# cDonald's Calorific Value and Allergen Information

Menu Items	Serving	"Calorifc Value per Serving	3,	Allergens	(i) Cereals containing	(ii) Crustacean & their products	(iii) Milk & Milk products	(iv) Eggs & egg	(v) Fish & fish products	(vi) Peanuts, tree nuts &	(vii) Soybeans & their products	(viii) Sulphite
Menu Items	Size	Size (Kcal)"	Non Veg		gluten		products	products	products	their products	their products	10mg/kg or m
McVeggie™ Burger	168 g	402		Composite		AR MENU	YES	I _	Ι _	_	YES	_
McAloo Tikki Burger®	146 g	340		Composite	YES	_	YES	_	_	_	YES	_
McSpicy™ Paneer Burger	199 g	653		Composite	YES	_	YES	_	_	MAYBE	YES	MAYBE
Big Spicy Paneer Wrap	250 g	675		Composite	YES	_	YES	_	_	MAYBE	YES	MAYBE
Corn & Cheese Veg Burger	177 g	486		Composite	YES	_	YES	_		_	YES	MAYBE
Veg Maharaja Mac	306 g	793		Composite	YES	_	YES				YES	MAYBE
Green Chilli Aloo Naan	132 g	356		Composite Composite	YES	_	YES			_	YES	_
Pizza Puff McChicken™ Burger	87 g	228		Composite	YES	_	YES		_	_	- VEG	
FILLET-O-FISH Burger	173 g 136 g	401 348		Composite	YES YES		YES	YES	YES		YES	
McSpicy™ Chicken Burger	186 g	452		Composite	YES	_	YES	YES	_	_	YES	_
Big Spicy Chicken Wrap	257 g	567	_	Composite	YES	_	YES	YES	_	_	YES	_
Chicken Maharaja Mac	296 g	695	<u> </u>	Composite	YES	_	YES	YES	_	_	YES	MAYBE
Grilled Chicken & Cheese Burger	165 g	420		Composite	YES	_	YES	YES	_	_	YES	MAYBE
Chicken Kebab Burger	138 g	357		Composite	YES	_	YES	YES	_	_	YES	_
Green Chilli Kebab naan	138 g	231	<u> </u>	Composite	YES	_	YES	YES	_	_	YES	_
McEgg™ Masala Burger	126.2 g	290	<b>A</b>	Composite	YES	_	YES	YES		<u> </u>	YES	_
Mc Egg Burger for Happy Meal	123 g	283	<b>A</b>	Composite	YES	_	MAYBE	YES			YES	
Ghee Rice with McSpicy™ Fried Chicken 1 pc  McSpicy Fried Chicken 1 pc		720 249		Composite	YES	<u> </u>	YES	YES	_	MAYBE	YES	MAYBE
4 piece Chicken McNuggets	115 g 64 g	170		Composite Composite	YES	_ _	MAYBE	YES		MAYBE	YES	MAYBE
6 piece Chicken McNuggets	96 g	255		Composite	YES YES	_	_	_	_		_	_
9 piece Chicken McNuggets	144 g	382		Composite	YES	_	_	_	_	_	_	_
2 piece Chicken Strips	58 g	164	_	Composite	YES	_	_	YES	_	_	YES	_
3 piece Chicken Strips	87 g	247	<b>A</b>	Composite	YES	_	_	YES	_	_	YES	_
5 piece Chicken Strips	145 g	411		Composite	YES	_	_	YES	_	_	YES	_
Regular Fries	77 g	225		Composite	YES	_	MAYBE	_	_	_	MAYBE	_
Medium Fries	109 g	318		Composite	YES	_	MAYBE		_	_	MAYBE	_
Large Fries	154 g	449		Composite	YES	_	MAYBE		_	_	MAYBE	_
Regular Wedges	114 g	254		Composite	YES	_	MAYBE			_	MAYBE	
Medium Wedges  Large Wedges	156 g	347 481		Composite Composite	YES YES		MAYBE MAYBE				MAYBE MAYBE	
L1 Coffee	216 g 200 ml	7		Composite	—	_	MAIDE	_	_	_	- MATEL	_
L1 Coffee with milk	205 ml	33		Composite	_	_	YES	_	_	_	_	_
Double Chocochips Muffin	80 g	342		Composite	_	_	YES	_	_	_	_	_
Vanilla Chocochips Muffin	80 g	329	<b>A</b>	Composite	_	_	YES	YES	_	_	_	_
					BREAKF	AST MENU						
Veg McMuffin	119 g	309		Composite	YES	_	YES	_	_	_	YES	_
Double Cheese McMuffin	100 g	274		Composite	YES	_	YES	_	_	_	YES	_
Spicy Egg McMuffin	123.2 g	281	<u> </u>	Composite	YES	_	YES	YES	_	_	YES	_
Sausage McMuffin	112 g	281	<u> </u>	Composite	YES	_	YES	YES	_	_	YES	_
Sausage Mc Muffin with egg	157 g	354	<b>A</b>	Composite	YES	_	YES	YES		_	YES	
Egg McMuffin  Hot Cake with maple syrup	112 g 142 g	283 433		Composite Composite	YES YES	_	YES	YES		_	YES	_
Hash Brown	64 g	166		Composite	MAYBE		MAYBE		_	_	MAYBE	_
	0.9					E MENU						
Espresso	26.5 ml	13		Composite	_	_	_	_	_	_	_	_
Espresso Machiato	76.5 ml	45		Composite	_	_	YES	_	_	_	_	_
Americano (S)	276.5 ml	13		Composite	_	_	_	_	_	_	_	_
Americano (R)	347.5 ml	23		Composite	_	_	_	_	_	_	_	_
Americano (L)	455 ml	27		Composite	_	_		_		_	_	_
Cappuccino (S)	201.5 ml	125		Composite Composite	<u> </u>	<u> </u>	YES		_	_	_	_
Cappuccino (R) Cappuccino (L)	297.5 ml	184 219		Composite	<u> </u>	_	YES					_
Latte (S)	236.5 ml	148		Composite		_	YES	_			_	_
Latte (R)	307.5 ml	190		Composite	_	_	YES	_		_	_	_
Latte (L)	375 ml	232		Composite	_	_	YES	_	_	_	_	_
Flat White (S)	266.5 ml	167		Composite	_	_	YES	_		_	_	_
Flat White (R)	347.5 ml	216		Composite	_	_	YES	_	_	_	_	_
Flat White (L)	405 ml	251		Composite	_	_	YES	_		_	_	
Mocha (S)	242.5 ml	186		Composite	MAYBE	_	YES	_	_	_	MAYBE	_
Mocha (R)	311.5 ml	244		Composite	MAYBE		YES			_	MAYBE	_
Mocha (L)	377 ml	302		Composite	MAYBE	_	YES	_	_	_	MAYBE	_
Babycino	127 ml 223 ml	239		Composite	MAYBE MAYBE	_	YES		_	<u> </u>	MAYBE MAYBE	_
Hot Chocolate (S) Hot Chocolate (R)	259 ml	297		Composite Composite	MAYBE	_	YES	_		_	MAYBE	
Hot Chocolate (L)	367 ml	383		Composite	MAYBE	_	YES	_		_	MAYBE	_
Premium Dark Hot Chocolate	153 ml	214		Composite		_	YES	_	_	_	_	_
Double Dark Hot Chocolate	163 ml	256		Composite		_	YES	_	_	_	_	_
English Breakfast (S)	279 ml	10		Composite		_	_	_	_	_	_	_
English Breakfast (R)	330 ml	12		Composite	_	_	_	_	_	_	_	_
English Breakfast (L)	456 ml	16		Composite	_	_	_	_	_	_	_	_
Moroccon Mint Green Tea (S)	279 ml	6		Composite	_	_	_	_	_	_	_	_
Moroccon Mint Green Tea (R)	330 ml	7		Composite		_	_	_	_	_	_	_
Moroccon Mint Green Tea (L)	456 ml	10		Composite		_	_	_	_	_	_	_
Strawberry Green Tea (S)	279 ml	7		Composite		_	_	_	_	_	_	_
Strawberry Green Tea (R)	330 ml	8		Composite		_	<del>_</del>	_	_	_	_	_
Strawberry Green Tea (L)	456 ml	11		Composite		<u> </u>	MAVRE	_	_	_	MAVRE	_
Lemon Ice Tea	245 ml	122		Composite Composite	MAYBE	_	MAYBE	_		_	MAYBE	
Strawberry Ice Tea	236.5 ml	95 95		Composite	MAYBE		MAYBE			_	MAYBE	
Green Apple Ice Tea Iced Coffee	236.5 ml	95 185		-	MAYBE —	_	MAYBE				MAYBE —	_
INSU VVIICE	E91.3 IIII	100		Composite			YES		1			_
	266 5 ml	151		Composite	_	_	YES	_	_	_	_	
Classic Cold Coffee	266.5 ml	151 331		Composite Composite		_	YES	_		_	YES	_
	266.5 ml 296.5 ml 320.5 ml	151 331 398		Composite Composite	_				_ _ _			

