



## McDonald's Australia Main Menu Allergen - Ingredients - Nutrition Information

Information correct as at 11th February 2020.

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 one of our restaurants or contact our Customer Service Department either via our website <http://mcdonalds.com.au/contactus> or on 02 9875 7100.

The nutrition and ingredient 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.

### Food Sensitivities and Preferences

No 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 food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item 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 a number of restaurants that serve Halal menu options. Only those items listed on the certificate in the restaurants serving Halal options are certified as Halal.

If you would like further information or have food sensitivities or dietary concerns regarding specific ingredients in specific menu items, please contact us at <http://mcdonalds.com.au/contactus> or call us on 02 9875 7100.

## BEEF

### Big Mac

**BIG MAC BUN:** Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, **Sesame Seeds**, Potato Starch, **Wheat Gluten**, Glaze, Iodised Salt, Yeast, Sourdough Fermented **Wheat** Flour, Natural Flavours, Preservative (282), Emulsifiers (471, 472e), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes).

**BEEF PATTIES:** 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, Distilled Vinegar, Onion, Thickeners (1442, 415, 405), Spices, Sugar, Salt, Hydrolysed Protein (Corn, **Gluten**, **Wheat**, **Soy**), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).

**CHEESE:** Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk** Solids, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy** Lecithin.

**PICKLES:** Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.

**ONION:** Water, Dehydrated White Onion.

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

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

*Beef patty seasoned on grill. Seasoning: Salt, Pepper.*

*Beef may be cooked on the same grill as egg or products containing gluten.*

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2370	1020
Energy (Cal)	565	243
Protein (g)	26.9	11.6
Fat, total (g)	31.4	13.5
Saturated Fat (g)	11.8	5.1
Carbohydrate (g)	42.0	18.0
Sugars (g)	7.1	3.0
Sodium (mg)	1040	446

### Double Big Mac

**BIG MAC BUN:** Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, **Sesame Seeds**, Potato Starch, **Wheat Gluten**, Glaze, Iodised Salt, Yeast, Sourdough Fermented **Wheat** Flour, Natural Flavours, Preservative (282), Emulsifiers (471, 472e), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes).

**BEEF PATTIES:** 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, Distilled Vinegar, Onion, Thickeners (1442, 415, 405), Spices, Sugar, Salt, Hydrolysed Protein (Corn, **Gluten**, **Wheat**, **Soy**), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).

**CHEESE:** Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk** Solids, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy** Lecithin.

**PICKLES:** Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.

**ONION:** Water, Dehydrated White Onion.

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

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

*Beef patty seasoned on grill. Seasoning: Salt, Pepper.*

*Beef may be cooked on the same grill as egg or products containing gluten.*

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3210	1030
Energy (Cal)	767	247
Protein (g)	42.6	13.7
Fat, total (g)	45.5	14.6
Saturated Fat (g)	18.9	6.1
Carbohydrate (g)	44.6	14.3
Sugars (g)	7.6	2.4
Sodium (mg)	1370	440

### Cheeseburger, Double Cheeseburger and Triple Cheeseburger

**REGULAR BUN:** Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Glaze, **Wheat Gluten**, Iodised Salt, Yeast, Preservative (282), Emulsifiers (471, 472e), Improver (Wheat Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes)

**BEEF PATTIES:** Beef

**CHEESE:** Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk** Solids, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy** Lecithin.

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

**PICKLE:** Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.

**ONION:** Water, Dehydrated White Onion.

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

*Contains gluten, milk & soy.*

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

*Beef patty seasoned on grill. Seasoning: Salt, Pepper.*

*Beef may be cooked on the same grill as egg or products containing gluten.*

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y	T	Y	Y				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)	1260	1060	1930	1100	2510	1100
Energy (Cal)	301	253	462	262	601	262
Protein (g)	16.2	13.6	27.5	15.6	37.6	16.4
Fat, total (g)	13.1	11.0	24.6	13.9	34.9	15.2
Saturated Fat (g)	6.7	5.6	13.2	7.5	19.2	8.4
Carbohydrate (g)	28.6	24.0	31.3	17.8	32.7	14.2
Sugars (g)	5.4	4.5	6.2	3.5	6.7	2.9
Sodium (mg)	699	586	1070	606	1410	617

**BBQ Bacon Angus**

**BURGER BUN:** Wheat Flour (Vitamins (Thiamine, Folic Acid)), Water, Sugar, Glaze (Contains **Wheat**), Canola Oil, Iodised Salt, Yeast, **Wheat Gluten**, Natural Flavour, Improver (Soy Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat** Malt Flour, Enzymes (1100)), Preservative (282), Emulsifier (472e).

**BEEF PATTY:** Angus Beef.

**AUSSIE JACK CHEESE:** Milk, Salt, Starter Culture, Non-animal Rennet.

**BBQ SAUCE:** Tomato Pulp [Antioxidant (330)], Sugar, Vinegar, Water, Onion Puree, Thickener (1422), Molasses, Minced Garlic [Acetic Acid (260)], Salt, Lemon Juice Concentrate, Spices [Including (100)], Mustard (**Wheat, Soy**) [Food Acid (260)], Flavourings, Malt Extract (**Barley**), Vegetable Gum (415), Yeast Extract, Preservative (202).

**CARAMELISED GRILLED ONION:** Onion, Seasoning (Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavour, Spice.

**CRISPY BACON:** Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate (339), Sodium Erythorbate (316), Sodium Nitrite (250)

**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).

*Contains gluten, egg, soy & milk.*

*ANGUS BEEF PATTY seasoned after cooking : Salt, Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavour ( Milk ), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract.*

*BURGER BUN may contain sesame seeds.*

*Beef may be cooked on the same grill as egg or products containing gluten.*

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3550	1210
Energy (Cal)	850	289
Protein (g)	48.7	16.5
Fat, total (g)	49.6	16.9
Saturated Fat (g)	22.0	7.5
Carbohydrate (g)	50.6	17.2
Sugars (g)	11.9	4.1
Sodium (mg)	1590	539

**Classic Angus Burger**

**BEEF PATTY:** Angus Beef

**BURGER SOFT BUN:** Wheat Flour (Vitamins (Thiamine, Folic Acid)), Water, Sugar, Glaze (Contains **Wheat**), Canola Oil, Iodised Salt, Yeast, **Wheat Gluten**, Natural Flavour, Improver (Soy Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat** Malt Flour, Enzymes (1100)), Preservative (282), Emulsifier (472e).

**CHEESE:** Cheese (Milk, Salt, Culture, Enzyme (Rennet, Lipase)), Water, **Milk** Solids, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy** Lecithin.

**TOMATO:** Tomato

**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).

**WHOLE LEAF LETTUCE:** Lettuce.

**RED ONION:** Red Onion

**PICKLES:** Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.

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

*Contains gluten, egg, soy & milk.*

*ANGUS BEEF PATTY seasoned after cooking :Salt, Maltodextrin (Maize), Spices (Pepper), Dextrose (Tapioca, Maize), Dehydrated Vegetables, Flavour ( Milk ), Yeast Extract, Canola Oil, Worcestershire Sauce Powder, Sugar, Fruit Extract.*

*BURGER BUN may contain sesame seeds.*

*Beef may be cooked on the same grill as egg or products containing gluten.*

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2930	945
Energy (Cal)	703	226
Protein (g)	39.7	12.8
Fat, total (g)	39.5	12.7
Saturated Fat (g)	18.8	6.0
Carbohydrate (g)	44.5	14.3
Sugars (g)	7.1	2.3
Sodium (mg)	1150	370

**Hamburger**

**REGULAR BUN:** Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Glaze, **Wheat Gluten**, Iodised Salt, Yeast, Preservative (282), Emulsifiers (471, 472e), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes

**BEEF PATTIES:** Beef.

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

**PICKLE:** Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.

**ONION:** Water, Dehydrated White Onion.

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

*Contains gluten, soy & sesame seeds.*

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

*Beef patty seasoned on grill. Seasoning: Salt, Pepper.*

*Beef may be cooked on the same grill as egg or products containing gluten.*

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1060	1010
Energy (Cal)	253	241
Protein (g)	13.3	12.7
Fat, total (g)	9.2	8.8
Saturated Fat (g)	3.9	3.8
Carbohydrate (g)	27.8	26.5
Sugars (g)	5.0	4.7
Sodium (mg)	518	494

**McDouble**

**BURGER BUN:** Wheat Flour (Vitamins (Thiamine, Folic Acid)), Water, Sugar, Glaze (Contains **Wheat**), Canola Oil, Iodised Salt, Yeast, **Wheat Gluten**, Natural Flavour, Improver (Soy Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), **Wheat Malt Flour**, Enzymes (1100)), Preservative (282), Emulsifier (472e).

**BEEF PATTIES:** Beef.

**CHEESE:** Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk Solids**, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy Lecithin**.

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

**PICKLE:** Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.

**ONION:** Water, Dehydrated White Onion.

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

*Contains gluten, milk & soy.*

*REGULAR BUNS may contain sesame seeds. Beef patty seasoned on grill. Seasoning: Salt, Pepper.*

*Beef may be cooked on the same grill as egg or products containing gluten.*

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1670	1070
Energy (Cal)	399	256
Protein (g)	24.4	15.6
Fat, total (g)	20.5	13.1
Saturated Fat (g)	10.1	6.5
Carbohydrate (g)	28.3	18.2
Sugars (g)	5.3	3.4
Sodium (mg)	916	588

**McFeast**

**BEEF PATTY:** Beef.

**QUARTER BUN:** Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Natural Flavour, **Wheat Gluten**, Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (**Wheat Flour**, Malted **Wheat Flour**, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).

**LETTUCE:** Lettuce.

**TOMATO:** Tomato

**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).

**CHEESE:** Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk Solids**, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy Lecithin**.

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

**PICKLE:** Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.

**ONION:** Slivered Onion

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

*Contains gluten, soy, milk & sesame seeds*

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

*Beef patty seasoned on grill. Seasoning: Salt, Pepper.*

*Beef may be cooked on the same grill as egg or products containing gluten.*

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2230	867
Energy (Cal)	533	207
Protein (g)	29.7	11.5
Fat, total (g)	29.0	11.3
Saturated Fat (g)	13.1	5.1
Carbohydrate (g)	37.1	14.4
Sugars (g)	8.3	3.2
Sodium (mg)	964	375

**Quarter Pounder and Double Quarter Pounder**

**BEEF PATTY:** Beef.

**QUARTER BUN:** Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Natural Flavour, **Wheat Gluten**, Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (**Wheat Flour**, Malted **Wheat Flour**, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).

**CHEESE:** Cheese (**Milk**, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk Solids**, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy Lecithin**.

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

**PICKLE:** Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.

**ONION:** Slivered Onion

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

*Contains gluten, soy, milk & sesame seeds*

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

*Beef patty seasoned on grill. Seasoning: Salt, Pepper.*

*Beef may be cooked on the same grill as egg or products containing gluten.*

	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	Quarter Pounder		Double Quarter Pounder	
														Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Quarter Pounder	Y	T	Y	Y				Y			Y	Y	Y	2260	1070	3480	1110
Double Quarter Pounder	Y	T	Y	Y				Y			Y	Y	Y	540	255	832	265

	Quarter Pounder		Double Quarter Pounder	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2260	1070	3480	1110
Energy (Cal)	540	255	832	265
Protein (g)	32.0	15.1	54.2	17.3
Fat, total (g)	29.2	13.8	51.5	16.4
Saturated Fat (g)	15.3	7.2	27.3	8.7
Carbohydrate (g)	36.6	17.3	37.6	12.0
Sugars (g)	7.9	3.7	8.6	2.7
Sodium (mg)	1080	508	1490	473

**Double Beef n' Bacon Burger**

**BEEF PATTY:** Beef.

**REGULAR BUN:** Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Glaze, **Wheat Gluten**, Iodised Salt, Yeast, Preservative (282), Emulsifiers (471, 472e), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes

**CHEESE:** Cheese (Milk, Salt, Culture, Enzymes (Rennet, Lipase)), Water, **Milk Solids**, **Butter**, Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), **Soy Lecithin**.

