McDonald’s Australia
Main Food Menu
Food and Beverage - Allergen - Ingredients - Nutrition Information

Information correct as at December 2025

At McDonald's we believe in the nutritional principals of balance, variety and moderation and that eating at McDonald's can fit into a healthy lifestyle. Our goal is to provide you with the information necessary to make informed decisions about your McDonald's menu choices. This guide can help you balance your McDonald's meal with the other meals you eat today, and every day.

This guide is for our Main Food Menu . For information regarding short-time menu items, please either ask a manager in one of our restaurants or contact our Customer Service Department either via our website http://mcdonalds.com.au/contactus or on 02 9875 7100.

The nutrition and ingredient information is based on standard product formulations, standard product assembly and standard serving sizes. Actual sizes and assembly may vary. Due to the individual preparation of each of our menu items, actual values may vary from those listed. Variations may also occur depending on the supplier, country of origin, region of the country of origin, and the season of the year. Further, product formulations may change periodically.

Food Sensitivities and Preferences
As we operate working kitchens please be aware that there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item sold is free from cross contact of allergens.
No food items are certified as vegetarian. Whilst some ingredients may not contain animal ingredients, we cannot guarantee that there will be no cross contact with ingredients that do contain animal ingredients in our kitchens.

We have a number of Halal certified restaurants. Only those items listed on the certificate in the front counter area and drive thru booth at our restaurants serving Halal options are certified as Halal.

If you would like further information or have food sensitivities or dietary concerns regarding specific ingredients in specific menu items, please contact us at http://mcdonalds.com.au/contactus or call us on 02 9875 7100.

Our allergen labelling complies with Australia New Zealand Food Standards Code – Standard 1.2.3 (Registered 09 March 2021)

Allergen Summary: As we operate working kitchens please be aware that there is always a risk that allergen containing ingredients may be transferred during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item sold is free from cross contact of allergens.

	Gluten	Wheat	Egg	Milk	Soy	Sesame	Peanut	Tree nut									Fish	Crustacea	Molluscs	Sulphites	Lupin	Added Preservative	Artificial Colour	Artificial Flavour
								Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio	Walnut								
BEEF																								
BBQ Bacon Angus	P	P	P	P	M	P																P		
Big Arch	P	P	P	P	P	P																P		
Big Mac and Double Big Mac	P	P	P	P	P	P																P		
Cheeseburger, Double Cheeseburger and Triple Cheeseburger	P	P	M	P	P	P																P		
Classic Angus	P	P	P	P	P	P																P		
Hamburger	P	P	M	M	P	P																P		
Quarter Pounder and Double Quarter Pounder	P	P	M	P	P	P																P		
CHICKEN AND FISH																								
Chicken McNuggets®	P	P		M	M																			
McWings®	P	P		M	M																			
Chicken 'n' Cheese	P	P	P	P	P	P																P		
McChicken® and Double McChicken®	P	P	P	M	M	P																P		
McCrispy®	P	P	P	M	M	P														P		P		
McCrispy® Deluxe	P	P	P	P	M	P														P		P		
McSpicy®	P	P	P	M	M	P																P		
Filet-O-Fish®	P	P	P	P	P	P											P					P		
WRAPS																								
Chicken Snack Wrap	P	P	P	M	M	M																P		
Grilled Chicken Snack Wrap	P	P	P	M	P	M																P		
Classic Chicken McWrap®	P	P	P	M	M	M																P		
Spicy Chicken McWrap®	P	P	P	M	M	M																P		
FRIES																								
Fries	M	M		M	M																	P		
FRUIT																								
Apple Slices																								
CONDIMENTS																								
Barbeque Dipping Sauce	P	P			P																	P		
Sweet and Sour Dipping Sauce	P	P			P																	P		
Sweet Mustard Dipping Sauce																						P		
Spicy Buffalo Dipping Sauce				P																		P		
Ranch Dipping Sauce			P	P																		P		
Ketchup					P																			
Aioli	P	P	P	P	P																	P		

Chart key:

P: Ingredient is PRESENT in the product as an ingredient, food additive or processing aid.

M: Ingredient may be present

Allergen Summary: As we operate working kitchens please be aware that there is always a risk that allergen containing ingredients may be transferred during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item sold is free from cross contact of allergens.

	Gluten	Wheat	Egg	Milk	Soy	Sesame	Peanut	Tree nut									Fish	Crustacea	Molluscs	Sulphites	Lupin	Added Preservative	Artificial Colour	Artificial Flavour
								Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio	Walnut								
BREAKFAST																								
Bacon & Egg McMuffin® and Double Bacon & Egg McMuffin®	P	P	P	P	P	M																P		
Big Brekkie Burger	P	P	P	P	P	P																P	P	P
Chicken McMuffin®	P	P	P	P	P	M																P		
Chicken and Bacon McMuffin®	P	P	P	P	P	M																P		
Mighty McMuffin	P	P	P	P	P	M																P		
Sausage McMuffin® and Double Sausage McMuffin®	P	P	M	P	P	M																P		
Sausage & Egg McMuffin® and Double Sausage & Egg McMuffin®	P	P	P	P	P	M																P		
Brekkie Wrap	P	P	P	P	P	M																P	P	P
Mega Brekkie Wrap	P	P	P	P	P	M																P	P	P
Ham & Cheese Pocket	P	P	M	P	M	M																P		
McGriddles®	P	P		P	P																			
Bacon, Egg & Cheese McGriddles®	P	P	P	P	P																	P		
Sausage & Cheese McGriddles®	P	P	P	P	P																			
Sausage, Egg & Cheese McGriddles®	P	P	P	P	P																			
Hotcakes with Butter and Syrup	P	P	P	P																		P	P	P
Hash Brown	M	M		M	M																			

Chart key:
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M: Ingredient may be present

BEEF

BBQ Bacon Angus

BEEF PATTIES: Angus Beef.
LARGE BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Canola Oil, **Sesame** Seeds, Glaze (Water, Vegetable Protein, Canola Oil, Maltodextrin, Dextrose, Maize Starch), Iodised Salt, Yeast, **Wheat** Gluten, Poppy Seeds, Improver (**Wheat** Flour, Antioxidant (300), Enzymes), Emulsifiers (472e, 471), Natural Flavour, Thickener (412), Preservative (282), Antioxidant (300).
AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.
RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.
OR: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Thickener (415), Smoked.
SLIVERED RED ONION: Red Onion.
HOUSEGRILL BBQ SAUCE: Vinegar, Water, Brown Sugar, Lemon Juice, Tomato Paste, Sugar, Onion Puree, Thickener (1422), Molasses, Garlic, Salt, Spices, Mustard, Flavourings, Malt Extract (**Barley**), Colour (150a), Vegetable Gum (415), Yeast Extract, Preservative (202).
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).
ANGUS SEASONING: Salt, Maltodextrin, Spices, Dextrose, Vegetable Powders, Yeast Extract, Sugar, Worcestershire Sauce Powder [Colour (150a)], Anticaking Agent (551), Flavourings (**Milk**), Spice Extract (100).

Contains: Wheat, Gluten, Milk, Egg, Sesame.
BEEF PATTY and BACON may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

	BBQ Bacon Angus	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3320	1120
Energy (Cal)	794	269
Protein (g)	48.1	16.3
Fat, total (g)	44.0	14.9
Saturated Fat (g)	21.0	7.1
Carbohydrate (g)	49.9	16.9
Sugars (g)	12.4	4.2
Sodium (mg)	1570	532

Big Arch

BEEF PATTY: Beef.
LARGE BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Canola Oil, **Sesame** Seeds, Glaze (Water, Vegetable Protein, Canola Oil, Maltodextrin, Dextrose, Maize Starch), Iodised Salt, Yeast, **Wheat** Gluten, Poppy Seeds, Improver (**Wheat** Flour, Antioxidant (300), Enzymes), Emulsifiers (472e, 471), Natural Flavour, Thickener (412), Preservative (282), Antioxidant (300).
BIG ARCH SAUCE: Oil (Vegetable Oil/Canola Oil), Water, Tomato Paste [Tomato Paste, Food Acid (330)], Vinegar, Sugar, **Egg** Yolk or **Egg** Yolk Powder, Thickeners (1442, 415), Salt, Spices, Mustard Flour, Dehydrated Vegetables, Emulsifier (433, 435), Colours (100, 160c), Preservative (202), Natural Flavourings, Flavours (**Soy**), Lemon Juice Concentrate.
SHREDDED LETTUCE: Iceberg Lettuce.
CRISPY ONION: Onion, Enriched Flour (**Wheat** Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower Oil, Salt.
SLIVERED ONIONS: White Onion.
PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Natural Flavour.
WHITE CHEDDAR CHEESE: Cheese (**Milk**, Salt, Culture, Microbial and Animal Rennet), Water, **Milk** Solids (**Milk**), Emulsifiers (331 (Iii) Sodium Citrate, 332 (Ii) Potassium Citrate, 322 (I) **Soy** Lecithin), Non-Fat **Milk** Solids (**Milk**), Acidity Regulators (330 Citric Acid), Salt, Preservative (200 Sorbic Acid).
SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains: Gluten, Wheat, Milk, Egg, Soy, Sesame.
BEEF PATTY may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

	Big Arch	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	4480	1110
Energy (Cal)	1071	265
Protein (g)	55.8	13.8
Fat, total (g)	69.7	17.2
Saturated Fat (g)	28.6	7.1
Carbohydrate (g)	54.8	13.6
Sugars (g)	10.4	2.6
Sodium (mg)	2020	499

