

Nutritional Guide 16 January 2024



Whopper® Nutritionals

	Selected Stores only	Halal	Menu Item	Ingredients	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Carbohydrates (g)	Sugars (g)	Sodium (mg)	Serving Size / 100g	Energy (kJ / 100g)	Protein (g / 100g)	Fat Total (g / 100g)	Sat Fat (g / 100g)	Carbohydrates (g / 100g)	Sugars (g / 100g)	Sodium (g / 100g)
81	<input type="checkbox"/>	<input type="checkbox"/>	Whopper®	IMPORTANT: Customers should be aware that whilst every effort is made to segregate food to maintain the Vegan, Allergen (eg Gluten) and Halal status of our Ingredients, individual food items may come in contact with one another during food manufacturing for food preparation, and our restaurants serve products containing allergens, as well as bacon and meat as part of our standard menu items.																
82	<input type="checkbox"/>	<input type="checkbox"/>	Tropical Whopper® Single	Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Beef, Pineapple Slice, Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), Tomato, Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234i), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lettuce, Smoky BBQ Sauce (Water, Sugar, Tomato Paste, White Vinegar, Apple Paste [Antioxidants (330, 300)], Thickeners (1422, 415), Salt, Colour (150a), Molasses, Vegetable Powders, Flavour, Rochester Sauce Powder, Preservative (202), Spice, Smoke Flavour)	368	3540	37.5	49.5	17.5	61.3	21	1430	100	961	10.2	13.5	4.8	16.7	5.7	390
83	<input type="checkbox"/>	<input type="checkbox"/>	Tropical Whopper® Double	Beef, Bun (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Pineapple Slice, Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234i), Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), Tomato, Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lettuce, Smoky BBQ Sauce (Water, Sugar, Tomato Paste, White Vinegar, Apple Paste [Antioxidants (330, 300)], Thickeners (1422, 415), Salt, Colour (150a), Molasses, Vegetable Powders, Flavour, Rochester Sauce Powder, Preservative (202), Spice, Smoke Flavour)	470	4830	59.6	73.8	30.6	62.6	22	1820	100	1030	12.7	15.7	6.5	13.3	4.7	387
84	<input type="checkbox"/>	<input type="checkbox"/>	Ausale Whopper® Single	Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Beef, Egg, Beetroot (Beetroot (61%), Water, Sugar, Food Acid (Acetic), Salt), Tomato, Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), Onion, Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic)), Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234i)	379	2880	39.9	34.1	14.4	53.5	13.7	1180	100	759	10.5	9	3.8	14.1	3.6	311
85	<input type="checkbox"/>	<input type="checkbox"/>	Ausale Whopper® Double	Beef, Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Egg, Beetroot (Beetroot (61%), Water, Sugar, Food Acid (Acetic), Salt), Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), Tomato, Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234i), Lettuce, Onion, Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic))	489	4150	62.8	57.3	26.3	54.5	14.4	1660	100	848	12.8	11.7	5.4	11.1	2.9	340
86	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Whopper®	Bun: Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (481, 472e), Preservative (282), Vitamins (Thiamin, Folate) Beef Patty: 100% Australian Beef Lettuce, Tomato, Onion Pickles: Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Natural Flavours, Polysorbate 80, Turmeric Mayonnaise: Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol Tomato sauce: Concentrated Tomatoes (76%), Sugar, Salt, Concentrated White Vinegar, Citric Acid, Natural Flavours (Contain Garlic), Spices	276	2700	25.9	39.0	11.6	48.1	8.0	844	100	978	9.4	14.1	4.2	17.4	2.9	306
87	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Whopper® Cheese	Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Beef Patty, Tomato, Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234i), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lettuce, Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric) Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic)), Onion	302	3070	32.9	45.1	15.5	49.2	9.4	1210	100	1020	10.9	14.9	5.1	16.3	3.1	400
88	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Double Whopper®	Bun: Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (481, 472e), Preservative (282), Vitamins (Thiamin, Folate) Beef Patty: 100% Australian Beef Lettuce, Tomato, Onion Pickles: Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Natural Flavours, Polysorbate 80, Turmeric Mayonnaise: Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol Tomato sauce: Concentrated Tomatoes (76%), Sugar, Salt, Concentrated White Vinegar, Citric Acid, Natural Flavours, Spices	359	3730	47.5	57.2	20.5	48.2	8.0	896	100	1039	13.2	15.9	5.7	13.4	2.2	250

