

# Burger King Calorie Counter

Have you heard of the calorie shifting diet? Quick prep menus customized for you.

Food	Serving	Prot	Carb	Fat	Pts	Cals	
Menu Category: WHOPPER Sandwiches							
<b>WHOPPER Sandwich</b> (Beef patty, sesame seed bun, tomato slices (2), lettuce, mayonnaise, ketchup, pickle slices (4), onion)	290 g	28	51	39	16.5	670	<a href="#">MORE</a>
<b>WHOPPER Sandwich w/o Mayo</b> (Beef patty, sesame seed bun, tomato slices (2), lettuce, ketchup, pickle slices (4), onion)	269 g	28	51	22	11.5	510	<a href="#">MORE</a>
<b>WHOPPER with Cheese Sandwich</b> (Beef patty, sesame seed bun, tomato slices (2), cheese slices (2), lettuce, mayonnaise, ketchup, pickle slices (4), onion)	315 g	33	52	47	19	760	<a href="#">MORE</a>
<b>WHOPPER With Cheese Sandwich w/o Mayo</b> (Beef patty, sesame seed bun, tomato slices (2), cheese slices (2), lettuce, ketchup, pickle slices (4), onion)	294 g	32	52	30	14	600	<a href="#">MORE</a>
<b>DOUBLE WHOPPER Sandwich</b> (Beef patties (2), sesame seed bun, tomato slices (2), lettuce, mayonnaise, ketchup, pickle slices (4), onion)	373 g	47	51	57	22.5	900	<a href="#">MORE</a>
<b>DOUBLE WHOPPER Sandwich w/o Mayo</b> (Beef patties (2), sesame seed bun, tomato slices (2), lettuce, ketchup, pickle slices (4), onion)	352 g	47	51	39	17.5	740	<a href="#">MORE</a>
<b>DOUBLE WHOPPER With Cheese Sandwich</b> (Beef patties (2), sesame seed bun, tomato slices (2), cheese slices (2), lettuce, mayonnaise, ketchup, pickle slices (4), onion)	398 g	52	52	64	25	990	<a href="#">MORE</a>
<b>DOUBLE WHOPPER With Cheese Sandwich w/o Mayo</b> (Beef patties (2), sesame seed bun, tomato slices (2), cheese slices (2), lettuce, ketchup, pickle slices (4), onion)	376 g	52	52	47	20	830	<a href="#">MORE</a>
<b>TRIPLE WHOPPER™ Sandwich</b> (Beef patties (3), sesame seed bun, tomato slices (2), lettuce, mayonnaise, ketchup, pickle slices (4), onion)	456 g	67	51	74	28.5	1,130	<a href="#">MORE</a>
<b>TRIPLE WHOPPER™ Sandwich w/o Mayo</b> (Beef patties (3), sesame seed bun, tomato slices (2), lettuce, ketchup, pickle slices (4), onion)	434 g	66	51	57	24	980	<a href="#">MORE</a>
<b>TRIPLE WHOPPER™ Sandwich With Cheese</b> (Beef patties (3), sesame seed bun, tomato slices (2), cheese slices (2), lettuce, mayonnaise, ketchup, pickle slices (4), onion)	480 g	71	52	82	31	1,230	<a href="#">MORE</a>
<b>TRIPLE WHOPPER™ Sandwich With Cheese w/o Mayo</b> (Beef patties (3), sesame seed bun, tomato slices (2), cheese slices (2), lettuce, ketchup, pickle slices (4), onion)	459 g	71	52	65	26.5	1,070	<a href="#">MORE</a>
<b>WHOPPER JR. Sandwich</b> (Beef patty, sesame seed bun, tomato slice (1), lettuce, mayonnaise, ketchup, pickle slices (2), onion)	158 g	15	31	21	9	370	<a href="#">MORE</a>

