



McDonald's Canada Nutrition Facts

Category	Page
Breakfast	2
McCafé & Bakery	5
Beef	14
Chicken	15
Sandwiches & Wraps	17
Salads	18
Happy Meal	19
Beverages	20
Snacks & Sides	22
Desserts & Shakes	23
Condiments	25
McPicks	26

Nutrition Facts	Serving Size	Calories (Kcal)	Fat (g)	Fat % DV	Saturated Fat (g)	Trans Fat (g)	Saturated Fat + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Proteins (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Breakfast																				
Bacon & Hash Brown More-Ning McWrap	239 g	590	31	48	10	0.4	52	430	1160	48	54	18	8	32	3	24	20	4	15	20
Bacon 'N Egg McMuffin	124 g	310	14	22	6	0.2	31	200	680	28	29	10	2	8	2	16	15	4	20	15
Bacon 'N Egg Bagel with Cinnamon & Raisin Bagel	184 g	550	24	37	11	0.4	57	240	1040	43	59	20	4	16	11	25	20	10	10	50
Bacon 'N Egg Bagel with Everything Bagel	184 g	550	25	38	11	0.4	57	240	960	40	55	18	3	12	7	26	20	10	10	30
Bacon 'N Egg Bagel with Multigrain Bagel	187 g	560	26	40	11	0.4	57	240	990	41	56	19	8	32	9	27	20	10	10	25
Bacon 'N Egg Bagel with Plain Bagel	186 g	530	23	35	11	0.4	57	240	990	41	57	19	3	12	9	25	20	10	10	25
Bacon 'N Egg Bagel with Sesame Bagel	185 g	550	25	38	11	0.4	57	240	1000	42	57	19	3	12	9	26	20	10	10	30
Bacon, Egg & Cheese McGriddles	159 g	400	17	26	7	0.2	36	195	1180	49	44	15	2	8	15	16	10	4	15	15
Big Breakfast	249 g	640	38	58	12	0.4	62	445	1120	47	49	16	3	12	2	24	20	0	15	25
Breakfast Burrito	114 g	290	15	23	6	0.3	32	165	670	28	25	8	3	12	2	13	4	0	10	20
Cinnamon & Raisin Bagel with Butter	102 g	330	8	12	5	0.2	26	20	420	18	56	19	4	16	9	9	8	0	2	40
Cinnamon & Raisin Bagel With Herb & Garlic Cream Cheese Product	134 g	380	11	17	7	0.4	37	30	560	23	59	20	4	16	12	12	10	0	6	45
Cinnamon & Raisin Bagel With Regular Cream Cheese Product	134 g	380	11	17	7	0.4	37	30	540	23	59	20	4	16	12	12	10	0	6	45
Egg BLT Bagel with Cinnamon & Raisin Bagel	206 g	570	28	43	10	0.3	52	235	900	38	59	20	5	20	11	22	20	15	6	50
Egg BLT Bagel with Everything Bagel	206 g	570	29	45	10	0.3	52	235	820	34	55	18	3	12	8	23	20	15	6	30
Egg BLT Bagel with Multigrain Bagel	209 g	580	30	46	10	0.3	52	235	850	35	56	19	8	32	10	24	20	15	6	25
Egg BLT Bagel with Plain Bagel	208 g	550	27	42	10	0.3	52	235	860	36	57	19	3	12	10	23	20	15	4	30
Egg BLT Bagel with Sesame Bagel	207 g	570	28	43	10	0.3	52	235	860	36	57	19	3	12	9	23	20	15	4	30
Egg BLT McMuffin	154 g	360	19	29	7	0.3	37	205	710	30	30	10	2	8	3	16	20	10	20	20

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Egg McMuffin	133 g	290	11	17	5	0.2	26	200	760	32	29	10	2	8	3	16	15	0	20	20
English Muffin with Butter	58 g	170	4	6	2	0.1	11	10	280	12	27	9	2	8	2	5	4	0	10	15
Everything Bagel with Butter	102 g	330	9	14	4.5	0.2	24	20	340	14	52	17	3	12	6	10	8	0	2	25
Everything Bagel With Herb & Garlic Cream Cheese Product	134 g	380	13	20	7	0.4	37	30	470	20	55	18	3	12	9	13	10	0	6	25
Everything Bagel With Regular Cream Cheese Product	134 g	380	12	18	7	0.4	37	30	460	19	55	18	3	12	9	13	10	0	6	25
Hash Browns	55 g	160	10	15	1.5	0	8	0	360	15	16	5	2	8	0	1	0	0	0	2
Hotcakes with Syrup and Butter	206 g	600	16	25	6	0.2	31	45	660	28	106	35	3	12	57	8	10	0	10	20
Multigrain Bagel with Butter	105 g	340	10	15	4.5	0.2	24	20	370	15	54	18	8	32	8	11	8	0	2	20
Multigrain Bagel With Herb & Garlic Cream Cheese Product	137 g	390	14	22	7	0.4	37	30	500	21	57	19	8	32	11	14	10	0	8	20
Multigrain Bagel With Regular Cream Cheese Product	137 g	390	13	20	7	0.4	37	30	480	20	57	19	8	32	11	14	10	0	6	20
Plain Bagel With Butter	104 g	320	7	11	4.5	0.2	24	20	370	15	54	18	3	12	8	10	8	0	2	20
Plain Bagel With Herb & Garlic Cream Cheese Product	136 g	370	10	15	6	0.4	32	30	510	21	58	19	3	12	11	12	10	0	6	20
Plain Bagel With Regular Cream Cheese Product	136 g	370	10	15	6	0.4	32	30	490	20	58	19	3	12	11	12	10	0	6	20
Sausage 'N Egg McMuffin	158 g	430	25	38	11	0.3	57	225	850	35	31	10	2	8	2	20	15	0	20	20
Sausage and Hash Brown More-Ning McWrap	273 g	710	42	65	14	0.5	73	450	1330	55	57	19	8	32	3	28	20	0	20	25
Sausage McGriddles	133 g	400	20	31	8	0.2	41	30	1100	46	45	15	2	8	14	11	0	0	8	15
Sausage McMuffin	111 g	370	20	31	9	0.3	47	50	790	33	31	10	2	8	2	14	6	0	15	15
Sausage 'N Egg Bagel with Cinnamon & Raisin Bagel	208 g	610	31	48	14	0.5	73	250	1010	42	61	20	4	16	10	25	20	0	15	50
Sausage 'N Egg Bagel with Everything Bagel	208 g	610	32	49	14	0.5	73	250	930	39	57	19	3	12	7	26	20	0	10	30
Sausage 'N Egg Bagel with Multigrain Bagel	211 g	620	33	51	14	0.5	73	250	950	40	58	19	8	32	9	27	20	0	15	30

