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

Information correct as at 30 June2015

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

This guide is for our standard or core menu items. For information regarding short-time menu items, please either ask a manager in one of our restaurants or contact our Customer Service Department either via our website http://mcdonalds.com.au/contactus or on 02 9875 7100.

The nutrition and ingredient information is based on standard product formulations, standard product assembly and standard serving sizes (including ice for drinks from our beverage system). Actual sizes and assembly may vary. Due to the individual preparation of each of our menu items, actual values may vary from those listed. Variations may also occur depending on the local supplier, region of the country, and the season of the year. Further, product formulations may change periodically.

Food Sensitivities and Preferences

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

As we operate working kitchens please be aware that there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item sold is free from traces of allergens.

No food items are certified as vegetarian. Whilst some ingredients may not contain animal ingredients, we cannot guarantee that there will be no cross contact with ingredients that do contain animal ingredients in our kitchens.

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

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

BEEF

Big Mac

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

BEEF PATTIES: Beef (100%).

LETTUCE: Iceberg Lettuce.

BIG MAC SAUCE: **Soybean** Oil (Antioxidant (330)), Water, Relish [Pickles, High Fructose Corn Syrup, Sugar, Distilled Vinegar, Preservative (202), Thickener (415), Flavourings], Mustard [Water, Distilled Vinegar, Mustard Seed, Salt, Sugar, Colours (150d, 100), Spice], Salted **Egg** Yolks, Distilled Vinegar, Onion, Thickeners (1442, 415, 405), Spices, Sugar, Salt, Hydrolysed Protein (Corn Gluten, **Soy**, Wheat **Gluten**), Preservative (211), Colours (160c, 150d, 100), Emulsifier (433), Garlic, Antioxidant (385).

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

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

ONION: Water, Dehydrated White Onion.

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

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

*Beef patty seasoned on grill. Seasoning: Salt, Pepper, **Soy** Oil.*

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

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

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.

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

Contains gluten, milk and soy.

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

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

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

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.

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

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

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

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

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

Hamburger

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%)**.**

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 &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.***

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	979	1030
Energy (Cal)	234	247
Protein (g)	12.2	12.9
Fat, total (g)	8.6	9.1
Saturated Fat (g)	3.5	3.7
Carbohydrate (g)	25.3	26.6
Sugars (g)	4.2	4.4
Sodium (mg)	480	505

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

McFeast

BEEF PATTY: Beef (100%).

QUARTER BUN: **Wheat** Flour, Water, Yeast, Sugar, Vegetable Oil (Canola), **Sesame Seed**, Iodised Salt, **Gluten**, Bread Improver [**Soy Flour**, Emulsifier (481), Mineral Salts (516, 170), **Malt Flour**, Dough Conditioner (300), Enzymes (Amylase, Xylanase)], Preservative (282), Emulsifiers (471, 472e), Antioxidant (304, 307, 330), Enzyme (1100) Vitamin (Thiamin, Folate).

LETTUCE: Iceberg Lettuce

TOMATO: Sliced Tomato.

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

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

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: Slivered Onion

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

Contains gluten, egg, soy, milk & 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.***

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2030	894
Energy (Cal)	485	214
Protein (g)	28.1	12.4
Fat, total (g)	27.0	11.9
Saturated Fat (g)	12.2	5.4
Carbohydrate (g)	31.2	13.7
Sugars (g)	6.6	2.9
Sodium (mg)	851	375

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

Mighty Angus Burger

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).

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.

CHUNKY TOMATO SAUCE: Water, Tomato [Tomato Paste, Crushed Tomato (Acidity Regulator (330), Firming Agent (509)], Red Bell Pepper Puree, Sugar, Vinegar, Thickener (1422), Dehydrated Vegetables, Salt, Spices, **Soybean** Oil, Preservative (202), Vegetable Gum (415).

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

ONION: Red Onion

MAYONNAISE: Water, **Soybean** Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).

Contains gluten, milk, egg, soy and sesame seeds. Traces of sulphites in the Chunky Tomato Sauce.

*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** .*

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

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2790	1080
Energy (Cal)	668	259
Protein (g)	43.5	16.8
Fat, total (g)	35.9	13.9
Saturated Fat (g)	17.7	6.9
Carbohydrate (g)	41.4	16.0
Sugars (g)	7.4	2.9
Sodium (mg)	1370	531

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

Quarter Pounder and Double Quarter Pounder

BEEF PATTY: Beef (100%).

QUARTER BUN: **Wheat** Flour, Water, Yeast, Sugar, Vegetable Oil (Canola), **Sesame Seed**, Iodised Salt, **Gluten**, Bread Improver [**Soy Flour**, Emulsifier (481), Mineral Salts (516, 170), **Malt Flour**, Dough Conditioner (300), Enzymes (Amylase, Xylanase)], Preservative (282), Emulsifiers (471, 472e), Antioxidant (304, 307, 330), Enzyme (1100) Vitamin (Thiamin, Folate).

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

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

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

ONION: Slivered Onion

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

Contains gluten, soy, milk & 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.***

	Quarter Pounder		Double Quarter Pounder	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2280	1100	3570	1170
Energy (Cal)	546	264	853	279
Protein (g)	33.7	16.3	57.5	18.8
Fat, total (g)	30.2	14.6	53.3	17.4
Saturated Fat (g)	15.7	7.6	28.1	9.2
Carbohydrate (g)	33.6	16.2	34.2	11.2
Sugars (g)	6.7	3.2	7.0	2.3
Sodium (mg)	1050	507	1350	442

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

Steak Roll

BREAD ROLL: **Wheat Flour**, Water, Yeast, **Gluten,** Canola Oil, Iodised Salt, Sugar, Improver [Dextrose, **Wheat Flour**, Emulsifiers (472e, 170, 471), Preservative (282), Vitamins (Thiamine, Folate).

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, Onion Powder, Anti-caking Agent (551)].

TOMATO: Sliced Tomato

GARLIC AIOLI: Canola Oil (Antioxidants (306-**Soy**, 319)), Water, Glucose Syrup (**Wheat Derived**), **Egg Yolk**, **Whey Protein**, Minced Garlic (Acidity Regulator (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), **Oat Fibre**, Flavourings (**Milk**), Emulsifiers **(Soy** Lecithin, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

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

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.*

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

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2010	732
Energy (Cal)	482	175
Protein (g)	32.2	11.7
Fat, total (g)	15.4	5.6
Saturated Fat (g)	2.5	0.9
Carbohydrate (g)	50.5	18.4
Sugars (g)	4.1	1.5
Sodium (mg)	931	339

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

*BUNS are produced on equipment that also produces products containing **sesame seeds.***

CHICKEN AND FISH

Chicken McNuggets

Chicken, Water, Flour (Maize, Bleached **Wheat**), Salt, Canola Oil, Thickener (1404), Raising Agents and Mineral Salts (341,

Contains gluten.

Note: McNuggets are cooked in canola oil blend.

	3 Pack		6 Pack		10 Pack	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	582	1180	1160	1180	1940	1180
Energy (Cal)	140	282	279	282	464	282
Protein (g)	7.9	15.9	15.8	15.9	26.4	15.9
Fat, total (g)	9.0	18.1	17.9	18.1	29.9	18.1
Saturated Fat (g)	1.4	2.8	2.8	2.8	4.6	2.8
Carbohydrate (g)	6.7	13.6	13.5	13.6	22.4	13.6
Sugars (g)	0.2	0.5	0.4	0.5	0.8	0.5
Sodium (mg)	222	448	444	448	739	448

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

Chicken McBites - 10 piece pack

Chicken, Water, **Wheat** Flour, 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).

Contains gluten & milk.

Note: McBites are cooked in canola oil blend.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	661	1050
Energy (Cal)	158	251
Protein (g)	10.6	16.8
Fat, total (g)	9.0	14.4
Saturated Fat (g)	1.5	2.4
Carbohydrate (g)	8.4	13.4
Sugars (g)	0.5	<1.0
Sodium (mg)	453	720

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

Chicken & Cheese

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

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

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

MAYONNAISE: Water, **Soybean Oil** (Antioxidant (330)), **Egg Yolks**, Modified Corn **Starch** (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, **Mustard Flour**, Thickener (415), Acidity Regulator (270), Preservative (202).

Contains gluten, egg, soy & milk.

Note: McChicken patty is cooked in canola oil blend.

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

McChicken patty contains traces of sulphites

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1640	1090
Energy (Cal)	391	260
Protein (g)	19.5	13.0
Fat, total (g)	19.3	12.8
Saturated Fat (g)	4.1	2.8
Carbohydrate (g)	32.9	21.8
Sugars (g)	2.8	1.9
Sodium (mg)	709	471

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

Chicken & Mayo

CHICKEN PATTY: Chicken, Water, Flour (**Wheat,** Maize, **Soy**), Canola Oil, Thickeners (1400, Cornstarch, 1420, 1422), Salt, Mineral Salts (500, 450, 508, 451), Spices, Yeast, Garlic., Dextrose, Herbs, Spice Extract, Flavour, Food Acid (330), Pepper, Colours (100, 160c), Emulsifiers (433, 471, 481, 472e), Preservative (282), Vegetable Gum (412), Vitamin (Thiamin), Garlic Powder, Maltodextrin, Vegetable Powders, Anticaking Agent (341), Antioxidants (320, 310).

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

MAYONNAISE: Water, **Soybean** Oil (Antioxidant (330), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).

LETTUCE: Iceberg Lettuce

Contains gluten, egg & soy.

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

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1390	1030
Energy (Cal)	332	246
Protein (g)	12.6	9.3
Fat, total (g)	16.3	12.1
Saturated Fat (g)	2.8	2.1
Carbohydrate (g)	32.1	23.8
Sugars (g)	2.8	2.0
Sodium (mg)	583	432

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

Crispy Chicken Deluxe

CRISPY CHICKEN: Chicken, **Wheat** Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [**Wheat** Flour, Water, Vegetable Oil (Canola), Yeast, Salt, Improver {**Wheat** Flour, Ascorbic Acid (300), Food Acid (263)}, Enzyme (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, **Wheat** Gluten, **Egg** Powder, Anti-Caking Agent (551), **Whey** Protein, **Soy** Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (**Soy**), Vegetable Powder.

CHILLI CHIVE & SESAME BUN: **Wheat Flour**, Water, Sugar, **Sesame Seed**, Yeast, Canola Oil, **Gluten**, Iodised Salt, Chilli Flakes, Chive Flakes, **Soy** Flour, Preservative (282), Emulsifiers (471, 481, 472e), Mineral Salts (170, 516), **Wheat Malt Flour**, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).

TOMATO SLICE: Tomatoes.

