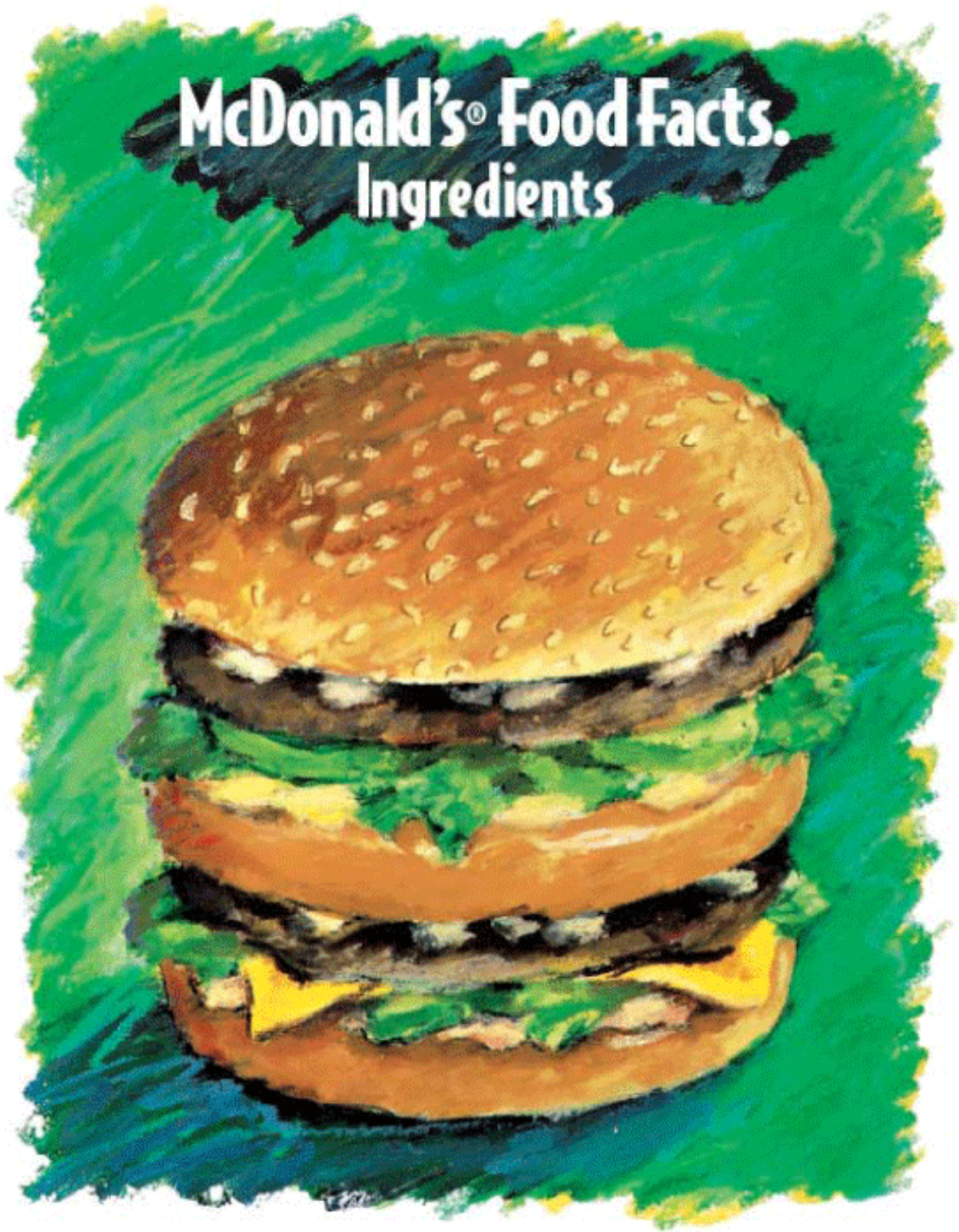


# McDonald's® Food Facts. Ingredients



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 the date as listed in the top left corner of this page. The information for our products is updated most frequently on our website at [www.mcdonalds.ca](http://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

#### **Bacon & Egg Bagel**

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

#### **Bacon 'n Egg McMuffin® sandwich**

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

#### **Bacon, Egg & Cheese McGriddles® sandwich**

Bacon Strips  
Folded Eggs  
McGriddles® Cakes  
Processed Cheese Slice

#### **Big Breakfast®**

English Muffin  
Folded Eggs  
Hashbrowns  
Sausage Patty  
Trans Fat Free Liquid  
Margarine

#### **Breakfast BLT Bagel**

Bacon Strips  
Bagel  
Lettuce  
Mayonnaise-Style Sauce  
Tomato Slice  
Trans Fat Free Liquid  
Margarine

