

McDonald's® Food Facts. Ingredients



We get questions every day about our food. So, we are pleased to provide our customers with McDonald's Food Facts – a complete ingredient list and nutritional analysis of many of our menu items. We hope that the information contained in this guide will answer any questions you may have.

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.

McDonald's attempts to provide nutrition and ingredient information regarding its products that is as complete as possible. Some menu items may not be available at all restaurants; test products, test formulations, regional products and/or limited time promotional products have not been included. The nutrition and ingredient information is based on standard product formulations, standard product assembly and standard serving sizes. 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 change periodically. Serving sizes may vary from quantity upon which the analysis was conducted. Serving size designation for beverages refers to total cup volume; the actual amounts of beverage (and ice) may vary. Nutrient results for menu items are rounded according to federal rounding regulations. No products are certified as vegetarian; all products may contain trace amounts of ingredients derived from animals.

McDonald's publishes updated versions of the "Food Facts" guide periodically. This guide reflects the ingredient and nutritional information for the products presented and available in Canada on April 5th, 2007. The information for our products is updated on a more frequent basis on our website at www.mcdonalds.ca.

If you wish further information or have food sensitivities or dietary concerns regarding specific ingredients in specific menu items, please contact us at:

McDonald's Food Information
c/o Customer Relations Department
McDonald's Restaurants of Canada Limited
McDonald's Place
Toronto, Ontario
M3C 3L4



INGREDIENTS

BREAKFAST SANDWICHES

Egg McMuffin® sandwich

English Muffin
Processed Cheese Slice
Egg
Canadian Bacon
Trans Fat Free Liquid
Margarine

Sausage McMuffin® with Egg sandwich

English Muffin
Processed Cheese Slice
Egg
Sausage patty
Trans Fat Free Liquid
Margarine

Bacon 'n Egg McMuffin® sandwich

English Muffin
Processed Cheese Slice
Egg
Bacon Strips
Trans Fat Free Liquid
Margarine

Big Breakfast®

English Muffin
Folded Eggs
Sausage Patty
Hash Browns
Trans Fat Free Liquid
Margarine

Hotcakes

Hotcakes
Becel[▼] Margarine Portion
Hotcake Syrup

Bacon & Egg Bagel

Bagel
Folded Eggs
Processed Cheese Slice
Breakfast Sauce
Bacon Strips
Trans Fat Free Liquid
Margarine

BLT Bagel

Bagel
Lettuce
Bacon Strips
Tomato Slice
Trans Fat Free Liquid
Margarine
Mayonnaise-style sauce

Breakfast Burrito

Tortilla
Egg Mixture
Processed Cheese Slice

Sausage McGRIDDLES® sandwich

McGriddles® Cakes
Sausage Patty

Bacon, Egg & Cheese McGRIDDLES® sandwich

Bacon Strips
Folded Eggs
McGriddles® Cakes
Processed Cheese Slice

Sausage, Egg & Cheese McGRIDDLES® sandwich

Sausage Patty
Folded Eggs
McGriddles® Cakes
Processed Cheese Slice

Bacon Strips: Pork, water, salt, sugar, natural hickory smoke flavouring, sodium phosphate, sodium erythorbate, sodium nitrite, smoke.

Bagel: Enriched wheat flour, water, liquid invert sugar, yeast, wheat gluten, salt, oat fiber, inactive yeast AND MAY CONTAIN ANY OR ALL OF THE FOLLOWING IN VARYING PROPORTIONS: propylene glycol, calcium propionate, wheat starch, ascorbic acid, enzymes, calcium stearate, silicon dioxide, hydroxypropyl distarch phosphate, corn starch, microcrystalline cellulose, dicalcium phosphate, sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate, solubilized wheat gluten, modified corn starch, sodium alginate mono-diglycerides, soy lecithin, polysorbate 60, sesame seeds.

Breakfast Sauce: Vegetable oil (soybean and/or canola), water, frozen egg yolk, seasoning blend [glucose solids, salt, sugar, spice, dehydrated cheese (skim milk, salt, enzymes), sodium benzoate, potassium sorbate, buttermilk powder, natural (dairy source) and artificial flavour, disodium inosinate, disodium guanylate, calcium disodium EDTA], frozen egg white, vinegar, salt, concentrated lemon juice, modified corn starch, propylene glycol alginate, natural (dairy and vegetable sources) and artificial flavour, xanthan gum, colour (turmeric).

Becel[▼] Margarine Portion: Canola oil, Sunflower oil, water, modified palm and palm kernel oils, salt, whey powder, soy lecithin, potassium sorbate, monoglycerides, artificial flavour, vitamin A palmitate, colour, citric acid, vitamin D3.

Canadian Bacon: Pork, water, salt, sugar, sodium phosphate, dextrose, carrageenan, sodium erythorbate, sodium nitrite, smoke.

Egg: Canada Grade A Large egg. Cooked on a grill lightly seasoned with trans fat free cooking spray (Canola oil, water, salt, hydrogenated cottonseed oil, soy lecithin, soy mono and diglycerides, potassium sorbate, artificial flavour, citric acid, vitamin A palmitate, vitamin D3 and may contain artificial colour).

Egg Mixture: Pre-cooked eggs (whole eggs, skim milk, soybean oil, modified corn starch, salt, black pepper flavour (corn starch, spices, mixed triglycerides, flavouring, silicon dioxide, gelatin (pork), carboxymethyl cellulose, sodium benzoate, citric acid, gum acacia), black pepper extract, xanthan gum, citric acid, artificial butter flavour (butter (cream), lipolyzed butter oil, triglycerides, artificial butter flavours, soybean oil, natural flavour (dairy source), annatto extract)), pre-cooked sausage (pork, water, salt, dextrose, spices, corn syrup solids, sugar), vegetables (tomatoes, green chilies, onions, calcium chloride, citric acid).

