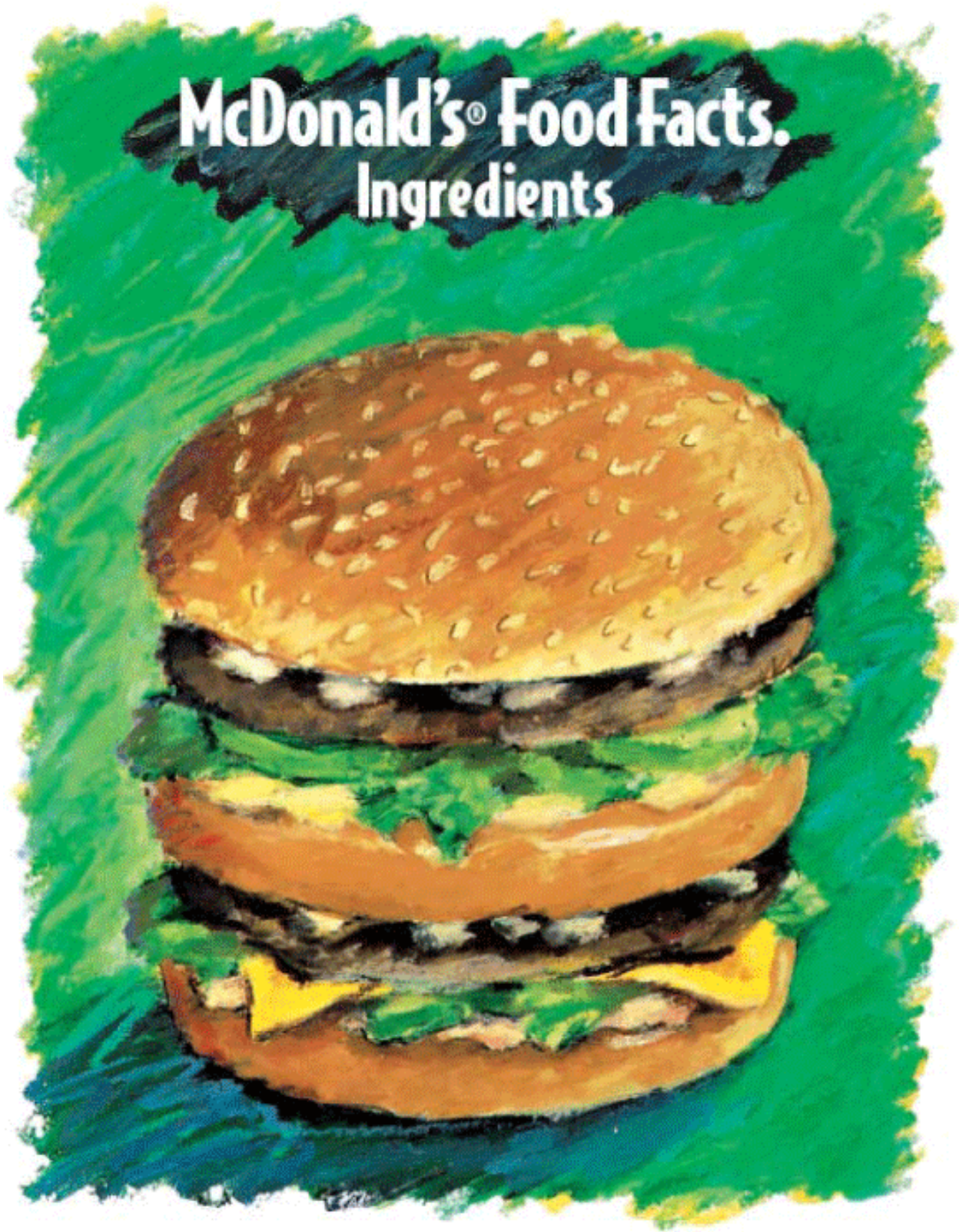


# McDonald's® Food Facts. Ingredients



Provided in this guide is a listing of components in our popular menu items by category, followed by the ingredient statements for those components. Allergens contained within these components are indicated in capital type at the end of each respective ingredient statement (following the word "CONTAINS"). We encourage guests to check these statements regularly as ingredients in menu items may change.

At McDonald's, we take great care to serve quality, great-tasting menu items to our guests each and every time they visit our restaurants. We understand that each of our guests has individual needs and considerations when choosing a place to eat or drink outside their home, especially those guests with food allergies. As part of our commitment to you, we provide the most current ingredient information available from our food suppliers for the ten priority food allergens identified by Health Canada (eggs, milk, mustard, peanuts, seafood [including fish, crustaceans and shellfish], sulphites, sesame, soy, tree nuts, and wheat and other cereal grains containing gluten) so that our guests with food allergies can make informed food selections. However, we also want you to know that despite taking precautions, normal kitchen operations may involve some shared storage, cooking and preparation areas, equipment and utensils, and the possibility exists for your food items to come in contact with other food products, including other allergens. We encourage our guests with food allergies or special dietary needs to visit [www.mcdonalds.ca](http://www.mcdonalds.ca) for ingredient information, and consult their doctor for questions regarding their diet. Due to the individualized nature of food allergies and food sensitivities, guests' physicians may be best positioned to make recommendations for guests with food allergies and special dietary needs. If you have questions about our food, please reach out to Guest Relations at 1-888-424-4622. Thank you.

The nutrition information contained herein relates to the menu items available at McDonald's restaurants in Canada only. Some menu items may not be available at all restaurants; test products, test formulations, and certain regional products and/or limited time promotional products have not been included. The nutrition information is derived from testing conducted in accredited laboratories, published resources, or from information provided from McDonald's suppliers. The nutrition information is based on standard product formulations, standard product assembly and serving sizes (including ice for beverages). All nutrition information is based on average values for ingredients from McDonald's suppliers and is rounded according to federal rounding regulations. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences, may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. No products are certified as vegetarian; products may contain trace amounts of ingredients derived from animals.

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This guide reflects information for the products presented on the date indicated at the top of the first page of this document.

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## INGREDIENTS

### Burgers, Sandwiches & Wraps

**Bacon & Cheddar Angus**  
Angus Burger Seasoning  
Angus Patty  
Bacon Slice  
Grill Seasoning  
Ketchup  
Mustard  
Natural Cheddar  
Pickle Slices  
Red Onion rings  
Sesame and Poppy Seed  
Bun

**Bacon McDouble® sandwich**  
Bacon Slice  
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

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

**Chicken & Bacon Signature McWrap® with Crispy Chicken**  
10 Whole Wheat Tortilla  
Bacon Slice  
Crispy Chicken Strips  
Lettuce  
McChicken® Sauce  
Monterey Jack Jalapeno  
Tomato Slice

**Chicken & Bacon Signature McWrap® with Grilled Chicken**  
10 Whole Wheat Tortilla  
Bacon Slice  
Grilled Chicken Portion  
Lettuce  
McChicken® Sauce  
Monterey Jack Jalapeno  
Tomato Slice

**Chicken *Snack Wrap*®**  
Crispy Chicken Strips  
Lettuce  
Premium Ranch Sauce  
Shredded Monterey Jack & Light Cheddar Cheese Blend  
Tortilla

**Chipotle Chicken Snack Wrap**  
Chipotle BBQ sauce  
Crispy Chicken Strips  
Lettuce  
Shredded Monterey Jack & Light Cheddar Cheese Blend  
Tortilla

**Chipotle Chicken Snack Wrap® with Grilled Chicken**  
Chipotle BBQ sauce  
Grilled Chicken Portion  
Lettuce  
Shredded Monterey Jack & Light Cheddar Cheese Blend  
Tortilla

**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®**  
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

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

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

**Grilled Cheese sandwich Mac Club**  
Processed Cheese Slice

**Grilled Chicken Snack Wrap®**  
Grilled Chicken Portion  
Lettuce  
Premium Ranch Sauce  
Shredded Monterey Jack & Light Cheddar Cheese Blend  
Tortilla

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

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

**Mighty Angus® Original**  
Angus Burger Seasoning  
Angus Patty  
Bacon pieces  
Grill Seasoning  
Leaf Lettuce  
Processed Cheese Slice  
Sesame and Poppy Seed Bun  
Slivered Onions  
Smoky Angus Sauce  
Tomato Slice

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

**Quarter Pounder® BLT**  
Bacon Slice  
Grill Seasoning  
Ketchup  
Leaf Lettuce  
McChicken® Sauce  
Mustard  
Pickle Slices  
Processed Cheese Slice  
Quarter Pounder® Beef Patty  
Sesame Seed Bun  
Slivered Onions  
Tomato Slice

**Smokehouse BBQ Angus**  
Angus Burger Seasoning  
Angus Patty  
Dijon Honey Mustard Sauce  
Grill Seasoning  
Monterey Jack Jalapeno  
Sesame and Poppy Seed Bun  
Slaw Mix  
Smoky BBQ Sauce

**Sweet Chili Signature McWrap® with Crispy Chicken**  
10 Whole Wheat Tortilla  
Crispy Chicken Strips  
Cucumber  
Lettuce  
McChicken® Sauce  
Thai Sauce

**Sweet Chili Signature McWrap® with Grilled Chicken**  
10 Whole Wheat Tortilla  
Cucumber  
Grilled Chicken Portion  
Lettuce  
McChicken® Sauce  
Thai Sauce

**10 Whole Wheat Tortilla:** Whole wheat flour, water, vegetable shortening (interesterified soybean oil, hydrogenated soybean oil), contains 2% or less of the following: sugar, potassium chloride, trehalose, salt, autolyzed yeast extract, baking powder, vital wheat gluten, monoglycerides, dough conditioner (sodium metabisulfite, corn starch, microcrystalline cellulose, dicalcium phosphate). **CONTAINS: WHEAT.**

**Angus Burger Seasoning:** Dextrose, salt, onion powder, maltodextrin, yeast extract, spice, natural and artificial flavour, beef broth, vegetable shortening (sunflower oil), garlic powder, caramel colour, soybean oil, worcestershire sauce (vinegar, molasses, corn syrup, salt, caramel colour, garlic powder, sugar, spices, tamarind, natural flavour), beef fat, extractives of annatto and turmeric, calcium silicate added to prevent caking.

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

**Bacon pieces:** Pork, water, salt, sugar, smoke flavouring, sodium phosphate, sodium erythorbate, sodium nitrite, smoke.

**Bacon Slice:** Pork bacon, water, salt, sugar, smoke flavouring, sodium phosphate, sodium erythorbate, sodium nitrite.

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

**Big Mac® Bun:** Unbleached enriched wheat flour, water, sugar, yeast, vegetable oil (soybean and or canola), sesame seeds, salt, potato flour, may contain any or all of the following in varying proportions: wheat gluten, monoglycerides, calcium propionate, enzymes, ascorbic acid, diacetyl tartaric acid esters of mono and diglycerides, calcium sulphate, wheat starch, toasted in the same toaster that also prepares other bun containing butter and egg, May contain milk and egg, MAY CONTAIN SOY (Newfoundland only). **CONTAINS: WHEAT, BARLEY, SESAME SEEDS.**

**Big Mac® Sauce:** Soybean oil, relish [pickles, glucose-fructose, sugar, vinegar, salt, xanthan gum, potassium sorbate, calcium chloride, natural flavour (plant source), polysorbate 80], water, vinegar, liquid egg yolk, onion powder, salt, mustard flour, propylene glycol alginate, sodium benzoate, mustard bran, sugar, garlic powder, hydrolyzed plant protein (corn, soy, wheat), caramel colour, paprika extract, turmeric, spice, calcium disodium EDTA. **CONTAINS: WHEAT, EGG, SOY, MUSTARD.**

**Chipotle BBQ sauce:** Glucose-fructose, water, tomato paste, honey, vinegar, refiners' molasses, modified corn starch, natural (plant source) and artificial flavour, salt, natural smoke flavour (plant source), soybean oil, potassium sorbate, sodium benzoate, onion powder, garlic powder, caramel colour, propylene glycol alginate, spice.

