



McDonald's New Zealand

Main Menu

Allergen - Ingredients - Nutrition Information

Core Menu

Information is correct as at November 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® and Double 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](#), [egg](#), [milk](#), [soy](#) and [sesame seeds](#).

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

BEEF PATTY seasoned on the grill with salt, pepper and sunflower oil.

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

	Big Mac®		Double Big Mac®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2380	1040	3250	1070
Energy (Cal)	568	248	776	255
Protein (g)	27.1	11.8	42.9	14.1
Fat, total (g)	31.9	13.9	47.0	15.5
Saturated Fat (g)	11.7	5.1	18.6	6.1
Carbohydrate (g)	41.1	17.9	42.9	14.1
Sugars (g)	6.8	3.0	7.3	2.4
Sodium (mg)	1050	464	1410	463

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y	Y	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, Double Cheeseburger 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).

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 seasoned on the grill with salt, pepper and sunflower oil.

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

	Cheeseburger		Double Cheeseburger		Triple Cheeseburger	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty /Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1280	1100	1910	1110	2550	1140
Energy (Cal)	306	262	458	266	610	272
Protein (g)	16.3	13.9	27.0	15.7	37.7	16.9
Fat, total (g)	13.9	11.8	25.3	14.7	36.8	16.4
Saturated Fat (g)	6.6	5.6	12.8	7.4	19.0	8.5
Carbohydrate (g)	28.0	23.9	29.0	16.8	30.2	13.5
Sugars (g)	5.5	4.7	5.8	3.3	6.2	2.8
Sodium (mg)	691	590	1100	636	1460	651

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

Hamburger

REGULAR 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 PATTIES: Beef.

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavor (**Soybean** Oil).

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, Natural Flavouring.

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

Contains [gluten](#) and [soy](#).

REGULAR BUNS are produced on equipment that also produces products containing contain sesame seeds and soy.

BEEF PATTY seasoned on the grill with salt, pepper and sunflower oil.

BEEF PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.

	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	1080
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
Sodium (mg)	521	506

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

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	Y	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 Paste [Antioxidants (300, 330)], Thickener (1422), Salt, Worcestershire Sauce (Contains **Wheat**, **Barley** and **Fish**), 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.

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

	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

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.

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

	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

CHICKEN AND FISH

Chicken McNuggets®

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

Contains gluten.

CHICKEN NUGGETS are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk 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	407	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, Breadcrumbs 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.

	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

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.

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.

	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

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.

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® and Double 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.
 MCCICKEN 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).

	McChicken®		Double McChicken®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1740	954	2720	991
Energy (Cal)	414	227	650	237
Protein (g)	18.1	9.9	29.4	10.7
Fat, total (g)	20.1	11.0	37.1	13.5
Saturated Fat (g)	3.4	1.9	6.3	2.3
Carbohydrate (g)	39.2	21.5	48.3	17.6
Sugars (g)	3.9	2.1	4.5	1.6
Sodium (mg)	889	487	1520	553

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	T		Y	Y	

Cheesy Chicken Burger

CHICKEN PATTY: Chicken, Flour (**Wheat**), Water, Starch (Maize), Vegetable Oil (Canola, Palmolein, **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).
 MCCICKEN 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).

	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

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		

Filet-o-Fish® and Double 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), Turmeric 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).

	Filet-o-Fish®		Double Filet-o-Fish®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2230	999	1400	1030
Energy (Cal)	532	239	335	246
Protein (g)	26.3	11.8	15.7	11.5
Fat, total (g)	28.8	12.9	15.5	12.3
Saturated Fat (g)	5.2	2.3	2.8	2.1
Carbohydrate (g)	41.4	18.6	32.5	23.8
Sugars (g)	4.2	1.9	3.3	2.4
Sodium (mg)	887	398	548	402

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		

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, Water, Canola Oil, **Wheat** Fibre, Raising Agents (450, 501), Maize Starch, Salt, Yeast, White Vinegar, Cultured **Wheat** Flour.
 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 Flour, Thickener (415), Food Acid (270), Preservative (202).

	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)	1.6	1.4
Sodium (mg)	545	475

Contains gluten, egg and soy.

CRISPY CHICKEN is cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk and soy.

WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.

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

Wholemeal Grilled Chicken Snack Wrap®

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).
 WHOLEMEAL TORTILLA: Wholemeal **Wheat** Flour, Water, Canola Oil, **Wheat** Fibre, Raising Agents (450, 501), Maize Starch, Salt, Yeast, White Vinegar, Cultured **Wheat** Flour.
 SHREDDED 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 Flour, Thickener (415), Food Acid (270), Preservative (202).
 OIL: Canola Oil, Emulsifier (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	892	822
Energy (Cal)	213	196
Protein (g)	14.1	13.0
Fat, total (g)	7.7	7.1
Saturated Fat (g)	1.1	1.0
Carbohydrate (g)	20.0	18.4
Sugars (g)	1.6	1.4
Sodium (mg)	481	443

Contains gluten, egg and soy.

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

WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.

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

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.

	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

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.

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), Flavours), 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		

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, Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Yeast, Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes (Contain **Wheat!**), Preservative (262), Emulsifiers (472e, 471), Natural Flavour, Thickener (412), **Wheat Gluten**.

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 Paste [Antioxidants (300,330)], Thickener (1422), Salt, Worcestershire Sauce (Contains **Wheat, Barley and Fish**), 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)	3370	1100
Energy (Cal)	807	264
Protein (g)	43.7	14.3
Fat, total (g)	47.1	15.4
Saturated Fat (g)	17.1	5.6
Carbohydrate (g)	50.8	16.6
Sugars (g)	10.9	3.6
Sodium (mg)	1390	453

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y	Y	Y	Y	Y			Y			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		with Syrup & Butter (Milk)																																										
											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g																																									
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, Thickener (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, Thickener (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.																																																							
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	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		Whipped Butter (Milk) (2 portions)																																										
											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g																																									
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).																																																							
WHIPPED Butter (Milk): Cream , Water, Salt.																																																							
Contains milk.																																																							
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	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours																																										
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Whipped Butter (Milk)			Y																																																				

Bacon & Egg McMuffin®											Avg Qty / Serve		Avg Qty / 100g																												
	ENGLISH MUFFIN: Wheat flour, Water, Ground Maize, Sugar, Canola Oil (Canola Oil, Antioxidant (330)), Preservatives (262, 202, 282), Yeast (Yeast, Water, Thickener (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.																																									
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	Y	Y	Y	Y				T			Y																														

Massive McMuffin®											Avg Qty / Serve		Avg Qty / 100g																												
	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)).																																									
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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.																																									
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	Y	Y	Y	Y				T			Y	Y																													

Sausage McMuffin®											Avg Qty / Serve		Avg Qty / 100g																												
	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).																																									
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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.																																									
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	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours																												
	Y	T	Y	Y				T			Y																														

Created: November 2021

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.

	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

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

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.

	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

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

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.

	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

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

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.

	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

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

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		