

Burger King Nutritional Information Per Serve



S.No.	Product	Veg/Non Veg	Avg Portion size gm	Energy (Kcal)	Carbohydrate gm	Sugar gm	Fat gm	Saturated Fat gm	Trans Fatty Acids gm	Protein gm	Sodium Content mg
Recommended Dietary Allowance				2000		50	67	22	2		2000
VEG BURGERS											
1	Crispy Veg	●	137	362	53.4	6.5	12.8	4.9	0.0	8.4	798
	per serve percentage (%) contribution to RDA			18		13	19	22	0		40
2	Crispy Veg Double patty	●	204	531	70.6	9.1	22.7	9.2	0.0	11.2	1068
	per serve percentage (%) contribution to RDA			27		18	34	42	0		53
3	Makhani Burst Veg	●	135	315	48.5	8.0	9.2	3.4	0	9.6	768
	per serve percentage (%) contribution to RDA			16		16	14	15	0		38
4	BK Veggie	●	152	353	45.4	7.8	13.6	4.7	0.0	12.0	594
	per serve percentage (%) contribution to RDA			18		16	20	21	0		30
5	Lite WhopperJr Veg	●	194	456	61.6	9.2	20.0	11.9	0.0	7.2	1428
	per serve percentage (%) contribution to RDA			23		18	30	54	0		71
6	Crunchy Veg Whopper	●	285	681	97.1	23.1	25.4	9.8	0.0	15.8	988
	per serve percentage (%) contribution to RDA			34		46	38	45	0		49
7	Hot N Saucy burger	●	255	682	82.0	17.5	31.4	12.1	0.2	17.9	1199
	per serve percentage (%) contribution to RDA			34		35	47	55	8		60
8	Paneer Royale	●	255	558	84.0	14.8	29.0	14.0	0.0	18.9	1178
	per serve percentage (%) contribution to RDA			28		30	43	64	0		59
9	Veg Boss Whopper	●	318	700	112.3	27.0	18.9	8.4	0.0	20.1	1209
	per serve percentage (%) contribution to RDA			35		54	28	38	0		60
10	Veg Masala Whopper	●	316	698	90	17	25	10	0	28	937
	per serve percentage (%) contribution to RDA			35		35	38	45	0		47
BEYOND BURGERS											
11	Veg Crunchy Taco	●	105	336	33.7	7.1	20.8	13.9	0.0	3.6	590
	per serve percentage (%) contribution to RDA			17		14	31	63	0		29
12	Chicken Crunchy Taco	▲	135	262.0	24.8	2.9	16.0	5.5	0.0	5.1	526
	per serve percentage (%) contribution to RDA			13		6	24	25	0		26
13	Paneer Royale Wrap	●	234	676.2	63.2	9.7	35.6	18.0	0.0	25.3	1078
	per serve percentage (%) contribution to RDA			34		19	53	82	0		54
14	Fiery Chicken Wrap	▲	252	483.8	50.6	9.3	22.5	8.2	0.0	19.8	1177
	per serve percentage (%) contribution to RDA			24		19	34	37	0		59
CRAVERS											
15	Veg Strips 5 Pcs	●	85	247	30.1	3.5	11.9	5.7	0.1	4.8	441
	per serve percentage (%) contribution to RDA			12		7	18	26	4		22
16	Chicken Nuggets 4 Pcs	▲	70	169	14	0	8	4	0	11	6
	per serve percentage (%) contribution to RDA			8		1	11	17	0		0
17	Chicken Nuggets 6 Pcs	▲	106	256	21.7	0.4	11.4	5.7	0.0	16.5	89
	per serve percentage (%) contribution to RDA			13		1	17	26	0		4
18	Chicken Nuggets 9 Pcs	▲	160	386	33	0	17	9	0	25	13
	per serve percentage (%) contribution to RDA			19		1	26	39	0		1
19	Chicken Nuggets 18 Pcs	▲	320	771	66	1	35	17	0	50	27
	per serve percentage (%) contribution to RDA			39		3	51	78	0		1
20	Regular Fries	●	72	204	273.6	0.0	8.9	4.2	0.0	3.6	325
	per serve percentage (%) contribution to RDA			10		0	13	19	0		16
21	Medium Fries	●	114	333	445.4	0.0	14.4	6.8	0.1	5.9	529
	per serve percentage (%) contribution to RDA			17		0	21	31	5		26
22	King Fries	●	156	455	609.5	0.0	19.7	9.3	0.1	8.0	724
	per serve percentage (%) contribution to RDA			23		0	29	42	7		36
23	Peri Peri Fries Regular	●	79	220	29.3	0.0	9.8	4.7	0.1	3.6	475
	per serve percentage (%) contribution to RDA			11		0	15	21	4		24
DIPS											
24	Herby Garlic Dip	●	20	75	3.2	1.5	6.6	1.4	0.0	0.2	136
	per serve percentage (%) contribution to RDA			4		3	10	6	0		7
25	Fiery Hell Dip	●	20	81	3.3	1.8	7.4	1.3	0.0	0.3	194
	per serve percentage (%) contribution to RDA			4		4	11	6	0		10
NON VEG BURGERS											
26	Crispy Chicken	▲	125	359	44.3	7.5	15.1	4.8	0.0	11.5	592
	per serve percentage (%) contribution to RDA			18		15	23	22	0		30
27	Crispy Chicken Double patty	▲	182	535	52.7	10.2	28.3	10.4	0.1	17.4	887
	per serve percentage (%) contribution to RDA			27		20	42	47	5		44
28	Makhani Chicken Burst	▲	125	316	41.7	8.0	11.1	4.3	0.0	10.7	781
	per serve percentage (%) contribution to RDA			16		16	17	20	0		39
29	BK Chicken	▲	164	415	39.0	7.2	21.2	7.2	0.0	17.0	284
	per serve percentage (%) contribution to RDA			21		14	32	33	0		14
30	Spicy Grill Chicken	▲	135	313	33.0	4.2	12.9	3.3	0.0	16.0	703.2
	per serve percentage (%) contribution to RDA			16		8	19	15	0		35
31	Lite WhopperJr Chicken	▲	167	369	43.4	8.4	13.7	6.2	0.0	18.0	1314.3
	per serve percentage (%) contribution to RDA			18		17	20	28	0		66
32	Chicken Tandoori Grill	▲	236	503	62.7	6.9	15.0	8.8	0.0	29.4	1106.8
	per serve percentage (%) contribution to RDA			25		14	22	40	1		55
33	Big Smoky Grilled Chicken	▲	243	595	64.4	12.4	23.9	5.8	0.0	30.6	1393.8
	per serve percentage (%) contribution to RDA			30		25	36	26	0		70
34	Chicken Whopper	▲	280	667	59.1	8.7	36.3	8.1	0.0	26.2	1019
	per serve percentage (%) contribution to RDA			33		17	54	37	0		51
35	Fiery Chicken burger	▲	247	588	64.0	12.1	26.6	8.7	0.0	23.1	1101
	per serve percentage (%) contribution to RDA			29		24	40	40	0		55
36	Chicken Boss Whopper	▲	286	578	73.4	17.9	21.0	7.2	0.0	24.0	1167
	per serve percentage (%) contribution to RDA			29		36	31	33	0		58
37	Chicken Masala Whopper	▲	296	691	62	13	37	9	0	28	1074
	per serve percentage (%) contribution to RDA			35		26	55	39	0		54
38	Mutton Boss Whopper	▲	298	614	80.9	18.1	18.6	8.3	0.0	30.6	1229
	per serve percentage (%) contribution to RDA			31		36	28	38	0		61
39	Mutton Masala Whopper	▲	308	878	96	13	40	17	0	33	1007

