MENU & NUTRITION

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BK® Value Menu | Flame-Broiled Burgers | Chicken Sandwiches | Other Favorites | Salads | Side Items

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WHOPPER JR.®

It's a little WHOPPER® sandwich with a big taste. A flame-broiled beef patty topped with red ripe tomatoes, crisp lettuce, creamy mayo, ketchup, crunchy pickles, and onions-all on a toasted sesame seed bun. * Price and participation may vary. Prices higher in AK & HI.

370 calories 6g saturated fat 0.5g trans fat 31g carbs

Double Cheeseburger

What can you get for a dollar*? Full. The 1/4 lb.† Double Cheeseburger is a lot of things – two beef patties, two slices of melted cheese, crunchy pickles, delicious ketchup and mustard – but above all, it's a big flame-fresh taste for a tiny budget.* Price and participation may vary. Prices higher in AK & HI.† Based on pre-cooked patty weight

510 calories 14g saturated fat 1.5g trans fat 31g carbs

Four-Piece Crown-Shaped CHICKEN TENDERS®

Whether it's four pieces, five piece, or eight pieces, HAVE IT YOUR WAY® with Crown-shaped CHICKEN TENDERS®. Dip them in BBQ, Honey Mustard, Ranch, or Sweet & Sour sauce. It's a snack fit for the King. * Price and participation may vary. Prices higher in AK & HI.

180 calories 2.0g saturated fat 0g trans fat 13g carbs

Spicy CHICK'N CRISP® Sandwich

A crispy chicken filet topped with garden-fresh iceberg lettuce and creamy mayo, all sandwiched in a fresh sesame seed bun. It's got just the right amount of spicy kick. And at $1*, it's also got just the right amount of price. * Price and participation may vary. Prices higher in AK & HI.

450 calories 5g saturated fat 0g trans fat 34g carbs

BK BURGER SHOTS® 2-Pack

Mini beef patties, crunchy pickles, topped off with ketchup and mustard. It's all the flame-broiled BK® burger you love-only much much smaller. *Price and participation may vary. Prices higher in AK & HI.

220 calories 4.5g saturated fat 0.5g trans fat 18g carbs

Diet Coke® (Value)

Wash down your breakfast with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®, for only a buck*. It's your morning. HAVE IT YOUR WAY®. ©2009 The Coca-Cola Company. "Diet Coke" is a registered trademark of The Coca-Cola Company. *Price and participation may vary. Prices higher in AK & HI.

0 calories 0g saturated fat 0g trans fat 0g carbs

Coca-Cola® (Value)

Wash down your breakfast with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®, for only a buck*. It's your morning. HAVE IT YOUR WAY®. ©2009 The Coca-Cola Company. "Coca-Cola" is a registered trademark of The Coca-Cola Company.*Price and participation may vary. Prices higher in AK & HI.

140 calories 0g saturated fat 0g trans fat 39g carbs

Sprite® (Value)

Wash down your breakfast with a Sprite® for only a buck*. It's your morning. HAVE IT YOUR WAY®. ©2009 The Coca-Cola Company. "Sprite" is a registered trademark of The Coca-Cola Company.*Price and participation may vary. Prices higher in AK & HI.

140 calories 0g saturated fat 0g trans fat 39g carbs

Dr Pepper® (Value)

Wash down your breakfast with a Dr. Pepper® for only a buck*. It's your morning. HAVE IT YOUR WAY®. DR PEPPER is a registered trademark of Dr Pepper/Seven Up, Inc. 2009 Dr Pepper/Seven Up, Inc.*Price and participation may vary. Prices higher in AK & HI.

140 calories 0g saturated fat 0g trans fat 39g carbs

French Fries - Salted (Value)

Enjoy golden brown, piping hot, crispy and tasty French Fries with your favorite BK® Value Meal, or devour them as a side. Dip them in ketchup, barbeque sauce, your shake, or nothing at all. We won't judge. Just HAVE IT YOUR WAY®. * Price and participation may vary. Prices higher in AK & HI.

220 calories 2.5g saturated fat 0g trans fat 28g carbs

French Fries - Unsalted (Value)

Enjoy golden brown, piping hot, crispy and tasty French Fries with your favorite BK® Value Meal, or devour them as a side. Dip them in ketchup, barbeque sauce, your shake or nothing at all. We won't judge. Just HAVE IT YOUR WAY®. *Price and participation may vary. Prices higher in AK & HI.

220 calories 2.5g saturated fat 0g trans fat 28g carbs

Onion Rings (Value)

Served hot and crispy, Onion Rings are the perfect round, tasty treat for plunging into zesty dipping sauce. Or maybe you prefer barbeque sauce? Or honey mustard? Just HAVE IT YOUR WAY®. * Price and participation may vary. Prices higher in AK & HI.

150 calories 1.5g saturated fat 0g trans fat 17g carbs

Side Garden Salad

Man doesn't live on flame-broiled burgers alone. Try the BK® garden salad as a satisfying accompaniment to any meal. Or as a meal in itself. * Price and participation may vary. Prices higher in AK & HI.

330 calories 6g saturated fat 0g trans fat 18g carbs

Dutch Apple Pie

Hot and gooey apple filling in a flaky baked crust. And on top of that, it's Dutch. So you know it's delicious. * Price and participation may vary. Prices higher in AK & HI.

320 calories 5g saturated fat 0g trans fat 47g carbs

CHEESY TOTS® (6 Pieces)

Hot, golden brown CHEESY TOTS® with melted cheese in the middle. Two glorious tastes in one portable package–CHEESY TOTS® from BURGER KING®. Whether it's 6, 9, or 12-pieces, you can get them all day with a mouthful of HAVE IT YOUR WAY®. CHEESY TOTS® is a trademark of H.J. Heinz Company and used under license by Burger King Corporation. *Price and participation may vary. Prices higher in AK & HI.

220 calories 4.0g saturated fat 0g trans fat 21g carbs

WHOPPER®

A ¼ pound* of flame-fresh beef, ripe tomatoes, crisp lettuce, creamy mayo, ketchup, crunchy pickles and onions on a toasted sesame seed bun. It's America's Favorite Burger**. The Original. The WHOPPER®. *Based on pre-cooked patty weight. ** Based on preference.

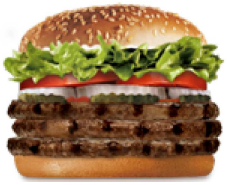
670 calories 11g saturated fat 1.5g trans fat 51g carbs

DOUBLE WHOPPER®

Two flame-broiled beef patties stacked high with red ripe tomatoes, crisp lettuce, creamy mayo, ketchup, crunchy pickles, and onions all on a toasted sesame seed bun. Double the WHOPPER® patties, double the satisfaction.

920 calories 19g saturated fat 2.5g trans fat 51g carbs

TRIPLE WHOPPER®



Three flame-broiled beef patties with two slices of American cheese, crisp lettuce, creamy mayo, red ripe tomatoes, pickles and onions–all on a toasted sesame seed bun. It's once, twice, three times the tasty, and it's waiting for you at BURGER KING®.

1160 calories 27g saturated fat 3.0g trans fat 51g carbs

WHOPPER JR.®

It's a little WHOPPER® sandwich with a big taste. A flame-broiled beef patty topped with red ripe tomatoes, crisp lettuce, creamy mayo, ketchup, crunchy pickles, and onions–all on a toasted sesame seed bun. * Price and participation may vary. Prices higher in AK & HI.

370 calories 6g saturated fat 0.5g trans fat 31g carbs

BK® Double Stacker

Choose from double, triple, or even quadruple-stacked layers of beef and cheese – topped with bacon and sauce. This is a burger-boasting, flame-broiled stack of meaty and cheesy goodness. So stack it high, big guy.