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

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

**ONION:** Water, Dehydrated White Onion

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1810	1080
Energy (Cal)	433	257
Protein (g)	27.2	16.2
Fat, total (g)	21.9	13.0
Saturated Fat (g)	11.0	6.5
Carbohydrate (g)	30.3	18.0
Sugars (g)	5.8	3.4
Sodium (mg)	1040	617

*Contains gluten, soy, milk & sesame seeds*

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

*Beef patty seasoned on grill. Seasoning: Salt, Pepper.*

*Beef may be cooked on the same grill as egg or products containing gluten.*

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

## CHICKEN AND FISH

Chicken McNuggets	3 Pack			6 Pack			10 Pack			24 Pack		
	Avg Qty /Serve	Avg Qty /100g		Avg Qty /Serve	Avg Qty /100g		Avg Qty /Serve	Avg Qty /100g		Avg Qty /Serve	Avg Qty /100g	
Chicken, Water, Flour (Maize, <b>Wheat</b> ), Canola Oil, Thickener (1404), Salt, Raising Agents and Mineral Salts (450, 500, 451, 541, 341, 327), Spices (Black Pepper, White Pepper, Celery Seed), <b>Wheat Starch</b>												
Energy (kJ)	544	1120		1090	1120		1810	1120		4350	1120	
Energy (Cal)	130	268		260	268		434	268		1040	268	
Protein (g)	7.7	15.9		15.4	15.9		25.7	15.9		61.7	15.9	
Fat, total (g)	7.7	15.9		15.5	15.9		25.8	15.9		61.9	15.9	
Saturated Fat (g)	1.2	2.4		2.4	2.4		3.9	2.4		9.5	2.4	
Carbohydrate (g)	7.3	15.0		14.5	15.0		24.2	15.0		58.2	15.0	
Sugars (g)	0.1	0.3		0.3	0.3		0.5	0.3		1.2	0.3	
Sodium (mg)	238	489		476	489		793	489		1900	489	
Gluten	Y											
Eggs												
Milk												
Soy												
Fish & Crustacea												
Peanuts												
Tree Nuts												
Sesame Seeds												
Sulphites												
Lupin												
Preservative												
Flavour												
Colours												

Contains gluten.

Note: Chicken McNuggets are cooked in vegetable oil blend.

Chicken & Cheese Burger													Avg Qty / Serve	Avg Qty / 100g
McCHICKEN PATTY: Chicken, Water, Flour ( <b>Wheat</b> , Maize, <b>Soy</b> ), Vegetable Oil (Canola), Salt, Thickeners (1401, 1400, 1420, 1422), Starch ( <b>Wheat</b> , Maize), Mineral Salts (508, 450, 451, 500, 541), Yeast, Maltodextrin, Vegetable Powder (Garlic, Onion, Celery), <b>Yeast</b> Extracts, Spice (Pepper), Spice Extracts, Dextrose, Herb, Flavour, Raising Agent (341), Emulsifiers (481, 433, 471, 472e), Vitamin (Thiamin), Antioxidants (320, 310), Acidity Regulator (330), Colour (100, 160c).													1810	1140
REGULAR BUN: <b>Wheat</b> Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Glaze, <b>Wheat Gluten</b> , Iodised Salt, Yeast, Preservative (282), Emulsifiers (471, 472e), Improver ( <b>Wheat</b> Flour, Malted <b>Wheat</b> Flour, Antioxidant (300), Enzymes													432	273
CHEESE: Cheese ( <b>Milk</b> , Salt, Culture, Enzymes (Rennet, Lipase)), Water, <b>Milk</b> Solids, <b>Butter</b> , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), <b>Soy</b> Lecithin.													19.6	12.4
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), <b>Egg Yolks</b> , Modified Corn <b>Starch</b> (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).													23.4	14.8
													4.7	3.0
													35.0	22.1
													3.6	2.3
													664	420
Gluten	Y	Y	Y	Y				Y			Y			
Eggs														
Milk														
Soy														
Fish & Crustacea														
Peanuts														
Tree Nuts														
Sesame Seeds														
Sulphites														
Lupin														
Preservative														
Flavour														
Colours														

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

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

Note: McChicken patty is cooked in canola oil blend.

Spicy Crispy Chicken Clubhouse Burger													Avg Qty / Serve	Avg Qty / 100g
CRISPY CHICKEN: Chicken, Flour ( <b>Wheat</b> , Maize), Water, Vegetable Oil, Starch ( <b>Wheat</b> , Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450 500), <b>Gluten (Wheat)</b> , <b>Soy</b> Protein, Sugar, Yeast And Yeast Extract, Dehydrated Vegetables (Garlic, Onion), Hydrolysed Vegetable Protein ( <b>Wheat</b> ), Natural Flavour, Spice (Pepper), <b>Wheat</b> Fibre, Vegetable Gum (412), Dextrose, Citrus Extract.													2720	830
BURGER BUN: <b>Wheat</b> Flour (Vitamins (Thiamin, Folic Acid)), Water, Sugar, Glaze (Contains <b>Wheat</b> ), Canola Oil, Iodised Salt, Yeast, <b>Wheat Gluten</b> , Natural Flavour, Improver ( <b>Soy</b> Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), <b>Wheat</b> Malt Flour, Enzymes (1100)), Preservative (282), Emulsifier (472e).													654	199
TOMATO SLICE: Tomato.													30.9	9.4
CARAMELISED GRILLED ONIONS: Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice.													30.0	9.1
AUSSIE JACK CHEESE: <b>Milk</b> , Salt, Starter Culture, Non-animal Rennet.													7.2	2.2
BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked.													62.0	18.9
													12.8	3.9
													1840	561
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, ( <b>Egg</b> Yolks, Salt), Distilled Vinegar, Onion, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hydrolyzed Proteins (Corn, <b>Gluten</b> , <b>Wheat</b> and <b>Soy</b> ), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).														
SRIRACHA STYLE SAUCE: Water, Invert Sugar Syrup, Sugar, Capsicum Puree [Acidity Regulator (260)], White Vinegar, Tomato Paste, Corn Starch, Salt, Vegetable Extracts (Red Chilli Pepper, Garlic), Ginger Puree, Vegetable Powder, Natural Colour (160c), Preservative (202), Thickener (415), Natural Flavour, Lemon Juice Concentrate.														
LETTUCE WHOLE LEAF: Lettuce														
Contains gluten, egg, milk & soy.														
BURGER BUN may contain sesame seeds and soy.														
CRISPY CHICKEN cooked in McDonald's Vegetable Oil Blend.														
CARAMELISED GRILLED ONION and BACON may be cooked on the same equipment as eggs or products containing gluten.														
Gluten	Y	Y	Y	Y				Y			Y			
Eggs														
Milk														
Soy														
Fish & Crustacea														
Peanuts														
Tree Nuts														
Sesame Seeds														
Sulphites														
Lupin														
Preservative														
Flavour														
Colours														

	Avg Qty / Serve	Avg Qty / 100g											
<b>Spicy Grilled Chicken Clubhouse Burger</b>													
<b>GRILLED CHICKEN:</b> Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains: Lemon Juice Concentrate, Flavours], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.	Energy (kJ)	2360	751										
<b>BURGER BUN:</b> <b>Wheat</b> Flour (Vitamins (Thiamin, Folic Acid)), Water, Sugar, Glaze (Contains <b>Wheat</b> ), Canola Oil, Iodised Salt, Yeast, <b>Wheat Gluten</b> , Natural Flavour, Improver ( <b>Soy</b> Flour, Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), <b>Wheat</b> Malt Flour, Enzymes (1100)), Preservative (282), Emulsifier (472e).	Energy (Cal)	564	180										
<b>TOMATO SLICE:</b> Tomato.	Protein (g)	35.1	11.2										
<b>CARAMELISED GRILLED ONIONS:</b> Onion, Vegetable Oil (Palm and/or Cottonseed, Soybean), Salt, Sugar, Caramelized Sugar, Onion Powder, Maltodextrin, Flavours, Spice.	Fat, total (g)	24.0	7.6										
<b>AUSSIE JACK CHEESE:</b> Milk, Salt, Starter Culture, Non-animal Rennet.	Saturated Fat (g)	7.0	2.2										
<b>BACON:</b> Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked.)	Carbohydrate (g)	49.7	15.8										
<b>BIG MAC SAUCE:</b> 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, ( <b>Egg</b> Yolks, Salt), Distilled Vinegar, Onion, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hydrolyzed Proteins (Corn, <b>Gluten</b> , <b>Wheat and Soy</b> ), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385).	Sugars (g)	10.8	3.4										
<b>SRIRACHA STYLE SAUCE:</b> Water, Invert Sugar Syrup, Sugar, Capsicum Puree [Acidity Regulator (260)], White Vinegar, Tomato Paste, Corn Starch, Salt, Vegetable Extracts (Red Chilli Pepper, Garlic), Ginger Puree, Vegetable Powder, Natural Colour (160c), Preservative (202), Thickener (415), Natural Flavour, Lemon Juice Concentrate.	Sodium (mg)	1470	467										
<b>LETTUCE WHOLE LEAF:</b> Lettuce													
<b>Oil:</b> Canola Oil, Emulsifier ( <b>322 - derived from soy</b> ), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).													
<i>Contains gluten, egg, milk &amp; soy. Traces of sulphites.</i>													
<i>BURGER BUN may contain sesame seeds and soy.</i>													
<i>GRILLED CHICKEN may be cooked on the same grill as egg or products containing gluten.</i>													
<i>CARAMELISED GRILLED ONION and BACON may be cooked on the same equipment as eggs or products containing gluten.</i>													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	Y	Y				Y	T		Y	Y	Y
<b>Crispy BBQ Chicken Burger</b>													
<b>CRISPY CHICKEN:</b> Chicken, Flour (Wheat, Maize), Water, Vegetable Oil, Starch (Wheat, Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450 500), Gluten (Wheat), Soy Protein, Sugar, Yeast And Yeast Extract, Dehydrated Vegetables (Garlic, Onion), Hydrolysed Vegetable Protein ( <b>Wheat</b> ), Natural Flavour, Spice (Pepper), <b>Wheat</b> Fibre, Vegetable Gum (412), Dextrose, Citrus Extract.	Avg Qty / Serve	Avg Qty / 100g											
<b>QUARTER POUNDER BUN:</b> <b>Wheat</b> Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds, Glaze, Iodised Salt, Natural Flavour, <b>Wheat Gluten</b> , Yeast, Preservative (282), Emulsifiers (472e, 471), Improver ( <b>Wheat</b> Flour, Malted <b>Wheat</b> Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).	Energy (kJ)	2220	940										
<b>AUSSIE JACK CHEESE:</b> Milk, Salt, Starter Culture, Non-animal Rennet.	Energy (Cal)	530	225										
<b>BACON:</b> Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked.)	Protein (g)	29.4	12.4										
<b>HOUSE GRILL BBQ:</b> Tomato Pulp [Antioxidant (330)], Sugar, Vinegar, Water, Onion Puree, Thickener (1422), Molasses, Minced Garlic[Acetic Acid (260)], Salt, Lemon Juice Concentrate, Spices [Including (100)], Mustard ( <b>Wheat, Soy</b> ) [Food Acid (260)], Flavourings, Malt Extract (Barley), Vegetable Gum (415), Yeast Extract, Preservative (202).	Fat, total (g)	22.2	9.4										
<b>MCCHICKEN SAUCE:</b> Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> 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)	5.8	2.5										
<b>LETTUCE MIX:</b> Iceberg Lettuce, Cos Lettuce.	Carbohydrate (g)	51.4	21.8										
<i>Contains gluten, egg, milk &amp; soy. Traces of sulphites.</i>	Sugars (g)	11.9	5.0										
<i>QUARTER BUNS are produced on equipment that also produces products containing soy.</i>	Sodium (mg)	1560	659										
<i>CRISPY CHICKEN cooked in McDonald's Vegetable Oil Blend.</i>													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	Y	Y				Y	T		Y	Y	Y
<b>Grilled BBQ Chicken Burger</b>													
<b>GRILLED CHICKEN:</b> Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains: Lemon Juice Concentrate, Flavours], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.	Avg Qty / Serve	Avg Qty / 100g											
<b>QUARTER POUNDER BUN:</b> <b>Wheat</b> Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds, Glaze, Iodised Salt, Natural Flavour, <b>Wheat Gluten</b> , Yeast, Preservative (282), Emulsifiers (472e, 471), Improver ( <b>Wheat</b> Flour, Malted <b>Wheat</b> Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).	Energy (kJ)	1830	826										
<b>AUSSIE JACK CHEESE:</b> Milk, Salt, Starter Culture, Non-animal Rennet.	Energy (Cal)	436	197										
<b>BACON:</b> Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked.)	Protein (g)	33.5	15.2										
<b>HOUSE GRILL BBQ:</b> Tomato Pulp [Antioxidant (330)], Sugar, Vinegar, Water, Onion Puree, Thickener (1422), Molasses, Minced Garlic[Acetic Acid (260)], Salt, Lemon Juice Concentrate, Spices [Including (100)], Mustard ( <b>Wheat, Soy</b> ) [Food Acid (260)], Flavourings, Malt Extract (Barley), Vegetable Gum (415), Yeast Extract, Preservative (202).	Fat, total (g)	15.5	7.0										
<b>MCCHICKEN SAUCE:</b> Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> 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)	5.6	2.5										
<b>LETTUCE MIX:</b> Iceberg Lettuce, Cos Lettuce.	Carbohydrate (g)	39.1	17.7										
<i>Contains gluten, egg, milk &amp; soy. Traces of sulphites.</i>	Sugars (g)	9.9	4.5										
<i>QUARTER BUNS are produced on equipment that also produces products containing soy.</i>	Sodium (mg)	1180	534										
<i>GRILLED CHICKEN may be cooked on the same grill as egg or products containing gluten.</i>													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	Y	Y				Y	T		Y	Y	Y

