

## McDonald's Calorific Value and Allergen Information

Menu Items	Serving Size	*Caloric 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
REGULAR MENU												
McVeggie™ Burger	168 g	402	●	Composite	YES	—	YES	—	—	—	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	YES	—	YES	—	—	—	YES	—
Pizza Puff	87 g	228	●	Composite	YES	—	YES	—	—	—	—	—
McChicken™ Burger	173 g	401	▲	Composite	YES	—	YES	—	—	—	YES	—
FILLET-O-FISH Burger	136 g	348	▲	Composite	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	▲	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	▲	Composite	YES	—	YES	YES	—	—	YES	—
McEgg™ Masala Burger	126.2 g	290	▲	Composite	YES	—	YES	YES	—	—	YES	—
Mc Egg Burger for Happy Meal	123 g	283	▲	Composite	YES	—	MAYBE	YES	—	—	YES	—
Ghee Rice with McSpicy™ Fried Chicken 1 pc	325 g	720	▲	Composite	YES	—	YES	YES	—	MAYBE	YES	MAYBE
McSpicy Fried Chicken 1 pc	115 g	249	▲	Composite	YES	—	MAYBE	YES	—	MAYBE	YES	MAYBE
4 piece Chicken McNuggets	64 g	170	▲	Composite	YES	—	—	—	—	—	—	—
6 piece Chicken McNuggets	96 g	255	▲	Composite	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	▲	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	156 g	347	●	Composite	YES	—	MAYBE	—	—	—	MAYBE	—
Large Wedges	216 g	481	●	Composite	YES	—	MAYBE	—	—	—	MAYBE	—
L1 Coffee	200 ml	7	●	Composite	—	—	—	—	—	—	—	—
L1 Coffee with milk	205 ml	33	●	Composite	—	—	YES	—	—	—	—	—
Double Chocochips Muffin	80 g	342	●	Composite	—	—	YES	—	—	—	—	—
Vanilla Chocochips Muffin	80 g	329	▲	Composite	—	—	YES	YES	—	—	—	—

BREAKFAST 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	▲	Composite	YES	—	YES	YES	—	—	YES	—
Sausage McMuffin	112 g	281	▲	Composite	YES	—	YES	YES	—	—	YES	—
Sausage Mc Muffin with egg	157 g	354	▲	Composite	YES	—	YES	YES	—	—	YES	—
Egg McMuffin	112 g	283	▲	Composite	YES	—	YES	YES	—	—	YES	—
Hot Cake with maple syrup	142 g	433	●	Composite	YES	—	YES	—	—	—	YES	—
Hash Brown	64 g	166	●	Composite	MAYBE	—	MAYBE	—	—	—	MAYBE	—

McCAFE 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	—	—	YES	—	—	—	—	—
Cappuccino (R)	297.5 ml	184	●	Composite	—	—	YES	—	—	—	—	—
Cappuccino (L)	355 ml	219	●	Composite	—	—	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	144	●	Composite	MAYBE	—	YES	—	—	—	MAYBE	—
Hot Chocolate (S)	223 ml	239	●	Composite	MAYBE	—	YES	—	—	—	MAYBE	—
Hot Chocolate (R)	259 ml	297	●	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	—	—	—	—	—	—	—	—
Moroccan Mint Green Tea (S)	279 ml	6	●	Composite	—	—	—	—	—	—	—	—
Moroccan Mint Green Tea (R)	330 ml	7	●	Composite	—	—	—	—	—	—	—	—
Moroccan Mint Green Tea (L)	456 ml	10	●	Composite	—	—	—	—	—	—	—	—
Strawberry Green Tea (S)	279 ml	7	●	Composite	—	—	—	—	—	—	—	—
Strawberry Green Tea (R)	330 ml	8	●	Composite	—	—	—	—	—	—	—	—
Strawberry Green Tea (L)	456 ml	11	●	Composite	—	—	—	—	—	—	—	—
Lemon Ice Tea	245 ml	122	●	Composite	MAYBE	—	MAYBE	—	—	—	MAYBE	—
Strawberry Ice Tea	236.5 ml	95	●	Composite	MAYBE	—	MAYBE	—	—	—	MAYBE	—
Green Apple Ice Tea	236.5 ml	95	●	Composite	MAYBE	—	MAYBE	—	—	—	MAYBE	—
Iced Coffee	291.5 ml	185	●	Composite	—	—	YES	—	—	—	—	—
Classic Cold Coffee	266.5 ml	151	●	Composite	—	—	YES	—	—	—	—	—
Cold Coffee Frappe	296.5 ml	331	●	Composite	—	—	YES	—	—	—	YES	—
Mocha Frappe	320.5 ml	398	●	Composite	MAYBE	—	YES	—	—	—	YES	—
Chocolate Oreo Frappe	334 ml	481	●	Composite	YES	—	YES	—	—	—	YES	—

