

Nutrition Facts

As of May 20, 2012



Serving Size	Calories	Fat (g)	Fat % Daily Value	Saturated Fat (g)	Trans Fat (g)	Saturated + Trans Fat %DV	Cholesterol (mg)	Sodium (mg)	Sodium %DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre %DV	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium % DV	Iron %DV
--------------	----------	---------	-------------------	-------------------	---------------	---------------------------	------------------	-------------	------------	-------------------	--------------------	-----------	-----------	------------	-------------	---------------	---------------	--------------	----------

Breakfast

Bacon N' Egg Bagel with Multigrain Bagel	190g	620	28	43	8	0.3	42	225	1090	45	67	22	4	16	6	25	20	8	15	35
Bacon N' Egg Bagel with Regular Bagel	184g	580	24	37	7	0.3	37	225	1140	48	67	22	3	12	7	23	20	8	10	30
Bacon 'n Egg Biscuit Sandwich	153g	460	27	42	14	0.4	72	220	960	40	39	13	1	4	3	15	15	6	15	30
Bacon 'n Egg McMuffin® sandwich	125g	320	15	23	6	0.3	32	200	740	31	30	10	2	8	2	16	15	4	25	15
Bacon, Egg & Cheese <i>McGriddles</i> ® sandwich	164g	430	19	29	9	0.3	47	220	1260	53	47	16	2	8	16	17	15	4	15	15
Big Breakfast®	250g	650	39	60	11	0.4	57	435	1140	48	50	17	3	12	1	24	25	0	20	25
BLT Bagel with Multigrain	165g	540	23	35	4.5	0.1	23	25	870	36	66	22	4	16	7	18	10	15	4	30
BLT Bagel with Regular Bagel	159g	500	19	29	4.5	0.1	23	25	920	38	66	22	3	12	8	17	10	15	2	25
Breakfast Burrito	114g	300	16	25	7	0.3	37	165	700	29	24	8	3	12	2	13	15	15	10	20
Egg McMuffin® sandwich	134g	290	12	18	4.5	0.2	24	205	760	32	29	10	2	8	2	16	15	0	25	15
Egg, Lettuce and Tomato Bagel with Multigrain	197g	520	18	28	5	0.3	27	210	800	33	67	22	4	16	6	21	25	4	15	35
Egg, Lettuce and Tomato Bagel with Regular Bagel	191g	470	14	22	5	0.3	27	210	860	36	67	22	3	12	7	19	25	4	10	30
English Muffin with Trans Fat Free Liquid Margarine	59g	180	5	8	0.5	0	3	0	300	13	28	9	2	8	1	5	8	0	15	10
Fruit and Maple Oatmeal	255g	230	2.5	4	0.4	0	2	0	90	4	47	16	5	20	19	5	0	50	2	15
Hash Browns	55g	160	10	15	1.5	0	8	0	360	15	16	5	2	8	0	1	0	0	0	2
Hotcakes with Syrup and Becel® Margarine	209g	550	14	22	3	0.1	16	20	650	27	96	32	3	12	46	8	20	0	10	20
Multigrain Bagel with Margarine	112g	390	9	14	1	0	5	0	470	20	64	21	4	16	5	12	6	0	4	25
Regular Bagel with Margarine	106g	340	5	8	0.5	0	3	0	530	22	64	21	2	8	7	11	6	0	2	25
Sausage Biscuit	129g	460	28	43	15	0.3	77	35	810	34	40	13	1	4	3	11	2	0	6	25
Sausage <i>McGriddles</i> ® sandwich	139g	420	21	32	9	0.2	46	30	1110	46	47	16	2	8	16	12	0	0	8	10
Sausage McMuffin®	112g	380	21	32	9	0.3	47	45	860	36	32	11	2	8	2	14	10	0	25	15
Sausage McMuffin® with Egg sandwich	159g	440	26	40	10	0.4	52	220	910	38	32	11	2	8	2	20	15	0	25	20
Sausage 'n Egg Biscuit Sandwich	187g	590	37	57	19	0.5	98	240	1140	48	42	14	1	4	3	19	15	0	15	30
Sausage, Egg & Cheese <i>McGriddles</i> ® sandwich	198g	550	30	46	13	0.4	67	240	1430	60	49	16	2	8	16	20	15	0	20	15