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Sausage 'N Egg Bagel with Plain Bagel	210 g	600	30	46	14	0.5	73	250	960	40	59	20	3	12	9	25	20	0	10	30
Sausage 'N Egg Bagel with Sesame Bagel	209 g	610	31	48	14	0.5	73	250	970	40	59	20	3	12	8	26	20	0	10	30
Sausage, Egg & Cheese McGriddles	193 g	520	28	43	12	0.3	62	220	1350	56	47	16	2	8	15	20	10	0	15	20
Sesame Bagel with Butter	103 g	330	9	14	4.5	0.2	24	20	380	16	54	18	3	12	7	10	8	0	2	25
Sesame Bagel With Herb & Garlic Cream Cheese Product	135 g	380	12	18	7	0.4	37	30	510	21	58	19	3	12	10	13	10	0	6	25
Sesame Bagel With Regular Cream Cheese Product	135 g	380	11	17	6	0.4	32	30	500	21	57	19	3	12	10	13	10	0	6	25
Traditional Breakfast - White Toast (Québec)	195 g	470	25	38	10	0.2	51	395	1010	42	34	11	1	4	3	26	20	15	8	25

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McCafé & Bakery																				
Americano - Large	540 ml	5	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	2	0
Americano - Medium	420 ml	4	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0
Americano - Small	285 ml	3	0	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0
Authentic French Croissant	60 g	250	13	20	9	0.4	47	45	270	11	28	9	1	4	3	5	4	0	2	4
Banana Chocolate Chunk Muffin	125 g	430	13	20	2	0	10	0	450	19	73	24	3	12	40	7	0	0	4	15
Blueberry Cream Cheese Danish	100 g	300	13	20	8	0.5	43	35	340	14	42	14	2	8	13	6	10	0	2	10
Blueberry Muffin	128 g	430	16	25	1.5	0	8	0	350	15	66	22	3	12	31	7	0	2	4	10
Blueberry Pomegranate Protein Smoothie - Medium	485 ml	350	2	3	0.5	0	3	15	90	4	63	21	3	12	55	19	2	4	40	6
Blueberry Pomegranate Protein Smoothie - Small	380 ml	260	1.5	2	0	0	0	10	70	3	50	17	3	12	44	13	0	4	30	4
Blueberry Pomegranate Real Fruit Smoothie with yogurt - Large	541 ml	320	1	2	0.5	0	3	5	60	3	75	25	4	16	66	4	2	6	8	6
Blueberry Pomegranate Real Fruit Smoothie with yogurt - Medium	426 ml	250	0.5	1	0	0	0	5	45	2	58	19	3	12	52	3	0	4	6	4
Blueberry Pomegranate Real Fruit Smoothie with yogurt - Small	347 ml	200	0.5	1	0	0	0	5	40	2	48	16	3	12	42	2	0	4	6	4
Blueberry Pomegranate Real Fruit Smoothie with yogurt - Snack Size	223 ml	130	0	0	0	0	0	5	25	1	31	10	2	8	27	1	0	2	4	2
Blueberry Pomegranate Real Fruit Smoothie without yogurt - Large	540 ml	330	0	0	0	0	0	5	35	1	81	27	5	20	73	1	0	6	2	6
Blueberry Pomegranate Real Fruit Smoothie without yogurt - Medium	432 ml	260	0	0	0	0	0	0	30	1	65	22	4	16	58	1	0	4	2	4
Blueberry Pomegranate Real Fruit Smoothie without yogurt - Small	345 ml	210	0	0	0	0	0	0	25	1	51	17	3	12	46	1	0	4	2	4
Blueberry Pomegranate Real Fruit Smoothie without yogurt - Snack Size	223 ml	130	0	0	0	0	0	0	15	1	32	11	2	8	29	1	0	2	0	2

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Brownie RMHC Cookie	33 g	140	7	11	2	0.1	11	20	110	5	19	6	1	4	15	2	6	0	2	8
Cappuccino with 2% milk - Large	540 ml	190	7	11	4	0.2	21	30	160	7	15	5	0	0	16	12	20	0	40	0
Cappuccino with 2% milk - Medium	420 ml	130	5	8	3	0.2	16	20	115	5	11	4	0	0	12	9	15	0	30	0
Cappuccino with 2% milk - Small	285 ml	80	3	5	2	0.1	11	15	75	3	7	2	0	0	7	6	8	0	20	0
Cappuccino with skim milk - Large	540 ml	110	0	0	0	0	0	0	170	7	17	6	0	0	16	12	20	0	40	0
Cappuccino with skim milk - Medium	420 ml	80	0	0	0	0	0	0	120	5	12	4	0	0	11	9	15	0	30	0
Cappuccino with skim milk - Small	285 ml	50	0	0	0	0	0	0	75	3	8	3	0	0	7	6	8	0	20	0
Caramel Apple Oat Muffin	145 g	510	15	23	1.5	0	8	0	600	25	87	29	4	16	48	8	0	6	10	15
Caramel Cappuccino with 2% milk - Large	540 ml	340	8	12	5	0.3	27	35	240	10	48	16	0	0	49	14	25	2	45	2
Caramel Cappuccino with 2% milk - Medium	420 ml	260	6	9	3.5	0.2	19	25	180	8	37	12	0	0	38	10	15	0	35	0
Caramel Cappuccino with 2% milk - Small	285 ml	180	4	6	2.5	0.1	13	15	120	5	27	9	0	0	27	7	10	0	20	0
Caramel Cappuccino with skim milk - Large	540 ml	270	1.5	2	1	0	6	5	250	10	50	17	0	0	49	14	25	2	45	2
Caramel Cappuccino with skim milk - Medium	420 ml	200	1.5	2	1	0	6	5	180	8	38	13	0	0	38	10	15	0	35	0
Caramel Cappuccino with skim milk - Small	285 ml	140	1	2	0.5	0	3	5	120	5	27	9	0	0	27	7	10	0	20	0
Caramel Iced Coffee - Large	590 ml	250	13	20	8	0.4	42	45	125	5	29	10	0	0	28	3	20	0	10	2
Caramel Iced Coffee - Medium	485 ml	180	9	14	5	0.3	27	30	90	4	22	7	0	0	21	3	10	0	8	2
Caramel Iced Coffee - Small	340 g	120	6	9	4	0.2	21	20	65	3	14	5	0	0	14	2	8	0	6	0
Caramel Latte with 2% milk - Large	540 ml	380	10	15	6	0.3	32	40	270	11	51	17	0	0	52	16	25	2	60	2
Caramel Latte with 2% milk - Medium	420 ml	290	7	11	4	0.2	21	30	200	8	40	13	0	0	40	12	20	0	40	0
Caramel Latte with 2% milk - Small	285 ml	210	5	8	3	0.2	16	20	150	6	29	10	0	0	30	9	15	0	30	0
Caramel Latte with skim milk - Large	540 ml	290	1.5	2	1	0	6	5	280	12	53	18	0	0	52	16	25	2	60	2

