

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

Information is correct as at October 2023.

Main Menu

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

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

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

Food Sensitivities and Preferences

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

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

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

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

Ingredient Information

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

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

BEEF

Big Mac® and Double Big Mac®

BIG MAC BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Sesame Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, Wheat Gluten, Potato Starch, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Natural Flavour, Emulsifiers 472e, 471) Inactive Dry Yeast

BIG MAC SAUCE: Soybean Oil (Antioxidant (3301), 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

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.

ntains 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	Υ	Υ	Y				Υ			Y		Υ
								Quarter	Pounder	Dbl Quarte	er Pounder		
										Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
table F	able Protein Sunflower Oil Deytrose Maltodeytrin Maize Starch) Secame Seeds Veset (Veset Water Thickener (415)) Indiced Selt Improver (Wheat Flour Wheat Frerry (k.))										1120	3530	1170

Tree Nuts

Sesame Seeds

Quarter Pounder® and Double Quarter Pounder®

QUARTER BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Sesame Seeds, Yeast (Yeast, Water, Thickener (415)), iodised Salt, Improver (Wheat Flour, Wheat Flour, Wheat Flour) Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Natural Flavour, Thickener (412), Wheat Gluten, Emulsifier (472e, 471), Inactive Dry Yeast.

Eaas

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).

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

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

Big Mac®

Avg Qty / 100g

1040

248

11.8

13.9

5.1

17.9

3.0

464

267

15.8

Preservative

Energy (kJ)

Energy (Cal)

Protein (g)

Fat. Total (g)

Sugars (g)

Sodium (ma

Saturated Fat (g)

Carbohydrate (g)

Avg Qty / Serve

2370

567

27.1

31.9

11.7

41.1

6.8

1060

546

32.4

Lupin

Energy (kJ)

Energy (Cal)

Protein (g)

Sugars (g)

Sodium (mg)

Energy (Cal)

Sulphites

Protein (a)

Fat, total (g)

Saturated Fat (g)

Carbohydrate (g)

Double Big Mac®

Avg Qty / 100g

1080

257

14.1

15.7

6.1

14.2

2.5

458

280

18.3

Artificial Colour

Avg Qty / 100g

1050

250

13.1

9.6

3.8

26.6

4.8

506

Avg Qty / Serve

3270

782

42.7

47.7

18.6

43.1

7.4

1390

843

55.2

Artificial Flavour

Avg Qty / Serve

1080

257

13.5

9.9

3.9

27.4

5.0

521

						<u> </u>
Che	eseburger, Double Cheeseburger and Triple Cheese	burger			Cheese	eburger

REGULAR BUN: Wheat Flour (Vitamin (Folate)). Water, Sugar, Canola Oil, Wheat Gluten, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize

Gluten

Starch), Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Emulsifier (472e, 471), Inactive Dry Yeast, Enzymes (Contains Wheat), Sesame Seeds. BFFF: 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

	Cheeseburger		Double Ch	eeseburger	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	

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

Hamburger

REGULAR BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Wheat Gluten, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver (Wheat Flour, Wheat Malt Flour Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Emulsifier (472e, 471), Inactive Dry Yeast, Enzymes (Contains Wheat), Sesame Seeds

BEEF 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.

Cont	ains	alı	iten	and	SOV

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 of

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

Gluten Eggs Fish & Crustacea Peanuts Tree Nuts Sesame Seeds Sulphites Preservative Artificial Flavour Artificial Colour

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Fish & Crustacea

Peanuts

Deluxe Cheeseburger

REGULAR BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Wheat Gluten, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver (Wheat Flour, Wheat Malt Flour,

Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Emulsifier (472e, 471), Inactive Dry Yeast, Enzymes (Contains Wheat), Sesame Seeds.

CHEESE: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves & for 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.

ontains gluten, egg, milk and soy.

BUN is made on equipment that also 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

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

Texan BBQ Bacon Burger

GOURMET BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Wheat Gluten, Improver (Wheat Flour, Wheat Mait Flour, Antioxidant (300), Enz (Contains Wheat)), Preservative (262), Emulsifier (Emulsifier (472e), Mineral Salt (170)), Inactive Dry Yeast, Sesame

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

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

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

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

contains of	luten, mi	lk, fish, egg	g, milk, and	soy.
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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.

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

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

Serious Angus®

BEEF: Angus Beef

GOURMET BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Wheat Gluten, Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Emulsifier (Emulsifier (472e), Mineral Salt (170)), Inactive Dry Yeast, Sesame

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

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

TOMATO: Tomato 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, 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
Υ	Υ	Y	Υ				T	T		Y		

pin	Preservative	Artificial Flavour	Artificial Colour
	Y		
		Avg Qty / Serve	Avg Qty / 100g
nzymes	Energy (kJ)	4100	1150
	Energy (Cal)	980	274
	Protein (g)	58.9	16.5

Avg Qty / Serve

1430

343

16.5

17.2

7.1

29.2

5.8

719

58.1

27.1

53.5

17.0

1820

Avg Qty / Serve

2900

694

40.5

38.1

17.5

452

9.9

1460

Energy (kJ)

Energy (Cal)

Protein (g)

Fat, total (g)

Sugars (g)

Sodium (mg)

Fat. total (g)

Sugars (g)

Sodium (ma)

Energy (kJ)

Energy (Cal)

Protein (g)

Fat, total (g)

Sugars (g)

Saturated Fat (g)

Carbohydrate (g)

Saturated Fat (g

Carbohydrate (g)

Saturated Fat (n)

Carbohydrate (g)

Avg Qty / 100g

1050

250

12.0

12.6

52

21.3

4.2

525

16.3

7.6

15.0

4.7

508

Ava Otv / 100a

1010

241

14.1

13.2

6.1

15.7

3.4

506

The Boss®

QUARTER BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Sesame Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, Improver (Wheat Flour, Wheat Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Natural Flavour, Thickener (412), Wheat Gluten, Emulsifier (472e, 471), Inactive Dry Yeast.

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

CHEESE: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves & for 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.

	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

Ava Oty / Conso

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

CHICKEN AND FISH

Chicken McNuagets®

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CHICKEN MCNUGGETS: 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.

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 P	ack	6 Pa	ack	10 F	ack	20 F	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
Er	nergy (kJ)	511	1140	1020	1140	1700	1140	3410	1140
Er	nergy (Cal)	122	272	245	272	407	272	815	272
Pi	rotein (g)	7.0	15.5	14.0	15.5	23.3	15.5	46.5	15.5
Fa	at, total (g)	7.5	16.6	14.9	16.6	24.9	16.6	49.8	16.6
Sa	aturated Fat (g)	1.2	2.6	2.3	2.6	3.9	2.6	7.8	2.6
C	arbohydrate (g)	6.7	14.9	13.4	14.9	22.4	14.9	44.7	14.9
Si	ugars (g)	0.2	0.4	0.4	0.4	0.6	0.4	1.2	0.4
S	odium (mg)	221	490	441	490	735	490	1470	490
	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
							·	·	

Lunin

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

Artificial Elayour Artificial Colour

	Υ	T	Y	Т								
									McChi	cken®	Double Mo	Chicken®
)>	idant 307b), Palmole	ein), Salt, Thickener	(1404), Spices & Sp	ice Extracts (Black P	epper, White Pepper,	Cayenne Pepper, P	aprika, Turmeric, Sag	ge, Nutmeg,	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g

Fish & Crustacea Peanuts Tree Nuts Sesame Seeds Sulphites

MCCHICKEN PATTY: Chicken, Flour (Wheat, Maize), Water, Vegetables Oils (Canola, Maize (Antioxic Celery, Capsicum), Dehydrated Vegetables (Garlic, Onion), Maize Starch, Soy Protein, Mineral Salts (450, 451), Raising Agents (500, 541, 341), Maltodextrin, Emulsifier (433), Herbs (Sage, Marjoram, Thyme, Rosemary, Parsley).

QUARTER BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Sesame Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Natural Flavour, Thickener (412), Wheat Gluten, Emulsifier (472e, 471), Inactive Dry Yeast.

Eggs

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).

Gluten

Gluten

Contains gluten, egg, soy and sesame seeds

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

McChicken® and Double McChicken®

		MCOII	ICKCII-	Double M	COINCREII-
		Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	1720	945	2700	984
at	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

Droconyativo

CHICKEN PATTY is cooked in vegetable oil blend. May be cooked in the same vat as products containing n	nilk and egg.												
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colour
	Υ	Y	T	Y				Y			Υ		

Soy

Crispy Chicken Bacon Deluxe

CRISPY CHICKEN: Chicken, Water, Wheat Flour, Breadcrumbs (Wheat), Vegetable Oil (Canola, Palmolein), Salt, Mineral Salts (450, 500, 451, 452), Thickener (1422), Yeast & Yeast Extract, Spice & Spice Extract (Pepper, Mustard, Paprika, Turmeric, Capsicum), Emulsifier (433), Natural Flavourings (Wheat, Barley, Lemon), Wheat Gluten, Egg Powder, Anti-Caking Agent (551), Starch (Rice, Potato), Soy Protein, Maltodextrin, Natural Colour (160c, 100), Vegetable Powder (Onion).

GOURMET BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Wheat Gluten, Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes

(Contains Wheat)), Preservative (262), Emulsifier (Emulsifier (472e), Mineral Salt (170)), Inactive Dry Yeast, Sesame

TOMATO: Tomato.

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

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

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

WHOLE LEAF LETTLICE: 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
Υ	Y	Υ	Υ				T	Υ		Y	Υ	Y

Grilled Chicken Bacon Deluxe

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

GOURMET BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Wheat Gluten, Improver (Wheat Flour, Wheat Flour, Antioxidant (300), Enzymes

(Contains Wheat)), Preservative (262), Emulsifier (Emulsifier (472e), Mineral Salt (170)), Inactive Dry Yeast, Sesame

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, Flayour Enhancer (635), Oat Fibre, Flayourings (Milk), Emulsifiers (322 (Sov), 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211), BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked.

