

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							
WHOPPER Sandwich (Beef patty, sesame seed bun, tomato slices (2), lettuce, mayonnaise, ketchup, pickle slices (4), onion)	290 g	28	51	39	16.5	670	MORE
WHOPPER Sandwich w/o Mayo (Beef patty, sesame seed bun, tomato slices (2), lettuce, ketchup, pickle slices (4), onion)	269 g	28	51	22	11.5	510	MORE
WHOPPER with Cheese Sandwich (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	MORE
WHOPPER With Cheese Sandwich w/o Mayo (Beef patty, sesame seed bun, tomato slices (2), cheese slices (2), lettuce, ketchup, pickle slices (4), onion)	294 g	32	52	30	14	600	MORE
DOUBLE WHOPPER Sandwich (Beef patties (2), sesame seed bun, tomato slices (2), lettuce, mayonnaise, ketchup, pickle slices (4), onion)	373 g	47	51	57	22.5	900	MORE
DOUBLE WHOPPER Sandwich w/o Mayo (Beef patties (2), sesame seed bun, tomato slices (2), lettuce, ketchup, pickle slices (4), onion)	352 g	47	51	39	17.5	740	MORE
DOUBLE WHOPPER With Cheese Sandwich (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	MORE
DOUBLE WHOPPER With Cheese Sandwich w/o Mayo (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	MORE
TRIPLE WHOPPER™ Sandwich (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	MORE
TRIPLE WHOPPER™ Sandwich w/o Mayo (Beef patties (3), sesame seed bun, tomato slices (2), lettuce, ketchup, pickle slices (4), onion)	434 g	66	51	57	24	980	MORE
TRIPLE WHOPPER™ Sandwich With Cheese (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	MORE
TRIPLE WHOPPER™ Sandwich With Cheese w/o Mayo (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	MORE
WHOPPER JR. Sandwich (Beef patty, sesame seed bun, tomato slice (1), lettuce, mayonnaise, ketchup, pickle slices (2), onion)	158 g	15	31	21	9	370	MORE

WHOPPER JR. Sandwich w/o Mayo (Beef patty, sesame seed bun, tomato slice (1), lettuce, ketchup, pickle slices (2), onion)	147 g	15	31	12	6.5	290	MORE
WHOPPER JR. With Cheese Sandwich (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	MORE
WHOPPER JR. With Cheese Sandwich w/o Mayo (Beef patty, sesame seed bun, tomato slice (1), cheese slice (1), lettuce, ketchup, pickle slices (2), onion)	149 g	17	31	16	8	330	MORE
Bacon	1 strip	1	0	1	0.5	15	MORE

Menu Category: Fire-Grilled Burgers

Hamburger (Beef patty, sesame seed bun, ketchup, pickle slices (2), mustard)	121 g	15	30	12	7	290	MORE
Cheeseburger (Beef patty, sesame seed bun, cheese slice (1), ketchup, pickle slices (2), mustard)	133 g	17	31	16	8	330	MORE
Double Hamburger (Beef patties (2), sesame seed bun, ketchup, pickle slices (2), mustard)	164 g	25	30	21	10	410	MORE
Double Cheeseburger (Beef patties (2), sesame seed bun, cheese slices (2), ketchup, pickle slices (2), mustard.)	189 g	30	31	29	12.5	500	MORE
Bacon Cheeseburger (Beef patty, sesame seed bun, cheese slice (1), ketchup, pickle slices (2), bacon (3 strips), mustard.)	141 g	20	31	19	9	370	MORE
Bacon Double Cheeseburger (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	MORE
The Angus Steak Burger (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	MORE
The Angus Bacon & Cheese (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	MORE