GARLIC AIOLI: Canola Oil (Antioxidants (306-**Soy**, 319)), Water, Glucose Syrup (**Wheat Derived**), **Egg Yolk**, **Whey Protein**, Minced Garlic (Acidity Regulator (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), **Oat Fibre**, Flavourings (**Milk**), Emulsifiers **(Soy** Lecithin, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

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

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

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

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

GARLIC AIOLI and CRISPY CHICKEN PATTY may contain traces of sulphites.

CRISPY PATTY is cooked in canola oil blend.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2640	1030
Energy (Cal)	631	247
Protein (g)	31.7	12.4
Fat, total (g)	33.2	13.0
Saturated Fat (g)	8.5	3.3
Carbohydrate (g)	50.0	19.6
Sugars (g)	5.3	2.1
Sodium (mg)	1140	449

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

Grilled Chicken Deluxe

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

OR

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

CHILLI CHIVE & SESAME BUN: **Wheat Flour**, Water, Sugar, **Sesame Seed**, Yeast, Canola Oil, **Gluten**, Iodised Salt, Chilli Flakes, Chive Flakes, **Soy** Flour, Preservative (282), Emulsifiers (471, 481, 472e), Mineral Salts (170, 516), **Wheat Malt Flour**, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).

TOMATO SLICE: Tomatoes.

GARLIC AIOLI: Canola Oil (Antioxidants (306-**Soy**, 319)), Water, Glucose Syrup (**Wheat Derived**), **Egg Yolk**, **Whey Protein**, Minced Garlic (Acidity Regulator (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), **Oat Fibre**, Flavourings (**Milk**), Emulsifiers **(Soy** Lecithin, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

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

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

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

GARLIC AIOLI may contain traces of sulphites.

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

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2250	884
Energy (Cal)	539	212
Protein (g)	37.1	14.5
Fat, total (g)	24.4	9.6
Saturated Fat (g)	7.5	2.9
Carbohydrate (g)	41.1	16.1
Sugars (g)	6.1	2.4
Sodium (mg)	1010	397

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

South West Crispy Chicken Burger

CRISPY CHICKEN: Chicken, **Wheat** Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [**Wheat** Flour, Water, Vegetable Oil (Canola), Yeast, Salt, Improver {**Wheat** Flour, Ascorbic Acid (300), Food Acid (263)}, Enzyme (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, **Wheat** Gluten, **Egg** Powder, Anti-Caking Agent (551), **Whey** Protein, **Soy** Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (**Soy**), Vegetable Powder.

CHILLI CHIVE & SESAME BUN: **Wheat Flour**, Water, Sugar, **Sesame Seed**, Yeast, Canola Oil, **Gluten**, Iodised Salt, Chilli Flakes, Chive Flakes, **Soy** Flour, Preservative (282), Emulsifiers (471, 481, 472e), Mineral Salts (170, 516), **Wheat Malt Flour**, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).

TOMATO SLICE: Tomatoes.

SOUTHWEST DRESSING: **Soybean** Oil (Antioxidant (320)), Water, Vinegar, Sugar, **Buttermilk, Egg** Yolk, Salt, Lemon Juice Concentrate, Spices, Thickeners (1442, 415), Onion, Garlic, Herb, Spice Extract, Preservative (202), Colour (160c), Antioxidant (385).

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

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

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

TORTILLA STRIPS: Corn Flour, Vegetable Oil, Water, Salt.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2780	1070
Energy (Cal)	664	255
Protein (g)	31.7	12.2
Fat, total (g)	33.8	13.0
Saturated Fat (g)	9.2	3.5
Carbohydrate (g)	56.6	21.8
Sugars (g)	6.2	2.4
Sodium (mg)	1230	473

Contains gluten, egg, milk, soy and sesame seeds .CRISPY CHICKEN PATTY may contain traces of sulphites
CRISPY PATTY is cooked in canola oil blend.

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

South West Grilled Chicken Burger

GRILLED CHICKEN: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450, 508), Yeast Extract, Herbs, Garlic Powder. **OR** Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Fruit Powder [Contains. Lemon Juice Concentrate, Flavours], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti caking Agent (341), Spice Extract (Pepper), Vegetable Oil.

CHILLI CHIVE & SESAME BUN: **Wheat Flour**, Water, Sugar, **Sesame Seed**, Yeast, Canola Oil, **Gluten**, Iodised Salt, Chilli Flakes, Chive Flakes, **Soy** Flour, Preservative (282), Emulsifiers (471, 481, 472e), Mineral Salts (170, 516), **Wheat Malt Flour**, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).

TOMATO SLICE: Tomatoes.

SOUTHWEST DRESSING: **Soybean** Oil (Antioxidant (320)), Water, Vinegar, Sugar, **Buttermilk, Egg** Yolk, Salt, Lemon Juice Concentrate, Spices, Thickeners (1442, 415), Onion, Garlic, Herb, Spice Extract, Preservative (202), Colour (160c), Antioxidant (385).

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

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

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

TORTILLA STRIPS: Corn Flour, Vegetable Oil, Water, Salt.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2400	922
Energy (Cal)	573	221
Protein (g)	37.1	14.3
Fat, total (g)	25.1	9.7
Saturated Fat (g)	8.2	3.1
Carbohydrate (g)	47.7	18.4
Sugars (g)	7.0	2.7
Sodium (mg)	1100	423

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

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

Spicy Jalapeno Crispy Chicken Burger

CRISPY CHICKEN: Chicken, **Wheat** Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [**Wheat** Flour, Water, Vegetable Oil (Canola), Yeast, Salt, Improver {**Wheat** Flour, Ascorbic Acid (300), Food Acid (263)}, Enzyme (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, **Wheat** Gluten, **Egg** Powder, Anti-Caking Agent (551), **Whey** Protein, **Soy** Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (**Soy**), Vegetable Powder.

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).

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

JALAPENOS: Jalapeno Peppers, Water, Vinegar, Salt, Acidity Regulators (296, 270), Firming Agent (509), Preservatives (211, **223**), Colour (102).

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2150	2490
Energy (Cal)	515	596
Protein (g)	28.8	22.7
Fat, total (g)	25.1	33.3
Saturated Fat (g)	4.3	5.3
Carbohydrate (g)	41.8	49.9
Sugars (g)	6.4	5.4
Sodium (mg)	1330	1430

Contains gluten, egg, milk, soy, sesame seeds and sulphites .
CRISPY PATTY is cooked in canola oil blend.

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

Spicy Jalapeno Grilled Chicken Burger

GRILLED CHICKEN: Chicken, Water, Maltodextrin, Flavouring, Salt, Thickener (1442), Rice Flour, Mineral Salts (451, 450, 508), Yeast Extract, Herbs, Garlic Powder. **OR** Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Fruit Powder [Contains. Lemon Juice Concentrate, Flavours], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.

CHILLI CHIVE & SESAME BUN: **Wheat Flour**, Water, Sugar, **Sesame Seed**, Yeast, Canola Oil, **Gluten**, Iodised Salt, Chilli Flakes, Chive Flakes, **Soy** Flour, Preservative (282), Emulsifiers (471, 481, 472e), Mineral Salts (170, 516), **Wheat Malt Flour**, Dough Conditioner (300), Enzymes (1100), Vitamins (Thiamin, Folate).

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

JALAPENOS: Jalapeno Peppers, Water, Vinegar, Salt, Acidity Regulators (296, 270), Firming Agent (509), Preservatives (211, **223**), Colour (102).

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2150	897
Energy (Cal)	515	214
Protein (g)	28.8	12.0
Fat, total (g)	25.1	10.5
Saturated Fat (g)	4.3	1.8
Carbohydrate (g)	41.8	17.4
Sugars (g)	6.4	2.7
Sodium (mg)	1330	554

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

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

McChicken

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

QUARTER 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).

LETTUCE: Iceberg Lettuce.

MAYONNAISE: Water, **Soybean** Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Vegetable Gum (415), Food Acid (270), Preservative (202).

Contains gluten, egg, soy & sesame seeds.
Traces of sulphites in Chicken Patty
Note: McChicken patty is cooked in canola oil blend.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1710	921
Energy (Cal)	408	220
Protein (g)	20.0	10.8
Fat, total (g)	18.7	10.1
Saturated Fat (g)	3.0	1.6
Carbohydrate (g)	37.4	20.2
Sugars (g)	3.1	1.7
Sodium (mg)	698	377

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

Filet-o-Fish

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).

FISH PORTION: **Fish** (Pollock), Water, Batter [Modified Food Starch (1422), Yellow Corn Flour, Cellulose Gum, Bleached Wheat Flour, Salt] Breader [**Wheat** Flour, Bleached **Wheat** Flour, Salt, **Whey**, Dextrose, Dried Yeast, Sugar, Paprika (160c) and Turmeric (100) Extract, Black Pepper].

TARTAR SAUCE: Pickles, Water, **Soybean** Oil, Distilled Vinegar, Onions and Onion Extracts, Modified Corn Starch, **Egg** Yolks, Corn Syrup Solids, Sugar, Salt, Spice, Vegetable Gum (415), Capers, Preservative (202), Dextrose, Dehydrated Parsley, Spice Extracts.

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

Contains gluten, egg, milk, soy & fish.
BUNS are produced on equipment that also produces products containing sesame seeds.
FISH PORTION is cooked in canola oil blend.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1270	988
Energy (Cal)	303	236
Protein (g)	13.4	10.4
Fat, total (g)	13.1	10.2
Saturated Fat (g)	3.0	2.3
Carbohydrate (g)	31.4	24.5
Sugars (g)	2.5	2.0
Sodium (mg)	524	409

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

WRAPS

Crispy Chicken Snack Wrap

CRISPY CHICKEN: Chicken, **Wheat** Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [**Wheat** Flour, Water, Vegetable Oil (Canola), Yeast, Salt, Improver {**Wheat** Flour, Ascorbic Acid (300), Food Acid (263)}, Enzyme (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, **Wheat** Gluten, **Egg** Powder, Anti-Caking Agent (551), **Whey** Protein, **Soy** Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (**Soy**), Vegetable Powder.

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

LETTUCE: Iceberg Lettuce.

MAYONNAISE: Water, **Soybean** Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).

Contains gluten, egg, milk & soy.
Crispy Chicken cooked in canola oil blend.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1170	1040
Energy (Cal)	280	248
Protein (g)	11.5	10.1
Fat, total (g)	13.2	11.7
Saturated Fat (g)	3.3	2.9
Carbohydrate (g)	28.0	24.7
Sugars (g)	1.8	1.6
Sodium (mg)	429	380

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

Grilled Chicken Snack Wrap

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

OR

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

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

LETTUCE: Iceberg Lettuce.

MAYONNAISE: Water, **Soybean** Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).

