

## McDONALD'S CANADA ALLERGEN INFORMATION

As of June 10, 2019

To help guests with food allergies make more informed choices, we created an Allergen Information chart with symbols to provide allergen information for our standard menu items. Test products, test formulations, and certain regional products and/or limited time promotional products have not been included. The information provided in this document is based on the most current ingredient information available from our 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), and is based on standard product formulations. However, 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 guests with food allergies or special dietary needs to visit www.mcdonalds.ca for the most comprehensive and up-to-date ingredient information, and consult their doctor for questions regarding their diet. If you have questions about our food, please ask to speak to a Manager or contact the McDonald's Guest Relations Contact Centre at 1-888-424-4622.

The allergen information displayed in this document is current as of the date indicated at the top of this page.

Category	Page
Breakfast	3
McCafé & Bakery	5
Beef	12
Chicken	13
Sandwiches & Wraps	14
Salads	15
Happy Meal	16
Beverages	
Snacks & Sides	19
Desserts & Shakes	20
Condiments	22
McPicks	23

	Peanuts	Tree Nuts	Sesame	Eggs	Mik X	Soy	ish.	Shellfish	Mustard	Sulphites	Wheat	Barley	Oat	Rye	Triticale
Breakfast	<u> </u>	<b> -</b>	S	Ш	2	S	LL.	S	2	S	>	<u> </u>	O		<b> </b>
Bacon & Hash Brown More-Ning McWrap					√	√									
Bacon 'N Egg McMuffin				√	√	√									
Bacon 'N Egg Bagel with Cinnamon & Raisin Bagel			X	√	√	√					√	√			
Bacon 'N Egg Bagel with Everything Bagel				√	$\sqrt{}$	√					$\sqrt{}$				
Bacon 'N Egg Bagel with Multigrain Bagel			$\sqrt{}$	√	$\sqrt{}$	√					$\sqrt{}$	√	<b>√</b>	√	
Bacon 'N Egg Bagel with Plain Bagel			X	√	$\sqrt{}$	√					$\sqrt{}$	√			
Bacon 'N Egg Bagel with Sesame Bagel			$\checkmark$	√	$\sqrt{}$	√					√				
Bacon, Egg & Cheese McGriddles				√	√	√									
Big Breakfast					$\sqrt{}$										
Breakfast Burrito					√	√									
Cinnamon & Raisin Bagel with Butter			X		$\sqrt{}$	√					$\sqrt{}$	√			
Cinnamon & Raisin Bagel With Herb & Garlic Cream Cheese Product			X		X	√					√	√			
Cinnamon & Raisin Bagel with Nutella®			X		X	√					$\sqrt{}$	√			
Cinnamon & Raisin Bagel With Regular Cream Cheese Product			X		X	√					√	√			
Egg BLT Bagel with Cinnamon & Raisin Bagel															
Egg BLT Bagel with Everything Bagel															
Egg BLT Bagel with Multigrain Bagel															
Egg BLT Bagel with Plain Bagel															
Egg BLT Bagel with Sesame Bagel															
Egg McMuffin				√	√	√									
English Muffin with Butter					√										
Everything Bagel with Butter			$\sqrt{}$		√	X					√				
Everything Bagel With Herb & Garlic Cream Cheese Product			√		X	X					√				
Everything Bagel with Nutella®			√		X	X					√				
Everything Bagel With Regular Cream Cheese Product					X	X					√				