Lunch/Dinner - Sandwiches

Angus Bacon & Cheese	286g	780	44	68	19	1.5	103	135	1990	83	53	18	3	12	12	47	15	15	25	40
Angus Deluxe	299g	780	47	72	17	1.5	93	125	1660	69	51	17	3	12	9	42	20	6	25	40
Angus Mushroom and Swiss Burger	269g	740	44	68	16	1.5	88	110	1220	51	47	16	2	8	8	42	8	2	25	40
Bacon Cheeseburger	122g	340	15	23	7	0.4	37	45	910	38	34	11	2	8	8	18	8	10	20	20
Big Mac® sandwich	209g	540	29	45	10	0.5	53	70	1020	43	44	15	3	12	9	24	10	4	25	35
Big Xtra® sandwich	218g	520	28	43	9	0.5	48	70	700	29	41	14	4	16	10	25	10	10	15	35
Cheeseburger	115g	300	12	18	6	0.4	32	35	750	31	33	11	2	8	7	15	8	4	20	20
Chicken <i>Snack Wrap</i> ®	112g	290	13	20	3.5	0.2	19	30	650	27	30	10	3	12	2	14	2	2	8	15
Chipotle Chicken <i>Snack Wrap</i>	121g	290	11	17	3	0.2	16	25	680	28	35	12	3	12	7	13	2	4	6	15
Chipotle Chicken <i>Snack Wrap</i> with Grilled Chicken	119g	230	6	9	2.5	0.2	14	30	520	22	30	10	3	12	7	15	2	4	6	15
Double Cheeseburger	162g	430	22	34	11	1	60	75	1150	48	35	12	2	8	7	24	15	4	25	25
Filet-O-Fish® sandwich	140g	410	20	31	4	0.2	21	45	580	24	38	13	2	8	4	16	4	0	15	15
Grilled Chicken <i>Snack Wrap</i> ®	110g	230	8	12	3	0.2	16	35	490	20	24	8	3	12	2	16	2	2	8	15
Hamburger	101g	250	8	12	3	0.2	16	25	510	21	32	11	2	8	7	12	2	4	10	20
Junior Chicken sandwich	132g	380	20	31	3.5	0.2	19	35	760	32	38	13	2	8	5	12	2	2	10	20
McBistro™ Chicken BLT with Crispy chicken	236g	580	30	46	6	0.1	31	70	1100	46	51	17	3	12	5	28	10	15	4	25
McBistro™ Chicken BLT with Grilled Chicken	224g	480	22	34	4.5	0.1	23	80	990	41	40	13	3	12	5	31	10	15	2	20
McBistro™ Southwest Chicken with Crispy Chicken	245g	560	28	43	7	0.3	37	70	1020	43	50	17	3	12	5	28	15	8	15	25
McBistro™ Southwest Chicken with Grilled Chicken	233g	460	20	31	6	0.3	32	75	910	38	40	13	3	12	5	32	15	10	15	20
McBistro™ Swiss Mushroom Melt with Crispy Chicken	234g	570	29	45	7	0.3	37	70	890	37	48	16	3	12	3	30	8	2	20	25
McBistro™ Swiss Mushroom Melt with Grilled Chicken	222g	480	21	32	6	0.3	32	80	780	33	37	12	3	12	3	33	8	2	20	20



	Serving Size	Calories	Fat (g)	Fat % Daily Value	Saturated Fat (g)	Trans Fat (g)	Saturated + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
McChicken® sandwich	173g	470	27	42	4.5	0.3	24	45	790	33	46	15	3	12	6	17	4	2	10	25
One Chicken Fajita	109g	200	5	8	2	0.1	11	25	460	19	24	8	3	12	2	14	4	15	6	15
Quarter Pounder with Cheese® sandwich	200g	530	28	43	13	1	70	90	1110	46	41	14	3	12	9	30	15	8	25	35

Lunch/Dinner - Chicken McNuggets® / Sauces

6 White Meat <i>Chicken McNuggets</i> ®	103g	290	18	28	3.5	0.2	19	45	570	24	16	5	1	4	0	15	0	0	2	6
Barbeque Sauce	30g	45	0	0	0	0	0	0	290	12	10	3	1	4	8	0.3	0	0	0	2
Honey Sauce	18g	60	0	0	0	0	0	0	0	15	5	0	0	12	0	0	0	0	0	0
McNuggets® Sauce - Hot Mustard	29g	60	3	5	0.4	0	2	4	240	10	8	3	0	0	7	0.5	0	0	0	2
Sweet & Sour Sauce	30g	50	0	0	0	0	0	0	150	6	12	4	0	0	11	0.2	0	0	0	0

Lunch/Dinner - Salads

Mighty Caesar Entrée Salad	183g	250	16	25	7	0.2	36	45	540	23	15	5	3	12	3	6	30	35	30	15
Mighty Caesar Entrée with Warm Crispy Chicken	263g	450	25	38	8	0.2	41	90	940	39	26	9	3	12	3	23	25	30	35	15
Mighty Caesar Entrée with Warm Grilled Chicken	265g	350	17	26	7	0.2	36	100	830	35	15	5	3	12	3	26	30	35	30	15
Renée's® Southwest Ranch Dressing	42g	160	16	25	1.5	0	8	20	320	13	3	1	0	0	1	1	2	2	2	0
Renée's® Asian Sesame Dressing	46g	130	9	14	0.5	0	3	0	300	13	11	4	0	0	10	1	0	2	2	2
Renée's® Balsamic Vinaigrette	45g	110	9	14	0.5	0	3	0	400	17	6	2	0	0	5	0.1	0	0	0	0
Renée's® Mighty Caesar Dressing	41g	260	29	45	2	0.4	12	15	300	13	2	1	0	0	0	1	0	4	2	2
Renée's® Mighty Caesar Light Dressing	41g	130	14	22	1	0	5	45	280	12	1	0	0	0	0	1	2	4	2	2
Side Caesar Salad	91g	120	6	9	2.5	0.1	13	15	280	12	12	4	2	8	2	4	15	15	10	8
Side Garden Fresh Salad	116g	40	1.5	2	1	0	5	5	60	3	5	2	2	8	3	3	60	30	6	4
Spicy Thai Chicken Salad with Warm Crispy Chicken	325g	320	11	17	1.5	0	8	45	630	26	29	10	5	20	19	20	120	60	8	15
Spicy Thai Chicken Salad with Warm Grilled Chicken	313g	220	3.5	5	0.5	0	3	55	520	22	18	6	5	20	19	24	120	60	6	10
Spicy Thai Salad	231g	120	2	3	0	0	0	0	230	10	17	6	5	20	19	3	120	60	6	8
Tuscan Salad with Crispy Chicken	346g	430	21	32	5	0.1	26	65	510	21	36	12	6	24	16	22	30	80	20	20
Tuscan Salad with Grilled Chicken	334g	330	13	20	4	0.1	21	70	400	17	25	8	6	24	16	25	35	80	20	15

Lunch/Dinner - Sides

French Fries - Large	177g	560	27	42	3.5	0.3	19	0	430	18	74	25	6	24	0	6	0	0	2	8
French Fries - Medium	113g	360	17	26	2	0.2	11	0	270	11	47	16	4	16	0	4	0	0	2	6
French Fries - Small	71g	220	11	17	1.5	0	8	0	170	7	30	10	3	12	0	2	0	0	2	4
Mini Fry	31g	100	4.5	7	0.5	0	3	0	70	3	13	4	1	4	0	1	0	0	0	2

