



Nutrition Data

January 2004

Menu Item	Calories	Exchanges
BURGERS		
Original WHOPPER® Sandwich	710	3 Carbohydrate, 3 High Fat Meat, 3 Fat
w/o Mayo	550	3 Carbohydrate, 3 High Fat Meat
Original WHOPPER® with Cheese Sandwich	800	3 Carbohydrate, 4 High Fat Meat, 3 Fat
w/o Mayo	640	3 Carbohydrate, 4 High Fat Meat
Original DOUBLE WHOPPER® Sandwich	980	3 Carbohydrate, 6 High Fat Meat, 3 Fat
w/o Mayo	820	3 Carbohydrate, 6 High Fat Meat
Original DOUBLE WHOPPER® with Cheese Sandwich	1070	3 Carbohydrate, 7 High Fat Meat, 3 Fat
w/o Mayo	910	3 Carbohydrate, 7 High Fat Meat
Original WHOPPER JR.® Sandwich	390	2 Carbohydrate, 1½ High Fat Meat, 2 Fat
w/o Mayo	310	2 Carbohydrate, 1½ High Fat Meat
Original WHOPPER JR.® with Cheese Sandwich	440	2 Carbohydrate, 2 High Fat Meat, 2 Fat
w/o Mayo	360	2 Carbohydrate, 2 High Fat Meat
Hamburger	310	2 Carbohydrate, 1½ High Fat Meat
Cheeseburger	360	2 Carbohydrate, 2 High Fat Meat
Double Hamburger	450	2 Carbohydrate, 3 High Fat Meat
Double Cheeseburger	540	2 Carbohydrate, 4 High Fat Meat
Bacon Cheeseburger	400	2 Carbohydrate, 2 High Fat Meat, 1 Fat
Bacon Double Cheeseburger	580	2 Carbohydrate, 4 High Fat Meat, ½ Fat
SANDWICHES & SIDE ORDERS		
Chicken WHOPPER® Sandwich	580	3 Carbohydrate, 4 Lean Meat, 3 Fat
w/o Mayo	420	3 Carbohydrate, 4 Lean Meat
Original Chicken Sandwich	560	3 Carbohydrate, 2 High Fat Meat, 3 Fat
w/o Mayo	460	3 Carbohydrate, 2 High Fat Meat, ½ Fat
Grilled Chicken Caesar Club Sandwich	540	
Santa Fe Fire Grilled Chicken Baguette	350	3 Carbohydrate, 3 Lean Meat
Savory Mustard Fire Grilled Chicken Baguette	350	3 Carbohydrate, 3 Lean Meat
Smokey BBQ Fire Grilled Chicken Baguette	350	3 Carbohydrate, 3 Lean Meat
CHICKEN TENDERS®		
5 Pieces	210	1 Carbohydrate, 1½ High Fat Meat
8 Pieces	340	1½ Carbohydrate, 2½ High Fat Meat
BK FISH FILET™ Sandwich	520	3 Carbohydrate, 1 High Fat Meat, 4 Fat
BK VEGGIE®	340	3 Carbohydrate, 1 Medium Fat Meat, 1 Fat
w/o Reduced Fat Mayo	300	3 Carbohydrate, 1 Medium Fat Meat
w/Regular Mayo	390	3 Carbohydrate, 1 Medium Fat Meat, 2 Fat



