



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

Information correct as at May 2022.

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 and Double Big Mac

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

BEEF PATTIES: Beef.

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, (**Egg** Yolks, Salt), Distilled Vinegar, Onion, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hydrolysed Proteins (Corn, **Gluten**, **Wheat** and **Soy**), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).

SHREDDED LETTUCE: Iceberg lettuce.

CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet)), Water, **Milk** Solids, Butter, Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).

ONIONS: Water, Dehydrated White Onions.

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

GRILL SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains [gluten](#), [egg](#), [milk](#), [sesame seeds](#) and [soy](#).

[BIG MAC BUNS](#) are produced on equipment that also produces products containing [soy](#).

[BEEF PATTIES](#) and [ONION](#) may be cooked on the same equipment as eggs or products containing [gluten](#).

	Big Mac		Double Big Mac	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2360	1010	3200	1030
Energy (Cal)	564	242	765	246
Protein (g)	26.9	11.6	42.6	13.7
Fat, total (g)	31.3	13.4	45.4	14.6
Saturated Fat (g)	11.8	5.0	18.8	6.1
Carbohydrate (g)	41.8	18.0	44.4	14.3
Sugars (g)	7.0	3.0	7.5	2.4
Sodium (mg)	1020	438	1350	434

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

## Cheeseburger

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

BEEF PATTY: Beef.

CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, **Butter**, Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).

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

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

ONIONS: Water, Dehydrated White Onions.

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

GRILL SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains [gluten](#), [milk](#) and [soy](#).

[REGULAR BUNS](#) are produced on equipment that also produces products containing [sesame seeds](#) or [soy](#).

[BEEF PATTY](#) and [ONION](#) 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	Artificial Flavour	Artificial Colours
Y	T	Y	Y				T			Y		

	Cheeseburger	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1260	1050
Energy (Cal)	300	252
Protein (g)	16.1	13.5
Fat, total (g)	13.1	11.0
Saturated Fat (g)	6.6	5.5
Carbohydrate (g)	28.5	23.9
Sugars (g)	5.6	4.7
Sodium (mg)	700	588

## Double Cheeseburger and Triple Cheeseburger

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

BEEF PATTY: Beef.

CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, **Butter**, Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).

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

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

ONIONS: Water, Dehydrated White Onions.

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

GRILL SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains [gluten](#), [milk](#) and [soy](#).

[REGULAR BUNS](#) are produced on equipment that also produces products containing [sesame seeds](#) or [soy](#).

[BEEF PATTY](#) and [ONION](#) 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	Artificial Flavour	Artificial Colours
Y	T	Y	Y				T			Y		

	Double Cheeseburger		Triple Cheeseburger	
	Avg Qty /Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1880	1070	2510	1070
Energy (Cal)	449	255	599	256
Protein (g)	26.8	15.2	37.5	16.1
Fat, total (g)	23.9	13.5	34.7	14.9
Saturated Fat (g)	12.7	7.2	18.8	8.1
Carbohydrate (g)	30.7	17.4	32.8	14.0
Sugars (g)	6.4	3.7	7.3	3.1
Sodium (mg)	1080	610	1450	621

## BBQ Bacon Angus

BEEF PATTIES: Angus Beef.

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

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

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

ONIONS: Onion.

BBQ SAUCE: Vinegar, Water, Brown Sugar, Lemon Juice, Tomato Paste, Sugar, Onion Puree, Thickener (1422), Molasses, Garlic, Salt, Spices, Mustard, Flavourings, Malt Extract (**Barley**), Colour (150a), Vegetable Gum (415), Yeast Extract, Preservative (202).

MCCHICKEN SAUCE: 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).

ANGUS SEASONING: Salt, Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavours (**Milk**), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract.

Contains [gluten](#), [egg](#), [milk](#) and [soy](#).

[BURGER BUN](#) is made in the same equipment as products containing [sesame seeds](#).

[BEEF PATTY](#) and [BACON](#) 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	Artificial Flavour	Artificial Colours
Y	Y	Y	Y				T			Y	Y	Y

	Avg Qty / Serve		Avg Qty / 100g	
	Energy (kJ)	3380	1150	
Energy (Cal)	807	274		
Protein (g)	51.0	17.3		
Fat, total (g)	44.6	15.1		
Saturated Fat (g)	21.2	7.2		
Carbohydrate (g)	48.5	16.5		
Sugars (g)	12.3	4.2		
Sodium (mg)	1450	491		

## BEEF (continued)

### Classic Angus

BEEF PATTY: Angus Beef.

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

TOMATO: Tomato.

CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, **Butter**, Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).

LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

MCCHICKEN SAUCE: 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).

ONION: Red Onion.

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

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

ANGUS SEASONING: Salt, Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavours (**Milk**), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2990	975
Energy (Cal)	715	233
Protein (g)	42.0	13.7
Fat, total (g)	39.9	13.0
Saturated Fat (g)	18.9	6.2
Carbohydrate (g)	44.8	14.6
Sugars (g)	9.0	2.9
Sodium (mg)	1100	357

Contains gluten, egg, soy and milk.

BURGER BUN is made in the same equipment as products containing sesame seeds.

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	Artificial Flavour	Artificial Colours
Y	Y	Y	Y				T			Y		

### Hamburger

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

BEEF PATTIES: Beef.

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

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

ONION: Water, Dehydrated White Onion.

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

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1050	1000
Energy (Cal)	252	240
Protein (g)	13.2	12.6
Fat, total (g)	9.3	8.9
Saturated Fat (g)	4.0	3.8
Carbohydrate (g)	27.7	26.4
Sugars (g)	5.0	4.8
Sodium (mg)	537	512

Contains gluten and soy.

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

BEEF PATTY seasoned on the grill with salt, pepper and sunflower oil.

BEEF PATTY AND ONION 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	Artificial Flavour	Artificial Colours
Y	T	T	Y				T			Y		

### Quarter Pounder and Double Quarter Pounder

BEEF PATTIES: Beef.

QUARTER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Canola Oil, **Sesame** Seeds, Glaze, Iodised Salt, Yeast, **Wheat Gluten**, Improver (**Wheat** Flour, Enzymes (Contain **Wheat**), Antioxidant (300), Malted **Wheat** Flour),

Preservative (282), Emulsifiers (472e, 471), Natural Flavour, Thickener (412), Antioxidant (300).

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

CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, **Butter**, Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).

ONIONS: Silvered Onion.

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

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

GRILL SEASONING: Salt, Black Pepper, Sunflower Oil.