Big Mac® and Double Big Mac®

BIG MAC BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Yeast, Canola Oil, **Sesame** Seeds, Potato Starch, **Wheat** Gluten, Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Preservative (282), Improver (**Wheat** Flour, Ascorbic Acid (300), Enzymes), Emulsifier (472e, 471), Natural Flavour, Ascorbic Acid (300).
BEEF PATTIES: Beef.
BIG MAC SAUCE: Vegetable Oil [Antioxidant (307b)], Sweet Relish [Diced Gherkin, Glucose-fructose Syrup, Sugar, Water, Vinegar, Corn Syrup, Acetic Acid (260), Salt, Thickener (415), Flavouring, Preservative (202), Calcium Chloride (509)], Water, Mustard [Water, Vinegar, Mustard Seed, Salt, Sugar, Turmeric, Spices], Vinegar, Sugar, **Egg** Yolk, Salt, Thickeners (1442, 415), Dehydrated Vegetables, Spices, Preservative (202), Emulsifiers (433, 435), Flavouring, Colour (160c), Antioxidant (385).
SHREDDED LETTUCE: Iceberg Lettuce.
SLICED CHEESE: Cheese (Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet)), Water, **Milk** Solids, Butter (**Milk**), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).
OR: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour (**Milk**), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).
ONIONS: Water, Dehydrated White Onions.
PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Natural Flavour.
SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains: Gluten, Wheat, Milk, Soy, Egg, Sesame.
BIG MAC BUNS are produced on equipment that also produces products containing Soy.
BEEF PATTIES and ONION may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

	Big Mac®		Double Big Mac®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2330	1000	3190	1030
Energy (Cal)	557	239	762	246
Protein (g)	24.6	10.6	39.7	12.8
Fat, total (g)	29.4	12.6	43.9	13.8
Saturated Fat (g)	10.8	4.6	17.7	5.7
Carbohydrate (g)	44.9	19.3	47.8	15.4
Sugars (g)	8.8	3.8	9.3	3.0
Sodium (mg)	1140	490	1489	480

Cheeseburger, Double Cheeseburger and Triple Cheeseburger

REGULAR BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Yeast, Canola Oil, Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Preservative (282), **Wheat** Gluten, Improver (**Wheat** Flour, Ascorbic Acid (300), Enzymes), Emulsifier (472e, 471), Ascorbic Acid (300), Enzymes (**Wheat** Flour, Enzymes), **Sesame** Seeds.
BEEF PATTIES: Beef.
SLICED CHEESE: Cheese (Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet)), Water, **Milk** Solids, Butter (**Milk**), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).
OR: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour (**Milk**), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (**Soybean** Oil).
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.
PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Natural Flavour.
ONIONS: Water, Dehydrated White Onions.
SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains: Gluten, Wheat, Milk, Soy, Sesame.
REGULAR BUN is produced and cooked in equipment that also produces products containing Soy, Sesame.
BEEF PATTIES may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

	Cheeseburger		Double Cheeseburger		Triple Cheeseburger	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1280	1070	1910	1080	2540	2130
Energy (Cal)	306	257	457	259	607	510
Protein (g)	14.5	12.2	24.9	14.1	35.3	29.6
Fat, total (g)	13.0	10.9	23.6	13.4	34.1	28.6
Saturated Fat (g)	6.4	5.4	12.5	7.1	18.5	15.5
Carbohydrate (g)	29.9	25.1	32.2	18.3	34.5	29.0
Sugars (g)	7.3	6.1	8.2	4.6	9.0	7.6
Sodium (mg)	735	617	1120	635	1457	1224

BEEF

Classic Angus

BEEF PATTY: Angus Beef.
LARGE BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Canola Oil, **Sesame** Seeds, Glaze (Water, Vegetable Protein, Canola Oil, Maltodextrin, Dextrose, Maize Starch), Iodised Salt, Yeast, **Wheat** Gluten, Poppy Seeds, Improver (**Wheat** Flour, Antioxidant (300), Enzymes), Emulsifiers (472e, 471), Natural Flavour, Thickener (412), Preservative (282), Antioxidant (300).
SLICED TOMATO: Tomato.
SLICED CHEESE: Cheese (Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet)), Water, **Milk** Solids, Butter (**Milk**), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).
OR: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour (**Milk**), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).
SHREDDED LETTUCE: Iceberg Lettuce.
SLIVERED RED ONION: Red Onion.
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).
PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Natural Flavour.
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.
ANGUS SEASONING: Salt, Maltodextrin, Spices, Dextrose, Vegetable Powders, Yeast Extract, Sugar, Worcestershire Sauce Powder [Colour (150a)], Anticaking Agent (551), Flavourings (**Milk**), Spice Extract (100).), Spice Extract (100).

Contains: Gluten, Wheat, Milk, Soy, Egg, Sesame.
BEEF PATTY may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

	Classic Angus	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2950	946
Energy (Cal)	706	226
Protein (g)	40.1	12.8
Fat, total (g)	39.3	12.6
Saturated Fat (g)	18.7	6.0
Carbohydrate (g)	46.2	14.8
Sugars (g)	9.3	3.0
Sodium (mg)	1090	351

Hamburger

REGULAR BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Yeast, Canola Oil, Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Preservative (282), **Wheat** Gluten, Improver (**Wheat** Flour, Ascorbic Acid (300), Enzymes), Emulsifier (472e, 471), Ascorbic Acid (300), Enzymes (**Wheat** Flour, Enzymes), **Sesame** Seeds.
BEEF PATTIES: Beef.
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (**Soybean** Oil).
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.
PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Natural Flavour.
ONIONS: Water, Dehydrated White Onions.
SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains: Gluten, Wheat, Soy, Sesame.
REGULAR BUN is produced and cooked in equipment that also produces products containing Soy, Sesame.
BEEF PATTIES may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

	Hamburger	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1080	1030
Energy (Cal)	257	245
Protein (g)	11.6	11.1
Fat, total (g)	9.2	8.8
Saturated Fat (g)	3.9	3.7
Carbohydrate (g)	29.1	27.7
Sugars (g)	6.8	6.4
Sodium (mg)	572	545

Quarter Pounder® and Double Quarter Pounder®

BEEF PATTY: Beef.
QUARTER POUNDER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Yeast, Sugar, Canola Oil, **Sesame** Seeds, Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), **Wheat** Gluten, Preservative (282), Improver (**Wheat** Flour, Ascorbic Acid (300), Enzymes), Natural Flavour, Emulsifier (472e, 471), Thickener (412), Ascorbic Acid (300).
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (**Soybean** Oil).
SLICED CHEESE: Cheese (Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet)), Water, **Milk** Solids, Butter (**Milk**), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).
OR: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour (**Milk**), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).
SLIVERED ONIONS: White Onion.
PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Natural Flavour.
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.
SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains : Gluten, Wheat, Milk, Soy, Sesame.
QUARTER POUNDER BUN is produced on equipment that also produces products containing Soy.
BEEF PATTIES may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

	Quarter Pounder®		Double Quarter Pounder®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2230	1051	3370	1072
Energy (Cal)	532	251	804	256
Protein (g)	30.2	14.2	52.3	16.6
Fat, total (g)	28.7	13.5	50.6	16.1
Saturated Fat (g)	14.9	7.0	26.8	8.5
Carbohydrate (g)	37.2	17.5	34.2	10.9
Sugars (g)	10.5	5.0	8.3	2.7
Sodium (mg)	1192	562	1429	455

CHICKEN AND FISH

Chicken McNuggets®

CHICKEN MCNUGGETS®: Chicken, Water, Flour (**Wheat**, Corn), Canola Oil, Thickeners (1420, 1422), Starch (Potato, Corn, **Wheat**, Tapioca), Salt, Mineral Salts (450, 500, 341, 327), Spices (Celery, White Pepper, Black Pepper), Sunflower Oil, Dextrose.

Contains: Wheat, Gluten.
CHICKEN MCNUGGETS® are cooked in a McDonald's Vegetable Oil Blend and are cooked in the same equipment as products containing Gluten, Wheat, Milk, Soy.

	3 pc		6 pc		10 pc	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	452	931	905	931	1510	931
Energy (Cal)	108	222	216	222	360	222
Protein (g)	6	12.4	12.1	12.4	20.1	12.4
Fat, total (g)	6.5	13.4	13	13.4	21.7	13.4
Saturated Fat (g)	0.8	1.6	1.6	1.6	2.6	1.6
Carbohydrate (g)	6.2	12.7	12.4	12.7	20.6	12.7
Sugars (g)	0.2	0.4	0.4	0.4	0.7	0.4
Sodium (mg)	191	394	383	394	638	394

	20 pc		40 pc	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3020	931	6030	931
Energy (Cal)	721	222	1440	222
Protein (g)	40.2	12.4	80.4	12.4
Fat, total (g)	43.4	13.4	86.8	13.4
Saturated Fat (g)	5.2	1.6	10.5	1.6
Carbohydrate (g)	41.2	12.7	82.5	12.7
Sugars (g)	1.3	0.4	2.7	0.4
Sodium (mg)	1280	394	2550	394

McWings®

CHICKEN MCWINGS: Chicken Wing, **Wheat** Flour, Potato Starch, Salt, Maize Flour, Mineral Salts (450, 500, 341), Spice (Pepper), Colour (160c), Spice Extracts (Pepper, Capsicum), Vegetable Oil, Thickeners (1412, 1420, 415), Rice Flour, Vegetable Gum (412), Tapioca Starch, Natural Flavour (Pomegranate), Yeast Extract, Dehydrated Vegetables (Onion, Garlic).

