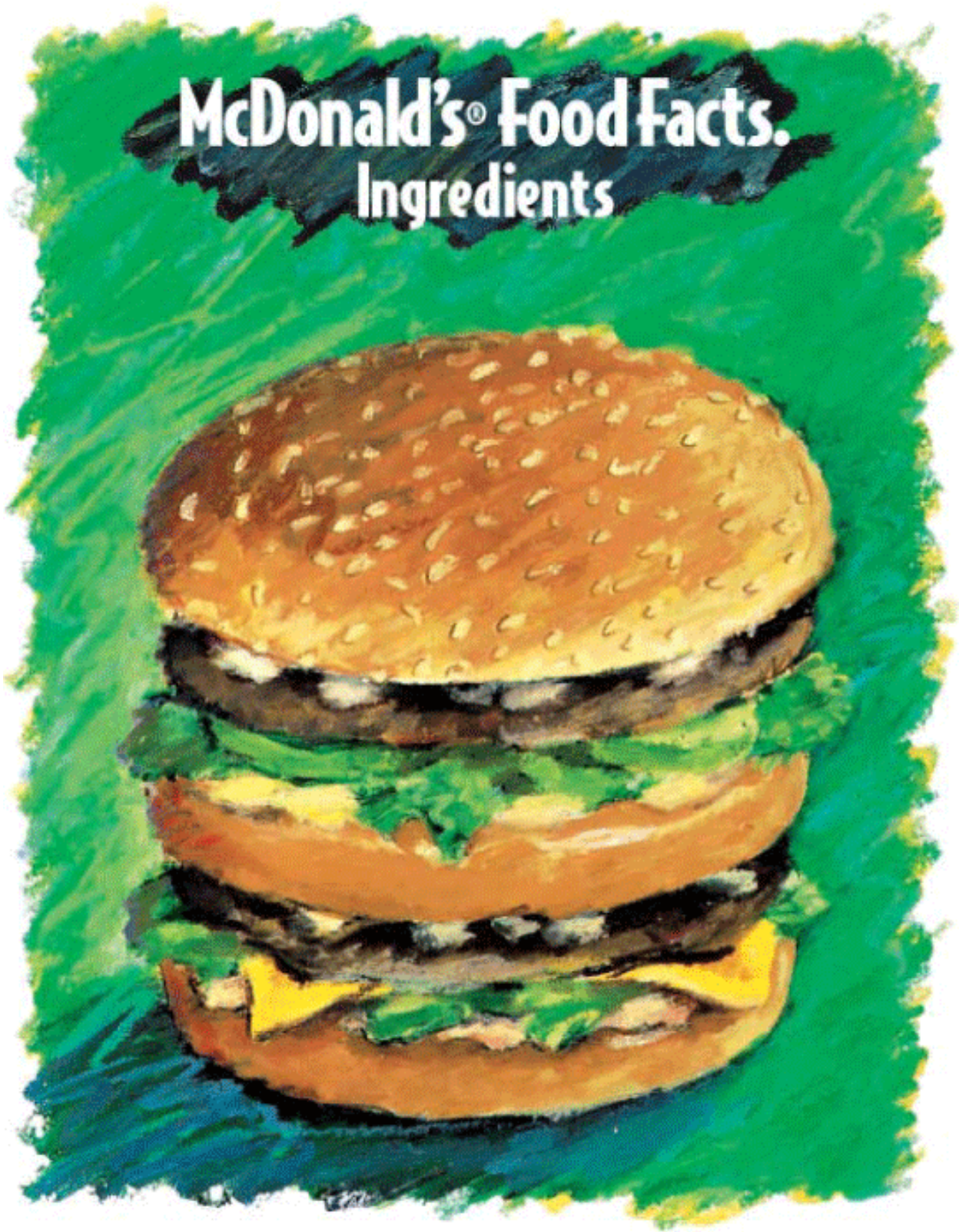


# McDonald's® Food Facts. Ingredients



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

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

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

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

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## INGREDIENTS

### Burgers, Sandwiches & Wraps

#### **Angus Third Pounder - Bacon & Cheese**

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

#### **Angus Third Pounder - Deluxe**

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

#### **Bacon McDouble® sandwich**

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

#### **Big Mac® sandwich**

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

#### **Cheeseburger**

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

#### **Chicken & Bacon Signature McWrap® with Crispy Chicken**

10 Whole Wheat Tortilla  
Bacon Slice  
Crispy Chicken Strips  
Jalapeno Monterey Jack  
Lettuce  
McChicken® Sauce  
Tomato Slice

#### **Chicken & Bacon Signature McWrap® with Grilled Chicken**

10 Whole Wheat Tortilla  
Bacon Slice  
Grilled Chicken Portion  
Jalapeno Monterey Jack  
Lettuce  
McChicken® Sauce  
Tomato Slice

#### **Chicken Snack Wrap®**

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

**Chipotle Chicken Snack Wrap**

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

**Chipotle Chicken Snack Wrap® with Grilled Chicken**

Chipotle BBQ sauce  
Grilled Chicken Portion  
Lettuce  
Shredded Monterey Jack & Light Cheddar Cheese Blend  
Tortilla

**Double Big Mac® sandwich**

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

**Double Quarter Pounder with Cheese®**

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

**Double Cheeseburger**

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

**Double Filet-O-Fish®**

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

**Filet-O-Fish® sandwich**

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

**Grilled Cheese sandwich**

Mac Club  
Processed Cheese Slice

**Grilled Chicken Snack Wrap®**

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

**Hamburger**

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

**McDouble® sandwich**

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

**Mediterranean Signature McWrap®**

10 Whole Wheat Tortilla  
Crumbled Feta Cheese  
Cucumber  
Lemon Crispy Onions  
Lettuce  
Mediterranean sauce  
Red Onion rings  
Roasted Garlic Hummus  
Tomato Slice

**Mighty Angus with Jalapeño**

Angus Burger Seasoning  
Angus Patty  
Bacon Slice  
Creamy Southern BBQ Sauce  
Grill Seasoning  
Jalapeno Crisps  
Jalapeno Monterey Jack  
Jalapeno Slices  
Premium Bun Angus  
Slivered Onions

