

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 March 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](http://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](http://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)

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

<b>Allergen Summary:</b> 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								
<b>BEEF</b>																							
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				
<b>CHICKEN AND FISH</b>																							
Chicken McNuggets®	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	P		
Grilled Chicken Bacon Deluxe	P	P	P	P	P	P													P	P	P		
Crispy Chicken Almighty	P	P	P	P	P	P								P					P	P	P		
Grilled Chicken Almighty	P	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													P				
Filet-o-Fish® and Double Filet-o-Fish®	P	P	P	P	P	P								P					P				
<b>SALAD</b>																							
Salad Burger	P	P	P	P	P	P													P				
<b>WRAPS</b>																							
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		
<b>FRIES</b>																							
Fries	M	M	M	M	M																		
<b>FRUIT AND SALADS</b>																							
Apple Slices																							
Garden Salad																							
<b>CONDIMENTS</b>																							
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				
Ketchup					P																		

Chart key:

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

**M:** Ingredient may be present

Issue: March 2024

Revision: 31

File: QAM038

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

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

**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	Walnut									
<b>BREAKFAST</b>																									
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:  
**P:** Ingredient is PRESENT in the product as an ingredient, food additive or processing aid.  
**M:** Ingredient may be present

<b>BEEF</b>								
<b>Big Mac® and Double Big Mac®</b>								
BIG MAC BUN: <b>Wheat</b> Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, <b>Sesame</b> Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, <b>Wheat</b> Gluten, Potato Starch, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver ( <b>Wheat</b> Flour, <b>Wheat</b> Malt Flour, Antioxidant (300)), Enzymes (Contains <b>Wheat</b> ), Preservative (262), Natural Flavour, Emulsifiers (472e, 471) Inactive Dry Yeast.			<b>Big Mac®</b>		<b>Double Big Mac®</b>			
Malt Flour, Antioxidant (300), Enzymes (Contains <b>Wheat</b> ), Preservative (262), Natural Flavour, Emulsifiers (472e, 471) Inactive Dry Yeast.			Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g		
BEEF: Beef.			Energy (kJ)	2370	1040	3270		
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 <b>Egg</b> Yolks, Distilled Vinegar, Onion, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hydrolysed Proteins (Corn, <b>Gluten</b> , <b>Wheat</b> and <b>Soy</b> ), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).			Energy (Cal)	567	248	782		
LETTUCE: Iceberg Lettuce.			Protein (g)	27.1	11.8	42.7		
CHEESE: <b>Milk</b> , Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, <b>Milk</b> Solids, Non Fat <b>Milk</b> Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - <b>Soy</b> ), Colours (160a).			Fat, total (g)	31.9	13.9	47.7		
PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).			Saturated Fat (g)	11.7	5.1	18.6		
ONION: Water, Dehydrated White Onions.			Carbohydrate (g)	41.1	17.9	43.1		
BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.			Sugars (g)	6.8	3.0	7.4		
			Sodium (mg)	1060	464	1390		
						458		
<b>Contains: Gluten, Wheat, Milk, Soy, Egg, Sesame.</b>								
<b>BIG MAC BUNS are produced on equipment that also produces products containing Soy, Milk.</b>								
<b>BEEF PATTIES and ONION may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.</b>								
<b>Quarter Pounder® and Double Quarter Pounder®</b>								
BEEF: Beef.			<b>Quarter Pounder®</b>		<b>Double Quarter Pounder®</b>			
