato paste (made from fresh ripe tomatoes), liquid sugar, white vinegar, salt, onion powder, spices.
<b>MUSTARD:</b>	Vinegar, water, mustard seed, salt, turmeric, spices.
<b>BK® 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 flavorings, calcium chloride, polysorbate 80, extractives of 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 and artificial flavors, propylene glycol alginate, polysorbate 60, caramel color, oleoresins paprika and turmeric (color), calcium disodium EDTA added to protect flavour. <b>Contains: eggs, soy lecithin.</b>
<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: egg 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), butter oil, calcium disodium EDTA to protect flavour, tocopherol. <b>Contains: milk, eggs.</b>
<b>BK® ZESTY DIPPING SAUCE:</b>	Canola and/or soya oil, water, sugar/glucose-fructose, prepared horseradish, frozen yolk, vinegar, tomato paste, salt, spices, colour, xanthan gum, propylene glycol alginate, concentrated lemon juice, natural flavour, calcium disodium EDTA. <b>Contains: egg.</b>
<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 yolk, 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 EDTA. <b>Contains: egg.</b>
<b>BK® SWEET 'N SOUR SAUCE:</b>	Water, high fructose corn syrup, distilled vinegar, sugar, pineapple juice concentrate, corn starch-modified, 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, red 40, 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. <b>Contains: egg.</b>
<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 cheese (pasteurized cultured milk, salt, microbial enzymes), spices, citric acid, sodium benzoate and potassium sorbate, phosphoric acid, dehydrated parsley. <b>Contains: milk.</b>
<b>KRAFT® CREAMY CAESAR:</b>	Water, soybean oil, parmesan and romano cheese, sugar, salt, vinegar, garlic, egg yolk, modified cornstarch, anchovy paste, spices and seasonings (contains wheat and soy-

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<b>KRAFT® CW RANCHER'S CHOICE:</b>	Water, corn syrup, soybean oil, vinegar, egg yolk, salt, modified cornstarch, sugar, garlic juice, natural flavours (contains milk), phosphoric acid, monosodium glutamate, xanthan gum, potassium sorbate, colour, polysorbate 60, lemon juice concentrate, spices, dried parsley, lactic acid, calcium disodium EDTA. <b>Contains: egg and milk.</b>
<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 corn starch, salt, egg yolks, natural flavour, colour, sorbic acid, calcium disodium EDTA, sulphites. <b>Contains: egg.</b>
<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>KRAFT® BALSAMIC VINAIGRETTE:</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.
<b>KRAFT® PURE STRAWBERRY JAM:</b>	Sugar/glucose-fructose, strawberries, water, citric acid (helps pectin set jam), fruit pectin.
<b>PANCAKE 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>SHREDDED PARMESAN CHEESE:</b>	Milk, bacterial culture, salt, lipase, microbial enzymes, calcium chloride. <b>Contains: milk.</b>

## Desserts:

<b>HERSHEY'S SUNDAY PIE:</b>	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 flavours, 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, glyceryl-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. <b>Contains: wheat, milk, soy, tree nuts. Processed on shared equipment with peanuts and tree nuts.</b>
<b>APPLE TURNOVERS:</b>	Water, enriched wheat flour, apples (apples, erythorbic acid and/or ascorbic acid, citric acid, calcium chloride, salt), palm oil shortening, sugar, modified corn starch, corn starch, salt, whey powder, hydroxypropyl methylcellulose, guar gum, carrageenan, dextrose, cinnamon, glycerin. <b>Allergens: wheat, milk.</b>
<b>STIR-UPS®:</b>	Partially skimmed milk (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). 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, cornstarch, baking soda, salt, soy lecithin (emulsifier), vanillin - an artificial flavour, chocolate. <b>Contains: milk, soy, wheat.</b>
<b>CHOCOLATE SYRUP:</b>	High fructose corn syrup, water, dextrose, cocoa (processed with alkali), corn syrup, sweet whey powder, salt, xanthan gum, potassium sorbate (preservative), citric acid. <b>Contains: milk.</b>
<b>STRAWBERRY SYRUP:</b>	Glucose-fructose, water, citric acid, flavour, sodium benzoate, colour.
<b>Beverages:</b>	
<b>2% MILK:</b>	Partly skimmed milk, Vitamin A Palmitate, Vitamin D3. <b>Contains: milk.</b>
<b>1% CHOCOLATE MILK:</b>	Milk ingredients, modified milk ingredients, sugar, cocoa, salt, carrageenan, artificial flavour, colour, Vitamin A Palmitate and Vitamin D3. <b>Contains: milk.</b>
<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. Milk from sodium caseinate and soy from hydrogenated soy. <b>Contains: milk, soy.</b>
<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.
<b>MOCHA BK JOE® ICED COFFEE:</b>	Concentrated liquid coffee, high fructose corn syrup, water, dextrose, cocoa (processed with alkali), corn syrup, sweet whey powder, salt, xanthan gum, potassium sorbate (preservative), citric acid. Partially skimmed milk (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>Contains: milk.</b>
<b>BK JOE® REGULAR / DECAF / TURBO:</b>	Concentrated liquid coffee.
<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>SHAKE MIX:</b>	Partially skimmed milk (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>Contains: milk.</b>
<b>SHAKE MIX-CHOCOLATE:</b>	Modified milk ingredients, sugar, cocoa, mono and diglycerides, cellulose gum, guar gum, polysorbate 80, disodium phosphate, carrageenan, tetrasodium pyrophosphate. <b>Contains: milk.</b>

