

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

Information correct as at 27th January 2016

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

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

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

Food Sensitivities and Preferences

Select items sold in McCafé are sold as gluten free. They are produced under allergen control conditions and are specifically handled to prevent cross contamination. No other food items are sold as allergen free. As we operate working kitchens please be aware that there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item sold is free from traces of allergens.

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

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

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

Create Your Taste - BEEF													
Home-style Oz Burger												Avg Qty /Serve	Avg Qty /100g
BAKERY BUN: Wheat Flour, Water, Yeast, Improver, Salt, Canola Oil, Baking Enzyme.										Ι	Energy (kJ)	3290	977
BEEF PATTY: Angus Beef.											Energy (Cal)	790	234
TOMATO CHILLI JAM: Sugar, Vinegar, Diced Capsicum, Chilli Paste [Chilli, Acidity Regulator (260)], Water, Onion Puree, Diced Garlic (Acidity Regulator (260)), Salt, Spices, Vegetable Gum (415), Yeast Extract, Acidity Regulator (330), Preservative (202), S			idity Regulato	or (330), Firm	ing Agent (509)], Thicke	ener (1422), A	Apple Paste, G	inger Puree (Food Acid (2	260), Thickener (415))), Minced	Protein (g)	34.6	10.3
HERB AIOLI: Canola Oil [Antioxidant (307b - Soy)], Water, Vinegar, Glucose Syrup (Wheat Derived), Garlic, Herbs, Whole Egg,		'	Dijon Musta	rd [Acidity Re	qulator (260)], Acidity R	Regulator (57	5), Egg Yolk, C	Dat Fibre, Mustard [Food /	Acids (260, 330), Col	lours (150c,	Fat, total (g) Saturated Fat (g)	47.3 21.1	14.0 6.3
160a)], Flavour Enhancer (635), Flavourings (Milk), Emulsifiers (Soy Lecithin, 435), Vegetable Gum (415), Colour (171), Minera						0 (,				Carbohydrate (g)	54.2	16.1
NATURAL CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Rennet, Lipase.											Sugars (g)	13.7	4.1
RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose, Antioxidant (316), Acidity Regulator (330), Sodium	n Nitrite (250),	Rosemary E	extract.							l	Sodium (mg)	1230	366
BEETROOT SLICE: Beetroot, Water, Sugar, Salt, Food Acid (260). TOMATO SLICE: Tomatoes.													
WHOLE LEAF LETTUCE: Lettuce.													
CARAMELISED GRILLED ONION: Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar,	Onion Powder	r, Maltodextr	in, Flavours,	Spice.									
BUTTER OIL: Milk Fat.													
Contains gluten, egg, milk & soy. Traces of sesame seeds & sulphites.													
Beef patty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil.													
Beef, bacon & onion may be cooked on the same grill as egg.	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preserva	tive Flavour	Colours	
BAKERY Bun contains traces of egg, milk, soy and sesame seeds.	Y	Y	Y	Y				Т	Т	Y	Y	Y	
Chipotle Burger												Avg Qty /Serve	Avg Qty /100g
BAKERY BUN: Wheat Flour, Water, Yeast, Improver, Salt, Canola Oil, Baking Enzyme											Energy (kJ)	3290	1030
BEEF PATTY: Angus Beef.											Energy (Cal)	789	248
CHIPOTLE MAYONNAISE: Canola Oil (Antioxidant (307b -Soy)), Water, Vinegar, Whole Egg, Molasses, Spices, Dijon Mustard								e Powder, Acidity Regulat	or (575), Soy Sauce		Protein (g)	30.1	9.5