620 calories 16g saturated fat 1.5g trans fat 32g carbs

BK® Triple Stacker

Choose from double, triple, or even quadruple-stacked layers of beef and cheese – topped with bacon and sauce. This is a burger-boasting, flame-broiled stack of meaty and cheesy goodness. So stack it high, big guy.

820 calories 23g saturated fat 2.0g trans fat 33g carbs

BK® Quad Stacker

Choose from double, triple, or even quadruple-stacked layers of beef and cheese – topped with bacon and sauce. This is a burger-boasting, flame-broiled stack of meaty and cheesy goodness. So stack it high, big guy.

1010 calories 30g saturated fat 3.0g trans fat 34g carbs

Steakhouse Burger

The Steakhouse Burger is packed with flame-broiled beef, melted cheese, crispy onions, lettuce, and red ripe tomatoes, all smothered in A.1.® Thick & Hearty Steak Sauce. It's the burger that thinks it's a T-bone. A.1.® is registered trademarks of Kraft Foods.

950 calories 21g saturated fat 2.5g trans fat 55g carbs

Steakhouse XT™ Burger

An extra thick flame-broiled 7 ounce* beef patty topped with mayo, crispy onions, A.1.®Thick & Hearty Steak Sauce, plus lettuce, American cheese, lettuce and red ripe tomatoes. Phew. Can you handle the Steakhouse XT™? *Based on pre-cooked patty weight. A.1.® is a registered trademark of Kraft Foods.

970 calories 23g saturated fat 1.0g trans fat 55g carbs

BK BURGER SHOTS® 2-Pack

Mini beef patties, crunchy pickles, topped off with ketchup and mustard. It's all the flame-broiled BK® burger you love–only much much smaller. *Price and participation may vary. Prices higher in AK & HI.

220 calories 4.5g saturated fat 0.5g trans fat 18g carbs

BK BURGER SHOTS® 6-Pack

Six bite-sized mini-burgers with crunchy pickles, topped with ketchup and mustard. These flame-broiled beauties are perfect for sharing or with friends–and even better all by yourself.

670 calories 13g saturated fat 1.5g trans fat 53g carbs

Hamburger

Start with a flame-broiled beef patty, add crunchy pickles. Finish with yellow mustard and ketchup on a sesame seed bun. Perfect if you're not into cheese, or if you just have a taste for the understated. Whatever the reason, HAVE IT YOUR WAY®.

290 calories 4.5g saturated fat 0.5g trans fat 30g carbs

Double Hamburger

Two flame-broiled patties, crunchy pickles, red ketchup, yellow mustard – put it all together, and you've got our Double Hamburger.

420 calories 9g saturated fat 1.0g trans fat 30g carbs

Cheeseburger

The good ol' BURGER KING® Cheeseburger. Crunchy pickles, red ketchup, yellow mustard, and fittingly, cheese – all on a sesame seed bun. You can't go wrong when you HAVE IT YOUR WAY®.

340 calories 7g saturated fat 0.5g trans fat 31g carbs

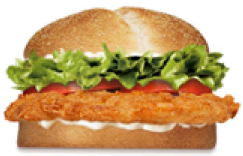
Double Cheeseburger

What can you get for a dollar*? Full. The 1/4 lb.† Double Cheeseburger is a lot of things – two beef patties, two slices of melted cheese, crunchy pickles, delicious ketchup and mustard – but above all, it's a big flame-fresh taste for a tiny budget.* Price and participation may vary. Prices higher in AK & HI.† Based on pre-cooked patty weight

510 calories 14g saturated fat 1.5g trans fat 31g carbs

TENDERCRISP® Chicken Sandwich

Crispy on the outside, tender on the inside–the TENDERCRISP® Chicken Sandwich is a premium white meat chicken filet with crisp breading, fresh lettuce, red ripe tomatoes, and mayo on a corn-dusted bun. It's chicken just the way you want it.



800 calories 8g saturated fat 1.0g trans fat 68g carbs

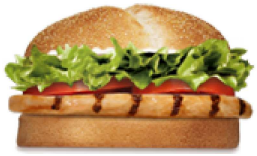
Spicy CHICK'N CRISP® Sandwich

A crispy chicken filet topped with garden-fresh iceberg lettuce and creamy mayo, all sandwiched in a fresh sesame seed bun. It's got just the right amount of spicy kick. And at $1*, it's also got just the right amount of price. * Price and participation may vary. Prices higher in AK & HI.

450 calories 5g saturated fat 0g trans fat 34g carbs

TENDERGRILL® Chicken Sandwich

You want chicken? You got it. You want a juicy grilled chicken filet on a corn-dusted bun, topped with crisp lettuce tomato? You got that, too. It's called the TENDERGRILL® Chicken Sandwich.



490 calories 4.0g saturated fat 0g trans fat 51g carbs

Original Chicken Sandwich

Crispy premium white meat chicken topped, with shredded lettuce, mayo, and served on a sesame seed bun. So good, we haven't changed it since 1979. How many sandwiches can say that?

630 calories 7g saturated fat 0.5g trans fat 46g carbs

Four-Piece Crown-Shaped CHICKEN TENDERS®

Whether it's four pieces, five piece, or eight pieces, HAVE IT YOUR WAY® with Crown-shaped CHICKEN TENDERS®. Dip them in BBQ, Honey Mustard, Ranch, or Sweet & Sour sauce. It's a snack fit for the King. * Price and participation may vary. Prices higher in AK & HI.

180 calories 2.0g saturated fat 0g trans fat 13g carbs

Five-Piece Crown-Shaped CHICKEN TENDERS®

Whether it's four pieces, five piece, or eight pieces, HAVE IT YOUR WAY® with Crown-shaped CHICKEN TENDERS®. Dip them in BBQ, Honey Mustard, Ranch, or Sweet & Sour sauce. It's a snack fit for the King.

230 calories 2.5g saturated fat 0g trans fat 16g carbs

Eight-Piece Crown-Shaped CHICKEN TENDERS®

Whether it's four pieces, five piece, or eight pieces, HAVE IT YOUR WAY® with Crown-shaped CHICKEN TENDERS®. Dip them in BBQ, Honey Mustard, Ranch, or Sweet & Sour sauce. It's a snack fit for the King.

360 calories 3.5g saturated fat 0g trans fat 25g carbs

Six-Piece BK® Chicken Fries

Can't decide between chicken and French Fries? You don't have to. Try premium white meat chicken breast shaped like fries, and served with your choice of five dipping sauces. Grab 6, 9, or 12 pieces to go today.

250 calories 2.5g saturated fat 0g trans fat 16g carbs

Nine-Piece BK® Chicken Fries

Can't decide between chicken and French Fries? You don't have to. Try premium white meat chicken breast shaped like fries, and served with your choice of five dipping sauces. Grab 6, 9, or 12 pieces to go today.

380 calories 4.0g saturated fat 0g trans fat 24g carbs

Twelve-Piece BK® Chicken Fries

Can't decide between chicken and French Fries? You don't have to. Try premium white meat chicken breast shaped like fries, and served with your choice of five dipping sauces. Grab 6, 9, or 12 pieces to go today.

500 calories 5g saturated fat 0g trans fat 32g carbs

BK VEGGIE® Burger

A Morningstar Farms® Garden Veggie Patty, garden crisp vegetables, whole grains, and spices–all topped with lettuce, red ripe tomatoes, ketchup, creamy mayo, and served on a sesame seed bun. If there's one thing we know, it's burgers. Even Veggie burgers. No, especially... the BK VEGGIE® Burger. ®, TM, © 2009 Kellogg Co.

