



McDonald's Australia Main Menu Allergen - Ingredients - Nutrition Information

Information correct as at 20 January 2016

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 local supplier, region of the country, and the season of the year. Further, product formulations may change periodically.

Food Sensitivities and Preferences

Select items sold in McCafé are sold as gluten free. They are produced under allergen control conditions and are specifically handled to prevent cross contamination. No other 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 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.

BEEF

Aussie BBQ Angus

BEEF PATTY: Angus Beef (100%)

CHILLI, CHIVE & SESAME BUN: **Wheat Flour**, Water, Sugar, Yeast, Canola Oil, **Sesame Seeds**, **Wheat Gluten**, Iodised Salt, Chilli Flakes, **Soy Flour**, Emulsifiers (471, 481, 472e), Chives, Preservatives (282), Mineral Salts (170, 516), Wheat **Malt Flour**, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).

TOMATO: Sliced Tomato.

GARLIC MAYONNAISE: Canola Oil [Antioxidant (307b - **Soy**), 319]], Water, Glucose Syrup (**Wheat Derived**), **Egg Yolk**, **Whey Protein**, Minced Garlic [Food Acids (260, 330)], Vinegar, Dijon Mustard [Acidity Regulator (260)], Acidity Regulator (575), Mustard [Food Acids (260, 330), Colours (150c, 160a)], Salt, Flavour Enhancer (635), **Oat Fibre**, Flavourings (**Milk**), Emulsifiers (**Soy Lecithin**, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

BEETROOT SLICE: Beetroot, Water, Sugar, Salt, Acetic Acid

GRILLED CARAMELISED ONION: Fresh Onion, Vegetable Oil (Palm and/or Cottonseed, **Soybean**), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice.

CHEESE: Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk Solids**, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy Lecithin**.

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

SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, **Worcestershire**, Colour (150c), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour.

WHOLE LEAF LETTUCE: Lettuce

Contains gluten, milk, egg, soy, fish and sesame seeds. Traces of sulphites

*BEEF PATTY seasoned after cooking : Seasoning: Salt , Pepper , **Soy Oil** & Angus Seasoning [Maltodextrin, Salt, Dextrose, Dehydrated Vegetables (Onion, Garlic), Flavour (**Milk, Soy**), Spices (Pepper), Yeast Extract, Colours (150d, 150a), Canola Oil, Worcestershire Sauce.*

*Beef may be cooked on the same grill as **egg** or products containing **gluten**.*

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

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2950	997
Energy (Cal)	707	239
Protein (g)	31.3	10.6
Fat, total (g)	42.0	14.2
Saturated Fat (g)	16.0	5.4
Carbohydrate (g)	48.9	16.5
Sugars (g)	11.2	3.8
Sodium (mg)	1350	456

Big Mac

BIG MAC BUN: **Wheat Flour**, Water, Yeast, Sugar, Vegetable Oil (Canola), **Sesame Seed**, Iodised Salt, **Gluten, Soy Flour**, Preservative (282), Emulsifiers (471, 472e, 481), **Malt Flour**, Mineral Salt (170), Antioxidant (300, 304, 307, 330), Enzyme (1100) Vitamin (Thiamin, Folate).

BEEF PATTIES: Beef (100%).

LETTUCE: Iceberg Lettuce.

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**, Distilled Vinegar, Onion, Thickeners (1442, 415, 405), Spices, Sugar, Salt, Hydrolysed Protein (Corn, **Gluten**, **Wheat, Soy**), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).

CHEESE: Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk Solids**, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy Lecithin**.

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

ONION: Water, Dehydrated White Onion.

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

*Beef patty seasoned on grill. Seasoning: Salt, Pepper, **Soy Oil**.*

*Beef may be cooked on the same grill as **egg** or products containing **gluten**.*

Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Y	Y	Y	Y				Y		Y	Y	Y

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2060	1030
Energy (Cal)	493	245
Protein (g)	25.2	12.5
Fat, total (g)	26.9	13.4
Saturated Fat (g)	10.7	5.3
Carbohydrate (g)	35.3	17.6
Sugars (g)	5.9	2.9
Sodium (mg)	859	427

Cheeseburger, Double Cheeseburger and Triple Cheeseburger

REGULAR BUN: **Wheat Flour**, Water, Yeast, Sugar, Vegetable Oil (Canola), Iodised Salt, **Gluten, Soy Flour**, Preservative (282), Emulsifiers (471, 472e, 481), **Malt Flour**, Mineral Salt (170), Antioxidant (300, 304, 307, 330), Enzyme (1100), Vitamin (Thiamin, Folate).

BEEF PATTIES: Beef (100%).

CHEESE: Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk Solids**, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy Lecithin**.

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, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.

Contains gluten, milk and soy.

*REGULAR BUNS are produced on equipment that also produces products containing sesame seeds. Beef patty seasoned on grill. Seasoning: Salt, Pepper, **Soy Oil**.*

*Beef may be cooked on the same grill as **egg** or products containing **gluten**.*

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

	Cheeseburger		Double Cheeseburger		Triple Cheeseburger	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1180	1070	1800	1110	2350	1140
Energy (Cal)	282	256	431	266	561	272
Protein (g)	15.2	13.8	25.9	16.0	36.0	17.5
Fat, total (g)	12.4	11.2	23.3	14.4	33.5	16.2
Saturated Fat (g)	6.1	5.6	12.2	7.5	18.0	8.7
Carbohydrate (g)	26.3	23.9	27.8	17.2	28.0	13.6
Sugars (g)	4.7	4.2	5.2	3.2	5.8	2.8
Sodium (mg)	672	611	979	604	1330	646

Classic Angus Burger

BEEF PATTY: Angus Beef (100%)

CHILLI, CHIVE & SESAME BUN: **Wheat Flour**, Water, Sugar, Yeast, Canola Oil, **Sesame Seeds**, **Wheat Gluten**, Iodised Salt, Chilli Flakes, **Soy Flour**, Emulsifiers (471, 481, 472e), Chives, Preservatives (282), Mineral Salts (170, 516), Wheat **Malt Flour**, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).

CHEESE: Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk Solids**, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy Lecithin**.

TOMATO: Tomato

WHOLE LEAF LETTUCE: 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).

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

ONION: Red Onion

MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Flavour.

