

# 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 <a href="http://mcdonalds.com.au/contactus">http://mcdonalds.com.au/contactus</a> 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 <a href="http://mcdonalds.com.au/contactus">http://mcdonalds.com.au/contactus</a> or call us on 02 9875 7100.

Issued: January 2016 Revision: 26 File: QAM056

# **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, Worchestershire, 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
Υ	Υ	Υ	Υ	Y			Υ	Т	Y	Υ	Υ

# Big Mac

BIG MAC BUN: Wheat Flour, Water, Yeast, Sugar, Vegetable Oil (Canola), Sesame Seed, lodised 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.

Bee	may i	be cool	ked (	on the	e same gril	l as	egg	or prod	lucts	s cont	ainir	ng <b>g</b>	uten.
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ĺ	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
ĺ	Υ	Υ	Υ	Υ				Y		Υ	Υ	Υ

Energy (kJ)

Energy (Cal)

Protein (a)

Fat, total (g)

Saturated Fat (q)

Carbohydrate (a)

Sugars (g)

Sodium (mg)

Avg Qty /Serve

1180

282

15.2

12.4

6.1

26.3

4.7

672

Cheeseburger

Avg Qty /100g

1070

256

13.8

11.2

5.6

23.9

4.2

611

# 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	Υ				T		Υ	Υ	Y	L

	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
·		

Avg Qty /Serve

2060

493

25.2

26.9

10.7

35.3

5.9

859

Avg Qty /Serve

2350

561

36.0

33.5

18.0

28.0

5.8

1330

Energy (kJ)

Energy (Cal)

Protein (q)

Fat. total (a)

Sugars (g)

**Double Cheeseburger** 

Avg Qty /Serve

1800

431

25.9

23.3

12.2

27.8

5.2

979

Sodium (mg)

Saturated Fat (g)

Carbohydrate (a)

Avg Qty /100g

1110

266

16.0

14.4

7.5

17.2

3.2

604

Avg Qty /100g

1030

245

12.5

13.4

5.3

17.6

2.9

427

Avg Qty /100g

1140

272

17.5

16.2

8.7

13.6

2.8

646

Triple Cheeseburger

Issued: January 2016 Revision: 26

# 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)), Equ Yolks, Modified Corn Starch (1401.1442), Corn Syrup Solids, Distilled Vineoar, 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
Υ	Y	Y	Y				Y	T	Y	Υ	Y

# 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)), lodised 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).

Gluten

Eggs

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
Υ	Υ	Υ	Υ				T	T	Y	Υ	Υ

Tree Nuts

Peanuts

# <u>Hamburger</u>

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 &sov

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.

247	234	Energy (Cai)
12.9	12.2	Protein (g)
9.1	8.6	Fat, total (g)
3.7	3.5	Saturated Fat (g)
26.6	25.3	Carbohydrate (g)
4.4	4.2	Sugars (g)
505	480	Sodium (mg)

Sesame Seeds

Sulphites

	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

Avg Qty /Serve

2830

678

33.5

40.5

18.1

43.3

12.5

1070

Avg Qty /Serve

979

Colours

Energy (kJ)

Protein (g)

Fat, total (g)

Sugars (g

Sodium (mg)

Energy (kJ)

Preservative

Flavour

Saturated Fat (g

Carbohydrate (q)

Energy (Cal)

Avg Qty /100g

1070

257

12.7

15.3

6.8

16.4

4.7

406

Avg Qty /100g

1030

Issued: January 2016 Revision: 26 File: QAM056 Soy

Fish & Crustaea

Milk

### Quarter Pounder and Double Quarter Pounder Quarter Pounder **Double Quarter Pounder** BEEF PATTY: Beef (100%) Avg Qty /Serve Avg Qty /100g Avg Qty /Serve Avg Qty /100g Energy (kJ) 2280 1100 3570 1170 QUARTER BUN: Wheat Flour, Water. Yeast. Sugar. Canola Oil. Sesame Seeds. lodised Salt. Gluten (Wheat). Bread Improver (Sov Flour. Mineral Salts (170, 516). Malt Flour (Wheat). Dough Conditioner (300). Enzymes 546 853 Amylase, Xylanase)1, Preservative (282), Emulsifier (472e, 481, 471), Antioxidants (307, 304, 330), Enzymes (1101), Vitamins (Thiamin and Folate), Energy (Cal) 264 279 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. 33.7 16.3 57.5 18.8 Protein (a) KETCHUP:Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (Soybean Oil) Fat, total (q) 30.2 14.6 53.3 17.4 PICKLE: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour. 15.7 7.6 Saturated Fat (q) 28.1 9.2 ONION: Slivered Onion 33.6 16.2 34.2 11.2 Carbohydrate (g) MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour. 6.7 3.2 7.0 2.3 Sugars (g) 1050 507 1350 442 Contains gluten, soy, milk & sesame seeds Sodium (ma) 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 Quarter Pounde Υ Υ Υ Double Quarter Pounde Υ CHICKEN AND FISH 3 Pack 6 Pack 10 Pack Chicken McNuggets 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 Energy (kJ) 582 1180 1160 1180 1940 1180 Starch. 140 282 279 282 464 Energy (Cal) 282 7.9 15.9 15.8 15.9 26.4 Protein (g) 15.9 9.0 18.1 17.9 18.1 Contains aluten. Fat. total (g) 299 18 1 Note: McNuggets are cooked in canola oil blend. 1.4 28 2.8 28 4.6 28 Saturated Fat (a) 6.7 13.6 13.5 13.6 22.4 13.6 Carbohydrate (g) 0.2 0.5 0.4 0.5 Sugars (g) 0.8 0.5 222 448 444 448 739 Sodium (ma) 448 Sulphites Flavour Fish & Crustaea Tree Nuts Sesame Seeds Preservative Colours Gluten Eggs Milk Soy Peanuts Ava Qtv /Serve Ava Qtv /100a Chicken McBites - 10 piece pack 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, Energy (kJ) 661 1050 Yeast Extract, Flavour Enhancer (635), Flavours, Thickener (1404), Spice Extract (100), Energy (Cal) 158 251 10.6 16.8 Protein (g) Contains gluten & milk. Fat. total (a) 9.0 14.4 Note: McBites are cooked in canola oil blend Saturated Fat (g) 1.5 2.4 Carbohydrate (q) 8.4 13.4 Sugars (g) 0.5 <1.0 Sodium (ma) 453 720 Fish & Crustaea Sulphites Gluten Eggs Milk Soy Peanuts Tree Nuts Sesame Seeds Preservative Flavour Colours Avg Qty /Serve Avg Qty /100g Chicken & Cheese 1640 1090 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), Energy (kJ) feast 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 (Cal) 391 260 19.5 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). Protein (q) 13.0 Vitamin (Thiamin, Folate). 19.3 12.8 Fat, total (q) 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, Saturated Fat (g) 4.1 2.8

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

Contains gluten, egg, soy & milk,

Note: McChicken patty is cooked in canola oil blend.

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

McChicken patty contains traces of sulphites

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

Issued: January 2016

Revision: 26 File: QAM056 21.8

1.9

471

Carbohydrate (g)

Sugars (g)

Sodium (ma)

32.9

2.8

709

# Chicken & Mavo

CHICKEN PATTY: Chicken, Water, Flour (Wheat, Maize, Soy), Canola Oil, Thickeners (1400, Cornstarch, 1420, 1422), Salt, Mineral Salts (500, 450, 508, 451), Spices, Yeast, Garlic., Dextrose, Herbs, Spice Extract, Flavour, Food Acid (330), Pepper, Colours (100, 160c), Emulsifiers (433, 471, 481, 472e), Preservative (282), Vegetable Gum (412), Vitamin (Thiamin), Garlic Powder, Maltodextrin, Vegetable Powders, Anticaking Agent (341), Antioxidants (320, 310).

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 (Thiamine, Folate).

MAYONNAISE: Water, Sovbean 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).

LETTUCE: Iceberg Lettuce

Contains gluten, egg & soy.

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

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

## Clubhouse Crispy Chicken

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 Hydrolysed Vegetable Protein (Soy), Vegetable Powder.

3RIOCHE-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)), lodised 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),

ΓΟΜΑΤΟ: 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), Spicel, 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

3ACON 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.

RIOCHE STYLE BUN is processed in a facility with products containing sesame seeds.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	1
RISPY PATTY is cooked in canola oil blend.	Υ	Υ	Υ	Υ				T	T	Υ	Υ	Υ	L
lubhouse Grilled Chicken												Avg Qty /Serve	Γ,

# Clubhouse Grilled Chicken

GRILLED CHICKEN: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450, 508), Yeast Extract, Herbs, Garlic Powder

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.

3RIOCHE-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)) lodised Salt, Emulsifier (472e, 170, 471), Flavours (Maltodextrin, Glucose, Humectant (414), Thickener (1450), Natural Flavouring, Humectant (1518), Coconut (0il), 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

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

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

Grilled Chicken may be cooked on the same grill as egg.

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

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

T	T	Ī	
		Avg Qty /Serve	Avg Qty /100g
Energy	(kJ)	2650	970
Energy	(Cal)	632	232
Protein	(g)	32.7	12.0
Fat, tota	ıl (g)	30.8	11.3
Saturate	ed Fat (g)	9.3	3.4
Carbohy	/drate (g)	54.6	20.0
Sugars	(g)	12.6	4.6
Sodium	(mg)	1250	456

2250

540

38.3

21.8

8.2

45.4

13.4

1110

Ava Qtv /Serve

1390

332

12.6

16.3

2.8

32.1

28

583

Energy (kJ)

Protein (g)

Fat. total (g)

Sugars (g)

Sodium (ma)

Energy (kJ)

Energy (Cal)

at, total (q)

Saturated Fat (q)

Carbohydrate (g)

Protein (a)

Sugars (g)

Sodium (mg)

Saturated Fat (g)

Carbohydrate (a)

Energy (Cal)

Ava Qtv /100a

1030

246

93

12 1

2.1

23.8

20

432

Avg Qty /100g

825

198

14.0

8.0

3.0

16.6

4.9

406

Issued: January 2016 Revision: 26 File: QAM056

## Crispy Chicken Bacon Deluxe

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 (Sov), Vegetable Powder.

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

# TOMATO SLICE: Tomatoes.

SARLIC AIOLI: Canola Oil (Antioxidants (306-Sov. 319)). Water. Glucose Syrup (Wheat Derived). Equ Yolk. Whey Protein. Minced Garlic (Acidity Regulator (260. 330)). Vinegar. Diion Mustard (Acidity Regulator (260)). Acidity Regulator (775). 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). CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase.

3ACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

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

GARLIC AIOLI and CRISPY CHICKEN PATTY may contain traces of sulphites. CRISPY PATTY is cooked in canola oil blend.

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

## Grilled Chicken Bacon Deluxe

GRILLED CHICKEN: Chicken. Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450, 508), Yeast Extract, Herbs, Garlic Powder.

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.

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

TOMATO SLICE: Tomatoes.

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). CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase.

3ACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.

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

Contains gluten, milk, egg, soy and sesame seeds

Crispy Chicken Southwest BLT												Avg Qty /Serve	Γ.
Grilled Chicken may be cooked on the same grill as egg.	Υ	Υ	Υ	Υ				Υ	T	Y	Υ	Y	L
GARLIC AIOLI may contain traces of sulphites.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	j

## Crispy Chicken Southwest BLT

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 (2631), Enzyme (Amylase)), Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flayours, Rice Starch, Yeast Extract, Spices, Wheat Gluten, Equ Powder, Anti-Caking Agent (551), Whey Protein, Soy Protein, Soy Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (Soy), Vegetable Powder.

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 SLICE: Tomatoes.

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).

CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase.

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

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

TORTILLA STRIPS: Corn Flour, Vegetable Oil, Water, Salt,

Contains gluten, egg, milk, soy and sesame seeds .CRISPY CHICKEN PATTY may contain traces of sulphites
CRISPY PATTY is cooked in canola oil blend.

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

-			00.00.0	
,	Y	Υ	Υ	
			Avg Qty /Serve	Avg Qty /100
	Energy	(kJ)	2250	884
	Energy	(Cal)	539	212
	Protein	(g)	37.1	14.5
	Fat, tota	al (g)	24.4	9.6
	Saturat	ed Fat (g)	7.5	2.9
	Carboh	ydrate (g)	41.1	16.1
	Sugars	(g)	6.1	2.4
	Sodium	(ma)	1010	307

2780

664

31.7

33.8

9.2

56.6

6.2

1230

Ava Qtv /Serve

2640

631

31.7

33.2

8.5

50.0

5.3

1140

Energy (kJ)

Protein (g)

Fat. total (g)

Sugars (g)

Sodium (ma)

Energy (kJ)

Energy (Cal)

Protein (a)

Fat, total (q)

Sugars (g)

Sodium (ma)

Saturated Fat (o

Carbohydrate (a)

Saturated Fat (g)

Carbohydrate (a)

Energy (Cal)

