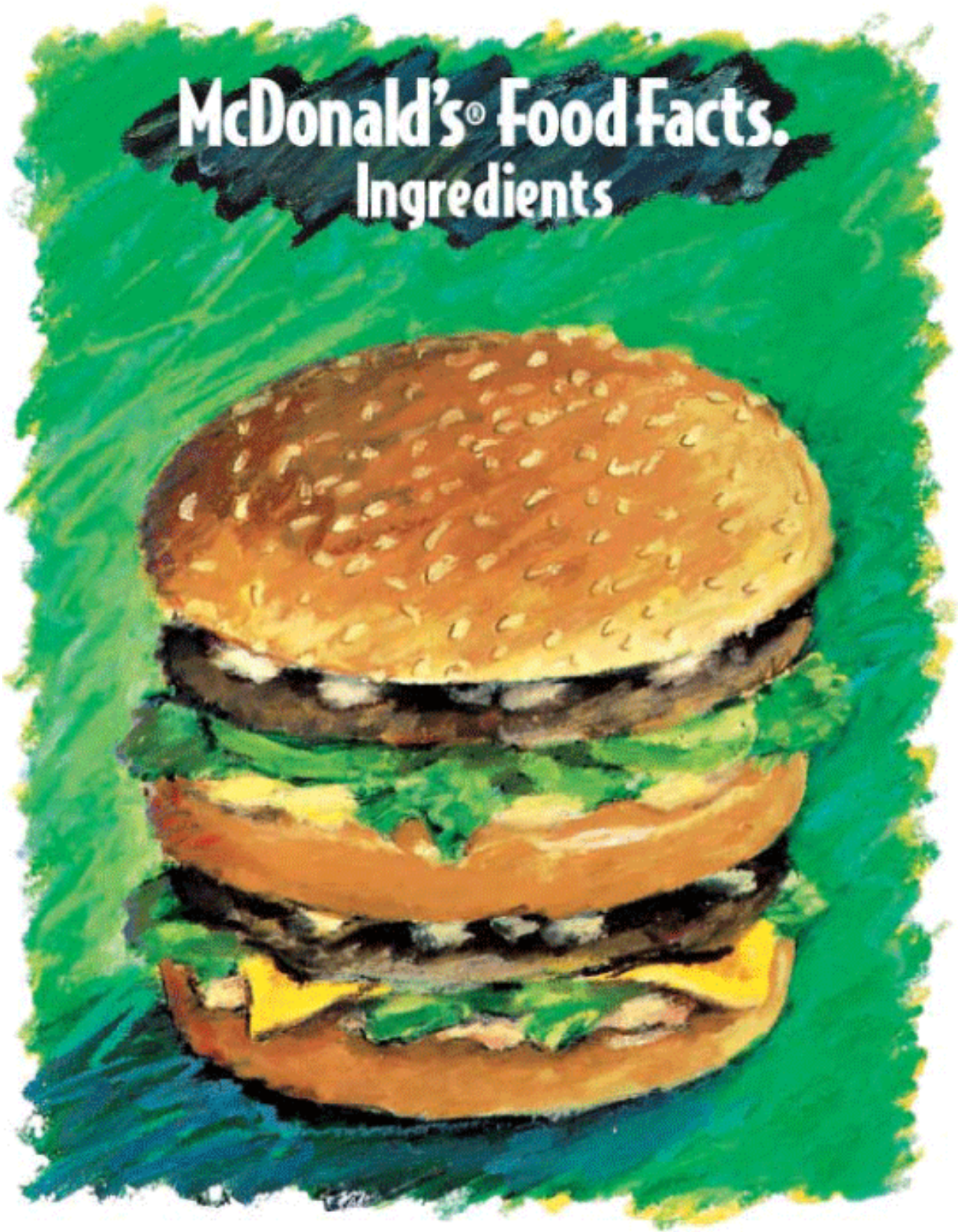


McDonald's® Food Facts. Ingredients



As of September 28, 2013

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

**Angus Third Pounder -
Mushroom and Swiss
Burger**

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

**Angus Third Pounder -
Bacon & Cheese**

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

**Angus Third Pounder -
Deluxe**

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

Bacon Cheeseburger

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

Big Mac® sandwich

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

Cheeseburger

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

**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

Hamburger

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

McDouble™

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

**Quarter Pounder with
Cheese®**

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

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

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).