	Peanuts	Tree Nuts	Sesame	Eggs	Ailk	Soy	Fish	Shellfish	Mustard	Sulphites	Wheat	Barley	Oat	Rye	Triticale
Hash Browns															
Hotcakes with Syrup and Butter				√	$\sqrt{}$	√					$\sqrt{}$				
Multigrain Bagel with Butter						X					√	√	√	<b>√</b>	
Multigrain Bagel With Herb & Garlic Cream Cheese Product			√		X	X					√	<b>√</b>	√	√	
Multigrain Bagel with Nutella®			$\sqrt{}$		Х	Х					√	√	√	√	
Multigrain Bagel With Regular Cream Cheese Product			$\sqrt{}$		X	X					√	<b>√</b>	√	√	
Plain Bagel With Butter			X			X					√	√			
Plain Bagel With Herb & Garlic Cream Cheese Product			X		X	X					√	√			
Plain Bagel with Nutella®			X		X	X					$\sqrt{}$	√			
Plain Bagel With Regular Cream Cheese Product															
Sausage 'N Egg McMuffin				√		√									
Sausage and Hash Brown More-Ning McWrap					1	√									
Sausage McGriddles						√					√	√			
Sausage McMuffin					$\sqrt{}$	√									
Sausage 'N Egg Bagel with Cinnamon & Raisin Bagel			X	<b>√</b>		<b>√</b>					√	√			
Sausage 'N Egg Bagel with Everything Bagel				√		√					√				
Sausage 'N Egg Bagel with Multigrain Bagel			√	√	√	√					√	√	√	√	
Sausage 'N Egg Bagel with Plain Bagel			X	√		√					√	√			
Sausage 'N Egg Bagel with Sesame Bagel			√	√	√	√					√				
Sausage, Egg & Cheese McGriddles				√		√									
Sesame Bagel with Butter			√		$\sqrt{}$	X					√				
Sesame Bagel With Herb & Garlic Cream Cheese Product			$\checkmark$		X	X					√				
Sesame Bagel with Nutella®			$\checkmark$		X	X					√				
Sesame Bagel With Regular Cream Cheese Product			√		X	X					√				
Traditional Breakfast - White Toast (Québec)				√	√										

	Peanuts	Tree Nuts	Sesame	Eggs	M W	Soy	Fish	Shellfish	Mustard	Sulphites	Wheat	Barley	Oat	Rye	Triticale
McCafé & Bakery															
Americano - Large															
Americano - Medium															
Americano - Small															
Authentic French Croissant		X		√	√	X					V				
Banana Chocolate Chunk Muffin				√	√	√					$\sqrt{}$	$\sqrt{}$	√		
Blueberry Cream Cheese Danish				√	√	X					√				
Blueberry Muffin				√	√	√					V	$\sqrt{}$	$\sqrt{}$		
Blueberry Pomegranate Protein Smoothie - Medium															
Blueberry Pomegranate Protein Smoothie - Small															
Blueberry Pomegranate Real Fruit Smoothie with yogurt - Large					√										
Blueberry Pomegranate Real Fruit Smoothie with yogurt - Medium					√										
Blueberry Pomegranate Real Fruit Smoothie with yogurt - Small					√										
Blueberry Pomegranate Real Fruit Smoothie with yogurt - Snack Size					√										
Blueberry Pomegranate Real Fruit Smoothie without yogurt - Large															
Blueberry Pomegranate Real Fruit Smoothie without yogurt - Medium															
Blueberry Pomegranate Real Fruit Smoothie without yogurt - Small															
Blueberry Pomegranate Real Fruit Smoothie without yogurt - Snack Size															
Cappuccino with 2% milk - Large					$\sqrt{}$										
Cappuccino with 2% milk - Medium					√										
Cappuccino with 2% milk - Small					√										
Cappuccino with skim milk - Large					√										
Cappuccino with skim milk - Medium					√										
Cappuccino with skim milk - Small					$\sqrt{}$										
Caramel Cappuccino with 2% milk - Large					√	√									
Caramel Cappuccino with 2% milk - Medium					√	√									

