



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

Core & Beverage Menu

Information is correct as at 20th September 2018.

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

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

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

Food Sensitivities and Preferences

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

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

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

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

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

Ingredient Information

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

www.mcdonalds.co.nz

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

BEEF

Big Mac

BIG MAC BUN: **Wheat** Flour, Water, Sugar, Canola Oil (Antioxidant (330)), **Sesame Seeds**, Iodised Salt, Yeast (Yeast, Water, Thickener (415)), Emulsifiers (471, 481), Improver (Mineral Salts (516, 170)), **Wheat** Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Antioxidant (300)), **Wheat Gluten**, Preservative (262), Malted **Barley** Flour, Dough Conditioner (Mineral Salt (516)), **Wheat** Flour, Antioxidant (300)), Emulsifier (481), Enzyme (1101).

BEEF: Beef

LETTUCE: Iceberg Lettuce

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

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

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

ONION: Water, Dehydrated White Onion

BEEF PATTY SEASONING: Salt, Pepper.

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

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

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

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2240	1020
Energy (Cal)	536	243
Protein (g)	26.6	12.1
Fat, total (g)	29.3	13.3
Saturated Fat (g)	9.3	4.7
Carbohydrate (g)	39.1	17.7
Sugars (g)	6.0	2.7
Sodium (mg)	733	333

Cheeseburger, Double Cheeseburger and Triple Cheeseburger

REGULAR BUN: **Wheat** Flour, Water, Sugar, Canola Oil (Antioxidant (330)), Iodised Salt, **Wheat Gluten**, Yeast (Yeast, Water, Thickener (415)), Improver (Mineral Salts (516, 170)), **Wheat** Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Antioxidant (300)), Preservative (262), Emulsifiers (471, 481), Malted **Barley** Flour, Dough Conditioner (Mineral Salt (516)), **Wheat** Flour, Antioxidant (300)), Emulsifier (481), Enzyme (1101).

BEEF: Beef

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

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

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

ONION: Water, Dehydrated White Onion.

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

BEEF PATTY SEASONING: Salt, Pepper.

Contains gluten, milk & soy.

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

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

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

	Cheeseburger		Double Cheeseburger		Triple Cheeseburger	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1300	1070	1930	1110	2520	1140
Energy (Cal)	310	256	461	265	603	274
Protein (g)	16.2	13.4	27.1	15.6	37.5	17.0
Fat, total (g)	13.3	11.0	25.0	14.4	36.2	16.4
Saturated Fat (g)	6.1	5.0	12.0	6.9	17.6	8.0
Carbohydrate (g)	29.8	24.5	30.2	17.3	30.1	13.7
Sugars (g)	5.7	4.7	6.0	3.4	6.2	2.8
Sodium (mg)	586	483	811	466	993	451

Deluxe Cheeseburger

REGULAR BUN: **Wheat** Flour, Water, Sugar, Canola Oil (Canola oil, Antioxidant (330)), Iodised Salt, **Wheat Gluten**, Yeast (Yeast, Water, Thickener (415)), Improver (Mineral Salts (516, 170)), **Wheat** Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Antioxidant (300)), Preservative (262), Emulsifiers (471, 481), Malted **Barley** Flour, Dough Conditioner (Mineral Salt (516)), **Wheat** Flour, Antioxidant (300)), Emulsifier (481), Enzyme (1101).

BEEF: Beef

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

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), Food Acid (270), Preservative (202).

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

ONION: Water, Dehydrated White Onion.

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

Contains gluten, egg, milk and soy.

Buns are made on equipment that also produces products containing sesame seed, soy and milk

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

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1450	1030
Energy (Cal)	340	246
Protein (g)	16.5	11.7
Fat, total (g)	17.0	12.1
Saturated Fat (g)	6.7	4.7
Carbohydrate (g)	30.7	21.7
Sugars (g)	6.0	4.3
Sodium (mg)	616	436

											Avg Qty / Serve	Avg Qty / 100g	
The Boss													
QUARTER BUN: Wheat Flour, Water, Sugar, Canola Oil (Canola Oil, Antioxidant (330)), Sesame Seeds , Iodised Salt, Wheat Gluten , Improver (Mineral Salts (516, 170), Wheat Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Antioxidant (300)), Preservative (262), Yeast (Yeast, Water, Thickener (415)), Emulsifiers (471, 481), Malted Barley Flour, Dough Conditioner (Mineral Salt (516), Wheat Flour, Antioxidant (300)), Emulsifier (481), Enzyme(1101)											Energy (kJ)	3570	1020
BEEF PATTIES: Beef.											Energy (Cal)	855	245
LETTUCE: Iceberg Lettuce											Protein (g)	53.2	15.2
TOMATO SLICE: Tomatoes.											Fat, total (g)	54.9	15.7
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).											Saturated Fat (g)	26.3	7.5
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavours (Soy).											Carbohydrate (g)	35.7	10.2
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).											Sugars (g)	7.6	2.2
CHEDDAR CHEESE: Milk , Salt, Cultures, Enzyme (Non-Animal Rennet).											Sodium (mg)	958	274
ONION: Onions													
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Flavouring.													
BEEF PATTY SEASONING: Salt, Pepper													
<i>Contains gluten, egg, milk, soy and sesame seeds.</i>													
<i>Beef patty may be cooked on the same grill as egg.</i>													
<i>Buns made on equipment used to make products containing milk & soy.</i>													
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	Y	Y				Y			Y	Y	Y
Almighty Angus 1/2lb											Avg Qty / Serve	Avg Qty / 100g	
CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Canola Oil, Yeast, Sesame Seeds , Iodised Salt, Wheat Gluten , Chilli Flakes, Preservative (262), Emulsifier (471, 481), Dough Improver (Mineral Salts (516, 170), Wheat Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Acidity Regulator (300)), Chives, Malt Barley Flour, Enzyme (1100).											Energy (kJ)	4200	1240
BEEF PATTIES: Angus Beef											Energy (Cal)	1010	296
TOMATO ONION RELISH: Sugar, Diced Onion, Water, Tomato Paste [Antioxidant (330)], Tomato [Tomato, Salt, Food Acid (330), Firming Agent (509)], Diced Capsicum, Thickener (1422), Salt, Food Acids (260, 330), Mustard Seeds, Vegetable Gum (415, 412), Spices, Preservatives (202, 211).											Protein (g)	58.6	17.2
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulators (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200)											Fat, total (g)	62.6	18.4
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250).											Saturated Fat (g)	27.9	8.2
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).											Carbohydrate (g)	50.5	14.8
RED ONION RINGS: Red Onions											Sugars (g)	12.3	3.6
BEEF PATTY SEASONING: Salt, Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavours (Milk), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract											Sodium (mg)	1430	420
<i>Contains gluten, egg, milk, soy & sesame seeds. Traces of sulphites.</i>													
<i>Beef patty may be cooked on the same grill as egg.</i>													
<i>Buns made on equipment used to make products containing milk & soy.</i>													
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	Y	Y				Y			Y	Y	Y
Serious Angus											Avg Qty / Serve	Avg Qty / 100g	
CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Canola Oil, Yeast, Sesame Seeds , Iodised Salt, Wheat Gluten , Chilli Flakes, Preservative (262), Emulsifier (471, 481), Dough Improver (Mineral Salts (516, 170), Wheat Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Acidity Regulator (300)), Chives, Malt Barley Flour, Enzyme (1100).											Energy (kJ)	2980	1080
BEEF PATTY: Angus Beef.											Energy (Cal)	714	258
TOMATO: Tomato.											Protein (g)	39.4	14.2
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulators (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).											Fat, total (g)	42.0	15.2
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250).											Saturated Fat (g)	18.2	6.6
WHOLE LEAF LETTUCE: Lettuce.											Carbohydrate (g)	43.1	15.5
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).											Sugars (g)	6.0	2.2
RED ONION RINGS: Red Onions											Sodium (mg)	1310	474
PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).													
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Flavouring													
BEEF PATTY SEASONING: Salt, Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavours (Milk), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract													
<i>Contains gluten, egg, milk, soy & sesame seeds.</i>													
<i>Beef patty may be cooked on the same grill as egg.</i>													
<i>Buns made on equipment used to make products containing milk & soy.</i>													
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	Y	Y				Y			Y	Y	Y

												Avg Qty / Serve	Avg Qty / 100g											
Hamburger												Energy (kJ)	1100	1020										
REGULAR BUN: Wheat Flour, Water, Sugar, Canola Oil (Antioxidant (330)), Iodised Salt, Wheat Gluten , Yeast (Yeast, Water, Thickener (415)), Improver (Mineral Salts (516, 170)), Wheat Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Antioxidant (300)), Preservative (262), Emulsifiers (471, 481), Malted Barley Flour, Dough Conditioner (Mineral Salt (516)), Wheat Flour, Antioxidant (300)), Emulsifier (481), Enzyme (1101).												Energy (Cal)	262	245										
BEEF PATTY: Beef.												Protein (g)	13.3	12.4										
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavours (Soy).												Fat, total (g)	9.4	8.8										
PICKLE: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).												Saturated Fat (g)	3.3	3.1										
ONION: Water, Dehydrated White Onion												Carbohydrate (g)	29.5	27.5										
MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.												Sugars (g)	5.4	5.0										
BEEF PATTY SEASONING: Salt, Pepper												Sodium (mg)	416	388										
<i>Contains gluten and soy.</i>																								
<i>Buns are made on equipment that also produces products containing sesame seed, soy and milk.</i>																								
<i>Beef patty may be cooked on the same grill as egg.</i>																								
												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
												Y	T	T	Y				Y			Y	Y	Y
The Big Cheese																								
BRIOCHE STYLE BUN: Wheat Flour, Water, Sugar, Glaze (Water, Vegetable Proteins, Vegetable Oil, Dextrose, Maltodextrins, Maize Starch), Yeast, Wheat Gluten , Dextrose, Vegetable Oil, Iodised Salt, Flavours, Emulsifiers (471, 481), Improver (Mineral Salt (170), Emulsifiers (472e, 481), Enzymes, Mineral Salt (516), Antioxidant (300)), Preservative (262ii), Colour (160a).														Avg Qty / Serve	Avg Qty / 100g									
BEEF PATTY: Angus Beef												Energy (kJ)	4430	1200										
SWISS CHEESE: Milk , Salt, Cultures, Enzyme (Non-animal Rennet), Preservative (235).												Energy (Cal)	1060	287										
CHEDDAR CHEESE: Milk , Salt, Cultures, Enzyme (Non-Animal Rennet)												Protein (g)	65.2	17.6										
GRILLED CARAMELISED ONIONS: Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelised Sugar, Onion Powder, Maltodextrin, Flavours, Spice.												Fat, total (g)	68.5	18.5										
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour (Soy).												Saturated Fat (g)	33.4	9.0										
CHEESE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).												Carbohydrate (g)	45.1	12.2										
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250)												Sugars (g)	15.4	4.2										
PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).												Sodium (mg)	1540	417										
MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Flavouring.																								
BEEF PATTY SEASONING: Salt, Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavours (Milk), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract																								
<i>Contain gluten, milk & soy. Traces of sulphites</i>																								
<i>BEEF PATTY may be cooked on the same equipment as eggs.</i>																								
<i>Buns made on equipment used to make products containing sesame seed, soy and milk.</i>																								
												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
												Y	T	Y	Y				Y	T		Y	Y	Y
Quarter Pounder and Double Quarter Pounder																								
														Quarter Pounder		Double Quarter Pounder								
														Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g							
QUARTER BUN: Wheat Flour, Water, Sugar, Canola Oil (Canola Oil, Antioxidant (330)), Sesame Seeds , Iodised Salt, Wheat Gluten , Improver (Mineral Salts (516, 170)), Wheat Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Antioxidant (300)), Preservative (262), Yeast (Yeast, Water, Thickener (415)), Emulsifiers (471, 481), Malted Barley Flour, Dough Conditioner (Mineral Salt (516)), Wheat Flour, Antioxidant (300)), Emulsifier (481), Enzyme (1101)												Energy (kJ)	2220	1070	3440	1130								
BEEF PATTY: Beef												Energy (Cal)	531	257	823	269								
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Animal or Microbial Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).												Protein (g)	31.2	15.1	53.9	17.6								
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavours (Soy).												Fat, total (g)	29.4	14.2	51.6	16.9								
PICKLE: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211)												Saturated Fat (g)	14.9	7.2	26.7	8.7								
ONION: Sliced Onion												Carbohydrate (g)	34.1	16.5	34.4	11.3								
MUSTARD: Water, Vinegar, Mustard Seed, Salt, Colour (100), Spice, Flavour.												Sugars (g)	6.7	3.2	7.0	2.3								
BEEF PATTY SEASONING: Salt, Pepper												Sodium (mg)	925	448	1160	379								
<i>Contains gluten, soy, milk and sesame seeds</i>																								
<i>Beef patty may be cooked on the same grill as eggs.</i>																								
<i>Buns made on equipment used to make products containing milk & soy.</i>																								
												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Quarter Pounder												Y	T	Y	Y				Y			Y	Y	Y
Double Quarter Pounder												Y	T	Y	Y				Y			Y	Y	Y

Georgie Pie											Avg Qty / Serve	Avg Qty / 100g	
STEAK MINCE & CHEESE PIE: Water, Wheat Flour, Beef, Margarine [Animal & Vegetable Fat / Oil, Water, Salt, Emulsifiers (Soy Lecithin, 471),Antioxidant (320), Flavour, Acidity Regulator (330), Colour (160a)], Cheese [Milk , Salt, Thickener (1422), Stabilisers (415, 466), Emulsifying Salts (331,451), Rennet, Culture, Acidity Regulator (330)], Thickener (1422), Milk Solids, Seasoning [Flavour Enhancers (627,631)], Salt, Tomato Puree, Dried Onion, Colour (102,124,150c), Emulsifier (472e).											2370	1230	
											Energy (kJ)	2370	1230
											Energy (Cal)	569	297
											Protein (g)	14.8	7.7
											Fat, total (g)	37.1	19.3
											Saturated Fat (g)	21.1	11.0
											Carbohydrate (g)	42.0	21.9
											Sugars (g)	4.0	2.1
											Sodium (mg)	931	485
											Preservative	Flavour	Colours
											Y	Y	

Contains gluten, milk and soy.
Product manufactured on a line that produces products containing egg.