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.

Filet-O-Fish® Portion: Alaskan 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).

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)].

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.**

Mushrooms: Mushrooms, 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.**

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

Onions (dehydrated): 100% onions.

Pickle crinkle cut: Fresh cucumbers, water, vinegar, salt, calcium chloride, sodium benzoate, polysorbate 80, natural flavours (plant source), turmeric extract.

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

Premium 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.**

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.

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.**

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

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.**

Tomato Slice: Sliced tomato.

Chicken

Bacon Chicken Snack Wrap®
Bacon pieces
Crispy Chicken Strips
Lettuce
Three Cheese Caesar Sauce
Tortilla

Bacon Chicken Snack Wrap® with Grilled Chicken
Bacon pieces
Grilled Chicken Portion
Lettuce
Three Cheese Caesar Sauce
Tortilla

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

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

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

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

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

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

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

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

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

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

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

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

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

Creamy Seasoned Sauce: Soybean oil, water, frozen egg yolk, seasonings [spices, garlic powder, dehydrated onions, granulated onions, flavour (plant source), high monounsaturated vegetable oil (canola and/or soybean and/or sunflower seed), silicon dioxide], vinegar, frozen whole egg, salt, sugar, spices, spice extractives, phosphoric acid, mustard flour, potassium sorbate, sodium benzoate, concentrated lemon juice, calcium disodium EDTA.

CONTAINS: EGG, MUSTARD.

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 (THBQ), citric acid, dimethylpolysiloxane]. **CONTAINS: WHEAT.**

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.**

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, vegetable oil shortening (soybean), modified hydrogenated soybean oil and sodium aluminum silicate (manufacturing aids), 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.**

Mushrooms: Mushrooms, 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.**

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.**

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.**

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.**

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

Three Cheese Caesar Sauce: Soybean oil, water, parmesan, romano and asiago cheeses, vinegar, frozen egg yolk, salt, sugar, seasonings [natural flavour (plant source)], concentrated lemon juice, spices, mustard seed, xanthan gum, natural flavour (plant source), potassium sorbate, sodium benzoate, calcium disodium EDTA. **CONTAINS: EGG, MILK, MUSTARD.**

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.**

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 stearyl-2-lactylate, wheat flour, enzymes (amylase, xylanase, glucose oxidase, lipase)], malted barley flour. **CONTAINS: WHEAT, OAT, BARLEY, RYE, TRITICALE, KAMUT, SPELT, SOY. MAY CONTAIN: SESAME SEEDS.**

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, dextrose, wheat starch, corn starch, modified hydrogenated soybean oil, 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

As of September 28, 2013

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

Egg, Lettuce and Tomato Bagel with Multigrain
Folded Eggs
Leaf Lettuce
Multigrain Bagel
Processed Cheese Slice
Tomato Slice
Trans Fat Free Liquid
Margarine

Egg, Lettuce and Tomato Bagel with Regular Bagel
Folded Eggs
Leaf Lettuce
Processed Cheese Slice
Regular Bagel
Tomato Slice
Trans Fat Free Liquid
Margarine

Fruit and Maple Oatmeal
Cranberry Raisin Blend
Diced Apples
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 McMuffin® with Egg sandwich
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, artificial butter flavour (butter (cream)), lipolyzed butter oil, medium chain triglycerides, artificial butter flavours, soybean oil, natural flavour (dairy), annatto extract], 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 flavour, 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. **CONTAINS: OAT, BARLEY. MAY CONTAIN: WHEAT.**

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

Regular Bagel: 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. **CONTAINS: WHEAT, OAT. MAY CONTAIN: SESAME SEEDS.**

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

Tomato Slice: Sliced tomato.

