



McDonald's New Zealand

Main Menu

Allergen - Ingredients - Nutrition Information

Core Menu

Information is correct as at June 2022.

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® and Double Big Mac®

BIG MAC BUN: **Wheat** Flour, Water, Sugar, Canola Oil, **Wheat Gluten**, **Sesame Seeds**, Potato Starch, Glaze, Iodised Salt, Yeast, Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes (Contain **Wheat**)), Preservative (262), Emulsifiers (472e, 471), Natural Flavour.

BEEF: Beef.

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, 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).

LETTUCE: Iceberg Lettuce.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

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

ONION: Water, Dehydrated White Onions.

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

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

BIG MAC BUN is made on equipment that also produces products containing soy and milk.

BEEF PATTY seasoned on the grill with salt, pepper and sunflower oil.

BEEF PATTY may be cooked in the same equipment as egg or products containing gluten.

	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
	Y	Y	Y	Y				Y			Y		

	Big Mac®		Double Big Mac®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2370	1040	3270	1080
Energy (Cal)	567	248	782	257
Protein (g)	27.1	11.8	42.7	14.1
Fat, total (g)	31.9	13.9	47.7	15.7
Saturated Fat (g)	11.7	5.1	18.6	6.1
Carbohydrate (g)	41.1	17.9	43.1	14.2
Sugars (g)	6.8	3.0	7.4	2.5
Sodium (mg)	1060	464	1390	458

Quarter Pounder® and Double Quarter Pounder®

BEEF: Beef.

QUARTER BUN: **Wheat** Flour, Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Yeast, Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes (Contain **Wheat**)), Preservative (262), Emulsifiers (472e, 471), Natural Flavour,

Thickener (412), **Wheat Gluten**.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

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

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

ONION: Onions.

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

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

Contains gluten, soy, milk and sesame seeds.

QUARTER BUN is made on equipment that also produces products containing milk & soy.

BEEF PATTY may be cooked in the same equipment as eggs or products containing gluten.

	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
	Y	T	Y	Y				Y			Y		

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

Cheeseburger, Double Cheeseburger and Triple Cheeseburger

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

BEEF: Beef.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

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

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

ONION: Water, Dehydrated White Onions.

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

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

Contains gluten, milk & soy.

BUN is made on equipment that produces products containing sesame seed, soy and milk.

BEEF PATTY seasoned on the grill with salt, pepper and sunflower oil.

BEEF PATTY may be cooked in the same equipment as egg or products containing gluten.

	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
	Y	T	Y	Y				T			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	1100	1920	1120	2570	1150
Energy (Cal)	306	262	460	267	613	274
Protein (g)	16.3	13.9	27.0	15.6	37.6	16.8
Fat, total (g)	13.9	11.8	25.4	14.7	36.9	16.5
Saturated Fat (g)	6.6	5.6	12.8	7.4	19.0	8.5
Carbohydrate (g)	28.0	23.9	29.5	17.1	31.0	13.8
Sugars (g)	5.5	4.7	6.2	3.6	3.9	3.1
Sodium (mg)	691	590	1060	617	1410	628

Hamburger

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

BEEF PATTIES: Beef.

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

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

ONIONS: Water, Dehydrated White Onions.

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

BEEF PATTY SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains gluten and soy.

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

BEEF PATTY seasoned on the grill with salt, pepper and sunflower oil.

BEEF PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.

	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
	Y	T	T	Y				T			Y		

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

Deluxe Cheeseburger

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

BEEF: Beef.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).

LETTUCE: Iceberg Lettuce.

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

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

ONIONS: Water, Dehydrated White Onions.

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

BEEF PATTY SEASONING: Salt, Black Pepper, Sunflower Oil.

Contains gluten, egg, milk and soy.

BUN is made on equipment that also produces products containing sesame seed, soy and milk.

BEEF PATTY may be cooked in the same equipment as egg or products containing gluten.

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
Y	Y	Y	Y				T			Y		

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1430	1050
Energy (Cal)	343	250
Protein (g)	16.5	12.0
Fat, total (g)	17.2	12.6
Saturated Fat (g)	7.1	5.2
Carbohydrate (g)	29.2	21.3
Sugars (g)	5.8	4.2
Sodium (mg)	719	525

Texan BBQ Bacon Burger

BEEF: Angus Beef.

GOURMET BUN: **Wheat** Flour, Water, Sugar, Canola Oil, Yeast (Yeast, Thickener (415)), Glaze, Iodised Salt, **Wheat Gluten**, Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (Contains **Wheat**)), Preservative (262), Emulsifier (472e), Inactive Dry Yeast.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Paste [Antioxidants (300, 330)], Thickener (1422), Salt, Worcestershire Sauce (Contains **Wheat**, **Barley** and **Fish**), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour.

ONION: Onion.

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

MCCHICKEN SAUCE: Water, **Soybean** Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Powder, Thickener (415), Food Acid (270), Preservative (202).

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

OR: Salt, Maltodextrin, Spices, Dextrose, Vegetable Powders, Yeast Extract, Sugar, Worcestershire Sauce Powder [Colour (150a)], Anti-caking Agent (551), Flavourings (**Milk**), Spice Extract (100).