**Quarter Pounder with Cheese®**

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

**Quarter Pounder® BLT**

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

**Sante Fe Signature McWrap®**

10 Whole Wheat Tortilla  
Chili Lime Glaze  
Chili Lime Tri-coloured  
Tortilla Strips  
Lettuce  
Red Onion rings  
Shredded Monterey Jack & Light Cheddar Cheese Blend  
Southwest Salad  
Vegetable Blend  
Southwest Sauce  
Tomato Slice

**Smoky BBQ Bacon Angus**

Angus Burger Seasoning  
Angus Patty  
Bacon Slice  
Crispy Onions  
Grill Seasoning  
Leaf Lettuce  
Premium Bun Angus  
Processed Cheese Slice  
Smokey BBQ Sauce  
Tomato Slice

**Sweet Chili Signature McWrap® with Crispy Chicken**

10 Whole Wheat Tortilla  
Crispy Chicken Strips  
Cucumber  
Lettuce  
McChicken® Sauce  
Thai Sauce

**Sweet Chili Signature McWrap® with Grilled Chicken**

10 Whole Wheat Tortilla  
Cucumbers  
Grilled Chicken Portion  
Lettuce  
McChicken® Sauce  
Thai Sauce



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

**Angus Burger Seasoning:** Dextrose, salt, onion powder, maltodextrin, yeast extract, spice, natural and artificial flavour, beef broth, vegetable shortening (sunflower oil), partially hydrogenated cottonseed and soybean oil, garlic powder, caramel colour, worcestershire sauce (vinegar, molasses, corn syrup, salt, caramel colour, garlic powder, sugar, spices, tamarind, natural flavour), beef fat, annatto, turmeric, 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, sesame seeds, calcium sulphate, calcium propionate, monoglycerides, enzymes, azodicarbonamide, and may contain any or all of the following in varying proportions: diacetyl tartaric acid esters of mono and diglycerides, BHT, sodium stearoyl-2-lactylate, wheat starch, calcium peroxide, wheat gluten, sorbitol, dextrin, malted barley flour, ascorbic acid, citric acid, calcium stearate, calcium iodate, silicon dioxide. **CONTAINS: WHEAT, BARLEY, SESAME SEEDS.**

**Big Mac® Sauce:** Soybean oil, relish (pickles, sugar, glucose-fructose, vinegar, glucose, salt, xanthan gum, potassium sorbate, spice extractives), prepared mustard [water, vinegar, mustard seed, salt, sugar, colour (caramel, turmeric), spices], water, frozen egg yolk, vinegar, onion powder, salt, mustard flour, xanthan gum, potassium sorbate, spices, garlic powder, hydrolyzed plant protein (corn, soy, wheat gluten), colour (paprika, caramel), calcium disodium EDTA. **CONTAINS: WHEAT, EGG, SOY, MUSTARD.**

**Chili Lime Glaze:** Water, tomato paste, soy sauce (water, wheat, soybeans, salt, sodium benzoate), concentrated lemon juice, soybean oil, chilli powder, sugar, modified corn starch, jalapenos (jalapeno peppers, salt, lime juice powder, calcium chloride), salt, vinegar, onion powder, herbs, dehydrated garlic, spices, natural and artificial flavours (plant source), potassium sorbate, sodium benzoate, xanthan gum. **CONTAINS: WHEAT, SOY.**

**Chili Lime Tri-coloured Tortilla Strips:** Corn masa flour, sunflower, safflower, canola and/or corn oil, seasoning [salt, tomato powder, spices, corn maltodextrin, modified corn starch, enriched white corn flour (thiamin, riboflavin, niacin, folic acid, iron, zinc), citric acid, dextrose, sugar, dehydrated onion, lime juice powder (corn maltodextrin, lime juice solids, natural flavour), dehydrated garlic, green bell pepper powder, artificial flavour (corn maltodextrin, modified corn starch, ascorbic acid, benzoic acid), autolyzed yeast extract, disodium inosinate, disodium guanylate], colour (red #40 lake, blue #1 lake, blue #2 lake).

**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 Southern BBQ Sauce:** Water, soybean oil, concentrated tomato paste, vinegar, blackstrap molasses, brown sugar, roasted garlic, sugar, salt, liquid egg yolks, modified corn starch, natural smoke flavour, spices (contains mustard), dehydrated garlic, phosphoric acid, natural flavour (plant source), xanthan gum, potassium sorbate, propylene glycol alginate, sodium benzoate, onion powder, paprika extract, citric acid, calcium disodium EDTA. **CONTAINS: EGG, MUSTARD.**

**Crispy Chicken Strips:** Chicken meat, water, toasted wheat crumb, sodium phosphates, corn maltodextrin, flavour (rosemary extract), salt, seasoning [salt, sugar, spice, yeast extract, onion powder, disodium inosinate and disodium guanylate, flavour (rosemary extract), corn maltodextrin, modified corn starch], polysorbate 80, chicken fat (soybean oil), silicon dioxide, breaded with: wheat flour, toasted wheat crumbs, water, corn starch, salt, wheat starch, onion powder, garlic powder, spices, baking powder, dehydrated parsley, sodium aluminum phosphate, cooked in 100% vegetable oil (canola oil, corn oil, soybean oil, hydrogenated soybean oil (TBHQ), citric acid, dimethylpolysiloxane). **CONTAINS: WHEAT.**

**Crispy Onions:** Onions, enriched wheat flour, safflower, sunflower or canola oil, salt. **CONTAINS: WHEAT.**

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

**Cucumber:** Cucumber.

**Cucumbers:** English cucumbers.

**Filet-O-Fish® Portion:** Alaska Pollock fish fillets, toasted wheat crumbs, modified corn starch, water, flour (corn, wheat), colour (paprika, turmeric), cellulose gum, salt, spices, cooked in 100% vegetable oil (canola oil, corn oil, soybean oil, hydrogenated soybean oil (TBHQ), citric acid, dimethylpolysiloxane). **CONTAINS: WHEAT, FISH (POLLOCK).**

**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, palm oil monoglycerides, potassium sorbate, artificial flavour, calcium disodium EDTA, colour (plant source), citric acid, vitamin A palmitate, vitamin D3]. **CONTAINS: SOY.**

