

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

Information correct as at 30 June 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 <a href="http://mcdonalds.com.au/contactus">http://mcdonalds.com.au/contactus</a> 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 <a href="http://mcdonalds.com.au/contactus">http://mcdonalds.com.au/contactus</a> 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.

L	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Ī	Υ	Υ	Υ	Υ				Y		Υ	Υ	Υ

#### 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	Υ	T	Υ	Υ				T		Y	Y	Y
Double Cheeseburger	Υ	T	Υ	Υ				T		Y	Υ	Y

## 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
	Υ	Υ	Y	Υ				γ		Υ	<b>V</b>	٧

		Cheeseburger	Double Ch	eeseburger
	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

Energy (kJ)

Energy (Cal)

Protein (q)

Fat, total (g)

Sugars (g)

Sodium (mg)

Saturated Fat (q)

Carbohydrate (a)

Energy (kJ)

Energy (Cal)

Protein (g)

Fat, total (g)

Sugars (g)

Sodium (mg)

Saturated Fat (q)

Carbohydrate (g)

Avg Qty /Serve

2060

493

25.2

26.9

10.7

35.3

5.9

859

Avg Qty /Serve

2500

599

38.8

32.0

15.9

37.2

5.3

1100

Avg Qty /100g

955

229

14.8

12.2

6.1

14.2

2.0

418

Avg Qty /100g

1030

245

12.5

13 4

5.3

17.6

2.9

427

<u>Hamburger</u>												Avg Qty /Serve	Avg Qty /100g
Enzyme (1100), Vitamin (Thiamin, Folate).	,		,		, ,					Energy	(Cal)	234	247
BEEF PATTIES: Beef (100%).										Protein	(g)	12.2	12.9
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (Soybean Oil).										Fat, tot	al (g)	8.6	9.1
PICKLE: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.										Saturat	ed Fat (g)	3.5	3.7
ONION: Water, Dehydrated White Onion.										Carboh	ydrate (g)	25.3	26.6
MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.										Sugars	(g)		
Contains gluten &soy										Sodium	n (mg)	480	505
												1	-
Beet may be cooked on the same grill as <b>egg</b> or products containing <b>gluten.</b>	Y	T		Y				T		Υ	Υ	Y	
<u>McFeast</u>												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 Impr	over [Soy Flo	ur, Emulsifie	r (481), Miner	ral Salts (516	, 170), Malt Flour, Doug	h Conditione	r (300),			Energy	(Cal)	485	214
SELLAND ELLAND WATER Floar Wheter Four Wheter varies (larger Wedge) (and Carlos) (colored Salt, Glaten, Sey Floar, Preservative (202), Emulatives (471, 470, 481), Malt Floar, Mineral Salt (170), Anisosident (300, 304, 307, 300),   Emergy (Larger) (202)   2.02   2.02   1.02													
Equal Plans   Mark Flow   Water   Face   Sept   West   Face   Sept   West   Face   Sept   West   Face   Sept   S													
Like Bulk Weak Floor, Water Velow: York Or Velow: Signar, Vegetable Oil (Carolia), Indicad Six, Olution, Siy Floor, Procervative (26), Emulsifiers (471, 472, 481), Malt Flour, Mineral Sixtl (70), Antioxident (10), 304, 307, 300), Emergy (Like) 1 34 427 Protein (g) 1 22 12 12 12 12 12 12 12 12 12 12 12 1													
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (Soybean Oil).										Carboh	ydrate (g)	31.2	13.7
CHEESE: Cheese (Milk, Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), S	alt, Acidity Re	egulators (260	), 330, 339), (	Colours (160	b, 160c), Preservative (2	00), <b>Soy</b> Led	ithin.			Sugars	(g)	6.6	2.9
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Di	stilled Vinega	r, Salt, Sugar	, Mustard Flo	ur, Thickene	r (415), Acidity Regulator	(270), Prese	ervative (202)	l.		Sodium	n (mg)	851	375
PICKLE: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.													
T 1 T 1 T 1 T 1 T 1 T 1 T 1 T 1 T 1 T 1					•						•	1	,
Beef may be cooked on the same grill as <b>egg</b> or products containing <b>gluten.</b>	Y	Υ	Y	Y				Υ		Υ	Y	Y	
CRUMAN PRIMAN													
LLAS BLAKE Water   Water   Water   Water   Water   State   Stage   S													
	akes, Chive F	lakes, Soy Fl	our, Preserva	ative (282), E	mulsifiers (471, 481, 472	e), Mineral S	alts (170, 51	6), Wheat		Energy	(Cal)	668	259
Malt Flour, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).										Protein	(g)	43.5	16.8
CHEESE: Cheese (Milk, Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), S	alt, Acidity Re	egulators (260	), 330, 339), (	Colours (160	b, 160c), Preservative (2	00), <b>Soy</b> Led	ithin.			Fat, tot	al (g)	35.9	13.9
SBAN Weath Float Web. Years, Claysia Vegative Oil (Carola), Indicate, Say Float, Preservative (272), Enduffers (471, 472n, 481), Malt Float, Mineral Salt (170), Antiocetoric (100), 344, 377, 330).   Energy (Al)													
										Carboh	ydrate (g)		
	0), Sodium Ni	trite (250), Ro	osemary Extra	act.						Sugars	(g)		
										Sodium	n (mg)	1370	531
	stilled Vinega	r, Salt, Sugar	, Mustard Flo	ur, Thickene	r (415), Acidity Regulator	(270), Prese	ervative (202)	).					
EGLAPE BLIK Week Floar V. Week v. Years, V. Sept. Vegetable OI (Carola), Indeed Self, Gluten, Soy Four, Presentative (202), Emulsifies (471, 479, 481), Malt Floar, Mineral Self (170), Antioxidant (300, 304, 307, 309).   Emergy (Link)													
BEEF PATTY seasoned after cooking: Seasoning: Salt, Pepper, Soy Oil & Angus Seasoning [Maltodextrin, Salt, Dextrose,	Gluten	Eggs	Milk	Sav	Eigh & Crustons	Dognute	Trop Nute	Speama Speads	Culmbitan		F1		1
		-33-	Willix		FISH & CHUSIARA	r canuts	TICC NULS	Ocadine Oceas	Sulprilles	Preservative	Flavour		
Dehydrated Vegetables (Onion, Garlic), Flavour ( Milk, Soy), Spices (Pepper), Yeast Extract, Colours (150d, 150a), Canola	Υ	Y	Y		FISH & Glusided	realiuts	TICC NULS	Y	T	Preservative Y	Flavour		<u> </u>

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

#### Quarter Pounder and Double Quarter Pounder **Quarter Pounder Double Quarter Pounder** BEEF PATTY: Beef (100%). Avg Qty /Serve Avg Qty /100g Avg Qty /Serve Avg Qty /100g Energy (kJ) 2280 1100 3570 1170 QUARTER BUN: Wheat Flour, Water, Yeast, Sugar, Vegetable Oil (Canola), Sesame Seed, lodised 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) 546 264 853 279 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) 33.7 16.3 57.5 18.8 30.2 14.6 53.3 17.4 KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (Soybean Oil). Fat, total (g) 7.6 28.1 PICKLE: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour. 15.7 9.2 Saturated Fat (g) ONION: Slivered Onion Carbohydrate (g) 33.6 16.2 34.2 11.2 MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour. 6.7 3.2 7.0 Sugars (g) 2.3 507 1350 Contains gluten, soy, milk & sesame seeds Sodium (mg) 1050 442 Beef patty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil. eef may be cooked on the same grill as egg or products containing gluten. Fish & Crustaea Tree Nuts Gluten Eggs Milk Soy Peanuts Sesame Seeds Sulphites Preservative Flavour Colours Quarter Pounder Υ Υ Υ Double Quarter Pounder Avg Qty /Serve Avg Qty /100g Steak Roll 3READ ROLL: Wheat Flour, Water, Yeast, Gluten, Canola Oil, Iodised Salt, Sugar, Improver [Dextrose, Wheat Flour, Emulsifiers (472e, 170, 471), Preservative (282), Vitamins (Thiamine, Folate). Energy (kJ) 2010 732 482 175 Energy (Cal) STEAK STRIPS: Beef, Marinade (Thickener (1442), Sugar, Maltodextrin, Salt, Flavour (Natural Flavouring Complexes and Substances), Mineral Salt (451), Spices, Acidity Regulatiores (262, 330), Tomatoe Powder, Yeast Extract, Smoked Salt, Protein (g) 32.2 11.7 Onion Powder, Anti-caking Agent (551)]. Fat, total (g) TOMATO: Sliced Tomato 15.4 5.6 Saturated Fat (g) 2.5 0.9 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 Carbohydrate (g) 50.5 18.4 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). DICED LETTUCE MIX: Iceberg Lettuce. Cos Lettuce Sugars (g) 4.1 1.5 CARAMELISED GRILLED ONION: Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice. 931 339 Sodium (mg) OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330). Contains gluten, soy, milk & egg. Garlic Aioli contains traces of sulphites Steak Strips seasoned on grill. Seasoning: Salt, Pepper, Soy Oil. Gluten Eggs Milk Soy Fish & Crustaea Peanuts Tree Nuts Sesame Seeds Sulphites Preservative Flavour Colours Steak may be cooked on the same grill as egg or products containing gluten. Υ BUNS are produced on equipment that also produces products containing sesame seeds. CHICKEN AND FISH 3 Pack 6 Pack 10 Pack Chicken McNuggets Avg Qty /100g Avg Qty /Serve Avg Qty /100g Avg Qty /Serve Avg Qty /Serve Avg Qty /100g 1180 Chicken, Water, Flour (Maize, Bleached Wheat), Salt, Canola Oil, Thickener (1404), Raising Agents and Mineral Salts (341, nergy (kJ) 582 1180 1160 1940 1180 nergy (Cal) 140 282 279 282 464 282 rotein (q) 7.9 15.9 15.8 15.9 26.4 15.9 Contains gluten. Fat, total (q) 9.0 18.1 17.9 18.1 29.9 18 1 Note: McNuggets are cooked in canola oil blend. 1.4 2.8 2.8 2.8 Saturated Fat (g) 4.6 2.8 6.7 13.6 13.6 13.5 22.4 arbohydrate (q) 13.6 ugars (g) 0.2 0.5 0.4 0.5 0.8 0.5 odium (mg) 222 448 444 448 739 448 Tree Nuts Milk Fish & Crustaea Sesame Seeds Sulphites Preservative Flavour Colours Gluten Eggs Soy Peanuts Avg Qty /Serve Avg Qty /100g Chicken McBites - 10 piece pack Energy (kJ) 661 1050 Chicken, Water, Wheat Flour, Breadcrumb 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). Energy (Cal) 158 251 Protein (g) 10.6 16.8 Contains gluten & milk. Fat, total (q) 9.0 14.4 Note: McBites are cooked in canola oil blend. Saturated Fat (g 1.5 2.4 Carbohydrate (a) 8.4 13.4

Issued: June 2015 Revision: 19 File: QAM056 Soy

Fish & Crustaea

Peanuts

Tree Nuts

Sesame Seeds

Sulphites

Milk

Gluten

Eggs

<1.0

720

0.5

453

Colours

Sugars (g) Sodium (mg)

Flavour

Preservative

												1	1
Chicken & Cheese												Avg Qty /Serve	Avg Qty /100g
McCHICKEN PATTY: Chicken, Water, Flour (Wheat, Maize, Soy), Vegetable Oil (Canola), Salt, Thickeners (1401, 1400, 142								ble Powder (Garlic, 0	Onion, Celery),	Energy		1640	1090
Yeast Extracts, Spice (Pepper), Spice Extracts, Dextrose, Herb, Flavour, Raising Agent (341), Emulsifiers (481, 433, 471, 473)		,		. , .			,			Energy	,	391	260
BUN: Wheat Flour, Water, Yeast, Sugar, Vegetable Oil (Canola), lodised Salt, Gluten, Soy Flour, Preservative (282), Emuls	ifiers (471, 472	2e, 481), <b>M</b>	alt Flour, Mir	eral Salt (17	0), Antioxidant (300, 304,	307, 330), E	nzyme (1100	), Vitamin		Proteir	107	19.5	13.0
(Thiamin, Folate).										Fat, to	(0)	19.3	12.8
CHEESE: Cheese (Milk, Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), \$		•	,	,	. ,.	,		00)			ted Fat (g)	4.1	2.8
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, I	Distilled Vinega	ar, Salt, Su	gar, Mustard	Flour, Thick	ener (415), Acidity Regula	tor (2/0), Pr	eservative (2	02).			hydrate (g)	32.9	21.8
Contains gluten, egg, soy & milk.										Sugars	(0)	2.8	1.9
Note: McChicken patty is cooked in canola oil blend.										Sodiur	n (mg)	709	471
BUNS are produced on equipment that also produces products containing sesame seeds.	Cluter		Mella	Cau	Figh & Crustopa	Descrite	Tana Nista	Cocomo Coodo	Culphitos	Droop retire	Панана	Calarina	1
McChicken patty contains traces of sulphites	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
	'	'	'					. '	!	ı	T	'	
Chicken & Mayo												Avg Qty /Serve	Avg Qty /100g
										Energy		1390	1030
CHICKEN PATTY: Chicken, Water, Flour (Wheat, Maize, Soy), Canola Oil, Thickeners (1400, Cornstarch, 1420, 1422), Salt,								od Acid (330),		Energy	(Cal)	332	246
Pepper, Colours (100, 160c), Emulsifiers (433, 471, 481, 472e), Preservative (282), Vegetable Gum (412), Vitamin (Thiamin).	, Garlic Powde	r, Maltodex	trin, Vegetab	e Powders, A	Anticaking Agent (341), An	itioxidants (3	320, 310).			Proteir	(0)	12.6	9.3
BUN: Wheat Flour, Water, Yeast, Sugar, Vegetable Oil (Canola), Iodised Salt, Gluten, Soy Flour, Preservative (282), Emulsif	fiers (471, 472	e, 481), Ma	It Flour, Mine	al Salt (170)	, Antioxidant (300, 304, 30	7, 330), En	zyme (1100),	Vitamin		Fat, to	(0)	16.3	12.1
Thiamine, Folate).											ted Fat (g)	2.8	2.1
MAYONNAISE: Water, Soybean Oil (Antioxidant (330), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Di	stilled Vinegar	, Salt, Suga	ar, Mustard Fl	our, Thickene	er (415), Acidity Regulator	(2/0), Prese	ervative (202)	).			hydrate (g)	32.1	23.8
LETTUCE: Iceberg Lettuce										Sugars	(0)	2.8	2.0
										Sodiur	n (mg)	583	432
Contains gluten, egg & soy.					T =			г	T	T =			1
BUNS are produced on equipment that also produces products containing sesame seeds.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
	Y	Y		Υ				T		Y	Υ	Y	
Crispy Chicken Deluxe												Avg Qty /Serve	Avg Qty /100g
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour,	, Water, Veget	able Oil (Ca	anola), Yeast,	Salt, Improv	er (Wheat Flour, Ascorbic	Acid (300),	Food Acid (2	63)}, Enzyme		Energy	/ (kJ)	2640	1030
(Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, WI										Energy	(Cal)	631	247
Hydrolysed Vegetable Protein (Soy), Vegetable Powder.										Proteir	n (g)	31.7	12.4
CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Sesame Seed, Yeast, Canola Oil, Gluten, Iodised Salt, Chilli F	lakes, Chive F	lakes, Soy	Flour, Preser	vative (282),	Emulsifiers (471, 481, 472	2e), Mineral	Salts (170, 5	16),		Fat, to	tal (g)	33.2	13.0
Wheat Malt Flour, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).										Satura	ted Fat (g)	8.5	3.3
TOMATO SLICE: Tomatoes.										Carbol	hydrate (g)	50.0	19.6
GARLIC AIOLI: Canola Oil (Antioxidants (306-Soy, 319)), Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein	, Minced Garlio	(Acidity R	egulator (260	330)), Vine	gar, Dijon Mustard (Acidity	Regulator (	260)), Acidity	y Regulator (575), M	lustard	Sugars	s (g)	5.3	2.1
(Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre, Flavourings (Milk), Emulsifier	rs (Soy Lecithi	n, 435), Co	lour (171), Mi	neral Salt (50	08), Vegetable Gum (415),	Preservativ	res (202, 211	).		Sodiur	n (mg)	1140	449
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 (33	30), Sodium Ni	trite (250), I	Rosemary Ex	ract.									
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce													
Contains gluten, milk, egg, soy and sesame seeds.													-
GARLIC AIOLI and CRISPY CHICKEN PATTY may contain traces of sulphites.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts		Sulphites	Preservative	Flavour	Colours	
CRISPY PATTY is cooked in canola oil blend.	Y	Y	Y	Y				Υ	T	Υ	Υ	Y	
Grilled Chicken Deluxe												Avg Qty /Serve	Avg Qty /100g
GRILLED CHICKEN: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450, 5	08), Yeast Ext	ract, Herbs,	, Garlic Powd	er.	OR					Energy	/ (kJ)	2250	884
Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains. Lemon Juice Concentrate,	Flavours1 Deh	vdrated Ga	ırlic. Natural F	lavour Herb	s Sugar Vinegar Powder	Vegetable	Powder Anti-	-caking Agent (341)		Energy		539	212
Spice Extract (Pepper), Vegetable Oil.	riavouroj, Don	yaratoa oa	iiio, riatarar r	iuvoui, rioib	o, ougur, viriogur i owdor,	vogotablo	owdor, 7 ara	oditing rigorit (0+1),		Proteir	,	37.1	14.5
CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Sesame Seed, Yeast, Canola Oil, Gluten, Iodised Salt, Chilli F	lakes. Chive F	lakes. Sov	Flour, Preser	vative (282).	Emulsifiers (471, 481, 472	2e). Mineral	Salts (170, 5	16).		Fat, to	tal (q)	24.4	9.6
Wheat Malt Flour, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).	,	,,	,	(= 32);		-,,		-71			ted Fat (g)	7.5	2.9
OMATO SLICE: Tomatoes.											hydrate (g)	41.1	16.1
	Minced Garlin	: (Acidity R	egulator (260	330)) Vine	nar Diion Mustard (Acidity	Regulator (	260)) Acidit	Regulator (575) M	lustard	Sugars	, ,,,,	6.1	2.4
Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre, Flavourings (Milk), Emulsifier									uotol U	Sodiur	147	1010	397
CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase.	, , =====	,, 50	. , ,,	(0.	,		. ,,	,			\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (33)	30), Sodium Ni	trite (250)	Rosemary Fx	ract.									
Contains gluten, milk, egg, soy and sesame seeds .	,, ================================	(200),	1 2/										
GARLIC AIOLI may contain traces of sulphites.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	1
Otto Otto Otto Otto Otto Otto Otto Otto	3.0.011	-990	K	V		. 50010			т.			30.00.0	1

Grilled Chicken may be cooked on the same grill as egg.

South West Crispy Chicken Burger												Avg Qty /Serve	Avg Qty /100g
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour	r, Water, Veget	table Oil	(Canola), Yeas	t, Salt, Improv	er (Wheat Flour, Ascorbic	Acid (300), I	Food Acid (2	63)}, Enzyme		Energy	(kJ)	2780	1070
(Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, W										Energy	(Cal)	664	255
Hydrolysed Vegetable Protein ( <b>Soy</b> ), Vegetable Powder.										Proteir	ı (g)	31.7	12.2
CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Sesame Seed, Yeast, Canola Oil, Gluten, Iodised Salt, Chilli I	Flakes, Chive F	lakes, S	oy Flour, Prese	rvative (282),	Emulsifiers (471, 481, 472	2e), Mineral S	Salts (170, 5	16),		Fat, to	tal (g)	33.8	13.0
Wheat Malt Flour, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).										Satura	ted Fat (g)	9.2	3.5
TOMATO SLICE: Tomatoes.										Carbol	nydrate (g)	56.6	21.8
SOUTHWEST DRESSING: Soybean Oil (Antioxidant (320)), Water, Vinegar, Sugar, Buttermilk, Egg Yolk, Salt, Lemon Juid	ce Concentrate,	, Spices,	, Thickeners (14	42, 415), Oni	on, Garlic, Herb, Spice Ex	tract, Preser	vative (202),	Colour (160c), Antio	xidant (385).	Sugars	s (g)	6.2	2.4
CHEDDAR CHEESE:Milk, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase.										Sodiur	n (mg)	1230	473
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (3	30), Sodium Ni	itrite (250	0), Rosemary E	xtract.									
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce													
TORTILLA STRIPS: Corn Flour, Vegetable Oil, Water, Salt.					1	1		T					1
Contains gluten, egg, milk, soy and sesame seeds .CRISPY CHICKEN PATTY may contain traces of sulphites	Gluten	Egg		Soy	Fish & Crustaea	Peanuts	Tree Nuts		Sulphites	Preservative	Flavour	Colours	1
CRISPY PATTY is cooked in canola oil blend.	Y	Y	Y	Y				Υ	T	Υ	Y	Y	
South West Grilled Chicken Burger												Avg Qty /Serve	Avg Qty /100g
GRILLED CHICKEN: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450,	508), Yeast Ext	tract, Her	rbs, Garlic Powe	der.		OR				Energy	(kJ)	2400	922
Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), <b>Soy</b> Protein, Fruit Powder [Contains. Lemon Juice Concentrate,	Flavours], Deh	nydrated	Garlic, Natural	Flavour, Herbs	s, Sugar, Vinegar Powder	Vegetable		Powder, Ant	i	Energy	. ,	573	221
caking Agent (341), Spice Extract (Pepper), Vegetable Oil.		,	.,	,	. 5., .5.			,		Proteir	ı (g)	37.1	14.3
CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Sesame Seed, Yeast, Canola Oil, Gluten, Iodised Salt, Chilli I	Flakes, Chive F	lakes, S	oy Flour, Prese	rvative (282),	Emulsifiers (471, 481, 472	2e), Mineral S	Salts (170, 5	16),		Fat, to	tal (g)	25.1	9.7
Wheat Malt Flour, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).										Satura	ted Fat (g)	8.2	3.1
TOMATO SLICE: Tomatoes.										Carbol	nydrate (g)	47.7	18.4
SOUTHWEST DRESSING: Soybean Oil (Antioxidant (320)), Water, Vinegar, Sugar, Buttermilk, Egg Yolk, Salt, Lemon Juid	ce Concentrate,	, Spices,	, Thickeners (14	42, 415), Onio	on, Garlic, Herb, Spice Ex	tract, Preser	vative (202),	Colour (160c), Antio	xidant (385).	Sugars	(g)	7.0	2.7
CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase.										Sodiur	n (mg)	1100	423
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce TORTILLA STRIPS: Corn Flour, Vegetable Oil, Water, Salt.		1 _	1		T =		T=	T	T	1 -	T ==		1
Contains gluten, egg, milk, soy and sesame seeds .	Gluten	Egg		Soy	Fish & Crustaea	Peanuts	Tree Nuts		Sulphites	Preservative	Flavour	Colours	
Grilled Chicken may be cooked on the same grill as egg.	Y	Y	Y	Y				Y		Y	Υ	Υ	<b></b>
Spicy Jalapeno Crispy Chicken Burger												Avg Qty /Serve	Avg Qty /100g
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour										Energy	. ,	2150	2490
(Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, W	heat Gluten, E	gg Powo	der, Anti-Caking	Agent (551),	Whey Protein, Soy Protei	n, Spice Ext	racts (160c,	100), Maltodextrin,		Energy	, ,	515	596
Hydrolysed Vegetable Protein (Soy), Vegetable Powder.										Proteir	107	28.8	22.7
CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Sesame Seed, Yeast, Canola Oil, Gluten, lodised Salt, Chilli I	Flakes, Chive F	Flakes, S	oy Flour, Prese	rvative (282),	Emulsifiers (471, 481, 472	2e), Mineral S	Salts (170, 5	16),		Fat, to	107	25.1	33.3
Wheat Malt Flour, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).			Okilli Flatara I			(445). D		20) 0-1(400-)			ted Fat (g)	4.3	5.3
SPICY MAYONNAISE: Soybean Oil (Antioxidant (320)), Water, Vinegar, Egg Yolk, Sugar, Salt, Thickener (1442), Dehydrati	-		, Unilli Flakes, L	emon Juice C	oncentrate, vegetable Gu	m (415), Pre	servative (20	J2), Colour (160c).			nydrate (g)	41.8	49.9
<u>JALAPENOS</u> : Jalapeno Peppers, Water, Vinegar, Salt, Acidity Regulators (296, 270), Firming Agent (509), Preservatives (2: DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce	11, <b>223</b> ), Colou	II (102).								Sugars	107	6.4 1330	5.4 1430
										Sodiur	ii (mg)	1330	1430
Contains gluten, egg, milk, soy, sesame seeds and sulphites . CRISPY PATTY is cooked in canola oil blend.	Gluten	Eas	gs Milk	Cov	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	1
CRISET PATTY IS COOKED III CAITOID OIL DIETIO.	Y	Egg Y	_	Soy	FISH & Clustaea	reanuts	Tiee Nuis	Y	Y	Y	Y	Y	1
	'	<u> </u>		'				'	'	'	'	· ·	
Spicy Jalapeno Grilled Chicken Burger												Avg Qty /Serve	Avg Qty /100g
GRILLED CHICKEN: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450, 8					OR					Energy	. ,	2150	897
Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains. Lemon Juice Concentrate,	Flavours], Deh	nydrated	Garlic, Natural	Flavour, Herbs	s, Sugar, Vinegar Powder	Vegetable F	Powder, Anti-	-caking Agent (341),		Energy	, ,	515	214
Spice Extract (Pepper), Vegetable Oil.							<del></del>	4.00		Proteir	(0)	28.8	12.0
CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Sesame Seed, Yeast, Canola Oil, Gluten, Iodised Salt, Chilli I	-lakes, Chive F	lakes, <b>S</b>	oy Flour, Prese	rvative (282),	Emulsifiers (471, 481, 472	e), Mineral	Salts (170, 5	16),		Fat, to	107	25.1	10.5
Wheat Malt Flour, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).  SPICY MAYONNAISE: Soybean Oil (Antioxidant (320)), Water, Vinegar, Egg Yolk, Sugar, Salt, Thickener (1442), Dehydrati	nd Vagatable =	Elavous	Chilli Elakas I	omon luios O	oncontrato Vacatable Co	m (41E) D	eonyativo (2)	12) Colour (160a)			ted Fat (g)	4.3	1.8
<u>SPICT WATONIVAISE</u> . <b>Soybean</b> Oil (Antioxidant (320)), water, Vinegar, Egg York, Sugar, Sait, Trickeher (1442), Denydran JALAPENOS: Jalapeno Peppers, Water, Vinegar, Salt, Acidity Regulators (296, 270), Firming Agent (509), Preservatives (2'	-		, Oniiii Fiakes, L	emon Juice C	uncentrate, vegetable Gl	ııı (4 13), PIE	isei valive (Zl	52), GOIOUI (100C).			nydrate (g)	41.8 6.4	17.4 2.7
<u>DICED LETTUCE MIX:</u> loeberg Lettuce, Cos Lettuce	, <b>223</b> ), 0010u	ıı (102).								Sugars Sodiur	107	1330	554
Contains gluten, egg, milk, soy and sesame seeds .										Soulur	i (iiig)	1000	JJ4
Grilled Chicken may be cooked on the same grill as egg.	Gluten	Egg	as Milk	Sov	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	1
ormod ormonor may be doned on the dame grill ad egg.	Olutell	-99	go ivilik	ooy	i ioii a Oiuoidea	i Gariala	1100 11013	Coodine Ceeds	Oulphiles	i iosoivalive	i lavoul	Oolouis	1