Contains: Wheat, Gluten.
CHICKEN MCWINGS are cooked in a McDonald's Vegetable Oil Blend and are cooked in the same equipment as products containing Gluten, Wheat, Milk, Soy.

	3 pc		5 pc	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2010	956	3340	956
Energy (Cal)	480	228	799	228
Protein (g)	27.5	13.1	45.9	13.1
Fat, total (g)	30.2	14.4	50.4	14.4
Saturated Fat (g)	5.0	2.4	8.4	2.4
Carbohydrate (g)	20.6	9.8	34.4	9.8
Sugars (g)	0.2	0.1	0.4	0.1
Sodium (mg)	1300	620	2170	620

Chicken 'n' Cheese

MCHICKEN PATTY: Chicken, Water, Flour (Maize, **Wheat)**, Vegetable Oil, Thickeners (1400, 1401, 1402), Starch (Maize, **Wheat)**, Mineral Salts (508, 450, 500, 451), Salt, Spices (Pepper, Celery, Capsicum, Celery Seed), Spice Extracts (100, 160c, Celery, Pepper, Capsicum), Yeast Extracts (Barley), Anti-Caking Agent (341), Emulsifiers (481, 433), Vegetable Powders (Garlic, Celery, Onion), Herbs (Sage, Rosemary), Canola Oil, Maltodextrin, Antioxidants (320, 310), Food Acid (330), Natural Colours (100, 160c).
REGULAR BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Yeast, Canola Oil, Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Preservative (282), **Wheat** Gluten, Improver (**Wheat** Flour, Ascorbic Acid (300), Enzymes), Emulsifier (472e, 471), Ascorbic Acid (300), Enzymes (**Wheat** Flour, Enzymes), **Sesame** Seeds.
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).
SLICED CHEESE: Cheese (Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet)), Water, **Milk** Solids, Butter (**Milk**), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).
OR: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour (**Milk**), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).

Contains: Gluten, Wheat, Milk, Egg, Soy, Sesame.
REGULAR BUN is produced and cooked in equipment that also produces products containing Soy.
McCHICKEN PATTY is cooked in a McDonald's Vegetable Oil Blend and may be cooked in the same equipment as products containing Gluten, Wheat, Milk, Soy.

	Chicken 'n' Cheese	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1750	1090
Energy (Cal)	419	298
Protein (g)	17.0	12.1
Fat, total (g)	21.1	15.0
Saturated Fat (g)	3.7	2.6
Carbohydrate (g)	39.0	27.8
Sugars (g)	5.4	3.8
Sodium (mg)	706	503

McChicken® and Double McChicken®

MCCHICKEN PATTY: Chicken, Water, Flour (Maize, **Wheat)**, Vegetable Oil, Thickeners (1400, 1401, 1420), Starch (Maize, **Wheat)**, Mineral Salts (508, 450, 500, 451), Salt, Spices (Pepper, Celery, Capsicum, Celery Seed), Spice Extracts (100, 160c, Celery, Pepper, Capsicum), Yeast Extracts (**Barley**), Anti-Caking Agent (341), Emulsifiers (481, 433), Vegetable Powders (Garlic, Celery, Onion), Herbs (Sage, Rosemary), Canola Oil, Maltodextrin, Antioxidants (320, 310), Food Acid (330), Natural Colours (100, 160c).
QUARTER POUNDER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Yeast, Sugar, Canola Oil, **Sesame** Seeds, Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), **Wheat** Gluten, Preservative (282), Improver (**Wheat** Flour, Ascorbic Acid (300), Enzymes), Natural Flavour, Emulsifier (472e, 471), Thickener (412), Ascorbic Acid (300).
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).
SHREDDED LETTUCE: Iceberg Lettuce.

Contains: Gluten, Wheat, Egg, Sesame.
QUARTER POUNDER BUNS are produced on equipment that also produces products containing soy.
McCHICKEN PATTY is cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Milk, Soy.

	McChicken®		Double McChicken®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1820	929	2890	960
Energy (Cal)	435	222	690	229
Protein (g)	16.7	8.5	28.3	9.4
Fat, total (g)	20.0	10.2	37.0	12.3
Saturated Fat (g)	2.5	1.3	4.5	1.5
Carbohydrate (g)	45.2	23.1	59.3	19.7
Sugars (g)	6.9	3.5	7.8	2.6
Sodium (mg)	676	345	1071	356

CHICKEN AND FISH

McCrispy®

MCCRISPY BUN: **Wheat** Flour (Vitamin (Folate)), Water, Potato Flakes (Potatoes, Emulsifier (471), Preservative (223 **Sulphites**)), Sugar, Improvers (Pregelatinised **Wheat** Flour, **Wheat** Flour, **Wheat** Gluten, Canola Oil, **Wheat** Malt Flour, Antioxidant (300), Enzymes (**Wheat**)), Canola Oil, **Wheat** Gluten, Iodised Salt, Glaze (Water, Vegetable Protein, Canola Oil, Maltodextrin, Dextrose, Maize Starch), Yeast, Emulsifiers (472e, 471), Natural Flavours (**Sulphites**), Preservative (262), **Sesame** Seeds.
MCCRISPY CHICKEN PATTY: Chicken, Flour (**Wheat**, Rice, Corn), Water, Breadcrumb [**Wheat** Flour, Sugar, Baker's Yeast, Salt, Shortening (Non Hydrogenated Rice Bran Oil)], Vegetable Oil (Canola, Sunflower), Starch (Potato, Corn), Salt, Vegetable Powders (Garlic, Onion, Mushroom Extract), Natural Flavouring, **Wheat** Gluten, Food Acid (330), Spice & Spice Extracts (Black Pepper, White Pepper, Chilli, Capsicum), Sugar, Herbs & Herb Extract (Lovage Leaf, Sage, Rosemary), Raising Agent (500ii), Stabiliser (415).
MCCRISPY RANCH SAUCE: Water, Vegetable Oil, Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442), Sugar, Salt, Dijon Mustard [Acidity Regulators (330, 334)], Vegetable Gum (415), Yeast Extract, Emulsifier (435), Preservative (202), Food Acid (270), Antioxidant (385), Spice Extract.
SHREDDED LETTUCE: Iceburg Lettuce.

Contains: Gluten, Wheat, Egg, Sulphites, Sesame.
MCCRISPY BUN is made on equipment that also produces products containing Milk.
MCCRISPY CHICKEN PATTY is cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy.

	McCrispy®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2480	1080
Energy (Cal)	634	277
Protein (g)	26.2	11.4
Fat, total (g)	27.6	12.1
Saturated Fat (g)	2.8	1.2
Carbohydrate (g)	59.2	25.9
Sugars (g)	5.5	2.4
Sodium (mg)	1223	534

McCrispy® Chicken Deluxe

MCCRISPY BUN: **Wheat** Flour (Vitamin (Folate)), Water, Potato Flakes (Potatoes, Emulsifier (471), Preservative (223 **Sulphites**)), Sugar, Improvers (Pregelatinised **Wheat** Flour, **Wheat** Flour, **Wheat** Gluten, Canola Oil, **Wheat** Malt Flour, Antioxidant (300), Enzymes (**Wheat**)), Canola Oil, **Wheat** Gluten, Iodised Salt, Glaze (Water, Vegetable Protein, Canola Oil, Maltodextrin, Dextrose, Maize Starch), Yeast, Emulsifiers (472e, 471), Natural Flavours (**Sulphites**), Preservative (262), **Sesame** Seeds.
MCCRISPY CHICKEN PATTY: Chicken, Flour (**Wheat**, Rice, Corn), Water, Breadcrumb [**Wheat** Flour, Sugar, Baker's Yeast, Salt, Shortening (Non Hydrogenated Rice Bran Oil)], Vegetable Oil (Canola, Sunflower), Starch (Potato, Corn), Salt, Vegetable Powders (Garlic, Onion, Mushroom Extract), Natural Flavouring, **Wheat** Gluten, Food Acid (330), Spice & Spice Extracts (Black Pepper, White Pepper, Chilli, Capsicum), Sugar, Herbs & Herb Extract (Lovage Leaf, Sage, Rosemary), Raising Agent (500ii), Stabiliser (415).
AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.
MCCRISPY RANCH SAUCE: Water, Vegetable Oil, Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442), Sugar, Salt, Dijon Mustard [Acidity Regulators (330, 334)], Vegetable Gum (415), Yeast Extract, Emulsifier (435), Preservative (202), Food Acid (270), Antioxidant (385), Spice Extract.
SHREDDED LETTUCE: Iceburg Lettuce.
TOMATO: Tomato.

Contains: Gluten, Wheat, Milk, Egg, Soy, Sulphites, Sesame.
MCCRISPY BUN is made on equipment that also produces products containing Milk.
MCCRISPY CHICKEN PATTY is cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy

	McCrispy® Chicken Deluxe	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2720	926
Energy (Cal)	690	235
Protein (g)	29.5	10.1
Fat, total (g)	31.9	10.9
Saturated Fat (g)	5.7	1.9
Carbohydrate (g)	60.3	20.6
Sugars (g)	6.1	2.1
Sodium (mg)	1458	497

McSpicy® Burger

SPICY THIGH PATTY: Chicken, Flour (**Wheat**), Water, Vegetable Oil, Thickeners (1420, 1422), Salt, **Gluten** (**Wheat**), Yeast And Yeast Extracts, Spice And Spice Extracts (Inc. Pepper), Rice Starch, Natural Flavours, Raising Agents (450, 500), Vegetable Powders (Garlic, Onion), Emulsifier (322), Hydrolysed Vegetable Protein, Natural Colour (160C), Herb Extract, Citrus Extract, Maltodextrin.
QUARTER POUNDER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Yeast, Sugar, Canola Oil, **Sesame** Seeds, Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), **Wheat** Gluten, Preservative (282), Improver (**Wheat** Flour, Ascorbic Acid (300), Enzymes), Natural Flavour, Emulsifier (472e, 471), Thickener (412), Ascorbic Acid (300).
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).
SHREDDED LETTUCE: Iceberg Lettuce.