Menu Items	Serving Size	*Calorific 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
<b>McCAFE MENU</b>												
Strawberry Shake	259 ml	256	●	Composite	MAYBE	—	YES	—	—	—	MAYBE	—
Chocolate Shake	259 ml	271	●	Composite	MAYBE	—	YES	—	—	—	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	—

DESSERT 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	—	—	—	—	—
Regular McFlurry - Oreo	147.38 g	209	●	Composite	YES	—	YES	—	—	—	—	—

GOURMET MENU												
Triple Cheese Burger Chicken	195 g	458	▲	Composite	YES	—	YES	YES	—	—	YES	MAYBE
Triple Cheese Burger Veg	207 g	525	●	Composite	YES	—	YES	—	—	—	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	—	—	—	—	—
Cheesy Veg Nuggets (4pc)	76 g	266	●	Composite	YES	—	YES	—	—	—	—	—
Cheesy Veg Nuggets (9pc)	171 g	600	●	Composite	YES	—	YES	—	—	—	—	—
Chicken Big Mac	279 g	660	▲	Composite	YES	—	YES	YES	—	—	YES	YES

BEVERAGES MENU												
Small Coca-Cola	299 ml	110	●	Composite	—	—	—	—	—	—	—	—
Medium Coca-Cola	394 ml	151	●	Composite	—	—	—	—	—	—	—	—
Large Coca-Cola	544 ml	217	●	Composite	—	—	—	—	—	—	—	—
Small Fanta Orange	299 ml	129	●	Composite	—	—	—	—	—	—	—	—
Medium Fanta Orange	394 ml	179	●	Composite	—	—	—	—	—	—	—	—
Large Fanta Orange	544 ml	257	●	Composite	—	—	—	—	—	—	—	—
Small Sprite	299 ml	120	●	Composite	—	—	—	—	—	—	—	—
Medium Sprite	394 ml	165	●	Composite	—	—	—	—	—	—	—	—
Large Sprite	544 ml	237	●	Composite	—	—	—	—	—	—	—	—
Coke Float	286.79 ml	139	●	Composite	—	—	YES	—	—	—	—	—
Fanta Float	286.79 ml	152	●	Composite	—	—	YES	—	—	—	—	—
Sprite Float	286.79 ml	145	●	Composite	—	—	YES	—	—	—	—	—
Coke Zero Can	330 ml	0.99	●	Composite	—	—	—	—	—	—	—	—
Vedica Natural Mineral Water	500 ml	0	●	Composite	—	—	—	—	—	—	—	—

CONDIMENTS												
Mustard dipping sauce	25 g	81	●	Composite	MAYBE	—	YES	—	—	—	MAYBE	—
BBQ dipping sauce	25 g	55	●	Composite	MAYBE	—	MAYBE	—	—	—	MAYBE	—
Chilli Sauce	10 g	8	●	Composite	MAYBE	—	MAYBE	—	—	—	MAYBE	—
Piri Piri Mix	5 g	17	●	Composite	—	—	—	—	—	—	—	—
Tomato Ketchup Sachets	8 g	11	●	Composite	MAYBE	—	MAYBE	—	—	—	MAYBE	—
Maple Syrup	30 g	86	●	Composite	MAYBE	—	MAYBE	—	—	—	MAYBE	—
Cheese Slice	14 g	51	●	Composite	—	—	YES	YES	—	—	YES	—
Sweet Corn	80 g	90	●	Composite	—	—	—	—	—	—	—	—
Mixed Fruit Beverage	180 ml	72	●	Composite	—	—	MAYBE	—	—	MAYBE	MAYBE	—

Veg - ● Non Veg - ▲  
Presence of Allergen : **YES- 'Contains Allergen'** **MAYBE- 'May Contain Allergen'**

**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**

(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**  
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.