420 calories 2.5g saturated fat 0g trans fat 46g carbs

BK BIG FISH®

A crisp, golden breaded 4.3-ounce filet, tangy tartar sauce, and fresh lettuce all served on a corn-dusted bun. The BK BIG FISH® commands attention, and delivers satisfaction. Who are you to resist? Based on pre-cooked filet weight.

640 calories 5g saturated fat 0.5g trans fat 66g carbs

TENDERCRISP® Garden Salad

Season-ripe lettuce, cucumber, carrots, onions and tomatoes topped with crispy chicken, three kinds of cheese, and your choice of KEN'S® Salad Dressing. TENDERCRISP® is the salad for chicken-lovers.

670 calories 9g saturated fat 0.5g trans fat 38g carbs

TENDERGRILL™ Garden Salad

Season-ripe lettuce, cucumber, carrots, onions and tomatoes topped with grilled chicken, three kinds of cheese, and your choice of KEN'S® Salad Dressing. TENDERGRILL™ is the salad for grilled-chicken lovers.

460 calories 7g saturated fat 0g trans fat 19g carbs

Side Garden Salad

Man doesn't live on flame-broiled burgers alone. Try the BK® garden salad as a satisfying accompaniment to any meal. Or as a meal in itself. * Price and participation may vary. Prices higher in AK & HI.

330 calories 6g saturated fat 0g trans fat 18g carbs

French Fries - Salted (Value)

Enjoy golden brown, piping hot, crispy and tasty French Fries with your favorite BK® Value Meal, or devour them as a side. Dip them in ketchup, barbeque sauce, your shake, or nothing at all. We won't judge. Just HAVE IT YOUR WAY®. * Price and participation may vary. Prices higher in AK & HI.

220 calories 2.5g saturated fat 0g trans fat 28g carbs

Onion Rings (Value)

Served hot and crispy, Onion Rings are the perfect round, tasty treat for plunging into zesty dipping sauce. Or maybe you prefer barbeque sauce? Or honey mustard? Just HAVE IT YOUR WAY®. * Price and participation may vary. Prices higher in AK & HI.

150 calories 1.5g saturated fat 0g trans fat 17g carbs

French Fries - Salted (Small)

Enjoy golden brown, piping hot, crispy and tasty French Fries with your favorite BK® Value Meal, or devour them as a side. Dip them in ketchup, barbeque sauce, your shake, or nothing at all. We won't judge. Just HAVE IT YOUR WAY®.

340 calories 3.5g saturated fat 0g trans fat 44g carbs

French Fries - Salted (Medium)

Enjoy golden brown, piping hot, crispy and tasty French Fries with your favorite BK® Value Meal, or devour them as a side. Dip them in ketchup, barbeque sauce, your shake, or nothing at all. We won't judge. Just HAVE IT YOUR WAY®.

480 calories 5g saturated fat 0g trans fat 61g carbs

French Fries - Salted (Large)

Enjoy golden brown, piping hot, crispy and tasty French Fries with your favorite BK® Value Meal, or devour them as a side. Dip them in ketchup, barbeque sauce, your shake, or nothing at all. We won't judge. Just HAVE IT YOUR WAY®.

580 calories 6g saturated fat 0g trans fat 74g carbs

French Fries - Unsalted (Value)

Enjoy golden brown, piping hot, crispy and tasty French Fries with your favorite BK® Value Meal, or devour them as a side. Dip them in ketchup, barbeque sauce, your shake or nothing at all. We won't judge. Just HAVE IT YOUR WAY®. *Price and participation may vary. Prices higher in AK & HI.

220 calories 2.5g saturated fat 0g trans fat 28g carbs

French Fries - Unsalted (Small)

Enjoy golden brown, piping hot, crispy and tasty French Fries with your favorite BK® Value Meal, or devour them as a side. Dip them in ketchup, barbeque sauce, your shake or nothing at all. We won't judge. Just HAVE IT YOUR WAY®.

340 calories 3.5g saturated fat 0g trans fat 44g carbs

French Fries - Unsalted (Medium)

Enjoy golden brown, piping hot, crispy and tasty French Fries with your favorite BK® Value Meal, or devour them as a side. Dip them in ketchup, barbeque sauce, your shake or nothing at all. We won't judge. Just HAVE IT YOUR WAY®.

480 calories 5g saturated fat 0g trans fat 61g carbs

French Fries - Unsalted (Large)

Enjoy golden brown, piping hot, crispy and tasty French Fries with your favorite BK® Value Meal, or devour them as a side. Dip them in ketchup, barbeque sauce, your shake or nothing at all. We won't judge. Just HAVE IT YOUR WAY®.

580 calories 6g saturated fat 0g trans fat 74g carbs

Onion Rings (Small)

Served hot and crispy, Onion Rings are the perfect round, tasty treat for plunging into zesty dipping sauce. Or maybe you prefer barbeque sauce? Or honey mustard? Just HAVE IT YOUR WAY®.

310 calories 3.0g saturated fat 0g trans fat 36g carbs

Onion Rings (Medium)

Served hot and crispy, Onion Rings are the perfect round, tasty treat for plunging into zesty dipping sauce. Or maybe you prefer barbeque sauce? Or honey mustard? Just HAVE IT YOUR WAY®.

450 calories 4.0g saturated fat 0g trans fat 52g carbs

Onion Rings (Large)

Served hot and crispy, Onion Rings are the perfect round, tasty treat for plunging into zesty dipping sauce. Or maybe you prefer barbeque sauce? Or honey mustard? Just HAVE IT YOUR WAY®.

510 calories 4.5g saturated fat 0g trans fat 60g carbs

CHEESY TOTS® (6 Pieces)

Hot, golden brown CHEESY TOTS® with melted cheese in the middle. Two glorious tastes in one portable package–CHEESY TOTS® from BURGER KING®. Whether it's 6, 9, or 12-pieces, you can get them all day with a mouthful of HAVE IT YOUR WAY®. CHEESY TOTS® is a trademark of H.J. Heinz Company and used under license by Burger King Corporation. *Price and participation may vary. Prices higher in AK & HI.

220 calories 4.0g saturated fat 0g trans fat 21g carbs

CHEESY TOTS® (9 Pieces)

Hot, golden brown CHEESY TOTS® with melted cheese in the middle. Two glorious tastes in one portable package–CHEESY TOTS® from BURGER KING®. Whether it's 6, 9, or 12-pieces, you can get them all day with a mouthful of HAVE IT YOUR WAY®. CHEESY TOTS® is a trademark of H.J. Heinz Company and used under license by Burger King Corporation.

330 calories 6g saturated fat 0g trans fat 31g carbs

CHEESY TOTS® (12 Pieces)

Hot, golden brown CHEESY TOTS® with melted cheese in the middle. Two glorious tastes in one portable package–CHEESY TOTS® from BURGER KING®. Whether it's 6, 9, or 12-pieces, you can get them all day with a mouthful of HAVE IT YOUR WAY®. CHEESY TOTS® is a trademark of H.J. Heinz Company and used under license by Burger King Corporation.

440 calories 8g saturated fat 0g trans fat 41g carbs

HERSHEY®'S 1% Chocolate Lowfat Milk

Break out of your morning rut with sweet, smooth, satisfying HERSHEY®'S 1% Chocolate Low Fat Milk. It's got 30 percent of your daily value of calcium. And it's only a buck* at BK®. The HERSHEY®'S trademark and trade dress are used under license by Burger King Corporation.*Price and participation may vary. Prices higher in AK & HI.

180 calories 1.5g saturated fat 0g trans fat 31g carbs

HERSHEY®'S Fat Free Milk

Who doesn't love a refreshing glass of milk in the morning? HERSHEY®'S Fat Free Milk is a perfect way to wash down almost any meal. It's only a buck* at BK®. The HERSHEY®'S trademark and trade dress are used under license by Burger King Corporation.*Price and participation may vary. Prices higher in AK & HI.