QUARTER BUN: <b>Wheat</b> Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), <b>Sesame</b> Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, Improver ( <b>Wheat</b> Flour, <b>Wheat</b> Malt Flour, Antioxidant (300)), Enzymes (Contains <b>Wheat</b> ), Preservative (262), Natural Flavour, Thickener (412), <b>Wheat</b> Gluten, Emulsifier (472e, 471), Inactive Dry Yeast.			Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g		
CHEESE: <b>Milk</b> , Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, <b>Milk</b> Solids, Non Fat <b>Milk</b> Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - <b>Soy</b> ), Colours (160a).			Energy (kJ)	2280	1120	3530		
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour ( <b>Soybean</b> Oil).			Energy (Cal)	546	267	843		
PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).			Protein (g)	32.4	15.8	55.2		
ONION: Onions.			Fat, total (g)	29.6	14.5	52.2		
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.			Saturated Fat (g)	14.5	7.1	25.6		
BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.			Carbohydrate (g)	36.2	17.7	37.2		
			Sugars (g)	8.1	3.9	8.6		
			Sodium (mg)	1050	512	1450		
						481		
<b>Contains: Gluten, Wheat, Milk, Soy, Sesame.</b>								
<b>QUARTER BUN is made on equipment that also produces products containing Soy, Milk.</b>								
<b>BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</b>								
<b>Cheeseburger, Double Cheeseburger and Triple Cheeseburger</b>								
REGULAR BUN: <b>Wheat</b> Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, <b>Wheat</b> Gluten, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver ( <b>Wheat</b> Flour, <b>Wheat</b> Malt Flour, Antioxidant (300)), Enzymes (Contains <b>Wheat</b> ), Preservative (262), Emulsifier (472e, 471), Inactive Dry Yeast, Enzymes (Contains <b>Wheat</b> ), <b>Sesame</b> Seeds.			<b>Cheeseburger</b>		<b>Double Cheeseburger</b>		<b>Triple Cheeseburger</b>	
BEEF: Beef.			Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
CHEESE: <b>Milk</b> , Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, <b>Milk</b> Solids, Non Fat <b>Milk</b> Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - <b>Soy</b> ), Colours (160a).			Energy (kJ)	1290	1100	1920	1120	2370
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour ( <b>Soybean</b> Oil).			Energy (Cal)	306	262	460	267	613
PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).			Protein (g)	16.3	13.9	27.0	15.6	37.6
ONION: Water, Dehydrated White Onions.			Fat, total (g)	13.9	11.8	25.4	14.7	36.9
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.			Saturated Fat (g)	6.6	5.6	12.8	7.4	19.0
BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.			Carbohydrate (g)	28.0	23.9	29.5	17.1	31.0
			Sugars (g)	5.5	4.7	6.2	3.6	3.9
			Sodium (mg)	691	590	1060	617	1410
								628
<b>Contains: Gluten, Wheat, Milk, Soy, Sesame.</b>								
<b>BUN is made on equipment that produces products containing Sesame, Soy, Milk.</b>								
<b>BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</b>								
<b>Hamburger</b>								
REGULAR BUN: <b>Wheat</b> Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, <b>Wheat</b> Gluten, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver ( <b>Wheat</b> Flour, <b>Wheat</b> Malt Flour, Antioxidant (300)), Enzymes (Contains <b>Wheat</b> ), Preservative (262), Emulsifier (472e, 471), Inactive Dry Yeast, Enzymes (Contains <b>Wheat</b> ), <b>Sesame</b> Seeds.							<b>Hamburger</b>	
BEEF: Beef.							Avg Qty / Serve	Avg Qty / 100g
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour ( <b>Soybean</b> Oil).							Energy (kJ)	1080
PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).							Energy (Cal)	257
ONION: Water, Dehydrated White Onions.							Protein (g)	13.5
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.							Fat, total (g)	9.9
BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.							Saturated Fat (g)	3.9
							Carbohydrate (g)	27.4
							Sugars (g)	5.0
							Sodium (mg)	521
								506
<b>Contains: Gluten, Wheat, Soy, Sesame.</b>								
<b>BUN is made on equipment that produces products containing Sesame, Soy, Milk.</b>								
<b>BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</b>								

