



McDonald's New Zealand

Main Menu

Allergen - Ingredients - Nutrition Information

Core Menu

Information is correct as at May 2021.

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

This guide is for our standard or core menu items. For information regarding short-time menu items, please either ask a manager in our restaurants or contact our Customer Service Department either via our website <http://mcdonalds.co.nz/contactus> or on 0800 539 4303.

The nutrition 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. We recommend you check this information on our website to ensure it is the most current.

Food Sensitivities and Preferences

Please refer to our Allergen Information for specific allergen details. This information is available on our website www.mcdonalds.co.nz

Select items sold in McCafe 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 items in our kitchens.

McDonald's Restaurants are therefore unable to guarantee that any food 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 no Halal certified restaurants and no ingredients or menu items are certified Halal.

Ingredient Information

Please refer to our Ingredient Information for our standard or core menu items. This information is available on our website www.mcdonalds.co.nz

If you would like further information or have concerns regarding specific ingredients in specific menu items, please contact us at <http://mcdonalds.co.nz/contactus> or on 0800 539 4303.

BEEF

Big Mac®

BIG MAC BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, **Sesame Seeds**, Potato Starch, Glaze, Iodised Salt, **Wheat Gluten**, Yeast, Sourdough Fermented **Wheat** Flour, Natural Flavours, Preservative (262), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes).

BEEF: Beef.

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

LETTUCE: Iceberg Lettuce.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

PICKLES: Gherkins, Water, Acidity Regulator(260), Salt, Flavour, Firming Agent (509), Preservative (211).

ONION: Water, Dehydrated White Onions.

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

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

BIG MAC BUN is made on equipment that also produces products containing soy and milk.

BEEF PATTY may be cooked in the same equipment as egg or products containing gluten.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2380	1040
Energy (Cal)	568	248
Protein (g)	27.1	11.8
Fat, total (g)	31.9	13.9
Saturated Fat (g)	11.7	5.1
Carbohydrate (g)	41.1	17.9
Sugars (g)	6.8	3.0
Sodium (mg)	1050	464

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

Double Big Mac®

BEEF: Beef.

BIG MAC BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, **Sesame Seeds**, Potato Starch, Glaze, Iodised Salt, **Wheat Gluten**, Yeast, Sourdough Fermented **Wheat** Flour, Natural Flavours, Preservative (262), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes).

BIG MAC SAUCE: Soybean Oil (Antioxidant [330]), Water, Relish [(24%) Pickles, Sugar, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Thickener (415), Preservative (202), Spice Extract, Emulsifier (433)], Mustard [(7%) Water, Vinegar, Mustard Seed, Salt, Sugar, Colours (100, 150d), Spice], Salted **Egg** Yolks, Distilled Vinegar, Onion, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hydrolyzed Proteins (Corn, **Gluten**, **Wheat** and **Soy**), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).

LETTUCE: Iceberg Lettuce.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

ONION: Water, Dehydrated White Onions.

PICKLES: Gherkins, Water, Acidity Regulator(260), Salt, Flavour, Firming Agent (509), Preservative (211).

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

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

BIG MAC BUN is made on equipment that also produces products containing soy and milk.

BEEF PATTY may be cooked in the same equipment as egg or products containing gluten.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3250	1070
Energy (Cal)	776	255
Protein (g)	42.9	14.1
Fat, total (g)	47.0	15.5
Saturated Fat (g)	18.6	6.1
Carbohydrate (g)	42.9	14.1
Sugars (g)	7.3	2.4
Sodium (mg)	1410	463

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

Quarter Pounder® and Double Quarter Pounder®

BEEF: Beef.

QUARTER BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Natural Flavour, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (471, 472e), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes), Thickener (412), Dough Conditioner (Mineral Salt (516), **Wheat** Flour, Antioxidant (300)).

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavor.

PICKLES: Gherkins, Water, Acidity Regulator(260), Salt, Flavour, Firming Agent (509), Preservative (211).

ONION: Onions.

MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

Contains [gluten](#), [soy](#), [milk](#) and [sesame seeds](#).

QUARTER BUN is made on equipment that also produces products containing milk & soy.

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

	Quarter Pounder		Dbl Quarter Pounder	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2220	1110	3400	1160
Energy (Cal)	530	265	812	278
Protein (g)	31.4	15.7	53.1	18.2
Fat, total (g)	28.5	14.3	50.0	17.1
Saturated Fat (g)	14.0	7.0	24.7	8.5
Carbohydrate (g)	35.7	17.9	36.4	12.5
Sugars (g)	7.5	3.8	7.9	2.7
Sodium (mg)	1070	534	1470	505

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

Cheeseburger

BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes).

BEEF: Beef.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavor.

PICKLES: Gherkins, Water, Acidity Regulator(260), Salt, Flavour, Firming Agent (509), Preservative (211).

ONION: Water, Dehydrated White Onions.

MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

Contains [gluten](#), [milk](#) & [soy](#).

BUN is made on equipment that produces products containing sesame seed, soy and milk.

BEEF PATTY may be cooked in the same equipment as egg or products containing gluten.

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

Cheeseburger		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1280	1090
Energy (Cal)	305	261
Protein (g)	16.3	13.9
Fat, total (g)	13.8	11.8
Saturated Fat (g)	6.6	5.6
Carbohydrate (g)	27.7	23.7
Sugars (g)	5.3	4.5
Sodium (mg)	691	590

Double and Triple Cheeseburger

BEEF: Beef.

BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes).

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavor.

PICKLES: Gherkins, Water, Acidity Regulator(260), Salt, Flavour, Firming Agent (509), Preservative (211).

ONION: Water, Dehydrated White Onions.

MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

Contains [gluten](#), [milk](#) & [soy](#).

BUN is made on equipment that produces products containing sesame seed, soy and milk.

BEEF PATTY may be cooked in the same equipment as egg or products containing gluten.

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

	Db1 Cheeseburger		Triple Cheeseburger	
	Avg Qty /Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1910	1110	2550	1140
Energy (Cal)	458	266	610	272
Protein (g)	27.0	15.7	37.7	16.9
Fat, total (g)	25.3	14.7	36.8	16.4
Saturated Fat (g)	12.8	7.4	19.0	8.5
Carbohydrate (g)	29.0	16.8	30.2	13.5
Sugars (g)	5.8	3.3	6.2	2.8
Sodium (mg)	1100	636	1460	651

Hamburger

BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes).

BEEF: Beef.

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavor.

PICKLES: Gherkins, Water, Acidity Regulator(260), Salt, Flavour, Firming Agent (509), Preservative (211).

ONIONS: Water, Dehydrated White Onions.

MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Flavouring.

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

Contains [gluten](#).

BUN is made on equipment that also produces products containing sesame seed, soy and milk.