[Soy Beans, Wheat, Food Acids (260, 262, 270)], Salt, Sugar, Flavour Enhancer (635), Flavourings (Milk), Vegetable Gum (415 <u>GUACAMOLE</u> : Avocado, Tornato, Onion, Jalapeno Peppers, Serrano Peppers, Salt, Coriander, Garlic.), Emulsifiers (Soy Lecithir	n, 435), Oat F	ibre, Yeast E	xtract, Colour (171),Pre	eservatives (2	202, 211).				Fat, total (g) Saturated Fat (g)	49.5 18.5	15.6 5.8
COLBY JACK CHEESE: Milk, Cheese Cultures, Salt, Enzymes, Colour (160b).											Carbohydrate (g)	53.2	5.0
TOMATO SLICE: Tomatoes.										ŀ	Sugars (g)	5.5	1.7
WHOLE LEAF LETTUCE: Lettuce.											Sodium (mg)	975	307
<u>RED ONION</u> : Red Onion. T <u>ORTILLA STRIPS</u> : Corn Flour, Vegetable Oil, Water, Salt.													
BUTTER OIL: Milk Fat.													
Contains gluten, egg, milk & soy. Traces of sesame seeds & sulphites. Beef patty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil. Beef may be cooked on the same grill as egg.													
BAKERY Bun contains traces of egg, milk, soy and sesame seeds.	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preserva	tive Flavour	Colours	٦ ٦
	Y	Ŷ	Y	Ŷ				Т	Т	Y	Y	Y	1
Classic Cheese												Avg Qty /Serve	Avg Qty /100g
					_						Energy (kl)	3270	1280
BRIOCHE-STYLE BUN: Wheat Flour (Thiamin, Folate), Water, Sugar, Yeast, Glaze (Water, Vegetable Proteins, Vegetable Oils, 472e), Flavours, Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidants (300, 516), Enzymes), Preservative (28						Sulphites), V	/egetable Oils ((Antioxidant (330)), Iodise	ed Salt, Emulsifier (17	. •,,	Energy (kJ) Energy (Cal)	784	306
ANGUS BEEF: Beef (100%).	2), Antioxidan	(500), 0010	ui (1002)), Ei	izyine (1100							Protein (g)	39.7	15.5
CARAMELISED GRILLED ONION: Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar,	Onion Powder	r, Maltodextr	in, Flavours,	Spice.							Fat, total (g)	50.2	19.6
DIJONNAISE MUSTARD: Soybean Oil (Antioxidant (320)), Water, Prepared Mustard [Water, Vinegar, Mustard Seed, Salt, White	e Wine, Acidit	y Regulators	(330,334) C	olour (100), S	pices], Vinegar, Egg Yo	olk, Sugar, Th	nickeners (1442	2,415), Mustard Seeds, S	alt, Mustard Flour, Fl	latoui,	Saturated Fat (g)	22.8	8.9
Preservative (202), Acidity Regulator (270), Colours (150c,100), Antioxidant (385). SWISS CHEESE: Skim Milk, Cultures, Salt, Enzymes.											Carbohydrate (g) Sugars (g)	42.0	16.4 4.6
RASHER BACON: Pork, Water, Salt, Sugar, Mineral Salts (450, 451), Dextrose, Antioxidant (316), Acidity Regulator (330), Sodiu	um Nitrite (250), Spice Extr	ract.								Sodium (mg)	1420	4.6
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Anti-oxidant (316), Sodium Nitrite	(250).									L	,		
LONG PICKLE: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.													
SHAVED PARMESAN CHEESE: Parmesan Cheese (Milk, Salt, Cultures, Enzyme), Anti-caking Agent (460), Preservative (200) BUTTER OIL: Milk Fat.	l.												
Contains gluten, egg, milk & soy. Traces of sesame seeds & sulphites.													
Beef patty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil.								•					_
Beef, bacon & crispy bacon may be cooked on the same grill as egg.	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preserva	tive Flavour	Colours	4
BRIOCHE STYLE BUN contains traces of sesame seed.	Y	Y	Y	Y				T	T	Y	Y	Y	
Please be aware that there is always a risk that traces of allergens may be transferred to iten	ns on our me	enu during	processing,	storage or	preparation in our kit	tchens. McI	Donald's Rest	aurants are therefore	unable to guarant	tee that any i	tem sold is free fro	m traces of allergens.	
Issued: October 2015													

