



Burger King Japan Nutrition & Allergens Info

【About Nutritional Information】

The nutritional values provided are based on standard product formulations.
Please note that actual values may vary slightly due to in-store preparation and handling.

【About Allergen Information】

In addition to allergens that are intentionally included in ingredients, there is a possibility of cross-contact during manufacturing or in-store preparation.
As sensitivity to allergens can vary greatly among individuals, this information is provided as a general guide, and we recommend consulting a medical professional if you have any concerns.
Ultimately, the decision on whether to consume the product should be made at the customer's discretion.
Please note that this information is subject to change based on product updates or ingredient modifications.

【Symbols Used】

- = Contains the allergen as an ingredient
- △ = May contain the allergen due to shared equipment or preparation areas in manufacturing or in-store environments
- × = Does not contain the allergen as an ingredient

Last update 22/8/2025

Menu Item		製品重量							法令で規定する特定原材料(8品目)																表示を推薦する特定原材料(20品目)															
		Weight (g)	Calorie (kcal)	Protein (g)	Fat (g)	Carbon hydrate (g)	Salt (g)	Na (mg)	卵	乳	小麦	えび	かに	そば	落花生	くるみ	あわび	いか	いくら	オレンジ	キウイフルーツ	牛肉	さけ	さば	大豆	鶏肉	バナナ	豚肉	マカダミアナッツ	もも	やまいも	りんご	ゼラチン	ゴマ	カシューナッツ	アーモンド				
									Egg	Milk	Wheat	Shrimp/Prawn	Crab	Buckwheat	Peanut	Walnut	Abalone	Squid	Salmon/Roe	Orange	Kiwifruit	Beef	Salmon	Mackerel	Soybean	Chicken	Banana	Pork	Macadamianut	Peach	Yam	Apple	Gelatin	Sesame	Cashewnut	Almond				
Burger Menu																																								
Whopper	Whopper with Cheese	305	750	32.7	46.3	51.4	3.7	1,356	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Whopper Jr. with Cheese	150	372	16.1	21.8	28.2	1.7	611	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Double Whopper with Cheese	385	985	51.2	64.1	51.5	3.9	1,420	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Double Whopper Jr. with Cheese	182	467	24.6	28.6	28.2	1.8	637	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Triple Whopper with Cheese	465	1,219	69.7	81.9	51.6	4.1	1,483	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Avocado Whopper	323	732	28.7	45.1	54.5	3.0	1,090	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Avocado Whopper Jr.	164	370	14.2	21.9	30.2	1.4	483	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Quattro Cheese Whopper	308	823	37.5	53.7	48.0	3.8	1,375	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Quattro Cheese Whopper Jr.	151	409	18.5	25.5	26.5	1.7	621	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Double Quattro Cheese Whopper	388	1,057	56.0	71.4	48.1	3.9	1,439	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Double Quattro Cheese Whopper Jr.	183	503	27.0	32.2	26.5	1.8	647	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Triple Quattro Cheese Whopper	468	1,292	74.6	89.2	48.2	4.1	1,502	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Whopper	283	672	28.2	39.9	50.8	3.0	1,053	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Whopper Jr.	139	333	13.8	18.6	27.9	1.3	460	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Smoky BBQ Whopper	283	674	28.1	39.9	51.3	2.9	1,023	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Smoky BBQ Whopper Jr.	139	334	13.8	18.6	28.1	1.3	445	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Teriyaki Whopper	283	684	28.2	40.0	53.4	3.0	1,085	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	●	×	×	×				
	Teriyaki Whopper Jr.	139	339	13.9	18.7	29.2	1.4	476	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	●	×	×	×				
	Spicy Whopper	290	686	28.2	40.0	54.1	3.5	1,275	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Spicy Whopper Jr.	143	341	13.9	18.7	29.7	1.6	580	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Bacon Cheese Whopper	320	818	37.1	51.8	51.7	4.3	1,583	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Bacon Cheese Whopper Jr.	157	406	18.3	24.6	28.3	2.0	725	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Steak Sauce Whopper	312	758	35.1	45.6	52.4	3.2	1,156	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Double Steak Sauce Whopper	392	992	53.6	63.4	52.5	3.4	1,220	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Premium Steak Sauce Whopper	334	838	40.1	53.3	50.1	3.8	1,371	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Double Premium Steak Sauce Whopper	414	1,073	58.7	71.1	50.2	3.9	1,435	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
	Beef Burger	Bacon Double Cheese Burger	168	494	31.1	28.7	27.9	2.6	1,028	△	●	●	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	●	×	×	×				
Double Cheese Burger		153	425	26.7	23.2	27.6	2.1	801	△	●	●	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×					
Hamburger		99	252	13.7	10.1	27.0	1.2	473	△	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	●	×	×					
Cheese Burger		110	291	15.9	13.3	27.3	1.6	624	△	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	×	●	×	×				
Cheese Double Cheese Burger		167	471	29.2	26.9	28.1	2.4	954	△	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	●	×	×					
Cheese Ugly Burger		273	675	32.4	44.7	36.7	3.6	1,301	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	△	×	×					
Double Cheese Ugly Burger		353	910	50.9	62.5	36.8	3.8	1,365	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	△	×	×					
Triple Cheese Ugly Burger		433	1,145	69.4	80.3	36.9	3.9	1,429	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	△	×	×					
Double Beef Big Mouth Inferno Burger		298	909	56.3	58.6	39.3	4.8	1,888	△	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	×	●	×	×					
Chicken & Beef Big Mouth Inferno Burger		306	776	49.0	41.4	52.0	5.0	1,961	△	●	●	△	△	×	×	×	×	△	×	△	×	●	△	△	●	△	×	△	×	△	△	△	△	×	×					
Baby Body Burger	668	1,876	116.2	132.1	55.9	6.4	2,514	●	●	●	×	×	×	×	×	×	×	×	×	×	●	×	×	●	×	△	×	×	×	×	●	×	×	×						