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<b>COCA-COLA® CLASSIC:</b>	Sugar/glucose-fructose, water, caramel colour, phosphoric acid, natural flavour, caffeine.
<b>DIET COKE®:</b>	Water, caramel colour, phosphoric and citric acid, aspartame (contains phenylalanine), flavours, sodium benzoate, acesulfame-potassium, caffeine, dimethylpolysiloxane.
<b>COKE ZERO®:</b>	Water, caramel colour, phosphoric acid, potassium citrate, aspartame (contains phenylalanine), potassium benzoate, natural flavour, acesulfame-potassium, caffeine, dimethylpolysiloxane.
<b>SPRITE®:</b>	Sugar/glucose-fructose, water, citric acid, sodium citrate, natural flavour, sodium benzoate.
<b>BARQ'S ROOT BEER:</b>	Sugar/glucose-fructose, water, caramel colour, sodium benzoate, natural and artificial flavours, citric acid, caffeine.
<b>MINUTE MAID® ORANGE SODA:</b>	Sugar/glucose-fructose, water, natural flavour, citric acid, sodium benzoate, salt, colour.  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>NESTEA® Iced Tea:</b>	Sugar, water, citric acid, tea, sodium citrate, erythorbic acid, lemon flavour, sodium benzoate.

## 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 2009. 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 Processed Cheese and in **Double** size.)

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

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

**Mushroom and Swiss Steakhouse :** Steakhouse Angus Patty, corn dusted bun, crispy onions, sauteed mushrooms, processed cheese, Kraft® Thick and Hearty steak sauce.

**Spicy CHICK'N CRISP® Sandwich:** Spicy 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 Meat, Egg, & Cheese: Croissant, Egg Omelet, Processed Cheese, Either Sausage Patty, Bacon, Or Ham.

### English Muffin Sandwiches:

w/ Egg & Cheese: English Muffin, Egg Omelet, Processed Cheese.

w/ Meat, Egg & Cheese: English Muffin, Egg Omelet, Processed Cheese, Either Sausage Patty, Bacon, Or Ham.

### Double English Muffin Sandwiches:

w/ Double Meat, Egg, & Cheese: English Muffin, Egg Omelet, Processed Cheese, Either Sausage Patty, Bacon, Or Ham.

### Enormous Omelette Sandwich:

Specialty Bun, Egg Omelet, Bacon, Sausage Patty, Processed Cheese.

## NUTRITIONAL INFORMATION

<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	163	380	20	6	0.5	35	540	33	2	6	15
WHOPPER JR.® Sandwich with Cheese	175	420	24	8	0.5	50	750	34	2	7	17
Double WHOPPER JR.®	177	480	29	8	1	65	420	31	2	4	24
Double WHOPPER JR.® with Cheese	189	530	32	12	1	80	620	31	2	4	26

  

<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	126	300	11	4.5	0.4	30	530	33	2	6	15
Cheeseburger	138	340	15	7	0.5	40	730	33	2	6	17
Double Hamburger	164	410	20	8	1	60	560	33	2	6	24
Double Cheeseburger	189	500	27	13	1	80	970	34	2	7	29
BK® Stacker - Double	191	610	37	15	1.5	100	1080	34	1	7	33
BK® Stacker - Triple	247	790	51	22	2	145	1420	35	1	7	47
BK® Stacker - Quad	303	980	65	28	2.5	195	1760	36	1	8	60
STEAKHOUSE™ Burger	291	830	53	20	2	140	1790	43	3	10	39
Mushroom & Swiss Steakhouse Burger	279	760	45	18	2	130	1830	41	3	9	40
KING SUPREME®	205	540	31	12	1	80	790	34	2	7	28
Bacon Double Cheeseburger	199	550	31	14	1	95	1170	34	2	7	33