**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.



# McDonald's Nutritional Information Per Serve

Menu Items	Per Serve Size	Energy (kCal)	*Protein (g)*	*Total fat (g)*	Sat Fat (g)	Trans fat (g)	Cholesterol (mg)	Total carbohydrate (g)	Total Sugars (g)	Added Sugars (g)	*Sodium (mg)*
REGULAR 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		20.10		20.64	24.26	7.95			8.99	35.31	
McAloo Tikki Burger®	146 g	339.52	8.50	11.31	4.27	0.20	1.47	50.27	7.05	4.07	545.34
per serve percentage (%) contribution to RDA		16.98		16.88	19.40	9.85			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
per serve percentage (%) contribution to RDA		32.64		58.88	77.82	8.90		10.54	53.73		
Spicy Paneer Wrap	250 g	674.68	20.96	39.10	19.73	0.26	40.93	59.27	3.50	1.08	1087.46
per serve percentage (%) contribution to RDA		33.73		58.36	89.66	13.01			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
per serve percentage (%) contribution to RDA		25.61		35.00	47.79	8.60			9.53	52.56	
Veg Maharaja Mac	306 g	832.67	24.17	37.94	16.83	0.28	36.19	93.84	11.52	6.92	1529.22
per serve percentage (%) contribution to RDA		41.63		56.63	76.52	13.80			13.85	76.46	
Green Chilli Aloo Naan	132 g	356.09	7.91	15.08	6.11	0.24	9.45	46.36	4.53	1.15	579.60
per serve percentage (%) contribution to RDA		17.80		22.51	27.76	1.07			2.30	28.98	
Pizza Puff	87 g	228.21	5.45	11.44	5.72	0.09	5.17	24.79	2.73	0.35	390.74
per serve percentage (%) contribution to RDA		11.41		17.08	26.02	4.35			0.70	19.54	
Mc chicken Burger	173 g	400.80	15.66	15.70	5.47	0.16	31.17	47.98	5.53	4.49	766.33
per serve percentage (%) contribution to RDA		20.04		23.43	24.85	8.20			8.99	38.32	
FILLET-O-FISH Burger	136 g	348.11	15.44	14.16	5.79	0.21	32.83	38.85	5.58	3.54	530.54
per serve percentage (%) contribution to RDA		17.41		21.14	26.32	10.50			7.08	26.53	
Mc Spicy Chicken Burger	186 g	451.92	21.46	19.36	7.63	0.18	66.04	46.08	5.88	4.49	928.52
per serve percentage (%) contribution to RDA		22.60		28.90	34.68	8.85			8.99	46.43	
Spicy Chicken Wrap	257 g	567.19	23.74	26.89	12.54	0.27	87.63	57.06	2.52	1.08	1152.38
per serve percentage (%) contribution to RDA		28.36		40.14	57.62	13.36			2.16	57.62	
Chicken Maharaja Mac	296 g	689.12	34.00	36.69	10.33	0.25	81.49	55.39	8.92	6.14	1854.71
per serve percentage (%) contribution to RDA		34.46		54.76	46.94	12.60			12.29	92.74	
Grilled Chicken & Cheese Burger	165 g	446.95	20.29	22.94	7.28	0.15	47.63	38.54	7.48	4.76	1132.30
per serve percentage (%) contribution to RDA		22.35		34.24	33.07	7.50			9.53	56.61	
Chicken Kebab Burger	138 g	357.05	8.64	14.02	4.84	0.13	1.51	47.90	5.08	3.49	548.79
per serve percentage (%) contribution to RDA		17.85		20.92	22.00	6.40			6.98	27.44	
Green 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
per serve percentage (%) contribution to RDA		11.55		13.90	14.85	9.26			2.30	20.54	
