McDonald’s New Zealand
Main Food Menu
Food and Beverage - Allergen - Ingredients - Nutrition Information

Information correct as at October 2025

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

This guide is for our standard or core menu items. For information regarding short-time menu items, please either review the Limited Time Offers Nutrition and Allergen Information, ask a manager in our restaurants or contact our Customer Service Department via our website http://mcdonalds.co.nz/contactus or on 0800 539 4303.

The nutrition information is based on standard product formulations, standard product assembly and standard serving sizes (including ice for drinks from our beverage system). Actual sizes and assembly may vary. Due to the individual preparation of each of our menu items, actual values may vary from those listed. Variations may also occur depending on the supplier, country of origin, region of the country of origin, and the season of the year. Further, product formulations may change periodically. We recommend you check the information on our website to ensure it is the most current.

Food Sensitivities and Preferences
Please refer to our Allergen Information for specific allergen details. This information is available on our website www.mcdonalds.co.nz
As we operate working kitchens please be aware that there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of items in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food sold is free from traces of allergens.
No food items are certified as vegetarian. Whilst some ingredients may not contain animal ingredients, we cannot guarantee that there will be no cross contact with ingredients that do contain animal ingredients in our kitchens.

We have no Halal certified restaurants and no ingredients or menu items are certified Halal.

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

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

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

Issue: October 2025
Revision: 42
File: QAM038

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

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								
BEEF																								
Big Mac® and Double Big Mac®	P	P	P	P	P	P																P	P	
Quarter Pounder® and Double Quarter Pounder®	P	P	M	P	P	P																P		
Cheeseburger, Double Cheeseburger and Triple Cheeseburger	P	P	M	P	P	P																P		
Hamburger	P	P	M	M	P	P																P		
Deluxe Cheeseburger	P	P	P	P	P	P																P		
Texan BBQ Bacon Burger	P	P	P	P	P	P											P			M		P		
Serious Angus®	P	P	P	P	P	P														M		P		
The Boss®	P	P	P	P	P	P																P		
CHICKEN AND FISH																								
Chicken McNuggets®	P	P	M	M	M																			
Chicken McBites	P	P	M	P	M																			
McChicken® and Double McChicken®	P	P	P	M	P	P																P		
#REF!	P	P	P	P	P	P																P	P	P
Grilled Chicken Bacon Deluxe	P	P	P	P	P	P																P	P	P
#REF!	P	P	P	P	P	P											P					P	P	P
#REF!	P	P	P	P	P	P											P					P	P	P
Cheesy Chicken Burger	P	P	P	P	P	P																P		
McCrispy® and Double McCrispy®	P	P	P	M	P	P																P		
McCrispy® Bacon Deluxe Burger	P	P	P	P	P	P																P		
McSpicy Burger	P	P	P	P		P																P		
Filet-o-Fish® and Double Filet-o-Fish®	P	P	P	P	P	P											P					P		
SALAD																								
Salad Burger	P	P	P	P	P	P																P		
WRAPS																								
Wholemeal McCrispy Chicken Snack Wrap®	P	P	P	M	P	M																P		
Wholemeal Grilled Chicken Snack Wrap®	P	P	P	M	P	M																P		
Grilled Chicken McWrap®	P	P	P	P	P	M																P		P
Crispy Chicken McWrap®	P	P	P	M	M	M																P		
FRIES																								
Fries	M	M	M	M	M																			
FRUIT AND SALADS																								
Apple Slices																								
Garden Salad																								
CONDIMENTS																								
Balsamic Salad Dressing					P															P		P	P	
Barbeque Dipping Sauce	P	P			P																	P		
Sweet and Sour Dipping Sauce	P	P			P																	P		
#REF!			P	P																		P		
Mayonnaise			P																					

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

Issue: October 2025
Revision: 42
File: QAM038

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

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								
BREAKFAST																								
Bacon & Egg McMuffin®	P	P	P	P	P	M																P		
Sausage and Egg McMuffin®	P	P	P	P	P	M																P		
Sausage McMuffin®	P	P	M	P	P	M																P		
Chicken McMuffin®	P	P	P	P	P	M																P		
Chicken & Bacon McMuffin®	P	P	P	P	P	M																P		
Big Brekkie Beef Burger	P	P	P	P	P	P											P					P	P	P
Massive McMuffin®	P	P	P	P	P	M																P		P
Hotcakes with Whipped Butter and Hotcake Syrup	P	P	P	P																		P	P	P
Hash Brown	M	M	M	M	M																			
BLT Bagel®	P	P	P	M	P	M																P		
NYC Benedict Bagel®	P	P	P	P	P	M																P		

