

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

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

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

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

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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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