

BRUTALLY HONEST FAST FOOD REVIEWS

THE BEST AND WORST
OF BURGER KING, MCDONALD'S,
TACO BELL, AND OTHER
DRIVE-THRU MAINSTAYS

BY THE STAFF OF
THE IMPULSIVE BUY



HYPERINK - BLOG TO BOOK

I.

Introduction

Congratulations!

You have purchased an ebook filled with fast food reviews. If you are a dietician, you probably bought this book by mistake. No backsies! However, if you're a connoisseur of fast food, consider this to be your fast food yearbook, allowing you to look back at many of the salty, fatty, and/or sugary menu items you may have passed through your digestive system, but in a non-artery clogging and non-blood pressure raising way... unless you're eating fast food while reading this.

There are dozens of reviews in this book, mostly from fast food behemoths, like McDonald's, Subway, and Taco Bell, but there are also reviews from medium-sized fast food chains, like Jack in the Box and Dunkin' Donuts, and from smaller chains, like Carl's Jr. and Whataburger. Most of the products reviewed can still be found on fast food menu boards, or in the McDonald's McRib's case it comes back every so often for a limited time, but some are buried in the discontinued fast food graveyard, never to be consumed again.

These fast food reviews were originally posted on our blog, The Impulsive Buy (theimpulsivebuy.com), which is one of the internet's premier websites for junk and fast food reviews. Actually, we're not 100 percent sure the last part of the previous sentence is true, but our cumulative blood pressure and cholesterol levels make us feel like we are.

So who are we?

Well, we're just a bunch of regular folks with semi-decent grammar who have the ability to eat fast food, get sleepy from eating fast food, and wake up from our fast food-induced comas to write about what we just ate. Our writing style is a bit different than other review blogs because we want our reviews to not only educate, but to also entertain. Of course, what we define as entertaining might be different than your definition, so let us put it this way: If The Impulsive Buy was a movie, the Motion Picture Association of America would give us a PG-13 or R rating for a little profanity, some sexual situations, and occasional drug use references.

The Impulsive Buy has been named a Yahoo! Site of the Day and has been mentioned in Marie Claire and Buffalo Spree magazines. It was also named one of the Top 100

Undiscovered Websites of 2008 by PC Magazine and one of their Favorite Blogs of 2008.

We hope you find this ebook useful and entertaining. If you are a dietician who accidentally purchased this book, we've included nutrition facts for almost every item, so it might not be a total loss for you.

Enjoy!

Marvo

Editor-in-chief

The Impulsive Buy

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II.

McDonald's

McDonald's Chicken McBites



Peer pressure is a bitch. When I was fourteen, I had my most memorable bout with peer pressure when my friends and I took turns jumping off a bridge. You heard me right. You know that old-as-dirt, parental warning: “If all your friends jumped off a bridge, would you jump too?”

Well, that bridge is real, dear reader. And it was quite clear to me at the time that the answer was: YES.

There was a creek that ran through the town where I grew up, and at certain points throughout there were little footbridges. One particular bridge was about seven feet off the ground, and one day, my pals decided they would try to jump off and land on the level surface just on the edge of the creek. I was hesitant to do it since the ground was

pretty muddy, and I was more than a little scared to sully my brand new jeans and awesome TLC CrazySexyCool t-shirt. You can probably see where this is going. I took a flying leap off the edge.

Long story short, the lovely ladies of TLC were soon covered in a slick of grime, dead leaves and any number of biological specimens dredged up from the creek bed. I should've heeded T-Boz's warning to stick to the rivers and the lakes I was used to instead of careening like a howler monkey into certain doom. Now, I would have to go home covered in dreck and confess my bad deeds, so I was up shit creek. Literally. But like I said . . . peer pressure is a bitch. It can make you do things you really don't need to do . . . and most importantly, probably *shouldn't* do.

