

	Amount [g]	Energy [kCal]	Energy [kJ]	Protein [g]	Carbohydrate [g]	Sugar [g]	Fat [g]	Monounsaturated Fat [g]	Polysaturated Fat [g]	Saturated Fat [g]	Total Trans Fat [g]	Fiber [g]	Sodium [mg]
Apple Fries	60.0	28.8	120	0.2	7.1	7.1	0.0	0.0	0.0	0.0	0.0	1.4	
Bacon (5" portion)	10.0	45.1	188	3.7	0.6	0.2	3.5	1.9	0.4	0.9	0.0	0.1	270
Big King	202.0	551.4	2302	28.5	32.3	7.2	34.3	16.7	2.7	13.5	0.8	2.1	1037
Big King XXL	370.0	1020.3	4252	53.7	46.6	9.8	65.5	33.0	6.9	26.3	1.5	4.1	1945
BK Fish - Fish King	184.0	469.4	1969	16.7	44.3	5.1	24.7	12.1	5.6	5.3	1.3	3.2	839
BK FUSIONS® Choco Cookies	150.0	270.2	1163	5.2	41.8	34.8	10.2	2.7	0.5	6.0	0.4	1.0	232
BK FUSIONS® Chocolate Caramel	185.0	395.6	1693	5.8	65.4	50.5	13.2	3.3	0.7	7.7	0.2	0.8	274
BK FUSIONS® Mango Passionfruit	170.0	240.4	1041	4.4	42.5	41.1	6.6	1.3	0.0	4.6	0.1	0.6	120
BK FUSIONS® Strawberry Crunch	170.0	312.6	1344	5.1	53.0	39.8	9.6	2.5	0.6	5.7	0.1	0.8	201
Cheddar Cheese (1 slice)	12.5	42.0	174	2.4	0.5	0.5	3.4	1.1	0.0	2.1	0.1	0.1	215
Cheddar Cheese (2 slices)	25.0	84.0	348	4.7	1.0	0.9	6.8	2.1	0.1	4.3	0.3	0.1	429
Cheeseburger	127.5	337.5	1416	16.7	31.6	6.8	16.0	7.7	0.9	6.8	0.4	1.9	757
Cheeseburger - Double	182.0	501.3	2096	28.3	32.1	7.3	28.8	13.4	1.2	13.1	0.7	2.0	1003
Chicken Nuggets (4 pieces)	64.0	176.0	735	10.2	9.7	0.3	10.7	5.2	2.3	3.1	0.1	0.6	333
Chicken Nuggets (6 pieces)	96.0	264.0	1103	15.4	14.6	0.5	16.0	7.8	3.5	4.7	0.1	0.9	499
Chicken Nuggets (9 pieces)	144.0	396.0	1655	23.0	21.9	0.7	24.0	11.7	5.2	7.1	0.1	1.3	749
Chicken Wings (6 pieces)	172.0	380.1	1586	37.5	4.5	0.9	23.6	11.5	5.0	7.1	0.0	0.9	1376
Chicken Wings (9 pieces)	258.0	570.2	2379	56.2	6.7	1.3	35.3	17.3	7.5	10.6	0.1	1.3	2064
Chili Cheese Nuggets (6 pieces)	120.0	366.0	1352	10.8	38.6	1.7	20.4	7.3	2.5	9.0	0.2	3.7	960
Chocomel	200.0	170.0	708	1.0	24.0	24.0	5.0	1.6	0.2	3.6	0.1	1.0	80
Coca Cola - King Size	750.0	315.0	1350	0.0	79.5	79.5	0.0	0.0	0.0	0.0	0.0	0.0	0
Coca Cola - Large	500.0	210.0	900	0.0	53.0	53.0	0.0	0.0	0.0	0.0	0.0	0.0	0
Coca Cola - Medium	400.0	168.0	720	0.0	42.4	42.4	0.0	0.0	0.0	0.0	0.0	0.0	0
Coca Cola - Small	250.0	105.0	450	0.0	26.5	26.5	0.0	0.0	0.0	0.0	0.0	0.0	0
Coca Cola light - King Size	750.0	1.9	8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	225
