

Nutrition Facts

As of August 16, 2017



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
--------------	----------	---------	-------------------	-------------------	---------------	---------------------------	------------------	-------------	------------	-------------------	--------------------	-----------	-----------	------------	-------------	---------------	---------------	--------------	----------

Burgers, Sandwiches & Wraps

Bacon & Cheddar Angus	267g	770	41	63	18	1.5	98	130	1400	58	53	18	2	8	13	46	10	15	20	30
Bacon McDouble® sandwich	157g	420	21	32	9	0.5	48	70	1030	43	34	11	2	8	7	24	6	8	15	25
Big Mac® sandwich	209g	520	28	43	10	0.5	53	65	950	40	45	15	3	12	9	24	8	2	20	35
Cheeseburger	115g	290	11	17	5	0.4	27	35	700	29	33	11	2	8	7	15	6	2	15	20
Chicken & Bacon Signature McWrap® with Crispy Chicken	234g	600	33	51	10	0.5	53	75	1320	55	47	16	6	24	4	31	10	10	20	15
Chicken & Bacon Signature McWrap® with Grilled Chicken	239g	500	24	37	9	0.4	47	115	1020	43	35	12	6	24	4	38	10	15	20	15
Chicken <i>Snack Wrap</i> ®	112g	290	13	20	3.5	0.2	19	30	640	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	8	13	2	2	6	15
Chipotle Chicken <i>Snack Wrap</i> ® with Grilled Chicken	123g	240	7	11	2.5	0.2	14	45	530	22	29	10	3	12	8	17	2	2	6	15
Double <i>Big Mac</i> ® sandwich	268g	680	38	58	16	1	85	120	1310	55	46	15	3	12	8	40	10	2	30	45
Double Cheeseburger	162g	420	20	31	10	0.5	53	70	1050	44	35	12	2	8	7	24	10	2	25	25
Double Filet-O-Fish®	210g	560	29	45	6	0.3	32	75	830	35	53	18	2	8	4	23	4	0	15	20
Double <i>Quarter Pounder with Cheese</i> ®	276g	740	43	66	20	1.5	108	145	1240	52	42	14	3	12	9	47	10	4	25	45
Filet-O-Fish® sandwich	140g	400	21	32	4	0.2	21	40	580	24	40	13	1	4	4	14	2	0	15	15
Grilled Cheese sandwich	81g	250	9	14	5	0.3	27	25	620	26	31	10	2	8	5	11	8	0	25	15
Grilled Chicken <i>Snack Wrap</i> ®	114g	240	9	14	3	0.2	16	50	490	20	24	8	3	12	2	17	2	2	8	15
Hamburger	101g	240	8	12	3	0.2	16	25	510	21	32	11	2	8	7	12	2	2	10	20
McDouble® sandwich	149g	370	17	26	8	0.5	43	60	860	36	34	11	2	8	7	21	6	2	15	25
Mighty Angus® Original	296g	790	43	66	16	1.5	88	120	1310	55	56	19	3	12	15	42	10	15	15	30
Quarter Pounder with Cheese®	199g	520	26	40	13	1	70	85	1080	45	41	14	3	12	9	30	10	4	25	30
Quarter Pounder® BLT	229g	600	35	54	13	1	70	95	1130	47	42	14	3	12	11	31	15	15	20	30
Smokehouse BBQ Angus	273g	730	37	57	15	1	80	105	1080	45	58	19	3	12	16	41	10	4	20	35
Sweet Chili Signature McWrap® with Crispy Chicken	216g	520	23	35	4.5	0.3	24	45	1180	49	55	18	6	24	11	23	2	4	8	15
Sweet Chili Signature McWrap® with Grilled Chicken	221g	420	14	22	3.5	0.2	19	90	880	37	43	14	6	24	11	30	2	6	6	15

Chicken

10 Chicken McNuggets®	159g	410	23	35	4	0.2	21	70	750	31	26	9	0	0	0	26	0	0	2	8
20 Chicken McNuggets®	318g	830	46	71	8	0.4	42	140	1490	62	51	17	0	0	0	52	0	0	2	20
4 Chicken McNuggets®	64g	170	9	14	1.5	0	8	30	300	13	10	3	0	0	0	10	0	0	0	4
6 Chicken McNuggets®	95g	250	14	22	2.5	0.1	13	40	450	19	15	5	0	0	0	16	0	0	0	6
Bacon Ranch Junior Chicken	140g	350	15	23	3.5	0.1	18	40	720	30	38	13	2	8	5	16	2	6	10	20
Guacamole & Jalapeño with Crispy Chicken	281g	570	25	38	7	0.4	37	95	1320	55	58	19	5	20	6	31	10	20	20	25
Guacamole & Jalapeño with Grilled Chicken	267g	440	15	23	6	0.3	32	120	1240	52	42	14	4	16	6	36	10	20	20	20
Junior Chicken sandwich	132g	370	20	31	3.5	0.2	19	35	570	24	36	12	2	8	5	13	2	0	10	15
McChicken® sandwich	173g	470	27	42	4.5	0.2	24	45	650	27	44	15	3	12	6	16	4	2	10	20
Tomato & Mozzarella with Crispy Chicken	258g	630	32	49	9	0.4	47	105	1060	44	57	19	4	16	7	31	10	10	20	25
Tomato & Mozzarella with Grilled Chicken	244g	500	21	32	7	0.3	37	130	990	41	41	14	3	12	7	36	10	10	20	20

