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McDonald's Australia

Main Food Menu

Food and Beverage - Allergen - Ingredients - Nutrition Information

Information correct as at June 2024

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								
BEEF																							
BBQ Bacon Angus	P	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																		
Chicken 'n' Cheese	P	P	P	P	P	P														P			
Grilled Chicken Deluxe	P	P	P	P	P	P														P	P	P	
McChicken® and Double McChicken®	P	P	P	M	M	P														P			
McCrispy®	P	P	P	P	M	P														P			
McCrispy® Deluxe	P	P	P	P	M	P														P			
McSpicy®	P	P	P	M	M	P														P			
Fillet-O-Fish®	P	P	P	P	P	P														P			
WRAPS																							
Aioli Grilled Chicken McWrap®	P	P	P	P	P	M														P	P	P	
Aioli Crispy Chicken McWrap®	P	P	P	P	P	M														P	P	P	
Caesar Grilled Chicken McWrap®	P	P	P	P	P	M														P			
Caesar Crispy Chicken McWrap®	P	P	P	P	P	M														P			
Chicken Snack Wrap	P	P	P	M	M	M														P			
Grilled Chicken Snack Wrap	P	P	P	M	P	M														P			
FRIES																							
Fries	M	M		M	M															P			
FRUIT and SALADS																							
Apple Slices																							
Grape Tomatoes																							
Caesar Grilled Chicken Salad	P	P	P	P	P															P			
Caesar Crispy Chicken Salad	P	P	P	P	P															P			
Classic Grilled Chicken Salad	M	M	M	M	P	M		M	M	M	M	M	M	M	M					P			
Classic Crispy Chicken Salad	P	P		M	M	M		M	M	M	M	M	M	M	M					P			
Garden Salad																				P			
CONDIMENTS																							
Balsamic Salad Dressing																							
Caesar Salad Dressing	P		P	P	P															P			
Barbeque Dipping Sauce	P	P			P															P			
Sweet and Sour Dipping Sauce	P	P			P															P			
Sweet Mustard Dipping Sauce					P															P			
Ketchup					P															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

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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								
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			
Hotcakes with Butter and Syrup	P	P	P	P																P	P	P	
Hash Brown	M	M		M	M																		

Chart key:
P: Ingredient is PRESENT in the product as an ingredient, food additive or processing aid.
M: Ingredient may be present

BEEF

BBQ Bacon Angus

BEEF PATTIES: Angus Beef.

BURGER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Yeast, Canola Oil, Iodised Salt, **Wheat** Gluten, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Preservative (282), Improver (Emulsifier (481), **Soy** Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), **Wheat** Malt Flour, Enzyme (1100) (Contains **Wheat**)), Natural Flavour, Emulsifier (472e), **Sesame** Seeds.

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.

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).

BBQ Bacon Angus		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3320	1120
Energy (Cal)	794	269
Protein (g)	48.2	16.3
Fat, total (g)	44.0	14.9
Saturated Fat (g)	21.3	7.2
Carbohydrate (g)	50	16.9
Sugars (g)	12.3	4.2
Sodium (mg)	1570	532

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

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).

ONIONS: Water, Dehydrated White Onions.

PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Natural Flavour.

SEASONING: Salt, Black Pepper, Sunflower Oil.

	Big Mac®		Double Big Mac®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2340	1010	3160	1020
Energy (Cal)	559	240	755	243
Protein (g)	25.9	11.1	40.9	13.2
Fat, total (g)	30.3	13.0	43.9	14.1
Saturated Fat (g)	11.5	4.9	18.4	5.9
Carbohydrate (g)	43.8	18.8	47.7	15.1
Sugars (g)	7.6	3.2	8.1	2.6
Sodium (mg)	1090	468	1440	463

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.

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).

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.

	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)	1240	1040	1860	1050	2470	1060
Energy (Cal)	297	249	444	252	590	253
Protein (g)	15.3	12.8	25.7	14.6	36.1	15.5
Fat, total (g)	12.5	10.5	23.1	13.1	33.6	14.4
Saturated Fat (g)	6.4	5.4	12.4	7.1	18.5	7.9
Carbohydrate (g)	29.6	24.8	31.9	18.1	34.2	14.7
Sugars (g)	5.8	4.9	6.7	3.8	7.5	3.2
Sodium (mg)	725	609	1110	630	1500	640

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.

Classic Angus

BEEF PATTY: Angus Beef.