100 calories 0g saturated fat 0g trans fat 14g carbs

MINUTE MAID® Orange Juice

Start the day with juice in your belly and cash in your wallet. Fortified with Vitamin C and only $1.19*, MINUTE MAID® Orange Juice is a great way to start the day a little differently. ©2009 The Coca-Cola Company. "Minute Maid" is a registered trademark of The Coca-Cola Company.*Price and participation may vary. Prices higher in AK & HI.

140 calories 0g saturated fat 0g trans fat 33g carbs

MINUTE MAID® Apple Juice

With 100 percent of your daily value of Vitamin C, 10 percent of your daily value of calcium, and 99 percent of your daily value of "mmm, sweet" – MINUTE MAID® Apple Juice just might be your tasty beverage of choice. © 2009 The Coca-Cola Company. "Minute Maid" is a registered trademark of The Coca-Cola Company.

100 calories 0g saturated fat 0g trans fat 23g carbs

Nestle® Pure Life® Purified Water

The King worked with Mother Nature herself to bring you Nestlé® Pure Life® –the exclusive bottled water of BURGER KING®. Delivered in a bottle that uses 30 percent less plastic, it's a refreshing and eco-friendly way to wash down a WHOPPER® sandwich. ©2009 Nestlé Waters North America Inc.

0 calories 0g saturated fat 0g trans fat 0g carbs

Diet Coke® (Kids)

Refresh yourself or wash down your meal with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®. Your choice of drink, your size, your way. ©2009 The Coca-Cola Company. "Diet Coke" is a registered trademark of The Coca-Cola Company.

0 calories 0g saturated fat 0g trans fat 0g carbs

Diet Coke® (Value)

Wash down your breakfast with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®, for only a buck*. It's your morning. HAVE IT YOUR WAY®. ©2009 The Coca-Cola Company. "Diet Coke" is a registered trademark of The Coca-Cola Company. *Price and participation may vary. Prices higher in AK & HI.

0 calories 0g saturated fat 0g trans fat 0g carbs

Diet Coke® (Small)

Refresh yourself or wash down your meal with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®. Your choice of drink, your size, your way. ©2009 The Coca-Cola Company. "Diet Coke" is a registered trademark of The Coca-Cola Company.

0 calories 0g saturated fat 0g trans fat 0g carbs

Diet Coke® (Medium)

Refresh yourself or wash down your meal with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®. Your choice of drink, your size, your way. ©2009 The Coca-Cola Company. "Diet Coke" is a registered trademark of The Coca-Cola Company.

0 calories 0g saturated fat 0g trans fat 0g carbs

Diet Coke® (Large)

Refresh yourself or wash down your meal with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®. Your choice of drink, your size, your way. ©2009 The Coca-Cola Company. "Diet Coke" is a registered trademark of The Coca-Cola Company.

0 calories 0g saturated fat 0g trans fat 0g carbs

BK JOE® Decaf (Value)

Wake up to something a little different - 12 ounces of smooth, hard-working coffee for only a buck*. It's BK JOE® coffee and it's available in Decaf, Regular, or Turbo-Strength. Only at BK® restaurants. *Price and participation may vary. Prices higher in AK & HI.

0 calories 0g saturated fat 0g trans fat 0g carbs

BK JOE® Decaf (Small)

Wake up your way with a smooth-tasting, hard-working BK JOE® coffee. Made with 100% Arabica beans, and available in Decaf, Regular, or Turbo-Strength. You'll look forward to mornings when you've got a meeting with BK JOE®.

5 calories 0g saturated fat 0g trans fat 0.7g carbs

BK JOE® Decaf (Medium)

Wake up your way with a smooth-tasting, hard-working BK JOE® coffee. Made with 100% Arabica beans, and available in Decaf, Regular, or Turbo-Strength. You'll look forward to mornings when you've got a meeting with BK JOE®.

5 calories 0g saturated fat 0g trans fat 0.9g carbs

BK JOE® Regular (Value)

Wake up to something a little different - 12 ounces of smooth, hard-working coffee for only a buck*. It's BK JOE® coffee and it's available in Decaf, Regular, or Turbo-Strength. Only at BK® restaurants. *Price and participation may vary. Prices higher in AK & HI.

5 calories 0g saturated fat 0g trans fat 0.9g carbs

BK JOE® Regular (Small)

Wake up your way with a smooth-tasting, hard-working BK JOE® coffee. Made with 100% Arabica beans, and available in Decaf, Regular, or Turbo-Strength. You'll look forward to mornings when you've got a meeting with BK JOE®.

10 calories 0g saturated fat 0g trans fat 1g carbs

BK JOE® Regular (Medium)

Wake up your way with a smooth-tasting, hard-working BK JOE® coffee. Made with 100% Arabica beans, and available in Decaf, Regular, or Turbo-Strength. You'll look forward to mornings when you've got a meeting with BK JOE®.

10 calories 0g saturated fat 0g trans fat 2g carbs

BK JOE® Turbo-Strength (Value)

Wake up to something a little different - 12 ounces of smooth, hard-working coffee for only a buck*. It's BK JOE® coffee and it's available in Decaf, Regular, or Turbo-Strength. Only at BK® restaurants. *Price and participation may vary. Prices higher in AK & HI.

10 calories 0g saturated fat 0g trans fat 1g carbs

BK JOE® Turbo-Strength (Small)

Wake up your way with a smooth-tasting, hard-working BK JOE® coffee. Made with 100% Arabica beans, and available in Decaf, Regular, or Turbo-Strength. You'll look forward to mornings when you've got a meeting with BK JOE®.

10 calories 0g saturated fat 0g trans fat 2g carbs

BK JOE® Turbo-Strength (Medium)

Wake up your way with a smooth-tasting, hard-working BK JOE® coffee. Made with 100% Arabica beans, and available in Decaf, Regular, or Turbo-Strength. You'll look forward to mornings when you've got a meeting with BK JOE®.

15 calories 0g saturated fat 0g trans fat 2g carbs

Mocha BK JOE® Iced Coffee

Wake up with the KingSM! Enjoy this perfect mix of BK JOE® rich coffee combined with the deep flavor of chocolate syrup. Every morning should be this sweet.

360 calories 6g saturated fat 0g trans fat 66g carbs

Coca-Cola® (Kids)

Refresh yourself or wash down your meal with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®. Your choice of drink, your size, your way. ©2009 The Coca-Cola Company. "Coca-Cola" is a registered trademark of The Coca-Cola Company.

110 calories 0g saturated fat 0g trans fat 30g carbs

Coca-Cola® (Value)

Wash down your breakfast with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®, for only a buck*. It's your morning. HAVE IT YOUR WAY®. ©2009 The Coca-Cola Company. "Coca-Cola" is a registered trademark of The Coca-Cola Company.*Price and participation may vary. Prices higher in AK & HI.

140 calories 0g saturated fat 0g trans fat 39g carbs

Coca-Cola® (Small)

Refresh yourself or wash down your meal with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®. Your choice of drink, your size, your way. ©2009 The Coca-Cola Company. "Coca-Cola" is a registered trademark of The Coca-Cola Company.

210 calories 0g saturated fat 0g trans fat 56g carbs

Coca-Cola® (Medium)

Refresh yourself or wash down your meal with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®. Your choice of drink, your size, your way. ©2009 The Coca-Cola Company. "Coca-Cola" is a registered trademark of The Coca-Cola Company.