	Peanuts	Tree Nuts	Sesame	Eggs	Ä	Soy	Fish	Shellfish	Mustard	Sulphites	Wheat	Barley	Oat	Rye	Triticale
Caramel Cappuccino with 2% milk - Small					√	√									
Caramel Cappuccino with skim milk - Large					√	√									
Caramel Cappuccino with skim milk - Medium					√	√									
Caramel Cappuccino with skim milk - Small					√	√									
Caramel Iced Coffee - Large					√	√									
Caramel Iced Coffee - Medium					√	√									
Caramel Iced Coffee - Small					√	√									
Caramel Latte with 2% milk - Large					√	√									
Caramel Latte with 2% milk - Medium					√	√									
Caramel Latte with 2% milk - Small					√	√									
Caramel Latte with skim milk - Large					√	√									
Caramel Latte with skim milk - Medium					√	√									
Caramel Latte with skim milk - Small					√	√									
Carrot Muffin				$\sqrt{}$	√	√					$\sqrt{}$				
Chocolate Chunk Brownie	X	X		√	√	√									
Chocolate Hazelnut Croissant		√		√	√	√					√			X	
Coffee Iced Frappé - Large					√										
Coffee Iced Frappé - Medium					√										
Coffee Iced Frappé - Small					√										
Coffee Iced Frappé - Snack Size					√										
Cranberry Orange Muffin				√	√	√					√		√		
Deluxe Hot Chocolate with 2% milk - Large					√	√									
Deluxe Hot Chocolate with 2% milk - Medium					√	√									
Deluxe Hot Chocolate with 2% milk - Small					√	√									
Deluxe Hot Chocolate with skim milk - Large					√	√									
Deluxe Hot Chocolate with skim milk - Medium					√	√									
Deluxe Hot Chocolate with skim milk - Small					√	√									

	Peanuts	Tree Nuts	Sesame	Eggs	Ä	Soy	Fish	Shellfish	Mustard	Sulphites	Wheat	Barley	Oat	Rye	Triticale
Double Espresso															
Espresso															
French Vanilla Cappuccino with 2% milk - Large					√	√									
French Vanilla Cappuccino with 2% milk - Medium					$\sqrt{}$	√									
French Vanilla Cappuccino with 2% milk - Small					$\sqrt{}$	$\sqrt{}$									
French Vanilla Cappuccino with skim milk - Large					$\sqrt{}$	√									
French Vanilla Cappuccino with skim milk - Medium					$\sqrt{}$	$\sqrt{}$									
French Vanilla Cappuccino with skim milk - Small					√	$\sqrt{}$									
French Vanilla Iced Coffee - Large					√	√									
French Vanilla Iced Coffee - Medium					√	√									
French Vanilla Iced Coffee - Small					$\sqrt{}$	$\sqrt{}$									
French Vanilla Latte with 2% milk - Large					√	√									
French Vanilla Latte with 2% milk - Medium					$\sqrt{}$	√									
French Vanilla Latte with 2% milk - Small					√	√									
French Vanilla Latte with skim milk - Large					√	V									
French Vanilla Latte with skim milk - Medium					√	√									
French Vanilla Latte with skim milk - Small					√	√									
Fruit and Fibre Muffin				$\sqrt{}$	$\sqrt{}$	$\sqrt{}$					$\sqrt{}$				
Latte with 2% milk - Large					$\sqrt{}$										
Latte with 2% milk - Medium					√										
Latte with 2% milk - Small					$\sqrt{}$										
Latte with skim milk - Large					√										
Latte with skim milk - Medium					√										
Latte with skim milk - Small					√										
Mango Pineapple Protein Smoothie - Medium															
Mango Pineapple Protein Smoothie - Small															