BURGER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Yeast, Canola Oil, Iodised Salt, **Wheat** Gluten, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Preservative (282), Improver (Emulsifier (481), **Soy** Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), **Wheat** Malt Flour, Enzyme (1100) (Contains **Wheat**)), Natural Flavour, Emulsifier (472e), **Sesame** Seeds.

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).

DICED LETTUCE MIX: Iceberg Lettuce, Cos 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).

Classic Angus		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2960	947
Energy (Cal)	707	226
Protein (g)	40.1	12.8
Fat, total (g)	39.3	12.6
Saturated Fat (g)	18.9	6.1
Carbohydrate (g)	46.3	14.8
Sugars (g)	9.2	2.9
Sodium (mg)	1090	350

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.

BEEF

Hamburger	Hamburger	
	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	1040
Energy (Cal)	249	237
Protein (g)	12.4	11.8
Fat, total (g)	8.7	8.3
Saturated Fat (g)	3.9	3.7
Carbohydrate (g)	28.8	27.4
Sugars (g)	5.2	5.0
Sodium (mg)	562	536

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.

Quarter Pounder® and Double Quarter Pounder®	Quarter Pounder®		Double Quarter Pounder®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	2240	1050	3440
Energy (Cal)	534	252	823	262
Protein (g)	31.3	14.8	53.5	17.0
Fat, total (g)	28.5	13.4	50.3	16.0
Saturated Fat (g)	14.9	7.0	25.8	8.5
Carbohydrate (g)	37.1	17.5	38.2	12.2
Sugars (g)	8.6	4.0	9.4	3.0
Sodium (mg)	1110	522	1510	481

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).
 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.

CHICKEN AND FISH

Chicken McNuggets®	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
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	20.6	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		24 pc		40 pc	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	3020	931	3620	931	6030
Energy (Cal)	721	222	865	222	1440	222
Protein (g)	40.2	12.4	48.2	12.4	80.4	12.4
Fat, total (g)	43.4	13.4	52.1	13.4	86.8	13.4
Saturated Fat (g)	5.2	1.6	6.3	1.6	10.5	1.6
Carbohydrate (g)	41.2	12.7	49.5	12.7	82.5	12.7
Sugars (g)	1.3	0.4	1.6	0.4	2.7	0.4
Sodium (mg)	1280	394	1530	394	2550	394

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.

CHICKEN AND FISH

Chicken 'n' Cheese

MCHICKEN PATTY: Chicken, Water, Flour (**Wheat**, Maize), Vegetable Oil (Canola), Thickeners (1401, 1400), Mineral Salts (508, 500, 450, 451), Starch (Maize, **Wheat**), Salt, Spice and Spice Extracts (including Pepper), Maltodextrin, Vegetable Powders (Garlic, Onion, Celery), Dextrose, Raising Agent (341), Emulsifiers (481,433), Herb, Yeast Extract (**Barley**), Natural Colours (100, 160c), Natural Flavouring, Antioxidants (320, 310), Food Acid (330).
 REGULAR BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Yeast, Sugar, 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).

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

REGULAR BUN is produced and cooked in equipment that also produces products containing Soy.

McChicken Patties are cooked in a McDonald's Vegetable Oil Blend and may be cooked in the same equipment as products containing Gluten, Wheat, Milk, Soy.

	McChicken 'n' Cheese	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1790	1130
Energy (Cal)	428	271
Protein (g)	19.0	12
Fat, total (g)	22.5	14.2
Saturated Fat (g)	4.6	2.9
Carbohydrate (g)	36.5	23.1
Sugars (g)	3.9	2.4
Sodium (mg)	661	418

Grilled Chicken Deluxe

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.
 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).
 GARLIC AIOLI: 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).
 SLICED TOMATO: Tomato.
 AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.
 DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.
 SPRAY OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

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

QUARTER POUNDER BUNS are produced on equipment that also produces products containing soy.

GRILLED CHICKEN may be cooked on the same grill as egg or products containing Gluten, Wheat, Milk, Soy.