  

<b>Chicken, Fish, Veggie &amp; Kids Items</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
Original Chicken Sandwich (no Mayo)	190	470	20	3.5	0.2	50	1260	49	3	4	23
Spicy CHICK'N CRISP® Sandwich	153	500	31	5	0.2	35	910	40	2	4	14
Spicy CHICK'N CRISP® Sandwich (no Mayo)	131	340	13	2.5	0.1	25	780	40	2	4	14
CHICKEN TENDERS® – 4 pc.	62	160	9	1	0.1	25	310	10	1	1	10
CHICKEN TENDERS® – 6 pc.	92	250	14	2	0.2	35	470	15	1	0	15
KRAFT® Macaroni & Cheese Dinner	113	160	5	1.5	0.1	5	320	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	147	440	22	4.5	0.5	0	1000	57	4	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
Mozzarella Sticks	98	350	20	6	0	25	930	29	2	1	14
MOTT'S FRUITSATIONS® Applesauce	111	50	0	0	0	0	13	0	0	11	0.2

  

<b>Salads</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)
(Salads listed w/out dressing or Garlic Parmesan Croutons)											
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
Croutons	14	60	2	0.4	0.2	0	120	9	0	1	1
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 BK® Stacker and KING SUPREME®)	14	70	6	1	0.1	5	120	3	0	3	0.1
Marinara Dipping 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

## NUTRITIONAL INFORMATION (continued)

<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)
Margarine Portion	4.5	35	3.5	2.5	0.1	10	25	0	0	0	0
<b>Desserts</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)
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
<b>Breakfast</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)
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
Double English Muffin w/ Egg, Cheese & Bacon	149	400	20	9	0.5	205	1170	32	1	3	21
Double English Muffin w/ Egg, Cheese & Ham	203	390	16	7	0.4	225	1830	33	1	5	27
<b>Breakfast</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)
Double English Muffin w/ Egg, Cheese & Sausage	222	650	44	16	0.5	245	1600	34	2	3	28
Hash Browns – Small	84	250	18	2.5	0.3	0	410	24	3	0	2
Hash Browns – Medium	140	420	30	4	0.5	0	680	40	6	0	3
Hash Browns – Large	179	570	38	5	0.5	0	840	54	4	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
<b>Shakes, Milk &amp; Iced Coffee</b>											
	Serving Size (ml)	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 - 2%	240	130	5	3	0.1	20	120	12	0	12	9
Hot Chocolate (1 packet)	28g	120	3	3	0.1	0	120	22	1	19	1
DASANI® Bottled Water	560	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® Apple Juice, 10 oz	308	140	0	0	0	0	5	34	0	32	0.4
MINUTE MAID® Orange Juice, 6 oz	175	80	0	0	0	0	10	21	0	19	1
MINUTE MAID® Orange Juice, 10 oz	309	150	0	0	0	0	20	35	0	31	2
Mocha BK JOE® Iced Coffee, 22oz	650	330	4.5	3	0.1	15	210	66	1	54	8
BK JOE® 12 oz	355	5	0	0	0	0	15	1	0	0	1
BK JOE® 16 oz	470	10	0	0	0	0	20	1	0	0	1
BK JOE® 20 oz	590	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)	355	230	4	2.5	0.1	15	190	42	0	36	7
Vanilla Shake – Small (16 oz)	470	360	6	4	0.2	25	300	64	0	55	11
Vanilla Shake – Medium (22 oz)	650	480	9	5	0.3	35	400	86	0	73	14
Vanilla Shake – Large (32 oz)	945	710	13	8	0.4	50	590	127	0	108	21
Chocolate Shake – Kids (12 oz)	355	270	4.5	2.5	0.1	15	190	52	0	44	7
Chocolate Shake – Small (16 oz)	470	440	7	4	0.2	25	300	85	1	71	11
Chocolate Shake – Medium (22 oz)	650	640	9	5	0.3	35	400	127	1	105	15
Chocolate Shake – Large (32 oz)	945	950	13	8	0.4	50	590	189	2	156	23
Strawberry Shake – Kids (12 oz)	355	270	4	2.5	0.1	15	200	52	0	45	7
Strawberry Shake – Small (16 oz)	470	430	6	4	0.2	25	310	84	0	73	11
Strawberry Shake – Medium (22 oz)	650	630	9	5	0.3	35	410	124	0	110	14
Strawberry Shake – Large (32 oz)	945	940	13	8	0.4	50	610	185	0	163	21
<b>Beverages (Note: values take into account a 25% ice displacement)</b>											
	Serving Size (ml)	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)	355	120	0	0	0	0	25	32	0	32	0
COCA-COLA® CLASSIC‡ - Small (16 oz)	470	160	0	0	0	0	35	42	0	42	0
COCA-COLA® CLASSIC‡ - Medium (22 oz)	650	230	0	0	0	0	50	61	0	61	0
COCA-COLA® CLASSIC‡ - Large (32 oz)	945	320	0	0	0	0	70	86	0	86	0
DIET COKE®‡ - Kids (12 oz)	355	0	0	0	0	0	40	0	0	0	0
DIET COKE®‡ - Small (16 oz)	470	0	0	0	0	0	50	0	0	0	0
DIET COKE®‡ - Medium (22 oz)	650	0	0	0	0	0	75	0	0	0	0
DIET COKE®‡ - Large (32 oz)	945	0	0	0	0	0	105	0	0	0	0
COKE ZERO®‡ - Kids (12 oz)	355	0	0	0	0	0	0	0	0	0	0
COKE ZERO®‡ - Small (16 oz)	470	0	0	0	0	0	0	0	0	0	0
COKE ZERO®‡ - Medium (22 oz)	650	0	0	0	0	0	0	0	0	0	0
COKE ZERO®‡ - Large (32 oz)	945	0	0	0	0	0	0	0	0	0	0
SPRITE®‡ - Kids (12 oz)	355	110	0	0	0	0	55	29	0	29	0
SPRITE®‡ - Small (16 oz)	470	140	0	0	0	0	70	38	0	38	0
SPRITE®‡ - Medium (22 oz)	650	200	0	0	0	0	100	56	0	56	0