	per serve percentage (%) contribution to RDA			44		26	60	77	0		50
40	Mutton Whopper	▲	292	663	52.2	8.4	39.1	12.6	0.0	25.6	1026
	per serve percentage (%) contribution to RDA			33		17	58	57	0		51
	CHICKEN										
41	Boneless Chicken Wings (4Pcs)	▲	95	213	16.0	0.0	9.2	5.2	0.0	16.8	555
	per serve percentage (%) contribution to RDA			11		0	14	24	0		28
42	Boneless Chicken Wings (7Pcs)	▲	165	371	27.9	0.0	16.0	9.1	0.0	29.2	964
	per serve percentage (%) contribution to RDA			19		0	24	42	0		48
43	Chicken Wings Fried (2Pcs)	▲	70	150	8	0	9	4	0	16	404
	per serve percentage (%) contribution to RDA			8		0	14	16	0		20
44	Chicken Wings Fried (4Pcs)	▲	140	300	16.2	0.0	18.6	7.2	0.0	31.8	808
	per serve percentage (%) contribution to RDA			15		0	28	33	0		40
45	Chicken Wings Fried (8Pcs)	▲	280	600	32	0	38	15	0	64	1616
	per serve percentage (%) contribution to RDA			30		0	56	68	0		81
46	Chicken Wings Fried (15Pcs)	▲	525	1125	61	0	70	27	0	119	3030
	per serve percentage (%) contribution to RDA			56		0	104	123	0		152
47	Chicken Wings Grilled (2Pcs)	▲	66	168	18	0	5	1	0	14	224
	per serve percentage (%) contribution to RDA			8		0	7	6	0		11
48	Chicken Wings Grilled (4Pcs)	▲	132	335	37	0	9	3	0	28	448
	per serve percentage (%) contribution to RDA			17		0	13	12	0		22
49	Chicken Wings Grilled (8Pcs)	▲	264	670	73.5	0.0	17.9	5.3	0.0	56.2	896
	per serve percentage (%) contribution to RDA			34		0	27	24	0		45
50	Chicken Wings Grilled (15Pcs)	▲	532	1350	148	0	36	11	0	113	1806
	per serve percentage (%) contribution to RDA			68		0	54	48	0		90
	DESSERTS										
51	Vanilla Softie (Medium Fat)	●	75	115	18.2	15.1	3.3	2.3	0.1	3.1	2.8
	per serve percentage (%) contribution to RDA			6		30	5	10	3		0
52	Choco Dip Softie (Medium Fat)	●	105	215	26.6	18.4	10.0	7.6	0.0	4.5	3.3
	per serve percentage (%) contribution to RDA			11		37	15	35	2		0
53	BK Sundae- Mango	●	90	116	17.2	30.2	3.5	2.2	0.1	3.8	7.4
	per serve percentage (%) contribution to RDA			6		60	5	10	3		0
54	BK Sundae - Chocolate	●	90	161	28.8	21.9	3.7	2.5	0.1	3.3	2.8
	per serve percentage (%) contribution to RDA			8		44	5	11	3		0
55	Loaded Sundae - Black Currant	●	90	209	31.0	20.7	8.0	5.0	0.0	3.2	120.0
	per serve percentage (%) contribution to RDA			10		41	12	23	0		6
56	Loaded Sundae - Cookie Crumble	●	105	255	41.1	29.3	8.1	6.1	0.0	4.4	2.9
	per serve percentage (%) contribution to RDA			13		59	12	28	2		0
57	Choco Freeze Sundae	●	103	287	36	27	14	8	0	4	52
	per serve percentage (%) contribution to RDA			14		55	21	36	0		3
	FOUNTAIN DRINKS										
58	Pepsi Regular	●	300ML	127	34.6	34.6	0.0	0.0	0.0	0.0	25.4
	per serve percentage (%) contribution to RDA			6		69	0	0	0		1
59	Coco cola Regular	●	300ML	132	32.7	31.8	0.0	0.0	0.0	0.0	25.5
	per serve percentage (%) contribution to RDA			7		64	0	0	0		1
60	Pepsi Medium	●	450ML	190	52	52	0.0	0.0	0.0	0.0	38
	per serve percentage (%) contribution to RDA			10		104	0	0	0		2
61	Coco cola Medium	●	450ML	198	49	48	0.0	0.0	0.0	0.0	38
	per serve percentage (%) contribution to RDA			10		95	0	0	0		2
62	Pepsi Black Regular	●	300ML	0.0	0.0	0.0	0.0	0.0	0.0	0.0	22.0
	per serve percentage (%) contribution to RDA			0		0	0	0	0		1
63	Coca cola Zero Regular	●	300ML	0.0	0.0	0.0	0.0	0.0	0.0	0.0	22.5
	per serve percentage (%) contribution to RDA			0		0	0	0	0		1
64	Pepsi Black Medium	●	450ML	0.0	0.0	0.0	0.0	0.0	0.0	0.0	33
	per serve percentage (%) contribution to RDA			0		0	0	0	0		2
65	Coca cola Zero Medium	●	450ML	0.0	0.0	0.0	0.0	0.0	0.0	0.0	34
	per serve percentage (%) contribution to RDA			0		0	0	0	0		2
66	Mirinda Regular	●	300ML	165	41	41	0	0	0	0	18
	per serve percentage (%) contribution to RDA			8		83	0	0	0		1
67	Fanta Regular	●	300ML	168	42	41	0	0	0	0	67
	per serve percentage (%) contribution to RDA			8		83	0	0	0		3
68	Mirinda Medium	●	450ML	248	62	62	0	0	0	0	27
	per serve percentage (%) contribution to RDA			12		124	0	0	0		1
69	Fanta Medium	●	450ML	252	63	62	0	0	0	0	100
	per serve percentage (%) contribution to RDA			13		123	0	0	0		5
70	7 UP Regular	●	300ML	141	35.1	35.1	0.0	0.0	0.0	0.0	54.0
	per serve percentage (%) contribution to RDA			7		70	0	0	0		3
71	Sprite regular	●	300ML	147	36.6	35.1	0.0	0.0	0.0	0.0	30.3
	per serve percentage (%) contribution to RDA			7		70	0	0	0		2
72	7 UP Medium	●	450ML	212	53	53	0	0	0	0	81
	per serve percentage (%) contribution to RDA			11		105	0	0	0		4
73	Sprite Medium	●	450ML	205	55	53	0	0	0	0	46
	per serve percentage (%) contribution to RDA			10		105	0	0	0		2
74	Thums UP Regular	●	300ML	126	31.8	31.2	0.0	0.0	0.0	0.0	2.4
	per serve percentage (%) contribution to RDA			6		62	0	0	0		0
75	Thums UP Medium	●	450ML	189	8	47	0	0	0	0	4
	per serve percentage (%) contribution to RDA			9		94	0	0	0		0
76	Ice Tea Regular	●	300ML	111	27.9	27.9	0.0	0.0	0.0	0.0	33.0
	per serve percentage (%) contribution to RDA			6		56	0	0	0		2
77	Ice Tea Medium	●	450ML	167	42	42	0	0	0	0	50
	per serve percentage (%) contribution to RDA			8		84	0	0	0		2
	BEVERAGES										
78	Pepsi/coca cola Float	●	275ML	174	35.0	33.4	2.7	1.8	0.2	2.6	6.5
	per serve percentage (%) contribution to RDA			9		67	4	8	8		0
79	Mirinda/Fanta Float	●	275ML	192	38.8	38.3	2.8	1.8	0.1	2.8	6.4
	per serve percentage (%) contribution to RDA			10		77	4	8	7		0
	SHAKES										
80	Thick Shake -Mango	●	300ML	393	65.2	57.5	10.0	6.4	0.3	10.7	9
	per serve percentage (%) contribution to RDA			20		115	15	29	17		0
81	Thick Shake - Choocolate	●	300ML	496	87.7	61.4	11.3	7.2	0.4	11.0	11
	per serve percentage (%) contribution to RDA			25		123	17	33	21		1
82	Thick Shake - Berry Blast	●	300ML	474	90.9	68.2	8.8	6.0	0.0	7.9	151

