



McDonald's New Zealand Main Menu Allergen - Ingredients - Nutrition Information

Core & Beverage Menu

Information is correct as at 5th April 2019.

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

This guide is for our standard or core menu items. For information regarding short-time menu items, please either ask a manager in our restaurants or contact our Customer Service Department either via our website <http://mcdonalds.co.nz/contactus> or on 0800 539 4303.

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

Food Sensitivities and Preferences

Please refer to our Allergen Information for specific allergen details. This information is available on our website www.mcdonalds.co.nz

Select items sold in McCafe are sold as gluten free. They are produced under allergen control conditions and are specifically handled to prevent cross contamination. No other food items are sold as allergen free.

As we operate working kitchens please be aware that there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of items in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food sold is free from traces of allergens.

No food items are certified as vegetarian. Whilst some ingredients may not contain animal ingredients, we cannot guarantee that there will be no cross contact with ingredients that do contain animal ingredients in our kitchens.

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

Ingredient Information

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

www.mcdonalds.co.nz

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

BEEF

Big Mac

BIG MAC BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, **Sesame Seeds**, Potato Starch, Glaze, Iodised Salt, **Wheat Gluten**, Yeast, Sourdough Fermented **Wheat** Flour, Natural Flavours, Preservative (262), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes

BEEF: Beef

LETTUCE: Iceberg Lettuce

BIG MAC SAUCE: **Soybean** Oil (Antioxidant [330]), Water, Relish [Pickles, Sugar, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Thickener (415), Preservative (202), Spice Extract, Emulsifier (433)], Mustard [Water, Vinegar, Mustard Seed, Salt, Sugar, Colours (100, 150d), Spice], Salted **Egg** Yolks, (Egg Yolks, Salt), Distilled Vinegar, Onion, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hydrolysed Proteins (Corn, Gluten, Wheat and Soy), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).

CHEESE SLICE: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Rennet)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), **Soy** Lecithin, Colours (160b, 160c), Preservative (200).

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

ONION: Water, Dehydrated White Onion

BEEF PATTY SEASONING: Salt, Pepper.

Contains gluten, egg, milk, soy & sesame seeds.

BIG MAC Buns are produced on equipment that also produces products containing soy.

Beef patty may be cooked on the same grill as egg.

Buns made on equipment used to make products containing milk and soy.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2380	1040
Energy (Cal)	568	248
Protein (g)	27.2	11.9
Fat, total (g)	32.0	14.0
Saturated Fat (g)	11.7	5.1
Carbohydrate (g)	41.0	17.9
Sugars (g)	6.8	3.0
Sodium (mg)	1050	456

Mega Mac

BIG MAC BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds, Potato Starch, Glaze, Iodised Salt, **Wheat Gluten**, Yeast, Sourdough Fermented **Wheat** Flour, Natural Flavours, Preservative (262), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes

BEEF: Beef

LETTUCE: Iceberg Lettuce

BIG MAC SAUCE: **Soybean** Oil (Antioxidant [330]), Water, Relish [Pickles, Sugar, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Thickener (415), Preservative (202), Spice Extract, Emulsifier (433)], Mustard [Water, Vinegar, Mustard Seed, Salt, Sugar, Colours (100, 150d), Spice], Salted **Egg** Yolks, (Egg Yolks, Salt), Distilled Vinegar, Onion, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hydrolysed Proteins (Corn, Gluten, Wheat and Soy), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).

CHEESE SLICE: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Rennet)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), **Soy** Lecithin, Colours (160b, 160c), Preservative (200).

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

ONION: Water, Dehydrated White Onion

BEEF PATTY SEASONING: Salt, Pepper.

Contains gluten, egg, milk, soy & sesame seeds.

BIG MAC Buns are produced on equipment that also produces products containing soy.

Beef patty may be cooked on the same grill as egg.

Buns made on equipment used to make products containing milk and soy.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3250	1070
Energy (Cal)	776	255
Protein (g)	43.0	14.2
Fat, total (g)	47.1	15.5
Saturated Fat (g)	18.7	6.1
Carbohydrate (g)	42.8	14.1
Sugars (g)	7.3	2.4
Sodium (mg)	1390	458

Cheeseburger, Double Cheeseburger and Triple Cheeseburger

REGULAR BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes.

BEEF: Beef

CHEESE SLICE: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Rennet)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), **Soy** Lecithin, Colours (160b, 160c), Preservative (200).

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavours (**Soy**).

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

ONION: Water, Dehydrated White Onion.

MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.

BEEF PATTY SEASONING: Salt, Pepper.

Contains gluten, milk & soy.

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

Buns made on equipment that makes products containing sesame seed, soy and milk.

Beef patty may be cooked on the same grill as egg.

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

	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	1090	1920	1110	2550	1140
Energy (Cal)	305	261	458	266	610	272
Protein (g)	16.4	14.0	27.3	15.8	38.2	17.0
Fat, total (g)	13.8	11.8	25.4	14.7	36.9	16.5
Saturated Fat (g)	6.6	5.7	12.8	7.4	19.0	8.5
Carbohydrate (g)	27.7	23.6	28.9	16.8	30.1	13.4
Sugars (g)	5.3	4.5	5.8	3.3	6.2	2.8
Sodium (mg)	691	590	1060	617	1410	628

Deluxe Cheeseburger												Avg Qty / Serve	Avg Qty / 100g	
REGULAR BUN: Wheat Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, Yeast, Wheat Gluten , Preservative (262), Emulsifiers (472e, 471), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes).												Energy (kJ)	1430	1050
BEEF: Beef												Energy (Cal)	342	250
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).												Protein (g)	16.7	12.2
LETTUCE: Iceberg Lettuce												Fat, total (g)	17.5	12.8
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).												Saturated Fat (g)	7.2	5.3
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavours (Soy).												Carbohydrate (g)	28.6	20.8
ONION: Water, Dehydrated White Onion.												Sugars (g)	5.6	4.1
MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.												Sodium (mg)	723	528
<i>Contains gluten, egg, milk and soy.</i>														
<i>REGULAR BUNS are produced on equipment that also produces products containing sesame seeds and soy.</i>														
<i>Buns are made on equipment that also produces products containing sesame seed, soy and milk</i>														
<i>Beef patty may be cooked on the same grill as egg.</i>														
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours		
Y	Y	Y	Y				Y			Y	Y	Y		

The Boss												Avg Qty / Serve	Avg Qty / 100g	
QUARTER BUN: Wheat Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds, Glaze, Iodised Salt, Natural Flavour, Yeast, Wheat Gluten , Preservative (262), Emulsifiers (471, 472e), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes), Thickener (412), Dough Conditioner (Mineral Salt (516), Wheat Flour, Antioxidant (300)).												Energy (kJ)	3500	1040
BEEF PATTIES: Beef.												Energy (Cal)	837	249
LETTUCE: Iceberg Lettuce												Protein (g)	53.5	15.9
TOMATO SLICE: Tomatoes.												Fat, total (g)	52.2	15.5
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).												Saturated Fat (g)	23.6	7.0
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavours (Soy).												Carbohydrate (g)	37.6	11.2
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).												Sugars (g)	8.5	2.5
SWISS CHEESE: Milk , Salt, Cultures, Enzyme (Rennet), Natural Preservative (235).												Sodium (mg)	1150	342
ONION: Onions														
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Flavouring.														
BEEF PATTY SEASONING: Salt, Pepper														
<i>Contains gluten, egg, milk, soy and sesame seeds.</i>														
<i>QUARTER BUNS are produced on equipment that also produces products containing milk & soy.</i>														
<i>Beef patty may be cooked on the same grill as egg.</i>														
<i>Buns made on equipment used to make products containing milk & soy.</i>														
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours		
Y	Y	Y	Y				Y			Y	Y	Y		

Kiwi Burger												Avg Qty / Serve	Avg Qty / 100g	
QUARTER BUN: Wheat Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds, Glaze, Iodised Salt, Natural Flavour, Yeast, Wheat Gluten , Preservative (262), Emulsifiers (471, 472e), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes), Thickener (412), Dough Conditioner (Mineral Salt (516), Wheat Flour, Antioxidant (300)).												Energy (kJ)	2500	851
BEEF PATTIES: Beef.												Energy (Cal)	597	203
EGG: Fresh Shelled Egg												Protein (g)	36.8	12.5
LETTUCE: Iceberg Lettuce												Fat, total (g)	32.2	11.0
TOMATO SLICE: Tomatoes.												Saturated Fat (g)	13.5	4.6
BETROOT: Beetroot, Water, Sugar, Salt, Acidity Regulator (260)												Carbohydrate (g)	38.8	13.2
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavours (Soy).												Sugars (g)	9.8	3.3
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).												Sodium (mg)	935	319
ONION: Red Onion														
OIL: Canola Oil, Emulsifier (322 - Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (330)														
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavouring.														
<i>Contains gluten, egg, milk, soy and sesame seeds.</i>														
<i>QUARTER BUNS are produced on equipment that also produces products containing milk & soy.</i>														
<i>Beef patty may be cooked on the same grill as egg.</i>														
<i>Buns made on equipment used to make products containing milk & soy.</i>														
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours		
Y	Y	Y	Y				Y			Y	Y	Y		

Almighty Angus 1/2lb											Avg Qty / Serve	Avg Qty / 100g											
CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Canola Oil, Yeast, Sesame Seeds , Iodised Salt, Wheat Gluten , Chilli Flakes, Preservative (262), Emulsifier (471, 481), Dough Improver (Mineral Salts (516, 170), Wheat Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Acidity Regulator (300)), Chives, Malt Barley Flour, Enzyme (1100).											Energy (kJ)	4200	1240										
BEEF PATTIES: Angus Beef											Energy (Cal)	1010	296										
TOMATO ONION RELISH: Sugar, Diced Onion, Water, Tomato Paste [Antioxidant (330)], Tomato [Tomato, Salt, Food Acid (330), Firming Agent (509)], Diced Capsicum, Thickener (1422), Salt, Food Acids (260, 330), Mustard Seeds, Vegetable Gum (415, 412), Spices, Preservatives (202, 211).											Protein (g)	58.6	17.2										
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulators (260, 330), Soy Lecithin), Colours (160b, 160c), Preservative (200)											Fat, total (g)	62.6	18.4										
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250).											Saturated Fat (g)	27.9	8.2										
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).											Carbohydrate (g)	50.5	14.8										
RED ONION RINGS: Red Onions											Sugars (g)	12.3	3.6										
BEEF PATTY SEASONING: Salt, Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavours (Milk), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract											Sodium (mg)	1430	420										
<i>Contains gluten, egg, milk, soy & sesame seeds. Traces of sulphites.</i>																							
<i>Beef patty may be cooked on the same grill as egg.</i>																							
<i>Buns made on equipment used to make products containing milk & soy.</i>																							
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
											Y	Y	Y	Y				Y	Y		Y	Y	Y
Serious Angus											Avg Qty / Serve	Avg Qty / 100g											
CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Canola Oil, Yeast, Sesame Seeds , Iodised Salt, Wheat Gluten , Chilli Flakes, Preservative (262), Emulsifier (471, 481), Dough Improver (Mineral Salts (516, 170), Wheat Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Acidity Regulator (300)), Chives, Malt Barley Flour, Enzyme (1100).											Energy (kJ)	2980	1080										
BEEF PATTY: Angus Beef.											Energy (Cal)	714	258										
TOMATO: Tomato.											Protein (g)	39.4	14.2										
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulators (260, 330), Soy Lecithin), Colours (160b, 160c), Preservative (200).											Fat, total (g)	42.0	15.2										
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250).											Saturated Fat (g)	18.2	6.6										
WHOLE LEAF LETTUCE: Lettuce.											Carbohydrate (g)	43.1	15.5										
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).											Sugars (g)	6.0	2.2										
RED ONION RINGS: Red Onions											Sodium (mg)	1310	474										
PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).																							
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Flavouring																							
BEEF PATTY SEASONING: Salt, Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavours (Milk), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract																							
<i>Contains gluten, egg, milk, soy & sesame seeds.</i>																							
<i>Beef patty may be cooked on the same grill as egg.</i>																							
<i>Buns made on equipment used to make products containing milk & soy.</i>																							
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
											Y	Y	Y	Y				Y	Y		Y	Y	Y
Hamburger											Avg Qty / Serve	Avg Qty / 100g											
REGULAR BUN: Wheat Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, Yeast, Wheat Gluten , Preservative (262), Emulsifiers (472e, 471), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes).											Energy (kJ)	1080	1050										
BEEF PATTY: Beef.											Energy (Cal)	257	250										
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavours (Soy).											Protein (g)	13.1	13.5										
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavours (Soy).											Fat, total (g)	9.9	9.6										
ONION: Water, Dehydrated White Onion											Saturated Fat (g)	3.9	3.8										
MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.											Carbohydrate (g)	27.4	26.6										
BEEF PATTY SEASONING: Salt, Pepper											Sugars (g)	5.0	4.8										
<i>Contains gluten and soy.</i>											Sodium (mg)	521	506										
<i>REGULAR BUNS are produced on equipment that also produces products containing sesame seeds and soy.</i>																							
<i>Buns are made on equipment that also produces products containing sesame seed, soy and milk.</i>																							
<i>Beef patty may be cooked on the same grill as egg.</i>																							
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
											Y	T	T	Y				Y			Y	Y	Y

The Big Cheese

BRIOCHE STYLE BUN: Wheat Flour, Water, Sugar, Glaze (Water, Vegetable Proteins, Vegetable Oil, Dextrose, Maltodextrins, Maize Starch), Yeast, **Wheat Gluten**, Dextrose, Vegetable Oil, Iodised Salt, Flavours, Emulsifiers (471, 481), Improver (Mineral Salt (170), Emulsifiers (472e, 481), Enzymes, Mineral Salt (516), Antioxidant (300)), Preservative (262ii), Colour (160a).