BEEF			
<b>Deluxe Cheeseburger</b>		<b>Deluxe Cheeseburger</b>	
REGULAR BUN: <b>Wheat</b> Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, <b>Wheat</b> Gluten, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver ( <b>Wheat</b> Flour, <b>Wheat</b> Malt Flour, Antioxidant (300), Enzymes (Contains <b>Wheat</b> )), Preservative (262), Emulsifier (472e, 471), Inactive Dry Yeast, Enzymes (Contains <b>Wheat</b> ), <b>Sesame</b> Seeds.		Avg Qty / Serve	
BEEF: Beef.		Avg Qty / 100g	
CHEESE: <b>Milk</b> , Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, <b>Milk</b> Solids, Non Fat <b>Milk</b> Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains <b>Soy</b> Lecithin), Colours (160a).		Energy (kJ)	1430
LETTUCE: Iceberg Lettuce.		Energy (Cal)	343
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour ( <b>Soybean</b> Oil).		Protein (g)	16.5
MCCHICKEN SAUCE: Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).		Fat, total (g)	17.2
ONIONS: Water, Dehydrated White Onions.		Saturated Fat (g)	7.1
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.		Carbohydrate (g)	29.2
BEEF PATTY SEASONING: Salt, Black Pepper, Sunflower Oil.		Sugars (g)	5.8
		Sodium (mg)	719
			525
<b>Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame.</b>			
<b>BUN is made on equipment that produces products containing Sesame, Soy, Milk.</b>			
<b>BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</b>			
<b>Texan BBQ Bacon Burger</b>		<b>Texan BBQ Bacon Burger</b>	
BEEF: Angus Beef.		Avg Qty / Serve	
GOURMET BUN: <b>Wheat</b> Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), <b>Wheat</b> Gluten, Improver ( <b>Wheat</b> Flour, <b>Wheat</b> Malt Flour, Antioxidant (300), Enzymes (Contains <b>Wheat</b> )), Preservative (262), Emulsifier (Emulsifier (472e), Mineral Salt (170)), Inactive Dry Yeast, <b>Sesame</b> .		Avg Qty / 100g	
CHEESE: <b>Milk</b> , Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, <b>Milk</b> Solids, Non Fat <b>Milk</b> Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains <b>Soy</b> Lecithin), Colours (160a).		Energy (kJ)	4100
SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Paste (Antioxidants (300, 330)), Thickener (1422), Salt, Worcestershire Sauce (Contains <b>Wheat</b> , <b>Barley</b> and <b>Fish</b> ), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour.		Energy (Cal)	980
ONION: Onion.		Protein (g)	58.9
BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.		Fat, total (g)	58.1
MCCHICKEN SAUCE: Water, <b>Soybean</b> Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Powder, Thickener (415), Food Acid (270), Preservative (202).		Saturated Fat (g)	27.1
ANGUS SEASONING: Salt, Maltodextrin, Spices, Dextrose, Vegetable Powders, Yeast Extract, Sugar, Worcestershire Sauce Powder (Colour (150a)), Anti-caking Agent (551), Flavourings ( <b>Milk</b> ), Spice Extract (100).		Carbohydrate (g)	53.5
		Sugars (g)	17.0
		Sodium (mg)	1820
			508
<b>Contains: Gluten, Wheat, Milk, Egg, Soy, Fish, Sesame.</b>			
<b>BEEF PATTY, BACON and ONION may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</b>			
<b>ANGUS SEASONING is made on the same equipment that also produces products contains sulphites.</b>			
<b>Serious Angus®</b>		<b>Serious Angus®</b>	
BEEF: Angus Beef.		Avg Qty / Serve	
GOURMET BUN: <b>Wheat</b> Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), <b>Wheat</b> Gluten, Improver ( <b>Wheat</b> Flour, <b>Wheat</b> Malt Flour, Antioxidant (300), Enzymes (Contains <b>Wheat</b> )), Preservative (262), Emulsifier (Emulsifier (472e), Mineral Salt (170)), Inactive Dry Yeast, <b>Sesame</b> .		Avg Qty / 100g	
CHEESE: <b>Milk</b> , Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, <b>Milk</b> Solids, Non Fat <b>Milk</b> Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains <b>Soy</b> Lecithin), Colours (160a).		Energy (kJ)	2900
TOMATO: Tomato.		Energy (Cal)	694
BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.		Protein (g)	40.5
ONION: Red Onion.		Fat, total (g)	38.1
LETTUCE: Whole Leaf Lettuce.		Saturated Fat (g)	17.5
MCCHICKEN SAUCE: Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).		Carbohydrate (g)	45.2
PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).		Sugars (g)	9.9
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Flavouring.		Sodium (mg)	1460
ANGUS SEASONING: Salt, Maltodextrin, Spices, Dextrose, Vegetable Powders, Yeast Extract, Sugar, Worcestershire Sauce Powder (Colour (150a)), Anti-caking Agent (551), Flavourings ( <b>Milk</b> ), Spice Extract (100).			506
<b>Contains Gluten, Wheat, Egg, Milk, Soy, Sesame.</b>			
<b>BEEF PATTY and BACON may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</b>			
<b>ANGUS SEASONING is made on the same equipment that also produces products contains sulphites.</b>			
<b>The Boss®</b>		<b>The Boss®</b>	
QUARTER BUN: <b>Wheat</b> Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), <b>Sesame</b> Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, Improver ( <b>Wheat</b> Flour, <b>Wheat</b> Malt Flour, Antioxidant (300), Enzymes (Contains <b>Wheat</b> )), Preservative (262), Natural Flavour, Thickener (412), <b>Wheat</b> Gluten, Emulsifier (472e, 471), Inactive Dry Yeast.		Avg Qty / Serve	
BEEF: Beef.		Avg Qty / 100g	
TASTY CHEESE: Pasteurised <b>Milk</b> , Salt, Cultures, Enzyme (Non-Animal Rennet).		Energy (kJ)	3630
CHEESE: <b>Milk</b> , Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, <b>Milk</b> Solids, Non Fat <b>Milk</b> Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains <b>Soy</b> Lecithin), Colours (160a).		Energy (Cal)	868
LETTUCE: Iceberg Lettuce.		Protein (g)	54.6
TOMATO: Tomatoes.		Fat, total (g)	54.7
ONION: Onions.		Saturated Fat (g)	25.4
MCCHICKEN SAUCE: Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).		Carbohydrate (g)	38.2
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavor ( <b>Soybean</b> Oil).		Sugars (g)	8.4
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.		Sodium (mg)	1260
BEEF PATTY SEASONING: Salt, Black Pepper, Sunflower Oil.			366
<b>Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame.</b>			
<b>QUARTER BUN is made on equipment that also produces products containing Soy, Milk.</b>			
<b>BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</b>			