	Grilled Chicken Deluxe	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2110	921
Energy (Cal)	505	220
Protein (g)	30.6	13.3
Fat, total (g)	27.4	11.9
Saturated Fat (g)	5.8	2.5
Carbohydrate (g)	33.1	14.4
Sugars (g)	5.0	2.2
Sodium (mg)	904	394

McChicken® and Double McChicken®

MCHICKEN PATTY: Chicken, Water, Flour (**Wheat**, Maize), Vegetable Oil (Canola), Thickeners (1401, 1400), Mineral Salts (508, 500, 450, 451), Starch (Maize, **Wheat**), Salt, Spice and Spice Extracts (including Pepper), Maltodextrin, Vegetable Powders (Garlic, Onion, Celery), Dextrose, Raising Agent (341), Emulsifiers (481,433), Herb, Yeast Extract (**Barley**), Natural Colours (100, 160c), Natural Flavouring, Antioxidants (320, 310), Food Acid (330).
 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)	1880	973	2580	1020
Energy (Cal)	449	232	711	243
Protein (g)	19.0	9.8	31.8	10.9
Fat, total (g)	21.9	11.3	40.2	13.7
Saturated Fat (g)	3.5	1.8	6.3	2.2
Carbohydrate (g)	42.6	22.1	54.3	18.5
Sugars (g)	4.7	2.4	5.6	1.9
Sodium (mg)	639	331	989	338

McCrispy®

MCCRISPY PATTY: Chicken, Flour (**Wheat**, Rice, Maize), Water, Vegetable Oil, Starch (Potato, **Wheat**, Maize), Salt, Yeast, Vegetable Powders, **Wheat** Gluten, Food Acid (330), Sugar, Spice & Herb, Natural Flavour, Herb & Spice Extracts, Raising Agent (500), Vegetable Gum (415).
 MCCRISPY BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Liquid Sugar, Creamed Yeast, Canola Oil, **Wheat** Gluten, Improver (Pregelatinised **Wheat** Flour, **Wheat** Gluten, **Wheat** Flour, Canola Oil, Enzymes), Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Iodised Salt, Natural Flavour, Preservative (282), Improver (**Wheat** Flour, Ascorbic Acid (300), Enzymes), Emulsifier 472e (Emulsifier 472 (E), Mineral Salt (170) [RSP0 Palm Oil/Canola Oil Derived - Datem]), Emulsifier (471), Colour (160a (iv) (Contains **Wheat**)), Enzymes (**Wheat** Flour, Enzymes), **Sesame** Seeds.
 MCCRISPY SAUCE: Vegetable Oil (Includes Antioxidant (307)), Water, Vinegar, Sugar, **Milk** Solids (Includes Buttermilk Powder), **Egg** Yolk, Dextrose, Salt, Vegetable Powders (Includes Garlic), Thickeners (1442, 415), Natural Flavour (**Milk**), Acidity Regulator (270), Spice, Yeast Extract, Preservative (202), Herb.
 DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

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

MCCRISPY BUN is produced on equipment that also produces products containing soy.

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.

	McCrispy®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2250	1030
Energy (Cal)	537	247
Protein (g)	25.8	11.9
Fat, total (g)	25.8	11.9
Saturated Fat (g)	2.7	1.2
Carbohydrate (g)	48.8	22.5
Sugars (g)	7.5	3.5
Sodium (mg)	988	455

CHICKEN AND FISH

McCrispy® Chicken Deluxe

MCCRISPY PATTY: Chicken, Flour (**Wheat**, Rice, Maize), Water, Vegetable Oil, Starch (Potato, **Wheat**, Maize), Salt, Yeast, Vegetable Powders, **Wheat** Gluten, Food Acid (330), Sugar, Spice & Herb, Natural Flavour, Herb & Spice Extracts, Raising Agent (500), Vegetable Gum (415).
 MCCRISPY BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Liquid Sugar, Creamed Yeast, Canola Oil, **Wheat** Gluten, Improver (Pregelatinised **Wheat** Flour, **Wheat** Gluten, **Wheat** Flour, Canola Oil, Enzymes), Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Iodised Salt, Natural Flavour, Preservative (282), Improver (**Wheat** Flour, Ascorbic Acid (300), Enzymes), Emulsifier 472e (Emulsifier 472 (E), Mineral Salt (170) [RSPO Palm Oil/Canola Oil Derived - Datem]), Emulsifier (471), Colour (160a (iv) (Contains **Wheat**)), Enzymes (**Wheat** Flour, Enzymes), **Sesame** Seeds.
 AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.
 MCCRISPY SAUCE: Vegetable Oil [Includes Antioxidant (307)], Water, Vinegar, Sugar, **Milk** Solids [Includes Buttermilk Powder], **Egg** Yolk, Dextrose, Salt, Vegetable Powders [Includes Garlic], Thickeners (1442, 415), Natural Flavour (**Milk**), Acidity Regulator (270), Spice, Yeast Extract, Preservative (202), Herb.
 DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.
 SLICED TOMATO: Tomato.