M. Oktober												Avg Qty /Serve	Avg Qty /100g
McChicken	00 4400\ 01	- I- (IAII 4 I	M-:\ M:	0-11- (500	450 454 500 544) V-		dia Mandal	-l- Dd (O-di-		F	F====: /k  \	1710	921
McCHICKEN PATTY: Chicken, Water, Flour (Wheat, Maize, Soy), Vegetable Oil (Canola), Salt, Thickeners (1401, 1400, 1- Onion, Celery), Yeast Extracts, Spice (Pepper), Spice Extracts, Dextrose, Herb, Flavour, Raising Agent (341), Emulsifiers (											Energy (kJ) Energy (Cal)	408	220
		,.	*	,.		, ,,	, .	50C).			Protein (g)	20.0	10.8
QUARTER BUN: Wheat Flour, Water, Yeast, Sugar, Vegetable Oil (Canola), Sesame Seed, Iodised Salt, Gluten, Soy Flot 304, 307, 330), Enzyme (1100) Vitamin (Thiamin, Folate).	ir, Preservative	(202), Emul	Sillers (47 i	, 472e, 401), IV	iait Flour, Millerai Sait (1	ru), Antioxida	ani (300,			-	Fat, total (q)	18.7	10.0
LETTUCE: Iceberg Lettuce.											Saturated Fat (q)	3.0	1.6
<u>LETTOCE</u> : Iceberg Lettuce. MAYONNAISE: Water, <b>Soybean</b> Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids,	Diatillad Vinage	r Calt Cuar	or Mustors	L Elour Magatal	blo Cum (41E) Food Aoid	(270) Proce	orustius (202)				Carbohydrate (q)	37.4	20.2
MATONIVALSE. Water, Soybean Oil (Antioxidant (330)), Egg Tolks, Modified Com Starch (1401, 1442), Com Syrup Solids,	Distilled villege	ii, Sait, Suya	ai, iviusiai	i Flour, vegetai	bie Guili (415), Food Acid	(270), F1656	ervative (202)	).			, (0)	37.4	1.7
Contains alutan aga agu l agarma agada										-	Sugars (g)	698	377
Contains gluten, egg, soy & sesame seeds. Traces of sulphites in Chicken Patty										L	Sodium (mg)	090	311
Note: McChicken patty is cooked in canola oil blend.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Presen	vative Flavour	Colours	1
мосе. мсстискей рацу is cooked in canola oil blend.	Y	Eggs Y	IVIIIK	Y	Tisii & Ciustaea	realiuts	TIEE NUIS	Y	T	Y	/ Y	Y	_
Filet-o-Fish		1	-			1	1		•			Avg Qty /Serve	Avg Qty /100g
	::Fa== (474 - 470	- 404\ M-I	14 Fla 1.4:	Calt (170	\ A=ti=id==t (200, 204, 2	07 220\ F=	(1100)	\/itaurin /Thiannin		Г	Energy (kJ)	1270	988
<u>BUN</u> : <b>Wheat</b> Flour, Water, Yeast, Sugar, Vegetable Oil (Canola), Iodised Salt, <b>Gluten, Soy</b> Flour, Preservative (282), Emul Folate).	SIIIUS (411, 412	⊌, 401), <b>iViai</b>	ıı rıour, Mi	neidi ədil (170	), AHUUXIUAHI (300, 304, 3	or, ssuj, En	zyine (1100)	, vitamin (imamin,		-	Energy (Cal)	303	236
,	Wheat Flour Cal	H Droodo- N	Nhoot Elec	r Diagobad Mil	haat Flour Calt When D	ovtroco D-i-	d Vacat Co-	or Donrika (160-)		ŀ	<b>.</b> , ,	13.4	10.4
FISH PORTION: Fish (Pollock), Water, Batter [Modified Food Starch (1422), Yellow Corn Flour, Cellulose Gum, Bleached and Turmeric (100) Extract, Black Pepper].	viieal Flour, Sa	ııj breader [ <b>v</b>	rviieat FIOL	ii, dieached <b>W</b> i	neat Flour, Sait, whey, D	extrose, DNe	ru reast, SUG	јаг, гарпка (1000)		ŀ	Protein (g) Fat, total (g)	13.4	10.4
	alka Ca C	Calida C	aar Call O	nion Venetalii	Cum (41E) Canada Bar	convotine (00	12) Dout	Dobudrote d			Saturated Fat (q)	3.0	2.3
TARTAR SAUCE: Pickles, Water, Soybean Oil, Distilled Vinegar, Onions and Onion Extracts, Modified Corn Starch, Egg Y Parsley, Spice Extracts.	oiks, com Syruj	o solias, sug	yar, Sait, S	pice, vegetable	e Guiii (415), Capers, Pre	servative (20	ız), Dextrose	, репусгатес			Carbohydrate (g)	31.4	2.3
raisiey, Spice Extracts. CHEESE: Cheese (Milk, Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331),	Salt Acidity Po	nulatore (26)	U 33U 330	) Coloure (160	h 160c) Presentative (2)	nn Souloo	ithin			<b>+</b>	Sugars (g)	2.5	24.5
<u>onicese.</u> Onese (mink, sait, onitale, clizyries (Nemiet, clipase)), vvatet, mink solius, <b>buttet,</b> citiulsiliels (340, 432, 331), Contains gluten, egg, milk, soy & fish.	oait, Acidity INC	guiators (200	0, 330, 333	i), Colouis (100	ob, 1000), Fleservative (20	00), <b>30y</b> Lec	aum.			-	Sodium (mg)	524	409
BUNS are produced on equipment that also produces products containing sesame seeds.										L	Socium (mg)	324	403
FISH PORTION is cooked in canola oil blend.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Presen	vative Flavour	Colours	1
TIGHT ON TOWNS COOKED IN CAHOLA OIL DIGHA.	Y	Lyys Y	Y	Y	Y Y	r canuts	TIEC NUIS	T	Oulprintes	V	valive i lavoui	Y	
WRAPS													
Criany Chiakan Snack Wron												Ava Oty /Serve	Ava Oty /100a
	\4/-4 \/4	-1-1-0:1/0	I-) V		on OAN and Florer Annualis	A -: -! (200) I	F 1 A - : - 1 (O)	CON		Г	Energy (k l)	Avg Qty /Serve	0 , 0
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour											Energy (kJ)	1170	1040
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Vegetable (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Vegetable (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Vegetable (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Vegetable (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Vegetable (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Vegetable (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Vegetable (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Vegetable (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Vegetable (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Vegetable (1422), Mineral Salts (14222), Mineral Salts (142222), Mineral Salts (142222), Mineral Salts (142222), Minera											Energy (Cal)	1170 280	1040 248
Crispy Chicken Snack Wrap  CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour (Amylasel)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Veydrable Protein (Soy), Vegetable Powder.  TORTILLA: Wheat Flour (Thicking) Foils Add Metar Vegetable Shortening (Actionidate) (200), Sunga, Policina Daudes (M.)	/heat Gluten, E	gg Powder,	Anti-Cakin	g Agent (551),	Whey Protein, Soy Protein	n, Spice Extr	racts (160c, 1			-	Energy (Cal) Protein (g)	1170 280 11.5	1040 248 10.1
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Whydrolysed Vegetable Protein (Soy), Vegetable Powder.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [M	/heat Gluten, E	gg Powder,	Anti-Cakin	g Agent (551),	Whey Protein, Soy Protein	n, Spice Extr	racts (160c, 1				Energy (Cal) Protein (g) Fat, total (g)	1170 280 11.5 13.2	1040 248 10.1 11.7
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Whydrolysed Vegetable Protein (Soy), Vegetable Powder.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [MLETTUCE: Iceberg Lettuce.	Wheat Gluten, E	<b>gg</b> Powder,	Anti-Cakin , Acidity Re	g Agent (551), egulator (297),	Whey Protein, Soy Protei Mineral Salt (500), Preser	n, Spice Extraordin, Spice Ext	racts (160c, 1	100), Maltodextrin,			Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g)	1170 280 11.5 13.2 3.3	1040 248 10.1 11.7 2.9
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Whydrolysed Vegetable Protein (Soy), Vegetable Powder.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [M	Wheat Gluten, E	<b>gg</b> Powder,	Anti-Cakin , Acidity Re	g Agent (551), egulator (297),	Whey Protein, Soy Protei Mineral Salt (500), Preser	n, Spice Extraordin, Spice Ext	racts (160c, 1	100), Maltodextrin,			Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g)	1170 280 11.5 13.2 3.3 28.0	1040 248 10.1 11.7 2.9 24.7
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour), Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Whydrolysed Vegetable Protein (Soy), Vegetable Powder.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [METTUCE: loeberg Lettuce.  MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids,	Wheat Gluten, E	<b>gg</b> Powder,	Anti-Cakin , Acidity Re	g Agent (551), egulator (297),	Whey Protein, Soy Protei Mineral Salt (500), Preser	n, Spice Extraordin, Spice Ext	racts (160c, 1	100), Maltodextrin,			Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	1170 280 11.5 13.2 3.3 28.0	1040 248 10.1 11.7 2.9 24.7
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Whydrolysed Vegetable Protein (Soy), Vegetable Powder.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mattruck: Iceberg Lettuce.  MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids,  Contains gluten, egg, milk & soy.	Wheat Gluten, E	<b>gg</b> Powder,	Anti-Cakin , Acidity Re	g Agent (551), egulator (297),	Whey Protein, Soy Protei Mineral Salt (500), Preser	n, Spice Extraordin, Spice Ext	racts (160c, 1	100), Maltodextrin,			Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g)	1170 280 11.5 13.2 3.3 28.0	1040 248 10.1 11.7 2.9 24.7
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Whydrolysed Vegetable Protein (Soy), Vegetable Powder.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Matthew Lettuce: MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Contains gluten, egg, milk & soy.	Wheat Gluten, E neral Salts (450 Distilled Vinega	gg Powder, ), 500, 341)], r, Salt, Suga	Anti-Cakin , Acidity Re	g Agent (551), egulator (297), l Flour, Thicken	Whey Protein, Soy Protei Mineral Salt (500), Preser er (415), Acidity Regulato	n, Spice Extractive (282), r (270), Prese	Yeast ervative (202	100), Maltodextrin,	Sulphitos		Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	1170 280 11.5 13.2 3.3 28.0 1.8 429	1040 248 10.1 11.7 2.9 24.7
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Whydrolysed Vegetable Protein (Soy), Vegetable Powder.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Matthew Lettuce: MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Contains gluten, egg, milk & soy.	Wheat Gluten, E	<b>gg</b> Powder,	Anti-Cakin , Acidity Re	g Agent (551), egulator (297),	Whey Protein, Soy Protei Mineral Salt (500), Preser	n, Spice Extraordin, Spice Ext	racts (160c, 1	100), Maltodextrin,	Sulphites		Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) vative Flavour	1170 280 11.5 13.2 3.3 28.0	1040 248 10.1 11.7 2.9 24.7
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Veydrolysed Vegetable Protein (Soy), Vegetable Powder.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [M LETTUCE: Iceberg Lettuce.  MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids,  Contains gluten, egg, milk & soy.  Crispy Chicken cooked in canola oil blend.	Wheat Gluten, E neral Salts (450 Distilled Vinega	gg Powder,, 500, 341)], r, Salt, Suga	Anti-Cakin , Acidity Re	g Agent (551), egulator (297), Flour, Thicken	Whey Protein, Soy Protei Mineral Salt (500), Preser er (415), Acidity Regulato	n, Spice Extractive (282), r (270), Prese	Yeast ervative (202	100), Maltodextrin,	Sulphites T		Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	1170 280 11.5 13.2 3.3 28.0 1.8 429	1040 248 10.1 11.7 2.9 24.7 1.6 380
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flou (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Nydrolysed Vegetable Protein (Soy), Vegetable Powder.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [M LEITTUCE: Iceberg Lettuce.  MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids,  Contains gluten, egg, milk & soy.  Crispy Chicken cooked in canola oil blend.  Grilled Chicken Snack Wrap	Wheat Gluten, E neral Salts (450 Distilled Vinega Gluten Y	gg Powder, , 500, 341)], r, Salt, Suga	Anti-Cakin , Acidity Re ar, Mustard  Milk Y	g Agent (551), egulator (297), Flour, Thicken Soy Y	Whey Protein, Soy Protei Mineral Salt (500), Preser er (415), Acidity Regulato	n, Spice Extractive (282), r (270), Prese	Yeast ervative (202	100), Maltodextrin,	Sulphites T	Presen Y	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) vative Flavour	1170 280 11.5 13.2 3.3 28.0 1.8 429 Colours Y	1040 248 10.1 11.7 2.9 24.7 1.6 380
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flou (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Nydrolysed Vegetable Protein (Soy), Vegetable Powder.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [M LEITTUCE: Iceberg Lettuce.  MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids,  Contains gluten, egg, milk & soy.  Crispy Chicken cooked in canola oil blend.  Grilled Chicken Snack Wrap	Wheat Gluten, E neral Salts (450 Distilled Vinega Gluten Y	gg Powder, , , 500, 341)], r, Salt, Suga	Anti-Cakin , Acidity Re ar, Mustard  Milk Y	g Agent (551), egulator (297), Flour, Thicken Soy Y	Whey Protein, Soy Protei Mineral Salt (500), Preser er (415), Acidity Regulato	n, Spice Extractive (282), r (270), Prese	Yeast ervative (202	100), Maltodextrin,	Sulphites T	Preserv	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)  vative Flavour Y  Energy (kJ)	1170 280 11.5 13.2 3.3 28.0 1.8 429 Colours Y Avg Qty /Serve	1040 248 10.1 11.7 2.9 24.7 1.6 380 Avg Qty /100g 866
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Veydrolysed Vegetable Protein (Soy), Vegetable Powder.  IORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Matthewater]  LETTUCE: loeberg Lettuce.  MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids,  Contains gluten, egg, milk & soy.  Crispy Chicken cooked in canola oil blend.  Grilled Chicken Snack Wrap  GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (4: Chicken, Water, Rice Starch, Salt, Mineral Salts (4: Chicken, Water, Rice Starch, Salt, Mineral Salts (4: 51, 450), Soy Protein, Fruit Powder [Contains. Lemon Juice Concentrate	Wheat Gluten, E neral Salts (450 Distilled Vinega Gluten Y 51, 450, 508), Ye	gg Powder, ), 500, 341)], r, Salt, Suga  Eggs Y  east Extract,	Anti-Cakin , Acidity Re ar, Mustard  Milk Y	g Agent (551),  gulator (297),  Flour, Thickene  Soy  Y	Whey Protein, Soy Protei Mineral Salt (500), Preser er (415), Acidity Regulator  Fish & Crustaea	vative (282), r (270), Prese	Yeast ervative (202  Tree Nuts	100), Maltodextrin, c).  Sesame Seeds	Sulphites T	Preserv Y	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) vative Flavour Y  Energy (kJ) Energy (Cal)	1170 280 11.5 13.2 3.3 28.0 1.8 429 Colours Y Avg Qty /Serve 939 225	1040 248 10.1 11.7 2.9 24.7 1.6 380 Avg Qty /100g 866 207
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Whydrolysed Vegetable Protein (Soy), Vegetable Powder.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Matter Leither	Wheat Gluten, E neral Salts (450 Distilled Vinega Gluten Y s1, 450, 508), Y Flavours], Deh	gg Powder, 1, 500, 341)], r, Salt, Suga  Eggs Y  east Extract, yydrated Garl	Anti-Cakin , Acidity Re ar, Mustard  Milk Y  Herbs, Ga	g Agent (551), egulator (297), Flour, Thicken Soy Y arlic Powder. Flavour, Herbs	Whey Protein, Soy Protei Mineral Salt (500), Preser er (415), Acidity Regulator  Fish & Crustaea  s, Sugar, Vinegar Powder	n, Spice Extra vative (282), r (270), Preservative Peanuts	Yeast ervative (202  Tree Nuts  OR Powder, Anti-	100), Maltodextrin, c).  Sesame Seeds	Sulphites T	Presen Y	Energy (Cal) Protein (g) Fat, total (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)  vative Flavour Y  Energy (kJ) Energy (Cal) Protein (g)	1170 280 11.5 13.2 3.3 28.0 1.8 429 Colours Y Avg Qty /Serve 939 225 13.6	1040 248 10.1 11.7 2.9 24.7 1.6 380 Avg Qty /100g 866 207 12.6
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Whydrolysed Vegetable Protein (Soy), Vegetable Powder.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [MELTIUCE: leeberg Lettuce.  MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids,  Contains gluten, egg, milk & soy.  Crispy Chicken cooked in canola oil blend.  Grilled Chicken Snack Wrap  GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (4: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains. Lemon Juice Concentrate Spice Extract (Pepper), Vegetable Oil.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening (Antioxidant (320)], Sugar, Baking Powder [Motor Interation of Contains Inte	Wheat Gluten, E neral Salts (450 Distilled Vinega Gluten Y s1, 450, 508), Y Flavours], Deh	gg Powder, 1, 500, 341)], r, Salt, Suga  Eggs Y  east Extract, yydrated Garl	Anti-Cakin , Acidity Re ar, Mustard  Milk Y  Herbs, Ga	g Agent (551), egulator (297), Flour, Thicken Soy Y arlic Powder. Flavour, Herbs	Whey Protein, Soy Protei Mineral Salt (500), Preser er (415), Acidity Regulator  Fish & Crustaea  s, Sugar, Vinegar Powder	n, Spice Extra vative (282), r (270), Preservative Peanuts	Yeast ervative (202  Tree Nuts  OR Powder, Anti-	100), Maltodextrin, c).  Sesame Seeds	Sulphites T	Presen Y	Energy (Cal) Protein (g) Fat, total (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)  vative Flavour Y  Energy (kJ) Energy (Cal) Protein (g) Fat, total (g)	1170 280 11.5 13.2 3.3 28.0 1.8 429 Colours Y Avg Qty /Serve 939 225 13.6 8.5	1040 248 10.1 11.7 2.9 24.7 1.6 380 Avg Qty /100g 866 207 12.6 7.8
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Neydrolysed Vegetable Protein (Soy), Vegetable Powder.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Matter: Leberg Lettuce.  MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids,  Contains gluten, egg, milk & soy.  Crispy Chicken cooked in canola oil blend.  Grilled Chicken Snack Wrap  GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (4: Chicken, Water, Rice Starch, Salt, Mineral Salts (4: 450), Soy Protein, Fruit Powder [Contains. Lemon Juice Concentrate Spice Extract (Pepper), Vegetable Oil.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Matertuce].	Wheat Gluten, E neral Salts (450 Distilled Vinega  Gluten Y  11, 450, 508), Yr Flavours], Deh neral Salts (450	gg Powder, 0, 500, 341)], r, Salt, Suga  Eggs Y  east Extract, ydrated Garl 0, 500, 341)],	Anti-Cakin , Acidity Re ar, Mustard  Milk Y  Herbs, Ga lic, Natural	g Agent (551),  Flour, Thicken  Soy  Y  Arlic Powder.  Flavour, Herbs  egulator (297), I	Whey Protein, Soy Protei  Mineral Salt (500), Preser er (415), Acidity Regulato  Fish & Crustaea  s, Sugar, Vinegar Powder  Mineral Salt (500), Preser	n, Spice Extrusive (282), r (270), Preserved Peanuts  Vegetable F vative (282),	racts (160c, ^ Yeast ervative (202 Tree Nuts OR Powder, Anti- Yeast	Sesame Seeds  caking Agent (341),	Sulphites T	Presen Y	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carrhohydrate (g) Sugars (g) Sodium (mg)  vative Flavour Y  Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g)	1170 280 11.5 13.2 3.3 28.0 1.8 429 Colours Y Avg Qty /Serve 939 225 13.6 8.5 2.7	1040 248 10.1 11.7 2.9 24.7 1.6 380 Avg Qty /1000 866 207 12.6 7.8 2.5
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Anglase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Nydrolysed Vegetable Protein (Soy), Vegetable Powder.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Material Lettuce]  MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids,  Contains gluten, egg, milk & soy.  Crispy Chicken cooked in canola oil blend.  Grilled Chicken Snack Wrap  GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (4: Chicken, Water, Rice Starch, Salt, Mineral Salts (4: Chicken, Rice Starch, Salt, Mineral Salts (4: Chicken, Rice Starch, Salt, Rice Starch, Salt, Mineral Salts (4: Chicken, Rice Starch, Salt, Rice Starch, Salt, Rice Starch, Salt,	Wheat Gluten, E neral Salts (450 Distilled Vinega  Gluten Y  11, 450, 508), Yr Flavours], Deh neral Salts (450	gg Powder, 0, 500, 341)], r, Salt, Suga  Eggs Y  east Extract, ydrated Garl 0, 500, 341)],	Anti-Cakin , Acidity Re ar, Mustard  Milk Y  Herbs, Ga lic, Natural	g Agent (551),  Flour, Thicken  Soy  Y  Arlic Powder.  Flavour, Herbs  egulator (297), I	Whey Protein, Soy Protei  Mineral Salt (500), Preser er (415), Acidity Regulato  Fish & Crustaea  s, Sugar, Vinegar Powder  Mineral Salt (500), Preser	n, Spice Extrusive (282), r (270), Preserved Peanuts  Vegetable F vative (282),	racts (160c, ^ Yeast ervative (202 Tree Nuts OR Powder, Anti- Yeast	Sesame Seeds  caking Agent (341),	Sulphites T	Presen Y	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Vative Flavour Y  Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g)	1170 280 11.5 13.2 3.3 28.0 1.8 429 Colours Y Avg Oty /Serve 939 225 13.6 8.5 2.7 22.5	1040 248 10.1 11.7 2.9 24.7 1.6 380 Avg Qty /100g 866 207 12.6 7.8 2.5 20.8
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Anglase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Nydrolysed Vegetable Protein (Soy), Vegetable Powder.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Material Lettuce]  MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids,  Contains gluten, egg, milk & soy.  Crispy Chicken cooked in canola oil blend.  Grilled Chicken Snack Wrap  GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (4: Chicken, Water, Rice Starch, Salt, Mineral Salts (4: Chicken, Rice Starch, Salt, Mineral Salts (4: Chicken, Rice Starch, Salt, Rice Starch, Salt, Mineral Salts (4: Chicken, Rice Starch, Salt, Rice Starch, Salt, Rice Starch, Salt,	Wheat Gluten, E neral Salts (450 Distilled Vinega  Gluten Y  11, 450, 508), Yr Flavours], Deh neral Salts (450	gg Powder, 0, 500, 341)], r, Salt, Suga  Eggs Y  east Extract, ydrated Garl 0, 500, 341)],	Anti-Cakin , Acidity Re ar, Mustard  Milk Y  Herbs, Ga lic, Natural	g Agent (551),  Flour, Thicken  Soy  Y  Arlic Powder.  Flavour, Herbs  egulator (297), I	Whey Protein, Soy Protei  Mineral Salt (500), Preser er (415), Acidity Regulato  Fish & Crustaea  s, Sugar, Vinegar Powder  Mineral Salt (500), Preser	n, Spice Extrusive (282), r (270), Preserved Peanuts  Vegetable F vative (282),	racts (160c, ^ Yeast ervative (202 Tree Nuts OR Powder, Anti- Yeast	Sesame Seeds  caking Agent (341),	Sulphites T	Present Y	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Vative Flavour Y  Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	1170 280 11.5 13.2 3.3 28.0 1.8 429 Colours Y Avg Qty /Serve 939 225 13.6 8.5 2.7 22.5 2.1	1040 248 10.1 11.7 2.9 24.7 1.6 380 Avg Qty /100g 866 207 12.6 7.8 2.5 20.8
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Waters, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Whydrolysed Vegetable Protein (Soy), Vegetable Powder.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [MILETTUCE: leeberg Lettuce.  MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids,  Contains gluten, egg, milk & soy.  Crispy Chicken cooked in canola oil blend.  Grilled Chicken Snack Wrap  GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (4:  Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains. Lemon Juice Concentrate Spice Extract (Pepper), Vegetable Oil.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [MILETTUCE: leeberg Lettuce.  MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids,  Oilt: Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330).	Wheat Gluten, E neral Salts (450 Distilled Vinega  Gluten Y  11, 450, 508), Yr Flavours], Deh neral Salts (450	gg Powder, 0, 500, 341)], r, Salt, Suga  Eggs Y  east Extract, ydrated Garl 0, 500, 341)],	Anti-Cakin , Acidity Re ar, Mustard  Milk Y  Herbs, Ga lic, Natural	g Agent (551),  Flour, Thicken  Soy  Y  Arlic Powder.  Flavour, Herbs  egulator (297), I	Whey Protein, Soy Protei  Mineral Salt (500), Preser er (415), Acidity Regulato  Fish & Crustaea  s, Sugar, Vinegar Powder  Mineral Salt (500), Preser	n, Spice Extrusive (282), r (270), Preserved Peanuts  Vegetable F vative (282),	racts (160c, ^ Yeast ervative (202 Tree Nuts OR Powder, Anti- Yeast	Sesame Seeds  caking Agent (341),	Sulphites T	Present Y	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Vative Flavour Y  Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g)	1170 280 11.5 13.2 3.3 28.0 1.8 429 Colours Y Avg Oty /Serve 939 225 13.6 8.5 2.7 22.5	1040 248 10.1 11.7 2.9 24.7 1.6 380 Avg Qty /100g 866 207 12.6 7.8 2.5 20.8
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flou (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Neydrolysed Vegetable Protein (Soy), Vegetable Powder.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [M LETTIUCE: leberg Lettuce.  MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids,  Contains gluten, egg, milk & soy.  Crispy Chicken cooked in canola oil blend.  Grilled Chicken Snack Wrap  GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (4: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains. Lemon Juice Concentrate Spice Extract (Pepper), Vegetable Oil.  TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [M LETTIUCE: leberg Lettuce.  MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, OIL: Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330).  Contains gluten, egg and soy.	wheat Gluten, E neral Salts (450 Distilled Vinega  Gluten Y s1, 450, 508), Y Flavours], Deh neral Salts (450 Distilled Vinega	gg Powder,  , 500, 341)],  r, Salt, Suga  Eggs  Y  east Extract, yydrated Garl  , 500, 341)],  r, Salt, Suga	Anti-Cakin , Acidity Re ar, Mustard  Milk Y  Herbs, Ga dic, Natural , Acidity Re	g Agent (551), egulator (297), Flour, Thicken  Soy Y  arlic Powder. Flavour, Herbs egulator (297), Flour, Thicken	Whey Protein, Soy Protei Mineral Salt (500), Preser er (415), Acidity Regulator  Fish & Crustaea  s, Sugar, Vinegar Powder Mineral Salt (500), Preser er (415), Acidity Regulator	n, Spice Extra vative (282), r (270), President Peanuts  Peanuts  Vegetable F. vative (282), r (270), President Peanuts	racts (160c, ^ Yeast ervative (202 Tree Nuts OR Powder, Anti- Yeast ervative (202	Sesame Seeds  caking Agent (341),	T	Presen Y	Energy (Cal) Protein (g) Fat, total (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)  vative Flavour Y  Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	1170 280 11.5 13.2 3.3 28.0 1.8 429 Colours Y Avg Qty /Serve 939 925 13.6 8.5 2.7 22.5 2.1 348	1040 248 10.1 11.7 2.9 24.7 1.6 380 Avg Qty /100g 866 207 12.6 7.8 2.5 20.8
RISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Powder.  Mortification (Soy), Vegetable Powder.  RITTUCE: Iceberg Lettuce.  AYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Sontains gluten, egg, milk & soy.  rispy Chicken cooked in canola oil blend.  RILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (4thicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains. Lemon Juice Concentrate pice Extract (Pepper), Vegetable Oil.  DRILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mater, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Mater, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Lic Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330).	Wheat Gluten, E neral Salts (450 Distilled Vinega  Gluten Y  11, 450, 508), Yr Flavours], Deh neral Salts (450	gg Powder, 0, 500, 341)], r, Salt, Suga  Eggs Y  east Extract, ydrated Garl 0, 500, 341)],	Anti-Cakin , Acidity Re ar, Mustard  Milk Y  Herbs, Ga lic, Natural	g Agent (551),  Flour, Thicken  Soy  Y  Arlic Powder.  Flavour, Herbs  egulator (297), I	Whey Protein, Soy Protei  Mineral Salt (500), Preser er (415), Acidity Regulato  Fish & Crustaea  s, Sugar, Vinegar Powder  Mineral Salt (500), Preser	n, Spice Extrusive (282), r (270), Preserved Peanuts  Vegetable F vative (282),	racts (160c, ^ Yeast ervative (202 Tree Nuts OR Powder, Anti- Yeast	Sesame Seeds  caking Agent (341),	Sulphites T	Present Y	Energy (Cal) Protein (g) Fat, total (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)  vative Flavour Y  Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	1170 280 11.5 13.2 3.3 28.0 1.8 429 Colours Y Avg Qty /Serve 939 225 13.6 8.5 2.7 22.5 2.1	1040 248 10.1 11.7 2.9 24.7 1.6 380 Avg Qty /100 866 207 12.6 7.8 2.5 20.8

