



McDonald's Canada Ingredients Listing

As of September 18, 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 Herb & Garlic Cream Cheese Product

Cinnamon & Raisin Bagel With Regular Cream Cheese Product:

Cinnamon Raisin Bagel, Philadelphia Plain Cream Cheese Product

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 BLT McMuffin:

Bacon Slice, Butter, EGG, English Muffin, Leaf Lettuce, Mayonnaise-Style Sauce, Processed Cheese Slice, 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 Herb & Garlic Cream Cheese Product

Everything Bagel With Regular Cream Cheese Product:

Everything Bagel, Philadelphia Plain Cream Cheese Product

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 Herb & Garlic Cream Cheese Product

Multigrain Bagel With Regular Cream Cheese Product:

Multigrain Bagel, Philadelphia Plain Cream Cheese Product

Plain Bagel With Butter:

Butter, Regular Bagel

Plain Bagel With Herb & Garlic Cream Cheese Product:

Philadelphia Herb & Garlic Cream Cheese Product, Regular Bagel

Plain Bagel With Regular Cream Cheese Product:

Philadelphia Plain Cream Cheese Product, 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 Herb & Garlic Cream Cheese Product, Sesame Seed Bagel

Sesame Bagel With Regular Cream Cheese Product:

Philadelphia Plain Cream Cheese Product, 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:

Enriched wheat flour, water, yeast, corn meal and corn flour, vegetable oil (canola and/or soy oil), salt, sugar, and may contain any or all of the following in varying proportions: monoglycerides, barley malt, diacetylated tartaric acid esters of mono- and diglycerides, monocalcium phosphate, ascorbic acid, enzymes, cultured wheat flour, citric acid, calcium citrate, corn starch, wheat gluten, fumaric acid, malted barley flour. 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, high oleic low linolenic canola oil and/or canola oil, hydrogenated soybean oil, natural flavour (vegetable source), salt, dehydrated potato, vegetable monoglycerides, corn flour, dextrose, sodium acid pyrophosphate (maintain colour), extractives of black pepper, citric acid (preservative), dimethylpolysiloxane (antifoaming agent). Cooked in vegetable oil (high oleic low linoleic canola oil and/or 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

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 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 Herb & Garlic Cream Cheese Product:

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 Plain Cream Cheese Product:

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 stearyl-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, Smoothie Yogurt Mix, Vanilla Protein Blend

Blueberry Pomegranate Protein Smoothie - Small:

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

Blueberry Pomegranate Real Fruit Smoothie with yogurt - Large:

Blueberry Pomegranate Smoothie Fruit Base, Ice, Smoothie Yogurt Mix

Blueberry Pomegranate Real Fruit Smoothie with yogurt - Medium:

Blueberry Pomegranate Smoothie Fruit Base, Ice, Smoothie Yogurt Mix

Blueberry Pomegranate Real Fruit Smoothie with yogurt - Small:

Blueberry Pomegranate Smoothie Fruit Base, Ice, Smoothie Yogurt Mix

Blueberry Pomegranate Real Fruit Smoothie with yogurt - Snack Size:

Blueberry Pomegranate Smoothie Fruit Base, Ice, Smoothie Yogurt Mix

Blueberry Pomegranate Real Fruit Smoothie without yogurt - Large:

Blueberry Pomegranate Smoothie Fruit Base, Ice

Blueberry Pomegranate Real Fruit Smoothie without yogurt - Medium:

Blueberry Pomegranate Smoothie Fruit Base, Ice

Blueberry Pomegranate Real Fruit Smoothie without yogurt - Small:

Blueberry Pomegranate Smoothie Fruit Base, Ice

Blueberry Pomegranate Real Fruit Smoothie without yogurt - Snack Size:

Blueberry Pomegranate Smoothie Fruit Base, Ice

Brownie RMHC Cookie:

RMHC Brownie Cookie

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 Apple Oat Muffin:

Caramel Apple Oat Muffin, Caramel Flavoured Syrup

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 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, 2% Milk - Large:

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

Caramel Pumpkin Spice Latte, 2% Milk - Medium:

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

Caramel Pumpkin Spice Latte, 2% Milk - Small:

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

Caramel Pumpkin Spice Latte, Skim Milk - Large:

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

Caramel Pumpkin Spice Latte, Skim Milk - Medium:

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

Caramel Pumpkin Spice Latte, Skim Milk - Small:

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

Carrot Muffin:

Muffin Carrot

Chewy Oatmeal Caramel RMHC Cookie:

Chewy Oatmeal Caramel RMHC Cookie

Chocolate Caramel RMHC Cookie:

RMHC Chocolate Caramel Cookie

Chocolate Chunk Brownie:

Chocolate Chunk Brownie

Chocolate Chunk RMHC Cookie:

RMHC Chocolate Chunk Cookie

Chocolate Hazelnut Croissant:

Chocolate Hazelnut Croissant

Coffee Iced Frappé - Large:

Coffee Frappe, Ice

Coffee Iced Frappé - Medium:

Coffee Frappe, Ice

Coffee Iced Frappé - Small:

Coffee Frappe, Ice

Coffee Iced Frappé - Snack Size:

Coffee Frappe, Ice

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

Lil'Gem RMHC Cookie:

RMHC Lil' Gem Cookie

Mango Pineapple Protein Smoothie - Medium:

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

Mango Pineapple Protein Smoothie - Small:

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

Mango Pineapple Real Fruit Smoothie with yogurt - Large:

Ice, Mango Pineapple Fruit Base, Smoothie Yogurt Mix

Mango Pineapple Real Fruit Smoothie with yogurt - Medium:

Ice, Mango Pineapple Fruit Base, Smoothie Yogurt Mix

Mango Pineapple Real Fruit Smoothie with yogurt - Small: Ice, Mango Pineapple Fruit Base, Smoothie Yogurt Mix
Mango Pineapple Real Fruit Smoothie with yogurt - Snack Size: Ice, Mango Pineapple Fruit Base, Smoothie Yogurt Mix
Mango Pineapple Real Fruit Smoothie without yogurt - Large: Ice, Mango Pineapple Fruit Base
Mango Pineapple Real Fruit Smoothie without yogurt - Medium: Ice, Mango Pineapple Fruit Base
Mango Pineapple Real Fruit Smoothie without yogurt - Small: Ice, Mango Pineapple Fruit Base
Mango Pineapple Real Fruit Smoothie without yogurt - Snack Size: Ice, Mango Pineapple Fruit Base
Mini Chocolatine: Mini Chocolatine
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
New Banana Mango Pineapple Protein Smoothie - Medium: Banana Puree Smoothie Fruit Base, Ice, Mango Pineapple Fruit Base, Smoothie Yogurt Mix, Vanilla Protein Blend
New Banana Mango Pineapple Protein Smoothie - Small: Banana Puree Smoothie Fruit Base, Ice, Mango Pineapple Fruit Base, Smoothie Yogurt Mix, Vanilla Protein Blend
New Banana Mango Pineapple Real Fruit Smoothie with yogurt - Large: Banana Puree Smoothie Fruit Base, Ice, Mango Pineapple Fruit Base, Smoothie Yogurt Mix
New Banana Mango Pineapple Real Fruit Smoothie with yogurt - Medium: Banana Puree Smoothie Fruit Base, Ice, Mango Pineapple Fruit Base, Smoothie Yogurt Mix
New Banana Mango Pineapple Real Fruit Smoothie with yogurt - Small: Banana Puree Smoothie Fruit Base, Ice, Mango Pineapple Fruit Base, Smoothie Yogurt Mix
New Banana Mango Pineapple Real Fruit Smoothie with yogurt - Snack Size: Banana Puree Smoothie Fruit Base, Ice, Mango Pineapple Fruit Base, Smoothie Yogurt Mix
New Banana Mango Pineapple Real Fruit Smoothie without yogurt - Large: Banana Puree Smoothie Fruit Base, Ice, Mango Pineapple Fruit Base
New Banana Mango Pineapple Real Fruit Smoothie without yogurt - Medium: Banana Puree Smoothie Fruit Base, Ice, Mango Pineapple Fruit Base
New Banana Mango Pineapple Real Fruit Smoothie without yogurt - Small: Banana Puree Smoothie Fruit Base, Ice, Mango Pineapple Fruit Base
New Banana Mango Pineapple Real Fruit Smoothie without yogurt - Snack Size: Banana Puree Smoothie Fruit Base, Ice, Mango Pineapple Fruit Base
New Strawberries and Cream Muffin: French Vanilla Flavoured Syrup, Strawberries and Cream Muffin
OREO Cookie Coffee Iced Frappé - Large: Coffee Frappé Base, Cookies N Cream Flavoured Syrup, Ice, Oreo Mix-in, Whipped Cream
OREO Cookie Coffee Iced Frappé - Medium: Coffee Frappé Base, Cookies N Cream Flavoured Syrup, Ice, Oreo Mix-in, Whipped Cream
OREO Cookie Coffee Iced Frappé - Small: Coffee Frappé Base, Cookies N Cream Flavoured Syrup, Ice, Oreo Mix-in, Whipped Cream
OREO Cookie Coffee Iced Frappé - Snack Size: Coffee Frappé Base, Cookies N Cream Flavoured Syrup, Ice, Oreo Mix-in, 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

