



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

Information correct as at 31 August 2015

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

Select items sold in McCafé are sold as gluten free. They are produced under allergen control conditions and are specifically handled to prevent cross contamination. No other 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).

BEEF PATTIES: Beef (100%).

LETTUCE: Iceberg Lettuce.

BIG MAC SAUCE: Soybean Oil (Antioxidant (330)), Water, Relish [Pickles, High Fructose Corn Syrup, Sugar, Distilled Vinegar, Preservative (202), Thickener (415), Flavourings], Mustard [Water, Distilled Vinegar, Mustard Seed, Salt, Sugar, Colours (150d, 100), Spice], Salted Egg Yolks, Distilled Vinegar, Onion, Thickeners (1442, 415, 405), Spices, Sugar, Salt, Hydrolysed Protein (Corn Gluten, Soy, Wheat Gluten), Preservative (211), Colours (160c, 150d, 100), 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, Soy Oil.

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	Preservative	Flavour	Colours
Y	Y	Y	Y				Y		Y	Y	Y

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2060	1030
Energy (Cal)	493	245
Protein (g)	25.2	12.5
Fat, total (g)	26.9	13.4
Saturated Fat (g)	10.7	5.3
Carbohydrate (g)	35.3	17.6
Sugars (g)	5.9	2.9
Sodium (mg)	859	427

Cheeseburger & Double Cheeseburger

REGULAR BUN: Wheat Flour, Water, Yeast, Sugar, Vegetable Oil (Canola), 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).

BEEF PATTIES: Beef (100%).

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 (Soybean Oil).

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

ONION: Water, Dehydrated White Onion.

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

Contains gluten, milk and soy.

REGULAR BUNS are produced on equipment that also produces products containing sesame seeds. Beef patty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil.

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	Preservative	Flavour	Colours
Cheeseburger	Y	T	Y	Y				T		Y	Y	Y
Double Cheeseburger	Y	T	Y	Y				T		Y	Y	Y

	Cheeseburger		Double Cheeseburger	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1180	1070	1800	1110
Energy (Cal)	282	256	431	266
Protein (g)	15.2	13.8	25.9	16.0
Fat, total (g)	12.4	11.2	23.3	14.4
Saturated Fat (g)	6.1	5.6	12.2	7.5
Carbohydrate (g)	26.3	23.9	27.8	17.2
Sugars (g)	4.7	4.2	5.2	3.2
Sodium (mg)	672	611	979	604

Grand Angus

BEEF PATTY: Angus Beef (100%)

CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Sesame Seed, Yeast, Canola Oil, Gluten, Iodised Salt, Chilli Flakes, Chive Flakes, Soy Flour, Preservative (282), Emulsifiers (471, 481, 472e), Mineral Salts (170, 516),

Wheat Malt Flour, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).

TOMATO: Sliced Tomato.

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.

DICED LETTUCE MIX: Iceberg Lettuce, Cos 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).

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

ONION: Red Onion

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

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

BEEF PATTY seasoned after cooking : Seasoning: Salt, Pepper, Soy Oil & Angus Seasoning [Maltodextrin, Salt, Dextrose, Dehydrated Vegetables (Onion, Garlic), Flavour (Milk, Soy), Spices (Pepper), Yeast Extract, Colours (150d, 150a), Canola Oil, Worcestershire Sauce.

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	Preservative	Flavour	Colours
Y	Y	Y	Y				Y		Y	Y	Y

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2500	955
Energy (Cal)	599	229
Protein (g)	38.8	14.8
Fat, total (g)	32.0	12.2
Saturated Fat (g)	15.9	6.1
Carbohydrate (g)	37.2	14.2
Sugars (g)	5.3	2.0
Sodium (mg)	1100	418

Hamburger		Avg Qty /Serve	Avg Qty /100g									
REGULAR BUN: Wheat Flour, Water, Yeast, Sugar, Vegetable Oil (Canola), 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).		Energy (kJ)	979	1030								
BEEF PATTIES: Beef (100%).		Energy (Cal)	234	247								
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (Soybean Oil).		Protein (g)	12.2	12.9								
PICKLE: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.		Fat, total (g)	8.6	9.1								
ONION: Water, Dehydrated White Onion.		Saturated Fat (g)	3.5	3.7								
MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.		Carbohydrate (g)	25.3	26.6								
<i>Contains gluten & soy</i>		Sugars (g)	4.2	4.4								
<i>REGULAR BUNS are produced on equipment that also produces products containing sesame seeds.</i>		Sodium (mg)	480	505								
<i>Beef patty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil.</i>												
<i>Beef may be cooked on the same grill as egg or products containing gluten.</i>												
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Y	T		Y				T		Y	Y	Y
McFeast		Avg Qty /Serve	Avg Qty /100g									
BEEF PATTY: Beef (100%).		Energy (kJ)	2030	894								
QUARTER BUN: Wheat Flour, Water, Yeast, Sugar, Vegetable Oil (Canola), Sesame Seed , Iodised Salt, Gluten , Bread Improver (Soy Flour, Emulsifier (481), Mineral Salts (516, 170), Malt Flour, Dough Conditioner (300), Enzymes (Amylase, Xylanase)), Preservative (282), Emulsifiers (471, 472e), Antioxidant (304, 307, 330), Enzyme (1100) Vitamin (Thiamin, Folate).		Energy (Cal)	485	214								
LETTUCE: Iceberg Lettuce		Protein (g)	28.1	12.4								
TOMATO: Sliced Tomato.		Fat, total (g)	27.0	11.9								
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (Soybean Oil).		Saturated Fat (g)	12.2	5.4								
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.		Carbohydrate (g)	31.2	13.7								
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).		Sugars (g)	6.6	2.9								
PICKLE: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.		Sodium (mg)	851	375								
ONION: Sliced Onion												
MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.												
<i>Contains gluten, egg, soy, milk & sesame seeds</i>												
<i>Beef patty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil.</i>												
<i>Beef may be cooked on the same grill as egg or products containing gluten.</i>												
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Y	Y	Y	Y				Y		Y	Y	Y
Mighty Angus Burger		Avg Qty /Serve	Avg Qty /100g									
BEEF PATTY: Angus Beef (100%)		Energy (kJ)	2790	1080								
CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Sesame Seed, Yeast, Canola Oil, Gluten , Iodised Salt, Chilli Flakes, Chive Flakes, Soy Flour, Preservative (282), Emulsifiers (471, 481, 472e), Mineral Salts (170, 516), Wheat Malt Flour, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).		Energy (Cal)	668	259								
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.		Protein (g)	43.5	16.8								
CHUNKY TOMATO SAUCE: Water, Tomato (Tomato Paste, Crushed Tomato (Acidity Regulator (330), Firming Agent (509)), Red Bell Pepper Puree, Sugar, Vinegar, Thickener (1422), Dehydrated Vegetables, Salt, Spices, Soybean Oil, Preservative (202), Vegetable Gum (415).		Fat, total (g)	35.9	13.9								
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.		Saturated Fat (g)	17.7	6.9								
ONION: Red Onion		Carbohydrate (g)	41.4	16.0								
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).		Sugars (g)	7.4	2.9								
<i>Contains gluten, milk, egg, soy and sesame seeds. Traces of sulphites in the Chunky Tomato Sauce.</i>		Sodium (mg)	1370	531								
<i>BEEF PATTY seasoned after cooking: Seasoning: Salt, Pepper, Soy Oil & Angus Seasoning (Maltodextrin, Salt, Dextrose, Dehydrated Vegetables (Onion, Garlic), Flavour (Milk, Soy), Spices (Pepper), Yeast Extract, Colours (150d, 150a), Canola Oil, Worcestershire Sauce.</i>												
<i>Beef may be cooked on the same grill as egg or products containing gluten.</i>												
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Y	Y	Y	Y				Y	T	Y		Y

Quarter Pounder and Double Quarter Pounder																						
BEEF PATTY: Beef (100%). QUARTER BUN: Wheat Flour, Water, Yeast, Sugar, Vegetable Oil (Canola), Sesame Seed , Iodised Salt, Gluten , Bread Improver [Soy Flour , Emulsifier (481), Mineral Salts (516, 170), Malt Flour , Dough Conditioner (300), Enzymes (Amylase, Xylanase)], Preservative (282), Emulsifiers (471, 472e), Antioxidant (304, 307, 330), Enzyme (1100) Vitamin (Thiamin, Folate). 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 (Soybean Oil). PICKLE: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour. ONION: Slivered Onion MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour. <i>Contains gluten, soy, milk & sesame seeds</i> <i>Beef patty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil.</i> <i>Beef may be cooked on the same grill as egg or products containing gluten.</i>											Quarter Pounder		Double Quarter Pounder									
											Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g								
Energy (kJ)	2280	1100	3570	1170																		
Energy (Cal)	546	264	853	279																		
Protein (g)	33.7	16.3	57.5	18.8																		
Fat, total (g)	30.2	14.6	53.3	17.4																		
Saturated Fat (g)	15.7	7.6	28.1	9.2																		
Carbohydrate (g)	33.6	16.2	34.2	11.2																		
Sugars (g)	6.7	3.2	7.0	2.3																		
Sodium (mg)	1050	507	1350	442																		
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Quarter Pounder											Y		Y	Y				Y		Y	Y	Y
Double Quarter Pounder											Y		Y	Y				Y		Y	Y	Y
CHICKEN AND FISH																						
Chicken McNuggets Chicken, Water, Flour (Maize, Bleached Wheat), Salt, Canola Oil, Thickener (1404), Raising Agents and Mineral Salts (341). <i>Contains gluten.</i> <i>Note: McNuggets are cooked in canola oil blend.</i>											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)	582	1180	1160	1180	1940	1180																
Energy (Cal)	140	282	279	282	464	282																
Protein (g)	7.9	15.9	15.8	15.9	26.4	15.9																
Fat, total (g)	9.0	18.1	17.9	18.1	29.9	18.1																
Saturated Fat (g)	1.4	2.8	2.8	2.8	4.6	2.8																
Carbohydrate (g)	6.7	13.6	13.5	13.6	22.4	13.6																
Sugars (g)	0.2	0.5	0.4	0.5	0.8	0.5																
Sodium (mg)	222	448	444	448	739	448																
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
											Y											
Chicken McBites - 10 piece pack Chicken, Water, Wheat Flour, Breadcrumbs Crumb [Wheat Flour, Milk Solids, Salt, Canola Oil, Raising Agent (341, 500), Emulsifier (481)], Canola Oil, Mineral Salts (451, 452, 450, 500), Salt, Spices, Vegetable Powders (Garlic, Onion), Herbs, Yeast Extract, Flavour Enhancer (635), Flavours, Thickener (1404), Spice Extract (100). <i>Contains gluten & milk.</i> <i>Note: McBites are cooked in canola oil blend.</i>											Avg Qty /Serve		Avg Qty /100g									
Energy (kJ)	661		1050																			
Energy (Cal)	158		251																			
Protein (g)	10.6		16.8																			
Fat, total (g)	9.0		14.4																			
Saturated Fat (g)	1.5		2.4																			
Carbohydrate (g)	8.4		13.4																			
Sugars (g)	0.5		<1.0																			
Sodium (mg)	453		720																			
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
											Y		Y								Y	
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). BUN: Wheat Flour , Water, Yeast, Sugar, Vegetable Oil (Canola), 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). 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). <i>Contains gluten, egg, soy & milk.</i> <i>Note: McChicken patty is cooked in canola oil blend.</i> BUNS are produced on equipment that also produces products containing sesame seeds. <i>McChicken patty contains traces of sulphites</i>											Avg Qty /Serve		Avg Qty /100g									
Energy (kJ)	1640		1090																			
Energy (Cal)	391		260																			
Protein (g)	19.5		13.0																			
Fat, total (g)	19.3		12.8																			
Saturated Fat (g)	4.1		2.8																			
Carbohydrate (g)	32.9		21.8																			
Sugars (g)	2.8		1.9																			
Sodium (mg)	709		471																			
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
											Y	Y	Y	Y				T	T	Y	Y	Y