Tortilla: Enriched bleached wheat flour, water, vegetable shortening (interesterified soybean oil, fully hydrogenated soybean oil), CONTAINS 2% OR LESS OF THE FOLLOWING: sugar, potassium chloride, trehalose, 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, palm oil monoglycerides, potassium sorbate, artificial flavour, calcium disodium EDTA, colour (plant source), citric acid, vitamin A palmitate, vitamin D3. **CONTAINS: SOY.**

Water: Water.

Salads

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

Mighty Caesar Entrée Salad

Bacon Slice
Croutons
Parmesan Caesar Glaze
Salad Lettuce Blend
Shaved Parmesean

Mighty Caesar Entrée with Warm Crispy Chicken

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

Mighty Caesar Entrée with Warm Grilled Chicken

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

Side Caesar Salad

Bacon Slice
Croutons
Salad Lettuce Blend
Shaved Parmesean

Side Garden Fresh Salad

Cucumber
Grape Tomato
Red Onion rings
Red pepper strips
Salad Lettuce Blend
Shredded Carrots
Shredded Monterey Jack & Light Cheddar Cheese Blend

Southwest Salad with Crispy Chicken

Chili Lime Glaze
Chili Lime Tri-coloured
Tortilla Strips
Crispy Chicken Portion
Red Onion rings
Red pepper strips
Salad Lettuce Blend
Shredded Monterey Jack & Light Cheddar Cheese Blend
Southwest Salad
Vegetable Blend

Southwest Salad with Grilled Chicken

Chili Lime Glaze
Chili Lime Tri-coloured
Tortilla Strips
Grilled Chicken Portion
Red Onion rings
Red pepper strips
Salad Lettuce Blend
Shredded Monterey Jack & Light Cheddar Cheese Blend
Southwest Salad
Vegetable 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.

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).

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 (THBQ), 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 soybeans). **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, lolita 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. **CONTAINS: TREENUTS (CASHEWS). MAY CONTAIN: PEANUTS AND OTHER TREE NUTS.**

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.**

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

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

Blueberries: Blueberries.

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), and cooked in vegetable oil [canola oil, corn oil, soybean oil, hydrogenated soybean oil (THBQ), citric acid, dimethylpolysiloxane].

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

Muffin 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, green bell pepper powder), 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 flavour, 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, chocolate liquor, cocoa butter, soy lecithin, vanillin, salt), buttermilk (skimmed milk, bacterial culture, salt), cocoa, baking powder, sodium bicarbonate, artificial flavour, salt, modified corn starch, batter thickener (carrageenan, guar gum, soy lecithin), emulsifier blend (propylene glycol mono fatty acid esters, 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.**

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.**

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.

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.**

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

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

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.**

Ice: Water.

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

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.

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

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 Chai Frappe Base: Sugar, milk ingredients (cream, non-fat dry milk), water, natural (plant source) and artificial flavour, 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 flavour, caramel colour (with sulfites), potassium sorbate, citric acid, malic acid.

Water: Water.

