

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 November 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)

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<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																		
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													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				
Mayonnaise			P																				

Chart key:  
**P:** Ingredient is PRESENT in the product as an ingredient, food additive or processing aid.  
**M:** Ingredient may be present

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								Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio								
<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				

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## BEEF

<b>Big Mac® and Double Big Mac®</b>	<b>Big Mac®</b>		<b>Double Big Mac®</b>	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
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.	2420	1060	3290	1080
BEEF: Beef.	578	253	786	259
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, <b>Egg</b> Yolk, Salt, Thickeners (1442, 415), Dehydrated Vegetables, Spices, Preservative (202), Emulsifiers (433, 435), Flavouring, Colour (160c), Antioxidant (385).	28.0	12.2	43.8	14.4
LETTUCE: Iceberg Lettuce.	31.1	13.6	46.2	15.2
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).	10.9	4.8	17.9	5.9
PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).	43.7	19.1	45.5	15.0
ONION: Water, Dehydrated White Onions.	7.7	3.4	8.1	2.7
BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.	1180	516	1530	503
<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>	<b>Quarter Pounder®</b>		<b>Double Quarter Pounder®</b>	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
BEEF: Beef.	2280	1120	3530	1170
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.	546	267	843	280
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).	32.4	15.8	55.2	18.3
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour ( <b>Soybean</b> Oil).	29.6	14.5	52.2	17.3
PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).	14.5	7.1	25.6	8.5
ONION: Onions.	36.2	17.7	37.2	12.4
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.	8.1	3.9	8.6	2.9
BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.	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>	<b>Cheeseburger</b>		<b>Double Cheeseburger</b>		<b>Triple Cheeseburger</b>	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
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.	1280	1100	1920	1120	2570	1150
BEEF: Beef.	306	262	460	267	613	274
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).	16.3	13.9	27.0	15.6	37.6	16.8
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour ( <b>Soybean</b> Oil).	13.9	11.8	25.4	14.7	36.9	16.5
PICKLES: Gherkins, Water, Acidity Regulator(260), Salt, Flavour, Firming Agent (509), Preservative (211).	6.6	5.6	12.8	7.4	19.0	8.5
ONION: Water, Dehydrated White Onions.	28.0	23.9	29.5	17.1	31.0	13.8
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.	5.5	4.7	6.2	3.6	3.9	3.1
BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.	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>	<b>Hamburger</b>	
	Avg Qty / Serve	Avg Qty / 100g
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.	1080	1050
BEEF: Beef.	257	250
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour ( <b>Soybean</b> Oil).	13.5	13.1
PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).	9.9	9.6
ONION: Water, Dehydrated White Onions.	3.9	3.8
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.	27.4	26.6
BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.	5.0	4.8
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>																											
<p>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.</p> <p>BEEF: Beef.</p> <p>CHEESE: <b>Milk</b>, Salt, Starter Cultures, Enzyme (Rennet - Calves &amp;/or Vegetarian)], Water, <b>Milk</b> Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains <b>Soy</b> 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 (<b>Soybean</b> Oil).</p> <p>MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, <b>Egg</b> 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><b>Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame.</b></p> <p><b>BUN is made on equipment that produces products containing Sesame, Soy, Milk.</b></p> <p><b>BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</b></p>																													
<b>Texan BBQ Bacon Burger</b>		<b>Texan BBQ Bacon Burger</b>																											
<p>BEEF: Angus Beef.</p> <p>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>.</p> <p>CHEESE: <b>Milk</b>, Salt, Starter Cultures, Enzyme (Rennet - Calves &amp;/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).</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 <b>Wheat</b>, <b>Barley</b> and <b>Fish</b>), 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, <b>Egg</b> 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 (<b>Milk</b>), 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><b>Contains: Gluten, Wheat, Milk, Egg, Soy, Fish, Sesame.</b></p> <p><b>BEEF PATTY, BACON and ONION may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</b></p> <p><b>ANGUS SEASONING is made on the same equipment that also produces products contains sulphites.</b></p>																													
<b>Serious Angus®</b>		<b>Serious Angus®</b>																											
<p>BEEF: Angus Beef.</p> <p>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>.</p> <p>CHEESE: <b>Milk</b>, Salt, Starter Cultures, Enzyme (Rennet - Calves &amp;/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).</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, <b>Egg</b> Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (211).</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 (<b>Milk</b>), 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>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.</p> <p>BEEF: Beef.</p> <p>TASTY CHEESE: Pasteurised <b>Milk</b>, Salt, Cultures, Enzyme (Non-Animal Rennet).</p> <p>CHEESE: <b>Milk</b>, Salt, Starter Cultures, Enzyme (Rennet - Calves &amp;/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).</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, <b>Egg</b> 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 (<b>Soybean</b> 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><b>Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame.</b></p> <p><b>QUARTER BUN is made on equipment that also produces products containing Soy, Milk.</b></p> <p><b>BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</b></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	984	2760	1010
Energy (Cal)	457	235	661	242
Protein (g)	20.4	10.5	29.8	10.9
Fat, total (g)	20.1	10.3	36.3	13.3
Saturated Fat (g)	2.9	1.5	5.2	1.9
Carbohydrate (g)	46.0	23.7	51.8	19.0
Sugars (g)	4.7	2.4	5.3	1.9
Sodium (mg)	1040	537	1570	573