BEEF PATTY: Angus Beef

SWISS CHEESE: Milk, Salt, Cultures, Enzyme (Non-animal Rennet), Preservative (235).

CHEDDAR CHEESE: Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)

GRILLED CARAMELISED ONIONS: Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelised Sugar, Onion Powder, Maltodextrin, Flavours, Spice.

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

CHEESE: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Rennet)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), **Soy** Lecithin, Colours (160b, 160c), Preservative (200).

CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250)

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

MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Flavouring.

BEEF PATTY SEASONING: Salt, Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavours (**Milk**), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	4430	1200
Energy (Cal)	1060	287
Protein (g)	65.2	17.6
Fat, total (g)	68.5	18.5
Saturated Fat (g)	33.4	9.0
Carbohydrate (g)	45.1	12.2
Sugars (g)	15.4	4.2
Sodium (mg)	1540	417

Contain gluten, milk & soy. Traces of sulphites

BEEF PATTY may be cooked on the same equipment as eggs.

Buns made on equipment used to make products containing sesame seed, soy and milk.

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

Quarter Pounder and Double Quarter Pounder

QUARTER BUN: Wheat Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds, Glaze, Iodised Salt, Natural Flavour, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (471, 472e), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes), Thickener (412), Dough Conditioner (Mineral Salt (516), **Wheat** Flour, Antioxidant (300)).

BEEF PATTY: Beef

CHEESE SLICE: Cheese [**Milk**, Salt, Starter Cultures, Enzyme (Animal or Microbial Rennet)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), **Soy** Lecithin, Colours (160b, 160c), Preservative (200).

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavours (**Soy**)

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

ONION: Sliced Onion

MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.

BEEF PATTY SEASONING: Salt, Pepper

Contains gluten, soy, milk and sesame seeds

QUARTER BUNS are produced on equipment that also produces products containing milk & soy.

Beef patty may be cooked on the same grill as eggs.

Buns made on equipment used to make products containing milk & soy.

	Quarter Pounder		Double Quarter Pounder	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2220	1110	3400	1160
Energy (Cal)	530	265	812	278
Protein (g)	31.7	15.8	53.5	18.3
Fat, total (g)	28.6	14.3	50.1	17.2
Saturated Fat (g)	14.0	7.0	24.7	8.5
Carbohydrate (g)	35.6	17.8	36.3	12.4
Sugars (g)	7.5	3.8	7.9	2.7
Sodium (mg)	1040	517	1420	488

	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Quarter Pounder	Y	T	Y	Y				Y			Y	Y	Y
Double Quarter Pounder	Y	T	Y	Y				Y			Y	Y	Y

Georgie Pie

STEAK MINCE & CHEESE PIE: Water, **Wheat** Flour, Beef, Margarine [Animal & Vegetable Fat / Oil, Water, Salt, Emulsifiers (**Soy** Lecithin, 471), Antioxidant (320), Flavour, Acidity Regulator (330), Colour (160a)], Cheese [**Milk**, Salt, Thickener (1422), Stabilisers (415, 466), Emulsifying Salts (331,451), Rennet, Culture, Acidity Regulator (330)], Thickener (1422), **Milk** Solids, Seasoning [Flavour Enhancers (627,631)], Salt, Tomato Puree, Dried Onion, Colour (102,124,150c), Emulsifier (472e).

Contains gluten, milk and soy.

Product manufactured on a line that produces products containing egg.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2370	1230
Energy (Cal)	569	297
Protein (g)	14.8	7.7
Fat, total (g)	37.1	19.3
Saturated Fat (g)	21.1	11.0
Carbohydrate (g)	42.0	21.9
Sugars (g)	4.0	2.1
Sodium (mg)	931	485

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

CHICKEN AND FISH

Chicken McNuggets

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

Contains gluten.

McNuggets are cooked in vegetable oil blend and may be cooked in the same vat as products containing milk, egg and soy.

	3 Pack			6 Pack			10 Pack						
	Avg Qty /Serve	Avg Qty /100g		Avg Qty /Serve	Avg Qty /100g		Avg Qty /Serve	Avg Qty /100g					
Energy (kJ)	511	1140		1020	1140		1700	1140					
Energy (Cal)	122	272		245	272		408	272					
Protein (g)	7.0	15.5		14.0	15.5		23.3	15.5					
Fat, total (g)	7.5	16.6		14.9	16.6		24.9	16.6					
Saturated Fat (g)	1.2	2.6		2.3	2.6		3.9	2.6					
Carbohydrate (g)	6.7	14.9		13.4	14.9		22.4	14.9					
Sugars (g)	0.2	0.4		0.4	0.4		0.6	0.4					
Sodium (mg)	221	490		441	490		735	490					
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	T	T	T									

Chicken McBites (10 pack)

CHICKEN: Chicken, Water, **Wheat** Flour, Breadcrumbs Crumb (**Wheat** Flour, **Milk** Solids, Salt, Canola Oil, Raising Agents (341,500), Emulsifier (481)), Vegetable Oil (Canola), Mineral Salts (451, 452, 450, 500), Salt, Spices, Vegetable Powders (Garlic, Onion), Herbs, Yeast Extract, Flavour Enhancer (635), Flavours, Thickener (1404), Spice Extract (100)

Contains gluten & milk.

McBites are cooked in vegetable oil blend and may be cooked in the same vat as products containing egg and soy.

											Avg Qty / Serve	Avg Qty / 100g	
	Energy (kJ)											661	1050
Energy (Cal)											159	252	
Protein (g)											10.6	16.8	
Fat, total (g)											9.1	14.4	
Saturated Fat (g)											1.5	2.4	
Carbohydrate (g)											8.4	13.4	
Sugars (g)											0.5	0.8	
Sodium (mg)											454	720	
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	T	Y	T								Y	

Chick 'n' McCheese & Double Chick 'n' McCheese

REGULAR BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes.

CHICKEN PATTY: Chicken, Flour (**Wheat**), Water, Starch (Maize), Vegetable Oil (Canola, Palm, Soy, Sunflower), Salt, Mineral Salts (450, 451, 500), Colours (100, 160c), Spice & Spice Extracts (Mustard, Pepper, Celery), Emulsifiers (481, 433), Maltodextrin, Sugar, Hydrolysed Vegetable Protein (**Soy**), Dehydrated Vegetables (Garlic, Onion), Yeast & Yeast Extracts, Acidity Regulator (262), Flavour Enhancer (635), Flavour (**Wheat**, **Soy**, **Milk**), Herbs (Thyme, Marjoram, Rosemary, Basil), Enzymes.

CHEESE SLICE: Cheese (**Milk**, Salt, Starter Cultures, Enzyme (Rennet)), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), **Soy** Lecithin, Colours (160b, 160c), Preservative (200)

LETTUCE: Iceberg Lettuce.

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavours (**Soy**).

MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).

Contains gluten, milk, egg & soy.

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

Buns made on equipment that makes products containing sesame seed, soy and milk.

Chicken cooked in vegetable oil blend and may be cooked in the same vat as products containing egg.

											Chick 'n' Cheese		Double Chick 'n' Cheese	
											Avg Qty /Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)											1610	1040	2570	1100
Energy (Cal)											384	250	614	264
Protein (g)											16.0	10.4	26.3	11.3
Fat, total (g)											19.6	12.7	36.8	15.8
Saturated Fat (g)											5.5	3.6	10.6	4.5
Carbohydrate (g)											34.9	22.6	43.1	18.5
Sugars (g)											5.9	3.8	6.9	3.0
Sodium (mg)											978	635	1640	706
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
	Y	Y	Y	Y				Y			Y	Y	Y	

	Avg Qty / Serve	Avg Qty / 100g																											
Crispy Chicken Bacon Deluxe																													
CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Canola Oil, Yeast, Sesame Seeds , Iodised Salt, Wheat Gluten , Chilli Flakes, Preservative (262), Emulsifier (471, 481), Dough Improver (Mineral Salts (516, 170), Wheat Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Acidity Regulator (300)), Chives, Malt Barley Flour, Enzyme (1100).	Energy (kJ)	2940	1120																										
CRISPY CHICKEN PATTY: Chicken Water, Wheat Flour, Vegetable Oil (Canola, Palmolein), Salt, Thickener (1422), Mineral Salts (450, 451, 452), Flavour (Wheat, Barley, Soy), Starch (Rice, Potato), Spice And Spice Extracts (Pepper, Mustard, Capsicum), Gluten, Egg Powder, Yeast And Yeast Extract, Raising Agent (500), Soy Protein, Maltodextrin, Natural Colours (160c, 100), Vegetable Powder (Onion), Emulsifier (433), Dextrose, Food Acid (263), Enzyme (Amylase).	Energy (Cal)	702	267																										
TOMATO: Tomato	Protein (g)	36.0	13.7																										
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, 435) (Soy)], Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).	Fat, total (g)	37.6	14.3																										
CHEDDAR CHEESE: Milk , Salt, Cultures, Enzyme (Non-Animal Rennet).	Saturated Fat (g)	9.1	3.4																										
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250).	Carbohydrate (g)	52.9	20.1																										
WHOLE LEAF LETTUCE: Lettuce.	Sugars (g)	4.7	1.8																										
<i>Contains gluten, egg, milk, soy & sesame seeds. Traces of sulphites.</i>	Sodium (mg)	1590	607																										
<i>Buns are made on equipment that also produces products containing milk and soy.</i>	<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustaea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Lupin</th> <th>Preservative</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td>Y</td> <td>Y</td> <td>Y</td> <td>Y</td> <td></td> <td></td> <td></td> <td>Y</td> <td>Y</td> <td></td> <td>Y</td> <td>Y</td> <td>Y</td> </tr> </tbody> </table>			Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	Y	Y	Y	Y				Y	Y		Y	Y	Y
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours																	
Y	Y	Y	Y				Y	Y		Y	Y	Y																	
<i>Crispy Chicken patty is cooked in vegetable oil blend and may be cooked in the same vat as products containing milk.</i>																													
Grilled Chicken Bacon Deluxe																													
CHILLI, CHIVE AND SESAME SEED BUN: Wheat Flour, Water, Sugar, Canola Oil, Yeast, Sesame Seeds, Iodised Salt, Wheat Gluten , Chilli Flakes, Preservative (262), Emulsifier (471, 481), Dough Improver (Mineral Salts (516, 170), Wheat Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Acidity Regulator (300)), Chives, Malt Barley Flour, Enzyme (1100).	Energy (kJ)	2550	1020																										
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)	Energy (Cal)	611	243																										
TOMATO: Tomatoes	Protein (g)	39.3	15.7																										
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, 435 - Soy), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).	Fat, total (g)	30.5	12.1																										
CHEDDAR CHEESE: Milk , Salt, Cultures, Enzyme (Non-Animal Rennet).	Saturated Fat (g)	8.2	3.3																										
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate (339), Antioxidant (316), Sodium Nitrite (250)	Carbohydrate (g)	43.5	17.4																										
WHOLE LEAF LETTUCE: Lettuce	Sugars (g)	4.8	1.9																										
<i>Contain gluten, egg, milk, soy & sesame seeds. Traces of sulphites.</i>	Sodium (mg)	1380	552																										
<i>Buns are made on equipment that also produces products containing sesame seeds, milk and soy.</i>	<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustaea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Lupin</th> <th>Preservative</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td>Y</td> <td>Y</td> <td>Y</td> <td>Y</td> <td></td> <td></td> <td></td> <td>Y</td> <td>T</td> <td></td> <td>Y</td> <td>Y</td> <td>Y</td> </tr> </tbody> </table>			Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	Y	Y	Y	Y				Y	T		Y	Y	Y
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours																	
Y	Y	Y	Y				Y	T		Y	Y	Y																	
<i>Grilled Chicken may be cooked on the same equipment as eggs.</i>																													
BBQ Chicken Burger																													
REGULAR BUN: Wheat Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, Yeast, Wheat Gluten , Preservative (262), Emulsifiers (472e, 471), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes.	Energy (kJ)	1610	1150																										
CHICKEN PATTY: Chicken, Flour (Wheat), Water, Starch (Maize), Vegetable Oil (Canola, Palm, Soy , Sunflower), Salt, Mineral Salts (450, 451, 500), Colours (100, 160c), Spice & Spice Extracts (Mustard, Pepper, Celery), Emulsifiers (481, 433), Maltodextrin, Sugar, Hydrolysed Vegetable Protein (Soy), Dehydrated Vegetables (Garlic, Onion), Yeast & Yeast Extracts, Acidity Regulator (262), Flavour Enhancer (635), Flavour (Wheat, Soy, Milk), Herbs (Thyme, Marjoram, Rosemary, Basil), Enzymes.	Energy (Cal)	385	275																										
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).	Protein (g)	15.7	11.3																										
BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, Worcestershire , Colour (150c), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour.	Fat, total (g)	19.4	13.9																										
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).	Saturated Fat (g)	5.5	3.9																										
<i>Contains gluten, milk, egg, soy and fish.</i>	Carbohydrate (g)	35.6	25.5																										
<i>REGULAR BUNS are produced on equipment that also produces products containing sesame seeds, milk and soy.</i>	Sugars (g)	6.8	4.9																										
<i>Buns are made on equipment that also produces products containing sesame seeds, milk and soy.</i>	Sodium (mg)	971	695																										
<i>Chicken patty is cooked in vegetable oil blend and may be cooked in the same vat as products containing egg.</i>	<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustaea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Lupin</th> <th>Preservative</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td>Y</td> <td>Y</td> <td>Y</td> <td>Y</td> <td>Y-Fish</td> <td></td> <td></td> <td>Y</td> <td></td> <td></td> <td>Y</td> <td>Y</td> <td>Y</td> </tr> </tbody> </table>			Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	Y	Y	Y	Y	Y-Fish			Y			Y	Y	Y
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours																	
Y	Y	Y	Y	Y-Fish			Y			Y	Y	Y																	
McChicken																													
QUARTER BUN: Wheat Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds, Glaze, Iodised Salt, Natural Flavour, Yeast, Wheat Gluten , Preservative (262), Emulsifiers (471, 472e), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes), Thickener (412), Dough Conditioner (Mineral Salt (516), Wheat Flour, Antioxidant (300)).	Energy (kJ)	1730	951																										
McCHICKEN PATTY: Chicken, Flour (Wheat , Maize), Water, Vegetables Oils (Canola, Maize, Palmolein), Salt, Thickener (1404), Spices & Spice Extracts (Black Pepper, White Pepper, Cayenne Pepper, Paprika, Turmeric, Sage, Nutmeg, Celery, Capsicum), Dehydrated Vegetables (Garlic, Onion), Maize Starch, Soy Protein, Mineral Salts (450, 451), Raising Agents (500, 541, 341), Maltodextrin, Emulsifier (433), Herbs (Sage, Marjoram, Thyme, Rosemary, Parsley).	Energy (Cal)	414	227																										
LETTUCE: Iceberg Lettuce	Protein (g)	18.1	9.9																										
<i>Contains egg, gluten, soy and sesame seeds. Traces of sulphites.</i>	Fat, total (g)	20.1	11.0																										
<i>QUARTER BUNS are produced on equipment that also produces products containing milk & soy.</i>	Saturated Fat (g)	3.4	1.9																										
<i>Buns made on equipment used to make products containing milk & soy</i>	Carbohydrate (g)	39.2	21.5																										
<i>McChicken patty is cooked in vegetable oil blend. May be cooked in the same vat as products containing milk and egg.</i>	Sugars (g)	3.9	2.1																										
	Sodium (mg)	889	487																										
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours																	
Y	Y	T	Y				Y			Y	Y																		

