



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

Information correct as at 29 August 2018.

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 Halal certified restaurants. Only those items listed on the certificate in the front counter area and drive thru booth at our restaurants serving Halal options are certified as Halal.

If you would like further information or have food sensitivities or dietary concerns regarding specific ingredients in specific menu items, please contact us at <http://mcdonalds.com.au/contactus> or call us on 02 9875 7100.

BEEF

Big Mac

BIG MAC BUN: **Wheat Flour**, Water, Yeast, Sugar, Vegetable Oil (Canola), **Sesame Seed**, Iodised Salt, **Gluten**, **Soy** Flour, Preservative (282), Emulsifiers (471, 472e, 481), **Malt** Flour, Mineral Salt (170), Antioxidant (300, 304, 307, 330), Enzyme (1100) Vitamin (Thiamin, Folate).

OR

BIG MAC BUN: **Wheat Flour** (Thiamin, Folic Acid, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Glaze (Contains **Wheat**), Canola Oil, **Sesame Seeds**, Potato Starch, Iodised Salt, Yeast, **Wheat Gluten**, Dough Conditioner (**Wheat** Sourdough, Fermented Acidity Regulator (270), Acidity Regulator (260)), Emulsifier (471), Preservative (282), Natural Flavours, Bread Improver (**Wheat Flour**, Enzymes, Antioxidant (300))

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: Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk** Solids, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy** Lecithin.

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

ONION: Water, Dehydrated White Onion.

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

Beef patty seasoned on grill. Seasoning: Salt, Pepper.

Beef may be cooked on the same grill as egg or products containing gluten.

| Gluten | Eggs | Milk | Soy | Fish & Crustaea | 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) | 2180 | 1010 |
| Energy (Cal) | 520 | 242 |
| Protein (g) | 26.9 | 12.5 |
| Fat, total (g) | 28.6 | 13.3 |
| Saturated Fat (g) | 11.3 | 5.2 |
| Carbohydrate (g) | 37.4 | 17.4 |
| Sugars (g) | 6.4 | 3.0 |
| Sodium (mg) | 993 | 461 |

Cheeseburger, Double Cheeseburger and Triple Cheeseburger

REGULAR BUN: **Wheat Flour** (Contains Vitamins (Thiamin, Folic Acid)), Water, Sugar, Canola Oil, Iodised Salt, **Wheat Gluten**, Yeast, Improver (**Soy** Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat Malt Flour**, Enzymes (1100)), Preservative (282), Emulsifier (471, 481, 472e) (Antioxidants (307, 304, 330)).

OR

REGULAR BUN: **Wheat Flour** (Vitamins (Thiamin, Folic Acid, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Glaze (Contains **Wheat**), Maize Starch), Canola Oil, **Wheat Gluten**, Iodised Salt, Yeast, Emulsifier (471), Preservative (282), Bread Improver (**Wheat Flour**, Enzymes, Antioxidant (300)), Enzymes.

BEEF PATTIES: Beef.

CHEESE: Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk** Solids, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy** Lecithin.

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring.

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

ONION: Water, Dehydrated White Onion.

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

Contains gluten, milk & soy.

REGULAR BUNS may contain sesame seeds. Beef patty seasoned on grill. Seasoning: Salt, Pepper.

Beef may be cooked on the same grill as egg or products containing gluten.

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

| | Cheeseburger | | Double Cheeseburger | | Triple Cheeseburger | |
|-------------------|-----------------|----------------|---------------------|----------------|---------------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g | Avg Qty /Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 1260 | 1070 | 1880 | 1100 | 2490 | 1140 |
| Energy (Cal) | 302 | 256 | 449 | 264 | 592 | 271 |
| Protein (g) | 16.2 | 13.8 | 27.2 | 16.0 | 38.3 | 17.5 |
| Fat, total (g) | 13.2 | 11.2 | 24.4 | 14.3 | 35.3 | 16.2 |
| Saturated Fat (g) | 6.6 | 5.6 | 12.8 | 7.5 | 19.0 | 8.7 |
| Carbohydrate (g) | 28.3 | 24.0 | 29.0 | 17.0 | 29.7 | 13.6 |
| Sugars (g) | 5.3 | 4.5 | 5.7 | 3.4 | 6.3 | 2.9 |
| Sodium (mg) | 729 | 618 | 1100 | 645 | 1440 | 659 |

BBQ Bacon Lovers

GOURMET SOFT BUN: **Wheat Flour** (Vitamins (Thiamine, Folic Acid)), Water, Sugar, Glaze (Contains **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).

BEEF PATTY: Angus Beef.

CHEDDAR CHEESE: **Milk**, Salt, Starter Cultures, Rennet, Lipase.

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

CARAMELISED GRILLED ONION: Onion, Seasoning (Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice.

CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate (339), Sodium Erythorbate (316), Sodium Nitrite (250)

MAYONNAISE: 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).

Contains gluten, egg, soy & milk.

*ANGUS BEEF PATTY seasoned after cooking : Salt, Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavours (**Milk**), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract.*

GOURMET SOFT BUN may contain sesame seeds.

Beef may be cooked on the same grill as egg or products containing gluten.

| Gluten | Eggs | Milk | Soy | Fish & Crustaea | 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) | 3620 | 1230 |
| Energy (Cal) | 865 | 294 |
| Protein (g) | 49.3 | 16.7 |
| Fat, total (g) | 50.9 | 17.3 |
| Saturated Fat (g) | 22.9 | 7.8 |
| Carbohydrate (g) | 50.6 | 17.2 |
| Sugars (g) | 11.9 | 4.1 |
| Sodium (mg) | 1590 | 540 |

| Classic Angus Burger | | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|--|-------------------|----------------|------|-----|-----------------|---------|-----------|--------------|-----------|-------|--------------|---------|---------|
| BEEF PATTY: Angus Beef | | | | | | | | | | | | Energy (kJ) | 2930 | 944 | | | | | | | | | | |
| GOURMET SOFT BUN: Wheat Flour (Vitamins (Thiamine, Folic Acid)), Water, Sugar, Glaze (Contains 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). | | | | | | | | | | | | Energy (Cal) | 701 | 226 | | | | | | | | | | |
| CHEESE: Cheese (Milk , Salt, Culture, Enzyme (Rennet, Lipase)), Water, Milk Solids, Butter , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), Soy Lecithin. | | | | | | | | | | | | Protein (g) | 39.3 | 12.7 | | | | | | | | | | |
| TOMATO: Tomato | | | | | | | | | | | | Fat, total (g) | 39.6 | 12.8 | | | | | | | | | | |
| MAYONNAISE: 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). | | | | | | | | | | | | Saturated Fat (g) | 19.4 | 6.2 | | | | | | | | | | |
| WHOLE LEAF LETTUCE: Lettuce. | | | | | | | | | | | | Carbohydrate (g) | 44.6 | 14.4 | | | | | | | | | | |
| RED ONION: Red Onion | | | | | | | | | | | | Sugars (g) | 7.2 | 2.3 | | | | | | | | | | |
| PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour. | | | | | | | | | | | | Sodium (mg) | 1120 | 362 | | | | | | | | | | |
| MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Flavouring. | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Contains gluten, egg, soy & milk.</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>ANGUS BEEF PATTY seasoned after cooking :Salt, Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavours (Milk), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract.</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>GOURMET SOFT BUN may contain sesame seeds.</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Beef may be cooked on the same grill as egg or products containing gluten.</i> | | | | | | | | | | | | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours |
| | | | | | | | | | | | | Y | Y | Y | Y | | | | Y | | | Y | Y | Y |
| Bacon Jam Angus Burger | | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | | | | | | | | | | | |
| BEEF PATTY: Angus Beef | | | | | | | | | | | | Energy (kJ) | 3220 | 999 | | | | | | | | | | |
| GOURMET SOFT BUN: Wheat Flour (Vitamins (Thiamine, Folic Acid)), Water, Sugar, Glaze (Contains 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). | | | | | | | | | | | | Energy (Cal) | 770 | 239 | | | | | | | | | | |
| TOMATO: Tomato | | | | | | | | | | | | Protein (g) | 45.1 | 14.0 | | | | | | | | | | |
| BACON JAM: Brown Sugar, Bacon (Pork), Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Preservative (250), Rosemary Extract], Water, Caramelised Onion (Onion, Canola Oil, Sugar), Apple Cider Vinegar, Thickener (1422), Garlic, Salt, Raw Sugar, Caramelised Sugar, Onion Powder, Natural Flavours (Milk), Oat Fibre (Gluten), Coffee Powder, Food Acid (270), Thickener (415), Yeast Extract, Preservatives (202, 234), Garlic Powder, Spice, Black Pepper. | | | | | | | | | | | | Fat, total (g) | 40.9 | 12.7 | | | | | | | | | | |
| CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Rennet, Lipase. | | | | | | | | | | | | Saturated Fat (g) | 18.5 | 5.7 | | | | | | | | | | |
| BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. Smoked | | | | | | | | | | | | Carbohydrate (g) | 52.5 | 16.3 | | | | | | | | | | |
| MAYONNAISE: 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). | | | | | | | | | | | | Sugars (g) | 13.9 | 4.3 | | | | | | | | | | |
| WHOLE LEAF LETTUCE: Lettuce. | | | | | | | | | | | | Sodium (mg) | 1450 | 451 | | | | | | | | | | |
| <i>Contains gluten, egg, soy & milk.</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>ANGUS BEEF PATTY seasoned after cooking : Salt, Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavours (Milk), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract.</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>GOURMET SOFT BUN may contain sesame seeds.</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Beef may be cooked on the same grill as egg or products containing gluten.</i> | | | | | | | | | | | | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours |
| | | | | | | | | | | | | Y | Y | Y | Y | | | | Y | | | Y | Y | Y |
| Hamburger | | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | | | | | | | | | | | |
| REGULAR BUN: Wheat Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Sugar, Canola Oil, Iodised Salt, Wheat Gluten , Yeast, Improver (Soy Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour, Enzymes (1100)), Preservative (282), Emulsifier (471, 481, 472e) (Antioxidants (307, 304, 330)). | | | | | | | | | | | | Energy (kJ) | 1060 | 1020 | | | | | | | | | | |
| OR | | | | | | | | | | | | Energy (Cal) | 252 | 243 | | | | | | | | | | |
| REGULAR BUN: Wheat Flour (Vitamins (Thiamin, Folic Acid, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Glaze (Contains Wheat), Maize Starch), Canola Oil, Wheat Gluten , Iodised Salt, Yeast, Emulsifier (471), Preservative (282), Bread Improver (Wheat Flour, Enzymes, Antioxidant (300)), Enzymes. | | | | | | | | | | | | Protein (g) | 13.5 | 13.0 | | | | | | | | | | |
| BEEF PATTIES: Beef. | | | | | | | | | | | | Fat, total (g) | 9.2 | 8.9 | | | | | | | | | | |
| KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring . | | | | | | | | | | | | Saturated Fat (g) | 3.8 | 3.7 | | | | | | | | | | |
| PICKLE: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour. | | | | | | | | | | | | Carbohydrate (g) | 27.5 | 26.5 | | | | | | | | | | |
| ONION: Water, Dehydrated White Onion. | | | | | | | | | | | | Sugars (g) | 5.1 | 4.9 | | | | | | | | | | |
| MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour. | | | | | | | | | | | | Sodium (mg) | 546 | 527 | | | | | | | | | | |
| <i>Contains gluten & soy.</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>REGULAR BUNS may contain sesame seeds.</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Beef patty seasoned on grill. Seasoning: Salt, Pepper.</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Beef may be cooked on the same grill as egg or products containing gluten.</i> | | | | | | | | | | | | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours |
| | | | | | | | | | | | | Y | T | | Y | | | | Y | | | Y | Y | Y |

McDouble

REGULAR BUN: Wheat Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Sugar, Canola Oil, Iodised Salt, **Wheat Gluten**, Yeast, Improver (**Soy Flour**, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat Malt Flour**, Enzymes (1100)), Preservative (282), Emulsifier (471, 481, 472e) (Antioxidants (307, 304, 330)).

OR

REGULAR BUN: Wheat Flour (Vitamins (Thiamin, Folic Acid, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Glaze (Contains **Wheat**), Maize Starch), Canola Oil, **Wheat Gluten**, Iodised Salt, Yeast, Emulsifier (471), Preservative (282), Bread Improver (**Wheat Flour**, Enzymes, Antioxidant (300)), Enzymes.