### 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: 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)), 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, 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).

WHOLE LEAF LETTUCE: Lettuce.

Crispy Chicken Almighty		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3410	944
Energy (Cal)	815	226
Protein (g)	52.2	14.4
Fat, total (g)	36.3	10.0
Saturated Fat (g)	8.7	2.4
Carbohydrate (g)	67.4	18.7
Sugars (g)	14.3	4.0
Sodium (mg)	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: 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**.

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, 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).

WHOLE LEAF LETTUCE: Lettuce.

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

Grilled Chicken Almighty		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2720	809
Energy (Cal)	650	193
Protein (g)	61.6	18.3
Fat, total (g)	20.9	6.2
Saturated Fat (g)	7.6	2.3
Carbohydrate (g)	51.3	15.3
Sugars (g)	14.3	4.3
Sodium (mg)	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**

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, 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).

Cheesy Chicken Burger		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1700	1140
Energy (Cal)	405	273
Protein (g)	18.0	12.1
Fat, total (g)	20.6	13.9
Saturated Fat (g)	4.0	2.7
Carbohydrate (g)	35.4	23.9
Sugars (g)	4.0	2.7
Sodium (mg)	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**

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 Flavourings, 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, 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).

WHOLE LEAF LETTUCE: Lettuce.

McSpicy Burger		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2340	1080
Energy (Cal)	559	259
Protein (g)	30.1	14
Fat, total (g)	26.2	12.2
Saturated Fat (g)	3.2	1.5
Carbohydrate (g)	49.1	22.7
Sugars (g)	4.6	2.1
Sodium (mg)	1150	534