#### **Breakfast Burrito**

New Tortilla  
Egg Mixture  
Processed Cheese Slice

#### **Egg McMuffin® sandwich**

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

#### **Hotcakes with Syrup and Becel® Margarine**

Becel® Margarine Portion  
Hotcake Syrup  
Hotcakes

#### **Sausage McGriddles® sandwich**

McGriddles® Cakes  
Sausage Patty

#### **Sausage McMuffin®**

English Muffin  
Processed Cheese Slice  
Sausage Patty  
Trans Fat Free Liquid  
Margarine

#### **Sausage McMuffin® with Egg sandwich**

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

#### **Sausage, Egg & Cheese McGriddles® sandwich**

Folded Eggs  
McGriddles® Cakes  
Processed Cheese Slice  
Sausage Patty

**New 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, Potassium Chloride, Trehalose, Flavoring Preparation, Salt, Autolyzed Yeast Extract, Baking Powder (Sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Vital Wheat Gluten, Monoglycerides, Dough Conditioner (Sodium Metabisulfite, Corn Starch, Microcrystalline Cellulose, Dicalcium Phosphate).

**Bacon Strips:** Pork Bacon, Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite.

**Bagel:** Enriched spring wheat flour (azodicarbonamide, niacin, reduced iron, thiamine, riboflavin, enzymes, folic acid), water, liquid invert sugar, yeast, salt, oat fiber AND MAY CONTAIN ANY OR ALL OF THE FOLLOWING IN VARYING PROPORTIONS: wheat gluten, propylene glycol, calcium propionate, wheat starch, ascorbic acid, enzymes, calcium stearate, silicon dioxide, corn starch, dicalcium phosphate, sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate, modified corn starch, modified tapioca starch, sodium alginate monodiglycerides, soy lecithin, polysorbate 60, sesame seeds.

**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.

**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).

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

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

**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 chillies, 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:** 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, monoglycerides, potassium sorbate, artificial flavour and colour (annatto, turmeric), citric acid, vitamin A, vitamin D3).

**Hashbrowns:** Potatoes, canola oil, hydrogenated soybean oil, safflower oil, natural flavour (vegetable source), salt, dehydrated potato, vegetable monoglycerides, corn flour, dextrose, sodium acid pyrophosphate (maintain colour), extractives of black pepper, citric acid (preservative), dimethylpolysiloxane (antifoaming agent) and cooked in vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with THBQ, citric acid and dimethylpolysiloxane).

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

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

**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.

**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.

**Tomato Slice:** Sliced tomato.

**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 colour.

**Lunch/Dinner - Sandwiches**

**Angus Burger**

Angus Burger Seasoning  
 Angus Patty  
 Ciabatta Bun  
 Grill Seasoning  
 Leaf Lettuce  
 Mustard  
 Pickle Slices  
 Red Onion rings  
 Roasted Garlic Sauce  
 Tomato Slice

**Angus Burger with Bacon and Cheddar**

Angus Burger Seasoning  
 Angus Patty  
 Bacon Strips  
 Ciabatta Bun  
 Grill Seasoning  
 Leaf Lettuce  
 Mustard  
 Natural Medium Cheddar Cheese Slice  
 Pickle Slices  
 Red Onion rings  
 Roasted Garlic Sauce  
 Tomato Slice

**Bacon Cheeseburger**

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

**Big Mac® sandwich**

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

**Big Xtra® sandwich**

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

**BLT sandwich**

Bacon Strips  
 Ciabatta Bun  
 Leaf Lettuce  
 Mayonnaise-Style Sauce  
 Tomato Slice

**Cheeseburger**

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

**Chicken *Snack Wrap*®**

New Tortilla  
 Crispy Chicken Strips  
 Lettuce  
 New Premium Ranch Sauce  
 Shredded Monterey Jack & Light Cheddar Cheese Blend

**Crispy Chicken Classic Sandwich**

Ciabatta Bun  
 Crispy Chicken Portion  
 Leaf Lettuce  
 Roasted Garlic Sauce  
 Tomato Slice

**Double *Big Mac*® sandwich**

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

**Double *Quarter Pounder with Cheese*® sandwich**

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

**Double Cheeseburger**

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

**Filet-O-Fish® sandwich**

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

**Grilled Cheese sandwich**

Mac Club  
 Processed Cheese Slice

**Grilled Chicken *Snack Wrap*®**

New Tortilla  
 Grilled Chicken Piece  
 Lettuce  
 New Premium Ranch Sauce  
 Shredded Monterey Jack & Light Cheddar Cheese Blend

**Grilled Chicken Classic Sandwich**

Ciabatta Bun  
 Grilled Chicken Piece  
 Leaf Lettuce  
 Roasted Garlic Sauce  
 Tomato Slice

