

As part of our commitment in promoting "Balanced, Active Lifestyle", we provide you with the Nutrition Information of your favorite McDonald's meals and ingredients to help you plan a balanced diet.

| Nutrition Information | Serving size | Energy (kcal) |
|------------------------------|---------------------|----------------------|
| A La Carte | | |
| Beef Burger | 102g | 264 |
| Cheese Burger | 117g | 320 |
| Double Cheese Burger | 167g | 462 |
| Quarter Pounder with Cheese | 199g | 544 |
| Big Mac | 198g | 524 |
| Big Tasty | 331g | 834 |
| McChicken | 177g | 420 |
| Spicy McChicken | 194g | 477 |
| Fillet-O-Fish | 139g | 346 |
| McRoyale | 240g | 534 |
| Chicken Mac | 219g | 539 |
| McArabi | 238g | 536 |
| Chicken Burger | 116g | 287 |
| Grand Chicken Deluxe | 328g | 862 |
| Grand Chicken Special | 335g | 911 |
| Grand Chicken Spicy | 307g | 759 |
| 4 pcs Chicken McNuggets | 64g | 169 |
| 6 pcs Chicken McNuggets | 96g | 253 |
| 9 pcs Chicken McNuggets | 144g | 379 |
| Spicy Angus | 215g | 649 |
| BBQ Angus | 213g | 640 |
| Spicy Crunchy Chicken | 242g | 533 |
| Grilled Chicken | 228g | 448 |
| Mini Asian | 149g | 360 |
| Chicken Burger Deluxe | 159g | 387 |
| Mini McArabi | 127g | 347 |
| Breakfast | | |
| Egg N' Hashbrown Wrap | 174g | 452 |
| Egg N' Sausage Wrap | 144g | 333 |
| Chicken Muffin with Egg | 171g | 393 |
| Big Breakfast | 249g | 549 |
| Egg McMuffin | 136g | 286 |
| Suusage McMuffin | 113g | 275 |
| Sausage McMuffin with Egg | 163g | 346 |
| Chicken Muffin | 120g | 271 |
| Hotcakes | 133g | 291 |

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| Sides & Salads | | |
| Chicken Caesar Salad | 225g | 190 |
| Fruit Bites | 50g | 31 |
| Small Fries | 110g | 339 |
| Regular Fries | 154g | 475 |
| Medium Fries | 220g | 679 |
| Large Fries | 260g | 802 |
| Hashbrowns | 58g | 179 |
| Condiments | | |
| BBQ Sauce | 28g | 50 |
| Hot Mustard Sauce | 28g | 75 |
| Sweet & Sour Sauce | 28g | 52 |
| Sweet Chili Sauce | 28g | 63 |
| Garlic Mayonnaise Sauce | 20g | 144 |
| Hotcakes Syrup | 44g | 146 |
| Ketchup | 10g | 12 |
| Mayonnaise | 12g | 87 |
| Light Mayonnaise | 10g | 37 |
| Chili Sauce | 10g | 12 |
| Caesar Salad Dressing | 50g | 153 |
| Beverages | | |
| Plain Milk | 200g | 123 |
| Chocolate Milk | 200g | 184 |
| Strawberry Milk | 200g | 174 |
| Small Coca Cola Zero | 12oz | 0 |
| Regular Coca Cola Zero | 16oz | 0 |
| Medium Coca Cola Zero | 22oz | 0 |
| Large Coca Cola Zero | 32oz | 0 |
| Small Coca Cola | 12oz | 150 |
| Regular Coca Cola | 16oz | 201 |
| Medium Coca Cola | 22oz | 276 |
| Large Coca Cola | 32oz | 402 |
| Small Fanta | 12oz | 206 |
| Regular Fanta | 16oz | 275 |
| Medium Fanta | 22oz | 378 |
| Large Fanta | 32oz | 549 |
| Small Sprite | 12oz | 167 |
| Regular Sprite | 16oz | 224 |
| Medium Sprite | 22oz | 294 |
| Large Sprite | 32oz | 447 |
| Water | 500g | 0 |
| Small Mango Juice | 8oz | 104 |
| Regular Mango Juice | 10oz | 130 |
| Medium Mango Juice | 14oz | 182 |
| Large Mango Juice | 16oz | 208 |

| Nutrition Information | Serving size | Energy (kcal) |
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| Beverages | | |
| Small Orange Juice | 8oz | 114 |
| Regular Orange Juice | 10oz | 143 |
| Medium Orange Juice | 14oz | 200 |
| Large Orange Juice | 16oz | 230 |
| Small Apple Drink | 8oz | 88 |
| Regular Apple Drink | 12oz | 132 |
| Medium Apple Drink | 16oz | 176 |
| Large Apple Drink | 22oz | 242 |
| Regular Brewed Coffee | 12oz | 15 |
| Large Brewed Coffee | 16oz | 20 |
| Regular Americano | 12oz | 15 |
| Large Americano | 16oz | 20 |
| Espresso | 4oz | 5 |
| Regular Hot Chocolate | 12oz | 242 |
| Large Hot Chocolate | 16oz | 322 |
| Regular Cappuccino | 12oz | 126 |
| Large Cappuccino | 16oz | 169 |
| Regular Latte | 12oz | 139 |
| Large Latte | 16oz | 187 |
| Regular Mocha | 12oz | 89 |
| Large Mocha | 16oz | 119 |
| Regular Tea | 12oz | 4 |
| Large Tea | 16oz | 6 |
| Desserts | | |
| Ice Cream Cone | 93g | 160 |
| Blue Candy Cone | 98g | 169 |
| Butterscotch Cone | 98g | 169 |
| Chocolate Cone | 98g | 169 |
| Cotton Candy Cone | 98g | 169 |
| Mocha Cone | 98g | 170 |
| Strawberry Cone | 98g | 170 |
| Apple Pie | 81g | 229 |
| McFlurry KitKat | 218g | 434 |
| McFlurry Oreo | 212g | 399 |
| Hot Fudge Sundae | 177g | 331 |
| Strawberry Sundae | 177g | 294 |
| Caramel Sundae | 177g | 346 |