BEEF PATTY may be cooked in the same equipment as egg or products containing gluten.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1080	1050
Energy (Cal)	257	250
Protein (g)	13.5	13.1
Fat, total (g)	9.9	9.6
Saturated Fat (g)	3.9	3.8
Carbohydrate (g)	27.4	26.6
Sugars (g)	5.0	4.8

Deluxe Cheeseburger

BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes).

BEEF: Beef.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

LETTUCE: Iceberg Lettuce.

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavor.

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

ONION: Water, Dehydrated White Onions.

MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

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

BUN is made on equipment that also produces products containing sesame seed, soy and milk.

BEEF PATTY may be cooked in the same equipment as egg or products containing gluten.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1430	1050
Energy (Cal)	343	250
Protein (g)	16.6	12.1
Fat, total (g)	17.5	12.8
Saturated Fat (g)	7.2	5.2
Carbohydrate (g)	28.6	20.9
Sugars (g)	5.6	4.1
Sodium (mg)	739	540

Almighty Texan BBQ Angus

BEEF: Angus Beef.

GOURMET BUN: **Wheat** Flour, Water, Sugar, Canola Oil, Yeast (Yeast, Thickener (415)), Glaze, Iodised Salt, **Wheat Gluten**, Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (**Wheat**)), Preservative (262), Emulsifier (472e), Inactive Dry Yeast.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

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

ONION: Onion.

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

MCCHICKEN SAUCE: Water, **Soybean** Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Powder, Thickener (415), Food Acid (270), Preservative (202).

ANGUS SEASONING: Salt, Maltodextrin (Maize), Pepper, Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavours (**Milk**), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract.

Contains gluten, milk, fish, egg, milk, and soy.

GOURMET BUN is made on equipment that also produces products containing sesame seeds.

BEEF PATTY and ONION may be cooked in the same equipment as egg.

ANGUS SEASONING is made on the same equipment that also produces products contains sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	4200	1220
Energy (Cal)	1000	292
Protein (g)	57.9	16.8
Fat, total (g)	61.2	17.8
Saturated Fat (g)	27.8	8.1
Carbohydrate (g)	53.6	15.6
Sugars (g)	16.8	4.9
Sodium (mg)	1760	512

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

Serious Angus®

BEEF: Angus Beef.

GOURMET BUN: **Wheat** Flour, Water, Sugar, Canola Oil, Yeast (Yeast, Thickener (415)), Glaze, Iodised Salt, **Wheat Gluten**, Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (**Wheat**)), Preservative (262), Emulsifier (472e), Inactive Dry Yeast.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).

TOMATO: Tomato.

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

RED ONION RINGS: Onion.

WHOLE LEAF LETTUCE: Lettuce.

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

PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).

MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Flavouring.

ANGUS SEASONING: Salt, Maltodextrin (Maize), Pepper, Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavours (**Milk**), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract.

Contains gluten, egg, milk and soy.

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

BEEF PATTY may be cooked on the same grill as egg.

ANGUS SEASONING is made on the same equipment that also produces products contains sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2980	1080
Energy (Cal)	712	257
Protein (g)	39.4	14.2
Fat, total (g)	42.0	15.2
Saturated Fat (g)	18.2	6.6
Carbohydrate (g)	43.0	15.5
Sugars (g)	6.0	2.2
Sodium (mg)	1310	474

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

Kiwiburger®Beef

BEEF: Beef.

QUARTER BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Natural Flavour, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (471, 472e), Improver (**Wheat** Flour, Malted **Wheat**

Flour, Antioxidant (300), Enzymes), Thickener (412), Dough Conditioner (Mineral Salt (516), **Wheat** Flour, Antioxidant (300)).

EGG: **Egg**.

LETTUCE: Iceberg Lettuce.

TOMATO: Tomato.

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour.

BETROOT: Beetroot, Water, Sugar, Salt, Acidity Regulator (260).

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

ONION: Onion.

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

MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

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

QUARTER BUN is made in equipment that also produces products containing milk and soy.

BEEF PATTY is cooked in the same equipment as egg or products containing gluten.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2500	851
Energy (Cal)	597	203
Protein (g)	36.6	12.5
Fat, total (g)	32.1	10.9
Saturated Fat (g)	13.5	4.6
Carbohydrate (g)	38.8	13.2
Sugars (g)	9.8	3.3
Sodium (mg)	952	324

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

Angus Beef Loaded Lettuce

BEEF: Angus Beef.

EGG: **Egg**.

TOMATO: Tomato

TASTY CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).

GARLIC MAYONNAISE: Canola Oil (Antioxidant (307b, **Soy**), 319)), Water, Glucose Syrup (**Wheat** Derived), **Egg** Yolk, Whey Protein (**Milk**), Mincd Garlic (Food Acids (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Food Acids (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), **Oat** Fibre, Flavourings (**Milk**), Emulsifiers ((322, 435) (Soy)), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

ONION: Onion

BEETROOT: Beetroot, Water, Sugar, Salt, Acidity Regulator (260).

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

WHOLE LEAF LETTUCE: Lettuce.

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

ANGUS SEASONING: Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavours (**Milk**), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2730	962
Energy (Cal)	652	230
Protein (g)	38.1	13.4
Fat, total (g)	51.3	18.1
Saturated Fat (g)	19.5	6.9
Carbohydrate (g)	9.5	3.3
Sugars (g)	5.2	1.8
Sodium (mg)	1000	354

Contains gluten, egg, milk and soy. Contain Sulphites.

Eggs may be cooked on the same equipment as products containing gluten.

BEEF PATTIES, ONION and CRISPY BACON may be cooked In the same equioment as eegs or products containino oluten.

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

CHICKEN AND FISH

Chicken McNuggets®

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

Contains gluten.

CHICKEN MCVUGGETS are cooked in vegetable oil blend and may be cooked in the same vat as products containing milk, egg and soy.

	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)	511	1140	1020	1140	1700	1140
Energy (Cal)	122	272	245	272	408	272
Protein (g)	7.0	15.5	14.0	15.5	23.3	15.5
Fat, total (g)	7.5	16.6	14.9	16.6	24.9	16.6
Saturated Fat (g)	1.2	2.6	2.3	2.6	3.9	2.6
Carbohydrate (g)	6.7	14.9	13.4	14.9	22.4	14.9
Sugars (g)	0.2	0.4	0.4	0.4	0.6	0.4
Sodium (mg)	221	490	441	490	735	490

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

10 Chicken McBites®

CHICKEN MCBITES: Chicken, Water, **Wheat** Flour, Breadcrumb Crumb (**Wheat** Flour, **Milk** Solids, Salt, Canola Oil, Raising Agents (341,500), Emulsifier (481)), Vegetable Oil (Canola), Mineral Salts (451, 452, 450, 500), Salt Spices (Pepper, Nutmeg), Vegetable Powders (Garlic, Onion), Herbs (Parsley), Yeast Extract, Flavour Enhancers (635), Flavours, Thickener (1404), Spice Extract (100).

