



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

Information correct as at October 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 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.

	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)	680	571

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 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.

	Double Cheeseburger		Triple Cheeseburger	
	Avg Qty /Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1880	1070	2500	1090
Energy (Cal)	449	255	598	261
Protein (g)	26.8	15.2	37.5	16.4
Fat, total (g)	23.9	13.5	34.7	15.1
Saturated Fat (g)	12.7	7.2	18.8	8.2
Carbohydrate (g)	30.7	17.4	32.8	14.3
Sugars (g)	6.4	3.7	7.3	3.2
Sodium (mg)	1030	586	1360	593

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		

## 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.

	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	

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

## 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)	516	492

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: Slivered 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 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		

## BEEF (continued)

### Double Beef 'n' Bacon Burger

BEEF PATTY: Beef.  
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).

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.

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

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)	1800	1070
Energy (Cal)	431	257
Protein (g)	27.8	16.5
Fat, total (g)	21.5	12.8
Saturated Fat (g)	10.6	6.3
Carbohydrate (g)	30.2	18.0
Sugars (g)	6.1	3.6
Sodium (mg)	1030	611

Contains gluten, soy and milk.

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

BEEF PATTY, BACON 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		

## 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, 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)), 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: **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).

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 produces 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)	2470	1010
Energy (Cal)	590	241
Protein (g)	26.9	11.0
Fat, total (g)	32.6	13.3
Saturated Fat (g)	6	2.4
Carbohydrate (g)	45.9	18.8
Sugars (g)	7.0	2.9
Sodium (mg)	1260	513

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	Y	Y	Y				Y	T		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 (Contains **Wheat**), Antioxidant (300), Malted **Wheat** Flour), Preservative (282), Emulsifiers (472e, 471), Natural Flavour, Thickener (412), Antioxidant (300).  
 AUSSIE JACK CHEESE: **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).  
 LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2070	903
Energy (Cal)	496	216
Protein (g)	31.1	13.5
Fat, total (g)	25.9	11.5
Saturated Fat (g)	5.7	2.5
Carbohydrate (g)	33.6	14.6
Sugars (g)	5.0	2.2
Sodium (mg)	881	384

Contains gluten, egg, milk, soy, sesame seeds and traces of sulphites.  
 QUARTER BUNS are made in the same equipment as 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	T		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).

	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

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.

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

## Chicken McPieces® with Sweet & Sour Sauce

CHICKEN MCPICES®: 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).  
 SWEET & SOUR SAUCE: High Fructose Corn Syrup, Water, Apricot Puree (Antioxidant (300)), Vinegar, Thickeners (1422, 415), Flavouring, **Soy** Sauce (**Wheat**), Salt, **Soybean** Oil, Spice, Preservative (211), Colour (150d).

	3 Pack		6 Pack	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	916	974	1630	1020
Energy (Cal)	219	233	389	243
Protein (g)	13.7	14.6	27.2	17.0
Fat, total (g)	9.4	10.0	18.5	11.5
Saturated Fat (g)	1.0	1.1	2.0	1.3
Carbohydrate (g)	19.5	20.7	27.8	17.4
Sugars (g)	10.6	11.3	10.7	6.7
Sodium (mg)	445	473	772	483

Contains gluten and soy.  
 CHICKEN MCPICES® are cooked in a McDonald's Vegetable Oil Blend and may be cooked in the same equipment as products containing egg or milk.

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

## 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 (Contains **Wheat**), Antioxidant (300), Malted **Wheat** Flour), Preservative (282), Emulsifiers (472e, 471), Natural Flavour, Thickener (412), Antioxidant (300).  
 LETTUCE: Iceberg Lettuce.  
 MCCCHICKEN 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).

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1890	977
Energy (Cal)	451	234
Protein (g)	19.6	10.2
Fat, total (g)	22.6	11.7
Saturated Fat (g)	3.6	1.9
Carbohydrate (g)	41.1	21.3
Sugars (g)	4.2	2.2
Sodium (mg)	635	329

Contains gluten, egg, soy and sesame seeds.  
 QUARTER BUNS are made in the same equipment as 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.

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	Y	Y

# CHICKEN AND FISH (Continued)

## 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 (Contains **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 made in the same equipment as 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.

	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	Y	Y

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2990	1020
Energy (Cal)	716	244
Protein (g)	32.5	11.1
Fat, total (g)	41.4	14.1
Saturated Fat (g)	6.5	2.2
Carbohydrate (g)	52.2	17.8
Sugars (g)	5.2	1.8
Sodium (mg)	993	339

## 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)), 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).

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.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2390	1080
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

## 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 Extracts, Modified Corn Starch, **Egg** Yolks, Corn Syrup Solids, Sugar, Salt, Spice, Vegetable Gum (415), Capers, Preservative (202), Dextrose, Dehydrated Parsley, Spice Extracts.

