

Nutritional Information												% Daily Value**				
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	% Daily Value**	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Sandwiches																
Hamburger (103g)	260	80	9	3	0.5	25	510	21	32	3	7	12	2	4	10	15
Cheeseburger (117g)	310	120	13	6	0.5	40	720	30	33	3	7	15	8	4	20	15
Cheeseburger Doble (150g)	400	180	20	9	1	65	840	35	33	3	7	23	8	4	20	20
Quarter Pounder® with Cheese + (202g)	520	250	27	13	1.5	95	1130	47	41	3	10	30	15	6	30	25
Double Quarter Pounder® with Cheese ++ (283g)	750	390	44	20	2.5	160	1310	55	41	3	10	49	15	6	35	35
Quarter Pounder®+ (173g)	420	170	19	7	1	65	710	30	39	3	9	25	2	6	15	25
Quarter Pounder® Bacon & Cheese++ (227g)	600	270	30	13	1.5	105	1,450	61	47	3	12	37	8	20	25	30
Quarter Pounder® Deluxe ++ (244g)	550	260	29	11	1.5	90	990	41	44	3	9	29	10	8	25	30
Quarter Pounder® Bacon Habanero Ranch++ (235g)	510	280	31	13	1.5	105	1,180	49	46	3	10	37	8	20	25	30
McDoble (150g)	400	180	20	9	1	65	840	35	33	3	7	23	8	4	20	20
Big Mac® (215g)	510	230	26	10	1	75	970	40	46	4	9	25	6	2	25	25
Chicken Mac (247g)	540	210	23	6	0	60	1,540	64	61	5	9	23	6	2	25	20
Bacon Triple (233g)	640	320	36	16	2	125	1,590	66	41	3	10	39	15	15	30	25
McNifica (232g)	530	260	29	11	1.5	90	1,020	43	40	3	9	28	10	8	25	25
McNifica w/Bacon (252g)	630	330	37	14	1.5	110	1,430	60	41	3	9	36	10	20	25	25
McChicken® Jr. (130g)	320	130	14	2.5	0	30	750	31	38	3	5	11	0	0	10	15
McChicken® (143g)	370	160	17	3	0	40	810	34	40	3	5	14	0	2	10	15
Premium Grilled Chicken Classic Sandwich (200g)	350	80	9	2	0	65	820	34	42	3	8	28	4	8	15	20
Premium Crispy Chicken Classic Sandwich (201g)	440	160	17	3	0	40	1,190	50	49	4	8	22	4	6	15	30
Premium Grilled Chicken Club Sandwich (235g)	510	180	20	7	0	105	1,250	52	44	3	9	40	8	20	30	20
Premium Crispy Chicken Club Sandwich (237g)	600	260	29	8	0	80	1,610	67	51	4	9	34	8	20	30	30
Wraps																
Crispy Classic Snack Wrap (118g)	360	180	20	5	0	35	730	30	31	1	2	14	2	2	10	10
Grilled Classic Snack Wrap (118g)	280	110	13	4	0	45	680	28	24	1	2	16	2	2	10	10
Honey Mustard Snack Wrap Crispy (116g)	330	140	15	4.5	0	30	700	29	33	1	4	14	2	2	10	10
Grilled Honey Mustard Snack Wrap (116g)	250	70	8	3.5	0	45	650	27	27	1	4	16	2	2	10	10
Mac Snack Wrap	310	150	17	7	1	45	620	26	25	1	3	14	4	0	8	15
Fries and Snacks																
Mc Fries kids(31g)	100.3	45	5	0.5	0	0	70	3	12.7	1	0	1	0	4	1	2
Mc Fries small (74g)	239.5	107	12	2	0	0	168	7	30.3	3	0	3	0	9	2	5
Mc Fries medium (105g)	339.9	152	17	2.5	0	0	238	10	42.9	4	0	4	0	13	2	6
Mc Fries large (142g)	459.7	206	23	3	0	0	322	13	58.1	6	0	5	0	17	3	9
Ketchup Packet 1 pkg (10 g)	10	0	0	0	0	0	100	4	3	0	2	0	2	0	0	0
Salt Packet 1 pkg (0.7 g)	0	0	0	0	0	0	270	11	0	0	0	0	0	0	0	0
Mighty Wings (5 pieces)	410	220	24	6	0	105	950	40	14	1	0	35	0	0	0	10
Mighty Wings (10 pieces)	830	440	49	13	0.5	210	1,900	79	27	1	1	70	0	0	0	20
Mozarella Sticks (3 Pieces)	210	120	13	5	0	20	480	20	14	1	1	9	6	2	20	2
Marinara Sauce (1 Portion) (28g)	20	5	0.5	0	0	0	100	4	3	1	2	1	4	10	0	2
Chicken McNuggets® /Chicken Selects® / Chicken McBites® /Sauces																
Chicken McNuggets® (4 Pieces) (65g)	190	110	12	2	0	25	360	15	12	1	0	9	0	2	0	2
Chicken McNuggets® (6 Pieces) (97g)	280	160	18	3	0	40	540	23	18	1	0	13	0	2	2	4
Chicken McNuggets® (10 Pieces) (162g)	470	270	30	5	0	65	900	38	30	2	0	22	0	4	2	6
Chicken Selects (3 Pieces) (124g)	380	210	23	3.5	0	55	750	31	21	1	0	23	0	4	2	4