It is now evident that McDonald's has also fallen victim to the sway of their fast food peers by introducing Chicken McBites. What KFC, Chick-Fil-A, Popeye's, Sonic, and even Arby's have already accomplished years ago, McDonald's now feels it must also do in order to prove it isn't... (waaaaait for it) *chicken*. We all know that McDonald's is no stranger to fried poultry, and that they are certainly capable of producing their own version of popcorn chicken. It just feels a bit like overkill when you already have McNuggets and Chicken Selects Premium Breast Strips. Why would customers want smaller pieces of chicken with less meat in them? It doesn't make any sense. But I'm getting ahead of myself.



The presentation of the Chicken McBites is on point. Chicken McBites arrive hot and fresh in a very cute and well-designed paperboard container with a built-in sauce cup holder that folds back from the lid. The sauce cup holder is very clever and handy, but make sure you don't ask for honey with your McBites like I did. The holder is not constructed to hold the shallow honey container and appears designed to grip larger dips like Sweet n' Sour and BBQ Sauce. Order honey, and you'll be unwittingly setting up a very cute and well-designed honey catapult.

Given that popcorn chicken is high in fat and calories and sodium, all the bad things that go against nature and your better judgment, McDonald's has decided to offer Chicken McBites in three different sizes, so you can make the "best" worst choice possible. They sell a 4-ounce "Snack" size, a 6-ounce "Regular" size, and a 12-ounce "Shareable" size. The fact that the largest size is called "Shareable Size" is interesting. This must be McDonald's way of saying "Don't eat the whole thing by yourself, Fatass." Each size is sold individually, ranging from \$1.99 to \$4.99.

I ordered the Regular size and quickly discovered that the McBites themselves also varied in size. There were big ones and small ones. There were microscopic McBites (which could barely be called "McBites" in the first place because something that McSmall hardly required McChewing) and gargantuan McBites (that were clearly two McBites stuck together).

Like most popcorn chicken, the McBites were chewy and crispy on the outside with very generous breading. The breading was seasoned with spices that added the tiniest amount of heat. What the spices were, I do not know. The McDonald's website says that McBites consist of "chicken breast meat" with a "savory home-style breading," so I guess those spices can be found at home, y'all!



But let's talk about the meat-to-breading ratio. There were scanty amounts of "breast meat" here, folks. I understand it is popcorn chicken and that popcorn chicken is mostly flour, but this was really just fried, spicy flour with a slight, somewhat chicken-flavored filling. This is what McDonald's – the #2 Fast Food chain in the world – came up with when faced with the possibility that they'd be excluded from the popcorn chicken game? Coming in second to Subway makes them want to go out and make fried, barely-meaty chicken chunks? They just had to do something, even if that something wasn't their best effort. Did McDonald's even *have* to pretend they cared about popcorn chicken?

Chicken McBites are not yet available everywhere, but they will be soon. They're not as good as McNuggets or the Premium Chicken Strips, but they do come in several sizes. So they've got that going for them. I know McDonald's will consistently try to impress with new additions to its menu that mirror what their peers have tried before, even if it the food doesn't turn out the best . . . even if their efforts result in disaster. Someone somewhere will look at the yucky, messy results and respect that McDonald's did it; that they tried.

- **Item:** Chicken McBites

- **Nutrition Facts:** Regular size (6 ounces) – 470 calories, 28 grams of fat, 4 grams of saturated fat, 0 grams of trans fat, 50 milligrams of cholesterol, 730 milligrams of sodium, 33 grams of carbohydrates, 2 grams of fiber, 1 gram of sugar, 22 grams of protein.
- **Price:** \$2.99
- **Size:** Regular size
- **Purchased at:** McDonald's
- **Rating:** 6 out of 10
- **Pros:** TLC's Waterfalls. Fried poultry. Adorable packaging. Nice, affordable prices for all three sizes. Yummy home-style seasoning. Comes with a sauce cup holder.
- **Cons:** Peer pressure. Scanty amount of meat in each McBite. Honey catapults. Creek bed filth. Deigning to care about popcorn chicken.
- **Other McDonald's Chicken McBites reviews:**
 - [An Immovable Feast](#)
 - [Grub Grade](#)
 - [Fast Food Geek](#)

McDonald's Hot Habanero Sauce



Hey! McDonald's Hot Mustard Sauce! This is not what it looks like. I know it looks like I'm having an affair with your sister, McDonald's Hot Habanero Sauce, but I assure you what you see before you is just an accident.