<b>WHOPPER JR. Sandwich w/o Mayo</b> (Beef patty, sesame seed bun, tomato slice (1), lettuce, ketchup, pickle slices (2), onion)	147 g	15	31	12	6.5	290	<a href="#">MORE</a>
<b>WHOPPER JR. With Cheese Sandwich</b> (Beef patty, sesame seed bun, tomato slice (1), cheese slice (1), lettuce, mayonnaise, ketchup, pickle slices (2), onion)	170 g	18	32	24	10	410	<a href="#">MORE</a>
<b>WHOPPER JR. With Cheese Sandwich w/o Mayo</b> (Beef patty, sesame seed bun, tomato slice (1), cheese slice (1), lettuce, ketchup, pickle slices (2), onion)	149 g	17	31	16	8	330	<a href="#">MORE</a>
<b>Bacon</b>	1 strip	1	0	1	0.5	15	<a href="#">MORE</a>

#### Menu Category: Fire-Grilled Burgers

<b>Hamburger</b> (Beef patty, sesame seed bun, ketchup, pickle slices (2), mustard)	121 g	15	30	12	7	290	<a href="#">MORE</a>
<b>Cheeseburger</b> (Beef patty, sesame seed bun, cheese slice (1), ketchup, pickle slices (2), mustard)	133 g	17	31	16	8	330	<a href="#">MORE</a>
<b>Double Hamburger</b> (Beef patties (2), sesame seed bun, ketchup, pickle slices (2), mustard)	164 g	25	30	21	10	410	<a href="#">MORE</a>
<b>Double Cheeseburger</b> (Beef patties (2), sesame seed bun, cheese slices (2), ketchup, pickle slices (2), mustard.)	189 g	30	31	29	12.5	500	<a href="#">MORE</a>
<b>Bacon Cheeseburger</b> (Beef patty, sesame seed bun, cheese slice (1), ketchup, pickle slices (2), bacon (3 strips), mustard.)	141 g	20	31	19	9	370	<a href="#">MORE</a>
<b>Bacon Double Cheeseburger</b> (Beef patties (2), sesame seed bun, cheese slices (2), ketchup, pickle slices (2), bacon (3 strips), mustard.)	196 g	33	32	32	13.5	540	<a href="#">MORE</a>
<b>The Angus Steak Burger</b> (Angus steak burger beef patty, corn dusted bun, tomato slices (2), lettuce, fire-grilled onions, steak sauce.)	276 g	33	59	22	12.5	560	<a href="#">MORE</a>
<b>The Angus Bacon &amp; Cheese</b> (Angus steak burger beef patty, corn dusted bun, cheese slices (2), bacon (4 strips), tomato slices (2), lettuce, fire-grilled onions, steak sauce)	311 g	42	61	33	16.5	710	<a href="#">MORE</a>

#### Menu Category: Chicken & Fish

<b>TENDERGRILL™ Chicken Sandwich w/ Honey Mustard</b> (Fire-grilled whole muscle chicken breast filet, sesame seed bun, honey mustard spread, tomato slices (2), lettuce.)	258 g	37	53	10	9.5	450	<a href="#">MORE</a>
<b>TENDERGRILL™ Chicken Sandwich with Mayo</b> (Fire-grilled whole muscle chicken breast filet, sesame seed bun, tomato slices (2), lettuce, mayonnaise.)	258 g	37	49	19	11	510	<a href="#">MORE</a>
<b>TENDERGRILL™ Chicken Sandwich/No Sauce</b>	244 g	36	49	7	8	400	<a href="#">MORE</a>
<b>TENDERCRISP Chicken Sandwich</b> (Whole muscle breaded chicken breast, corn dusted bun, tomato slices (2), lettuce, mayonnaise.)	286 g	25	73	43	18.5	780	<a href="#">MORE</a>
<b>Spicy TENDERCRISP Chicken Sandwich</b> (Breaded whole muscle chicken breast, corn dusted bun, tomato slices (2), lettuce, spicy sauce)	300 g	25	74	36	17	720	<a href="#">MORE</a>
<b>Spicy TENDERCRISP Chicken Sandwich w/o Sauce or Mayo</b>	258 g	25	73	21	12.5	570	<a href="#">MORE</a>