**Jalapeno Crisps:** Jalapeño peppers, enriched wheat flour, sunflower and/or canola oil, salt. **CONTAINS: WHEAT.**

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

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

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

**Leaf Lettuce:** Leaf lettuce.

**Lemon Crispy Onions:** Onions, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sunflower, safflower and/or canola oil, seasoning [sugar, salt, maltodextrin, corn syrup solids, citric acid, spice, lemon juice solids, natural flavours, malic acid, turmeric (colour)]. **CONTAINS: WHEAT.**

**Lettuce:** Shredded iceberg lettuce.

**Mac Club:** Enriched wheat flour, water, sugar and/or glucose-fructose, yeast, vegetable oil (soybean and/or canola), salt, sesame seeds, calcium sulphate, calcium propionate, monoglycerides, enzymes, azodicarbonamide, and may contain any or all of the following in varying proportions: diacetyl tartaric acid esters of mono and diglycerides, BHT, sodium stearoyl-2-lactylate, wheat starch, calcium peroxide, wheat gluten, sorbitol, dextrin, malted barley flour, ascorbic acid, citric acid, calcium stearate, calcium iodate, silicon dioxide. **CONTAINS: WHEAT, BARLEY, SESAME SEEDS.**

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

**Mediterranean sauce:** Soybean oil, yogurt (milk ingredients, bacterial culture), water, diced cucumbers (cucumbers, vinegar, salt, dextrose, xanthan gum), buttermilk (skim milk, salt, bacterial culture), feta cheese (pasteurized milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme, lipase, cellulose, potassium sorbate, natamycin), modified milk ingredients, frozen egg yolk, salt, modified corn starch, vinegar, seasonings [dehydrated vegetables (garlic, sun-dried tomato, onion, red pepper), salt, sugar, spice (oregano, basil, red pepper), high oleic sunflower oil, citric acid, sodium acetate, semolina, disodium inosinate, disodium guanylate, ascorbic acid, natural flavour (lemon), calcium citrate, sulphiting agents], sugar, lactic acid, concentrated lemon juice, xanthan gum, potassium sorbate, sodium benzoate, spices, mustard flour, garlic powder, calcium disodium EDTA. **CONTAINS: EGG, MILK, SOY, MUSTARD.**

**Mustard:** Vinegar, water, mustard seed, salt, turmeric, spices. **CONTAINS: MUSTARD.**

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

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

**Premium Bun Angus:** Enriched wheat flour, water, glucose-fructose, yeast, vegetable oil (soybean or canola), malted barley, sesame seeds, salt, wheat gluten, vegetable monoglycerides, corn flour, diacetyl tartaric acid esters of mono and diglycerides, ascorbic acid, calcium propionate, turmeric, paprika, natural and artificial flavours, azodicarbonamide, and may contain in varying proportions: calcium sulphate, calcium peroxide, wheat starch, sugar and/or glucose-fructose, calcium silicate, enzymes, sodium stearoyl lactylate, ascorbic acid, calcium stearate, silicon dioxide, dextrin, sorbitol, corn grits. **CONTAINS: WHEAT, BARLEY, SESAME SEEDS.**

**Premium Ranch Sauce:** Water, soybean oil, glucose solids, buttermilk powder, vinegar, frozen egg yolk, sugar, salt, modified corn starch, garlic powder, chives, modified tapioca starch, natural flavour (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. **CONTAINS: EGG, MILK.**

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

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

**Red Onion rings:** Red onion.

**Regular Bun:** Enriched wheat flour, water, sugar and/or glucose-fructose, yeast, vegetable oil (soybean and/or canola), salt, calcium sulphate, calcium propionate, monoglycerides, enzymes, azodicarbonamide, and may contain any or all of the following in varying proportions: diacetyl tartaric acid esters of mono and diglycerides, BHT, sodium stearoyl-2-lactylate, wheat starch, calcium peroxide, wheat gluten, inactive yeast, sorbitol, dextrin, malted barley flour, ascorbic acid, citric acid, calcium stearate, calcium iodate, silicon dioxide. **CONTAINS: WHEAT, BARLEY, SESAME SEEDS.**

**Roasted Garlic Hummus:** Chickpea, tahini (sesame seed paste), olive oil, canola oil, roasted garlic, lemon juice, sea salt, garlic. **CONTAINS: SESAME SEEDS.**

**Sesame Seed Bun:** Enriched wheat flour, water, sugar and/or glucose-fructose, yeast, vegetable oil (soybean and/or canola), salt, sesame seeds, calcium sulphate, calcium propionate, monoglycerides, enzymes, azodicarbonamide, and may contain any or all of the following in varying proportions: diacetyl tartaric acid esters of mono and diglycerides, BHT, sodium stearoyl-2-lactylate, wheat starch, calcium peroxide, wheat gluten, inactive yeast, sorbitol, dextrin, malted barley flour, ascorbic acid, citric acid, calcium stearate, calcium iodate, silicon dioxide. **CONTAINS: WHEAT, BARLEY, SESAME SEEDS.**

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

**Slivered Onions:** Onions.

**Smokey BBQ Sauce:** Water, sugar, soybean oil, tomato paste, vinegar, fancy molasses, glucose solids, black strap molasses, natural flavour (plant source), frozen egg yolk, salt, modified corn starch, roasted garlic (garlic, high maltose corn syrup), mustard seed, dehydrated garlic, xanthan gum, propylene glycol alginate, spices, potassium sorbate, sodium benzoate, plant extractives, colour (caramel), calcium disodium EDTA. **CONTAINS: EGG, MUSTARD.**

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

**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 extractives, calcium disodium EDTA. **CONTAINS: EGG, MUSTARD.**

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

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

**Tomato Slice:** Sliced tomato.

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

## Chicken

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

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

**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 [corn maltodextrin, flavour (rosemary extract)], salt, coated with: toasted wheat crumbs [spices, water, wheat flour, modified corn starch, baking powder, palm oil shortening, wheat protein, modified cellulose, colour (annatto)], cooked in 100% vegetable oil (canola oil, corn oil, soybean oil, hydrogenated soybean oil (TBHQ), citric acid, dimethylpolysiloxane). **CONTAINS: WHEAT.**

**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, palm oil monoglycerides, potassium sorbate, artificial flavour, calcium disodium EDTA, colour (plant source), citric acid, vitamin A palmitate, vitamin D3]. **CONTAINS: SOY.**