Mc Egg Masala Burger	126.2 g	290.42	12.45	12.27	3.64	0.11	213.09	32.89	4.89	3.64	757.91
per serve percentage (%) contribution to RDA		14.52		18.31	16.56	5.65			7.28	37.90	
Mc Egg Burger for Happy Meal	123 g	282.98	12.29	12.21	3.63	0.11	213.09	31.32	4.66	3.64	399.41
per serve percentage (%) contribution to RDA		14.15		18.23	16.48	5.65			7.28	19.97	
Ohee 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	2399.49
per serve percentage (%) contribution to RDA		36.02		43.58	23.10	15.13			0.70	119.97	
McSpicy 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
per serve percentage (%) contribution to RDA		12.44		21.34	12.81	2.88			0.00	43.69	
4 piece Chicken McNuggets	64 g	169.68	10.03	9.54	4.45	0.06	24.66	10.50	0.32	0.00	313.25
per serve percentage (%) contribution to RDA		8.48		14.23	20.25	3.20			0.00	15.66	
6 piece Chicken McNuggets	96 g	254.52	15.04	14.30	6.68	0.10	36.99	15.74	0.48	0.00	469.87
per serve percentage (%) contribution to RDA		12.73		21.35	30.37	4.80			0.00	23.49	
9 piece Chicken McNuggets	144 g	381.77	22.56	21.46	10.02	0.14	55.48	23.62	0.72	0.00	704.81
per serve percentage (%) contribution to RDA		19.09		32.02	45.56	7.20			0.00	35.24	
2 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
per serve percentage (%) contribution to RDA		8.22		18.48	51.88	2.90			0.00	23.86	
3 piece Chicken Strips	87 g	246.65	15.26	18.57	17.12	0.09	45.15	4.02	0.44	0.00	715.83
per serve percentage (%) contribution to RDA		12.33		27.72	77.83	4.35			0.00	35.79	
5 piece Chicken Strips	145 g	411.09	25.43	28.54	0.15	75.26	6.70	0.73	0.72	0.00	1193.05
per serve percentage (%) contribution to RDA		20.55		46.21	129.71	7.25			0.00	59.65	
Regular Fries	77 g	224.59	3.38	10.39	4.97	0.08	0.77	27.08	0.39	0.00	153.15
per serve percentage (%) contribution to RDA		11.23		15.50	22.61	3.85			0.00	7.66	
Medium Fries	109 g	317.92	4.79	14.70	7.04	0.11	1.09	38.34	0.55	0.00	216.79
per serve percentage (%) contribution to RDA		15.90		21.95	32.01	5.45			0.00	10.84	
Large Fries	154 g	449.17	6.76	20.77	9.95	0.15	1.54	54.16	0.77	0.00	306.29
per serve percentage (%) contribution to RDA		22.46		31.01	45.22	7.70			0.00	15.31	
Regular Wedges	114 g	204.65	3.97	7.15	3.39	0.10	0.97	28.74	0.48	0.00	356.44
per serve percentage (%) contribution to RDA		10.23		10.67	15.42	4.85			0.00	17.82	
Medium Wedges	156 g	280.05	5.44	9.79	4.64	0.13	1.33	39.33	0.66	0.00	487.76
per serve percentage (%) contribution to RDA		14.00		14.61	21.10	6.63			0.00	24.39	
Large Wedges	216 g	387.76	7.53	13.55	6.43	0.18	1.84	54.46	0.92	0.00	675.35
per serve percentage (%) contribution to RDA		19.39		20.22	29.21	9.18			0.00	33.77	
L1 Coffee	200 ml	6.80	0.00	0.00	0.00	0.00	0.00	1.70	0.00	0.00	0.00
per serve percentage (%) contribution to RDA		0.34		0.00	0.00	0.00			0.00	0.00	
L1 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
