



McDonald's Australia

Food & Beverage - Allergen - Ingredients - Nutrition Information

Information correct as at April 2021.

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 McCafe 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. 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

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.

Limited Time Offers

Spicy Shaker Seasoning

SPICY SHAKER SEASONING: **Wheat** Flour, Sugar, Salt, Dextrose, Chilli Powder, Acidity Regulator (262), Yeast Extracts, Anticaking Agent (551), Natural Flavour, Colour (160c), Vegetable Oil.

Contains gluten.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	36	1190
Energy (Cal)	9	285
Protein (g)	0.2	6.7
Fat, total (g)	0.1	2.4
Saturated Fat (g)	0	0.3
Carbohydrate (g)	1.7	55
Sugars (g)	1	34.5
Sodium (mg)	211	7020

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

Chicken Salt Seasoning

CHICKEN SALT SHAKER SEASONING: Rice Flour, Maltodextrin, Salt, Vegetable Powders, Natural Flavours, Seaweed Extract, Yeast, Yeast Extract, Vegetable Oil, Anti-Caking Agent (551), Natural Colours (100, 160c), Rosemary Extracts.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	36	1200
Energy (Cal)	9	287
Protein (g)	0.2	6.2
Fat, total (g)	0	1.5
Saturated Fat (g)	0	0.5
Carbohydrate (g)	1.8	60.2
Sugars (g)	0.1	1.9
Sodium (mg)	285	9500

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

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), Thickeners (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 Powder, Thickener (415), Food Acid (270), Preservative (202).

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

Contains gluten, egg, soy and sesame seeds.

BUN is prepared on the same equipment as 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	1030
Energy (Cal)	572	259
Protein (g)	29.3	13.2
Fat, total (g)	29.4	13.3
Saturated Fat (g)	4.3	2
Carbohydrate (g)	46.5	21
Sugars (g)	4.5	2.1
Sodium (mg)	1170	529

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

Limited Time Offers

Flavoured Iced Latte

(Caramel/ Hazelnut/ Vanilla/ White Chocolate)

MILK: Full Cream Milk.

ICE: Water.

FLAVOURED SYRUP:

CARAMEL: Sucrose Syrup (Cane), Water, Flavour, Preservatives (211, 202), Food Acid (330), Colour (150d).

or HAZELNUT: Sucrose Syrup (Cane), Water, Flavours, Preservatives (211, 202), Food Acid (330).

or VANILLA: Sucrose Syrup (Cane), Water, Flavour, Preservatives (211, 202), Food Acid (330), Colour (150d).

or WHITE CHOCOLATE: Sucrose Syrup (Cane), Water, Flavour, Preservatives (211, 202), Food Acid (330).

COFFEE: Roasted and Grounded Coffee Beans.

Contains milk, caffeine and traces of sulphites.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	875	264	1310	269	1750	276
Energy (Cal)	209	63	314	64	418	66
Protein (g)	6.8	2.1	10.3	2.1	13.7	2.2
Fat, total (g)	7.9	2.4	11.8	2.4	15.7	2.5
Saturated Fat (g)	5.2	1.6	7.7	1.6	10.3	1.6
Carbohydrate (g)	27.6	8.3	41.4	8.5	55.2	8.7
Sugars (g)	27.5	8.3	41.3	8.5	55.0	8.7
Sodium (mg)	86	26	128	26	171	27

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

Flavoured Iced Latte - Skim

(Caramel/ Hazelnut/ Vanilla/ White Chocolate)

SKIM MILK: Skim Milk, Milk Solids Non Fat.

ICE: Water.

FLAVOURED SYRUP:

CARAMEL: Sucrose Syrup (Cane), Water, Flavour, Preservatives (211, 202), Food Acid (330), Colour (150d).

or HAZELNUT: Sucrose Syrup (Cane), Water, Flavours, Preservatives (211, 202), Food Acid (330).

or VANILLA: Sucrose Syrup (Cane), Water, Flavour, Preservatives (211, 202), Food Acid (330), Colour (150d).

or WHITE CHOCOLATE: Sucrose Syrup (Cane), Water, Flavour, Preservatives (211, 202), Food Acid (330).