	Quarter Pounder		Double Quarter	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2250	1060	3470	1110
Energy (Cal)	538	254	830	264
Protein (g)	31.9	15.1	54.1	17.2
Fat, total (g)	29.0	13.7	51.2	16.3
Saturated Fat (g)	15.1	7.1	27.0	8.6
Carbohydrate (g)	36.6	17.3	37.7	12.0
Sugars (g)	8.2	3.9	9.0	2.9
Sodium (mg)	1040	491	1430	456

Contains gluten, soy, milk and sesame seed.

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

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	Artificial Flavour	Artificial Colours
Y	T	Y	Y				Y			Y		

# CHICKEN AND FISH

## Chicken McNuggets

Chicken, Water, Flour (**Wheat**, Corn), Canola Oil, Starch (1420, 1422, Corn, **Wheat**, Tapioca), Mineral Salts (450, 500, 451, 341, 327), Salt, Spices (Celery, White Pepper, Black Pepper), Sunflower Oil, Dextrose.

Contains gluten.

CHICKEN NUGGETS are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk and soy.

	3 Pack		6 Pack		10 Pack		20 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	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	544	1120	1090	1120	1810	1120	3630	1120	4350	1120
Energy (Cal)	130	268	260	268	434	268	867	268	1040	268
Protein (g)	7.7	15.9	15.4	15.9	25.7	15.9	51.4	15.9	61.7	15.9
Fat, total (g)	7.7	15.9	15.5	15.9	25.8	15.9	51.6	15.9	61.9	15.9
Saturated Fat (g)	1.2	2.4	2.4	2.4	3.9	2.4	7.9	2.4	9.5	2.4
Carbohydrate (g)	7.3	15.0	14.5	15.0	24.2	15.0	48.5	15.0	58.2	15.0
Sugars (g)	0.1	0.3	0.3	0.3	0.5	0.3	1	0.3	1.2	0.3
Sodium (mg)	238	489	476	489	793	489	1590	489	1900	489

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

## Chicken 'n' 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, Antioxidants (320, 310), Food Acid (330).

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

MCCHICKEN SAUCE: 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).

CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, **Butter**, Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1800	1140
Energy (Cal)	431	272
Protein (g)	19.5	12.4
Fat, total (g)	23.4	14.8
Saturated Fat (g)	4.7	3.0
Carbohydrate (g)	34.9	22.1
Sugars (g)	3.7	2.3
Sodium (mg)	654	414

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

## Crispy Chicken Deluxe Burger

CRISPY CHICKEN: Chicken, **Wheat** Flour, Water, Vegetable Oil (Canola, Sunflower), Starch (**Wheat** and Maize 1422), Yeast Extract, Salt, Spices (Pepper, Celery), **Soy** Protein, Mineral Salt (450, 500), Vegetable Powders (Onion, Garlic), **Wheat Gluten**, Natural Colour (160c), Anti-Caking Agent (551), Dextrose, Baker's Yeast, Citrus Extract, Spice Extract (Pepper, Celery), Natural Flavour.

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

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

GARLIC MAYONNAISE: Canola Oil, Water, Garlic Mayonnaise Sauce (**Milk**) [Whey Protein Concentrate, Acidity Regulator (575), Flavour Enhancer (635), Salt, Colour (171), Mineral Salt (508), Yeast Extract, Preservative (202, 211), Canola Oil, Flavourings (**Milk**)], **Egg** Yolk (**Egg** Yolk, Salt), Glucose Syrup (**Wheat**),

Minced Garlic, Vinegar, Dijon Mustard, Mustard, **Oat** Fibre, Emulsifiers (435, 322 (**Soy**)), Vegetable Gum (415), Antioxidant (307b).

TOMATO: Tomato.

DICED LETTUCE: Iceberg Lettuce, Cos Lettuce.

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

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

CRISPY CHICKEN is cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing egg, milk or soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2520	1030
Energy (Cal)	602	246
Protein (g)	27.1	11.1
Fat, total (g)	34.2	14.0
Saturated Fat (g)	6.1	2.5
Carbohydrate (g)	45.2	18.5
Sugars (g)	7.0	2.8
Sodium (mg)	1260	517

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

# CHICKEN AND FISH (Continued)

## Grilled Chicken Deluxe Burger

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

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

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

GARLIC MAYONNAISE: Canola Oil, Water, Garlic Mayonnaise Sauce (**Milk**) [Whey Protein Concentrate, Acidity Regulator (575), Flavour Enhancer (635), Salt, Colour (171), Mineral Salt (508), Yeast Extract, Preservative (202, 211), Canola Oil, Flavourings (**Milk**), **Egg** Yolk (**Egg** Yolk, Salt), Glucose Syrup (**Wheat**),

Minced Garlic, Vinegar, Dijon Mustard, Mustard, **Oat** Fibre, Emulsifiers (435, 322 (**Soy**)), Vegetable Gum (415), Antioxidant (307b).

TOMATO: Tomato.

LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2120	925
Energy (Cal)	508	221
Protein (g)	31.3	13.6
Fat, total (g)	27.5	12.0
Saturated Fat (g)	5.9	2.6
Carbohydrate (g)	32.9	14.3
Sugars (g)	4.9	2.1
Sodium (mg)	888	387

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

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

GRILLED CHICKEN may be cooked on the same grill as egg or products containing gluten, egg or milk.

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

## Chicken McBites® 10 pieces

CHICKEN MCBITES®: Chicken, Water, **Wheat** Flour, Breadcrumbs Crumb (**Wheat** Flour, **Milk** Solids, Salt, Canola Oil, Raising Agents (341,500), Emulsifier (481)), Vegetable Oil (Canola), Mineral Salts (451, 452, 450, 500), Salt Spices (Pepper, Nutmeg), Vegetable Powders (Garlic, Onion), Herbs (Parsley), Yeast Extract, Flavour Enhancers (635), Flavours, Thickener (1404), Spice Extract (100).

Contains gluten and milk.

CHICKEN MCBITES are cooked in McDonald's Vegetable Oil blend, and may be cooked using the same equipment as products containing egg, milk or soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	725	1150
Energy (Cal)	173	275
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)	3.0	0.5
Sodium (mg)	407	647

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

## McChicken® and Double McChicken®

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).

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

LETTUCE: Iceberg Lettuce.

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

Contains gluten, egg, soy and sesame seeds.

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

McCHICKEN PATTY is cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing egg, milk or soy.

