



## Regional Menu Items & Limited Time Offers (Update March 2008)

The following menu items are available in limited markets and in participating restaurants. They are subject to very frequent changes. Please check [www.bk.com](http://www.bk.com) frequently for the most updated nutritional information. Call Consumer Relations for further questions 305-378-3535.

	Calories	Calories from fat	Total fat (g)	Sat fat*(g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs(g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron %DV	Serving Size (g)
<b>Limited Time Offers:</b>																
Cheesy Bacon Wrapper	390	220	24	8	1.5	150	1080	29	1	2	14	10	0	20	15	137
Cookie Dough Pie	240	110	12	7	0	10	190	31	1	21	3	2	0	4	4	68
Strawberry ICEE®																
Small	110	0	0	0	0	0	5	31	0	31	0	0	0	0	0	242
Medium	140	0	0	0	0	0	10	40	0	40	0	0	0	0	0	306
<b>BREAKFAST:</b>																
Bagel	230	10	1	0	0	0	490	47	2	3	8	0	0	0	10	94
Bagel w/ Egg, Cheese, Ham (2 sl)	400	110	12	5	0	155	1440	51	2	6	22	10	0	15	20	193
Bagel w/ Egg, Cheese, Sausage	540	240	27	10	1	175	1280	50	2	5	24	10	0	10	25	203
Bagel w/ Egg, Cheese, Bacon (3 pc)	410	130	15	6	0	150	1110	50	2	5	19	10	0	10	20	410
Biscuit (for New Biscuit Sandwiches, go to "Build A Meal")	230	100	11	3	5	0	700	28	1	2	5	0	0	2	8	74
Biscuit- w/ Chicken Fritter (Chicken Biscuit)	370	170	19	4.5	6	25	1250	36	2	3	14	0	0	2	10	131
Biscuit- w/ Breakfast Steak (Chicken-Fried)	400	220	24	8	6	25	1000	34	1	2	12	0	0	2	15	123
Biscuit- w/ Sausage Gravy	420	210	23	7	7	20	1500	42	1	3	10	0	0	2	10	187
Biscuit- w/ Country Ham (1 sl) & Egg	360	170	19	5	5	145	1720	30	1	4	17	6	2	6	20	161
Biscuit- w/ Sausage, Bacon (3 pc), Egg & Cheese	570	360	40	13	6	185	1630	31	1	4	23	10	0	15	20	190
Biscuit- w/ Sausage, Ham (2 sl), Egg & Cheese	550	330	37	12	6	180	1730	31	1	4	23	10	0	15	20	200
Biscuit- w/ Double Ham (4 sl), Egg & Cheese	400	200	22	8	5	155	1650	31	1	5	19	10	0	15	20	173
Breakfast Burrito - Sausage, Egg, Cheese & Salsa	330	170	19	7	1	155	910	23	1	3	15	8	2	15	20	136
Breakfast Burrito - Potato, Egg, Cheese, & Salsa	320	150	17	6	2	140	890	27	1	3	13	8	2	15	15	136
Breakfast Burrito - Bacon, Egg, Cheese, & Salsa	290	140	16	6	1	145	890	23	1	3	15	8	2	15	15	125
Danish - Apple	470	200	22	10	0	5	520	62	1	29	6	0	0	15	4	127
Muffin - Blueberry	420	190	21	4	0	85	480	52	1	29	6	2	2	6	10	113
Sweet Breakfast Melt Sandwich (w/ Buttery Spread)	730	470	53	16	1.5	185	1450	42	1	12	23	15	0	20	25	209
Sweet Breakfast Melt Sandwich (no Buttery Spread)	590	330	36	13	1	185	1330	42	1	12	23	15	0	20	25	192
<b>Breakfast Platters:</b>																
Biscuits (2) & Sausage Gravy Platter	740	360	40	12	12	35	2610	77	2	6	18	0	0	4	25	317
Pancake Platter ( 3 plain pancakes)	240	35	4	0.5	0	10	470	48	2	13	5	10	0	10	10	116
Pancake Platter w/ 1 oz Breakfast Syrup	330	35	4	0.5	0	10	490	69	2	27	5	10	0	10	10	144
Pancake Platter w/ Sausage	410	170	19	6	0.5	45	790	48	2	13	13	10	0	10	15	160
