



## McDonald's Australia Main Menu Allergens - Ingredients - Nutrition Information

Information correct as at November 2023.

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 standard or core menu items. 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 (including ice for drinks from our beverage system). 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

No food items are sold as allergen free.

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 traces 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 restaurants that serve Halal menu options. Only those items listed on the certificate in the 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.

# BEEF

## Big Mac and Double Big Mac

BIG MAC BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Canola Oil, **Sesame** Seeds, Potato Starch, Glaze, **Wheat Gluten**, Iodised Salt, Yeast, Improver (**Wheat** Flour, Enzymes (Contain **Wheat**), Antioxidant (300), Malted **Wheat** Flour), Emulsifiers (472e, 471), Preservative (282), Natural Flavour.

BEEF PATTIES: Beef.

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), 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).

SHREDDED LETTUCE: Iceberg lettuce.

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

ONIONS: Water, Dehydrated White Onions.

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

GRILL SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains gluten, egg, milk, sesame seeds and soy.

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

BEEF PATTIES and ONION may be cooked on the same equipment as eggs or products containing gluten.

	Big Mac		Double Big Mac	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2360	1010	3210	1030
Energy (Cal)	564	242	767	247
Protein (g)	26.9	11.6	42.6	13.7
Fat, total (g)	31.3	13.4	45.4	14.6
Saturated Fat (g)	11.8	5.0	18.9	6.1
Carbohydrate (g)	41.8	18.0	44.9	14.4
Sugars (g)	7.0	3.0	7.9	2.5
Sodium (mg)	1020	438	1390	447

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	Y				Y			Y		Y

## Cheeseburger

REGULAR BUN: **Wheat** Flour (Vitamins (Thiamin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, **Wheat Gluten**, Yeast, Emulsifiers (471, 472e), Improver (**Wheat** Flour, Enzymes (Contain **Wheat**), Antioxidant (300), Malted **Wheat** Flour), Preservative (282).

BEEF PATTY: Beef.

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

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

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

ONIONS: Water, Dehydrated White Onions.

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

GRILL SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains gluten, milk and soy.

REGULAR BUNS are produced on equipment that also produces products containing sesame seeds or soy.

BEEF PATTY and ONION may be cooked on the same grill as egg or products containing gluten, milk or soy.

	Cheeseburger	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1260	1050
Energy (Cal)	300	252
Protein (g)	16.1	13.5
Fat, total (g)	13.1	11.0
Saturated Fat (g)	6.6	5.5
Carbohydrate (g)	28.5	23.9
Sugars (g)	5.6	4.7
Sodium (mg)	700	588

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	T	Y	Y				T			Y		

## Double Cheeseburger and Triple Cheeseburger

REGULAR BUN: **Wheat** Flour (Vitamins (Thiamin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, **Wheat Gluten**, Yeast, Emulsifiers (471, 472e), Improver (**Wheat** Flour, Enzymes (Contain **Wheat**), Antioxidant (300), Malted **Wheat** Flour), Preservative (282).

BEEF PATTY: Beef.

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

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

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

ONIONS: Water, Dehydrated White Onions.

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

GRILL SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains gluten, milk and soy.

REGULAR BUNS are produced on equipment that also produces products containing sesame seeds or soy.

BEEF PATTY and ONION may be cooked on the same grill as egg or products containing gluten, milk or soy.

	Double Cheeseburger		Triple Cheeseburger	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1880	1070	2510	1070
Energy (Cal)	449	255	599	256
Protein (g)	26.8	15.2	37.5	16.1
Fat, total (g)	23.9	13.5	34.7	14.9
Saturated Fat (g)	12.7	7.2	18.8	8.1
Carbohydrate (g)	30.7	17.4	32.8	14.0
Sugars (g)	6.4	3.7	7.3	3.1
Sodium (mg)	1080	610	1450	621

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	T	Y	Y				T			Y		

## BBQ Bacon Angus

BEEF PATTIES: Angus Beef.

BURGER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Glaze, Canola Oil, Yeast, Iodised Salt, **Wheat Gluten**, Preservative (282), Improver (Emulsifier (481), **Soy** Flour, Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat** Malt Flour, Enzymes (1100) (Contains **Wheat**), Emulsifier (472e), Natural Flavour.

AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.

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

ONIONS: Onion.

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, **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).

ANGUS SEASONING: Salt, Maltodextrin, Spices, Dextrose, Vegetable Powders, Yeast Extract, Sugar, Worcestershire Sauce Powder (Colour (150a)), Anti-caking Agent (551), Flavourings (Milk), Spice Extract (100).

Contains gluten, egg, milk and soy.

BURGER BUN is made in the same equipment as products containing sesame seeds.

BEEF PATTY and BACON may be cooked on the same grill as egg or products containing gluten, milk or soy.