Contains gluten, milk, egg, soy and sesame seeds. Traces of sulphites

*BEEF PATTY seasoned after cooking : Seasoning: Salt , Pepper , **Soy Oil** & Angus Seasoning [Maltodextrin, Salt, Dextrose, Dehydrated Vegetables (Onion, Garlic), Flavour (**Milk, Soy**), Spices (Pepper), Yeast Extract, Colours (150d, 150a), Canola Oil, Worcestershire Sauce.*

*Beef may be cooked on the same grill as **egg** or products containing **gluten**.*

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

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2600	996
Energy (Cal)	622	238
Protein (g)	30.1	11.5
Fat, total (g)	36.2	13.9
Saturated Fat (g)	17.2	6.6
Carbohydrate (g)	42.4	16.2
Sugars (g)	6.1	2.3
Sodium (mg)	1160	443

Clubhouse Angus Burger

BEEF PATTY: Angus Beef

BRIOCHE-SYLE BUN: **Wheat Flour**, Water, Sugar, Yeast, Glaze (Water, Hydrolysed Vegetable Proteins, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Vegetable Oil (Canola, Palm, Antioxidant (307, 330), **Wheat Gluten**, Dextrose (Preservative (220)), Iodised Salt, Emulsifier (472e, 170, 471), Flavours (Maltodextrin, Glucose, Humectant (414), Thickener (1450), Natural Flavouring, Humectant (1518), Coconut Oil), Canola Oil, Improver (**Soy Flour**, Emulsifier (481), Mineral Salts (170, 516), Dough Conditioner (300), Enzymes), Preservative (282), Antioxidant (300, 304, 307, 330), Colour (160a), Vitamins (Thiamin, Folate), Enzyme (1100).

TOMATO: Tomato

CHEDDAR CHEESE: **Milk**, Salt, Starter Cultures, Rennet, Lipase

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**, Distilled Vinegar, Onion, Thickeners (1442, 415, 405), Spices, Sugar, Salt, Hydrolysed Protein (Corn, **Gluten**, **Wheat, Soy**), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).

CARAMELISED GRILLED ONION: Fresh Onion, Vegetable Oil (Palm and/or Cottonseed, **Soybean**), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice.

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

WHOLE LEF LETTUCE: Lettuce

Contains gluten, egg, soy, milk. Traces of sulphites.

BRIOCHE STYLE BUN is processed in a facility with products containing sesame seeds.

*BEEF PATTY seasoned after cooking : Seasoning: Salt , Pepper , **Soy Oil** & Angus Seasoning [Maltodextrin, Salt, Dextrose, Dehydrated Vegetables (Onion, Garlic), Flavour (**Milk, Soy**), Spices (Pepper), Yeast Extract, Colours (150d, 150a), Canola Oil, Worcestershire Sauce.*

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

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2830	1070
Energy (Cal)	678	257
Protein (g)	33.5	12.7
Fat, total (g)	40.5	15.3
Saturated Fat (g)	18.1	6.8
Carbohydrate (g)	43.3	16.4
Sugars (g)	12.5	4.7
Sodium (mg)	1070	406

Hamburger

REGULAR BUN: **Wheat Flour**, Water, Yeast, Sugar, Vegetable Oil (Canola), Iodised Salt, **Gluten, Soy Flour**, Preservative (282), Emulsifiers (471, 472e, 481), **Malt Flour**, Mineral Salt (170), Antioxidant (300, 304, 307, 330), Enzyme (1100), Vitamin (Thiamin, Folate).

BEEF PATTIES: Beef (100%).

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, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.

Contains gluten & soy

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

*Beef patty seasoned on grill. Seasoning: Salt, Pepper, **Soy Oil**.*

*Beef may be cooked on the same grill as **egg** or products containing **gluten**.*

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

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	979	1030
Energy (Cal)	234	247
Protein (g)	12.2	12.9
Fat, total (g)	8.6	9.1
Saturated Fat (g)	3.5	3.7
Carbohydrate (g)	25.3	26.6
Sugars (g)	4.2	4.4
Sodium (mg)	480	505

Quarter Pounder and Double Quarter Pounder	Quarter Pounder										Double Quarter Pounder				
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g							Avg Qty /Serve	Avg Qty /100g			
BEEF PATTY: Beef (100%).	Energy (kJ)	2280	1100	3570	1170										
QUARTER BUN: Wheat Flour, Water, Yeast, Sugar, Canola Oil, Sesame Seeds , Iodised Salt, Gluten (Wheat), Bread Improver (Soy Flour, Mineral Salts (170, 516), Malt Flour (Wheat), Dough Conditioner (300), Enzymes (Amylase, Xylanase)), Preservative (282), Emulsifier (472e, 481, 471), Antioxidants (307, 304, 330), Enzymes (1101), Vitamins (Thiamin and Folate).	Energy (Cal)	546	264	853	279										
CHEESE: Cheese (Milk , Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids , Butter , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), Soy Lecithin.	Protein (g)	33.7	16.3	57.5	18.8										
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (Soybean Oil).	Fat, total (g)	30.2	14.6	53.3	17.4										
PICKLE: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.	Saturated Fat (g)	15.7	7.6	28.1	9.2										
ONION: Slivered Onion	Carbohydrate (g)	33.6	16.2	34.2	11.2										
MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.	Sugars (g)	6.7	3.2	7.0	2.3										
<i>Contains gluten, soy, milk & sesame seeds</i>	Sodium (mg)	1050	507	1350	442										
<i>Beef patty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil.</i>	Gluten	Y	T	Y	Y										
<i>Beef may be cooked on the same grill as egg or products containing gluten.</i>	Eggs	Y	T	Y	Y										
Quarter Pounder	Milk	Y													
Double Quarter Pounder	Soy	Y													
	Fish & Crustaea														
	Peanuts														
	Tree Nuts														
	Sesame Seeds														
	Sulphites														
	Preservative														
	Flavour														
	Colours														
CHICKEN AND FISH															
Chicken McNuggets	3 Pack										6 Pack		10 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	
Chicken, Water, Flour (Maize, Bleached Wheat), Salt, Canola Oil, Thickener (1404), Raising Agents and Mineral Salts (341, 451, 450, 500, 541, 551, 327), Spice, Wheat Starch.	Energy (kJ)	582	1180	1160	1180	1940	1180								
	Energy (Cal)	140	282	279	282	464	282								
	Protein (g)	7.9	15.9	15.8	15.9	26.4	15.9								
	Fat, total (g)	9.0	18.1	17.9	18.1	29.9	18.1								
	Saturated Fat (g)	1.4	2.8	2.8	2.8	4.6	2.8								
	Carbohydrate (g)	6.7	13.6	13.5	13.6	22.4	13.6								
	Sugars (g)	0.2	0.5	0.4	0.5	0.8	0.5								
	Sodium (mg)	222	448	444	448	739	448								
	Gluten	Y													
	Eggs														
	Milk														
	Soy														
	Fish & Crustaea														
	Peanuts														
	Tree Nuts														
	Sesame Seeds														
	Sulphites														
	Preservative														
	Flavour														
	Colours														
Chicken McBites - 10 piece pack											Avg Qty /Serve	Avg Qty /100g			
Chicken, Water, Wheat Flour, Breadcrumb Crumb [Wheat Flour, Milk Solids, Salt, Canola Oil, Raising Agent (341, 500), Emulsifier (481)], Canola Oil, Mineral Salts (451, 452, 450, 500), Salt, Spices, Vegetable Powders (Garlic, Onion), Herbs, Yeast Extract, Flavour Enhancer (635), Flavours, Thickener (1404), Spice Extract (100).	Energy (kJ)											661	1050		
	Energy (Cal)											158	251		
	Protein (g)											10.6	16.8		
	Fat, total (g)											9.0	14.4		
	Saturated Fat (g)											1.5	2.4		
	Carbohydrate (g)											8.4	13.4		
	Sugars (g)											0.5	<1.0		
	Sodium (mg)											453	720		
	Gluten	Y													
	Eggs														
	Milk	Y													
	Soy														
	Fish & Crustaea														
	Peanuts														
	Tree Nuts														
	Sesame Seeds														
	Sulphites														
	Preservative														
	Flavour														
	Colours														
Chicken & Cheese											Avg Qty /Serve	Avg Qty /100g			
McCHICKEN PATTY: Chicken, Water, Flour (Wheat , Maize, Soy), Vegetable Oil (Canola), Salt, Thickeners (1401, 1400, 1420, 1422), Starch (Wheat , Maize), Mineral Salts (508, 450, 451, 500, 541), Yeast, Maltodextrin, Vegetable Powder (Garlic, Onion, Celery), Yeast Extracts, Spice (Pepper), Spice Extracts, Dextrose, Herb, Flavour, Raising Agent (341), Emulsifiers (481, 433, 471, 472e), Vitamin (Thiamin), Antioxidants (320, 310), Acidity Regulator (330), Colour (100, 160c).	Energy (kJ)											1640	1090		
BUN: Wheat Flour , Water, Yeast, Sugar, Vegetable Oil (Canola), Iodised Salt, Gluten , Soy Flour , Preservative (282), Emulsifiers (471, 472e, 481), Malt Flour , Mineral Salt (170), Antioxidant (300, 304, 307, 330), Enzyme (1100), Vitamin (Thiamin, Folate).	Energy (Cal)											391	260		
CHEESE: Cheese (Milk , Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids , Butter , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), Soy Lecithin.	Protein (g)											19.5	13.0		
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).	Fat, total (g)											19.3	12.8		
<i>Contains gluten, egg, soy & milk.</i>	Saturated Fat (g)											4.1	2.8		
<i>Note: McChicken patty is cooked in canola oil blend.</i>	Carbohydrate (g)											32.9	21.8		
<i>BUNS are produced on equipment that also produces products containing sesame seeds.</i>	Sugars (g)											2.8	1.9		
<i>McChicken patty contains traces of sulphites</i>	Sodium (mg)											709	471		
	Gluten	Y	Y	Y	Y										
	Eggs														
	Milk														
	Soy														
	Fish & Crustaea														
	Peanuts														
	Tree Nuts														
	Sesame Seeds														
	Sulphites														
	Preservative														
	Flavour														
	Colours														