**Crispy Chicken Strips:** Chicken meat, water, toasted wheat crumb, sodium phosphates, corn maltodextrin, flavour (rosemary extract), salt, seasoning [salt, sugar, spice, yeast extract, onion powder, disodium inosinate and disodium guanylate, flavour (rosemary extract), corn maltodextrin, modified corn starch], polysorbate 80, chicken fat (soybean oil), silicon dioxide, 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, citric acid, dimethylpolysiloxane). **CONTAINS: WHEAT. MAY CONTAIN: MILK.**

**Cucumber:** Cucumber.

**Dijon Honey Mustard Sauce:** Soybean oil, water, honey, prepared mustard (water, distilled vinegar, mustard seed, salt, turmeric, spice), Dijon mustard (water, mustard seed, distilled vinegar, salt, white wine, citric acid, turmeric), sugar, distilled vinegar, egg yolks, salt, sodium benzoate and potassium sorbate (as preservatives), natural flavour (plant source), spice, xanthan gum, dehydrated onion, dehydrated garlic, calcium disodium EDTA. **CONTAINS: EGG, MUSTARD.**

**Filet-O-Fish® Portion:** Alaska Pollock fish fillets, toasted wheat crumbs, vegetable oil (canola, corn, soybean and hydrogenated soybean oil), modified corn starch, water, flour (corn, wheat), colour (paprika, turmeric), cellulose gum, salt, spices. **CONTAINS: WHEAT, FISH. MAY CONTAIN: MILK.**

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

**Grilled Chicken Portion:** Boneless chicken breast meat, water, lemon juice concentrate, rice starch, salt, natural flavours (chicken, honey and plant source), vinegar, onion powder, chicken broth powder, garlic powder, rice hull concentrate, spices, sunflower oil, vegetable oil, mushroom juice concentrate, spice extractives, onion juice concentrate, garlic juice concentrate, herbs, tumeric extractives (for colour), cooked on a grill, lightly seasoned, with clarified butter (unsalted butter). **CONTAINS: MILK.**

**Ketchup:** Tomato paste, liquid sugar, vinegar, salt, onion powder, spices.

**Leaf Lettuce:** Leaf lettuce.

**Lettuce:** Shredded iceberg lettuce.



**Mac Club:** Unbleached enriched wheat flour, water, sugar and/or glucose-fructose, yeast, vegetable oil (soybean and/or canola), sesame seeds, salt, calcium sulphate, sodium stearoyl-2-lactylate, calcium propionate, and may contain any or all of the following in varying proportions: monoglycerides, calcium peroxide, ammonium chloride, calcium iodate, wheat gluten, diacetyl tartaric acid esters of mono and diglycerides, dextrin, sorbitol, ascorbic acid, enzymes, toasted in the same toaster that also prepares other bun containing butter and egg, may contain milk and egg, MAY CONTAIN SOY (Newfoundland only). **CONTAINS: WHEAT, BARLEY, SESAME SEEDS.**

**McChicken® Sauce:** Soybean oil, water, prepared mustard (water, mustard seed, vinegar, salt, mustard bran), liquid egg yolk, vinegar, sugar, salt, xanthan gum, potassium sorbate, calcium disodium EDTA. **CONTAINS: EGG, MUSTARD.**

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

**Mustard:** Water, vinegar, mustard seed, salt, turmeric, natural flavour (plant source), spice. **CONTAINS: MUSTARD.**

**Natural Cheddar:** Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour (annatto). **CONTAINS: MILK.**

**Onions (dehydrated):** 100% onions.

**Pickle Slices:** Cucumbers, water, distilled vinegar, salt, calcium chloride, potassium sorbate, potassium aluminum sulphate, natural flavours (plant source), polysorbate 80, extractives of turmeric (colour).

**Premium Ranch Sauce:** Water, soybean oil, corn syrup solids, buttermilk powder, vinegar, liquid egg yolk, natural flavour (plant and dairy source), modified corn starch, sugar, garlic powder, onion powder, chives, salt, parsley, lactic acid, potassium chloride, sodium gluconate, xanthan gum, potassium sorbate, sodium benzoate, maltodextrin, buttermilk, citric acid, butter, gum Arabic, propylene glycol alginate, concentrated lemon juice, calcium disodium EDTA. **CONTAINS: EGG, MILK.**

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

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

**Red Onion rings:** Red onion.

**Regular Bun:** Unbleached enriched wheat flour, water, sugar, yeast, vegetable oil (soybean and or canola), salt, potato flour, monoglycerides, calcium propionate, may contain any or all of the following in varying proportions: wheat gluten, enzymes, ascorbic acid, diacetyl tartaric acid esters of mono and diglycerides, calcium sulphate, wheat starch, toasted in the same toaster that also prepares other bun containing butter and egg, may contain milk and egg, MAY CONTAIN SOY (Newfoundland only). **CONTAINS: WHEAT, BARLEY. MAY CONTAIN: SESAME SEEDS.**

**Sesame and Poppy Seed Bun:** Unbleached enriched wheat flour, water, sugar, yeast, barley malt extract and/or barley malt syrup, vegetable oil (soybean and/or canola), sesame seeds, salt, glaze (water, vegetable proteins, vegetable oil, dextrose, maltodextrin, starch), poppy seeds, wheat gluten, corn flour, calcium propionate, diacetyl tartaric acid esters of mono and diglycerides, wheat starch, turmeric, ascorbic acid, enzymes, may contain any or all of the following in varying proportions: distilled monoglycerides, calcium sulphate, paprika, natural flavour (plant source), colour (annatto), toasted in the same toaster that also prepares other bun containing butter and egg, may contain milk and egg. **CONTAINS: WHEAT, BARLEY, SESAME SEEDS.**

**Sesame Seed Bun:** Unbleached enriched wheat flour, water, sugar, yeast, vegetable oil (soybean and or canola), sesame seeds, salt, potato flour, may contain any or all of the following in varying proportions: wheat gluten, monoglycerides, calcium propionate, enzymes, ascorbic acid, diacetyl tartaric acid esters of mono and diglycerides, calcium sulphate, wheat starch, toasted in the same toaster that also prepares other bun containing butter and egg, may contain milk and egg, MAY CONTAIN SOY (Newfoundland only). **CONTAINS: WHEAT, BARLEY, SESAME SEEDS.**

**Shredded Monterey Jack & Light Cheddar Cheese Blend:** Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour (annatto), cellulose, natamycin. **CONTAINS: MILK.**

**Slaw Mix:** Green cabbage, red cabbage, carrots.

**Slivered Onions:** Onions.

**Smoky Angus Sauce:** Water, soybean oil, sugar, vinegar, tomato paste, egg yolk, modified milk ingredients, salt, modified corn starch, natural smoke flavour, xanthan gum, spices (contains mustard), potassium sorbate.  
**CONTAINS: EGG, MILK, MUSTARD.**

**Smoky BBQ Sauce:** Vinegar, glucose fructose, tomato paste, corn syrup, fancy molasses, salt, mustard bran, modified corn starch, natural hickory smoke flavor, spices, water, onion powder, sodium benzoate, garlic powder, natural flavours (plant source). **CONTAINS: MUSTARD.**

**Tartar Sauce:** Soybean oil, relish (pickles, water, salt, vinegar, capers, xanthan gum, potassium sorbate, spice extractives, polysorbate 80), water, liquid egg yolk, onion, vinegar, sugar, salt, mustard flour, potassium sorbate, xanthan gum, parsley, calcium disodium EDTA. **CONTAINS: EGG, MUSTARD.**

**Thai Sauce:** Sugar, water, vinegar, red bell pepper, modified tapioca starch, salt, dehydrated garlic, spice, xanthan gum, potassium sorbate, sodium benzoate, natural flavour (plant source).

**Tomato Slice:** Sliced tomato.

**Tortilla:** Enriched bleached wheat flour, water, vegetable shortening (interesterified soybean oil, fully hydrogenated soybean oil), CONTAINS 2% OR LESS OF THE FOLLOWING: sugar, potassium chloride, trehalose, salt, autolyzed yeast extract, baking powder, vital wheat gluten, soy monoglycerides, dough conditioner (sodium metabisulfite, corn starch, microcrystalline cellulose, dicalcium phosphate). **CONTAINS: WHEAT.**

## Chicken

**Bacon Ranch Junior Chicken**  
Bacon Slice  
Junior Chicken Patty  
Lettuce  
Premium Ranch Sauce  
Regular Bun

**Guacamole & Jalapeño with Crispy Chicken**  
Brioche Style Bun  
Crispy Chicken Portion  
Guacamole  
Jalapeno Slices  
Leaf Lettuce  
Mozzarella Cheese Slice  
Red Onion rings  
Tomato Slice

**Guacamole & Jalapeño with Grilled Chicken**  
Brioche Style Bun  
Grilled Chicken Portion  
Guacamole  
Jalapeno Slices  
Leaf Lettuce  
Mozzarella Cheese Slice  
Red Onion rings  
Tomato Slice

**Junior Chicken sandwich**  
Junior Chicken Patty  
Lettuce  
Mayonnaise-Style Sauce  
Regular Bun

**McChicken® sandwich**  
Lettuce  
McChicken® Portion  
McChicken® Sauce  
Sesame Seed Bun

**Tomato & Mozzarella with Crispy Chicken**  
Brioche Style Bun  
Creamy Tomato and Herb Sauce  
Crispy Chicken Portion  
Leaf Lettuce  
Mozzarella Cheese Slice  
Red Onion rings  
Tomato Slice

**Tomato & Mozzarella with Grilled Chicken**  
Brioche Style Bun  
Creamy Tomato and Herb Sauce  
Grilled Chicken Portion  
Leaf Lettuce  
Mozzarella Cheese Slice  
Red Onion rings  
Tomato Slice

**Bacon Slice:** Pork bacon, water, salt, sugar, smoke flavouring, sodium phosphate, sodium erythorbate, sodium nitrite.

**Brioche Style Bun:** Unbleached wheat flour, water, liquid whole eggs, cane sugar, durum wheat semolina, liquid egg yolk, liquid egg-whites, butter, salt, cultured wheat starch, yeast, sour starter [cultured wheat flour, ground wheat, yeast, lactic acid (from bacterial culture)], ground wheat, turmeric, amylase. **CONTAINS: WHEAT, EGG, MILK. MAY CONTAIN: SESAME SEEDS.**