	per serve percentage (%) contribution to RDA			24		136	13	27	0		8
83	King Shake - Black Currant	●	300ML	488	83.5	62.4	14.2	7.0	0.1	15.3	110
	per serve percentage (%) contribution to RDA			24		125	21	32	4		6
84	King Shake - Cookie Crumble	●	300ML	477	71.4	60.3	16.6	9.2	0.4	11.3	13
	per serve percentage (%) contribution to RDA			24		121	25	42	20		1
85	Cheese Slice	●	12	41	0.5	0.5	3.2	2.0	0.1	2.4	182
	per serve percentage (%) contribution to RDA			2		1	5	9	5		9
86	Tomato Ketchup	●	8	14	3.5	3.1	0.1	0.0	0.0	0.1	120.0
	per serve percentage (%) contribution to RDA			1		6	0	0	0		6
87	Peri Peri Sachet	●	5	13	2	1	0	0	0	0	470
	per serve percentage (%) contribution to RDA			1		2	0	0	0		24
88	Chocolate mousse cup	●	80	200	35.0	25.0	5.7	4.4	0.0	2.2	67.0
	per serve percentage (%) contribution to RDA			10		50	8	20	0		3
89	Choco lava cake	●	80	349	44.4	16.9	4.9	27.4	0	3.55	112
	per serve percentage (%) contribution to RDA			17		34	7	124	0		6
90	Hash Brown	●	60	158	19.7	1.0	8.1	3.9	0.0	1.7	500.0
	per serve percentage (%) contribution to RDA			8		2	12	18	0		25

