



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

Information correct as at April 2021.

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

This guide is for our 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

BIG MAC SAUCE: **Wheat** Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, **Sesame** Seeds, Potato Starch, Glaze, **Wheat Gluten**, Iodised Salt, Yeast, Sourdough Fermented **Wheat** Flour, Natural Flavour, Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes), Preservative (282).

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, Distilled Vinegar, Onion, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hydrolyzed Proteins (Corn, Gluten, Wheat and Soy), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).

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 Flavouring.

BEEF PATTY SEASONING: Salt, Black Pepper, Sunflower Oil.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2430	1010
Energy (Cal)	580	242
Protein (g)	26.9	11.6
Fat, total (g)	31.4	13.4
Saturated Fat (g)	11.8	5.0
Carbohydrate (g)	45.9	18.0
Sugars (g)	7.9	3.1
Sodium (mg)	1040	438

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

BIG MAC BUNS are produced on equipment that also produces products containing soy.

BEEF PATTY may be cooked on the same equipment as eggs or products containing gluten.

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

Double Big Mac

BIG MAC BUN: **Wheat** Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, **Sesame** Seeds, Potato Starch, **Wheat Gluten**, Glaze, Iodised Salt, Yeast, Sourdough Fermented **Wheat** Flour, Natural Flavours, Preservative (282), Emulsifiers (471, 472e), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes).

BEEF Patties: Beef.

LETTUCE: Iceberg Lettuce.

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, Distilled Vinegar, Onion, Thickeners (1442, 415, 405), Spices, Sugar, Salt, Hydrolysed Protein (Corn, **Gluten**, **Wheat**, **Soy**), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).

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)

PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.

ONION: Water, Dehydrated White Onion.

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3210	1030
Energy (Cal)	767	247
Protein (g)	42.6	13.7
Fat, total (g)	45.5	14.6
Saturated Fat (g)	18.9	6.1
Carbohydrate (g)	44.6	14.3
Sugars (g)	7.6	2.4
Sodium (mg)	1370	440

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

BIG MAC Buns are produced on equipment that also produces products containing soy.

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	Flavour	Colours
Y	Y	Y	Y				Y			Y	Y	Y

Cheeseburger

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).

BEEF Patties: 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).

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

ONION: Water, Dehydrated White Onion.

MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

Cheeseburger

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1290	1080
Energy (Cal)	308	259
Protein (g)	16.2	13.6
Fat, total (g)	13.0	10.9
Saturated Fat (g)	6.5	5.5
Carbohydrate (g)	30.6	25.7
Sugars (g)	6.0	5.0
Sodium (mg)	682	573

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.

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

BEEF (continued)

Double Cheeseburger and Triple Cheeseburger

BEEF PATTIES: 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).
 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, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.
 BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

	Double Cheeseburger		Triple Cheeseburger	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1950	1110	2610	1140
Energy (Cal)	466	264	623	272
Protein (g)	27.0	15.3	37.6	16.4
Fat, total (g)	24.0	13.6	34.9	15.2
Saturated Fat (g)	12.9	7.3	19.2	8.4
Carbohydrate (g)	34.5	19.6	38.5	16.8
Sugars (g)	6.9	3.9	8.0	3.5
Sodium (mg)	1070	608	1420	618

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.

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

BBQ Bacon Angus

BEEF PATTIES: Angus Beef.
 BURGER BUN: **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Water, Sugar, Glaze (**Wheat**), Canola Oil, Iodised Salt, Yeast, **Wheat** Gluten, Natural Flavour, Improver (**Soy** Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat** Malt Flour, Enzymes (1100), Preservative (282), Emulsifier (472e)).
 BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract, Smoked.
 ONION: Onion.
 AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-Animal Rennet.
 BBQ SAUCE: Tomato Pulp (Antioxidant - 330), Sugar, Vinegar, Water, Onion Puree, Thickener (1422), Molasses, Minced Garlic (260), Salt, Lemon Juice Concentrate, Spices (100), Mustard (**Wheat, Soy**) (Food Acid (260)), Flavourings, Malt Extract (**Barley**), 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, Flavourings (**Milk**), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3310	1120
Energy (Cal)	774	263
Protein (g)	48.3	16.4
Fat, total (g)	44.1	15.0
Saturated Fat (g)	21.2	7.2
Carbohydrate (g)	48.4	16.4
Sugars (g)	10.2	3.4
Sodium (mg)	1430	484

Contains gluten, egg, milk and soy.
 GOURMET 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.

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

Classic Angus Burger

BEEF PATTY: Angus Beef.
 BURGER BUN: **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Water, Sugar, Glaze (**Wheat**), Canola Oil, Iodised Salt, Yeast, **Wheat** Gluten, Natural Flavour, Improver (**Soy** Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat** Malt Flour, Enzymes (1100), Preservative (282), Emulsifier (472e)).
 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 Flavouring.
 MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.
 ANGUS SEASONING: Salt, Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavourings (**Milk**), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2910	949
Energy (Cal)	696	227
Protein (g)	39.3	12.8
Fat, total (g)	39.4	12.8
Saturated Fat (g)	18.9	6.2
Carbohydrate (g)	44.2	14.4
Sugars (g)	9.8	3.2
Sodium (mg)	1070	349

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	Flavour	Colours
Y	Y	Y	Y				Y			Y	Y	Y

Hamburger

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).
 BEEF PATTY: 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, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.
 BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1060	1010
Energy (Cal)	253	241
Protein (g)	13.3	12.7
Fat, total (g)	9.2	8.8
Saturated Fat (g)	3.9	3.8
Carbohydrate (g)	27.8	26.5
Sugars (g)	5.0	4.7
Sodium (mg)	518	494

Contains gluten and soy.
 REGULAR BUNS are produced on equipment that also produces products containing contain sesame seeds or soy.
 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	Flavour	Colours
Y	T	T	Y				T			Y	Y	

BEEF (continued)

McFeast®

BEEF PATTY: Beef.