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

Issue: October 2025
Revision: 42
File: QAM038

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

BEEF

Big Mac® and Double Big Mac®

BIG MAC BUN: **Wheat** Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, **Sesame** Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, **Wheat** Gluten, Potato Starch, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (Contains **Wheat**)), Preservative (262), Natural Flavour, Emulsifiers 472e, 471) Inactive Dry Yeast.
BEEF: Beef.
BIG MAC SAUCE: Vegetable Oil [Antioxidant (307b)], Sweet Relish [Diced Gherkin, Glucose-fructose Syrup, Sugar, Water, Vinegar, Corn Syrup, Acetic Acid (260), Salt, Thickener (415), Flavouring, Preservative (202), Calcium Chloride (509)], Water, Mustard [Water, Vinegar, Mustard Seed, Salt, Sugar, Turmeric, Spices], Vinegar, Sugar, **Egg** Yolk, Salt, Thickeners (1442, 415), Dehydrated Vegetables, Spices, Preservative (202), Emulsifiers (433, 435), Flavouring, Colour (160c), Antioxidant (385).
SHREDDED LETTUCE: Shredded Iceberg Lettuce.
CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).
PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).
ONION: Water, Dehydrated White Onions.
BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

Contains: Gluten, Wheat, Milk, Soy, Egg, Sesame.
BIG MAC BUNS are produced on equipment that also produces products containing Soy, Milk.
BEEF PATTIES and ONION may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.

	Big Mac®		Double Big Mac®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2420	1060	3290	1080
Energy (Cal)	578	253	786	259
Protein (g)	28.0	12.2	43.8	14.4
Fat, total (g)	31.1	13.6	46.2	15.2
Saturated Fat (g)	10.9	4.8	17.9	5.9
Carbohydrate (g)	43.7	19.1	45.5	15.0
Sugars (g)	7.7	3.4	8.1	2.7
Sodium (mg)	1180	516	1530	503

Quarter Pounder® and Double Quarter Pounder®

BEEF: Beef.
QUARTER BUN: **Wheat** Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), **Sesame** Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (Contains **Wheat**)), Preservative (262), Natural Flavour, Thickener (412), **Wheat** Gluten, Emulsifier (472e, 471), Inactive Dry Yeast.
CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour (**Soybean** Oil).
PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).
ONION: Onions.
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.
BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

Contains: Gluten, Wheat, Milk, Soy, Sesame.
QUARTER BUN is made on equipment that also produces products containing Soy, Milk.
BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.

	Quarter Pounder®		Double Quarter Pounder®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2280	1120	3530	1170
Energy (Cal)	546	267	843	280
Protein (g)	32.4	15.8	55.2	18.3
Fat, total (g)	29.6	14.5	52.2	17.3
Saturated Fat (g)	14.5	7.1	25.6	8.5
Carbohydrate (g)	36.2	17.7	37.2	12.4
Sugars (g)	8.1	3.9	8.6	2.9
Sodium (mg)	1050	512	1450	481

Cheeseburger, Double Cheeseburger and Triple Cheeseburger

REGULAR BUN: **Wheat** Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, **Wheat** Gluten, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (Contains **Wheat**)), Preservative (262), Emulsifier (472e, 471), Inactive Dry Yeast, Enzymes (Contains **Wheat**), **Sesame** Seeds.
BEEF: Beef.
CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour (**Soybean** Oil).
PICKLES: Gherkins, Water, Acidity Regulator(260), Salt, Flavour, Firming Agent (509), Preservative (211).
ONION: Water, Dehydrated White Onions.
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.
BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

Contains: Gluten, Wheat, Milk, Soy, Sesame.
BUN is made on equipment that produces products containing Sesame, Soy, Milk.
BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.