Café Products

S.No.	Product		Avg Portion size ML	Energy (Kcal)	Carbohydrate gm	Fat gm	Protein gm	Sugar gm	Trans Fatty Acids gm	Saturated Fat gm	Sodium Content mg
Recommended Dietary Allowance				2000		67		50	2	22	2000
HOT BREWS											
1	Hot -Espresso Small	●	240	50	12.0	0.0	0.7	0.0	0.0	0.0	201.6
	per serve percentage (%) contribution to RDA			3		0	1	0	0	0	10
2	Hot -Espresso Regular	●	330	68.8	16.5	0.0	1.0	0.0	0.0	0.0	277.2
	per serve percentage (%) contribution to RDA			3		0	1	0	0	0	14
3	Americano Small	●	240	11	0.0	0.0	1.2	0.0	0.0	0.1	64.8
	per serve percentage (%) contribution to RDA			1		0	2	0	0	0	3
4	Americano Regular	●	330	14.7	0.0	0.0	1.7	0.0	0.0	0.1	89.1
	per serve percentage (%) contribution to RDA			1		0	2	0	0	0	4
5	Cappuccino Small	●	240	101	9.8	4.3	5.8	0.0	0.0	3.0	72.0
	per serve percentage (%) contribution to RDA			5		9	9	0	0	4	4
6	Cappuccino Regular	●	330	138.9	13.5	5.9	7.9	0.0	0.0	4.1	99.0
	per serve percentage (%) contribution to RDA			7		12	12	0	0	5	5
7	Caffe Latte Small	●	240	110	9.8	4.9	6.5	0.0	0.0	3.4	79.2
	per serve percentage (%) contribution to RDA			6		10	10	0	0	4	4
8	Caffe Latte Regular	●	330	151.0	13.5	6.8	8.9	0.0	0.0	4.8	108.9
	per serve percentage (%) contribution to RDA			8		14	13	0	0	5	5
9	Mochaccino Small	●	240	246	41.0	6.6	5.8	26.4	0.0	4.3	57.6
	per serve percentage (%) contribution to RDA			12		13	9	120	0	3	3
10	Mochaccino Regular	●	330	338.5	56.4	9.0	7.9	36.4	0.0	5.9	79.2
	per serve percentage (%) contribution to RDA			17		18	12	165	0	4	4
11	Café Caramello Small	●	240	222	42.0	3.6	5.3	28.7	0.0	2.5	151.2
	per serve percentage (%) contribution to RDA			11		7	8	131	0	8	8
12	Café Caramello Regular	●	330	304.7	57.8	5.0	7.3	39.5	0.0	3.4	207.9
	per serve percentage (%) contribution to RDA			15		10	11	180	0	10	10
13	Hot Chocolate	●	240	209	36.2	4.2	6.6	22.5	0.0	2.9	81.6
	per serve percentage (%) contribution to RDA			10		8	10	102	0	4	4
14	Masala Chai	●	200	84	15.8	1.1	2.7	11.2	0.0	0.7	36.2
	per serve percentage (%) contribution to RDA			4		2	4	51	0	2	2
Cold Blast											
15	Classic cold coffe	●	350	215	24.2	8.9	9.5	21.0	0.0	7.0	140.0
	per serve percentage (%) contribution to RDA			11		18	14	95	0	7	7
16	Mocha Frappe	●	350	328	48.3	10.4	10.2	38.2	0.0	8.7	94.5
	per serve percentage (%) contribution to RDA			16		21	15	174	0	5	5
17	Caramello frappe	●	350	294	46.9	9.7	4.6	32.5	0.0	7.5	140.0
	per serve percentage (%) contribution to RDA			15		19	7	148	0	7	7
18	Hazelnut Frappe	●	350	272	49.0	3.8	10.5	38.8	0.0	3.2	178.5
	per serve percentage (%) contribution to RDA			14		8	16	176	0	9	9
Movers n Shakers											
19	Caramel Crunch Shake	●	350	314	56.0	7.3	6.0	44.5	0.0	6.0	297.5
	per serve percentage (%) contribution to RDA			16		15	9	202	0	15	15
20	Choco Berry Shake	●	350	405	79.8	7.1	5.3	32.1	0.0	5.2	126.0
	per serve percentage (%) contribution to RDA			20		14	8	146	0	6	6
Mood Lifters											
21	Rich Vanilla chocolate Muffin (Egg)	▲	80 gm	290	42.0	21.1	12.0	5.1	0.0	4.3	218.8
	per serve percentage (%) contribution to RDA			14		42	18	23	0	11	11
22	Double Chocolate chip Muffin (Egg)	▲	80 gm	292	42.0	15.9	11.9	4.5	0.0	4.6	253.9
	per serve percentage (%) contribution to RDA			15		32	18	21	0	13	13
23	Choco lava Cake	●	80 gm	349	44.4	16.9	4.9	27.4	0.0	3.6	112.0
	per serve percentage (%) contribution to RDA			17		34	7	124	0	6	6

