

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

Information correct as at 11th May 2015

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

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

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

Food Sensitivities and Preferences

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

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

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

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

Create Your Taste - BEEF

Home-style Oz Burger

BAKERY BUN: Wheat Flour, Water, Yeast, Improver, Salt, Canola Oil, Alphamalt.

BEEF PATTY: Angus Beef.

TOMATO CHILLI JAM: Sugar, Reconstituted Apple Pulo, Spices fincluding Chilli Peoperl, Chilli Paste fChilli, Food Acid (260)), Vinegar, Water, Onion Puree, Diced Tomato, Salt, Food Acid (330), Calcium Chloride (509)), Thickener (1422), Minced Garlic (Food Acid (260)), Salt, Vegetable Protein (a) Gum (415), Yeast Extract, Food Acid (330), Spice Extract (160c).

HERB AIOL: Canola Oil [Antioxidant (307b - Soy)], Water, Vinegar, Glucose Syrup (Wheat Derived), Herbs, Garlic, Whole Egg, Milk Protein Concentrate, Dijon Mustard [Acidity Regulator (260)], Acidity Regulator (575), Egg Yolk, Oat Fibre, Mustard [Food Acids (260, 330), Colours (150c, 160a)], Flavour Enhancer (635), Flavourings (Milk), Emulsifiers (Soy Lecithin, 435), Colour (171), Mineral Salt (508), Preservatives (202, 211), Salt, Thickener (1442), Vegetable Gum (415).

NATURAL CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Rennet, Lipase.

RASHER BACON: Pork, Water, Salt, Sugar, Mineral Salts (450, 451), Dextrose, Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Spice Extract.

BEETROOT SLICE: Beetroot, Water, Sugar, Salt, Food Acid (260).

FOMATO SLICE: Tomatoes.

WHOLE LEAF LETTUCE: Lettuce.

CARAMELISED GRILLED ONION: Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice.

BUTTER OIL: Milk Fat.

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

Beef patty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil. Beef may be cooked on the same grill as egg.

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

Chipotle Burger

BAKERY BUN: Wheat Flour, Water, Yeast, Improver, Salt, Canola Oil, Alphamalt.

CHIPOTLE MAYONNAISE: Canola Oil (Antioxidant (307b - Soy)), Water, Vinegar, Whole Egg. Molasses, Spices, Dijon Mustard [Acidity Regulator (260)), Egg Yolk, Milk Protein Concentrate, Lime Juice (Preservative (220)), Chipotle Powder, Acidity Regulator (575), Soy Sauce Soy Beans, Wheat, Food Acids (260, 262, 270)], Salt, Sugar, Flavour Enhancer (635), Flavourings Milk), Emulsifier (Soy Lecithin, 435), Yeast Extract, Colour (171), Vegetable Gum (415), Oat Fibre, Preservatives (202, 211),

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

COLBY JACK CHEESE: Milk, Cheese Cultures, Salt, Enzymes, Colour (160b).

TOMATO SLICE: Tomatoes.

WHOLE LEAF LETTUCE: Lettuce.

RED ONION: Red Onion.

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

BUTTER OIL: Milk Fat.

ontains gluten, egg, milk & soy. Traces of sesame seeds & sulphites.

Beef patty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil. Beef may be cooked on the same grill as egg.

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

Classic Cheese

BRIOCHE-STYLE BUN: Wheat Flour (Thiamin, Folate), Water, Sugar, Yeast, Glaze (Water, Vegetable Proteins, Vegetable Oils, Dextrose, Maltodextrin, Maize Starch)Wheat Gluten, Dextrose (contains Sulphites), Vegetable Oils (Antioxidant (330)), Iodised Salt, Emulsifier (170, 471, 472e), Flavours, Improver [Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidants (300, 516), Enzymes), Preservative (282), Antioxidant (300), Colour (160a)], Enzyme (1100).

ANGUS BEEF: Beef (100%).

CARAMELISED GRILLED ONION Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice.