**Chicken McNuggets®:** Boneless skinless chicken breast meat, water, vegetable oil (canola, corn, soybean and hydrogenated soybean oil), wheat flour, yellow corn flour, modified corn starch, rice starch, salt, baking powder, seasoning [wheat starch, yeast extract, salt, natural flavour (vegetable source)], spices, canola oil, sodium aluminum phosphate, dextrose, wheat starch, corn starch, A MILK ALLERGEN may have come in contact with the breading used for the JUNIOR CHICKEN, CRISPY CHICKEN SNACK WRAP®, CRISPY CHICKEN SIGNATURE McWRAP® and the FILET-O-FISH®, this temporarily impacts all fried chicken products, including the McCHICKEN patty, CHICKEN McNUGGETS, and the crispy chicken patty used in the CRISPY COUNTRY CHICKEN and the ENTRÉE SALADS, as they are cooked in the same fryer. **CONTAINS: WHEAT.**

**Creamy Tomato and Herb Sauce:** Soybean oil, water, diced tomatoes (tomatoes, tomato juice, citric acid), liquid egg yolk, sundried tomatoes, parmesan and romano cheeses (milk, bacterial culture, salt, microbial enzymes), vinegar, salt, green onions, sugar, tomato powder, garlic, yeast extract, evaporated cane syrup, spice, phosphoric acid, mustard seed, xanthan gum, sodium benzoate, potassium sorbate, propylene glycol alginate, calcium disodium EDTA, herbs. **CONTAINS: EGG, MILK, MUSTARD.**

**Crispy Chicken Portion:** Boneless chicken breast meat, vegetable oil (canola, corn, soybean and hydrogenated soybean oil), wheat flour, toasted wheat crumbs, water, rice starch, salt, spices, garlic powder, onion powder, wheat starch, canola oil, sugar, baking powder, yeast, natural flavour (natural chicken flavour), A MILK ALLERGEN may have come in contact with the breading used for the JUNIOR CHICKEN, CRISPY CHICKEN SNACK WRAP®, CRISPY CHICKEN SIGNATURE McWRAP® and the FILET-O-FISH®, this temporarily impacts all fried chicken products, including the McCHICKEN patty, CHICKEN McNUGGETS, and the crispy chicken patty used in the CRISPY COUNTRY CHICKEN and the ENTRÉE SALADS, as they are cooked in the same fryer. **CONTAINS: WHEAT.**

**Grilled Chicken Portion:** Boneless chicken breast meat, water, lemon juice concentrate, rice starch, salt, natural flavours (chicken, honey and plant source), vinegar, onion powder, chicken broth powder, garlic powder, rice hull concentrate, spices, sunflower oil, vegetable oil, mushroom juice concentrate, spice extractives, onion juice concentrate, garlic juice concentrate, herbs, tumeric extractives (for colour), cooked on a grill, lightly seasoned, with clarified butter (unsalted butter). **CONTAINS: MILK.**

**Guacamole:** Hass avocado, tomato, onion, jalapeno peppers, serrano peppers, salt, cilantro, garlic.

**Jalapeno Slices:** Jalapeño peppers, water, vinegar, salt, calcium chloride.

**Junior Chicken Patty:** Chicken meat, wheat flour, vegetable oil (canola, corn, soybean and hydrogenated soybean oil), toasted wheat crumb, water, chicken skin, modified corn starch, salt, spice, potassium chloride, lemon juice concentrate, wheat gluten, vegetable oil, natural flavour (plant source), silicon dioxide, vinegar, garlic powder, baking powder. **CONTAINS: WHEAT. MAY CONTAIN: MILK.**

**Leaf Lettuce:** Leaf lettuce.

**Lettuce:** Shredded iceberg lettuce.

**Mayonnaise-Style Sauce:** Soybean oil, water, prepared mustard (water, mustard seed, vinegar, salt, mustard bran), liquid egg yolk, vinegar, sugar, salt, xanthan gum, potassium sorbate, calcium disodium EDTA. **CONTAINS: EGG, MUSTARD.**

**McChicken® Portion:** Chicken meat, wheat flour, vegetable oil (canola, corn, soybean and hydrogenated soybean oil), water, chicken skin, toasted wheat crumbs, corn starch, modified corn starch, salt, yellow corn flour, canola oil, spices, sodium bicarbonate, sodium aluminum phosphate, potassium chloride, flavour (hydrolyzed corn, soy and wheat gluten protein, disodium inosinate, disodium guanylate), silicon dioxide, wheat starch, A MILK ALLERGEN may have come in contact with the breading used for the JUNIOR CHICKEN, CRISPY CHICKEN SNACK WRAP®, CRISPY CHICKEN SIGNATURE McWRAP® and the FILET-O-FISH®, this temporarily impacts all fried chicken products, including the McCHICKEN patty, CHICKEN McNUGGETS, and the crispy chicken patty used in the CRISPY COUNTRY CHICKEN and the ENTRÉE SALADS, as they are cooked in the same fryer. **CONTAINS: WHEAT, SOY.**

**McChicken® Sauce:** Soybean oil, water, prepared mustard (water, mustard seed, vinegar, salt, mustard bran), liquid egg yolk, vinegar, sugar, salt, xanthan gum, potassium sorbate, calcium disodium EDTA. **CONTAINS: EGG, MUSTARD.**

**Mozzarella Cheese Slice:** Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme. **CONTAINS: MILK.**



**Premium Ranch Sauce:** Water, soybean oil, corn syrup solids, buttermilk powder, vinegar, liquid egg yolk, natural flavour (plant and dairy source), modified corn starch, sugar, garlic powder, onion powder, chives, salt, parsley, lactic acid, potassium chloride, sodium gluconate, xanthan gum, potassium sorbate, sodium benzoate, maltodextrin, buttermilk, citric acid, butter, gum Arabic, propylene glycol alginate, concentrated lemon juice, calcium disodium EDTA. **CONTAINS: EGG, MILK.**

**Red Onion rings:** Red onion.

**Regular Bun:** Unbleached enriched wheat flour, water, sugar, yeast, vegetable oil (soybean and or canola), salt, potato flour, monoglycerides, calcium propionate, may contain any or all of the following in varying proportions: wheat gluten, enzymes, ascorbic acid, diacetyl tartaric acid esters of mono and diglycerides, calcium sulphate, wheat starch, toasted in the same toaster that also prepares other bun containing butter and egg, may contain milk and egg, MAY CONTAIN SOY (Newfoundland only). **CONTAINS: WHEAT, BARLEY. MAY CONTAIN: SESAME SEEDS.**

**Sesame Seed Bun:** Unbleached enriched wheat flour, water, sugar, yeast, vegetable oil (soybean and or canola), sesame seeds, salt, potato flour, may contain any or all of the following in varying proportions: wheat gluten, monoglycerides, calcium propionate, enzymes, ascorbic acid, diacetyl tartaric acid esters of mono and diglycerides, calcium sulphate, wheat starch, toasted in the same toaster that also prepares other bun containing butter and egg, may contain milk and egg, MAY CONTAIN SOY (Newfoundland only). **CONTAINS: WHEAT, BARLEY, SESAME SEEDS.**

**Tomato Slice:** Sliced tomato.

## Breakfast

**Bacon N' Egg Bagel with Multigrain Bagel**  
Bacon Slice  
Breakfast Sauce  
Butter  
Egg  
Multigrain Bagel  
Processed Cheese Slice

**Bacon N' Egg Bagel with Regular Bagel**  
Bacon Slice  
Breakfast Sauce  
Butter  
Egg  
Processed Cheese Slice  
Regular Bagel

**Bacon 'n Egg McMuffin® sandwich**  
Bacon Slice  
Butter  
Egg  
English Muffin  
Processed Cheese Slice

**Bacon, Egg & Cheese McGriddles® sandwich**  
Bacon Slice  
Egg  
McGriddles® Cakes  
Processed Cheese Slice

**Big Breakfast®**  
Butter  
Egg (pasteurized)  
English Muffin  
Hashbrowns  
Sausage Patty

**BLT Bagel with Multigrain Bagel**  
Bacon Slice  
Butter  
Leaf Lettuce  
McChicken® Sauce  
Multigrain Bagel  
Tomato Slice

**BLT Bagel with Regular Bagel**  
Bacon Slice  
Butter  
Leaf Lettuce  
McChicken® Sauce  
Regular Bagel  
Tomato Slice

**Breakfast Burrito**  
Egg Mixture  
Processed Cheese Slice  
Tortilla

**Egg BLT McMuffin®**  
Bacon Slice  
Butter  
Egg  
English Muffin  
Leaf Lettuce  
Mayonnaise-Style Sauce  
Processed Cheese Slice  
Tomato Slice

**Egg McMuffin® sandwich**  
Butter  
Canadian Bacon  
Egg  
English Muffin  
Processed Cheese Slice

**Egg, Lettuce and Tomato Bagel with Multigrain Bagel**  
Butter  
Egg  
Leaf Lettuce  
Multigrain Bagel  
Processed Cheese Slice  
Tomato Slice

**Egg, Lettuce and Tomato Bagel with Regular Bagel**  
Butter  
Egg  
Leaf Lettuce  
Processed Cheese Slice  
Regular Bagel  
Tomato Slice

As of July 27, 2017

**English Muffin with Butter**  
Butter  
English Muffin

**Feta & Tomato More-Ning McWrap®**  
10 Whole Wheat Tortilla  
Crumbled Feta Cheese  
Egg (pasteurized)  
Leaf Lettuce  
Mayonnaise-Style Sauce  
Tomato Slice

**Fruit & Maple Oatmeal**  
Cranberry Raisin Blend  
Diced Apples  
Maple Brown Sugar  
Packet  
Oatmeal  
Water

**Hotcakes with Syrup and Butter**  
Butter Portion - Whipped  
Hotcake Syrup  
Hotcakes

**Multigrain Bagel with Butter**  
Butter  
Multigrain Bagel

**Regular Bagel with Butter**  
Butter  
Regular Bagel

**Sausage McGriddles® sandwich**  
McGriddles® Cakes  
Sausage Patty

**Sausage and Hash Brown More-ning McWrap®**  
10 Whole Wheat Tortilla  
Egg (pasteurized)  
Hashbrowns  
Processed Cheese Slice  
Sausage Patty

**Sausage McMuffin®**  
Butter  
English Muffin  
Processed Cheese Slice  
Sausage Patty

**Sausage 'N Egg McMuffin®**  
Butter  
Egg  
English Muffin  
Processed Cheese Slice  
Sausage Patty

**Sausage, Egg & Cheese McGriddles® sandwich**  
Egg  
McGriddles® Cakes  
Processed Cheese Slice  
Sausage Patty

**10 Whole Wheat Tortilla:** Whole wheat flour, water, vegetable shortening (interesterified soybean oil, hydrogenated soybean oil), contains 2% or less of the following: sugar, potassium chloride, trehalose, salt, autolyzed yeast extract, baking powder, vital wheat gluten, monoglycerides, dough conditioner (sodium metabisulfite, corn starch, microcrystalline cellulose, dicalcium phosphate). **CONTAINS: WHEAT.**

**Bacon Slice:** Pork bacon, water, salt, sugar, smoke flavouring, sodium phosphate, sodium erythorbate, sodium nitrite.

**Breakfast Sauce:** Soybean oil, water, liquid egg yolk, liquid egg white, vinegar, salt, corn syrup solids, sugar, modified corn starch, concentrated lemon juice, spice, natural (dairy and plant source) and artificial flavour, cheddar cheese powder, buttermilk powder, whey powder, disodium inosinate, disodium guanylate, propylene glycol alginate, sodium benzoate, potassium sorbate, xanthan gum, extractives of turmeric, butter oil, butter fat, natural smoke flavour (plant source), calcium disodium EDTA. **CONTAINS: EGG, MILK.**

**Butter:** Pasteurized cream (milk), salt, may contain colour (plant source). **CONTAINS: MILK.**

**Butter Portion - Whipped:** Cream, salt, may contain colour. **CONTAINS: MILK.**

**Canadian Bacon:** Pork, water, sugar, salt, sodium lactate, sodium phosphate, natural flavour (vegetable source), sodium diacetate, sodium nitrite, smoke.