Pancake Platter w/ Sausage & 1 oz Breakfast Syrup	490	170	19	6	0.5	45	800	69	2	27	13	10	0	10	15	188
*Our Pancakes have been fortified with 11 vitamins and minerals (Vitamins A, C, D, B6, B12, Thiamine, Riboflavin, Niacin, Folic Acid, Calcium, and Iron) at 10% of Daily Values. Phosphorus is added at 20% of Daily Values																
French Toast Sticks Platter w/ bacon & syrup packet	530	210	24	6	4.5	10	650	68	2	25	11	0	0	6	15	150
French Toast Sticks Platter w/ sausage & syrup packet	640	310	35	10	5	35	770	67	2	25	14	0	0	8	15	184
Scrambled Egg Platter w/ bacon (Scrambled Eggs, Croissant, Hashbrowns, Bacon slices)	670	380	43	12	7	355	1470	52	4	4	21	10	2	40	20	243
Scrambled Egg Platter w/ sausage (Scrambled Eggs, Croissant, Hashbrowns, Sausage patty)	790	480	54	16	8	375	1590	51	4	4	24	10	2	40	20	277

<b>BURGERS &amp; SANDWICHES:</b>																
	Calories	Calories from fat	Total fat (g)	Sat fat*(g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs(g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron %DV	Serving Size (g)
Texas WHOPPER® Sandwich	830	470	52	18	1.5	110	1850	54	3	12	38	15	15	30	35	341
Texas DOUBLE WHOPPER® Sandwich	1070	630	70	26	2.5	175	1920	54	3	12	58	15	15	30	50	424
Texas TRIPLE WHOPPER® Sandwich	1310	790	88	33	3.5	240	2000	54	3	12	77	15	15	30	60	507
Bacon Double Homestyle Melt	670	380	42	17	1.5	115	1250	34	1	5	39	6	0	35	30	204
<b>BURGERS &amp; SANDWICHES:</b>																
	Calories	Calories from fat	Total fat (g)	Sat fat*(g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs(g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron %DV	Serving Size (g)
Mustard WHOPPER®	530	210	24	9	1	65	1140	53	3	11	29	10	15	15	35	290
Sourdough Bacon Cheeseburger (3.5 inch bun)	650	450	51	17	1.5	110	960	17	1	2	33	15	10	25	25	220
Sourdough Bacon Cheeseburger (4.5 inch bun)	680	460	51	16	1.5	110	1010	21	2	3	34	20	10	25	20	230
Rodeo Cheeseburger	380	170	19	8	1	45	620	40	2	9	18	4	2	15	20	139
Bacon Cheeseburger	360	160	18	8	0.5	50	880	31	1	6	20	6	0	15	20	138
Double Bacon Cheeseburger	560	300	33	15	1.5	100	1230	32	1	7	34	10	2	20	25	199
CHICKEN TENDERS® Sandwich	440	250	28	5	1.5	30	770	36	2	4	12	4	6	8	10	148
Italian Chicken Sandwich	560	210	23	8	2	70	1770	56	5	6	32	6	0	30	20	254
Country Pork Sandwich	700	220	25	8	2.5	55	2330	88	2	10	28	6	6	25	30	299
<b>SALADS &amp; OTHER:</b>																
	Calories	Calories from fat	Total fat (g)	Sat fat*(g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs(g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron %DV	Serving Size (g)
Chicken Club Salad w/ TENDERGRILL® CHICKEN	310	130	14	6	0	95	930	8	4	3	37	200	60	6	15	306
Chicken Club Salad w/ TENDERCRISP® CHICKEN	480	240	27	9	3.5	85	1250	27	4	5	34	200	60	8	15	320
Crackers (packet)	25	5	0.5	0	NA	0	70	4	0	0	-	-	-	-	-	6
Tacos (2)	330	200	23	8	1	30	750	18	5	4	14	20	6	15	15	174