Breakfast

Bacon N' Egg Bagel with Multigrain Bagel	195g	620	30	46	12	0.5	63	230	1090	45	63	21	3	12	7	24	20	8	15	35
Bacon N' Egg Bagel with Regular Bagel	189g	600	27	42	12	0.5	63	230	1000	42	63	21	2	8	8	24	20	8	10	30
Bacon 'n Egg McMuffin® sandwich	124g	310	14	22	6	0.2	31	200	680	28	29	10	2	8	2	16	15	4	20	15
Bacon, Egg & Cheese <i>McGriddles</i> ® sandwich	159g	400	17	26	7	0.2	36	195	1180	49	44	15	2	8	15	16	10	4	15	15
Big Breakfast®	249g	640	38	58	12	0.4	62	445	1120	47	49	16	3	12	2	24	20	0	15	25
BLT Bagel with Multigrain Bagel	167g	540	25	38	9	0.4	47	50	930	39	62	21	3	12	8	17	15	15	6	30
BLT Bagel with Regular Bagel	161g	520	22	34	9	0.4	47	50	840	35	63	21	2	8	8	17	15	15	4	25
Breakfast Burrito	114g	290	16	25	6	0.3	32	170	680	28	25	8	3	12	2	13	10	2	10	20
Egg BLT McMuffin®	154g	360	19	29	7	0.3	37	205	710	30	30	10	2	8	3	16	20	10	20	20
Egg McMuffin® sandwich	133g	290	11	17	5	0.2	26	200	760	32	29	10	2	8	3	16	15	0	20	20
Egg, Lettuce and Tomato Bagel with Multigrain Bagel	204g	520	20	31	9	0.4	47	210	810	34	62	21	3	12	7	20	25	4	15	35



	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	
Diet Coke® - Small	444ml	1	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0	0
Fruitopia® Orange Groove - Child	325ml	110	0	0	0	0	0	0	30	1	33	11	0	0	31	0.1	0	100	0	0	0
Fruitopia® Orange Groove - Large	890ml	340	0	0	0	0	0	0	85	4	95	32	0	0	91	0.1	0	280	0	0	0
Fruitopia® Orange Groove - Medium	609ml	230	0	0	0	0	0	0	60	3	64	21	0	0	62	0.1	0	190	0	0	0
Fruitopia® Orange Groove - Small	444ml	160	0	0	0	0	0	0	40	2	45	15	0	0	43	0.1	0	130	0	0	0
Fruitopia® Strawberry Passion Awareness® - Child	325ml	120	0	0	0	0	0	0	10	0	31	10	0	0	30	0	0	0	0	0	0
Fruitopia® Strawberry Passion Awareness® - Large	890ml	350	0	0	0	0	0	0	35	1	91	30	0	0	88	0	0	0	0	0	0
Fruitopia® Strawberry Passion Awareness® - Medium	609ml	240	0	0	0	0	0	0	20	1	61	20	0	0	59	0	0	0	0	0	0
Fruitopia® Strawberry Passion Awareness® - Small	444ml	170	0	0	0	0	0	0	15	1	43	14	0	0	41	0	0	0	0	0	0
Higgins & Burke Hot Chocolate	280ml	200	9	14	6	0.3	32	30	250	10	26	9	0	0	23	4	10	0	20	10	10
Juice - Apple - Large	460ml	210	0	0	0	0	0	0	45	2	51	17	0	0	47	1	0	260	0	0	0
Juice - Apple - Medium	360ml	160	0	0	0	0	0	0	35	1	40	13	0	0	37	1	0	200	0	0	0
Juice - Apple - Small	234ml	110	0	0	0	0	0	0	25	1	26	9	0	0	24	0.3	0	130	0	0	0
Juice - Orange - Large	460ml	220	0	0	0	0	0	0	4	0	52	17	0	0	46	0	0	280	0	0	0
Juice - Orange - Small	234ml	110	0	0	0	0	0	0	2	0	26	9	0	0	23	0	0	140	0	0	0
Juice - Orange - Medium	371ml	180	0	0	0	0	0	0	4	0	42	14	0	0	37	0	0	220	0	0	0
Nestea® Iced Tea - Child	325ml	80	0	0	0	0	0	0	10	0	20	7	0	0	20	0	0	0	0	0	0
Nestea® Iced Tea - Large	890ml	230	0	0	0	0	0	0	25	1	59	20	0	0	59	0	0	0	0	0	0
Nestea® Iced Tea - Medium	609ml	160	0	0	0	0	0	0	15	1	40	13	0	0	40	0	0	0	0	0	0
Nestea® Iced Tea - Small	444ml	110	0	0	0	0	0	0	10	0	28	9	0	0	28	0	0	0	0	0	0
Sprite® - Child	325ml	100	0	0	0	0	0	0	25	1	26	9	0	0	26	0	0	0	0	0	0
Sprite® - Large	890ml	290	0	0	0	0	0	0	65	3	75	25	0	0	75	0	0	0	0	0	0
Sprite® - Medium	609ml	200	0	0	0	0	0	0	45	2	51	17	0	0	51	0	0	0	0	0	0
Sprite® - Small	444ml	140	0	0	0	0	0	0	30	1	35	12	0	0	35	0	0	0	0	0	0