	Avg Qty / Serve		Avg Qty / 100g	
	Energy (kJ)	3360	1130	
Energy (Cal)	803	271		
Protein (g)	50.0	16.9		
Fat, total (g)	44.3	15.0		
Saturated Fat (g)	21.2	7.2		
Carbohydrate (g)	49.0	16.6		
Sugars (g)	12.6	4.2		
Sodium (mg)	1610	545		

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	Y				T			Y	Y	Y

## BEEF (continued)

### Classic Angus

BEEF PATTY: Angus Beef.

BURGER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Glaze, Canola Oil, Yeast, Iodised Salt, **Wheat Gluten**, Preservative (282), Improver (Emulsifier (481), **Soy** Flour, Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat** Malt Flour, Enzymes (1100) (Contains **Wheat**)), Emulsifier (472e), Natural Flavour.

TOMATO: Tomato.

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

LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

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).

ONION: Red Onion.

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)), Anti-caking Agent (551), Flavourings (Milk), Spice Extract (100).

Contains gluten, egg, soy and milk.

BURGER BUN is made in the same equipment as products containing sesame seeds.

BEEF PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2990	957
Energy (Cal)	714	229
Protein (g)	41.9	13.4
Fat, total (g)	39.7	12.7
Saturated Fat (g)	18.9	6.0
Carbohydrate (g)	45.2	14.5
Sugars (g)	9.1	2.9
Sodium (mg)	1130	363

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	Y				T			Y		

### Hamburger

REGULAR BUN: **Wheat** Flour (Vitamins (Thiamin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, **Wheat Gluten**, Yeast, Emulsifiers (471, 472e), Improver (**Wheat** Flour, Enzymes (Contain **Wheat**), Antioxidant (300), Malted **Wheat** Flour), Preservative (282).

BEEF PATTIES: Beef.

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

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

ONION: Water, Dehydrated White Onion.

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

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

Contains gluten and soy.

REGULAR BUNS are produced on equipment that also produces products containing contain sesame seeds and soy.

BEEF PATTY seasoned on the grill with salt, pepper and sunflower oil.

BEEF PATTY AND ONION may be cooked on the same grill as egg or products containing gluten, milk or soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1050	1000
Energy (Cal)	252	240
Protein (g)	13.2	12.6
Fat, total (g)	9.3	8.9
Saturated Fat (g)	4.0	3.8
Carbohydrate (g)	27.7	26.4
Sugars (g)	5.0	4.8
Sodium (mg)	537	512

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	T	T	Y				T			Y		

### Quarter Pounder and Double Quarter Pounder

BEEF PATTIES: Beef.

QUARTER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Canola Oil, **Sesame** Seeds, Glaze, Iodised Salt, Yeast, **Wheat Gluten**, Improver (**Wheat** Flour, Enzymes (Contain **Wheat**), Antioxidant (300), Malted **Wheat** Flour), Preservative (282), Emulsifiers (472e, 471), Natural Flavour, Thickener (412), Antioxidant (300).

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

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

ONIONS: Slivered Onion.

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

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

GRILL SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains gluten, soy, milk and sesame seed.

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

BEEF PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.

	Quarter Pounder		Double Quarter	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2250	1060	3470	1110
Energy (Cal)	538	254	830	264
Protein (g)	31.9	15.1	54.1	17.2
Fat, total (g)	29.0	13.7	51.2	16.3
Saturated Fat (g)	15.1	7.1	27.0	8.6
Carbohydrate (g)	36.6	17.3	37.7	12.0
Sugars (g)	8.2	3.9	9.0	2.9
Sodium (mg)	1040	491	1430	456

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	T	Y	Y				Y			Y		

# CHICKEN AND FISH

## Chicken McNuggets

Chicken, Water, Flour (**Wheat**, Corn), Canola Oil, Starch (1420, 1422, Corn, **Wheat**, Tapioca), Mineral Salts (450, 500, 451, 341, 327), Salt, Spices (Celery, White Pepper, Black Pepper), Sunflower Oil, Dextrose.

OR: Chicken, Water, Flour (**Wheat**, Corn), Vegetable Oil (Canola, Sunflower), Starch (Potato, 1422, 420, Tapioca, **Wheat**, Corn), Mineral Salts (500, 450, 327, 341), Salt, Spices (White Pepper, Celery, Black Pepper), Dextrose.

Contains gluten.

CHICKEN NUGGETS are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk and soy.