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

GOURMET BUN is made on equipment that also produces products containing sesame seeds.

BEEF PATTY, BACON and ONION may be cooked in the same equipment as egg.

ANGUS SEASONING is made on the same equipment that also produces products contains sulphites.

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
Y	Y	Y	Y	Y			T	T		Y		

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	4130	1150
Energy (Cal)	986	276
Protein (g)	59.9	16.8
Fat, total (g)	58.1	16.3
Saturated Fat (g)	27.1	7.6
Carbohydrate (g)	53.9	15.1
Sugars (g)	17.1	4.8
Sodium (mg)	1850	519

Serious Angus®

BEEF: Angus Beef.

GOURMET BUN: **Wheat** Flour, Water, Sugar, Canola Oil, Yeast (Yeast, Thickener (415)), Glaze, Iodised Salt, **Wheat Gluten**, Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (Contain **Wheat**)), Preservative (262), Emulsifier (472e), Inactive Dry Yeast.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).

TOMATO: Tomato.

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

ONION: Red Onion.

LETTUCE: Whole Leaf Lettuce.

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

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

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

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

OR: Salt, Maltodextrin, Spices, Dextrose, Vegetable Powders, Yeast Extract, Sugar, Worcestershire Sauce Powder [Colour (150a)], Anti-caking Agent (551), Flavourings (**Milk**), Spice Extract (100).

Contains gluten, egg, milk and soy.

GOURMET BUN is prepared using the same equipment as products containing sesame seeds.

BEEF PATTY and BACON may be cooked on the same grill as egg.

ANGUS SEASONING is made on the same equipment that also produces products contains sulphites.

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
Y	Y	Y	Y				T	T		Y		

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2930	1020
Energy (Cal)	700	243
Protein (g)	41.5	14.4
Fat, total (g)	38.1	13.2
Saturated Fat (g)	17.4	6.0
Carbohydrate (g)	45.6	15.8
Sugars (g)	10.0	3.5
Sodium (mg)	1500	520

The Boss®

QUARTER BUN: **Wheat** Flour, Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Yeast, Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes (Contain **Wheat!**)), Preservative (262), Emulsifiers (472e, 471), Natural Flavour, Thickener (412), **Wheat Gluten**.

BEEF: Beef.

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

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).

LETTUCE: Iceberg Lettuce.

TOMATO: Tomatoes.

ONION: Onions,

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

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

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

BEEF PATTY SEASONING: Salt, Black Pepper, Sunflower Oil.

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

BEEF PATTY may be cooked on the same grill as egg.

QUARTER BUN is made on equipment that also produces products containing milk & soy.

ANGUS SEASONING is made on the same equipment that also produces products contains sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3630	1050
Energy (Cal)	868	252
Protein (g)	54.6	15.8
Fat, total (g)	54.7	15.9
Saturated Fat (g)	25.4	7.4
Carbohydrate (g)	38.2	11.1
Sugars (g)	8.4	2.4
Sodium (mg)	1260	366

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
Y	Y	Y	Y				Y	T		Y		

CHICKEN AND FISH

Chicken McNuggets®

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

Contains gluten.

CHICKEN NUGGETS are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk and soy.

	3 Pack		6 Pack		10 Pack		20 Pack	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	511	1140	1020	1140	1700	1140	3410	1140
Energy (Cal)	122	272	245	272	407	272	815	272
Protein (g)	7.0	15.5	14.0	15.5	23.3	15.5	46.5	15.5
Fat, total (g)	7.5	16.6	14.9	16.6	24.9	16.6	49.8	16.6
Saturated Fat (g)	1.2	2.6	2.3	2.6	3.9	2.6	7.8	2.6
Carbohydrate (g)	6.7	14.9	13.4	14.9	22.4	14.9	44.7	14.9
Sugars (g)	0.2	0.4	0.4	0.4	0.6	0.4	1.2	0.4
Sodium (mg)	221	490	441	490	735	490	1470	490

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
Y	T	T	T									

10 Chicken McBites®

CHICKEN MCBITES: Chicken, Water, Vegetable Oil (Canola), Flour (**Wheat**, Rice), Salt, Thickener (1404), Vegetable Powders (including Garlic, Onion, Celery), **Milk** Solids, Mineral Salts (450, 451, 452, 500, 341), Spice (including Pepper, Chilli), Yeast Extract, Natural Flavour (**Wheat**), Herb, Natural Colour (100), Flavour Enhancer (635).

Contains gluten & milk.

CHICKEN 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)	711	1130
Energy (Cal)	170	270
Protein (g)	10.2	16.2
Fat, total (g)	11.0	17.5
Saturated Fat (g)	1.0	1.6
Carbohydrate (g)	7.4	11.7
Sugars (g)	0.1	0.1
Sodium (mg)	504	800

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
Y	T	Y	T									

McChicken® and Double McChicken®

MCCHICKEN PATTY: Chicken, Flour (**Wheat**, Maize), Water, Vegetables Oils (Canola, Maize (Antioxidant 307b), Palmolein), Salt, Thickener (1404), Spices & Spice Extracts (Black Pepper, White Pepper, Cayenne Pepper, Paprika, Turmeric, Sage, Nutmeg, Celery, Capsicum), Dehydrated Vegetables (Garlic, Onion), Maize Starch, **Soy** Protein, Mineral Salts (450, 451), Raising Agents (500, 541, 341), Maltodextrin, Emulsifier (433), Herbs (Sage, Marjoram, Thyme, Rosemary, Parsley).