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

LETTUCE: Lettuce.

TOMATO: Tomato.

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).

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).

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

ONION: Slivered Onion.

MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

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

QUARTER BUNS are made in the same equipment as 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	Flavour	Colours
Y	Y	Y	Y				Y			Y	Y	Y

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2230	867
Energy (Cal)	533	207
Protein (g)	29.7	11.5
Fat, total (g)	29.0	11.3
Saturated Fat (g)	13.1	5.1
Carbohydrate (g)	37.1	14.4
Sugars (g)	8.3	3.2
Sodium (mg)	964	375

Quarter Pounder and Double Quarter Pounder

BEEF PATTY: Beef.

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

(Wheat Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).

CHEESE: Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet), Water, **Milk** Solids, **Butter**, Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322)

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: Slivered Onion.

MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

Contains gluten, soy, milk and sesame seed.

QUARTER BUNS are produced on equipment that also produces 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	Flavour	Colours
Y	T	Y	Y				Y			Y	Y	Y

	Quarter Pounder		Double Quarter	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2260	1070	3480	1110
Energy (Cal)	540	255	832	265
Protein (g)	32.0	15.1	54.2	17.3
Fat, total (g)	29.2	13.8	51.5	16.4
Saturated Fat (g)	15.3	7.2	27.3	8.7
Carbohydrate (g)	36.6	17.3	37.6	12.0
Sugars (g)	7.9	3.7	8.6	2.7
Sodium (mg)	1080	508	1490	473

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, Vinegar Mustard Seed, Salt, Colour (100), Spice, Flavour.

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

Contains gluten, soy, milk and sesame seed.

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	Flavour	Colours
Y	T	Y	Y				T			Y	Y	Y

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1870	1110
Energy (Cal)	447	266
Protein (g)	27.3	16.2
Fat, total (g)	21.9	13.0
Saturated Fat (g)	11.0	6.5
Carbohydrate (g)	34.1	20.3
Sugars (g)	6.6	3.9
Sodium (mg)	1040	618

CHICKEN AND FISH

Chicken McNuggets

Chicken, Water, Flour (Maize, **Wheat**), Canola Oil, Thickeners (1404), Salt, Raising Agents and Mineral Salts (450, 500, 451, 541, 341, 327), Spices (Black Pepper, White Pepper, Celery Seed), **Wheat** Starch.

Contains gluten.

CHICKEN McNUGGETS are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing egg, milk or soy.

	3 Pack		6 Pack		10 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
Energy (kJ)	544	1120	1090	1120	1810	1120	4350	1120
Energy (Cal)	130	268	260	268	434	268	1040	268
Protein (g)	7.7	15.9	15.4	15.9	25.7	15.9	61.7	15.9
Fat, total (g)	7.7	15.9	15.5	15.9	25.8	15.9	61.9	15.9
Saturated Fat (g)	1.2	2.4	2.4	2.4	3.9	2.4	9.5	2.4
Carbohydrate (g)	7.3	15.0	14.5	15.0	24.2	15.0	58.2	15.0
Sugars (g)	0.1	0.3	0.3	0.3	0.5	0.3	1.2	0.3
Sodium (mg)	238	489	476	489	793	489	1900	489

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

Chicken and 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 (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).

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)

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, sesame seeds, 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)	1810	1140
Energy (Cal)	432	273
Protein (g)	19.6	12.4
Fat, total (g)	23.4	14.8
Saturated Fat (g)	4.7	3.0
Carbohydrate (g)	35.0	22.1
Sugars (g)	3.6	2.3
Sodium (mg)	664	420

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

Spicy Chicken Clubhouse Burger - Crispy

CRISPY CHICKEN: Chicken, **Wheat** Flour, Water, Vegetable Oil (Canola, Sunflower), Starch (**Wheat**, Maize 1422), Yeast Extract, Salt, Spices (Pepper, Celery), **Soy** Protein, Mineral Salt (450, 500), Vegetable Powders (Onion, Garlic), **Wheat Gluten**, Natural Colour (160c), Anti-Caking Agent (551), Dextrose, Baker's Yeast, Citrus Extract, Spice Extract (Pepper, Celery), Natural Flavour.

BURGER BUN: **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Water, Sugar, Glaze (**Wheat**), Canola Oil, Iodised Salt, Yeast, **Wheat Gluten**, Natural Flavour, Improver (**Soy** Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour, Enzymes (1100)), Preservative (282), Emulsifier (472e).

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, Distilled Vinegar, Onion, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hydrolyzed Proteins (Corn, **Gluten**, **Wheat** and **Soy**), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).