												,
Chicken & Aioli McWrap - Crispy Chicken											Avg Qty /Serve	Avg Qty /100g
	. Water. Veget:	able Oil (Car	nola), Yeast	Salt, Improv	er (Wheat Flour, Ascorbic	Acid (300)	Food Acid (2	(63)}, Enzyme		Energy (kJ)	2700	975
										Energy (Cal)	646	233
	, ,		3	- \ //						Protein (g)	23.2	8.4
TORTILLA: Wheat Flour (Thiamine, Folic Acid), Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mir	neral Salts (450	), 500, 341)].	Acidity Reg	ulator (297),	lodized Salt, Mineral Salt	(500), Flavoi	ur, Preservat	tive (282), Yeast		(0)		13.9
DICED LETTUCE MIX: Icebera Lettuce. Cos Lettuce	,	,,	, ,	, ,.		. ,-		, ,,		. (0)		2.3
												18.1
GARLIC AIGHT Capala Oil (Antiovidants (306 Say 319)) Water Glucese Syrup (Wheat Derived) For Yelk Whey Protein	Mincod Carlie	Λοidity Do	aulator (260	330\\ \/ino(	rar Dijon Mustard (Acidity	Pogulator (	OGON Acidit	v Dogulator (575) M	luctord		(0)	1.8
									lustatu			352
Andrew Megalators (200, 500), Colours (1500, 1600), Call, Flavour Elinancer (555), Call Fibre, Flavourings (mink), Elinasine	is (OO) Lecium	11, 400), 0010	701 (17 1), IVIII	iorai oait (ot	oo), vegetable ouili (+15),	i i i i i i i i i i i i i i i i i i i	63 (202, 211	).		Codiditi (IIIg)	370	002
Contains pluten, egg, milk, soy, GARLIC AIOLL and CRISPY CHICKEN PATTY may contain traces of sulphites	Gluton	Fage	Milk	Sov	Fish & Crustaea	Populte	Trop Nute	Sesame Seeds	Sulphites	Preservative Flavo	ur Coloure	7
			Y		Tion a oractaca	i Ganuto	TIGG NUIS	Occume occus	Т		V	1
		<u> </u>		<u> </u>		<u> </u>	1		'	' '	4 01 10	4 0: 400
<del></del>												
GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (45	I, 450, 508), Ye	east Extract,	Herbs, Garli	c Powder			OR			Energy (kJ)		833
Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains. Lemon Juice Concentrate,	Flavours], Deh	ydrated Garl	ic, Natural F	lavour, Herb	s, Sugar, Vinegar Powder,	Vegetable F	Powder, Anti	-caking Agent (341),		Energy (Cal)		199
										Protein (g)		10.4
	neral Salts (450	), 500, 341)]	Acidity Reg	ulator (297),	lodized Salt, Mineral Salt	(500), Flavoi	ur, Preservat	tive (282), Yeast		Fat, total (g)	28.7	10.7
•											(0)	2.0
Control (Control (C		14.7										
SARLIC AIOLI: Canola Oil (Antioxidants (306-Soy, 319)), Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein	, Minced Garlio	(Acidity Re	gulator (260,	330)), Vineg	gar, Dijon Mustard (Acidity	Regulator (2	260)), Acidit	y Regulator (575), M	lustard	Sugars (g)		2.1
Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre, Flavourings (Milk), Emulsifie	rs (Soy Lecithi	n, 435), Colo	our (171), Mir	neral Salt (50	08), Vegetable Gum (415),	Preservativ	es (202, 211	).		Sodium (mg)	811	303
DIL: Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330).												•
Contains gluten, egg, milk & soy.												
GARLIC AIOLI may contain traces of sulphites.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative Flavo	ur Colours	1
Grilled Chicken may be cooked on the same grill as egg.	Y		Υ	•					Т	Y Y	Y	1
Chiekan & Snigy Maya McWran - Crieny Chiekan	1	1	· ·		•		1			<u>'</u>	Ava Oty /Serve	Avg Qty /100g
	Mater Veret	-bl- Oil (Ca	ala) Vaaat	Call Incorp.	as OMback Flaur, Asserbia	V=:4 (300) I	A -: (O	(2)) [		Energy (k I)		901
	ileat Giuteii, L	gg rowder,	niii-Cakiiig /	ngeni (551),	wiley Flotelli, 30y Flotel	ii, opice Ext	acis (100c,	100), Wallouextilli,				7.5
	naral Salte (450	500 3/1)1	Acidity Reg	ılator (207)	Indized Salt Mineral Salt	(500) Flavo	ır Procenya	tive (282) Veget		(0)		
								. ,	160a)	. 107		
	eu vegetables,	i iavoui (ivii	ik), Omini i ia	NGS, LEITION	Juice Concentrate, vegete	abie Guili (4	13), FIESCIV	alive (202), Coloui (1	1000).		(0)	
											(0)	
										3 (3)		
GOGOWIDER. Siliced Cocumber										Sodium (mg)	1230	416
Contains alutes and milk and any CDICDY CHICKEN DATTY may contain traces of sulphites	Olutur	F	M.II.	0	Fish 9 Caustana	December	Torre Mode	Casama Caada	Culabitas	December   Elem	0.1	7
, , , , , , , , , , , , , , , , , , , ,					FISH & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulprilles		ur Colours	-
CRISPY PATTY IS COOKED III CAITOIA OII DIETIO.	T	T	ī	ĭ					l l	T Y	Y	
Chicken & Spicy Mayo McWrap - Grilled Chicken											Avg Qty /Serve	Avg Qty /100g
GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (45	I, 450, 508), Ye	east Extract,	Herbs, Garli	c Powder			OR			Energy (kJ)	2100	771
Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains Lemon Juice Concentrate, F	lavours], Dehy	drated Garli	c, Natural Fla	avour, Herbs	, Sugar, Vinegar Powder,	Vegetable P	owder, Anti-	caking Agent (341),		Energy (Cal)	502	184
	3, 7.9				. 5 . 5,		,	5 5 (/)		Protein (g)	25.3	9.3
										Fat, total (g)	27.7	10.2
SPICY MAYONNAISE: Soybean Oil (Antioxidant (320)), Water, Vinegar, Egg Yolk, Sugar, Salt, Thickener (1442), Dehydrat	ed Vegetables,	Flavour (Mi	lk), Chilli Fla	kes, Lemon	Juice Concentrate, Vegeta	able Gum (4°	15), Preserva	ative (202), Colour (1	160c).	Saturated Fat	(g) 6.5	2.4
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce										Carbohydrate	(g) 36.4	13.4
FOMATO: Sliced Tomato										Sugars (g)	(0)	2.2
CUCUMBER: Sliced Cucumber										- (0)	1010	371
DIL: Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a). Acidity Regulator (330).										(9/		
	Gluten	Eggs	Milk	Sov	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative Flavo	ur Colours	٦
Contains gluten, egg, milk and soy.	Y	Y	Y	Y					22.,	Y Y	Y	1
Contents guiden, egg, the college of the come will be come		<u> </u>	<u> </u>	<u> </u>	ı	I	1	l	l .	<u> </u>		J

Grilled Chicken may be cooked on the same grill as egg.

#### Avg Qty /Serve Avg Qty /100g 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), Energy (kJ) 2020 773 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) 483 185 TOMATO: Sliced Tomato Protein (g) 27.6 10.6 SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, Worcestershire, Colour (150c), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour. Fat, total (g) 20.4 7.8 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 Saturated Fat (q) 5.1 1.9 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) 44.7 17.1 CARAMELISED GRILLED ONION: Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion powder, Maltodextrin, Flavours, Spice. Sugars (q) 11.7 4.5 DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce Sodium (mg) 1040 397 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 Gluten Eggs Milk Soy Fish & Crustaea Peanuts Tree Nuts Sesame Seeds Sulphites Preservative Flavour Steak may be cooked on the same grill as egg Avg Qty /Serve Avg Qty /100g 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). Energy (kJ) 2280 882 [ORTILLA: 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) 544 211 Protein (g) 27.9 10.8 Fat, total (g) 30.0 11.6 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 Saturated Fat (g) (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). 5.8 2.2 CARAMELISED GRILLED ONION: Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion powder, Maltodextrin, Flavours, Spice. Carbohydrate (g) 38.7 15.0 DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce Sugars (g) 5.7 2.2 912 353 OIL: Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330). Sodium (mg) Contains gluten, egg, milk & soy. GARLIC MAYONNAISE may contain traces of sulphites STEAK STRIPS seasoned after cooking. Seasoning: Salt, Pepper, Soy Oil Gluten Eggs Milk Soy Fish & Crustaea Peanuts Tree Nuts Sesame Seeds Sulphites Preservative Flavour Colours Steak may be cooked on the same grill as egg FRENCH FRIES Small Medium Large Avg Qty /100g Avg Qty /Serve Avg Qty /100g Avg Qty /Serve Avg Qty /Serve Avg Qty /100g French Fries Potato, Canola Oil, Dextrose, Mineral Salt (450), May contain Sulphites (<10ppm from sodium metabisulphite (223)) and Antioxidant (306) Energy (kJ) 1070 1480 1540 1480 1900 1480 255 354 354 453 354 Contains traces of sulphites nergy (Cal) 368 Note: French Fries are cooked in canola oil blend, salt added 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 28.6 39.7 41.3 39.7 50.8 39.7 arbohydrate (g) 0.3 0.4 0.4 0.4 0.5 0.4 ugars (g) 245 340 354 340 435 340 Sodium (mg) Gluten Eggs Milk Soy Fish & Crustaea Peanuts Tree Nuts Sesame Seeds Sulphites Preservative Flavour Colours FRUIT & SALADS Avg Qty /Serve Avg Qty /100g Apples Apple Slices, Antioxidants (302,300), Mineral Salt (170). Energy (kJ) 153 254 Energy (Cal) 37 61 May contain Apple Seeds Protein (a) 0.3 0.5 Fat, total (g) <0.1 0.1 0.0 0.0 Saturated Fat (g) Carbohydrate (g) 8.0 13.4 6.9 11.5 Sugars (g) Sodium (mg) <1

Issued: June 2015 Revision: 19 File: QAM056 Soy

Milk

Gluten

Eggs

Fish & Crustaea

Peanuts

Tree Nuts

Sesame Seeds

Sulphites

Preservative Flavour

Colours

Warm Chicken Salad - Crispy Chicken										-		Avg Qty /Serve	Avg Qty /100g
LETTUCE, CARROT & CABBAGE MIX: Cos Lettuce, Carrot, Iceberg Lettuce, Red Cabbage											ergy (kJ)	1110	325
CRISPY CHICKEN: Chicken, Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour,											rgy (Cal)	265	78
Food Acid (263)}, Enzyme (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Protein, Soy Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (Soy), Vegetable Powder.	, Yeast Extrac	i, Spices, wr	ieat Giuten, i	:gg Powde	r, Anti-Caking Agent (551)	wney					tein (g) total (g)	18.6 11.7	5.5 3.4
GRAPE TOMATOES: Grape Tomatoes											urated Fat (g)	1.7	0.5
CUCUMBER: Sliced Cucumber										<u> </u>	bohydrate (g)	18.6	5.5
RED ONION: Red Onion Rings											ars (g)	6.3	1.9
Contains gluten, egg, milk & soy. CRISPY CHICKEN may contain traces of sulphites.										`	lium (ma)	486	143
CRISPY PATTY is cooked in canola oil blend.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservativ	- ( 3/	Colours	140
on to 177777 to doctor in daniel direction.	Y	Y	Y	Y		- Canato	1100 11010		Т	Т	Y	00.00.0	
Warm Chicken Salad - Grilled Chicken								l l	ı		1	Avg Qty /Serve	Avg Qty /100g
LETTUCE, CARROT & CABBAGE MIX: Cos Lettuce, Carrot, Iceberg Lettuce, Red Cabbage										Ene	ergy (kJ)	644	197
GRILLED CHICKEN FILLET: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451	, 450, 508), Y	east Extract,	Herbs, Garlio	Powder.			OR				rgy (Cal)	154	47
Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains Lemon Juice Concentrate, Fl					s. Sugar, Vinegar Powder.	Vegetable Po	owder. Anti-o	caking Agent (341).			tein (g)	21.2	6.5
Spice Extract (Pepper), Vegetable Oil.			,	,	,	. 3	,	3 - 3 ( /-)		Fat	total (g)	2.4	0.7
GRAPE TOMATOES: Grape Tomatoes										Sat	urated Fat (g)	0.6	0.2
CUCUMBER: Sliced Cucumber										Car	bohydrate (g)	9.0	2.8
RED ONION: Red Onion Rings										Sug	ars (g)	7.0	2.1
OIL: Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330).										Soc	lium (mg)	307	94
					T = 1.00					1	-	1	1
Contains soy & sesame.	Gluten	Eggs	Milk	Soy Y	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservativ	/e Flavour	Colours	
Grilled Chicken may be cooked on the same grill as egg		'		ı		l					Y	Y Ot (0	A Ob . (400 -
Crunchy Noodle Salad - 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 Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [Wheat Flour, Water, Vegetable Oils (Canola, Palm and Sunflower)]											ergy (kJ)	1530	424
(Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, Wh Hydrolysed Vegetable Protein (Soy), Vegetable Powder.	eat Gluten, Eg	gg Powder, A	Inti-Caking A	gent (551),	Whey Protein, Soy Proteil	n, Spice Extr	acts (160c, 1	IUU), Maltodextrin,			ergy (Cal)	366	101
											tein (g)	20.4	5.6
LETTUCE, CARROT & CABBAGE MIX Cos Lettuce, Carrot, Iceberg Lettuce, Red Cabbage GRAPE TOMATOES: Grape Tomatoes											total (g) urated Fat (g)	17.0 3.3	4.7 0.9
CUCUMBER: Sliced Cucumber											bohydrate (g)	30.1	8.3
RED ONION: Red Onion Rings											ars (g)	6.4	1.8
CRISPY NOODLES: Wheat Flour, Salt, Raising Agents (450, 500), Vegetable Oil, Colour (160b).										`	lium (ma)	632	175
Contains gluten, egg, milk & soy. CRISPY CHICKEN may contain traces of sulphites.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservativ	- ( 3/	Colours	
CRISPY PATTY is cooked in canola oil blend.	Υ	Y	Υ	Y					Т	Т	Υ	Y	1
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) Ye	ast Extract	Herbs Garlic	Powder			OR			Fne	ergy (kJ)	1070	307
Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains Lemon Juice Concentrate, Fl	. ,.				Sugar Vinegar Powder	Vanatahla Pr		raking Agent (3/11)			rgy (Cal)	255	73
Spice Extract (Pepper), Vegetable Oil.	iavouisj, Deily	urateu Gariit	, ivaluiai i ia	roui, rierbs	s, Sugar, Villegar Fowder,	vegetable i t	JWUGI, AIIII-U	aking Agent (341),			tein (g)	22.9	6.6
LETTUCE, CARROT & CABBAGE MIX Cos Lettuce, Carrot, Iceberg Lettuce, Red Cabbage											total (g)	7.6	2.2
GRAPE TOMATOES: Grape Tomatoes											urated Fat (g)	2.2	0.6
CUCUMBER: Sliced Cucumber											bohydrate (g)	20.4	5.9
RED ONION: Red Onion Rings										Sug	ars (g)	7.1	2.0
CRISPY NOODLES: Wheat Flour, Salt, Raising Agents (450, 500), Vegetable Oil, Colour (160b).										Soc	lium (mg)	452	130
OIL: Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330).													
Contains gluten, soy & sesame.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservativ	e Flavour	Colours	1