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

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

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	939	866
Energy (Cal)	225	207
Protein (g)	13.6	12.6
Fat, total (g)	8.5	7.8
Saturated Fat (g)	2.7	2.5
Carbohydrate (g)	22.5	20.8
Sugars (g)	2.1	2.0
Sodium (mg)	348	321

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

Chicken & Aioli McWrap - Crispy Chicken

CRISPY CHICKEN: Chicken, **Wheat** Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [**Wheat** Flour, Water, Vegetable Oil (Canola), Yeast, Salt, Improver {**Wheat** Flour, Ascorbic Acid (300), Food Acid (263)}, Enzyme (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, **Wheat** Gluten, **Egg** Powder, Anti-Caking Agent (551), **Whey** Protein, **Soy** Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (**Soy**), Vegetable Powder.

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

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

TOMATO: Sliced Tomato

GARLIC AIOLI: Canola Oil (Antioxidants (306-**Soy**, 319)), Water, Glucose Syrup (**Wheat Derived**), **Egg Yolk**, **Whey Protein**, Minced Garlic (Acidity Regulator (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), **Oat Fibre**, Flavourings (**Milk**), Emulsifiers (**Soy** Lecithin, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2700	975
Energy (Cal)	646	233
Protein (g)	23.2	8.4
Fat, total (g)	38.6	13.9
Saturated Fat (g)	6.4	2.3
Carbohydrate (g)	50.0	18.1
Sugars (g)	4.9	1.8
Sodium (mg)	975	352

Contains gluten, egg, milk, soy. GARLIC AIOLI and CRISPY CHICKEN PATTY may contain traces of sulphites.
CRISPY PATTY is cooked in canola oil blend.

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

Chicken & Aioli McWrap - Grilled Chicken

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

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

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

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

TOMATO: Sliced Tomato

GARLIC AIOLI: Canola Oil (Antioxidants (306-**Soy**, 319)), Water, Glucose Syrup (**Wheat Derived**), **Egg Yolk**, **Whey Protein**, Minced Garlic (Acidity Regulator (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), **Oat Fibre**, Flavourings (**Milk**), Emulsifiers (**Soy** Lecithin, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

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

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2230	833
Energy (Cal)	534	199
Protein (g)	27.9	10.4
Fat, total (g)	28.7	10.7
Saturated Fat (g)	5.2	2.0
Carbohydrate (g)	39.5	14.7
Sugars (g)	5.5	2.1
Sodium (mg)	811	303

Contains gluten, egg, milk & soy.
GARLIC AIOLI may contain traces of sulphites.
Grilled Chicken may be cooked on the same grill as egg.

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

Chicken & Spicy Mayo McWrap - Crispy Chicken

CRISPY CHICKEN: Chicken, **Wheat** Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [**Wheat** Flour, Water, Vegetable Oil (Canola), Yeast, Salt, Improver {**Wheat** Flour, Ascorbic Acid (300), Food Acid (263)}, Enzyme (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, **Wheat** Gluten, **Egg** Powder, Anti-Caking Agent (551), **Whey** Protein, **Soy** Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (**Soy**), Vegetable Powder.

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

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

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

TOMATO: Sliced Tomato

CUCUMBER: Sliced Cucumber

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2670	901
Energy (Cal)	638	216
Protein (g)	22.1	7.5
Fat, total (g)	38.9	13.1
Saturated Fat (g)	8.1	2.7
Carbohydrate (g)	48.7	16.5
Sugars (g)	5.6	1.9
Sodium (mg)	1230	416

Contains gluten, egg, milk and soy. CRISPY CHICKEN PATTY may contain traces of sulphites.
CRISPY PATTY is cooked in canola oil blend.

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

Chicken & Spicy Mayo McWrap - Grilled Chicken

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

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

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

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

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

TOMATO: Sliced Tomato

CUCUMBER: Sliced Cucumber

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

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

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

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

Steak and BBQ McWrap

STEAK STRIPS: Beef, Marinade [Thickener (1442), Sugar, Maltodextrin, Salt, Flavour , Mineral Salt (451), Spices, Acidity Regulator (262, 330), Tomato Powder, Yeast Extract, Smoked Salt, Onion Powder, Anti-caking Agent (551).
TORTILLA: **Wheat** Flour (Thiamine, Folic Acid), Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Iodized Salt, Mineral Salt (500), Flavour, Preservative (282), Yeast
TOMATO: Sliced Tomato
SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, **Worcestershire**, Colour (150c), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour.
GARLIC AIOLI: Canola Oil (Antioxidants (306-**Soy**, 319)), Water, Glucose Syrup (**Wheat** Derived), **Egg Yolk**, **Whey Protein**, Minced Garlic (Acidity Regulator (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), **Oat Fibre**, Flavourings (Milk), Emulsifiers (**Soy Lecithin**, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).
CARAMELISED GRILLED ONION: Onion, Vegetable Oil (Palm and/or Cottonseed, **Soybean**), Salt, Sugar, Caramelized Sugar, Onion powder, Maltodextrin, Flavours, Spice.
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce
OIL: Canola Oil, Emulsifier (322 - **Soy**), Flavour, Colour (160a), Acidity Regulator (330).
Contains gluten, egg, milk, fish & soy. GARLIC MAYONNAISE may contain traces of sulphite
STEAK STRIPS seasoned after cooking. Seasoning: Salt, Pepper, Soy Oil
Steak may be cooked on the same grilll as egg

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

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

Steak and Aioli McWrap

STEAK STRIPS: Beef, Marinade [Thickener (1442), Sugar, Maltodextrin, Salt, Flavour , Mineral Salt (451), Spices, Acidity Regulator (262, 330), Tomato Powder, Yeast Extract, Smoked Salt, Onion Powder, Anti-caking Agent (551).
TORTILLA: **Wheat** Flour (Thiamine, Folic Acid), Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Iodized Salt, Mineral Salt (500), Flavour, Preservative (282), Yeast
TOMATO: Sliced Tomato
GARLIC AIOLI: Canola Oil (Antioxidants (306-**Soy**, 319)), Water, Glucose Syrup (**Wheat** Derived), **Egg Yolk**, **Whey Protein**, Minced Garlic (Acidity Regulator (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), **Oat Fibre**, Flavourings (Milk), Emulsifiers (**Soy Lecithin**, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).
CARAMELISED GRILLED ONION: Onion, Vegetable Oil (Palm and/or Cottonseed, **Soybean**), Salt, Sugar, Caramelized Sugar, Onion powder, Maltodextrin, Flavours, Spice.
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce
OIL: Canola Oil, Emulsifier (322 - **Soy**), Flavour, Colour (160a), Acidity Regulator (330).
Contains gluten, egg, milk & soy. GARLIC MAYONNAISE may contain traces of sulphites
STEAK STRIPS seasoned after cooking. Seasoning: Salt, Pepper, Soy Oil
Steak may be cooked on the same grilll as egg

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

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

FRENCH FRIES

French Fries

Potato, Canola Oil, Dextrose, Mineral Salt (450). May contain Sulphites (<10ppm from sodium metabisulphite (223)) and Antioxidant (306)
Contains traces of sulphites
Note: French Fries are cooked in canola oil blend, salt added

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1070	1480	1540	1480	1900	1480
Energy (Cal)	255	354	368	354	453	354
Protein (g)	2.7	3.8	4.0	3.8	4.9	3.8
Fat, total (g)	13.7	19.0	19.8	19.0	24.3	19.0
Saturated Fat (g)	1.6	2.3	2.3	2.3	2.9	2.3
Carbohydrate (g)	28.6	39.7	41.3	39.7	50.8	39.7
Sugars (g)	0.3	0.4	0.4	0.4	0.5	0.4
Sodium (mg)	245	340	354	340	435	340

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

FRUIT & SALADS

Apples

Apple Slices, Antioxidants (302,300), Mineral Salt (170).

May contain Apple Seeds.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	153	254
Energy (Cal)	37	61
Protein (g)	0.3	0.5
Fat, total (g)	<0.1	0.1
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	8.0	13.4
Sugars (g)	6.9	11.5
Sodium (mg)	<1	1

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

Warm Chicken Salad - Crispy Chicken

LETTUCE, CARROT & CABBAGE MIX: Cos Lettuce, Carrot, Iceberg Lettuce, Red Cabbage

CRISPY CHICKEN: Chicken, **Wheat** Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [**Wheat** Flour, Water, Vegetable Oil (Canola), Yeast, Salt, Improver {**Wheat** Flour, Ascorbic Acid (300), Food Acid (263)}, Enzyme (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, **Wheat** Gluten, **Egg** Powder, Anti-Caking Agent (551), **Whey** Protein, **Soy** Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (**Soy**), Vegetable Powder.

GRAPE TOMATOES: Grape Tomatoes

CUCUMBER: Sliced Cucumber

RED ONION: Red Onion Rings

Contains gluten, egg, milk & soy. CRISPY CHICKEN may contain traces of sulphites.

CRISPY PATTY is cooked in canola oil blend.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1110	325
Energy (Cal)	265	78
Protein (g)	18.6	5.5
Fat, total (g)	11.7	3.4
Saturated Fat (g)	1.7	0.5
Carbohydrate (g)	18.6	5.5
Sugars (g)	6.3	1.9
Sodium (mg)	486	143

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

Warm Chicken Salad - Grilled Chicken

LETTUCE, CARROT & CABBAGE MIX: Cos Lettuce, Carrot, Iceberg Lettuce, Red Cabbage

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

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

GRAPE TOMATOES: Grape Tomatoes

CUCUMBER: Sliced Cucumber

RED ONION: Red Onion Rings

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

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	644	197
Energy (Cal)	154	47
Protein (g)	21.2	6.5
Fat, total (g)	2.4	0.7
Saturated Fat (g)	0.6	0.2
Carbohydrate (g)	9.0	2.8
Sugars (g)	7.0	2.1
Sodium (mg)	307	94

Contains soy & sesame.

Grilled Chicken may be cooked on the same grill as egg

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

Crunchy Noodle Salad - Crispy Chicken

CRISPY CHICKEN: Chicken, **Wheat** Flour, Water, Vegetable Oils (Canola, Palm and Sunflower), Breadcrumb [**Wheat** Flour, Water, Vegetable Oil (Canola), Yeast, Salt, Improver {**Wheat** Flour, Ascorbic Acid (300), Food Acid (263)}, Enzyme (Amylase)], Modified Starch (1422), Mineral Salts (450, 500, 451, 452), Salt, Flavours, Rice Starch, Yeast Extract, Spices, **Wheat** Gluten, **Egg** Powder, Anti-Caking Agent (551), **Whey** Protein, **Soy** Protein, Spice Extracts (160c, 100), Maltodextrin, Hydrolysed Vegetable Protein (**Soy**), Vegetable Powder.