Contains: Gluten: Wheat, Egg, Sesame.
QUARTER POUNDER BUNS are produced on equipment that also produces products containing soy.
SPICY THIGH PATTY is cooked in a McDonald's Vegetable Oil Blend and may be cooked in the same equipment as products containing Gluten, Wheat, Milk, Soy.

	McSpicy® Burger	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2440	996
Energy (Cal)	584	238
Protein (g)	30.0	12.3
Fat, total (g)	29.2	11.9
Saturated Fat (g)	3.9	1.6
Carbohydrate (g)	48.5	19.8
Sugars (g)	6.9	2.8
Sodium (mg)	1203	491

Filet-o-Fish® and Double Filet-o-Fish®

FILET-O-FISH PORTION: **Fish** (Alaskan Pollock, NZ Hoki), Water, **Wheat** Flour, Modified Food Starch (1422), Yellow Corn Flour, Bleached **Wheat** Flour, Salt, Whey (**Milk**), Cellulose Gum, Dextrose, Dried Yeast, Sugar, Paprika Extract (160c) and Turmeric Extract (100), Black Pepper (Natural Flavouring)].
REGULAR BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Yeast, Canola Oil, Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Preservative (282), **Wheat** Gluten, Improver (**Wheat** Flour, Ascorbic Acid (300), Enzymes), Emulsifier (472e, 471), Ascorbic Acid (300), Enzymes (**Wheat** Flour, Enzymes), **Sesame** Seeds.
TARTARE SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Dill Relish [Gherkin, Water, Vinegar, Acidity Regulator (260), Salt, Capers, Thickener (415), Firming Agent (509), Flavouring, Preservative (202)], Vinegar, **Egg** Yolk, Thickeners (1442, 415), Glucose Syrup, Sugar, Dehydrated Vegetable, Salt, Onion, Emulsifier (435, 433), Spice, Mustard Flour, Preservative (202), Flavouring, Herb.
SLICED CHEESE: Cheese (Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet)), Water, **Milk** Solids, Butter (**Milk**), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).
OR: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour (**Milk**), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).

Contains: Gluten, Wheat, Milk, Soy, Egg, Sesame, Fish.
REGULAR BUN is produced and cooked in equipment that also produces products containing soy.
FILET-O-FISH PORTION is cooked in a McDonald's Vegetable Oil Blend and may be cooked in the same equipment as products containing Gluten, Wheat, Milk, Soy.

	Filet-o-Fish®		Double Filet-o-Fish®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1420	1010	2250	974
Energy (Cal)	339	241	537	233
Protein (g)	14.6	10.4	25.4	11
Fat, total (g)	14.6	10.4	26.8	11.6
Saturated Fat (g)	2.5	1.8	4.6	2.0
Carbohydrate (g)	34.6	24.7	44.7	19.4
Sugars (g)	5.2	3.7	6.3	2.7
Sodium (mg)	626	446	1021	442

WRAPS

Chicken Snack Wrap

MCCRISPY CHICKEN PATTY: Chicken, Flour (**Wheat**, Rice, Corn), Water, Breadcrumb [**Wheat** Flour, Sugar, Baker's Yeast, Salt, Shortening (Non Hydrogenated Rice Bran Oil)], Vegetable Oil (Canola, Sunflower), Starch (Potato, Corn), Salt, Vegetable Powders (Garlic, Onion, Mushroom Extract), Natural Flavouring, **Wheat** Gluten, Food Acid (330), Spice and Spice Extracts (Black Pepper, White Pepper, Chilli, Capsicum), Sugar, Herbs & Herb Extract (Lovage Leaf, Sage, Rosemary), Raising Agent (500ii), Stabiliser (415).
WHOLEMEAL TORTILLA: **Wheat** Flour (Thiamine, Folic Acid), Water, Whole **Wheat** Flour (Thiamine, Folic Acid), Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Yeast.
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).
SHREDDED LETTUCE: Iceberg Lettuce.

Contains: Gluten, Wheat, Egg.
WHOLEMEAL TORTILLA may be produced using the same equipment as products containing Soy.
WHOLEMEAL TORTILLA may be steamed in the same equipment as products containing Sesame.
McCRISPY PATTY is cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Milk, Soy.

	Chicken Snack Wrap	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1180	961
Energy (Cal)	309	251
Protein (g)	14.0	11.4
Fat, total (g)	9.6	7.8
Saturated Fat (g)	2.4	1.9
Carbohydrate (g)	32.5	26.4
Sugars (g)	6.6	5.3
Sodium (mg)	609	494

Grilled Chicken Snack Wrap

GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Fruit Powder [Contains Lemon Juice Concentrate, Flavours], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anticaking Agent (341), Spice Extract (Pepper), Vegetable Oil.
WHOLEMEAL TORTILLA: **Wheat** Flour (Thiamine, Folic Acid), Water, Whole **Wheat** Flour (Thiamine, Folic Acid), Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Yeast.
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).
SHREDDED LETTUCE: Iceberg Lettuce.

Contains: Gluten, Wheat, Egg, Soy.
WHOLEMEAL TORTILLA may be produced using the same equipment as products containing Soy.
WHOLEMEAL TORTILLA may be steamed in the same equipment as products containing Sesame.
GRILLED CHICKEN may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

	Grilled Chicken Snack Wrap	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	906	841
Energy (Cal)	216	201
Protein (g)	13.9	12.9
Fat, total (g)	8.6	8
Saturated Fat (g)	2.9	2.4
Carbohydrate (g)	19.8	18.4
Sugars (g)	1.6	1.8
Sodium (mg)	409	380

Classic Chicken McWrap®

WHOLEMEAL TORTILLA: **Wheat** Flour (Thiamine, Folic Acid), Water, Whole **Wheat** Flour (Thiamine, Folic Acid), Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.
OR: WHITE TORTILLA: **Wheat** Flour (Thiamine, Folic Acid), Water, Vegetable Oil, Mineral Salts (500, 450, 341), Sugar, Acidity Regulator (297), Iodised Salt, Yeast.
MCCRISPY CHICKEN PATTY: Chicken, Flour (**Wheat**, Rice, Corn), Water, Breadcrumb [**Wheat** Flour, Sugar, Baker's Yeast, Salt, Shortening (Non Hydrogenated Rice Bran Oil)], Vegetable Oil (Canola, Sunflower), Starch (Potato, Corn), Salt, Vegetable Powders (Garlic, Onion, Mushroom Extract), Natural Flavouring, **Wheat** Gluten, Food Acid (330), Spice & Spice Extracts (Black Pepper, White Pepper, Chilli, Capsicum), Sugar, Herbs & Herb Extract (Lovage Leaf, Sage, Rosemary), Raising Agent (500ii), Stabiliser (415).
MCCRISPY SAUCE: Water, Vegetable Oil, Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442), Sugar, Salt, Dijon Mustard [Acidity Regulators (330, 334)], Vegetable Gum (415), Yeast Extract, Emulsifier (435), Preservative (202), Food Acid (270), Antioxidant (385), Spice Extract.
SHREDDED LETTUCE: Iceburg Lettuce.
TOMATO: Tomato.

Contains: Gluten, Wheat, Egg.
MCCRISPY CHICKEN PATTY is cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy
WHOLEMEAL TORTILLA may be produced using the same equipment as products containing soy.
WHOLEMEAL TORTILLA may be steamed in the same equipment as products containing sesame seeds.
WHITE TORTILLA may be produced using the same equipment as products containing soy.
WHITE TORTILLA may be steamed in the same equipment as products containing sesame seeds

	Classic Chicken McWrap®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2214	766
Energy (Cal)	530	183
Protein (g)	21.5	7.4
Fat, total (g)	25.0	8.7
Saturated Fat (g)	4.2	1.4
Carbohydrate (g)	52.9	18.3
Sugars (g)	3.2	1.1
Sodium (mg)	986	341

Spicy Chicken McWrap®

SPICY THIGH PATTY: Chicken, Flour (**Wheat**), Water, Vegetable Oil, Thickeners (1420, 1422), Salt, **Gluten** (**Wheat**), Yeast And Yeast Extracts, Spice And Spice Extracts (Inc. Pepper), Rice Starch, Natural Flavours, Raising Agents (450, 500), Vegetable Powders (Garlic, Onion), Emulsifier (322), Hydrolysed Vegetable Protein, Natural Colour (160C), Herb Extract, Citrus Extract, Maltodextrin),
WHOLEMEAL TORTILLA: **Wheat** Flour (Thiamine, Folic Acid), Water, Whole **Wheat** Flour (Thiamine, Folic Acid), Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.
OR: WHITE TORTILLA: **Wheat** Flour (Thiamine, Folic Acid), Water, Vegetable Oil, Mineral Salts (500, 450, 341), Sugar, Acidity Regulator (297), Iodised Salt, Yeast.
SHREDDED LETTUCE: Iceberg Lettuce.
TOMATO: Tomato.
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).