(Breaded whole muscle chicken breast, corn dusted bun, tomato slices (2), lettuce)							
<b>Original Chicken Sandwich</b> (Breaded chicken patty, specialty bun, mayonnaise, lettuce)	219 g	24	52	40	16	660	<a href="#">MORE</a>
<b>Original Chicken Sandwich w/o Mayo</b> (Breaded chicken patty, specialty bun, lettuce)	190 g	23	52	17	10	450	<a href="#">MORE</a>
<b>CHICKEN TENDERS</b> (Breaded chicken breast strips with rib meat, modified corn starch and flavoring)	4 pieces	9	11	10	4.5	170	<a href="#">MORE</a>
<b>CHICKEN TENDERS</b> (Breaded chicken breast strips with rib meat, modified corn starch and flavoring)	5 pieces	12	13	12	5.5	210	<a href="#">MORE</a>
<b>CHICKEN TENDERS</b> (Breaded chicken breast strips with rib meat, modified corn starch and flavoring)	6 pieces	14	16	15	6.5	250	<a href="#">MORE</a>
<b>CHICKEN TENDERS</b> (Breaded chicken breast strips with rib meat, modified corn starch and flavoring)	8 pieces	19	21	20	8.5	340	<a href="#">MORE</a>
<b>BK™ CHICKEN FRIES</b> (Chicken breast with rib meat, water, seasoning, modified potato starch, bleached wheat flour, modified wheat starch, rice flour, salt, spices, bleached wheat flour, corn starch, modified wheat starch, potato starch, modified food starch, methylcellulose oleoresin capsicum, oleoresin chili.)	6 pieces	12	18	15	6.5	260	<a href="#">MORE</a>
<b>BK™ CHICKEN FRIES</b> (Chicken breast with rib meat, water, seasoning, modified potato starch, bleached wheat flour, modified wheat starch, rice flour, salt, spices, bleached wheat flour, corn starch, modified wheat starch, potato starch, modified food starch, methylcellulose oleoresin capsicum, oleoresin chili.)	9 pieces	18	26	23	9.5	390	<a href="#">MORE</a>
<b>BK FISH FILET Sandwich</b> (Breaded fish filet, corn-dusted bun, tartar sauce, lettuce)	250 g	24	67	30	14.5	630	<a href="#">MORE</a>
<b>BK FISH FILET Sandwich w/o tartar sauce</b> (Breaded fish filet, corn-dusted bun, lettuce)	222 g	23	65	13	10	470	<a href="#">MORE</a>
<b>Spicy BK FISH FILET Sandwich</b>	250 g	24	67	29	14.5	620	<a href="#">MORE</a>
<b>BK VEGGIEBurger</b> (Veggie burger patty, sesame seed bun, mayonnaise, tomato slice, ketchup, lettuce.)	215 g	23	46	16	9	420	<a href="#">MORE</a>
<b>BK VEGGIE Burger w/ cheese</b> (Veggie burger patty, sesame seed bun, cheese, mayonnaise, tomato slice, ketchup, lettuce.)	228 g	25	47	20	10.5	470	<a href="#">MORE</a>
<b>BK VEGGIE Burger w/o Mayo</b> (Veggie burger patty, sesame seed bun, cheese, tomato slice, ketchup, lettuce.)	205 g	23	46	8	7	340	<a href="#">MORE</a>

Menu Category: Side Orders

<b>French Fries Small (Salted)</b> (Potatoes, partially hydrogenated soybean oil, modified potato starch, rice flour, potato dextrin, salt, leavening)	74 g	2	26	13	5.5	230	<a href="#">MORE</a>
<b>French Fries Small (Salt Not Added)</b> (Potatoes, partially hydrogenated soybean oil, modified potato starch, rice flour, potato dextrin, leavening)	74 g	2	26	13	5.5	230	<a href="#">MORE</a>
<b>French Fries Medium (Salted)</b> (Potatoes, partially hydrogenated soybean oil, modified potato starch, rice	116 g	4	41	20	8.5	360	<a href="#">MORE</a>