											Avg Qty / Serve	Avg Qty / 100g											
<b>Crispy Chicken Deluxe Burger</b>											Energy (kJ)	2470	1010										
CRISPY CHICKEN: Chicken, Flour (Wheat, Maize), Water, Vegetable Oil, Starch (Wheat, Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450 500), Gluten (Wheat), Soy Protein, Sugar, Yeast And Yeast Extract, Dehydrated Vegetables (Garlic, Onion), Hydrolysed Vegetable Protein (Wheat), Natural Flavour, Spice (Pepper), Wheat Fibre, Vegetable Gum (412), Dextrose, Citrus Extract.											Energy (Cal)	590	241										
QUARTER POUNDER BUN: Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds, Glaze, Iodised Salt, Natural Flavour, Wheat Gluten, Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).											Protein (g)	27.0	11.0										
AUSSIE JACK CHEESE: Milk, Salt, Starter Culture, Non-animal Rennet.											Fat, total (g)	32.4	13.3										
TOMATO: Tomato											Saturated Fat (g)	5.7	2.3										
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).											Carbohydrate (g)	46.1	18.8										
LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.											Sugars (g)	7.0	2.9										
Contains gluten, egg, milk, soy & sesame seeds.											Sodium (mg)	1250	509										
GARLIC MAYONNAISE may contain traces of sulphites.																							
QUARTER BUNS are produced on equipment that also produces products containing soy.											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
CRISPY CHICKEN cooked in McDonald's Vegetable Oil Blend.											Y	Y	Y	Y				Y	T		Y	Y	Y
<b>Grilled Chicken Deluxe Burger</b>											Avg Qty / Serve	Avg Qty / 100g											
GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains Lemon Juice Concentrate, Flavours], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.											Energy (kJ)	2100	912										
QUARTER POUNDER BUN: Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds, Glaze, Iodised Salt, Natural Flavour, Wheat Gluten, Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).											Energy (Cal)	502	218										
AUSSIE JACK CHEESE: Milk, Salt, Starter Culture, Non-animal Rennet.											Protein (g)	31.2	13.5										
TOMATO: Tomato											Fat, total (g)	26.4	11.5										
GARLIC MAYONNAISE: Canola Oil [Antioxidant (307b, Soy), 319]], Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein (Milk), Minced Garlic [Food Acids (260, 330)], Vinegar, Dijon Mustard [Acidity Regulator (260)], Acidity Regulator (575), Mustard [Food Acids (260, 330), Colours (150c, 160a)], Salt, Flavour Enhancer (635), Oat Fibre, Flavourings (Milk), Emulsifiers [(322, 435) (Soy)], Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211).											Saturated Fat (g)	5.5	2.4										
LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.											Carbohydrate (g)	33.8	14.7										
Contains gluten, egg, milk, soy & sesame seeds.											Sugars (g)	5.0	2.2										
GARLIC MAYONNAISE may contain traces of sulphites.											Sodium (mg)	870	378										
QUARTER BUNS are produced on equipment that also produces products containing soy.											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
GRILLED CHICKEN may be cooked on the same grill as egg or products containing gluten.											Y	Y	Y	Y				Y	T		Y	Y	Y
<b>Grilled Chicken Bites</b>											Avg Qty / Serve	Avg Qty / 100g											
GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), Soy Protein, Fruit Powder [Contains Lemon Juice Concentrate, Flavours], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.											Energy (kJ)	433	510										
OIL: Canola Oil, Soy Lecithin, Natural Flavour, Natural Colour (160a), Acidity Regulator (330).											Energy (Cal)	104	122										
Contains soy.											Protein (g)	19.5	22.9										
Grilled Chicken may be cooked on the same grill as egg or products containing gluten.											Fat, total (g)	2.6	3.0										
											Saturated Fat (g)	0.8	0.9										
											Carbohydrate (g)	0.4	0.5										
											Sugars (g)	0.4	0.5										
											Sodium (mg)	406	478										
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
											T	T		Y								Y	Y
<b>Chicken McBites 10 pieces</b>											Avg Qty / Serve	Avg Qty / 100g											
CHICKEN MCBITES: 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 (Pepper, Nutmeg), Vegetable Powders (Garlic, Onion), Herbs (Parsley), Yeast Extract, Flavour Enhancers (635), Flavours, Thickener (1404), Spice Extract (100).											Energy (kJ)	734	1170										
Contains gluten, milk, soy.											Energy (Cal)	176	279										
											Protein (g)	11	17										
											Fat, total (g)	11	18										
											Saturated Fat (g)	1	2										
											Carbohydrate (g)	7	12										
											Sugars (g)	0	1										
											Sodium (mg)	407	647										
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
											Y	T	Y	Y								Y	Y





<b>Veggies</b>																																							
<b>Veggies Burger</b>											Avg Qty / Serve	Avg Qty / 100g																											
VEGGIE PATTY: Vegetables (Potato, Peas, Corn, Carrot, Onion), Flour ( <b>Wheat, Soy</b> , Buckwheat, Rice, Oats), Cheese ( <b>Milk</b> ), Canola Oil, Water, Rolled Oat ( <b>Gluten</b> ), Dehydrated Vegetables (Potato, Garlic, Onion), Thickeners (1442, 1404), Tapioca Starch, <b>Soy</b> Protein, Herbs and Spices, Yeast Extract, Natural Flavour ( <b>Milk, Soy</b> ), Gluten ( <b>Wheat</b> ), Sugar, Mineral Salts (341, 500, 450, 541), Food Acids (270, 330), Emulsifier (481).											Energy (kJ)	2010	923																										
QUARTER BUN: <b>Wheat</b> Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, <b>Sesame Seeds</b> , Glaze, Iodised Salt, Natural Flavour, <b>Wheat Gluten</b> , Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (Wheat Flour, Malted <b>Wheat</b> Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).											Energy (Cal)	481	221																										
SHREDDED LETTUCE: Iceberg Lettuce.											Protein (g)	14	6																										
McCHICKEN SAUCE: Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).											Fat, total (g)	21	10																										
PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.											Saturated Fat (g)	4	2																										
<i>Contains gluten, egg, milk, sesame seeds and soy.</i>											Carbohydrate (g)	57	26																										
<i>VEGGIE PATTY is cooked in a McDonald's Vegetable Oil Blend.</i>											Sugars (g)	7	3																										
<i>VEGGIE PATTY may be cooked using the same equipment and oil as chicken or products containing gluten and milk.</i>											Sodium (mg)	1080	495																										
											<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish &amp; Crustacea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Lupin</th> <th>Preservative</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td>Y</td> <td>Y</td> <td>Y</td> <td>Y</td> <td></td> <td></td> <td></td> <td>Y</td> <td></td> <td></td> <td>Y</td> <td>Y</td> <td></td> </tr> </tbody> </table>			Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	Y	Y	Y	Y				Y			Y	Y	
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours																											
Y	Y	Y	Y				Y			Y	Y																												
<b>Deluxe Veggie Burger</b>											Avg Qty / Serve	Avg Qty / 100g																											
VEGGIE PATTY: Vegetables (Potato, Peas, Corn, Carrot, Onion), Flour ( <b>Wheat, Soy</b> , Buckwheat, Rice, Oats), Cheese ( <b>Milk</b> ), Canola Oil, Water, Rolled Oat ( <b>Gluten</b> ), Dehydrated Vegetables (Potato, Garlic, Onion), Thickeners (1442, 1404), Tapioca Starch, <b>Soy</b> Protein, Herbs and Spices, Yeast Extract, Natural Flavour ( <b>Milk, Soy</b> ), Gluten ( <b>Wheat</b> ), Sugar, Mineral Salts (341, 500, 450, 541), Food Acids (270, 330), Emulsifier (481).											Energy (kJ)	2270	886																										
QUARTER BUN: <b>Wheat</b> Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, <b>Sesame Seeds</b> , Glaze, Iodised Salt, Natural Flavour, <b>Wheat Gluten</b> , Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (Wheat Flour, Malted <b>Wheat</b> Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).											Energy (Cal)	542	212																										
SHREDDED LETTUCE: Iceberg Lettuce.											Protein (g)	18	7																										
McCHICKEN SAUCE: Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).											Fat, total (g)	26	10																										
PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Flavour.											Saturated Fat (g)	7	3																										
<i>Contains gluten, egg, milk, sesame seeds and soy.</i>											Carbohydrate (g)	58	23																										
<i>AUSSIE JACK CHEESE: Pasteurised Milk, Salt, Starter Culture, Non-animal Rennet.</i>											Sugars (g)	7	3																										
<i>TOMATO: Tomato.</i>											Sodium (mg)	1190	466																										
<i>VEGGIE PATTY is cooked in a McDonald's Vegetable Oil Blend.</i>											<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish &amp; Crustacea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Lupin</th> <th>Preservative</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td>Y</td> <td>Y</td> <td>Y</td> <td>Y</td> <td></td> <td></td> <td></td> <td>Y</td> <td></td> <td></td> <td>Y</td> <td>Y</td> <td></td> </tr> </tbody> </table>			Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	Y	Y	Y	Y				Y			Y	Y	
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours																											
Y	Y	Y	Y				Y			Y	Y																												
<i>VEGGIE PATTY may be cooked using the same equipment and oil as chicken or products containing gluten and milk.</i>																																							