Ava Oty /100a

1030

247

12 4

13.0

3.3

196 2.1

449

Avg Qty /100g

1070

255

12.2

13.0

3.5

21.8

2.4

473

Issued: January 2016

Grilled Chicken Southwest BLT													Avg Qty /Serve	Avg Qty /100g
GRILLED CHICKEN: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450, 50	8), Yeast Extr	act, He	rbs, Garlic P	owder.			OR				Energ	y (kJ)	2400	922
Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains. Lemon Juice Concentrate, F	lavours], Deh	ydrated	Garlic, Natu	ıral Flavour, He	erbs, Suga	ır, Vinegar Powder,	Vegetable		Powder,		Energ	y (Cal)	573	221
Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.											Protei	n (g)	37.1	14.3
CHILLI, CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Yeast, Canola Oil, Sesame Seeds, Wheat Gluten, Iodised Sal	t, Chilli Flakes	s, Soy I	Flour, Emuls	sifiers (471, 481	I, 472e), C	Chives, Preservative	es (282), Mir	eral Salts (1	70, 516),		Fat, to	107	25.1	9.7
Wheat <b>Malt Flour</b> , Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).												ated Fat (g)	8.2	3.1
TOMATO SLICE: Tomatoes.												hydrate (g)	47.7	18.4
SOUTHWEST DRESSING: Soybean Oil (Antioxidant (320)), Water, Vinegar, Sugar, Buttermilk, Egg Yolk, Salt, Lemon Juice	Concentrate	Spices	s, Thickeners	s (1442, 415), C	Onion, Gar	rlic, Herb, Spice Ex	tract, Preser	vative (202),	Colour		Sugar	107	7.0	2.7
(160c), Antioxidant (385). CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase.											Sodiu	m (mg)	1100	423
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330	), Sodium Nit	rite (25	0), Rosemar	y Extract.										
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce														
OIL: Canola Oil, <b>Soy</b> Lecithin, Flavour, Colour (160a), Acidity Regulator (330).														
TORTILLA STRIPS: Corn Flour, Vegetable Oil, Water, Salt.														<b>-</b>
Contains gluten, egg, milk, soy and sesame seeds .	Gluten	Eg	gs Mi	ilk Soy	Fi	ish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
Grilled Chicken may be cooked on the same grill as egg.	Υ	Υ	Y Y	′ Y					Υ		Υ	Υ	Υ	
Spicy Jalapeno Crispy Chicken Burger													Avg Qty /Serve	Avg Qty /100g
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [ Wheat Flour,	Water, Veget	able ∩i	I (Canola) Y	east, Salt Imni	rover { <b>Wh</b>	eat Flour Ascorbin	Acid (300)	Food Acid (	263)}. Enzvme		Energ	y (kJ)	2490	1060
(Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, <b>Wh</b>											Energ	, , ,	596	253
Hydrolysed Vegetable Protein ( <b>Soy</b> ), Vegetable Powder.						•	•		,		Protei	n (g)	22.7	9.7
CHILLI, CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Yeast, Canola Oil, Sesame Seeds, Wheat Gluten, Iodised Sal	t, Chilli Flakes	s, Soy I	Flour, Emuls	sifiers (471, 481	I, 472e), C	Chives, Preservative	es (282), Mir	eral Salts (1	70, 516),		Fat, to	ital (g)	33.3	14.2
Wheat <b>Malt Flour</b> , Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).											Satura	ated Fat (g)	5.3	2.2
SPICY MAYONNAISE: Soybean Oil (Antioxidant (320)), Water, Vinegar, Egg Yolk, Sugar, Salt, Thickener (1442), Dehydrated	d Vegetables,	Flavou	r, Chilli Flake	es, Lemon Juic	e Concenti	trate, Vegetable Gu	m (415), Pre	eservative (2	02), Colour (160c).		Carbo	hydrate (g)	49.9	21.2
JALAPENOS: Jalapeno Peppers, Water, Vinegar, Salt, Acidity Regulators (296, 270), Firming Agent (509), Preservatives (211	, 223), Colou	r (102).									Sugar	s (g)	5.4	2.3
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce											Sodiu	m (mg)	1430	610
Contains gluten, egg, milk, soy, sesame seeds and sulphites.														
CRISPY PATTY is cooked in canola oil blend.	Gluten	Eg	gs Mi	ilk Soy	Fis	ish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
	Υ	Υ	′ Y	′ Y					Y	Υ	Y	Υ	Υ	
Spicy Jalapeno Grilled Chicken Burger													Avg Qty /Serve	Avg Qty /100g
GRILLED CHICKEN: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450, 50	8), Yeast Extr	act, He	rbs, Garlic P	owder.		OR					Energ	y (kJ)	2150	897
Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), <b>Soy</b> Protein, Fruit Powder [Contains. Lemon Juice Concentrate, F	lavours1 Deh	vdrated	Garlic Natu	ıral Flavour He	erhs Sugai	ır Vinegar Powder	Vegetable F	Powder Anti	-caking Agent		Energ		515	214
(341), Spice Extract (Pepper), Vegetable Oil.		y arato c	· oamo, mato		orbo, ougu	, viilogai i oliaoi,	rogotable i	011401,7416	outing rigorit		Protei		28.8	12.0
CHILLI, CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Yeast, Canola Oil, Sesame Seeds, Wheat Gluten, Iodised Sal	t, Chilli Flakes	s, Soy I	Flour, Emuls	sifiers (471, 481	1, 472e), C	Chives, Preservative	es (282), Mir	eral Salts (1	70, 516),		Fat, to	107	25.1	10.5
Wheat Malt Flour, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).	, -	, ,	, ,		, -,, -		,,		.,,,		Satura	ated Fat (q)	4.3	1.8
SPICY MAYONNAISE: Soybean Oil (Antioxidant (320)), Water, Vinegar, Egg Yolk, Sugar, Salt, Thickener (1442), Dehydrated	d Vegetables,	Flavou	r, Chilli Flake	es, Lemon Juic	e Concenti	trate, Vegetable Gu	m (415), Pre	eservative (2	02), Colour (160c).		Carbo	hydrate (g)	41.8	17.4
JALAPENOS: Jalapeno Peppers, Water, Vinegar, Salt, Acidity Regulators (296, 270), Firming Agent (509), Preservatives (211	, 223), Colou	r (102).									Sugar	s (g)	6.4	2.7
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce											Sodiu	m (mg)	1330	554
OIL: Canola Oil, <b>Soy</b> Lecithin, Flavour, Colour (160a), Acidity Regulator (330).											<u> </u>			
Contains gluten, egg, soy and sesame seeds .														-
Grilled Chicken may be cooked on the same grill as egg.	Gluten	Eg	gs Mi	ilk Soy	Fis	ish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
	Υ	Υ	′	Y					Y	Y	Υ	Y	Υ	
McChicken													Avg Qty /Serve	Avg Qty /100g
MCCHICKEN PATTY: Chicken, Water, Flour (Wheat, Maize, Soy), Vegetable Oil (Canola), Salt, Thickeners (1401, 1400, 1420)	) 1422) Starr	h (Wh	eat Maize\	Mineral Salte /	508 450 4	451 500 541) Va	ast Maltode	xtrin Veneta	ble Powder (Garlic		Energ	v (kJ)	1710	921
Onion, Celery), Yeast Extracts, Spice (Pepper), Spice Extracts, Dextrose, Herb, Flavour, Raising Agent (341), Emulsifiers (481											Energ		408	220
QUARTER BUN: Wheat Flour, Water, Yeast, Sugar, Canola Oil, Sesame Seeds, Iodised Salt, Gluten (Wheat), Bread Improv			,		, .	, ,	, ,		,		Protei		20.0	10.8
(Amylase, Xylanase)], Preservative (282), Emulsifier (472e, 481, 471), Antioxidants (307, 304, 330), Enzymes (1101), Vitamini			,	, ,,	(777.130	,, = 12g., 00aid0	(-00), =	,			Fat, to	(0)	18.7	10.1
LETTUCE: Iceberg Lettuce.			•									ated Fat (g)	3.0	1.6
MAYONNAISE: Water, <b>Soybean</b> Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, D	istilled Vinega	r, Salt.	Sugar, Must	ard Flour, Vege	etable Gun	m (415), Food Acid	(270), Prese	ervative (202	?).			hydrate (g)	37.4	20.2
	- 3		•			, ,	. ,,		•		Sugar	, (0)	3.1	1.7
Contains gluten, egg, soy & sesame seeds.												m (mg)	698	377
Traces of sulphites in Chicken Patty												,		
Note: McChicken patty is cooked in canola oil blend.	Gluten	Eg	qs Mi	ilk Soy	Fis	ish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
		9												

File: QAM056

7 of 19

Filet-o-Fish												Avg Qty /Serve	Avg Qty /100g
BUN: Wheat Flour, Water, Yeast, Sugar, Vegetable Oil (Canola), Iodised Salt, Gluten, Soy Flour, Preservative (282), Emulsifi	iers (471, 472	e, 481), <b>Mal</b>	t Flour, Mine	eral Salt (170	), Antioxidant (300, 304,	307, 330), Er	nzyme (1100	), Vitamin (Thiamin,		Energ	gy (kJ)	1270	988
Folate).										Energ	gy (Cal)	303	236
FISH PORTION: Fish (Pollock), Water, Batter [Modified Food Starch (1422), Yellow Corn Flour, Cellulose Gum, Bleached When the Corn Flour of the Corn Flour o	eat Flour, Salf	t] Breader [ <b>V</b>	Vheat Flour,	Bleached W	heat Flour, Salt, Whey, I	Dextrose, Dri	ed Yeast, Su	gar, Paprika (160c)		Prote	(0)	13.4	10.4
and Turmeric (100) Extract, Black Pepper].											otal (g)	13.1	10.2
TARTAR SAUCE: Pickles, Water, Soybean Oil, Distilled Vinegar, Onions and Onion Extracts, Modified Corn Starch, Egg Yolk	ks, Corn Syrup	o Solids, Sug	jar, Salt, Spi	ce, Vegetable	e Gum (415), Capers, Pre	eservative (2)	02), Dextrose	e, Dehydrated			ated Fat (g)	3.0	2.3
Parsley, Spice Extracts.  CHEESE: Cheese (Milk, Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), Salt, Culture, Enzymes (Rennet, Lipase), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), Salt, Culture, Enzymes (Rennet, Lipase), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), Salt, Culture, Enzymes (Rennet, Lipase), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), Salt, Culture, Enzymes (Rennet, Lipase), Water, Milk Solids, Butter, Emulsion (Rennet, Lipase), Water, Milk Solids, Butter, Emulsion (Rennet, Lipase), Water, Milk Solids, Butter, Milk Solid	alt Asidity Da	aulatora (260	320 320	Colouro (160	h 160a) Dragonistino (2	000\ <b>Ca</b> vela	aithin				ohydrate (g)	31.4 2.5	24.5 2.0
Contains gluten, egg, milk, soy & fish.	ali, Acidity Ret	guiators (200	1, 330, 339),	Colours (100	b, 160c), Pieservalive (2	(00), <b>30y</b> Le	CIUIIII.			Suga	ım (mg)	524	409
BUNS are produced on equipment that also produces products containing sesame seeds.										Soult	iiii (iiig)	J24	409
FISH PORTION is cooked in canola oil blend.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	1
	Y	Y	Υ	Y	Y			Т		Υ		Υ	
WRAPS												•	
Crispy Chicken Snack Wrap												Avg Qty /Serve	Avg Qty /100g
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour,	Water Venet	ahla Oil (Car	nola) Vaast	Salt Improve	or√ <b>Wheat</b> Flour Ascorbi	ic Acid (300)	Food Acid (	063)\ Enzyma		Ener	ıv (kJ)	1170	1040
(Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, <b>Wh</b>											gy (Cal)	280	248
Hydrolysed Vegetable Protein ( <b>Soy</b> ), Vegetable Powder.	, _,	33		, ,	,	, ор.оо	( ,	,		Prote	, ,	11.5	10.1
TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mine	eral Salts (450	, 500, 341)],	Acidity Regu	ulator (297), N	Mineral Salt (500), Preser	rvative (282),	Yeast			Fat, t	otal (g)	13.2	11.7
LETTUCE: Iceberg Lettuce.										Satur	ated Fat (g)	3.3	2.9
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Dis	stilled Vinega	r, Salt, Sugai	r, Mustard F	our, Thickene	er (415), Acidity Regulato	or (270), Pres	servative (202	2).		Carb	ohydrate (g)	28.0	24.7
										Suga	rs (g)	1.8	1.6
Contains gluten, egg, milk & soy.										Sodiu	ım (mg)	429	380
Crispy Chicken cooked in canola oil blend.											•		,
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	_	Colours	
	Y	Y	Υ	Y					T	Y	Υ	Υ	
Grilled Chicken Snack Wrap												Avg Qty /Serve	Avg Qty /100g
GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451,	, 450, 508), Ye	east Extract,	Herbs, Garli	c Powder.			OR			Ener	gy (kJ)	939	866
Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains. Lemon Juice Concentrate, F	lavours], Deh	ydrated Garl	ic, Natural F	lavour, Herbs	, Sugar, Vinegar Powder	r, Vegetable I	Powder, Anti	-caking Agent			gy (Cal)	225	207
(341), Spice Extract (Pepper), Vegetable Oil.										Prote	(0)	13.6	12.6
TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mine	ral Salts (450	, 500, 341)],	Acidity Regi	ulator (297), N	Mineral Salt (500), Presei	rvative (282),	Yeast				otal (g)	8.5	7.8
LETTUCE: loeberg Lettuce.		0.11.0		<b></b>	(445) A.C.E. D Ist.	(070) D					ated Fat (g)	2.7	2.5
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Dis	stilled vinegar	r, Sait, Sugai	r, Mustard F	our, inicken	er (415), Acidity Regulato	or (270), Pres	servative (202	<u>2</u> ).			ohydrate (g)	22.5 2.1	20.8
Oll.: Canola Oil, Emulsifier (322 - <b>Soy</b> ), Flavour, Colour (160a), Acidity Regulator (330).										Suga	ım (mg)	348	321
Contains gluten, egg and soy.										Count	iii (iiig)	340	321
Grilled Chicken may be cooked on the same grill as egg.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	]
	Y	Y		Y						Y	Y	Y	
Chicken & Aioli McWrap - Crispy Chicken												Avg Qty /Serve	Avg Qty /100g
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour,	Water Veget	able Oil (Car	nola) Yeast	Salt Improve	er {Wheat Flour Ascorbi	ic Acid (300)	Food Acid (2	963)} Enzyme		Energ	y (kJ)	2700	975
(Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Wh											gy (Cal)	646	233
Hydrolysed Vegetable Protein (Soy), Vegetable Powder.			·	• • •	• •	,	, ,	,		Prote		23.2	8.4
TORTILLA: Wheat Flour (Thiamine, Folic Acid), Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mine	eral Salts (450	, 500, 341)],	Acidity Reg	ulator (297), I	odized Salt, Mineral Salt	(500), Flavo	ur, Preservat	ive (282), Yeast			otal (g)	38.6	13.9
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce										Satur	ated Fat (g)	6.4	2.3
TOMATO: Sliced Tomato										Carb	ohydrate (g)	50.0	18.1
GARLIC AIOLI: Canola Oil (Antioxidants (306-Soy, 319)), Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein,	Minced Garlin	(Acidity Re	gulator (260	330)), Vineg	ar, Dijon Mustard (Acidity	y Regulator (	260)), Acidit	y Regulator (575), M	lustard	Suga	rs (g)	4.9	1.8
(Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre, Flavourings (Milk), Emulsifiers	s (Soy Lecithi	n, 435), Colo	our (171), Mi	neral Salt (50	8), Vegetable Gum (415	), Preservativ	res (202, 211	).		Sodiu	ım (mg)	975	352
			1	1	1	T	1	Ī		1	1	1	,
Contains gluten, egg, milk, soy. GARLIC AIOLI and CRISPY CHICKEN PATTY may contain traces of sulphites.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	

File: QAM056

CRISPY PATTY is cooked in canola oil blend.