DIJONNAISE MUSTARD: Sovbean Oil (Antioxidant (320)), Water, Prepared Mustard IWater, Vineoar, Mustard Seed, Salt. White Wine, Acidity Regulators (330 334) Colour (100), Soices, Vineoar Eog Yolk, Sugar, Thickeners (1442 415), Mustard Seeds, Salt. Mustard Flour, Flavour,

Preservative (202), Acidity Regulator (270), Colours (150c,100), Antioxidant (385).

SWISS CHEESE: Skim Milk, Cultures, Salt, Enzymes.

RASHER BACON: Pork, Water, Salt, Sugar, Mineral Salts (450, 451), Dextrose, Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Spice Extract.

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

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

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

BUTTER OIL: Milk Fat.

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

Beef patty seasoned on grill. Seasoning: Salt, Pepper, **Soy** Oil. Beef may be cooked on the same grill as egg.

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

eservative	Flavour	Colours	
Υ	Υ	Y	
		Avg Qty /Serve	Avg Qty /100g
Energy (kJ))	3290	1030

Avg Qty

/100g

977

234

10.3

14.0

6.3

16.1

4.1

366

248

9.5

15.6

5.8

16.7

1.7

307

555

Avg Qty /Serve

3290

790

34.6

47.3

21.1

54.2

13.7

1230

789

30.1

49.5

18.5

53.2

5.5

975

Energy (kJ)

Energy (Cal)

Fat, total (g)

Sugars (g)

Sodium (mg)

Energy (Cal)

Protein (g)

Fat. total (g)

Sugars (g)

Sodium (mg)

Sodium (mg)

Saturated Fat (q)

Carbohydrate (g)

Saturated Fat (a)

Carbohydrate (g)

1	Υ	Υ	
		Avg Qty /Serve	Avg Qty /100g
Energy (kJ)		3270	1280
Energy (Cal)		784	306
Protein (g)		39.7	15.5
Fat, total (g)		50.2	19.6
Saturated Fa	at (g)	22.8	8.9
Carbohydrat	e (g)	42.0	16.4
Sugars (g)		11.8	4.6