McCafé® & Bakery

Americano - Large	550ml	5	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	2	0
Americano - Medium	420ml	4	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0
Americano - Small	275ml	3	0	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0	0
Authentic French Croissant	60g	250	13	20	9	0.4	47	45	270	11	28	9	1	4	3	5	4	0	2	4	4
Blueberry Cream Cheese Danish	100g	300	13	20	8	0.5	43	35	340	14	42	14	2	8	13	6	10	0	2	10	10
Blueberry Pomegranate Smoothie with yogurt - Large	541g	340	1	2	0.5	0	3	5	50	2	79	26	5	20	70	4	0	8	10	4	4
Blueberry Pomegranate Smoothie with yogurt - Medium	426g	260	1	2	0.5	0	3	3	35	1	62	21	4	16	54	3	0	6	6	2	2
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	2
Blueberry Pomegranate Smoothie with Yogurt - Snack Size	223g	140	0.4	1	0.3	0	2	0	20	1	33	11	2	8	29	1	0	4	4	2	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	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	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	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	2
Cappuccino with 2% milk - Large	440ml	190	7	11	4	0.2	21	30	160	7	15	5	0	0	16	12	20	0	40	0	0
Cappuccino with 2% milk - Medium	310ml	130	5	8	3	0.2	16	20	115	5	11	4	0	0	12	9	15	0	30	0	0
Cappuccino with 2% milk - Small	190ml	80	3	5	2	0	10	15	75	3	7	2	0	0	7	6	8	0	20	0	0
Cappuccino with skim milk - Large	440ml	110	0	0	0	0	0	0	170	7	17	6	0	0	16	12	20	0	40	0	0
Cappuccino with skim milk - Medium	310ml	80	0	0	0	0	0	0	120	5	12	4	0	0	11	9	15	0	30	0	0
Cappuccino with skim milk - Small	190ml	50	0	0	0	0	0	0	75	3	8	3	0	0	7	6	8	0	20	0	0
Caramel Cappuccino with 2% milk - Large	493ml	310	7	11	4	0.2	21	30	270	11	45	15	0	0	46	12	20	0	40	0	0
Caramel Cappuccino with 2% milk - Medium	353ml	230	5	8	3	0.2	16	20	200	8	35	12	0	0	36	9	15	0	30	0	0
Caramel Cappuccino with 2% milk - Small	222ml	160	3	5	2	0	10	15	135	6	25	8	0	0	25	6	8	0	20	0	0
Caramel Cappuccino with skim milk - Large	493ml	230	0	0	0	0	0	0	280	12	47	16	0	0	46	12	20	0	40	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
Caramel Cappuccino with skim milk - Medium	353ml	180	0	0	0	0	0	0	210	9	36	12	0	0	35	9	15	0	30	0
Caramel Cappuccino with skim milk - Small	222ml	120	0	0	0	0	0	0	140	6	26	9	0	0	25	6	8	0	20	0
Caramel Iced Coffee - Large	587ml	190	11	17	7	0.4	37	40	120	5	19	6	0	0	19	2	15	0	6	2
Caramel Iced Coffee - Medium	468ml	130	8	12	4.5	0.3	24	25	90	4	14	5	0	0	14	2	10	0	4	0
Caramel Iced Coffee - Small	333ml	100	6	9	3.5	0.2	19	20	60	3	10	3	0	0	9	1	6	0	2	0
Caramel Latte with 2% milk - Large	560ml	340	8	12	4.5	0.3	24	35	300	13	48	16	0	0	49	15	20	0	50	0
Caramel Latte with 2% milk - Medium	409ml	260	6	9	3.5	0.2	19	25	220	9	37	12	0	0	38	11	15	0	35	0
Caramel Latte with 2% milk - Small	287ml	190	4.5	7	2.5	0.1	13	20	160	7	28	9	0	0	28	8	10	0	25	0
Caramel Latte with skim milk - Large	560ml	250	0	0	0	0	0	0	310	13	50	17	0	0	49	15	20	0	50	0
Caramel Latte with skim milk - Medium	409ml	190	0	0	0	0	0	0	230	10	39	13	0	0	38	11	15	0	35	0
Caramel Latte with skim milk - Small	287ml	140	0	0	0	0	0	0	170	7	29	10	0	0	28	8	10	0	25	0