Issued: October 2015

Create Your Taste - CHICKEN													
Swiss & Mustard Grilled Chicken Burger												Avg Qty /Serve	Avg Qty /100g
CIABATTA: Wheat Flours (Thiamin, Folic Acid), Water, Pre-Gelatinised Wheat Flour, Food Acid (270, 327), Wheat Sourdough	h, Olive Oil, Salt	Yeast, Malt	Flour, Bakin	g Enzyme.						Energ	y (kJ)	2360	835
CYT 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),											y (Cal)	566	200
Spice Extract (Pepper), Vegetable Oil.										Protei	n (g)	40.8	14.4
DIJONNAISE MUSTARD: Soybean Oil (Antioxidant (320)), Water, Prepared Mustard [Water, Vinegar, Mustard Seed, Salt, Whi	ite Wine, Acidity	Regulators (330,334) Col	our (100), S	pices], Vinegar, Egg Yo	lk, Sugar, Th	ckeners (1442	,415), Mustard Seeds, Sa	alt, Mustard Flour, Fla	avour, Fat, to	ital (g)	23.5	8.3
Preservative (202), Acidity Regulator (270), Colours (150c,100), Antioxidant (385).										Satura	ated Fat (g)	9.5	3.4
SPINACH LEAVES: Baby Spinach.										Carbo	hydrate (g)	44.9	15.9
TOMATO SLICE: Tomatoes.										Sugar	s (g)	6.7	2.4
SWISS CHEESE: Skim Milk, Cultures, Salt, Enzymes.										Sodiu	m (mg)	1320	466
RASHER BACON: Pork, Water, Salt, Sugar, Mineral Salts (450, 451), Dextrose, Antioxidant (316), Acidity Regulator (330), Sodi <u>CARAMELISED GRILLED ONION</u> : Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, <u>BUTTER OIL</u> : Milk Fat. <u>OIL</u> : Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330). <i>Contains gluten, egg, milk & soy.</i>				pice.									
Chicken, bacon & onion may be cooked on the same grill as egg.												1	-
Ciabatta contains traces of egg, milk, soy and sesame seeds.	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	_
	Y	Y	Y	Y				Т		Y	Y	Y	
Tropimex Grilled Chicken Burger												Avg Qty /Serve	Avg Qty /100g
CIABATTA: Wheat Flours (Thiamin, Folic Acid), Water, Pre-Gelatinised Wheat Flour, Food Acid (270, 327), Wheat Sourdough	h, Olive Oil, Salt	Yeast, Malt	Flour, Bakin	g Enzyme.						Energ		2420	808
GRILLED CHICKEN: Chicken, Water, Rice Starch, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Conta	ains. Lemon Jui	e Concentra	ite, Flavours]	Dehydrated	d Garlic, Natural Flavour	r, Herbs, Sug	ar, Vinegar Pov	wder, Vegetable Powder,	Anti-caking Agent (3		y (Cal)	578	193
Extract (Pepper), Vegetable Oil.										Protei	(0)	41.3	13.8
GRILLED PINEAPPLE: Pineapple, Pineapple Juice, Water, Clarified Pineapple Juice Concentrate										Fat, to	(0)	23	7.7
GUACAMOLE: Hass Avocado, Tomato, Onion, Jalapeno Peppers, Serrano Peppers, Salt, Cilantro, Garlic.											ated Fat (g)	9.2	3.1
TOMATO: Tomato											hydrate (g)	48.6	16.2
SWISS CHEESE SLICE: Pasteurised Skim Milk, Cultures, Salt, Enzymes.										Sugar	(•)	9.9	3.3
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate (339), Sodium Erythorbate (316), Soc BUTTER OIL: Milk Fat.	dium Nitrite (250).								Sodiu	m (mg)	1200	400
<u>OIL</u> : Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330).													
Contains gluten, milk and soy.													
Chicken may be cooked on the same grill as egg.												-	_
Ciabatta contains traces of egg, milk, soy and sesame seeds.	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
	Y	Т	Y	Y				Т		Y	Y	Y	
Please be aware that there is always a risk that traces of allergens may be transferred to iter	ms on our me	nu during p	rocessing, s	torage or p	preparation in our kit	chens. McD	onald's Resta	aurants are therefore u	unable to guarante	ee that any item s	old is free from	traces of allergens.	