WRAPS																				
<b>Wholemeal Snack Wrap- Crispy Chicken</b>											Avg Qty / Serve	Avg Qty / 100g								
<b>CRISPY CHICKEN:</b> Chicken, Flour ( <b>Wheat</b> , Maize), Water, Vegetable Oil, Starch ( <b>Wheat</b> , Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450, 500), <b>Gluten (Wheat)</b> , <b>Soy</b> Protein, Sugar, Yeast And Yeast Extract, Dehydrated Vegetables (Garlic, Onion), Hydrolysed Vegetable Protein ( <b>Wheat</b> ), Natural Flavour, Spice (Pepper), <b>Wheat</b> Fibre, Vegetable Gum (412), Dextrose, Citrus Extract.											Energy (kJ)	1080	938							
<b>WHOLEMEAL TORTILLA:</b> Whole <b>Wheat</b> Flour, Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.											Energy (Cal)	259	224							
<b>LETTUCE:</b> Iceberg Lettuce.											Protein (g)	12.2	10.6							
<b>MAYONNAISE:</b> Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).											Fat, total (g)	12.1	10.5							
<i>Contains gluten &amp; egg.</i> <i>CRISPY CHICKEN is cooked in McDonald's vegetable oil blend.</i>											Saturated Fat (g)	2.9	2.5							
											Carbohydrate (g)	24.1	20.9							
											Sugars (g)	2.8	2.4							
											Sodium (mg)	606	524							
											Preservative	Flavour	Colours							
											Y	Y	Y							
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin
											Y	Y		Y						
<b>Wholemeal Snack Wrap- Grilled Chicken</b>											Avg Qty / Serve	Avg Qty / 100g								
<b>GRILLED CHICKEN FILLET:</b> Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), <b>Soy</b> Protein, Fruit Powder [Contains. Lemon Juice Concentrate, Flavours], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.											Energy (kJ)	904	811							
<b>WHOLEMEAL TORTILLA:</b> Whole <b>Wheat</b> Flour, Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.											Energy (Cal)	216	194							
<b>LETTUCE:</b> Iceberg Lettuce.											Protein (g)	15.1	13.5							
<b>MAYONNAISE:</b> Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202).											Fat, total (g)	8.9	8.0							
<b>OIL:</b> Canola Oil, Emulsifiers ( <b>Soy</b> Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).											Saturated Fat (g)	2.8	2.5							
<i>Contains gluten, egg and soy.</i> <i>Grilled Chicken may be cooked on the same grill as egg or products containing gluten.</i>											Carbohydrate (g)	18.0	16.1							
											Sugars (g)	1.8	1.6							
											Sodium (mg)	435	390							
											Preservative	Flavour	Colours							
											Y	Y	Y							
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin
											Y	Y		Y						
<b>Chicken Caesar McWrap® - Crispy Chicken</b>											Avg Qty / Serve	Avg Qty / 100g								
<b>CRISPY CHICKEN:</b> Chicken, Flour ( <b>Wheat</b> , Maize), Water, Vegetable Oil, Starch ( <b>Wheat</b> , Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450, 500), <b>Gluten (Wheat)</b> , <b>Soy</b> Protein, Sugar, Yeast And Yeast Extract, Dehydrated Vegetables (Garlic, Onion), Hydrolysed Vegetable Protein ( <b>Wheat</b> ), Natural Flavour, Spice (Pepper), <b>Wheat</b> Fibre, Vegetable Gum (412), Dextrose, Citrus Extract.											Energy (kJ)	2460	1010							
<b>WHOLEMEAL TORTILLA:</b> Whole <b>Wheat</b> Flour, [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.											Energy (Cal)	589	242							
<b>DICED LETTUCE MIX:</b> Iceberg Lettuce, Cos Lettuce											Protein (g)	29.4	12.1							
<b>CREAMY CAESAR DRESSING:</b> Canola Oil [Antioxidant (307b – <b>Soy</b> , 319)], Water, Vinegar, Whole <b>Egg</b> , Lemon Juice (Preservative <b>223</b> ), Dextrose, Sugar, <b>Egg</b> Yolk, Minced Garlic [Food Acid (260)], Parmesan <b>Cheese</b> , Salt, <b>Milk</b> Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard (Food Acid (260)), Spice, Emulsifiers ( <b>Soy</b> Lecithin, 435), Mustard Flour, Yeast Extract ( <b>Gluten</b> ), Flavourings, Preservative (202, 211), Vegetable Gum (415).											Fat, total (g)	31.4	12.9							
<b>CRISPY BACON:</b> Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate (339), Sodium Erythorbate (316), Sodium Nitrite (250).											Saturated Fat (g)	7.0	2.9							
<b>PARMESAN CHEESE:</b> Milk, Salt, Cultures, Enzyme, Anti-caking Agent (460), Preservative (200).											Carbohydrate (g)	45.2	18.6							
<i>Contains gluten, egg, milk &amp; soy. Traces of sulphites</i> <i>CRISPY CHICKEN is cooked in McDonald's vegetable oil blend.</i> <i>CRISPY BACON may be cooked on the same grill as eggs or products containing gluten.</i>											Sugars (g)	6.6	2.7							
											Sodium (mg)	1470	606							
											Preservative	Flavour	Colours							
											Y	Y	Y							
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin
											Y	Y	Y	Y					T	
<b>Chicken Caesar McWrap® - Grilled</b>											Avg Qty / Serve	Avg Qty / 100g								
<b>GRILLED CHICKEN FILLET:</b> Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), <b>Soy</b> Protein, Fruit Powder [Contains. Lemon Juice Concentrate, Flavours], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.											Energy (kJ)	2100	892							
<b>WHOLEMEAL TORTILLA:</b> Whole <b>Wheat</b> Flour, [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.											Energy (Cal)	504	214							
<b>DICED LETTUCE MIX:</b> Iceberg Lettuce, Cos Lettuce											Protein (g)	35.3	14.9							
<b>CREAMY CAESAR DRESSING:</b> Canola Oil [Antioxidant (307b – <b>Soy</b> , 319)], Water, Vinegar, Whole <b>Egg</b> , Lemon Juice (Preservative <b>223</b> ), Dextrose, Sugar, <b>Egg</b> Yolk, Minced Garlic [Food Acid (260)], Parmesan <b>Cheese</b> , Salt, <b>Milk</b> Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard (Food Acid (260)), Spice, Emulsifiers ( <b>Soy</b> Lecithin, 435), Mustard Flour, Yeast Extract ( <b>Gluten</b> ), Flavourings, Preservative (202, 211), Vegetable Gum (415).											Fat, total (g)	25.0	10.6							
<b>RASHER BACON:</b> Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. Smoked.											Saturated Fat (g)	6.9	2.9							
<b>PARMESAN CHEESE:</b> Milk, Salt, Cultures, Enzyme, Anti-caking Agent (460), Preservative (200).											Carbohydrate (g)	33.0	14.0							
<b>OIL:</b> Canola Oil, Emulsifiers ( <b>Soy</b> Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).											Sugars (g)	4.6	2.0							
<i>Contains gluten, egg, milk &amp; soy. May contain traces of sulphites</i> <i>GRILLED CHICKEN and CRISPY BACON may be cooked on the same grill as egg or products containing gluten.</i>											Sodium (mg)	1130	481							
											Preservative	Flavour	Colours							
											Y	Y	Y							
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin
											Y	Y	Y	Y					T	

											Avg Qty / Serve	Avg Qty / 100g	
<b>Spicy Chicken McWrap® - Crispy</b>													
CRISPY CHICKEN: Chicken, Flour ( <b>Wheat</b> , Maize), Water, Vegetable Oil, Starch ( <b>Wheat</b> , Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450, 500), <b>Gluten (Wheat)</b> , <b>Soy</b> Protein, Sugar, Yeast And Yeast Extract, Dehydrated Vegetables (Garlic, Onion), Hydrolysed Vegetable Protein ( <b>Wheat</b> ), Natural Flavour, Spice (Pepper), <b>Wheat</b> Fibre, Vegetable Gum (412), Dextrose, Citrus Extract.											Energy (kJ)	2170	793
WHOLEMEAL TORTILLA: Whole <b>Wheat</b> Flour, [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.											Energy (Cal)	518	189
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce											Protein (g)	24.1	8.8
DRYSLAW MIX: Red Cabbage, White Cabbage, Carrot											Fat, total (g)	23.2	8.5
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Start (1401, 1422), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).											Saturated Fat (g)	5.3	1.9
SRIRACHA STYLE SAUCE: Water, Invert Sugar Syrup, Sugar, Capsicum Puree [Acidity Regulator (260)], White Vinegar, Tomato Paste, Corn Starch, Salt, Vegetable Extracts (Chilli, Garlic), Ginger Puree, Vegetable Powder, Natural Colour (160c), Preservative (202), Thickener (415), Natural Flavour, Lemon Juice Concentrate.											Carbohydrate (g)	50.7	18.5
<i>Contains gluten, egg, milk &amp; soy.</i>											Sugars (g)	10.7	3.9
<i>CRISPY CHICKEN is cooked in McDonald's vegetable oil blend.</i>											Sodium (mg)	1430	522
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	Y	Y							Y	Y	
<b>Spicy Chicken McWrap®- Grilled</b>													
GRILLED CHICKEN BREAST: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), <b>Soy</b> Protein, Fruit Powder [Contains. Lemon Juice Concentrate, Flavours], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil											Energy (kJ)	1780	687
WHOLEMEAL TORTILLA: Whole <b>Wheat</b> Flour, [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.											Energy (Cal)	424	164
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce											Protein (g)	28.2	10.9
DRYSLAW MIX: Red Cabbage, White Cabbage, Carrot											Fat, total (g)	16.5	6.4
MAYONNAISE: Water, Soybean Oil (Antioxidant (330)), <b>Egg</b> Yolks, Modified Corn Start (1401, 1422), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).											Saturated Fat (g)	5.0	1.9
SRIRACHA STYLE SAUCE: Water, Invert Sugar Syrup, Sugar, Capsicum Puree [Acidity Regulator (260)], White Vinegar, Tomato Paste, Corn Starch, Salt, Vegetable Extracts (Chilli, Garlic), Ginger Puree, Vegetable Powder, Natural Colour (160c), Preservative (202), Thickener (415), Natural Flavour, Lemon Juice Concentrate.											Carbohydrate (g)	38.4	14.8
OIL: Canola Oil, Emulsifier ( <b>Soy</b> Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).											Sugars (g)	8.7	3.4
<i>Contains gluten, egg, milk &amp; soy.</i>											Sodium (mg)	1050	407
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	Y	Y							Y	Y	Y
<i>Grilled Chicken may be cooked on the same grill as egg or products containing gluten.</i>													
<b>Classic Beef Wholemeal McWrap®</b>													
BEEF PATTY: Beef											Energy (kJ)	2730	901
WHOLEMEAL TORTILLA: Whole <b>Wheat</b> Flour, [Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.											Energy (Cal)	652	215
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce											Protein (g)	31.6	10.5
TOMATO: Tomato											Fat, total (g)	39.6	13.1
CHEESE SLICE: Cheese ( <b>Milk</b> , Salt, Culture, Enzyme (Rennet, Lipase), Water, <b>Milk</b> Solids, <b>Butter</b> , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 399), Colours (160b, 160c), Preservative (200), <b>Soy</b> Lecithin.											Saturated Fat (g)	16.3	5.4
CARAMELISED ONION: Fresh Onion, Vegetable Oil, Salt, Sugar, Caramelised Sugar, Onion Powder, Maltodextrin, Flavours, Spice.											Carbohydrate (g)	40.3	13.3
SIGNATURE SAUCE: Canola Oil, [Antioxidant (307b - <b>Soy</b> )], Tomato Pulp [Antioxidant (330)], Sugar, Water, Diced Gherkin (Gherkin, Salt, Water, Food Acid (270)), Onion, Whole <b>Egg</b> , French Mustard, Thickener (1442), Garlic, <b>Egg</b> Yolk, <b>Milk</b> Protein Concentrate, Spices, Food Acid (260), Yeast Extract, Acidity Regulator (575), Vegetable Gum (415), Emulsifiers ( <b>Soy</b> Lecithin, 435), Spice Extracts (including 160c), Salt, Preservatives (202, 211), Mustard Flavoured Powder ( <b>Soy</b> ), [Colours (100, 160c)].											Sugars (g)	9.1	3.0
<i>Contains gluten, egg, &amp; soy.</i>											Sodium (mg)	872	288
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
	Y	Y	Y	Y							Y	Y	Y
<i>BEEF PATTY seasoned after cooking: Salt, Pepper and Sunflower Oil.</i>													
<i>BEEF PATTY may be cooked on the same equipment as eggs or products containing gluten.</i>													