Contains gluten & milk.

CHICKEN MCBITES are cooked in vegetable oil blend and may be cooked in the same vat as products containing egg and soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	661	1050
Energy (Cal)	159	252
Protein (g)	10.6	16.8
Fat, total (g)	9.1	14.4
Saturated Fat (g)	1.5	2.4
Carbohydrate (g)	8.4	13.4
Sugars (g)	0.5	0.8
Sodium (mg)	454	720

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

Chicken 'n' Cheese®

CHICKEN PATTY: Chicken, Flour (**Wheat**), Water, Starch (Maize), Vegetable Oil (Canola, Palmoline, **Soy**, Sunflower), Salt, Mineral Salts (450, 451, 500), Natural Colours (100, 160c), Spice & Spice Extracts (Mustard, Pepper, Celery), Emulsifiers (481, 433), Maltodextrin, Sugar, Hydrolysed Vegetable Protein (**Soy**), Dehydrated Vegetables (Garlic, Onion), Yeast & Yeast Extracts, Acidity Regulator (262), Flavour Enhancer (635), Flavour (**Wheat**, **Soy**, **Milk**), Herbs (Thyme, Marjoram, Rosemary, Basil), Enzymes.

BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes).

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

LETTUCE: Iceberg Lettuce.

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavor.

MCCHICKEN SAUCE: Water, Soybean Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Powder, Thickener (415), Food Acid (270), Preservative (202).

Contains gluten, soy, milk and egg.

BUN is made on equipment that also produces products containing sesame seeds, milk and soy.

CHICKEN PATTY is cooked in a McDonald's Vegetable Oil Blend and may be cooked in the same vat as products containing egg.

	Avg Qty /Serve	Avg Qty / 100g
Energy (kJ)	1610	1040
Energy (Cal)	384	249
Protein (g)	15.8	10.3
Fat, total (g)	19.5	12.7
Saturated Fat (g)	5.5	3.6
Carbohydrate (g)	34.9	22.7
Sugars (g)	5.9	3.8
Sodium (mg)	994	646

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

Double Chick 'n' McCheese®

CHICKEN PATTY: Chicken, Flour (**Wheat**, Water, Starch (Maize), Vegetable Oil (Canola, Palmoline, **Soy**, Sunflower), Salt, Mineral Salts (450, 451, 500), Natural Colours (100, 160c), Spice & Spice Extracts (Mustard, Pepper, Celery), Emulsifiers (481, 433), Maltodextrin, Sugar, Hydrolysed Vegetable Protein

(**Soy**), Dehydrated Vegetables (Garlic, Onion), Yeast & Yeast Extracts, Acidity Regulator (262), Flavour Enhancer (635), Flavour (**Wheat, Soy, Milk**), Herbs (Thyme, Marjoram, Rosemary, Basil), Enzymes.

BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes).

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

MCCHICKEN SAUCE: Water, Soybean Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Powder, Thickener (415), Food Acid (270), Preservative (202).

LETTUCE: Iceberg Lettuce.

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavor.

Contains gluten, soy, milk and egg.

BUN is made on equipment that also produces products containing sesame seeds, milk and soy.

CHICKEN PATTY is cooked in a McDonald's Vegetable Oil Blend and may be cooked in the same vat as products containing egg.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2570	1100
Energy (Cal)	613	264
Protein (g)	26.0	11.2
Fat, total (g)	36.8	15.8
Saturated Fat (g)	10.6	4.5
Carbohydrate (g)	43.2	18.6
Sugars (g)	6.9	3.0
Sodium (mg)	1670	720

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

Crispy Chicken Bacon Deluxe

CRISPY CHICKEN: Chicken, Water, **Wheat** Flour, Vegetable Oil (Canola, Palmolein), Salt, Thickener (1422), Mineral Salts (450, 451, 452), Flavour (**Wheat, Barley, Soy**), Starch (Rice, Potato), Spice And Spice Extracts (Pepper, Mustard, Capsicum), **Gluten (Wheat), Egg** Powder, Yeast and Yeast Extract,

Raising Agent (500), **Soy** Protein, Maltodextrin, Natural Colours (160C, 100), Vegetable Powder (Onion), Emulsifier (433), Dextrose, Food Acid (263), Enzyme (Amylase).

GOURMET BUN: **Wheat** Flour, Water, Sugar, Canola Oil, Yeast (Yeast, Thickener (415)), Glaze, Iodised Salt, **Wheat Gluten**, Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (**Wheat**)), Preservative (262), Emulsifier (472e), Inactive Dry Yeast.

TOMATO: Tomato.

CHEESE: Pasteurised Milk, Salt, Cultures, Enzyme (Non-Animal Rennet).

GARLIC MAYONNAISE: Canola Oil (Antioxidant (307b, **Soy**), 319), Water, Glucose Syrup (**Wheat** Derived), **Egg** Yolk, **Whey** Protein (**Milk**), Minced Garlic (Food Acids (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Food Acids (260, 330), Colours (150c, 160a)),

Salt, Flavour Enhancer (635), Oat Fibre, Flavourings (**Milk**), Emulsifiers (322 (**Soy**), 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

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

WHOLE LEAF LETTUCE: Lettuce.

Contains gluten, egg, milk and soy.

GARLIC MAYONNAISE contains sulphites.

GOURMET BUN is made on equipment that also produces products containing sesame seeds.

CRISPY CHICKEN PATTY is cooked in vegetable oil blend and may be cooked in the same equipment as products containing milk.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2780	1070
Energy (Cal)	665	255
Protein (g)	33.0	12.7
Fat, total (g)	35.4	13.6
Saturated Fat (g)	8.3	3.2
Carbohydrate (g)	52.0	20.0
Sugars (g)	4.5	1.7
Sodium (mg)	1440	551

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

Grilled Chicken Bacon Deluxe

GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Vegetable Powders (Garlic, Onion), Fruit Powder (Lemon Juice Concentrate, Maltodextrin, Anti Caking Agent (551), Flavours), Flavourings, Herbs (Parsley, Thyme), Sugar, Vinegar Powder,

Anti Caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola).

GOURMET BUN: **Wheat** Flour, Water, Sugar, Canola Oil, Yeast (Yeast, Thickener (415)), Glaze, Iodised Salt, **Wheat Gluten**, Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (**Wheat**)), Preservative (262), Emulsifier (472e), Inactive Dry Yeast.

TOMATO: Tomato.

CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).

GARLIC MAYONNAISE: Canola Oil (Antioxidant (307b, **Soy**), 319), Water, Glucose Syrup (**Wheat** Derived), **Egg** Yolk, **Whey** Protein (**Milk**), Minced Garlic (Food Acids (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Food Acids (260, 330),

Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre, Flavourings (**Milk**), Emulsifiers (322 (**Soy**), 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

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

WHOLE LEAF LETTUCE: Lettuce.

Contains gluten, egg, milk and soy.