BEEF PATTIES: Beef.

CHEESE: Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk Solids**, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy Lecithin**.

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring.

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

ONION: Water, Dehydrated White Onion.

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

Contains gluten, milk & soy.

REGULAR BUNS may contain sesame seeds. Beef patty seasoned on grill. Seasoning: Salt, Pepper.

Beef may be cooked on the same grill as egg or products containing gluten.

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

| | Avg Qty / Serve | Avg Qty / 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 1670 | 1070 |
| Energy (Cal) | 400 | 257 |
| Protein (g) | 24.4 | 15.6 |
| Fat, total (g) | 20.5 | 13.1 |
| Saturated Fat (g) | 10.1 | 6.5 |
| Carbohydrate (g) | 28.3 | 18.2 |
| Sugars (g) | 5.3 | 3.4 |
| Sodium (mg) | 916 | 588 |

McFeast

BEEF PATTY: Beef.

QUARTER BUN: Wheat Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Sugar, Canola Oil, **Sesame Seeds**, Iodised Salt, Wheat Gluten, Yeast, Improver (**Soy Flour**, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat Malt Flour**, Enzymes (1100 - Contains **Wheat**)), Preservative (282), Emulsifier (471, 481, 472e) (Antioxidants (307, 304, 330)).

OR

QUARTER BUN: Wheat Flour (Vitamins (Thiamin, Folic Acid, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Glaze (Contains **Wheat**), Canola Oil, **Sesame Seeds**, Iodised Salt, Natural Flavour, **Wheat Gluten**, Yeast, Emulsifier (471), Preservative (282), Bread Improver (**Wheat Flour**, Enzymes, Antioxidant (300)), Thickener (412), Antioxidant (300).

LETTUCE: Lettuce.

TOMATO: Tomato

MAYONNAISE: 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: Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk Solids**, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy Lecithin**.

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring.

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

ONION: Sliced Onion

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

Contains gluten, soy, milk & sesame seeds

Beef patty seasoned on grill. Seasoning: Salt, Pepper.

Beef may be cooked on the same grill as egg or products containing gluten.

| Gluten | Eggs | Milk | Soy | Fish & Crustaea | 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) | 2240 | 889 |
| Energy (Cal) | 535 | 213 |
| Protein (g) | 31.1 | 12.4 |
| Fat, total (g) | 29.8 | 11.9 |
| Saturated Fat (g) | 13.6 | 5.4 |
| Carbohydrate (g) | 34.2 | 13.6 |
| Sugars (g) | 7.8 | 3.1 |
| Sodium (mg) | 936 | 372 |

Quarter Pounder and Double Quarter Pounder

BEEF PATTY: Beef.

QUARTER BUN: Wheat Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Sugar, Canola Oil, **Sesame Seeds**, Iodised Salt, **Wheat Gluten**, Yeast, Improver (**Soy Flour**, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat Malt Flour**, Enzymes (1100 - contains **Wheat**)), Preservative (282), Emulsifier (471, 481, 472e) (Antioxidants (307, 304, 330)).

OR

QUARTER BUN: Wheat Flour (Vitamins (Thiamin, Folic Acid, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Glaze (Contains **Wheat**), Canola Oil, **Sesame Seeds**, Iodised Salt, Natural Flavour, **Wheat Gluten**, Yeast, Emulsifier (471), Preservative (282), Bread Improver (**Wheat Flour**, Enzymes, Antioxidant (300)), Thickener (412), Antioxidant (300).

CHEESE: Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk Solids**, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy Lecithin**.

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring.

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

ONION: Sliced Onion

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

Contains gluten, soy, milk & sesame seeds

Beef patty seasoned on grill. Seasoning: Salt, Pepper.

Beef may be cooked on the same grill as egg or products containing gluten.

| Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours |
|------------------------|------|------|-----|-----------------|---------|-----------|--------------|-----------|-------|--------------|---------|---------|
| Quarter Pounder | Y | T | Y | Y | | | Y | | | Y | Y | Y |
| Double Quarter Pounder | Y | T | Y | Y | | | Y | | | Y | Y | Y |

| | Quarter Pounder | | Double Quarter Pounder | |
|-------------------|-----------------|----------------|------------------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 2270 | 1100 | 3570 | 1160 |
| Energy (Cal) | 543 | 263 | 854 | 278 |
| Protein (g) | 33.4 | 16.2 | 57.8 | 18.8 |
| Fat, total (g) | 30.0 | 14.5 | 53.5 | 17.4 |
| Saturated Fat (g) | 15.8 | 7.6 | 28.4 | 9.2 |
| Carbohydrate (g) | 33.7 | 16.3 | 38.4 | 11.2 |
| Sugars (g) | 7.4 | 3.6 | 7.8 | 2.5 |
| Sodium (mg) | 1050 | 509 | 1430 | 464 |

CHICKEN AND FISH

Chicken McNuggets

Chicken, Water, Flour (Maize, Bleached **Wheat**), Salt, Canola Oil, Thickener (1404), Raising Agents and Mineral Salts (341, 451, 450, 500, 541, 551, 327), Spice, **Wheat Starch**.

OR

Chicken, Water, Flour (**Wheat**, Maize), Canola Oil, Thickener (1422, 1420 **Wheat**), Salt, Mineral Salts (450, 500, 451, 541, 341, 327), Spices, Dextrose, **Sunflower Oil**.

Contains gluten.

Note: McNuggets are cooked in canola oil blend.

| | 3 Pack | | | 6 Pack | | | 10 Pack | | |
|-------------------|----------------|---------------|--|----------------|---------------|--|----------------|---------------|--|
| | Avg Qty /Serve | Avg Qty /100g | | Avg Qty /Serve | Avg Qty /100g | | Avg Qty /Serve | Avg Qty /100g | |
| Energy (kJ) | 553 | 1120 | | 1110 | 1120 | | 1840 | 1120 | |
| Energy (Cal) | 132 | 267 | | 265 | 267 | | 441 | 267 | |
| Protein (g) | 7.3 | 14.7 | | 14.6 | 14.7 | | 24.3 | 14.7 | |
| Fat, total (g) | 7.6 | 15.4 | | 15.2 | 15.4 | | 25.4 | 15.4 | |
| Saturated Fat (g) | 1.1 | 2.2 | | 2.2 | 2.2 | | 3.6 | 2.2 | |
| Carbohydrate (g) | 8.6 | 17.3 | | 17.1 | 17.3 | | 28.5 | 17.3 | |
| Sugars (g) | 0.2 | 0.5 | | 0.5 | 0.5 | | 0.8 | 0.5 | |
| Sodium (mg) | 218 | 440 | | 436 | 440 | | 726 | 440 | |
| Gluten | Y | | | | | | | | |
| Eggs | | | | | | | | | |
| Milk | | | | | | | | | |
| Soy | | | | | | | | | |
| Fish & Crustaea | | | | | | | | | |
| Peanuts | | | | | | | | | |
| Tree Nuts | | | | | | | | | |
| Sesame Seeds | | | | | | | | | |
| Sulphites | | | | | | | | | |
| Lupin | | | | | | | | | |
| Preservative | | | | | | | | | |
| Flavour | | | | | | | | | |
| Colours | | | | | | | | | |

Chicken & Cheese

McCHICKEN PATTY: Chicken, Water, Flour (**Wheat**, Maize, **Soy**), Vegetable Oil (Canola), Salt, Thickeners (1401, 1400, 1420, 1422), Starch (**Wheat**, Maize), Mineral Salts (508, 450, 451, 500, 541), Yeast, Maltodextrin, Vegetable Powder (Garlic, Onion, Celery), **Yeast** Extracts, Spice (Pepper), Spice Extracts, Dextrose, Herb, Flavour, Raising Agent (341), Emulsifiers (481, 433, 471, 472e), Vitamin (Thiamin), Antioxidants (320, 310), Acidity Regulator (330), Colour (100, 160c).

REGULAR BUN: Wheat Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Sugar, Canola Oil, Iodised Salt, **Wheat Gluten**, Yeast, Improver (**Soy Flour**, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat Malt Flour**, Enzymes (1100)), Preservative (282), Emulsifier (471, 481, 472e) (Antioxidants (307, 304, 330).

OR

REGULAR BUN: Wheat Flour (Vitamins (Thiamin, Folic Acid, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Glaze (Contains **Wheat**), Maize Starch), Canola Oil, **Wheat Gluten**, Iodised Salt, Yeast, Emulsifier (471), Preservative (282), Bread Improver (**Wheat Flour**, Enzymes, Antioxidant (300)), Enzymes.

CHEESE: Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk Solids**, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy Lecithin**.

MAYONNAISE: 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, soy and milk.

BUN may contain sesame seeds.

McChicken patty contains traces of sulphites

Note: McChicken patty is cooked in canola oil blend.

| | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g |
|-------------------|---|--|--|--|--|--|---|---|--|---|-----------------|----------------|
| Energy (kJ) | | | | | | | | | | | 1810 | 1140 |
| Energy (Cal) | | | | | | | | | | | 432 | 273 |
| Protein (g) | | | | | | | | | | | 19.4 | 12.3 |
| Fat, total (g) | | | | | | | | | | | 23.1 | 14.6 |
| Saturated Fat (g) | | | | | | | | | | | 4.6 | 2.9 |
| Carbohydrate (g) | | | | | | | | | | | 35.2 | 22.3 |
| Sugars (g) | | | | | | | | | | | 3.6 | 2.3 |
| Sodium (mg) | | | | | | | | | | | 692 | 438 |
| Gluten | Y | | | | | | | | | | | |
| Eggs | Y | | | | | | | | | | | |
| Milk | Y | | | | | | | | | | | |
| Soy | Y | | | | | | | | | | | |
| Fish & Crustaea | | | | | | | | | | | | |
| Peanuts | | | | | | | | | | | | |
| Tree Nuts | | | | | | | | | | | | |
| Sesame Seeds | | | | | | | Y | | | | | |
| Sulphites | | | | | | | | T | | | | |
| Lupin | | | | | | | | | | | | |
| Preservative | | | | | | | | | | Y | | |
| Flavour | | | | | | | | | | Y | | |
| Colours | | | | | | | | | | Y | | |

Clubhouse - Crispy Chicken Burger

CRISPY CHICKEN: Chicken, Flour (**Wheat**, Maize), Water, Starch (Maize, **Wheat**, Tapioca), Canola Oil, Thickener (1420, 1412, 1422), Salt, Mineral Salts [450 (iii), 451 (i), 452 (i), 500 (ii)], **Wheat Gluten**, Sugar, Yeast & Yeast Extract, Dehydrated Vegetables, Hydrolysed Vegetable Protein (**Wheat**), Flavour, Spice (Pepper), **Wheat Fibre**, Vegetable Gum (412), Dextrose.

GOURMET SOFT BUN: Wheat Flour (Vitamins (Thiamine, Folic Acid)), Water, Sugar, Glaze (Contains **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

CHEDDAR CHEESE: **Milk**, Salt, Starter Cultures, Rennet, Lipase.

CARAMELISED GRILLED ONION: Onions, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice.

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

WHOLE LEAF LETTUCE: Lettuce.

Contains gluten, egg, milk & soy.

GOURMET SOFT BUN may contain sesame seeds.

