



McDonald's Australia

Main Food Menu

Food and Beverage - Allergen - Ingredients - Nutrition Information

Information correct as at October 2024

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

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

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

Food Sensitivities and Preferences

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

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

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

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

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

Allergen Summary: As we operate working kitchens please be aware that there is always a risk that allergen containing ingredients may be transferred during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item sold is free from cross contact of allergens.																							
	Gluten	Wheat	Egg	Milk	Soy	Sesame	Peanut	Tree nut								Fish	Crustacea	Molluscs	Sulphites	Lupin	Added Preservative	Artificial Colour	Artificial Flavour
								Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio								
BEEF																							
BBQ Bacon Angus	P	P	P	P	P	P														P		P	
Big Mac and Double Big Mac	P	P	P	P	P	P														P			
Cheeseburger, Double Cheeseburger and Triple Cheeseburger	P	P	M	P	P	P														P			
Classic Angus	P	P	P	P	P	P														P			
Hamburger	P	P	M	M	P	P														P			
Quarter Pounder and Double Quarter Pounder	P	P	M	P	P	P														P			
CHICKEN AND FISH																							
Chicken McNuggets®	P	P		M	M																		
Chicken 'n' Cheese	P	P	P	P	P	P														P			
Grilled Chicken Deluxe	P	P	P	P	P	P														P	P	P	
McChicken® and Double McChicken®	P	P	P	M	M	P														P			
McCrispy®	P	P	P	P	M	P														P			
McCrispy® Deluxe	P	P	P	P	M	P														P			
McSpicy®	P	P	P	M	M	P														P			
Filet-O-Fish®	P	P	P	P	P	P									P					P			
WRAPS																							
Aioli Grilled Chicken McWrap®	P	P	P	P	P	M														P	P	P	
Aioli Crispy Chicken McWrap®	P	P	P	P	P	M														P	P	P	
Caesar Grilled Chicken McWrap®	P	P	P	P	P	M														P			
Caesar Crispy Chicken McWrap®	P	P	P	P	P	M														P			
Chicken Snack Wrap	P	P	P	M	M	M														P			
Grilled Chicken Snack Wrap	P	P	P	M	P	M														P			
FRIES																							
Fries	M	M		M	M															P			
FRUIT and SALADS																							
Apple Slices																							
Grape Tomatoes																							
Caesar Grilled Chicken Salad	P	P	P	P	P															P			
Caesar Crispy Chicken Salad	P	P	P	P	P															P			
Classic Grilled Chicken Salad	M	M	M	M	P	M		M	M	M	M	M	M	M	M	M				P			
Classic Crispy Chicken Salad	P	P		M	M	M		M	M	M	M	M	M	M	M					P			
Garden Salad								M	M	M	M	M	M	M	M					P			
CONDIMENTS																							
Balsamic Salad Dressing																				P			
Caesar Salad Dressing	P		P	P	P															P			
Barbeque Dipping Sauce	P	P			P															P			
Sweet and Sour Dipping Sauce	P	P			P															P			
Sweet Mustard Dipping Sauce																				P			
Ketchup					P																		
Aioli	P	P	P	P	P															P			

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

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

Chart key:

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

M: Ingredient may be present

BEEF										
BBQ Bacon Angus					BBQ Bacon Angus					
BEEF PATTIES: Angus Beef.					Avg Qty / Serve					
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),					Avg Qty / 100g					
Wheat Malt Flour, Enzyme (1100) (Contains Wheat), Natural Flavour, Emulsifier (472e), Sesame Seeds.					Energy (kJ)					
AUSSIE JACK CHEESE: Pasteurised Milk , Salt, Starter Culture, Non-animal Rennet.					3320					
RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.					794					
SLIVERED RED ONION: Red Onion.					48.1					
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).					44.0					
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).					21.0					
ANGUS SEASONING: Salt, Maltodextrin, Spices, Dextrose, Vegetable Powders, Yeast Extract, Sugar, Worcestershire Sauce Powder [Colour (150a)], Anticaking Agent (551), Flavourings (Milk), Spice Extract (100).					49.9					
					Saturated Fat (g)					
					21.0					
					Carbohydrate (g)					
					49.9					
					Sugars (g)					
					12.4					
					Sodium (mg)					
					1570					
					532					
Contains: Wheat, Gluten, Milk, Soy, Egg, Sesame.										
BEEF PATTY, BACON and GRILLED ONION may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.										
Big Mac® and Double Big Mac®					Big Mac®		Double Big Mac®			
BIG MAC BUN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Yeast, Canola Oil, Sesame Seeds, Potato Starch, Wheat Gluten, Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Preservative (282), Improver (Wheat Flour, Ascorbic Acid (300), Enzymes), Emulsifier (472e, 471), Natural Flavour, Ascorbic Acid (300).					Avg Qty / Serve		Avg Qty / 100g			
BEEF PATTIES: Beef.					Avg Qty / 100g		Avg Qty / 100g			
BIG MAC SAUCE: Vegetable Oil [Antioxidant (307b)], Sweet Relish [Diced Cherkim, 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).					Energy (kJ)		3160			
SHREDDED LETTUCE: Iceberg Lettuce.					Energy (Cal)		755			
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).					Protein (g)		40.9			
ONIONS: Water, Dehydrated White Onions.					Fat, total (g)		43.9			
PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Natural Flavour.					Saturated Fat (g)		18.4			
SEASONING: Salt, Black Pepper, Sunflower Oil.					Carbohydrate (g)		47.7			
					Sugars (g)		8.1			
					Sodium (mg)		468			
					1090		1440			
					468		1440			
					1440		463			
Contains: Gluten, Wheat, Milk, Soy, Egg, Sesame.										
BIG MAC BUNS are produced on equipment that also produces products containing Soy.										
BEEF PATTIES and ONION may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.										
Cheeseburger, Double Cheeseburger and Triple Cheeseburger					Cheeseburger		Double Cheeseburger		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,					Avg Qty / Serve		Avg Qty / 100g		Avg Qty / 100g	
Ascorbic Acid (300), Enzymes), Emulsifier (472e, 471), Ascorbic Acid (300), Enzymes (Wheat Flour, Enzymes), Sesame Seeds.					Avg Qty / 100g		Avg Qty / 100g		Avg Qty / 100g	
BEEF PATTIES: Beef.					Energy (kJ)		1240		1040	
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).					Energy (Cal)		297		249	
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (Soybean Oil).					Protein (g)		15.3		12.8	
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.					Fat, total (g)		12.5		10.5	
PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Natural Flavour.					Saturated Fat (g)		6.4		5.4	
ONIONS: Water, Dehydrated White Onions.					Carbohydrate (g)		29.6		24.8	
SEASONING: Salt, Black Pepper, Sunflower Oil.					Sugars (g)		5.8		4.9	
					Sodium (mg)		725		609	
					1110		630		1500	
					630		1500		640	
Contains: Gluten, Wheat, Milk, Soy, Sesame.										
REGULAR BUN is produced and cooked in equipment that also produces products containing Soy, Sesame.										
BEEF PATTIES may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.										
Classic Angus					Classic Angus		Classic Angus		Classic Angus	
BEEF PATTY: Angus Beef.					Avg Qty / Serve		Avg Qty / 100g		Avg Qty / 100g	
BURGER BUN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Yeast, Canola Oil, Iodised Salt, Wheat Gluten, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Preservative (282), Improver (Emulsifier (481), Soy Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300),					Avg Qty / 100g		Avg Qty / 100g		Avg Qty / 100g	
Wheat Malt Flour, Enzyme (1100) (Contains Wheat), Natural Flavour, Emulsifier (472e), Sesame Seeds.					Energy (kJ)		2950		946	
SLICED TOMATO: Tomato.					Energy (Cal)		706		226	
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).					Protein (g)		40.1		12.8	
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.					Fat, total (g)		39.3		12.6	
SLIVERED RED ONION: Red Onion.					Saturated Fat (g)		18.7		6.0	
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).					Carbohydrate (g)		46.2		14.8	
PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Natural Flavour.					Sugars (g)		9.3		3.0	
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.					Sodium (mg)		1090		351	
ANGUS SEASONING: Salt, Maltodextrin, Spices, Dextrose, Vegetable Powders, Yeast Extract, Sugar, Worcestershire Sauce Powder [Colour (150a)], Anticaking Agent (551), Flavourings (Milk), Spice Extract (100.), Spice Extract (100).										
Contains: Gluten, Wheat, Milk, Soy, Egg, Sesame.										
BEEF PATTY may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.										

