



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

Information correct as at 23.04.2019

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

No 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 restaurants that serve Halal menu options. Only those items listed on the certificate in the restaurants serving Halal options are certified as Halal.

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

BEEF

Big Mac

BIG MAC BUN: Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds, Potato Starch, Wheat Gluten, Glaze, Iodised Salt, Yeast, Sourdough Fermented Wheat Flour, Natural Flavours, Preservative (282), Emulsifiers (471, 472e), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes).

BEEF PATTIES: Beef

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.

BIG MAC Buns are produced on equipment that also produces products containing soy.

Beef patty seasoned on grill. Seasoning: Salt, Pepper.

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

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2370	1020
Energy (Cal)	565	243
Protein (g)	26.9	11.6
Fat, total (g)	31.4	13.5
Saturated Fat (g)	11.8	5.1
Carbohydrate (g)	42.0	18.0
Sugars (g)	7.1	3.0
Sodium (mg)	1040	446

Double Big Mac

BIG MAC BUN: Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds, Potato Starch, Wheat Gluten, Glaze, Iodised Salt, Yeast, Sourdough Fermented Wheat Flour, Natural Flavours, Preservative (282), Emulsifiers (471, 472e), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes).

BEEF PATTIES: Beef

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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.

BIG MAC Buns are produced on equipment that also produces products containing soy.

Beef patty seasoned on grill. Seasoning: Salt, Pepper.

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

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3210	1030
Energy (Cal)	767	247
Protein (g)	42.6	13.7
Fat, total (g)	45.5	14.6
Saturated Fat (g)	18.9	6.1
Carbohydrate (g)	44.6	14.3
Sugars (g)	7.6	2.4
Sodium (mg)	1370	440

Cheeseburger, Double Cheeseburger and Triple Cheeseburger

REGULAR BUN: Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Glaze, Wheat Gluten, Iodised Salt, Yeast, Preservative (282), Emulsifiers (471, 472e), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes)

BEEF PATTIES: Beef

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 & soy.

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

Beef patty seasoned on grill. Seasoning: Salt, Pepper.

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

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

	Cheeseburger		Double Cheeseburger		Triple Cheeseburger	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1260	1060	1930	1100	2510	1100
Energy (Cal)	301	253	462	262	601	262
Protein (g)	16.2	13.6	27.5	15.6	37.6	16.4
Fat, total (g)	13.1	11.0	24.6	13.9	34.9	15.2
Saturated Fat (g)	6.7	5.6	13.2	7.5	19.2	8.4
Carbohydrate (g)	28.6	24.0	31.3	17.8	32.7	14.2
Sugars (g)	5.4	4.5	6.2	3.5	6.7	2.9
Sodium (mg)	699	586	1070	606	1410	617

BBO Bacon Lovers		
BURGER BUN: Wheat Flour (Vitamins (Thiamine, Folic Acid)), Water, Sugar, Glaze (Contains Wheat), Canola Oil, Iodised Salt, Yeast, Wheat Gluten , Natural Flavour, Improver (Soy Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour, Enzymes (1100)), Preservative (282), Emulsifier (472e).	Avg Qty / Serve	Avg Qty / 100g
BEEF PATTY: Angus Beef.	Energy (kJ)	3620
CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Rennet, Lipase.	Energy (Cal)	865
BBO SAUCE: Tomato Pulp [Antioxidant (330)], Sugar, Vinegar, Water, Onion Puree, Thickener (1422), Molasses, Minced Garlic [Acetic Acid (260)], Salt, Lemon Juice Concentrate, Spices [Including (100)], Mustard (Wheat, Soy) [Food Acid (260)], Flavourings, Malt Extract (Barley), Vegetable Gum (415), Yeast Extract, Preservative (202).	Protein (g)	49.3
CARAMELISED GRILLED ONION: Onion, Seasoning (Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavourings, Spice.	Fat, total (g)	50.9
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate (339), Sodium Erythorbate (316), Sodium Nitrite (250)	Saturated Fat (g)	22.9
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).	Carbohydrate (g)	50.6
	Sugars (g)	11.9
	Sodium (mg)	1590
		540

Contains gluten, egg, soy & milk.

ANGUS BEEF PATTY seasoned after cooking : Salt, Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavours (Milk), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract.

BURGER BUN may contain sesame seeds.

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

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

Classic Angus Burger

BEEF PATTY: Angus Beef

BURGER SOFT BUN: Wheat Flour (Vitamins (Thiamine, Folic Acid)), Water, Sugar, Glaze (Contains Wheat), Canola Oil, Iodised Salt, Yeast, Wheat Gluten, Natural Flavour, Improver (Soy Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour, Enzymes (1100)), Preservative (282), Emulsifier (472e).

CHEESE: Cheese (Milk, Salt, Culture, Enzyme (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

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

WHOLE LEAF LETTUCE: Lettuce.

RED ONION: Red Onion

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

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

Contains gluten, egg, soy & milk.

ANGUS BEEF PATTY seasoned after cooking :Salt, Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavours (Milk), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract.

BURGER BUN may contain sesame seeds.

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

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

Hamburger

REGULAR BUN: Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Glaze, **Wheat Gluten**, Iodised Salt, Yeast, Preservative (282), Emulsifiers (471, 472e), Improver (**Wheat** Flour, Malted

Wheat Flour, Antioxidant (300), Enzymes

BEEF PATTIES: Beef.

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

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

ONION: Water, Dehydrated White Onion.

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

Contains gluten, soy & sesame seeds.

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

Beef patty seasoned on grill. Seasoning: Salt, Pepper.

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

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

McDouble																																																														
BURGER BUN: Wheat Flour (Vitamins (Thiamine, Folic Acid)), Water, Sugar, Glaze (Contains Wheat), Canola Oil, Iodised Salt, Yeast, Wheat Gluten , Natural Flavour, Improver (Soy Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour , Enzymes (1100)), Preservative (282), Emulsifier (472e).																																																														
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Double Beef n' Bacon Burger**BEEF PATTY:** Beef.**REGULAR BUN:** Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Glaze, **Wheat Gluten**, Iodised Salt, Yeast, Preservative (282), Emulsifiers (471, 472e), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes**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:** Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. Smoked.**KETCHUP:** Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (Soybean Oil)**ONION:** Water, Dehydrated White Onion**MUSTARD:** Water, Vinegar Mustard Seed, Salt, Colour (100), Spice, Flavour.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1810	1080
Energy (Cal)	433	257
Protein (g)	27.2	16.2
Fat, total (g)	21.9	13.0
Saturated Fat (g)	11.0	6.5
Carbohydrate (g)	30.3	18.0
Sugars (g)	5.8	3.4
Sodium (mg)	1040	617

*Contains gluten, soy, milk & sesame seeds**REGULAR BUNS are produced on equipment that also produces products containing sesame seeds and soy.**Beef patty seasoned on grill. Seasoning: Salt, Pepper.**Beef may be cooked on the same grill as egg or products containing gluten.*

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

CHICKEN AND FISH**Chicken McNuggets**Chicken, Water, Flour (Wheat, Corn), Canola Oil, Starch (1420, 1422, Corn, **Wheat**, Tapioca), Mineral Salts (450, 500, 451, 341, 327), Salt, Spices (Celery, White Pepper, Black Pepper), Sunflower Oil, Dextrose.*Contains gluten, wheat and celery.**Note: Chicken McNuggets are cooked in canola oil blend.*

	3 Pack		6 Pack		10 Pack	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty / 100g
Energy (kJ)	553	1120	1110	1120	1840	1120
Energy (Cal)	132	267	265	267	441	267
Protein (g)	7.3	14.7	14.6	14.7	24.3	14.7
Fat, total (g)	7.6	15.4	15.2	15.4	25.4	15.4
Saturated Fat (g)	1.1	2.2	2.2	2.2	3.6	2.2
Carbohydrate (g)	8.6	17.3	17.1	17.3	28.5	17.3
Sugars (g)	0.2	0.5	0.5	0.5	0.8	0.5
Sodium (mg)	218	440	436	440	726	440

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

Chicken & Cheese**McCHICKEN PATTY:** Chicken, Water, Flour (Wheat, Maize, Soy), Vegetable Oil (Canola), Salt, Thickeners (1401, 1400, 1420, 1422), Starch (Wheat, Maize), Mineral Salts (508, 450, 451, 500, 541), Yeast, Maltodextrin, Vegetable Powder (Garlic, Onion, Celery), Yeast Extracts, Spice (Pepper), Spice Extracts, Dextrose, Herb, Flavour, Raising Agent (341), Emulsifiers (481, 433, 471, 472e), Vitamin (Thiamin), Antioxidants (320, 310), Acidity Regulator (330), Colour (100, 160c).**REGULAR BUN:** Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Glaze, **Wheat Gluten**, Iodised Salt, Yeast, Preservative (282), Emulsifiers (471, 472e), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes**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**.**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, sesame seeds, soy and milk.**REGULAR BUNS are produced on equipment that also produces products containing sesame seeds and soy.**McChicken patty contains traces of sulphites**Note: McChicken patty is cooked in canola oil blend.*