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Caramel Latte with skim milk - Medium	420 ml	220	1.5	2	1	0	6	5	210	9	41	14	0	0	40	12	20	0	40	0
Caramel Latte with skim milk - Small	285 ml	160	1	2	0.5	0	3	5	150	6	31	10	0	0	30	9	15	0	30	0
Caramel Pumpkin Spice Latte, 2% Milk - Large	502 g	380	10	15	6	0.3	32	40	250	10	52	17	0	0	51	17	25	0	60	0
Caramel Pumpkin Spice Latte, 2% Milk - Medium	376 g	290	7	11	4.5	0.2	24	30	190	8	41	14	0	0	40	12	15	0	40	0
Caramel Pumpkin Spice Latte, 2% Milk - Small	275 g	220	6	9	3	0.2	16	20	140	6	30	10	0	0	30	9	10	0	30	0
Caramel Pumpkin Spice Latte, Skim Milk - Large	502 g	290	1.5	2	1	0	6	5	260	11	54	18	0	0	51	17	25	0	60	0
Caramel Pumpkin Spice Latte, Skim Milk - Medium	376 g	220	1.5	2	1	0	6	5	190	8	42	14	0	0	40	12	15	0	40	0
Caramel Pumpkin Spice Latte, Skim Milk - Small	275 g	170	1	2	0.5	0	3	5	140	6	31	10	0	0	30	9	10	0	30	0
Carrot Muffin	123 g	430	16	25	1.5	0.2	9	0	330	14	65	22	3	12	35	6	110	4	2	15
Chewy Oatmeal Caramel RMHC Cookie	33 g	160	9	14	4.5	0.1	23	5	160	7	20	7	1	4	12	2	0	0	2	4
Chocolate Caramel RMHC Cookie	33 g	160	8	12	4	0.1	21	10	115	5	20	7	1	4	13	2	0	0	0	8
Chocolate Chunk Brownie	70 g	310	15	23	6	0.2	31	45	110	5	42	14	2	8	28	4	4	0	2	20
Chocolate Chunk RMHC Cookie	33 g	160	8	12	3.5	0	18	10	90	4	21	7	1	4	14	2	0	0	0	8
Chocolate Hazelnut Croissant	85 g	360	19	29	10	0.4	52	45	260	11	42	14	2	8	14	7	8	0	2	25
Coffee Iced Frappé - Large	590 ml	640	30	46	19	1	100	120	250	10	80	27	2	8	77	12	35	0	40	2
Coffee Iced Frappé - Medium	485 ml	520	24	37	15	1	80	95	200	8	65	22	2	8	62	9	25	0	30	2
Coffee Iced Frappé - Small	380 ml	410	19	29	12	0.5	63	75	160	7	51	17	1	4	49	7	20	0	25	0
Coffee Iced Frappé - Snack Size	235 ml	280	13	20	8	0.4	42	50	105	4	35	12	1	4	33	5	15	0	15	0
Deluxe Hot Chocolate with 2% milk - Large	540 ml	500	14	22	8	0.4	42	55	330	14	72	24	3	12	71	19	30	0	70	20
Deluxe Hot Chocolate with 2% milk - Medium	420 ml	400	12	18	7	0.4	37	50	280	12	57	19	2	8	55	15	25	0	60	15

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Deluxe Hot Chocolate with 2% milk - Small	285 ml	250	8	12	4.5	0.2	24	30	170	7	37	12	2	8	36	9	15	0	40	10
Deluxe Hot Chocolate with skim milk - Large	540 ml	400	5	8	3.5	0.2	19	15	340	14	74	25	3	12	71	19	30	0	70	20
Deluxe Hot Chocolate with skim milk - Medium	420 ml	320	5	8	3	0.2	16	15	290	12	58	19	2	8	55	15	25	0	60	15
Deluxe Hot Chocolate with skim milk - Small	285 ml	210	3.5	5	2	0.1	11	10	180	8	38	13	2	8	36	9	15	0	40	10
Double Espresso	200 ml	5	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Espresso	100 ml	3	0	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0
Freestone Peach Danish	90 g	280	12	18	8	0.3	42	45	230	10	37	12	1	4	11	6	15	70	0	6
French Vanilla Cappuccino with 2% milk - Large	540 ml	360	9	14	6	0.2	31	30	210	9	50	17	0	0	50	13	20	0	45	0
French Vanilla Cappuccino with 2% milk - Medium	420 ml	270	7	11	4.5	0.2	24	25	150	6	39	13	0	0	39	10	15	0	30	0
French Vanilla Cappuccino with 2% milk - Small	285 ml	190	4.5	7	3	0.1	16	15	100	4	28	9	0	0	28	6	8	0	20	0
French Vanilla Cappuccino with skim milk - Large	540 ml	280	2.5	4	2	0	10	0	220	9	52	17	0	0	50	13	20	0	45	0
French Vanilla Cappuccino with skim milk - Medium	420 ml	220	2	3	1.5	0	8	0	160	7	40	13	0	0	39	10	15	0	30	0
French Vanilla Cappuccino with skim milk - Small	285 ml	150	1.5	2	1.5	0	8	0	105	4	29	10	0	0	28	6	8	0	20	0
French Vanilla Iced Coffee - Large	590 ml	260	13	20	8	0.4	42	40	100	4	30	10	0	0	29	3	15	0	8	2
French Vanilla Iced Coffee - Medium	485 ml	200	11	17	7	0.3	37	35	80	3	23	8	0	0	22	3	10	0	6	2
French Vanilla Iced Coffee - Small	340 g	130	7	11	4	0.2	21	20	50	2	15	5	0	0	15	2	6	0	4	0
French Vanilla Latte with 2% milk - Large	540 ml	390	10	15	7	0.3	37	35	240	10	53	18	0	0	53	16	20	0	50	0
French Vanilla Latte with 2% milk - Medium	420 ml	300	8	12	5	0.2	26	30	180	8	41	14	0	0	41	12	15	0	40	0
French Vanilla Latte with 2% milk - Small	285 ml	220	6	9	4	0.1	21	20	130	5	31	10	0	0	31	9	10	0	30	0

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French Vanilla Latte with skim milk - Large	540 ml	300	2.5	4	2	0	10	0	250	10	55	18	0	0	53	16	20	0	50	0
French Vanilla Latte with skim milk - Medium	420 ml	230	2	3	1.5	0	8	0	180	8	43	14	0	0	41	12	15	0	40	0
French Vanilla Latte with skim milk - Small	285 ml	170	1.5	2	1.5	0	8	0	135	6	32	11	0	0	31	9	10	0	30	0
Fruit and Fibre Muffin	129 g	380	14	22	1.5	0	8	0	460	19	60	20	7	28	28	6	0	15	4	15
Latte with 2% milk - Large	540 ml	240	9	14	5	0.3	27	40	200	8	19	6	0	0	20	15	25	0	50	0
Latte with 2% milk - Medium	420 ml	170	7	11	3.5	0.2	19	30	150	6	14	5	0	0	15	11	15	0	40	0
Latte with 2% milk - Small	285 ml	130	5	8	2.5	0.1	13	20	110	5	10	3	0	0	11	8	15	0	30	0
Latte with skim milk - Large	540 ml	140	0	0	0	0	0	0	210	9	21	7	0	0	20	15	25	0	50	0
Latte with skim milk - Medium	420 ml	100	0	0	0	0	0	0	160	7	16	5	0	0	15	11	15	0	40	0
Latte with skim milk - Small	285 ml	70	0	0	0	0	0	0	110	5	11	4	0	0	11	8	15	0	30	0
Lil'Gem RMHC Cookie	33 g	150	7	11	3.5	0	18	5	105	4	22	7	1	4	14	2	0	0	2	6
Mango Pineapple Protein Smoothie - Medium	485 ml	350	2	3	0.5	0	3	15	85	4	62	21	3	12	54	19	2	40	45	4
Mango Pineapple Protein Smoothie - Small	380 ml	260	1.5	2	0.5	0	3	10	65	3	49	16	2	8	43	13	2	30	30	2
Mango Pineapple Real Fruit Smoothie with yogurt - Large	541 ml	320	1	2	0.5	0	3	5	55	2	75	25	3	12	65	4	2	50	10	2
Mango Pineapple Real Fruit Smoothie with yogurt - Medium	428 ml	250	1	2	0	0	0	5	40	2	58	19	3	12	51	3	0	40	8	2
Mango Pineapple Real Fruit Smoothie with yogurt - Small	347 ml	200	0.5	1	0	0	0	5	35	1	47	16	2	8	41	2	0	30	6	2
Mango Pineapple Real Fruit Smoothie with yogurt - Snack Size	232 ml	140	0	0	0	0	0	5	20	1	32	11	1	4	28	1	0	20	4	0
Mango Pineapple Real Fruit Smoothie without yogurt - Large	541 ml	330	0	0	0	0	0	5	30	1	80	27	4	16	72	1	0	50	4	2
Mango Pineapple Real Fruit Smoothie without yogurt - Medium	432 ml	260	0	0	0	0	0	0	20	1	65	22	3	12	57	1	0	45	4	2