ONDIMENTS												
loose Your Bun												
IOCHE-STYLE BUN: Wheat Flour (Thiamin, Folate), Water, Sugar, Yeast, Glaze (Water, Vegetable Proteins, Vegetable Oils,	Dextrose. M	altodextrin. N	laize Starch).	Wheat Glut	ten. Dextrose (contains	Sulphites), V	/egetable Oils (Antioxidant (330)), lodise	d Salt. Emulsifier (17	70. 471.		Avg qty per bun
le), Flavours, Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidants (300, 516), Enzymes), Preservative (282						· · · · //	- J				Energy (kJ)	895
TTER OIL: Milk Fat												
ntains gluten, milk & soy. Traces of sesame seeds & sulphites.												
KEDV DUNI Wheat Flaur Water Vacat Imagina Calt Canala Oil Dalving Familia												Ave at a par hun
<u>KERY BUN:</u> Wheat Flour, Water, Yeast, Improver, Salt, Canola Oil, Baking Enzyme ITTER OIL: Milk Fat											Enormy (k I)	Avg qty per bun 896
intains gluten & milk. Traces of egg, sesame seeds & soy.											Energy (kJ)	090
nams giuten a min. Traces of egg, sesame seeds a soy.												
ABATTA: Wheat Flours (Thiamin, Folic Acid), Water, Pre-Gelatinised Wheat Flour, Food Acid (270, 327), Wheat Sourdough,	Olive Oil, Sa	lt, Yeast, Mal	t Flour, Baki	ing Enzyme								Avg qty per bun
TTER OIL: Milk Fat											Energy (kJ)	927
ntains gluten & milk. Traces of egg, sesame seeds and soy.												
	Oluter	F	Mell.	0	Fish & Orestance	Descute	Tax a Minta	Occurry Occurry	Qulabitaa	Descention	F lavaur	Oslavas
Delta de Otala Dec	Gluten	Eggs	Milk Y	Soy Y	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour Y	Colours
Brioche-Style Bun	T V	т	Y	T				T	I	T	Ŷ	ř
Bakery Bun Ciabatta	Y Y	Т	ř Y	T				T			┨────┤	
	1				1			1		L		
noose your Protein												
<u>EF PATTY</u> : Angus Beef.												Avg qty per piece
f patty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil. Beef may be cooked on the same grill as egg.											Energy (kJ)	1070
ILLED CHICKEN: Chicken, Water, Rice Starch, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contair	e Lomon !	ico Concort-	ato Elovouro	1 Dobudrote	d Carlie, Natural Elever	Horbe Sur	ar Vinceor De	udar Vagatabla				Avg Qty per piece
<u>ILLED CHICKEN</u> : Chicken, water, Rice Starch, Rice Starch, Sait, Minerai Saits (451, 450), Soy Protein, Fruit Powder (Contair wder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.	s. Lemon JU	IICE CONCENT	ate, Flavours	g, Denyurate	u Ganic, Naturai Flavoul	, neius, auga	ai, vinegai Pol	wuer, vegelable		Energy	((kJ)	508
.: Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330).										Energy	(10)	300
ntains soy. CYT grilled chicken may be cooked on the same grill as egg.												
name obje o r rigimoù omonon muj zo obonoù on tho ourne gim uo oggi.												
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Angus Beet		Т		Y								
Grilled Chicken		Т		Y							Y	Y
ake It Cheesy												
TURAL CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Rennet, Lipase.												Avg qty per slice
ntains milk.											Energy (kJ)	354
DZZARELLA CHEESE: Pasteurised Milk, Salt, Cultures, Rennet.												
												Avg qty per slice
ntains milk.											Energy (kJ)	232
VISS CHEESE: Skim Milk, Cultures, Salt, Enzymes.												Avg qty per slice
ntains milk.											Energy (kJ)	246
											0, ()	•
DLBY JACK CHEESE: Milk, Cheese Cultures, Salt, Enzymes, Colour (160b).												Avg qty per slice
ntains milk.											Energy (kJ)	239
												Avg qty per 5g serve
AVED PARMESAN CHEESE: Parmesan Cheese (Milk Salt Cultures Enzyme). Anti-caking Agent (460). Preservative (200)											Energy (kJ)	81
												01
ntains milk.												
ntains milk.	rs (340, 452	, 331), Salt, A	cidity Regula	ators (260, 33	30, 339), Colours (160b,	160c), Prese	ervative (200), S	Soy Lecithin.				Avg qty per slice
itains milk. <u>DONALD'S CLASSIC CHEESE: Cheese (Milk, Salt, Culture, Enzyme (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifie</u>	rs (340, 452	, 331), Salt, A	cidity Regula	ators (260, 33	30, 339), Colours (160b,	160c), Prese	ervative (200), S	Soy Lecithin.			Energy (kJ)	Avg qty per slice 204
tains milk. <u>DONALD'S CLASSIC CHEESE: Cheese (Milk, Salt, Culture, Enzyme (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifie</u>								-	Culphitos	Broconvotive	Energy (kJ)	204
itains milk. <u>DONALD'S CLASSIC CHEESE: Cheese (Milk, Salt, Culture, Enzyme (Rennet, Lipase))</u> , Water, Milk Solids, Butter, Emulsifie tains milk & soy.	rs (340, 452 Gluten	, 331), Salt, A	Milk	ators (260, 33	30, 339), Colours (160b, Fish & Crustacea	160c), Prese Peanuts	ervative (200), \$ Tree Nuts	Soy Lecithin. Sesame Seeds	Sulphites	Preservative		
itains milk. <u>DONALD'S CLASSIC CHEESE:</u> Cheese (Milk, Salt, Culture, Enzyme (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifie tains milk & soy. Natural Cheddar			Milk Y					-	Sulphites	Preservative	Energy (kJ)	204
itains milk. <u>DONALD'S CLASSIC CHEESE:</u> Cheese (Milk, Salt, Culture, Enzyme (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifie Itains milk & soy. Natural Cheddar Mozzarella Cheese			Milk Y Y					-	Sulphites	Preservative	Energy (kJ)	204
itains milk. <u>DONALD'S CLASSIC CHEESE:</u> Cheese (Milk, Salt, Culture, Enzyme (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsific Itains milk & soy. Natural Cheddar Mozzarella Cheese Swiss Cheese			Milk Y Y Y					-	Sulphites	Preservative	Energy (kJ)	204 Colours
ntains milk. DONALD'S CLASSIC CHEESE: Cheese (Milk, Salt, Culture, Enzyme (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifie Intains milk & soy. Natural Cheddar Mozzarella Cheese Swiss Cheese Colby Jack Cheese			Milk Y Y Y Y					-	Sulphites		Energy (kJ)	204
Mozzarella Cheese Swiss Cheese			Milk Y Y Y					-	Sulphites	Preservative	Energy (kJ)	204 Colours