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| McCafe Treats | | |
| Triple Chocolate Donut | 75g | 343 |
| Raspberry & Cream Donut | 72g | 299 |
| Raspberry & White Chocolate Muffin | 107g | 448 |
| Lemon & White Chocolate Muffin | 109g | 452 |
| Blueberry Muffin | 105g | 422 |
| Triple Chocolate Muffin | 107g | 453 |
| Double Chocolate Cookie | 78g | 369 |
| Triple Chocolate Cookie | 80g | 376 |
| Plain Croissant | 99g | 360 |
| Cheese Croissant | 86g | 359 |
| Chocolate Croissant | 90g | 385 |
| Zatar Croissant | 93g | 363 |
| Carrot Cake | 188 | 755 |
| Blueberry Cheese Cake | 186g | 535 |
| Coffee Macaroon | 12g | 54 |
| Raspberry Macaroon | 12g | 44 |
| Caramel Macaroon | 13g | 56 |
| Ingredients | | |
| Beef Burger Patty | 1 pc | 86 |
| McRoyal Beef Patty | 1 pc | 236 |
| Big Tasty Patty | 1 pc | 298 |
| Angus Patty | 1 pc | 231 |
| Fish Patty | 1 pc | 111 |
| Grilled Chicken Patty | 1 pc | 67 |
| Whole Muscle Grilled Chicken | 1 pc | 117 |
| Chicken Sausage | 1 pc | 81 |
| Chicken Bacon | 2 halves | 21 |
| Chicken Roll | 1 pc | 21 |
| McChicken Patty | 1 pc | 231 |
| Spicy McChicken Patty | 1 pc | 227 |
| Chicken Burger Patty | 1 pc | 92 |
| Grand Chicken Patty | 1 pc | 330 |
| Spicy Grand Chicken Patty | 1 pc | 251 |
| Buttermilk Chicken Patty | 1 pc | 224 |
| Hotcake | 1 pc | 210 |
| English Muffin | 1 pc | 134 |
| Big Mac Bun | 1 pc | 217 |
| Regular Bun | 1 pc | 154 |
| Quarter Pounder bun | 1 pc | 177 |
| Big Tasty Bun | 1 pc | 261 |
| Grand Chicken Bun | 1 pc | 261 |
| Brioche Bun | 1 pc | 215 |
| Double Water-split Artisan Bun | 1 pc | 199 |
| Whole-wheat bun | 1 pc | 197 |

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| Ingredients | | |
| Flat Bread | 1 pc | 249 |
| White Tortilla Wrap | 1 pc | 125 |
| Lettuce | 1/2 oz | 2 |
| Slivered Onions | 7 - 8 pcs | 1 |
| Tomato | 1 sliced | 3 |
| Boston Leaf | 1 leaf | 2 |
| Rocca Leaves | 3 - 4 pcs | 0 |
| Big Mac Sauce | 1/3 oz | 32 |
| Big Tasty Sauce | 2/3 oz | 95 |
| Mustard | 1/8 tsp | 0 |
| Chargrill Sauce | 2/3 oz | 85 |
| Sweet & Smokey BBQ Sauce | 1/3 oz | 12 |
| Hot Tomato Sauce | 1/3 oz | 27 |
| Garlic Mayonnaise Sauce | 2/3 oz | 144 |
| Mustard Mayonnaise | 1 oz | 149 |
| Tartar Sauce | 1/2 fl oz | 40 |
| Creamy Tomato Sauce | 1/3 oz | 24 |
| Dijon Mustard | 1 oz | 178 |
| Mayonnaise | 1/3 oz | 39 |
| Oreo Topping | 2 shots | 23 |
| Caramel Topping | 1 oz | 113 |
| Strawberry Topping | 1 oz | 65 |
| Hot Fudge Topping | 1 oz | 97 |
| Pickle | 1 slice | 0 |
| Jalapeno Slices | 5 pcs | 2 |
| Diced Onions | 1/8 oz | 11 |
| Crispy Onions | 1/2 oz (15gms) | 91 |
| American Cheese | 1 slice | 56 |
| Emmental Cheese | 1 slice | 56 |
| Round Egg | 1 egg | 71 |
| Scrambled Egg | 2 eggs | 148 |

*Nutritional values are based average figures and on standard product formulation. Actual serving size and nutrient values may vary. Nutritional values and serving size do not apply to special customized orders.