Cheese Croissant	65g	270	14	22	10	0.4	52	50	310	13	28	9	1	4	3	6	4	0	4	4
Chocolate Chunk Brownie	70g	310	15	23	6	0.2	31	45	110	5	42	14	2	8	28	4	4	0	2	20
Coffee - Large	564ml	5	0	0	0	0	0	0	10	0	0	0	0	0	0	1	0	0	2	0
Coffee - Medium	442ml	4	0	0	0	0	0	0	10	0	0	0	0	0	0	1	0	0	0	0
Coffee - Small	292ml	3	0	0	0	0	0	0	5	0	0	0	0	0	0	0.4	0	0	0	0
Coffee Iced Frappé - Large	592g	590	23	35	15	1	80	95	180	8	85	28	0	0	77	12	0	0	35	0
Coffee Iced Frappé - Medium	479g	480	18	28	12	1	65	75	140	6	69	23	0	0	62	9	0	0	30	0
Coffee Iced Frappé - Small	376g	370	14	22	10	0.5	53	60	115	5	54	18	0	0	49	7	0	0	20	0
Coffee Iced Frappé - Snack Size	255g	250	10	15	6	0.5	33	40	75	3	36	12	0	0	33	5	0	0	15	0
Deluxe Hot Chocolate with 2% milk - Large	558ml	500	14	22	8	0.4	42	55	330	14	72	24	3	12	71	19	30	0	70	20
Deluxe Hot Chocolate with 2% milk - Medium	451ml	400	12	18	7	0.4	37	50	280	12	57	19	2	8	55	15	25	0	60	15
Deluxe Hot Chocolate with 2% milk - Small	266ml	250	8	12	4.5	0.2	24	30	170	7	37	12	2	8	36	9	15	0	40	10
Deluxe Hot Chocolate with skim milk - Large	557ml	400	5	8	3.5	0.2	19	15	340	14	74	25	3	12	71	19	30	0	70	20
Deluxe Hot Chocolate with skim milk - Medium	451ml	320	5	8	3	0.2	16	15	290	12	58	19	2	8	55	15	25	0	60	15
Deluxe Hot Chocolate with skim milk - Small	266ml	210	3.5	5	2	0.1	11	10	180	8	38	13	2	8	36	9	15	0	40	10
Double Espresso	60ml	5	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Espresso	30ml	3	0	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0
Frozen Lemonade - Large	570g	250	0	0	0	0	0	0	2	0	64	21	1	4	59	1	2	50	2	2
Frozen Lemonade - Medium	448g	200	0	0	0	0	0	0	1	0	50	17	1	4	46	0.4	2	40	0	0
Frozen Lemonade - Small	354g	160	0	0	0	0	0	0	1	0	40	13	0	0	37	0.3	0	35	0	0
Frozen Lemonade - Snack Size	255g	110	0	0	0	0	0	0	1	0	29	10	0	0	26	0.2	0	25	0	0
Iced Coffee - Large	600ml	230	11	17	7	0.4	37	40	65	3	30	10	0	0	30	2	15	0	6	2
Iced Coffee - Medium	478ml	170	8	12	4.5	0.3	24	25	45	2	22	7	0	0	22	2	10	0	4	2
Iced Coffee - Small	340ml	120	6	9	3.5	0.2	19	20	35	1	15	5	0	0	15	1	6	0	2	0
Latte with 2% milk - Large	532ml	240	9	14	5	0.3	27	40	200	8	19	6	0	0	20	15	25	0	50	0
Latte with 2% milk - Medium	386ml	170	7	11	3.5	0.2	19	30	150	6	14	5	0	0	15	11	15	0	40	0
Latte with 2% milk - Small	270ml	130	5	8	2.5	0.1	13	20	110	5	10	3	0	0	11	8	15	0	30	0
Latte with skim milk - Large	532ml	140	0	0	0	0	0	0	210	9	21	7	0	0	20	15	25	0	50	0
Latte with skim milk - Medium	386ml	100	0	0	0	0	0	0	160	7	16	5	0	0	15	11	15	0	40	0
Latte with skim milk - Small	270ml	70	0	0	0	0	0	0	110	5	11	4	0	0	11	8	15	0	30	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
Mango Pineapple Smoothie with yogurt - Large	541g	340	1.5	2	1	0	5	5	55	2	79	26	3	12	77	4	35	100	10	4
Mango Pineapple Smoothie with yogurt - Small	347g	210	1	2	0.5	0	3	3	35	1	50	17	2	8	49	3	25	60	6	2
Mango Pineapple Smoothie with yogurt - Snack Size	232g	140	0.5	1	0.5	0	3	0	20	1	33	11	1	4	33	2	15	40	4	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
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
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