	Cheeseburger		Double Cheeseburger		Triple Cheeseburger	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1280	1100	1920	1120	2570	1150
Energy (Cal)	306	262	460	267	613	274
Protein (g)	16.3	13.9	27.0	15.6	37.6	16.8
Fat, total (g)	13.9	11.8	25.4	14.7	36.9	16.5
Saturated Fat (g)	6.6	5.6	12.8	7.4	19.0	8.5
Carbohydrate (g)	28.0	23.9	29.5	17.1	31.0	13.8
Sugars (g)	5.5	4.7	6.2	3.6	3.9	3.1
Sodium (mg)	691	590	1060	617	1410	628

Hamburger

REGULAR BUN: **Wheat** Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, **Wheat** Gluten, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (Contains **Wheat**)), Preservative (262), Emulsifier (472e, 471), Inactive Dry Yeast, Enzymes (Contains **Wheat**), **Sesame** Seeds.
BEEF: Beef.
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour (**Soybean** Oil).
PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).
ONION: Water, Dehydrated White Onions.
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.
BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

Contains: Gluten, Wheat, Soy, Sesame.
BUN is made on equipment that produces products containing Sesame, Soy, Milk.
BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.

	Hamburger	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1080	1050
Energy (Cal)	257	250
Protein (g)	13.5	13.1
Fat, total (g)	9.9	9.6
Saturated Fat (g)	3.9	3.8
Carbohydrate (g)	27.4	26.6
Sugars (g)	5.0	4.8
Sodium (mg)	521	506

BEEF

Deluxe Cheeseburger

REGULAR BUN: **Wheat** Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, **Wheat** Gluten, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (Contains **Wheat**)), Preservative (262), Emulsifier (472e, 471), Inactive Dry Yeast, Enzymes (Contains **Wheat**), **Sesame** Seeds.
BEEF: Beef.
CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, **Milk** Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).
SHREDDED LETTUCE: Shredded Iceberg Lettuce.
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour (**Soybean** Oil).
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).
ONIONS: Water, Dehydrated White Onions.
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.
BEEF PATTY SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame.
BUN is made on equipment that produces products containing Sesame, Soy, Milk.
BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.

	Deluxe Cheeseburger	
	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

Texan BBQ Bacon Burger

BEEF: Angus Beef.
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**.
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).
SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Paste [Antioxidants (300, 330)], Thickener (1422), Salt, Worcestershire Sauce (Contains **Wheat**, **Barley** and **Fish**), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour.
ONION: Onion.
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).
ANGUS SEASONING: Salt, Maltodextrin, Spices, Dextrose, Vegetable Powders, Yeast Extract, Sugar, Worcestershire Sauce Powder [Colour (150a)], Anti-caking Agent (551), Flavourings (**Milk**), Spice Extract (100).

Contains: Gluten, Wheat, Milk, Egg, Soy, Fish, Sesame.
BEEF PATTY, BACON and ONION may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.
ANGUS SEASONING is made on the same equipment that also produces products contains sulphites.

	Texan BBQ Bacon Burger	
	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

Serious Angus®

BEEF: Angus Beef.
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**.
CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).
TOMATO: Tomato.
BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.
ONION: Onion.
SHREDDED LETTUCE: Shredded 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).
PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Flavouring.
ANGUS SEASONING: Salt, Maltodextrin, Spices, Dextrose, Vegetable Powders, Yeast Extract, Sugar, Worcestershire Sauce Powder [Colour (150a)], Anti-caking Agent (551), Flavourings (**Milk**), Spice Extract (100).

Contains Gluten, Wheat, Egg, Milk, Soy, Sesame.
BEEF PATTY and BACON may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.
ANGUS SEASONING is made on the same equipment that also produces products contains sulphites.

	Serious Angus®	
	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

BEEF

The Boss®

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.
BEEF: Beef.
TASTY CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).
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).
SHREDDED LETTUCE: Shredded Iceberg Lettuce.
TOMATO: Tomatoes.
ONION: Onions.
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).
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavor (**Soybean** Oil).
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.
BEEF PATTY SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains: Gluten, Wheat, Egg, Milk, Soy, Sesame.
QUARTER BUN is made on equipment that also produces products containing Soy, Milk.
BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.

	The Boss®	
	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

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

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

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

CHICKEN AND FISH

Grilled Chicken Bacon Deluxe

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

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).

