

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

Information correct as at March 2025

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

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

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

Food Sensitivities and Preferences

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

No food items are certified as vegetarian. Whilst some ingredients may not contain animal ingredients, we cannot guarantee that there will be no cross contact with ingredients that do contain animal ingredients in our kitchens.

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

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

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

Allergen Summ	nary: As we	operate working kil	itchens please be	aware that there is a	always a risk that a	allergen containing	ingredients may b	e transfer	red during	storage	or prepa	aration o	of food i	in our kit	tchens. M	AcDonald's Res	taurants are therel	fore unable to guar	antee that any food i	tem sold is free from cross co	ntact of alle	ergens.	
										_	Tree nut	t											
	Gluten	Wheat	Egg	Milk	Soy	Soy Sesame	Peanut	Vimond	Brazil Nut Sashew	lazelnut	Aacadamia	ecan	ine Nut	istachio	Valnut	Fish	Crustacea	Molluscs	Sulphites	Lupin Add Presen		rtificial Colour	Artificial Flavour
BEEF			1		· · · · · · · · · · · · · · · · · · ·																		
BBQ Bacon Angus	P	P	P	P	P	P				1										P			P
Big Mac and Double Big Mac	P	P	P	P	P	P														P			
Cheeseburger, Double Cheeseburger and Triple Cheeseburger	P	P	М	P	P	P														P			
Classic Angus	P	P	P	P	P	P														P			
Hamburger	P	P	M	M	P	P				1										P			
Quarter Pounder and Double Quarter Pounder	P	P	М	Р	P	Р														P			
CHICKEN AND FISH			1	1		-	-		_		1			_	_	-		-					
Chicken McNuggets®	P	P		М	М					1													
Chicken 'n' Cheese	P	P	P	P	P	P														P			
McChicken® and Double McChicken®	P	P	P	м	м	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																							
Chicken Snack Wrap	P	P	P	M	M	M														P			
Grilled Chicken Snack Wrap	P	P	P	M	P	M														P			
FRIES																							
Fries	М	M		M	M															P			
FRUIT			1																				
Apple Slices			1	1		1	1	1		1	11							1	1				
CONDIMENTS	_	_			_																		
Barbeque Dipping Sauce	P	P		1	P	-												-		P			+
Sweet and Sour Dipping Sauce	P	P		 	P	1		\bot		1	\vdash							1		P			—
Sweet Mustard Dipping Sauce				1		1		1			\vdash							1		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

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

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.																							
				1	l e		Tree nut																
	Gluten	Wheat	Egg	Milk	Soy	Sesame	Peanut	Almond	Brazil Nut Cashew	Hazelnut	Macadamia	ecan	ine Nut	Pistachio	Valnut	Fish Crustacea	Molluscs	Sulphites	Lupin Added Preservative	Artificial Colour	Artificial Flavour		
BREAKFAST			l .						<u> </u>		-												
Bacon & Egg McMuffin® and Double Bacon & Egg McMuffin®	P	P	P	P	Р	м															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	м	P	P	М															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	М	M		М	M																		

Chart key:

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

M: Ingredient may be present

Issue: May 2025 Revision: 100 File: QAM-059

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).

ontains: 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®

BIO MAC BUN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Yeast, Canola Oil, Sesame Seeds, Potato Starch, Wheat Gluten, Iodised Salit, 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).

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).

Cheese [Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour (Milk), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains Soy Lecithin), Colours (160a)

ONIONS: Water, Dehydrated White Onions.

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

SEASONING: Salt, Black Pepper, Sunflower Oil.

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

BIG MAC BUNS are produced on equipment that also produces products containing Soy.

BEEF PATTIES and ONION may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

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

scorbic 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).

Cheese [Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour (Milk), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains Soy Lecithin), Colours

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (Soybean Oil).

MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.

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

ONIONS: Water, Dehydrated White Onions.

SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains: Gluten, Wheat, Milk, Soy, Sesame

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

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

Classic Angus

REFE PATTY: Angus Reef

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).

Cheese [Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour (Milk), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains Soy Lecithin), Colours (160a)

SHREDDED LETTUCE: Iceberg Lettuce SLIVERED RED ONION: Red Onion.

MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, Egg Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).

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

MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.

ANGUS SEASONING: Salt. Maltodextrin, Spices, Dextrose, Vegetable Powders, Yeast Extract, Sugar, Worcestershire Sauce Powder [Colour (150a)], Anticaking Agent (551), Flayourings (Milk), Spice Extract (100), Spice Extract (100),

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

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

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

BBQ Bacon Angus

Triple Cheeseburger

Classic Angus

Avg Qty / 100g

1060

253

15.5

14.4

7.9

14.7

3.2

640

Avg Qty / 100g

946

226

12.8

12.6

6.0 14.8

3.0

351

Avg Qty / Serve

2470

590

36.1

33.6

18.5

34.2

7.5

1500

Avg Qty / Serve

2950

706

40.1

39.3

18.7

46.2

9.3

1090

	Big A	∕lac®	Double Big Mac®			
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g		
nergy (kJ)	2340	1010	3160	1020		
nergy (Cal)	559	240	755	243		
rotein (g)	25.9	11.1	40.9	13.2		
at, total (g)	30.3	13.0	43.9	14.1		
aturated Fat (g)	11.5	4.9	18.4	5.9		
arbohydrate (g)	43.8	18.8	47.7	15.1		
ugars (g)	7.6	3.2	8.1	2.6		
odium (ma)	1090	468	1440	463		

Double Cheeseburger

Avg Qty / 100g

1050

252

14.6

13.1

18.1

3.8

630

Energy (kJ)

Energy (Cal)

Protein (g)

Fat. total (g)

Sugars (g)

Sodium (mg)

Saturated Fat (g)

Carbohydrate (g)

Avg Qty / Serve

1860

444

25.7

23.1

12.4

31.9

6.7

1110

Sa

Cheeseburger

Avg Qty / 100g

1040

249

12.8

10.5

5.4

24.8

4.9

609

Avg Qty / Serve

1240

297

15.3

12.5

6.4

29.6

5.8

725

Energy (kJ)

Energy (Cal)

Protein (g)

Fat, total (g)

Sugars (g)

Sodium (mg

Saturated Fat (g)

Carbohydrate (g

File: QAM-059

BEEF

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) Enzymes (Wheat Flour, Enzymes), Sesame Seeds,

REFE PATTIES: Reef

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (Soybean Oil).

MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.

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

ONIONS: Water, Dehydrated White Onions. SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains: Gluten, Wheat, Soy, Sesame

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

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

	Hamburger						
	Avg Qty / Serve	Avg Qty / 100g					
Energy (kJ)	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					

Avg Qty / Serve

3440

823

53.5

50.3

26.8

38.2

9.4

1510

Double Quarter Pounder®

Chicken 'n' Cheese

Avg Qty / 100g

1080

257

11

12.8

2.3

23.9

2.4

413

Avg Qty / Serve

1740

416

17.8

20.6

3.7

38.7

3.8

696

Avg Qty / 100g

1100

262

17.0

16.0

8.5

12.2

3.0

481

Quarter Pounder® and Double Quarter Pounder®

REFE PATTY: Reef

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).

Cheese [Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour (Milk), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains Soy Lecithin), Colours (160a)

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®

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)

Contains: Wheat, Gluten

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

	3	рс	6	рс	10 pc		
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
Energy (kJ)	452	931	905	931	1510	931	
Energy (Cal)	108	222	216	222	360	222	
Protein (g)	6	12.4	12.1	12.4	20.1	12.4	
Fat, total (g)	6.5	13.4	13	13.4	21.7	13.4	
Saturated Fat (g)	0.8	1.6	1.6	1.6	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	

Quarter Pounder®

Avg Qty / 100g

1050

252

14.8

13.4

7.0

17.5

4.0

522

Avg Qty / Serve

2240

534

31.3

28.5

14.9

37.1

8.6

1110

Energy (kJ)

Energy (Cal)

Protein (g)

Sugars (g)

Sodium (ma)

Saturated Fat (g)

Carbohydrate (g)

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

Energy (kJ)

Energy (Cal)

rotein (g)