COFFEE: Roasted AND Ground Coffee Beans.

Contain milk, caffeine and traces of sulphites.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	604	186	906	190	1210	195
Energy (Cal)	144	44	216	45	289	47
Protein (g)	7.2	2.2	10.8	2.3	14.4	2.3
Fat, total (g)	0.2	0.1	0.3	0.1	0.4	0.1
Saturated Fat (g)	0.2	0.1	0.3	0.1	0.4	0.1
Carbohydrate (g)	27.9	8.6	41.8	8.8	55.7	9.0
Sugars (g)	27.8	8.6	41.8	8.7	55.7	9.0
Sodium (mg)	89	27	133	28	178	29

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

Flavoured Iced Latte - Soy

(Caramel/ Hazelnut/ Vanilla/ White Chocolate)

SOY MILK: Filtered Water, Whole Soybean, Raw Sugar, Minerals (Calcium Phosphate), Vegetable gums (460, 407, 466), Flavour, Sea Salt, Food Acids (340, 331).

ICE: Water.

FLAVOURED SYRUP:

CARAMEL: Sucrose Syrup (Cane), Water, Flavour, Preservatives (211, 202), Food Acid (330), Colour (150d).

or HAZELNUT: Sucrose Syrup (Cane), Water, Flavours, Preservatives (211, 202), Food Acid (330).

or VANILLA: Sucrose Syrup (Cane), Water, Flavour, Preservatives (211, 202), Food Acid (330), Colour (150d).

or WHITE CHOCOLATE: Sucrose Syrup (Cane), Water, Flavour, Preservatives (211, 202), Food Acid (330).

COFFEE: Roasted and Grounded Coffee Beans.

Contains soy, caffeine and traces of sulphites.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	662	201	994	205	1340	210
Energy (Cal)	158	48	237	49	320	50
Protein (g)	6.2	1.9	9.2	1.9	12.4	2.0
Fat, total (g)	3.7	1.1	5.5	1.1	7.4	1.2
Saturated Fat (g)	0.6	0.2	0.9	0.2	1.2	0.2
Carbohydrate (g)	24.2	7.4	36.3	7.5	48.9	7.7
Sugars (g)	21.9	6.7	32.9	6.8	44.3	7.0
Sodium (mg)	144	44	216	45	291	46

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

Flavoured Iced Latte - Almond

(Caramel/ Hazelnut/ Vanilla/ White Chocolate)

ALMOND MILK: Filtered Water, Whole Almonds, Raw Sugar, Sunflower Oil, Emulsifier (471, 322), Natural Flavour, Vegetable Gum (407, 418), Food Acid (330), Sea Salt.

ICE: Water.

FLAVOURED SYRUP:

CARAMEL: Sucrose Syrup (Cane), Water, Flavour, Preservatives (211, 202), Food Acid (330), Colour (150d).

or HAZELNUT: Sucrose Syrup (Cane), Water, Flavours, Preservatives (211, 202), Food Acid (330).

or VANILLA: Sucrose Syrup (Cane), Water, Flavour, Preservatives (211, 202), Food Acid (330), Colour (150d).

or WHITE CHOCOLATE: Sucrose Syrup (Cane), Water, Flavour, Preservatives (211, 202), Food Acid (330).

COFFEE: Roasted and Grounded Coffee Beans.