**Cranberry Raisin Blend:** Dried sweetened cranberries (sugar, cranberries), California raisins, golden raisins, sunflower oil, sulfur dioxide (preservative). **CONTAINS: SULPHITES.**

**Crumbled Feta Cheese:** Pasteurized milk, modified milk ingredients, salt, calcium chloride, microbial enzyme, bacterial culture, lipase, cellulose, potassium sorbate, lactic acid, natamycin. **CONTAINS: MILK.**

**Diced Apples:** Apples, calcium ascorbate.

**Egg:** Egg (Canada grade A large), cooked on a grill, lightly seasoned, with clarified butter (unsalted butter). **CONTAINS: EGG, MILK.**

**Egg (pasteurized):** Whole egg, citric acid, and may contain sodium acid pyrophosphate, sodium phosphate, cooked on a grill, lightly seasoned, with clarified butter (unsalted butter). **CONTAINS: EGG, MILK.**

**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, butter (cream), lipolyzed butter oil, flavours (plant and dairy source), artificial flavours], pre-cooked sausage (pork, water, salt, dextrose, spices, corn syrup solids, sugar), vegetables (tomatoes, green chilies, onions, calcium chloride, citric acid). **CONTAINS: EGG, MILK.**

**English Muffin:** Unbleached enriched wheat flour, water, yeast, corn meal and corn flour, salt, sugar, vegetable oil (soybean and/ or canola), and may contain any or all of the following in varying proportions: wheat gluten, barley malt or malted barley flour, wheat gluten, calcium propionate, potassium sorbate, monocalcium phosphate, calcium sulfate, calcium carbonate, citric acid, diacetylated tartaric acid esters of mono- and diglycerides, calcium silicate, enzymes, ascorbic acid, calcium citrate, tricalcium phosphate, corn starch, wheat starch, toasted in the same toaster that also prepares other bun containing butter and egg, may contain milk and egg. **CONTAINS: WHEAT, BARLEY.**

**Hashbrowns:** Potatoes, canola oil, hydrogenated soybean oil, safflower oil, natural flavour (vegetable source), salt, dehydrated potato, vegetable monoglycerides, corn flour, dextrose, sodium acid pyrophosphate, extractives of black pepper, citric acid, dimethylpolysiloxane, cooked in vegetable oil (canola oil, corn oil, soybean oil, hydrogenated soybean oil, citric acid, dimethylpolysiloxane).

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

**Hotcakes:** Water, wheat flour, whey, corn flour, soybean oil, sugar, liquid whole eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), dextrose, emulsifier (propylene glycol monoester, soy monoglycerides, sodium stearyl-2- lactylate), salt, xanthan gum, natural flavour (plant and dairy source), colour (beta carotene). **CONTAINS: WHEAT, EGG, MILK, SOY.**

**Leaf Lettuce:** Leaf lettuce.

**Maple Brown Sugar Packet:** Brown sugar, maple sugar.

**Mayonnaise-Style Sauce:** Soybean oil, water, prepared mustard (water, mustard seed, vinegar, salt, mustard bran), liquid egg yolk, vinegar, sugar, salt, xanthan gum, potassium sorbate , calcium disodium EDTA. **CONTAINS: EGG, MUSTARD.**

**McChicken® Sauce:** Soybean oil, water, prepared mustard (water, mustard seed, vinegar, salt, mustard bran), liquid egg yolk, vinegar, sugar, salt, xanthan gum, potassium sorbate , calcium disodium EDTA. **CONTAINS: EGG, MUSTARD.**

**McGriddles® Cakes:** Water, enriched wheat flour, sugar, dextrose, palm oil, soybean oil, brown sugar, baking powder, natural flavours (plant source), rice flour, whey powder, salt, modified tapioca starch, buttermilk powder, colour (caramel), corn oil, soy lecithin. **CONTAINS: WHEAT, BARLEY, MILK, SOY.**

**Multigrain Bagel :** Unbleached enriched wheat flour, water, high fructose corn syrup, flax seeds, sesame seeds, sunflower seeds, rolled wheat, salt, canola oil, buckwheat groats, rolled oats, triticale flakes, wheat bran, barley malt extract, distilled monoglycerides, caramel colour, yeast, calcium propionate, tapioca starch, corn, wheat starch, ascorbic acid, amylase, soybean oil, lipase, xylanase, toasted in the same toaster that also prepares other bun containing butter and egg, may contain milk and egg. **CONTAINS: WHEAT, OAT, BARLEY, TRITICALE, SESAME SEEDS.**

**Oatmeal:** Whole grain rolled oats (oat bran), modified corn starch, maltodextrin (corn), natural flavour (barley), salt. **CONTAINS: OAT, BARLEY. MAY CONTAIN: WHEAT.**

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

**Regular Bagel:** Unbleached enriched wheat flour, water, high fructose corn syrup, honey, salt, canola oil, barley malt extract, distilled monoglycerides, yeast, tapioca starch, wheat starch, calcium propionate, corn, ascorbic acid, amylase, soybean oil, lipase, xylanase, toasted in the same toaster that also prepares other bun containing butter and egg, may contain milk and egg. **CONTAINS: WHEAT, BARLEY. MAY CONTAIN: SESAME SEEDS.**

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

**Tomato Slice:** Sliced tomato.

**Tortilla:** Enriched bleached wheat flour, water, vegetable shortening (interesterified soybean oil, fully hydrogenated soybean oil), CONTAINS 2% OR LESS OF THE FOLLOWING: sugar, potassium chloride, trehalose, salt, autolyzed yeast extract, baking powder, vital wheat gluten, soy monoglycerides, dough conditioner (sodium metabisulfite, corn starch, microcrystalline cellulose, dicalcium phosphate). **CONTAINS: WHEAT.**

**Water:** Water.

## Salads

**Asian Sesame Fusion with Crispy Chicken**  
Baby kale  
Crispy Chicken Portion  
Edamame  
Lettuce Blend  
Premium Lettuce Mix  
Red Onion rings  
Red pepper strips  
Roasted Cashew Pieces  
Packet  
Shredded Carrots

**Asian Sesame Fusion with Grilled Chicken**  
Baby kale  
Edamame  
Grilled Chicken Portion  
Lettuce Blend  
Premium Lettuce Mix  
Red Onion rings  
Red pepper strips  
Roasted Cashew Pieces  
Packet  
Shredded Carrots

**Caesar Salad with Crispy Chicken**  
Baby kale  
Bacon pieces  
Crispy Chicken Portion  
Lettuce Blend  
Premium Lettuce Mix  
Roasted Garlic Focaccia  
Croutons  
Shaved Parmesean

**Caesar Salad with Grilled Chicken**  
Baby kale  
Bacon pieces  
Grilled Chicken Portion  
Lettuce Blend  
Premium Lettuce Mix  
Roasted Garlic Focaccia  
Croutons  
Shaved Parmesean

**Greek Salad with Crispy Chicken**  
Baby kale  
Couscous blend  
Crispy Chicken Portion  
Crumbled Feta Cheese  
Cucumber  
Herb and Garlic Pita  
Chips  
Lettuce Blend  
Premium Lettuce Mix  
Red pepper strips

**Greek Salad with Grilled Chicken**  
Baby kale  
Couscous blend  
Crumbled Feta Cheese  
Cucumber  
Grilled Chicken Portion  
Herb and Garlic Pita  
Chips  
Lettuce Blend  
Premium Lettuce Mix  
Red pepper strips

**Side Caesar Salad**  
Baby kale  
Bacon pieces  
Lettuce Blend  
Premium Lettuce Mix  
Roasted Garlic Focaccia  
Croutons  
Shaved Parmesean

**Side Garden Salad**  
Baby kale  
Cucumber  
Lettuce Blend  
Premium Lettuce Mix  
Red Onion rings  
Red pepper strips  
Shredded Monterey Jack & Light Cheddar Cheese  
Blend

**Baby kale:** Baby kale.

**Bacon pieces:** Pork, water, salt, sugar, smoke flavouring, sodium phosphate, sodium erythorbate, sodium nitrite, smoke.

**Couscous blend:** Couscous (durum wheat semolina), feta cheese (pasteurized milk, salt, lipase, bacterial culture, microbial enzyme, calcium chloride), canola oil, artichokes, Kalamata olives, sun dried tomatoes (sulphites), green onions, red peppers, yellow peppers, vinegar (sulphites), filtered water, garlic puree (garlic, canola oil, citric acid), parsley, basil, spices (black pepper, oregano), citric acid, sea salt, may contain pit fragments. **CONTAINS: WHEAT, MILK, SULPHITES.**

**Crispy Chicken Portion:** Boneless chicken breast meat, vegetable oil (canola, corn, soybean and hydrogenated soybean oil), wheat flour, toasted wheat crumbs, water, rice starch, salt, spices, garlic powder, onion powder, wheat starch, canola oil, sugar, baking powder, yeast, natural flavour (natural chicken flavour), A MILK ALLERGEN may have come in contact with the breading used for the JUNIOR CHICKEN, CRISPY CHICKEN SNACK WRAP®, CRISPY CHICKEN SIGNATURE McWRAP® and the FILET-O-FISH®, this temporarily impacts all fried chicken products, including the McCHICKEN patty, CHICKEN McNUGGETS, and the crispy chicken patty used in the CRISPY COUNTRY CHICKEN and the ENTRÉE SALADS, as they are cooked in the same fryer. **CONTAINS: WHEAT.**

**Crumbled Feta Cheese:** Pasteurized milk, modified milk ingredients, salt, calcium chloride, microbial enzyme, bacterial culture, lipase, cellulose, potassium sorbate, lactic acid, natamycin. **CONTAINS: MILK.**

**Cucumber:** Cucumber.

**Edamame:** Edamame (shelled green soybeans). **CONTAINS: SOY.**

**Grilled Chicken Portion:** Boneless chicken breast meat, water, lemon juice concentrate, rice starch, salt, natural flavours (chicken, honey and plant source), vinegar, onion powder, chicken broth powder, garlic powder, rice hull concentrate, spices, sunflower oil, vegetable oil, mushroom juice concentrate, spice extractives, onion juice concentrate, garlic juice concentrate, herbs, tumeric extractives (for colour), cooked on a grill, lightly seasoned, with clarified butter (unsalted butter). **CONTAINS: MILK.**

**Herb and Garlic Pita Chips:** Enriched flour, sunflower oil, salt, sugar, yeast, maltodextrin, garlic powder, corn syrup solids, spices, onion powder, natural flavours (plant source), citric acid, ascorbic acid, rosemary extract. **CONTAINS: WHEAT.**

**Lettuce Blend:** Romaine lettuce, iceberg lettuce, romaine hearts.

**Premium Lettuce Mix:** Lolla Rosa lettuce, red leaf lettuce, tango lettuce, green leaf lettuce, green oak lettuce, ingredients may vary.

