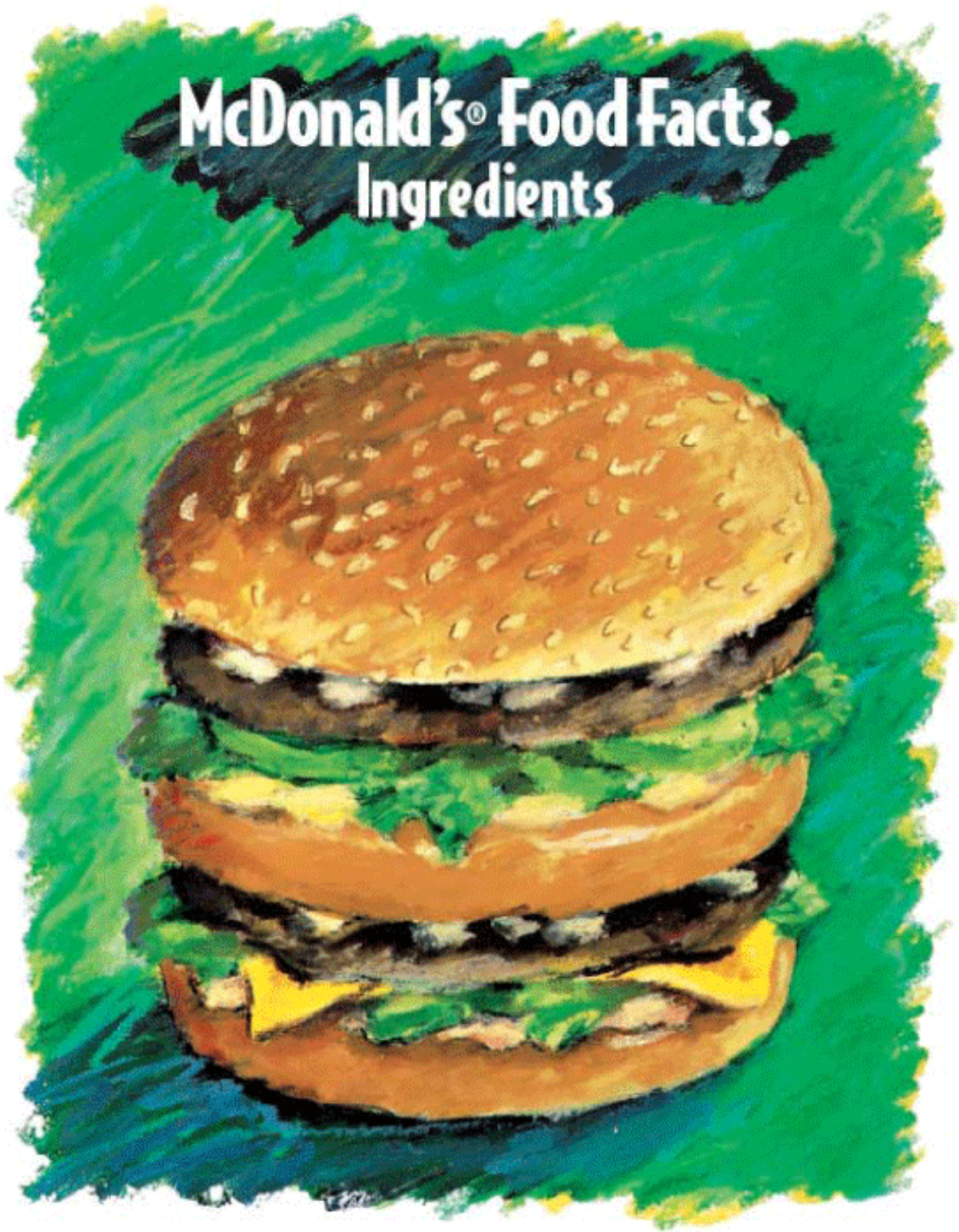


McDonald's® Food Facts. Ingredients



As of May 20, 2012

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.

