



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

Information correct as at June 2020.

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 and sesame seeds.*

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

*BEEF PATTY seasoned on grill. Seasoning: Salt, Pepper.*

*BEEF PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.*

Gluten	Eggs	Milk	Soy	Fish and 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)	2430	1040
Energy (Cal)	580	249
Protein (g)	26.9	11.6
Fat, total (g)	31.4	13.5
Saturated Fat (g)	11.8	5.1
Carbohydrate (g)	45.9	19.7
Sugars (g)	7.9	3.4
Sodium (mg)	1040	447

## 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.

**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 and sesame seeds.*

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

*BEEF PATTY seasoned on grill. Seasoning: Salt, Pepper.*

*BEEF PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.*

Gluten	Eggs	Milk	Soy	Fish and 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 and 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 PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.*

	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)	1290	1080	1950	1110	2610	1140
Energy (Cal)	309	259	466	264	623	272
Protein (g)	16.2	13.6	27.0	15.3	37.6	16.4
Fat, total (g)	13.1	11.0	24.0	13.6	34.9	15.2
Saturated Fat (g)	6.7	5.6	12.9	7.3	19.2	8.4
Carbohydrate (g)	30.5	25.6	34.5	19.6	38.5	16.8
Sugars (g)	5.8	4.9	6.9	3.9	8.0	3.5
Sodium (mg)	700	587	1070	608	1420	618

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

<b>BBO Bacon Angus</b>		Avg Qty / Serve	Avg Qty / 100g										
<b>BURGER BUN:</b> Wheat Flour (Vitamins (Thiamine, Folic Acid)), Water, Sugar, Glaze (Contains <b>Wheat</b> ), Canola Oil, Iodised Salt, Yeast, <b>Wheat Gluten</b> , Natural Flavour, Improver ( <b>Soy</b> Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), <b>Wheat</b> Malt Flour, Enzymes (1100)), Preservative (282), Emulsifier (472e).	Energy (kJ)	3550	1210										
<b>BEEF PATTY:</b> Angus Beef.	Energy (Cal)	850	289										
<b>AUSSIE JACK CHEESE:</b> Milk, Salt, Starter Culture, Non-animal Rennet.	Protein (g)	48.7	16.5										
<b>BBO SAUCE:</b> 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 ( <b>Wheat, Soy</b> ) [Food Acid (260)], Flavourings, Malt Extract ( <b>Barley</b> ), Vegetable Gum (415), Yeast Extract, Preservative (202).	Fat, total (g)	49.6	16.9										
<b>CARAMELISED GRILLED ONION:</b> Onion, Seasoning (Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice.	Saturated Fat (g)	22.0	7.5										
<b>CRISPY BACON:</b> Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate (339), Sodium Erythorbate (316), Sodium Nitrite (250)	Carbohydrate (g)	50.6	17.2										
<b>MAYONNAISE:</b> Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).	Sugars (g)	11.9	4.1										
<i>Contains gluten, egg, soy, milk and sesame seeds.</i>	Sodium (mg)	1590	539										
<i>BURGER BUN may contain sesame seeds.</i>													
<i>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.</i>													
<i>BEEF PATTY, CARAMELISED GRILLED ONION and BACON may be cooked on the same grill as egg or products containing gluten, milk or soy.</i>	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	Y	Y				Y			Y	Y	
<b>Classic Angus Burger</b>		Avg Qty / Serve	Avg Qty / 100g										
<b>BEEF PATTY:</b> Angus Beef	Energy (kJ)	2930	945										
<b>BURGER SOFT BUN:</b> 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)	703	226										
<b>CHEESE:</b> Cheese (Milk, Salt, Culture, Enzyme (Rennet, Lipase)), Water, <b>Milk</b> Solids, <b>Butter</b> , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), <b>Soy</b> Lecithin.	Protein (g)	39.7	12.8										
<b>TOMATO:</b> Tomato.	Fat, total (g)	39.5	12.7										
<b>MAYONNAISE:</b> Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).	Saturated Fat (g)	18.8	6.0										
<b>WHOLE LEAF LETTUCE:</b> Lettuce.	Carbohydrate (g)	44.5	14.3										
<b>RED ONION:</b> Red Onion.	Sugars (g)	7.1	2.3										
<b>PICKLES:</b> Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.	Sodium (mg)	1150	370										
<b>MUSTARD:</b> Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Flavouring.													
<i>Contains gluten, egg, soy and milk.</i>													
<i>BURGER BUN may contain sesame seeds.</i>													
<i>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.</i>													
<i>BEEF PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.</i>	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	Y	Y				Y			Y	Y	Y
<b>Hamburger</b>		Avg Qty / Serve	Avg Qty / 100g										
<b>REGULAR BUN:</b> Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Glaze, <b>Wheat Gluten</b> , Iodised Salt, Yeast, Preservative (282), Emulsifiers (471, 472e), Improver ( <b>Wheat</b> Flour, Malted <b>Wheat</b> Flour, Antioxidant (300), Enzymes	Energy (kJ)	1060	1010										
<b>BEEF PATTIES:</b> Beef.	Energy (Cal)	253	241										
<b>KETCHUP:</b> Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring ( <b>Soybean</b> Oil)	Protein (g)	13.3	12.7										
<b>PICKLE:</b> Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.	Fat, total (g)	9.2	8.8										
<b>ONION:</b> Water, Dehydrated White Onion.	Saturated Fat (g)	3.9	3.8										
<b>MUSTARD:</b> Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.	Carbohydrate (g)	27.8	26.5										
<i>Contains gluten, soy and sesame seeds.</i>	Sugars (g)	5.0	4.7										
<i>REGULAR BUNS are produced on equipment that also produces products containing contain sesame seeds and soy.</i>	Sodium (mg)	518	494										
<i>BEEF PATTY seasoned on grill. Seasoning: Salt, Pepper.</i>													
<i>BEEF PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.</i>	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	T	T	Y				Y			Y	Y	Y

<b>McDouble</b>																									
<b>BURGER BUN:</b> Wheat Flour (Vitamins (Thiamine, Folic Acid)), Water, Sugar, Glaze (Contains <b>Wheat</b> ), Canola Oil, Iodised Salt, Yeast, <b>Wheat Gluten</b> , Natural Flavour, Improver (Soy Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), <b>Wheat Malt Flour</b> , Enzymes (1100)), Preservative (282), Emulsifier (472e).											Avg Qty / Serve	Avg Qty / 100g													
<b>BEEF PATTIES:</b> Beef.											Energy (kJ)	1670	1070												
<b>CHEESE:</b> Cheese ( <b>Milk</b> , Salt, Culture, Enzymes (Rennet, Lipase)), Water, <b>Milk Solids</b> , <b>Butter</b> , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), <b>Soy Lecithin</b> .											Energy (Cal)	399	256												
<b>KETCHUP:</b> Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring ( <b>Soybean Oil</b> )											Protein (g)	24.4	15.6												
<b>PICKLE:</b> Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.											Fat, total (g)	20.5	13.1												
<b>ONION:</b> Water, Dehydrated White Onion.											Saturated Fat (g)	10.1	6.5												
<b>MUSTARD:</b> Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.											Carbohydrate (g)	28.3	18.2												
<i>Contains gluten, milk and soy.</i>											Sugars (g)	5.3	3.4												
<i>REGULAR BUNS may contain sesame seeds.</i>											Sodium (mg)	916	588												
<i>BEEF PATTY seasoned on grill. Seasoning: Salt, Pepper.</i>											Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours		
<i>BEEF PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.</i>											Y	T	Y	Y				Y			Y	Y	Y		
<b>McFeast</b>																									
<b>BEEF PATTY:</b> Beef.													Avg Qty / Serve	Avg Qty / 100g											
<b>QUARTER BUN:</b> Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, <b>Sesame Seeds</b> , Glaze, Iodised Salt, Natural Flavour, <b>Wheat Gluten</b> , Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (Wheat Flour, Malted <b>Wheat Flour</b> , Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).											Energy (kJ)	2230	867												
<b>LETTUCE:</b> Lettuce.											Energy (Cal)	533	207												
<b>TOMATO:</b> Tomato											Protein (g)	29.7	11.5												
<b>MAYONNAISE:</b> Water, Soybean Oil (Antioxidant (330)), <b>Egg Yolks</b> , Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard <b>Flour</b> , Thickener (415), Acidity Regulator (270), Preservative (202).											Fat, total (g)	29.0	11.3												
<b>CHEESE:</b> Cheese ( <b>Milk</b> , Salt, Culture, Enzymes (Rennet, Lipase)), Water, <b>Milk Solids</b> , <b>Butter</b> , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), <b>Soy Lecithin</b> .											Saturated Fat (g)	13.1	5.1												
<b>KETCHUP:</b> Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring ( <b>Soybean Oil</b> ).											Carbohydrate (g)	37.1	14.4												
<b>PICKLE:</b> Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.											Sugars (g)	8.3	3.2												
<b>ONION:</b> Silvered Onion.											Sodium (mg)	964	375												
<b>MUSTARD:</b> Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.													Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
<i>Contains gluten, eggs, soy, milk and sesame seed.</i>											Y	Y	Y	Y				Y			Y	Y	Y		
<i>QUARTER BUNS are produced on equipment that also produces products containing soy.</i>																									
<i>BEEF PATTY seasoned on grill. Seasoning: Salt, Pepper.</i>																									
<i>BEEF PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.</i>																									
<b>Quarter Pounder and Double Quarter Pounder</b>																									
<b>BEEF PATTY:</b> Beef.													<b>Quarter Pounder</b>		<b>Double Quarter Pounder</b>										
<b>QUARTER BUN:</b> Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, <b>Sesame Seeds</b> , Glaze, Iodised Salt, Natural Flavour, <b>Wheat Gluten</b> , Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (Wheat Flour, Malted <b>Wheat Flour</b> , Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).											Energy (kJ)	2260	1070	3480	1110										
<b>CHEESE:</b> Cheese ( <b>Milk</b> , Salt, Culture, Enzymes (Rennet, Lipase)), Water, <b>Milk Solids</b> , <b>Butter</b> , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), <b>Soy Lecithin</b> .											Energy (Cal)	540	255	832	265										
<b>KETCHUP:</b> Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring ( <b>Soybean Oil</b> )											Protein (g)	32.0	15.1	54.2	17.3										
<b>PICKLE:</b> Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.											Fat, total (g)	29.2	13.8	51.5	16.4										
<b>ONION:</b> Silvered Onion.											Saturated Fat (g)	15.3	7.2	27.3	8.7										
<b>MUSTARD:</b> Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.											Carbohydrate (g)	36.6	17.3	37.6	12.0										
<i>Contains gluten, soy, milk and sesame seed.</i>											Sugars (g)	7.9	3.7	8.6	2.7										
<i>QUARTER BUNS are produced on equipment that also produces products containing soy.</i>											Sodium (mg)	1080	508	1490	473										
<i>BEEF PATTY seasoned on grill. Seasoning: Salt, Pepper.</i>																									
<i>BEEF PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.</i>																									
											Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours		
Quarter Pounder											Y	T	Y	Y				Y			Y	Y	Y		
Double Quarter Pounder											Y	T	Y	Y				Y			Y	Y	Y		