LETTUCE, CARROT & CABBAGE MIX: Cos Lettuce, Carrot, Iceberg Lettuce, Red Cabbage

GRAPE TOMATOES: Grape Tomatoes

CUCUMBER: Sliced Cucumber

RED ONION: Red Onion Rings

CRISPY NOODLES: **Wheat** Flour, Salt, Raising Agents (450, 500), Vegetable Oil, Colour (160b).

Contains gluten, egg, milk & soy. CRISPY CHICKEN may contain traces of sulphites.

CRISPY PATTY is cooked in canola oil blend.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1530	424
Energy (Cal)	366	101
Protein (g)	20.4	5.6
Fat, total (g)	17.0	4.7
Saturated Fat (g)	3.3	0.9
Carbohydrate (g)	30.1	8.3
Sugars (g)	6.4	1.8
Sodium (mg)	632	175

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

Crunchy Noodle Salad - Grilled Chicken

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

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

LETTUCE, CARROT & CABBAGE MIX: Cos Lettuce, Carrot, Iceberg Lettuce, Red Cabbage

GRAPE TOMATOES: Grape Tomatoes

CUCUMBER: Sliced Cucumber

RED ONION: Red Onion Rings

CRISPY NOODLES: **Wheat** Flour, Salt, Raising Agents (450, 500), Vegetable Oil, Colour (160b).

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

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1070	307
Energy (Cal)	255	73
Protein (g)	22.9	6.6
Fat, total (g)	7.6	2.2
Saturated Fat (g)	2.2	0.6
Carbohydrate (g)	20.4	5.9
Sugars (g)	7.1	2.0
Sodium (mg)	452	130

Contains gluten, soy & sesame.

Grilled Chicken may be cooked on the same grill as egg

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

Steak Salad

LETTUCE, CARROT & CABBAGE MIX: Cos Lettuce, Carrot, Iceberg Lettuce, Red Cabbage

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).

GRAPE TOMATOES: Grape Tomatoes

CUCUMBER: Sliced Cucumber

RED ONION: Red Onion Rings

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

Contains soy.

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

Steak may be cooked on the same grill as egg.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	726	230
Energy (Cal)	174	55
Protein (g)	24.0	7.6
Fat, total (g)	3.2	1.0
Saturated Fat (g)	1.2	0.4
Carbohydrate (g)	8.9	2.8
Sugars (g)	6.8	2.2
Sodium (mg)	464	147

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

Garden Salad

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce

TOMATO: Grape Tomatoes

CUCUMBER: Cucumber Slices.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	70	62
Energy (Cal)	16	15
Protein (g)	1.4	1.2
Fat, total (g)	0.1	0.1
Saturated Fat (g)	<0.1	<0.1
Carbohydrate (g)	1.6	1.4
Sugars (g)	1.2	1.1
Sodium (mg)	18	16

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

CONDIMENTS

McNugget Dipping Sauces

BARBECUE SAUCE: Water, Sugar, Vinegar, Tomato Paste, Soy Sauce (contains **Wheat and Soybeans**), Modified Food Starch (1414, 1442), Salt, **Soybean** Oil (Antioxidant 304), Thickeners (415, 466), Dextrose, Spices, Colour (150d), Flavours, Preservative (211), Flavour Enhancers (627, 631), Dehydrated Garlic, Dehydrated Onion, Acidity Regulator (296).

Contains gluten & soy

MUSTARD SAUCE: Water, Sugar, Vinegar, **Soybean** Oil (Antioxidant (304)), Spices, Modified Starches (1442, 1401, 1450 (contains **Barley**), 1422), Salt, **Milk** Proteins, Thickeners (401, 415), Colour (150d), Preservative (211), Antioxidants (331, 385), Dextrose.

Contains gluten, milk & soy .

SWEET & SOUR SAUCE: High Fructose Corn Syrup, Water, Fruit Concentrate (Apricot and/or Peach), Vinegar, Teriyaki [**Soy** Sauce, (Water, **Soybeans**, **Wheat**, Salt), Water, Sugar, Vinegar, Onion, Garlic, Preservative (211), Worcestershire Powder (Dextrose, Spices, Garlic, Salt, Thickener (466), Acidity Regulator (296), Flavour, Onion], Modified Starch (1422), Salt, **Soybean** Oil (Antioxidant {330}), Thickener (415), Mustard Powder, Apricot Flavour, Preservative (211), Colour (150d), Paprika Extract (160c), Anticaking Agent (551).

Contains gluten & soy.

	Barbecue		Mustard		Sweet & Sour	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	197	705	275	981	203	724
Energy (Cal)	47	169	66	235	48	173
Protein (g)	0.2	0.9	0.6	2.1	0.2	0.7
Fat, total (g)	0.3	1.0	3.6	12.8	0.3	1.1
Saturated Fat (g)	<0.1	0.1	0.5	1.7	<0.1	0.2
Carbohydrate (g)	10.7	38.3	7.7	27.5	11.0	39.4
Sugars (g)	8.9	31.8	5.7	20.3	10.0	35.8
Sodium (mg)	183	655	157	561	156	557

	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Barbecue	Y			Y						Y	Y	Y
Mustard	Y		Y	Y						Y		Y
Sweet & Sour	Y			Y						Y	Y	Y

Salad Dressings

BALSAMIC DRESSING: Water, Balsamic Vinegar (contains **sulphites**), Vinegar, Sugar, **Soya** Bean Oil, Salt, Black Pepper, Colour (150d), Yeast Extract, Thickeners (407, 415, 410), Preservatives (211, 202), Natural Flavour.

Contains soy & sulphites.

ITALIAN DRESSING: Water, Vinegar, Sugar, Salt, Thickeners (407, 415, 410), Acidity Regulators (330), Preservatives (211, 202), Onion, Herb, Garlic, Bell Peppers, Spice, Natural Flavour.

	Balsamic		Italian Style	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	80	265	45	149
Energy (Cal)	19	63	11	35
Protein (g)	0.3	1.0	0.3	1.0
Fat, total (g)	0.5	1.5	0.3	1.0
Saturated Fat (g)	0.3	1.0	0.3	1.0
Carbohydrate (g)	3.4	11.2	1.7	5.6
Sugars (g)	3.1	10.4	1.7	5.6
Sodium (mg)	105	350	80	265

	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Balsamic				Y					Y	Y	Y	Y
Italian Dressing										Y	Y	

Salad Dressings

PORTUGUESE DRESSING: Canola Oil (Antioxidants (319, 306 - **Soy**), Vegetables, Tomato Pulp (Antioxidant (330)), Glucose Syrup(**Wheat**), Sugar, Water, **Egg Yolk**, Oat Fibre, Food Acids (260, 330), Salt, Thickener (1442), Emulsifiers (**Soy** Lecithin, 435), Herb, Thickener (415), Flavourings, Preservatives (202, 211), Spice, Spice Extracts (160c, 100).
Contains gluten, egg & soy.

SWEET SESAME DRESSING: Sugar, Water, Vinegar, Canola Oil (Antioxidants (319, 306 -**Soy**)), **Sesame** Oil, Soy Sauce [Water, **Soybeans**, **Wheat**, Salt], Salt, **Sesame Seeds**, Flavouring (**Sesame**), Spices, **Soy** Lecithin, Preservative (202), Vegetable Gum (415).
Contains gluten, soy & sesame.

THAI STYLE DRESSING: Water, Vinegar, Sugar, **Fish** Sauce, Capsicum Puree, **Soy** Sauce, **Sesame** Oil, Chilli Puree, Salt, Thickeners (415,410), Lemon Juice Concentrate, Ginger Puree, Herbs, **Sesame Seeds**, Flavour, Lime Juice Concentrate, Preservative (211).
Contains gluten, fish, soy & sesame.

	Zesty Portuguese		Sweet Sesame		Thai Style	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	1040	1740	951	1590	209	465
Energy (Cal)	249	415	227	379	50	110
Protein (g)	0.7	1.2	0.8	1.3	0.5	1.0
Fat, total (g)	19.3	32.2	14.3	23.9	1.4	3.2
Saturated Fat (g)	1.7	2.8	3.6	5.9	0.2	0.5
Carbohydrate (g)	18.3	30.5	23.9	39.8	8.7	19.4
Sugars (g)	10.3	17.1	23.7	39.5	7.8	17.3
Sodium (mg)	462	770	679	1130	450	1000

	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Zesty Portuguese Dressing	Y	Y		Y						Y	Y	
Sweet Sesame Dressing	Y			Y				Y		Y	Y	
Thai Style Dressing	Y			Y	Y			Y		Y	Y	

Sauces

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

MAYONNAISE: **Soybean** Oil (Antioxidant [330], **Egg** Yolks, Water, Distilled Vinegar, Salt, Sugar, Spice, Lemon Juice Concentrate, Antioxidant (385).
Contains soy & egg.

	Ketchup		Mayonnaise	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	43	478	370	3090
Energy (Cal)	10	114	89	738
Protein (g)	0.1	1.5	0.1	1.0
Fat, total (g)	0.0	0.0	9.8	82.0
Saturated Fat (g)	0.0	0.0	1.6	13.0
Carbohydrate (g)	2.3	26.1	0.2	2.0
Sugars (g)	1.8	20.0	0.1	1.0
Sodium (mg)	88	983	63	525

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

BREAKFAST

Breakfast Condiments

STRAWBERRY JAM: Strawberries, Sugar, Glucose (Maize), Pectin, Acidity Regulator (330).

HONEY: Honey.

VEGEMITE ™ : Yeast Extract, Salt, Mineral Salt (508), Malt Extract (from **Barley),** Colour (150d – contains preservative **sulphur dioxide**), Vegetable Extract, Niacin, Thiamine, Riboflavin, Folate.
Contains gluten & sulphites.

	Honey		Strawberry Jam		Vegemite	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	238	1490	187	1160	39	811
Energy (Cal)	57	356	45	278	9	194
Protein (g)	0.1	0.6	<0.1	0.6	1.2	25.6
Fat, total (g)	<0.1	0.1	<0.1	0.1	<0.1	0.9
Saturated Fat (g)	<0.1	0.1	<0.1	0.1	<0.1	0.9
Carbohydrate (g)	13.9	86.8	10.8	67.8	0.9	19.5
Sugars (g)	11.3	70.6	10.0	62.5	<0.1	1.7
Sodium (mg)	2	13	1	8	162	3380

	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Jam												
Honey												
Vegemite	Y								Y	Y		

Bacon & Egg Brekkie Roll

BREAD ROLL: **Wheat Flour**, Water, Yeast, **Gluten**, Canola Oil, Iodised Salt, Sugar, Improver (Dextrose, **Wheat Flour**, Emulsifier (472e), **Soy** Flour, Dough Conditioner (300), Enzyme (1100)), Emulsifier (472 (e), 170, 471), Preservative (282), Vitamins (Thiamin, Folate).
EGG: Shell **Egg**
COON CHEESE SLICE: **Milk**, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase.
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.
SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, **Worcestershire**, Spices, Colour (150c), Onion, Garlic, Preservative (202), Vegetable Gum (415), Smoke Flavour.
COOKING OIL: Canola Oil,**Soy** Lecithin, Flavour, Colour (160a), Acidity Regulator (330).