Coca Cola light - Large	500.0	1.5	6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	50
Coca Cola light - Medium	400.0	1.2	5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	40
Coca Cola light - Small	250.0	0.8	3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	25
Crispy Chicken	183.0	500.7	2101	18.1	39.2	5.1	29.9	16.9	7.1	5.3	0.5	2.7	952
Crispy Chicken Cheese	195.5	542.7	2275	20.5	39.7	5.6	33.3	17.9	7.2	7.4	0.6	2.7	1167
Dip Pot - Barbeque Sauce	25.0	30.0	127	0.2	7.0	6.3	0.1	0.0	0.0	0.0	0.0	0.1	318
Dip Pot - Curry Sauce	25.0	85.5	353	0.3	3.5	2.5	7.8	4.6	2.5	0.6	0.2	0.2	192
Dip Pot - Sweet and Sour Sauce	25.0	39.5	167	0.1	9.5	8.4	0.1	0.1	0.0	0.0	0.0	0.2	118
Double Cheese XXL	327.0	916.0	3822	53.4	45.5	9.3	54.6	26.3	3.8	25.5	1.3	3.8	1836
Fanta - King Size	750.0	292.5	1245	0.8	71.3	66.0	0.8			0.1		0.0	225
Fanta - Large	500.0	195.0	830	0.5	47.5	44.0	0.5			0.1		0.0	150
Fanta - Medium	400.0	156.0	664	0.4	38.0	35.2	0.4			0.0		0.0	120
Fanta - Small	250.0	97.5	415	0.3	23.8	22.0	0.3			0.0		0.0	75
Fish King Cheese	194.5	504.5	2114	19.1	44.7	5.5	27.4	12.8	5.4	7.4	1.4	3.3	1036
French Fries - King Size	216.0	594.0	2493	6.5	80.8	2.6	27.2	13.0	4.1	10.2	1.1	5.4	1015

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	Amount [g]	Energy [kCal]	Energy [kJ]	Protein [g]	Carbohydrate [g]	Sugar [g]	Fat [g]	Monounsaturated Fat [g]	Polysaturated Fat [g]	Saturated Fat [g]	Total Trans Fat [g]	Fiber [g]	Sodium [mg]
French Fries - Large	142.0	390.5	1639	4.3	53.1	1.7	17.9	8.5	2.7	6.7	0.7	3.6	667
French Fries - Medium	116.0	319.0	1339	3.5	43.4	1.4	14.6	7.0	2.2	5.5	0.6	2.9	545
French Fries - Small	74.0	203.5	854	2.2	27.7	0.9	9.3	4.4	1.4	3.5	0.4	1.9	348
Frites Sauce Sachet/Dip Pot	20.0	57.0	236	0.1	2.5	1.4	5.2	3.1	1.6	0.4	0.0	0.1	147
Grilled Chicken Barbecue	286.6	711.3	2977	35.4	57.6	14.5	36.9	17.7	6.1	13.4	1.0	4.8	1833
Grilled Chicken Classic	224.0	347.5	1469	25.5	43.1	8.5	8.0	4.6	2.1	1.3	0.4	3.8	1052
Hamburger	115.0	295.5	1242	14.3	31.1	6.4	12.6	6.7	0.8	4.6	0.3	1.9	542
Hot Blondie	100.0	441.0	1840	7.2	42.4	18.7	26.7	9.5	0.5	16.7	0.2	1.2	69
Hot Brownie	80.0	372.0	1558	5.1	46.5	46.5	18.4	5.8	1.0	11.8	0.3	2.7	0
Hot Brownie with Icecream	120.0	428.0	1802	6.3	55.3	55.3	20.4	6.2	1.0	13.2	0.4	2.7	36