TOMATO: Tomato.

ONION: Onion.

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.

LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

SRIRACHA SAUCE: Water, Invert Sugar Syrup, Sugar, Capsicum Puree (Acidity Regulator (260)), White Vinegar, Tomato Paste, Corn Starch, Salt, Vegetable Extracts (Chilli, Garlic), Ginger Puree, Vegetable Powder, Natural Colour (160c), Preservative (202), Thickener (415), Natural Flavour, Lemon Juice Concentrate.

Contains gluten, milk, egg and soy.

BURGER BUN is made in the same equipment as products containing sesame seeds.

CRISPY CHICKEN may be cooked in the same equipment as products containing milk and egg.

ONION may be cooked on the same grill as egg or products containing gluten, milk or soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2690	814
Energy (Cal)	643	195
Protein (g)	31.6	9.6
Fat, total (g)	28.6	8.7
Saturated Fat (g)	6.7	2
Carbohydrate (g)	62.0	18.8
Sugars (g)	12.9	3.9
Sodium (mg)	1770	535

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

Spicy Chicken Clubhouse Burger - Grilled

GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Fruit Powder (Lemon Juice Concentrate, Flavours), Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.

BURGER BUN: **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Water, Sugar, Glaze (**Wheat**), Canola Oil, Iodised Salt, Yeast, **Wheat Gluten**, Natural Flavour, Improver (**Soy** Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour, Enzymes (1100)), Preservative (282), Emulsifier (472e).

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, Distilled Vinegar, Onion, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hydrolyzed Proteins (Corn, **Gluten**, **Wheat** and **Soy**), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).

TOMATO: Tomato.

ONION: Onion.

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.

LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

SRIRACHA SAUCE: Water, Invert Sugar Syrup, Sugar, Capsicum Puree (Acidity Regulator (260)), White Vinegar, Tomato Paste, Corn Starch, Salt, Vegetable Extracts (Red Chilli Pepper, Garlic), Ginger Puree, Vegetable Powder, Natural Colour (160c), Preservative (202), Thickener (415), Natural Flavour, Lemon Juice Concentrate.

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

Contains gluten, egg, milk and soy.

BURGER BUN may contain sesame seeds and soy.

GRILLED CHICKEN and ONION may be cooked on the same grill as egg or products containing gluten, milk or soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2300	728
Energy (Cal)	549	174
Protein (g)	35.8	11.3
Fat, total (g)	21.9	7.0
Saturated Fat (g)	6.5	2.1
Carbohydrate (g)	49.7	15.8
Sugars (g)	10.8	3.4
Sodium (mg)	1390	442

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

CHICKEN AND FISH (continued)

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

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2470	1010
Energy (Cal)	590	241
Protein (g)	27.0	11.0
Fat, total (g)	32.4	13.3
Saturated Fat (g)	5.7	2.3
Carbohydrate (g)	46.1	18.8
Sugars (g)	7.0	2.9
Sodium (mg)	1250	509

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2100	912
Energy (Cal)	502	218
Protein (g)	31.2	13.5
Fat, total (g)	26.4	11.5
Saturated Fat (g)	5.5	2.4
Carbohydrate (g)	33.8	14.7
Sugars (g)	5.0	2.2
Sodium (mg)	870	378

Grilled Chicken Bites

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.

OIL: Canola Oil, **Soy** Lecithin, Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains 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	Flavour	Colours
T	T	T	Y								Y	Y

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	433	510
Energy (Cal)	104	122
Protein (g)	19.5	22.9
Fat, total (g)	2.6	3.0
Saturated Fat (g)	0.8	0.9
Carbohydrate (g)	0.4	0.5
Sugars (g)	0.4	0.5
Sodium (mg)	406	478

Chicken McBites® 10 pieces

CHICKEN MCBITES®: Chicken, Water, **Wheat** Flour, Breadcrumb 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), Flavourings, Thickener (1404), Spice Extract (100).

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	Flavour	Colours
Y	T	Y	T								Y	Y

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	734	1170
Energy (Cal)	176	279
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)	0.3	0.5
Sodium (mg)	407	647

CHICKEN AND FISH (continued)

Chicken McPieces® with Sweet & Sour Sauce

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).

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).

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 egg or milk.

	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

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

Chicken McPieces® with Spicy Seasoning

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 egg or milk.

	3 Pack		6 Pack	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	747	1080	1460	1080
Energy (Cal)	178	259	348	258
Protein (g)	13.7	19.9	27.3	20.2
Fat, total (g)	19.2	13.3	18.3	13.5
Saturated Fat (g)	1.0	1.4	2.0	1.5
Carbohydrate (g)	10.0	14.4	18.3	13.5
Sugars (g)	1.1	1.6	1.2	0.9
Sodium (mg)	538	780	865	641

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

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1890	980
Energy (Cal)	452	234
Protein (g)	19.7	10.2
Fat, total (g)	22.6	11.7
Saturated Fat (g)	3.5	1.8
Carbohydrate (g)	41.3	21.4
Sugars (g)	4.2	2.2
Sodium (mg)	638	330

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

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3000	1020
Energy (Cal)	717	245
Protein (g)	32.5	11.1
Fat, total (g)	41.4	14.1
Saturated Fat (g)	6.5	2.2
Carbohydrate (g)	52.4	17.9
Sugars (g)	5.2	1.8
Sodium (mg)	995	340

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

CHICKEN AND FISH (continued)

Parmi Burger

CRISPY CHICKEN: Chicken, **Wheat** Flour, Water, Vegetable Oil (Canola, Sunflower), Starch (**Wheat** and Maize 1422), Yeast Extract, Salt, Spices (Pepper, Celery), **Soy** Protein, Mineral Salt (450, 500), Vegetable Powders (Onion, Garlic), **Wheat Gluten**, Natural Colour (160c), Anti-Caking Agent (551), Dextrose, Baker's Yeast, Citrus Extract, Spice Extract (Pepper, Celery), Natural Flavour.