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

**Junior Chicken Patty:** Chicken meat, water, chicken skin, salt, sodium phosphates, breaded with: wheat flour, water, toasted wheat crumbs, modified corn starch, salt, spice, wheat gluten, garlic powder, baking powder, flavour (soy lecithin), silicon dioxide, vegetable oil, cooked in 100% vegetable oil (canola oil, corn oil, soybean oil, hydrogenated soybean oil (TBHQ), citric acid, dimethylpolysiloxane). **CONTAINS: WHEAT, SOY.**

**Leaf Lettuce:** Leaf lettuce.

**Lettuce:** Shredded iceberg lettuce.



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

**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, spices, baking soda, sodium aluminum phosphate, wheat starch, cooked in 100% vegetable oil (canola oil, corn oil, soybean oil, hydrogenated soybean oil (TBHQ), citric acid, dimethylpolysiloxane). **CONTAINS: WHEAT, SOY.**

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

**Premium Ranch Sauce:** Water, soybean oil, glucose solids, buttermilk powder, vinegar, frozen egg yolk, sugar, salt, modified corn starch, garlic powder, chives, modified tapioca starch, natural flavour (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. **CONTAINS: EGG, MILK.**

**Regular Bun:** Enriched wheat flour, water, sugar and/or glucose-fructose, yeast, vegetable oil (soybean and/or canola), salt, calcium sulphate, calcium propionate, monoglycerides, enzymes, azodicarbonamide, and may contain any or all of the following in varying proportions: diacetyl tartaric acid esters of mono and diglycerides, BHT, sodium stearoyl-2-lactylate, wheat starch, calcium peroxide, wheat gluten, inactive yeast, sorbitol, dextrin, malted barley flour, ascorbic acid, citric acid, calcium stearate, calcium iodate, silicon dioxide. **CONTAINS: WHEAT, BARLEY, SESAME SEEDS.**

**Sesame Seed Bun:** Enriched wheat flour, water, sugar and/or glucose-fructose, yeast, vegetable oil (soybean and/or canola), salt, sesame seeds, calcium sulphate, calcium propionate, monoglycerides, enzymes, azodicarbonamide, and may contain any or all of the following in varying proportions: diacetyl tartaric acid esters of mono and diglycerides, BHT, sodium stearoyl-2-lactylate, wheat starch, calcium peroxide, wheat gluten, inactive yeast, sorbitol, dextrin, malted barley flour, ascorbic acid, citric acid, calcium stearate, calcium iodate, silicon dioxide. **CONTAINS: WHEAT, BARLEY, SESAME SEEDS.**

**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 extractives, calcium disodium EDTA. **CONTAINS: EGG, MUSTARD.**

**Tomato Slice:** Sliced tomato.

**White Grain Bun:** Unbleached white wheat flour, water, multigrain blend (whole grain triticale flour, whole grain kamut flour, whole grain brown rice flour, whole grain oat flour, whole grain spelt flour, whole grain rye flour, whole grain barley flour, ground golden flax, whole grain millet flour, whole grain sorghum flour, whole grain soy flour, whole grain quinoa flour, whole grain corn flour, wheat germ), durum wheat semolina, sunflower oil, sugar, yeast, salt, dough improvers [wheat protein isolate, wheat starch, sodium stearoyl-2-lactylate, wheat flour, enzymes (amylase, xylanase, glucose oxidase, lipase)], malted barley flour, MAY CONTAIN: SESAME SEEDS. **CONTAINS: WHEAT, OAT, BARLEY, RYE, TRITICALE, KAMUT, SPELT, SOY.**

**White Meat Chicken McNuggets®:** Chicken breast, water, modified corn starch, salt, seasoning [yeast extract, salt, wheat starch, natural flavour (vegetable source), safflower oil, dextrose, citric acid, rosemary], natural extractives of rosemary, breaded with: water, wheat flour, yellow corn flour, modified corn starch, spices, salt, baking powder, sodium aluminum phosphate, dextrose, wheat starch, corn starch, cooked in 100% vegetable oil (canola oil, corn oil, soybean oil, hydrogenated soybean oil (TBHQ), citric acid, dimethylpolysiloxane). **CONTAINS: WHEAT.**

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

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

**Multigrain Bagel with 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 McMuffin®**  
English Muffin  
Processed Cheese Slice  
Sausage Patty  
Trans Fat Free Liquid  
Margarine

**Sausage 'N Egg McMuffin®**  
Egg  
English Muffin  
Processed Cheese Slice  
Sausage Patty  
Trans Fat Free Liquid  
Margarine

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

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

**Breakfast Sauce:** Soybean oil, water, frozen egg yolk, seasonings [glucose solids, salt, sugar, spice, dehydrated cheese (skim milk, salt, enzymes), sodium benzoate, potassium sorbate, buttermilk powder, natural (milk) and artificial flavour, disodium inosinate, disodium guanylate, calcium disodium EDTA, silicon dioxide], frozen egg white, vinegar, salt, concentrated lemon juice, modified corn starch, propylene glycol alginate, xanthan gum, plant extractives, colour (turmeric), natural (milk) and artificial flavour. **CONTAINS: EGG, MILK.**

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

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

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

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

**Egg:** 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, palm oil monoglycerides, potassium sorbate, artificial flavour, calcium disodium EDTA, colour (plant source), citric acid, vitamin A palmitate, vitamin D3]. **CONTAINS: EGG, SOY.**

**Egg (pasteurized):** Whole egg, citric acid, and may contain sodium acid pyrophosphate, sodium phosphate, cooked on a grill, lightly seasoned, with trans fat free cooking spray [canola oil, water, salt, hydrogenated cottonseed oil, soy lecithin, palm oil monoglycerides, potassium sorbate, artificial flavour, calcium disodium EDTA, colour (plant source), citric acid, vitamin A palmitate, vitamin D3]. **CONTAINS: EGG, SOY.**

**Egg Mixture:** Pre-cooked eggs [whole eggs, skim milk, soybean oil, modified corn starch, salt, black pepper flavour (corn starch, spices, mixed triglycerides, flavouring, silicon dioxide, gelatin (pork), carboxymethyl cellulose, sodium benzoate, citric acid, gum acacia), black pepper extract, xanthan gum, citric acid, butter (cream), lipolyzed butter oil, flavours (plant and dairy source), artificial flavours], pre-cooked sausage (pork, water, salt, dextrose, spices, corn syrup solids, sugar), vegetables (tomatoes, green chilies, onions, calcium chloride, citric acid). **CONTAINS: EGG, MILK.**