**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: <b>Fish</b> (Alaskan Pollock, New Zealand Hokī), Water, <b>Wheat</b> Flour, Modified Food Starch (1422), Yellow Corn Flour, Bleached <b>Wheat</b> Flour, Salt, Whey ( <b>Milk</b> ), Cellulose Gum, Dextrose, Dried Yeast, Sugar, <b>Soybean</b> Oil, Paprika Extract (160c) and Turmeric Extract (100), Black Pepper (Natural Flavouring).				
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.	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, <b>Egg</b> 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: <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).	16.1	11.5	26.9	11.6
<b>Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame, Fish.</b>	14.5	10.3	26.8	11.6
<b>BUN is made on equipment that produces products containing Sesame, Soy, Milk.</b>	2.5	1.8	4.7	2.0
<b>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.</b>	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: <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.		
TOMATO: Tomato.		
SHREDDED LETTUCE: Iceberg Lettuce.		
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, <b>Egg</b> Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).	1490	797
TASTY CHEESE: Pasteurised <b>Milk</b> , 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
<b>Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame.</b>	5.8	3.1
<b>QUARTER BUN is made on equipment that also produces products containing Soy, Milk.</b>	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, <b>Wheat</b> Flour, Breadcrumbs ( <b>Wheat</b> ), 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 ( <b>Wheat</b> , <b>Barley</b> , Lemon), <b>Wheat</b> Gluten, <b>Egg</b> Powder, Anti-Caking Agent (551), Starch (Rice, Potato), <b>Soy</b> Protein, Maltodextrin, Natural Colour (160c, 100), Vegetable Powder (Onion).		
WHOLEMEAL TORTILLA: Fortified Wholemeal <b>Wheat</b> Flour (Wholemeal <b>Wheat</b> Flour, Vitamin (Folic Acid)), Water, <b>Wheat</b> Flour (White), Vegetable Oil (Antioxidant (307b)), Food Acid (330), Antifoam (900a), Yeast, Sugar, Iodised Salt, <b>Wheat</b> Gluten, Cultured <b>Wheat</b> , Mono & Di-Glycerides (Emulsifier (471)), Antioxidants (307, 304, 330), Acidity Regulator (297), Enzymes (Contains <b>Wheat</b> ).	1040	949
OR:	1040	949
Fortified <b>Wheat</b> Flour (Wheat Flour, Vitamin (Folic Acid)), Water, Wholemeal Concentrate ( <b>Wheat</b> Bran), Canola Oil (Citric Acid), Dietary <b>Wheat</b> Fibre, Raising Agents ((450, 501), Free Flow Agent (170), Maize Starch)), Improver (Salt, <b>Wheat</b> Enzyme, Flour Treatment Agent (Ascorbic Acid), Inactive Dry Yeast, <b>Wheat</b> Gluten), White Vinegar, Cultured <b>Wheat</b> Flour, Malt Flour (Enzyme (Contains <b>Wheat</b> )), Enzymes ( <b>Wheat</b> ), Dough Relaxer (920).	250	227
SHREDDED LETTUCE: Iceberg Lettuce.	12.0	10.9
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, <b>Egg</b> Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).	11.3	10.3
<b>Contains: Gluten, Wheat, Egg, Soy.</b>	2.4	2.1
<b>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.</b>	23.3	21.2
	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), <b>Soy</b> 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 <b>Wheat</b> Flour (Wholemeal <b>Wheat</b> Flour, Vitamin (Folic Acid)), Water, <b>Wheat</b> Flour (White), Vegetable Oil (Antioxidant (307b)), Food Acid (330), Antifoam (900a), Yeast, Sugar, Iodised Salt, <b>Wheat</b> Gluten, Cultured <b>Wheat</b> , Mono & Di-Glycerides (Emulsifier (471)), Antioxidants (307, 304, 330), Acidity Regulator (297), Enzymes (Contains <b>Wheat</b> ).	883	845
OR:	883	845
Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Vitamin (Folic Acid)), Water, Wholemeal Concentrate ( <b>Wheat</b> Bran), Canola Oil (Citric Acid), Dietary <b>Wheat</b> Fibre, Raising Agents ((450, 501), Free Flow Agent (170), Maize Starch)), Improver (Salt, <b>Wheat</b> Enzyme, Flour Treatment Agent (Ascorbic Acid), Inactive Dry Yeast, <b>Wheat</b> Gluten), White Vinegar, Cultured <b>Wheat</b> Flour, Malt Flour (Enzyme (Contains <b>Wheat</b> )), Enzymes ( <b>Wheat</b> ), Dough Relaxer (920).	211	202
SHREDDED LETTUCE: Iceberg Lettuce.	14.4	13.8
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, <b>Egg</b> Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).	7.8	7.4
SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - <b>Soy</b> ), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).	2.1	2.0
<b>Contains: Gluten, Wheat, Egg, Soy.</b>	19.3	18.5
<b>GRILLED CHICKEN may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</b>	6.1	5.8
	430	412