**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)	1870	1110
Energy (Cal)	447	266
Protein (g)	27.3	16.2
Fat, total (g)	21.9	13.0
Saturated Fat (g)	11.0	6.5
Carbohydrate (g)	34.1	20.3
Sugars (g)	6.6	3.9
Sodium (mg)	1040	618

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

Gluten	Eggs	Milk	Soy	Fish and 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 (Maize, **Wheat**), Canola Oil, Thickener (1404), Salt, Raising Agents and Mineral Salts (450, 500, 451, 541, 341, 327), Spices (Black Pepper, White Pepper, Celery Seed), **Wheat Starch**.*Contains gluten.**CHICKEN McNUGGETS are cooked in a McDonald's Vegetable Oil blend.**CHICKEN McNUGGETS may be cooked using the same equipment as products containing gluten, egg, milk and soy.*

	3 Pack		6 Pack		10 Pack		24 Pack	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	544	1120	1090	1120	1810	1120	4350	1120
Energy (Cal)	130	268	260	268	434	268	1040	268
Protein (g)	7.7	15.9	15.4	15.9	25.7	15.9	61.7	15.9
Fat, total (g)	7.7	15.9	15.5	15.9	25.8	15.9	61.9	15.9
Saturated Fat (g)	1.2	2.4	2.4	2.4	3.9	2.4	9.5	2.4
Carbohydrate (g)	7.3	15.0	14.5	15.0	24.2	15.0	58.2	15.0
Sugars (g)	0.1	0.3	0.3	0.3	0.5	0.3	1.2	0.3
Sodium (mg)	238	489	476	489	793	489	1900	489

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

**Chicken and Cheese Burger****McCHICKEN PATTY:** Chicken, Water, Flour (**Wheat**, Maize), Vegetable Oil (Canola), Thickeners (1401, 1400), Mineral Salts (508, 500, 450, 451), Starch (Maize, **Wheat**), Salt, Spice and Spice Extracts (including Pepper), Maltodextrin, Vegetable Powders (Garlic, Onion, Celery), Dextrose, Raising Agent (341), Emulsifiers (481,433), Herb, Yeast Extract, Natural Colours (100, 160c), Natural Flavouring, Food Acid (330).**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 is cooked in a McDonald's Vegetable Oil blend.**McCHICKEN PATTY may be cooked using the same equipment as products containing gluten, egg, milk and soy.*

	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 and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y	Y	Y	Y				Y			Y	Y	Y

<b>Spicy Crispy Chicken Clubhouse Burger</b>													Avg Qty / Serve	Avg Qty / 100g	
<b>CRISPY CHICKEN:</b> Chicken, Flour ( <b>Wheat</b> , Maize), Water, Vegetable Oil, Starch ( <b>Wheat</b> , Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450 500), <b>Gluten (Wheat)</b> , <b>Soy</b> Protein, Sugar, Yeast And Yeast Extract, Dehydrated Vegetables (Garlic, Onion), Hydrolysed Vegetable Protein ( <b>Wheat</b> ), Natural Flavour, Spice (Pepper), <b>Wheat</b> Fibre, Vegetable Gum (412), Dextrose, Citrus Extract.													Energy (kJ)	2720	830
<b>BURGER BUN:</b> <b>Wheat</b> Flour (Vitamins (Thiamin, Folic Acid)), Water, Sugar, Glaze (Contains <b>Wheat</b> ), Canola Oil, Iodised Salt, Yeast, <b>Wheat Gluten</b> , Natural Flavour, Improver ( <b>Soy</b> Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), <b>Wheat Malt</b> Flour, Enzymes (1100)), Preservative (282), Emulsifier (472e).													Energy (Cal)	654	199
<b>TOMATO SLICE:</b> Tomato.													Protein (g)	30.9	9.4
<b>CARAMELISED GRILLED ONIONS:</b> Onion, Vegetable Oil (Palm and/or Cottonseed, <b>Soybean</b> ), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice.													Fat, total (g)	30.0	9.1
<b>AUSSIE JACK CHEESE:</b> <b>Milk</b> , Salt, Starter Culture, Non-animal Rennet.													Saturated Fat (g)	7.2	2.2
<b>BACON:</b> Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked.)													Carbohydrate (g)	62.0	18.9
<b>BIG MAC SAUCE:</b> 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, ( <b>Egg</b> Yolks, Salt), Distilled Vinegar, Onion, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hydrolyzed Proteins (Corn, <b>Gluten, Wheat and Soy</b> ), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).													Sugars (g)	12.8	3.9
<b>SRIRACHA STYLE SAUCE:</b> Water, Invert Sugar Syrup, Sugar, Capsicum Puree [Acidity Regulator (260)], White Vinegar, Tomato Paste, Corn Starch, Salt, Vegetable Extracts (Red Chilli Pepper, Garlic), Ginger Puree, Vegetable Powder, Natural Colour (160c), Preservative (202), Thickener (415), Natural Flavour, Lemon Juice Concentrate.													Sodium (mg)	1840	561
<b>LETTUCE WHOLE LEAF:</b> Lettuce <i>Contains gluten, egg, milk and soy.</i> <i>BURGER BUN may contain sesame seeds and soy.</i> <i>CRISPY CHICKEN cooked in a McDonald's Vegetable Oil blend.</i> <i>CRISPY CHICKEN may be cooked using the same equipment as products containing gluten, egg, milk and soy.</i> <i>CARAMELISED GRILLED ONION and BACON may be cooked on the same equipment as eggs or products containing gluten.</i>															
	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours		
	Y	Y	Y	Y				Y			Y	Y	Y		
<b>Spicy Grilled Chicken Clubhouse Burger</b>													Avg Qty / Serve	Avg Qty / 100g	
<b>GRILLED CHICKEN:</b> Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), <b>Soy</b> 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)	2360	751
<b>BURGER BUN:</b> <b>Wheat</b> Flour (Vitamins (Thiamin, Folic Acid)), Water, Sugar, Glaze (Contains <b>Wheat</b> ), Canola Oil, Iodised Salt, Yeast, <b>Wheat Gluten</b> , Natural Flavour, Improver ( <b>Soy</b> Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), <b>Wheat Malt</b> Flour, Enzymes (1100)), Preservative (282), Emulsifier (472e).													Energy (Cal)	564	180
<b>TOMATO SLICE:</b> Tomato.													Protein (g)	35.1	11.2
<b>CARAMELISED GRILLED ONIONS:</b> Onion, Vegetable Oil (Palm and/or Cottonseed, <b>Soybean</b> ), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice.													Fat, total (g)	24.0	7.6
<b>AUSSIE JACK CHEESE:</b> <b>Milk</b> , Salt, Starter Culture, Non-animal Rennet.													Saturated Fat (g)	7.0	2.2
<b>BACON:</b> Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked.)													Carbohydrate (g)	49.7	15.8
<b>BIG MAC SAUCE:</b> 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, ( <b>Egg</b> Yolks, Salt), Distilled Vinegar, Onion, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hydrolyzed Proteins (Corn, <b>Gluten, Wheat and Soy</b> ), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).													Sugars (g)	10.8	3.4
<b>SRIRACHA STYLE SAUCE:</b> Water, Invert Sugar Syrup, Sugar, Capsicum Puree [Acidity Regulator (260)], White Vinegar, Tomato Paste, Corn Starch, Salt, Vegetable Extracts (Red Chilli Pepper, Garlic), Ginger Puree, Vegetable Powder, Natural Colour (160c), Preservative (202), Thickener (415), Natural Flavour, Lemon Juice Concentrate.													Sodium (mg)	1470	467
<b>LETTUCE WHOLE LEAF:</b> Lettuce <b>Oil:</b> Canola Oil, Emulsifier ( <b>322 - derived from soy</b> ), Natural Flavour, Natural Colour (160a), Acidity Regulator (330). <i>Contains gluten, egg, milk and soy.</i> <i>May contain TRACES of sulphites.</i> <i>BURGER BUN may contain sesame seeds and soy.</i> <i>GRILLED CHICKEN may be cooked on the same grill as egg or products containing gluten, milk or soy.</i> <i>CARAMELISED GRILLED ONION and BACON may be cooked on the same grill as egg or products containing gluten, milk or s</i>															
	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours		
	Y	Y	Y	Y				Y	T		Y	Y	Y		