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1810	1140
Energy (Cal)	432	273
Protein (g)	19.6	12.4
Fat, total (g)	23.4	14.8
Saturated Fat (g)	4.7	3.0
Carbohydrate (g)	35.0	22.1
Sugars (g)	3.6	2.3
Sodium (mg)	664	420

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

<u>Clubhouse - Crispy Chicken Burger</u>		Avg Qty / Serve	Avg Qty / 100g											
CRISPY CHICKEN: Chicken, Flour (Wheat , Maize), Water, Starch (Maize, Wheat , Tapioca), Canola Oil, Thickener (1420, 1412, 1422), Salt, Mineral Salts [450 (iii), 451 (i), 452 (i), 500 (ii)], Wheat Gluten , Sugar, Yeast & Yeast Extract, Dehydrated Vegetables, Hydrolysed Vegetable Protein (Wheat), Flavour, Spice (Pepper), Wheat Fibre, Vegetable Gum (412), Dextrose.		2820	889											
BURGER BUN: Wheat Flour (Vitamins (Thiamin, Folic Acid)), Water, Sugar, Glaze (Contains Wheat), Canola Oil, Iodised Salt, Yeast, Wheat Gluten , Natural Flavour, Improver (Soy Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour, Enzymes (1100)), Preservative (282), Emulsifier (472e).		674	213											
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, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hydrolyzed Proteins (Corn, Gluten , Wheat and Soy), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).		34.4	10.9											
TOMATO: Tomato		33.3	10.5											
CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Rennet, Lipase.		7.8	2.5											
CARAMELISED GRILLED ONION: Fresh Onions, Vegetable Oil, Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours.		56.9	17.9											
BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked.		8.6	2.7											
WHOLE LEAF LETTUCE: Lettuce.		1700	536											
<i>Contains gluten, egg, milk & soy.</i>														
<i>BURGER BUNS are produced on equipment that also produces products containing sesame seeds and soy.</i>														
<i>CRISPY CHICKEN cooked in McDonald's Vegetable Oil Blend.</i>	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
<i>CRISPY CHICKEN may be cooked using the same equipment as products containing milk.</i>	Y	Y	Y	Y				Y			Y	Y	Y	
<u>Clubhouse - Grilled Chicken Burger</u>													Avg Qty / 100g	
GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains. Lemon Juice Concentrate, Flavours], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.		2350	774											
BURGER BUN: Wheat Flour (Vitamins (Thiamin, Folic Acid)), Water, Sugar, Glaze (Contains Wheat), Canola Oil, Iodised Salt, Yeast, Wheat Gluten , Natural Flavour, Improver (Soy Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour, Enzymes (1100)), Preservative (282), Emulsifier (472e).		561	185											
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, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hydrolyzed Proteins (Corn, Gluten , Wheat and Soy), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).		35.3	11.7											
TOMATO: Tomato		24.7	8.2											
CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Rennet, Lipase.		7.4	2.5											
CARAMELISED GRILLED ONION: Fresh Onions, Vegetable Oil, Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours.		47.0	15.5											
BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked.		8.7	2.9											
WHOLE LEAF LETTUCE: Lettuce.		1340	443											
OIL: Canola Oil, Soy Lecithin, Natural Flavour, Natural Colour (160a), Acidity Regulator (330).														
<i>Contains gluten, egg, soy and milk.</i>														
<i>BURGER BUNS are produced on equipment that also produces products containing sesame seeds and soy.</i>														
<i>Grilled Chicken may be cooked on the same grill as egg or products containing gluten.</i>	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
	Y	Y	Y	Y				Y			Y	Y	Y	
<u>Classic Crispy Chicken Burger</u>													Avg Qty / Serve	Avg Qty / 100g
CRISPY CHICKEN: Chicken, Flour (Wheat , Maize), Water, Starch (Maize, Wheat , Tapioca), Canola Oil, Thickener (1420, 1412, 1422), Salt, Mineral Salts [450 (iii), 451 (i), 452 (i), 500 (ii)], Wheat Gluten , Sugar, Yeast & Yeast Extract, Dehydrated Vegetables, Hydrolysed Vegetable Protein (Wheat), Flavour, Spice (Pepper), Wheat Fibre, Vegetable Gum (412), Dextrose.		2730	947											
BURGER BUN: Wheat Flour (Vitamins (Thiamine, Folic Acid)), Water, Sugar, Glaze (Contains Wheat), Canola Oil, Iodised Salt, Yeast, Wheat Gluten , Natural Flavour, Improver (Soy Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour, Enzymes (1100)), Preservative (282), Emulsifier (472e).		654	227											
TOMATO SLICE: Tomato.		34.5	12.0											
GARLIC AIOLI: Canola Oil (Antioxidants (307b- 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).		32.6	11.3											
CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Rennet, Lipase.		6.7	2.3											
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.		53.4	18.5											
DICED LETTUCE: Iceberg Lettuce, Cos Lettuce		5.8	2.0											
<i>Contains gluten, egg, milk & soy. Traces of sulphites.</i>		1520	526											
<i>BURGER BUN may contain sesame seeds.</i>														
<i>CRISPY CHICKEN cooked in McDonald's Vegetable Oil Blend.</i>	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
	Y	Y	Y	Y				Y	T		Y	Y	Y	

Classic Grilled Chicken Burger												Avg Qty / Serve	Avg Qty / 100g											
GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains: Lemon Juice Concentrate, Flavours], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.												Energy (kJ)	2270	797										
BURGER BUN: Wheat Flour (Vitamins (Thiamine, Folic Acid)), Water, Sugar, Glaze (Contains Wheat), Canola Oil, Iodised Salt, Yeast, Wheat Gluten , Natural Flavour, Improver (Soy Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour, Enzymes (1100)), Preservative (282), Emulsifier (472e).												Energy (Cal)	543	191										
TOMATO SLICE: Tomato												Protein (g)	37.1	13.0										
GARLIC AIOLI: Canola Oil (Antioxidants (307b - Soy , 319)), Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein , Minced Garlic (Acidity Regulator (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre , Flavourings (Milk), Emulsifiers (Soy Lecithin, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).												Fat, total (g)	23.5	8.3										
CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Rennet, Lipase.												Saturated Fat (g)	6.3	2.2										
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract, Smoked.												Carbohydrate (g)	43.7	15.3										
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce												Sugars (g)	6.0	2.1										
OIL: Canola Oil, Soy Lecithin, Natural Flavour, Natural Colour (160a), Acidity Regulator (330).												Sodium (mg)	1190	419										
<i>Contains gluten, egg, milk & soy. Traces of sulphites.</i>																								
<i>BURGER BUN may contain sesame seeds.</i>																								
<i>Grilled Chicken may be cooked on the same grill as egg or products containing gluten.</i>																								
												Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
												Y	Y	Y	Y				Y	T		Y	Y	Y
Grilled Chicken Bites												Avg Qty / Serve	Avg Qty / 100g											
GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains: Lemon Juice Concentrate, Flavours], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.												Energy (kJ)	469	510										
OIL: Canola Oil, Soy Lecithin, Natural Flavour, Natural Colour (160a), Acidity Regulator (330).												Energy (Cal)	112	122										
<i>Contains soy.</i>												Protein (g)	21.1	22.9										
<i>Grilled Chicken may be cooked on the same grill as egg or products containing gluten.</i>												Fat, total (g)	2.8	3.0										
												Saturated Fat (g)	0.8	0.9										
												Carbohydrate (g)	0.5	0.5										
												Sugars (g)	0.5	0.5										
												Sodium (mg)	440	478										
												Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
												T	T		Y								Y	Y
Crispy Chicken McBites												Avg Qty / Serve	Avg Qty / 100g											
CHICKEN MCBITES: Chicken, Water, Wheat Flour, Breadcrumbs (Wheat Flour, Milk Solids, Salt, Canola Oil, Raising Agents (341,500), Emulsifier (481)), Vegetable Oil (Canola), Mineral Salts (451, 452, 450, 500), Salt Spices (Pepper, Nutmeg), Vegetable Powders (Garlic, Onion), Herbs (Parsley), Yeast Extract, Flavour Enhancers (635), Flavours, Thickener (1404), Spice Extract (100).												Energy (kJ)	734	1170										
<i>Contains gluten, milk, soy.</i>												Energy (Cal)	176	279										
												Protein (g)	10.6	16.8										
												Fat, total (g)	11.2	17.8										
												Saturated Fat (g)	0.8	1.7										
												Carbohydrate (g)	7.4	11.7										
												Sugars (g)	0.3	0.5										
												Sodium (mg)	407	647										
												Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
												Y	T	Y	Y								Y	Y