**Hamburger**

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

**Junior Chicken sandwich**

Junior Chicken Patty  
 Lettuce  
 Mayonnaise-Style Sauce  
 Regular Bun

**McChicken® sandwich**

Lettuce  
 McChicken® Portion  
 McChicken® Sauce  
 Sesame Seed Bun

**Monterey Jack Cheese and Tomato sandwich**

Ciabatta Bun  
 Jalapeno Monterey Jack  
 Leaf Lettuce  
 Mayonnaise-Style Sauce  
 Tomato Slice

**Pesto Crispy Chicken McMini™ Sandwich**  
Basil Pesto  
Chicken Selects® Strips  
Mini Bun  
Roasted Garlic Sauce

**Quarter Pounder with Cheese® sandwich**  
Grill Seasoning  
Ketchup  
Mustard  
Pickle Slices  
Processed Cheese Slice  
Quarter Pounder® Beef Patty  
Sesame Seed Bun  
Slivered Onions

**Southwest Crispy Chicken sandwich**  
Ancho Chili Dressing  
Ciabatta Bun  
Crispy Chicken Portion  
Jalapeno Monterey Jack  
Leaf Lettuce  
Tomato Slice

**Southwest Grilled Chicken sandwich**  
Ancho Chili Dressing  
Ciabatta Bun  
Grilled Chicken Piece  
Jalapeno Monterey Jack  
Leaf Lettuce  
Tomato Slice

**Spicy Buffalo Chicken Snack Wrap®**  
New Tortilla  
Buffalo Hot Sauce  
Crispy Chicken Strips  
Lettuce  
Shredded Monterey Jack & Light Cheddar Cheese Blend

**Spicy Buffalo Chicken Snack Wrap® with Grilled Chicken**  
New Tortilla  
Buffalo Hot Sauce  
Grilled Chicken Piece  
Lettuce  
Shredded Monterey Jack & Light Cheddar Cheese Blend

**New 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, Potassium Chloride, Trehalose, Flavoring Preparation, Salt, Autolyzed Yeast Extract, Baking Powder (Sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Vital Wheat Gluten, Monoglycerides, Dough Conditioner (Sodium Metabisulfite, Corn Starch, Microcrystalline Cellulose, Dicalcium Phosphate).

**Ancho Chili Dressing:** Vegetable oil (soybean and/or canola), water, vinegar, glucose-fructose, seasoning blend [salt, maltodextrin, spices, brown sugar, garlic powder, lime juice powder, sugar, cultured whey (milk) powder, onion powder, flavour (dairy source), dehydrated parsley, jalapeno pepper powder, citric acid, silicon dioxide], frozen yolk, spices and seasonings, modified corn starch, salt, xanthan gum, potassium sorbate, sodium benzoate, calcium disodium EDTA.

**Angus Burger Seasoning:** Dextrose, salt, onion powder, maltodextrin, yeast extract, spice, natural and artificial flavor, beef broth, vegetable shortening (sunflower oil), partially hydrogenated cottonseed and soybean oil, garlic powder, caramel color, worcestershire sauce (vinegar, molasses, corn syrup, salt, caramel color, garlic powder, sugar, spices, tamarind, natural flavor), beef fat, annatto, turmeric, not more than 2% calcium silicate added to prevent caking.

**Angus Patty:** 100% pure Angus Beef.

**Bacon Strips:** Pork Bacon, Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite.

**Basil Pesto:** Soybean oil, water, parmesan cheese (pasteurized milk, cheese culture, salt, enzymes), basil, parsley, romano cheese (pasteurized milk, cheese culture, salt, enzymes), olive oil, dehydrated garlic, contains less than 2%, salt, spice, phosphoric acid, citric acid, natural flavors (soy), xanthan gum, potassium sorbate, sodium benzoate, calcium disodium EDTA..

**Beef Patty:** 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, 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, xanthan gum, potassium sorbate, garlic powder, hydrolyzed plant protein (corn, soy, wheat gluten), colour (paprika), calcium disodium EDTA.

**Buffalo Hot Sauce:** Cayenne pepper sauce (red cayenne pepper, vinegar, salt, guar gum, xanthan gum, ascorbic acid), vegetable oil (soybean and/or canola), modified corn starch, water, colour (caramel, Red #40), xanthan gum, propylene glycol alginate, natural and artificial flavour (vegetable, dairy), sodium benzoate, dehydrated garlic, calcium disodium EDTA

**Chicken Selects® Strips:** 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 dimethypolysiloxane).

**Ciabatta Bun:** Unbleached white flour, water, semolina, sunflower oil, sugar, salt, yeast, malted barley flour, wheat protein isolate, wheat starch, sodium stearyl lactylate, enzymes, rice flour. MAY CONTAIN SESAME SEEDS.