QUARTER BUN: **Wheat** Flour, Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Yeast, Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes (Contain **Wheat!**)), Preservative (262), Emulsifiers (472e, 471), Natural Flavour,

Thickener (412), **Wheat Gluten**.

LETTUCE: Iceberg Lettuce

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

Contains gluten, egg, soy and sesame seeds.

QUARTER BUN is made on equipment that also produces products containing milk and soy.

CHICKEN PATTY is cooked in vegetable oil blend. May be cooked in the same vat as products containing milk and egg.

	McChicken®		Double McChicken®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1720	945	2700	984
Energy (Cal)	412	226	645	235
Protein (g)	18.0	9.9	29.3	10.7
Fat, total (g)	19.5	10.7	36.0	13.1
Saturated Fat (g)	3.3	1.8	6.2	2.2
Carbohydrate (g)	39.9	21.9	49.6	18.1
Sugars (g)	3.8	2.1	4.4	1.6
Sodium (mg)	881	483	1500	547

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
Y	Y	T	Y				Y			Y		

Crispy Chicken Bacon Deluxe

CRISPY CHICKEN: 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).
 GOURMET BUN: **Wheat** Flour, Water, Sugar, Canola Oil, Yeast (Yeast, Thickener (415)), Glaze, Iodised Salt, **Wheat Gluten**, Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (**Wheat**)), Preservative (262), Emulsifier (472e), Inactive Dry Yeast.
 TOMATO: Tomato.
 CHEESE: Pasteurised Milk, Salt, Cultures, Enzyme (Non-Animal Rennet).
 GARLIC MAYONNAISE: Canola Oil (Antioxidant (307b, **Soy**), 319), Water, Glucose Syrup (**Wheat** Derived), **Egg** Yolk, **Whey** Protein (**Milk**), Minced Garlic (Food Acids (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Food Acids (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre, Flavourings (**Milk**), Emulsifiers (322 (**Soy**), 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).
 RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked.
 WHOLE LEAF LETTUCE: Lettuce.

[Contains gluten, egg, milk and soy.](#)
[GARLIC MAYONNAISE contains sulphites.](#)
 GOURMET BUN is made on equipment that also produces products containing sesame seeds.
 BACON may be cooked on the same grill as egg.
 CRISPY CHICKEN PATTY is cooked in vegetable oil blend and may be cooked in the same equipment as products containing milk.

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
Y	Y	Y	Y				T	Y		Y	Y	Y

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2850	1020
Energy (Cal)	681	244
Protein (g)	38.1	13.7
Fat, total (g)	34.8	12.5
Saturated Fat (g)	8.3	3.0
Carbohydrate (g)	51.7	18.5
Sugars (g)	8.3	3.0
Sodium (mg)	1540	553

Grilled Chicken Bacon Deluxe

GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Vegetable Powders (Garlic, Onion), Fruit Powder (Lemon Juice Concentrate, Maltodextrin, Anti Caking Agent (551), Flavours), Flavourings, Herbs (Parsley, Thyme), Sugar, Vinegar Powder, Anti Caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola).
 GOURMET BUN: **Wheat** Flour, Water, Sugar, Canola Oil, Yeast (Yeast, Thickener (415)), Glaze, Iodised Salt, **Wheat Gluten**, Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (Contain **Wheat**)), Preservative (262), Emulsifier (472e), Inactive Dry Yeast.
 TOMATO: Tomato.
 CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).
 GARLIC MAYONNAISE: Canola Oil (Antioxidant (307b, **Soy**), 319), Water, Glucose Syrup (**Wheat** Derived), **Egg** Yolk, **Whey** Protein (**Milk**), Minced Garlic (Food Acids (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Food Acids (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre, Flavourings (**Milk**), Emulsifiers (322 (**Soy**), 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).
 RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. Smoked.
 WHOLE LEAF LETTUCE: Lettuce.
 SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

[Contains gluten, egg, milk and soy.](#)
[GARLIC MAYONNAISE contains sulphites.](#)
 GOURMET BUN is made on equipment that also produces products containing sesame seeds.
 GRILLED CHICKEN and BACON may be cooked on the same grill as egg or products containing gluten, milk or soy.