## FRIES

### Fries

Potato, Canola Oil, Mineral Salt (450), Dextrose, Antifoam (1521).

### OR

Potatoes, Canola Oil (Acidity Regulator (330)), Dextrose Monohydrate (Preservative (220)), Mineral Salt (450), Antifoam (Non-ionic polyalkylene glycol), Preservative (223).

*Contains traces of sulphites.*

*Note: Fries are cooked in canola 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)	860	1190	1240	1190	1530	1190						
Energy (Cal)	206	286	297	286	366	286						
Protein (g)	3.3	4.6	4.7	4.6	5.8	4.6						
Fat, total (g)	10.4	14.4	15.0	14.4	18.5	14.4						
Saturated Fat (g)	0.8	1.2	1.2	1.2	1.5	1.2						
Carbohydrate (g)	23.5	32.6	33.9	32.6	41.7	32.6						
Sugars (g)	0.1	0.2	0.2	0.2	0.3	0.2						
Sodium (mg)	194	269	280	269	344	269						
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
								T		T		

### Loaded Fries with Gravy

FRIES: Potato, Canola Oil, Mineral Salt (450), Dextrose, Antifoam (1521).

### OR

Potatoes, Canola Oil (Acidity Regulator (330)), Dextrose Monohydrate (Preservative (220)), Mineral Salt (450), Antifoam (Non-ionic polyalkylene glycol), Preservative (223)

GRAVY: Water, Thickener (1442), Maltodextrin, Sugar, Salt, Beverage Whitener [Glucose Syrup, Vegetable Fat, Milk Protein, Sugar, Emulsifiers (471, 481), Stabiliser (340, 452), Acidity Regulator (332),

Anticaking Agent (554), Flavour], Flavourings (Soy), Vegetable Powders, Colour (150c), Flavour Enhancer (635), Hydrolysed Vegetable Proteins (Maize, Soy), Mushroom Extract Powder, Beef Extract,

Dehydrated Vegetable, Vegetable Oil, Spices, Herbs, Food Acid (296).

*Contains milk and soy. Traces of sulphites.*

*Note: Fries are cooked in canola oil blend, salt added*

	Single				Share							
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g				
Energy (kJ)	1320	883	2650	883								
Energy (Cal)	317	211	633	211								
Protein (g)	4.9	3.3	9.9	3.3								
Fat, total (g)	15.2	10.1	30.4	10.1								
Saturated Fat (g)	1.3	0.9	2.6	0.9								
Carbohydrate (g)	38.1	25.4	76.1	25.4								
Sugars (g)	0.9	0.6	1.7	0.6								
Sodium (mg)	533	355	1070	355								
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
		Y	Y					T		T	Y	Y

## FRUIT & SALADS

												Avg Qty / Serve	Avg Qty / 100g	
<b>Apples</b>												Energy (kJ)	136	226
Apple Slices, Antioxidants (302).												Energy (Cal)	32	54
<i>May contain Apple Seeds.</i>												Protein (g)	0.6	1.0
												Fat, total (g)	0.2	0.3
												Saturated Fat (g)	0.1	0.1
												Carbohydrate (g)	6.1	10.2
												Sugars (g)	6.1	10.1
												Sodium (mg)	3	5
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours		

												Avg Qty / Serve	Avg Qty / 100g	
<b>Grape Tomatoes</b>												Energy (kJ)	57	90
Grape Tomatoes												Energy (Cal)	16	25
												Protein (g)	1.0	1.5
												Fat, total (g)	0.1	0.2
												Saturated Fat (g)	0.0	0.0
												Carbohydrate (g)	1.5	2.4
												Sugars (g)	0.7	1.1
												Sodium (mg)	5	8
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours		

												Avg Qty / Serve	Avg Qty / 100g	
<b>Caesar Chicken Salad - Crispy Chicken</b>												Energy (kJ)	2490	903
DICED LETTUCE MIX - Iceberg Lettuce, Cos Lettuce												Energy (Cal)	595	216
CRISPY CHICKEN - Chicken, Flour ( <b>Wheat</b> , Maize), Water, Vegetable Oil, Starch ( <b>Wheat</b> , Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450, 500), <b>Gluten (Wheat)</b> , <b>Soy</b> Protein, Sugar, Yeast And Yeast Extract, Dehydrated Vegetables (Garlic, Onion), Hydrolysed Vegetable Protein ( <b>Wheat</b> ), Natural Flavour, Spice (Pepper), <b>Wheat</b> Fibre, Vegetable Gum (412), Dextrose, Citrus Extract.												Protein (g)	32.7	11.9
CREAMY CAESAR DRESSING: Canola Oil [Antioxidant (307b - <b>Soy</b> , 319)], Water, Vinegar, Whole <b>Egg</b> , Lemon Juice (Preservative <b>223</b> ), Dextrose, Sugar, <b>Egg</b> Yolk, Minced Garlic [Food Acid (260)], Parmesan <b>Cheese</b> , Salt, <b>Milk</b> Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard (Food Acid (260)), Spice, Emulsifiers ( <b>Soy</b> Lecithin, 435), Mustard Flour, Yeast Extract ( <b>Gluten</b> ), Flavourings, Preservative (202, 211), Vegetable Gum (415).												Fat, total (g)	42.2	15.3
PARMESAN CHEESE: Parmesan Cheese ( <b>Milk</b> , Salt, Cultures, Enzyme), Anti-caking Agent (460), Preservative (200).												Saturated Fat (g)	7.9	2.9
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250).												Carbohydrate (g)	20.3	7.3
<i>Contains gluten, egg, milk &amp; soy. May contain traces of sulphites.</i>												Sugars (g)	7.1	2.6
<i>CRISPY CHICKEN is cooked in Vegetable Oil Blend.</i>												Sodium (mg)	781	283
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours		
Y	Y	Y	Y					T		Y	Y			

												Avg Qty / Serve	Avg Qty / 100g											
<b>Caesar Chicken Salad - Grilled Chicken</b>												Energy (kJ)	2130	796										
DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce												Energy (Cal)	510	190										
GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), <b>Soy</b> Protein, Fruit Powder [Contains: Lemon Juice Concentrate, Flavourings], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.												Protein (g)	38.5	14.4										
CREAMY CAESAR DRESSING: Canola Oil [Antioxidant (307b - <b>Soy</b> , 319)], Water, Vinegar, Whole <b>Egg</b> , Lemon Juice (Preservative <b>223</b> ), Dextrose, Sugar, <b>Egg</b> Yolk, Minced Garlic [Food Acid (260)], Parmesan <b>Cheese</b> , Salt, <b>Milk</b> Protein Concentrate, Thickener (1442), Acidity Regulator (575), Onion Puree, Mustard (Food Acid (260)), Spice, Emulsifiers ( <b>Soy</b> Lecithin, 435), Mustard Flour, Yeast Extract ( <b>Gluten</b> ), Flavourings, Preservative (202, 211), Vegetable Gum (415).												Fat, total (g)	35.7	13.3										
PARMESAN CHEESE: Parmesan Cheese ( <b>Milk</b> , Salt, Cultures, Enzyme), Anti-caking Agent (460), Preservative (200).												Saturated Fat (g)	7.7	2.9										
CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Acidity Regulator (339), Antioxidant (316), Sodium Nitrite (250).												Carbohydrate (g)	8.0	3.0										
OIL: Canola Oil, Emulsifier ( <b>Soy</b> Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).												Sugars (g)	5.1	1.9										
<i>Contains gluten, milk &amp; soy.</i>												Sodium (mg)	1480	552										
<i>Grilled chicken may be cooked with egg or products containing gluten.</i>												Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y	Y	Y	Y								Y	Y												