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 N' Egg Bagel with Multigrain Bagel

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

Bacon N' Egg Bagel with Regular Bagel

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

Bacon 'n Egg Biscuit Sandwich

Bacon Slice
Buttermilk Biscuit
Folded Eggs
Processed Cheese Slice
Trans Fat Free Liquid
Margarine

Bacon 'n Egg McMuffin® sandwich

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

Bacon, Egg & Cheese McGriddles® sandwich

Bacon Slice
Folded Eggs
McGriddles® Cakes
Processed Cheese Slice

Big Breakfast®

Egg (pasteurized)
English Muffin
Hashbrowns
Sausage Patty
Trans Fat Free Liquid
Margarine

BLT Bagel with Multigrain

Bacon Slice
Leaf Lettuce
McChicken® Sauce
Multigrain Bagel
Tomato Slice
Trans Fat Free Liquid
Margarine

BLT Bagel with Regular Bagel

Bacon Slice
Leaf Lettuce
McChicken® Sauce
Regular Bagel
Tomato Slice
Trans Fat Free Liquid
Margarine

Breakfast Burrito

Egg Mixture
Processed Cheese Slice
Tortilla

Egg McMuffin® sandwich

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

Egg, Lettuce and Tomato Bagel with Multigrain

Folded Eggs
Leaf Lettuce
Multigrain Bagel
Processed Cheese Slice
Tomato Slice
Trans Fat Free Liquid
Margarine

Egg, Lettuce and Tomato Bagel with Regular Bagel

Folded Eggs
Leaf Lettuce
Processed Cheese Slice
Regular Bagel
Tomato Slice
Trans Fat Free Liquid
Margarine

Fruit and Maple Oatmeal

Cranberry Raisin Blend
Diced Apples
Oatmeal
Water

Hotcakes with Syrup and Becel® Margarine

Becel® Margarine Portion
Hotcake Syrup
Hotcakes

Multigrain Bagel with Margarine

Multigrain Bagel
Trans Fat Free Liquid
Margarine

Regular Bagel with Margarine

Regular Bagel
Trans Fat Free Liquid
Margarine

Sausage McGriddles® sandwich

McGriddles® Cakes
Sausage Patty

Sausage Biscuit

Buttermilk Biscuit
Sausage Patty
Trans Fat Free Liquid
Margarine

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 'n Egg Biscuit Sandwich

Buttermilk Biscuit
Folded Eggs
Processed Cheese Slice
Sausage Patty
Trans Fat Free Liquid
Margarine

Sausage, Egg & Cheese McGriddles® sandwich

Folded Eggs
McGriddles® Cakes
Processed Cheese Slice
Sausage Patty

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

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).

Buttermilk Biscuit: Enriched flour [bleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], cultured buttermilk [cultured skim milk, salt, sodium citrate, buttermilk stabilizer (modified food starch, tapioca flour, mono and diglycerides, carrageenan, locust bean gum, dextrose)], vegetable shortening [palm and palm kernel oil], water, sugar, sodium bicarbonate, sodium aluminum phosphate, salt, monocalcium phosphate, natural flavour [dairy and vegetable], soy lecithin. Contains: Milk, soy, wheat. *Lightly seasoned with trans fat free liquid margarine (Canola oil, water, salt, hydrogenated cottonseed oil, soy lecithin, monoglycerides, potassium sorbate, artificial flavour and colour (annatto, turmeric), citric acid, vitamin A, vitamin D3).

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

Cranberry Raisin Blend: Dried sweetened cranberries (sugar, cranberries), california raisins, golden raisins, sunflower oil, sulfur dioxide as a preservative (contains sulfites).

Diced Apples: Red skin apples, calcium ascorbate (to preserve freshness)

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 (pasteurized): Whole egg, citric acid, and may contain beta-carotene, sodium phosphate. 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 chilies, onions, calcium chloride, citric acid).

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

Folded Eggs: 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 stearoyl lactylate), soy lecithin, salt, artificial flavour, xanthan gum, colour (carrot extract).

Leaf Lettuce: Leaf lettuce.

McChicken® 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).