JMD MENU

S.No.	Product		Avg Portion size gm	Energy (Kcal)	Carbohydrate gm	Sugar gm	Fat gm	Saturated Fat gm	Trans Fatty Acids gm	Protein gm	Sodium Content mg
Recommended Dietary Allowance				2000		50	67	22	2		2000
VEG BURGERS											
24	Crispy Veg	●	130	351	45.3	3.4	15.8	6.9	0.0	6.8	324
	per serve percentage (%) contribution to RDA			18		7	24	31	0	16	16
25	Crispy Veg Double patty	●	182	466	59.9	4.6	20.9	7.9	0.0	9.5	471
	per serve percentage (%) contribution to RDA			23		9	31	36	0	24	24
26	Veg Makhani Burst Veg	●	144	360	56.0	4.1	11.5	4.6	0.0	8.0	382
	per serve percentage (%) contribution to RDA			18		8	17	21	0	19	19
27	BK Veggie	●	144	341	45.5	3.6	14.3	5.6	0.0	7.5	377
	per serve percentage (%) contribution to RDA			17		7	21	26	0	19	19
28	BK Veg Double patty	●	196	443	60	5	19	7	0	8	509
	per serve percentage (%) contribution to RDA			22		9	28	33	0	25	25

29	Lite Whopper Jr Veg	●	199	454	62.4	6.9	19.3	7.6	0.0	7.3	576
	per serve percentage (%) contribution to RDA			23		14	29	34	0		29
30	Crunchy Veg Whopper	●	307	712	87.8	8.5	34.1	14.9	0.0	13.8	832
	per serve percentage (%) contribution to RDA			36		17	51	68	0		42
31	Hot N Saucy burger	●	255	667	77.3	16.0	28.9	11.2	0.0	24.3	1279
	per serve percentage (%) contribution to RDA			33		32	43	51	0		64
32	Paneer Royale	●	255	715	69.8	14.8	38.4	14.7	0.0	22.7	883
	per serve percentage (%) contribution to RDA			36		30	57	67	0		44
33	Indie Veg Whopper	●	330	726	84.0	11.5	35.5	14.1	0.0	17.4	926
	per serve percentage (%) contribution to RDA			36		23	53	64	0		46
	BEYOND BURGERS										
34	Crunchy Veg Taco	●	127	442	44.0	3.9	28.0	11.2	0.0	3.4	457
	per serve percentage (%) contribution to RDA			22		8	42	51	0		23
35	Paneer Royale Wrap	●	236	646	54	8	42	27	0	14	870
	per serve percentage (%) contribution to RDA			32		16	62	120	0		44
	CRAVERS										
36	Regular Fries	●	72	204	273.6	0.0	8.9	4.2	0.0	3.6	325
	per serve percentage (%) contribution to RDA			10		0	13	19	0		16
37	Medium Fries	●	114	333	445.4	0.0	14.4	6.8	0.1	5.9	529
	per serve percentage (%) contribution to RDA			17		0	21	31	5		26
38	King Fries	●	156	455	609.5	0.0	19.7	9.3	0.1	8.0	724
	per serve percentage (%) contribution to RDA			23		0	29	42	7		36
	DESSERTS										
39	Vanilla Softie (Medium Fat)	●	75	115	18.2	15.1	3.3	2.3	0.1	3.1	2.8
	per serve percentage (%) contribution to RDA			6		30	5	10	3		0
40	Choco Dip Softie (Medium Fat)	●	105	215	26.6	18.4	10.0	7.6	0.0	4.5	3.3
	per serve percentage (%) contribution to RDA			11		37	15	35	2		0
41	BK Sundae- Mango	●	90	116	17.2	30.2	3.5	2.2	0.1	3.8	7.4
	per serve percentage (%) contribution to RDA			6		60	5	10	3		0
42	BK Sundae - Chocolate	●	90	161	28.8	21.9	3.7	2.5	0.1	3.3	2.8
	per serve percentage (%) contribution to RDA			8		44	5	11	3		0
43	Loaded Sundae - Black Currant	●	90	209	31.0	20.7	3.0	5.0	0.0	3.2	120.0
	per serve percentage (%) contribution to RDA			10		41	4	23	0		6
44	Loaded Sundae - Cookie Crumble	●	105	255	41.1	29.3	8.1	6.1	0.0	4.4	2.9
	per serve percentage (%) contribution to RDA			13		59	12	28	2		0
	FOUNTAIN DRINKS										
45	Pepsi Regular	●	300ML	129	32.7	32.7	0.0	0.0	0.0	0.0	9.0
	per serve percentage (%) contribution to RDA			6		65	0	0	0		0