Selected Stores only	Halal	Menu Item	Ingredients	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Carbohydrates (g)	Sugars (g)	Sodium (mg)	Serving Size / 100g	Energy (KJ / 100g)	Protein (g / 100g)	Fat Total (g / 100g)	Sat Fat (g / 100g)	Carbohydrates (g / 100g)	Sugars (g / 100g)	Sodium (g / 100g)	
9	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Triple Whopper®	Beef, Bun 5" Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Tomato, Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lettuce, Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric), Tomato Ketchup (Concentrated Tomatoes (Contains 206g Of Tomatoes Per 100ml), Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic), Spices contains 76% Concentrated Tomatoes), Onion	426	4560	59.2	73.8	29.0	48.8	8.2	971	100	1070	13.9	17.3	6.8	11.5	1.9	228
10	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Double Whopper® Cheese	Beef Patty, Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Tomato, Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lettuce, Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric), Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic)), Onion	404	4360	56.7	68.8	28.2	50.4	10.3	1580	100	1080	14.0	17.0	7.0	12.5	2.6	392
11	<input type="checkbox"/>	<input type="checkbox"/>	Ultimate Double Whopper®	Beef Patty, Bun 5" Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Cheese (Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), Tomato, Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lettuce, Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric), Tomato Ketchup (Concentrated Tomatoes (Contains 206g Of Tomatoes Per 100ml), Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic), Spices contains 76% Concentrated Tomatoes), Onion	444	4620	62.9	72.8	29.8	50.3	10.0	2040	100	1040	14.2	16.4	6.7	11.3	2.3	460
12	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Whopper® Jnr	Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)Contains: Gluten, Soy, Sesame Seeds), Beef Patty, Tomato, Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lettuce, Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric), Tomato Ketchup (Concentrated Tomatoes (Contains 206g Of Tomatoes Per 100ml), Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic), Spices contains 76% Concentrated Tomatoes), Onion	147	1550	14.9	19.9	5.4	32.9	4.6	372	100	1054	10.1	13.5	3.7	22.4	3.1	253
13	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Whopper® Jnr Cheese	Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Beef Patty, Tomato, Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lettuce, Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic)), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric), Onion	157	1630	16.5	22.4	7.3	30.7	4.9	634	100	1040	10.5	14.3	4.6	19.5	3.1	404
14	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Plant Based Whopper®	Plant Based Whopper Patty (Water, Soy Protein, Vegetable Oils (Contains Antioxidant (Tocopherol)), Flavours (Contains Glutamic Acid, Smoke), Thickeners (Methyl Cellulose, Carrageenan), Colour (Caramelised Sugar), Salt, Yeast Extract), Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Tomato, Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lettuce, Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic)), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric), Onion	308	3080	29.2	44.7	9.1	51.3	9.3	1270	100	1000	9.5	14.5	2.9	16.7	3.0	412
15	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Plant Based Whopper® Cheese	Plant Based Whopper Patty (Water, Soy Protein, Vegetable Oils (Contains Antioxidant (Tocopherol)), Flavours (Contains Glutamic Acid, Smoke), Thickeners (Methyl Cellulose, Carrageenan), Colour (Caramelised Sugar), Salt, Yeast Extract), Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Tomato, Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lettuce, Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic)), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric), Onion	330	3390	33.8	50.4	12.9	52.1	10.2	1580	100	1030	10.2	15.3	3.9	15.8	3.1	480
16	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	 Angry Whopper®	Bun 5" Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Beef, Angry Onions (Onions (58%), Water, Wheat Flour, Vegetable Oil (Contains One Or More Of The Following Canola, Palm, Soybean, Sunflower), Corn Starch, Rice Flour, Salt, Tapioca Dextrin, Natural Flavours, Maltodextrin, Dried Yeast, Thickeners (Gum Arabic, Xanthan Gum)), Tomato, Jalapeno (Sliced Jalapeno Peppers (74.8%), Water, Vinegar, Food Acid (260), Salt, Preservative (211), Mineral Salt (509), Colour (102)), Cheese (Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lettuce, Tomato Ketchup (Concentrated Tomatoes (Contains 206g Of Tomatoes Per 100ml), Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic), Spices contains 76% Concentrated Tomatoes)	320	3400	33.9	53.2	17.0	59.7	11.3	1480	100	1063	10.6	16.6	5.3	18.7	3.5	463