



YOUR MEAL. YOUR LIFE. YOUR WAY.

Product	Per Serve								Per 100g								Allergens											
	Serving Size (g)	Energy (kJoules (kJ))	Protein (g)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Energy (kJoules (kJ))	Protein (g)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Peanut (P)	Tree Nuts (T)	Seasame (SS)	Milk (M)	Eggs (E)	Fish (F)	Shellfish (SF)	Soy (S)	Wheat (W)	Sulphites (SO)			
WHOPPER®	298	2649	29.8	34.2	10.9	49.2	12.1	855	890	10.0	11.5	3.7	16.5	4.1	287	No	No	Yes	No	Yes	No	No	Yes	Yes	No			
WHOPPER®, Cheese	322	3013	34.8	41.1	15.7	50.0	12.1	1044	937	10.8	12.8	4.9	15.5	3.8	324	No	No	Yes	Yes	Yes	No	No	Yes	Yes	No			
WHOPPER®, Lite Mayo	298	2187	29.8	21.0	9.1	51.4	13.8	778	735	10.0	7.0	3.0	17.3	4.6	261	No	No	Yes	No	Yes	No	No	Yes	Yes	No			
WHOPPER®, Double	379	3606	49.5	50.9	19.2	49.2	12.2	914	952	13.1	13.4	5.1	13.0	3.2	241	No	No	Yes	No	Yes	No	No	Yes	Yes	No			
WHOPPER®, Double Cheese	403	3970	55	57.8	24.0	50.1	12.2	1103	986	13.5	14.3	6.0	12.4	3.0	274	No	No	Yes	Yes	Yes	No	No	Yes	Yes	No			
WHOPPER JR®	153	1364	13.9	16.0	4.7	30.1	6.9	468	893	9.1	10.5	3.1	19.7	4.5	307	No	No	Yes	No	Yes	No	No	Yes	Yes	No			
WHOPPER JR®, Cheese	165	1546	16.4	19.4	7.0	30.5	6.9	562	939	10.0	11.8	4.3	18.5	4.2	341	No	No	Yes	Yes	Yes	No	No	Yes	Yes	No			
WHOPPER JR®, Lite Mayo	157	1174	14.9	10.0	4.1	31.3	7.8	431	747	9.5	6.4	3.6	19.9	4.9	274	No	No	Yes	No	Yes	No	No	Yes	Yes	No			
Hamburger	109	1072	13.6	8.9	3.6	28.9	6.4	470	986	12.5	8.1	3.3	26.6	5.9	432	No	No	Yes	No	No	No	No	Yes	Yes	No			
Cheeseburger	121	1254	16.1	12.3	5.9	29.3	6.4	564	1039	13.3	10.2	4.9	24.3	5.3	468	No	No	Yes	Yes	No	No	No	Yes	Yes	No			
Double Cheeseburger	164	1807	26.2	22.2	11.5	29.8	6.4	682	1101	16.0	13.5	7.0	18.1	3.9	415	No	No	Yes	Yes	No	No	No	Yes	Yes	No			
Triple Cheeseburger	213	2385	36.4	32.1	17.1	31.5	7.7	862	1122	17.1	15.1	8.1	14.8	3.6	406	No	No	Yes	Yes	No	No	No	Yes	Yes	No			
Creamy Mayo Cheeseburger	136	1587	17.3	20.5	7.5	29.6	6.4	628	1166	12.7	15.0	5.5	21.7	4.7	462	No	No	Yes	Yes	Yes	No	No	Yes	Yes	No			
BBQ Rodeo	138	1769	16.9	22.0	7.3	37.5	8.3	578	1285	12.3	16.0	5.3	27.2	6.0	420	No	No	Yes	Yes	Yes	No	No	Yes	Yes	No			
BBQ Bacon Double Cheeseburger	162	1974	28.9	25.2	12.6	30.6	7.4	761	1218	17.9	15.5	7.8	18.9	4.5	470	No	No	Yes	Yes	Yes	No	No	Yes	Yes	No			
BBQ Beef Burger	115	1363	13.6	16.0	4.6	30.3	7.5	398	1181	11.7	13.8	4.0	26.3	6.5	345	No	No	Yes	Yes	Yes	No	No	Yes	Yes	No			
Salad Burger	273	2449	16.6	32.5	7.9	62.2	14.0	1128	897	6.1	11.9	2.9	22.8	5.1	413	No	No	Yes	Yes	Yes	No	No	Yes	Yes	No			
Brewer's Angus Steakhouse	302	3730	44.2	49.4	19.0	65.3	9.3	1352	1234	14.6	16.3	6.3	21.6	3.1	447	No	No	No	Yes	Yes	No	No	Yes	Yes	No			