Grilled Chicken may be cooked on the same grill as egg

												A O: . 'O	A O1 1400
Steak Salad										l <del>-</del>	. (I. I)		
		220\ T	Daniela Va		O		A	4)					230
	guiator (262,	330), Tomato	Powaer, Ye	ast Extract	, Smoked Sait, Union Po	owder, Anti-cakii	ng Agent (55	1).			,		55 7.6
											(0)		1.0
											(0)		0.4
											(0)		2.8
Oil: Cariola Oil, Efficisiller (322 - <b>30y</b> ), Flavour, Colour (100a), Acidity Regulator (330).											, (0)		2.0
Contains soy											107		147
	Gluton	Eggs	Milk	Sov	Fish & Crustaga	Poanute	Troo Nute	Socamo Soods	Sulphites		1 0/		147
	Gluten	Lyys T	IVIIIK	V	1 isii a Olastaca	r eariuts	TIEE NUIS	Ocadine Oceda	Oulprintes	1 Teservative	V V	V	1
										ı	'	. 0. 10	A 01 (400
													62
													15
CUCUMBER: Cucumber Slices.											(0)		1.2
											(0)		0.1
											(0)		<0.1
											, (0)		1.4
													1.1
	Clta ··	F	NA:IL	0	Figh 9 Carretters	Dannist.	Troc Nist-	Conome Cand	Culabitaa				16
	Gluten	Eggs	IVIIIK	Suy	FISH & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulprilles	Preservative	Flavour	Colours	4
CONDINENTS				<u> </u>			<u> </u>			l .	<u> </u>	1	l .
										T			
MCNugget Dipping Sauces								Bark	ecue	Musta	1	Swee	t & Sour
BARBECUE SAUCE; Water, Sugar, Vinegar, Tomato Paste, Soy Sauce (contains Wheat and Soybeans), Modified Food Sta	arch (1414, 14	42), Salt, <b>So</b>	vbean Oil (A	ntioxidant 3	304).			Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve		Avg Qty /Serve	Avg Qty /100g
						-		• •					724
March 25   March 25													
							11)						173
	contains <b>Barl</b>	ey), 1422), S	alt, <b>Milk</b> Prote	eins, Thicke	eners (401,		`						0.7
							,						1.1
Contains gluten, milk & soy .							(0)						0.2
SWEET & SOUR SAUCE: High Fructose Corn Syrup, Water, Fruit Concentrate (Apricot and/or Peach), Vinegar, Teriyaki [So	y Sauce, (Wa	ter, Soybear	s, Wheat, S	alt), Water,	Sugar,		ate (g)						39.4 35.8
Vinegar, Onion, Garlic, Preservative (211), Worcestershire Powder (Dextrose, Spices, Garlic, Salt, Thickener (466), Acidity R	egulator (296	), Flavour, O	nion], Modifie	d Starch (1	422), Salt,	- (0)	۵)						55.0 557
Soybean Oil (Antioxidant {330}), Thickener (415), Mustard Powder, Apricot Flavour, Preservative (211), Colour (150d), Papri	ka Extract (16	0c), Anticaki	ng Agent (55	1).		Sodium (m	9)	103	055	137	301	150	557
Contains alutan 8 agy													
Contains giden & soy.													
	Gluten	Fage	Milk	Sov	Fish & Crustaea	Populite	Trop Nute	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	1
Rarhen		Lyys	IVIIIN		Tion a Grasiaea	i Gandis	1100 14013	COOLING COOLS	Ouipriitos				1
			Y							Y	<u> </u>	Y	1
				Y						Y	Y	Y	1
	ı	ı	ı	1		ı		I.	1	Balsar	mic	Italia	n Style
Salad Dressings											Ava Otv		1
<del></del>										Avg Qty /Serve	/100mL	Avg Qty /Serve	Avg Qty /100m
								1	Energy (kJ)	80	265	45	149
BALSAMIC DRESSING: Water, Balsamic Vinegar (contains <b>sulphites</b> ), Vinegar, Sugar, <b>Soya</b> Bean Oil, Salt, Black Pepper, G	Joiour (150d)	, Yeast Extra	ct, Thickener	s (407, 415	, 410), Preservatives (2	11, 202), Natura	II Flavour.						35
Contains soy & sulphites.													1.0
								•	Fat, total (g)	0.5	1.5	0.3	1.0
ITALIANI DEFCCINO, Water Viscour Cores Call Thislesour (AD7, A4E, A40), Asidib, Devilator (AD0), Development (AD4	202) 0=:	Hark Carls	Dall Dans	Caina N	street Flavour			]	Saturated Fat (g)	0.3	1.0	0.3	1.0
ILALIAN DRESSING: water, vinegar, Sugar, Salt, Thickeners (407, 415, 410), Acidity Regulators (330), Preservatives (211,	202), Union,	nerb, Garlic,	Rell Rebbers	s, Spice, Na	iturai Flavour.				Carbohydrate (g)		11.2		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	
Balsam	nic			Y					Y	Y	Υ	Y	
Italian Dressi	ng									Y	Υ		1
Tallati Broom													

										Zes Portug		Sweet Sesan	e Tha	ii Style
<u>Salad Dressings</u>										Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve /100m		Avg Qty /100mL
PORTUGUESE DRESSING: Canola Oil (Antioxidants (319, 306 - Soy), Vegetables, Tomato Pulp (Antioxidant (330)), Glucose S	yrup( <b>Whea</b>	t), Sugar, W	ater, <b>Egg Y</b> o	lk, Oat Fibre	, Food Acids (260, 330), S	Salt, Thicken	er (1442),	Energy (	(kJ)	1040	1740	951 1590	209	465
Emulsifiers (Soy Lecithin, 435), Herb, Thickener (415), Flavourings, Preservatives (202, 211), Spice, Spice Extracts (160c, 100).								Energy (	(Cal)	249		227 379	50	110
Contains gluten, egg & soy.								Protein (		0.7	1.2	0.8 1.3	0.5	1.0
								Fat, tota	(0)	19.3		14.3 23.9		3.2
SWEET SESAME DRESSING: Sugar, Water, Vinegar, Canola Oil (Antioxidants (319, 306 -Soy)), Sesame Oil, Soy Sauce [Water Procedurative (202), Vigestable Cum (445)	r, Soybear	ns, Wheat, S	alt], Salt, <b>Se</b> :	same Seeds	, Flavouring ( <b>Sesame</b> ), S	pices, <b>Soy</b> Le	ecithin,	Saturate	(0)	1.7	2.8	3.6 5.9	0.2	0.5
Preservative (202), Vegetable Gum (415).								Carbohy	(4)	18.3		23.9 39.8 23.7 39.5	8.7 7.8	19.4
Contains gluten, soy & sesame.								Sugars ( Sodium		10.3 462	17.1 770	23.7 39.5 679 1130		17.3 1000
THALSTYLE DRESSING: Water, Vinegar, Sugar, Fish Sauce, Capsicum Puree, Soy Sauce, Sesame Oil, Chilli Puree, Salt, Thio Juice Concentrate, Preservative (211).  Contains gluten, fish, soy & sesame.	,	5,410), Lemo	on Juice Cor	centrate, Gir		ne Seeds, Fl								_
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulpl	hites	Preserv		ır Colours	
Zesty Portuguese Dressing	Y	Y		Y							Y			4
Sweet Sesame Dressing	Y			Y	V			Y			Y			_
Thai Style Dressing	T			ĭ	Y			Y	1	1			Maur	
Sauces										A Ot .		hup		onnaise
							т	-			//Serve	Avg Qty /100		Avg Qty /100g
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (Soybean Oil)								Energy		43		478	370	3090
							1	Energy (		10 0.		114 1.5	89 0.1	738 1.0
MAYONNAISE: Soybean Oil (Antioxidant [330], Egg Yolks, Water, Distilled Vinegar, Salt, Sugar, Spice, Lemon Juice Concentra	to Antiovid	lant (385)					ī	Protein ( Fat, tota		0.		0.0	9.8	82.0
Contains soy & egg.	ito, ruitioxio	iant (000).							d Fat (g)	0.		0.0	1.6	13.0
							1		drate (g)	2.		26.1	0.2	2.0
								Sugars	Į,	1.5		20.0	0.1	1.0
								Sodium	(mg)	88	8	983	63	525
ſ	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulpl	hites	Preserv	vative Flavo	ır Colours	1
Ketchup				Ϋ́										
Mayonnaise		Υ		Υ										
BREAKFAST														
Breakfast Condiments								Honey			Strawbe	rry Jam	Ve	gemite
							Avg Qty		ty /100g	Avg Qty			Avg Qty /Serve	
STRAWBERRY JAM: Strawberries, Sugar, Glucose (Maize), Pectin, Acidity Regulator (330).					Energy (kJ)		23		490	18		1160	39	811
					Energy (Ca	I)	5	7 3	356	45	5	278	9	194
HONEY: Honey.					Protein (g)		0.	1 (	0.6	<0	1.1	0.6	1.2	25.6
					Fat, total (g		<0		0.1	<0		0.1	<0.1	0.9
VEGEMITE ™: Yeast Extract, Salt, Mineral Salt (508), Malt Extract (from Barley), Colour (150d – contains preservative sulphur	dioxide), \	/egetable Ex	tract, Niacin	Thiamine, F		(0)	<0		0.1	<0		0.1	<0.1	0.9
Folate.					Carbohydra	ite (g)	13		6.8	10		67.8	0.9	19.5
Contains gluten & sulphites.					Sugars (g)	-/	11		0.6	10	1.0	62.5 8	<0.1 162	1.7 3380
					Sodium (mg	3)	1 2		13	1 1	ı	ŏ	102	3380
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulpl	hites	Preserv	vative Flavo	ır Colours	
Jam		ļ							1					
Honey	Υ	<b>_</b>							<b>—</b> .	,	Y			4
Vegemite	Y								١	r	Y			

Bacon & Egg Brekkie Roll													Avg Qty /Serve	Avg Qty /100g
	anola Oil, Iodised Salt, Sugar, Improver (Dextrose, Wheat Flour, Emuls	sifier (472e), <b>S</b> e	<b>y</b> Flour, Do	ugh Conditio	ner (300), Er	nzyme (1100)), Emulsifier	(472 (e), 170	), 471), Prese	ervative (282), Vitam	nins (Thiamin, Fola	te). Energy	(kJ)	2080	969
EGG: Shell Egg											Energy	(Cal)	498	232
COON CHEESE SLICE: Milk, Salt, Starter Cultures, N	Ion-Animal Rennet, Non-Animal Lipase.										Protein	ı (g)	26.9	12.5
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 4	51), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (33	80), Sodium Nit	rite (250), Ro	semary Ext	ract.						Fat, tot	tal (g)	18.9	8.8
	ste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422)	), Salt, Worces	<b>tershire</b> , Spi	ces, Colour	(150c), Onio	n, Garlic, Preservative (20	02), Vegetabl	e Gum				ted Fat (g)	8.7	4.0
(415), Smoke Flavour.											Carboh	nydrate (g)	53.1	24.7
COOKING OIL: Canola Oil, Soy Lecithin, Flavour, Colo	our (160a), Acidity Regulator (330).										Sugars	(0)	8.5	4.0
Contains gluten, egg, milk, soy and fish.											Sodiun	. 0/	1190	552
BREAD ROLLS are produced on equipment that also	produces products containing sesame seeds	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative		Colours	
BBQ Sauce contains traces of fish and gluten		Υ	Υ	Υ	Υ	Y-Fish			T		Y	Υ	Y	
Deluxe Brekkie Roll													Avg Qty /Serve	Avg Qty /100
BREAD ROLL: Wheat Flour, Water, Yeast, Gluten, C	anola Oil, lodised Salt, Sugar, Improver (Dextrose, Wheat Flour, Emuls	sifier (472e), <b>S</b> e	y Flour, Dou	ugh Conditio	ner (300), Er	nzyme (1100)), Emulsifier	(472 (e), 170	), 471), Prese	ervative (282), Vitam	nins (Thiamin, Fola	te). Energy	(kJ)	2490	978
EGG: Shell Egg											Energy	\ /	596	234
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Gluc	ose Syrup (from wheat), Sucrose, Spices, Vegetable Powders (Garlic, C	Onion), Mineral	Salt (341), H	Hydrolysed \	/egetable Pro	otein (from soy), Spice Ex	ktracts, Cano	la Oil].			Protein	` '	35.1	13.8
COON CHEESE SLICE: Milk, Salt, Starter Cultures, N	Ion-Animal Rennet, Non-Animal Lipase.										Fat, tot	tal (g)	27.4	10.7
CHUNKY TOMATO SAUCE: Water, Tomato ITomato	Paste, Crushed Tomato (Acidity Regulator (330), Firming Agent (509)],	Red Bell Penn	er Puree, Su	gar. Vinega	r. Thickener	(1422), Dehvdrated Veget	ables, Salt. S	Spices, Sovh	ean Oil. Preservativ	e (202), Vegetable	Satura	ted Fat (g)	12.7	5.0
Gum (415).	, (), (),			3,3	,	( · · · = ), = · · · ) = · · · · · · · · · · · · · ·	,,	· p , ,		- (),9		nydrate (g)	50.3	19.7
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 4	51), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (33	30), Sodium Nit	rite (250), Ro	semary Ext	ract.						Sugars	(g)	5.2	2.0
COOKING OIL: Canola Oil, Soy Lecithin, Flavour, Colo	our (160a), Acidity Regulator (330).										Sodiun	n (mg)	1330	523.0
Contains gluten, egg, milk & soy. Traces of sulphites i	n the Tomato Sauce	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
BREAD ROLLS are produced on equipment that also	produces products containing sesame seeds	Y	Y	Υ	Υ				T	T	Y	Υ	Y	
Hash Brown													Avg Qty /Serve	Avg Qty /100g
											Energy	r (kJ)	638	1150
Potato, Canola Oil, Salt, Dextrose (Maize), Emulsifier	(471), Preservatives (450, 222), Antioxidant (320), Pepper Extracts.										Energy	(Cal)	153	276
	OR										Protein	ı (g)	1.6	2.9
Potatoes, Canola Oil, Seasoning (Black Pepper, Salt,	Modified Corn Starch)										Fat, tot	tal (g)	9.5	17.2
											Satura	ted Fat (g)	1.1	2.0
Contains traces of sulphite.											Carboh	nydrate (g)	14.6	26.4
* Hash Browns served after 10.30am are cooked with	products containing gluten										Sugars	s (g)	0.2	0.4
											Sodiun	. 0/	352	637
Note: Hash Brown is cooked in canola oil blend.		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
											Energy	(kJ)	1020	1230
TORTILLA: Wheat Flour [Thiamine, Folic Acid], Wate	r, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Min	eral Salts (450	, 500, 341)],	Acidity Reg	ulator (297),	Mineral Salt (500), Preser	vative (282),	Yeast.			Energy	. ,	244	294
CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Nor	ı-Animal Rennet, Non-Animal Lipase.										Protein	ı (g)	12.1	14.6
HAM: Pork, Water, Acidity Regulators (326, 262), Salt	, Emulsifier (451), Sugar, Dextrose (Maize), Antioxidant (316), Sodium N	Nitrite (250), Co	olours (Sorgh	um Husk E	ktract 160b).						Fat, tot	tal (g)	11.5	13.8
											Satura	ted Fat (q)	6.6	7.9
Contains gluten and milk.												nydrate (g)	22.3	26.9
<del>-</del>											-	, (0)		
											Sugars	s (q)	1.6	2.0
											Sugars	(0)	1.6 514	2.0 619
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites		(0)		

											Plain		with Svru	ıp & Butter
Avg Qty /Serve   Avg Qty /100g   Avg Qty /100g														
AKES: Water, Wheat Flour, Whey Powder, Maize Flour, Vegetable Oil (Canola), Sugar, Raising Agents (341, 500, 541), Dextrose, Emulsifiers (471, 481), Egg, Salt, Thickener (415 contains Wheat).    Energy (kJ)   1660   1100   360   296     Energy (Cal)   397   263   660   296     Energy (Cal)   397   263   260     Energy (Cal														
	, _ 3/10000, E	310111010 (4	,,, <b>_g</b>	g, 3an,ion	,	,-			. ,					
Contains gluten, egg & milk.									,					
T 1 T 2 T 2 T 2 T 2 T 2 T 2 T 2 T 2 T 2														
<b>*************************************</b>									(0)					
								Carbohy	drate (q)	61.5		40.7	106	47.7
								Sugars (	(q)	14.2		9.4		
										438		290	536	240
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulpl	hites F	reservative	Flavour	Colours	
Plain	Y		Υ					T						
with Syrup and Butter         Y         Y         Y         T         Y														
Hotcak Syrup   Whipped Butter (2 portion   Syrup   Avg Qty / Serve   Avg Qty / Se														
Hotcate Syrup   Whipped Butter (2 portions)														
Whipped Butter (2 portion														
ke Condiments         Avg Qty /Serve   Avg Qty /100g   Avg Qty														
Avg Qty /Serve   Avg Qty /100g   Avg Qty /10														
Whipped Butter (2 portions ake Condiments   Avg Qty /Serve   Avg Qty /100g   Avg Qty /500g														
Avg Qty /Serve   Avg Qty /100g   Avg Qty /10														
Avg Qty /Serve   Avg Qty /100g   Avg Qty /10														
Avg Qty /Serve   Avg Qty /100g   Avg Qt /10														
								Sugars (	(g)	32.2		53.3	<0.1	0.7
								Sodium	(mg)	18		30	79	700
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulpl	hites F	Preservative	Flavour	Colours	
Hotcake Syrup											Υ	Υ	Y	
Whipped Butter			Υ											
McMuffin - Bacon & Egg										Or	n White Muffi	in	On Whole	meal Muffin
WHITE ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Ground Maize (Preservative 200), Gluten, Sugar, Iodised Salt, Canola	Oil. Preserva	ative (282), [	Dough Impro	ver f(Sov Flo	ur. Emulsifier 481. Minera	al Salt (170. 5	516). <b>Malt Fl</b>	our.		Avg Qty /S	erve 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						OR		Energy (	kJ)	1240		941	1220	898
		, ,	,-		,			Energy (		297		225	292	215
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, Wheat Germ, WI	heat Gluten	Sugar India	sed Salt Pre	servative (28)	2) Vegetable (Canola) O	il (Antioxidan	rt (330)) Acid			16.4		12.4	18.0	13.3
Regulators (262, 341, 297), Improver ( <b>Soy</b> Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516									l (g)	13.6		10.3	14.0	10.3
EGG: Fresh, Shelled Egg.	,		. "		, , , , , , , , , , , , , , , , , , , ,	.,	,. , - (.	Saturate	(0)	6.2		4.7	5.8	4.2
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330)	, Sodium Nit	rite (250), Ro	semary Extr	ract.					drate (g)	26.1		19.8	21.6	15.9
CHEESE: Cheese (Milk, Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331), Salt					b, 160c), Preservative (2	00), <b>Soy</b> Led	ithin.	Sugars (		2.1		1.6	3.0	2.2
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330).		-	,		•	-		Sodium	(mg)	673		510	651	479
Contains gluten, egg, milk & soy.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulpl	hites F	Preservative	Flavour	Colours	
MUFFINS are produced on equipment that also produces products containing sesame seeds.	Y	Y	Υ	Y				T			Υ	Υ	Y	
McMuffin - BLT										Or	n White Muffi	in	On Whole	meal Muffin
WHITE ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Ground Maize (Preservative 200), Gluten, Sugar, Iodised Salt, Canola	Oil Preserv	ative (282\ F	Oough Impro	ver [( <b>Sov</b> Flo	ur Emulsifier 481 Miners	al Salt (170	516) Malt Fl	our						
Dough Conditioner 300, Enzymes (Amylase, Xylanase)], Emulsifiers (471, 472e), Antioxidants (304, 307, 330), Food Acids (341						ai Jait (170, t	), man 1 K	oui,		Avg Qty /S	erve Avg (	Qty /100g	Avg Qty /Serve	Avg Qty /100g
1	,,,	,	,,	,,.	,			Energy (	(kJ)	906		788	876	730
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, Wheat Germ, Wi	heat Gluton	Sugar India	and Salt Dra	convativo (00	2) Vagatable (Canolo) (C	il (Antiovidon	rt (330)\			216		188	209	174
Regulators (262, 341, 297), Improver ( <b>Soy</b> Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516								,		8.1		7.1	9.7	81
TOMATO SLICE: Tomato.	,, Tricut Mic		.,,, 11116	IOUI, EIII		o.a. oun (170	·,, =112 <b>y</b> 1110 (1	Fat, tota		8.1		7.0	8.3	7.0
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330)	. Sodium Nit	rite (250) Ro	semary Extr	ract.				Saturate	(0)	2.4		2.1	2.1	1.8
SHREDDED LETTUCE: Iceberg Lettuce.	,	(200), 100						Carbohy	(0)	26.5		23.1	21.6	18.0
<u> </u>								Sugars (	(4)	2.3		2.0	3.3	2.7
														4.7
MAYONNAISE: Water Soybean Oil (Antioxidant (330) For Yolks Modified Corn Starch (1401 1442) Corn Syrup Solids Dietil	lled Vinenar	Salt Sugar	Mustard Flo	ur Thickener	(415) Acidity Regulator	(270) Prese	rvative (202)							405
MAYONNAISE; Water, Soybean Oil (Antioxidant (330), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distil SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - derived from Soy), Flavour, Colour (160a), Acidity Regulator (330).	lled Vinegar,	Salt, Sugar,	Mustard Flo	ur, Thickener	(415), Acidity Regulator	(270), Prese	rvative (202).			528		459	486	405
	lled Vinegar,	Salt, Sugar,	Mustard Flo	ur, Thickener	(415), Acidity Regulator	(270), Prese	rvative (202).			528				405

ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.