CRISPY CHICKEN cooked in McDonald's Vegetable Oil Blend.

| | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g |
|-------------------|---|--|--|--|--|--|---|--|--|---|-----------------|----------------|
| Energy (kJ) | | | | | | | | | | | 2670 | 870 |
| Energy (Cal) | | | | | | | | | | | 639 | 208 |
| Protein (g) | | | | | | | | | | | 34.3 | 11.2 |
| Fat, total (g) | | | | | | | | | | | 30.0 | 9.8 |
| Saturated Fat (g) | | | | | | | | | | | 7.3 | 2.4 |
| Carbohydrate (g) | | | | | | | | | | | 55.6 | 18.1 |
| Sugars (g) | | | | | | | | | | | 7.8 | 2.5 |
| Sodium (mg) | | | | | | | | | | | 1650 | 537 |
| Gluten | Y | | | | | | | | | | | |
| Eggs | Y | | | | | | | | | | | |
| Milk | Y | | | | | | | | | | | |
| Soy | Y | | | | | | | | | | | |
| Fish & Crustaea | | | | | | | | | | | | |
| Peanuts | | | | | | | | | | | | |
| Tree Nuts | | | | | | | | | | | | |
| Sesame Seeds | | | | | | | Y | | | | | |
| Sulphites | | | | | | | | | | | | |
| Lupin | | | | | | | | | | | | |
| Preservative | | | | | | | | | | Y | | |
| Flavour | | | | | | | | | | Y | | |
| Colours | | | | | | | | | | Y | | |

| Clubhouse - Grilled Chicken Burger | | | | | | | | | | | | Avg Qty / 100g | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|--|-------------------|------|----------------|-----|-----------------|---------|-----------|--------------|-----------|-------|--------------|---------|---------|
| GRILLED CHICKEN: 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. | | | | | | | | | | | | Energy (kJ) | 2200 | 736 | | | | | | | | | | |
| GOURMET SOFT BUN: Wheat Flour (Vitamins (Thiamine, Folic Acid)), Water, Sugar, Glaze (Contains 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). | | | | | | | | | | | | Energy (Cal) | 527 | 176 | | | | | | | | | | |
| 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). | | | | | | | | | | | | Protein (g) | 36.8 | 12.3 | | | | | | | | | | |
| TOMATO: Tomato | | | | | | | | | | | | Fat, total (g) | 20.8 | 7.0 | | | | | | | | | | |
| CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Rennet, Lipase. | | | | | | | | | | | | Saturated Fat (g) | 6.9 | 2.3 | | | | | | | | | | |
| CARAMELISED GRILLED ONION: Onions, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice. | | | | | | | | | | | | Carbohydrate (g) | 45.8 | 15.3 | | | | | | | | | | |
| BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked. | | | | | | | | | | | | Sugars (g) | 7.9 | 2.6 | | | | | | | | | | |
| WHOLE LEAF LETTUCE: Lettuce. | | | | | | | | | | | | Sodium (mg) | 1320 | 442 | | | | | | | | | | |
| OIL: Canola Oil, Soy Lecithin, Flavour, Colour (160a), Acidity Regulator (330). | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Contains gluten, egg, soy and milk.</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>GOURMET SOFT BUN may contain sesame seeds.</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Grilled Chicken may be cooked on the same grill as egg or products containing gluten.</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours |
| | | | | | | | | | | | | Y | Y | Y | Y | | | | Y | | | Y | Y | Y |
| Classic Crispy Chicken Burger | | | | | | | | | | | | Avg Qty / Serve | | Avg Qty / 100g | | | | | | | | | | |
| CRISPY CHICKEN: Chicken, Flour (Wheat , Maize), Water, Starch (Maize, Wheat , Tapioca), Canola Oil, Thickener (1420, 1412, 1422), Salt, Mineral Salts [450 (iii), 451 (i), 452 (i), 500 (ii)], Wheat Gluten , Sugar, Yeast & Yeast Extract, Dehydrated Vegetables, Hydrolysed Vegetable Protein (Wheat), Flavour, Spice (Pepper), Wheat Fibre, Vegetable Gum (412), Dextrose. | | | | | | | | | | | | Energy (kJ) | 2730 | 947 | | | | | | | | | | |
| GOURMET SOFT BUN: Wheat Flour (Vitamins (Thiamine, Folic Acid)), Water, Sugar, Glaze (Contains 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). | | | | | | | | | | | | Energy (Cal) | 654 | 227 | | | | | | | | | | |
| TOMATO SLICE: Tomato. | | | | | | | | | | | | Protein (g) | 34.5 | 12.0 | | | | | | | | | | |
| GARLIC AIOLI: Canola Oil (Antioxidants (307b-Soy, 319)), Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein , Minced Garlic (Acidity Regulator (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre , Flavourings (Milk), Emulsifiers (Soy Lecithin, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211). | | | | | | | | | | | | Fat, total (g) | 32.6 | 11.3 | | | | | | | | | | |
| CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Rennet, Lipase. | | | | | | | | | | | | Saturated Fat (g) | 6.7 | 2.3 | | | | | | | | | | |
| BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. | | | | | | | | | | | | Carbohydrate (g) | 53.4 | 18.5 | | | | | | | | | | |
| DICED LETTUCE: Iceberg Lettuce, Cos Lettuce | | | | | | | | | | | | Sugars (g) | 5.8 | 2.0 | | | | | | | | | | |
| <i>Contains gluten, egg, milk & soy. Traces of sulphites.</i> | | | | | | | | | | | | Sodium (mg) | 1520 | 526 | | | | | | | | | | |
| <i>GOURMET SOFT BUN may contain sesame seeds.</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>CRISPY CHICKEN cooked in McDonald's Vegetable Oil Blend.</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours |
| | | | | | | | | | | | | Y | Y | Y | Y | | | | Y | T | | Y | Y | Y |
| Classic Grilled Chicken Burger | | | | | | | | | | | | Avg Qty / Serve | | Avg Qty / 100g | | | | | | | | | | |
| GRILLED CHICKEN: 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. | | | | | | | | | | | | Energy (kJ) | 2270 | 797 | | | | | | | | | | |
| GOURMET SOFT BUN: Wheat Flour (Vitamins (Thiamine, Folic Acid)), Water, Sugar, Glaze (Contains 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). | | | | | | | | | | | | Energy (Cal) | 543 | 191 | | | | | | | | | | |
| TOMATO SLICE: Tomato | | | | | | | | | | | | Protein (g) | 37.1 | 13.0 | | | | | | | | | | |
| GARLIC AIOLI: Canola Oil (Antioxidants (307b -Soy, 319)), Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein , Minced Garlic (Acidity Regulator (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre , Flavourings (Milk), Emulsifiers (Soy Lecithin, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211). | | | | | | | | | | | | Fat, total (g) | 23.5 | 8.3 | | | | | | | | | | |
| CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Rennet, Lipase. | | | | | | | | | | | | Saturated Fat (g) | 6.3 | 2.2 | | | | | | | | | | |
| BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. Smoked. | | | | | | | | | | | | Carbohydrate (g) | 43.7 | 15.3 | | | | | | | | | | |
| DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce | | | | | | | | | | | | Sugars (g) | 6.0 | 2.1 | | | | | | | | | | |
| OIL: Canola Oil, Soy Lecithin, Flavour, Colour (160a), Acidity Regulator (330). | | | | | | | | | | | | Sodium (mg) | 1190 | 419 | | | | | | | | | | |
| <i>Contains gluten, egg, milk & soy. Traces of sulphites.</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>GOURMET SOFT BUN may contain sesame seeds.</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Grilled Chicken may be cooked on the same grill as egg or products containing gluten.</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours |
| | | | | | | | | | | | | Y | Y | Y | Y | | | | Y | T | | Y | Y | Y |

Spicy Buffalo Grilled Chicken Burger

GOURMET SOFT BUN: **Wheat Flour** (Vitamins (Thiamine, Folic Acid)), Water, Sugar, Glaze (Contains **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).

GRILLED CHICKEN: 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.

BUFFALO SAUCE: Water, Vinegar, Sugar, Chilli Paste [Chilli, Food Acid (260)], Corn Starch, Red Capsicum, Canola Oil, Minced Garlic [Food Acid (260)], Salt, Cream Powder (**Milk**), Food Acid (330), Spices, Flavouring (**Milk**), Yeast Extract (**Barley**), Vegetable Gum (415), **Soy lecithin**, Herb Extract, Spice Extract (160c).

MAYONNAISE: 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).

SLAW MIX: Red Cabbage, White Cabbage, Carrot, Kale.

WHOLE LEAF LETTUCE: Lettuce

CHEDDAR CHEESE: **Milk**, Salt, Starter Cultures, Rennet, Lipase

CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate (339), Sodium Erythorbate (316), Sodium Nitrite (250)

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

Contains gluten, egg, milk & soy.

GOURMET SOFT BUN may contain sesame seeds.

GRILLED CHICKEN may be cooked on the same grill as eggs or products containing gluten

| Gluten | Eggs | Milk | Soy | Fish & Crustaea | 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) | 2180 | 815 |
| Energy (Cal) | 522 | 195 |
| Protein (g) | 37.2 | 13.9 |
| Fat, total (g) | 19.8 | 7.4 |
| Saturated Fat (g) | 6.6 | 2.5 |
| Carbohydrate (g) | 46.6 | 17.4 |
| Sugars (g) | 8.2 | 3.1 |
| Sodium (mg) | 1330 | 496 |

Filet-o-Fish

REGULAR BUN: **Wheat Flour** (Contains Vitamins (Thiamin, Folic Acid)), Water, Sugar, Canola Oil, Iodised Salt, **Wheat Gluten**, Yeast, Improver (**Soy Flour**, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat Malt Flour**, Enzymes (1100)), Preservative (282), Emulsifier (471, 481, 472e) (Antioxidants (307, 304, 330)).

OR

REGULAR BUN: **Wheat Flour** (Vitamins (Thiamin, Folic Acid, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Glaze (Contains **Wheat**), Maize Starch), Canola Oil, **Wheat Gluten**, Iodised Salt, Yeast, Emulsifier (471), Preservative (282), Bread Improver (**Wheat Flour**, Enzymes, Antioxidant (300)), Enzymes.

FISH PORTION: **Fish** (Pollock), Water, **Wheat Flour**, Modified Food Starch (1422), Yellow Corn Flour, Bleached **Wheat Flour**, Salt, **Whey**, Cellulose Gum, Dextrose, Dried Yeast, Sugar, Soybean Oil, Paprika Extract (160c), 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: Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk Solids**, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy Lecithin**.

Contains gluten, egg, milk, soy & fish.

BUN may contain sesame seeds.

FISH PORTION is cooked in canola oil blend.

| Gluten | Eggs | Milk | Soy | Fish & Crustaea | 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) | 1420 | 1010 |
| Energy (Cal) | 339 | 241 |
| Protein (g) | 15.7 | 11.2 |
| Fat, total (g) | 15.3 | 10.9 |
| Saturated Fat (g) | 2.9 | 2.1 |
| Carbohydrate (g) | 32.3 | 23.0 |
| Sugars (g) | 3.0 | 2.1 |
| Sodium (mg) | 613 | 437 |

WRAPS

Crispy Chicken Snack Wrap

CRISPY CHICKEN: Chicken, Flour (**Wheat**, Maize), Water, Starch (Maize, **Wheat**, Tapioca), Canola Oil, Thickener (1420, 1412, 1422), Salt, Mineral Salts [450 (iii), 451 (i), 452 (i), 500 (ii)], **Wheat Gluten**, Sugar, Yeast & Yeast Extract, Dehydrated Vegetables, Hydrolysed Vegetable Protein (**Wheat**), Flavour, Spice (Pepper), **Wheat** Fibre, Vegetable Gum (412), Dextrose.

WHOLEMEAL TORTILLA: Whole **Wheat Flour**, Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.

LETTUCE: Iceberg Lettuce.

MAYONNAISE: 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.

CRISPY CHICKEN is cooked in McDonald's vegetable oil blend.

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

| | Avg Qty / Serve | Avg Qty / 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 1090 | 986 |
| Energy (Cal) | 261 | 236 |
| Protein (g) | 13.3 | 12.0 |
| Fat, total (g) | 12.9 | 11.6 |
| Saturated Fat (g) | 2.9 | 2.6 |
| Carbohydrate (g) | 22.0 | 19.8 |
| Sugars (g) | 1.7 | 1.5 |
| Sodium (mg) | 575 | 518 |

Grilled Chicken Snack Wrap

GRILLED CHICKEN FILLET: Chicken, Water, Rice Starch, 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.

WHOLEMEAL TORTILLA: Whole **Wheat Flour**, Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.

LETTUCE: Iceberg Lettuce.

MAYONNAISE: 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, Emulsifier (322 - **Soy**), Flavour, Colour (160a), Acidity Regulator (330).

Contains gluten, egg and soy.

Grilled Chicken may be cooked on the same grill as egg or products containing gluten.