290 calories 0g saturated fat 0g trans fat 79g carbs

Coca-Cola® (Large)

Refresh yourself or wash down your meal with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®. Your choice of drink, your size, your way. ©2009 The Coca-Cola Company. "Coca-Cola" is a registered trademark of The Coca-Cola Company.

390 calories 0g saturated fat 0g trans fat 104g carbs

Sprite® (Kids)

Refresh yourself or wash down your meal with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®. Your choice of drink, your size, your way. ©2009 The Coca-Cola Company. "Sprite" is a registered trademark of The Coca-Cola Company.

110 calories 0g saturated fat 0g trans fat 29g carbs

Sprite® (Value)

Wash down your breakfast with a Sprite® for only a buck*. It's your morning. HAVE IT YOUR WAY®. ©2009 The Coca-Cola Company. "Sprite" is a registered trademark of The Coca-Cola Company.*Price and participation may vary. Prices higher in AK & HI.

140 calories 0g saturated fat 0g trans fat 39g carbs

Sprite® (Small)

Refresh yourself or wash down your meal with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®. Your choice of drink, your size, your way. ©2009 The Coca-Cola Company. "Sprite" is a registered trademark of The Coca-Cola Company.

210 calories 0g saturated fat 0g trans fat 56g carbs

Sprite® (Medium)

Refresh yourself or wash down your meal with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®. Your choice of drink, your size, your way. ©2009 The Coca-Cola Company. "Sprite" is a registered trademark of The Coca-Cola Company.

290 calories 0g saturated fat 0g trans fat 79g carbs

Sprite® (Large)

Refresh yourself or wash down your meal with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®. Your choice of drink, your size, your way. ©2009 The Coca-Cola Company. "Sprite" is a registered trademark of The Coca-Cola Company.

390 calories 0g saturated fat 0g trans fat 104g carbs

Dr Pepper® (Kids)

Refresh yourself or wash down your meal with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®. Your choice of drink, your size, your way. DR PEPPER is a registered trademark of Dr Pepper/Seven Up, Inc. 2009 Dr Pepper/Seven Up, Inc.

110 calories 0g saturated fat 0g trans fat 29g carbs

Dr Pepper® (Value)

Wash down your breakfast with a Dr. Pepper® for only a buck*. It's your morning. HAVE IT YOUR WAY®. DR PEPPER is a registered trademark of Dr Pepper/Seven Up, Inc. 2009 Dr Pepper/Seven Up, Inc.*Price and participation may vary. Prices higher in AK & HI.

140 calories 0g saturated fat 0g trans fat 39g carbs

Dr Pepper® (Small)

Refresh yourself or wash down your meal with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®. Your choice of drink, your size, your way. DR PEPPER is a registered trademark of Dr Pepper/Seven Up, Inc. 2009 Dr Pepper/Seven Up, Inc.

190 calories 0g saturated fat 0g trans fat 53g carbs

Dr Pepper® (Medium)

Refresh yourself or wash down your meal with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®. Your choice of drink, your size, your way. DR PEPPER is a registered trademark of Dr Pepper/Seven Up, Inc. 2009 Dr Pepper/Seven Up, Inc.

200 calories 0g saturated fat 0g trans fat 56g carbs

Dr Pepper® (Large)

Refresh yourself or wash down your meal with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®. Your choice of drink, your size, your way. DR PEPPER is a registered trademark of Dr Pepper/Seven Up, Inc. 2009 Dr Pepper/Seven Up, Inc.

380 calories 0g saturated fat 0g trans fat 104g carbs

ICEE® Coca-Cola® (Small)

With icy indulgence in your choice of flavors, an ICEE® is the perfect way to cool down or freshen up. Watch out for brain freeze. Or bring it on with a speedy sip. It's up to you, just HAVE IT YOUR WAY®. ©2009 The Coca-Cola Company. "Coca-Cola" is a registered trademark of The Coca-Cola Company. ICEE is a federally registered trademark.

110 calories 0g saturated fat 0g trans fat 31g carbs

ICEE® Coca-Cola® (Medium)

With icy indulgence in your choice of flavors, an ICEE® is the perfect way to cool down or freshen up. Watch out for brain freeze. Or bring it on with a speedy sip. It's up to you, just HAVE IT YOUR WAY®. ©2009 The Coca-Cola Company. "Coca-Cola" is a registered trademark of The Coca-Cola Company. ICEE is a federally registered trademark.

140 calories 0g saturated fat 0g trans fat 40g carbs

ICEE® Cherry (Small)

With icy indulgence in your choice of flavors, an ICEE® is the perfect way to cool down or freshen up. Watch out for brain freeze. Or bring it on with a speedy sip. It's up to you, just HAVE IT YOUR WAY®. ICEE is a federally registered trademark.

110 calories 0g saturated fat 0g trans fat 31g carbs

ICEE® Cherry (Medium)

With icy indulgence in your choice of flavors, an ICEE® is the perfect way to cool down or freshen up. Watch out for brain freeze. Or bring it on with a speedy sip. It's up to you, just HAVE IT YOUR WAY®. ICEE is a federally registered trademark.

140 calories 0g saturated fat 0g trans fat 40g carbs

Vanilla Shake (Value)

Cool, smooth and creamy – a BK® Shake is the perfect finish to your flame-broiled feast. Or a good start to anything else. Try one in vanilla today, and HAVE IT YOUR WAY®.

360 calories 10g saturated fat 0g trans fat 57g carbs

Vanilla Shake (Small)

Cool, smooth and creamy – a BK® Shake is the perfect finish to your flame-broiled feast. Or a good start to anything else. Try one in vanilla today, and HAVE IT YOUR WAY®.

480 calories 13g saturated fat 0.5g trans fat 76g carbs

Vanilla Shake (Medium)

Cool, smooth and creamy – a BK® Shake is the perfect finish to your flame-broiled feast. Or a good start to anything else. Try one in vanilla today, and HAVE IT YOUR WAY®.

720 calories 19g saturated fat 1.0g trans fat 113g carbs

Vanilla Shake (Large)

Cool, smooth and creamy – a BK® Shake is the perfect finish to your flame-broiled feast. Or a good start to anything else. Try one in vanilla today, and HAVE IT YOUR WAY®.

950 calories 25g saturated fat 1.0g trans fat 151g carbs

Chocolate Shake (Value)

Cool, smooth and creamy – a BK® Shake is the perfect finish to your flame-broiled feast. Or a good start to anything else. Try one in chocolate today, and HAVE IT YOUR WAY®.

450 calories 10g saturated fat 0g trans fat 79g carbs

Chocolate Shake (Small)

Cool, smooth and creamy - a BK® Shake is the perfect finish to your flame-broiled feast. Or a good start to anything else. Try one in chocolate today, and HAVE IT YOUR WAY®.

670 calories 13g saturated fat 0.5g trans fat 119g carbs

Chocolate Shake (Medium)

Cool, smooth and creamy - a BK® Shake is the perfect finish to your flame-broiled feast. Or a good start to anything else. Try one in chocolate today, and HAVE IT YOUR WAY®.

990 calories 20g saturated fat 1.0g trans fat 178g carbs

Chocolate Shake (Large)

Cool, smooth and creamy - a BK® Shake is the perfect finish to your flame-broiled feast. Or a good start to anything else. Try one in chocolate today, and HAVE IT YOUR WAY®.

1370 calories 27g saturated fat 1.0g trans fat 244g carbs

Strawberry Shake (Value)

Cool, smooth and creamy - a BK® Shake is the perfect finish to your flame-broiled feast. Or a good start to anything else. Try one in strawberry today and HAVE IT YOUR WAY®.

440 calories 10g saturated fat 0g trans fat 77g carbs

Strawberry Shake (Small)

Cool, smooth and creamy - a BK® Shake is the perfect finish to your flame-broiled feast. Or a good start to anything else. Try one in strawberry today and HAVE IT YOUR WAY®.

