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McDonald's Australia

Main Food Menu

Food and Beverage - Allergen - Ingredients - Nutrition Information

Information correct as at March 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)

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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								
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																	
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	
McChicken® and Double McChicken®	P	P	M	M	P	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		
Filet-O-Fish®	P	P	P	P	P	P									P						P		
WRAPS																							
Aioli Grilled Chicken McWrap®	P	P	P	P	P	M															P	P	
Aioli Crispy Chicken McWrap®	P	P	P	P	P	M															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																		
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	M					P		
Classic Crispy Chicken Salad	P	P	M	M	M	M		M	M	M	M	M	M	M	M	M					P		
Garden Salad																					P		
CONDIMENTS																							
Balsamic Salad Dressing																					P		
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		
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

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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

Issue: March 2024

Revision: 91

File: QAM-059

Information correct at time of publishing
Developed and authorised by McDonald's Quality Assurance

BEEF

BEEF PATTIES: Angus Beef.	BBQ Bacon Angus	
	Avg Qty / Serve	Avg Qty / 100g
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),	3320	1120
Wheat Malt Flour, Enzyme (1100) (Contains Wheat), Natural Flavour, Emulsifier (472e), Sesame Seeds.	794	268
AUSSIE JACK CHEESE: Pasteurised Milk , Salt, Starter Culture, Non-animal Rennet.	48.2	16.3
RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.	44.0	14.9
GRILLED ONION: White Onion.	21.3	7.2
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).	49.9	16.9
MCCHICKEN SAUCE: Water, Soybean Oil [Antioxidant (330)], Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).	12.6	4.2
ANGUS SEASONING: Salt, Maltodextrin, Spices, Dextrose, Vegetable Powders, Yeast Extract, Sugar, Worcestershire Sauce Powder [Colour (150a)], Anticaking Agent (551), Flavourings (Milk), Spice Extract (100).	1570	532
SPRAY OIL: Canola Oil, Emulsifier (322 - derived from Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).		

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).	Big Mac®		Double Big Mac®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
BEEF PATTIES: Beef.	2340	1010	3160	1020
BIG MAC SAUCE: Soybean Oil (Antioxidant [330]), Water, Relish (Pickles, Sugar, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Thickener (415), Preservative (202), Spice Extract, Emulsifier (433)), Mustard (Water, Vinegar, Mustard Seed, Salt, Sugar, Colours (100, 150D), Spice)	559	240	755	243
Salted Egg Yolks, (Egg Yolks, Salt), Distilled Vinegar, Onion, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hydrolysed Proteins (Corn, Gluten , Wheat and Soy), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).	25.9	11.1	40.9	13.2
SHREDDED LETTUCE: Iceberg Lettuce.	30.3	13.0	43.9	14.1
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).	11.5	4.9	18.4	5.9
ONIONS: Water, Dehydrated White Onions.	43.8	18.8	47.7	15.1
PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Natural Flavour.	7.6	3.2	8.1	2.6
SEASONING: Salt, Black Pepper, Sunflower Oil.	1090	468	1440	463

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 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.	Cheeseburger		Double Cheeseburger		Triple Cheeseburger	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
BEEF PATTIES: Beef.	1240	1040	1860	1050	2470	1060
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).	297	249	444	252	590	253
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (Soybean Oil).	15.3	12.8	25.7	14.6	36.1	15.5
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.	12.5	10.5	23.1	13.1	33.6	14.4
PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Natural Flavour.	6.4	5.4	12.4	7.1	18.5	7.9
ONIONS: Water, Dehydrated White Onions.	29.6	24.8	31.9	18.1	34.2	14.7
SEASONING: Salt, Black Pepper, Sunflower Oil.	5.8	4.9	6.7	3.8	7.5	3.2
	725	609	1110	630	1500	640

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

BEEF PATTY: Angus Beef.	Classic Angus	
	Avg Qty / Serve	Avg Qty / 100g
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),	2960	947
Wheat Malt Flour, Enzyme (1100) (Contains Wheat), Natural Flavour, Emulsifier (472e), Sesame Seeds.	707	226
SLICED TOMATO: Tomato.	40.1	12.8
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).	39.3	12.6
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.	18.9	6.1
SLIVERED RED ONION: Red Onion.	46.3	14.8
MCCHICKEN SAUCE: Water, Soybean Oil [Antioxidant (330)], Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).	9.2	2.9
PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Natural Flavour.	1090	350
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.

BEEF

Hamburger	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.		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1040	992
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

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®	
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.				
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2240	1050	3440	1100
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	26.8	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

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	
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.						
	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	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	931
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

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, Soybean Oil [Antioxidant (330)], **Egg** Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).

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.

	Chicken '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, Soybean Oil [Antioxidant (330)], **Egg** Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).

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	2980	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) [RSPO 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	961
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, Soybean Oil [Antioxidant (330)], **Egg** Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).