Contains **Gluten, Wheat, Egg, Milk, Sesame.**

MCCRISPY BUN is produced and cooked in equipment that also produces products containing soy.

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.**

	McCrispy® Chicken Deluxe	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2500	981
Energy (Cal)	597	235
Protein (g)	29.8	11.7
Fat, total (g)	30.5	12.0
Saturated Fat (g)	5.9	2.3
Carbohydrate (g)	49.4	19.4
Sugars (g)	8.1	3.2
Sodium (mg)	1100	433

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).
 Diced Lettuce Mix: Iceberg Lettuce, Cos 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)	2370	1070
Energy (Cal)	567	256
Protein (g)	28.5	12.9
Fat, total (g)	28.7	13.0
Saturated Fat (g)	4.3	1.9
Carbohydrate (g)	47.1	21.3
Sugars (g)	4.6	2.1
Sodium (mg)	1170	531

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, **Soybean** Oil, 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).

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)	1380	986	2170	940
Energy (Cal)	330	236	518	225
Protein (g)	15.5	11	25.3	11.4
Fat, total (g)	14.3	10.2	26.7	11.6
Saturated Fat (g)	2.9	2.1	5.4	2.3
Carbohydrate (g)	33.1	23.6	40.5	17.6
Sugars (g)	3.7	2.6	4.7	2.0
Sodium (mg)	522	372	938	407

WRAPS

Aioli Grilled Chicken McWrap®

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.
 DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.
 SLICED TOMATO: Tomato.
 GARLIC AIOLI: 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).
 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 seeds.

GRILLED CHICKEN may be cooked on the same grill as **Egg** or products containing **Gluten, Wheat, Milk, Soy.**

	Aioli Grilled Chicken McWrap®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1860	726
Energy (Cal)	445	173
Protein (g)	27.8	10.8
Fat, total (g)	20.9	8.2
Saturated Fat (g)	5.1	2.0
Carbohydrate (g)	34.6	13.5
Sugars (g)	4.1	1.6
Sodium (mg)	739	288