Multigrain Bagel : Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, multigrain blend (buckwheat groats, flax seed, sesame seed, sunflower seed, wheat bran, rolled oats, rolled wheat, triticale flakes), high fructose corn syrup, contains 2% or less of the following: salt, canola oil, dry malt (barley malt extract, caramel color), distilled monoglycerides, BHT, citric acid, calcium propionate (preservative), tapioca starch, enzymes, dextrin, sorbitol, wheat starch, ascorbic acid, azodicarbonamide, sunflower oil, silicon dioxide. Contains: Wheat and sesame seeds. May contain traces of sulphites.

Oatmeal: Whole grain rolled oats (with oat bran), modified corn starch, maltodextrin (corn), natural flavour (barley), salt. CONTAINS: OAT and BARLEY ingredients

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

Regular Bagel: Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, contains 2% or less of the following: dry honey blend (honey, invert sugar, corn syrup, wheat flour, wheat starch, silicon dioxide), canola oil, salt, yeast, dry malt (barley malt extract, caramel color), distilled monoglycerides, BHT, citric acid, tapioca starch, calcium propionate (preservative), enzymes, dextrin, sorbitol, wheat starch, ascorbic acid, azodicarbonamide, sunflower oil, silicon dioxide. Contains wheat. May contain traces of sesame seeds.

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

Tomato Slice: Sliced tomato.

Tortilla: Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Fully Hydrogenated Soybean Oil), Contains 2% or less of the Following: Sugar, 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). CONTAINS: WHEAT

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.

Water: Water

Lunch/Dinner - Sandwiches

Angus Bacon & Cheese
 Angus Burger Seasoning
 Angus Patty
 Bacon Slice
 Grill Seasoning
 Ketchup
 Mustard
 Pickle crinkle cut
 Premium Bun Angus
 Processed Cheese Slice
 Red Onion rings

Angus Deluxe
 Angus Burger Seasoning
 Angus Patty
 Grill Seasoning
 Leaf Lettuce
 McChicken® Sauce
 Mustard
 Pickle crinkle cut
 Premium Bun Angus
 Processed Cheese Slice
 Red Onion rings
 Tomato Slice

Angus Mushroom and Swiss Burger
 Angus Burger Seasoning
 Angus Patty
 Grill Seasoning
 McChicken® Sauce
 Mushrooms
 Premium Bun Angus
 Swiss Cheese

Bacon Cheeseburger
 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

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

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

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® 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
 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

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

McBistro™ Chicken BLT with Crispy chicken
 Bacon Slice
 Crispy Chicken Portion
 Leaf Lettuce
 McChicken® Sauce
 Tomato Slice
 White Grain Bun

McBistro™ Chicken BLT with Grilled Chicken
 Bacon Slice
 Grilled Chicken Portion
 Leaf Lettuce
 McChicken® Sauce
 Tomato Slice
 White Grain Bun

McBistro™ Southwest Chicken with Crispy Chicken
Crispy Chicken Portion
Jalapeno Monterey Jack
Leaf Lettuce
Southwest Sauce
Tomato Slice
White Grain Bun

McBistro™ Southwest Chicken with Grilled Chicken
Grilled Chicken Portion
Jalapeno Monterey Jack
Leaf Lettuce
Southwest Sauce
Tomato Slice
White Grain Bun

McBistro™ Swiss Mushroom Melt with Crispy Chicken
Creamy Seasoned Sauce
Crispy Chicken Portion
Leaf Lettuce
Mushrooms
Swiss Cheese
White Grain Bun

McBistro™ Swiss Mushroom Melt with Grilled Chicken
Creamy Seasoned Sauce
Grilled Chicken Portion
Leaf Lettuce
Mushrooms
Swiss Cheese
White Grain Bun

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

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

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

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

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 stearyl-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.

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.

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

Creamy Seasoned Sauce: Soybean oil, water, spices and seasonings (contains dehydrated garlic, dehydrated onion, natural flavour (plant source)), frozen yolk, vinegar, frozen whole egg, salt, sugar, phosphoric acid, mustard powder, potassium sorbate, sodium benzoate, concentrated lemon juice, calcium disodium EDTA.