Chicken & Aioli McWrap - Grilled Chicken													Avg Qty /Serve	Avg Qty /100g
GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451,	450, 508), Ye	ast Extract,	Herbs, Garlic	Powder			OR				Energy	(kJ)	2230	833
Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains. Lemon Juice Concentrate, Fl.	avours], Deh	ydrated Garli	ic, Natural Fla	avour, Herbs	, Sugar, Vinegar Powder	r, Vegetable F	Powder, Anti-	caking Agent			Energy	(Cal)	534	199
(341), Spice Extract (Pepper), Vegetable Oil.						-		-			Protein	(g)	27.9	10.4
TORTILLA: Wheat Flour (Thiamine, Folic Acid), Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Miner	al Salts (450	, 500, 341)],	Acidity Regu	lator (297), Id	odized Salt, Mineral Salt	(500), Flavou	ur, Preservativ	ive (282), Yeast			Fat, tot	al (g)	28.7	10.7
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce											Saturat	ed Fat (g)	5.2	2.0
TOMATO: Sliced Tomato											Carboh	ydrate (g)	39.5	14.7
GARLIC AIOLI: Canola Oil (Antioxidants (306-Soy, 319)), Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein, I									Mustard		Sugars	(g)	5.5	2.1
(Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre, Flavourings (Milk), Emulsifiers	(Soy Lecithin	n, 435), Colo	ur (171), Min	eral Salt (50	8), Vegetable Gum (415)	), Preservativ	es (202, 211)	).			Sodium	(mg)	811	303
OIL: Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330).														
Contains gluten, egg, milk & soy.					<u> </u>							, ,		
GARLIC AIOLI may contain traces of sulphites.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulph	nites	Preservative	Flavour	Colours	
Grilled Chicken may be cooked on the same grill as egg.	Υ	Y	Y	Υ					T		Υ	Y	Υ	
Chicken & Spicy Mayo McWrap - Crispy Chicken													Avg Qty /Serve	
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Vegetable Oils (Canola, Palm and Sunflower)]											Energy		2670	901
(Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, When	at Gluten, E	gg Powder, A	Anti-Caking A	lgent (551), 1	Whey Protein, Soy Prote	ein, Spice Ext	tracts (160c,	100), Maltodextri	n,		Energy		638	216
Hydrolysed Vegetable Protein (Soy), Vegetable Powder.		04433	5								Protein	(0)	22.1	7.5
TORTILLA: Wheat Flour (Thiamine, Folic Acid), Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Miner											Fat, tot	(0)	38.9	13.1
SPICY MAYONNAISE: Soybean Oil (Antioxidant (320)), Water, Vinegar, Egg Yolk, Sugar, Salt, Thickener (1442), Dehydrated	J Vegetables	, Flavour, Ch	ıilli Flakes, Le	emon Juice C	Concentrate, Vegetable G	Jum (415), ⊬r	reservative (2	202), Colour (160	C).			ed Fat (g)	8.1	2.7
DICED LETTUCE MIX: loeberg Lettuce, Cos Lettuce												ydrate (g)	48.7	16.5
TOMATO: Sliced Tomato											Sugars		5.6	1.9
CUCUMBER: Sliced Cucumber			<del></del>		T		•		1		Sodium	` ' '	1230	416
Contains gluten, egg, milk and soy. CRISPY CHICKEN PATTY may contain traces of sulphites.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulph	nites	Preservative	Flavour	Colours	
CRISPY PATTY is cooked in canola oil blend.	Y	Υ	Y	Υ			$oldsymbol{ol}}}}}}}}}}}}}}}}}}$		T		Y	Υ	Y	
Chicken & Spicy Mayo McWrap - Grilled Chicken													Avg Qty /Serve	Avg Qty /100g
GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451,	450, 508), Ye	ast Extract,	Herbs, Garlic	Powder			OR				Energy	(kJ)	2100	771
Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains Lemon Juice Concentrate, Fla	avours], Dehy	drated Garlic	c, Natural Fla	vour, Herbs.	, Sugar, Vinegar Powder	, Vegetable P	owder, Anti-c	caking Agent			Energy	(Cal)	502	184
(341), Spice Extract (Pepper), Vegetable Oil.											Protein	(g)	25.3	9.3
TORTILLA: Wheat Flour (Thiamine, Folic Acid), Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Miner	,					. ,		. ,			Fat, tot	al (g)	27.7	10.2
SPICY MAYONNAISE: Soybean Oil (Antioxidant (320)), Water, Vinegar, Egg Yolk, Sugar, Salt, Thickener (1442), Dehydrated	J Vegetables	, Flavour, Ch	ıilli Flakes, Le	emon Juice C	Concentrate, Vegetable C	Gum (415), Pr	reservative (2	202), Colour (160	c).		Saturat	ed Fat (g)	6.5	2.4
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce											Carboh	ydrate (g)	36.4	13.4
TOMATO: Sliced Tomato											Sugars	,	5.9	2.2
CUCUMBER: Sliced Cucumber											Sodium	(mg)	1010	371
OIL: Canola Oil, Emulsifier (322 - <b>Soy</b> ), Flavour, Colour (160a), Acidity Regulator (330).					<del> </del>		<del>, , , , , , , , , , , , , , , , , , , </del>					, ,		i
Contains gluten, egg and soy.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulph	nites	Preservative	Flavour	Colours	
Grilled Chicken may be cooked on the same grill as egg.	Υ	Υ		Y		<u></u>	<u></u>				Y	Υ	Υ	
MAC FRIES							,							
Mac Fries								Small			Medium			irge
FRIES: Potato, Canola Oil (Antioxidant (307)), Dextrose, Antifoam (1521) OR							Avg Qty			Avg Qty			Avg Qty /Serve	Avg Qty /100g
Potatoes, Canola Oil (Antioxidant (307)), Dextrose, Mineral Salt (450).					Energy (kJ)	,	107		1480	154		480	1900	1480
1					Energy (Ca	,	255		354	36		354	453	354
Note: Fries are cooked in canola oil blend, salt added					Protein (g)		2.7		3.8	4.0	-	3.8	4.9	3.8
1					Fat, total (g	·	13.7		19.0	19.		19.0	24.3	19.0
					Saturated F	(0)	1.6		2.3	2.3		2.3	2.9	2.3
														39.7
					Carbohydra	(0)	28.0		39.7	41.		39.7	50.8	
					Carbohydra Sugars (g) Sodium (mo	107	0.3 245	3	39.7 0.4 340	41. 0.4 354	1	0.4 340	0.5 435	0.4

Issued: January 2016 Revision: 26 File: QAM056

Soy

Fish & Crustaea

Peanuts Tree Nuts Sesame Seeds

Sulphites

Preservative Flavour

Milk

Gluten

Eggs

Colours

FRIES: Potato, Canola Oil (Antioxidant (307)), Dextrose, Antifoam (1521) OR											Single		Share	e
									- 7	Avg Qty /Serv	e Avg Qty /10	g Avg Qty /	Serve A	Avg Qty /100g
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 Agen	t (509)], Red Bell Pep	per Puree, Su	ıgar, Vinega	r, Thickener (	1422), Dehydrated Vege	tables, Salt,		Protein	(g)	5.7	3.5	11.5		3.5
Spices, <b>Soybean</b> Oil, Preservative (202), Vegetable Gum (415).								Fat, tota	l (g)	19.8	12.2	39.7		12.2
								Saturate	d Fat (g)	2.0	1.2	4.0		1.2
Contains soy.								Carbohy	rdrate (g)	42.0	25.9	84.0		25.9
Note: Fries are cooked in canola oil blend, salt added								Sugars	(g)	5.0	3.1	10.0		3.1
								Sodium	( 0,	615	380	1230		380
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphi	tes Pre	servative Flav	our Colou	rs	
				Υ							Υ			
_oaded Fries with Cheese Sauce and Bacon											Single		Share	e
FRIES: Potato, Canola Oil (Antioxidant (307)), Dextrose, Antifoam (1521) OR										Avg Qty /Serv	e Avg Qty /10	g Avg Qty /	Serve A	Avg Qty /100
Potatoes, Canola Oil (Antioxidant (307)), Dextrose, Mineral Salt (450).								Energy		1760	1090	3510		1090
CHEESE SAUCE: Cheese [Skim Milk, Cream, Salt, Milk Solids, Cultures, Enzymes (Rennet)], Water, Milk Solids, Th	nickener (1422), Stabil	isers (415.46	6). Emulsifvi	ng Salts (331	. 451), Food Acid (270).	Yeast		Energy	(Cal)	421	260	840		260
Extract (contains <b>Gluten</b> ), Colours (100, 160a).	,,,	. ( , 10	,,	5 (-0.	. ,,			Protein	(g)	11.7	7.3	23.4		7.3
BACON PIECES: Pork, Water, Salt, Antioxidant (316), Preservative (250), Smoke Flavouring, Sugar, Dextrose, Brown	n Sugar, Mineral Salt	(339, 508), FI	avour.					Fat, tota	l (g)	24.2	15.0	48.3		15.0
OR								Saturate	d Fat (g)	6.6	4.1	13.2		4.1
Pork, Water, Salt, Sugar, Emulsifier (451), Dextrose (Maize), Antioxidant (316), Sodium Nitrite (250). Smoked.								Carbohy	rdrate (g)	37.1	23.0	74.2		23.0
								Sugars	(g)	2.1	1.3	4.2		1.3
Contains milk and gluten								Sodium	(mg)	877	542	1750		542
Note: Fries are cooked in canola oil blend, salt added	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphi	tes Pre	servative Flav	our Colou	rs	
	Y		Υ								Y Y	Y		
FRUIT & SALADS														
Apples .												Avg Qty /	Serve A	Avg Qty /100
Apple Slices, Antioxidants (302,300), Mineral Salt (170).														054
											Energy (kJ)	153		254
											Energy (kJ) Energy (Cal)	153 37		61
May contain Apple Seeds.														
May contain Apple Seeds.											Energy (Cal)	37		61
May contain Apple Seeds.											Energy (Cal) Protein (g)	37 0.3 <0.1		61 0.5
May contain Apple Seeds.											Energy (Cal) Protein (g) Fat, total (g)	37 0.3 <0.1 (g) 0.0 (g) 8.0		61 0.5 0.1 0.0 13.4
May contain Apple Seeds.											Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g)	37 0.3 <0.1 (g) 0.0 (g) 8.0 6.9		61 0.5 0.1 0.0
May contain Apple Seeds.											Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g) Sodium (mg)	37 0.3 <0.1 (g) 0.0 (g) 8.0 6.9 <1		61 0.5 0.1 0.0 13.4
May contain Apple Seeds.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphi	tes Pre:	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g)	37 0.3 <0.1 (g) 0.0 (g) 8.0 6.9 <1	rs	61 0.5 0.1 0.0 13.4 11.5
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphi	tes Pre:	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g) Sodium (mg)	37 0.3 <0.1 (g) 0.0 (g) 8.0 6.9 <1 color		61 0.5 0.1 0.0 13.4 11.5
Coleslaw	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphi	tes Pre:	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g) Sodium (mg) Servative Flav	37 0.3 <0.1 (g) 0.0 (g) 8.0 6.9 <1 color c	Serve A	61 0.5 0.1 0.0 13.4 11.5 1
Coleslaw	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphi	tes Pre:	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g) Sodium (mg) Servative Flav  Energy (kJ)	37 0.3 <0.1 (g) 0.0 (g) 8.0 (g) 6.9 <1 Color Avg Qty / 1060	Serve A	61 0.5 0.1 0.0 13.4 11.5 1
Coleslaw DRY SLAW MIX: Red Cabbage, White Cabbage, Carrot, Kale CREAMY HERB & GARLIC DRESSING: Soybean Oil (Antioxidant (320)), Water, Egg Yolk, Vinegar, Sugar, Salt,				,					Sulphi	tes Pre:	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g) Sodium (mg) Servative Flav  Energy (kJ) Energy (Cal)	37 0.3 <0.1 (9) 0.0 (9) 8.0 6.9 <1 color Color Avg Qty / 1066 262	Serve A	61 0.5 0.1 0.0 13.4 11.5 1
Coleslaw DRY SLAW MIX: Red Cabbage, White Cabbage, Carrot, Kale CREAMY HERB & GARLIC DRESSING: Soybean Oil (Antioxidant (320)), Water, Egg Yolk, Vinegar, Sugar, Salt,				,					Sulphi	tes Pre:	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g) Sodium (mg) Servative Flav  Energy (kJ) Energy (Cal) Protein (g)	37 0.3 <0.1 (9) 0.0 (9) 8.0 6.9 <1 color Color Avg Qty / 1066 262 1.9	Serve A	61 0.5 0.1 0.0 13.4 11.5 1 Avg Qty /1000 844 202 1.5
Colesiaw  DRY SLAW MIX: Red Cabbage, White Cabbage, Carrot, Kale  CREAMY HERB & GARLIC DRESSING: Soybean Oil (Antioxidant (320)), Water, Egg Yolk, Vinegar, Sugar, Salt, Concentrate, Antioxidant (385).				,					Sulphi	tes Pre:	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g) Sodium (mg) Servative Flav  Energy (kJ) Energy (Cal) Protein (g) Fat, total (g)	37 0.3 <0.1 (9) 0.0 (9) 8.0 6.9 <1 Color Avg Qty/ 1066 262 1.9 25.6	Serve A	61 0.5 0.1 0.0 13.4 11.5 1 Avg Qty /1000 844 202 1.5 20.0
Coleslaw  DRY SLAW MIX: Red Cabbage, White Cabbage, Carrot, Kale  CREAMY HERB & GARLIC DRESSING: Soybean Oil (Antioxidant (320)), Water, Egg Yolk, Vinegar, Sugar, Salt, Concentrate, Antioxidant (385).				,					Sulphi	tes Pre:	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g) Sodium (mg) Servative Flav  Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat	37 0.3 <0.1 (9) 0.0 (9) 8.0 6.9 <1 Color Avg Qty / 1066 262 1.9 25.0 (g) 4.2	Serve A	61 0.5 0.1 0.0 13.4 11.5 1 Avg Qty /100/ 844 202 1.5 20.0 3.4
Colesiaw  DRY SLAW MIX: Red Cabbage, White Cabbage, Carrot, Kale  CREAMY HERB & GARLIC DRESSING: Soybean Oil (Antioxidant (320)), Water, Egg Yolk, Vinegar, Sugar, Salt, Concentrate, Antioxidant (385).				,					Sulphi	tes Pre:	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g) Sodium (mg) Servative Flav  Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate	37 0.3 <0.1 (9) 0.0 (9) 8.0 6.9 <1 Color Avg Qty / 106( 262 1.9 25.0 (9) 4.2 (9) 4.4	Serve A	61 0.5 0.1 0.0 13.4 11.5 1 Avg Qty /100g 844 202 1.5 20.0 3.4 3.5
Colesiaw DRY SLAW MIX: Red Cabbage, White Cabbage, Carrot, Kale CREAMY HERB & GARLIC DRESSING: Soybean Oil (Antioxidant (320)), Water, Egg Yolk, Vinegar, Sugar, Salt, Concentrate, Antioxidant (385).  Contains egg & soy.				,					Sulphi	tes Pre:	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g) Sodium (mg) Servative Flav  Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g)	37 0.3 (9) 0.0 (9) 8.0 6.9 0.0 Avg Qty / 1060 262 1.9 25.0 (9) 4.2 (9) 4.3 3.3	Serve A	61 0.5 0.1 0.0 13.4 11.5 1 Avg Qty /100g 844 202 1.5 20.0 3.4 3.5 2.7
Coleslaw  DRY SLAW MIX: Red Cabbage, White Cabbage, Carrot, Kale  CREAMY HERB & GARLIC DRESSING: Soybean Oil (Antioxidant (320)), Water, Egg Yolk, Vinegar, Sugar, Salt, Concentrate, Antioxidant (385).				,					Sulphi	tes Pre:	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g) Sodium (mg) Servative Flav  Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate	37 0.3 <0.1 (9) 0.0 (9) 8.0 6.9 <1 Color Avg Qty / 106( 262 1.9 25.0 (9) 4.2 (9) 4.4	Serve A	61 0.5 0.1 0.0 13.4 11.5 1 Avg Qty /100g 844 202 1.5 20.0 3.4 3.5