Chicken Selects (5 Pieces) (209g)	640	340	38	6	0	90	1,240	52	36	1	0	38	0	6	4	6
Chicken McBites (3 oz. Snack) (85g)	280	190	21	3	0	20	470	20	13	1	0	10	0	0	2	4
Chicken McBites (5 oz. Regular) (142g)	470	320	35	5	0	35	790	33	22	1	0	17	0	2	2	6
Chicken McBites (10 oz. Shareable)	940	640	70	10	0	70	1,580	66	44	2	0	34	0	4	4	6
Barbeque Sauce (1 Portion) (28g)	50	0	0	0	0	0	260	11	12	0	10	0	2	0	0	0
Sweet 'N Sour Sauce (1 Portion) (28g)	50	0	0	0	0	0	0	0	12	0	11	0	0	0	0	0
Creamy Ranch Sauce (1 Portion)(22g)	50	0	0	0	0	0	150	6	12	0	10	0	2	0	0	0
Spicy Buffalo Sauce (1 Portion) (22g)	110	110	12	2	0	5	170	7	1	0	1	0	0	0	0	0
Honey Mustard Sauce (1 Portion) (22g)	35	30	3	0	0	0	540	23	1	0	0	0	6	0	0	0
Hot Mustard Sauce (1 Portion) (28g)	60	20	2.5	0	0	5	250	10	9	2	6	1	0	0	0	2
Salad and Dressings																
Side Salad (110g)	20	0	0	0	0	0	15	1	4	1	3	1	10	25	2	2
Grilled Chicken Salad (341g)	170	15	2	0.5	0	75	530	22	12	4	7	27	170	45	6	10
Crispy Chicken Salad (326g)	230	90	10	2	0	35	810	34	10	5	7	16	170	45	6	20
Garden Salad (298g)	80	5	0.5	0	0	0	220	9	17	5	9	3	170	45	4	4
Naturally Fresh® Fat Free Thousand Island Ranch (43g)	25	0	0	0	0	0	200	8	7	0	5	0	0	4	2	0
Naturally Fresh® Lite Ranch Dressing (43g)	110	90	10	1.5	0	10	330	14	5	0	3	0	0	0	0	0
Naturally Fresh® Fat Free Italian Dressing (43g)	10	0	0	0	0	0	560	23	3	0	2	0	0	0	0	0
Breakfast																
Sausage McMuffin (98g)	320	170	18	6	0	30	620	26	29	4	2	12	2	0	15	10
Sausage and Egg McMuffin (149g)	400	210	24	8	0	270	690	29	30	4	2	19	8	0	20	15
Sausage, Egg and Cheese McMuffin	450	250	28	11	0	285	900	38	31	4	2	22	15	0	30	15
Canadian Bacon, Egg and Cheese McMuffin (138g)	300	120	13	5	0	260	800	33	32	4	3	18	15	0	30	15
Biscuit w/Bacon, Egg and Cheese (150g)	460	240	27	13	0	250	1,310	55	37	2	3	19	10	0	20	15
Biscuit w/ Sausage (117g)	430	240	27	12	0	30	1,080	45	34	2	2	11	0	0	6	15
Biscuit w/ Sausage and Egg (163g)	510	290	33	14	0	250	1,170	49	36	2	2	18	6	0	10	20
Biscuit w/Sausage, Egg and Cheese (177g)	560	330	37	17	0	265	1,380	58	37	2	3	20	10	0	20	20
McGriddles w/Bacon Egg and Cheese (174g)	460	200	22	9	0	250	1,260	53	48	2	15	19	10	0	20	15
McGriddles w/Sausage, Egg, Cheese (202g)	560	290	32	13	0	265	1,330	55	47	2	15	20	10	0	25	15
Big Breakfast with sausage (269g)	740	430	48	17	0	555	1,560	65	51	3	3	28	15	2	15	25
Big Breakfast® with Bacon (255g)	710	380	42	16	0	555	1,760	73	52	3	3	32	15	2	15	25
Big Breakfast Deluxe (without syrup and margarine) with sausage (420g)	1090	510	56	19	0	675	2,150	90	111	6	17	36	15	2	25	40
Big Breakfast® Deluxe (without syrup & margarine) with Bacon (406g)	1060	460	42	16	0	555	1,760	73	52	3	3	32	15	2	15	25
Breakfast Burrito	300	140	16	7	0.5	130	830	35	26	1	2	12	10	2	15	15
Hotcakes (3 portions, without syrup and margarine) (151g)	350	80	9	2	0	20	590	25	60	3	14	8	0	0	15	15
Hotcakes with Sausage (without syrup & margarine) (192g)	520	220	24	7	0	50	930	39	61	3	14	15	0	0	15	15
Oatmeal (8 ounces - 229g)	210	50	5	2.5	0	10	110	5	35	2	22	7	2	0	15	30
Hash Brown (56g)	150	80	9	1.5	0	0	310	13	15	2	0	1	0	2	0	2
Hotcake Syrup (1 portion) (60g)	180	0	0	0	0	0	20	1	45	0	32	0	0	0	0	0
Margarine (1 portion) (6g)	40	40	4.5	1.5	0	0	55	2	0	0	0	0	4	0	0	0
Grape Jelly (14g)	35	0	0	0	0	0	0	0	9	0	9	0	0	2	0	0
Desserts																
Sliced Apples (Kids) (35g)	20	0	0	0	0	0	0	0	5	1	4	0	0	2	0	0
Vanilla Reduced Fat Ice Cream Cone (98g) (3 oz.)	180	35	4	2	0	15										