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)	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

McCrispy Burger and Double McCrispy Burger

POTATO BUN: **Wheat** Flour (Vitamin (Folate)), Water, Potato Flakes (Potatoes, Emulsifier (471), Preservative (223 **Sulphites**)), Sugar, Improvers (Pregelatinised **Wheat** Flour, **Wheat** Flour, **Wheat** Gluten, Canola Oil, **Wheat** Malt Flour, Antioxidant (300), Enzymes (**Wheat**)), Canola Oil, **Wheat** Gluten, Iodised Salt, Glaze (Water, Vegetable Protein, Canola Oil, Maltodextrin, Dextrose, Maize Starch), Yeast, Emulsifiers (472e, 471), Natural Flavours (**Sulphites**), Preservative (262), **Sesame** Seeds.
MCCRISPY CHICKEN PATTY: Chicken, Flour (**Wheat**, Rice, Corn), Water, Breadcrumb [**Wheat** Flour, Sugar, Baker's Yeast, Salt, Shortening (Non Hydrogenated Rice Bran Oil)], Vegetable Oil (Canola, Sunflower), Starch (Potato, Corn), Salt, Vegetable Powders (Garlic, Onion, Mushroom Extract), Natural Flavouring, **Wheat** Gluten, Food Acid (330), Spice & Spice Extracts (Black Pepper, White Pepper, Chilli, Capsicum), Sugar, Herbs & Herb Extract (Lovage Leaf, Sage, Rosemary), Raising Agent (500ii), Stabiliser (415).
MCCRISPY SAUCE: Water, Vegetable Oil, Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442), Sugar, Salt, Dijon Mustard [Acidity Regulators (330, 334)], Vegetable Gum (415), Yeast Extract, Emulsifier (435), Preservative (202), Food Acid (270), Antioxidant (385), Spice Extract.
SHREDDED LETTUCE: Iceburg Lettuce.

Contains: Gluten, Wheat, Egg, Sulphites, Sesame.
POTATO BUN is made on equipment that also produces products containing Milk.
MCCRISPY 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.

	McCrispy Burger		Double McCrispy Burger	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1860	814	3000	814
Energy (Cal)	445	195	717	195
Protein (g)	24.0	10.5	41.6	11.3
Fat, total (g)	13.3	5.8	24.6	6.7
Saturated Fat (g)	1.8	0.8	3.1	0.8
Carbohydrate (g)	56.4	24.6	81.2	22.0
Sugars (g)	5.2	2.3	6.4	1.7
Sodium (mg)	1080	472	1880	510

McCrispy Bacon Burger

POTATO BUN: **Wheat** Flour (Vitamin (Folate)), Water, Potato Flakes (Potatoes, Emulsifier (471), Preservative (223 **Sulphites**)), Sugar, Improvers (Pregelatinised **Wheat** Flour, **Wheat** Flour, **Wheat** Gluten, Canola Oil, **Wheat** Malt Flour, Antioxidant (300), Enzymes (**Wheat**)), Canola Oil, **Wheat** Gluten, Iodised Salt, Glaze (Water, Vegetable Protein, Canola Oil, Maltodextrin, Dextrose, Maize Starch), Yeast, Emulsifiers (472e, 471), Natural Flavours (**Sulphites**), Preservative (262), **Sesame** Seeds.
MCCRISPY CHICKEN PATTY: Chicken, Flour (**Wheat**, Rice, Corn), Water, Breadcrumb [**Wheat** Flour, Sugar, Baker's Yeast, Salt, Shortening (Non Hydrogenated Rice Bran Oil)], Vegetable Oil (Canola, Sunflower), Starch (Potato, Corn), Salt, Vegetable Powders (Garlic, Onion, Mushroom Extract), Natural Flavouring, **Wheat** Gluten, Food Acid (330), Spice & Spice Extracts (Black Pepper, White Pepper, Chilli, Capsicum), Sugar, Herbs & Herb Extract (Lovage Leaf, Sage, Rosemary), Raising Agent (500ii), Stabiliser (415).
WHITE CHEDDAR CHEESE: Cheese (**Milk**, Salt, Culture, Microbial And Animal Rennet), Water, **Milk** Solids (**Milk**), Emulsifiers (331 (iii) Sodium Citrate, 332 (Ii) Potassium Citrate, 322 (I) **Soy** Lecithin), Non-Fat **Milk** Solids (**Milk**), Acidity Regulators (330 Citric Acid), Salt, Preservative (200 Sorbic Acid).
BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.
MCCRISPY SAUCE: Water, Vegetable Oil, Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442), Sugar, Salt, Dijon Mustard [Acidity Regulators (330, 334)], Vegetable Gum (415), Yeast Extract, Emulsifier (435), Preservative (202), Food Acid (270), Antioxidant (385), Spice Extract.
SHREDDED LETTUCE: Iceburg Lettuce.
TOMATO: Tomato.