**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 dimethypolysiloxane).

**Crispy Chicken Strips:** Chicken meat, water, sodium phosphates with flavour (rosemary extract (contains corn maltodextrin)), salt, toasted wheat crumbs, seasoning (salt, sugar, spice, yeast extract, onion powder, disodium inosinate & disodium guanylate, flavour (rosemary extract, corn maltodextrin, modified corn starch), polysorbate 80, chicken fat (contains refined soybean oil), silicon dioxide (MFG, AID)). Breaded with: wheat flour, toasted wheat crumbs, water, corn starch, salt, wheat starch, onion powder, garlic powder, spices, baking powder, dehydrated parsley, sodium aluminum phosphate. Cooked in 100% vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with THBQ, citric acid and dimethypolysiloxane).

**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 dimethypolysiloxane).

**Grill Seasoning:** Salt, spice (pepper), sunflower oil (used as a processing aid).

**Grilled Chicken Piece:** Boneless chicken breast meat, water, seasoning (salt, potassium chloride, trehalose, sugar, rice starch, hydrolyzed corn protein, flavour (autolyzed yeast extract, salt, disodium inosinate and disodium guanylate), spices, dextrose, garlic powder, autolyzed yeast extract, carrageenan, chicken fat, dehydrated cooked chicken powder, silicon dioxide, caramel, onion powder, corn maltodextrin), modified rice starch, sodium phosphates. Cooked on a grill lightly seasoned with trans fat free cooking spray (Canola oil, water, salt, hydrogenated cottonseed oil, soy lecithin, monoglycerides, potassium sorbate, artificial flavour and colour (annatto, turmeric), citric acid, vitamin A, vitamin D3).

**Jalapeno Monterey Jack:** Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, jalapeno pepper.

**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 dimethypolysiloxane).

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

**Leaf Lettuce:** Leaf lettuce.

**Lettuce:** Shredded Iceberg lettuce.

**Mac Club:** 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, sorbic acid, calcium dioxide, ammonium phosphate, calcium peroxide, wheat gluten, ethanol, sorbitol, polysorbate 20, sodium propionate, enzymes, dextrin, sesame seeds.

**Mayonnaise-Style 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), wheat starch. Cooked in 100% vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with THBQ, citric acid and dimethylpolysiloxane).

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

**Mini Bun:** Unbleached white flour, water, semolina, sunflower oil, sugar, salt, wheat protein isolate (wheat starch, sodium stearoyl lactylate, enzymes) malted barley flour, yeast. \*MAY CONTAIN SESAME SEEDS.

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

**Natural Medium Cheddar Cheese Slice:** Milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour.

**New Premium Ranch Sauce:** Water, vegetable oil (soybean and/or canola), glucose solids, buttermilk powder, vinegar, frozen yolk, sugar, salt, modified corn starch, garlic powder, chives, modified tapioca starch, flavour (contains milk), onion powder, parsley, lactic acid, sodium gluconate, xanthan gum, potassium chloride, potassium sorbate, sodium benzoate, propylene glycol alginate, concentrated lemon juice, calcium disodium EDTA.

**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.

**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.

**Quarter Pounder® Beef Patty:** 100% pure beef.

**Red Onion rings:** Red onion.

**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

**Roasted Garlic Sauce:** Water, vegetable oil (soybean and/or canola), frozen whole egg, vinegar, sugar, frozen yolk, modified corn starch, salt, roasted garlic (garlic, high maltose corn syrup solids), dehydrated garlic, flavour (vegetable source), xanthan gum, propylene glycol alginate, concentrated lemon juice, potassium sorbate, sodium benzoate, spices, phosphoric acid, colour (caramel, paprika), calcium disodium EDTA.

**Salt:** Salt.

**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

**Shredded Monterey Jack & Light Cheddar Cheese Blend:** Pasteurised milk, Modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour, cellulose, natamycin.

**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.

### Lunch/Dinner - Chicken McNuggets® / Sauces

**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 Honey Mustard:** 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.

**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).

### Saladsplus®

**Fruit 'n Yogurt Parfait**  
Blueberries  
Granola  
Strawberries  
Vanilla Stirred Yogurt

**One Chicken Fajita**  
New Tortilla  
Chicken Breast Strips  
Diced Tomato  
Green Peppers  
Onions (slivered)  
Shredded Monterey Jack  
& Light Cheddar Cheese  
Blend

**New 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, Potassium Chloride, Trehalose, Flavoring Preparation, Salt, Autolyzed Yeast Extract, Baking Powder (Sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Vital Wheat Gluten, Monoglycerides, Dough Conditioner (Sodium Metabisulfite, Corn Starch, Microcrystalline Cellulose, Dicalcium Phosphate).

**Blueberries:** Blueberries.

**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.

**Diced Tomato:** Diced tomato.

**Granola:** Rolled oats, sugar, crisp rice pieces (rice flour, malt extract, salt), refiner's syrup, corn syrup, honey, concentrated apple puree (contains ascorbic acid), crushed oranges, high monounsaturated sunflower oil, salt, baking soda, sodium aluminum phosphate, spice, natural flavour, soy lecithin. contains soy ingredients.