Desserts/Snacks

Apple Slices with Caramel Dip	89g	100	1	2	0.4	0	2	3	40	2	24	8	2	8	17	1	2	130	4	2
Baked Apple Pie	85g	270	16	25	7	0.1	36	0	200	8	34	11	1	4	14	2	2	10	2	10
Baked Muffin - Coffee Cake	123g	370	9	14	2	0	10	1	290	12	65	22	2	8	35	6	0	0	2	15
Baked Pie - Cookies and Cream	69g	250	13	20	6	0.1	31	0	120	5	33	11	1	4	17	2	0	0	2	10
Baked Strawberry Pie	82g	270	15	23	7	0.1	36	0	190	8	31	10	1	4	13	2	0	10	2	8
Cinnamon Melts®	114g	460	20	31	8	0.2	41	25	400	17	66	22	3	12	19	6	4	2	4	20
Cone - Vanilla	147g	230	6	9	4	0.2	21	25	135	6	39	13	0	0	28	5	6	2	15	2
Fruit 'n Yogurt Parfait	180g	180	2	3	1	0	5	10	100	4	36	12	2	8	25	6	2	40	15	6
McFlurry® Dessert - Oreo®, Large	286g	570	20	31	12	0.4	62	45	390	16	89	30	1	4	64	10	10	2	30	15
McFlurry® Dessert - Rolo®, Small	226g	550	22	34	14	0.3	72	40	180	8	79	26	1	4	69	10	10	2	30	10
McFlurry® Dessert - Smarties®, Large	291g	580	17	26	11	0.3	57	50	240	10	97	32	0	0	83	10	15	2	35	8
McFlurry® Dessert - Smarties®, Small	194g	390	12	18	7	0.2	36	35	160	7	65	22	0	0	55	7	8	2	20	4
McFlurry® Dessert - Oreo®, Small	181g	330	11	17	7	0.2	36	30	220	9	53	18	1	4	39	6	8	2	20	6
McFlurry® Dessert - Rolo®, Large	339g	830	33	51	21	0.4	107	60	270	11	119	40	2	8	103	15	15	2	50	20
Muffin - Blueberry	121g	410	15	23	1.5	0	8	1	320	13	63	21	2	8	33	6	0	0	2	15
Muffin - Carrot	123g	430	16	25	1.5	0	8	0	330	14	65	22	3	12	35	6	110	4	2	15
Muffin - Cranberry Orange	121g	360	8	12	1	0	5	0	330	14	66	22	2	8	35	6	0	6	4	45
Muffin - Double Chocolate with OREO® Crumble	127g	450	15	23	3.5	0.1	18	0	490	20	73	24	3	12	43	6	0	0	2	20
Muffin - Fruit & Fibre	120g	380	14	22	1.5	0	8	0	470	20	56	19	6	24	28	6	2	2	4	15
Muffin - Golden Bran & Raisin	124g	390	15	23	1	0	5	1	360	15	57	19	8	32	30	7	0	0	6	20
Muffin - Lemon Blueberry Slim Sensations	122g	360	7	11	1	0	5	0	250	10	68	23	2	8	35	6	0	0	4	15



	Serving Size	Calories	Fat (g)	Fat %Daily Value	Saturated Fat (g)	Trans Fat (g)	Saturated + Trans Fat %DV	Cholesterol (mg)	Sodium (mg)	Sodium %DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre %DV	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium % DV	Iron %DV
Strawberry Danino™ Yogurt	50g	45	0.5	1	0.4	0	2	3	25	1	6	2	0	0	5	2	2	2	10	0
Sundae - Hot Caramel	180g	350	8	12	5	0.2	26	35	200	8	64	21	0	0	57	6	8	2	20	2
Sundae - Hot Fudge	178g	340	11	17	9	0.2	46	30	220	9	54	18	0	0	45	7	6	2	15	0
Sundae - Strawberry	175g	290	6	9	4	0.2	21	25	130	5	53	18	0	0	44	5	6	4	15	4