**English Muffin:** Enriched bleached wheat flour, water, yeast, glucose-fructose, corn flour, salt, vegetable oil (canola and/or soybean), cornmeal, calcium sulphate, calcium propionate, citric acid, diacetyl tartaric acid esters of mono and diglycerides, artificial flavours, natural flavours (plant source), calcium silicate, enzymes, and may contain any or all of the following in varying proportions: wheat gluten, leavening (monocalcium phosphate, calcium sulphate, calcium carbonate), barley malt, ascorbic acid, potassium sorbate, wheat starch, azodicarbonamide. **CONTAINS: WHEAT, BARLEY.**

**Folded Eggs:** Whole egg, soybean oil, modified corn starch, egg flavour, sodium acid pyrophosphate, flavouring (salt, maltodextrin, natural flavour, spices, turmeric), carrageenan gum (carrageenan, maltodextrin, dextrose), sodium phosphate, citric acid, cooked on a grill, lightly seasoned, with trans fat free cooking spray [canola oil, water, salt, hydrogenated cottonseed oil, soy lecithin, palm oil monoglycerides, potassium sorbate, artificial flavour, calcium disodium EDTA, colour (plant source), citric acid, vitamin A palmitate, vitamin D3]. **CONTAINS: EGG, SOY.**

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

**Hotcake Syrup:** Sugar and/or glucose-fructose, water, natural (plant source) and artificial flavours, potassium sorbate, colour (caramel).

**Hotcakes:** Water, enriched wheat flour, whey powder, corn flour, soybean oil, whole egg, sugar, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), dextrose, emulsifier (propylene glycol monostearate, soy monoglycerides, sodium stearyl-2-lactylate), salt, artificial flavour, xanthan gum, colour (beta carotene), soy lecithin. **CONTAINS: WHEAT, EGG, MILK, SOY.**

**Leaf Lettuce:** Leaf lettuce.

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

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

**McGriddles® Cakes:** Water, enriched wheat flour, sugar, dextrose, palm oil, soybean oil, brown sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), natural and artificial flavours, rice flour, whey powder, salt, modified tapioca starch, buttermilk powder, colour (caramel), soy lecithin, carnauba wax, preservatives (citric acid). **CONTAINS: WHEAT, MILK, SOY.**

**Multigrain Bagel :** Enriched wheat flour, water, glucose-fructose, flax, sesame seeds, buckwheat, sunflower seeds, salt, canola oil, malted barley, corn grits, wheat bran, rolled oats, triticale, rolled wheat, yeast, calcium propionate, caramel colour, tapioca starch. **CONTAINS: WHEAT, OAT, BARLEY, TRITICALE, SESAME SEEDS.**

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

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

**Regular Bagel:** Enriched wheat flour, water, glucose-fructose, yeast, salt, modified corn starch, sodium alginate, mono and diglycerides, polysorbate 60, oat fiber, propylene glycol, calcium propionate, tapioca starch, solubilized wheat gluten, wheat starch, enzymes, calcium stearate, silicon dioxide, **MAY CONTAIN: SESAME SEEDS.**  
**CONTAINS: WHEAT, OAT.**

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

**Tomato Slice:** Sliced tomato.

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

**Trans Fat Free Liquid Margarine:** Canola oil, water, salt, hydrogenated cottonseed oil, soy lecithin, soy mono and diglycerides, potassium sorbate, artificial flavour, calcium disodium EDTA, colour (plant source), citric acid, vitamin A palmitate, vitamin D3. **CONTAINS: SOY.**

**Water:** Water.

## Salads

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

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

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

**Cashew Teriyaki Salad with Crispy Chicken**  
Crispy Chicken Portion  
Edamame  
Mixed Greens  
Red Onion rings  
Red pepper strips  
Roasted Cashew Pieces  
Salad Lettuce Blend  
Shredded Carrots  
Teriyaki Glaze

**Cashew Teriyaki Salad with Grilled Chicken**  
Edamame  
Grilled Chicken Portion  
Mixed Greens  
Red Onion rings  
Red pepper strips  
Roasted Cashew Pieces  
Salad Lettuce Blend  
Shredded Carrots  
Teriyaki Glaze

**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

**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 [corn maltodextrin, flavour (rosemary extract)], salt, coated with: toasted wheat crumbs [spices, water, wheat flour, modified corn starch, baking powder, palm oil shortening, wheat protein, modified cellulose, colour (annatto)], cooked in 100% vegetable oil (canola oil, corn oil, soybean oil, hydrogenated soybean oil (TBHQ), citric acid, dimethylpolysiloxane). **CONTAINS: WHEAT.**

**Croutons:** Enriched wheat flour, canola and/or olive oil, whole wheat flour, sugar, rice flour, yeast, garlic powder, romano cheese (from cow's milk and sheep's milk), parsley, onion powder, yeast extract, natural flavour, spices, ascorbic acid, soybean oil, partially hydrogenated soybean oil. **CONTAINS: WHEAT, MILK, SOY.**

**Cucumber:** Cucumber.

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

**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, palm oil monoglycerides, potassium sorbate, artificial flavour, calcium disodium EDTA, colour (plant source), citric acid, vitamin A palmitate, vitamin D3]. **CONTAINS: SOY.**

**Infused Cranberries:** Cranberries, sugar, sunflower oil.

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

**Parmesan Caesar Glaze:** Water, canola oil, garlic, parmesan cheese, vinegar, Dijon mustard (water, mustard seed, vinegar, salt, turmeric), salt, seasonings (plant source), concentrated lemon juice, spices, dehydrated garlic, xanthan gum, plant extractives. **CONTAINS: MILK, MUSTARD.**

**Red Onion rings:** Red onion.

**Red pepper strips:** Red pepper.

**Roasted Cashew Pieces:** Cashew pieces, canola oil, MAY CONTAIN: PEANUTS AND OTHER TREE NUTS. **CONTAINS: TREENUTS (CASHEWS).**