Contains: Gluten, Wheat, Egg.
SPICY THIGH PATTY is cooked in a McDonald's Vegetable Oil Blend and may be cooked in the same equipment as products containing Gluten, Wheat, Milk, Soy.
WHOLEMEAL TORTILLA may be produced using the same equipment as products containing soy.
WHOLEMEAL TORTILLA may be steamed in the same equipment as products containing sesame seeds.
WHITE TORTILLA may be produced using the same equipment as products containing soy.
WHITE TORTILLA may be steamed in the same equipment as products containing sesame seeds

	Spicy Chicken McWrap®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2470	828
Energy (Cal)	593	199
Protein (g)	30.6	10.3
Fat, total (g)	32.6	10.9
Saturated Fat (g)	5.6	1.9
Carbohydrate (g)	42.9	14.4
Sugars (g)	3.2	1.1
Sodium (mg)	1224	410

FRIES

Fries

Potatoes, Canola Oil (Acidity Regulator (330)), Dextrose Monohydrate (Preservative (220)), Mineral Salt (450), Antifoam (Non-ionic polyalkylene glycol), Preservative (223).
OR Potatoes, Vegetable Oil (Canola, Soybean, Cottonseed), Mineral Salt (450), Dextrose (from Mazie).

FRIES are cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Milk, Soy.
Salt added.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	916	1270	1320	1270	1630	1270
Energy (Cal)	219	304	316	304	389	304
Protein (g)	3.5	4.8	5	4.8	6.1	4.8
Fat, total (g)	11.5	16	16.6	16	20.5	16
Saturated Fat (g)	0.9	1.3	1.4	1.3	1.7	1.3
Carbohydrate (g)	24.3	33.8	35.2	33.8	43.3	33.8
Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
Sodium (mg)	210	292	304	292	374	292

FRUIT

Apple Slices

Red and / or Green Apples, Antioxidant (302).

May be present: Apple Seeds.

Apple Slices	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	174	218
Energy (Cal)	41	52
Protein (g)	0.3	0.4
Fat, total (g)	0.2	0.3
Saturated Fat (g)	0.1	0.1
Carbohydrate (g)	8.5	10.6
Sugars (g)	7.9	9.9
Sodium (mg)	2	2

CONDIMENTS

Barbeque Dipping Sauce

BARBEQUE DIPPING SAUCE: Water, Sugar, White Vinegar, Tomato Paste, Thickeners (1422, 415), Soy Sauce (**Soybean**, **Wheat**), Invert Sugar Syrup, Salt, Roast **Barley** Malt Extract, Worcestershire Sauce Powder, Mustard Flour, Flavour, Spices, Preservative (202), Vegetable Powders, Acidity Regulator (296).

Contains: Gluten, Wheat, Soy.

Barbeque Dipping Sauce	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	182	650
Energy (Cal)	44	155
Protein (g)	0.3	1.0
Fat, total (g)	0.1	0.3
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	10.2	36.5
Sugars (g)	9.1	32.4
Sodium (mg)	169	602

CONDIMENTS

Sweet and Sour Dipping Sauce

SWEET AND SOUR DIPPING SAUCE: Invert Sugar Syrup, Water, Apricot Paste [Apricot, Antioxidant (300)], White Vinegar, Corn Starch, **Soy** Sauce (**Soybean** and **Wheat**), Worcestershire Sauce Powder, Salt, Mustard Flour, Thickener (415), Preservative (202), Natural Flavour, Caramelised Sugar Syrup.

Contains: Gluten, Wheat, Soy.

Sweet and Sour Dipping Sauce	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	204	727
Energy (Cal)	49	174
Protein (g)	0.1	0.5
Fat, total (g)	0.1	0.2
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	11.6	41.6
Sugars (g)	10.4	37.3
Sodium (mg)	126	451

Sweet Mustard Dipping Sauce

SWEET MUSTARD DIPPING SAUCE: Water, Salad Mustard (Water, Vinegar, Mustard, Spices, Salt, Spice Extract), Sugar, Vinegar, Vegetable Oil, Thickeners (1442, 1450, 415, 405), Salt, Caramelised Sugar, Preservative (202), Acidity Regulator (331), Spice, Colour (160c), Antioxidant (385).

Sweet Mustard Dipping Sauce	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	327	1170
Energy (Cal)	78	279
Protein (g)	0.3	1.0
Fat, total (g)	2.9	10.3
Saturated Fat (g)	0.2	0.7
Carbohydrate (g)	12.7	45.2
Sugars (g)	5.6	20.0
Sodium (mg)	109	390

Spicy Buffalo Dipping Sauce

Water, Vinegar, Dextrose, Sugar, Thickeners (1422, 415), Salt, Vegetable Oil, **Milk** Solids, Natural Flavours (**Milk**), Chilli, Food Acid (330), Garlic, Burnt Sugar Syrup, Natural Colour (160c), Preservative (202).

Contains: Milk.

Spicy Buffalo Dipping Sauce	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	117	468
Energy (Cal)	28	112
Protein (g)	0.3	1.2
Fat, total (g)	0.8	3.2
Saturated Fat (g)	0.2	0.9
Carbohydrate (g)	4.8	19.0
Sugars (g)	3.6	14.5
Sodium (mg)	260	1040

CONDIMENTS

Ranch Dipping Sauce

Vegetable Oil [Includes Antioxidant (307)], Water, Maltodextrin, Vinegar, Sugar, Thickeners (1450, 1442), Salt, Vegetable Powders, Natural Flavours (**Milk**), **Egg** Yolk Powder, Yeast Extract, Spice, Acidity Regulator (270), Preservative (202), Herb.

OR (Hobart City restaurants only): Vegetable Oil [Includes Antioxidant (307)], Water, Vinegar, Sugar, **Milk** Solids [Includes Buttermilk Powder (**Milk**)], **Egg** Yolk, Dextrose, Salt, Thickeners (1442, 415), Vegetable Powders (Includes Garlic), Natural Flavour (**Milk**), Acidity Regulator (270), Spice, Yeast Extract, Preservative (202), Herb.

Contains: Milk, Egg.

Ranch Dipping Sauce	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	408	1630
Energy (Cal)	97	390
Protein (g)	0.3	1.2
Fat, total (g)	9.1	36.3
Saturated Fat (g)	0.7	2.8
Carbohydrate (g)	3.9	15.7
Sugars (g)	1.0	3.9
Sodium (mg)	162	649

Ketchup

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, **Soybean** Oil, Flavouring (**Soybean** Oil).
OR: (Hobart City Council Region ONLY) Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (**Soybean** Oil).

Contains: Soy.

Ketchup	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	43	477
Energy (Cal)	10	144
Protein (g)	0.1	1.5
Fat, total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	2.3	26.1
Sugars (g)	2.1	23.0
Sodium (mg)	92	1020

Aioli

AIOLI: Vegetable Oil, Water, **Egg** Yolk, Vinegar, Garlic, Dextrose, Cheese Powder (Contains **Milk**), **Milk** Solids, Salt, Acidity Regulator (270), Natural Flavours (**Milk**), Onion, Spice, Preservative (202), Stabiliser (415), Antioxidant (385).
OR: (Hobart City Council Region ONLY) Canola Oil , Water, Garlic Mayonnaise Sauce [Whey Protein Concentrate (**Milk**), Acidity Regulator (575), Flavour Enhancer (635), Salt, Colour (171), Mineral Salt (508), Yeast Extract, Preservative (202, 211), Canola Oil, Flavourings (**Milk**)], **Egg** Yolk (**Egg** Yolk, Salt), Glucose Syrup (**Wheat**), Minced Garlic, Vinegar, Dijon Mustard, Mustard, **Oat** Fibre, Emulsifiers (435, 322 (**Soy**)), Vegetable Gum (415), Antioxidant (307b).

Contains: Gluten, Wheat, Egg, Milk, Soy.

Aioli	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	775	2770
Energy (Cal)	185	661
Protein (g)	0.5	1.9
Fat, total (g)	20	71.5
Saturated Fat (g)	1.6	5.8
Carbohydrate (g)	1.5	5.2
Sugars (g)	1.0	3.4
Sodium (mg)	112	400

BREAKFAST

Bacon & Egg McMuffin® and Double Bacon & Egg McMuffin®

ENGLISH MUFFIN: **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Water, Yeast, Ground Maize, Sugar, **Wheat** Gluten, Iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), **Soy** Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), **Wheat** Malt Flour, Enzyme (1100) (Contains **Wheat**)), Raising Agent (341).
EGG: **Egg**.
CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, Butter (**Milk**), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).
OR: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour (**Milk**), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).
BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.
OR: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Thickener (415), Smoked.
OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains: Gluten, Wheat, Egg, Milk, Soy.
ENGLISH MUFFINS are produced on equipment that also produces products containing Sesame.
BACON and EGG may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

	Bacon & Egg McMuffin®		Double Bacon & Egg McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1210	906	1330	899
Energy (Cal)	290	216	318	215
Protein (g)	17.3	12.9	20.7	14.0
Fat, total (g)	13	9.7	14.4	9.7
Saturated Fat (g)	5.2	3.9	5.8	3.9
Carbohydrate (g)	25.2	18.8	25.4	17.2
Sugars (g)	2.7	2.0	3.0	2.0
Sodium (mg)	605	452	794	537

