

If this document has been printed, please visit <https://mcdonalds.co.nz/maccas-food/nutrition> for most current information.



McDonald's New Zealand

Main Food Menu

Food and Beverage - Allergen - Ingredients - Nutrition Information

Information correct as at December 2024

Main Menu

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 review the Limited Time Offers Nutrition and Allergen Information, ask a manager in our restaurants or contact our Customer Service Department 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 supplier, country of origin, region of the country of origin, and the season of the year. Further, product formulations may change periodically. We recommend you check the 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

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.

Our allergen labelling complies with Australia New Zealand Food Standards Code – Standard 1.2.3 (Registered 09 March 2021)

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Allergen Summary: As we operate working kitchens please be aware that there is always a risk that allergen containing ingredients may be transferred during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item sold is free from cross contact of allergens.																							
	Gluten	Wheat	Egg	Milk	Soy	Sesame	Peanut	Tree nut								Fish	Crustacea	Molluscs	Sulphites	Lupin	Added Preservative	Artificial Colour	Artificial Flavour
								Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio								
BEEF																							
Big Mac® and Double Big Mac®	P	P	P	P	P	P													P	P			
Quarter Pounder® and Double Quarter Pounder®	P	P	M	P	P	P													P				
Cheeseburger, Double Cheeseburger and Triple Cheeseburger	P	P	M	P	P	P													P				
Hamburger	P	P	M	M	P	P													P				
Deluxe Cheeseburger	P	P	P	P	P	P													P				
Texan BBQ Bacon Burger	P	P	P	P	P	P								P			M		P				
Serious Angus®	P	P	P	P	P	P											M		P				
The Boss®	P	P	P	P	P	P													P				
CHICKEN AND FISH																							
Chicken McNuggets®	P	P	M	M	M																		
Chicken McBites	P	P	M	M	M																		
McChicken® and Double McChicken®	P	P	P	M	P	P													P				
Crispy Chicken Bacon Deluxe	P	P	P	P	P	P													P	P			
Grilled Chicken Bacon Deluxe	P	P	P	P	P	P													P	P			
Crispy Chicken Almighty	P	P	P	P	P	P								P					P	P			
Grilled Chicken Almighty	P	P	P	P	P	P								P					P	P			
Cheesy Chicken Burger	P	P	P	P	P	P													P				
McSpicy Burger	P	P	P	P		P													P				
Filet-o-Fish® and Double Filet-o-Fish®	P	P	P	P	P	P								P					P				
SALAD																							
Salad Burger	P	P	P	P	P	P													P				
WRAPS																							
Wholemeal Crispy Chicken Snack Wrap®	P	P	P	M	P	M													P				
Wholemeal Grilled Chicken Snack Wrap®	P	P	P	M	P	M													P				
Crispy Chicken Aioli McWrap®	P	P	P	P	P	M													P	P			
Grilled Chicken Aioli McWrap®	P	P	P	P	P	M													P	P			
FRIES																							
Fries	M	M	M	M	M																		
FRUIT AND SALADS																							
Apple Slices																							
Garden Salad																							
CONDIMENTS																							
Balsamic Salad Dressing						P											P		P	P			
Barbeque Dipping Sauce	P	P			P														P				
Sweet and Sour Dipping Sauce	P	P			P														P				
Aioli Dipping Sauce			P	P															P				
Mayonnaise			P																				

Chart key:

P: Ingredient is PRESENT in the product as an ingredient, food additive or processing aid.

M: Ingredient may be present

Issue: December 2024

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Information correct at time of publishing
Developed and authorised by McDonald's Quality Assurance

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	Gluten	Wheat	Egg	Milk	Soy	Sesame	Peanut	Tree nut								Fish	Crustacea	Molluscs	Sulphites	Lupin	Added Preservative	Artificial Colour	Artificial Flavour
								Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio								
BREAKFAST																							
Bacon & Egg McMuffin®	P	P	P	P	P	M													P				
Sausage and Egg McMuffin®	P	P	P	P	P	M													P				
Sausage McMuffin®	P	P	M	P	P	M													P				
Chicken McMuffin®	P	P	P	P	P	M													P				
Chicken & Bacon McMuffin®	P	P	P	P	P	M													P				
Big Brekkie Beef Burger	P	P	P	P	P	P									P				P	P	P		
Massive McMuffin®	P	P	P	P	P	M													P		P		
Hotcakes with Whipped Butter and Hotcake Syrup	P	P	P	P															P	P	P		
Hash Brown	M	M	M	M	M																		
BLT Bagel®	P	P	P	M	P	M													P				
NYC Benedict Bagel®	P	P	P	P	P	M													P				

Chart key:
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BEEF

Big Mac® and Double Big Mac®	Big Mac®		Double Big Mac®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
BIG MAC BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Sesame Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, Wheat Gluten, Potato Starch, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Natural Flavour, Emulsifiers 472e, 471) Inactive Dry Yeast.				
BEEF: Beef.				
BIG MAC SAUCE: Vegetable Oil [Antioxidant (307b)], Sweet Relish [Diced Gherkin, Glucose-fructose Syrup, Sugar, Water, Vinegar, Corn Syrup, Acetic Acid (260), Salt, Thickener (415), Flavouring, Preservative (202), Calcium Chloride (509)], Water, Mustard [Water, Vinegar, Mustard Seed, Salt, Sugar, Turmeric, Spices], Vinegar, Sugar, Egg Yolk, Salt, Thickeners (1442, 415), Dehydrated Vegetables, Spices, Preservative (202), Emulsifiers (433, 435), Flavouring, Colour (160c), 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, Wheat, Milk, Soy, Egg, Sesame.				
BIG MAC BUNS are produced on equipment that also produces products containing Soy, Milk.				
BEEF PATTIES and ONION may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.				

Quarter Pounder® and Double Quarter Pounder®	Quarter Pounder®		Double Quarter Pounder®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
BEEF: Beef.				
QUARTER BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Sesame Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Natural Flavour, Thickener (412), Wheat Gluten, Emulsifier (472e, 471), 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).				
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour (Soybean Oil).				
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, Wheat, Milk, Soy, Sesame.				
QUARTER BUN is made on equipment that also produces products containing Soy, Milk.				
BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.				

Cheeseburger, Double Cheeseburger and Triple Cheeseburger	Cheeseburger		Double Cheeseburger		Triple Cheeseburger	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
REGULAR BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Wheat Gluten, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Emulsifier (472e, 471), Inactive Dry Yeast, Enzymes (Contains Wheat), Sesame Seeds.						
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 Flavour (Soybean Oil).						
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, Wheat, Milk, Soy, Sesame.						
BUN is made on equipment that produces products containing Sesame, Soy, Milk.						
BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.						