**Green Peppers:** Slivered green peppers.

**Onions (slivered):** Slivered onions.

**Shredded Monterey Jack & Light Cheddar Cheese Blend:** Pasteurised milk, Modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour, cellulose, natamycin.

**Strawberries:** Strawberries: Strawberries, konjac flour

**Vanilla Stirred Yogurt:** Milk ingredients, sugar, modified milk ingredients, fructose, modified corn starch, artificial flavour, gelatin, active bacterial cultures.

## Lunch/Dinner - Salads

**Mediterranean Salad**  
Crumbled Feta Cheese  
Cucumber  
Grape Tomato  
Olives  
Red Onion rings  
Red pepper strips  
Salad Lettuce Blend

**Mediterranean Salad with Warm Crispy Chicken**  
Crispy Chicken Portion  
Crumbled Feta Cheese  
Cucumber  
Grape Tomato  
Olives  
Red Onion rings  
Red pepper strips  
Salad Lettuce Blend

**Mediterranean Salad with Warm Grilled Chicken**  
Crumbled Feta Cheese  
Cucumber  
Grape Tomato  
Grilled Chicken Piece  
Olives  
Red Onion rings  
Red pepper strips  
Salad Lettuce Blend

**Mighty Caesar Entrée Salad**  
Bacon Strips  
Croutons  
Parmesan Ceasar Glaze  
Salad Lettuce Blend  
Shaved Parmesean

**Mighty Caesar Entrée with Warm Crispy Chicken**  
Bacon Strips  
Crispy Chicken Portion  
Croutons  
Parmesan Ceasar Glaze  
Salad Lettuce Blend  
Shaved Parmesean

**Mighty Caesar Entrée with Warm Grilled Chicken**  
Bacon Strips  
Croutons  
Grilled Chicken Piece  
Parmesan Ceasar Glaze  
Salad Lettuce Blend  
Shaved Parmesean

**Side Caesar Salad**  
Bacon Strips  
Croutons  
Salad Lettuce Blend  
Shaved Parmesean

**Side Garden Fresh Salad**  
Cucumber  
Grape Tomato  
Red Onion rings  
Red pepper strips  
Salad Lettuce Blend  
Shredded Carrots  
Shredded Monterey Jack & Light Cheddar Cheese Blend

**Southwest Salad with Crispy Chicken**

Chili Lime Glaze  
Chili Lime Tri-coloured  
Tortilla Strips  
Crispy Chicken Portion  
Red Onion rings  
Red pepper strips  
Salad Lettuce Blend  
Shredded Monterey Jack & Light Cheddar Cheese Blend  
Southwest Salad  
Vegetable Blend

**Southwest Salad with Grilled Chicken**

Chili Lime Glaze  
Chili Lime Tri-coloured  
Tortilla Strips  
Grilled Chicken Piece  
Red Onion rings  
Red pepper strips  
Salad Lettuce Blend  
Shredded Monterey Jack & Light Cheddar Cheese Blend  
Southwest Salad  
Vegetable Blend

**Spicy Thai Chicken Salad with Warm Crispy Chicken**

Crispy Chicken Portion  
Cucumber  
Mixed Greens  
Red pepper strips  
Salad Lettuce Blend  
Shredded Carrots  
Thai Sauce  
Whole Wheat Noodles

**Spicy Thai Chicken Salad with Warm Grilled Chicken**

Cucumber  
Grilled Chicken Piece  
Mixed Greens  
Red pepper strips  
Salad Lettuce Blend  
Shredded Carrots  
Thai Sauce  
Whole Wheat Noodles

**Spicy Thai Salad**

Cucumber  
Mixed Greens  
Red pepper strips  
Salad Lettuce Blend  
Shredded Carrots  
Thai Sauce  
Whole Wheat Noodles

**Bacon Strips:** Pork Bacon, Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite.

**Chili Lime Glaze:** water, tomato paste, soy sauce (water, wheat, soybeans, salt, sodium benzoate), key lime juice, soybean oil, chili powder, sugar, modified corn starch, jalapeno (jalapeno peppers, salt, acetic acid, calcium chloride), vinegar, salt, onion powder, herb, dehydrated garlic, spice, flavours (soy lecithin), potassium sorbate, sodium benzoate, xanthan gum.

**Chili Lime Tri-coloured Tortilla Strips:** Corn Masa Flour, safflower, and/or sunflower oil, seasoning (salt, tomato powder, spices, corn solids, modified food starch, dextrose, sugar, citric acid, lemon juice powder, autolyzed yeast extract, green pepper powder, natural and artificial flavour, soybean oil, natural extracts, disodium inosinate, disodium guanylate), red 40, blue 2, blue 1, trace of lime.