	Peanuts	Tree Nuts	Sesame	Eggs	Ä	Soy	Fish	Shellfish	Mustard	Sulphites	Wheat	Barley	Oat	Rye	Triticale
Mango Pineapple Real Fruit Smoothie with yogurt - Large					√										
Mango Pineapple Real Fruit Smoothie with yogurt - Medium					<b>√</b>										
Mango Pineapple Real Fruit Smoothie with yogurt - Small					√										
Mango Pineapple Real Fruit Smoothie with yogurt - Snack Size					√										
Mango Pineapple Real Fruit Smoothie without yogurt - Large															
Mango Pineapple Real Fruit Smoothie without yogurt - Medium															
Mango Pineapple Real Fruit Smoothie without yogurt - Small															
Mango Pineapple Real Fruit Smoothie without yogurt - Snack Size															
Mini Chocolatine				<b>√</b>	√						$\sqrt{}$				
Mocha with 2% milk - Large					$\sqrt{}$	$\sqrt{}$									
Mocha with 2% milk - Medium					√	$\checkmark$									
Mocha with 2% milk - Small					<b>√</b>	√									
Mocha with skim milk - Large					√	$\checkmark$									
Mocha with skim milk - Medium					√	$\sqrt{}$									
Mocha with skim milk - Small					$\checkmark$	$\sqrt{}$									
New Banana Mango Pineapple Protein Smoothie - Medium					<b>√</b>										
New Banana Mango Pineapple Protein Smoothie - Small					<b>√</b>										
New Banana Mango Pineapple Real Fruit Smoothie with yogurt - Large					<b>√</b>										
New Banana Mango Pineapple Real Fruit Smoothie with yogurt - Medium					√										
New Banana Mango Pineapple Real Fruit Smoothie with yogurt - Small					√										
New Banana Mango Pineapple Real Fruit Smoothie with yogurt - Snack Size					<b>√</b>										

	Peanuts	Tree Nuts	Sesame	Eggs	Mi X	Soy	Fish	Shellfish	Mustard	Sulphites	Wheat	Barley	Oat	Rye	Triticale
New Banana Mango Pineapple Real Fruit Smoothie without yogurt - Large															
New Banana Mango Pineapple Real Fruit Smoothie without yogurt - Medium															
New Banana Mango Pineapple Real Fruit Smoothie without yogurt - Small															
New Banana Mango Pineapple Real Fruit Smoothie without yogurt - Snack Size															
New Strawberries and Cream Muffin				√	$\sqrt{}$	√					$\sqrt{}$		√		
OREO Cookie Coffee Iced Frappé - Large															
OREO Cookie Coffee Iced Frappé - Medium															
OREO Cookie Coffee Iced Frappé - Small															
OREO Cookie Coffee Iced Frappé - Snack Size															
Premium Roast Brewed Coffee - Extra Large															
Premium Roast Brewed Coffee - Large															
Premium Roast Brewed Coffee - Medium															
Premium Roast Brewed Coffee - Small															
Premium Roast Brewed Iced Coffee - Large															
Premium Roast Brewed Iced Coffee - Medium															
Premium Roast Brewed Iced Coffee - Small															
Premium Tea - Extra Large															
Premium Tea - Large															
Premium Tea - Medium															
Premium Tea - Small															
RMHC Brownie Cookie				√		√					$\sqrt{}$				
RMHC Chocolate Caramel Cookie				<b>√</b>		√					$\sqrt{}$	√			
RMHC Chocolate Chunk Cookie				√		√					$\sqrt{}$	√			
RMHC Lil'Gem Cookie				√		√					$\sqrt{}$	√	√		
RMHC Red Velvet Cookie				√	√	√					√	√			

	Peanuts	Tree Nuts	Sesame	Eggs	¥	Soy	Fish	Shellfish	Mustard	Sulphites	Wheat	Barley	Oat	Rye	Triticale
Salted Caramel Apple Danish				√	$\sqrt{}$	X									
Strawberry & Banana Protein Smoothie - Medium															
Strawberry & Banana Protein Smoothie - Small															
Strawberry & Banana Real Fruit Smoothie with yogurt - Medium					√										
Strawberry & Banana Real Fruit Smoothie with yogurt - Small					√										
Strawberry & Banana Real Fruit Smoothie with yogurt - Large					√										
Strawberry & Banana Real Fruit Smoothie without yogurt - Large															
Strawberry & Banana Real Fruit Smoothie without yogurt - Medium															
Strawberry & Banana Real Fruit Smoothie without yogurt - Small															
Strawberry & Banana Real Fruit Smoothie without yogurt - Snack Size															
Strawberry Cream Cheese Danish				√	$\checkmark$	X									
Sugar Free Vanilla Cappuccino with 2% milk - Large					√					<b>V</b>					
Sugar Free Vanilla Cappuccino with 2% milk - Medium					√					<b>V</b>					
Sugar Free Vanilla Cappuccino with 2% milk - Small					√					√					
Sugar Free Vanilla Cappuccino with skim milk - Large					√					<b>V</b>					
Sugar Free Vanilla Cappuccino with skim milk - Medium					√					√					
Sugar Free Vanilla Cappuccino with skim milk - Small					√					<b>√</b>					
Sugar Free Vanilla Iced Coffee - Large					√					√					
Sugar Free Vanilla Iced Coffee - Medium															
Sugar Free Vanilla Iced Coffee - Small					√					√					
Sugar Free Vanilla Latte with 2% milk - Large					√					√					
Sugar Free Vanilla Latte with 2% milk - Medium					√					√					