<b>Crispy Chicken Salad - No Dressing</b>											Avg Qty / Serve	Avg Qty / 100g	
<b>DICED LETTUCE MIX:</b> Iceberg Lettuce, Cos Lettuce											Energy (kJ)	1170	379
<b>CRISPY CHICKEN:</b> Chicken, Flour ( <b>Wheat</b> , Maize), Water, Vegetable Oil, Starch ( <b>Wheat</b> , Maize, Tapioca), Thickeners (1420, 1422), Salt, Mineral Salts (450, 500), <b>Gluten (Wheat)</b> , <b>Soy</b> Protein, Sugar, Yeast And Yeast Extract, Dehydrated Vegetables (Garlic, Onion), Hydrolysed Vegetable Protein ( <b>Wheat</b> ), Natural Flavour, Spice (Pepper), <b>Wheat</b> Fibre, Vegetable Gum (412), Dextrose, Citrus Extract.											Energy (Cal)	278	91
<b>PARMESAN CHEESE:</b> Parmesan Cheese ( <b>Milk</b> , Salt, Cultures, Enzyme), Anti-caking Agent (460), Preservative (200).											Protein (g)	21.8	7.1
<b>TOMATO:</b> Grape tomatoes											Fat, total (g)	12.2	4.0
<b>CUCUMBER:</b> Sliced Cucumber											Saturated Fat (g)	2.8	0.9
<b>RED ONION:</b> Red onion											Carbohydrate (g)	18.0	5.8
											Sugars (g)	5.6	1.8
											Sodium (mg)	902	293
<i>Contains gluten &amp; milk.</i>											Preservative	Flavour	Colours
<i>CRISPY CHICKEN is cooked in Vegetable Oil Blend.</i>											Y	Y	
<b>Grilled Chicken Salad - No Dressing.</b>											Avg Qty / Serve	Avg Qty / 100g	
<b>DICED LETTUCE MIX:</b> Iceberg Lettuce, Cos Lettuce											Energy (kJ)	805	269
<b>GRILLED CHICKEN:</b> Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), <b>Soy</b> Protein, Fruit Powder, Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anti-caking Agent (341), Spice Extract (Pepper), Vegetable Oil.											Energy (Cal)	193	64
<b>PARMESAN CHEESE:</b> Parmesan Cheese ( <b>Milk</b> , Salt, Cultures, Enzyme), Anti-caking Agent (460), Preservative (200).											Protein (g)	27.5	9.2
<b>TOMATO:</b> Grape tomatoes											Fat, total (g)	5.7	1.9
<b>CUCUMBER:</b> Sliced Cucumber											Saturated Fat (g)	2.6	0.9
<b>RED ONION:</b> Red onion											Carbohydrate (g)	5.7	1.9
<b>OIL:</b> Canola Oil, Emulsifier ( <b>Soy</b> Lecithin), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).											Sugars (g)	3.6	1.2
<i>Contains milk &amp; soy.</i>											Sodium (mg)	561	187
<i>GRILLED CHICKEN may be cooked on the same grill as eggs or products containing gluten.</i>											Preservative	Flavour	Colours
											Y	Y	Y
<b>Garden Salad</b>											Avg Qty / Serve	Avg Qty / 100g	
<b>DICED LETTUCE MIX:</b> Iceberg Lettuce, Cos Lettuce											Energy (kJ)	82	77
<b>TOMATO:</b> Grape Tomatoes											Energy (Cal)	21	19
<b>CUCUMBER:</b> Cucumber Slices.											Protein (g)	1.6	1.5
											Fat, total (g)	0.1	0.1
											Saturated Fat (g)	0.0	0.0
											Carbohydrate (g)	2.6	2.5
											Sugars (g)	1.4	1.3
											Sodium (mg)	8	7
											Preservative	Flavour	Colours

## CONDIMENTS

Balsamic Salad Dressing											Avg Qty / Serve	Avg Qty / 100mL	
Water, Vinegar, Canola Oil (Antioxidant 307b (Soy)), Balsamic Vinegar [Balsamic Vinegar, Colour (150d), Preservative (220)], Sugar, Salt, Garlic, Vegetable Gum Blend [Thickeners (415, 417, 401), Acidity Regulator (331)], Preservatives (202, 211), Soy Lecithin.											Energy (kJ)	244	814
<i>Contains soy and sulphites.</i>											Energy (Cal)	58	195
											Protein (g)	0.1	0.2
											Fat, total (g)	4.5	15.0
											Saturated Fat (g)	0.4	1.2
											Carbohydrate (g)	4.5	15.1
											Sugars (g)	4.1	13.7
											Sodium (mg)	231	770
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
			Y					Y		Y		Y	

Caesar Salad Dressing											Avg Qty / Serve	Avg Qty / 100mL	
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 (322 (Soy), 435), Mustard Flour, Yeast Extract (Gluten), Flavourings, Preservatives (202, 211), Vegetable Gum (415).											Energy (kJ)	765	2110
<i>Contains gluten, eggs, milk &amp; soy. Traces of sulphites.</i>											Energy (Cal)	183	505
											Protein (g)	0.9	2.4
											Fat, total (g)	18.8	51.9
											Saturated Fat (g)	1.6	4.5
											Carbohydrate (g)	3.1	8.7
											Sugars (g)	2.1	5.8
											Sodium (mg)	289	799
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	Y	Y	Y					T		Y	Y		

McNugget Dipping Sauces											Barbecue		Sweet & Sour		Sweet Mustard		
BARBECUE SAUCE: Sugar, Water, Vinegar, Tomato Paste, Soy Sauce (Wheat), Thickeners (1442, 415), Salt, Glucose Corn Syrup, Soybean Oil, Flavouring, Spices, Colour (150d), Preservative (211), Flavour Enhancer (635), Acidity Regulator (296).											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
<i>Contains gluten &amp; soy.</i>											Energy (kJ)	201	717	204	727	328	1170
SWEET & SOUR SAUCE: High Fructose Corn Syrup, Water, Apricot Puree [Antioxidant (300)], Vinegar, Thickeners (1422, 415), Flavouring, Soy Sauce (Wheat), Salt, Soybean Oil, Spice, Preservative (211), Colour (150d).											Energy (Cal)	48	172	49	174	78	280
<i>Contains gluten &amp; soy.</i>											Protein (g)	0.3	1.2	0.2	0.6	0.3	1.0
SWEET MUSTARD: Water, Salad Mustard [Water, Vinegar, Mustard, Spices, Salt, Spice Extract], Sugar, Vinegar, Vegetable Oil, Thickeners (1442, 1450, 415, 405), Salt, Caramelised Sugar, Preservative (202), Acidity Regulator (331), Spice, Colour (160c), Antioxidant (385).											Fat, total (g)	0.3	1.1	0.3	0.9	2.9	10.3
											Saturated Fat (g)	0.0	0.2	0.0	0.1	0.2	0.7
											Carbohydrate (g)	10.7	38.2	11.2	39.9	12.7	45.2
											Sugars (g)	10.0	35.8	10.5	37.6	5.6	20.0
											Sodium (mg)	178	634	118	420	109	390
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours					
			Y							Y	Y	Y					
Barbecue	Y		Y							Y	Y	Y					
Sweet & Sour	Y		Y							Y	Y	Y					
Sweet Mustard										Y		Y					



Pepper Extracts. OR							Ketchup		Aioli		Tartare		
							Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
<b>Sauces</b>													
KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Soybean Oil, Flavouring ( <b>Soybean Oil</b> )							Energy (kJ)	43	478	776	2770	214	1100
							Energy (Cal)	10	114	185	662	51	264
AIOLI: Vegetable Oil, Water, <b>Egg Yolk</b> , Vinegar, Garlic, Dextrose, Cheese Powder (Contains <b>Milk</b> ), <b>Milk</b> Solids, Salt, Acidity Regulator (270), Natural Flavours ( <b>Milk</b> ), Onion, Spice, Preservative (202), Stabiliser (415), Antioxidant (385).							Protein (g)	0.1	1.5	0.5	1.9	0.2	0.8
<i>Contains egg and milk.</i>							Fat, total (g)	0.0	0.0	20.0	71.5	5.5	28.3
							Saturated Fat (g)	0.0	0.0	1.6	5.8	0.8	4.1
TARTARE SAUCE: Pickles, Water, Soybean Oil (Antioxidant (330)), Distilled Vinegar, Onions and Onion Extractives, Modified Corn Starch (1401, 1442), <b>Egg</b> Yolks, Corn Syrup Solids, Sugar, Salt, Spice, Thickener (415), Capers, Preservative (202), Dextrose, Dehydrated Parsley, Spice Extractives.							Carbohydrate (g)	2.3	26.1	1.5	5.2	0.3	1.7
<i>Contains egg.</i>							Sugars (g)	1.8	20.0	1.0	3.4	0.3	1.5
							Sodium (mg)	88	983	112	400	107	552
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Ketchup													
Aioli		Y	Y								Y	Y	
Tartare Sauce		Y									Y		

## BREAKFAST

### BBQ Hash Brown Brekkie Roll

**BEEF PATTY:** Beef

**QUARTER BUN:** Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Natural Flavour, **Wheat Gluten**, Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).

**HASH BROWN:** Potato, Canola Oil, Salt, Dextrose (from maize), Emulsifier (471), Preservative (450), Antioxidant (330), Natural Pepper Extracts. **OR** Potatoes, Canola Oil, Salt, Dehydrated Potato, Black Pepper, Disodium Dihydrogen Pyrophosphate, Dextrose. **OR** Potatoes, Canola Oil, Dextrose (**220**) (Maize), Seasoning (Black Pepper, Salt, Modified Corn Starch).

**EGG:** Fresh, Shelled Egg.

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

**AUSSIE JACK CHEESE:** Pasteurised Milk, Salt, Starter Culture, Non-animal Rennet.

**BARBECUE SAUCE:** Tomato Pulp [Antioxidant (330)], Sugar, Vinegar, Water, Onion Puree, Thickener (1422), Molasses, Minced Garlic [Acetic Acid (260)], Salt, Lemon Juice Concentrate, Spices [Including (100)], Mustard (**Wheat, Soy**) [Food Acid (260)], Flavourings, Malt Extract (**Barley**), Vegetable Gum (415), Yeast Extract, Preservative (202).

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

*Contains gluten, egg, milk, soy, sesame seeds. Traces of sulphites*

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

*Beef patty seasoned on grill. Seasoning: Salt, Pepper.*

*Beef may be cooked on the same grill as egg or products containing gluten.*

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

### Breakfast Condiments

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

**HONEY:** Honey.

**VEGEMITE™:** Yeast Extract, Salt, Mineral Salt (508), Malt Extract (from **Barley**), Colour (150d – contains preservative **sulphur dioxide**), Vegetable Extract, Niacin, Thiamine, Riboflavin, Folate.

*Contains gluten & sulphites.*

	Honey		Strawberry Jam		Vegemite	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	184	1420	187	1160	39	811
Energy (Cal)	44	340	45	278	9	194
Protein (g)	<0.1	0.3	<0.1	0.6	1.2	25.6
Fat, total (g)	<0.1	0.1	<0.1	0.1	<0.1	0.9
Saturated Fat (g)	<0.1	0.1	<0.1	0.1	<0.1	0.9
Carbohydrate (g)	10.8	83.1	10.8	67.8	0.9	19.5
Sugars (g)	10.7	82.5	10.0	62.5	<0.1	1.7
Sodium (mg)	2	15	1	8	162	3380

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

### Hash Brown

Potato, Canola Oil, Salt, Dextrose (from maize), Emulsifier (471), Preservative (450), Antioxidant (330), Natural Pepper Extracts.

**OR**

Potatoes, Canola Oil, Salt, Dehydrated Potato, Black Pepper, Disodium Dihydrogen Pyrophosphate, Dextrose.

**OR**

Potatoes, Canola Oil, Dextrose (**220**) (Maize), Seasoning (Black Pepper, Salt, Modified Corn Starch).