650 calories 13g saturated fat 0.5g trans fat 116g carbs

Strawberry Shake (Medium)

Cool, smooth and creamy - a BK® Shake is the perfect finish to your flame-broiled feast. Or a good start to anything else. Try one in strawberry today and HAVE IT YOUR WAY®.

960 calories 19g saturated fat 1.0g trans fat 173g carbs

Strawberry Shake (Large)

Cool, smooth and creamy - a BK® Shake is the perfect finish to your flame-broiled feast. Or a good start to anything else. Try one in strawberry today and HAVE IT YOUR WAY®.

1210 calories 19g saturated fat 1.0g trans fat 219g carbs

Oreo® BK® Sundae Shake-Chocolate (Small)

Chunks of OREO® cookies blended into a chocolate milk shake and toped with chocolate syrup and whipped cream. So thick, you might want to ask for a BK PIPE® straw to avoid straw-cloggage. OREO® is a registered trademark of Kraft Foods.

700 calories 16g saturated fat 0.5g trans fat 116g carbs

Oreo® BK® Sundae Shake-Chocolate (Medium)

Chunks of OREO® cookies blended into a chocolate milk shake and toped with chocolate syrup and whipped cream. So thick, you might want to ask for a BK PIPE® straw to avoid straw-cloggage. OREO® is a registered trademark of Kraft Foods.

1010 calories 21g saturated fat 1.0g trans fat 171g carbs

Oreo® BK® Sundae Shake-Strawberry (Small)

Chunks of OREO® cookies blended into a strawberry milk shake and toped with chocolate syrup and whipped cream. So thick, you might want to ask for a BK PIPE® straw to avoid straw-cloggage. OREO® is a registered trademark of Kraft Foods.

680 calories 15g saturated fat 0.5g trans fat 114g carbs

Oreo® BK® Sundae Shake-Strawberry (Medium)

Chunks of OREO® cookies blended into a strawberry milk shake and toped with chocolate syrup and whipped cream. So thick, you might want to ask for a BK PIPE® straw to avoid straw-cloggage. OREO® is a registered trademark of Kraft Foods.

980 calories 20g saturated fat 1.0g trans fat 168g carbs

Oreo® BK® Sundae Shake-Vanilla (Small)

Chunks of OREO® cookies blended into a vanilla milk shake and toped with chocolate syrup and whipped cream. So thick, you might want to ask for a BK PIPE® straw to avoid straw-cloggage. OREO® is a registered trademark of Kraft Foods.

570 calories 16g saturated fat 0.5g trans fat 87g carbs

Oreo® BK® Sundae Shake-Vanilla (Medium)

Chunks of OREO® cookies blended into a vanilla milk shake and toped with chocolate syrup and whipped cream. So thick, you might want to ask for a BK PIPE® straw to avoid straw-cloggage. OREO® is a registered trademark of Kraft Foods.

770 calories 20g saturated fat 1.0g trans fat 119g carbs

Dutch Apple Pie

Hot and gooey apple filling in a flaky baked crust. And on top of that, it's Dutch. So you know it's delicious. * Price and participation may vary. Prices higher in AK & HI.

320 calories 5g saturated fat 0g trans fat 47g carbs

HERSHEY®'S Sundae Pie

Take a crunchy chocolate crust, add in chocolate filling, then top it off with whipped cream and HERSHEY®'S Chocolate Chips. Chocolate lovers: give a warm welcome to the HERSHEY®'S Sundae Pie. The HERSHEY®'S trademark and trade dress are used under license by Burger King Corporation.

310 calories 12g saturated fat 0g trans fat 32g carbs

BK BURGER SHOTS® 2-Pack

Mini beef patties, crunchy pickles, topped off with ketchup and mustard. It's all the flame-broiled BK® burger you love-only much much smaller. *Price and participation may vary. Prices higher in AK & HI.

220 calories 4.5g saturated fat 0.5g trans fat 18g carbs

Hamburger

Start with a flame-broiled beef patty, add crunchy pickles. Finish with yellow mustard and ketchup on a sesame seed bun. Perfect if you're not into cheese, or if you just have a taste for the understated. Whatever the reason, HAVE IT YOUR WAY®.

290 calories 4.5g saturated fat 0.5g trans fat 30g carbs

KRAFT® Macaroni And Cheese

Mmm, macaroni and cheese. Fun elbows of macaroni mixed with creamy cheese sauce. Don't let the fact that it's on the Kids Menu fool you-you're never too old for this one. KRAFT® is a registered trademark of Kraft Foods.

160 calories 1.5g saturated fat 0g trans fat 22g carbs

Cheeseburger

The good ol' BURGER KING® Cheeseburger. Crunchy pickles, red ketchup, yellow mustard, and fittingly, cheese – all on a sesame seed bun. You can't go wrong when you HAVE IT YOUR WAY®.

340 calories 7g saturated fat 0.5g trans fat 31g carbs

Double Hamburger

Two flame-broiled patties, crunchy pickles, red ketchup, yellow mustard – put it all together, and you've got our Double Hamburger.

420 calories 9g saturated fat 1.0g trans fat 30g carbs

Double Cheeseburger

What can you get for a dollar*? Full. The 1/4 lb.† Double Cheeseburger is a lot of things – two beef patties, two slices of melted cheese, crunchy pickles, delicious ketchup and mustard – but above all, it's a big flame-fresh taste for a tiny budget.* Price and participation may vary. Prices higher in AK & HI.† Based on pre-cooked patty weight

510 calories 14g saturated fat 1.5g trans fat 31g carbs

Four-Piece Crown-Shaped CHICKEN TENDERS®

Whether it's four pieces, five piece, or eight pieces, HAVE IT YOUR WAY® with Crown-shaped CHICKEN TENDERS®. Dip them in BBQ, Honey Mustard, Ranch, or Sweet & Sour sauce. It's a snack fit for the King. * Price and participation may vary. Prices higher in AK & HI.

180 calories 2.0g saturated fat 0g trans fat 13g carbs

BK® Fresh Apple Fries

BK® Fresh Apple Fries are fresh apples cut to look like French Fries. These fresh, not fried, slices of whole apple are served with low-fat caramel dipping sauce. Try them today in the BK® Kids Meal at participating restaurants.

70 calories 0g saturated fat 0g trans fat 16g carbs

Ham Omelet Sandwich

Break your morning routine with the Ham Omelet Sandwich - a fluffy egg, tender ham and honey butter sauce all on a sesame seed bun. For just $1*, morning will never be the same.*Price and participation may vary. Prices higher in AK & HI.

290 calories 4.5g saturated fat 0g trans fat 32g carbs

Sausage Biscuit

Wake up with sizzling sausage in your belly and cash in your wallet. Try the $1* Sausage Biscuit - and the rest of the BK® Breakfast Value Menu - and start your morning right.*Price and participation may vary. Prices higher in AK & HI.

420 calories 15g saturated fat 0.5g trans fat 32g carbs

Hash Browns (Value)

Looking to take you morning to the next level? You'd be wise to start with a side of crunchy, golden hash browns. You don't need a plate. You don't even need a fork. Just order 'em up and enjoy. They're only a buck* at BK®.*Price and participation may vary. Prices higher in AK & HI.

250 calories 3.5g saturated fat 0g trans fat 24g carbs

BK JOE® Decaf (Value)

Wake up to something a little different - 12 ounces of smooth, hard-working coffee for only a buck*. It's BK JOE® coffee and it's available in Decaf, Regular, or Turbo-Strength. Only at BK® restaurants. *Price and participation may vary. Prices higher in AK & HI.