Menu Item		製品重量	エネルギー	たんぱく質	脂質	炭水化物	食塩相当量	ナトリウム	法令で規定する特定原材料(8品目)									表示を推薦する特定原材料(20品目)																		
		Weight (g)	Calorie (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Salt (g)	Na (mg)	卵	乳	小麦	えび	かに	そば	落花生	くるみ	あわび	いか	いくら	オレンジ	キウイフルーツ	牛肉	さけ	さば	大豆	鶏肉	バナナ	豚肉	マカダミアナッツ	もも	やまいも	りんご	ゼラチン	ゴマ	カシューナッツ	アーモンド
									Egg	Milk	Wheat	Shrimp/Prawn	Crab	Buckwheat	Peanut	Walnut	Abalone	Squid	Salmon Roe	Orange	Kiwifruit	Beef	Salmon	Mackerel	Soybean	Chicken	Banana	Pork	Macadamia nut	Peach	Yam	Apple	Gelatin	Sesame	Cashew nut	Almond
Drink Menu																																				
Cold Drink (Including ice)	Coca-Cola S	265	90	0.0	0.0	22.7	0.0	4	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Coca-Cola M	425	129	0.0	0.0	32.4	0.0	6	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Coca-Cola L	530	181	0.0	0.0	45.4	0.0	8	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Coca-Cola BIG	850	258	0.0	0.0	64.8	0.0	12	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Coca-Cola Zero S	265	0	0.0	0.0	0.2	0.0	13	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Coca-Cola Zero M	425	0	0.0	0.0	0.3	0.0	18	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Coca-Cola Zero L	530	0	0.0	0.0	0.4	0.0	25	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Coca-Cola Zero BIG	850	0	0.0	0.0	0.6	0.0	36	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Dr Pepper S	265	76	0.0	0.0	18.9	0.0	0	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Dr Pepper M	425	108	0.0	0.0	27.0	0.0	0	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Dr Pepper L	530	151	0.0	0.0	37.8	0.0	0	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Dr Pepper BIG	850	216	0.0	0.0	54.0	0.0	0	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Canada Dry Ginger Ale S	265	78	0.0	0.0	18.9	0.0	4	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Canada Dry Ginger Ale M	425	111	0.0	0.0	27.0	0.0	6	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Canada Dry Ginger Ale L	530	155	0.0	0.0	37.8	0.0	8	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Canada Dry Ginger Ale BIG	850	222	0.0	0.0	54.0	0.0	12	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Huang Oolong Tea S	265	0	0.0	0.0	0.2	0.0	13	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Huang Oolong Tea M	425	0	0.0	0.0	0.3	0.0	18	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Huang Oolong Tea L	530	0	0.0	0.0	0.4	0.1	25	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Huang Oolong Tea BIG	850	0	0.0	0.0	0.6	0.0	36	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Fanta Melon Soda S	265	101	0.0	0.0	25.2	0.0	4	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Fanta Melon Soda M	425	144	0.0	0.0	36.0	0.0	6	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Fanta Melon Soda L	530	202	0.0	0.0	50.4	0.0	8	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Fanta Melon Soda BIG	850	288	0.0	0.0	72.0	0.0	12	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Minute Maid Orange S	265	95	0.4	0.2	22.5	0.0	3	×	×	×	×	×	×	×	×	×	×	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Minute Maid Orange M	425	135	0.6	0.3	32.1	0.0	4	×	×	×	×	×	×	×	×	×	×	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Minute Maid Orange L	530	189	0.8	0.4	44.9	0.0	5	×	×	×	×	×	×	×	×	×	×	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
	Minute Maid Orange BIG	850	270	1.2	0.6	64.2	0.0	8	×	×	×	×	×	×	×	×	×	×	●	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	
Sprite S	265	82	0.0	0.0	18.9	0.0	19	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×		
Sprite M	425	117	0.0	0.0	27.0	0.0	27	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×		
Sprite L	530	164	0.0	0.0	37.8	0.0	38	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×		
Sprite BIG	850	234	0.0	0.0	54.0	0.0	54	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×		
Ice Coffee S	265	6	0.3	0.0	1.1	0.0	2	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×		
Ice Coffee M	425	8	0.4	0.0	1.3	0.0	2	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×		
Ice Coffee L	530	12	0.6	0.0	2.1	0.0	3	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×		
Ice Tea S	265	2	0.2	0.0	0.2	0.0	0	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×		
Ice Tea M	425	2	0.2	0.0	0.2	0.0	0	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×		
Ice Tea L	530	3	0.3	0.0	0.3	0.0	0	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×		
Hot Drink	Hot Coffee S	190	8	0.4	0.0	1.3	0.0	2	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×		
	Hot Coffee M	240	10	0.5	0.0	1.7	0.0	2	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×		
	Hot Tea S	190	2	0.2	0.0	0.2	0.0	0	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×		
	Hot Tea M	230	2	0.2	0.0	0.2	0.0	0	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×		
Condiment	Syrup	6	17	0.0	0.0	4.2	0.0	0	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×		
	Creamer	3	7	0.1	0.7	0.1	0.0	7	×	●	×	×	×	×	×	×	×	×	×	×	×	×	×	●	×	×	×	×	×	×	×	×	×	×		
	Lemon Juice	3	1	0.0	0.0	0.2	0.0	0	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×		
	Sugar	3	12	0.0	0.0	3.0	0.0	0	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×		