Contains gluten, egg, milk, soy and fish.
BREAD ROLLS are produced on equipment that also produces products containing sesame seeds
BBQ Sauce contains traces of fish and gluten

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2080	969
Energy (Cal)	498	232
Protein (g)	26.9	12.5
Fat, total (g)	18.9	8.8
Saturated Fat (g)	8.7	4.0
Carbohydrate (g)	53.1	24.7
Sugars (g)	8.5	4.0
Sodium (mg)	1190	552

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

Deluxe Brekkie Roll

BREAD ROLL: **Wheat Flour**, Water, Yeast, **Gluten**, Canola Oil, Iodised Salt, Sugar, Improver (Dextrose, **Wheat Flour**, Emulsifier (472e), **Soy** Flour, Dough Conditioner (300), Enzyme (1100)), Emulsifier (472 (e), 170, 471), Preservative (282), Vitamins (Thiamin, Folate).
EGG: Shell **Egg**
SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from **wheat**), Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from *soy*), Spice Extracts, Canola Oil].
COON CHEESE SLICE: **Milk**, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase.
CHUNKY TOMATO SAUCE: Water, Tomato [Tomato Paste, Crushed Tomato (Acidity Regulator (330), Firming Agent (509)], Red Bell Pepper Puree, Sugar, Vinegar, Thickener (1422), Dehydrated Vegetables, Salt, Spices, **Soybean** Oil, Preservative (202), Vegetable Gum (415).
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.
COOKING OIL: Canola Oil,**Soy** Lecithin, Flavour, Colour (160a), Acidity Regulator (330).

Contains gluten, egg, milk & soy. Traces of sulphites in the Tomato Sauce
BREAD ROLLS are produced on equipment that also produces products containing sesame seeds

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2490	978
Energy (Cal)	596	234
Protein (g)	35.1	13.8
Fat, total (g)	27.4	10.7
Saturated Fat (g)	12.7	5.0
Carbohydrate (g)	50.3	19.7
Sugars (g)	5.2	2.0
Sodium (mg)	1330	523.0

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

Hash Brown

Potato, Canola Oil, Salt, Dextrose (Maize), Emulsifier (471), Preservatives (450, **222**), Antioxidant (320), Pepper Extracts.
OR
Potatoes, Canola Oil, Seasoning (Black Pepper, Salt, Modified Corn Starch)

Contains traces of sulphite.
* Hash Browns served after 10.30am are cooked with products containing **gluten**

Note: Hash Brown is cooked in canola oil blend.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	638	1150
Energy (Cal)	153	276
Protein (g)	1.6	2.9
Fat, total (g)	9.5	17.2
Saturated Fat (g)	1.1	2.0
Carbohydrate (g)	14.6	26.4
Sugars (g)	0.2	0.4
Sodium (mg)	352	637

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

Ham and Cheese Pocket

TORTILLA: **Wheat Flour** [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Preservative (282), Yeast.
CHEDDAR CHEESE: **Milk**, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase.
HAM: Pork, Water, Acidity Regulators (326, 262), Salt, Emulsifier (451), Sugar, Dextrose (Maize), Antioxidant (316), Sodium Nitrite (250), Colours (Sorghum Husk Extract 160b).

Contains gluten and milk.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1020	1230
Energy (Cal)	244	294
Protein (g)	12.1	14.6
Fat, total (g)	11.5	13.8
Saturated Fat (g)	6.6	7.9
Carbohydrate (g)	22.3	26.9
Sugars (g)	1.6	2.0
Sodium (mg)	514	619

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

Hotcakes

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

Contains gluten, egg & milk.
HOTCAKES are produced in a plant that also produces products containing sesame seeds.

	Plain		with Syrup & Butter	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1660	1100	2760	1240
Energy (Cal)	397	263	660	296
Protein (g)	11.3	7.5	11.4	5.1
Fat, total (g)	10.7	7.1	19.8	8.9
Saturated Fat (g)	2.1	1.4	8.2	3.7
Carbohydrate (g)	61.5	40.7	106	47.7
Sugars (g)	14.2	9.4	46.5	20.8
Sodium (mg)	438	290	536	240

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

Hotcake Condiments

HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).

WHIPPED BUTTER: **Cream**, Salt.
Contains milk.

	Hotcake Syrup		Whipped Butter (2 portions)	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	760	1260	338	2980
Energy (Cal)	182	301	81	713
Protein (g)	0.0	0.0	<0.1	0.6
Fat, total (g)	0.0	0.0	9.1	80.0
Saturated Fat (g)	0.0	0.0	6.1	53.5
Carbohydrate (g)	44.7	73.9	0.1	0.9
Sugars (g)	32.2	53.3	<0.1	0.7
Sodium (mg)	18	30	79	700

	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Hotcake Syrup										Y	Y	Y
Whipped Butter			Y									

McMuffin - Bacon & Egg

WHITE ENGLISH MUFFIN: **Wheat** Flour, Water, Yeast, Ground Maize (Preservative 200), **Gluten**, Sugar, Iodised Salt, Canola Oil, Preservative (282), Dough Improver [(**Soy** Flour, Emulsifier 481, Mineral Salt (170, 516), **Malt Flour**, Dough Conditioner 300, Enzymes (Amylase, Xylanase)], Emulsifiers (471, 472e), Antioxidants (304, 307, 330), Food Acids (341, 297, 262), Enzyme (1101), Vitamins (Thiamine, Folate). **OR**

WHOLEMEAL MUFFIN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, **Wheat** Bran, Yeast, Ground Maize, **Wheat** Germ, **Wheat Gluten**, Sugar, Iodised Salt, Preservative (282), Vegetable (Canola) Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (**Soy** Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516), **Wheat Malt** Flour, Enzymes), **Wheat** Flour, Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100).
EGG: Fresh, Shelled **Egg**.
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.
CHEESE: Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk** Solids, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy** Lecithin.
OIL: Canola Oil, Emulsifiers (**Soy** Lecithin), Flavour, Colour (160a), Acidity Regulator (330).

Contains gluten, egg, milk & soy.
MUFFINS are produced on equipment that also produces products containing sesame seeds.

	On White Muffin		On Wholemeal Muffin	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1240	941	1220	898
Energy (Cal)	297	225	292	215
Protein (g)	16.4	12.4	18.0	13.3
Fat, total (g)	13.6	10.3	14.0	10.3
Saturated Fat (g)	6.2	4.7	5.8	4.2
Carbohydrate (g)	26.1	19.8	21.6	15.9
Sugars (g)	2.1	1.6	3.0	2.2
Sodium (mg)	673	510	651	479

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

McMuffin - BLT

WHITE ENGLISH MUFFIN: **Wheat** Flour, Water, Yeast, Ground Maize (Preservative 200), **Gluten**, Sugar, Iodised Salt, Canola Oil, Preservative (282), Dough Improver [(**Soy** Flour, Emulsifier 481, Mineral Salt (170, 516), **Malt Flour**, Dough Conditioner 300, Enzymes (Amylase, Xylanase)], Emulsifiers (471, 472e), Antioxidants (304, 307, 330), Food Acids (341, 297, 262), Enzyme (1101), Vitamins (Thiamine, Folate). **OR**

WHOLEMEAL MUFFIN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, **Wheat** Bran, Yeast, Ground Maize, **Wheat** Germ, **Wheat Gluten**, Sugar, Iodised Salt, Preservative (282), Vegetable (Canola) Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (**Soy** Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516), **Wheat Malt** Flour, Enzymes), **Wheat** Flour, Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100).
TOMATO SLICE: Tomato.
BACON: Pork, Water, Salt, Sugar, Emulsifiers (450, 451), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract.
SHREDDED LETTUCE: Iceberg Lettuce.

MAYONNAISE: Water, **Soybean** Oil (Antioxidant (330), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).
SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Flavour, Colour (160a), Acidity Regulator (330).

Contains gluten, egg & soy.
ENGLISH MUFFINS are produced on equipment that also produces products containing sesame seeds.

	On White Muffin		On Wholemeal Muffin	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	906	788	876	730
Energy (Cal)	216	188	209	174
Protein (g)	8.1	7.1	9.7	81
Fat, total (g)	8.1	7.0	8.3	7.0
Saturated Fat (g)	2.4	2.1	2.1	1.8
Carbohydrate (g)	26.5	23.1	21.6	18.0
Sugars (g)	2.3	2.0	3.3	2.7
Sodium (mg)	528	459	486	405

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

McMuffin - with Jam

WHITE ENGLISH MUFFIN: **Wheat** Flour, Water, Yeast, Ground Maize (Preservative 200), **Gluten**, Sugar, Iodised Salt, Canola Oil, Preservative (282), Dough Improver [(**Soy** Flour, Emulsifier 481, Mineral Salt (170, 516), Malt Flour, Dough Conditioner 300, Enzymes (Amylase, Xylanase)], Emulsifiers (471, 472e), Antioxidants (304, 307, 330), Food Acids (341, 297, 262), Enzyme (1101), Vitamins (Thiamine, Folate). **OR**

WHOLEMEAL MUFFIN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, **Wheat** Bran, Yeast, Ground Maize, **Wheat** Germ, **Wheat Gluten**, Sugar, Iodised Salt, Preservative (282), Vegetable (Canola) Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (**Soy** Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516), **Wheat Malt Flour**, Enzymes), **Wheat** Flour, Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100).

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

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

Contains gluten & soy.