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
Y	Y	Y	Y				T	Y		Y	Y	Y

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2530	950
Energy (Cal)	606	227
Protein (g)	42.8	16.0
Fat, total (g)	27.9	10.5
Saturated Fat (g)	7.8	2.9
Carbohydrate (g)	43.6	16.3
Sugars (g)	8.3	3.1
Sodium (mg)	1410	529

Crispy Chicken Almighty

CRISPY CHICKEN PATTIES: 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).
 GOURMET BUN: **Wheat** Flour, Water, Sugar, Canola Oil, Yeast (Yeast, Thickener (415)), Glaze, Iodised Salt, **Wheat Gluten**, Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (**Wheat**)), Preservative (262), Emulsifier (472e), Inactive Dry Yeast.
 SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Paste [Antioxidants (300,330)], Thickener (1422), Salt, Worcestershire Sauce (Contains **Wheat, Barley** and **Fish**), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour.
 CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).
 RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked
 MCCICKEN SAUCE: Water, **Soybean** Oil (Antioxidant (330)), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).
 WHOLE LEAF LETTUCE: Lettuce.

[Crispy Chicken is cooked in a McDonald's Vegetable Oil Blend.](#)
[Contains gluten, egg, milk, soy and fish.](#)
 GOURMET BUN is prepared using the same equipment as products containing sesame seeds.
 CRISPY CHICKEN may be cooked in the same equipment as products containing milk.
 BACON may be cooked on the same grill as egg or products containing gluten, milk or soy.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3440 kJ	952 kJ
Energy (Cal)	823 Cal	228 Cal
Protein (g)	53.2	14.7
Fat, total (g)	36.3	10
Saturated Fat (g)	8.9	2.5
Carbohydrate (g)	68.2	18.8
Sugars (g)	14.7	4.1
Sodium (mg)	2250	622

Grilled Chicken Almighty

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

GOURMET BUN: **Wheat** Flour, Water, Sugar, Canola Oil, Yeast (Yeast, Thickener (415)), Glaze, Iodised Salt, **Wheat Gluten**, Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (**Wheat**)), Preservative (262), Emulsifier (472e), Inactive Dry Yeast.

SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Paste [Antioxidants (300,330)], Thickener (1422), Salt, Worcestershire Sauce (Contains **Wheat**, **Barley** and **Fish**), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour.

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

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

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

WHOLE LEAF LETTUCE: Lettuce.

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

Contains gluten, egg, milk, soy and fish.

GOURMET BUN is prepared using the same equipment as products containing sesame seeds.

GRILLED CHICKEN and BACON may be cooked on the same grill as egg or products containing gluten, milk or soy.

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

Cheesy Chicken Burger

CHICKEN PATTY: Chicken, Flour (**Wheat**, Maize), Water, Vegetables Oils (Canola, Maize (Antioxidant 307b), Palmolein), Salt, Thickener (1404), Spices & Spice Extracts (Black Pepper, White Pepper, Cayenne Pepper, Paprika, Turmeric, Sage, Nutmeg, Celery, Capsicum), Dehydrated Vegetables (Garlic, Onion), Maize Starch, **Soy** Protein, Mineral Salts (450, 451), Raising Agents (500, 541, 341), Maltodextrin, Emulsifier (433), Herbs (Sage, Marjoram, Thyme, Rosemary, Parsley).

BUN: **Wheat** Flour (Enzymes), Water, Sugar, Canola Oil, **Wheat Gluten**, Glaze, Iodised Salt, Yeast, Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes (Contain **Wheat**)), Emulsifiers (472e, 471), Preservative (262).

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

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).

Contains gluten, soy, milk and eggs.

BUN is made on equipment that also produces products containing sesame seeds and soy.

CHICKEN PATTY is cooked in a McDonald's Vegetable Oil Blend. May be cooked in the same vat as products containing egg.

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

McSpicy Burger

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

QUARTER BUN: **Wheat** Flour (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)).

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

WHOLE LEAF LETTUCE: Lettuce.

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

SPICY THIGH is cooked in a McDonald's Vegetable Oil Blend and may be cooked in the same equipment as products containing milk.

SPICY THIGH is prepared on the same equipment as products containing eggs.

QUARTER BUN is prepared using the same equipment as products containing milk and soy.

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

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

FISH PORTION: **Fish** (Hoki Fish), 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) and Turmeric (100) Extract, Black Pepper (Natural Flavouring)).

BUN: **Wheat** Flour (Enzymes), Water, Sugar, Canola Oil, **Wheat Gluten**, Glaze, Iodised Salt, Yeast, Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes (Contain **Wheat**)), Emulsifiers (472e, 471), Preservative (262).

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

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).

Contains gluten, egg, milk, soy and fish.

BUN is made on equipment that also produces products containing sesame seeds, milk and soy.

FISH PORTION is cooked in McDonald's Vegetable Oil Blend.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2750 kJ	818 kJ
Energy (Cal)	658 Cal	195 Cal
Protein (g)	62.6	18.6
Fat, total (g)	20.9	6.2
Saturated Fat (g)	7.8	2.3
Carbohydrate (g)	52.1	15.5
Sugars (g)	14.6	4.4
Sodium (mg)	1900	592

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1660	1110
Energy (Cal)	396	265
Protein (g)	18.0	12.1
Fat, total (g)	20.7	13.9
Saturated Fat (g)	4.6	3.1
Carbohydrate (g)	33.5	22.5
Sugars (g)	3.2	2.2
Sodium (mg)	915	614

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

	Filet-o-Fish®		Double Filet-o-Fish®	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1370	1010	2170	972
Energy (Cal)	328	240	518	232
Protein (g)	15.8	11.5	26.2	11.8
Fat, total (g)	14.7	10.8	27.2	12.2
Saturated Fat (g)	2.8	2.0	5.1	2.3
Carbohydrate (g)	32.5	23.8	41.4	18.6
Sugars (g)	3.5	2.6	4.7	2.1
Sodium (mg)	548	402	887	398

WRAPS

Wholemeal Crispy Chicken Snack Wrap®

CRISPY 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).