Contains: Gluten, Wheat, Milk, Egg, Soy, Sulphites, Sesame.
POTATO BUN is made on equipment that also produces products containing Milk.
BACON may be cooked on the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.
MCCRISPY 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.

	McCrispy Bacon Burger	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2310	789
Energy (Cal)	552	189
Protein (g)	33.8	12
Fat, total (g)	20.1	6.9
Saturated Fat (g)	5.6	1.9
Carbohydrate (g)	58.0	19.8
Sugars (g)	6.3	2.2
Sodium (mg)	1670	571

CHICKEN AND FISH

McSpicy Burger

SPICY THIGH FILLET: Chicken, Water, Flour (**Wheat**), Vegetable Oil (Canola), Thickeners (1412, 1442), Salt, Yeast Extract, Natural Flavours, Spices And Spice Extracts (Rosemary), Vegetable Powder, Emulsifier (450, 322), Raising Agent (500), Antioxidant (392), Natural Colour (160c), Mineral Salt (450), Anti-Caking Agent (551), **Wheat Gluten**, Hydrolysed Vegetable Protein, Rice Starch, Maltodextrin, Citrus Extract.
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).
SHREDDED LETTUCE: Shredded Iceberg 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)	2450	1140
Energy (Cal)	586	272
Protein (g)	30.6	14.2
Fat, total (g)	25.4	11.8
Saturated Fat (g)	3.8	1.7
Carbohydrate (g)	57.1	26.5
Sugars (g)	4.5	2.1
Sodium (mg)	1520	706

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: Water, Vegetable Oil [Antioxidant (307b)], Dill Relish [Gherkin, Water, Vinegar, Acidity Regulator (260), Salt, Capers, Thickener (415), Firming Agent (509), Flavouring, Preservative (202)], Vinegar, **Egg** Yolk, Thickeners (1442, 415), Glucose Syrup, Sugar, Dehydrated Vegetable, Salt, Onion, Emulsifier (435, 433), Spice, Mustard Flour, Preservative (202), Flavouring, Herb.
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)	1450	1030	2270	984
Energy (Cal)	346	247	543	235
Protein (g)	16.1	11.5	26.9	11.6
Fat, total (g)	14.5	10.3	26.8	11.6
Saturated Fat (g)	2.5	1.8	4.7	2.0
Carbohydrate (g)	35.6	25.4	45.6	19.7
Sugars (g)	4.1	2.9	5.1	2.2
Sodium (mg)	653	465	1050	455

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: Shredded 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).
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)	1490	797
Energy (Cal)	357	190
Protein (g)	12.5	6.7
Fat, total (g)	17.2	9.2
Saturated Fat (g)	5.8	3.1
Carbohydrate (g)	36.4	19.4
Sugars (g)	5.6	3.0
Sodium (mg)	645	344

WRAPS

Wholemeal McCrispy 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).
OR:
MCCRISPY CHICKEN PATTY: Chicken, Flour (**Wheat**, Rice, Corn), Water, Breadcrumb [**Wheat** Flour, Sugar, Baker's Yeast, Salt, Shortening (Non Hydrogenated Rice Bran Oil)], Vegetable Oil (Canola, Sunflower), Starch (Potato, Corn), Salt, Vegetable Powders (Garlic, Onion, Mushroom Extract), Natural Flavouring, Wheat **Gluten**, Food Acid (330), Spice & Spice Extracts (Black Pepper, White Pepper, Chilli, Capsicum), Sugar, Herbs & Herb Extract (Lovage Leaf, Sage, Rosemary), Raising Agent (500ii), Stabiliser (415).
WHOLEMEAL TORTILLA: Fortified Wholemeal **Wheat** Flour (Wholemeal **Wheat** Flour, Vitamin (Folic Acid)), Water, **Wheat** Flour (White), Vegetable Oil (Antioxidant (307b), Food Acid (330), Antifoam (900a), Yeast, Sugar, Iodised Salt, **Wheat Gluten**, Cultured **Wheat**, Mono & Di-Glycerides (Emulsifier (471), Antioxidants (307, 304, 330), Acidity Regulator (297), Enzymes (Contains **Wheat**).
OR:
Fortified **Wheat** Flour (Wheat Flour, Vitamin (Folic Acid)), Water, Wholemeal Concentrate (**Wheat** Bran), Canola Oil (Citric Acid), Dietary **Wheat** Fibre, Raising Agents ((450, 501), Free Flow Agent (170), Maize Starch)), Improver (Salt, **Wheat** Enzyme, Flour Treatment Agent (Ascorbic Acid), Inactive Dry Yeast, **Wheat Gluten**, White Vinegar, Cultured **Wheat** Flour, Malt Flour (Enzyme (Contains **Wheat**)), Enzymes (**Wheat**), Dough Relaxer (920).
SHREDDED LETTUCE: Shredded 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.
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 McCrispy 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