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Revision: 3

File: QAM038

Information correct as at 17th October 2018

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Developed and Authorised by McDonald's Quality Assurance

Double McChicken											Avg Qty / Serve	Avg Qty / 100g	
QUARTER BUN: Wheat Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds, Glaze, Iodised Salt, Natural Flavour, Yeast, Wheat Gluten , Preservative (262), Emulsifiers (471, 472e), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes), Thickener (412), Dough Conditioner (Mineral Salt (516), Wheat Flour, Antioxidant (300)).											Energy (kJ)	2720	991
McCICKEN PATTY: Chicken, Flour (Wheat , Maize), Water, Vegetables Oils (Canola, Maize, Palmolein), Salt, Thickener (1404), Spices & Spice Extracts (Black Pepper, White Pepper, Cayenne Pepper, Paprika, Turmeric, Sage, Nutmeg, Celery, Capsicum), Dehydrated Vegetables (Garlic, Onion), Maize Starch, Soy Protein, Mineral Salts (450, 451), Raising Agents (500, 541, 341), Maltodextrin, Emulsifier (433), Herbs (Sage, Marjoram, Thyme, Rosemary, Parsley).											Energy (Cal)	650	237
LETTUCE: Iceberg Lettuce											Protein (g)	29.4	10.7
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Vegetable Gum (415), Acidity Regulator (270), Preservative (202)											Fat, total (g)	37.1	13.5
<i>Contains egg, gluten, soy and sesame seeds. Traces of sulphites.</i>											Saturated Fat (g)	6.3	2.3
<i>QUARTER BUNS are produced on equipment that also produces products containing milk & soy.</i>											Carbohydrate (g)	48.3	17.6
<i>Buns made on equipment used to make products containing milk & soy</i>											Sugars (g)	4.5	1.6
<i>McChicken patty is cooked in vegetable oil blend. May be cooked in the same vat as products containing milk and egg.</i>											Sodium (mg)	1520	553
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	T	Y				Y			Y	Y	
Crispy Chicken Clubhouse Burger											Avg Qty / Serve	Avg Qty / 100g	
BRIOCHE STYLE BUN: Wheat Flour, Water, Sugar, Glaze (Water, Vegetable Proteins, Vegetable Oil, Dextrose, Maltodextrins, Maize Starch), Yeast, Wheat Gluten , Dextrose, Vegetable Oil, Iodised Salt, Flavours, Emulsifiers (471, 481), Improver (Mineral Salt (170), Emulsifiers (472e, 481), Enzymes, Mineral Salt (516), Antioxidant (300)), Preservative (262ii), Colour (160a).											Energy (kJ)	2810	991
CRISPY CHICKEN PATTY: Chicken, Water, Wheat Flour, Vegetable Oil (Canola, Palmolein), Salt, Thickener (1422), Mineral Salts (450, 451, 452), Flavour (Wheat , Barley , Soy), Starch (Rice, Potato), Spice And Spice Extracts (Pepper, Mustard, Capsicum), Gluten (Wheat), Egg Powder, Yeast And Yeast Extract, Raising Agent (500), Soy Protein, Maltodextrin, Natural Colours (160C, 100), Vegetable Powder (Onion), Emulsifier (433), Dextrose, Food Acid (263), Enzyme (Amylase).											Energy (Cal)	670	237
BIG MAC SAUCE: Soybean Oil (Antioxidant [330]), Water, Relish [Pickles, Sugar, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Thickener (415), Preservative (202), Spice Extract, Emulsifier (433)], Mustard [Water, Vinegar, Mustard Seed, Salt, Sugar, Colours (100, 150d), Spice], Salted Egg Yolks, (Egg Yolks, Salt), Distilled Vinegar, Onion, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hydrolyzed Proteins (Corn, Gluten , Wheat and Soy), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).											Protein (g)	34.3	12.2
TOMATO: Sliced Tomato.											Fat, total (g)	35.0	12.4
SWISS CHEESE: Milk, Salt, Cultures, Enzyme (Non-animal rennet), Natural Preservative (235).											Saturated Fat (g)	9.2	3.2
CARAMELISED GRILLED ONIONS: Onions, Vegetable Oil, Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice.											Carbohydrate (g)	53.0	18.7
WHOLE LEAF LETTUCE: Lettuce.											Sugars (g)	13.4	4.7
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate (339), Sodium Erythorbate (316), Sodium Nitrite (250).											Sodium (mg)	1510	534
<i>Contains gluten, egg, milk and soy.</i>													
<i>BRIOCHE STYLE BUN is produced on equipment that also produces products containing sesame seeds.</i>													
<i>CRISPY CHICKEN PATTY is cooked in a McDonald's Vegetable Oil blend.</i>													
<i>gluten</i>													
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	Y	Y				Y			Y	Y	Y
Grilled Chicken Clubhouse Burger											Avg Qty / Serve	Avg Qty / 100g	
BRIOCHE STYLE BUN: Wheat Flour, Water, Sugar, Glaze (Water, Vegetable Proteins, Vegetable Oil, Dextrose, Maltodextrins, Maize Starch), Yeast, Wheat Gluten , Dextrose, Vegetable Oil, Iodised Salt, Flavours, Emulsifiers (471, 481), Improver (Mineral Salt (170), Emulsifiers (472e, 481), Enzymes, Mineral Salt (516), Antioxidant (300)), Preservative (262ii), Colour (160a).											Energy (kJ)	2460	909
GRILLED CHICKEN FILLET: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy , 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).											Energy (Cal)	588	217
BIG MAC SAUCE: Soybean Oil (Antioxidant [330]), Water, Relish [Pickles, Sugar, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Thickener (415), Preservative (202), Spice Extract, Emulsifier (433)], Mustard [Water, Vinegar, Mustard Seed, Salt, Sugar, Colours (100, 150d), Spice], Salted Egg Yolks, (Egg Yolks, Salt), Distilled Vinegar, Onion, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hydrolyzed Proteins (Corn, Gluten , Wheat and Soy), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).											Protein (g)	39.0	14.4
TOMATO: Sliced Tomato.											Fat, total (g)	27.3	10.1
SWISS CHEESE: Milk, Salt, Cultures, Enzyme (Non-animal rennet), Natural Preservative (235).											Saturated Fat (g)	8.7	3.2
CARAMELISED GRILLED ONIONS: Onions, Vegetable Oil, Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice.											Carbohydrate (g)	44.9	16.6
WHOLE LEAF LETTUCE: Lettuce.											Sugars (g)	13.4	5.0
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate (339), Sodium Erythorbate (316), Sodium Nitrite (250).											Sodium (mg)	1380	511
OIL: Canola Oil, Emulsifier (322 - Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).													
<i>Contains gluten, egg, milk, & soy.</i>													
<i>BRIOCHE STYLE BUN is produced on equipment that also produces products containing sesame seeds.</i>													
<i>as eggs or products containing gluten.</i>													
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	Y	Y				Y			Y	Y	Y

Filet-o-Fish												Avg Qty / Serve	Avg Qty / 100g	
REGULAR BUN: Wheat Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, Yeast, Wheat Gluten , Preservative (262), Emulsifiers (472e, 471), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes.												Energy (kJ)	1360	1000
FISH PORTION: Fish [Hoki Fish , Water, Acidity Regulator (451)], Water, Batter (Modified Food Starch (1422), Yellow Corn Flour, Cellulose Gum, Bleached Wheat Flour, Salt, Black Pepper (Natural Flavour), Breader (Wheat Flour, Bleached Wheat Flour, Salt, Whey , Dextrose, Dried Yeast, Sugar, Paprika (160c), Turmeric Extract (100), Black Pepper (Natural Flavouring)												Energy (Cal)	326	239
TARTAR SAUCE: Pickles, Water, Soybean Oil (Antioxidant (330)), Vinegar, Onions and Onion Extracts, Modified Corn Starch (1401, 1442), Egg Yolks, Corn Syrup Solids, Sugar, Salt, Spice, Thickener (415), Capers, Preservative (202), Dextrose, Dehydrated Parsley, Spice Extracts.												Protein (g)	16.1	11.8
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200)												Fat, total (g)	17.6	12.9
<i>Contains egg, fish, gluten, milk and soy.</i>												Saturated Fat (g)	3.2	2.4
<i>REGULAR BUNS are produced on equipment that also produces products containing sesame seeds, milk and soy.</i>												Carbohydrate (g)	25.3	18.6
<i>Buns are made on equipment that also produces products containing sesame seeds, milk and soy.</i>												Sugars (g)	2.6	1.9
<i>FISH PORTION is cooked in vegetable oil blend.</i>												Sodium (mg)	533	390
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours		
Y	Y	Y	Y	Y - Fish			Y			Y	Y	Y		

Double Filet-o-Fish												Avg Qty / Serve	Avg Qty / 100g	
REGULAR BUN: Wheat Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Glaze, Iodised Salt, Yeast, Wheat Gluten , Preservative (262), Emulsifiers (472e, 471), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes.												Energy (kJ)	2230	1000
FISH PORTION: Fish [Hoki Fish , Water, Acidity Regulator (451)], Water, Batter [Modified Food Starch (1422), Yellow Corn Flour, Cellulose Gum, Bleached Wheat Flour, Salt, Black Pepper - (Natural Flavour), Breader (Wheat Flour, Bleached Wheat Flour, Salt, Whey , Dextrose, Dried Yeast, Sugar, Paprika (160c), Turmeric Extract (100), Black Pepper - (Natural Flavouring)												Energy (Cal)	532	239
TARTAR SAUCE: Pickles, Water, Soybean Oil (Antioxidant (330)), Distilled Vinegar, Onions and Onion Extracts, Modified Corn Starch (1401, 1442), Egg Yolks, Corn Syrup Solids, Sugar, Salt, Spice, Thickener (415), Capers, Preservative (202), Dextrose, Dehydrated Parsley, Spice Extracts.												Protein (g)	26.3	11.8
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200)												Fat, total (g)	28.8	12.9
<i>Contains egg, fish, gluten, milk and soy.</i>												Saturated Fat (g)	5.2	2.4
<i>REGULAR BUNS are produced on equipment that also produces products containing sesame seeds, milk and soy.</i>												Carbohydrate (g)	41.4	18.6
<i>Buns are made on equipment that also produces products containing sesame seeds, milk and soy.</i>												Sugars (g)	4.2	1.9
<i>FISH PORTION is cooked in vegetable oil blend.</i>												Sodium (mg)	870	390
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours		
Y	Y	Y	Y	Y - Fish			Y			Y	Y	Y		