Menu Items	Serving Size	"Calorifc Value per Serving Size (Kcal)"	Veg/ Non Veg	Allergens	(i) Cereals containing gluten	(ii) Crustacean & their products	(iii) Milk & Milk products	(iv) Eggs & egg products	(v) Fish & fish products	(vi) Peanuts, tree nuts & their products	(vii) Soybeans & their products	(viii) Sulphite in concentrations of 10mg/kg or more
		Olze (Neur)			McCAF	E MENU				then products		ionig/kg of more
Strawberry Shake	259 ml	256		Composite	MAYBE	_	YES	_	_	_	MAYBE	_
Chocolate Shake	259 ml	271		Composite	MAYBE	_	YES	_	<u> </u>	_	MAYBE	_
Mango Smoothie	280 ml	231		Composite	_	_	YES	_	_	_	_	_
Mixed Berry Smoothie	290 ml	235		Composite	_	_	YES	_		_	_	YES
Raw Mango Cooler	310 ml	102		Composite	_	_	_	_		_	_	_
Mix Berry Cooler	310 ml	104		Composite	_	_	_	_	_	_	_	
Sweet Lime Beverage	310 ml	128		Composite	_	_	_	_		_	_	
Iced Americano	266.5 ml	151		Composite		_	_	_	_	_	_	
American Mud Pie Shake	317 ml	398		Composite	_	_	YES	_	_	_	YES	_
				_	DESSEI	RT MENU						
Soft serve cone	81.29 g	86		Composite	YES	_	YES	_	_	_	YES	
McSwirl ChocoDip	93.29 g	160		Composite	YES	_	YES	_	_	_	YES	_
Regular Soft Serve: Hot Fudge	91.79 g	122		Composite	MAYBE	_	YES	_	_	_	MAYBE	_
Medium Soft Serve: Hot Fudge	132.08 g	197		Composite	MAYBE	_	YES	_		_	MAYBE	_
Regular Soft Serve: Strawberry	91.79 g	101		Composite	MAYBE	_	YES	_	_	_	MAYBE	_
Medium Soft Serve: Strawberry	132.08 g	156		Composite	MAYBE	_	YES	_		_	MAYBE	
Regular Soft Serve: Brownie with Hot Fudge	110.79 g	205		Composite	YES	_	YES	_	_	YES	YES	
Medium Soft Serve: Brownie with Hot Fudge	155.08 g	311		Composite	YES	_	YES	_	_	YES	YES	_
Regular Blackforest	125.79 g	238		Composite	YES	_	YES	_	_	YES	YES	
Medium Blackforest	200.08 g	430		Composite	YES	_	YES	_		YES	YES	
Small McFlurry - Oreo	86.79 g	116		Composite	YES	_	YES	<u> </u>		—	_	<u>_</u>
Regular McFlurry - Oreo	147.38 g	209		Composite	YES	_	YES	_	_	_	_	<u>_</u>
Regular Meritarry - Oreo	147.50 g	203		Composito		ET MENU	123	_	<u> </u>	<u> </u>		<del></del>
Triple Cheese Burger Chicken	195 g	458	<b>A</b>	Composite	YES	_	YES	YES		_	YES	MAYBE
Triple Cheese Burger Veg	207 g	525		Composite	YES	_	YES	TE3		_	YES	MAYBE
McCheese Burger Veg	240 g	671		Composite	YES	_	YES	_		_	YES	MAYBE
McCheese Burger Chicken	307 g	834	_	Composite	YES	_	YES	YES			YES	MAYBE
McSpicy Premium Chicken Burger	264.5 g	622		Composite	YES	_	YES	YES	_	_	YES	MAYBE
McSpicy Premium Veg Burger	212.5 g	635		Composite	YES	_	YES	_	_	MAYBE	YES	MAYBE
Cheesy Veg Nuggets (2pc)	38 g	133		Composite	YES	_	YES	_				MAI DL
Cheesy Veg Nuggets (2pc) Cheesy Veg Nuggets (4pc)	76 g	266		Composite	YES	_	YES	<u> </u>		<u> </u>	_	<u>_</u>
Cheesy Veg Nuggets (4pc)	171 g	600		Composite	YES	_	YES	_	_	_	_	<u> </u>
Chicken Big Mac	279 g	660		Composite	YES	_	YES	YES	_	_	YES	YES
Chicken big Mac	2/39	000		Composite		GES MENU	ILS	ILS		<u> </u>	169	169
Small Coca-Cola	299 ml	110		Composite		JES MENU		_	_	_	_	
Medium Coca-Cola	394 ml	151		Composite		_	_	_			_	
Large Coca-Cola	544 ml	217		Composite			_					
Small Fanta Orange	299 ml	129		Composite		_	_	_			_	
	394 ml	179		Composite		_	_	_	_	_	_	
Medium Fanta Orange	394 mi 544 mi	1/9 257		Composite		_	_	_			_	
Large Fanta Orange Small Sprite	299 ml	120		Composite		_	_	_			_	
Medium Sprite	394 ml	165		Composite		_	_	_	_	_	_	
•	544 ml	237		Composite		_	_	_			_	_
Large Sprite	286.79 ml	139		Composite		_	YES				_	_
Coke Float Fanta Float	286.79 ml	152		Composite	<u> </u>	_	YES		<u> </u>		_	
Sprite Float	286.79 ml					_					_	
Coke Zero Can	330 ml	0.99		Composite Composite		_	YES		_	_	_	
Vedica Natural Mineral Water	500 ml	0.99				_	_				_	<u> </u>
veulea Natural Milieral Water	300 MI	U		Composite		IMENTS						
Mustard diping sauce	25 g	81		Composite		-	YES	_	_	_	MAYBE	
BBQ diping sauce	25 g	55		Composite	MAYBE	_	MAYBE	_		_	MAYBE	
Chilli Sauce		8		Composite	MAYBE		MAYBE				MAYBE	
Piri Piri Mix	10 g 5 g	17		Composite	MATBE	_	MATE	_			MATBE	
Tomato Ketchup Sachets				Composite						_		
	8 g	11 86		Composite	MAYBE	_	MAYBE	_			MAYBE	
Maple Syrup	30 g			-	MAYBE —	_	MAYBE	_			MAYBE	<del>_</del>
Cheese Slice	14 g	51		Composite	<del>-</del>	_	YES	_		_	YES	