McMuffin - with Jam									Plain White N	<b>N</b> uffin		Muffin F	Plain Wholen Muffin		Auffin With Jam
WHITE ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Ground Maize (Preservative 200), Gluten, Sugar, Iodis Emulsifier 481, Mineral Salt (170, 516), Malt Flour, Dough Conditioner 300, Enzymes (Amylase, Xylanase)], Em Enzyme (1101), Vitamins (Thiamine, Folate).  OR									Avg Qty /Serve	Avg Qty /100g	Avg Qty	Avg Qty	Avg Qty Avg ( /100	Qty Ava Oty /Song	Avg Qty /100g
							Energy (kJ)		618	1100	822	1110	593 988	779	1030
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, V							Energy (Ca	)	148	262	197		142 236		243
Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts ( Flour, Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100).	(170), Antioxidant (3	800), Acid	dity Regulato	r (516), <b>Whe</b>	at Malt Flou	ır, Enzymes), Wheat	Protein (g) Fat, total (g)	)	4.4 2.9	7.9 5.2	4.7 3.0		6.0 10. 3.3 5.4		8.1 4.3
STRAWBERRY JAM: Sugar, Strawberries, Vegetable Gum (440), Acidity Regulator (330).							Saturated F	at (g)	0.8	1.5	0.9	1.2	0.4 0.7	0.4	0.6
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330).							Carbohydra	te (g)	24.7	43.8	36.3	49.0	20.1 33.	30.8	40.5
Contains gluten & soy.							Sugars (g)		1.1	2.0	11.2	15.2	2.0 3.4	11.8	15.6
MUFFINS are produced on equipment that also produces products containing sesame seeds							Sodium (mg	J)	268	476	277	374	245 408	3 248	326
Note: Available with your choice of Vegemite ™, Honey OR Strawberry Jam.	G	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulp	hites	Preserva	ative Flavo	ur Colours	
		Υ			Υ				T			Y	Y	Y	<u> </u>
McMuffin - Mighty												On V	Vhite Muffin	On Whol	emeal Muffin
ENGLISH MUFFIN: <b>Wheat</b> Flour, Water, Yeast, Sugar, Iodised Salt, Vinegar, Canola Oil, Gluten, Emulsifiers (	472e, 481 derived fr	rom <b>Soy</b> )	I, Preservativ	es (200, 282	), <b>Soy</b> Flou	r, Ground Maize, Mineral	I Salt (170), A	cidity Regula	ators (262, 297),				Avg (	Qtv	
Dough Conditioners (300, 516), Enzyme (1100), Vitamin (Thiamin, Folate).		,	,		,,	, ,		, ,	( . , . ,,			Avg Qty /	/100	g Avg Qty /Serve	
										Energy (I		1910			921
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, W										Energy (		456			214
Regulators (262, 341, 297), Improver ( <b>Soy</b> Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity	y Regulator (516), <b>W</b>	/heat Ma	alt Flour, Enz	ymes), wne	at Flour, Em	iulsifiers (4/2e, 4/1), Mir	neral Salt (170	), Enzyme (	1100).	Protein (	J/	28.3			14.3
EGG: Fresh, Shelled Egg.										Fat, total	(0)	23.4			11.3
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from wheat), Sucrose, Spices, Vegetable Pow Extracts].	ders (Garlic, Onion),	, Mineral	Salt (341), I	Hydrolysed V	egetable Pr	otein (from <b>soy</b> ), Antioxid	dant (306), Ca	nola Oil, Sp	ice	Saturate	(0)	10.8			5.0 12.6
•	Descriptor (220) Co.	alia Nik	-it- (250) D-							Carbohy	(0)	31.6 5.7			
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity CHEESE: Cheese (Milk, Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340	•		. ,			Oh 160a) Danaamiatiisa (	200\	:4la:		Sugars (g Sodium (		1240			3.1 571
CHEESE: Cheese (white, Sait, Culture, Enzymes (Remiet, Lipase)), Water, white Solius, Butter, Emulsiners (34t KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Syrup, Vinegar, Salt, Spice.	J, 452, 551), Sail, Al	ciuity Re	guiators (200	, 330, 339),	Colours (10	ob, 100c), Fleseivalive (	200), <b>30y</b> Leo	aumi.		Soululli (	(IIIg)	1240	004	1190	3/1
Oll.: Canola Oil, Emulsifiers ( <b>Soy</b> Lecithin), Flavour, Colour (160a), Acidity Regulator (330).															
Contains gluten, egg, milk & soy.	-	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Suln	ohites	Preserva	ative Flavo	ur Colours	1
MUFFINS are produced on equipment that also produces products containing sesame seeds.		Y	Y	Y	Y	Tion a oraciaca	i canata	1100 14013	T	Ouip	211100	Y	Y	V	1
McMuffin - Sausage	<u> </u>	•		<u>'</u>		·						On V	Vhite Muffin	On Whol	emeal Muffin
ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Sugar, Iodised Salt, Vinegar, Canola Oil, Gluten, Emulsifiers ( Dough Conditioners (300, 516), Enzyme (1100), Vitamin (Thiamin, Folate).  OR	472e, 481 derived fr	rom <b>Soy</b> )	I, Preservati	es (200, 282	?), <b>Soy</b> Flou	r, Ground Maize, Minera	l Salt (170), A	cidity Regula	ators (262, 297),			Avg Qty /	Serve Avg (		Avg Qty /100g
										Energy (I	kJ)	1240	) 114	0 1220	1080
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, V	Vheat Germ, Wheat	Gluten,	Sugar, Iodis	ed Salt, Pres	ervative (28	32), Vegetable (Canola) (	Oil (Antioxidan	t (330)), Aci	dity	Energy (	Cal)	297	272	291	258
Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity	y Regulator (516), W	/heat Ma	alt Flour, Enz	ymes), Whe	at Flour, Èm	ulsifiers (472e, 471), Mir	neral Salt (170	), Enzyme (	1100).	Protein (	g)	15.3	14.	16.9	
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from wheat), Sucrose, Spices, Vegetable Pow	ders (Garlic, Onion),	, Mineral	Salt (341), I	Hydrolysed V	egetable Pr	otein (from soy), Antioxid	dant (306), Ca	nola Oil, Sp	ice	Fat, total	l (g)	14.2	13.	14.6	15.0
Extracts].															
										Saturated	d Fat (g)	7.4			15.0
CHEESE: Cheese (Milk, Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340)	0, 452, 331), Salt, Ac	cidity Re	gulators (260	, 330, 339),	Colours (16	0b, 160c), Preservative (	200), <b>Soy</b> Led	ithin.		Saturate Carbohy	(0)	7.4 25.7		6.9	15.0 12.9
	0, 452, 331), Salt, Ac	cidity Re	gulators (260	, 330, 339),	Colours (16	0b, 160c), Preservative (	200), <b>Soy</b> Led	ithin.			drate (g)	25.7 1.7	23.	6.9 5 21.1 2.6	15.0 12.9 6.1
CHEESE: Cheese (Milk, Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340 OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330).	O, 452, 331), Salt, Ac	cidity Re	gulators (260	), 330, 339),	Colours (16	0b, 160c), Preservative (	200), <b>Soy</b> Led	ithin.		Carbohy	drate (g)	25.7	23.	6.9 5 21.1 2.6	15.0 12.9 6.1 18.7

ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.

McMuffin - Sausage and Egg										On White	Muffin	On Whole	emeal Muffin
ENGLISH MUFFIN: Wheat Flour, Water, Yeast, Sugar, Iodised Salt, Vinegar, Canola Oil, Gluten, Emulsifiers (472e, 481 d Dough Conditioners (300, 516), Enzyme (1100), Vitamin (Thiamin, Folate). OR	erived from Soy	)I, Preservat	ives (200, 28	2), <b>Soy</b> Flour	r, Ground Maize, Mineral	Salt (170), A	cidity Regula	ators (262, 297),		Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
•									Energy (kJ)	1540	981	1520	944
WHOLEMEAL MUFFIN: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Wheat Bran, Yeast, Ground Maize, Wheat Germ	Wheat Gluten	. Sugar. Iodi	sed Salt. Pre	servative (28	(2). Vegetable (Canola) C	il (Antioxidan	ıt (330)). Aci	ditv	Energy (Cal)	369	235	363	226
Regulators (262, 341, 297), Improver (Soy Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator									Protein (g)	21.2	13.5	22.8	14.2
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from wheat), Sucrose, Spices, Vegetable Powders (Garlic	Onion). Minera	l Salt (341).	Hydrolysed \	/egetable Pro	otein (from sov). Antioxid	ant (306). Ca	nola Oil. Sp	ice	Fat, total (g)	19.6	12.4	19.9	12.4
Extracts].	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	,,	,,	- 5-1	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	(),			Saturated Fat (g)	9.0	5.7	8.6	5.3
EGG: Fresh, Shelled Egg.									Carbohydrate (g)	25.8	16.4	21.3	13.2
CHEESE: Cheese (Milk, Salt, Culture, Enzymes (Rennet, Lipase)), Water, Milk Solids, Butter, Emulsifiers (340, 452, 331),	Salt. Acidity Re	egulators (26	0. 330. 339).	Colours (160	b. 160c). Preservative (2	00). <b>Sov</b> Led	ithin.		Sugars (g)	1.9	1.2	2.7	1.7
OIL: Canola Oil, Emulsifiers ( <b>Soy</b> Lecithin), Flavour, Colour (160a), Acidity Regulator (330).	,	J=====================================	-,,		,), (-	,,,			Sodium (mg)	650	413	627	390
Contains gluten, egg, milk & soy.	Gluten	Egas	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.	Y	Y	Y	Y	Tion a Gradiada	1 curiuto	1100 14010	T	Сагринос	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 [Mi	neral Salts (450	, 500, 341)],	Acidity Regu	ılator (297), N	Mineral Salt (500), Preser	vative (282),	Yeast			Energy		371	183
TOMATO: Tomato Slice	,	/2/	,	` "	, ,	` ''				Proteir	. ,	19.5	9.7
SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (142	2). Salt. Worces	stershire. St	ices. Colour	(150c), Onio	n. Garlic. Preservative (2)	02). Vegetab	le Gum (415	). Smoke Flavour.		Fat, to	tal (g)	18.3	9.1
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (	,			. ,	, ,	,, .,		,,			ted Fat (q)	6.5	3.2
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330).	,.	, ,.	•							Carbol	hydrate (g)	30.9	15.3
<u></u>										Sugars	, (0)	9.2	4.5
Contains gluten, egg and soy.										Sodiur	107	637	315
BBQ Sauce contains traces of fish and gluten	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
<del></del>	Y	Y		Y	T- Fish			Т		Y	Y	Y	ĺ
Wrap - English Brekkie	·	1	1	1	L	1				ı		Avg Qty /Serve	Avg Qty /100g
EGG: Fresh, Shelled Egg.										Energy	, (k l)	1990	905
TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mi	neral Salts (450	500 341)1	Acidity Regu	ılator (297) M	Mineral Salt (500) Preser	vative (282)	Yeast			Energy		477	217
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from wheat), Sucrose, Spices, Vegetable Powders (Garlic	,		, ,	, ,.	· /·	, ,.		ica Extractel		Proteir		27.4	12.5
SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (142	, ,	, ,.	, ,	•	· · · · · · · · · · · · · · · · · · ·	, ,.				Fat, to	(0)	26.7	12.1
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (3					ii, Gaille, i leservative (2	JZ), Vegetab	ie Ouiii (+13	), Official Flavour.			ted Fat (g)	10.5	4.8
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330).	iooj, ooululli Ni	une (250), iv	USEIIIAI Y LAI	iaci.							hydrate (g)	30.7	13.9
Office Carlola Oil, Elitaisilleis (30) Lectriffin, Flavour, Colour (100a), Actually Regulator (350).										Sugars	, (0)	8.9	4.1
Contains gluten, egg, soy.										Sodiur		809	368
oonding glaten, egg, sey.		1	1	1		1		l	1	Joodiui	ii (iiig)	000	300
BBQ Sauce contains traces of fish and gluten	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
	Υ	Υ		Υ	Y - FISH					Y	Y	Y	
Wrap - Steak and Egg												Avg Qty /Serve	Avg Qty /100g
STEAK STRIPS: Beef, Marinade [Thickener (1442), Sugar, Maltodextrin, Salt, Flavour, Mineral Salt (451), Spices, Acidity R	egulator (262, 3	30), Tomato	Powder, Yea	ast Extract, S	Smoked Salt, Onion Powd	er, Anti-cakir	ng Agent (55	1).		Energy	/ (kJ)	2120	856
EGG: Fresh, Shelled Egg.										Energy	(Cal)	505	204
TORTILLA: Wheat Flour [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mi	neral Salts (450	, 500, 341)],	Acidity Regu	ılator (297), N	Mineral Salt (500), Preser	vative (282),	Yeast.			Proteir	n (g)	32.0	13.0
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (	330), Sodium Ni	trite (250), R	osemary Ext	ract.						Fat, to	tal (g)	23.6	9.6
SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (142	2), Salt, Worces	tershire, Spi	ces, Colour (	150c), Onion	, Garlic, Preservative (20	2), Vegetable	Gum (415)	Smoke Flavour.		Satura	ted Fat (g)	8.5	3.4
CARAMELISED GRILLED ONION: Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Su	gar, Onion pow	der, Maltode	xtrin, Flavour	s, Spice.						Carbol	hydrate (g)	39.8	16.1
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330).										Sugars	s (g)	7.4	3.0
Contains gluten, egg, soy.										Sodiur	n (mg)	999	404
BBQ Sauce contains traces of fish and gluten	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	

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

Y - FISH

COLD DRINKS													
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
											Energy (Cal)	112	45
Contains sulphites.											Protein (g)	<1.0	<1.0
											Fat, total (g)	<1.0	<1.0
											Saturated Fa	t (g) 0.0	0.0
											Carbohydrate	e (g) 27.5	11.0
											Sugars (g)	27.5	11.0
											Sodium (mg)		5
	Gluten	Eggs	Milk	Soy	Fish & Crustae	a Peanuts	Tree Nuts	Sesame Seeds	Sulp	ohites Pre	servative Fla	vour Colou Y	S
Chocolate Flavoured Milk - Calciyum				1			1				'	-	Serve Avg Qty /100mL
Low Fat Milk, Milk Solids Non-Fat, Sugar, Cocoa, Vegetable Gums (460, 466, 407), Mineral (Calcium Carbonate), Flavours, Vi	/itamin D.										Energy (kJ)	633	253
											Energy (Cal)	151	61
Contains milk.											Protein (g)	8.3	3.3
											Fat, total (g)	3.5	1.4
											Saturated Fa	t (g) 2.3	0.9
											Carbohydrate	e (g) 21.0	8.2
											Sugars (g)	20.0	8.0
			,						-		Sodium (mg)		39
	Gluten	Eggs	Milk	Soy	Fish & Crustae	a Peanuts	Tree Nuts	Sesame Seeds	Sulp	hites Pre	servative Fla		S
			Y							<u> </u>		Y	
							Aug Ob	Small	Qty /100mL	Avg Qty /Serv	Medium re Avg Qty /10	Omal A Ot . /	Large
Coca Cola COCA COLA®: Carbonated Water, Sugar, Colour (150d), Acidity Regulator (338), Flavour, Caffeine					Energy	, (k I)	Avg Qty		140	612	150	937	Serve Avg Qty /100mL 159
ICE: Water					Energy	. ,	10		34	146	36	224	38
1001					Proteir		0.		0.0	0.0	0.0	0.0	0.0
					Fat, to	(0)	0.		0.0	0.0	0.0	0.0	0.0
						ted Fat (q)	0.		0.0	0.0	0.0	0.0	0.0
						hydrate (g)	25		8.3	36.0	8.8	55.1	9.3
					Sugars	s (g)	25	i.2	8.3	36.0	8.8	55.1	9.3
					Sodiur	n (mg)	2:	3	8	33	8	50	8
	Gluten	Eggs	Milk	Soy	Fish & Crustae	a Peanuts	Tree Nuts	Sesame Seeds	Sulp	hites Pre	servative Fla		S
										<u> </u>		Y Y	
Coke Zero							4 0	Small		ł	Medium	0 1 1 0 0 1	Large
	(044) 0-#-				E	. /I- D	Avg Qty		Qty /100mL	Avg Qty /Serv		UML Avg Qty /	Serve Avg Qty /100mL
COKE ZERO: Carbonated Water, Colour (150d), Food Acids (338, 331), Flavour, Artificial Sweeteners (951, 950), Preservativ ICE: Water	ve (ZTT), Calle	eine.			Energy Energy	. ,	3		0	1	1 <1	2	1 <1
IOL. Walei					Proteir		0.		<0.1	0.2	<0.1	0.3	<0.1
Contains Phenylalanine					Fat, to		0.		0.0	0.2	0.0	0.0	0.0
eoname i monganamino						ted Fat (g)	0.		0.0	0.0	0.0	0.0	0.0
						nydrate (g)	<0		<0.1	<0.1	<0.1	<0.1	<0.1
							0.		0.0	0.0			0.0
					Sugars	S (Q)	U.	.0	0.0	0.0	0.0	0.0	
					Sugars Sodiur		34		11	49	12	75	13
	Gluten	Eggs	Milk	Soy	Sugars Sodiur Fish & Crustae	n (mg)	34	4	11	49		75	13

								Small			Medium		Li	arge
<u>Diet Coke</u>							Avg Qty /	Serve Avg	Qty /100mL	Avg Qty /	Serve Avg	Qty /100mL	Avg Qty /Serve	Avg Qty /100ml
DIET COKE: Carbonated Water, Colour (150d), Food Acids (338, 330, 331), Artificial Sweeteners (951, 950), Flavour, Preser	rvative (211), C	Caffeine.			Energy (F	J)	4		1	6		1	9	1
ICE: Water					Energy (	Cal)	1		<1	1		<1	2	<1
					Protein (g		0.0		0.0	0.0		0.0	0.0	0.0
Contains Phenylalanine					Fat, total		0.0		0.0	0.0		0.0	0.0	0.0
					Saturated	(0)	0.0		0.0	0.0		0.0	0.0	0.0
					Carbohyo	(4)	0.2		<0.1 0.0	0.3		<0.1 0.0	0.5	<0.1 0.0
					Sugars (g Sodium (		34		11	49		12	75	13
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds		-	Preservative		Colours	13
	O.u.o	-990				- Curioto	110011010				Y	Y	Y	1
	•							Small			Medium		Li	arge
<u>Fanta</u>					<u> </u>		Avg Qty /	Serve Avg	Qty /100mL	Avg Qty /	Serve Avg	Qty /100mL	Avg Qty /Serve	Avg Qty /100ml
FANTA: Carbonated Water, Sugar, Acidity Regulator (330), Flavour, Preservative (211), Antioxidant (300), Colour (110).					Energy (I	J)	526	i	172	752	!	184	1150	195
ICE: Water					Energy (	Cal)	125		41	180	)	44	275	47
					Protein (g		0.0		0.0	0.0		0.0	0.0	0.0
					Fat, total	(0)	0.0		0.0	0.0		0.0	0.0	0.0
					Saturated	(0)	0.0		0.0	0.0 44.2		0.0	0.0	0.0
					Carbohyo	(0)	30.9		10.1	44.2		10.8	67.6 67.1	11.5 11.4
					Sugars (g Sodium (		34		11	43.8		12	75	13
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds			Preservative		Colours	10
	Gidioii	-990				. canato	110011010				Υ	Y	Y	
								Small			Medium		Li	arge
Frozen Coca Cola							Avg Qty /	Serve Avg	Qty /100mL	Avg Qty /	Serve Avg	Qty /100mL	Avg Qty /Serve	Avg Qty /100ml
Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine .					Energy (I	J)	477		230	724		230	950	230
					Energy (	-	114		55	173		55	227	55
					Protein (g		0.0		0.0	0.0		0.0	0.0	0.0
					Fat, total Saturated	(0)	0.0		0.0	0.0		0.0	0.0	0.0
					Carbohyo	(0)	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 (		22		10	33		10	43	10
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulp	ohites	Preservative	Flavour	Colours	
												Y	Y	
								Small			Medium		Li	arge
Frozen Coca Cola Float							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 (F		101		430	123		396	1420	377
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Em	nulsifiers (433,	471), Vegeta	able Gums (4	107, 407a, 41			239		102	292		94	336	89
Flavour.					Protein (g	,	4.7		2.0	5.2		1.7	5.7	1.5
Contains milk and sulphites. Traces of gluten.					Fat, total		5.8		2.4	6.4		2.1	6.9	1.8
					Saturated	(0)	3.8 42.1		1.6 17.9	4.2 53.4		1.4	4.6 62.6	1.2 16.7
					Carbohyo Sugars (d		38.5		16.4	49.3		15.8	58.3	15.5
					Sugars (g Sodium (		79		33	93		30	104	28
					Codidin (	··J/	10							20
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulr	ohites	Preservative	Flavour	Colours	

												,	imall	N	ledium
Orange Juice											Ī	Avg Qty /Serve	Avg Qty /100n	L Avg Qty /Serv	e Avg Qty /100mL
Water, Orange Juice Concentrate, Preservatives (211,202), Colour (160a), Flavour.									Ī	Energy (kJ		546	182	782	182
3									Ī	Energy (Ca	l)	131	44	187	44
									Ī	Protein (g)	,	2.4	0.8	3.4	0.8
									Ī	at, total (c	)	0.0	0.0	0.0	0.0
										Saturated F	at (g)	0.0	0.0	0.0	0.0
									(	Carbohydra	ite (g)	29.7	9.9	42.6	9.9
										Sugars (g)		23.7	7.9	34.0	7.9
		1								Sodium (m	,,	26	9	38	9
	Gluten	Eggs	Milk	Soy	Fish & Crust	staea	Peanuts	Tree Nuts	Sesame	Seeds	Sulph	ites Pres	ervative Flavo	ır Colours	_
													Y Y	Y	
Shake - Chocolate									Smal				edium		Large
								Avg Qty		Avg Qty /	00mL		Avg Qty /100n		e Avg Qty /100mL
SHAKE MIX: Milk, Milk Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.						ergy (kJ)		129		389		1740	389	2110	389
OR						ergy (Cal)		307		93		415	93	503	93
Milk, Sugar, Milk Solids, Glucose Syrup, Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour			(044)			otein (g)		8.8		2.7		11.9	2.7	14.5	2.7
<u>CHOCOLATE SHAKE SYRUP</u> : Invert Syrup, Glucose Syrup (contains preservative sulphur dioxide), Water, Cocoa Powder, N. Acidity Regulator (330), Flavour.	лап Syrup, Sa	ait, Preserva	tive (211),			t, total (g) turated Fat	t (a)	7.6 4.8		2.3		10.2 6.4	2.3	12.4 7.8	2.3 1.4
Addity Negulator (350), Flavour.						rbohydrate	(4)	49.9		15.1		67.4	15.1	81.8	15.1
Contains milk & sulphites.						gars (g)	; (g)	41.4		12.5		55.9	12.5	67.8	12.5
Sontaino mint a sulpintos.						dium (mg)		251		76		339	76	411	76
	Gluten	Eggs	Milk	Soy	Fish & Crust		Peanuts	Tree Nuts	Sesame		Sulph		ervative Flavo		
		-33-	Y	,							Y		Y Y		1
									Smal	ı		М	edium		Large
Shake - Strawberry								Avg Qty	/Serve	Avg Qty /	00mL	Avg Qty /Serve	Avg Qty /100n	L Avg Qty /Serv	e Avg Qty /100mL
SHAKE MIX: Milk, Milk Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.					Ene	ergy (kJ)		124	0	361		1600	361	1980	361
OR						ergy (Cal)		296	6	86		382	86	474	86
Milk, Sugar, Milk Solids, Glucose Syrup, Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour					Prof	otein (g)		8.0	)	2.3		10.3	2.3	12.9	2.3
STRAWBERRY SYRUP: Invert Sugar Syrup, Water, Glucose Syrup (Preservative (sulphur dioxide)), Sugar, Strawberry Juice	Concentrate	, Acidity Reg	julator (330),		Fat,	t, total (g)		7.1		2.1		9.1	2.1	11.3	2.1
Preservative (211), Humectant (1520), Colours (129,110, 133), Flavour.					Satu	turated Fat	t (g)	4.4		1.3		5.7	1.3	7.1	1.3
					Carl	rbohydrate	e (g)	49.4		14.4		63.7	14.4	79.3	14.4
Contains milk & sulphites.						gars (g)		41.6		12.1		53.6	12.1	66.6	12.1
					Sod	dium (mg)		192	2	56		248	56	308	56
	Gluten	Eggs	Milk	Soy	Fish & Crust	staea	Peanuts	Tree Nuts	Sesame	Seeds	Sulph		ervative Flavo		
	Gluten	Eggs	Milk Y	Soy	Fish & Crust	staea	Peanuts	Tree Nuts			Sulph Y		Y Y	Y	Lorgo
Shake - Vanilla	Gluten	Eggs		Soy	Fish & Crust	staea	Peanuts		Smal	I	Y	M	Y Y edium	Y	Large
Shake - Vanilla	Gluten	Eggs		Soy			Peanuts	Avg Qty	Smal /Serve	I Avg Qty /	Y	M Avg Qty /Serve	Y Y edium Avg Qty /100n	Y  Avg Qty /Serv	e Avg Qty /100mL
SHAKE MIX. Milk, Milk Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.	Gluten	Eggs		Soy	Ene	ergy (kJ)	Peanuts	Avg Qty	Smal /Serve	Avg Qty /	Y	M Avg Qty /Serve	Y Y edium Avg Qty /100n 330	Y  Avg Qty /Serv  1880	e Avg Qty /100mL 330
SHAKE MIX. Milk, Milk Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.  OR	Gluten	Eggs		Soy	Ene Ene	ergy (kJ) ergy (Cal)	Peanuts	Avg Qty /	Smal /Serve 0	Avg Qty /* 330 79	Y	M Avg Qty /Serve 1470 352	Y Y Y edium  Avg Qty /100n  330  79	Y nL Avg Qty /Serv 1880 449	e Avg Qty /100mL 330 79
SHAKE MIX: Milk, Milk Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.  OR  Milk, Sugar, Milk Solids, Glucose Syrup, Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour			Y	Soy	Ene Ene Prot	ergy (kJ) ergy (Cal) otein (g)	Peanuts	Avg Qty / 1111 266 7.4	Smal /Serve 0	Avg Qty /- 330 79 2.2	Y	M Avg Qty /Server 1470 352 9.8	Y Y Y edium  Avg Qty /100n  330  79  2.2	Y  Avg Qty /Serv  1880  449  12.5	Avg Qty /100mL 330 79 2.2
SHAKE MIX. Milk, Milk Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.  OR			Y	Soy	Ene Ene Proi Fat,	ergy (kJ) ergy (Cal) otein (g) t, total (g)		Avg Qty /	Smal /Serve 0	Avg Qty /* 330 79	Y	M Avg Qty /Serve 1470 352	Y Y Y edium  Avg Qty /100n  330  79	Y  Avg Qty /Serv  1880  449  12.5  11.0	Avg Qty /100mL 330 79 2.2 1.9
SHAKE MIX: Milk, Milk Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.  OR  Milk, Sugar, Milk Solids, Glucose Syrup, Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour			Y	Soy	Ene Ene Prot Fat, Satu	ergy (kJ) ergy (Cal) otein (g)	t (g)	Avg Qty / 111 266 7.4 6.5	Smal //Serve 0	Avg Qty /* 330 79 2.2 1.9	Y 00mL	M Avg Qty /Serve 1470 352 9.8 8.6	Y Y Y edium  Avg Qty /100n  330  79  2.2  1.9	Y  Avg Qty /Serv  1880  449  12.5	Avg Qty /100mL 330 79 2.2
SHAKE MIX: Milk, Milk Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.  OR  Milk, Sugar, Milk Solids, Glucose Syrup, Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour  VANILLA SYRUP: Water, Sugar, Glucose Syrup (contains preservative sulphur dioxide), Flavour, Colour (150d), Preservative			Y	Soy	Ene Ene Prot Fat, Satu	ergy (kJ) ergy (Cal) otein (g) t, total (g) turated Fat	t (g)	Avg Qty // 1111 266 7.4 6.5	Smal //Serve 0 6	Avg Qty /* 330 79 2.2 1.9	OOmL	MM Avg Qty /Serve 1470 352 9.8 8.6 5.4	Y Y edium  Avg Qty /100n  330  79  2.2  1.9  1.2	Y  Avg Qty /Serv  1880  449  12.5  11.0  6.9	e Avg Qty /100mL 330 79 2.2 1.9
SHAKE MIX: Milk, Milk Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.  OR  Milk, Sugar, Milk Solids, Glucose Syrup, Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour  VANILLA SYRUP: Water, Sugar, Glucose Syrup (contains preservative sulphur dioxide), Flavour, Colour (150d), Preservative			Y	Soy	Ene Ene Prot Fat, Satu Carl	ergy (kJ) ergy (Cal) otein (g) t, total (g) turated Fat	t (g)	Avg Qty // 1111 266 7.4 6.5 4.1	Smal //Serve 0 6 6 7 7 7 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	Avg Qty /* 330 79 2.2 1.9 1.2	OOmL	MM Avg Qty /Serve 1470 352 9.8 8.6 5.4 58.1	Y Y edium  Avg Qty /100n  330  79  2.2  1.9  1.2  13.0	Y 1880 449 12.5 11.0 6.9 74.1	e Avg Qty /100mL 330 79 2.2 1.9 1.2 13.0
SHAKE MIX: Milk, Milk Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.  OR  Milk, Sugar, Milk Solids, Glucose Syrup, Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour  VANILLA SYRUP: Water, Sugar, Glucose Syrup (contains preservative sulphur dioxide), Flavour, Colour (150d), Preservative			Y	Soy	Ene Ene Prot Fat, Satu Carl	ergy (kJ) ergy (Cal) otein (g) t, total (g) turated Fat rbohydrate gars (g) dium (mg)	t (g)	Avg Qty / 1111 266 7.4 6.5 4.1 44.0	Smal //Serve 0 6 6 7 7 7 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	Avg Qty /* 330 79 2.2 1.9 1.2 13.0	OOmL	My Avg Qty /Serve 1470 352 9.8 8.6 5.4 58.1 50.1 229	Y Y Avg Qty/100r 330 79 2.2 1.9 1.2 13.0 11.2	Y 1880 449 12.5 11.0 6.9 74.1 64.0 292	e Avg Qty /100mL 330 79 2.2 1.9 1.2 13.0 11.2