	Avg Qty / Serve	Avg Qty / 100g											
<b>Crispy BBO Chicken Burger</b>													
<b>CRISPY CHICKEN:</b> Chicken, Flour (Wheat, Maize), Water, Vegetable Oil, Starch (Wheat, Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450 500), Gluten (Wheat), Soy Protein, Sugar, Yeast And Yeast Extract, Dehydrated Vegetables (Garlic, Onion), Hydrolysed Vegetable Protein (Wheat), Natural Flavour, Spice (Pepper), Wheat Fibre, Vegetable Gum (412), Dextrose, Citrus Extract.	Energy (kJ)	2220	940										
<b>QUARTER POUNDER BUN:</b> 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)	530	225										
<b>AUSSIE JACK CHEESE:</b> Milk, Salt, Starter Culture, Non-animal Rennet.	Protein (g)	29.4	12.4										
<b>BACON:</b> Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked.)	Fat, total (g)	22.2	9.4										
<b>HOUSE GRILL BBO SAUCE:</b> 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).	Saturated Fat (g)	5.8	2.5										
<b>MCCHICKEN SAUCE:</b> 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)	51.4	21.8										
<b>LETTUCE MIX:</b> Iceberg Lettuce, Cos Lettuce.	Sugars (g)	11.9	5.0										
<i>Contains gluten, egg, milk and soy.</i>	Sodium (mg)	1560	659										
<i>May contain TRACES of sulphites.</i>													
<i>QUARTER BUNS are produced on equipment that also produces products containing soy.</i>													
<i>CRISPY CHICKEN cooked in a McDonald's Vegetable Oil blend.</i>													
<i>CRISPY CHICKEN may be cooked using the same equipemnt as products containing gluten, egg, milk and soy.</i>													
	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	Y	Y				Y	T		Y	Y	Y
<b>Grilled BBO Chicken Burger</b>													
<b>GRILLED CHICKEN:</b> 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)	1830	826										
<b>QUARTER POUNDER BUN:</b> 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)	436	197										
<b>AUSSIE JACK CHEESE:</b> Milk, Salt, Starter Culture, Non-animal Rennet.	Protein (g)	33.5	15.2										
<b>BACON:</b> Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked.)	Fat, total (g)	15.5	7.0										
<b>HOUSE GRILL BBO SAUCE:</b> 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).	Saturated Fat (g)	5.6	2.5										
<b>MCCHICKEN SAUCE:</b> 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)	39.1	17.7										
<b>LETTUCE MIX:</b> Iceberg Lettuce, Cos Lettuce.	Sugars (g)	9.9	4.5										
<b>Oil:</b> Canola Oil, Emulsifier (322 - derived from soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).	Sodium (mg)	1180	534										
<i>Contains gluten, egg, milk and soy.</i>													
<i>May contain TRACES of sulphites.</i>													
<i>QUARTER BUNS are produced on equipment that also produces products containing soy.</i>													
<i>GRILLED CHICKEN and BACON may be cooked on the same grill as egg or products containing gluten, milk or soy.</i>													
	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	Y	Y				Y	T		Y	Y	Y
<b>Crispy Chicken Deluxe Burger</b>													
<b>CRISPY CHICKEN:</b> Chicken, Flour (Wheat, Maize), Water, Vegetable Oil, Starch (Wheat, Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450 500), Gluten (Wheat), Soy Protein, Sugar, Yeast And Yeast Extract, Dehydrated Vegetables (Garlic, Onion), Hydrolysed Vegetable Protein (Wheat), Natural Flavour, Spice (Pepper), Wheat Fibre, Vegetable Gum (412), Dextrose, Citrus Extract.	Energy (kJ)	2470	1010										
<b>QUARTER POUNDER BUN:</b> 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)	590	241										
<b>AUSSIE JACK CHEESE:</b> Milk, Salt, Starter Culture, Non-animal Rennet.	Protein (g)	27.0	11.0										
<b>TOMATO:</b> Tomato	Fat, total (g)	32.4	13.3										
<b>GARLIC MAYONNAISE:</b> Canola Oil [Antioxidant (307b, Soy), 319]], Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein (Milk), Minced Garlic [Food Acids (260, 330)], Vinegar, Dijon Mustard [Acidity Regulator (260)], Acidity Regulator (575), Mustard [Food Acids (260, 330), Colours (150c, 160a)], Salt, Flavour Enhancer (635), Oat Fibre, Flavourings ( Milk), Emulsifiers ((322, 435) (Soy)), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).	Saturated Fat (g)	5.7	2.3										
<b>LETTUCE MIX:</b> Iceberg Lettuce, Cos Lettuce.	Carbohydrate (g)	46.1	18.8										
<i>Contains gluten, egg, milk, soy and sesame seeds.</i>	Sugars (g)	7.0	2.9										
<i>GARLIC MAYONNAISE may contains TRACES of sulphites.</i>	Sodium (mg)	1250	509										
<i>QUARTER BUNS are produced on equipment that also produces products containing soy.</i>													
<i>CRISPY CHICKEN is cooked in McDonald's Vegetable Oil blend.</i>													
<i>CRISPY CHICKEN may be cooked using the same equipemnt as products containing gluten, egg, milk and soy.</i>													
	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	Y	Y				Y	T		Y	Y	Y

<u>Grilled Chicken Deluxe Burger</u>											Avg Qty / Serve	Avg Qty / 100g	
<p><b>GRILLED CHICKEN:</b> 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.</p> <p><b>QUARTER POUNDER BUN:</b> <b>Wheat</b> Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds, Glaze, Iodised Salt, Natural Flavour, <b>Wheat Gluten</b>, Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (<b>Wheat</b> Flour, Malted <b>Wheat</b> Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).</p> <p><b>AUSSIE JACK CHEESE:</b> <b>Milk</b>, Salt, Starter Culture, Non-animal Rennet.</p> <p><b>TOMATO:</b> Tomato</p> <p><b>GARLIC MAYONNAISE:</b> Canola Oil [Antioxidant (307b, <b>Soy</b>), 319], Water, Glucose Syrup (<b>Wheat</b> Derived), <b>Egg</b> Yolk, Whey Protein (<b>Milk</b>), Minced Garlic [Food Acids (260, 330)], Vinegar, Dijon Mustard [Acidity Regulator (260)], Acidity Regulator (575), Mustard [Food Acids (260, 330), Colours (150c, 160a)], Salt, Flavour Enhancer (635), Oat Fibre, Flavours ( <b>Milk</b>), Emulsifiers [(322, 435) (<b>Soy</b>)], Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).</p> <p><b>LETTUCE MIX:</b> Iceberg Lettuce, Cos Lettuce.</p> <p><i>Contains gluten, egg, milk, soy and sesame seeds.</i></p> <p><i>GARLIC MAYONNAISE may contain TRACES of sulphites.</i></p> <p><i>QUARTER BUNS are produced on equipment that also produces products containing soy.</i></p> <p><i>GRILLED CHICKEN may be cooked on the same grill as egg or products containing gluten, milk or soy.</i></p>											Energy (kJ)	2100	912
											Energy (Cal)	502	218
											Protein (g)	31.2	13.5
											Fat, total (g)	26.4	11.5
											Saturated Fat (g)	5.5	2.4
											Carbohydrate (g)	33.8	14.7
											Sugars (g)	5.0	2.2
Sodium (mg)	870	378											
Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	Y	Y	Y				Y	T		Y	Y	Y	
<u>Grilled Chicken Bites</u>											Avg Qty / Serve	Avg Qty / 100g	
<p><b>GRILLED CHICKEN:</b> Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), <b>Soy</b> 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.</p> <p><b>OIL:</b> Canola Oil, <b>Soy</b> Lecithin, Natural Flavour, Natural Colour (160a), Acidity Regulator (330).</p> <p><i>Contains soy.</i></p> <p><i>GRILLED CHICKEN may be cooked on the same grill as egg or products containing gluten, milk or soy.</i></p>											Energy (kJ)	433	510
											Energy (Cal)	104	122
											Protein (g)	19.5	22.9
											Fat, total (g)	2.6	3.0
											Saturated Fat (g)	0.8	0.9
											Carbohydrate (g)	0.4	0.5
											Sugars (g)	0.4	0.5
Sodium (mg)	406	478											
Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
T	T	T	Y								Y	Y	
<u>Chicken McBites 10 pieces</u>											Avg Qty / Serve	Avg Qty / 100g	
<p><b>CHICKEN MCBITES:</b> Chicken, Water, <b>Wheat</b> Flour, Breadcrumbs ( <b>Wheat</b> Flour, <b>Milk</b> 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).</p> <p><i>Contains gluten and milk.</i></p> <p><i>CHICKEN MCBITES are cooked in McDonald's Vegetable Oil blend.</i></p> <p><i>CHICKEN MCBITES may be cooked using the same equipment as products containing gluten, egg, milk and soy.</i></p>											Energy (kJ)	734	1170
											Energy (Cal)	176	279
											Protein (g)	10.6	16.8
											Fat, total (g)	11.2	17.8
											Saturated Fat (g)	1.1	1.7
											Carbohydrate (g)	7.4	11.7
											Sugars (g)	0.3	0.5
Sodium (mg)	407	647											
Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	T	Y	T								Y	Y	