WHOLE LEAF LETTUCE: Lettuce.

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

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

Crispy Chicken Almighty

CRISPY CHICKEN: Chicken, Water, Wheat Flour, Breadcrumbs (Wheat), Vegetable Oil (Canola, Palmolein), Salt, Mineral Salts (450, 500, 451, 452), Thickener (1422), Yeast & Yeast Extract, Spice & Spice Extract (Pepper, Mustard, Paprika, Turmeric, Capsicum), Emulsifier (433), Natural Flavourings (Wheat, Barley, Lemon), Wheat Gluten, Egg Powder, Anti-Caking Agent (551), Starch (Rice, Potato), Soy Protein, Maltodextrin, Natural Colour (160c, 100), Vegetable Powder (Onion),

GOURMET BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Wheat Gluten, Improver (Wheat Flour, Wheat Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Emulsifier (Emulsifier (472e), Mineral Salt (170)), Inactive Dry Yeast, Sesame

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

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

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

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

WHOLE LEAF LETTUCE: Lettuce.

Contains gluten, 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.

rispy Chicken is cooked in a McDonald's Vegetable Oil Blend.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2830	1010
Energy (Cal)	675	242
Protein (g)	37.2	13.3
Fat, total (g)	34.8	12.5
Saturated Fat (g)	8.3	3.0
Carbohydrate (g)	51.3	18.4
Sugars (g)	8.2	2.9
Sodium (mg)	1500	538

Avg Qty / Serve

2510

599

419

27.8

7.8

43.3

8.2

1370

Avg Qty / Serve

3420

818

52.2

36.3

90

67.8

14.6

2210

Energy (kJ)

Energy (Cal)

Protein (g)

Fat, total (g)

Sugars (g)

Sodium (ma

Energy (kJ)

Energy (Cal)

Protein (g) Fat, total (g)

Sugars (g)

Sodium (ma)

Saturated Fat (g

Carbohydrate (g)

Saturated Fat (g)

Carbohydrate (g)

Avg Qty / 100g

225

15.7

10.4

2.9

16.2

3.1

514

Avg Qty / 100g

946

226

14.4

10.0

25

18.7

4.0

611

Grilled Chicken Almighty

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

GOURMET BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Wheat Gluten, Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes

(Contains Wheat)), Preservative (262), Emulsifier (Emulsifier (472e), Mineral Salt (170)), Inactive Dry Yeast, Sesame SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Paste [Antioxidants (300,330)], Thickener (1422), Salt, Worcestershire Sauce (Contains Wheat, Barley and Fish), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour.

CHEESE Pasteurised Milk Salt Cultures Enzyme (Non-Animal Rennet)

BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked. MCCHICKEN SAUCE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).

WHOLE LEAF LETTLICE: Lettlice

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.

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	Artifical Flavour	Artifical Colours
Υ	Υ	Υ	Υ	Y	T		Υ	Υ	Υ

Cheesy Chicken Burger

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

REGULAR BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Wheat Gluten, Yeast (Water, Yeast, Thickener (415)), lodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)). Preservative (262), Emulsifier (472e, 471), Inactive Dry Yeast, Enzymes (Contains Wheat), Sesame Seeds.

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

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

Contains gluten, 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.

													1
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	1
Υ	Υ	Υ	Υ				T			Υ			1

McSpicy Burger

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

QUARTER BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Sesame Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Natural Flavour, Thickener (412), Wheat Gluten, Emulsifier (472e, 471), Inactive Dry Yeast.

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

WHOLE LEAF LETTLICE: Lettuce

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

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

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

ilet-o-Fish® and Double Filet-o-Fish®										Filet-o	-Fish®	Double File	et-o-Fish®
	Υ	Υ	Y	Υ				Y			Υ		
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artifical Flavour	Artifical Colours
SARTER BOTT is prepared using the same equipment as products containing mink and soy.													

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

FISH PORTIONS: Fish [Alaskan Pollock, New Zealand Hoki], Water, Wheat Flour, Modified Food Starch (1422), Yellow Corn Flour, Bleached Wheat Flour, Salt, Whey, Cellulose Gum, Dextrose, Dried Yeast, Sugar, Soybean Oil, Paprika Extract (160c) and Turmeric Extract (100), Black Pepper (Natural Flavouring),

REGULAR BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Wheat Gluten, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Emulsifier (472e, 471), Inactive Dry Yeast, Enzymes (Contains Wheat), Sesame Seeds,

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

CHEESE: Cheese (Pasteurised Milk, Salt, Culture, Enzyme (Rennet)), Water, Milk Solids, Butter, Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a, 160c), Soy Lecithin (322).

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

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

ISH PORTION is cooked in a McDonald's Vegetable Oil blend

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

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

Avg Qty / Serve

1660

396

18.0

20.7

4.6

33.5

3.2

Avg Qty / Serve

2280

545

29.6

26.5

3.8

46.1

3.9

1100

Avg Qty / Serve

2180

522

26.8

27

5.4

40.5

4.5

938

Energy (kJ)

Energy (Cal)

Protein (g)

Fat. total (g)

Sugars (g)

Sodium (ma

Energy (kJ)

Energy (Cal)

Protein (a)

Fat. total (g)

Sugars (g)

Filet-o-Fish®

Avg Qty / Serve

1370

328

15.8

14.7

2.8

32.5

3.5

548

Energy (kJ)

Energy (Cal)

Protein (g)

Fat. total (g)

Sugars (g)

Sodium (ma)

Saturated Fat (g)

Carbohydrate (g)

Sodium (mg)

Saturated Fat (g

Carbohydrate (g)

Avg Qty / 100g

1010

240

11.5

10.8

2.0

23.8

2.6

402

Saturated Fat (g)

Carbohydrate (g

Avg Qty / 100g

265

12.1

13.9

3.1

22.5

2.2

614

Avg Qty / 100g

1050

252

13.7

12.2

1.7

21.3

1.8

507

Avg Qty / 100g

947

226

11.7

2.3

17.6

1.9

407

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SALAD BURGER

Salad Burger

QUARTER BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Sesame Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, Improver (Wheat Flour, Wheat Malt Flour, Antioxidant (300), Enzymes (Contains Wheat)) Preservative (262), Natural Flavour, Thickener (412), Wheat Gluten, Emulsifier (472e, 471), Inactive Dry Yeast.

TOMATO: Tomato.

SHRFDDED LETTUCE: Iceberg Lettuce.

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

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

ONION: Onion

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

Contains gluten, egg, milk, sesame, soy

										Sodium (mg)	642	342
										,		
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Υ	Y	Υ	Y				Υ			Y		

WRAPS

Wholemeal Crispy Chicken Snack Wrap®

CRISPY CHICKEN: Chicken, Water, Wheat Flour, Breadcrumbs (Wheat), Vegetable Oil (Canola, Palmolein), Salt, Mineral Salts (450, 500, 451, 452), Thickener (1422), Yeast & Yeast Extract, Spice & Spice Extract (Pepper, Mustard, Paprika, Turmeric, Capsicum), Emulsifier (433), Natural Flavourings (Wheat, Barley, Lemon), Wheat Gluten, Eqg Powder, Anti-Caking Agent (551), Starch (Rice, Potato), Soy Protein, Maltodextrin, Natural Colour (160c, 100), Vegetable Powder (Onion),

WHOLEMEAL TORTILLA: Fortified Wheat Flour (Wheat Flour, Vitamin (Folic Acid)), Water, Wholemeal Concentrate (Wheat Bran), Canola Oil (Citric Acid), Dietary Wheat Fibre, Raising Agents ((450, 501), Free Flow Agent (170), Maize Starch)), Improver (Salt, Wheat Enzyme, Flour Treatment Agent (Ascorbic Acid), Inactive Dry Yeast, Wheat Gluten, White Vinegar, Cultured Wheat Flour, Malt Flour (Enzyme (Contains Wheat), Enzymes (Wheat), Dough Relaxer (920),

SHREDDED LETTUCE: Iceberg Lettuce

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 sov

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 so

3 - 4													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	V	V	T	V							V	V	1

Wholemeal Grilled Chicken Snack Wrap®

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

WHOLEMEAL TORTILLA: Fortified Wheat Flour (Wheat Flour, Vitamin (Folic Acid)), Water, Wholemeal Concentrate (Wheat Bran), Canola Oil (Citric Acid), Dietary Wheat Fibre, Raising Agents ((450, 501), Free Flow Agent (170), Maize Starch)), Improver (Salt, Wheat Enzyme, Flour Treatment Agent (Ascorbic Acid), Inactive Dry Yeast, Wheat Gluten, White Vinegar, Cultured Wheat Flour, Malt Flour (Enzyme (Contains Wheat)), Enzymes (Wheat), Dough Relaxer (920).

SHREDDED LETTUCE: Iceberg Lettuce

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

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

Chicken McWrap® Aioli - Crispy

CRISPY CHICKEN: Chicken, Water, Wheat Flour, Breadcrumbs (Wheat), Vegetable Oil (Canola, Palmolein), Salt, Mineral Salts (450, 500, 451, 452), Thickener (1422), Yeast & Yeast Extract, Spice & Spice Extract (Pepper, Mustard, Paprika, Turmeric, Capsicum), Emulsifier (433), Natural Flavourings (Wheat, Barley, Lemon), Wheat Gluten, Egg Powder, Anti-Caking Agent (551), Starch (Rice, Potato), Soy Protein, Maltodextrin, Natural Colour (160c, 100), Vegetable Powder (Onion),

WHOLEMEAL TORTILLA: Fortified Wheat Flour (Wheat Flour, Vitamin (Folic Acid)), Water, Wholemeal Concentrate (Wheat Bran), Canola Oil (Citric Acid), Dietary Wheat Fibre, Raising Agents ((450, 501), Free Flow Agent (170), Maize Starch)), Improver (Salt, Wheat Enzyme, Flour Treatment Agent (Ascorbic Acid), Inactive Dry Yeast, Wheat Gluten, White Vinegar, Cultured Wheat Flour, Malt Flour (Enzyme (Contains Wheat)), Enzymes (Wheat), Dough Relaxer (920).