Revision: 26

File: QAM056 Information correct as at 20th January 2016

Warm Chicken Salad - Crispy Chicken												Avg Qty /Serve	Avg Qty /100g
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.										Ener	gy (kJ)	1140	303
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour,	Water Venet	able Oil (Car	nola) Yeast	Salt Improv	er ( <b>Wheat</b> Flour, Ascorbi	Acid (300)					gy (Cal)	274	73
Food Acid (263)), Enzyme (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch,											ein (g)	19.4	5.2
Protein, <b>Soy</b> Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein ( <b>Soy</b> ), Vegetable Powder.		., ор		-99	.,	,, <b>.</b>					total (g)	11.5	3.1
CARROT: Shredded Carrot											rated Fat (q)	1.7	0.5
GRAPE TOMATOES: Grape Tomatoes											ohydrate (g)	21.1	5.6
CUCUMBER: Sliced Cucumber											ars (g)	7.0	1.9
RED ONION: Red Onion Rings											um (mg)	723	192
Contains gluten, egg, milk & soy. CRISPY CHICKEN may contain traces of sulphites.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative		Colours	132
CRISPY PATTY is cooked in canola oil blend.	Y	ggs Y	Y	Y	Tisit & Clustaea	realiuls	Tiee Nuis	Sesame Seeds	T	T	Y	Colours	
					·		l		· '		- '	A Ot / /C	A Ot - /400-
Warm Chicken Salad - Grilled Chicken DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.										Ener	gy (kJ)	Avg Qty /Serve 744	Avg Qty /100g
GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451,	450 508) V	oact Extract	Harbs Carl	c Dowder			OR				gy (Ko)	179	48
					0 Vf D I	V I . I					ein (g)	25.0	6.6
Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), <b>Soy</b> Protein, Fruit Powder [Contains Lemon Juice Concentrate, Fl. (341), Spice Extract (Pepper), Vegetable Oil.	avoursj, Dehy	rurated Garlio	c, inatural Fla	avour, Herbs	s, ougar, vinegar Powder,	vegetable F	rowaer, Anti-	caking Agent			total (g)	25.0	0.7
(34.1), Spice Extract (Pepper), Vegetable Oil.  CARROT: Shredded Carrot											rated Fat (g)	0.7	0.7
GRAPE TOMATOES: Grape Tomatoes											ohydrate (g)	11.9	3.2
CUCUMBER: Sliced Cucumber												7.9	2.1
RED ONION: Red Onion Rings											ars (g) um (mg)	7.9 586	156
Oll.: Canola Oil, Emulsifier (322 - <b>Soy</b> ), Flavour, Colour (160a), Acidity Regulator (330).										3001	uiii (iiig)	300	130
<u>Ole,</u> Canola Oli, Emulsiner (322 - <b>309</b> ), Flavour, Colour (100a), Addity Regulator (330). Contains soy.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	e Flavour	Colours	1
Grilled Chicken may be cooked on the same grill as egg and / or cut with products containing gluten	T	⊏ggs	IVIIIK	Y	FISH & Clustaea	realiuls	TIEE NUIS	Sesame Seeus	Sulprilles	rieseivaliv	Y	Y	1
	<u>'</u>	'		<u>'</u>			<u> </u>					· ·	A . O. (400)
Garden Salad												Avg Qty /Serve	Avg Qty /100g
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce											gy (kJ)	70	62
TOMATO: Grape Tomatoes											gy (Cal)	16	15
CUCUMBER: Cucumber Slices.											ein (g)	1.4	1.2
											total (g)	0.1	0.1
											rated Fat (g)	<0.1	<0.1
											ohydrate (g)	1.6	1.4
											ars (g)	1.2	1.1
					1	1			1		um (mg)	18	16
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	e Flavour	Colours	
CONDIMENTS		<u> </u>	L	<u> </u>									
O TO THE LET ! O										Bals	amic	Italia	n Style
Salad Dressings										Avg Qty /Ser	Avg Qty	Avg Qty /Serve	T .
								1		· '	/100mL		
BALSAMIC DRESSING: Water, Balsamic Vinegar (contains sulphites), Vinegar, Sugar, Soya Bean Oil, Salt, Black Pepper, C	olour (150d).	Yeast Extra	ct. Thickener	s (407, 415,	410). Preservatives (211	202). Natur	al Flavour.		Energy (kJ)	80	265	45	149
	. ( //			, . , ,	,, (=	,,			Energy (Cal)	19	63	11	35
Contains soy & sulphites.									Protein (g)	0.3	1.0	0.3	1.0
								ſ	Fat, total (g)	0.5	1.5	0.3	1.0
ITALIAN DRESSING: Water, Vinegar, Sugar, Salt, Thickeners (407, 415, 410), Acidity Regulators (330), Preservatives (211, 2	102), Onion, H	lerb, Garlic, I	Bell Peppers	, Spice, Nati	ural Flavour.				Saturated Fat (g)	0.3	1.0	0.3	1.0
		-							Carbohydrate (g)	3.4	11.2 10.4	1.7	5.6 5.6
									Sugars (g)	3.1	_		
			1	1	1	1	ı		Sodium (mg)	105	350	80	265
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	e Flavour	Colours	
Balsamic	;			Υ				-	Y	Y	Y	Υ	]

Revision: 26 File: QAM056 Italian Dressing

# 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).

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 aluten & sov.

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.

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 & sov.

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, Thickener (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).

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

Contains gluten & soy.

	Barb	ecue	Mustar	ď	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	Υ			Υ						Y	Υ	Υ
Mustard	Υ		Υ	Υ						Y		Υ
Sweet & Sour	Υ			Υ						Y	Υ	Υ

Sauces						Ava Oh	, /Convo	Ava Oty /10/	a Ava Oty	Convo	Ava Otv
							Ketc	hup		Mayonr	ıaise
Sweet & Sour	Υ		Y				Υ	Y	Υ		
Mustard	Υ	Υ	Υ				Υ		Υ		
Burbodo											

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.

			•		,	
		Avg Qty /Serve	Avg C	Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (k	(J)	43	4	478	370	3090
Energy (C	Cal)	10		114	89	738
Protein (g	1)	0.1		1.5	0.1	1.0
Fat, total	(g)	0.0		0.0	9.8	82.0
Saturated	l Fat (g)	0.0		0.0	1.6	13.0
Carbohyd	Irate (g)	2.3	2	26.1	0.2	2.0
Sugars (g	1)	1.8	2	20.0	0.1	1.0
Sodium (r	mg)	88	,	983	63	525
o Coode	Culn	hitos Drocos	votivo	Florence	Colouro	

								Sodium (r	ng) 8		983	63	525
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
Ketchup				Υ									
Mayonnaise		Υ		Υ									

Issued: January 2016 Revision: 26

BREAKFAST														
Breakfast Condiments								Hone	у	S	trawberry Jan	n	Veg	emite
							Avg Qty	/Serve	Avg Qty /100g	Avg Qty /S	Serve Avg Q	Qty /100g	Avg Qty /Serve	Avg Qty /100
STRAWBERRY JAM: Strawberries, Sugar, Glucose (Maize), Pectin, Acidity Regulator (330).					Energy (k.	,	23		1490	187		160	39	811
HONEY Have					Energy (C		57		356	45		278	9	194
HONEY: Honey.					Protein (g)		0.1		0.6	<0.1		0.6	1.2	25.6
VEGEMITE ™: Yeast Extract, Salt, Mineral Salt (508), Malt Extract (from <b>Barley</b> ), Colour (150d – contains preservative <b>sulph</b> u	u diavida)	Vacatable F	utraat Niasia	Thiomina Dib	Fat, total ( ooflavin, Saturated	<b>U</b> ,	<0. <0.		0.1	<0.1 <0.1		0.1 0.1	<0.1 <0.1	0.9
<u>vecemine : ····</u>	ir dioxide),	vegetable Ex	Kiraci, Macin,	miamine, Kib	Carbohydr	(0)	13.		86.8	10.8		0.1 67.8	0.9	19.5
Contains gluten & sulphites.					Sugars (g)	(0)	11.		70.6	10.0		62.5	<0.1	1.7
outuno giatori a dalprinto.					Sodium (n		2		13	1		8	162	3380
					,									
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame	Seeds Sulp	ohites I	Preservative	Flavour	Colours	
Jam														
Honey										v	V			
Vegemite	Y									Y	Y			
Aussie BBQ Brekkie Roll													Avg Qty /Serve	
QUARTER BUN: Wheat Flour, Water, Yeast, Sugar, Canola Oil, Sesame Seeds, lodised Salt, Gluten (Wheat), Bread Improve	r [Soy Flou	r, Mineral Sa	Its (170, 516)	, Malt Flour (V	Wheat), Dough Condit	oner (300), E	nzymes (Amy	ylase, Xylaı	nase)],		Energy	` '	2480	1050
Preservative (282), Emulsifier (472e, 481, 471), Antioxidants (307, 304, 330), Enzymes (1101), Vitamins (Thiamin and Folate).											Energy Protein	. ,	595 34.6	251 14.6
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from wheat), Sucrose, Spices, Vegetable Powders (Garlic, Or	nion), Miner	al Salt (341),	Hydrolysed \	egetable Prote	ein (from soy), Spice	Extract, Cano	la Oil].				Fat, tota		35.2	14.8
EGG: Shell <b>Egg</b>												ed Fat (q)	14.2	6.0
CHEESE: Cheese (Milk, Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), Sal	It, Acidity Re	egulators (26	0, 330, 339),	Colours (160b	, 160c), Preservative (	200), <b>Soy</b> Le	cithin.					vdrate (q)	33.4	14.1
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330)	, Sodium Ni	trite (250), R	osemary Extr	act.	. ,.	. ,,					Sugars	(g)	7.2	3.0
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Dis											Sodium	(mg)	1210	510
SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), S COOKING OIL: Canola Oil, Soy Lecithin, Flavour, Colour (160a), Acidity Regulator (330).	Salt, Worce	stershire, C	olour (150c),	Onion, Garlic,	Spice, Preservative (2	202), Vegetabl	le Gum (415)	, Smoke Fl	avour.					
Contains gluten, egg, milk, soy, sesame seeds and fish.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame	Seeds Sulp	ohites I	Preservative	Flavour	Colours	
	Y	Υ	Y	Υ	Y-Fish			Y			Υ	Υ	Υ	
Hash Brown													Avg Qty /Serve	Avg Qty /100
											Energy	(kJ)	638	1150
Potato, Canola Oil, Salt, Dextrose (Maize), Emulsifier (471), Preservatives (450, 222), Antioxidant (320), Pepper Extracts.											Energy	(Cal)	153	276
OR											Protein	107	1.6	2.9
Potatoes, Canola Oil, Seasoning (Black Pepper, Salt, Modified Corn Starch)											Fat, tota	107	9.5	17.2
OR  Detators Saukann Cil Calt Detata Flaks (Detators Stabilisers (474 450) Asidik Desulator(220)) Futranta of Black Dennes F	Contraca											ed Fat (g)	1.1	2.0
Potatoes, <b>Soybean</b> Oil, Salt, Potato Flake (Potatoes, Stabilisers (471, 450), Acidity Regulator(330)), Extracts of Black Pepper, I OR	JEXII USE.											ydrate (g)	14.6 0.2	26.4 0.4
Potatoes, Vegetable oil (Palmolein), Corn Flour, Salt, Black Pepper Powder											Sugars ( Sodium		352	637
OR											Soululli	\·''9/	JJZ	001
Potatoes, Canola Oil and Palm Oil, Salt, Dehydrated Potato, Black Pepper, 450, Dextrose														
Contains Soy, Traces of sulphite.														
* Hash Browns served after 10.30am may be cooked with products containing <b>gluten</b>														
***		_				_		_						1

Gluten

Eggs

Milk

Soy

Y\*\*

Fish & Crustaea

Peanuts Tree Nuts Sesame Seeds

Sulphites

Preservative

Flavour

Colours

Issued: January 2016 Revision: 26

File: QAM056

\*\* Some hash browns will contain soy oil

Note: Hash Brown is cooked in canola oil blend.