<b>McChicken</b>												Avg Qty / Serve	Avg Qty / 100g	
<b>McCHICKEN PATTY:</b> Chicken, Water, Flour ( <b>Wheat</b> , Maize), Vegetable Oil (Canola), Thickeners (1401, 1400), Mineral Salts (508, 500, 450, 451), Starch (Maize, <b>Wheat</b> ), Salt, Spice and Spice Extracts (including Pepper), Maltodextrin, Vegetable Powders (Garlic, Onion, Celery), Dextrose, Raising Agent (341), Emulsifiers (481,433), Herb, Yeast Extract, Natural Colours (100, 160c), Natural Flavouring, Food Acid (330).												Energy (kJ)	1890	980
<b>QUARTER BUN:</b> <b>Wheat</b> Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, <b>Sesame Seeds</b> , Glaze, Iodised Salt, Natural Flavour, <b>Wheat Gluten</b> , Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (Wheat Flour, Malted <b>Wheat</b> Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).												Energy (Cal)	452	234
<b>LETTUCE:</b> Iceberg Lettuce.												Protein (g)	19.7	10.2
<b>MAYONNAISE:</b> Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> 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 and sesame seeds.</i>												Saturated Fat (g)	3.5	1.8
<i>QUARTER BUNS are produced on equipment that also produces products containing soy.</i>												Carbohydrate (g)	41.3	21.4
<i>McCHICKEN PATTY is cooked in McDonald's Vegetable Oil blend.</i>												Sugars (g)	4.2	2.2
<i>McCHICKEN PATTY may be cooked using the same equipment as products containing gluten, egg, milk and soy.</i>												Sodium (mg)	638	330
	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
	Y	Y	T	Y				Y			Y	Y	Y	
<b>Double McChicken</b>												Avg Qty / Serve	Avg Qty / 100g	
<b>McCHICKEN PATTY:</b> Chicken, Water, Flour (Wheat, Maize), Vegetable Oil (Canola), Thickeners (1401, 1400), Mineral Salts (508, 500, 450, 451), Starch (Maize, Wheat), Salt, Spice and Spice Extracts (including Pepper), Maltodextrin, Vegetable Powders (Garlic, Onion, Celery), Dextrose, Raising Agent (341), Emulsifiers (481,433), Herb, Yeast Extract, Natural Colours (100, 160c), Natural Flavouring, Food Acid (330).												Energy (kJ)	3000	1020
<b>QUARTER BUN:</b> <b>Wheat</b> Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, <b>Sesame Seeds</b> , Glaze, Iodised Salt, Natural Flavour, <b>Wheat Gluten</b> , Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (Wheat Flour, Malted <b>Wheat</b> Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).												Energy (Cal)	717	245
<b>LETTUCE:</b> Iceberg Lettuce.												Protein (g)	32.5	11.1
<b>MAYONNAISE:</b> Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> 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 and sesame seeds.</i>												Saturated Fat (g)	6.5	2.2
<i>QUARTER BUNS are produced on equipment that also produces products containing soy.</i>												Carbohydrate (g)	52.4	17.9
<i>McCHICKEN PATTY is cooked in McDonald's Vegetable Oil blend.</i>												Sugars (g)	5.2	1.8
<i>McCHICKEN PATTY may be cooked using the same equipment as products containing gluten, egg, milk and soy.</i>												Sodium (mg)	995	340
	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
	Y	Y	T	Y				Y			Y	Y	Y	
<b>Filet-o-Fish</b>												Avg Qty / Serve	Avg Qty / 100g	
<b>REGULAR BUN:</b> <b>Wheat</b> Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Glaze, <b>Wheat Gluten</b> , Iodised Salt, Yeast, Preservative (282), Emulsifiers (471,472e), Improver ( <b>Wheat</b> Flour, Malted <b>Wheat</b> Flour, Antioxidant (300), Enzymes).												Energy (kJ)	1410	1010
<b>FISH PORTION:</b> Fish ( <b>Alaskan Pollock</b> ), Water, <b>Wheat</b> Flour, Modified Food Starch (1422), Yellow Corn Flour, Bleached <b>Wheat</b> Flour, Salt, <b>Whey</b> , Cellulose Gum, Dextrose, Dried Yeast, Sugar, <b>Soybean</b> Oil, Paprika Extract (160c) and Turmeric Extract (100), Black Pepper (Natural Flavouring).												Energy (Cal)	338	241
<b>TARTAR SAUCE:</b> Pickles, Water, Soybean Oil, Distilled Vinegar, Onions and Onion Extracts, Modified Corn Starch, <b>Egg</b> Yolks, Corn Syrup Solids, Sugar, Salt, Spice, Vegetable Gum (415), Capers, Preservative (202), Dextrose, Dehydrated Parsley, Spice Extracts.												Protein (g)	16.1	11.5
<b>CHEESE:</b> Cheese ( <b>Milk</b> , Salt, Culture, Enzymes (Rennet, Lipase)), Water, <b>Milk</b> Solids, <b>Butter</b> , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), <b>Soy</b> Lecithin.												Fat, total (g)	15.4	11.0
<i>Contains gluten, egg, milk, soy and fish.</i>												Saturated Fat (g)	3.0	2.1
<i>REGULAR BUNS are produced on equipment that also produces products containing sesame seeds and soy.</i>												Carbohydrate (g)	32.0	22.8
<i>FISH PORTION is cooked in a McDonald's Vegetable Oil blend.</i>												Sugars (g)	3.2	2.3
	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
	Y	Y	Y	Y	Y-Fish			Y			Y	Y	Y	
<b>Double Filet-o-Fish</b>												Avg Qty / Serve	Avg Qty / 100g	
<b>REGULAR BUN:</b> <b>Wheat</b> Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Glaze, <b>Wheat Gluten</b> , Iodised Salt, Yeast, Preservative (282), Emulsifiers (471,472e), Improver ( <b>Wheat</b> Flour, Malted <b>Wheat</b> Flour, Antioxidant (300), Enzymes).												Energy (kJ)	2250	975
<b>FISH PORTION:</b> Fish ( <b>Alaskan Pollock</b> or <b>Hoki</b> ), Water, <b>Wheat</b> Flour, Modified Food Starch (1422), Yellow Corn Flour, Bleached <b>Wheat</b> Flour, Salt, <b>Whey</b> , Cellulose Gum, Dextrose, Dried Yeast, Sugar, <b>Soybean</b> Oil, Paprika Extract (160c) and Turmeric Extract (100), Black Pepper (Natural Flavouring).												Energy (Cal)	538	233
<b>TARTAR SAUCE:</b> Pickles, Water, Soybean Oil, Distilled Vinegar, Onions and Onion Extracts, Modified Corn Starch, <b>Egg</b> Yolks, Corn Syrup Solids, Sugar, Salt, Spice, Vegetable Gum (415), Capers, Preservative (202), Dextrose, Dehydrated Parsley, Spice Extracts.												Protein (g)	26.9	11.6
<b>CHEESE:</b> Cheese ( <b>Milk</b> , Salt, Culture, Enzymes (Rennet, Lipase)), Water, <b>Milk</b> Solids, <b>Butter</b> , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), <b>Soy</b> Lecithin.												Fat, total (g)	28.7	12.4
<i>Contains gluten, egg, milk, soy and fish.</i>												Saturated Fat (g)	5.6	2.4
<i>REGULAR BUNS are produced on equipment that also produces products containing sesame seeds and soy.</i>												Carbohydrate (g)	40.6	17.6
<i>FISH PORTION is cooked in a McDonald's Vegetable Oil blend.</i>												Sugars (g)	4.0	1.7
	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
	Y	Y	Y	Y	Y-Fish			Y			Y	Y	Y	

## Veggies

McVeggie Burger											Avg Qty / Serve	Avg Qty / 100g	
VEGGIE PATTY: Vegetables (Potato, Peas, Corn, Carrot, Onion), Flour ( <b>Wheat</b> , Soy, Buckwheat, Rice, Oats), Cheese ( <b>Milk</b> ), Canola Oil, Water, Rolled Oat ( <b>Gluten</b> ), Dehydrated Vegetables (Potato, Garlic, Onion), Thickeners (1442, 1404), Tapioca Starch, <b>Soy</b> Protein, Herbs and Spices, Yeast Extract, Natural Flavour ( <b>Milk</b> , <b>Soy</b> ), <b>Gluten</b> ( <b>Wheat</b> ), Sugar, Mineral Salts (341, 500, 450, 541), Food Acids (270, 330), Emulsifier (481).											Energy (kJ)	2010	923
QUARTER BUN: <b>Wheat</b> Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, <b>Sesame Seeds</b> , Glaze, Iodised Salt, Natural Flavour, <b>Wheat Gluten</b> , Yeast, Preservative (282), Emulsifiers (472e, 471), Improver ( <b>Wheat</b> Flour, <b>Malted Wheat</b> Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).											Energy (Cal)	481	221
SHREDDED LETTUCE: Iceberg Lettuce.											Protein (g)	13.5	6.2
McCHICKEN SAUCE: Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative											Fat, total (g)	21.0	9.6
PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.											Saturated Fat (g)	4.2	1.9
<i>Contains gluten, egg, milk, sesame seeds and soy.</i>											Carbohydrate (g)	57.4	26.3
<i>QUARTER BUNS are produced on equipment that also produces products containing soy.</i>											Sugars (g)	6.6	3.0
<i>VEGGIE PATTY is cooked in a McDonald's Vegetable Oil blend.</i>											Sodium (mg)	1080	495
<i>VEGGIE PATTY may be cooked using the same equipment and oil as chicken or products containing gluten, egg, milk and soy.</i>	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	Y	Y				Y			Y	Y	

Deluxe McVeggie Burger											Avg Qty / Serve	Avg Qty / 100g	
VEGGIE PATTY: Vegetables (Potato, Peas, Corn, Carrot, Onion), Flour ( <b>Wheat</b> , Soy, Buckwheat, Rice, Oats), Cheese ( <b>Milk</b> ), Canola Oil, Water, Rolled Oat ( <b>Gluten</b> ), Dehydrated Vegetables (Potato, Garlic, Onion), Thickeners (1442, 1404), Tapioca Starch, <b>Soy</b> Protein, Herbs and Spices, Yeast Extract, Natural Flavour ( <b>Milk</b> , <b>Soy</b> ), <b>Gluten</b> ( <b>Wheat</b> ), Sugar, Mineral Salts (341, 500, 450, 541), Food Acids (270, 330), Emulsifier (481).											Energy (kJ)	2270	886
QUARTER BUN: <b>Wheat</b> Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, <b>Sesame Seeds</b> , Glaze, Iodised Salt, Natural Flavour, <b>Wheat Gluten</b> , Yeast, Preservative (282), Emulsifiers (472e, 471), Improver ( <b>Wheat</b> Flour, <b>Malted Wheat</b> Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).											Energy (Cal)	542	212
SHREDDED LETTUCE: Iceberg Lettuce.											Protein (g)	17.5	6.8
McCHICKEN SAUCE: Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative											Fat, total (g)	25.7	10.0
PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.											Saturated Fat (g)	7.4	2.9
AUSSIE JACK CHEESE: Pasteurised <b>Milk</b> , Salt, Starter Culture, Non-animal Rennet.											Carbohydrate (g)	58.0	22.7
TOMATO: Tomato.											Sugars (g)	7.2	2.8
<i>Contains gluten, egg, milk, sesame seeds and soy.</i>											Sodium (mg)	1190	466
<i>QUARTER BUNS are produced on equipment that also produces products containing soy.</i>													
<i>VEGGIE PATTY is cooked in a McDonald's Vegetable Oil blend.</i>	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
<i>VEGGIE PATTY may be cooked using the same equipment and oil as chicken or products containing gluten, egg, milk and soy.</i>	Y	Y	Y	Y				Y			Y	Y	

## WRAPS

Wholemeal Snack Wrap- Crispy Chicken											Avg Qty / Serve	Avg Qty / 100g	
CRISPY CHICKEN: Chicken, Flour ( <b>Wheat</b> , Maize), Water, Vegetable Oil, Starch ( <b>Wheat</b> , Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450, 500), <b>Gluten</b> ( <b>Wheat</b> ), <b>Soy</b> Protein, Sugar, Yeast And Yeast Extract, Dehydrated Vegetables (Garlic, Onion), Hydrolysed Vegetable Protein ( <b>Wheat</b> ), Natural Flavour, Spice (Pepper), <b>Wheat</b> Fibre, Vegetable Gum (412), Dextrose, Citrus Extract.											Energy (kJ)	1160	1010
WHOLEMEAL TORTILLA: <b>Wheat</b> flour, Thiamine, Folic Acid, Water, Whole <b>Wheat</b> flour, Thiamine, Folic Acid, Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast											Energy (Cal)	277	240
LETTUCE: Iceberg Lettuce.											Protein (g)	13.4	11.6
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).											Fat, total (g)	13.4	11.6
<i>Contains gluten, egg and soy.</i>											Saturated Fat (g)	3.1	2.6
<i>CRISPY CHICKEN is cooked in McDonald's Vegetable Oil blend.</i>											Carbohydrate (g)	25.0	21.6
<i>CRISPY CHICKEN may be cooked using the same equipemnt as products containing gluten, egg, milk and soy.</i>	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
<i>WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.</i>	Y	Y	T	Y							Y	Y	