Hamburger	Hamburger	
	Avg Qty / Serve	Avg Qty / 100g
REGULAR BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Wheat Gluten, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Emulsifier (472e, 471), Inactive Dry Yeast, Enzymes (Contains Wheat), Sesame Seeds.		
BEEF: Beef.		
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour (Soybean Oil).		
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, Wheat, Soy, Sesame.		
BUN is made on equipment that produces products containing Sesame, Soy, Milk.		
BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.		

BEEF																													
Deluxe Cheeseburger		Deluxe Cheeseburger																											
<p>REGULAR BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Wheat Gluten, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Emulsifier (472e, 471), Inactive Dry Yeast, Enzymes (Contains Wheat), Sesame Seeds.</p> <p>BEEF: Beef.</p> <p>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).</p> <p>LETTUCE: Iceberg Lettuce.</p> <p>KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour (Soybean Oil).</p> <p>MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, Egg Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).</p> <p>ONIONS: Water, Dehydrated White Onions.</p> <p>MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.</p> <p>BEEF PATTY SEASONING: Salt, Black Pepper, Sunflower Oil.</p>		<table border="1"> <thead> <tr> <th></th> <th>Avg Qty / Serve</th> <th>Avg Qty / 100g</th> </tr> </thead> <tbody> <tr> <td>Energy (kJ)</td> <td>1480</td> <td>1080</td> </tr> <tr> <td>Energy (Cal)</td> <td>353</td> <td>258</td> </tr> <tr> <td>Protein (g)</td> <td>16.6</td> <td>12.1</td> </tr> <tr> <td>Fat, total (g)</td> <td>17.2</td> <td>12.6</td> </tr> <tr> <td>Saturated Fat (g)</td> <td>6.8</td> <td>5.0</td> </tr> <tr> <td>Carbohydrate (g)</td> <td>31.2</td> <td>22.8</td> </tr> <tr> <td>Sugars (g)</td> <td>6.5</td> <td>4.8</td> </tr> <tr> <td>Sodium (mg)</td> <td>766</td> <td>560</td> </tr> </tbody> </table>		Avg Qty / Serve	Avg Qty / 100g	Energy (kJ)	1480	1080	Energy (Cal)	353	258	Protein (g)	16.6	12.1	Fat, total (g)	17.2	12.6	Saturated Fat (g)	6.8	5.0	Carbohydrate (g)	31.2	22.8	Sugars (g)	6.5	4.8	Sodium (mg)	766	560
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<p>Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame.</p> <p>BUN is made on equipment that produces products containing Sesame, Soy, Milk.</p> <p>BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</p>																													
Texan BBQ Bacon Burger		Texan BBQ Bacon Burger																											
<p>BEEF: Angus Beef.</p> <p>GOURMET BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Wheat Gluten, Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Emulsifier (Emulsifier (472e), Mineral Salt (170)), Inactive Dry Yeast, Sesame.</p> <p>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).</p> <p>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.</p> <p>ONION: Onion.</p> <p>BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.</p> <p>MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, Egg Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).</p> <p>ANGUS SEASONING: Salt, Maltodextrin, Spices, Dextrose, Vegetable Powders, Yeast Extract, Sugar, Worcestershire Sauce Powder [Colour (150a)], Anti-caking Agent (551), Flavourings (Milk), Spice Extract (100).</p>		<table border="1"> <thead> <tr> <th></th> <th>Avg Qty / Serve</th> <th>Avg Qty / 100g</th> </tr> </thead> <tbody> <tr> <td>Energy (kJ)</td> <td>4100</td> <td>1150</td> </tr> <tr> <td>Energy (Cal)</td> <td>980</td> <td>274</td> </tr> <tr> <td>Protein (g)</td> <td>58.9</td> <td>16.5</td> </tr> <tr> <td>Fat, total (g)</td> <td>58.1</td> <td>16.3</td> </tr> <tr> <td>Saturated Fat (g)</td> <td>26.9</td> <td>7.5</td> </tr> <tr> <td>Carbohydrate (g)</td> <td>53.4</td> <td>15.0</td> </tr> <tr> <td>Sugars (g)</td> <td>17.0</td> <td>4.8</td> </tr> <tr> <td>Sodium (mg)</td> <td>1820</td> <td>509</td> </tr> </tbody> </table>		Avg Qty / Serve	Avg Qty / 100g	Energy (kJ)	4100	1150	Energy (Cal)	980	274	Protein (g)	58.9	16.5	Fat, total (g)	58.1	16.3	Saturated Fat (g)	26.9	7.5	Carbohydrate (g)	53.4	15.0	Sugars (g)	17.0	4.8	Sodium (mg)	1820	509
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<p>Contains: Gluten, Wheat, Milk, Egg, Soy, Fish, Sesame.</p> <p>BEEF PATTY, BACON and ONION may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</p> <p>ANGUS SEASONING is made on the same equipment that also produces products contains sulphites.</p>																													
Serious Angus®		Serious Angus®																											
<p>BEEF: Angus Beef.</p> <p>GOURMET BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Wheat Gluten, Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Emulsifier (Emulsifier (472e), Mineral Salt (170)), Inactive Dry Yeast, Sesame.</p> <p>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).</p> <p>TOMATO: Tomato.</p> <p>BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.</p> <p>ONION: Onion.</p> <p>LETTUCE: Whole Leaf Lettuce.</p> <p>MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, Egg Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).</p> <p>PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).</p> <p>MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Flavouring.</p> <p>ANGUS SEASONING: Salt, Maltodextrin, Spices, Dextrose, Vegetable Powders, Yeast Extract, Sugar, Worcestershire Sauce Powder [Colour (150a)], Anti-caking Agent (551), Flavourings (Milk), Spice Extract (100).</p>		<table border="1"> <thead> <tr> <th></th> <th>Avg Qty / Serve</th> <th>Avg Qty / 100g</th> </tr> </thead> <tbody> <tr> <td>Energy (kJ)</td> <td>2890</td> <td>1020</td> </tr> <tr> <td>Energy (Cal)</td> <td>691</td> <td>244</td> </tr> <tr> <td>Protein (g)</td> <td>40.4</td> <td>14.3</td> </tr> <tr> <td>Fat, total (g)</td> <td>38.0</td> <td>13.5</td> </tr> <tr> <td>Saturated Fat (g)</td> <td>17.2</td> <td>6.1</td> </tr> <tr> <td>Carbohydrate (g)</td> <td>44.5</td> <td>15.7</td> </tr> <tr> <td>Sugars (g)</td> <td>9.8</td> <td>3.5</td> </tr> <tr> <td>Sodium (mg)</td> <td>1460</td> <td>517</td> </tr> </tbody> </table>		Avg Qty / Serve	Avg Qty / 100g	Energy (kJ)	2890	1020	Energy (Cal)	691	244	Protein (g)	40.4	14.3	Fat, total (g)	38.0	13.5	Saturated Fat (g)	17.2	6.1	Carbohydrate (g)	44.5	15.7	Sugars (g)	9.8	3.5	Sodium (mg)	1460	517
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<p>Contains Gluten, Wheat, Egg, Milk, Soy, Sesame.</p> <p>BEEF PATTY and BACON may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</p> <p>ANGUS SEASONING is made on the same equipment that also produces products contains sulphites.</p>																													
The Boss®		The Boss®																											
<p>QUARTER BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Sesame Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Natural Flavour, Thickener (412), Wheat Gluten, Emulsifier (472e, 471), Inactive Dry Yeast.</p> <p>BEEF: Beef.</p> <p>TASTY CHEESE: Pasteurised Milk, Salt, Cultures, Enzyme (Non-Animal Rennet).</p> <p>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).</p> <p>LETTUCE: Iceberg Lettuce.</p> <p>TOMATO: Tomatoes.</p> <p>ONION: Onions.</p> <p>MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, Egg Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).</p> <p>KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour (Soybean Oil).</p> <p>MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.</p> <p>BEEF PATTY SEASONING: Salt, Black Pepper, Sunflower Oil.</p>		<table border="1"> <thead> <tr> <th></th> <th>Avg Qty / Serve</th> <th>Avg Qty / 100g</th> </tr> </thead> <tbody> <tr> <td>Energy (kJ)</td> <td>3360</td> <td>1040</td> </tr> <tr> <td>Energy (Cal)</td> <td>803</td> <td>248</td> </tr> <tr> <td>Protein (g)</td> <td>50.7</td> <td>15.6</td> </tr> <tr> <td>Fat, total (g)</td> <td>48.0</td> <td>14.8</td> </tr> <tr> <td>Saturated Fat (g)</td> <td>20.5</td> <td>6.3</td> </tr> <tr> <td>Carbohydrate (g)</td> <td>40.5</td> <td>12.5</td> </tr> <tr> <td>Sugars (g)</td> <td>9.1</td> <td>2.8</td> </tr> <tr> <td>Sodium (mg)</td> <td>1170</td> <td>366</td> </tr> </tbody> </table>		Avg Qty / Serve	Avg Qty / 100g	Energy (kJ)	3360	1040	Energy (Cal)	803	248	Protein (g)	50.7	15.6	Fat, total (g)	48.0	14.8	Saturated Fat (g)	20.5	6.3	Carbohydrate (g)	40.5	12.5	Sugars (g)	9.1	2.8	Sodium (mg)	1170	366
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<p>Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame.</p> <p>QUARTER BUN is made on equipment that also produces products containing Soy, Milk.</p> <p>BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</p>																													