Turn Up The Taste												
ASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose, Antioxidant (316), Acidity Regulator (330), Sodium N	litrite (250),	Rosemary E	xtract.									Avg qty per piece
Bacon may be cooked on the same grill as egg.											Energy (kJ)	148
RISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Anti-oxidant (316), Sodium Nitrite (2	250)											Avg qty per 10g serve
http://t.budoitt.rok.beilies, water, sait, sugar, sinoke riavouring, Addity Negulator (359), Anti-oxidant (310), Soutoin Nume (2 Bacon may be cooked on the same grill as egg.	.50).										Energy (kJ)	215
											Energy (Kb)	215
<u>GG:</u> Egg, Oil (Canola Oil, Soy Lecithin, Flavour, Colour (160a), Acidity Regulator (330)).												Avg qty per piece
Contains egg & soy.											Energy (kJ)	308
SUACAMOLE: Avocado, Tomato, Onion, Jalapeno Peppers, Serrano Peppers, Salt, Coriander, Garlic.											1	Avg qty per 28g serve
<u>ononinote</u> . Avocado, romato, onion, valapeno reppers, oenano reppers, oait, oonander, oante.											Energy (kJ)	202
											Energy (no)	LUL
RILLED PINEAPPLE: Pineapple, Pineapple Juice, Water, Clarified Pineapple Juice concentrate, Acidity Regulator (330), Oil [Can	iola Oil, So	Lecithin, Fla	avour, Colour	(160a), Acid	lity Regulator (330)).							Avg qty per piece
Contains soy. Pineapple may be cooked on the same grill as egg.											Energy (kJ)	76
ORTILLA STRIPS: Corn Flour, Vegetable Oil, Water, Salt.											1	Avg qty per 10g serve
races of milk											Energy (kJ)	214
											Energy (no)	214
RILLED MUSHROOMS: Mushrooms, Sautéed Mushroom Flavour (Wheat, Soy), Vegetable Oil (Soy) Oil (Canola Oil, Soy Lecith	in, Flavour,	Colour (160a), Acidity Reg	gulator (330)].							Avg qty per 20g serve
Contains gluten & soy. Mushrooms may be cooked on the same grill as egg.											Energy (kJ)	48
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Angus Beef		-33- T		Y								
Rasher Bacon		T		· ·						Y		
Crispy Bacon		T								Y	Y	
Egg		Y		Y							Y	Y
Guacamole												
Grilled Pineapple		Т		Y							Y	Y
Tortilla Strips			Т									
Grilled Mushrooms	Y	Т		Y	T					1	Y	Y
Please be aware that there is always a risk that traces of allergens may be transferred to items	on our me	nu during p	rocessing,	storage or p	preparation in our kit	chens. Mc	onald's Rest	aurants are therefore	unable to guarant	ee that any item so	old is free from	traces of allergens.