Menu Item	製品重量	エネルギー	たんぱく質	脂質	炭水化物	食塩相当量	ナトリウム	法令で規定する特定原材料(9品目)									表示を推薦する特定原材料(20品目)																				
	Weight (g)	Calorie (kcal)	Protein (g)	Fat (g)	Carbohydrate(g)	Salt (g)	Na (mg)	卵	乳	小麦	えび	かに	そば	落花生	くるみ	あわび	いか	いくら	オレンジ	キウイ フルーツ	牛肉	さけ	さば	大豆	鶏肉	バナナ	豚肉	マカダミア ナッツ	もも	やまいも	りんご	ゼラチン	ゴマ	カシュー ナッツ	アーモン ド		
								鶏肉	バナナ	豚肉	マカダミア ナッツ	もも	やまいも	りんご	ゼラチン	ゴマ	カシュー ナッツ	アーモン ド																			
								Egg	Milk	Wheat	Shrimp/ Prawn	Crab	Buckwheat	Peanut	Walnut	Abalone	Squid	Salmon Roe	Orange	Kiwifruit	Bee f	Salmon	Mackerel	Soybean	Chicken	Banana	Pork	Macadamianut	Peach	Yam	Apple	Gelatin	Sesame	Cashewnut	Almond		
Store-limited Menu																																					
Morning Menu	Cheese & Cheese Chicken Burger	120	339	16.0	15.6	33.6	2.2	887	△	●	●	△	△	×	×	×	×	△	×	△	×	△	△	●	●	△	△	×	△	×	△	△	●	×	×		