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

| | Avg Qty / Serve | Avg Qty / 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 904 | 811 |
| Energy (Cal) | 216 | 194 |
| Protein (g) | 15.1 | 13.5 |
| Fat, total (g) | 8.9 | 8.0 |
| Saturated Fat (g) | 2.8 | 2.5 |
| Carbohydrate (g) | 18.0 | 16.1 |
| Sugars (g) | 1.8 | 1.6 |
| Sodium (mg) | 435 | 390 |

Caesar Chicken McWrap - Crispy Chicken

CRISPY CHICKEN: Chicken, Flour (**Wheat**, Maize), Water, Starch (Maize, **Wheat**, Tapioca), Canola Oil, Thickener (1420, 1412, 1422), Salt, Mineral Salts [450 (iii), 451 (i), 452 (i), 500 (ii)], **Wheat Gluten**, Sugar, Yeast & Yeast Extract, Dehydrated Vegetables, Hydrolysed Vegetable Protein (**Wheat**), Flavour, Spice (Pepper), **Wheat** Fibre, Vegetable Gum (412), Dextrose.

TORTILLA: **Wheat** Flour (Thiamine, Folic Acid), Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Iodized Salt, Mineral Salt (500), Flavour, Preservative (282), Yeast.

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

CREAMY 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**, Salt, **Milk** Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard (Food Acid (260)), Spice, Emulsifiers (**Soy** Lecithin, 435), Mustard Flour, Yeast Extract (**Gluten**), Flavourings, Preservative (202, 211), Vegetable Gum (415).

CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate (339), Sodium Erythorbate (316), Sodium Nitrite (250).

PARMESAN CHEESE: **Milk**, Salt, Cultures, Enzyme, Anti-caking Agent (460), Preservative (200).

Contains gluten, egg, milk & soy. Traces of sulphites

CRISPY CHICKEN is cooked in McDonald's vegetable oil blend.

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

| | Avg Qty / Serve | Avg Qty / 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2600 | 1110 |
| Energy (Cal) | 622 | 265 |
| Protein (g) | 30.6 | 13.0 |
| Fat, total (g) | 34.0 | 14.5 |
| Saturated Fat (g) | 7.3 | 3.1 |
| Carbohydrate (g) | 46.7 | 19.9 |
| Sugars (g) | 4.5 | 1.9 |
| Sodium (mg) | 1600 | 680 |

Caesar Chicken McWrap - Grilled Chicken

GRILLED CHICKEN 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.

TORTILLA: **Wheat** Flour (Thiamine, Folic Acid), Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Iodized Salt, Mineral Salt (500), Flavour, Preservative (282), Yeast.

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

CREAMY 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**, Salt, **Milk** Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard (Food Acid (260)), Spice, Emulsifiers (**Soy** Lecithin, 435), Mustard Flour, Yeast Extract (**Gluten**), Flavourings, Preservative (202, 211), Vegetable Gum (415).

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

PARMESAN CHEESE: **Milk**, Salt, Cultures, Enzyme, Anti-caking Agent (460), Preservative (200).

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

Contains gluten, egg, milk & soy. Traces of sulphites

Grilled Chicken may be cooked on the same grill as egg or products containing gluten.

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

| | Avg Qty / Serve | Avg Qty / 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2040 | 844 |
| Energy (Cal) | 488 | 211 |
| Protein (g) | 32.5 | 14.1 |
| Fat, total (g) | 22.8 | 9.9 |
| Saturated Fat (g) | 6.6 | 2.8 |
| Carbohydrate (g) | 36.8 | 15.9 |
| Sugars (g) | 4.4 | 1.9 |
| Sodium (mg) | 1260 | 544 |

| Chicken & Aioli McWrap - Crispy Chicken | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|------|------|-----|-----------------|---------|-----------|--------------|-----------|-------|--------------|-------------------|----------------|------|-----|-----------------|---------|-----------|--------------|-----------|-------|--------------|---------|---------|---|---|---|---|--|--|--|--|---|--|---|---|---|-------------|------|-----|
| CRISPY CHICKEN: Chicken, Flour (Wheat , Maize), Water, Starch (Maize, Wheat , Tapioca), Canola Oil, Thickener (1420, 1412, 1422), Salt, Mineral Salts [450 (iii), 451 (i), 452 (i), 500 (ii)], Wheat Gluten , Sugar, Yeast & Yeast Extract, Dehydrated Vegetables, Hydrolysed Vegetable Protein (Wheat), Flavour, Spice (Pepper), Wheat Fibre , Vegetable Gum (412), Dextrose. | | | | | | | | | | | Energy (kJ) | 2760 | 971 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Iodised Salt, Mineral Salt (500), Flavour, Preservative (282), Yeast | | | | | | | | | | | Energy (Cal) | 660 | 232 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DICED LETTUCE: Iceberg Lettuce, Cos Lettuce | | | | | | | | | | | Protein (g) | 26.3 | 9.3 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOMATO: Tomato | | | | | | | | | | | Fat, total (g) | 39.4 | 13.9 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 (Soy Lecithin, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211). | | | | | | | | | | | Saturated Fat (g) | 6.0 | 2.1 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Contains gluten, egg, milk & soy. Traces of sulphites.</i> | | | | | | | | | | | Carbohydrate (g) | 48.5 | 17.1 | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Y | Y | Y | Y | | | | | T | | Y | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken & Aioli McWrap - Grilled Chicken | | | | | | | | | | | Sodium (mg) | 1310 | 461 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| GRILLED CHICKEN BREAST: 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Iodised Salt, Mineral Salt (500), Flavour, Preservative (282), Yeast. | | | | | | | | | | | Energy (kJ) | 2290 | 831 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce | | | | | | | | | | | Energy (Cal) | 549 | 199 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOMATO: Tomato | | | | | | | | | | | Protein (g) | 28.8 | 10.4 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 (Soy Lecithin, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211). | | | | | | | | | | | Fat, total (g) | 30.2 | 11.0 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| OIL: Canola Oil, Emulsifier (322), Flavour, Colour (160a), Acidity Regulator (330). | | | | | | | | | | | Saturated Fat (g) | 5.6 | 2.0 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Contains gluten, egg, milk & soy. Traces of sulphites in garlic mayonnaise.</i> | | | | | | | | | | | Carbohydrate (g) | 38.6 | 14.0 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustaea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Lupin</th> <th>Preservative</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td>Y</td> <td>Y</td> <td>Y</td> <td>Y</td> <td></td> <td></td> <td></td> <td></td> <td>T</td> <td></td> <td>Y</td> <td>Y</td> <td>Y</td> </tr> </tbody> </table> | | | | | | | | | | | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | Y | Y | Y | Y | | | | | T | | Y | Y | Y | Sugars (g) | 4.9 | 1.8 |
| Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Y | Y | Y | Y | | | | | T | | Y | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Grilled Chicken may be cooked on the same grill as egg or products containing gluten.</i> | | | | | | | | | | | Sodium (mg) | 983 | 356 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken & Peri Peri Sauce McWrap - Crispy Chicken | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| CRISPY CHICKEN: Chicken, Flour (Wheat , Maize), Water, Starch (Maize, Wheat , Tapioca), Canola Oil, Thickener (1420, 1412, 1422), Salt, Mineral Salts [450 (iii), 451 (i), 452 (i), 500 (ii)], Wheat Gluten , Sugar, Yeast & Yeast Extract, Dehydrated Vegetables, Hydrolysed Vegetable Protein (Wheat), Flavour, Spice (Pepper), Wheat Fibre , Vegetable Gum (412), Dextrose. | | | | | | | | | | | Energy (kJ) | 2190 | 772 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Iodised Salt, Mineral Salt (500), Flavour, Preservative (282), Yeast | | | | | | | | | | | Energy (Cal) | 523 | 185 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DICED LETTUCE: Iceberg Lettuce, Cos Lettuce | | | | | | | | | | | Protein (g) | 25.2 | 8.9 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOMATO: Tomato | | | | | | | | | | | Fat, total (g) | 22.4 | 7.9 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PERI PERI SAUCE: Water, Maltodextrin, Birdseye Chilli Puree (Chilli, Acidity Regulator (260)), Sugar, Salt, Thickeners (1442, 415, 405), Lemon Juice Concentrate, Vegetable Oil, Onion, Acidity Regulators (330, 331), Garlic, Spices, Natural Flavours, Preservative (202), Colour (171). | | | | | | | | | | | Saturated Fat (g) | 5.2 | 1.8 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MAYONNAISE: 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). | | | | | | | | | | | Carbohydrate (g) | 52.9 | 18.7 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Contains gluten & egg.</i> | | | | | | | | | | | Sugars (g) | 5.6 | 2.0 | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Y | Y | | | | | | | | | Y | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken & Peri Peri Sauce McWrap - Grilled Chicken | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| GRILLED CHICKEN BREAST: 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. | | | | | | | | | | | Energy (kJ) | 1720 | 623 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Iodised Salt, Mineral Salt (500), Flavour, Preservative (282), Yeast. | | | | | | | | | | | Energy (Cal) | 411 | 149 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce | | | | | | | | | | | Protein (g) | 27.6 | 10.0 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOMATO: Tomato | | | | | | | | | | | Fat, total (g) | 13.3 | 4.8 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PERI PERI SAUCE: Water, Maltodextrin, Birdseye Chilli Puree (Chilli, Acidity Regulator (260)), Sugar, Salt, Thickeners (1442, 415, 405), Lemon Juice Concentrate, Vegetable Oil, Onion, Acidity Regulators (330, 331), Garlic, Spices, Natural Flavours, Preservative (202), Colour (171). | | | | | | | | | | | Saturated Fat (g) | 4.8 | 1.8 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MAYONNAISE: 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). | | | | | | | | | | | Carbohydrate (g) | 43.1 | 15.6 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| OIL: Canola Oil, Emulsifier (322), Flavour, Colour (160a), Acidity Regulator (330). | | | | | | | | | | | Sugars (g) | 5.7 | 2.1 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Contains gluten, egg, & soy.</i> | | | | | | | | | | | Sodium (mg) | 1370 | 497 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustaea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Lupin</th> <th>Preservative</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td>Y</td> <td>Y</td> <td></td> <td>Y</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>Y</td> <td>Y</td> <td>Y</td> </tr> </tbody> </table> | | | | | | | | | | | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | Y | Y | | Y | | | | | | | Y | Y | Y | | | |
| Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Y | Y | | Y | | | | | | | Y | Y | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Grilled Chicken may be cooked on the same grill as egg or products containing gluten.</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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).

Contains traces of sulphites.

Note: Fries are cooked in canola oil blend, 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 & Crustacea | | | | | | |
| Peanuts | | | | | | |
| Tree Nuts | | | | | | |
| Sesame Seeds | | | | | | |
| Sulphites | | | | T | | |
| Lupin | | | | | T | |
| Preservative | | | | | | |
| Flavour | | | | | | |
| Colours | | | | | | |

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 and soy. Traces of sulphites.

Note: Fries are cooked in canola oil blend, 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 | | | Y | |
| Soy | | | Y | |
| Fish & Crustacea | | | | |
| Peanuts | | | | |
| Tree Nuts | | | | |
| Sesame Seeds | | | | |
| Sulphites | | | | T |
| Lupin | | | | |
| Preservative | | | | T |
| Flavour | | | | Y |
| Colours | | | | Y |

FRUIT & SALADS

Apples

Apple Slices, Antioxidants (302).