	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
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
Maple Apple Danish	90g	250	11	17	7	0.4	37	40	200	8	35	12	1	4	15	4	8	2	2	10
Mini Chocolatine	36g	120	5	8	3	0.3	17	20	140	6	16	5	1	4	6	2	6	0	2	4
Mini Maple	40g	130	5	8	3.5	0.2	19	15	140	6	18	6	1	4	6	2	6	0	2	6
Mini Raspberry	40g	150	8	12	5	0.3	27	20	110	5	17	6	1	4	4	3	6	0	0	6
Mocha with 2% milk – Large	608ml	490	13	20	8	0.4	42	50	320	13	70	23	3	12	69	18	25	0	70	20
Mocha with 2% milk – Medium	463ml	380	11	17	7	0.3	37	45	270	11	55	18	2	8	53	14	20	0	60	15
Mocha with 2% milk – Small	299ml	260	8	12	4.5	0.2	24	30	180	8	37	12	2	8	36	9	15	0	40	10
Mocha with skim milk – Large	608ml	400	5	8	3.5	0.2	19	15	330	14	72	24	3	12	69	18	25	0	70	20
Mocha with skim milk – Medium	463ml	320	5	8	3	0.2	16	15	270	11	56	19	2	8	53	14	20	0	60	15
Mocha with skim milk – Small	299ml	210	3.5	5	2	0.1	11	10	180	8	38	13	2	8	36	9	15	0	40	10
Oreo® Cookie Coffee Iced Frappé – Large	683g	850	29	45	19	1	100	110	320	13	136	45	0	0	120	13	4	0	50	4
Oreo® Cookie Coffee Iced Frappé – Medium	544g	670	25	38	16	1	85	90	280	12	103	34	0	0	89	10	4	0	45	4
Oreo® Cookie Coffee Iced Frappé – Small	438g	560	21	32	14	1	75	75	250	10	85	28	0	0	74	8	4	0	40	4
Oreo® Cookie Coffee Iced Frappé – Snack Size	298g	390	15	23	10	0.5	53	50	180	8	60	20	0	0	51	6	4	0	30	4
Strawberry Banana Smoothie with Yogurt - Large	541g	310	1	2	0.5	0	3	5	55	2	73	24	3	12	70	4	2	40	10	4
Strawberry Banana Smoothie with Yogurt - Medium	427g	240	1	2	0.5	0	3	3	40	2	56	19	3	12	54	3	0	30	8	4
Strawberry Banana Smoothie with Yogurt - Small	347g	200	0.5	1	0.4	0	2	3	35	1	46	15	2	8	44	3	0	25	6	4
Strawberry Banana Smoothie with yogurt - Snack Size	223g	130	0.4	1	0.3	0	2	0	20	1	30	10	1	4	29	2	0	15	4	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
Strawberry Banana Smoothie without yogurt - Medium	432g	250	0	0	0	0	0	0	20	1	60	20	3	12	59	2	0	35	2	4
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
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
Strawberry Cream Cheese Danish	100g	390	19	29	12	1	65	55	280	12	48	16	2	8	17	6	15	15	2	15
Strawberry Mango Orange Smoothie with Yogurt - Large	547g	320	1	2	0.5	0	3	4	65	3	73	24	3	12	67	5	10	50	10	4
Strawberry Mango Orange Smoothie with Yogurt - Medium	434g	250	1	2	0.5	0	3	3	50	2	58	19	3	12	53	4	8	40	8	2
Strawberry Mango Orange Smoothie with yogurt - Small	352g	200	0.5	1	0.4	0	2	3	40	2	47	16	2	8	43	3	8	30	6	2
Strawberry Mango Orange Smoothie with yogurt - Snack size	218g	130	0.4	1	0.3	0	2	0	25	1	29	10	1	4	26	2	4	20	4	2
Strawberry Mango Orange Smoothie without yogurt - Large	544g	330	0	0	0	0	0	0	40	2	79	26	4	16	73	3	15	60	4	4
Strawberry Mango Orange Smoothie without yogurt - Medium	434g	260	0	0	0	0	0	0	30	1	63	21	3	12	58	3	10	45	4	2
Strawberry Mango Orange Smoothie without yogurt - Small	349g	210	0	0	0	0	0	0	25	1	51	17	3	12	47	2	8	35	2	2
Strawberry Mango Orange Smoothie without yogurt - Snack size	215g	130	0	0	0	0	0	0	15	1	31	10	2	8	29	1	6	20	2	2
Sugar Free Vanilla Cappuccino with 2% milk - Large	484ml	190	7	11	4	0.2	21	30	200	8	24	8	0	0	16	12	20	0	40	2