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	589	1060
Energy (Cal)	141	254
Protein (g)	1.3	2.3
Fat, total (g)	8.2	14.7
Saturated Fat (g)	0.6	1.2
Carbohydrate (g)	14.8	26.7
Sugars (g)	0.2	0.3
Sodium (mg)	341	613

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

*Hash Brown is cooked in canola oil blend.*

<b>Ham and Cheese Pocket</b>											Avg Qty / Serve	Avg Qty / 100g			
<b>WHOLEMEAL TORTILLA:</b> Whole <b>Wheat Flour</b> , Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.											Energy (kJ)	815	1150		
<b>AUSSIE JACK CHEESE:</b> Milk, Salt, Starter Culture, Non-animal Rennet.											Energy (Cal)	195	276		
<b>HAM:</b> Pork, Water, Salt, Acidity Regulators (326, 262), Sugar, Emulsifier (451), Dextrose (Maize), Antioxidant (316), Sodium Nitrite (250).											Protein (g)	10.5	14.9		
<i>Contains gluten and milk.</i>											Fat, total (g)	8.8	12.5		
											Saturated Fat (g)	4.9	7.0		
											Carbohydrate (g)	17.6	24.9		
											Sugars (g)	1.4	2.0		
											Sodium (mg)	374	529		
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours			
Y		Y								Y					
<b>Cheese Pocket</b>											Avg Qty / Serve	Avg Qty / 100g			
<b>WHOLEMEAL TORTILLA:</b> Whole <b>Wheat Flour</b> , Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salt (500), Yeast.											Energy (kJ)	750	1300		
<b>AUSSIE JACK CHEESE:</b> Milk, Salt, Starter Culture, Non-animal Rennet.											Energy (Cal)	179	311		
<i>Contains gluten and milk.</i>											Protein (g)	8.1	14.0		
											Fat, total (g)	8.4	14.5		
											Saturated Fat (g)	4.8	8.3		
											Carbohydrate (g)	17.2	29.8		
											Sugars (g)	1.4	2.4		
											Sodium (mg)	252	438		
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours			
Y		Y								Y					
<b>Hotcakes</b>											<b>Plain</b>		<b>with Syrup &amp; Butter</b>		
<b>HOTCAKES:</b> Water, <b>Wheat Flour</b> , <b>Whey Powder</b> , Maize Flour, Vegetable Oil (Canola), Sugar, Raising Agents (341, 500, 541), Dextrose, Emulsifiers (471, 481), <b>Egg</b> , Salt, Thickener (415 contains <b>Wheat</b> ).											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
<i>Contains gluten, egg &amp; milk.</i>											Energy (kJ)	1660	1100	2500	1120
<i>HOTCAKES are produced in a plant that also produces products containing sesame seeds.</i>											Energy (Cal)	397	263	598	268
											Protein (g)	11.3	7.5	9.5	4.3
											Fat, total (g)	10.7	7.1	18.9	8.5
											Saturated Fat (g)	2.1	1.4	8.4	3.8
											Carbohydrate (g)	61.5	40.7	96	42.8
											Sugars (g)	14.2	9.4	44.3	19.9
											Sodium (mg)	438	290	566	254
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours			
Plain	Y	Y	Y				T								
with Syrup and Butter	Y	Y	Y				T			Y	Y	Y			
<b>Hotcake Condiments</b>											<b>Hotcake Syrup</b>		<b>Whipped Butter (2 portions)</b>		
<b>HOTCAKE SYRUP:</b> Corn Syrup, Sugar, Water, Flavour, Preservative (202), Colour (150d).											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
<b>WHIPPED BUTTER:</b> Cream, Salt.											Energy (kJ)	794	1310	338	2980
<i>Contains milk.</i>											Energy (Cal)	139	230	80	713
											Protein (g)	0.6	1.0	0.0	0.6
											Fat, total (g)	0.6	1.0	9.0	80.0
											Saturated Fat (g)	0.6	1.0	6.0	53.5
											Carbohydrate (g)	44.8	74.0	0.2	0.9
											Sugars (g)	32.1	53.0	0.0	0.7
											Sodium (mg)	18	30	80	700
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours			
Hotcake Syrup										Y	Y	Y			
Whipped Butter		Y													

<b>McMuffin - Bacon &amp; Egg</b>											Avg Qty / Serve	Avg Qty / 100g			
<b>ENGLISH MUFFIN:</b> <b>Wheat Flour</b> (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, <b>Wheat Gluten</b> , Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver ( <b>Soy Flour</b> , Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), <b>Wheat Malt Flour</b> , Enzymes (1100 - Contains <b>Wheat</b> ), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e). <b>EGG:</b> Fresh, Shelled <b>Egg</b> . <b>BACON:</b> Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked. <b>CHEESE:</b> Cheese ( <b>Milk</b> , Salt, Culture, Enzymes (Rennet, Lipase)), Water, <b>Milk Solids</b> , <b>Butter</b> , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), <b>Soy Lecithin</b> . <b>OIL:</b> Canola Oil, Emulsifiers ( <b>Soy Lecithin</b> ), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).											Energy (kJ)	1230	919		
<i>Contains gluten, egg, milk &amp; soy.</i> <b>MUFFINS are produced on equipment that also produces products containing sesame seeds.</b>											Energy (Cal)	295	220		
											Protein (g)	18.3	13.6		
											Fat, total (g)	13.2	9.8		
											Saturated Fat (g)	5.6	4.2		
											Carbohydrate (g)	24.5	18.3		
											Sugars (g)	2.2	1.7		
											Sodium (mg)	674	503		
											Preservative	Flavour	Colours		
											Y	Y	Y		
<b>Gluten</b>															
<b>Eggs</b>															
<b>Milk</b>															
<b>Soy</b>															
<b>Fish &amp; Crustacea</b>															
<b>Peanuts</b>															
<b>Tree Nuts</b>															
<b>Sesame Seeds</b>												T			
<b>Sulphites</b>															
<b>Lupin</b>															
<b>McMuffin - BLT</b>											Avg Qty / Serve	Avg Qty / 100g			
<b>ENGLISH MUFFIN:</b> <b>Wheat Flour</b> (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, <b>Wheat Gluten</b> , Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver ( <b>Soy Flour</b> , Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), <b>Wheat Malt Flour</b> , Enzymes (1100 - Contains <b>Wheat</b> ), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e). <b>TOMATO SLICE:</b> Tomato. <b>BACON:</b> Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator(330), Sodium Nitrite (250), Rosemary Extract. Smoked. <b>SHREDDED LETTUCE:</b> Iceberg Lettuce. <b>MAYONNAISE:</b> Water, Soybean Oil (Antioxidant (330), <b>Egg</b> Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Acidity Regulator (270), Preservative (202). <b>OIL:</b> Canola Oil, Emulsifiers ( <b>Soy Lecithin</b> ), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).											Energy (kJ)	875	752		
<i>Contains gluten, egg &amp; soy.</i> <b>MUFFINS are produced on equipment that also produces products containing sesame seeds.</b>											Energy (Cal)	209	180		
											Protein (g)	9.6	8.3		
											Fat, total (g)	7.6	6.5		
											Saturated Fat (g)	1.8	1.6		
											Carbohydrate (g)	24.2	20.8		
											Sugars (g)	2.5	2.1		
											Sodium (mg)	514	442		
											Preservative	Flavour	Colours		
											Y	Y	Y		
<b>Gluten</b>															
<b>Eggs</b>															
<b>Milk</b>															
<b>Soy</b>															
<b>Fish &amp; Crustacea</b>															
<b>Peanuts</b>															
<b>Tree Nuts</b>															
<b>Sesame Seeds</b>												T			
<b>Sulphites</b>															
<b>Lupin</b>															
<b>McMuffin - with Jam</b>											<b>Plain English Muffin</b>		<b>Muffin with Jam</b>		
<b>ENGLISH MUFFIN:</b> <b>Wheat Flour</b> (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, <b>Wheat Gluten</b> , Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver ( <b>Soy Flour</b> , Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), <b>Wheat Malt Flour</b> , Enzymes (1100 - Contains <b>Wheat</b> ), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e). <b>STRAWBERRY JAM:</b> Sugar, Strawberries, Vegetable Gum (440), Acidity Regulator (330). <b>OIL:</b> Canola Oil, Emulsifiers ( <b>Soy Lecithin</b> ), Natural Flavour, Natural Colour (160a), Acidity Regulator (330). <i>Contains gluten &amp; soy.</i> <b>MUFFINS are produced on equipment that also produces products containing sesame seeds</b> <i>Note: Available with your choice of Vegemite™, Honey OR Strawberry Jam.</i>											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
											Energy (kJ)	632	1100	798	1080
											Energy (Cal)	150	260	191	259
											Protein (g)	4.5	7.9	6.0	8.2
											Fat, total (g)	3.0	5.2	3.0	4.1
											Saturated Fat (g)	0.8	1.5	0.5	0.7
											Carbohydrate (g)	25.3	43.8	33.5	45.4
											Sugars (g)	1.2	2.0	11.5	15.6
											Sodium (mg)	274	476	252	342
											Preservative	Flavour	Colours		
											Y		Y	Y	
<b>Gluten</b>															
<b>Eggs</b>															
<b>Milk</b>															
<b>Soy</b>															
<b>Fish &amp; Crustacea</b>															
<b>Peanuts</b>															
<b>Tree Nuts</b>															
<b>Sesame Seeds</b>												T			
<b>Sulphites</b>															
<b>Lupin</b>															
<b>McMuffin - Mighty</b>											Avg Qty / Serve	Avg Qty / 100g			
<b>ENGLISH MUFFIN:</b> <b>Wheat Flour</b> (Contains Vitamins (Thiamin, Folic Acid)), Water, Maize Polenta, Maize Flour, <b>Wheat Gluten</b> , Yeast, Sugar, Iodised Salt, Canola Oil, Preservative (282, 200), Acidity Regulator (297, 262), Improver ( <b>Soy Flour</b> , Emulsifier (481), Mineral Salt (170), Antioxidant (300), Acidity Regulator (516), <b>Wheat Malt Flour</b> , Enzymes (1100 - Contains <b>Wheat</b> ), Emulsifier (471), Antioxidants (307, 304, 330), Raising Agent (341), Emulsifier (472e). <b>EGG:</b> Fresh, Shelled <b>Egg</b> . <b>SAUSAGE PATTY:</b> Beef, Seasoning [Salt, Dried Glucose Syrup, Sucrose, Spices, Vegetable Powders (Garlic, Onion), Mineral Salt (341), Hydrolysed Vegetable Protein (from <b>soy</b> ), Spice Extract, Canola Oil]. <b>BACON:</b> Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Rosemary Extract. Smoked. <b>CHEESE:</b> Cheese ( <b>Milk</b> , Salt, Culture, Enzymes (Rennet, Lipase)), Water, <b>Milk Solids</b> , <b>Butter</b> , Emulsifiers (340, 452, 331), Salt, Acidity Regulators (260, 330, 339), Colours (160b, 160c), Preservative (200), <b>Soy Lecithin</b> . <b>KETCHUP:</b> Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring ( <b>Soybean Oil</b> ) <b>OIL:</b> Canola Oil, Emulsifiers ( <b>Soy Lecithin</b> ), Natural Flavour, Natural Colour (160a), Acidity Regulator (330). <i>Contains gluten, egg, milk &amp; soy.</i> <b>MUFFINS are produced on equipment that also produces products containing sesame seeds.</b>											Energy (kJ)	1900	924		
											Energy (Cal)	454	221		
											Protein (g)	30.0	14.6		
											Fat, total (g)	23.5	11.5		
											Saturated Fat (g)	10.9	5.3		
											Carbohydrate (g)	29.0	14.2		
											Sugars (g)	6.1	3.0		
											Sodium (mg)	1200	586		
											Preservative	Flavour	Colours		
											Y	Y	Y		
<b>Gluten</b>															
<b>Eggs</b>															
<b>Milk</b>															
<b>Soy</b>															
<b>Fish &amp; Crustacea</b>															
<b>Peanuts</b>															
<b>Tree Nuts</b>															
<b>Sesame Seeds</b>												T			
<b>Sulphites</b>															
<b>Lupin</b>															