46	Pepsi Medium	●	450ML	194	49	49	0.0	0.0	0.0	0.0	14
	per serve percentage (%) contribution to RDA			10		98	0	0	0		1
47	Pepsi Large	●	550ML	237	60	60	0.0	0.0	0.0	0.0	17
	per serve percentage (%) contribution to RDA			12		120	0	0	0		1
48	Pepsi Black Regular	●	300ML	0.0	0.0	0.0	0.0	0.0	0.0	0.0	18.0
	per serve percentage (%) contribution to RDA			0		0	0	0	0		1
49	Pepsi Black Medium	●	450ML	0.0	0.0	0.0	0.0	0.0	0.0	0.0	27
	per serve percentage (%) contribution to RDA			0		0	0	0	0		1
50	Pepsi Black Large	●	550ML	0.0	0.0	0.0	0.0	0.0	0.0	0.0	33
	per serve percentage (%) contribution to RDA			0		0	0	0	0		2
51	Mirinda Regular	●	300ML	165	41	41	0	0	0	0	18
	per serve percentage (%) contribution to RDA			8		83	0	0	0		1
52	Mirinda Medium	●	450ML	248	62	62	0	0	0	0	27
	per serve percentage (%) contribution to RDA			12		124	0	0	0		1
53	Mirinda Large	●	550ML	303	76	76	0	0	0	0	33
	per serve percentage (%) contribution to RDA			15		152	0	0	0		2
54	7 UP Regular	●	300ML	141	35.1	35.1	0.0	0.0	0.0	0.0	54.0
	per serve percentage (%) contribution to RDA			7		70	0	0	0		3
55	7 UP Medium	●	450ML	212	53	53	0	0	0	0	81
	per serve percentage (%) contribution to RDA			11		105	0	0	0		4
56	7 UP Large	●	550ML	259	64	64	0	0	0	0	99
	per serve percentage (%) contribution to RDA			13		129	0	0	0		5
57	M.Dew Regular	●	300ML	147	36.9	36.9	0.0	0.0	0.0	0.0	24.0
	per serve percentage (%) contribution to RDA			7		74	0	0	0		1
58	M.Dew Medium	●	450ML	221	55	55	0	0	0	0	36
	per serve percentage (%) contribution to RDA			11		111	0	0	0		2
59	M.Dew Large	●	550ML	270	68	68	0.0	0.0	0.0	0.0	44
	per serve percentage (%) contribution to RDA			13		135	0	0	0		2
60	Ice Tea Regular	●	300ML	111	27.9	27.9	0.0	0.0	0.0	0.0	33.0
	per serve percentage (%) contribution to RDA			6		56	0	0	0		2
	SHAKES										
61	Thick Shake -Mango	●	300ML	393	65.2	57.5	10.0	6.4	0.3	10.7	9
	per serve percentage (%) contribution to RDA			20		115	15	29	17		0
62	Thick Shake - Chocolate	●	300ML	496	87.7	61.4	11.3	7.2	0.4	11.0	11
	per serve percentage (%) contribution to RDA			25		123	17	33	21		1
63	Thick Shake - Berry Blast	●	300ML	474	90.9	68.2	8.8	6.0	0.0	7.9	151
	per serve percentage (%) contribution to RDA			24		136	13	27	0		8
64	King Shake - Black Currant	●	300ML	488	83.5	62.4	14.2	7.0	0.1	15.3	110
	per serve percentage (%) contribution to RDA			24		125	21	32	4		6
65	King Shake - Cookie Crumble	●	300ML	477	71.4	60.3	16.6	9.2	0.4	11.3	13
	per serve percentage (%) contribution to RDA			24		121	25	42	20		1
66	Cheese Slice	●	12	41	0.5	0.5	3.2	2.0	0.1	2.4	182
	per serve percentage (%) contribution to RDA			2		1	5	9	5		9
67	Chocolate mousse cup	●	80	200	35.0	25.0	5.7	4.4	0.0	2.2	67.0
	per serve percentage (%) contribution to RDA			10		50	8	20	0		3
68	Choco lava cake	●	80	349	44.384	16.864	4.904	27.376	0	3.55	112
	per serve percentage (%) contribution to RDA			17		34	7	124	0		6

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Burger King products are free from the synthetic colours and artificial flavours except for pepsi, pepsi black, Coco Cola, Thums UP, Coco Zero and Fountain Drinks. Burger King products are for immediate consumption only.

