



# Main Menu

	Energy per portion		Vegetarian	Cereals containing gluten																		
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
<b>Big Mac®</b>	2125	508		x	*	*														x		
<b>Quarter Pounder™ with Cheese</b>	2168	518		x	*	*														x		
<b>Double Quarter Pounder™ with Cheese</b>	3131	750		x	*	*														x		
<b>Filet-o-Fish®</b>	1379	329		x																x		
<b>McChicken® Sandwich</b>	1627	388		x	*	*														x		
<b>Chicken McNuggets® x 6</b>	1083	259		x	*	*														x		
<b>Chicken McNuggets® x 9</b>	1625	388		x	*	*														x		
<b>Chicken McNuggets® x 20 ShareBox</b>	3612	863		x	*	*														x		
<b>Chicken Legend® - Cool Mayo</b>	2220	529		x	x	x						*	x	x						x	x	
<b>Chicken Legend® - BBQ</b>	2038	484		x	x	x						*	x	x						x	x	
<b>Chicken Legend® - Hot &amp; Spicy Mayo</b>	2177	519		x	x	x						*	x	x						x	x	
<b>Chicken Selects® x 3</b>	1502	359		x	*	*						*	*	*						x	*	
<b>Chicken Selects® x 5</b>	2504	599		x	*	*						*	*	*						x	*	
<b>Hamburger</b>	1053	250		x	*	*						*	*	*							x	
<b>Cheeseburger</b>	1262	301		x	*	*						*	x								x	
<b>Double Cheeseburger</b>	1859	445		x	*	*						*	x								x	
<b>Bacon Double Cheeseburger</b>	2070	495		x	*	*						*	x								x	
<b>Triple Cheeseburger</b>	2456	588		x	*	*						*	x	x							x	
<b>Mayo Chicken</b>	1337	319		x	*	x						*	*	x							x	
<b>Bacon Mayo Chicken</b>	1550	370		x	*	x						*	*	x							*	x
<b>Spicy Chicken Snack Wrap</b>	1347	322		x	*	*						*	x	x							x	x
<b>Vegetable Deluxe</b>	1593	380	V	x	*	*						x	*	x							x	
<b>Veggie Dippers x 4</b>	1339	321	VE																			

# Happy Meal®

	Energy per portion		Vegetarian	Cereals containing gluten																		
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
<b>Hamburger</b>	1053	250		x	*	*						*	*							x		
<b>Cheeseburger</b>	1262	301		x	*	*						*	x							x		
<b>Chicken McNuggets® x 4</b>	722	173		x	*	*						*	*							x		
<b>Fish Fingers x 3</b>	813	194		x								*	*		x							
<b>Grilled Chicken Wrap</b>	765	181		x	*	*						*	*		x							
<b>Crispy Chicken Wrap</b>	1044	248		x	*	*						*	*							*		
<b>Veggie Dippers x 2</b>	670	160	VE																			
<b>Small Fries†</b>	990	237	VE																			
<b>Fruit Bag - Apple &amp; Grape</b>	194	46	VE																			
<b>Fruit Bag - Melon</b>	73	17	VE																			
<b>Carrot Bag</b>	141	34	VE																			
<b>Cucumber Sticks</b>	52	12	VE																			
<b>Organic Semi-Skimmed Milk</b>	524	125	V										x									
<b>Robinsons Fruit Shoot</b>	40	10	VE																			
<b>Tropicana® Orange Juice</b>	430	103	VE																			
<b>Buxton® Natural Mineral Water (still)</b>	0	0	VE																			

# Fries†

	Energy per portion		Vegetarian	Cereals containing gluten																		
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
<b>Small</b>	990	237	VE																			
<b>Medium</b>	1410	337	VE																			
<b>Large</b>	1855	444	VE																			

# Salads

	Energy per portion		Vegetarian	Cereals containing gluten																		
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
<b>Side Salad</b>	77	18	V																			
<b>Crispy Chicken &amp; Bacon Salad</b>	1320	315		x		*														x		
<b>Crispy Chicken Salad</b>	1109	265		x		*														x		
<b>Grilled Chicken &amp; Bacon Salad</b>	770	183																		x	x	
<b>Grilled Chicken Salad</b>	560	133																				
<b>Balsamic Dressing - 30g</b>	96	23	VE																			

# Big Flavour Wraps

	Energy per portion		Vegetarian	Cereals containing gluten																		
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
<b>The Garlic Mayo Chicken One</b>	<i>CRISPY</i>	2009	479		x	*	*													x		
	<i>GRILLED</i>	1451	345		x	*	*														x	
<b>The Sweet Chilli Chicken One</b>	<i>CRISPY</i>	1990	474		x	*	*					*	*	x						x		
	<i>GRILLED</i>	1432	340		x	*	*					*	*	x						x		
<b>The BBQ &amp; Bacon Chicken One</b>	<i>CRISPY</i>	2098	500		x	*	*					*	*	x						x	x	
	<i>GRILLED</i>	1541	366		x	*	*					*	*	x							x	
<b>The Fajita Chicken One</b>	<i>CRISPY</i>	2012	479		x	*	*					*	x							x	*	
	<i>GRILLED</i>	1454	345		x	*	*					*	x									
<b>The Spicy Veggie One</b>		1532	364	VE	x	*	*					*	*								x	

# Condiments & Sauces

	Energy per portion		Vegetarian	Cereals containing gluten																		
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
<b>Tomato Ketchup</b>	<i>21ml</i>	114	27	VE																		
<b>BBQ Dip</b>	<i>30g</i>	207	49	VE																		
<b>Sweet Curry Dip</b>	<i>30g</i>	213	50	VE																		
<b>Sweet &amp; Sour Dip</b>	<i>30g</i>	185	44	VE	x		x				x										x	
<b>Smoky BBQ Dip</b>	<i>50g</i>	357	84	V																		
<b>Sweet Chilli Dip</b>	<i>50g</i>	378	89	V																		
<b>Sour Cream &amp; Chive Dip</b>	<i>50g</i>	578	140	V										x	x							
<b>Lurpak® Spreadable</b>	<i>8g</i>	232	57	V																		
<b>Strawberry Jam</b>	<i>15g</i>	166	39	V										x								
<b>Pancake Syrup</b>	<i>40g</i>	560	132	V																		
<b>Flora® Original</b>	<i>10g</i>	259	62	V									*									
<b>Philadelphia® Light</b>	<i>35g</i>	219	53	V										x								

# Desserts

	Energy per portion		Vegetarian	Cereals containing gluten																
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard
<b>Millionaire's Donut</b>	1041	250	V	x						*				x	x					