



McDonald's Canada Ingredients Listing

As of February 12, 2019

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

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, utensils and displays, 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 the McDonald's Guest Relations Contact Centre at 1-888-424-4622. Thank you.

The nutrition information on this website 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. Our fried menu items are cooked in a vegetable oil blend with citric acid added as a processing aid and dimethylpolysiloxane to reduce oil splatter when cooking.

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

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Breakfast**Bacon & Hash Brown More-Ning McWrap:**

10 Whole Wheat Tortilla, Bacon Slice, Egg (pasteurized), Hashbrowns, Processed Cheese Slice

Bacon 'N Egg McMuffin:

Bacon Slice, Butter, EGG, English Muffin, Processed Cheese Slice

Bacon 'N Egg Bagel with Cinnamon & Raisin Bagel:

Bacon Slice, Butter, Cinnamon Raisin Bagel, EGG, Processed Cheese Slice

Bacon 'N Egg Bagel with Everything Bagel:

Bacon Slice, Butter, EGG, Everything Bagel, Processed Cheese Slice

Bacon 'N Egg Bagel with Multigrain Bagel:

Bacon Slice, Butter, EGG, Multigrain Bagel, Processed Cheese Slice

Bacon 'N Egg Bagel with Plain Bagel:

Bacon Slice, Butter, EGG, Processed Cheese Slice, Regular Bagel

Bacon 'N Egg Bagel with Sesame Bagel:

Bacon Slice, Butter, EGG, Processed Cheese Slice, Sesame Seed Bagel

Bacon, Egg & Cheese McGriddles:

Bacon Slice, EGG, McGriddles Cakes, Processed Cheese Slice

Big Breakfast:

Butter, Egg (pasteurized), English Muffin, Hashbrowns, Sausage Patty

Breakfast Burrito:

Egg Mixture, Processed Cheese Slice, Tortilla

Cinnamon & Raisin Bagel with Butter:

Butter, Cinnamon Raisin Bagel

Cinnamon & Raisin Bagel With Herb & Garlic Cream Cheese Product:

Cinnamon Raisin Bagel, Philadelphia Cream Cheese - Herb & Garlic

Cinnamon & Raisin Bagel With Regular Cream Cheese Product:

Cinnamon Raisin Bagel, Philadelphia Cream Cheese - Plain

Egg BLT Bagel with Cinnamon & Raisin Bagel:

Bacon Slice, Butter, Cinnamon Raisin Bagel, EGG, Leaf Lettuce, McChicken Sauce, Tomato Slice

Egg BLT Bagel with Everything Bagel:

Bacon Slice, Butter, EGG, Everything Bagel, Leaf Lettuce, McChicken Sauce, Tomato Slice

Egg BLT Bagel with Multigrain Bagel:

Bacon Slice, Butter, EGG, Leaf Lettuce, McChicken Sauce, Multigrain Bagel, Tomato Slice

Egg BLT Bagel with Plain Bagel:

Bacon Slice, Butter, EGG, Leaf Lettuce, McChicken Sauce, Regular Bagel, Tomato Slice

Egg BLT Bagel with Sesame Bagel:

Bacon Slice, Butter, EGG, Leaf Lettuce, McChicken Sauce, Sesame Seed Bagel, Tomato Slice

Egg McMuffin:

Butter, Canadian Bacon, EGG, English Muffin, Processed Cheese Slice

English Muffin with Butter:

Butter, English Muffin

Everything Bagel with Butter:

Butter, Everything Bagel

Everything Bagel With Herb & Garlic Cream Cheese Product:

Everything Bagel, Philadelphia Cream Cheese - Herb & Garlic

Everything Bagel With Regular Cream Cheese Product:

Everything Bagel, Philadelphia Cream Cheese - Plain

Hash Browns:

Hashbrowns

Hotcakes with Syrup and Butter:

Butter Portion - Whipped, Hotcake Syrup, Hotcakes

Multigrain Bagel with Butter:

Butter, Multigrain Bagel

Multigrain Bagel With Herb & Garlic Cream Cheese Product:

Multigrain Bagel, Philadelphia Cream Cheese - Herb & Garlic

Multigrain Bagel With Regular Cream Cheese Product:

Multigrain Bagel, Philadelphia Cream Cheese - Plain

Plain Bagel With Butter:

Butter, Regular Bagel

Plain Bagel With Herb & Garlic Cream Cheese Product:

Philadelphia Cream Cheese - Herb & Garlic, Regular Bagel

Plain Bagel With Regular Cream Cheese Product:

Philadelphia Cream Cheese - Plain, Regular Bagel

Sausage 'N Egg McMuffin:

Butter, EGG, English Muffin, Processed Cheese Slice, Sausage Patty

Sausage and Hash Brown More-Ning McWrap:

10 Whole Wheat Tortilla, Egg (pasteurized), Hashbrowns, Processed Cheese Slice, Sausage Patty

Sausage McGriddles:

McGriddles Cakes, Sausage Patty

Sausage McMuffin:

Butter, English Muffin, Processed Cheese Slice, Sausage Patty

Sausage 'N Egg Bagel with Cinnamon & Raisin Bagel:

Butter, Cinnamon Raisin Bagel, EGG, Processed Cheese Slice, Sausage Patty

Sausage 'N Egg Bagel with Everything Bagel:

Butter, EGG, Everything Bagel, Processed Cheese Slice, Sausage Patty

Sausage 'N Egg Bagel with Multigrain Bagel:

Butter, EGG, Multigrain Bagel, Processed Cheese Slice, Sausage Patty

Sausage 'N Egg Bagel with Plain Bagel:

Butter, EGG, Processed Cheese Slice, Regular Bagel, Sausage Patty

Sausage 'N Egg Bagel with Sesame Bagel:

Butter, EGG, Processed Cheese Slice, Sausage Patty, Sesame Seed Bagel

Sausage, Egg & Cheese McGriddles:

EGG, McGriddles Cakes, Processed Cheese Slice, Sausage Patty

Sesame Bagel with Butter:

Butter, Sesame Seed Bagel

Sesame Bagel With Herb & Garlic Cream Cheese Product:

Philadelphia Cream Cheese - Herb & Garlic, Sesame Seed Bagel

Sesame Bagel With Regular Cream Cheese Product:

Philadelphia Cream Cheese - Plain, Sesame Seed Bagel

Traditional Breakfast - White Toast (Québec):

Bacon Slice, Butter, EGG, Toast Bread - White

Breakfast Ingredients**10 Whole Wheat Tortilla:**

Whole wheat flour, water, vegetable shortening (interesterified soybean oil, fully hydrogenated soybean oil), contains 2% or less of the following: sugar, potassium chloride, baking powder, salt, mono- and diglycerides of fatty acids, vital wheat gluten.

CONTAINS: WHEAT.**Bacon Slice:**

Pork bacon, water, salt, sugar, smoke flavouring, sodium phosphate, sodium erythorbate, sodium nitrite

Butter:

Pasteurized cream (milk), salt, may contain colour (plant source)

CONTAINS: 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

Cinnamon Raisin Bagel:

Enriched wheat flour, water, whole wheat flour, raisins, sugar, yeast, palm and palm kernel oils, colour, cornmeal, salt, cinnamon, soybean and/or canola oils, monoglycerides, malt barley flour, soy lecithin

CONTAINS: SOY, WHEAT, BARLEY.

MAY CONTAIN: SESAME SEEDS, MILK.

EGG:

Egg (Canada grade A large), cooked on a grill, lightly seasoned, with clarified butter (unsalted butter)

CONTAINS: MILK, EGG.**Egg (pasteurized):**

Whole egg, citric acid. Cooked on a grill, lightly seasoned, with clarified butter (unsalted butter).

CONTAINS: MILK, EGG.**Egg Mixture:**

Scrambled Egg (Whole Egg, Skim Milk, Modified Corn Starch, Soybean Oil, Salt, Xanthan Gum, Spices, Citric Acid, Natural Flavours [Plant Source]), Sausage Crumbles (Pork, Water, Salt, Dextrose, Spices, Rosemary Extract, Sugar), Vegetables (Tomatoes, Green Chilies, Onions, Calcium Chloride, Citric Acid).

CONTAINS: EGG, MILK

CONTAINS: MILK, EGG.

English Muffin:

Unbleached enriched wheat flour, water, yeast, corn meal and corn flour, salt, sugar, vegetable oil (soybean and/ or canola), and may contain any or all of the following in varying proportions: wheat gluten, barley malt or malted barley flour, wheat gluten, calcium propionate, potassium sorbate, monocalcium phosphate, calcium sulfate, calcium carbonate, citric acid, diacetylated tartaric acid esters of mono- and diglycerides, calcium silicate, enzymes, ascorbic acid, calcium citrate, tricalcium phosphate, corn starch, wheat starch. Toasted in the same toaster that also prepares other bun containing butter and egg. May contain milk and egg.

CONTAINS: WHEAT, BARLEY.

Everything Bagel:

Enriched wheat flour, water, sesame seeds, sugar, poppy seeds, dehydrated onion, sunflower seeds, wheat gluten, cornmeal, salt, yeast, dehydrated garlic, vinegar, soybean and/or canola oils, amylase

CONTAINS: SESAME SEEDS, WHEAT.

MAY CONTAIN: SOY, MILK.

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, citric acid, dimethylpolysiloxane)

Hotcake Syrup:

Glucose-fructose, sugar, water, natural (plant source) and artificial flavours, potassium sorbate , colour (caramel)

Hotcakes:

Water, wheat flour, whey, corn flour, soybean oil, sugar, liquid whole eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), dextrose, emulsifier (propylene glycol monoester, soy monoglycerides, sodium stearoyl-2- lactylate), salt, xanthan gum, natural flavour (plant and dairy source), colour (beta carotene)

CONTAINS: SOY, WHEAT, MILK, EGG.

Leaf Lettuce:

Leaf lettuce

McChicken Sauce:

Soybean oil, water, prepared mustard (water, mustard seed, vinegar, salt, mustard bran), liquid 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, baking powder, natural flavours (plant source), rice flour, whey powder, salt, modified tapioca starch, buttermilk powder, colour (caramel), corn oil, soy lecithin

CONTAINS: SOY, WHEAT, MILK, BARLEY.

Multigrain Bagel:

Whole grain wheat flour, water, enriched wheat flour, sugar, sunflower seeds, flax seeds, cornmeal, millet seeds, yeast, wheat gluten, sesame seeds, honey, rye flour, soybean and/or canola oils, malt barley flour, salt, durum semolina, oat flakes, cracked wheat, crushed wheat, wheat bran

CONTAINS: SESAME SEEDS, RYE, WHEAT, OAT, BARLEY.

MAY CONTAIN: SOY, MILK.

Philadelphia Cream Cheese - Herb & Garlic:

Modified milk ingredients, water, salt, dried onions, dried parsley, dried garlic, bacterial culture, lactic acid, carob bean gum, natural flavour (plant source), potassium sorbate. May contain carrageenan, xanthan gum, guar gum, sorbic acid.

CONTAINS: MILK.

Philadelphia Cream Cheese - Plain:

Modified milk ingredients, salt, bacterial culture, lactic acid, carob bean gum, potassium sorbate. May contain sorbic acid.

CONTAINS: MILK.

Processed Cheese Slice:

Cheese (milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, lipase), modified milk ingredients, water, sodium citrate and/or sodium phosphate, salt, potassium sorbate, citric acid, soy lecithin, colour (annatto)

CONTAINS: SOY, MILK.

Regular Bagel:

Enriched wheat flour, water, sugar, yeast, honey, cornmeal, wheat gluten, salt, vinegar, soybean and/or canola oil, malted barley flour, amylase

CONTAINS: WHEAT, BARLEY.

MAY CONTAIN: SESAME SEEDS, SOY, MILK.

Sausage Patty:

Pork, water, salt, dextrose, sugar, glucose solids, spices

Sesame Seed Bagel:

Enriched wheat flour, water, sesame seeds, sugar, yeast, honey, cornmeal, wheat gluten, salt, vinegar, soybean and/or canola oil, malted barley flour, amylase.

CONTAINS: SESAME SEEDS, WHEAT.

MAY CONTAIN: SOY, MILK.

Toast Bread - White:

Enriched wheat flour, water, yeast, sugar and/or glucose-fructose, vegetable oil (canola or soybean), salt, corn syrup, barley malt extract, calcium propionate, wheat starch, ascorbic acid, azodicarbonamide, enzymes, calcium sulphate, sodium stearoyl-2-lactylate, green bell pepper powder, monoglycerides, ammonium chloride, calcium iodate

CONTAINS: WHEAT, BARLEY.

MAY CONTAIN: SESAME SEEDS.

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, salt, autolyzed yeast extract, baking powder, vital wheat gluten, soy monoglycerides, dough conditioner (sodium metabisulfite, corn starch, microcrystalline cellulose, dicalcium phosphate)

CONTAINS: WHEAT.