Contains caffeine, tree nuts and traces of sulphites.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	632	194	948	198	1260	203
Energy (Cal)	151	46	227	47	302	49
Protein (g)	6.0	1.9	9.0	1.9	12.0	1.9
Fat, total (g)	3.2	1.0	4.8	1.0	6.4	1.10
Saturated Fat (g)	0.8	0.2	1.2	0.3	1.6	0.3
Carbohydrate (g)	23.9	7.4	35.8	7.5	47.8	7.7
Sugars (g)	20.8	6.4	31.3	6.5	41.7	6.7
Sodium (mg)	137	42	206	43	274	44

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

Limited Time Offers

Fruit Hot Cross Bun

FRUIT HOT CROSS BUN: **Wheat** Flour (Vitamins (Thiamin, Folate), Mixed Fruit (Sultanas (Cotton Seed Oil), Currants (Sunflower Oil), Humectant (422)), Water, **Wheat Gluten**, Crossing Mix (**Wheat**), Sugar, Canola Oil, Bun Glaze (Preservative (202)), Spices, **Soy** Flour, Iodised Salt, Yeast, Improver (**Wheat** Flour, Enzymes (**Wheat**), Antioxidant (300), Malted **Wheat** Flour), Preservative (282).
 BUTTER: **Cream**, Water, Salt.

Contains gluten, milk & soy.

FRUIT HOT CROSS BUN is made in the same equipment as products containing sesame seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1210 kJ	1260 kJ
Energy (Cal)	289 Cal	301 Cal
Protein (g)	8	8.3
Fat, total (g)	8.7	9.1
Saturated Fat (g)	4.7	4.9
Carbohydrate (g)	42.8	44.6
Sugars (g)	15.5	16.2
Sodium (mg)	246	256

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

Chocolate Chip Hot Cross Bun

CHOC CHIP HOT CROSS BUN: **Wheat** Flour (Vitamins (Thiamin, Folate), **Milk** Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, Full Cream **Milk** Powder, **Whey** Powder, Anhydrous **Milk** Fat, Emulsifier (322), Natural Vanilla Flavour), Water, Sugar, Crossing Mix (**Wheat**), Canola Oil, **Wheat Gluten**, Bun Glaze (Preservative (202)), Choc Crossing Mix (**Wheat**), Cocoa Powder, **Soy** Flour, Iodised Salt, Yeast, Improver (**Wheat** Flour, Enzymes (**Wheat**), Antioxidant (300), Malted **Wheat** Flour), Emulsifier (471), Vanilla Flavour, Preservative (282).
 BUTTER: **Cream**, Water, Salt.

Contains gluten, milk & soy.

CHOC CHIP HOT CROSS BUN is made in the same equipment as products containing sesame seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1360 kJ	1470 kJ
Energy (Cal)	326 Cal	350 Cal
Protein (g)	6.7	7.2
Fat, total (g)	14.7	15.8
Saturated Fat (g)	8.4	9
Carbohydrate (g)	40.6	43.7
Sugars (g)	11.7	12.6
Sodium (mg)	259	278

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

Cookie Time McFlurry

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

OR

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

OR

SUNDAE MIX: **Milk**, Sugar, **Cream**, Maltodextrin (derived from maize and tapioca), Dextrose (from maize), **Milk** Solids, Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavour, Mineral Salt (339), Food Acids (330, 331).

HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Emulsifier (322-**Soy**), Whole Sweetened Condensed Milk (**Milk**, **Milk** Powder, Sugar, Lactose), Cocoa Powder, Whole **Milk** Powder, Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202).

COOKIE CRUMB PIECES: **Wheat** Flour, Butter (**Cream**, Salt), Sugar, Brown Sugar, Chocolate (Sugar, **Milk** Solids, Cocoa Solids, Emulsifier (**Soy** Lecithin), Natural Flavour), **Milk** Solids, Raising Agent (500), Salt.

Contains gluten, milk and soy.

SUNDAE MIX may contain TRACES of sulphites.