May contain Apple Seeds.

| | Avg Qty / Serve | Avg Qty / 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 152 | 254 |
| Energy (Cal) | 37 | 61 |
| Protein (g) | 0.2 | 0.3 |
| Fat, total (g) | 0.2 | 0.4 |
| Saturated Fat (g) | <0.1 | 0.0 |
| Carbohydrate (g) | 7.1 | 11.9 |
| Sugars (g) | 7.1 | 11.9 |
| Sodium (mg) | <1 | <1 |
| Gluten | | |
| Eggs | | |
| Milk | | |
| Soy | | |
| Fish & 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 & Crustacea | | |
| Peanuts | | |
| Tree Nuts | | |
| Sesame Seeds | | |
| Sulphites | | |
| Lupin | | |
| Preservative | | |
| Flavour | | |
| Colours | | |

| Caesar Chicken Salad - Crispy Chicken | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | |
|--|--|--|--|--|--|--|--|--|--|--|-------------------|----------------|------|
| DICED LETTUCE MIX - Iceberg Lettuce, Cos Lettuce | | | | | | | | | | | Energy (kJ) | 2600 | 943 |
| CRISPY CHICKEN - Chicken, Flour (Wheat , Maize), Water, Starch (Maize, Wheat , Tapioca), Canola Oil, Thickener (1420, 1412, 1422), Salt, Mineral Salts [450 (iii), 451 (i), 452 (i), 500 (ii)], Wheat Gluten , Sugar, Yeast & Yeast Extract, Dehydrated Vegetables, Hydrolysed Vegetable Protein (Wheat), Flavour, Spice (Pepper), Wheat Fibre , Vegetable Gum (412), Dextrose | | | | | | | | | | | Energy (Cal) | 623 | 226 |
| CREAMY 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 , Salt, Milk Protein Concentrate , Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard (Food Acid (260)), Spice, Emulsifiers (Soy Lecithin , 435), Mustard Flour, Yeast Extract (Gluten), Flavourings, Preservative (202, 211), Vegetable Gum (415). | | | | | | | | | | | Protein (g) | 36.1 | 13.1 |
| PARMESAN CHEESE : Parmesan Cheese (Milk , Salt, Cultures, Enzyme), Anti-caking Agent (460), Preservative (200). | | | | | | | | | | | Fat, total (g) | 44.9 | 16.3 |
| CRISPY BACON : Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250). | | | | | | | | | | | Saturated Fat (g) | 8.1 | 2.9 |
| <i>Contains gluten, egg, milk & soy. May contain traces of sulphites.</i> | | | | | | | | | | | Carbohydrate (g) | 17.9 | 6.5 |
| | | | | | | | | | | | Sugars (g) | 5.0 | 1.8 |
| | | | | | | | | | | | Sodium (mg) | 1810 | 654 |
| | | | | | | | | | | | Preservative | Y | Y |
| | | | | | | | | | | | Flavour | Y | |
| | | | | | | | | | | | Colours | | |
| | | | | | | | | | | | Gluten | Y | |
| | | | | | | | | | | | Eggs | Y | |
| | | | | | | | | | | | Milk | Y | |
| | | | | | | | | | | | Soy | Y | |
| | | | | | | | | | | | Fish & Crustacea | | |
| | | | | | | | | | | | Peanuts | | |
| | | | | | | | | | | | Tree Nuts | | |
| | | | | | | | | | | | Sesame Seeds | | |
| | | | | | | | | | | | Sulphites | T | |
| | | | | | | | | | | | Lupin | | |
| | | | | | | | | | | | Preservative | Y | Y |
| | | | | | | | | | | | Flavour | Y | |
| | | | | | | | | | | | Colours | | |
| Caesar Chicken Salad - Grilled Chicken | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | |
| DICED LETTUCE MIX : Iceberg Lettuce, Cos Lettuce | | | | | | | | | | | Energy (kJ) | 2130 | 796 |
| GRILLED CHICKEN : 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. | | | | | | | | | | | Energy (Cal) | 779 | 290 |
| CREAMY 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 , Salt, Milk Protein Concentrate , Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard (Food Acid (260)), Spice, Emulsifiers (Soy Lecithin , 435), Mustard Flour, Yeast Extract (Gluten), Flavourings, Preservative (202, 211), Vegetable Gum (415). | | | | | | | | | | | Protein (g) | 38.5 | 14.4 |
| PARMESAN CHEESE : Parmesan Cheese (Milk , Salt, Cultures, Enzyme), Anti-caking Agent (460), Preservative (200). | | | | | | | | | | | Fat, total (g) | 35.7 | 13.3 |
| CRISPY BACON : Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250). | | | | | | | | | | | Saturated Fat (g) | 7.7 | 2.9 |
| <i>Contains gluten, milk & soy.</i> | | | | | | | | | | | Carbohydrate (g) | 8.0 | 3.0 |
| | | | | | | | | | | | Sugars (g) | 5.1 | 1.9 |
| | | | | | | | | | | | Sodium (mg) | 1480 | 552 |
| | | | | | | | | | | | Preservative | Y | Y |
| | | | | | | | | | | | Flavour | Y | |
| | | | | | | | | | | | Colours | | |
| | | | | | | | | | | | Gluten | Y | |
| | | | | | | | | | | | Eggs | Y | |
| | | | | | | | | | | | Milk | Y | |
| | | | | | | | | | | | Soy | Y | |
| | | | | | | | | | | | Fish & Crustacea | | |
| | | | | | | | | | | | Peanuts | | |
| | | | | | | | | | | | Tree Nuts | | |
| | | | | | | | | | | | Sesame Seeds | | |
| | | | | | | | | | | | Sulphites | | |
| | | | | | | | | | | | Lupin | | |
| | | | | | | | | | | | Preservative | Y | Y |
| | | | | | | | | | | | Flavour | Y | |
| | | | | | | | | | | | Colours | | |
| Crispy Chicken Salad - No Dressing | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | |
| DICED LETTUCE MIX : Iceberg Lettuce, Cos Lettuce | | | | | | | | | | | Energy (kJ) | 1280 | 415 |
| CRISPY CHICKEN : Chicken, Flour (Wheat , Maize), Water, Starch (Maize, Wheat , Tapioca), Canola Oil, Thickener (1420, 1412, 1422), Salt, Mineral Salts [450 (iii), 451 (i), 452 (i), 500 (ii)], Wheat Gluten , Sugar, Yeast & Yeast Extract, Dehydrated Vegetables, Hydrolysed Vegetable Protein (Wheat), Flavour, Spice (Pepper), Wheat Fibre , Vegetable Gum (412), Dextrose | | | | | | | | | | | Energy (Cal) | 305 | 99 |
| PARMESAN CHEESE : Parmesan Cheese (Milk , Salt, Cultures, Enzyme), Anti-caking Agent (460), Preservative (200). | | | | | | | | | | | Protein (g) | 25.1 | 8.2 |
| TOMATO : Grape tomatoes | | | | | | | | | | | Fat, total (g) | 14.8 | 4.8 |
| CUCUMBER : Sliced Cucumber | | | | | | | | | | | Saturated Fat (g) | 3.0 | 1.0 |
| RED ONION : Red onion | | | | | | | | | | | Carbohydrate (g) | 15.6 | 5.1 |
| <i>Contains gluten & milk.</i> | | | | | | | | | | | Sugars (g) | 3.5 | 1.2 |
| | | | | | | | | | | | Sodium (mg) | 887 | 288 |
| | | | | | | | | | | | Preservative | Y | Y |
| | | | | | | | | | | | Flavour | Y | |
| | | | | | | | | | | | Colours | | |
| | | | | | | | | | | | Gluten | Y | |
| | | | | | | | | | | | Eggs | | |
| | | | | | | | | | | | Milk | Y | |
| | | | | | | | | | | | Soy | | |
| | | | | | | | | | | | Fish & Crustacea | | |
| | | | | | | | | | | | Peanuts | | |
| | | | | | | | | | | | Tree Nuts | | |
| | | | | | | | | | | | Sesame Seeds | | |
| | | | | | | | | | | | Sulphites | | |
| | | | | | | | | | | | Lupin | | |
| | | | | | | | | | | | Preservative | Y | Y |
| | | | | | | | | | | | Flavour | Y | |
| | | | | | | | | | | | Colours | | |
| Grilled Chicken Salad - No Dressing. | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | |
| DICED LETTUCE MIX : Iceberg Lettuce, Cos Lettuce | | | | | | | | | | | Energy (kJ) | 805 | 269 |
| GRILLED CHICKEN : 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. | | | | | | | | | | | Energy (Cal) | 193 | 64 |
| PARMESAN CHEESE : Parmesan Cheese (Milk , Salt, Cultures, Enzyme), Anti-caking Agent (460), Preservative (200). | | | | | | | | | | | Protein (g) | 27.5 | 9.2 |
| TOMATO : Grape tomatoes | | | | | | | | | | | Fat, total (g) | 5.7 | 1.9 |
| CUCUMBER : Sliced Cucumber | | | | | | | | | | | Saturated Fat (g) | 2.6 | 0.9 |
| RED ONION : Red onion | | | | | | | | | | | Carbohydrate (g) | 5.7 | 1.9 |
| OIL : Canola Oil, Emulsifier (322 - soy), Flavour, Colour (160a), Acidity Regulator (330). | | | | | | | | | | | Sugars (g) | 3.6 | 1.2 |
| <i>Contains milk & soy.</i> | | | | | | | | | | | Sodium (mg) | 561 | 187 |
| | | | | | | | | | | | Preservative | Y | Y |
| | | | | | | | | | | | Flavour | Y | Y |
| | | | | | | | | | | | Colours | Y | Y |
| | | | | | | | | | | | Gluten | T | |
| | | | | | | | | | | | Eggs | T | |
| | | | | | | | | | | | Milk | Y | |
| | | | | | | | | | | | Soy | Y | |
| | | | | | | | | | | | Fish & Crustacea | | |
| | | | | | | | | | | | Peanuts | | |
| | | | | | | | | | | | Tree Nuts | | |
| | | | | | | | | | | | Sesame Seeds | | |
| | | | | | | | | | | | Sulphites | | |
| | | | | | | | | | | | Lupin | | |
| | | | | | | | | | | | Preservative | Y | Y |
| | | | | | | | | | | | Flavour | Y | Y |
| | | | | | | | | | | | Colours | Y | Y |

| Garden Salad | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | |
|---|------|------|-----|-----------------|---------|-----------|--------------|-----------|-------|--------------|-------------------|----------------|-----|
| DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce | | | | | | | | | | | Energy (kJ) | 82 | 77 |
| TOMATO: Grape Tomatoes | | | | | | | | | | | Energy (Cal) | 21 | 19 |
| CUCUMBER: Cucumber Slices. | | | | | | | | | | | Protein (g) | 1.6 | 1.5 |
| | | | | | | | | | | | Fat, total (g) | 0.1 | 0.1 |
| | | | | | | | | | | | Saturated Fat (g) | 0.0 | 0.0 |
| | | | | | | | | | | | Carbohydrate (g) | 2.6 | 2.5 |
| | | | | | | | | | | | Sugars (g) | 1.4 | 1.3 |
| | | | | | | | | | | | Sodium (mg) | 8 | 7 |
| Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | |
| | | | | | | | | | | | | | |

| CONDIMENTS | | | | | | | | | | | | | |
|--|------|------|-----|-----------------|---------|-----------|--------------|-----------|-------|--------------|-------------------|-----------------|------|
| Balsamic Salad Dressing | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100mL | |
| 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. | | | | | | | | | | | Energy (kJ) | 244 | 814 |
| Contains soy and sulphites. | | | | | | | | | | | Energy (Cal) | 58 | 195 |
| | | | | | | | | | | | Protein (g) | <0.1 | 0.2 |
| | | | | | | | | | | | Fat, total (g) | 4.5 | 15.0 |
| | | | | | | | | | | | Saturated Fat (g) | 0.4 | 1.2 |
| | | | | | | | | | | | Carbohydrate (g) | 4.5 | 15.1 |
| | | | | | | | | | | | Sugars (g) | 4.1 | 13.7 |
| | | | | | | | | | | | Sodium (mg) | 231 | 770 |
| Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | |
| | | | Y | | | | | Y | | Y | | Y | |

| | | | | | | | | | | | | | |
|---|------|------|-----|-----------------|---------|-----------|--------------|-----------|-------|--------------|-------------------|-----------------|------|
| Caesar Salad Dressing | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100mL | |
| 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). | | | | | | | | | | | Energy (kJ) | 765 | 2110 |
| Contains gluten, eggs, milk & soy. Traces of sulphites. | | | | | | | | | | | 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 & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | |
| Y | Y | Y | Y | | | | | T | | Y | Y | | |

| McNugget Dipping Sauces | | | | | | | | | | | Barbecue | | Sweet & Sour | | Sweet Mustard | | |
|--|------|------|-----|-----------------|---------|-----------|--------------|-----------|-------|--------------|-------------------|----------------|-------------------------|----------------|----------------------|----------------|------|
| 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). | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g | |
| Contains gluten & soy. | | | | | | | | | | | Energy (kJ) | 201 | 717 | 203 | 727 | 328 | 1170 |
| 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). | | | | | | | | | | | Energy (Cal) | 48 | 172 | 49 | 174 | 78 | 280 |
| Contains gluten & soy. | | | | | | | | | | | 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) | <0.1 | 0.2 | <0.1 | 0.1 | 0.2 | 0.7 |
| 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). | | | | | | | | | | | 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 |
| Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | | | | | |
| Barbecue | Y | | Y | | | | | | | Y | Y | Y | | | | | |
| Sweet & Sour | Y | | Y | | | | | | | Y | Y | Y | | | | | |
| Sweet Mustard | | | | | | | | | | Y | | Y | | | | | |