Pepsi, Pepsi Black, 7up, Mirinda, Mountain Dew, is a registered Trademark of pepsiCo, Inc. Carbonated water, Contains added flavours.

Pepsi Black contain non-caloric sweeteners and contains an admixture of Sucralose and Acesulfame Potassium and the same is not recommended for children; pregnant and lactating mothers.

Pepsi, Pepsi Black and Mountain Dew contains Caffeine.

Coca Cola, Thums UP, Coco cola zero, Fanta, Sprite, is a registered Trademark of Coco cola, Inc. Carbonated water, Contains added flavours.

Coco Cola Zero contain non-caloric sweeteners and CONTAINS AN ADMIXTURE OF SUCRALOSE AND ACESULFAME POTASSIUM. NOT RECOMMENDED FOR CHILDREN; PREGNANT AND LACTATING MOTHERS.

Coco Cola, Thums UP and Coco Cola Zero contains Caffeine.

Burger King India

S.No.	Product	Avg Portion size gm	Energy Per serving size(Kcal)	Veg/Non Veg	Cereals containing gluten	Eggs	Soybeans	Milk	Nuts	Sesame seeds	Sulphur dioxide and sulphites
VEG BURGERS											
1	Crispy Veg	137	362	●	Yes		Yes	Yes		Yes	
2	Crispy Veg Double patty	204	531	●	Yes		Yes	Yes		Yes	
3	Veg Makhani Burst Veg	135	315	●	Yes		Yes	Yes		Yes	
4	BK Veggie	152	350	●	Yes		Yes	Yes		Yes	
5	Lite Whopper Jr Veg	194	456	●	Yes		Yes	Yes		Yes	
6	Crunchy Veg Whopper	285	681	●	Yes		Yes	Yes		Yes	
7	Hot N Saucy	255	682	●	Yes		Yes	Yes			
8	Paneer Royale	255	558	●	Yes		Yes	Yes			
9	Veg Boss Whopper	318	700	●	Yes		Yes	Yes		Yes	
10	veg Masala Whopper	316	698	●	Yes		Yes	Yes		Yes	
BEYOND BURGERS											
11	Veg Crunchy Taco	105	246	●	Yes		Yes	Yes			
12	Chicken Crunchy Taco	135	262.0	●	Yes		Yes	Yes			
13	Paneer Royale Wrap	234	676.2	●	Yes		Yes	Yes		MAYBE	
14	Fiery Chicken Wrap	252	483.8	●	Yes		Yes	Yes		MAYBE	
CRAVERS											
15	Veg Strips 5 Pcs	85	247	●	Yes		Yes				
16	Chicken Nuggets	106, 160	256, 386	●	Yes		MAYBE	MAYBE			
17	Regular Fries	72	204	●	MAYBE						
18	Medium Fries	114	333	●	MAYBE						
19	King Fries	156	455	●	MAYBE						
20	Peri Peri Fries Regular	79	220	●	Yes		Yes				
DIPS											
21	Herby Garlic Dip	20	75	●			Yes	Yes			
22	Fiery Hell Dip	20	81	●			Yes	Yes			
NON VEG BURGERS											
23	Crispy Chicken	125	359	●	Yes		Yes	Yes		Yes	
24	Crispy Chicken Double patty	182	535	●	Yes		Yes	Yes		Yes	
25	Makhani Chicken Burst	125	415	●	Yes		Yes	Yes		Yes	
26	BK Chicken	164	415	●	Yes		Yes	Yes		Yes	
27	Spicy Grill Chicken	135	313	●	Yes		Yes	Yes		Yes	
28	Lite Whopper Jr Chicken	167	369	●	Yes		Yes	Yes		Yes	
29	Chicken Tandoori Grill	236	503	●	Yes		Yes	Yes			
30	Big Smoky Grilled Chicken	243	595	●	Yes		Yes	Yes		Yes	
31	Chicken Whopper	280	667	●	Yes		Yes	Yes		Yes	
32	Fiery Chicken burger	247	588	●	Yes		Yes	Yes			
33	Chicken Boss Whopper	286	578	●	Yes		Yes	Yes		Yes	
34	Chicken Masala Whopper	296	691	●	Yes		Yes	Yes		Yes	
35	Mutton Masala Whopper	308	878	●	Yes		Yes	Yes		Yes	
36	Mutton Boss Whopper	298	614	●	Yes		Yes	Yes		Yes	
37	Mutton Whopper	292	663	●	Yes		Yes	Yes		Yes	
CHICKEN											
38	Boneless Chicken Wings (7Pcs)	165	371	●	Yes		Yes				
39	Chicken Wings Fried (4Pcs)	140	300	●	Yes	Yes	Yes				
40	Chicken Wings Grilled (15Pcs)	532	1350	●			Yes				
DESSERTS											
41	Vanilla Softie (Medium Fat)	75	115	●	Yes		MAYBE	Yes			
42	Choco Dip Softie (Medium Fat)	105	215	●	Yes		MAYBE	Yes			
43	BK Sundae - Mango	90	116	●			MAYBE	Yes			
44	BK Sundae - Chocolate	90	161	●			MAYBE	Yes			
45	Loaded Sundae - Black Currant	90	209	●			MAYBE	Yes			
46	Loaded Sundae - Cookie Crumble	105	255	●	Yes		MAYBE	Yes			
47	Choco Freeze sundae	103	287	●	Yes		MAYBE	Yes			
FOUNTAIN DRINKS											
48	Pepsi Regular/Med	300/450ML	129 / 194	●							
49	Coca cola Regular/Med	300/450ML	132 / 198	●							
50	7 UP Regular/Med	300/450ML	141 / 212	●							
51	Thums UP Regular/Med	300/450ML	126 / 189	●							
52	Pepsi Black Regular/Med	300/450ML	0	●							
53	Coca cola zero Regular/Med	300/450ML	0	●							
54	M Dew Regular/Med	300/450ML	141 / 221	●							
55	Sprite Regular/Med	300/450ML	147 / 221	●							
56	Mirinda Regular/Med	300/450ML	165 / 248	●							
57	Fanta Regular/Med	300/450ML	168 / 252	●							
58	Ice Tea Regular	300ML	108	●							
BEVERAGES											
60	Pepsi / Coca cola Float	275ML	174	●			MAYBE	Yes			
61	Mirinda / Fanta Float	275ML	192	●			MAYBE	Yes			
SHAKES											
62	Thick Shake -Mango	300ML	393	●			MAYBE	Yes			
63	Thick Shake - Chocholate	300ML	496	●			MAYBE	Yes			
64	Thick Shake - Berry Blast	300ML	474	●			MAYBE	Yes			