Saturated Fat (g) 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)), Carbohydrate (g) 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

ontains 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

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

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: Fortified Wheat Flour, (Wheat Flour, Vitamin (Folic Acid)), Water, Wholemeal Concentrate (Wheat Bran), Canola Oil (Citric Acid), Dietary Wheat Fibre, Raising Agents ((450, 501), Free Flow Agent (170), Maize Starch)), Improver (Salt, Wheat Enzyme, Flour Treatment Agent (Ascorbic Acid), Inactive Dry Yeast, Wheat Gluten, White Vinegar, Cultured Wheat Flour, Malt Flour (Enzyme (Contains Wheat)), Enzymes (Wheat), Dough Relaxer (920).

TOMATO: Tomato GARLIC MAYONNAISE: Canola Oil (Antioxidant (307b, Soy), 319)), Water, Glucose Syrup (Wheat Derived), Eqq 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).

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 glute

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

Carbohydrate (g)	24.3	21.1
Sugars (g)	1.5	1.3
Sodium (mg)	541	471
Preservative	Flavour	Colours
Y	Y	
	Avg Qty / Serve	Avg Qty / 100g
Energy (k.l)	886	817

Avg Qty / Serve

1500

358

12.6

17.2

6.3

36.6

Avg Qty / Serve

1060

253

11.7

11.2

Energy (kJ)

Energy (Cal)

Protein (g)

Fat, total (g)

Sugars (g)

Energy (kJ)

Energy (Cal)

Protein (g)

Fat, total (g)

Energy (kJ)

Energy (Cal)

Protein (g)

Fat, total (g

Sugars (g)

Sodium (ma

Fat, total (g)

Sugars (g)

Sodium (ma

Saturated Fat (g

Carbohydrate (g

Saturated Fat (g

Saturated Fat (c

Carbohydrate (g)

Avg Qty / 100g

191

6.7

9.1

3.4 19.5

Avg Qty / 100g

923

221

10.2

9.8

Avg Qty / 100g

928

222

8.5

13.5

1.2

15.3

1.3

373

11.3

1.0

13.0

1.4

342

Avg Qty / Serve	AVg Qty / 100g
886	817
212	195
14.0	12.9
7.4	6.8
1.1	1.2
20.3	18.7
1.5	1.4
477	440
	886 212 14.0 7.4 1.1 20.3

Avg Qty / Serve

2560

611

23.5

37.3

3.3

423

3.7

1030

29.6

2.8

34.3

3.6

900

FRIES Fries Medium Small Large FRIES: Potatoes, Canola Oil, Dextrose Monohydrate (corn derived), Sodium Acid Pyrophosphate (450), Antifoam (900a). 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 FRIES are cooked in vegetable oil blend, salt added. May be cooked in the same equipment as products containing gluten. 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) 0.5 0.6 0.5 0.5 0.4 0.7 Sodium (ma) 222 292 304 292 388 292 Gluten Eggs Milk Soy Fish & Crustacea Peanuts Tree Nuts Sesame Seeds Sulphites Lupin Preservative Flavour Colours **FRUIT & SALADS Apple Slices** Apples Slices, Antioxidants (300, 302), Mineral Salt (170). Avg Qty / Serve Avg Qty / 100g Energy (kJ) 209 262 May contain Apple Seeds. Energy (Cal) 50 63 Protein (a) 0.2 0.2 Fat, total (g) 0.2 0.3 Saturated Fat (g) 0.1 0.1 Carbohydrate (g) 10.2 12.8 Sugars (g) 8.2 10.3 Gluten Fish & Crustacea Peanuts Tree Nuts Sesame Seeds Sulphites Lupin Preservative Flavour Colours Eggs Milk Soy **Garden Salad** LETTUCE: Iceberg Lettuce. Avg Qty / Serve Avg Qty / 100g TOMATO: Tomato. Energy (kJ) 73 Energy (Cal) 21 17 RED ONION RINGS: Onion. 1.2 1.0 Protein (g) Fat, total (g) 0.2 0.2 Saturated Fat (g) 0.1 0.1 Carbohydrate (g) 2.8 2.2 1.9 1.6 Sugars (g) Sodium (mg) 6 5 Gluten Fish & Crustacea Peanuts Tree Nuts Sesame Seeds Sulphites Lupin Preservative Flavour Colours Eggs Soy CONDIMENTS **Balsamic Salad Dressing** Water, Vinegar, Canola Oil [Antioxidant (307b (8oy))], 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, 211), Emulsifier (322 (Soy)). Avg Qty / Serve Avg Qty / 100g Energy (kJ) 244 814 Contains Soy and Sulphites. Energy (Cal) 58 195 Protein (g) 0.1 0.2 Fat, total (g) 4.5 15 Saturated Fat (g) 0.4 1.2

Fish & Crustacea

Soy

Peanuts

Tree Nuts

Sesame Seeds

Sulphites

Gluten

Eggs

Milk

15.1

13.7

770

Colours

Carbohydrate (g)

Preservative

Sugars (g)

Lupin

Sodium (mg)

4.5

4.1

231

Flavour

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 so

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.

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

Barbecue

Avg Qty / Serve Avg Qty / 100g

652

156

0.8

1.1

0.2

34.8

31.6

627

183

44

0.2

0.3

0.1

9.7

8.8

176

Energy (kJ)

Energy (Cal)

Protein (g)

Sugars (g)

Sodium (mg)

Fat, total (g)

Saturated Fat (g)

Carbohydrate (g)

Sweet & Sour

Avg Qty / Serve Avg Qty / 100g

813

194

0.3

0.7

0.1

45.8

36.8

416

228

54

0.1

0.2

0.0

12.8

10.3

116

Ketchup

Avg Qty / 100g

478

114

1.5

0.0

0.0

26.1

20.0

983

Energy (kJ)

Energy (Cal)

Protein (g)

Fat, total (g)

Sugars (g)

Sodium (mg)

Saturated Fat (g)

Carbohydrate (g)

Avg Qty / Serve

43

10

0.1

0.0

0.0

2.3

1.8

Aioli

Avg Qty / 100g

2770

662

1.9

71.5

5.8

5.2

3.4

400

Avg Qty / 100g

1100

264

14.2

15.4

5.6

16.8

3.5

459

Avg Qty / Serve

776

185

0.5

20.0

1.6

1.5

1.0

112

Avg Qty / Serve

3380

808

43.3

47.1

17.1

51.5

10.8

1400

BREAKFAST

Big Brekkie Beef Burger

QUARTER BUN: Wheat Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Sesame Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, Improver (Wheat Flour, Wheat Flour, Antioxidant (300), Enzymes (Contains Wheat)), Preservative (262), Natural Flavour, Thickener (412), Wheat Gluten, Emulsifier (472e, 471), Inactive Dry Yeast.

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

OR Potatoes, Canola Oil (Citric Acid 330), Dehydrated Potato Flake [Potato, Mono And Diglycerides (471), Citric Acid (330)], Salt, Peppercream Salt [Salt, Flavour (Modified Corn Starch, Black Pepper Extracts), Canola Oil], Dextrose Monohydrate [Corn Derived (Sulphur Dioxide)], Sodium Acid Pyrophosphate (450), Antifoam (Non-Ionic Polyalkylene Glycol).

EGG: Fresh Shell **Egg**.

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

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

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

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

Contains gluten, 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.

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

OR Potatoes, Canola Oil (Citric Acid 330), Dehydrated Potato Flake [Potato, Mono And Diglycerides (471), Citric Acid (330)], Salt, Peppercream Salt (Salt, Flavour (Modified Corn Starch, Black Pepper Extracts), Canola Oil], Dextrose Monohydrate [Corn Derived (Sulphur Dioxide)], Sodium Acid Pyrophosphate (450), Antifoam (Non-Ionic Polyalkylene Glycol).

Contain traces of sulphites

lashbrown is cooked in McDonald's Vegetable Oil blend and may be cooked in the same equipment as products containing gluten

Energy (kJ)	603	1080
Energy (Cal)	144	259
Protein (g)	1.4	2.5
Fat, total (g)	9.6	17.3
Saturated Fat (g)	0.8	1.4
Carbohydrate (g)	12.5	22.4
Sugars (g)	0.1	0.3
Sodium (mg)	294	529