Crispy Chicken Bacon Deluxe												Avg Qty /Serve	Avg Qty /100g	
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oil (Canola), Yeast, Salt, Improver (Wheat Flour, Ascorbic Acid (300), Food Acid (263)), Enzyme (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Wheat Gluten, Egg Powder, Anti-Caking Agent (551), Whey Protein, Soy Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (Soy), Vegetable Powder.												Energy (kJ)	2640	1030
CHILLI, CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Yeast, Canola Oil, Sesame Seeds , Wheat Gluten, Iodised Salt, Chilli Flakes, Soy Flour, Emulsifiers (471, 481, 472e), Chives, Preservatives (282), Mineral Salts (170, 516), Wheat Malt Flour, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).												Energy (Cal)	631	247
TOMATO SLICE: Tomatoes.												Protein (g)	31.7	12.4
GARLIC AIOLI: Canola Oil (Antioxidants (306- Soy , 319)), Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein, Minced Garlic (Acidity Regulator (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre, Flavourings (Milk), Emulsifiers (Soy Lecithin, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).												Fat, total (g)	33.2	13.0
CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase.												Saturated Fat (g)	8.5	3.3
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.												Carbohydrate (g)	50.0	19.6
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce												Sugars (g)	5.3	2.1
<i>Contains gluten, milk, egg, soy and sesame seeds.</i>												Sodium (mg)	1140	449
<i>GARLIC AIOLI and CRISPY CHICKEN PATTY may contain traces of sulphites.</i>														
<i>CRISPY PATTY is cooked in canola oil blend.</i>														
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
Y	Y	Y	Y				Y	T	Y	Y	Y			
Grilled Chicken Bacon Deluxe												Avg Qty /Serve	Avg Qty /100g	
GRILLED CHICKEN: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450, 508), Yeast Extract, Herbs, Garlic Powder.												Energy (kJ)	2250	884
OR												Energy (Cal)	539	212
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.												Protein (g)	37.1	14.5
CHILLI, CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Yeast, Canola Oil, Sesame Seeds , Wheat Gluten, Iodised Salt, Chilli Flakes, Soy Flour, Emulsifiers (471, 481, 472e), Chives, Preservatives (282), Mineral Salts (170, 516), Wheat Malt Flour, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).												Fat, total (g)	24.4	9.6
TOMATO SLICE: Tomatoes.												Saturated Fat (g)	7.5	2.9
GARLIC AIOLI: Canola Oil (Antioxidants (306- Soy , 319)), Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein, Minced Garlic (Acidity Regulator (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre, Flavourings (Milk), Emulsifiers (Soy Lecithin, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).												Carbohydrate (g)	41.1	16.1
CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase.												Sugars (g)	6.1	2.4
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.												Sodium (mg)	1010	397
OIL: Canola Oil, Soy Lecithin, Flavour, Colour (160a), Acidity Regulator (330).														
<i>Contains gluten, milk, egg, soy and sesame seeds.</i>														
<i>GARLIC AIOLI may contain traces of sulphites.</i>														
<i>Grilled Chicken may be cooked on the same grill as egg.</i>														
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
Y	Y	Y	Y				Y	T	Y	Y	Y			
Crispy Chicken Southwest BLT												Avg Qty /Serve	Avg Qty /100g	
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oil (Canola), Yeast, Salt, Improver (Wheat Flour, Ascorbic Acid (300), Food Acid (263)), Enzyme (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Wheat Gluten, Egg Powder, Anti-Caking Agent (551), Whey Protein, Soy Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (Soy), Vegetable Powder.												Energy (kJ)	2780	1070
CHILLI, CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Yeast, Canola Oil, Sesame Seeds , Wheat Gluten, Iodised Salt, Chilli Flakes, Soy Flour, Emulsifiers (471, 481, 472e), Chives, Preservatives (282), Mineral Salts (170, 516), Wheat Malt Flour, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).												Energy (Cal)	664	255
TOMATO SLICE: Tomatoes.												Protein (g)	31.7	12.2
SOUTHWEST DRESSING: Soybean Oil (Antioxidant (320)), Water, Vinegar, Sugar, Buttermilk , Egg Yolk, Salt, Lemon Juice Concentrate, Spices, Thickeners (1442, 415), Onion, Garlic, Herb, Spice Extract, Preservative (202), Colour (160c), Antioxidant (385).												Fat, total (g)	33.8	13.0
CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase.												Saturated Fat (g)	9.2	3.5
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.												Carbohydrate (g)	56.6	21.8
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce												Sugars (g)	6.2	2.4
TORTILLA STRIPS: Corn Flour, Vegetable Oil, Water, Salt.												Sodium (mg)	1230	473
<i>Contains gluten, egg, milk, soy and sesame seeds. CRISPY CHICKEN PATTY may contain traces of sulphites.</i>														
<i>CRISPY PATTY is cooked in canola oil blend.</i>														
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
Y	Y	Y	Y				Y	T	Y	Y	Y			

