

Nutrition Information - Core Menu

Information correct at time of publishing effective 6th May 2026. Menu items subject to availability.		SERVING SIZE (g)	ENERGY (kJ)	ENERGY (Cal)	PROTEIN (g)	FAT (g)	SAT FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	SODIUM (mg)	ENERGY (KJ)	ENERGY (Cal)
		PRODUCT										
Flame Grilled Beef	WHOPPER Jr®	154	1440	361	16.2	20.2	6.8	23.8	7.1	455	937	234
	WHOPPER Jr® with Cheese	166	1600	399	18.6	23.2	8.7	24.4	7.2	613	966	241
	WHOPPER®	318	3070	764	37.6	46.1	16.7	40.8	12.3	1030	966	240
	WHOPPER® with Cheese	329	3230	811	40.9	49.1	18.7	41.4	12.4	1190	979	246
	WHOPPER® Double	443	4640	1140	66.6	75.1	30.9	41.7	12.4	975	1050	258
	WHOPPER® Double with Cheese	466	4960	1216	71.5	81	34.8	42.7	12.6	1450	1060	261
	WHOPPER® Triple	568	6210	1515	95	104	45	42.4	12.4	1240	1090	267
	WHOPPER® Triple with Cheese	592	6530	1592	101	110	49	43.4	12.6	1550	1100	269
	BBQ Bacon Double Cheeseburger	187	2140	511	35.2	34.6	16.6	26	8.8	938	1140	273
	Hamburger	115	1220	291	16.7	13.9	5.9	2.6	6.7	471	1060	253
	Cheeseburger	127	1380	329	19.1	16.9	7.9	24.2	6.8	634	1090	260
	Double Cheeseburger	185	2120	507	32.5	30.8	15.3	24.5	6.8	822	1150	275
	Triple Cheeseburger	250	2920	697	46.3	45	22.7	26.6	8.2	1090	1170	279
	Creamy Mayo Cheeseburger	136	1630	406	18.9	23.9	8.9	24	6.8	693	693	299
	BBQ Rodeo	144	1690	416	17	23.2	7.8	30.4	6.9	590	1170	289
	The Bomb	122	1530	384	21.7	30.5	11	22	5.2	663	1260	314
	XL Bomb (Double)	401	5070	1247	75.7	91.6	37.6	45.5	13.2	1260	1260	311
	XL Bomb (Single)	276	3500	871	46.5	62.6	23.3	44.9	13.2	1160	1270	316
	XL Creamy Mayo Cheeseburger (Double)	421	5010	1288	72	82.1	35.2	42	11.7	1420	1190	292
	XL Creamy Mayo Cheeseburger (Single)	296	3430	852	42.8	53.1	20.9	41.4	11.7	1320	1160	288
XL BBQ Rodeo (Double)	433	5370	1314	73.2	86	35.6	53.1	12.5	1250	1240	303	
XL BBQ Rodeo (Single)	308	3790	938	43.9	57	21.3	52.5	12.5	1150	1230	304	
Rodeo Mega Stackers - Beef Single	296	3370	805	45.2	52	19.5	53.1	14.2	1360	1140	272	
Rodeo Mega Stackers - Beef Double	432	5090	1217	76.5	83.7	35.5	54.9	14.5	1630	1180	282	
Rodeo Mega Stackers - Beef Triple	568	6820	1630	108	115	51.5	56.3	14.7	1890	1200	287	
King's Collection®	All American Steakhouse	320	3660	820	54.7	55.5	25.6	53.3	16.4	1700	1150	259
	New York Steakhouse	400	4130	1006	59.3	68.5	28.4	59	18.8	2000	1030	251
	Streaky Bacon Steakhouse	326	3900	932	55.5	59.3	26	61.1	21.6	1650	1200	286
	Original Fried Chicken	270	3000	759	26	37.3	5.2	68.3	13.2	1720	1110	281
	Spicy Southern Fried Chicken	297	3050	732	28.8	35.9	6.6	73.7	14.8	1830	1030	246
	Cheese & Bacon Fried Chicken	326	3080	736	39.5	46.2	10.1	72.7	16.2	2550	943	225
Plant Based	Plant Based Whopper	298	2356	563	29	28	6.8	43.8	12.8	1067	791	189
	Plant Based Double Whopper	403	3235	733	48.7	40	11.1	46	13	1392	803	192
	Plant Based Whopper with Cheese	320	2658	635	33.5	34	11	45	13.2	1380	832	199
	Plant Based BK Chook	208	2550	609	17.2	37.6	5.2	46.1	8.3	987	1226	293
	Plant Based BK Chook with Cheese	231	2859	683	21.9	43.5	9.06	47	8.4	1304	1240	296
	Plant Based BK Double Chook	304	3469	829	26.9	49.7	6.23	60.7	9.38	1591	1141	273
	Plant Based BK Chook Long Rodeo	231	2978	753	28.2	36.7	8.3	66.6	12.8	1543	1290	308
	Plant Based BK Hawaiian Chook	464	3563	852	26.7	48.9	11	82.9	41.5	1555	769	184
	Salad Burger	255	2170	544	14.1	26.3	6.1	54.1	12.3	1180	850	213
	Vege Burger	300	3328	796	17.9	43.1	6.2	83.1	18.4	746	1109	265
BK Chicken	BK Chicken	198	2481	593	26.4	34	5.4	43.9	7.5	877	1253	299
	BK Chicken with Cheese	222	2805	670	31.1	40	9.3	45	7.7	1200	1265	302
	BK Double Chicken	284	3331	796	45.1	42	6.7	57	7.8	1371	1173	280