COOKIE CRUMB PIECES may contain egg, peanuts, sesame seeds and tree nuts.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1930 kJ	943 kJ
Energy (Cal)	462 Cal	225 Cal
Protein (g)	8	3.8
Fat, total (g)	14.7	7.1
Saturated Fat (g)	10.3	4.9
Carbohydrate (g)	75.4	35.1
Sugars (g)	60.2	28.8
Sodium (mg)	189	90

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

Cheese and Bacon McSpicy

SPICY THIGH: Chicken, Flour (**Wheat**), Water, Vegetable Oil, Thickeners (1420, 1422), Salt, **Gluten** (**Wheat**), Yeast And Yeast Extracts, Spice And Spice Extracts (Inc. Pepper), Rice Starch, Natural Flavours, Raising Agents (450, 500), Vegetable Powders (Garlic, Onion), Emulsifier (322 - **Soy**), Hydrolysed Vegetable Protein, Natural Colour (160C), Herb Extract, Citrus Extract, Maltodextrin.

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

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

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

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

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

QUARTER BUN is prepared on the same equipment as 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 egg, milk and soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2780 kJ	1100 kJ
Energy (Cal)	660 Cal	263 Cal
Protein (g)	36.9	14.7
Fat, total (g)	35.5	14.2
Saturated Fat (g)	8.1	3.2
Carbohydrate (g)	47.1	18.8
Sugars (g)	5.0	2.0
Sodium (mg)	1490	595

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

Cheese and Bacon 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, Antioxidants (320, 310), Food Acid (330).

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

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).

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

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), Food Acid (270), Preservative (202).

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2220 kJ	1080 kJ
Energy (Cal)	531 Cal	240 Cal
Protein (g)	26.4	11.9
Fat, total (g)	27.9	12.6
Saturated Fat (g)	6.7	3
Carbohydrate (g)	42.5	19.2
Sugars (g)	5.1	2.3
Sodium (mg)	1010	456

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

QUARTER BUN is prepared on the same equipment as products containing soy.

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

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

Issue: April 2021

Revision: 38

File: QAM-058

Information correct at time of publishing
 Developed and authorised by McDonald's Quality Assurance

Limited Time Offers

Cheese and Bacon Deluxe - Crispy

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

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

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

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

TOMATO: Tomato.

GARLIC MAYONNAISE: Canola Oil (Antioxidant (307b, **Soy**), 319), Water, Glucose Syrup (**Wheat**), **Egg** Yolk, **Whey** Protein (**Milk**), Minced Garlic (Food Acids (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Food Acids (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre, Flavourings (**Milk**), Emulsifiers ((322, 435) (**Soy**)), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

Contains gluten, egg, milk, soy, sesame seeds and traces of sulphites.

QUARTER BUNS are produced on equipment that also 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)	2390 kJ	961 kJ
Energy (Cal)	571 Cal	230 Cal
Protein (g)	30.5	12.3
Fat, total (g)	28.8	11.6
Saturated Fat (g)	6.0	2.4
Carbohydrate (g)	45.7	18.4
Sugars (g)	7.1	2.8
Sodium (mg)	1430	576

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

Cheese and Bacon Deluxe - Grilled

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

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

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

TOMATO: Tomato.

GARLIC MAYONNAISE: Canola Oil (Antioxidant (307b, **Soy**), 319), Water, Glucose Syrup (**Wheat**), **Egg** Yolk, **Whey** Protein (**Milk**), Minced Garlic (Food Acids (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Food Acids (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre, Flavourings (**Milk**), Emulsifiers ((322, 435) (**Soy**)), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1990 kJ	853 kJ
Energy (Cal)	476 Cal	204 Cal
Protein (g)	34.7	14.9
Fat, total (g)	22.1	9.5
Saturated Fat (g)	5.8	2.5
Carbohydrate (g)	33.4	14.3
Sugars (g)	5.1	2.2
Sodium (mg)	1060	453

Contains gluten, egg, milk, soy, sesame seeds and traces of sulphites.

QUARTER BUNS are produced on equipment that also 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 & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y	Y	Y	Y				Y	T		Y	Y	Y