Crispy Chicken Portion: Boneless chicken breast meat, water, toasted wheat crumb, sodium phosphates with corn maltodextrin and flavour (rosemary extract), salt. Coated with: Toasted wheat crumbs with spices, water, wheat flour, modified corn starch, baking powder, palm oil shortening, wheat protein, modified cellulose, colour. Cooked in 100% vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with THBQ, citric acid and dimethylpolysiloxane)

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 dimethylpolysiloxane).

Diced Tomato: Diced tomato.

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

Green Peppers: Slivered green peppers.

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

Grilled Chicken Portion: Boneless chicken breast meat, water, seasoning [corn maltodextrin, flavour (rice starch, autolyzed yeast extract, salt, disodium inosinate and disodium guanylate), salt silicon dioxide, spices], 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 dimethylpolysiloxane).

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.

Mushrooms: Mushrooms. 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)

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

Onions (dehydrated): 100% onions.

Onions (slivered): Slivered onions.

Pickle crinkle cut: Fresh Cucumbers, water, salt, calcium chloride, sodium benzoate (preservative), polysorbate 80, natural flavors, turmeric (color).

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

Premium Bun Angus: Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine, riboflavin, folic acid, benzoyl peroxide ascorbic acid), water, high fructose corn syrup, sesame seeds, yeast, malted barley syrup (malted barley syrup, caramel color), vegetable oil (soy or canola), salt, wheat gluten, contains less than 2% of each of the following: dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide), emulsifier (DATEM (Diacetyl tartaric acid ester of mono diglycerides), wheat starch and alpha amylase, anti-caking agent (calcium sulfate and calcium silicate), vegetable mono diglycerides, BHT, citric acid), calcium propionate (as a preservative), spices (corn flour, turmeric, mono diglycerides, paprika, natural and artificial flavours), azodicarbonamide.

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.

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

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.

Southwest Sauce: Soybean oil, water, glucose syrup, vinegar, frozen egg yolk, salt, seasonings, modified corn starch, xanthan gum, spices, mustard flour, potassium sorbate, sodium benzoate, spice extract, calcium disodium EDTA. Contains: Egg, Mustard.

Swiss Cheese: Pasteurised milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme

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

Tomato Slice: Sliced tomato.

Tortilla: Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Fully Hydrogenated Soybean Oil), Contains 2% or less of the Following: Sugar, 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). CONTAINS: WHEAT

White Grain Bun: Unbleached white flour, water, grain and seed blend (Whole grain triticale flour, organic whole grain kamut flour, whole grain brown rice flour, whole grain oat flour, organic whole grain spelt flour, whole grain rye flour, whole grain barley flour, ground golden flax, whole grain millet flour, whole grain sorghum flour, organic whole grain soy flour, organic whole grain quinoa flour, whole grain cornmeal flour, wheat germ.) semolina, sunflower oil, granulated sugar, yeast, salt, wheat protein, malted barley flour, enzymes, rice flour.

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.

McNuggets® Sauce - Hot Mustard: Prepared mustard {water, vinegar, mustard seed, salt, turmeric, spices, garlic powder, natural flavour (vegetable source)}, glucose-fructose, water, soybean oil, vinegar, spices, frozen yolk, modified corn starch, salt, xanthan gum, colour (annatto, caramel), sodium benzoate, flavour (vegetable source), calcium disodium EDTA.

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.

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).

Lunch/Dinner - Salads

Mighty Caesar Entrée Salad
Bacon Slice
Croutons
Parmesan Caesar Glaze
Salad Lettuce Blend
Shaved Parmesean

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

Mighty Caesar Entrée with Warm Grilled Chicken
Bacon Slice
Croutons
Grilled Chicken Portion
Parmesan Caesar Glaze
Salad Lettuce Blend
Shaved Parmesean

Side Caesar Salad
Bacon Slice
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

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 Crisps

Spicy Thai Chicken Salad with Warm Grilled Chicken
Cucumber
Crispy Chicken Portion
Cucumber
Grilled Chicken Portion
Mixed Greens
Red pepper strips
Salad Lettuce Blend
Shredded Carrots
Thai Sauce
Whole Wheat Crisps