Chicken & Mayo												Avg Qty /Serve	Avg Qty /100g										
CHICKEN PATTY: Chicken, Water, Flour (Wheat , Maize, Soy), Canola Oil, Thickeners (1400, Cornstarch, 1420, 1422), Salt, Mineral Salts (500, 450, 508, 451), Spices, Yeast, Garlic., Dextrose, Herbs, Spice Extract, Flavour, Food Acid (330), Pepper, Colours (100, 160c), Emulsifiers (433, 471, 481, 472e), Preservative (282), Vegetable Gum (412), Vitamin (Thiamin), Garlic Powder, Maltodextrin, Vegetable Powders, Anticaking Agent (341), Antioxidants (320, 310). BUN: Wheat Flour, Water, Yeast, Sugar, Vegetable Oil (Canola), Iodised Salt, Gluten , Soy Flour, Preservative (282), Emulsifiers (471, 472e, 481), Malt Flour, Mineral Salt (170), Antioxidant (300, 304, 307, 330), Enzyme (1100), Vitamin (Thiamine, Folate). 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). LETTUCE: Iceberg Lettuce												Energy (kJ)	1390	1030									
												Energy (Cal)	332	246									
												Protein (g)	12.6	9.3									
												Fat, total (g)	16.3	12.1									
												Saturated Fat (g)	2.8	2.1									
												Carbohydrate (g)	32.1	23.8									
												Sugars (g)	2.8	2.0									
												Sodium (mg)	583	432									
<i>Contains gluten, egg & soy.</i> <i>BUNS are produced on equipment that also produces products containing sesame seeds.</i>												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
												Y	Y		Y				T		Y	Y	Y
Crispy Chicken Bacon Deluxe												Avg Qty /Serve	Avg Qty /100g										
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumbs (Wheat Flour, Water, Vegetable Oil (Canola), Yeast, Salt, Improver (Wheat Flour, Ascorbic Acid (300), Food Acid (263)), Enzyme (Amylase), Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Wheat Gluten, Egg Powder, Anti-Caking Agent (551), Whey Protein, Soy Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (Soy), Vegetable Powder. CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Sesame Seed , Yeast, Canola Oil, Gluten , Iodised Salt, Chilli Flakes, Chive Flakes, Soy Flour, Preservative (282), Emulsifiers (471, 481, 472e), Mineral Salts (170, 516), Wheat Malt Flour , Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate). TOMATO SLICE: Tomatoes. GARLIC AIOLI: Canola Oil (Antioxidants (306- 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). CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase. BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce <i>Contains gluten, milk, egg, soy and sesame seeds.</i> GARLIC AIOLI and CRISPY CHICKEN PATTY may contain traces of sulphites. CRISPY PATTY is cooked in canola oil blend.												Energy (kJ)	2640	1030									
												Energy (Cal)	631	247									
												Protein (g)	31.7	12.4									
												Fat, total (g)	33.2	13.0									
												Saturated Fat (g)	8.5	3.3									
												Carbohydrate (g)	50.0	19.6									
												Sugars (g)	5.3	2.1									
												Sodium (mg)	1140	449									
<i>Contains gluten, milk, egg, soy and sesame seeds.</i> GARLIC AIOLI and CRISPY CHICKEN PATTY may contain traces of sulphites. CRISPY PATTY is cooked in canola oil blend.												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
												Y	Y	Y	Y				Y	T	Y	Y	Y
Grilled Chicken Bacon Deluxe												Avg Qty /Serve	Avg Qty /100g										
GRILLED CHICKEN: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450, 508), Yeast Extract, Herbs, Garlic Powder. OR 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. CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Sesame Seed , Yeast, Canola Oil, Gluten , Iodised Salt, Chilli Flakes, Chive Flakes, Soy Flour, Preservative (282), Emulsifiers (471, 481, 472e), Mineral Salts (170, 516), Wheat Malt Flour , Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate). TOMATO SLICE: Tomatoes. GARLIC AIOLI: Canola Oil (Antioxidants (306- 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). CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase. BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. <i>Contains gluten, milk, egg, soy and sesame seeds.</i> GARLIC AIOLI may contain traces of sulphites. Grilled Chicken may be cooked on the same grill as egg.												Energy (kJ)	2250	884									
												Energy (Cal)	539	212									
												Protein (g)	37.1	14.5									
												Fat, total (g)	24.4	9.6									
												Saturated Fat (g)	7.5	2.9									
												Carbohydrate (g)	41.1	16.1									
												Sugars (g)	6.1	2.4									
												Sodium (mg)	1010	397									
<i>Contains gluten, milk, egg, soy and sesame seeds.</i> GARLIC AIOLI may contain traces of sulphites. Grilled Chicken may be cooked on the same grill as egg.												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
												Y	Y	Y	Y				Y	T	Y	Y	Y

												Avg Qty /Serve	Avg Qty /100g	
Crispy Chicken Southwest BLT														
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumbs [Wheat Flour, Water, Vegetable Oil (Canola), Yeast, Salt, Improver (Wheat Flour, Ascorbic Acid (300), Food Acid (263)), Enzyme (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Wheat Gluten, Egg Powder, Anti-Caking Agent (551), Whey Protein, Soy Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (Soy), Vegetable Powder.												Energy (kJ)	2780	1070
CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Sesame Seed , Yeast, Canola Oil, Gluten , Iodised Salt, Chilli Flakes, Chive Flakes, Soy Flour, Preservative (282), Emulsifiers (471, 481, 472e), Mineral Salts (170, 516), Wheat Malt Flour , Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).												Energy (Cal)	664	255
TOMATO SLICE: Tomatoes.												Protein (g)	31.7	12.2
SOUTHWEST DRESSING: Soybean Oil (Antioxidant (320)), Water, Vinegar, Sugar, Buttermilk , Egg Yolk, Salt, Lemon Juice Concentrate, Spices, Thickeners (1442, 415), Onion, Garlic, Herb, Spice Extract, Preservative (202), Colour (160c), Antioxidant (385).												Fat, total (g)	33.8	13.0
CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase.												Saturated Fat (g)	9.2	3.5
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.												Carbohydrate (g)	56.6	21.8
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce												Sugars (g)	6.2	2.4
TORTILLA STRIPS: Corn Flour, Vegetable Oil, Water, Salt.												Sodium (mg)	1230	473
Contains gluten, egg, milk, soy and sesame seeds .CRISPY CHICKEN PATTY may contain traces of sulphites														
CRISPY PATTY is cooked in canola oil blend.														
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
	Y	Y	Y	Y				Y	T	Y	Y	Y		
Grilled Chicken Southwest BLT														
GRILLED CHICKEN: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450, 508), Yeast Extract, Herbs, Garlic Powder. OR												Energy (kJ)	2400	922
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)	573	221
CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Sesame Seed , Yeast, Canola Oil, Gluten , Iodised Salt, Chilli Flakes, Chive Flakes, Soy Flour, Preservative (282), Emulsifiers (471, 481, 472e), Mineral Salts (170, 516), Wheat Malt Flour , Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).												Protein (g)	37.1	14.3
TOMATO SLICE: Tomatoes.												Fat, total (g)	25.1	9.7
SOUTHWEST DRESSING: Soybean Oil (Antioxidant (320)), Water, Vinegar, Sugar, Buttermilk , Egg Yolk, Salt, Lemon Juice Concentrate, Spices, Thickeners (1442, 415), Onion, Garlic, Herb, Spice Extract, Preservative (202), Colour (160c), Antioxidant (385).												Saturated Fat (g)	8.2	3.1
CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase.												Carbohydrate (g)	47.7	18.4
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.												Sugars (g)	7.0	2.7
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce												Sodium (mg)	1100	423
TORTILLA STRIPS: Corn Flour, Vegetable Oil, Water, Salt.														
Contains gluten, egg, milk, soy and sesame seeds .														
Grilled Chicken may be cooked on the same grill as egg.														
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
	Y	Y	Y	Y				Y		Y	Y	Y		
Spicy Jalapeno Crispy Chicken Burger														
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumbs [Wheat Flour, Water, Vegetable Oil (Canola), Yeast, Salt, Improver (Wheat Flour, Ascorbic Acid (300), Food Acid (263)), Enzyme (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Wheat Gluten, Egg Powder, Anti-Caking Agent (551), Whey Protein, Soy Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (Soy), Vegetable Powder.												Energy (kJ)	2150	2490
CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Sesame Seed , Yeast, Canola Oil, Gluten , Iodised Salt, Chilli Flakes, Chive Flakes, Soy Flour, Preservative (282), Emulsifiers (471, 481, 472e), Mineral Salts (170, 516), Wheat Malt Flour , Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).												Energy (Cal)	515	596
SPICY MAYONNAISE: Soybean Oil (Antioxidant (320)), Water, Vinegar, Egg Yolk, Sugar, Salt, Thickener (1442), Dehydrated Vegetables, Flavour, Chilli Flakes, Lemon Juice Concentrate, Vegetable Gum (415), Preservative (202), Colour (160c).												Protein (g)	28.8	22.7
JALAPENOS: Jalapeno Peppers, Water, Vinegar, Salt, Acidity Regulators (296, 270), Firming Agent (509), Preservatives (211, 223), Colour (102).												Fat, total (g)	25.1	33.3
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce												Saturated Fat (g)	4.3	5.3
Contains gluten, egg, milk, soy, sesame seeds and sulphites .												Carbohydrate (g)	41.8	49.9
CRISPY PATTY is cooked in canola oil blend.												Sugars (g)	6.4	5.4
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
	Y	Y	Y	Y				Y	Y	Y	Y	Y		
Spicy Jalapeno Grilled Chicken Burger														
GRILLED CHICKEN: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450, 508), Yeast Extract, Herbs, Garlic Powder. OR												Energy (kJ)	2150	897
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)	515	214
CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Sesame Seed , Yeast, Canola Oil, Gluten , Iodised Salt, Chilli Flakes, Chive Flakes, Soy Flour, Preservative (282), Emulsifiers (471, 481, 472e), Mineral Salts (170, 516), Wheat Malt Flour , Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).												Protein (g)	28.8	12.0
SPICY MAYONNAISE: Soybean Oil (Antioxidant (320)), Water, Vinegar, Egg Yolk, Sugar, Salt, Thickener (1442), Dehydrated Vegetables, Flavour, Chilli Flakes, Lemon Juice Concentrate, Vegetable Gum (415), Preservative (202), Colour (160c).												Fat, total (g)	25.1	10.5
JALAPENOS: Jalapeno Peppers, Water, Vinegar, Salt, Acidity Regulators (296, 270), Firming Agent (509), Preservatives (211, 223), Colour (102).												Saturated Fat (g)	4.3	1.8
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce												Carbohydrate (g)	41.8	17.4
Contains gluten, egg, milk, soy and sesame seeds .												Sugars (g)	6.4	2.7
Grilled Chicken may be cooked on the same grill as egg.												Sodium (mg)	1330	554
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
	Y	Y		Y				Y	Y	Y	Y	Y		