CHICKEN AND FISH																	
Chicken McNuggets											3 Pack		6 Pack		10 Pack		
Chicken, Water, Flour (Wheat , Maize), Thickener (1404), Salt, Raising Agents (541, 500, 450, 341, 327), Spices (White Pepper, Black Pepper, Celery Seed), Wheat Starch, Vegetable Oil (Canola, Sunflower), Mineral Salt (451).											Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g	
											Energy (kJ)	511	1140	1020	1140	1700	1140
											Energy (Cal)	122	272	245	272	408	272
											Protein (g)	7.0	15.5	14.0	15.5	23.3	15.5
											Fat, total (g)	7.5	16.6	14.9	16.6	24.9	16.6
											Saturated Fat (g)	1.2	2.6	2.3	2.6	3.9	2.6
											Carbohydrate (g)	6.7	14.9	13.4	14.9	22.4	14.9
											Sugars (g)	0.2	0.4	0.4	0.4	0.6	0.4
											Sodium (mg)	221	490	441	490	735	490
											Preservative	Flavour	Colours				
											Y	T	T	T			

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

Chicken McBites (10 pack)											Avg Qty / Serve	Avg Qty / 100g	
CHICKEN: Chicken, Water, Wheat Flour, Breadcrumb Crumb (Wheat Flour, Milk Solids, Salt, Canola Oil, Raising Agents (341,500), Emulsifier (481)), Vegetable Oil (Canola), Mineral Salts (451, 452, 450, 500), Salt, Spices, Vegetable Powders (Garlic, Onion), Herbs, Yeast Extract, Flavour Enhancer (635), Flavours, Thickener (1404), Spice Extract (100)											661	1050	
											Energy (kJ)	661	1050
											Energy (Cal)	159	252
											Protein (g)	10.6	16.8
											Fat, total (g)	9.1	14.4
											Saturated Fat (g)	1.5	2.4
											Carbohydrate (g)	8.4	13.4
											Sugars (g)	0.5	0.8
											Sodium (mg)	454	720
											Preservative	Flavour	Colours
											Y	Y	

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

Chick 'n' McCheese & Double Chick 'n' McCheese											Chick 'n' Cheese		Double Chick 'n' Cheese		
REGULAR BUN: Wheat Flour, Water, Sugar, Canola Oil (Canola Oil, Antioxidant (330)), Iodised Salt, Wheat Gluten, Yeast (Yeast, Water, Thickener (415)), Improver (Mineral Salts (516, 170), Wheat Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Antioxidant (300)), Preservative (262), Emulsifiers (471, 481), Malted Barley Flour, Dough Conditioner (Mineral Salt (516), Wheat Flour, Antioxidant (300)), Emulsifier (481), (Enzyme (1101)).											Avg Qty /Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
											Energy (kJ)	1420	1010	2580	1090
											Energy (Cal)	340	241	617	262
											Protein (g)	14.2	10.0	26.0	11.0
											Fat, total (g)	17.1	12.1	36.1	15.3
											Saturated Fat (g)	4.8	3.4	10.4	4.4
											Carbohydrate (g)	31.0	22.0	45.3	19.2
											Sugars (g)	5.1	3.6	7.1	3.0
											Sodium (mg)	951	674	1680	713
CHICKEN PATTY: Chicken, Flour (Wheat), Water, Starch (Maize), Vegetable Oil (Canola, Palm, Soy, Sunflower), Salt, Mineral Salts (450, 451, 500), Colours (100, 160c), Spice & Spice Extracts (Mustard, Pepper, Celery), Emulsifiers (481, 433), Maltodextrin, Sugar, Hydrolysed Vegetable Protein (Soy), Dehydrated Vegetables (Garlic, Onion), Yeast & Yeast Extracts, Acidity Regulator (262), Flavour Enhancer (635), Flavour (Wheat , Soy , Milk), Herbs (Thyme, Marjoram, Rosemary, Basil), Enzymes.															
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200)															
LETTUCE: Iceberg Lettuce.															
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavours (Soy).															
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).															
											Y	Y	Y	Y	

Contains gluten, milk, egg & soy.
Buns made on equipment that makes products containing sesame seed, soy and milk.
Chicken cooked in vegetable oil blend and may be cooked in the same vat as products containing egg.

											Avg Qty / Serve	Avg Qty / 100g											
Crispy Chicken Bacon Deluxe																							
CHILLI CHIVE & SESAME BUN: Wheat Flour, Water, Sugar, Canola Oil, Yeast, Sesame Seeds , Iodised Salt, Wheat Gluten , Chilli Flakes, Preservative (262), Emulsifier (471, 481), Dough Improver (Mineral Salts (516, 170), Wheat Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Acidity Regulator (300)), Chives, Malt Barley Flour, Enzyme (1100).											Energy (kJ)	2940	1120										
CRISPY CHICKEN PATTY: Chicken Water, Wheat Flour, Vegetable Oil (Canola, Palmolein), Salt, Thickener (1422), Mineral Salts (450, 451, 452), Flavour (Wheat, Barley, Soy), Starch (Rice, Potato), Spice And Spice Extracts (Pepper, Mustard, Capsicum), Gluten, Egg Powder, Yeast And Yeast Extract, Raising Agent (500), Soy Protein, Maltodextrin, Natural Colours (160c, 100), Vegetable Powder (Onion), Emulsifier (433), Dextrose, Food Acid (263), Enzyme (Amylase).											Energy (Cal)	702	267										
TOMATO: Tomato											Protein (g)	36.0	13.7										
GARLIC MAYONNAISE: Canola Oil [Antioxidant (307b, Soy), 319]], Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein (Milk), Minced Garlic [Food Acids (260, 330)], Vinegar, Dijon Mustard [Acidity Regulator (260)], Acidity Regulator (575), Mustard [Food Acids (260, 330), Colours (150c, 160a)], Salt, Flavour Enhancer (635), Oat Fibre , Flavourings (Milk), Emulsifiers [(322, 435) (Soy)], Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).											Fat, total (g)	37.6	14.3										
CHEDDAR CHEESE: Milk , Salt, Cultures, Enzyme (Non-Animal Rennet).											Saturated Fat (g)	9.1	3.4										
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250).											Carbohydrate (g)	52.9	20.1										
WHOLE LEAF LETTUCE: Lettuce.											Sugars (g)	4.7	1.8										
<i>Contains gluten, egg, milk, soy & sesame seeds. Traces of sulphites.</i>											Sodium (mg)	1590	607										
<i>Buns are made on equipment that also produces products containing milk and soy.</i>																							
<i>Crispy Chicken patty is cooked in vegetable oil blend and may be cooked in the same vat as products containing milk.</i>											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
											Y	Y	Y	Y				Y	T		Y	Y	Y
Grilled Chicken Bacon Deluxe																							
CHILLI CHIVE AND SESAME SEED BUN: Wheat Flour, Water, Sugar, Canola Oil, Yeast, Sesame Seeds, Iodised Salt, Wheat Gluten , Chilli Flakes, Preservative (262), Emulsifier (471, 481), Dough Improver (Mineral Salts (516, 170), Wheat Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Acidity Regulator (300)), Chives, Malt Barley Flour, Enzyme (1100).											Energy (kJ)	2550	1020										
GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Vegetable Powders (Garlic, Onion), Fruit Powder (Lemon Juice Concentrate, Maltodextrin, Anti Caking Agent (551), Flavours), Flavourings, Herbs (Parsley, Thyme), Sugar, Vinegar Powder, Anti Caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola)											Energy (Cal)	611	243										
TOMATO: Tomatoes											Protein (g)	39.3	15.7										
GARLIC MAYONNAISE: Canola Oil [Antioxidant (307b, Soy), 319]], Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein (Milk), Minced Garlic [Food Acids (260, 330)], Vinegar, Dijon Mustard [Acidity Regulator (260)], Acidity Regulator (575), Mustard [Food Acids (260, 330), Colours (150c, 160a)], Salt, Flavour Enhancer (635), Oat Fibre , Flavourings (Milk), Emulsifiers (322, 435 - Soy), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).											Fat, total (g)	30.5	12.1										
CHEDDAR CHEESE: Milk , Salt, Cultures, Enzyme (Non-Animal Rennet).											Saturated Fat (g)	8.2	3.3										
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate (339), Antioxidant (316), Sodium Nitrite (250)											Carbohydrate (g)	43.5	17.4										
WHOLE LEAF LETTUCE: Lettuce											Sugars (g)	4.8	1.9										
OIL: Spray Cooking Canola Oil, Soy Lecithin, Flavour, Colour (160a), Acidity Regulator (330)											Sodium (mg)	1380	552										
<i>Contain gluten, egg, milk, soy & sesame seeds. Traces of sulphites.</i>																							
<i>Buns are made on equipment that also produces products containing sesame seeds, milk and soy.</i>											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
<i>Grilled Chicken may be cooked on the same equipment as eggs.</i>											Y	Y	Y	Y				Y	T		Y	Y	Y
BBQ Chicken Burger																							
REGULAR BUN: Wheat Flour, Water, Sugar, Canola Oil (Canola oil, Antioxidant (330)), Iodised Salt, Wheat Gluten , Yeast (Yeast, Water, Thickener (415)), Improver (Mineral Salts (516, 170), Wheat Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Antioxidant (300)), Preservative (262), Emulsifiers (471, 481), Malted Barley Flour, Dough Conditioner (Mineral Salt (516), Wheat Flour, Antioxidant (300)), Emulsifier (481), (Enzyme (1101).											Energy (kJ)	1620	1140										
CHICKEN PATTY: Chicken, Flour (Wheat), Water, Starch (Maize), Vegetable Oil (Canola, Palm, Soy , Sunflower), Salt, Mineral Salts (450, 451, 500), Colours (100, 160c), Spice & Spice Extracts (Mustard, Pepper, Celery), Emulsifiers (481, 433), Maltodextrin, Sugar, Hydrolysed Vegetable Protein (Soy), Dehydrated Vegetables (Garlic, Onion), Yeast & Yeast Extracts, Acidity Regulator (262), Flavour Enhancer (635), Flavour (Wheat, Soy, Milk), Herbs (Thyme, Marjoram, Rosemary, Basil), Enzymes.											Energy (Cal)	388	272										
CHEESE SLICE: Cheese (Milk , Salt, Starter Cultures, Enzyme (Rennet)), Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).											Protein (g)	15.4	10.8										
BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Puree, Thickener (1422), Salt, Worcestershire , Colour (150c), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour,											Fat, total (g)	18.8	13.2										
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).											Saturated Fat (g)	5.3	3.7										
<i>Contains gluten, milk, egg, soy and fish.</i>											Carbohydrate (g)	37.8	26.5										
<i>Buns are made on equipment that also produces products containing sesame seeds, milk and soy.</i>											Sugars (g)	7.0	4.9										
<i>Chicken patty is cooked in vegetable oil blend and may be cooked in the same vat as products containing egg.</i>											Sodium (mg)	1010	708										
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
											Y	Y	Y	Y	Y-Fish			Y			Y	Y	Y
McChicken																							
QUARTER BUN: Wheat Flour, Water, Sugar, Canola Oil (Antioxidant (330)), Sesame Seeds , Iodised Salt, Wheat Gluten , Improver (Mineral Salts (516, 170), Wheat Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Antioxidant (300)), Preservative (262), Yeast (Yeast, Water, Thickener (415)), Emulsifiers (471, 481), Malted Barley Flour, Dough Conditioner (Mineral Salt (516), Wheat Flour, Antioxidant (300)), Emulsifier (481), Enzyme (1101).											Energy (kJ)	1620	936										
McCHICKEN PATTY: Chicken, Flour (Wheat , Maize), Water, Vegetables Oils (Canola, Maize, Palmolein), Salt, Thickener (1404), Spices & Spice Extracts (Black Pepper, White Pepper, Cayenne Pepper, Paprika, Turmeric, Sage, Nutmeg, Celery, Capsicum), Dehydrated Vegetables (Garlic, Onion), Maize Starch, Soy Protein, Mineral Salts (450, 451), Raising Agents (500, 541, 341), Maltodextrin, Emulsifier (433), Herbs (Sage, Marjoram, Thyme, Rosemary, Parsley).											Energy (Cal)	405	224										
LETTUCE: Iceberg Lettuce											Protein (g)	16.7	9.2										
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Vegetable Gum (415), Acidity Regulator (270), Preservative (202)											Fat, total (g)	20.1	11.1										
<i>Contains egg, gluten, soy and sesame seeds. Traces of sulphites.</i>											Saturated Fat (g)	3.3	1.8										
<i>Buns made on equipment used to make products containing milk & soy</i>											Carbohydrate (g)	37.9	21.0										
<i>McChicken patty is cooked in vegetable oil blend. May be cooked in the same vat as products containing milk and egg.</i>											Sugars (g)	3.0	1.7										
											Sodium (mg)	929	513										
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
											Y	Y	T	Y				Y	T		Y		