English Muffin: Enriched wheat flour, water, yeast, glucose-fructose, corn flour, salt, vegetable oil (canola and/or soybean), cornmeal, calcium sulfate, soy flour, monocalcium phosphate, calcium propionate, artificial flavour, diacetyl tartaric acid esters of mono and diglycerides, soy lecithin, citric acid, enzymes AND MAY CONTAIN ANY OR ALL OF THE FOLLOWING IN VARYING PROPORTIONS: calcium carbonate, ammonium sulphate, potassium sorbate, wheat gluten, calcium silicate, malted barley flour, calcium citrate.

Folded Eggs (BAGEL SANDWICHES, BIG BREAKFAST®, McGRIDDLES®): Whole eggs, modified corn starch, soybean oil, egg flavour, sodium phosphate, carrageenan gum, flavour enhancer (salt, maltodextrin, natural flavour), spices, turmeric (added for colour), citric acid. Cooked on a grill lightly seasoned with trans fat free cooking spray (Canola oil, water, salt, hydrogenated cottonseed oil, soy lecithin, soy mono and diglycerides, potassium sorbate, artificial flavour, citric acid, vitamin A palmitate, vitamin D3 and may contain artificial colour).

Hash Browns: Potatoes, a blend of beef tallow and cottonseed oil, salt, dextrose, sodium acid pyrophosphate (added to preserve natural colour), spices and cooked in A/V shortening (beef fat and cottonseed oil, monoglyceride citrate, propyl gallate, propylene glycol).

Hotcakes: Water, enriched wheat flour, whey, corn flour, soybean oil, whole egg, sugar, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), high fructose corn syrup, dextrose, emulsifier (propylene glycol monostearate, soy monoglycerides, sodium stearyl lactylate), soy lecithin, salt, artificial flavour, xanthan gum, colour (carrot extract).

Hotcake Syrup: Glucose-fructose, sugar, water, natural (vegetable source) and artificial maple flavour, potassium sorbate, caramel colour.

Mayonnaise Style Sauce: Vegetable oil (soybean and/or canola), water, frozen yolk, vinegar, sugar, salt, spices, xanthan gum, potassium sorbate, calcium disodium EDTA.

McGriddles® Cakes: Water, enriched bleached wheat flour (bleached flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, dextrose, palm oil, soybean oil, brown sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), natural and artificial flavours (contain milk, soy), rice flour, whey powder, salt, modified tapioca starch, buttermilk powder, colour (caramel), soybean lecithin, carnauba wax, preservatives (TBHQ, citric acid).

Processed Cheese Slice: Cheese (milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase), modified milk ingredients, water, sodium citrate and/or sodium phosphate, salt, potassium sorbate, citric acid, colour, soy lecithin.

Sausage Patty: Pork, water, salt, dextrose, sugar, glucose solids, spices.

Tortilla: Enriched bleached wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid,), water, vegetable shortening (interesterified soybean oil, fully hydrogenated soybean oil). contains 2% or less of the following: sugar, salt, baking powder (sodium bicarbonate, corn starch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), vital wheat gluten, monoglycerides, dough conditioner (sodium metabisulfite (less than 10 ppm), corn starch, microcrystalline cellulose, dicalcium phosphate).

Trans Fat Free Liquid Margarine: Canola oil, water, salt, hydrogenated cottonseed oil, soy lecithin, soy mono and diglycerides, potassium sorbate, artificial flavour, citric acid, vitamin A palmitate, vitamin D3 and may contain artificial colour.

SANDWICHES

Big Mac® sandwich

Beef Patties
Big Mac® Bun
Onions (dehydrated)
Pickle Slices
Lettuce
Big Mac® Sauce
Processed Cheese Slice
Grill Seasoning

Quarter Pounder with Cheese® sandwich

Quarter Pounder Beef Patty
Sesame Seed Bun
Mustard
Ketchup
Slivered Onions
Pickle Slices
Processed Cheese Slices
Grill Seasoning

Cheeseburger

Beef Patty
Regular Bun
Mustard
Ketchup
Pickle Slices
Onions (dehydrated)
Processed Cheese Slice
Grill Seasoning

Big Xtra® sandwich

Quarter Pounder Beef Patty
Sesame Seed Bun
Ketchup
Pickle Slices
Slivered Onions
Tomato Slice
Lettuce
Mayonnaise-style Sauce
Grill Seasoning

Bacon Cheeseburger

Beef Patty
Bacon Strips
Regular Bun
Mustard
Ketchup
Pickle Slices
Onions (dehydrated)
Processed Cheese Slice
Grill Seasoning

Double Cheeseburger

Beef Patties
Regular Bun
Mustard
Ketchup
Pickle Slices
Onions (dehydrated)
Processed Cheese Slices
Grill Seasoning

Filet-O-Fish® sandwich

Regular Bun
Filet-O-Fish® Portion
Tartar Sauce
Processed Cheese Slice
Salt

McChicken® sandwich

Sesame Seed Bun
McChicken® Portion
McChicken® Sauce
Lettuce

Crispy Chicken sandwich

Sesame Seed Bun
Crispy Chicken Portion
Leaf Lettuce
Tomato Slice
McChicken® Sauce

Chicken McGrill® sandwich

Sesame Seed Bun
Chicken McGrill® Portion
Leaf Lettuce
Tomato Slice
McChicken® Sauce

Junior Chicken sandwich

Regular Bun
Junior Chicken Patty
Lettuce
Mayonnaise-style Sauce

Chicken Snack Wrap™

Tortilla
Chicken Selects® Strip
Lettuce
Premium Ranch Dressing
Shredded Cheese Blend

Bacon Strips: Pork, water, salt, sugar, natural hickory smoke flavouring, sodium phosphate, sodium erythorbate, sodium nitrite, smoke.