flour, potato dextrin, salt, leavening)							
<b>French Fries Medium (Salt Not Added)</b> (Potatoes, partially hydrogenated soybean oil, modified potato starch, rice flour, potato dextrin, leavening)	116 g	4	41	20	8.5	360	<a href="#">MORE</a>
<b>French Fries Large (Salted)</b> (Potatoes, partially hydrogenated soybean oil, modified potato starch, rice flour, potato dextrin, salt, leavening)	160 g	5	57	28	12	500	<a href="#">MORE</a>
<b>French Fries Large (Salt Not Added)</b> (Potatoes, partially hydrogenated soybean oil, modified potato starch, rice flour, potato dextrin, leavening)	160 g	5	57	28	12	500	<a href="#">MORE</a>
<b>French Fries King (Salted)</b> (Potatoes, partially hydrogenated soybean oil, modified potato starch, rice flour, potato dextrin, salt, leavening)	194 g	6	69	33	14	600	<a href="#">MORE</a>
<b>French Fries King (Salt Not Added)</b> (Potatoes, partially hydrogenated soybean oil, modified potato starch, rice flour, potato dextrin, leavening)	194 g	6	69	33	14	600	<a href="#">MORE</a>
<b>Onion Rings</b> (Rehydrated onion, bleached wheat flour, partially hydrogenated soybean oil, water, yellow corn flour, sugar powder, hydroxypropyl methyl cellulose, sorbitol, natural flavors from plant sources)	small	2	22	9	4	180	<a href="#">MORE</a>
<b>Onion Rings</b> (Rehydrated onion, bleached wheat flour, partially hydrogenated soybean oil, water, yellow corn flour, sugar powder, hydroxypropyl methyl cellulose, sorbitol, natural flavors from plant sources)	medium	4	40	16	7.5	320	<a href="#">MORE</a>
<b>Onion Rings</b> (Rehydrated onion, bleached wheat flour, partially hydrogenated soybean oil, water, yellow corn flour, sugar powder, hydroxypropyl methyl cellulose, sorbitol, natural flavors from plant sources)	large	7	60	23	11	480	<a href="#">MORE</a>
<b>Onion Rings</b> (Rehydrated onion, bleached wheat flour, partially hydrogenated soybean oil, water, yellow corn flour, sugar powder, hydroxypropyl methyl cellulose, sorbitol, natural flavors from plant sources)	king	8	70	27	12.5	550	<a href="#">MORE</a>
<b>Mott'S Strawberry Flavored Apple Sauce</b> (Apples, water, high fructose corn syrup, strawberry puree, sugar, natural flavors)	113 g	0	23	0	2	90	<a href="#">MORE</a>

Menu Category: Dipping Sauces

<b>Barbecue Dipping Sauce</b>	1 oz	0	11	0	1	40	<a href="#">MORE</a>
<b>Honey Flavored Dipping Sauce</b>	1 oz	0	23	0	2	90	<a href="#">MORE</a>
<b>Honey Mustard Dipping Sauce</b>	1 oz	0	8	6	2.5	90	<a href="#">MORE</a>
<b>Sweet And Sour Dipping Sauce</b>	1 oz	0	11	0	1	45	<a href="#">MORE</a>
<b>Ranch Dipping Sauce</b>	1 oz	1	1	15	4.5	140	<a href="#">MORE</a>
<b>Zesty Onion Ring Dipping Sauce</b>	1 oz	0	3	15	4.5	150	<a href="#">MORE</a>
<b>Buffalo Dipping Sauce</b>	1 oz	0	2	8	2.5	80	<a href="#">MORE</a>
<b>Ketchup</b>	1 packet	0	3	0	0.5	10	<a href="#">MORE</a>