0 calories 0g saturated fat 0g trans fat 0g carbs

BK JOE® Regular (Value)

Wake up to something a little different - 12 ounces of smooth, hard-working coffee for only a buck*. It's BK JOE® coffee and it's available in Decaf, Regular, or Turbo-Strength. Only at BK® restaurants. *Price and participation may vary. Prices higher in AK & HI.

5 calories 0g saturated fat 0g trans fat 0.9g carbs

BK JOE® Turbo-Strength (Value)

Wake up to something a little different - 12 ounces of smooth, hard-working coffee for only a buck*. It's BK JOE® coffee and it's available in Decaf, Regular, or Turbo-Strength. Only at BK® restaurants. *Price and participation may vary. Prices higher in AK & HI.

10 calories 0g saturated fat 0g trans fat 1g carbs

HERSHEY®'S 1% Chocolate Lowfat Milk

Break out of your morning rut with sweet, smooth, satisfying HERSHEY®'S 1% Chocolate Low Fat Milk. It's got 30 percent of your daily value of calcium. And it's only a buck* at BK®. The HERSHEY®'S trademark and trade dress are used under license by Burger King Corporation.*Price and participation may vary. Prices higher in AK & HI.

180 calories 1.5g saturated fat 0g trans fat 31g carbs

HERSHEY®'S Fat Free Milk

Who doesn't love a refreshing glass of milk in the morning? HERSHEY®'S Fat Free Milk is a perfect way to wash down almost any meal. It's only a buck* at BK®. The HERSHEY®'S trademark and trade dress are used under license by Burger King Corporation.*Price and participation may vary. Prices higher in AK & HI.

100 calories 0g saturated fat 0g trans fat 14g carbs

MINUTE MAID® Orange Juice

Start the day with juice in your belly and cash in your wallet. Fortified with Vitamin C and only $1.19*, MINUTE MAID® Orange Juice is a great way to start the day a little differently. ©2009 The Coca-Cola Company. "Minute Maid" is a registered trademark of The Coca-Cola Company.*Price and participation may vary. Prices higher in AK & HI.

140 calories 0g saturated fat 0g trans fat 33g carbs

Cini-Minis

Mornings will never be the same with CIni-minis. It's the best part of the cinnamon roll in all its warm, gooey glory - and it's a delicious part of the BK® Breakfast Value menu. This 4-pack of cinnamon treats are served warm with a delicious icing dip for just a buck*.*Price and participation may vary. Prices higher in AK & HI.

490 calories 7g saturated fat 0g trans fat 74g carbs

French Toast Sticks (3 Pieces)

Open your eyes to three pieces of sweet, golden brown French Toast Sticks perfect for dipping in maple-flavored syrup. For only a buck* you can enjoy the great taste of French Toast on the BK® Breakfast Value Menu any morning you like.*Price and participation may vary. Prices higher in AK & HI.

310 calories 2.0g saturated fat 0g trans fat 50g carbs

Diet Coke® (Value)

Wash down your breakfast with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®, for only a buck*. It's your morning. HAVE IT YOUR WAY®. ©2009 The Coca-Cola Company. "Diet Coke" is a registered trademark of The Coca-Cola Company. *Price and participation may vary. Prices higher in AK & HI.

0 calories 0g saturated fat 0g trans fat 0g carbs

Coca-Cola® (Value)

Wash down your breakfast with a Coca-Cola®, Diet Coke®, Sprite®, or Dr. Pepper®, for only a buck*. It's your morning. HAVE IT YOUR WAY®. ©2009 The Coca-Cola Company. "Coca-Cola" is a registered trademark of The Coca-Cola Company.*Price and participation may vary. Prices higher in AK & HI.

140 calories 0g saturated fat 0g trans fat 39g carbs

Sprite® (Value)

Wash down your breakfast with a Sprite® for only a buck*. It's your morning. HAVE IT YOUR WAY®. ©2009 The Coca-Cola Company. "Sprite" is a registered trademark of The Coca-Cola Company.*Price and participation may vary. Prices higher in AK & HI.

140 calories 0g saturated fat 0g trans fat 39g carbs

Dr Pepper® (Value)

Wash down your breakfast with a Dr. Pepper® for only a buck*. It's your morning. HAVE IT YOUR WAY®. DR PEPPER is a registered trademark of Dr Pepper/Seven Up, Inc. 2009 Dr Pepper/Seven Up, Inc.*Price and participation may vary. Prices higher in AK & HI.

140 calories 0g saturated fat 0g trans fat 39g carbs

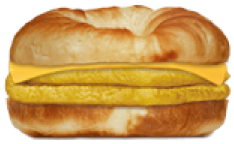
Cheesy Bacon BK WRAPPER®

Mornings will be anything but routine when you start off with a new Cheesy Bacon BK WRAPPER®. Indulge in sizzling bacon, crispy hash browns, and fluffy egg nestled into a warm tortilla and drizzled in smoky cheese sauce. It's only $1.39*, and it's just one of the tasty ways to start your day with the BK® Breakfast Value Menu.*Price and participation may vary. Prices higher in AK & HI.

380 calories 7g saturated fat 0.5g trans fat 28g carbs

Egg & Cheese CROISSAN'WICH®

Roll out of bed and enjoy your choice of sizzling sausage, hot ham, or crispy bacon topped with egg and melted American cheese, all on a flaky croissant. CROISSAN'WICH® with Egg & Cheese is almost enough to make you a morning person.



300 calories 7g saturated fat 0g trans fat 26g carbs

Sausage & Cheese CROISSAN'WICH®

Roll out of bed and enjoy your choice of sizzling sausage, hot ham, or crispy bacon topped with egg and melted American cheese, all on a flaky croissant. CROISSAN'WICH® with Sausage & Cheese is almost enough to make you a morning person.

380 calories 10g saturated fat 0g trans fat 26g carbs

Sausage, Egg & Cheese CROISSAN'WICH®

Roll out of bed and enjoy your choice of sizzling sausage, hot ham, or crispy bacon topped with egg and melted American cheese, all on a flaky croissant. CROISSAN'WICH® with Sausage, Egg & Cheese is almost enough to make you a morning person.

460 calories 11g saturated fat 0.5g trans fat 27g carbs

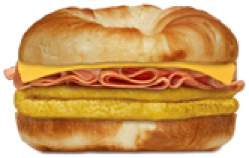
Bacon, Egg & Cheese CROISSAN'WICH®

Roll out of bed and enjoy your choice of sizzling sausage, hot ham, or crispy bacon topped with egg and melted American cheese, all on a flaky croissant. CROISSAN'WICH® with Bacon, Egg & Cheese is almost enough to make you a morning person.

340 calories 8g saturated fat 0.5g trans fat 26g carbs

Ham, Egg & Cheese CROISSAN'WICH®

Roll out of bed and enjoy your choice of sizzling sausage, hot ham, or crispy bacon topped with egg and melted American cheese, all on a flaky croissant. CROISSAN'WICH® with Ham, Egg & Cheese is almost enough to make you a morning person.



330 calories 7g saturated fat 0g trans fat 27g carbs

Ham Omelet Sandwich

Break your morning routine with the Ham Omelet Sandwich - a fluffy egg, tender ham and honey butter sauce all on a sesame seed bun. For just $1*, morning will never be the same.*Price and participation may vary. Prices higher in AK & HI.

290 calories 4.5g saturated fat 0g trans fat 32g carbs

French Toast Sticks (3 Pieces)

Open your eyes to three pieces of sweet, golden brown French Toast Sticks perfect for dipping in maple-flavored syrup. For only a buck* you can enjoy the great taste of French Toast on the BK® Breakfast Value Menu any morning you like.*Price and participation may vary. Prices higher in AK & HI.