BEEF

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

Quarter Pounder® and Double Quarter Pounder®	Quarter Pounder®		Double Quarter Pounder®		
BEEF PATTY: Beef. QUARTER POUNDER BUN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Yeast, Sugar, Canola Oil, Sesame Seeds, Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Wheat Gluten, Preservative (282), Improver (Wheat Flour, Ascorbic Acid (300), Enzymes), Natural Flavour, Emulsifier (472e, 471), Thickener (412), Ascorbic Acid (300). KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (Soybean Oil). SLICED CHEESE: Cheese (Pasteurised Milk , Salt, Culture, Enzyme (Rennet)), Water, Milk Solids, Butter (Milk), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), Soy Lecithin (322). SLIVERED ONIONS: White Onion. PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Natural Flavour. MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring. SEASONING: Salt, Black Pepper, Sunflower Oil.	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
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.	Energy (kJ)	2240	1050	3440	1100
	Energy (Cal)	534	252	823	262
	Protein (g)	31.3	14.8	53.5	17.0
	Fat, total (g)	28.5	13.4	50.3	16.0
	Saturated Fat (g)	14.9	7.0	26.8	8.5
	Carbohydrate (g)	37.1	17.5	38.2	12.2
	Sugars (g)	8.6	4.0	9.4	3.0
	Sodium (mg)	1110	522	1510	481

CHICKEN AND FISH

Chicken McNuggets®	3 pc		6 pc		10 pc	
CHICKEN MCNUGGETS®: Chicken, Water, Flour (Wheat , Corn), Canola Oil, Thickeners (1420, 1422), Starch (Potato, Corn, Wheat , Tapioca), Salt, Mineral Salts (450, 500, 341, 327), Spices (Celery, White Pepper, Black Pepper), Sunflower Oil, Dextrose.	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
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.	Energy (kJ)	452	931	905	931	1510
	Energy (Cal)	108	222	216	222	360
	Protein (g)	6	12.4	12.1	12.4	20.1
	Fat, total (g)	6.5	13.4	13	13.4	21.7
	Saturated Fat (g)	0.8	1.6	1.6	1.6	20.6
	Carbohydrate (g)	6.2	12.7	12.4	12.7	20.6
	Sugars (g)	0.2	0.4	0.4	0.4	0.7
	Sodium (mg)	191	394	383	394	638

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

CHICKEN AND FISH

Chicken 'n' Cheese

MCHICKEN 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).

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

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

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

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

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

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

	Chicken 'n' Cheese	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1740	1080
Energy (Cal)	416	257
Protein (g)	17.8	11
Fat, total (g)	20.6	12.8
Saturated Fat (g)	3.7	2.3
Carbohydrate (g)	38.7	23.9
Sugars (g)	3.8	2.4
Sodium (mg)	696	413

Grilled Chicken Deluxe

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

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

GARLIC AIOLI: Canola Oil, Water, Garlic Mayonnaise Sauce [Whey Protein Concentrate (**Milk**), Acidity Regulator (575), Flavour Enhancer (635), Salt, Colour (171), Mineral Salt (508), Yeast Extract, Preservative (202, 211), Canola Oil, Flavourings (**Milk**)], **Egg** Yolk [**Egg** Yolk, Salt], Glucose Syrup (**Wheat**), Minced Garlic, Vinegar, Dijon Mustard, Mustard, **Oat** Fibre, Emulsifiers (435, 322 (**Soy**)), Vegetable Gum (415), Antioxidant (307b).

SLICED TOMATO: Tomato.

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

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

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

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

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

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

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

McChicken® and Double McChicken®

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

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

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

SHREDDED LETTUCE: Iceberg Lettuce.

Contains: Gluten, Wheat, Egg, Sesame.

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

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

	McChicken®		Double McChicken®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	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), 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.

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

CHICKEN AND FISH

McCrispy® Chicken Deluxe

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

McSpicy® Burger

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

Contains: Gluten, Wheat, Egg, Sesame.

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

SPICY THIGH PATTY is cooked in a McDonald's Vegetable Oil Blend and may be cooked in the same equipment as products containing Gluten, Wheat, Milk, Soy.