WRAPS

Wholemeal Grilled Chicken Snack Wrap®

GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Vegetable Powders (Garlic, Onion), Fruit Powder (Lemon Juice Concentrate, Maltodextrin, Anti Caking Agent (551), Flavours), Flavourings, Herbs (Parsley, Thyme), Sugar, Vinegar Powder, Anti Caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola).
WHOLEMEAL TORTILLA: Fortified Wholemeal **Wheat** Flour (Wholemeal **Wheat** Flour, Vitamin (Folic Acid)), Water, **Wheat** Flour (White), Vegetable Oil (Antioxidant (307b), Food Acid (330), Antifoam (900a), Yeast, Sugar, Iodised Salt, **Wheat Gluten**, Cultured **Wheat**, Mono & Di-Glycerides (Emulsifier (471), Antioxidants (307, 304, 330), Acidity Regulator (297), Enzymes (Contains **Wheat**).
OR:
Fortified **Wheat** Flour (**Wheat** Flour, Vitamin (Folic Acid)), Water, Wholemeal Concentrate (**Wheat** Bran), Canola Oil (Citric Acid), Dietary **Wheat** Fibre, Raising Agents ((450, 501), Free Flow Agent (170), Maize Starch)), Improver (Salt, **Wheat** Enzyme, Flour Treatment Agent (Ascorbic Acid), Inactive Dry Yeast, **Wheat Gluten**, White Vinegar, Cultured **Wheat** Flour, Malt Flour (Enzyme (Contains **Wheat**)), Enzymes (**Wheat**), Dough Relaxer (920).
SHREDDED LETTUCE: Shredded 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).
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)	883	845
Energy (Cal)	211	202
Protein (g)	14.4	13.8
Fat, total (g)	7.8	7.4
Saturated Fat (g)	2.1	2.0
Carbohydrate (g)	19.3	18.5
Sugars (g)	6.1	5.8
Sodium (mg)	430	412

WRAPS

Grilled Chicken 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), Flavours), Flavourings, Herbs (Parsley, Thyme), Sugar, Vinegar Powder, Anti Caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola).
WHOLEMEAL TORTILLA: Wholemeal **Wheat** Flour (Wholemeal **Wheat** Flour, Vitamin (Folic Acid)), Water, **Wheat** Flour (White), Vegetable Oil (Antioxidant (307b), Food Acid (330), Antifoam (900a), Yeast, Sugar, Iodised Salt, **Wheat Gluten**, Cultured **Wheat**, Mono & Di-Glycerides (Emulsifier (471), Antioxidants (307, 304, 330), Acidity Regulator (297), Enzymes (Contains **Wheat**).
OR:
Fortified **Wheat** Flour (**Wheat** Flour, Vitamin (Folic Acid)), Water, Wholemeal Concentrate (**Wheat** Bran), Canola Oil (Citric Acid), Dietary **Wheat** Fibre, Raising Agents ((450, 501), Free Flow Agent (170), Maize Starch)), Improver (Salt, **Wheat** Enzyme, Flour Treatment Agent (Ascorbic Acid), Inactive Dry Yeast, **Wheat** Gluten, White Vinegar, Cultured **Wheat** Flour, Malt Flour (Enzyme (Contains **Wheat**)), Enzymes (**Wheat**), Dough Relaxer (920).
MCCRISPY SAUCE: Water, Vegetable Oil, Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442), Sugar, Salt, Dijon Mustard [Acidity Regulators (330, 334)], Vegetable Gum (415), Yeast Extract, Emulsifier (435), Preservative (202), Food Acid (270), Antioxidant (385), Spice Extract.
TOMATO: Tomato.
LETTUCE: Shredded 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 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