Menu Category: Chicken & Fish

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

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

Menu Category: Side Orders

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

flour, potato dextrin, salt, leavening)							
French Fries Medium (Salt Not Added) (Potatoes, partially hydrogenated soybean oil, modified potato starch, rice flour, potato dextrin, leavening)	116 g	4	41	20	8.5	360	MORE
French Fries Large (Salted) (Potatoes, partially hydrogenated soybean oil, modified potato starch, rice flour, potato dextrin, salt, leavening)	160 g	5	57	28	12	500	MORE
French Fries Large (Salt Not Added) (Potatoes, partially hydrogenated soybean oil, modified potato starch, rice flour, potato dextrin, leavening)	160 g	5	57	28	12	500	MORE
French Fries King (Salted) (Potatoes, partially hydrogenated soybean oil, modified potato starch, rice flour, potato dextrin, salt, leavening)	194 g	6	69	33	14	600	MORE
French Fries King (Salt Not Added) (Potatoes, partially hydrogenated soybean oil, modified potato starch, rice flour, potato dextrin, leavening)	194 g	6	69	33	14	600	MORE
Onion Rings (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	MORE
Onion Rings (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	MORE
Onion Rings (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	MORE
Onion Rings (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	MORE
Mott'S Strawberry Flavored Apple Sauce (Apples, water, high fructose corn syrup, strawberry puree, sugar, natural flavors)	113 g	0	23	0	2	90	MORE

Menu Category: Dipping Sauces

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

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	MORE
TENDERGRILL™ Chicken Garden Salad	357 g	32	11	8	5	230	MORE
TENDERGRILL™ Chicken Caesar Salad (Lettuce blend, grape tomatoes (5), Parmesan cheese)	299 g	31	7	7	5	220	MORE
TENDERCRISP Chicken Garden Salad	385 g	24	34	21	9.5	410	MORE
TENDERCRISP Chicken Caesar Salad (Lettuce blend, grape tomatoes (5), Parmesan cheese)	327 g	23	31	21	9.5	400	MORE

Menu Category: Salad Dressings & Toppings

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

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	MORE
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	MORE

Menu Category: Breakfast

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

shortening, dehydrated potato flakes, salt, corn flour, enriched wheat flour)							
Hash Brown Rounds (Potatoes, partially hydrogenated soybean shortening, dehydrated potato flakes, salt, corn flour, enriched wheat flour)	large	3	38	25	9.5	390	MORE

Menu Category: Breakfast Jams and Syrup

Grape Jam	12 g	0	7	0	1	30	MORE
Strawberry Jam	12 g	0	7	0	1	30	MORE
Breakfast Syrup	28 g	0	21	0	2	80	MORE

Menu Category: Drinks

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

colored)							
COCA COLA CLASSIC (High fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors, caffeine)	kids	0	30	0	2.5	110	MORE
COCA COLA CLASSIC (High fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors, caffeine)	small	0	39	0	3	140	MORE
COCA COLA CLASSIC (High fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors, caffeine)	medium	0	53	0	4	200	MORE
COCA COLA CLASSIC (High fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors, caffeine)	large	0	79	0	6	290	MORE
COCA COLA CLASSIC (High fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors, caffeine)	king	0	104	0	8	390	MORE
DIET COKE (Water, caramel color, phosphoric acid, sodium saccharin, potassium benzoate, natural flavors)	kids	0	0	0	0	0	MORE
DIET COKE (Water, caramel color, phosphoric acid, sodium saccharin, potassium benzoate, natural flavors)	small	0	0	0	0	0	MORE
DIET COKE (Water, caramel color, phosphoric acid, sodium saccharin, potassium benzoate, natural flavors)	medium	0	0	0	0	0	MORE
DIET COKE (Water, caramel color, phosphoric acid, sodium saccharin, potassium benzoate, natural flavors)	large	0	0	0	0	0	MORE
DIET COKE (Water, caramel color, phosphoric acid, sodium saccharin, potassium benzoate, natural flavors)	king	0	0	0	0.5	5	MORE
SPRITE (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	MORE
SPRITE (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	MORE
SPRITE (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	MORE
SPRITE (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	MORE
SPRITE (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	MORE
DR. PEPPER (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	MORE
DR. PEPPER (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	MORE

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

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	