											Avg Qty / Serve	Avg Qty / 100g											
McChicken																							
McCHICKEN PATTY: Chicken, Water, Flour (Wheat , Maize, Soy), Vegetable Oil (Canola), Salt, Thickeners (1401, 1400, 1420, 1422), Starch (Wheat , Maize), Mineral Salts (508, 450, 451, 500, 541), Yeast, Maltodextrin, Vegetable Powder (Garlic, Onion, Celery), Yeast Extracts, Spice (Pepper), Spice Extracts, Dextrose, Herb, Flavour, Raising Agent (341), Emulsifiers (481, 433, 471, 472e), Vitamin (Thiamin), Antioxidants (320, 310), Acidity Regulator (330), Colour (100, 160c).											Energy (kJ)	1890	980										
QUARTER BUN: Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds , Glaze, Iodised Salt, Natural Flavour, Wheat Gluten , Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).											Energy (Cal)	452	234										
LETTUCE: Iceberg Lettuce.											Protein (g)	19.7	10.2										
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Vegetable Gum (415), Food Acid (270), Preservative (202).											Fat, total (g)	22.6	11.7										
<i>Contains gluten, egg, soy & sesame seeds.</i> <i>QUARTER BUNS are produced on equipment that also produces products containing soy.</i> <i>Traces of sulphites in Chicken Patty</i> <i>Note: McChicken patty is cooked in canola oil blend.</i>											Saturated Fat (g)	3.5	1.8										
											Carbohydrate (g)	41.3	21.4										
											Sugars (g)	4.2	2.2										
											Sodium (mg)	638	330										
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
											Y	Y	T	Y				Y			Y	Y	Y
Double McChicken																							
McCHICKEN PATTY: Chicken, Water, Flour (Wheat , Maize, Soy), Vegetable Oil (Canola), Salt, Thickeners (1401, 1400, 1420, 1422), Starch (Wheat , Maize), Mineral Salts (508, 450, 451, 500, 541), Yeast, Maltodextrin, Vegetable Powder (Garlic, Onion, Celery), Yeast Extracts, Spice (Pepper), Spice Extracts, Dextrose, Herb, Flavour, Raising Agent (341), Emulsifiers (481, 433, 471, 472e), Vitamin (Thiamin), Antioxidants (320, 310), Acidity Regulator (330), Colour (100, 160c).											Energy (kJ)	3000	1020										
QUARTER BUN: Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds , Glaze, Iodised Salt, Natural Flavour, Wheat Gluten , Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).											Energy (Cal)	717	245										
LETTUCE: Iceberg Lettuce.											Protein (g)	32.5	11.1										
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Vegetable Gum (415), Food Acid (270), Preservative (202).											Fat, total (g)	41.4	14.1										
<i>Contains gluten, egg, soy & sesame seeds.</i> <i>QUARTER BUNS are produced on equipment that also produces products containing soy.</i> <i>Traces of sulphites in Chicken Patty</i> <i>Note: McChicken patty is cooked in canola oil blend.</i>											Saturated Fat (g)	6.5	2.2										
											Carbohydrate (g)	52.4	17.9										
											Sugars (g)	5.2	1.8										
											Sodium (mg)	995	340										
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
											Y	Y	T	Y				Y			Y	Y	Y
Filet-o-Fish																							
REGULAR BUN: Wheat Flour (Vitamins (Thiamin, Folic Acid, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Glaze (Contains Wheat), Maize Starch), Canola Oil, Wheat Gluten , Iodised Salt, Yeast, Emulsifier (471), Preservative (282), Bread Improver (Wheat Flour, Enzymes, Antioxidant (300)), Enzymes.											Energy (kJ)	1410	1010										
FISH PORTION: Fish (Pollock), Water, Wheat Flour, Modified Food Starch (1422), Yellow Corn Flour, Bleached Wheat Flour, Salt, Whey , Cellulose Gum, Dextrose, Dried Yeast, Sugar, Soybean Oil, Paprika Extract (160c), Turmeric Extract (100), Black Pepper (Natural Flavouring)].											Energy (Cal)	338	241										
TARTAR SAUCE: Pickles, Water, Soybean Oil, Distilled Vinegar, Onions and Onion Extracts, Modified Corn Starch, Egg Yolks, Corn Syrup Solids, Sugar, Salt, Spice, Vegetable Gum (415), Capers, Preservative (202), Dextrose, Dehydrated Parsley, Spice Extracts.											Protein (g)	16.1	11.5										
CHEESE: Cheese (Milk , Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), Soy Lecithin.											Fat, total (g)	15.4	11.0										
<i>Contains gluten, egg, milk, soy & fish.</i> <i>REGULAR BUNS are produced on equipment that also produces products containing sesame seeds and soy.</i> <i>BUN may contain sesame seeds.</i> <i>FISH PORTION is cooked in canola oil blend.</i>											Saturated Fat (g)	3.0	2.1										
											Carbohydrate (g)	32.0	22.8										
											Sugars (g)	3.2	2.3										
											Sodium (mg)	583	416										
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
											Y	Y	Y	Y	Y-Fish			Y			Y	Y	Y
Double Filet-o-Fish																							
REGULAR BUN: Wheat Flour (Vitamins (Thiamin, Folic Acid, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Glaze (Contains Wheat), Maize Starch), Canola Oil, Wheat Gluten , Iodised Salt, Yeast, Emulsifier (471), Preservative (282), Bread Improver (Wheat Flour, Enzymes, Antioxidant (300)), Enzymes.											Energy (kJ)	2250	975										
FISH PORTION: Fish (Pollock), Water, Wheat Flour, Modified Food Starch (1422), Yellow Corn Flour, Bleached Wheat Flour, Salt, Whey , Cellulose Gum, Dextrose, Dried Yeast, Sugar, Soybean Oil, Paprika Extract (160c), Turmeric Extract (100), Black Pepper (Natural Flavouring)].											Energy (Cal)	538	233										
TARTAR SAUCE: Pickles, Water, Soybean Oil, Distilled Vinegar, Onions and Onion Extracts, Modified Corn Starch, Egg Yolks, Corn Syrup Solids, Sugar, Salt, Spice, Vegetable Gum (415), Capers, Preservative (202), Dextrose, Dehydrated Parsley, Spice Extracts.											Protein (g)	26.9	11.6										
CHEESE: Cheese (Milk , Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), Soy Lecithin.											Fat, total (g)	28.7	12.4										
<i>Contains gluten, egg, milk, soy & fish.</i> <i>REGULAR BUNS are produced on equipment that also produces products containing sesame seeds and soy.</i> <i>BUN may contain sesame seeds.</i> <i>FISH PORTION is cooked in canola oil blend.</i>											Saturated Fat (g)	5.6	2.4										
											Carbohydrate (g)	40.6	17.6										
											Sugars (g)	4.0	1.7										
											Sodium (mg)	957	415										
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
											Y	Y	Y	Y	Y-Fish			Y			Y	Y	Y

WRAPS

Wholemeal Snack Wrap- Crispy Chicken

CRISPY CHICKEN: Chicken, Flour (Wheat, Maize), Water, Starch (Maize, Wheat, Tapioca), Canola Oil, Thickener (1420, 1412, 1422), Salt, Mineral Salts [450 (iii), 451 (i), 452 (i), 500 (ii)], Wheat Gluten, Sugar, Yeast & Yeast Extract, Dehydrated Vegetables, Hydrolysed Vegetable Protein (Wheat), Flavour, Spice (Pepper), Wheat Fibre, Vegetable Gum (412), Dextrose.

WHOLEMEAL TORTILLA: Whole Wheat Flour, Thiamine, Folic Acid, Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.

LETTUCE: Iceberg Lettuce.

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

Contains gluten & egg.

CRISPY CHICKEN is cooked in McDonald's vegetable oil blend.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1090	986
Energy (Cal)	261	236
Protein (g)	13.3	12.0
Fat, total (g)	12.9	11.6
Saturated Fat (g)	2.9	2.6
Carbohydrate (g)	22.0	19.8
Sugars (g)	1.7	1.5
Sodium (mg)	575	518

Wholemeal Snack Wrap- Grilled Chicken

GRILLED CHICKEN FILLET: 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.

WHOLEMEAL TORTILLA: Whole Wheat Flour, Thiamine, Folic Acid, Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.

LETTUCE: Iceberg Lettuce.

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

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

Contains gluten, egg and soy.

Grilled Chicken may be cooked on the same grill as egg or products containing gluten.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	904	811
Energy (Cal)	216	194
Protein (g)	15.1	13.5
Fat, total (g)	8.9	8.0
Saturated Fat (g)	2.8	2.5
Carbohydrate (g)	18.0	16.1
Sugars (g)	1.8	1.6
Sodium (mg)	435	390

Chicken Caesar McWrap® - Crispy Chicken

CRISPY CHICKEN: Chicken, Flour (Wheat, Maize), Water, Starch (Maize, Wheat, Tapioca), Canola Oil, Thickener (1420, 1412, 1422), Salt, Mineral Salts [450 (iii), 451 (i), 452 (i), 500 (ii)], Wheat Gluten, Sugar, Yeast & Yeast Extract, Dehydrated Vegetables, Hydrolysed Vegetable Protein (Wheat), Flavour, Spice (Pepper), Wheat Fibre, Vegetable Gum (412), Dextrose.

WHOLEMEAL TORTILLA: Whole Wheat Flour, [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

CREAMY CAESAR DRESSING: Canola Oil [Antioxidant (307b –Soy, 319)], Water, Vinegar, Whole Egg, Lemon Juice (Preservative 223), 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).

CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate (339), Sodium Erythorbate (316), Sodium Nitrite (250).

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

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

CRISPY CHICKEN is cooked in McDonald's vegetable oil blend.

CRISPY BACON may be cooked on the same grill as eggs or products containing gluten.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2570	1060
Energy (Cal)	616	253
Protein (g)	32.7	13.4
Fat, total (g)	34.0	14.0
Saturated Fat (g)	7.2	3.0
Carbohydrate (g)	42.8	17.6
Sugars (g)	4.5	1.9
Sodium (mg)	1460	599

Chicken Caesar McWrap® - Grilled

GRILLED CHICKEN FILLET: 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.

WHOLEMEAL TORTILLA: Whole Wheat Flour, [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

CREAMY CAESAR DRESSING: Canola Oil [Antioxidant (307b –Soy, 319)], Water, Vinegar, Whole Egg, Lemon Juice (Preservative 223), 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).

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

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

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

Contains gluten, egg, milk & soy. May contain traces of sulphites

GRILLED CHICKEN and CRISPY BACON may be cooked on the same grill as egg or products containing gluten.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2100	896
Energy (Cal)	504	214
Protein (g)	35.3	14.9
Fat, total (g)	25.0	10.6
Saturated Fat (g)	6.9	2.9
Carbohydrate (g)	33.0	14.0
Sugars (g)	4.6	2.0
Sodium (mg)	1130	481

Spicy Chicken McWrap® - Crispy												Avg Qty / Serve	Avg Qty / 100g																																																																					
CRISPY CHICKEN: Chicken, Flour (Wheat , Maize), Water, Starch (Maize, Wheat , Tapioca), Canola Oil, Thickener (1420, 1412, 1422), Salt, Mineral Salts [450, 451, 452, 500], Wheat Gluten , Sugar, Yeast & Yeast Extract, Dehydrated Vegetables, Hydrolysed Vegetable Protein (Wheat), Flavour, Spice (Pepper), Wheat Fibre , Vegetable Gum (412), Dextrose.												Energy (kJ)	2290	839																																																																				
WHOLEMEAL TORTILLA: Whole Wheat Flour, [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.												Energy (Cal)	547	201																																																																				
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce												Protein (g)	27.4	10.1																																																																				
DRYSLAW MIX: Red Cabbage, White Cabbage, Carrot												Fat, total (g)	26.7	9.8																																																																				
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Start (1401, 1422), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).												Saturated Fat (g)	5.6	2.1																																																																				
BUFFALO SAUCE: Water, Vinegar, Sugar, Chilli Paste (Chilli, Food Acid (260)), Corn Starch, Red Capsicum, Canola Oil, Minced Garlic Food Acid (260), Salt, Cream Powder (Milk), Food Acid (330), Spices, Flavouring (Milk), Yeast Extract (Barley), Vegetable Gum (415), Soy Lecithin, Herb Extract, Spice Extract (160c).												Carbohydrate (g)	46.7	17.1																																																																				
<i>Contains gluten, egg, milk & soy.</i>												Sugars (g)	6.9	2.5																																																																				
<i>CRISPY CHICKEN is cooked in McDonald's vegetable oil blend.</i>												Sodium (mg)	1280	470																																																																				
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours																																																																						
Y	Y	Y	Y							Y	Y																																																																							
Spicy Chicken McWrap®- Grilled												Avg Qty / Serve	Avg Qty / 100g																																																																					
GRILLED CHICKEN BREAST: 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												Energy (kJ)	1820	686																																																																				
WHOLEMEAL TORTILLA: Whole Wheat Flour, [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.												Energy (Cal)	435	164																																																																				
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce												Protein (g)	29.9	11.3																																																																				
DRYSLAW MIX: Red Cabbage, White Cabbage, Carrot												Fat, total (g)	17.6	6.6																																																																				
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Start (1401, 1422), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).												Saturated Fat (g)	5.2	2.0																																																																				
BUFFALO SAUCE: Water, Vinegar, Sugar, Chilli Paste (Chilli, Food Acid (260)), Corn Starch, Red Capsicum, Canola Oil, Minced Garlic Food Acid (260), Salt, Cream Powder (Milk), Food Acid (330), Spices, Flavouring (Milk), Yeast Extract (Barley), Vegetable Gum (415), Soy Lecithin, Herb Extract, Spice Extract (160c).												Carbohydrate (g)	36.8	13.9																																																																				
QIL: Canola Oil, Emulsifier (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).												Sugars (g)	7.0	2.6																																																																				
<i>Contains gluten, egg, milk & soy.</i>												Sodium (mg)	957	361																																																																				
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Y	Y	Y	Y							Y	Y	Y																																																																						
<i>Grilled Chicken may be cooked on the same grill as egg or products containing gluten.</i>																																																																																		
Classic Beef McWrap®												Avg Qty / Serve	Avg Qty / 100g																																																																					
BEEF PATTY: Beef												Energy (kJ)	2610	905																																																																				
WHOLEMEAL TORTILLA: Whole Wheat Flour, [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.												Energy (Cal)	625	217																																																																				
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce												Protein (g)	31.2	10.8																																																																				
TOMATO: Tomato												Fat, total (g)	37.3	12.9																																																																				
CHEESE SLICE: Cheese (Milk , Salt, Culture, Enzyme (Rennet, Lipase), Water, Milk Solids, Butter , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 399), Colours (160b, 160c), Preservative (200), Soy Lecithin.												Saturated Fat (g)	14.4	5.0																																																																				
CARAMELISED ONION: Fresh Onion, Vegetable Oil, Salt, Sugar, Caramelised Sugar, Onion Powder, Maltodextrin, Flavours, Spice.												Carbohydrate (g)	39.4	13.7																																																																				
SIGNATURE SAUCE: Canola Oil, [Antioxidant (307b - Soy)], Tomato Pulp [Antioxidant (330)], Sugar, Water, Diced Gherkin (Gherkin, Salt, Water, Food Acid (270)), Onion, Whole Egg , French Mustard, Thickener (1442), Garlic, Egg Yolk, Milk Protein Concentrate, Spices, Food Acid (260), Yeast Extract, Acidity Regulator (575), Vegetable Gum (415), Emulsifiers (Soy Lecithin, 435), Spice Extracts (including 160c), Salt, Preservatives (202, 211), Mustard Flavoured Powder (Soy), [Colours (100, 160c)].												Sugars (g)	8.5	2.9																																																																				
<i>Contains gluten, egg, & soy.</i>												Sodium (mg)	672	233																																																																				
<i>BEEF PATTY seasoned after cooking: Salt, Pepper and Sunflower Oil.</i>																																																																																		
<i>BEEF PATTY may be cooked on the same equipment as eggs or products containing gluten.</i>																																																																																		
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Y	Y	Y	Y							Y	Y	Y																																																																						
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<i>Contains traces of sulphites.</i>																																																																																		
<i>Note: Fries are cooked in canola oil blend, salt added</i>																																																																																		
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	Small		Medium		Large																																																																													
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g																																																																												
Energy (kJ)	860	1190	1240	1190	1530	1190																																																																												
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Fat, total (g)	10.4	14.4	15.0	14.4	18.5	14.4																																																																												
Saturated Fat (g)	0.8	1.2	1.2	1.2	1.5	1.2																																																																												
Carbohydrate (g)	23.5	32.6	33.9	32.6	41.7	32.6																																																																												
Sugars (g)	0.1	0.2	0.2	0.2	0.3	0.2																																																																												
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								T		T																																																																								