												Avg Qty /Serve	Avg Qty /100g	
Grilled Chicken Snack Wrap														
GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450, 508), Yeast Extract, Herbs, Garlic Powder. OR												Energy (kJ)	939	866
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)	225	207
TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Preservative (282), Yeast												Protein (g)	13.6	12.6
LETTUCE: Iceberg Lettuce.												Fat, total (g)	8.5	7.8
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).												Saturated Fat (g)	2.7	2.5
OIL: Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330).												Carbohydrate (g)	22.5	20.8
												Sugars (g)	2.1	2.0
												Sodium (mg)	348	321
<i>Contains gluten, egg and soy.</i>														
<i>Grilled Chicken may be cooked on the same grill as egg.</i>														
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
	Y	Y		Y						Y	Y	Y		
Chicken & Aioli McWrap - Crispy Chicken												Avg Qty /Serve	Avg Qty /100g	
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oil (Canola), Yeast, Salt, Improver (Wheat Flour, Ascorbic Acid (300), Food Acid (263)), Enzyme (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Wheat Gluten, Egg Powder, Anti-Caking Agent (551), Whey Protein, Soy Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (Soy), Vegetable Powder.												Energy (kJ)	2700	975
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												Energy (Cal)	646	233
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce												Protein (g)	23.2	8.4
TOMATO: Sliced Tomato												Fat, total (g)	38.6	13.9
GARLIC AIOLI: Canola Oil (Antioxidants (306- 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).												Saturated Fat (g)	6.4	2.3
												Carbohydrate (g)	50.0	18.1
												Sugars (g)	4.9	1.8
												Sodium (mg)	975	352
<i>Contains gluten, egg, milk, soy. GARLIC AIOLI and CRISPY CHICKEN PATTY may contain traces of sulphites.</i>														
<i>CRISPY PATTY is cooked in canola oil blend.</i>														
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
	Y	Y	Y	Y					T	Y	Y	Y		
Chicken & Aioli McWrap - Grilled Chicken												Avg Qty /Serve	Avg Qty /100g	
GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450, 508), Yeast Extract, Herbs, Garlic Powder. OR												Energy (kJ)	2230	833
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)	534	199
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												Protein (g)	27.9	10.4
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce												Fat, total (g)	28.7	10.7
TOMATO: Sliced Tomato												Saturated Fat (g)	5.2	2.0
GARLIC AIOLI: Canola Oil (Antioxidants (306- 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).												Carbohydrate (g)	39.5	14.7
OIL: Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330).												Sugars (g)	5.5	2.1
												Sodium (mg)	811	303
<i>Contains gluten, egg, milk & soy.</i>														
<i>GARLIC AIOLI may contain traces of sulphites.</i>														
<i>Grilled Chicken may be cooked on the same grill as egg.</i>														
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
	Y	Y	Y	Y					T	Y	Y	Y		
Chicken & Spicy Mayo McWrap - Crispy Chicken												Avg Qty /Serve	Avg Qty /100g	
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oil (Canola), Yeast, Salt, Improver (Wheat Flour, Ascorbic Acid (300), Food Acid (263)), Enzyme (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Wheat Gluten, Egg Powder, Anti-Caking Agent (551), Whey Protein, Soy Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (Soy), Vegetable Powder.												Energy (kJ)	2670	901
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												Energy (Cal)	638	216
SPICY MAYONNAISE: Soybean Oil (Antioxidant (320)), Water, Vinegar, Egg Yolk, Sugar, Salt, Thickener (1442), Dehydrated Vegetables, Flavour, Chilli Flakes, Lemon Juice Concentrate, Vegetable Gum (415), Preservative (202), Colour (160c).												Protein (g)	22.1	7.5
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce												Fat, total (g)	38.9	13.1
TOMATO: Sliced Tomato												Saturated Fat (g)	8.1	2.7
CUCUMBER: Sliced Cucumber												Carbohydrate (g)	48.7	16.5
												Sugars (g)	5.6	1.9
												Sodium (mg)	1230	416
<i>Contains gluten, egg, milk and soy. CRISPY CHICKEN PATTY may contain traces of sulphites.</i>														
<i>CRISPY PATTY is cooked in canola oil blend.</i>														
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
	Y	Y	Y	Y					T	Y	Y	Y		

Chicken & Spicy Mayo McWrap - Grilled Chicken

GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450, 508), Yeast Extract, Herbs, Garlic Powder **OR**

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

SPICY MAYONNAISE: **Soybean** Oil (Antioxidant (320)), Water, Vinegar, **Egg** Yolk, Sugar, Salt, Thickener (1442), Dehydrated Vegetables, Flavour, Chilli Flakes, Lemon Juice Concentrate, Vegetable Gum (415), Preservative (202), Colour (160c).

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

TOMATO: Sliced Tomato

CUCUMBER: Sliced Cucumber

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

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

Contains gluten, egg, milk and soy.
Grilled Chicken may be cooked on the same grill as egg.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2100	771
Energy (Cal)	502	184
Protein (g)	25.3	9.3
Fat, total (g)	27.7	10.2
Saturated Fat (g)	6.5	2.4
Carbohydrate (g)	36.4	13.4
Sugars (g)	5.9	2.2
Sodium (mg)	1010	371

Steak and BBQ McWrap

STEAK STRIPS: Beef, Marinade [Thickener (1442), Sugar, Maltodextrin, Salt, Flavour, Mineral Salt (451), Spices, Acidity Regulator (262, 330), Tomato Powder, Yeast Extract, Smoked Salt, Onion Powder, Anti-caking Agent (551).

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

TOMATO: Sliced Tomato

SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1442), Salt, **Worcestershire**, Colour (150c), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour.

GARLIC AIOLI: Canola Oil (Antioxidants (306-**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).

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

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

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

Contains gluten, egg, milk, fish & soy. GARLIC MAYONNAISE may contain traces of sulphite

STEAK STRIPS seasoned after cooking. Seasoning: Salt, Pepper, Soy Oil

Steak may be cooked on the same grill as egg

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

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2020	773
Energy (Cal)	483	185
Protein (g)	27.6	10.6
Fat, total (g)	20.4	7.8
Saturated Fat (g)	5.1	1.9
Carbohydrate (g)	44.7	17.1
Sugars (g)	11.7	4.5
Sodium (mg)	1040	397

Steak and Aioli McWrap

STEAK STRIPS: Beef, Marinade [Thickener (1442), Sugar, Maltodextrin, Salt, Flavour, Mineral Salt (451), Spices, Acidity Regulator (262, 330), Tomato Powder, Yeast Extract, Smoked Salt, Onion Powder, Anti-caking Agent (551).

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

TOMATO: Sliced Tomato

GARLIC AIOLI: Canola Oil (Antioxidants (306-**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).

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

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

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

Contains gluten, egg, milk & soy. GARLIC MAYONNAISE may contain traces of sulphites

STEAK STRIPS seasoned after cooking. Seasoning: Salt, Pepper, Soy Oil

Steak may be cooked on the same grill as egg

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

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2280	882
Energy (Cal)	544	211
Protein (g)	27.9	10.8
Fat, total (g)	30.0	11.6
Saturated Fat (g)	5.8	2.2
Carbohydrate (g)	38.7	15.0
Sugars (g)	5.7	2.2
Sodium (mg)	912	353

FRENCH FRIES																																			
French Fries Potato, Canola Oil, Dextrose, Mineral Salt (450). May contain Sulphites (<10ppm from sodium metabisulphite (223)) and Antioxidant (306) <i>Contains traces of sulphites</i> <i>Note: French Fries are cooked in canola oil blend, salt added</i>	Small		Medium		Large																														
		Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g																												
	Energy (kJ)	1070	1480	1540	1480	1900	1480																												
	Energy (Cal)	255	354	368	354	453	354																												
	Protein (g)	2.7	3.8	4.0	3.8	4.9	3.8																												
	Fat, total (g)	13.7	19.0	19.8	19.0	24.3	19.0																												
	Saturated Fat (g)	1.6	2.3	2.3	2.3	2.9	2.3																												
	Carbohydrate (g)	28.6	39.7	41.3	39.7	50.8	39.7																												
	Sugars (g)	0.3	0.4	0.4	0.4	0.5	0.4																												
	Sodium (mg)	245	340	354	340	435	340																												
<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustacea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Preservative</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>T</td> <td>T</td> <td></td> <td></td> </tr> </tbody> </table>												Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours									T	T		
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																								
								T	T																										
FRUIT & SALADS																																			
Apples Apple Slices, Antioxidants (302,300), Mineral Salt (170). <i>May contain Apple Seeds.</i>							Avg Qty /Serve	Avg Qty /100g																											
							Energy (kJ)	153	254																										
							Energy (Cal)	37	61																										
							Protein (g)	0.3	0.5																										
							Fat, total (g)	<0.1	0.1																										
							Saturated Fat (g)	0.0	0.0																										
							Carbohydrate (g)	8.0	13.4																										
							Sugars (g)	6.9	11.5																										
							Sodium (mg)	<1	1																										
	<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustacea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Preservative</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>												Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours											
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																								
Coleslaw DRY SLAW MIX: Red Cabbage, White Cabbage, Carrot, Kale CREAMY HERB & GARLIC DRESSING: Soybean Oil (Antioxidant (320)), Water, Egg Yolk, Vinegar, Sugar, Salt, Garlic, Onion, Thickeners (1442, 415), Horseradish, Herb, Acidity Regulator (270), Preservative (202), Lemon Juice Concentrate, Antioxidant (385). <i>Contains egg & soy.</i>							Avg Qty /Serve	Avg Qty /100g																											
							Energy (kJ)	1060	844																										
							Energy (Cal)	262	202																										
							Protein (g)	1.9	1.5																										
							Fat, total (g)	25.0	20.0																										
							Saturated Fat (g)	4.2	3.4																										
							Carbohydrate (g)	4.4	3.5																										
							Sugars (g)	3.3	2.7																										
							Sodium (mg)	305	244																										
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Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																								
	Y		Y						Y																										
Warm Chicken Salad - Crispy Chicken LETTUCE, CARROT & CABBAGE MIX: Cos Lettuce, Carrot, Iceberg Lettuce, Red Cabbage CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb (Wheat Flour, Water, Vegetable Oil (Canola), Yeast, Salt, Improver (Wheat Flour, Ascorbic Acid (300), Food Acid (263)), Enzyme (Amylase)), Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Wheat Gluten, Egg Powder, Anti-Caking Agent (551), Whey Protein, Soy Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (Soy), Vegetable Powder. GRAPE TOMATOES: Grape Tomatoes CUCUMBER: Sliced Cucumber RED ONION: Red Onion Rings <i>Contains gluten, egg, milk & soy. CRISPY CHICKEN may contain traces of sulphites.</i> <i>CRISPY PATTY is cooked in canola oil blend.</i>							Avg Qty /Serve	Avg Qty /100g																											
							Energy (kJ)	1110	325																										
							Energy (Cal)	265	78																										
							Protein (g)	18.6	5.5																										
							Fat, total (g)	11.7	3.4																										
							Saturated Fat (g)	1.7	0.5																										
							Carbohydrate (g)	18.6	5.5																										
							Sugars (g)	6.3	1.9																										
							Sodium (mg)	486	143																										
	<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustacea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</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>T</td> <td>Y</td> <td></td> </tr> </tbody> </table>												Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Y	Y	Y	Y					T	T	Y
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																								
Y	Y	Y	Y					T	T	Y																									