WHOLEMEAL TORTILLA: Wholemeal **Wheat** Flour, Water, Canola Oil, **Wheat** Fibre, Raising Agents (450, 501), Maize Starch, Salt, Yeast, White Vinegar, Cultured **Wheat** Flour.

SHREDDED LETTUCE: Iceberg Lettuce.

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

Contains gluten, egg and soy.

CRISPY CHICKEN is cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk and soy.

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

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

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

Wholemeal Grilled Chicken Snack Wrap®

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

WHOLEMEAL TORTILLA: Wholemeal **Wheat** Flour, Water, Canola Oil, **Wheat** Fibre, Raising Agents (450, 501), Maize Starch, Salt, Yeast, White Vinegar, Cultured Wheat Flour.

SHREDDED LETTUCE: Iceberg Lettuce.

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

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

Contains gluten, egg and soy.

GRILLED CHICKEN may be cooked on the same grill as egg or products containing gluten, milk or soy.

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

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

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

Chicken McWrap® Aioli - Crispy

CRISPY CHICKEN: 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).

WHOLEMEAL TORTILLA: Wholemeal **Wheat** Flour, Water, Canola Oil, **Wheat** Fibre, Raising Agents (450, 501), Maize Starch, Salt, Yeast, White Vinegar, Cultured **Wheat** Flour.

TOMATO: Tomato.

GARLIC MAYONNAISE: Canola Oil (Antioxidant (307b, **Soy**), 319)), Water, Glucose Syrup (**Wheat** Derived), **Egg** Yolk, Whey Protein (**Milk**), Minced Garlic (Food Acids (260, 330)), Vinegar, Dijon Mustard [Acidity Regulator (260)], Acidity Regulator (575), Mustard (Food Acids (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), **Oat** Fibre, Flavourings (**Milk**), Emulsifiers (322 (**Soy**), 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

LETTUCE: Iceberg Lettuce.

Contains gluten, milk, egg, soy. Contain sulphites.

CRISPY CHICKEN is cooked in McDonald's Vegetable Oil Blend and may be cooked in the same equipment as products containing milk.

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

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

Chicken McWrap® Aioli - Grilled

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

WHOLEMEAL TORTILLA: Wholemeal Flour, Water, Canola Oil, Wheat Fibre, Raising Agents (450, 501), Maize Starch, Salt, Yeast, White Vinegar, Cultured Wheat Flour.

TOMATO: Tomato.

GARLIC MAYONNAISE: Canola Oil (Antioxidant (307b, **Soy**), 319)), Water, Glucose Syrup (Wheat Derived), **Egg** Yolk, Whey Protein (**Milk**), Minced Garlic (Food Acids (260, 330)), Vinegar, Dijon Mustard [Acidity Regulator (260)], Acidity Regulator (575), Mustard (Food Acids (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), **Oat** Fibre, Flavourings (**Milk**), Emulsifiers (322 (**Soy**), 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).

LETTUCE: Iceberg Lettuce.

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

Contains gluten, milk, egg, soy. Contain sulphites.

GRILLED CHICKEN may be cooked on the same equipment as egg or products containing gluten.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2210	841
Energy (Cal)	529	201
Protein (g)	28.2	10.7
Fat, total (g)	29.6	11.3
Saturated Fat (g)	2.8	1.0
Carbohydrate (g)	34.3	13.0
Sugars (g)	3.6	1.4
Sodium (mg)	900	342

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

FRIES

Fries

FRIES: Potatoes, Canola Oil, Dextrose Monohydrate (corn derived), Sodium Acid Pyrophosphate (450), Antifoam (900a).

FRIES are cooked in vegetable oil blend, salt added. May be cooked in the same equipment as products containing gluten.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	967	1270	1320	1270	1690	1270
Energy (Cal)	231	304	316	304	404	304
Protein (g)	3.6	4.8	5.0	4.8	6.4	4.8
Fat, total (g)	12.2	16.0	16.6	16.0	21.3	16.0
Saturated Fat (g)	1.0	1.3	1.4	1.3	1.7	1.3
Carbohydrate (g)	25.7	33.8	35.2	33.8	45.0	33.8
Sugars (g)	0.4	0.5	0.0	0.0	0.7	0.5
Sodium (mg)	222	292	304	292	388	292

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

FRUIT & SALADS

Apple Slices

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

May contain Apple Seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	174	218
Energy (Cal)	41	52
Protein (g)	0.3	0.4
Fat, total (g)	0.2	0.3
Saturated Fat (g)	<0.1	0.1
Carbohydrate (g)	8.5	10.6
Sugars (g)	7.9	9.9
Sodium (mg)	2	2