	Peanuts	Tree Nuts	Sesame	Eggs	M A E	Soy	Fish	Shellfish	Mustard	Sulphites	Wheat	Barley	Oat	Rye	Triticale
	ď	F	Ň	Й	Σ	Ŏ.	<u>E</u>	S	Σ	S	<b>S</b>	В	0	~	<b>—</b>
Sugar Free Vanilla Latte with 2% milk - Small					$\sqrt{}$					$\sqrt{}$					
Sugar Free Vanilla Latte with skim milk - Large					$\sqrt{}$					√					
Sugar Free Vanilla Latte with skim milk - Medium										$\checkmark$					
Sugar Free Vanilla Latte with skim milk - Small					√					~					
Vanilla Chai Iced Frappé - Large					√										
Vanilla Chai Iced Frappé - Medium					√										
Vanilla Chai Iced Frappé - Small					√										
Vanilla Chai Iced Frappé - Snack Size					√										

		S								10					
	Peanuts	e Nuts	Sesame	SD	<b>×</b>	>	ے	Shellfish	Mustard	Sulphites	Wheat	Barley	••	<b>d</b>	Triticale
	Pe	Tree	Ses	Eggs	Milk	Soy	Fish	Sho	<b>™</b>	Sul	M	Bal	Oat	Rye	<u>=</u>
Beef															
Bacon & Cheddar Angus															
Big Mac					√	√									
Cheeseburger					$\sqrt{}$	√									
Double Big Mac					√	√									
Double Cheeseburger					√	<b>√</b>									
Double Quarter Pounder with Cheese					√	<b>√</b>									
Double Quarter Pounder without Cheese			√						√		√	√			
Hamburger			X						√		√	√			
McDouble					√	√									
Mighty Angus Carolina BBQ															
Mighty Angus Original															
Quarter Pounder BLT															
Quarter Pounder with Cheese					√	√									
Quarter Pounder without Cheese			<b>V</b>						$\sqrt{}$		$\sqrt{}$	√			

	uts	Nuts	ше					fish	ard	nites	<b>±</b>	>			a <u>e</u>
	Peanuts	Tree Nuts	Sesame	Eggs	Mi K	Soy	Fish	Shellfish	Mustard	Sulphites	Wheat	Barley	Oat	Rye	Triticale
Chicken															
10 Chicken McNuggets											$\sqrt{}$				
20 Chicken McNuggets											√				
4 Chicken McNuggets											$\sqrt{}$				
6 Chicken McNuggets											√				
BLT with Crispy Chicken															
BLT with Grilled Chicken															
Chicken & Bacon McWrap® with Crispy Chicken															
Chicken & Bacon McWrap® with Grilled Chicken															
Chipotle Chicken Snack Wrap with Crispy Chicken					√						√				
Chipotle Chicken Snack Wrap with Grilled Chicken					√										
Junior Chicken			X								$\sqrt{}$	√			
McChicken			<b>√</b>	√		√			$\sqrt{}$		√	√			
Ranch Chicken Snack Wrap with Crispy Chicken				√	<b>V</b>						√				
Ranch Chicken Snack Wrap with Grilled Chicken				<b>√</b>	√						$\sqrt{}$				
Sweet Chili Signature McWrap with Crispy Chicken				√							√				
Sweet Chili Signature McWrap with Grilled Chicken				√	√				$\sqrt{}$		$\sqrt{}$				
Tomato & Mozzarella with Crispy Chicken															
Tomato & Mozzarella with Grilled Chicken															