Loaded Fries with Guacamole and Salsa	Single				Share							
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g								
FRIES: Potato, Canola Oil (Antioxidant (307)), Dextrose, Antifoam (1521) OR Potatoes, Canola Oil (Antioxidant (307)), Dextrose, Mineral Salt (450).	Energy (kJ)	1590	982	3130	968							
GUACAMOLE: Hass Avocado, Tomato, Onion, Jalapeno Peppers, Serrano Peppers, Salt, Cilantro, Garlic.	Energy (Cal)	381	235	762	235							
CHUNKY TOMATO SAUCE: Water, Tomato (Tomato Paste, Crushed Tomato (Acidity Regulator (330), Firming Agent (509)), Red Bell Pepper Puree, Sugar, Vinegar, Thickener (1422), Dehydrated Vegetables, Salt, Spices, Soybean Oil, Preservative (202), Vegetable Gum (415).	Protein (g)	5.7	3.5	11.5	3.5							
	Fat, total (g)	19.8	12.2	39.7	12.2							
	Saturated Fat (g)	2.0	1.2	4.0	1.2							
	Carbohydrate (g)	42.0	25.9	84.0	25.9							
	Sugars (g)	5.0	3.1	10.0	3.1							
	Sodium (mg)	615	380	1230	380							
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
				Y						Y		

Loaded Fries with Cheese Sauce and Bacon	Single				Share							
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g								
FRIES: Potato, Canola Oil (Antioxidant (307)), Dextrose, Antifoam (1521) OR Potatoes, Canola Oil (Antioxidant (307)), Dextrose, Mineral Salt (450).	Energy (kJ)	1760	1090	3510	1090							
CHEESE SAUCE: Cheese [Skim Milk, Cream, Salt, Milk Solids, Cultures, Enzymes (Rennet)], Water, Milk Solids, Thickener (1422), Stabilisers (415,466), Emulsifying Salts (331, 451), Food Acid (270), Yeast Extract (contains Gluten), Colours (100, 160a).	Energy (Cal)	421	260	840	260							
BACON PIECES: Pork, Water, Salt, Antioxidant (316), Preservative (250), Smoke Flavouring, Sugar, Dextrose, Brown Sugar, Mineral Salt (339, 508), Flavour.	Protein (g)	11.7	7.3	23.4	7.3							
OR Pork, Water, Salt, Sugar, Emulsifier (451), Dextrose (Maize), Antioxidant (316), Sodium Nitrite (250), Smoked.	Fat, total (g)	24.2	15.0	48.3	15.0							
	Saturated Fat (g)	6.6	4.1	13.2	4.1							
	Carbohydrate (g)	37.1	23.0	74.2	23.0							
	Sugars (g)	2.1	1.3	4.2	1.3							
	Sodium (mg)	877	542	1750	542							
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Y		Y							Y	Y	Y

FRUIT & SALADS

Apples												
Apple Slices, Antioxidants (302,300), Mineral Salt (170).	Avg Qty /Serve	Avg Qty /100g										
	Energy (kJ)	153	254									
	Energy (Cal)	37	61									
	Protein (g)	0.3	0.5									
	Fat, total (g)	<0.1	0.1									
	Saturated Fat (g)	0.0	0.0									
	Carbohydrate (g)	8.0	13.4									
	Sugars (g)	6.9	11.5									
	Sodium (mg)	<1	1									
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours

Coleslaw												
DRY SLAW MIX: Red Cabbage, White Cabbage, Carrot, Kale	Avg Qty /Serve	Avg Qty /100g										
CREAMY HERB & GARLIC DRESSING: Soybean Oil (Antioxidant (320)), Water, Egg Yolk, Vinegar, Sugar, Salt, Garlic, Onion, Thickeners (1442, 415), Horseradish, Herb, Acidity Regulator (270), Preservative (202), Lemon Juice Concentrate, Antioxidant (385).	Energy (kJ)	1060	844									
	Energy (Cal)	262	202									
	Protein (g)	1.9	1.5									
	Fat, total (g)	25.0	20.0									
	Saturated Fat (g)	4.2	3.4									
	Carbohydrate (g)	4.4	3.5									
	Sugars (g)	3.3	2.7									
	Sodium (mg)	305	244									
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
		Y		Y						Y		

Warm Chicken Salad - Crispy Chicken												Avg Qty /Serve	Avg Qty /100g										
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.												Energy (kJ)	1140	303									
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumbs [Wheat Flour, Water, Vegetable Oil (Canola), Yeast, Salt, Improver (Wheat Flour, Ascorbic Acid (300), Food Acid (263)), Enzyme (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Wheat Gluten, Egg Powder, Anti-Caking Agent (551), Whey Protein, Soy Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (Soy), Vegetable Powder.												Energy (Cal)	274	73									
CARROT: Shredded Carrot												Protein (g)	19.4	5.2									
GRAPE TOMATOES: Grape Tomatoes												Fat, total (g)	11.5	3.1									
CUCUMBER: Sliced Cucumber												Saturated Fat (g)	1.7	0.5									
RED ONION: Red Onion Rings												Carbohydrate (g)	21.1	5.6									
<i>Contains gluten, egg, milk & soy. CRISPY CHICKEN may contain traces of sulphites.</i>												Sugars (g)	7.0	1.9									
<i>CRISPY PATTY is cooked in canola oil blend.</i>												Sodium (mg)	723	192									
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours												
Y	Y	Y	Y					T	T	Y													
Warm Chicken Salad - Grilled Chicken												Avg Qty /Serve	Avg Qty /100g										
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.												Energy (kJ)	744	198									
GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450, 508), Yeast Extract, Herbs, Garlic Powder. OR												Energy (Cal)	179	48									
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.												Protein (g)	25.0	6.6									
CARROT: Shredded Carrot												Fat, total (g)	2.5	0.7									
GRAPE TOMATOES: Grape Tomatoes												Saturated Fat (g)	0.7	0.2									
CUCUMBER: Sliced Cucumber												Carbohydrate (g)	11.9	3.2									
RED ONION: Red Onion Rings												Sugars (g)	7.9	2.1									
OIL: Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330).												Sodium (mg)	586	156									
<i>Contains soy.</i>												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
<i>Grilled Chicken may be cooked on the same grill as egg and / or cut with products containing gluten</i>												T	T		Y						Y	Y	
Garden Salad												Avg Qty /Serve	Avg Qty /100g										
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce												Energy (kJ)	70	62									
TOMATO: Grape Tomatoes												Energy (Cal)	16	15									
CUCUMBER: Cucumber Slices.												Protein (g)	1.4	1.2									
												Fat, total (g)	0.1	0.1									
												Saturated Fat (g)	<0.1	<0.1									
												Carbohydrate (g)	1.6	1.4									
												Sugars (g)	1.2	1.1									
												Sodium (mg)	18	16									
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours												
CONDIMENTS												Balsamic		Italian Style									
Salad Dressings												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL								
BALSAMIC DRESSING: Water, Balsamic Vinegar (contains sulphites), Vinegar, Sugar, Soya Bean Oil, Salt, Black Pepper, Colour (150d), Yeast Extract, Thickeners (407, 415, 410), Preservatives (211, 202), Natural Flavour.												Energy (kJ)	80	265	45	149							
<i>Contains soy & sulphites.</i>												Energy (Cal)	19	63	11	35							
												Protein (g)	0.3	1.0	0.3	1.0							
												Fat, total (g)	0.5	1.5	0.3	1.0							
												Saturated Fat (g)	0.3	1.0	0.3	1.0							
												Carbohydrate (g)	3.4	11.2	1.7	5.6							
												Sugars (g)	3.1	10.4	1.7	5.6							
												Sodium (mg)	105	350	80	265							
												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
															Y					Y	Y	Y	
												Balsamic								Y	Y	Y	Y
												Italian Dressing								Y	Y		