Filet-o-Fish											Avg Qty / Serve	Avg Qty / 100g			
REGULAR BUN: Wheat Flour, Water, Sugar, Canola Oil (Antioxidant (330)), Iodised Salt, Wheat Gluten , Yeast (Yeast, Water, Thickener (415)), Improver (Mineral Salts (516, 170)), Wheat Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Antioxidant (300)), Preservative (262), Emulsifiers (471, 481), Malted Barley Flour, Dough Conditioner (Mineral Salt (516)), Wheat Flour, Antioxidant (300)), Emulsifier (481), Enzyme (1101).											Energy (kJ)	1420	1010		
FISH PORTION: Fish [Hoki Fish , Water, Acidity Regulator (451)], Water, Batter [Modified Food Starch (1422), Yellow Corn Flour, Thickener (460), Bleached Wheat Flour, Salt, Black Pepper], Breader [Wheat Flour, Bleached Wheat Flour, Salt, Whey , Dextrose, Dried Yeast, Sugar, Paprika (160c), Turmeric Extract (100), Black Pepper]											Energy (Cal)	339	243		
TARTAR SAUCE: Pickles, Water, Soybean Oil (Antioxidant (330)), Vinegar, Onions and Onion Extracts, Modified Corn Starch (1401, 1442), Egg Yolks, Corn Syrup Solids, Sugar, Salt, Spice, Thickener (415), Capers, Preservative (202), Dextrose, Dehydrated Parsley, Spice Extracts.											Protein (g)	15.5	11.1		
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200)											Fat, total (g)	14.8	10.6		
<i>Contains egg, fish, gluten, milk and soy.</i>											Saturated Fat (g)	2.6	1.9		
<i>Buns are made on equipment that also produces products containing sesame seeds, milk and soy.</i>											Carbohydrate (g)	34.6	24.8		
<i>FISH PORTION is cooked in vegetable oil blend.</i>											Sugars (g)	3.5	2.5		
											Sodium (mg)	579	415		
											Preservative	Y	Y		
											Flavour	Y	Y		
											Colours	Y	Y		
											Gluten	Y	Y		
											Eggs	Y	Y		
											Milk	Y	Y		
											Soy	Y	Y		
											Fish & Crustaea	Y - Fish			
											Peanuts				
											Tree Nuts				
											Sesame Seeds	Y			
											Sulphites				
											Lupin				
											Preservative	Y	Y		
											Flavour	Y	Y		
											Colours	Y	Y		
Fish Fingers											2 pieces		3 pieces		
FISH: Fish [Hoki Fish , Water, Batter [Modified Food Starch (1422), Yellow Corn Flour, Cellulose Gum, Bleached Wheat Flour, Salt, Black Pepper]], Breader [Wheat Flour, Bleached Wheat Flour, Salt, Whey (Milk), Dextrose, Dried Yeast, Sugar, Paprika (160c), Turmeric Extract (100), Black Pepper], Pre-dust [Wheat Flour, Maize Flour, Thickener (1422), Salt].											Avg Qty /Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
<i>Contains gluten & fish.</i>											Energy (kJ)	488	941	733	941
<i>FISH FINGERS cooked in vegetable oil blend.</i>											Energy (Cal)	117	225	175	225
											Protein (g)	7.9	15.3	11.9	15.3
											Fat, total (g)	6.0	11.5	9.0	11.5
											Saturated Fat (g)	0.7	1.3	1.0	1.3
											Carbohydrate (g)	7.8	15.0	11.7	15.0
											Sugars (g)	0.3	0.5	0.4	0.5
											Sodium (mg)	78	150	117	150
											Gluten	Y			
											Eggs				
											Milk				
											Soy				
											Fish & Crustaea	Y - Fish			
											Peanuts				
											Tree Nuts				
											Sesame Seeds				
											Sulphites				
											Lupin				
											Preservative				
											Flavour				
											Colours				
WRAPS															
Crispy Chicken Snack Wrap															
CRISPY CHICKEN PATTY: Chicken Water, Wheat Flour, Vegetable Oil (Canola, Palmolein), Salt, Thickener (1422), Mineral Salts (450, 451, 452), Flavour (Wheat , Barley , Soy), Starch (Rice, Potato), Spice And Spice Extracts (Pepper, Mustard, Capsicum), Gluten, Egg Powder, Yeast And Yeast Extract, Raising Agent (500), Soy Protein, Maltodextrin, Natural Colours (160c, 100), Vegetable Powder (Onion), Emulsifier (433), Dextrose, Food Acid (263), Enzyme (Amylase).											Avg Qty / Serve	Avg Qty / 100g			
WHOLEMEAL TORTILLA: Wheat Flour (White, Wholemeal), Water, Canola Oil, Wheat Fibre, Raising Agents (450,501), Maize Starch, Salt, Yeast, White Vinegar, Cultured Wheat Flour											Energy (kJ)	1070	928		
LETTUCE: Iceberg Lettuce											Energy (Cal)	255	222		
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)											Protein (g)	11.7	10.2		
<i>Contains gluten, egg & soy. Traces of sulphites.</i>											Fat, total (g)	11.5	10.0		
<i>CHICKEN is cooked in vegetable oil blend and may be cooked in the same vat as products containing milk.</i>											Saturated Fat (g)	1.4	1.2		
											Carbohydrate (g)	24.0	20.9		
											Sugars (g)	0.7	0.6		
											Sodium (mg)	411	358		
											Gluten	Y	Y	Y	Y
											Eggs	Y			
											Milk				
											Soy	Y			
											Fish & Crustaea				
											Peanuts				
											Tree Nuts				
											Sesame Seeds				
											Sulphites		T		
											Lupin				
											Preservative	Y	Y	Y	Y
											Flavour	Y	Y	Y	Y
											Colours	Y	Y	Y	Y
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).											Avg Qty / Serve	Avg Qty / 100g			
WHOLEMEAL TORTILLA: Wheat Flour (White, Wholemeal), Water, Canola Oil, Wheat Fibre, Raising Agents (450,501), Maize Starch, Salt, Yeast, White Vinegar, Cultured Wheat Flour											Energy (kJ)	923	844		
LETTUCE: Iceberg Lettuce											Energy (Cal)	221	202		
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).											Protein (g)	14.1	12.0		
OIL: Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330)											Fat, total (g)	8.5	7.8		
<i>Contains gluten, egg and soy.</i>											Saturated Fat (g)	1.2	1.1		
<i>GRILLED CHICKEN may be cooked on the same grill as egg.</i>											Carbohydrate (g)	20.0	18.3		
											Sugars (g)	0.7	0.6		
											Sodium (mg)	347	317		
											Gluten	Y	Y	Y	Y
											Eggs	Y			
											Milk				
											Soy	Y			
											Fish & Crustaea				
											Peanuts				
											Tree Nuts				
											Sesame Seeds				
											Sulphites				
											Lupin				
											Preservative	Y	Y	Y	Y
											Flavour	Y	Y	Y	Y
											Colours	Y	Y	Y	Y

	Avg Qty / Serve	Avg Qty / 100g																											
Crispy Caesar Chicken Wrap																													
CRISPY CHICKEN PATTY: Chicken Water, Wheat Flour, Vegetable Oil (Canola, Palmolein), Salt, Thickener (1422), Mineral Salts (450, 451, 452), Flavour (Wheat, Barley, Soy), Starch (Rice, Potato), Spice And Spice Extracts (Pepper, Mustard, Capsicum), Gluten , Egg Powder, Yeast And Yeast Extract, Raising Agent (500), Soy Protein, Maltodextrin, Natural Colours (160c, 100), Vegetable Powder (Onion), Emulsifier (433), Dextrose, Food Acid (263), Enzyme (Amylase).	Energy (kJ)	2450	1080																										
TORTILLA: Wheat Flour, Water, Canola Oil, Salt, Preservatives (223, 282), Raising Agents (341, 500, 541), Cornstarch, Emulsifiers (471, 481), Soy Flour, Acidity Regulator (297), Sugar, Wheat Gluten , Flavour, Wheat Bran.	Energy (Cal)	586	259																										
OR	Protein (g)	29.9	13.2																										
Wholemeal Wheat Flour, Water, Canola Oil, Wheat Fibre, Raising Agents (450, 501), Maize Starch, Salt, Yeast, White Vinegar, Cultured Wheat Flour	Fat, total (g)	30.8	13.6																										
LETTUCE: Iceberg Lettuce	Saturated Fat (g)	5.2	2.3																										
CAESAR DRESSING: Canola Oil [Antioxidant (307b - Soy , 319), Water, Vinegar, Whole Egg , Lemon Juice [Preservative 223], Dextrose, Sugar, Egg Yolk, Minced Garlic [Food Acid (260)], Parmesan Cheese (Milk), Salt, Milk Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard [Food Acid (260)], Spice, Emulsifiers (Soy Lecithin, 435), Mustard Flour, Yeast Extract (Gluten), Flavourings, Preservatives (202, 211), Vegetable Gum (415).	Carbohydrate (g)	43.4	19.2																										
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Anti-oxidant (316), Sodium Nitrite (250).	Sugars (g)	3.4	1.5																										
PARMESAN CHEESE: Milk , Salt, Cultures, Rennet	Sodium (mg)	1370	603																										
<i>Contains gluten, milk, egg, soy and sulphites.</i>	<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustaea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Lupin</th> <th>Preservative</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td>Y</td> <td>Y</td> <td>Y</td> <td>Y</td> <td></td> <td></td> <td></td> <td></td> <td>Y</td> <td></td> <td>Y</td> <td>Y</td> <td>Y</td> </tr> </tbody> </table>			Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	Y	Y	Y	Y					Y		Y	Y	Y
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours																	
Y	Y	Y	Y					Y		Y	Y	Y																	
<i>CHICKEN is cooked in vegetable oil blend and may be cooked in the same vat as products containing milk.</i>																													
Grilled Caesar Chicken 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), Flavourings, Flavourings, Herbs (Parsley, Thyme), Sugar, Vinegar Powder, Anti Caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola).	Energy (kJ)	2090	952																										
TORTILLA: Wheat Flour, Water, Canola Oil, Salt, Preservatives (223, 282), Raising Agents (341, 500, 541), Cornstarch, Emulsifiers (471, 481), Soy Flour, Acidity Regulator (297), Sugar, Wheat Gluten , Flavour, Wheat Bran.	Energy (Cal)	500	228																										
OR	Protein (g)	35.8	16.3																										
Wholemeal Wheat Flour, Water, Canola Oil, Wheat Fibre, Raising Agents (450, 501), Maize Starch, Salt, Yeast, White Vinegar, Cultured Wheat Flour	Fat, total (g)	22.9	10.5																										
LETTUCE: Iceberg Lettuce	Saturated Fat (g)	4.2	1.9																										
CAESAR DRESSING: Canola Oil [Antioxidant (307b - Soy , 319), Water, Vinegar, Whole Egg , Lemon Juice [Preservative 223], Dextrose, Sugar, Egg Yolk, Minced Garlic [Food Acid (260)], Parmesan Cheese (Milk), Salt, Milk Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard [Food Acid (260)], Spice, Emulsifiers (Soy Lecithin, 435), Mustard Flour, Yeast Extract (Gluten), Flavourings, Preservatives (202, 211), Vegetable Gum (415).	Carbohydrate (g)	34.2	15.6																										
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Anti-oxidant (316), Sodium Nitrite (250).	Sugars (g)	3.7	1.7																										
PARMESAN CHEESE: Milk , Salt, Cultures, Rennet	Sodium (mg)	1340	609																										
<i>Contains gluten, milk, egg, soy and sulphites.</i>	<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustaea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Lupin</th> <th>Preservative</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td>Y</td> <td>Y</td> <td>Y</td> <td>Y</td> <td></td> <td></td> <td></td> <td></td> <td>Y</td> <td></td> <td>Y</td> <td>Y</td> <td>Y</td> </tr> </tbody> </table>			Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	Y	Y	Y	Y					Y		Y	Y	Y
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours																	
Y	Y	Y	Y					Y		Y	Y	Y																	
<i>GRILLED CHICKEN may be cooked on the same grill as egg</i>																													
Crispy Chicken & Aioli McWrap																													
CRISPY CHICKEN PATTY: Chicken Water, Wheat Flour, Vegetable Oil (Canola, Palmolein), Salt, Thickener (1422), Mineral Salts (450, 451, 452), Flavour (Wheat, Barley, Soy), Starch (Rice, Potato), Spice And Spice Extracts (Pepper, Mustard, Capsicum), Gluten , Egg Powder, Yeast And Yeast Extract, Raising Agent (500), Soy Protein, Maltodextrin, Natural Colours (160c, 100), Vegetable Powder (Onion), Emulsifier (433), Dextrose, Food Acid (263), Enzyme (Amylase).	Energy (kJ)	2490	904																										
TORTILLA: Wheat Flour, Water, Canola Oil, Salt, Preservatives (223, 282), Raising Agents (341, 500, 541), Cornstarch, Emulsifiers (471, 481), Soy Flour, Acidity Regulator (297), Sugar, Wheat Gluten , Flavour, Wheat Bran.	Energy (Cal)	595	216																										
OR	Protein (g)	23.4	8.5																										
Wholemeal Wheat Flour, Water, Canola Oil, Wheat Fibre, Raising Agents (450, 501), Maize Starch, Salt, Yeast, White Vinegar, Cultured Wheat Flour	Fat, total (g)	34.9	12.7																										
LETTUCE: Iceberg Lettuce	Saturated Fat (g)	3.1	1.1																										
TOMATO: Tomato	Carbohydrate (g)	43.4	15.8																										
GARLIC AIOLI: Canola Oil (Antioxidants (306- Soy , 319)), Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein, Minced Garlic (Acidity Regulator (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre , Flavourings (Milk), Emulsifiers (Soy Lecithin, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).	Sugars (g)	4.0	1.5																										
<i>Contains gluten, milk, egg, soy and sulphites.</i>	Sodium (mg)	1010	368																										
<i>CHICKEN is cooked in vegetable oil blend and may be cooked in the same vat as products containing milk.</i>	<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustaea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Lupin</th> <th>Preservative</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td>Y</td> <td>Y</td> <td>Y</td> <td>Y</td> <td></td> <td></td> <td></td> <td></td> <td>Y</td> <td></td> <td>Y</td> <td>Y</td> <td>Y</td> </tr> </tbody> </table>			Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	Y	Y	Y	Y					Y		Y	Y	Y
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours																	
Y	Y	Y	Y					Y		Y	Y	Y																	
Grilled Chicken & Aioli McWrap																													
GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Vegetable Powders (Garlic, Onion), Fruit Powder (Lemon Juice Concentrate, Maltodextrin, Anti Caking Agent (551), Flavourings, Flavourings, Herbs (Parsley, Thyme), Sugar, Vinegar Powder, Anti Caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola).	Energy (kJ)	2170	824																										
TORTILLA: Wheat Flour, Water, Canola Oil, Salt, Preservatives (223, 282), Raising Agents (341, 500, 541), Cornstarch, Emulsifiers (471, 481), Soy Flour, Acidity Regulator (297), Sugar, Wheat Gluten , Flavour, Wheat Bran.	Energy (Cal)	520	197																										
OR	Protein (g)	28.1	10.7																										
Wholemeal Wheat Flour, Water, Canola Oil, Wheat Fibre, Raising Agents (450, 501), Maize Starch, Salt, Yeast, White Vinegar, Cultured Wheat Flour	Fat, total (g)	28	10.6																										
LETTUCE: Iceberg Lettuce.	Saturated Fat (g)	2.6	1																										
TOMATO: Tomato	Carbohydrate (g)	35.3	13.4																										
GARLIC AIOLI: Canola Oil (Antioxidants (306- Soy , 319)), Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein, Minced Garlic (Acidity Regulator (260, 330)), Vinegar, Dijon Mustard (Acidity Regulator (260)), Acidity Regulator (575), Mustard (Acidity Regulators (260, 330), Colours (150c, 160a)), Salt, Flavour Enhancer (635), Oat Fibre , Flavourings (Milk), Emulsifiers (Soy Lecithin, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).	Sugars (g)	4.0	1.5																										
OIL: Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330).	Sodium (mg)	885	336																										
<i>Contains gluten, milk, egg, soy sulphites</i>	<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustaea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Lupin</th> <th>Preservative</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td>Y</td> <td>Y</td> <td>Y</td> <td>Y</td> <td></td> <td></td> <td></td> <td></td> <td>Y</td> <td></td> <td>Y</td> <td>Y</td> <td>Y</td> </tr> </tbody> </table>			Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	Y	Y	Y	Y					Y		Y	Y	Y
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours																	
Y	Y	Y	Y					Y		Y	Y	Y																	
<i>GRILLED CHICKEN may be cooked on the same grill as egg</i>																													