Wholemeal Snack Wrap- Grilled Chicken											Avg Qty / Serve	Avg Qty / 100g	
GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), <b>Soy</b> 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)	908	841
WHOLEMEAL TORTILLA: <b>Wheat</b> flour, Thiamine, Folic Acid, Water, Whole <b>Wheat</b> flour, Thiamine, Folic Acid, Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast											Energy (Cal)	217	201
LETTUCE: Iceberg Lettuce.											Protein (g)	13.8	12.8
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).											Fat, total (g)	8.8	8.1
QIL: Canola Oil, Emulsifiers ( <b>Soy</b> Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).											Saturated Fat (g)	2.8	2.6
<i>Contains gluten, egg and soy.</i>											Carbohydrate (g)	20.0	18.6
<i>GRILLED CHICKEN may be cooked on the same grill as egg or products containing gluten, milk or soy.</i>											Sugars (g)	1.7	1.6
<i>WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.</i>	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	T	Y							Y	Y	Y

											Avg Qty / Serve	Avg Qty / 100g	
<b>Chicken Caesar McWrap® - Crispy Chicken</b>													
<b>CRISPY CHICKEN:</b> Chicken, Flour ( <b>Wheat</b> , Maize), Water, Vegetable Oil, Starch ( <b>Wheat</b> , Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450, 500), <b>Gluten (Wheat)</b> , <b>Soy</b> Protein, Sugar, Yeast And Yeast Extract, Dehydrated Vegetables (Garlic, Onion), Hydrolysed Vegetable Protein ( <b>Wheat</b> ), Natural Flavour, Spice (Pepper), <b>Wheat</b> Fibre, Vegetable Gum (412), Dextrose, Citrus Extract.													
<b>WHOLEMEAL TORTILLA:</b> <b>Wheat</b> flour, Thiamine, Folic Acid], Water, Whole <b>Wheat</b> flour (Thiamine, Folic Acid), Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast													
<b>DICED LETTUCE MIX:</b> Iceberg Lettuce, Cos Lettuce													
<b>CREAMY CAESAR DRESSING:</b> Canola Oil [Antioxidant (307b – <b>Soy</b> , 319)], Water, Vinegar, Whole <b>Egg</b> , Lemon Juice (Preservative 223), Dextrose, Sugar, <b>Egg</b> Yolk, Minced Garlic [Food Acid (260)], Parmesan <b>Cheese</b> , Salt, <b>Milk</b> Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard (Food Acid (260)), Spice, Emulsifiers ( <b>Soy</b> Lecithin, 435), Mustard Flour, Yeast Extract ( <b>Gluten</b> ), Flavourings, Preservative (202, 211), Vegetable Gum (415).													
<b>CRISPY BACON:</b> Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate (339), Sodium Erythorbate (316), Sodium Nitrite (250).													
<b>PARMESAN CHEESE:</b> <b>Milk</b> , Salt, Cultures, Enzyme, Anti-caking Agent (460), Preservative (200).													
<i>Contains gluten, egg, milk and soy.</i>													
<i>May contain TRACES of sulphites.</i>													
<i>CRISPY CHICKEN is cooked in McDonald's Vegetable Oil blend.</i>													
<i>CRISPY CHICKEN may be cooked using the same equipemnt as products containing gluten, egg, milk and soy.</i>													
<i>CRISPY BACON may be cooked on the same grill as egg or products containing gluten, milk or soy.</i>													
<i>WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy</i>													
	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	Y	Y					T		Y	Y	
											Avg Qty / Serve	Avg Qty / 100g	
<b>GRILLED CHICKEN FILLET:</b> Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), <b>Soy</b> 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.													
<b>WHOLEMEAL TORTILLA:</b> <b>Wheat</b> flour, Thiamine, Folic Acid], Water, Whole <b>Wheat</b> flour (Thiamine, Folic Acid), Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast													
<b>DICED LETTUCE MIX:</b> Iceberg Lettuce, Cos Lettuce													
<b>CREAMY CAESAR DRESSING:</b> Canola Oil [Antioxidant (307b – <b>Soy</b> , 319)], Water, Vinegar, Whole <b>Egg</b> , Lemon Juice (Preservative 223), Dextrose, Sugar, <b>Egg</b> Yolk, Minced Garlic [Food Acid (260)], Parmesan <b>Cheese</b> , Salt, <b>Milk</b> Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard (Food Acid (260)), Spice, Emulsifiers ( <b>Soy</b> Lecithin, 435), Mustard Flour, Yeast Extract ( <b>Gluten</b> ), Flavourings, Preservative (202, 211), Vegetable Gum (415).													
<b>BACON:</b> Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. Smoked.													
<b>PARMESAN CHEESE:</b> <b>Milk</b> , Salt, Cultures, Enzyme, Anti-caking Agent (460), Preservative (200).													
<b>OIL:</b> Canola Oil, Emulsifiers ( <b>Soy</b> Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).													
<i>Contains gluten, egg, milk and soy.</i>													
<i>May contain TRACES of sulphites.</i>													
<i>GRILLED CHICKEN and BACON may be cooked on the same grill as egg or products containing gluten, milk or soy.</i>													
<i>WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy</i>													
	Gluten	Eggs	Milk	Soy	Fish and 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	
<b>Spicy Chicken McWrap® - Crispy</b>													
<b>CRISPY CHICKEN:</b> Chicken, Flour ( <b>Wheat</b> , Maize), Water, Vegetable Oil, Starch ( <b>Wheat</b> , Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450, 500), <b>Gluten (Wheat)</b> , <b>Soy</b> Protein, Sugar, Yeast And Yeast Extract, Dehydrated Vegetables (Garlic, Onion), Hydrolysed Vegetable Protein ( <b>Wheat</b> ), Natural Flavour, Spice (Pepper), <b>Wheat</b> Fibre, Vegetable Gum (412), Dextrose, Citrus Extract.													
<b>WHOLEMEAL TORTILLA:</b> <b>Wheat</b> flour, Thiamine, Folic Acid], Water, Whole <b>Wheat</b> flour (Thiamine, Folic Acid), Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast													
<b>DICED LETTUCE MIX:</b> Iceberg Lettuce, Cos Lettuce													
<b>DRYSLAW MIX:</b> Red Cabbage, White Cabbage, Carrot													
<b>MAYONNAISE:</b> Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Start (1401, 1422), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).													
<b>SRIRACHA STYLE SAUCE:</b> Water, Invert Sugar Syrup, Sugar, Capsicum Puree [Acidity Regulator (260)], White Vinegar, Tomato Paste, Corn Starch, Salt, Vegetable Extracts (Chilli, Garlic), Ginger Puree, Vegetable Powder, Natural Colour (160c), Preservative (202), Thickener (415), Natural Flavour, Lemon Juice Concentrate.													
<i>Contains gluten, egg and soy.</i>													
<i>CRISPY CHICKEN is cooked in a McDonald's Vegetable Oil blend.</i>													
<i>CRISPY CHICKEN may be cooked using the same equipemnt as products containing gluten, egg, milk and soy.</i>													
<i>WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.</i>													
	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	T	Y							Y	Y	
											Avg Qty / Serve	Avg Qty / 100g	
<b>GRILLED CHICKEN BREAST:</b> Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), <b>Soy</b> 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													
<b>WHOLEMEAL TORTILLA:</b> <b>Wheat</b> flour, Thiamine, Folic Acid], Water, Whole <b>Wheat</b> flour (Thiamine, Folic Acid), Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast													
<b>DICED LETTUCE MIX:</b> Iceberg Lettuce, Cos Lettuce													
<b>DRYSLAW MIX:</b> Red Cabbage, White Cabbage, Carrot													
<b>MAYONNAISE:</b> Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Start (1401, 1422), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).													
<b>SRIRACHA STYLE SAUCE:</b> Water, Invert Sugar Syrup, Sugar, Capsicum Puree [Acidity Regulator (260)], White Vinegar, Tomato Paste, Corn Starch, Salt, Vegetable Extracts (Chilli, Garlic), Ginger Puree, Vegetable Powder, Natural Colour (160c), Preservative (202), Thickener (415), Natural Flavour, Lemon Juice Concentrate.													
<b>OIL:</b> Canola Oil, Emulsifier ( <b>Soy</b> Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).													
<i>Contains gluten, egg and soy.</i>													
<i>GRILLED CHICKEN may be cooked on the same grill as egg or products containing gluten, milk or soy.</i>													
<i>WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.</i>													
	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	T	Y							Y	Y	Y

**Classic Beef Wholemeal McWrap®**

**BEEF PATTY:** Beef.

**WHOLEMEAL TORTILLA:** Wheat flour, Thiamine, Folic Acid], Water, Whole Wheat flour (Thiamine, Folic Acid), Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.

**DICED LETTUCE MIX:** Iceberg Lettuce, Cos Lettuce.

**TOMATO:** Tomato.

**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.

**CARAMELISED GRILLED ONION:** Fresh Onion, Vegetable Oil, Salt, Sugar, Caramelised Sugar, Onion Powder, Maltodextrin, Flavours, Spice.

**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)].

*Contains gluten, egg, milk and soy.*

*BEEF PATTY seasoned after cooking: Salt, Pepper and Sunflower Oil.*

*BEEF PATTY and CARAMELISED GRILLED ONION may be cooked on the same grill as egg or products containing gluten, milk and soy.*

*WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.*

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2770	914
Energy (Cal)	661	218
Protein (g)	30.8	10.2
Fat, total (g)	39.6	13.1
Saturated Fat (g)	16.5	5.4
Carbohydrate (g)	43.9	14.5
Sugars (g)	8.9	3.0
Sodium (mg)	856	283

**FRIES**

**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).

*May contain TRACES of sulphites.*

*FRIES are cooked in McDonald's Vegetable Oil blend: Salt added.*

*FRIES may be cooked using the same equipment as products containing gluten, egg, milk and soy.*

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

	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
Energy (Cal)	206	286	297	286	366	286
Protein (g)	3.3	4.6	4.7	4.6	5.8	4.6
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
Sodium (mg)	194	269	280	269	344	269

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

**Loaded Fries with Gravy**

**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).

*Contains milk and soy.*

*May contain TRACES of sulphites.*

*FRIES are cooked in McDonald's Vegetable Oil blend: Salt added.*

*FRIES may be cooked using the same equipment as products containing gluten, egg, milk and soy.*

	Single		Share	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
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 and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
T	T	Y	Y					T		T	Y	Y

## FRUIT and SALADS

### Apples

Apple Slices, Antioxidants (302).