													1	
Ham and Cheese Pocket													Avg Qty /Serve	Avg Qty /100g
											Energy	/ (kJ)	1020	1230
TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Miner	al Salts (450	), 500, 341)],	Acidity Reg	ulator (297),	Mineral Salt (500), Presei	rvative (282),	Yeast.				Energy		244	294
CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase.	(050) 0										Protein	107	12.1	14.6
HAM: Pork, Water, Acidity Regulators (326, 262), Salt, Emulsifier (451), Sugar, Dextrose (Maize), Antioxidant (316), Sodium Nii	rite (250), C	olours (Sorgi	num Husk E	(tract 160b).							Fat, tot	(0)	11.5	13.8
												ted Fat (g)	6.6	7.9
Contains gluten and milk.												nydrate (g)	22.3	26.9
											Sugars		1.6	2.0
		1		1	1	1					Sodiun	n (mg)	514	619
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulp	hites	Preservative	Flavour	Colours	
	Y		Y								Υ		Y	_
	'		<u>'</u>								Plain		<u> </u>	up & Butter
Hotcakes										A Ob . /C	1	Ot : /100=		i i
								-		Avg Qty /S		Qty /100g	Avg Qty /Serve	
HOTCAKES: Water, Wheat Flour, Whey Powder, Maize Flour, Vegetable Oil (Canola), Sugar, Raising Agents (341, 500, 541)	, Dextrose, E	mulsifiers (4	71, 481), <b>E</b> g	gg, Salt, Thic	kener (415 contains Whe	eat).		Energy	. ,	1660		1100	2760	1240
								Energy	-	397		263	660	296
Contains gluten, egg & milk.								Proteir		11.3		7.5	11.4	5.1 8.9
HOTCAKES are produced in a plant that also produces products containing sesame seeds.								Fat, to	(0)	10.7 2.1		7.1	19.8	
									ted Fat (g)	61.5		40.7	8.2 106	3.7 47.7
									nydrate (g)	14.2		9.4	46.5	20.8
								Sugar: Sodiur		438		290	536	240
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulp		Preservative	Flavour	Colours	240
Plain	V	Y	Y	Suy	FISH & Clustaea	realiuis	TIEE INUIS	T	Suip	illes	rieseivalive	Flavoui	Colours	-
with Syrup and Butter	Y	Y	Υ					T			Υ	Y	Υ	
with Syrup and Butter Hotcake Condiments	Y	Y	Y					Т		 	-			tter (2 portions)
	Y	Y	Y					Т			Hotcake Syru	p	Whipped But	tter (2 portions)
Hotcake Condiments	Y 	<u> </u>	Y						/ (kJ)	Avg Qty /S	Hotcake Syru Serve Avg	<b>p</b> Qty /100g	Whipped But Avg Qty /Serve	Avg Qty /100g
	<u>  Y                                   </u>	Y	Y					Energ			Hotcake Syru Serve Avg	p	Whipped But	
Hotcake Condiments	Y	Y	Y						(Cal)	Avg Qty /5 760	Hotcake Syru Gerve Avg	<b>p</b> Qty /100g 1260	Whipped But Avg Qty /Serve 338	Avg Qty /100g 2980
Hotcake Condiments	Y	Y	Y					Energy Energy	(Cal)	Avg Qty /5 760 182	Hotcake Syru Serve Avg	P Qty /100g 1260 301	Whipped But Avg Qty /Serve 338 81	Avg Qty /100g 2980 713
Hotcake Condiments  HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).	Y	Y	Y					Energy Energy Protein Fat, to	(Cal)	Avg Qty /5 760 182 0.0	Hotcake Syru Serve Avg	P Qty /100g 1260 301 0.0	Whipped But Avg Qty /Serve 338 81 <0.1	Avg Qty /100g 2980 713 0.6
Hotcake Condiments  HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).  WHIPPED BUTTER: Cream, Salt.	]	Y	Y					Energy Energy Protein Fat, to Satura	(Cal) (g) (al (g)	Avg Qty /5 760 182 0.0 0.0	Hotcake Syru Serve Avg	P Qty /100g 1260 301 0.0 0.0	Whipped But Avg Qty /Serve 338 81 <0.1 9.1	Avg Qty /100g 2980 713 0.6 80.0
Hotcake Condiments  HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).  WHIPPED BUTTER: Cream, Salt.	Y	Y	Y					Energy Energy Protein Fat, to Satura	r (Cal) n (g) tal (g) ted Fat (g) nydrate (g)	Avg Qty /S 760 182 0.0 0.0 0.0	Hotcake Syru Serve Avg	P Qty /100g 1260 301 0.0 0.0 0.0	Whipped But Avg Qty /Serve 338 81 <0.1 9.1 6.1	Avg Qty /100g 2980 713 0.6 80.0 53.5
Hotcake Condiments  HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).  WHIPPED BUTTER: Cream, Salt.	]	Y	Y					Energy Energy Protein Fat, to Satura Carbo	r (Cal) n (g) ral (g) ted Fat (g) nydrate (g)	Avg Qty /S 760 182 0.0 0.0 0.0 44.7	Hotcake Syru Serve Avg	p Qty /100g 1260 301 0.0 0.0 0.0 73.9	Whipped But Avg Qty /Serve 338 81 <0.1 9.1 6.1	Avg Qty /100g 2980 713 0.6 80.0 53.5 0.9
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).  WHIPPED BUTTER: Cream, Salt.  Contains milk.	Gluten	Y	Y	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Energy Energy Protein Fat, to Satura Carbo Sugars	(Cal) (g) (al (g) (ted Fat (g) (nydrate (g) (s (g) (n (mg)	Avg Qty /S 760 182 0.0 0.0 0.0 44.7 32.2	Hotcake Syru Serve Avg	p Qty /100g 1260 301 0.0 0.0 0.0 73.9 53.3	Whipped But Avg Qty /Serve 338 81 <0.1 9.1 6.1 0.1 <0.1	Avg Qty /100g 2980 713 0.6 80.0 53.5 0.9 0.7
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).  WHIPPED BUTTER: Cream, Salt.  Contains milk.  Hotcake Syrup			Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Energy Energy Protein Fat, to Satura Carbo Sugara Sodiun	(Cal) (g) (al (g) (ted Fat (g) (nydrate (g) (s (g) (n (mg)	Avg Qty /S 760 182 0.0 0.0 0.0 44.7 32.2	Hotcake Syru Serve Avg	p Qty /100g 1260 301 0.0 0.0 0.0 73.9 53.3 30	Whipped But Avg Qty /Serve 338 81 <0.1 9.1 6.1 0.1 79	Avg Qty /100g 2980 713 0.6 80.0 53.5 0.9 0.7
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).  WHIPPED BUTTER: Cream, Salt.  Contains milk.				Soy	Fish & Crustaea	Peanuts	Tree Nuts	Energy Energy Protein Fat, to Satura Carbo Sugara Sodiun	(Cal) (g) (al (g) (ted Fat (g) (nydrate (g) (s (g) (n (mg)	Avg Qty /S 760 182 0.0 0.0 0.0 44.7 32.2	Hotcake Syru Serve Avg	P Qty /100g 1260 301 0.0 0.0 0.0 73.9 53.3 30 Flavour	Whipped But Avg Qty /Serve 338 81 <0.1 9.1 6.1 0.1 <0.1 79 Colours	Avg Qty /100g 2980 713 0.6 80.0 53.5 0.9 0.7
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).  WHIPPED BUTTER: Cream, Salt.  Contains milk.  Hotcake Syrup			Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Energy Energy Protein Fat, to Satura Carbo Sugara Sodiun	(Cal) (g) (al (g) (ted Fat (g) (nydrate (g) (s (g) (n (mg)	Avg Qty /5 760 182 0.0 0.0 0.0 44.7 32.2 18	Hotcake Syru Serve Avg	Qty /100g 1260 301 0.0 0.0 0.0 73.9 53.3 30 Flavour	Whipped But Avg Qty /Serve 338 81 <0.1 9.1 6.1 0.1 <0.1 79 Colours Y	Avg Qty /100g 2980 713 0.6 80.0 53.5 0.9 0.7
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).  WHIPPED BUTTER: Cream, Salt.  Contains milk.  Hotcake Syrup Whipped Butter	Gluten	Eggs	Milk Y					Energy Energy Protein Fat, to Satura Carbo Sugar Sodiur Sesame Seeds	(Cal) (g) (al (g) (ted Fat (g) (nydrate (g) (s (g) (n (mg)	Avg Qty /5 760 182 0.0 0.0 0.0 44.7 32.2 18	Hotcake Syru Serve Avg Avg Preservative Y  On White Muff	Qty /100g 1260 301 0.0 0.0 0.0 73.9 53.3 30 Flavour	Whipped But Avg Qty /Serve 338 81 <0.1 9.1 6.1 0.1 <0.1 79 Colours Y	Avg Qty /100g 2980 713 0.6 80.0 53.5 0.9 0.7 700
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).  WHIPPED BUTTER: Cream, Salt.  Contains milk.  Hotcake Syrup Whipped Butter  McMuffin - Bacon & Egg	Gluten Oil, Preserv	Eggs	Milk Y  Dough Impro	ver [( <b>Soy</b> Flo	our, Emulsifier 481, Miner		516), <b>Malt F</b>	Energy Energy Protein Fat, to Satura Carbo Sugar Sodiur Sesame Seeds	(Cal) ((Cal) ((Cal) ((Gal) ((G	Avg Qty /5 760 182 0.0 0.0 0.0 44.7 32.2 18	Preservative Y  On White Muff Serve Avg	Qty /100g 1260 301 0.0 0.0 0.0 73.9 53.3 30 Flavour Y	Whipped But Avg Qty /Serve 338 81 <0.1 9.1 6.1 0.1 <0.1 79 Colours Y On Whole	Avg Qty /100g 2980 713 0.6 80.0 53.5 0.9 0.7 700
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).  WHIPPED BUTTER: Cream, Salt.  Contains milk.  Hotcake Syrup Whipped Butter  McMuffin - Bacon & Egg WHITE ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Ground Maize (Preservative 200), Gluten, Sugar, Iodised Salt, Canola	Gluten Oil, Preserv	Eggs	Milk Y  Dough Impro	ver [( <b>Soy</b> Flo	our, Emulsifier 481, Miner	ral Salt (170,	516), <b>Malt F</b>	Energy Energy Protein Fat, to Satura Carbo Sugara Sodiur Sesame Seeds	(Cal) ((Cal) ((g) (al (g) (bed Fat (g) (nydrate (g) (a) (a) (a) (b) (c) (c) (c) (d) (d)	Avg Qty /5 7600 1822 0.0 0.0 0.0 44.7 32.2 18 hittes  O Avg Qty /5	Preservative Y  On White Muff Serve Avg	Qty /100g 1260 1260 0.0 0.0 0.0 73.9 53.3 30 Flavour Y	Whipped But Avg Qty /Serve 338 81 <0.1 9.1 6.1 0.1 <0.1 79 Colours Y  On Whole Avg Qty /Serve	Avg Qty /100g  2980  713  0.6  80.0  53.5  0.9  0.7  700  emeal Muffin  Avg Qty /100g
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).  WHIPPED BUTTER: Cream, Salt.  Contains milk.  Hotcake Syrup Whipped Butter  McMuffin - Bacon & Egg WHITE ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Ground Maize (Preservative 200), Gluten, Sugar, Iodised Salt, Canola	Gluten Oil, Preserv, 297, 262),	Eggs vative (282), I Enzyme (110	Milk Y  Dough Impro O1), Vitamins	ver [( <b>Soy</b> Flo	our, Emulsifier 481, Miner Folate).	ral Salt (170, <b>O</b> l	516), <b>Malt F</b>	Energy Energy Protein Fat, to Satura Carbo Sugara Sodiur Sesame Seeds	(Cal) ((Cal) ((Gal) ((G	Avg Qty /5 760 182 0.0 0.0 0.0 44.7 32.2 18 hittes  O  Avg Qty /5 1240 297	Preservative Y  On White Muff Serve Avg	P P Qty /100g 1260 301 0.0 0.0 0.0 73.9 53.3 30 Flavour Y 1 100g 120g 941 225 12.4	Whipped But Avg Qty /Serve 338 81 <<0.1 9.1 6.1 0.1 <<0.1 79 Colours Y  On Whole Avg Qty /Serve 1220 292 18.0	Avg Qty /100g 2980 713 0.6 80.0 53.5 0.9 0.7 700  emeal Muffin Avg Qty /100g 898
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).  WHIPPED BUTTER: Cream, Salt.  Contains milk.  Hotcake Syrup Whipped Butter  McMuffin - Bacon & Egg WHITE ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Ground Maize (Preservative 200), Gluten, Sugar, Iodised Salt, Canola Dough Conditioner 300, Enzymes (Amylase, Xylanase)], Emulsifiers (471, 472e), Antioxidants (304, 307, 330), Food Acids (341)	Gluten Oil, Preserv, 297, 262),	Eggs vative (282), I	Milk Y  Oough Impro 11), Vitamins	ver [(Soy Flo	our, Emulsifier 481, Miner Folate). 32), Vegetable (Canola) 0	ral Salt (170, Ol	516), <b>Malt F R</b> nt (330)), Aci	Energy Energy Protei Fat, to Satura Carbo Sugar Sodiur Sesame Seeds	(Cal) (Cal) ((Cal)	Avg Qty /5 760 182 0.0 0.0 0.0 44.7 32.2 18 hittes  OAvg Qty /5 1240 297	Preservative Y  On White Muff Serve Avg	Qty /100g 1260 301 0.0 0.0 0.0 73.9 53.3 30 Flavour Y  fin Qty /100g 941 225	Whipped But Avg Qty /Serve 338 81 <<0.1 9.1 6.1 0.1 <<0.1 79 Colours Y  On Whole Avg Qty /Serve	Avg Qty /100g 2980 713 0.6 80.0 53.5 0.9 0.7 700   meal Muffin Avg Qty /100g 898 215
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).  WHIPPED BUTTER: Cream, Salt.  Contains milk.  Hotcake Syrup Whipped Butter  McMuffin - Bacon & Egg WHITE ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Ground Maize (Preservative 200), Gluten, Sugar, Iodised Salt, Canola Dough Conditioner 300, Enzymes (Amylase, Xylanase)], Emulsifiers (471, 472e), Antioxidants (304, 307, 330), Food Acids (341), WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, Wheat Germ, W Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516)	Gluten Oil, Preserv, 297, 262), heat Gluten S), Wheat M	Eggs vative (282), I Enzyme (110	Milk Y  Dough Impro 01), Vitamins sed Salt, Pre zymes), Wh	ver [(Soy Flo s (Thiamine, esservative (26 eat Flour, En	our, Emulsifier 481, Miner Folate). 32), Vegetable (Canola) 0	ral Salt (170, Ol	516), <b>Malt F R</b> nt (330)), Aci	Energy Energy Proteit Fat, to Satura Carbo Sugar Sodiur Sesame Seeds  lour,  Energy Energy dity Proteit 1100). Fat, to Satura	(Cal) (Cal) ((Cal) ((Ca	Avg Qty /5 760 182 0.0 0.0 0.0 44.7 32.2 18 hittes  O  Avg Qty /5 297 16.4 13.6 6.2	Preservative Y  On White Muff Serve Avg	Qty /100g 1260 301 0.0 0.0 0.0 73.9 53.3 30 Flavour Y  fin Qty /100g 941 225 12.4 10.3 4.7	Whipped But Avg Qty /Serve 338 81 <<0.1 9.1 6.1 0.1 <0.1 79 Colours Y  On Whole Avg Qty /Serve 1220 292 18.0 14.0 5.8	Avg Qty /100g 2980 713 0.6 80.0 53.5 0.9 0.7 700
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).  WHIPPED BUTTER: Cream, Salt.  Contains milk.  Hotcake Syrup Whipped Butter  McMuffin - Bacon & Egg WHITE ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Ground Maize (Preservative 200), Gluten, Sugar, Iodised Salt, Canola Dough Conditioner 300, Enzymes (Amylase, Xylanase)], Emulsifiers (471, 472e), Antioxidants (304, 307, 330), Food Acids (341)  WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, Wheat Germ, W Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516) EGG: Fresh, Shelled Egg. BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330)	Gluten  Oil, Preserv, 297, 262),  heat Gluten  Ni, Wheat M	Eggs varive (282), I Enzyme (111 a, Sugar, lodi lalt Flour, En	Milk Y Dough Impro 01), Vitamins sed Salt, Pre zymes), Wh	ver [(Soy Flo (Thiamine, eservative (28 eat Flour, En	our, Emulsifier 481, Miner Folate). 32), Vegetable (Canola) C nulsifiers (472e, 471), Mir	ral Salt (170, Oi Dil (Antioxidar neral Salt (17	516), <b>Malt F</b> R nt (330)), Aci 0), Enzyme (	Energy Energy Proteit Fat, to Satura Carbo Sugar Sodiur Sesame Seeds  lour,  Energy Energy dity Proteit 1100). Fat, to Satura	(Cal) (Cal) ((Cal) ((Ca	Avg Qty /5 760 182 0.0 0.0 0.0 44.7 32.2 18 hittes  O  Avg Qty /5 1240 297 16.4 13.6 6.2 26.1	Preservative Y  On White Muff Serve Avg	Qty /100g 1260 301 0.0 0.0 0.0 73.9 53.3 30 Flavour Y  Fin Qty /100g 941 225 12.4 10.3 4.7 19.8	Whipped But Avg Qty /Serve 338 81 <<0.1 9.1 6.1 0.1 <0.1 79 Colours Y  On Whole Avg Qty /Serve 1220 292 18.0 14.0 5.8 21.6	Avg Qty /100g 2980 713 0.6 80.0 53.5 0.9 0.7 700
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).  WHIPPED BUTTER: Cream, Salt.  Contains milk.  Hotcake Syrup Whipped Butter  McMuffin - Bacon & Egg WHITE ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Ground Maize (Preservative 200), Gluten, Sugar, Iodised Salt, Canola Dough Conditioner 300, Enzymes (Amylase, Xylanase)], Emulsifiers (471, 472e), Antioxidants (304, 307, 330), Food Acids (341, WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, Wheat Germ, W Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516, EGG; Fresh, Shelled Egg. BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), CHEESE: Cheese (Milk, Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), Salter (Milk, Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), Salter (Milk, Salt, Culture, Enzymes (Rennet, Lipase))	Gluten  Oil, Preserv, 297, 262),  heat Gluten  Ni, Wheat M	Eggs varive (282), I Enzyme (111 a, Sugar, lodi lalt Flour, En	Milk Y Dough Impro 01), Vitamins sed Salt, Pre zymes), Wh	ver [(Soy Flo (Thiamine, eservative (28 eat Flour, En	our, Emulsifier 481, Miner Folate). 32), Vegetable (Canola) C nulsifiers (472e, 471), Mir	ral Salt (170, Oi Dil (Antioxidar neral Salt (17	516), <b>Malt F</b> R nt (330)), Aci 0), Enzyme (	Energy Energy Protein Fat, to Satura Carbo Sugars Sodiur Sesame Seeds  lour, Energy Energy dity 1100). Fat, to Satura Carbo	r (KJ) r (Cal) r (Gal) r (Gal) r (Gal) r (Gal) r (Gal) r (Gal) r (KJ) r (KJ) r (Cal) r (Gal)	Avg Qty /5 760 182 0.0 0.0 0.0 44.7 32.2 18 hittes  OAvg Qty /5 1240 13.6 6.2 26.1 2.1	Preservative Y  On White Muff	Qty /100g 1260 1260 1260 1260 127 127 128 128 128 128 128 128 128 128 128 128	Whipped But Avg Qty /Serve 338 81 <<0.1 9.1 6.1 0.1 <0.1 79 Colours Y  On Whole Avg Qty /Serve 1220 292 18.0 14.0 5.8 21.6 3.0	Avg Qty /100g 2980 713 0.6 80.0 53.5 0.9 0.7 700  emeal Muffin Avg Qty /100g 898 215 13.3 10.3 4.2 15.9 2.2
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).  WHIPPED BUTTER: Cream, Salt.  Contains milk.  Hotcake Syrup Whipped Butter  McMuffin - Bacon & Egg WHITE ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Ground Maize (Preservative 200), Gluten, Sugar, Iodised Salt, Canola Dough Conditioner 300, Enzymes (Amylase, Xylanase)], Emulsifiers (471, 472e), Antioxidants (304, 307, 330), Food Acids (341)  WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, Wheat Germ, W Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516) EGG: Fresh, Shelled Egg. BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330)	Gluten  Oil, Preserv, 297, 262),  heat Gluten  Ni, Wheat M	Eggs varive (282), I Enzyme (111 a, Sugar, lodi lalt Flour, En	Milk Y Dough Impro 01), Vitamins sed Salt, Pre zymes), Wh	ver [(Soy Flo (Thiamine, eservative (28 eat Flour, En	our, Emulsifier 481, Miner Folate). 32), Vegetable (Canola) C nulsifiers (472e, 471), Mir	ral Salt (170, Ol Dil (Antioxidal heral Salt (17	516), <b>Malt F</b> R nt (330)), Aci 0), Enzyme (	Energy Energy Proteit Fat, to Satura Carbo Sugar Sodiur Sesame Seeds  lour,  Energy Energy dity Proteit 1100). Fat, to Satura Carbo	(Cal) (Cal) ((Cal) ((Ca	Avg Qty /5 760 182 0.0 0.0 0.0 44.7 32.2 18 hittes  OAVG Qty /5 1240 297 16.4 13.6 6.2 26.1 2.1	Preservative Y  On White Muff	Qty /100g 1260 301 0.0 0.0 0.0 73.9 53.3 30 Flavour Y  Fin Qty /100g 941 225 12.4 10.3 4.7 19.8	Whipped But Avg Qty /Serve 338 81 <<0.1 9.1 6.1 0.1 <0.1 79 Colours Y  On Whole Avg Qty /Serve 1220 292 18.0 14.0 5.8 21.6	Avg Qty /100g 2980 713 0.6 80.0 53.5 0.9 0.7 700