Beef Patty (Hamburger, Cheeseburger, Big Mac®, Bacon Cheeseburger, Double Cheeseburger): 100% pure beef.

Quarter Pounder Beef Patty (Big Xtra®, Quarter Pounder with Cheese®): 100% pure beef.

Big Mac® Bun: Enriched wheat flour, water, sugar and/or glucose-fructose, yeast, vegetable oil (soybean and/or canola), salt, calcium sulphate, AND MAY CONTAIN ANY OR ALL OF THE FOLLOWING IN VARYING PROPORTIONS: diacetyl tartaric acid esters of mono and diglycerides, vegetable mono and diglycerides, calcium propionate, sodium stearoyl-2- lactylate, corn flour, calcium phosphate, soy flour, sunflower oil, wheat starch, ammonium phosphate, calcium peroxide, wheat gluten, ethanol, sorbitol, polysorbate 20, sodium propionate, enzymes, dextrin, corn starch, wheat starch, cellulose gum, ammonium sulfate, malt, calcium carbonate, sesame seeds.

Big Mac® Sauce: Vegetable oil (soybean and/or canola), relish (diced pickles, glucose-fructose, vinegar, potassium sorbate, xanthan gum, natural flavour (vegetable source)), mustard (water, vinegar, mustard seed, salt, sugar, colour (caramel), spices), water, frozen yolk, vinegar, onion powder, salt, spices, potassium sorbate, propylene glycol alginate, garlic powder, hydrolyzed plant protein (corn, soy, wheat gluten), colour (paprika), calcium disodium EDTA.

Chicken Selects® Strip: Chicken breast meat, water, seasoning (salt, carrageenan gum, corn starch, corn maltodextrin, disodium inosinate & disodium guanylate, spice, flavor (contains chicken fat & broth), yeast extract, gelatin, polysorbate 80, canola oil & soybean oil, silicon dioxide), modified potato starch, sodium phosphates. Breaded with: wheat flour, water, modified corn starch, salt, spice, garlic powder, onion powder, sodium bicarbonate, sodium aluminum phosphate, soybean oil, dextrose, monocalcium phosphate. Cooked in 100% vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with THBQ, citric acid and dimethylpolysiloxane).

Chicken McGrill® Portion: Chicken breast, water, salt, sugar, garlic powder, onion powder, spices, modified milk ingredients, hydrogenated soybean and cottonseed oil, corn maltodextrin, romano and parmesan cheese, sodium phosphate, disodium inosinate, disodium guanylate, citric acid.

Crispy Chicken Portion: Skinless chicken breast, water, spices (salt, modified rice starch, spice, carrageenan, silicon dioxide), sodium phosphates. Coated with: wheat flour, water, wheat crumbs (contains soybean oil), modified corn starch, salt, spice, wheat gluten, soybean oil, baking powder. Cooked in 100% vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with THBQ, citric acid and dimethylpolysiloxane).

Filet-O-Fish® Portion: Cod or Alaskan Pollock or Hoki, enriched bleached wheat flour, water, modified corn starch, yellow corn flour, salt, dextrose, sugar, dried yeast, cellulose gum, coloured with paprika and turmeric extracts, natural flavour (vegetable source). Cooked in 100% vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with THBQ, citric acid and dimethylpolysiloxane).

Grill Seasoning: Salt, spice, sunflower oil.

Junior Chicken Patty: Chicken meat, water, chicken skin, salt, and sodium phosphates. Breaded with: wheat flour, water, toasted wheat crumbs, modified corn starch, salt, spice, wheat gluten, garlic powder, baking powder, flavour (contains soy lecithin), silicon dioxide and vegetable oil. Cooked in 100% vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with THBQ, citric acid and dimethylpolysiloxane).

Ketchup: Tomato paste (made from fresh ripe tomatoes), liquid sugar, white vinegar, salt, onion powder, spices.

Lettuce: Shredded Iceberg lettuce.

Mayonnaise-Style Sauce: Vegetable oil (soybean and/or canola), water, frozen yolk, vinegar, sugar, salt, spices, xanthan gum, potassium sorbate, calcium disodium EDTA.

McChicken® Sauce: Vegetable oil (soybean and/or canola), water, frozen yolk, vinegar, sugar, salt, spices, xanthan gum, potassium sorbate, calcium disodium EDTA.

McChicken® Portion: Chicken meat, chicken skin, salt, flavour [hydrolyzed plant protein (corn, soy, wheat gluten), disodium inosinate, disodium guanylate]. Coated with: wheat flour, water, toasted wheat crumbs, modified corn starch, corn starch, yellow corn flour, salt, vegetable oil shortening (soybean), sodium bicarbonate, sodium aluminum phosphate, spices, sodium aluminum silicate (manufacturing aid), modified milk ingredients, wheat starch. Cooked in 100% vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with THBQ, citric acid and dimethylpolysiloxane).

Mustard: Water, white vinegar, mustard seed, salt, turmeric, mustard bran, spices (paprika, clove).

Onions (dehydrated): 100% onions.

Pickle Slices: Cucumbers, water, white vinegar, salt, calcium chloride, aluminum sulfate, spices, polysorbate 80, turmeric and sodium benzoate. May contain potassium sorbate.