Nutrition Facts	Serving Size	Calories (Kcal)	Fat (g)	Fat % DV	Saturated Fat (g)	Trans Fat (g)	Saturated Fat + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Proteins (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Mango Pineapple Real Fruit Smoothie without yogurt - Small	345 ml	210	0	0	0	0	0	0	20	1	51	17	2	8	46	1	0	35	2	2
Mango Pineapple Real Fruit Smoothie without yogurt - Snack Size	232 ml	140	0	0	0	0	0	0	10	0	35	12	2	8	31	1	0	25	2	2
Mini Chocolatine	36 g	120	5	8	3	0.3	17	20	140	6	16	5	1	4	6	2	6	0	2	4
Mocha with 2% milk - Large	540 ml	490	13	20	8	0.4	42	50	320	13	70	23	3	12	69	18	25	0	70	20
Mocha with 2% milk - Medium	420 ml	380	11	17	7	0.3	37	45	270	11	55	18	2	8	53	14	20	0	60	15
Mocha with 2% milk - Small	285 ml	260	8	12	4.5	0.2	24	30	180	8	37	12	2	8	36	9	15	0	40	10
Mocha with skim milk - Large	540 ml	400	5	8	3.5	0.2	19	15	330	14	72	24	3	12	69	18	25	0	70	20
Mocha with skim milk - Medium	420 ml	320	5	8	3	0.2	16	15	270	11	56	19	2	8	53	14	20	0	60	15
Mocha with skim milk - Small	285 ml	210	3.5	5	2	0.1	11	10	180	8	38	13	2	8	36	9	15	0	40	10
New Banana Mango Pineapple Protein Smoothie - Medium	508 g	380	2	3	0.5	0	3	15	85	4	72	24	3	12	62	18	2	60	40	4
New Banana Mango Pineapple Protein Smoothie - Small	375 g	290	1.5	2	0	0	0	10	65	3	55	18	2	8	48	13	0	45	30	2
New Banana Mango Pineapple Real Fruit Smoothie with yogurt - Large	540 g	300	1	2	0.5	0	3	5	50	2	70	23	3	12	58	4	0	70	8	2
New Banana Mango Pineapple Real Fruit Smoothie with yogurt - Medium	451 g	250	0.5	1	0	0	0	5	45	2	58	19	3	12	48	3	0	60	8	2
New Banana Mango Pineapple Real Fruit Smoothie with yogurt - Small	310 g	170	0	0	0	0	0	5	30	1	40	13	2	8	33	2	0	40	4	2
New Banana Mango Pineapple Real Fruit Smoothie with yogurt - Snack Size	213 g	120	0	0	0	0	0	0	20	1	28	9	1	4	23	1	0	25	4	0
New Banana Mango Pineapple Real Fruit Smoothie without yogurt - Large	664 g	440	0	0	0	0	0	5	45	2	108	36	5	20	92	2	0	110	4	4

Nutrition Facts	Serving Size	Calories (Kcal)	Fat (g)	Fat % DV	Saturated Fat (g)	Trans Fat (g)	Saturated Fat + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Proteins (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Premium Tea - Medium	420 ml	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0
Premium Tea - Small	285 ml	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0
Strawberry & Banana Protein Smoothie - Medium	485 ml	330	2	3	0.5	0	3	15	85	4	57	19	1	4	48	20	2	45	40	4
Strawberry & Banana Protein Smoothie - Small	380 ml	260	1.5	2	0	0	0	10	65	3	47	16	1	4	39	13	0	35	30	4
Strawberry & Banana Real Fruit Smoothie with yogurt - Medium	427 ml	240	1	2	0	0	0	5	45	2	55	18	1	4	45	3	0	45	8	2
Strawberry & Banana Real Fruit Smoothie with yogurt - Small	347 ml	200	0.5	1	0	0	0	5	35	1	45	15	1	4	38	3	0	35	6	2
Strawberry & Banana Real Fruit Smoothie with yogurt - Large	541 ml	300	1	2	0.5	0	3	5	55	2	69	23	2	8	57	4	2	60	10	4
Strawberry & Banana Real Fruit Smoothie without yogurt - Large	541 ml	320	0	0	0	0	0	5	30	1	79	26	2	8	66	2	0	70	2	4
Strawberry & Banana Real Fruit Smoothie without yogurt - Medium	427 ml	260	0	0	0	0	0	5	25	1	62	21	1	4	53	2	0	50	2	4
Strawberry & Banana Real Fruit Smoothie without yogurt - Small	347 ml	210	0	0	0	0	0	0	20	1	51	17	1	4	43	1	0	45	2	2
Strawberry & Banana Real Fruit Smoothie without yogurt - Snack Size	223 ml	130	0	0	0	0	0	0	15	1	31	10	1	4	26	1	0	25	2	2
Strawberry Cream Cheese Danish	100 g	390	19	29	12	1	65	55	280	12	48	16	2	8	17	6	15	15	2	15
Sugar Free Vanilla Cappuccino with 2% milk - Large	540 ml	190	7	11	4	0.2	21	30	200	8	24	8	0	0	16	12	20	0	40	2
Sugar Free Vanilla Cappuccino with 2% milk - Medium	420 ml	140	5	8	3	0.2	16	20	150	6	18	6	0	0	12	9	15	0	30	2
Sugar Free Vanilla Cappuccino with 2% milk - Small	285 ml	90	3	5	2	0.1	11	15	100	4	13	4	0	0	7	6	8	0	20	0
Sugar Free Vanilla Cappuccino with skim milk - Large	540 ml	120	0	0	0	0	0	0	210	9	26	9	0	0	16	12	20	0	40	2
Sugar Free Vanilla Cappuccino with skim milk - Medium	420 ml	80	0	0	0	0	0	0	150	6	19	6	0	0	11	9	15	0	30	2