Strawberry & Banana Protein Smoothie - Medium:

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

Strawberry & Banana Protein Smoothie - Small:

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

Strawberry & Banana Real Fruit Smoothie with yogurt - Medium:

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

Strawberry & Banana Real Fruit Smoothie with yogurt - Small:

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

Strawberry & Banana Real Fruit Smoothie with yogurt - Large:

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

Strawberry & Banana Real Fruit Smoothie without yogurt - Large:

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

Strawberry & Banana Real Fruit Smoothie without yogurt - Medium:

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

Strawberry & Banana Real Fruit Smoothie without yogurt - Small:

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

Strawberry & Banana Real Fruit Smoothie without yogurt - Snack Size:

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

Strawberry Cream Cheese Danish:

Strawberry Cream Cheese Danish

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

Vanilla Chai Iced Frappé - Large:

Ice, Vanilla Chai Frappé Base

Vanilla Chai Iced Frappé - Medium:

Ice, Vanilla Chai Frappé Base

Vanilla Chai Iced Frappé - Small:

Ice, Vanilla Chai Frappé Base

Vanilla Chai Iced Frappé - Snack Size:

Ice, Vanilla Chai Frappé Base

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

Caramel Apple Oat Muffin:

Sugar, unbleached enriched wheat flour, water, canola oil, egg white, whole grain oat flour, whole grain rolled oats, dehydrated apples, baking soda, baking powder, modified corn starch, glucose, faba bean powder, brown sugar, monocalcium phosphate, cinnamon, salt, sunflower lecithin, dextrose, agar, xanthan gum, whey powder, citric acid, malic acid, locust bean gum, caramel colour, natural flavour.

CONTAINS: WHEAT, OAT, MILK, EGG.**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, corn syrup, nonfat dry milk, brown sugar, butter (cream, natural flavour), ethyl alcohol, glycerin, mono and diglycerides, salt, potassium sorbate (preservative), natural flavour.

CONTAINS: MILK.**Chewy Oatmeal Caramel RMHC Cookie:**

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 added, beta carotene [colour]), enriched wheat flour (contains barley), brown sugar, rolled oats, sugar, salted caramel flavoured confectionery drops (sugar, palm kernel oil, whole milk powder, skim milk powder, palm oil, cocoa powder, salt, soy lecithin, paprika oleoresin, natural flavour), white confectionery chips (sugar, palm kernel and/or palm oil, skim milk powder, soy lecithin, vanilla extract), liquid whole eggs, sodium bicarbonate, salt, natural flavour, caramel colour.

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

MAY CONTAIN: TREE NUTS.

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 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 Frappe:

Water, sugar, milk ingredients, natural flavour, dipotassium phosphate, mono & diglycerides, guar gum, potassium citrate, disodium phosphate, carrageenan, carob bean gum.

CONTAINS: MILK.

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 and SOY.

CONTAINS: MILK.

Cookies N Cream Flavoured Syrup:

Sugar, water, natural flavor, citric acid, sodium benzoate (preservative).

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 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.