WRAPS			
Aioli Crispy Chicken McWrap®			
MCCRISPY PATTY: Chicken, Flour (Wheat , Rice, Maize), Water, Vegetable Oil, Starch (Potato, Wheat , Maize), Salt, Yeast, Vegetable Powders, Wheat Gluten, Food Acid (330), Sugar, Spice & Herb, Natural Flavour, Herb & Spice Extracts, Raising Agent (500), Vegetable Gum (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. DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce. SLICED TOMATO: Tomato. GARLIC AIOLI: 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. 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. 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.			
		Aioli Crispy Chicken McWrap®	
		Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2490	853	
Energy (Cal)	595	204	
Protein (g)	27.8	9.5	
Fat, total (g)	30.6	10.5	
Saturated Fat (g)	5.6	1.9	
Carbohydrate (g)	49.9	17.1	
Sugars (g)	4.8	1.7	
Sodium (mg)	871	298	
Caesar Grilled Chicken McWrap®			
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. DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce. CAESAR SAUCE: Canola Oil [Antioxidant (307b (Soy), 319), Water, Vinegar, Whole Egg , Lemon Juice [Preservative 223], Dextrose, Sugar, Egg Yolk, Minced Garlic [Food Acid (260)], Parmesan Cheese (Milk), Salt, Milk Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard [Food Acid (260)], Spice, Emulsifiers (322 (Soy), 435), Mustard Flour, Yeast Extract (Gluten), Flavourings, Preservatives (202, 211), Vegetable Gum (415). RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked. SHAVED PARMESAN CHEESE: Parmesan Cheese (Milk , Salt, Cultures, Enzyme (contains Animal Rennet)), Anticaking Agent (460). 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 seeds. GRILLED CHICKEN may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy. BACON may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.			
		Caesar Grilled Chicken McWrap®	
		Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2000	861	
Energy (Cal)	477	206	
Protein (g)	32.1	13.8	
Fat, total (g)	22.6	9.8	
Saturated Fat (g)	6.6	2.8	
Carbohydrate (g)	34.7	14.9	
Sugars (g)	4.3	1.9	
Sodium (mg)	1020	438	
Caesar Crispy Chicken McWrap®			
MCCRISPY PATTY: Chicken, Flour (Wheat , Rice, Maize), Water, Vegetable Oil, Starch (Potato, Wheat , Maize), Salt, Yeast, Vegetable Powders, Wheat Gluten, Food Acid (330), Sugar, Spice & Herb, Natural Flavour, Herb & Spice Extracts, Raising Agent (500), Vegetable Gum (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. DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce. CAESAR SAUCE: Canola Oil [Antioxidant (307b (Soy), 319), Water, Vinegar, Whole Egg , Lemon Juice [Preservative 223], Dextrose, Sugar, Egg Yolk, Minced Garlic [Food Acid (260)], Parmesan Cheese (Milk), Salt, Milk Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard [Food Acid (260)], Spice, Emulsifiers (322 (Soy), 435), Mustard Flour, Yeast Extract (Gluten), Flavourings, Preservatives (202, 211), Vegetable Gum (415). RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked. SHAVED PARMESAN CHEESE: Parmesan Cheese (Milk , Salt, Cultures, Enzyme (contains Animal Rennet)), Anticaking Agent (460).			
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. 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. BACON may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.			
		Caesar Crispy Chicken McWrap®	
		Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2620	982	
Energy (Cal)	627	235	
Protein (g)	32.1	12	
Fat, total (g)	32.3	12.1	
Saturated Fat (g)	7.1	2.7	
Carbohydrate (g)	50.0	18.7	
Sugars (g)	5.1	1.9	
Sodium (mg)	1150	430	
Chicken Snack Wrap			
MCHICKEN PATTY: Chicken, Water, Flour (Wheat , Maize), Vegetable Oil (Canola), Thickeners (1401, 1400), Mineral Salts (508, 500, 450, 451), Starch (Maize, Wheat), Salt, Spice and Spice Extracts (including Pepper), Maltodextrin, Vegetable Powders (Garlic, Onion, Celery), Dextrose, Raising Agent (341), Emulsifiers (481,433), Herb, Yeast Extract (Barley), Natural Colours (100, 160c), Natural Flavouring, Antioxidants (320, 310), Food Acid (330). 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. MCHICKEN 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. MCHICKEN 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)	1110	1040	
Energy (Cal)	264	248	
Protein (g)	10.5	9.9	
Fat, total (g)	13.3	12.5	
Saturated Fat (g)	3.4	3.2	
Carbohydrate (g)	24.7	23.2	
Sugars (g)	1.9	1.8	
Sodium (mg)	328	308	

WRAPS

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.
 MCOCHICKEN 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)	909	842
Energy (Cal)	217	201
Protein (g)	13.9	12.9
Fat, total (g)	8.6	8
Saturated Fat (g)	2.9	2.7
Carbohydrate (g)	20.0	18.5
Sugars (g)	1.9	1.8
Sodium (mg)	408	378

FRIES

Fries

Potato, Canola Oil, Mineral Salt (450), Dextrose, Antifoam (1521).
 OR 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.

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 AND SALADS

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

Grape Tomatoes

Grape Tomatoes.

	Grape Tomatoes	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	57	90
Energy (Cal)	14	21
Protein (g)	1.0	1.5
Fat, total (g)	0.1	0.2
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	1.5	2.4
Sugars (g)	0.7	1.1
Sodium (mg)	5	8

Caesar Grilled Chicken Salad

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

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, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.
 CAESAR SAUCE: Canola Oil [Antioxidant (307b) (**Soy**), 319], Water, Vinegar, Whole **Egg**, Lemon Juice [Preservative 223], Dextrose, Sugar, **Egg** Yolk, Minced Garlic [Food Acid (260)], Parmesan Cheese (**Milk**), Salt, **Milk** Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard [Food Acid (260)], Spice, Emulsifiers (322 (**Soy**), 435), Mustard Flour, Yeast Extract (**Gluten**), Flavours, Preservatives (202, 211), Vegetable Gum (415).
 CROUTON SACHET: **Wheat** Flour, Water, Canola Oil, **Wheat** Leaven (**Wheat** Flour, Water, Starter), Salt, Yeast, Deactivated Yeast.
 RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.
 SHAVED PARMESAN CHEESE: Parmesan Cheese (**Milk**, Salt, Cultures, Enzyme (contains Animal Rennet)), Anticaking Agent (460).
 SPRAY OIL: Canola Oil, Emulsifier (322 - derived from **soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