	3 Pack		6 Pack		10 Pack		20 Pack		24 Pack	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	544	1120	1090	1120	1810	1120	3630	1120	4350	1120
Energy (Cal)	130	268	260	268	434	268	867	268	1040	268
Protein (g)	7.7	15.9	15.4	15.9	25.7	15.9	51.4	15.9	61.7	15.9
Fat, total (g)	7.7	15.9	15.5	15.9	25.8	15.9	51.6	15.9	61.9	15.9
Saturated Fat (g)	1.2	2.4	2.4	2.4	3.9	2.4	7.9	2.4	9.5	2.4
Carbohydrate (g)	7.3	15.0	14.5	15.0	24.2	15.0	48.5	15.0	58.2	15.0
Sugars (g)	0.1	0.3	0.3	0.3	0.5	0.3	1	0.3	1.2	0.3
Sodium (mg)	238	489	476	489	793	489	1590	489	1900	489

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	T	T	T									

## Chicken 'n' Cheese Burger

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, Natural Colours (100, 160c), Natural Flavouring, Antioxidants (320, 310), Food Acid (330).

REGULAR BUN: **Wheat** Flour (Vitamins (Thiamin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, **Wheat Gluten**, Yeast, Emulsifiers (471, 472e), Improver (**Wheat** Flour, Enzymes (Contains **Wheat**), Antioxidant (300), Malted **Wheat** Flour), Preservative (282).

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).

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

Contains gluten, egg, soy and milk.

REGULAR BUNS are produced on equipment that also produces products containing sesame seeds and soy.

MCCHICKEN PATTY is cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing egg, milk or soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1800	1140
Energy (Cal)	431	272
Protein (g)	19.5	12.4
Fat, total (g)	23.4	14.8
Saturated Fat (g)	4.7	3.0
Carbohydrate (g)	34.9	22.1
Sugars (g)	3.7	2.3
Sodium (mg)	654	414

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	Y				T			Y		

## McCrispy Chicken Burger

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 egg, gluten, milk, and sesame seeds.

MCCRISPY BUN is produced and cooked in 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, egg, milk, and soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2250	1040
Energy (Cal)	537	247
Protein (g)	25.8	11.9
Fat, total (g)	25.9	11.9
Saturated Fat (g)	2.8	1.3
Carbohydrate (g)	48.8	22.5
Sugars (g)	7.4	3.4
Sodium (mg)	983	453

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	T				Y	T		Y		

## McCrispy Chicken Deluxe Burger

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.

Contains egg, gluten, milk, and sesame seeds.

MCCRISPY BUN is produced and cooked in 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, egg, milk, and soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2500	982
Energy (Cal)	598	235
Protein (g)	29.8	11.7
Fat, total (g)	30.6	12.0
Saturated Fat (g)	6	2.3
Carbohydrate (g)	49.3	19.4
Sugars (g)	8.0	3.1
Sodium (mg)	1100	431

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	Y				Y			Y		

## CHICKEN AND FISH (Continued)

### Grilled Chicken Deluxe Burger

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

QUARTER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Canola Oil, **Sesame** Seeds, Glaze, Iodised Salt, Yeast, **Wheat Gluten**, Improver (**Wheat** Flour, Enzymes (Contain **Wheat**), Antioxidant (300), Malted **Wheat** Flour), Preservative (282), Emulsifiers (472e, 471), Natural Flavour, Thickener (412), Antioxidant (300).

AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.

GARLIC MAYONNAISE: Canola Oil, Water, Garlic Mayonnaise Sauce (**Milk**) [Whey Protein Concentrate, 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).

TOMATO: Tomato.

LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

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

Contains gluten, egg, milk, soy and sesame seeds.

QUARTER 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, egg or milk.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2120	925
Energy (Cal)	508	221
Protein (g)	31.3	13.6
Fat, total (g)	27.5	12.0
Saturated Fat (g)	5.9	2.6
Carbohydrate (g)	32.9	14.3
Sugars (g)	4.9	2.1
Sodium (mg)	888	387

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	Y				Y			Y	Y	Y

### McChicken® and Double McChicken®

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, Natural Colours (100, 160c), Natural Flavouring, Food Acid (330).

QUARTER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Canola Oil, **Sesame** Seeds, Glaze, Iodised Salt, Yeast, **Wheat Gluten**, Improver (**Wheat** Flour, Enzymes (Contain **Wheat**), Antioxidant (300), Malted **Wheat** Flour), Preservative (282), Emulsifiers (472e, 471), Natural Flavour, Thickener (412), Antioxidant (300).

LETTUCE: Iceberg Lettuce.

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

Contains gluten, egg, soy and sesame seeds.

QUARTER 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 egg, milk or soy.

	McChicken®		Double McChicken®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1890	977	2980	1020
Energy (Cal)	451	234	712	243
Protein (g)	19.6	10.2	32.5	11.1
Fat, total (g)	22.6	11.7	40.3	13.8
Saturated Fat (g)	3.6	1.9	6.4	2.2
Carbohydrate (g)	41.1	21.3	54.0	18.4
Sugars (g)	4.2	2.2	5.4	1.9
Sodium (mg)	635	329	976	333

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	T	Y				Y			Y		

### McSpicy® Burger

SPICY THIGH: Chicken, Flour (**Wheat**), Water, Vegetable Oil, Thickeners (1420, 1442), Salt, **Gluten (Wheat)**, Yeast and Yeast Extracts, Spice and Spice Extracts (Pepper), Rice Starch, Natural Flavours, Raising Agents (450, 500), Vegetable Powders (Garlic, Onion), Emulsifier (322 - **Soy**), Natural Colour (160C), Herb Extract, Citrus Extract, Hydrolysed Vegetable Protein.