McNugget Dipping Sauces

BARBECUE SAUCE: Water, Sugar, Vinegar, Tomato Paste, Soy Sauce (contains **Wheat and Soybeans**), Modified Food Starch (1414, 1442), Salt, **Soybean** Oil (Antioxidant 304), Thickeners (415, 466), Dextrose, Spices, Colour (150d), Flavours, Preservative (211), Flavour Enhancers (627, 631), Dehydrated Garlic, Dehydrated Onion, Acidity Regulator (296).

OR

Sugar, Water, Vinegar, Tomato Paste, **Soy** Sauce, Thickeners (1442, 415), Salt, Glucose Corn Syrup, **Soybean** Oil, Flavouring, Spices, Colour (150d), Preservative (211), Flavour Enhancer (635), Acidity Regulator (296).

Contains gluten & soy.

MUSTARD SAUCE: Water, Sugar, Vinegar, **Soybean** Oil (Antioxidant (304)), Spices, Modified Starches (1442, 1401, 1450 (contains **Barley**), 1422), Salt, **Milk** Proteins, Thickeners (401, 415), Colour (150d), Preservative (211), Antioxidants (331, 385), Dextrose.

OR

Water, Salad Mustard [Water, Vinegar, Mustard, Salt, Spices, Colour (160c), Flavouring], Sugar, Vinegar, **Soybean** Oil, Thickeners (1442, 1450, 415, 401), Spices, Salt, Preservative (211), Acidity Regulator (331), Colour (150d), Antioxidant (385).

Contains gluten, milk & soy.

SWEET & SOUR SAUCE: High Fructose Corn Syrup, Water, Fruit Concentrate (Apricot and/or Peach), Vinegar, Teriyaki [**Soy** Sauce, (Water, **Soybeans**, **Wheat**, Salt), Water, Sugar, Vinegar, Onion, Garlic, Preservative (211), Worcestershire Powder (Dextrose, Spices, Garlic, Salt, Thickeners (466), Acidity Regulator (296), Flavour, Onion), Modified Starch (1422), Salt, **Soybean** Oil (Antioxidant (330)), Thickener (415), Mustard Powder, Apricot Flavour, Preservative (211), Colour (150d), Paprika Extract (160c), Anticaking Agent (551).

OR

High Fructose Corn Syrup, Water, Apricot Puree [Antioxidant (300)], Vinegar, Thickeners (1422, 415), Flavouring, Soy Sauce (**Wheat**), Salt, **Soybean** Oil, Spice, Preservative (211), Colour (150d).

Contains gluten & soy.

	Barbecue		Mustard		Sweet & Sour	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	197	705	275	981	203	724
Energy (Cal)	47	169	66	235	48	173
Protein (g)	0.2	0.9	0.6	2.1	0.2	0.7
Fat, total (g)	0.3	1.0	3.6	12.8	0.3	1.1
Saturated Fat (g)	<0.1	0.1	0.5	1.7	<0.1	0.2
Carbohydrate (g)	10.7	38.3	7.7	27.5	11.0	39.4
Sugars (g)	8.9	31.8	5.7	20.3	10.0	35.8
Sodium (mg)	183	655	157	561	156	557

	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Barbecue	Y			Y						Y	Y	Y
Mustard	Y		Y	Y						Y		Y
Sweet & Sour	Y			Y						Y	Y	Y

Sauces

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

MAYONNAISE: **Soybean** Oil (Antioxidant [330]), **Egg** Yolks, Water, Distilled Vinegar, Salt, Sugar, Spice, Lemon Juice Concentrate, Antioxidant (385).

Contains soy & egg.

	Ketchup		Mayonnaise	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	43	478	370	3090
Energy (Cal)	10	114	89	738
Protein (g)	0.1	1.5	0.1	1.0
Fat, total (g)	0.0	0.0	9.8	82.0
Saturated Fat (g)	0.0	0.0	1.6	13.0
Carbohydrate (g)	2.3	26.1	0.2	2.0
Sugars (g)	1.8	20.0	0.1	1.0
Sodium (mg)	88	983	63	525

	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Ketchup				Y								
Mayonnaise		Y		Y								