per serve percentage (%) contribution to RDA		1.79		2.99	5.45	4.00			0.00	0.70	
Double Chocochips Muffin	80 g	341.68	5.13	17.28	7.14	0.08	15.96	40.13	29.44	0.00	313.21
per serve percentage (%) contribution to RDA		17.08		25.79	32.47	4.00			0.00	15.66	
Vanilla Chocochips Muffin	80 g	329.29	4.48	15.46	7.14	0.08	78.52	40.13	29.60	0.00	254.92
per serve percentage (%) contribution to RDA		16.46		23.08	29.27	4.00			0.00	12.75	
BREAKFAST MENU											
Veg McMuffin	119 g	309.35	10.22	11.78	7.29	0.18	25.31	38.86	3.02	0.75	804.63
per serve percentage (%) contribution to RDA		15.47		17.58	33.16	9.06			1.50	40.23	
Double Cheese McMuffin	100 g	273.78	9.58	12.82	8.84	0.21	37.75	29.00	2.59	0.75	622.95
per serve percentage (%) contribution to RDA		13.69		19.13	40.18	10.46			1.50	31.15	
Spicy Egg McMuffin	123.2 g	278.27	11.49	11.81	3.43	0.11	212.61	31.37	2.63	1.05	773.60
per serve percentage (%) contribution to RDA		13.91		17.63	15.58	5.50			2.10	38.68	
Sausage Mc Muffin	112 g	281.44	16.25	10.81	6.04	0.17	53.02	28.62	2.38	0.75	742.60
per serve percentage (%) contribution to RDA		14.07		16.13	27.44	8.71			1.50	37.13	
Sausage Mc Muffin with egg	157 g	290.42	22.46	15.94	8.08	0.22	264.80	28.87	2.61	0.75	804.04
per serve percentage (%) contribution to RDA		17.72		23.80	36.75	10.96			1.50	40.20	
Egg McMuffin	112 g	283.46	14.05	12.31	6.92	0.17	233.30	28.12	2.38	0.75	519.31
per serve percentage (%) contribution to RDA		14.17		18.38	31.45	8.71			1.50	25.97	
Hot 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
per serve percentage (%) contribution to RDA		21.65		20.92	32.30	15.95			27.00	30.79	
Hash Brown	64 g	140.29	1.93	7.32	3.42	0.06	0.64	15.63	0.32	0.00	275.26
per serve percentage (%) contribution to RDA		7.01		10.92	15.53	3.20			0.00	13.76	
McCAFE MENU											
Espresso	26.5 ml	12.87	0.52	0.03	0.03	0.03	0.27	2.55	0.13	0.00	0.32
per serve percentage (%) contribution to RDA		0.64		0.04	0.12	1.33			0.00	0.02	
Espresso Machiato	76.5 ml	44.98	2.09	2.02	1.49	0.08	6.27	4.97	2.50	0.00	26.05
per serve percentage (%) contribution to RDA		2.25		3.02	6.78	3.83			0.00	1.30	
Americano (S)	276.5 ml	12.87	0.52	0.03	0.03	0.03	0.27	2.55	0.13	0.00	0.32
per serve percentage (%) contribution to RDA		0.64		0.04	0.12	1.33			0.00	0.02	
Americano (R)	347.5 ml	23.07	0.94	0.05	0.05	0.05	0.48	4.57	0.24	0.00	0.57
per serve percentage (%) contribution to RDA		1.15		0.07	0.22	2.38			0.00	0.03	
Americano (L)	455 ml	26.71	1.09	0.06	0.06	0.06	0.55	5.30	0.28	0.00	0.65
per serve percentage (%) contribution to RDA		1.34		0.08	0.25	2.75			0.00	0.03	
Cappuccino (S)	201.5 ml	125.25	6.02	7.01	5.15	0.20	21.27	11.02	8.40	0.00	90.39
per serve percentage (%) contribution to RDA		6.26		10.46	23.43	10.08			0.00	4.52	
Cappuccino (R)	297.5 ml	183.61	8.79	10.02	7.37	0.30	30.48	16.67	12.05	0.00	129.24
per serve percentage (%) contribution to RDA		9.18		14.96	33.51	14.88			0.00	6.46	