*May contain Apple Seeds.*

											Avg Qty / Serve	Avg Qty / 100g	
											Energy (kJ)	136	226
											Energy (Cal)	32	54
											Protein (g)	0.6	1.0
											Fat, total (g)	0.2	0.3
											Saturated Fat (g)	0.1	0.1
											Carbohydrate (g)	6.1	10.2
											Sugars (g)	6.1	10.1
											Sodium (mg)	3	5
Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	

### Grape Tomatoes

Grape Tomatoes

											Avg Qty / Serve	Avg Qty / 100g	
											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 and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	

### Caesar Chicken Salad - Crispy Chicken

**DICED LETTUCE MIX** - Iceberg Lettuce, Cos Lettuce

**CRISPY CHICKEN** - Chicken, Flour (**Wheat**, Maize), Water, Vegetable Oil, Starch (**Wheat**, Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450, 500), **Gluten (Wheat)**, **Soy** Protein, Sugar, Yeast And Yeast Extract, Dehydrated Vegetables (Garlic, Onion), Hydrolysed Vegetable Protein (**Wheat**), Natural Flavour, Spice (Pepper), **Wheat** Fibre, Vegetable Gum (412), Dextrose, Citrus Extract.

**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).

*Contains gluten, egg, milk and soy.*

*May contain TRACES of sulphites.*

*CRISPY CHICKEN is cooked in a McDonald's Vegetable Oil blend.*

*CRISPY CHICKEN may be cooked using the same equipment as products containing gluten, egg, milk and soy.*

*CRISPY BACON may be cooked on the same grill as egg or products containing gluten, milk or soy.*

											Avg Qty / Serve	Avg Qty / 100g	
											Energy (kJ)	2490	903
											Energy (Cal)	595	216
											Protein (g)	32.7	11.9
											Fat, total (g)	42.2	15.3
											Saturated Fat (g)	7.9	2.9
											Carbohydrate (g)	20.3	7.3
											Sugars (g)	7.1	2.6
											Sodium (mg)	781	283
Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	Y	Y	Y					T		Y	Y		

### Caesar Chicken Salad - Grilled Chicken

**DICED LETTUCE MIX**: Iceberg Lettuce, Cos Lettuce

**GRILLED CHICKEN**: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Fruit Powder [Contains. Lemon Juice Concentrate, Flavourings], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.

**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).

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

*Contains gluten, egg, milk and soy.*

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

											Avg Qty / Serve	Avg Qty / 100g	
											Energy (kJ)	2130	796
											Energy (Cal)	510	190
											Protein (g)	38.5	14.4
											Fat, total (g)	35.7	13.3
											Saturated Fat (g)	7.7	2.9
											Carbohydrate (g)	8.0	3.0
											Sugars (g)	5.1	1.9
											Sodium (mg)	1480	552
Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	Y	Y	Y							Y	Y		

<b>Crispy Chicken Salad - No Dressing</b>											Avg Qty / Serve	Avg Qty / 100g												
<b>DICED LETTUCE MIX:</b> Iceberg Lettuce, Cos Lettuce											Energy (kJ)	1170	379											
<b>CRISPY CHICKEN:</b> Chicken, Flour ( <b>Wheat</b> , Maize), Water, Vegetable Oil, Starch ( <b>Wheat</b> , Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450, 500), <b>Gluten (Wheat)</b> , <b>Soy</b> Protein, Sugar, Yeast And Yeast Extract, Dehydrated Vegetables (Garlic, Onion), Hydrolysed Vegetable Protein ( <b>Wheat</b> ), Natural Flavour, Spice (Pepper), <b>Wheat</b> Fibre, Vegetable Gum (412), Dextrose, Citrus Extract.											Energy (Cal)	278	91											
<b>PARMESAN CHEESE:</b> Parmesan Cheese ( <b>Milk</b> , Salt, Cultures, Enzyme), Anti-caking Agent (460), Preservative (200).											Protein (g)	21.8	7.1											
<b>TOMATO:</b> Grape tomatoes											Fat, total (g)	12.2	4.0											
<b>CUCUMBER:</b> Sliced Cucumber											Saturated Fat (g)	2.8	0.9											
<b>RED ONION:</b> Red onion											Carbohydrate (g)	18.0	5.8											
<i>Contains gluten, milk and soy.</i>											Sugars (g)	5.6	1.8											
<i>CRISPY CHICKEN is cooked in a McDonald's Vegetable Oil blend.</i>											Sodium (mg)	902	293											
<i>CRISPY CHICKEN may be cooked using the same equipemnt as products containing gluten, egg, milk and soy.</i>											Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
											Y	T	Y	Y							Y	Y		
<b>Grilled Chicken Salad - No Dressing</b>											Avg Qty / Serve	Avg Qty / 100g												
<b>DICED LETTUCE MIX:</b> Iceberg Lettuce, Cos Lettuce											Energy (kJ)	805	269											
<b>GRILLED CHICKEN:</b> Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), <b>Soy</b> 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											
<b>PARMESAN CHEESE:</b> Parmesan Cheese ( <b>Milk</b> , Salt, Cultures, Enzyme), Anti-caking Agent (460), Preservative (200).											Protein (g)	27.5	9.2											
<b>TOMATO:</b> Grape tomatoes											Fat, total (g)	5.7	1.9											
<b>CUCUMBER:</b> Sliced Cucumber											Saturated Fat (g)	2.6	0.9											
<b>RED ONION:</b> Red onion											Carbohydrate (g)	5.7	1.9											
<b>OIL:</b> Canola Oil, Emulsifier ( <b>Soy</b> Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).											Sugars (g)	3.6	1.2											
<i>Contains milk and soy.</i>											Sodium (mg)	561	187											
<i>GRILLED CHICKEN may be cooked on the same grill as egg or products containing gluten, milk or soy.</i>											Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
											T	T	Y	Y							Y	Y	Y	
<b>Garden Salad</b>											Avg Qty / Serve	Avg Qty / 100g												
<b>DICED LETTUCE MIX:</b> Iceberg Lettuce, Cos Lettuce											Energy (kJ)	82	77											
<b>TOMATO:</b> Grape Tomatoes											Energy (Cal)	21	19											
<b>CUCUMBER:</b> 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 and Crustacea	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 and Crustacea	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 and soy.</i>											Energy (Cal)	183	505
<i>May contain TRACES of sulphites.</i>											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 and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	Y	Y	Y					T		Y	Y		

McNugget Dipping Sauces											Barbecue		Sweet and 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 and soy.</i>											Energy (kJ)	201	717	204	727	328	1170
SWEET and 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 and 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
											Saturated Fat (g)	0.0	0.2	0.0	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 and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours					
			Y							Y	Y	Y					
Barbecue	Y		Y							Y	Y	Y					
Sweet and Sour	Y		Y							Y	Y	Y					
Sweet Mustard										Y		Y					

Sauces											Ketchup		Aioli		Tartare		
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Soybean Oil, Flavouring (Soybean Oil)											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
<i>Contains soy.</i>											Energy (kJ)	43	478	776	2770	214	1100
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).											Energy (Cal)	10	114	185	662	51	264
<i>Contains egg and milk.</i>											Protein (g)	0.1	1.5	0.5	1.9	0.2	0.8
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.											Fat, total (g)	0.0	0.0	20.0	71.5	5.5	28.3
<i>Contains egg.</i>											Saturated Fat (g)	0.0	0.0	1.6	5.8	0.8	4.1
											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 and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours					
			Y														
Ketchup			Y														
Aioli		Y	Y							Y	Y						
Tartare Sauce		Y								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.

**AUSSIE JACK CHEESE:** Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.  
**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).

**OIL:** 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 PATTY and BACON may be cooked on the same grill as egg or products containing gluten, milk or soy.*

*EGG may be cooked on the same grill as products containing gluten, milk or soy.*

*HASH BROWNS are cooked in a McDonald's Vegetable Oil blend.*

*HASH BROWNS may be cooked using the same equipemnt as products containing gluten, egg, milk and soy.*

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

## Breakfast Condiments

**STRAWBERRY JAM:** Sugar, Strawberries, Acidity Regulators (330, 331), Vegetable Gum (440)

**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 and sulphites.*

	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	Honey		Strawberry Jam		Vegemite		
														Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
STRAWBERRY JAM															184	1420	165	1220	39	811
															44	340	39	290	9	194
HONEY															0.0	0.3	0.1	1.0	1.2	25.6
															0.0	0.1	0.1	1.0	0.0	0.9
VEGEMITE™															0.0	0.1	0.1	1.0	0.0	0.9
															10.8	83.1	9.3	68.3	0.9	19.5
															10.7	82.5	9.3	68.2	0.1	1.7
															2	15	3	25	162	3380
Jam																				
Honey																				
Vegemite	Y								Y		Y									Y

## 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).

*HASH BROWNS are cooked in a McDonald's Vegetable Oil blend.*

*HASH BROWNS may be cooked using the same equipemnt as products containing gluten, egg, milk and soy.*

	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	Avg Qty / Serve	Avg Qty / 100g
														589	1060
														141	254
														1.3	2.3
														8.2	14.7
														0.6	1.2
														14.8	26.7
														0.2	0.3
														341	613
	T	T	T	T							Y	Y			