Premium Ranch Dressing: Water, soybean oil, corn syrup solids, dehydrated buttermilk, distilled vinegar, egg yolks, salt, sugar, modified corn starch, dehydrated garlic, dehydrated onion, chives, modified tapioca starch, natural flavors (dairy source), lactic acid, parsley, xanthan gum, lemon juice concentrate, sodium benzoate, propylene glycol alginate.

Processed Cheese Slice: Cheese (milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase), modified milk ingredients, water, sodium citrate and/or sodium phosphate, salt, potassium sorbate, citric acid, colour, soy lecithin.

Regular Bun: Enriched wheat flour, water, sugar and/or glucose-fructose, yeast, vegetable oil (soybean and/or canola), salt, calcium sulphate, AND MAY CONTAIN ANY OR ALL OF THE FOLLOWING IN VARYING PROPORTIONS: diacetyl tartaric acid esters of mono and diglycerides, vegetable mono and diglycerides, calcium propionate, sodium stearoyl-2- lactylate, corn flour, calcium phosphate, soy flour, sunflower oil, wheat starch, ammonium phosphate, calcium peroxide, wheat gluten, ethanol, sorbitol, polysorbate 20, sodium propionate, enzymes, dextrin, corn starch, wheat starch, cellulose gum, ammonium sulfate, malt, calcium carbonate, sesame seeds.

Sesame Seed Bun: Enriched wheat flour, water, sugar and/or glucose-fructose, yeast, vegetable oil (soybean and/or canola), salt, calcium sulphate, AND MAY CONTAIN ANY OR ALL OF THE FOLLOWING IN VARYING PROPORTIONS: diacetyl tartaric acid esters of mono and diglycerides, vegetable mono and diglycerides, calcium propionate, sodium stearoyl-2- lactylate, corn flour, calcium phosphate, soy flour, sunflower oil, wheat starch, ammonium phosphate, calcium peroxide, wheat gluten, ethanol, sorbitol, polysorbate 20, sodium propionate, enzymes, dextrin, corn starch, wheat starch, cellulose gum, ammonium sulfate, malt, calcium carbonate, sesame seeds.

Slivered Onions: Onions.

Tartar Sauce: Vegetable oil (soybean and/or canola), relish (diced pickles, vinegar, salt, capers, xanthan gum, potassium sorbate, natural flavour (vegetable souce)), frozen yolk, water, onions, vinegar, sugar, salt, spices, potassium sorbate, xanthan gum, dehydrated parsley, calcium disodium EDTA.

Tomato Slice: Sliced Tomato.

Tortilla: Enriched bleached wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid,), water, vegetable shortening (interesterified soybean oil, fully hydrogenated soybean oil). Contains 2% or less of the following: sugar, salt, baking powder (sodium bicarbonate, corn starch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), vital wheat gluten, monoglycerides, dough conditioner (sodium metabisulfite (less than 10 ppm), corn starch, microcrystalline cellulose, dicalcium phosphate).

Chicken McNuggets® / Sauces

White Meat CHICKEN MCNUGGETS®: Chicken meat, water, modified corn starch, salt, chicken broth powder (chicken broth, salt and natural chicken flavouring), seasoning [(vegetable oil (soybean and/or canola), extracts of rosemary, mono, di and triglycerides (from sunflower oil) and soy lecithin)]. Breaded with: water, wheat flour, yellow corn flour, modified corn starch, salt, baking powder, spices (white and black pepper, celery seed), wheat starch, whey powder, sodium aluminum phosphate, corn starch, partially hydrogenated soybean oil (manufacturing aid). Cooked in 100% vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with THBQ, citric acid and dimethylpolysiloxane).

Barbeque Sauce: Glucose-fructose, water, white vinegar, tomato paste, salt, modified corn starch, seasonings, canola and/or soybean oil, hydrolyzed brewers and torula yeast protein, spices, xanthan gum, onion powder, potassium sorbate, sodium benzoate, garlic powder, autolyzed yeast extract, disodium inosinate and disodium guanylate, wheat flour.

Honey Sauce: Honey, glucose-fructose, natural honey flavour.

Sweet and Sour Sauce: Glucose-fructose, water, concentrated peach puree, vinegar, seasonings (contains wheat, soybeans, garlic powder, onion powder), salt, canola and/or soybean oil, modified corn starch, xanthan gum, spices, sodium benzoate, natural apricot flavour, colour.

Tangy Mustard Sauce: Water, sugar, Dijon mustard (distilled vinegar, mustard seed, salt, water, white wine, spices), honey, canola and/or soybean oil, glucose solids, vinegar, modified corn starch, frozen yolk, spices and seasoning, colour (caramel, titanium dioxide), xanthan gum, salt, sodium benzoate, propylene glycol alginate.

TOASTED DELI SANDWICHES

Assorted Cold Cuts

French Roll or
Whole Wheat Roll
Ham
Pepperoni
Salami
Lettuce
Tomato Slice
Slivered Onions
Mayonnaise-Style Sauce
Mustard

Black Forest Ham & Swiss

French Roll or
Whole Wheat Roll
Black Forest Ham
Swiss Cheese
Lettuce
Tomato Slice
Mayonnaise-Style Sauce

BLT

French Roll or
Whole Wheat Roll
Bacon Strips
Lettuce
Tomato Slice
Mayonnaise-Style Sauce

Crispy Chicken Caesar

French Roll or
Whole Wheat Roll
Crispy Chicken Portion
Bacon Strips
Lettuce
Three Cheese Caesar
Sauce

Grilled Chicken Caesar

French Roll or
Whole Wheat Roll
Crispy Chicken Portion
Bacon Strips
Lettuce
Three Cheese Caesar
Sauce