Big Brekkie Burger

QUARTER POUNDER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Yeast, Sugar, Canola Oil, **Sesame** Seeds, Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), **Wheat** Gluten, Preservative (282), Improver (**Wheat** Flour, Ascorbic Acid (300), Enzymes), Natural Flavour, Emulsifier (472e, 471), Thickener (412), Ascorbic Acid (300).
HASH BROWN: Potato, Vegetable Oil, Salt, Dextrose (from Maize), Dehydrated Potato, Natural Flavour (Black Pepper Extracts).
OR: Potatoes, Canola Oil (Citric Acid 330), Dehydrated Potato Flake [Potato, Mono And Diglycerides (471), Citric Acid (330)], Salt, Pepper cream Salt [Salt, Flavour (Modified Corn Starch, Black Pepper Extracts), Canola Oil], Dextrose Monohydrate [Corn Derived (Sulphur Dioxide)], Sodium Acid Pyrophosphate (450), Antifoam (Non-Ionic Polyalkylene Glycol).
EGG: **Egg**.
BEEF PATTY: Beef.
AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.
HOUSEGRILL BBQ SAUCE: Vinegar, Water, Brown Sugar, Lemon Juice, Tomato Paste, Sugar, Onion Puree, Thickener (1422), Molasses, Garlic, Salt, Spices, Mustard, Flavourings, Malt Extract (**Barley**), Colour (150a), Vegetable Gum (415), Yeast Extract, Preservative (202).
BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.
OR: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Thickener (415), Smoked.
ONION: Water, Dehydrated White Onions.
SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).
GRILL SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains: Gluten, Wheat, Milk, Egg, Soy, Sesame.
QUARTER POUNDER BUNS are produced on equipment that also produces products containing Soy.
HASH BROWNS are cooked in a McDonald's Vegetable Oil Blend and may be cooked using the same equipment as products containing Gluten, Wheat, Milk, Soy.
BEEF PATTY, BACON RASHER and EGG may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

Big Brekkie Burger	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3070	987
Energy (Cal)	735	236
Protein (g)	38.9	12.5
Fat, total (g)	39.1	12.6
Saturated Fat (g)	14.2	4.6
Carbohydrate (g)	52.3	16.8
Sugars (g)	11.5	3.7
Sodium (mg)	1648	530

BREAKFAST

Chicken McMuffin®

MCCHICKEN PATTY: Chicken, Water, Flour (Maize, Wheat), Vegetable Oil, Thickeners (1400, 1401, 1420), Starch (Maize, **Wheat**), Mineral Salts (508, 450, 500, 451), Salt, Spices (Pepper, Celery, Capsicum, Celery Seed), Spice Extracts (100, 160c, Celery, Pepper, Capsicum), Yeast Extracts (**Barley**), Anti-Caking Agent (341), Emulsifiers (481, 433), Vegetable Powders (Garlic, Celery, Onion), Herbs (Sage, Rosemary), Canola Oil, Maltodextrin, Antioxidants (320, 310), Food Acid (330), Natural Colours (100, 160c).
ENGLISH MUFFIN: **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Water, Yeast, Ground Maize, Sugar, **Wheat** Gluten, Iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), **Soy** Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), **Wheat** Malt Flour, Enzyme (1100) (Contains **Wheat**)), Raising Agent (341).
CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, Butter (**Milk**), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).
SPRAY OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains: Gluten, Wheat, Egg, Milk, Soy.
ENGLISH MUFFINS are produced on equipment that also produces products containing Sesame.
McCHICKEN PATTY is cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Milk, Soy.

	Chicken McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1710	1030
Energy (Cal)	410	246
Protein (g)	19.5	11.7
Fat, total (g)	19.5	11.7
Saturated Fat (g)	4.7	2.9
Carbohydrate (g)	37.9	22.8
Sugars (g)	2.2	1.7
Sodium (mg)	710	427

Chicken and Bacon McMuffin®

MCCHICKEN PATTY: Chicken, Water, Flour (Maize, **Wheat**), Vegetable Oil, Thickeners (1400, 1401, 1420), Starch (Maize, **Wheat**), Mineral Salts (508, 450, 500, 451), Salt, Spices (Pepper, Celery, Capsicum, Celery Seed), Spice Extracts (100, 160c, Celery, Pepper, Capsicum), Yeast Extracts (**Barley**), Anti-Caking Agent (341), Emulsifiers (481, 433), Vegetable Powders (Garlic, Celery, Onion), Herbs (Sage, Rosemary), Canola Oil, Maltodextrin, Antioxidants (320, 310), Food Acid (330), Natural Colours (100, 160c).
ENGLISH MUFFIN: **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Water, Yeast, Ground Maize, Sugar, **Wheat** Gluten, Iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), **Soy** Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), **Wheat** Malt Flour, Enzyme (1100) (Contains **Wheat**)), Raising Agent (341).
CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, Butter (**Milk**), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).
OR: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour (**Milk**), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).
RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.
OR: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Thickener (415), Smoked.
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).
SPRAY OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains: Gluten, Wheat, Egg, Milk, Soy.
ENGLISH MUFFINS are produced on equipment that also produces products containing Sesame.
McCHICKEN PATTY is cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Milk, Soy.
BACON may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

	Chicken and Bacon McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1930	1070
Energy (Cal)	461	256
Protein (g)	23.6	13.1
Fat, total (g)	21.9	12.2
Saturated Fat (g)	5.4	3.0
Carbohydrate (g)	41.1	22.8
Sugars (g)	3.2	1.8
Sodium (mg)	937	520

Mighty McMuffin

ENGLISH MUFFIN: **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Water, Yeast, Ground Maize, Sugar, **Wheat** Gluten, Iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), **Soy** Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), **Wheat** Malt Flour, Enzyme (1100) (Contains **Wheat**)), Raising Agent (341).
EGG: **Egg**.
BEEF SAUSAGE: Beef, Salt, Maltodextrin, Sugar, Spices (Chilli, Peppers), Vegetable Powders (Onion, Garlic), Anti-caking Agent (341), Herb Extract (Rosemary), Spice Extract (Nutmeg).
OR Beef, Salt, Dried Glucose Syrup, Sugar, Spices, Vegetable Powders, Anti-caking Agent (341), Hydrolysed Vegetable Protein (**Soy**), Spice Extracts, Herb Extract.
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (**Soybean** Oil).
SLICED CHEESE: Cheese (Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet)), Water, **Milk** Solids, Butter (**Milk**), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).
OR: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour (**Milk**), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).
RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.
OR: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Thickener (415), Smoked.
SPRAY OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains: Gluten, Wheat, Egg, Milk, Soy.
ENGLISH MUFFINS are produced on equipment that also produces products containing Sesame.
SAUSAGE PATTY, BACON, EGG may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

	Mighty McMuffin	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1880	917
Energy (Cal)	449	219
Protein (g)	29.1	14.2
Fat, total (g)	23.0	11.2
Saturated Fat (g)	10.2	5.0
Carbohydrate (g)	30.4	14.8
Sugars (g)	6.6	3.2
Sodium (mg)	1160	566

Sausage McMuffin® and Double Sausage McMuffin®

ENGLISH MUFFIN: **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Water, Yeast, Ground Maize, Sugar, **Wheat** Gluten, Iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), **Soy** Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), **Wheat** Malt Flour, Enzyme (1100) (Contains **Wheat**)), Raising Agent (341).
BEEF SAUSAGE: Beef, Salt, Maltodextrin, Sugar, Spices (Chilli, Peppers), Vegetable Powders (Onion, Garlic), Anti-caking Agent (341), Herb Extract (Rosemary), Spice Extract (Nutmeg).
OR Beef, Salt, Dried Glucose Syrup, Sugar, Spices, Vegetable Powders, Anti-caking Agent (341), Hydrolysed Vegetable Protein (**Soy**), Spice Extracts, Herb Extract.
SLICED CHEESE: Cheese (Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet)), Water, **Milk** Solids, Butter (**Milk**), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).
OR: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour (**Milk**), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).
SPRAY OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains: Gluten, Wheat, Milk, Soy.
ENGLISH MUFFINS are produced on equipment that also produces products containing Sesame.
SAUSAGE PATTY may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

	Sausage McMuffin®		Double Sausage McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1260	1130	1720	1150
Energy (Cal)	300	271	412	274
Protein (g)	16	14.5	24.2	16.1
Fat, total (g)	14.6	13.2	23.2	15.4
Saturated Fat (g)	7.4	6.7	11.8	7.0
Carbohydrate (g)	25.3	22.8	25.8	17.2
Sugars (g)	2.6	2.3	2.8	1.9
Sodium (mg)	571	516	769	511

BREAKFAST

Sausage and Egg McMuffin® and Double Sausage and Egg McMuffin®

ENGLISH MUFFIN: **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Water, Yeast, Ground Maize, Sugar, **Wheat** Gluten, Iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), **Soy** Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), **Wheat** Malt Flour, Enzyme (1100) (Contains **Wheat**)), Raising Agent (341).
EGG: **Egg**.
BEEF SAUSAGE: Beef, Salt, Maltodextrin, Sugar, Spices (Chilli, Peppers), Vegetable Powders (Onion, Garlic), Anti-caking Agent (341), Herb Extract (Rosemary), Spice Extract (Nutmeg).
OR: Beef, Salt, Dried Glucose Syrup, Sugar, Spices, Vegetable Powders, Anti-caking Agent (341), Hydrolysed Vegetable Protein (**Soy**), Spice Extracts, Herb Extract.
SLICED CHEESE: Cheese (Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet)), Water, **Milk** Solids, Butter (**Milk**), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).
OR: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour (**Milk**), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).
SPRAY OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains: Gluten, Wheat, Egg, Milk, Soy.
ENGLISH MUFFINS are produced on equipment that also produces products containing Sesame.
SAUSAGE PATTY and EGG may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