									Small			Medium	La	arge
<u>Sprite</u>								Avg Qty	/Serve	Avg Qty /100mL	Avg Qty /Ser	e Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
SPRITE: Carbonated Water, Sugar, Acidity Regulators (330, 331), Flavour, Preservative (211).						Energy (kJ)		403		131	576	141	877	149
ICE: Water						Energy (Cal	1)	96		31	135	34	210	36
						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 F	(0)	0.0		0.0	0.0	0.0	0.0	0.0
						Carbohydra	ite (g)	23.0		7.7	33.7	8.2	51.6	8.7
						Sugars (g) Sodium (mo	-\	23.		7.6 15	33.1 66	8.1	50.6	8.6
	Gluten	Eggs	Milk	Soy	Fich & (	Sodium (mg Crustaea	Peanuts	Tree Nuts	Sesame S			16 servative Flavour	100 Colours	17
	Giuten	Eggs	IVIIIK	Suy	risii & (	Justaea	Peanuts	Tree Nuts	Sesame S	ieeus oui	Jilles Fie	Y V	Colours	-
								l l			Pop	Tops Water	Cool	l Ridge
Water- Frantelle and Cool Ridge											Avg Qty /Ser			Avg Qty /100mL
FRANTELLE: Spring Water									E	nergy (kJ)	0	0	0	0
COOL RIDGE: Spring Water									<u> </u>	nergy (Cal)	0	0	0	0
									_	rotein (g)	0.0	0.0	0.0	0.0
									_	at, total (g)	0.0	0.0	0.0	0.0
										aturated Fat (g)	0.0	0.0	0.0	0.0
									<u> </u>	arbohydrate (g)	0.0	0.0	0.0	0.0
									<u> </u>	ugars (g) odium (mg)	5	2	33	0.0 6
	Gluten	Eggs	Milk	Soy	Fish & (	Crustaea	Peanuts	Tree Nuts	Sesame S	( 0)		servative Flavour	Colours	0
	Oluton	-990	IVIIIX	ooy	11011 4	J. doldod	1 canato	TICO Hato	00001110	out out	7.11.00	Javour Huvour	Colouis	1
FRAPPES AND SMOOTHIES		ı									ı.	<u> </u>	1	1
									Small			Medium	La	arge
Frappe - Caramel Crush														
								Avg Qty	/Serve	Avg Qty /100mL	Avg Qty /Ser	e 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	s, Colour (150	Oc).				Energy (kJ)		Avg Qty		Avg Qty /100mL 565	Avg Qty /Ser 2650	ve Avg Qty /100mL 553	Avg Qty /Serve 3190	Avg Qty /100mL 548
	s, Colour (150	Oc).				Energy (kJ) Energy (Cal			0					• •
CARAMEL FRAPPE BASE: Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours	s, Colour (150	Oc).				. ,		182 436 7.9	0	565 135 2.5	2650 610 11.8	553 128 2.5	3190 763 14.4	548 131 2.5
CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours [CE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CARAMEL SAUCE; Sucrose Syrup (Cane), Sweetened Condensed Milk, Water, Thickener (1442), Flavours, Golden Syrup, S		,	), Preservativ	e (202), Vege	table Gums	Energy (Cal Protein (g) Fat, total (g)	)	182 436 7.9 19.3	0 6 9	565 135 2.5 6.0	2650 610 11.8 27.3	553 128 2.5 5.7	3190 763 14.4 32.4	548 131 2.5 5.6
CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours ICE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).		,	), Preservativ	e (202), Vege	table Gums	Energy (Cal Protein (g) Fat, total (g) Saturated F	i) (at (g)	182 436 7.9 19.3	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	565 135 2.5 6.0 0.8	2650 610 11.8 27.3 2.9	553 128 2.5 5.7 0.6	3190 763 14.4 32.4 2.8	548 131 2.5 5.6 0.5
CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours ICE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CARAMEL SAUCE; Sucrose Syrup (Cane), Sweetened Condensed Milk, Water, Thickener (1442), Flavours, Golden Syrup, S (415, 417, 401), Mineral Salt (339), Emulsifier (471), Colours (150d, 160c).		,	), Preservativ	e (202), Vege	table Gums	Energy (Cal Protein (g) Fat, total (g) Saturated F Carbohydra	i) (at (g)	182 436 7.9 19.3 2.7 57.3	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	565 135 2.5 6.0 0.8 17.8	2650 610 11.8 27.3 2.9 84.4	553 128 2.5 5.7 0.6 17.6	3190 763 14.4 32.4 2.8 102	548 131 2.5 5.6 0.5
CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours ICE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CARAMEL SAUCE; Sucrose Syrup (Cane), Sweetened Condensed Milk, Water, Thickener (1442), Flavours, Golden Syrup, S (415, 417, 401), Mineral Salt (339), Emulsifier (471), Colours (150d, 160c).  Contains milk.		,	), Preservativ	e (202), Vege	table Gums	Energy (Cal Protein (g) Fat, total (g) Saturated F Carbohydra Sugars (g)	fat (g)	182 436 7.9 19.: 2.7 57.:	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	565 135 2.5 6.0 0.8 17.8	2650 610 11.8 27.3 2.9 84.4 84.0	553 128 2.5 5.7 0.6 17.6	3190 763 14.4 32.4 2.8 102	548 131 2.5 5.6 0.5 17.6
CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours ICE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CARAMEL SAUCE; Sucrose Syrup (Cane), Sweetened Condensed Milk, Water, Thickener (1442), Flavours, Golden Syrup, S (415, 417, 401), Mineral Salt (339), Emulsifier (471), Colours (150d, 160c).  Contains milk.  Caramel Sauce contains traces of sulphiles.	Salt, Food Aci	ds (330, 331				Energy (Cal Protein (g) Fat, total (g) Saturated F Carbohydra Sugars (g) Sodium (mg	() (at (g) (te (g)	182 436 7.9 19.3 2.7 57.3 57.1	0	565 135 2.5 6.0 0.8 17.8 17.7 38	2650 610 11.8 27.3 2.9 84.4 84.0	553 128 2.5 5.7 0.6 17.6 17.6	3190 763 14.4 32.4 2.8 102 102 212	548 131 2.5 5.6 0.5
CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours ICE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CARAMEL SAUCE; Sucrose Syrup (Cane), Sweetened Condensed Milk, Water, Thickener (1442), Flavours, Golden Syrup, S (415, 417, 401), Mineral Salt (339), Emulsifier (471), Colours (150d, 160c).  Contains milk.		,	), Preservativ	e (202), Vege		Energy (Cal Protein (g) Fat, total (g) Saturated F Carbohydra Sugars (g)	fat (g)	182 436 7.9 19.: 2.7 57.:	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	565 135 2.5 6.0 0.8 17.8 17.7 38	2650 610 11.8 27.3 2.9 84.4 84.0	553 128 2.5 5.7 0.6 17.6 17.6 37 servative Flavour	3190 763 14.4 32.4 2.8 102 102 212	548 131 2.5 5.6 0.5 17.6
CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours ICE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CARAMEL SAUCE; Sucrose Syrup (Cane), Sweetened Condensed Milk, Water, Thickener (1442), Flavours, Golden Syrup, S (415, 417, 401), Mineral Salt (339), Emulsifier (471), Colours (150d, 160c).  Contains milk.  Caramel Sauce contains traces of sulphiles.	Salt, Food Aci	ds (330, 331				Energy (Cal Protein (g) Fat, total (g) Saturated F Carbohydra Sugars (g) Sodium (mg	() (at (g) (te (g)	182 436 7.9 19.3 2.7 57.3 57.1	0	565 135 2.5 6.0 0.8 17.8 17.7 38	2650 610 11.8 27.3 2.9 84.4 84.0 176 bhites Pre	553 128 2.5 5.7 0.6 17.6 17.6 37 servative Flavour	3190 763 14.4 32.4 2.8 102 102 212 Colours Y	548 131 2.5 5.6 0.5 17.6 17.5 37
CARAMEL FRAPPE BASE: Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours ICE: Water. WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401). CARAMEL SAUCE: Sucrose Syrup (Cane), Sweetened Condensed Milk, Water, Thickener (1442), Flavours, Golden Syrup, S (415, 417, 401), Mineral Salt (339), Emulsifier (471), Colours (150d, 160c). Contains milk. Caramel Sauce contains traces of sulphites.	Salt, Food Aci	ds (330, 331				Energy (Cal Protein (g) Fat, total (g) Saturated F Carbohydra Sugars (g) Sodium (mg	() (at (g) (te (g)	182 436 7.9 19.3 2.7 57.3 57.1 121 Tree Nuts	0	565 135 2.5 6.0 0.8 17.8 17.7 38 seeds Sulp	2650 610 11.8 27.3 2.9 84.4 84.0 176 bhites Pre	553 128 2.5 5.7 0.6 17.6 17.6 37 servative Flavour Y Y Medium	3190 763 14.4 32.4 2.8 102 102 212 Colours Y	548 131 2.5 5.6 0.5 17.6 17.5 37
CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours ICE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CARAMEL SAUCE; Sucrose Syrup (Cane), Sweetened Condensed Milk, Water, Thickener (1442), Flavours, Golden Syrup, S (415, 417, 401), Mineral Salt (339), Emulsifier (471), Colours (150d, 160c).  Contains milk.  Caramel Sauce contains traces of sulphites.  Frappe made on equipment used to make products containing gluten  Frappe - Choc Whirl	Gluten	ds (330, 331 Eggs	Milk Y	Soy		Energy (Cal Protein (g) Fat, total (g) Saturated F Carbohydra Sugars (g) Sodium (mg Crustaea	fat (g) tite (g) Peanuts	182 436 7.9 19.: 2.7 57.: 57.: 121 Tree Nuts	0	565 135 2.5 6.0 0.8 17.8 17.7 38 seeds Sulp	2650 610 11.8 27.3 2.9 84.4 84.0 176 bhites Pre	553 128 2.5 5.7 0.6 17.6 17.6 37 servative Flavour Y Y  Medium  // Avg Qty /100mL	3190 763 14.4 32.4 2.8 102 102 212 Colours Y  Li Avg Qty /Serve	548 131 2.5 5.6 0.5 17.6 17.5 37
CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours ICE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CARAMEL SAUCE; Sucrose Syrup (Cane), Sweetened Condensed Milk, Water, Thickener (1442), Flavours, Golden Syrup, S (415, 417, 401), Mineral Salt (339), Emulsifier (471), Colours (150d, 160c).  Contains milk.  Caramel Sauce contains traces of sulphites.  Frappe made on equipment used to make products containing gluten  Frappe - Choc Whirl  CHOC FRAPPE BASE; Sugar, Milk Solids, Cream, Milk, Cocoa Powder, Malt Extract, Chocolate Flavour, Emulsifier (471), Sta	Gluten	ds (330, 331 Eggs	Milk Y	Soy		Energy (Cal Protein (g) Fat, total (g) Saturated F Carbohydra Sugars (g) Sodium (mg Trustaea	at (g) te (g) Peanuts	182 436 7.9 19.3 2.7 57.4 121 Tree Nuts Avg Qty 4 165	0	565 135 2.5 6.0 0.8 17.8 17.7 38 seeds Sulp	2650 610 11.8 27.3 2.9 84.4 84.0 176 bhites Pre T  Avg Qty /Ser 2380	553 128 2.5 5.7 0.6 17.6 17.6 37 servative Flavour Y Medium re Avg Qty /100mL 504	3190 763 14.4 32.4 2.8 102 102 212 Colours Y  Avg Qty /Serve 2860	548 131 2.5 5.6 0.5 17.6 17.5 37  arge  Avg Qty/100mL 498
CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours ICE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CARAMEL SAUCE; Sucrose Syrup (Cane), Sweetened Condensed Milk, Water, Thickener (1442), Flavours, Golden Syrup, S (415, 417, 401), Mineral Salt (339), Emulsifier (471), Colours (150d, 160c).  Contains milk.  Caramel Sauce contains traces of sulphites.  Frappe made on equipment used to make products containing gluten  Frappe - Choc Whirl  CHOC FRAPPE BASE; Sugar, Milk Solids, Cream, Milk, Cocoa Powder, Malt Extract, Chocolate Flavour, Emulsifier (471), Sta	Gluten	ds (330, 331 Eggs	Milk Y	Soy		Energy (Cal Protein (g) Fat, total (g) Saturated F Carbohydra Sugars (g) Sodium (mg Trustaea	at (g) te (g) Peanuts	182 436 7.9 19.: 2.7 57.: 57.: 121 Tree Nuts	0	565 135 2.5 6.0 0.8 17.8 17.7 38 seeds Sulp  Avg Qty /100mL 517 124	2650 610 11.8 27.3 2.9 84.4 84.0 176 chites Pre T Avg Qty /Ser 2380 570	553 128 2.5 5.7 0.6 17.6 17.6 37 servative Flavour Y Y Medium re Avg Qty /100mL 504 120	3190 763 14.4 32.4 2.8 102 102 212 Colours Y Li Avg Qty /Serve 2860 684	548 131 2.5 5.6 0.5 17.6 17.5 37  arge  Avg Qty/100mL 498 119
CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours ICE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CARAMEL SAUCE; Sucrose Syrup (Cane), Sweetened Condensed Milk, Water, Thickener (1442), Flavours, Golden Syrup, S (415, 417, 401), Mineral Salt (339), Emulsifier (471), Colours (150d, 160c).  Contains milk.  Caramel Sauce contains traces of sulphites.  Frappe made on equipment used to make products containing gluten  Frappe - Choc Whirl  CHOC FRAPPE BASE; Sugar, Milk Solids, Cream, Milk, Cocoa Powder, Malt Extract, Chocolate Flavour, Emulsifier (471), Sta	Gluten T	Eggs 410, 466, 4	Milk Y 10, 407a, 407	Soy Soy 7).	Fish & 0	Energy (Cal Protein (g) Fat, total (g) Saturated F Carbohydra Sugars (g) Sodium (mg Trustaea	iat (g)  tie (g)  Peanuts	182 436 7.9 19.3 2.7. 57 57 122 Tree Nuts  Avg Qty 165 398	0	565 135 2.5 6.0 0.8 17.8 17.7 38 seeds Sulp	2650 610 11.8 27.3 2.9 84.4 84.0 176 bhites Pre T  Avg Qty /Ser 2380	553 128 2.5 5.7 0.6 17.6 17.6 37 servative Flavour Y Medium re Avg Qty /100mL 504	3190 763 14.4 32.4 2.8 102 102 212 Colours Y  Avg Qty /Serve 2860	548 131 2.5 5.6 0.5 17.6 17.5 37  arge  Avg Qty/100mL 498
CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours ICE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CARAMEL SAUCE; Sucrose Syrup (Cane), Sweetened Condensed Milk, Water, Thickener (1442), Flavours, Golden Syrup, S (415, 417, 401), Mineral Salt (339), Emulsifier (471), Colours (150d, 160c).  Contains milk.  Caramel Sauce contains traces of sulphites.  Frappe made on equipment used to make products containing gluten  Frappe - Choc Whirl  CHOC FRAPPE BASE; Sugar, Milk Solids, Cream, Milk, Cocca Powder, Malt Extract, Chocclate Flavour, Emulsifier (471), Sta ICE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).	Gluten T	Eggs 410, 466, 4	Milk Y 10, 407a, 407	Soy Soy 7).	Fish & 0	Energy (Cal Protein (g) Fat, total (g) Saturated F Carbohydra Sugars (g) Sodium (mg Trustaea	) ) (a) (b) (c) (c) (d) (d) (d) (e) (e) (e) (e) (e) (e) (e) (e) (e) (e	182 436 7.9.19.3 19.3 57.7 57.1 12:1 Tree Nuts Avg Qty / 165 3993	0	565 135 2.5 6.0 0.8 17.8 17.7 38 ieeds Sulp Avg Qty /100mL 517 124 2.3	2650 610 11.8 27.3 2.9 84.4 84.0 176 bhites Pre T  Avg Qty /Ser 2380 570 10.8	553 553 128 2.5 5.7 0.6 17.6 17.6 37 servative Flavour Y Y Medium //e Avg Qty /100mL 504 120 2.3	3190 763 14.4 32.4 2.8 102 102 212 Colours Y  Avg Qty /Serve 2860 684 13.2	548 131 2.5 5.6 0.5 17.6 17.5 37  arge Avg Qty /100mL 498 119 2.3
CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours ICE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CARAMEL SAUCE; Sucrose Syrup (Cane), Sweetened Condensed Milk, Water, Thickener (1442), Flavours, Golden Syrup, S (415, 417, 401), Mineral Salt (339), Emulsifier (471), Colours (150d, 160c).  Contains milk.  Caramel Sauce contains traces of sulphiles.  Frappe made on equipment used to make products containing gluten  Frappe - Choc Whirl  CHOC FRAPPE BASE; Sugar, Milk Solids, Cream, Milk, Cocoa Powder, Malt Extract, Chocolate Flavour, Emulsifier (471), Sta ICE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CHOCOLATE SAUCE; Sucrose Syrup (Cane), Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Ac	Gluten T	Eggs 410, 466, 4	Milk Y 10, 407a, 407	Soy Soy 7).	Fish & 0	Energy (Cal Protein (g) Fat, total (g) Saturated F Carbohydra Sugars (g) Sodium (mg Crustaea Energy (kJ) Energy (Cal Protein (g) Fat, total (g)	at (g)  at (g)  at (g)  at (g)  at (g)  at (g)	182 436 7.9 19.3 2.7 57.3 121 Tree Nuts Avg Qty 165 399 7.3 17.4 111.4 51.3	0	565 135 2.5 6.0 0.8 17.8 17.7 38 seeds Sulp 4 4 4 4 4 4 5 5 5 5 6 6 6 6 6 6 6 6 6 6	2650 610 11.8 27.3 2.9 84.4 84.0 176 bhites Pre T Avg Qty /Ser 2380 570 10.8 24.7 16.0 75.3	553 553 128 2.5 5.7 0.6 17.6 17.6 37 servative Flavour Y Y  Medium  /e Avg Qty /100mL 504 120 2.3 5.2 3.4 15.9	3190 763 14.4 32.4 2.8 102 102 212 Colours Y Li Avg Qty /Serve 2860 684 13.2 29.3 18.9 91.2	548 131 2.5 5.6 0.5 17.6 17.5 37  Avg Qty/100mL 498 119 2.3 5.1 3.3 15.9
CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours ICE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CARAMEL SAUCE; Sucrose Syrup (Cane), Sweetened Condensed Milk, Water, Thickener (1442), Flavours, Golden Syrup, S (415, 417, 401), Mineral Salt (339), Emulsifier (471), Colours (150d, 160c).  Contains milk.  Caramel Sauce contains traces of sulphites.  Frappe made on equipment used to make products containing gluten  Frappe - Choc Whirl  CHOC FRAPPE BASE; Sugar, Milk Solids, Cream, Milk, Cocoa Powder, Malt Extract, Chocolate Flavour, Emulsifier (471), Sta ICE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CHOCOLATE SAUCE; Sucrose Syrup (Cane), Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Act 401).  Contains gluten, & milk.	Gluten T	Eggs 410, 466, 4	Milk Y 10, 407a, 407	Soy Soy 7).	Fish & 0	Energy (Cal Protein (g) Fat, total (g) Saturated F Carbohydra Sugars (g) Sodium (mg rustaea	at (g)  Peanuts  Peanuts  It (g)  Peanuts	182 436 7.9 19.3 2.7 57.3 121 Tree Nuts Avg Qty 4 165 399 7.3 17.4 111.	0	565 135 2.5 6.0 0.8 17.8 17.7 38 seeds Sulp 4 4 4 5 5 5 3 6 16 11 15 4	2650 610 11.8 27.3 2.9 84.4 84.0 176 bhites Pre T  Avg Qty /Ser 2380 570 10.8 24.7 16.0 75.3 72.1	553 553 128 2.5 5.7 0.6 17.6 17.6 37 servative Flavour Y Wedium //e Avg Qty /100mL 504 120 2.3 5.2 3.4 15.9 15.2	3190 763 14.4 32.4 2.8 102 102 212 Colours Y Li Avg Qty /Serve 2860 684 13.2 29.3 18.9 91.2 87.4	548 131 2.5 5.6 0.5 17.6 17.5 37  Avg Qty /100mL 498 119 2.3 5.1 3.3 15.9 15.2
CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours ICE: Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CARAMEL SAUCE: Sucrose Syrup (Cane), Sweetened Condensed Milk, Water, Thickener (1442), Flavours, Golden Syrup, S (415, 417, 401), Mineral Salt (339), Emulsifier (471), Colours (150d, 160c).  Contains milk.  Caramel Sauce contains traces of sulphites.  Frappe made on equipment used to make products containing gluten  Frappe - Choc Whirl  CHOC FRAPPE BASE; Sugar, Milk Solids, Cream, Milk, Cocoa Powder, Malt Extract, Chocolate Flavour, Emulsifier (471), State: Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CHOCOLATE SAUCE; Sucrose Syrup (Cane), Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Action.	Gluten T abilisers (412)	Eggs . 410, 466, 4	Milk Y 10, 407a, 407 ve (202), Ve(	Soy  7). getable Gums	Fish & (	Energy (Cal Protein (g) Fat, total (g) Saturated F Carbohydra Sugars (g) Sodium (mg rustaea Energy (kJ) Energy (Cal Protein (g) Fat, total (g) Saturated F Carbohydra Sugars (g) Sodium (mg	(i) (i) (i) (i) (i) (i) (i) (ii) (ii) (	182 436 7.9.9 19.3 2.7. 57.4 121 Tree Nuts  Avg Qty. 1655 399 7.3 17.7 11.4 49.9 98	0	565 135 2.5 6.0 0.8 17.8 17.7 38 seeds Sulp 17.1 124 2.3 5.5 3.6 16.1 15.4 31	2650 610 11.8 27.3 2.9 84.4 84.0 176 bhites Pre T  Avg Qty /Ser 2380 570 10.8 24.7 16.0 75.3 72.1	553 553 128 2.5 5.7 0.6 17.6 17.6 37 Servative Flavour Y Avg Qty /100mL 504 120 2.3 5.2 3.4 15.9 15.2	3190 763 14.4 32.4 2.8 102 102 212 Colours Y Li Avg Qty /Serve 2860 684 13.2 29.3 18.9 91.2 87.4 173	548 131 2.5 5.6 0.5 17.6 17.5 37  Avg Qty/100mL 498 119 2.3 5.1 3.3 15.9
CARAMEL FRAPPE BASE; Sugar, Milk, Cream, Milk Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours ICE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CARAMEL SAUCE; Sucrose Syrup (Cane), Sweetened Condensed Milk, Water, Thickener (1442), Flavours, Golden Syrup, S (415, 417, 401), Mineral Salt (339), Emulsifier (471), Colours (150d, 160c).  Contains milk.  Caramel Sauce contains traces of sulphites.  Frappe made on equipment used to make products containing gluten  Frappe - Choc Whirl  CHOC FRAPPE BASE; Sugar, Milk Solids, Cream, Milk, Cocoa Powder, Malt Extract, Chocolate Flavour, Emulsifier (471), Sta ICE; Water.  WHIPPED CREAM; Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).  CHOCOLATE SAUCE; Sucrose Syrup (Cane), Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Act 401).  Contains gluten, & milk.	Gluten T	Eggs 410, 466, 4	Milk Y 10, 407a, 407	Soy Soy 7).	Fish & (	Energy (Cal Protein (g) Fat, total (g) Saturated F Carbohydra Sugars (g) Sodium (mg rustaea	at (g)  Peanuts  Peanuts  It (g)  Peanuts	182 436 7.9 19.3 2.7 57.3 121 Tree Nuts Avg Qty 4 165 399 7.3 17.4 111.	0	565 135 2.5 6.0 0.8 17.8 17.7 38 seeds Sulp 17.1 124 2.3 5.5 3.6 16.1 15.4 31	2650 610 11.8 27.3 2.9 84.4 84.0 176 bhites Pre T  Avg Qty /Ser 2380 570 10.8 24.7 16.0 75.3 72.1	553 553 128 2.5 5.7 0.6 17.6 17.6 37 servative Flavour Y Wedium //e Avg Qty /100mL 504 120 2.3 5.2 3.4 15.9 15.2	3190 763 14.4 32.4 2.8 102 102 212 Colours Y Li Avg Qty /Serve 2860 684 13.2 29.3 18.9 91.2 87.4	548 131 2.5 5.6 0.5 17.6 17.5 37  Avg Qty /100mL 498 119 2.3 5.1 3.3 15.9 15.2