CHICKEN AND FISH

Chicken McBites

CHICKEN MCBITES: Chicken, Water, Vegetable Oil (Canola), Flours (**Wheat**, Rice), Salt, Spices And Spice Extracts (Pepper, Nutmeg, Chilli, Celery, Turmeric), Yeast Extract, Dehydrated Vegetables (Onion, Garlic), Flavour Enhancer (635), **Milk** Solids, Raising Agents (314, 500), Emulsifier (481), Mineral Salts (450, 500, 451), Vegetable Powder (Garlic), Herb (Parsley), Thickener (1404).

Contains: Wheat, Gluten, Milk.

CHICKEN MCBITES are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy.

Chicken McBites		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	711	1130
Energy (Cal)	170	270
Protein (g)	10.2	16.2
Fat, total (g)	11.0	17.5
Saturated Fat (g)	1.0	1.6
Carbohydrate (g)	7.4	11.7
Sugars (g)	0.1	0.1
Sodium (mg)	504	800

Chicken McNuggets®

CHICKEN McNUGGETS: Chicken, Water, Flour (**Wheat**, Maize), Vegetable Oil (Canola), Thickeners (1422, 1420), Salt, Raising Agents and Mineral Salts (450, 500, 535, 536, 327, 341), Spices (White Pepper, Celery Seed, Black Pepper), Dextrose, Starch (Potato, Tapioca).

Contains: Gluten, Wheat.

CHICKEN NUGGETS are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy.

	3 pc		6 pc		10 pc		20 pc	
	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)	653	1090	1310	1090	2180	1090	4350	1090
Energy (Cal)	156	260	312	260	520	260	1040	260
Protein (g)	8.6	14.3	17.2	14.3	28.6	14.3	57.2	14.3
Fat, total (g)	8.8	14.6	17.5	14.6	29.2	14.6	58.4	14.6
Saturated Fat (g)	1.1	1.9	2.2	1.9	3.7	1.9	7.4	1.9
Carbohydrate (g)	10.4	17.4	20.9	17.4	34.8	17.4	69.6	17.4
Sugars (g)	0.0	0.1	0.1	0.1	0.1	0.1	0.2	0.1
Sodium (mg)	317	529	635	529	1060	529	2120	529

McChicken® and Double McChicken®

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).

QUARTER BUN: **Wheat** Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), **Sesame** Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300)), Enzymes (Contains **Wheat**), Preservative (262), Natural Flavour, Thickener (412), **Wheat** Gluten, Emulsifier (472e, 471), Inactive Dry Yeast.

LETTUCE: Iceberg Lettuce

MCCHICKEN SAUCE: Water, Vegetable Oil (Antioxidant (307b)), Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).

Contains: Gluten, Wheat, Egg, Soy, Sesame.

QUARTER BUN is made on equipment that also produces products containing Soy, Milk.

CHICKEN PATTY is cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy.

	McChicken®		Double McChicken®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1910	985	2770	1010
Energy (Cal)	458	235	662	242
Protein (g)	21.8	11.2	32.6	11.9
Fat, total (g)	18.9	9.7	34.0	12.4
Saturated Fat (g)	2.7	1.4	4.8	1.7
Carbohydrate (g)	46.8	24.1	53.3	19.5
Sugars (g)	4.6	2.4	5.2	1.9
Sodium (mg)	1200	615	1870	684

Crispy Chicken Bacon Deluxe

CRISPY CHICKEN: Chicken, Water, **Wheat** Flour, Breadcrumbs (**Wheat**), Vegetable Oil (Canola, Palmolein), Salt, Mineral Salts (450, 500, 451, 452), Thickener (1422), Yeast & Yeast Extract, Spice & Spice Extract (Pepper, Mustard, Paprika, Turmeric, Capsicum), Emulsifier (433), Natural Flavourings (**Wheat**, **Barley**, Lemon), **Wheat** Gluten, **Egg** Powder, Anti-Caking Agent (551), Starch (Rice, Potato), **Soy** Protein, Maltodextrin, Natural Colour (160c, 100), Vegetable Powder (Onion).

GOURMET BUN: **Wheat** Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), **Wheat** Gluten, Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300)), Enzymes (Contains **Wheat**), Preservative (262), Emulsifier (Emulsifier (472e)), Mineral Salt (170)), Inactive Dry Yeast, **Sesame**.

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).

BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.

WHOLE LEAF LETTUCE: Lettuce.

Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame.

BACON may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.

CRISPY CHICKEN PATTY is cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy.

	Crispy Chicken Bacon Deluxe	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2830	1010
Energy (Cal)	675	242
Protein (g)	37.2	13.3
Fat, total (g)	34.8	12.5
Saturated Fat (g)	8.3	3.0
Carbohydrate (g)	51.3	18.4
Sugars (g)	8.2	2.9
Sodium (mg)	1500	538

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), Flavourings, Flavourings, Herbs (Parsley, Thyme), Sugar, Vinegar Powder, Anti Caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola).

GOURMET BUN: **Wheat** Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), **Wheat** Gluten, Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300)), Enzymes (Contains **Wheat**), Preservative (262), Emulsifier (Emulsifier (472e)), Mineral Salt (170)), Inactive Dry Yeast, **Sesame**.

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).

BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.

WHOLE LEAF LETTUCE: Lettuce.

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

Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame.

GRILLED CHICKEN and BACON may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.

	Grilled Chicken Bacon Deluxe	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2510	940
Energy (Cal)	599	225
Protein (g)	41.9	15.7
Fat, total (g)	27.8	10.4
Saturated Fat (g)	7.8	2.9
Carbohydrate (g)	43.3	16.2
Sugars (g)	8.2	3.1
Sodium (mg)	1370	514

Crispy Chicken Almighty	Crispy Chicken Almighty	
	Avg Qty / Serve	Avg Qty / 100g
CRISPY CHICKEN: Chicken, Water, Wheat Flour, Breadcrumbs (Wheat), Vegetable Oil (Canola, Palmolein), Salt, Mineral Salts (450, 500, 451, 452), Thickener (1422), Yeast & Yeast Extract, Spice & Spice Extract (Pepper, Mustard, Paprika, Turmeric, Capsicum), Emulsifier (433), Natural Flavourings (Wheat, Barley, Lemon), Wheat Gluten, Egg Powder, Anti-Caking Agent (551), Starch (Rice, Potato), Soy Protein, Maltodextrin, Natural Colour (160c, 100), Vegetable Powder (Onion).	3410	944
GOURMET BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Wheat Gluten, Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Emulsifier (Emulsifier (472e)), Inactive Dry Yeast, Sesame .	815	226
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.	52.2	14.4
CHEESE: Pasteurised Milk , Salt, Cultures, Enzyme (Non-Animal Rennet).	36.3	10.0
BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.	8.7	2.4
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, Egg Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).	67.4	18.7
WHOLE LEAF LETTUCE: Lettuce.	14.3	4.0
	2210	612

Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame, Fish.
BACON may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.
CRISPY CHICKEN PATTY is cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy.

CHICKEN AND FISH

Grilled Chicken Almighty	Grilled Chicken Almighty	
	Avg Qty / Serve	Avg Qty / 100g
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).	2720	809
GOURMET BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Wheat Gluten, Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Emulsifier (Emulsifier (472e)), Mineral Salt (170)), Inactive Dry Yeast, Sesame .	650	193
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.	61.6	18.3
CHEESE: Pasteurised Milk , Salt, Cultures, Enzyme (Non-Animal Rennet).	20.9	6.2
BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.	7.6	2.3
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, Egg Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).	51.3	15.3
WHOLE LEAF LETTUCE: Lettuce.	14.3	4.3
SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - derived from Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).	1950	580

Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame, Fish.
GRILLED CHICKEN and BACON may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.

Cheesy Chicken Burger	Cheesy Chicken Burger	
	Avg Qty / Serve	Avg Qty / 100g
CHICKEN 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).	1700	1140
REGULAR BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Wheat Gluten, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Emulsifier (472e, 471), Inactive Dry Yeast, Enzymes (Contains Wheat), Sesame Seeds.	405	273
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, Egg Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).	18.0	12.1
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).	20.6	13.9
	4.0	2.7
	35.4	23.9
	4.0	2.7
	964	649

Contains: Gluten, Wheat, Soy, Milk, Egg, Sesame.
BUN is made on equipment that produces products containing Sesame, Soy, Milk.
CHICKEN PATTY is cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy.

McSpicy Burger	McSpicy Burger	
	Avg Qty / Serve	Avg Qty / 100g
SPICY THIGH FILLET: Chicken, Water, Flour (Wheat), Vegetable Oil (Canola), Thickeners (1412, 1442), Salt, Yeast Extract, Natural Flavourings, Spices And Spice Extracts (Rosemary), Vegetable Powder, Emulsifier (450, 322), Raising Agent (500), Antioxidant (392), Natural Colour (160c), Mineral Salt (450), Anti-Caking Agent (551), Wheat Gluten, Hydrolysed Vegetable Protein, Rice Starch, Maltodextrin, Citrus Extract.	2450	1140
QUARTER BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Sesame Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Natural Flavour, Thickener (412), Wheat Gluten, Emulsifier (472e, 471), Inactive Dry Yeast.	586	272
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, Egg Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).	30.6	14.2
WHOLE LEAF LETTUCE: Lettuce.	25.4	11.8
	3.8	1.7
	57.1	26.5
	4.5	2.1
	1520	706

Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame.
SPICY CHICKEN PATTY is cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy.
QUARTER BUN is made on equipment that also produces products containing Soy, Milk.

Filet-o-Fish® and Double Filet-o-Fish®	Filet-o-Fish®		Double Filet-o-Fish®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
FISH PORTIONS: Fish (Alaskan Pollock, New Zealand Hokī), Water, Wheat Flour, Modified Food Starch (1422), Yellow Corn Flour, Bleached Wheat Flour, Salt, Whey (Milk), Cellulose Gum, Dextrose, Dried Yeast, Sugar, Soybean Oil, Paprika Extract (160c) and Turmeric Extract (100), Black Pepper (Natural Flavouring).				
REGULAR BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Wheat Gluten, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Emulsifier (472e, 471), Inactive Dry Yeast, Enzymes (Contains Wheat), Sesame Seeds.	1450	1030	2270	984
TARTAR SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Dill Relish (Gherkin, Water, Vinegar, Acidity Regulator (260), Salt, Capers, Thickener (415), Firming Agent (509), Flavouring, Preservative (202)), Vinegar, Egg Yolk, Thickeners (1442, 415), Glucose Syrup, Sugar, Dehydrated Vegetable, Salt, Onion, Emulsifier (435, 433), Spice, Mustard Flour, Preservative (202), Flavouring, Herb.	346	247	543	235
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).	16.1	11.5	26.9	11.6
Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame, Fish.	14.5	10.3	26.8	11.6
BUN is made on equipment that produces products containing Sesame, Soy, Milk.	2.5	1.8	4.7	2.0
FISH PORTION is cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy.	35.6	25.4	45.6	19.7
	4.1	2.9	5.1	2.2
	653	465	1050	455