Chicken	BK Chicken Long Rodeo	231	2627	628	31.1	30.3	7.5	55.5	11.9	1352	1138	272
	Hawaiian BK Chicken	468	3569	853	40.3	51	13	82	41.1	1694	763	182
	Crispy Chicken Burger	165	2090	519	18.5	30.3	4.9	36.5	5.1	713	1270	315
	Chicken Nuggets - 10pk	180	2052	490	23.4	34.4	6.7	21.6	1.1	774	1140	272
	Chicken Nuggets - 20pk	400	4560	1090	52	76.4	14.8	48	2.4	1720	1140	272
	Rodeo Mega Stackers - Chicken Single	261	3000	716	29.9	37.4	8.2	79.8	20.4	1710	1150	273
	Rodeo Mega Stackers - Chicken Double	347	3970	949	42.9	52.6	12.1	91.1	21.5	2190	1140	273
	Rodeo Mega Stackers - Chicken Triple	434	4950	1183	56	67.8	15.9	102	22.6	2680	1140	273
Sides	Thick Cut Fries - Small	86	526	126	2.5	3.9	0.34	19.2	0.2	539	612	146
	Thick Cut Fries - Regular	110	672	161	3.2	5	0.4	24.5	0.2	772	612	146
	Thick Cut Fries - Large	134	818	195	3.8	6.1	0.5	29.9	0.3	954	612	146
	Hash Bites - Small	89.7	627	150	2	6.6	0.7	19.5	0.4	672	699	167
	Hash Bites - Regular	141	988	236	3.2	10.4	1.1	30.8	0.7	1060	699	167
	Hash Bites - Large	224	1570	374	5.1	16.4	1.8	48.8	1.1	1680	699	167
	King Box - Nuggets	269	1990	504	23.7	20.5	4.6	52.8	1.4	1470	741	188
	King Box - Cheeseburger	316	2600	623	24.4	27.7	11.3	67.7	7.7	1400	825	197
	Onion Rings - 6 pack	109	945	198	4.4	9.9	1	28.7	2.9	402	870	208
	Onion Rings - 9 pack	142	1240	296	5.7	12.9	1.3	37.5	3.8	526	870	208

Nutrition Information - Drinks, Desserts & Limit

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		PER SERVE											
PRODUCT													
Cold Drinks	Coke Range	Small	310	558	133	0	0	0	32.9	32.9	31	180	43
		Medium	430	774	185	0	0	0	45.6	45.6	43	180	43
		Large	585	1050	252	0	0	0	62	62	59	180	43
	Coke No Sugar Range	Small	310	3	1	0.1	0	0	0.2	0	25	1	0
		Medium	430	5	2	0.3	0	0	0.3	0	36	1	0
		Large	585	8	2	0.5	0	0	0.5	0	50	1	0
	Fanta Range	Small	310	657	157	0	0	0	38.1	38.1	16	212	51
		Medium	430	912	218	0	0	0	52.9	52.9	22	212	51
		Large	585	1240	296	0	0	0	71.9	71.9	29	212	51
	Frozen Coke Range	Small	310	679	157	0	0	0	40	40	31	219	52
		Medium	430	941	218	0	0	0	55.5	55.5	43	219	52
		Large	585	1292	296	0	0	0	76.1	76.1	59	219	52
	Frozen Keri	Small	310	372	89	0	0	0	21.4	19.5	9	120	29
		Medium	430	516	123	0	0	0	29.7	27.1	13	120	29
		Large	585	708	140	0	0	0	40.7	37.2	18	120	29
	Chocolate Shake	Small	200	1540	369	5.7	4.7	3.2	40	33.9	136	772	184
		Medium	310	2700	645	8.6	7.1	4.8	65.2	55.4	226	870	208
		Large	425	3860	922	11.6	9.6	6.6	91	77.5	317	908	217
Strawberry Shake	Small	200	1350	323	5.7	4.7	3.2	37.8	32.6	97	675	161	
	Medium	310	2310	552	8.6	7.1	4.8	60.8	52.8	147	745	178	

