



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 Pulp, Spices [including Chilli Pepper], Chilli Paste [Chilli, Food Acid (260)], Vinegar, Water, Onion Puree, Diced Tomato [Tomato, Salt, Food Acid (330), Calcium Chloride (509)], Thickener (1422), Minced Garlic [Food Acid (260)], Salt, Vegetable Gum (415), Yeast Extract, Food Acid (330), Spice Extract (160c).																																				
HERB AIOLI: 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).																																				
TOMATO 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.																																				
<i>Contains gluten, egg, milk & soy. Traces of sesame seeds & sulphites.</i>																																				
<i>Beef patty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil. Beef may be cooked on the same grill as egg.</i>																																				
<table><tr><td>Gluten</td><td>Eggs</td><td>Milk</td><td>Soy</td><td>Fish & Crustacea</td><td>Peanuts</td><td>Tree Nuts</td><td>Sesame Seeds</td><td>Sulphites</td><td>Preservative</td><td>Flavour</td><td>Colours</td></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>Y</td><td></td><td></td><td></td><td>T</td><td>T</td><td>Y</td><td>Y</td><td>Y</td></tr></table>													Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Y	Y	Y	Y				T	T	Y	Y	Y
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																									
Y	Y	Y	Y				T	T	Y	Y	Y																									
Chipotle Burger																																				
BAKERY BUN: Wheat Flour, Water, Yeast, Improver, Salt, Canola Oil, Alphamalt.																																				
BEEF PATTY: Angus Beef.																																				
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.																																				
<i>Contains gluten, egg, milk & soy. Traces of sesame seeds & sulphites.</i>																																				
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Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																									
Y	Y	Y	Y				T	T	Y	Y	Y																									
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: Soybean Oil (Antioxidant (320)), Water, Prepared Mustard [Water, Vinegar, Mustard Seed, Salt, White Wine, Acidity Regulators (330,334) Colour (100), Spices], Vinegar Egg 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.																																				
<i>Contains gluten, egg, milk & soy. Traces of sesame seeds & sulphites.</i>																																				
<i>Beef patty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil. Beef may be cooked on the same grill as egg.</i>																																				
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Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																									
Y	Y	Y	Y				T	T	Y	Y	Y																									

Create Your Taste - CONDIMENTS														
Bun												Avg Qty /Serve	Avg Qty /100g	
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). BUTTER OIL: Milk Fat <i>Contains gluten, milk & soy. Traces of sesame seeds & sulphites.</i>												Energy (kJ)	895	1210
												Energy (Cal)	215	290
BAKERY BUN: Wheat Flour, Water, Yeast, Improver, Salt, Canola Oil, Alphamalt. BUTTER OIL: Milk Fat <i>Contains gluten & milk. Traces of sesame seeds & sulphites.</i>												Energy (kJ)	832	1040
												Energy (Cal)	198	248