Menu Category: Salads

Side Garden Salad (Lettuce blend, grape tomatoes (2), baby carrots (2), cucumber slices (2))	106 g	1	3	0	0.5	15	<a href="#">MORE</a>
TENDERGRILL™ Chicken Garden Salad	357 g	32	11	8	5	230	<a href="#">MORE</a>
TENDERGRILL™ Chicken Caesar Salad (Lettuce blend, grape tomatoes (5), Parmesan cheese)	299 g	31	7	7	5	220	<a href="#">MORE</a>
TENDERCRISP Chicken Garden Salad	385 g	24	34	21	9.5	410	<a href="#">MORE</a>
TENDERCRISP Chicken Caesar Salad (Lettuce blend, grape tomatoes (5), Parmesan cheese)	327 g	23	31	21	9.5	400	<a href="#">MORE</a>

#### Menu Category: Salad Dressings & Toppings

Ken'S Border Ranch Dressing	2 oz	2	7	8	3	110	<a href="#">MORE</a>
Ken'S Light Italian Dressing	2 oz	0	5	11	3.5	120	<a href="#">MORE</a>
Ken'S Ranch Dressing	2 oz	1	2	20	5.5	190	<a href="#">MORE</a>
Ken'S Creamy Caesar Dressing	2 oz	3	4	21	6	210	<a href="#">MORE</a>
Ken'S Honey Mustard Dressing	2 oz	1	15	23	7.5	270	<a href="#">MORE</a>
Garlic Parmesan Toast	14 g	2	9	2.5	2	70	<a href="#">MORE</a>

#### Menu Category: Desserts

Dutch Apple Pie (Apples, water, enriched flour, high fructose corn syrup, partially hydrogenated vegetable shortening, enriched bleached flour, margarine, wheat starch, apple juice concentrate)	108 g	2	45	13	7	300	<a href="#">MORE</a>
Hershey'S Sundae Pie (Water, partially hydrogenated vegetable shortening, cream cheese, enriched flour, high fructose corn syrup, vegetable oil )	79 g	3	31	18	7.5	300	<a href="#">MORE</a>

#### Menu Category: Breakfast

CROISSAN'WICH (w/ Egg & cheese)	115 g	12	26	17	7.5	300	<a href="#">MORE</a>
CROISSAN'WICH (w/ Sausage & cheese)	106 g	14	23	25	9.5	370	<a href="#">MORE</a>
CROISSAN'WICH (w/ Sausage, egg & cheese)	159 g	19	26	232	29	470	<a href="#">MORE</a>
CROISSAN'WICH (w/ Ham, egg & cheese)	159 g	18	26	18	8.5	340	<a href="#">MORE</a>
CROISSAN'WICH (w/ Bacon, egg & cheese)	122 g	15	26	20	8.5	340	<a href="#">MORE</a>
DOUBLE CROISSAN'WICH™ (w/ Sausage, egg & cheese)	215 g	29	26	51	18	680	<a href="#">MORE</a>
DOUBLE CROISSAN'WICH™ (w/ Bacon, egg & cheese)	142 g	21	27	27	11	430	<a href="#">MORE</a>
DOUBLE CROISSAN'WICH™ (w/ Ham, egg & cheese)	196 g	26	27	23	10.5	420	<a href="#">MORE</a>
DOUBLE CROISSAN'WICH™ (w/ Sausage, bacon, egg, & cheese)	179 g	25	27	39	14.5	560	<a href="#">MORE</a>
DOUBLE CROISSAN'WICH™ (w/ Ham, bacon, egg, & cheese)	169 g	24	27	25	11	430	<a href="#">MORE</a>
DOUBLE CROISSAN'WICH™ (w/ Ham, sausage, egg, & cheese)	206 g	28	27	37	14.5	550	<a href="#">MORE</a>
Enormous Omelet Breakfast Sandwich	266 g	37	45	46	18.5	740	<a href="#">MORE</a>
Cini Minis	4 rolls	6	51	23	10.5	430	<a href="#">MORE</a>
Icing	28 g	0	20	3	2.5	110	<a href="#">MORE</a>
French Toast Sticks (Corn Starch, Salt, Lecithin, Gum Arabic, Leavening, Yeast, Glycerine)	5 sticks	6	46	20	9.5	390	<a href="#">MORE</a>
French Toast Kid's Meal (w/ Syrup)	497 g	15	103	22	15	670	<a href="#">MORE</a>
Hash Brown Rounds (Potatoes, partially hydrogenated soybean	small	2	23	15	5.5	230	<a href="#">MORE</a>