## CHICKEN AND FISH

### 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, 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).

**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)	1720	945	2700	984
Energy (Cal)	412	226	645	235
Protein (g)	18.0	9.9	29.3	10.7
Fat, total (g)	19.5	10.7	36.0	13.1
Saturated Fat (g)	3.3	1.8	6.2	2.2
Carbohydrate (g)	39.9	21.9	49.6	18.1
Sugars (g)	3.8	2.1	4.4	1.6
Sodium (mg)	881	483	1500	547

### 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.**

### 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.**

### Crispy Chicken Almighty

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**.

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.

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

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, 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).

WHOLE LEAF LETTUCE: Lettuce.

**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.**

	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	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3420	946
Energy (Cal)	818	226
Protein (g)	52.2	14.4
Fat, total (g)	36.3	10.0
Saturated Fat (g)	9.0	2.5
Carbohydrate (g)	67.8	18.7
Sugars (g)	14.6	4.0
Sodium (mg)	2210	611

## CHICKEN AND FISH

### Grilled Chicken Almighty

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 (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**.

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.

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

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, 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).

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, Fish.**

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

	Grilled Chicken Almighty	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2730	811
Energy (Cal)	652	194
Protein (g)	61.6	18.3
Fat, total (g)	20.9	6.2
Saturated Fat (g)	7.9	2.3
Carbohydrate (g)	51.7	15.4
Sugars (g)	14.5	4.3
Sodium (mg)	1950	580

### Cheesy Chicken Burger

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).

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.

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 contains **Soy** Lecithin), Colours (160a).

**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.**

	Cheesy Chicken Burger	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1650	1110
Energy (Cal)	396	255
Protein (g)	18.0	12.1
Fat, total (g)	20.7	13.9
Saturated Fat (g)	4.6	3.1
Carbohydrate (g)	33.5	22.5
Sugars (g)	3.2	2.2
Sodium (mg)	915	614

### McSpicy Burger

SPICY CHICKEN PATTY: Chicken, Flour (**Wheat**), Water, Vegetable Oil, Thickeners (1420, 1422), Salt, **Gluten** (**Wheat**), Yeast and Yeast Extracts, Spice and Spice Extracts (Inc. Pepper), Rice Starch, Natural Flavours, Raising Agents (450, 500), Vegetable Powders (Garlic, Onion), Emulsifier (322 - **Soy**), Hydrolysed Vegetable Protein, Natural Colour (160C), Herb Extract, Citrus Extract, Maltodextrin.

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.

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).

WHOLE LEAF LETTUCE: Lettuce.

**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.**

	McSpicy Burger	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2280	1050
Energy (Cal)	545	252
Protein (g)	29.6	13.7
Fat, total (g)	26.5	12.2
Saturated Fat (g)	3.8	1.7
Carbohydrate (g)	46.1	21.3
Sugars (g)	3.9	1.8
Sodium (mg)	1100	507

### Filet-o-Fish® and Double Filet-o-Fish®

FISH PORTIONS: **Fish** (Alaskan Pollock, New Zealand Hoki), 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.

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

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).