Yes, I can explain why Hot Habanero Sauce is all over my McNuggets. Um . . . Well, we saw each other and wanted to give each other a hug but while we were walking towards each other, she tripped and her top came off. When I noticed she tripped, I ran to her to try and catch her, but I also tripped and my McNuggets fell out. Since we were falling towards each other, she accidentally ended up on my McNuggets.

Why would I cheat on you, Hot Mustard Sauce? We've been together for decades and

you know I love you.

Okay. Okay. So I've cheated on you [a few times before](#). But I didn't leave you for any of them, so they meant nothing to me. I'm sure if we add it up we'll find I've been loyal to you 99.5-percent of the time. And if you round that up, it's 100-percent.

Do I think Hot Habanero Sauce is hotter than you? Sure, she's a six or seven, while you're a two or three, but you're older, and you know what they say, "The older the berry, the sweeter the juice." Hey. Hey. Don't cry. I mean, you're hot too, but in a different way.

Oh, I can't lie to you anymore, Hot Mustard Sauce. All right . . . You got me! I was cheating on you with Hot Habanero Sauce. But in my defense, I couldn't help myself because she's younger, hotter, creamier, and I have a thing for redheads. She even has freckles. Freckles drive me wild!

But after trying the McDonald's Hot Habanero Sauce, I realized that you're still the one that I love to touch. Still the one and I can't get enough. We're still having fun, and you're still the one.

Yes, I just recited song lyrics. I'm sorry.

Did I enjoy myself with Hot Habanero Sauce? Um, it was fun spending time with her and she's definitely the hottest item McDonald's has ever released. She didn't make me cry, like [other habanero products I've tried](#), but after getting through the first container, she made me sweat a little, my nose a little runny, and suggested I drink some soda. I don't want to experience that every time with my McNuggets, even though she's quite tasty and a little tangy. But I guess she should be tasty since she's your sister.

Please don't leave me, Hot Mustard Sauce. I love you and I promise I'll never put anything else on my McNuggets ever again.

Psst. Hot Habanero Sauce. Call me.

- **Item:** McDonald's Hot Habanero Sauce
- **Nutrition Facts:** Not available on McDonald's website.
- **Price:** Free with McNuggets meal

- **Size:** 0.78 ounces
- **Purchased at:** McDonald's
- **Rating:** 8 out of 10
- **Pros:** Really good flavor. Younger and hotter than Hot Mustard Sauce. Hottest item McDonald's has released. Good balance of flavor and heat. Hot Mustard Sauce is hot too, but in a totally different way.
- **Cons:** Cheating on Hot Mustard Sauce . . . again. Reciting song lyrics when you don't know what to say after getting caught cheating. Might not be hot enough for some heat heads.
- **Other McDonald's Hot Habanero Sauce reviews:**
 - [An Immovable Feast](#)

McDonald's McCafé Frappé Chocolate Chip



[For these armpit sweat staining months, McDonald's has introduced](#) their blended McCafé Frappé Chocolate Chip, which is pretty much a McDonald's Frappé Caramel combined with a McDonald's Frappé Mocha and chocolate chips.

Oh, I didn't break it down enough for you?

Well then, here you go: The Frappé Chocolate Chip is made up of ice, a caramel coffee frappé base, a mocha coffee frappé base, and chocolate chips topped with whipped cream and caramel and chocolate drizzles.