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

McMuffin - BLT											On White I	luffin	On Whole	meal Muffin
WHITE ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Ground Maize (Preservative 200), Gluten, Sugar, Iodised Salt, Canol Dough Conditioner 300, Enzymes (Amylase, Xylanase)], Emulsifiers (471, 472e), Antioxidants (304, 307, 330), Food Acids (34						ral Salt (170,	516), <b>Malt F</b>	lour,		Avg Qty	/Serve	vg Qty /100g	Avg Qty /Serve	Avg Qty /100g
								Energy (	kJ)	90	6	788	876	730
WHOLEMEAL MUFFIN: <b>Wheat</b> Flour (Vitamins (Thiamin, Folate)), Water, <b>Wheat</b> Bran, Yeast, Ground Maize, <b>Wheat</b> Germ, N	Vheat Gluten	ı, Sugar, lodi	sed Salt, Pre	servative (28	32), Vegetable (Canola) (	Dil (Antioxida	nt (330)), Aci	idity Energy (	Cal)	21	6	188	209	174
Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (5	6), Wheat M	lalt Flour, En	zymes), Whe	eat Flour, Em	nulsifiers (472e, 471), Mir	neral Salt (17	0), Enzyme (	(1100). Protein (	g)	8.	1	7.1	9.7	81
TOMATO SLICE: Tomato.								Fat, tota	l (g)	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 Nit	trite (250), R	semary Extr	act.				Saturate	d Fat (g)	2.4	1	2.1	2.1	1.8
SHREDDED LETTUCE: Iceberg Lettuce.								Carbohy	drate (g)	26.		23.1	21.6	18.0
								Sugars (	g)	2.3		2.0	3.3	2.7
MAYONNAISE: Water, Soybean Oil (Antioxidant (330), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Dis SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - derived from Soy), Flavour, Colour (160a), Acidity Regulator (330).	tilled Vinegar	, Salt, Sugar	Mustard Flo	ur, Thickene	r (415), Acidity Regulator	(270), Prese	ervative (202)	). Sodium	(mg)	52	8	459	486	405
Contains gluten, egg & soy.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulp	hites	Preservat	ve Flavour	Colours	1
ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.	Y	Y		Y				T			Y	Y	Y	İ
											-	in Wholemea		
McMuffin - with Jam								Plain White N		With		Muffin vg Ava Oh		luffin With Jam
WHITE ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Ground Maize (Preservative 200), Gluten, Sugar, Iodised Salt, Canol Emulsifier 481, Mineral Salt (170, 516), Malt Flour, Dough Conditioner 300, Enzymes (Amylase, Xylanase)], Emulsifiers (471,								Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Qty ( /100g /S	ty /100g	Avg Qty /Serve	Avg Qty /100g
262), Enzyme (1101), Vitamins (Thiamine, Folate).						Energy (kJ)		618	1100	822		988	779	1030
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, Wheat Germ, V						Energy (Ca	1)	148	262	197		12 236	185	243
Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxid Flour, Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100).	ant (300), Aci	aity Regulato	or (576), <b>Wh</b>	eat Mait Floi	ur, ⊨nzymes), <b>wheat</b>	Protein (g)	\	4.4	7.9	4.7		.0 10.0	6.1	8.1
						Fat, total (g		2.9	5.2	3.0		.3 5.4	3.3	4.3
STRAWBERRY JAM: Sugar, Strawberries, Vegetable Gum (440), Acidity Regulator (330).  OIL: Canola Oil, Emulsifiers ( <b>Soy</b> Lecithin), Flavour, Colour (160a), Acidity Regulator (330).						Saturated F	(0)	0.8 24.7	1.5	0.9	1.2 ( 49.0 2	.4 0.7	0.4 30.8	0.6 40.5
						Carbohydra	ite (g)	1.1	43.8	36.3 11.2		0.1 33.5	11.8	15.6
Contains gluten & soy.  MUFFINS are produced on equipment that also produces products containing sesame seeds						Sugars (g) Sodium (mo	*/	268	476	277		.0 3.4 45 408	248	326
Note: Available with your choice of Vegemite ™, Honey OR Strawberry Jam.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts			hites	Preservat			320
Note: Available with your choice or vegethile—, Froney ON Strawberry Jain.	Y	Lygs	IVIIIK	Y	1 ISH & OldStaca	i canuts	TIEC INUIS	T	Ouip	11103	Y	VC Havour	V	İ
McMuffin - Mighty	1						J.	·			On W	ite Muffin	On Whole	meal Muffin
ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Sugar, Iodised Salt, Vinegar, Canola Oil, Gluten, Emulsifiers (472e, 481 der Dough Conditioners (300, 516), Enzyme (1100), Vitamin (Thiamin, Folate).  OR	ived from So	y)l, Preserva	ives (200, 28	32), <b>Soy</b> Flou	ur, Ground Maize, Minera	l Salt (170), /	Acidity Regul	lators (262, 297),			Avg Qty /S	erve Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, Wheat Germ, V	Vheat Gluten	, Sugar, Iodi	sed Salt, Pre	servative (28	32), Vegetable (Canola) (	Dil (Antioxida	nt (330)), Aci	idity Regulators	Energy (	(J)	1910	929	1870	921
(262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516), Wheat	Malt Flour, E	nzymes), Wł	eat Flour, E	mulsifiers (47	72e, 471), Mineral Salt (1	70), Enzyme	(1100).	-	Energy (	Cal)	456	222	446	214
EGG: Fresh, Shelled Egg.									Protein (	<b>J</b> )	28.3	13.8	29.8	14.3
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from wheat), Sucrose, Spices, Vegetable Powders (Garlic, C	nion) Minera	al Salt (341)	Hydrolysed \	/enetable Pr	ntein (from <b>sov</b> ). Snice F	xtract Cano	la Oill		Fat, total	(g)	23.4	11.4	23.6	11.3
<u> </u>	,,	a. oa (o ),	,,	· ogotabio i ii	oto (o oo),, op.oo 2	zatiaci, cario	0		Saturate	f Fat (g)	10.8	5.2	10.4	5.0
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330)	* *								Carbohy		31.6	15.4	26.4	12.6
CHEESE: Cheese (Milk, Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), S	alt, Acidity Re	egulators (26	), 330, 339),	Colours (160	Ub, 160c), Preservative (2	200), <b>Soy</b> Le	cithin.		Sugars (		5.7	2.8	6.6	3.1
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Syrup, Vinegar, Salt, Spice.									Sodium	mg)	1240	604	1190	571
OIL: Canola Oil, Emulsifiers ( <b>Soy</b> Lecithin), Flavour, Colour (160a), Acidity Regulator (330).	01.1	F	1.4711	0.	Fish 9 Counts	D	T N. 1	Carama Carata	1 6.1	L:1	D	51.	0.11	1
Contains gluten, egg, milk & soy.	Gluten	Eggs Y	Milk Y	Soy Y	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds T	Sulp	hites	Preservat	ve Flavour	Colours	ĺ
MUFFINS are produced on equipment that also produces products containing sesame seeds.	'	l I	ı	Ţ				'	ļ .				<u> </u>	
McMuffin - Sausage											On W	ite Muffin	On Whole	meal Muffin
ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Sugar, Iodised Salt, Vinegar, Canola Oil, Gluten, Emulsifiers (472e, 481 der Dough Conditioners (300, 516), Enzyme (1100), Vitamin (Thiamin, Folate).  OR	ived from So	y)I, Preserva	ives (200, 28	32), <b>Soy</b> Flou	ur, Ground Maize, Minera	ll Salt (170), /	Acidity Regul	lators (262, 297),			Avg Qty /S	erve Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
									Energy (	(J)	1240	1140	1220	1080
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, Wheat Germ, V									Energy (	Cal)	297	272	291	258
Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (5'	6), Wheat M	lalt Flour, En	zymes), Whe	eat Flour, Em	nulsifiers (472e, 471), Mir	neral Salt (17	0), Enzyme (	(1100).	Protein (	<b>J</b> )	15.3	14.0	16.9	15.0
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from wheat), Sucrose, Spices, Vegetable Powders (Garlic, C	nion) Minor	al Salt (3/11)	Hydrolycad \	/enetable Pr	ntain (from eau) Snice E	Evtract Cano	la ∩il1		Fat, total	(g)	14.2	13.0	14.6	12.9
DAGGAGE FATTE. Deet, Seasoning [Sait, Dried Giddose Syrup (11011) wheat), Sucrose, Spices, Vegetable Powders (Garic, C	niion), wiinera	ai Jail (J41),	i iyuroiysed \	vegetable Ph	otem (moin soy), spice i	-xiiaui, Udf10	ia Oiij.		Saturate	l Fat (g)	7.4	6.8	6.9	6.1
CHEESE: Cheese (Milk, Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), S	alt, Acidity Re	egulators (26	0, 330, 339),	Colours (160	0b, 160c), Preservative (2	200), <b>Soy</b> Le	cithin.		Carbohy	drate (g)	25.7	23.5	21.1	18.7
<u>OIL:</u> Canola Oil, Emulsifiers ( <b>Soy</b> Lecithin), Flavour, Colour (160a), Acidity Regulator (330).									Sugars (	J)	1.7	1.6	2.6	2.3
									Sodium		608	557	586	518
Contains gluten, milk & soy.  ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.	Gluten	Eggs	Milk Y	Soy Y	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulp	hites	Preservat Y	ve Flavour Y	Colours	ļ