BURGER BUN: **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Water, Sugar, Glaze (**Wheat**), Canola Oil, Iodised Salt, Yeast, **Wheat** Gluten, Natural Flavour, Improver (**Soy** Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat** Malt Flour, Enzymes (1100)), Preservative (282), Emulsifier (472e).

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

PARMIGIANA SAUCE: Water, Tomato Paste, Diced Tomato (Diced Tomatoes, Tomato Juice, Food Acid (330), Mineral Salt (509)), Sugar, Dehydrated Vegetables (Onion, Garlic), Salt, Thickener (1422), Canola Oil, Food Acid (260), Spice, Vegetable Gum (415), Herbs, Preservatives (202, 211), Spice Extract (160c).

CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-Animal Rennet.

LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

CHEESE SAUCE: Skim **Milk**, **Cream**, Salt, **Milk** Solids, Cultures, Enzymes (non-animal)), Water, Milk Solids, Thickener (1422), Stabilisers (415,466), Emulsifying Salts (331, 451), Food Acid (270), Yeast Extract, Colours (100, 160a).

Contains gluten, milk, soy and sulphites.

BUN is prepared on the same equipment as products containing sesame seeds.

BACON may be cooked on the same equipment as products containing egg and gluten.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2430	883
Energy (Cal)	580	211
Protein (g)	35.3	12.9
Fat, total (g)	22.2	8.1
Saturated Fat (g)	6.8	2.5
Carbohydrate (g)	57.1	20.8
Sugars (g)	9	3.3
Sodium (mg)	1970	716

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

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), 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.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1410	1010
Energy (Cal)	338	241
Protein (g)	16.1	11.5
Fat, total (g)	15.4	11.0
Saturated Fat (g)	3.0	2.1
Carbohydrate (g)	32.0	22.8
Sugars (g)	3.2	2.3
Sodium (mg)	583	416

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

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), 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.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2250	975
Energy (Cal)	538	233
Protein (g)	26.9	11.6
Fat, total (g)	28.7	12.4
Saturated Fat (g)	5.6	2.4
Carbohydrate (g)	40.6	17.6
Sugars (g)	4.0	1.7
Sodium (mg)	957	415

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

VEGGIES

McVeggie Burger

VEGGIE PATTY: Vegetables (Potato, Peas, Corn, Carrot, Onion), Flour (**Wheat, Soy**, Buckwheat, Rice, **Oats**), Cheese (**Milk**), Canola Oil, Water, Rolled **Oat (Gluten)**, Dehydrated Vegetables (Potato, Garlic, Onion), Thickeners (1442, 1404), Tapioca Starch, **Soy** Protein, Herbs and Spices, Yeast Extract, Natural Flavour (**Milk, Soy**), **Gluten (Wheat)**, Sugar, Mineral Salts (341, 500, 450, 541), Food Acids (270, 330), Emulsifier (481).

QUARTER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Natural Flavour, **Wheat Gluten**, Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes), 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, Thickener (415), Food Acid (270), Preservative (202).

PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.

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

QUARTER BUNS are made in the same equipment as products containing soy.

VEGGIE PATTY is cooked in a McDonald's Vegetable Oil blend and may be cooked in the same equipment products containing egg.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2010	923
Energy (Cal)	481	221
Protein (g)	13.5	6.2
Fat, total (g)	21.0	9.6
Saturated Fat (g)	4.2	1.9
Carbohydrate (g)	57.4	26.3
Sugars (g)	6.6	3.0
Sodium (mg)	1080	495

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

Deluxe McVeggie Burger

VEGGIE PATTY: Vegetables (Potato, Peas, Corn, Carrot, Onion), Flour (**Wheat, Soy**, Buckwheat, Rice, **Oats**), Cheese (**Milk**), Canola Oil, Water, Rolled **Oat (Gluten)**, Dehydrated Vegetables (Potato, Garlic, Onion), Thickeners (1442, 1404), Tapioca Starch, **Soy** Protein, Herbs and Spices, Yeast Extract, Natural Flavour (**Milk, Soy**), **Gluten (Wheat)**, Sugar, Mineral Salts (341, 500, 450, 541), Food Acids (270, 330), Emulsifier (481).

QUARTER BUN: **Wheat** Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Natural Flavour, **Wheat Gluten**, Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes), 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, Thickener (415), Food Acid (270), Preservative (202).

PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.

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

TOMATO: Tomato.

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

QUARTER BUNS are produced on equipment that also produces products containing soy.