1420

¹ D												I I	Avg Qty
<u>Bun</u>												Avg Qty /Serve	/100g
										Energy (kJ	l)	895	1210
BRIOCHE-STYLE BUN: Wheat Flour (Thiamin, Folate), Water, Sugar, Yeast, Glaze (Water, Vegetable Proteins, Vegetable Oils,					ten, Dextrose (contains	Sulphites), V	egetable Oils (Antioxidant (330)), lodised	Salt, Emulsifier (170, 471	, 472e), Energy (Ca	al)	215	290
Flavours, Improver [Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidants (300, 516), Enzymes), Preservative (282), Anti BUTTER OIL: Milk Fat	oxidant (300)), Colour (16	60a)], Enzyn	ne (1100).									
Contains gluten, milk & soy. Traces of sesame seeds & sulphites.													
BAKERY BUN: Wheat Flour, Water, Yeast, Improver, Salt, Canola Oil, Alphamalt.										Energy (kJ	I)	832	1040
<u>SAKERY BOIN:</u> wheat Flour, water, meast, improver, Sait, Canola Oil, Alphamait. BUTTER OIL: Milk Fat										Energy (Co	,	198	248
Contains gluten & milk. Traces of sesame seeds & sulphites.											/	100	2.10
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
Brioche-Style Bun Bakery Bun	Y		Y	Y				T T	T	Y	Y	Y	
ake it Cheesy				1			l l	· · · · · · · · · · · · · · · · · · ·	1	1	_1	Avg Qty /Serve	Avg Qt
-										Ie a			/100g
NATURAL CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Rennet, Lipase. Contains milk.										Energy (k. Energy (Ca		246 59	1690 403
VIIQUIO ITIIII.										Lifeigy (Co	uij	JJ	403
SWISS CHEESE: Skim Milk, Cultures, Salt, Enzymes.										Energy (kJ		246	1640
Contains milk.										Energy (Ca	al)	59	394
COLBY JACK CHEESE: Milk, Cheese Cultures, Salt, Enzymes, Colour (160b).										Faces (k	I)	239	1590
Contains milk.										Energy (k. Energy (Ca		57	381
											/		
SHAVED PARMESAN CHEESE: Parmesan Cheese (Milk, Salt, Cultures, Enzyme), Anti-caking Agent (460), Preservative (200).										Energy (kJ		81	1620
Contains milk.										Energy (Ca	al)	19	388
MCDONALD'S CLASSIC CHEESE: Cheese (Milk, Salt, Culture, Enzyme (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifie	ars (340 45)	2 331) Salt	Acidity Rea	ulators (260	330 339) Colours (160h	160c) Presi	envative (200) S	ov Lecithin		Energy (kJ	I)	205	246
noboriviza o estrocio enterest. enteres (mini, esti, estidio, enzyme (nomio, elpasoy), water, mini estidio, batter , entalollic Contains milk & soy.	213 (040, 402	, 00 1), Ouit,	ricially rice	ulators (200,	500, 500), 5010413 (1002	, 1000), 1100	01 400 (200),6	by Lookini.		Energy (Ca		49	59
<u> </u>												49	59
										1 07 (39
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	39
Natural Cheddar	Gluten	Eggs	Y	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	1 07 (Flavour		39
Swiss Cheese	Gluten	Eggs	Y	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	1 07 (Flavour	Colours	39
	Gluten	Eggs	Y	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	1 07 (Flavour		59
Swiss Cheese Colby Jack Cheese	Gluten	Eggs	Y Y Y	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
Swiss Cheese Colby Jack Cheese Shaved Parmesan Cheese McDonald's Classic Cheese	Gluten	Eggs	Y Y Y		Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative Y	Flavour	Colours	Avg Qty
Swiss Cheese Colby Jack Cheese Shaved Parmesan Cheese	Gluten	Eggs	Y Y Y		Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative Y Y		Colours Y	Avg Qty /100g 1260
Swiss Cheese Colby Jack Cheese Shaved Parmesan Cheese McDonald's Classic Cheese Make it Tasty BEEFPATTY: Angus Beef.	Gluten	Eggs	Y Y Y		Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative Y		Y Y Avg Qty /Serve	Avg Qty /100g
Swiss Cheese Colby Jack Cheese Shaved Parmesan Cheese McDonald's Classic Cheese Make it Tasty BEEFPATTY: Angus Beef. Beef patty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil. Beef may be cooked on the same grill as egg.			Y Y Y Y		Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative Y Y Y Energy (k.	J)	Y Y Avg Qty /Serve 1070 256	Avg Qt /100g 1260 301
Swiss Cheese Colby Jack Cheese Shaved Parmesan Cheese McDonald's Classic Cheese McDonald's Classic Cheese Meet it Tasty BEEFPATTY: Angus Beef. Beef palty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil. Beef may be cooked on the same grill as egg. RASHER BACON: Pork, Water, Salt, Sugar, Mineral Salts (450, 451), Dextrose, Antioxidant (316), Acidity Regulator (330), Sodit			Y Y Y Y		Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative Y Y Y Energy (k.) Energy (k.)	J) aal)	Y Avg Qty /Serve 1070 256	Avg Qt /100g 1260 301