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 with the same equipment as, and may come into contact with, ingredients that contain MILK, SOY, PEANUTS and TREE NUTS (ALMONDS).

CONTAINS: SOY, WHEAT.

Peach Danish:

Peach filling [peach puree (peaches, ascorbic acid, citric acid), sugar, water, modified corn starch, whey protein concentrate, natural flavour, beta carotene colour], unbleached enriched flour, butter, water, yeast, sugar, liquid whole eggs, salt, wheat gluten, ascorbic acid, food enzymes (amylase, xylanase).

CONTAINS: WHEAT, MILK, EGG.

MAY CONTAIN: SOY.

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.

RMHC Brownie Cookie:

Sugar, brown sugar, liquid whole eggs, soybean oil margarine (contains milk), semi-sweet chocolate drops (sugar, unsweetened chocolate, butter oil [milk], cocoa butter, soy lecithin), cocoa powder, enriched wheat flour, natural flavour, salt, caramel colour.

CONTAINS: SOY, WHEAT, MILK, EGG.

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.

Skim milk:

Skim milk, vitamin A palmitate, vitamin D3

CONTAINS: MILK.

Smoothie Yogurt Mix:

Milk ingredients, modified corn starch, pectin, carrageenan, bacterial culture.

CONTAINS: MILK.

Strawberries and Cream Muffin:

Enriched wheat flour, sugar, strawberries, water, canola oil, liquid egg white, whole grain oat flour, whole grain wheat flour, cream, whey powder (milk), sodium phosphate, baking soda, modified corn starch, fava bean powder, citrus fiber, salt, colour, sunflower lecithin, agar, xanthan gum, dextrose, natural flavour.

CONTAINS: WHEAT, OAT, MILK, EGG.

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.

Vanilla Chai Frappé Base:

Sugar, milk ingredients, water, natural flavour (plant source), dipotassium phosphate, mono & diglycerides, guar gum, potassium citrate, disodium phosphate, carrageenan, carob bean gum.

CONTAINS: MILK.

Vanilla Protein Blend:

Milk protein isolate, whey powder (milk), whey protein isolate (milk), sugars (dextrose), canola oil, natural flavour.

CONTAINS: MILK.

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

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.

Grill Seasoning:

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

Ketchup:

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

Leaf Lettuce:

Leaf lettuce

Lettuce:

Shredded iceberg 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.

Natural Cheddar:

Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour (annatto)

CONTAINS: MILK.

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.

Quarter Pounder Beef Patty:

100% pure beef

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.

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.

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.

Slivered Onions:

Onions

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.

Tomato Slice:

Sliced tomato

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

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 McWrap with Crispy Chicken:

10" Whole Wheat Tortilla, Bacon Slice, Crispy Chicken Portion, Lettuce, McChicken Sauce, Tomato Slice

Chicken & Bacon McWrap with Grilled Chicken:

10" Whole Wheat Tortilla, Bacon Slice, Grilled Chicken Portion, Lettuce, McChicken Sauce, 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

New Caesar McWrap with Crispy Chicken:

10" Whole Wheat Tortilla, Bacon pieces, Caesar Parmesan Sauce, Crispy Chicken Portion, Lettuce

New Caesar McWrap with Grilled Chicken:

10" Whole Wheat Tortilla, Bacon pieces, Caesar Parmesan Sauce, Grilled Chicken Portion, Lettuce

New Cajun McWrap with Crispy Chicken:

10" Whole Wheat Tortilla, Creamy Cajun Sauce, Crispy Chicken Portion, Lettuce, Processed Cheese Slice, Tomato Slice

New Cajun McWrap with Grilled Chicken:

10" Whole Wheat Tortilla, Creamy Cajun Sauce, Grilled Chicken Portion, Lettuce, Processed Cheese Slice, Tomato Slice

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

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.**10" Whole Wheat Tortilla:**

Whole wheat flour, water, soybean oil shortening, dextrose, baking powder, salt, corn starch, mono- and diglycerides, vital wheat gluten, fumaric acid, yeast, cellulose gum, amylase, xanthan gum.

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

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.