Nutrition Facts	Serving Size	Calories (Kcal)	Fat (g)	Fat % DV	Saturated Fat (g)	Trans Fat (g)	Saturated Fat + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Proteins (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Sugar Free Vanilla Cappuccino with skim milk - Small	285 ml	50	0	0	0	0	0	0	100	4	13	4	0	0	7	6	8	0	20	0
Sugar Free Vanilla Iced Coffee - Large	590 ml	130	11	17	7	0.4	37	40	90	4	9	3	0	0	2	2	15	0	6	2
Sugar Free Vanilla Iced Coffee - Medium	485 ml	100	9	14	6	0.3	32	30	75	3	7	2	0	0	2	2	10	0	4	2
Sugar Free Vanilla Iced Coffee - Small	380 ml	60	6	9	3.5	0.2	19	20	45	2	4	1	0	0	1	1	6	0	2	0
Sugar Free Vanilla Latte with 2% milk - Large	551 ml	230	8	12	4.5	0.3	24	35	230	10	27	9	0	0	19	15	20	0	50	2
Sugar Free Vanilla Latte with 2% milk - Medium	401 ml	170	6	9	3.5	0.2	19	25	170	7	21	7	0	0	14	11	15	0	35	2
Sugar Free Vanilla Latte with 2% milk - Small	282 ml	120	4.5	7	2.5	0.1	13	20	125	5	15	5	0	0	10	8	10	0	25	0
Sugar Free Vanilla Latte with skim milk - Large	551 ml	140	0	0	0	0	0	0	240	10	29	10	0	0	19	15	20	0	50	2
Sugar Free Vanilla Latte with skim milk - Medium	401 ml	100	0	0	0	0	0	0	180	8	22	7	0	0	14	11	15	0	35	2
Sugar Free Vanilla Latte with skim milk - Small	282 ml	70	0	0	0	0	0	0	130	5	16	5	0	0	10	8	10	0	25	0
Vanilla Chai Iced Frappé - Large	589 ml	720	29	45	19	1	100	115	240	10	100	33	0	0	98	11	35	0	35	2
Vanilla Chai Iced Frappé - Medium	476 ml	580	24	37	15	1	80	95	200	8	81	27	0	0	79	9	25	0	30	2
Vanilla Chai Iced Frappé - Small	375 ml	460	19	29	12	0.5	63	75	150	6	63	21	0	0	63	7	20	0	25	0
Vanilla Chai Iced Frappé - Snack Size	253 ml	310	13	20	8	0.4	42	50	105	4	43	14	0	0	42	5	15	0	15	0

Nutrition Facts	Serving Size	Calories (Kcal)	Fat (g)	Fat % DV	Saturated Fat (g)	Trans Fat (g)	Saturated Fat + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Proteins (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Beef																				
Bacon & Cheddar Angus	267 g	770	41	63	18	1.5	98	130	1400	58	53	18	2	8	13	46	10	15	20	30
Big Mac	209 g	520	28	43	10	0.5	53	65	950	40	45	15	3	12	9	24	8	2	20	35
Cheeseburger	115 g	290	11	17	5	0.4	27	35	700	29	33	11	2	8	7	15	6	2	15	20
Double Big Mac	268 g	680	38	58	16	1	85	120	1310	55	46	15	3	12	8	40	10	2	30	45
Double Cheeseburger	162 g	420	20	31	10	0.5	53	70	1050	44	35	12	2	8	7	24	10	2	25	25
Double Quarter Pounder with Cheese	276 g	740	43	66	20	1.5	108	145	1240	52	42	14	3	12	9	47	10	4	25	45
Double Quarter Pounder without Cheese	249 g	650	37	57	16	1.5	88	120	860	36	39	13	3	12	9	42	6	4	15	45
Hamburger	101 g	240	8	12	3	0.2	16	25	510	21	32	11	2	8	7	12	2	2	10	20
McDouble	149 g	370	17	26	8	0.5	43	60	860	36	34	11	2	8	7	21	6	2	15	25
Mighty Angus Original	296 g	790	43	66	16	1.5	88	120	1310	55	56	19	3	12	15	42	10	15	15	30
Quarter Pounder BLT	229 g	600	35	54	13	1	70	95	1130	47	42	14	3	12	11	31	15	15	20	30
Quarter Pounder with Cheese	199 g	520	26	40	13	1	70	85	1080	45	41	14	3	12	9	30	10	4	25	30
Quarter Pounder without Cheese	170 g	420	20	31	8	0.5	43	60	680	28	39	13	2	8	9	24	4	4	10	30

Nutrition Facts	Serving Size	Calories (Kcal)	Fat (g)	Fat % DV	Saturated Fat (g)	Trans Fat (g)	Saturated Fat + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Proteins (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Chicken																				
10 Chicken McNuggets	159 g	410	23	35	4	0.2	21	70	750	31	26	9	0	0	0	26	0	0	2	8
20 Chicken McNuggets	318 g	830	46	71	8	0.4	42	140	1490	62	51	17	0	0	0	52	0	0	2	20
4 Chicken McNuggets	64 g	170	9	14	1.5	0	8	30	300	13	10	3	0	0	0	10	0	0	0	4
6 Chicken McNuggets	95 g	250	14	22	2.5	0.1	13	40	450	19	15	5	0	0	0	16	0	0	0	6
BLT with Crispy Chicken	250 g	700	37	57	8	0.3	42	110	1240	52	62	21	4	16	7	32	8	20	8	25
BLT with Grilled Chicken	236 g	560	26	40	7	0.2	36	135	1170	49	46	15	3	12	7	38	8	20	8	20
Chicken & Bacon McWrap with Crispy Chicken	237 g	600	32	49	7	0.4	37	75	860	36	50	17	7	28	3	29	6	15	4	20
Chicken & Bacon McWrap with Grilled Chicken	223 g	460	21	32	6	0.3	32	100	790	33	34	11	6	24	3	35	6	15	4	15
Chipotle Chicken Snack Wrap with Crispy Chicken	121 g	290	11	17	3	0.1	16	25	640	27	37	12	1	4	8	13	2	2	6	15
Chipotle Chicken Snack Wrap with Grilled Chicken	123 g	240	6	9	2.5	0.1	13	45	490	20	31	10	1	4	8	17	2	2	6	15
Junior Chicken	132 g	370	20	31	3.5	0.2	19	35	570	24	36	12	2	8	5	13	2	0	10	15
McChicken	173 g	470	27	42	4.5	0.2	24	45	650	27	44	15	3	12	6	16	4	2	10	20
New Caesar McWrap with Crispy Chicken	226 g	570	27	42	7	0.3	37	75	960	40	52	17	7	28	3	30	2	10	6	20
New Caesar McWrap with Grilled Chicken	212 g	430	16	25	5	0.2	26	100	890	37	36	12	6	24	3	36	2	10	6	15
New Cajun McWrap with Crispy Chicken	247 g	600	31	48	8	0.5	43	80	930	39	51	17	7	28	3	29	10	10	10	20
New Cajun McWrap with Grilled Chicken	233 g	460	21	32	7	0.4	37	105	860	36	35	12	6	24	3	34	10	10	10	15
Ranch Chicken Snack Wrap with Crispy Chicken	112 g	290	13	20	3.5	0.2	19	30	590	25	31	10	1	4	2	14	2	2	8	10
Ranch Chicken Snack Wrap with Grilled Chicken	114 g	240	8	12	3	0.1	16	50	450	19	25	8	1	4	2	17	2	2	8	10
Sweet Chili Signature McWrap with Crispy Chicken	216 g	520	23	35	4.5	0.2	24	45	1130	47	56	19	6	24	11	23	2	4	8	15
Sweet Chili Signature McWrap with Grilled Chicken	221 g	420	14	22	3.5	0.1	18	90	830	35	44	15	6	24	11	30	2	6	6	15