Fresh'N It Up											
NHOLE LEAF LETTUCE: Cos Lettuce.											Avg qty per leaf
										Energy (kJ)	8
TOMATO SLICE: Tomatoes.											Avg qty per slice
										Energy (kJ)	
									•		
CARAMELISED GRILLED ONION: Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion pow Contains soy. Onions may be cooked on the same grill as egg.	vder, iviaitodextr	In, Flavours, S	pice.							Energy (kJ)	Avg qty per portion 72
sontains soy. Onions may be cooked on the same gnill as egg.										Ellergy (kJ)	12
<u>BEETROOT SLICE</u> : Beetroot, Water, Sugar, Salt, Food Acid (260).											Avg qty per slice
										Energy (kJ)	36
RED ONION: Red Onion.											Avg qty per 13g serve
										Energy (kJ)	
										2.1019) (10)	
PINACH: Baby Spinach.											Avg qty per 8g serve
										Energy (kJ)	8
UCUMBER SLICES: Sliced Cucumber.											Avg Qty per 6 pieces
										Energy (kJ)	
ONG PICKLE: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.											Aug atu paralias
UNO PROMEE. Cucumber, Water, Vinegar, Sait, Freservatives (202, 217), Flavour.										Energy (kJ)	Avg qty per slice
										Lifeigy (Ko)	4
ALAPENOS: Jalapeno Peppers, Water, Vinegar, Salt, Acidity Regulators (296, 270), Firming Agent (509), Preservatives (211, 223), Colou	ur (102).										Avg qty per 10 pieces
										Energy (kJ)	15
Gluter	n Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Whole Leaf Lettuce											
Tomato Slice											
Caramelised Grilled Onion	Т		Y							Y	
Beetroot Slice											
Red Onion Cucumber Slices											
Long Pickle		+							Y	v	
Jalapenos		1							Y		Y
ourspondo	i.	1	1	1	1	1 1			1 .	1	
Please be aware that there is always a risk that traces of allergens may be transferred to items on our	menu during	processing,	storage or p	reparation in our kit	chens. McD	onald's Resta	urants are therefore	unable to guarant	ee that any item so	old is free from	traces of allergens.