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

Garden Salad

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	90	73
Energy (Cal)	21	17
Protein (g)	1.2	1.0
Fat, total (g)	0.2	0.2
Saturated Fat (g)	0.1	0.1
Carbohydrate (g)	2.8	2.2
Sugars (g)	1.9	1.6
Sodium (mg)	6	5

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

CONDIMENTS

Balsamic Salad Dressing

Water, Vinegar, Canola Oil [Antioxidant (307b (Soy))], Balsamic Vinegar [Colour (150d), Preservative (220)], Sugar, Salt, Garlic (Minimum 0.4%), Vegetable Gum Blend [Vegetable Gums (415, 417, 401), Food Acid (331)], Preservatives (202, 21), Emulsifier (322 (Soy)).

Contains Soy and Sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	244	814
Energy (Cal)	58	195
Protein (g)	0.1	0.2
Fat, total (g)	4.5	15
Saturated Fat (g)	0.4	1.2
Carbohydrate (g)	4.5	15.1
Sugars (g)	4.1	13.7
Sodium (mg)	231	770

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

McNugget Dipping Sauces

BBQ SAUCE: Water, Sugar, Tomato Paste, Vinegar, Teriyaki Sauce (contains **Gluten, Soy**), Thickeners (1422, 415), Salt, Natural Colour (Burnt Sugar), Vegetable Oil, Mustard, Smoke Flavour, Preservatives (211, 202), Vegetable Powders, Spice, Yeast Extract.

Contains gluten and soy.

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

Contains soy

AIOLI: Vegetable Oil, Water, Egg Yolk, Vinegar, Garlic, Dextrose, Cheese Powder (Contains Milk), Milk Solids, Salt, Acidity Regulator (270), Natural Flavours (Milk), Onion, Spice, Preservative (202), Stabiliser (415), Antioxidant (385).

Contains Egg and Milk.

Sweet & Sour: Water, Sugar, Apricot Puree, Vinegar, Thickeners (1422, 415), Teriyaki Sauce (contains gluten, soy), Salt, Vegetable Oil, Mustard, Yeast Extract, Preservatives (211, 202), Vegetable Powders, Acidity Regulator (330), Natural Flavour, Spices, Natural Colour (160c).

Contains gluten and soy.

	Barbecue		Sweet & Sour		Ketchup		Aioli	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	183	652	228	813	43	478	776	2770
Energy (Cal)	44	156	54	194	10	114	185	662
Protein (g)	0.2	0.8	0.1	0.3	0.1	1.5	0.5	1.9
Fat, total (g)	0.3	1.1	0.2	0.7	0.0	0.0	20.0	71.5
Saturated Fat (g)	0.1	0.2	0.0	0.1	0.0	0.0	1.6	5.8
Carbohydrate (g)	9.7	34.8	12.8	45.8	2.3	26.1	1.5	5.2
Sugars (g)	8.8	31.6	10.3	36.8	1.8	20.0	1.0	3.4
Sodium (mg)	176	627	116	416	88	983	112	400

	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Barbecue	Y			Y							Y	Y	Y
Sweet & Sour	Y			Y							Y		
Ketchup				Y									
Aioli		Y	Y								Y		

BREAKFAST

Big Brekkie Beef Burger

BEEF: Beef.
 QUARTER BUN: **Wheat** Flour, Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Yeast, Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes (Contain **Wheat**)), Preservative (262), Emulsifiers (472e, 471), Natural Flavour, Thickener (412), **Wheat Gluten**.
 HASH BROWN: Potatoes, Canola Oil, Dextrose (Maize), Seasoning (Black Pepper, Salt, Modified Corn Starch).
 EGG: Fresh Shell **Egg**.
 SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Paste [Antioxidants (300,330)], Thickener (1422), Salt, Worcestershire Sauce (Contains **Wheat, Barley and Fish**), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour.
 TASTY CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).
 RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked.
 SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).
 BEEF PATTY SEASONING: Salt, Black Pepper, Sunflower Oil.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3370	1100
Energy (Cal)	807	264
Protein (g)	43.7	14.3
Fat, total (g)	47.1	15.4
Saturated Fat (g)	17.1	5.6
Carbohydrate (g)	50.8	16.6
Sugars (g)	10.9	3.6
Sodium (mg)	1390	453

Contains gluten, egg, fish, milk, soy and sesame seeds.
 QUARTER BUN are produced on equipment that also produces products containing milk and soy.
 HASH BROWN is cooked in a McDonald's Vegetable Oil blend.
 BEEF PATTY and BACON may be cooked in the same equipment as eggs or product containing gluten.