QUARTER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, **Sesame** Seeds, Glaze, Iodised Salt, Natural Flavour, **Wheat Gluten**, Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes),

Thickener (412), Antioxidant (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, egg, soy and sesame seeds.

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

SPICY THIGH is cooked in a McDonald's Vegetable Oil Blend and may be cooked in the same equipment as products containing milk and egg.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2390	1080
Energy (Cal)	571	258
Protein (g)	29.2	13.2
Fat, total (g)	29.4	13.3
Saturated Fat (g)	4.4	2.0
Carbohydrate (g)	46.3	20.9
Sugars (g)	4.5	2.1
Sodium (mg)	1170	528

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	T	Y				Y			Y		

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

REGULAR BUN: **Wheat** Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Glaze, **Wheat Gluten**, Iodised Salt, Yeast, Preservative (282), Emulsifiers (471,472e), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes).

FISH PORTION: **Fish** (Alaskan Pollock and New Zealand 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).

TARTAR 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.

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

Contains gluten, egg, milk, soy and fish.

REGULAR BUNS are produced on equipment that also produces products containing sesame seeds and soy.

FISH PORTION is cooked in a McDonald's Vegetable Oil blend.

	Filet-o-Fish®		Double Filet-o-Fish®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1290	961	2180	947
Energy (Cal)	307	230	522	226
Protein (g)	14.7	11.0	26.8	11.6
Fat, total (g)	12.9	9.6	27.0	11.7
Saturated Fat (g)	1.7	1.3	5.4	2.3
Carbohydrate (g)	31.6	23.6	40.5	17.6
Sugars (g)	3.2	2.4	4.5	1.9
Sodium (mg)	497	372	938	407

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	Y	Y-Fish			Y			Y		

# WRAPS

## Wholemeal Chicken Snack Wrap

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, 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.

LETTUCE: Iceberg Lettuce.

MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).

Contains gluten, egg and soy.

MCCHICKEN PATTY is cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk and soy.

WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1100	1040
Energy (Cal)	264	248
Protein (g)	10.4	9.8
Fat, total (g)	13.2	12.4
Saturated Fat (g)	3.4	3.1
Carbohydrate (g)	25.3	23.7
Sugars (g)	1.8	1.7
Sodium (mg)	324	305

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	T	Y				T			Y		

## Wholemeal Grilled Chicken Snack Wrap

GRILLED CHICKEN BREAST FILLET: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Fruit Powder (Lemon Juice Concentrate, Flavours), Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking 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.

LETTUCE: Iceberg Lettuce.

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), Acidity Regulator (270), Preservative (202).

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

Contains gluten, egg and soy.

WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.

GRILLED CHICKEN may be cooked on the same equipment as egg or products containing gluten or milk.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	908	841
Energy (Cal)	217	201
Protein (g)	13.8	12.8
Fat, total (g)	8.8	8.1
Saturated Fat (g)	2.8	2.6
Carbohydrate (g)	20.0	18.6
Sugars (g)	1.7	1.6
Sodium (mg)	409	379

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	T	Y				T			Y		

## Aioli Chicken McWrap® - Crispy

MCCRISPY CHICKEN 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.

TOMATO: Tomato.

GARLIC MAYONNAISE: Canola Oil, Water, Garlic Mayonnaise Sauce (**Milk**) [Whey Protein Concentrate, 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, egg, milk and soy.

MCCRISPY CHICKEN PATTY is cooked in a McDonald's Vegetable Oil Blend and may be cooked using the same equipment as products containing gluten, milk and 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 seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2480	851
Energy (Cal)	594	203
Protein (g)	27.6	9.5
Fat, total (g)	30.3	10.4
Saturated Fat (g)	5.4	1.9
Carbohydrate (g)	50.9	17.5
Sugars (g)	4.8	1.6
Sodium (mg)	865	296

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	Y				T			Y	Y	Y

## Aioli Chicken McWrap® - Grilled

GRILLED CHICKEN BREAST FILLET: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Vegetable powders (Onion, garlic) Fruit Powder (Lemon Juice Concentrate, Maltodextrin, Anticaking Agent (551) Flavours), Herbs (Parsley, Thyme), Sugar, Vinegar Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola).

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.

TOMATO: Tomato.

GARLIC MAYONNAISE: Canola Oil, Water, Garlic Mayonnaise Sauce (**Milk**) [Whey Protein Concentrate, 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 COOKING OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains gluten, egg, milk and soy.