	ţ	Nuts	<b>e</b>					lsh	<u>5</u>	ites					<u>\\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ </u>
	Peanuts	Tree	Sesame	Eggs	Z X	Soy	Fish	Shellfish	Musta	Sulphites	Wheat	Barley	Oat	Rye	Triticale
Sandwiches & Wraps															
Chicken & Bacon McWrap® with Crispy Chicken															
Chicken & Bacon McWrap® with Grilled Chicken															
Chipotle Chicken Snack Wrap with Crispy Chicken					√										
Chipotle Chicken Snack Wrap with Grilled Chicken					√						$\sqrt{}$				
Double Filet-O-Fish				√					$\sqrt{}$						
Filet-O-Fish				√					$\sqrt{}$						
Fish & Chips				√			√		<b>√</b>		<b>√</b>				
Ranch Chicken Snack Wrap with Crispy Chicken				<b>√</b>	<b>√</b>						$\sqrt{}$				
Ranch Chicken Snack Wrap with Grilled Chicken				<b>√</b>	√						√				
Sweet Chili Signature McWrap with Crispy Chicken				<b>√</b>					√						
Sweet Chili Signature McWrap with Grilled Chicken				<b>√</b>	√						$\sqrt{}$				

		10								10					
	Peanuts	Tree Nuts	Sesame	Eggs	Mil Ail	Soy	Fish	Shellfish	Mustard	Sulphites	Wheat	Barley	Oat	Rye	Triticale
Salads		ſ				O,									
Asian Cashew Salad with Crispy Chicken															
Asian Cashew Salad with Grilled Chicken															
Caesar Bacon Salad with Crispy Chicken					√	√									
Caesar Bacon Salad with Grilled Chicken					√	√					$\sqrt{}$				
Caesar Side Salad					√	√					$\sqrt{}$				
Garden Fresh Side Salad					√										
Greek Feta Salad with Crispy Chicken					√						$\sqrt{}$				
Greek Feta Salad with Grilled Chicken					√										

	Peanuts	Tree Nuts	Sesame	Eggs	Milk	Soy	Fish	Shellfish	Mustard	Sulphites	Wheat	Barley	Oat	Rye	Triticale
Happy Meal															
1% Partly Skimmed Milk - 250 ml					√										
4 Chicken McNuggets											$\sqrt{}$				
Apple Slices															
Cheeseburger					√	√									
Dasani Water															
Hamburger			X						√		$\sqrt{}$	√			
Hotcakes				<b>√</b>	<b>√</b>	<b>√</b>					$\sqrt{}$				
Minute Maid Apple Juice - Small															
Minute Maid Orange Juice - Small															
Ranch Chicken Snack Wrap with Crispy Chicken				√	√						$\sqrt{}$				
Ranch Chicken Snack Wrap with Grilled Chicken				<b>√</b>	<b>√</b>										
Strawberry Yogurt Tube					<b>√</b>										
World Famous Fries - Mini															
World Famous Fries - Small															

