

What's Your Eating Strategy?

HAVE IT YOUR WAY® Eating Strategies with Great-Tasting Fire-Grilled Food at BURGER KING® restaurants
 For our entire history, BURGER KING® has prided itself on letting you HAVE IT YOUR WAY®. While most of our guests customize their meals to meet their tastes, we know that some guests also customize their meals to meet their diets.
 You can do it all at BURGER KING® restaurants. Enjoy low carb burgers, indulge in low fat Fire-Grilled Chicken Salads or count calories with 34 meals under 400 calories.

LOW CARB

If you're cutting back on carbs, order the low carb version of your favorite WHOPPER® Sandwich or The Angus Steak Burger. Without the bun you'll really be able to experience the great fire-grilled taste of our burgers.
 • Original WHOPPER® w/ cheese* (5g)
 • Original WHOPPER® w/ cheese* (3g)
 • Original DOUBLE WHOPPER® w/ cheese* (5g)
 • Original WHOPPER JR.®* (1g)
 • Original WHOPPER JR.® w/ cheese* (2g)
 • BACON WHOPPER® w/ cheese* (5g)
 • BACON WHOPPER® w/ cheese* (4g)
 • Chicken WHOPPER® w/ cheese* (4g)
 • Low Carb Angus Steak Burger • (5g)
 *w/o mayo, ketchup, and bun
 • served w/ lettuce and tomato

LOW FAT

Watching your fat? Go for chicken - the Fire-Grilled Chicken Salads and the Chicken WHOPPER® Sandwich without mayo are low in fat.
 • Fire-Grilled Chicken Caesar Salad, Creamy Garlic Caesar dressing w/ Garlic Parmesan Toast (390 Calories)
 • Fire-Grilled Chicken Garden Salad, Garden Ranch dressing w/ Garlic Parmesan Toast (400 Calories)
 • Fire-Grilled Shrimp Caesar Salad, Creamy Garlic Caesar dressing w/ Garlic Parmesan Toast (390 Calories)
 • Fire-Grilled Shrimp Garden Salad, Garden Ranch dressing w/ Garlic Parmesan Toast (390 Calories)

LOW CALORIE

If you're counting calories, there's no need to feel deprived! BURGER KING® offers four Fire-Grilled Salads at 400 calories or less.
 • Side Garden Salad w/ fat-free honey mustard dressing (0.5g)
 • Fire-Grilled Chicken Caesar Salad, fat-free honey mustard dressing w/o Garlic Parmesan Toast (7g)
 • Fire-Grilled Chicken Garden Salad, fat-free honey mustard dressing w/o Garlic Parmesan Toast (7g)

For additional carbohydrate, fat, and calorie conscious choices, visit www.bk.com or call (305) 378-3535

STANDARD SANDWICH BUILD	Beef patty, sesame seed bun, tomato slice (2), lettuce, mayonnaise, ketchup, pickle slices (4), onion.
Original WHOPPER® Sandwich	Beef patty, sesame seed bun, tomato slice (2), lettuce, mayonnaise, ketchup, pickle slices (4), onion.
Original WHOPPER® With Cheese Sandwich	Beef patty (2), sesame seed bun, tomato slice (2), lettuce, mayonnaise, ketchup, pickle slices (4), onion.
Original DOUBLE WHOPPER® Sandwich	Beef patties (2), sesame seed bun, tomato slice (2), lettuce, mayonnaise, ketchup, pickle slices (4), onion.
Original DOUBLE WHOPPER® With Cheese Sandwich	Beef patties (2), sesame seed bun, tomato slice (2), lettuce, mayonnaise, ketchup, pickle slices (4), onion.
Original WHOPPER JR.® Sandwich	Beef patty, sesame seed bun, tomato slice (1), lettuce, mayonnaise, ketchup, pickle slice (2), onion.
Low Carb WHOPPER® Hamburger	Sandwiches exclude bun, ketchup, and mayo.
Cheeseburger	Beef patty, sesame seed bun, ketchup, pickle slice (2), mustard.
Double Hamburger	Beef patty, sesame seed bun, cheese slice (1), ketchup, pickle slice (2), mustard.
Double Cheeseburger	Beef patties (2), sesame seed bun, ketchup, pickle slice (2), mustard.
Bacon Cheeseburger	Beef patties (2), sesame seed bun, cheese slice (1), ketchup, pickle slice (2), bacon (3 strips), mustard.
Bacon Double Cheeseburger	Beef patties (2), sesame seed bun, cheese slice (2), ketchup, pickle slice (2), bacon (3 strips), mustard.
Chicken WHOPPER® Sandwich	Fire-grilled whole muscle chicken breast filet, sesame seed bun, mayonnaise, tomato slice (2), lettuce.
Original Chicken Sandwich	Breaded chicken patty, specialty bun, mayonnaise, lettuce.
BK BIG FISH® Sandwich	Breaded fish filet, corn dusted bun, tartar sauce, lettuce.
BK VEGGIE®* Burger	Veggie Burger patty, sesame seed bun, mayonnaise, tomato slice, ketchup, lettuce.
The Angus Steak Burger	Angus Steak Burger beef patty, corn dusted bun, tomato slice (2), lettuce, fire-grilled onions, steak sauce, prepared in the microwave.
The Angus Bacon & Cheese	Angus Steak Burger beef patty, corn dusted bun, tomato slice (2), lettuce, fire-grilled onions, steak sauce, lettuce, fire-grilled onions, steak sauce.
Low Carb Angus Steak Burger	Angus Steak Burger beef patty, tomato slice (2), lettuce.
Low Carb Angus Bacon & Cheese	Angus Steak Burger beef patty, cheese slice (2), bacon (4 strips), tomato slice (2), lettuce.
TENDERCRISP™ Chicken Sandwich	Breaded whole muscle chicken breast, corn dusted bun, tomato slice (2), lettuce, mayonnaise.
Spicy TENDERCRISP™ Chicken Sandwich	Breaded whole muscle chicken breast, corn dusted bun, tomato slice (2), lettuce, spicy sauce.
SIDE ITEMS/SALAD CONTENTS	
Garden Side Salad	Lettuce blend, grape tomatoes (2), baby carrots (2), cucumber slices (2).
Caesar Salad base	Lettuce blend, grape tomatoes (5), Parmesan cheese.
Garden Salad base	Lettuce blend, cucumber slices (5), red onions, Parmesan cheese.
Caesar and Garden Salad Base with your choice of:	Fire-Grilled Shrimp, TENDERCRISP™ Chicken topped with Whole Muscle Breast Filet, or Fire-Grilled Whole Muscle Chicken Breast Filet With Fire-Grilled Chicken Salad Garlic Seasoning.