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.

	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	Y	Y

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1320	984
Energy (Cal)	314	235
Protein (g)	14.6	11.0
Fat, total (g)	13.7	10.2
Saturated Fat (g)	1.8	1.3
Carbohydrate (g)	31.6	23.6
Sugars (g)	3.1	2.3
Sodium (mg)	497	372

## 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 Extracts, Modified Corn Starch, **Egg** Yolks, Corn Syrup Solids, Sugar, Salt, Spice, Vegetable Gum (415), Capers, Preservative (202), Dextrose, Dehydrated Parsley, Spice Extracts.

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.

	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	Y	Y

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2240	973
Energy (Cal)	536	233
Protein (g)	26.8	11.6
Fat, total (g)	28.6	12.4
Saturated Fat (g)	5.5	2.4
Carbohydrate (g)	40.5	17.6
Sugars (g)	4.2	1.8
Sodium (mg)	938	407

# WRAPS

## Wholemeal Snack Wrap- 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.

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	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).

OIL: Canola Oil, Emulsifiers (**Soy** Lecithin), 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	Y	Y

## Aioli Chicken McWrap® - Crispy

CRISPY CHICKEN PATTY: 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.

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 (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**), Emulsifiers ((322 - **Soy**, 435)), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

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.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2230	822
Energy (Cal)	534	196
Protein (g)	23.6	8.7
Fat, total (g)	26.2	9.6
Saturated Fat (g)	5	1.9
Carbohydrate (g)	48.9	18
Sugars (g)	6.2	2.3
Sodium (mg)	1100	404

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

## 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) Flavours), 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 (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**), Emulsifiers ((322, 435) (**Soy**)), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - **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.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1840	716
Energy (Cal)	440	171
Protein (g)	27.7	10.8
Fat, total (g)	19.5	7.6
Saturated Fat (g)	4.8	1.9
Carbohydrate (g)	36.6	14.3
Sugars (g)	4.2	1.6
Sodium (mg)	724	282

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

## WRAPS (Continued)

### Chicken Caesar McWrap® - Crispy

CRISPY CHICKEN PATTY: 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.

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	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	568

### 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, Flavours), 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).

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	

	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.

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		

	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

## FRUIT and SALADS

### Apples

Apple Slices, Antioxidants (302).

May contain Apple Seeds.

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

	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



## FRUIT and SALADS (Continued)

### Carrot Sticks

Carrot, Calcium Carbonate (170), Ascorbic Acid (300).

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	104	138
Energy (Cal)	25	33
Protein (g)	0.6	0.8
Fat, total (g)	0.1	0.1
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	3.8	5.0
Sugars (g)	3.8	5.0
Sodium (mg)	30	40

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, Flour (**Wheat**, Maize), Water, Vegetable Oil, Starch (**Wheat**, Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450, 00), 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.

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	Y	

### 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 - **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	Y	

### Classic Chicken Salad - Crispy

SALAD BLEND: Red Cabbage, White Cabbage, Carrot, Kale.

CRISPY CHICKEN PATTY: 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.

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**).

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

PEPITA SACHET: Pepitas.

GRAPE TOMATO: Grape tomatoes.

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)	1630	506
Energy (Cal)	389	121
Protein (g)	21.8	6.8
Fat, total (g)	21.1	6.6
Saturated Fat (g)	2.4	0.8
Carbohydrate (g)	24.3	7.6
Sugars (g)	10.7	3.3
Sodium (mg)	1020	319

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

## FRUIT and SALADS (Continued)

### Classic Chicken Salad - Grilled

SALAD BLEND: Red Cabbage, White Cabbage, Carrot, Kale.

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.

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**).

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

PEPITA SACHET: Pepitas.

GRAPE TOMATO: Grape tomatoes.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1230	402
Energy (Cal)	294	96
Protein (g)	25.9	8.5
Fat, total (g)	14.4	4.7
Saturated Fat (g)	2.2	0.7
Carbohydrate (g)	12	3.9
Sugars (g)	8.7	2.8
Sodium (mg)	649	212

Contains soy.

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

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

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 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**)).

GRAPE TOMATO: Grape Tomatoes.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	320	243
Energy (Cal)	77	58
Protein (g)	1.7	1.3
Fat, total (g)	4.2	3.2
Saturated Fat (g)	0.3	0.3
Carbohydrate (g)	7.0	5.3
Sugars (g)	5.2	3.9
Sodium (mg)	219	166

Contains soy.