<b>Crispy Chicken Aioli McWrap®</b>	<b>Crispy Chicken Aioli McWrap®</b>	
	Avg Qty / Serve	Avg Qty / 100g
CRISPY CHICKEN: Chicken, Water, <b>Wheat</b> Flour, Breadcrumbs ( <b>Wheat</b> ), 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 ( <b>Wheat, Barley, Lemon</b> ), <b>Wheat</b> Gluten, <b>Egg</b> Powder, Anti-Caking Agent (551), Starch (Rice, Potato), <b>Soy</b> Protein, Maltodextrin, Natural Colour (160c, 100), Vegetable Powder (Onion).		
WHOLEMEAL TORTILLA: Wholemeal <b>Wheat</b> Flour (Wholemeal <b>Wheat</b> Flour, Vitamin (Folic Acid)), Water, <b>Wheat</b> Flour (White), Vegetable Oil (Antioxidant (307b), Food Acid (330), Antifoam (900a), Yeast, Sugar, Iodised Salt, <b>Wheat Gluten</b> , Cultured <b>Wheat</b> , Mono & Di-Glycerides (Emulsifier (471), Antioxidants (307, 304, 330), Acidity Regulator (297), Enzymes (Contains <b>Wheat</b> ).		
OR: Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Vitamin (Folic Acid)), Water, Wholemeal Concentrate ( <b>Wheat</b> Bran), Canola Oil (Citric Acid), Dietary <b>Wheat</b> Fibre, Raising Agents ((450, 501), Free Flow Agent (170), Maize Starch)), Improver (Salt, <b>Wheat</b> Enzyme, Flour Treatment Agent (Ascorbic Acid), Inactive Dry Yeast, <b>Wheat</b> Gluten, White Vinegar, Cultured <b>Wheat</b> Flour, Malt Flour (Enzyme (Contains <b>Wheat</b> )), Enzymes ( <b>Wheat</b> ), Dough Relaxer (920).		
TOMATO: Tomato. GARLIC MAYONNAISE: Canola Oil (Antioxidant (307b, <b>Soy</b> ), 319)), Water, Glucose Syrup ( <b>Wheat</b> Derived), <b>Egg</b> Yolk, Whey Protein ( <b>Milk</b> ), 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), <b>Oat</b> Fibre, Flavourings ( <b>Milk</b> ), Emulsifiers (322 ( <b>Soy</b> ), 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).		
LETTUCE: Iceberg Lettuce.		
<b>Contains: Gluten, Wheat, Milk, Egg, Soy.</b>		
<b>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.</b>		

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

<b>Grilled Chicken Aioli McWrap®</b>	<b>Grilled Chicken Aioli McWrap®</b>	
	Avg Qty / Serve	Avg Qty / 100g
GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), <b>Soy</b> 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 <b>Wheat</b> Flour (Wholemeal <b>Wheat</b> Flour, Vitamin (Folic Acid)), Water, <b>Wheat</b> Flour (White), Vegetable Oil (Antioxidant (307b), Food Acid (330), Antifoam (900a), Yeast, Sugar, Iodised Salt, <b>Wheat Gluten</b> , Cultured <b>Wheat</b> , Mono & Di-Glycerides (Emulsifier (471), Antioxidants (307, 304, 330), Acidity Regulator (297), Enzymes (Contains <b>Wheat</b> ).		
OR: Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Vitamin (Folic Acid)), Water, Wholemeal Concentrate ( <b>Wheat</b> Bran), Canola Oil (Citric Acid), Dietary <b>Wheat</b> Fibre, Raising Agents ((450, 501), Free Flow Agent (170), Maize Starch)), Improver (Salt, <b>Wheat</b> Enzyme, Flour Treatment Agent (Ascorbic Acid), Inactive Dry Yeast, <b>Wheat</b> Gluten, White Vinegar, Cultured <b>Wheat</b> Flour, Malt Flour (Enzyme (Contains <b>Wheat</b> )), Enzymes ( <b>Wheat</b> ), Dough Relaxer (920).		
TOMATO: Tomato. GARLIC MAYONNAISE: Canola Oil (Antioxidant (307b, <b>Soy</b> ), 319)), Water, Glucose Syrup ( <b>Wheat</b> Derived), <b>Egg</b> Yolk, Whey Protein ( <b>Milk</b> ), 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), <b>Oat</b> Fibre, Flavourings ( <b>Milk</b> ), Emulsifiers (322 ( <b>Soy</b> ), 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).		
LETTUCE: Iceberg Lettuce. SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - derived from <b>Soy</b> ), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).		
<b>Contains: Gluten, Wheat, Milk, Egg, Soy.</b>		
<b>GRILLED CHICKEN may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</b>		