Veg - Non Veg -

**Mixed Fruit Beverage** 

**Sweet Corn** 

Presence of Allergen: YES-'Contains Allergen' MAYBE-'May Contain Allergen'

80 g

Composite - 'Allergen information is given for complete menu item and not for an individual ingredient'

An average active adult requires 2,000 kcal energy per day, however, calorie needs may vary

(i) - Cereals containing gluten; i.e., wheat, rye, barley, oats, spelt or their hybridized strains and products of these

90

72

Composite

(vi) - Peanuts, tree nuts (e.g. almonds, walnuts, pistachio, cashew nuts) and their products;

Disclaimer: This nutrition information is derived from tests conducted at accredited laboratories; published resources; and/or information provided by McDonald's suppliers. It is based on standard product formulations; serve sizes; and average values derived from ingredients supplied by McDonald's vendors. Variation in serve sizes; preparation techniques; product testing method; and sources of supply, including regional, seasonal changes, geographical, weather and ambient conditions, may impact nutritional value of the menu items. In addition, product formulation do change periodically due to various external factors, including those stipulated above. One should expect some variation in the nutritional content and serve size of products purchased at our restaurant. The data here is only indicative and approximate. Some of this nutritional data and serve size of these products are required to be disclosed under law or regulation; and further/additional information may also be displayed; however, all have been provided with the intent to help customers make informed choices at McDonald's. The data here is subject to change at any time without prior notice.

## TIPS FOR A HEALTHY LIVING

### 1. Base your meals on higher fibre starchy carbohydrates

Starchy carbohydrates should make up just over a third of the food you eat. They include

potatoes, bread, rice, pasta and cereals.

Choose higher fibre or wholegrain varieties, such as wholewheat pasta, brown rice or potatoes with their skins on.

**2. Eat lots of fruit and veg** It's recommended that you eat at least 5 portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced.

### 3. Eat less salt: no more than 6g a day for adults

MAYBE

Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke.

Even if you do not add salt to your food, you may still be eating too much.

Some people skip breakfast because they think it'll help them lose weight.
But a healthy breakfast high in fibre and low in fat, sugar and salt can form part of a balanced diet, and can help you get the nutrients you need for good health.