Caesar Parmesan Sauce:

Water, soybean oil, sugars (glucose syrup solids, sugar, corn maltodextrin), vinegar, modified milk ingredients, parmesan cheese solids, egg yolk, modified corn starch, salt, garlic powder, lactic acid, onion powder, spices, potassium chloride, natural flavour, sodium gluconate, xanthan gum, cheddar cheese solids, potassium sorbate, sodium benzoate, propylene glycol alginate, herbs, concentrated lemon juice, calcium disodium EDTA.

CONTAINS: MILK, EGG.

Chicken McNuggets:

Boneless skinless chicken breast meat, water, vegetable oil shortening, 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. Cooked in vegetable oil (high oleic low linoleic canola oil and/or canola oil, corn oil, soybean oil, hydrogenated soybean oil, citric acid, dimethylpolysiloxane)

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 Cajun Sauce:

Soybean oil, water, prepared mustard (water, mustard seed, vinegar, salt, mustard bran), liquid egg yolk, vinegar, sugar, salt, dehydrated garlic, paprika, dehydrated onion, modified corn starch, cayenne, oregano, cumin, chili pepper, citric acid, mustard bran, white pepper, black pepper, lactic acid, xanthan gum, propylene glycol alginate, potassium sorbate, sodium benzoate, paprika extract, 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). Cooked in vegetable oil (high oleic low linoleic canola oil and/or canola oil, corn oil, soybean oil, hydrogenated soybean oil, citric acid, dimethylpolysiloxane)

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. Cooked in vegetable oil (high oleic low linoleic canola oil and/or canola oil, corn oil, soybean oil, hydrogenated soybean oil, citric acid, dimethylpolysiloxane)

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. Cooked in vegetable oil (high oleic low linoleic canola oil and/or canola oil, corn oil, soybean oil, hydrogenated soybean oil, citric acid, dimethylpolysiloxane)

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.

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.

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.

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.

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.

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 McWrap with Crispy Chicken:**

10" Whole Wheat Tortilla, Bacon Slice, Crispy Chicken Portion, Lettuce, McChicken Sauce, Tomato Slice

Chicken & Bacon McWrap with Grilled Chicken:

10" Whole Wheat Tortilla, Bacon Slice, Grilled Chicken Portion, Lettuce, McChicken Sauce, 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

Mexican Chipotle Burger:

Beef Patty, Chipotle Aioli, Lettuce, Processed Cheese Slice, Sesame and Paprika Ciabatta Bun, Tri-Colour Tortilla Strips

New Caesar McWrap with Crispy Chicken:

10" Whole Wheat Tortilla, Bacon pieces, Caesar Parmesan Sauce, Crispy Chicken Portion, Lettuce

New Caesar McWrap with Grilled Chicken:

10" Whole Wheat Tortilla, Bacon pieces, Caesar Parmesan Sauce, Grilled Chicken Portion, Lettuce

New Cajun McWrap with Crispy Chicken:

10" Whole Wheat Tortilla, Creamy Cajun Sauce, Crispy Chicken Portion, Lettuce, Processed Cheese Slice, Tomato Slice

New Cajun McWrap with Grilled Chicken:

10" Whole Wheat Tortilla, Creamy Cajun Sauce, Grilled Chicken Portion, Lettuce, Processed Cheese Slice, Tomato Slice

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

Thai Sweet Chili Chicken sandwich:

Asian Salad Mix, Cucumber, Junior Chicken Patty, McChicken Sauce, Sesame and Paprika Ciabatta Bun, 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.**10" Whole Wheat Tortilla:**

Whole wheat flour, water, soybean oil shortening, dextrose, baking powder, salt, corn starch, mono- and diglycerides, vital wheat gluten, fumaric acid, yeast, cellulose gum, amylase, xanthan gum.

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.**Asian Salad Mix:**

Carrots, cabbage, romaine lettuce.

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

Caesar Parmesan Sauce:

Water, soybean oil, sugars (glucose syrup solids, sugar, corn maltodextrin), vinegar, modified milk ingredients, parmesan cheese solids, egg yolk, modified corn starch, salt, garlic powder, lactic acid, onion powder, spices, potassium chloride, natural flavour, sodium gluconate, xanthan gum, cheddar cheese solids, potassium sorbate, sodium benzoate, propylene glycol alginate, herbs, concentrated lemon juice, calcium disodium EDTA.