BREAKFAST														
Breakfast Condiments	Honey		Strawberry Jam		Vegemite									
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g								
STRAWBERRY JAM: Strawberries, Sugar, Glucose (Maize), Pectin, Acidity Regulator (330).	Energy (kJ)	238	1490	187	1160	39	811							
	Energy (Cal)	57	356	45	278	9	194							
HONEY: Honey.	Protein (g)	0.1	0.6	<0.1	0.6	1.2	25.6							
	Fat, total (g)	<0.1	0.1	<0.1	0.1	<0.1	0.9							
VEGEMITE™: Yeast Extract, Salt, Mineral Salt (508), Malt Extract (from Barley), Colour (150d – contains preservative sulphur dioxide), Vegetable Extract, Niacin, Thiamine, Riboflavin, Folate.	Saturated Fat (g)	<0.1	0.1	<0.1	0.1	<0.1	0.9							
<i>Contains gluten & sulphites.</i>	Carbohydrate (g)	13.9	86.8	10.8	67.8	0.9	19.5							
	Sugars (g)	11.3	70.6	10.0	62.5	<0.1	1.7							
	Sodium (mg)	2	13	1	8	162	3380							
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
Jam														
Honey														
Vegemite	Y								Y	Y				
Aussie BBQ Brekkie Roll												Avg Qty /Serve	Avg Qty /100g	
QUARTER BUN: Wheat Flour, Water, Yeast, Sugar, Canola Oil, Sesame Seeds , Iodised Salt, Gluten (Wheat), Bread Improver [Soy Flour, Mineral Salts (170, 516), Malt Flour (Wheat), Dough Conditioner (300), Enzymes (Amylase, Xylanase)], Preservative (282), Emulsifier (472e, 481, 471), Antioxidants (307, 304, 330), Enzymes (1101), Vitamins (Thiamin and Folate).												Energy (kJ)	2480	1050
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from wheat), Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from soy), Spice Extract, Canola Oil].												Energy (Cal)	595	251
EGG: Shell Egg												Protein (g)	34.6	14.6
CHEESE: Cheese (Milk , Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), Soy Lecithin.												Fat, total (g)	35.2	14.8
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.												Saturated Fat (g)	14.2	6.0
MAYONNAISE: 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).												Carbohydrate (g)	33.4	14.1
SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, Worcestershire , Colour (150c), Onion, Garlic, Spice, Preservative (202), Vegetable Gum (415), Smoke Flavour.												Sugars (g)	7.2	3.0
COOKING OIL: Canola Oil, Soy Lecithin, Flavour, Colour (160a), Acidity Regulator (330).												Sodium (mg)	1210	510
<i>Contains gluten, egg, milk, soy, sesame seeds and fish.</i>	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
	Y	Y	Y	Y	Y-Fish			Y		Y	Y	Y		
Hash Brown												Avg Qty /Serve	Avg Qty /100g	
Potato, Canola Oil, Salt, Dextrose (Maize), Emulsifier (471), Preservatives (450, 222), Antioxidant (320), Pepper Extracts.												Energy (kJ)	638	1150
OR												Energy (Cal)	153	276
Potatoes, Canola Oil, Seasoning (Black Pepper, Salt, Modified Corn Starch)												Protein (g)	1.6	2.9
OR												Fat, total (g)	9.5	17.2
Potatoes, Soybean Oil, Salt, Potato Flake (Potatoes, Stabilisers (471, 450), Acidity Regulator(330)), Extracts of Black Pepper, Dextrose.												Saturated Fat (g)	1.1	2.0
OR												Carbohydrate (g)	14.6	26.4
Potatoes, Vegetable oil (Palmolein), Corn Flour, Salt, Black Pepper Powder												Sugars (g)	0.2	0.4
OR												Sodium (mg)	352	637
Potatoes, Canola Oil and Palm Oil, Salt, Dehydrated Potato, Black Pepper, 450, Dextrose														
<i>Contains Soy, Traces of sulphite.</i>														
* Hash Browns served after 10.30am may be cooked with products containing gluten														
** Some hash browns will contain soy oil														
<i>Note: Hash Brown is cooked in canola oil blend.</i>	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
	T*			Y**					T	T				

McMuffin - BLT	On White Muffin				On Wholemeal Muffin											
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g								
WHITE ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Ground Maize (Preservative 200), Gluten , Sugar, Iodised Salt, Canola Oil, Preservative (282), Dough Improver [(Soy Flour, Emulsifier 481, Mineral Salt (170, 516), Malt Flour , Dough Conditioner 300, Enzymes (Amylase, Xylanase)], Emulsifiers (471, 472e), Antioxidants (304, 307, 330), Food Acids (341, 297, 262), Enzyme (1101), Vitamins (Thiamine, Folate). OR	906	788	876	730	216	188	209	174								
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran , Yeast, Ground Maize, Wheat Germ , Wheat Gluten , Sugar, Iodised Salt, Preservative (282), Vegetable (Canola) Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour , Enzymes), Wheat Flour , Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100). TOMATO SLICE: Tomato.	8.1	7.1	9.7	81	8.1	7.0	8.3	7.0								
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.	2.4	2.1	2.1	1.8	26.5	23.1	21.6	18.0								
SHREDDED LETTUCE: Iceberg Lettuce.	2.3	2.0	3.3	2.7	528	459	486	405								
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). SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - derived from Soy), Flavour, Colour (160a), Acidity Regulator (330).																
<i>Contains gluten, egg & soy.</i>	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours				
<i>ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>	Y	Y		Y				T		Y	Y	Y				
McMuffin - with Jam	Plain White Muffin				White Muffin With Jam		Plain Wholemeal Muffin		Wholemeal Muffin With Jam							
WHITE ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Ground Maize (Preservative 200), Gluten , Sugar, Iodised Salt, Canola Oil, Preservative (282), Dough Improver [(Soy Flour, Emulsifier 481, Mineral Salt (170, 516), Malt Flour, Dough Conditioner 300, Enzymes (Amylase, Xylanase)], Emulsifiers (471, 472e), Antioxidants (304, 307, 330), Food Acids (341, 297, 262), Enzyme (1101), Vitamins (Thiamine, Folate). OR	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						
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran , Yeast, Ground Maize, Wheat Germ , Wheat Gluten , Sugar, Iodised Salt, Preservative (282), Vegetable (Canola) Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour , Enzymes), Wheat Flour , Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100).	618	1100	822	1110	593	988	779	1030	148	262	197	266	142	236	185	243
STRAWBERRY JAM: Sugar, Strawberries, Vegetable Gum (440), Acidity Regulator (330). OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330).	4.4	7.9	4.7	6.3	6.0	10.0	6.1	8.1	2.9	5.2	3.0	4.1	3.3	5.4	3.3	4.3
<i>Contains gluten & soy.</i>	0.8	1.5	0.9	1.2	0.4	0.7	0.4	0.6	24.7	43.8	36.3	49.0	20.1	33.5	30.8	40.5
<i>MUFFINS are produced on equipment that also produces products containing sesame seeds</i>	1.1	2.0	11.2	15.2	2.0	3.4	11.8	15.6	268	476	277	374	245	408	248	326
<i>Note: Available with your choice of Vegemite™, Honey OR Strawberry Jam.</i>	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours				
	Y			Y				T		Y	Y	Y				
McMuffin - Mighty	On White Muffin				On Wholemeal Muffin											
ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Sugar, Iodised Salt, Vinegar, Canola Oil, Gluten , Emulsifiers (472e, 481 derived from Soy)), Preservatives (200, 282), Soy Flour, Ground Maize, Mineral Salt (170), Acidity Regulators (262, 297), Dough Conditioners (300, 516), Enzyme (1100), Vitamin (Thiamin, Folate). OR	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g								
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran , Yeast, Ground Maize, Wheat Germ , Wheat Gluten , Sugar, Iodised Salt, Preservative (282), Vegetable (Canola) Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour , Enzymes), Wheat Flour , Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100). EGG: Fresh, Shelled Egg .	1910	929	1870	921	456	222	446	214								
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from wheat), Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from soy), Spice Extract, Canola Oil].	28.3	13.8	29.8	14.3	23.4	11.4	23.6	11.3								
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.	10.8	5.2	10.4	5.0	31.6	15.4	26.4	12.6								
CHEESE: Cheese (Milk , Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids , Butter , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), Soy Lecithin.	5.7	2.8	6.6	3.1	1240	604	1190	571								
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Syrup, Vinegar, Salt, Spice. OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330).																
<i>Contains gluten, egg, milk & soy.</i>	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours				
<i>MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>	Y	Y	Y	Y				T		Y	Y	Y				
McMuffin - Sausage	On White Muffin				On Wholemeal Muffin											
ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Sugar, Iodised Salt, Vinegar, Canola Oil, Gluten , Emulsifiers (472e, 481 derived from Soy)), Preservatives (200, 282), Soy Flour, Ground Maize, Mineral Salt (170), Acidity Regulators (262, 297), Dough Conditioners (300, 516), Enzyme (1100), Vitamin (Thiamin, Folate). OR	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g								
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran , Yeast, Ground Maize, Wheat Germ , Wheat Gluten , Sugar, Iodised Salt, Preservative (282), Vegetable (Canola) Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour , Enzymes), Wheat Flour , Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100).	1240	1140	1220	1080	297	272	291	258								
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from wheat), Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from soy), Spice Extract, Canola Oil].	15.3	14.0	16.9	15.0	14.2	13.0	14.6	12.9								
CHEESE: Cheese (Milk , Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids , Butter , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), Soy Lecithin.	7.4	6.8	6.9	6.1	25.7	23.5	21.1	18.7								
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330).	1.7	1.6	2.6	2.3	608	557	586	518								
<i>Contains gluten, milk & soy.</i>	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours				
<i>ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>	Y		Y	Y				T		Y	Y	Y				