310 calories 2.0g saturated fat 0g trans fat 50g carbs

French Toast Sticks (5 Pieces)

Sweet, golden brown French Toast Sticks perfect for dipping in warm, maple-flavored syrup - and for when you're on the go. Take the great taste of French Toast with you. Three or five pieces? It's your breakfast. HAVE IT YOUR WAY®.

460 calories 3.0g saturated fat 0g trans fat 70g carbs

CHEESY TOTS® (6 Pieces)

Hot, golden brown CHEESY TOTS® with melted cheese in the middle. Two glorious tastes in one portable package-CHEESY TOTS® from BURGER KING®. Whether it's 6, 9, or 12-pieces, you can get them all day with a mouthful of HAVE IT YOUR WAY®. CHEESY TOTS® is a trademark of H.J. Heinz Company and used under license by Burger King Corporation. *Price and participation may vary. Prices higher in AK & HI.

220 calories 4.0g saturated fat 0g trans fat 21g carbs

CHEESY TOTS® (9 Pieces)

Hot, golden brown CHEESY TOTS® with melted cheese in the middle. Two glorious tastes in one portable package-CHEESY TOTS® from BURGER KING®. Whether it's 6, 9, or 12-pieces, you can get them all day with a mouthful of HAVE IT YOUR WAY®. CHEESY TOTS® is a trademark of H.J. Heinz Company and used under license by Burger King Corporation.

330 calories 6g saturated fat 0g trans fat 31g carbs

CHEESY TOTS® (12 Pieces)

Hot, golden brown CHEESY TOTS® with melted cheese in the middle. Two glorious tastes in one portable package-CHEESY TOTS® from BURGER KING®. Whether it's 6, 9, or 12-pieces, you can get them all day with a mouthful of HAVE IT YOUR WAY®. CHEESY TOTS® is a trademark of H.J. Heinz Company and used under license by Burger King Corporation.

440 calories 8g saturated fat 0g trans fat 41g carbs

Hash Browns (Value)

Looking to take you morning to the next level? You'd be wise to start with a side of crunchy, golden hash browns. You don't need a plate. You don't even need a fork. Just order 'em up and enjoy. They're only a buck* at BK®.*Price and participation may vary. Prices higher in AK & HI.

250 calories 3.5g saturated fat 0g trans fat 24g carbs

Hash Browns (Small)

Looking to take you morning to the next level? You'd be wise to start with a side of crunchy, golden hash browns. You don't need a plate. You don't even need a fork. Just order 'em up and enjoy. They're only a buck* at BK®.*Price and participation may vary. Prices higher in AK & HI.

420 calories 6g saturated fat 0g trans fat 40g carbs

Hash Browns (Medium)

Looking to take your breakfast to the next level? You'd be wise to start by adding a side of crunchy, golden hash browns. You don't need a plate. You don't even need a fork. Just order 'em up and enjoy.

610 calories 8g saturated fat 0g trans fat 58g carbs

Sausage Biscuit

Wake up with sizzling sausage in your belly and cash in your wallet. Try the $1* Sausage Biscuit - and the rest of the BK® Breakfast Value Menu - and start your morning right.*Price and participation may vary. Prices higher in AK & HI.

420 calories 15g saturated fat 0.5g trans fat 32g carbs

Sausage, Egg & Cheese Biscuit Sandwich

Grab a BK® Sausage Biscuit. Try it with some sizzling sausage. Or maybe a combo of sausage, egg, and cheese. Perhaps bacon, egg, and cheese is more your style? Then again, don't forget ham, egg and cheese. Decisions, decisions.

550 calories 19g saturated fat 1.0g trans fat 34g carbs

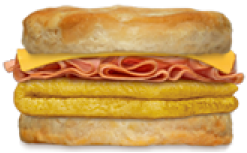
Bacon, Egg & Cheese Biscuit Sandwich

Grab a BK® Sausage Biscuit. Try it with some sizzling sausage. Or maybe a combo of sausage, egg, and cheese. Perhaps bacon, egg, and cheese is more your style? Then again, don't forget ham, egg and cheese. Decisions, decisions.

420 calories 16g saturated fat 1.0g trans fat 34g carbs

Ham, Egg & Cheese Biscuit Sandwich

Grab a BK® Sausage Biscuit. Try it with some sizzling sausage. Or maybe a combo of sausage, egg, and cheese. Perhaps bacon, egg, and cheese is more your style? Then again, don't forget ham, egg and cheese. Decisions, decisions.



400 calories 15g saturated fat 0.5g trans fat 34g carbs

DOUBLE CROISSAN'WICH™ With Double Sausage

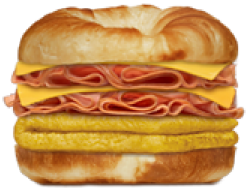
Wake up to your choice of a double serving of our choice of tender ham, crispy bacon, or sizzling sausage with fluffy eggs and double the cheese - all on a flaky croissant. It's hearty, satisfying indulgence in the A.M.

680 calories 18g saturated fat 1.0g trans fat 29g carbs

DOUBLE CROISSAN'WICH™ With Ham And Bacon

Wake up to your choice of a double serving of our choice of tender ham, crispy bacon, or sizzling sausage with fluffy eggs and double the cheese - all on a flaky croissant. It's hearty, satisfying indulgence in the A.M.

420 calories 11g saturated fat 0.5g trans fat 28g carbs



DOUBLE CROISSAN'WICH™ With Double Ham

Wake up to your choice of a double serving of our choice of tender ham, crispy bacon, or sizzling sausage with fluffy eggs and double the cheese – all on a flaky croissant. It's hearty, satisfying indulgence in the A.M.

410 calories 10g saturated fat 0.5g trans fat 29g carbs

DOUBLE CROISSAN'WICH™ With Ham And Sausage

Wake up to your choice of a double serving of our choice of tender ham, crispy bacon, or sizzling sausage with fluffy eggs and double the cheese – all on a flaky croissant. It's hearty, satisfying indulgence in the A.M.

540 calories 14g saturated fat 1.0g trans fat 29g carbs

DOUBLE CROISSAN'WICH™ With Double Bacon

Wake up to your choice of a double serving of our choice of tender ham, crispy bacon, or sizzling sausage with fluffy eggs and double the cheese – all on a flaky croissant. It's hearty, satisfying indulgence in the A.M.

420 calories 11g saturated fat 1.0g trans fat 27g carbs

DOUBLE CROISSAN'WICH™ With Sausage And Bacon

Wake up to your choice of a double serving of our choice of tender ham, crispy bacon, or sizzling sausage with fluffy eggs and double the cheese – all on a flaky croissant. It's hearty, satisfying indulgence in the A.M.

550 calories 15g saturated fat 1.0g trans fat 28g carbs

Cini-Minis

Mornings will never be the same with CIni-minis. It's the best part of the cinnamon roll in all its warm, gooey glory - and it's a delicious part of the BK® Breakfast Value menu. This 4-pack of cinnamon treats are served warm with a delicious icing dip for just a buck*.*Price and participation may vary. Prices higher in AK & HI.

490 calories 7g saturated fat 0g trans fat 74g carbs

Cheesy Bacon BK WRAPPER®

Mornings will be anything but routine when you start off with a new Cheesy Bacon BK WRAPPER®. Indulge in sizzling bacon, crispy hash browns, and fluffy egg nestled into a warm tortilla and drizzled in smoky cheese sauce. It's only $1.39*, and it's just one of the tasty ways to start your day with the BK® Breakfast Value Menu.*Price and participation may vary. Prices higher in AK & HI.

380 calories 7g saturated fat 0.5g trans fat 28g carbs

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