	McChicken®		Double McChicken®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1890	977	2990	1020
Energy (Cal)	451	234	716	244
Protein (g)	19.6	10.2	32.5	11.1
Fat, total (g)	22.6	11.7	41.4	14.1
Saturated Fat (g)	3.6	1.9	6.5	2.2
Carbohydrate (g)	41.1	21.3	52.2	17.8
Sugars (g)	4.2	2.2	5.2	1.8
Sodium (mg)	635	329	993	339

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

# CHICKEN AND FISH (Continued)

## McSpicy® Burger

SPICY THIGH: Chicken, Flour (**Wheat**), Water, Vegetable Oil, Thickeners (1420, 1442), Salt, **Gluten (Wheat)**, Yeast and Yeast Extracts, Spice and Spice Extracts (Pepper), Rice Starch, Natural Flavours, Raising Agents (450, 500), Vegetable Powders (Garlic, Onion), Emulsifier (322 - **Soy**), Natural Colour (160C), Herb Extract, Citrus Extract, Hydrolysed Vegetable Protein.

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).

MCCHICKEN SAUCE: 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).

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

Contains gluten, egg, soy and sesame seeds.

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

SPICY THIGH is cooked in a McDonald's Vegetable Oil Blend and may be cooked in the same equipment as products containing milk and egg.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2390	1080
Energy (Cal)	571	258
Protein (g)	29.2	13.2
Fat, total (g)	29.4	13.3
Saturated Fat (g)	4.4	2.0
Carbohydrate (g)	46.3	20.9
Sugars (g)	4.5	2.1
Sodium (mg)	1170	528

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

## Filet-o-Fish® and Double Filet-o-Fish®

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).

FISH PORTION: **Fish** (Alaskan Pollock and New Zealand Hoki), Water, **Wheat** Flour, Modified Food Starch (1422), Yellow Corn Flour, Bleached **Wheat** Flour, Salt, Whey (**Milk**), Cellulose Gum, Dextrose, Dried Yeast, Sugar, **Soybean** Oil, Paprika Extract (160c) and Turmeric Extract (100), Black Pepper (Natural Flavouring).

TARTAR SAUCE: Pickles, Water, **Soybean** Oil, 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.

CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, **Butter**, Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322)

Contains gluten, egg, milk, soy and fish.

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

FISH PORTION is cooked in a McDonald's Vegetable Oil blend.

	Filet-o-Fish®		Double Filet-o-Fish®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1290	961	2180	947
Energy (Cal)	307	230	522	226
Protein (g)	14.7	11.0	26.8	11.6
Fat, total (g)	12.9	9.6	27.0	11.7
Saturated Fat (g)	1.7	1.3	5.4	2.3
Carbohydrate (g)	31.6	23.6	40.5	17.6
Sugars (g)	3.2	2.4	4.5	1.9
Sodium (mg)	497	372	938	407

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

# WRAPS

## Wholemeal Snack Wrap - Crispy

CRISPY CHICKEN: Chicken, **Wheat** Flour, Water, Vegetable Oil (Canola, Sunflower), Starch (**Wheat** and Maize 1422), Yeast Extract, Salt, Spices (Pepper, Celery), **Soy** Protein, Mineral Salt (450, 500), Vegetable Powders (Onion, Garlic), **Wheat Gluten**, Natural Colour (160c), Anti-Caking Agent (551), Dextrose, Baker's Yeast, Citrus Extract, Spice Extract (Pepper, Celery), Natural Flavour.

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.

LETTUCE: Iceberg Lettuce.

MCCHICKEN SAUCE: 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 and soy.

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

CRISPY CHICKEN is cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing egg or milk.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1110	958
Energy (Cal)	264	229
Protein (g)	11.7	10.1
Fat, total (g)	12.1	10.5
Saturated Fat (g)	3.0	2.6
Carbohydrate (g)	26.2	22.7
Sugars (g)	2.7	2.3
Sodium (mg)	596	516

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

## Wholemeal Snack Wrap - Grilled

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

WHOLEMEAL TORTILLA: **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.

LETTUCE: Iceberg Lettuce.

MCCHICKEN SAUCE: 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).

SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains gluten, egg and soy.

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

GRILLED CHICKEN may be cooked on the same equipment as egg or products containing gluten or milk.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	908	841
Energy (Cal)	217	201
Protein (g)	13.8	12.8
Fat, total (g)	8.8	8.1
Saturated Fat (g)	2.8	2.6
Carbohydrate (g)	20.0	18.6
Sugars (g)	1.7	1.6
Sodium (mg)	409	379

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

## WRAPS (Continued)

### Aioli Chicken McWrap® - Crispy

CRISPY CHICKEN PATTY: Chicken, **Wheat** Flour, Water, Vegetable Oil (Canola, Sunflower), Starch (**Wheat** and Maize 1422), Yeast Extract, Salt, Spices (Pepper, Celery), **Soy** Protein, Mineral Salt (450, 500), Vegetable Powders (Onion, Garlic), **Wheat Gluten**, Natural Colour (160c), Anti-Caking Agent (551), Dextrose, Baker's Yeast, Citrus Extract, Spice Extract (Pepper, Celery), Natural Flavour.

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.

GARLIC MAYONNAISE: Canola Oil, Water, Garlic Mayonnaise Sauce (**Milk**) [Whey Protein Concentrate, Acidity Regulator (575), Flavour Enhancer (635), Salt, Colour (171), Mineral Salt (508), Yeast Extract, Preservative (202, 211), Canola Oil, Flavourings (**Milk**)], **Egg** Yolk (**Egg** Yolk, Salt), Glucose Syrup (**Wheat**),

Minced Garlic, Vinegar, Dijon Mustard, Mustard, **Oat** Fibre, Emulsifiers (435, 322 (**Soy**)), Vegetable Gum (415), Antioxidant (307b).

Contains gluten, egg, milk and soy.

CRISPY CHICKEN PATTY is cooked in a McDonald's Vegetable Oil Blend and may be cooked using the same equipment as products containing gluten, milk and egg.

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

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2270	834
Energy (Cal)	542	199
Protein (g)	23.7	8.7
Fat, total (g)	27.3	10.0
Saturated Fat (g)	5.1	1.9
Carbohydrate (g)	48.5	17.8
Sugars (g)	6.2	2.3
Sodium (mg)	1100	4.6

### Aioli Chicken McWrap® - Grilled

GRILLED CHICKEN BREAST FILLET: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Vegetable powders (Onion, garlic) Fruit Powder (Lemon Juice Concentrate, Maltodextrin, Anticaking Agent (551) Flavourings), Herbs (Parsley, Thyme), Sugar, Vinegar Powder, Anti-caking Agent (341),

Spice Extract (Pepper), Vegetable Oil (Canola).

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.

GARLIC MAYONNAISE: Canola Oil, Water, Garlic Mayonnaise Sauce (**Milk**) [Whey Protein Concentrate, Acidity Regulator (575), Flavour Enhancer (635), Salt, Colour (171), Mineral Salt (508), Yeast Extract, Preservative (202, 211), Canola Oil, Flavourings (**Milk**)], **Egg** Yolk (**Egg** Yolk, Salt), Glucose Syrup (**Wheat**),

Minced Garlic, Vinegar, Dijon Mustard, Mustard, **Oat** Fibre, Emulsifiers (435, 322 (**Soy**)), Vegetable Gum (415), Antioxidant (307b).

SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains gluten, egg, milk and soy.

GRILLED CHICKEN BREAST FILLET and BACON may be cooked using the same equipment as eggs or products containing gluten.

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

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1870	729
Energy (Cal)	447	174
Protein (g)	27.8	10.8
Fat, total (g)	20.6	8.0
Saturated Fat (g)	4.9	1.9
Carbohydrate (g)	36.2	14.1
Sugars (g)	4.2	1.6
Sodium (mg)	729	284

### Chicken Caesar McWrap® - Crispy

CRISPY CHICKEN PATTY: Chicken, **Wheat** Flour, Water, Vegetable Oil (Canola, Sunflower), Starch (**Wheat** and Maize 1422), Yeast Extract, Salt, Spices (Pepper, Celery), **Soy** Protein, Mineral Salt (450, 500), Vegetable Powders (Onion, Garlic), **Wheat Gluten**, Natural Colour (160c), Anti-Caking Agent (551),

Dextrose, Baker's Yeast, Citrus Extract, Spice Extract (Pepper, Celery), Natural Flavour.

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.

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).

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

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

Contains gluten, egg, milk and soy.

CRISPY CHICKEN PATTY is cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing egg or milk.

BACON may be cooked using the same equipment as egg or products containing gluten.

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

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2410	977
Energy (Cal)	577	233
Protein (g)	28.4	11.5
Fat, total (g)	29.0	11.7
Saturated Fat (g)	6.6	2.7
Carbohydrate (g)	48.7	19.7
Sugars (g)	6.4	2.6
Sodium (mg)	1400	588

### Chicken Caesar McWrap® - Grilled

GRILLED CHICKEN BREAST FILLET: 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 (Canola).

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.

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

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

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).

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

SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains gluten, egg, milk and soy.

GRILLED CHICKEN BREAST FILLET and BACON may be cooked using the same equipment as eggs or products containing gluten.

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

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2020	869
Energy (Cal)	482	208
Protein (g)	32.6	14.0
Fat, total (g)	22.3	9.6
Saturated Fat (g)	6.4	2.8
Carbohydrate (g)	36.5	15.7
Sugars (g)	4.4	1.9
Sodium (mg)	1030	442

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

Salt added.

	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	Artificial Flavour	Artificial Colours
T	T	T	T					T		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	Artificial Flavour	Artificial Colours

### Grape Tomatoes

Grape Tomatoes.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	57	90
Energy (Cal)	14	21
Protein (g)	1.0	1.5
Fat, total (g)	0.1	0.2
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	15.0	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	Artificial Flavour	Artificial Colours

### Caesar Chicken Salad - Crispy

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

CRISPY CHICKEN PATTY: Chicken, **Wheat** Flour, Water, Vegetable Oil (Canola, Sunflower), Starch (**Wheat** and Maize 1422), Yeast Extract, Salt, Spices (Pepper, Celery), **Soy** Protein, Mineral Salt (450, 500), Vegetable Powders (Onion, Garlic), **Wheat Gluten**, Natural Colour (160c), Anti-Caking Agent (551), Dextrose, Baker's Yeast, Citrus Extract, Spice Extract (Pepper, Celery), Natural Flavour.

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

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).

CROUTON SACHET: **Wheat** Flour, Water, Canola Oil, Bagel Base (Sugar, Enriched **Wheat** Flour, Malted Barley Flour, **Wheat Gluten**, Firming Agent (Calcium Sulfate), Antioxidant (Ascorbic Acid), Salt, Enzymes), Sea Salt, Iodised Salt, **Gluten**, Yeast, Vinegar.

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

Contains gluten, egg, milk and soy.

May contain sesame seeds and tree nuts.

CRISPY CHICKEN PATTY is cooked in a McDonald's Vegetable Oil Blend and may be cooked using the same equipment as products containing egg, milk and soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2500	828
Energy (Cal)	599	198
Protein (g)	34.5	11.5
Fat, total (g)	36.8	12.2
Saturated Fat (g)	6.3	2
Carbohydrate (g)	30.9	10.1
Sugars (g)	8.0	2.6
Sodium (mg)	1860	646

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



## FRUIT and SALADS (Continued)

### Caesar Chicken Salad - Grilled

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

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

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

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).

CROUTONS: **Wheat** Flour, Water, Canola Oil, Bagel Base (Sugar, Enriched **Wheat** Flour, Malted Barley Flour, **Wheat Gluten**, Firming Agent (Calcium Sulfate), Antioxidant (Ascorbic Acid), Salt, Enzymes), Sea Salt, Iodised Salt, **Gluten**, Yeast, Vinegar.

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

SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains gluten, egg, milk and soy.

May contain Tree Nuts and Sesame Seeds.

GRILLED CHICKEN PATTY and BACON may be cooked using the same equipment as eggs or products containing gluten.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2110	732
Energy (Cal)	504	175
Protein (g)	38.6	13.4
Fat, total (g)	30.1	10.5
Saturated Fat (g)	6.1	2.1
Carbohydrate (g)	18.6	6.4
Sugars (g)	6.0	2.1
Sodium (mg)	1490	516

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

### Classic Chicken Salad - Crispy

CRISPY CHICKEN PATTY: Chicken, **Wheat** Flour, Water, Vegetable Oil (Canola, Sunflower), Starch (**Wheat** and Maize 1422), Yeast Extract, Salt, Spices (Pepper, Celery), **Soy** Protein, Mineral Salt (450, 500), Vegetable Powders (Onion, Garlic), **Wheat Gluten**, Natural Colour (160c), Anti-Caking Agent (551),

Dextrose, Baker's Yeast, Citrus Extract, Spice Extract (Pepper, Celery), Natural Flavour.

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

GRAPE TOMATO: Grape Tomato.

CUCUMBER: Cucumber.

BALSAMIC DRESSING: Water, Vinegar, Canola Oil (Antioxidant - 307b **Soy**), Balsamic Vinegar ((Colour - 150d, Preservative - 220), Sugar, Salt, Garlic, Vegetable Gum Blend (Vegetable Gums (415, 417, 401) Food Acid - 331), Preservatives (202, 211), Emulsifier (322 - **Soy**).

PEPITA SACHET: Pepitas.

Contains gluten and soy.

PEPITAS are produced in the same facility as products containing gluten, milk, soy, sesame seeds and tree nuts.