Fish Fingers												2 pieces		3 pieces		
FISH: Fish [Hoki Fish], Water, Batter [Modified Food Starch (1422), Yellow Corn Flour, Cellulose Gum, Bleached Wheat Flour, Salt, Black Pepper], Breader [Wheat Flour, Bleached Wheat Flour, Salt, Whey (Milk), Dextrose, Dried Yeast, Sugar, Paprika (160c), Turmeric Extract (100), Black Pepper], Pre-dust [Wheat Flour, Maize Flour, Thickener (1422), Salt].												Avg Qty /Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
<i>Contains gluten & fish.</i>												Energy (kJ)	488	941	733	941
<i>FISH FINGERS cooked in vegetable oil blend.</i>												Energy (Cal)	117	225	175	225
												Protein (g)	7.9	15.3	11.9	15.3
												Fat, total (g)	6.0	11.5	9.0	11.5
												Saturated Fat (g)	0.7	1.3	1.0	1.3
												Carbohydrate (g)	7.8	15.0	11.7	15.0
												Sugars (g)	0.3	0.5	0.4	0.5
												Sodium (mg)	78	150	117	150
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours				
Y				Y - Fish												

WRAPS												Avg Qty / Serve	Avg Qty / 100g	
Crispy Chicken Snack Wrap												Energy (kJ)	1070	928
CRISPY CHICKEN PATTY: Chicken Water, Wheat Flour, Vegetable Oil (Canola, Palmolein), Salt, Thickener (1422), Mineral Salts (450, 451, 452), Flavour (Wheat , Barley , Soy), Starch (Rice, Potato), Spice And Spice Extracts (Pepper, Mustard, Capsicum), Gluten, Egg Powder, Yeast And Yeast Extract, Raising Agent (500), Soy Protein, Maltodextrin, Natural Colours (160c, 100), Vegetable Powder (Onion), Emulsifier (433), Dextrose, Food Acid (263), Enzyme (Amylase).												Energy (Cal)	255	222
WHOLEMEAL TORTILLA: Wheat Flour (White, Wholemeal), Water, Canola Oil, Wheat Fibre, Raising Agents (450,501), Maize Starch, Salt, Yeast, White Vinegar, Cultured Wheat Flour												Protein (g)	11.7	10.2
LETTUCE: Iceberg Lettuce												Fat, total (g)	11.5	10.0
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202)												Saturated Fat (g)	1.4	1.2
<i>Contains gluten, egg & soy. Traces of sulphites.</i>												Carbohydrate (g)	24.0	20.9
<i>CHICKEN is cooked in vegetable oil blend and may be cooked in the same vat as products containing milk.</i>												Sugars (g)	0.7	0.6
												Sodium (mg)	411	358
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours		
Y	Y		Y							Y	Y	Y		

Grilled Chicken Snack Wrap												Avg Qty / Serve	Avg Qty / 100g											
GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Vegetable Powders (Garlic, Onion), Fruit Powder (Lemon Juice Concentrate, Maltodextrin, Anti Caking Agent (551), Flavours), Flavourings, Herbs (Parsley, Thyme), Sugar, Vinegar Powder, Anti Caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola).												Energy (kJ)	923	844										
WHOLEMEAL TORTILLA: Wheat Flour (White, Wholemeal), Water, Canola Oil, Wheat Fibre, Raising Agents (450,501), Maize Starch, Salt, Yeast, White Vinegar, Cultured Wheat Flour												Energy (Cal)	221	202										
LETTUCE: Iceberg Lettuce												Protein (g)	14.1	12.0										
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).												Fat, total (g)	8.5	7.8										
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330)												Saturated Fat (g)	1.2	1.1										
<i>Contains gluten, egg and soy.</i>												Carbohydrate (g)	20.0	18.3										
<i>GRILLED CHICKEN may be cooked on the same grill as egg.</i>												Sugars (g)	0.7	0.6										
												Sodium (mg)	347	317										
												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
												Y	Y		Y							Y	Y	Y

Crispy Chicken & Aioli McWrap												Avg Qty / Serve	Avg Qty / 100g											
CRISPY CHICKEN PATTY: Chicken Water, Wheat Flour, Vegetable Oil (Canola, Palmolein), Salt, Thickener (1422), Mineral Salts (450, 451, 452), Flavour (Wheat, Barley, Soy), Starch (Rice, Potato), Spice And Spice Extracts (Pepper, Mustard, Capsicum), Gluten, Egg Powder, Yeast And Yeast Extract, Raising Agent (500), Soy Protein, Maltodextrin, Natural Colours (160c, 100), Vegetable Powder (Onion), Emulsifier (433), Dextrose, Food Acid (263), Enzyme (Amylase).												Energy (kJ)	2490	904										
WHOLEMEAL TORTILLA: Wholemeal Wheat Flour, Water, Canola Oil, Wheat Fibre, Raising Agents (450, 501), Maize Starch, Salt, Yeast, White Vinegar, Cultured Wheat Flour												Energy (Cal)	595	216										
LETTUCE: Iceberg Lettuce												Protein (g)	23.4	8.5										
TOMATO: Tomato												Fat, total (g)	34.9	12.7										
GARLIC AIOLI: Canola Oil (Antioxidants (306- Soy , 319)), Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein, Minced Garlic (Acidity Regulator (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre , Flavourings (Milk), Emulsifiers (Soy Lecithin, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).												Saturated Fat (g)	3.1	1.1										
<i>Contains gluten, milk, egg, soy and sulphites.</i>												Carbohydrate (g)	43.4	15.8										
<i>CHICKEN is cooked in vegetable oil blend and may be cooked in the same vat as products containing milk.</i>												Sugars (g)	4.0	1.5										
												Sodium (mg)	1010	368										
												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
												Y	Y	Y	Y					Y		Y	Y	Y

Grilled Chicken & Aioli McWrap												Avg Qty / Serve	Avg Qty / 100g											
GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Vegetable Powders (Garlic, Onion), Fruit Powder (Lemon Juice Concentrate, Maltodextrin, Anti Caking Agent (551), Flavours), Flavourings, Herbs (Parsley, Thyme), Sugar, Vinegar Powder, Anti Caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola).												Energy (kJ)	2170	824										
WHOLEMEAL TORTILLA: Wholemeal Wheat Flour, Water, Canola Oil, Wheat Fibre, Raising Agents (450, 501), Maize Starch, Salt, Yeast, White Vinegar, Cultured Wholemeal Wheat Flour,												Energy (Cal)	520	197										
LETTUCE: Iceberg Lettuce.												Protein (g)	28.1	10.7										
TOMATO: Tomato												Fat, total (g)	28.0	10.6										
GARLIC AIOLI: Canola Oil (Antioxidants (306- Soy , 319)), Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein, Minced Garlic (Acidity Regulator (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre , Flavourings (Milk), Emulsifiers (Soy Lecithin, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).												Saturated Fat (g)	2.6	1.0										
<i>Contains gluten, milk, egg, soy sulphites</i>												Carbohydrate (g)	35.3	13.4										
<i>GRILLED CHICKEN may be cooked on the same grill as egg</i>												Sugars (g)	4.0	1.5										
												Sodium (mg)	885	336										
												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
												Y	Y	Y	Y					Y		Y	Y	Y

Loaded Lettuce Wrap - Crispy Chicken												Avg Qty / Serve	Avg Qty / 100g											
CRISPY CHICKEN PATTY: Chicken Water, Wheat Flour, Vegetable Oil (Canola, Palmolein), Salt, Thickener (1422), Mineral Salts (450, 451, 452), Flavour (Wheat, Barley, Soy), Starch (Rice, Potato), Spice And Spice Extracts (Pepper, Mustard, Capsicum), Gluten, Egg Powder, Yeast And Yeast Extract, Raising Agent (500), Soy Protein, Maltodextrin, Natural Colours (160c, 100), Vegetable Powder (Onion), Emulsifier (433), Dextrose, Food Acid (263), Enzyme (Amylase).												Energy (kJ)	2660	860										
EGG: Egg .												Energy (Cal)	636	206										
TOMATO: Tomatoes.												Protein (g)	36.8	11.9										
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 , Flavouring (Milk), Emulsifiers 322, 435 - Soy), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).												Fat, total (g)	42.3	13.7										
CHEDDAR CHEESE: Milk , Salt, Cultures, Enzyme (Rennet).												Saturated Fat (g)	11.2	3.6										
GRILLED CARAMELISED ONION: Onions, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice.												Carbohydrate (g)	25.4	8.2										
BEETROOT: Beetroot, Water, Sugar, Salt, Acidity Regulator (260).												Sugars (g)	10.3	3.3										
TOMATO ONION RELISH: Sugar, Diced Onion, Water, Tomato Paste [Anti-oxidant (330)], Tomato [Tomato, Salt, Food Acid (330), Firming Agent (509)], Diced Capsicum, Thickener (1422), Salt, Food Acids (260, 330), Mustard Seeds, Vegetable Gum (415, 412), Spices, Preservatives (202, 211).												Sodium (mg)	1480	479										
WHOLE LETTUCE LEAF: Lettuce.																								
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Anti-oxidant (316), Sodium Nitrite (250).																								
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330)																								
<i>Contains gluten, egg, milk & soy. Traces of sulphites.</i>																								
<i>CHICKEN is cooked in vegetable oil blend and may be cooked in the same vat as products containing milk.</i>																								
												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
												Y	Y	Y	Y					T		Y	Y	Y

Loaded Lettuce Wrap - Grilled Chicken												Avg Qty / Serve	Avg Qty / 100g											
GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Vegetable Powders (Garlic, Onion), Fruit Powder (Lemon Juice Concentrate, Maltodextrin, Anti Caking Agent (551), Flavours), Flavourings, Herbs (Parsley, Thyme), Sugar, Vinegar Powder, Anti Caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola)),												Energy (kJ)	2280	767										
EGG: Egg.												Energy (Cal)	545	183										
TOMATO: Tomatoes.												Protein (g)	40.1	13.5										
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, 435 - Soy), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).												Fat, total (g)	35.2	11.8										
CHEDDAR CHEESE: Milk , Salt, Cultures, Enzyme (Rennet).												Saturated Fat (g)	10.3	3.5										
GRILLED CARAMELISED ONION: Onions, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice.												Carbohydrate (g)	16.1	5.4										
BEETROOT: Beetroot, Water, Sugar, Salt, Acidity Regulator (260).												Sugars (g)	10.4	3.5										
TOMATO ONION RELISH: Sugar, Diced Onion, Water, Tomato Paste [Antioxidant (330)], Tomato [Tomato, Salt, Food Acid (330), Firming Agent (509)], Diced Capsicum, Thickener (1422), Salt, Food Acids (260, 330), Mustard Seeds, Vegetable Gum (415, 412), Spices, Preservatives (202, 211).												Sodium (mg)	1270	427										
WHOLE LETTUCE LEAF: Lettuce.																								
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Anti-oxidant (316), Sodium Nitrite (250).																								
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330)																								
<i>Contains gluten, egg, milk & soy. May contain TRACES of sulphites.</i>												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
<i>GRILLED CHICKEN may be cooked on the same equipment as eggs.</i>												Y	Y	Y	Y					T		Y	Y	Y
Loaded Lettuce Wrap - Beef												Avg Qty / Serve	Avg Qty / 100g											
BEEF PATTY: Angus Beef.												Energy (kJ)	2920	964										
EGG: Egg.												Energy (Cal)	697	230										
TOMATO: Tomatoes.												Protein (g)	39.3	13.0										
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, 435 - Soy), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).												Fat, total (g)	53.0	17.5										
CHEDDAR CHEESE: Milk , Salt, Cultures, Enzyme (Rennet).												Saturated Fat (g)	19.5	6.4										
GRILLED CARAMELISED ONION: Onions, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice.												Carbohydrate (g)	15.3	5.1										
BEETROOT: Beetroot, Water, Sugar, Salt, Acidity Regulator (260).												Sugars (g)	10.8	3.6										
TOMATO ONION RELISH: Sugar, Diced Onion, Water, Tomato Paste [Antioxidant (330)], Tomato [Tomato, Salt, Food Acid (330), Firming Agent (509)], Diced Capsicum, Thickener (1422), Salt, Food Acids (260, 330), Mustard Seeds, Vegetable Gum (415, 412), Spices, Preservatives (202, 211).												Sodium (mg)	925	305										
WHOLE LETTUCE LEAF: Lettuce.																								
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250).																								
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330)																								
BEEF SEASONING: Salt, Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavours (Milk), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract.																								
<i>Contains gluten, egg, milk & soy. May contain TRACES of sulphites.</i>												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
<i>Beef patty may be cooked on the same equipment as eggs.</i>												Y	Y	Y	Y					T		Y	Y	Y
FRIES												Small		Medium		Large								
Potatoes, Vegetable Oil (Canola Oil), Dextrose (Corn), Acidity Regulator (450), Antifoam (900a)												Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g							
<i>French Fries may be cooked in the same vat as products containing gluten</i>												Energy (kJ)	967	1270	1320	1270	1690	1270						
<i>French Fries are cooked in vegetable oil blend, salt added.</i>												Energy (Cal)	231	304	317	304	405	304						
												Protein (g)	3.6	4.8	5.0	4.8	6.4	4.8						
												Fat, total (g)	12.2	16.0	16.6	16.0	21.3	16.0						
												Saturated Fat (g)	1.0	1.3	1.4	1.3	1.7	1.3						
												Carbohydrate (g)	25.7	33.8	35.2	33.8	45.0	33.8						
												Sugars (g)	0.4	0.5	0.5	0.5	0.7	0.5						
												Sodium (mg)	222	292	304	292	388	292						
												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
												T												