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

Hash Brown

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

Contain traces of sulphites.
 Hashbrown is cooked in McDonald's Vegetable Oil blend and may be cooked in the same equipment as products containing gluten.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	582	1050
Energy (Cal)	139	250
Protein (g)	1.3	2.4
Fat, total (g)	9.6	17.2
Saturated Fat (g)	0.8	1.4
Carbohydrate (g)	11.5	20.7
Sugars (g)	0.2	0.3
Sodium (mg)	256	460

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

Hotcakes

HOTCAKES: Water, **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Sugar, **Whey** Powder (From **Milk**), Maize Flour, Canola Oil, Raising Agents (500, 541, 341), Dextrose, **Egg** Powder, Emulsifier (471) (Antioxidants (307, 304, 330) [RSPO Palm Oil]), Iodised Salt, Emulsifier (481), Thickener (415).

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

WHIPPED BUTTER: **Cream**, Water, Salt.

Contains egg, gluten, milk.

	Plain Hotcakes		Hotcakes with Syrup & Whipped Butter	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1360	898	2490	1120
Energy (Cal)	325	215	596	267
Protein (g)	8.8	5.8	9.4	4.2
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	44.2	19.8
Sodium (mg)	478	316	575	258

Plain Hotcakes	Hotcakes with Syrup and Butter	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
		Y	Y	Y										
		Y	Y	Y								Y	Y	Y

Hotcake Condiments

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

WHIPPED BUTTER: **Cream**, Water, Salt.

Contains milk.

	Hotcake Syrup		Whipped Butter (2 portions)	
	Avg Qty / Serve	Avg Qty / 100ml	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	581	1310	342	3020
Energy (Cal)	139	314	82	721
Protein (g)	0.6	1.4	0.1	0.5
Fat, total (g)	0.6	1.4	9.2	81.0
Saturated Fat (g)	0.6	1.4	6.2	55.1
Carbohydrate (g)	44.8	101.0	0.1	0.7
Sugars (g)	32.1	72.4	0.1	0.7
Sodium (mg)	18	41	79	695

Hotcake Syrup	Whipped Butter (Milk)	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
				Y								Y	Y	Y

Bacon & Egg McMuffin®

ENGLISH MUFFIN: **Wheat** Flour, Water, Ground Maize, Yeast, Canola Oil, Sugar, **Wheat Gluten**, Preservatives (262, 263, 202), Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains **Wheat**).

EGG: Fresh Shell **Egg**.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).

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

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

Contains gluten, egg, milk and soy.

ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as products containing milk.

BACON may cooked on the same equipment as eggs or products containing gluten.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1300	958
Energy (Cal)	311	229
Protein (g)	19.8	14.5
Fat, total (g)	14.5	10.6
Saturated Fat (g)	5.7	4.2
Carbohydrate (g)	24.0	17.7
Sugars (g)	3.5	2.5
Sodium (mg)	756	596

Massive McMuffin®

SAUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, Spices, Vegetable Oil (Maize, (Antioxidant 307b)), Antioxidant (321, 320, 310), Spice Extracts (160c), Food Acid (330).

ENGLISH MUFFIN: **Wheat** Flour, Water, Ground Maize, Yeast, Canola Oil, Sugar, **Wheat Gluten**, Preservatives (262, 263, 202), Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (**Wheat**)).

EGG: **Egg**.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

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

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

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

Contain gluten, egg, milk and soy.

ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as products containing milk.

SAUSAGE PATTY and BACON may be cooked in the same equipment as eggs or products containing gluten.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2190	966
Energy (Cal)	522	231
Protein (g)	36.1	15.9
Fat, total (g)	28.8	12.7
Saturated Fat (g)	12.3	5.4
Carbohydrate (g)	28.2	12.5
Sugars (g)	6.0	2.7
Sodium (mg)	1260	558

Sausage McMuffin®

ENGLISH MUFFIN: **Wheat** Flour, Water, Ground Maize, Yeast, Canola Oil, Sugar, **Wheat Gluten**, Preservatives (262, 263, 202), Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (**Wheat**)).

SAUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, Spices, Vegetable Oil (Maize, (Antioxidant 307b)), Antioxidant (321, 320, 310), Spice Extracts (including 160c), Food Acid (330).

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

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

Contain gluten, milk and soy.

ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as products containing milk.

SAUSAGE PATTY may be cooked on the same grill as egg or products containing gluten.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1210	1070
Energy (Cal)	290	257
Protein (g)	16.6	14.7
Fat, total (g)	13.7	12.1
Saturated Fat (g)	6.4	5.6
Carbohydrate (g)	23.6	20.9
Sugars (g)	2.9	2.6
Sodium (mg)	651	577

Sausage and Egg McMuffin®

ENGLISH MUFFIN: **Wheat** Flour, Water, Ground Maize, Yeast, Canola Oil, Sugar, **Wheat Gluten**, Preservatives (262, 263, 202), Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (**Wheat**)).

EGG: **Egg**.

SAUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, Spices, Vegetable Oil (Maize, (Antioxidant 307b)), Antioxidant (321, 320, 310), Spice Extracts (including 160c), Food Acid (330).

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

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

Contain gluten, egg, milk and soy.

ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as products containing milk.