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

Tuscan Salad with Crispy Chicken
Crispy Chicken Portion
Cucumber
Grape Tomato
Infused Cranberries
Mixed Greens
Red Onion rings
Red pepper strips
Roasted Red Pepper
Sunflower Seeds
Salad Lettuce Blend
Shaved Parmesean

Tuscan Salad with Grilled Chicken
Cucumber
Grape Tomato
Grilled Chicken Portion
Infused Cranberries
Mixed Greens
Red Onion rings
Red pepper strips
Roasted Red Pepper
Sunflower Seeds
Salad Lettuce Blend
Shaved Parmesean

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

Crispy Chicken Portion: Boneless chicken breast meat, water, toasted wheat crumb, sodium phosphates with corn maltodextrin and flavour (rosemary extract), salt. Coated with: Toasted wheat crumbs with spices, water, wheat flour, modified corn starch, baking powder, palm oil shortening, wheat protein, modified cellulose, colour. 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.

Cucumber: Cucumber.

Grape Tomato: Grape tomatoes.

Grilled Chicken Portion: Boneless chicken breast meat, water, seasoning [corn maltodextrin, flavour (rice starch, autolyzed yeast extract, salt, disodium inosinate and disodium guanylate), salt silicon dioxide, spices], 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).

Infused Cranberries: Cranberries, sugar, sunflower oil.

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.

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.

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.

Roasted Red Pepper Sunflower Seeds: Sunflower seeds, vegetable oil (may contain one or more of the following: canola, sunflower soybean and/or peanut), seasoning (sugar, dehydrated red bell pepper, onion powder, hydrolyzed corn protein, citric acid, spice, natural flavour [red bell pepper powder, autolyzed yeast extract, citric acid, tomato concentrate, onion powder, salt, vinegar solids, natural smoke flavour], artificial flavours, extractive of paprika (colour), natural flavour (propylene glycol, triacetin). MAY CONTAIN SOYBEAN AND OR PEANUTS

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.

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)

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

Lunch/Dinner - Sides

French Fries - Medium

French Fries
Salt

Mini Fry

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 THBQ, 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).

Baked Muffin - Coffee Cake: Wheat flour, water, sugar, invert sugar, canola oil, cinnamon drops (sugar, palm oil, cinnamon, milk powder, soy lecithin), modified milk ingredients, dried egg white, sodium aluminum phosphate, sodium bicarbonate, cinnamon, citrus fibre, emulsifier blend (propylene glycol mono fatty acid esters, monoglycerides [soy], sodium stearoyl-2-lactylate), natural flavour, salt, modified corn starch, batter thickener (carrageenan, guar gum, soy lecithin), sodium carboxymethyl cellulose, wheat gluten. Contains: Wheat, milk, soy and egg ingredients

Baked Muffin - Lemon Blueberry: Wheat flour, sugar, blueberries, 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), lemon peel, natural and artificial flavours, emulsifier blend (propylene glycol mono fatty acid esters, monoglycerides [soy], sodium stearoyl-2-lactylate), sodium bicarbonate, sodium aluminum phosphate, batter thickener (carrageenan, guar gum, soy lecithin), sodium carboxymethyl cellulose, salt, lemon oil, citric acid.

Baked Pie - Cookies and Cream: Pastry: Enriched wheat flour, oreo crumb [enriched wheat flour, sugar, soybean oil, cocoa, corn starch, glucose, salt, soy lecithin, sodium bicarbonate, artificial flavour], water, cocoa powder, skim milk powder, sugar, salt, L-cysteine hydrochloride. Filling: Vanilla flavoured filling (sugar, water, modified corn starch, modified palm kernel oil, colour, sodium citrate, gellan gum, artificial flavour, salt, sodium acid sulphate, potassium sorbate). Topping: Water, maltodextrin, dextrose.

Baked Strawberry 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, Yeast, L-Cysteine Hydrochloride. Strawberry Filling and Topping: Strawberries, Water, Glucose-Fructose, Sugar, Modified Corn Starch, Sorbitol, Dextrose, Sodium Alginate, Sodium Citrate, Salt, Dicalcium Phosphate, Citric Acid, Artificial Strawberry Flavour, FD&C Red #40, Sugar, Caramel, Hydrogenated Soybean Oil.