Loaded Lettuce Wrap - Crispy Chicken													Avg Qty / Serve	Avg Qty / 100g											
CRISPY CHICKEN PATTY: Chicken Water, Wheat Flour, Vegetable Oil (Canola, Palmolein), Salt, Thickener (1422), Mineral Salts (450, 451, 452), Flavour (Wheat, Barley, Soy), Starch (Rice, Potato), Spice And Spice Extracts (Pepper, Mustard, Capsicum), Gluten , Egg Powder, Yeast And Yeast Extract, Raising Agent (500), Soy Protein, Maltodextrin, Natural Colours (160c, 100), Vegetable Powder (Onion), Emulsifier (433), Dextrose, Food Acid (263), Enzyme (Amylase).													Energy (kJ)	2660	860										
EGG: Egg. TOMATO: Tomatoes. GARLIC MAYONNAISE: Canola Oil [Antioxidant (307b, Soy), 319]], Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein (Milk), Minced Garlic [Food Acids (260, 330)], Vinegar, Dijon Mustard [Acidity Regulator (260)], Acidity Regulator (575), Mustard [Food Acids (260, 330), Colours (150c, 160a)], Salt, Flavour Enhancer (635), Oat Fibre , Flavouring (Milk), Emulsifiers 322, 435 - Soy), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211). CHEDDAR CHEESE: Milk , Salt, Cultures, Enzyme (Rennet). GRILLED CARAMELISED ONION: Onions, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice. BEETROOT: Beetroot, Water, Sugar, Salt, Acidity Regulator (260). TOMATO ONION RELISH: Sugar, Diced Onion, Water, Tomato Paste [Anti-oxidant (330)], Tomato [Tomato, Salt, Food Acid (330), Firming Agent (509)], Diced Capsicum, Thickener (1422), Salt, Food Acids (260, 330), Mustard Seeds, Vegetable Gum (415, 412), Spices, Preservatives (202, 211). WHOLE LETTUCE LEAF: Lettuce. CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Anti-oxidant (316), Sodium Nitrite (250). OIL: Canola Oil, Soy Lecithin, Flavour, Colour (160a), Acidity Regulator (330). <i>Contains gluten, egg, milk & soy. Traces of sulphites.</i> <i>CHICKEN is cooked in vegetable oil blend and may be cooked in the same vat as products containing milk.</i>													Energy (Cal)	636	206										
													Protein (g)	36.8	11.9										
													Fat, total (g)	42.3	13.7										
													Saturated Fat (g)	11.2	3.6										
													Carbohydrate (g)	25.4	8.2										
													Sugars (g)	10.3	3.3										
													Sodium (mg)	1480	479										
													Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
													Y	Y	Y	Y					T		Y	Y	Y
Loaded Lettuce Wrap - Grilled Chicken													Avg Qty / Serve	Avg Qty / 100g											
GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Vegetable Powders (Garlic, Onion), Fruit Powder (Lemon Juice Concentrate, Maltodextrin, Anti Caking Agent (551), Flavours), Flavourings, Herbs (Parsley, Thyme), Sugar, Vinegar Powder, Anti Caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola)), EGG: Egg. TOMATO: Tomatoes. GARLIC MAYONNAISE: Canola Oil [Antioxidant (307b, Soy), 319]], Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein (Milk), Minced Garlic [Food Acids (260, 330)], Vinegar, Dijon Mustard [Acidity Regulator (260)], Acidity Regulator (575), Mustard [Food Acids (260, 330), Colours (150c, 160a)], Salt, Flavour Enhancer (635), Oat Fibre , Flavourings (Milk), Emulsifiers (322, 435 - Soy), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211). CHEDDAR CHEESE: Milk , Salt, Cultures, Enzyme (Rennet). GRILLED CARAMELISED ONION: Onions, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice. BEETROOT: Beetroot, Water, Sugar, Salt, Acidity Regulator (260). TOMATO ONION RELISH: Sugar, Diced Onion, Water, Tomato Paste [Antioxidant (330)], Tomato [Tomato, Salt, Food Acid (330), Firming Agent (509)], Diced Capsicum, Thickener (1422), Salt, Food Acids (260, 330), Mustard Seeds, Vegetable Gum (415, 412), Spices, Preservatives (202, 211). WHOLE LETTUCE LEAF: Lettuce. CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Anti-oxidant (316), Sodium Nitrite (250). OIL: Canola Oil, Soy Lecithin, Flavour, Colour (160a), Acidity Regulator (330). <i>Contains gluten, egg, milk & soy. May contain TRACES of sulphites.</i> <i>GRILLED CHICKEN may be cooked on the same equipment as eggs.</i>													Energy (kJ)	2280	767										
													Energy (Cal)	545	183										
													Protein (g)	40.1	13.5										
													Fat, total (g)	35.2	11.8										
													Saturated Fat (g)	10.3	3.5										
													Carbohydrate (g)	16.1	5.4										
													Sugars (g)	10.4	3.5										
													Sodium (mg)	1270	427										
													Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
													Y	Y	Y	Y					T		Y	Y	Y
Loaded Lettuce Wrap - Beef													Avg Qty / Serve	Avg Qty / 100g											
BEEF PATTY: Angus Beef. EGG: Egg. TOMATO: Tomatoes. GARLIC MAYONNAISE: Canola Oil [Antioxidant (307b, Soy), 319]], Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein (Milk), Minced Garlic [Food Acids (260, 330)], Vinegar, Dijon Mustard [Acidity Regulator (260)], Acidity Regulator (575), Mustard [Food Acids (260, 330), Colours (150c, 160a)], Salt, Flavour Enhancer (635), Oat Fibre , Flavourings (Milk), Emulsifiers (322, 435 - Soy), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211). CHEDDAR CHEESE: Milk , Salt, Cultures, Enzyme (Rennet). GRILLED CARAMELISED ONION: Onions, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice. BEETROOT: Beetroot, Water, Sugar, Salt, Acidity Regulator (260). TOMATO ONION RELISH: Sugar, Diced Onion, Water, Tomato Paste [Antioxidant (330)], Tomato [Tomato, Salt, Food Acid (330), Firming Agent (509)], Diced Capsicum, Thickener (1422), Salt, Food Acids (260, 330), Mustard Seeds, Vegetable Gum (415, 412), Spices, Preservatives (202, 211). WHOLE LETTUCE LEAF: Lettuce. CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250). OIL: Canola Oil, Soy Lecithin, Flavour, Colour (160a), Acidity Regulator (330). BEEF SEASONING: Salt, Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavours (Milk), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract. <i>Contains gluten, egg, milk & soy. May contain TRACES of sulphites .</i> <i>Beef patty may be cooked on the same equipment as eggs.</i>													Energy (kJ)	2920	964										
													Energy (Cal)	697	230										
													Protein (g)	39.3	13.0										
													Fat, total (g)	53.0	17.5										
													Saturated Fat (g)	19.5	6.4										
													Carbohydrate (g)	15.3	5.1										
													Sugars (g)	10.8	3.6										
													Sodium (mg)	925	305										
													Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
													Y	Y	Y	Y					T		Y	Y	Y

FRIES

Fries

Potatoes, Vegetable Oil (Canola Oil), Dextrose (Corn), Acidity Regulator (450), Antifoam (900a)

French Fries may be cooked in the same vat as products containing gluten

French Fries are cooked in vegetable oil blend, salt added.

	Small			Medium			Large		
	Avg Qty / Serve	Avg Qty / 100g		Avg Qty / Serve	Avg Qty / 100g		Avg Qty / Serve	Avg Qty / 100g	
Energy (kJ)	967	1270		1320	1270		1690	1270	
Energy (Cal)	231	304		317	304		405	304	
Protein (g)	3.6	4.8		5.0	4.8		6.4	4.8	
Fat, total (g)	12.2	16.0		16.6	16.0		21.3	16.0	
Saturated Fat (g)	1.0	1.3		1.4	1.3		1.7	1.3	
Carbohydrate (g)	25.7	33.8		35.2	33.8		45.0	33.8	
Sugars (g)	0.4	0.5		0.5	0.5		0.7	0.5	
Sodium (mg)	222	292		304	292		388	292	
Gluten									
Eggs									
Milk									
Soy									
Fish & Crustacea									
Peanuts									
Tree Nuts									
Sesame Seeds									
Sulphites									
Lupin									
Preservative									
Flavour									
Colours									

FRUIT & SALADS

Apple Fruit Bag

Sliced Apple, Antioxidants (302,300), Mineral Salt (170).