Oven-Roasted Turkey

French Roll or
Whole Wheat Roll
Oven-Roasted Turkey
Lettuce
Tomato Slice
Low-Fat Mayonnaise Style
Sauce

Philly Cheese Steak

French Roll or
Whole Wheat Roll
Grilled Sliced Beef and
Onions
Cheddar Cheese Sauce
Green Peppers
Slivered Onions

Turkey BLT

French Roll or
Whole Wheat Roll
Oven-Roasted Turkey
Bacon Strips
Lettuce
Tomato Slice
Mayonnaise-Style Sauce
Mustard

Three Cheese Caesar Sauce: Vegetable oil (soybean and/or canola), water, parmesan, romano and asiago cheeses, vinegar, frozen yolk, salt, sugar, spices and seasoning, concentrated lemon juice, natural flavour (vegetable source), xanthan gum, potassium sorbate, sodium benzoate, calcium disodium EDTA, anchovies.

Bacon Strips: Pork, water, salt, sugar, natural hickory smoke flavouring, sodium phosphate, sodium erythorbate, sodium nitrite, smoke.

Black Forest Ham: Pork, water, salt, dextrose, sugar, sodium phosphate, carrageenan, sodium nitrate, sodium ascorbate and/or sodium erythorbate, smoke, and may contain flavouring (contains soy and corn, spices), smoke flavour.

Cheddar Cheese Sauce: Water, modified milk ingredients, canola oil, cheese (milk, cheese culture, salt, enzymes), cheese flavour, maltodextrin, sodium phosphate, salt, lactic acid, modified corn starch, sodium alginate, sorbic acid, colour, lipase.

Green Peppers: Silvered green peppers.

Grilled Sliced Beef and Onions: Sliced beef (beef, water, dextrose, sodium phosphate, modified food starch (corn, potato), salt, autolyzed yeast, hydrolyzed corn protein), onions, peppers, dextrose, salt, caramel colour, spices, flavouring, paprika, hydrolyzed corn protein, grill flavour (maltodextrin, hydrogenated cottonseed and soybean oil), modified food starch (corn, potato), corn syrup solids, natural smoke flavour, guar gum.

Ham: Pork, water, salt, sugar, sodium phosphate, dextrose, carrageenan, sodium erythorbate, sodium nitrite.

Crispy Chicken Portion: Skinless chicken breast, water, spices (salt, modified rice starch, spice, carrageenan, silicon dioxide), sodium phosphates. Coated with: wheat flour, water, wheat crumbs (contains soybean oil), modified corn starch, salt, spice, wheat gluten, soybean oil, baking powder. Cooked in 100% vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with THBQ, citric acid and dimethylpolysiloxane).

French Roll: Enriched wheat flour, water, yeast, sugar, wheat gluten, salt AND MAY CONTAIN ANY OR ALL OF THE FOLLOWING IN VARYING PROPORTIONS: canola oil, dried wheat sourdough, acetylated tartaric acid esters of mono and diglycerides, rye leaven, cellulose gum, calcium propionate, malted barley flour, fumaric acid, acetic acid, lactic acid, ascorbic acid, enzymes. May contain traces of sesame seeds.

Low-Fat Mayonnaise Style Sauce: Water, glucose, modified corn starch, canola oil, liquid egg white, vinegar, maltodextrin, salt, flavour, cellulose gel and gum, spices, artificial colour, xanthan gum, sodium benzoate, colour, calcium disodium EDTA, soy lecithin.

Mayonnaise-Style Sauce: Vegetable oil (soybean and/or canola), water, frozen yolk, vinegar, sugar, salt, spices, xanthan gum, potassium sorbate, calcium disodium EDTA.

Mustard: Water, white vinegar, mustard seed, salt, turmeric, mustard bran, spices (paprika, clove).

Oven-Roasted Turkey: Turkey breast, turkey broth (water, turkey broth solids, salt, flavours), sodium lactate, salt, flavour (modified corn starch), cultured corn syrup solids, sodium phosphate, carrageenan.

Pepperoni: Pork, beef, mechanically separated chicken, water, wheat flour, spices, salt, modified wheat flour, sodium phosphate, sugar, sodium erythorbate, sodium nitrite, smoke.

Salami: Pork, beef, water, mechanically separated chicken, modified starch (potato, tapioca), salt, spices, sodium phosphate, sugar, sodium erythorbate, sodium ascorbate, sodium nitrite, smoke.

Lettuce: Shredded Iceberg lettuce.

Sliced Tomato: Tomato.

Slivered Onions: Onions.

Swiss Cheese: Pasteurized milk, bacterial culture, salt, calcium chloride, microbial enzyme.

Whole Wheat Roll: Whole wheat flour, water, yeast, wheat gluten, salt, vegetable oil (canola and/or soybean) AND MAY CONTAIN ANY OR ALL OF THE FOLLOWING IN VARYING PROPORTIONS: sugar, wheat bran, dextrose, monoglycerides, acetylated tartaric acid esters of mono and diglycerides, calcium propionate, caramel colour, calcium stearoyl-2-lactylate, calcium sulphate, potassium iodate, guar gum, corn syrup solids, malted barley flour, cellulose gum, fumaric acid, acetic acid, lactic acid, sodium stearoyl lactylate, ascorbic acid, enzymes. May contain traces of sesame seeds.

French Fries

French Fries: Potatoes, a blend of partially hydrogenated fat and oil (beef fat and cottonseed oil), may contain dextrose and sodium acid pyrophosphate and cooked in an A/V shortening (beef fat and cottonseed oil, monoglyceride citrate, propyl gallate, propylene glycol).