GARLIC MAYONNAISE contains sulphites.

GOURMET BUN is made on equipment that also produces products containing sesame seeds.

CRISPY CHICKEN PATTY is cooked in vegetable oil blend and may be cooked in the same equipment as products containing milk.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2570	1010
Energy (Cal)	614	242
Protein (g)	40.7	16.0
Fat, total (g)	29.6	11.7
Saturated Fat (g)	8.4	3.3
Carbohydrate (g)	44.2	17.4
Sugars (g)	8.5	3.3
Sodium (mg)	1310	515

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

McChicken®

CHICKEN PATTY: Chicken, Flour (**Wheat**, Maize), Water, Vegetables Oils (Canola, Maize, Palmolein), Salt, Thickener (1404), Spices & Spice Extracts (Black Pepper, White Pepper, Cayenne Pepper, Paprika, Turmeric, Sage, Nutmeg, Celery, Capsicum), Dehydrated Vegetables

(Garlic, Onion), Maize Starch, **Soy** Protein, Mineral Salts (450, 451), Raising Agents (500, 541, 341), Maltodextrin, Emulsifier (433), Herbs (Sage, Marjoram, Thyme, Rosemary, Parsley).

QUARTER BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Natural Flavour, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (471, 472e), Improver (**Wheat** Flour, Malted **Wheat**

Flour, Antioxidant (300), Enzymes), Thickener (412), Dough Conditioner (Mineral Salt (516), **Wheat** Flour, Antioxidant (300).

LETTUCE: Iceberg Lettuce.

MCCHICKEN SAUCE: Water, Soybean Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Powder, Thickener (415), Food Acid (270), Preservative (202).

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

QUARTER BUN is made on equipment that also produces products containing milk and soy.

CHICKEN PATTY is cooked in vegetable oil blend. May be cooked in the same vat as products containing milk and egg.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1740	954
Energy (Cal)	414	227
Protein (g)	18.1	9.9
Fat, total (g)	20.1	11.0
Saturated Fat (g)	3.4	1.9
Carbohydrate (g)	39.2	21.5
Sugars (g)	3.9	2.1
Sodium (mg)	889	487

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

Double McChicken®

CHICKEN PATTIES: Chicken, Flour (**Wheat**, Maize), Water, Vegetables Oils (Canola, Maize, Palmolein), Salt, Thickener (1404), Spices & Spice Extracts (Black Pepper, White Pepper, Cayenne Pepper, Paprika, Turmeric, Sage, Nutmeg, Celery, Capsicum), Dehydrated Vegetables (Garlic, Onion), Maize Starch, **Soy** Protein, Mineral Salts (450, 451), Raising Agents (500, 541, 341), Maltodextrin, Emulsifier (433), Herbs (Sage, Marjoram, Thyme, Rosemary, Parsley).
 QUARTER BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Natural Flavour, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (471, 472e), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes), Thickener (412), Dough Conditioner (Mineral Salt (516), **Wheat** Flour, Antioxidant (300)).
 LETTUCE: Iceberg Lettuce.
 MCCCHICKEN SAUCE: Water, **Soybean** Oil (Antioxidant (330), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Powder, Thickener (415), Food Acid (270), Preservative (202).

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

QUARTER BUN is made on equipment that also produces products containing milk and soy.

CHICKEN PATTY is cooked in vegetable oil blend. May be cooked in the same vat as products containing milk and egg.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2720	991
Energy (Cal)	650	237
Protein (g)	29.4	10.7
Fat, total (g)	37.1	13.5
Saturated Fat (g)	6.3	2.3
Carbohydrate (g)	48.3	17.6
Sugars (g)	4.5	1.6
Sodium (mg)	1520	553

Cheesy Chicken Burger

CHICKEN PATTY: Chicken, Flour (**Wheat**), Water, Starch (Maize), Vegetable Oil (Canola, Palmoline, **Soy**, Sunflower), Salt, Mineral Salts (450, 451, 500), Natural Colours (100, 160c), Spice & Spice Extracts (Mustard, Pepper, Celery), Emulsifiers (481, 433), Maltodextrin, Sugar, Hydrolysed Vegetable Protein (**Soy**), Dehydrated Vegetables (Garlic, Onion), Yeast & Yeast Extracts, Acidity Regulator (262), Flavour Enhancer (635), Flavour (**Wheat**, **Soy**, **Milk**), Herbs (Thyme, Marjoram, Rosemary, Basil), Enzymes.

BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes).

MCCCHICKEN SAUCE: Water, Soybean Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Powder, Thickener (415), Food Acid (270), Preservative (202).

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

Contains gluten, soy, milk and eggs.

BUN is made on equipment that also produces products containing sesame seeds and soy.

CHICKEN PATTY is cooked in a McDonald's Vegetable Oil Blend. May be cooked in the same vat as products containing egg.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1690	1220
Energy (Cal)	405	293
Protein (g)	15.6	11.3
Fat, total (g)	23.1	16.7
Saturated Fat (g)	6.0	4.4
Carbohydrate (g)	32.4	23.5
Sugars (g)	3.7	2.7
Sodium (mg)	949	687

Filet-o-Fish®

FISH PORTION: **Fish** (Hoki Fish), Water, Acidity Regulator (451), Water, Batter (Modified Food Starch (1422), Yellow Corn Flour, Cellulose Gum, Bleached **Wheat** Flour, Salt, Black Pepper (Natural Flavour), Breader (**Wheat** Flour, Bleached **Wheat** Flour, Salt, Whey (**Milk**), Dextrose, Dried Yeast, Sugar, Paprika (160c), Tumeric Extract (100), Black Pepper (Natural Flavouring).

BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes).

TARTAR SAUCE: Pickles, Water, Soybean Oil (Antioxidant (330)), Vinegar, Onions and Onion Extracts, Modified Corn Starch (1401, 1442), **Egg** Yolks, Corn Syrup Solids, Sugar, Salt, Spice, Thickener (415), Capers, Preservative (202), Dextrose, Dehydrated Parsley, Spice Extracts.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

Contains gluten, egg, milk, soy and fish.

BUN is made on equipment that also produces products containing sesame seeds, milk and soy.

FISH PORTION is cooked in McDonald's Vegetable Oil Blend.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1400	1030
Energy (Cal)	335	246
Protein (g)	15.7	11.5
Fat, total (g)	15.5	12.3
Saturated Fat (g)	2.8	2.1
Carbohydrate (g)	32.5	23.8
Sugars (g)	3.3	2.4
Sodium (mg)	548	402

Double Filet-o-Fish®

FISH PORTIONS: **Fish** (Hoki Fish), Water, Batter (Modified Food Starch (1422), Yellow Corn Flour, Cellulose Gum, Bleached **Wheat** Flour, Salt, Black Pepper (natural flavour)), Breader (**Wheat** Flour, Bleached **Wheat** Flour, Salt, Whey (**Milk**), Dextrose, Dried Yeast, Sugar, Paprika (160c) and Tumeric (100) extract, Black Pepper (natural flavouring).

BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes).

TARTAR SAUCE: Pickles, Water, Soybean Oil (Antioxidant (330)), Distilled Vinegar, Onions and Onion Extracts, Modified Corn Starch (1401, 1442), **Egg** Yolks, Corn Syrup Solids, Sugar, Salt, Spice, Thickener (415), Capers, Preservative (202), Dextrose, Dehydrated Parsley, Spice Extracts.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

Contains gluten, egg, milk, soy and fish.

BUN is made on equipment that also produces products containing sesame seeds, milk and soy.

FISH PORTION is cooked in McDonald's Vegetable Oil Blend.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2230	999
Energy (Cal)	532	239
Protein (g)	26.3	11.8
Fat, total (g)	28.8	12.9
Saturated Fat (g)	5.2	2.3
Carbohydrate (g)	41.4	18.6
Sugars (g)	4.2	1.9
Sodium (mg)	887	398

Crispy Chicken Loaded Lettuce

CRISPY CHICKEN: Chicken, Water, **Wheat** Flour, Vegetable Oil (Canola, Palmolein), Salt, Thickener (1422), Mineral Salts (450, 451, 452), Flavour (**Wheat, Barley, Soy**), Starch (Rice, Potato), Spice And Spice Extracts (Pepper, Mustard, Capsicum), **Gluten (Wheat), Egg Powder**, Yeast And Yeast Extract, Raising Agent (500), **Soy** Protein, Maltodextrin, Natural Colours (160C, 100), Vegetable Powder (Onion), Emulsifier (433), Dextrose, Food Acid (263), Enzyme (Amylase).

EGG: **Egg**.

WHOLE LEAF LETTUCE: Lettuce.

TOMATO: Tomato.

TASTY CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).

GARLIC MAYONNAISE: Canola Oil (Antioxidant (307b, **Soy**), 319)), Water, Glucose Syrup (**Wheat** Derived), **Egg** Yolk, Whey Protein (**Milk**), Minced Garlic (Food Acids (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Food Acids (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), **Oat** Fibre, Flavourings (**Milk**), Emulsifiers (322 (**Soy**), 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

ONION: Onions.

BEETROOT: Beetroot, Water, Sugar, Salt, Acidity Regulator (260).

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

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

Contains gluten, egg, milk and soy. Contains Sulphites

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

EGG may be cooked on the same equipment as products containing gluten.

CRISPY CHICKEN is cooked in a McDonald's Vegetable Oil blend. May be cooked in the same equipment as products containing milk.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2440	832
Energy (Cal)	583	199
Protein (g)	35.3	12
Fat, total (g)	41.1	14
Saturated Fat (g)	10.7	3.7
Carbohydrate (g)	17.4	5.9
Sugars (g)	5	1.7
Sodium (mg)	1280	437

Grilled Chicken Loaded Lettuce

GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Vegetable Powders (Garlic, Onion), Fruit Powder (Lemon Juice Concentrate, Maltodextrin, Anti Caking Agent (551), Flavourings), Flavourings, Herbs (Parsley, Thyme), Sugar, Vinegar Powder, Anti Caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola).

EGG: **Egg**.

WHOLE LEAF LETTUCE: Lettuce.

TOMATO: Tomato.

TASTY CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).

GARLIC MAYONNAISE: Canola Oil (Antioxidant (307b, **Soy**), 319)), Water, Glucose Syrup (**Wheat** Derived), **Egg** Yolk, Whey Protein (**Milk**), Minced Garlic [Food Acids (260, 330)], Vinegar, Dijon Mustard [Acidity Regulator (260)], Acidity Regulator (575), Mustard [Food Acids (260, 330), Colours (150c, 160a)], Salt, Flavour Enhancer (635), Oat Fibre, Flavourings (**Milk**), Emulsifiers [(322, 435) (**Soy**)], Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

ONION: Onions.

BEETROOT: Beetroot, Water, Sugar, Salt, Acidity Regulator (260).

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

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

Contains gluten, egg, milk and soy.

EGG may be cooked on the same equipment as products containing gluten.

GRILLED CHICKEN, ONION and CRISPY BACON may be cooked on the same equipment as eggs or products containing gluten.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2160	764
Energy (Cal)	516	183
Protein (g)	40	14.2
Fat, total (g)	35.1	12.4
Saturated Fat (g)	10.3	3.6
Carbohydrate (g)	9.3	3.3
Sugars (g)	5	1.8
Sodium (mg)	1150	408

WRAPS

Wholemeal Crispy Chicken Snack Wrap®

CRISPY CHICKEN: Chicken, Water, **Wheat** Flour, Vegetable Oil (Canola, Palmolein), Salt, Thickener (1422), Mineral Salts (450, 451, 452), Flavour (**Wheat, Barley, Soy**), Starch (Rice, Potato), Spice and Spice Extracts (Pepper, Mustard, Capsicum), **Gluten(Wheat), Egg Powder**, Yeast and Yeast Extract, Raising Agent (500), **Soy** Protein, Maltodextrin, Natural Colours (160c, 100), Vegetable Powder (Onion), Emulsifier (433), Dextrose, Food Acid (263), Enzyme (Amylase).

WHOLEMEAL TORTILLA: Wholemeal **Wheat** Flour (White, Wholemeal), Water, Canola Oil, **Wheat** Fibre, Raising Agents (450, 501), Maize Starch, Salt, Yeast, White Vinegar, Cultured **Wheat** Flour.

LETTUCE: Iceberg Lettuce.

MCCHICKEN SAUCE: Water, **Soybean** Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Powder, Thickener (415), Food Acid (270), Preservative (202).

Contains gluten, egg and soy.

CRISPY CHICKEN is cooked in vegetable oil blend and may be cooked in the same equipment as products containing milk.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1070	928
Energy (Cal)	255	222
Protein (g)	11.7	10.2
Fat, total (g)	11.5	10.0
Saturated Fat (g)	1.4	1.2
Carbohydrate (g)	24.0	20.9
Sugars (g)	0.7	0.6
Sodium (mg)	411	358

Wholemeal Grilled Chicken Snack Wrap®

WHOLEMEAL TORTILLA: Wholemeal **wheat** flour, water, canola oil, **wheat** fibre, raising agents (450, 501), maize starch, salt, yeast, white vinegar, cultured **wheat** flour.

GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Vegetable Powders (Garlic, Onion), Fruit Powder (Lemon Juice Concentrate, Maltodextrin, Anti Caking Agent (551), Flavourings), Flavourings, Herbs (Parsley, Thyme), Sugar, Vinegar Powder, Anti Caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola).

LETTUCE: Iceberg Lettuce.

MCCHICKEN SAUCE: Water, **Soybean** Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Powder, Thickener (415), Food Acid (270), Preservative (202).