Swiss Cheese Colby Jack Cheese Shaved Parmesan Cheese McDonald's Classic Cheese Make it Tasty BEEFPATTY: Angus Beef. Beef patty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil. Beef may be cooked on the same grill as egg.			Y Y Y Y		Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative Y Y Y Energy (k.	J) aal)	Y Y Avg Qty /Serve 1070 256	Avg Qt /100g 1260 301
Swiss Cheese Colby Jack Cheese Shaved Parmesan Cheese McDonald's Classic Cheese McDonald's Cheese McDonald's Cheese McDonald's Cheese McDonald's Cheese McDonald's Cheese McDo	um Nitrite (2	50), Spice E.	Y Y Y Y		Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative Y Y Y Energy (k.) Energy (k.)	J) aal)	Y Avg Qty /Serve 1070 256	Avg Qt /100g 1260 301
Swiss Cheese Colby Jack Cheese Shaved Parmesan Cheese McDonald's Classic Cheese McDonald's Cheese Mc	um Nitrite (2	50), Spice E.	Y Y Y Y		Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative Y Y Y Energy (k. Energy (c.	(l) (al) (al) (al) (al) (al) (al) (al) (Y Y Avg Qty /Serve 1070 256 148 36	Avg Qt /100g 1260 301 1060 254
Swiss Cheese Colby Jack Cheese Shaved Parmesan Cheese McDonald's Classic Cheese McDonald's Class	um Nitrite (2	50), Spice E.	Y Y Y Y		Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative Y Y Energy (k., Energy (k., Energy (k., Energy (k., Energy (k., Energy (c.,)) (aal) (b) (aal) (b) (c) (d) (d) (d) (d) (d) (d) (d) (d) (d) (d	Y Y Avg Qty /Serve 1070 256 148 36 302 73	Avg Qtt /100g 1260 301 1060 254 2320 558
Swiss Cheese Colby Jack Cheese Shaved Parmesan Cheese McDonald's Classic Cheese McDonald's Class	um Nitrite (2	50), Spice E.	Y Y Y Y		Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative Y Y Energy (k.i)) ail) l) aal)	Y Y Avg Qty /Serve 1070 256 148 36 373 308	Avg Qt; /100g 1260 301 1060 254 2320 558
Swiss Cheese Colby Jack Cheese Shaved Parmesan Cheese McDonald's Classic Cheese lake it Tasty SEEFPATTY: Angus Beef. Seef patty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil. Beef may be cooked on the same grill as egg. SASHER BACON: Pork, Water, Salt, Sugar, Mineral Salts (450, 451), Dextrose, Antioxidant (316), Acidity Regulator (330), Sodic accon may be cooked on the same grill as egg. SRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate (339), Sodium Erythorbate (316), Sodicacon may be cooked on the same grill as egg. GG: Egg, Oil (Canola Oil, Soy Lecithin, Flavour, Colour (160a), Acidity Regulator (330)).	um Nitrite (2	50), Spice E.	Y Y Y Y		Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative Y Y Energy (k., Energy (k., Energy (k., Energy (k., Energy (k., Energy (c.,)) ail) l) aal)	Y Y Avg Qty /Serve 1070 256 148 36 302 73	Avg Qtt /100g 1260 301 1060 254 2320 558
Swiss Cheese Colby Jack Cheese Shaved Parmesan Cheese McDonald's Classic Cheese McDonald's Class	um Nitrite (2	50), Spice E.	Y Y Y Y		Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative Y Y Energy (k.,)) (a)) (a)) (b)) (a)) (c))	Colours Y Avg Qty /Serve 1070 256 148 36 302 73 308 74	Avg Qty /1009 1260 301 1060 254 2320 558 629 151
Swiss Cheese Colby Jack Cheese Shaved Parmesan Cheese McDonald's Classic Cheese McDonald's Class	um Nitrite (2	50), Spice E.	Y Y Y Y		Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative Y Y Y Energy (k. Energy (C. Energy (C. Energy (C. Energy (C. Energy (C.))) (a)) (a)) (b)) (a)) (c))	Y Avg Qty /Serve 1070 256 148 36 302 73 308 74	Avg Qh /100g 1260 301 1060 254 2320 558 629 151
Swiss Cheese Colby Jack Cheese Shaved Parmesan Cheese McDonald's Classic Cheese McDonald's Classic Cheese Meet it Tasty BEEFPATTY: Angus Beef. Beef palty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil. Beef may be cooked on the same grill as egg. RASHER BACON: Pork, Water, Salt, Sugar, Mineral Salts (450, 451), Dextrose, Antioxidant (316), Acidity Regulator (330), Sodit	um Nitrite (2	50), Spice E	Y Y Y Y Y Y A xtract.	Y		Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative Y Y Energy (k.,)) (i) (ii) (iii)	Colours Y Avg Qty /Serve 1070 256 148 36 302 73 308 74	Avg Qty /1009 1260 301 1060 254 2320 558 629 151