Shortening Blends

100% Vegetable oil (For Crispy Chicken, Chicken McNuggets®, Filet-O-Fish®, McChicken®, Junior Chicken): Canola oil, corn oil, soybean oil, hydrogenated soybean oil with THBQ, citric acid and dimethylpolysiloxane.

A/V Shortening Blend (For French Fries and Hash Browns): Beef fat and cottonseed oil, monoglyceride citrate, propyl gallate, propylene glycol.

SALADSPLUS®

Fruit 'n Yogurt Parfait™

Fruit
Vanilla Yogurt
Granola

Chicken Fajitas

Flour Tortillas
Chicken Breast Strips
Green Peppers
Slivered Onions
Diced Tomatoes
Shredded Cheese
Blend

Bacon Ranch Salada

Lettuces and Mixed Greens
Grape Tomatoes
Bacon Bits
Shredded Cheese Blend
NEWMAN'S OWN†
Ranch Dressing

Side Garden Salad

Lettuces and Mixed Greens
Grape Tomatoes
NEWMAN'S OWN†
Low Fat Family Recipe
Italian Dressing

Chicken Oriental Salada

Lettuces and Mixed Greens
Mandarin Orange Segments
Oriental Noodles
NEWMAN'S OWN† Low Fat Sesame Thai Dressing

Chicken Caesar Salada

Lettuces and Mixed Greens
Shredded Parmesan Cheese
Croutons
Bacon Bits
NEWMAN'S OWN† Caesar Dressing

■ Available with either warm Chicken McGrill® or Crispy Chicken

Apple Slices: Apples, calcium ascorbate (added to maintain colour).

Bacon Bits: Pork, water, salt, sugar, natural hickory smoke flavouring, sodium phosphate, sodium erythorbate, sodium nitrite, smoke.

Blueberries: Blueberries.

Caramel Dip: Glucose-fructose, sweetened condensed whole milk (milk, sugar), water, butter, sugar, salt, disodium phosphate, pectin, colour, artificial flavour, potassium sorbate, sodium phosphate.

Chicken Breast Strips: Sliced chicken breast, water, tapioca starch, salt, sugar, sodium phosphate, dextrose, xylose, sucrose, maltodextrin, white wine extract, flavouring (contains milk protein, lactose and wheat gluten), malt vinegar, celery powder, citric acid.

Chicken McGrill® Portion: Chicken breast, water, salt, sugar, garlic powder, onion powder, spices, modified milk ingredients, hydrogenated soybean and cottonseed oil, corn maltodextrin, romano and parmesan cheese, sodium phosphate, disodium inosinate, disodium guanylate, citric acid.

Crispy Chicken Portion: Skinless chicken breast, water, spices (salt, modified rice starch, spice, carrageenan, silicon dioxide), sodium phosphates. Coated with: wheat flour, water, wheat crumbs (contains soybean oil), modified corn starch, salt, spice, wheat gluten, soybean oil, baking powder. Cooked in 100% vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with THBQ, citric acid and dimethylpolysiloxane).

Croutons: Enriched wheat flour (wheat flour, barley malt, ferrous sulfate, niacin, thiamine, riboflavin, folic acid), partially hydrogenated soybean oil, water, glucose-fructose, contains less than 2% of each of the following: yeast, salt, whey, maltodextrin, calcium propionate, alpha-tocopherol, garlic powder, sugar, natural and artificial flavours, dehydrated parsley, beta carotene, L-cysteine.

Tortilla: Enriched bleached wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid.), water, vegetable shortening (interesterified soybean oil, fully hydrogenated soybean oil). contains 2% or less of the following: sugar, salt, baking powder (sodium bicarbonate, corn starch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), vital wheat gluten, monoglycerides, dough conditioner (sodium metabisulfite (less than 10 ppm), corn starch, microcrystalline cellulose, dicalcium phosphate).

Granola: Whole grain rolled oats, brown sugar, crisp rice (rice flour, rice bran, salt, and malt), dried high maltose corn syrup, honey, sunflower oil, salt, baking soda, apple puree concentrate, sodium aluminum phosphate, cinnamon, soy lecithin, crushed oranges, natural flavour (vegetable source).

Grape Tomatoes: Grape tomatoes

Green Peppers: Slivered green peppers.

Lettuces and Mixed greens: Iceberg Lettuce, Romaine Lettuce, Spring Mix (may contain Baby Red Romaine, Baby Green Romaine, Baby Red Leaf, Baby Green Leaf, Baby Red Swiss Chard, Baby Red Oak, Baby Green Oak, Lolla Rosa, Tango, Tatsoi, Arrugula, Mizuna, Radina, Radicchio), may contain carrots. Currently does not contain Spinach.

Mandarin Orange Segments: Mandarin orange segments, water, sugar, citric acid.

NEWMAN'S OWN† All Natural Salad Dressings

NEWMAN'S OWN† Creamy Caesar Dressing: Water, soybean oil, vinegar, blend of parmesan, Romano, and granular cheeses (part skim milk, bacterial cultures, salt, enzymes, whey, lactic acid, citric acid), fructose, egg yolks, corn starch, salt, dehydrated anchovy (dextrin, anchovy extract, salt), olive oil, spices, lactic acid, worcestershire sauce [distilled vinegar, molasses, glucose, water, salt, caramel colour, garlic powder, sugar, spices, tamarind, natural flavour (fruit source)], xanthan gum, dehydrated garlic, dehydrated onion. Contains sulphites.