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: Pickles, Water, Soybean Oil, Distilled Vinegar, Onions and Onion Extractives, Modified Corn Starch, (1401, 1442), **Egg** Yolks, Corn Syrup Solids, Sugar, Salt, Spice, Thickener (415), Capers, Preservative (202), Dextrose, Dehydrated Parsley, Spice Extractives.

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	26.3	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.

	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.

MCCHICKEN SAUCE: Water, Soybean Oil [Antioxidant (330)], **Egg** Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).

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.

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 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.
 MCCHICKEN SAUCE: Water, Soybean Oil [Antioxidant (330)], **Egg** Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).
 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 using the same equipment as Egg or products containing Gluten, Wheat.

	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	399	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**), 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).

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**), 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).

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, Flavours], 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)	110	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)	18.2	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: 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).

Contains: Gluten, Egg, Milk, Soy.

Caesar Sauce		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	765	2110
Energy (Cal)	183	505
Protein (g)	0.9	2.4
Fat, total (g)	18.8	51.9
Saturated Fat (g)	1.6	4.5
Carbohydrate (g)	3.1	8.7
Sugars (g)	2.1	5.8
Sodium (mg)	289	799

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).
OR: (Hobart City Council Region ONLY) Water, Sugar, Tomato Paste, Vinegar, Teriyaki Sauce (contains **Gluten, Soy**), Thickeners (1422, 415), Salt, Natural Colour (Burnt Sugar), Vegetable Oil, Mustard, Smoke Flavour, Preservatives (211, 202), Vegetable Powders, Spice, Yeast Extract.

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

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.
OR: (Hobart City Council Region ONLY) Water, Sugar, Apricot Puree, Vinegar, Thickeners (1422, 415), Teriyaki Sauce (contains **Gluten, Soy**), Salt, Vegetable Oil, Mustard, Yeast Extract, Preservatives (211, 202), Vegetable Powders, Acidity Regulator (330), Natural Flavour, Spices, Natural Colour (160c).

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

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

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).	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	316	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

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.

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 (480). 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.	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

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.

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, Soybean Oil [Antioxidant (330)], Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202) SPRAY OIL: Canola Oil, Emulsifier (322 - derived from Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).	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

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.

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, Soybean Oil [Antioxidant (330)], Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202) SPRAY OIL: Canola Oil, Emulsifier (322 - derived from Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).	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

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.

BREAKFAST

Mighty McMuffin	Mighty McMuffin	
	Avg Qty / Serve	Avg Qty / 100g
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 (Pepper, Chili, Rosemary, Bay, Nutmeg, Coriander), Vegetable Powders (Garlic, Onion), Anti-caking Agent (341) Hydrolysed Vegetable Protein (Soy), Spice Extracts (Soybean, Sunflower), Vegetable (Canola) Oil. OR: Beef AND: SAUSAGE SEASONING: 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).	1930	941
	461	225
	29.5	14.4
	24.3	11.9
	10.8	5.3
	30.1	14.7
	6.6	3.2
	1110	544

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®	Sausage McMuffin®		Double Sausage McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
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 (Pepper, Chili, Rosemary, Bay, Nutmeg, Coriander), Vegetable Powders (Garlic, Onion), Anti-caking Agent (341) Hydrolysed Vegetable Protein (Soy), Spice Extracts (Soybean , Sunflower), Vegetable (Canola) Oil. OR: Beef AND: SAUSAGE SEASONING: 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).	1310	1180	1820	1210
	312	282	435	289
	16.4	14.8	24.9	16.6
	15.9	14.3	25.7	17.1
	8.0	7.2	13.0	8.6
	25.0	22.6	25.3	16.8
	2.5	2.3	2.8	1.8
	526	475	678	451

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®	Sausage and Egg McMuffin®		Double Sausage and Egg McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
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 (Pepper, Chili, Rosemary, Bay, Nutmeg, Coriander), Vegetable Powders (Garlic, Onion), Anti-caking Agent (341) Hydrolysed Vegetable Protein (Soy), Spice Extracts (Soybean , Sunflower), Vegetable (Canola) Oil. OR: Beef AND: SAUSAGE SEASONING: 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).	1560	974	2130	1070
	372	233	509	255
	22.7	14.2	31.0	15.5
	19.7	12.3	31.2	15.6
	8.9	5.6	14.7	7.3
	25.2	15.8	25.4	12.7
	2.7	1.7	2.9	1.5
	619	388	721	361

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 with Butter and Syrup	
	Avg Qty / Serve	Avg Qty / 100g
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 (150d). WHIPPED BUTTER: Cream (Milk), Water, Salt.	2490	1120
	596	267
	9.4	4.2
	18.6	8.3
	8.4	3.8
	95.7	42.9
	44.2	19.8
	575	258

Contains: Gluten, Wheat, Egg, Milk.

Hash Brown	Hash Brown	
	Avg Qty / Serve	Avg Qty / 100g
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).	600	1080
	143	259
	1.4	2.5
	9.6	17.3
	0.8	1.4
	12.4	22.4
	0.1	0.3
	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
12/03/2024	91	Aus Core Food Menu_March 2023	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