	McSpicy® Burger	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	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).

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

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

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

	Filet-o-Fish®		Double Filet-o-Fish®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1380	986	2170	940
Energy (Cal)	330	236	518	225
Protein (g)	15.5	11	26.3	11.4
Fat, total (g)	14.3	10.2	26.7	11.6
Saturated Fat (g)	2.9	2.1	5.4	2.3
Carbohydrate (g)	33.1	23.6	40.5	17.6
Sugars (g)	3.7	2.6	4.7	2.0
Sodium (mg)	522	372	938	407

WRAPS

Aioli Grilled Chicken McWrap®

GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Fruit Powder [Contains Lemon Juice Concentrate, Flavours], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anticaking Agent (341), Spice Extract (Pepper), Vegetable Oil.
 WHOLEMEAL TORTILLA: **Wheat** Flour (Thiamine, Folic Acid), Water, Whole **Wheat** Flour (Thiamine, Folic Acid), Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Yeast.
 DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.
 SLICED TOMATO: Tomato.
 GARLIC AIOLI: Canola Oil, Water, Garlic Mayonnaise Sauce [Whey Protein Concentrate (**Milk**), Acidity Regulator (575), Flavour Enhancer (635), Salt, Colour (171), Mineral Salt (508), Yeast Extract, Preservative (202, 211), Canola Oil, Flavourings (**Milk**)], **Egg** Yolk [**Egg** Yolk, Salt], Glucose Syrup (**Wheat**), Minced Garlic, Vinegar, Dijon Mustard, Mustard, **Oat** Fibre, Emulsifiers (435, 352 (**Soy**)), Vegetable Gum (415), Antioxidant (307b).
 SPRAY OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