Mozzarella Sticks (4 pc)	280	140	16	6	1.5	20	610	24	1	1	11	6	0	25	15	88
Marinara Sauce ( 1 oz)	15	0		0	0	0	170	4	<1	3	1	4	4	0	0	28
French Fry Sauce (1 oz)	90	70	7	1	NA	5	250	5	0	3	0	0	0	0	2	28
Picante Sauce (0.5 oz)	10	0	0	0	0	0	115	2	0	1	0	2	0	0	2	14
<b>DRINKS:</b>																
<b>Barq's Root Beer‡</b>																
kids	120	0	0	0	0	0	25	32	0	32	0	0	0	0	0	270
small	160	0	0	0	0	0	35	42	0	42	0	0	0	0	0	353
medium	220	0	0	0	0	0	50	58	0	58	0	0	0	0	0	481
large	330	0	0	0	0	0	70	86	0	86	0	0	0	0	0	719
king	440	0	0	0	0	0	95	114	0	114	0	0	0	0	0	953
<b>Cherry Coke®‡</b>																
kids	120	0	0	0	0	0	5	32	0	32	0	0	0	0	0	269
small	150	0	0	0	0	0	5	42	0	42	0	0	0	0	0	352
medium	210	0	0	0	0	0	10	58	0	58	0	0	0	0	0	480
large	310	0	0	0	0	0	15	86	0	86	0	0	0	0	0	716
king	390	0	0	0	0	0	10	104	0	104	0	0	0	0	0	948
<b>Fanta Orange‡</b>																
kids	120	0	0	0	0	0	0	32	0	32	0	0	0	0	0	269
small	160	0	0	0	0	0	0	42	0	42	0	0	0	0	0	353
medium	210	0	0	0	0	0	0	58	0	58	0	0	0	0	0	480
large	320	0	0	0	0	0	0	86	0	86	0	0	0	0	0	717
king	420	0	0	0	0	0	0	114	0	114	0	0	0	0	0	951
<b>Hi-C Fruit Punch‡</b>																
kids	120	0	0	0	0	0	10	32	0	32	0	0	110	0	0	269
small	150	0	0	0	0	0	15	42	0	42	0	0	150	0	0	352
medium	210	0	0	0	0	0	20	58	0	58	0	0	200	0	0	480
large	310	0	0	0	0	0	30	86	0	86	0	0	300	0	0	717
king	410	0	0	0	0	0	40	114	0	114	0	0	400	0	0	951
<b>MINUTE MAID® Lemonade‡</b>																
kids	110	0	0	0	0	0	45	30	0	30	0	0	0	0	0	268

small	140	0	0	0	0	0	60	39	0	39	Vit	0	0	0	0	352
medium	190	0	0	0	0	0	80	53	0	53	0	0	0	0	0	479
large	290	0	0	0	0	0	120	79	0	79	0	0	0	0	0	715
king	380	0	0	0	0	0	160	104	0	104	0	0	0	0	0	948
<b>MINUTE MAID® Light Lemonade‡</b>																
kids	5	0	0	0	0	0	0	1	0	0	0	0	0	0	0	257
small	5	0	0	0	0	0	0	1	0	0	0	0	0	0	0	337
medium	10	0	0	0	0	0	0	1	0	0	0	0	0	0	0	459
large	10	0	0	0	0	0	5	1	0	0	0	0	0	0	0	685
king	15	0	0	0	0	0	10	2	0	z	0	0	0	0	0	909
<b><u>DRINKS cont'd:</u></b>																
	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Sat fat*(g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs(g)</b>	<b>Dietary Fiber(g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A %DV</b>	<b>Vit C %DV</b>	<b>Calcium %DV</b>	<b>Iron %DV</b>	<b>Serving Size (g)</b>
<b>NESTEA® Southern Style Iced Tea‡</b>																
kids	140	0	0	0	0	0	15	38	0	38	0	0	0	0	0	270
small	180	0	0	0	0	0	20	50	0	50	0	0	0	0	0	354
medium	250	0	0	0	0	0	30	67	0	67	0	0	0	0	0	482
large	370	0	0	0	0	0	45	101	0	101	0	0	0	0	0	719
king	480	0	0	0	0	0	55	131	0	131	0	0	0	0	0	936
<b>NESTEA® Sweetened Iced Tea‡</b>																
kids	70	0	0	0	0	0	15	18	0	18	0	0	0	0	0	264
small	90	0	0	0	0	0	20	24	0	24	0	0	0	0	0	346
medium	120	0	0	0	0	0	30	33	0	33	0	0	0	0	0	471
large	180	0	0	0	0	0	40	49	0	49	0	0	0	0	0	703
king	240	0	0	0	0	0	55	65	0	65	0	0	0	0	0	933
<b>NESTEA® Unsweetened (Plain) Iced Tea‡</b>																
kids	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0	257
