

## McDonald's Australia Create Your Taste Menu Allergen - Ingredients - Nutrition Information

Information correct as at 28th October 2015

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

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

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

### Food Sensitivities and Preferences

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

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

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

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

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

## Create Your Taste - SALADS

### Base

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

Avg qty per 85g Serve
Energy (kJ)
66

SPINACH LEAVES: Baby Spinach.

Avg qty per 15g Serve
Energy (kJ)
15

	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Diced Lettuce Mix												
Spinach Leaves												

### Top It Up

GRAPE TOMATO: Grape Tomatoes.

Avg qty per 6 pieces
Energy (kJ)
48

SHREDDED CARROT: Carrot

Avg qty per 30g serve
Energy (kJ)
39

CUCUMBER SLICES: Sliced Cucumber.

Avg qty per 6 pieces
Energy (kJ)
20

RED ONION: Red Onion.

Avg qty per 13g serve
Energy (kJ)
18

SHAVED PARMESAN CHEESE: Parmesan Cheese (Milk, Salt, Cultures, Enzyme), Anti-caking Agent (460), Preservative (200).

*Contains milk.*

Avg qty per 10g serve
Energy (kJ)
162

FETA CHEESE: Milk, Non-Animal Rennet, Citric Acid, Salt

*Contains milk.*

Avg qty per 20g serve
Energy (kJ)
220

JALAPENOS: Jalapeno Peppers, Water, Vinegar, Salt, Acidity Regulators (296, 270), Firming Agent (509), Preservatives (211, 223), Colour (102)

Avg qty per 5 pieces
Energy (kJ)
7

GUACAMOLE: Avocado, Tomato, Onion, Jalapeno Peppers, Serrano Peppers, Salt, Coriander, Garlic.

Avg qty per 28g serve
Energy (kJ)
201

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

*Traces of milk*

Avg qty per 20g serve
Energy (kJ)
428

CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250).

*Bacon may be cooked on the same grill as egg.*

Avg qty per 15g serve
Energy (kJ)
322

	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Grape Tomato												
Shredded Carrot												
Cucumber Slice												
Red Onion												
Shaved Parmesan Cheese			Y							Y		
Feta Cheese			Y									
Jalapenos										Y		Y
Guacamole												
Tortilla Strips			T									
Crispy Bacon										Y	Y	

### Choose a Protein

**GRILLED CHICKEN:** Chicken, Water, Rice Starch, 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.

	Avg qty per 100g serve
Energy (kJ)	508

**QIL:** Canola Oil, Emulsifier (322 - **Soy**), Flavour, Colour (160a), Acidity Regulator (330).

*Contains soy. CYT grilled chicken may be cooked on the same grill as egg.*

	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
<b>Grilled Chicken</b>		T		Y							Y	Y

### Add a Salad Dressing

**SOUTHWEST RANCH SAUCE:** Canola Oil [Antioxidant (307b -**Soy**)], Vinegar [Preservative (**223**)], Sugar, Water, Lemon Juice, **Egg** Yolk, **Milk** Solids, Onion, Salt, Spices, Garlic, Emulsifiers (**Soy** Lecithin, 435), Preservative (202), Vegetable Gum (415), Herb, Spice Extract (160c).

	Avg qty per 40g serve
Energy (kJ)	781

*Contains egg, milk & soy. Traces of sulphites.*

**CAESAR DRESSING:** Canola Oil [Antioxidant (307b -**Soy**)], Water, Vinegar, Whole **Egg**, Lemon Juice, Dextrose, Sugar, **Egg** Yolk, Minced Garlic [Food Acid (260)], Parmesan Cheese [Salt, **Milk** Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard (Food Acid (260)), Spice, Emulsifiers (**Soy** Lecithin, 435), Mustard Flour, Yeast Extract (**Gluten**), Flavourings, Preservative (202, 211), Vegetable Gum (415).

	Avg qty per 40g serve
Energy (kJ)	812

*Contains gluten, egg, milk and soy.*

**BALSAMIC VINAIGRETTE:** Water, Vinegar, Canola Oil [Antioxidant (307b -**Soy**)], Balsamic Vinegar [Colour (150d), Preservative (**220**)], Sugar, Salt, Garlic, Vegetable Gum Blend [Vegetable Gums (415, 417, 401), Food Acid (331)], Preservatives (202, 211), **Soy** Lecithin.

	Avg qty per 40g serve
Energy (kJ)	302

*Contains soy. May contain TRACES of sulphites*

	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
<b>Southwest Ranch Sauce</b>		Y	Y	Y					T	Y		
<b>Caesar Dressing</b>	Y	Y	Y	Y						Y	Y	
<b>Balsamic Vinaigrette</b>				Y					T	Y		Y

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