



# HAVE IT YOUR WAY® FOR UNDER 650 CALORIES

Burger King Corporation (BKC) is committed to helping our customers eat and live better by promoting balanced diets as part of our *BK Positive Steps*® health and nutrition program. If you're calorie counting, BKC can help you with the math. Choose from the menu options to **HAVE IT YOUR WAY**® for under 650 calories, which is approximately one-third of a 2,000-calorie diet.

ENTRÉE	SIDE ORDER	BEVERAGE
<b>ENTRÉE + SIDE ORDER + BEVERAGE = 650 CALORIES</b>		
<p><b>300</b> calories or less</p> <p><b>190</b> 4-pc (6-pc = 290 cal) CHICKEN TENDERS®*</p> <p><b>250</b> 6-pc BK® Chicken Fries</p> <p><b>260</b> Flame-Broiled Hamburger</p> <p><b>290</b> TENDERGRILL™ Garden Salad with KEN'S® Fat-Free Ranch Dressing</p> <p><b>300</b> 3-pc French Toast Sticks with Syrup</p> <p><b>300</b> Flame-Broiled Cheeseburger</p> <p><b>300</b> Spicy CHICK'N CRISP® Sandwich</p> <p><b>400</b> calories or less</p> <p><b>320</b> Egg &amp; Cheese CROISSAN'WICH®</p> <p><b>340</b> WHOPPER JR.® Sandwich*</p> <p><b>350</b> TENDERGRILL™ Garden Salad with KEN'S® Light Italian Dressing</p> <p><b>350</b> Ham, Egg &amp; Cheese CROISSAN'WICH®</p> <p><b>360</b> Bacon, Egg &amp; Cheese CROISSAN'WICH®</p> <p><b>360</b> TENDERGRILL® Chicken Sandwich w/o Mayo</p> <p><b>360</b> 8-pc CHICKEN TENDERS®</p> <p><b>360</b> Flame-Broiled Double Hamburger</p> <p><b>380</b> 9-pc BK® Chicken Fries</p> <p><b>380</b> BK® Single Stacker</p> <p><b>410</b> BK VEGGIE® Burger</p> <p><b>420</b> Ham, Egg &amp; Cheese Biscuit Sandwich</p>	<p><b>100</b> calories or less</p> <p><b>70</b> BK® Fresh Apple Fries with Low-Fat Caramel Sauce</p> <p><b>100</b> Side Garden Salad with KEN'S® Fat-Free Ranch Dressing*</p> <p><b>200</b> calories or less</p> <p><b>150</b> Value-Size Onion Rings*</p> <p><b>160</b> Side Garden Salad with KEN'S® Fat-Free Ranch Dressing and Croutons*</p> <p><b>160</b> Side Garden Salad with KEN'S® Light Italian Dressing</p> <p><b>300</b> calories or less</p> <p><b>220</b> Side Garden Salad with KEN'S® Light Italian Dressing and Croutons*</p>	<p><b>100</b> calories or less</p> <p><b>0</b> Diet Coke® (Value)</p> <p><b>0</b> Diet Coke® (Small)</p> <p><b>0</b> Diet Coke® (Medium)</p> <p><b>5</b> Diet Coke® (Large)</p> <p><b>0</b> Regular Coffee (Value)</p> <p><b>0</b> Regular Coffee (Small)</p> <p><b>0</b> Regular Coffee (Medium)</p> <p><b>100</b> MINUTE MAID® Apple Juice</p> <p><b>90</b> Fat-Free Milk (8 oz)</p> <p><b>200</b> calories or less</p> <p><b>110</b> Frozen Coca-Cola® or MINUTE MAID® Cherry (16 oz)</p> <p><b>140</b> Coca-Cola®, Sprite®, Dr. Pepper® (Value)*</p> <p><b>140</b> MINUTE MAID® Orange Juice (8 oz)</p> <p><b>140</b> Frozen Coca-Cola® or MINUTE MAID® Cherry (22 oz)</p>

Note: Nutrition facts as of May 2011. KEN'S® Fat-Free Ranch dressing may not be available at all BURGER KING® restaurants. Some restaurants may not carry all items featured. TM & © 2011 Burger King Corporation. All rights reserved. © 2011 The Coca-Cola Company. "Coca-Cola," "Coca-Cola Classic," "Diet Coke," "Sprite" and "Minute Maid" are registered trademarks of the Coca-Cola Company. All Rights Reserved. DR. PEPPER is a registered trademark of Dr Pepper/Seven Up, Inc. A.1.® Thick & Hearty Steak Sauce, and OREO® are registered trademarks of Kraft Foods Holdings, Inc. KEN'S® Steak House and the associated marks are registered trademarks owned by KEN'S® Foods, Inc.

\*Denotes menu offerings from the BK® Value Menu.

(Continued)

ENTRÉE	SIDE ORDER	BEVERAGE
<b>ENTRÉE + SIDE ORDER + BEVERAGE = 650 CALORIES</b>		
<b>500</b> calories or less		
<b>410</b>	BK® Breakfast Muffin Sandwich	
<b>420</b>	Sausage Biscuit	
<b>420</b>	Bacon, Egg & Cheese Biscuit Sandwich	
<b>420</b>	Original Chicken Sandwich w/o Mayo	
<b>430</b>	3-Pancake Platter with Syrup	
<b>440</b>	DOUBLE CROISSAN'WICH™ w/Bacon, Egg & Cheese	
<b>440</b>	DOUBLE CROISSAN'WICH™ w/Ham, Bacon, Egg & Cheese	
<b>450</b>	5-pc French Toast Sticks with Syrup	
<b>450</b>	Flame-Broiled Double Cheeseburger	
<b>460</b>	Spicy CHICK'N CRISP® Sandwich*	
<b>460</b>	BK BIG FISH® w/o Tartar Sauce	
<b>470</b>	TENDERCRISP™ Chicken Garden Salad with KEN'S® Fat-Free Ranch Dressing	
<b>470</b>	TENDERGRILL® Chicken Sandwich	
<b>480</b>	BK™ Breakfast Ciabatta Club Sandwich	
<b>490</b>	Sausage, Egg & Cheese CROISSAN'WICH®	
<b>490</b>	4-pc Cini-Minis with Vanilla Icing	
<b>500</b>	12-pc BK® Chicken Fries	
<b>500</b>	BK® Double Stacker	
<b>600</b> calories or less		
<b>510</b>	WHOPPER® Sandwich w/o Mayo	
<b>540</b>	BK™ Breakfast Bowl	
<b>570</b>	DOUBLE CROISSAN'WICH™ w/Sausage, Bacon, Egg & Cheese	
<b>570</b>	Sausage, Egg & Cheese Biscuit Sandwich	
<b>590</b>	TENDERCRISP® Chicken Sandwich w/o Mayo	

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