VEGGIE PATTY is cooked in a McDonald's Vegetable Oil blend and may be cooked in the same equipment products containing egg.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2270	886
Energy (Cal)	542	212
Protein (g)	17.5	6.8
Fat, total (g)	25.7	10.0
Saturated Fat (g)	7.4	2.9
Carbohydrate (g)	58.0	22.7
Sugars (g)	7.2	2.8
Sodium (mg)	1190	466

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

WRAPS

Wholemeal Snack Wrap- Crispy Chicken

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)	1160	1010
Energy (Cal)	277	240
Protein (g)	13.4	11.6
Fat, total (g)	13.4	11.6
Saturated Fat (g)	3.1	2.6
Carbohydrate (g)	25.0	21.6
Sugars (g)	1.7	1.4
Sodium (mg)	589	510

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

Wholemeal Snack Wrap - Grilled Chicken

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	Flavour	Colours
Y	Y	T	Y							Y	Y	Y

WRAPS (continued)

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.

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

	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

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.

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

	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

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), Preservative (200).

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	Flavour	Colours
Y	Y	Y	Y							Y	Y	

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2420	978
Energy (Cal)	577	234
Protein (g)	28.6	11.6
Fat, total (g)	29	11.7
Saturated Fat (g)	6.6	2.7
Carbohydrate (g)	48.7	19.7
Sugars (g)	6.4	2.6
Sodium (mg)	1450	587

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), Preservative (200).

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	Flavour	Colours
Y	Y	Y	Y							Y	Y	

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1430	472
Energy (Cal)	343	113
Protein (g)	24	7.9
Fat, total (g)	8.1	2.7
Saturated Fat (g)	2.4	0.8
Carbohydrate (g)	40.6	13.4
Sugars (g)	24.9	8.2
Sodium (mg)	1490	490

WRAPS (Continued)

Honey Soy 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.

HONEY SOY DRESSING: Water, Sugar, Teriyaki Sauce (**Soy** Sauce, Sugar, Water, Vinegar, Vegetable Powders), Golden Syrup, Thickeners (1422, 415), Salt, Garlic, Food Acid (260), Natural Colours (Burnt Sugar, 160c), Honey, Yeast Extract, Preservatives (202, 211), Spices, Natural Flavour.

DRYSLAW: White Cabbage, Red Cabbage, Carrot.

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

[Contains gluten and soy.](#)

[May contain milk, tree nuts and sesame seeds.](#)

[CRISPY CHICKEN PATTY is cooked in a McDonald's Vegetable Oil Blend and may be cooked using the same equipment as products containing milk and egg.](#)

[WHOLEMEAL TORTILLA may be produced using the same equipment as products containing soy.](#)

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1970	820
Energy (Cal)	471	196
Protein (g)	22.6	9.4
Fat, total (g)	15.9	6.6
Saturated Fat (g)	4.2	1.8
Carbohydrate (g)	56.9	23.7
Sugars (g)	14	5.8
Sodium (mg)	1420	593

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

Honey Soy 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.

HONEY SOY DRESSING: Water, Sugar, Teriyaki Sauce (**Soy** Sauce, Sugar, Water, Vinegar, Vegetable Powders), Golden Syrup, Thickeners (1422, 415), Salt, Garlic, Food Acid (260), Natural Colours (Burnt Sugar, 160c), Honey, Yeast Extract, Preservatives (202, 211), Spices, Natural Flavour.

DRYSLAW: White Cabbage, Red Cabbage, Carrot.

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

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

[Contains gluten and soy.](#)

[May contain milk, tree nuts and sesame seeds.](#)

[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)	1570	699
Energy (Cal)	376	167
Protein (g)	26.8	11.9
Fat, total (g)	9.2	4.1
Saturated Fat (g)	4.0	1.8
Carbohydrate (g)	44.7	19.9
Sugars (g)	11.9	5.3
Sodium (mg)	1050	465

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

Spicy Chicken McWrap® - Crispy

CRISPY CHICKEN PATTY: Chicken, **Wheat** Flour, Water, Vegetable Oil (Canola, Sunflower), Starch (**Wheat** and Maize 1422), Yeast Extract, Salt, Spices (Pepper, Celery), **Soy** Protein, Mineral Salt (450, 500), Vegetable Powders (Onion, Garlic), **Wheat Gluten**, Natural Colour (160c), Anti-caking Agent (551), Dextrose, Baker's Yeast, Citrus Extract, Spice Extract (Pepper, Celery), Natural Flavour.

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.

DRY SLAW: White Cabbage, Red Cabbage, Carrot.

SRIRACHA STYLE SAUCE: Water, Invert Sugar Syrup, Sugar, Capsicum Puree (Acidity Regulator (260)), White Vinegar, Tomato Paste, Corn Starch, Salt, Vegetable Extracts (Chilli, Garlic), Ginger Puree, Vegetable Powder, Natural Colour (160c), Preservative (202), Thickener (415), Natural Flavour, Lemon Juice Concentrate.

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).