McCafé

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

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

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

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

Blueberry Pomegranate Smoothie without yogurt - Large

Blueberry Pomegranate Smoothie Fruit Base
Ice

Blueberry Pomegranate Smoothie without yogurt - Medium

Blueberry Pomegranate Smoothie Fruit Base
Ice

Blueberry Pomegranate Smoothie without yogurt - Small

Blueberry Pomegranate Smoothie Fruit Base
Ice

Blueberry Pomegranate Smoothie without yogurt - Snack Size

Blueberry Pomegranate Smoothie Fruit Base
Ice

Cappuccino with 2% milk - Medium

2% milk
Espresso Coffee

Cappuccino with skim milk - Medium

Espresso Coffee
Skim Milk

Caramel Cappuccino with 2% milk - Medium

2% milk
Caramel Coffee Syrup
Espresso Coffee

Caramel Cappuccino with skim milk - Medium

Caramel Coffee Syrup
Espresso Coffee
Skim Milk

Caramel Iced Latte with 2% milk - Medium

2% milk
Caramel Coffee Syrup
Espresso Coffee

Caramel Iced Latte with skim milk - Medium

Caramel Coffee Syrup
Espresso Coffee
Skim Milk

Caramel Latte with 2% milk - Medium

2% milk
Caramel Coffee Syrup
Espresso Coffee

Caramel Latte with skim milk - Medium

Caramel Coffee Syrup
Espresso Coffee
Skim Milk

Deluxe Hot Chocolate with 2% milk - Child

2% milk
Chocolate Coffee Syrup
Whipped Cream

Deluxe Hot Chocolate with 2% milk - Medium

2% milk
Chocolate Coffee Syrup
Chocolate Powder
Whipped Cream

Deluxe Hot Chocolate with Skim Milk - Child

Chocolate Coffee Syrup
Skim Milk
Whipped Cream

Deluxe Hot Chocolate with skim milk - Medium

Chocolate Coffee Syrup
Chocolate Powder
Skim Milk
Whipped Cream

Iced Latte with 2% milk - Medium

2% milk
Espresso Coffee

Iced Latte with skim milk - Medium

Espresso Coffee
Skim Milk

Iced Mocha with 2% milk - Medium

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

Iced Mocha with skim milk - Medium

Chocolate Coffee Syrup
Chocolate Drizzle
Espresso Coffee
Skim Milk
Whipped Cream

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

McCafé Vanilla Chai Tea Iced Frappé - Small

Ice
Vanilla Chai Frappe 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

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

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

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

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

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

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

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

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

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

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

18% Cream: Cream, milk, sodium citrate, and may contain 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 flavour, 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 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.

Espresso Coffee: Ground espresso beans.

Ice: Water.

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.

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 flavour, 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 flavour, 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 flavour, 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 Blueberry Pie: Filling: blueberries, glucose-fructose, water, sugar, modified corn starch, natural (plant source) and artificial blueberry flavour, dextrose, sorbitol, concentrated lemon juice, sodium alginate, sodium citrate, citric acid, salt, dicalcium phosphate, 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, topping: sugar, caramel (artificial blueberry/raspberry flavour). **CONTAINS: WHEAT, 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 flour, sugar, vegetable oil shortening (hydrogenated soybean oil, hydrogenated canola and/or corn oil), leavening (sodium bicarbonate, ammonium bicarbonate), salt, natural flavour, natural colour (annatto). **CONTAINS: WHEAT.**

McFlurry Drumstick Pieces: Chocolatey coating [sugar, corn starch, palm oil, modified palm and palm kernel oil, cocoa, flavour (plant source), soy lecithin, colour (caramel)], cone pieces [wheat flour, sugar, soybean oil, palm oil, soy lecithin, salt, colour (caramel), flavour (plant source)]. **CONTAINS: WHEAT, SOY.**

Milk Chocolate Morsels: Milk chocolate [sugar, milk ingredients, cocoa butter, cocoa mass, whey powder, lactose, soy lecithin, polyglycerol polyricinoleate, natural flavour (plant source)]. **CONTAINS: MILK, SOY. MAY CONTAIN: WHEAT.**

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, natural and artificial flavour (vegan), salt, citric acid, potassium sorbate, xanthan gum.

Strawberry Danino Yogurt : Skim milk, sugar, modified milk ingredients, cream, fructose, corn starch, strawberry puree, modified corn starch, calcium citrate, natural flavours (vegetable source), gelatin (beef), natural colours, malic acid, green bell pepper powder, vitamin D, sodium citrate, made with vitamin D fortified skim milk. **CONTAINS: MILK.**

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

Triple Thick Milkshake® Chocolate Syrup: Glucose-fructose, water, cocoa, natural (plant source) and artificial flavour, 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.