CONTAINS: MILK, EGG.

Chipotle Aioli:

Soybean oil, water, chipotle puree (chipotle pepper, water, salt, vinegar, citric acid , potassium sorbate, sodium benzoate), liquid egg yolk, vinegar, sugar, Worcestershire sauce (vinegar, molasses, water, salt, spices, sugar, dried garlic, tamarind extract), salt, garlic powder, paprika, chili pepper, chipotle pepper, lemon juice concentrate, onion powder, natural smoke flavour (plant source), yeast extract, mustard flour, xanthan gum, sodium benzoate, potassium sorbate , propylene glycol alginate, polysorbate 60, calcium disodium EDTA.

CONTAINS: EGG, MUSTARD.

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 Cajun Sauce:

Soybean oil, water, prepared mustard (water, mustard seed, vinegar, salt, mustard bran), liquid egg yolk, vinegar, sugar, salt, dehydrated garlic, paprika, dehydrated onion, modified corn starch, cayenne, oregano, cumin, chili pepper, citric acid, mustard bran, white pepper, black pepper, lactic acid, xanthan gum, propylene glycol alginate, potassium sorbate, sodium benzoate, paprika extract, calcium disodium EDTA

CONTAINS: 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). Cooked in vegetable oil (high oleic low linoleic canola oil and/or canola oil, corn oil, soybean oil, hydrogenated soybean oil, citric acid, dimethylpolysiloxane)

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

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. Cooked in vegetable oil (high oleic low linoleic canola oil and/or canola oil, corn oil, soybean oil, hydrogenated soybean oil, citric acid, dimethylpolysiloxane). Cooked with the same equipment as [Crispy Cheesy Bites] at the following locations in Ontario: 2 Allaura Blvd., Aurora, ON L4G 3S5; 229 Earl Stewart Drive, Aurora, ON L4G 6V5; 300 Steeles Ave. West, Thornhill, ON L4J 1A1; 1100 Davis Drive, Newmarket, ON L3Y 7V1; 17155 Yonge Street, Newmarket, ON L3Y 5L8; 17760 Yonge Street, Newmarket, ON L3Y 8P4; 9989 Bayview Ave., Richmond Hill, ON L4C 9W4; and 9301 Yonge Street, Richmond Hill, ON L4C 1V4.

CONTAINS: WHEAT, FISH.

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. Cooked in vegetable oil (high oleic low linoleic canola oil and/or canola oil, corn oil, soybean oil, hydrogenated soybean oil, citric acid, dimethylpolysiloxane)

CONTAINS: 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.

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.

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.

Sesame and Paprika Ciabatta Bun:

Unbleached wheat flour, water, sunflower oil, cane sugar, sesame seeds, dough improvers [wheat protein isolate, wheat starch, sodium stearoyl-2-lactylate, wheat flour, enzymes (amylase, xylanase, glucose oxidase, lipase)], salt, paprika, malted barley flour, yeast, wheat starch, enzymes (amylase).

CONTAINS: SESAME SEEDS, WHEAT, BARLEY.

MAY CONTAIN: EGG, 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.

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

Tri-Colour Tortilla Strips:

Corn masa flour, sunflower and/ or safflower and/ or canola oil, salt, colour (beet red, anthocyanins, annatto).

Salads**Asian Cashew Salad with Crispy Chicken:**

Baby kale, Crispy Chicken Portion, Edamame, Lettuce Blend, Premium Lettuce Mix, Red pepper strips, Roasted Cashew Pieces Packet, Shredded Carrots

Asian Cashew Salad with Grilled Chicken:

Baby kale, Edamame, Grilled Chicken Portion, Lettuce Blend, Premium Lettuce Mix, Red pepper strips, Roasted Cashew Pieces Packet, Shredded Carrots

Caesar Bacon Salad with Crispy Chicken:

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

Caesar Bacon Salad with Grilled Chicken:

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

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

Greek Feta 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

Greek Feta 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

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). Cooked in vegetable oil (high oleic low linoleic canola oil and/or canola oil, corn oil, soybean oil, hydrogenated soybean oil, citric acid, dimethylpolysiloxane)

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

Edamame:

Edamame (shelled green soybeans)

CONTAINS: SOY.**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:**

iceberg lettuce

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 Cashew Pieces Packet:

Cashews, canola oil

CONTAINS: TREE NUTS.