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

**BUN is made on equipment that produces products containing Sesame, Soy, Milk.**

**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.**

	Filet-o-Fish®		Double Filet-o-Fish®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1370	1010	2180	947
Energy (Cal)	328	240	522	228
Protein (g)	15.8	11.5	26.8	11.6
Fat, total (g)	14.7	10.8	27	11.7
Saturated Fat (g)	2.8	2.0	5.4	2.3
Carbohydrate (g)	32.5	23.8	40.5	17.6
Sugars (g)	3.5	2.6	4.5	1.9
Sodium (mg)	548	402	938	407

## SALAD BURGER

### Salad Burger

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, Soybean Oil [Anti-Oxidant (330)], **Egg** Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).

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

ONION: Onion.

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

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

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

	Salad Burger	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1500	798
Energy (Cal)	358	191
Protein (g)	12.6	6.7
Fat, total (g)	17.2	9.1
Saturated Fat (g)	6.3	3.4
Carbohydrate (g)	36.6	19.5
Sugars (g)	5.5	2.9
Sodium (mg)	642	342

## WRAPS

### Wholemeal Crispy Chicken Snack Wrap®

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 **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).

SHREDDED LETTUCE: Iceberg Lettuce.

MCHICKEN 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).

**Contains: Gluten, Wheat, 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.**

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

**WHOLEMEAL TORTILLA may be heated in the same equipment as products containing Sesame.**

	Wholemeal Crispy Chicken Snack Wrap®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1060	923
Energy (Cal)	253	221
Protein (g)	11.7	10.2
Fat, total (g)	11.2	9.8
Saturated Fat (g)	1.4	1.2
Carbohydrate (g)	24.3	21.1
Sugars (g)	1.5	1.3
Sodium (mg)	541	471

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

WHOLEMEAL TORTILLA: 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).

SHREDDED LETTUCE: Iceberg Lettuce.

MCHICKEN 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).

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

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

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

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

**WHOLEMEAL TORTILLA may be heated in the same equipment as products containing Sesame.**

	Wholemeal Grilled Chicken Snack Wrap®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	886	817
Energy (Cal)	212	195
Protein (g)	14.0	12.9
Fat, total (g)	7.4	6.8
Saturated Fat (g)	1.1	1.2
Carbohydrate (g)	20.3	18.7
Sugars (g)	1.5	1.4
Sodium (mg)	477	440

### Crispy Chicken Aioli McWrap®

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 **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.**

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

**WHOLEMEAL TORTILLA may be heated in the same equipment as products containing Sesame.**

	Crispy Chicken Aioli McWrap®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2560	928
Energy (Cal)	611	222
Protein (g)	23.5	8.5
Fat, total (g)	37.3	13.5
Saturated Fat (g)	3.3	1.2
Carbohydrate (g)	42.3	15.3
Sugars (g)	3.7	1.3
Sodium (mg)	1030	373

### Grilled Chicken Aioli McWrap®

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 **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.**

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

**WHOLEMEAL TORTILLA may be heated in the same equipment as products containing Sesame.**

	Grilled Chicken Aioli McWrap®	
	Avg Qty / Serve	Avg Qty / 100g
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

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.**

	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	316	304	404	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	0.6	0.5	0.7	0.5
Sodium (mg)	222	292	304	292	388	292



## FRUIT AND SALADS

### Apple Slices

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

May contain Apple Seeds.

Apple Slices		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	209	262
Energy (Cal)	50	63
Protein (g)	0.2	0.2
Fat, total (g)	0.2	0.3
Saturated Fat (g)	0.1	0.1
Carbohydrate (g)	10.2	12.8
Sugars (g)	8.2	10.3
Sodium (mg)	1	1

### Garden Salad

LETTUCE: Iceberg Lettuce.  
TOMATO: Tomato.  
RED ONION RINGS: Onion.

Garden Salad		
	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

## CONDIMENTS

### Balsamic Salad Dressing

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.

Balsamic Salad Dressing		
	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

### Barbeque Dipping Sauce

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.

Barbeque Dipping Sauce		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	183	652
Energy (Cal)	44	156
Protein (g)	0.2	0.8
Fat, total (g)	0.3	1.1
Saturated Fat (g)	0.1	0.2
Carbohydrate (g)	9.7	34.8
Sugars (g)	8.8	31.6
Sodium (mg)	176	627

### Sweet and Sour Dipping Sauce

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.