<u>Get Saucy</u>												
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (Soybean Oil).												Avg qty per 15mL serve
Contains soy.											Energy (kJ)	72
DIJONNAISE MUSTARD: Soybean Oil (Antioxidant (320)), Water, Prepared Mustard [Water, Vinegar, Mustard Seed, Salt, White	Wine, Acidit	y Regulators	(330,334) Co	olour (100), S	Spices], Vinegar, Egg Yo	olk, Sugar, Th	ckeners (1442	2,415), Mustard Seeds, S	alt, Mustard Flour, Fla	avour,		Avg qty per 15g serve
Preservative (202), Acidity Regulator (270), Colours (150c,100), Antioxidant (385).											Energy (kJ)	275
Contains egg & soy.												
BQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, Worcestershire (G	utan ⁰ Fiah	Colour (15))a) Onian C	arlia Caisaa		astable Cum	(115) Omelia	Flower				
	uten & FISN), Colour (150	JC), Union, G	anic, spices	, Preservative (202), ve	getable Gum	(415), SITIOKE	Flavour.			– 4 N	Avg qty per 11g serve
races of gluten & fish.											Energy (kJ)	71
BIG MAC SPECIAL SAUCE: Soybean Oil (Antioxidant [330]), Water, Relish [Pickles, Sugar, High Fructose Corn Syrup, Distilled	/inegar Cor	n Svrun, Salt	Thickener (/	115) Preserv	(ative (202) Spice Extra	ect Emulsifier	(/133)] Musta	rd Mater Vinegar Musta	und Sood Salt Sugar	Colours		Avg qty per 20mL serve
100, 150d), Spicel, Salted Egg Yolks, (Egg Yolks, Salt), Distilled Vinegar, Onion, Thickener (1442, 415, 405), Spices, Sugar, Salt										Colours	Energy (kJ)	295
Contains gluten, egg & soy.	., , u. o. , 200		, e ute tt, i		, , , , , , , , , , , , , , , , , , , 	,,,,	0.100.10 (211)		, indovidunt (000):			
, , , , , , , , , , , , , , , , , , ,												
HIPOTLE MAYONNAISE: Canola Oil (Antioxidant (307b -Soy)), Water, Vinegar, Whole Egg, Molasses, Spices, Dijon Mustard [/	Acidity Regul	ator (260)], E	gg Yolk, Mill	k Protein Co	ncentrate, Lime Juice [P	Preservative (2	20)], Chipotle	Powder, Acidity Regulate	or (575), Soy Sauce [Soy Beans,		Avg qty per 15g serve
Vheat, Food Acids (260, 262, 270)], Salt, Sugar, Flavour Enhancer (635), Flavourings (Milk), Vegetable Gum (415), Emulsifier (S											Energy (kJ)	351
iontains gluten, egg, milk & soy. Traces of sulphites.												
IOLI Occula Oli (Antinidant (2021) Occu 240)) Mater Olivers Orma (Mits A Daries I) Few Yells Mits Daries in Marcel Occi	(Frank Anis)	(000, 220))	Vieren Dii			A statity D s su		untered (Figure d) A side (000	220) Oslavas (450-	400-1) 0-14		A 1 00
<u>IOLI</u> : Canola Oil (Antioxidant (307b - Soy, 319)), Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein, Minced Garlic Iavour Enhancer (635), Oat Fibre, Flavourings (Milk), Emulsifiers (Soy Lecithin, 435), Colour (171), Mineral Salt (508), Vegetabl					Aciuity Regulator (260))	, Aciaity Regu	ialuf (5/5), Mi	usiaru (F000 Acids (260,	330), COIOURS (150C,	ioua)), Sait,	F arana (1.1)	Avg qty per 20g serve
	e Guill (415)	, Fleselvauve	5 (202, 211)								Energy (kJ)	427
ontains gluten, egg, milk & soy. Traces of sulphites.												