Sugar Free Vanilla Cappuccino with 2% milk - Medium	345ml	140	5	8	3	0.2	16	20	150	6	18	6	0	0	12	9	15	0	30	2
Sugar Free Vanilla Cappuccino with 2% milk - Small	217ml	90	3	5	2	0	10	15	100	4	13	4	0	0	7	6	8	0	20	0
Sugar Free Vanilla Cappuccino with skim milk - Large	484ml	120	0	0	0	0	0	0	210	9	26	9	0	0	16	12	20	0	40	2
Sugar Free Vanilla Cappuccino with skim milk - Medium	345ml	80	0	0	0	0	0	0	150	6	19	6	0	0	11	9	15	0	30	2
Sugar Free Vanilla Cappuccino with skim milk - Small	217ml	50	0	0	0	0	0	0	100	4	13	4	0	0	7	6	8	0	20	0
Sugar Free Vanilla Iced Coffee - Large	587ml	130	11	17	7	0.4	37	40	90	4	9	3	0	0	2	2	15	0	6	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 Iced Coffee - Medium	477ml	100	9	14	6	0.3	32	30	75	3	7	2	0	0	2	2	10	0	4	2
Sugar Free Vanilla Iced Coffee - Small	333ml	60	6	9	3.5	0.2	19	20	45	2	4	1	0	0	1	1	6	0	2	0
Sugar Free Vanilla Latte with 2% milk - Large	551ml	230	8	12	4.5	0.3	24	35	230	10	27	9	0	0	19	15	20	0	50	2
Sugar Free Vanilla Latte with 2% milk - Medium	401ml	170	6	9	3.5	0.2	19	25	170	7	21	7	0	0	14	11	15	0	35	2
Sugar Free Vanilla Latte with 2% milk - Small	282ml	120	4.5	7	2.5	0.1	13	20	125	5	15	5	0	0	10	8	10	0	25	0
Sugar Free Vanilla Latte with skim milk - Large	551ml	140	0	0	0	0	0	0	240	10	29	10	0	0	19	15	20	0	50	2
Sugar Free Vanilla Latte with skim milk - Medium	401ml	100	0	0	0	0	0	0	180	8	22	7	0	0	14	11	15	0	35	2
Sugar Free Vanilla Latte with skim milk - Small	282ml	70	0	0	0	0	0	0	130	5	16	5	0	0	10	8	10	0	25	0
Vanilla Cappuccino with 2% milk - Large	494ml	320	7	11	4	0.2	21	30	160	7	49	16	0	0	50	12	20	0	40	0
Vanilla Cappuccino with 2% milk - Medium	353ml	240	5	8	3	0.2	16	20	115	5	38	13	0	0	39	9	15	0	30	0
Vanilla Cappuccino with 2% milk - Small	223ml	160	3	5	2	0	10	15	75	3	27	9	0	0	28	6	8	0	20	0
Vanilla Cappuccino with skim milk - Large	494ml	240	0	0	0	0	0	0	170	7	51	17	0	0	50	12	20	0	40	0
Vanilla Cappuccino with skim milk - Medium	353ml	190	0	0	0	0	0	0	120	5	39	13	0	0	39	9	15	0	30	0
Vanilla Cappuccino with skim milk - Small	223ml	130	0	0	0	0	0	0	75	3	28	9	0	0	28	6	8	0	20	0
Vanilla Chai Iced Frappé - Large	589g	720	29	45	19	1	100	115	240	10	100	33	0	0	98	11	35	0	35	2
Vanilla Chai Iced Frappé - Medium	476g	580	24	37	15	1	80	95	200	8	81	27	0	0	79	9	25	0	30	2
Vanilla Chai Iced Frappé - Small	375g	460	19	29	12	0.5	63	75	150	6	63	21	0	0	63	7	20	0	25	0
Vanilla Chai Iced Frappé - Snack Size	253g	310	13	20	8	0.4	42	50	105	4	43	14	0	0	42	5	15	0	15	0
Vanilla Iced Coffee - Large	587ml	190	11	17	7	0.4	37	40	65	3	21	7	0	0	21	2	15	0	6	2
Vanilla Iced Coffee - Medium	477ml	150	9	14	6	0.3	32	30	50	2	16	5	0	0	16	2	10	0	4	2
Vanilla Iced Coffee - Small	333ml	100	6	9	3.5	0.2	19	20	35	1	11	4	0	0	10	1	6	0	2	0
Vanilla Latte with 2% milk - Large	561ml	350	8	12	4.5	0.3	24	35	190	8	52	17	0	0	53	15	20	0	50	0
Vanilla Latte with 2% milk - Medium	409ml	270	6	9	3.5	0.2	19	25	140	6	40	13	0	0	41	11	15	0	35	0
Vanilla Latte with 2% milk - Small	288ml	200	4.5	7	2.5	0.1	13	20	100	4	30	10	0	0	31	8	10	0	25	0
Vanilla Latte with skim milk - Large	561ml	260	0	0	0	0	0	0	200	8	54	18	0	0	53	15	20	0	50	0
Vanilla Latte with skim milk - Medium	409ml	200	0	0	0	0	0	0	150	6	42	14	0	0	41	11	15	0	35	0