CRISPY CHICKEN PATTY is cooked in a McDonald's Vegetable Oil Blend and may be cooked using the same equipment as products containing egg and milk.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1550	486
Energy (Cal)	370	116
Protein (g)	20.8	6.5
Fat, total (g)	21.2	6.7
Saturated Fat (g)	2.5	0.8
Carbohydrate (g)	21.9	6.9
Sugars (g)	9.1	2.9
Sodium (mg)	1020	321

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

### Classic Chicken Salad - Grilled

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

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

GRAPE TOMATO: Grape Tomato.

CUCUMBER: Cucumber.

BALSAMIC DRESSING: Water, Vinegar, Canola Oil (Antioxidant - 307b Soy), Balsamic Vinegar ((Colour - 150d, Preservative - 220), Sugar, Salt, Garlic, Vegetable Gum Blend (Vegetable Gums (415, 417, 401) Food Acid - 331), Preservatives (202, 211), Emulsifier (322 - **Soy**).

PEPITA SACHET: Pepitas.SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains soy.

May contain gluten, milk, tree nuts and sesame seeds.

GRILLED CHICKEN PATTY may be cooked using the same equipment as eggs or products containing gluten.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1150	380
Energy (Cal)	275	91
Protein (g)	24.9	8.2
Fat, total (g)	14.5	4.8
Saturated Fat (g)	2.3	0.8
Carbohydrate (g)	9.7	3.2
Sugars (g)	6.9	2.3
Sodium (mg)	647	214

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

### Garden Salad with Balsamic Dressing

LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

BALSAMIC & ROASTED GARLIC VINAIGRETTE DRESSING: Water, Vinegar, Canola Oil (Antioxidant (307b, **Soy**)), Balsamic Vinegar (Colour (150d), Preservative (220)), Sugar, Salt, Garlic, Vegetable Gum Blend (Vegetable Gums (415, 417, 401), Food Acid (331)), Preservatives (202, 211), Emulsifier (322 - **Soy**).

CUCUMBER: Cucumber.

GRAPE TOMATO: Grape tomatoes.

Contains soy and sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	303	204
Energy (Cal)	72	49
Protein (g)	1.3	0.9
Fat, total (g)	4.4	3.0
Saturated Fat (g)	0.4	0.3
Carbohydrate (g)	6.3	4.2
Sugars (g)	5.8	3.9
Sodium (mg)	231	155

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

# CONDIMENTS

## Balsamic Salad Dressing

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.

Contains soy and sulphites.

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	226	754
Energy (Cal)	54	180
Protein (g)	0	0.2
Fat, total (g)	4.2	13.9
Saturated Fat (g)	0.3	1.1
Carbohydrate (g)	4.2	14.0
Sugars (g)	3.8	12.7
Sodium (mg)	214	713

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

## Caesar Salad Dressing

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).

Contains gluten, eggs, milk, soy and traces of sulphites.

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	765	2110
Energy (Cal)	183	505
Protein (g)	0.9	2.4
Fat, total (g)	18.8	51.9
Saturated Fat (g)	1.6	4.5
Carbohydrate (g)	3.1	8.7
Sugars (g)	2.1	5.8
Sodium (mg)	289	799

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

## McNugget Dipping Sauces

BARBECUE SAUCE: Water, Sugar, White Vinegar, Tomato Paste, Thickeners (1422, 415), Soy Sauce (**Soybean** and **Wheat**), Invert Sugar Syrup, Salt, Worcestershire Sauce Powder, Mustard Flour, Flavour, Roast **Barley** Malt Extract, Spices, Preservative (202), Vegetable Powders, Acidity Regulator (296).

Contains gluten and soy.

OR: (Hobart City Council Region ONLY) Water, Sugar, Tomato Paste, Vinegar, Teriyaki Sauce (contains **Gluten, Soy**), Thickeners (1422, 415), Salt, Natural Colour (Burnt Sugar), Vegetable Oil, Mustard, Smoke

Flavour, Preservatives (211, 202), Vegetable Powders, Spice, Yeast Extract.

Contains gluten and soy.

SWEET N' SOUR SAUCE: Invert Sugar Syrup, Water, Apricot Paste [Apricot, Antioxidant (300)], White Vinegar, Corn Starch, Soy Sauce (**Soybean** and **Wheat**), Worcestershire Sauce Powder, Salt, Mustard Flour, Thickener (415), Preservative (202), Natural Flavour, Caramelised Sugar Syrup.

OR: (Hobart City Council Region ONLY) Water, Sugar, Apricot Puree, Vinegar, Thickeners (1422, 415), Teriyaki Sauce (contains **Gluten, Soy**), Salt, Vegetable Oil, Mustard, Yeast Extract, Preservatives (211, 202),

Vegetable Powders, Acidity Regulator (330), Natural Flavour, Spices, Natural Colour (160c).

Contains gluten and soy.

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).

	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Barbecue	Y			Y							Y		
Sweet and Sour	Y			Y							Y		
Sweet Mustard											Y		

## Sauces

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

Contains soy.

OR: (Hobart City Council Region ONLY) Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (**Soybean** Oil).

Contains soy.

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).

Contains egg and milk.

OR: (Hobart City Council Region ONLY) Canola Oil , Water, Garlic Mayonnaise Sauce (**Milk**) [Whey Protein Concentrate, Acidity Regulator (575), Flavour Enhancer (635), Salt, Colour (171), Mineral Salt (508), Yeast Extract,

Preservative (202, 211), Canola Oil, Flavourings (**Milk**), **Egg** Yolk (**Egg** Yolk, Salt), Glucose Syrup (**Wheat**), Minced Garlic, Vinegar, Dijon Mustard, Mustard, **Oat** Fibre, Emulsifiers (435, 322 (**Soy**)), Vegetable Gum (415),

Antioxidant (307b).

Contains gluten, eggs, milk, and soy.

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.

Contains egg and soy.

	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Ketchup				Y									
Aioli		Y	Y								Y		
Aioli (Hobart City Council Region ONLY)	Y	Y	Y	Y							Y	Y	Y
Tartare Sauce		Y		Y							Y		

# BREAKFAST

## Big Brekkie Burger

**BEEF PATTIES:** Beef.  
**QUARTER BUN:** **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Canola Oil, **Sesame** Seeds, Glaze, Iodised Salt, Yeast, **Wheat Gluten**, Improver (**Wheat** Flour, Enzymes (Contain **Wheat**), Antioxidant (300), Malted **Wheat** Flour), Preservative (282), Emulsifiers (472e, 471), Natural Flavour, Thickener (412), Antioxidant (300).  
**HASH BROWN:** Potato, Canola Oil, Salt, Dextrose (Maize), Emulsifier (471), Preservative (450), Antioxidant (330), Natural Pepper Extracts.  
 OR: Potato, Canola Oil, Salt, Dehydrated Potato, Black Pepper, Disodium Dihydrogen Pyrophosphate, Dextrose.  
 OR: Potato, Canola Oil, Dextrose (220) (Maize), Seasoning (Black Pepper, Salt, Modified Corn Starch).