Oh, you want it broken down even more, food nerd?

Well, swallow this long list of ingredients in no particular order: ice, sugar, milk, high fructose corn syrup, natural (botanical source) and artificial flavors, mono- and diglycerides, guar gum, potassium citrate, disodium phosphate, carrageenan, carob bean gum, cocoa (processed with alkali), red 40, yellow 5, blue 1, nonfat milk, corn syrup, polysorbate 80, beta carotene, natural (dairy and vegetable source) and artificial flavor, mixed tocopherols, coffee extract, whipping propellant (nitrous oxide), semi-sweet chocolate, sweetened condensed milk, butter, salt, pectin, artificial flavor (vanillin, ethyl vanillin), caramel color (with sulfites), potassium sorbate (preservative), dextrose, water, glycerin, hydrogenated coconut oil, food starch-modified, cream, natural (plant source) and artificial flavor, gellan gum, potassium sorbate (preservative).

Happy now?

Although I'm as much of a fan of [McDonald's original Mocha and Caramel Frappés](#) as I am of filling coworkers cubicles with balloons while they're on vacation, I can't say the same about the chocolate chip version.

Look, the Frappé Chocolate Chip is well-blended, sweet, and refreshing, if you find yourself in temperatures higher than 85-degrees Fahrenheit, but the chocolate chips do two things that make this Frappé less appealing to me. One, they don't help give the blended beverage a strong chocolate flavor to go along with the caramel flavor. The sweet caramel definitely wears the pants in the relationship. Two, they give the Frappé a weird texture.

If you're one of those people who likes to crush the fine granules of ice between their molars, even though admitting so to your dentist would get you a proper verbal lashing about teeth enamel, sadly, the blended chocolate chips dampens the ice crushing, making it less satisfying for those of us who like to weaken our tooth enamel and pay for it later with dentists sticking drills into our mouths and filling the holes they made with metal or resin. But most of you probably don't have the strange oral fixation of crushing ice with your teeth, so this issue won't bother you.

Oh, but I do have good news if you're one of those people who hates the taste of coffee, but wants a coffee drink. If that describes you, this Frappé is for you. Much like coffee being hard to find in the long paragraph of ingredients above, the coffee

flavor in this Frappé is hard to taste. The chocolate, caramel, sugar, and cream hides the coffee as if it's a flavor burka.

The McDonald's McCafé Frappé Chocolate Chip isn't anything to get too excited about, unless you've just walked through 100-degree temperatures and are looking for anything to help cool you down.

- **Item:** McDonald's McCafé Frappé Chocolate Chip
- **Nutrition Facts:** Small Size/12 ounces – 530 calories, 220 calories from fat, 24 grams of fat, 15 grams of saturated fat, 1 gram of trans fat, 55 milligrams of cholesterol, 140 milligrams of sodium, 74 grams of carbohydrates, 66 grams of sugar, 1 gram of fiber, and 7 grams of protein.
- **Purchased Price:** \$2.99
- **Size:** Small/12 ounces
- **Purchased at:** McDonald's
- **Rating:** 6 out of 10
- **Pros:** If you love coffee drinks, but hate the flavor of coffee, this is for you. Awesome if you love drizzles. Cool. Refreshing. Well blended.
- **Cons:** Caramel wears the pants in this relationship. Will be sweet to some. Chocolate chips get in the way for us ice chewers. Summer heat. Weakened tooth enamel.
- **Other McDonald's McCafé Frappé Chocolate Chip reviews:**
 - [Brand Eating](#)

McDonald's Spicy Chicken McBites

If I were to ever start a food fight in a McDonald's, which I've thought about many times in order to make the daily McDonald's visit for the senior citizens that surround me a little more fun, I would arm myself with these McDonald's Spicy Chicken McBites (or the [regular ones](#), whichever were available).

Why would I choose to stock up on Chicken McBites?