Beverages

Apple Juice	177ml	80	0	0	0	0	0	0	4	0	20	7	0	0	18	0	0	100	0	0
Barq's® Root Beer - Child	250ml	120	0	0	0	0	0	0	25	1	30	10	0	0	30	0	0	0	0	0
Barq's® Root Beer - Large	730ml	340	0	0	0	0	0	0	70	3	87	29	0	0	87	0	0	0	0	0
Barq's® Root Beer - Medium	495ml	230	0	0	0	0	0	0	45	2	59	20	0	0	59	0	0	0	0	0
Barq's® Root Beer - Small	345ml	160	0	0	0	0	0	0	35	1	41	14	0	0	41	0	0	0	0	0
Caramel Iced Coffee - Large	587ml	190	11	17	7	0.4	37	40	120	5	21	7	0	0	21	2	15	0	6	70
Caramel Iced Coffee - Small	333ml	100	6	9	3.5	0.2	19	20	60	3	11	4	0	0	11	1	6	0	2	40
Carnation Hot Chocolate (Small)	296ml	190	4	6	3	0	15	0	290	12	39	13	1	4	37	1	0	0	0	6
Coca-Cola® - Child	250ml	110	0	0	0	0	0	0	4	0	28	9	0	0	28	0	0	0	0	0
Coca-Cola® - Large	730ml	320	0	0	0	0	0	0	10	0	82	27	0	0	82	0	0	0	0	0
Coca-Cola® - Medium	495ml	220	0	0	0	0	0	0	10	0	56	19	0	0	56	0	0	0	0	0
Coca-Cola® - Small	345ml	150	0	0	0	0	0	0	5	0	39	13	0	0	39	0	0	0	0	0
Diet Coke® - Child	250ml	1	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Diet Coke® - Large	730ml	2	0	0	0	0	0	0	30	1	0	0	0	0	0	0	0	0	0	0
Diet Coke® - Medium	495ml	1	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Diet Coke® - Small	345ml	1	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0
Fruitopia® Strawberry Passion Awareness® - Child	250ml	120	0	0	0	0	0	0	10	0	31	10	0	0	30	0	0	0	0	0
Fruitopia® Strawberry Passion Awareness® - Large	730ml	350	0	0	0	0	0	0	35	1	91	30	0	0	88	0	0	0	0	0
Fruitopia® Strawberry Passion Awareness® - Medium	495ml	240	0	0	0	0	0	0	20	1	61	20	0	0	59	0	0	0	0	0
Fruitopia® Strawberry Passion Awareness® - Small	345ml	170	0	0	0	0	0	0	15	1	43	14	0	0	41	0	0	0	0	0
Higgins & Burke Hot Chocolate	280g	200	9	14	6	0.3	32	30	250	10	26	9	0	0	23	4	10	0	20	10
Iced Coffee - Small	340ml	120	6	9	3.5	0.2	19	20	35	1	16	5	0	0	16	1	6	0	2	40
Nestea® Iced Tea - Child	250ml	80	0	0	0	0	0	0	10	0	20	7	0	0	20	0	0	0	0	0
Nestea® Iced Tea - Large	730ml	230	0	0	0	0	0	0	25	1	59	20	0	0	59	0	0	0	0	0
Nestea® Iced Tea - Medium	495ml	160	0	0	0	0	0	0	15	1	40	13	0	0	40	0	0	0	0	0
Nestea® Iced Tea - Small	345ml	110	0	0	0	0	0	0	10	0	28	9	0	0	28	0	0	0	0	0
Orange Juice - Large 16oz	494ml	240	0	0	0	0	0	0	5	0	56	19	0	0	50	0	0	300	0	0
Orange Juice- Medium 12 oz	371ml	180	0	0	0	0	0	0	4	0	42	14	0	0	37	0	0	220	0	0
Sprite® - Child	250ml	100	0	0	0	0	0	0	25	1	26	9	0	0	26	0	0	0	0	0
Sprite® - Large	730ml	290	0	0	0	0	0	0	65	3	75	25	0	0	75	0	0	0	0	0
Sprite® - Medium	495ml	200	0	0	0	0	0	0	45	2	51	17	0	0	51	0	0	0	0	0
Sprite® - Small	345ml	140	0	0	0	0	0	0	30	1	35	12	0	0	35	0	0	0	0	0
Sugar Free Vanilla Iced Coffee - Small	333g	70	6	9	3.5	0.2	19	20	45	2	6	2	0	0	2	1	6	0	2	40
Triple Thick® Milkshake - Chocolate Banana, Medium	451g	740	18	28	11	0.4	57	75	540	23	132	44	1	4	105	15	20	4	45	10
Triple Thick Milkshake® - Chocolate Banana, Child Size	310g	510	13	20	8	0.3	42	55	370	15	88	29	1	4	69	11	15	2	35	10
Triple Thick Milkshake® - Chocolate Banana, Small	338g	550	14	22	8	0.3	42	55	400	17	97	32	1	4	78	11	15	2	35	8
Triple Thick Milkshake® - Chocolate, Small	338g	560	14	22	9	0.3	47	55	420	18	99	33	1	4	77	11	15	2	35	15
Triple Thick Milkshake® - Strawberry, Small	336g	540	13	20	8	0.3	42	55	330	14	94	31	0	0	76	11	15	6	35	4
Triple Thick Milkshake® - Vanilla, Small	336g	540	13	20	8	0.3	42	55	330	14	95	32	0	0	68	11	25	2	35	2
Triple Thick Milkshake®- Chocolate Banana, Large	698g	1130	29	45	17	0.5	88	115	820	34	199	66	2	8	159	23	30	6	70	15
Vanilla Iced Coffee - Large	587ml	200	11	17	7	0.4	37	40	65	3	23	8	0	0	23	2	15	0	6	70
Vanilla Iced Coffee - Small	333ml	100	6	9	3.5	0.2	19	20	35	1	12	4	0	0	12	1	6	0	2	40

McCafé

Americano - Large	489ml	10	0	0	0	0	0	0	70	3	0	0	0	0	0	0	0	2	0	4
Americano - Medium	369ml	5	0	0	0	0	0	0	50	2	0	0	0	0	0	0	0	2	0	4
Americano - Small	250ml	5	0	0	0	0	0	0	35	1	0	0	0	0	0	0	0	0	0	2
Blueberry Pomegranate Smoothie with yogurt - Large	541g	340	1	2	0.5	0	3	5	50	2	78	26	5	20	70	4	0	8	10	4