Revision: 26 File: QAM056

McMuffin - Sausage and Egg										On White	Muffin	On Whole	meal Muffin
ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Sugar, lodised Salt, Vinegar, Canola Oil, Gluten, Emulsifiers (472e, 481 der Dough Conditioners (300, 516), Enzyme (1100), Vitamin (Thiamin, Folate).  OR	ived from So	<b>y</b> )I, Preserva	atives (200, 2	82), <b>Soy</b> Flo	ur, Ground Maize, Minera	ıl Salt (170), A	Acidity Regul	lators (262, 297),		Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	
									Energy (kJ)	1540	981	1520	944
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, Wheat Germ, V									Energy (Cal)	369	235	363	226
Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (51	*				, .	,		1100).	Protein (g)	21.2	13.5	22.8	14.2
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from wheat), Sucrose, Spices, Vegetable Powders (Garlic, C	Onion), Minera	al Salt (341),	Hydrolysed	Vegetable Pi	rotein (from <b>soy</b> ), Antioxi	dant (306), C	anola Oil,		Fat, total (g)	19.6	12.4	19.9	12.4
Spice Extracts]. EGG: Fresh, Shelled <b>Eqg</b> .									Saturated Fat (g) Carbohydrate (q)	9.0 25.8	5.7 16.4	8.6 21.3	5.3 13.2
EGGS: Presh, Shelled Egg. CHEESE: Cheese (Milk, Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), S	alt Acidity D	equilatore (26	su 330 330)	Coloure (16	0h 160c) Presentative (	200) <b>Sov</b> la	cithin		Sugars (g)	1.9	1.2	21.3	1.7
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330).	ait, Acidity IN	egulators (20	10, 330, 333)	, Colours (10	ob, 1000), i leservative (	200), <b>30y</b> Le	Citilii.		Sodium (mg)	650	413	627	390
Contains gluten, egg, milk & soy.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	000
ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.	Y	Y	Y	Y	1 ion a Gradiada	1 Canata	TICC NUIS	Т	Culpriitoo	Y	Y	Y	
Wrap - Bacon, Spinach and Feta					•				•			Avg Qty /Serve	Avg Qty /100
EGG: Fresh, Shelled <b>Egg</b> .										Energy	/ (kJ)	1870	765
TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mine	ral Salts (450	), 500, 341)1.	Acidity Rea	ulator (297). I	Mineral Salt (500), Preser	vative (282).	Yeast.			Energy	. ,	448	183
TOMATO SLICE: Tomato.		,,, ///,								Protein		22.5	9.2
PESTO MAYONNAISE: Pesto [Canola Oil (Canola Oil, Antioxidant (320)), Parsley, Parmesan (Milk, Starter Culture, Non Anim	al Rennet. Ta	apioca), Bas	il, Vinegar. G	arlic, Saltl. M	layonnaise [Soy Bean O	il, High-Fructo	se Corn Svi	up,		Fat, tot	107	27.2	11.1
Whole Eggs, Distilled Vinegar, Water, Firming Agent (516), Lemon Juice, Salt, Spices, Antioxidants ((385, 330)].		,,	, -5-,-		.,	, 5	,	- 1-7		Satura	ted Fat (g)	8.9	3.6
CARAMELISED GRILLED ONION: Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar	ır, Onion Pov	vder, Maltode	extrin, Flavou	ırs, Spice.						Carboh	nydrate (g)	26.5	10.8
SPINACH: Baby Leaf Spinach										Sugars	s (g)	4.7	1.9
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330)	), Sodium Ni	trite (250), R	losemary Ex	tract.						Sodiun	n (mg)	854	348
CRUMBLED FETA CHEESE: Milk, Non-Animal Rennet, Citric Acid, Salt													
OIL: Canola Oil, Emulsifiers ( <b>Soy</b> Lecithin), Flavour, Colour (160a), Acidity Regulator (330).													
Contains gluten, egg, milk, soy.	-		1	1 -	F: 1 0 0 1		I	0 0 1	0.117	I 5 .:	1	1 .	1
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
Wrap - English Brekkie	ī	1	T	ī						Y	Y	Avg Qty /Serve	Ava Ob. /100
EGG: Fresh, Shelled <b>Egg</b> .										Energy	, (k l)	1990	Avg Qty /100 905
TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mine	ral Salts (450	500 341)1	Acidity Rea	ulator (297) I	Mineral Salt (500) Prese	vative (282)	Vaast			Energy		477	217
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from <b>wheat</b> ), Sucrose, Spices, Vegetable Powders (Garlic, C								nice Extracts1		Protein		27.4	12.5
SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422),				•				-		Fat, tot	107	26.7	12.1
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330					,,	/, 5		,,			ted Fat (q)	10.5	4.8
OIL: Canola Oil, Emulsifiers ( <b>Soy</b> Lecithin), Flavour, Colour (160a), Acidity Regulator (330).	,,	( //	,								nydrate (g)	30.7	13.9
										Sugars	, ,,,	8.9	4.1
Contains gluten, egg, soy.										Sodiun	n (mg)	809	368
BBQ Sauce contains traces of fish and gluten	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
	Υ	Υ		Υ	T - FISH					Υ	Υ	Υ	
Wrap - Spinach and Feta												Avg Qty /Serve	Avg Qty /100
EGG: Fresh, Shelled Egg.										Energy	/ (kJ)	1740	752
TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mine	ral Salts (450	), 500, 341)],	Acidity Reg	ulator (297), I	Mineral Salt (500), Preser	vative (282),	Yeast			Energy	(Cal)	416	180
TOMATO SLICE: Tomato.										Protein	n (g)	19.3	8.4
PESTO MAYONNAISE: Pesto [Canola Oil (Canola Oil, Antioxidant (320)), Parsley, Parmesan (Milk, Starter Culture, Non Anim	al Rennet, Ta	apioca), Bas	il, Vinegar, G	Sarlic, Salt], M	layonnaise [Soy Bean O	il, High-Fructo	se Corn Syr	rup,		Fat, tot	tal (g)	25.5	11.0
Whole Eggs, Distilled Vinegar, Water, Firming Agent (516), Lemon Juice, Salt, Spices, Antioxidants (385, 330)											ted Fat (g)	8.1	3.5
CARAMELISED GRILLED ONION: Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar	ır, Onion Pov	vder, Maltode	extrin, Flavou	ırs, Spice.							nydrate (g)	26.1	11.3
SPINACH: Baby Leaf Spinach										Sugars	107	4.5	1.9
CRUMBLED FETA CHEESE: Milk, Non-Animal Rennet, Citric Acid, Salt										Sodiun	n (mg)	653	283
OIL: Canola Oil, Emulsifiers ( <b>Soy</b> Lecithin), Flavour, Colour (160a), Acidity Regulator (330).				T =	T	1_	1		0.1	T 5	1		1
Contains gluten, egg, milk, soy.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	-

File: QAM056

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 Powd	er. Salt. Dextro	ose (from Wh	eat). Spices.	Lemon Juic	e. Mineral Salts (170, 45	0. 500). Emu	Isifiers (471.	322 - from <b>Sov</b> ).		Energ	y (kJ)	970	1210
Flavour, Acidity Regulators (270, 330), Antioxidants (300, 320), Colour (160a).	,,	(	,,		-,	-,,		,,,		Energ	,	232	290
										Protei		1.8	2.2
Contains gluten, milk & soy.										Fat, to	107	13.4	16.7
APPLE PIES are produced in a plant that also produces products containing sesame seeds.											ated Fat (q)	3.2	4.0
Note: Cooked in canola oil blend.											hydrate (g)	24.6	30.8
										Sugar	, (0)	6.9	8.6
											m (mg)	146	182
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative		Colours	
	Y	-33-	Y	Y				T			Y	Y	
Birthday Cake - Icecream		1		ı	I							Avg Qty /Serve	Avg Qty /100g
Water, Cream, Sugar, Whey Powder (Milk) Glucose Syrup (from wheat), Skim Milk Concentrate, Confectionery [Sugar, Veg	etable Eat (Em	uleifiare (493	Sov Lecith	in) Glucosa	(from wheat) Water Co	Jours (102 1	10 122 123	124 133\) Maltode	vtrin	Energ	v (k.l)	384	874
Cocoa, Emulsifier (471 from <b>Soy</b> ), Vegetable Gums (412, 466, 407a), Colours [150d (from <b>Wheat</b> ) 155, 123, 102, 133, 122],		1432	., <b>Joy</b> Lookin	,, Olucose	(IIOIII WIIOUL), WALEI, OC	10413 (102, 1	10, 122, 120	, 121, 100// Walloue	лин,	Energ		92	209
[ 100, 100, 100, 100, 100, 100, 100, 100										Protei		0.7	1.5
Contains gluten, milk & soy.										Fat, to	107	4.7	10.7
Note: ICE CREAM CAKE is made on equipment that also processes products containing peanuts & tree nuts											ated Fat (g)	3.3	7.5
From the Grant with the formation of applicant that also proceeded products containing pounds a good hate											hydrate (g)	11.7	26.6
										Sugar	, (0)	9.6	21.8
											m (mg)	33	75
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	, , ,	Colours	10
	Y	Lygo	Y	Y	Tion a diadada	T	T		Caipintoo	110001744170	Y	Y	1
H.B. (Cliffer) A. (Cliffer)		1	l	l	ı				I	ı	1	Avg Qty /Serve	Avg Qty /100g
McDonaldland Cookies										E	/L IV		
Wheat Flour, Sugar, Palm Oil, Golden Syrup, Salt, Raising Agent (500), Soy Lecithin, Flavour.										Energ		1180	1950
										Energ		281	469
Contains gluten & soy.										Protei	107	3.6	6.0
May contain traces of peanut, hazelnut, dairy, egg and sesame seed.										Fat, to	(0)	8.2	13.7
											ated Fat (g)	4.0 46.5	6.6 77.5
											hydrate (g)		
										Sugar	m (mg)	16.6	27.6
	Cluton	Гаас	Milk	Cou	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Culphitos	Preservative		150 Colours	250
	Gluten Y	Eggs T	IVIIIK	Soy Y	FISH & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Y	Colours	-
		ļ !	'	ı		'	ı	ı			ı		
McFlurry - M&M Minis®										_		Avg Qty /Serve	
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Er										Energ	,	1720	912
MINI M&M'S: Milk Chocolate [Sugar, Milk Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (Soy Lecithin), Salt, F	lavour], Suga	r, Starch (wh	eat), Glucose	Syrup (fron	n wheat), Colours (171,						y (Cal)	410	218
133, 129, 110, 102), Vegetable gum (414), Thickener (Dextrin), Glazing Agent (903).										Protei	107	8.1	4.3
											otal (g)	15.6	8.3
											ated Fat (g)	9.9	5.3
											hydrate (g)	58.5	31.1
Contains gluten, milk & sulphites.										Sugar		52.3	27.8
Traces of peanuts and tree nuts in the Mini M&Ms		1		1	1		1		ı		m (mg)	116	62
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative		Colours	1
			Y	Y		T	T		Υ	Υ	Y	Y	