65	King Shake - Black Currant	300ML	488	●			MAYBE	Yes			
66	King Shake - Cookie Crumble	300ML	477		Yes		MAYBE	Yes			
67	Cheese Slice	12	41	●			MAYBE	Yes			
68	Tomato Ketchup	8	14	●							
69	Peri Peri Sachet	5	13	●			MAYBE				
70	Chocolate mousse cup	80	200	●	Yes		MAYBE	Yes			
71	Choco lava cake	80	349	●	Yes		MAYBE	Yes			
72	Hash Brown	60	158	●	MAYBE		MAYBE				
HOT BREWS											
73	Hot -Espresso Small & Regular	240 & 330	50.01 & 68.6								
74	Americano Small & Regular	240 & 330	11 & 14.7								
75	Cappuccino Small & Regular	240 & 330	100.9 & 138.9					Yes			
76	Caffe Latte Small & Regular	240 & 330	110 & 151					Yes			
77	Mochaccino Small & Regular	240 & 330	246 & 348.5				Yes	Yes			
78	Café Caramello Small & Regular	240 & 330	222 & 304.7				Yes	Yes			
79	Hot Chocolate	240	209					Yes			
80	Masala Tea	200	84					Yes			
Cold Blast											
81	Classic cold coffe	350	215					Yes			
82	Mocha Frappe	350	328					Yes			
83	Caramello frappe	350	294					Yes			
84	Hazelnut Frappe	350	272					Yes			
Movers n Shakers											
85	Caramel Crunch Shake	350	314		Yes		Yes	Yes			
86	Choco Berry Shake	350	405				Yes	Yes			
Mood Lifters											
87	Rich Vanilla chocolate Muffin (Egg)	80 gm	290		Yes	Yes	Yes	Yes			
88	Double Chocolate chip Muffin (Egg)	80 gm	292		Yes	Yes	Yes	Yes			
89	Choco lava Cake	80 gm	349		Yes		Yes	Yes			
JMD Menu											
90	Crispy Veg	130	351	●	Yes		Yes	Yes		Yes	
91	Crispy Veg Double patty	182	466	●	Yes		Yes	Yes		Yes	
92	Veg Makhani Burst Veg	144	360	●	Yes		Yes	Yes		Yes	
93	Classic Veg	144	341	●	Yes		Yes	Yes		Yes	
94	Classic Veg Double patty	196	443	●	Yes		Yes	Yes		Yes	
95	Lite WhopperJr Veg	199	454	●	Yes		Yes	Yes		Yes	
96	Crunchy Veg Whopper	307	712	●	Yes		Yes	Yes		Yes	
97	Hot N Saucy burger	255	667	●	Yes		Yes	Yes			
98	Paneer Royale	255	715	●	Yes		Yes	Yes			
99	Indie Veg Whopper	330	726	●	Yes		Yes	Yes		Yes	
BEYOND BURGERS											
100	Crunchy Veg Taco	105	442	●	Yes		Yes	Yes			
101	Paneer Royale Wrap	236	646	●	Yes		Yes	Yes			
CRAVERS											

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Veg - Non Veg -

Presence of Allergen : YES- 'Contains Allergen' MAYBE- May Contain Allergen, Products donot have allergen directly added as ingredient but has been processed in facilities which also handles allergens.