									Sma	II		Medium		Li	arge
Frappe - Coffee Kick								Avg Qty	/Serve	Avg Qty /100mL	Avg Qty /S	Serve Avg C	Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
COFFEE FLAVOURED FRAPPE BASE: Milk, Sugar, Cream, Milk Solids, Water, Coffee Powder, Emulsifier (471), Stabiliser	s (412, 466, 41	10, 407a, 40	7), Flavours.		Ene	nergy (kJ)		157		492	2250		478	2700	471
ICE: Water.	,		,-			nergy (Cal)		37	5	118	539		114	645	113
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).						otein (g)	,	7.8	8	2.5	11.6		2.5	14.2	2.5
COFFEE SAUCE: Sucrose Syrup, Water, Flavours, Thickener (1442), Cocoa Powder, Colour (150d), Salt, Food Acids (330,	331), Preserva	ative (202), '	/egetable Gu	ns (415,	Fat,	at, total (g)	)	17.	-	5.5	24.7		5.2	29.2	5.1
417, 401)					Sati	aturated Fa	at (g)	11.	-	3.7	16.6		3.5	19.7	3.4
						arbohydrat	te (g)	46.		14.5	67.1		14.2	80.7	14.1
Contains milk . Traces of sulphites.						ugars (g)		43.		13.8	64.0		13.6	77.0	13.4
Coffee Sauce manufactured on a line that produces products containing gluten						odium (mg		110	-	35	162		34	195	34
Frappe made on equipment used to make products containing gluten	Gluten	Eggs	Milk	Soy	Fish & Crust	staea	Peanuts	Tree Nuts	Sesame	Seeds Sulp	hites I	Preservative	Flavour	Colours	_
	ļ		Y									Υ	Υ	Y	
Occasible December Dark									Sma			Medium			arge
Smoothie - Bananaberry Bash								Avg Qty		Avg Qty /100mL	Avg Qty /S	Serve Avg C	Qty /100mL	Avg Qty /Serve	Avg Qty /100ml
STRAWBERRY BANANA SYRUP: Strawberry Puree, Banana Puree, Water, Sugar, Fruit Juice Concentrates (Apple, Elderbe	erry), Flavours,	, Thickeners	(466, 440, 4	5), Acidity Reg		nergy (kJ)		76		264	1120		260	1430	251
(330), Antioxidant (300).						nergy (Cal)	)	183		63	267		62	342	60
ICE: Water.						otein (g)		2.0		0.7	2.9		0.7	3.8	0.7
LOW FAT YOGHURT: Skim Milk, Sugar, Cream, Milk Solids, Gelatine, Live Yoghurt Cultures.						at, total (g)		1.5		0.5	2.1		0.5	2.8	0.5
						aturated Fa		0.5		0.2	0.8		0.2	1.0	0.2
Contains milk.						arbohydrat	te (g)	39. 35.		13.5 12.2	57.1 51.8		13.3	73.1 66.3	12.8 11.6
Smoothie made on equipment used to make products containing gluten						ugars (g) odium (mg	۸.	35. 57		12.2	51.8 82		12.1	105	11.6
	Gluten	Eggs	Milk	Soy	Fish & Crust	, ,	Peanuts	Tree Nuts	Sesame			Preservative	Flavour	Colours	10
	T	Egys	Y	30y	I ISII & CIUSI	Siaca	realiuls	TIEE NUIS	Sesame	Seeus Suip	niiles i	riescivative	Y	Colours	-
		-1	1	II.			l		Sma			Medium	1 '	1:	arge
									Oniu	"		moulani			
Smoothie - Mango Pineapple Smash								Ava Otv	/Serve	Ava Otv /100mL	Ava Qtv /S	Serve Ava C	Otv /100mL	Ava Qtv /Serve	Ava Oty /100mL
	n) Crushed Pir	neannle An	ioxidant (300	Passionfruit.	luice Ene	neray (k.l)		Avg Qty		Avg Qty /100mL	Avg Qty /S	·	Qty /100mL 248		Avg Qty /100mL
Smoothie - Mango Pineapple Smash  MANGO PINEAPPLE SYRUP: Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric Extract).	n), Crushed Pir	neapple, An	ioxidant (300	, Passionfruit		nergy (kJ) nergy (Cal)		Avg Qty 770 184	0	Avg Qty /100mL 252 60	Avg Qty /S 1110 265	·	Qty /100mL 248 59	1410	252
MANGO PINEAPPLE SYRUP: Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric Extract).	n), Crushed Pir	neapple, An	ioxidant (300	, Passionfruit .	Ene	nergy (Cal)		770	0	252	1110	·	248		
MANGO PINEAPPLE SYRUP; Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach	n), Crushed Pir	neapple, An	ioxidant (300	, Passionfruit .	Ene Pro		)	770	0 4 7	252 60	1110 265	·	248 59	1410 338	252 60
MANGO PINEAPPLE SYRUP: Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric Extract). ICE; Water.	n), Crushed Pir	neapple, An	ioxidant (300	, Passionfruit 、	Ene Pro Fat,	nergy (Cal) rotein (g)	)	77( 184	0 4 7 7	252 60 0.6	1110 265 2.5	·	248 59 0.5	1410 338 3.2	252 60 0.6
MANGO PINEAPPLE SYRUP: Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric Extract). ICE; Water.	n), Crushed Pir	neapple, An	ioxidant (300	, Passionfruit .	Ene Proi Fat, Sati	nergy (Cal) rotein (g) at, total (g)	) at (g)	770 184 1.7 0.7 0.5 41.	0 4 7 7 5	252 60 0.6 0.2 0.2 13.4	1110 265 2.5 1.0 0.7 59.1		248 59 0.5 0.2 0.2 13.2	1410 338 3.2 1.3 1.0 75.3	252 60 0.6 0.2 0.2 13.4
MANGO PINEAPPLE SYRUP; Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric Extract).  ICE: Water.  LOW FAT YOGHURT: Skim Milk, Sugar, Cream, Milk Solids, Gelatine, Live Yoghurt Cultures.	n), Crushed Pir	neapple, An	ioxidant (300	l, Passionfruit d	Ene Proi Fat, Satr Car Sug	nergy (Cal) rotein (g) at, total (g) aturated Fa arbohydrat ugars (g)	at (g)	770 184 1.7 0.7 0.5 41.	0 4 7 7 5 0 .3	252 60 0.6 0.2 0.2 13.4 13.2	1110 265 2.5 1.0 0.7 59.1 58.0		248 59 0.5 0.2 0.2 13.2 13.0	1410 338 3.2 1.3 1.0 75.3 73.9	252 60 0.6 0.2 0.2 13.4 13.2
MANGO PINEAPPLE SYRUP; Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric Extract).  ICE: Water.  LOW FAT YOGHURT: Skim Milk, Sugar, Cream, Milk Solids, Gelatine, Live Yoghurt Cultures.  Contains milk.					Ene Proi Fat, Satr Car Sug Sod	nergy (Cal) otein (g) at, total (g) aturated Fa arbohydrat ugars (g) odium (mg	at (g)	770 184 1.7 0.7 0.5 41. 40.	0 4 7 7 5 .0 .3	252 60 0.6 0.2 0.2 13.4 13.2	1110 265 2.5 1.0 0.7 59.1 58.0		248 59 0.5 0.2 0.2 13.2 13.0	1410 338 3.2 1.3 1.0 75.3 73.9	252 60 0.6 0.2 0.2 13.4
MANGO PINEAPPLE SYRUP; Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric Extract).  ICE: Water.  LOW FAT YOGHURT: Skim Milk, Sugar, Cream, Milk Solids, Gelatine, Live Yoghurt Cultures.  Contains milk.	Gluten	neapple, An	Milk	, Passionfruit .	Ene Proi Fat, Satr Car Sug	nergy (Cal) otein (g) at, total (g) aturated Fa arbohydrat ugars (g) odium (mg	at (g)	770 184 1.7 0.7 0.5 41.	0 4 7 7 5 0 .3	252 60 0.6 0.2 0.2 13.4 13.2	1110 265 2.5 1.0 0.7 59.1 58.0		248 59 0.5 0.2 0.2 13.2 13.0 13	1410 338 3.2 1.3 1.0 75.3 73.9 73 Colours	252 60 0.6 0.2 0.2 13.4 13.2
MANGO PINEAPPLE SYRUP: Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric 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					Ene Proi Fat, Satr Car Sug Sod	nergy (Cal) otein (g) at, total (g) aturated Fa arbohydrat ugars (g) odium (mg	at (g)	770 184 1.7 0.7 0.5 41. 40.	0 4 7 7 5 .0 .3	252 60 0.6 0.2 0.2 13.4 13.2	1110 265 2.5 1.0 0.7 59.1 58.0		248 59 0.5 0.2 0.2 13.2 13.0	1410 338 3.2 1.3 1.0 75.3 73.9	252 60 0.6 0.2 0.2 13.4 13.2
MANGO PINEAPPLE SYRUP: Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric Extract).  ICE: Water.  LOW FAT YOGHURT: Skim Milk, Sugar, Cream, Milk Solids, Gelatine, Live Yoghurt Cultures.  Contains milk.	Gluten		Milk		Ene Proi Fat, Satr Car Sug Sod	nergy (Cal) otein (g) at, total (g) aturated Fa arbohydrat ugars (g) odium (mg	at (g)	770 184 1.7 0.7 0.5 41. 40.	0 4 7 7 5 .0 .3	252 60 0.6 0.2 0.2 13.4 13.2	1110 265 2.5 1.0 0.7 59.1 58.0		248 59 0.5 0.2 0.2 13.2 13.0 13	1410 338 3.2 1.3 1.0 75.3 73.9 73 Colours	252 60 0.6 0.2 0.2 13.4 13.2
MANGO PINEAPPLE SYRUP: Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric 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		Milk		Ene Proi Fat, Satr Car Sug Sod	nergy (Cal) otein (g) at, total (g) aturated Fa arbohydrat ugars (g) odium (mg	at (g)	770 184 1.7 0.7 0.5 41. 40.	0 4 7 7 5 .0 .3	252 60 0.6 0.2 0.2 13.4 13.2	1110 265 2.5 1.0 0.7 59.1 58.0		248 59 0.5 0.2 0.2 13.2 13.0 13	1410 338 3.2 1.3 1.0 75.3 73.9 73 Colours	252 60 0.6 0.2 0.2 13.4 13.2
MANGO PINEAPPLE SYRUP: Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric 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  HOT DRINKS	Gluten		Milk		Ene Proi Fat, Satr Car Sug Sod	nergy (Cal) otein (g) at, total (g) aturated Fa arbohydrat ugars (g) odium (mg	at (g)	770 184 1.7 0.7 0.5 41. 40.	0 4 7 7 5 .0 .3	252 60 0.6 0.2 0.2 13.4 13.2	1110 265 2.5 1.0 0.7 59.1 58.0		248 59 0.5 0.2 0.2 13.2 13.0 13 Flavour	1410 338 3.2 1.3 1.0 75.3 73.9 73 Colours	252 60 0.6 0.2 0.2 13.4 13.2 13
MANGO PINEAPPLE SYRUP: Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric 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  HOT DRINKS  Espresso Pronto - Espresso	Gluten		Milk		Ene Proi Fat, Satr Car Sug Sod	nergy (Cal) otein (g) at, total (g) aturated Fa arbohydrat ugars (g) odium (mg	at (g)	770 184 1.7 0.7 0.5 41. 40.	0 4 7 7 5 .0 .3	252 60 0.6 0.2 0.2 13.4 13.2	1110 265 2.5 1.0 0.7 59.1 58.0	Preservative  Energy Energy	248 59 0.5 0.2 0.2 13.2 13.0 13 Flavour Y	1410 338 3.2 1.3 1.0 75.3 73.9 73 Colours Y  Avg Qty /Serve 2 <1	252 60 0.6 0.2 0.2 13.4 13.2 13
MANGO PINEAPPLE SYRUP: Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric 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  HOT DRINKS  Espresso Pronto - Espresso WATER.	Gluten		Milk		Ene Proi Fat, Satr Car Sug Sod	nergy (Cal) otein (g) at, total (g) aturated Fa arbohydrat ugars (g) odium (mg	at (g)	770 184 1.7 0.7 0.5 41. 40.	0 4 7 7 5 .0 .3	252 60 0.6 0.2 0.2 13.4 13.2	1110 265 2.5 1.0 0.7 59.1 58.0	Preservative	248 59 0.5 0.2 0.2 13.2 13.0 13 Flavour Y	1410 338 3.2 1.3 1.0 75.3 73.9 73 Colours Y  Avg Qty /Serve 2 <1 <0.1	252 60 0.6 0.2 0.2 13.4 13.2 13 Avg Qty /100ml 3 1
MANGO PINEAPPLE SYRUP: Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric 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  HOT DRINKS  Espresso Pronto - Espresso WATER.	Gluten		Milk		Ene Proi Fat, Satr Car Sug Sod	nergy (Cal) otein (g) at, total (g) aturated Fa arbohydrat ugars (g) odium (mg	at (g)	770 184 1.7 0.7 0.5 41. 40.	0 4 7 7 5 .0 .3	252 60 0.6 0.2 0.2 13.4 13.2	1110 265 2.5 1.0 0.7 59.1 58.0	Preservative  Energy Proteir Fat, tol	248 59 0.5 0.2 0.2 13.2 13.0 13 Flavour Y (kJ) (Cal) 1 (g) tal (g)	1410 338 3.2 1.3 1.0 75.3 73.9 73 Colours Y  Avg Qty /Serve 2 <1 <0.1 0.0	252 60 0.6 0.2 0.2 13.4 13.2 13 Avg Qty /100mL 3 1 0.1
MANGO PINEAPPLE SYRUP: Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric 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  HOT DRINKS  Espresso Pronto - Espresso WATER.	Gluten		Milk		Ene Proi Fat, Satr Car Sug Sod	nergy (Cal) otein (g) at, total (g) aturated Fa arbohydrat ugars (g) odium (mg	at (g)	770 184 1.7 0.7 0.5 41. 40.	0 4 7 7 5 .0 .3	252 60 0.6 0.2 0.2 13.4 13.2	1110 265 2.5 1.0 0.7 59.1 58.0	Preservative  Energy Energy Proteir Fat, tol Satura	248 59 0.5 0.2 0.2 13.0 13 Flavour Y (kJ) ((Cal) () (g) ted Fat (g)	1410 338 3.2 1.3 1.0 75.3 73.9 73 Colours Y  Avg Qty /Serve 2 <1 <0.1 0.0	252 60 0.6 0.2 0.2 13.4 13.2 13 4 19.2 10.0 0.1 0.0
MANGO PINEAPPLE SYRUP: Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric 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  HOT DRINKS  Espresso Pronto - Espresso WATER.	Gluten		Milk		Ene Proi Fat, Satr Car Sug Sod	nergy (Cal) otein (g) at, total (g) aturated Fa arbohydrat ugars (g) odium (mg	at (g)	770 184 1.7 0.7 0.5 41. 40.	0 4 7 7 5 .0 .3	252 60 0.6 0.2 0.2 13.4 13.2	1110 265 2.5 1.0 0.7 59.1 58.0	Energy Energy Protein Fat, tol Satura Carbot	248 59 0.5 0.2 0.2 13.0 13 Flavour Y (kJ) ((Cal) to fi (g) teld Fat (g) hydrate (g)	1410 338 3.2 1.3 1.0 75.3 73.9 73 Colours Y  Avg Qty /Serve 2 <1 <0.1 0.0 0.0 <0.1	252 60 0.6 0.2 0.2 13.4 13.2 13 13 Avg Qty/100mL 3 1 0.1 0.0
MANGO PINEAPPLE SYRUP: Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric 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  HOT DRINKS  Espresso Pronto - Espresso WATER.	Gluten		Milk		Ene Proi Fat, Satr Car Sug Sod	nergy (Cal) otein (g) at, total (g) aturated Fa arbohydrat ugars (g) odium (mg	at (g)	770 184 1.7 0.7 0.5 41. 40.	0 4 7 7 5 .0 .3	252 60 0.6 0.2 0.2 13.4 13.2	1110 265 2.5 1.0 0.7 59.1 58.0	Energy Energy Energy Proteir Fat, tol Satura Carbot Sugars	248 59 0.5 0.2 0.2 13.0 13 Flavour Y (kJ) ( (Cal) 1 (g) ttal (g) ttel (Fat (g) s (g)	1410 338 3.2 1.3 1.0 75.3 73.9 73 Colours Y  Avg Qty /Serve 2 <1 <0.1 <0.0 0.0 <0.1 <0.1	252 60 0.6 0.2 0.2 13.4 13.2 13 13  Avg Qty/100mL 3 1 0.1 0.0 0.0 0.1 0.1
MANGO PINEAPPLE SYRUP; Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric 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  HOT DRINKS  Espresso Pronto - Espresso WATER.	Gluten		Milk		Ene Proi Fat, Satr Car Sug Sod	nergy (Cal) otein (g) at, total (g) aturated Fa arbohydrat ugars (g) odium (mg	at (g)	770 184 1.7 0.7 0.5 41. 40.	0 4 7 7 5 .0 .3	252 60 0.6 0.2 0.2 13.4 13.2	1110 265 2.5 1.0 0.7 59.1 58.0	Energy Energy Protein Fat, tol Satura Carbot	248 59 0.5 0.2 0.2 13.0 13 Flavour Y (kJ) ( (Cal) 1 (g) ttal (g) ttel (Fat (g) s (g)	1410 338 3.2 1.3 1.0 75.3 73.9 73 Colours Y  Avg Qty /Serve 2 <1 <0.1 0.0 0.0 <0.1	252 60 0.6 0.2 0.2 13.4 13.2 13 13 10.1 0.0 0.0
MANGO PINEAPPLE SYRUP; Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric 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  HOT DRINKS  Espresso Pronto - Espresso WATER.	Gluten		Milk		Ene Proi Fat, Satr Car Sug Sod	nergy (Cal) otein (g) at, total (g) aturated Fa arbohydrat ugars (g) dium (mg staea	at (g)	770 184 1.7 0.7 0.5 41. 40.	0 4 7 7 5 .0 .3	252 60 0.6 0.2 0.2 13.4 13.2 13 Seeds Sulp	1110 265 2.5 1.0 0.7 59.1 58.0 57	Energy Energy Energy Proteir Fat, tol Satura Carbot Sugars	248 59 0.5 0.2 0.2 13.0 13 Flavour Y (kJ) ( (Cal) 1 (g) ttal (g) ttel (Fat (g) s (g)	1410 338 3.2 1.3 1.0 75.3 73.9 73 Colours Y  Avg Qty /Serve 2 <1 <0.1 <0.0 0.0 <0.1 <0.1	252 60 0.6 0.2 0.2 13.4 13.2 13  Avg Qty/100mL 3 1 0.1 0.0 0.0 0.1 0.1
MANGO PINEAPPLE SYRUP: Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric 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  HOT DRINKS  Espresso Pronto - Espresso WATER.	Gluten	Eggs	Milk Y	Soy	Ene Proi Fat, Sati Car Sug Sod Fish & Crust	nergy (Cal) otein (g) at, total (g) aturated Fa arbohydrat ugars (g) dium (mg staea	at (g) te (g)  Peanuts	7777 184 187 187 187 187 187 187 187 187 187 187	0 4 7 7 7 5 5 .0 3 0 Sesame	252 60 0.6 0.2 0.2 13.4 13.2 13 Seeds Sulp	1110 265 2.5 1.0 0.7 59.1 58.0 57	Preservative  Energy Energy Proteir Fat, 10 Satura Carbol Sugars Sodium	248 59 0.5 0.2 0.2 13.0 13 Flavour Y (kJ) (Cal) (Cal) (n (g) ted Fat (g) hydrate (g) (G)	1410 338 3.2 1.3 1.0 75.3 73.9 73 Colours Y  Avg Cty /Serve 2 <1 0.0 0.0 <0.1 <0.1 1	252 60 0.6 0.2 0.2 13.4 13.2 13  Avg Qty/100mL 3 1 0.1 0.0 0.0 0.1 0.1