Vanilla Latte with skim milk - Small	288ml	150	0	0	0	0	0	0	105	4	31	10	0	0	31	8	10	0	25	0
Desserts & Shakes																				
Baked Apple Pie	79g	270	14	22	7	0.1	36	0	180	8	34	11	1	4	12	3	0	45	2	8
Baked Chocolate Banana Pie	68g	260	13	20	7	0.1	36	0	130	5	34	11	1	4	11	2	0	0	0	8
Birthday Cake - Vanilla	67g	270	13	20	3.5	0.1	18	25	135	6	36	12	0	0	22	2	0	0	2	0
Cone - Vanilla	147g	230	6	9	4	0.2	21	25	135	6	39	13	0	0	28	5	6	2	15	2
Crushed SKOR® Candy Bars - Regular size portion	33g	170	9	14	5	0.3	27	20	100	4	22	7	1	4	20	1	6	0	2	4
Crushed SKOR® Candy Bars - Snack Size portion	25g	130	7	11	4	0.2	21	15	75	3	17	6	1	4	15	1	6	0	2	2
M&M'S® Candies - Regular size portion	53g	250	10	15	6	0.1	31	5	40	2	38	13	2	8	34	3	0	0	6	6
M&M'S® Candies - Snack Size portion	35g	170	7	11	4	0	20	3	25	1	25	8	1	4	23	2	0	0	4	4
McFlurry® dessert - Cadbury Creme Egg - Regular size portion	299g	620	21	32	13	0.3	67	55	250	10	98	33	1	4	78	12	10	2	35	15
McFlurry® dessert - Cadbury Creme Egg - Snack Size portion	199g	420	14	22	9	0.2	46	35	160	7	65	22	0	0	52	8	8	2	25	8
McFlurry® dessert - Caramel Brownie - Regular size portion	310g	630	20	31	11	0.4	57	75	300	13	102	34	1	4	74	11	20	2	35	10
McFlurry® dessert - Caramel Brownie - Snack Size portion	199g	400	13	20	7	0.3	37	50	190	8	63	21	1	4	47	7	15	2	20	8
McFlurry® dessert - Chocolate Fudge Brownie - Regular size portion	310g	640	24	37	14	0.3	72	70	320	13	96	32	3	12	79	12	20	2	35	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
McFlurry® dessert - Chocolate Fudge Brownie - Snack Size portion	199g	400	15	23	9	0.2	46	45	200	8	60	20	2	8	49	8	10	2	20	15
McFlurry® dessert - Crushed SKOR® Candy Bars - Regular size portion	275g	530	20	31	12	0.5	63	65	320	13	81	27	1	4	67	10	20	2	30	4
McFlurry® dessert - Crushed SKOR® Candy Bars - Snack Size portion	186g	370	14	22	8	0.4	42	45	220	9	56	19	1	4	46	6	15	2	20	4
McFlurry® dessert - M&M'S® Candies - Regular size portion	296g	620	21	32	13	0.3	67	50	260	11	97	32	2	8	82	11	10	2	35	6
McFlurry® dessert - M&M'S® Candies - Snack Size portion	196g	410	14	22	9	0.2	46	35	170	7	64	21	1	4	54	8	8	2	25	4
McFlurry® dessert - Mud Pie - Regular size portion	317g	670	24	37	15	0.3	77	60	390	16	103	34	4	16	82	13	10	2	35	40
McFlurry® dessert - Mud Pie - Snack Size portion	204g	420	15	23	9	0.2	46	40	240	10	65	22	2	8	51	8	8	2	25	25
McFlurry® dessert - Oreo® - Regular size portion	286g	570	20	31	12	0.4	62	45	390	16	89	30	1	4	64	10	10	2	30	15
McFlurry® dessert - Oreo® - Snack Size portion	181g	330	11	17	7	0.2	36	30	220	9	53	18	1	4	39	6	8	2	20	6
Oreo® Mix-in - Regular 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 - Snack portion	28g	140	6	9	3.5	0.1	18	0	115	5	20	7	1	4	11	1	0	0	0	8
Strawberry Yogurt Tube	30g	25	0.4	1	0.3	0	2	0	15	1	4	1	0	0	3	1	0	0	4	0
Sundae – Blueberry Crumble	182g	310	7	11	4	0.2	21	25	140	6	55	18	1	4	41	5	6	4	15	2
Sundae - Hot Caramel	180g	340	8	12	5	0.2	26	35	200	8	62	21	1	4	42	6	8	2	20	0
Sundae - Hot Fudge	178g	340	11	17	8	0.2	41	30	220	9	54	18	2	8	45	7	6	2	20	10
Triple Thick Milkshake® - Chocolate, Small	338g	560	14	22	8	0.3	42	55	400	17	98	33	1	4	79	11	15	2	35	25