MAY CONTAIN: TREE NUTS, PEANUTS, SESAME SEEDS, SULPHITES, WHEAT, SOY, MILK.

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 Parmesan:

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

CONTAINS: MILK.

Shredded Carrots:

Carrots

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 shortening, 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. Cooked in vegetable oil (high oleic low linoleic canola oil and/or canola oil, corn oil, soybean oil, hydrogenated soybean oil, citric acid, dimethylpolysiloxane)

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, high oleic low linolenic canola oil and/or canola oil, hydrogenated soybean oil, natural flavour (vegetable source), dextrose, sodium acid pyrophosphate (maintain colour), citric acid (preservative), dimethylpolysiloxane (antifoaming agent). Cooked in vegetable oil (high oleic low linoleic canola oil and/or 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

Brownie RMHC Cookie:

RMHC Brownie Cookie

Carrot Muffin:

Muffin Carrot

Chewy Oatmeal Caramel RMHC Cookie:

Chewy Oatmeal Caramel RMHC Cookie

Chocolate Caramel RMHC Cookie:

RMHC Chocolate Caramel Cookie

Chocolate Chunk RMHC Cookie:

RMHC Chocolate Chunk Cookie

Fruit and Fibre Muffin:

Diced Apples, Muffin Fruit & Fibre

Lil'Gem RMHC Cookie:

RMHC Lil' Gem Cookie

New Strawberries and Cream Muffin:

French Vanilla Flavoured Syrup, Strawberries and Cream Muffin

Poutine:

Cheese Curds, French Fries, Poutine Gravy, Salt

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, salt, bacterial culture, calcium chloride, microbial enzyme.

CONTAINS: MILK.**Chewy Oatmeal Caramel RMHC Cookie:**

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 added, beta carotene [colour]), enriched wheat flour (contains barley), brown sugar, rolled oats, sugar, salted caramel flavoured confectionery drops (sugar, palm kernel oil, whole milk powder, skim milk powder, palm oil, cocoa powder, salt, soy lecithin, paprika oleoresin, natural flavour), white confectionery chips (sugar, palm kernel and/or palm oil, skim milk powder, soy lecithin, vanilla extract), liquid whole eggs, sodium bicarbonate, salt, natural flavour, caramel colour.

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

MAY CONTAIN: TREE NUTS.

Diced Apples:

Apples, calcium ascorbate

French Fries:

Potatoes, high oleic low linolenic canola oil and/or canola oil, hydrogenated soybean oil, natural flavour (vegetable source), dextrose, sodium acid pyrophosphate (maintain colour), citric acid (preservative), dimethylpolysiloxane (antifoaming agent). Cooked in vegetable oil (high oleic low linoleic canola oil and/or canola oil, corn oil, soybean oil, hydrogenated soybean oil, citric acid, dimethylpolysiloxane)

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.

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 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 Brownie Cookie:

Sugar, brown sugar, liquid whole eggs, soybean oil margarine (contains milk), semi-sweet chocolate drops (sugar, unsweetened chocolate, butter oil [milk], cocoa butter, soy lecithin), cocoa powder, enriched wheat flour, natural flavour, salt, caramel colour.

CONTAINS: SOY, WHEAT, MILK, EGG.

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.

Salt:

Salt, silicoaluminate, dextrose, potassium iodide

Strawberries and Cream Muffin:

Enriched wheat flour, sugar, strawberries, water, canola oil, liquid egg white, whole grain oat flour, whole grain wheat flour, cream, whey powder (milk), sodium phosphate, baking soda, modified corn starch, fava bean powder, citrus fiber, salt, colour, sunflower lecithin, agar, xanthan gum, dextrose, natural flavour.

CONTAINS: WHEAT, OAT, MILK, EGG.