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McMuffin - Sausage and Egg	On White Muffin		On Wholemeal Muffin									
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g								
ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Sugar, Iodised Salt, Vinegar, Canola Oil, Gluten , Emulsifiers (472e, 481 derived from Soy), Preservatives (200, 282), Soy Flour, Ground Maize, Mineral Salt (170), Acidity Regulators (262, 297), Dough Conditioners (300, 516), Enzyme (1100), Vitamin (Thiamin, Folate). OR												
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, Wheat Germ, Wheat Gluten , Sugar, Iodised Salt, Preservative (282), Vegetable (Canola) Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516)), Wheat Malt Flour, Enzymes), Wheat Flour, Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100).												
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from wheat), Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from soy), Antioxidant (306), Canola Oil, Spice Extracts].												
EGG: Fresh, Shelled Egg .												
CHEESE: Cheese (Milk , Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), Soy Lecithin.												
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330).												
<i>Contains gluten, egg, milk & soy.</i>												
<i>ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>												
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Y	Y	Y	Y				T		Y	Y	Y
Wrap - Bacon, Spinach and Feta												
EGG: Fresh, Shelled Egg .												
TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Preservative (282), Yeast.												
TOMATO SLICE: Tomato.												
PESTO MAYONNAISE: Pesto [Canola Oil (Canola Oil, Antioxidant (320)), Parsley, Parmesan (Milk , Starter Culture, Non Animal Rennet, Tapioca), Basil, Vinegar, Garlic, Salt], Mayonnaise [Soy Bean Oil, High-Fructose Corn Syrup, Whole Eggs , Distilled Vinegar, Water, Firming Agent (516), Lemon Juice, Salt, Spices, Antioxidants ((385, 330)).												
CARAMELISED GRILLED ONION: Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice.												
SPINACH: Baby Leaf Spinach												
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.												
CRUMBLED FETA CHEESE: Milk , Non-Animal Rennet, Citric Acid, Salt												
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330).												
<i>Contains gluten, egg, milk, soy.</i>												
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Y	Y	Y	Y						Y	Y	Y
Wrap - English Brekkie												
EGG: Fresh, Shelled Egg .												
TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Preservative (282), Yeast												
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from wheat), Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from soy), Antioxidant (306), Canola Oil, Spice Extracts].												
SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, Worcestershire , Spices, Colour (150c), Onion, Garlic, Preservative (202), Vegetable Gum (415), Smoke Flavour.												
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.												
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330).												
<i>Contains gluten, egg, soy.</i>												
<i>BBQ Sauce contains traces of fish and gluten</i>												
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Y	Y	Y	Y	T - FISH					Y	Y	Y
Wrap - Spinach and Feta												
EGG: Fresh, Shelled Egg .												
TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Preservative (282), Yeast												
TOMATO SLICE: Tomato.												
PESTO MAYONNAISE: Pesto [Canola Oil (Canola Oil, Antioxidant (320)), Parsley, Parmesan (Milk , Starter Culture, Non Animal Rennet, Tapioca), Basil, Vinegar, Garlic, Salt], Mayonnaise [Soy Bean Oil, High-Fructose Corn Syrup, Whole Eggs , Distilled Vinegar, Water, Firming Agent (516), Lemon Juice, Salt, Spices, Antioxidants (385, 330)												
CARAMELISED GRILLED ONION: Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice.												
SPINACH: Baby Leaf Spinach												
CRUMBLED FETA CHEESE: Milk , Non-Animal Rennet, Citric Acid, Salt												
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330).												
<i>Contains gluten, egg, milk, soy.</i>												
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Y	Y	Y	Y						Y	Y	Y

DESSERTS													
Apple Pie											Avg Qty /Serve	Avg Qty /100g	
Apple, Water, Wheat Flour , Vegetable Fats & Oils (Canola & Palm), Sugar, Thickeners (1412, 1422, 415, 466), Whey Powder, Salt, Dextrose (from Wheat), Spices, Lemon Juice, Mineral Salts (170, 450, 500), Emulsifiers (471, 322 - from Soy), Flavour, Acidity Regulators (270, 330), Antioxidants (300, 320), Colour (160a).											Energy (kJ)	970	1210
<i>Contains gluten, milk & soy.</i>											Energy (Cal)	232	290
<i>APPLE PIES are produced in a plant that also produces products containing sesame seeds.</i>											Protein (g)	1.8	2.2
<i>Note: Cooked in canola oil blend.</i>											Fat, total (g)	13.4	16.7
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
Y		Y	Y				T			Y	Y		
Birthday Cake - Icecream											Avg Qty /Serve	Avg Qty /100g	
Water, Cream , Sugar, Whey Powder (Milk) Glucose Syrup (from wheat), Skim Milk Concentrate, Confectionery [Sugar, Vegetable Fat (Emulsifiers (492, Soy Lecithin), Glucose (from wheat), Water, Colours (102, 110, 122, 123, 124, 133)) Maltodextrin, Cocoa, Emulsifier (471 from Soy), Vegetable Gums (412, 466, 407a), Colours [150d (from Wheat) 155, 123, 102, 133, 122], Flavours.											Energy (kJ)	384	874
<i>Contains gluten, milk & soy.</i>											Energy (Cal)	92	209
<i>Note: ICE CREAM CAKE is made on equipment that also processes products containing peanuts & tree nuts</i>											Protein (g)	0.7	1.5
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
Y		Y	Y		T	T				Y	Y		
McDonaldland Cookies											Avg Qty /Serve	Avg Qty /100g	
Wheat Flour, Sugar, Palm Oil, Golden Syrup, Salt, Raising Agent (500), Soy Lecithin, Flavour.											Energy (kJ)	1180	1950
<i>Contains gluten & soy.</i>											Energy (Cal)	281	469
<i>May contain traces of peanut, hazelnut, dairy, egg and sesame seed.</i>											Protein (g)	3.6	6.0
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
Y	T	T	Y		T	T	T			Y			
McFlurry - M&M Minis®											Avg Qty /Serve	Avg Qty /100g	
SUNDAE MIX: Milk , Milk Solids, Sugar, Cream , Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.											Energy (kJ)	1720	912
MINI M&M'S: Milk Chocolate [Sugar, Milk Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (Soy Lecithin), Salt, Flavour], Sugar, Starch (wheat), Glucose Syrup (from wheat), Colours (171, 133, 129, 110, 102), Vegetable gum (414), Thickener (Dextrin), Glazing Agent (903).											Energy (Cal)	410	218
<i>Contains gluten, milk & sulphites.</i>											Protein (g)	8.1	4.3
<i>Traces of peanuts and tree nuts in the Mini M&Ms</i>											Fat, total (g)	15.6	8.3
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
Y		Y	Y		T	T		Y	Y	Y	Y		