	Sausage and Egg McMuffin®		Double Sausage and Egg McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1560	979	2030	1020
Energy (Cal)	374	234	485	243
Protein (g)	22.1	13.8	30.2	12.1
Fat, total (g)	20.1	12.6	28.7	14.4
Saturated Fat (g)	9.1	5.7	13.5	6.8
Carbohydrate (g)	25.4	15.9	26.0	13.0
Sugars (g)	2.7	1.7	3.0	1.5
Sodium (mg)	614	384	812	407

Brekkie Wrap

WHOLEMEAL TORTILLA: **Wheat** Flour (Thiamine, Folic Acid), Water, Whole **Wheat** Flour (Thiamine, Folic Acid), Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.
HASH BROWN: Potato, Vegetable Oil, Salt, Dextrose (from Maize), Dehydrated Potato, Natural Flavour (Black Pepper Extracts)
OR: Potatoes, Canola Oil (citric acid 330), Dehydrated Potato Flake [Potato, Mono And Diglycerides (471) Citric Acid (330)], Salt, Pepper Cream Salt [Salt, Flavour (Modified Corn Starch, Black Pepper Extracts), Canola Oil], Dextrose Monohydrate [Corn Derived (Sulphur Dioxide)], Sodium Acid Pyrophosphate (450), Antifoam (Non-Ionic Polyalkylene Glycol).
EGG: **Egg**.
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (**Soybean** Oil).
SLICED CHEESE: Cheese (Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet)), Water, **Milk** Solids, Butter (**Milk**), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).
RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.
OR: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Thickener (415), Smoked.
SPRAY OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains: Gluten, Wheat, Egg, Milk, Soy.
WHOLEMEAL TORTILLA may be produced using the same equipment as products containing Soy.
WHOLEMEAL TORTILLA may be steamed in the same equipment as products containing Sesame.
BACON RASHER and EGG may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.
HASH BROWNS are cooked in a McDonald's Vegetable Oil Blend and may be cooked using the same equipment as products containing Gluten, Wheat, Milk, Soy.

	Brekkie Wrap	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1880	977
Energy (Cal)	449	234
Protein (g)	17.9	9.3
Fat, total (g)	25.1	13.1
Saturated Fat (g)	7.6	4.0
Carbohydrate (g)	36.5	19.0
Sugars (g)	5.7	3.0
Sodium (mg)	1000	521

Mega Brekkie Wrap

WHOLEMEAL TORTILLA: **Wheat** Flour (Thiamine, Folic Acid), Water, Whole **Wheat** Flour (Thiamine, Folic Acid), Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.
OR: WHITE TORTILLA: **Wheat** Flour (Thiamine, Folic Acid), Water, Vegetable Oil, Mineral Salts (500, 450, 341), Sugar, Acidity Regulator (297), Iodised Salt, Yeast.
HASH BROWN: Potato, Vegetable Oil, Salt, Dextrose (from Maize), Dehydrated Potato, Natural Flavour (Black Pepper Extracts)
OR: Potatoes, Canola Oil (citric acid 330), Dehydrated Potato Flake [Potato, Mono And Diglycerides (471) Citric Acid (330)], Salt, Pepper Cream Salt [Salt, Flavour (Modified Corn Starch, Black Pepper Extracts), Canola Oil], Dextrose Monohydrate [Corn Derived (Sulphur Dioxide)], Sodium Acid Pyrophosphate (450), Antifoam (Non-Ionic Polyalkylene Glycol).
EGG: **Egg**.
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (**Soybean** Oil).
SLICED CHEESE: Cheese (Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet)), Water, **Milk** Solids, Butter (**Milk**), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).
RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.
OR: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Thickener (415), Smoked.
SPRAY OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains: Gluten, Wheat, Egg, Milk, Soy.
WHOLEMEAL TORTILLA and WHITE TORTILLA may be produced using the same equipment as products containing Soy.
WHOLEMEAL TORTILLA and WHITE TORTILLA may be steamed in the same equipment as products containing Sesame.
BACON RASHER and EGG may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.
HASH BROWNS are cooked in a McDonald's Vegetable Oil Blend and may be cooked using the same equipment as products containing Gluten, Wheat, Milk, Soy.

	Mega Brekkie Wrap	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3680	1070
Energy (Cal)	861	251
Protein (g)	45.8	13.4
Fat, total (g)	53.7	15.7
Saturated Fat (g)	22.7	6.6
Carbohydrate (g)	53.8	15.7
Sugars (g)	7.7	2.2
Sodium (mg)	1941	566

Ham & Cheese Pocket

WHOLEMEAL TORTILLA: **Wheat** Flour (Thiamine, Folic Acid), Water, Whole **Wheat** Flour (Thiamine, Folic Acid), Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Yeast.
AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.
HAM: Pork, Water, Salt, Acidity Regulators (326, 262), Dextrose (Maize, Tapioca), Emulsifiers (450, 451, 508), Pork Protein (Herb Extract (392)), Sugar, Modified Tapioca Starch (1412), Thickeners (407a, 415), Antioxidant (316), Potato Fibre, Sodium Nitrite (250), Canola Oil, Citrus Fibre.

Contains: Gluten, Wheat, Milk.
WHOLEMEAL TORTILLA may be produced using the same equipment as products containing Soy.
WHOLEMEAL TORTILLA may be stored in the same equipment as products containing Sesame.
WHOLEMEAL TORTILLA may be cooked on the same equipment as products containing Eggs, Soy.

	Ham & Cheese Pocket	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	884	1060
Energy (Cal)	211	253
Protein (g)	11.6	13.9
Fat, total (g)	9.6	11.5
Saturated Fat (g)	5.5	6.6
Carbohydrate (g)	18.8	22.5
Sugars (g)	1.5	1.7
Sodium (mg)	515	616

BREAKFAST

McGriddles® with butter

MCGRIDDLE CAKES: Water, Enriched Bleached Flour (Bleached, **Wheat** Flour, Malted **Barley** Flour, Niacin, Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Palm Oil, Vegetable Oil (Canola Oil, High Oleic **Soyabean** Oil, and/or High Oleic Canola Oil), Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Brown Sugar, **Soybean** Oil, Rice Flour, Whey (**Milk**), Salt, Dry Buttermilk (**Milk**), **Soy** Lecithin, Modified Tapioca Starch, Natural Flavours (contains **Milk**), Corn Syrup, **Wheat** Flour, Modified Corn Starch, Natural Caramel Colour, Non-Fat **Milk**, Molasses, Butter (**Milk**).
OR: Enriched **Wheat** Flour, Sugar, Dextrose, Palm Oil, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Brown Sugar, **Soybean** Oil, Modified Tapioca Starch, Flavouring (Including **Milk**), Salt, **Wheat** Flour, Whey (**Milk**), Buttermilk (**Milk**), Caramel Colour, **Soy** Lecithin.
WHIPPED BUTTER: Cream (**Milk**), Water, Salt.

Contains: Wheat, Gluten, Milk, Soy.

	McGriddles®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1250	1180
Energy (Cal)	298	282
Protein (g)	4.3	4.1
Fat, total (g)	12.4	11.7
Saturated Fat (g)	6.8	6.5
Carbohydrate (g)	42.7	40.4
Sugars (g)	15.1	14.3
Sodium (mg)	788	746

Bacon, Egg & Cheese McGriddles®

MCGRIDDLE CAKES: Water, Enriched Bleached Flour (Bleached, **Wheat** Flour, Malted **Barley** Flour, Niacin, Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Palm Oil, Vegetable Oil (Canola Oil, High Oleic **Soyabean** Oil, and/or High Oleic Canola Oil), Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Brown Sugar, **Soybean** Oil, Rice Flour, Whey (**Milk**), Salt, Dry Buttermilk (**Milk**), **Soy** Lecithin, Modified Tapioca Starch, Natural Flavours (contains **Milk**), Corn Syrup, **Wheat** Flour, Modified Corn Starch, Natural Caramel Colour, Non-Fat **Milk**, Molasses, Butter (**Milk**).
OR: Enriched **Wheat** Flour, Sugar, Dextrose, Palm Oil, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Brown Sugar, **Soybean** Oil, Modified Tapioca Starch, Flavouring (Including **Milk**), Salt, **Wheat** Flour, Whey (**Milk**), Buttermilk (**Milk**), Caramel Colour, **Soy** Lecithin.
OMELETTE PATTY: **Egg**, Water, Skim **Milk** Powder, Vegetable Oil, Stabiliser (Maize Starch, Vegetable Gums (412, 415)), Salt, Food Acid (Citric Acid).
OR: EGG: **Egg**.
CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, Butter (**Milk**), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).
OR: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour (**Milk**), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).
BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.
OR: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Thickener (415), Smoked.
OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains: Gluten, Wheat, Egg, Milk, Soy.
BACON and EGG may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

	Bacon, Egg & Cheese McGriddles®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1680	996
Energy (Cal)	402	238
Protein (g)	15.5	9.2
Fat, total (g)	17.5	10.4
Saturated Fat (g)	8.1	4.8
Carbohydrate (g)	45.8	27.2
Sugars (g)	17.3	10.3
Sodium (mg)	1270	753