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

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

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

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

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

WRAPS																													
Aioli Crispy Chicken McWrap®		Aioli Crispy Chicken McWrap®																											
<p>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).</p> <p>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.</p> <p>DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.</p> <p>SLICED TOMATO: Tomato.</p> <p>GARLIC AIOLI: Canola Oil, Water, Garlic Mayonnaise Sauce [Whey Protein Concentrate (Milk), Acidity Regulator (575), Flavour Enhancer (635), Salt, Colour (171), Mineral Salt (508), Yeast Extract, Preservative (202, 211), Canola Oil, Flavourings (Milk)], Egg Yolk [Egg Yolk, Salt], Glucose Syrup (Wheat), Minced Garlic, Vinegar, Dijon Mustard, Mustard, Oat Fibre, Emulsifiers [435, 322 (Soy)], Vegetable Gum (415), Antioxidant (307b).</p>		<table border="1"> <thead> <tr> <th></th> <th>Avg Qty / Serve</th> <th>Avg Qty / 100g</th> </tr> </thead> <tbody> <tr><td>Energy (kJ)</td><td>2490</td><td>853</td></tr> <tr><td>Energy (Cal)</td><td>595</td><td>204</td></tr> <tr><td>Protein (g)</td><td>27.8</td><td>9.5</td></tr> <tr><td>Fat, total (g)</td><td>30.6</td><td>10.5</td></tr> <tr><td>Saturated Fat (g)</td><td>5.6</td><td>1.9</td></tr> <tr><td>Carbohydrate (g)</td><td>49.9</td><td>17.1</td></tr> <tr><td>Sugars (g)</td><td>4.8</td><td>1.7</td></tr> <tr><td>Sodium (mg)</td><td>871</td><td>298</td></tr> </tbody> </table>		Avg Qty / Serve	Avg Qty / 100g	Energy (kJ)	2490	853	Energy (Cal)	595	204	Protein (g)	27.8	9.5	Fat, total (g)	30.6	10.5	Saturated Fat (g)	5.6	1.9	Carbohydrate (g)	49.9	17.1	Sugars (g)	4.8	1.7	Sodium (mg)	871	298
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<p>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.</p> <p>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.</p> <p>DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.</p> <p>CAESAR SAUCE: Canola Oil [Antioxidant (307b)], Water, Vinegar, Whole Egg, Lemon Juice, Sugar, Salt, Egg Yolk, Parmesan Cheese Powder (Milk), Minced Garlic [Food Acid (260)], Milk Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard [Food Acid (260)], Dextrose, Emulsifiers (322 (Soy), 435), Yeast Extract (Barley), Mustard Flour, Spice, Vegetable Gum (415), Flavourings (Milk), Preservatives (202, 211).</p> <p>RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.</p> <p>SHAVED PARMESAN CHEESE: Parmesan Cheese (Milk, Salt, Cultures, Enzyme (contains Animal Rennet)), Anticaking Agent (460).</p> <p>SPRAY OIL: Canola Oil, Emulsifier (322 - derived from Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).</p>		<table border="1"> <thead> <tr> <th></th> <th>Avg Qty / Serve</th> <th>Avg Qty / 100g</th> </tr> </thead> <tbody> <tr><td>Energy (kJ)</td><td>1970</td><td>849</td></tr> <tr><td>Energy (Cal)</td><td>471</td><td>203</td></tr> <tr><td>Protein (g)</td><td>32.0</td><td>13.8</td></tr> <tr><td>Fat, total (g)</td><td>22.1</td><td>9.5</td></tr> <tr><td>Saturated Fat (g)</td><td>6.5</td><td>2.8</td></tr> <tr><td>Carbohydrate (g)</td><td>34.2</td><td>14.7</td></tr> <tr><td>Sugars (g)</td><td>3.9</td><td>1.7</td></tr> <tr><td>Sodium (mg)</td><td>1030</td><td>443</td></tr> </tbody> </table>		Avg Qty / Serve	Avg Qty / 100g	Energy (kJ)	1970	849	Energy (Cal)	471	203	Protein (g)	32.0	13.8	Fat, total (g)	22.1	9.5	Saturated Fat (g)	6.5	2.8	Carbohydrate (g)	34.2	14.7	Sugars (g)	3.9	1.7	Sodium (mg)	1030	443
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<p>Contains: Gluten, Wheat, Egg, Milk, Soy.</p> <p>WHOLEMEAL TORTILLA may be produced using the same equipment as products containing Soy.</p> <p>WHOLEMEAL TORTILLA may be steamed in the same equipment as products containing Sesame.</p> <p>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.</p> <p>BACON may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.</p>																													
Chicken Snack Wrap		Chicken Snack Wrap																											
<p>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).</p> <p>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.</p> <p>MCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, Egg Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).</p> <p>SHREDDED LETTUCE: Iceberg Lettuce.</p>		<table border="1"> <thead> <tr> <th></th> <th>Avg Qty / Serve</th> <th>Avg Qty / 100g</th> </tr> </thead> <tbody> <tr><td>Energy (kJ)</td><td>1080</td><td>1000</td></tr> <tr><td>Energy (Cal)</td><td>258</td><td>239</td></tr> <tr><td>Protein (g)</td><td>9.9</td><td>9.2</td></tr> <tr><td>Fat, total (g)</td><td>12.4</td><td>11.5</td></tr> <tr><td>Saturated Fat (g)</td><td>3.0</td><td>2.7</td></tr> <tr><td>Carbohydrate (g)</td><td>25.8</td><td>23.8</td></tr> <tr><td>Sugars (g)</td><td>1.9</td><td>1.7</td></tr> <tr><td>Sodium (mg)</td><td>346</td><td>319</td></tr> </tbody> </table>		Avg Qty / Serve	Avg Qty / 100g	Energy (kJ)	1080	1000	Energy (Cal)	258	239	Protein (g)	9.9	9.2	Fat, total (g)	12.4	11.5	Saturated Fat (g)	3.0	2.7	Carbohydrate (g)	25.8	23.8	Sugars (g)	1.9	1.7	Sodium (mg)	346	319
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<p>Contains: Gluten, Wheat, Egg.</p> <p>WHOLEMEAL TORTILLA may be produced using the same equipment as products containing Soy.</p> <p>WHOLEMEAL TORTILLA may be steamed in the same equipment as products containing Sesame.</p> <p>MCHICKEN PATTY is cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Milk, Soy.</p>																													

WRAPS

Grilled Chicken Snack Wrap

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

Contains: Gluten, Wheat, Egg, Soy.