FRUIT & SALADS

		Avg Qty / Serve	Avg Qty / 100g
Apple Fruit Bag			
Sliced Apple, Antioxidants (302,300), Mineral Salt (170).			
<i>May contain Apple Seeds.</i>			
		Energy (kJ)	174
		Energy (Cal)	41
		Protein (g)	0.3
		Fat, total (g)	0.2
		Saturated Fat (g)	<0.1
		Carbohydrate (g)	8.5
		Sugars (g)	7.9
		Sodium (mg)	2
Gluten	Eggs	Milk	Soy
Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds
Sulphites	Lupin	Preservative	Flavour
		Colours	

		Avg Qty / Serve	Avg Qty / 100g
Warm Crispy Chicken Salad - No Dressing			
CRISPY CHICKEN PATTY: Chicken Water, Wheat Flour, Vegetable Oil (Canola, Palmolein), Salt, Thickener (1422), Mineral Salts (450, 451, 452), Flavour (Wheat, Barley, Soy), Starch (Rice, Potato), Spice And Spice Extracts (Pepper, Mustard, Capsicum), Gluten, Egg Powder, Yeast And Yeast Extract, Raising Agent (500), Soy Protein, Maltodextrin, Natural Colours (160c, 100), Vegetable Powder (Onion), Emulsifier (433), Dextrose, Food Acid (263), Enzyme (Amylase).			
LETTUCE, CARROT & CABBAGE MIX: Cos Lettuce, Carrot, Iceberg Lettuce, Red Cabbage.			
TOMATO: Sliced Tomato			
CUCUMBER: Sliced Cucumber			
ONION: Red Onion			
<i>Contains gluten, egg and soy. Traces of sulphites in chicken patty</i>			
<i>Crispy Chicken is cooked in McDonald's Vegetable Oil blend and may be cooked with products containing milk.</i>			
		Energy (kJ)	1090
		Energy (Cal)	261
		Protein (g)	19.8
		Fat, total (g)	10.3
		Saturated Fat (g)	1.5
		Carbohydrate (g)	18.5
		Sugars (g)	7.6
		Sodium (mg)	661
Gluten	Eggs	Milk	Soy
Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds
Sulphites	Lupin	Preservative	Flavour
Y	Y	T	Y
		T	Y

		Avg Qty / Serve	Avg Qty / 100g
Warm Grilled Chicken Salad - No Dressing			
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).			
LETTUCE, CARROT & CABBAGE MIX: Cos Lettuce, Carrot, Iceberg Lettuce, Red Cabbage.			
TOMATO: Sliced Tomato.			
CUCUMBER: Sliced Cucumber			
ONION: Red Onion Rings			
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330)			
<i>Contains soy.</i>			
<i>Grilled Chicken may be cooked on the same grill as egg.</i>			
		Energy (kJ)	706
		Energy (Cal)	169
		Protein (g)	22.8
		Fat, total (g)	3.2
		Saturated Fat (g)	0.7
		Carbohydrate (g)	9.1
		Sugars (g)	7.6
		Sodium (mg)	447
Gluten	Eggs	Milk	Soy
Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds
Sulphites	Lupin	Preservative	Flavour
	T		Y
		Y	Y

		Avg Qty / Serve	Avg Qty / 100g
Garden Salad			
LETTUCE: Iceberg Lettuce			
TOMATO: Tomato			
ONION: Red Onion			
		Energy (kJ)	90
		Energy (Cal)	21
		Protein (g)	1.2
		Fat, total (g)	0.2
		Saturated Fat (g)	0.1
		Carbohydrate (g)	2.8
		Sugars (g)	1.9
		Sodium (mg)	6
Gluten	Eggs	Milk	Soy
Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds
Sulphites	Lupin	Preservative	Flavour
		Colours	

Salad & Egg Burger												Avg Qty / Serve	Avg Qty / 100g								
QUARTER BUN: Wheat Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds, Glaze, Iodised Salt, Natural Flavour, Yeast, Wheat Gluten , Preservative (262), Emulsifiers (471, 472e), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes), Thickener (412), Dough Conditioner (Mineral Salt (516), Wheat Flour, Antioxidant (300)).												Energy (kJ)	1690	803							
EGG: Fresh Shell Egg .												Energy (Cal)	404	192							
LETTUCE: Iceberg Lettuce												Protein (g)	17.5	8.3							
TOMATO: Tomato												Fat, total (g)	21.8	10.4							
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).												Saturated Fat (g)	6.7	3.2							
CHEESE: Cheese (Milk , Salt, Starter Cultures, Enzyme (Rennet)), Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).												Carbohydrate (g)	33.5	15.9							
ONION: Onions.												Sugars (g)	5.3	2.5							
PICKLE: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).												Sodium (mg)	692	330							
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330)																					
<i>Contains gluten, egg, milk, sesame seeds & soy.</i>																					
<i>QUARTER BUNS are produced on equipment that also produces products containing milk and soy.</i>																					
<i>Buns made on equipment used to make products containing milk & soy</i>																					
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours								
	Y	Y	Y	Y				Y			Y	Y	Y								
CONDIMENTS																					
Balsamic Salad Dressing												Avg Qty / Serve	Avg Qty / 100mL								
Water, Balsamic Vinegar [Colour (150d), Preservative (220)], White Vinegar, Sugar, Canola Oil [Antioxidant (319)], Salt, Spice [Black Pepper], Yeast Extract, Vegetable Gum (407, 410, 415), Preservative (202), Colour (150d), Spice Extract.												Energy (kJ)	80	266							
<i>Contains sulphites.</i>												Energy (Cal)	19	63							
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours								
									Y		Y		Y								
McNugget Dipping Sauces												Barbecue		Sweet & Sour		Ketchup		Mayonnaise			
SAUCE BBQ - Water, Sugar, Tomato Paste, Vinegar, Teriyaki Sauce (Gluten), Thickener (1422, 415), Salt, Soya Bean Oil, Worcestershire Powder, Colour (150d), Mustard Flour, Flavour, Preservative (211, 202), Flavour Enhancer (635).												Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
<i>Contains gluten and soy.</i>												Energy (kJ)	185	659	208	743	43	478	371	3090	
SAUCE KETCHUP - Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavours (Soy). <i>Contains soy</i>												Energy (Cal)	44	156	49	175	10	114	89	738	
SAUCE MAYONNAISE - Soybean Oil (Antioxidant (330)), Egg Yolks, Water, Vinegar, Salt, Sugar, Spice, Lemon Juice Concentrate, Antioxidant (385). <i>Contains egg and soy.</i>												Protein (g)	0.3	1.0	0.3	1.0	0.1	1.5	0.1	1.0	
SAUCE SWEET & SOUR - Water, Sugar, Apricot Paste, Vinegar, Teriyaki Sauce (Gluten), Thickener (1422, 415), Worcestershire Powder, Salt, Soya Bean Oil, Mustard Flour, Preservative (211, 202), Flavour, Colour (160c). <i>Contains gluten & soy</i>												Fat, total (g)	0.3	1.0	0.3	1.0	0.0	0.0	9.8	82.0	
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours								
				Y							Y	Y	Y								
Barbecue	Y			Y							Y	Y	Y								
Sweet & Sour	Y			Y							Y	Y	Y								
Ketchup				Y								Y									
Mayonnaise		Y		Y																	
				Y							983	63	525								
				158	564	123	440	88													

BREAKFAST

Kiwi Big Breakfast

ENGLISH MUFFIN: **Wheat** Flour, Water, Ground Maize, Sugar, Canola Oil (Antioxidant (330)), Preservatives (262, 202, 282), Yeast (Yeast, Water, Thickener (415)), Maize Flour, **Wheat Gluten**, Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297)), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme.

SCRAMBLED EGG: Fresh Egg

HASHBROWN: Potatoes, Canola Oil, Seasoning (Black Pepper, Salt, Modified Corn Starch).

LINK SAUSAGE: Meat (Lamb, Pork), Water, **Wheat** Binder, **Soy** Protein Isolate and Concentrate, Mineral Salt (451), Spice Extracts, Onion Powder, Preservative (220)

OIL: Canola Oil, Emulsifiers (**Soy** Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330)

Contains egg, gluten, soy and sulphites.

ENGLISH MUFFINS are manufactured in a plant which also produces products containing sesame seeds and milk.

Hashbrown and Link Sausages are cooked in McDonalds Vegetable Oil blend and may be cooked in the same vat as products containing gluten.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2840	962
Energy (Cal)	680	230
Protein (g)	33.9	11.5
Fat, total (g)	42.0	14.2
Saturated Fat (g)	12.9	4.4
Carbohydrate (g)	38.6	13.1
Sugars (g)	3.9	1.3
Sodium (mg)	1300	442

Big Brekkie Burger

QUARTER BUN: **Wheat** Flour (Vitamins (Niacin, Iron, Thiamin, Riboflavin, Folate), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds, Glaze, Iodised Salt, Natural Flavour, Yeast, **Wheat Gluten**, Preservative (262), Emulsifiers (471, 472e), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes), Thickener (412), Dough Conditioner (Mineral Salt (516)), **Wheat** Flour, Antioxidant (300).

BEEF PATTIES: Beef

HASH BROWN: Potatoes, Canola Oil, Dextrose (Maize), Seasoning (Black Pepper, Salt, Modified Corn Starch)

EGG: Fresh Shelled Egg

SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, Worcestershire (**Anchovies**) Colour (150c), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour

CHEDDAR CHEESE: Milk, Salt, Cultures, Enzyme (Rennet)

BACON: Port, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. Smoked.

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

Contains gluten, egg, fish, milk, soy and sesame seeds.

QUARTER BUNS are produced on equipment that also produces products containing milk & soy.

BEEF PATTY and BACON may be cooked on the same equipment as eggs or product containing gluten.

BEEF PATTY seasoned after cooking: Salt, Pepper

HASH BROWN is cooked in a McDonald's Vegetable Oil blend.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3320	1100
Energy (Cal)	792	263
Protein (g)	42.3	14.0
Fat, total (g)	46.0	15.3
Saturated Fat (g)	16.7	5.6
Carbohydrate (g)	50.8	16.9
Sugars (g)	11.0	3.7
Sodium (mg)	1380	458

Breakfast Condiments

STRAWBERRY JAM: Strawberries, Sugar, Glucose (Maize), Pectin, Acidity Regulator (330).

Contains gluten & sulphites.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	186	1160
Energy (Cal)	44	278
Protein (g)	0.1	0.6
Fat, total (g)	<0.1	0.1
Saturated Fat (g)	<0.1	0.1
Carbohydrate (g)	10.8	67.8
Sugars (g)	10.0	62.5
Sodium (mg)	1	8

Hash Brown

Potatoes, Canola Oil, Seasoning (Black Pepper, Salt, Modified Corn Starch).

Traces of sulphites

Hashbrown is cooked in McDonald's Vegetable Oil blend and may be cooked with products containing gluten

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	571	1030
Energy (Cal)	137	246
Protein (g)	1.6	2.8
Fat, total (g)	8.9	16.0
Saturated Fat (g)	0.7	1.3
Carbohydrate (g)	11.8	21.2
Sugars (g)	0.3	0.5
Sodium (mg)	285	513