May contain Apple Seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	174	218
Energy (Cal)	41	52
Protein (g)	0.3	0.4
Fat, total (g)	0.2	0.3
Saturated Fat (g)	<0.1	0.1
Carbohydrate (g)	8.5	10.6
Sugars (g)	7.9	9.9
Sodium (mg)	2	2
Gluten		
Eggs		
Milk		
Soy		
Fish & Crustacea		
Peanuts		
Tree Nuts		
Sesame Seeds		
Sulphites		
Lupin		
Preservative		
Flavour		
Colours		

Warm Crispy Chicken Salad - No Dressing

CRISPY CHICKEN PATTY: Chicken Water, **Wheat** Flour, Vegetable Oil (Canola, Palmolein), Salt, Thickener (1422), Mineral Salts (450, 451, 452), Flavour (**Wheat, Barley, Soy**), Starch (Rice, Potato), Spice And Spice Extracts (Pepper, Mustard, Capsicum),

Gluten, Egg Powder, Yeast And Yeast Extract, Raising Agent (500), **Soy** Protein, Maltodextrin, Natural Colours (160c, 100), Vegetable Powder (Onion), Emulsifier (433), Dextrose, Food Acid (263), Enzyme (Amylase).

LETTUCE, CARROT & CABBAGE MIX: Cos Lettuce, Carrot, Iceberg Lettuce, Red Cabbage.

TOMATO: Sliced Tomato

CUCUMBER: Sliced Cucumber

ONION: Red Onion

Contains gluten, egg and soy. Traces of sulphites in chicken patty

Crispy Chicken is cooked in McDonald's Vegetable Oil blend and may be cooked with products containing milk.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1090	287
Energy (Cal)	261	69
Protein (g)	19.8	5.2
Fat, total (g)	10.3	2.7
Saturated Fat (g)	1.5	0.4
Carbohydrate (g)	18.5	4.9
Sugars (g)	7.6	2.0
Sodium (mg)	661	174
Gluten		
Eggs		
Milk		
Soy		
Fish & Crustacea		
Peanuts		
Tree Nuts		
Sesame Seeds		
Sulphites		
Lupin		
Preservative		
Flavour		
Colours		

Warm Grilled Chicken Salad - No Dressing

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

Sugar, Vinegar Powder, Anti Caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola).

LETTUCE, CARROT & CABBAGE MIX: Cos Lettuce, Carrot, Iceberg Lettuce, Red Cabbage.

TOMATO: Sliced Tomato.

CUCUMBER: Sliced Cucumber

ONION: Red Onion Rings

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

Contains soy.

Grilled Chicken may be cooked on the same grill as egg.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	706	194
Energy (Cal)	169	46
Protein (g)	22.8	6.3
Fat, total (g)	3.2	0.9
Saturated Fat (g)	0.7	0.2
Carbohydrate (g)	9.1	2.5
Sugars (g)	7.6	2.1
Sodium (mg)	447	123
Gluten		
Eggs		
Milk		
Soy		
Fish & Crustacea		
Peanuts		
Tree Nuts		
Sesame Seeds		
Sulphites		
Lupin		
Preservative		
Flavour		
Colours		

Garden Salad											Avg Qty / Serve	Avg Qty / 100g	
LETTUCE: Iceberg Lettuce											Energy (kJ)	90	73
TOMATO: Tomato											Energy (Cal)	21	17
ONION: Red Onion											Protein (g)	1.2	1.0
											Fat, total (g)	0.2	0.2
											Saturated Fat (g)	0.1	0.1
											Carbohydrate (g)	2.8	2.2
											Sugars (g)	1.9	1.6
											Sodium (mg)	6	5
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	

Salad & Egg Burger											Avg Qty / Serve	Avg Qty / 100g											
QUARTER BUN: Wheat Flour, Water, Sugar, Canola Oil (Antioxidant (330)), Sesame Seeds , Iodised Salt, Wheat Gluten , Improver (Mineral Salts (516, 170)), Wheat Flour, Emulsifiers (472e, 481), Enzymes (1100, 1101, 1102, 1104), Antioxidant (300)), Preservative (262), Yeast (Yeast, Water, Thickener (415)), Emulsifiers (471, 481), Malted Barley Flour, Dough Conditioner (Mineral Salt (516)), Wheat Flour, Antioxidant (300)), Emulsifier (481), Enzyme (1101).											Energy (kJ)	1620	777										
EGG: Fresh Shell Egg .											Energy (Cal)	387	186										
LETTUCE: Iceberg Lettuce											Protein (g)	16.2	7.8										
TOMATO: Tomato											Fat, total (g)	21.0	10.1										
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).											Saturated Fat (g)	6.5	3.1										
CHEESE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).											Carbohydrate (g)	32.2	15.5										
ONION: Onions.											Sugars (g)	4.5	2.1										
PICKLE: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).											Sodium (mg)	733	353										
OIL: Canola Oil, Emulsifier (322 - Soy), Flavour, Colour (160a), Acidity Regulator (330).																							
<i>Contains gluten, egg, milk, sesame seeds & soy.</i>											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
<i>Buns made on equipment used to make products containing milk & soy</i>											Y	Y	Y	Y				Y			Y	Y	Y

CONDIMENTS

Balsamic Salad Dressing											Avg Qty / Serve	Avg Qty / 100mL	
Water, Balsamic Vinegar [Colour (150d), Preservative (220)], White Vinegar, Sugar, Canola Oil [Antioxidant (319)], Salt, Spice [Black Pepper], Yeast Extract, Vegetable Gum (407, 410, 415), Preservative (202), Colour (150d), Spice Extract.											Energy (kJ)	80	266
<i>Contains sulphites.</i>											Energy (Cal)	19	63
											Protein (g)	0.3	1.0
											Fat, total (g)	0.5	1.5
											Saturated Fat (g)	0.3	1.0
											Carbohydrate (g)	3.4	11.2
											Sugars (g)	3.1	10.4
											Sodium (mg)	105	350
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
								Y		Y		Y	

McNugget Dipping Sauces											Barbecue		Sweet & Sour		Ketchup		Mayonnaise		
SAUCE BBQ - Water, Sugar, Tomato Paste, Vinegar, Teriyaki Sauce (Gluten), Thickener (1422, 415), Salt, Soya Bean Oil, Worcestershire Powder, Colour (150d), Mustard Flour, Flavour, Preservative (211, 202), Flavour Enhancer (635).											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
<i>Contains gluten and soy.</i>											Energy (kJ)	185	659	208	743	43	478	371	3090
SAUCE KETCHUP - Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavours (Soy). <i>Contains soy</i>											Energy (Cal)	44	156	49	175	10	114	89	738
SAUCE MAYONNAISE - Soybean Oil (Antioxidant (330)), Egg Yolks, Water, Vinegar, Salt, Sugar, Spice, Lemon Juice Concentrate, Antioxidant (385). <i>Contains egg and soy.</i>											Protein (g)	0.3	1.0	0.3	1.0	0.1	1.5	0.1	1.0
SAUCE SWEET & SOUR - Water, Sugar, Apricot Paste, Vinegar, Teriyaki Sauce (Gluten), Thickener (1422, 415), Worcestershire Powder, Salt, Soya Bean Oil, Mustard Flour, Preservative (211, 202), Flavour, Colour (160c). <i>Contains gluten & soy</i>											Fat, total (g)	0.3	1.0	0.3	1.0	0.0	0.0	9.8	82.0
											Saturated Fat (g)	0.3	1.0	0.3	1.0	0.0	0.0	1.6	13.0
											Carbohydrate (g)	9.7	34.6	11.1	39.6	2.3	26.1	0.2	2.0
											Sugars (g)	8.7	30.9	10.5	37.6	1.8	20.0	0.1	1.0
											Sodium (mg)	158	564	123	440	88	983	63	525
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours						
Barbecue	Y			Y							Y	Y	Y						
Sweet & Sour	Y			Y							Y	Y	Y						
Ketchup				Y								Y							
Mayonnaise		Y		Y															

BREAKFAST

Kiwi Big Breakfast

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

SCRAMBLED EGG: Fresh Egg

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

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

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

Contains egg, gluten, soy and sulphites.

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

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

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

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

Breakfast Condiments

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

Contains gluten & sulphites.

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

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

Hash Brown

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

Traces of sulphites

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

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

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

Ham and Cheese Pocket

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

HAM: Pork, Water, Salt, Mineral Salts (451,450), Sugar, Dextrose (Maize), Anti-oxidant (316), Preservative (250), Food Starch.

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

Contains gluten and milk.

May be cooked on the same grill as egg.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	927	1170
Energy (Cal)	222	281
Protein (g)	10.1	12.7
Fat, total (g)	10.7	13.5
Saturated Fat (g)	4.9	6.2
Carbohydrate (g)	19.6	24.9
Sugars (g)	1.7	2.2
Sodium (mg)	519	657

Hotcakes											Plain		with Syrup & Butter					
											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g				
HOTCAKES: Water, Wheat Flour (Thiamine, Folic Acid), Sugar, Whey Powder, Maize Flour, Canola Oil, Dextrose, Raising Agents (500, 541, 341), Emulsifiers (471, 481), Egg Powder, Flavour, Iodised Salt, Thickener (415).														Energy (kJ)	1360	898	2500	1120
OR																		
Water, Wheat Flour (Vitamins (Thiamin, Folic Acid)), Sugar, Whey Powder, Maize Flour, Canola Oil, Raising Agents (500, 541, 341), Dextrose, Egg Powder, Emulsifier (471) (Antioxidants (307, 304, 330)), Iodised Salt, Emulsifier (481), Thickener (415).														Energy (Cal)	325	215	597	268
<i>Contains egg, gluten, milk.</i> <i>HOTCAKES are produced in a manufacturing facility which also produces products containing sesame seeds.</i>														Protein (g)	8.8	5.8	9.5	4.3
														Fat, total (g)	8.8	5.8	18.6	8.3
														Saturated Fat (g)	1.5	1.0	8.4	3.8
														Carbohydrate (g)	50.8	33.6	95.7	42.9
														Sugars (g)	12.1	8.0	44.3	19.9
														Sodium (mg)	478	316	575	258
														Gluten	Y	Y	Y	
														Eggs	Y	Y	Y	
														Milk	Y	Y	Y	
														Soy				
														Fish & Crustacea				
														Peanuts				
														Tree Nuts				
														Sesame Seeds	T			
														Sulphites				
														Lupin				
														Preservative		Y	Y	Y
														Flavour		Y	Y	Y
														Colours				
														Plain	Y	Y	Y	
														with Syrup and Butter	Y	Y	Y	
Hotcake Condiments														Hotcake Syrup		Whipped Butter (2 portions)		
														Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).														Energy (kJ)	761	1260	169	2980
														Energy (Cal)	182	301	40	713
														Protein (g)	0.0	0.0	<0.1	0.6
														Fat, total (g)	0.0	0.0	4.5	80.0
														Saturated Fat (g)	0.0	0.0	3.0	53.5
														Carbohydrate (g)	44.7	73.9	0.1	0.9
														Sugars (g)	32.2	53.3	<0.1	0.7
														Sodium (mg)	18	30	40	700
														Gluten				
														Eggs				
														Milk			Y	
														Soy				
														Fish & Crustacea				
														Peanuts				
														Tree Nuts				
														Sesame Seeds				
														Sulphites				
														Lupin				
														Preservative		Y	Y	Y
														Flavour		Y	Y	Y
														Colours				
														Hotcake Syrup				
														Whipped Butter			Y	
McMuffin - Bacon & Egg																Avg Qty / Serve	Avg Qty / 100g	
ENGLISH MUFFIN: Wheat Flour, Water, Ground Maize, Sugar, Canola Oil (Antioxidant (330)), Preservatives (262, 202, 282), Yeast (Yeast, Water, Thickener (415)), Maize Flour, Wheat Gluten , Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), Soy Flour, Wheat Flour, Barley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme.														Energy (kJ)		1280	957	
BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. Smoked.														Energy (Cal)		306	229	
EGG: Fresh Egg														Protein (g)		18.9	14.2	
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).														Fat, total (g)		14.4	10.8	
COOKING OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330)														Saturated Fat (g)		5.9	4.4	
														Carbohydrate (g)		23.7	17.7	
														Sugars (g)		3.1	2.3	
														Sodium (mg)		743	556	
<i>Contains egg, gluten, milk and soy.</i> <i>English Muffins are manufactured in a plant which also produces products containing sesame seeds & milk.</i>														Gluten	Y	Y	Y	
														Eggs	Y	Y	Y	
														Milk	Y	Y	Y	
														Soy	Y	Y	Y	
														Fish & Crustacea				
														Peanuts				
														Tree Nuts				
														Sesame Seeds	T			
														Sulphites				
														Lupin				
														Preservative	Y	Y	Y	
														Flavour	Y	Y	Y	
														Colours	Y	Y	Y	
McMuffin - Massive																Avg Qty / Serve	Avg Qty / 100g	
ENGLISH MUFFIN: Wheat Flour, Water, Ground Maize, Sugar, Canola Oil (Antioxidant (330)), Preservatives (262, 202, 282), Yeast (Yeast, Water, Thickener (415)), Maize Flour, Wheat Gluten , Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), Soy Flour, Wheat Flour, Barley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme.														Energy (kJ)		2190	972	
BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. Smoked.														Energy (Cal)		529	233	
EGG: Fresh Egg.														Protein (g)		34.8	15.3	
KETCHUP: Tomato Concentrate, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Water, Salt, Natural Flavours.														Fat, total (g)		30.0	13.2	
SAUSAGE PATTY: Beef, Seasoning [Potato Starch, Salt, Maltodextrin, Dextrose, Herbs, Dehydrated Vegetables, Spice, Maize Oil, Antioxidants (321, 320, 310), Spice Extract (contains Soy), Acidity Regulator (330)].														Saturated Fat (g)		12.9	5.7	
EGG: Fresh Egg.														Carbohydrate (g)		28.0	12.3	
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).														Sugars (g)		6.0	2.7	
COOKING OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330)														Sodium (mg)		1240	543	
<i>Contains egg, gluten, milk and soy. Traces of sulphites in Sausage Patty.</i> <i>English Muffins are manufactured in a plant which also produces products containing sesame seeds & milk.</i>														Gluten	Y	Y	Y	
														Eggs	Y	Y	Y	
														Milk	Y	Y	Y	
														Soy	Y	Y	Y	
														Fish & Crustacea				
														Peanuts				
														Tree Nuts				
														Sesame Seeds	T			
														Sulphites	T			
														Lupin				
														Preservative	Y	Y	Y	
														Flavour	Y	Y	Y	
														Colours	Y	Y	Y	