McCafé & Bakery**Americano - Large:**

Espresso Coffee, Water

Americano - Medium:

Espresso Coffee, Water

Americano - Small:

Espresso Coffee, Water

Authentic French Croissant:

Authentic French Croissant

Banana Chocolate Chunk Muffin:

Granola, Muffin Banana Chocolate Chunk

Blueberry Cream Cheese Danish:

Blueberry Cream Cheese Danish

Blueberry Muffin:

Blueberries, Muffin Blueberry

Blueberry Pomegranate Protein Smoothie - Medium:

Blueberry Pomegranate Smoothie Fruit Base, Ice, Protein Blend, Smoothie Yogurt Mix

Blueberry Pomegranate Protein Smoothie - Small:

Blueberry Pomegranate Smoothie Fruit Base, Ice, Protein Blend, Smoothie Yogurt Mix

Blueberry Pomegranate Smoothie with yogurt - Large:

Blueberry Pomegranate Smoothie Fruit Base, Ice, Smoothie Yogurt Mix

Blueberry Pomegranate Smoothie with yogurt - Medium:

Blueberry Pomegranate Smoothie Fruit Base, Ice, Smoothie Yogurt Mix

Blueberry Pomegranate Smoothie with yogurt - Small:

Blueberry Pomegranate Smoothie Fruit Base, Ice, Smoothie Yogurt Mix

Blueberry Pomegranate Smoothie with yogurt - Snack Size:

Blueberry Pomegranate Smoothie Fruit Base, Ice, Smoothie Yogurt Mix

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 - Large:

2% milk, Espresso Coffee

Cappuccino with 2% milk - Medium:

2% milk, Espresso Coffee

Cappuccino with 2% milk - Small:

2% milk, Espresso Coffee

Cappuccino with skim milk - Large:

Espresso Coffee, Skim milk

Cappuccino with skim milk - Medium:

Espresso Coffee, Skim milk

Cappuccino with skim milk - Small:

Espresso Coffee, Skim milk

Caramel Cappuccino with 2% milk - Large:

2% milk, Caramel Flavoured Syrup, Espresso Coffee

Caramel Cappuccino with 2% milk - Medium:

2% milk, Caramel Flavoured Syrup, Espresso Coffee

Caramel Cappuccino with 2% milk - Small:

2% milk, Caramel Flavoured Syrup, Espresso Coffee

Caramel Cappuccino with skim milk - Large:

Caramel Flavoured Syrup, Espresso Coffee, Skim milk

Caramel Cappuccino with skim milk - Medium:

Caramel Flavoured Syrup, Espresso Coffee, Skim milk

Caramel Cappuccino with skim milk - Small:

Caramel Flavoured Syrup, Espresso Coffee, Skim milk

Caramel Cranberry Bar:

Caramel Cranberry Bar

Caramel Iced Coffee - Large:

18% Cream, Brewed Coffee, Caramel Flavoured Syrup

Caramel Iced Coffee - Medium:

18% Cream, Brewed Coffee, Caramel Flavoured Syrup

Caramel Iced Coffee - Small:

18% Cream, Brewed Coffee, Caramel Flavoured Syrup

Caramel Latte with 2% milk - Large:

2% milk, Caramel Flavoured Syrup, Espresso Coffee

Caramel Latte with 2% milk - Medium:

2% milk, Caramel Flavoured Syrup, Espresso Coffee

Caramel Latte with 2% milk - Small:

2% milk, Caramel Flavoured Syrup, Espresso Coffee

Caramel Latte with skim milk - Large:

Caramel Flavoured Syrup, Espresso Coffee, Skim milk

Caramel Latte with skim milk - Medium:

Caramel Flavoured Syrup, Espresso Coffee, Skim milk

Caramel Latte with skim milk - Small:

Caramel Flavoured Syrup, Espresso Coffee, Skim milk

Caramel Pumpkin Spice Latte with 2% milk - Large:

2% milk, Caramel Pumpkin Spice Syrup, Cinnamon Shake-On, Espresso Coffee

Caramel Pumpkin Spice Latte with 2% milk - Medium:

2% milk, Caramel Pumpkin Spice Syrup, Cinnamon Shake-On, Espresso Coffee

Caramel Pumpkin Spice Latte with 2% milk - Small:

2% milk, Caramel Pumpkin Spice Syrup, Cinnamon Shake-On, Espresso Coffee

Caramel Pumpkin Spice Latte with skim milk - Large:

Caramel Pumpkin Spice Syrup, Cinnamon Shake-On, Espresso Coffee, Skim milk

Caramel Pumpkin Spice Latte with skim milk - Medium:

Caramel Pumpkin Spice Syrup, Cinnamon Shake-On, Espresso Coffee, Skim milk

Caramel Pumpkin Spice Latte with skim milk - Small:

Caramel Pumpkin Spice Syrup, Cinnamon Shake-On, Espresso Coffee, Skim milk

Carrot Muffin:

Muffin Carrot

Chocolate Chunk Brownie:

Chocolate Chunk Brownie

Chocolate Hazelnut Croissant:

Chocolate Hazelnut Croissant

Cranberry Orange Muffin:

Muffin Cranberry Orange

Deluxe Hot Chocolate with 2% milk - Large:

2% milk, Chocolate Drizzle, Chocolate Sauce, Whipped Cream

Deluxe Hot Chocolate with 2% milk - Medium:

2% milk, Chocolate Drizzle, Chocolate Sauce, Whipped Cream

Deluxe Hot Chocolate with 2% milk - Small:

2% milk, Chocolate Drizzle, Chocolate Sauce, Whipped Cream

Deluxe Hot Chocolate with skim milk - Large:

Chocolate Drizzle, Chocolate Sauce, Skim milk, Whipped Cream

Deluxe Hot Chocolate with skim milk - Medium:

Chocolate Drizzle, Chocolate Sauce, Skim milk, Whipped Cream

Deluxe Hot Chocolate with skim milk - Small:

Chocolate Drizzle, Chocolate Sauce, Skim milk, Whipped Cream

Double Espresso:

Espresso Coffee

Espresso:

Espresso Coffee

Freestone Peach Danish:

Peach Danish

French Vanilla Cappuccino with 2% milk - Large:

2% milk, Espresso Coffee, French Vanilla Flavoured Syrup

French Vanilla Cappuccino with 2% milk - Medium:

2% milk, Espresso Coffee, French Vanilla Flavoured Syrup

French Vanilla Cappuccino with 2% milk - Small:

2% milk, Espresso Coffee, French Vanilla Flavoured Syrup

French Vanilla Cappuccino with skim milk - Large:

Espresso Coffee, French Vanilla Flavoured Syrup, Skim milk

French Vanilla Cappuccino with skim milk - Medium:

Espresso Coffee, French Vanilla Flavoured Syrup, Skim milk

French Vanilla Cappuccino with skim milk - Small:

Espresso Coffee, French Vanilla Flavoured Syrup, Skim milk

French Vanilla Iced Coffee - Large:

18% Cream, Brewed Coffee, French Vanilla Flavoured Syrup

French Vanilla Iced Coffee - Medium:

18% Cream, Brewed Coffee, French Vanilla Flavoured Syrup

French Vanilla Iced Coffee - Small:

18% Cream, Brewed Coffee, French Vanilla Flavoured Syrup

French Vanilla Latte with 2% milk - Large:

2% milk, Espresso Coffee, French Vanilla Flavoured Syrup

French Vanilla Latte with 2% milk - Medium:

2% milk, Espresso Coffee, French Vanilla Flavoured Syrup

French Vanilla Latte with 2% milk - Small:

2% milk, Espresso Coffee, French Vanilla Flavoured Syrup

French Vanilla Latte with skim milk - Large:

Espresso Coffee, French Vanilla Flavoured Syrup, Skim milk

French Vanilla Latte with skim milk - Medium:

Espresso Coffee, French Vanilla Flavoured Syrup, Skim milk

French Vanilla Latte with skim milk - Small:

Espresso Coffee, French Vanilla Flavoured Syrup, Skim milk

Fruit and Fibre Muffin:

Diced Apples, Muffin Fruit & Fibre

Latte with 2% milk - Large:

2% milk, Espresso Coffee

Latte with 2% milk - Medium:

2% milk, Espresso Coffee

Latte with 2% milk - Small:

2% milk, Espresso Coffee

Latte with skim milk - Large:

Espresso Coffee, Skim milk

Latte with skim milk - Medium:

Espresso Coffee, Skim milk

Latte with skim milk - Small:

Espresso Coffee, Skim milk

Mango Pineapple Protein Smoothie - Medium:

Ice, Mango Pineapple Fruit Base, Protein Blend, Smoothie Yogurt Mix

Mango Pineapple Protein Smoothie - Small:

Ice, Mango Pineapple Fruit Base, Protein Blend, Smoothie Yogurt Mix

Mango Pineapple Smoothie with yogurt - Large:

Ice, Mango Pineapple Fruit Base, Smoothie Yogurt Mix

Mango Pineapple Smoothie with yogurt - Medium:

Ice, Mango Pineapple Fruit Base, Smoothie Yogurt Mix

Mango Pineapple Smoothie with yogurt - Small:

Ice, Mango Pineapple Fruit Base, Smoothie Yogurt Mix

Mango Pineapple Smoothie with yogurt - Snack Size:

Ice, Mango Pineapple Fruit Base, Smoothie Yogurt Mix

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

Mini Chocolate:

Mini Chocolate

Mocha with 2% milk - Large:

2% milk, Chocolate Drizzle, Chocolate Sauce, Espresso Coffee, Whipped Cream

Mocha with 2% milk - Medium:

2% milk, Chocolate Drizzle, Chocolate Sauce, Espresso Coffee, Whipped Cream

Mocha with 2% milk - Small:

2% milk, Chocolate Drizzle, Chocolate Sauce, Espresso Coffee, Whipped Cream

Mocha with skim milk - Large:

Chocolate Drizzle, Chocolate Sauce, Espresso Coffee, Skim milk, Whipped Cream

Mocha with skim milk - Medium:

Chocolate Drizzle, Chocolate Sauce, Espresso Coffee, Skim milk, Whipped Cream

Mocha with skim milk - Small:

Chocolate Drizzle, Chocolate Sauce, Espresso Coffee, Skim milk, Whipped Cream

Peppermint Brownie:

Peppermint Brownie

Peppermint Hot Chocolate with 2% milk - Large:

2% milk, Candy Cane Pieces, Chocolate Peppermint Syrup, Whipped Cream

Peppermint Hot Chocolate with 2% milk - Medium:

2% milk, Candy Cane Pieces, Chocolate Peppermint Syrup, Whipped Cream

Peppermint Hot Chocolate with 2% milk - Small:

2% milk, Candy Cane Pieces, Chocolate Peppermint Syrup, Whipped Cream

Peppermint Hot Chocolate with skim milk - Large:

Candy Cane Pieces, Chocolate Peppermint Syrup, Skim milk, Whipped Cream

Peppermint Hot Chocolate with skim milk - Medium:

Candy Cane Pieces, Chocolate Peppermint Syrup, Skim milk, Whipped Cream

Peppermint Hot Chocolate with skim milk - Small:

Candy Cane Pieces, Chocolate Peppermint Syrup, Skim milk, Whipped Cream

Peppermint Mocha Iced Frappé - Large:

Candy Cane Pieces, Chocolate Peppermint Syrup, Coffee Frappé Base, Ice, Whipped Cream

Peppermint Mocha Iced Frappé - Medium:

Candy Cane Pieces, Chocolate Peppermint Syrup, Coffee Frappé Base, Ice, Whipped Cream

Peppermint Mocha Iced Frappé - Small:

Candy Cane Pieces, Chocolate Peppermint Syrup, Coffee Frappé Base, Ice, Whipped Cream

Peppermint Mocha Iced Frappé - Snack Size:

Candy Cane Pieces, Chocolate Peppermint Syrup, Coffee Frappé Base, Ice, Whipped Cream

Peppermint Mocha with 2% milk - Large:

2% milk, Candy Cane Pieces, Chocolate Peppermint Syrup, Espresso Coffee, Whipped Cream

Peppermint Mocha with 2% milk - Medium:

2% milk, Candy Cane Pieces, Chocolate Peppermint Syrup, Espresso Coffee, Whipped Cream

Peppermint Mocha with 2% milk - Small:

2% milk, Candy Cane Pieces, Chocolate Peppermint Syrup, Espresso Coffee, Whipped Cream

Peppermint Mocha with skim milk - Large:

Candy Cane Pieces, Chocolate Peppermint Syrup, Espresso Coffee, Skim milk, Whipped Cream

Peppermint Mocha with skim milk - Medium:

Candy Cane Pieces, Chocolate Peppermint Syrup, Espresso Coffee, Skim milk, Whipped Cream

Peppermint Mocha with skim milk - Small:

Candy Cane Pieces, Chocolate Peppermint Syrup, Espresso Coffee, Skim milk, Whipped Cream

Premium Roast Brewed Coffee - Extra Large:

Brewed Coffee

Premium Roast Brewed Coffee - Large:

Brewed Coffee

Premium Roast Brewed Coffee - Medium:

Brewed Coffee

Premium Roast Brewed Coffee - Small:

Brewed Coffee

Premium Roast Brewed Iced Coffee - Large:

18% Cream, Brewed Coffee, liquid sugar

Premium Roast Brewed Iced Coffee - Medium:

18% Cream, Brewed Coffee, liquid sugar

Premium Roast Brewed Iced Coffee - Small:

18% Cream, Brewed Coffee, liquid sugar

Premium Tea - Extra Large:

Premium Tea

Premium Tea - Large:

Premium Tea

Premium Tea - Medium:

Premium Tea

Premium Tea - Small:

Premium Tea

RMHC Chocolate Caramel Cookie:

RMHC Chocolate Caramel Cookie

RMHC Chocolate Chunk Cookie:

RMHC Chocolate Chunk Cookie

RMHC L'il Gem Cookie:

RMHC Lil' Gem Cookie

RMHC Red Velvet Cookie:

Red Velvet Cookie

Salted Caramel Apple Danish:

Salted Caramel Apple Danish

Strawberry Banana Protein Smoothie - Medium:

Banana Puree Smoothie Fruit Base, Ice, Protein Blend, Smoothie Yogurt Mix, Strawberry Smoothie Fruit Base

Strawberry Banana Protein Smoothie - Small:

Banana Puree Smoothie Fruit Base, Ice, Protein Blend, Smoothie Yogurt Mix, Strawberry Smoothie Fruit Base

Strawberry Banana Smoothie with yogurt - Large:

Banana Puree Smoothie Fruit Base, Ice, Smoothie Yogurt Mix, Strawberry Smoothie Fruit Base

Strawberry Banana Smoothie with yogurt - Medium:

Banana Puree Smoothie Fruit Base, Ice, Smoothie Yogurt Mix, Strawberry Smoothie Fruit Base

Strawberry Banana Smoothie with yogurt - Small:

Banana Puree Smoothie Fruit Base, Ice, Smoothie Yogurt Mix, Strawberry Smoothie Fruit Base

Strawberry Banana Smoothie without yogurt - Large:

Banana Puree Smoothie Fruit Base, Ice, Strawberry Smoothie Fruit Base

Strawberry Banana Smoothie without yogurt - Medium:

Banana Puree Smoothie Fruit Base, Ice, Strawberry Smoothie Fruit Base

Strawberry Banana Smoothie without yogurt - Small:

Banana Puree Smoothie Fruit Base, Ice, Strawberry Smoothie Fruit Base

Strawberry Banana Smoothie without yogurt - Snack Size:

Banana Puree Smoothie Fruit Base, Ice, Strawberry Smoothie Fruit Base

Strawberry Cream Cheese Danish:

Strawberry Cream Cheese Danish

Strawberry Mango Pineapple Protein Smoothie - Medium:

Ice, Mango Pineapple Fruit Base, Protein Blend, Smoothie Yogurt Mix, Strawberry Smoothie Fruit Base

Strawberry Mango Pineapple Protein Smoothie - Small:

Ice, Mango Pineapple Fruit Base, Protein Blend, Smoothie Yogurt Mix, Strawberry Smoothie Fruit Base

Strawberry Mango Pineapple Smoothie with yogurt - Large:

Ice, Mango Pineapple Fruit Base, Smoothie Yogurt Mix, Strawberry Smoothie Fruit Base

Strawberry Mango Pineapple Smoothie with yogurt - Medium:

Ice, Mango Pineapple Fruit Base, Smoothie Yogurt Mix, Strawberry Smoothie Fruit Base

Strawberry Mango Pineapple Smoothie with yogurt - Small:

Ice, Mango Pineapple Fruit Base, Smoothie Yogurt Mix, Strawberry Smoothie Fruit Base

Strawberry Mango Pineapple Smoothie with yogurt - Snack Size:

Ice, Mango Pineapple Fruit Base, Smoothie Yogurt Mix, Strawberry Smoothie Fruit Base

Strawberry Mango Pineapple Smoothie without yogurt - Large:

Ice, Mango Pineapple Fruit Base, Strawberry Smoothie Fruit Base

Strawberry Mango Pineapple Smoothie without yogurt - Medium:

Ice, Mango Pineapple Fruit Base, Strawberry Smoothie Fruit Base

Strawberry Mango Pineapple Smoothie without yogurt - Small:

Ice, Mango Pineapple Fruit Base, Strawberry Smoothie Fruit Base

Strawberry Mango Pineapple Smoothie without yogurt - Snack Size:

Ice, Mango Pineapple Fruit Base, Strawberry Smoothie Fruit Base

Sugar Free Vanilla Cappuccino with 2% milk - Large:

2% milk, Espresso Coffee, Sugar Free Vanilla Syrup

Sugar Free Vanilla Cappuccino with 2% milk - Medium:

2% milk, Espresso Coffee, Sugar Free Vanilla Syrup

Sugar Free Vanilla Cappuccino with 2% milk - Small:

2% milk, Espresso Coffee, Sugar Free Vanilla Syrup

Sugar Free Vanilla Cappuccino with skim milk - Large:

Espresso Coffee, Skim milk, Sugar Free Vanilla Syrup

Sugar Free Vanilla Cappuccino with skim milk - Medium:

Espresso Coffee, Skim milk, Sugar Free Vanilla Syrup

Sugar Free Vanilla Cappuccino with skim milk - Small:

Espresso Coffee, Skim milk, Sugar Free Vanilla Syrup

Sugar Free Vanilla Iced Coffee - Large:

18% Cream, Brewed Coffee, Sugar Free Vanilla Syrup

Sugar Free Vanilla Iced Coffee - Medium:

18% Cream, Brewed Coffee, Sugar Free Vanilla Syrup

Sugar Free Vanilla Iced Coffee - Small:

18% Cream, Brewed Coffee, Sugar Free Vanilla Syrup

Sugar Free Vanilla Latte with 2% milk - Large:

2% milk, Espresso Coffee, 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 2% milk - Small:

2% milk, Espresso Coffee, Sugar Free Vanilla Syrup

Sugar Free Vanilla Latte with skim milk - Large:

Espresso Coffee, Skim milk, Sugar Free Vanilla Syrup

Sugar Free Vanilla Latte with skim milk - Medium:

Espresso Coffee, Skim milk, Sugar Free Vanilla Syrup

Sugar Free Vanilla Latte with skim milk - Small:

Espresso Coffee, Skim milk, Sugar Free Vanilla Syrup

White Hot Chocolate Mocha with 2% milk - Large:

2% milk, Espresso Coffee, Whipped Cream

White Hot Chocolate Mocha with 2% milk - Medium:

2% milk, Espresso Coffee, Whipped Cream

White Hot Chocolate Mocha with 2% milk - Small:

2% milk, Espresso Coffee, Whipped Cream

White Hot Chocolate Mocha with skim milk - Large:

Espresso Coffee, Skim milk, Whipped Cream

White Hot Chocolate Mocha with skim milk - Medium:

Espresso Coffee, Skim milk, Whipped Cream

White Hot Chocolate Mocha with skim milk - Small:

Espresso Coffee, Skim milk, Whipped Cream

White Hot Chocolate with 2% milk - Large:

2% milk, Whipped Cream

White Hot Chocolate with 2% milk - Medium:

2% milk, Whipped Cream

White Hot Chocolate with 2% milk - Small:

2% milk, Whipped Cream

White Hot Chocolate with skim milk - Large:

Skim milk, Whipped Cream

White Hot Chocolate with skim milk - Medium:

Skim milk, Whipped Cream

White Hot Chocolate with skim milk - Small:

Skim milk, Whipped Cream

McCafé & Bakery Ingredients**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.**Authentic French Croissant:**

Wheat flour, butter, water, invert sugar syrup, yeast, eggs, salt, wheat gluten, canola lecithin, ascorbic acid, enzymes

CONTAINS: WHEAT, MILK, EGG.

MAY CONTAIN: TREE NUTS, SOY.

Banana Puree Smoothie Fruit Base:

Water, banana puree, dionized pineapple juice, apple juice concentrate, natural flavours (plant source), cellulose gum, xanthan gum, citric acid, pectin, turmeric oleoresin, ester of mono & diglycerides. Made with the same equipment as, and may come into contact with MILK.

Blueberries:

100% Wild Blueberries

Blueberry Cream Cheese Danish:

Enriched unbleached flour, water, cream cheese filling [water, sugar and/or glucose and/or fructose, cheese (milk), modified corn starch, coconut oil, propylene glycol, sodium alginate, lactic acid, salt, mono and diglycerides, potassium sorbate, titanium dioxide, natural and artificial flavour, colour (FD&C yellow #5, FD&C yellow #6)], water, butter (milk), blueberry filling [sugar, water, blueberries, glucose, apple pulp (apples, ascorbic acid, potassium sorbate), modified tapioca starch, modified corn starch, citric acid, salt, sodium benzoate, potassium sorbate, natural and artificial flavour, colours (FD&C red #40, FD&C blue #1)], glucose-fructose, yeast, salt, dextrose, skim milk powder, diacetyl tartaric acid ester of mono- and diglycerides, calcium carbonate, liquid whole eggs, ascorbic acid, amylase

CONTAINS: WHEAT, MILK, EGG.

MAY CONTAIN: SOY.

Blueberry Pomegranate Smoothie Fruit Base:

Blueberry puree, water, clarified demineralized pineapple juice concentrate, raspberry puree, apple juice concentrate, pomegranate juice concentrate, natural (botanical source) flavours, cellulose powder, peach juice concentrate, pear juice concentrate, citric acid, lemon juice concentrate, xanthan gum, pectin, natural colour (fruit and vegetable juice). Made with the same equipment as, and may come into contact with MILK.

Brewed Coffee:

Water, 100% roasted Arabica coffee

Candy Cane Pieces:

Sugar, glucose syrup, natural flavour (peppermint), colour (plant source), canola oil, sunflower lecithin.

Caramel Cranberry Bar:

Unbleached wheat flour, water, corn syrup, cranberries, molasses, apples (calcium ascorbate [calcium, ascorbic acid]), brown sugar, liquid whole eggs, butter (milk), non-hydrogenated palm fruit shortening, 35% cream (cream, milk, cellulose gel, carrageenan, cellulose gum), sugar, whole milk powder, baking soda, cinnamon, ginger.

CONTAINS: WHEAT, MILK, EGG.

MAY CONTAIN: PEANUTS.

Caramel Flavoured Syrup:

Sugar, skim milk, water, brown sugar, butter (cream, salt), natural flavours (plant source), salt, soy lecithin, potassium sorbate.

CONTAINS: SOY, MILK.

Caramel Pumpkin Spice Syrup:

Sugar, water, nonfat dry milk, brown sugar, butter, propylene glycol, salt, natural flavour, potassium sorbate, soy lecithin.

CONTAINS: SOY, MILK.

Chocolate Chunk Brownie:

Sugar, liquid whole eggs, dark chocolate (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), gluten free flour (rice flour, corn flour, tapioca starch, native corn starch, carboxymethyl cellulose, guar gum, xanthan gum), butter, canola oil, unsweetened chocolate, cocoa, water, natural vanilla extract, baking powder, salt

CONTAINS: SOY, MILK, EGG.

MAY CONTAIN: TREE NUTS, PEANUTS.

Chocolate Drizzle:

Sugar, water, fructose, cocoa, natural flavour, unsweetened chocolate, potassium sorbate, salt, soy lecithin

CONTAINS: SOY.

MAY CONTAIN: MILK.

Chocolate Hazelnut Croissant:

Dough [Enriched unbleached flour, butter, water, yeast, sugar, liquid whole eggs, salt, wheat gluten, enzymes (amylases, hemicellulase), ascorbic acid], cocoa hazelnut filling [sugar, vegetable oils (palm and colza), hazelnuts, fat-reduced cocoa powder, lactose, soy lecithin], chocolate chips (sugar, cocoa paste, cocoa butter, soy lecithin, natural vanilla flavour), egg wash (liquid whole eggs, water).

CONTAINS: SOY, TREE NUTS, WHEAT, MILK, EGG.

MAY CONTAIN: RYE.

Chocolate Peppermint Syrup:

Sugar, water, unsweetened chocolate, natural flavour, mono and diglycerides, salt, potassium sorbate (preservative), gellan gum. Made with the same equipment as, and may come into contact with, MILK, SOY and TREE NUTS (ALMONDS).

CONTAINS: TREE NUTS, MILK.

Chocolate Sauce:

Sugar, water, fructose, cocoa, natural flavour, unsweetened chocolate, potassium sorbate, salt, soy lecithin

CONTAINS: SOY.

MAY CONTAIN: MILK.

Cinnamon Shake-On:

Sugar, cinnamon.

Coffee Frappé Base:

Water, sugar, milk ingredients, natural flavour (plant source), dipotassium phosphate, mono & diglycerides, guar gum, potassium citrate, disodium phosphate, carrageenan, carob bean gum. Made with the same equipment as, and may come into contact with, MILK, SOY and TREE NUTS (ALMONDS).

CONTAINS: MILK.

Diced Apples:

Apples, calcium ascorbate

Espresso Coffee:

Ground espresso beans

French Vanilla Flavoured Syrup:

Sugar, sweetened condensed skim milk (milk solids, sucrose), water, hydrogenated coconut oil, natural flavours (plant and honey sources), salt, potassium sorbate (preservative), soy lecithin. Made with the same equipment as, and may come into contact with, MILK.

CONTAINS: SOY, MILK.

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: SOY, OAT, BARLEY.

MAY CONTAIN: WHEAT.

Ice:

Water

Mango Pineapple Fruit Base:

Water, clarified demineralized pineapple juice concentrate, mango puree concentrate, pineapple juice concentrate, orange juice concentrate, pineapple puree, apple juice concentrate, cellulose powder, natural (botanical) flavours, xanthan gum, pectin, citric acid, coloured with fruit and vegetable juice and turmeric extract, ascorbic acid (preservative). Made with the same equipment as, and may come into contact with, MILK.

Mini Chocolate:

Enriched unbleached flour, butter, water, semi sweet chocolate (sugar, unsweetened chocolate, cocoa butter, anhydrous dextrose, soy lecithin, natural vanilla extract), glucose-fructose, yeast, dextrose, salt, diacetyl tartaric acid esters of mono and diglycerides, calcium carbonate, ascorbic acid, enzymes, egg

CONTAINS: SOY, WHEAT, MILK, EGG.

Muffin Banana Chocolate Chunk:

Sugar, unbleached enriched wheat flour, banana purée (bananas, ascorbic acid), water, egg white, canola oil, chocolate chunks (unsweetened chocolate, sugar, dextrose, soy lecithin, natural vanilla flavour), whole grain oat flour, whole grain wheat flour, whey powder (milk), batter thickener (carrageenan, guar gum, soy Lecithin), baking powder, baking soda, natural flavour (plant source), modified corn starch, emulsifier blend (propylene glycol mono fatty acid esters, soy monoglycerides, sodium stearoyl-2-lactylate), salt

CONTAINS: SOY, WHEAT, OAT, MILK, EGG.

Muffin Blueberry:

Enriched flour, sugar, water, blueberries, canola oil, egg white, invert sugar, whole grain oat flour, whole grain wheat flour, modified milk ingredients, sodium aluminum phosphate, baking soda, emulsifier blend (propylene glycol mono fatty acid esters, mono and diglycerides, sodium stearoyl-2-lactylate), salt, natural flavour (plant source), batter thickener (carrageenan, guar gum, soy lecithin), modified corn starch, sodium carboxymethyl cellulose

CONTAINS: SOY, WHEAT, OAT, MILK, BARLEY, EGG.

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: SOY, WHEAT, MILK, EGG.

Muffin Cranberry Orange:

Sugar, enriched flour, cranberries, water, egg white, canola oil, invert sugar, yogurt (skim milk, skim milk powder, modified corn starch, pectin, carrageenan, active bacterial culture), whole grain oat flour, buttermilk (skimmed milk, bacterial culture, salt), whole grain wheat flour, oranges, orange juice concentrate, baking powder, emulsifier blend (propylene glycol mono fatty acid esters, mono and diglycerides, sodium stearoyl-2-lactylate), baking soda, salt, batter thickener (carrageenan, guar gum, soy lecithin), natural flavour (plant source), sodium carboxymethyl cellulose, colour (plant source)

CONTAINS: SOY, WHEAT, OAT, MILK, EGG.

Muffin Fruit & Fibre:

Enriched flour, sugar, canola oil, bananas, egg white, buttermilk (skimmed milk, bacterial culture, salt), water, wheat bran, cranberries, blueberries, dehydrated apples, baking soda, baking powder, emulsifier blend (propylene glycol mono fatty acid esters, mono and diglycerides, sodium stearoyl-2-lactylate), batter thickener (carrageenan, guar gum, soy lecithin), natural flavour (plant source), salt, sodium carboxymethyl cellulose

CONTAINS: SOY, WHEAT, MILK, EGG.

Peach Danish:

Peach filling (diced peaches (peaches, ascorbic acid, citric acid), water, sugar, modified corn starch, natural flavour, sodium alginate, beta carotene colour), unbleached enriched flour, butter, water, yeast, sugar, liquid whole eggs, salt, wheat gluten, rapeseed lecithin, ascorbic acid, food enzymes (xylanase, amylase). May contain peach pit fragments.

CONTAINS: WHEAT, MILK, EGG.

MAY CONTAIN: SOY.

Peppermint Brownie:

Sugar, liquid whole egg, gluten free flour (rice flour, corn flour, tapioca starch, native corn starch, carboxymethylcellulose, guar gum, xanthan gum), dark chocolate (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), canola oil, butter, white chocolate (sugar, cocoa butter, whole milk powder, skim milk powder, butter oil, soy lecithin, natural vanilla extract), non-hydrogenated chocolate product (sugar, modified palm and palm oil, cocoa, soy lecithin), unsweetened chocolate, cocoa, water, sprinkles (sugar, rice flour, palm kernel oil and/ or palm oil, corn starch, cellulose gum, carrageenan, soy lecithin), 35% cream (milk ingredients, cellulose gel, carrageenan, cellulose gum), peppermint extract, baking powder, glucose, salt, natural vanilla flavour.

CONTAINS: SOY, MILK, EGG.

MAY CONTAIN: TREE NUTS, PEANUTS.

Premium Tea:

Peppermint Tea: Peppermint; Green Tea: Green tea, lemongrass, lemon balm, lemon verbena; Earl Grey Tea: Black tea, natural flavour; Orange Pekoe Tea: Black tea.

Protein Blend:

Milk protein isolate, whey powder, natural flavour, canola oil.

CONTAINS: MILK.