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

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

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

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

FRIES

Fries

Potato, Canola Oil, Mineral Salt (450), Dextrose, Antifoam (1521).
 OR Potatoes, Canola Oil (Acidity Regulator (330)), Dextrose Monohydrate (Preservative (220)), Mineral Salt (450), Antifoam (Non-ionic polyalkylene glycol), Preservative (223).
 OR Potatoes, Vegetable Oil (Canola, Soybean, Cottonseed), Mineral Salt (450), Dextrose.

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

Salt added.

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

FRUIT AND SALADS

Apple Slices

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

May be present: Apple Seeds.

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

Grape Tomatoes

Grape Tomatoes.

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

Caesar Grilled Chicken Salad

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

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

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

	Caesar Grilled Chicken Salad	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1900	660
Energy (Cal)	455	158
Protein (g)	36	12.5
Fat, total (g)	28.6	9.9
Saturated Fat (g)	6.0	2.1
Carbohydrate (g)	12.9	4.5
Sugars (g)	3.9	1.3
Sodium (mg)	1390	481

FRUIT AND SALADS

Caesar Crispy Chicken Salad

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

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

CAESAR SAUCE: Canola Oil [Antioxidant (307b)], Water, Vinegar, Whole **Egg**, Lemon Juice, Sugar, Salt, **Egg** Yolk, Parmesan Cheese Powder (**Milk**), Minced Garlic [Food Acid (260)], **Milk** Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard [Food Acid (260)], Dextrose, Emulsifiers (322 (**Soy**), 435).

Yeast Extract (**Barley**), Mustard Flour, Spice, Vegetable Gum (415), Flavourings (**Milk**), Preservatives (202, 211).

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

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

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

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

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

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

	Caesar Crispy Chicken Salad	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2530	782
Energy (Cal)	604	187
Protein (g)	36	11.1
Fat, total (g)	38.3	11.8
Saturated Fat (g)	6.5	2.0
Carbohydrate (g)	28.2	8.7
Sugars (g)	4.6	1.4
Sodium (mg)	1520	470

Classic Grilled Chicken Salad

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

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

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

CUCUMBER PIECES: Cucumber.

PEPITAS SACHET: Pepitas.

GRAPE TOMATO: Grape Tomato.

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

Contains: Soy.

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

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

	Classic Grilled Chicken Salad	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	110	361
Energy (Cal)	265	86
Protein (g)	24.9	8.1
Fat, total (g)	10.3	3.4
Saturated Fat (g)	2.0	0.6
Carbohydrate (g)	18.2	5.3
Sugars (g)	7.0	2.3
Sodium (mg)	492	160

FRUIT AND SALADS

Classic Crispy Chicken Salad

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

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

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

CUCUMBER PIECES: Cucumber.

PEPITAS SACHET: Pepitas.

GRAPE TOMATO: Grape Tomato.

Contains: Gluten, Wheat.

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

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

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

Garden Salad

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

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

CUCUMBER PIECES: Cucumber.

GRAPE TOMATO: Grape Tomato.

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

CONDIMENTS

Balsamic Dressing

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

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

CONDIMENTS			
Caesar Sauce CAESAR SAUCE: Canola Oil [Antioxidant (307b)], Water, Vinegar, Whole Egg , Lemon Juice, Sugar, Salt, Egg Yolk, Parmesan Cheese Powder (Milk), Minced Garlic [Food Acid (260)], Milk Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard [Food Acid (260)], Dextrose, Emulsifiers (322 (Soy), 435), Yeast Extract (Barley), Mustard Flour, Spice, Vegetable Gum (415), Flavourings (Milk), Preservatives (202, 211). Contains: Gluten, Egg, Milk, Soy.	Caesar Sauce		
		Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	715	1970
	Energy (Cal)	171	472
	Protein (g)	0.8	2.2
	Fat, total (g)	17.9	49.4
	Saturated Fat (g)	1.4	3.9
	Carbohydrate (g)	2.3	6.4
	Sugars (g)	1.5	4.0
	Sodium (mg)	307	848
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
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 / 100g
	Energy (kJ)	43	477
	Energy (Cal)	10	144
	Protein (g)	0.1	1.5
	Fat, total (g)	0.0	0.0
	Saturated Fat (g)	0.0	0.0
	Carbohydrate (g)	2.3	26.1
	Sugars (g)	2.1	23.0
	Sodium (mg)	92	1020
Aioli AIOLI: Vegetable Oil, Water, Egg Yolk, Vinegar, Garlic, Dextrose, Cheese Powder (Contains Milk), Milk Solids, Salt, Acidity Regulator (270), Natural Flavours (Milk), Onion, Spice, Preservative (202), Stabiliser (415), Antioxidant (385). OR: (Hobart City Council Region ONLY) Canola Oil, Water, Garlic Mayonnaise Sauce [Whey Protein Concentrate (Milk), Acidity Regulator (575), Flavour Enhancer (635), Salt, Colour (171), Mineral Salt (508), Yeast Extract, Preservative (202, 211), Canola Oil, Flavourings (Milk)], Egg Yolk (Egg Yolk, Salt), Glucose Syrup (Wheat), Minced Garlic, Vinegar, Dijon Mustard, Mustard, Oat Fibre, Emulsifiers (435, 322 (Soy)), Vegetable Gum (415), Antioxidant (307b). Contains: Gluten, Wheat, Egg, Milk, Soy.	Aioli		
		Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	775	2770
	Energy (Cal)	185	661
	Protein (g)	0.5	1.9
	Fat, total (g)	20	71.5
	Saturated Fat (g)	1.6	5.8
	Carbohydrate (g)	1.5	5.2
	Sugars (g)	1.0	3.4
	Sodium (mg)	112	400