	Peanuts	Tree Nuts	Sesame	Eggs	Milk	Soy	Fish	Shellfish	Mustard	Sulphites	Wheat	Barley	Oat	Rye	Triticale
Beverages			O)	Ш	~	O)	ш	U)		O)	>	ш	O	LE.	
1% Partly Skimmed Milk - 250 ml					√										
Barq's Root Beer - Child															
Barq's Root Beer - Large															
Barq's Root Beer - Medium															
Barq's Root Beer - Small															
Coca-Cola - Child															
Coca-Cola - Large															
Coca-Cola - Medium															
Coca-Cola - Small															
Coca-Cola Zero - Child															
Coca-Cola Zero - Large															
Coca-Cola Zero - Medium															
Coca-Cola Zero - Small															
Dasani Water															
Diet Coke - Child															
Diet Coke - Large															
Diet Coke - Medium															
Diet Coke - Small															
Fruitopia Orange Groove - Child															
Fruitopia Orange Groove - Large															
Fruitopia Orange Groove - Medium															
Fruitopia Orange Groove - Small															
Fruitopia Strawberry Passion Awareness - Child															
Fruitopia Strawberry Passion Awareness - Large															
Fruitopia Strawberry Passion Awareness - Medium															
Fruitopia Strawberry Passion Awareness - Small															
Higgins & Burke Hot Chocolate					√										
Minute Maid Apple Juice - Large															
Minute Maid Apple Juice - Medium															
Minute Maid Apple Juice - Small															

	y,	Nuts	Φ					ų.	σ	es					Ф
	Peanuts	Tree N	Sesame	Eggs	M H H	Soy	Fish	Shellfis	Mustard	Sulphites	Wheat	Barley	Oat	Rye	Triticale
Minute Maid Orange Juice - Large															
Minute Maid Orange Juice - Medium															
Minute Maid Orange Juice - Small															
Nestea Iced Tea - Child															
Nestea Iced Tea - Large															
Nestea Iced Tea - Medium															
Nestea Iced Tea - Small															
Sprite - Child															
Sprite - Large															
Sprite - Medium															
Sprite - Small															

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	Peanuts	Tree Nu	Sesame	Eggs	Milk	Soy	Fish	Shellfish	Mustard	Sulphites	Wheat	Barley	Oat	Rye	Triticale
Snacks & Sides															
Apple Slices															
Banana Chocolate Chunk Muffin				√	√	√					√	√	√		
Blueberry Muffin				√	√	√					√	√	√		
Carrot Muffin				√	√	√					√				
Cranberry Orange Muffin				√	$\sqrt{}$	$\sqrt{}$					$\sqrt{}$		√		
Fruit and Fibre Muffin				√	$\sqrt{}$	√					$\sqrt{}$				
New Strawberries and Cream Muffin				$\sqrt{}$	$\sqrt{}$	$\sqrt{}$					$\sqrt{}$		√		
Poutine															
RMHC Brownie Cookie				$\sqrt{}$	$\sqrt{}$	√					√				
RMHC Chocolate Caramel Cookie				V	$\sqrt{}$	$\sqrt{}$					$\sqrt{}$	√			
RMHC Chocolate Chunk Cookie				$\sqrt{}$	$\sqrt{}$	$\sqrt{}$					$\sqrt{}$	√			
RMHC Lil'Gem Cookie				√	$\sqrt{}$	√					√	√	√		
RMHC Red Velvet Cookie				$\sqrt{}$	$\sqrt{}$	√					√	√			
World Famous Fries - Large															
World Famous Fries - Medium															
World Famous Fries - Mini															
World Famous Fries - Small															