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

Contains gluten, egg and soy.

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

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	923	844
Energy (Cal)	221	202
Protein (g)	14.1	12.9
Fat, total (g)	8.5	7.8
Saturated Fat (g)	1.2	1.1
Carbohydrate (g)	20.0	18.3
Sugars (g)	0.7	0.6
Sodium (mg)	347	317

Chicken McWrap® Aioli - Crispy

CRISPY CHICKEN: Chicken, Water, **Wheat** Flour, Vegetable Oil (Canola, Palmolein), Salt, Thickener (1422), Mineral Salts (450, 451, 452), Flavour (**Wheat, Barley, Soy**), Starch (Rice, Potato), Spice And Spice Extracts (Pepper, Mustard, Capsicum), **Gluten (Wheat), Egg Powder**, Yeast And Yeast Extract, Raising Agent (500), **Soy** Protein, Maltodextrin, Natural Colours (160C, 100), Vegetable Powder (Onion), Emulsifier (433), Dextrose, Food Acid (263), Enzyme (Amylase).

WHOLEMEAL TORTILLA: Wholemeal **Wheat** Flour, Water, Canola Oil, **Wheat** Fibre, Raising Agents (450, 501), Maize Starch, Salt, Yeast, White Vinegar, Cultured **Wheat** Flour.

TOMATO: Tomato.

GARLIC MAYONNAISE: Canola Oil (Antioxidant (307b, **Soy**), 319)), Water, Glucose Syrup (**Wheat** Derived), **Egg** Yolk, Whey Protein (**Milk**), Minced Garlic (Food Acids (260, 330)), Vinegar, Dijon Mustard [Acidity Regulator (260)], Acidity Regulator (575), Mustard (Food Acids (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), **Oat** Fibre, Flavourings (**Milk**), Emulsifiers (322 (**Soy**), 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

LETTUCE: Iceberg Lettuce.

Contains gluten, milk, egg, soy. Contain sulphites.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2490	904
Energy (Cal)	595	216
Protein (g)	23.4	8.5
Fat, total (g)	34.9	12.7
Saturated Fat (g)	3.1	1.1
Carbohydrate (g)	43.4	15.8
Sugars (g)	4.0	1.5
Sodium (mg)	1010	368

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

Chicken McWrap® Aioli - Grilled

GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Vegetable Powders (Garlic, Onion), Fruit Powder (Lemon Juice Concentrate, Maltodextrin, Anti Caking Agent (551), Flavourings), Flavourings, Herbs (Parsley, Thyme), Sugar, Vinegar Powder, Anti Caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola).

WHOLEMEAL TORTILLA: Wholemeal Flour, Water, Canola Oil, Wheat Fibre, Raising Agents (450, 501), Maize Starch, Salt, Yeast, White Vinegar, Cultured Wheat Flour.

TOMATO: Tomato.

GARLIC MAYONNAISE: Canola Oil (Antioxidant (307b, **Soy**), 319)), Water, Glucose Syrup (Wheat Derived), **Egg** Yolk, Whey Protein (**Milk**), Minced Garlic (Food Acids (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Food Acids (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), **Oat** Fibre, Flavourings (**Milk**), Emulsifiers (322 (**Soy**), 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

LETTUCE: Iceberg Lettuce.

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

Contains gluten, milk, egg, soy. Contain sulphites.

GRILLED CHICKEN may be cooked on the same equipment as egg or products containing gluten.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2170	824
Energy (Cal)	520	197
Protein (g)	28.1	10.7
Fat, total (g)	28.0	10.6
Saturated Fat (g)	2.6	1.0
Carbohydrate (g)	35.3	13.4
Sugars (g)	4.0	1.5
Sodium (mg)	885	336

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

FRIES

Fries

FRIES: Potatoes, Canola Oil, Dextrose Monohydrate (corn derived), Sodium Acid Pyrophosphate (450), Antifoam (900a).

FRIES are cooked in vegetable oil blend, salt added. May be cooked in the same equipment as products containing gluten.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	967	1270	1320	1270	1690	1270
Energy (Cal)	231	304	317	304	405	304
Protein (g)	3.6	4.8	5.0	4.8	6.4	4.8
Fat, total (g)	12.2	16.0	16.6	16.0	21.3	16.0
Saturated Fat (g)	1.0	1.3	1.4	1.3	1.7	1.3
Carbohydrate (g)	25.7	33.8	35.2	33.8	45.0	33.8
Sugars (g)	0.4	0.5	0.5	0.5	0.7	0.5
Sodium (mg)	222	292	304	292	388	292

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

FRUIT & SALADS

Apple Fruit Bag

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

May contain Apple Seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	174	218
Energy (Cal)	41	52
Protein (g)	0.3	0.4
Fat, total (g)	0.2	0.3
Saturated Fat (g)	<0.1	0.1
Carbohydrate (g)	8.5	10.6
Sugars (g)	7.9	9.9
Sodium (mg)	2	2

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

Garden Salad

LETTUCE: Iceberg Lettuce.

TOMATO: Tomato.

RED ONION RINGS: Onion.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	90	73
Energy (Cal)	21	17
Protein (g)	1.2	1.0
Fat, total (g)	0.2	0.2
Saturated Fat (g)	0.1	0.1
Carbohydrate (g)	2.8	2.2
Sugars (g)	1.9	1.6
Sodium (mg)	6	5

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

CONDIMENTS

Balsamic Salad Dressing

Water, Vinegar, Canola Oil [Antioxidant (307b (**Soy**))], Balsamic Vinegar [Colour (150d), Preservative (220)], Sugar, Salt, Garlic (Minimum 0.4%), Vegetable Gum Blend [Vegetable Gums (415, 417, 401), Food Acid (331)], Preservatives (202, 211), Emulsifier (322 (**Soy**)).

Contains Soy and sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	244	814
Energy (Cal)	58	195
Protein (g)	0.1	0.2
Fat, total (g)	4.5	15
Saturated Fat (g)	0.4	1.2
Carbohydrate (g)	4.5	15.1
Sugars (g)	4.1	13.7
Sodium (mg)	231	770

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

McNugget Dipping Sauces

BBQ SAUCE: Water, Sugar, Tomato Paste, Vinegar, Teriyaki Sauce (contains **Gluten, Soy**), Thickeners (1422, 415), Salt, Natural Colour (Burnt Sugar), Vegetable Oil, Mustard, Smoke Flavour, Preservatives (211, 202), Vegetable Powders, Spice, Yeast Extract.

Contains gluten and soy.