# **McDonald's Nutritional Information Per Serve**

Menu Items	Per Serve Size	Energy (kCal)	"Protein (g)"	"Total fat (g)"	Sat Fat (g)	Trans fat (g)	Cholesterols (mg)	Total carbohydrate (g)	Total Sugars (g)	Added Sugars (g)	"Sodiu (mg)
					REGUL	AR MENU		-			
McVeggie™ Burger	168 g	402.05	10.24	13.83	5.34	0.16	2.49	56.54	7.90	4.49	706.13
per serve percentage (%) contribution to RDA  McAloo Tikki Burger®	146 g	20.10 339.52	8.50	20.64 11.31	24.26 4.27	7.95 0.20	1,47	50.27	7.05	8.99 4.07	35.31 545.34
per serve percentage (%) contribution to RDA	3	16.98		16.88	19.40	9.85		00,21		8.15	27.27
McSpicy™ Paneer Burger	199 g	652.76	20.29	39.45	17.12	0.18	21.85	52.33	8.35	5.27	1074.58
er serve percentage (%) contribution to RDA  Spicy Paneer Wrap	250 ~	32.64	20.96	58.88	77.82 19.73	8.90 0.26	40.93	59.27	3.50	10.54 1.08	53.73 1087.46
er serve percentage (%) contribution to RDA	250 g	674.68 33.73	20.96	39.10 58.36	89.66	13.01	40.93	59.27	3.50	2.16	54.37
Corn & Cheese Veg Burger	177 g	512.17	15.30	23.45	10.51	0.17	25.24	56.96	7.85	4.76	1051.24
er serve percentage (%) contribution to RDA		25.61		35.00	47.79	8.60				9.53	52.56
eg Maharaja Mac	306 g	832.67	24.17	37.94	16.83	0.28	36.19	93.84	11.52	6.92	1529.2
er serve percentage (%) contribution to RDA  Green Chilli Aloo Naan	120	41.63	7.01	56.63	76.52	13.80	0.45	46.26	4.50	13.85	76.46
er serve percentage (%) contribution to RDA	132 g	356.09 17.80	7.91	15.08 22.51	6.11 27.76	0.24 1.07	9.45	46.36	4.53	1.15 2.30	579.60 28.98
izza Puff	87 g	228.21	5.45	11.44	5.72	0.09	5.17	24.79	2.73	0.35	390.74
er serve percentage (%) contribution to RDA		11.41		17.08	26.02	4.35				0.70	19.54
1c chicken Burger	173 g	400.80	15.66	15.70	5.47	0.16	31.17	47.98	5.53	4.49	766.33
er serve percentage (%) contribution to RDA	126 ~	20.04	45.44	23.43	24.85	8.20	20.02	20.05		8.99	38.32
er serve percentage (%) contribution to RDA	136 g	348.11 17.41	15.44	14.16 21.14	5.79 26.32	0.21 10.50	32.83	38.85	5.58	3.54 7.08	530.54 26.53
lc Spicy Chicken Burger	186 g	451.92	21.46	19.36	7.63	0.18	66.04	46.08	5.88	4.49	928.5
er serve percentage (%) contribution to RDA		22.60		28.90	34.68	8.85				8.99	46.43
picy Chicken Wrap	257 g	567.19	23.74	26.89	12.54	0.27	87.63	57.06	2.52	1.08	1152.3
er serve percentage (%) contribution to RDA		28.36		40.14	57.02	13.36				2.16	57.62
hicken Maharaja Mac	296 g	689.12	34.00	36.69	10.33	0.25	81.49	55.39	8.92	6.14	1854.7
er serve percentage (%) contribution to RDA	165 a	34.46 446.95	20.29	54.76 22.94	7.28	12.60 0.15	47.63	38.54	7.48	12.29 4.76	92.74 1132.3
rilled Chicken & Cheese Burger er serve percentage (%) contribution to RDA	165 g	22.35	20.23	34.24	33.07	7.50	41.03	30.34	7,40	9.53	1132.3 56.61
hicken Kebab Burger	138 g	357.05	8.64	14.02	4.84	0.13	1.51	47.90	5.08	3.49	548.7
er serve percentage (%) contribution to RDA		17.85		20.92	22.00	6.40				6.98	27.44
reen Chilli Kebab naan	138 g	230.95	5.67	9.32	3.27	0.19	8.74	31.06	3.64	1.15	410.78
r serve percentage (%) contribution to RDA	400 -	11.55		13.90	14.85	9.26				2.30	20.54
c Egg Masala Burger	126.2 g	290.42 14.52	12.45	12.27 18.31	3.64	0.11	213.09	32.89	4.89	3.64 7.28	757.9°
er serve percentage (%) contribution to RDA	123 g	282.98	12.29	12.21	16.56 3.63	5.65 0.11	213.09	31.32	4.66	7.28 3.64	37.90 399.4
er serve percentage (%) contribution to RDA	9	14.15	12,23	18.23	16.48	5.65	213.09	J.1.02	7,00	7.28	19.97
hee Rice with Mc Spicy Fried Chicken 1 pc	325 g	720.30	26.91	29.20	5.08	0.30	31.32	77.47	3.28	0.35	2399.4
er serve percentage (%) contribution to RDA		36.02		43.58	23.10	15.13				0.70	119.97
cSpicy Fried Chicken 1 pc	115 g	248.76	17.33	14.29	2.82	0.06	31.11	12.70	0.58	0.00	873.89 43.69
piece Chicken McNuggets	64 a	12.44 169.68	10.02	21.34	12.81 4.45	2.88 0.06	24.66	10.50	0.32	0.00	313.2
r serve percentage (%) contribution to RDA	64 g	8.48	10.03	9.54 14.23	20.25	3.20	24.00	10.50	0.32	0.00	15.66
piece Chicken McNuggets	96 g	254.52	15.04	14.30	6.68	0.10	36.99	15.74	0.48	0.00	469.8
er serve percentage (%) contribution to RDA		12.73		21.35	30.37	4.80				0.00	23.49
piece Chicken McNuggets	144 g	381.77	22.56	21.46	10.02	0.14	55.48	23.62	0.72	0.00	704.8
er serve percentage (%) contribution to RDA		19.09		32.02	45.56	7.20				0.00	35.24
piece Chicken Strips	58 g	164.44	10.17	12.38	11.41	0.06	30.10	2.68	0.29	0.00	477.22
er serve percentage (%) contribution to RDA piece Chicken Strips	87 g	8.22 246.65	4E 06	18.48 18.57	51.88 17.12	2.90	4E 4E	4.02	0.44	0.00	23.86 715.83
er serve percentage (%) contribution to RDA	67 g	12.33	15.26	27.72	77.83	0.09 4.35	45.15	4.02	0.44	0.00	35.79
piece Chicken Strips	145 g	411.09	25.43	28.54	0.15	75.26	6.70	0.73	0.72	0.00	1193.0
or serve percentage (%) contribution to RDA		20.55		46.21	129.71	7.25				0.00	59.65
egular Fries	77 g	224.59	3.38	10.39	4.97	0.08	0.77	27.08	0.39	0.00	153.15
er serve percentage (%) contribution to RDA		11.23	_	15.50	22.61	3.85				0.00	7.66
ledium Fries	109 g	317.92	4.79	14.70 21.95	7.04	0.11	1.09	38.34	0.55	0.00	216.79
er serve percentage (%) contribution to RDA  arge Fries	154 g	15.90 449.17	6.76	20.77	32.01	5.45	154	E4 16	0.77	0.00	10.84
er serve percentage (%) contribution to RDA	.0.9	22.46	0.76	31.01	9.95 45.22	0.15 7.70	1.54	54.16	0.77	0.00	306.29 15.31
egular Wedges	114 g	204.65	3.97	7.15	3.39	0.10	0.97	28.74	0.48	0.00	356.4
er serve percentage (%) contribution to RDA		10.23		10.67	15.42	4.85				0.00	17.82
ledium Wedges	156 g	280.05	5.44	9.79	4.64	0.13	1.33	39.33	0.66	0.00	487.70
er serve percentage (%) contribution to RDA	016	14.00	752	14.61	21.10	6.63				0.00	24.39
arge Wedges or serve percentage (%) contribution to RDA	216 g	387.76 19.39	7.53	13.55 20.22	6.43 29.21	9.18	1.84	54.46	0.92	0.00	675.3 33.77
Coffee	200 ml	6.80	0.00	0.00	0.00	0.00	0.00	1.70	0.00	0.00	0.00
er serve percentage (%) contribution to RDA		0.34	5.00	0.00	0.00	0.00				0.00	0.00
Coffee with milk	205 ml	35.80	1.00	2.00	1.20	0.08	6.00	1.60	3.45	0.00	14.00
er serve percentage (%) contribution to RDA		1.79		2.99	5.45	4.00				0.00	0.70
ouble Chocochips Muffin	80 g	341.68	5.13	17.28	7.14	0.08	15.96	40.13	29.44	0.00	313.2
ar serve percentage (%) contribution to RDA	80 g	17.08 329.29	4.48	25.79 15.46	32.47 7.14	4.00 0.08	78.52	40.13	29.60	0.00	15.66 254.9
r serve percentage (%) contribution to RDA	50 y	16.46	+.40	15.46 23.08	29.27	4.00	10.32	70.10	29.00	0.00	12.75
					BREAKFAST ME						
eg McMuffin	119 g	309.35	10.22	11.78	7.29	0.18	25.31	38.86	3.02	0.75	804.6
er serve percentage (%) contribution to RDA		15.47	A ===	17.58	33.16	9.06		80.00		1.50	40.23
ouble Cheese McMuffin	100 g	273.78	9.58	12.82	8.84	0.21	37.75	29.00	2.59	0.75	622.9 31.15
r serve percentage (%) contribution to RDA picy Egg McMuffin	123.2 g	13.69 278.27	11.49	19.13 11.81	40.18 3.43	10.46 0.11	212.61	31.37	2.63	1.50 1.05	773.6
er serve percentage (%) contribution to RDA	9	13.91		17.63	15.58	5.50		<del>-</del>		2.10	38.68
ausage Mc Muffin	112 g	281.44	16.25	10.81	6.04	0.17	53.02	28.62	2.38	0.75	742.6
er serve percentage (%) contribution to RDA		14.07		16.13	27.44	8.71				1.50	37.13
ausage Mc Muffin with egg	157 g	290.42	22.46	15.94	8.08	0.22	264.80	28.87	2.61	0.75	804.0
er serve percentage (%) contribution to RDA	112 ~	17.72 283.46	44.5-	23.80 12.31	36.75	10.96	999 99	20 40	0.00	1.50	40.20 510.3
gg MCMUTTIN r serve percentage (%) contribution to RDA	112 g	14.17	14.05	18.38	6.92 31.45	0.17 8.71	233.30	28.12	2.38	0.75 1.50	519.3 25.97
ot Cake with maple syrup	142 g	432.98	8.60	14.02	7.11	0.32	28.14	68.01	25.72	13.50	615.74
er serve percentage (%) contribution to RDA	_	21.65		20.92	32.30	15.95				27.00	30.79
ash Brown	64 g	140.29	1.93	7.32	3.42	0.06	0.64	15.63	0.32	0.00	275.2
r serve percentage (%) contribution to RDA		7.01		10.92	15.53	3.20				0.00	13.76
	00-	46.5-	A = -	0.55	McCAF	1	A ==	0 ==	6.75	A ==	
spresso	26.5 ml	12.87 0.64	0.52	0.03	0.03	0.03	0.27	2.55	0.13	0.00	0.32
er serve percentage (%) contribution to RDA	76.5 ml	0.64 44.98	2.09	2.02	0.12 1.49	0.08	6.27	4.97	2.50	0.00	0.02 26.05
er serve percentage (%) contribution to RDA	. 5.5 1111	2.25		3.02	6.78	3.83	U.E.I	7.31	۷.30	0.00	1.30
mericano (S)	276.5 ml	12.87	0.52	0.03	0.03	0.03	0.27	2.55	0.13	0.00	0.32
r serve percentage (%) contribution to RDA		0.64		0.04	0.12	1.33				0.00	0.02
mericano (R)	347.5 ml	23.07	0.94	0.05	0.05	0.05	0.48	4.57	0.24	0.00	0.57
er serve percentage (%) contribution to RDA	.=-	1.15		0.07	0.22	2.38	A ==	F.60	0.55	0.00	0.03
mericano (L)	455 ml	26.71	1.09	0.06	0.06	0.06	0.55	5.30	0.28	0.00	0.65
er serve percentage (%) contribution to RDA  appuccino (S)	201.5 ml	1.34 125.25	6.02	0.08 7.01	0.25 5.15	2.75 0.20	21.27	11.02	8.40	0.00	90.39
appucemo (5) er serve percentage (%) contribution to RDA	201.5 MI	125.25 6.26	0.02	7.01 10.46	23.43	10.08	£1,£/	11.02	0.40	0.00	90.39
	1	5.20					20.40				
appuccino (R)	297.5 ml	183.61	8.79	10.02	7.37	0.30	30.48	16.67	12.05	0.00	129.24