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

<b>Fries</b>	<b>Small</b>		<b>Medium</b>		<b>Large</b>	
	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).						
<b>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.</b>						
	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

<b>Apple Slices</b>	<b>Apple Slices</b>	
	Avg Qty / Serve	Avg Qty / 100g
Apples Slices, Antioxidants (300, 302), Mineral Salt (170).		
<b>May contain Apple Seeds.</b>		
	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

<b>Garden Salad</b>	<b>Garden Salad</b>	
	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

<b>Balsamic Salad Dressing</b>	<b>Balsamic Salad Dressing</b>	
	Avg Qty / Serve	Avg Qty / 100g
Water, Vinegar, Canola Oil [Antioxidant (307b ( <b>Soy</b> ))], 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 ( <b>Soy</b> )).		
<b>Contains: Soy, Sulphites.</b>		
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

<b>Barbeque Dipping Sauce</b>	<b>Barbeque Dipping Sauce</b>	
	Avg Qty / Serve	Avg Qty / 100g
BBQ SAUCE: Water, Sugar, Tomato Paste, Vinegar, Teriyaki Sauce (contains <b>Gluten</b> , <b>Wheat</b> , <b>Soy</b> ), Thickeners (1422, 415), Salt, Natural Colour (Burnt Sugar), Vegetable Oil, Mustard, Smoke Flavour, Preservatives (211, 202), Vegetable Powders, Spice, Yeast Extract.		
<b>Contains: Gluten, Wheat, Soy.</b>		
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

<b>Sweet and Sour Dipping Sauce</b>	<b>Sweet and Sour Dipping Sauce</b>	
	Avg Qty / Serve	Avg Qty / 100g
SWEET AND SOUR DIPPING SAUCE: Water, Sugar, Apricot Puree, Vinegar, Thickeners (1422, 415), Teriyaki Sauce (contains <b>Gluten</b> , <b>Wheat</b> , <b>Soy</b> ), Salt, Vegetable Oil, Mustard, Yeast Extract, Preservatives (211, 202), Vegetable Powders, Acidity Regulator (330), Natural Flavour, Spices, Natural Colour (160c).		
<b>Contains: Gluten, Wheat, Soy.</b>		
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

<b>Aioli Dipping Sauce</b>	<b>Aioli Dipping Sauce</b>	
	Avg Qty / Serve	Avg Qty / 100g
AIOLI: Vegetable Oil, Water, <b>Egg</b> Yolk, Vinegar, Garlic, Dextrose, Cheese Powder (Contains <b>Milk</b> ), <b>Milk</b> Solids, Salt, Acidity Regulator (270), Natural Flavours ( <b>Milk</b> ), Onion, Spice, Preservative (202), Stabiliser (415), Antioxidant (385).		
<b>Contains: Egg, Milk.</b>		
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

<b>Ketchup</b>	<b>Ketchup</b>	
	Avg Qty / Serve	Avg Qty / 100g
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring ( <b>Soybean</b> Oil).		
<b>Contains: Soy.</b>		
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

<b>Mayonnaise</b>	<b>Mayonnaise</b>	
	Avg Qty / Serve	Avg Qty / 100g
MAYONNAISE SACHET: Soybean Oil (Antioxidant [330], <b>Egg</b> Yolks, Water, Distilled Vinegar, Salt, Sugar, Spice, Lemon Juice Concentrate, Antioxidant (385).		
<b>Contains Egg.</b>		
Energy (kJ)	370	3090
Energy (Cal)	88	737
Protein (g)	0.1	1.0
Fat, total (g)	9.8	82.0
Saturated Fat (g)	1.6	13.0
Carbohydrate (g)	0.2	2.0
Sugars (g)	0.1	1.0
Sodium (mg)	63	525

## 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, 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.  
 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	1120
Energy (Cal)	442	269
Protein (g)	19.5	11.9
Fat, total (g)	23.2	14.1
Saturated Fat (g)	5.5	3.3
Carbohydrate (g)	37.3	22.7
Sugars (g)	3.5	2.1
Sodium (mg)	1080	659