											Avg Qty /Serve	Avg Qty /100g	
Warm Chicken Salad - Grilled Chicken											Energy (kJ)	644	197
LETTUCE, CARROT & CABBAGE MIX: Cos Lettuce, Carrot, Iceberg Lettuce, Red Cabbage											Energy (Cal)	154	47
GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450, 508), Yeast Extract, Herbs, Garlic Powder. OR											Protein (g)	21.2	6.5
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.											Fat, total (g)	2.4	0.7
GRAPE TOMATOES: Grape Tomatoes											Saturated Fat (g)	0.6	0.2
CUCUMBER: Sliced Cucumber											Carbohydrate (g)	9.0	2.8
RED ONION: Red Onion Rings											Sugars (g)	7.0	2.1
OIL: Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330).											Sodium (mg)	307	94
<i>Contains soy & sesame.</i>											Gluten		
<i>Grilled Chicken may be cooked on the same grill as egg</i>											Eggs	T	
											Milk		
											Soy	Y	
											Fish & Crustacea		
											Peanuts		
											Tree Nuts		
											Sesame Seeds		
											Sulphites		
											Preservative		
											Flavour	Y	
											Colours	Y	
Crunchy Noodle Salad - Crispy Chicken											Avg Qty /Serve	Avg Qty /100g	
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumbs [Wheat Flour, Water, Vegetable Oil (Canola), Yeast, Salt, Improver (Wheat Flour, Ascorbic Acid (300), Food Acid (263)), Enzyme (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Wheat Gluten, Egg Powder, Anti-Caking Agent (551), Whey Protein, Soy Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (Soy), Vegetable Powder.											Energy (kJ)	1530	424
LETTUCE, CARROT & CABBAGE MIX: Cos Lettuce, Carrot, Iceberg Lettuce, Red Cabbage											Energy (Cal)	366	101
GRAPE TOMATOES: Grape Tomatoes											Protein (g)	20.4	5.6
CUCUMBER: Sliced Cucumber											Fat, total (g)	17.0	4.7
RED ONION: Red Onion Rings											Saturated Fat (g)	3.3	0.9
CRISPY NOODLES: Wheat Flour, Salt, Raising Agents (450, 500), Vegetable Oil, Colour (160b).											Carbohydrate (g)	30.1	8.3
<i>Contains gluten, egg, milk & soy. CRISPY CHICKEN may contain traces of sulphites.</i>											Sugars (g)	6.4	1.8
<i>CRISPY PATTY is cooked in canola oil blend.</i>											Sodium (mg)	632	175
<i>CRISPY PATTY is cooked in canola oil blend.</i>											Gluten	Y	
											Eggs	Y	
											Milk	Y	
											Soy	Y	
											Fish & Crustacea		
											Peanuts		
											Tree Nuts		
											Sesame Seeds		
											Sulphites	T	
											Preservative	T	
											Flavour	Y	
											Colours	Y	
Crunchy Noodle Salad - Grilled Chicken											Avg Qty /Serve	Avg Qty /100g	
GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450, 508), Yeast Extract, Herbs, Garlic Powder. OR											Energy (kJ)	1070	307
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)	255	73
LETTUCE, CARROT & CABBAGE MIX: Cos Lettuce, Carrot, Iceberg Lettuce, Red Cabbage											Protein (g)	22.9	6.6
GRAPE TOMATOES: Grape Tomatoes											Fat, total (g)	7.6	2.2
CUCUMBER: Sliced Cucumber											Saturated Fat (g)	2.2	0.6
RED ONION: Red Onion Rings											Carbohydrate (g)	20.4	5.9
CRISPY NOODLES: Wheat Flour, Salt, Raising Agents (450, 500), Vegetable Oil, Colour (160b).											Sugars (g)	7.1	2.0
OIL: Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330).											Sodium (mg)	452	130
<i>Contains gluten, soy & sesame.</i>											Gluten	Y	
<i>Grilled Chicken may be cooked on the same grill as egg</i>											Eggs	T	
											Milk		
											Soy	Y	
											Fish & Crustacea		
											Peanuts		
											Tree Nuts		
											Sesame Seeds		
											Sulphites		
											Preservative		
											Flavour	Y	
											Colours	Y	
Steak Salad											Avg Qty /Serve	Avg Qty /100g	
LETTUCE, CARROT & CABBAGE MIX: Cos Lettuce, Carrot, Iceberg Lettuce, Red Cabbage											Energy (kJ)	726	230
STEAK STRIPS: Beef, Marinade [Thickener (1442), Sugar, Maltodextrin, Salt, Flavour, Mineral Salt (451), Spices, Acidity Regulator (262, 330), Tomato Powder, Yeast Extract, Smoked Salt, Onion Powder, Anti-caking Agent (551)].											Energy (Cal)	174	55
GRAPE TOMATOES: Grape Tomatoes											Protein (g)	24.0	7.6
CUCUMBER: Sliced Cucumber											Fat, total (g)	3.2	1.0
RED ONION: Red Onion Rings											Saturated Fat (g)	1.2	0.4
OIL: Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330).											Carbohydrate (g)	8.9	2.8
<i>Contains soy.</i>											Sugars (g)	6.8	2.2
<i>STEAK STRIPS seasoned after cooking. Seasoning: Salt, Pepper, Soy Oil.</i>											Sodium (mg)	464	147
<i>Steak may be cooked on the same grill as egg.</i>											Gluten		
											Eggs	T	
											Milk		
											Soy	Y	
											Fish & Crustacea		
											Peanuts		
											Tree Nuts		
											Sesame Seeds		
											Sulphites		
											Preservative		
											Flavour	Y	
											Colours	Y	

Garden Salad												Avg Qty /Serve	Avg Qty /100g	
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce												Energy (kJ)	70	62
TOMATO: Grape Tomatoes												Energy (Cal)	16	15
CUCUMBER: Cucumber Slices.												Protein (g)	1.4	1.2
												Fat, total (g)	0.1	0.1
												Saturated Fat (g)	<0.1	<0.1
												Carbohydrate (g)	1.6	1.4
												Sugars (g)	1.2	1.1
												Sodium (mg)	18	16
												Gluten		
												Eggs		
												Milk		
												Soy		
												Fish & Crustaea		
												Peanuts		
												Tree Nuts		
												Sesame Seeds		
												Sulphites		
												Preservative		
												Flavour		
												Colours		

CONDIMENTS

McNugget Dipping Sauces												Barbecue		Mustard		Sweet & Sour		
BARBECUE SAUCE: Water, Sugar, Vinegar, Tomato Paste, Soy Sauce (contains Wheat and Soybeans), Modified Food Starch (1414, 1442), Salt, Soybean Oil (Antioxidant 304), Thickeners (415, 466), Dextrose, Spices, Colour (150d), Flavours, Preservative (211), Flavour Enhancers (627, 631), Dehydrated Garlic, Dehydrated Onion, Acidity Regulator (296).												Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	
<i>Contains gluten & soy</i>												Energy (kJ)	197	705	275	981	203	724
MUSTARD SAUCE: Water, Sugar, Vinegar, Soybean Oil (Antioxidant (304)), Spices, Modified Starches (1442, 1401, 1450 (contains Barley), 1422), Salt, Milk Proteins, Thickeners (401, 415), Colour (150d), Preservative (211), Antioxidants (331, 385), Dextrose.												Energy (Cal)	47	169	66	235	48	173
<i>Contains gluten, milk & soy.</i>												Protein (g)	0.2	0.9	0.6	2.1	0.2	0.7
SWEET & SOUR SAUCE: High Fructose Corn Syrup, Water, Fruit Concentrate (Apricot and/or Peach), Vinegar, Teriyaki (Soy Sauce, (Water, Soybeans , Wheat , Salt), Water, Sugar, Vinegar, Onion, Garlic, Preservative (211), Worcestershire Powder (Dextrose, Spices, Garlic, Salt, Thickener (466), Acidity Regulator (296), Flavour, Onion), Modified Starch (1422), Salt, Soybean Oil (Antioxidant (330)), Thickener (415), Mustard Powder, Apricot Flavour, Preservative (211), Colour (150d), Paprika Extract (160c), Anticaking Agent (551).												Fat, total (g)	0.3	1.0	3.6	12.8	0.3	1.1
<i>Contains gluten & soy.</i>												Saturated Fat (g)	<0.1	0.1	0.5	1.7	<0.1	0.2
												Carbohydrate (g)	10.7	38.3	7.7	27.5	11.0	39.4
												Sugars (g)	8.9	31.8	5.7	20.3	10.0	35.8
												Sodium (mg)	183	655	157	561	156	557
												Gluten						
												Eggs						
												Milk						
												Soy						
												Fish & Crustaea						
												Peanuts						
												Tree Nuts						
												Sesame Seeds						
												Sulphites						
												Preservative						
												Flavour						
												Colours						

Salad Dressings												Balsamic		Italian Style		
BALSAMIC DRESSING: Water, Balsamic Vinegar (contains sulphites), Vinegar, Sugar, Soya Bean Oil, Salt, Black Pepper, Colour (150d), Yeast Extract, Thickeners (407, 415, 410), Preservatives (211, 202), Natural Flavour.												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<i>Contains soy & sulphites.</i>												Energy (kJ)	80	265	45	149
ITALIAN DRESSING: Water, Vinegar, Sugar, Salt, Thickeners (407, 415, 410), Acidity Regulators (330), Preservatives (211, 202), Onion, Herb, Garlic, Bell Peppers, Spice, Natural Flavour.												Energy (Cal)	19	63	11	35
												Protein (g)	0.3	1.0	0.3	1.0
												Fat, total (g)	0.5	1.5	0.3	1.0
												Saturated Fat (g)	0.3	1.0	0.3	1.0
												Carbohydrate (g)	3.4	11.2	1.7	5.6
												Sugars (g)	3.1	10.4	1.7	5.6
												Sodium (mg)	105	350	80	265
												Gluten				
												Eggs				
												Milk				
												Soy				
												Fish & Crustaea				
												Peanuts				
												Tree Nuts				
												Sesame Seeds				
												Sulphites				
												Preservative				
												Flavour				
												Colours				

Salad Dressings	Zesty Portuguese			Sweet Sesame		Thai Style							
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL							
PORTUGUESE DRESSING: Canola Oil (Antioxidants (319, 306 - Soy), Vegetables, Tomato Pulp (Antioxidant (330)), Glucose Syrup(Wheat), Sugar, Water, Egg Yolk , Oat Fibre, Food Acids (260, 330), Salt, Thickener (1442), Emulsifiers (Soy Lecithin, 435), Herb, Thickener (415), Flavourings, Preservatives (202, 211), Spice, Spice Extracts (160c, 100). <i>Contains gluten, egg & soy.</i>	Energy (kJ)	1040	1740	951	1590	209	465						
	Energy (Cal)	249	415	227	379	50	110						
	Protein (g)	0.7	1.2	0.8	1.3	0.5	1.0						
	Fat, total (g)	19.3	32.2	14.3	23.9	1.4	3.2						
	Saturated Fat (g)	1.7	2.8	3.6	5.9	0.2	0.5						
	Carbohydrate (g)	18.3	30.5	23.9	39.8	8.7	19.4						
	Sugars (g)	10.3	17.1	23.7	39.5	7.8	17.3						
	Sodium (mg)	462	770	679	1130	450	1000						
SWEET SESAME DRESSING: Sugar, Water, Vinegar, Canola Oil (Antioxidants (319, 306 - Soy)), Sesame Oil, Soy Sauce [Water, Soybeans , Wheat , Salt], Salt, Sesame Seeds , Flavouring (Sesame), Spices, Soy Lecithin, Preservative (202), Vegetable Gum (415). <i>Contains gluten, soy & sesame.</i>													
THAI STYLE DRESSING: Water, Vinegar, Sugar, Fish Sauce, Capsicum Puree, Soy Sauce, Sesame Oil, Chilli Puree, Salt, Thickeners (415,410), Lemon Juice Concentrate, Ginger Puree, Herbs, Sesame Seeds , Flavour, Lime Juice Concentrate, Preservative (211). <i>Contains gluten, fish, soy & sesame.</i>													
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Zesty Portuguese Dressing		Y	Y		Y						Y	Y	
Sweet Sesame Dressing		Y			Y				Y		Y	Y	
Thai Style Dressing		Y			Y	Y			Y		Y	Y	
Sauces						Ketchup		Mayonnaise					
		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, Flavouring (Soybean Oil)		Energy (kJ)	43	478	370	3090							
		Energy (Cal)	10	114	89	738							
		Protein (g)	0.1	1.5	0.1	1.0							
		Fat, total (g)	0.0	0.0	9.8	82.0							
		Saturated Fat (g)	0.0	0.0	1.6	13.0							
		Carbohydrate (g)	2.3	26.1	0.2	2.0							
		Sugars (g)	1.8	20.0	0.1	1.0							
		Sodium (mg)	88	983	63	525							
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Ketchup				Y									
Mayonnaise		Y		Y									
BREAKFAST													
Breakfast Condiments	Honey			Strawberry Jam		Vegemite							
		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)	238	1490	187	1160	39	811					
		Energy (Cal)	57	356	45	278	9	194					
HONEY: Honey.		Protein (g)	0.1	0.6	<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. <i>Contains gluten & sulphites.</i>		Saturated Fat (g)	<0.1	0.1	<0.1	0.1	<0.1	0.9					
		Carbohydrate (g)	13.9	86.8	10.8	67.8	0.9	19.5					
		Sugars (g)	11.3	70.6	10.0	62.5	<0.1	1.7					
		Sodium (mg)	2	13	1	8	162	3380					
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Jam													
Honey													
Vegemite		Y							Y	Y			