Blueberries: Blueberries.

Cinnamon 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.

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.

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 flavour, natural colour (annatto).

Maple Brown Sugar Packet: Brown sugar, maple sugar

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.

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, cocoa mass, whey powder, lactose, soya lecithin, polyglycerol polyricinoleate, vanillin), sugar, wheat flour, modified corn starch, carnauba wax, colour. Contains: milk, wheat, and soy.

Strawberries: Strawberries: Strawberries, konjac flour

Strawberry Danino Yogurt : Skim milk, sugar, modified milk ingredients, cream, fructose, corn starch, strawberry puree, modified corn starch, calcium citrate, natural flavors, gelatin (beef source), natural colours, malic acid, active bacterial cultures, vitamin D, sodium citrate. Made with vitamin D fortified skim milk. CONTAINS: Milk

Strawberry Topping: Sugar/glucose-fructose, strawberries, water, natural flavour(vegetable source), citric acid, locust bean gum, pectin, 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.

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

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: sodium 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.

Caramel Coffee Syrup: Sugar, water, fructose, natural (plant source) and artificial flavours, salt, caramel colour (with sulfites), potassium sorbate (preservative), citric acid, malic acid.

Carnation Hot Chocolate: Sugar, creaming agent (hydrogenated coconut or palm kernel oils, hydrogenated soy oil, corn syrup, modified milk ingredients, sugar, dipotassium phosphate, mono- and diglycerides, sodium aluminum silicate, diacetyl tartaric acid ester of mono- and diglycerides, salt), cocoa, salt, tricalcium phosphate, sodium carboxymethyl cellulose, artificial flavour (contains calcium stearate).

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 (Packet): Sugar, non fat dry milk, non dairy creamer [corn syrup solids, coconut oil, sodium caseinate (milk derivative), dipotassium phosphate, mono & diglycerides, silicon dioxide, artificial flavour and turmeric and annato extracts], cocoa (processed with alkali), natural & artificial flavour (plant source), salt, tricalcium phosphate, carboxymethylcellulose gum, instant coffee. Contains milk.

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.

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

Triple Thick Milkshake® Chocolate Banana Shake Syrup: Glucose syrup, sugar, water, cocoa, salt, natural flavour (plant source), potassium sorbate.

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, water, strawberries, natural (vegetable source) and artificial flavour, pectin, citric acid, xanthan gum, potassium sorbate, 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. 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.

Water: Water

McCafé

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 Latte with 2% milk - Medium

2% milk
Caramel Coffee Syrup
Espresso Coffee

Caramel Iced Latte with skim milk - Medium

Caramel Coffee Syrup
Espresso Coffee
Skim Milk

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

Deluxe Hot Chocolate with 2% milk - Child

2% milk
Chocolate Coffee Syrup
Whipped Cream

Deluxe Hot Chocolate with 2% milk - Medium

2% milk
Chocolate Coffee Syrup
Chocolate Powder
Whipped Cream

Deluxe Hot Chocolate with Skim Milk - Child

Chocolate Coffee Syrup
Skim Milk
Whipped Cream

Deluxe Hot Chocolate with skim milk - Medium

Chocolate Coffee Syrup
Chocolate Powder
Skim Milk
Whipped Cream

Iced Latte with 2% milk - Medium

2% milk
Espresso Coffee

Iced Latte with skim milk - Medium

Espresso Coffee
Skim Milk

Iced Mocha with 2% milk - Medium

2% milk
Chocolate Coffee Syrup
Chocolate Drizzle
Espresso Coffee
Whipped Cream

Iced Mocha with skim milk - Medium

Chocolate Coffee Syrup
Chocolate Drizzle
Espresso Coffee
Skim Milk
Whipped Cream

As of May 20, 2012

As of May 20, 2012

As of May 20, 2012

Latte with 2% milk - Medium
2% milk
Espresso Coffee

Latte with skim milk - Medium
Espresso Coffee
Skim Milk

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 - Medium
2% milk
Chocolate Coffee Syrup
Chocolate Powder
Espresso Coffee
Whipped Cream