Nutrition Facts	Serving Size	Calories (Kcal)	Fat (g)	Fat % DV	Saturated Fat (g)	Trans Fat (g)	Saturated Fat + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Proteins (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Tomato & Mozzarella with Crispy Chicken	258 g	640	33	51	9	0.5	48	105	1080	45	56	19	4	16	7	31	10	15	20	25
Tomato & Mozzarella with Grilled Chicken	244 g	500	22	34	7	0.4	37	130	1010	42	40	13	3	12	7	36	10	15	20	20

Nutrition Facts	Serving Size	Calories (Kcal)	Fat (g)	Fat % DV	Saturated Fat (g)	Trans Fat (g)	Saturated Fat + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Proteins (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Sandwiches & Wraps																				
Chicken & Bacon McWrap with Crispy Chicken	237 g	600	32	49	7	0.4	37	75	860	36	50	17	7	28	3	29	6	15	4	20
Chicken & Bacon McWrap with Grilled Chicken	223 g	460	21	32	6	0.3	32	100	790	33	34	11	6	24	3	35	6	15	4	15
Chipotle Chicken Snack Wrap with Crispy Chicken	121 g	290	11	17	3	0.1	16	25	640	27	37	12	1	4	8	13	2	2	6	15
Chipotle Chicken Snack Wrap with Grilled Chicken	123 g	240	6	9	2.5	0.1	13	45	490	20	31	10	1	4	8	17	2	2	6	15
Double Filet-O-Fish	210 g	560	29	45	6	0.3	32	75	830	35	53	18	2	8	4	23	4	0	15	20
Filet-O-Fish	140 g	400	21	32	4	0.2	21	40	580	24	40	13	1	4	4	14	2	0	15	15
Mexican Chipotle Burger	124 g	380	22	34	6	0.4	32	40	470	20	34	11	2	8	4	14	4	2	6	20
New Caesar McWrap with Crispy Chicken	226 g	570	27	42	7	0.3	37	75	960	40	52	17	7	28	3	30	2	10	6	20
New Caesar McWrap with Grilled Chicken	212 g	430	16	25	5	0.2	26	100	890	37	36	12	6	24	3	36	2	10	6	15
New Cajun McWrap with Crispy Chicken	247 g	600	31	48	8	0.5	43	80	930	39	51	17	7	28	3	29	10	10	10	20
New Cajun McWrap with Grilled Chicken	233 g	460	21	32	7	0.4	37	105	860	36	35	12	6	24	3	34	10	10	10	15
Ranch Chicken Snack Wrap with Crispy Chicken	112 g	290	13	20	3.5	0.2	19	30	590	25	31	10	1	4	2	14	2	2	8	10
Ranch Chicken Snack Wrap with Grilled Chicken	114 g	240	8	12	3	0.1	16	50	450	19	25	8	1	4	2	17	2	2	8	10
Sweet Chili Signature McWrap with Crispy Chicken	216 g	520	23	35	4.5	0.2	24	45	1130	47	56	19	6	24	11	23	2	4	8	15
Sweet Chili Signature McWrap with Grilled Chicken	221 g	420	14	22	3.5	0.1	18	90	830	35	44	15	6	24	11	30	2	6	6	15
Thai Sweet Chili Chicken sandwich	151 g	360	15	23	2.5	0.1	13	30	650	27	45	15	3	12	10	13	8	4	2	20

Nutrition Facts	Serving Size	Calories (Kcal)	Fat (g)	Fat % DV	Saturated Fat (g)	Trans Fat (g)	Saturated Fat + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Proteins (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Salads																				
Asian Cashew Salad with Crispy Chicken	272 g	390	21	32	3.5	0.1	18	55	410	17	27	9	5	20	4	24	60	70	8	25
Asian Cashew Salad with Grilled Chicken	258 g	250	10	15	2	0	10	80	340	14	12	4	4	16	4	30	60	70	6	20
Caesar Bacon Salad with Crispy Chicken	266 g	520	29	45	9	0.3	47	110	1070	45	30	10	3	12	2	30	35	45	30	25
Caesar Bacon Salad with Grilled Chicken	252 g	390	18	28	8	0.2	41	135	990	41	14	5	2	8	2	35	35	45	30	20
Caesar Side Salad	85 g	150	8	12	3	0.1	16	25	400	17	12	4	1	4	1	6	15	20	10	10
Garden Fresh Side Salad	78 g	40	2	3	1	0.1	6	5	70	3	3	1	1	4	1	3	15	30	8	6
Greek Feta Salad with Crispy Chicken	294 g	440	21	32	5	0.3	27	70	790	33	39	13	5	20	4	27	35	70	10	25
Greek Feta Salad with Grilled Chicken	280 g	310	10	15	3.5	0.2	19	95	720	30	24	8	4	16	4	33	35	70	10	20

Nutrition Facts	Serving Size	Calories (Kcal)	Fat (g)	Fat % DV	Saturated Fat (g)	Trans Fat (g)	Saturated Fat + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Proteins (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Happy Meal																				
1% Partly Skimmed Milk - 250 ml	250 ml	110	2.5	4	1.5	0	8	10	120	5	12	4	0	0	12	9	10	0	30	0
4 Chicken McNuggets	64 g	170	9	14	1.5	0	8	30	300	13	10	3	0	0	0	10	0	0	0	4
Apple Slices	68 g	40	0	0	0	0	0	0	5	0	10	3	2	8	8	0.1	0	130	2	2
Cheeseburger	115 g	290	11	17	5	0.4	27	35	700	29	33	11	2	8	7	15	6	2	15	20
Dasani Water	591 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hamburger	101 g	240	8	12	3	0.2	16	25	510	21	32	11	2	8	7	12	2	2	10	20
Hotcakes	153 g	350	9	14	1.5	0	8	20	600	25	60	20	3	12	14	8	2	0	10	20
Minute Maid Apple Juice - Small	380 ml	110	0	0	0	0	0	0	25	1	26	9	0	0	24	0.3	0	130	0	0
Minute Maid Orange Juice - Small	380 ml	110	0	0	0	0	0	0	2	0	26	9	0	0	23	0	0	140	0	0
Ranch Chicken Snack Wrap with Crispy Chicken	112 g	290	13	20	3.5	0.2	19	30	590	25	31	10	1	4	2	14	2	2	8	10
Ranch Chicken Snack Wrap with Grilled Chicken	114 g	240	8	12	3	0.1	16	50	450	19	25	8	1	4	2	17	2	2	8	10
Strawberry Yogurt Tube	30 g	25	0	0	0	0	0	0	15	1	4	1	0	0	3	1	0	0	4	0
World Famous Fries - Mini	38 g	120	6	9	0.5	0	3	0	90	4	16	5	1	4	0	1	0	0	0	2
World Famous Fries - Small	75 g	240	11	17	1.5	0	8	0	180	8	31	10	3	12	0	3	0	0	2	4