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

GRILLED CHICKEN and BACON may be cooked on the same grill as **Egg** or products containing **Gluten, Wheat, Milk, Soy.**

	Caesar Grilled Chicken Salad	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1950	677
Energy (Cal)	467	162
Protein (g)	36.1	12.5
Fat, total (g)	29.5	10.2
Saturated Fat (g)	6.2	2.1
Carbohydrate (g)	13.8	4.8
Sugars (g)	4.5	1.6
Sodium (mg)	1370	475

FRUIT AND SALADS

Caesar Crispy Chicken Salad

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

MCCRISPY PATTY: Chicken, Flour (**Wheat**, Rice, Maize), Water, Vegetable Oil, Starch (Potato, **Wheat**, Maize), Salt, Yeast, Vegetable Powders, **Wheat** Gluten, Food Acid (330), Sugar, Spice & Herb, Natural Flavour, Herb & Spice Extracts, Raising Agent (500), Vegetable Gum (415).

CAESAR SAUCE: Canola Oil [Antioxidant (307b) (**Soy**), 319], Water, Vinegar, Whole **Egg**, Lemon Juice [Preservative 223], Dextrose, Sugar, **Egg** Yolk, Minced Garlic [Food Acid (260)], Parmesan Cheese (**Milk**), Salt, **Milk** Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard [Food Acid (260)], Spice, Emulsifiers (322 (**Soy**), 435), Mustard Flour, Yeast Extract (**Gluten**), Flavourings, Preservatives (202, 211), Vegetable Gum (415).

CROUTON SACHET: **Wheat** Flour, Water, Canola Oil, **Wheat** Leaven (**Wheat** Flour, Water, Starter), Salt, Yeast, Deactivated Yeast.

RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.

SHAVED PARMESAN CHEESE: Parmesan Cheese (**Milk**, Salt, Cultures, Enzyme (contains Animal Rennet)), Anticaking Agent (460).

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

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.

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

	Caesar Crispy Chicken Salad	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2580	797
Energy (Cal)	616	191
Protein (g)	36.1	11.2
Fat, total (g)	39.2	12.1
Saturated Fat (g)	6.7	2.1
Carbohydrate (g)	29.1	9.0
Sugars (g)	5.2	1.6
Sodium (mg)	1500	464

Classic Grilled Chicken Salad

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Fruit Powder [Contains: Lemon Juice Concentrate, Flavourings], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.

BALSAMIC DRESSING: Water, Sugar, Balsamic Vinegar [Red Wine Vinegar, Sugar, Preservatives (224, 220)], Brown Sugar, Vinegar, Thickener (1442), Natural Colour (150a), Salt, Vegetable Gum (415), Preservatives (202, 211).

CUCUMBER PIECES: Cucumber.

PEPITAS SACHET: Pepitas.

GRAPE TOMATO: Grape Tomato.

SPRAY OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains: Soy.

PEPITAS are produced in the same facility as products containing Gluten, Milk, Soy, Sesame, Tree Nuts (Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut).

GRILLED CHICKEN may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

	Classic Grilled Chicken Salad	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1110	361
Energy (Cal)	265	86
Protein (g)	24.9	8.1
Fat, total (g)	10.3	3.4
Saturated Fat (g)	2.0	0.6
Carbohydrate (g)	16.2	5.3
Sugars (g)	7.0	2.3
Sodium (mg)	492	160

FRUIT AND SALADS

Classic Crispy Chicken Salad

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

MCCRISPY PATTY: Chicken, Flour (**Wheat**, Rice, Maize), Water, Vegetable Oil, Starch (Potato, **Wheat**, Maize), Salt, Yeast, Vegetable Powders, **Wheat** Gluten, Food Acid (330), Sugar, Spice & Herb, Natural Flavour, Herb & Spice Extracts, Raising Agent (500), Vegetable Gum (415).

BALSAMIC DRESSING: Water, Sugar, Balsamic Vinegar [Red Wine Vinegar, Sugar, Preservatives (224, 220)], Brown Sugar, Vinegar, Thickener (1442), Natural Colour (150a), Salt, Vegetable Gum (415), Preservatives (202, 211).

CUCUMBER PIECES: Cucumber.

PEPITAS SACHET: Pepitas.

GRAPE TOMATO: Grape Tomato.

Contains: Gluten, Wheat.

PEPITAS are produced in the same facility as products containing Gluten, Milk, Soy, Sesame, Tree Nuts (Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut).

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.