Crispy Chicken McWrap®

WHOLEMEAL TORTILLA: Wholemeal **Wheat** Flour (Wholemeal **Wheat** Flour, Vitamin (Folic Acid)), Water, **Wheat** Flour (White), Vegetable Oil (Antioxidant (307b), Food Acid (330), Antifoam (900a), Yeast, Sugar, Iodised Salt, **Wheat** Gluten, Cultured **Wheat**, Mono & Di-Glycerides (Emulsifier (471), Antioxidants (307, 304, 330), Acidity Regulator (297), Enzymes (Contains **Wheat**).
OR:
Fortified **Wheat** Flour (Wheat Flour, Vitamin (Folic Acid)), Water, Wholemeal Concentrate (Wheat Bran), Canola Oil (Citric Acid), Dietary **Wheat** Fibre, Raising Agents ((450, 501), Free Flow Agent (170), Maize Starch)), Improver (Salt, **Wheat** Enzyme, Flour Treatment Agent (Ascorbic Acid), Inactive Dry Yeast, **Wheat** Gluten, White Vinegar, Cultured **Wheat** Flour, Malt Flour (Enzyme (Contains **Wheat**)), Enzymes (**Wheat**), Dough Relaxer (920).
MCCRISPY CHICKEN PATTY: Chicken, Flour (**Wheat**, Rice, Corn), Water, Breadcrumb [**Wheat** Flour, Sugar, Baker's Yeast, Salt, Shortening (Non Hydrogenated Rice Bran Oil)], Vegetable Oil (Canola, Sunflower), Starch (Potato, Corn), Salt, Vegetable Powders (Garlic, Onion, Mushroom Extract), Natural Flavouring, **Wheat** Gluten, Food Acid (330), Spice & Spice Extracts (Black Pepper, White Pepper, Chilli, Capsicum), Sugar, Herbs & Herb Extract (Lovage Leaf, Sage, Rosemary), Raising Agent (500ii), Stabiliser (415).
MCCRISPY SAUCE: Water, Vegetable Oil, Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442), Sugar, Salt, Dijon Mustard [Acidity Regulators (330, 334)], Vegetable Gum (415), Yeast Extract, Emulsifier (435), Preservative (202), Food Acid (270), Antioxidant (385), Spice Extract.
SHREDDED LETTUCE: Shredded Iceburg Lettuce.
TOMATO: Tomato.

Contains: Gluten, Wheat, Egg.
MCCRISPY 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
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 McWrap®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2070	732
Energy (Cal)	495	175
Protein (g)	25.2	8.9
Fat, total (g)	16.9	6
Saturated Fat (g)	4.1	1.4
Carbohydrate (g)	56.9	20.2
Sugars (g)	11.8	4.2
Sodium (mg)	1100	390

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: Shredded Iceberg Lettuce.
TOMATO: Tomato.
ONION: Onion.

Garden Salad	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	59	74
Energy (Cal)	14	18
Protein (g)	0.7	0.9
Fat, total (g)	0.1	0.1
Saturated Fat (g)	0.1	0.1
Carbohydrate (g)	2.0	2.6
Sugars (g)	1.6	2.0
Sodium (mg)	3.0	2.7

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

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

Mayonnaise

MAYONNAISE SACHET: Soybean Oil (Antioxidant [330], **Egg** Yolks, Water, Distilled Vinegar, Salt, Sugar, Spice, Lemon Juice Concentrate, Antioxidant (385).

Contains Egg.

	Mayonnaise	
	Avg Qty / Serve	Avg Qty / 100g
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.
OR
Wheat Flour (Vitamins (Thiamin, Folate)), Water, Yeast, Ground Maize, **Wheat Gluten**, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), **Soy** Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), **Wheat** Malt Flour, Enzyme (1100) (Contains **Wheat**)), Raising Agent (341).
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.

	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.
OR
Wheat Flour (Vitamins (Thiamin, Folate)), Water, Yeast, Ground Maize, **Wheat Gluten**, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), **Soy** Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), **Wheat** Malt Flour, Enzyme (1100) (Contains **Wheat**)), Raising Agent (341).
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.