RMHC Chocolate Caramel Cookie:

Sugar, enriched wheat flour (CONTAINS BARLEY), vegetable oil blend [palm oil, water, soybean oil, salt, whey (MILK), natural flavour, mono-and diglycerides, soy lecithin, vitamin a palmitate added, colour (plant source)], liquid whole eggs, salted caramel confectionery drops (sugar, palm kernel oil, whole milk powder, skim milk powder, palm oil, cocoa powder, salt, soy lecithin, paprika extract, natural flavour), semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, milk fat, soy lecithin, vanilla extract), cocoa powder, sodium bicarbonate, salt, natural flavour.

CONTAINS: SOY, WHEAT, MILK, BARLEY, EGG.

RMHC Chocolate Chunk Cookie:

Enriched wheat flour (CONTAINS BARLEY), vegetable oil blend [palm oil, water, soybean oil, salt, whey (MILK), natural flavour, mono-and diglycerides, soy lecithin, vitamin a palmitate added, colour (plant source)], sugar, brown sugar, semi-sweet chocolate chunks (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, milkfat, soy lecithin, vanilla extract), liquid whole eggs, sodium bicarbonate, salt, baking powder, natural flavour.

CONTAINS: SOY, WHEAT, MILK, BARLEY, EGG.

RMHC Li' Gem Cookie:

Enriched wheat flour (CONTAINS BARLEY), vegetable oil blend [palm oil, water, soybean oil, salt, whey (MILK), natural flavour, mono-and diglycerides, soy lecithin, vitamin a palmitate added, colour (plant source)], sugar, candy coated semi-sweet chocolate gems (dark or semi-sweet chocolate, sugar, colour (plant source), acacia gum, corn syrup, confectioners glaze), brown sugar, oats, milk chocolate chunks (sugar, whole milk powder, cocoa butter, unsweetened chocolate, soy lecithin, salt, vanilla extract), white confectionery chips (sugar, palm kernel and palm oil, skim milk powder, soy lecithin, vanilla extract), liquid whole eggs, corn flakes [milled corn, sugar, malt flavour (contains barley), salt, iron, riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), calcium pantothenate, pyridoxine hydrochloride (vitamin B6), folic acid], sodium bicarbonate, baking powder, salt, natural flavour.

CONTAINS: SOY, WHEAT, OAT, MILK, BARLEY, EGG.

Red Velvet Cookie:

Sugar, enriched wheat flour (contains barley), palm and soybean oil spread (palm oil, water, soybean oil, salt, whey solids [milk], natural flavour [contains milk], mono-and diglycerides, soy lecithin, vitamin a palmitate, beta carotene [colour]), white confectionery chips (sugar, palm kernel and/or palm oil, skim milk powder, soy lecithin, vanilla extract), liquid whole eggs, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, butter oil [milk], soy lecithin, vanilla extract), cocoa powder, colour, natural flavour, sodium bicarbonate, salt.

CONTAINS: SOY, WHEAT, MILK, BARLEY, EGG.

Salted Caramel Apple Danish:

Enriched unbleached wheat flour, apple filling [peeled apples (apples, citric acid, sodium erythorbate, salt, calcium chloride), water, sugar, modified corn starch, carrageenan, citric acid, potassium sorbate, sodium benzoate], salted caramel filling [brown sugar, cream, butter, modified corn starch, sodium alginate, fleur de sel, natural flavour (plant source)], butter, water, liquid whole eggs, yeast, sugar, salt, partially skimmed milk, wheat gluten, rapeseed lecithin, ascorbic acid, food enzymes (hemicellulase, amylase)

CONTAINS: WHEAT, MILK, EGG.

MAY CONTAIN: SOY.

Skim milk:

Skim milk, vitamin A palmitate, vitamin D3

CONTAINS: MILK.

Smoothie Yogurt Mix:

Milk ingredients, modified corn starch, pectin, carrageenan, bacterial culture. Made with the same equipment as, and may come into contact with, MILK, SOY and TREE NUTS (ALMONDS).

CONTAINS: MILK.

Strawberry Cream Cheese Danish:

Enriched unbleached flour, water, cream cheese filling [water, sugar and/or glucose and/or fructose, cheese, modified corn starch, coconut oil, propylene glycol, sodium alginate, lactic acid, salt, mono and diglycerides, potassium sorbate, titanium dioxide, natural and artificial flavour, colours (FD&C yellow #5, FD&C yellow #6)], water, butter, strawberries filling [sugar and/or glucose and/or fructose, strawberries, water, modified corn starch, propylene glycol, sodium alginate, citric acid, salt, sodium benzoate, sodium citrate, natural and artificial flavour, colours (FD&C red #40, FD&C yellow #6), caramel colour], glucose-fructose, yeast, salt, dextrose, skim milk powder, diacetyl tartaric acid ester of mono- and diglycerides, calcium carbonate, liquid whole eggs, ascorbic acid, amylase

CONTAINS: WHEAT, MILK, EGG.

MAY CONTAIN: SOY.

Strawberry Smoothie Fruit Base:

Strawberry puree, dionized pineapple juice, apple juice concentrate, water, natural flavors, cellulose gum, xanthan gum, citric acid, natural colour (fruit and vegetable juice), pectin, ester of mono & diglycerides. Made with the same equipment as, and may come into contact with MILK.

Sugar Free Vanilla Syrup:

Water, erythritol, natural (plant source) and artificial flavour, cellulose gum, sucralose, salt, malic acid, potassium sorbate, acesulfame potassium, caramel colour (sulfites)

CONTAINS: SULPHITES.

Water:

Water

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.

liquid sugar:

Sugar, water, potassium sorbate, citric acid

Beef**Bacon & Cheddar Angus:**

Angus Burger Seasoning, Angus Patty, Bacon Slice, Grill Seasoning, Ketchup, mustard, Natural Cheddar, Pickle Slices, Red Onion rings, Sesame and Poppy Seed Bun

Big Mac:

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

Creamy Black Pepper Angus:

Angus Burger Seasoning, Angus Patty, Crispy Onions, Grill Seasoning, Leaf Lettuce, Mozzarella Cheese Slice, Parmesan and Black Pepper Sauce, Sesame and Poppy Seed Bun, Tomato Slice

Double Big Mac:

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

Double Cheeseburger:

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

Double Quarter Pounder with Cheese:

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

Double Quarter Pounder without Cheese:

Grill Seasoning, Ketchup, mustard, Pickle Slices, Quarter Pounder Beef Patty, Sesame Seed Bun, Slivered Onions

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

Mighty Angus Original:

Angus Burger Seasoning, Angus Patty, Bacon pieces, Grill Seasoning, Leaf Lettuce, Processed Cheese Slice, Sesame and Poppy Seed Bun, Slivered Onions, Smoky Angus Sauce, Tomato Slice

Quarter Pounder BLT:

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

Quarter Pounder with Cheese:

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

Quarter Pounder without Cheese:

Grill Seasoning, Ketchup, mustard, Pickle Slices, Quarter Pounder Beef Patty, Sesame Seed Bun, Slivered Onions

Beef Ingredients**Angus Burger Seasoning:**

Dextrose, salt, onion powder, maltodextrin, yeast extract, spice, natural and artificial flavour, beef broth, vegetable shortening (sunflower oil), garlic powder, caramel colour, soybean oil, worcestershire sauce (vinegar, molasses, corn syrup, salt, caramel colour, garlic powder, sugar, spices, tamarind, natural flavour), beef fat, extractives of annatto and 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

Bacon pieces:

Pork, water, salt, sugar, smoke flavouring, sodium phosphate, sodium erythorbate, sodium nitrite, smoke

Beef Patty:

100% pure beef

Big Mac Bun:

Enriched wheat flour, water, sugar, yeast, vegetable oil (soybean and/or canola), sesame seeds, may contain any or all of the following in varying proportions: salt, potato flour, malted barley flour, wheat gluten, monoglycerides, vinegar, enzymes, ascorbic acid, dextrin, diacetyl tartaric acid esters of mono- and diglycerides. Toasted in the same toaster that also prepares other buns containing butter and egg. MAY CONTAIN MILK AND EGG. MAY CONTAIN SOY (Newfoundland only).

CONTAINS: SESAME SEEDS, WHEAT, BARLEY.

Big Mac Sauce:

Soybean oil, relish [pickles, glucose-fructose, sugar, vinegar, salt, xanthan gum, potassium sorbate, calcium chloride, natural flavour (plant source), polysorbate 80], water, vinegar, liquid egg yolk, onion powder, salt, mustard flour, propylene glycol alginate, sodium benzoate, mustard bran, sugar, garlic powder, hydrolyzed plant protein (corn, soy, wheat), caramel colour, paprika extract, turmeric, spice, calcium disodium EDTA

CONTAINS: SOY, WHEAT, EGG, MUSTARD.

Crispy Onions:

Onions, enriched wheat flour, safflower, sunflower or canola oil, salt

CONTAINS: WHEAT.

Grill Seasoning:

Salt, spice (pepper), sunflower oil (used as a processing aid)

<p>Ketchup: Tomato paste, Sugar / Glucose Fructose, White Vinegar, Water, Salt, Spices.</p>
<p>Leaf Lettuce: Leaf lettuce</p>
<p>Lettuce: Shredded iceberg lettuce</p>
<p>McChicken Sauce: Soybean oil, water, prepared mustard (water, mustard seed, vinegar, salt, mustard bran), liquid egg yolk, vinegar, sugar, salt, xanthan gum, potassium sorbate , calcium disodium EDTA CONTAINS: EGG, MUSTARD.</p>
<p>Mozzarella Cheese Slice: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme CONTAINS: MILK.</p>
<p>Natural Cheddar: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour (annatto) CONTAINS: MILK.</p>
<p>Onions (dehydrated): 100% onions</p>
<p>Parmesan and Black Pepper Sauce: Water, soybean oil, glucose syrup solids, vinegar, milk ingredients, parmesan cheese solids, egg yolk, modified corn starch, sugar, salt, garlic powder, spices and herbs (including black pepper), lactic acid, onion powder, corn maltodextrin, potassium chloride, sodium gluconate, natural flavour, xanthan gum, cheddar cheese solids, potassium sorbate, sodium benzoate, propylene glycol alginate, calcium disodium EDTA. CONTAINS: MILK, EGG.</p>
<p>Pickle Slices: Cucumbers, water, distilled vinegar, salt, calcium chloride, potassium sorbate, potassium aluminum sulphate, natural flavours (plant source), polysorbate 80, extractives of tumeric (colour)</p>
<p>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: SOY, MILK.</p>
<p>Quarter Pounder Beef Patty: 100% pure beef</p>
<p>Red Onion rings: Red onion</p>
<p>Regular Bun: Enriched wheat flour, water, sugar, yeast, vegetable oil (soybean and/or canola), salt, potato flour, may contain any or all of the following in varying proportions: malted barley flour, wheat gluten, mono and diglycerides, vinegar, enzymes, ascorbic acid, diacetyl tartaric acid esters of mono and diglycerides, microcrystalline cellulose, dicalcium phosphate, sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate, wheat starch. Toasted in the same toaster that also prepares other buns containing butter and egg. MAY CONTAIN MILK AND EGG. MAY CONTAIN SOY (Newfoundland only). CONTAINS: WHEAT, BARLEY. MAY CONTAIN: SESAME SEEDS.</p>
<p>Sesame Seed Bun: Enriched Wheat Flour, water, sugar, yeast, vegetable oil (soybean and/or canola), salt, potato flour, wheat gluten, monoglycerides, vinegar, sesame seeds, may contain any or all of the following in varying proportions: malted barley flour, enzymes, ascorbic acid, wheat starch, diacetyl tartaric acid ester of mono and diglycerides. Toasted in the same toaster that also prepares other buns containing butter and egg. MAY CONTAIN MILK AND EGG. MAY CONTAIN SOY (Newfoundland only). CONTAINS: SESAME SEEDS, WHEAT, BARLEY.</p>
<p>Sesame and Poppy Seed Bun: Unbleached enriched wheat flour, water, sugar, yeast, barley malt extract and/or barley malt syrup, vegetable oil (soybean and/or canola), sesame seeds, salt, glaze (water, vegetable proteins, vegetable oil, dextrose, maltodextrin, starch), poppy seeds, wheat gluten, corn flour, calcium propionate, diacetyl tartaric acid esters of mono and diglycerides, wheat starch, turmeric, ascorbic acid, enzymes, may contain any or all of the following in varying proportions: distilled monoglycerides, calcium sulphate, paprika, natural flavour (plant source), colour (annatto). Toasted in the same toaster that also prepares other bun containing butter and egg. May contain milk and egg. CONTAINS: SESAME SEEDS, WHEAT, BARLEY.</p>
<p>Slivered Onions: Onions</p>
<p>Smoky Angus Sauce: Water, soybean oil, sugar, vinegar, tomato paste, egg yolk, modified milk ingredients, salt, modified corn starch, natural smoke flavour, xanthan gum, spices (contains mustard), potassium sorbate CONTAINS: MILK, EGG, MUSTARD.</p>
<p>Tomato Slice: Sliced tomato</p>

mustard:

Water, vinegar, mustard seed, salt, turmeric, natural flavour (plant source), spice

CONTAINS: MUSTARD.