[Contains gluten, egg and soy.](#)

[CRISPY CHICKEN PATTY is cooked in a McDonald's Vegetable Oil blend and be cooked using the same equipment as products containing milk.](#)

[WHOLEMEAL TORTILLA may be produced using the same equipment as products containing soy.](#)

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2210	807
Energy (Cal)	528	193
Protein (g)	23.2	8.5
Fat, total (g)	23.2	8.5
Saturated Fat (g)	5.4	2
Carbohydrate (g)	54.3	19.8
Sugars (g)	10.6	3.9
Sodium (mg)	1410	516

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

Spicy 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.

DRY SLAW: White Cabbage, Red Cabbage, Carrot.

SRIRACHA STYLE SAUCE: Water, Invert Sugar Syrup, Sugar, Capsicum Puree (Acidity Regulator (260)), White Vinegar, Tomato Paste, Corn Starch, Salt, Vegetable Extracts (Chilli, Garlic), Ginger Puree, Vegetable Powder, Natural Colour (160c), Preservative (202), Thickener (415), Natural Flavour, Lemon Juice Concentrate.

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).

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

[Contains soy, gluten and egg.](#)

[GRILLED CHICKEN BREAST FILLET may be cooked on the same equipment as egg 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)	1810	702
Energy (Cal)	433	168
Protein (g)	27.4	10.6
Fat, total (g)	16.5	6.4
Saturated Fat (g)	5.2	2
Carbohydrate (g)	41.8	16.2
Sugars (g)	8.4	3.3
Sodium (mg)	1030	399

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

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.

	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

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

Loaded Fries with Gravy

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).

GRAVY: Water, Thickener (1442), Maltodextrin, Sugar, Salt, Beverage Whitener (Glucose Syrup, Vegetable Fat, **Milk** Protein, Sugar, Emulsifiers (471, 481), Stabiliser (340, 452), Acidity Regulator (332), Anticaking Agent (554), Flavour), Flavourings

(**Soy**), Vegetable Powders, Colour (150c), Flavour Enhancer (635), Hydrolysed Vegetable Proteins (Maize, **Soy**), Mushroom Extract Powder, Beef Extract, Dehydrated Vegetable, Vegetable Oil, Spices, Herbs, Food Acid (296).

Contains milk, soy and 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.

	Single		Share	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1320	883	2650	883
Energy (Cal)	317	211	633	211
Protein (g)	4.9	3.3	9.9	3.3
Fat, total (g)	15.2	10.1	30.4	10.1
Saturated Fat (g)	1.3	0.9	2.6	0.9
Carbohydrate (g)	38.1	25.4	76.1	25.4
Sugars (g)	0.9	0.6	1.7	0.6
Sodium (mg)	533	355	1070	355

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

FRUIT and SALADS

Apples

Apple Slices, Antioxidants (302).

May contain Apple Seeds.

	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

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

Grape Tomatoes

Grape Tomatoes

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	57	90
Energy (Cal)	16	25
Protein (g)	1.0	1.5
Fat, total (g)	0.1	0.2
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	1.5	2.4
Sugars (g)	0.7	1.1
Sodium (mg)	5	8

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

Caesar Chicken Salad - Crispy Chicken

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), Preservative (200).

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)	2510	828
Energy (Cal)	600	198
Protein (g)	34.8	11.5
Fat, total (g)	36.9	12.2
Saturated Fat (g)	6.2	2
Carbohydrate (g)	30.7	10.1
Sugars (g)	7.9	2.6
Sodium (mg)	1960	646

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

FRUIT and SALADS (Continued)

Caesar Chicken Salad - Grilled Chicken

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)	2120	734
Energy (Cal)	506	175
Protein (g)	39	13.5
Fat, total (g)	30.2	10.5
Saturated Fat (g)	5.9	2.1
Carbohydrate (g)	18.5	6.4
Sugars (g)	5.9	2
Sodium (mg)	1580	550

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

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).

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.

	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

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

Honey Soy 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.

HONEY SOY DRESSING: Water, Sugar, Teriyaki Sauce (**Soy** Sauce, Sugar, Water, Vinegar, Vegetable Powders), Golden Syrup, Thickeners (1422, 415), Salt, Garlic, Food Acid (260), Natural Colours (Burnt Sugar, 160c), Honey, Yeast Extract, Preservatives (202, 211), Spices, Natural Flavour.

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

FRIED NOODLE SACHET: **Wheat** Flour, Cotton Seed Oil, Salt, Raising Agent (500), Acidity Regulator (450), Natural Colour (160b), Water.

Contains gluten and soy.

May contain milk, tree nuts and sesame seeds.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1820	573
Energy (Cal)	435	137
Protein (g)	20.4	6.4
Fat, total (g)	15.2	4.8
Saturated Fat (g)	2.7	0.8
Carbohydrate (g)	50.7	15.9
Sugars (g)	24.5	7.7
Sodium (mg)	1780	559

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

FRUIT and SALADS (Continued)

Honey Soy 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.

HONEY SOY DRESSING: Water, Sugar, Teriyaki Sauce (**Soy** Sauce, Sugar, Water, Vinegar, Vegetable Powders), Golden Syrup, Thickeners (1422, 415), Salt, Garlic, Food Acid (260), Natural Colours (Burnt Sugar, 160c), Honey, Yeast Extract, Preservatives (202, 211), Spices, Natural Flavour.

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

CRISPY NOODLE SACHET: **Wheat** Flour, Cotton Seed Oil, Salt, Raising Agent (500), Acidity Regulator (450), Natural Colour (160b), Water.