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

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

	Plain White Muffin		White Muffin With Jam		Plain Wholemeal Muffin		Wholemeal Muffin With Jam	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	618	1100	822	1110	593	988	779	1030
Energy (Cal)	148	262	197	266	142	236	185	243
Protein (g)	4.4	7.9	4.7	6.3	6.0	10.0	6.1	8.1
Fat, total (g)	2.9	5.2	3.0	4.1	3.3	5.4	3.3	4.3
Saturated Fat (g)	0.8	1.5	0.9	1.2	0.4	0.7	0.4	0.6
Carbohydrate (g)	24.7	43.8	36.3	49.0	20.1	33.5	30.8	40.5
Sugars (g)	1.1	2.0	11.2	15.2	2.0	3.4	11.8	15.6
Sodium (mg)	268	476	277	374	245	408	248	326

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

McMuffin - Mighty

ENGLISH MUFFIN: **Wheat** Flour, Water, Yeast, Sugar, Iodised Salt, Vinegar, Canola Oil, Gluten, Emulsifiers (472e, 481 derived from **Soy**)l, Preservatives (200, 282), **Soy** Flour, Ground Maize, Mineral Salt (170), Acidity Regulators (262, 297), Dough Conditioners (300, 516), Enzyme (1100), Vitamin (Thiamin, Folate). **OR**

WHOLEMEAL MUFFIN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, **Wheat** Bran, Yeast, Ground Maize, **Wheat** Germ, **Wheat Gluten**, Sugar, Iodised Salt, Preservative (282), Vegetable (Canola) Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (**Soy** Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516), **Wheat Malt** Flour, Enzymes), **Wheat** Flour, Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100).

EGG: Fresh, Shelled **Egg**.

SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from **wheat**), Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from **soy**), Antioxidant (306), Canola Oil, Spice Extracts].

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

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

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

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

Contains gluten, egg, milk & soy.

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

	On White Muffin		On Wholemeal Muffin	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1910	893	1870	921
Energy (Cal)	456	222	446	214
Protein (g)	28.3	13.8	29.8	14.3
Fat, total (g)	23.4	11.4	23.6	11.3
Saturated Fat (g)	10.8	5.2	10.4	5.0
Carbohydrate (g)	31.6	15.4	26.4	12.6
Sugars (g)	5.7	2.8	6.6	3.1
Sodium (mg)	1240	604	1190	571

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

McMuffin - Sausage

ENGLISH MUFFIN: **Wheat** Flour, Water, Yeast, Sugar, Iodised Salt, Vinegar, Canola Oil, Gluten, Emulsifiers (472e, 481 derived from **Soy**)l, Preservatives (200, 282), **Soy** Flour, Ground Maize, Mineral Salt (170), Acidity Regulators (262, 297), Dough Conditioners (300, 516), Enzyme (1100), Vitamin (Thiamin, Folate). **OR**

WHOLEMEAL MUFFIN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, **Wheat** Bran, Yeast, Ground Maize, **Wheat** Germ, **Wheat Gluten**, Sugar, Iodised Salt, Preservative (282), Vegetable (Canola) Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (**Soy** Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516), **Wheat Malt** Flour, Enzymes), **Wheat** Flour, Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100).

SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from **wheat**), Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from **soy**), Antioxidant (306), Canola Oil, Spice Extracts].

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

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

Contains gluten, milk & soy.

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

	On White Muffin		On Wholemeal Muffin	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1240	1140	1220	1080
Energy (Cal)	297	272	291	258
Protein (g)	15.3	14.0	16.9	15.0
Fat, total (g)	14.2	13.0	14.6	12.9
Saturated Fat (g)	7.4	6.8	6.9	6.1
Carbohydrate (g)	25.7	23.5	21.1	18.7
Sugars (g)	1.7	1.6	2.6	2.3
Sodium (mg)	608	557	586	518

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

McMuffin - Sausage and Egg

ENGLISH MUFFIN: **Wheat** Flour, Water, Yeast, Sugar, Iodised Salt, Vinegar, Canola Oil, Gluten, Emulsifiers (472e, 481 derived from **Soy**)l, Preservatives (200, 282), **Soy** Flour, Ground Maize, Mineral Salt (170), Acidity Regulators (262, 297), Dough Conditioners (300, 516), Enzyme (1100), Vitamin (Thiamin, Folate). **OR**

WHOLEMEAL MUFFIN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, **Wheat** Bran, Yeast, Ground Maize, **Wheat** Germ, **Wheat Gluten**, Sugar, Iodised Salt, Preservative (282), Vegetable (Canola) Oil (Antioxidant (330)), Acidity Regulators (262, 341, 297), Improver (**Soy** Flour, Emulsifier (481), Mineral Salts (170), Antioxidant (300), Acidity Regulator (516), **Wheat Malt** Flour, Enzymes), **Wheat** Flour, Emulsifiers (472e, 471), Mineral Salt (170), Enzyme (1100).

SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from **wheat**), Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from **soy**), Antioxidant (306), Canola Oil, Spice Extracts].

EGG: Fresh, Shelled **Egg**.

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

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

Contains gluten, egg, milk & soy.

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

	On White Muffin		On Wholemeal Muffin	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1540	981	1520	944
Energy (Cal)	369	235	363	226
Protein (g)	21.2	13.5	22.8	14.2
Fat, total (g)	19.6	12.4	19.9	12.4
Saturated Fat (g)	9.0	5.7	8.6	5.3
Carbohydrate (g)	25.8	16.4	21.3	13.2
Sugars (g)	1.9	1.2	2.7	1.7
Sodium (mg)	650	413	627	390

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

Wrap - Egg, Tomato & Bacon

EGG: Fresh, Shelled **Egg**.

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

TOMATO: Tomato Slice

SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, **Worcestershire**, Spices, Colour (150c), Onion, Garlic, Preservative (202), Vegetable Gum (415), Smoke Flavour.

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

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

Contains gluten, egg and soy.

BBQ Sauce contains traces of fish and gluten

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1550	767
Energy (Cal)	371	183
Protein (g)	19.5	9.7
Fat, total (g)	18.3	9.1
Saturated Fat (g)	6.5	3.2
Carbohydrate (g)	30.9	15.3
Sugars (g)	9.2	4.5
Sodium (mg)	637	315

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

Wrap - English Brekkie

EGG: Fresh, Shelled **Egg**.

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

SAUSAGE PATTY: Beef, Seasoning [Salt, Dried Glucose Syrup (from **wheat**), Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from **soy**), Antioxidant (306), Canola Oil, Spice Extracts].

SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, **Worcestershire**, Spices, Colour (150c), Onion, Garlic, Preservative (202), Vegetable Gum (415), Smoke Flavour.

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

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

Contains gluten, egg, soy.

BBQ Sauce contains traces of fish and gluten

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1990	905
Energy (Cal)	477	217
Protein (g)	27.4	12.5
Fat, total (g)	26.7	12.1
Saturated Fat (g)	10.5	4.8
Carbohydrate (g)	30.7	13.9
Sugars (g)	8.9	4.1
Sodium (mg)	809	368

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

Wrap - Steak and Egg

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).

EGG: Fresh, Shelled **Egg**.

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

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

SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, Worcestershire, Spices, Colour (150c), Onion, Garlic, Preservative (202), Vegetable Gum (415), Smoke Flavour.

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

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

Contains gluten, egg, soy.

BBQ Sauce contains traces of fish and gluten

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

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2120	856
Energy (Cal)	505	204
Protein (g)	32.0	13.0
Fat, total (g)	23.6	9.6
Saturated Fat (g)	8.5	3.4
Carbohydrate (g)	39.8	16.1
Sugars (g)	7.4	3.0
Sodium (mg)	999	404

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

COLD DRINKS

Apple Juice - Extra Juicy

Reconstituted Apple Juice, Food Acid (330), Flavour, Preservatives (211, **223**), Vitamin C (300).

Contains sulphites.

	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	468	187
Energy (Cal)	112	45
Protein (g)	<1.0	<1.0
Fat, total (g)	<1.0	<1.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	27.5	11.0
Sugars (g)	27.5	11.0
Sodium (mg)	13	5

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

Chocolate Flavoured Milk - Calciyum

Low Fat **Milk**, **Milk** Solids Non-Fat, Sugar, Cocoa, Vegetable Gums (460, 466, 407), Mineral (Calcium Carbonate), Flavours, Vitamin D.

Contains milk.

	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	633	253
Energy (Cal)	151	61
Protein (g)	8.3	3.3
Fat, total (g)	3.5	1.4
Saturated Fat (g)	2.3	0.9
Carbohydrate (g)	21.0	8.2
Sugars (g)	20.0	8.0
Sodium (mg)	98	39

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

Coca Cola

COCA COLA®: Carbonated Water, Sugar, Colour (150d), Acidity Regulator (338), Flavour, Caffeine

ICE: Water

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	428	140	612	150	937	159
Energy (Cal)	102	34	146	36	224	38
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	25.2	8.3	36.0	8.8	55.1	9.3
Sugars (g)	25.2	8.3	36.0	8.8	55.1	9.3
Sodium (mg)	23	8	33	8	50	8

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

Coke Zero

COKE ZERO: Carbonated Water, Colour (150d), Food Acids (338, 331), Flavour, Artificial Sweeteners (951, 950), Preservative (211), Caffeine.

ICE: Water

Contains Phenylalanine

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	3	1	5	1	8	1
Energy (Cal)	1	0	1	<1	2	<1
Protein (g)	0.1	<0.1	0.2	<0.1	0.3	<0.1
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
Sodium (mg)	34	11	49	12	75	13

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

Diet Coke

DIET COKE: Carbonated Water, Colour (150d), Food Acids (338, 330, 331), Artificial Sweeteners (951, 950), Flavour, Preservative (211), Caffeine.
ICE: Water

Contains Phenylalanine

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	4	1	6	1	9	1
Energy (Cal)	1	<1	1	<1	2	<1
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	0.2	<0.1	0.3	<0.1	0.5	<0.1
Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
Sodium (mg)	34	11	49	12	75	13

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

Fanta

FANTA: Carbonated Water, Sugar, Acidity Regulator (330), Flavour, Preservative (211), Antioxidant (300), Colour (110).

ICE: Water

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	526	172	752	184	1150	195
Energy (Cal)	125	41	180	44	275	47
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	30.9	10.1	44.2	10.8	67.6	11.5
Sugars (g)	30.7	10.1	43.9	10.7	67.1	11.4
Sodium (mg)	34	11	49	12	75	13

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

Frozen Coca Cola

Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine .

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	477	230	724	230	950	230
Energy (Cal)	114	55	173	55	227	55
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	28.1	13.5	42.6	13.5	55.9	13.5
Sugars (g)	28.1	13.5	42.6	13.5	55.9	13.5
Sodium (mg)	22	10	33	10	43	10

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

Frozen Coca Cola Float

FROZEN COCA COLA: Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine .
SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, **Cream,** Glucose (from **Wheat** or Maize, contains preservative **Sulphur Dioxide**), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.
Contains milk and sulphites. Traces of gluten.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	1010	430	1230	396	1420	377
Energy (Cal)	239	102	292	94	336	89
Protein (g)	4.7	2.0	5.2	1.7	5.7	1.5
Fat, total (g)	5.8	2.4	6.4	2.1	6.9	1.8
Saturated Fat (g)	3.8	1.6	4.2	1.4	4.6	1.2
Carbohydrate (g)	42.1	17.9	53.4	17.1	62.6	16.7
Sugars (g)	38.5	16.4	49.3	15.8	58.3	15.5
Sodium (mg)	79	33	93	30	104	28

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

Orange Juice

Water, Orange Juice Concentrate, Preservatives (211,202), Colour (160a), Flavour.