**EGG: Egg.**  
**AUSSIE JACK CHEESE:** Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.  
**HOUSE GRILL BBQ SAUCE:** Vinegar, Water, Brown Sugar, Lemon Juice, Tomato Paste, Sugar, Onion Puree, Thickener (1422), Molasses, Garlic, Salt, Spices, Mustard, Flavourings, Malt Extract (**Barley**), Colour (150a), Vegetable Gum (415), Yeast Extract, Preservative (202).  
**BACON:** Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked.  
**ONIONS:** Water, Dehydrated White Onions.  
**SPRAY OIL:** Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

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

**QUARTER BUNS** are produced on equipment that also produces products containing soy.  
**HASH BROWNS** are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk and soy.  
**BACON RASHER** may be cooked on the same equipment as egg and products containing gluten, milk and soy.  
**BEEF PATTIES** may be cooked on the same equipment as egg and products containing gluten, milk and soy.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3070	1000
Energy (Cal)	734	240
Protein (g)	41.0	13.4
Fat, total (g)	38.3	12.5
Saturated Fat (g)	14.2	4.6
Carbohydrate (g)	54.2	17.7
Sugars (g)	9.6	3.1
Sodium (mg)	1630	531

## Hash Brown

Potato, Canola Oil, Salt, Dextrose (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 and 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	Artificial Flavour	Artificial Colours
T	T	T	T							Y		

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	590	1060
Energy (Cal)	141	253
Protein (g)	1.3	2.3
Fat, total (g)	8.2	14.7
Saturated Fat (g)	0.6	1.2
Carbohydrate (g)	14.8	26.7
Sugars (g)	0.2	0.3
Sodium (mg)	341	613

## Hotcakes

**HOTCAKES:** Water, **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Sugar, **Whey** Powder (From **Milk**), Maize Flour, Canola Oil, Raising Agents (500, 541, 341), Dextrose, **Egg** Powder, Emulsifier (471) (Antioxidants (307, 304, 330)), Iodised Salt, Emulsifier (481), Thickener (415).

Contains gluten, egg and milk.

### Plain with Syrup and Butter

	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1360	898	2490	1120
Energy (Cal)	325	215	596	267
Protein (g)	8.8	5.8	9.4	4.2
Fat, total (g)	8.8	5.8	18.6	8.3
Saturated Fat (g)	1.5	1.0	8.4	3.8
Carbohydrate (g)	50.8	33.6	95.7	42.9
Sugars (g)	12.1	8.0	44.2	19.8
Sodium (mg)	478	316	575	258

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

## Hotcake Condiments

**HOTCAKE SYRUP:** Corn Syrup, Sugar, Water, Artificial Maple Flavour, Preservative (202), Caramel Color (150d).  
**WHIPPED BUTTER:** **Cream**, Water and Salt.

Contains milk.

OR: (Hobart City Council Region ONLY)  
**HOTCAKE SYRUP:** Corn Syrup, Sugar, Water, Artificial Maple Flavour, Preservative (202), Caramel Colour (150d).  
**BUTTER PORTION:** Pasteurised **Cream** (from **Milk**), Water, Salt.

Contains milk.

### Hotcake Syrup Whipped Butter (2 portions) Butter (2 portions)

	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	794	1312	342	3020	482	3010
Energy (Cal)	187	309	82	721	115	720
Protein (g)	0.6	1.0	0.1	0.5	0.2	1.0
Fat, total (g)	0.6	1.0	9.2	81.0	12.9	80.5
Saturated Fat (g)	0.6	1.0	6.2	55.1	8.6	53.5
Carbohydrate (g)	44.8	74.0	0.1	0.7	0.2	1
Sugars (g)	32.1	53.0	0.1	0.7	0.2	1
Sodium (mg)	18	30	79	695	102	640

Hotcake Syrup	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Whipped Butter			Y								Y	Y	Y
Butter			Y										

# BREAKFAST (Continued)

## Bacon & Egg McMuffin®

ENGLISH MUFFIN: **Wheat** Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, **Wheat Gluten**, Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver (**Soy** Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat** Malt Flour, Enzymes (1100 - **Wheat**), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e).

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

CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, **Butter**, Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322)  
 OIL: Canola Oil, Emulsifiers (**Soy** Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains gluten, egg, milk and soy.

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

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.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1230	918
Energy (Cal)	294	219
Protein (g)	18.9	14.1
Fat, total (g)	12.8	9.6
Saturated Fat (g)	5.2	3.9
Carbohydrate (g)	24.6	18.4
Sugars (g)	2.5	1.9
Sodium (mg)	665	496

## English McMuffin®

ENGLISH MUFFIN: **Wheat** Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, **Wheat Gluten**, Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver (**Soy** Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516),

**Wheat** Malt Flour, Enzymes (1100 - **Wheat**), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e).

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

Contains gluten and soy.

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

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

## Plain English Muffin

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	592	1040
Energy (Cal)	142	249
Protein (g)	6.2	10.8
Fat, total (g)	2.1	3.7
Saturated Fat (g)	0.5	0.8
Carbohydrate (g)	23.2	40.9
Sugars (g)	1.5	2.7
Sodium (mg)	251	441

## Mighty McMuffin®

ENGLISH MUFFIN: **Wheat** Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, **Wheat Gluten**, Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver (**Soy** Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516),

**Wheat** Malt Flour, Enzymes (1100 - **Wheat**), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e).

EGG: **Egg**.  
 SAUSAGE PATTY: Beef, Salt, Maltodextrin, Sugar, Spices (Pepper, Chili, Rosemary, Bay, Nutmeg, Coriander), Vegetable Powders (Garlic, Onion), Anti-caking Agent (341) Hydrolysed Vegetable Protein (**Soy**), Spice Extracts (**Soybean**, Sunflower), Vegetable (Canola) Oil.

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

CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, **Butter**, Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a, 160c), **Soy** Lecithin (322).

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

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

Contains gluten, egg, milk and soy.

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

SAUSAGE 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.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1960	955
Energy (Cal)	467	228
Protein (g)	31.6	15.4
Fat, total (g)	24.1	11.8
Saturated Fat (g)	10.7	5.2
Carbohydrate (g)	29.7	14.5
Sugars (g)	6.5	3.2
Sodium (mg)	1190	583

## Sausage McMuffin®

ENGLISH MUFFIN: **Wheat** Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, **Wheat** Gluten, Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver (**Soy** Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516),

(516), **Wheat** Malt Flour, Enzymes (1100 - **Wheat**), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e).