| Sauces | | | | | Ketchup | | | Aioli | | | Tartare | | |
|---|--|--|--|-------------------|-----------------|----------------|-----------------|----------------|-----------------|----------------|-----------------|----------------|--|
| | | | | | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g | |
| KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Soybean Oil, Flavouring. | | | | Energy (kJ) | 43 | 478 | 776 | 2770 | 214 | 1100 | | | |
| | | | | Energy (Cal) | 10 | 114 | 185 | 662 | 51 | 264 | | | |
| 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). | | | | Protein (g) | 0.1 | 1.5 | 0.5 | 1.9 | 0.2 | 0.8 | | | |
| <i>Contains egg and milk.</i> | | | | 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 | | | |
| 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. | | | | Carbohydrate (g) | 2.3 | 26.1 | 1.5 | 5.2 | 0.3 | 1.7 | | | |
| <i>Contains egg.</i> | | | | Sugars (g) | 1.8 | 20.0 | 1.0 | 3.4 | 0.3 | 1.5 | | | |
| | | | | Sodium (mg) | 88 | 983 | 112 | 400 | 107 | 552 | | | |
| | | | | Gluten | | | | | | | | | |
| | | | | Eggs | | | | | | | | | |
| | | | | Milk | | | | | | | | | |
| | | | | Soy | | | | | | | | | |
| | | | | Fish & Crustacea | | | | | | | | | |
| | | | | Peanuts | | | | | | | | | |
| | | | | Tree Nuts | | | | | | | | | |
| | | | | Sesame Seeds | | | | | | | | | |
| | | | | Sulphites | | | | | | | | | |
| | | | | Lupin | | | | | | | | | |
| | | | | Preservative | | | | | Y | Y | | | |
| | | | | Flavour | | | | | | | | | |
| | | | | Colours | | | | | | | | | |
| | | | | Ketchup | | | | | | | | | |
| | | | | Aioli | | | | | | | | | |
| | | | | Tartare Sauce | | | | | | | | | |

| BREAKFAST | | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|-------------------|----------------|------|
| BBQ Hash Brown Brekkie Roll | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | |
| BEEF PATTY: Beef | | | | | | | | | | | Energy (kJ) | 3330 | 1060 |
| QUARTER BUN: Wheat Flour (Contains Vitamins (Thiamin, Folic Acid)), Water, Sugar, Canola Oil, Sesame Seeds , Iodised Salt, Wheat Gluten , Yeast, Improver (Soy Flour , Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour , Enzymes (1100 - contains Wheat)), Preservative (282), Emulsifier (471, 481, 472e) (Antioxidants (307, 304, 330)). | | | | | | | | | | | Energy (Cal) | 797 | 254 |
| OR | | | | | | | | | | | Protein (g) | 45.4 | 14.5 |
| QUARTER BUN: Wheat Flour (Vitamins (Thiamin, Folic Acid, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Glaze (Contains Wheat), Canola Oil, Sesame Seeds , Iodised Salt, Natural Flavour, Wheat Gluten , Yeast, Emulsifier (471), Preservative (282), Bread Improver (Wheat Flour , Enzymes, Antioxidant (300)), Thickener (412), Antioxidant (300). | | | | | | | | | | | Fat, total (g) | 45.5 | 14.5 |
| HASH BROWN: Potato, Canola Oil, Salt, Dextrose (from maize), Emulsifier (471), Preservative (450), Antioxidant (330), Natural Pepper Extracts. OR | | | | | | | | | | | Saturated Fat (g) | 17.6 | 5.6 |
| Potatoes, Canola Oil, Salt, Dehydrated Potato, Black Pepper, Disodium Dihydrogen Pyrophosphate, Dextrose. OR | | | | | | | | | | | Carbohydrate (g) | 50.3 | 16.0 |
| Potatoes, Canola Oil, Dextrose (220) (Maize), Seasoning (Black Pepper, Salt, Modified Corn Starch). | | | | | | | | | | | Sugars (g) | 9.3 | 2.9 |
| EGG: Fresh, Shelled Egg . | | | | | | | | | | | Sodium (mg) | 1500 | 479 |
| BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. Smoked. | | | | | | | | | | | | | |
| CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Rennet, Lipase | | | | | | | | | | | | | |
| BARBECUE SAUCE: Tomato Pulp [Antioxidant (330)], Sugar, Vinegar, Water, Onion Puree, Thickener (1422), Molasses, Minced Garlic [Acetic Acid (260)], Salt, Lemon Juice Concentrate, Spices [Including (100)], Mustard (Wheat, Soy) [Food Acid (260)], Flavourings, Malt Extract (Barley), Vegetable Gum (415), Yeast Extract, Preservative (202). | | | | | | | | | | | | | |
| OIL: Canola Oil, Soy Lecithin, Flavour, Colour (160a), Acidity Regulator (330). | | | | | | | | | | | | | |
| <i>Contains gluten, egg, milk, soy, sesame seeds. Traces of sulphites</i> | | | | | | | | | | | | | |
| <i>Beef patty seasoned on grill. Seasoning: Salt, Pepper.</i> | | | | | | | | | | | Gluten | | |
| <i>Beef may be cooked on the same grill as egg or products containing gluten.</i> | | | | | | | | | | | Eggs | Y | |
| | | | | | | | | | | | Milk | Y | |
| | | | | | | | | | | | Soy | Y | |
| | | | | | | | | | | | Fish & Crustacea | | |
| | | | | | | | | | | | Peanuts | | |
| | | | | | | | | | | | Tree Nuts | | |
| | | | | | | | | | | | Sesame Seeds | Y | |
| | | | | | | | | | | | Sulphites | T | |
| | | | | | | | | | | | Lupin | | |
| | | | | | | | | | | | Preservative | Y | |
| | | | | | | | | | | | Flavour | Y | |
| | | | | | | | | | | | Colours | Y | |

| Breakfast Condiments | | | | | | | | | | | | |
|--|--|--|--|-------------------|----------------|-----------------|----------------|-----------------|----------------|-----------------|----------------|---|
| | | | | Honey | | | Strawberry Jam | | | Vegemite | | |
| | | | | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g | |
| STRAWBERRY JAM: Strawberries, Sugar, Glucose (Maize), Pectin, Acidity Regulator (330). | | | | Energy (kJ) | 184 | 1420 | 187 | 1160 | 39 | 811 | | |
| | | | | Energy (Cal) | 44 | 340 | 45 | 278 | 9 | 194 | | |
| HONEY: Honey. | | | | Protein (g) | <0.1 | 0.3 | <0.1 | 0.6 | 1.2 | 25.6 | | |
| | | | | Fat, total (g) | <0.1 | 0.1 | <0.1 | 0.1 | <0.1 | 0.9 | | |
| VEGEMITE™: Yeast Extract, Salt, Mineral Salt (508), Malt Extract (from Barley), Colour (150d – contains preservative sulphur dioxide), Vegetable Extract, Niacin, Thiamine, Riboflavin, Folate. | | | | Saturated Fat (g) | <0.1 | 0.1 | <0.1 | 0.1 | <0.1 | 0.9 | | |
| <i>Contains gluten & sulphites.</i> | | | | Carbohydrate (g) | 10.8 | 83.1 | 10.8 | 67.8 | 0.9 | 19.5 | | |
| | | | | Sugars (g) | 10.7 | 82.5 | 10.0 | 62.5 | <0.1 | 1.7 | | |
| | | | | Sodium (mg) | 2 | 15 | 1 | 8 | 162 | 3380 | | |
| | | | | Gluten | | | | | | | | |
| | | | | Eggs | | | | | | | | |
| | | | | Milk | | | | | | | | |
| | | | | Soy | | | | | | | | |
| | | | | Fish & Crustacea | | | | | | | | |
| | | | | Peanuts | | | | | | | | |
| | | | | Tree Nuts | | | | | | | | |
| | | | | Sesame Seeds | | | | | | | | |
| | | | | Sulphites | | | | | | | | |
| | | | | Lupin | | | | | | | | |
| | | | | Preservative | | | | | Y | Y | | |
| | | | | Flavour | | | | | | | | |
| | | | | Colours | | | | | | | | |
| | | | | Jam | | | | | | | | |
| | | | | Honey | | | | | | | | |
| | | | | Vegemite | Y | | | | | | | Y |

| Hash Brown | | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | | | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|--|--|-------------------|----------------|-----------------------------|----------------|-----------------|---------|-----------|--------------|-----------|-------|--------------|---------|---------|
| Potato, Canola Oil, Salt, Dextrose (from maize), Emulsifier (471), Preservative (450), Antioxidant (330), Natural Pepper Extracts. | | | | | | | | | | | | Energy (kJ) | 587 | 1060 | | | | | | | | | | |
| OR | | | | | | | | | | | | Energy (Cal) | 141 | 254 | | | | | | | | | | |
| Potatoes, Canola Oil, Salt, Dehydrated Potato, Black Pepper, Disodium Dihydrogen Pyrophosphate, Dextrose. | | | | | | | | | | | | Protein (g) | 1.3 | 2.3 | | | | | | | | | | |
| OR | | | | | | | | | | | | Fat, total (g) | 8.1 | 14.7 | | | | | | | | | | |
| Potatoes, Canola Oil, Dextrose (220) (Maize), Seasoning (Black Pepper, Salt, Modified Corn Starch). | | | | | | | | | | | | Saturated Fat (g) | 0.6 | 1.2 | | | | | | | | | | |
| | | | | | | | | | | | | Carbohydrate (g) | 14.8 | 26.7 | | | | | | | | | | |
| | | | | | | | | | | | | Sugars (g) | 0.2 | 0.3 | | | | | | | | | | |
| | | | | | | | | | | | | Sodium (mg) | 339 | 613 | | | | | | | | | | |
| <i>Traces of sulphite.</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| * Hash Browns served after 10.30am may be cooked with products containing gluten | | | | | | | | | | | | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours |
| <i>Note: Hash Brown is cooked in canola oil blend.</i> | | | | | | | | | | | | T* | | | | | | | | T | | | | |
| Ham and Cheese Pocket | | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | | | | | | | | | | | |
| WHOLEMEAL TORTILLA: Whole Wheat Flour , Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast. | | | | | | | | | | | | Energy (kJ) | 927 | 1250 | | | | | | | | | | |
| CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Rennet, Lipase. | | | | | | | | | | | | Energy (Cal) | 221 | 299 | | | | | | | | | | |
| HAM: Pork, Water, Salt, Acidity Regulators (326, 262), Sugar, Emulsifier (451), Dextrose (Maize), Antioxidant (316), Sodium Nitrite (250). | | | | | | | | | | | | Protein (g) | 10.2 | 13.8 | | | | | | | | | | |
| | | | | | | | | | | | | Fat, total (g) | 9.8 | 13.2 | | | | | | | | | | |
| | | | | | | | | | | | | Saturated Fat (g) | 5.5 | 7.4 | | | | | | | | | | |
| | | | | | | | | | | | | Carbohydrate (g) | 22.6 | 30.5 | | | | | | | | | | |
| | | | | | | | | | | | | Sugars (g) | 1.4 | 1.9 | | | | | | | | | | |
| | | | | | | | | | | | | Sodium (mg) | 382 | 516 | | | | | | | | | | |
| <i>Contains gluten and milk.</i> | | | | | | | | | | | | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours |
| | | | | | | | | | | | | Y | | Y | | | | | | | | Y | | |
| Hotcakes | | | | | | | | | | | | Plain | | with Syrup & Butter | | | | | | | | | | |
| | | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g | | | | | | | | | |
| 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). | | | | | | | | | | | | Energy (kJ) | 1360 | 902 | 2500 | 1120 | | | | | | | | |
| <i>Contains gluten, egg & milk.</i> | | | | | | | | | | | | Energy (Cal) | 326 | 216 | 598 | 268 | | | | | | | | |
| <i>HOTCAKES are produced in a plant that also produces products containing sesame seeds.</i> | | | | | | | | | | | | Protein (g) | 8.8 | 5.8 | 9.5 | 4.3 | | | | | | | | |
| | | | | | | | | | | | | Fat, total (g) | 9.1 | 6.0 | 18.9 | 8.5 | | | | | | | | |
| | | | | | | | | | | | | Saturated Fat (g) | 1.5 | 1.0 | 8.4 | 3.8 | | | | | | | | |
| | | | | | | | | | | | | Carbohydrate (g) | 50.1 | 33.5 | 96 | 42.8 | | | | | | | | |
| | | | | | | | | | | | | Sugars (g) | 12.1 | 8.0 | 44.3 | 19.9 | | | | | | | | |
| | | | | | | | | | | | | Sodium (mg) | 469 | 310 | 566 | 254 | | | | | | | | |
| | | | | | | | | | | | | Gluten | Eggs | Milk | Soy | Fish & Crustaea | 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 | | Whipped Butter (2 portions) | | | | | | | | | | |
| | | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g | | | | | | | | | |
| HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d). | | | | | | | | | | | | Energy (kJ) | 794 | 1310 | 338 | 2980 | | | | | | | | |
| | | | | | | | | | | | | Energy (Cal) | 139 | 230 | 81 | 713 | | | | | | | | |
| | | | | | | | | | | | | Protein (g) | 0.6 | 1.0 | <0.1 | 0.6 | | | | | | | | |
| WHIPPED BUTTER: Cream, Salt. | | | | | | | | | | | | Fat, total (g) | 0.6 | 1.0 | 9.1 | 80.0 | | | | | | | | |
| <i>Contains milk.</i> | | | | | | | | | | | | Saturated Fat (g) | 0.6 | 1.0 | 6.1 | 53.5 | | | | | | | | |
| | | | | | | | | | | | | Carbohydrate (g) | 44.8 | 74.0 | 0.1 | 0.9 | | | | | | | | |
| | | | | | | | | | | | | Sugars (g) | 32.1 | 53.0 | <0.1 | 0.7 | | | | | | | | |
| | | | | | | | | | | | | Sodium (mg) | 18 | 30 | 79 | 700 | | | | | | | | |
| | | | | | | | | | | | | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours |
| Hotcake Syrup | | | | | | | | | | | | | | | | | | | | | | Y | Y | Y |
| Whipped Butter | | | | | | | | | | | | | | Y | | | | | | | | | | |