	Serving Size	Calories	Fat (g)	Fat %Daily Value	Saturated Fat (g)	Trans Fat (g)	Saturated + Trans Fat %DV	Cholesterol (mg)	Sodium (mg)	Sodium %DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre %DV	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium % DV	Iron %DV
Blueberry Pomegranate Smoothie with yogurt - Medium	480g	300	1	2	0.5	0	3	4	45	2	68	23	4	16	61	3	0	8	8	4
Blueberry Pomegranate Smoothie with Yogurt - Small	347g	210	0.5	1	0.4	0	2	3	30	1	50	17	3	12	44	2	0	6	6	2
Blueberry Pomegranate Smoothie with Yogurt - Snack Size	223g	140	0.4	1	0.3	0	2	2	20	1	32	11	2	8	29	1	0	4	4	2
Blueberry Pomegranate Smoothie without yogurt - large	540g	330	0	0	0	0	0	0	15	1	82	27	5	20	73	1	0	8	2	4
Blueberry Pomegranate Smoothie without yogurt - medium	432g	270	0	0	0	0	0	0	15	1	66	22	4	16	59	1	0	8	2	4
Blueberry Pomegranate Smoothie without yogurt - Small	345g	210	0	0	0	0	0	0	10	0	52	17	3	12	47	1	0	6	2	2
Blueberry Pomegranate Smoothie without yogurt - Snack Size	223g	130	0	0	0	0	0	0	5	0	33	11	2	8	29	1	0	4	0	2
Cappuccino with 2% milk - Large	365ml	130	5	8	2.5	0.1	13	20	120	5	10	3	0	0	11	8	15	0	30	2
Cappuccino with 2% milk - Medium	290ml	100	4	6	2	0.1	11	15	95	4	8	3	0	0	9	7	10	0	20	0
Cappuccino with 2% milk - Small	175ml	50	2	3	1	0	5	10	55	2	4	1	0	0	5	4	6	0	10	0
Cappuccino with skim milk - Large	365ml	70	0	0	0	0	0	0	125	5	11	4	0	0	11	8	15	0	30	2
Cappuccino with skim milk - Medium	290ml	60	0	0	0	0	0	0	100	4	9	3	0	0	9	7	10	0	20	0
Cappuccino with skim milk - Small	175ml	30	0	0	0	0	0	0	55	2	5	2	0	0	5	4	6	0	10	0
Caramel Cappuccino with 2% milk - Large	377ml	200	4.5	7	2.5	0.1	13	20	180	8	30	10	0	0	31	8	10	0	25	2
Caramel Cappuccino with 2% milk - Medium	300ml	160	3.5	5	2	0.1	11	15	150	6	24	8	0	0	24	6	8	0	20	0
Caramel Cappuccino with 2% milk - Small	182ml	100	1.5	2	1	0	5	5	90	4	16	5	0	0	16	3	4	0	10	0
Caramel Cappuccino with skim milk - Large	377ml	150	0	0	0	0	0	0	190	8	31	10	0	0	31	8	10	0	25	2
Caramel Cappuccino with skim milk - Medium	299ml	120	0	0	0	0	0	0	150	6	25	8	0	0	24	6	10	0	20	0
Caramel Cappuccino with skim milk - Small	182ml	80	0	0	0	0	0	0	95	4	17	6	0	0	16	3	4	0	10	0
Caramel Iced Latte with 2% milk - Large	352ml	200	4.5	7	2.5	0.1	13	20	180	8	30	10	0	0	31	8	10	0	25	0
Caramel Iced Latte with 2% milk - Medium	265ml	150	3	5	2	0	10	15	140	6	24	8	0	0	24	6	8	0	20	0
Caramel Iced Latte with 2% milk - Small	187ml	110	2.5	4	1.5	0	8	10	100	4	17	6	0	0	18	4	6	0	15	0
Caramel Iced Latte with skim milk - Large	352ml	150	0	0	0	0	0	0	180	8	31	10	0	0	31	8	10	0	25	0
Caramel Iced Latte with skim milk - Medium	265ml	120	0	0	0	0	0	0	140	6	24	8	0	0	24	6	8	0	20	0
Caramel Iced Latte with skim milk - Small	187ml	90	0	0	0	0	0	0	105	4	18	6	0	0	18	4	6	0	15	0
Caramel Latte with 2% milk - Large	482ml	250	6	9	3.5	0.2	19	25	230	10	35	12	0	0	36	11	15	0	35	2
Caramel Latte with 2% milk - Medium	379ml	200	5	8	3	0.2	16	20	180	8	27	9	0	0	28	9	15	0	30	0
Caramel Latte with 2% milk - Small	267ml	140	3.5	5	2	0.1	11	15	130	5	20	7	0	0	20	6	8	0	20	0
Caramel Latte with skim milk - Large	482ml	180	0	0	0	0	0	0	230	10	36	12	0	0	35	11	15	0	35	2
Caramel Latte with skim milk - Medium	400ml	150	0	0	0	0	0	0	190	8	30	10	0	0	29	9	15	0	30	0
Caramel Latte with skim milk - Small	267ml	100	0	0	0	0	0	0	130	5	21	7	0	0	20	6	10	0	20	0
Deluxe Hot Chocolate with 2% milk - Child	158ml	120	3.5	5	2	0.1	11	15	85	4	17	6	0	0	16	5	8	0	20	2
Deluxe Hot Chocolate with 2% milk - Large	504ml	400	14	22	8	0.4	42	55	310	13	49	16	0	0	47	17	30	0	70	2
Deluxe Hot Chocolate with 2% milk - Medium	402ml	330	12	18	7	0.4	37	45	260	11	40	13	0	0	38	13	25	0	60	2
Deluxe Hot Chocolate with 2% milk - Small	243ml	210	8	12	4.5	0.2	24	30	170	7	27	9	0	0	26	8	15	0	40	2
Deluxe Hot Chocolate with Skim Milk - Child	158ml	90	1	2	0.5	0	3	2	85	4	17	6	0	0	16	5	8	0	20	2
Deluxe Hot Chocolate with skim milk - Large	504ml	300	5	8	3	0.2	16	15	310	13	51	17	0	0	47	17	30	0	70	2
Deluxe Hot Chocolate with skim milk - Medium	402ml	250	5	8	3	0.2	16	15	270	11	42	14	0	0	38	13	25	0	60	2
Deluxe Hot Chocolate with skim milk - Small	243ml	170	3.5	5	2	0.1	11	10	170	7	28	9	0	0	26	8	15	0	40	2