					Jiidi II						
Menu Items	Per Serve Size	Energy (kCal)	"Protein (g)"	"Total fat (g)"	Sat Fat (g)	Trans fat (g)	Cholesterols (mg)	Total carbohydrate	Total Sugars (g)	Added Sugars (g)	"Sodium (mg)"
	Oize		(g)	(9)	McCAFI	FMENII	(ilig)	(g)	ouguio (g)	Sugars (g)	(ilig)
Cappuccino (L)	355 ml	219.36	10.51	12.03	8.85	0.36	36.55	19.81	14.45	0.00	155.06
per serve percentage (%) contribution to RDA	026 El	10.97	740	17.95	40.20	17.75	05.45	40.74	40.00	0.00	7.75
Latte (S) per serve percentage (%) contribution to RDA	236.5 ml	147.72 7.39	7.12	8.41 12.55	6.18 28.09	0.24 11.83	25.47	12.71	10.06	0.00	108.40 5.42
Latte (R)	307.5 ml	190.03	9.10	10.42	7.67	0.31	31.68	17.15	12.52	0.00	134.39
per serve percentage (%) contribution to RDA  Latte (L)	375 ml	9.50 232.20	11.14	15.55 12.82	34.84 9.43	15.38 0.38	38.95	20.77	15.40	0.00	6.72 165.36
per serve percentage (%) contribution to RDA	0/01111	11.61		19.14	42.87	18.75	00.00	20.77	10.10	0.00	8.27
Flat White (S)	266.5 ml	166.99	8.06	9.60	7.06	0.27	29.07	14.16	11.47	0.00	123.84
per serve percentage (%) contribution to RDA  Flat White (R)	347.5 ml	8.35 215.72	10.36	14.33 12.02	32.08 8.84	13.33 0.35	36.48	19.08	14.41	0.00	6.19 154.98
per serve percentage (%) contribution to RDA		10.79		17.94	40.17	17.38				0.00	7.75
Flat White (L)  per serve percentage (%) contribution to RDA	405 ml	251.47 12.57	12.08	14.02 20.93	10.31 46.86	0.41 20.25	42.55	22.22	16.81	0.00	180.80 9.04
Mocha (S)	242.5 m		7.15	8.20	5.94	0.26	24.43	22.59	17.57	6.08	132.84
per serve percentage (%) contribution to RDA	044 5	9.29	0.00	12.24	27.02	12.93				12.16	6.64
Mocha (R)  per serve percentage (%) contribution to RDA	311.5 ml	244.00 12.20	8.99	9.91 14.79	7.17 32.57	0.34 16.78	29.52	31.72	23.56	9.12 18.24	168.47 8.42
Mocha (L)	377 ml	302.02	10.88	12.01	8.67	0.41	35.67	40.04	29.96	12.16	209.09
per serve percentage (%) contribution to RDA  Babycino	127 ml	15.10 143.50	3.87	17.93 4.38	39.40 3.08	20.45 0.15	12.27	22.85	18.53	24.32 9.21	10.45 96.44
per serve percentage (%) contribution to RDA	127 1111	7.18	0.07	6.54	14.02	7.55			10.00	18.43	4.82
Hot Chocolate (S)	223 ml	239.42	6.73	7.77	5.49	0.26	22.03	37.08	30.31	15.29	167.21 8.36
per serve percentage (%) contribution to RDA  Hot Chocolate (R)	259 ml	11.97 296.81	7.70	11.60 8.76	24.94 6.13	13.15 0.32	24.59	48.41	39.24	30.59 21.37	207.09
per serve percentage (%) contribution to RDA		14.84		13.07	27.86	15.75				42.75	10.35
Hot Chocolate (L) per serve percentage (%) contribution to RDA	367 ml	383.29 19.16	11.01	12.84 19.17	9.09	0.43 21.55	36.67	58.43	47.96	24.41 48.83	273.35 13.67
Premium Dark Hot Chocolate	153 ml	214.21	6.15	5.96	4.27	0.15	14.73	33.04	25.73	1.04	68.28
per serve percentage (%) contribution to RDA  Double Dark Hot Chocolate	160	10.71	6.07	8.90 6.32	19.39	7.65	44.07	40.00	04.5-	2.08	3.41
per serve percentage (%) contribution to RDA	163 ml	255.78 12.79	6.87	6.32 9.43	4.49 20.42	0.16 8.15	14.83	41.29	31.81	1.35 2.71	70.26 3.51
English Breakfast (S)	279 ml	9.93	0.56	0.28	0.28	0.28	2.79	0.28	1.40	0.00	13.84
per serve percentage (%) contribution to RDA  English Breakfast (R)	330 ml	0.50 11.75	0.66	0.42 0.33	1.27 0.33	13.95 0.33	3.30	0.33	1.65	0.00	0.69 16.37
per serve percentage (%) contribution to RDA	330 1111	0.59	0.00	0.49	1.50	16.50	0.00	0.00		0.00	0.82
English Breakfast (L)	456 ml	16.23	0.91	0.46	0.46	0.46	4.56	0.46	2.28	0.00	22.62
per serve percentage (%) contribution to RDA  Moroccon Mint Green Tea (S)	279 ml	0.81 6.25	0.33	0.68	2.07 0.28	22.80 0.28	2.79	2.79	1.40	0.00	1.13 14.95
per serve percentage (%) contribution to RDA		0.31		0.42	1.27	13.95				0.00	0.75
Moroccon Mint Green Tea (R)  per serve percentage (%) contribution to RDA	330 ml	7.39 0.37	0.40	0.33	0.33	0.33 16.50	3.30	3.30	1.65	0.00	17.69 0.88
Moroccon Mint Green Tea (L)	456 ml	10.21	0.55	0.46	0.46	0.46	4.56	4.56	2.28	0.00	24.44
per serve percentage (%) contribution to RDA		0.51	2.47	0.68	2.07	22.80				0.00	1.22
Strawberry Green Tea (S) per serve percentage (%) contribution to RDA	279 ml	7.03 0.35	0.47	0.28	0.28	0.28 13.95	2.79	2.79	1.40	0.00	14.54 0.73
Strawberry Green Tea (R)	330 ml	8.32	0.56	0.33	0.33	0.33	3.30	3.30	1.65	0.00	17.19
per serve percentage (%) contribution to RDA  Strawberry Green Tea (L)	456 ml	0.42 11.49	0.78	0.49 0.46	1.50 0.46	16.50 0.46	4.56	4.56	2.28	0.00	0.86 23.76
per serve percentage (%) contribution to RDA	4501111	0.57	0.76	0.68	2.07	22.80	4.50	4.30	2.20	0.00	1.19
Lemon Ice Tea 10 oz	245 ml	121.86	0.27	0.17	0.17	0.17	1.65	30.59	26.53	25.60	10.26