	Classic Crispy Chicken Salad	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1730	507
Energy (Cal)	414	121
Protein (g)	24.9	7.3
Fat, total (g)	20.0	5.8
Saturated Fat (g)	2.5	0.7
Carbohydrate (g)	31.5	9.2
Sugars (g)	4.4	1.3
Sodium (mg)	624	183

Garden Salad

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

BALSAMIC DRESSING: Water, Sugar, Balsamic Vinegar [Red Wine Vinegar, Sugar, Preservatives (224, 220)], Brown Sugar, Vinegar, Thickener (1442), Natural Colour (150a), Salt, Vegetable Gum (415), Preservatives (202, 211).

CUCUMBER PIECES: Cucumber.

GRAPE TOMATO: Grape Tomato.

	Garden Salad	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	260	170
Energy (Cal)	62	41
Protein (g)	1.4	0.9
Fat, total (g)	0.2	0.2
Saturated Fat (g)	0.1	0.0
Carbohydrate (g)	12.8	8.4
Sugars (g)	6.0	3.9
Sodium (mg)	76	50

CONDIMENTS

Balsamic Dressing

BALSAMIC DRESSING: Water, Sugar, Balsamic Vinegar [Red Wine Vinegar, Sugar, Preservatives (224, 220)], Brown Sugar, Vinegar, Thickener (1442), Natural Colour (150a), Salt, Vegetable Gum (415), Preservatives (202, 211).

	Balsamic Dressing	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	183	542
Energy (Cal)	44	129
Protein (g)	0.1	0.2
Fat, total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	10.7	31.7
Sugars (g)	9.9	29.1
Sodium (mg)	59	175

CONDIMENTS			
Caesar Sauce		Caesar Sauce	
CAESAR SAUCE: Canola Oil [Antioxidant (307b) (Soy), 319], Water, Vinegar, Whole Egg , Lemon Juice [Preservative 223], Dextrose, Sugar, Egg Yolk, Minced Garlic [Food Acid (260)], Parmesan Cheese (Milk), Salt, Milk Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard [Food Acid (260)], Spice, Emulsifiers (322 (Soy), 435), Mustard Flour, Yeast Extract (Gluten), Flavourings, Preservatives (202, 211), Vegetable Gum (415).		Avg Qty / Serve	Avg Qty / 100g
Contains: Gluten, Egg, Milk, Soy.		Energy (kJ)	765
		Energy (Cal)	183
		Protein (g)	0.9
		Fat, total (g)	18.8
		Saturated Fat (g)	1.6
		Carbohydrate (g)	3.1
		Sugars (g)	2.1
		Sodium (mg)	289
Barbeque Dipping Sauce		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).		Avg Qty / Serve	Avg Qty / 100g
Contains: Gluten, Wheat, Soy.		Energy (kJ)	182
		Energy (Cal)	44
		Protein (g)	0.3
		Fat, total (g)	0.1
		Saturated Fat (g)	0.0
		Carbohydrate (g)	10.2
		Sugars (g)	9.1
		Sodium (mg)	169
Sweet and Sour Dipping Sauce		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.		Avg Qty / Serve	Avg Qty / 100g
Contains: Gluten, Wheat, Soy.		Energy (kJ)	204
		Energy (Cal)	49
		Protein (g)	0.1
		Fat, total (g)	0.1
		Saturated Fat (g)	0.0
		Carbohydrate (g)	11.6
		Sugars (g)	10.4
		Sodium (mg)	126
Sweet Mustard Dipping Sauce		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).		Avg Qty / Serve	Avg Qty / 100g
Contains: Soy.		Energy (kJ)	327
		Energy (Cal)	76
		Protein (g)	0.3
		Fat, total (g)	2.9
		Saturated Fat (g)	0.2
		Carbohydrate (g)	12.7
		Sugars (g)	5.6
		Sodium (mg)	109
Ketchup		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).		Avg Qty / Serve	Avg Qty / 100g
Contains: Soy.		Energy (kJ)	43
		Energy (Cal)	10
		Protein (g)	0.1
		Fat, total (g)	0.0
		Saturated Fat (g)	0.0
		Carbohydrate (g)	2.3
		Sugars (g)	2.1
		Sodium (mg)	92
Aioli		Aioli	
AIOLI: Vegetable Oil, Water, Egg Yolk, Vinegar, Garlic, Dextrose, Cheese Powder (Contains Milk), Milk Solids, Salt, Acidity Regulator (270), Natural Flavourings (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).		Avg Qty / Serve	Avg Qty / 100g
Contains: Gluten, Wheat, Egg, Milk, Soy.		Energy (kJ)	775
		Energy (Cal)	185
		Protein (g)	0.5
		Fat, total (g)	20
		Saturated Fat (g)	1.6
		Carbohydrate (g)	1.5
		Sugars (g)	1.0
		Sodium (mg)	112