**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, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), canola and/or olive oil, salt, whey, sugar, yeast, garlic powder, romano cheese (milk, cheese culture, salt, microbial enzymes), parsley, onion, spices, citric acid, disodium inosinate and disodium guanylate, ascorbic acid, soybean oil, hydrogenated soybean oil. Contains wheat, milk, and soy.

**Crumbled Feta Cheese:** Modified milk ingredients, salt, lipase, microbial enzyme, calcium chloride, bacterial culture.

**Cucumber:** Cucumber.

**Grape Tomato:** Grape tomatoes.

**Grilled Chicken Piece:** Boneless chicken breast meat, water, seasoning (salt, potassium chloride, trehalose, sugar, rice starch, hydrolyzed corn protein, flavour (autolyzed yeast extract, salt, disodium inosinate and disodium guanylate), spices, dextrose, garlic powder, autolyzed yeast extract, carrageenan, chicken fat, dehydrated cooked chicken powder, silicon dioxide, caramel, onion powder, corn maltodextrin), modified rice starch, sodium phosphates. Cooked on a grill lightly seasoned with trans fat free cooking spray (Canola oil, water, salt, hydrogenated cottonseed oil, soy lecithin, monoglycerides, potassium sorbate, artificial flavour and colour (annatto, turmeric), citric acid, vitamin A, vitamin D3).

**Mixed Greens:** Baby lettuces (baby green and red romaine, tango, baby green and red oak, lolita rosa, baby red leaf), baby greens (red chard, mizuna, tat-soi, arugula). Ingredients may vary.

**Olives:** Ripe olives, water, salt, ferrous glucoate. May contain pits.

**Parmesan Caesar Glaze:** Water, canola oil, fresh garlic, parmesan cheese (milk, bacterial culture, rennet and/or pepsin and/or microbial enzyme, lipase, calcium chloride, salt), seasonings (distilled vinegar, molasses, corn syrup, water, salt, caramel colour, garlic powder, sugar, spices, tamarind, natural flavour (plant source), sulfiting agent, aged cayenne red peppers), vinegar, dijon mustard (water, mustard seeds, vinegar, salt, turmeric), salt, concentrated lemon juice, spices, dehydrated garlic, xanthan gum, natural flavour (plant source).

**Red Onion rings:** Red onion.

**Red pepper strips:** Red pepper.

**Renees Southwest Ranch Dressing:** Canola oil, water, sour cream (milk ingredients, modified corn starch, guar gum, carrageenan, locust bean gum, sodium citrate, bacterial culture, microbial enzyme), buttermilk (milk ingredients, bacterial culture), frozen egg yolk, sugar, vinegar, salt, modified corn starch, spices, dried vegetables (onion, garlic and parsley), cultured dextrose, jalapeno pepper, lactic acid, xanthan gum.

**Renée's® Asian Sesame Vinaigrette:** Water, brown sugar, canola oil, soy sauce (water, wheat, soybeans, salt), rice vinegar, sesame oil, dried orange peel, modified corn starch, sesame seeds, colour (caramel), xanthan gum, garlic and onion powders, natural flavour (plant source).

**Renée's® Balsamic Vinaigrette:** Canola oil, water, balsamic vinegar, concentrated balsamic vinegar, sugar, fresh garlic, white vinegar, salt, spices, dijon mustard (water, mustard seeds, vinegar, salt, turmeric), xanthan gum.

**Renée's® Caesar Light Dressing:** Water, canola oil, frozen yolk, fresh garlic, salt, concentrated lemon juice, seasonings (white vinegar, water, black strap molasses, glucose-fructose, onion anchovies, salt, garlic tamarind extract, spice, aged cayenne red peppers), Dijon mustard (water, mustard seeds, vinegar, salt, turmeric), spices, xanthan gum, cured anchovies.

**Renée's® Greek Feta Mediterranean Dressing:** Water, canola and olive oils, vinegars (red wine, balsamic), feta cheese (pasteurized milk, modified milk ingredients, bacterial culture, calcium chloride, microbial enzyme, lipase - in binre (water, salt calcium chloride, lactic acid, natamycin)), fresh garlic, salt, concentrated lemon juice, spices, seasonings (whey powder, salt, maltodextrin, spices, aged cayenne red peppers, vinegar, garlic, soybean oil shortening), herbs, xanthan gum, dried onion, natural flavour (plant source), dried garlic, cured anchovies.

**Renee's® Mighty Caesar Dressing:** Canola oil, water, fresh garlic, frozen yolk, parmesan cheese (parmesan and romano cheese (pasteurized milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, lipase, calcium chloride), whey powder, cellulose), concentrated lemon juice, salt, seasonings (white vinegar, water, black strap molasses, glucose-fructose, onion, anchovies, salt, garlic, tamarind extract, aged cayenne red peppers), Dijon mustard (water, mustard seeds, vinegar, salt, turmeric), spices, cured anchovies, xanthan gum.