Chicken**10 Chicken McNuggets:**

Chicken McNuggets

20 Chicken McNuggets:

Chicken McNuggets

4 Chicken McNuggets:

Chicken McNuggets

6 Chicken McNuggets:

Chicken McNuggets

Asiago & Bacon with Crispy Chicken:

Asiago Cheese, Bacon pieces, Brioche Style Bun, Crispy Chicken Portion, Leaf Lettuce, Rotisserie Seasoned Sauce, Swiss Cheese Sauce, Tomato Slice

Asiago & Bacon with Grilled Chicken:

Asiago Cheese, Bacon pieces, Brioche Style Bun, Grilled Chicken Portion, Leaf Lettuce, Rotisserie Seasoned Sauce, Swiss Cheese Sauce, Tomato Slice

BLT with Crispy Chicken:

Bacon Slice, Brioche Style Bun, Crispy Chicken Portion, Leaf Lettuce, McChicken Sauce, Tomato Slice

BLT with Grilled Chicken:

Bacon Slice, Brioche Style Bun, Grilled Chicken Portion, Leaf Lettuce, McChicken Sauce, Tomato Slice

Chicken & Bacon Signature McWrap with Crispy Chicken:

10 Whole Wheat Tortilla, Bacon Slice, Crispy Chicken Strips, Lettuce, Mayonnaise-Style Sauce, Monterey Jack Jalapeno, Tomato Slice

Chicken & Bacon Signature McWrap with Grilled Chicken:

10 Whole Wheat Tortilla, Bacon Slice, Grilled Chicken Portion, Lettuce, Mayonnaise-Style Sauce, Monterey Jack Jalapeno, Tomato Slice

Chipotle Chicken Snack Wrap with Crispy Chicken:

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

Chipotle Chicken Snack Wrap with Grilled Chicken:

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

Junior Chicken:

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

McChicken:

Lettuce, McChicken Portion, McChicken Sauce, Sesame Seed Bun

Ranch Chicken Snack Wrap with Crispy Chicken:

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

Ranch Chicken Snack Wrap with Grilled Chicken:

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

Sweet Chili Signature McWrap with Crispy Chicken:

10 Whole Wheat Tortilla, Crispy Chicken Strips, Cucumber, Lettuce, Mayonnaise-Style Sauce, Thai Sauce

Sweet Chili Signature McWrap with Grilled Chicken:

10 Whole Wheat Tortilla, Cucumber, Grilled Chicken Portion, Lettuce, Mayonnaise-Style Sauce, Thai Sauce

The new Spicier Habanero McChicken:

Creamy Habanero Sauce, Lettuce, McChicken Portion, Sesame Seed Bun

The new Spicy Jalapeño McChicken:

Creamy Jalapeno Sauce, Lettuce, McChicken Portion, Sesame Seed Bun

Tomato & Mozzarella with Crispy Chicken:

Brioche Style Bun, Creamy Tomato and Herb Sauce, Crispy Chicken Portion, Leaf Lettuce, Mozzarella Cheese Slice, Red Onion rings, Tomato Slice

Tomato & Mozzarella with Grilled Chicken:

Brioche Style Bun, Creamy Tomato and Herb Sauce, Grilled Chicken Portion, Leaf Lettuce, Mozzarella Cheese Slice, Red Onion rings, Tomato Slice

Chicken Ingredients**10 Whole Wheat Tortilla:**

Whole wheat flour, water, vegetable shortening (interesterified soybean oil, fully hydrogenated soybean oil), contains 2% or less of the following: sugar, potassium chloride, baking powder, salt, mono- and diglycerides of fatty acids, vital wheat gluten.

CONTAINS: WHEAT.**8" flour Tortilla:**

Enriched Bleached Wheat Flour, Water, Vegetable Shortening (Interesterified Soybean Oil, Fully Hydrogenated Soybean Oil), Contain 2% or Less of the Following: Sugar, Potassium Chloride, Salt, Baking Powder, Vital Wheat Gluten, Monoglycerides.

CONTAINS: WHEAT.**Asiago Cheese:**

Pasteurized milk, modified milk ingredients, salt, calcium chloride, lipase, microbial enzyme, bacterial culture.

CONTAINS: MILK.**Bacon Slice:**

Pork bacon, water, salt, sugar, smoke flavouring, sodium phosphate, sodium erythorbate, sodium nitrite

Bacon pieces:

Pork, water, salt, sugar, smoke flavouring, sodium phosphate, sodium erythorbate, sodium nitrite, smoke

Brioche Style Bun:

Unbleached wheat flour, water, liquid whole eggs, cane sugar, durum wheat semolina, liquid egg yolk, liquid egg-whites, butter, salt, cultured wheat starch, yeast, sour starter [cultured wheat flour, ground wheat, yeast, lactic acid (from bacterial culture)], ground wheat, turmeric, amylase

CONTAINS: WHEAT, MILK, EGG.

MAY CONTAIN: SESAME SEEDS.

Chicken McNuggets:

Boneless skinless chicken breast meat, water, vegetable oil (canola, corn, soybean and hydrogenated soybean oil), wheat flour, yellow corn flour, modified corn starch, rice starch, salt, baking powder, seasoning [wheat starch, yeast extract, salt, natural flavour (vegetable source)], spices, canola oil, sodium aluminum phosphate, dextrose, wheat starch, corn starch

CONTAINS: WHEAT.

Chipotle BBQ sauce:

Glucose-fructose, water, tomato paste, honey, vinegar, refiners' molasses, modified corn starch, natural (plant source) and artificial flavour, salt, natural smoke flavour (plant source), soybean oil, potassium sorbate, sodium benzoate, onion powder, garlic powder, caramel colour, propylene glycol alginate, spice

Creamy Habanero Sauce:

Soybean oil, water, prepared mustard (water, mustard seed, vinegar, salt, mustard bran), liquid egg yolk, vinegar, sugar, salt, dehydrated garlic, modified corn starch, dehydrated onion, habanero chili pepper (red habanero, chile, salt), citric acid, xanthan gum, propylene glycol alginate, ground mustard, paprika, paprika extract, lactic acid, black pepper, potassium sorbate, sodium benzoate, chives, cilantro, calcium disodium EDTA.

CONTAINS: EGG, MUSTARD.

Creamy Jalapeno Sauce:

Soybean oil, jalapeno pepper puree (jalapeno peppers, water, salt, citric acid), prepared mustard (water, mustard seed, vinegar, salt, mustard bran), water, liquid egg yolk, vinegar, sugar, salt, dehydrated garlic, modified corn starch, dehydrated onion, dehydrated spinach, citric acid, jalapeno pepper, ground mustard, lactic acid, xanthan gum, propylene glycol alginate, potassium sorbate, sodium benzoate, white pepper, cilantro, natural flavour, calcium disodium EDTA.

CONTAINS: EGG, MUSTARD.

Creamy Tomato and Herb Sauce:

Soybean oil, water, diced tomatoes (tomatoes, tomato juice, citric acid), liquid egg yolk, sundried tomatoes, parmesan and romano cheeses (milk, bacterial culture, salt, microbial enzymes), vinegar, salt, green onions, sugar, tomato powder, garlic, yeast extract, evaporated cane syrup, spice, phosphoric acid, mustard seed, xanthan gum, sodium benzoate, potassium sorbate, propylene glycol alginate, calcium disodium EDTA, herbs.

CONTAINS: MILK, EGG, MUSTARD.

Crispy Chicken Portion:

Boneless chicken breast meat, vegetable oil (canola, corn, soybean and hydrogenated soybean oil), wheat flour, toasted wheat crumbs, water, rice starch, salt, spices, garlic powder, onion powder, wheat starch, canola oil, sugar, baking powder, yeast, natural flavour (natural chicken flavour)

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, citric acid, dimethylpolysiloxane)

CONTAINS: WHEAT.

Cucumber:

Cucumber

Grilled Chicken Portion:

Boneless chicken breast meat, water, lemon juice concentrate, rice starch, salt, natural flavours (chicken, honey and plant source), vinegar, onion powder, chicken broth powder, garlic powder, rice hull concentrate, spices, sunflower oil, vegetable oil, mushroom juice concentrate, spice extractives, onion juice concentrate, garlic juice concentrate, herbs, tumeric extractives (for colour), cooked on a grill, lightly seasoned, with clarified butter (unsalted butter)

CONTAINS: MILK.

Junior Chicken Patty:

Chicken meat, wheat flour, vegetable oil (canola, corn, soybean and hydrogenated soybean oil), toasted wheat crumb, water, chicken skin, modified corn starch, salt, spice, potassium chloride, lemon juice concentrate, wheat gluten, vegetable oil, natural flavour (plant source), silicon dioxide, vinegar, garlic powder, baking powder

CONTAINS: WHEAT.

Leaf Lettuce:

Leaf lettuce

Lettuce:

Shredded iceberg lettuce

Mayonnaise-Style Sauce:

Soybean oil, water, prepared mustard (water, mustard seed, vinegar, salt, mustard bran), liquid egg yolk, vinegar, sugar, salt, xanthan gum, potassium sorbate, calcium disodium EDTA

CONTAINS: EGG, MUSTARD.

McChicken Portion:

Chicken meat, wheat flour, vegetable oil (canola, corn, soybean and hydrogenated soybean oil), water, chicken skin, toasted wheat crumbs, corn starch, modified corn starch, salt, yellow corn flour, canola oil, spices, sodium bicarbonate, sodium aluminum phosphate, potassium chloride, flavour (hydrolyzed corn, soy and wheat gluten protein, disodium inosinate, disodium guanylate), silicon dioxide, wheat starch

CONTAINS: SOY, WHEAT.

McChicken Sauce:

Soybean oil, water, prepared mustard (water, mustard seed, vinegar, salt, mustard bran), liquid egg yolk, vinegar, sugar, salt, xanthan gum, potassium sorbate , calcium disodium EDTA

CONTAINS: EGG, MUSTARD.

Monterey Jack Jalapeno:

Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, jalapeno pepper

CONTAINS: MILK.

Mozzarella Cheese Slice:

Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme

CONTAINS: MILK.

Premium Ranch Sauce:

Water, soybean oil, corn syrup solids, buttermilk powder, vinegar, liquid egg yolk, natural flavour (plant and dairy source), modified corn starch, sugar, garlic powder, onion powder, chives, salt, parsley, lactic acid, potassium chloride, sodium gluconate, xanthan gum, potassium sorbate , sodium benzoate, maltodextrin, buttermilk, citric acid , butter, gum Arabic, propylene glycol alginate, concentrated lemon juice, calcium disodium EDTA

CONTAINS: MILK, EGG.

Red Onion rings:

Red onion

Regular Bun:

Enriched wheat flour, water, sugar, yeast, vegetable oil (soybean and/or canola), salt, potato flour, may contain any or all of the following in varying proportions: malted barley flour, wheat gluten, mono and diglycerides, vinegar, enzymes, ascorbic acid, diacetyl tartaric acid esters of mono and diglycerides, microcrystalline cellulose, dicalcium phosphate, sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate, wheat starch. Toasted in the same toaster that also prepares other buns containing butter and egg. MAY CONTAIN MILK AND EGG. MAY CONTAIN SOY (Newfoundland only).

CONTAINS: WHEAT, BARLEY.

MAY CONTAIN: SESAME SEEDS.

Rotisserie Seasoned Sauce:

Soybean oil, water, seasoning (corn maltodextrin, spices, flavour [contains salt], garlic powder, onion powder, yeast extract, salt, silicon dioxide, sugar, potato maltodextrin, chicken fat, spice extractives), mustard (water, mustard seed, vinegar, salt, mustard bran), liquid egg yolk (liquid egg yolk, salt), vinegar, sugar, salt, modified corn starch, xanthan gum, propylene glycol alginate, potassium sorbate, calcium disodium EDTA.

CONTAINS: EGG, MUSTARD.

Sesame Seed Bun:

Enriched Wheat Flour, water, sugar, yeast, vegetable oil (soybean and/or canola), salt, potato flour, wheat gluten, monoglycerides, vinegar, sesame seeds, may contain any or all of the following in varying proportions: malted barley flour, enzymes, ascorbic acid, wheat starch, diacetyl tartaric acid ester of mono and diglycerides. Toasted in the same toaster that also prepares other buns containing butter and egg. MAY CONTAIN MILK AND EGG. MAY CONTAIN SOY (Newfoundland only).

CONTAINS: SESAME SEEDS, WHEAT, BARLEY.

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.

Swiss Cheese Sauce:

Soybean oil, water, liquid egg yolk (liquid egg yolk, salt), Swiss cheese flavour (water, Swiss cheese, cultured dextrose, natural flavour, anhydrous milkfat, salt, disodium phosphate, sodium citrate, xanthan gum), modified corn starch, dairy enhancer (whey, corn maltodextrine, natural flavours), vinegar, salt, lactic acid, xanthan gum, mustard flour, potassium sorbate, sodium benzoate, propylene glycol alginate, dehydrated parsley, dehydrated onion, dehydrated garlic, dehydrated thyme, calcium disodium EDTA.

CONTAINS: MILK, EGG, MUSTARD.

Thai Sauce:

Sugar, water, vinegar, red bell pepper, modified tapioca starch, salt, dehydrated garlic, spice, xanthan gum, potassium sorbate , sodium benzoate, natural flavour (plant source)

Tomato Slice:

Sliced tomato

Sandwiches & Wraps**Chicken & Bacon Signature McWrap with Crispy Chicken:**

10 Whole Wheat Tortilla, Bacon Slice, Crispy Chicken Strips, Lettuce, Mayonnaise-Style Sauce, Monterey Jack Jalapeno, Tomato Slice

Chicken & Bacon Signature McWrap with Grilled Chicken:

10 Whole Wheat Tortilla, Bacon Slice, Grilled Chicken Portion, Lettuce, Mayonnaise-Style Sauce, Monterey Jack Jalapeno, Tomato Slice

Chipotle Chicken Snack Wrap with Crispy Chicken:

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

Chipotle Chicken Snack Wrap with Grilled Chicken:

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

Double Filet-O-Fish:

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

Filet-O-Fish:

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

Fish & Chips:

Fish Strip (Haddock), French Fries, Tartar Sauce

Ranch Chicken Snack Wrap with Crispy Chicken:

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

Ranch Chicken Snack Wrap with Grilled Chicken:

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

Sweet Chili Signature McWrap with Crispy Chicken:

10 Whole Wheat Tortilla, Crispy Chicken Strips, Cucumber, Lettuce, Mayonnaise-Style Sauce, Thai Sauce

Sweet Chili Signature McWrap with Grilled Chicken:

10 Whole Wheat Tortilla, Cucumber, Grilled Chicken Portion, Lettuce, Mayonnaise-Style Sauce, Thai Sauce

Sandwiches & Wraps Ingredients**10 Whole Wheat Tortilla:**

Whole wheat flour, water, vegetable shortening (interesterified soybean oil, fully hydrogenated soybean oil), contains 2% or less of the following: sugar, potassium chloride, baking powder, salt, mono- and diglycerides of fatty acids, vital wheat gluten.

CONTAINS: WHEAT.**8" flour Tortilla:**

Enriched Bleached Wheat Flour, Water, Vegetable Shortening (Interesterified Soybean Oil, Fully Hydrogenated Soybean Oil), Contain 2% or Less of the Following: Sugar, Potassium Chloride, Salt, Baking Powder, Vital Wheat Gluten, Monoglycerides.

CONTAINS: WHEAT.**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, refiners' molasses, modified corn starch, natural (plant source) and artificial flavour, salt, natural smoke flavour (plant source), soybean oil, potassium sorbate, sodium benzoate, onion powder, garlic powder, caramel colour, propylene glycol alginate, spice

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, citric acid, dimethylpolysiloxane)

CONTAINS: WHEAT.**Cucumber:**

Cucumber

Filet-O-Fish Portion:

Alaska Pollock fish fillets, toasted wheat crumbs, vegetable oil (canola, corn, soybean and hydrogenated soybean oil), modified corn starch, water, flour (corn, wheat), colour (paprika, turmeric), cellulose gum, salt, spices

CONTAINS: WHEAT, FISH.**Fish Strip (Haddock):**

Haddock fillets, water, toasted wheat crumbs, canola oil, flour (wheat, corn), modified corn starch, wheat starch, salt, sugars (dextrose), pea protein, modified palm oil, potato maltodextrin, corn dextrin, baking powder, seasonings (yeast extract, spices), modified cellulose, guar flour, annatto. CONTAINS: FISH, WHEAT.