| McMuffin - Bacon & Egg | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | | | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|--|-----------------------------|----------------|------------------------|----------------|-----------------|---------|-----------|--------------|-----------|-------|--------------|---------|---------|
| 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 - Contains Wheat), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e). EGG: Fresh, Shelled Egg . BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked. CHEESE: Cheese (Milk , Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids , Butter , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), Soy Lecithin . OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330). <i>Contains gluten, egg, milk & soy.</i> <i>MUFFINS are produced on equipment that also produces products containing sesame seeds.</i> | | | | | | | | | | | Energy (kJ) | 1240 | 925 | | | | | | | | | | |
| | | | | | | | | | | | Energy (Cal) | 296 | 221 | | | | | | | | | | |
| | | | | | | | | | | | Protein (g) | 16.7 | 12.4 | | | | | | | | | | |
| | | | | | | | | | | | Fat, total (g) | 13.2 | 9.9 | | | | | | | | | | |
| | | | | | | | | | | | Saturated Fat (g) | 6.0 | 4.4 | | | | | | | | | | |
| | | | | | | | | | | | Carbohydrate (g) | 26.5 | 19.8 | | | | | | | | | | |
| | | | | | | | | | | | Sugars (g) | 1.9 | 1.4 | | | | | | | | | | |
| | | | | | | | | | | | Sodium (mg) | 698 | 521 | | | | | | | | | | |
| | | | | | | | | | | | Preservative | Flavour | Colours | | | | | | | | | | |
| | | | | | | | | | | | Y | Y | Y | | | | | | | | | | |
| | | | | | | | | | | | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours |
| | | | | | | | | | | | Y | Y | Y | Y | | | | T | | | Y | Y | Y |
| McMuffin - BLT | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | | | | | | | | | | | |
| 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 - Contains Wheat), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e). TOMATO SLICE: Tomato. BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked. SHREDDED LETTUCE: Iceberg Lettuce. MAYONNAISE: 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, Emulsifier (322 - derived from Soy), Flavour, Colour (160a), Acidity Regulator (330). <i>Contains gluten, egg & soy.</i> <i>ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.</i> | | | | | | | | | | | Energy (kJ) | 896 | 770 | | | | | | | | | | |
| | | | | | | | | | | | Energy (Cal) | 213 | 183 | | | | | | | | | | |
| | | | | | | | | | | | Protein (g) | 8.2 | 7.1 | | | | | | | | | | |
| | | | | | | | | | | | Fat, total (g) | 7.6 | 6.5 | | | | | | | | | | |
| | | | | | | | | | | | Saturated Fat (g) | 2.2 | 1.9 | | | | | | | | | | |
| | | | | | | | | | | | Carbohydrate (g) | 26.8 | 23.1 | | | | | | | | | | |
| | | | | | | | | | | | Sugars (g) | 2.1 | 1.8 | | | | | | | | | | |
| | | | | | | | | | | | Sodium (mg) | 538 | 462 | | | | | | | | | | |
| | | | | | | | | | | | Preservative | Flavour | Colours | | | | | | | | | | |
| | | | | | | | | | | | Y | Y | Y | | | | | | | | | | |
| | | | | | | | | | | | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours |
| | | | | | | | | | | | Y | Y | | Y | | | | T | | | Y | Y | Y |
| McMuffin - with Jam | | | | | | | | | | | Plain English Muffin | | Muffin with Jam | | | | | | | | | | |
| 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 - Contains Wheat), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e). STRAWBERRY JAM: Sugar, Strawberries, Vegetable Gum (440), Acidity Regulator (330). OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330). <i>Contains gluten & soy.</i> <i>MUFFINS are produced on equipment that also produces products containing sesame seeds</i> <i>Note: Available with your choice of Vegemite™, Honey OR Strawberry Jam.</i> | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g | | | | | | | | | |
| | | | | | | | | | | | Energy (kJ) | 632 | 1100 | 819 | 1110 | | | | | | | | |
| | | | | | | | | | | | Energy (Cal) | 150 | 260 | 194 | 263 | | | | | | | | |
| | | | | | | | | | | | Protein (g) | 4.5 | 7.9 | 4.6 | 6.3 | | | | | | | | |
| | | | | | | | | | | | Fat, total (g) | 3.0 | 5.2 | 3.0 | 4.1 | | | | | | | | |
| | | | | | | | | | | | Saturated Fat (g) | 0.8 | 1.5 | 0.9 | 1.2 | | | | | | | | |
| | | | | | | | | | | | Carbohydrate (g) | 25.3 | 43.8 | 36.1 | 49.0 | | | | | | | | |
| | | | | | | | | | | | Sugars (g) | 1.2 | 2.0 | 11.2 | 15.2 | | | | | | | | |
| | | | | | | | | | | | Sodium (mg) | 274 | 476 | 276 | 374 | | | | | | | | |
| | | | | | | | | | | | Preservative | Flavour | Colours | | | | | | | | | | |
| | | | | | | | | | | | Y | | Y | Y | | | | | | | | | |
| | | | | | | | | | | | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours |
| | | | | | | | | | | | Y | | | Y | | | | T | | | Y | Y | Y |
| McMuffin - Mighty | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | | | | | | | | | | | |
| 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 - Contains Wheat), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e). EGG: Fresh, Shelled Egg . SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup, Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from soy), Spice Extract, 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: Cheese (Milk , Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids , Butter , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), Soy Lecithin . KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring. OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330). <i>Contains gluten, egg, milk & soy.</i> <i>MUFFINS are produced on equipment that also produces products containing sesame seeds.</i> | | | | | | | | | | | Energy (kJ) | 1910 | 929 | | | | | | | | | | |
| | | | | | | | | | | | Energy (Cal) | 456 | 222 | | | | | | | | | | |
| | | | | | | | | | | | Protein (g) | 28.3 | 13.8 | | | | | | | | | | |
| | | | | | | | | | | | Fat, total (g) | 23.4 | 11.4 | | | | | | | | | | |
| | | | | | | | | | | | Saturated Fat (g) | 10.8 | 5.2 | | | | | | | | | | |
| | | | | | | | | | | | Carbohydrate (g) | 31.6 | 15.4 | | | | | | | | | | |
| | | | | | | | | | | | Sugars (g) | 5.7 | 2.8 | | | | | | | | | | |
| | | | | | | | | | | | Sodium (mg) | 1240 | 604 | | | | | | | | | | |
| | | | | | | | | | | | Preservative | Flavour | Colours | | | | | | | | | | |
| | | | | | | | | | | | Y | Y | Y | | | | | | | | | | |
| | | | | | | | | | | | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours |
| | | | | | | | | | | | Y | Y | Y | Y | | | | T | | | Y | Y | Y |

| McMuffin - Sausage | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | |
|--|------|------|-----|-----------------|---------|-----------|--------------|-----------|-------|--------------|-------------------|----------------|------|
| 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 - Contains Wheat), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e)). SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup, Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from soy), Spice Extract, Canola Oil]. CHEESE: Cheese (Milk , Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids , Butter , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), Soy Lecithin . OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330). <i>Contains gluten, milk & soy.</i> <i>ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.</i> | | | | | | | | | | | Energy (kJ) | 1260 | 1140 |
| | | | | | | | | | | | Energy (Cal) | 302 | 272 |
| | | | | | | | | | | | Protein (g) | 15.6 | 14.0 |
| | | | | | | | | | | | Fat, total (g) | 14.5 | 13.0 |
| | | | | | | | | | | | Saturated Fat (g) | 7.5 | 6.8 |
| | | | | | | | | | | | Carbohydrate (g) | 26.1 | 23.5 |
| | | | | | | | | | | | Sugars (g) | 1.7 | 1.6 |
| | | | | | | | | | | | Sodium (mg) | 629 | 566 |
| Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | |
| Y | | Y | Y | | | | T | | | Y | Y | Y | |
| McMuffin - Sausage and Egg | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | |
| 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 - Contains Wheat), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e)). SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup, Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from soy), Antioxidant (306), Canola Oil, Spice Extracts]. EGG: Fresh, Shelled Egg . CHEESE: Cheese (Milk , Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids , Butter , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), Soy Lecithin . OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330). <i>Contains gluten, egg, milk & soy.</i> <i>ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.</i> | | | | | | | | | | | Energy (kJ) | 1570 | 981 |
| | | | | | | | | | | | Energy (Cal) | 376 | 235 |
| | | | | | | | | | | | Protein (g) | 21.6 | 13.5 |
| | | | | | | | | | | | Fat, total (g) | 19.9 | 12.5 |
| | | | | | | | | | | | Saturated Fat (g) | 9.2 | 5.7 |
| | | | | | | | | | | | Carbohydrate (g) | 26.3 | 16.4 |
| | | | | | | | | | | | Sugars (g) | 1.9 | 1.2 |
| | | | | | | | | | | | Sodium (mg) | 672 | 420 |
| Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | |
| Y | Y | Y | Y | | | | T | | | Y | Y | Y | |
| DESSERTS | | | | | | | | | | | | | |
| Apple Pie | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | |
| 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. <i>Contains gluten, milk & soy.</i> <i>Note: Cooked in canola oil blend.</i> | | | | | | | | | | | Energy (kJ) | 991 | 1240 |
| | | | | | | | | | | | Energy (Cal) | 237 | 296 |
| | | | | | | | | | | | Protein (g) | 2.0 | 2.5 |
| | | | | | | | | | | | Fat, total (g) | 13.6 | 17.0 |
| | | | | | | | | | | | Saturated Fat (g) | 2.4 | 3.0 |
| | | | | | | | | | | | Carbohydrate (g) | 25.9 | 32.4 |
| | | | | | | | | | | | Sugars (g) | 9.0 | 11.2 |
| | | | | | | | | | | | Sodium (mg) | 126 | 157 |
| Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | |
| Y | | Y | Y | | | | T | | | Y | | Y | |
| Birthday Cake - Icecream | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | |
| 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). <i>Contains gluten, milk & soy.</i> <i>Note: ICE CREAM CAKE is made on equipment that also processes products containing peanuts & tree nuts</i> | | | | | | | | | | | 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 & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | |
| Y | | Y | Y | | T | T | | | | Y | | Y | |