	Serving Size	Calories	Fat (g)	Fat %Daily Value	Saturated Fat (g)	Trans Fat (g)	Saturated + Trans Fat %DV	Cholesterol (mg)	Sodium (mg)	Sodium %DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre %DV	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium % DV	Iron %DV	
Espresso	39ml	1	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0
Iced Latte with 2% milk - Large	340ml	130	5	8	2.5	0.1	13	20	115	5	10	3	0	0	11	8	15	0	30	0	0
Iced Latte with 2% milk - Medium	255ml	90	3.5	5	2	0.1	11	15	90	4	8	3	0	0	8	6	10	0	20	0	0
Iced Latte with 2% milk - Small	178ml	70	2.5	4	1.5	0	8	10	65	3	6	2	0	0	6	5	6	0	15	0	0
Iced Latte with skim milk - Large	340ml	70	0	0	0	0	0	0	120	5	11	4	0	0	11	8	15	0	30	0	0
Iced Latte with skim milk - Medium	255ml	60	0	0	0	0	0	0	90	4	9	3	0	0	8	6	10	0	20	0	0
Iced Latte with skim milk - Small	180ml	40	0	0	0	0	0	0	65	3	6	2	0	0	6	5	6	0	15	0	0
Iced Mocha with 2% milk - Large	377ml	300	10	15	6	0.3	32	35	240	10	42	14	0	0	38	9	15	0	50	8	8
Iced Mocha with 2% milk - Medium	289ml	250	9	14	6	0.3	32	30	210	9	35	12	0	0	31	7	15	0	40	8	8
Iced Mocha with 2% milk - Small	222ml	210	8	12	5	0.3	27	30	190	8	28	9	0	0	25	5	10	0	35	6	6
Iced Mocha with skim milk - Large	377ml	260	6	9	4	0.2	21	20	250	10	43	14	0	0	38	9	15	0	50	8	8
Iced Mocha with skim milk - Medium	290ml	220	6	9	4	0.2	21	20	210	9	35	12	0	0	31	7	15	0	40	8	8
Iced Mocha with skim milk - Small	222ml	190	6	9	4	0.2	21	20	190	8	29	10	0	0	25	5	10	0	35	6	6
Latte with 2% milk - Large	470ml	180	7	11	4	0.2	21	30	170	7	15	5	0	0	16	12	20	0	40	2	0
Latte with 2% milk - Medium	370ml	140	5	8	3	0.2	16	25	130	5	12	4	0	0	13	9	15	0	30	0	0
Latte with 2% milk - Small	260ml	100	3.5	5	2	0.1	11	15	90	4	8	3	0	0	9	6	10	0	20	0	0
Latte with skim milk - Large	370ml	80	0	0	0	0	0	0	135	6	13	4	0	0	12	9	15	0	30	0	0
Latte with skim milk - Medium	370ml	80	0	0	0	0	0	0	135	6	13	4	0	0	12	9	15	0	30	0	0
Latte with skim milk - Small	260ml	60	0	0	0	0	0	0	95	4	9	3	0	0	8	6	10	0	20	0	0
Mango Pineapple Smoothie with yogurt - Medium	428g	260	1	2	1	0	5	3	40	2	61	20	2	8	60	3	30	70	8	2	2
Mango Pineapple Smoothie with yogurt - Large	541g	340	1.5	2	1	0	5	5	55	2	78	26	3	12	77	4	35	100	10	4	4
Mango Pineapple Smoothie with yogurt - Small	347g	210	1	2	0.5	0	3	3	35	1	49	16	2	8	49	3	25	60	6	2	2
Mango Pineapple Smoothie with yogurt - Snack Size	232g	140	0.5	1	0.5	0	3	2	20	1	33	11	1	4	33	2	15	40	4	2	2
Mango Pineapple Smoothie without yogurt - Large	541g	340	0.5	1	0.5	0	3	0	25	1	82	27	3	12	81	2	40	110	4	4	4
Mango Pineapple Smoothie without yogurt - Medium	432g	270	0.5	1	0.4	0	2	0	20	1	66	22	3	12	65	2	35	90	2	2	2
Mango Pineapple Smoothie without yogurt - Small	345g	210	0.5	1	0.4	0	2	0	15	1	52	17	2	8	52	1	25	70	2	2	2
Mango Pineapple Smoothie without yogurt - Snack Size	232g	150	0.3	0	0.2	0	1	0	10	0	35	12	1	4	35	1	20	45	2	2	2
Mocha with 2% milk - Large	524ml	350	12	18	7	0.4	37	45	280	12	44	15	0	0	43	13	25	0	60	4	4
Mocha with 2% milk - Medium	422ml	290	10	15	6	0.3	32	40	240	10	37	12	0	0	35	11	20	0	50	4	4
Mocha with 2% milk - Small	258ml	180	6	9	4	0.2	21	25	150	6	25	8	0	0	23	6	10	0	30	2	2
Mocha with skim milk - Large	524ml	270	5	8	3	0.2	16	15	290	12	46	15	0	0	42	13	25	0	60	4	4
Mocha with skim milk - Medium	422ml	230	5	8	3	0.2	16	15	240	10	38	13	0	0	34	11	20	0	50	4	4
Mocha with skim milk - Small	262ml	170	4	6	2	0.1	11	10	150	6	29	10	0	0	26	6	10	0	30	4	4
Strawberry Banana Smoothie with Yogurt - Large	541g	310	1	2	0.5	0	3	5	55	2	72	24	3	12	70	4	2	40	10	4	4
Strawberry Banana Smoothie with Yogurt - Medium	480g	280	1	2	0.5	0	3	4	50	2	62	21	3	12	61	4	2	35	10	4	4
Strawberry Banana Smoothie with Yogurt - Small	347g	200	0.5	1	0.4	0	2	3	35	1	45	15	2	8	44	3	0	25	6	4	4
Strawberry Banana Smoothie with yogurt - Snack Size	223g	130	0.4	1	0.3	0	2	2	20	1	30	10	1	4	29	2	0	15	4	2	2
Strawberry Banana Smoothie without yogurt - Large	540g	310	0	0	0	0	0	0	25	1	74	25	4	16	73	2	2	45	4	6	6
Strawberry Banana Smoothie without yogurt - Medium	1228g	1040	0	0	0	0	0	0	75	3	252	84	13	52	247	7	4	150	10	20	20
Strawberry Banana Smoothie without yogurt - Medium	1228g	1040	0	0	0	0	0	0	75	3	252	84	13	52	247	7	4	150	10	20	20
Strawberry Banana Smoothie without yogurt - Small	345g	200	0	0	0	0	0	0	15	1	47	16	2	8	47	1	0	30	2	4	4
Strawberry Banana Smoothie without yogurt - Snack Size	223g	120	0	0	0	0	0	0	10	0	30	10	2	8	29	1	0	20	2	2	2
Sugar Free Vanilla Cappuccino with 2% milk - Large	377ml	120	4.5	7	2.5	0.1	13	20	140	6	17	6	0	0	10	8	10	0	25	2	2
Sugar Free Vanilla Cappuccino with 2% milk - Medium	315ml	100	3.5	5	2	0.1	11	15	120	5	14	5	0	0	9	7	10	0	20	2	2
Sugar Free Vanilla Cappuccino with 2% milk - Small	182ml	45	1.5	2	1	0	5	5	70	3	8	3	0	0	4	3	4	0	10	2	2
Sugar Free Vanilla Cappuccino with skim milk - Large	377ml	70	0	0	0	0	0	0	150	6	18	6	0	0	10	8	10	0	25	2	2