SALAD BURGER

Salad Burger	Salad Burger	
	Avg Qty / Serve	Avg Qty / 100g
QUARTER BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Sesame Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Natural Flavour, Thickener (412), Wheat Gluten, Emulsifier (472e, 471), Inactive Dry Yeast.		
TOMATO: Tomato.		
SHREDDED LETTUCE: Iceberg Lettuce.		
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, Egg Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).	1490	797
TASTY CHEESE: Pasteurised Milk , Salt, Cultures, Enzyme (Non-Animal Rennet).	357	190
ONION: Onion.	12.5	6.7
PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).	17.2	9.2
Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame.	5.8	3.1
QUARTER BUN is made on equipment that also produces products containing Soy, Milk.	36.4	19.4
	5.6	3.0
	645	344

WRAPS

Wholemeal Crispy Chicken Snack Wrap®	Wholemeal Crispy Chicken Snack Wrap®	
	Avg Qty / Serve	Avg Qty / 100g
CRISPY CHICKEN: Chicken, Water, Wheat Flour, Breadcrumbs (Wheat), Vegetable Oil (Canola, Palmolein), Salt, Mineral Salts (450, 500, 451, 452), Thickener (1422), Yeast & Yeast Extract, Spice & Spice Extract (Pepper, Mustard, Paprika, Turmeric, Capsicum), Emulsifier (433), Natural Flavourings (Wheat , Barley , Lemon), Wheat Gluten, Egg Powder, Anti-Caking Agent (551), Starch (Rice, Potato), Soy Protein, Maltodextrin, Natural Colour (160c, 100), Vegetable Powder (Onion).		
WHOLEMEAL TORTILLA: Fortified Wholemeal Wheat Flour (Wholemeal Wheat Flour, Vitamin (Folic Acid)), Water, Wheat Flour (White), Vegetable Oil (Antioxidant (307b), Food Acid (330), Antifoam (900a), Yeast, Sugar, Iodised Salt, Wheat Gluten, Cultured Wheat , Mono & Di-Glycerides (Emulsifier (471), Antioxidants (307, 304, 330), Acidity Regulator (297), Enzymes (Contains Wheat)).	1040	949
OR:	250	227
Fortified Wheat Flour (Wheat Flour, Vitamin (Folic Acid)), Water, Wholemeal Concentrate (Wheat Bran), Canola Oil (Citric Acid), Dietary Wheat Fibre, Raising Agents ((450, 501), Free Flow Agent (170), Maize Starch)), Improver (Salt, Wheat Enzyme, Flour Treatment Agent (Ascorbic Acid), Inactive Dry Yeast, Wheat Gluten), White Vinegar, Cultured Wheat Flour, Malt Flour (Enzyme (Contains Wheat)), Enzymes (Wheat), Dough Relaxer (920).	12.0	10.9
SHREDDED LETTUCE: Iceberg Lettuce.	11.3	10.3
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, Egg Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).	2.4	2.1
Contains: Gluten, Wheat, Egg, Soy.	23.3	21.2
CRISPY CHICKEN is cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy.	6.1	5.5
	490	445

Wholemeal Grilled Chicken Snack Wrap®	Wholemeal Grilled Chicken Snack Wrap®	
	Avg Qty / Serve	Avg Qty / 100g
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: Fortified Wholemeal Wheat Flour (Wholemeal Wheat Flour, Vitamin (Folic Acid)), Water, Wheat Flour (White), Vegetable Oil (Antioxidant (307b), Food Acid (330), Antifoam (900a), Yeast, Sugar, Iodised Salt, Wheat Gluten, Cultured Wheat , Mono & Di-Glycerides (Emulsifier (471), Antioxidants (307, 304, 330), Acidity Regulator (297), Enzymes (Contains Wheat)).	883	845
OR:	211	202
Fortified Wheat Flour (Wheat Flour, Vitamin (Folic Acid)), Water, Wholemeal Concentrate (Wheat Bran), Canola Oil (Citric Acid), Dietary Wheat Fibre, Raising Agents ((450, 501), Free Flow Agent (170), Maize Starch)), Improver (Salt, Wheat Enzyme, Flour Treatment Agent (Ascorbic Acid), Inactive Dry Yeast, Wheat Gluten), White Vinegar, Cultured Wheat Flour, Malt Flour (Enzyme (Contains Wheat)), Enzymes (Wheat), Dough Relaxer (920).	14.4	13.8
SHREDDED LETTUCE: Iceberg Lettuce.	7.8	7.4
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, Egg Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).	2.1	2.0
SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).	19.3	18.5
Contains: Gluten, Wheat, Egg, Soy.	6.1	5.8
GRILLED CHICKEN may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.	430	412

Crispy Chicken Aioli McWrap®	Crispy Chicken Aioli McWrap®	
	Avg Qty / Serve	Avg Qty / 100g
CRISPY CHICKEN: Chicken, Water, Wheat Flour, Breadcrumbs (Wheat), Vegetable Oil (Canola, Palmolein), Salt, Mineral Salts (450, 500, 451, 452), Thickener (1422), Yeast & Yeast Extract, Spice & Spice Extract (Pepper, Mustard, Paprika, Turmeric, Capsicum), Emulsifier (433), Natural Flavourings (Wheat, Barley, Lemon), Wheat Gluten, Egg Powder, Anti-Caking Agent (551), Starch (Rice, Potato), Soy Protein, Maltodextrin, Natural Colour (160c, 100), Vegetable Powder (Onion).		
WHOLEMEAL TORTILLA: Wholemeal Wheat Flour (Wholemeal Wheat Flour, Vitamin (Folic Acid)), Water, Wheat Flour (White), Vegetable Oil (Antioxidant (307b), Food Acid (330), Antifoam (900a), Yeast, Sugar, Iodised Salt, Wheat Gluten , Cultured Wheat , Mono & Di-Glycerides (Emulsifier (471), Antioxidants (307, 304, 330), Acidity Regulator (297), Enzymes (Contains Wheat).		
OR: Fortified Wheat Flour (Wheat Flour, Vitamin (Folic Acid)), Water, Wholemeal Concentrate (Wheat Bran), Canola Oil (Citric Acid), Dietary Wheat Fibre, Raising Agents ((450, 501), Free Flow Agent (170), Maize Starch)), Improver (Salt, Wheat Enzyme, Flour Treatment Agent (Ascorbic Acid), Inactive Dry Yeast, Wheat Gluten, White Vinegar, Cultured Wheat Flour, Malt Flour (Enzyme (Contains Wheat)), Enzymes (Wheat), Dough Relaxer (920).		
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, Wheat, Milk, Egg, Soy.		
CRISPY CHICKEN is cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten. Wheat. Egg. Milk. Soy.		