												Avg Qty /Serve	Avg Qty /100g
TORTILLA STRIPS: Corn Flour, Vegetable Oil, Water, Salt										Energy (kJ)	257	2140
Traces of milk										Energy (Ca		61	511
											/		
GRILLED MUSHROOMS: Mushrooms, Sautéed Mushroom Flavour (Wheat, Soy), Vegetable Oil (Soy) Oil (Canola Oil, Soy Lecit	hin, Flavour	r, Colour (16	0a), Acidity F	Regulator (33	0)].					Energy (kJ)	48	239
Contains gluten & soy. Mushrooms may be cooked on the same grill as egg.										Energy (Ca	al)	11	57
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
Angus Beef		T		Y									
Rasher Bacon		T											
Crispy Bacon		T								Υ	Υ		
Egg		Y		Υ							Υ	Υ]
Guacamole]
Grilled Pineapple		T		Y							Y	Υ	
Tortilla Strips			T										
Grilled Mushrooms	Y	T		Υ							Y	Υ	<u> </u>
Freshen it Up												Avg Qty /Serve	/100g
WHOLE LEAF LETTUCE: Cos Lettuce.									·	Energy (kJ		16	78
										Energy (Ca	al)	4	19
TOMATO OLICE Tt										I			
TOMATO SLICE: Tomatoes.										Energy (kJ		28	63
										Energy (Ca	al)	/	15
CARAMELISED GRILLED ONION Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, C	nion nowd	or Maltadayi	trin Elavoure	Cnico						Energy (kJ	١	72	514
Contains soy. Onions may be cooked on the same grill as egg.	mon power	er, ivialiouexi	uiii, riavouis	, Spice.						Energy (Ca		17	123
Contains say. Onlons may be cooked on the same grill as egg.										Lifeigy (O	11)	- 17	123
BEETROOT SLICE: Beetroot, Water, Sugar, Salt, Food Acid (260).										Energy (kJ)	28	185
										Energy (Ca		7	44
											/		
RED ONION: Red Onion.										Energy (kJ)	18	133
										Energy (Ca		4	32
												•	
LONG PICKLE: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.										Energy (kJ		4	35
										Energy (Ca	al)	1	8
JALAPENOS: Jalapeno Peppers, Water, Vinegar, Salt, Acidity Regulators (296, 270), Firming Agent (509), Preservatives (211, 2	23), Colour	(102)								Energy (kJ		13	66
										Energy (Ca	al)	3	15
г	01.1	-	1 1400		F 1 0 0 1	I .		0 0 1	0.117	1 5 "	T =:		
Whole Leaf Lettuce	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	-
Whole Lear Lettuce Tomato Slice			1	1	 	1	 		1	+			
Caramelised Grilled Onion		Т		Y	 	1	 		 	1	Y		
Beetroot Slice		-	1	 ' -		<u> </u>				+	+ '-		
Red Onion			1			<u> </u>				+			
Long Pickle					1	1	 			Y	Y		
Jalapenos				1						Y	† ·	Y	