Ava Oty / Serve Ava Oty / 100a

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

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										Plain I	Hotcakes	Hotcakes w Whippe	vith Syrup & d Butter
HOTCAKES: Water, Wheat Flour (Vitamins (Thiamin, Folic Acid)), Sugar, Whey Powder (Contains Milk), Ma	aize Flour, Canola Oi	I, Raising Agents (500,	541, 341), Dextrose, E	mulsifier (471) (Ant	tioxidants (307, 304, 330) [RSPO Palm Oil]), Iodi	sed Salt, Emulsifier (4	81), Egg Powder,		Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Thickener (415).									Energy (kJ)	1360	898	2490	1120
	0								Energy (Cal)	325	215	596	267
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Artificial Maple Flavour, Preservative (202), Caramel Color (19)	50d).								Protein (g)	8.8	5.8	9.4	4.2
VHIPPED BUTTER: Cream (Milk), Water, Salt.									Fat, total (g) Saturated Fat (g)	8.8 1.5	5.8	18.6 8.4	8.3
Thirt Es so Tell ordan (Mink), Hotor, Salt									Carbohydrate (g)	50.8	33.6	95.7	42.9
Contains egg, gluten, milk.									Sugars (g)	12.1	8.0	44.2	19.8
									Sodium (mg)	478	316	575	258
									,			*	•
Plain Hotcakes	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Hotcakes with Syrup and Butter	Y	Y	Y									Y	٧
	Ť	Т	T								· •	-	
Hotcake Condiments										Hotca	ike Syrup	Whipped Butt	er (2 portions
IOTCAKE SYRUP: Corn Syrup, Sugar, Water, Artificial Maple Flavour, Preservative (202), Caramel Color (19	50d).									Avg Qty / Serve	Avg Qty / 100ml	Avg Qty / Serve	Avg Qty / 100g
									Energy (kJ)	581	1310	342	3020
VHIPPED BUTTER: Cream , Water, Salt.									Energy (Cal)	139	314	82	721
ontains milk.									Protein (g)	0.6	1.4	0.1 9.2	0.5 81.0
Oricania milis.									Fat, total (g) Saturated Fat (g)	0.6 0.6	1.4	9.2 6.2	81.0 55.1
									Carbohydrate (g)	44.8	1.4	0.1	0.7
									Sugars (g)	32.1	72.4	0.1	0.7
									Sodium (mg)	18	41	79	695
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Hotcake Syrup											Y	Υ	Y
Whipped Butter (Milk)			Υ										
Bacon & Egg McMuffin®													
NGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Gr	ound Maize, Sugar,	Canola Oil. Wheat G	luten. Maize Flour. I	lodised Salt. Imp	rover (Maize Starch, Em	ulsifiers (481, 472e).	Acidity Regulator (2	97). Sov Flour. Whe	at Flour.			Avg Qty / Serve	Avg Qty / 100g
sarley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20				rodiood odic, imp		aloli 1010 (101, 1720),	riolally riogalator (2	.o.,, .o., o.,	at riour,		Energy (kJ)	1290	950
GG: Fresh Shell Egg.	L,200), mada vo 21)	10000									Energy (Cal)	309	227
CHEESE: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, Milk Solic	ls. Non Fat Milk So	lids, Emulsifiers (331,	332), Cheese Flavou	ur. Salt. Acidity Re	egulators (260, 330), Em	ulsifier (322 contair	ns Sov Lecithin). Col	ours (160a).			Protein (g)	19.3	14.2
ACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antiox	idants (316, 392), A	cidity Regulator (330)	, Sodium Nitrite (25	50), Smoked.			•				Fat, total (g)	14.5	10.6
SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - derived from Soy), Natural Flavour, Natural Col											Saturated Fat (g)	5.7	4.2
											Carbohydrate (g)	23.9	17.5
Contains gluten, egg, milk and soy.											Sugars (g)	3.4	17.5 2.5 541
ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipme	nt as products conta	aining milk.											2.5
NGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipme	nt as products conta	aining milk.									Sugars (g) Sodium (mg)	3.4 736	2.5 541
NGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipme	Gluten	aining milk.	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Sugars (g)	3.4	2.5
NOSLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipme IACON may cooked on the same equipment as eggs or products containing gluten.			Milk Y	Soy Y	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds T	Sulphites	Lupin	Sugars (g) Sodium (mg)	3.4 736	2.5 541
	Gluten		Milk Y	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds T	Sulphites	Lupin	Sugars (g) Sodium (mg)	3.4 736	2.5 541
ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipme stacON may cooked on the same equipment as eggs or products containing gluten. Massive McMuffin®	Gluten Y	Eggs Y	Υ	Y				Т		Lupin	Sugars (g) Sodium (mg)	3.4 736 Flavour	2.5 541 Colours
INGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipme IACON may cooked on the same equipment as eggs or products containing gluten. Massive McMuffin® ENGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Gr	Gluten Y ound Maize, Sugar,	Eggs Y Canola Oil, Wheat G	Υ	Y				Т		Lupin	Sugars (g) Sodium (mg)	3.4 736	2.5 541 Colours
ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipme ACON may cooked on the same equipment as eggs or products containing gluten. Massive McMuffin® ENGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Gradey Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20)	Gluten Y ound Maize, Sugar,	Eggs Y Canola Oil, Wheat G	Υ	Y				Т		Lupin	Sugars (g) Sodium (mg) Preservative Y	3.4 736 Flavour Avg Qty / Serve	2.5 541 Colours
ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as eggs or products containing gluten. Massive McMuffin® ENGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Graarley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20 (30); Fresh Shell Egg.	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry	Eggs Y .Canola Oil, Wheat G Yeast.	Y luten , Maize Flour, I	Y lodised Salt, Impi	rover (Maize Starch, Em	ulsifiers (481, 472e),	Acidity Regulator (2	Т		Lupin	Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g)	3.4 736 Flavour Avg Qty / Serve 2180 520 35.5	2.5 541 Colours Avg Qty / 100c 960 229 15.7
ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipme stacON may cooked on the same equipment as eggs or products containing gluten. Massive McMuffin® ENGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Grarley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20 (30); Fresh Shell Egg. AUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable,	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable	Eggs Y Canola Oil, Wheat G Yeast. Oil (Mazie, (Antioxida)	Y luten, Maize Flour, I	Y lodised Salt, Impo ant (321, 320, 310),	rover (Maize Starch, Em	ulsifiers (481, 472e), ng 160c), Food Acid	Acidity Regulator (2	T 197), Soy Flour, Whe		Lupin	Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g)	3.4 736 Flavour Avg Qty / Serve 2180 520 35.5 28.9	2.5 541 Colours Avg Qty / 1000 960 229 15.7 12.8
ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipme BACON may cooked on the same equipment as eggs or products containing gluten. Massive McMuffin® ENGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Grarley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20 GG: Fresh Shell Egg. AUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, CHEESE: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves & Jor Vegetarian)], Water, Milk Solic	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So	Eggs Y Canola Oil, Wheat G Yeast. Oil (Mazie, (Antioxidalids, Emulsifiers (33),	Y luten, Maize Flour, I nt 307b)), Antioxida 332), Cheese Flavou	Y lodised Salt, Impo ant (321, 320, 310), ur, Salt, Acidity Re	rover (Maize Starch, Em	ulsifiers (481, 472e), ng 160c), Food Acid	Acidity Regulator (2	T 197), Soy Flour, Whe		Lupin	Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g)	3.4 736 Flavour Avg Qty / Serve 2180 520 35.5 28.9	2.5 541 Colours Avg Qty / 1000 960 229 15.7 12.8 5.5
INGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as eggs or products containing gluten. Massive McMuffin® INGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Grarley Mali Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat), Preservatives (262, 20 (306; Fresh Shell Egg. AUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, CHESE; Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves & /or Vegetarian), Water, Milk Solic MasHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antiox (ETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Na	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So idants (316, 392), A tural Flavour (Soyb	Eggs Y Canola Oil, Wheat G 'Yeast. Oil (Mazie, (Antioxidal ids, Emulsifiers (331, cidity Regulator (330)	Y luten, Maize Flour, I nt 307b)), Antioxida 332), Cheese Flavou	Y lodised Salt, Impo ant (321, 320, 310), ur, Salt, Acidity Re	rover (Maize Starch, Em	ulsifiers (481, 472e), ng 160c), Food Acid	Acidity Regulator (2	T 197), Soy Flour, Whe		Lupin	Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g)	3.4 736 Flavour Avg Qty / Serve 2180 520 35.5 28.9 12.4 28.0	2.5 541 Colours Avg Qty / 100g 960 229 15.7 12.8 5.5
INGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as eggs or products containing gluten. Massive McMuffin® INGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Grarley Mali Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat), Preservatives (262, 20 (306; Fresh Shell Egg. AUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, CHESE; Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves & /or Vegetarian), Water, Milk Solic MasHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antiox (ETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Na	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So idants (316, 392), A tural Flavour (Soyb	Eggs Y Canola Oil, Wheat G 'Yeast. Oil (Mazie, (Antioxidal ids, Emulsifiers (331, cidity Regulator (330)	Y luten, Maize Flour, I nt 307b)), Antioxida 332), Cheese Flavou	Y lodised Salt, Impo ant (321, 320, 310), ur, Salt, Acidity Re	rover (Maize Starch, Em	ulsifiers (481, 472e), ng 160c), Food Acid	Acidity Regulator (2	T 197), Soy Flour, Whe		Lupin	Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	3.4 736 Flavour 2180 520 35.5 28.9 12.4 28.0 6.2	2.5 541 Colours Avg Qty / 100 ₉ 960 229 15.7 12.8 5.5 12.3
ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipme stacON may cooked on the same equipment as eggs or products containing gluten. Massive McMuffin® ENGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Or sarley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat), Preservatives (262, 20 (306; Fresh Shell Egg. SAUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, CHESE; Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, Milk Solic RSHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antiox (ETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Na	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So idants (316, 392), A tural Flavour (Soyb	Eggs Y Canola Oil, Wheat G 'Yeast. Oil (Mazie, (Antioxidal ids, Emulsifiers (331, cidity Regulator (330)	Y luten, Maize Flour, I nt 307b)), Antioxida 332), Cheese Flavou	Y lodised Salt, Impo ant (321, 320, 310), ur, Salt, Acidity Re	rover (Maize Starch, Em	ulsifiers (481, 472e), ng 160c), Food Acid	Acidity Regulator (2	T 197), Soy Flour, Whe		Lupin	Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g)	3.4 736 Flavour Avg Qty / Serve 2180 520 35.5 28.9 12.4 28.0	2.5 541 Colours Avg Qty / 100g 960 229 15.7 12.8 5.5
ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as eggs or products containing gluten. Massive McMuffin® ENGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Or Sarley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20 (260; Fresh Shell Egg. SAUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, CHEESE: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves & Jor Vegetarian)), Water, Milk Solic ASSHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (461, 450), Dextrose (Malze, Tapicoal), Antiox (ETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Naspray Cooking Oll: Canola Oil, Emulsifier (322- Soy), Natural Flavour, Natural Colour (160a), Acicontains gluten, egg, milk and soy.	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So idants (316, 392), A tural Flavour (Soyt	Eggs Y Canola Oil, Wheat G Yeast. Oil (Mazie, (Antioxidal lids, Emulsifiers (331, cidity Regulator (330) ean Oil).	y luten, Maize Flour, I nt 307b)), Antioxida 332), Cheese Flavo , Sodium Nitrite (25	Y lodised Salt, Impo ant (321, 320, 310), ur, Salt, Acidity Re	rover (Maize Starch, Em	ulsifiers (481, 472e), ng 160c), Food Acid	Acidity Regulator (2	T 197), Soy Flour, Whe		Lupin	Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	3.4 736 Flavour 2180 520 35.5 28.9 12.4 28.0 6.2	2.5 541 Colours Avg Qty / 100, 960 229 15.7 12.8 5.5 12.3 2.7
INGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as eggs or products containing gluten. Massive McMuffin® RIGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Greaterly Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20 (306; Fresh Shell Egg. AUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, CHESE: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, Milk Solic ASHER BACON: Power, Water, Salt, Lygar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antiox (ETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Na (PRAY COOKING OIL: Canola Oil, Emulsifier (322- Soy), Natural Flavour, Natural Colour (160a), Acic Contains gluten, egg, milk and soy. NGLISH MUFFIN is made in the same facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as prod	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So idants (316, 392), A trual Flavour (Soyb dity Regulator (330	Eggs Y Canola Oil, Wheat G Yeast. Oil (Mazie, (Antioxidal lids, Emulsifiers (331, cidity Regulator (330) ean Oil).	y luten, Maize Flour, I nt 307b)), Antioxida 332), Cheese Flavo , Sodium Nitrite (25	Y lodised Salt, Impo ant (321, 320, 310), ur, Salt, Acidity Re	rover (Maize Starch, Em	ulsifiers (481, 472e), ng 160c), Food Acid	Acidity Regulator (2	T 197), Soy Flour, Whe		Lupin	Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	3.4 736 Flavour 2180 520 35.5 28.9 12.4 28.0 6.2	2.5 541 Colours Avg Qty / 100, 960 229 15.7 12.8 5.5 12.3 2.7
INGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as eggs or products containing gluten. Massive McMuffin® RIGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Greaterly Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20 (306; Fresh Shell Egg. AUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, CHESE: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, Milk Solic ASHER BACON: Power, Water, Salt, Lygar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antiox (ETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Na (PRAY COOKING OIL: Canola Oil, Emulsifier (322- Soy), Natural Flavour, Natural Colour (160a), Acic Contains gluten, egg, milk and soy. NGLISH MUFFIN is made in the same facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as prod	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So idants (316, 392), A trual Flavour (Soyb dity Regulator (330	Eggs Y Canola Oil, Wheat G Yeast. Oil (Mazie, (Antioxidal lids, Emulsifiers (331, cidity Regulator (330) ean Oil).	y luten, Maize Flour, I nt 307b)), Antioxida 332), Cheese Flavo , Sodium Nitrite (25	Y lodised Salt, Impo ant (321, 320, 310), ur, Salt, Acidity Re	rover (Maize Starch, Em	ulsifiers (481, 472e), ng 160c), Food Acid	Acidity Regulator (2	T 197), Soy Flour, Whe			Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	3.4 736 Flavour 2180 520 35.5 28.9 12.4 28.0 6.2	25 541 Colours Avg Qty / 100, 960 229 15,7 12,8 5,5 12,3 2,7
INGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment as eggs or products containing gluten. Massive McMuffin® RIGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Greaterly Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20 (306; Fresh Shell Egg. AUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, CHESE: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, Milk Solic ASHER BACON: Power, Water, Salt, Lygar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antiox (ETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Na (PRAY COOKING OIL: Canola Oil, Emulsifier (322- Soy), Natural Flavour, Natural Colour (160a), Acic Contains gluten, egg, milk and soy. NGLISH MUFFIN is made in the same facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as products containing sesame seeds and on the seme facility as prod	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So idants (316, 392), A trual Flavour (Soyb dity Regulator (330	Eggs Y Canola Oil, Wheat G Yeast. Oil (Mazie, (Antioxidal lids, Emulsifiers (331, cidity Regulator (330) ean Oil).	y luten, Maize Flour, I nt 307b)), Antioxida 332), Cheese Flavo , Sodium Nitrite (25	Y lodised Salt, Impo ant (321, 320, 310), ur, Salt, Acidity Re	rover (Maize Starch, Em	ulsifiers (481, 472e), ng 160c), Food Acid	Acidity Regulator (2	T 197), Soy Flour, Whe		Lupin	Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	3.4 736 Flavour 2180 520 35.5 28.9 12.4 28.0 6.2	2.5 541 Colours Avg Qty / 100g 960 229 15.7 12.8 5.5 12.3
NGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipme ACON may cooked on the same equipment as eggs or products containing gluten. Massive McMuffin® NGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Grarley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20 GG. Fresh Shell Egg. AUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, SHESES: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves & Jor Vegetarian)], Water, Milk Solic XaSHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antiox (ETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Na: PRAY COOKING OIL: Canola Oil, Emulsifier (322- Soy), Natural Flavour, Natural Colour (160a), Acicontains gluten, egg, milk and soy. NGLISH MUFFIN is made in the same facility as products containing sesame seeds and on the s	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So idants (316, 392), A tural Flavour (Soyb dity Regulator (330	Eggs Y Canola Oil, Wheat G Yeast. Oil (Mazie, (Antioxidal lids, Emulsifiers (331, cidity Regulator (330) ean Oil). products containing	y Iuten, Maize Flour, nt 307b)), Antioxida 332), Cheese Flavor, Sodium Nitrite (25	y lodised Salt, Impr ant (321, 320, 310), ur, Salt, Acidity Re 50), Smoked.	rover (Maize Starch, Em , Spice Extracts (includir egulators (260, 330), Em	ulsifiers (481, 472e), ng 160c), Food Acid ulsifier (322- Soy Le	Acidity Regulator (2 (330). scithin), Colours (160	T 997), Soy Flour, Whé (a).	at Flour,		Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	3.4 736 Flavour Avg Qty / Serve 2180 520 35.5 28.9 12.4 28.0 6.2 1220	2.5 541 Colours Avg Qty / 100g 960 229 15.7 12.8 5.5 12.3 2.7 539
NOLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipme ACON may cooked on the same equipment as eggs or products containing gluten. Wassive McMuffin® NGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Or arley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat), Preservatives (262, 20 GG; Fresh Shell Egg. AUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, HIEESE: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves & Jor Vegetarian), Water, Milk Solic ASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antiox ETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Na PRAY COOKING OIL: Canola Oil, Emulsifier (322- Soy), Natural Flavour, Natural Colour (160a), Acit contains gluten, egg, milk and soy. NGLISH MUFFIN is made in the same facility as products containing sesame seeds and on the s AUSAGE PATTY and BACON may be cooked on the same grill as egg, or products containing glu	Gluten Y ound Maize, Sugarr, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So idants (316, 392), A tural Flavour (Soyt dity Regulator (330 ame equipment as ten, milk or soy. Gluten	Eggs Y Canola Oil, Wheat G Yeast. Oil (Mazie, (Antioxidal lids, Emulsifiers (331, cidity Regulator (330) ean Oil). products containing	y Iuten, Maize Flour, nt 307b)), Antioxida 332), Cheese Flavor, Sodium Nitrite (25	y lodised Salt, Impr ant (321, 320, 310), ur, Salt, Acidity Re 50), Smoked.	rover (Maize Starch, Em , Spice Extracts (includir egulators (260, 330), Em	ulsifiers (481, 472e), ng 160c), Food Acid ulsifier (322- Soy Le	Acidity Regulator (2 (330). scithin), Colours (160	T 197), Soy Flour, Whe	at Flour,		Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	3.4 736 Flavour 2180 520 35.5 28.9 12.4 28.0 6.2 1220	2.5 541 Colours Avg Qty / 100; 960 229 15.7 12.8 5.5 12.3 2.7 539
NOLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipme ACON may cooked on the same equipment as eggs or products containing gluten. Massive McMuffin® NGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Or larley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat), Preservatives (262, 20 (66, Fresh Shell Egg. AUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, PHESSE: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves & Jor Vegetarian), Water, Milk Solic MSHER BAGON: Pork, Water, Salt, Sugar, Emulsifiers (461, 460), Dextrose (Maize, Tapicoa), Antiox MSHER BAGON: Pork, Water, Salt, Sugar, Emulsifiers (461, 460), Dextrose (Maize, Tapicoa), Antiox MSHER AGON: Pork, Water, Salt, Sugar, Emulsifiers (461, 460), Dextrose (Maize, Tapicoa), Antiox MSHER AGON: Pork, Water, Salt, Sugar, Emulsifiers (461, 460), Dextrose (Maize, Tapicoa), Antiox MSHER AGON: Pork MSHER	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable is, Non Fat Milk So idants (316, 392), A tural Flavour (Soyt dity Regulator (330 ame equipment as ten, milk or soy. Gluten Y	Eggs Y Canola Oil, Wheat G Yeast. Oil (Mazie, (Antioxidal Ids, Emulsifiers (331, cidly Regulator (330) ean Oil). products containing Eggs Y	Y luten, Maize Flour, I nt 307b)), Antioxida 332), Cheese Flavou , Sodium Nitrite (25 milk. Milk Y	y Iodised Salt, Impi Int (321, 320, 310), ur, Salt, Acidity Re Soy Y	rover (Maize Starch, Em , Spice Extracts (includir egulators (260, 330), Em Fish & Crustacea	ulsifiers (481, 472e), ig 160c), Food Acid ulsifier (322- Soy Le	Acidity Regulator (2 (330). ecithin), Colours (160	T 297), Soy Flour, Whe	at Flour, Sulphites		Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	3.4 736 Flavour Avg Qty / Serve 2180 520 35.5 28.9 12.4 28.0 6.2 1220 Flavour	2.5 541 Colours Avg Qty / 100, 960 229 15.7 12.8 5.5 12.3 2.7 539 Colours
NGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipme ACON may cooked on the same equipment as eggs or products containing gluten. Wassive McMuffin® NGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Grarley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20 GG: Fresh Shell Egg. AUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, HEESE: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves & Jor Vegetarian)), Water, Milk Solic, Starter Cultures, Enzyme (Rennet - Calves & Jor Vegetarian), Water, Milk Solic ETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Na PRAY COOKING OIL: Canola Oil, Emulsifier (322- Soy), Natural Flavour, Natural Colour (160a), Acidentains gluten, egg, milk and soy. NGLISH MUFFIN is made in the same facility as products containing sesame seeds and on the sature of the same grill as egg, or products containing gluten. Sausage McMuffin® NGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Gr	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So idants (316, 392), A tural Flavour (Soyt) dity Regulator (330 ame equipment as ten, milk or soy. Gluten Y ound Maize, Sugar,	Eggs Y Canola Oil, Wheat G Yeast. Oil (Mazie, (Antioxidal lids, Emulsifiers (331, cidity Regulator (330) ean Oil).). products containing Eggs Y Canola Oil, Wheat G	Y luten, Maize Flour, I nt 307b)), Antioxida 332), Cheese Flavou , Sodium Nitrite (25 milk. Milk Y	y Iodised Salt, Impi Int (321, 320, 310), ur, Salt, Acidity Re Soy Y	rover (Maize Starch, Em , Spice Extracts (includir egulators (260, 330), Em Fish & Crustacea	ulsifiers (481, 472e), ig 160c), Food Acid ulsifier (322- Soy Le	Acidity Regulator (2 (330). ecithin), Colours (160	T 297), Soy Flour, Whe	at Flour, Sulphites		Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Preservative Y	3.4 736 Flavour 2180 520 35.5 28.9 12.4 28.0 6.2 1220	2.5 541 Colours Avg Qty / 100, 960 229 15.7 12.8 5.5 12.3 2.7 539 Colours
NOLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipme ACON may cooked on the same equipment as eggs or products containing gluten. Massive McMuffin® NGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Or arley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20 GG: Fresh Shell Egg. AUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, PALESES: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)), Water, Milk Solic ASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antiox ETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Na PRAY COOKING OIL: Canola Oil, Emulsifier (322- Soy), Natural Flavour, Natural Colour (160a), Aci contains gluten, egg, milk and soy. NGLISH MUFFIN is made in the same facility as products containing sesame seeds and on the sauds and the same grill as egg, or products containing gluten. Sausage McMuffin® NGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Or larley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So idants (316, 392), A tural Flavour (Soyt) dity Regulator (330 ame equipment as ten, milk or soy. Gluten Y ound Maize, Sugar, 2,263), Inactive Dry	Eggs Y Canola Oil, Wheat G Yeast. Dil (Mazie, (Antioxidal ids, Emulsifiers (331, cidity Regulator (330) ean Oil).), products containing Eggs Y Canola Oil, Wheat G Yeast.	y Juten, Maize Flour, I at 307b)), Antioxida 332), Cheese Flavou , Sodium Nitrite (25) milk. Milk Y Juten, Maize Flour, I	y Iodised Salt, Impi Int (321, 320, 310), Iur, Salt, Acidity Re Soy Y Iodised Salt, Impi	rover (Maize Starch, Em , Spice Extracts (includir egulators (260, 330), Em Fish & Crustacea	ulsifiers (481, 472e), g 160c), Food Acid ulsifier (322- Soy Le	Acidity Regulator (2 (330). ecithin), Colours (160 Tree Nuts Acidity Regulator (2	T 297), Soy Flour, Whe	at Flour, Sulphites		Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Preservative Y Energy (kJ)	3.4 736 Flavour Avg Qty / Serve 2180 520 35.5 28.9 12.4 28.0 6.2 1220 Flavour Y	25 541 Colours Avg Qty / 100 960 229 15.7 12.8 5.5 12.3 2.7 5.39 Colours
Massive McMuffin® Mali Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat), Preservatives (262, 20 (366; Fresh Shell Egg. Mali Sale, Starter Cultures, Enzyme (Rennet - Calves & Jor Vegetarian), Water, Milk Solic ASSHER MACON: Pork, Water, Salt, Sugar, Enrubisfiers (461, 460), Dextrose (Maize, Tapicoa), Antiox (ETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Naspray COOKING OIL: Canola Oil, Emulsifier (322- Soy), Natural Flavour, Natural Colour (160a), Acidentains gluten, egg, milk and soy. MCMISH MUFFIN is made in the same facility as products containing sesame seeds and on the statusage Patty and Bacon may be cooked on the same grill as egg, or products containing gluten. Sausage McMuffin® McMish MuFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415), Or Sarley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20 (20 (24)) (24) (24) (24) (25) (25) (25) (24) (24) (24) (25) (25) (25) (25) (25) (25) (25) (25	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable is, Non Fat Milk So idants (316, 392). A tural Flavour (Soyt dity Regulator (330 ame equipment as ten, milk or soy. Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable	Eggs Y Canola Oil, Wheat G Yeast. Oil (Mazie, (Antioxidal Iids, Emulsifiers (331, cidity Regulator (330) ean Oil).), products containing Eggs Y Canola Oil, Wheat G Yeast.	y luten, Maize Flour, I at 307b)), Antioxida 332), Cheese Flavor, Sodium Nitrite (25) milk. Milk Y luten, Maize Flour, I at 307b)), Antioxida	y Iodised Salt, Impi Int (321, 320, 310), Iur, Salt, Acidity Re Soy Y Iodised Salt, Impi Int (321, 320, 310), Int (321, 320, 320), In	rover (Maize Starch, Em , Spice Extracts (includir egulators (260, 330), Em Fish & Crustacea rover (Maize Starch, Em	ulsifiers (481, 472e), ig 160c), Food Acid ulsifier (322- Soy Le Peanuts ulsifiers (481, 472e), ig 160c), Food Acid	Acidity Regulator (2 (330). Ecithin), Colours (160) Tree Nuts Acidity Regulator (2 (330).	T 297), Soy Flour, Whe	at Flour, Sulphites		Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Preservative Y	3.4 736 Flavour Avg Qty / Serve 2180 520 35.5 28.9 12.4 28.0 6.2 1220 Flavour Y Avg Qty / Serve 1210	2.5 541 Colours Avg Qty / 100 960 229 15.7 12.8 5.5 12.3 2.7 539 Colours
Massive McMuffin® Mali Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat), Preservatives (262, 20 (300; Fresh Shell Egg. Mali Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat), Preservatives (262, 20 (300; Fresh Shell Egg. Mali Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat), Preservatives (262, 20 (300; Fresh Shell Egg. Mali Flour, Salt, Salt, Starter Cultures, Enzyme (Rennet - Calves & /or Vegetarian), Water, Milk Solid. Masher BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antiox Material McMali Flour, Canola Oil, Emulsifier (322- Soy), Natural Flavour, Natural Colour (160a), Aci Contains gluten, egg, milk and soy. Mali Muffin Smade in the same facility as products containing sesame seeds and on the s Mausage McMuffin® Mali Muffin Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Or Mali Muffin Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Or Mali Muffin Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Or Mali Flour, America Marker (300), Dry Yeast, Mali Modextrin, Dextrose, Herb, Dehydrated Vegetalian, Water, Milk Solid Meterses: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves & /or Vegetarian), Water, Milk Solid	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So idants (316, 392), A tural Flavour (Soyt) dity Regulator (330 ame equipment as ten, milk or soy. Gluten Y ound Maize, Sugar, 2,263), Inactive Dy Spices, Vegetable Spices, Vegetable Spices, Vegetable	Eggs Y Canola Oil, Wheat G Yeast. Oil (Mazie, (Antioxidal Iids, Emulsifiers (331, cidity Regulator (330) ean Oil).), products containing Eggs Y Canola Oil, Wheat G Yeast.	y luten, Maize Flour, I at 307b)), Antioxida 332), Cheese Flavor, Sodium Nitrite (25) milk. Milk Y luten, Maize Flour, I at 307b)), Antioxida	y Iodised Salt, Impi Int (321, 320, 310), Iur, Salt, Acidity Re Soy Y Iodised Salt, Impi Int (321, 320, 310), Int (321, 320, 320), In	rover (Maize Starch, Em , Spice Extracts (includir egulators (260, 330), Em Fish & Crustacea rover (Maize Starch, Em	ulsifiers (481, 472e), ig 160c), Food Acid ulsifier (322- Soy Le Peanuts ulsifiers (481, 472e), ig 160c), Food Acid	Acidity Regulator (2 (330). Ecithin), Colours (160) Tree Nuts Acidity Regulator (2 (330).	T 297), Soy Flour, Whe	at Flour, Sulphites		Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (KJ) Energy (Cal)	3.4 736 Flavour Avg Qty / Serve 2180 520 35.5 28.9 12.4 28.0 6.2 1220 Flavour Y Avg Qty / Serve 1210 290	2.5 541 Colours Avg Qty / 100 960 229 15.7 12.8 5.5 12.3 2.7 539 Colours Avg Qty / 100 1070 257
Massive McMuffin® NGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Or sartey Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat), Preservatives (262, 20 (36; Fresh Shell Egg. AUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, CHESES: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves & Jor Vegetarian), Water, Milk Solid. Easter BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antiox (ETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Na PPRAY COOKING OIL: Canola Oil, Emulsifier (322- Soy), Natural Flavour, Natural Colour (160a), Acidentians gluten, egg, milk and soy. NGLISH MUFFIN is made in the same facility as products containing sesame seeds and on the shausage PATTY and BACON may be cooked on the same grill as egg, or products containing gluten. Sausage McMuffin® NGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Or sardey Malt Flory. Abed, Protato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, EHESE: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves & For Dehydrated Vegetable), Preservatives (262, 20).	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So idants (316, 392), A tural Flavour (Soyt) dity Regulator (330 ame equipment as ten, milk or soy. Gluten Y ound Maize, Sugar, 2,263), Inactive Dy Spices, Vegetable Spices, Vegetable Spices, Vegetable	Eggs Y Canola Oil, Wheat G Yeast. Oil (Mazie, (Antioxidal Iids, Emulsifiers (331, cidity Regulator (330) ean Oil).), products containing Eggs Y Canola Oil, Wheat G Yeast.	y luten, Maize Flour, I at 307b)), Antioxida 332), Cheese Flavor, Sodium Nitrite (25) milk. Milk Y luten, Maize Flour, I at 307b)), Antioxida	y Iodised Salt, Impi Int (321, 320, 310), Iur, Salt, Acidity Re Soy Y Iodised Salt, Impi Int (321, 320, 310), Int (321, 320, 320), In	rover (Maize Starch, Em , Spice Extracts (includir egulators (260, 330), Em Fish & Crustacea rover (Maize Starch, Em	ulsifiers (481, 472e), ig 160c), Food Acid ulsifier (322- Soy Le Peanuts ulsifiers (481, 472e), ig 160c), Food Acid	Acidity Regulator (2 (330). Ecithin), Colours (160) Tree Nuts Acidity Regulator (2 (330).	T 297), Soy Flour, Whe	at Flour, Sulphites		Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (kJ) Energy (Cal) Protein (g)	3.4 736 Flavour Avg Qty / Serve 2180 520 35.5 26.9 12.4 28.0 6.2 1220 Flavour Y Avg Qty / Serve 1210 290 16.6 13.7 6.4	25 541 Colours Avg Qty / 100 960 229 15.7 12.8 5.5 12.3 2.7 539 Colours Avg Qty / 100 1070 257 14.7