NEWMAN'S OWN† Low Fat Family Recipe Italian Dressing: Water, corn syrup solids, distilled vinegar, Romano cheese (part skim milk, cheese cultures, salt, enzymes), soybean oil, salt, sugar, dehydrated onion, anchovies, dehydrated garlic, spices, xanthan gum, paprika, barley malt extract (contains barley gluten), citric acid, hydrolyzed soy protein, worcestershire sauce {distilled vinegar, molasses, corn syrup, water, salt, caramel colour, garlic powder, sugar, spices, tamarind, natural flavour(vegetable source)}.

NEWMAN'S OWN† Low Fat Sesame Thai: Soy sauce (water, wheat, soybeans, salt), glucose-fructose, water, rice vinegar, vinegar, soybean oil, corn starch, sesame oil, xanthan gum, dehydrated garlic, spices, caramel colour, sesame seeds, lemon juice concentrate, dehydrated onion.

NEWMAN'S OWN† Ranch: Water, soybean oil, glucose-fructose, dehydrated buttermilk, vinegar, egg yolks, salt, sugar, corn starch, chives, dehydrated garlic, dehydrated onion, natural flavours (dairy source), lactic acid, parsley, xanthan gum, lemon juice concentrate.

Oriental Noodles: Enriched wheat flour, vegetable oil (canola oil, dimethylpolysiloxane, TBHQ), frozen whole egg and/or frozen albumen, wheat starch, salt, baking powder, sodium stearoyl lactylate, sodium propionate, potassium sorbate, artificial colour (FD&C Yellow No. 5 & 6 & Red No. 40).

Salsa: Water, tomatoes, onions, jalapeno peppers, green bell peppers, vinegar, salt, glucose-fructose, vegetable oil (soybean and/or canola), xanthan gum, dehydrated onion, citric acid, sodium benzoate, potassium sorbate, spices, garlic, ascorbic acid.

Shredded Cheese Blend (A mixture of Cheddar and Monterey Jack cheeses): Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzymes, colour (beta-carotene) and cellulose.

Shredded Parmesan Cheese: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose.

Strawberries: Strawberries

Tomatoes: Grape or sliced tomatoes.

Vanilla Yogurt: Milk ingredients, sugar, fructose, modified corn starch, modified milk ingredients, corn starch, active bacterial cultures, gelatin (animal based), artificial flavour.

Baked Muffins

Carrot Muffin: Wheat flour, carrots, sugar, canola oil, egg white, water, invert sugar, baking powder, batter thickener (carrageenan, guar gum, soy lecithin), cinnamon, sodium bicarbonate, emulsifier blend (propylene glycol mono fatty acid esters, monoglycerides [contain soy], sodium stearoyl-2-lactylate), salt.

Blueberry Muffin: Wheat flour, sugar, water, blueberries, canola oil, egg white, modified milk ingredients, batter thickener (carrageenan, guar gum, soy lecithin), sodium aluminum phosphate, sodium bicarbonate, emulsifier blend (propylene glycol mono fatty acid esters, monoglycerides [contain soy], sodium stearoyl-2-lactylate), sodium carboxymethyl cellulose, modified corn starch, salt, artificial flavour.

Slim Sensations Cranberry Orange Muffin: Wheat flour, sugar, cranberries, egg white, water, canola oil, invert sugar, yogurt (skim milk, skim milk powder, modified corn starch, pectin, carrageenan, active bacterial culture), buttermilk (skimmed milk, bacterial culture, salt), oranges, orange juice concentrate, emulsifier blend (propylene glycol mono fatty acid esters, monoglycerides [contain soy], sodium stearoyl-2-lactylate), baking powder, batter thickener (carrageenan, guar gum, soy lecithin), salt, sodium bicarbonate, natural (orange) and artificial flavour, sodium carboxymethyl cellulose, colour, citric acid.

Fruit 'n Fibre Muffin: Wheat flour, sugar, bananas, canola oil, egg white, wheat bran, blueberries, cranberries, buttermilk (skimmed milk, bacterial culture, salt), water, sodium bicarbonate, batter thickener (carrageenan, guar gum, soy lecithin), modified corn starch, baking powder, emulsifier blend (propylene glycol mono fatty acid esters, monoglycerides [contain soy], sodium stearoyl-2-lactylate), sodium carboxymethyl cellulose, salt, artificial flavour.

Desserts

“Original Recipe” McDONALDLAND® Cookies: Enriched wheat flour, sugar/glucose-fructose, vegetable oil shortening (hydrogenated soybean and/or cottonseed oil with TBHQ and citric acid), salt, baking powder, soy lecithin, ammonium bicarbonate, natural flavour (vegetable source). May contain traces of peanut and tree nuts.

Baked Apple Pie:

Pastry: Enriched wheat flour, vegetable shortening (hydrogenated soybean and/or cottonseed oil, soy lecithin, artificial butter flavour, natural colour (beta carotene)), water, sugar, salt, yeast, L-cysteine hydrochloride.

Apple Filling: Apples (apples, salt, erythorbic acid and/or ascorbic acid, citric acid), glucose-fructose, sugar, water, modified corn starch, sorbitol, dextrose, sodium alginate, spices (cinnamon, nutmeg), salt, sodium citrate, dicalcium phosphate, citric acid, natural (korinji cinnamon) and artificial cinnamon flavour.

Topping: Sugar, spices (Sou-chow cinnamon).

Vanilla Birthday Cake:

Cake: Wheat flour, sugar, vegetable oil shortening (palm and corn oil), dried egg white (egg whites, may contain sodium lauryl sulfate and/or bakers' yeast), dried egg yolk, modified corn and tapioca starch, propylene glycol mono and diesters, baking powder, dextrose, vegetable mono and diglycerides, salt, sodium aluminum phosphate, skim milk powder, sorbitan monostearate, guar gum, hydroxypropylmethylcellulose, cellulose gum, polysorbate 60, xanthan gum, soy lecithin, propylene glycol, BHT, citric acid, artificial flavour.