per serve percentage (%) contribution to RDA  Strawberry Ice Tea 10 oz	236.5 ml	6.09 94.95	0.24	0.25 0.16	0.75 0.16	8.25 0.16	1.57	24.17	21.10	51.20 20.27	0.51 9.72
per serve percentage (%) contribution to RDA		4.75		0.23	0.71	7.83				40.54	0.49
Green Apple Ice Tea 10 oz per serve percentage (%) contribution to RDA	236.5 m	94.94 4.75	0.24	0.16 0.23	0.16 0.71	0.16	1.57	24.17	20.75	19.94	9.61 0.48
Iced Coffee 10 oz	291.5 ml	185.34	4.36	4.45	3.26	7.83 0.15	12.13	31.88	26.95	39.88 17.50	78.35
per serve percentage (%) contribution to RDA		9.27		6.64	14.84	7.58				35.00	3.92
Cold Coffee Frappe 10 oz per serve percentage (%) contribution to RDA	296.5 ml	331.17 16.56	4.98	14.73 21.98	13.91 63.23	0.16 7.83	9.18	45.39	35.57	27.51 55.02	188.93 9.45
Mocha Frappe 10 oz	320.5 ml	397.98	5.49	15.01	14.00	0.20	9.42	60.93	47.55	36.63	233.32
per serve percentage (%) contribution to RDA  Chocolate Oreo Frappe 10 oz	224	19.90	6.00	22.41	63.62	10.23	0.26	70.54	5544	73.26	11.67
per serve percentage (%) contribution to RDA	334 ml	481.11 24.06	6.03	18.89 28.19	15.91 72.32	0.22 10.90	9.36	72.51	55.14	44.35 88.70	332.60 16.63
Strawberry Shake 10 oz	259 ml	255.51	3.67	7.44	6.68	0.12	8.39	44.07	37.42	29.80	139.97
per serve percentage (%) contribution to RDA  Chocolate Shake 10 oz	259 ml	12.78 270.90	4.16	11.10 7.70	30.38 6.74	5.95 0.14	8.39	46.76	37.78	59.59 27.88	7.00 178.46
per serve percentage (%) contribution to RDA	233 1111	13.55	0	11.49	30.66	7.15	0.00	40.70	37.70	55.75	8.92
Mango Smoothie 10 oz	280 ml	231.44	3.21	3.63	2.65	0.14	9.89	46.25	38.87	29.72	85.45
per serve percentage (%) contribution to RDA  Mixed Berry Smoothie 10 oz	290 ml	11.57 235.43	3.33	5.42 3.59	12.03 2.64	7.00 0.15	9.99	47.16	43.00	59.44 33.65	4.27 92.07
per serve percentage (%) contribution to RDA		11.77		5.36	12.00	7.50				67.30	4.60
Raw Mango Cooler 10 oz  per serve percentage (%) contribution to RDA	310 ml	102.38 5.12	0.14	0.04	0.04	2.00	0.40	25.18	21.06	19.28 38.56	102.68 5.13
Mix Berry Cooler 10 oz	310 ml	103.85	0.16	0.04	0.04	0.04	0.40	25.56	21.25	20.52	23.82
per serve percentage (%) contribution to RDA  Sweet Lime Beverage	240	5.19	0.07	0.06	0.18	2.00	0.00	24.70	20.70	41.04	1.19
per serve percentage (%) contribution to RDA	310 ml	128.21 6.41	0.07	0.08 0.12	0.00	0.00	0.00	31.72	28.72	28.08 56.16	66.20 3.31
Iced Americano 10 oz	266.5 ml	150.85	3.59	3.57	2.62	0.13	9.76	26.01	21.58	14.00	62.75
per serve percentage (%) contribution to RDA  American Mud Pie Shake	317 ml	7.54 398.19	5.67	5.32 12.77	11.89 11.38	6.33 0.20	10.89	64.75	53.40	28.00 34.35	3.14 185.73
per serve percentage (%) contribution to RDA	SIT INI	19.91	J.01	19.05	51.71	10.05	10.09	04.70	55.4U	68.70	9.29
						RTS MENU					
Soft serve cone  per serve percentage (%) contribution to RDA	81.29 g	85.73 4.29	1.99	1.82 2.71	1.31 5.94	0.05 2.70	4.75	15.23	10.68	6.99 13.98	40.78 2.04
McSwirl ChocoDip	93.29 g	160.14	2.71	7.14	5.25	0.07	5.71	20.92	15.39	11.31	51.31
per serve percentage (%) contribution to RDA	01.70	8.01	6.5-	10.66	23.87	3.30		40.44	47.5-	22.62	2.57
Regular Soft Serve: Hot Fudge per serve percentage (%) contribution to RDA	91.79 g	121.64 6.08	2.25	4.02 6.00	3.01 13.67	0.08 3.98	5.85	19.11	17.07	10.78 21.55	65.56 3.28
Medium Soft Serve: Hot Fudge	132.08 g	197.45	3.49	6.87	5.16	0.13	8.55	30.42	27.01	16.90	110.39
per serve percentage (%) contribution to RDA  Regular Soft Serve: Strawberry	91.79 g	9.87 100.99	1.54	10.25 1.77	23.44 1.30	6.29 0.06	4.85	19.78	17.66	33.80 12.49	5.52 34.51
per serve percentage (%) contribution to RDA	y	5.05		2.64	5.90	3.23	7.33		17.00	24.97	1.73
Medium Soft Serve: Strawberry	132.08 g	156.14 7.81	2.05	2.36	1.74	0.10	6.55	31.77	28.20	20.32	48.28 2.41
per serve percentage (%) contribution to RDA  Regular Soft Serve: Brownie with Hot Fudge	110.79 g	7.81 205.26	3.20	3.52 5.45	7.89 3.65	4.79 0.10	6.04	35.26	20.75	40.64 14.39	100.89
per serve percentage (%) contribution to RDA		10.26		8.14	16.58	4.93			-	28.78	5.04
Medium Soft Serve: Brownie with Hot Fudge per serve percentage (%) contribution to RDA	155.08 g	311.39 15.57	4.65	7.46 11.14	4.71 21.42	0.13 6.69	7.78	55.24	27.94	20.28 40.56	146.40 7.32
Regular Blackforest	125.79 g	237.89	3.22	5.47	3.66	0.09	6.19	43.42	27.79	19.94	104.47
per serve percentage (%) contribution to RDA	200.00	11.89	F 45	8.16	16.65	5.68	0.00	70.01	40.55	39.88	5.22
Medium Blackforest per serve percentage (%) contribution to RDA	200.08 g	429.95 21.50	5.42	9.76 14.57	6.47 29.39	9.69	9.23	79.04	48.45	35.22 70.44	188.20 9.41
	1	55	<u> </u>		20.00	5.03	1	1	I		U.T.