**Red Onion rings:** Red onion.

**Red pepper strips:** Red pepper.

**Roasted Cashew Pieces Packet:** Cashews, canola oil. **CONTAINS: TREE NUTS. MAY CONTAIN: WHEAT, MILK, SOY, SULPHITES, SESAME SEEDS, PEANUTS, TREE NUTS.**

**Roasted Garlic Focaccia Croutons:** Enriched flour, canola and/or sunflower oil, salt, dehydrated garlic, yeast, sugar, natural and artificial flavours (plant and dairy source), ascorbic acid, rosemary extracts. **CONTAINS: WHEAT, MILK, SOY.**

**Shaved Parmesan:** Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose. **CONTAINS: MILK.**

**Shredded Carrots:** Carrots.

**Shredded Monterey Jack & Light Cheddar Cheese Blend:** Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour (annatto), cellulose, natamycin. **CONTAINS: MILK.**

## Snacks & Sides

**French Fries - Medium**  
French Fries  
Salt

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

**Mini Fry**  
French Fries  
Salt

**Muffin - Banana  
Chocolate Chunk**  
Granola  
Muffin Banana Chocolate  
Chunk

**Muffin – Blueberry**  
Blueberries  
Muffin Blueberry

**Muffin - Fruit & Fibre**  
Diced Apples  
Muffin Fruit & Fibre

**Poutine**  
Cheese Curds  
French Fries  
Poutine Gravy  
Salt

**Apple Slices:** Apples, calcium ascorbate.

**Blueberries:** Blueberries.



**Cheese Curds:** Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme. **CONTAINS: MILK.**

**Chocolate Chip Cookie:** Semi-sweet chocolate chips [sugar, unsweetened chocolate, cocoa butter, milk fat, soy lecithin, natural flavour (plant source)], enriched flour, palm oil margarine, sugar, brown sugar, liquid whole eggs, natural flavour (plant source), baking powder, salt. **CONTAINS: WHEAT, BARLEY, EGG, MILK, SOY.**

**Diced Apples:** Apples, calcium ascorbate.

**French Fries:** Potatoes, canola oil, hydrogenated soybean oil, safflower oil, natural flavour (vegetable source), dextrose, sodium acid pyrophosphate (maintain colour), citric acid (preservative), dimethylpolysiloxane (anti-foaming agent), cooked in vegetable oil (canola oil, corn oil, soybean oil, hydrogenated soybean oil, citric acid, dimethylpolysiloxane).

**Granola:** Rolled oats, sugar, crisp rice pieces (rice flour, barley malt extract, salt), refiner's syrup, corn syrup, honey, concentrated apple puree (ascorbic acid), crushed oranges, high monounsaturated sunflower oil, salt, baking soda, sodium aluminum phosphate, spice, natural flavour (plant source), soy lecithin. **CONTAINS: OAT, BARLEY, SOY. MAY CONTAIN: WHEAT.**

**Muffin Banana Chocolate Chunk:** Sugar, unbleached enriched wheat flour, banana purée (bananas, ascorbic acid), water, egg white, canola oil, chocolate chunks (unsweetened chocolate, sugar, dextrose, soy lecithin, natural vanilla flavour), whole grain oat flour, whole grain wheat flour, whey powder (milk), batter thickener (carrageenan, guar gum, soy Lecithin), baking powder, baking soda, natural flavour (plant source), modified corn starch, emulsifier blend (propylene glycol mono fatty acid esters, soy monoglycerides, sodium stearoyl-2-lactylate), salt. **CONTAINS: WHEAT, OAT, EGG, MILK, SOY.**

**Muffin Blueberry:** Enriched flour, sugar, water, blueberries, canola oil, egg white, invert sugar, whole grain oat flour, whole grain wheat flour, modified milk ingredients, sodium aluminum phosphate, baking soda, emulsifier blend (propylene glycol mono fatty acid esters, mono and diglycerides, sodium stearoyl-2-lactylate), salt, natural flavour (plant source), batter thickener (carrageenan, guar gum, soy lecithin), modified corn starch, sodium carboxymethyl cellulose. **CONTAINS: WHEAT, OAT, BARLEY, EGG, MILK, SOY.**

**Muffin Carrot:** Enriched 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, soy monoglycerides, sodium stearoyl-2-lactylate), modified corn starch, modified milk ingredients. **CONTAINS: WHEAT, EGG, MILK, SOY.**

**Muffin Cranberry Orange:** Sugar, enriched flour, cranberries, water, egg white, canola oil, invert sugar, yogurt (skim milk, skim milk powder, modified corn starch, pectin, carrageenan, active bacterial culture), whole grain oat flour, buttermilk (skimmed milk, bacterial culture, salt), whole grain wheat flour, oranges, orange juice concentrate, baking powder, emulsifier blend (propylene glycol mono fatty acid esters, mono and diglycerides, sodium stearoyl-2-lactylate), baking soda, salt, batter thickener (carrageenan, guar gum, soy lecithin), natural flavour (plant source), sodium carboxymethyl cellulose, colour (plant source). **CONTAINS: WHEAT, OAT, EGG, MILK, SOY.**

**Muffin Fruit & Fibre:** Enriched flour, sugar, canola oil, bananas, egg white, buttermilk (skimmed milk, bacterial culture, salt), water, wheat bran, cranberries, blueberries, dehydrated apples, baking soda, baking powder, emulsifier blend (propylene glycol mono fatty acid esters, mono and diglycerides, sodium stearoyl-2-lactylate), batter thickener (carrageenan, guar gum, soy lecithin), natural flavour (plant source), salt, sodium carboxymethyl cellulose. **CONTAINS: WHEAT, EGG, MILK, SOY.**

**Oatmeal Raisin Cookie:** Enriched flour, sugar, palm oil margarine, rolled oats, brown sugar, raisins, liquid whole eggs, corn flakes [milled corn, sugar, malt (corn flour, malted barley), salt, vitamins and minerals (iron, niacinamide, thiamine hydrochloride, d-calcium pantothenate, pyridoxine hydrochloride, folic acid)], coconut, baking powder, natural flavour (plant source), salt. **CONTAINS: WHEAT, OAT, BARLEY, EGG, MILK, SOY.**

**Poutine Gravy:** Water, modified corn starch, glucose solids, corn maltodextrin, hydrolyzed corn protein, salt, modified tapioca starch, high oleic sunflower oil, sugar, tomato powder, onion powder, autolyzed yeast extract, chicken broth powder, chicken fat, silicon dioxide, caramel colour, garlic powder, spices.

**Salt:** Salt, silicoaluminate, dextrose, potassium iodide.

**Strawberries:** Strawberries, konjac flour.

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

## **Beverages**

**1% Partly Skimmed Chocolate Milk:** Partly skimmed milk, sugar and/or glucose-fructose, cocoa, colour (yellow #6 lake, red #2), salt, carrageenan, artificial flavour (vanillin), vitamin A palmitate, vitamin D3. **CONTAINS: MILK.**

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

**18% Cream:** Cream, milk, sodium citrate, and may contain in varying proportions: sodium phosphate, carrageenan, dextrose. **CONTAINS: MILK.**

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

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

**Coca-Cola Zero®:** Water, caramel colour, phosphoric acid, potassium citrate, aspartame (phenylalanine), potassium benzoate, natural flavour, iron, caffeine, dimethylpolysiloxane.

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

**Dasani® Water:** Water, magnesium sulphate, potassium chloride, salt, ozone.

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

**Fruitopia® Orange Groove:** Water, sugar and/or glucose-fructose, concentrated orange and tangerine juices, citric acid, ascorbic acid (vitamin C), natural flavour (plant source), sodium benzoate, potassium sorbate, modified cornstarch, artificial colour (tartrazine and sunset yellow FCF).

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

**Hot Chocolate (Packet):** Sugar, non-fat dry milk, non-dairy creamer [corn syrup solids, coconut oil, sodium citrate (milk derivative), dipotassium phosphate, mono and diglycerides, silicon dioxide, artificial flavour, turmeric, annatto extract], cocoa (processed with alkali), natural and artificial flavour (plant source), salt, tricalcium phosphate, carboxymethylcellulose gum, instant coffee. **CONTAINS: MILK.**

**Ice:** Water.

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

**Orange Juice:** Water, orange juice from concentrate.

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

**Water:** Water.

**McCafé® & Bakery**

**Americano - Medium**  
Espresso Coffee  
Water

**Blueberry Pomegranate Smoothie with yogurt - Large**  
Blueberry Pomegranate Smoothie Fruit Base  
Ice  
Low fat yogurt for Smoothies

**Blueberry Pomegranate Smoothie with yogurt - Medium**  
Blueberry Pomegranate Smoothie Fruit Base  
Ice  
Low fat yogurt for Smoothies

**Blueberry Pomegranate Smoothie with Yogurt - Small**  
Blueberry Pomegranate Smoothie Fruit Base  
Ice  
Low fat yogurt for Smoothies

**Blueberry Pomegranate Smoothie with Yogurt - Snack Size**  
Blueberry Pomegranate Smoothie Fruit Base  
Ice  
Low fat yogurt for Smoothies