Ice Cone	68.5	106.2	461	2.4	16.7	14.3	3.6	0.9	0.1	2.4	0.1	0.1	63
Ketchup Sachet/Dip Pot	25.0	25.5	108	0.2	6.0	5.9	0.0	0.0	0.0	0.0	0.0	0.2	228
Long Chicken	234.0	668.9	2806	29.3	52.2	7.6	37.7	19.8	8.5	8.5	0.8	3.7	1797
Milk - Skimmed Portion Pack	250.0	122.5	510	8.5	12.5	12.5	4.3	1.3	0.0	2.5	0.3	0.0	143
Milkshake Banana - Large	519.0	589.8	2479	13.8	106.2	105.7	11.5	2.3	0.0	9.2	0.3	0.0	324
Milkshake Banana - Medium	401.0	437.0	1836	11.1	75.9	75.7	9.3	1.9	0.0	7.4	0.2	0.0	261
Milkshake Banana - Small	276.0	294.0	1235	7.8	50.0	49.9	6.5	1.3	0.0	5.2	0.2	0.0	183
Milkshake Chocolate - King Size	544.0	616.7	2603	15.4	111.0	102.1	12.9	2.7	0.0	10.2	0.3	0.7	390
Milkshake Chocolate - Large	351.0	442.6	1876	9.4	86.3	75.2	7.9	1.7	0.1	6.1	0.2	0.9	257
Milkshake Chocolate - Medium	281.0	353.7	1499	7.6	68.9	60.0	6.4	1.4	0.0	4.9	0.1	0.7	206
Milkshake Chocolate - Small	156.0	193.9	821	4.2	37.4	32.8	3.6	0.8	0.0	2.7	0.1	0.4	114
Milkshake Strawberry - King Size	544.0	593.7	2499	15.0	103.6	99.2	12.5	2.5	0.0	10.0	0.3	0.0	364
Milkshake Strawberry - Large	351.0	413.6	1744	8.8	77.0	71.5	7.3	1.5	0.0	5.9	0.2	0.0	224
Milkshake Strawberry - Medium	281.0	330.7	1395	7.1	61.5	57.2	5.9	1.2	0.0	4.7	0.1	0.0	180
Milkshake Strawberry - Small	156.0	181.9	767	4.0	33.6	31.3	3.3	0.7	0.0	2.6	0.1	0.0	100
Milkshake Vanilla - King Size	498.0	498.0	2092	14.9	79.7	79.7	12.5	2.5	0.0	10.0	0.3	0.0	349
Milkshake Vanilla - Large	293.0	293.0	1231	8.8	46.9	46.9	7.3	1.5	0.0	5.9	0.2	0.0	205
Milkshake Vanilla - Medium	235.0	235.0	987	7.1	37.6	37.6	5.9	1.2	0.0	4.7	0.1	0.0	165
Milkshake Vanilla - Small	132.0	132.0	554	4.0	21.1	21.1	3.3	0.7	0.0	2.6	0.1	0.0	92
Muffin - Apple Caramel	115.0	473.8	1978	4.7	51.4	24.5	28.4	17.0	7.5	3.9	0.1	1.6	357
Muffin - Blueberry	90.0	359.1	1499	4.3	37.4	19.1	22.0	13.3	6.5	2.2	0.1	1.4	315
Muffin - Chocolate	90.0	363.6	1520	4.6	40.4	21.6	21.5	13.1	5.6	2.8	0.1	2.4	315
Onion Rings (10 pieces)	150.0	447.0	1875	8.4	57.2	7.7	20.6	12.2	5.9	1.7	0.2	6.8	255
Onion Rings (6 pieces)	90.0	268.2	1125	5.0	34.3	4.6	12.3	7.3	3.5	1.0	0.1	4.1	153
Orange Juice	250.0	117.5	495	2.0	25.0	25.0	0.0	0.0	0.0	0.0	0.0	1.0	0
Salad - Delight	164.5	28.9	123	2.0	4.7	1.8	0.3	0.1	0.1	0.0	0.0	1.8	62
Salad - Grilled Chicken	247.5	124.4	526	20.2	5.9	2.0	2.1	0.8	0.7	0.5	0.2	2.2	436