Saturated Fat (g)

Carbohydrate (g)

Fat, total (g)

Sugars (g)

Sodium (mg)

Chicken 'n' Cheese

MCHICKEN PATTY: Chicken, Water, Flour (Maize, Wheat), Vegetable Oil, Thickeners (1400, 1401, 1402), Starch (Maize, Wheat), Mineral Salts (508, 450, 500, 451), Salt, Spices (Pepper, Celery, Capsicum, Celery Seed), Spice Extracts (100, 160c, Celery, Pepper, Capsicum), Yeast Extracts (Barley), Anti-Caking Agent (341), Emulsifiers (481, 433), Vegetable Powders (Garlic, Celery, Onion), Herbs (Sage, Rosemary), Canola Oil, Maltodextrin, Antioxidants (320, 310), Food Acid (330), Natural Colours (100, 160c).

REGULAR BUN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Yeast, Canola Oil, Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Preservative (282), Wheat Gluten, Improver (Wheat Flour, Ascorbic Acid (300), Enzymes), Emulsifier (472e, 471), Ascorbic Acid (300), Enzymes)

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).

Cheese [Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour (Milk), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains Soy Lecithin), Colours (160a)

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

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

McChicken 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

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

CHICKEN AND FISH

McChicken® and Double McChicken®

MCCHICKEN PATTY: Chicken, Water, Flour (Maize, **Wheat**), Vegetable Oil, Thickeners (1400, 1401, 1420), Starch (Maize, **Wheat**), Mineral Salts (508, 450, 500, 451), Salt, Spices (Pepper, Celery, Capsicum, Celery Seed), Spice Extracts (100, 160c, Celery, Pepper, Capsicum), Yeast Extracts (Barley), Anti-Caking Agent (341), Emulsifiers (481, 433), Vegetable Powders (Garlic, Celery, Onion), Herbs (Sage, Rosemary), Canola Oil, Maltodextrin, Antioxidants (320, 310), Food Acid (330), Natural Colours (100, 160c).

QUARTER POUNDER BUN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Yeast, Sugar, Canola Oil, Sesame Seeds, Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Wheat Gluten, Preservative (282), Improver (Wheat Flour, Ascorbic Acid (300). Enzymes), Natural Flavour, Emulsifier (472e, 471), Thickener (412), Ascorbic Acid (300).

MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, Egg Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).

SHREDDED LETTUCE: Iceberg Lettuce.

Contains: Gluten, Wheat, Egg, Sesame.

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

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

	McChi	icken®	Double McChicken®			
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g		
Energy (kJ)	1910	977	2980	1020		
Energy (Cal)	456	234	711	243		
Protein (g)	18.4	9.4	31.8	10.9		
Fat, total (g)	20/6	10.6	40.2	13.7		
Saturated Fat (g)	2.6	1.3	6.3	2.2		
Carbohydrate (g)	47.6	24.4	54.3	18.5		
Sugars (g)	4.6	2.4	5.6	1.9		
Sodium (mg)	707	362	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), Enulsifier 472e (Emulsifier 472e (

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. SHREDDED LETTUCE: Iceberg Lettuce.

Contains: Gluten, Wheat, Egg, Milk, Sesame

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

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)	2200	953					
Energy (Cal)	526	228					
Protein (g)	26	11.2					
Fat, total (g)	24.4	10.6					
Saturated Fat (g)	2.6	1.1					
Carbohydrate (g)	49.1	21.3					
Sugars (g)	7.8	3.4					
Sodium (mg)	986	427					

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 472e (

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. SHREDDED LETTUCE: Iceberg 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)	2450	914					
Energy (Cal)	587	218					
Protein (g)	29.9	11.1					
Fat, total (g)	29.1	10.8					
Saturated Fat (g)	5.8	2.2					
Carbohydrate (g)	49.7	18.5					
Sugars (g)	8.4	3.1					
Sodium (mg)	1100	409					

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McSpicy® Burger

SPICY THIGH PATTY: Chicken, Flour (Wheat), Water, Vegetable Oil, Thickeners (1420, 1422), Salt, Gluten (Wheat), Yeast And Yeast Extracts, Spice And Spice Extracts (Inc. Pepper), Rice Starch, Natural Flavours, Raising Agents (450, 500), Vegetable Powders (Garlic, Onion), Emulsifier (322), Hydrolysed Vegetable Protein, Natural Colour (160C), Herb Extract, Citrus Extract, Maltodextrin.