Energy (kJ)	2640	958
Energy (Cal)	631	229
Protein (g)	25.0	9.1
Fat, total (g)	38.2	13.8
Saturated Fat (g)	5.9	2.1
Carbohydrate (g)	44.1	16.0
Sugars (g)	11.8	4.3
Sodium (mg)	972	353

Grilled Chicken Aioli McWrap®	Grilled Chicken Aioli McWrap®	
	Avg Qty / Serve	Avg Qty / 100g
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 Wheat Flour (Wholemeal Wheat Flour, Vitamin (Folic Acid)), Water, Wheat Flour (White), Vegetable Oil (Antioxidant (307b), Food Acid (330), Antifoam (900a), Yeast, Sugar, Iodised Salt, Wheat Gluten , Cultured Wheat , Mono & Di-Glycerides (Emulsifier (471), Antioxidants (307, 304, 330), Acidity Regulator (297), Enzymes (Contains Wheat).		
OR: Fortified Wheat Flour (Wheat Flour, Vitamin (Folic Acid)), Water, Wholemeal Concentrate (Wheat Bran), Canola Oil (Citric Acid), Dietary Wheat Fibre, Raising Agents ((450, 501), Free Flow Agent (170), Maize Starch)), Improver (Salt, Wheat Enzyme, Flour Treatment Agent (Ascorbic Acid), Inactive Dry Yeast, Wheat Gluten, White Vinegar, Cultured Wheat Flour, Malt Flour (Enzyme (Contains Wheat)), Enzymes (Wheat), Dough Relaxer (920).		
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. SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - derived from Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).		
Contains: Gluten, Wheat, Milk, Egg, Soy.		
GRILLED CHICKEN may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.		

Energy (kJ)	2210	841
Energy (Cal)	529	201
Protein (g)	28.2	10.7
Fat, total (g)	29.6	11.3
Saturated Fat (g)	2.8	1.0
Carbohydrate (g)	34.3	13.0
Sugars (g)	3.6	1.4
Sodium (mg)	900	342

FRIES

Fries	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
FRIES: Potatoes, Canola Oil, Dextrose Monohydrate (corn derived), Sodium Acid Pyrophosphate (450), Antifoam (900a).						
FRIES are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy Salt added.						
	967	1270	1320	1270	1690	1270
	231	304	316	304	404	304
	3.6	4.8	5.0	4.8	6.4	4.8
	12.2	16.0	16.6	16.0	21.3	16.0
	1.0	1.3	1.4	1.3	1.7	1.3
	25.7	33.8	35.2	33.8	45.0	33.8
	0.4	0.5	0.6	0.5	0.7	0.5
	222	292	304	292	388	292

FRUIT AND SALADS

Apple Slices	Apple Slices	
	Avg Qty / Serve	Avg Qty / 100g
Apples Slices, Antioxidants (300, 302), Mineral Salt (170).		
May contain Apple Seeds.		
	209	262
	50	63
	0.2	0.2
	0.2	0.3
	0.1	0.1
	10.2	12.8
	8.2	10.3
	1	1

Garden Salad	Garden Salad	
	Avg Qty / Serve	Avg Qty / 100g
LETTUCE: Iceberg Lettuce. TOMATO: Tomato. ONION: Onion.		
	59	74
	14	18
	0.7	0.9
	0.1	0.1
	0.1	0.1
	2.0	2.6
	1.6	2.0
	3.0	2.7

CONDIMENTS

Balsamic Salad Dressing	Balsamic Salad Dressing	
	Avg Qty / Serve	Avg Qty / 100g
Water, Vinegar, Canola Oil [Antioxidant (307b (Soy))], Balsamic Vinegar [Colour (150d), Preservative (220)], Sugar, Salt, Garlic, Vegetable Gum Blend [Vegetable Gums (415, 417, 401), Food Acid (331)], Preservatives (202, 211), Emulsifier (322 (Soy)).		
Contains: Soy, Sulphites.		
	Energy (kJ)	244
	Energy (Cal)	58
	Protein (g)	0.1
	Fat, total (g)	4.5
	Saturated Fat (g)	0.4
	Carbohydrate (g)	4.5
	Sugars (g)	4.1
	Sodium (mg)	231

Barbeque Dipping Sauce	Barbeque Dipping Sauce	
	Avg Qty / Serve	Avg Qty / 100g
BBQ SAUCE: Water, Sugar, Tomato Paste, Vinegar, Teriyaki Sauce (contains Gluten , Wheat , Soy), Thickeners (1422, 415), Salt, Natural Colour (Burnt Sugar), Vegetable Oil, Mustard, Smoke Flavour, Preservatives (211, 202), Vegetable Powders, Spice, Yeast Extract.		
Contains: Gluten, Wheat, Soy.		
	Energy (kJ)	183
	Energy (Cal)	44
	Protein (g)	0.2
	Fat, total (g)	0.3
	Saturated Fat (g)	0.1
	Carbohydrate (g)	9.7
	Sugars (g)	8.8
	Sodium (mg)	176

Sweet and Sour Dipping Sauce	Sweet and Sour Dipping Sauce	
	Avg Qty / Serve	Avg Qty / 100g
SWEET AND SOUR DIPPING SAUCE: Water, Sugar, Apricot Puree, Vinegar, Thickeners (1422, 415), Teriyaki Sauce (contains Gluten , Wheat , Soy), Salt, Vegetable Oil, Mustard, Yeast Extract, Preservatives (211, 202), Vegetable Powders, Acidity Regulator (330), Natural Flavour, Spices, Natural Colour (160c).		
Contains: Gluten, Wheat, Soy.		
	Energy (kJ)	228
	Energy (Cal)	54
	Protein (g)	0.1
	Fat, total (g)	0.2
	Saturated Fat (g)	0.0
	Carbohydrate (g)	12.8
	Sugars (g)	10.3
	Sodium (mg)	116

CONDIMENTS

Aioli Dipping Sauce	Aioli Dipping Sauce	
	Avg Qty / Serve	Avg Qty / 100g
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, Milk.		
	Energy (kJ)	776
	Energy (Cal)	185
	Protein (g)	0.5
	Fat, total (g)	20.0
	Saturated Fat (g)	1.6
	Carbohydrate (g)	1.5
	Sugars (g)	1.0
	Sodium (mg)	112

CONDIMENTS

Ketchup	Ketchup	
	Avg Qty / Serve	Avg Qty / 100g
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (Soybean Oil).		
Contains: Soy.		
	Energy (kJ)	43
	Energy (Cal)	10
	Protein (g)	0.1
	Fat, total (g)	0.0
	Saturated Fat (g)	0.0
	Carbohydrate (g)	2.3
	Sugars (g)	1.8
	Sodium (mg)	88

Mayonnaise	Mayonnaise	
	Avg Qty / Serve	Avg Qty / 100g
MAYONNAISE SACHET: Soybean Oil (Antioxidant [330], Egg Yolks, Water, Distilled Vinegar, Salt, Sugar, Spice, Lemon Juice Concentrate, Antioxidant (385).		
Contains Egg.		
	Energy (kJ)	370
	Energy (Cal)	88
	Protein (g)	0.1
	Fat, total (g)	9.8
	Saturated Fat (g)	1.6
	Carbohydrate (g)	0.2
	Sugars (g)	0.1
	Sodium (mg)	63

BREAKFAST

Bacon & Egg McMuffin®

ENGLISH MUFFIN: **Wheat** Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Ground Maize, Sugar, Canola Oil, **Wheat** Gluten, Maize Flour, Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains **Wheat**)), Preservatives (262, 202,263), Inactive Dry Yeast.
 EGG: Fresh Shell **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 contains **Soy** Lecithin), Colours (160a).
 BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.
 SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains: Gluten, Wheat, Egg, Milk, Soy.
ENGLISH MUFFIN is made in the same facility as products containing Sesame and the same equipment as products containing Milk.
BACON may be cooked on the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.
EGG may be cooked on the same equipment as products containing Gluten, Wheat, Milk, Soy.