	Small		Medium	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	546	182	782	182
Energy (Cal)	131	44	187	44
Protein (g)	2.4	0.8	3.4	0.8
Fat, total (g)	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0
Carbohydrate (g)	29.7	9.9	42.6	9.9
Sugars (g)	23.7	7.9	34.0	7.9
Sodium (mg)	26	9	38	9

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

Shake - Chocolate

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

CHOCOLATE SHAKE SYRUP: Invert Syrup, Glucose Syrup (contains preservative **sulphur dioxide**), Water, Cocoa Powder, Malt Syrup, Salt, Preservative (211), Acidity Regulator (330), Flavour.

Contains milk & sulphites.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	1290	389	1740	389	2110	389
Energy (Cal)	307	93	415	93	503	93
Protein (g)	8.8	2.7	11.9	2.7	14.5	2.7
Fat, total (g)	7.6	2.3	10.2	2.3	12.4	2.3
Saturated Fat (g)	4.8	1.4	6.4	1.4	7.8	1.4
Carbohydrate (g)	49.9	15.1	67.4	15.1	81.8	15.1
Sugars (g)	41.4	12.5	55.9	12.5	67.8	12.5
Sodium (mg)	251	76	339	76	411	76

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

Shake - Strawberry

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

STRAWBERRY SYRUP: Invert Sugar Syrup, Water, Glucose Syrup (Preservative (**sulphur dioxide**)), Sugar, Strawberry Juice Concentrate, Acidity Regulator (330), Preservative (211), Humectant (1520), Colours (129,110, 133), Flavour.

Contains milk & sulphites.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	1240	361	1600	361	1980	361
Energy (Cal)	296	86	382	86	474	86
Protein (g)	8.0	2.3	10.3	2.3	12.9	2.3
Fat, total (g)	7.1	2.1	9.1	2.1	11.3	2.1
Saturated Fat (g)	4.4	1.3	5.7	1.3	7.1	1.3
Carbohydrate (g)	49.4	14.4	63.7	14.4	79.3	14.4
Sugars (g)	41.6	12.1	53.6	12.1	66.6	12.1
Sodium (mg)	192	56	248	56	308	56

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

Shake - Vanilla

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 (211), Acidity Regulator (330).

Contains milk & sulphites.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	1110	330	1470	330	1880	330
Energy (Cal)	266	79	352	79	449	79
Protein (g)	7.4	2.2	9.8	2.2	12.5	2.2
Fat, total (g)	6.5	1.9	8.6	1.9	11.0	1.9
Saturated Fat (g)	4.1	1.2	5.4	1.2	6.9	1.2
Carbohydrate (g)	44.0	13.0	58.1	13.0	74.1	13.0
Sugars (g)	38.0	11.2	50.1	11.2	64.0	11.2
Sodium (mg)	173	51	229	51	292	51

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

Sprite

SPRITE: Carbonated Water, Sugar, Acidity Regulators (330, 331), Flavour, Preservative (211).
ICE: Water

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	403	131	576	141	877	149
Energy (Cal)	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 Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	23.6	7.7	33.7	8.2	51.6	8.7
Sugars (g)	23.1	7.6	33.1	8.1	50.6	8.6
Sodium (mg)	46	15	66	16	100	17

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

Water- Frantelle and Cool Ridge

FRANTELLE: Spring Water
COOL RIDGE: Spring Water

	Pop Tops Water		Cool Ridge	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	0	0	0	0
Energy (Cal)	0	0	0	0
Protein (g)	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0
Carbohydrate (g)	0.0	0.0	0.0	0.0
Sugars (g)	0.0	0.0	0.0	0.0
Sodium (mg)	5	2	33	6

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

FRAPPES AND SMOOTHIES

Frappe - Caramel Crush

CARAMEL FRAPPE BASE: Sugar, **Milk**, **Cream**, **Milk** Solids, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours, Colour (150c).
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, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (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

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	1820	565	2650	553	3190	548
Energy (Cal)	436	135	610	128	763	131
Protein (g)	7.9	2.5	11.8	2.5	14.4	2.5
Fat, total (g)	19.3	6.0	27.3	5.7	32.4	5.6
Saturated Fat (g)	2.7	0.8	2.9	0.6	2.8	0.5
Carbohydrate (g)	57.3	17.8	84.4	17.6	102	17.6
Sugars (g)	57.0	17.7	84.0	17.6	102	17.5
Sodium (mg)	121	38	176	37	212	37

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

Frappe - Choc Whirl

CHOC FRAPPE BASE: Sugar,**Milk** Solids, **Cream**, **Milk,** Cocoa Powder, **Malt** Extract, Chocolate Flavour, Emulsifier (471), Stabilisers (412, 410, 466, 410, 407a, 407).
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 Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).

Contains gluten, & milk.
Chocolate Sauce contains traces of sulphites.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	1650	517	2380	504	2860	498
Energy (Cal)	395	124	570	120	684	119
Protein (g)	7.3	2.3	10.8	2.3	13.2	2.3
Fat, total (g)	17.6	5.5	24.7	5.2	29.3	5.1
Saturated Fat (g)	11.4	3.6	16.0	3.4	18.9	3.3
Carbohydrate (g)	51.5	16.1	75.3	15.9	91.2	15.9
Sugars (g)	49.2	15.4	72.1	15.2	87.4	15.2
Sodium (mg)	98	31	143	30	173	30

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

Frappe - Coffee Kick

COFFEE FLAVOURED FRAPPE BASE: **Milk**, Sugar, **Cream**, **Milk** Solids, Water, Coffee Powder, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours.
ICE: Water.
WHIPPED CREAM: **Cream**, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).
COFFEE SAUCE: Sucrose Syrup, Water, Flavours, Thickener (1442), Cocoa Powder, Colour (150d), Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401)

Contains milk . Traces of sulphites.
Coffee Sauce manufactured on a line that produces products containing gluten
Frappe made on equipment used to make products containing gluten

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	1570	492	2250	478	2700	471
Energy (Cal)	375	118	539	114	645	113
Protein (g)	7.8	2.5	11.6	2.5	14.2	2.5
Fat, total (g)	17.5	5.5	24.7	5.2	29.2	5.1
Saturated Fat (g)	11.8	3.7	16.6	3.5	19.7	3.4
Carbohydrate (g)	46.2	14.5	67.1	14.2	80.7	14.1
Sugars (g)	43.9	13.8	64.0	13.6	77.0	13.4
Sodium (mg)	110	35	162	34	195	34

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

Smoothie - Bananaberry Bash

STRAWBERRY BANANA SYRUP: Strawberry Puree, Banana Puree, Water, Sugar, Fruit Juice Concentrates (Apple, Elderberry), Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Antioxidant (300).
ICE: Water.
LOW FAT YOGHURT: Skim **Milk**, Sugar, **Cream, Milk** Solids, Gelatine, Live Yoghurt Cultures.

Contains milk.
Smoothie made on equipment used to make products containing gluten

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	767	264	1120	260	1430	251
Energy (Cal)	183	63	267	62	342	60
Protein (g)	2.0	0.7	2.9	0.7	3.8	0.7
Fat, total (g)	1.5	0.5	2.1	0.5	2.8	0.5
Saturated Fat (g)	0.5	0.2	0.8	0.2	1.0	0.2
Carbohydrate (g)	39.2	13.5	57.1	13.3	73.1	12.8
Sugars (g)	35.6	12.2	51.8	12.1	66.3	11.6
Sodium (mg)	57	19	82	19	105	18

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

Smoothie - Mango Pineapple Smash

MANGO PINEAPPLE SYRUP: Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach), Crushed Pineapple, Antioxidant (300)], Passionfruit Juice, Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, 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

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	770	252	1110	248	1410	252
Energy (Cal)	184	60	265	59	338	60
Protein (g)	1.7	0.6	2.5	0.5	3.2	0.6
Fat, total (g)	0.7	0.2	1.0	0.2	1.3	0.2
Saturated Fat (g)	0.5	0.2	0.7	0.2	1.0	0.2
Carbohydrate (g)	41.0	13.4	59.1	13.2	75.3	13.4
Sugars (g)	40.3	13.2	58.0	13.0	73.9	13.2
Sodium (mg)	40	13	57	13	73	13

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

HOT DRINKS

Espresso Pronto - Espresso

WATER.
ROAST & GROUND COFFEE.

	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	2	3
Energy (Cal)	<1	1
Protein (g)	<0.1	0.1
Fat, total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	<0.1	0.1
Sugars (g)	<0.1	0.1
Sodium (mg)	1	2

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

Espresso Pronto - Cappuccino

WATER.
ROAST & GROUND COFFEE.
MILK: Whole Fresh **Milk**
CHOC POWDER: Sugar, Cocoa Powder, **Whey** Powder, Flavour, Starch, Salt.

Contains milk.

	Small		Standard		Tall	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	418	161	576	152	663	139
Energy (Cal)	100	39	138	36	159	33
Protein (g)	4.8	1.9	6.7	1.8	7.8	1.6
Fat, total (g)	5.4	2.1	7.5	2.0	8.7	1.8
Saturated Fat (g)	3.5	1.4	4.9	1.3	5.7	1.2
Carbohydrate (g)	8.0	3.1	10.7	2.8	12.2	2.6
Sugars (g)	7.9	3.0	10.6	2.8	12.1	2.5
Sodium (mg)	62	24	86	23	99	21

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

Espresso Pronto - Flat White

WATER.
ROAST & GROUND COFFEE.
MILK: Whole Fresh **Milk**

Contains milk.

	Small		Standard		Tall	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	473	182	688	181	860	181
Energy (Cal)	113	43	165	43	206	43
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
Saturated Fat (g)	4.3	1.6	6.2	1.6	7.7	1.6
Carbohydrate (g)	8.1	3.1	11.7	3.1	14.7	3.1
Sugars (g)	8.0	3.1	11.7	3.1	14.6	3.1
Sodium (mg)	71	27	103	27	129	27

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

Espresso Pronto - Latte

WATER.
ROAST & GROUND COFFEE.
MILK: Whole Fresh **Milk**

Contains milk.