GRILLED CHICKEN BREAST FILLET and BACON may be cooked using the same equipment as eggs or products containing gluten.

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.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1870	729
Energy (Cal)	447	174
Protein (g)	27.8	10.8
Fat, total (g)	20.6	8.0
Saturated Fat (g)	4.9	1.9
Carbohydrate (g)	36.2	14.1
Sugars (g)	4.2	1.6
Sodium (mg)	729	284

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	Y				T			Y	Y	Y

## WRAPS (Continued)

### Chicken Caesar McWrap® - Crispy

MCCRISPY CHICKEN 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 DRESSING: 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).

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

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

Contains gluten, egg, milk and soy.

MCCRISPY CHICKEN PATTY is cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing egg or milk.

BACON may be cooked using the same equipment as egg or products containing gluten.

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.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2620	980
Energy (Cal)	626	234
Protein (g)	31.9	11.9
Fat, total (g)	32.0	12.0
Saturated Fat (g)	7.0	2.6
Carbohydrate (g)	51.0	19.1
Sugars (g)	5.0	1.9
Sodium (mg)	1140	428

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	Y				T			Y		

### Chicken Caesar McWrap® - Grilled

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

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 DRESSING: 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).

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

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

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

Contains gluten, egg, milk and soy.

GRILLED CHICKEN BREAST FILLET and BACON may be cooked using the same equipment as eggs or products containing gluten.

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.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1990	859
Energy (Cal)	476	205
Protein (g)	31.9	13.7
Fat, total (g)	22.4	9.6
Saturated Fat (g)	6.5	2.8
Carbohydrate (g)	35.8	15.4
Sugars (g)	4.2	1.8
Sodium (mg)	1010	436

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	Y				T			Y		

## 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.

May contain sulphites.

FRIES are cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk and 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)	860	1190	1240	1190	1530	1190
Energy (Cal)	206	286	297	286	366	286
Protein (g)	3.3	4.6	4.7	4.6	5.8	4.6
Fat, total (g)	10.4	14.4	15.0	14.4	18.5	14.4
Saturated Fat (g)	0.8	1.2	1.2	1.2	1.5	1.2
Carbohydrate (g)	23.5	32.6	33.9	32.6	41.7	32.6
Sugars (g)	0.1	0.2	0.2	0.2	0.3	0.2
Sodium (mg)	194	269	280	269	344	269

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
T	T	T	T					T		Y		

# FRUIT and SALADS

## Apples

Apple Slices, Antioxidants (302).

May contain Apple Seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	136	226
Energy (Cal)	32	54
Protein (g)	0.6	1.0
Fat, total (g)	0.2	0.3
Saturated Fat (g)	0.1	0.1
Carbohydrate (g)	6.1	10.2
Sugars (g)	6.1	10.1
Sodium (mg)	3	5

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours

## 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)	15.0	2.4
Sugars (g)	0.7	1.1
Sodium (mg)	5	8

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours

## Caesar Chicken Salad - Crispy

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

MCCRISPY CHICKEN 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 DRESSING: 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).

CROUTONS: **Wheat** Flour, Water, Canola Oil, Bagel Base (Sugar, Enriched **Wheat** Flour, Malted Barley Flour, **Wheat Gluten**, Firming Agent (Calcium Sulfate), Antioxidant (Ascorbic Acid), Salt, Enzymes), Sea Salt, Iodised Salt, **Gluten**, Yeast, Vinegar).

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

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

	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

Contains gluten, egg, milk and soy.

May contain sesame seeds and tree nuts.

MCCRISPY CHICKEN PATTY is cooked in a McDonald's Vegetable Oil Blend and may be cooked using the same equipment as products containing egg, milk and soy.

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	Y			T	T			Y		

## Caesar Chicken Salad - Grilled

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

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

CAESAR DRESSING: 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).

CROUTONS: **Wheat** Flour, Water, Canola Oil, Bagel Base (Sugar, Enriched **Wheat** Flour, Malted Barley Flour, **Wheat Gluten**, Firming Agent (Calcium Sulfate), Antioxidant (Ascorbic Acid), Salt, Enzymes), Sea Salt, Iodised Salt, **Gluten**, Yeast, Vinegar).

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

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

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2040	707
Energy (Cal)	487	169
Protein (g)	36.6	12.7
Fat, total (g)	30.3	10.5
Saturated Fat (g)	6.3	2.2
Carbohydrate (g)	16.5	5.7
Sugars (g)	5.5	1.9
Sodium (mg)	1440	500

Contains gluten, egg, milk and soy.

May contain Tree Nuts and Sesame Seeds.

GRILLED CHICKEN PATTY and BACON may be cooked using the same equipment as eggs or products containing gluten.

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	Y			T	T			Y		



## FRUIT and SALADS (Continued)

### Classic Chicken Salad - Crispy

MCCRISPY CHICKEN 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).