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	

# CONDIMENTS

## McNugget Dipping Sauces

BARBECUE SAUCE: Sugar, Water, Vinegar, Tomato Paste, Soy Sauce (**Wheat**), Thickeners (1442, 415), Salt, Glucose Corn Syrup, **Soybean Oil**, Flavouring, Spices, Colour (150d), Preservative (211), Flavour Enhancer (635), 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 and SOUR SAUCE: High Fructose Corn Syrup, Water, Apricot Puree (Antioxidant (300)), Vinegar, Thickeners (1422, 415), Flavouring, **Soy** Sauce (**Wheat**), Salt, **Soybean Oil**, Spice, Preservative (211), Colour (150d).

Contains gluten and soy.

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	Y	Y
Sweet and Sour	Y			Y							Y	Y	Y
Sweet Mustard											Y		Y

	Barbecue		Sweet and Sour		Sweet Mustard	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	201	717	205	730	327	1170
Energy (Cal)	48	172	49	175	78	279
Protein (g)	0.3	1.2	0.2	0.6	0.3	1.0
Fat, total (g)	0.3	1.1	0.3	0.9	2.9	10.3
Saturated Fat (g)	0.0	0.2	0.0	0.1	0.2	0.7
Carbohydrate (g)	10.7	38.2	11.2	39.9	12.7	45.2
Sugars (g)	10.0	35.8	10.5	37.6	5.6	20.0
Sodium (mg)	178	634	118	420	109	390

## 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 (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 (2600)), Acidity Regulator (575), Mustard (Food Acids (260, 330), Colours (160c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre, Flavourings (**Milk**), Emulsifiers ((322 - **Soy**, 435)), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

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.

	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	Y	Y
Aioli (Hobart City Council Region ONLY)	Y	Y	Y	Y							Y	Y	Y
Tartare Sauce		Y									Y		

	Ketchup		Aioli		Tartare	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	43	478	776	2770	214	1100
Energy (Cal)	10	114	185	662	51	264
Protein (g)	0.1	1.5	0.5	1.9	0.2	0.8
Fat, total (g)	0.0	0.0	20.0	71.5	5.5	28.3
Saturated Fat (g)	0.0	0.0	1.6	5.8	0.8	4.1
Carbohydrate (g)	2.3	26.1	1.5	5.2	0.3	1.7
Sugars (g)	1.8	20.0	1.0	3.4	0.3	1.5
Sodium (mg)	88	983	112	400	107	552

# 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: Potatoes, Canola Oil, Dextrose (220) (Maize), Seasoning (Black Pepper, Salt, Modified Corn Starch).

EGGS: **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 Bun is prepared on the same equipment as products containing soy.

Hash Brown may contain Sulphites.

Hash Brown is cooked in a McDonald's Vegetable Oil Blend.

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.

Beef Patties are seasoned after cooking: Salt, Black Pepper, Sunflower Oil.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3070	1000
Energy (Cal)	735	240
Protein (g)	41.0	13.4
Fat, total (g)	38.3	12.5
Saturated Fat (g)	14.2	4.6
Carbohydrate (g)	54.3	17.7
Sugars (g)	9.6	3.1
Sodium (mg)	1630	531

# BREAKFAST (Continued)

## 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.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	589	1060
Energy (Cal)	141	254
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

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

## Hotcakes

HOTCAKES: Water, **Wheat** Flour, **Whey** Powder, Maize Flour, Vegetable Oil (Canola), Sugar, Raising Agents (341, 500, 541), Dextrose, Emulsifiers (471, 481), **Egg**, Salt, Thickener (415 contains Wheat).

Contains gluten, egg and milk.  
 HOTCAKES may contain TRACES of sesame seeds.

### Plain with Syrup and Butter

	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1660	1100	2500	1120
Energy (Cal)	397	263	597	268
Protein (g)	11.3	7.5	9.5	4.3
Fat, total (g)	10.7	7.1	18.6	8.3
Saturated Fat (g)	2.1	1.4	8.4	3.8
Carbohydrate (g)	61.5	40.7	95.7	42.9
Sugars (g)	14.2	9.4	44.3	19.9
Sodium (mg)	438	290	575	258

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

## Hotcake Condiments

HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (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	1310	338	2980	422	6040
Energy (Cal)	139	230	80	713	100	1442
Protein (g)	0.6	1.0	0.0	0.6	0.2	2
Fat, total (g)	0.6	1.0	9.0	80.0	11	161
Saturated Fat (g)	0.6	1.0	6.0	53.5	7.8	111.4
Carbohydrate (g)	44.8	74.0	0.2	0.9	0.2	1.8
Sugars (g)	32.1	53.0	0.0	0.7	0.2	1.8
Sodium (mg)	18	30	80	700	90	1280

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										

## 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.

	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

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

## English 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).

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.