Menu Items	Per Serve Size	Energy (kCal)	"Protein (g)"	"Total fat (g)"	Sat Fat (g)	Trans fat (g)	Cholesterol (mg)	Total carbohydrate (g)	Total Sugars (g)	Added Sugars (g)	"Sodium (mg)"
McCAFE MENU											
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		10.97		17.95	40.20	17.75			0.00	7.75	
Latte (S)	236.5 ml	147.72	7.12	8.41	6.18	0.24	25.47	12.71	10.06	0.00	108.40
per serve percentage (%) contribution to RDA		7.39		12.55	28.09	11.83			0.00	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		9.50		15.55	34.84	15.38			0.00	6.72	
Latte (L)	375 ml	232.20	11.14	12.82	9.43	0.38	38.95	20.77	15.40	0.00	165.36
per serve percentage (%) contribution to RDA		11.61		19.14	42.87	18.75			0.00	8.27	
Fiat 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		8.35		14.33	32.08	13.33			0.00	6.19	
Fiat White (R)	347.5 ml	215.72	10.36	12.02	8.84	0.35	36.48	19.08	14.41	0.00	154.98
per serve percentage (%) contribution to RDA		10.79		17.94	40.17	17.38			0.00	7.75	
Fiat White (L)	405 ml	251.47	12.08	14.02	10.31	0.41	42.55	22.22	16.81	0.00	180.80
per serve percentage (%) contribution to RDA		12.57		20.93	46.86	20.25			0.00	9.04	
Mocha (S)	242.5 ml	185.85	7.15	8.20	5.94	0.26	24.43	22.59	17.57	6.08	132.84
per serve percentage (%) contribution to RDA		9.29		12.24	27.02	12.93			12.16	6.64	
Mocha (R)	311.5 ml	244.00	8.99	9.91	7.17	0.34	29.52	31.72	23.56	9.12	168.47
per serve percentage (%) contribution to RDA		12.20		14.79	32.57	16.78			18.24	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		15.10		17.93	39.40	20.45			24.32	10.45	
Babycino	127 ml	143.50	3.87	4.38	3.08	0.15	12.27	22.85	18.53	9.21	96.44
per serve percentage (%) contribution to RDA		7.18		6.54	14.02	7.55			18.43	4.82	
Hot Chocolate (S)	223 ml	239.42	6.73	7.77	5.49	0.28	22.03	37.08	30.31	15.29	167.21
per serve percentage (%) contribution to RDA		11.97		11.60	24.94	13.15			30.59	8.36	
Hot Chocolate (R)	259 ml	296.81	7.70	8.76	6.13	0.32	24.59	48.41	39.24	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)	367 ml	383.29	11.01	12.84	9.09	0.43	36.67	58.43	47.96	24.41	273.35
per serve percentage (%) contribution to RDA		19.16		19.17	41.31	21.55			48.83	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		10.71		8.90	19.39	7.65			2.08	3.41	
Double Dark Hot Chocolate	163 ml	255.78	6.87	6.32	4.49	0.16	14.83	41.29	31.81	1.35	70.26
per serve percentage (%) contribution to RDA		12.79		9.43	20.42	8.15			2.71	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		0.50		0.42	1.27	13.95			0.00	0.69	
English Breakfast (R)	330 ml	11.75	0.66	0.33	0.33	0.33	3.30	0.33	1.65	0.00	16.37
per serve percentage (%) contribution to RDA		0.59		0.49	1.50	16.50			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		0.81		0.68	2.07	22.80			0.00	1.13	
Moroccan Mint Green Tea (S)	279 ml	6.25	0.33	0.28	0.28	0.28	2.79	2.79	1.40	0.00	14.95
per serve percentage (%) contribution to RDA		0.31		0.42	1.27	13.95			0.00	0.75	
Moroccan Mint Green Tea (R)	330 ml	7.39	0.40	0.33	0.33	0.33	3.30	3.30	1.65	0.00	17.69
per serve percentage (%) contribution to RDA		0.37		0.49	1.50	16.50			0.00	0.88	
Moroccan 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		0.68	2.07	22.80			0.00	1.22	
Strawberry Green Tea (S)	279 ml	7.03	0.47	0.28	0.28	0.28	2.79	2.79	1.40	0.00	14.54
per serve percentage (%) contribution to RDA		0.35		0.42	1.27	13.95			0.00	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		0.42		0.49	1.50	16.50			0.00	0.86	
Strawberry Green Tea (L)	456 ml	11.49	0.78	0.46	0.46	0.46	4.56	4.56	2.28	0.00	23.76