McMuffin - Sausage											Avg Qty / Serve	Avg Qty / 100g								
ENGLISH MUFFIN: Wheat Flour, Water, Ground Maize, Sugar, Canola Oil (Antioxidant (330)), Preservatives (262, 202, 282), Yeast (Yeast, Water, Thickener (415)), Maize Flour, Wheat Gluten , Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297)), Soy Flour, Wheat Flour, Barley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme											Energy (kJ)	1220	1080							
SAUSAGE PATTY: Beef, Seasoning [Potato Starch, Salt, Maltodextrin, Dextrose, Herbs, Dehydrated Vegetables, Spice, Maize Oil, Antioxidants (321, 320, 310), Spice Extract (contains Soy), Acidity Regulator (330)].											Energy (Cal)	292	258							
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).											Protein (g)	16.4	14.5							
COOKING OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330)											Fat, total (g)	14.0	12.4							
											Saturated Fat (g)	6.5	5.7							
											Carbohydrate (g)	23.4	20.7							
											Sugars (g)	2.8	2.5							
											Sodium (mg)	652	577							
<i>Contain gluten, milk and soy. Traces of sulphites in Sausage Patty</i>											Preservative	Flavour	Colours							
<i>SAUSAGE PATTY may be cooked on the same grill as egg. English Muffins are manufactured in a plant which also produces products containing sesame seeds & milk.</i>											Y	Y	Y							
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin
											Y		Y	Y				T	T	
McMuffin - Sausage and Egg											Avg Qty / Serve	Avg Qty / 100g								
ENGLISH MUFFIN: Wheat Flour, Water, Ground Maize, Sugar, Canola Oil (Antioxidant (330)), Preservatives (262, 202, 282), Yeast (Yeast, Water, Thickener (415)), Maize Flour, Wheat Gluten , Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297)), Soy Flour, Wheat Flour, Barley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme, Mineral Oil.											Energy (kJ)	1600	985							
SAUSAGE PATTY: Beef, Seasoning [Potato Starch, Salt, Maltodextrin, Dextrose, Herbs, Dehydrated Vegetables, Spice, Maize Oil, Antioxidants (321, 320, 310), Spice Extract (contains Soy), Acidity Regulator (330)].											Energy (Cal)	382	236							
EGG: Fresh Egg											Protein (g)	23.7	14.6							
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).											Fat, total (g)	20.6	12.7							
COOKING OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330)											Saturated Fat (g)	8.6	5.3							
											Carbohydrate (g)	24.9	14.8							
											Sugars (g)	3.2	2.0							
											Sodium (mg)	739	456							
<i>Contain egg, gluten, milk and soy. Traces of sulphites in Sausage Patty</i>											Preservative	Flavour	Colours							
<i>English Muffins are manufactured in a plant which also produces products containing sesame seeds & milk.</i>											Y	Y	Y							
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin
											Y	Y	Y	Y				T		
McMuffin - Chicken											Avg Qty / Serve	Avg Qty / 100g								
ENGLISH MUFFIN: Wheat Flour, Water, Ground Maize, Sugar, Canola Oil (Antioxidant (330)), Preservatives (262, 202, 282), Yeast (Yeast, Water, Thickener (415)), Maize Flour, Wheat Gluten , Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297)), Soy Flour, Wheat Flour, Barley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme, Mineral Oil.											Energy (kJ)	1780	1080							
McCHICKEN PATTY: Chicken, Flour (Wheat , Maize), Water, Vegetables Oils (Canola, Maize, Palmolein), Salt, Thickener (1404), Spices & Spice Extracts (Black Pepper, White Pepper, Cayenne Pepper, Paprika, Turmeric, Sage, Nutmeg, Celery, Capsicum), Dehydrated Vegetables (Garlic, Onion), Maize Starch, Soy Protein, Mineral Salts (450, 451), Raising Agents (500, 541, 341), Maltodextrin, Emulsifier (433), Herbs (Sage, Marjoram, Thyme, Rosemary, Parsley).											Energy (Cal)	425	258							
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Vegetable Gum (415), Acidity Regulator (270), Preservative (202)											Protein (g)	20.1	12.2							
CHEESE SLICE: Cheese [Milk , Salt, Starter Cultures, Enzyme (Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200).											Fat, total (g)	23.5	14.3							
COOKING OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Colour (160a), Acidity Regulator (330)											Saturated Fat (g)	5.9	3.6							
											Carbohydrate (g)	31.8	19.3							
											Sugars (g)	3.1	1.9							
											Sodium (mg)	1090	660							
<i>Contain egg, gluten, milk and soy.</i>											Preservative	Flavour	Colours							
<i>English Muffins are manufactured in a plant which also produces products containing sesame seeds & milk</i>											Y	Y	Y							
<i>Chicken is cooked in vegetable oil blend. May be cooked in the same vat as products containing milk and egg.</i>											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin
											Y	Y	Y	Y				T		
Bagel - BLT											Avg Qty / Serve	Avg Qty / 100g								
BAGEL: Wheat Flour, Water, Brown Sugar, Improver (Contains Soy , Wheat , Emulsifier (481), Acidity Regulators (262, 300), Barley), Canola Oil, Iodised Salt, Yeast.											Energy (kJ)	1730	1050							
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite											Energy (Cal)	413	252							
TOMATO: Sliced Tomato											Protein (g)	15.3	9.3							
LETTUCE: Iceberg Lettuce											Fat, total (g)	15.6	9.5							
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202)											Saturated Fat (g)	3.3	2.0							
											Carbohydrate (g)	51.0	31.1							
											Sugars (g)	5.9	3.6							
											Sodium (mg)	900	549							
<i>Contains egg, gluten and soy.</i>											Preservative	Flavour	Colours							
<i>BAGELS are made on equipment which also produces products containing sesame seeds and cheese.</i>											Y	Y								
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin
											Y	Y	T	Y				T		

NYC Benedict Bagel											Avg Qty / Serve	Avg Qty / 100g	
BAGEL: Wheat Flour, Water, Brown Sugar, Improver (Contains Soy , Wheat , Emulsifier (481), Acidity Regulators (262, 300), Barley), Canola Oil, Iodised Salt, Yeast.											Energy (kJ)	2540	1310
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250).											Energy (Cal)	607	313
EGG: Fresh Egg.											Protein (g)	27.1	14.0
HOLLANDAISE STYLE SAUCE: Vegetable Oil [Sunflower Oil (Antioxidant (307b (Soy)), Palmolein], Water, Whole Egg Powder, Egg Yolk, Milk Solids, White Vinegar, Lemon Juice Concentrate [Preservative (223)], Cheese Powder [Milk , Starter Culture, Enzymes, Mineral Salts (339, 331), Food Acid (270)], Maltodextrin, Modified Starch (1442), Sugar, Butter , Salt, Thickeners (405, 415), Spices, Flavourings, Flavour Enhancer (635), Preservatives (202, 211), Dehydrated Onion, Emulsifier (433), Spice Extract (100).											Fat, total (g)	31.9	16.5
CHEDDAR CHEESE: Milk , Salt, Cultures, Enzyme (Non-Animal Rennet).											Saturated Fat (g)	9.7	5.0
COOKING OIL: Canola Oil, Emulsifiers (Soy Lecithin), Flavour, Antioxidant (320), Colour (160a), Acidity Regulator (330).											Carbohydrate (g)	51.5	26.6
<i>Contains egg, gluten, milk, soy and sulphites</i>											Sugars (g)	7.9	4.1
<i>BAGELS are made on equipment which also produces products containing sesame seeds and cheese.</i>											Sodium (mg)	1070	553
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	Y	Y	Y				T	T		Y	Y	Y	
DESSERTS													
Apple Pie											Avg Qty / Serve	Avg Qty / 100g	
Apple (Preservative (223)), Wheat Flour, Water, Sugar, Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, Soy Lecithin), Acidity Regulator (500), Antioxidant (307b - soy), Food Acid (330), Colour (160a)), Flavour (Water, Humectant (1520), Flavour, Sugar, Vegetable Gum (415, 405), Colours (100, 150 a, b, c or d)), Modified Starch (1422, 1442), Dough Conditioner (Wheat Flour, Salt, Sugar, Emulsifiers (472e - soy , 471), Mineral Salt (500), Preservative (223)), Vegetable Gum (466), Salt, Dextrose Monohydrate, Colour (160b, 100), Cinnamon, Acidity Regulator (331), Nutmeg, Vegetable Gum (410), Concentrated Lemon Puree.											Energy (kJ)	985	1160
<i>Contains gluten, sulphites and soy.</i>											Energy (Cal)	235	277
<i>APPLE PIES are produced in a plant that also produces products containing milk & sesame seeds.</i>											Protein (g)	2.2	2.6
<i>Apple pies are cooked in McDonald's Vegetable Oil blend and may be cooked in the same vat as products containing egg and / or milk.</i>											Fat, total (g)	12.9	15.2
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y		Y	Y				T	Y		Y	Y	Y	
McFlurry - M&M Minis®											Avg Qty / Serve	Avg Qty / 100g	
SUNDAE MIX: Milk , Sugar, Cream, Milk Solids, Glucose Syrup (derived from maize, contains sulphites) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Energy (kJ)	2260	1030
FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Soy Lecithin), Whole Sweetened Condensed Milk (Milk , Milk Powder, Sugar, Lactose), Cocoa Powder, Whole Milk Powder, Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202).											Energy (Cal)	537	245
M&M MINIS: Milk Chocolate [Sugar, Milk Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (Soy Lecithin), Salt, Flavour], Sugar, Starch (Wheat), Glucose Syrup (Wheat), Colours (171, 133, 129, 110, 102), Vegetable Gum (414), Thickener (Dextrin), Glazing Agent (903).											Protein (g)	9.0	4.1
<i>Contains gluten, milk, soy and sulphites.</i>											Fat, total (g)	18.4	8.4
<i>M&M Minis may contain traces of peanuts and tree nuts</i>											Saturated Fat (g)	11.9	5.4
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y		Y	Y		T	T		Y		Y	Y	Y	
McFlurry - Oreo											Avg Qty / Serve	Avg Qty / 100g	
SUNDAE MIX: Milk , Sugar, Cream, Milk Solids, Glucose Syrup (derived from maize, contains sulphites) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Energy (kJ)	1700	918
OREO PIECES: Wheat Flour, Sugar, Vegetable Oil (Palm Oil and Palm Kernel Oil, Contains Antioxidant [319]), Cocoa Powder, Starch, Invert Syrup, Salt, Raising Agents (500, 503), Soy Lecithin, Flavour.											Energy (Cal)	404	219
<i>Contains gluten, milk, soy and sulphites.</i>											Protein (g)	8.3	4.5
<i>Oreo Pieces may contain traces of egg, peanut and sesame seed.</i>											Fat, total (g)	15.6	8.5
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	T	Y	Y		T		T	Y		Y	Y	Y	