Angus Steakhouse with Streaky Bacon	289	3506	43.5	44.9	18.2	62.6	15.9	1244	1212	15.0	15.5	6.3	21.6	5.5	430	No	No	No	Yes	Yes	No	No	Yes	Yes	No			
Brewer's TenderCrisp®	287	3492	33.0	43.4	9.7	75.6	10.1	1880	1216	11.5	15.1	3.4	26.3	3.5	654	No	No	No	Yes	Yes	No	No	Yes	Yes	No			
Ploughman's Angus Steakhouse	334	3360	40.2	41.0	16.8	65.8	18.3	899	1006	12.0	12.3	5.0	19.7	5.5	269	No	No	No	Yes	Yes	No	No	Yes	Yes	No			
Chicken Caesar TenderCrisp®	276	2855	27.9	33.3	4.5	66.1	10.7	1461	1033	10.1	12.1	1.6	23.9	3.9	529	No	No	No	Yes	Yes	Yes	No	No	Yes	Yes	No		
Chicken Nugget Burger	139	1600	12.4	21.7	3.4	32.6	5.5	549	1149	8.9	15.6	2.4	23.4	4.0	395	No	No	Yes	Yes	Yes	No	No	Yes	Yes	No			
BK Chicken	224	2802	23.9	45.2	5.4	65.8	7.3	1103	1251	10.7	20.2	2.4	29.4	3.3	492	No	No	Yes	No	Yes	No	No	Yes	Yes	No			
BK Chicken, Hawaiian	313	3478	32.0	55.2	11.3	74.9	15.2	1504	1111	10.2	17.6	3.6	23.9	4.9	480	No	No	Yes	Yes	Yes	No	No	Yes	Yes	No			
Grabba	138	1409	14.6	25.0	3.1	28.6	4.8	558	1018	10.5	18.0	2.2	20.7	3.5	403	No	No	Yes	Yes	Yes	No	No	Yes	Yes	No			
Tendercrisp® Original	285	2899	28.7	50.3	5.3	61.2	5.4	1275	1017	10.0	17.7	1.8	21.5	1.9	447	No	No	No	No	Yes	No	No	Yes	Yes	No			
Peri Peri TenderCrisp®	246	2210	23.2	20.2	2.2	61.5	5.7	1208	898	9.4	8.2	0.9	25.0	2.3	491	No	No	No	No	Yes	No	No	Yes	Yes	No			
Tendergrill® (Flatbread)	186	1520	27.4	13.4	2.3	32.0	1.8	938	817	14.7	7.2	1.2	17.2	1.0	505	No	No	No	No	Yes	No	No	Yes	Yes	No			
Chicken Nuggets - 3 pack	49	390	6.4	5.0	0.8	5.7	1.3	216	796	13.0	10.2	1.7	11.6	2.6	440	No	No	No	Yes	No	No	No	Yes	Yes	No			
Chicken Nuggets - 5 pack	82	653	10.7	8.4	1.4	9.5	2.1	361	796	13.0	10.2	1.7	11.6	2.6	440	No	No	No	Yes	No	No	No	Yes	Yes	No			
Chicken Nuggets - 6 pack	98	780	12.7	10.0	1.7	11.4	2.5	431	796	13.0	10.2	1.7	11.6	2.6	440	No	No	No	Yes	No	No	No	Yes	Yes	No			
Chicken Nuggets - 9 pack	148	1178	19.2	15.1	2.5	17.2	3.8	651	796	13.0	10.2	1.7	11.6	2.6	440	No	No	No	Yes	No	No	No	Yes	Yes	No			
Chicken Nuggets - 12 pack	197	1568	25.6	20.1	3.3	22.9	5.1	867	796	13.0	10.2	1.7	11.6	2.6	440	No	No	No	Yes	Yes	No	No	Yes	Yes	No			
Wholemeal Wrap - BBQ	192	2628	25.5	30.0	6.7	59.8	6.3	1434	1370	13.3	15.7	3.5	31.2	3.3	748	No	No	No	Yes	Yes	No	No	Yes	Yes	Yes			
Wholemeal Wrap - Peri Peri	189	2349	23.2	25.5	4.3	56.1	3.2	1206	1245	12.3	13.5	2.3	29.7	1.7	639	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
Wholemeal Wrap - Caesar	214	2322	21.4	24.8	3.6	58.1	4.2	1195	1087	10.0	11.6	1.7	27.2	2.0	560	No	No	No	No	Yes	No	No	Yes	Yes	Yes			
Salad, Tendercrisp®*	290	950	16.8	9.0	1.1	18.4	6.9	674	328	5.8	3.1	0.4	6.3	2.4	232	No	No	No	No	No	No	No	Yes	Yes	No			