Bacon & Egg Brekkie Roll													Avg Qty /Serve	Avg Qty /100g										
BREAD ROLL: Wheat Flour, Water, Yeast, Gluten , Canola Oil, Iodised Salt, Sugar, Improver (Dextrose, Wheat Flour , Emulsifier (472e), Soy Flour, Dough Conditioner (300), Enzyme (1100)), Emulsifier (472 (e), 170, 471), Preservative (282), Vitamins (Thiamin, Folate). EGG: Shell Egg TASTY CHEESE SLICE: Milk, Salt, Starter Cultures, Rennet, Lipase. BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, Worcestershire , Spices, Colour (150c), Onion, Garlic, Preservative (202), Vegetable Gum (415), Smoke Flavour. COOKING OIL: Canola Oil, Soy Lecithin, Flavour, Colour (160a), Acidity Regulator (330). <i>Contains gluten, egg, milk, soy and fish.</i> BREAD ROLLS are produced on equipment that also produces products containing sesame seeds BBQ Sauce contains traces of fish and gluten													Energy (kJ)	2080	969									
													Energy (Cal)	498	232									
													Protein (g)	26.9	12.5									
													Fat, total (g)	18.9	8.8									
													Saturated Fat (g)	8.7	4.0									
													Carbohydrate (g)	53.1	24.7									
													Sugars (g)	8.5	4.0									
													Sodium (mg)	1190	552									
													Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
													Y	Y	Y	Y	Y-Fish			T		Y	Y	Y
Hash Brown													Avg Qty /Serve	Avg Qty /100g										
Potato, Canola Oil, Salt, Dextrose (Maize), Emulsifier (471), Preservatives (450, 222), Antioxidant (320), Pepper Extracts. OR Potatoes, Canola Oil, Seasoning (Black Pepper, Salt, Modified Corn Starch) <i>Contains traces of sulphite.</i> * Hash Browns served after 10.30am are cooked with products containing gluten <i>Note: Hash Brown is cooked in canola oil blend.</i>													Energy (kJ)	638	1150									
													Energy (Cal)	153	276									
													Protein (g)	1.6	2.9									
													Fat, total (g)	9.5	17.2									
													Saturated Fat (g)	1.1	2.0									
													Carbohydrate (g)	14.6	26.4									
													Sugars (g)	0.2	0.4									
													Sodium (mg)	352	637									
													Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
													T*								T	T		
Ham and Cheese Pocket													Avg Qty /Serve	Avg Qty /100g										
TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Preservative (282), Yeast. CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase. HAM: Pork, Water, Acidity Regulators (326, 262), Salt, Emulsifier (451), Sugar, Dextrose (Maize), Antioxidant (316), Sodium Nitrite (250), Colours (Sorghum Husk Extract 160b). <i>Contains gluten and milk.</i>													Energy (kJ)	1020	1230									
													Energy (Cal)	244	294									
													Protein (g)	12.1	14.6									
													Fat, total (g)	11.5	13.8									
													Saturated Fat (g)	6.6	7.9									
													Carbohydrate (g)	22.3	26.9									
													Sugars (g)	1.6	2.0									
													Sodium (mg)	514	619									
													Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
													Y		Y							Y		Y
Hotcakes													Plain		with Syrup & Butter									
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). <i>Contains gluten, egg & milk.</i> HOTCAKES are produced in a plant that also produces products containing sesame seeds.													Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g								
													Energy (kJ)	1660	1100	2760	1240							
													Energy (Cal)	397	263	660	296							
													Protein (g)	11.3	7.5	11.4	5.1							
													Fat, total (g)	10.7	7.1	19.8	8.9							
													Saturated Fat (g)	2.1	1.4	8.2	3.7							
													Carbohydrate (g)	61.5	40.7	106	47.7							
													Sugars (g)	14.2	9.4	46.5	20.8							
													Sodium (mg)	438	290	536	240							
													Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	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)	760	1260	338	2980				
										Energy (Cal)	182	301	81	713				
										Protein (g)	0.0	0.0	<0.1	0.6				
										Fat, total (g)	0.0	0.0	9.1	80.0				
										Saturated Fat (g)	0.0	0.0	6.1	53.5				
										Carbohydrate (g)	44.7	73.9	0.1	0.9				
										Sugars (g)	32.2	53.3	<0.1	0.7				
										Sodium (mg)	18	30	79	700				
										Gluten								
										Eggs								
										Milk								
										Soy								
										Fish & Crustacea								
										Peanuts								
										Tree Nuts								
										Sesame Seeds								
										Sulphites								
										Preservative	Y		Y					
										Flavour		Y						
										Colours			Y					
Hotcake Syrup																		
Whipped Butter												Y						
McMuffin - Bacon & Egg										On White Muffin		On Wholemeal Muffin						
WHITE ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Ground Maize (Preservative 200), Gluten , Sugar, Iodised Salt, Canola Oil, Preservative (282), Dough Improver [(Soy Flour, Emulsifier 481, Mineral Salt (170, 516), Malt Flour , Dough Conditioner 300, Enzymes (Amylase, Xylanase)), Emulsifiers (471, 472e), Antioxidants (304, 307, 330), Food Acids (341, 297, 262), Enzyme (1101), Vitamins (Thiamine, Folate). OR										Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g					
DOUGH CONDITIONER 300, Enzymes (Amylase, Xylanase), Emulsifiers (471, 472e), Antioxidants (304, 307, 330), Food Acids (341, 297, 262), Enzyme (1101), Vitamins (Thiamine, Folate). OR										Energy (kJ)	1240	941	1220	898				
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, Wheat Germ, Wheat Gluten , Sugar, Iodised Salt, Preservative (282), Vegetable (Canola) Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour, Enzymes), Wheat Flour, Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100).										Energy (Cal)	297	225	292	215				
EGG: Fresh, Shelled Egg .										Protein (g)	16.4	12.4	18.0	13.3				
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.										Fat, total (g)	13.6	10.3	14.0	10.3				
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.										Saturated Fat (g)	6.2	4.7	5.8	4.2				
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330).										Carbohydrate (g)	26.1	19.8	21.6	15.9				
<i>Contains gluten, egg, milk & soy.</i>										Sugars (g)	2.1	1.6	3.0	2.2				
<i>MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>										Sodium (mg)	673	510	651	479				
										Gluten								
										Eggs	Y							
										Milk	Y							
										Soy	Y							
										Fish & Crustacea								
										Peanuts								
										Tree Nuts								
										Sesame Seeds				T				
										Sulphites								
										Preservative		Y						
										Flavour		Y						
										Colours			Y					
McMuffin - BLT										On White Muffin		On Wholemeal Muffin						
WHITE ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Ground Maize (Preservative 200), Gluten , Sugar, Iodised Salt, Canola Oil, Preservative (282), Dough Improver [(Soy Flour, Emulsifier 481, Mineral Salt (170, 516), Malt Flour , Dough Conditioner 300, Enzymes (Amylase, Xylanase)), Emulsifiers (471, 472e), Antioxidants (304, 307, 330), Food Acids (341, 297, 262), Enzyme (1101), Vitamins (Thiamine, Folate). OR										Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g					
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, Wheat Germ, Wheat Gluten , Sugar, Iodised Salt, Preservative (282), Vegetable (Canola) Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour, Enzymes), Wheat Flour, Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100).										Energy (kJ)	906	788	876	730				
TOMATO SLICE: Tomato.										Energy (Cal)	216	188	209	174				
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.										Protein (g)	8.1	7.1	9.7	8.1				
SHREDDED LETTUCE: Iceberg Lettuce.										Fat, total (g)	8.1	7.0	8.3	7.0				
										Saturated Fat (g)	2.4	2.1	2.1	1.8				
										Carbohydrate (g)	26.5	23.1	21.6	18.0				
										Sugars (g)	2.3	2.0	3.3	2.7				
										Sodium (mg)	528	459	486	405				
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).																		
SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - derived from Soy), Flavour, Colour (160a), Acidity Regulator (330).																		
<i>Contains gluten, egg & soy.</i>										Gluten								
<i>ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.</i>										Eggs	Y							
										Milk								
										Soy	Y							
										Fish & Crustacea								
										Peanuts								
										Tree Nuts								
										Sesame Seeds				T				
										Sulphites								
										Preservative		Y						
										Flavour		Y						
										Colours			Y					
McMuffin - with Jam										Plain White Muffin		White Muffin With Jam		Plain Wholemeal Muffin		Wholemeal Muffin With Jam		
WHITE ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Ground Maize (Preservative 200), Gluten , Sugar, Iodised Salt, Canola Oil, Preservative (282), Dough Improver [(Soy Flour, Emulsifier 481, Mineral Salt (170, 516), Malt Flour , Dough Conditioner 300, Enzymes (Amylase, Xylanase)), Emulsifiers (471, 472e), Antioxidants (304, 307, 330), Food Acids (341, 297, 262), Enzyme (1101), Vitamins (Thiamine, Folate). OR										Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, Wheat Germ, Wheat Gluten , Sugar, Iodised Salt, Preservative (282), Vegetable (Canola) Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour, Enzymes), Wheat Flour, Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100).										Energy (kJ)	618	1100	822	1110	593	988	779	1030
STRAWBERRY JAM: Sugar, Strawberries, Vegetable Gum (440), Acidity Regulator (330).										Energy (Cal)	148	262	197	266	142	236	185	243
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330).										Protein (g)	4.4	7.9	4.7	6.3	6.0	10.0	6.1	8.1
<i>Contains gluten & soy.</i>										Fat, total (g)	2.9	5.2	3.0	4.1	3.3	5.4	3.3	4.3
<i>MUFFINS are produced on equipment that also produces products containing sesame seeds</i>										Saturated Fat (g)	0.8	1.5	0.9	1.2	0.4	0.7	0.4	0.6
<i>Note: Available with your choice of Vegemite™, Honey OR Strawberry Jam.</i>										Carbohydrate (g)	24.7	43.8	36.3	49.0	20.1	33.5	30.8	40.5
										Sugars (g)	1.1	2.0	11.2	15.2	2.0	3.4	11.8	15.6
										Sodium (mg)	268	476	277	374	245	408	248	326
										Gluten								
										Eggs								
										Milk								
										Soy			Y					
										Fish & Crustacea								
										Peanuts								
										Tree Nuts								
										Sesame Seeds								T
										Sulphites								
										Preservative				Y				
										Flavour				Y				
										Colours					Y			

McMuffin - Mighty	On White Muffin				On Wholemeal Muffin								
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g					
ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Sugar, Iodised Salt, Vinegar, Canola Oil, Gluten , Emulsifiers (472e, 481 derived from Soy), Preservatives (200, 282), Soy Flour, Ground Maize, Mineral Salt (170), Acidity Regulators (262, 297), Dough Conditioners (300, 516), Enzyme (1100), Vitamin (Thiamin, Folate). OR													
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, Wheat Germ, Wheat Gluten , Sugar, Iodised Salt, Preservative (282), Vegetable (Canola) Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour, Enzymes), Wheat Flour, Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100).													
EGG: Fresh, Shelled Egg .													
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from wheat), Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from soy), Antioxidant (306), Canola Oil, Spice Extracts].													
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.													
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 Syrup, Vinegar, Salt, Spice.													
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>													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
	Y	Y	Y	Y				T		Y	Y	Y	
McMuffin - Sausage	On White Muffin				On Wholemeal Muffin								
ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Sugar, Iodised Salt, Vinegar, Canola Oil, Gluten , Emulsifiers (472e, 481 derived from Soy), Preservatives (200, 282), Soy Flour, Ground Maize, Mineral Salt (170), Acidity Regulators (262, 297), Dough Conditioners (300, 516), Enzyme (1100), Vitamin (Thiamin, Folate). OR													
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, Wheat Germ, Wheat Gluten , Sugar, Iodised Salt, Preservative (282), Vegetable (Canola) Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour, Enzymes), Wheat Flour, Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100).													
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from wheat), Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from soy), Antioxidant (306), Canola Oil, 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.													
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>													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
	Y		Y	Y				T		Y	Y	Y	
McMuffin - Sausage and Egg	On White Muffin				On Wholemeal Muffin								
ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Sugar, Iodised Salt, Vinegar, Canola Oil, Gluten , Emulsifiers (472e, 481 derived from Soy), Preservatives (200, 282), Soy Flour, Ground Maize, Mineral Salt (170), Acidity Regulators (262, 297), Dough Conditioners (300, 516), Enzyme (1100), Vitamin (Thiamin, Folate). OR													
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, Wheat Germ, Wheat Gluten , Sugar, Iodised Salt, Preservative (282), Vegetable (Canola) Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516), Wheat Malt Flour, Enzymes), Wheat Flour, Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100).													
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from wheat), 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>													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
	Y	Y	Y	Y				T		Y	Y	Y	
Wrap - Egg, Tomato & Bacon											Avg Qty /Serve	Avg Qty /100g	
EGG: Fresh, Shelled Egg .											Energy (kJ)	1550	767
TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Preservative (282), Yeast.											Energy (Cal)	371	183
TOMATO: Tomato Slice											Protein (g)	19.5	9.7
SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, Worcestershire , Spices, Colour (150c), Onion, Garlic, Preservative (202), Vegetable Gum (415), Smoke Flavour.											Fat, total (g)	18.3	9.1
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.											Saturated Fat (g)	6.5	3.2
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330).											Carbohydrate (g)	30.9	15.3
<i>Contains gluten, egg and soy.</i>											Sugars (g)	9.2	4.5
<i>BBQ Sauce contains traces of fish and gluten</i>											Sodium (mg)	637	315
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
	Y	Y		Y	T- Fish			T		Y	Y	Y	