CONTAINS: WHEAT, FISH.**French Fries:**

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

Grilled Chicken Portion:

Boneless chicken breast meat, water, lemon juice concentrate, rice starch, salt, natural flavours (chicken, honey and plant source), vinegar, onion powder, chicken broth powder, garlic powder, rice hull concentrate, spices, sunflower oil, vegetable oil, mushroom juice concentrate, spice extractives, onion juice concentrate, garlic juice concentrate, herbs, tumeric extractives (for colour), cooked on a grill, lightly seasoned, with clarified butter (unsalted butter)

CONTAINS: MILK.

Lettuce:

Shredded iceberg lettuce

Mayonnaise-Style Sauce:

Soybean oil, water, prepared mustard (water, mustard seed, vinegar, salt, mustard bran), liquid egg yolk, vinegar, sugar, salt, xanthan gum, potassium sorbate , calcium disodium EDTA

CONTAINS: EGG, MUSTARD.

Monterey Jack Jalapeno:

Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, jalapeno pepper

CONTAINS: MILK.

Premium Ranch Sauce:

Water, soybean oil, corn syrup solids, buttermilk powder, vinegar, liquid egg yolk, natural flavour (plant and dairy source), modified corn starch, sugar, garlic powder, onion powder, chives, salt, parsley, lactic acid, potassium chloride, sodium gluconate, xanthan gum, potassium sorbate , sodium benzoate, maltodextrin, buttermilk, citric acid , butter, gum Arabic, propylene glycol alginate, concentrated lemon juice, calcium disodium EDTA

CONTAINS: MILK, EGG.

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: SOY, MILK.

Regular Bun:

Enriched wheat flour, water, sugar, yeast, vegetable oil (soybean and/or canola), salt, potato flour, may contain any or all of the following in varying proportions: malted barley flour, wheat gluten, mono and diglycerides, vinegar, enzymes, ascorbic acid, diacetyl tartaric acid esters of mono and diglycerides, microcrystalline cellulose, dicalcium phosphate, sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate, wheat starch. Toasted in the same toaster that also prepares other buns containing butter and egg. MAY CONTAIN MILK AND EGG. MAY CONTAIN SOY (Newfoundland only).

CONTAINS: WHEAT, BARLEY.

MAY CONTAIN: 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.

Tartar Sauce:

Soybean oil, relish (pickles, water, salt, vinegar, capers, xanthan gum, potassium sorbate, spice extractives, polysorbate 80), water, liquid egg yolk, onion, vinegar, sugar, salt, mustard flour, potassium sorbate , xanthan gum, parsley, calcium disodium EDTA

CONTAINS: EGG, MUSTARD.

Thai Sauce:

Sugar, water, vinegar, red bell pepper, modified tapioca starch, salt, dehydrated garlic, spice, xanthan gum, potassium sorbate , sodium benzoate, natural flavour (plant source)

Tomato Slice:

Sliced tomato

Salads**Caesar Side Salad:**

Baby kale, Bacon pieces, Lettuce Blend, Premium Lettuce Mix, Roasted Garlic Focaccia Croutons, Shaved Parmesean

Garden Fresh Side Salad:

Baby kale, Cucumber, Lettuce Blend, Premium Lettuce Mix, Red Onion rings, Red pepper strips, Shredded Monterey Jack & Light Cheddar Cheese Blend

I'm Greek-ing Out Salad with Crispy Chicken:

Baby kale, Couscous blend, Crispy Chicken Portion, Crumbled Feta Cheese, Cucumber, Herb and Garlic Pita Chips, Lettuce Blend, Premium Lettuce Mix, Red pepper strips

I'm Greek-ing Out Salad with Grilled Chicken:

Baby kale, Couscous blend, Crumbled Feta Cheese, Cucumber, Grilled Chicken Portion, Herb and Garlic Pita Chips, Lettuce Blend, Premium Lettuce Mix, Red pepper strips

Keep Calm, Caesar On Salad with Crispy Chicken:

Baby kale, Bacon pieces, Crispy Chicken Portion, Lettuce Blend, Premium Lettuce Mix, Roasted Garlic Focaccia Croutons, Shaved Parmesean

Keep Calm, Caesar On Salad with Grilled Chicken:

Baby kale, Bacon pieces, Grilled Chicken Portion, Lettuce Blend, Premium Lettuce Mix, Roasted Garlic Focaccia Croutons, Shaved Parmesean

Salads Ingredients**Baby kale:**

Baby kale

Bacon pieces:

Pork, water, salt, sugar, smoke flavouring, sodium phosphate, sodium erythorbate, sodium nitrite, smoke

Couscous blend:

Couscous (durum wheat semolina), feta cheese (pasteurized milk, salt, lipase, bacterial culture, microbial enzyme, calcium chloride), canola oil, artichokes, Kalamata olives, sun dried tomatoes (sulphites), green onions, red peppers, yellow peppers, vinegar (sulphites), filtered water, garlic puree (garlic, canola oil, citric acid), parsley, basil, spices (black pepper, oregano), citric acid , sea salt, may contain pit fragments

CONTAINS: SULPHITES, WHEAT, MILK.

Crispy Chicken Portion:

Boneless chicken breast meat, vegetable oil (canola, corn, soybean and hydrogenated soybean oil), wheat flour, toasted wheat crumbs, water, rice starch, salt, spices, garlic powder, onion powder, wheat starch, canola oil, sugar, baking powder, yeast, natural flavour (natural chicken flavour)

CONTAINS: WHEAT.

Crumbled Feta Cheese:

Pasteurized milk, modified milk ingredients, salt, calcium chloride, microbial enzyme, bacterial culture, lipase, cellulose, potassium sorbate, lactic acid, natamycin

CONTAINS: MILK.

Cucumber:

Cucumber

Grilled Chicken Portion:

Boneless chicken breast meat, water, lemon juice concentrate, rice starch, salt, natural flavours (chicken, honey and plant source), vinegar, onion powder, chicken broth powder, garlic powder, rice hull concentrate, spices, sunflower oil, vegetable oil, mushroom juice concentrate, spice extractives, onion juice concentrate, garlic juice concentrate, herbs, tumeric extractives (for colour), cooked on a grill, lightly seasoned, with clarified butter (unsalted butter)

CONTAINS: MILK.

Herb and Garlic Pita Chips:

Enriched flour, sunflower oil, salt, sugar, yeast, maltodextrin, garlic powder, corn syrup solids, spices, onion powder, natural flavours (plant source), citric acid , ascorbic acid, rosemary extract

CONTAINS: WHEAT.

Lettuce Blend:

Romaine lettuce, iceberg lettuce, romaine hearts.

Premium Lettuce Mix:

Lolla Rosa lettuce, red leaf lettuce, tango lettuce, green leaf lettuce, green oak lettuce, ingredients may vary

Red Onion rings:

Red onion

Red pepper strips:

Red pepper

Roasted Garlic Focaccia Croutons:

Enriched flour, canola and/or sunflower oil, salt, dehydrated garlic, yeast, sugar, natural and artificial flavours (plant and dairy source), ascorbic acid, rosemary extracts

CONTAINS: SOY, WHEAT, MILK.

Shaved Parmesean:

Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose

CONTAINS: MILK.

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.

Happy Meal**1% Partly Skimmed Milk - 250 ml:**

1% Partly Skimmed Milk

4 Chicken McNuggets:

Chicken McNuggets

Apple Slices:

Apple Slices

Cheeseburger:

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

Dasani Water:

Dasani Water

Hamburger:

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

Hotcakes:

Hotcakes

Minute Maid Apple Juice - Small:

Apple Juice

Minute Maid Orange Juice - Small:

Orange Juice

Ranch Chicken Snack Wrap with Crispy Chicken:

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

Ranch Chicken Snack Wrap with Grilled Chicken:

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

Strawberry Yogurt Tube:

Strawberry Yogurt Tube

World Famous Fries - Mini:

French Fries, Salt

World Famous Fries - Small:

French Fries, Salt

Happy Meal Ingredients**1% Partly Skimmed Milk:**

Partly skimmed milk, vitamin A palmitate, vitamin D3

CONTAINS: MILK.**8" flour Tortilla:**

Enriched Bleached Wheat Flour, Water, Vegetable Shortening (Interesterified Soybean Oil, Fully Hydrogenated Soybean Oil), Contain 2% or Less of the Following: Sugar, Potassium Chloride, Salt, Baking Powder, Vital Wheat Gluten, Monoglycerides.

CONTAINS: WHEAT.**Apple Juice:**

Concentrated apple juice, ascorbic acid (vitamin C)

Apple Slices:

Apples, calcium ascorbate

Beef Patty:

100% pure beef

Chicken McNuggets:

Boneless skinless chicken breast meat, water, vegetable oil (canola, corn, soybean and hydrogenated soybean oil), wheat flour, yellow corn flour, modified corn starch, rice starch, salt, baking powder, seasoning [wheat starch, yeast extract, salt, natural flavour (vegetable source)], spices, canola oil, sodium aluminum phosphate, dextrose, wheat starch, corn starch

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, citric acid, dimethylpolysiloxane)

CONTAINS: WHEAT.**Dasani Water:**

Water, magnesium sulphate, potassium chloride, salt, ozone

French Fries:

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

Grill Seasoning:

Salt, spice (pepper), sunflower oil (used as a processing aid)

Grilled Chicken Portion:

Boneless chicken breast meat, water, lemon juice concentrate, rice starch, salt, natural flavours (chicken, honey and plant source), vinegar, onion powder, chicken broth powder, garlic powder, rice hull concentrate, spices, sunflower oil, vegetable oil, mushroom juice concentrate, spice extractives, onion juice concentrate, garlic juice concentrate, herbs, tumeric extractives (for colour), cooked on a grill, lightly seasoned, with clarified butter (unsalted butter)

CONTAINS: MILK.

Hotcakes:

Water, wheat flour, whey, corn flour, soybean oil, sugar, liquid whole eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), dextrose, emulsifier (propylene glycol monoester, soy monoglycerides, sodium stearoyl-2- lactylate), salt, xanthan gum, natural flavour (plant and dairy source), colour (beta carotene)

CONTAINS: SOY, WHEAT, MILK, EGG.

Ketchup:

Tomato paste, Sugar / Glucose Fructose, White Vinegar, Water, Salt, Spices.

Lettuce:

Shredded iceberg lettuce

Onions (dehydrated):

100% onions

Orange Juice:

Water, orange juice from concentrate

Pickle Slices:

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

Premium Ranch Sauce:

Water, soybean oil, corn syrup solids, buttermilk powder, vinegar, liquid egg yolk, natural flavour (plant and dairy source), modified corn starch, sugar, garlic powder, onion powder, chives, salt, parsley, lactic acid, potassium chloride, sodium gluconate, xanthan gum, potassium sorbate, sodium benzoate, maltodextrin, buttermilk, citric acid, butter, gum Arabic, propylene glycol alginate, concentrated lemon juice, calcium disodium EDTA

CONTAINS: MILK, EGG.

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: SOY, MILK.

Regular Bun:

Enriched wheat flour, water, sugar, yeast, vegetable oil (soybean and/or canola), salt, potato flour, may contain any or all of the following in varying proportions: malted barley flour, wheat gluten, mono and diglycerides, vinegar, enzymes, ascorbic acid, diacetyl tartaric acid esters of mono and diglycerides, microcrystalline cellulose, dicalcium phosphate, sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate, wheat starch. Toasted in the same toaster that also prepares other buns containing butter and egg. MAY CONTAIN MILK AND EGG. MAY CONTAIN SOY (Newfoundland only).

CONTAINS: WHEAT, BARLEY.

MAY CONTAIN: SESAME SEEDS.

Salt:

Salt, silicoaluminate, dextrose, potassium iodide

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.

Strawberry Yogurt Tube:

Skim milk, modified milk ingredients, sugar, water, cream, corn starch, modified corn starch, natural flavours (plant source), agar, natural colours (plant source), calcium citrate, citric acid, potassium sorbate, active bacterial cultures, vitamin D3, sodium citrate, made with vitamin D fortified skim milk

CONTAINS: MILK.

mustard:

Water, vinegar, mustard seed, salt, turmeric, natural flavour (plant source), spice

CONTAINS: MUSTARD.

Beverages**1% Partly Skimmed Milk - 250 ml:**

1% Partly Skimmed Milk

Barq's Root Beer - Child:

Barq's Root Beer, Ice

Barq's Root Beer - Large:

Barq's Root Beer, Ice

Barq's Root Beer - Medium:

Barq's Root Beer, Ice

Barq's Root Beer - Small:

Barq's Root Beer, Ice

Coca-Cola - Child:

Coca-Cola, Ice

Coca-Cola - Large:

Coca-Cola, Ice

Coca-Cola - Medium:

Coca-Cola, Ice

Coca-Cola - Small:

Coca-Cola, Ice

Coca-Cola Zero - Child:

Coca-Cola Zero, Ice

Coca-Cola Zero - Large:

Coca-Cola Zero, Ice

Coca-Cola Zero - Medium:

Coca-Cola Zero, Ice

Coca-Cola Zero - Small:

Coca-Cola Zero, Ice

Dasani Water:

Dasani Water

Diet Coke - Child:

Diet Coke, Ice

Diet Coke - Large:

Diet Coke, Ice

Diet Coke - Medium:

Diet Coke, Ice

Diet Coke - Small:

Diet Coke, Ice

Fruitopia Orange Groove - Child:

Fruitopia Orange Groove, Ice

Fruitopia Orange Groove - Large:

Fruitopia Orange Groove, Ice

Fruitopia Orange Groove - Medium:

Fruitopia Orange Groove, Ice

Fruitopia Orange Groove - Small:

Fruitopia Orange Groove, Ice

Fruitopia Strawberry Passion Awareness - Child:

Fruitopia Strawberry Passion Awareness, Ice

Fruitopia Strawberry Passion Awareness - Large:

Fruitopia Strawberry Passion Awareness, Ice

Fruitopia Strawberry Passion Awareness - Medium:

Fruitopia Strawberry Passion Awareness, Ice

Fruitopia Strawberry Passion Awareness - Small:

Fruitopia Strawberry Passion Awareness, Ice

Higgins & Burke Hot Chocolate:

18% Cream, Hot Chocolate (Packet), Water

Minute Maid Apple Juice - Large:

Apple Juice

Minute Maid Apple Juice - Medium:

Apple Juice

Minute Maid Apple Juice - Small:

Apple Juice

Minute Maid Orange Juice - Large:

Orange Juice

Minute Maid Orange Juice - Medium:

Orange Juice

Minute Maid Orange Juice - Small:

Orange Juice

Nestea Iced Tea - Child:

Ice, Nestea Iced Tea

Nestea Iced Tea - Large:

Ice, Nestea Iced Tea

Nestea Iced Tea - Medium:

Ice, Nestea Iced Tea

Nestea Iced Tea - Small:

Ice, Nestea Iced Tea

Sprite - Child:

Ice, Sprite

Sprite - Large:

Ice, Sprite

Sprite - Medium:

Ice, Sprite

Sprite - Small:

Ice, Sprite

Beverages Ingredients**1% Partly Skimmed Milk:**

Partly skimmed milk, vitamin A palmitate, vitamin D3

CONTAINS: MILK.**18% Cream:**

Cream, milk, sodium citrate, and may contain in varying proportions: sodium phosphate, carrageenan, dextrose

CONTAINS: MILK.**Apple Juice:**

Concentrated apple juice, ascorbic acid (vitamin C)

Barq's Root Beer:

Carbonated water, sugar and/or glucose-fructose, caramel colour, sodium benzoate, natural and artificial flavours, citric acid, caffeine

Coca-Cola:

Carbonated water, sugar/glucose-fructose, caramel colour, phosphoric acid, natural flavours (vegetable source), caffeine

Coca-Cola Zero:

Water, caramel colour, phosphoric acid, potassium citrate, aspartame (phenylalanine), potassium benzoate, natural flavour, iron, caffeine, dimethylpolysiloxane

Dasani Water:

Water, magnesium sulphate, potassium chloride, salt, ozone

Diet Coke:

Carbonated water, caramel colour, phosphoric and citric acid, aspartame (phenylalanine), natural flavours (vegetable source), sodium benzoate, folic acid, caffeine, dimethylpolysiloxane

Fruitopia Orange Groove:

Water, sugar and/or glucose-fructose, concentrated orange and tangerine juices, citric acid, ascorbic acid (vitamin C), natural flavour (plant source), sodium benzoate, potassium sorbate, modified cornstarch, artificial colour (tartrazine and sunset yellow FCF)

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

Nestea Iced Tea:

Water, sugar and/or glucose-fructose, citric acid, concentrated tea from tea leaves, potassium citrate, sodium benzoate, natural lemon flavour

Orange Juice:

Water, orange juice from concentrate

Sprite:

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

Water:

Water

Snacks & Sides**Apple Slices:**

Apple Slices

Banana Chocolate Chunk Muffin:

Granola, Muffin Banana Chocolate Chunk

Blueberry Muffin:

Blueberries, Muffin Blueberry

Carrot Muffin:

Muffin Carrot

Cranberry Orange Muffin:

Muffin Cranberry Orange

Fruit and Fibre Muffin:

Diced Apples, Muffin Fruit & Fibre

Herb & Garlic Seasoned Fries:

Clarified Butter, French Fries, Herb & Garlic Seasoning

Poutine:

Cheese Curds, French Fries, Poutine Gravy, Salt

RMHC Chocolate Caramel Cookie:

RMHC Chocolate Caramel Cookie

RMHC Chocolate Chunk Cookie:

RMHC Chocolate Chunk Cookie

RMHC L'il Gem Cookie:

RMHC Lil' Gem Cookie

RMHC Red Velvet Cookie:

Red Velvet Cookie

World Famous Fries - Large:

French Fries, Salt

World Famous Fries - Medium:

French Fries, Salt

World Famous Fries - Mini:

French Fries, Salt

World Famous Fries - Small:

French Fries, Salt

Snacks & Sides Ingredients**Apple Slices:**

Apples, calcium ascorbate

Blueberries:

100% Wild Blueberries

Cheese Curds:

Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme

CONTAINS: MILK.**Clarified Butter:**

Unsalted butter.

CONTAINS: MILK.**Diced Apples:**

Apples, calcium ascorbate

French Fries:

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

MAY CONTAIN: WHEAT.

Herb & Garlic Seasoning:

Spices, onion powder, sugar, sea salt, garlic powder, granulated garlic, dehydrated parsley, rice hull powder, canola oil, yeast extract, salt, flavour.

Muffin Banana Chocolate Chunk:

Sugar, unbleached enriched wheat flour, banana purée (bananas, ascorbic acid), water, egg white, canola oil, chocolate chunks (unsweetened chocolate, sugar, dextrose, soy lecithin, natural vanilla flavour), whole grain oat flour, whole grain wheat flour, whey powder (milk), batter thickener (carrageenan, guar gum, soy Lecithin), baking powder, baking soda, natural flavour (plant source), modified corn starch, emulsifier blend (propylene glycol mono fatty acid esters, soy monoglycerides, sodium stearoyl-2-lactylate), salt

CONTAINS: SOY, WHEAT, OAT, MILK, EGG.

Muffin Blueberry:

Enriched flour, sugar, water, blueberries, canola oil, egg white, invert sugar, whole grain oat flour, whole grain wheat flour, modified milk ingredients, sodium aluminum phosphate, baking soda, emulsifier blend (propylene glycol mono fatty acid esters, mono and diglycerides, sodium stearoyl-2-lactylate), salt, natural flavour (plant source), batter thickener (carrageenan, guar gum, soy lecithin), modified corn starch, sodium carboxymethyl cellulose

CONTAINS: SOY, WHEAT, OAT, MILK, BARLEY, EGG.

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: SOY, WHEAT, MILK, EGG.

Muffin Cranberry Orange:

Sugar, enriched flour, cranberries, water, egg white, canola oil, invert sugar, yogurt (skim milk, skim milk powder, modified corn starch, pectin, carrageenan, active bacterial culture), whole grain oat flour, buttermilk (skimmed milk, bacterial culture, salt), whole grain wheat flour, oranges, orange juice concentrate, baking powder, emulsifier blend (propylene glycol mono fatty acid esters, mono and diglycerides, sodium stearoyl-2-lactylate), baking soda, salt, batter thickener (carrageenan, guar gum, soy lecithin), natural flavour (plant source), sodium carboxymethyl cellulose, colour (plant source)

CONTAINS: SOY, WHEAT, OAT, MILK, EGG.

Muffin Fruit & Fibre:

Enriched flour, sugar, canola oil, bananas, egg white, buttermilk (skimmed milk, bacterial culture, salt), water, wheat bran, cranberries, blueberries, dehydrated apples, baking soda, baking powder, emulsifier blend (propylene glycol mono fatty acid esters, mono and diglycerides, sodium stearoyl-2-lactylate), batter thickener (carrageenan, guar gum, soy lecithin), natural flavour (plant source), salt, sodium carboxymethyl cellulose

CONTAINS: SOY, WHEAT, MILK, EGG.

Poutine Gravy:

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

RMHC Chocolate Caramel Cookie:

Sugar, enriched wheat flour (CONTAINS BARLEY), vegetable oil blend [palm oil, water, soybean oil, salt, whey (MILK), natural flavour, mono-and diglycerides, soy lecithin, vitamin a palmitate added, colour (plant source)], liquid whole eggs, salted caramel confectionery drops (sugar, palm kernel oil, whole milk powder, skim milk powder, palm oil, cocoa powder, salt, soy lecithin, paprika extract, natural flavour), semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, milk fat, soy lecithin, vanilla extract), cocoa powder, sodium bicarbonate, salt, natural flavour.

CONTAINS: SOY, WHEAT, MILK, BARLEY, EGG.

RMHC Chocolate Chunk Cookie:

Enriched wheat flour (CONTAINS BARLEY), vegetable oil blend [palm oil, water, soybean oil, salt, whey (MILK), natural flavour, mono-and diglycerides, soy lecithin, vitamin a palmitate added, colour (plant source)], sugar, brown sugar, semi-sweet chocolate chunks (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, milkfat, soy lecithin, vanilla extract), liquid whole eggs, sodium bicarbonate, salt, baking powder, natural flavour.

CONTAINS: SOY, WHEAT, MILK, BARLEY, EGG.

RMHC Lil' Gem Cookie:

Enriched wheat flour (CONTAINS BARLEY), vegetable oil blend [palm oil, water, soybean oil, salt, whey (MILK), natural flavour, mono-and diglycerides, soy lecithin, vitamin a palmitate added, colour (plant source)], sugar, candy coated semi-sweet chocolate gems (dark or semi-sweet chocolate, sugar, colour (plant source), acacia gum, corn syrup, confectioners glaze), brown sugar, oats, milk chocolate chunks (sugar, whole milk powder, cocoa butter, unsweetened chocolate, soy lecithin, salt, vanilla extract), white confectionery chips (sugar, palm kernel and palm oil, skim milk powder, soy lecithin, vanilla extract), liquid whole eggs, corn flakes [milled corn, sugar, malt flavour (contains barley), salt, iron, riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), calcium pantothenate, pyridoxine hydrochloride (vitamin B6), folic acid], sodium bicarbonate, baking powder, salt, natural flavour.

CONTAINS: SOY, WHEAT, OAT, MILK, BARLEY, EGG.

Red Velvet Cookie:

Sugar, enriched wheat flour (contains barley), palm and soybean oil spread (palm oil, water, soybean oil, salt, whey solids [milk], natural flavour [contains milk], mono-and diglycerides, soy lecithin, vitamin a palmitate, beta carotene [colour]), white confectionery chips (sugar, palm kernel and/or palm oil, skim milk powder, soy lecithin, vanilla extract), liquid whole eggs, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, butter oil [milk], soy lecithin, vanilla extract), cocoa powder, colour, natural flavour, sodium bicarbonate, salt.

CONTAINS: SOY, WHEAT, MILK, BARLEY, EGG.

Salt:

Salt, silicoaluminate, dextrose, potassium iodide

Desserts & Shakes**Apple Crumble Sundae:**

Cinnamon Oat Crumble, Spiced Apple Topping, Vanilla Ice Milk

Baked Apple Pie:

Baked Apple Pie

Baked Triple Berry Pie:

Baked Triple Berry Pie

Chocolate Birthday Cake:

Chocolate Birthday Cake

Chocolate Triple Thick Milkshake - Large:

Dairy Mix, Triple Thick Milkshake Chocolate Syrup

Chocolate Triple Thick Milkshake - Medium:

Dairy Mix, Triple Thick Milkshake Chocolate Syrup

Chocolate Triple Thick Milkshake - Small:

Dairy Mix, Triple Thick Milkshake Chocolate Syrup

French Crème Brûlée McFlurry - Regular Size:

Burnt Sugar Seasoning Mix, Crème Brûlée Sauce, Vanilla Ice Milk

French Crème Brûlée McFlurry - Snack Size:

Burnt Sugar Seasoning Mix, Crème Brûlée Sauce, Vanilla Ice Milk

Hot Caramel Sundae:

Hot Caramel Topping, Vanilla Ice Milk

Hot Fudge Sundae:

Hot Fudge Sundae Topping, Vanilla Ice Milk

M&M's McFlurry - Regular Size:

M&MS Candies, Vanilla Ice Milk

M&M's McFlurry - Snack Size:

M&MS Candies, Vanilla Ice Milk

Oreo McFlurry - Regular Size:

Oreo Mix-in, Vanilla Ice Milk

Oreo McFlurry - Snack Size:

Oreo Mix-in, Vanilla Ice Milk

SKOR McFlurry - Regular Size:

Crushed SKOR Candy Bars, Vanilla Ice Milk

SKOR McFlurry - Snack Size:

Crushed SKOR Candy Bars, Vanilla Ice Milk

Strawberry Triple Thick Milkshake - Large:

Dairy Mix, Triple Thick Milkshake Strawberry Syrup

Strawberry Triple Thick Milkshake - Medium:

Dairy Mix, Triple Thick Milkshake Strawberry Syrup

Strawberry Triple Thick Milkshake - Small:

Dairy Mix, Triple Thick Milkshake Strawberry Syrup

Strawberry Yogurt Tube:

Strawberry Yogurt Tube

Vanilla Birthday Cake:

Vanilla Birthday Cake

Vanilla Cone:

Large Cone, Vanilla Ice Milk

Vanilla McFlurry Base - Regular portion:

Vanilla Ice Milk

Vanilla McFlurry Base - Snack portion:

Vanilla Ice Milk

Vanilla Triple Thick Milkshake - Large:

Dairy Mix, Triple Thick Milkshake Vanilla Syrup

Vanilla Triple Thick Milkshake - Medium:

Dairy Mix, Triple Thick Milkshake Vanilla Syrup

Vanilla Triple Thick Milkshake - Small:

Dairy Mix, Triple Thick Milkshake Vanilla Syrup

Desserts & Shakes Ingredients

Baked Apple Pie:

Pastry: enriched wheat flour, vegetable oil shortening [palm oil and canola oil and modified palm oils, soy lecithin, natural butter flavour, citric acid, colour (beta carotene)], water, sugar, yeast, salt, L-cysteine hydrochloride, ascorbic acid, filling: apples (apples, ascorbic acid, salt, citric acid), glucose-fructose, water, sugar, sorbitol, dextrose, sodium alginate, sodium citrate, spice, salt, dicalcium phosphate, modified corn starch, citric acid, natural flavour (plant source), topping: sugar, spices

CONTAINS: SOY, WHEAT.

Baked Triple Berry Pie:

Pastry: enriched wheat flour, vegetable oil shortening [palm oil and modified palm oils, soy lecithin, natural butter flavour, colour (beta carotene)], water, sugar, yeast, salt, L-cysteine hydrochloride, ascorbic acid, filling: berries (blueberry, raspberry, strawberry), glucose-fructose, water, sugar, modified corn starch, sorbitol, dextrose, sodium alginate, sodium citrate, salt, dicalcium phosphate, natural wild berry flavour, citric acid, natural colour (plant source), topping: sugar, caramel

CONTAINS: SOY, WHEAT.

Burnt Sugar Seasoning Mix:

Sugar, caramel colour, canola oil.

Chocolate Birthday Cake:

Icing sugar (sugar, corn starch), flour, sugar, canola oil, water, liquid whole egg, shortening (modified palm oil, canola oil, palm kernel oil), emulsifier (water, mono & diglycerides, modified corn starch, diacetyl tartaric acid esters of mono & diglycerides, polysorbate 60, potassium sorbate, tricalcium phosphate, sodium stearyl lactylate & xanthan gum), white fondant (sugar, water, glucose), cocoa powder, corn syrup, milk powder, image (tapioca starch, corn syrup solids, microcrystalline cellulose, water, sugar, glycerine, polyglycerol esters, algin, modified corn starch, canola oil, citric acid, potassium sorbate, natural colour [red cabbage extract, caramelized sugar, red beet concentrate], sodium bicarbonate), salt, natural flavour, sodium bicarbonate, xanthan gum.

CONTAINS: SOY, WHEAT, MILK, EGG.

Cinnamon Oat Crumble:

Vanilla crunch topping [enriched wheat flour, sugar, vegetable oil shortening (contains palm and modified palm oil), water, glucose, baking powder, modified corn starch, natural flavour (vanilla), annatto colour], oats, sugar, brown sugar, canola oil, liquid egg white, molasses, spice (cinnamon)

CONTAINS: WHEAT, OAT, EGG.