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

AIOLI: Vegetable Oil, Water, **Egg** Yolk, Vinegar, Garlic, Dextrose, Cheese Powder (Contains **Milk**), **Milk** Solids, Salt, Acidity Regulator (270), Natural Flavours (**Milk**), Onion, Spice, Preservative (202), Stabiliser (415), Antioxidant (385). [Contains Egg and Milk](#)

Sweet N' Sour: Water, Sugar, Apricot Puree, Vinegar, Thickeners (1422, 415), Teriyaki Sauce (contains gluten, soy), Salt, Vegetable Oil, Mustard, Yeast Extract, Preservatives (211, 202), Vegetable Powders, Acidity Regulator (330), Natural Flavour, Spices, Natural Colour (160c). [Contains gluten and soy.](#)

	Barbecue		Sweet & Sour		Ketchup		Aioli	
	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)	183	652	228	813	43	478	776	2770
Energy (Cal)	44	156	54	194	10	114	185	662
Protein (g)	0.2	0.8	0.1	0.3	0.1	1.5	0.5	1.9
Fat, total (g)	0.3	1.1	0.2	0.7	0.0	0.0	20.0	71.5
Saturated Fat (g)	0.1	0.2	0.0	0.1	0.0	0.0	1.6	5.8
Carbohydrate (g)	9.7	34.8	12.8	45.8	2.3	26.1	1.5	5.2
Sugars (g)	8.8	31.6	10.3	36.8	1.8	20.0	1.0	3.4
Sodium (mg)	176	627	116	416	88	983	112	400

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

BREAKFAST

Big Brekkie Burger

BEEF: Beef.

QUARTER BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Natural Flavour, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (471, 472e), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes), Thickener (412), Dough Conditioner (Mineral Salt (516), **Wheat** Flour, Antioxidant (300)).

HASH BROWN: Potatoes, Canola Oil, Dextrose (Maize), Seasoning (Black Pepper, Salt, Modified Corn Starch).

EGG: Egg.

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

TASTY CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).

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

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

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

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

QUARTER BUN are produced on equipment that also produces products containing milk and soy.

HASH BROWN is cooked in a McDonald's Vegetable Oil blend.

BEEF PATTY and BACON may be cooked in the same equipment as eggs or product containing gluten.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3320	1100
Energy (Cal)	792	263
Protein (g)	42.3	14.0
Fat, total (g)	46.0	15.3
Saturated Fat (g)	16.7	5.6
Carbohydrate (g)	50.8	16.9
Sugars (g)	11.0	3.7
Sodium (mg)	1380	458

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

Hash Brown

HASH BROWN: Potatoes, Canola Oil, Dextrose (Maize), Seasoning (Black Pepper, Salt, Modified Corn Starch).

Contain traces of sulphites.

Hashbrown is cooked in McDonald's Vegetable Oil blend and may be cooked in the same equipment as products containing gluten.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	570	1030
Energy (Cal)	136	247
Protein (g)	1.5	2.8
Fat, total (g)	8.8	16.0
Saturated Fat (g)	0.7	1.3
Carbohydrate (g)	11.7	21.2
Sugars (g)	0.3	0.5
Sodium (mg)	284	513

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

Hotcakes

PLAIN HOTCAKES: Water, **Wheat** Flour (Thiamin, Folic Acid), Sugar, Whey Powder (**Milk**), Maize Flour, Canola Oil, Raising Agent (500, 541, 341), Dextrose, Emulsifiers (471, 481), **Egg** Powder, Flavour, Iodised Salt, Thickeners (415).

HOTCAKES W/ SYRUP AND BUTTER (**Milk**): Hotcakes (Water, **Wheat** Flour, Sugar, Whey Powder (**Milk**), Maize Flour, Canola Oil, Dextrose, Raising Agents (500, 541, 341), Emulsifiers (471, 481), **Egg** Powder, Flavour, Salt, Thickeners (415-Wheat)), Syrup (Corn Syrup, Sugar, Water, Artificial Maple Flavour, Preservative (202), Caramel Color (150d)), Butter (**Cream**, Water, Salt).

Contains egg, gluten, milk.

HOTCAKES are produced in a manufacturing facility which also produces products containing sesame seeds.

	Plain		with Syrup & Butter (Milk)	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1380	912	2510	1120
Energy (Cal)	330	218	599	269
Protein (g)	8.8	5.8	9.3	4.2
Fat, total (g)	8.9	5.9	18.4	8.3
Saturated Fat (g)	1.8	1.2	8.5	3.8
Carbohydrate (g)	51.9	34.3	95.1	43.1
Sugars (g)	11.6	7.7	45.3	20.3
Sodium (mg)	449	297	559	250

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

Hotcake Condiments

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

WHIPPED Butter (**Milk**): **Cream**, Water, Salt.

Contains milk.

	Hotcake Syrup		Whipped Butter (Milk) (2 portions)	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	794	1310	169	2980
Energy (Cal)	139	230	40	713
Protein (g)	0.6	1.0	<0.1	0.6
Fat, total (g)	0.6	1.0	4.5	80.0
Saturated Fat (g)	0.6	1.0	3.0	53.5
Carbohydrate (g)	44.8	74.0	0.1	0.9
Sugars (g)	32.1	53.0	<0.1	0.7
Sodium (mg)	18	30	40	700

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

Bacon & Egg McMuffin®

ENGLISH MUFFIN: **Wheat** flour, Water, Ground Maize, Sugar, Canola Oil (Canola Oil, Antioxidant (330)), Preservatives (262, 202, 282), Yeast (Yeast, Water, Thickeners (415)), Maize Flour, **Wheat Gluten**, Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297)), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme, Processing Aid.

EGG: **Egg**.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

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

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

Contains gluten, egg, milk and soy.

ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as products containing milk.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1280	957
Energy (Cal)	306	229
Protein (g)	19.4	14.5
Fat, total (g)	14.1	10.6
Saturated Fat (g)	5.6	4.2
Carbohydrate (g)	23.7	17.8
Sugars (g)	3.2	2.4
Sodium (mg)	768	575

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

Massive McMuffin®

SAUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, Spices, Vegetable Oil (Maize, (Antioxidant 307b)), Antioxidant (321, 320, 310), Spice Extracts (160c), Food Acid (330).

ENGLISH MUFFIN: **Wheat** Flour, Water, Ground Maize, Yeast, Canola Oil, Sugar, **Wheat Gluten**, Preservatives (262, 263, 202), Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297)), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (**Wheat**).

EGG: **Egg**.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

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

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavor.

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

Contain gluten, egg, milk and soy.

ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as products containing milk.

SAUSAGE PATTY and BACON may be cooked in the same equipment as eggs or products containing gluten.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2190	966
Energy (Cal)	522	231
Protein (g)	36.1	15.9
Fat, total (g)	28.8	12.7
Saturated Fat (g)	12.3	5.4
Carbohydrate (g)	28.2	12.5
Sugars (g)	6.0	2.7
Sodium (mg)	1260	558

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

Sausage McMuffin®

ENGLISH MUFFIN: **Wheat** Flour, Water, Ground Maize, Yeast, Canola Oil, Sugar, **Wheat Gluten**, Preservatives (262, 263, 202), Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (**Wheat**)).
 SAUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, Spices, Vegetable Oil (Maize, (Antioxidant 307b)), Antioxidant (321, 320, 310), Spice Extracts (including 160c), Food Acid (330).
 CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).
 OIL: Canola Oil, Emulsifier (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contain gluten, milk and soy.

ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as products containing milk.

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

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1210	1070
Energy (Cal)	290	257
Protein (g)	16.6	14.7
Fat, total (g)	13.7	12.1
Saturated Fat (g)	6.4	5.6
Carbohydrate (g)	23.6	20.9
Sugars (g)	2.9	2.6
Sodium (mg)	651	577

Sausage and Egg McMuffin®

ENGLISH MUFFIN: **Wheat** Flour, Water, Ground Maize, Yeast, Canola Oil, Sugar, **Wheat Gluten**, Preservatives (262, 263, 202), Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (**Wheat**)).
 EGG: **Egg**.
 SAUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, Spices, Vegetable Oil (Maize, (Antioxidant 307b)), Antioxidant (321, 320, 310), Spice Extracts (including 160c), Food Acid (330).
 CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).
 OIL: Canola Oil, Emulsifier (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contain gluten, egg, milk and soy.

ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as products containing milk.

SAUSAGE PATTY may be cooked on the same grill as egg.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1590	983
Energy (Cal)	380	235
Protein (g)	23.9	14.8
Fat, total (g)	20.3	12.5
Saturated Fat (g)	8.5	5.3
Carbohydrate (g)	24.2	15
Sugars (g)	3.4	2.1
Sodium (mg)	738	456

Chicken McMuffin®

MCCHICKEN PATTY: Chicken, Flour (**Wheat**, Maize), Water, Vegetables Oils (Canola, Maize (Antioxidant 307b), Palmolein), Salt, Thickener (1404), Spices & Spice Extracts (Black Pepper, White Pepper, Cayenne Pepper, Paprika, Turmeric, Sage, Nutmeg, Celery, Capsicum), Dehydrated Vegetables (Garlic, Onion), Maize Starch, **Soy** Protein, Mineral Salts (450, 451), Raising Agents (500, 541, 341), Maltodextrin, Emulsifier (433), Herbs (Sage, Marjoram, Thyme, Rosemary, Parsley).
 ENGLISH MCMUFFIN: **Wheat** Flour, Water, Ground Maize, Yeast, Canola Oil, Sugar, **Wheat Gluten**, Preservatives (262, 263, 202), Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (**Wheat**)).
 MCCHICKEN SAUCE: Water, Soybean Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).
 CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).
 OIL: Canola Oil, Emulsifier (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains gluten, egg, milk and soy.

ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as products containing milk.

MCCHICKEN PATTY is cooked in vegetable oil blend and may be cooked in the same equipment as products containing milk and egg.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1780	1080
Energy (Cal)	425	257
Protein (g)	20	12.1
Fat, total (g)	23.5	14.2
Saturated Fat (g)	5.9	3.6
Carbohydrate (g)	31.9	19.3
Sugars (g)	3.1	1.9
Sodium (mg)	1110	670

Chicken & Bacon McMuffin®

MCCHICKEN PATTY: Chicken, Flour (**Wheat**, Maize), Water, Vegetables Oils (Canola, Maize (Antioxidant 307b), Palmolein), Salt, Thickener (1404), Spices & Spice Extracts (Black Pepper, White Pepper, Cayenne Pepper, Paprika, Turmeric, Sage, Nutmeg, Celery, Capsicum), Dehydrated Vegetables (Garlic, Onion), Maize Starch, **Soy** Protein, Mineral Salts (450, 451), Raising Agents (500, 541, 341), Maltodextrin, Emulsifier (433), Herbs (Sage, Marjoram, Thyme, Rosemary, Parsley).
 ENGLISH MUFFIN: **Wheat** Flour, Water, Ground Maize, Yeast, Canola Oil, Sugar, **Wheat Gluten**, Preservatives (262, 263, 202), Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (**Wheat**)).
 CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).
 BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract, Smoked.
 MCCHICKEN SAUCE: Water, **Soybean** Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).
 OIL: Canola Oil, Emulsifier (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains gluten, egg, milk and soy.

ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as products containing milk.

BACON may be cooked on the same equipment as egg.

MCCHICKEN PATTY is cooked in vegetable oil blend and may be cooked in the same equipment as products containing milk and egg.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1760	1040
Energy (Cal)	420	248
Protein (g)	23.7	14
Fat, total (g)	21.3	12.6
Saturated Fat (g)	5.9	3.5
Carbohydrate (g)	31.6	18.7
Sugars (g)	3.2	1.9
Sodium (mg)	1260	741

BLT Bagel®

BAGEL: **Wheat** Flour, Water, Brown Sugar, Improver (Contains **Soy**, **Wheat**, Emulsifier (481), Acidity Regulators (262, 300), **Barley**), Canola Oil, Iodised Salt, Yeast.
 CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate (339), Antioxidant (316), Sodium Nitrite (250).
 TOMATO: Sliced Tomato
 LETTUCE: Iceberg Lettuce
 MAYONNAISE: Water, **Soybean** Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202)
 OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains egg, gluten and soy.

Bagels are made on equipment which also produces products containing sesame seeds and milk.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1750	1070
Energy (Cal)	417	255
Protein (g)	15.5	9.4
Fat, total (g)	15.4	9.4
Saturated Fat (g)	3.3	2.0
Carbohydrate (g)	52.5	32.0
Sugars (g)	8.3	5.1
Sodium (mg)	900	549

NYC Benedict Bagel®

BAGEL: **Wheat** Flour, Water, Brown Sugar, Improver (Contains **Soy, Wheat**, Emulsifier (481), Acidity Regulators (262, 300), Barley), Canola Oil, Iodised Salt, Yeast.

EGG: **Egg**.

TASTY CHEESE: **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).

HOLLANDAISE SAUCE: Vegetable Oils [Canola (Antioxidant (319)), Palmolein], Water, Vinegar, Lemon Juice, **Egg** Yolk, Whole **Egg**, Maltodextrin, Salt, Modified Starch (1442), Sugar, Butter (**Milk**), **Milk** Protein Concentrate, Vegetable Gums (405, 415), Spices, Flavour Enhancer (635), Preservative (202), Flavourings (**Wheat, Milk**), Spice Extracts [Including (100)], Emulsifier (433), Antioxidant (385).

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

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

Contains egg, gluten, milk, soy.

Bagels are made on equipment which also produces products containing sesame seeds and milk.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2540	1310
Energy (Cal)	607	313
Protein (g)	27.1	14.0
Fat, total (g)	31.9	16.5
Saturated Fat (g)	9.7	5.0
Carbohydrate (g)	51.5	26.6
Sugars (g)	7.9	4.1
Sodium (mg)	1070	553

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