**Blueberry Pomegranate Smoothie without yogurt - Large**  
Blueberry Pomegranate Smoothie Fruit Base  
Ice

**Blueberry Pomegranate Smoothie without yogurt - Medium**  
Blueberry Pomegranate Smoothie Fruit Base  
Ice

**Blueberry Pomegranate Smoothie without yogurt - Small**  
Blueberry Pomegranate Smoothie Fruit Base  
Ice

**Blueberry Pomegranate Smoothie without yogurt - Snack Size**  
Blueberry Pomegranate Smoothie Fruit Base  
Ice

**Cappuccino with 2% milk - Medium**  
2% milk  
Espresso Coffee

**Cappuccino with skim milk - Medium**  
Espresso Coffee  
Skim Milk

**Caramel Cappuccino with 2% milk - Medium**  
2% milk  
Caramel Coffee Syrup  
Espresso Coffee

**Caramel Cappuccino with skim milk - Medium**  
Caramel Coffee Syrup  
Espresso Coffee  
Skim Milk

**Caramel Iced Coffee - Large**  
18% Cream  
Brewed Coffee  
Caramel Coffee Syrup

**Caramel Iced Coffee - Medium**  
18% Cream  
Brewed Coffee  
Caramel Coffee Syrup

**Caramel Iced Coffee - Small**  
18% Cream  
Brewed Coffee  
Caramel Coffee Syrup

**Caramel Latte with 2% milk - Medium**  
2% milk  
Caramel Coffee Syrup  
Espresso Coffee

**Caramel Latte with skim milk - Medium**  
Caramel Coffee Syrup  
Espresso Coffee  
Skim Milk

**Cheese Croissant**  
Authentic French  
Croissant  
Shredded Monterey Jack & Light Cheddar Cheese Blend

**Coffee Iced Frappé - Large**  
Coffee Frappé Base  
Ice

**Coffee Iced Frappé - Medium**  
Coffee Frappé Base  
Ice

**Coffee Iced Frappé - Small**  
Coffee Frappé Base  
Ice

**Coffee Iced Frappé - Snack Size**  
Coffee Frappé Base  
Ice

**Deluxe Hot Chocolate with 2% milk - Large**  
2% milk  
Chocolate Drizzle  
Chocolate Sauce  
Whipped Cream

**Deluxe Hot Chocolate with 2% milk - Medium**  
2% milk  
Chocolate Drizzle  
Chocolate Sauce  
Whipped Cream

**Deluxe Hot Chocolate with 2% milk - Small**  
2% milk  
Chocolate Drizzle  
Chocolate Sauce  
Whipped Cream

**Deluxe Hot Chocolate with skim milk - Large**  
Chocolate Drizzle  
Chocolate Sauce  
Skim Milk  
Whipped Cream

**Deluxe Hot Chocolate with skim milk - Medium**  
Chocolate Drizzle  
Chocolate Sauce  
Skim Milk  
Whipped Cream

**Deluxe Hot Chocolate with skim milk - Small**  
Chocolate Drizzle  
Chocolate Sauce  
Skim Milk  
Whipped Cream

**Frozen Lemonade - Large**  
Ice  
Lemonade Base

**Frozen Lemonade - Medium**  
Ice  
Lemonade Base

**Frozen Lemonade - Small**  
Ice  
Lemonade Base

**Frozen Lemonade -  
Snack Size**

Ice  
Lemonade Base

**Latte with 2% milk - Large**

2% milk  
Espresso Coffee

**Iced Coffee - Large**

18% Cream  
Brewed Coffee  
Liquid Sugar

**Latte with 2% milk -  
Medium**

2% milk  
Espresso Coffee

**Iced Coffee - Medium**

18% Cream  
Brewed Coffee  
Liquid Sugar

**Latte with skim milk -  
Medium**

Espresso Coffee  
Skim Milk

**Iced Coffee - Small**

18% Cream  
Brewed Coffee  
Liquid Sugar

**Mango Pineapple  
Smoothie with yogurt -  
Medium**

Ice  
Low fat yogurt for  
Smoothies  
Mango Pineapple Fruit  
Base

**Mango Pineapple  
Smoothie with yogurt -  
Large**

Ice  
Low fat yogurt for  
Smoothies  
Mango Pineapple Fruit  
Base

**Mango Pineapple  
Smoothie with yogurt -  
Small**

Ice  
Low fat yogurt for  
Smoothies  
Mango Pineapple Fruit  
Base

**Mango Pineapple  
Smoothie with yogurt -  
Snack Size**

Ice  
Low fat yogurt for  
Smoothies  
Mango Pineapple Fruit  
Base

**Mango Pineapple  
Smoothie without yogurt -  
Large**

Ice  
Mango Pineapple Fruit  
Base

**Mango Pineapple  
Smoothie without yogurt -  
Medium**

Ice  
Mango Pineapple Fruit  
Base

**Mango Pineapple  
Smoothie without yogurt -  
Small**

Ice  
Mango Pineapple Fruit  
Base

**Mango Pineapple  
Smoothie without yogurt -  
Snack Size**

Ice  
Mango Pineapple Fruit  
Base

**Mocha with 2% milk –  
Large**

2% milk  
Chocolate Drizzle  
Chocolate Sauce  
Espresso Coffee  
Whipped Cream

**Mocha with 2% milk –  
Medium**

2% milk  
Chocolate Drizzle  
Chocolate Sauce  
Espresso Coffee  
Whipped Cream

**Mocha with 2% milk –  
Small**

2% milk  
Chocolate Drizzle  
Chocolate Sauce  
Espresso Coffee  
Whipped Cream

**Mocha with skim milk –  
Large**

Chocolate Drizzle  
Chocolate Sauce  
Espresso Coffee  
Skim Milk  
Whipped Cream

**Mocha with skim milk –  
Medium**

Chocolate Drizzle  
Chocolate Sauce  
Espresso Coffee  
Skim Milk  
Whipped Cream

**Mocha with skim milk –  
Small**

Chocolate Drizzle  
Chocolate Sauce  
Espresso Coffee  
Skim Milk  
Whipped Cream

**Oreo® Cookie Coffee Iced  
Frappé – Large**

Coffee Frappé Base  
Cookie and Cream  
Flavoured Syrup  
Ice  
Oreo® Mix-in  
Whipped Cream

**Oreo® Cookie Coffee Iced  
Frappé – Medium**

Coffee Frappé Base  
Cookie and Cream  
Flavoured Syrup  
Ice  
Oreo® Mix-in  
Whipped Cream

**Oreo® Cookie Coffee Iced  
Frappé – Small**

Coffee Frappé Base  
Cookie and Cream  
Flavoured Syrup  
Ice  
Oreo® Mix-in  
Whipped Cream

**Oreo® Cookie Coffee Iced  
Frappé – Snack Size**

Coffee Frappé Base  
Cookie and Cream  
Flavoured Syrup  
Ice  
Oreo® Mix-in  
Whipped Cream

**Strawberry Banana  
Smoothie with Yogurt -  
Large**

Ice  
Low fat yogurt for  
Smoothies  
Strawberry Banana Fruit  
Smoothie Base

**Strawberry Banana  
Smoothie with Yogurt -  
Medium**

Ice  
Low fat yogurt for  
Smoothies  
Strawberry Banana Fruit  
Smoothie Base

**Strawberry Banana  
Smoothie with Yogurt -  
Small**

Ice  
Low fat yogurt for  
Smoothies  
Strawberry Banana Fruit  
Smoothie Base

**Strawberry Banana Smoothie with yogurt - Snack Size**  
Ice  
Low fat yogurt for Smoothies  
Strawberry Banana Fruit Smoothie Base

**Strawberry Banana Smoothie without yogurt - Large**  
Ice  
Strawberry Banana Fruit Smoothie Base

**Strawberry Banana Smoothie without yogurt - Medium**  
Ice  
Strawberry Banana Fruit Smoothie Base

**Strawberry Banana Smoothie without yogurt - Small**  
Ice  
Strawberry Banana Fruit Smoothie Base

**Strawberry Banana Smoothie without yogurt - Snack Size**  
Ice  
Strawberry Banana Fruit Smoothie Base

**Strawberry Mango Orange Smoothie with Yogurt - Large**  
Ice  
Low fat yogurt for Smoothies  
Strawberry Mango Orange Smoothie Base

**Strawberry Mango Orange Smoothie with Yogurt - Medium**  
Ice  
Low fat yogurt for Smoothies  
Strawberry Mango Orange Smoothie Base

**Strawberry Mango Orange Smoothie with yogurt - Small**  
Ice  
Low fat yogurt for Smoothies  
Strawberry Mango Orange Smoothie Base

**Strawberry Mango Orange Smoothie with yogurt - Snack size**  
Ice  
Low fat yogurt for Smoothies  
Strawberry Mango Orange Smoothie Base

**Strawberry Mango Orange Smoothie without yogurt - Large**  
Ice  
Strawberry Mango Orange Smoothie Base

**Strawberry Mango Orange Smoothie without yogurt - Medium**  
Ice  
Strawberry Mango Orange Smoothie Base

**Strawberry Mango Orange Smoothie without yogurt - Small**  
Ice  
Strawberry Mango Orange Smoothie Base

**Strawberry Mango Orange Smoothie without yogurt - Snack size**  
Ice  
Strawberry Mango Orange Smoothie Base

**Sugar Free Vanilla Cappuccino with 2% milk - Medium**  
2% milk  
Espresso Coffee  
Sugar Free Vanilla Syrup

**Sugar Free Vanilla Cappuccino with skim milk - Medium**  
Espresso Coffee  
Skim Milk  
Sugar Free Vanilla Syrup

**Sugar Free Vanilla Iced Coffee - Large**  
18% Cream  
Brewed Coffee  
Sugar Free Vanilla Syrup

**Sugar Free Vanilla Iced Coffee - Medium**  
18% Cream  
Brewed Coffee  
Sugar Free Vanilla Syrup

**Sugar Free Vanilla Iced Coffee - Small**  
18% Cream  
Brewed Coffee  
Sugar Free Vanilla Syrup

**Sugar Free Vanilla Latte with 2% milk - Medium**  
2% milk  
Espresso Coffee  
Sugar Free Vanilla Syrup

**Sugar Free Vanilla Latte with skim milk - Medium**  
Espresso Coffee  
Skim Milk  
Sugar Free Vanilla Syrup

**Vanilla Cappuccino with 2% milk - Medium**  
2% milk  
Espresso Coffee  
Vanilla Coffee Syrup

**Vanilla Cappuccino with skim milk - Medium**  
Espresso Coffee  
Skim Milk  
Vanilla Coffee Syrup

**Vanilla Chai Iced Frappé - Large**  
Ice  
Vanilla Chai Frappé Base

**Vanilla Chai Iced Frappé - Medium**  
Ice  
Vanilla Chai Frappé Base

**Vanilla Chai Iced Frappé - Small**  
Ice  
Vanilla Chai Frappé Base

**Vanilla Chai Iced Frappé - Snack Size**  
Ice  
Vanilla Chai Frappé Base

**Vanilla Iced Coffee - Large**  
18% Cream  
Brewed Coffee  
Vanilla Coffee Syrup

**Vanilla Iced Coffee - Medium**  
18% Cream  
Brewed Coffee  
Vanilla Coffee Syrup

**Vanilla Iced Coffee - Small**  
18% Cream  
Brewed Coffee  
Vanilla Coffee Syrup

**Vanilla Latte with 2% milk - Medium**  
2% milk  
Espresso Coffee  
Vanilla Coffee Syrup

**Vanilla Latte with skim milk - Medium**  
Espresso Coffee  
Skim Milk  
Vanilla Coffee Syrup

**18% Cream:** Cream, milk, sodium citrate, and may contain in varying proportions: sodium phosphate, carrageenan, dextrose. **CONTAINS: MILK.**

**2% milk:** Partly skimmed milk, vitamin A palmitate, vitamin D3. **CONTAINS: MILK.**

**Authentic French Croissant:** Wheat flour, butter, water, invert sugar syrup, yeast, eggs, salt, wheat gluten, canola lecithin, ascorbic acid, enzymes. **CONTAINS: WHEAT, EGG, MILK. MAY CONTAIN: SOY, TREE NUTS.**

**Blueberry Cream Cheese Danish:** Enriched unbleached flour, water, cream cheese filling [water, sugar and/or glucose and/or fructose, cheese (milk), modified corn starch, coconut oil, propylene glycol, sodium alginate, lactic acid, salt, mono and diglycerides, potassium sorbate, titanium dioxide, natural and artificial flavour, colour (FD&C yellow #5, FD&C yellow #6)], water, butter (milk), blueberry filling [sugar, water, blueberries, glucose, apple pulp (apples, ascorbic acid, potassium sorbate), modified tapioca starch, modified corn starch, citric acid, salt, sodium benzoate, potassium sorbate, natural and artificial flavour, colours (FD&C red #40, FD&C blue #1)], glucose-fructose, yeast, salt, dextrose, skim milk powder, diacetyl tartaric acid ester of mono- and diglycerides, calcium carbonate, liquid whole eggs, ascorbic acid, amylase. **CONTAINS: WHEAT, EGG, MILK. MAY CONTAIN: SOY.**

**Blueberry Pomegranate Smoothie Fruit Base:** Blueberry puree, water, clarified demineralized pineapple juice concentrate, raspberry puree, apple juice concentrate, pomegranate juice concentrate, natural (botanical) and artificial flavours, cellulose powder, peach juice concentrate, pear juice concentrate, citric acid, lemon juice concentrate, xanthan gum, pectin, dimethylpolysiloxane, natural colour (fruit and vegetable juice), Dispensed from equipment that also dispenses milk ingredients (yogurt). May contain Milk and small amount of other smoothie flavours served at the restaurant.