Desserts & Shakes**Baked Apple Pie:**

Baked Apple Pie

Baked Strawberry Pie:

Strawberry 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

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

Mini Reese's Pieces McFlurry - Snack:

Mini Reese's, Vanilla Ice Milk

Mini Reese's Pieces McFlurry - Regular:

Mini Reese's, 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.

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 stearoyl 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.

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. Made with the same equipment as, and may come into contact with, ingredients that contain MILK, SOY, PEANUTS and TREE NUTS (ALMONDS).

CONTAINS: SOY, TREE NUTS, 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 with the same equipment as, and may come into contact with, ingredients that contain MILK, SOY, PEANUTS and TREE NUTS (ALMONDS).

CONTAINS: SOY, MILK.

MAY CONTAIN: PEANUTS.

Mini Reese's:

Sugar, partially defatted peanuts, hydrogenated palm kernel oil, palm kernel oil and hydrogenated soybean oil, corn syrup solids, dextrose, corn syrup, corn starch, salt, lecithin (soy), modified corn starch, carnauba wax, colour, artificial flavour, titanium dioxide, milk. Made with the same equipment as, and may come into contact with, ingredients that contain MILK, SOY, PEANUTS and TREE NUTS (ALMONDS).

CONTAINS: PEANUTS, SOY, MILK.

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 with the same equipment as, and may come into contact with, ingredients that contain MILK, SOY, PEANUTS and TREE NUTS (ALMONDS).

CONTAINS: SOY, WHEAT.

Strawberry Pie:

Pastry: Enriched wheat flour, vegetable oil shortening (palm and modified palm oils, soy lecithin, natural butter flavour, colour (beta carotene)), water, sugar, yeast, salt, L-cysteine hydrochloride, ascorbic acid. Filling: Strawberries, water, glucose-fructose, sugar, dextrose, sodium alginate, sodium citrate, salt, dicalcium phosphate, modified corn starch, sorbitol, natural flavour, citric acid, natural colour. Topping: Sugar, caramel colour.

CONTAINS: SOY, WHEAT.

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:

Pure Kraft Calorie-Wise Asiago Caesar Dressing

Pure Kraft Greek Feta Dressing:

Pure Kraft Greek Feta Dressing

Pure Kraft Sesame Dressing:

Pure Kraft Sesame Dressing

Pure Kraft Sweet Balsamic Vinaigrette Dressing:

Pure Kraft Sweet Balsamic Vinaigrette Dressing

Salsa Sauce Packet:

Salsa

Spicy Buffalo Sauce:

Spicy Buffalo Sauce (Dip Cup)

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 Sesame Dressing:

Water, brown sugar, canola oil, soy sauce (water, wheat, soybeans, salt), rice vinegar, sesame oil, orange peel [orange peel, water, citric acid (acidulant)], modified corn starch, sesame seeds, xanthan gum, colour (caramel), garlic and onion powder, natural flavour (plant source)

CONTAINS: SESAME SEEDS, SOY, WHEAT.

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

Spicy Buffalo Sauce (Dip Cup):

Cayenne pepper sauce (cayenne red peppers, distilled vinegar, water, salt, garlic powder), water, soybean oil, modified corn starch, xanthan gum, beet juice (color), salt, natural flavor, garlic powder, calcium disodium edta (protect flavor).

CONTAINS: MILK.

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:**

Enriched wheat flour, water, yeast, corn meal and corn flour, vegetable oil (canola and/or soy oil), salt, sugar, and may contain any or all of the following in varying proportions: monoglycerides, barley malt, diacetylated tartaric acid esters of mono- and diglycerides, monocalcium phosphate, ascorbic acid, enzymes, cultured wheat flour, citric acid, calcium citrate, corn starch, wheat gluten, fumaric acid, malted barley flour. 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, high oleic low linolenic canola oil and/or canola oil, hydrogenated soybean oil, natural flavour (vegetable source), dextrose, sodium acid pyrophosphate (maintain colour), citric acid (preservative), dimethylpolysiloxane (antifoaming agent). Cooked in vegetable oil (high oleic low linoleic canola oil and/or 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. Cooked in vegetable oil (high oleic low linoleic canola oil and/or canola oil, corn oil, soybean oil, hydrogenated soybean oil, citric acid, dimethylpolysiloxane)

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.