Triple Thick Milkshake® - Raspberry, Child Size	307g	480	13	20	8	0.3	42	55	320	13	83	28	0	0	62	10	15	4	35	2
Triple Thick Milkshake® - Raspberry, Large	693g	1090	28	43	17	0.5	88	115	710	30	191	64	0	0	140	22	30	10	70	4
Triple Thick Milkshake® - Raspberry, Medium	441g	700	18	28	11	0.4	57	75	450	19	122	41	0	0	89	14	20	6	45	2
Triple Thick Milkshake® - Raspberry, Small	336g	530	13	20	8	0.3	42	55	340	14	93	31	0	0	68	11	15	6	35	2
Triple Thick Milkshake® - Strawberry, Small	336g	540	13	20	8	0.3	42	55	330	14	94	31	0	0	77	11	15	2	35	2
Triple Thick Milkshake® - Vanilla, Small	336g	530	13	20	8	0.3	42	55	330	14	94	31	0	0	66	11	25	2	35	2
Vanilla McFlurry® Base - Regular portion	244g	370	11	17	7	0.3	37	45	220	9	59	20	0	0	47	9	10	2	30	2
Vanilla McFlurry® Base - Snack portion	162g	240	7	11	4.5	0.2	24	30	150	6	39	13	0	0	32	6	8	2	20	0
Condiments																				
Becel® Margarine Portions	7.0g	50	6	9	1	0	5	0	50	2	0	0	0	0	0	0.1	20	0	0	0
Butter Portion	4.5g	35	3.5	5	2.5	0.1	13	10	25	1	0	0	0	0	0	0	4	0	0	0
Chicken McNuggets® Barbeque Sauce	28g	40	0	0	0	0	0	0	300	13	9	3	0	0	8	0.3	2	0	0	0
Chicken McNuggets® Hot Mustard Sauce	28g	60	2	3	0.3	0	2	4	230	10	9	3	1	4	7	1	0	0	0	2
Chicken McNuggets® Sweet & Sour Sauce	28g	50	0	0	0	0	0	0	150	6	12	4	0	0	10	0.1	2	2	0	0
Granulated Peanuts Packet	7.0g	40	3.5	5	0.5	0	3	0	55	2	2	1	1	4	0	2	0	0	0	2
Honey Packet	14g	45	0	0	0	0	0	0	1	0	12	4	0	0	11	0	0	0	0	0
Hotcake Syrup Packet	44ml	180	0	0	0	0	0	0	0	0	46	15	0	0	43	0	0	0	0	0
Ketchup Packet	9.1g	10	0	0	0	0	0	0	75	3	3	1	0	0	2	0.1	0	0	0	0
Maple Brown Sugar Packet	15g	60	0	0	0	0	0	0	0	0	14	5	0	0	14	0	0	0	0	0
McChicken® Sauce Packet	14g	100	11	17	1.5	0	8	10	80	3	1	0	0	0	0	0.2	0	0	0	0
Peanut Butter Packet	18g	110	10	15	2	0	10	0	85	4	4	1	1	4	1	4	0	0	2	4
Pure Kraft Sesame Dressing	40ml	110	7	11	0.5	0	3	0	280	12	9	3	0	0	9	0.5	0	2	0	2
Pure Kraft™ Asiago Caesar Dressing	40ml	210	22	34	2.5	0.2	14	15	260	11	2	1	0	0	1	1	0	2	2	0
Pure Kraft™ Calorie-Wise™ Asiago Caesar Dressing	40ml	150	14	22	1.5	0	8	15	340	14	3	1	0	0	2	1	2	2	4	2
Pure Kraft™ Greek Feta Dressing	40ml	140	14	22	1.5	0	8	0	310	13	3	1	0	0	2	1	0	2	4	2
Pure Kraft™ Sweet Balsamic Vinaigrette Dressing	40ml	120	8	12	1	0	5	0	250	10	12	4	0	0	11	0.1	0	0	0	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	
Salsa Sauce Packet	14g	5	0	0	0	0	0	0	115	5	1	0	0	0	0	0.2	0	0	0	0	0
Strawberry Jam Packet	16g	50	0	0	0	0	0	0	0	0	14	5	0	0	14	0	0	0	8	0	0
Vinegar Packet	9.1g	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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

Percent Daily Values (DV) 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.

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

The trademarks, logos and artwork displayed include the registered and unregistered trademarks and copyright of McDonald's. All references marked with a ®, ™, MD and MC are trademarks of McDonald's Corporation and its affiliates except where third party trade mark ownership is indicated. See Terms & Conditions on www.mcdonalds.ca for details.

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

©2014 McDonald's