shortening, dehydrated potato flakes, salt, corn flour, enriched wheat flour)							
<b>Hash Brown Rounds</b> (Potatoes, partially hydrogenated soybean shortening, dehydrated potato flakes, salt, corn flour, enriched wheat flour)	large	3	38	25	9.5	390	<a href="#">MORE</a>

Menu Category: Breakfast Jams and Syrup

<b>Grape Jam</b>	12 g	0	7	0	1	30	<a href="#">MORE</a>
<b>Strawberry Jam</b>	12 g	0	7	0	1	30	<a href="#">MORE</a>
<b>Breakfast Syrup</b>	28 g	0	21	0	2	80	<a href="#">MORE</a>

Menu Category: Drinks

<b>Milk Shakes/Vanilla</b>	kid's (12 fl oz cup)	6	44	11	7.5	310	<a href="#">MORE</a>
<b>Milk Shakes/Vanilla</b>	small (16 fl oz cup)	8	57	15	9.5	400	<a href="#">MORE</a>
<b>Milk Shakes/Vanilla</b>	medium (22 fl oz cup)	11	79	21	13	560	<a href="#">MORE</a>
<b>Milk Shakes/Vanilla</b>	large (32 fl oz cup)	16	117	30	19	820	<a href="#">MORE</a>
<b>Milk Shakes/Vanilla</b>	king (42 fl oz cup)	21	151	39	25	1,070	<a href="#">MORE</a>
<b>Milk Shakes/Chocolate</b> (High fructose corn syrup, water, dextrose, cocoa, corn syrup, sweet whey powder, salt)	kid's	6	61	11	8.5	370	<a href="#">MORE</a>
<b>Milk Shakes/Chocolate</b> (High fructose corn syrup, water, dextrose, cocoa, corn syrup, sweet whey powder, salt)	small	8	75	14	10.5	470	<a href="#">MORE</a>
<b>Milk Shakes/Chocolate</b> (High fructose corn syrup, water, dextrose, cocoa, corn syrup, sweet whey powder, salt)	medium	11	114	20	15.5	690	<a href="#">MORE</a>
<b>Milk Shakes/Chocolate</b> (High fructose corn syrup, water, dextrose, cocoa, corn syrup, sweet whey powder, salt)	large	16	151	29	21.5	950	<a href="#">MORE</a>
<b>Milk Shakes/Chocolate</b> (High fructose corn syrup, water, dextrose, cocoa, corn syrup, sweet whey powder, salt)	king	21	204	38	28	1,260	<a href="#">MORE</a>
<b>Milk Shakes/Strawberry</b> (Corn syrup, water, high fructose corn syrup, citric acid, artificial flavor, sodium benzoate, and colored)	kid's	6	60	10	8.5	360	<a href="#">MORE</a>
<b>Milk Shakes/Strawberry</b> (Corn syrup, water, high fructose corn syrup, citric acid, artificial flavor, sodium benzoate, and colored)	small	7	73	14	10.5	460	<a href="#">MORE</a>
<b>Milk Shakes/Strawberry</b> (Corn syrup, water, high fructose corn syrup, citric acid, artificial flavor, sodium benzoate, and colored)	medium	10	111	19	15	660	<a href="#">MORE</a>
<b>Milk Shakes/Strawberry</b> (Corn syrup, water, high fructose corn syrup, citric acid, artificial flavor, sodium benzoate, and colored)	large	15	148	28	21	930	<a href="#">MORE</a>
<b>Milk Shakes/Strawberry</b> (Corn syrup, water, high fructose corn syrup, citric acid, artificial flavor, sodium benzoate, and colored)	king	19	200	36	28	1,230	<a href="#">MORE</a>