Loaded Fries with Gravy										Single		Share		
										Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
FRIES: Potato, Canola Oil, Mineral Salt (450), Dextrose, Antifoam (1521). OR Potatoes, Canola Oil (Acidity Regulator (330)), Dextrose Monohydrate (Preservative (220)), Mineral Salt (450), Antifoam (Non-ionic polyalkylene glycol), Preservative (223) GRAVY: Water, Thickener (1442), Maltodextrin, Sugar, Salt, Beverage Whitener [Glucose Syrup, Vegetable Fat, Milk Protein, Sugar, Emulsifiers (471, 481), Stabiliser (340, 452), Acidity Regulator (332), Anticaking Agent (554), Flavour], Flavourings (Soy), Vegetable Powders, Colour (150c), Flavour Enhancer (635), Hydrolysed Vegetable Proteins (Maize, Soy), Mushroom Extract Powder, Beef Extract, Dehydrated Vegetable, Vegetable Oil, Spices, Herbs, Food Acid (296). <i>Contains milk and soy. Traces of sulphites.</i> <i>Note: Fries are cooked in canola oil blend, salt added</i>										Energy (kJ)	1320	883	2650	883
										Energy (Cal)	317	211	633	211
										Protein (g)	4.9	3.3	9.9	3.3
										Fat, total (g)	15.2	10.1	30.4	10.1
										Saturated Fat (g)	1.3	0.9	2.6	0.9
										Carbohydrate (g)	38.1	25.4	76.1	25.4
										Sugars (g)	0.9	0.6	1.7	0.6
										Sodium (mg)	533	355	1070	355
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours		
		Y	Y					T		T	Y	Y		
FRUIT & SALADS														
Apples										Avg Qty / Serve	Avg Qty / 100g			
Apple Slices, Antioxidants (302). <i>May contain Apple Seeds.</i>										Energy (kJ)	152	254		
										Energy (Cal)	37	61		
										Protein (g)	0.2	0.3		
										Fat, total (g)	0.2	0.4		
										Saturated Fat (g)	<0.1	0.0		
										Carbohydrate (g)	7.1	11.9		
										Sugars (g)	7.1	11.9		
										Sodium (mg)	<1	<1		
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours		
Grape Tomatoes										Avg Qty / Serve	Avg Qty / 100g			
Grape Tomatoes										Energy (kJ)	57	90		
										Energy (Cal)	16	25		
										Protein (g)	1.0	1.5		
										Fat, total (g)	0.1	0.2		
										Saturated Fat (g)	0.0	0.0		
										Carbohydrate (g)	1.5	2.4		
										Sugars (g)	0.7	1.1		
										Sodium (mg)	5	8		
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours		
Caesar Chicken Salad - Crispy Chicken										Avg Qty / Serve	Avg Qty / 100g			
DICED LETTUCE MIX - Iceberg Lettuce, Cos Lettuce CRISPY CHICKEN - Chicken, Flour (Wheat , Maize), Water, Starch (Maize, Wheat , Tapioca), Canola Oil, Thickener (1420, 1412, 1422), Salt, Mineral Salts [450 (ii), 451 (i), 452 (i), 500 (ii)], Wheat Gluten, Sugar, Yeast & Yeast Extract, Dehydrated Vegetables, Hydrolysed Vegetable Protein (Wheat), Flavour, Spice (Pepper), Wheat Fibre, Vegetable Gum (412), Dextrose CREAMY CAESAR DRESSING: Canola Oil [Antioxidant (307b - Soy , 319)], Water, Vinegar, Whole Egg , Lemon Juice (Preservative 223), 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). PARMESAN CHEESE: Parmesan Cheese (Milk , Salt, Cultures, Enzyme), Anti-caking Agent (460), Preservative (200). CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250). <i>Contains gluten, egg, milk & soy. May contain traces of sulphites.</i> <i>CRISPY CHICKEN is cooked in Vegetable Oil Blend.</i>										Energy (kJ)	2600	943		
										Energy (Cal)	623	226		
										Protein (g)	36.1	13.1		
										Fat, total (g)	44.9	16.3		
										Saturated Fat (g)	8.1	2.9		
										Carbohydrate (g)	17.9	6.5		
										Sugars (g)	5.0	1.8		
										Sodium (mg)	1810	654		
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours		
Y	Y	Y	Y					T		Y	Y			

Caesar Chicken Salad - Grilled Chicken											Avg Qty / Serve	Avg Qty / 100g	
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce											Energy (kJ)	2130	796
GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains. Lemon Juice Concentrate, Flavours], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.											Energy (Cal)	510	190
CREAMY CAESAR DRESSING: Canola Oil [Antioxidant (307b - Soy , 319)], Water, Vinegar, Whole Egg , Lemon Juice (Preservative 223), 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).											Protein (g)	38.5	14.4
PARMESAN CHEESE: Parmesan Cheese (Milk , Salt, Cultures, Enzyme), Anti-caking Agent (460), Preservative (200).											Fat, total (g)	35.7	13.3
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250).											Saturated Fat (g)	7.7	2.9
OIL: Canola Oil, Emulsifier (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).											Carbohydrate (g)	8.0	3.0
<i>Contains gluten, milk & soy.</i>											Sugars (g)	5.1	1.9
<i>Grilled chicken may be cooked with egg or products containing gluten.</i>											Sodium (mg)	1480	552
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	Y	Y	Y							Y	Y		
Crispy Chicken Salad - No Dressing											Avg Qty / Serve	Avg Qty / 100g	
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce											Energy (kJ)	1280	415
CRISPY CHICKEN: Chicken, Flour (Wheat , Maize), Water, Starch (Maize, Wheat , Tapioca), Canola Oil, Thickener (1420, 1412, 1422), Salt, Mineral Salts [450 (iii), 451 (i), 452 (i), 500 (ii)], Wheat Gluten , Sugar, Yeast & Yeast Extract, Dehydrated Vegetables, Hydrolysed Vegetable Protein (Wheat), Flavour, Spice (Pepper), Wheat Fibre, Vegetable Gum (412), Dextrose											Energy (Cal)	305	99
PARMESAN CHEESE: Parmesan Cheese (Milk , Salt, Cultures, Enzyme), Anti-caking Agent (460), Preservative (200).											Protein (g)	25.1	8.2
TOMATO: Grape tomatoes											Fat, total (g)	14.8	4.8
CUCUMBER: Sliced Cucumber											Saturated Fat (g)	3.0	1.0
RED ONION: Red onion											Carbohydrate (g)	15.6	5.1
<i>Contains gluten & milk.</i>											Sugars (g)	3.5	1.2
<i>CRISPY CHICKEN is cooked in Vegetable Oil Blend.</i>											Sodium (mg)	887	288
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y		Y								Y	Y		
Grilled Chicken Salad - No Dressing											Avg Qty / Serve	Avg Qty / 100g	
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce											Energy (kJ)	805	269
GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder, Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.											Energy (Cal)	193	64
PARMESAN CHEESE: Parmesan Cheese (Milk , Salt, Cultures, Enzyme), Anti-caking Agent (460), Preservative (200).											Protein (g)	27.5	9.2
TOMATO: Grape tomatoes											Fat, total (g)	5.7	1.9
CUCUMBER: Sliced Cucumber											Saturated Fat (g)	2.6	0.9
RED ONION: Red onion											Carbohydrate (g)	5.7	1.9
OIL: Canola Oil, Emulsifier (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).											Sugars (g)	3.6	1.2
<i>Contains milk & soy.</i>											Sodium (mg)	561	187
<i>GRILLED CHICKEN may be cooked on the same grill as eggs or products containing gluten.</i>											Preservative	Flavour	Colours
T	T	Y	Y							Y	Y	Y	
Garden Salad											Avg Qty / Serve	Avg Qty / 100g	
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce											Energy (kJ)	82	77
TOMATO: Grape Tomatoes											Energy (Cal)	21	19
CUCUMBER: Cucumber Slices.											Protein (g)	1.6	1.5
											Fat, total (g)	0.1	0.1
											Saturated Fat (g)	0.0	0.0
											Carbohydrate (g)	2.6	2.5
											Sugars (g)	1.4	1.3
											Sodium (mg)	8	7
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	

CONDIMENTS

Balsamic Salad Dressing											Avg Qty / Serve	Avg Qty / 100mL	
Water, Vinegar, Canola Oil [Antioxidant 307b (Soy)], Balsamic Vinegar [Balsamic Vinegar, Colour (150d), Preservative (220)], Sugar, Salt, Garlic, Vegetable Gum Blend [Thickeners (415, 417, 401), Acidity Regulator (331)], Preservatives (202, 211), Soy Lecithin.											Energy (kJ)	244	814
<i>Contains soy and sulphites.</i>											Energy (Cal)	58	195
											Protein (g)	<0.1	0.2
											Fat, total (g)	4.5	15.0
											Saturated Fat (g)	0.4	1.2
											Carbohydrate (g)	4.5	15.1
											Sugars (g)	4.1	13.7
											Sodium (mg)	231	770
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
			Y					Y		Y		Y	

Caesar Salad Dressing											Avg Qty / Serve	Avg Qty / 100mL	
CAESAR DRESSING: Canola Oil [Antioxidant (307b (Soy), 319), Water, Vinegar, Whole Egg, Lemon Juice [Preservative 223], Dextrose, Sugar, Egg Yolk, Minced Garlic [Food Acid (260)], Parmesan Cheese (Milk), Salt, Milk Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard [Food Acid (260)], Spice, Emulsifiers (322 (Soy), 435), Mustard Flour, Yeast Extract (Gluten), Flavourings, Preservatives (202, 211), Vegetable Gum (415).											Energy (kJ)	765	2110
<i>Contains gluten, eggs, milk & soy. Traces of sulphites.</i>											Energy (Cal)	183	505
											Protein (g)	0.9	2.4
											Fat, total (g)	18.8	51.9
											Saturated Fat (g)	1.6	4.5
											Carbohydrate (g)	3.1	8.7
											Sugars (g)	2.1	5.8
											Sodium (mg)	289	799
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	Y	Y	Y					T		Y	Y		