Crushed SKOR Candy Bars:

Milk chocolate [sugar, cocoa butter, unsweetened chocolate, milk ingredients, lactose, salt, lecithin (soy), natural flavour (plant source)], sugar, butter, almonds (roasted in cocoa butter and/or sunflower oil), milk ingredients, salt

CONTAINS: SOY, TREE NUTS, MILK.

Crème Brûlée Sauce:

Sugar, water, nonfat dry milk, palm oil, salt, disodium phosphate, mono and diglycerides, potassium sorbate (preservative), natural flavor.

CONTAINS: MILK.

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/glucose-fructose, sweetened condensed milk, water, unsalted butter, disodium phosphate, salt, pectin, natural flavours (plant and dairy source)

CONTAINS: MILK.

Hot Fudge Sundae Topping:

Sugar/glucose-fructose, water, hydrogenated coconut oil, milk ingredients, cocoa, salt, disodium phosphate, potassium sorbate, natural flavour (plant source), polyglycerol esters of fatty acids (plant source), soy lecithin.

CONTAINS: SOY, MILK.

Large Cone:

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

CONTAINS: SOY, WHEAT.

M&MS Candies:

Milk chocolate (sugar, cocoa mass, milk ingredients, cocoa butter, lactose, soy lecithin, salt, artificial flavours), sugar, colour (with tartrazine), tapioca dextrin, corn syrup, corn starch, carnauba wax, modified coconut oil and/ or modified palm oil (medium chain triglycerides), made from equipment that also prepares McFlurry flavours containing tree nuts (almonds). May contain tree nuts

CONTAINS: SOY, MILK.

MAY CONTAIN: PEANUTS.

Oreo Mix-in:

Sugar, enriched wheat flour, coconut oil shortening, soybean oil, cocoa, corn starch, glucose syrup, salt, soy lecithin, baking soda, artificial flavour, made from equipment that also prepares McFlurry flavours containing tree nuts (almonds). May contain tree nuts

CONTAINS: SOY, WHEAT.

Spiced Apple Topping:

Apples, glucose-fructose, water, sugar, modified corn starch, malic acid, ascorbic acid, citric acid, sodium benzoate (preservative), cellulose gum, cinnamon, natural apple flavour with other natural flavours (plant source).

Strawberry Yogurt Tube:

Skim milk, modified milk ingredients, sugar, water, cream, corn starch, modified corn starch, natural flavours (plant source), agar, natural colours (plant source), calcium citrate, citric acid, potassium sorbate, active bacterial cultures, vitamin D3, sodium citrate, made with vitamin D fortified skim milk

CONTAINS: MILK.

Triple Thick Milkshake Chocolate Syrup:

Sugar, glucose, water, glycerol, cocoa, fruit and vegetable juice (colour), natural flavours (plant source), salt, potassium sorbate. may contain milk and small amount of other shake flavours served at the restaurant

Triple Thick Milkshake Strawberry Syrup:

Sugar/Glucose Syrup, Water, Strawberries, Natural Flavour (Plant Source), Colours (Vegetable Juice and Beta Carotene), Pectin, Citric Acid, Xanthan Gum, Potassium Sorbate and Sodium Benzoate, Calcium Chloride, Dimethylpolysiloxane (Antifoaming Agent). May contain milk and small amount of other shake flavours served at the restaurant

Triple Thick Milkshake Vanilla Syrup:

Glucose-fructose, water, natural flavour (plant source), colour (caramel, beta carotene), citric acid, potassium sorbate, dimethylpolysiloxane (antifoaming agent). may contain milk and small amount of other shake flavours served at the restaurant

Vanilla Birthday Cake:

Icing Sugar (Sugar, Corn Starch), Flour, Sugar, Canola Oil, Water, Liquid Whole Egg, Shortening (Modified Palm Oil, Canola Oil, Palm Kernel Oil), Emulsifier (Water, Mono & Diglycerides, Modified Corn Starch, Diacetyl Tartaric Acid Esters Of Mono & Diglycerides, Polysorbate 60, Potassium Sorbate, Tricalcium Phosphate, Sodium Stearoyl Lactylate & Xanthan Gum), White Fondant (Sugar, Water, Glucose), Wheat Starch, Corn Syrup, Milk Powder, Natural Flavour, Baking Powder, Image (Tapioca Starch, Corn Syrup Solids, Microcrystalline Cellulose, Water, Sugar, Glycerine, Polyglycerol Esters, Algin, Modified Corn Starch, Canola Oil, Citric Acid, Potassium Sorbate, Natural Colour [Red Cabbage Extract, Caramelized Sugar, Red Beet Concentrate], Sodium Bicarbonate), Salt, Sodium Bicarbonate, Xanthan Gum

CONTAINS: SOY, WHEAT, MILK, EGG.

Vanilla Ice Milk:

Milk ingredients, sugar, modified milk ingredients, glucose, mono and diglycerides, guar gum, dextrose, carrageenan, cellulose gum, natural flavour, sodium hydroxide, sodium carbonate.

CONTAINS: MILK.

Condiments**Becel Margarine Portion:**

Becel Margarine Portion

Butter Portion:

Butter Portion - Whipped

Butter Portion Whipped:

Butter Portion - Whipped

Chicken McNuggets Barbeque Sauce:

Chicken McNuggets Barbeque Sauce

Chicken McNuggets Hot Mustard Sauce:

Chicken McNuggets Hot Mustard Sauce

Chicken McNuggets Sweet & Sour Sauce:

Chicken McNuggets Sweet & Sour Sauce

Granulated Peanuts Packet:

Granulated Peanuts Packet

Honey Packet:

Honey

Hotcake Syrup Packet:

Hotcake Syrup

Ketchup Packet:

Ketchup

Maple Brown Sugar Packet:

Maple Brown Sugar Packet

McChicken Sauce Packet:

McChicken Sauce

Peanut Butter Packet:

Peanut Butter Packet

Pure Kraft Asiago Caesar Dressing:

Pure Kraft Asiago Caesar Dressing

Pure Kraft Calorie-Wise Asiago Caesar Dressing:

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Pure Kraft Greek Feta Dressing:

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Pure Kraft Sweet Balsamic Vinaigrette Dressing:

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Salsa Sauce Packet:

Salsa

Strawberry Jam Packet:

Strawberry Jam

Vinegar Packet:

vinegar

Condiments Ingredients**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: SOY, MILK.**Butter Portion - Whipped:**

Cream, salt, may contain colour

CONTAINS: MILK.**Chicken McNuggets Barbeque Sauce:**

Glucose-fructose, water, vinegar, tomato paste, salt, modified corn starch, soybean oil, hydrolyzed corn soy wheat gluten protein, mustard seed, seasonings (autolyzed yeast extract, mustard, wheat flour), chili powder, xanthan gum, onion powder, potassium sorbate, sodium benzoate, red peppers

CONTAINS: SOY, WHEAT, MUSTARD.**Chicken McNuggets Hot Mustard Sauce:**

Prepared mustard (water, vinegar, mustard seed, salt, spices), glucose-fructose, water, soybean oil, vinegar, mustard flour, egg yolks, modified corn starch, salt, colour (annatto, caramel), xanthan gum, spices, sodium benzoate, calcium disodium EDTA, natural flavour (plant source)

CONTAINS: EGG, MUSTARD.**Chicken McNuggets Sweet & Sour Sauce:**

Glucose-fructose, water, concentrated apricot puree, vinegar, Teriyaki sauce [soy sauce (water, soybeans, wheat, salt), water, sugar, vinegar, onion powder, garlic powder, sodium benzoate], Worcestershire Powder [dextrose, garlic powder, salt, cellulose gum, spices, chili peppers, malic acid, natural flavour (plant source), onion powder], modified corn starch, salt, soybean oil, xanthan gum, mustard flour, sodium benzoate, colour (caramel), natural flavour (plant source)

CONTAINS: SOY, WHEAT, MUSTARD.

Granulated Peanuts Packet:

Peanuts

CONTAINS: PEANUTS.

Honey:

Honey

Hotcake Syrup:

Glucose-fructose, sugar, water, natural (plant source) and artificial flavours, potassium sorbate, colour (caramel)

Ketchup:

Tomato paste, liquid sugar, white vinegar, salt, water, spices

Maple Brown Sugar Packet:

Brown sugar, maple sugar

McChicken Sauce:

Soybean oil, water, prepared mustard (water, mustard seed, vinegar, salt, mustard bran), liquid egg yolk, vinegar, sugar, salt, xanthan gum, potassium sorbate, calcium disodium EDTA

CONTAINS: EGG, MUSTARD.

Peanut Butter Packet:

Selected roasted peanuts, soybean oil, corn dextrin, sugar, hydrogenated vegetable oil, dextrose, salt

CONTAINS: PEANUTS, SOY.

Pure Kraft Asiago Caesar Dressing:

Canola oil, water, garlic, extra virgin olive oil, asiago, parmesan and romano cheese, egg yolks, vinegar, sugar, salt, garlic juice, anchovy paste, spices and seasonings, lemon juice concentrate, citric acid, xanthan gum, yeast extract, modified milk ingredients, dried garlic, silicon dioxide

CONTAINS: SOY, WHEAT, MILK, EGG, FISH.

Pure Kraft Calorie-Wise Asiago Caesar Dressing:

Water, canola oil, garlic, vinegar, asiago, parmesan and romano cheese, extra virgin olive oil, sugar, egg yolks, salt, whole eggs, garlic juice, anchovy paste, modified corn starch, xanthan gum, lemon juice concentrate, spices and seasonings, citric acid, lactic acid, yeast extract, dried garlic, silicon dioxide

CONTAINS: SOY, WHEAT, MILK, EGG, FISH.

Pure Kraft Greek Feta Dressing:

Water, canola oil, red wine vinegar, extra virgin olive oil, dried yogurt (contains milk), feta and romano cheese, sugar, white vinegar, garlic, salt, lemon juice concentrate, herbs and spices, cucumber juice, dried garlic, dried onions, modified corn starch, xanthan gum (thickener), calcium chloride, lactic acid

CONTAINS: MILK.

Pure Kraft Sweet Balsamic Vinaigrette Dressing:

Water, vinegar, vegetable oils (canola and soybean), sugar, fig juice concentrate, balsamic vinegar, honey, salt, garlic, spices, xanthan gum (thickener), poppy seeds

Salsa:

Water, tomato paste, onions, green bell peppers, jalapeno peppers, vinegar, salt, glucose-fructose, canola oil, xanthan gum, dehydrated onion, citric acid, potassium sorbate, sodium benzoate, spices, garlic, ascorbic acid

Strawberry Jam:

Sugar/glucose-fructose, sugar and/or glucose-fructose, strawberries, water, fruit pectin, citric acid, mono and diglycerides

vinegar:

White vinegar (5% acetic acid by volume)

McPicks**Baked Apple Pie:**

Baked Apple Pie

Cheeseburger:

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

Hamburger:

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

Junior Chicken:

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

McDouble:

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

Sausage McMuffin:

Butter, English Muffin, Processed Cheese Slice, Sausage Patty

Vanilla Cone:

Large Cone, Vanilla Ice Milk

World Famous Fries – Small:

French Fries, Salt

McPicks Ingredients**Baked Apple Pie:**

Pastry: enriched wheat flour, vegetable oil shortening [palm oil and canola oil and modified palm oils, soy lecithin, natural butter flavour, citric acid, colour (beta carotene)], water, sugar, yeast, salt, l-cysteine hydrochloride, ascorbic acid, filling: apples (apples, ascorbic acid, salt, citric acid), glucose-fructose, water, sugar, sorbitol, dextrose, sodium alginate, sodium citrate, spice, salt, dicalcium phosphate, modified corn starch, citric acid, natural flavour (plant source), topping: sugar, spices

CONTAINS: SOY, WHEAT.**Beef Patty:**

100% pure beef

Butter:

Pasteurized cream (milk), salt, may contain colour (plant source)

CONTAINS: MILK.**English Muffin:**

Unbleached enriched wheat flour, water, yeast, corn meal and corn flour, salt, sugar, vegetable oil (soybean and/ or canola), and may contain any or all of the following in varying proportions: wheat gluten, barley malt or malted barley flour, wheat gluten, calcium propionate, potassium sorbate, monocalcium phosphate, calcium sulfate, calcium carbonate, citric acid, diacetylated tartaric acid esters of mono- and diglycerides, calcium silicate, enzymes, ascorbic acid, calcium citrate, tricalcium phosphate, corn starch, wheat starch. Toasted in the same toaster that also prepares other bun containing butter and egg. May contain milk and egg.

CONTAINS: WHEAT, BARLEY.**French Fries:**

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

Grill Seasoning:

Salt, spice (pepper), sunflower oil (used as a processing aid)

Junior Chicken Patty:

Chicken meat, wheat flour, vegetable oil (canola, corn, soybean and hydrogenated soybean oil), toasted wheat crumb, water, chicken skin, modified corn starch, salt, spice, potassium chloride, lemon juice concentrate, wheat gluten, vegetable oil, natural flavour (plant source), silicon dioxide, vinegar, garlic powder, baking powder

CONTAINS: WHEAT.**Ketchup:**

Tomato paste, Sugar / Glucose Fructose, White Vinegar, Water, Salt, Spices.

Large Cone:

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

CONTAINS: SOY, WHEAT.**Lettuce:**

Shredded iceberg lettuce

Mayonnaise-Style Sauce:

Soybean oil, water, prepared mustard (water, mustard seed, vinegar, salt, mustard bran), liquid egg yolk, vinegar, sugar, salt, xanthan gum, potassium sorbate, calcium disodium EDTA

CONTAINS: EGG, MUSTARD.**Onions (dehydrated):**

100% onions

Pickle Slices:

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

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: SOY, MILK.

Regular Bun:

Enriched wheat flour, water, sugar, yeast, vegetable oil (soybean and/or canola), salt, potato flour, may contain any or all of the following in varying proportions: malted barley flour, wheat gluten, mono and diglycerides, vinegar, enzymes, ascorbic acid, diacetyl tartaric acid esters of mono and diglycerides, microcrystalline cellulose, dicalcium phosphate, sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate, wheat starch. Toasted in the same toaster that also prepares other buns containing butter and egg. MAY CONTAIN MILK AND EGG. MAY CONTAIN SOY (Newfoundland only).

CONTAINS: WHEAT, BARLEY.

MAY CONTAIN: SESAME SEEDS.

Salt:

Salt, silicoaluminate, dextrose, potassium iodide

Sausage Patty:

Pork, water, salt, dextrose, sugar, glucose solids, spices

Vanilla Ice Milk:

Milk ingredients, sugar, modified milk ingredients, glucose, mono and diglycerides, guar gum, dextrose, carrageenan, cellulose gum, natural flavour, sodium hydroxide, sodium carbonate.

CONTAINS: MILK.

mustard:

Water, vinegar, mustard seed, salt, turmeric, natural flavour (plant source), spice

CONTAINS: MUSTARD.