Wrap - English Brekkie												Avg Qty /Serve	Avg Qty /100g	
EGG: Fresh, Shelled Egg.												Energy (kJ)	1990	905
TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Preservative (282), Yeast												Energy (Cal)	477	217
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from wheat), Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from soy), Antioxidant (306), Canola Oil, Spice Extracts].												Protein (g)	27.4	12.5
SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, Worcestershire, Spices, Colour (150c), Onion, Garlic, Preservative (202), Vegetable Gum (415), Smoke Flavour.												Fat, total (g)	26.7	12.1
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.												Saturated Fat (g)	10.5	4.8
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330).												Carbohydrate (g)	30.7	13.9
												Sugars (g)	8.9	4.1
												Sodium (mg)	809	368
Contains gluten, egg, soy.														
BBQ Sauce contains traces of fish and gluten														
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
Y	Y		Y	T - FISH					Y	Y	Y			

COLD DRINKS													
Apple & Elderflower Flavoured Soda													
SPRITE: Carbonated Water, Sugar, Acidity Regulators (330, 331), Flavour, Preservative (211).													
ICE: Water.													
APPLE & ELDERFLOWER FLAVOURED SYRUP: Sugar, Water, Food Acids (330, 296), Flavourings, Preservatives (211, 202), Colour (150d).													
FLAVOURED SYRUP may contain TRACES of sulphites.													
						Small		Medium		Large			
						Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL		
						Energy (kJ)	480	152	738	172	1040	182	
						Energy (Cal)	113	36	174	40	245	43	
						Protein (g)	0.0	<0.1	0.1	<0.1	0.1	<0.1	
						Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0	
						Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	
						Carbohydrate (g)	28.2	9.0	43.3	10.1	61.2	10.7	
						Sugars (g)	28.2	8.9	43.2	10.1	61.1	10.6	
						Sodium (mg)	34	11	49	11	67	12	
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
								T	Y	Y	Y		

Apple Juice - Extra Juicy												Avg Qty /Serve	Avg Qty /100mL	
Reconstituted Apple Juice, Food Acid (330), Flavour, Preservatives (211, 223), Vitamin C (300).												Energy (kJ)	468	187
Contains sulphites.												Energy (Cal)	112	45
												Protein (g)	<1.0	<1.0
												Fat, total (g)	<1.0	<1.0
												Saturated Fat (g)	0.0	0.0
												Carbohydrate (g)	27.5	11.0
												Sugars (g)	27.5	11.0
												Sodium (mg)	13	5
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
								Y	Y	Y				

Chocolate Flavoured Milk - Calcium												Avg Qty /Serve	Avg Qty /100mL	
Low Fat Milk, Milk Solids Non-Fat, Sugar, Cocoa, Vegetable Gums (460, 466, 407), Mineral (Calcium Carbonate), Flavour, Vitamin D.												Energy (kJ)	633	253
Contains milk.												Energy (Cal)	151	61
												Protein (g)	8.3	3.3
												Fat, total (g)	3.5	1.4
												Saturated Fat (g)	2.3	0.9
												Carbohydrate (g)	21.0	8.2
												Sugars (g)	20.0	8.0
												Sodium (mg)	98	39
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
		Y								Y				

							Small		Medium		Large		
							Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
Coca Cola COCA COLA®: Carbonated Water, Sugar, Colour (150d), Acidity Regulator (338), Flavour, Caffeine ICE: Water							Energy (kJ)	428	140	612	150	937	159
							Energy (Cal)	102	34	146	36	224	38
							Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
							Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
							Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
							Carbohydrate (g)	25.2	8.3	36.0	8.8	55.1	9.3
							Sugars (g)	25.2	8.3	36.0	8.8	55.1	9.3
							Sodium (mg)	23	8	33	8	50	8
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
										Y	Y	Y	
Coke Zero COKE ZERO: Carbonated Water, Colour (150d), Food Acids (338, 331), Flavour, Artificial Sweeteners (951, 950), Preservative (211), Caffeine. ICE: Water Contains Phenylalanine							Energy (kJ)	3	1	5	1	8	1
							Energy (Cal)	1	0	1	<1	2	<1
							Protein (g)	0.1	<0.1	0.2	<0.1	0.3	<0.1
							Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
							Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
							Carbohydrate (g)	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
							Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
							Sodium (mg)	34	11	49	12	75	13
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
										Y	Y	Y	
Diet Coke DIET COKE: Carbonated Water, Colour (150d), Food Acids (338, 330, 331), Artificial Sweeteners (951, 950), Flavour, Preservative (211), Caffeine. ICE: Water Contains Phenylalanine							Energy (kJ)	4	1	6	1	9	1
							Energy (Cal)	1	<1	1	<1	2	<1
							Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
							Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
							Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
							Carbohydrate (g)	0.2	<0.1	0.3	<0.1	0.5	<0.1
							Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
							Sodium (mg)	34	11	49	12	75	13
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
										Y	Y	Y	
Fanta FANTA: Carbonated Water, Sugar, Acidity Regulator (330), Flavour, Preservative (211), Antioxidant (300), Colour (110). ICE: Water							Energy (kJ)	526	172	752	184	1150	195
							Energy (Cal)	125	41	180	44	275	47
							Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
							Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
							Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
							Carbohydrate (g)	30.9	10.1	44.2	10.8	67.6	11.5
							Sugars (g)	30.7	10.1	43.9	10.7	67.1	11.4
							Sodium (mg)	34	11	49	12	75	13
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
										Y	Y	Y	

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Frozen Coca Cola						
Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine .						
Energy (kJ)	477	230	724	230	950	230
Energy (Cal)	114	55	173	55	227	55
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	28.1	13.5	42.6	13.5	55.9	13.5
Sugars (g)	28.1	13.5	42.6	13.5	55.9	13.5
Sodium (mg)	22	10	33	10	43	10
Gluten						
Eggs						
Milk						
Soy						
Fish & Crustaea						
Peanuts						
Tree Nuts						
Sesame Seeds						
Sulphites						
Preservative						
Flavour						
Colours						
					Y	Y
Frozen Coca Cola McSpider						
ERZEN COCA COLA: Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine .						
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.						
Contains milk and sulphites. Traces of gluten.						
Energy (kJ)	1010	430	1230	396	1420	377
Energy (Cal)	239	102	292	94	336	89
Protein (g)	4.7	2.0	5.2	1.7	5.7	1.5
Fat, total (g)	5.8	2.4	6.4	2.1	6.9	1.8
Saturated Fat (g)	3.8	1.6	4.2	1.4	4.6	1.2
Carbohydrate (g)	42.1	17.9	53.4	17.1	62.6	16.7
Sugars (g)	38.5	16.4	49.3	15.8	58.3	15.5
Sodium (mg)	79	33	93	30	104	28
Gluten						
Eggs						
Milk						
Soy						
Fish & Crustaea						
Peanuts						
Tree Nuts						
Sesame Seeds						
Sulphites						
Preservative						
Flavour						
Colours						
	T				Y	Y
Ginger Beer Flavoured Soda						
SPRITE: Carbonated Water, Sugar, Acidity Regulators (330, 331), Flavour, Preservative (211).						
ICE: Water.						
GINGER BEER FLAVOURED SYRUP: Sugar, Water, Flavourings, Food Acid (330), Preservatives (211, 202), Colour (150d).						
FLAVOURED SYRUP may contain TRACES of sulphites.						
Energy (kJ)	535	170	847	197	1210	210
Energy (Cal)	126	40	199	46	284	49
Protein (g)	0.1	<0.1	0.2	<0.1	0.3	<0.1
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	31.4	10.0	49.6	11.5	70.7	12.3
Sugars (g)	31.3	9.9	49.5	11.5	70.7	12.3
Sodium (mg)	34	11	49	11	68	12
Gluten						
Eggs						
Milk						
Soy						
Fish & Crustaea						
Peanuts						
Tree Nuts						
Sesame Seeds						
Sulphites						
Preservative						
Flavour						
Colours						
					T	Y
Lemon, Lime and Bitters Flavoured Soda						
SPRITE: Carbonated Water, Sugar, Acidity Regulators (330, 331), Flavour, Preservative (211).						
ICE: Water.						
LEMON LIME & BITTERS FLAVOURED SYRUP: Sugar, Water, Flavouring, Food Acid (330), Colours (150d, 124), Preservatives (211, 202).						
FLAVOURED SYRUP may contain TRACES of sulphites.						
Energy (kJ)	531	169	840	195	1200	208
Energy (Cal)	125	40	197	46	281	49
Protein (g)	0.1	<0.1	0.2	<0.1	0.2	<0.1
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	31.2	9.9	49.2	11.5	70.1	12.2
Sugars (g)	31.2	9.9	49.2	11.5	70.1	12.2
Sodium (mg)	34	11	49	11	68	12
Gluten						
Eggs						
Milk						
Soy						
Fish & Crustaea						
Peanuts						
Tree Nuts						
Sesame Seeds						
Sulphites						
Preservative						
Flavour						
Colours						
					T	Y