McNugget Dipping Sauces											Barbecue		Sweet & Sour		Sweet Mustard		
BARBECUE SAUCE: Sugar, Water, Vinegar, Tomato Paste, Soy Sauce (Wheat), Thickeners (1442, 415), Salt, Glucose Corn Syrup, Soybean Oil, Flavouring, Spices, Colour (150d), Preservative (211), Flavour Enhancer (635), Acidity Regulator (296).											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
<i>Contains gluten & soy.</i>											Energy (kJ)	201	717	203	727	328	1170
SWEET & SOUR SAUCE: High Fructose Corn Syrup, Water, Apricot Puree [Antioxidant (300)], Vinegar, Thickeners (1422, 415), Flavouring, Soy Sauce (Wheat), Salt, Soybean Oil, Spice, Preservative (211), Colour (150d).											Energy (Cal)	48	172	49	174	78	280
<i>Contains gluten & soy.</i>											Protein (g)	0.3	1.2	0.2	0.6	0.3	1.0
SWEET MUSTARD: Water, Salad Mustard [Water, Vinegar, Mustard, Spices, Salt, Spice Extract], Sugar, Vinegar, Vegetable Oil, Thickeners (1442, 1450, 415, 405), Salt, Caramelised Sugar, Preservative (202), Acidity Regulator (331), Spice, Colour (160c), Antioxidant (385).											Fat, total (g)	0.3	1.1	0.3	0.9	2.9	10.3
<i>Contains gluten & soy.</i>											Saturated Fat (g)	<0.1	0.2	<0.1	0.1	0.2	0.7
											Carbohydrate (g)	10.7	38.2	11.2	39.9	12.7	45.2
											Sugars (g)	10.0	35.8	10.5	37.6	5.6	20.0
											Sodium (mg)	178	634	118	420	109	390
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours				
Barbecue	Y			Y							Y	Y	Y				
Sweet & Sour	Y			Y							Y	Y	Y				
Sweet Mustard											Y		Y				

Sauces					Ketchup		Aioli		Tartare		
					Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Soybean Oil, Flavouring (Soybean Oil)					Energy (kJ)	43	478	776	2770	214	1100
					Energy (Cal)	10	114	185	662	51	264
AIOLI: Vegetable Oil, Water, Egg Yolk , Vinegar, Garlic, Dextrose, Cheese Powder (Contains Milk), Milk Solids, Salt, Acidity Regulator (270), Natural Flavours (Milk), Onion, Spice, Preservative (202), Stabiliser (415), Antioxidant (385).					Protein (g)	0.1	1.5	0.5	1.9	0.2	0.8
<i>Contains egg and milk.</i>					Fat, total (g)	0.0	0.0	20.0	71.5	5.5	28.3
TARTARE SAUCE: Pickles, Water, Soybean Oil (Antioxidant (330)), Distilled Vinegar, Onions and Onion Extractives, Modified Corn Starch (1401, 1442), Egg Yolks, Corn Syrup Solids, Sugar, Salt, Spice, Thickener (415), Capers, Preservative (202), Dextrose, Dehydrated Parsley, Spice Extractives.					Saturated Fat (g)	0.0	0.0	1.6	5.8	0.8	4.1
<i>Contains egg.</i>					Carbohydrate (g)	2.3	26.1	1.5	5.2	0.3	1.7
					Sugars (g)	1.8	20.0	1.0	3.4	0.3	1.5
					Sodium (mg)	88	983	112	400	107	552
					Gluten						
					Eggs						
					Milk						
					Soy						
					Fish & Crustacea						
					Peanuts						
					Tree Nuts						
					Sesame Seeds						
					Sulphites						
					Lupin						
					Preservative				Y	Y	
					Flavour						
					Colours						
					Ketchup						
					Aioli					Y	Y
					Tartare Sauce					Y	

BREAKFAST

BBQ Hash Brown Brekkie Roll

BEEF PATTY: Beef

QUARTER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Natural Flavour, **Wheat Gluten**, Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).

HASH BROWN: Potato, Canola Oil, Salt, Dextrose (from maize), Emulsifier (471), Preservative (450), Antioxidant (330), Natural Pepper Extracts. **OR**

Potatoes, Canola Oil, Salt, Dehydrated Potato, Black Pepper, Disodium Dihydrogen Pyrophosphate, Dextrose. **OR**

Potatoes, Canola Oil, Dextrose (220) (Maize), Seasoning (Black Pepper, Salt, Modified Corn Starch).

EGG: Fresh, Shelled **Egg**.

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

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

BARBECUE SAUCE: Tomato Pulp [Antioxidant (330)], Sugar, Vinegar, Water, Onion Puree, Thickener (1422), Molasses, Minced Garlic [Acetic Acid (260)], Salt, Lemon Juice Concentrate, Spices [Including (100)], Mustard (**Wheat, Soy**) [Food Acid (260)], Flavourings, Malt Extract (**Barley**), Vegetable Gum (415), Yeast Extract, Preservative (202).

QIL: Canola Oil, Emulsifiers (**Soy** Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

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

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

Beef patty seasoned on grill. Seasoning: Salt, Pepper.

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

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

Breakfast Condiments

STRAWBERRY JAM: Strawberries, Sugar, Glucose (Maize), Pectin, Acidity Regulator (330).

HONEY: Honey.

VEGEMITE™: Yeast Extract, Salt, Mineral Salt (508), Malt Extract (from **Barley**), Colour (150d – contains preservative **sulphur dioxide**), Vegetable Extract, Niacin, Thiamine, Riboflavin, Folate.

Contains gluten & sulphites.

					Honey		Strawberry Jam		Vegemite		
					Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
STRAWBERRY JAM: Strawberries, Sugar, Glucose (Maize), Pectin, Acidity Regulator (330).					Energy (kJ)	184	1420	187	1160	39	811
					Energy (Cal)	44	340	45	278	9	194
HONEY: Honey.					Protein (g)	<0.1	0.3	<0.1	0.6	1.2	25.6
					Fat, total (g)	<0.1	0.1	<0.1	0.1	<0.1	0.9
VEGEMITE™: Yeast Extract, Salt, Mineral Salt (508), Malt Extract (from Barley), Colour (150d – contains preservative sulphur dioxide), Vegetable Extract, Niacin, Thiamine, Riboflavin, Folate.					Saturated Fat (g)	<0.1	0.1	<0.1	0.1	<0.1	0.9
<i>Contains gluten & sulphites.</i>					Carbohydrate (g)	10.8	83.1	10.8	67.8	0.9	19.5
					Sugars (g)	10.7	82.5	10.0	62.5	<0.1	1.7
					Sodium (mg)	2	15	1	8	162	3380
					Gluten						
					Eggs						
					Milk						
					Soy						
					Fish & Crustacea						
					Peanuts						
					Tree Nuts						
					Sesame Seeds						
					Sulphites				Y		
					Lupin						
					Preservative				Y		
					Flavour						
					Colours						Y
					Jam						
					Honey						
					Vegemite	Y				Y	Y

Hash Brown												Avg Qty / Serve	Avg Qty / 100g											
Potato, Canola Oil, Salt, Dextrose (from maize), Emulsifier (471), Preservative (450), Antioxidant (330), Natural Pepper Extracts.												Energy (kJ)	587	1060										
OR												Energy (Cal)	141	254										
Potatoes, Canola Oil, Salt, Dehydrated Potato, Black Pepper, Disodium Dihydrogen Pyrophosphate, Dextrose.												Protein (g)	1.3	2.3										
OR												Fat, total (g)	8.1	14.7										
Potatoes, Canola Oil, Dextrose (220) (Maize), Seasoning (Black Pepper, Salt, Modified Corn Starch).												Saturated Fat (g)	0.6	1.2										
												Carbohydrate (g)	14.8	26.7										
												Sugars (g)	0.2	0.3										
												Sodium (mg)	339	613										
<i>Traces of sulphite.</i>																								
* Hash Browns served after 10.30am may be cooked with products containing gluten												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
<i>Note: Hash Brown is cooked in canola oil blend.</i>												T*								T				
Ham and Cheese Pocket												Avg Qty / Serve	Avg Qty / 100g											
WHOLEMEAL TORTILLA: Whole Wheat Flour , Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.												Energy (kJ)	927	1250										
CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Rennet, Lipase.												Energy (Cal)	221	299										
HAM: Pork, Water, Salt, Acidity Regulators (326, 262), Sugar, Emulsifier (451), Dextrose (Maize), Antioxidant (316), Sodium Nitrite (250).												Protein (g)	10.2	13.8										
												Fat, total (g)	9.8	13.2										
												Saturated Fat (g)	5.5	7.4										
												Carbohydrate (g)	22.6	30.5										
												Sugars (g)	1.4	1.9										
												Sodium (mg)	382	516										
<i>Contains gluten and milk.</i>																								
												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
												Y		Y								Y		
Hotcakes												Plain		with Syrup & Butter										
												Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g									
HOTCAKES: Water, Wheat Flour , Whey Powder , Maize Flour, Vegetable Oil (Canola), Sugar, Raising Agents (341, 500, 541), Dextrose, Emulsifiers (471, 481), Egg , Salt, Thickener (415 contains Wheat).												Energy (kJ)	1360	902	2500	1120								
<i>Contains gluten, egg & milk.</i>												Energy (Cal)	326	216	598	268								
<i>HOTCAKES are produced in a plant that also produces products containing sesame seeds.</i>												Protein (g)	8.8	5.8	9.5	4.3								
												Fat, total (g)	9.1	6.0	18.9	8.5								
												Saturated Fat (g)	1.5	1.0	8.4	3.8								
												Carbohydrate (g)	50.1	33.5	96	42.8								
												Sugars (g)	12.1	8.0	44.3	19.9								
												Sodium (mg)	469	310	566	254								
												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Plain												Y	Y	Y					T					
with Syrup and Butter												Y	Y	Y					T		Y	Y	Y	
Hotcake Condiments												Hotcake Syrup		Whipped Butter (2 portions)										
												Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g									
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).												Energy (kJ)	794	1310	338	2980								
												Energy (Cal)	139	230	81	713								
												Protein (g)	0.6	1.0	<0.1	0.6								
												Fat, total (g)	0.6	1.0	9.1	80.0								
												Saturated Fat (g)	0.6	1.0	6.1	53.5								
WHIPPED BUTTER: Cream, Salt.												Carbohydrate (g)	44.8	74.0	0.1	0.9								
<i>Contains milk.</i>												Sugars (g)	32.1	53.0	<0.1	0.7								
												Sodium (mg)	18	30	79	700								
												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Hotcake Syrup																					Y	Y	Y	
Whipped Butter														Y										