**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 (plant source)], MAY CONTAIN: PEANUTS, SOY.

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

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

**Shredded Carrots:** Carrots.

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

**Teriyaki Glaze:** Water, glucose syrup, brown sugar, soy sauce (water, wheat, soybeans, salt, sodium benzoate), modified corn starch, salt, concentrated lemon juice, dehydrated garlic, spices, potassium sorbate, sodium benzoate. **CONTAINS: WHEAT, SOY.**

## **Snacks & Sides**

**French Fries - Medium**  
French Fries  
Salt

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

**Mini Fry**  
French Fries  
Salt

**Muffin - Double Chocolate with OREO® Crumble**  
Muffin Double Chocolate  
Oreo® Mix-in

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

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

**Blueberries:** Blueberries.

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

**Chocolate Chip Cookie:** Chocolate chips (sugar, unsweetened chocolate, cocoa butter, milkfat, soy lecithin, vanillin), enriched flour, palm oil margarine, white sugar, brown sugar, liquid whole eggs, artificial vanilla flavour, baking powder, salt. **CONTAINS: WHEAT, BARLEY, EGG, MILK, SOY.**

**Cinnammon Melts®:** Enriched flour, water, sugar, margarine [palm oil, water, soybean oil, salt, whey, natural flavour (milk), mono- and diglycerides, soy lecithin, sodium benzoate, vitamin A palmitate, colour (beta carotene)], powdered sugar, brown sugar, shortening (palm oil, soybean oil, mono- and diglycerides, soy lecithin), eggs, **CONTAINS 2% OR LESS OF THE FOLLOWING:** cream cheese powder [a dehydrated blend of cream cheese (pasteurized milk and cream, cheese cultures, salt, carob bean gum), non-fat dry milk, disodium phosphate, natural flavour (vegetable source)], cinnamon, non-fat dry milk, yeast, salt, soybean oil, natural and artificial flavour (plant and dairy source), distilled monoglycerides, mono- and diglycerides, sodium alginate, sodium stearoyl lactylate, polysorbate 60, titanium dioxide (colour), potassium sorbate (preservative), enzymes, pectin. **CONTAINS: WHEAT, BARLEY, EGG, MILK, SOY.**

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

**Ginger Cookie:** Enriched flour, sugar, palm oil margarine, fancy molasses, ginger, spices, salt, liquid whole eggs, sodium bicarbonate. **CONTAINS: WHEAT, BARLEY, EGG, MILK, SOY.**

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



**Muffin Apple Oatmeal:** Wheat flour, sugar, water, rolled oats, canola oil, egg white, dehydrated apples, maple flavoured flakes [sugar, vegetable oil (palm oil, palm kernel oil), wheat flour, cocoa powder, glucose, spice, maple sugar, caramel colour, soy lecithin], caramel swirl syrup (water, glucose, sugar and/or glucose-fructose, modified corn starch, xanthan gum, caramel colour, salt, artificial flavour, citric acid, malic acid, sodium phosphate, locust bean gum, potassium sorbate), sodium bicarbonate, baking powder, natural flavours, salt, emulsifier blend [propylene glycol mono fatty acid esters, monoglycerides (soy), sodium stearoyl-2-lactylate], batter thickener (carrageenan, guar gum, soy lecithin), cinnamon, whey powder (milk). **CONTAINS: WHEAT, OAT, EGG, MILK, SOY.**

**Muffin Blueberry:** Enriched wheat flour, sugar, water, blueberries, canola oil, egg white, invert sugar, 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. **CONTAINS: WHEAT, EGG, MILK, SOY.**

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

**Muffin Cranberry Orange:** Enriched 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 (skim milk, bacterial culture, salt), oranges, orange juice concentrate, baking powder, emulsifier blend (propylene glycol mono fatty acid esters, soy monoglycerides, sodium stearoyl-2-lactylate), sodium bicarbonate, salt, batter thickener (carrageenan, guar gum, soy lecithin), natural (plant source) and artificial flavours, sodium carboxymethyl cellulose, colour. **CONTAINS: WHEAT, EGG, MILK, SOY.**

**Muffin Double Chocolate:** Enriched wheat flour, sugar, water, invert sugar, canola oil, egg white, chocolate chunks (sugar, unsweetened chocolate, 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, soy monoglycerides, sodium stearoyl-2-lactylate), sodium carboxymethyl cellulose. **CONTAINS: WHEAT, EGG, MILK, SOY.**

**Muffin Fruit & Fibre:** Enriched 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, soy monoglycerides, sodium stearoyl-2-lactylate), batter thickener (carrageenan, guar gum, soy lecithin), salt, artificial flavour, sodium carboxymethyl cellulose. **CONTAINS: WHEAT, EGG, MILK, SOY.**

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

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

**Oreo® Mix-in:** Sugar, enriched wheat flour, coconut oil shortening, soybean oil, cocoa, corn starch, glucose syrup, salt, soy lecithin, baking soda, artificial flavour. **CONTAINS: WHEAT, SOY.**

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

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

**Strawberries:** Strawberries, konjac flour.

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

## Beverages

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

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

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

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

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

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

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

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

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

**Mango Pineapple Juice:** Filtered water, concentrated pear and grape juices, mango puree, pineapple juice concentrate, natural flavour, ascorbic acid (vitamin C), colour, citric acid.

**Mixed Berry Juice:** Concentrated fruit juices (apple, grape, blackberry, raspberry), filtered water, natural flavour, grape skin extract, ascorbic acid (vitamin C), citric acid.