McFlurry - Oreo												Avg Qty /Serve	Avg Qty /100g	
SUNDAE MIX: Milk, Milk Solids , Sugar, Cream , Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.												Energy (kJ)	1370	799
OREO COOKIE PIECES: Wheat Flour , Sugar, Vegetable Oil (Palm Oil and Palm Kernel Oil, Contains Antioxidant [319]), Cocoa Powder, Starch, Invert Syrup, Salt, Raising/Leavening Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Emulsifier (Soy Lecithin), Flavour.												Energy (Cal)	329	191
<i>Contains gluten, milk & sulphites.</i> <i>Traces of egg, peanuts and sesame seeds in the Oreo Pieces.</i>												Protein (g)	7.2	4.2
												Fat, total (g)	11.7	6.8
												Saturated Fat (g)	7.3	4.2
												Carbohydrate (g)	48.2	28.0
												Sugars (g)	37.8	22.0
												Sodium (mg)	170	99
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
Y	T	Y	Y		T		T	Y	Y	Y				

Soft Serve Cone												Avg Qty /Serve	Avg Qty /100g	
SUNDAE MIX: Milk, Milk Solids , Sugar, Cream , Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.												Energy (kJ)	627	700
CONE: Wheat Flour , Sunflower Oil, Water, Soy Lecithin , Salt, Mineral Salt (500)												Energy (Cal)	150	168
<i>Contains milk, soy, gluten & sulphites</i> <i>Note: CONES are produced in a facility which also produces products containing peanuts & tree nuts (almonds & hazelnuts).</i>												Protein (g)	3.9	4.4
												Fat, total (g)	4.6	5.1
												Saturated Fat (g)	2.9	3.2
												Carbohydrate (g)	22.9	25.6
												Sugars (g)	17.0	19.0
												Sodium (mg)	58	65
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
Y		Y	Y		T	T		Y	Y	Y				

Sundae - Caramel												Small		Large		
												Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	
SUNDAE MIX: Milk, Milk Solids , Sugar, Cream , Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.												Energy (kJ)	1470	841	2280	919
Caramel TOPPING: Glucose Corn Syrup, Whole Sweetened Condensed Milk (Milk, Milk Powder , Sugar, Lactose), High Fructose Corn Syrup, Shortening [Palm Oil, Antioxidant (307)], Water, Sugar, Thickeners (401, 440), Salt, Stabiliser (339), Flavouring.												Energy (Cal)	352	201	545	220
<i>Contains milk & sulphites. Traces of gluten.</i> <i>Note: CARAMEL TOPPING is manufactured on the same line as products containing soy.</i>												Protein (g)	6.0	3.4	7.9	3.2
												Fat, total (g)	8.7	5.0	12.3	4.9
												Saturated Fat (g)	5.8	3.3	8.1	3.3
												Carbohydrate (g)	61.2	34.9	99	39.8
												Sugars (g)	42.9	24.5	65.4	26.4
												Sodium (mg)	143	81	226	91
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours					
T		Y	T					Y	Y	Y						

Sundae - Hot Fudge												Small		Large		
												Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	
SUNDAE MIX: Milk, Milk Solids , Sugar, Cream , Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.												Energy (kJ)	1480	862	2310	952
HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Soy Lecithin), Whole Sweetened Condensed Milk (Milk, Milk Powder , Sugar, Lactose), Cocoa Powder, Whole Milk Powder, Thickeners (1422, 401), Salt, Stabiliser), Flavouring, Preservative (202).												Energy (Cal)	352	204	554	228
<i>Contains milk, soy & sulphites. Traces of gluten</i>												Protein (g)	6.3	3.7	8.5	3.5
												Fat, total (g)	9.7	5.6	14.3	5.9
												Saturated Fat (g)	6.9	4.0	10.5	4.3
												Carbohydrate (g)	59.7	34.7	96.1	39.5
												Sugars (g)	46.9	27.2	73.6	30.3
												Sodium (mg)	137	80	216	89
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours					
T		Y	Y					Y	Y	Y						

Sundae - Plain, Small												Avg Qty /Serve	Avg Qty /100g	
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.												Energy (kJ)	876	649
Contains milk & sulphites. Traces of gluten. McDonald's Sundae without Topping is available on request.												Energy (Cal)	210	155
												Protein (g)	5.5	4.1
												Fat, total (g)	6.8	5.0
												Saturated Fat (g)	4.5	3.3
												Carbohydrate (g)	31.3	23.2
												Sugars (g)	27.0	20.0
												Sodium (mg)	78	58
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
T		Y						Y	Y	Y				

Sundae - Strawberry												Small		Large		
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour. STRAWBERRY TOPPING: Strawberries, Sugar, water, high fructose corn syrup, Strawberry juice concentrate, thickeners (440, 410), Flavouring, Acidity Regulator (330), Preservative (202), Colour (124), Potassium Sorbate /E602												Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	
Contains milk & sulphites. Traces of gluten.												Energy (kJ)	1240	725	1830	757
												Energy (Cal)	297	173	437	181
												Protein (g)	5.8	3.4	7.5	3.1
												Fat, total (g)	6.7	3.9	8.4	3.5
												Saturated Fat (g)	4.5	2.6	5.6	2.3
												Carbohydrate (g)	52.2	30.5	81.1	33.7
												Sugars (g)	44.7	26.2	69.4	28.8
												Sodium (mg)	80	47	102	42
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours					
T		Y	T					Y	Y	Y	Y					