## NUTRITIONAL INFORMATION (continued)

Beverages (Note: values take into account a 25% ice displacement)	Serving Size (ml)	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)
SPRITE <sup>®</sup> † - Large (32 oz)	945	280	0	0	0	0	140	78	0	78	0
Barq's Root Beer - Kids (12 oz)	355	120	0	0	0	0	55	35	0	35	0
Barq's Root Beer - Small (16 oz)	470	160	0	0	0	0	70	46	0	46	0
Barq's Root Beer - Medium (22 oz)	650	230	0	0	0	0	100	66	0	66	0
Barq's Root Beer - Large (32 oz)	945	320	0	0	0	0	140	93	0	93	0
Minute Maid Orange - Kids (12 oz)	355	130	0	0	0	0	55	35	0	35	0
Minute Maid Orange - Small (16 oz)	470	180	0	0	0	0	70	46	0	46	0
Minute Maid Orange - Medium (22 oz)	650	260	0	0	0	0	100	66	0	66	0
Minute Maid Orange - Large (32 oz)	945	360	0	0	0	0	140	93	0	93	0
Fruitopia - Kids (12 oz)	355	120	0	0	0	0	25	32	0	31	0
Fruitopia - Small (16 oz)	470	160	0	0	0	0	35	42	0	41	0
Fruitopia - Medium (22 oz)	650	230	0	0	0	0	50	61	0	61	0
Fruitopia - Large (32 oz)	945	330	0	0	0	0	70	85	0	82	0
NESTEA <sup>®</sup> Iced Tea - Kids (12 oz)	355	80	0	0	0	0	10	22	0	22	0
NESTEA <sup>®</sup> Iced Tea - Small (16 oz)	470	110	0	0	0	0	10	29	0	29	0
NESTEA <sup>®</sup> Iced Tea - Medium (22 oz)	650	150	0	0	0	0	15	42	0	42	0
NESTEA <sup>®</sup> Iced Tea - Large (32 oz)	945	220	0	0	0	0	25	59	0	59	0

\*\*Burger King Corporation makes no claim that the BK VEGGIE<sup>®</sup> Burger or any other of its products meets the requirements of a vegan or vegetarian diet.

†: 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 and 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. Sodium level of french fries may vary due to amount added after cooking. Nutritional information as of November 09 (information subject to change).

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