ERB AIOLI: Canola Oil [Antioxidant (307b - Soy)], Water, Vinegar, Glucose Syrup (Wheat Derived), Garlic, Herbs, Whole Egg, I	Milk Protein	Concentrate	Diion Mustar	d (Acidity Re	egulator (260)] Acidity R	Regulator (575) Eaa Yolk C	at Fibre Mustard (Food	Acids (260, 330), Cold	ours (150c		Avg qty per 15g serve
50a)], Flavour Enhancer (635), Flavourings (Milk), Emulsifiers (Soy Lecithin, 435), Vegetable Gum (415), Colour (171), Mineral S					.guiator (200)], / totally / t	logulator (070	/, 		10100 (200, 000), 001		Energy (kJ)	345
Sontains gluten, egg, milk & soy. Traces of sulphites.	(),	,	. ,.								Energy (no)	040
ontains glaten, egg, mink & soy. Traces of sulprines.												
ESTO MAYONNAISE: Pesto (Canola Oil (Canola Oil, Antioxidant (320)), Parsley, Parmesan (Milk, Starter Culture, Rennet, Tapi	oca) Basil V	/inegar Garli	ic Salt) May	onnaise (So	v Bean Oil High-Fructo	se Corn Svrur		Distilled Vinegar, Water	Firming Agent (516)	Lemon		Avg qty per 15g serve
luce, Salt, Spices, Antioxidants (385, 330)).	oca), Dasii, '	vinegai, Oan	ic, oait), way		y Dearr Oil, Fligh-Fracio.	36 Oom Oyrup	, whole Lyge	, Distilled Villegal, Water	, Tinning Agent (510)	, centon	Energy (kJ)	186
Sontains egg, milk & soy.												100
OASTED RED CAPSICUM PESTO: Tomato Pulp (Antioxidant (330)), Water, Roasted Red Capsicum, Vinegar, Sunflower Oil (A	ntioxidant (3	07b - Soy)), D	ehydrated R	ed Capsicum	n, Sesame Paste, Onior	n, Parmesan (Cheese (Milk,	Soy), Thickener (1422),	Sugar, Garlic, Food A	.cid (270),		Avg qty per 15g serve
lavourings (Milk), Citrus Fibre, Salt, Vegetable Paste (Soy), Emulsifiers (435, Soy Lecithin), Spices, Herbs, Flavour Enhancer (6							· · ·	•/*	0		Energy (kJ)	107
Contain milk, soy & sesame. Traces of sulphites.												
[OMATO CHILLI JAM: Sugar, Vinegar, Diced Capsicum, Chilli Paste [Chilli, Acidity Regulator (260)], Water, Onion Puree, Diced			idity Regulato	or (330), Firm	ning Agent (509)], Thicke	ener (1422), A	opple Paste, G	inger Puree (Food Acid (260), Thickener (415)	I), Minced		Avg qty per 15g serve
Sarlic (Acidity Regulator (260)), Salt, Spices, Vegetable Gum (415), Yeast Extract, Acidity Regulator (330), Preservative (202), Sp	ice Extract (160c)									Energy (kJ)	143
races of sulphites.												
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Ketchup	Giulen	-ყყა	IVIIIN	30y V	rion a crusiaced	i canuta	HOG NULS	Ocounie Oceus	Gupintes	11636144(146	riavoui Y	0010013
· · ·		v	<u> </u>	v				<u> </u>		v	Y Y	Y
Dijonniase Mustard	т	I		I	T FIGU	+				I V		
BBQ Sauce		V		V	T - FISH	+				Y	Y	Y
Big Mac Special Sauce	Y	Y		Y					-			Y
Chipotle Mayonnaise	Y	Y	Y	Y		-			T	Y	Y	Y
Aioli	Y	Y	Y	Y					Т	Y	Y	Y
Herb Aioli	Y	Y	Y	Y					Т	Y	Y	Y
Pesto Mayonnaise		Y	Y	Y								
Roast Red Capsicum Pesto			Y	Y				Y	Т	Y	Y	
Tomato Chilli Jam									Т	Y		

Please be aware that there is always a risk that traces of allergens may be transferred to items on our menu during processing, storage or preparation in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any item sold is free from traces of allergens.