small	0	0	0	0	0	0	20	0	0	0	0	0	0	0	0	336
medium	0	0	0	0	0	0	25	0	0	0	0	0	0	0	0	458
large	5	0	0	0	0	0	40	0	0	0	0	0	0	0	0	684
king	5	0	0	0	0	0	55	0	0	0	0	0	0	0	0	907
<b>Vault®</b>																
kids	120	0	0	0	0	0	10	32	0	32	0	0	0	0	0	269
small	160	0	0	0	0	0	15	42	0	42	0	0	0	0	0	352
medium	210	0	0	0	0	0	20	57	0	57	0	0	0	0	0	472
large	320	0	0	0	0	0	30	86	0	86	0	0	0	0	0	717
king	420	0	0	0	0	0	40	114	0	114	0	0	0	0	0	951
2% Milk ( 8 oz)	120	40	4.5	3	0	20	120	11	0	11	8	10	0	30	0	237
*California milk differs slightly in calories, protein &																
Hot Chocolate (2 packets)	220	20	2	0.5	NA	5	200	48	1	42	3	0	0	8	4	56
	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Sat fat*(g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs(g)</b>	<b>Dietary Fiber(g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A %DV</b>	<b>Vit C %DV</b>	<b>Calcium %DV</b>	<b>Iron %DV</b>	<b>Serving Size (g)</b>
<b><u>DESSERTS &amp; SHAKES:</u></b>																
Chocolate Chip Cookies (2)	330	140	15	8	0	20	250	47	1	29	3	10	0	2	8	76
Oatmeal Raisin Cookies (2)	310	120	13	8	0	20	260	46	3	26	4	10	0	2	8	76
<b>Footnote for "Sat Fat* (g)": *Does not include Trans Fat.</b>																
<b>Footnote for Beverages "‡" :</b>																
‡ These values represent sodium derived from ingredients other than water. The actual amount of Sodium in the beverages will vary depending on the quantity contained in the water supply where the finished beverages are produced.																
This information provided by Burger King Corporation regarding our food is as complete as possible at the time of this publication: <b>March 2008</b> . Test or Regional products have not been included. The source of this information is reported to us by our suppliers or is lab tested "as served" by an accredited laboratory. We use ESHA Reseach Genesis R&D Software to calculate this nutritional data. Variations may occur depending on the season, the supplier and product preparation at your local restaurant. Product formulations may change periodically, we continue to update this list to reflect changes that occur in our products. Please check <b>www.bk.com</b> on a regular basis for the most up-to-date nutritional information.																
<b>Note: NYC &amp; Philadelphia, Westchester County, NY &amp; Montgomery County, MD Residents:</b> In these areas, fried products are cooked in an oil that has 0g of trans fat per serving, some products may contain a small amount of trans fat if ingredients are made with partially hydrogenated oils. These nutritional will not appropriately reflect the level of trans fat in products served in these areas, in many cases, the level of trans fat will be less than reflected on this website. These nutritional apply to the rest of the U.S. where the cooking oil used is partially hydrogenated soybean oil, which does contain trans fat.																