Massive McMuffin® NGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Or ararey Malt Flour, and so ye cooked on the same equipment as eggs or products containing gluten. Wassive McMuffin® NGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Or ararey Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20 GC, Fresh Shell Egg. AUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, HEESE: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves & Jor Vegetarian)), Water, Milk Solid. ASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapicoa), Antiox ETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Na PRAY COOKING OIL: Canola Oil, Emulsifier (451, 450), Dextrose (Maize, Tapicoa), Actional Sulten, egg, milk and soy. NGLISH MUFFIN is made in the same facility as products containing sesame seeds and on the saus Ausage PATTY and BACON may be cooked on the same grill as egg, or products containing glue. Sausage McMuffin® NGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Or arrey Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20 AUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, HEESE: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves & Jor Vegetarian), Water, Milk Solid Dil: Canola Oil, Emulsifier (322 - Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (33 Dil: Canola Oil, Emulsifier (322 - Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (33 Dil: Canola Oil, Emulsifier (322 - Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (33 Dil: Canola Oil, Emulsifier (322 - Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (33 Dil: Canola Oil, Emulsifier (322 - Soy), Natural Flavour, Natural Colour (160a), Acidity Reg	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So idants (316, 392), A tural Flavour (Soyt) dity Regulator (330 ame equipment as ten, milk or soy. Gluten Y ound Maize, Sugar, 2,263), Inactive Dy Spices, Vegetable Spices, Vegetable Spices, Vegetable	Eggs Y Canola Oil, Wheat G Yeast. Oil (Mazie, (Antioxidal Iids, Emulsifiers (331, cidity Regulator (330) ean Oil).), products containing Eggs Y Canola Oil, Wheat G Yeast.	y luten, Maize Flour, I at 307b)), Antioxida 332), Cheese Flavor, Sodium Nitrite (25) milk. Milk Y luten, Maize Flour, I at 307b)), Antioxida	y Iodised Salt, Impi Int (321, 320, 310), Iur, Salt, Acidity Re Soy Y Iodised Salt, Impi Int (321, 320, 310), Int (321, 320, 320), In	rover (Maize Starch, Em , Spice Extracts (includir egulators (260, 330), Em Fish & Crustacea rover (Maize Starch, Em	ulsifiers (481, 472e), ig 160c), Food Acid ulsifier (322- Soy Le Peanuts ulsifiers (481, 472e), ig 160c), Food Acid	Acidity Regulator (2 (330). Ecithin), Colours (160) Tree Nuts Acidity Regulator (2 (330).	T 297), Soy Flour, Whe	at Flour, Sulphites		Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Preservative Y Energy (kJ) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Carbohydrate (g) Carbohydrate (g)	3.4 736 Flavour Avg Qty / Serve 2180 520 35.5 28.9 12.4 28.0 6.2 1220 Flavour Y Avg Qty / Serve 1210 290 16.6 13.7 6.4 2.3.6	25 541 Colours Colours Avg Qty / 100, 960 229 15.7 12.8 5.5 12.3 2.7 539 Colours Avg Qty / 100, 1070 257 14.7 12.1 5.6 20.9
Massive McMuffin® NGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipment accons may cooked on the same equipment as eggs or products containing gluten. Massive McMuffin® NGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Or larley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat), Preservatives (262, 20 (30; Fresh Shell Egg. AUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, CHEESE: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves & Jor Vegetarian)), Water, Milk Solic LaSHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antiox LETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Na JPRAY COOKING OIL: Canola Oil, Emulsifier (322- Soy), Natural Flavour, Natural Colour (160a), Acidonal Contains gluten, egg, milk and soy. NGLISH MUFFIN is made in the same facility as products containing sesame seeds and on the shausage McMuffin® NGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Or larley Malt Flour, Antioxidant (300), Pry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20 (24) (24) (24) (25) (25) (25) (25) (25) (25) (25) (25	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So idants (316, 392), A tural Flavour Gud ame equipment as ten, milk or soy. Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk Soli 0).	Eggs Y Canola Oil, Wheat G Yeast. Oil (Mazie, (Antioxidal lids, Emulsifiers (331, cidity Regulator (330) ean Oil). products containing Eggs Y Canola Oil, Wheat G Yeast. Oil (Maize, (Antioxidal lids, Emulsifiers (331, 3	y luten, Maize Flour, I at 307b)), Antioxida 332), Cheese Flavor, Sodium Nitrite (25) milk. Milk Y luten, Maize Flour, I at 307b)), Antioxida	y Iodised Salt, Impi Int (321, 320, 310), Iur, Salt, Acidity Re Soy Y Iodised Salt, Impi Int (321, 320, 310), Int (321, 320, 320), In	rover (Maize Starch, Em , Spice Extracts (includir egulators (260, 330), Em Fish & Crustacea rover (Maize Starch, Em	ulsifiers (481, 472e), ig 160c), Food Acid ulsifier (322- Soy Le Peanuts ulsifiers (481, 472e), ig 160c), Food Acid	Acidity Regulator (2 (330). Ecithin), Colours (160) Tree Nuts Acidity Regulator (2 (330).	T 297), Soy Flour, Whe	at Flour, Sulphites		Sugars (g) Sodium (mg) Preservative Y Energy (k.l) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Preservative Y Energy (k.l) Energy (Cal) Protein (g) Fat, total (g) Sugars (g) Sodium (mg)	3.4 736 Flavour Avg Qty / Serve 2180 520 35.5 28.9 12.4 28.0 6.2 1220 Flavour Y Avg Qty / Serve 1210 290 16.6 13.7 6.4 2.36 2.9	2.5 541 Colours Avg Qty / 100, 960 929 15.7 12.8 5.5 12.3 2.7 539 Colours Avg Qty / 100, 1070 257 14.7 12.1 5.6 20.9 2.6
NOLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipme ACON may cooked on the same equipment as eggs or products containing gluten. Wassive McMuffin® NGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415), Or araley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20 GC, Fresh Sheill Egg. AUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, ALEESE: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)), Water, Milk Solic ASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antiox ETCHUP: Water, Tomato Paste, High Fructose Com Syrup, Corn Syrup, Distilled Vinegar, Salt, Na PRAY COOKING OIL: Canola Oil, Emulsifier (322- Soy), Natural Flavour, Natural Colour (160a), Aci contains gluten, egg, milk and soy. NGLISH MUFFIN is made in the same facility as products containing sesame seeds and on the sausage McMuffin® NGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Or arley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 20 AUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, LECSE: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, Milk Solid III: Canola Oil, Emulsifier (322- Soy), Natural Flavour, Natural Colour (160a), Acidity Regulator (33 contain gluten, milk and soy. NGLISH MUFFIN is made in the same facility as products containing sesame seeds and same education of the same facility as products containing sesame seeds and same education of the same facility as products containing sesame seeds and same education of the same facility as products containing sesame seeds and same education of the same facility as products containing sesame seeds and same education of the same facility as products containing sesame seeds and same education of the same facil	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So idants (316, 392), A tural Flavour Gud ame equipment as ten, milk or soy. Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk Soli 0).	Eggs Y Canola Oil, Wheat G Yeast. Oil (Mazie, (Antioxidal lids, Emulsifiers (331, cidity Regulator (330) ean Oil). products containing Eggs Y Canola Oil, Wheat G Yeast. Oil (Maize, (Antioxidal lids, Emulsifiers (331, 3	y luten, Maize Flour, I at 307b)), Antioxida 332), Cheese Flavor, Sodium Nitrite (25) milk. Milk Y luten, Maize Flour, I at 307b)), Antioxida	y Iodised Salt, Impi Int (321, 320, 310), Iur, Salt, Acidity Re Soy Y Iodised Salt, Impi Int (321, 320, 310), Int (321, 320, 320), In	rover (Maize Starch, Em , Spice Extracts (includir egulators (260, 330), Em Fish & Crustacea rover (Maize Starch, Em	ulsifiers (481, 472e), ig 160c), Food Acid ulsifier (322- Soy Le Peanuts ulsifiers (481, 472e), ig 160c), Food Acid	Acidity Regulator (2 (330). Ecithin), Colours (160) Tree Nuts Acidity Regulator (2 (330).	T 297), Soy Flour, Whe	at Flour, Sulphites		Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Preservative Y Energy (kJ) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Carbohydrate (g) Carbohydrate (g)	3.4 736 Flavour Avg Qty / Serve 2180 520 35.5 28.9 12.4 28.0 6.2 1220 Flavour Y Avg Qty / Serve 1210 290 16.6 13.7 6.4 2.3.6	25 541 Colours Colours Avg Qty / 100, 960 229 15.7 12.8 5.5 12.3 2.7 539 Colours Avg Qty / 100, 1070 257 14.7 12.1 5.6 20.9
ENGLISH MUFFIN is made in the same facility as products containing sesame seeds and same equipme BACON may cooked on the same equipment as eggs or products containing gluten.	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So idants (316, 392). A tural Flavour (Soyt dity Regulator (330 ame equipment as ten, milk or soy. Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk Sol 0).	Eggs Y Canola Oil, Wheat G Yeast. Oil (Mazie, (Antioxidal ids, Emulsifiers (331, cidity Regulator (330) sean Oil).). products containing Eggs Y Canola Oil, Wheat G Yeast. Oil (Maize, (Antioxidal dds, Emulsifiers (331, 3	y Juten, Maize Flour, I at 307b)), Antioxida 332), Cheese Flavou Milk Milk Y Juten, Maize Flour, I at 307b), Antioxida 32), Cheese Flavou	y lodised Salt, Impi int (321, 320, 310), ur, Salt, Acidity Re Soy Y lodised Salt, Impi int (321, 320, 310), ur, Salt, Acidity Re	rover (Maize Starch, Em , Spice Extracts (includir egulators (260, 330), Em Fish & Crustacea rover (Maize Starch, Em , Spice Extracts (includir egulators (260, 330), Emu	g 160c), Food Acid lulsifier (322- Soy Le Peanuts Peanuts ulsifiers (481, 472e), g 160c), Food Acid lulsifier (322 - Soy), 0	Acidity Regulator (2 (330). scithin), Colours (160 Tree Nuts Acidity Regulator (2 (330). Solours (160a).	T 197), Soy Flour, Whee Sesame Seeds T 197), Soy Flour, Whee	at Flour, Sulphites at Flour,	Lupin	Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Preservative Y Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg)	3.4 736 Flavour Avg Qty / Serve 2180 520 35.5 28.9 12.4 28.0 6.2 1220 Flavour Y Avg Qty / Serve 1210 290 16.6 13.7 6.4 23.6 2.9 651	2.5 541 Colours Avg Qty /100g 960 229 15.7 12.8 5.5 12.3 2.7 539 Colours Avg Qty /100g 1070 257 14.7 12.1 5.6 20.9 2.6 577
Massive McMuffin® Matery Milk Solic Massive Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)), Water, Milk Solic Massive Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)), Water, Milk Solic Massive Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Negetarian)), Water, Milk Solic Massive Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Negetarian), Mater, Milk Solic Massive Malter, Massive M	Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk So idants (316, 392), A tural Flavour Gud ame equipment as ten, milk or soy. Gluten Y ound Maize, Sugar, 2,263), Inactive Dry Spices, Vegetable Is, Non Fat Milk Soli 0).	Eggs Y Canola Oil, Wheat G Yeast. Oil (Mazie, (Antioxidal lids, Emulsifiers (331, cidity Regulator (330) ean Oil). products containing Eggs Y Canola Oil, Wheat G Yeast. Oil (Maize, (Antioxidal lids, Emulsifiers (331, 3	y luten, Maize Flour, I at 307b)), Antioxida 332), Cheese Flavor, Sodium Nitrite (25) milk. Milk Y luten, Maize Flour, I at 307b)), Antioxida	y Iodised Salt, Impi Int (321, 320, 310), Iur, Salt, Acidity Re Soy Y Iodised Salt, Impi Int (321, 320, 310), Int (321, 320, 320), In	rover (Maize Starch, Em , Spice Extracts (includir egulators (260, 330), Em Fish & Crustacea rover (Maize Starch, Em	ulsifiers (481, 472e), ig 160c), Food Acid ulsifier (322- Soy Le Peanuts ulsifiers (481, 472e), ig 160c), Food Acid	Acidity Regulator (2 (330). Ecithin), Colours (160) Tree Nuts Acidity Regulator (2 (330).	T 297), Soy Flour, Whe	at Flour, Sulphites		Sugars (g) Sodium (mg) Preservative Y Energy (k.l) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Preservative Y Energy (k.l) Energy (Cal) Protein (g) Fat, total (g) Sugars (g) Sodium (mg)	3.4 736 Flavour Avg Qty / Serve 2180 520 35.5 28.9 12.4 28.0 6.2 1220 Flavour Y Avg Qty / Serve 1210 290 16.6 13.7 6.4 2.36 2.9	2.5 541 Colours Avg Qty / 100 960 229 15.7 12.8 5.5 12.3 2.7 539 Colours Avg Qty / 107 1070 257 14.7 12.1 5.6 5.6 20.9 2.6