If I understood physics, I could give you a detailed, equation-filled explanation about why Chicken McBites would be the best McDonald's menu item to have in a food fight, but since I have horrible mathematical and scientific abilities that would make any Asian with perfect SAT scores shake their head in disapproval, all I can say is: Chicken McBites is good in food fight. Easy to throw. Easy to throw far. Easy to throw straight.

Now some of you might be thinking a Big Mac would be the best McDonald's menu item in food fight because after you throw it, the sandwich splits apart and turns into a fast food buckshot, spreading two all-beef patties, special sauce, lettuce, cheese, pickles, onions, and a sesame seed bun everywhere. However, the beef patties and sesame seed bun aren't very aerodynamic. Also, there's only one Big Mac per box. With a snack size Spicy Chicken McBites there are anywhere from ten to 18 pieces you can fling at others, and with the sauces you can stain their clothes in a variety of colors.

Yes, I have put much thought into which McDonald's items would be good in a food fight. Avoid the salads.



I don't know if my eyes were deceiving me, but the Spicy Chicken McBites looked like they had a red tint to them, which made them appear a little ominous. The breading wasn't light and crispy, instead it was more of a dense crunch, which I liked. The chicken inside the bigger pieces were tender, but a bit on the dry side. But, that's par for the course when it comes to McDonald's chicken.

The heat wasn't too noticeable when I popped the first Spicy Chicken McBite in my mouth, but as I went through the box, the spiciness built up to a mild heat. There wasn't any additional flavor with that spiciness. I thought they tasted like regular Chicken McBites.

However, just like McDonald's other dippable chicken products, its flavor is all about the sauce. I didn't ask for any of the spicy sauces, like Hot Mustard or [Hot Habanero](#), because I thought they would overwhelm the spiciness of the McBites. Instead, I went with Sweet 'N Sour, which I thought complemented the spiciness well. I also tried it with Tangy Barbecue, which was decent, but not as tasty.



The Spicy Chicken McBites are tasty, but the thing about them, actually Chicken McBites in general, is that when you get a box it's either hit or miss, there's no consistency with it. I've tried the snack-sized spicy and regular versions several times and, as I mentioned earlier, the number of pieces I got in each box has varied, and the same can be said about the size of the pieces. If you look at the photo above, you'll see a lot of big meaty pieces, but when I bought another box, more than half the pieces I got were small and mostly breading.

I know part of the appeal of popcorn chicken is having those pieces that are pretty much just breading, but I feel a little ripped off when I purchase a box that's mostly breading when the previous box wasn't.

Sure, those smaller pieces of breading are firmer, making them ideal for inflicting a little pain during a food fight. However, I'd rather have more pieces with chicken in them just in case I want to eat them instead.

- **Item:** McDonald's Spicy Chicken McBites
- **Nutrition Facts:** Snack Size – 270 calories, 17 grams of fat, 3 grams of saturated fat, 0 grams of trans fat, 35 milligrams of cholesterol, 600 milligrams of sodium, 18 grams of carbohydrates, 0 grams of sugar, 0 grams of fiber, and 14 grams of protein.

- **Purchased Price:** \$2.99*
- **Size:** Snack size
- **Purchased at:** McDonald's
- **Rating:** 7 out of 10
- **Pros:** Surprisingly decent spiciness. Awesome ammunition to have in a food fight. Goes great with Sweet 'N Sauce. Tender chicken. Comes in a variety of sizes. Dense breading has a nice crunchiness. Easy to throw. Easy to throw far. Easy to throw straight.
- **Cons:** Tastes like regular Chicken McBites. Inconsistent meaty piece/breading piece ratio. Slightly dry chicken. Red tint makes them look a little ominous. Available for a limited time. *Because I live on a rock in the middle of the Pacific Ocean, the price I paid might be higher than what you'll pay.
- **Other McDonald's Spicy Chicken McBites reviews:**
 - [An Immoveable Feast](#)
 - [Grub Grade](#)