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FRENCH FRIES		
Small (Salted)	230	2 Carbohydrate, 2 Fat
Medium (Salted)	360	3 Carbohydrate, 3 Fat
Large (Salted)	500	4 Carbohydrate, 4 Fat
King (Salted)	600	5 Carbohydrate, 5 Fat
ONION RINGS		
Small	180	1½ Carbohydrate, 1½ Fat
Medium	320	2½ Carbohydrate, 2½ Fat
Large	480	4 Carbohydrate, 4 Fat
King	550	4½ Carbohydrate, 4½ Fat
CHILI		
	190	1 Carbohydrate, 1½ Medium Fat Meat
SALADS		
Chicken Caesar Salad (w/o dressing & croutons)	230	1½ Vegetable, 5 Lean Meat
Side Garden Salad (w/o dressing)	25	1 Vegetable
DESSERTS		
Dutch Apple Pie	340	3½ Carbohydrate, 2½ Fat
HERSHEY'S® Sundae Pie	300	2 Carbohydrate, 3½ Fat
Nestle® Toll House™ Chocolate Chip Cookies (2)	440	4½ Carbohydrate, 3 Fat
BREAKFAST		
CROISSAN'WICH® w/Bacon, Egg & Cheese	360	1½ Carbohydrate, 1½ High Fat Meat, 2 Fat
CROISSAN'WICH® w/Ham, Egg & Cheese	360	1½ Carbohydrate, 2 High Fat Meat, 1 Fat
CROISSAN'WICH® w/Sausage, Egg & Cheese	520	1½ Carbohydrate, 2 High Fat Meat, 4½ Fat
CROISSAN'WICH® w/Sausage & Cheese	420	1½ Carbohydrate, 1½ High Fat Meat, 3½ Fat
CROISSAN'WICH® w/Egg & Cheese	320	1½ Carbohydrate, 1 High Fat Meat, 2 Fat
SOURDOUGH Breakfast Sandwich w/Bacon, Egg & Cheese	380	2 Carbohydrate, 1½ Medium Fat Meat, 2½ Fat
SOURDOUGH Breakfast Sandwich w/Ham, Egg & Cheese	380	2 Carbohydrate, 2 Medium Fat Meat, 1½ Fat
SOURDOUGH Breakfast Sandwich w/Sausage, Egg & Cheese	540	2 Carbohydrate, 2 High Fat Meat, 4 Fat
French Toast Sticks - 5 pieces	390	3 Carbohydrate, 3½ Fat



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BREAKFAST (cont.)		
Hash Brown Rounds		
Small	230	1½ Carbohydrate, 2½ Fat
Large	390	2½ Carbohydrate, 4½ Fat
DRINKS		
Milk Shakes		
Vanilla - Small	400	4 Carbohydrate, 3 Fat
Vanilla - Medium	540	5 Carbohydrate, 4 Fat
Chocolate - Small (Syrup Added)	410	4½ Carbohydrate, 2½ Fat
Chocolate - Medium (Syrup Added)	600	6½ Carbohydrate, 3½ Fat
Strawberry - Small (Syrup Added)	410	4 Carbohydrate, 2½ Fat
Strawberry - Medium (Syrup Added)	590	6 Carbohydrate, 3½ Fat
COCA COLA® CLASSIC‡		
Small	160	2½ Carbohydrate
Medium	230	3½ Carbohydrate
Large	330	5½ Carbohydrate
King	430	7 Carbohydrate
DIET COKE®‡		
Small	0	Free
Medium	0	Free
Large	0	Free
King	0	Free
SPRITE®‡		
Small	160	2½ Carbohydrate
Medium	220	3½ Carbohydrate
Large	320	5½ Carbohydrate
King	420	7 Carbohydrate
DR. PEPPER®‡		
Small	160	2½ Carbohydrate
Medium	220	3½ Carbohydrate
Large	320	5½ Carbohydrate
King	410	7 Carbohydrate



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Frozen COCA COLA® CLASSIC‡		
Small	370	6 Carbohydrate
Medium	455	7½ Carbohydrate
Frozen MINUTE MAID® Cherry‡		
Small	370	6 Carbohydrate
Medium	450	7½ Carbohydrate
MINUTE MAID® Orange Juice	140	2 Fruit
Coffee		
Small	0	Free
Medium	5	Free
Large	10	Free
1% Lowfat Milk (8oz.)	100	1 Low Fat Milk
AQUAFINA® Water	0	Free
Breakfast Jams & Syrup		
Grape Jam	30	½ Carbohydrate
Strawberry Jam	30	½ Carbohydrate
Breakfast Syrup	80	½ Carbohydrate
DIPPING SAUCES		
Barbecue Dipping Sauce	35	½ Carbohydrate
Honey Flavored Dipping Sauce	90	1½ Carbohydrate
Honey Mustard Dipping Sauce	90	½ Carbohydrate, 1 Fat
Sweet and Sour Dipping Sauce	40	½ Carbohydrate
Ranch Dipping Sauce	140	3 Fat
Zesty Onion Ring Dipping Sauce	150	3 Fat
SALAD DRESSING & TOPPING		
KRAFT® Catalina Dressing	180	1 Carbohydrate, 3 Fat
KRAFT® Fat Free Ranch Dressing	60	½ Carbohydrate
KRAFT® Ranch Dressing	220	4½ Fat
KRAFT® LIGHT DONE RIGHT® Light Italian Dressing	50	1 Fat
SIGNATURE® Creamy Caesar Dressing	140	2½ Fat