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

**Caramel Coffee Syrup:** Sugar, water, fructose, natural and artificial flavour (plant source), salt, caramel colour (sulfites), potassium sorbate, citric acid, malic acid. **CONTAINS: SULPHITES.**

**Chocolate Chunk Brownie:** Sugar, liquid whole eggs, dark chocolate (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), gluten free flour (rice flour, corn flour, tapioca starch, native corn starch, carboxymethyl cellulose, guar gum, xanthan gum), butter, canola oil, unsweetened chocolate, cocoa, water, natural vanilla extract, baking powder, salt. **CONTAINS: EGG, MILK, SOY. MAY CONTAIN: PEANUTS, TREE NUTS.**

**Chocolate Drizzle:** Sugar, water, fructose, cocoa, natural flavour, unsweetened chocolate, potassium sorbate, salt, soy lecithin. **CONTAINS: SOY. MAY CONTAIN: MILK.**

**Chocolate Sauce:** Sugar, water, fructose, cocoa, natural flavour, unsweetened chocolate, potassium sorbate, salt, soy lecithin. **CONTAINS: SOY. MAY CONTAIN: MILK.**

**Coffee Frappé Base:** Water, sugar, milk ingredients, natural flavour (plant source), dipotassium phosphate, mono & diglycerides, guar gum, potassium citrate, disodium phosphate, carrageenan, carob bean gum. **CONTAINS: MILK.**

**Cookie and Cream Flavoured Syrup:** Sugar, water, natural flavours (plant source), citric acid, sodium benzoate.

**Espresso Coffee:** Ground espresso beans.

**Ice:** Water.

**Lemonade Base:** Water, sugar, lemon juice concentrate, lemon pulp, natural flavour (plant source), fruit concentrate (for colour), Dispensed from equipment that also dispenses milk ingredients (yogurt). May contain Milk and small amount of other smoothie flavours served at the restaurant.

**Liquid Sugar:** Sugar, water, potassium sorbate, citric acid.

**Low fat yogurt for Smoothies:** Milk ingredients, sugar, modified corn starch, pectin, carrageenan, bacterial culture. **CONTAINS: MILK.**

**Mango Pineapple Fruit Base:** Water, clarified demineralized pineapple juice concentrate, mango puree concentrate, pineapple juice concentrate, orange juice concentrate, pineapple puree, passion fruit juice, apple juice concentrate, natural (botanical) and artificial flavours, peach puree, cellulose powder, pear juice concentrate, peach juice concentrate, AND IN VARYING PROPORTIONS: xanthan gum, citric acid, pectin, natural colour (fruit and vegetable juice, turmeric), ascorbic acid, calcium carbonate, dimethylpolysiloxane, Dispensed from equipment that also dispenses milk ingredients (yogurt). May contain Milk and small amount of other smoothie flavours served at the restaurant.



**Maple Apple Danish:** Enriched unbleached wheat flour, maple filling [maple syrup, brown sugar, water, butter, modified corn starch, maple flavour (natural flavour)], apple filling [apples (apples, citric acid, sodium erythorbate, salt, calcium chloride), water, sugar, modified corn starch, carrageenan, citric acid, potassium sorbate, sodium benzoate], butter, water, liquid whole eggs, yeast, sugar, salt, partly skimmed milk, wheat gluten, rapeseed lecithin, ascorbic acid, hemicellulase, amylase. **CONTAINS: WHEAT, EGG, MILK. MAY CONTAIN: SOY.**

**Mini Chocolate:** Enriched unbleached flour, butter, water, semi sweet chocolate (sugar, unsweetened chocolate, cocoa butter, anhydrous dextrose, soy lecithin, natural vanilla extract), glucose-fructose, yeast, dextrose, salt, diacetyl tartaric acid esters of mono and diglycerides, calcium carbonate, ascorbic acid, enzymes, egg. **CONTAINS: WHEAT, EGG, MILK, SOY.**

**Mini Maple:** Enriched unbleached flour, butter, maple filling (maple syrup, brown sugar, water, butter, modified corn starch, natural flavour), water, glucose-fructose, yeast, salt, dextrose, guar gum, xanthan gum, diacetyl tartaric acid ester of mono- and diglycerides, enzymes, ascorbic acid, egg. **CONTAINS: WHEAT, EGG, MILK. MAY CONTAIN: SOY.**

**Mini Raspberry:** Enriched unbleached flour, butter, raspberry filling [raspberries, water, sugar, apple puree (apple, glucose-fructose, ascorbic acid), modified corn starch], water, glucose-fructose, yeast, salt, dextrose, guar gum, xanthan gum, diacetyl tartaric acid ester of mono- and diglycerides, enzymes, ascorbic acid, egg. **CONTAINS: WHEAT, EGG, MILK. MAY CONTAIN: SOY.**

**Oreo® Mix-in:** Sugar, enriched wheat flour, coconut oil shortening, soybean oil, cocoa, corn starch, glucose syrup, salt, soy lecithin, baking soda, artificial flavour, made from equipment that also prepares McFlurry® flavours containing tree nuts (almonds). May contain tree nuts. **CONTAINS: WHEAT, SOY.**

**Shredded Monterey Jack & Light Cheddar Cheese Blend:** Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour (annatto), cellulose, natamycin. **CONTAINS: MILK.**

**Skim Milk:** Skim milk, vitamin A palmitate, vitamin D3. **CONTAINS: MILK.**

**Strawberry Banana Fruit Smoothie Base:** Strawberry puree, banana puree, water, grape juice concentrate, clarified demineralized pineapple juice concentrate, sugar, natural and artificial flavours (plant source), cellulose powder, xanthan gum, pear juice concentrate, peach juice concentrate, AND IN VARYING PROPORTIONS: citric acid, pectin, natural colour (with fruit and vegetable juice), ascorbic acid, calcium carbonate, dimethylpolysiloxane, Dispensed from equipment that also dispenses milk ingredients. May contain milk and small amounts of other smoothie flavours served at the restaurant.

**Strawberry Cream Cheese Danish:** Enriched unbleached flour, water, cream cheese filling [water, sugar and/or glucose and/or fructose, cheese, modified corn starch, coconut oil, propylene glycol, sodium alginate, lactic acid, salt, mono and diglycerides, potassium sorbate, titanium dioxide, natural and artificial flavour, colours (FD&C yellow #5, FD&C yellow #6)], water, butter, strawberries filling [sugar and/or glucose and/or fructose, strawberries, water, modified corn starch, propylene glycol, sodium alginate, citric acid, salt, sodium benzoate, sodium citrate, natural and artificial flavour, colours (FD&C red #40, FD&C yellow #6), caramel colour], glucose-fructose, yeast, salt, dextrose, skim milk powder, diacetyl tartaric acid ester of mono- and diglycerides, calcium carbonate, liquid whole eggs, ascorbic acid, amylase. **CONTAINS: WHEAT, EGG, MILK. MAY CONTAIN: SOY.**

**Strawberry Mango Orange Smoothie Base:** Strawberry puree, water, clarified demineralized pineapple juice concentrate, mango puree concentrate, grape juice concentrate, orange juice concentrate, contains less than 2% of the following: cellulose powder, natural and artificial flavours (botanical source), pectin, fruit and vegetable juice (colour), xanthan gum, citric acid, Dispensed from equipment that also dispenses milk ingredients. May contain milk and small amounts of other smoothie flavours served at the restaurant.

**Sugar Free Vanilla Syrup:** Water, erythritol, natural (plant source) and artificial flavour, cellulose gum, sucralose, salt, malic acid, potassium sorbate, acesulfame potassium, caramel colour (sulfites). **CONTAINS: SULPHITES.**

**Vanilla Chai Frappé Base:** Sugar, milk ingredients, water, natural flavour (plant source), dipotassium phosphate, mono & diglycerides, guar gum, potassium citrate, disodium phosphate, carrageenan, carob bean gum. **CONTAINS: MILK.**

**Vanilla Coffee Syrup:** Sugar, water, fructose, natural (plant source) and artificial flavour, caramel colour (with sulfites), potassium sorbate, citric acid, malic acid.

**Water:** Water.

**Whipped Cream:** Pasteurized cream, water, sugar and/or glucose-fructose, buttermilk powder, microcrystalline cellulose, locust bean gum, cellulose gum, carrageenan, soy mono and diglycerides, polysorbate 80, artificial flavour, nitrous oxide (pressure dispensing agent). **CONTAINS: MILK.**

## Desserts & Shakes

**Baked Apple Pie:** Pastry: enriched wheat flour, vegetable oil shortening [palm oil and canola oil and modified palm oils, soy lecithin, natural butter flavour, citric acid, colour (beta carotene)], water, sugar, yeast, salt, L-cysteine hydrochloride, ascorbic acid, filling: apples (apples, ascorbic acid, salt, citric acid), glucose-fructose, water, sugar, sorbitol, dextrose, sodium alginate, sodium citrate, spice, salt, dicalcium phosphate, modified corn starch, citric acid, natural flavour (plant source), topping: sugar, spices. **CONTAINS: WHEAT, SOY.**

**Baked Chocolate Banana Pie:** Pastry: enriched wheat flour, vegetable oil shortening [palm oil and modified palm oils, soy lecithin, natural butter flavour, colour (beta carotene)], water, sugar, yeast, salt, L-cysteine hydrochloride, ascorbic acid, filling: banana cream [water, sugar, bananas (contains citric acid and/ or ascorbic acid), glucose, modified corn starch, cream (cream, milk, cellulose gel, carrageenan, cellulose gum, sucrose), modified palm kernel oil, lactic acid, sodium citrate, salt, potassium sorbate, gellan gum, natural flavour (plant source), locust bean gum, xanthan gum, carrageenan], chocolate fudge [sugar, water, glucose-fructose, modified corn starch, cocoa, salt, caramel colour, natural flavour (plant source), potassium sorbate, agar-agar, citric acid], topping: sugar, caramel colour. **CONTAINS: WHEAT, MILK, SOY.**

**Blueberry Topping:** Blueberries, invert sugar, water, contains 2% or less of modified corn starch, citric acid, fruit and vegetable juice for colour, xanthan gum, locust bean gum.