Orange Juice											Small		Medium				
											Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL			
Water, Orange Juice Concentrate, Preservatives (211,202), Colour (160a), Flavour.											Energy (kJ)	546	182	782	182		
											Energy (Cal)	131	44	187	44		
											Protein (g)	2.4	0.8	3.4	0.8		
											Fat, total (g)	0.0	0.0	0.0	0.0		
											Saturated Fat (g)	0.0	0.0	0.0	0.0		
											Carbohydrate (g)	29.7	9.9	42.6	9.9		
											Sugars (g)	23.7	7.9	34.0	7.9		
											Sodium (mg)	26	9	38	9		
											Gluten						
											Eggs						
											Milk						
											Soy						
											Fish & Crustacea						
											Peanuts						
											Tree Nuts						
											Sesame Seeds						
											Sulphites						
											Preservative	Y		Y			
											Flavour						
											Colours			Y			
											Small		Medium		Large		
											Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
Shake - Chocolate											Energy (kJ)	1290	389	1740	389	2110	389
SHAKE MIX: Milk, Milk Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.											Energy (Cal)	307	93	415	93	503	93
OR											Protein (g)	8.8	2.7	11.9	2.7	14.5	2.7
Milk, Sugar, Milk Solids, Glucose Syrup, Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour											Fat, total (g)	7.6	2.3	10.2	2.3	12.4	2.3
CHOCOLATE SHAKE SYRUP: Invert Syrup, Glucose Syrup (contains preservative sulphur dioxide), Water, Cocoa Powder, Malt Syrup, Salt, Preservative (211), Acidity Regulator (330), Flavour.											Saturated Fat (g)	4.8	1.4	6.4	1.4	7.8	1.4
											Carbohydrate (g)	49.9	15.1	67.4	15.1	81.8	15.1
											Sugars (g)	41.4	12.5	55.9	12.5	67.8	12.5
											Sodium (mg)	251	76	339	76	411	76
											Gluten						
											Eggs						
											Milk			Y			
											Soy						
											Fish & Crustacea						
											Peanuts						
											Tree Nuts						
											Sesame Seeds						
											Sulphites			Y			
											Preservative			Y			
											Flavour				Y		
											Colours					Y	
											Small		Medium		Large		
											Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
Shake - Strawberry											Energy (kJ)	1240	361	1600	361	1980	361
SHAKE MIX: Milk, Milk Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.											Energy (Cal)	296	86	382	86	474	86
OR											Protein (g)	8.0	2.3	10.3	2.3	12.9	2.3
Milk, Sugar, Milk Solids, Glucose Syrup, Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour											Fat, total (g)	7.1	2.1	9.1	2.1	11.3	2.1
STRAWBERRY SYRUP: Invert Sugar Syrup, Water, Glucose Syrup (Preservative (sulphur dioxide)), Sugar, Strawberry Juice Concentrate, Acidity Regulator (330), Preservative (211), Humectant (1520), Colours (129,110, 133), Flavour.											Saturated Fat (g)	4.4	1.3	5.7	1.3	7.1	1.3
											Carbohydrate (g)	49.4	14.4	63.7	14.4	79.3	14.4
											Sugars (g)	41.6	12.1	53.6	12.1	66.6	12.1
											Sodium (mg)	192	56	248	56	308	56
											Gluten						
											Eggs						
											Milk			Y			
											Soy						
											Fish & Crustacea						
											Peanuts						
											Tree Nuts						
											Sesame Seeds						
											Sulphites			Y			
											Preservative			Y			
											Flavour				Y		
											Colours					Y	
											Small		Medium		Large		
											Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
Shake - Vanilla											Energy (kJ)	1110	330	1470	330	1880	330
SHAKE MIX: Milk, Milk Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.											Energy (Cal)	266	79	352	79	449	79
OR											Protein (g)	7.4	2.2	9.8	2.2	12.5	2.2
Milk, Sugar, Milk Solids, Glucose Syrup, Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour											Fat, total (g)	6.5	1.9	8.6	1.9	11.0	1.9
VANILLA SYRUP: Water, Sugar, Glucose Syrup (contains preservative sulphur dioxide), Flavour, Colour (150d), Preservative (211), Acidity Regulator (330).											Saturated Fat (g)	4.1	1.2	5.4	1.2	6.9	1.2
											Carbohydrate (g)	44.0	13.0	58.1	13.0	74.1	13.0
											Sugars (g)	38.0	11.2	50.1	11.2	64.0	11.2
											Sodium (mg)	173	51	229	51	292	51
											Gluten						
											Eggs						
											Milk			Y			
											Soy						
											Fish & Crustacea						
											Peanuts						
											Tree Nuts						
											Sesame Seeds						
											Sulphites			Y			
											Preservative			Y			
											Flavour				Y		
											Colours					Y	

Sprite	Small		Medium		Large							
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL						
SPRITE: Carbonated Water, Sugar, Acidity Regulators (330, 331), Flavour, Preservative (211).	403	131	576	141	877	149						
ICE: Water	96	31	135	34	210	36						
	0.0	0.0	0.0	0.0	0.0	0.0						
	0.0	0.0	0.0	0.0	0.0	0.0						
	0.0	0.0	0.0	0.0	0.0	0.0						
	23.6	7.7	33.7	8.2	51.6	8.7						
	23.1	7.6	33.1	8.1	50.6	8.6						
	46	15	66	16	100	17						
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
										Y	Y	

Water- Frantelle and Cool Ridge	Pop Tops Water		Cool Ridge									
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL								
FRANTELE: Spring Water	0	0	0	0								
COOL RIDGE: Spring Water	0	0	0	0								
	0.0	0.0	0.0	0.0								
	0.0	0.0	0.0	0.0								
	0.0	0.0	0.0	0.0								
	0.0	0.0	0.0	0.0								
	0.0	0.0	0.0	0.0								
	0.0	0.0	0.0	0.0								
	5	2	33	6								
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours

FRAPPES AND SMOOTHIES

Frappe - Caramel Crush	Small		Medium		Large							
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL						
CARAMEL FRAPPE BASE: Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours, Colour (150c).	1820	565	2650	553	3190	548						
ICE: Water.	436	135	610	128	763	131						
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).	7.9	2.5	11.8	2.5	14.4	2.5						
CARAMEL SAUCE: Sucrose Syrup (Cane), Sweetened Condensed Milk, Water, Thickener (1442), Flavours, Golden Syrup, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401), Mineral Salt (339), Emulsifier (471), Colours (150d, 160c).	19.3	6.0	27.3	5.7	32.4	5.6						
	2.7	0.8	2.9	0.6	2.8	0.5						
	57.3	17.8	84.4	17.6	102	17.6						
	57.0	17.7	84.0	17.6	102	17.5						
	121	38	176	37	212	37						
Contains milk. Caramel Sauce contains traces of sulphites. Frappe made on equipment used to make products containing gluten	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	T		Y						T	Y	Y	Y

Frappe - Choc Whirl	Small		Medium		Large							
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL						
CHOC FRAPPE BASE: Sugar, Milk Solids, Cream, Milk, Cocoa Powder, Malt Extract, Chocolate Flavour, Emulsifier (471), Stabilisers (412, 410, 466, 410, 407a, 407).	1650	517	2380	504	2860	498						
ICE: Water.	395	124	570	120	684	119						
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).	7.3	2.3	10.8	2.3	13.2	2.3						
CHOCOLATE SAUCE: Sucrose Syrup (Cane), Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).	17.6	5.5	24.7	5.2	29.3	5.1						
	11.4	3.6	16.0	3.4	18.9	3.3						
	51.5	16.1	75.3	15.9	91.2	15.9						
	49.2	15.4	72.1	15.2	87.4	15.2						
	98	31	143	30	173	30						
Contains gluten, & milk. Chocolate Sauce contains traces of sulphites.	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Y		Y						T	Y	Y	Y

	Small		Medium		Large						
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL					
Frappe - Coffee Kick											
COFFEE FLAVOURED FRAPPE BASE: Milk, Sugar, Cream, Milk Solids, Water, Coffee Powder, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours.											
ICE: Water.											
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).											
COFFEE SAUCE: Sucrose Syrup, Water, Flavours, Thickener (1442), Cocoa Powder, Colour (150d), Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401)											
Contains milk . Traces of sulphites.											
Coffee Sauce manufactured on a line that produces products containing gluten											
Frappe made on equipment used to make products containing gluten											
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts						
T		Y									
Energy (kJ)											
Energy (Cal)											
Protein (g)											
Fat, total (g)											
Saturated Fat (g)											
Carbohydrate (g)											
Sugars (g)											
Sodium (mg)											
Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours						
		T	Y	Y	Y						
Smoothie - Bananaberry Bash											
STRAWBERRY BANANA SYRUP: Strawberry Puree, Banana Puree, Water, Sugar, Fruit Juice Concentrates (Apple, Elderberry), Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Antioxidant (300).											
ICE: Water.											
LOW FAT YOGHURT: Skim Milk, Sugar, Cream, Milk Solids, Gelatine, Live Yoghurt Cultures.											
Contains milk.											
Smoothie made on equipment used to make products containing gluten											
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts						
T		Y									
Energy (kJ)											
Energy (Cal)											
Protein (g)											
Fat, total (g)											
Saturated Fat (g)											
Carbohydrate (g)											
Sugars (g)											
Sodium (mg)											
Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours						
			Y	Y							
Smoothie - Mango Pineapple Smash											
MANGO PINEAPPLE SYRUP: Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach], Crushed Pineapple, Antioxidant (300)], Passionfruit Juice, Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Turmeric Extract).											
ICE: Water.											
LOW FAT YOGHURT: Skim Milk, Sugar, Cream, Milk Solids, Gelatine, Live Yoghurt Cultures.											
Contains milk.											
Smoothie made on equipment used to make products containing gluten											
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts						
T		Y									
Energy (kJ)											
Energy (Cal)											
Protein (g)											
Fat, total (g)											
Saturated Fat (g)											
Carbohydrate (g)											
Sugars (g)											
Sodium (mg)											
Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours						
				Y	Y						
HOT DRINKS											
Espresso Pronto - Espresso											
WATER.											
ROAST & GROUND COFFEE.											
					Avg Qty /Serve	Avg Qty /100mL					
					Energy (kJ)	2	3				
					Energy (Cal)	<1	1				
					Protein (g)	<0.1	0.1				
					Fat, total (g)	0.0	0.0				
					Saturated Fat (g)	0.0	0.0				
					Carbohydrate (g)	<0.1	0.1				
					Sugars (g)	<0.1	0.1				
					Sodium (mg)	1	2				
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours

							Small		Standard		Tall		
							Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
Espresso Pronto - Cappuccino							Energy (kJ)	418	161	576	152	663	139
<u>WATER</u>							Energy (Cal)	100	39	138	36	159	33
<u>ROAST & GROUND COFFEE</u>							Protein (g)	4.8	1.9	6.7	1.8	7.8	1.6
<u>MILK</u> : Whole Fresh Milk							Fat, total (g)	5.4	2.1	7.5	2.0	8.7	1.8
<u>CHOC POWDER</u> : Sugar, Cocoa Powder, Whey Powder, Flavour, Starch, Salt.							Saturated Fat (g)	3.5	1.4	4.9	1.3	5.7	1.2
<i>Contains milk.</i>							Carbohydrate (g)	8.0	3.1	10.7	2.8	12.2	2.6
							Sugars (g)	7.9	3.0	10.6	2.8	12.1	2.5
							Sodium (mg)	62	24	86	23	99	21
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
		Y								Y			
							Small		Standard		Tall		
							Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
Espresso Pronto - Flat White							Energy (kJ)	473	182	688	181	860	181
<u>WATER</u>							Energy (Cal)	113	43	165	43	206	43
<u>ROAST & GROUND COFFEE</u>							Protein (g)	5.7	2.2	8.2	2.2	10.3	2.2
<u>MILK</u> : Whole Fresh Milk							Fat, total (g)	6.5	2.5	9.4	2.5	11.8	2.5
<i>Contains milk.</i>							Saturated Fat (g)	4.3	1.6	6.2	1.6	7.7	1.6
							Carbohydrate (g)	8.1	3.1	11.7	3.1	14.7	3.1
							Sugars (g)	8.0	3.1	11.7	3.1	14.6	3.1
							Sodium (mg)	71	27	103	27	129	27
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
		Y											
							Small		Standard		Tall		
							Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
Espresso Pronto - Latte							Energy (kJ)	458	176	658	173	817	172
<u>WATER</u>							Energy (Cal)	110	42	157	41	195	41
<u>ROAST & GROUND COFFEE</u>							Protein (g)	5.5	2.1	7.9	2.1	9.8	2.1
<u>MILK</u> : Whole Fresh Milk							Fat, total (g)	6.3	2.4	9.0	2.4	11.2	2.3
<i>Contains milk.</i>							Saturated Fat (g)	4.1	1.6	5.9	1.6	7.4	1.5
							Carbohydrate (g)	7.8	3.0	11.2	2.9	13.9	2.9
							Sugars (g)	7.8	3.0	11.2	2.9	13.9	2.9
							Sodium (mg)	69	26	99	26	122	26
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
		Y											
							Small		Standard		Tall		
							Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
Espresso Pronto - Long Black							Energy (kJ)	2	1	2	1	3	1
<u>WATER</u>							Energy (Cal)	<1	<1	<1	<1	1	<1
<u>ROAST & GROUND COFFEE</u>							Protein (g)	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
							Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
							Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
							Carbohydrate (g)	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
							Sugars (g)	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
							Sodium (mg)	1	<1	1	<1	2	<1
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		