	Serving Size	Calories	Fat (g)	Fat %Daily Value	Saturated Fat (g)	Trans Fat (g)	Saturated + Trans Fat %DV	Cholesterol (mg)	Sodium (mg)	Sodium %DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre %DV	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium % DV	Iron %DV	
Sugar Free Vanilla Cappuccino with skim milk - Medium	299ml	60	0	0	0	0	0	0	120	5	14	5	0	0	8	6	10	0	20	2	
Sugar Free Vanilla Cappuccino with skim milk - Small	182ml	30	0	0	0	0	0	0	70	3	9	3	0	0	4	3	4	0	10	2	
Sugar Free Vanilla Iced Coffee - Large	594ml	130	11	17	7	0.4	37	40	100	4	12	4	0	0	4	2	15	0	6	70	
Sugar Free Vanilla Iced Latte with 2% milk - Large	352ml	120	4.5	7	2.5	0.1	13	20	140	6	17	6	0	0	10	8	10	0	25	2	
Sugar Free Vanilla Iced Latte with 2% milk - Medium	265ml	90	3	5	2	0	10	15	105	4	13	4	0	0	7	6	8	0	20	2	
Sugar Free Vanilla Iced Latte with 2% milk - Small	187ml	60	2.5	4	1.5	0	8	10	75	3	10	3	0	0	5	4	6	0	15	0	
Sugar Free Vanilla Iced Latte with skim milk - Large	352ml	70	0	0	0	0	0	0	150	6	18	6	0	0	10	8	10	0	25	2	
Sugar Free Vanilla Iced Latte with skim milk - Medium	265g	50	0	0	0	0	0	0	110	5	14	5	0	0	7	6	8	0	20	2	
Sugar Free Vanilla Iced Latte with skim milk - Small	187ml	35	0	0	0	0	0	0	80	3	10	3	0	0	5	4	6	0	15	0	
Sugar Free Vanilla Latte with 2% milk - Large	482ml	170	6	9	3.5	0.2	19	25	190	8	22	7	0	0	15	11	15	0	40	2	
Sugar Free Vanilla Latte with 2% milk - Medium	379ml	130	5	8	3	0.2	16	20	150	6	17	6	0	0	12	9	15	0	30	2	
Sugar Free Vanilla Latte with 2% milk - Small	267ml	90	3.5	5	2	0.1	11	15	105	4	12	4	0	0	8	6	8	0	20	2	
Sugar Free Vanilla Latte with skim milk - Large	478ml	100	0	0	0	0	0	0	190	8	22	7	0	0	15	11	15	0	40	2	
Sugar Free Vanilla Latte with skim milk - Medium	379ml	80	0	0	0	0	0	0	150	6	18	6	0	0	11	9	15	0	30	2	
Sugar Free Vanilla Latte with skim milk - Small	267ml	50	0	0	0	0	0	0	110	5	13	4	0	0	8	6	10	0	20	2	
Vanilla Cappuccino with 2% milk - Large	377ml	200	4.5	7	2.5	0.1	13	20	110	5	32	11	0	0	33	8	10	0	25	2	
Vanilla Cappuccino with 2% milk - Medium	299ml	160	3.5	5	2	0.1	11	15	85	4	26	9	0	0	26	6	8	0	20	0	
Vanilla Cappuccino with 2% milk - Small	182ml	100	1.5	2	1	0	5	5	45	2	18	6	0	0	18	3	4	0	10	0	
Vanilla Cappuccino with skim milk - Large	377ml	160	0	0	0	0	0	0	115	5	33	11	0	0	33	8	10	0	25	2	
Vanilla Cappuccino with skim milk - Medium	299ml	120	0	0	0	0	0	0	90	4	27	9	0	0	26	6	10	0	20	0	
Vanilla Cappuccino with skim milk - Small	182ml	80	0	0	0	0	0	0	50	2	18	6	0	0	18	3	4	0	10	0	
Vanilla Iced Latte with 2% milk - Large	352ml	200	4.5	7	2.5	0.1	13	20	105	4	32	11	0	0	33	8	10	0	25	0	
Vanilla Iced Latte with 2% milk - Medium	265ml	160	3	5	2	0	10	15	80	3	25	8	0	0	26	6	8	0	20	0	
Vanilla Iced Latte with 2% milk - Small	187ml	110	2.5	4	1.5	0	8	10	55	2	19	6	0	0	19	4	6	0	15	0	
Vanilla Iced Latte with skim milk - Large	352ml	160	0	0	0	0	0	0	110	5	33	11	0	0	33	8	10	0	25	0	
Vanilla Iced Latte with skim milk - Medium	265ml	120	0	0	0	0	0	0	85	4	26	9	0	0	26	6	8	0	20	0	
Vanilla Iced Latte with skim milk - Small	187ml	90	0	0	0	0	0	0	60	3	19	6	0	0	19	4	6	0	15	0	
Vanilla Latte with 2% milk - Large	482ml	260	6	9	3.5	0.2	19	25	160	7	37	12	0	0	38	11	15	0	40	2	
Vanilla Latte with 2% milk - Medium	379ml	200	5	8	3	0.2	16	20	120	5	29	10	0	0	30	9	15	0	30	0	
Vanilla Latte with 2% milk - Small	267ml	140	3.5	5	2	0.1	11	15	85	4	21	7	0	0	22	6	8	0	20	0	
Vanilla Latte with skim milk - Large	482ml	190	0	0	0	0	0	0	160	7	38	13	0	0	38	11	15	0	40	2	
Vanilla Latte with skim milk - Medium	379ml	150	0	0	0	0	0	0	125	5	30	10	0	0	30	9	15	0	30	0	
Vanilla Latte with skim milk - Small	267ml	110	0	0	0	0	0	0	85	4	22	7	0	0	22	6	10	0	20	0	
Create your Own McFlurry																					
12 oz Vanilla McFlurry® Base	244g	370	11	17	7	0.3	37	45	220	9	59	20	0	0	47	9	10	2	30	2	
8 oz McFlurry® base	162g	240	7	11	4.5	0.2	24	30	150	6	39	13	0	0	32	6	8	2	20	0	
Caramel Topping - 12oz portion	40g	140	1.5	2	1	0	5	10	70	3	30	10	0	0	30	1	2	0	2	2	
Caramel Topping - 8oz portion	20g	70	1	2	0.5	0	3	4	35	1	16	5	0	0	15	0.4	0	0	2	0	
Drumstick pieces - 8oz serving	23g	100	6	9	5	0	25	0	20	1	15	5	1	4	10	1	0	0	0	4	
Fudge Topping - 12 oz portion	38g	120	5	8	5	0	25	1	95	4	20	7	0	0	18	2	0	0	0	0	