Vanilla Birthday Cake: Icing sugar (sugar, corn starch), flour, sugar, invert sugar, canola oil, water, liquid whole eggs, shortening (modified palm oil, canola oil, palm kernel oil, mono and diglycerides, polysorbate 60, BHA, BHT, citric acid), emulsifier (water, mono and diglycerides, modified starch, diacetyl tartaric acid esters of mono and diglycerides, citric acid, potassium sorbate, sodium stearyl lactylate, glycerol fatty acid ester, propylene glycol fatty acid ester, sorbitan monostearate, polyglycerol ester of fatty acids, glycerine, propylene glycol, xanthan gum), white fondant (sugar, water, glucose), wheat starch, corn syrup, milk powder, artificial flavour (caramel colour), baking powder, salt, xanthan gum, image: tapioca starch, corn syrup solids, microcrystalline cellulose, sugar, water, canola oil, glycerine, polyglycerol esters, modified corn starch, modified palm oil, citric acid, potassium sorbate, coconut oil, titanium dioxide, soy lecithin, locust bean gum, colour (FD&C Blue #1 Lake, FD&C Red #40 Lake, FD&C Red #3, turmeric, FD&C Yellow #6 Lake). **CONTAINS: WHEAT, EGG, MILK, SOY.**

Vanilla Cookie Pieces: Enriched wheat flour, sugar, canola oil, salt, baking powder, natural flavour (vanilla), spice, soy lecithin. **CONTAINS: WHEAT, 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.**

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

Honey Sauce: Honey, glucose-fructose, natural honey flavour.

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

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

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

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.**

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.**

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

Renée's® Southwest Ranch Dressing: Canola oil, water, sour cream (milk ingredients, modified corn starch, guar gum, carrageenan, locust bean gum, sodium citrate, bacterial culture, microbial enzyme), buttermilk (milk ingredients, bacterial culture), frozen egg yolk, sugar, vinegar, salt, modified corn starch, spices, dehydrated vegetables (onion, garlic, parsley), cultured dextrose, jalapeno pepper, lactic acid, xanthan gum. **CONTAINS: EGG, MILK.**

Renée's® Asian Sesame Vinaigrette: Water, brown sugar, canola oil, soy sauce (water, wheat, soybeans, salt), rice vinegar, sesame oil, orange peel, modified corn starch, sesame seeds, xanthan gum, colour (caramel), garlic and onion powders, natural flavour (plant source). **CONTAINS: WHEAT, SOY, SESAME SEEDS.**

Renée's® Balsamic Vinaigrette: Water, canola oil, balsamic vinegar, concentrated balsamic vinegar, sugar, fresh garlic, white vinegar, salt, spices, Dijon mustard (water, mustard seeds, vinegar, salt, turmeric), xanthan gum. **CONTAINS: MUSTARD.**

Renée's® Caesar Light Dressing: Water, canola oil, frozen egg yolk, fresh garlic, salt, concentrated lemon juice, seasonings (fish), Dijon mustard (water, mustard seeds, vinegar, salt, turmeric), spices, xanthan gum, cured anchovies. **CONTAINS: EGG, MUSTARD, FISH (ANCHOVIES).**

Renée's® Mighty Caesar Dressing: Canola oil, water, fresh garlic, frozen egg yolk, parmesan cheese, concentrated lemon juice, seasonings, salt, Dijon mustard (water, mustard seeds, vinegar, salt, turmeric), spices, cured anchovies, xanthan gum. **CONTAINS: EGG, MILK, MUSTARD, FISH (ANCHOVIES).**

Renée's® Yogurt Roasted Garlic Caesar Dressing: Yogurt (modified milk ingredients, bacterial culture), canola oil, water, roasted garlic, fresh garlic, frozen egg yolk, salt, concentrated lemon juice, vinegar, maltodextrin, spices, seasoning, inulin (prebiotic), cultured skim milk powder, Dijon mustard (water, mustard seeds, vinegar, salt, turmeric), flavour (plant source), cured anchovies, xanthan gum. **CONTAINS: EGG, MILK, MUSTARD, FISH (ANCHOVIES).**

Rolo® Syrup: Sugar, water, cocoa, modified corn starch, maltodextrin, natural and artificial flavour (vegan), salt, citric acid, potassium sorbate, 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.

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

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).