Revision: 26

File: QAM056

															1
McFlurry - Oreo												_		Avg Qty /Serve	
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), E	,	,	,, 0	,		. ,.							rgy (kJ)	1370	799
OREO COOKIE PIECES: Wheat Flour, Sugar, Vegetable Oil (Palm Oil and Palm Kernel Oil, Contains Antioxidant [319]), Co Ammonium Bicarbonate), Emulsifier (Soy Lecithin), Flavour.	.coa Powder	, Star	ch, Invert S	Syrup, Salt, I	Raising/Lea	vening Agents (Sodium B	sicarbonate,						rgy (Cal)	329 7.2	191
Annionium bicarbonate), Emuisiner ( <b>309</b> Lectrin), Flavour.													total (g)	11.7	4.2 6.8
													urated Fat (q)	7.3	4.2
												<b>—</b>	bohydrate (g)	48.2	28.0
Contains gluten, milk & sulphites.												H	ars (g)	37.8	22.0
Traces of egg, peanuts and sesame seeds in the Oreo Pieces.													ium (mg)	170	99
	Gluter	ı	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulp	hites	Preservativ	e Flavour	Colours	
	Y		T	Υ	Υ		T		T		Y	Υ	Υ		
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), E	imulsifiers (4	133, 4	71), Vegeta	able Gums (	407, 407a,	412, 466), Flavour.						Ene	rgy (kJ)	627	700
CONE: Wheat Flour, Sunflower Oil, Water, Soy Lecithin, Salt, Mineral Salt (500)													rgy (Cal)	150	168
												<b>—</b>	ein (g)	3.9	4.4
Contains milk, soy , gluten & sulphites													total (g)	4.6	5.1
Note: CONES are produced in a facility which also produces products containing peanuts & tree nuts (almonds & hazelnuts).	•												urated Fat (g)	2.9	3.2
													oohydrate (g) ars (g)	22.9 17.0	25.6 19.0
													ium (mg)	58	65
	Gluter	,	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulr	hites	Preservativ	. 0,	Colours	05
	Y	-	-990	Y	Y		T	T			Y	Υ	Y	00.00.0	1
						•		<u> </u>		<u> </u>		Small		La	arge
Sundae - Caramel											Avg Qty	/Serve A	/g Qty /100g	Avg Qty /Serve	Avg Qty /100g
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), E	Emulsifiers (4	133, 4	71), Vegeta	able Gums (	407, 407a,	412, 466), Flavour.			Energ	y (kJ)	147	70	841	2280	919
CARAMEL TOPPING: Glucose Corn Syrup, Whole Sweetened Condensed Milk (Milk, Milk Powder, Sugar, Lactose), High F	Fructose Cor	n Syr	up, Shorte	ning [Palm (	Dil, Antioxid	ant (307)], Water, Sugar,	Thickeners		Energ	y (Cal)	35	52	201	545	220
(401, 440), Salt, Stabiliser (339), Flavouring.									Protei	(0)	6.		3.4	7.9	3.2
									Fat, to	(0)	8.		5.0	12.3	4.9
Contains milk & sulphites. Traces of gluten.										ited Fat (g)	5.		3.3	8.1	3.3
Note: CARAMEL TOPPING is manufactured on the same line as products containing soy.										hydrate (g)	61 42		34.9 24.5	99 65.4	39.8 26.4
									Sugar Sodiu		14		81	226	20.4
															01
	Gluter	n [	Faas	Milk	Sov	Fish & Crustaea	Peanuts	Tree Nuts		( 0,					91
	Gluter	ı	Eggs	Milk Y	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulp	hites Y	Preservativ		Colours	91
	Glutei T	1	Eggs			Fish & Crustaea	Peanuts	Tree Nuts		Sulp	hites	Preservativ	e Flavour	Colours	91 arge
Sundae - Hot Fudge	Gluter	1	Eggs			Fish & Crustaea	Peanuts	Tree Nuts		Sulp	ohites Y	Preservativ Y Small	re Flavour Y	Colours	arge
	T			Y	T		Peanuts	Tree Nuts	Sesame Seeds	Sulp	ohites Y	Preservativ Y Small //Serve A	e Flavour	Colours  La  Avg Qty /Serve	arge Avg Qty /100g
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), E	T Emulsifiers (4	133, 4	71), Vegeta	Y able Gums (	T 407, 407a,	412, 466), Flavour.		Tree Nuts	Sesame Seeds	Sulp	hites Y Avg Qty	Preservativ Y Small //Serve A	re Flavour Y vg Qty /100g	Colours	arge
	T Emulsifiers (4	133, 4	71), Vegeta	Y able Gums (	T 407, 407a,	412, 466), Flavour.		Tree Nuts	Sesame Seeds	y (kJ)	Avg Qty	Preservativ Y Small //Serve Av 80	yg Qty /100g 862	Colours  La Avg Qty /Serve 2310	arge Avg Qty /100g 952
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), E HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrodgenated Palm Kernel Olein (Soy Lecithin), Whole Swee	T Emulsifiers (4	133, 4	71), Vegeta	Y able Gums (	T 407, 407a,	412, 466), Flavour.		Tree Nuts	Sesame Seeds  Energ Energ	y (kJ) y (Cal)	Avg Qty 148	Preservativ Y Small //Serve A 80 52 3	ye Flavour Y yg Qty /100g 862 204	Colours  La Avg Qty /Serve 2310 554	arge Avg Qty /100g 952 228
SUNDAE MIX: Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), E  HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrodgenated Palm Kernel Olein (Soy Lecithin), Whole Swee  Powder, Thickeners (1422, 401), Salt, Stabiliser), Flavouring, Preservative (202).	T Emulsifiers (4	133, 4	71), Vegeta	Y able Gums (	T 407, 407a,	412, 466), Flavour.		Tree Nuts	Energ Energ Protei Fat, to Satura	y (kJ) y (Cal) n (g) tal (g) tted Fat (g)	Avg Qty  148 35 6.0 9.0	Preservative	re Flavour Y 2g Qty /100g 862 204 3.7 5.6 4.0	Colours  La Avg Qty /Serve 2310 554 8.5 14.3 10.5	arge Avg Qty /100g 952 228 3.5 5.9 4.3
SUNDAE MIX: Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), E HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrodgenated Palm Kernel Olein (Soy Lecithin), Whole Swee	T Emulsifiers (4	133, 4	71), Vegeta	Y able Gums (	T 407, 407a,	412, 466), Flavour.		Tree Nuts	Energ Energ Energ Protei Fat, to Satura Carbo	y (kJ) y (Cal) n (g) ttal (g) tted Fat (g) hydrate (g)	Avg Qty  Avg Qty  148  359  6.  9.  59	Preservative   Y   Small	re Flavour Y 2g Qty /100g 862 204 3.7 5.6 4.0 34.7	Colours  La Avg Qty /Serve  2310  554  8.5  14.3  10.5  96.1	arge Avg Qty /100g 952 228 3.5 5.9 4.3 39.5
SUNDAE MIX: Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), E  HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrodgenated Palm Kernel Olein (Soy Lecithin), Whole Swee  Powder, Thickeners (1422, 401), Salt, Stabiliser), Flavouring, Preservative (202).	T Emulsifiers (4	133, 4	71), Vegeta	Y able Gums (	T 407, 407a,	412, 466), Flavour.		Tree Nuts	Energ Energ Protei Fat, to Satura Carbo	y (kJ) y (Cal) n (g) ttal (g) tted Fat (g) hydrate (g)	Avg Qty  148 35 6.0 9.0	Preservative   Y   Small	re Flavour Y 2g Qty /100g 862 204 3.7 5.6 4.0	Colours  La Avg Qty /Serve 2310 554 8.5 14.3 10.5	arge Avg Qty /100g 952 228 3.5 5.9 4.3

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Soy

Milk

Eggs

Gluten

Fish & Crustaea

Peanuts Tree Nuts Sesame Seeds

Sulphites

Preservative

Flavour

Colours

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), Em	ulsifiers (433,	471), Veget	table Gums (	407, 407a, 4	12, 466), Flavour.						Energy	(kJ)	876	649
											Energy	(Cal)	210	155
Contains milk & sulphites. Traces of gluten.											Protein	(g)	5.5	4.1
McDonald's Sundae without Topping is available on request.											Fat, tota	al (g)	6.8	5.0
											Saturate	ed Fat (g)	4.5	3.3
											Carbohy	ydrate (g)	31.3	23.2
											Sugars		27.0	20.0
					1			1			Sodium		78	58
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphi	ites F	Preservative	Flavour	Colours	
	T		Υ						Y		Y	Υ		
									_		Small		+	arge
Sundae - Strawberry										Avg Qty /Se		Qty /100g	Avg Qty /Serve	
	ulsifiers (433,	471), Vegel	table Gums (	407, 407a, 4	12, 466), Flavour.			Energy (		Avg Qty /So	erve Avg Q	Qty /100g 725	+	
	ulsifiers (433,	, 471), Veget lavouring, Ad	table Gums ( Gruny Reguna	407, 407a, 4 ເບເ (ວວບ), ຕາຍ	12, 466), Flavour. Isservative (202), COIOUI (1	124), FIIIIIII	і Аусііі	Energy ( Energy (	(J)		erve Avg Q		Avg Qty /Serve	Avg Qty /100g
SUNDAE MIX: Milk Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Em STRAWDERKT TOFFING. Strawderies, Sugar, water, high Fluctuse Com Syrup, Strawderi you'ce Concentrate, mickeries	ulsifiers (433, (440, 410), Fl	, 471), Veget lavouring, Ad	table Gums ( Diuny Regula	407, 407a, 4 101 (330), Fie	12, 466), Flavour. sservative (202), Coloui (1	124 <i>)</i> , FIIIIIIIY	ı Ayenı		(J) Cal)	1240	erve Avg Q	725	Avg Qty /Serve 1830	Avg Qty /100g 757
Sundae - Strawberry  SUNDAE MIX: Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Em STRAWDERRY TOPPING. Shawbernes, Sugar, vivaler, might proclose com Syrup, Shawberry Junce Concentrate, Thickeners	ulsifiers (433, (440, 410), F	, 471), Veget avouring, Ad	table Gums ( ciuity regula	407, 407a, 4' ioi (330), Fie	12, 466), Flavour. Iservanve (202), Colour (1	124), FIIIIIIIY	ı Agent	Energy (	(J) Cal)	1240 297	erve Avg Q	725 173 3.4 3.9	Avg Qty /Serve 1830 437	Avg Qty /100g 757 181
SUNDAE MIX: Milk Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Em STRAWDERKT TOFFING. Strawderies, Sugar, water, high Fluctuse Com Syrup, Strawderi you'ce Concentrate, mickeries	ulsifiers (433, (440, 410), Fi	. 471), Veget iavouring, Ad	table Gums ( ciuity regula	407, 407a, 4 เม (จอบ), คาย	12, 466), Flavour. sservative (202), Colloui (1	124), FIIIIIIIY	ı Ayeni	Energy ( Protein (	(J) Cal) (g)	1240 297 5.8 6.7 4.5	erve Avg Q	725 173 3.4 3.9 2.6	Avg Qty /Serve 1830 437 7.5	Avg Qty /100g 757 181 3.1 3.5 2.3
SUNDAE MIX: Milk Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Em <u>STRANDERRY TOPPING.</u> Strawderites, Sugar, water, night Proclose Com Syrup, Strawderly Juice Concentrate, Thickeners	ulsifiers (433, (440, 410), Fi	.471), Vegei lavouring, Ar	iable Gums ( ciuity regula	407, 407a, 4 w (330), Fie	12, 466), Flavour. sservative (202), Colloui (1	124), FIIIIIII	ı Ayent	Energy ( Protein ( Fat, total	(J) Cal) (g) (g) d Fat (g)	1240 297 5.8 6.7 4.5 52.2	Avg Q	725 173 3.4 3.9 2.6 30.5	Avg Qty /Serve 1830 437 7.5 8.4 5.6 81.1	Avg Qty /100g 757 181 3.1 3.5 2.3 33.7
SUNDAE MIX: Milk Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Em <u>STRANDERRY TOPPING.</u> Strawderites, Sugar, water, night Proclose Com Syrup, Strawderly Juice Concentrate, Thickeners	ulsifiers (433, (440, 410), Fi	, 471), Vegel iavouiliig, At	iable Gums ( Juliy Regula	407, 407a, 4 w (330), Fie	12, 466), Flavour. Servative (202), Coloui (1	124), FIIIIIIIQ	ı Ayent	Energy ( Protein ( Fat, total Saturate	(J) (Cal) (J) (g) (g) (J) (Tat (g) (drate (g)	1240 297 5.8 6.7 4.5 52.2 44.7	erve Avg G	725 173 3.4 3.9 2.6 30.5 26.2	Avg Qty /Serve 1830 437 7.5 8.4 5.6	Avg Qty /100g 757 181 3.1 3.5 2.3
SUNDAE MIX: Milk Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Em SIRAVVOERKT TOFFING. Surawverites, Sugar, vvaler, night Fractionse Com Syrup, Surawverity suice Concentrate, Thickeriers	ulsifiers (433, (440, 410), ri	.471), Veget lavouring, Ar	table Gums (cause regular	407, 407a, 4 101 (330), F18	12, 466), Flavour. Sei varive (202), Colloui (1) Fish & Crustaea	Peanuts	Tree Nuts	Energy ( Protein ( Fat, total Saturate Carbohy Sugars ( Sodium	(g) (g) (fat (g) (drate (g)	1240 297 5.8 6.7 4.5 52.2 44.7	erve Avg C	725 173 3.4 3.9 2.6 30.5	Avg Qty /Serve 1830 437 7.5 8.4 5.6 81.1	Avg Qty /100g 757 181 3.1 3.5 2.3 33.7

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