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

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

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

**Water:** Water.

## McCafé

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Caramel 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

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

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

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

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

**Coffee Iced Frappé with Whipped Cream - Large**  
Ice  
Iced Coffee Frappe Base  
Whipped Cream

**Coffee Iced Frappé with Whipped Cream - Medium**  
Ice  
Iced Coffee Frappe Base  
Whipped Cream

**Coffee Iced Frappé with whipped cream - Small**  
Ice  
Iced Coffee Frappe Base  
Whipped Cream

**Coffee Iced Frappé with whipped cream - Snack Size**  
Ice  
Iced Coffee Frappe Base  
Whipped Cream

**Crème Brulee Latte with 2% milk - Large**  
2% milk  
Crème Brulee Syrup  
Espresso Coffee  
Maple Sugar Topping  
Whipped Cream

**Crème Brulee Latte with 2% milk - Medium**  
2% milk  
Crème Brulee Syrup  
Espresso Coffee  
Maple Sugar Topping  
Whipped Cream

**Crème Brulee Latte with 2% milk - Small**  
2% milk  
Crème Brulee Syrup  
Espresso Coffee  
Maple Sugar Topping  
Whipped Cream

**Crème Brulee Latte with skim milk - Large**  
Crème Brulee Syrup  
Espresso Coffee  
Maple Sugar Topping  
Skim Milk  
Whipped Cream

**Crème Brulee Latte with skim milk - Medium**  
Crème Brulee Syrup  
Espresso Coffee  
Maple Sugar Topping  
Skim Milk  
Whipped Cream

**Crème Brulee Latte with skim milk - Small**  
Crème Brulee Syrup  
Espresso Coffee  
Maple Sugar Topping  
Skim Milk  
Whipped Cream

**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 Coffee - Large**  
18% Cream  
Brewed Coffee  
Liquid Sugar

**Iced Coffee - Medium**  
18% Cream  
Brewed Coffee  
Liquid Sugar

**Iced Coffee - Small**  
18% Cream  
Brewed Coffee  
Liquid Sugar

**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

**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

**Peppermint Hot Chocolate with 2% Milk - Large**  
2% milk  
Chocolate Peppermint Syrup  
Peppermint Candy Canes  
Whipped Cream

**Peppermint Hot Chocolate with 2% Milk - Medium**  
2% milk  
Chocolate Peppermint Syrup  
Peppermint Candy Canes  
Whipped Cream

**Peppermint Hot Chocolate with 2% Milk - Small**  
2% milk  
Chocolate Peppermint Syrup  
Peppermint Candy Canes  
Whipped Cream

**Peppermint Hot Chocolate with Skim Milk - Large**  
Chocolate Peppermint Syrup  
Peppermint Candy Canes  
Skim Milk  
Whipped Cream

**Peppermint Hot Chocolate with Skim Milk - Medium**  
Chocolate Peppermint Syrup  
Peppermint Candy Canes  
Skim Milk  
Whipped Cream

**Peppermint Hot Chocolate with Skim Milk - Small**  
Chocolate Peppermint Syrup  
Peppermint Candy Canes  
Skim Milk  
Whipped Cream

**Peppermint Mocha with 2% Milk - Large**  
2% milk  
Chocolate Peppermint Syrup  
Espresso Coffee  
Peppermint Candy Canes  
Whipped Cream

**Peppermint Mocha with 2% Milk - Medium**  
2% milk  
Chocolate Peppermint Syrup  
Espresso Coffee  
Peppermint Candy Canes  
Whipped Cream

**Peppermint Mocha with 2% Milk - Small**  
2% milk  
Chocolate Peppermint Syrup  
Espresso Coffee  
Peppermint Candy Canes  
Whipped Cream

**Peppermint Mocha with Skim Milk - Large**  
Chocolate Peppermint Syrup  
Espresso Coffee  
Peppermint Candy Canes  
Skim Milk  
Whipped Cream

**Peppermint Mocha with Skim Milk - Medium**  
Chocolate Peppermint Syrup  
Espresso Coffee  
Peppermint Candy Canes  
Skim Milk  
Whipped Cream

**Peppermint Mocha with Skim Milk - Small**  
Chocolate Peppermint Syrup  
Espresso Coffee  
Peppermint Candy Canes  
Skim Milk  
Whipped Cream

**Pumpkin Spice Latte with 2% milk - Large**  
2% milk  
Cinnamon Shake-On  
Espresso Coffee  
Pumpkin Spice Flavoured Syrup

**Pumpkin Spice Latte with 2% milk - Medium**  
2% milk  
Cinnamon Shake-On  
Espresso Coffee  
Pumpkin Spice Flavoured Syrup

**Pumpkin Spice Latte with 2% milk - Small**  
2% milk  
Cinnamon Shake-On  
Espresso Coffee  
Pumpkin Spice Flavoured Syrup

**Pumpkin Spice Latte with skim milk - Large**  
Cinnamon Shake-On  
Espresso Coffee  
Pumpkin Spice Flavoured Syrup  
Skim Milk

**Pumpkin Spice Latte with skim milk - Medium**  
Cinnamon Shake-On  
Espresso Coffee  
Pumpkin Spice Flavoured Syrup  
Skim Milk

**Pumpkin Spice Latte with skim milk - Small**  
Cinnamon Shake-On  
Espresso Coffee  
Pumpkin Spice Flavoured Syrup  
Skim Milk

**Strawberry Banana Smoothie with Yogurt - Large**  
Ice  
Low fat yogurt for Smoothies  
Strawberry Banana Fruit Smoothie Base

**Strawberry Banana Smoothie with Yogurt - Medium**  
Ice  
Low fat yogurt for Smoothies  
Strawberry Banana Fruit Smoothie Base

**Strawberry Banana Smoothie with Yogurt - Small**  
Ice  
Low fat yogurt for Smoothies  
Strawberry Banana Fruit Smoothie Base

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

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

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

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

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

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

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

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

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

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

**Sugar Free Vanilla 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 Chai Tea Iced Frappé - Large**  
Ice  
Vanilla Chai Frappe Base

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

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

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

**Vanilla Chai Tea Iced Frappé with whipped cream - Large**  
Ice  
Vanilla Chai Frappe Base  
Whipped Cream

**Vanilla Chai Tea Iced Frappé with whipped cream - Medium**  
Ice  
Vanilla Chai Frappe Base  
Whipped Cream

**Vanilla Chai Tea Iced Frappé with whipped cream - Small**  
Ice  
Vanilla Chai Frappe Base  
Whipped Cream

**Vanilla Chai Tea Iced Frappé with whipped cream - Snack Size**  
Ice  
Vanilla Chai Frappe Base  
Whipped Cream

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

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

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

**Vanilla 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 in varying proportions: sodium phosphate, carrageenan, dextrose. **CONTAINS: MILK.**

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

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

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

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

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

**Chocolate Drizzle:** Sugar and/or glucose-fructose, water, hydrogenated coconut oil, cocoa, milk ingredients, salt, disodium phosphate, potassium sorbate, soy mono and diglycerides, xanthan gum, artificial flavour, citric acid, soy lecithin. **CONTAINS: MILK, SOY.**