colored)							
<b>COCA COLA CLASSIC</b> (High fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors, caffeine)	kids	0	30	0	2.5	110	<a href="#">MORE</a>
<b>COCA COLA CLASSIC</b> (High fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors, caffeine)	small	0	39	0	3	140	<a href="#">MORE</a>
<b>COCA COLA CLASSIC</b> (High fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors, caffeine)	medium	0	53	0	4	200	<a href="#">MORE</a>
<b>COCA COLA CLASSIC</b> (High fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors, caffeine)	large	0	79	0	6	290	<a href="#">MORE</a>
<b>COCA COLA CLASSIC</b> (High fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors, caffeine)	king	0	104	0	8	390	<a href="#">MORE</a>
<b>DIET COKE</b> (Water, caramel color, phosphoric acid, sodium saccharin, potassium benzoate, natural flavors)	kids	0	0	0	0	0	<a href="#">MORE</a>
<b>DIET COKE</b> (Water, caramel color, phosphoric acid, sodium saccharin, potassium benzoate, natural flavors)	small	0	0	0	0	0	<a href="#">MORE</a>
<b>DIET COKE</b> (Water, caramel color, phosphoric acid, sodium saccharin, potassium benzoate, natural flavors)	medium	0	0	0	0	0	<a href="#">MORE</a>
<b>DIET COKE</b> (Water, caramel color, phosphoric acid, sodium saccharin, potassium benzoate, natural flavors)	large	0	0	0	0	0	<a href="#">MORE</a>
<b>DIET COKE</b> (Water, caramel color, phosphoric acid, sodium saccharin, potassium benzoate, natural flavors)	king	0	0	0	0.5	5	<a href="#">MORE</a>
<b>SPRITE</b> (High fructose corn syrup and/or sucrose, water, citric acid, natural flavors, sodium citrate, sodium benzoate, dimethylpolysiloxane, natural flavors from plant sources)	kids	0	29	0	2.5	110	<a href="#">MORE</a>
<b>SPRITE</b> (High fructose corn syrup and/or sucrose, water, citric acid, natural flavors, sodium citrate, sodium benzoate, dimethylpolysiloxane, natural flavors from plant sources)	small	0	39	0	3	140	<a href="#">MORE</a>
<b>SPRITE</b> (High fructose corn syrup and/or sucrose, water, citric acid, natural flavors, sodium citrate, sodium benzoate, dimethylpolysiloxane, natural flavors from plant sources)	medium	0	53	0	4	200	<a href="#">MORE</a>
<b>SPRITE</b> (High fructose corn syrup and/or sucrose, water, citric acid, natural flavors, sodium citrate, sodium benzoate, dimethylpolysiloxane, natural flavors from plant sources)	large	0	79	0	6	290	<a href="#">MORE</a>
<b>SPRITE</b> (High fructose corn syrup and/or sucrose, water, citric acid, natural flavors, sodium citrate, sodium benzoate, dimethylpolysiloxane, natural flavors from plant sources)	king	0	104	0	8	390	<a href="#">MORE</a>
<b>DR. PEPPER</b> (High fructose corn syrup, water, caramel color, artificial and natural flavor, phosphoric acid, caffeine, sodium benzoate, and dimethylpolysiloxane, natural flavors from plant sources.)	kids	0	29	0	2.5	110	<a href="#">MORE</a>
<b>DR. PEPPER</b> (High fructose corn syrup, water, caramel color, artificial and natural flavor, phosphoric acid, caffeine, sodium benzoate, and dimethylpolysiloxane, natural flavors)	small	0	39	0	3	140	<a href="#">MORE</a>

