

	Nutritional Information																	
	Amount (g)	Energy (kCal)	Energy (kJ)	Protein (g)	Carbohydrate (g)	Sugar (g)	Added Sugar (g)	Fat (g)	Monounsaturated Fat (g)	Polyunsaturated Fat (g)	Saturated Fat (g)	Natural Trans Fat (g)	Hydrogenation Trans Fat (g)	Total Trans Fat (g)	Fiber (g)	Sodium (mg)	Salt (mg)	Added Salt (mg)
Beef & Chicken																		
WHOPPER®	283	626.7	2618	31.6	47.3	11.6	2.8	34.2	12.3	10.3	9.5	1.0	0.0	1.0	4.5	877	2194	697
Double WHOPPER®	367.4	867.3	3619	53.9	47.4	11.7	2.8	51.3	19.7	10.9	16.9	1.7	0.0	1.7	4.9	994	2486	808
Triple WHOPPER®	452.2	1108	4620	76.2	47.5	11.7	2.8	68.4	27.0	11.4	24.4	2.4	0.0	2.4	5.3	1117	2791	932
WHOPPER Jr.®	137.2	301.6	1263	13.5	25.7	5.6	1.4	15.8	5.7	5.5	4.0	0.1	0.0	0.1	2.0	479	1199	404
WHOPPER® Cheese	307.6	708.4	2960	35.9	49.2	12.6	2.8	40.6	13.9	10.5	13.7	1	0.0	1	4.6	1330	3326	698
Double WHOPPER® Cheese	392	949	3961	58.2	49.3	12.7	2.8	57.7	21.3	11.1	21.1	1.7	0.0	1.7	4.7	1447	3618	809
WHOPPER Jr.® Cheese	161.8	387.2	1625	17.6	29.9	6.8	1.4	21.4	7.4	5.7	7.8	0.1	0.0	0.1	2.3	933	2333	932
WHOPPER® Bacon & Cheese	327.6	740.8	3095	38.8	49.9	13.1	2.8	42.7	14.9	10.7	14.4	1.0	0.0	1.0	4.7	1533	3832	933
Double WHOPPER® Bacon & Cheese	412	996.9	4161	62.4	50.2	13.3	2.8	60.8	22.7	11.3	22.2	1.7	0.0	1.7	5.1	1660	4150	933
Steakhouse	277.8	758.1	3163	38.9	50.4	13.7	8.8	44.8	16.7	8.4	17.2	1.0	0.0	1.1	3.6	1301	3253	526
Steakhouse Double	358.8	998.7	4165	61.2	50.5	13.8	8.8	61.9	24.0	8.9	24.7	1.8	0.0	1.8	4.0	1374	3436	526
Angus Burger	239	537.4	2250	28.6	42.0	9.8	8.0	28.0	10.6	7.0	8.8	0.9	0.0	0.9	3.0	832	2080	1
Bacon Double Cheeseburger	135.9	361.4	1513	21.8	27.1	6.6	1.7	18.2	6.7	1.3	8.8	0.0	0.0	0.0	1.9	1088	2721	591
Bacon Double Cheese XL	329.8	953.2	3979	67.3	48.9	12.5	2.8	54.3	20.9	2.7	25.7	1.5	0.0	1.5	4.4	1742	4355	262
Double Cheeseburger	154.3	405.3	1697	26	26.4	6.1	1.7	21.5	8.0	1.2	10.4	0.0	0.0	0.0	2.0	928	2320	530
Big King® XL	154.3	374.9	1578	12.2	44.1	9.8	1.1	17.4	7.8	3.7	5.2	0.2	0.0	0.3	3.4	1157	2893	915
Cheeseburger	110.7	271.3	1136	15.3	25.4	5.6	1.7	11.7	4.4	1.0	5.4	0.0	0.0	0.0	1.7	659	1648	529
Hamburger	99.2	233.1	976	13.3	24.5	5.1	1.7	8.7	3.7	0.9	3.5	0.0	0.0	0.0	1.7	448	1119	528
Chicken Royale*	203	554	2318	22	44.2	6.0	0.2	31.8	10.4	16.8	4.5	0.3	0.0	0.3	2.3	1143	2858	2