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

**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). **CONTAINS: MILK, SOY.**

**Cinnamon Shake-On:** Sugar, cinnamon, canola oil, calcium silicate.

**Crème Brulee Syrup:** Sugar, water, non-fat dry milk, palm oil, natural flavours (plant and dairy source), salt, disodium phosphate, soy lecithin, potassium sorbate. **CONTAINS: MILK, SOY.**

**Espresso Coffee:** Ground espresso beans.

**Ice:** Water.

**Iced Coffee Frappe Base:** Water, sugar, milk ingredients (cream, non-fat dry milk), coffee extract, maltodextrin, natural (plant source) and artificial flavour, dipotassium phosphate, mono and diglycerides, guar gum, potassium citrate, disodium phosphate, carrageenan, carob bean gum. **CONTAINS: MILK.**

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

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



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

**Maple Sugar Topping:** Sugar, maple sugar, canola oil, flavour (plant source), silicon dioxide.

**Peppermint Candy Canes:** Icing sugar, rice flour, palm oil, modified vegetable oils (palm, palm kernel), artificial flavour, cellulose gum, red #40 lake, carrageenan, titanium dioxide, soy lecithin. **CONTAINS: SOY.**

**Pumpkin Spice Flavoured Syrup:** Sugar, water, natural (plant sources) and artificial flavours, natural colours (plant sources), salt, potassium sorbate, citric acid.

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

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

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

**Vanilla Chai Frappe Base:** Sugar, milk ingredients (cream, non-fat dry milk), water, natural (plant source) and artificial flavours, dipotassium phosphate, mono and diglycerides, guar gum, potassium citrate, disodium phosphate, carrageenan, carob bean gum. **CONTAINS: MILK.**

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

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

## Desserts & Shakes

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

**Baked Butter Tart Pie:** Pastry: enriched wheat flour, vegetable oil shortening (palm oil and canola oil and modified palm oils, soy lecithin, artificial butter flavour, citric acid, colour (beta carotene)), water, sugar, yeast, salt, l-cysteine hydrochloride, ascorbic acid, filling: water, sugar, glucose, raisins (raisins, vegetable oil), modified corn starch, salted butter, caramel, salt, potassium sorbate, sodium acid sulphate, gellan gum, natural flavour, topping: sugar, caramel colour. **CONTAINS: WHEAT, MILK, SOY.**

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

**Coffee Crisp Pieces:** Sugar, modified palm, sunflower and/or safflower oil, wheat flour, modified milk ingredients, cocoa mass, cocoa butter, soy lecithin, coffee, sodium bicarbonate, lactose, cocoa, yeast, polyglycerol polyricinoleate, natural flavours (plant and dairy source). **CONTAINS: WHEAT, MILK, SOY.**

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

**Hot Caramel Topping:** Sugar and/or glucose-fructose, sweetened condensed whole milk, water, butter, pectin, disodium phosphate, salt, artificial flavour. **CONTAINS: MILK.**

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

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

**Mini Rolo Pieces:** Sugar, palm kernel oil, corn syrup, milk ingredients, alkalized cocoa powder, hydrogenated palm oil, soy lecithin, salt, flavour and artificial flavour, potassium sorbate. **CONTAINS: MILK, SOY.**

**Oreo® Mix-in:** Sugar, enriched wheat flour, coconut oil shortening, soybean oil, cocoa, corn starch, glucose syrup, salt, soy lecithin, baking soda, artificial flavour. **CONTAINS: WHEAT, SOY.**

**Rolo® Syrup:** Sugar, water, cocoa, modified corn starch, maltodextrin, flavour 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, soy lecithin, polyglycerol polyricinoleate, natural flavour (plant source)], sugar, wheat flour, modified corn starch, carnauba wax, colour (plant source). **CONTAINS: WHEAT, MILK, SOY.**

**Strawberry Topping:** Sugar/glucose-fructose, strawberries, water, natural flavour (plant source), citric acid, locust bean gum, pectin, potassium sorbate, colour (allura red), calcium chloride.

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

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

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

**Triple Thick Milkshake® Vanilla Syrup:** Glucose syrup, water, natural flavour (plant source), colour (caramel, beta-carotene), citric acid, potassium sorbate, may contain small amounts of other shake flavours.

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

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

## **Condiments**

**Barbeque sauce:** Glucose-fructose, water, vinegar, tomato paste, salt, modified corn starch, seasonings (autolyzed yeast extract, mustard, wheat flour), soybean oil, hydrolyzed yeast protein, mustard seed, xanthan gum, onion powder, potassium sorbate, sodium benzoate, disodium inosinate, disodium guanylate. **CONTAINS: WHEAT, MUSTARD.**

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

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

**Granulated Nuts:** Peanuts. **CONTAINS: PEANUTS.**

**Honey:** Honey.

**Hotcake Syrup:** Sugar and/or glucose-fructose, water, natural (plant source) and artificial flavours, potassium sorbate, colour (caramel).

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

**Kraft™ Oriental Sesame Dressing :** Soybean oil, water, soy sauce (water, wheat, soybeans, salt, brewing starter), vinegar, sugar, honey, dried onions, ginger puree, sesame oil, sesame seeds, xanthan gum, potassium sorbate, phosphoric acid, citric acid, acetylated monoglycerides, calcium disodium EDTA. **CONTAINS: WHEAT, SOY, SESAME SEEDS.**

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

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

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

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

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

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

**Pure Kraft™ Creamy Balsamic Dressing:** Water, canola oil, balsamic vinegar, sugar, extra virgin olive oil, honey, salt, white vinegar, dried garlic, modified corn starch, spices, phosphoric acid, dried onions, garlic, xanthan gum.

**Salsa:** Water, tomatoes, onions, jalapeno peppers, green bell peppers, vinegar, salt, glucose-fructose, vegetable oil (soybean and/or canola), xanthan gum, dehydrated onion, citric acid, sodium benzoate, potassium sorbate, spices, garlic, ascorbic acid.

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

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**Sweet and Sour Sauce:** Glucose-fructose, water, concentrated peach puree, vinegar, seasonings (contains wheat, soybeans, mustard), salt, modified corn starch, soybean oil, xanthan gum, mustard flour, sodium benzoate, natural flavour (plant source), colour (caramel, paprika). **CONTAINS: WHEAT, SOY, MUSTARD.**

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