BREAKFAST

English Muffin: Wheat Flour (Vitamins (Thiamin, Folic Acid)), Water, Yeast, Ground Maize, Sugar, Wheat Gluten, Iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), Soy Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), Wheat Malt Flour, Enzyme (1100) (Contains Wheat), Raising Agent (341). EGG: Egg . CHEESE: Pasteurised Milk , Salt, Culture, Enzyme (Rennet), Water, Milk Solids, Butter (Milk), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), Soy Lecithin (322). BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked. OIL: Canola Oil, Emulsifier (322 - derived from Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).	Bacon & Egg McMuffin®		Double Bacon & Egg McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1210	906	1330	899
Energy (Cal)	290	216	316	215
Protein (g)	17.3	12.9	20.7	14.0
Fat, total (g)	13	9.7	14.4	9.7
Saturated Fat (g)	5.2	3.9	5.8	3.9
Carbohydrate (g)	25.2	18.8	25.4	17.2
Sugars (g)	2.7	2.0	3.0	2.0
Sodium (mg)	605	452	794	537

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

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

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

BREAKFAST

Mighty McMuffin	Mighty McMuffin	
	Avg Qty / Serve	Avg Qty / 100g
ENGLISH MUFFIN: Wheat Flour (Vitamins (Thiamin, Folic Acid)), Water, Yeast, Ground Maize, Sugar, Wheat Gluten, Iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), Soy Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), Wheat Malt Flour, Enzyme (1100) (Contains Wheat), Raising Agent (341). EGG: Egg . BEEF SAUSAGE: Beef, Salt, Maltodextrin, Sugar, Spices (Chilli, Peppers), Vegetable Powders (Onion, Garlic), Anti-caking Agent (341), Herb Extract (Rosemary), Spice Extract (Nutmeg). OR Beef, Salt, Dried Glucose Syrup, Sugar, Spices, Vegetable Powders, Anti-caking Agent (341), Hydrolysed Vegetable Protein (Soy), Spice Extracts, Herb Extract. KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (Soybean Oil). SLICED CHEESE: Cheese (Pasteurised Milk , Salt, Culture, Enzyme (Rennet)), Water, Milk Solids, Butter (Milk), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), Soy Lecithin (322). RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked. SPRAY OIL: Canola Oil, Emulsifier (322 - derived from Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).	1880	917
	449	219
	29.1	14.2
	23.0	11.2
	10.2	5.0
	30.4	14.8
	6.6	3.2
	1160	566