McMuffin - Bacon & Egg											Avg Qty / Serve	Avg Qty / 100g			
ENGLISH MUFFIN: Wheat Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, Wheat Gluten , Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver (Soy Flour , Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour , Enzymes (1100 - Contains Wheat), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e). EGG: Fresh, Shelled Egg . BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked. CHEESE: Cheese (Milk , Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids , Butter , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), Soy Lecithin . OIL: Canola Oil, Emulsifiers (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).											Energy (kJ)	1240	925		
											Energy (Cal)	296	221		
											Protein (g)	16.7	12.4		
											Fat, total (g)	13.2	9.9		
											Saturated Fat (g)	6.0	4.4		
											Carbohydrate (g)	26.5	19.8		
											Sugars (g)	1.9	1.4		
											Sodium (mg)	698	521		
<i>Contains gluten, egg, milk & soy.</i> <i>MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>											Preservative	Flavour	Colours		
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin		Y	Y	Y		
Y	Y	Y	Y				T								
McMuffin - BLT											Avg Qty / Serve	Avg Qty / 100g			
ENGLISH MUFFIN: Wheat Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, Wheat Gluten , Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver (Soy Flour , Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour , Enzymes (1100 - Contains Wheat), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e). TOMATO SLICE: Tomato. BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked. SHREDDED LETTUCE: Iceberg Lettuce. MAYONNAISE: Water, Soybean Oil (Antioxidant (330), Egg Yolks , Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202). OIL: Canola Oil, Emulsifiers (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).											Energy (kJ)	896	770		
											Energy (Cal)	213	183		
											Protein (g)	8.2	7.1		
											Fat, total (g)	7.6	6.5		
											Saturated Fat (g)	2.2	1.9		
											Carbohydrate (g)	26.8	23.1		
											Sugars (g)	2.1	1.8		
											Sodium (mg)	538	462		
<i>Contains gluten, egg & soy.</i> <i>ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>											Preservative	Flavour	Colours		
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin		Y	Y	Y		
Y	Y		Y				T								
McMuffin - with Jam											Plain English Muffin		Muffin with Jam		
ENGLISH MUFFIN: Wheat Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, Wheat Gluten , Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver (Soy Flour , Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour , Enzymes (1100 - Contains Wheat), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e). STRAWBERRY JAM: Sugar, Strawberries, Vegetable Gum (440), Acidity Regulator (330). OIL: Canola Oil, Emulsifiers (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330). <i>Contains gluten & soy.</i> <i>MUFFINS are produced on equipment that also produces products containing sesame seeds</i> <i>Note: Available with your choice of Vegemite™, Honey OR Strawberry Jam.</i>															
											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
											Energy (kJ)	632	1100	819	1110
											Energy (Cal)	150	260	194	263
											Protein (g)	4.5	7.9	4.6	6.3
											Fat, total (g)	3.0	5.2	3.0	4.1
											Saturated Fat (g)	0.8	1.5	0.9	1.2
											Carbohydrate (g)	25.3	43.8	36.1	49.0
											Sugars (g)	1.2	2.0	11.2	15.2
											Sodium (mg)	274	476	276	374
<i>Contains gluten, egg, milk & soy.</i> <i>MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>											Preservative	Flavour	Colours		
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin		Y	Y	Y		
Y			Y				T								
McMuffin - Mighty											Avg Qty / Serve	Avg Qty / 100g			
ENGLISH MUFFIN: Wheat Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, Wheat Gluten , Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver (Soy Flour , Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour , Enzymes (1100 - Contains Wheat), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e). EGG: Fresh, Shelled Egg . SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup , Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from soy), Spice Extract, Canola Oil]. BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. Smoked. 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) OIL: Canola Oil, Emulsifiers (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330). <i>Contains gluten, egg, milk & soy.</i> <i>MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>											Energy (kJ)	1910	929		
											Energy (Cal)	456	222		
											Protein (g)	28.3	13.8		
											Fat, total (g)	23.4	11.4		
											Saturated Fat (g)	10.8	5.2		
											Carbohydrate (g)	31.6	15.4		
											Sugars (g)	5.7	2.8		
											Sodium (mg)	1240	604		
<i>Contains gluten, egg, milk & soy.</i> <i>MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>											Preservative	Flavour	Colours		
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin		Y	Y	Y		
Y	Y	Y	Y				T								

McMuffin - Sausage											Avg Qty / Serve	Avg Qty / 100g											
ENGLISH MUFFIN: Wheat Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, Wheat Gluten , Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver (Soy Flour , Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour , Enzymes (1100 - Contains Wheat), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e)). SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup, Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from soy), Spice Extract, Canola Oil]. CHEESE: Cheese (Milk , Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids , Butter , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), Soy Lecithin . OIL: Canola Oil, Emulsifiers (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330). <i>Contains gluten, milk & soy.</i> <i>ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>											Energy (kJ)	1260	1140										
											Energy (Cal)	302	272										
											Protein (g)	15.6	14.0										
											Fat, total (g)	14.5	13.0										
											Saturated Fat (g)	7.5	6.8										
											Carbohydrate (g)	26.1	23.5										
											Sugars (g)	1.7	1.6										
											Sodium (mg)	629	566										
											Preservative	Flavour	Colours										
											Y	Y	Y										
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin			
											Y		Y	Y				T					
McMuffin - Sausage and Egg											Avg Qty / Serve	Avg Qty / 100g											
ENGLISH MUFFIN: Wheat Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, Wheat Gluten , Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver (Soy Flour , Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour , Enzymes (1100 - Contains Wheat), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e)). SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup, Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from soy), Antioxidant (306), Canola Oil, Spice Extracts]. EGG: Fresh, Shelled Egg . CHEESE: Cheese (Milk , Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids , Butter , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), Soy Lecithin . OIL: Canola Oil, Emulsifiers (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330). <i>Contains gluten, egg, milk & soy.</i> <i>ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>											Energy (kJ)	1570	981										
											Energy (Cal)	376	235										
											Protein (g)	21.6	13.5										
											Fat, total (g)	19.9	12.5										
											Saturated Fat (g)	9.2	5.7										
											Carbohydrate (g)	26.3	16.4										
											Sugars (g)	1.9	1.2										
											Sodium (mg)	672	420										
											Preservative	Flavour	Colours										
											Y	Y	Y										
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin			
											Y	Y	Y	Y				T					
DESSERTS																							
Apple Pie											Avg Qty / Serve	Avg Qty / 100g											
Apple (Antioxidants (300, 330)), Wheat Flour , Water, Sugar, Modified Starch (1412, 1422), Margarine (Palm Oil, Water, Salt, Emulsifiers (471, Soy Lecithin), Acidity Regulators (270, 330), Antioxidant (304), Natural Flavour, Natural Colour (160a)), Whey Powder , Iodised Salt, Dextrose, Ground Cinnamon, Mixed Spices, Lemon Juice Concentrate, Ground Nutmeg, Vegetable Gum (466), Baking Powder (Raising Agents (450, 500), Wheat Starch, Mineral Salt (170)), Thickener (415), Natural Flavour. <i>Contains gluten, milk & soy.</i> <i>Note: Cooked in canola oil blend.</i>											Energy (kJ)	991	1240										
											Energy (Cal)	237	296										
											Protein (g)	2.0	2.5										
											Fat, total (g)	13.6	17.0										
											Saturated Fat (g)	2.4	3.0										
											Carbohydrate (g)	25.9	32.4										
											Sugars (g)	9.0	11.2										
											Sodium (mg)	126	157										
											Preservative	Flavour	Colours										
											Y	Y	Y										
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin			
											Y		Y	Y				T					
Birthday Cake - Icecream											Avg Qty / Serve	Avg Qty / 100g											
Water, Cream , Sugar, Milk Solids , Glucose Syrup (from wheat), Maltodextrin, Cocoa, Emulsifiers (477, 471- Soy), vegetable Gum (412), Flavours, Vegetable Oil, Colours (120, 160c, 141, 100). <i>Contains gluten, milk & soy.</i> <i>Note: ICE CREAM CAKE is made on equipment that also processes products containing peanuts & tree nuts</i>											Energy (kJ)	353	751										
											Energy (Cal)	84	180										
											Protein (g)	0.9	1.9										
											Fat, total (g)	3.1	6.6										
											Saturated Fat (g)	2.0	4.3										
											Carbohydrate (g)	13.1	27.9										
											Sugars (g)	10.4	22.2										
											Sodium (mg)	33	70										
											Preservative	Flavour	Colours										
											Y	Y	Y										
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin			
											Y		Y	Y		T	T						