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

GRAPE TOMATO: Grape Tomato.

CUCUMBER: Cucumber.

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).

PEPITA SACHET: Pepitas.

Contains gluten and soy.

PEPITAS are produced in the same facility as products containing gluten, milk, soy, sesame seeds and tree nuts.

MCCRISPY CHICKEN PATTY is cooked in a McDonald's Vegetable Oil Blend and may be cooked using the same equipment as products containing egg and milk.

	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)	5.4	1.8
Sodium (mg)	624	183

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	T	T	Y			T	T			Y		

### Classic Chicken Salad - Grilled

GRILLED CHICKEN BREAST FILLET: 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.

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

GRAPE TOMATO: Grape Tomato.

CUCUMBER: Cucumber.

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).

PEPITA SACHET: Pepitas.

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

Contains soy.

May contain gluten, milk, tree nuts and sesame seeds.

GRILLED CHICKEN PATTY may be cooked using the same equipment as eggs or products containing gluten.

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

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
T	T	T	Y			T	T			Y		

### Garden Salad with Balsamic Dressing

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: Cucumber.

TOMATO: Grape tomatoes.

	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

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
										Y		

## CONDIMENTS

### Balsamic Salad 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).

	Avg Qty / Serve	Avg Qty / 100mL
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

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
										Y		

### Caesar Salad Dressing

CAESAR DRESSING: 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).

Contains gluten, eggs, milk, soy.

May contain sulphites.

	Avg Qty / Serve	Avg Qty / 100mL
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

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	Y					T		Y	Y	

## CONDIMENTS (Continued)

### McNugget Dipping Sauces

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

Contains gluten and soy.

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 and soy.

SWEET N' SOUR 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 and soy.

SWEET MUSTARD: 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).

	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Barbecue	Y			Y							Y		
Sweet and Sour	Y			Y							Y		
Sweet Mustard											Y		

### Sauces

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

Contains soy.

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

Contains soy.

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).

Contains egg and milk.

OR: (Hobart City Council Region ONLY) Canola Oil , Water, Garlic Mayonnaise Sauce (**Milk**) [Whey Protein Concentrate, 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, eggs, milk, and soy.

TARTARE SAUCE: Pickles, Water, Soybean Oil (Antioxidant (330)), 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.

Contains egg.

	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Ketchup				Y									
Aioli		Y	Y								Y		
Aioli (Hobart City Council Region ONLY)	Y	Y	Y	Y							Y	Y	Y
Tartare Sauce		Y									Y		

	Barbecue		Sweet and Sour		Sweet Mustard	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	195	697	204	727	327	1170
Energy (Cal)	47	167	49	174	78	279
Protein (g)	0.3	1.1	0.1	0.5	0.3	1.0
Fat, total (g)	0.1	0.2	0.1	0.2	2.9	10.3
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.2	0.7
Carbohydrate (g)	11.0	39.2	11.6	41.6	12.7	45.2
Sugars (g)	9.8	35.0	10.4	37.3	5.6	20.0
Sodium (mg)	174	622	126	451	109	390

	Ketchup		Aioli		Tartare	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	43	478	775	2770	184	947
Energy (Cal)	10	114	185	661	44	226
Protein (g)	0.1	1.5	0.5	1.9	0.2	1
Fat, total (g)	0.0	0.0	20.0	71.5	4.7	24.2
Saturated Fat (g)	0.0	0.0	1.6	5.8	0.7	3.9
Carbohydrate (g)	2.3	26.1	1.5	5.2	0.4	2.1
Sugars (g)	1.8	20.0	1.0	3.4	0.3	1.7
Sodium (mg)	88	983	112	400	107	552

# BREAKFAST

## Big Brekkie Burger

QUARTER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Yeast, **Wheat** Gluten, Improver (**Wheat** Flour, Enzymes (Contain **Wheat**), Antioxidant (300), Malted **Wheat** Flour), Preservative (282), Emulsifiers (472e, 471), Natural Flavour, Thickener (412), Antioxidant (300).

HASH BROWN: Potato, Vegetable Oil, Salt, Dextrose (from Maize), Dehydrated Potato, Natural Flavour (Black Pepper Extracts).

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

EGG: Egg.

BEEF PATTY: Beef.

AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.

HOUSE GRILL 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.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3060	1000
Energy (Cal)	732	239
Protein (g)	40.2	13.1
Fat, total (g)	39.7	13.0
Saturated Fat (g)	14.4	4.7
Carbohydrate (g)	51.4	16.8
Sugars (g)	9.4	3.1
Sodium (mg)	1540	503

Contains gluten, milk, egg, soy and sesame seeds.

May contain sulphites.

QUARTER 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, egg, milk and soy.

BACON RASHER may be cooked on the same equipment as egg and products containing gluten, milk and soy.