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

Contains gluten and soy.

May contain milk, tree nuts and sesame seeds.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1430	472
Energy (Cal)	343	113
Protein (g)	24	7.9
Fat, total (g)	8.1	2.7
Saturated Fat (g)	2.4	0.8
Carbohydrate (g)	40.6	13.4
Sugars (g)	24.9	8.2
Sodium (mg)	1490	490

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

Garden Salad with Balsamic Dressing

DICED 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**)).

DRYSLAW: White Cabbage, Red Cabbage, Carrot.

GRAPE TOMATO: Grape Tomatoes.

Contains soy and sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	330	243
Energy (Cal)	79	58
Protein (g)	1.8	1.3
Fat, total (g)	4.3	3.1
Saturated Fat (g)	0.4	0.3
Carbohydrate (g)	7.2	5.3
Sugars (g)	5.6	4.1
Sodium (mg)	223	164

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
			Y					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	Flavour	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	Flavour	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	Flavour	Colours
Barbecue	Y			Y							Y	Y	Y
Sweet and Sour	Y			Y							Y	Y	Y
Sweet Mustard											Y		Y

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 (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, 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	Flavour	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		

	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	204	727	328	1170
Energy (Cal)	48	172	49	174	78	280
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

	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 PATTY: Beef.

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

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).

EGG: **Egg**.

HOUSE GRILL BBQ SAUCE: Tomato Pulp (Antioxidant (330)), Sugar, Vinegar, Water, Onion Puree, Thickener (1422), Molasses, Minced Garlic (Acetic Acid (260)), Salt, Lemon Juice Concentrate, Spices (100), Mustard (**Wheat, Soy**)(Food Acid (260)), Flavourings, Malt Extract (**Barley**), Vegetable Gum (415), Yeast Extract, Preservative (202).

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.

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

BEEF SEASONING: Salt, Pepper and Sunflower Oil.

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

QUARTER BUNS are produced on equipment that also produces products containing soy.

BEEF PATTY and BACON in the same equipment as egg or products containing gluten, milk or soy.

EGG may be cooked on the same grill as products containing gluten, milk or soy.

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 or soy.

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

Breakfast Condiments

STRAWBERRY JAM: Sugar, Strawberries, Acidity Regulators (330, 331), Vegetable Gum (440).

HONEY: Honey.

VEGEMITE™ : Yeast Extract, Salt, Mineral Salt (508), Malt Extract (**Barley**), Colour (150d), Vegetable Extract, Niacin, Thiamine, Riboflavin, Folate.

Contains gluten and sulphites.

	Honey		Strawberry Jam		Vegemite	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	184	1420	165	1220	39	811
Energy (Cal)	44	340	39	290	9	194
Protein (g)	0.0	0.3	0.1	1.0	1.2	25.6
Fat, total (g)	0.0	0.1	0.1	1.0	0.0	0.9
Saturated Fat (g)	0.0	0.1	0.1	1.0	0.0	0.9
Carbohydrate (g)	10.8	83.1	9.3	68.3	0.9	19.5
Sugars (g)	10.7	82.5	9.3	68.2	0.1	1.7
Sodium (mg)	2	15	3	25	162	3380

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

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	Flavour	Colours
T	T	T	T							Y	Y	

Ham and Cheese Pocket

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.

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

HAM: Pork, Water, Salt, Acidity Regulators (326, 262), Sugar, Emulsifier (451), Dextrose (Maize), Antioxidant (316), Sodium Nitrite (250).

Contains gluten and milk.

WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.

Pocket may be heated on the same equipment as egg or products containing milk or soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	843	1190
Energy (Cal)	201	285
Protein (g)	10.0	14.2
Fat, total (g)	8.9	12.7
Saturated Fat (g)	5.3	7.4
Carbohydrate (g)	19.7	27.9
Sugars (g)	1.3	1.8
Sodium (mg)	377	535

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

BREAKFAST (Continued)

Cheese Pocket

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

Contains gluten and milk.
 WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.
 Pocket may be heated on the same grill as egg or products containing milk or soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	777	1350
Energy (Cal)	186	322
Protein (g)	7.6	13.1
Fat, total (g)	8.5	14.8
Saturated Fat (g)	5.1	8.8
Carbohydrate (g)	19.3	33.4
Sugars (g)	1.3	2.2
Sodium (mg)	256	444

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y		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	Flavour	Colours
Plain	Y	Y	Y					T					
with Syrup and Butter	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

	Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Hotcake Syrup											Y	Y	Y
Whipped Butter			Y										
Butter			Y										

Bacon and 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	919
Energy (Cal)	295	220
Protein (g)	18.3	13.6
Fat, total (g)	13.2	9.8
Saturated Fat (g)	5.6	4.2
Carbohydrate (g)	24.5	18.3
Sugars (g)	2.2	1.7
Sodium (mg)	674	503

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

BREAKFAST (Continued)

English McMuffin® with Jam

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).

STRAWBERRY JAM: Sugar, Strawberries, Acidity Regulators (330, 331), Vegetable Gum (440)

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.

Note: Available with your choice of Vegemite™, Honey or Strawberry Jam.