QUARTER POUNDER BUN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Yeast, Sugar, Canola Oil, Sesame Seeds, Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Wheat Gluten, Preservative (282), Improver (Wheat Flour, Ascorbic Acid (300), Enzymes), Natural Flavour, Emulsifier (472e, 471), Thickener (412), Ascorbic Acid (300).

MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, Egg Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270) SHREDDED LETTUCE: Iceberg Lettuce.

Contains: Gluten: Wheat, Egg, Sesame

 ${\bf QUARTER\ POUNDER\ BUNS\ are\ produced\ on\ equipment\ that\ also\ produces\ products\ containing\ soy.}$

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	1010				
Energy (Cal)	567	242				
Protein (g)	28.5	12.2				
Fat, total (g)	28.7	12.2				
Saturated Fat (g)	3.7	1.6				
Carbohydrate (g)	47.2	20.1				
Sugars (g)	5.0	2.1				
Sodium (mg)	1180	503				

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).

Cheese [Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour (Milk), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains Soy Lecithin), Colours (160a)

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

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

FILET-O-FISH PORTION is cooked in a McDonald's Vegetable Oil Blend and may be cooked in the same equipment as products containing Gluten, Wheat, Milk, Soy.

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Chicken Snack Wrap

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. MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, Egg Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270). SHREDDED LETTUCE: Iceberg Lettuce

Contains: Gluten, Wheat, Egg.

WHOLEMEAL TORTILLA may be produced using the same equipment as products containing Soy.

WHOLEMEAL TORTILLA may be steamed in the same equipment as products containing Sesame.

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

Grilled Chicken Snack Wrap

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

Contains: Gluten, Wheat, Egg, Soy.

WHOLEMEAL TORTILLA may be produced using the same equipment as products containing Soy.

WHOLEMEAL TORTILLA may be steamed in the same equipment as products containing Sesan

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

	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

Energy (kJ)

Energy (Cal)

Protein (a)

Fat. total (g)

Sugars (g)

Energy (kJ)

Energy (Cal)

Protein (g)

Fat, total (g)

Sodium (mg)

Medium

304

Saturated Fat (g)

Carbohydrate (g)

Saturated Fat (g)

Carbohydrate (g)

Double Filet-o-Fish®

Chicken Snack Wrap

Grilled Chicken Snack Wrap

Large

Avg Qty / 100g

973

233

11.1

10.8

2.3

21.9

1.9

379

Avg Qty / 100g

841

201

12.9

8

2.4

18.4

1.8

380

Avg Qty / 100g

1270

304

48

16

13

33.8

0.0

292

Avg Qty / Serve

1220

291

13.9

13.5

2.9

27.5

2.3

475

Avg Qty / Serve

906

216

13.9

8.6

2.9

19.8

1.6

409

0.0

374

Filet-o-Fish®

FRIES Fries

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

OR Potatoes, Vegetable Oil (Canola, Soybean, Cottonseed), Mineral Salt (450), Dextrose (from Mazie).

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

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

Small

FRUIT

Apple Slices

Red and / or Green Apples, Antioxidant (302

May be present: Apple Seeds

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

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Barbeque Dipping Sauce

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

Contains: Gluten, Wheat, Soy.

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

CONDIMENTS

Sweet and Sour Dipping Sauce

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

Contains: Gluten, Wheat, Soy.

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

Sweet Mustard Dipping Sauce

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

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

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 / 100
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

AlOLI: 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: (Hobbart City Council Region ONLY) Canola Oil, Water, Garlic Mayonnaies 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, Salt), Glucose Syrup (Wheat), Milkoed Garlic, Vinegar, Dijon Mustard, Mustard, Oat-Fibre, Emulsifiers (435, 522 (59y)), Vegetable Gum (415) intoxidant (3075).