Tea	Small Black		Large Black		Small White Tea		Large White Tea						
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL					
BLACK TEA: Water, Tea	4	2	6	2	44	20	87	24					
WHITE TEA: Water, Milk, Tea <i>Contains milk.</i>	1	<1	1	<1	11	5	21	6					
	0.2	0.1	0.3	0.1	0.7	0.3	1.4	0.4					
	0.0	0.0	0.0	0.0	0.5	0.2	1.1	0.3					
	0.0	0.0	0.0	0.0	0.3	0.2	0.7	0.2					
	0.0	0.0	0.0	0.0	0.7	0.3	1.4	0.4					
	0.0	0.0	0.0	0.0	0.7	0.3	1.4	0.4					
	0	0	0	0	7	3	15	4					
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
Black Tea													
White Tea			Y										
DESSERTS													
Apple Pie											Avg Qty /Serve	Avg Qty /100g	
Apple, Water, Wheat Flour , Vegetable Fats & Oils (Canola & Palm), Sugar, Thickeners (1412, 1422, 415, 466), Whey Powder , Salt, Dextrose (from Wheat), Spices, Lemon Juice, Mineral Salts (170, 450, 500), Emulsifiers (471, 322 - from Soy), Flavour, Acidity Regulators (270, 330), Antioxidants (300, 320), Colour (160a).											Energy (kJ)	970	1210
<i>Contains gluten, milk & soy.</i> <i>APPLE PIES are produced in a plant that also produces products containing sesame seeds.</i> <i>Note: Cooked in canola oil blend.</i>											Energy (Cal)	232	290
											Protein (g)	1.8	2.2
											Fat, total (g)	13.4	16.7
											Saturated Fat (g)	3.2	4.0
											Carbohydrate (g)	24.6	30.8
											Sugars (g)	6.9	8.6
											Sodium (mg)	146	182
											Gluten	Y	
											Eggs		
											Milk	Y	
											Soy	Y	
											Fish & Crustaea		
											Peanuts		
											Tree Nuts		
											Sesame Seeds	T	
											Sulphites		
											Preservative		
											Flavour	Y	
											Colours	Y	
Birthday Cake - Icecream											Avg Qty /Serve	Avg Qty /100g	
Water, Cream , Sugar, Whey Powder (Milk) Glucose Syrup (from wheat), Skim Milk Concentrate, Confectionery [Sugar, Vegetable Fat (Emulsifiers (492, Soy Lecithin), Glucose (from wheat), Water, Colours (102, 110, 122, 123, 124, 133)) Maltodextrin, Cocoa, Emulsifier (471 from Soy), Vegetable Gums (412, 466, 407a), Colours [150d (from Wheat) 155, 123, 102, 133, 122], Flavours.											Energy (kJ)	384	874
<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 (Cal)	92	209
											Protein (g)	0.7	1.5
											Fat, total (g)	4.7	10.7
											Saturated Fat (g)	3.3	7.5
											Carbohydrate (g)	11.7	26.6
											Sugars (g)	9.6	21.8
											Sodium (mg)	33	75
											Gluten	Y	
											Eggs		
											Milk	Y	
											Soy	Y	
											Fish & Crustaea		
											Peanuts	T	
											Tree Nuts	T	
											Sesame Seeds		
											Sulphites		
											Preservative		
											Flavour	Y	
											Colours	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)	1180	1950
<i>Contains gluten & soy.</i> <i>May contain traces of peanut, hazelnut, dairy, egg and sesame seed.</i>											Energy (Cal)	281	469
											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	Y	
											Eggs	T	
											Milk	T	
											Soy	Y	
											Fish & Crustaea		
											Peanuts	T	
											Tree Nuts	T	
											Sesame Seeds	T	
											Sulphites		
											Preservative		
											Flavour	Y	
											Colours		

McFlurry - Cadbury® Crunchie												Avg Qty /Serve	Avg Qty /100g	
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.												Energy (kJ)	2220	978
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.												Energy (Cal)	531	234
CRUNCHIE PIECES: Sugar, Milk Solids, Cocoa Butter, Cocoa Mass, Wheat Glucose Syrup, Glazing Agent (Vegetable Gum (414), Vegetable Fat), Emulsifiers (Soy Lecithin, 476), Raising Agent (500), Flavour.												Protein (g)	8.1	3.6
<i>Contains gluten, milk & sulphites.</i>												Fat, total (g)	16.8	7.4
<i>Traces of peanuts, tree nuts in the Crunchie Pieces</i>												Saturated Fat (g)	10.9	4.8
												Carbohydrate (g)	87.9	38.8
												Sugars (g)	67.2	29.6
												Sodium (mg)	216	95
												Gluten		
												Eggs		
												Milk	Y	
												Soy	Y	
												Fish & Crustacea		
												Peanuts	T	
												Tree Nuts	T	
												Sesame Seeds		
												Sulphites	Y	
												Preservative	Y	
												Flavour	Y	
												Colours		
McFlurry - Kit Kat												Avg Qty /Serve	Avg Qty /100g	
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.												Energy (kJ)	1620	843
KIT KAT SAUCE: Sugar, Water, Dextrose (Maize or Wheat), Fat Reduced Cocoa Powder (Soy), Invert Sugar Syrup, Food Acid (Citric), Flavours, Salt, Preservative (202).												Energy (Cal)	387	202
CRUSHED KIT KAT PIECES: Wafer Pieces [Wheat Flour, Sugar, Vegetable Fat, Wheat Starch, Soy Lecithin, Salt], Sugar, Cocoa Butter, Cocoa Mass, Skimmed Milk Powder, Whey Powder product, Butter Oil, Low Fat Cocoa Powder, Emulsifier (Sunflower Lecithins), Natural Vanilla Flavour.												Protein (g)	7.8	4.0
<i>Contains gluten, milk, soy & sulphites.</i>												Fat, total (g)	12.4	6.5
<i>Traces of tree nuts .</i>												Saturated Fat (g)	7.7	4.0
												Carbohydrate (g)	59.8	31.1
												Sugars (g)	51.6	26.9
												Sodium (mg)	119	62
												Gluten	Y	
												Eggs		
												Milk	Y	
												Soy	Y	
												Fish & Crustacea		
												Peanuts		
												Tree Nuts	T	
												Sesame Seeds		
												Sulphites	T	
												Preservative	Y	
												Flavour	Y	
												Colours		
McFlurry - M&M Minis®												Avg Qty /Serve	Avg Qty /100g	
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.												Energy (kJ)	1720	912
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).												Energy (Cal)	410	218
<i>Contains gluten, milk & sulphites.</i>												Protein (g)	8.1	4.3
<i>Traces of peanuts and tree nuts in the Mini M&M's</i>												Fat, total (g)	15.6	8.3
												Saturated Fat (g)	9.9	5.3
												Carbohydrate (g)	58.5	31.1
												Sugars (g)	52.3	27.8
												Sodium (mg)	116	62
												Gluten	Y	
												Eggs		
												Milk	Y	
												Soy	Y	
												Fish & Crustacea		
												Peanuts	T	
												Tree Nuts	T	
												Sesame Seeds		
												Sulphites	Y	
												Preservative	Y	
												Flavour	Y	
												Colours	Y	
McFlurry - Malteser												Avg Qty /Serve	Avg Qty /100g	
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.												Energy (kJ)	1940	940
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).												Energy (Cal)	462	223
MALTESERS: Sugar, Milk Solids, Cocoa Butter, Glucose Syrup (Wheat), Barley Malt Extract, Cocoa Mass, Vegetable Fat, Emulsifier (Soy Lecithin, 492), Wheat Gluten, Raising Agent (501, 500), Salt, Natural Flavour (Vanilla Extract), Pectin.												Protein (g)	8.1	3.9
<i>Contains gluten, milk & soy. May contain TRACES of sulphites</i>												Fat, total (g)	14.3	6.9
												Saturated Fat (g)	9.8	4.7
												Carbohydrate (g)	74.9	36.2
												Sugars (g)	59.5	28.8
												Sodium (mg)	166	80
												Gluten	Y	
												Eggs		
												Milk	Y	
												Soy	Y	
												Fish & Crustacea		
												Peanuts		
												Tree Nuts		
												Sesame Seeds		
												Sulphites	T	
												Preservative	Y	
												Flavour	Y	
												Colours		

McFlurry - Oreo												Avg Qty /Serve	Avg Qty /100g	
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.												Energy (kJ)	1370	799
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.												Energy (Cal)	329	191
<i>Contains gluten, milk & sulphites.</i>												Protein (g)	7.2	4.2
<i>Traces of egg, peanuts and sesame seeds in the Oreo Pieces.</i>												Fat, total (g)	11.7	6.8
												Saturated Fat (g)	7.3	4.2
												Carbohydrate (g)	48.2	28.0
												Sugars (g)	37.8	22.0
												Sodium (mg)	170	99
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
Y	T	Y	Y		T		T	Y	Y	Y				

Soft Serve Cone												Avg Qty /Serve	Avg Qty /100g	
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.												Energy (kJ)	627	700
CONE: Wheat Flour, Sunflower Oil, Water, Soy Lecithin, Salt, Mineral Salt (500)												Energy (Cal)	150	168
<i>Contains milk, soy, gluten & sulphites</i>												Protein (g)	3.9	4.4
<i>Note: CONES are produced in a facility which also produces products containing peanuts & tree nuts (almonds & hazelnuts).</i>												Fat, total (g)	4.6	5.1
												Saturated Fat (g)	2.9	3.2
												Carbohydrate (g)	22.9	25.6
												Sugars (g)	17.0	19.0
												Sodium (mg)	58	65
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
Y		Y	Y		T	T		Y	Y	Y				

Sundae - Caramel												Small		Large		
												Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.												Energy (kJ)	1470	841	2280	919
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.												Energy (Cal)	352	201	545	220
<i>Contains milk & sulphites. Traces of gluten.</i>												Protein (g)	6.0	3.4	7.9	3.2
<i>Note: CARAMEL TOPPING is manufactured on the same line as products containing soy.</i>												Fat, total (g)	8.7	5.0	12.3	4.9
												Saturated Fat (g)	5.8	3.3	8.1	3.3
												Carbohydrate (g)	61.2	34.9	99	39.8
												Sugars (g)	42.9	24.5	65.4	26.4
												Sodium (mg)	143	81	226	91
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours					
T		Y	T					Y	Y	Y						

Sundae - Hot Fudge												Small		Large		
												Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.												Energy (kJ)	1480	862	2310	952
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).												Energy (Cal)	352	204	554	228
<i>Contains milk, soy & sulphites. Traces of gluten</i>												Protein (g)	6.3	3.7	8.5	3.5
												Fat, total (g)	9.7	5.6	14.3	5.9
												Saturated Fat (g)	6.9	4.0	10.5	4.3
												Carbohydrate (g)	59.7	34.7	96.1	39.5
												Sugars (g)	46.9	27.2	73.6	30.3
												Sodium (mg)	137	80	216	89
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours					
T		Y	Y					Y	Y	Y						

Sundae - Plain, Small											Avg Qty /Serve	Avg Qty /100g			
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.											Energy (kJ)	876	649		
											Energy (Cal)	210	155		
<i>Contains milk & sulphites. Traces of gluten.</i>											Protein (g)	5.5	4.1		
<i>McDonald's Sundae without Topping is available on request.</i>											Fat, total (g)	6.8	5.0		
											Saturated Fat (g)	4.5	3.3		
											Carbohydrate (g)	31.3	23.2		
											Sugars (g)	27.0	20.0		
											Sodium (mg)	78	58		
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours				
T		Y						Y	Y	Y					
Sundae - Strawberry											Small		Large		
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.											Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	
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											Energy (kJ)	1240	725	1830	757
											Energy (Cal)	297	173	437	181
											Protein (g)	5.8	3.4	7.5	3.1
											Fat, total (g)	6.7	3.9	8.4	3.5
<i>Contains milk & sulphites. Traces of gluten.</i>											Saturated Fat (g)	4.5	2.6	5.6	2.3
											Carbohydrate (g)	52.2	30.5	81.1	33.7
											Sugars (g)	44.7	26.2	69.4	28.8
											Sodium (mg)	80	47	102	42
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours				
T		Y	T					Y	Y	Y	Y				