	Small		Standard		Tall	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	458	176	658	173	817	172
Energy (Cal)	110	42	157	41	195	41
Protein (g)	5.5	2.1	7.9	2.1	9.8	2.1
Fat, total (g)	6.3	2.4	9.0	2.4	11.2	2.3
Saturated Fat (g)	4.1	1.6	5.9	1.6	7.4	1.5
Carbohydrate (g)	7.8	3.0	11.2	2.9	13.9	2.9
Sugars (g)	7.8	3.0	11.2	2.9	13.9	2.9
Sodium (mg)	69	26	99	26	122	26

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

Espresso Pronto - Long Black

WATER.
ROAST & GROUND COFFEE.

	Small		Standard		Tall	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	2	1	2	1	3	1
Energy (Cal)	<1	<1	<1	<1	1	<1
Protein (g)	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
Sugars (g)	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
Sodium (mg)	1	<1	1	<1	2	<1

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

Filtered Coffee		Small Black Coffee		Large Black Coffee		Small White Coffee		Large White Coffee	
		Avg Qty	Avg Qty	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
BLACK COFFEE: Water, Roast and Ground Coffee	Energy (kJ)	7	3	11	3	103	43	139	37
	Energy (Cal)	2	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

	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Black Coffee												
White Coffee			Y									

Tea		Small Black		Large Black		Small White Tea		Large White Tea	
		Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
BLACK TEA: Water, Tea	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 (g)	0.2	0.1	0.3	0.1	0.7	0.3	1.4	0.4
Contains milk.	Fat, total (g)	0.0	0.0	0.0	0.0	0.5	0.2	1.1	0.3
	Saturated Fat (g)	0.0	0.0	0.0	0.0	0.3	0.2	0.7	0.2
	Carbohydrate (g)	0.0	0.0	0.0	0.0	0.7	0.3	1.4	0.4
	Sugars (g)	0.0	0.0	0.0	0.0	0.7	0.3	1.4	0.4
	Sodium (mg)	0	0	0	0	7	3	15	4

	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Black Tea												
White Tea			Y									

DESSERTS

Apple Pie

Apple, Water, **Wheat Flour**, Vegetable Fats & Oils (Canola & Palm), Sugar, Thickeners (1412, 1422, 415, 466), **Whey** Powder, Salt, Dextrose (from **Wheat**), Spices, Lemon Juice, Mineral Salts (170, 450, 500), Emulsifiers (471, 322 - from **Soy**), Flavour, Acidity Regulators (270, 330), Antioxidants (300, 320), Colour (160a).

Contains gluten, milk & soy.
APPLE PIES are produced in a plant that also produces products containing sesame seeds.
Note: Cooked in canola oil blend.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	970	1210
Energy (Cal)	232	290
Protein (g)	1.8	2.2
Fat, total (g)	13.4	16.7
Saturated Fat (g)	3.2	4.0
Carbohydrate (g)	24.6	30.8
Sugars (g)	6.9	8.6
Sodium (mg)	146	182

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

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 (102, 110, 122, 123, 124, 133)) Maltodextrin, Cocoa, Emulsifier (471 from **Soy**), Vegetable Gums (412, 466, 407a), Colours [150d (from **Wheat**) 155, 123, 102, 133, 122], Flavours.

Contains gluten, milk & soy.
Note: ICE CREAM CAKE is made on equipment that also processes products containing peanuts & tree nuts

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	384	874
Energy (Cal)	92	209
Protein (g)	0.7	1.5
Fat, total (g)	4.7	10.7
Saturated Fat (g)	3.3	7.5
Carbohydrate (g)	11.7	26.6
Sugars (g)	9.6	21.8
Sodium (mg)	33	75

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

McDonaldland Cookies

Wheat Flour, Sugar, Palm Oil, Golden Syrup, Salt, Raising Agent (500), **Soy** Lecithin, Flavour.

Contains gluten & soy.
May contain traces of peanut, hazelnut, dairy, egg and sesame seed.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1180	1950
Energy (Cal)	281	469
Protein (g)	3.6	6.0
Fat, total (g)	8.2	13.7
Saturated Fat (g)	4.0	6.6
Carbohydrate (g)	46.5	77.5
Sugars (g)	16.6	27.6
Sodium (mg)	150	250

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

McFlurry - Cadbury® Crunchie

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.
CARAMEL TOPPING: Glucose Corn Syrup, Whole Sweetened Condensed Milk (**Milk**, **Milk** Powder, Sugar, Lactose), High Fructose Corn Syrup, Shortening [Palm Oil, Antioxidant (307)], Water, Sugar, Thickeners (401, 440), Salt, Stabiliser (339), Flavouring.

CRUNCHIE PIECES: Sugar, **Milk** Solids, Cocoa Butter, Cocoa Mass, **Wheat** Glucose Syrup, Glazing Agent (Vegetable Gum (414), Vegetable Fat), Emulsifiers (**Soy** Lecithin, 476), Raising Agent (500), Flavour.

Contains gluten, milk & sulphites.
Traces of peanuts, tree nuts in the Crunchie Pieces

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2220	978
Energy (Cal)	531	234
Protein (g)	8.1	3.6
Fat, total (g)	16.8	7.4
Saturated Fat (g)	10.9	4.8
Carbohydrate (g)	87.9	38.8
Sugars (g)	67.2	29.6
Sodium (mg)	216	95

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

McFlurry - Kit Kat

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.
KIT KAT SAUCE: Sugar, Water, Dextrose (Maize or **Wheat**), Fat Reduced Cocoa Powder (**Soy**), Invert Sugar Syrup, Food Acid (Citric), Flavours, Salt, Preservative (202).
CRUSHED KIT KAT PIECES: Wafer Pieces [**Wheat Flour**, Sugar, Vegetable Fat, **Wheat Starch**, **Soy** Lecithin, Salt], Sugar, Cocoa Butter, Cocoa Mass, Skimmed **Milk** Powder, **Whey Powder** product, **Butter** Oil, Low Fat Cocoa Powder, Emulsifier (Sunflower Lecithins), Natural Vanilla Flavour.

Contains gluten, milk, soy & sulphites.
Traces of tree nuts .

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1620	843
Energy (Cal)	387	202
Protein (g)	7.8	4.0
Fat, total (g)	12.4	6.5
Saturated Fat (g)	7.7	4.0
Carbohydrate (g)	59.8	31.1
Sugars (g)	51.6	26.9
Sodium (mg)	119	62

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

McFlurry - M&M Minis®

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.
MINI M&M'S: Milk Chocolate [Sugar, Milk Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (**Soy** Lecithin), Salt, Flavour], Sugar, Starch (**wheat**), Glucose Syrup (from **wheat**), Colours (171, 133, 129, 110, 102), Vegetable gum (414), Thickener (Dextrin), Glazing Agent (903).

Contains gluten, milk & sulphites.
Traces of peanuts and tree nuts in the Mini M&Ms

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1720	912
Energy (Cal)	410	218
Protein (g)	8.1	4.3
Fat, total (g)	15.6	8.3
Saturated Fat (g)	9.9	5.3
Carbohydrate (g)	58.5	31.1
Sugars (g)	52.3	27.8
Sodium (mg)	116	62

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

McFlurry - Oreo

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, Ammonium Bicarbonate), Emulsifier (**Soy** Lecithin), Flavour.

Contains gluten, milk & sulphites.
Traces of egg, peanuts and sesame seeds in the Oreo Pieces.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1370	799
Energy (Cal)	329	191
Protein (g)	7.2	4.2
Fat, total (g)	11.7	6.8
Saturated Fat (g)	7.3	4.2
Carbohydrate (g)	48.2	28.0
Sugars (g)	37.8	22.0
Sodium (mg)	170	99

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

Soft Serve Cone

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.

CONE: **Wheat** Flour, Sunflower Oil, Water, **Soy** Lecithin, Salt, Mineral Salt (500)

Contains milk, soy , gluten & sulphites
Note: CONES are produced in a facility which also produces products containing peanuts & tree nuts (almonds & hazelnuts).

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	627	700
Energy (Cal)	150	168
Protein (g)	3.9	4.4
Fat, total (g)	4.6	5.1
Saturated Fat (g)	2.9	3.2
Carbohydrate (g)	22.9	25.6
Sugars (g)	17.0	19.0
Sodium (mg)	58	65

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

Sundae - Caramel

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.

CARAMEL TOPPING: Glucose Corn Syrup, Whole Sweetened Condensed Milk (**Milk**, **Milk** Powder, Sugar, Lactose), High Fructose Corn Syrup, Shortening [Palm Oil, Antioxidant (307)], Water, Sugar, Thickeners (401, 440), Salt, Stabiliser (339), Flavouring.

Contains milk & sulphites. Traces of gluten.
Note: CARAMEL TOPPING is manufactured on the same line as products containing soy.

	Small		Large	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1480	840	2290	917
Energy (Cal)	353	201	548	219
Protein (g)	6.3	3.6	8.4	3.3
Fat, total (g)	8.3	4.7	11.5	4.6
Saturated Fat (g)	5.5	3.1	7.6	3.0
Carbohydrate (g)	62.4	35.5	101	40.5
Sugars (g)	43.6	24.8	66.7	26.7
Sodium (mg)	152	86	244	98

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

Sundae - Hot Fudge

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.

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** Powder, Thickeners (1422, 401), Salt, Stabiliser), Flavouring, Preservative (202).

Contains milk, soy & sulphites. Traces of gluten

	Small		Large	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1450	835	2230	913
Energy (Cal)	346	200	533	218
Protein (g)	6.8	3.9	9.5	3.9
Fat, total (g)	11.6	6.7	18.2	7.4
Saturated Fat (g)	8.7	5.0	14.0	5.7
Carbohydrate (g)	52.5	30.3	81.4	33.3
Sugars (g)	44.9	25.9	69.3	28.4
Sodium (mg)	133	77	206	85

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

Sundae - Plain, Small

SUNDAE MIX: **Milk**, **Milk Solids**, Sugar, **Cream**, Glucose (from **Wheat** or Maize, contains preservative **Sulphur Dioxide**), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.

Contains milk & sulphites. Traces of gluten.
McDonald's Sundae without Topping is available on request.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	876	649
Energy (Cal)	210	155
Protein (g)	5.5	4.1
Fat, total (g)	6.8	5.0
Saturated Fat (g)	4.5	3.3
Carbohydrate (g)	31.3	23.2
Sugars (g)	27.0	20.0
Sodium (mg)	78	58

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

Sundae - Strawberry

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.
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

Contains milk & sulphites. Traces of gluten.

	Small		Large	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1190	692	1720	711
Energy (Cal)	285	166	411	170
Protein (g)	5.7	3.3	7.2	3.0
Fat, total (g)	6.8	3.9	8.4	3.5
Saturated Fat (g)	4.5	2.6	5.5	2.3
Carbohydrate (g)	49.4	28.7	75.1	31.1
Sugars (g)	44.3	25.8	68.1	28.2
Sodium (mg)	81	47	102	42

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