### Plain English Muffin

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	623	1080
Energy (Cal)	149	258
Protein (g)	6.2	10.7
Fat, total (g)	2.9	5.1
Saturated Fat (g)	0.5	0.9
Carbohydrate (g)	23.2	40.3
Sugars (g)	1.5	2.6
Sodium (mg)	251	435

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

## BREAKFAST (Continued)

### Mighty 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).

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), **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	Y	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

### 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.

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)	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

## DESSERTS

### Apple Pie

APPLE PIE: Apple (Antioxidants (300, 330)), **Wheat** Flour, Water, Sugar, Modified Starch (1412, 1422), Margarine (Palm Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (270, 330), Antioxidant (304), Natural Flavour, Natural Colour (160a)), **Whey** Powder, 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.

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	Y

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1080	1240
Energy (Cal)	258	297
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

# DESSERTS (Continued)

## Birthday Cake - Icecream

Water, **Cream**, Sugar, **Milk** Solids, Glucose Syrup (from **Wheat**), Maltodextrin, Cocoa, Emulsifiers (477, 471- **Soy**), vegetable Gum (412), Flavours, Vegetable Oil, Colours (120, 160c, 141, 100).

Contains gluten, milk and soy.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	353	751
Energy (Cal)	84	180
Protein (g)	0.9	1.9
Fat, total (g)	3.1	6.6
Saturated Fat (g)	2.0	4.3
Carbohydrate (g)	13.1	27.9
Sugars (g)	10.4	22.2
Sodium (mg)	33	70

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y		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)	1690	897
Energy (Cal)	403	214
Protein (g)	8.1	4.3
Fat, total (g)	15.6	8.3
Saturated Fat (g)	9.9	5.3
Carbohydrate (g)	56.6	30.1
Sugars (g)	52.3	27.8
Sodium (mg)	111	59

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	T		T	Y	Y

## 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.

OR CHUNKY OREO PIECES: **Wheat** Flour, Sugar, Vegetable Oil (Antioxidant 319), Cocoa Powder, Fructose Syrup, Raising Agents (500, 503), Salt, Emulsifier (322 – **Soy**), Corn Starch, Flavour.

Contains gluten, milk and soy.

SUNDAE MIX contain traces of sulphites.

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

CHUNKY OREO PIECES are produced in the same facility as products containing milk.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1340	782
Energy (Cal)	321	187
Protein (g)	7.2	4.2
Fat, total (g)	11.7	6.8
Saturated Fat (g)	7.2	4.2
Carbohydrate (g)	46.5	27.0
Sugars (g)	37.6	21.9
Sodium (mg)	165	96

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).

COKE: **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)	613	686
Energy (Cal)	146	163
Protein (g)	3.9	4.4
Fat, total (g)	4.6	5.2
Saturated Fat (g)	2.8	3.2
Carbohydrate (g)	22.0	24.6
Sugars (g)	17.1	19.1
Sodium (mg)	55	61

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

# DESSERTS (Continued)

## 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, **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)	802	819
Energy (Cal)	192	196
Protein (g)	4.6	4.7
Fat, total (g)	7.2	7.4
Saturated Fat (g)	4.5	4.6
Carbohydrate (g)	26.8	27.4
Sugars (g)	21.8	22.3
Sodium (mg)	61	63

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		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)	1440	824	2250	905
Energy (Cal)	344	196	533	214
Protein (g)	6.0	3.4	7.9	3.2
Fat, total (g)	8.7	5.0	12.3	4.9
Saturated Fat (g)	5.8	3.3	8.1	3.3
Carbohydrate (g)	59.5	34.0	96.6	38.9
Sugars (g)	42.9	24.5	65.4	26.4
Sodium (mg)	139	79	221	89

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
		Y						T		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)	1460	846	2280	938
Energy (Cal)	350	202	542	222
Protein (g)	6.4	3.7	8.6	3.5
Fat, total (g)	9.7	5.6	14.4	5.9
Saturated Fat (g)	7.0	4.0	10.6	4.3
Carbohydrate (g)	58.3	33.7	94.2	38.7
Sugars (g)	47.1	27.2	73.8	30.3
Sodium (mg)	134	77	211	87

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

## Plain Sundae Small

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.

McDonald's Sundae without topping is available on request.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	848	628
Energy (Cal)	203	150
Protein (g)	5.5	4.1
Fat, total (g)	6.8	5.0
Saturated Fat (g)	4.5	3.3
Carbohydrate (g)	29.6	21.9
Sugars (g)	27.0	20.0
Sodium (mg)	74	55

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
		Y						T		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 (t24), 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)	1210	708	1790	742
Energy (Cal)	288	168	423	176
Protein (g)	5.8	3.4	7.5	3.1
Fat, total (g)	6.8	3.9	8.4	3.5
Saturated Fat (g)	4.5	2.6	5.6	2.3
Carbohydrate (g)	50.6	29.5	78.9	32.8
Sugars (g)	44.8	26.2	69.2	28.8
Sodium (mg)	76	45	96	40

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

## DESSERTS (Continued)

### 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										