**Renée's® Ravin Raspberry Dressing:** Water, honey, red wine vinegar, canola oil, sugar, dried raspberries, salt, herbs and spices, concentrated lemon juice, dijon mustard (water, mustard seeds, vinegar, salt, turmeric), xanthan gum, natural flavour (plant source), colour (cochineal extract).

**Salad Lettuce Blend:** Romaine lettuce, iceberg lettuce, leaf lettuce.

**Shaved Parmesan:** Pasteurised milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose.

**Shredded Carrots:** Carrots.

**Shredded Monterey Jack & Light Cheddar Cheese Blend:** Pasteurised milk, Modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour, cellulose, natamycin.

**Southwest Salad Vegetable Blend:** Roasted corn, black beans, roasted tomato, poblano pepper, lime juice (water, lime juice concentrate, lime oil), cilantro.

**Thai Sauce:** Sugar, water, vinegar, frozen red peppers, salt, modified tapioca starch, dehydrated garlic, spices, xanthan gum, potassium sorbate, sodium benzoate, natural flavour (vegetable source, contains soy lecithin).

**Whole Wheat Noodles:** Whole wheat flour, canola oil (contains: Dimethylpolysiloxane, TBHQ), wheat starch, water.

## Lunch/Dinner - Sides

### **French Fries - Medium**

French Fries  
Salt

**French Fries:** Potatoes, canola oil, hydrogenated soybean oil, safflower oil, natural flavour (vegetable source), dextrose, sodium acid pyrophosphate (maintain colour), citric acid (preservative), dimethylpolysiloxane (antifoaming agent) and cooked in vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with TBHQ, citric acid and dimethylpolysiloxane).

**Salt:** Salt.

## Desserts/Snacks

**Baked Apple Pie:** Pastry: Enriched wheat flour, vegetable oil shortening (palm and canola and modified palm oils, soy lecithin, artificial butter flavour, citric acid, natural colour (beta carotene)), water, sugar, salt, yeast, L-cysteine hydrochloride. Apple Filling: Apples (contains erythorbic acid, citric acid, salt), glucose-fructose, water, sugar, modified corn starch, sorbitol, dextrose, sodium alginate, sodium citrate, spices, salt, dicalcium phosphate, citric acid, natural (korinji cinnamon) and artificial flavour. Topping: Sugar, spices (Sou-chow cinnamon) (contain soybean oil).

**Cinnammon Melts®:** Enriched flour (bleached wheat flour, wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, margarine [palm oil, soybean oil, water, salt, whey, partially hydrogenated soybean oil, mono- and diglycerides, soy lecithin, sodium benzoate (preservative), lactic acid (protect flavor), artificial flavor, beta carotene (color), vitamin A palmitate], brown sugar, shortening (palm oil, soybean oil, mono- and diglycerides, soy lecithin), eggs, cream cheese powder [a dehydrated blend of cream cheese (pasteurized milk and cream, cheese cultures, salt, carob bean gum), nonfat dry milk, disodium phosphate, natural flavor (vegetable source)], cinnamon, nonfat dry milk, yeast, contains 2% or less of the following: salt, soybean oil, natural (plant and dairy source) and artificial flavors, distilled monoglycerides, mono- and diglycerides, sodium alginate, sodium stearoyl lactylate, polysorbate 60, titanium dioxide (color), potassium sorbate (preservative), enzymes, pectin, soy lecithin.

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

**Hot Fudge Sundae Topping:** Sugar/glucose-fructose, water, hydrogenated coconut oil, milk ingredients, cocoa, salt, disodium phosphate, potassium sorbate, artificial flavour, polyglycerol esters of fatty acids (vegetable source), soy lecithin.

**Large Cone:** Enriched wheat flour, tapioca flour, sugar, vegetable oil shortening (hydrogenated soybean oil, hydrogenated canola and/or corn oil), leavening (sodium bicarbonate, ammonium bicarbonate), salt, natural flavor, natural colour (annatto).

**Milk Chocolate Morsels:** Milk chocolate (sugar, modified milk ingredients, cocoa butter, unsweetened chocolate, lactose, soya lecithin, polyglycerol polyricinoleate, artificial flavor).

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

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

**Muffin Cranberry Orange:** Wheat flour, sugar, cranberries, water, egg white, 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, baking powder, emulsifier blend (propylene glycol mono fatty acid esters, monoglycerides (soy), sodium stearoyl-2-lactylate), sodium bicarbonate, salt, batter thickener (carrageenan, guar gum, soy lecithin), natural and artificial flavour, sodium carboxymethyl cellulose, colour, citric acid.