SAUSAGE PATTY may be cooked on the same grill as egg.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1590	983
Energy (Cal)	380	235
Protein (g)	23.9	14.8
Fat, total (g)	20.3	12.5
Saturated Fat (g)	8.5	5.3
Carbohydrate (g)	24.2	15
Sugars (g)	3.4	2.1
Sodium (mg)	738	456

Chicken McMuffin®

MCCHICKEN PATTY: Chicken, Flour (**Wheat**, Maize), Water, Vegetables Oils (Canola, Maize (Antioxidant 307b), Palmolein), Salt, Thickener (1404), Spices & Spice Extracts (Black Pepper, White Pepper, Cayenne Pepper, Paprika, Turmeric, Sage, Nutmeg, Celery, Capsicum), Dehydrated Vegetables (Garlic, Onion), Maize Starch, **Soy** Protein, Mineral Salts (450, 451), Raising Agents (500, 541, 341), Maltodextrin, Emulsifier (433), Herbs (Sage, Marjoram, Thyme, Rosemary, Parsley).

ENGLISH MCMUFFIN: **Wheat** Flour, Water, Ground Maize, Yeast, Canola Oil, Sugar, **Wheat Gluten**, Preservatives (262, 263, 202), Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains **Wheat**).

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

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).

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

Contains gluten, egg, milk and soy.

ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as products containing milk.

MCCHICKEN PATTY is cooked in vegetable oil blend and may be cooked in the same equipment as products containing milk and egg.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1770	1070
Energy (Cal)	424	257
Protein (g)	19.9	12.1
Fat, total (g)	22.9	13.9
Saturated Fat (g)	5.8	3.5
Carbohydrate (g)	32.8	19.9
Sugars (g)	3.3	2.0
Sodium (mg)	1080	655

Chicken & Bacon McMuffin®

MCCHICKEN PATTY: Chicken, Flour (**Wheat**, Maize), Water, Vegetables Oils (Canola, Maize (Antioxidant 307b), Palmolein), Salt, Thickener (1404), Spices & Spice Extracts (Black Pepper, White Pepper, Cayenne Pepper, Paprika, Turmeric, Sage, Nutmeg, Celery, Capsicum), Dehydrated Vegetables (Garlic, Onion), Maize Starch, **Soy** Protein, Mineral Salts (450, 451), Raising Agents (500, 541, 341), Maltodextrin, Emulsifier (433), Herbs (Sage, Marjoram, Thyme, Rosemary, Parsley).

ENGLISH MCMUFFIN: **Wheat** Flour, Water, Ground Maize, Yeast, Canola Oil, Sugar, **Wheat Gluten**, Preservatives (262, 263, 202), Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), **Soy** Flour, **Wheat** Flour, **Barley** Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains **Wheat**).

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

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

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

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

Contains gluten, egg, milk and soy.

ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as products containing milk.

BACON may be cooked on the same equipment as egg.

MCCHICKEN PATTY is cooked in vegetable oil blend and may be cooked in the same equipment as products containing milk and egg.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1760	1040
Energy (Cal)	420	248
Protein (g)	23.7	14.0
Fat, total (g)	21	12.4
Saturated Fat (g)	5.8	3.4
Carbohydrate (g)	32.2	19.0
Sugars (g)	3.4	2.0
Sodium (mg)	1230	728

BLT Bagel®

BAGEL: **Wheat** Flour, Water, Brown Sugar, Improver (Contains **Soy**, **Wheat**, Emulsifier (481), Acidity Regulators (262, 300), **Barley**), Canola Oil, Iodised Salt, Yeast.

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

TOMATO: Sliced Tomato

LETTUCE: Iceberg Lettuce

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 egg, gluten and soy.

Bagels are made on equipment which also produces products containing sesame seeds and milk.

BACON may be cooked on the same grill as egg or products containing gluten, milk or soy.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1670	943
Energy (Cal)	399	225
Protein (g)	17.4	9.8
Fat, total (g)	12	6.8
Saturated Fat (g)	2.5	1.4
Carbohydrate (g)	53.1	30.0
Sugars (g)	8.2	4.6
Sodium (mg)	990	560

NYC Benedict Bagel®

BAGEL: **Wheat** Flour, Water, Brown Sugar, Improver (Contains **Soy**, **Wheat**, Emulsifier (481), Acidity Regulators (262, 300), Barley), Canola Oil, Iodised Salt, Yeast.

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

EGG: **Egg**.

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

HOLLANDAISE SAUCE: Vegetable Oils [Canola (Antioxidant (319)), Palmolein], Water, Vinegar, Lemon Juice, **Egg** Yolk, Whole **Egg**, Maltodextrin, Salt, Modified Starch(1442), Sugar, Butter (**Milk**), **Milk** Protein Concentrate, Vegetable Gums (405, 415), Spices, Flavour Enhancer (635), Preservative (202),

Flavourings (**Wheat**, **Milk**), Spice Extracts (Including (100)), Emulsifier (433), Antioxidant (385).

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

Contains egg, gluten, milk, soy.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2460	1190
Energy (Cal)	587	284
Protein (g)	29.1	14.0
Fat, total (g)	28.7	13.9
Saturated Fat (g)	9.1	4.4
Carbohydrate (g)	51.7	25.0
Sugars (g)	7.8	3.8
Sodium (mg)	1180	572