Nutrition Facts	Serving Size	Calories (Kcal)	Fat (g)	Fat % DV	Saturated Fat (g)	Trans Fat (g)	Saturated Fat + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Proteins (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Beverages																				
1% Partly Skimmed Milk - 250 ml	250 ml	110	2.5	4	1.5	0	8	10	120	5	12	4	0	0	12	9	10	0	30	0
Barq's Root Beer - Child	315 ml	120	0	0	0	0	0	0	25	1	30	10	0	0	30	0	0	0	0	0
Barq's Root Beer - Large	860 ml	340	0	0	0	0	0	0	70	3	87	29	0	0	87	0	0	0	0	0
Barq's Root Beer - Medium	570 ml	230	0	0	0	0	0	0	45	2	59	20	0	0	59	0	0	0	0	0
Barq's Root Beer - Small	440 ml	160	0	0	0	0	0	0	35	1	41	14	0	0	41	0	0	0	0	0
Coca-Cola - Child	315 ml	110	0	0	0	0	0	0	4	0	28	9	0	0	28	0	0	0	0	0
Coca-Cola - Large	860 ml	320	0	0	0	0	0	0	10	0	82	27	0	0	82	0	0	0	0	0
Coca-Cola - Medium	570 ml	220	0	0	0	0	0	0	10	0	56	19	0	0	56	0	0	0	0	0
Coca-Cola - Small	440 ml	150	0	0	0	0	0	0	5	0	39	13	0	0	39	0	0	0	0	0
Coca-Cola Zero - Child	315 ml	1	0	0	0	0	0	0	30	1	0	0	0	0	0	0.1	0	0	0	0
Coca-Cola Zero - Large	860 ml	2	0	0	0	0	0	0	85	4	0	0	0	0	0	0.1	0	0	0	0
Coca-Cola Zero - Medium	570 ml	1	0	0	0	0	0	0	60	3	0	0	0	0	0	0.1	0	0	0	0
Coca-Cola Zero - Small	440 ml	1	0	0	0	0	0	0	40	2	0	0	0	0	0	0.1	0	0	0	0
Dasani Water	591 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Diet Coke - Child	315 ml	1	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Diet Coke - Large	860 ml	2	0	0	0	0	0	0	30	1	0	0	0	0	0	0	0	0	0	0
Diet Coke - Medium	570 ml	1	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Diet Coke - Small	440 ml	1	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0
Fruitopia Orange Groove - Child	315 ml	110	0	0	0	0	0	0	30	1	33	11	0	0	31	0.1	0	100	0	0
Fruitopia Orange Groove - Large	860 ml	340	0	0	0	0	0	0	85	4	95	32	0	0	91	0.1	0	280	0	0
Fruitopia Orange Groove - Medium	570 ml	230	0	0	0	0	0	0	60	3	64	21	0	0	62	0.1	0	190	0	0
Fruitopia Orange Groove - Small	440 ml	160	0	0	0	0	0	0	40	2	45	15	0	0	43	0.1	0	130	0	0
Fruitopia Strawberry Passion Awareness - Child	315 ml	120	0	0	0	0	0	0	10	0	31	10	0	0	30	0	0	0	0	0
Fruitopia Strawberry Passion Awareness - Large	860 ml	350	0	0	0	0	0	0	35	1	91	30	0	0	88	0	0	0	0	0

Nutrition Facts	Serving Size	Calories (Kcal)	Fat (g)	Fat % DV	Saturated Fat (g)	Trans Fat (g)	Saturated Fat + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Proteins (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Fruitopia Strawberry Passion Awareness - Medium	570 ml	240	0	0	0	0	0	0	20	1	61	20	0	0	59	0	0	0	0	0
Fruitopia Strawberry Passion Awareness - Small	440 ml	170	0	0	0	0	0	0	15	1	43	14	0	0	41	0	0	0	0	0
Higgins & Burke Hot Chocolate	280 ml	200	9	14	6	0.3	32	30	250	10	26	9	0	0	23	4	10	0	20	10
Minute Maid Apple Juice - Large	590 ml	210	0	0	0	0	0	0	45	2	51	17	0	0	47	1	0	260	0	0
Minute Maid Apple Juice - Medium	485 ml	160	0	0	0	0	0	0	35	1	40	13	0	0	37	1	0	200	0	0
Minute Maid Apple Juice - Small	380 ml	110	0	0	0	0	0	0	25	1	26	9	0	0	24	0.3	0	130	0	0
Minute Maid Orange Juice - Large	590 ml	220	0	0	0	0	0	0	4	0	52	17	0	0	46	0	0	280	0	0
Minute Maid Orange Juice - Medium	485 ml	180	0	0	0	0	0	0	4	0	42	14	0	0	37	0	0	220	0	0
Minute Maid Orange Juice - Small	380 ml	110	0	0	0	0	0	0	2	0	26	9	0	0	23	0	0	140	0	0
Nestea Iced Tea - Child	315 ml	80	0	0	0	0	0	0	10	0	20	7	0	0	20	0	0	0	0	0
Nestea Iced Tea - Large	860 ml	230	0	0	0	0	0	0	25	1	59	20	0	0	59	0	0	0	0	0
Nestea Iced Tea - Medium	570 ml	160	0	0	0	0	0	0	15	1	40	13	0	0	40	0	0	0	0	0
Nestea Iced Tea - Small	440 ml	110	0	0	0	0	0	0	10	0	28	9	0	0	28	0	0	0	0	0
Sprite - Child	315 ml	100	0	0	0	0	0	0	25	1	26	9	0	0	26	0	0	0	0	0
Sprite - Large	860 ml	290	0	0	0	0	0	0	65	3	75	25	0	0	75	0	0	0	0	0
Sprite - Medium	570 ml	200	0	0	0	0	0	0	45	2	51	17	0	0	51	0	0	0	0	0
Sprite - Small	440 ml	140	0	0	0	0	0	0	30	1	35	12	0	0	35	0	0	0	0	0

