



McDonald's Australia

Limited Time Offers

Food & Beverage - Allergen - Ingredients - Nutrition Information

Information correct as at April 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 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

Chicken Deluxe and Double Chicken Deluxe

SOUTHERN CRISPY CHICKEN FILLET: Chicken, Flour (**Wheat**), Water, Vegetable Oil (Canola, Sunflower), Starch (**Wheat**, Maize, 1442), Spice (Black and White Pepper), Yeast and Yeast Extract, Salt, **Soy** Protein, **Gluten (Wheat)**, Vegetable Powders (Garlic, Onion), Mineral Salts (450, 500), Anticaking Agent (551), Spices (Pepper, Celery), Natural Colour (160c), Natural Flavour, Citrus Extract.

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

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).

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

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

	Chicken Deluxe		Double Chicken Deluxe	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2450	1050	3910	1100
Energy (Cal)	586	250	935	264
Protein (g)	30	12.8	49.5	14.0
Fat, total (g)	32.1	13.7	56.6	16.0
Saturated Fat (g)	5.7	2.4	7.6	2.1
Carbohydrate (g)	43.6	18.6	56.5	16.0
Sugars (g)	4.5	1.9	5.3	1.5
Sodium (mg)	1140	485	1900	536

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

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

QUARTER BUN is prepared using the same equipment as products containing soy

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

Cheese and Bacon Chicken Deluxe

SOUTHERN CRISPY CHICKEN FILLET: Chicken, Flour (Wheat), Water, Vegetable Oil (Canola, Sunflower), Starch (Wheat, Maize, 1442), Spice (Black and White Pepper), Yeast and Yeast Extract, Salt, Soy Protein, Gluten (Wheat), Vegetable Powders (Garlic, Onion), Mineral Salts (450, 500), Anticaking Agent (551), Spices (Pepper, Celery), Natural Colour (160c), Natural Flavour, Citrus Extract.

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

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).

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.

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2580	1040
Energy (Cal)	617	248
Protein (g)	33.9	13.6
Fat, total (g)	33.6	13.5
Saturated Fat (g)	6.2	2.5
Carbohydrate (g)	44.0	17.7
Sugars (g)	4.9	2.0
Sodium (mg)	1350	542

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

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

QUARTER BUN is prepared using the same equipment as products containing soy

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

Chicken McPieces

CHICKEN MCPIECES: Chicken, Flour (**Wheat**), Starch (**Wheat**, Rice , Maize 1422), Vegetable Oil (Canola, Sunflower), Water, Salt, Yeast Extract, Spice, (Chilli, Black Pepper, White Pepper), **Soy** Protein, Mineral Salts (450, 500), Vegetable Powders (Garlic, Onion), Natural Colours (160C), Citrus Extract, **Wheat Gluten**, Vegetable Gum (407), Dextrose, Natural Flavour, Emulsifier (433).

Contains gluten and soy.

CHICKEN MCPIECES are cooked in a McDonald's Vegetable Oil blend and may be cooked in the same equipment as products containing milk

	6 Pieces	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1420	1080
Energy (Cal)	340	257
Protein (g)	27.1	20.5
Fat, total (g)	18.2	13.8
Saturated Fat (g)	2.0	1.5
Carbohydrate (g)	16.6	12.6
Sugars (g)	0.1	0.2
Sodium (mg)	655	496

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

Spicy Sticky BBQ Dipping Sauce

Water, Invert Sugar Syrup, Sugar, White Vinegar, Brown Sugar, Tomato Paste, Chilli, Thickeners (1422, 415), Molasses, Dehydrated Vegetables, Salt, Caramelised Sugar Syrup, Rochester Sauce Powder, Preservative (202).

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	210	750
Energy (Cal)	50	179
Protein (g)	0.2	0.6
Fat, total (g)	0.1	0.2
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	12.0	42.8
Sugars (g)	10.7	38.1
Sodium (mg)	157	562

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

Cadbury® Dairy Milk® McFlurry

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

OR

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

OR

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).

CADBURY MILK FLAKE GARNISH: Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Flavours, Emulsifiers (**Soy** Lecithin, 476).

CHOCOLATE BIM SAUCE: Sugar, Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).

Contains milk and soy.

SUNDAE MIX may contain TRACES of sulphites.

CADBURY MILK FLAKE GARNISH is produced in the same facility as products containing gluten, peanuts and tree nuts.

CHOCOLATE SAUCE is produced in the same facility as products containing gluten.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1690	887
Energy (Cal)	403	212
Protein (g)	8.1	4.3
Fat, total (g)	15.3	8.1
Saturated Fat (g)	10.2	5.4
Carbohydrate (g)	57.0	30.0
Sugars (g)	53.5	28.1
Sodium (mg)	96	51

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

40 Pack 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 MCNUGGETS are cooked in a McDonald's Blend Vegetable Oil and may be cooked using the same equipment as products containing gluten, egg, milk and soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	7260	1120
Energy (Cal)	1730	268
Protein (g)	103	15.9
Fat, total (g)	103	15.9
Saturated Fat (g)	15.8	2.4
Carbohydrate (g)	97.0	15.0
Sugars (g)	1.9	0.3
Sodium (mg)	3170	489

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

Choc 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	1470
Energy (Cal)	326	350
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	Artificial Flavour	Artificial Colours
Y		Y	Y				T			Y	Y	

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	1260
Energy (Cal)	289	301
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	Artificial Flavour	Artificial Colours
Y		Y	Y				T			Y		