												Avg Qty /Serve	Avg Qty /100g										
TORTILLA STRIPS: Corn Flour, Vegetable Oil, Water, Salt												Energy (kJ)	257	2140									
<i>Traces of milk</i>												Energy (Cal)	61	511									
GRILLED MUSHROOMS: Mushrooms, Sautéed Mushroom Flavour (Wheat, Soy), Vegetable Oil (Soy) Oil (Canola Oil, Soy Lecithin, Flavour, Colour (160a), Acidity Regulator (330)).												Energy (kJ)	48	239									
<i>Contains gluten & soy. Mushrooms may be cooked on the same grill as egg.</i>												Energy (Cal)	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							Y	Y		
Egg													Y		Y							Y	Y
Guacamole																							
Grilled Pineapple													T		Y						Y	Y	
Tortilla Strips														T									
Grilled Mushrooms												Y	T		Y							Y	Y
Freshen it Up												Avg Qty /Serve		Avg Qty /100g									
WHOLE LEAF LETTUCE: Cos Lettuce.												Energy (kJ)	16	78									
												Energy (Cal)	4	19									
TOMATO SLICE: Tomatoes.												Energy (kJ)	28	63									
												Energy (Cal)	7	15									
CARAMELISED GRILLED ONION: Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion powder, Maltodextrin, Flavours, Spice.												Energy (kJ)	72	514									
<i>Contains soy. Onions may be cooked on the same grill as egg.</i>												Energy (Cal)	17	123									
BEETROOT SLICE: Beetroot, Water, Sugar, Salt, Food Acid (260).												Energy (kJ)	28	185									
												Energy (Cal)	7	44									
RED ONION: Red Onion.												Energy (kJ)	18	133									
												Energy (Cal)	4	32									
LONG PICKLE: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.												Energy (kJ)	4	35									
												Energy (Cal)	1	8									
JALAPENOS: Jalapeno Peppers, Water, Vinegar, Salt, Acidity Regulators (296, 270), Firming Agent (509), Preservatives (211, 223), Colour (102)												Energy (kJ)	13	66									
												Energy (Cal)	3	15									
												Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Whole Leaf Lettuce																							
Tomato Slice																							
Caramelised Grilled Onion													T		Y							Y	
Beetroot Slice																							
Red Onion																							
Long Pickle																				Y	Y		
Jalapenos																					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 (kJ)	81	478									
<i>Contains soy.</i>		Energy (Cal)	19	114									
DIJONNAISE MUSTARD: Soybean Oil (Antioxidant (320)), Water, Prepared Mustard [Water, Vinegar, Mustard Seed, Salt, White Wine, Acidity Regulators (330,334) Colour (100), Spices], Vinegar Egg Yolk, Sugar, Thickeners (1442,415), Mustard Seeds, Salt, Mustard Flour, Flavour, Preservative (202), Acidity Regulator (270), Colours (150c,100), Antioxidant (385).		Energy (kJ)	275	1830									
<i>Contains egg & soy.</i>		Energy (Cal)	66	438									
		Avg Qty /Serve	Avg Qty										
		Energy (kJ)	71	642									
BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, Worcestershire Gluten & Fish), Colour (150c), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour.		Energy (Cal)	17	153									
<i>Traces of gluten & fish.</i>													
BIG MAC SPECIAL 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, Hydrolyzed Proteins (Corn, Gluten, Wheat and Soy), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).		Energy (kJ)	295	1475									
<i>Contains gluten, egg & soy.</i>		Energy (Cal)	71	357									
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).		Energy (kJ)	351	2340									
<i>Contains gluten, egg, milk & soy. Traces of sulphites.</i>		Energy (Cal)	84	560									
AIOLI: Canola Oil [Antioxidant (307b, Soy), 319]], Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein (Milk), Minced Garlic [Food Acids (260, 330)], Vinegar, Dijon Mustard [Acidity Regulator (260)], Acidity Regulator (575), Mustard [Food Acids (260, 330), Colours (150c, 160a)], Salt, Flavour Enhancer (635), Oat Fibre, Flavourings (Milk, Sulphite), Emulsifiers (Soy Lecithin, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).		Energy (kJ)	427	2140									
<i>Contains gluten, egg, milk & soy. Traces of sulphites.</i>		Energy (Cal)	104	518									
HERB AIOLI: 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, Sulphite), Emulsifiers (Soy Lecithin, 435), Colour (171), Mineral Salt (508), Preservatives (202, 211), Salt, Thickener (1442), Vegetable Gum (415).		Energy (kJ)	341	2280									
<i>Contains gluten, egg, milk & soy. Traces of sulphites.</i>		Energy (Cal)	82	544									
TOMATO CHILLI JAM: Sugar, Reconstituted Apple Pulp, Spices [including Chilli Pepper], Chilli Paste [Chilli, Food Acid (260)], Vinegar, Water, Onion Puree, Diced Tomato [Tomato, Salt, Food Acid (330), Calcium Chloride (509)], Thickener (1422 Sulphite), Minced Garlic [Food Acid (260)], Salt, Vegetable Gum (415), Yeast Extract, Food Acid (330), Spice Extract (160c).		Energy (kJ)	143	956									
<i>Traces of sulphites.</i>		Energy (Cal)	34	229									
		Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Ketchup				Y							Y	
	Dijonnaise Mustard		Y		Y						Y	Y	Y
	BBQ Sauce	T				T - FISH					Y	Y	Y
	Big Mac Special Sauce	Y	Y		Y						Y		Y
	Chipotle Mayonnaise	Y	Y	Y	Y					T	Y	Y	Y
	Aioli	Y	Y	Y	Y					T	Y	Y	Y
	Herb Aioli	Y	Y	Y	Y					T	Y	Y	Y
	Tomato Chilli Jam									T			