from plant sources.)							
<b>DR. PEPPER</b> (High fructose corn syrup, water, caramel color, artificial and natural flavor, phosphoric acid, caffeine, sodium benzoate, and dimethylpolysiloxane, natural flavors from plant sources.)	medium	0	52	0	4	190	<a href="#">MORE</a>
<b>DR. PEPPER</b> (High fructose corn syrup, water, caramel color, artificial and natural flavor, phosphoric acid, caffeine, sodium benzoate, and dimethylpolysiloxane, natural flavors from plant sources.)	large	0	78	0	6	280	<a href="#">MORE</a>
<b>DR. PEPPER</b> (High fructose corn syrup, water, caramel color, artificial and natural flavor, phosphoric acid, caffeine, sodium benzoate, and dimethylpolysiloxane, natural flavors from plant sources.)	king	0	104	0	8	380	<a href="#">MORE</a>
<b>COCA COLA CLASSIC ICEE</b> (High fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors, quillalia, yucca extract.)	small	0	31	0	2.5	110	<a href="#">MORE</a>
<b>COCA COLA CLASSIC ICEE</b> (High fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors, quillalia, yucca extract.)	medium	0	40	0	3	140	<a href="#">MORE</a>
<b>ICEE MINUTE MAID Cherry</b> (High fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors, quillalia, yucca extract.)	small	0	31	0	2.5	110	<a href="#">MORE</a>
<b>ICEE MINUTE MAID Cherry</b> (High fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors, quillalia, yucca extract.)	medium	0	40	0	3	140	<a href="#">MORE</a>
<b>MINUTE MAID Orange Juice</b> (100% pure orange juice from concentrate, contains pure filtered water, premium concentrated orange juice)	308 g	2	33	0	3	140	<a href="#">MORE</a>
<b>MINUTE MAID Apple Juice</b> (Pure filtered water, concentrated apple juice, calcium citrate)	6.7 oz	0	23	0	2	90	<a href="#">MORE</a>
<b>BK JOE™ Regular Coffee</b>	small (12 fl oz)	1	1	0	0.5	5	<a href="#">MORE</a>
<b>BK JOE™ Regular Coffee</b>	medium (16 fl oz)	1	1	0	0.5	10	<a href="#">MORE</a>
<b>BK JOE™ Regular Coffee</b>	large (20 fl oz)	1	2	0	0.5	10	<a href="#">MORE</a>
<b>BK JOE™ Turbo Coffee</b>	small (12 fl oz)	1	1	0	0.5	10	<a href="#">MORE</a>
<b>BK JOE™ Turbo Coffee</b>	medium (16 fl oz)	1	2	0	0.5	10	<a href="#">MORE</a>
<b>BK JOE™ Turbo Coffee</b>	529 g	2	2	0	0.5	15	<a href="#">MORE</a>
<b>1% Lowfat Milk</b>	8 fl oz	8	12	2.5	2.5	100	<a href="#">MORE</a>
<b>1% Chocolate Milk</b> (Low-fat milk, vitamin A, vitamin D, chocolate flavoring)	8 fl oz	8	33	3	4.5	200	<a href="#">MORE</a>
<b>Aquafina Water</b>	490 g	0	0	0	0	0	<a href="#">MORE</a>

Menu Category: Have It Your Way



TENDERGRILL™ Chicken Garden Salad + KEN'S Border Ranch Dressing (2 oz)		34	18	16	NA	NA	
TENDERGRILL™ Chicken Caesar Salad + KEN'S Creamy Caesar Dressing (2 oz)		34	11	28	NA	NA	
BK VEGGIE Burger + Side Salad + KEN'S Border Ranch Dressing (2 oz)		26	56	24	NA	NA	
TENDERGRILL™ Chicken Sandwich + MOTT'S Strawberry Flavored Applesauce		37	73	10	NA	NA	
CHICKEN TENDERS (8 pc) + Side Salad + KEN'S Border Ranch Dressing		22	31	28	NA	NA	
Hamburger + Small French Fries		17	56	25	NA	NA	
Cheeseburger + Side Salad + KEN'S Light Italian Dressing		18	39	27	NA	NA	
WHOPPER JR w/ Cheese Sandwich + MOTT'S Strawberry Flavored Applesauce		18	55	24	NA	NA	
Low Carb Angus Steak Patty w/ Small Onion Rings		31	27	30	NA	NA	