per serve percentage (%) contribution to RDA		0.57		0.68	2.07	22.80			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		6.09		0.25	0.75	8.25			51.20	0.51	
Strawberry Ice Tea 10 oz	236.5 ml	94.95	0.24	0.16	0.16	0.16	1.57	24.17	21.10	20.27	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	236.5 m	94.94	0.24	0.16	0.16	0.16	1.57	24.17	20.75	19.94	9.61
per serve percentage (%) contribution to RDA		4.75		0.23	0.71	7.83			39.88	0.48	
Iced Coffee 10 oz	291.5 ml	185.34	4.36	4.45	3.26	0.15	12.13	31.88	26.95	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	296.5 ml	331.17	4.98	14.73	13.91	0.16	9.18	45.39	35.57	27.51	188.93
per serve percentage (%) contribution to RDA		16.56		21.98	63.23	7.83			55.02	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		19.90		22.41	63.62	10.23			73.26	11.67	
Chocolate Oreo Frappe 10 oz	334 ml	481.11	6.03	18.89	15.91	0.22	9.36	72.51	55.14	44.35	332.60
per serve percentage (%) contribution to RDA		24.06		28.19	72.32	10.90			88.70	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		12.78		11.10	30.38	5.95			59.59	7.00	
Chocolate Shake 10 oz	259 ml	270.90	4.16	7.70	6.74	0.14	8.39	46.76	37.78	27.88	178.46
per serve percentage (%) contribution to RDA		13.55		11.49	30.66	7.15			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		11.57		5.42	12.03	7.00			59.44	4.27	
Mixed Berry Smoothie 10 oz	290 ml	235.43	3.33	3.59	2.64	0.15	9.99	47.16	43.00	33.65	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	310 ml	102.38	0.14	0.04	0.04	0.04	0.40	25.18	21.06	19.28	102.68
per serve percentage (%) contribution to RDA		5.12		0.06	0.18	2.00			38.56	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		5.19		0.06	0.18	2.00			41.04	1.19	
Sweet Lime Beverage	310 ml	128.21	0.07	0.08	0.00	0.00	0.00	31.72	28.72	28.08	66.20
per serve percentage (%) contribution to RDA		6.41		0.12	0.00	0.00			56.16	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		7.54		5.32	11.89	6.33			28.00	3.14	
American Mud Pie Shake	317 ml	398.19	5.67	12.77	11.38	0.20	10.89	64.75	53.40	34.35	185.73
per serve percentage (%) contribution to RDA		19.91		19.05	51.71	10.05			68.70	9.29	
DESSERTS MENU											
Soft serve cone	81.29 g	85.73	1.99	1.82	1.31	0.05	4.75	15.23	10.68	6.99	40.78
per serve percentage (%) contribution to RDA		4.29		2.71	5.94	2.70			13.98	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		8.01		10.66	23.87	3.30			22.62	2.57	
Regular Soft Serve: Hot Fudge	91.79 g	121.64	2.25	4.02	3.01	0.08	5.85	19.11	17.07	10.78	65.56
per serve percentage (%) contribution to RDA		6.08		6.00	13.67	3.98			21.55	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		9.87		10.25	23.44	6.29			33.80	5.52	
Regular Soft Serve: Strawberry	91.79 g	100.99	1.54	1.77	1.30	0.06	4.85	19.78	17.66	12.49	34.51
per serve percentage (%) contribution to RDA		5.05		2.64	5.90	3.23			24.97	1.73	
Medium Soft Serve: Strawberry	132.08 g	156.14	2.05	2.36	1.74	0.10	6.55	31.77	28.20	20.32	48.28
per serve percentage (%) contribution to RDA		7.81		3.52	7.89	4.79			40.64	2.41	
Regular Soft Serve: Brownie with Hot Fudge	110.79 g	205.26	3.20	5.45	3.65	0.10	6.04	35.26	20.75	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	155.08 g	311.39	4.65	7.46	4.71	0.13	7.78	55.24	27.94	20.28	146.40
per serve percentage (%) contribution to RDA		15.57		11.14	21.42	6.69			40.56	7.32	
Regular Blackforest	125.79 g	237.89	3.22	5.47	3.66	0.11	6.19	43.42	27.79	19.94	104.47
per serve percentage (%) contribution to RDA		11.89		8.16	16.65	5.68			39.88	5.22	
Medium Blackforest	200.08 g	429.95	5.42	9.76	6.47	0.19	9.23	79.04	48.45	35.22	188.20
per serve percentage (%) contribution to RDA		21.50		14.57	29.39	9.69			70.44	9.41	