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

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

BREAKFAST

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

ENGLISH MUFFIN: Wheat Flour (Vitamins (Thiamin, Folic Acid)), Water, Yeast, Ground Maize, Sugar, Wheat Gluten, iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), Soy Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), Wheat Malt Flour, Enzyme (1100) (Contains Wheat)), Raising Agent (341).

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).

Cheese [Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour (Milk), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains Soy Lecithin), Colours (160a)

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

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.

Big Bre	kkie	Burger
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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 Oii (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 Oii], Dextrose Monohydrate [Corn Derived (Sulphur Dioxide)], Sodium Acid Pyrophosphate (450),

Antifoam (Non-Ionic Polyalkylene Glycol).

EGG: Egg. REFE PATTY: Reef

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.

Chicken McMuffin®

MCCHICKEN PATTY: Chicken, Water, Flour (Maize, Wheat), Vegetable Oil, Thickeners (1400, 1401, 1420), Starch (Maize, Wheat), Mineral Salts (508, 450, 500, 451), Salt, Spices (Pepper, Celery, Capsicum, Celery Seed), Spice Extracts (100, 160c, Celery, Pepper, Capsicum), Yeast Extracts (Barley), Anti-Caking Agent (341), Emulsifiers (481, 433), Vegetable Powders (Garlic, Celery, Onion), Herbs (Sage, Rosemary), Canola Oil, Maltodextrin, Antioxidants (320, 310), Food Acid (330), Natural Colours (100, 160c).

ENGLISH MUFFIN: Wheat Flour (Vitamins (Thiamin, Folic Acid)), Water, Yeast, Ground Maize, Sugar, Wheat Gluten, Iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), Soy Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300),

Wheat Malt Flour. Enzyme (1100) (Contains Wheat)), Raising Agent (341).

CHEESE: Pasteurised Milk, Salt, Culture, Enzyme (Rennet), Water, Milk Solids, Butter (Milk), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a, 160c), Soy Lecithin (322).

MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, Egg Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270). SPRAY OIL: Canola Oil, Emulsifier (322 - derived from Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

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

ENGLISH MUFFINS are produced on equipment that also produces products containing Sesame

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

Chicken and Bacon McMuffin®

MCCHICKEN PATTY: Chicken, Water, Flour (Maize, Wheat), Vegetable Oil, Thickeners (1400, 1401, 1420), Starch (Maize, Wheat), Mineral Salts (508, 450, 500, 451), Salt, Spices (Pepper, Celery, Capsicum, Celery Seed), Spice Extracts (100, 160c, Celery, Pepper, Capsicum), Yeast Extracts (Barley),

Anti-Caking Agent (341), Emulsifiers (481, 433), Vegetable Powders (Garlic, Celery, Onion), Herbs (Sage, Rosemary), Canola Oil, Maltodextrin, Antioxidants (320, 310), Food Acid (330), Natural Colours (100, 160c).

ENGLISH MUFFIN: Wheat Flour (Vitamins (Thiamin, Folic Acid)), Water, Yeast, Ground Maize, Sugar, Wheat Gluten, Iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), Soy Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300),

Wheat Malt Flour, Enzyme (1100) (Contains Wheat)), Raising Agent (341),

CHEESE: Pasteurised Milk, Salt, Culture, Enzyme (Rennet), Water, Milk Solids, Butter (Milk), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a, 160c), Soy Lecithin (322).

Cheese [Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour (Milk), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains Soy Lecithin), Colours (160a) RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked

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.

	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
at, 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	
	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®

Chicken and Bacon McMuffin®

Avg Qty / 100g

1030

246

11.7

11 7

2.9

22.8

427

Avg Qty / 100g

1070

256

13.1

12.2

3.0

22.8

1.8

520

Avg Qty / Serve

1710

410

19.5

19.5

4.7

37.9

710

Avg Qty / Serve

1930

461

23.6

21.9

5.4

41.1

3.2

937

Energy (kJ)

Energy (Cal)

Fat. total (g)

Saturated Fat (g)

Carbohydrate (g

Protein (a)

Sugars (g)

Energy (kJ)

Energy (Cal)

rotein (g)

Fat, total (g)

Sugars (g)

Sodium (mg)

Saturated Fat (c

Carbohydrate (g)

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)

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).