Ham and Cheese Pocket											Avg Qty / Serve	Avg Qty / 100g			
<p><b>WHOLEMEAL TORTILLA:</b> Wheat flour, Thiamine, Folic Acid, Water, Whole Wheat flour, Thiamine, Folic Acid, Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.</p> <p><b>AUSSIE JACK CHEESE:</b> Milk, Salt, Starter Culture, Non-animal Rennet.</p> <p><b>HAM:</b> Pork, Water, Salt, Acidity Regulators (326, 262), Sugar, Emulsifier (451), Dextrose (Maize), Antioxidant (316), Sodium Nitrite (250).</p> <p><i>Contains gluten and milk.</i></p> <p><i>WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.</i></p> <p><i>Pocket may be heated on the same grill as egg or products containing gluten, milk or soy.</i></p>											Energy (kJ)	843	1190		
											Energy (Cal)	201	285		
											Protein (g)	10.0	14.2		
											Fat, total (g)	8.9	12.7		
											Saturated Fat (g)	5.3	7.4		
											Carbohydrate (g)	19.7	27.9		
											Sugars (g)	1.3	1.8		
											Sodium (mg)	377	535		
											Preservative	Flavour	Colours		
											Y				
<p><b>Gluten</b>   <b>Eggs</b>   <b>Milk</b>   <b>Soy</b>   <b>Fish and Crustacea</b>   <b>Peanuts</b>   <b>Tree Nuts</b>   <b>Sesame Seeds</b>   <b>Sulphites</b>   <b>Lupin</b></p>															
<p>Y   T   Y   T</p>															
Cheese Pocket											Avg Qty / Serve	Avg Qty / 100g			
<p><b>WHOLEMEAL TORTILLA:</b> Wheat flour, Thiamine, Folic Acid, Water, Whole Wheat flour, Thiamine, Folic Acid, Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.</p> <p><b>AUSSIE JACK CHEESE:</b> Milk, Salt, Starter Culture, Non-animal Rennet.</p> <p><i>Contains gluten and milk.</i></p> <p><i>WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.</i></p> <p><i>Pocket may be heated on the same grill as egg or products containing gluten, milk or soy.</i></p>											Energy (kJ)	777	1350		
											Energy (Cal)	186	322		
											Protein (g)	7.6	13.1		
											Fat, total (g)	8.5	14.8		
											Saturated Fat (g)	5.1	8.8		
											Carbohydrate (g)	19.3	33.4		
											Sugars (g)	1.3	2.2		
											Sodium (mg)	256	444		
											Preservative	Flavour	Colours		
											Y				
<p><b>Gluten</b>   <b>Eggs</b>   <b>Milk</b>   <b>Soy</b>   <b>Fish and Crustacea</b>   <b>Peanuts</b>   <b>Tree Nuts</b>   <b>Sesame Seeds</b>   <b>Sulphites</b>   <b>Lupin</b></p>															
<p>Y   T   Y   T</p>															
Hotcakes											Plain		with Syrup and Butter		
											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
<p><b>HOTCAKES:</b> 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).</p> <p><i>Contains gluten, egg and milk.</i></p> <p><i>HOTCAKES may contain TRACES of sesame seeds.</i></p>											Energy (kJ)	1660	1100	2500	1120
											Energy (Cal)	397	263	597	268
											Protein (g)	11.3	7.5	9.5	4.3
											Fat, total (g)	10.7	7.1	18.6	8.3
											Saturated Fat (g)	2.1	1.4	8.4	3.8
											Carbohydrate (g)	61.5	40.7	95.7	42.9
											Sugars (g)	14.2	9.4	44.3	19.9
											Sodium (mg)	438	290	575	258
											Preservative	Flavour	Colours		
											Y				
<p><b>Gluten</b>   <b>Eggs</b>   <b>Milk</b>   <b>Soy</b>   <b>Fish and Crustacea</b>   <b>Peanuts</b>   <b>Tree Nuts</b>   <b>Sesame Seeds</b>   <b>Sulphites</b>   <b>Lupin</b></p>															
<p>Y   Y   Y   T</p>															
<p>Plain</p>															
<p>with Syrup and Butter</p>											Y	Y	Y	Y	
Hotcake Condiments											Hotcake Syrup		Whipped Butter (2 portions)		
											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
<p><b>HOTCAKE SYRUP:</b> Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).</p> <p><b>WHIPPED BUTTER:</b> Cream, Water and Salt.</p> <p><i>Contains milk.</i></p>											Energy (kJ)	794	1310	338	2980
											Energy (Cal)	139	230	80	713
											Protein (g)	0.6	1.0	0.0	0.6
											Fat, total (g)	0.6	1.0	9.0	80.0
											Saturated Fat (g)	0.6	1.0	6.0	53.5
											Carbohydrate (g)	44.8	74.0	0.2	0.9
											Sugars (g)	32.1	53.0	0.0	0.7
											Sodium (mg)	18	30	80	700
											Preservative	Flavour	Colours		
											Y	Y	Y	Y	
<p><b>Gluten</b>   <b>Eggs</b>   <b>Milk</b>   <b>Soy</b>   <b>Fish and Crustacea</b>   <b>Peanuts</b>   <b>Tree Nuts</b>   <b>Sesame Seeds</b>   <b>Sulphites</b>   <b>Lupin</b></p>															
<p>Hotcake Syrup</p>															
<p>Whipped Butter</p>											Y				

<b>McMuffin - Bacon and Egg</b>											Avg Qty / Serve	Avg Qty / 100g	
<b>ENGLISH MUFFIN:</b> <b>Wheat Flour</b> (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, <b>Wheat Gluten</b> , Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver ( <b>Soy Flour</b> , Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), <b>Wheat Malt Flour</b> , Enzymes (1100 - Contains <b>Wheat</b> ), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e).											Energy (kJ)	1230	919
<b>EGG:</b> Fresh, Shelled <b>Egg</b> .											Energy (Cal)	295	220
<b>BACON:</b> Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked.											Protein (g)	18.3	13.6
<b>CHEESE:</b> Cheese ( <b>Milk</b> , Salt, Culture, Enzymes (Rennet, Lipase)), Water, <b>Milk Solids</b> , <b>Butter</b> , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), <b>Soy Lecithin</b> .											Fat, total (g)	13.2	9.8
<b>OIL:</b> Canola Oil, Emulsifiers ( <b>Soy Lecithin</b> ), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).											Saturated Fat (g)	5.6	4.2
<i>Contains gluten, egg, milk and soy.</i>											Carbohydrate (g)	24.5	18.3
<i>ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>											Sugars (g)	2.2	1.7
<i>BACON may be cooked on the same grill as egg or products containing gluten, milk or soy.</i>											Sodium (mg)	674	503
<i>EGG may be cooked on the same grill as products containing gluten, milk or soy.</i>											Preservative	Flavour	Colours
	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Y	Y	Y
	Y	Y	Y	Y				T					
<b>McMuffin - BLT</b>											Avg Qty / Serve	Avg Qty / 100g	
<b>ENGLISH MUFFIN:</b> <b>Wheat Flour</b> (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, <b>Wheat Gluten</b> , Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver ( <b>Soy Flour</b> , Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), <b>Wheat Malt Flour</b> , Enzymes (1100 - Contains <b>Wheat</b> ), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e).											Energy (kJ)	875	752
<b>TOMATO SLICE:</b> Tomato.											Energy (Cal)	209	180
<b>BACON:</b> Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked.											Protein (g)	9.6	8.3
<b>SHREDDED LETTUCE:</b> Iceberg Lettuce.											Fat, total (g)	7.6	6.5
<b>MAYONNAISE:</b> Water, Soybean Oil (Antioxidant (330), <b>Egg Yolks</b> , Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).											Saturated Fat (g)	1.8	1.6
<b>OIL:</b> Canola Oil, Emulsifiers ( <b>Soy Lecithin</b> ), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).											Carbohydrate (g)	24.2	20.8
<i>Contains gluten, egg and soy.</i>											Sugars (g)	2.5	2.1
<i>ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>											Sodium (mg)	514	442
<i>BACON may be cooked on the same grill as egg or products containing gluten, milk or soy.</i>											Preservative	Flavour	Colours
	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Y	Y	Y
	Y	Y	T	Y				T					
<b>McMuffin - with Jam</b>							<b>Plain English Muffin</b>		<b>Muffin with Jam</b>				
<b>ENGLISH MUFFIN:</b> <b>Wheat Flour</b> (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, <b>Wheat Gluten</b> , Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver ( <b>Soy Flour</b> , Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), <b>Wheat Malt Flour</b> , Enzymes (1100 - Contains <b>Wheat</b> ), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e).							Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g			
<b>STRAWBERRY JAM:</b> Sugar, Strawberries, Acidity Regulators (330, 331), Vegetable Gum (440).							Energy (kJ)	632	1100	788	1110		
<b>OIL:</b> Canola Oil, Emulsifiers ( <b>Soy Lecithin</b> ), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).							Energy (Cal)	150	260	188	264		
<i>Contains gluten and soy.</i>							Protein (g)	4.5	7.9	6.3	8.8		
<i>ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>							Fat, total (g)	3.0	5.2	3.1	4.3		
<i>Note: Available with your choice of Vegemite™, Honey OR Strawberry Jam.</i>							Saturated Fat (g)	0.8	1.5	0.6	0.9		
	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y			Y				T			Y	Y	Y
<b>McMuffin - Mighty</b>											Avg Qty / Serve	Avg Qty / 100g	
<b>ENGLISH MUFFIN:</b> <b>Wheat Flour</b> (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, <b>Wheat Gluten</b> , Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver ( <b>Soy Flour</b> , Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), <b>Wheat Malt Flour</b> , Enzymes (1100 - Contains <b>Wheat</b> ), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e).											Energy (kJ)	1900	931
<b>EGG:</b> Fresh, Shelled <b>Egg</b> .											Energy (Cal)	455	222
<b>SAUSAGE PATTY:</b> Beef, Salt, Maltodextrin, Sugar, Spices (Pepper, Chili, Rosemary, Bay, Nutmeg, Coriander), Vegetable Powders (Garlic, Onion), Anti-caking Agent (341)) Hydrolysed Vegetable Protein ( <b>Soy</b> ), Spice Extracts ( <b>Soybean</b> , Sunflower), Vegetable (Canola) Oil.											Protein (g)	30.1	14.7
<b>BACON:</b> Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. Smoked.											Fat, total (g)	23.5	11.5
<b>CHEESE:</b> Cheese ( <b>Milk</b> , Salt, Culture, Enzymes (Rennet, Lipase)), Water, <b>Milk Solids</b> , <b>Butter</b> , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), <b>Soy Lecithin</b> .											Saturated Fat (g)	10.9	5.3
<b>KETCHUP:</b> Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring ( <b>Soybean Oil</b> )											Carbohydrate (g)	29.7	14.5
<b>OIL:</b> Canola Oil, Emulsifiers ( <b>Soy Lecithin</b> ), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).											Sugars (g)	5.9	2.9
<i>Contains gluten, egg, milk and soy.</i>													
<i>ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>											Sodium (mg)	1190	580
<i>SAUSAGE PATTY and BACON may be cooked on the same grill as egg or products containing gluten, milk or soy.</i>											Preservative	Flavour	Colours
	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Y	Y	Y
	Y	Y	Y	Y				T					