Chicken Royale with Cheese*	227.6	635.7	2659	26.3	46.1	7.1	0.2	38.2	12.0	16.9	8.6	0.3	0.0	0.3	2.4	1596	3990	3
Bacon Cheese Chicken Royale*	264	759	3180	34.3	51.1	8.1	1.3	45.9	21.4	10.0	13.3	1.0	0.0	1.0	2.7	2235	5588	2328
Chicken Sandwich*	197	497.7	2082	21.3	43.8	4.0	0.4	26.6	11.2	12.8	2.5	0.2	0.1	0.3	2.9	1092	2730	2
Double Truffle King	338.6	1161.1	4845	61.2	57.7	12.0	0.0	76.8	21.1	3.0	28.7	1.5	0.0	1.5	3.6	1588	3969	1243
Truffle Chicken*	289.8	778.4	3253	32.4	52.5	8.1	0.0	49.4	12.1	4.2	13.0	0.2	0.0	0.2	4.1	1728	4320	198
BACON KING™	351.8	1090.9	4554	69.4	48.8	12.8	3.7	68.6	24.9	12.1	26.4	1.6	0.0	1.6	4.3	1998	4994	1239
Crispy Chicken*	197	497.7	2082	21.3	43.8	4	0.4	26.6	11.2	12.8	2.5	0.2	0.1	0.3	2.9	1092	2730	2
Chicken BACON KING™*	275.8	814.6	3405	42.5	53.8	7.9	5.7	47.0	17.2	16.3	12.4	0.4	0.0	0.4	3.2	2209	5521	996
Chicken Tendecrisp*	255	609.6	2549	26.5	50.9	6.7	4.7	32.7	12.1	14.8	5.7	0.4	0.0	0.4	3.4	1289	3222	1
Limited Time Offer																		
Long BIG KING®	236.5	594.2	2486	29.9	41.4	9.7	1.5	33.9	15.4	5.1	11.5	0.3	0.0	0.3	2.5	1372	3431	1363
Long Chilli Cheeseburger	207.8	598.4	2497	30.1	40.2	6.9	1.0	34.8	15.4	5.2	11.5	0.3	0.0	0.3	2.5	1221	3052	167
Long Seasoned Chicken*	209	471.7	1974	19.9	48.0	5.9	0.3	21.7	9.0	8.5	4.0	0.2	0.0	0.2	3.2	1073	2682	144
Long Texas BBQ*	221.1	597	2498	30.9	55.9	15.4	8.4	27.3	11.1	2.7	11.7	0.0	0.0	0.0	3.2	1131	2829	656
Chocolate OREO® Shake	355	567.6	2379	11	92.4	70.4	21.6	17.2	3.9	0.9	7.2	0.0	0.0	0.0	2.5	473	1183	90
OREO® Shake	350	565.8	2365	11	89.9	76.3	48	17.5	2.9	0.3	11.3	0.0	0.0	0.0	2.4	463	1157	320
OREO® FUSION®	140	254	1061	4.6	39.4	32.2	18.0	8.4	1.1	0.1	5.2	0.0	0.0	0.0	1.2	178	445	120
Bacon Cheese Loaded Fries	199	472.9	1978	12.7	54.3	2.0	0.0	21.3	10.3	2.6	8.0	0.2	0.0	0.2	6.0	692	1729	0.0
Chilli Cheese Loaded Fries	223	537.4	2239	6.3	56.0	1.8	1.4	30.6	17.1	7.0	5.2	0.6	0.0	0.6	6.5	864	2161	331
Buffalo Chicken Fries 6pc	97	204.4	856	9.7	20.6	7.2	0.2	9.0	5.1	1.3	2.6	0.1	0.0	0.1	1.1	705	1763	0.0
Veggie, Fish, Salad & Plant Based																		
Rebel WHOPPER®	293.9	594.1	2487	22.9	47.7	11.8	2.8	32.7	5.0	9.8	8.3	0.2	0.0	0.3	10.8	1315	3288	1226
Veggie Bean Burger	285.6	690.2	2889	17.2	67.8	12.1	2.7	37.4	13.8	10.2	6.8	0.2	0.0	0.2	8.2	1479	3698	243
Crispy Chicken Salad*	218	249.4	1044	16.1	18.3	8.0	5.9	12.5	5.1	4.0	3.0	0.3	0.3	0.6	1.9	1183	2957	1871