McDonaldland Cookies											Avg Qty / Serve	Avg Qty / 100g	
Wheat Flour, Sugar, Palm Oil, Golden Syrup, Salt, Raising Agent (500), Soy Lecithin, Flavour.											Energy (kJ)	1170	1950
<i>Contains gluten & soy.</i>											Energy (Cal)	281	469
<i>May contain traces of peanut, hazelnut, dairy, egg and sesame seed.</i>											Protein (g)	3.6	6.0
											Fat, total (g)	8.2	13.7
											Saturated Fat (g)	4.0	6.6
											Carbohydrate (g)	46.5	77.5
											Sugars (g)	16.6	27.6
											Sodium (mg)	150	250
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	T	T	Y		T	T	T			Y			
McFlurry - M&M Minis®											Avg Qty / Serve	Avg Qty / 100g	
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.											Energy (kJ)	1690	897
OR											Energy (Cal)	402	214
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Protein (g)	8.1	4.3
OR											Fat, total (g)	15.6	8.3
Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).											Saturated Fat (g)	9.9	5.3
MINI M&M'S: Milk Chocolate [Sugar, Milk Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (Soy Lecithin), Salt, Flavour], Sugar, Starch (wheat), Glucose Syrup (from wheat), Colours (171, 133, 129, 110, 102), Vegetable Gum (414), Thickener (Dextrin), Glazing Agent (903).											Carbohydrate (g)	56.6	30.1
<i>Contains gluten, milk & soy. Traces of sulphites</i>											Sugars (g)	52.3	27.8
<i>Traces of peanuts and tree nuts in the Mini M&M's</i>											Sodium (mg)	111	59
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y		Y	Y		T	T		T		T	Y	Y	
McFlurry - Oreo											Avg Qty / Serve	Avg Qty / 100g	
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.											Energy (kJ)	1340	780
OR											Energy (Cal)	319	186
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Protein (g)	7.2	4.2
OR											Fat, total (g)	11.7	6.8
Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).											Saturated Fat (g)	7.3	4.2
OREO COOKIE PIECES: Wheat Flour, Sugar, Vegetable Oil (Palm Oil and Palm Kernel Oil, Contains Antioxidant [319]), Cocoa Powder, Starch, Invert Syrup, Salt, Raising/Leavening Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Emulsifier (Soy Lecithin), Flavour.											Carbohydrate (g)	46.3	26.9
<i>Contains gluten, milk & soy. Traces of sulphites</i>											Sugars (g)	37.8	22.0
<i>Traces of egg, peanuts and sesame seeds in the Oreo Pieces.</i>											Sodium (mg)	165	96
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	T	Y	Y		T		T	T		T	Y		
Soft Serve Cone											Avg Qty / Serve	Avg Qty / 100g	
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.											Energy (kJ)	612	686
OR											Energy (Cal)	146	163
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Protein (g)	3.9	4.4
OR											Fat, total (g)	4.6	5.2
Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).											Saturated Fat (g)	2.8	3.2
CONE: Wheat Flour, Sunflower Oil, Water, Soy Lecithin, Salt, Mineral Salt (500).											Carbohydrate (g)	22.0	24.6
<i>Contains gluten, milk and soy. Traces of sulphites</i>											Sugars (g)	17.1	19.1
<i>Note: CONES are produced in a facility which also produces products containing peanuts & tree nuts (almonds & hazelnuts).</i>											Sodium (mg)	55	61
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y		Y	Y		T	T		T		T	Y		

											Avg Qty / Serve	Avg Qty / 100g											
Soft Serve Cone with Flake											Energy (kJ)	802	819										
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.											Energy (Cal)	191	195										
OR											Protein (g)	4.6	4.7										
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Fat, total (g)	7.2	7.4										
OR											Saturated Fat (g)	4.5	4.6										
Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).											Carbohydrate (g)	26.8	27.4										
FLAKE: Full Cream Milk, Sugar, Cocoa Butter, Cocoa Mass, Milk Solids, Flavours, Soy Lecithin.											Sugars (g)	21.8	22.3										
CONE: Wheat Flour, Sunflower Oil, Water, Soy Lecithin, Salt, Mineral Salt (500).											Sodium (mg)	61	63										
<i>Contains gluten, milk and soy. Traces of sulphites</i>																							
<i>FLAKE may contain traces of peanuts and tree nuts.</i>																							
<i>Note: CONES are produced in a facility which also produces products containing peanuts & tree nuts (almonds & hazelnuts).</i>											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
											Y		Y	Y		T	T		T		T	Y	
											Small				Large								
Sundae - Caramel											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g									
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.											Energy (kJ)	1440	824	2250	919								
OR											Energy (Cal)	342	195	533	220								
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Protein (g)	6.0	3.4	7.9	3.2								
OR											Fat, total (g)	8.7	5.0	12.3	4.9								
Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).											Saturated Fat (g)	5.8	3.3	8.1	3.3								
CARMEL TOPPING: Glucose Corn Syrup, Whole Sweetened Condensed Milk (Milk, Milk Powder, Sugar, Lactose), High Fructose Corn Syrup, Shortening [Palm Oil, Antioxidant (307)], Water, Sugar, Thickeners (401, 440), Salt, Stabiliser (339), Flavouring.											Carbohydrate (g)	59.5	34.0	96.6	38.9								
<i>Contains milk. Traces of sulphites</i>											Sugars (g)	42.9	24.5	65.4	26.4								
											Sodium (mg)	139	79	221	89								
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
													Y						T		T	Y	
											Small				Large								
Sundae - Hot Fudge											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g									
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.											Energy (kJ)	1460	846	2280	938								
OR											Energy (Cal)	347	201	542	222								
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Protein (g)	6.4	3.7	8.6	3.5								
OR											Fat, total (g)	9.7	5.6	14.4	5.9								
Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).											Saturated Fat (g)	7.0	4.0	10.6	4.3								
HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Soy Lecithin), Whole Sweetened Condensed Milk (Milk, Milk Powder, Sugar, Lactose), Cocoa Powder, Whole Milk Powder, Thickeners (1422, 401), Salt, Stabiliser, Flavouring, Preservative (202).											Carbohydrate (g)	58.3	33.7	94.2	38.7								
<i>Contains milk and soy. Traces of sulphites</i>											Sugars (g)	47.1	27.2	73.8	30.3								
											Sodium (mg)	134	77	211	87								
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
													Y	Y					T		Y		
Sundae - Plain, Small											Small				Large								
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g									
OR											Energy (kJ)	848	628										
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Energy (Cal)	201	149										
OR											Protein (g)	5.5	4.1										
Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).											Fat, total (g)	6.8	5.0										
<i>Contains milk. Traces of sulphites</i>											Saturated Fat (g)	4.5	3.3										
<i>McDonald's Sundae without topping is available on request.</i>											Carbohydrate (g)	29.6	21.9										
											Sugars (g)	27.0	20.0										
											Sodium (mg)	74	55										
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
													Y						T		T	Y	

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Sundae - Strawberry				
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.	Energy (kJ)	1210	708	1790
OR	Energy (Cal)	288	168	423
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.	Protein (g)	5.8	3.4	7.5
OR	Fat, total (g)	6.8	3.9	8.4
Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).	Saturated Fat (g)	4.5	2.6	5.6
	Carbohydrate (g)	50.6	29.5	78.9
	Sugars (g)	44.8	26.2	69.2
	Sodium (mg)	76	45	96
STRAWBERRY TOPPING: Strawberries, Sugar, Water, High Fructose Corn Syrup, Strawberry Juice Concentrate, Thickeners (440, 410), Flavouring, Acidity Regulator (330), Preservative (202), Colour (124), Firming Agent (509).				
<i>Contains milk. Traces of sulphites</i>	Gluten	Eggs	Milk	Soy
			Y	
	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds
	Sulphites	Lupin	Preservative	Flavour
	T		Y	Y
	Colours			
Yoghurt - Petit Miam Strawberry				
Milk, Milk Solids, Water, Strawberry, Sugar, Apple, Thickener (1442), Mineral Calcium (341), Natural Flavours, Natural Colour (120), Acidity Regulators (331, 296), Vitamins D, Live Cultures (Acidophilus and Bifidus).	Energy (kJ)		213	304
	Energy (Cal)		50	72
	Protein (g)		2.4	3.4
	Fat, total (g)		1.6	2.3
	Saturated Fat (g)		1.1	1.5
	Carbohydrate (g)		6.7	9.5
	Sugars (g)		5.4	7.7
	Sodium (mg)		32	46
<i>Contains milk.</i>	Gluten	Eggs	Milk	Soy
			Y	
	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds
	Sulphites	Lupin	Preservative	Flavour
				Y
	Colours			Y