Topping: Shortening (hydrogenated canola and soybean oil, hydrogenated modified palm oil, vegetable mono and diglycerides, BHA, BHT, citric acid), icing sugar, invert sugar, white fondant (sugar, water, glucose), milk powder, dark vanilla (water, propylene glycol, artificial flavour, caramel colour, citric acid, sodium benzoate).

Image: corn starch, corn syrup solids, microcrystalline cellulose, water, sugar, glycerine, polyglycerol esters, potassium sorbate, citric acid, titanium dioxide, lecithin, algin, artificial colors (FD & C Blue #1 Lake, FD & C #40 Lake, FD & C Red #3, FD & C Yellow #6 Lake, turmeric).

Soft Serve Dairy Products

Vanilla Ice Milk: Modified milk ingredients, sugar, glucose, soy mono and diglycerides, guar gum, dextrose, artificial vanilla flavour, carrageenan, cellulose gum.

Cone: Enriched wheat flour, tapioca flour, sugar, vegetable oil (canola and/or soybean oil), soy lecithin, sodium bicarbonate, salt, natural colour (annatto), corn syrup.

Sundae Toppings

Hot Caramel Topping: Sugar/glucose-fructose, sweetened condensed milk (milk ingredients, sugar), butter, pectin, disodium phosphate, salt, artificial vanilla flavour.

Hot Fudge Topping: Sugar, water, milk ingredients, partially hydrogenated palm kernel oil, cocoa, corn dextrin, disodium phosphate, salt, sodium propionate, artificial vanilla flavour, potassium sorbate, soy lecithin.

Strawberry Topping: Sugar/glucose-fructose, strawberries, water, citric acid, pectin, natural (vegetable source) and artificial strawberry flavour, locust bean gum, potassium sorbate, colour (FD&C Red #40), calcium chloride.

Granulated Nuts: Peanuts.

McFlurry® Dessert Mix-ins

Smarties■ : Milk chocolate (sugar, milk ingredients, cocoa butter, unsweetened chocolate, soy lecithin, artificial flavour), sugar, wheat flour, modified corn starch, carnauba, colour (FD&C Red #3 & #40, Blue #1 & #2, Yellow #5 & #6).

Oreo††: Sugar, enriched flour, vegetable oil (coconut, modified palm), cocoa, corn starch, glucose, salt, soy lecithin, sodium bicarbonate, artificial vanilla flavour.

Cadbury◇ Caramilk◇

Milk Chocolate: Sugar, cocoa butter, milk ingredients, unsweetened chocolate, soy lecithin, natural (vegetable source) and artificial flavours.

Topping: Sugar/glucose-fructose, sweetened condensed milk (milk ingredients, sugar), butter, pectin, disodium phosphate, salt, artificial vanilla flavour.

Beverages

Coca-Cola▲: Carbonated water, sugar/glucose-fructose, caramel colour, phosphoric acid, natural flavours (vegetable source), caffeine.

Diet Coke▲: Carbonated water, caramel colour, phosphoric and citric acid, aspartame (contains phenylalanine), natural flavours (vegetable source), sodium benzoate, acesulfame-potassium, caffeine, dimethylpolysiloxane.

Sprite▲: Carbonated water, sugar/glucose-fructose, citric acid, sodium citrate, natural flavours (vegetable source), sodium benzoate.

Orange Soda: Water, sugar/glucose-fructose, citric acid, natural flavours (vegetable source), sodium benzoate, colour.

Barq's▲ Root Beer: Carbonated water, sugar/glucose-fructose, caramel colour, sodium benzoate, natural (vegetable source) and artificial flavours, citric acid, caffeine.

Fruitopia▲ Strawberry Passion Awareness▲ : Water, sugar/glucose-fructose, fruit juices from concentrate (apple, pear, strawberry, and passionfruit), citric acid, natural flavour (vegetable source), ascorbic acid, sodium benzoate, potassium citrate, potassium sorbate, colour, coconut oil.

Coffee: Café Roast – 100% roasted Arabica coffee.

Hot Chocolate: Sugar, water, hydrogenated soybean and palm oil, milk ingredients, cocoa, salt, disodium phosphate, soy lecithin, chocolate, artificial vanilla flavour, dextrose, carrageenan, mono and diglycerides, cellulose gum, polysorbate 80.

Iced Tea: Water, sugar/glucose-fructose, citric acid, concentrated tea from tea leaves, potassium citrate, sodium benzoate, natural lemon flavour.

Apple Juice: Pure apple juice, ascorbic acid (vitamin C).

Orange Juice: Pure orange juice from concentrate.

Triple Thick Milkshake®

Dairy Mix: Modified milk ingredients, sugar, glucose, soy mono and diglycerides, guar gum, dextrose, artificial vanilla flavour, carrageenan, cellulose gum.

Triple Thick Milkshake® Chocolate Syrup*: Glucose-fructose, water, dutch processed cocoa, natural (vegetable source) and artificial flavour, salt, potassium sorbate.

Triple Thick Milkshake® Strawberry Syrup*: Sugar/glucose-fructose, strawberries, water, natural (vegetable source) and artificial flavour, pectin, citric acid, potassium sorbate, xanthan gum, colour (caramel and Red #40), calcium chloride.

Triple Thick Milkshake® Vanilla Syrup*: Glucose syrup, water, natural flavour (vanilla extract), colour (caramel, beta-carotene), citric acid, potassium sorbate, soybean oil.

*May contain small amounts of other shake flavours

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