SAUSAGE PATTY: Beef, Salt, Maltodextrin, Sugar, Spices (Pepper, Chili, Rosemary, Bay, Nutmeg, Coriander), Vegetable Powders (Garlic, Onion), Anti-caking Agent (341) Hydrolysed Vegetable Protein (**Soy**), Spice Extracts (**Soybean**, Sunflower), Vegetable (Canola) Oil.

CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, **Butter**, Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322)

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

Contains gluten, milk and soy.

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

SAUSAGE PATTY and BACON 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	Artificial Flavour	Artificial Colours
Y	T	Y	Y				T			Y		

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1310	1180
Energy (Cal)	313	283
Protein (g)	17.5	15.8
Fat, total (g)	15.7	14.2
Saturated Fat (g)	8.0	7.2
Carbohydrate (g)	24.3	21.9
Sugars (g)	2.3	2.1
Sodium (mg)	566	511

## BREAKFAST (Continued)

### Sausage & Egg McMuffin®

ENGLISH MUFFIN: **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, **Wheat Gluten**, Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver (**Soy** Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat** Malt Flour, Enzymes (1100 - Wheat), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e).

SAUSAGE PATTY: Beef, Salt, Maltodextrin, Sugar, Spices (Pepper, Chili, Rosemary, Bay, Nutmeg, Coriander), Vegetable Powders (Garlic, Onion), Anti-caking Agent (341) Hydrolysed Vegetable Protein (**Soy**), Spice Extracts (**Soybean**, Sunflower), Vegetable (Canola) Oil.

EGG: **Egg**.

CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, **Butter**, Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a, 160c), **Soy** Lecithin (322)

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

Contains gluten, egg, milk and soy.

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

SAUSAGE PATTY 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.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1620	1010
Energy (Cal)	387	242
Protein (g)	23.6	14.8
Fat, total (g)	21.2	13.3
Saturated Fat (g)	9.7	6.1
Carbohydrate (g)	24.4	15.3
Sugars (g)	2.5	1.5
Sodium (mg)	609	381

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

## DESSERTS

### Apple Pie

APPLE PIE: Apple (Antioxidants (300, 330)), **Wheat** Flour, Water, Sugar, Modified Starch (1412, 1422, 1442), Margarine (Palm Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (270, 330), Antioxidant (304), Natural Flavour, Natural Colour (160a)), **Whey** Powder (**Milk**), Iodised Salt, Dextrose, Ground Cinnamon, Mixed Spices, Lemon Juice Concentrate, Ground Nutmeg, Vegetable Gum (466), Baking Powder (Raising Agents (450, 500), **Wheat** Starch, Mineral Salt (170)), Thickener (415), Natural Flavour.

Contains gluten, milk and soy.

APPLE PIES are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk and soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1080	1240
Energy (Cal)	257	296
Protein (g)	2.2	2.5
Fat, total (g)	14.8	17.0
Saturated Fat (g)	2.6	3.0
Carbohydrate (g)	28.2	32.4
Sugars (g)	9.7	11.2
Sodium (mg)	137	157

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

### Birthday Cake - Icecream

Water, Dairy Ingredients (Reconstituted Skim **Milk**, **Milk** Solids, **Butter** and/or **Cream**), Sugar, Glucose Syrup (derived from Corn), Maltodextrin, Vegetable Oil, Cocoa Solids, Vegetable Origin Emulsifiers (477, 471 (**Soy**), 322 (**Soy**), 492), Vegetable Gum (412), Flavours, Colours (120, 141, 160c, 100).

Contains milk and soy.

ICE CREAM CAKE is made on equipment that also processes products containing gluten, peanuts and tree nuts.

Per Slice		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	335	761
Energy (Cal)	80	182
Protein (g)	0.8	1.9
Fat, total (g)	2.9	6.6
Saturated Fat (g)	2.3	5.2
Carbohydrate (g)	12.5	28.5
Sugars (g)	10.1	23.0
Sodium (mg)	40	92

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

### McDonaldland Cookies®

**Wheat** Flour, Sugar, Palm Oil, Golden Syrup, Salt, Raising Agent (500), Emulsifier (322 - from **Soy**), Flavour.

Contains gluten and soy.

May contain traces of egg, milk, peanuts, tree nuts and sesame seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1160	1930
Energy (Cal)	277	462
Protein (g)	3.1	5.2
Fat, total (g)	8.2	13.7
Saturated Fat (g)	4.0	6.7
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	Artificial Flavour	Artificial Colours
Y	T	T	Y		T	T	T				Y	

### M&M Minis® McFlurry

SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, **Cream**, Glucose (Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.

OR **Milk**, Sugar, Skim **Milk**, **Milk** Solids, **Cream**, Glucose Syrup (Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.

OR **Milk**, Sugar, **Cream**, Water, Maltodextrin (Maize, Tapioca), Dextrose (Maize), **Milk** Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).

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 (**Wheat**), Colours (171, 133, 129, 110, 102), Vegetable Gum (414), Thickener (Dextrin), Glazing Agent (903).

Contains gluten, milk and soy.

SUNDAE MIX contain traces of sulphites.

MINI M&M'S may contain traces of peanuts and tree nuts.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1710	911
Energy (Cal)	409	218
Protein (g)	7.8	4.2
Fat, total (g)	15.2	8.1
Saturated Fat (g)	9.9	5.3
Carbohydrate (g)	59.1	31.4
Sugars (g)	55.4	29.5
Sodium (mg)	87	46

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

# DESSERTS (Continued)

## Oreo® McFlurry

SUNDAE MIX: **Milk, Milk** Solids, Sugar, Cream, Glucose (Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.

OR: **Milk**, Sugar, Skim **Milk, Milk** Solids, **Cream**, Glucose Syrup (Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavours.

OR: **Milk**, Sugar, **Cream**, Water, Maltodextrin (Maize, Tapioca), Dextrose (Maize), **Milk** Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).

OREO COOKIE PIECES: **Wheat** Flour, Sugar, Vegetable Oil (Palm Oil and Palm Kernel Oil (319)), Cocoa Powder, Starch, Invert Syrup, Salt, Leavening Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Emulsifier (**Soy** Lecithin), Flavour.

Contains gluten, milk and soy.

SUNDAE MIX contain traces of sulphites.

OREO COOKIE PIECES may contain TRACES of egg, peanuts and sesame seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1380	803
Energy (Cal)	330	192
Protein (g)	6.9	4.0
Fat, total (g)	11.8	6.9
Saturated Fat (g)	7.5	4.4
Carbohydrate (g)	48.3	28.1
Sugars (g)	40.1	23.3
Sodium (mg)	145	84

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

## Soft Serve Cone

SUNDAE MIX: **Milk, Milk** Solids, Sugar, Cream, Glucose (Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.