	Peanuts	Tree Nuts	Sesame	Eggs	Mik X	Soy	Fish	Shellfish	Mustard	Sulphites	Wheat	Barley	Oat	Rye	Triticale
Desserts & Shakes	α.	<b>—</b>	<b>(7)</b>	Ш	2	O)	<b>L</b>	<i>(</i> )	2	0)	>	ш	0	LY.	<b> -</b>
Baked Apple Pie						√					$\sqrt{}$				
Baked Strawberry Pie						√					$\sqrt{}$				
Cadbury Creme Egg McFlurry - Regular Size				√	$\sqrt{}$	$\sqrt{}$				$\sqrt{}$					
Cadbury Creme Egg McFlurry - Snack Size				√	$\sqrt{}$	$\sqrt{}$				$\sqrt{}$					
Chocolate Birthday Cake				√	$\sqrt{}$	√					√				
Chocolate Nanaimo McFlurry - Regular Size						√					√				
Chocolate Nanaimo McFlurry - Snack Size						$\sqrt{}$					√				
Chocolate Triple Thick Milkshake - Large					$\sqrt{}$										
Chocolate Triple Thick Milkshake - Medium					$\sqrt{}$										
Chocolate Triple Thick Milkshake - Small					√										
Hot Caramel Sundae					$\sqrt{}$										
Hot Fudge Sundae					√	√									
M&M's McFlurry - Regular Size	X				$\sqrt{}$	V									
M&M's McFlurry - Snack Size	X				√	√									
Oreo McFlurry - Regular Size					$\sqrt{}$	$\sqrt{}$					$\sqrt{}$				
Oreo McFlurry - Snack Size					$\sqrt{}$	√					√				
SKOR McFlurry - Regular Size		√			$\sqrt{}$	√									
SKOR McFlurry - Snack Size		√			$\sqrt{}$	$\sqrt{}$									
Strawberry Triple Thick Milkshake - Large					$\sqrt{}$										
Strawberry Triple Thick Milkshake - Medium					√										
Strawberry Triple Thick Milkshake - Small					$\sqrt{}$										
Strawberry Yogurt Tube					√										
Vanilla Birthday Cake				√	√	√					√				
Vanilla Cone					√	√					√				
Vanilla McFlurry Base - Regular portion					√										
Vanilla McFlurry Base - Snack portion					$\sqrt{}$										
Vanilla Triple Thick Milkshake - Large					$\sqrt{}$										

	Peanuts	Tree Nuts	Sesame	Eggs	Mik	Soy	Fish	Shellfish	Mustard	Sulphites	Wheat	Barley	Oat	Rye	Triticale
Vanilla Triple Thick Milkshake - Medium					√										
Vanilla Triple Thick Milkshake - Small															

		र								S					
	Peanuts	Tree Nuts	Sesame	Eggs	M H H	Soy	Fish	Shellfish	Mustard	Sulphites	Wheat	Barley	Oat	Rye	Triticale
Condiments	<u>L</u>		(f)	Ш	2	(C)	ш.	(C)	2	(i)	>	Ш	O		<b>—</b>
Becel Margarine Portion					$\sqrt{}$	√									
Butter Portion					√										
Butter Portion Whipped					√										
Chicken McNuggets Barbeque Sauce						√			√		√				
Chicken McNuggets Hot Mustard Sauce				√					√						
Chicken McNuggets Sweet & Sour Sauce						$\sqrt{}$			√						
Granulated Peanuts Packet	$\sqrt{}$														
Honey Packet															
Hotcake Syrup Packet															
Ketchup Packet															
Maple Brown Sugar Packet															
McChicken Sauce Packet				√					√						
Peanut Butter Packet						√									
Pure Kraft Asiago Caesar Dressing				√	√	√	√				$\checkmark$				
Pure Kraft Calorie-Wise Asiago Caesar Dressing				√	$\sqrt{}$	$\sqrt{}$	√								
Pure Kraft Greek Feta Dressing					√										
Pure Kraft Sesame Dressing			√			√									
Pure Kraft Sweet Balsamic Vinaigrette Dressing															
Salsa Sauce Packet															
Strawberry Jam Packet															
Vinegar Packet															

	Peanuts	e Nuts	Sesame	<u>S</u>				Shellfish	Mustard	Sulphites	eat.	ey ex			Triticale
	Pea	Tree	Ses	Eggs	Mil K	Soy	Fish	She	Mus	Sul	Wheat	Barley	Oat	Rye	Trit
McPicks															
Baked Apple Pie						√					$\sqrt{}$				
Cheeseburger					√	√									
Hamburger			Х						√		√	√			
Junior Chicken			Х	<b>√</b>					√		√	<b>√</b>			
McDouble					√	√									
Sausage McMuffin					<b>√</b>	<b>√</b>									
Vanilla Cone					<b>√</b>	<b>√</b>					$\sqrt{}$				
World Famous Fries – Small															

## Allergen key:

 $\sqrt{}$  = contains the allergen

X = may contain the allergen

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