BREAKFAST

Sausage & Cheese McGriddles®

MCGRIDDLE CAKES: Water, Enriched Bleached Flour (Bleached, **Wheat** Flour, Malted **Barley** Flour, Niacin, Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Palm Oil, Vegetable Oil (Canola Oil, High Oleic **Soyabean** Oil, and/or High Oleic Canola Oil), Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Brown Sugar, **Soybean** Oil, Rice Flour, Whey (**Milk**), Salt, Dry Buttermilk (**Milk**), **Soy** Lecithin, Modified Tapioca Starch, Natural Flavours (contains **Milk**), Corn Syrup, **Wheat** Flour, Modified Corn Starch, Natural Caramel Colour, Non-Fat **Milk**, Molasses, Butter (**Milk**).
OR: Enriched **Wheat** Flour, Sugar, Dextrose, Palm Oil, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Brown Sugar, **Soybean** Oil, Modified Tapioca Starch, Flavouring (Including **Milk**), Salt, **Wheat** Flour, Whey (**Milk**), Buttermilk (**Milk**), Caramel Colour, **Soy** Lecithin.
CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, Butter (**Milk**), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).
OR: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour (**Milk**), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).
BEEF SAUSAGE: Beef, Salt, Maltodextrin, Sugar, Spices (Chilli, Peppers), Vegetable Powders (Onion, Garlic), Anti-caking Agent (341), Herb Extract (Rosemary), Spice Extract (Nutmeg).
OR: Beef, Salt, Dried Glucose Syrup, Sugar, Spices, Vegetable Powders, Anti-caking Agent (341), Hydrolysed Vegetable Protein (**Soy**), Spice Extracts, Herb Extract.
OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains: Gluten, Wheat, Milk, Soy.
BEEF SAUSAGE may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

Sausage & Cheese McGriddles®		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1750	1130
Energy (Cal)	418	270
Protein (g)	15.3	9.9
Fat, total (g)	20.2	13.1
Saturated Fat (g)	10.7	6.9
Carbohydrate (g)	44.0	28.6
Sugars (g)	15.9	10.3
Sodium (mg)	1130	733

Sausage, Egg & Cheese McGriddles®

MCGRIDDLE CAKES: Water, Enriched Bleached Flour (Bleached, **Wheat** Flour, Malted **Barley** Flour, Niacin, Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Palm Oil, Vegetable Oil (Canola Oil, High Oleic **Soyabean** Oil, and/or High Oleic Canola Oil), Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Brown Sugar, **Soybean** Oil, Rice Flour, Whey (**Milk**), Salt, Dry Buttermilk (**Milk**), **Soy** Lecithin, Modified Tapioca Starch, Natural Flavours (contains **Milk**), Corn Syrup, **Wheat** Flour, Modified Corn Starch, Natural Caramel Colour, Non-Fat **Milk**, Molasses, Butter (**Milk**).
OR: Enriched **Wheat** Flour, Sugar, Dextrose, Palm Oil, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Brown Sugar, **Soybean** Oil, Modified Tapioca Starch, Flavouring (Including **Milk**), Salt, **Wheat** Flour, Whey (**Milk**), Buttermilk (**Milk**), Caramel Colour, **Soy** Lecithin.
OMELETTE PATTY: **Egg**, Water, Skim **Milk** Powder, Vegetable Oil, Stabiliser (Maize Starch, Vegetable Gums (412, 415)), Salt, Food Acid (Citric Acid).
OR: EGG: **Egg**.
CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, Butter (**Milk**), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).
OR: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour (**Milk**), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).
BEEF SAUSAGE: Beef, Salt, Maltodextrin, Sugar, Spices (Chilli, Peppers), Vegetable Powders (Onion, Garlic), Anti-caking Agent (341), Herb Extract (Rosemary), Spice Extract (Nutmeg).
OR Beef, Salt, Dried Glucose Syrup, Sugar, Spices, Vegetable Powders, Anti-caking Agent (341), Hydrolysed Vegetable Protein (**Soy**), Spice Extracts, Herb Extract.
OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains: Gluten, Wheat, Egg, Milk, Soy.
BEEF SAUSAGE and EGG may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

Sausage, Egg & Cheese McGriddles®		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2030	1050
Energy (Cal)	485	251
Protein (g)	20.2	10.4
Fat, total (g)	24.6	12.7
Saturated Fat (g)	11.9	6.2
Carbohydrate (g)	46.1	23.8
Sugars (g)	17.3	8.9
Sodium (mg)	1280	658

Hotcakes with Butter and Syrup

HOTCAKES: Water, **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Sugar, Whey Powder (Contains **Milk**), Maize Flour, Canola Oil, Raising Agents (500, 541, 341), Dextrose, Emulsifier (471,481), **Egg** Powder, Preservative (282), Iodised Salt, Thickener (415).
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Artificial Maple Flavour, Preservative (202), Caramel Color (150d).
WHIPPED BUTTER: Cream (**Milk**), Water, Salt.

Contains: Gluten, Wheat, Egg, Milk.

Hotcakes with Butter and Syrup		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2490	1120
Energy (Cal)	596	267
Protein (g)	9.4	4.2
Fat, total (g)	18.6	8.3
Saturated Fat (g)	8.4	3.8
Carbohydrate (g)	95.7	42.9
Sugars (g)	44.2	19.8
Sodium (mg)	575	258

Hash Brown

HASH BROWN: Potato, Vegetable Oil, Salt, Dextrose (from Maize), Dehydrated Potato, Natural Flavour (Black Pepper Extracts).
OR: Potatoes, Canola Oil (Citric Acid 330), Dehydrated Potato Flake [Potato, Mono And Diglycerides (471), Citric Acid (330)], Salt, Pepper cream Salt [Salt, Flavour (Modified Corn Starch, Black Pepper Extracts), Canola Oil], Dextrose Monohydrate [Corn Derived (Sulphur Dioxide)], Sodium Acid Pyrophosphate (450), Antifoam (Non-Ionic Polyalkylene Glycol).

HASH BROWNS are cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Milk, Soy.

Hash Brown		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	600	1080
Energy (Cal)	143	259
Protein (g)	1.4	2.5
Fat, total (g)	9.6	17.3
Saturated Fat (g)	0.8	1.4
Carbohydrate (g)	12.4	22.4
Sugars (g)	0.1	0.3
Sodium (mg)	293	529

Change Tracker:

Date	Document Number/Revision	Document Title	Issued	Upload Date	Description
9/12/2025	111	Aus Core Food Menu_December 2025	9/12/2025	10/12/2025	Add: Mega Brekkie Wrap; Update: White Tortilla Transition, Omelette Patty to Egg transition.
21/11/2025	110	Aus Core Food Menu_November 2025	21/11/2025	21/11/2025	Update: Bacon dual supply + formulation update
23/10/2025	109	Aus Core Food Menu_October 2025 (v3)	28/10/2025	29/10/2025	Updated bun NIPs for regular buns, Quarter buns and Big Mac Bun
20/10/2025	108	Aus Core Food Menu_October 2025 (V2)	20/10/2025	21/10/2025	Update: Filet-o-Fish® and Double Filet-o-Fish® portion formulation update.
20/10/2025	107	Aus Core Food Menu_October 2025	20/10/2025	20/10/2025	Updated: McCrispy Ranch Sauce naming
24/09/2025	106	Aus Core Food Menu_September 2025 (v3)	26/09/2025	26/09/2025	Updated McGriddle dual formulations
23/09/2025	105	Aus Core Food Menu_September 2025 (v2)	23/09/2025	24/09/2025	New McCrispy Builds (new bun, sauce and patty), Updated McWraps (McCrispy patty), Updated McCrispy Snack Wrap (McCrispy patty); Add Ham and cheese pocket, Brekkie McWrap and Chicken McWraps
2/09/2025	104	Aus Core Food Menu_September 2025	2/09/2025	3/09/2025	Update: Hotcake formulation
15/07/2025	103	Aus Core Food Menu_July 2025	15/07/2025	16/07/2025	Update: Classic Angus and BBQ Bacon Angus bun; Add Big Arch
7/07/2025	102	Aus Core Food Menu_July 2025	8/07/2025	9/07/2025	Add: McGriddles range
6/06/2025	101	Aus Core Food Menu_June 2025	11/06/2025	11/06/2025	Add: McWings, Spicy Buffalo and Ranch Dipping Sauce
28/05/2025	100	Aus Core Food Menu_May 2025	28/05/2025	28/05/2025	Remove: 24 McNuggets NIP
11/03/2025	99	Aus Core Food Menu_March 2025	11/03/2025	12/03/2025	Updated Sliced Cheese ingredient listing
10/02/2025	98	Aus Core Food Menu_February 2025	12/02/2025	12/02/2025	Updated build: Classic Angus (remove DLM, add shredded lettuce); remove McWraps, Salads; Grilled Chicken Deluxe; Grape Tomatoes;
18/12/2024	97	Aus Core Food Menu_December 2024	18/12/2024	18/12/2024	Updated Fries Ingredient Listing
15/10/2024	96	Aus Core Food Menu_October 2024	15/10/2024	16/10/2024	Updated McSpicy, McCrispy & McCrispy Deluxe NIP & Ingredient Information
11/09/2024	95	Aus Core Food Menu_September 2024	11/09/2024	11/09/2024	Updated Caesar Dressing
20/08/2024	94	Aus Core Food Menu_July 2024	20/08/2024	21/08/2024	Updated for McChicken Patty and McChicken Sauce formula updates
14/05/2024	93	Aus Core Food Menu_May 2024	15/05/2024	15/05/2024	Remove Hobart formulations for Sweet and Sour and BBQ Dipping Sauces; Big Mac, McChicken and Tartare Sauce formulation updates
1/05/2024	92	Aus Core Food Menu_May 2024	1/05/2024	1/05/2024	Updated BBQ Bacon Angus build; remove spray oil and white onion; add red slivered onion
12/03/2024	91	Aus Core Food Menu_March 2024	13/03/2024	13/03/2024	Updated to include Chicken McMuffin and Chicken and Bacon McMuffin information
9/02/2024	90	Aus Core Food Menu_February 2024	20/02/2024	20/02/2024	Updated allergen information for PEAL legislative requirements