Ham and Cheese Pocket											Avg Qty / Serve	Avg Qty / 100g			
WHOLEMEAL TORTILLA: Wheat Flour (White, Wholemeal), Water, Canola Oil, Wheat Fibre, Raising Agents (450,501), Maize Starch, Salt, Yeast, White Vinegar, Cultured Wheat Flour HAM: Pork, Water, Salt, Mineral Salts (451,450), Sugar, Dextrose (Maize), Anti-oxidant (316), Preservative (250), Food Starch. CHEDDAR CHEESE: Milk, Salt, Cultures, Enzyme (Non-Animal Rennet).											Energy (kJ)	927	1170		
<i>Contains gluten and milk.</i> <i>May be cooked on the same grill as egg.</i>											Energy (Cal)	222	281		
											Protein (g)	10.1	12.7		
											Fat, total (g)	10.7	13.5		
											Saturated Fat (g)	4.9	6.2		
											Carbohydrate (g)	19.6	24.9		
											Sugars (g)	1.7	2.2		
											Sodium (mg)	519	657		
											Gluten	Y			
											Eggs	T			
											Milk	Y			
											Soy				
											Fish & Crustaea				
											Peanuts				
											Tree Nuts				
											Sesame Seeds				
											Sulphites				
											Lupin				
											Preservative	Y			
											Flavour				
											Colours				
Hotcakes											Plain		with Syrup & Butter		
HOTCAKES: Water, Wheat Flour (Thiamine, Folic Acid), Sugar, Whey Powder, Maize Flour, Canola Oil, Dextrose, Raising Agents (500, 541, 341), Emulsifiers (471, 481), Egg Powder, Flavour, Iodised Salt, Thickener (415). OR Water, Wheat Flour (Vitamins (Thiamin, Folic Acid)), Sugar, Whey Powder, Maize Flour, Canola Oil, Raising Agents (500, 541, 341), Dextrose, Egg Powder, Emulsifier (471) (Antioxidants (307, 304, 330)), Iodised Salt, Emulsifier (481), Thickener (415).											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
											Energy (kJ)	1360	898	2500	1120
											Energy (Cal)	325	215	597	268
											Protein (g)	8.8	5.8	9.5	4.3
											Fat, total (g)	8.8	5.8	18.6	8.3
											Saturated Fat (g)	1.5	1.0	8.4	3.8
											Carbohydrate (g)	50.8	33.6	95.7	42.9
											Sugars (g)	12.1	8.0	44.3	19.9
											Sodium (mg)	478	316	575	258
											Gluten	Y	Y	Y	
											Eggs	Y	Y	Y	
											Milk	Y	Y	Y	
											Soy				
											Fish & Crustaea				
											Peanuts				
											Tree Nuts				
											Sesame Seeds		T		
											Sulphites				
											Lupin				
											Preservative		Y		
											Flavour		Y		
											Colours			Y	Y
											Plain	Y	Y	Y	
											with Syrup and Butter	Y	Y	Y	
Hotcake Condiments											Hotcake Syrup		Whipped Butter (2 portions)		
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d). WHIPPED BUTTER: Cream, Salt. <i>Contains milk.</i>											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
											Energy (kJ)	761	1260	169	2980
											Energy (Cal)	182	301	40	713
											Protein (g)	0.0	0.0	<0.1	0.6
											Fat, total (g)	0.0	0.0	4.5	80.0
											Saturated Fat (g)	0.0	0.0	3.0	53.5
											Carbohydrate (g)	44.7	73.9	0.1	0.9
											Sugars (g)	32.2	53.3	<0.1	0.7
											Sodium (mg)	18	30	40	700
											Gluten				
											Eggs				
											Milk				
											Soy				
											Fish & Crustaea				
											Peanuts				
											Tree Nuts				
											Sesame Seeds				
											Sulphites				
											Lupin				
											Preservative		Y		
											Flavour		Y		
											Colours			Y	Y
											Hotcake Syrup				
											Whipped Butter			Y	
McMuffin - Bacon & Egg													Avg Qty / Serve	Avg Qty / 100g	
ENGLISH MUFFIN: Wheat Flour, Water, Ground Maize, Sugar, Canola Oil (Antioxidant (330)), Preservatives (262, 202, 282), Yeast (Yeast, Water, Thickener (415)), Maize Flour, Wheat Gluten , Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297)), Soy Flour, Wheat Flour, Barley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme. BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. Smoked. EGG: Fresh Egg CHEESE SLICE: Cheese (Milk, Salt, Starter Cultures, Enzyme (Rennet)), Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200). OIL: Canola Oil, Emulsifiers (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330)											Energy (kJ)	1280	957		
											Energy (Cal)	306	229		
											Protein (g)	18.9	14.2		
											Fat, total (g)	14.4	10.8		
											Saturated Fat (g)	5.9	4.4		
											Carbohydrate (g)	23.7	17.7		
											Sugars (g)	3.1	2.3		
											Sodium (mg)	743	556		
											Gluten	Y	Y		
											Eggs	Y	Y		
											Milk	Y	Y		
											Soy	Y	Y		
											Fish & Crustaea				
											Peanuts				
											Tree Nuts				
											Sesame Seeds		T		
											Sulphites				
											Lupin				
											Preservative	Y			
											Flavour	Y			
											Colours	Y	Y		
<i>Contains egg, gluten, milk and soy.</i> <i>English Muffins are manufactured in a plant which also produces products containing sesame seeds & milk.</i>															

McMuffin - Massive											Avg Qty / Serve	Avg Qty / 100g	
ENGLISH MUFFIN: Wheat Flour, Water, Ground Maize, Sugar, Canola Oil (Antioxidant (330)), Preservatives (262, 202, 282), Yeast (Yeast, Water, Thickener (415)), Maize Flour, Wheat Gluten , Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e)), Acidity Regulator (297), Soy Flour, Wheat Flour, Barley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme.											Energy (kJ)	2190	972
BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. Smoked.											Energy (Cal)	529	233
SAUSAGE PATTY: Beef, Seasoning [Potato Starch, Salt, Maltodextrin, Dextrose, Herbs, Dehydrated Vegetables, Spice, Maize Oil, Antioxidants (321, 320, 310), Spice Extract (contains Soy), Acidity Regulator (330)].											Protein (g)	34.8	15.3
EGG: Fresh Egg.											Fat, total (g)	30.0	13.2
KETCHUP: Tomato Concentrate, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Water, Salt, Natural Flavours.											Saturated Fat (g)	12.9	5.7
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).											Carbohydrate (g)	28.0	12.3
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330)											Sugars (g)	6.0	2.7
<i>Contains egg, gluten, milk and soy. Traces of sulphites in Sausage Patty.</i>											Sodium (mg)	1240	543
<i>English Muffins are manufactured in a plant which also produces products containing sesame seeds & milk.</i>											Gluten	Y	Y
											Eggs	Y	Y
											Milk	Y	Y
											Soy	Y	Y
											Fish & Crustaea		
											Peanuts		
											Tree Nuts		
											Sesame Seeds	T	T
											Sulphites	T	T
											Lupin		
											Preservative	Y	Y
											Flavour	Y	Y
											Colours	Y	Y
McMuffin - Sausage											Avg Qty / Serve	Avg Qty / 100g	
ENGLISH MUFFIN: Wheat Flour, Water, Ground Maize, Sugar, Canola Oil (Antioxidant (330)), Preservatives (262, 202, 282), Yeast (Yeast, Water, Thickener (415)), Maize Flour, Wheat Gluten , Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e)), Acidity Regulator (297), Soy Flour, Wheat Flour, Barley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme											Energy (kJ)	1220	1080
SAUSAGE PATTY: Beef, Seasoning [Potato Starch, Salt, Maltodextrin, Dextrose, Herbs, Dehydrated Vegetables, Spice, Maize Oil, Antioxidants (321, 320, 310), Spice Extract (contains Soy), Acidity Regulator (330)].											Energy (Cal)	292	258
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).											Protein (g)	16.4	14.5
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330)											Fat, total (g)	14.0	12.4
<i>Contain gluten, milk and soy. Traces of sulphites in Sausage Patty</i>											Saturated Fat (g)	6.5	5.7
<i>SAUSAGE PATTY may be cooked on the same grill as egg. English Muffins are manufactured in a plant which also produces products containing sesame seeds & milk.</i>											Carbohydrate (g)	23.4	20.7
											Sugars (g)	2.8	2.5
											Sodium (mg)	652	577
											Gluten	Y	T
											Eggs	T	Y
											Milk	Y	Y
											Soy	Y	Y
											Fish & Crustaea		
											Peanuts		
											Tree Nuts		
											Sesame Seeds	T	T
											Sulphites	T	T
											Lupin		
											Preservative	Y	Y
											Flavour	Y	Y
											Colours	Y	Y
McMuffin - Sausage and Egg											Avg Qty / Serve	Avg Qty / 100g	
ENGLISH MUFFIN: Wheat Flour, Water, Ground Maize, Sugar, Canola Oil (Antioxidant (330)), Preservatives (262, 202, 282), Yeast (Yeast, Water, Thickener (415)), Maize Flour, Wheat Gluten , Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e)), Acidity Regulator (297), Soy Flour, Wheat Flour, Barley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme, Mineral Oil.											Energy (kJ)	1600	985
SAUSAGE PATTY: Beef, Seasoning [Potato Starch, Salt, Maltodextrin, Dextrose, Herbs, Dehydrated Vegetables, Spice, Maize Oil, Antioxidants (321, 320, 310), Spice Extract (contains Soy), Acidity Regulator (330)].											Energy (Cal)	382	236
EGG: Fresh Egg											Protein (g)	23.7	14.6
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).											Fat, total (g)	20.6	12.7
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330)											Saturated Fat (g)	8.6	5.3
<i>Contain egg, gluten, milk and soy. Traces of sulphites in Sausage Patty</i>											Carbohydrate (g)	24.9	14.8
<i>English Muffins are manufactured in a plant which also produces products containing sesame seeds & milk.</i>											Sugars (g)	3.2	2.0
											Sodium (mg)	739	456
											Gluten	Y	Y
											Eggs	Y	Y
											Milk	Y	Y
											Soy	Y	Y
											Fish & Crustaea		
											Peanuts		
											Tree Nuts		
											Sesame Seeds	T	T
											Sulphites	T	T
											Lupin		
											Preservative	Y	Y
											Flavour	Y	Y
											Colours	Y	Y
McMuffin - Chicken											Avg Qty / Serve	Avg Qty / 100g	
ENGLISH MUFFIN: Wheat Flour, Water, Ground Maize, Sugar, Canola Oil (Antioxidant (330)), Preservatives (262, 202, 282), Yeast (Yeast, Water, Thickener (415)), Maize Flour, Wheat Gluten , Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e)), Acidity Regulator (297), Soy Flour, Wheat Flour, Barley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme, Mineral Oil.											Energy (kJ)	1780	1080
McCHICKEN PATTY: Chicken, Flour (Wheat , Maize), Water, Vegetables Oils (Canola, Maize, Palmolein), Salt, Thickener (1404), Spices & Spice Extracts (Black Pepper, White Pepper, Cayenne Pepper, Paprika, Turmeric, Sage, Nutmeg, Celery, Capsicum), Dehydrated Vegetables (Garlic, Onion), Maize Starch, Soy Protein, Mineral Salts (450, 451), Raising Agents (500, 541, 341), Maltodextrin, Emulsifier (433), Herbs (Sage, Marjoram, Thyme, Rosemary, Parsley).											Energy (Cal)	425	258
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Vegetable Gum (415), Acidity Regulator (270), Preservative (202)											Protein (g)	20.1	12.2
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).											Fat, total (g)	23.5	14.3
OIL: Canola Oil, Emulsifiers (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330)											Saturated Fat (g)	5.9	3.6
<i>Contain egg, gluten, milk and soy.</i>											Carbohydrate (g)	31.8	19.3
<i>English Muffins are manufactured in a plant which also produces products containing sesame seeds & milk</i>											Sugars (g)	3.1	1.9
<i>Chicken is cooked in vegetable oil blend. May be cooked in the same vat as products containing milk and egg.</i>											Sodium (mg)	1090	660
											Gluten	Y	Y
											Eggs	Y	Y
											Milk	Y	Y
											Soy	Y	Y
											Fish & Crustaea		
											Peanuts		
											Tree Nuts		
											Sesame Seeds	T	T
											Sulphites		
											Lupin		
											Preservative	Y	Y
											Flavour	Y	Y
											Colours	Y	Y