DESSERTS													
<b>Apple Pie</b>											Avg Qty / Serve	Avg Qty / 100g	
Apple (Antioxidants (300, 330)), <b>Wheat Flour</b> , Water, Sugar, Modified Starch (1412, 1422), Margarine (Palm Oil, Water, Salt, Emulsifiers (471, <b>Soy</b> Lecithin), Acidity Regulators (270, 330), Antioxidant (304), Natural Flavour, Natural Colour (160a)), <b>Whey</b> Powder, Iodised Salt, Dextrose, Ground Cinnamon, Mixed Spices, Lemon Juice Concentrate, Ground Nutmeg, Vegetable Gum (466), Baking Powder (Raising Agents (450, 500), Wheat Starch, Mineral Salt (170)), Thickener (415), Natural Flavour.											Energy (kJ)	1080	1240
<i>Contains gluten, milk &amp; soy.</i>											Energy (Cal)	258	297
<i>Note: Cooked in canola oil blend.</i>											Protein (g)	2.2	2.5
											Fat, total (g)	14.8	17.0
											Saturated Fat (g)	2.6	3.0
											Carbohydrate (g)	28.2	32.4
											Sugars (g)	9.7	11.2
											Sodium (mg)	137	157
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y		Y	Y				T				Y	Y	
<b>Birthday Cake - Icecream</b>											Avg Qty / Serve	Avg Qty / 100g	
Water, <b>Cream</b> , Sugar, <b>Milk</b> Solids, Glucose Syrup (from <b>wheat</b> ), Maltodextrin, Cocoa, Emulsifiers (477, 471- <b>Soy</b> ), vegetable Gum (412), Flavours, Vegetable Oil, Colours (120, 160c, 141, 100).											Energy (kJ)	353	751
<i>Contains gluten, milk &amp; soy.</i>											Energy (Cal)	84	180
<i>Note: ICE CREAM CAKE is made on equipment that also processes products containing peanuts &amp; tree nuts</i>											Protein (g)	0.9	1.9
											Fat, total (g)	3.1	6.6
											Saturated Fat (g)	2.0	4.3
											Carbohydrate (g)	13.1	27.9
											Sugars (g)	10.4	22.2
											Sodium (mg)	33	70
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y		Y	Y		T	T					Y	Y	
<b>McDonaldland Cookies</b>											Avg Qty / Serve	Avg Qty / 100g	
Wheat Flour, Sugar, Palm Oil, Golden Syrup, Salt, Raising Agent (500), <b>Soy</b> Lecithin, Flavour.											Energy (kJ)	1170	1950
<i>Contains gluten &amp; soy.</i>											Energy (Cal)	281	469
<i>May contain traces of peanut, hazelnut, dairy, egg and sesame seed.</i>											Protein (g)	3.6	6.0
											Fat, total (g)	8.2	13.7
											Saturated Fat (g)	4.0	6.6
											Carbohydrate (g)	46.5	77.5
											Sugars (g)	16.6	27.6
											Sodium (mg)	150	250
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y	T	T	Y		T	T	T				Y		
<b>McFlurry - M&amp;M Minis@</b>											Avg Qty / Serve	Avg Qty / 100g	
SUNDAE MIX: <b>Milk</b> , <b>Milk</b> Solids, Sugar, <b>Cream</b> , Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.											Energy (kJ)	1690	897
<b>OR</b>											Energy (Cal)	402	214
Milk, Sugar, Skim <b>Milk</b> , <b>Milk</b> Solids, <b>Cream</b> , Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Protein (g)	8.1	4.3
<b>OR</b>											Fat, total (g)	15.6	8.3
Milk, Sugar, <b>Cream</b> , Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), <b>Milk</b> Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).											Saturated Fat (g)	9.9	5.3
MINI M&M'S: <b>Milk</b> Chocolate [Sugar, <b>Milk</b> Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier ( <b>Soy</b> Lecithin), Salt, Flavour], Sugar, Starch ( <b>wheat</b> ), Glucose Syrup (from <b>wheat</b> ), Colours (171, 133, 129, 110, 102), Vegetable Gum (414), Thickener (Dextrin), Glazing Agent (903).											Carbohydrate (g)	56.6	30.1
<i>Contains gluten, milk &amp; soy.</i>											Sugars (g)	52.3	27.8
<i>Traces of peanuts and tree nuts in the Mini M&amp;M's</i>											Sodium (mg)	111	59
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Y		Y	Y		T	T				T	Y	Y	

											Avg Qty / Serve	Avg Qty / 100g	
<b>McFlurry - Oreo</b>											Energy (kJ)	1340	782
<b>SUNDAE MIX:</b> Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.											Energy (Cal)	322	187
<b>OR</b>											Protein (g)	7.2	4.2
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Fat, total (g)	11.7	6.8
<b>OR</b>											Saturated Fat (g)	7.2	4.2
Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).											Carbohydrate (g)	46.5	27.0
<b>OREO COOKIE PIECES:</b> Wheat Flour, Sugar, Vegetable Oil (Palm Oil and Palm Kernel Oil, Contains Antioxidant [319]), Cocoa Powder, Starch, Invert Syrup, Salt, Raising/Leavening Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Emulsifier (Soy Lecithin), Flavour.											Sugars (g)	37.6	21.9
<i>Contains gluten, milk &amp; soy.</i>											Sodium (mg)	165	96
<i>Traces of egg, peanuts and sesame seeds in the Oreo Pieces.</i>											Gluten	Y	
											Eggs	T	
											Milk	Y	
											Soy	Y	
											Fish & Crustacea		
											Peanuts	T	
											Tree Nuts		
											Sesame Seeds	T	
											Sulphites		
											Lupin		
											Preservative	T	
											Flavour	Y	
											Colours		
<b>Soft Serve Cone</b>											Avg Qty / Serve	Avg Qty / 100g	
<b>SUNDAE MIX:</b> Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.											Energy (kJ)	613	686
<b>OR</b>											Energy (Cal)	146	163
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Protein (g)	3.9	4.4
<b>OR</b>											Fat, total (g)	4.6	5.2
Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).											Saturated Fat (g)	2.8	3.2
<b>CONE:</b> Wheat Flour, Sunflower Oil, Water, Soy Lecithin, Salt, Mineral Salt (500).											Carbohydrate (g)	22.0	24.6
<i>Contains gluten, milk and soy.</i>											Sugars (g)	17.1	19.1
<i>Note: CONES are produced in a facility which also produces products containing peanuts &amp; tree nuts (almonds &amp; hazelnuts).</i>											Sodium (mg)	55	61
											Gluten	Y	
											Eggs		
											Milk	Y	
											Soy	Y	
											Fish & Crustacea		
											Peanuts	T	
											Tree Nuts	T	
											Sesame Seeds		
											Sulphites		
											Lupin		
											Preservative	T	
											Flavour	Y	
											Colours		
<b>Soft Serve Cone with Flake</b>											Avg Qty / Serve	Avg Qty / 100g	
<b>SUNDAE MIX:</b> Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.											Energy (kJ)	802	819
<b>OR</b>											Energy (Cal)	191	195
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Protein (g)	4.6	4.7
<b>OR</b>											Fat, total (g)	7.2	7.4
Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).											Saturated Fat (g)	4.5	4.6
<b>FLAKE:</b> Full Cream Milk, Sugar, Cocoa Butter, Cocoa Mass, Milk Solids, Flavours, Soy Lecithin.											Carbohydrate (g)	26.8	27.4
<b>CONE:</b> Wheat Flour, Sunflower Oil, Water, Soy Lecithin, Salt, Mineral Salt (500).											Sugars (g)	21.8	22.3
<i>Contains gluten, milk and soy.</i>											Sodium (mg)	61	63
<i>FLAKE may contain traces of peanuts and tree nuts.</i>											Gluten	Y	
<i>Note: CONES are produced in a facility which also produces products containing peanuts &amp; tree nuts (almonds &amp; hazelnuts).</i>											Eggs		
											Milk	Y	
											Soy	Y	
											Fish & Crustacea		
											Peanuts	T	
											Tree Nuts	T	
											Sesame Seeds		
											Sulphites		
											Lupin		
											Preservative	T	
											Flavour	Y	
											Colours		

											Small		Large		
											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
<b>Sundae - Caramel</b>											Energy (kJ)	1440	824	2250	905
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.											Energy (Cal)	342	195	533	214
OR											Protein (g)	6.0	3.4	7.9	3.2
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Fat, total (g)	8.7	5.0	12.3	4.9
OR											Saturated Fat (g)	5.8	3.3	8.1	3.3
Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).											Carbohydrate (g)	59.5	34.0	96.6	38.9
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.											Sugars (g)	42.9	24.5	65.4	26.4
Contains milk.											Sodium (mg)	139	79	221	89
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours			
		Y								T	Y				
<b>Sundae - Hot Fudge</b>											Small		Large		
											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.											Energy (kJ)	1460	846	2280	938
OR											Energy (Cal)	347	201	542	222
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Protein (g)	6.4	3.7	8.6	3.5
OR											Fat, total (g)	9.7	5.6	14.4	5.9
Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).											Saturated Fat (g)	7.0	4.0	10.6	4.3
HOT 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, Flavouring, Preservative (202).											Carbohydrate (g)	58.3	33.7	94.2	38.7
Contains milk and soy.											Sugars (g)	47.1	27.2	73.8	30.3
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours			
		Y	Y							Y	Y				
<b>Sundae - Plain, Small</b>											Small		Large		
											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.											Energy (kJ)		848	628	
OR											Energy (Cal)		201	149	
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Protein (g)		5.5	4.1	
OR											Fat, total (g)		6.8	5.0	
Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).											Saturated Fat (g)		4.5	3.3	
Contains milk.											Carbohydrate (g)		29.6	21.9	
McDonald's Sundae without topping is available on request.											Sugars (g)		27.0	20.0	
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours			
		Y								T	Y				
<b>Sundae - Strawberry</b>											Small		Large		
											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.											Energy (kJ)	1210	708	1790	742
OR											Energy (Cal)	288	168	423	176
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.											Protein (g)	5.8	3.4	7.5	3.1
OR											Fat, total (g)	6.8	3.9	8.4	3.5
Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).											Saturated Fat (g)	4.5	2.6	5.6	2.3
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).											Carbohydrate (g)	50.6	29.5	78.9	32.8
Contains milk.											Sugars (g)	44.8	26.2	69.2	28.8
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours			
		Y								Y	Y				
<b>Yoghurt - Petit Miam Strawberry</b>											Small		Large		
											Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
Milk, Milk Solids, Water, Strawberry, Sugar, Apple, Thickener (1442), Mineral Calcium (341), Natural Flavours, Natural Colour (120), Acidity Regulators (331, 296), Vitamins D, Live Cultures (Acidophilus and Bifidus).											Energy (kJ)		213	304	
Contains milk.											Energy (Cal)		50	72	
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours			
		Y								Y	Y				