Cheese [Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour (Milk), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains Soy Lecithin), Colours (160a)

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

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

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

ENGLISH MUFFINS are produced on equipment that also produces products containing Sesame.

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

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 (80y), 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).

Cheese [Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour (Milk), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains Soy Lecithin), Colours (160a)

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

Contains: Gluten, Wheat, Milk, Soy.

ENGLISH MUFFINS are produced on equipment that also produces products containing Sesame

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

Sausage 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).

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 (30y), 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).

Cheese [Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour (Milk), Salt, Acidity Regulators (260, 330), Emulsifier (322 contains Soy Lecithin), Colours (160a)

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

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

ENGLISH MUFFINS are produced on equipment that also produces products containing Sesame

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

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), lodised 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.

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, Flayour (Modified Corn Starch, Black Pepper Extracts), Canola Oil], Dextrose Monohydrate [Corn Derived (Sulphun Dioxide)], Sodium Acid Pyrophosphate (450), Antifoam (Non-Ionic Polyalkylene Glycol).

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

	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

Mighty McMuffin

	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	

Sausage and Egg McMurring		Double Sausage and Egg McMurrin	
Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
1560	979	2030	1020
374	234	485	243
22.1	13.8	30.2	12.1
20.1	12.6	28.7	14.4
9.1	5.7	13.5	6.8
25.4	15.9	26.0	13.0
2.7	1.7	3.0	1.5
614	384	812	407
	Avg Qty / Serve 1560 374 22.1 20.1 9.1 25.4 2.7	Avg Qty / Serve Avg Qty / 100g 1560 979 374 234 22.1 13.8 20.1 12.6 9.1 5.7 25.4 15.9 2.7 1.7	Avg Qty / Serve Avg Qty / 100g Avg Qty / Serve 1560 979 2030 374 234 485 22.1 13.8 30.2 20.1 12.6 26.7 9.1 5.7 13.5 25.4 15.9 26.0 2.7 1.7 3.0

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

Hotcakes with Butter and Syrus

	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

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Revision: 100

File: QAM-059

Change	Change Tracker:					
Date	Document Number/Revision	Document Title	Issued	Upload Date	Description	
28/05/2025	100	Aus Core Food Menu_May 2025	28/05/2025	28/05/2025	Remove: 24 McNuggets NIP	
11/03/2025	99	Aus Core Food Menu_March 2025	11/03/2025		Updated Sliced Cheese ingredient listing	
10/02/2025	98	Aus Core Food Menu_February 2025	12/02/2025	12/02/2025	Updated build: Classic Angus (remove DLM, add shredded lettuce); remove McWraps, Salads; Grilled Chicken Deluxe; Grape Tomatoes;	
18/12/2024	97	Aus Core Food Menu_December 2024	18/12/2024	,,	Updated Fries Ingredient Listing	
15/10/2024	96	Aus Core Food Menu_October 2024	15/10/2024	16/10/2024	Updated McSpicy, McCrispy & McCrispy Deluxe NIP & Ingredient Information	
11/09/2024	95	Aus Core Food Menu_September 2024	11/09/2024	11/09/2024	Updated Caesar Dressing	
20/08/2024	94	Aus Core Food Menu_July 2024	20/08/2024	21/08/2024	Updated for McChicken Patty and McChicken Sauce formula updates	
14/05/2024	93	Aus Core Food Menu_May 2024	15/05/2024	15/05/2024	Remove Hobart formulations for Sweet and Sour and BBQ Dipping Sauces; Big Mac, McChicken and Tartare Sauce formulation updates	
1/05/2024	92	Aus Core Food Menu_May 2024	1/05/2024	1/05/2024	Updated BBQ Bacon Angus build; remove spray oil and white onion; add red slivered onion	
12/03/2024	91	Aus Core Food Menu_March 2024	13/03/2024	13/03/2024	Updated to include Chicken McMuffin and Chicken and Bacon McMuffin information	
9/02/2024	90	Aus Core Food Menu_February 2024	20/02/2024	20/02/2024	Updated allergen information for PEAL legislative requirements	