Make it Saucy												Avg Qty /Serve	Avg Qty
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring Soybean Oil).										Energy (k.	J)	81	478
Contains soy.										Energy (C	al)	19	114
,										1 0,1			
										Energy (k.	J)	275	1830
DIJONNAISE MUSTARD: Soybean Oil (Antioxidant (320)), Water, Prepared Mustard [Water, Vinegar, Mustard Seed, Salt, Whi	ite Wine, Aci	dity Regulato	ors (330,334)) Colour (100)), Spices], Vinegar Egg \	Yolk, Sugar, T	hickeners (144)	2,415), Mustard Seeds, Sali	t, Mustard Flour, Flavour,		•		
Preservative (202), Acidity Regulator (270), Colours (150c,100), Antioxidant (385). Contains egg & soy.										Energy (C	aı)	66	438
												Avg Qty /Serve	
										Energy (k.		71	642
BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, Worcestershire (Gluten & Fis	sh), Colour (1	150c), Onion	, Garlic, Spic	es, Preservative (202), V	egetable Gur	n (415), Smoke	Flavour.		Energy (C	al)	17	153
Traces of gluten & fish.													
										I=//-	<u>n</u>	1 005	4475
				(445) 5			(400)3.47			Energy (k.		295	1475
BIG MAC SPECIAL SAUCE: Soybean Oil (Antioxidant [330]), Water, Relish [Pickles, Sugar, High Fructose Corn Syrup, Distilled										Energy (C	aı)	71	357
150d), SpiceJ, Salted Egg Yolks, (Egg Yolks, Salt), Distilled Vinegar, Onion, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hy Contains gluten, egg & soy.	yaroiyzed Pr	oteins (Corn	Giuten, Wh	eat and Soy)	, Colours (160c, 150d, 1	υυ), Preserva	tive (211), Emu	isiner (433), Garlic, Antioxic	iant (385).				
Contains gruten, egg & soy.													
										Energy (k.	J)	351	2340
CHIPOTLE MAYONNAISE: Canola Oil [Antioxidant (307b, Soy)], Water, Vinegar, Whole Egg, Molasses, Spices, Dijon Mustard	[Acidity Rea	ulator (260)1	Egg Volk M	Milk Protein C	oncentrate Lime Juice [Proconyativa /	220\1 Chinotle	Powder Acidity Regulator (575) Sov Sauce (Sov Beans	Energy (C		84	560
Wheat, Food Acids (260, 262, 270)], Salt, Sugar, Flavour Enhancer (635), Flavourings Milk), Emulsifier (Soy Lecithin, 435), Ye Contains gluten, egg, milk & soy. Traces of sulphites.													
AIOLI: Canola Oil [Antioxidant (307b, Soy), 319)], Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein (Milk), Minc						or (260)], Acid	lity Regulator (5	75), Mustard [Food Acids (260, 330), Colours (150c, 160a)], \$			427	2140
Flavour Enhancer (635), Oat Fibre, Flavourings (Milk, Sulphite), Emulsifiers (Soy Lecithin, 435), Colour (171), Mineral Salt (50)	8), Vegetabl	e Gum (415)	, Preservativ	es (202, 211)).					Energy (C	al)	104	518
Contains gluten, egg, milk & soy. Traces of sulphites.	Mills Dastain	0	Dii M)	Danislata (57	5) F V-II- O	A Fiber Montand (Food Asi	d- (000, 220), O-l (450, 400)	N = 0		T 244	T 0000
HERB AIOLI: Canola Oil [Antioxidant (307b, Soy)], Water, Vinegar, Glucose Syrup (Wheat Derived), Herbs, Garlic, Whole Egg, Flavour Enhancer (635), Flavourings (Milk, Sulphite), Emulsifiers (Soy Lecithin, 435), Colour (171), Mineral Salt (508), Preserv						Regulator (57	o),Egg Yolk, U	it Fibre, Mustard [Food Acid	18 (200, 330), Colours (150c, 160a	,- <u>U, 1</u>	_	341	2280
	ratives (202,	211), Sait, 1	nickener (14	142), vegetab	ie Gum (415).					Energy (C	al)	82	544
Contains gluten, egg, milk & soy. Traces of sulphites.													
TOMATO CHILLI JAM: Sugar, Reconstituted Apple Pulp, Spices [including Chilli Pepper], Chilli Paste [Chilli, Food Acid (260)], V	Vinegar, Wa	ter, Onion Pu	ree, Diced T	Tomato [Toma	ato, Salt, Food Acid (330)), Calcium Ch	loride (509)], T	nickener (142 25ulphite), Mi	nced Garlic [Food Acid (260)], Sal			143	956
Vegetable Gum (415), Yeast Extract, Food Acid (330), Spice Extract (160c). Traces of sulphites.										Energy (C	al)	34	229
traces of sulprines.													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites P	reservative	Flavour	Colours	
Ketchup	,			Y							Y		
Dijonniase Mustard	l	Y		Υ						Υ	Y	Υ	
BBQ Sauce	T				T - FISH			<u> </u>		Υ	Υ	Υ	1
Big Mac Special Sauce		Υ		Y						Υ		Υ	1
Chipotle Mayonnaise		Y	Υ	Y					Т	Υ	Υ	Υ	
Aioli	Y	Υ	Y	Y		-			T	Υ	Υ	Y	4
Herb Aioli	Y	Y	Y	Υ		-			T	Υ	Υ	Y	4
Tomato Chilli Jam	ıj	1					1		T		1 '	1	ĺ