| McDonaldland Cookies | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | |
|--|------|------|-----|-----------------|---------|-----------|--------------|-----------|-------|--------------|-------------------|----------------|------|
| Wheat Flour, Sugar, Palm Oil, Golden Syrup, Salt, Raising Agent (500), Soy Lecithin, Flavour. | | | | | | | | | | | Energy (kJ) | 1170 | 1950 |
| <i>Contains gluten & soy.</i> | | | | | | | | | | | Energy (Cal) | 281 | 469 |
| <i>May contain traces of peanut, hazelnut, dairy, egg and sesame seed.</i> | | | | | | | | | | | Protein (g) | 3.6 | 6.0 |
| | | | | | | | | | | | Fat, total (g) | 8.2 | 13.7 |
| | | | | | | | | | | | Saturated Fat (g) | 4.0 | 6.6 |
| | | | | | | | | | | | Carbohydrate (g) | 46.5 | 77.5 |
| | | | | | | | | | | | Sugars (g) | 16.6 | 27.6 |
| | | | | | | | | | | | Sodium (mg) | 150 | 250 |
| Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | |
| Y | T | T | Y | | T | T | T | | | Y | | | |
| McFlurry - M&M Minis® | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | |
| SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours. | | | | | | | | | | | Energy (kJ) | 1690 | 897 |
| OR | | | | | | | | | | | Energy (Cal) | 402 | 214 |
| Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour. | | | | | | | | | | | Protein (g) | 8.1 | 4.3 |
| OR | | | | | | | | | | | Fat, total (g) | 15.6 | 8.3 |
| Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331). | | | | | | | | | | | Saturated Fat (g) | 9.9 | 5.3 |
| 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 (from wheat), Colours (171, 133, 129, 110, 102), Vegetable Gum (414), Thickener (Dextrin), Glazing Agent (903). | | | | | | | | | | | Carbohydrate (g) | 56.6 | 30.1 |
| <i>Contains gluten, milk & soy. Traces of sulphites</i> | | | | | | | | | | | Sugars (g) | 52.3 | 27.8 |
| <i>Traces of peanuts and tree nuts in the Mini M&M's</i> | | | | | | | | | | | Sodium (mg) | 111 | 59 |
| Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | |
| Y | | Y | Y | | T | T | | T | | T | Y | Y | |
| McFlurry - Oreo | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | |
| SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours. | | | | | | | | | | | Energy (kJ) | 1340 | 780 |
| OR | | | | | | | | | | | Energy (Cal) | 319 | 186 |
| Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour. | | | | | | | | | | | Protein (g) | 7.2 | 4.2 |
| OR | | | | | | | | | | | Fat, total (g) | 11.7 | 6.8 |
| Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331). | | | | | | | | | | | Saturated Fat (g) | 7.3 | 4.2 |
| OREO COOKIE PIECES: Wheat Flour, Sugar, Vegetable Oil (Palm Oil and Palm Kernel Oil, Contains Antioxidant [319]), Cocoa Powder, Starch, Invert Syrup, Salt, Raising/Leavening Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Emulsifier (Soy Lecithin), Flavour. | | | | | | | | | | | Carbohydrate (g) | 46.3 | 26.9 |
| <i>Contains gluten, milk & soy. Traces of sulphites</i> | | | | | | | | | | | Sugars (g) | 37.8 | 22.0 |
| <i>Traces of egg, peanuts and sesame seeds in the Oreo Pieces.</i> | | | | | | | | | | | Sodium (mg) | 165 | 96 |
| Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | |
| Y | T | Y | Y | | T | | T | T | | T | Y | | |
| Soft Serve Cone | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | |
| SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours. | | | | | | | | | | | Energy (kJ) | 612 | 686 |
| OR | | | | | | | | | | | Energy (Cal) | 146 | 163 |
| Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour. | | | | | | | | | | | Protein (g) | 3.9 | 4.4 |
| OR | | | | | | | | | | | Fat, total (g) | 4.6 | 5.2 |
| Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331). | | | | | | | | | | | Saturated Fat (g) | 2.8 | 3.2 |
| CONE: Wheat Flour, Sunflower Oil, Water, Soy Lecithin, Salt, Mineral Salt (500). | | | | | | | | | | | Carbohydrate (g) | 22.0 | 24.6 |
| <i>Contains gluten, milk and soy. Traces of sulphites</i> | | | | | | | | | | | Sugars (g) | 17.1 | 19.1 |
| <i>Note: CONES are produced in a facility which also produces products containing peanuts & tree nuts (almonds & hazelnuts).</i> | | | | | | | | | | | Sodium (mg) | 55 | 61 |
| Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | |
| Y | | Y | Y | | T | T | | T | | T | Y | | |

| Soft Serve Cone with Flake | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | | | | | | | | | | | |
|---|--------|------|------|-----|-----------------|---------|-----------|--------------|-----------|-------|-------------------|----------------|-----------------|----------------|-----------------|---------|-----------|--------------|-----------|-------|--------------|---------|---------|
| SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours. | | | | | | | | | | | Energy (kJ) | 802 | 819 | | | | | | | | | | |
| OR | | | | | | | | | | | Energy (Cal) | 191 | 195 | | | | | | | | | | |
| Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour. | | | | | | | | | | | Protein (g) | 4.6 | 4.7 | | | | | | | | | | |
| OR | | | | | | | | | | | Fat, total (g) | 7.2 | 7.4 | | | | | | | | | | |
| Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331). | | | | | | | | | | | Saturated Fat (g) | 4.5 | 4.6 | | | | | | | | | | |
| FLAKE: Full Cream Milk, Sugar, Cocoa Butter, Cocoa Mass, Milk Solids, Flavours, Soy Lecithin. | | | | | | | | | | | Carbohydrate (g) | 26.8 | 27.4 | | | | | | | | | | |
| CONE: Wheat Flour, Sunflower Oil, Water, Soy Lecithin, Salt, Mineral Salt (500). | | | | | | | | | | | Sugars (g) | 21.8 | 22.3 | | | | | | | | | | |
| <i>Contains gluten, milk and soy. Traces of sulphites</i> | | | | | | | | | | | Sodium (mg) | 61 | 63 | | | | | | | | | | |
| <i>FLAKE may contain traces of peanuts and tree nuts.</i> | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Note: CONES are produced in a facility which also produces products containing peanuts & tree nuts (almonds & hazelnuts).</i> | | | | | | | | | | | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours |
| | Y | | Y | Y | | T | T | | T | | T | Y | | | | | | | | | | | |
| Sundae - Caramel | | | | | | | | | | | Small | | Large | | | | | | | | | | |
| SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours. | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g | | | | | | | | | |
| OR | | | | | | | | | | | Energy (kJ) | 1440 | 824 | 2250 | 919 | | | | | | | | |
| Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour. | | | | | | | | | | | Energy (Cal) | 342 | 195 | 533 | 220 | | | | | | | | |
| OR | | | | | | | | | | | Protein (g) | 6.0 | 3.4 | 7.9 | 3.2 | | | | | | | | |
| Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331). | | | | | | | | | | | Fat, total (g) | 8.7 | 5.0 | 12.3 | 4.9 | | | | | | | | |
| 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. | | | | | | | | | | | Saturated Fat (g) | 5.8 | 3.3 | 8.1 | 3.3 | | | | | | | | |
| <i>Contains milk. Traces of sulphites</i> | | | | | | | | | | | Carbohydrate (g) | 59.5 | 34.0 | 96.6 | 38.9 | | | | | | | | |
| | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | | | | | | | | | | |
| | | | Y | | | | | | T | | T | Y | | | | | | | | | | | |
| Sundae - Hot Fudge | | | | | | | | | | | Small | | Large | | | | | | | | | | |
| SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours. | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g | | | | | | | | | |
| OR | | | | | | | | | | | Energy (kJ) | 1460 | 846 | 2280 | 938 | | | | | | | | |
| Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour. | | | | | | | | | | | Energy (Cal) | 347 | 201 | 542 | 222 | | | | | | | | |
| OR | | | | | | | | | | | Protein (g) | 6.4 | 3.7 | 8.6 | 3.5 | | | | | | | | |
| Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331). | | | | | | | | | | | Fat, total (g) | 9.7 | 5.6 | 14.4 | 5.9 | | | | | | | | |
| 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). | | | | | | | | | | | Saturated Fat (g) | 7.0 | 4.0 | 10.6 | 4.3 | | | | | | | | |
| <i>Contains milk and soy. Traces of sulphites</i> | | | | | | | | | | | Carbohydrate (g) | 58.3 | 33.7 | 94.2 | 38.7 | | | | | | | | |
| | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | | | | | | | | | | |
| | | | Y | Y | | | | | T | | Y | | | | | | | | | | | | |
| Sundae - Plain, Small | | | | | | | | | | | Small | | Large | | | | | | | | | | |
| SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours. | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g | | | | | | | | | |
| OR | | | | | | | | | | | Energy (kJ) | 848 | 628 | | | | | | | | | | |
| Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour. | | | | | | | | | | | Energy (Cal) | 201 | 149 | | | | | | | | | | |
| OR | | | | | | | | | | | Protein (g) | 5.5 | 4.1 | | | | | | | | | | |
| Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331). | | | | | | | | | | | Fat, total (g) | 6.8 | 5.0 | | | | | | | | | | |
| McDonald's Sundae without topping is available on request. | | | | | | | | | | | Saturated Fat (g) | 4.5 | 3.3 | | | | | | | | | | |
| <i>Contains milk. Traces of sulphites</i> | | | | | | | | | | | Carbohydrate (g) | 29.6 | 21.9 | | | | | | | | | | |
| | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours | | | | | | | | | | |
| | | | Y | | | | | | T | | T | Y | | | | | | | | | | | |

| | | | | | | | | | | | Small | | Large | | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|--|-------------------|----------------|-----------------|----------------|-----------------|---------|-----------|--------------|-----------|-------|--------------|---------|---------|
| | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g | | | | | | | | | |
| Sundae - Strawberry | | | | | | | | | | | Energy (kJ) | 1210 | 708 | 1790 | 742 | | | | | | | | |
| SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours. | | | | | | | | | | | Energy (Cal) | 288 | 168 | 423 | 176 | | | | | | | | |
| OR | | | | | | | | | | | Protein (g) | 5.8 | 3.4 | 7.5 | 3.1 | | | | | | | | |
| Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour. | | | | | | | | | | | Fat, total (g) | 6.8 | 3.9 | 8.4 | 3.5 | | | | | | | | |
| OR | | | | | | | | | | | Saturated Fat (g) | 4.5 | 2.6 | 5.6 | 2.3 | | | | | | | | |
| Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331). | | | | | | | | | | | Carbohydrate (g) | 50.6 | 29.5 | 78.9 | 32.8 | | | | | | | | |
| 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). | | | | | | | | | | | Sugars (g) | 44.8 | 26.2 | 69.2 | 28.8 | | | | | | | | |
| <i>Contains milk. Traces of sulphites</i> | | | | | | | | | | | Sodium (mg) | 76 | 45 | 96 | 40 | | | | | | | | |
| | | | | | | | | | | | Gluten | Eggs | Milk | Soy | Fish & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours |
| | | | | | | | | | | | | | Y | | | | | | T | | Y | Y | Y |
| Yoghurt - Petit Miam Strawberry | | | | | | | | | | | | | Avg Qty / Serve | Avg Qty / 100g | | | | | | | | | |
| 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). | | | | | | | | | | | Energy (kJ) | 213 | 304 | | | | | | | | | | |
| <i>Contains milk.</i> | | | | | | | | | | | Energy (Cal) | 50 | 72 | | | | | | | | | | |
| | | | | | | | | | | | 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 & Crustaea | Peanuts | Tree Nuts | Sesame Seeds | Sulphites | Lupin | Preservative | Flavour | Colours |
| | | | | | | | | | | | | | Y | | | | | | | | | Y | Y |