## 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, 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)	1820	1080
Energy (Cal)	436	258
Protein (g)	22.9	13.5
Fat, total (g)	21.3	12.6
Saturated Fat (g)	5.8	3.4
Carbohydrate (g)	36.7	21.7
Sugars (g)	3.4	2.0
Sodium (mg)	1220	718

Big Brekkie Beef Burger	Big Brekkie Beef Burger																														
	Avg Qty / Serve	Avg Qty / 100g																													
<p>BEEF: Beef.</p> <p>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.</p> <p>HASH BROWN: Potato, Vegetable Oil, Salt, Dextrose (from Maize), Dehydrated Potato, Natural Flavour (Black Pepper Extracts).</p> <p>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).</p> <p>EGG: Fresh Shell <b>Egg</b>.</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 <b>Wheat</b>, <b>Barley</b> and <b>Fish</b>), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour.</p> <p>CHEESE: Pasteurised <b>Milk</b>, Salt, Cultures, Enzyme (Non-Animal Rennet).</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>SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - <b>Soy</b>), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).</p> <p>BEEF PATTY SEASONING: Salt, Black Pepper, Sunflower Oil.</p> <p><b>Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame, Fish.</b></p> <p><b>QUARTER BUN is made on equipment that also produces products containing Soy, Milk.</b></p> <p><b>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</b></p> <p><b>BACON may be cooked on the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</b></p>	<table border="1"> <tr> <td>Energy (kJ)</td> <td>3380</td> <td>1100</td> </tr> <tr> <td>Energy (Cal)</td> <td>808</td> <td>264</td> </tr> <tr> <td>Protein (g)</td> <td>43.3</td> <td>14.2</td> </tr> <tr> <td>Fat, total (g)</td> <td>47.1</td> <td>15.4</td> </tr> <tr> <td>Saturated Fat (g)</td> <td>17.1</td> <td>5.6</td> </tr> <tr> <td>Carbohydrate (g)</td> <td>51.5</td> <td>16.8</td> </tr> <tr> <td>Sugars (g)</td> <td>10.8</td> <td>3.5</td> </tr> <tr> <td>Sodium (mg)</td> <td>1400</td> <td>459</td> </tr> </table>	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						
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<p><b>Massive McMuffin®</b></p> <p>ENGLISH MUFFIN: <b>Wheat</b> Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Ground Maize, Sugar, Canola Oil, <b>Wheat</b> Gluten, Maize Flour, Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), <b>Soy</b> Flour, <b>Wheat</b> Flour, <b>Barley</b> Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains <b>Wheat</b>)), Preservatives (262, 202, 263), Inactive Dry Yeast.</p> <p>EGG: Fresh Shell <b>Egg</b>.</p> <p>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).</p> <p>CHEESE: <b>Milk</b>, Salt, Starter Cultures, Enzyme (Rennet - Calves &amp;/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).</p> <p>RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.</p> <p>KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour (<b>Soybean</b> Oil).</p> <p>SPRAY COOKING OIL: Canola Oil, Emulsifier (322- <b>Soy</b>), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).</p> <p><b>Contains: Gluten, Wheat, Egg, Milk, Soy.</b></p> <p><b>ENGLISH MUFFIN is made in the same facility as products containing Sesame and the same equipment as products containing Milk.</b></p> <p><b>BACON, SAUSAGE PATTY may be cooked on the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</b></p> <p><b>EGG may be cooked on the same equipment as products containing Gluten, Wheat, Milk, Soy.