	Bacon & Egg McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1290	950
Energy (Cal)	309	227
Protein (g)	19.3	14.2
Fat, total (g)	14.5	10.6
Saturated Fat (g)	5.7	4.2
Carbohydrate (g)	23.9	17.5
Sugars (g)	3.4	2.5
Sodium (mg)	736	541

Sausage and Egg McMuffin®

ENGLISH MUFFIN: **Wheat** Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Ground Maize, Sugar, Canola Oil, **Wheat** Gluten, Maize Flour, Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains **Wheat**)), Preservatives (262, 202,263), Inactive Dry Yeast.
 EGG: Fresh Shell **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 contains **Soy** Lecithin), Colours (160a).
 OIL: Canola Oil, Emulsifier (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains: Gluten, Wheat, Egg, Milk, Soy.
ENGLISH MUFFIN is made in the same facility as products containing Sesame and the same equipment as products containing Milk.
SAUSAGE PATTY may be cooked on the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.
EGG may be cooked on the same equipment as products containing Gluten, Wheat, Milk, Soy.

	Sausage and Egg McMuffin®	
	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

Sausage McMuffin®

ENGLISH MUFFIN: **Wheat** Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Ground Maize, Sugar, Canola Oil, **Wheat** Gluten, Maize Flour, Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains **Wheat**)), Preservatives (262, 202,263), Inactive Dry Yeast.
 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 contains **Soy** Lecithin), Colours (160a).
 OIL: Canola Oil, Emulsifier (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains: Gluten, Wheat, Milk, Soy.
ENGLISH MUFFIN is made in the same facility as products containing Sesame and the same equipment as products containing Milk.
SAUSAGE PATTY may be cooked on the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.

	Sausage McMuffin®	
	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

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, 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 (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Ground Maize, Sugar, Canola Oil, **Wheat** Gluten, Maize Flour, Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains **Wheat**)), Preservatives (262, 202,263), Inactive Dry Yeast.
 MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).
 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).
 OIL: Canola Oil, Emulsifier (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains: Gluten, Wheat, Egg, Milk, Soy.
ENGLISH MUFFIN is made in the same facility as products containing Sesame and the same equipment as products containing Milk.
CHICKEN PATTY is cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy.

	Chicken McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1850	1130
Energy (Cal)	442	269
Protein (g)	20.9	12.7
Fat, total (g)	22	13.4
Saturated Fat (g)	5.3	3.2
Carbohydrate (g)	38.0	23.1
Sugars (g)	3.4	2.1
Sodium (mg)	1230	751

BREAKFAST

Chicken & Bacon McMuffin®

MCCHICKEN PATTY: Chicken, Water, Flour (**Wheat**, Maize), Vegetable Oils (Canola, Palmolein, Maize (Antioxidant 307b)), Maize Starch, Salt, **Soy** Protein, Spices & Spice Extracts (Pepper, Chilli, Nutmeg, Paprika, Turmeric, Sage, Celery, Capsicum), Dehydrated Vegetables (Garlic, Onion), Raising Agents (541, 500), Maltodextrin, Herbs (Marjoram, Sage, Thyme, Rosemary), Emulsifiers (433, 481), Thickener (1420), **Wheat** Gluten, Vegetable Powder (Garlic), Anti-Caking Agent (551), Mineral Salts (451, 450).
 ENGLISH MUFFIN: **Wheat** Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Ground Maize, Sugar, Canola Oil, **Wheat** Gluten, Maize Flour, Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains **Wheat**)), Preservatives (262, 202,263), 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).
 BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.
 MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).
 SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains: Gluten, Wheat, Egg, Milk, Soy.
ENGLISH MUFFIN is made in the same facility as products containing Sesame and the same equipment as products containing Milk.
CHICKEN PATTY is cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy.
BACON may be cooked on the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.

	Chicken & Bacon McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1830	1080
Energy (Cal)	37	258
Protein (g)	24.2	14.3
Fat, total (g)	20.1	11.9
Saturated Fat (g)	5.6	3.3
Carbohydrate (g)	37.4	22.1
Sugars (g)	3.4	2.0
Sodium (mg)	1370	808