Bagel - BLT											Avg Qty / Serve	Avg Qty / 100g	
BAGEL: Wheat Flour, Water, Brown Sugar, Improver (Contains Soy , Wheat , Emulsifier (481), Acidity Regulators (262, 300), Barley), Canola Oil, Iodised Salt, Yeast.											Energy (kJ)	1730	1050
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite											Energy (Cal)	413	252
TOMATO: Sliced Tomato											Protein (g)	15.3	9.3
LETTUCE: Iceberg Lettuce											Fat, total (g)	15.6	9.5
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202)											Saturated Fat (g)	3.3	2.0
<i>Contains egg, gluten and soy.</i>											Carbohydrate (g)	51.0	31.1
<i>BAGELS are made on equipment which also produces products containing sesame seeds and cheese.</i>											Sugars (g)	5.9	3.6
											Sodium (mg)	900	549
											Gluten	Y	
											Eggs	Y	
											Milk	T	
											Soy	Y	
											Fish & Crustaea		
											Peanuts		
											Tree Nuts		
											Sesame Seeds	T	
											Sulphites		
											Lupin		
											Preservative	Y	
											Flavour	Y	
											Colours		
NYC Benedict Bagel											Avg Qty / Serve	Avg Qty / 100g	
BAGEL: Wheat Flour, Water, Brown Sugar, Improver (Contains Soy , Wheat , Emulsifier (481), Acidity Regulators (262, 300), Barley), Canola Oil, Iodised Salt, Yeast.											Energy (kJ)	2540	1310
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250).											Energy (Cal)	607	313
EGG: Fresh Egg.											Protein (g)	27.1	14.0
HOLLANDAISE STYLE SAUCE: Vegetable Oil [Sunflower Oil (Antioxidant (307b (Soy)), Palmolein], Water, Whole Egg Powder, Egg Yolk, Milk Solids, White Vinegar, Lemon Juice Concentrate [Preservative (223)], Cheese Powder [Milk , Starter Culture, Enzymes, Mineral Salts (339, 331), Food Acid (270)], Maltodextrin, Modified Starch (1442), Sugar, Butter , Salt, Thickeners (405, 415), Spices, Flavourings, Flavour Enhancer (635), Preservatives (202, 211), Dehydrated Onion, Emulsifier (433), Spice Extract (100).											Fat, total (g)	31.9	16.5
CHEDDAR CHEESE: Milk, Salt, Cultures, Enzyme (Non-Animal Rennet).											Saturated Fat (g)	9.7	5.0
QIL: Canola Oil, Emulsifiers (Soy Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330)											Carbohydrate (g)	51.5	26.6
<i>Contains egg, gluten, milk, soy and sulphites</i>											Sugars (g)	7.9	4.1
<i>BAGELS are made on equipment which also produces products containing sesame seeds and cheese.</i>											Sodium (mg)	1070	553
											Gluten	Y	
											Eggs	Y	
											Milk	Y	
											Soy	Y	
											Fish & Crustaea		
											Peanuts		
											Tree Nuts		
											Sesame Seeds	T	
											Sulphites	Y	
											Lupin		
											Preservative	Y	
											Flavour	Y	
											Colours	Y	
DESSERTS											Avg Qty / Serve	Avg Qty / 100g	
Apple Pie											Avg Qty / Serve	Avg Qty / 100g	
Apple (Preservative (223)), Wheat Flour, Water, Sugar, Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, Soy Lecithin), Acidity Regulator (500), Antioxidant (307b - soy), Food Acid (330), Colour (160a)), Flavour (Water, Humectant (1520), Flavour, Sugar, Vegetable Gum (415, 405), Colours (100, 150 a, b, c or d)), Modified Starch (1422, 1442), Dough Conditioner (Wheat Flour, Salt, Sugar, Emulsifiers (472e - soy , 471), Mineral Salt (500), Preservative (223)), Vegetable Gum (466), Salt, Dextrose Monohydrate, Colour (160b, 100), Cinnamon, Acidity Regulator (331), Nutmeg, Vegetable Gum (410), Concentrated Lemon Puree.											Energy (kJ)	985	1160
<i>Contains gluten, sulphites and soy.</i>											Energy (Cal)	235	277
<i>APPLE PIES are produced in a plant that also produces products containing milk & sesame seeds.</i>											Protein (g)	2.2	2.6
<i>Apple pies are cooked in McDonald's Vegetable Oil blend and may be cooked in the same vat as products containing egg and / or milk.</i>											Fat, total (g)	12.9	15.2
											Saturated Fat (g)	4.3	5.0
											Carbohydrate (g)	26.7	31.4
											Sugars (g)	10.0	11.8
											Sodium (mg)	366	430
											Gluten	Y	
											Eggs	T	
											Milk	T	
											Soy	Y	
											Fish & Crustaea		
											Peanuts		
											Tree Nuts		
											Sesame Seeds	T	
											Sulphites	Y	
											Lupin		
											Preservative	Y	
											Flavour	Y	
											Colours	Y	
McFlurry - M&M Minis®											Avg Qty / Serve	Avg Qty / 100g	
SUNDAE MIX: Milk, Sugar, Cream, Milk Solids, Glucose Syrup (derived from maize, contains sulphites) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Energy (kJ)	2260	1030
FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Soy Lecithin), Whole Sweetened Condensed Milk (Milk , Milk Powder, Sugar, Lactose), Cocoa Powder, Whole Milk Powder, Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202).											Energy (Cal)	537	245
M&M MINIS: Milk Chocolate [Sugar, Milk Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (Soy Lecithin), Salt, Flavour], Sugar, Starch (Wheat), Glucose Syrup (Wheat), Colours (171, 133, 129, 110, 102), Vegetable Gum (414), Thickener (Dextrin), Glazing Agent (903).											Protein (g)	9.0	4.1
<i>Contains gluten, milk, soy and sulphites.</i>											Fat, total (g)	18.4	8.4
<i>M&M Minis may contain traces of peanuts and tree nuts</i>											Saturated Fat (g)	11.9	5.4
											Carbohydrate (g)	83.2	38.0
											Sugars (g)	70.4	32.1
											Sodium (mg)	170	78
											Gluten	Y	
											Eggs		
											Milk	Y	
											Soy	Y	
											Fish & Crustaea		
											Peanuts	T	
											Tree Nuts	T	
											Sesame Seeds		
											Sulphites	Y	
											Lupin		
											Preservative	Y	
											Flavour	Y	
											Colours	Y	

McFlurry - Oreo											Avg Qty / Serve	Avg Qty / 100g	
SUNDAE MIX: Milk, Sugar, Cream, Milk Solids, Glucose Syrup (derived from maize, contains sulphites) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Energy (kJ)	1700	918
OREO PIECES: Wheat Flour, Sugar, Vegetable Oil (Palm Oil and Palm Kernel Oil, Contains Antioxidant [319]), Cocoa Powder, Starch, Invert Syrup, Salt, Raising Agents (500, 503), Soy Lecithin, Flavour.											Energy (Cal)	404	219
<i>Contains gluten, milk, soy and sulphites.</i>											Protein (g)	8.3	4.5
<i>Oreo Pieces may contain traces of egg, peanut and sesame seed.</i>											Fat, total (g)	15.6	8.5
											Saturated Fat (g)	9.1	4.9
											Carbohydrate (g)	57.5	31.1
											Sugars (g)	43.0	23.3
											Sodium (mg)	253	137
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	T	Y	Y		T		T	Y		Y			
Soft Serve Cone											Avg Qty / Serve	Avg Qty / 100g	
SUNDAE MIX: Milk, Sugar, Cream, Milk Solids, Glucose Syrup (derived from maize, contains sulphites) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Energy (kJ)	591	664
CONE: Wheat Flour, Canola Oil, Salt, Raising Agent (500), Emulsifier (322 from soy), Water, Colour (160b).											Energy (Cal)	141	159
<i>Contains gluten, milk, soy and sulphites.</i>											Protein (g)	4.1	4.6
											Fat, total (g)	4.4	5.0
											Saturated Fat (g)	2.6	2.9
											Carbohydrate (g)	21.0	23.6
											Sugars (g)	16.4	18.4
											Sodium (mg)	52	59
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites		Preservative	Flavour	Colours	
Y		Y	Y					Y		Y		Y	
Soft Serve Cone with Flake											Avg Qty / Serve	Avg Qty / 100g	
SUNDAE MIX: Milk, Sugar, Cream, Milk Solids, Glucose Syrup (derived from maize, contains sulphites) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Energy (kJ)	780	800
CONE: Wheat Flour, Canola Oil, Salt, Raising Agent (500), Emulsifier (322 from soy), Water, Colour (160b).											Energy (Cal)	187	190
CADBURY FLAKE: Full Cream Milk , Sugar, Cocoa Butter, Cocoa Mass, Milk Solids, Flavours, Emulsifier (Soy Lecithin).											Protein (g)	4.7	4.9
<i>Contains gluten, milk, soy and sulphites.</i>											Fat, total (g)	7.0	7.2
<i>Flake is manufactured on equipment which also produces products containing tree nuts (almonds, hazelnuts, brazil nuts and cashew nuts) and peanuts.</i>											Saturated Fat (g)	4.2	4.3
											Carbohydrate (g)	25.8	26.5
											Sugars (g)	21.1	21.6
											Sodium (mg)	59	60
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y		Y	Y		T	T		Y		Y		Y	
Flake											Avg Qty / Serve	Avg Qty / 100g	
FLAKE: Full Cream Milk , Sugar, Cocoa Butter, Cocoa Mass, Milk Solids, Flavours, Emulsifier (Soy Lecithin).											Energy (kJ)	189	2220
<i>Contains milk and soy.</i>											Energy (Cal)	45	531
<i>Flake is manufactured on equipment which also produces products containing tree nuts (almonds, hazelnuts, brazil nuts and cashew nuts) and peanuts</i>											Protein (g)	0.7	7.8
											Fat, total (g)	2.6	30.5
											Saturated Fat (g)	1.6	19.0
											Carbohydrate (g)	4.8	56.5
											Sugars (g)	4.7	55.4
											Sodium (mg)	7	78
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
		Y	Y		T	T					Y		

Choc Top Cone												Avg Qty / Serve	Avg Qty / 100g					
SUNDAE MIX: Milk, Sugar, Cream, Milk Solids, Glucose Syrup (derived from maize, contains sulphites) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.												Energy (kJ)	1160	915				
WAFFLE CONE: Wheat Flour, Raw Cane Sugar, Wheaten Cornflour, Vegetable Oil, Soy Lecithin, Wheat Fibre, Salt, Water.												Energy (Cal)	277	218				
MILK CHOC TOPPING: Vegetable Fat, Sugar, Cocoa Powder, Whey Powder, Emulsifiers (Soy, 476), Flavours, Salt.												Protein (g)	5.9	4.6				
<i>Contains gluten, milk, soy and sulphites.</i>												Fat, total (g)	11.0	8.6				
<i>Choc Topping may contain TRACES of tree nuts</i>												Saturated Fat (g)	8.4	6.6				
												Carbohydrate (g)	38.6	30.4				
												Sugars (g)	28.3	22.3				
												Sodium (mg)	93	73				
												Gluten						
												Eggs						
												Milk	Y					
												Soy	Y					
												Fish & Crustacea						
												Peanuts	T					
												Tree Nuts	T					
												Sesame Seeds						
												Sulphites	Y					
												Lupin						
												Preservative	Y					
												Flavour	Y					
												Colours						
Yoghurt												Apricot		Fruits of the Forest		Strawberry		
APRICOT YOGHURT: Skim Milk, Sugar, Apricot (contains sulphites), Cream, Thickener (1422, 410), Gelatine, Whey Protein Concentrate, Mineral (Calcium), Acidity Regulators (330, 331), Natural Flavour, Live Cultures (Including Acidophilus and Bifidus), Natural Colour (160a, 160b), Preservative (202), Vitamins (A & D)												Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
<i>Contains milk and sulphites</i>												Energy (kJ)	297	297	335	335	361	361
												Energy (Cal)	71	71	80	80	86	86
FRUITS OF THE FOREST YOGHURT: Skim Milk, Sugar, Cream, Blackberry, Thickener (1422), Boysenberry, Raspberry, Gelatine, Whey Protein Concentrate, Mineral (Calcium), Raspberry Juice Concentrate, Acidity Regulators (296, 330, 332), Live Cultures (Including Acidophilus and Bifidus), Preservative (202), Flavour, Vitamins (A & D)												Protein (g)	3.8	3.8	3.7	3.7	4.2	4.2
<i>Contains milk</i>												Fat, total (g)	1.4	1.4	1.4	1.4	2.5	2.5
												Saturated Fat (g)	0.8	0.8	0.8	0.8	1.5	1.5
												Carbohydrate (g)	10.6	10.6	12.8	12.8	11.5	11.5
STRAWBERRY YOGHURT: Skim Milk, Strawberry, Sugar, Cream, Thickener (1422, 1442), Gelatine, Mineral (Calcium) Strawberry Juice Concentrate, Flavour, Acidity Regulators (296, 330), Preservative (202), Natural Colour (120), Vitamins (A&D), Live Cultures (including Acidophilus and Bifidus).												Sugars (g)	9.2	9.2	11.4	11.4	10.1	10.1
<i>Contains milk</i>												Sodium (mg)	36	36	36	36	32	32
												Gluten						
												Eggs						
												Milk		Y				
												Soy						
												Fish & Crustacea						
												Peanuts						
												Tree Nuts						
												Sesame Seeds						
												Sulphites		Y			Y	
												Lupin						
												Preservative				Y		
												Flavour				Y		
												Colours				Y		
Sundae - Plain												Small		Large				
SUNDAE MIX: Milk, Sugar, Cream, Milk Solids, Glucose Syrup (derived from maize, contains sulphites) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.												Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g			
<i>Contains milk and sulphites.</i>												Energy (kJ)	833	617				
												Energy (Cal)	198	147				
												Protein (g)	5.9	4.4				
												Fat, total (g)	6.7	5.0				
												Saturated Fat (g)	4.1	3.0				
												Carbohydrate (g)	28.6	21.2				
												Sugars (g)	26.0	19.2				
												Sodium (mg)	76	57				
												Gluten						
												Eggs						
												Milk		Y				
												Soy						
												Fish & Crustacea						
												Peanuts						
												Tree Nuts						
												Sesame Seeds						
												Sulphites		Y				
												Lupin						
												Preservative				Y		
												Flavour				Y		
												Colours						
Sundae - Caramel												Small		Large				
SUNDAE MIX: Milk, Sugar, Cream, Milk Solids, Glucose Syrup (derived from maize, contains sulphites) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.												Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g			
Caramel Topping: Glucose, Corn Syrup, Whole Sweetened Condensed Milk (Milk, Milk Powder, Sugar, Lactose), High Fructose Corn Syrup, Shortening (Palm Oil, Antioxidant (307)), Water, Sugar, Thickeners (401, 440), Salt, Stabiliser (339), Flavouring.												Energy (kJ)	1430	815	2240	896		
<i>Contains milk and sulphites.</i>												Energy (Cal)	340	193	530	212		
												Protein (g)	6.6	3.8	8.8	3.5		
												Fat, total (g)	8.6	4.7	11.5	4.6		
												Saturated Fat (g)	5.1	2.9	7.1	2.9		
												Carbohydrate (g)	59.7	33.9	97.8	39.2		
												Sugars (g)	42.5	24.2	65.4	26.2		
												Sodium (mg)	150	85	242	97		
												Gluten						
												Eggs						
												Milk		Y				
												Soy						
												Fish & Crustacea						
												Peanuts						
												Tree Nuts						
												Sesame Seeds						
												Sulphites		Y				
												Lupin						
												Preservative				Y		
												Flavour				Y		
												Colours						