Nutrition Facts	Serving Size	Calories (Kcal)	Fat (g)	Fat % DV	Saturated Fat (g)	Trans Fat (g)	Saturated Fat + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Proteins (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Snacks & Sides																				
Apple Slices	68 g	40	0	0	0	0	0	0	5	0	10	3	2	8	8	0.1	0	130	2	2
Banana Chocolate Chunk Muffin	125 g	430	13	20	2	0	10	0	450	19	73	24	3	12	40	7	0	0	4	15
Blueberry Muffin	128 g	430	16	25	1.5	0	8	0	350	15	66	22	3	12	31	7	0	2	4	10
Brownie RMHC Cookie	33 g	140	7	11	2	0.1	11	20	110	5	19	6	1	4	15	2	6	0	2	8
Carrot Muffin	123 g	430	16	25	1.5	0.2	9	0	330	14	65	22	3	12	35	6	110	4	2	15
Chewy Oatmeal Caramel RMHC Cookie	33 g	160	9	14	4.5	0.1	23	5	160	7	20	7	1	4	12	2	0	0	2	4
Chocolate Caramel RMHC Cookie	33 g	160	8	12	4	0.1	21	10	115	5	20	7	1	4	13	2	0	0	0	8
Chocolate Chunk RMHC Cookie	33 g	160	8	12	3.5	0	18	10	90	4	21	7	1	4	14	2	0	0	0	8
Fruit and Fibre Muffin	129 g	380	14	22	1.5	0	8	0	460	19	60	20	7	28	28	6	0	15	4	15
Lil'Gem RMHC Cookie	33 g	150	7	11	3.5	0	18	5	105	4	22	7	1	4	14	2	0	0	2	6
New Strawberries and Cream Muffin	145 g	460	17	26	2	0.1	11	0	530	22	70	23	6	24	36	9	2	2	10	20
Poutine	225 g	510	30	46	12	1	65	60	1010	42	44	15	3	12	1	17	10	2	40	6
World Famous Fries - Large	178 g	560	27	42	3.5	0.3	19	0	420	18	74	25	6	24	0	6	0	0	2	8
World Famous Fries - Medium	110 g	350	17	26	2	0.2	11	0	260	11	46	15	4	16	0	4	0	0	2	6
World Famous Fries - Mini	38 g	120	6	9	0.5	0	3	0	90	4	16	5	1	4	0	1	0	0	0	2
World Famous Fries - Small	75 g	240	11	17	1.5	0	8	0	180	8	31	10	3	12	0	3	0	0	2	4

Nutrition Facts	Serving Size	Calories (Kcal)	Fat (g)	Fat % DV	Saturated Fat (g)	Trans Fat (g)	Saturated Fat + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Proteins (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Desserts & Shakes																				
Baked Apple Pie	79 g	270	14	22	7	0.1	36	0	180	8	34	11	1	4	12	3	0	45	2	8
Baked Strawberry Pie	85 g	230	11	17	7	0.1	36	0	170	7	27	9	1	4	11	2	0	8	2	8
Chocolate Birthday Cake	67 g	210	8	12	1.5	0	8	25	160	7	33	11	1	4	26	2	0	0	2	8
Chocolate Triple Thick Milkshake - Large	698 g	1150	29	45	18	0.5	93	115	820	34	202	67	2	8	162	24	30	6	70	50
Chocolate Triple Thick Milkshake - Medium	451 g	750	18	28	11	0.4	57	75	540	23	134	45	2	8	107	15	20	4	45	35
Chocolate Triple Thick Milkshake - Small	338 g	560	14	22	8	0.3	42	55	400	17	98	33	1	4	79	11	15	2	35	25
Hot Caramel Sundae	180 g	340	7	11	4.5	0.3	24	30	210	9	63	21	0	0	44	6	6	0	15	2
Hot Fudge Sundae	178 g	340	10	15	8	0.2	41	25	230	10	55	18	2	8	48	7	6	0	20	10
M&M's McFlurry - Regular Size	296 g	620	20	31	13	0.4	67	45	280	12	98	33	2	8	86	12	10	0	30	6
M&M's McFlurry - Snack Size	196 g	410	13	20	8	0.3	42	30	190	8	66	22	1	4	57	8	6	0	20	4
Mini Reese's Pieces McFlurry - Snack	197 g	420	15	23	11	0.3	57	25	200	8	62	21	1	4	54	10	6	0	15	6
Mini Reese's Pieces McFlurry - Regular	297 g	630	22	34	17	0.5	88	40	300	13	93	31	2	8	81	15	10	0	25	8
Oreo McFlurry - Regular Size	286 g	570	19	29	12	0.4	62	40	410	17	90	30	1	4	68	11	10	0	25	15
Oreo McFlurry - Snack Size	181 g	340	11	17	7	0.3	37	25	230	10	54	18	1	4	42	7	6	0	15	6
SKOR McFlurry - Regular Size	275 g	540	19	29	12	0.5	63	60	340	14	82	27	1	4	71	10	15	0	25	4
SKOR McFlurry - Snack Size	186 g	370	13	20	8	0.5	43	40	230	10	57	19	1	4	49	7	10	0	15	4
Strawberry Triple Thick Milkshake - Large	693 g	1100	28	43	17	0.5	88	115	680	28	193	64	0	0	157	22	30	6	70	4
Strawberry Triple Thick Milkshake - Medium	447 g	720	18	28	11	0.4	57	75	430	18	127	42	0	0	104	14	20	4	45	2
Strawberry Triple Thick Milkshake - Small	336 g	540	13	20	8	0.3	42	55	330	14	94	31	0	0	77	11	15	2	35	2
Strawberry Yogurt Tube	30 g	25	0	0	0	0	0	0	15	1	4	1	0	0	3	1	0	0	4	0
Vanilla Birthday Cake	67 g	210	7	11	1	0	6	25	125	5	35	12	0	0	26	2	0	0	2	4
Vanilla Cone	147 g	240	6	9	4	0.2	21	25	150	6	40	13	0	0	30	6	6	0	15	2

Nutrition Facts	Serving Size	Calories (Kcal)	Fat (g)	Fat % DV	Saturated Fat (g)	Trans Fat (g)	Saturated Fat + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Proteins (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Vanilla McFlurry Base - Regular portion	244 g	370	10	15	7	0.3	37	40	240	10	61	20	0	0	52	9	10	0	25	2
Vanilla McFlurry Base - Snack portion	162 g	250	7	11	4.5	0.2	24	25	160	7	41	14	0	0	34	6	6	0	15	0
Vanilla Triple Thick Milkshake - Large	693 g	1100	28	43	17	0.5	88	115	680	28	193	64	0	0	135	22	50	6	70	4
Vanilla Triple Thick Milkshake - Medium	448 g	720	18	28	11	0.4	57	75	430	18	127	42	0	0	87	14	35	4	45	2
Vanilla Triple Thick Milkshake - Small	336 g	530	13	20	8	0.3	42	55	330	14	94	31	0	0	66	11	25	2	35	2

Nutrition Facts	Serving Size	Calories (Kcal)	Fat (g)	Fat % DV	Saturated Fat (g)	Trans Fat (g)	Saturated Fat + Trans Fat % DV	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre % DV	Sugars (g)	Proteins (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
McPicks																				
Baked Apple Pie	79 g	270	14	22	7	0.1	36	0	180	8	34	11	1	4	12	3	0	45	2	8
Cheeseburger	115 g	290	11	17	5	0.4	27	35	700	29	33	11	2	8	7	15	6	2	15	20
Hamburger	101 g	240	8	12	3	0.2	16	25	510	21	32	11	2	8	7	12	2	2	10	20
Junior Chicken	132 g	370	20	31	3.5	0.2	19	35	570	24	36	12	2	8	5	13	2	0	10	15
McDouble	149 g	370	17	26	8	0.5	43	60	860	36	34	11	2	8	7	21	6	2	15	25
Sausage McMuffin	111 g	370	20	31	9	0.3	47	50	790	33	31	10	2	8	2	14	6	0	15	15
Vanilla Cone	147 g	240	6	9	4	0.2	21	25	150	6	40	13	0	0	30	6	6	0	15	2
World Famous Fries – Small	75 g	240	11	17	1.5	0	8	0	180	8	31	10	3	12	0	3	0	0	2	4

As of September 18, 2019

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

Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Beverages made with water may have additional minerals contributed by the local water supply.

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 bottom of the table.