	Plain English Muffin		Muffin with Jam	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	632	1100	788	1110
Energy (Cal)	150	260	188	264
Protein (g)	4.5	7.9	6.3	8.8
Fat, total (g)	3.0	5.2	3.1	4.3
Saturated Fat (g)	0.8	1.5	0.6	0.9
Carbohydrate (g)	25.3	43.8	32.5	45.6
Sugars (g)	1.2	2.0	10.8	15.1
Sodium (mg)	274	476	254	357

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

Might 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.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1900	931
Energy (Cal)	455	222
Protein (g)	30.1	14.7
Fat, total (g)	23.5	11.5
Saturated Fat (g)	10.9	5.3
Carbohydrate (g)	29.7	14.5
Sugars (g)	5.9	2.9
Sodium (mg)	1190	580

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

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.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1250	1130
Energy (Cal)	298	270
Protein (g)	17.2	15.6
Fat, total (g)	14.5	13.1
Saturated Fat (g)	7.6	6.9
Carbohydrate (g)	23.5	21.3
Sugars (g)	2.2	2.0
Sodium (mg)	588	532

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

BREAKFAST (Continued)

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.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1560	975
Energy (Cal)	373	233
Protein (g)	23.3	14.6
Fat, total (g)	20.0	12.5
Saturated Fat (g)	9.3	5.8
Carbohydrate (g)	23.7	14.8
Sugars (g)	2.4	1.5
Sodium (mg)	634	396

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

Omelette Wrap

SPINACH OMELETTE: **Egg**, Water, Sunflower Oil, Spinach, Thickener (1422), Salt, Vegetable Gum (415), Pepper, Food Acid (330).

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

TOMATO ONION RELISH: Sugar, Diced Onion, Water, Tomato Paste (Antioxidant (330), Tomato (Tomato, Salt, Food Acid (330), Calcium Chloride (509)), Diced Capsicum, Thickener (1422), Salt, Food Acids (260, 330), Mustard Seeds, Vegetable Gum (415, 412), Spices, Preservatives (202, 211).

GRILLED ONION: Onion.

SPINACH: Baby Spinach

Contains Egg.

OMELETTE WRAP is produced using the same equipment as products containing gluten.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1080	659
Energy (Cal)	259	157
Protein (g)	17.0	10.3
Fat, total (g)	16.1	9.8
Saturated Fat (g)	5.2	3.1
Carbohydrate (g)	11.3	6.9
Sugars (g)	6.9	4.2
Sodium (mg)	820	499

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

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.

	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

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

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.

Note: 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	Flavour	Colours
Y		Y	Y		T	T					Y	Y

DESSERTS (continued)

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	Flavour	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	Flavour	Colours
Y		Y	Y		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.

Contains gluten, milk and soy.

SUNDAE MIX contain traces of sulphites.

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

	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	Flavour	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).

CONE: **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	Flavour	Colours
Y		Y	Y					T		T	Y	

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	Flavour	Colours
Y		Y	Y		T	T		T		T	Y	

DESSERTS (continued)

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	Flavour	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	Flavour	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	Flavour	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 (124), 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	Flavour	Colours
		Y								Y	Y	Y

Yoghurt - Petit Miam Strawberry

Milk, Milk Solids, Water, Strawberry, Sugar, Apple, Thickener (1442), Mineral Calcium (341), Natural Flavours, Natural Colour (120), Acidity Regulators (331, 296), Vitamins D, Live Cultures (Acidophilus and Bifidus).

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	Flavour	Colours
		Y										

DESSERTS (continued)

Donut Balls

DONUT BALLS: **Wheat** Flour, Sugar, Water, **Egg**, Canola Oil, **Milk** Solids (Emulsifier (322 - **Soy**)), Raising Agent (500,541,170, Maize Flour), Flavour, **Wheat Gluten**, Iodised Salt, Cinnamon.

Contains gluten, egg, milk and soy.

DONUT BALLS are made in the same equipment as products containing peanuts, tree nuts and sesame seeds.

DONUT BALLS are cooked in a McDonald's Vegetable Oil Blend.

6 Pieces		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	923	1920
Energy (Cal)	221	460
Protein (g)	2.3	4.8
Fat, total (g)	12.1	25.2
Saturated Fat (g)	5.3	11.1
Carbohydrate (g)	25.0	52.1
Sugars (g)	12.6	26.3
Sodium (mg)	120	251

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

Donut Balls with Hot Fudge Sauce

DONUT BALL: **Wheat** Flour, Sugar, Water, **Egg**, Canola Oil, **Milk** Solids (Emulsifier (322 - **Soy**)), Raising Agent (500, 541, 170, Maize Flour), Flavour, **Wheat Gluten**, Iodised Salt, Cinnamon.

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

Contains gluten, egg, milk and soy.

DONUT BALLS are made in the same equipment as products containing peanuts, tree nuts and sesame seeds.

DONUT BALLS are cooked in a McDonald's Vegetable Oil Blend.

6 Pieces		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1540	1790
Energy (Cal)	368	428
Protein (g)	3.1	3.6
Fat, total (g)	15.1	17.6
Saturated Fat (g)	7.8	9.1
Carbohydrate (g)	53.7	62.6
Sugars (g)	32.7	38.1
Sodium (mg)	180	210

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