Soft Serve Cone											Avg Qty / Serve	Avg Qty / 100g	
SUNDAE MIX: Milk, Sugar, Cream, Milk Solids, Glucose Syrup (derived from maize, contains sulphites) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Energy (kJ)	591	664
CONE: Wheat Flour, Canola Oil, Salt, Raising Agent (500), Emulsifier (322 from soy), Water, Colour (160b).											Energy (Cal)	141	159
<i>Contains gluten, milk, soy and sulphites.</i>											Protein (g)	4.1	4.6
											Fat, total (g)	4.4	5.0
											Saturated Fat (g)	2.6	2.9
											Carbohydrate (g)	21.0	23.6
											Sugars (g)	16.4	18.4
											Sodium (mg)	52	59
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites		Preservative	Flavour	Colours	
Y		Y	Y					Y		Y	Y	Y	
Soft Serve Cone with Flake											Avg Qty / Serve	Avg Qty / 100g	
SUNDAE MIX: Milk, Sugar, Cream, Milk Solids, Glucose Syrup (derived from maize, contains sulphites) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Energy (kJ)	780	800
CONE: Wheat Flour, Canola Oil, Salt, Raising Agent (500), Emulsifier (322 from soy), Water, Colour (160b).											Energy (Cal)	187	190
CADBURY FLAKE: Full Cream Milk, Sugar, Cocoa Butter, Cocoa Mass, Milk Solids, Flavours, Emulsifier (Soy Lecithin).											Protein (g)	4.7	4.9
<i>Contains gluten, milk, soy and sulphites.</i>											Fat, total (g)	7.0	7.2
<i>Flake is manufactured on equipment which also produces products containing tree nuts (almonds, hazelnuts, brazil nuts and cashew nuts) and peanuts.</i>											Saturated Fat (g)	4.2	4.3
											Carbohydrate (g)	25.8	26.5
											Sugars (g)	21.1	21.6
											Sodium (mg)	59	60
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y		Y	Y		T	T		Y		Y	Y	Y	
Flake											Avg Qty / Serve	Avg Qty / 100g	
FLAKE: Full Cream Milk, Sugar, Cocoa Butter, Cocoa Mass, Milk Solids, Flavours, Emulsifier (Soy Lecithin).											Energy (kJ)	189	2220
<i>Contains milk and soy.</i>											Energy (Cal)	45	531
<i>Flake is manufactured on equipment which also produces products containing tree nuts (almonds, hazelnuts, brazil nuts and cashew nuts) and peanuts</i>											Protein (g)	0.7	7.8
											Fat, total (g)	2.6	30.5
											Saturated Fat (g)	1.6	19.0
											Carbohydrate (g)	4.8	56.5
											Sugars (g)	4.7	55.4
											Sodium (mg)	7	78
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
		Y	Y		T	T					Y		
Choc Top Cone											Avg Qty / Serve	Avg Qty / 100g	
SUNDAE MIX: Milk, Sugar, Cream, Milk Solids, Glucose Syrup (derived from maize, contains sulphites) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Energy (kJ)	1160	915
WAFFLE CONE: Wheat Flour, Raw Cane Sugar, Wheaten Cornflour , Vegetable Oil, Soy Lecithin, Wheat Fibre, Salt, Water.											Energy (Cal)	277	218
MILK CHOC TOPPING: Vegetable Fat, Sugar, Cocoa Powder, Whey Powder, Emulsifiers (Soy , 476), Flavours, Salt.											Protein (g)	5.9	4.6
<i>Contains gluten, milk, soy and sulphites.</i>											Fat, total (g)	11.0	8.6
<i>Choc Topping may contain TRACES of tree nuts</i>											Saturated Fat (g)	8.4	6.6
											Carbohydrate (g)	38.6	30.4
											Sugars (g)	28.3	22.3
											Sodium (mg)	93	73
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y		Y	Y		T	T		Y		Y	Y		

Yoghurt										Apricot		Fruits of the Forest		Strawberry								
APRICOT YOGHURT: Skim Milk , Sugar, Apricot (contains sulphites), Cream , Thickeners (1422, 410), Gelatine, Whey Protein Concentrate, Mineral (Calcium), Acidity Regulators (330, 331), Natural Flavour, Live Cultures (Including Acidophilus and Bifidus), Natural Colour (160a, 160b), Preservative (202), Vitamins (A & D) <i>Contains milk and sulphites</i>										Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g							
										Energy (kJ)	297	297	335	335	361	361						
Energy (Cal)	71	71	80	80	86	86																
Protein (g)	3.8	3.8	3.7	3.7	4.2	4.2																
Fat, total (g)	1.4	1.4	1.4	1.4	2.5	2.5																
Saturated Fat (g)	0.8	0.8	0.8	0.8	1.5	1.5																
Carbohydrate (g)	10.6	10.6	12.8	12.8	11.5	11.5																
Sugars (g)	9.2	9.2	11.4	11.4	10.1	10.1																
Sodium (mg)	36	36	36	36	32	32																
FRUITS OF THE FOREST YOGHURT: Skim Milk , Sugar, Cream , Blackberry, Thickeners (1422), Boysenberry, Raspberry, Gelatine, Whey Protein Concentrate, Mineral (Calcium), Raspberry Juice Concentrate, Acidity Regulators (296, 330, 332), Live Cultures (Including Acidophilus and Bifidus), Preservative (202), Flavour, Vitamins (A & D) <i>Contains milk</i>										Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
STRAWBERRY YOGHURT: Skim Milk , Strawberry, Sugar, Cream , Thickeners (1422, 1442), Gelatine, Mineral (Calcium) Strawberry Juice Concentrate, Flavour, Acidity Regulators (296, 330), Preservative (202), Natural Colour (120), Vitamins (A&D), Live Cultures (including Acidophilus and Bifidus). <i>Contains milk</i>										Apricot		Y						Y		Y	Y	Y
										Fruits of the Forest								Y	Y			
										Strawberry			Y					Y	Y	Y		
										Small				Large								
										Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g							
Sundae - Caramel										Energy (kJ)	1430	815	2240	896								
SUNDAE MIX: Milk , Sugar, Cream, Milk Solids, Glucose Syrup (derived from maize, contains sulphites) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour. CARAMEL TOPPING: Glucose, Corn Syrup, Whole Sweetened Condensed Milk (Milk , Milk Powder, Sugar, Lactose), High Fructose Corn Syrup, Shortening [Palm Oil, Antioxidant (307)], Water, Sugar, Thickeners (401, 440), Salt, Stabiliser (339), Flavouring. <i>Contains milk and sulphites.</i>										Energy (Cal)	340	193	530	212								
										Protein (g)	6.6	3.8	8.8	3.5								
										Fat, total (g)	8.6	4.7	11.5	4.6								
										Saturated Fat (g)	5.1	2.9	7.1	2.9								
										Carbohydrate (g)	59.7	33.9	97.8	39.2								
										Sugars (g)	42.5	24.2	65.4	26.2								
										Sodium (mg)	150	85	242	97								
										Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
												Y						Y		Y	Y	
										Small				Large								
										Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g							
Sundae - Hot Fudge										Energy (kJ)	1400	811	2270	931								
SUNDAE MIX: Milk , Sugar, Cream, Milk Solids, Glucose Syrup (derived from maize, contains sulphites) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Soy Lecithin), Whole Sweetened Condensed Milk (Milk , Milk Powder, Sugar, Lactose), Cocoa Powder, Whole Milk Powder, Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202). <i>Contains milk, soy and sulphites.</i>										Energy (Cal)	334	193	543	223								
										Protein (g)	7.2	4.1	9.0	3.7								
										Fat, total (g)	11.6	6.7	14.3	5.9								
										Saturated Fat (g)	8.3	4.8	10.1	4.2								
										Carbohydrate (g)	49.8	28.8	93.1	38.2								
										Sugars (g)	43.8	25.3	72.6	29.7								
										Sodium (mg)	131	76	214	88								
										Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
												Y	Y					Y		Y	Y	
										Small				Large								
										Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g							
Sundae - Strawberry										Energy (kJ)	1150	668	1670	690								
SUNDAE MIX: Milk , Sugar, Cream, Milk Solids, Glucose Syrup (derived from maize, contains sulphites) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour STRAWBERRY TOPPING: Strawberries, Sugar, Water, High Fructose Corn Syrup, Strawberry Juice Concentrate, Thickeners (440, 410), Flavouring, Acidity Regulator (330), Preservative (202), Colour (124), Firming Agent (509). <i>Contains milk and sulphites.</i>										Energy (Cal)	272	158	395	163								
										Protein (g)	6.0	3.5	7.6	3.1								
										Fat, total (g)	6.7	3.9	8.4	3.5								
										Saturated Fat (g)	4.1	2.4	5.1	2.1								
										Carbohydrate (g)	46.7	27.1	71.8	29.7								
										Sugars (g)	43.5	25.3	67.4	27.9								
										Sodium (mg)	79	46	100	41								
										Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
												Y	Y					Y		Y	Y	

DRINKS

Apple & Blackcurrant Fruit Drink

Water, Juices from Concentrate (Apple, Blackcurrant), Sugar, Flavour, Food Acid (330), Colour (Fruit and Vegetable Juice)

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	262	105
Energy (Cal)	63	25
Protein (g)	<1.0	<1.0
Fat, total (g)	<1.0	<1.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	15.0	6.0
Sugars (g)	13.5	5.4
Sodium (mg)	3	1

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

Coca-Cola

Carbonated Water, Sugar, Colour (150a), Acidity Regulator (338), Flavour, Caffeine.

Contains caffeine

	Small ¹		Medium ¹		Large ¹	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	412	180	590	180	903	180
Energy (Cal)	99	43	141	43	216	43
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	24.3	10.6	34.8	10.6	53.1	10.6
Sugars (g)	24.3	10.6	34.8	10.6	53.1	10.6
Sodium (mg)	22	10	33	10	50	10

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

Coke No Sugar

Carbonated Water, Colour (150d), Food Acids (338, 331), Sweeteners (951, 950), Preservative (211), Flavour, Caffeine

Contains caffeine

Phenylketonurics: Contains Phenylalanine

	Small ¹		Medium ¹		Large ¹	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	3	2	5	2	8	2
Energy (Cal)	1	<1	1	<1	2	<1
Protein (g)	0.1	<0.1	0.2	<0.1	0.3	<0.1
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	0.2	0.1	0.3	0.1	0.5	0.1
Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
Sodium (mg)	25	11	36	11	55	11

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

Diet Coke

Carbonated Water, Colour (150d), Food Acids (338, 330, 331), Sweeteners (951, 950), Flavour, Preservative (211), Caffeine.

Contains caffeine

Phenylketonurics: Contains Phenylalanine

	Small ¹		Medium ¹		Large ¹	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	3	2	5	2	8	2
Energy (Cal)	1	<1	1	<1	2	<1
Protein (g)	0.1	<1.0	0.2	<1.0	0.3	<1.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
Sodium (mg)	34	15	49	15	75	15

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

						Small ¹		Medium ¹		Large ¹		
						Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
Sprite Zero												
Carbonated Water, Acidity Regulators (330, 331), Flavour, Artificial Sweeteners (950, 951), Preservative (211).												
<i>Phenylketonurics: Contains Phenylalanine</i>												
Energy (kJ)						10	4	14	4	21	4	
Energy (Cal)						2	1	3	1	5	1	
Protein (g)						0.1	<0.1	0.2	<0.1	0.3	<0.1	
Fat, total (g)						0.0	0.0	0.0	0.0	0.0	0.0	
Saturated Fat (g)						0.0	0.0	0.0	0.0	0.0	0.0	
Carbohydrate (g)						0.2	<0.1	0.3	<0.1	0.5	<0.1	
Sugars (g)						0.0	0.0	0.0	0.0	0.0	0.0	
Sodium (mg)						31	13	44	13	67	13	
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
										Y	Y	
Fanta Orange												
Carbonated Water, Sugar, Acidity Regulator (330), Flavour, Preservative (211), Antioxidant (300), Colour (110).												
Energy (kJ)						478	209	686	209	1050	209	
Energy (Cal)						114	50	164	50	251	50	
Protein (g)						0.0	0.0	0.0	0.0	0.0	0.0	
Fat, total (g)						0.0	0.0	0.0	0.0	0.0	0.0	
Saturated Fat (g)						0.0	0.0	0.0	0.0	0.0	0.0	
Carbohydrate (g)						28.1	12.3	40.4	12.3	61.7	12.3	
Sugars (g)						28.1	12.3	40.4	12.3	61.7	12.3	
Sodium (mg)						19	8	27	8	42	8	
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
										Y	Y	Y
Frozen Coke												
Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine												
<i>Contains caffeine</i>												
Energy (kJ)						413	118	578	118	779	118	
Energy (Cal)						98	28	137	28	185	28	
Protein (g)						0.0	0.0	0.0	0.0	0.0	0.0	
Fat, total (g)						0.0	0.0	0.0	0.0	0.0	0.0	
Saturated Fat (g)						0.0	0.0	0.0	0.0	0.0	0.0	
Carbohydrate (g)						24.2	6.9	33.8	6.9	45.5	6.9	
Sugars (g)						24.2	6.9	33.8	6.9	45.5	6.9	
Sodium (mg)						19	5	26	5	36	5	
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
											Y	Y
Fuze Ice Tea - Peach												
Water, Sucrose, Food Acids (330, 331), Flavour, Black Tea Extract Powder, Preservatives (202, 211), Antioxidant (301), Sweetener (960).												
Energy (kJ)						165	54	236	58	361	61	
Energy (Cal)						39	13	56	14	85	14	
Protein (g)						0.0	0.0	0.0	0.0	0.0	0.0	
Fat, total (g)						0.0	0.0	0.0	0.0	0.0	0.0	
Saturated Fat (g)						0.0	0.0	0.0	0.0	0.0	0.0	
Carbohydrate (g)						9.0	3.0	13.0	3.0	20.0	3.4	
Sugars (g)						9.0	3.0	13.0	3.0	20.0	3.4	
Sodium (mg)						23	8	33	8	51	9	
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
										Y	Y	