<b>McMuffin - Sausage</b>												Avg Qty / Serve	Avg Qty / 100g
ENGLISH MUFFIN: <b>Wheat Flour</b> (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, <b>Wheat Gluten</b> , Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver ( <b>Soy Flour</b> , Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), <b>Wheat Malt Flour</b> , Enzymes (1100 - Contains <b>Wheat</b> ), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e).											Energy (kJ)	1250	1130
SAUSAGE PATTY: Beef, Salt, Maltodextrin, Sugar, Spices (Pepper, Chili, Rosemary, Bay, Nutmeg, Coriander), Vegetable Powders (Garlic, Onion), Anti-caking Agent (341)) Hydrolysed Vegetable Protein ( <b>Soy</b> ), Spice Extracts ( <b>Soybean</b> , Sunflower), Vegetable (Canola) Oil.											Energy (Cal)	298	270
CHEESE: Cheese ( <b>Milk</b> , Salt, Culture, Enzymes (Rennet, Lipase)), Water, <b>Milk Solids</b> , <b>Butter</b> , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), <b>Soy Lecithin</b> .											Protein (g)	17.2	15.6
OIL: Canola Oil, Emulsifiers ( <b>Soy Lecithin</b> ), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).											Fat, total (g)	14.5	13.1
<i>Contains gluten, milk and soy.</i>											Saturated Fat (g)	7.6	6.9
<i>ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>											Carbohydrate (g)	23.5	21.3
<i>SAUSAGE PATTY and BACON may be cooked on the same grill as egg or products containing gluten, milk or soy.</i>											Sugars (g)	2.2	2.0
Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	T	Y	Y				T			Y	Y	Y	

<b>McMuffin - Sausage and Egg</b>												Avg Qty / Serve	Avg Qty / 100g
ENGLISH MUFFIN: <b>Wheat Flour</b> (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, <b>Wheat Gluten</b> , Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver ( <b>Soy Flour</b> , Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), <b>Wheat Malt Flour</b> , Enzymes (1100 - Contains <b>Wheat</b> ), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e).											Energy (kJ)	1560	975
SAUSAGE PATTY: Beef, Salt, Maltodextrin, Sugar, Spices (Pepper, Chili, Rosemary, Bay, Nutmeg, Coriander), Vegetable Powders (Garlic, Onion), Anti-caking Agent (341)) Hydrolysed Vegetable Protein ( <b>Soy</b> ), Spice Extracts ( <b>Soybean</b> , Sunflower), Vegetable (Canola) Oil.											Energy (Cal)	373	233
EGG: Fresh, Shelled <b>Egg</b> .											Protein (g)	23.3	14.6
CHEESE: Cheese ( <b>Milk</b> , Salt, Culture, Enzymes (Rennet, Lipase)), Water, <b>Milk Solids</b> , <b>Butter</b> , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), <b>Soy Lecithin</b> .											Fat, total (g)	20.0	12.5
OIL: Canola Oil, Emulsifiers ( <b>Soy Lecithin</b> ), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).											Saturated Fat (g)	9.3	5.8
<i>Contains gluten, egg, milk and soy.</i>											Carbohydrate (g)	23.7	14.8
<i>ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>											Sugars (g)	2.4	1.5
<i>SAUSAGE PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.</i>													
<i>EGG may be cooked on the same grill as products containing gluten, milk or soy.</i>											Sodium (mg)	634	396
Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	Y	Y	Y				T			Y	Y	Y	

**DESSERTS**

<b>Apple Pie</b>												Avg Qty / Serve	Avg Qty / 100g
Apple (Antioxidants (300, 330)), <b>Wheat Flour</b> , Water, Sugar, Modified Starch (1412, 1422), Margarine (Palm Oil, Water, Salt, Emulsifiers (471, <b>Soy Lecithin</b> ), Acidity Regulators (270, 330), Antioxidant (304), Natural Flavour, Natural Colour (160a)), <b>Whey</b> Powder, Iodised Salt, Dextrose, Ground Cinnamon, Mixed Spices, Lemon Juice Concentrate, Ground Nutmeg, Vegetable Gum (466), Baking Powder (Raising Agents (450, 500), <b>Wheat Starch</b> , Mineral Salt (170)), Thickener (415), Natural Flavour.											Energy (kJ)	1080	1240
OIL: blended Vegetable Oil, Antifoam (900a).											Energy (Cal)	258	297
<i>Contains gluten, milk and soy.</i>											Protein (g)	2.2	2.5
<i>APPLE PIES are cooked in a McDonald's Vegetable Oil blend.</i>											Fat, total (g)	14.8	17.0
<i>APPLE PIES may be cooked using the same equipemnt as products containing gluten, egg, milk and soy.</i>											Saturated Fat (g)	2.6	3.0
Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	T	Y	Y				T			Y	Y	Y	

<b>McDonaldland Cookies</b>											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 and soy.</i>											Energy (Cal)	281	469
<i>May contain TRACES of egg, milk, peanuts, trenuts and sesame seeds.</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 and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	T	T	Y		T	T	T				Y		
<b>McFlurry - M&amp;M Minis®</b>											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
<b>OR</b>											Energy (Cal)	403	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
<b>OR</b>											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 and soy.</i>											Sugars (g)	52.3	27.8
<i>MINI M&amp;M'S may contain TRACES of peanuts and tree nuts.</i>											Sodium (mg)	111	59
Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y		Y	Y		T	T				T	Y	Y	
<b>McFlurry - Oreo</b>											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	782
<b>OR</b>											Energy (Cal)	321	187
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavours.											Protein (g)	7.2	4.2
<b>OR</b>											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)	7.2	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)	46.5	27.0
<i>Contains gluten, milk and soy.</i>											Sugars (g)	37.6	21.9
<i>OREO COOKIE PIECES may contain TRACES of egg, peanuts and sesame seeds.</i>											Sodium (mg)	165	96
Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	T	Y	Y		T		T				Y		

												Avg Qty / Serve	Avg Qty / 100g											
<b>Soft Serve Cone</b>												Energy (kJ)	613	686										
<b>SUNDAE MIX:</b> Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.												Energy (Cal)	146	163										
<b>OR</b>												Protein (g)	3.9	4.4										
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavours.												Fat, total (g)	4.6	5.2										
<b>OR</b>												Saturated Fat (g)	2.8	3.2										
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).												Carbohydrate (g)	22.0	24.6										
<b>CONE:</b> Wheat Flour, Wheaten Cornflour, Vegetable Oil (Coconut), Emulsifier (Soy Lecithin, (322)), Salt, Mineral Salt (500).												Sugars (g)	17.1	19.1										
<i>Contains gluten, milk and soy.</i>												Sodium (mg)	55	61										
Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours												
Y		Y	Y							T	Y													
<b>Soft Serve Cone with Flake</b>												Energy (kJ)	802	819										
<b>SUNDAE MIX:</b> Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.												Energy (Cal)	192	196										
<b>OR</b>												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), Flavours.												Fat, total (g)	7.2	7.4										
<b>OR</b>												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										
<b>FLAKE:</b> Full Cream Milk, Sugar, Cocoa Butter, Cocoa Mass, Milk Solids, Flavours, Soy Lecithin.												Sugars (g)	21.8	22.3										
<b>CONE:</b> Wheat Flour, Wheaten Cornflour, Vegetable Oil (Coconut), Emulsifier (Soy Lecithin, (322)), Salt, Mineral Salt (500).												Sodium (mg)	61	63										
<i>Contains gluten, milk and soy.</i>												Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
<i>FLAKE may contain TRACES of peanuts and tree nuts.</i>												Y		Y	Y							T	Y	
<b>Sundae - Caramel</b>												<b>Small</b>		<b>Large</b>										
<b>SUNDAE MIX:</b> 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									
<b>OR</b>												Energy (kJ)	1440	824	2250	905								
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavours.												Energy (Cal)	344	196	533	214								
<b>OR</b>												Protein (g)	6.0	3.4	7.9	3.2								
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).												Fat, total (g)	8.7	5.0	12.3	4.9								
<b>CARAMEL TOPPING:</b> 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.												Saturated Fat (g)	5.8	3.3	8.1	3.3								
<i>Contains milk.</i>												Carbohydrate (g)	59.5	34.0	96.6	38.9								
Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours												
		Y								T	Y													
<b>Sundae - Hot Fudge</b>												<b>Small</b>		<b>Large</b>										
<b>SUNDAE MIX:</b> 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									
<b>OR</b>												Energy (kJ)	1460	846	2280	938								
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavours.												Energy (Cal)	350	202	542	222								
<b>OR</b>												Protein (g)	6.4	3.7	8.6	3.5								
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)	9.7	5.6	14.4	5.9								
<b>HOT FUDGE TOPPING:</b> 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).												Saturated Fat (g)	7.0	4.0	10.6	4.3								
<i>Contains milk and soy.</i>												Carbohydrate (g)	58.3	33.7	94.2	38.7								
Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours												
		Y	Y							Y	Y													

<u>Sundae - Plain, Small</u>											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)	848	628										
<b>OR</b>											Energy (Cal)	203	150										
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Protein (g)	5.5	4.1										
<b>OR</b>											Fat, total (g)	6.8	5.0										
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	3.3										
											Carbohydrate (g)	29.6	21.9										
											Sugars (g)	27.0	20.0										
											Sodium (mg)	74	55										
<i>Contains milk.</i>											Preservative	Flavour	Colours										
<i>McDonald's Sundae without topping is available on request.</i>											T	Y											
											Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin			
													Y										
<u>Sundae - Strawberry</u>											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									
<b>OR</b>											Energy (kJ)	1210	708	1790	742								
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavours.											Energy (Cal)	288	168	423	176								
<b>OR</b>											Protein (g)	5.8	3.4	7.5	3.1								
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	3.9	8.4	3.5								
											Saturated Fat (g)	4.5	2.6	5.6	2.3								
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).											Carbohydrate (g)	50.6	29.5	78.9	32.8								
											Sugars (g)	44.8	26.2	69.2	28.8								
											Sodium (mg)	76	45	96	40								
<i>Contains milk.</i>											Preservative	Flavour	Colours										
													Y	Y	Y								
<u>Yoghurt - Petit Miam Strawberry</u>											Avg Qty / Serve	Avg Qty / 100g											
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										
<i>Contains milk.</i>											Energy (Cal)	51	73										
											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										
											Preservative	Flavour	Colours										
													Y	Y									
											Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin			
													Y										