OR: **Milk**, Sugar, Skim **Milk, Milk** Solids, **Cream**, Glucose Syrup (Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavours.

OR: **Milk**, Sugar, **Cream**, Water, Maltodextrin (Maize, Tapioca), Dextrose (Maize), **Milk** Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).

CONE: **Wheat** Flour, **Wheaten** Cornflour, Vegetable Oil (Coconut), Emulsifier (322-**Soy**), Salt, Mineral Salt (500).

Contains gluten, milk and soy.

SUNDAE MIX contain traces of sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	615	695
Energy (Cal)	147	166
Protein (g)	3.7	4.1
Fat, total (g)	4.5	5.1
Saturated Fat (g)	3.1	3.5
Carbohydrate (g)	22.5	25.4
Sugars (g)	18.4	20.8
Sodium (mg)	47	53

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

## Soft Serve Cone with Flake®

SUNDAE MIX: **Milk, Milk** Solids, Sugar, **Cream**, Glucose (Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.

OR: **Milk**, Sugar, Skim **Milk, Milk** Solids, **Cream**, Glucose Syrup (Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavours.

OR: **Milk**, Sugar, **Cream**, Water, Maltodextrin (Maize, Tapioca), Dextrose (Maize), **Milk** Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).

FLAKE: Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Flavours, Emulsifier (**Soy** Lecithin).

CONE: **Wheat** Flour, **Wheaten** Cornflour, Vegetable Oil (Coconut), Emulsifier (322-**Soy**), Salt, Mineral Salt (500).

Contains gluten, milk and soy.

FLAKE may contain TRACES of peanuts and tree nuts.

SUNDAE MIX contain traces of sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	804	828
Energy (Cal)	192	198
Protein (g)	4.3	4.5
Fat, total (g)	7.1	7.3
Saturated Fat (g)	4.7	4.8
Carbohydrate (g)	27.3	28.2
Sugars (g)	23.1	23.8
Sodium (mg)	54	55

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

## Caramel Sundae

SUNDAE MIX: **Milk, Milk** Solids, Sugar, **Cream**, Glucose (Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.

OR: **Milk**, Sugar, Skim **Milk, Milk** Solids, Cream, Glucose Syrup (Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavours.

OR: **Milk**, Sugar, **Cream**, Water, Maltodextrin (Maize, Tapioca), Dextrose (Maize), **Milk** Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).

CARAMEL TOPPING: Glucose Corn Syrup, Whole Sweetened Condensed **Milk (Milk, Milk)** Powder, Sugar, **Lactose**, High Fructose Corn Syrup, Shortening (Palm Oil, Antioxidant (307)), Water, Sugar, Thickeners (401, 440), Salt, Stabiliser (339), Flavouring.

Contains milk.

SUNDAE MIX contain traces of sulphites.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1480	842	2290	921
Energy (Cal)	353	201	546	220
Protein (g)	5.8	3.3	7.6	3.1
Fat, total (g)	8.8	5.0	12.5	5.0
Saturated Fat (g)	6.0	3.5	8.5	3.4
Carbohydrate (g)	61.1	34.9	98.6	39.7
Sugars (g)	45.1	25.7	68.1	27.4
Sodium (mg)	121	69	200	80

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

## Hot Fudge Sundae

SUNDAE MIX: **Milk, Milk** Solids, Sugar, **Cream**, Glucose (Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.

OR: **Milk**, Sugar, Skim **Milk, Milk** Solids, **Cream**, Glucose Syrup (Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavours.

OR: **Milk**, Sugar, **Cream**, Water, Maltodextrin (Maize, Tapioca), Dextrose (Maize), **Milk** Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).

HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (**Soy** Lecithin), Whole Sweetened Condensed **Milk (Milk, Milk)** Powder, Sugar, **Lactose**, Cocoa Powder, Whole **Milk** Powder, Thickeners (1422, 401), Salt, Stabiliser, Flavouring, Preservative (202).

Contains milk and soy.

SUNDAE MIX contain traces of sulphites.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1490	865	2320	954
Energy (Cal)	357	207	555	228
Protein (g)	6.2	3.6	8.3	3.4
Fat, total (g)	9.9	5.7	14.5	6.0
Saturated Fat (g)	7.3	4.2	10.9	4.5
Carbohydrate (g)	59.9	34.7	96.2	39.5
Sugars (g)	49.2	28.5	76.5	31.4
Sodium (mg)	116	67	190	78

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

## DESSERTS (Continued)

### Plain Sundae

SUNDAE MIX: **Milk, Milk** Solids, Sugar, **Cream**, Glucose (Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.

OR: **Milk**, Sugar, **Skim Milk, Milk** Solids, **Cream**, Glucose Syrup (Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavours.

OR: **Milk**, Sugar, **Cream**, Water, Maltodextrin (Maize, Tapioca), Dextrose (Maize), **Milk** Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).

Contains milk.

SUNDAE MIX contain traces of sulphites.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	879	651	1090	651
Energy (Cal)	210	156	261	156
Protein (g)	5.3	3.9	6.6	3.9
Fat, total (g)	6.9	5.1	8.6	5.1
Saturated Fat (g)	4.7	3.5	5.9	3.5
Carbohydrate (g)	31.2	23.1	38.8	23.1
Sugars (g)	29.2	21.6	36.3	21.6
Sodium (mg)	57	42	71	42

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

### Strawberry Sundae

SUNDAE MIX: **Milk, Milk** Solids, Sugar, **Cream**, Glucose (Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.

OR: **Milk**, Sugar, Skim **Milk, Milk** Solids, **Cream**, Glucose Syrup (Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavours.

OR: **Milk**, Sugar, **Cream**, Water, Maltodextrin (Maize, Tapioca), Dextrose (Maize), **Milk** Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).

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).

Contains milk.

SUNDAE MIX contain traces of sulphites.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1240	727	1830	759
Energy (Cal)	298	174	436	181
Protein (g)	5.6	3.3	7.2	3.0
Fat, total (g)	6.9	4.0	8.6	3.6
Saturated Fat (g)	4.7	2.8	5.9	2.5
Carbohydrate (g)	52.2	30.5	80.9	33.6
Sugars (g)	47.0	27.4	71.9	29.9
Sodium (mg)	59	34	75	31

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

### Yoghurt - Petit Miam Strawberry

**Milk, Milk** Solids, Water, Strawberry, Sugar, Apple Juice, Modified Starch (1442), Mineral Calcium (341), Natural Flavors, Black Carrot and Blackcurrant Concentrate, Acidity Regulators (331, 296), Vitamins D, Yoghurt Cultures (S.Thermophilus, L.Bulgaricus & B.Lactis).

Contains milk.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	213	304
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

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