Menu Items	Per Serve Size	Energy (kCal)	"Protein (g)"	"Total fat (g)"	Sat Fat (g)	Trans fat (g)	Cholesterols (mg)	Total carbohydrate (g)	Total Sugars (g)	Added Sugars (g)	"Sodium (mg)"
Small McElurry - Oroo	96 70 a	116 26	2 0E	2.70	2.25	RTS MENU 0.07	4.80	18.69	14.49	10.80	80.73
Small McFlurry - Oreo per serve percentage (%) contribution to RDA	86.79 g	116.36 5.82	2.05	3.70 5.53	10.24	3.48	4.80	10.09	14.49	21.59	4.04
Regular McFlurry - Oreo	147.38 g	209.39	3.58	6.81	4.07	0.12	8.00	33.42	25.35	19.23	150.90
per serve percentage (%) contribution to RDA	111100 9	10.47	0.00	10.16	18.49	6.11	0.00		20.00	38.45	7.55
					GOURME						
Triple Cheese Burger Chicken	195 g	457.94	24.43	22.65	11.56	0.17	71.23	37.45	7.64	3.84	1396.17
per serve percentage (%) contribution to RDA		22.90		33.80	52.52	8.70				7.69	69.81
Triple Cheese Burger Veg	207 g	524.69	19.54	23.16	14.78	0.19	48.74	56.24	7.90	3.84	1174.27
per serve percentage (%) contribution to RDA		26.23		34.56	67.20	9.30				7.69	58.71
McCheese Burger Veg	240 g	671.06	14.99	33.48	14.12	0.21	33.21	74.25	16.27	10.01	1153.99
per serve percentage (%) contribution to RDA		33.55		49.97	64.20	10.25	_			20.02	57.70
McCheese Burger Chicken	307 g	834.36	27.37	45.18	17.00	0.27	73.11	76.03	16.75	10.01	1745.04
per serve percentage (%) contribution to RDA  McSpicy Premium Chicken Burger	0045	41.72	24.40	67.43	77.27	13.60				20.02	87.25
per serve percentage (%) contribution to RDA	264.5 g	622.25 31.11	31.49	34.65 51.72	15.55	0.24	302.61	43.60	6.07	2.64 5.27	1614.88
McSpicy Premium Veg Burger	212.5 g	634.71	22.44	39.21	70.67 20.46	12.18 0.20	43.68	46.00	7.57	3.28	80.74 1446.87
per serve percentage (%) contribution to RDA	212.09	31.74	22,44	58.52	93.00	10.18	43.00	40.00	7.57	6.55	72.34
Cheesy Veg Nuggets (2pc)	38 g	133.22	13.03	8.02	6.28	0.04	9.58	11.94	0.19	0.00	270.71
per serve percentage (%) contribution to RDA		6.66		11.97	28.53	1.90		11101		0.00	13.54
Cheesy Veg Nuggets (4pc)	76 g	266.45	6.06	16.04	12.56	0.08	19.15	23.87	0.38	0.00	541.42
per serve percentage (%) contribution to RDA		13.32		23.95	57.07	3.80				0.00	27.07
Cheesy Veg Nuggets (9pc)	171 g	599.51	13.65	36.10	28.25	0.17	43.09	53.71	0.86	0.00	1218.19
per serve percentage (%) contribution to RDA		29.98		53.88	128.41	8.55				0.00	60.91
Chicken Big Mac	279 g	660.18	28.34	27.83	10.38	0.20	58.63	72.35	9.92	6.47	1449.26
per serve percentage (%) contribution to RDA		33.01		41.54	47.19	10.20				12.94	72.46
					BEVERA	GES MENU					
Small Coca-Cola	299 ml	109.56	0.00	0.00	0.00	0.00	0.00	27.39	27.39	27.39	21.17
per serve percentage (%) contribution to RDA		5.48		0.00	0.00	0.00				54.78	1.06
Medium Coca-Cola	394 ml	151.36	0.00	0.00	0.00	0.00	0.00	37.84	37.84	37.84	29.24
per serve percentage (%) contribution to RDA		7.57	2.22	0.00	0.00	0.00		_	_	75.68	1.46
Large Coca-Cola	544 ml	217.36	0.00	0.00	0.00	0.00	0.00	54.34	54.34	54.34	41.99
per serve percentage (%) contribution to RDA  Small Fanta Oragne	200 ml	10.87	0.00	0.00	0.00	0.00	0.00	32.37	32.37	108.68 32.37	2.10 55.53
per serve percentage (%) contribution to RDA	299 ml	129.48 6.47	0.00	0.00	0.00	0.00	0.00	32.37	32.37	64.74	2.78
Medium Fanta Orange	394 ml	178.88	0.00	0.00	0.00	0.00	0.00	44.72	44.72	44.72	76.71
per serve percentage (%) contribution to RDA	0041111	8.94	0.00	0.00	0.00	0.00	0.00			89.44	3.84
Large Fanta Oragne	544 ml	256.88	0.00	0.00	0.00	0.00	0.00	64.22	64.22	64.22	110.16
per serve percentage (%) contribution to RDA		12.84		0.00	0.00	0.00				128.44	5.51
Small Sprite	299 ml	119.52	0.00	0.00	0.00	0.00	0.00	29.88	29.88	29.88	2.02
per serve percentage (%) contribution to RDA		5.98		0.00	0.00	0.00				59.76	0.10
Medium Sprite	394 ml	165.12	0.00	0.00	0.00	0.00	0.00	41.28	41.28	41.28	2.79
per serve percentage (%) contribution to RDA		8.26		0.00	0.00	0.00				82.56	0.14
Large Sprite	544 ml	237.12	0.00	0.00	0.00	0.00	0.00	59.28	59.28	59.28	4.00
per serve percentage (%) contribution to RDA  Coke Float	222 72 1	11.86	4.50	0.00	0.00	0.00	4-0			118.56	0.20
per serve percentage (%) contribution to RDA	286.79 ml	138.76	1.52	1.75 2.62	1.28	0.05	4.70	29.22	28.23	24.54	44.53
Fanta Float	286.79 ml	6.94 151.56	1.52	1.75	5.83 1.28	2.48 0.05	4.70	32.42	31.43	49.07 27.74	2.23 66.61
per serve percentage (%) contribution to RDA	200.73 1111	7.58	1.32	2.62	5.83	2.48	7.70	J2.42	31,43	55.47	3.33
Sprite Float	286.79 ml	145.16	1.52	1.75	1.28	0.05	4.70	30.82	29.83	26.14	47.09
per serve percentage (%) contribution to RDA		7.26		2.62	5.83	2.48		55.52		52.27	2.35
Coke Zero Can	330 ml	0.99	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	24.75
per serve percentage (%) contribution to RDA		0.05		0.0	0.0	0.0				0.0	1.2
Vedica Natural Mineral Water	500 ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2.90
per serve percentage (%) contribution to RDA		0.00		0.00	0.00	0.00				0.00	0.1
					CONDIME	NTS MENU					
Mustard diping sauce	25 g	81.18	0.52	5.57	1.78	0.47	0.29	7.24	6.66	4.00	221.32
per serve percentage (%) contribution to RDA		4.06		8.31	8.09	23.50				8.00	11.07
BBQ diping sauce	25 g	54.89	0.26	0.49	0.15	0.04	0.25	12.36	7.65	2.50	113.23
per serve percentage (%) contribution to RDA		2.74		0.73	0.67	1.88				5.00	5.66
Chilli Sauce	10 g	8.07	0.03	0.01	0.01	0.01	0.10	1.99	1.53	1.34	65.24
Piri Piri Mix		0.40	0.54	0.01	0.05	0.50	0.05	0.50	0.00	2.68	3.26
per serve percentage (%) contribution to RDA	5 g	17.13 0.86	0.51	0.36 0.54`	0.08	0.01	0.05	2.50	0.66	0.40	414.71 20.74
Tomato Ketchup Sachets	8 g	11.23	0.08	23.45	0.38	0.25 0.01	0.08	2.63	2.33	1.64	71.05
per serve percentage (%) contribution to RDA	- Ug	0.56	0.00	0.00	0.00	0.40	5.50	2.00	2.50	3.28	3.55
Maple Syrup	30 g	86.40	0.00	0.00	0.00	0.00	0.30	21.60	16.20	5.34	15.00
per serve percentage (%) contribution to RDA	30 9	4.32		0.00	0.00	0.00	3.00	0	.0.20	10.68	0.75
Cheese Slice	14 g	51.03	3.06	3.99	2.89	0.01	13.43	0.72	0.54	0.00	178.95
per serve percentage (%) contribution to RDA	- 9	2.55		5.95	13.13	0.70				0.00	8.95
Sweet Corn	80 g	90.16	2.94	2.00	0.43	0.08	4.00	15.10	5.07	0.00	80.00
per serve percentage (%) contribution to RDA		4.51		2.99	1.96	4.00				0.00	4.00
Mixed Fruit Beverage	400 1	72.25	0.65	0.02	0.02	0.02	0.01	18.00	46.00		10.80
mixed i rait beverage	180 ml	12.25	0.00	0.02	0.02	0.02	0.01	10.00	16.83	0.00	10.60