**Cadbury Chocolate:** Sugar, cocoa butter, whole milk powder, unsweetened chocolate, non-fat dry milk, butter oil (milk), soy lecithin (emulsifier), vanilla extract, made from equipment that also prepares McFlurry® flavours containing tree nuts (almonds), may contain tree nuts. **CONTAINS: MILK, SOY.**

**Chocolate Brownie Pieces :** Sugar, palm oil, canola oil, modified palm oil margarine, liquid whole eggs, dark chocolate [unsweetened chocolate, sugar, cocoa butter, soy lecithin, natural flavour (plant source)], flour, cocoa powder, natural flavour (plant source), made from equipment that also prepares McFlurry® flavours containing tree nuts (almonds). May contain tree nuts. **CONTAINS: WHEAT, EGG, SOY.**

**Cinnamon Oat Crumble:** Vanilla crunch topping [enriched wheat flour, sugar, vegetable oil shortening (contains palm and modified palm oil), water, glucose, baking powder, modified corn starch, natural flavour (vanilla), annatto colour], oats, sugar, brown sugar, canola oil, liquid egg white, molasses, spice (cinnamon). **CONTAINS: WHEAT, OAT, EGG.**

**Creme Egg Syrup:** Sugar/glucose-fructose (with sulphites), water, modified corn starch, egg whites, natural flavour (plant source), colour (paprika), dimethylpolysiloxane (antifoaming agent). **CONTAINS: EGG, SULPHITES.**

**Crushed SKOR® Candy Bars:** Milk chocolate [sugar, cocoa butter, unsweetened chocolate, milk ingredients, lactose, salt, lecithin (soy), natural flavour (plant source)], sugar, butter, almonds (roasted in cocoa butter and/or sunflower oil), milk ingredients, salt. **CONTAINS: MILK, SOY, TREE NUTS.**

**Dairy Mix:** Milk ingredients (milk, cream), sugar, glucose, soy mono and diglycerides, guar gum, dextrose, artificial vanilla flavour, carrageenan, cellulose gum. **CONTAINS: MILK.**

**Hot Caramel Topping:** Sugar/glucose-fructose, sweetened condensed whole milk, water, unsalted butter, disodium phosphate, salt, pectin, potassium sorbate, artificial flavours. **CONTAINS: MILK.**

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

**Large Cone:** Enriched wheat flour, tapioca starch, sugar, vegetable shortening (soybean oil and/or canola oil, palm oil, soy lecithin), leavening (baking soda, ammonium bicarbonate), salt, natural flavour (plant source), natural colour (annatto), corn syrup. **CONTAINS: WHEAT, SOY.**

**M&M'S® Candies:** Milk chocolate (sugar, cocoa mass, milk ingredients, cocoa butter, lactose, soy lecithin, salt, artificial flavours), sugar, colour (with tartrazine), tapioca dextrin, corn syrup, corn starch, carnauba wax, modified coconut oil and/ or modified palm oil (medium chain triglycerides), made from equipment that also prepares McFlurry® flavours containing tree nuts (almonds). May contain tree nuts. **CONTAINS: MILK, SOY. MAY CONTAIN: PEANUTS.**

**Mud Pie Topping:** Chocolate cookies {sugar, semi-sweet chocolate chips [sugar, unsweetened chocolate, cocoa butter, milk fat, soy lecithin, natural flavour (plant source)], palm oil margarine, enriched flour, liquid whole eggs, cocoa powder, baking soda, salt}, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, salt, vanilla), made from equipment that also prepares McFlurry® flavours containing tree nuts (almonds). May contain tree nuts. **CONTAINS: WHEAT, EGG, MILK, SOY.**

**Oreo® Mix-in:** Sugar, enriched wheat flour, coconut oil shortening, soybean oil, cocoa, corn starch, glucose syrup, salt, soy lecithin, baking soda, artificial flavour, made from equipment that also prepares McFlurry® flavours containing tree nuts (almonds). May contain tree nuts. **CONTAINS: WHEAT, SOY.**

**Strawberry Yogurt Tube:** Skim milk, modified milk ingredients, sugar, water, cream, corn starch, modified corn starch, natural flavours (plant source), agar, natural colours (plant source), calcium citrate, citric acid, potassium sorbate, active bacterial cultures, vitamin D3, sodium citrate, made with vitamin D fortified skim milk. **CONTAINS: MILK.**

**Triple Thick Milkshake® Chocolate Syrup:** Glucose-fructose, water, cocoa, natural (plant source) and artificial flavour, salt, potassium sorbate, may contain milk and small amount of other shake flavours served at the restaurant.

**Triple Thick Milkshake® Raspberry Syrup:** Sugar/glucose-fructose, water, red raspberries, fruit juice concentrates (red raspberry, plum, pear, pomegranate, apple, black currant, water, lemon), natural flavour (plant source), colours (fruit and vegetable juice, beta carotene), citric acid, salt, pectin, potassium sorbate, dimethylpolysiloxane (antifoam agent), may contain milk and small amount of other shake flavours served at the restaurant.

**Triple Thick Milkshake® Strawberry Syrup:** Sugar/glucose-fructose, water, strawberries, natural (plant source) and artificial flavour, pectin, citric acid, xanthan gum, potassium sorbate, colour (caramel, allura red), calcium chloride, dimethylpolysiloxane (antifoaming agent), may contain milk and small amount of other shake flavours served at the restaurant.

**Triple Thick Milkshake® Vanilla Syrup:** Glucose-fructose, water, natural flavour (plant source), colour (caramel, beta-carotene), citric acid, potassium sorbate, dimethylpolysiloxane (antifoaming agent), may contain milk and small amount of other shake flavours served at the restaurant.

**Vanilla Birthday Cake:** Icing sugar (sugar, corn starch), flour, sugar, invert syrup, canola oil, water, egg, shortening (modified palm oil, canola oil, palm kernel oil), emulsifier (water, soy mono and diglycerides, modified corn starch, diacetyl tartaric acid ester of mono- and diglycerides, citric acid, potassium sorbate, sodium stearoyl lactylate, glycerol fatty acid ester, propylene glycol fatty acid ester, sorbitan monostearate, polyglycerol ester of fatty acids, glycerin, propylene glycol, xanthan gum), white fondant (sugar, water, glucose), wheat starch, corn syrup, milk powder, flavour (plant source), baking powder, image (tapioca starch, corn syrup solids, microcrystalline cellulose, water, sugar, glycerine, polyglycerol esters, algin, modified corn starch, canola oil, titanium dioxide, citric acid, potassium sorbate, natural colours (plant sources), sodium bicarbonate), salt, xanthan gum. **CONTAINS: WHEAT, EGG, MILK, SOY.**

**Vanilla Ice Milk:** Milk ingredients (milk, cream), sugar, glucose, soy mono and diglycerides, guar gum, dextrose, artificial vanilla flavour, carrageenan, cellulose gum. **CONTAINS: MILK.**

## Condiments

**Becel® Margarine Portion:** Canola and/or sunflower oil, water, modified palm and palm kernel oil, salt, whey powder, soy lecithin, monoglycerides (palm oil base), potassium sorbate, citric acid, alpha-tocopherol acetate, artificial flavour, beta carotene, vitamin A palmitate, calcium disodium EDTA, vitamin D3. **CONTAINS: MILK, SOY.**

**Butter Portion - Whipped:** Cream, salt, may contain colour. **CONTAINS: MILK.**

**Chicken McNuggets® Barbeque Sauce:** Glucose-fructose, water, vinegar, tomato paste, salt, modified corn starch, soybean oil, hydrolyzed corn soy wheat gluten protein, mustard seed, seasonings (autolyzed yeast extract, mustard, wheat flour), chili powder, xanthan gum, onion powder, potassium sorbate, sodium benzoate, red peppers. **CONTAINS: WHEAT, SOY, MUSTARD.**

**Chicken McNuggets® Hot Mustard Sauce:** Prepared mustard (water, vinegar, mustard seed, salt, spices), glucose-fructose, water, soybean oil, vinegar, mustard flour, egg yolks, modified corn starch, salt, colour (annatto, caramel), xanthan gum, spices, sodium benzoate, calcium disodium EDTA, natural flavour (plant source). **CONTAINS: EGG, MUSTARD.**

**Chicken McNuggets® Sweet & Sour Sauce:** Glucose-fructose, water, concentrated apricot puree, vinegar, Teriyaki sauce [soy sauce (water, soybeans, wheat, salt), water, sugar, vinegar, onion powder, garlic powder, sodium benzoate], Worcestershire Powder [dextrose, garlic powder, salt, cellulose gum, spices, chili peppers, malic acid, natural flavour (plant source), onion powder], modified corn starch, salt, soybean oil, xanthan gum, mustard flour, sodium benzoate, colour (caramel), natural flavour (plant source). **CONTAINS: WHEAT, SOY, MUSTARD.**

**Granulated Peanuts Packet:** Peanuts. **CONTAINS: PEANUTS.**

**Honey:** Honey.

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

**Ketchup:** Tomato paste, liquid sugar, white vinegar, salt, water, spices.

**Maple Brown Sugar Packet:** Brown sugar, maple sugar.

**McChicken® Sauce:** Soybean oil, water, prepared mustard (water, mustard seed, vinegar, salt, mustard bran), liquid egg yolk, vinegar, sugar, salt, xanthan gum, potassium sorbate, calcium disodium EDTA. **CONTAINS: EGG, MUSTARD.**

**Peanut Butter Packet:** Selected roasted peanuts, soybean oil, corn dextrin, sugar, hydrogenated vegetable oil, dextrose, salt. **CONTAINS: SOY, PEANUTS.**

**Pure Kraft Sesame Dressing:** Water, brown sugar, canola oil, soy sauce (water, wheat, soybeans, salt), rice vinegar, sesame oil, orange peel [orange peel, water, citric acid (acidulant)], modified corn starch, sesame seeds, xanthan gum, colour (caramel), garlic and onion powder, natural flavour (plant source). **CONTAINS: WHEAT, SOY, SESAME SEEDS.**

**Pure Kraft™ Asiago Caesar Dressing:** Canola oil, water, garlic, extra virgin olive oil, asiago, parmesan and romano cheese, egg yolks, vinegar, sugar, salt, garlic juice, anchovy paste, spices and seasonings, lemon juice concentrate, citric acid, xanthan gum, yeast extract, modified milk ingredients, dried garlic, silicon dioxide. **CONTAINS: WHEAT, EGG, MILK, SOY, FISH.**

**Pure Kraft™ Calorie-Wise™ Asiago Caesar Dressing:** Water, canola oil, garlic, vinegar, asiago, parmesan and romano cheese, extra virgin olive oil, sugar, egg yolks, salt, whole eggs, garlic juice, anchovy paste, modified corn starch, xanthan gum, lemon juice concentrate, spices and seasonings, citric acid, lactic acid, yeast extract, dried garlic, silicon dioxide. **CONTAINS: WHEAT, EGG, MILK, SOY, FISH.**

**Pure Kraft™ Greek Feta Dressing:** Water, canola oil, red wine vinegar, extra virgin olive oil, dried yogurt (contains milk), feta and romano cheese, sugar, white vinegar, garlic, salt, lemon juice concentrate, herbs and spices, cucumber juice, dried garlic, dried onions, modified corn starch, xanthan gum (thickener), calcium chloride, lactic acid. **CONTAINS: MILK.**

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**Pure Kraft™ Sweet Balsamic Vinaigrette Dressing:** Water, vinegar, vegetable oils (canola and soybean), sugar, fig juice concentrate, balsamic vinegar, honey, salt, garlic, spices, xanthan gum (thickener), poppy seeds.

**Salsa:** Water, tomato paste, onions, green bell peppers, jalapeno peppers, vinegar, salt, glucose-fructose, canola oil, xanthan gum, dehydrated onion, citric acid, potassium sorbate, sodium benzoate, spices, garlic, ascorbic acid.

**Strawberry Jam:** Sugar/glucose-fructose, sugar and/or glucose-fructose, strawberries, water, fruit pectin, citric acid, mono and diglycerides.

**Vinegar:** White vinegar (5% acetic acid by volume).