</b></p>	<table border="1"> <tr> <th colspan="3">Massive McMuffin®</th> </tr> <tr> <th></th> <th>Avg Qty / Serve</th> <th>Avg Qty / 100g</th> </tr> <tr> <td>Energy (kJ)</td> <td>2180</td> <td>960</td> </tr> <tr> <td>Energy (Cal)</td> <td>520</td> <td>229</td> </tr> <tr> <td>Protein (g)</td> <td>35.5</td> <td>15.7</td> </tr> <tr> <td>Fat, total (g)</td> <td>28.9</td> <td>12.8</td> </tr> <tr> <td>Saturated Fat (g)</td> <td>12.4</td> <td>5.5</td> </tr> <tr> <td>Carbohydrate (g)</td> <td>28.0</td> <td>12.3</td> </tr> <tr> <td>Sugars (g)</td> <td>6.2</td> <td>2.7</td> </tr> <tr> <td>Sodium (mg)</td> <td>1220</td> <td>539</td> </tr> </table>	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
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<p><b>Hotcakes with Whipped Butter and Hotcake Syrup</b></p> <p>HOTCAKES: Water, <b>Wheat</b> Flour (Vitamins (Thiamin, Folic Acid)), Sugar, Whey Powder (Contains <b>Milk</b>), Maize Flour, Canola Oil, Raising Agents (500, 541, 341), Dextrose, Emulsifier (471) (Antioxidants (307, 304, 330) [RSPO Palm Oil]), Iodised Salt, Emulsifier (481), <b>Egg</b> Powder, Thickener (415).</p> <p>HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Artificial Maple Flavour, Preservative (202), Caramel Color (150D).</p> <p>WHIPPED BUTTER: Cream (<b>Milk</b>), Water, Salt.</p> <p><b>Contains: Gluten, Wheat, Egg, Milk.</b></p>	<table border="1"> <tr> <th colspan="3">Hotcakes with Whipped Butter and Hotcake Syrup</th> </tr> <tr> <th></th> <th>Avg Qty / Serve</th> <th>Avg Qty / 100g</th> </tr> <tr> <td>Energy (kJ)</td> <td>2490</td> <td>1120</td> </tr> <tr> <td>Energy (Cal)</td> <td>596</td> <td>267</td> </tr> <tr> <td>Protein (g)</td> <td>9.4</td> <td>4.2</td> </tr> <tr> <td>Fat, total (g)</td> <td>18.6</td> <td>8.3</td> </tr> <tr> <td>Saturated Fat (g)</td> <td>8.4</td> <td>3.8</td> </tr> <tr> <td>Carbohydrate (g)</td> <td>95.7</td> <td>42.9</td> </tr> <tr> <td>Sugars (g)</td> <td>44.2</td> <td>19.8</td> </tr> <tr> <td>Sodium (mg)</td> <td>575</td> <td>258</td> </tr> </table>	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)	95.7	42.9	Sugars (g)	44.2	19.8	Sodium (mg)	575	258
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<p><b>Hash Brown</b></p> <p>HASH BROWN: Potato, Vegetable Oil, Salt, Dextrose (from Maize), Dehydrated Potato, Natural Flavour (Black Pepper Extracts).</p> <p>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).</p> <p><b>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.</b></p>	<table border="1"> <tr> <th colspan="3">Hash Brown</th> </tr> <tr> <th></th> <th>Avg Qty / Serve</th> <th>Avg Qty / 100g</th> </tr> <tr> <td>Energy (kJ)</td> <td>603</td> <td>1080</td> </tr> <tr> <td>Energy (Cal)</td> <td>144</td> <td>259</td> </tr> <tr> <td>Protein (g)</td> <td>1.4</td> <td>2.5</td> </tr> <tr> <td>Fat, total (g)</td> <td>9.6</td> <td>17.3</td> </tr> <tr> <td>Saturated Fat (g)</td> <td>0.8</td> <td>1.4</td> </tr> <tr> <td>Carbohydrate (g)</td> <td>12.5</td> <td>22.4</td> </tr> <tr> <td>Sugars (g)</td> <td>0.1</td> <td>0.3</td> </tr> <tr> <td>Sodium (mg)</td> <td>294</td> <td>529</td> </tr> </table>	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
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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.

<b>Change Tracker:</b>					
<b>Date</b>	<b>Document Number/Revision Number</b>	<b>Document Title</b>	<b>Issued</b>	<b>Upload Date</b>	<b>Description</b>
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 ingredeint listing
05-03-2024	31	NZ Core Food Menu_March 2023	06-03-2024	06-03-2024	Updated Chicken McNugget ingredient declation
09-02-2024	30	NZ Core Food Menu_February 2024	20-02-2024	20-02-2024	Updated allergen information for PEAL legislative requirements