NUTRITIONAL INFORMATION

HAVE IT YOUR WAY®



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305-378-3535
www.bk.com

Nutritional Information

For the most up-to-date information, visit www.bk.com or call 1-305-378-3535

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat * (g)	Total Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber(g)	Total Sugars(g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
ORIGINAL WHOPPER®																
Original WHOPPER® Sandwich	291	700	370	42	13	1	85	1020	52	4	8	31	20	15	10	30
• w/o Mayo	270	540	220	24	10	1	75	900	52	4	8	30	10	15	10	30
• Low Carb	167	280	180	20	9	1	75	290	3	<1	2	22	4	10	6	15
Original WHOPPER® With Cheese Sandwich	316	800	440	49	18	2	110	1450	53	4	9	35	25	15	25	30
• w/o Mayo	294	640	280	31	15	1.5	95	1330	53	4	9	35	15	15	25	30
• Low Carb	192	370	250	28	14	1	95	720	5	<1	2	27	10	10	20	15
Original DOUBLE WHOPPER® Sandwich	374	970	550	61	22	2	160	1110	52	4	8	52	20	15	15	45
• w/o Mayo	353	810	390	44	19	2	150	980	52	4	8	52	10	15	15	45
• Low Carb	251	540	360	40	18	2	150	380	3	<1	2	43	4	10	10	30
Original DOUBLE WHOPPER® With Cheese Sandwich	399	1060	620	69	27	2.5	185	1540	53	4	9	56	25	15	30	45
• w/o Mayo	378	900	460	51	24	2	170	1410	53	4	9	56	15	15	30	45
• Low Carb	275	630	430	47	23	2	170	810	5	<1	2	48	10	10	25	30
Original WHOPPER JR.® Sandwich	158	390	200	22	7	0.5	45	550	31	2	5	17	10	6	8	15
• w/o Mayo	147	310	120	13	5	0.5	40	490	31	2	5	17	4	6	8	15
• Low Carb	75	140	90	10	4.5	0	40	140	1	0	1	11	2	6	4	8
Original WHOPPER JR.® With Cheese Sandwich	160	430	230	26	9	1	55	770	32	2	5	19	10	6	15	15
• w/o Mayo	149	350	150	17	8	0.5	50	700	32	2	5	19	8	6	15	15
• Low Carb	87	190	130	14	7	0.5	50	360	2	0	1	14	6	6	10	8
Bacon (1 Strip)	2.5	15	10	1	0	0	5	70	0	0	0	1	0	0	0	0
FIRE-GRILLED BURGERS																
Hamburger	121	310	120	13	5	0.5	40	550	30	1	5	17	2	2	8	15
Cheeseburger	133	350	150	17	8	0.5	50	770	31	1	5	19	6	2	15	15
Double Hamburger	164	440	210	23	10	1	75	600	30	1	5	28	2	2	10	25
Double Cheeseburger	189	530	280	31	15	1.5	100	1030	32	2	5	32	10	2	25	25
Bacon Cheeseburger	141	390	180	20	9	0.5	60	990	31	1	5	22	6	2	15	15
Bacon Double Cheeseburger	196	570	310	34	17	1.5	110	1250	32	2	6	35	10	2	25	25
The Angus Steak Burger	290	570	200	22	8	1	180	1270	62	3	13	33	15	20	10	20
• Low Carb	154	260	160	18	7	1	180	490	2	<1	1	24	10	10	2	15