## An average active adult requires 2,000 kcal energy per day, however, calorie needs may vary

	RDA 'Recommended Dietary Allowance'	Energy (kCal)	"Total fat (g)"	Sat Fat (g)	Trans fat (g)	Added Sugars (g)	"Sodium (mg)"	
		2000	67	22	2	50	2000	

Coca Cola and Their Floats CONTAINS CAFFEINE.

Coke Zero CONTAINS CAFFEINE. CONTAIN NON-CALORIC SWEETENER. THIS CARBONATED WATER CONTAINS AN ADMIXTURE OF SUCRALOSE AND ACESULFAME POTASSIUM. NOT RECOMMENDED FOR CHILDREN; PREGNANT AND LACTATING MOTHERS"

# TIPS FOR A HEALTHY LIVING

1. Base your meals on higher fibre starchy carbohydrates
Starchy carbohydrates should make up just over a third of the food you eat. They include potatoes, bread, rice, pasta and cereals. Choose higher fibre or wholegrain varieties, such as wholewheat pasta, brown rice

2. Eat lots of fruit and veg

or potatoes with their skins on.

**3. Eat less salt: no more than 6g a day for adults**Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke. Even if you do not add salt to your food, you may still be eating too much.

It's recommended that you eat at least 5 portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced.

4. Do not skip breakfast
Some people skip breakfast because they think it'll help them lose weight.
But a healthy breakfast high in fibre and low in fat, sugar and salt can form part of a balanced diet, and can help you get the nutrients you need for good health.

Disclaimer: This nutrition information is derived from tests conducted at accredited laboratories; published resources; and/or information provided by McDonald's vendors. Variation in serve sizes; preparation techniques; product testing method; & sources of supply, including regional, seasonal changes, geographical, weather and ambient conditions, may impact nutritional value of the menu items. In addition, product formulation in the nutritional content and serve size of products purchased at our restaurant. The data here is only indicative and approximate. Some of this nutritional data and serve size of these products are required to be disclosed under law or regulation; and further/additional information may also be displayed; however, all have been provided with the intent to help customers make informed choices at McDonald's. The data here is subject to change at any time without prior notice.