								Small		Sta	ndard		Tall
Espresso Pronto - Cappuccino							Avg Qty /Serv	-	100mL	Avg Qty /Serve		Avg Qty /Serve	Avg Qty /100mL
WATER.					Energy (kJ)	1	418	161		576	152	663	139
ROAST & GROUND COFFEE.					Energy (Cal		100	39		138	36	159	33
MILK: Whole Fresh Milk					Protein (g)	,	4.8	1.9	)	6.7	1.8	7.8	1.6
CHOC POWDER: Sugar, Cocoa Powder, Whey Powder, Flavour, Starch, Salt.					Fat, total (g	)	5.4	2.1	ı	7.5	2.0	8.7	1.8
					Saturated F	at (g)	3.5	1.4	1	4.9	1.3	5.7	1.2
Contains milk.					Carbohydra	ate (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	3,	62	24		86	23	99	21
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts Se	esame Seeds	Sulph	nites Prese	rvative Flavour	Colours	4
			Υ						1		Y		
5								Small			ndard		Tall
Espresso Pronto - Flat White							Avg Qty /Serv			Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
<u>WATER.</u>					Energy (kJ)		473	182		688	181	860	181
ROAST & GROUND COFFEE.					Energy (Cal	1)	113	43		165	43	206	43
MILK: Whole Fresh Milk					Protein (g)		5.7	2.2		8.2	2.2	10.3	2.2
					Fat, total (g	,	6.5	2.5		9.4	2.5	11.8	2.5
Contains milk.					Saturated F	(0)	4.3	1.6		6.2	1.6	7.7	1.6
					Carbohydra Sugars (g)	ite (g)	8.1 8.0	3.1		11.7	3.1 3.1	14.7 14.6	3.1 3.1
					Sugars (g) Sodium (mo	7)	71	27		103	27	129	27
	Gluten	Eggs	Milk	Sov	Fish & Crustaea	Peanuts		esame Seeds	Sulph		rvative Flavour	Colours	21
	Oluton	Lggo	Y	ooy	rion a Gradiada	1 canato	TICC NULL CO	odanio codac	Ошр	11000	Tidvodi	Colouis	1
								Small		Sta	ndard	1	Tall
Espresso Pronto - Latte							Avg Qty /Serv	ve Avg Qty /	100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
WATER.					Energy (kJ)		458	176		658	173	817	172
ROAST & GROUND COFFEE.					Energy (Cal		110	42		157	41	195	41
MILK: Whole Fresh Milk					Protein (g)	,	5.5	2.1	ı	7.9	2.1	9.8	2.1
					Fat, total (g	)	6.3	2.4	1	9.0	2.4	11.2	2.3
Contains milk.					Saturated F	at (g)	4.1	1.6		5.9	1.6	7.4	1.5
					Carbohydra	ite (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 Y	Soy	Fish & Crustaea	Peanuts	Tree Nuts Se	esame Seeds	Sulph	nites Prese	rvative Flavour	Colours	4
			'					Small		01-	ndard	<u> </u>	Tall
Espresso Pronto - Long Black							A 0: /0		400 1				
					<del></del>		Avg Qty /Serv	ve Avg Qty /	100mL	Avg Qty /Serve	Avg Qty /100mL		Avg Qty /100mL
WATER.					Energy (kJ)		2 <1	1		2	1	3	1
					Energy ((`a	1)		<1		<1	<1	1	<1 <0.1
ROAST & GROUND COFFEE.					Energy (Cal	')			4				
					Protein (g)		<0.1	<0.		<0.1	<0.1	<0.1	
					Protein (g) Fat, total (g)	)	<0.1 0.0	0.0	)	0.0	0.0	0.0	0.0
					Protein (g) Fat, total (g) Saturated F	) Fat (g)	<0.1 0.0 0.0	0.0	)	0.0	0.0	0.0	0.0
					Protein (g) Fat, total (g) Saturated F Carbohydra	) Fat (g)	<0.1 0.0 0.0 <0.1	0.0 0.0 <0.	) ) 1	0.0 0.0 <0.1	0.0 0.0 <0.1	0.0 0.0 <0.1	0.0 0.0 <0.1
					Protein (g) Fat, total (g) Saturated F Carbohydra Sugars (g)	Fat (g)	<0.1 0.0 0.0	0.0	) 1 1	0.0	0.0	0.0 0.0 <0.1 <0.1	0.0 0.0 <0.1 <0.1
	Gluten	Eggs	Milk	Soy	Protein (g) Fat, total (g) Saturated F Carbohydra	Fat (g)	<0.1 0.0 0.0 <0.1 <0.1	0.0 0.0 <0.	) 1 1	0.0 0.0 <0.1 <0.1	0.0 0.0 <0.1 <0.1	0.0 0.0 <0.1	0.0 0.0 <0.1

Filtered Coffee         Avg Qty         Avg Qty	Coffee	Large Bla	ck Coffee	Sma	II White Co	ffee	Large W	hite Coffee
3,7 7	Avg Qty	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Se	erve Avg (	Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
	3	11	3	103		43	139	37
	1	3	1	25		10	33	9
WHITE COFFEE: Water, Milk, Roast and Ground Coffee Protein (g) 0.2	0.1	0.3	0.1	1.4		0.6	1.9	0.5
Contains milk. Fat, total (g) 0.0	0.0	0.0	0.0	1.3		0.5	1.8	0.5
Saturated Fat (g) 0.0	0.0	0.0	0.0	0.9		0.4	1.2	0.3
Carbohydrate (g) 0.2	0.1	0.3	0.1	1.8		0.8	2.5	0.7
Sugars (g) 0.2	0.1	0.3	0.1	1.8		0.8	2.5	0.7
Sodium (mg) 4	2	6	2	18		8	25	7
, v	Peanuts	Tree Nuts Sesam	e Seeds Sul	phites P	reservative	Flavour	Colours	
Black Coffee								
White Coffee Y								
Small Bia	lack	Large	Black	Sm	nall White T	ea	Large V	Vhite Tea
_	Avg Qty	•						
	/100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Se	erve Avg (	Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
BLACK TEA: Water, Tea Energy (kJ) 4	2	6	2	44	+	20	87	24
Energy (Cal) 1	<1	1	<1	11		5	21	6
WHITE TEA: Water, Milk, Tea Protein (q) 0.2	0.1	0.3	0.1	0.7	_	0.3	1.4	0.4
Contains milk.	0.1	0.0	0.0	0.7		0.3	1.1	0.4
Saturated Fat (q) 0.0	0.0	0.0	0.0	0.3		0.2	0.7	0.3
Carbohydrate (g) 0.0	0.0	0.0	0.0	0.3		0.2	1.4	0.2
, 10)	0.0	0.0	0.0	0.7		0.3	1.4	0.4
Sugars (g) 0.0 Sodium (mg) 0	0.0	0.0	0.0	7	_	3	1.4	4
	Peanuts	, ,	·	phites P	reservative	Flavour	Colours	4
Gluten Eggs Milk Soy Fish & Crustaea F Black Teal	Peanuts	Tree Nuts Sesam	le Seeus Sui	priites Fi	reservative	Flavour	Colours	
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, 50	00), Emuls	sifiers (471, 322 - from	Soy),		Energ	y (kJ)	970	1210
Flavour, Acidity Regulators (270, 330), Antioxidants (300, 320), Colour (160a).	,.	,	• /-		Energ	y (Cal)	232	290
					Protei		1.8	2.2
Contains gluten, milk & soy.					Fat, to	147	13.4	16.7
APPLE PIES are produced in a plant that also produces products containing sesame seeds.						ated Fat (g)	3.2	4.0
Note: Cooked in canola oil blend.						hydrate (g)	24.6	30.8
					Sugar	, (0)	6.9	8.6
						m (mg)	146	182
Gluten Eggs Milk Soy Fish & Crustaea F	Peanuts	Tree Nuts Sesam	e Seeds Sul	phites P	reservative		Colours	
			T	,		Y	γ	1
Y Y Y Y		ı L	·			<u> </u>	Ava Oti ICar	Avg Qty /100g
Y Y Y					-	a n	Avg Qty /Serve	
Birthday Cake - Icecream					Lhora	y (kJ)		
Birthday Cake - Icecream  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	rs (102, 110	0, 122, 123, 124, 133	)) Maltodextrin,				384	874
Birthday Cake - Icecream	rs (102, 110	0, 122, 123, 124, 133	)) Maltodextrin,		Energ	y (Cal)	92	874 209
Birthday Cake - Icecream  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 Cocoa, Emulsifier (471 from Soy), Vegetable Gums (412, 466, 407a), Colours [150d (from Wheat) 155, 123, 102, 133, 122], Flavours.	rs (102, 110	0, 122, 123, 124, 133	)) Maltodextrin,		Energy Protein	y (Cal) n (g)	92 0.7	874 209 1.5
Birthday Cake - Icecream  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 Cocoa, Emulsifier (471 from Soy), Vegetable Gums (412, 466, 407a), Colours [150d (from Wheat) 155, 123, 102, 133, 122], Flavours.  Contains gluten, milk & soy.	rs (102, 110	0, 122, 123, 124, 133	)) Maltodextrin,		Energy Protein Fat, to	y (Cal) n (g) tal (g)	92 0.7 4.7	874 209 1.5 10.7
Birthday Cake - Icecream  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 Cocoa, Emulsifier (471 from Soy), Vegetable Gums (412, 466, 407a), Colours [150d (from Wheat) 155, 123, 102, 133, 122], Flavours.	rs (102, 110	0, 122, 123, 124, 133	)) Maltodextrin,		Energy Protein Fat, to Satura	y (Cal) n (g) otal (g) ated Fat (g)	92 0.7 4.7 3.3	874 209 1.5 10.7 7.5
Birthday Cake - Icecream  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 Cocoa, Emulsifier (471 from Soy), Vegetable Gums (412, 466, 407a), Colours [150d (from Wheat) 155, 123, 102, 133, 122], Flavours.  Contains gluten, milk & soy.	rs (102, 110	0, 122, 123, 124, 133	)) Maltodextrin,		Energy Protein Fat, to Satura	y (Cal) n (g) tal (g)	92 0.7 4.7 3.3 11.7	874 209 1.5 10.7 7.5 26.6
Birthday Cake - Icecream  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 Cocoa, Emulsifier (471 from Soy), Vegetable Gums (412, 466, 407a), Colours [150d (from Wheat) 155, 123, 102, 133, 122], Flavours.  Contains gluten, milk & soy.	rs (102, 110	0, 122, 123, 124, 133	)) Maltodextrin,		Energy Protein Fat, to Satura	y (Cal) n (g) vtal (g) ated Fat (g) hydrate (g)	92 0.7 4.7 3.3 11.7 9.6	874 209 1.5 10.7 7.5 26.6 21.8
Birthday Cake - Icecream  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 Cocoa, Emulsifier (471 from Soy), Vegetable Gums (412, 466, 407a), Colours [150d (from Wheat) 155, 123, 102, 133, 122], Flavours.  Contains gluten, milk & soy.	rs (102, 110	0, 122, 123, 124, 133	)) Maltodextrin,		Energy Protein Fat, to Satura Carbo Sugar	y (Cal) n (g) vtal (g) ated Fat (g) hydrate (g)	92 0.7 4.7 3.3 11.7	874 209 1.5 10.7 7.5 26.6
Birthday Cake - Icecream  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 Cocoa, Emulsifier (471 from Soy), Vegetable Gums (412, 466, 407a), Colours [150d (from Wheat) 155, 123, 102, 133, 122], Flavours.  Contains gluten, milk & soy.  Note: ICE CREAM CAKE is made on equipment that also processes products containing peanuts & tree nuts	rs (102, 110			phites P	Energy Protein Fat, to Satura Carbo Sugar	y (Cal) n (g) stal (g) ated Fat (g) hydrate (g) s (g) m (mg)	92 0.7 4.7 3.3 11.7 9.6	874 209 1.5 10.7 7.5 26.6 21.8

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
Theat is out, ougus, i amit on, outsit syrup, out, i along right (600), oby Essamin, i lavour.										Energy	. ,	281	469
Contains gluten & soy.										Protein	, ,	3.6	6.0
May contain traces of peanut, hazelnut, dairy, egg and sesame seed.										Fat, tot	al (g)	8.2	13.7
											ted Fat (g)	4.0	6.6
										-	ydrate (g)	46.5	77.5
										Sugars		16.6	27.6
	-		1		Fish & Crustaea	I 5 .	I= v. I	0	0.1.1.1.	Sodium	( 0)	150	250
	Gluten	Eggs	Milk	Soy	FISH & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
			'	ı		1	1	' 1		1	ī		
McFlurry - Cadbury® Crunchie										_			Avg Qty /100g
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Em		, .								Energy	` '	2220	978
CARAMEL TOPPING: Glucose Corn Syrup, Whole Sweetened Condensed Milk (Milk, Milk Powder, Sugar, Lactose), High Fri (401, 440), Salt, Stabiliser (339), Flavouring.	ictose Corn S	yrup, Shorte	ning [Palm C	II, Antioxida	nt (307)], Water, Sugar, T	nickeners				Energy Protein	, ,	531 8.1	234 3.6
(101), 170), Gait, Giabilisor (300), Flavouring.										Fat, tot	(0)	16.8	7.4
CRUNCHIE PIECES: Sugar, Milk Solids, Cocoa Butter, Cocoa Mass, Wheat Glucose Syrup, Glazing Agent (Vegetable Gum	(414). Vegetat	ble Fat). Em	ulsifiers (Sov	Lecithin, 47	6), Raising Agent (500), F	lavour.					ted Fat (q)	10.0	4.8
3 J. ( J	,, .,	,,,			3 3 1(,						ydrate (g)	87.9	38.8
Contains gluten, milk & sulphites.										Sugars	(g)	67.2	29.6
Traces of peanuts, tree nuts in the Crunchie Pieces										Sodium	n (mg)	216	95
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
	Υ		Υ	Y		T	T		Y	Y	Υ		
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), Em	ulsifiers (433,	471), Veget	able Gums (4	07, 407a, 4°	12, 466), Flavour.					Energy	(kJ)	1620	843
KIT KAT SAUCE: Sugar, Water, Dextrose (Maize or <b>Wheat</b> ), Fat Reduced Cocoa Powder ( <b>Soy</b> ), Invert Sugar Syrup, Food Ac	id (Citric), Flav	vours, Salt, F	Preservative	202).						Energy	. ,	387	202
CRUSHED KIT KAT PIECES: Wafer Pieces [Wheat Flour, Sugar, Vegetable Fat, Wheat Starch, Soy Lecithin, Salt], Sugar, C	ocoa Butter, C	Cocoa Mass	Skimmed M	Ik Powder, 1	Whey Powder product, B	utter Oil, Lo	w Fat Cocoa			Protein	(0)	7.8	4.0
Powder, Emulsifier (Sunflower Lecithins), Natural Vanilla Flavour.										Fat, tot	(0)	12.4	6.5
											ted Fat (g)	7.7	4.0
Contains alutes will, and 8 autobites										-	ydrate (g)	59.8 51.6	31.1 26.9
Contains gluten, milk, soy & sulphites.  Traces of tree nuts.										Sugars Sodium	147	119	62
Trades of the trade .	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	02
	Y	-33-	Y	Y			T		T	Y	Y		
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), Em	ulsifiers (433	471) Veget	able Gums (4	07 407a 4°	12 466) Flavour					Energy	(k,l)	1720	912
MINI M&M'S: Milk Chocolate (Sugar, Milk Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (Soy Lecithin), Salt, Fl.		,	,							Energy		410	218
133, 129, 110, 102), Vegetable gum (414), Thickener (Dextrin), Glazing Agent (903).	rrour, ougur,	otaron (min	<b>Jul</b> ), Olubboo	o).up (o						Protein	. ,	8.1	4.3
										Fat, tot	al (g)	15.6	8.3
										Saturat	ted Fat (g)	9.9	5.3
										Carboh	ydrate (q)	58.5	31.1
											, (0)		
Contains gluten, milk & sulphites.										Sugars	107	52.3	27.8
Contains gluten, milk & sulphites. Traces of peanuts and tree nuts in the Mini M&Ms			1	T	1	_	1			Sugars Sodium	n (mg)	52.3 116	27.8 62
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Sugars	107	52.3	

McFlurry - Oreo													Avg Qty /Serve	Avg Qty /100g
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emu	ılsifiers (433.	471). Veget:	able Gums (	407. 407a. 4	412, 466), Flavour.						Enero	rv (k.l)	1370	799
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.  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,  Energy (Cal)													329	191
Ammonium Bicarbonate), Emulsifier (Soy Lecithin), Flavour.	a i owaci, oi	aron, mvore	Jyrup, Gait, i	(alsing/Lea	rening Agenta (Godium Dic	aibonate,					Prote	, ,	7.2	4.2
,,,,,,,												otal (q)	11.7	6.8
												ated Fat (q)	7.3	4.2
												ohydrate (g)	48.2	28.0
Contains gluten, milk & sulphites.											Suga	, (0)	37.8	22.0
Traces of egg, peanuts and sesame seeds in the Oreo Pieces.												ım (mg)	170	99
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulp	ohites	Preservative	Flavour	Colours	
	Y	T	Υ	Ý		T		T	,	Υ	Υ	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.													627	700
CONE: Wheat Flour, Sunflower Oil, Water, Soy Lecithin, Salt, Mineral Salt (500)											y (Cal)	150	168	
•											Prote	in (g)	3.9	4.4
Contains milk, soy , gluten & sulphites											Fat, to	otal (g)	4.6	5.1
Note: CONES are produced in a facility which also produces products containing peanuts & tree nuts (almonds & hazelnuts),  Saturated Fat (g)											ated Fat (g)	2.9	3.2	
											Carbo	ohydrate (g)	22.9	25.6
											Suga	rs (g)	17.0	19.0
											Sodiu	ım (mg)	58	65
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulp	ohites	Preservative	Flavour	Colours	
	Υ		Y	Y		T	T		,	Υ	Υ	Υ		
											Small		La	arge
Sundae - Caramel										Avg Qty	/Serve Avg	g Qty /100g	Avg Qty /Serve	Avg Qty /100g
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Em	ulsifiers (433	, 471), Veget	able Gums (	407, 407a,	412, 466), Flavour.			Energy (I	kJ)	148		840	2290	917
CARAMEL TOPPING: Glucose Corn Syrup, Whole Sweetened Condensed Milk (Milk, Milk Powder, Sugar, Lactose), High Fru	ctose Corn S	yrup, Shorte	ning [Palm (	Jil, Antioxida	ant (307)], Water, Sugar, T	hickeners		Energy (	Cal)	353	3	201	548	219
(401, 440), Salt, Stabiliser (339), Flavouring.								Protein (	g)	6.3		3.6	8.4	3.3
								Fat, total	(g)	8.3		4.7	11.5	4.6
Contains milk & sulphites. Traces of gluten.								Saturate	(0)	5.5		3.1	7.6	3.0
Note: CARAMEL TOPPING is manufactured on the same line as products containing soy.								Carbohy	(0)	62.		35.5	101	40.5
								Sugars (	· ·	43.		24.8	66.7	26.7
					T =		1	Sodium (	· J/	152		86	244	98
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulp	ohites	Preservative	Flavour	Colours	4
	ı	<u> </u>	Y							Y	Small	Y	<u> </u>	
Sundae - Hot Fudge											*******			arge
Sundae - not rudge										Avg Qty		g Qty /100g	Avg Qty /Serve	
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.											50	835	2230	913
HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrodgenated Palm Kernel Olein (Soy Lecithin), Whole Sweetened Condensed Milk (Milk, Milk Powder, Sugar, Lactose), Cocoa Powder, Whole Milk Energy (Cal)										346		200	533	218
Powder, Thickeners (1422, 401), Salt, Stabiliser), Flavouring, Preservative (202).								Protein (	*,	6.8		3.9	9.5	3.9
								Fat, total	(0)	11.		6.7	18.2	7.4
								Saturate	(0)	8.7		5.0	14.0	5.7
Contains milk, soy & sulphites. Traces of gluten								Carbohy	(0)	52.		30.3	81.4	33.3
								Sugars (	<b>U</b> /	44.		25.9	69.3	28.4
								Sodium (	(ma)	133	2	77	206	85
								1	. 5/					00
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	1	. 5/	ohites	Preservative		Colours	65

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), Emu	ulsifiers (433,	471), Vegeta	able Gums (4	107, 407a, 4	12, 466), Flavour.						Energy	r (kJ)	876	649
											Energy	(Cal)	210	155
Contains milk & sulphites. Traces of gluten.											Protein	ı (g)	5.5	4.1
McDonald's Sundae without Topping is available on request.	Fat, tot	(0)	6.8	5.0										
		ted Fat (g)	4.5	3.3										
		nydrate (g)	31.3	23.2										
	Sugars Sodium		27.0 78	20.0										
														58
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame	Seeds Su	Iphites	Preservative	Flavour	Colours	
	T		Y							Υ	Υ	Y	<u> </u>	
Sm													La	
Sundae - Strawberry										Avg Qty /S			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.												692	1720	711
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												166	411	
Protein (g) 5.7														170
		0.	, , ,	(),		,				5.7		3.3	7.2	3.0
		ů.	., .,	(***),			. 9		Protein (g) Fat, total (g)	5.7 6.8		3.3 3.9	7.2 8.4	3.0 3.5
Contains milk & sulphites. Traces of gluten.		Ū.	.,	(),		, -			Protein (g) Fat, total (g) Saturated Fat (g	5.7 6.8 4.5		3.3 3.9 2.6	7.2 8.4 5.5	3.0 3.5 2.3
Contains milk & sulphites. Traces of gluten.		Ū.		(,,		, -	. g		Protein (g) Fat, total (g) Saturated Fat (g Carbohydrate (g	5.7 6.8 4.5 49.4	. :	3.3 3.9 2.6 28.7	7.2 8.4 5.5 75.1	3.0 3.5 2.3 31.1
Contains milk & sulphites. Traces of gluten.			., .,	(,,					Protein (g) Fat, total (g) Saturated Fat (g Carbohydrate (g Sugars (g)	5.7 6.8 4.5 49.4 44.3	. :	3.3 3.9 2.6 28.7 25.8	7.2 8.4 5.5 75.1 68.1	3.0 3.5 2.3 31.1 28.2
Contains milk & sulphites. Traces of gluten.									Protein (g) Fat, total (g) Saturated Fat (g Carbohydrate (g Sugars (g) Sodium (mg)	5.7 6.8 4.5 49.4 44.3 81		3.3 3.9 2.6 28.7 25.8 47	7.2 8.4 5.5 75.1 68.1 102	3.0 3.5 2.3 31.1
Contains milk & sulphites. Traces of gluten.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts		Protein (g) Fat, total (g) Saturated Fat (g Carbohydrate (g Sugars (g) Sodium (mg)	5.7 6.8 4.5 49.4 44.3 81	. :	3.3 3.9 2.6 28.7 25.8	7.2 8.4 5.5 75.1 68.1	3.0 3.5 2.3 31.1 28.2