**Muffin Double Chocolate:** Wheat flour, sugar, water, invert sugar, canola oil, egg white, chocolate chunks (sugar, chocolate liquor, cocoa butter, soy lecithin, vanillin, salt), buttermilk (skimmed milk, bacterial culture, salt), cocoa, baking powder, sodium bicarbonate, artificial flavour, salt, modified corn starch, batter thickener (carrageenan, guar gum, soy lecithin), emulsifier blend (propylene glycol mono fatty acid esters, monoglycerides [soy], sodium stearoyl-2-lactylate), sodium carboxymethyl cellulose.

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

**Muffin Golden Bran & Raisin:** Sugar, wheat flour, water, wheat bran, yogurt (skim milk, skim milk powder, modified corn starch, pectin, carrageenan, active bacterial culture), canola oil, egg white, buttermilk (skimmed milk, bacterial culture, salt), raisins, sodium bicarbonate, baking powder, emulsifier blend (propylene glycol mono fatty acid esters, monoglycerides (soy), sodium stearoyl-2-lactylate), batter thickener (carrageenan, guar gum, soy lecithin), artificial flavour, salt.

**Oreo® Mix-in:** Sugar, enriched wheat flour, coconut oil shortening, vegetable oil and modified palm with TBHQ and citric acid or vegetable oil shortening (vegetable, modified palm, modified palm kernel) cocoa, corn starch, glucose, salt, soya lecithin, sodium bicarbonate, artificial flavour.

**'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.

**Rolo® Syrup:** Sugar, water, cocoa, modified corn starch, maltodextrin, flavour (vegan) and artificial flavour, salt, citric acid, potassium sorbate, xanthan gum.

**Smarties® Mix-in:** 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, Red #40, Blue #1, Blue #2, Yellow #5, Yellow #6).

**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.

**Vanilla Birthday Cake:** Cake: Wheat flour, sugar, water, vegetable oil (canola and sunflower oil), dried egg white (may contain sodium lauryl sulfate and/or bakers' yeast), modified corn starch, dextrose, baking powder, propylene glycol monoesters, dried egg yolk, salt, sodium aluminum phosphate, skim milk powder, sorbitan monostearate, vegetable mono and diglycerides, hydroxypropylmethylcellulose, cellulose gum, polysorbate 60, xanthan gum, hydroxylated soy lecithin, sodium stearoyl lactylate, propylene glycol, artificial flavour. Icing: Icing sugar, invert sugar, vegetable shortening (modified palm oil, canola oil, palm kernel oil, vegetable mono and diglycerides, polysorbate 60, BHA, BHT, citric acid), shortening (water, vegetable mono and diglycerides, modified corn starch, diacetyl tartaric acid esters of mono and diglycerides (vegetable source), citric acid, potassium sorbate, sodium stearoyl lactylate and xanthan gum), white fondant (sugar, water, glucose), milk powder, artificial vanilla flavour (water, propylene glycol, artificial flavour, citric acid, sodium benzoate). Image: Tapioca starch, corn syrup solids, microcrystalline cellulose, sugar, water, canola oil, glycerine, polyglycerol esters, modified corn starch, algin, citric acid, potassium sorbate, coconut oil, titanium dioxide, soy lecithin, locust bean gum, artificial colors (FD&C Blue #1 Lake, Red #40 Lake, Red #3, Turmeric, Yellow #6 Lake).

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

## **Beverages**

**1% Partly Skimmed Milk:** Partly skimmed milk, vitamin A palmitate, vitamin D3.

**18% Cream:** Cream, milk, sodium citrate AND MAY CONTAIN ANY OR ALL OF THE FOLLOWING IN VARYING PROPORTIONS: disodium phosphate, carrageenan, carob gum.

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

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

**Brewed Coffee:** Water, 100% roasted arabica coffee.

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

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

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

**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.

**Hot Chocolate:** Sugar, water, shortening (palm oil, canola oil, modified palm oil), milk ingredients, cocoa, salt, sodium phosphate, soy lecithin, chocolate liquor, artificial flavour (vanilla), dextrose, carrageenan, soy mono and diglycerides, cellulose gum, polysorbate 80.

**Liquid Sugar:** Sugar, water, potassium sorbate (preservative), citric acid

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

**Orange Juice:** Pure orange juice from concentrate.

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

**Triple Thick Milkshake® Chocolate Syrup:** Glucose-fructose, water, dutch processed cocoa, natural (vegetable source) and artificial flavour, salt, potassium sorbate. MAY CONTAIN SMALL AMOUNTS OF OTHER SHAKE FLAVOURS.

**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. MAY CONTAIN SMALL AMOUNTS OF OTHER SHAKE FLAVOURS.

**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.

**Vanilla Coffee Syrup:** Sugar, fructose, water, natural (vegetable source) & artificial flavour, caramel colour (sulfites), potassium sorbate (preservative), citric acid, malic acid

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