Mocha with skim milk - Medium
Chocolate Coffee Syrup
Chocolate Powder
Espresso Coffee
Skim Milk
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
Ice
Strawberry Banana Fruit Smoothie Base
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

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

Sugar Free Vanilla Iced Latte with skim milk - Medium
Espresso Coffee
Skim Milk
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 Iced Latte with 2% milk - Medium

2% milk
Espresso Coffee
Vanilla Coffee Syrup

Vanilla Iced Latte with skim milk - Medium

Espresso Coffee
Skim Milk
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 any or all of the following in varying proportions: sodium phosphate, carrageenan, carob gum.

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

Blueberry Pomegranate Smoothie Fruit Base: Blueberry puree, water, clarified demineralized pineapple juice concentrate, raspberry puree, apple juice concentrate, pomegranate juice concentrate, contains 1% or less of the following: natural (botanical) and artificial flavours, cellulose powder, peach juice concentrate, pear juice concentrate, citric acid, lemon juice concentrate, xanthan gum, pectin, fruit and vegetable juice for color.

Brewed Coffee: Water, 100% roasted arabica coffee.

Caramel Coffee Syrup: Sugar, water, fructose, natural (plant source) and artificial flavours, salt, caramel colour (with sulfites), potassium sorbate (preservative), citric acid, malic acid.

Chocolate Coffee Syrup: Sugar, water, natural (plant source) and artificial flavours, chocolate liquor, caramel colour, (with sulfites), vanilla extract, salt, gellan gum, citric acid, potassium sorbate (preservative), FD&C red #40.

Chocolate Drizzle: Sugar/glucose-fructose, water, hydrogenated coconut oil, cocoa, milk ingredients, modified corn starch, salt, disodium phosphate, potassium sorbate, mono and diglycerides (source: soybean oil), xanthan gum, artificial flavour, citric acid, soy lecithin.

Chocolate Powder: Sugar, cocoa powder, dextrose, cream powder (cream, modified milk ingredients, soy lecithin, BHA), colour, modified hydrogenated soybean oil, calcium silicate, artificial flavour, flavour (skim milk powder).

Espresso Coffee: Ground espresso beans.

Ice: Water

Low fat yogurt for Smoothies: Whole milk, skim milk, cream, condensed milk and/or skim milk powder, sugar, fructose, milk protein concentrate, modified corn starch, pectin, carrageenan, kosher gelatin and bacterial culture.

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 source) and artificial flavors, contains less than 1% of the following: peach puree, cellulose powder, peach juice concentrate, pear juice concentrate, xanthan gum, pectin, citric acid, colored with fruit and vegetable juice and turmeric extract, ascorbic acid (preservative) *dispensed from equipment that also dispenses milk ingredients (yogurt). may contain small amount of other smoothie flavours served at the restaurant.

Skim Milk: Skim milk, vitamin A palmitate, vitamin D3

Strawberry Banana Fruit Smoothie Base: Strawberry puree, banana puree, water, grape juice concentrate, clarified demineralized pineapple juice concentrate, sugar, contains less than 1% of the following: natural (botanical source) and artificial flavors, cellulose powder, xanthan gum, citric acid, pear juice concentrate, peach juice concentrate, pectin, colored with fruit and vegetable juice, ascorbic acid (preservative). *Dispensed from equipment that also dispenses milk ingredients (yogurt). May contain small amount of other smoothie flavours served at the restaurant.

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

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

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

Create your Own McFlurry

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.

McFlurry Drumstick Pieces: Chocolatey coating (sugar, corn starch, palm oil, modified palm kernel oil, cocoa, flavours, soy lecithin, colour). cone pieces (wheat flour, sugar, soy oil, palm oil, soy lecithin, salt, colour, flavour).

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

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.

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, cocoa mass, whey powder, lactose, soya lecithin, polyglycerol polyricinoleate, vanillin), sugar, wheat flour, modified corn starch, carnauba wax, colour. Contains: milk, wheat, and soy.

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

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

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