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

Sausage McMuffin® and Double Sausage McMuffin®	Sausage McMuffin®		Double Sausage McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
ENGLISH MUFFIN: Wheat Flour (Vitamins (Thiamin, Folic Acid)), Water, Yeast, Ground Maize, Sugar, Wheat Gluten, Iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), Soy Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), Wheat Malt Flour, Enzyme (1100) (Contains Wheat), Raising Agent (341). BEEF SAUSAGE: Beef, Salt, Maltodextrin, Sugar, Spices (Chilli, Peppers), Vegetable Powders (Onion, Garlic), Anti-caking Agent (341), Herb Extract (Rosemary), Spice Extract (Nutmeg). OR Beef, Salt, Dried Glucose Syrup, Sugar, Spices, Vegetable Powders, Anti-caking Agent (341), Hydrolysed Vegetable Protein (Soy), Spice Extracts, Herb Extract. SLICED CHEESE: Cheese (Pasteurised Milk , Salt, Culture, Enzyme (Rennet)), Water, Milk Solids, Butter (Milk), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), Soy Lecithin (322). SPRAY OIL: Canola Oil, Emulsifier (322 - derived from Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).	1260	1130	1720	1150
	300	271	412	274
	16	14.5	24.2	16.1
	14.6	13.2	23.2	15.4
	7.4	6.7	11.8	7.0
	25.3	22.8	25.8	17.2
	2.6	2.3	2.8	1.9
	571	516	769	511

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

Sausage and Egg McMuffin® and Double Sausage and Egg McMuffin®	Sausage and Egg McMuffin®		Double Sausage and Egg McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
ENGLISH MUFFIN: Wheat Flour (Vitamins (Thiamin, Folic Acid)), Water, Yeast, Ground Maize, Sugar, Wheat Gluten, Iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), Soy Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), Wheat Malt Flour, Enzyme (1100) (Contains Wheat), Raising Agent (341). EGG: Egg . BEEF SAUSAGE: Beef, Salt, Maltodextrin, Sugar, Spices (Chilli, Peppers), Vegetable Powders (Onion, Garlic), Anti-caking Agent (341), Herb Extract (Rosemary), Spice Extract (Nutmeg). OR Beef, Salt, Dried Glucose Syrup, Sugar, Spices, Vegetable Powders, Anti-caking Agent (341), Hydrolysed Vegetable Protein (Soy), Spice Extracts, Herb Extract. SLICED CHEESE: Cheese (Pasteurised Milk , Salt, Culture, Enzyme (Rennet)), Water, Milk Solids, Butter (Milk), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), Soy Lecithin (322). SPRAY OIL: Canola Oil, Emulsifier (322 - derived from Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).	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

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

Hotcakes with Butter and Syrup	Hotcakes with Butter and Syrup	
	Avg Qty / Serve	Avg Qty / 100g
HOTCAKES: Water, Wheat Flour (Vitamins (Thiamin, Folic Acid)), Sugar, Whey Powder (Milk), Maize Flour, Canola Oil, Raising Agents (500, 541, 341), Dextrose, Emulsifier (471,481), Iodised Salt, Egg Powder, Thickener (415). HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Artificial Maple Flavour, Preservative (202), Caramel Color (150d). WHIPPED BUTTER: Cream (Milk), Water, Salt.	2490	1120
	596	267
	9.4	4.2
	18.6	8.3
	8.4	3.8
	95.7	42.9
	44.2	19.8
	575	258

Hash Brown	Hash Brown	
	Avg Qty / Serve	Avg Qty / 100g
HASH BROWN: Potato, Vegetable Oil, Salt, Dextrose (from Maize), Dehydrated Potato, Natural Flavour (Black Pepper Extracts). OR Potatoes, Canola Oil (Citric Acid 330), Dehydrated Potato Flake [Potato, Mono And Diglycerides (471), Citric Acid (330)], Salt, Pepper cream Salt [Salt, Flavour (Modified Corn Starch, Black Pepper Extracts), Canola Oil], Dextrose Monohydrate [Corn Derived (Sulphur Dioxide)], Sodium Acid Pyrophosphate (450), Antifoam (Non-Ionic Polyalkylene Glycol).	600	1080
	143	259
	1.4	2.5
	9.6	17.3
	0.8	1.4
	12.4	22.4
	0.1	0.3
	293	529

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

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

Change Tracker:

Date	Document Number/Revision	Document Title	Issued	Upload Date	Description
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
01-05-2024	92	Aus Core Food Menu_May 2024	01-05-2024	01-05-2024	Updated BBQ Bacon Angus build; remove spray oil and white onion; add red silvered 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
09-02-2024	90	Aus Core Food Menu_February 2024	20-02-2024	20-02-2024	Updated allergen information for PEAL legislative requirements

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