BEEF PATTY may be cooked on the same equipment as egg and products containing gluten, milk and soy.

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	Y				Y			Y	Y	Y

## Hash Brown

HASH BROWN: Potato, Vegetable Oil, Salt, Dextrose (from Maize), Dehydrated Potato, Natural Flavour (Black Pepper Extracts).

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

May contain sulphites.

HASH BROWNS are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk and soy.

	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

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
T	T	T	T					T		Y		

## Hotcakes

HOTCAKES: Water, **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Sugar, Whey Powder (Contains **Milk**), Maize Flour, Canola Oil, Raising Agents (500, 541, 341), Dextrose, Emulsifier (471) (Antioxidants (307, 304, 330) [RSPO Palm Oil]), Iodised Salt, Emulsifier (481), **Egg** Powder, Thickener (415).

Contains gluten, egg and milk.

	Plain		with Syrup and Butter	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1360	898	2490	1120
Energy (Cal)	325	215	596	267
Protein (g)	8.8	5.8	9.4	4.2
Fat, total (g)	8.8	5.8	18.6	8.3
Saturated Fat (g)	1.5	1.0	8.4	3.8
Carbohydrate (g)	50.8	33.6	95.7	42.9
Sugars (g)	12.1	8.0	44.2	19.8
Sodium (mg)	478	316	575	258

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y										
Y	Y	Y								Y	Y	Y

## Hotcake Condiments

HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Artificial Maple Flavour, Preservative (202), Caramel Color (150d).

WHIPPED BUTTER: Cream (**Milk**), Water and Salt.

Contains milk.

OR: (Hobart City Council Region ONLY)

HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Artificial Maple Flavour, Preservative (202), Caramel Colour (150d).

BUTTER PORTION: Pasteurised **Cream** (from **Milk**), Water, Salt.

Contains milk.

	Hotcake Syrup		Whipped Butter (2 portions)		Butter (2 portions)	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	794	1312	342	3020	482	3010
Energy (Cal)	187	309	82	721	115	720
Protein (g)	0.6	1.0	0.1	0.5	0.2	1.0
Fat, total (g)	0.6	1.0	9.2	81.0	12.9	80.5
Saturated Fat (g)	0.6	1.0	6.2	55.1	8.6	53.5
Carbohydrate (g)	44.8	74.0	0.1	0.7	0.2	1
Sugars (g)	32.1	53.0	0.1	0.7	0.2	1
Sodium (mg)	18	30	79	695	102	640

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
		Y								Y	Y	Y
		Y										

## BREAKFAST (Continued)

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

ENGLISH MUFFIN: **Wheat** Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Muffin Coating Mix (Maize Polenta, Maize Flour, **Wheat** Flour, Preservative (200)), **Wheat Gluten**, Yeast, Iodised Salt, Sugar, Canola Oil, Preservative (282), Emulsifier (472), Acidity Regulator (262, 297), Emulsifier (471) (Antioxidants (307, 304, 330) [RSPO Palm Oil]), Improver (**Soy** Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat** Malt Flour, Enzymes (1100) (Contain Wheat)), Raising Agent (341), Processing Aid: (Enzyme (1101), White Oil).

EGG: **Egg**.

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

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

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

Contains gluten, egg, milk and soy.

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

BACON may be cooked on the same grill as egg or products containing gluten, milk or soy.

EGG may be cooked on the same grill as products containing gluten, milk or soy.

	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
	Y	Y	Y	Y				T			Y		

	Bacon & Egg McMuffin®		Double Bacon & Egg McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1220	909	1330	902
Energy (Cal)	291	217	319.0	216
Protein (g)	18.5	13.8	21.9	14.8
Fat, total (g)	12.8	9.6	14.3	9.6
Saturated Fat (g)	5.2	3.9	5.8	3.9
Carbohydrate (g)	24.4	18.2	24.7	16.7
Sugars (g)	2.5	1.8	2.7	1.8
Sodium (mg)	646	482	835	564

### English McMuffin®

ENGLISH MUFFIN: **Wheat** Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Muffin Coating Mix (Maize Polenta, Maize Flour, **Wheat** Flour, Preservative (200)), **Wheat Gluten**, Yeast, Iodised Salt, Sugar, Canola Oil, Preservative (282), Emulsifier (472), Acidity Regulator (262, 297), Emulsifier (471) (Antioxidants (307, 304, 330) [RSPO Palm Oil]), Improver (**Soy** Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat** Malt Flour, Enzymes (1100) (Contain **Wheat**)), Raising Agent (341), Processing Aid: (Enzyme (1101), White Oil).

OIL: Canola Oil, Emulsifiers (**Soy** Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains gluten and soy.