King Fish*	158.6	369.1	1544	15.0	38.0	7.9	1.1	16.8	8.1	6.7	2.0	0.2	0.0	0.2	2.8	704	1759	630
Garden Salad	72	17.3	72	0.6	2.4	0.9	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	1.4	0.0	0.0	0.0
Kids																		
Kid's Hamburger	87.5	230.3	964	13.1	24.5	5.0	1.7	8.6	3.7	0.8	3.4	0.0	0.0	0.0	1.6	299	748	156
Kid's Cheeseburger	99.8	271.2	1135	15.3	25.4	5.6	1.7	11.8	4.5	0.9	5.5	0.0	0.0	0.0	1.6	525	1314	156
Chicken Nuggets* 4pc	68	164.9	690	7.9	14.5	0.4	0.4	8.5	5.7	1.4	1.3	0.2	0.0	0.2	0.5	339	848	0.0
Kid's Chicken Sandwich*	112	300.9	1260	10.3	36.1	5.5	2.2	12.4	5.9	2.5	3.8	0.1	0.0	0.1	2.1	631	1577	233
Kid's Veggie Bean Burger	116	295.5	1237	7.5	38.0	6.1	1.7	11.6	5.2	2.1	1.3	0.0	0.0	0.0	4.2	514	1285	156
Fish Fingers* 3pc	78.6	147.8	618	10.0	11.9	2.4	0.0	6.4	2.1	3.5	0.7	0.0	0.0	0.0	1.4	244	609	0.0
Breakfast																		
Bacon and Egg Sandwich	182.6	404.8	1693	14.2	50.2	11.5	10.1	15.0	6.8	2.2	5.5	0.0	0.1	0.1	2.4	999	2498	1186
Bacon Butty	132.6	367.5	1540	11.7	45.3	11.5	10.1	14.2	7.2	2.7	3.9	0.0	0.0	0.0	2.4	774	1934	823
Breakfast King	272.1	678.6	2832	37.7	52.1	12.1	6.0	34.6	40.7	65.7	51.6	0.7	0.1	0.8	2.5	1233	3082	807
Sausage and Egg Sandwich	203	443.1	1854	16.3	49.9	11.2	10.1	18.5	8.0	3.2	6.6	0.0	0.1	0.1	2.5	972	2431	1473
Sausage Butty	148	360.9	1512	13.8	45.0	11.2	10.1	12.6	5.4	2.4	4.1	0.0	0.0	0.0	2.5	747	1867	1110
Ultimate Breakfast Sandwich	272.1	674.6	2817	37.7	51.2	12.0	10.1	34.5	14.6	2.7	14.7	0.7	0.1	0.8	2.9	1281	3202	1187
Hash Browns* 16pc	128	202.2	847	2.3	26.9	0.6	0.0	8.2	3.0	3.9	0.9	0.0	0.0	0.0	5.8	657	1642	1638
Porridge Original	230	430.1	1815	17.3	71.8	24.4	0.0	8.3	0.0	0.0	1.4	0.0	0.0	0.0	7.4	253	633	0.0
Sides																		
Fries* (medium size)	159	429.3	1795	4.9	60.9	5.6	0.0	20.8	10.2	3.3	6.5	0.2	0.0	0.2	5.6	636	1590	0.0
Onion Rings* 8pc	126	363	1519	5.9	43.6	5.9	0.0	17.4	9.2	3.0	4.0	0.0	0.0	0.0	3.8	198	495	0.0
Chicken Nuggets* 6pc	127	272.9	1144	12.1	27.6	6.4	0.7	12.8	8.6	2.1	1.9	0.3	0.0	0.3	1.3	689	1722	0.0
Chilli Cheese Bites* 6pc	105	320.3	1183	9.5	33.8	1.5	0.0	17.9	6.4	2.2	7.9	0.0	0.0	0.0	3.3	840	2100	0.0
Chicken Strips* 2pc	80	189	791	12.8	12.5	0.2	0.2	9.5	5.4	1.4	2.6	0.0	0.0	0.0	1.1	632	1580	1440
Mozzarella Triangles* 6pc	93	313.4	1313	12.2	24.9	2.4	0.0	17.7	7.2	1.9	8.0	0.0	0.0	0.0	2.0	665	1662	0.0
Chicken Fries* 6pc	93	215.8	903	12.6	18.8	1.1	0.0	10.0										