Sundae - Hot Fudge											Small		Large	
											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
SUNDAE MIX: Milk, Sugar, Cream, Milk Solids, Glucose Syrup (derived from maize, contains sulphites) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour										Energy (kJ)	1400	811	2270	931
FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Soy Lecithin), Whole Sweetened Condensed Milk (Milk, Milk Powder, Sugar, Lactose), Cocoa Powder, Whole Milk Powder, Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202).										Energy (Cal)	334	193	543	223
<i>Contains milk, soy and sulphites.</i>										Protein (g)	7.2	4.1	9.0	3.7
										Fat, total (g)	11.6	6.7	14.3	5.9
										Saturated Fat (g)	8.3	4.8	10.1	4.2
										Carbohydrate (g)	49.8	28.8	93.1	38.2
										Sugars (g)	43.8	25.3	72.6	29.7
										Sodium (mg)	131	76	214	88
										Gluten	Eggs	Milk	Soy	Fish & Crustaea
		Y	Y					Y		Y	Y			

Sundae - Strawberry											Small		Large	
											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
SUNDAE MIX: Milk, Sugar, Cream, Milk Solids, Glucose Syrup (derived from maize, contains sulphites) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour										Energy (kJ)	1150	668	1670	690
STRAWBERRY TOPPING: Strawberries, Sugar, Water, High Fructose Corn Syrup, Strawberry Juice Concentrate, Thickeners (440, 410), Flavouring, Acidity Regulator (330), Preservative (202), Colour (124), Firming Agent (509).										Energy (Cal)	272	158	395	163
<i>Contains milk and sulphites.</i>										Protein (g)	6.0	3.5	7.6	3.1
										Fat, total (g)	6.7	3.9	8.4	3.5
										Saturated Fat (g)	4.1	2.4	5.1	2.1
										Carbohydrate (g)	46.7	27.1	71.8	29.7
										Sugars (g)	43.5	25.3	67.4	27.9
										Sodium (mg)	79	46	100	41
										Gluten	Eggs	Milk	Soy	Fish & Crustaea
		Y						Y		Y	Y	Y		

DRINKS													
Apple & Blackcurrant Fruit Drink												Avg Qty / Serve	Avg Qty / 100mL
Water, Juices from Concentrate (Apple, Blackcurrant), Sugar, Flavour, Food Acid (330), Colour (Fruit and Vegetable Juice)										Energy (kJ)		262	105
<i>Contains caffeine</i>										Energy (Cal)		63	25
										Protein (g)		<1.0	<1.0
										Fat, total (g)		<1.0	<1.0
										Saturated Fat (g)		0.0	0.0
										Carbohydrate (g)		15.0	6.0
										Sugars (g)		13.5	5.4
										Sodium (mg)		3	1
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
											Y	Y	

Coca-Cola											Small ¹		Medium ¹		Large ¹	
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Carbonated Water, Sugar, Colour (150a), Acidity Regulator (338), Flavour, Caffeine.										Energy (kJ)	412	180	590	180	903	180
<i>Contains caffeine</i>										Energy (Cal)	99	43	141	43	216	43
										Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
										Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
										Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
										Carbohydrate (g)	24.3	10.6	34.8	10.6	53.1	10.6
										Sugars (g)	24.3	10.6	34.8	10.6	53.1	10.6
										Sodium (mg)	22	10	33	10	50	10
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours				
											Y	Y				

						Small ¹		Medium ¹		Large ¹		
						Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
Coke No Sugar												
Carbonated Water, Colour (150d), Food Acids (338, 331), Sweeteners (951, 950), Preservative (211), Flavour, Caffeine						Energy (kJ)	3	2	5	2	8	2
<i>Contains caffeine</i>						Energy (Cal)	1	<1	1	<1	2	<1
<i>Phenylketonurics: Contains Phenylalanine</i>						Protein (g)	0.1	<0.1	0.2	<0.1	0.3	<0.1
						Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
						Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
						Carbohydrate (g)	0.2	0.1	0.3	0.1	0.5	0.1
						Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
						Sodium (mg)	25	11	36	11	55	11
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
										Y	Y	Y
Diet Coke												
Carbonated Water, Colour (150d), Food Acids (338, 330, 331), Sweeteners (951, 950), Flavour, Preservative (211), Caffeine.												
<i>Contains caffeine</i>						Energy (kJ)	3	2	5	2	8	2
<i>Phenylketonurics: Contains Phenylalanine</i>						Energy (Cal)	1	<1	1	<1	2	<1
						Protein (g)	0.1	<1.0	0.2	<1.0	0.3	<1.0
						Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
						Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
						Carbohydrate (g)	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
						Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
						Sodium (mg)	34	15	49	15	75	15
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
										Y	Y	Y
Sprite Zero												
Carbonated Water, Acidity Regulators (330, 331), Flavour, Artificial Sweeteners (950, 951), Preservative (211).												
<i>Phenylketonurics: Contains Phenylalanine</i>						Energy (kJ)	10	4	14	4	21	4
						Energy (Cal)	2	1	3	1	5	1
						Protein (g)	0.1	<0.1	0.2	<0.1	0.3	<0.1
						Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
						Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
						Carbohydrate (g)	0.2	<0.1	0.3	<0.1	0.5	<0.1
						Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
						Sodium (mg)	31	13	44	13	67	13
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
										Y	Y	
Fanta Orange												
Carbonated Water, Sugar, Acidity Regulator (330), Flavour, Preservative (211), Antioxidant (300), Colour (110).												
						Energy (kJ)	478	209	686	209	1050	209
						Energy (Cal)	114	50	164	50	251	50
						Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
						Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
						Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
						Carbohydrate (g)	28.1	12.3	40.4	12.3	61.7	12.3
						Sugars (g)	28.1	12.3	40.4	12.3	61.7	12.3
						Sodium (mg)	19	8	27	8	42	8
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
										Y	Y	Y

						Small		Medium		Large		
						Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
Frozen Coke						Energy (kJ)	413	118	578	118	779	118
Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine						Energy (Cal)	98	28	137	28	185	28
<i>Contains caffeine</i>						Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
						Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
						Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
						Carbohydrate (g)	24.2	6.9	33.8	6.9	45.5	6.9
						Sugars (g)	24.2	6.9	33.8	6.9	45.5	6.9
						Sodium (mg)	19	5	26	5	36	5
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
											Y	Y
						Small ¹		Medium ¹		Large ¹		
						Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
Orange Juice, Keri						Energy (kJ)	625	196	882	196	1190	196
Water, Concentrated Orange Juice, Preservatives (211, 202), Colour (160a), Flavour						Energy (Cal)	149	47	211	47	284	47
						Protein (g)	2.2	0.7	3.1	0.7	4.2	0.7
						Fat, total (g)	0.2	<0.1	0.3	<0.1	0.4	<0.1
						Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
						Carbohydrate (g)	31.6	10.0	44.5	10.0	60.0	10.0
						Sugars (g)	30.4	9.6	42.9	9.6	57.8	9.6
						Sodium (mg)	3	1	4	1	6	1
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
										Y	Y	Y
						Small		Medium		Large		
						Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
Shake - Chocolate						Energy (kJ)	1270	384	1710	384	2080	384
SHAKE MIX: Milk, Sugar, Milk Solids, Glucose Syrup (derived from maize), Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour.						Energy (Cal)	303	92	409	92	497	92
CHOCOLATE SYRUP: Invert Syrup, Glucose Syrup (contains Sulphur Dioxide), Water, Cocoa Powder, Malt Syrup, Salt, Preservative (211), Acidity Regulator (330), Flavour.						Protein (g)	9.0	2.7	12.1	2.7	14.7	2.7
<i>Contains milk and gluten. Traces of sulphites.</i>						Fat, total (g)	7.5	2.3	10.2	2.3	12.4	2.3
						Saturated Fat (g)	4.6	1.4	6.2	1.4	7.5	1.4
						Carbohydrate (g)	48.8	14.8	65.8	14.8	79.9	14.8
						Sugars (g)	43.5	13.2	58.7	13.2	71.2	13.2
						Sodium (mg)	189	57	255	57	310	57
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y		Y						T		Y	Y	
						Small		Medium		Large		
						Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
Shake - Lime Flavour						Energy (kJ)	1130	330	1460	330	1810	330
SHAKE MIX: Milk, Sugar, Milk Solids, Glucose Syrup (derived from maize), Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour.						Energy (Cal)	271	79	349	79	434	79
LIME SYRUP: Water, Glucose, Sugar, Invert Sugar, Flavours, Preservative (202), Acidity Regulator (330), Antioxidant (300), Colours (102, 133).						Protein (g)	8.1	2.4	10.5	2.4	13.1	2.4
<i>Contains milk. Traces of gluten & sulphite</i>						Fat, total (g)	7.0	2.0	9.0	2.0	11.2	2.0
						Saturated Fat (g)	4.2	1.2	5.4	1.2	6.7	1.2
						Carbohydrate (g)	43.3	12.6	55.7	12.6	69.3	12.6
						Sugars (g)	39.7	11.6	51.2	11.6	63.7	11.6
						Sodium (mg)	130	38	167	38	208	38
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
T		Y						T		Y	Y	Y

	Small		Medium		Large																
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours		
Shake - Strawberry																					
SHAKE MIX: Milk, Sugar, Milk Solids, Glucose Syrup (derived from maize), Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour.	Energy (kJ)	1220	355	1570	355	1960															
STRAWBERRY SYRUP: Invert Sugar Syrup, Water, Glucose Syrup (contains Sulphur Dioxide), Sugar, Strawberry Juice Concentrate, Acidity Regulator (330), Preservative (211), Humectant (1520), Colours (129, 110, 133), Flavour.	Energy (Cal)	292	85	376	85	468															
<i>Contains milk. Traces of gluten & sulphites.</i>	Protein (g)	8.2	2.4	10.5	2.4	13.1															
	Fat, total (g)	7.0	2.0	9.0	2.0	11.3															
	Saturated Fat (g)	4.2	1.2	5.4	1.2	6.7															
	Carbohydrate (g)	48.3	14.1	62.2	14.1	77.4															
	Sugars (g)	43.6	12.7	56.2	12.7	69.9															
	Sodium (mg)	133	39	171	39	213															
Water																					
PUMP MINI: Spring water																					
KIWI BLUE: Spring Water																					
								Pump Mini		Kiwi Blue											
								Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL										
								Energy (kJ)	0	0	0	0									
								Energy (Cal)	0	0	0	0									
								Protein (g)	0.0	0.0	0.0	0.0									
								Fat, total (g)	0.0	0.0	0.0	0.0									
								Saturated Fat (g)	0.0	0.0	0.0	0.0									
								Carbohydrate (g)	0.0	0.0	0.0	0.0									
								Sugars (g)	0.0	0.0	0.0	0.0									
								Sodium (mg)	3	1	5	1									
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours								
	T		Y						T		Y	Y	Y								
Choc Frappe																					
ICE: Water																					
CHOCOLATE FRAPPE BASE: Milk, Sugar, Cream, Water, Milk Solids, Cocoa Powder, Emulsifier (471), Stabilisers (412, 410, 466, 407a, 407), Flavour	Energy (kJ)	1530	475	2160	458	2590	450														
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).	Energy (Cal)	366	113	516	110	621	108														
CHOCOLATE SAUCE: Sucrose Syrup, Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401)	Protein (g)	5.5	1.7	8.0	1.7	9.8	1.7														
<i>Contains milk. Traces of sulphites.</i> <i>CHOC SAUCE manufactured on the same line as products containing gluten</i>	Fat, total (g)	17.0	5.3	23.0	4.9	26.5	4.6														
	Saturated Fat (g)	10.6	3.3	14.6	3.1	16.7	2.9														
	Carbohydrate (g)	46.9	14.5	68.1	14.4	83.5	14.5														
	Sugars (g)	46.3	14.3	67.1	14.3	82.1	14.3														
	Sodium (mg)	109	34	155	33	190	33														
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours							
	T		Y								Y	Y	Y								
Coffee Frappe																					
ICE: Water																					
COFFEE FRAPPE BASE: Milk, Sugar, Cream, Water, Milk Solids, Coffee Powder, Emulsifier (471), Stabilisers (412, 410, 466, 407a, 407), Flavours.	Energy (kJ)	1380	450	2000	435	2420	423														
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).	Energy (Cal)	331	107	477	104	580	101														
COFFEE SAUCE: Sugar, Water, Flavours, Cocoa Powder, Thickener (1442), Colour (150d), Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401)	Protein (g)	5.2	1.7	7.8	1.7	9.7	1.7														
<i>Contains milk and caffeine. Traces of sulphites.</i> <i>COFFEE SAUCE manufactured on the same line as products containing gluten</i>	Fat, total (g)	16.1	5.3	22.5	4.9	26.4	4.6														
	Saturated Fat (g)	10.1	3.3	14.2	3.1	16.7	2.9														
	Carbohydrate (g)	40.7	13.2	60.6	13.2	74.9	13.1														
	Sugars (g)	38.6	12.5	57.4	12.5	71.2	12.4														
	Sodium (mg)	107	35	161	35	198	35														
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours							
	T		Y								Y	Y	Y								

Black Tea
 WATER
 TEA

	Small	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	16	6
Energy (Cal)	4	1
Protein (g)	0.3	0.1
Fat, total (g)	0.3	0.1
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	0.0	0.0
Sugars (g)	0.0	0.0
Sodium (mg)	10	4

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

NOTE 1. Nutrition information is for beverage without ice.