Big Brekkie Beef Burger	Big Brekkie Beef Burger		
	Avg Qty / Serve	Avg Qty / 100g	
BEEF: Beef.	Energy (kJ)	3380	1100
QUARTER BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Sesame Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Natural Flavour, Thickener (412), Wheat Gluten, Emulsifier (472e, 471), Inactive Dry Yeast.	Energy (Cal)	808	264
HASH BROWN: Potato, Vegetable Oil, Salt, Dextrose (from Maize), Dehydrated Potato, Natural Flavour (Black Pepper Extracts).	Protein (g)	43.3	14.2
OR Potatoes, Canola Oil (Citric Acid 330), Dehydrated Potato Flake [Potato, Mono And Diglycerides (471), Citric Acid (330)], Salt, Peppercorn Salt [Salt, Flavour (Modified Corn Starch, Black Pepper Extracts), Canola Oil], Dextrose Monohydrate [Corn Derived (Sulphur Dioxide)], Sodium Acid Pyrophosphate (450), Antifoam (Non-Ionic Polyalkylene Glycol).	Fat, total (g)	47.1	15.4
EGG: Fresh Shell Egg .	Saturated Fat (g)	17.1	5.6
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.	Carbohydrate (g)	51.5	16.8
CHEESE: Pasteurised Milk , Salt, Cultures, Enzyme (Non-Animal Rennet).	Sugars (g)	10.8	3.5
BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.	Sodium (mg)	1400	459
SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).			
BEEF PATTY SEASONING: Salt, Black Pepper, Sunflower Oil.			
Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame, Fish.			
QUARTER BUN is made on equipment that also produces products containing Soy, Milk.			
HASH BROWN are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy			
BACON may be cooked on the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.			
Massive McMuffin®	Massive McMuffin®		
ENGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Ground Maize, Sugar, Canola Oil, Wheat Gluten, Maize Flour, Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), Soy Flour, Wheat Flour, Barley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 202, 263), Inactive Dry Yeast.	Avg Qty / Serve	Avg Qty / 100g	
EGG: Fresh Shell Egg .	Energy (kJ)	2180	960
SAUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, Spices, Vegetable Oil (Mazie, (Antioxidant 307b)), Antioxidant (321, 320, 310), Spice Extracts (Including 160c), Food Acid (330).	Energy (Cal)	520	229
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).	Protein (g)	35.5	15.7
RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.	Fat, total (g)	28.9	12.8
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour (Soybean Oil).	Saturated Fat (g)	12.4	5.5
SPRAY COOKING OIL: Canola Oil, Emulsifier (322- Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).	Carbohydrate (g)	28.0	12.3
Contains: Gluten, Wheat, Egg, Milk, Soy.	Sugars (g)	6.2	2.7
ENGLISH MUFFIN is made in the same facility as products containing Sesame and the same equipment as products containing Milk.	Sodium (mg)	1220	539
BACON, SAUSAGE PATTY may be cooked on the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.			
EGG may be cooked on the same equipment as products containing Gluten, Wheat, Milk, Soy.			
Hotcakes with Whipped Butter and Hotcake Syrup	Hotcakes with Whipped Butter and Hotcake Syrup		
HOTCAKES: Water, Wheat Flour (Vitamins (Thiamin, Folic Acid)), Sugar, Whey Powder (Contains Milk), Maize Flour, Canola Oil, Raising Agents (500, 541, 341), Dextrose, Emulsifier (471) (Antioxidants (307, 304, 330) [RSPO Palm Oil]), Iodised Salt, Emulsifier (481), Egg Powder, Thickener (415).	Avg Qty / Serve	Avg Qty / 100g	
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Artificial Maple Flavour, Preservative (202), Caramel Color (150D).	Energy (kJ)	2490	1120
WHIPPED BUTTER: Cream (Milk), Water, Salt.	Energy (Cal)	596	267
Contains: Gluten, Wheat, Egg, Milk.	Protein (g)	9.4	4.2
	Fat, total (g)	18.6	8.3
	Saturated Fat (g)	8.4	3.8
	Carbohydrate (g)	95.7	42.9
	Sugars (g)	44.2	19.8
	Sodium (mg)	575	258
Hash Brown	Hash Brown		
HASH BROWN: Potato, Vegetable Oil, Salt, Dextrose (from Maize), Dehydrated Potato, Natural Flavour (Black Pepper Extracts).	Avg Qty / Serve	Avg Qty / 100g	
OR Potatoes, Canola Oil (Citric Acid 330), Dehydrated Potato Flake [Potato, Mono And Diglycerides (471), Citric Acid (330)], Salt, Peppercorn Salt [Salt, Flavour (Modified Corn Starch, Black Pepper Extracts), Canola Oil], Dextrose Monohydrate [Corn Derived (Sulphur Dioxide)], Sodium Acid Pyrophosphate (450), Antifoam (Non-Ionic Polyalkylene Glycol).	Energy (kJ)	603	1080
HASHBROWNS are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy.	Energy (Cal)	144	259
	Protein (g)	1.4	2.5
	Fat, total (g)	9.6	17.3
	Saturated Fat (g)	0.8	1.4
	Carbohydrate (g)	12.5	22.4
	Sugars (g)	0.1	0.3
	Sodium (mg)	294	529

BREAKFAST

BLT Bagel®

BAGEL: **Wheat** Flour (Vitamin (Folate), Water, Brown Sugar, Canola Oil, Improver (**Soy** Flour, **Wheat** Flour, Emulsifier (481), Antioxidant (300), Enzyme (Contains **Wheat**), Inactive Dry Yeast, **Barley** Malt Flour), Iodised Salt, Yeast (Water, Yeast, Thickener (415)), Inactive Dry Yeast.
 BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.
 TOMATO: Sliced Tomato
 LETTUCE: Iceberg Lettuce
 MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).

Contains: Gluten, Wheat, Egg, Soy.

BAGELS are made on equipment which also produces products containing Milk, Sesame.

BACON may be cooked on the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.

	BLT Bagel®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1750	990
Energy (Cal)	417	237
Protein (g)	17.2	9.8
Fat, total (g)	12.5	7.1
Saturated Fat (g)	2.0	1.2
Carbohydrate (g)	56.2	31.9
Sugars (g)	8.3	4.7
Sodium (mg)	962	545

NYC Benedict Bagel®

BAGEL: **Wheat** Flour (Vitamin (Folate), Water, Brown Sugar, Canola Oil, Improver (**Soy** Flour, **Wheat** Flour, Emulsifier (481), Antioxidant (300), Enzyme (Contains **Wheat**), Inactive Dry Yeast, **Barley** Malt Flour), Iodised Salt, Yeast (Water, Yeast, Thickener (415)), Inactive Dry Yeast.
 EGG: Fresh Shell **Egg**.
 TASTY CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).
 HOLLONDAISE 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).
 RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.
 SPARY COOKING OIL: Canola Oil, Emulsifier (322 -**Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains: Gluten, Wheat, Egg, Milk, Soy.

BAGELS are made on equipment which also produces products containing Milk, Sesame.

BACON may be cooked on the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.

	NYC Benedict Bagel®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2430	1180
Energy (Cal)	582	281
Protein (g)	28.1	13.6
Fat, total (g)	28.7	13.9
Saturated Fat (g)	9.2	4.4
Carbohydrate (g)	51.4	24.8
Sugars (g)	7.7	3.7
Sodium (mg)	1140	553

If this document has been printed, please visit <https://mcdonalds.co.nz/maccas-food/nutrition> for most current information.

Change Tracker:

Date	Document Number/Revision Number	Document Title	Issued	Upload Date	Description
18-12-2024	35	NZ Core Food Menu_December 2024	18-12-2024	28-11-2024	Updated ingredient list for McSpicy, McChicken, McBites
01-11-2024	34	NZ Core Food Menu_November 2024	01-11-2024	01-11-2024	Updated NIP for and ingredient list for Wholemeal tortilla wraps
24-10-2024	33	NZ Core Food Menu_October 2024	24-10-2024	25-10-2024	Updated NIP for McChicken sauce, Big Mac sauce, Tartar sauce; removed red onion from Garden Salad and Serious Angus
10-09-2024	32	NZ Core Food Menu_September 2024	10-09-2024	10-09-2024	Added Mayonnaise Packets & Updated Sandwich Sauces ingredient listing
05-03-2024	31	NZ Core Food Menu_March 2023	06-03-2024	06-03-2024	Updated Chicken McNugget ingredient declaration
09-02-2024	30	NZ Core Food Menu_February 2024	20-02-2024	20-02-2024	Updated allergen information for PEAL legislative requirements

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