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).
 BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), 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.
 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)	3030	991
Energy (Cal)	725	237
Protein (g)	39.0	12.7
Fat, total (g)	39.1	12.8
Saturated Fat (g)	14.2	4.6
Carbohydrate (g)	52.2	17.0
Sugars (g)	9.6	3.1
Sodium (mg)	1570	514

Chicken McMuffin®

MCCHICKEN PATTY: Chicken, Water, Flour (**Wheat**, Maize), Vegetable Oil (Canola), Thickeners (1401, 1400), Mineral Salts (508, 500, 450, 451), Starch (Maize, **Wheat**), Salt, Spice and Spice Extracts (including Pepper), Maltodextrin, Vegetable Powders (Garlic, Onion, Celery), Dextrose, Raising Agent (341), Emulsifiers (481,433), Herb, Yeast Extract (**Barley**), Natural Colours (100, 160c), Natural Flavouring, Antioxidants (320, 310), Food Acid (330).
 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)	1760	1080
Energy (Cal)	421	259
Protein (g)	20.7	12.7
Fat, total (g)	21.3	13.1
Saturated Fat (g)	5.4	3.3
Carbohydrate (g)	35.6	21.9
Sugars (g)	3.0	1.8
Sodium (mg)	675	415

Chicken and Bacon McMuffin®

MCCHICKEN PATTY: Chicken, Water, Flour (**Wheat**, Maize), Vegetable Oil (Canola), Thickeners (1401, 1400), Mineral Salts (508, 500, 450, 451), Starch (Maize, **Wheat**), Salt, Spice and Spice Extracts (including Pepper), Maltodextrin, Vegetable Powders (Garlic, Onion, Celery), Dextrose, Raising Agent (341), Emulsifiers (481,433), Herb, Yeast Extract (**Barley**), Natural Colours (100, 160c), Natural Flavouring, Antioxidants (320, 310), Food Acid (330).
 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).
 RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), 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)	1880	1060
Energy (Cal)	449	254
Protein (g)	24.1	13.6
Fat, total (g)	22.8	12.9
Saturated Fat (g)	6.0	3.4
Carbohydrate (g)	35.8	20.3
Sugars (g)	3.2	1.8
Sodium (mg)	864	490

BREAKFAST

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).
 RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451,450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.
 SPRAY OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

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

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.

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).
 SPRAY OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

	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

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 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).
 SPRAY OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

	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

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.

Hotcakes with Butter and Syrup

HOTCAKES: Water, **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Sugar, Whey Powder (**Milk**), Maize Flour, Canola Oil, Raising Agents (500, 541, 341), Dextrose, Emulsifier (471,481), Iodised Salt, **Egg** Powder, Thickener (415).
 HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Artificial Maple Flavour, Preservative (202), Caramel Color (1500).
 WHIPPED BUTTER: Cream (**Milk**), Water, Salt.

Hotcakes with Butter and Syrup		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2490	1120
Energy (Cal)	596	257
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

Contains: Gluten, Wheat, Egg, Milk.

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 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

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.

If this document has been printed, please visit <https://mcdonalds.com.au/our-impact/food-quality-sourcing/nutrition> for most current information.

Change Tracker:

Date	Document Number/Revision	Document Title	Issued	Upload Date	Description
5/14/2024	93	Aus Core Food Menu_May 2024	5/15/2024	6/23/2024	Remove Hobart formulations for Sweet and Sour and BBQ Dipping Sauces; Big Mac, McChicken and Tartare Sauce formulation updates
5/1/2024	92	Aus Core Food Menu_May 2024	5/1/2024	5/1/2024	Updated BBQ Bacon Angus build, remove spray oil and white onion; add red slivered onion
3/12/2024	91	Aus Core Food Menu_March 2024	3/13/2024	3/13/2024	Updated to include Chicken McMuffin and Chicken and Bacon McMuffin information
2/9/2024	90	Aus Core Food Menu_February 2024	2/20/2024	2/20/2024	Updated allergen information for PEAL legislative requirements