Orange Juice. Keri	Water, Concentrated Orange Juice , Preservatives (211, 202), Colour (160a), Flavour	Small ¹		Medium ¹		Large ¹		
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
		Energy (kJ)	625	196	882	196	1190	196
		Energy (Cal)	149	47	211	47	284	47
		Protein (g)	2.2	0.7	3.1	0.7	4.2	0.7
		Fat, total (g)	0.2	<0.1	0.3	<0.1	0.4	<0.1
		Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
		Carbohydrate (g)	31.6	10.0	44.5	10.0	60.0	10.0
		Sugars (g)	30.4	9.6	42.9	9.6	57.8	9.6
		Sodium (mg)	3	1	4	1	6	1
		Gluten						
		Eggs						
		Milk						
		Soy						
		Fish & Crustaea						
		Peanuts						
		Tree Nuts						
		Sesame Seeds						
		Sulphites						
		Lupin						
		Preservative				Y		
		Flavour				Y		
		Colours					Y	
Shake - Chocolate	SHAKE MIX: Milk, Sugar, Milk Solids, Glucose Syrup (derived from maize), Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour. CHOCOLATE SYRUP: Invert Syrup, Glucose Syrup (contains Sulphur Dioxide), Water, Cocoa Powder, Malt Syrup, Salt, Preservative (211), Acidity Regulator (330), Flavour. <i>Contains milk and gluten. Traces of sulphites.</i>	Small		Medium		Large		
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
		Energy (kJ)	1270	384	1710	384	2080	384
		Energy (Cal)	303	92	409	92	497	92
		Protein (g)	9.0	2.7	12.1	2.7	14.7	2.7
		Fat, total (g)	7.5	2.3	10.2	2.3	12.4	2.3
		Saturated Fat (g)	4.6	1.4	6.2	1.4	7.5	1.4
		Carbohydrate (g)	48.8	14.8	65.8	14.8	79.9	14.8
		Sugars (g)	43.5	13.2	58.7	13.2	71.2	13.2
		Sodium (mg)	189	57	255	57	310	57
		Gluten	Y					
		Eggs						
		Milk		Y				
		Soy						
		Fish & Crustaea						
		Peanuts						
		Tree Nuts						
		Sesame Seeds						
		Sulphites			T			
		Lupin						
		Preservative				Y		
		Flavour				Y		
		Colours						
Shake - Lime Flavour	SHAKE MIX: Milk, Sugar, Milk Solids, Glucose Syrup (derived from maize), Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour. LIME SYRUP: Water, Glucose, Sugar, Invert Sugar, Flavours, Preservative (202), Acidity Regulator (330), Antioxidant (300), Colours (102, 133). <i>Contains milk. Traces of gluten & sulphite</i>	Small		Medium		Large		
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
		Energy (kJ)	1130	330	1460	330	1810	330
		Energy (Cal)	271	79	349	79	434	79
		Protein (g)	8.1	2.4	10.5	2.4	13.1	2.4
		Fat, total (g)	7.0	2.0	9.0	2.0	11.2	2.0
		Saturated Fat (g)	4.2	1.2	5.4	1.2	6.7	1.2
		Carbohydrate (g)	43.3	12.6	55.7	12.6	69.3	12.6
		Sugars (g)	39.7	11.6	51.2	11.6	63.7	11.6
		Sodium (mg)	130	38	167	38	208	38
		Gluten	T					
		Eggs						
		Milk		Y				
		Soy						
		Fish & Crustaea						
		Peanuts						
		Tree Nuts						
		Sesame Seeds						
		Sulphites			T			
		Lupin						
		Preservative				Y		
		Flavour				Y		
		Colours					Y	
Shake - Strawberry	SHAKE MIX: Milk, Sugar, Milk Solids, Glucose Syrup (derived from maize), Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour. STRAWBERRY SYRUP: Invert Sugar Syrup, Water, Glucose Syrup (contains Sulphur Dioxide), Sugar, Strawberry Juice Concentrate, Acidity Regulator (330), Preservative (211), Humectant (1520), Colours (129, 110,133), Flavour. <i>Contains milk. Traces of gluten & sulphites.</i>	Small		Medium		Large		
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
		Energy (kJ)	1220	355	1570	355	1960	355
		Energy (Cal)	292	85	376	85	468	85
		Protein (g)	8.2	2.4	10.5	2.4	13.1	2.4
		Fat, total (g)	7.0	2.0	9.0	2.0	11.3	2.0
		Saturated Fat (g)	4.2	1.2	5.4	1.2	6.7	1.2
		Carbohydrate (g)	48.3	14.1	62.2	14.1	77.7	14.1
		Sugars (g)	43.6	12.7	56.2	12.7	69.9	12.7
		Sodium (mg)	133	39	171	39	213	39
		Gluten	T					
		Eggs						
		Milk		Y				
		Soy						
		Fish & Crustaea						
		Peanuts						
		Tree Nuts						
		Sesame Seeds						
		Sulphites			T			
		Lupin						
		Preservative				Y		
		Flavour				Y		
		Colours					Y	

											Pump Mini		Kiwi Blue				
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL			
Water											Energy (kJ)	0	0	0	0		
PUMP MINI: Spring water											Energy (Cal)	0	0	0	0		
KIWI BLUE: Spring Water											Protein (g)	0.0	0.0	0.0	0.0		
											Fat, total (g)	0.0	0.0	0.0	0.0		
											Saturated Fat (g)	0.0	0.0	0.0	0.0		
											Carbohydrate (g)	0.0	0.0	0.0	0.0		
											Sugars (g)	0.0	0.0	0.0	0.0		
											Sodium (mg)	3	1	5	1		
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours				
											Small		Medium		Large		
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
Choc Frappe											Energy (kJ)	1530	475	2160	458	2590	450
ICE: Water											Energy (Cal)	366	113	516	110	620	108
CHOCOLATE FRAPPE BASE: Milk, Sugar, Cream, Water, Milk Solids, Cocoa Powder, Emulsifier (471), Stabilisers (412, 410, 466, 407a, 407), Flavour											Protein (g)	5.5	1.7	8.0	1.7	9.8	1.7
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulifier (471), Flavour, Vegetable Gums (407, 401).											Fat, total (g)	17.0	5.3	23.0	4.9	26.5	4.6
CHOCOLATE SAUCE: Sucrose Syrup, Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401)											Saturated Fat (g)	10.6	3.3	14.6	3.1	16.7	2.9
											Carbohydrate (g)	46.9	14.5	68.1	14.4	83.5	14.5
											Sugars (g)	46.3	14.3	67.1	14.3	82.1	14.3
											Sodium (mg)	109	34	155	33	190	33
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours				
	T		Y								Y	Y	Y				
											Small		Medium		Large		
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
Coffee Frappe											Energy (kJ)	1380	450	2000	435	2420	423
ICE: Water											Energy (Cal)	331	107	477	104	580	101
COFFEE FRAPPE BASE: Milk, Sugar, Cream, Water, Milk Solids, Coffee Powder, Emulsifier (471), Stabilisers (412, 410, 466, 407a, 407), Flavours.											Protein (g)	5.2	1.7	7.8	1.7	9.7	1.7
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulifier (471), Flavour, Vegetable Gums (407, 401).											Fat, total (g)	16.1	5.3	22.5	4.9	26.4	4.6
COFFEE SAUCE: Sugar, Water, Flavours, Cocoa Powder, Thickener (1442), Colour (150d), Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401)											Saturated Fat (g)	10.1	3.3	14.2	3.1	16.7	2.9
											Carbohydrate (g)	40.7	13.2	60.6	13.2	74.9	13.1
											Sugars (g)	38.6	12.5	57.4	12.5	71.2	12.4
											Sodium (mg)	107	35	161	35	198	35
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours				
	T		Y								Y	Y	Y				
											Small		Medium		Large		
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
Mocha Frappe											Energy (kJ)	1570	465	2120	448	2590	440
ICE: Water											Energy (Cal)	375	111	506	107	617	105
CHOCOLATE FRAPPE BASE: Milk, Sugar, Cream, Water, Milk Solids, Cocoa Powder, Emulsifier (471), Stabilisers (412, 410, 466, 407a, 407), Flavour											Protein (g)	5.8	1.7	8.1	1.7	10.0	1.7
COFFEE FRAPPE BASE: Milk, Sugar, Cream, Water, Milk Solids, Coffee Powder, Emulsifier (471), Stabilisers (412, 410, 466, 407a, 407), Flavours.											Fat, total (g)	18.1	5.4	23.5	5.0	28.1	4.8
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulifier (471), Flavour, Vegetable Gums (407, 401).											Saturated Fat (g)	11.5	3.4	14.8	3.1	17.7	3.0
COFFEE SAUCE: Sugar, Water, Flavours, Cocoa Powder, Thickener (1442), Colour (150d), Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401)											Carbohydrate (g)	46.7	13.8	64.9	13.7	80.3	13.7
											Sugars (g)	45.1	13.3	62.7	13.3	77.6	13.2
											Sodium (mg)	116	34	161	34	199	34
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours				
	T		Y								Y	Y	Y				

Salted Caramel Frappe	Small		Medium		Large								
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL							
ICE: Water	Energy (kJ)	1930	505	2590	490	2880	486						
SALTED CARAMEL FRAPPE BASE: Skim Milk (Reconstituted), Sugar, Cream, Salt, Emulsifier (471), Stabilisers (412, 410, 466, 407a, 407), Flavours, Colour (150c).	Energy (Cal)	461	121	620	117	689	116						
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).	Protein (g)	7.0	1.8	9.8	1.8	10.9	1.8						
CARAMEL SAUCE: Sucrose Syrup (Cane), Sweetened Condensed Milk (Milk, Sugar), Water, Thickener (1442), Flavours (Wheat), Golden Syrup, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401), Mineral Salt (339), Emulsifier (471), Colours (150d, 160c).	Fat, total (g)	21.1	5.5	27.5	5.2	30.3	5.1						
<i>Contains gluten & milk. Traces of sulphites.</i>	Saturated Fat (g)	14.1	3.7	18.3	3.5	20.2	3.4						
	Carbohydrate (g)	60.2	15.8	82.7	15.6	92.4	15.6						
	Sugars (g)	59.7	15.7	82.2	15.5	91.8	15.5						
	Sodium (mg)	664	174	930	176	1040	176						
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y		Y						T		Y	Y	Y

Black Filter Coffee	Small												
	Avg Qty / Serve	Avg Qty / 100mL											
WATER	Energy (kJ)	2	1										
ROAST & GROUND COFFEE	Energy (Cal)	<1	<1										
	Protein (g)	.01	0.0										
	Fat, total (g)	0.0	0.0										
	Saturated Fat (g)	0.0	0.0										
	Carbohydrate (g)	<0.1	<0.1										
	Sugars (g)	<0.1	<0.1										
	Sodium (mg)	<1	<1										
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours

Hot Chocolate	Avg Qty / Serve	Avg Qty / 100mL											
	WATER	Energy (kJ)	540	283									
HOT CHOCOLATE DRINK BASE: Sugar, Water, Partially Hydrogenated Soybean Oil, Cocoa Powder, Non Fat Milk Solids, Salt, Unsweetened Chocolate, Mineral Salt (339), Preservative (202), Emulsifier (Soy Lecithin), Flavours, Cream Powder.	Energy (Cal)	123	67										
MINI MARSHMALLOWS: Glucose Syrup (from Wheat - contains Sulphur Dioxide), Sugar, Water, Gelatine (contains Sulphur Dioxide), Dextrose Monohydrate, Flavour, Colour ((122), Preservatives (218, 216)), Stabiliser (452), Wheat Starch, Maize Starch.	Protein (g)	1.5	0.8										
<i>Contains gluten, milk and soy. Traces of sulphites.</i>	Fat, total (g)	4.2	2.3										
	Saturated Fat (g)	0.6	0.3										
	Carbohydrate (g)	20.6	11.3										
	Sugars (g)	19.7	10.7										
	Sodium (mg)	154	85										
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y		Y	Y					Y		Y	Y	Y

Black Tea	Small												
	Avg Qty / Serve	Avg Qty / 100mL											
WATER	Energy (kJ)	16	6										
TEA	Energy (Cal)	4	1										
	Protein (g)	0.3	0.1										
	Fat, total (g)	0.3	0.1										
	Saturated Fat (g)	0.0	0.0										
	Carbohydrate (g)	0.0	0.0										
	Sugars (g)	0.0	0.0										
	Sodium (mg)	10	4										
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours

NOTE 1. Nutrition information is for beverage without ice.