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

	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
	Y			Y				T			Y		

	English McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	592	1040
Energy (Cal)	142	249
Protein (g)	6.2	10.8
Fat, total (g)	2.1	3.7
Saturated Fat (g)	0.5	0.8
Carbohydrate (g)	23.2	40.9
Sugars (g)	1.5	2.7
Sodium (mg)	251	441

### Mighty McMuffin®

ENGLISH MUFFIN: **Wheat** Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Muffin Coating Mix (Maize Polenta, Maize Flour, Wheat Flour, Preservative (200)), **Wheat Gluten**, Yeast, Iodised Salt, Sugar, Canola Oil, Preservative (282), Emulsifier (472), Acidity Regulator (262, 297), Emulsifier (471) (Antioxidants (307, 304, 330) [RSPO Palm Oil]), Improver (**Soy** Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat** Malt Flour, Enzymes (1100) (Contain **Wheat**)), Raising Agent (341), Processing Aid: (Enzyme (1101), White Oil).

EGG: **Egg**.

SAUSAGE PATTY: Beef, Salt, Maltodextrin, Sugar, Spices (Pepper, Chilli), Vegetable Powders (Onion, Garlic), Anti-caking Agent (341), Herb Extract (Rosemary), Spice Extract (Nutmeg).

OR Beef, Salt, Maltodextrin, Sugar, Spices, Vegetable Powders, Anti-caking Agent (341), Herb Extract, Spice Extract (**Soy**).

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

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

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

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

Contains gluten, egg, milk and soy.

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

SAUSAGE PATTY and BACON may be cooked on the same grill as egg or products containing gluten, milk or soy.

EGG may be cooked on the same grill as products containing gluten, milk or soy.

	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
	Y	Y	Y	Y				T			Y		

### Sausage McMuffin® and Double Sausage McMuffin®

ENGLISH MUFFIN: **Wheat** Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Muffin Coating Mix (Maize Polenta, Maize Flour, **Wheat** Flour, Preservative (200)), **Wheat Gluten**, Yeast, Iodised Salt, Sugar, Canola Oil, Preservative (282), Emulsifier (472), Acidity Regulator (262, 297), Emulsifier (471) (Antioxidants (307, 304, 330) [RSPO Palm Oil]), Improver (**Soy** Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat** Malt Flour, Enzymes (1100) (Contain **Wheat**)), Raising Agent (341), Processing Aid: (Enzyme (1101), White Oil).

SAUSAGE PATTY: Beef, Salt, Maltodextrin, Sugar, Spices (Pepper, Chilli), Vegetable Powders (Onion, Garlic), Anti-caking Agent (341), Herb Extract (Rosemary), Spice Extract (Nutmeg).

OR Beef, Salt, Maltodextrin, Sugar, Spices, Vegetable Powders, Anti-caking Agent (341), Herb Extract, Spice Extract (**Soy**).

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

OIL: Canola Oil, Emulsifiers (**Soy** Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains gluten, milk and soy.

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

SAUSAGE PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.

	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
	Y	T	Y	Y				T			Y		

	Sausage McMuffin®		Double Sausage McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1310	1180	1830	1210
Energy (Cal)	313	283	436	290
Protein (g)	17.5	15.8	26.1	17.3
Fat, total (g)	15.7	14.2	25.5	17.0
Saturated Fat (g)	8.0	7.2	13.0	8.6
Carbohydrate (g)	24.3	21.9	24.5	16.3
Sugars (g)	2.3	2.1	2.6	1.7
Sodium (mg)	566	511	718	477

## BREAKFAST (Continued)

### Sausage & Egg McMuffin® and Double Sausage & Egg McMuffin®

ENGLISH MUFFIN: **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, **Wheat Gluten**, Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver (**Soy** Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat** Malt Flour, Enzymes (1100 - Wheat), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e).

SAUSAGE PATTY: Beef, Salt, Maltodextrin, Sugar, Spices (Pepper, Chilli), Vegetable Powders (Onion, Garlic), Anti-caking Agent (341), Herb Extract (Rosemary), Spice Extract (Nutmeg).

OR Beef, Salt, Maltodextrin, Sugar, Spices, Vegetable Powders, Anti-caking Agent (341), Herb Extract, Spice Extract (**Soy**).

EGG: **Egg**.

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

OIL: Canola Oil, Emulsifiers (**Soy** Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains gluten, egg, milk and soy.

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

SAUSAGE PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.

EGG may be cooked on the same grill as products containing gluten, milk or soy.

	Sausage & Egg McMuffin®		McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1620	1010	2130	1070
Energy (Cal)	387	242	510	256
Protein (g)	23.6	14.8	32.1	16.1
Fat, total (g)	21.2	13.3	31.0	15.6
Saturated Fat (g)	9.7	6.1	14.7	7.3
Carbohydrate (g)	24.4	15.3	24.7	12.4
Sugars (g)	2.5	1.5	2.7	1.4
Sodium (mg)	609	381	761	382

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	Y				T			Y		