	Serving Size	Calories	Fat (g)	Fat %Daily Value	Saturated Fat (g)	Trans Fat (g)	Saturated + Trans Fat %DV	Cholesterol (mg)	Sodium (mg)	Sodium %DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre %DV	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium % DV	Iron %DV
Fudge Topping - 8oz portion	19g	60	2.5	4	2.5	0	13	1	45	2	10	3	0	0	9	1	0	0	0	0
Nestlé® Chocolate Pieces - 8oz portion	29g	150	8	12	5	0.1	26	5	15	1	18	6	1	4	17	2	2	0	6	4
Nestlé® Chocolate Pieces -12 oz portion	44g	230	12	18	7	0.1	36	10	20	1	27	9	1	4	25	3	4	0	10	8
Oreo® Mix-in - 12 oz portion	42g	200	9	14	5	0.1	26	0	170	7	30	10	1	4	16	2	0	0	0	15
Oreo® Mix-in - 8 oz portion	28g	140	6	9	3.5	0.1	18	0	115	5	20	7	1	4	11	1	0	0	0	8
Rolo® Syrup - 12 oz portion	16g	45	0	0	0	0	0	0	10	0	10	3	0	0	10	0.2	0	0	0	2
Rolo® Syrup - 8oz portion	8.1g	20	0	0	0	0	0	0	5	0	5	2	0	0	5	0.1	0	0	0	2
Smarties® Mix-in - 12oz portion	48g	220	6	9	4	0	20	4	25	1	38	13	0	0	35	2	2	0	4	6
Smarties® Mix-in - 8oz portion	32g	150	4.5	7	2.5	0	13	3	15	1	25	8	0	0	23	1	2	0	4	4
Strawberry Topping - 12 oz portion	36g	80	0	0	0	0	0	0	3	0	19	6	0	0	17	0.1	0	2	0	4
Strawberry Topping - 8oz portion	18g	40	0	0	0	0	0	0	1	0	9	3	0	0	8	0.1	0	2	0	2

Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Fountain beverages may have additional minerals contributed by the local water supply.

Trademarks of McDonald's Corporation, licensed to McDonald's Restaurants of Canada Limited.

"Diet Coke" is suitable for calorie reduced diets. «Coke Diète» pour régimes à teneur réduite en calories. "Coca-Cola", "Diet Coke" and "Sprite" Registered Trademark/MD Coca-Cola Ltd./, used under license/utilisées sous permis. «Minute Maid», Fruitopia», «Strawberry Passion Awareness» and/et «Dasani», Registered Trademark/MD The Coca-Cola Company, used under license/utilisées sous permis. "Barq's" Registered Trademark/MD Barq's Inc., used under license/utilisées sous permis. "Nestea" Registered Trademark/MD Société des Produits Nestlé S.A., used under license/utilisées sous permis.

NEWMAN'S OWN is a registered trademark owned by No Limit, LLC.

The SMARTIES®, ROLO® and KIT KAT® Trademarks are owned by Société des Produits Nestlé SA, Vevey, Switzerland.

BECEL is a trade-mark owned by Unilever Foodsolutions. Used under license.

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, regional products and/or limited time promotional products have not been included. The nutrition information is based on standard product formulations. 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. No products are certified as vegetarian.

McDonald's publishes updated versions of the "Nutrition Facts" guide periodically. This guide reflects the ingredient and nutritional information for the products presented on the date as listed in the top right hand corner of the first page of this document. The information for our products is updated on a more frequent basis on our website at www.mcdonalds.ca.

Copyright 2008 McDonald's