	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.
OR
Wheat Flour (Vitamins (Thiamin, Folate)), Water, Yeast, Ground Maize, **Wheat Gluten**, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), **Soy** Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), **Wheat** Malt Flour, Enzyme (1100) (Contains **Wheat**)), Raising Agent (341).
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

BREAKFAST

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.
OR
Wheat Flour (Vitamins (Thiamin, Folate)), Water, Yeast, Ground Maize, **Wheat Gluten**, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), **Soy** Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), **Wheat** Malt Flour, Enzyme (1100) (Contains **Wheat**)), Raising Agent (341).
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).
CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, Milk Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).
OIL: Canola Oil, Emulsifier (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

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

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

Chicken & Bacon McMuffin®

MCCHICKEN PATTY: Chicken, Water, Flour (**Wheat**, Maize), Vegetable Oils (Canola, Palmolein, Maize (Antioxidant 307b)), Maize Starch, Salt, **Soy** Protein, Spices & Spice Extracts (Pepper, Chilli, Nutmeg, Paprika, Turmeric, Sage, Celery, Capsicum), Dehydrated Vegetables (Garlic, Onion), Raising Agents (541, 500), Maltodextrin, Herbs (Marjoram, Sage, Thyme, Rosemary), Emulsifiers (433, 481), Thickener (1420), **Wheat Gluten**, Vegetable Powder (Garlic), Anti- Caking Agent (551), Mineral Salts (451, 450).
ENGLISH MUFFIN: **Wheat** Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Ground Maize, Sugar, Canola Oil, **Wheat** Gluten, Maize Flour, Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains **Wheat**)), Preservatives (262, 202,263), Inactive Dry Yeast.
OR
Wheat Flour (Vitamins (Thiamin, Folate)), Water, Yeast, Ground Maize, **Wheat Gluten**, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), **Soy** Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), **Wheat** Malt Flour, Enzyme (1100) (Contains **Wheat**)), Raising Agent (341).
CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).
BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.
MCCHICKEN SAUCE: Water, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).
SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

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

	Chicken & Bacon McMuffin®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1830	1080
Energy (Cal)	437	258
Protein (g)	24.2	14.3
Fat, total (g)	20.1	11.9
Saturated Fat (g)	5.6	3.3
Carbohydrate (g)	37.4	22.1
Sugars (g)	3.4	2.0
Sodium (mg)	1370	808

Big Brekkie Beef Burger

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, Peppercream 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

BREAKFAST

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.
OR
Wheat Flour (Vitamins (Thiamin, Folate)), Water, Yeast, Ground Maize, **Wheat Gluten**, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Emulsifier (472e, 471), Acidity Regulator (262, 297), Improver (Emulsifier (481), **Soy** Flour, Mineral Salt (170), Acidity Regulator (516), Antioxidant (300), **Wheat** Malt Flour, Enzyme (1100) (Contains **Wheat**)), Raising Agent (341).
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 (471,481), **Egg** Powder, Preservative (282), Iodised Salt, 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)	95.7	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, Peppercream 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

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.
SPRAY 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

Change Tracker:

Date	Document Number/Revision Number	Document Title	Issued	Upload Date	Description
8/10/2025	42	NZ Core Food Menu_October 2025	8/10/2025	8/10/2025	Update: Remove Aioli Wrap, Aioli dipping sauce, Crispy Chicken Bacon Deluxe, Crispy Chicken Almighty, Grilled Chicken Almighty.
2/09/2025	41	NZ Core Food Menu_September 2025	2/09/2025	3/09/2025	Update: Hotcake formulation
27/06/2025	40	NZ Core Food Menu_June 2025	27/06/2025	27/06/2025	Added secondary McMuffin ingredient listing
28/05/2025	39	NZ Core Food Menu_May 2025	28/05/2025	28/05/2025	Remove: single leaf lettuce
13/05/2025	38	NZ Core Food Menu_May 2025	13/05/2025	14/05/2025	Added McCrispy builds; updated builds with single leaf lettuce;
15/04/2025	37	NZ Core Food Menu_April 2025	15/04/2025	15/04/2025	Updated Calorie information_Chicken & Bacon McMuffin®
20/01/2025	36	NZ Core Food Menu_January 2025	20/01/2025	20/01/2025	Updated allergen information for chicken McBites
18/12/2024	35	NZ Core Food Menu_December 2024	18/12/2024	28/11/2024	Updated ingredient list for McSpicy, McChicken, McBites
1/11/2024	34	NZ Core Food Menu_November 2024	1/11/2024	1/11/2024	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
5/03/2024	31	NZ Core Food Menu_March 2023	6/03/2024	6/03/2024	Updated Chicken McNugget ingredient declation
9/02/2024	30	NZ Core Food Menu_February 2024	20/02/2024	20/02/2024	Updated allergen information for PEAL legislative requirements