Salad Dressing - Balsamico	50.0	48.5	204	0.2	5.5	5.0	2.5	1.5	0.8	0.2	0.5	0.5	510
Salad Dressing - Joghurt Delight	50.0	75.5	315	0.7	7.0	3.6	4.9	2.7	1.4	0.4	0.8	0.1	360
Sprite - King Size	750.0	315.0	1328	0.0	75.8	75.8	0.0	0.0	0.0	0.0	0.0	0.0	75

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Sprite - Large	500.0	210.0	885	0.0	50.5	50.5	0.0	0.0	0.0	0.0	0.0	0.0	50
Sprite - Medium	400.0	168.0	708	0.0	40.4	40.4	0.0	0.0	0.0	0.0	0.0	0.0	40
Sprite - Small	250.0	105.0	443	0.0	25.3	25.3	0.0	0.0	0.0	0.0	0.0	0.0	25
Steakhouse Burger	285.0	850.9	3557	35.0	56.4	14.4	53.4	26.0	5.9	20.9	1.4	4.5	1567
Tendercrisp Chicken	283.0	698.7	2937	32.6	59.0	6.6	36.6	23.0	9.3	3.8	0.5	5.0	1673
Tendercrisp with Cheese	308.0	782.7	3285	37.3	59.9	7.5	43.4	25.1	9.3	8.0	0.7	5.2	2102
Twister Fries - King Size	160.0	459.2	1925	6.2	54.7	3.7	24.0	13.3	2.7	7.8	0.2	4.5	1216
Twister Fries - Large	120.0	344.4	1444	4.7	41.0	2.8	18.0	10.0	2.0	5.9	0.1	3.4	912
Twister Fries - Medium	90.0	258.3	1083	3.5	30.8	2.1	13.5	7.5	1.5	4.4	0.1	2.5	684
Twister Fries - Small	65.0	186.6	782	2.5	22.2	1.5	9.8	5.4	1.1	3.2	0.1	1.8	494
Water Sparkling (Bottle)	500.0	0.0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	15
Water Still (Bottle)	500.0	0.0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	15
Whopper	274.0	644.3	2700	26.6	45.2	8.7	36.2	21.3	6.9	10.0	0.7	4.2	1000
Whopper - Bacon	284.0	689.4	2888	30.2	45.9	8.9	39.7	23.2	7.3	10.9	0.7	4.3	1270
Whopper - Bacon & Cheese	309.0	773.4	3236	34.9	46.8	9.8	46.6	25.4	7.4	15.2	1.0	4.4	1699
Whopper - Cheese	299.0	728.3	3048	31.3	46.2	9.6	43.0	23.4	7.0	14.3	1.0	4.3	1429
Whopper - Double	355.0	879.2	3677	44.5	45.2	8.7	54.4	30.2	7.4	18.0	1.1	4.2	1060
Whopper - Double with Cheese	380.0	963.2	4025	49.2	46.2	9.6	61.2	32.3	7.5	22.2	1.3	4.3	1489
Whopper - Junior with Cheese	165.5	404.1	1695	16.9	32.1	7.1	23.0	12.0	2.9	7.3	0.6	2.2	782
Whopper - Triple	436.0	1114.1	4654	62.5	45.2	8.7	72.5	39.0	7.9	25.9	1.4	4.2	1120
Whopper - Triple with Cheese	461.0	1198.1	5002	67.2	46.2	9.6	79.3	41.2	8.0	30.2	1.7	4.3	1549
Whopper Junior	153.0	362.1	1521	14.6	31.6	6.6	19.6	10.9	2.8	5.2	0.4	2.2	567
Wrap - Grilled Chicken	206.0	312.3	1316	25.2	35.5	3.1	8.1	3.0	1.4	3.4	0.3	2.8	864

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