The Angus Bacon & Cheese	325	710	300	33	15	1.5	215	1990	64	3	14	41	20	20	25	35
• Low Carb	189	410	260	29	14	1.5	215	1210	4	<1	2	32	20	15	15	20
CHICKEN, FISH & VEGGIE																
Chicken WHOPPER® Sandwich	272	570	230	25	4.5	0	75	1410	48	4	5	38	15	10	6	40
• w/o Mayo	251	410	70	7	2	0	60	1280	48	4	5	38	4	10	6	40
• Low Carb	163	160	30	3.5	1	0	60	850	3	1	1	30	4	10	2	25
Original Chicken Sandwich	204	560	260	28	6	2	60	1270	52	3	5	25	8	0	6	15
• w/o Mayo	190	460	150	17	4.5	2	55	1190	52	3	5	25	2	0	6	15
TENDERCRISP™ Chicken Sandwich	298	780	400	45	7	4	55	1730	70	6	9	27	10	15	8	25
Spicy TENDERCRISP™ Chicken Sandwich	298	720	340	37	6	3.5	50	1990	71	6	9	26	10	20	8	25
• w/o Sauce or Mayo	270	570	190	21	3.5	3.5	40	1540	70	6	9	26	6	15	8	25
CHICKEN TENDERS® 4 Pieces	62	170	90	9	2.5	2	25	420	10	0	0	11	0	0	0	2
5 Pieces	77	210	110	12	3.5	2.5	30	530	13	<1	0	14	0	0	2	2
6 Pieces	92	250	130	14	4	2.5	35	630	15	<1	0	16	2	0	2	4
8 Pieces	123	340	170	19	5	3.5	50	840	20	<1	0	22	2	0	2	4
BK BIG FISH® Sandwich	248	630	270	30	5	1.5	55	1340	69	4	9	23	4	6	10	20
Spicy BK BIG FISH® Sandwich	248	630	270	30	5	1.5	55	1490	69	4	8	23	4	6	10	20
• w/o tartar sauce	220	480	120	13	2.5	1.5	40	1190	68	4	8	23	2	6	10	20
BK VEGGIE®* Burger**	215	420	150	16	3	0	10	1090	46	7	7	23	20	10	10	20
• w/o Mayo	205	340	70	8	1.5	0	0	1020	46	7	7	23	20	10	10	20
SIDE ORDERS																
FRENCH FRIES Small (Salted)	74	230	100	11	3	3	0	410	29	2	0	3	0	8	2	2
Small (Salted not added)	74	230	100	11	3	3	0	240	29	2	0	3	0	8	2	2
Medium (Salted)	117	360	160	18	5	4.5	0	640	46	4	1	4	0	15	2	4
Medium (Salted not added)	116	360	160	18	5	4.5	0	380	46	4	1	4	0	15	2	4
Large (Salted)	160	500	220	25	7	6	0	880	63	5	1	6	0	20	2	6
Large (Salted not added)	159	500	220	25	7	6	0	510	63	5	1	6	0	20	2	6
King (Salted)	194	600	270	30	8	8	0	1070	76	6	1	7	0	20	2	6
King (Salted not added)	193	600	270	30	8	8	0	620	76	6	1	7	0	20	2	6
ONION RINGS Small	51	180	80	9	2	2	0	260	22	2	3	2	0	0	6	0
Medium	91	320	140	16	4	3.5	0	460	40	3	5	4	0	0	10	0
Large	137	480	210	23	6	5	0	690	60	5	7	7	0	0	15	0
King	159	550	240	27	7	6	5	800	70	5	8	8	0	0	20	0
• MOTT'S® Strawberry Flavored Applesauce	113	90	0	0	0	0	0	0	23	<1	21	0	0	100	0	0
DIPPING SAUCES																
Barbecue Dipping Sauce	28	35	0	0	0	--	0	390	9	0	7	0	2	4	0	2
Honey Mustard Dipping Sauce	28	90	0	0	0	--	0	0	23	0	22	0	0	0	0	0
Honey Mustard Dipping Sauce	28	90	60	6	1	--	10	150								