		Large	425	3280	784	11.6	9.6	6.6	84.4	73.6	200	772	185	
	Banana Shake	Small	200	1370	327	5.7	4.7	3.2	37.7	32.6	97	684	163	
		Medium	310	2340	560	8.6	7.1	4.8	60.5	52.8	147	756	181	
		Large	425	3330	797	11.6	9.6	6.6	84	73.6	200	784	187	
	Lime Shake	Small	200	1350	323	5.7	4.7	3.2	37.8	32.6	97	676	162	
		Medium	310	2310	553	8.6	7.1	4.8	60.6	52.8	147	746	178	
		Large	425	3290	785	11.6	9.6	6.6	84.2	73.6	200	773	185	
	Super Shake	Chocolate	357	3970	948	10.3	10.5	7.6	80	67.5	608	1110	266	
		Strawberry	357	3700	883	10.3	10.5	7.6	77	65.6	553	1040	247	
		Banana	357	3720	889	10.3	10.5	7.6	76.8	65.6	553	1040	249	
		Lime	357	3700	884	10.3	10.5	7.6	76.9	65.6	553	1040	248	
	Desserts	Soft Serve Cone		87.3	543	130	3.4	3.7	2.4	20.5	15.3	72	622	149
		Plain Sundae		132	740	177	4.6	5.5	3.7	26.8	24.2	86	561	134
Caramel Sundae		160	2300	549	5.1	6.2	4.1	46.8	35	562	1440	344		
Chocolate Sundae		160	2340	558	5.4	8.3	6	42.7	37.6	479	1460	349		
Strawberry Sundae		160	1820	434	4.8	5.7	3.7	41.4	37.4	100	1140	271		
Limited Time	Chicken Fries (9 Pack)		116	1636	391	14.3	27.1	4.3	23	0.6	638	1410	337	
	Chicken Fries (4 Pack King Box)		273	2321	555	18	27	3.5	57	0.8	1795	851	203	
	Chilli Cheese Bites (4 Pack)		80	986	236	5.2	13.6	4.4	23.2	1.1	568	1233	295	
	Chilli Cheese Bites (6 Pack)		120	1479	353	7.8	20.4	6.6	34.8	1.68	852	1233	295	
	Mandalorian Whopper		318	3205	766	39	56	20	37	9.2	1159	1010	241	
	Mandalorian Chicken		318	3173	758	29.3	45.6	9.1	68.5	14.5	2167	999	239	
	Cookie Dough Bites (4 Pack)		80	1504	359	4.6	15.4	7.3	50.2	22.2	201	1880	449	
	Strawberry Cheesecake		100	950	227	1	10	5.9	31.5	19	49	950	227	
	Popping Candy Sachet		12	191	46	0	0	0	11.2	10.3	?	1590	380	
	King Fusion Maple Toffee Crunch Sundae		186	2720	650	5.6	9.3	6.1	65	54.4	142	1463	350	
	King Fusion Bubblegum Marshmallow Sundae		188	1192	285	5.8	6	4	58.1	54	103	634	151	
	Bubblegum Sundae		145	818	196	4.7	5.6	3.8	34	31.2	88	564	135	
	Bubblegum Shake		Small	200	901	215	5.6	4.6	3.1	41.5	36.1	95	450	108
			Medium	310	1412	337	8.4	6.9	4.7	68.2	59.8	143	455	109
			Large	446	2035	486	12	9.9	6.6	99.1	87.1	204	456	109

Allergens

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Flame Grilled Beef	WHOPPER Jr®	No	No	Yes	No	Yes	No	No	No	Yes	Yes	Yes
	WHOPPER Jr® with Cheese	No	No	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes
	WHOPPER® Range	No	No	Yes	No	Yes	No	No	No	Yes	Yes	Yes
	WHOPPER® with Cheese Range	No	No	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes
	BBQ Bacon Double Cheeseburger	No	No	Yes	Yes	No	No	No	No	Yes	Yes	Yes
	Hamburger	No	No	Yes	No	No	No	No	No	Yes	Yes	Yes
	Cheeseburger Range	No	No	Yes	Yes	No	No	No	No	Yes	Yes	Yes
	Creamy Mayo Cheeseburger	No	No	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes
	BBQ Rodeo	No	No	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes
	The Bomb	No	No	Yes	No	Yes	No	No	No	Yes	Yes	Yes
	XL Bomb Range	No	No	Yes	No	Yes	No	No	No	Yes	Yes	Yes
	XL Creamy Mayo Cheeseburger Range	No	No	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes
	XL BBQ Rodeo Range	No	No	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes
	Rodeo Mega Stackers (Beef Range)	No	No	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes
All American Steakhouse	No	No	Yes	Yes	No	No	No	No	Yes	Yes	Yes	