Sausage and Egg McMuffin®

ENGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Ground Maize, Sugar, Canola Oil, Wheat Gluten, Maize Flour, Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), Soy Flour, Wheat Flour,

Barley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 202,263), Inactive Dry Yeast.

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
V	V	V	V				т			V		

Chicken McMuffin®

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

ENGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Ground Maize, Sugar, Canola Oil, Wheat Gluten, Maize Flour, Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), Soy Flour, Wheat Flour, Indian Company (197), 1970 (

Barley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 202, 263), Inactive Dry Yeast.

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

CHEESE: Milk, Salt, Starter Cultures, Enzyme (Rennet - Calves & for 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
V	V	~	V	V				Т			V	V	

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, Onjon), Maize Starch, Sov Protein, Mineral Salts (450, 451), Raising Agents (500, 541, 341), Maltodextrin, Emulsifier (433), Herbs (Sage, Marjoram, Thyme, Rosemary, Parsley),

ENGLISH MUFFIN: Wheat Flour (Vitamin (Folate)), Water, Yeast (Yeast, Water, Thickener (415)), Ground Maize, Sugar, Canola Oil, Wheat Gluten, Maize Flour, Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), Soy Flour, Wheat Flour,

Barley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (262, 202, 263), Inactive Dry Yeast.

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

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

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

SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - Sov), 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.

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

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

BLT Bagel®

BAGEL: Wheat Flour (Vitamin (Folate), Water, Brown Sugar, Canola Oil, Improver (Soy Flour, Wheat Flour, Emulsifier (481), Antioxidant (300), Enzyme (Contains Wheat), Inactive Dry Yeast, Barley Malt Flour), Iodised Salt, Yeast (Water, Yeast, Thickener (415)), Inactive Dry Yeast.

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

LETTUCE: Iceberg Lettuce

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

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

NYC Benedict Bagel®

BAGEL: Wheat Flour (Vitamin (Folate), Water, Brown Sugar, Canola Oil, Improver (Soy Flour, Wheat Flour, Emulsifier (481), Antioxidant (300), Enzyme (Contains Wheat), Inactive Dry Yeast, Barley Malt Flour), Iodised Salt, Yeast (Water, Yeast, Thickener (415)), Inactive Dry Yeast. EGG: Fresh Shell Egg.

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

HOLLONDAISE SAUCE: Vegetable Oils [Canola (Antioxidant (319)), Palmolein], Water, Vinegar, Lemon Juice, Egg Yolk, Whole Egg, Maltodextrin, Salt, Modified Starch (1442), Sugar, Butter (Milk), Milk Protein Concentrate, Vegetable Gums (405, 415), Spices, Flavour Enhancer (635), Preservative (202), Flavourings (Wheat, Milk), Spice Extracts [Including (100)], Emulsifier (433), Antioxidant (385).

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

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

Contains egg, gluten, milk and soy.

BAGELS are prepared 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	Artificial Flavour	Artificail Colours
Y	Y	Y	Υ				T			Υ		

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1750	1030
Energy (Cal)	417	246
Protein (g)	23.2	13.7
Fat, total (g)	21.0	12.4
Saturated Fat (g)	5.9	3.5
Carbohydrate (g)	32.0	18.9
Sugars (g)	3.3	1.9
Sodium (mg)	1220	717

Avg Qty / Serve

1650

393

16.5

12.0

2.6

528

8.0

951

Avg Qty / Serve

582

281

28.7

9.2

51.4

7.7

1140

Avg Qty / Serve

1590

380

23.9

20.3

85

24.2

3.4

738

Avg Qty / Serve

1770

424

19.9

22.9

5.8

32.8

3.3

1080

Energy (kJ)

Energy (Cal)

Protein (g)

Fat, total (g)

Sugars (g)

Sodium (mg

Energy (kJ)

Energy (Cal)

Protein (g)

Fat, total (g)

Sugars (g)

Energy (kJ)

Energy (Cal)

Protein (a)

Fat, total (g)

Sugars (g)

Sodium (ma

Energy (kJ)

Protein (a)

Fat, total (g)

Sugars (g)

Sodium (ma)

Saturated Fat (g)

Carbohydrate (g

Energy (Cal)

Saturated Fat (g)

Carbohydrate (g)

Saturated Fat (g)

Carbohydrate (g)

Saturated Fat (n)

Carbohydrate (g)

Avg Qty / 100g

983

235

14.8

12.5

5.3

15

2.1

456

Avg Qty / 100g

1070

257

12.1

13.9

3.5

19.9

2.0

655

Avg Qty / 100g

930

222

9.3

6.8

1.5

29.8

4.5

538

Avg Qty / 100g

281

13.6

13.9

4.4

24.8

3.7

553

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