Salad, Tendergrill®*	298	701	24.3	3.3	0.7	8.9	6.9	781	235	8.2	1.1	0.2	3.0	2.3	262	No	No	No	No	No	No	No	Yes	Yes	No			
Salad, Side*	85	68	1.2	0.3	0.0	2.7	1.8	4	80	1.4	0.3	0.0	3.2	2.1	4	No	No	No	No	No	No	No	Yes	Yes	No			
Balsamic Dressing	40	120	0.1	0.9	0.1	4.0	3.8	162	300	0.3	2.3	0.3	10.0	9.4	405	No	No	No	No	No	No	No	Yes	Yes	No			
Italian Dressing	40	54	0.0	0.0	0.0	2.3	2.0	100	135	0.0	0.0	0.0	5.7	4.9	250	No	No	No	No	No	No	No	No	No	No			
Fries - Small	87	930	3.1	22.8	1.0	28.6	0.4	39	1074	3.6	26.3	1.2	33.1	0.4	45	No	No	No	No	No	No	No	No	No	No			
Fries - Regular	116	1248	4.2	30.6	1.4	38.4	0.5	52	1074	3.6	26.3	1.2	33.1	0.4	45	No	No	No	No	No	No	No	No	No	No			
Fries - Large	146	1566	5.3	38.4	1.8	48.2	0.6	65	1073	3.6	26.3	1.2	33.1	0.4	45	No	No	No	No	No	No	No	No	No	No			
Beer Battered Onion Rings	135	1030	3.0	26.7	1.8	31.3	4.9	467	763	2.2	19.8	1.3	23.2	3.6	346	No	No	No	Yes	No	No	No	Yes	Yes	No			
Onion Rings - Regular	91	1101	4.2	22.8	1.3	34.5	5.5	402	1208	4.6	25.0	1.4	37.8	6.1	441	No	No	No	No	No	No	No	No	Yes	No			
Onion Rings - Small	52	629	2.4	13.0	0.7	19.7	3.2	230	1207	4.6	25.0	1.4	37.8	6.1	441	No	No	No	No	No	No	No	No	Yes	No			
Hershey Chocolate Pie	108	1786	4.4	26.0	15.4	44.8	31.6	220	1654	4.1	24.1	14.2	41.5	29.3	204	No	No	No	Yes	No	No	No	No	Yes	Yes	No		
Soft Serve Cone	110	881	4.9	3.0	1.2	40.6	14.8	66	801	4.5	2.7	1.1	36.9	13.4	60	No	No	No	Yes	No	No	No	Yes	Yes	No			
Plain Sundae	125	588	2.6	2.0	1.4	27.8	22.6	55	471	2.1	1.6	1.1	22.3	18.1	44	No	No	No	Yes	No	No	No	Yes	No	No			
Sundae, Caramel	153	969	3.1	3.1	1.8	47.2	33.7	96	634	2.0	2.1	1.2	30.9	22.1	63	No	No	No	Yes	No	No	No	Yes	No	Yes			
Sundae, Chocolate	153	969	3.4	4.0	3.1	45.2	37.0	105	634	2.2	2.6	2.1	29.6	24.2	69	No	No	No	Yes	No	No	No	Yes	No	Yes			
Sundae, Strawberry	153	833	2.7	2.1	1.4	42.1	36.2	59	545	1.8	1.3	0.9	27.5	23.7	38	No	No	No	Yes	No	No	No	Yes	No	No			
Coke - small									134	0.0	0.0	0.0	7.9	7.9	7	No	No	No	No	No	No	No	No	No	Yes			
Coke - reg									131	0.0	0.0	0.0	7.7	7.7	7	No	No	No	No	No	No	No	No	No	Yes			
Coke - large									135	0.0	0.0	0.0	7.9	7.9	7	No	No	No	No	No	No	No	No	No	Yes			
Coke Zero - small									1	0.0	0.0	0.0	0.1	0.0	11	No	No	No	No	No	No	No	No	No	Yes			
Coke Zero - reg									1	0.0	0.0	0.0	0.1	0.0	11	No	No	No	No	No	No	No	No	No	Yes			
Coke Zero - large									1	0.0	0.0	0.0	0.1	0.0	11	No	No	No	No	No	No	No	No	No	Yes			
Pump - Mini									0	0.0	0.0	0.0	0.0	0.0	8	No	No	No	No	No	No	No	No	No	No			
Chocolate Shake									492	1.9	1.5	1.0	25.5	21.3	63	No	No	No	Yes	No	No	No	Yes	No	Yes			
Strawberry Shake									464	1.8	1.4	1.0	24.1	20.4	41	No	No	No	Yes	No	No	No	Yes	No	No			
Muffin + Jam	88	1021																										