Sweet and Sour Dipping Sauce		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	228	813
Energy (Cal)	54	194
Protein (g)	0.1	0.3
Fat, total (g)	0.2	0.7
Saturated Fat (g)	0.0	0.1
Carbohydrate (g)	12.8	45.8
Sugars (g)	10.3	36.8
Sodium (mg)	116	416

## CONDIMENTS

### Aioli Dipping Sauce

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.

Aioli Dipping Sauce		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	776	2770
Energy (Cal)	185	662
Protein (g)	0.5	1.9
Fat, total (g)	20.0	71.5
Saturated Fat (g)	1.6	5.8
Carbohydrate (g)	1.5	5.2
Sugars (g)	1.0	3.4
Sodium (mg)	112	400

## CONDIMENTS

### Ketchup

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

**Contains: Soy.**

	Ketchup	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	43	478
Energy (Cal)	10	114
Protein (g)	0.1	1.5
Fat, total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	2.3	26.1
Sugars (g)	1.8	20.0
Sodium (mg)	88	983

## 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)	390	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, Nutmeg, Celery, Capsicum), Dehydrated Vegetables (Garlic, Onion), Maize Starch,

**Soy** Protein, Mineral Salts (450, 451), Raising Agents (600, 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, 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 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)	1770	1070
Energy (Cal)	424	257
Protein (g)	19.9	12.1
Fat, total (g)	22.9	13.9
Saturated Fat (g)	5.8	3.5
Carbohydrate (g)	32.8	19.9
Sugars (g)	3.3	2.0
Sodium (mg)	1080	655

## BREAKFAST

**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 (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, 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).

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)	1750	1030
Energy (Cal)	417	246
Protein (g)	23.2	13.7
Fat, total (g)	21.0	12.4
Saturated Fat (g)	5.9	3.5
Carbohydrate (g)	32.0	18.9
Sugars (g)	3.3	1.9
Sodium (mg)	1220	717

**Big Brekkie Beef Burger**

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.

HASH BROWN: Potato, Vegetable Oil, Salt, Dextrose (from Maize), Dehydrated Potato, Natural Flavour (Black Pepper Extracts).

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).

EGG: Fresh Shell **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.

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

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 - **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.**

	Big Brekkie Beef Burger	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3380	1100
Energy (Cal)	808	264
Protein (g)	43.3	14.2
Fat, total (g)	47.1	15.4
Saturated Fat (g)	17.1	5.6
Carbohydrate (g)	51.5	16.8
Sugars (g)	10.8	3.5
Sodium (mg)	1400	459

**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.

EGG: Fresh Shell **Egg**.

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).

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).

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

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

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.**

**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.**

	Massive McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2180	960
Energy (Cal)	520	229
Protein (g)	35.5	15.7
Fat, total (g)	28.9	12.8
Saturated Fat (g)	12.4	5.5
Carbohydrate (g)	28.0	12.3
Sugars (g)	6.2	2.7
Sodium (mg)	1220	539

**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).

HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Artificial Maple Flavour, Preservative (202), Caramel Color (150d).

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

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

	Hotcakes with Whipped Butter and Hotcake Syrup	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2490	1120
Energy (Cal)	596	267
Protein (g)	9.4	4.2
Fat, total (g)	18.6	8.3
Saturated Fat (g)	8.4	3.8
Carbohydrate (g)	96.7	42.9
Sugars (g)	44.2	19.8
Sodium (mg)	575	258

**Hash Brown**

HASH BROWN: Potato, Vegetable Oil, Salt, Dextrose (from Maize), Dehydrated Potato, Natural Flavour (Black Pepper Extracts).

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).

**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.**

	Hash Brown	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	603	1080
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  
 MCHICKEN 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).

**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.**

<b>BLT Bagel®</b>		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1650	930
Energy (Cal)	393	222
Protein (g)	16.5	9.3
Fat, total (g)	12.0	6.8
Saturated Fat (g)	2.6	1.5
Carbohydrate (g)	52.8	29.8
Sugars (g)	8.0	4.5
Sodium (mg)	951	538

**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.**

<b>NYC Benedict Bagel®</b>		
	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
5/03/2024	31	NZ Core Food Menu_March 2023	6/03/2024	6/03/2024	Updated Chicken McNugget ingredient declaration
9/02/2024	30	NZ Core Food Menu_February 2024	20/02/2024	20/02/2024	Updated allergen information for PEAL legislative requirements