

SCAFFSTRONG



A GUIDE TO

MCDONALDS

FOOD AND DRINK MENU

0-300 Calories
300-500 Calories
+500 Calories

LIMITED BREAKFAST MENU

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Breakfast Roll with Ketchup	513	31	41	2.4	8.8	24	2.7
Breakfast Roll with Brown Sauce	517	31	43	2.1	9.3	24	2.6
Muffin with Jam	211	6.4	34	2	11	4.8	0.5
Bacon Roll with Brown Sauce	356	22	41	1.8	8.5	11	2.2
Bacon Roll with Tomato Ketchup	351	22	40	2	7.9	11	2.4
Hash Brown	136	1	14	1.3	0.3	8.2	0.7
Double Sausage & Egg McMuffin®	565	36	28	2.5	3.2	34	2.7
Sausage & Egg McMuffin®	430	26	27	2.1	2.7	24	1.9
Bacon & Egg McMuffin®	348	21	27	1.8	2.1	17	1.7
Double Bacon & Egg McMuffin®	401	27	27	1.8	2.2	20	2.2
Egg & Cheese McMuffin®	295	16	27	1.8	2.1	13	1.1
Cheesy Bacon Flatbread	298	14	28	1.6	2.1	14	1.5
Pancakes & Syrup	477	10	95	2.3	41	5.6	1.5
Pancakes & Sausage with Syrup	612	20	96	2.6	41	16	2.3

MCCAFE®

Salted Caramel Latte – Regular	164	7.8	20	0	20	5.8	0.5
Salted Caramel Latte – Large	206	10	26	0	25	6.9	0.6
Hot Chocolate – Regular	173	2.2	30	2.3	27	4.3	0.6
Hot Chocolate – Large	231	3	40	3.1	36	5.8	0.8
Toffee Latte - Regular	187	7.9	25	0	23	6.3	0.3
Toffee Latte – Large	232	10	31	0	29	7.5	0.3
Black Coffee – Regular	6	0.6	0.8	0	0	0	0
Black Coffee – Large	8	0.8	1.1	0	0	0	0
Cappuccino – Regular	97	6.6	10	0.2	9.9	3.3	0.2
Cappuccino – Large	128	8.8	13	0.2	13	4.4	0.3
Flat White	86	6.3	8.4	0	8.2	3.1	0.2
Latte – Regular	145	11	14	0	14	5.2	0.3
Latte – Large	197	14	19	0	19	7.1	0.4
Tea – Regular	6	0.4	0.8	0	0.5	0.2	0
Tea – Large	12	0.7	1.4	0	1	0.4	0

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
White Coffee - Regular	54	4.1	5.5	0	4.7	1.8	0.1
White Coffee - Large	74	5.6	7.6	0	6.4	2.4	0.2

HAPPY MEAL®

Happy Meal® Veggie Dippers – 2 pieces Meal	206	3.6	30	4.8	11.2	6.7	0.6
Fish Finger (3 Fingers) Meal	194	13	16	0.7	0.5	8.5	0.7
Hamburger Meal	296	13.3	40	4.2	16.6	8.4	1.2
Cheeseburger Meal	347	16.3	41	4.2	17.3	12.1	1.6
Chicken McNuggets® (4 pieces) Meal	219	11.3	22	2.2	10.4	9	0.3

REDUCED MENU

Double Big Mac®	694	43	43	3.6	9.1	38	2.8
Cheese Melt Dippers – 4 Pieces	255	8.8	16	1.9	0.7	17	1.9
Cheese Melt Dippers – sharebox – 12 Pieces	765	26	47	5.7	2.1	51	5.7
Jerk Chicken Sandwich	564	31	58	2.2	12	23	2.7
Celebration McFlurry® – Regular	343	5.9	49	1.7	44	13	0.2
Celebration McFlurry – Mini	171	3	25	0.9	22	6.6	0.1
Salted Caramel Latte® – Regular	164	7.8	20	0	20	5.8	0.5
Salted Caramel Latte – Large	206	10	26	0	25	6.9	0.6
Hot Chocolate – Regular	173	2.2	30	2.3	27	4.3	0.6
Hot Chocolate – Large	231	3	40	3.1	36	5.8	0.8
Toffee Latte – Regular	187	7.9	25	0	23	6.3	0.3
Toffee Latte – Large	232	10	31	0	29	7.5	0.3
Frozen Strawberry Lemonade – Regular	201	0.3	49	0	32	0.5	0
Frozen Strawberry Lemonade – Large	255	0.4	62	0	40	0.6	0
Caramel Iced Frappé – Regular	319	6.4	38	0.7	33	16	0.3
Caramel Iced Frappé – Large	399	8.2	48	1	42	19	0.4
Breakfast Roll with Ketchup	513	31	41	2.4	8.8	24	2.7
Breakfast Roll with Brown Sauce	517	31	43	2.1	9.3	24	2.6
Crispy Chicken Salad	261	21	16	1.9	2.9	12	0.8
Crispy Chicken and Bacon Salad	311	25	16	1.9	3	16	1.1

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Triple Cheeseburger	588	37	37	2.4	8.9	34	3.1
Muffin with Jam	211	6.4	34	2	11	4.8	0.5
Double Quarter Pounder with Cheese®	750	51	38	2.5	10	43	2.9
Veggie Dippers – 4 pieces	321	6.6	41	6	2.3	13	1.1
Happy Meal® Veggie Dippers – 2 pieces	160	3.3	20	3	1.2	6.6	0.6
Apple Pie	250	2.3	27	1.4	9.5	14	0.3
Millionaire's Donut	250	4.7	26	1.2	8.6	12	0.5
Chicken Legend® with BBQ Sauce	484	27	61	3.9	8.4	14	1.6
Chicken Legend® with Hot & Spicy Mayo	519	27	56	3.9	4.5	20	1.8
Chicken Legend® with Cool Mayo	529	27	56	4	4.5	20	1.8
Carrot Bag	34	0.5	6.2	2.4	5.8	0.2	0.1
The BBQ and Bacon Chicken One – Crispy	500	24	52	3.1	7	21	2.2
The Sweet Chilli Chicken One – Crispy	474	22	52	3.2	7.2	19	2
Side Salad	15	0.9	1.5	1	1.5	0.5	0.1
Mayo Chicken	319	12	38	2.8	4.6	13	1.1
Bacon Mayo Chicken	370	17	38	2.8	4.7	16	1.5
Bacon Double Cheeseburger	495	30	32	2.4	8.1	27	2.7
Big Mac®	508	26	43	3.6	9	25	2.3
Quarter Pounder™ with Cheese	518	31	37	2.5	10	27	2.5
McChicken Sandwich®	388	17	43	3.4	7.1	16	1.4
Vegetable Deluxe	380	9	52	5.4	7.8	14	1.5
Hamburger	250	13	30	2.4	6.6	8.3	1.2
Cheeseburger	301	16	31	2.4	7.3	12	1.6
Double Cheeseburger	445	26	32	2.4	8.1	23	2.4
Chicken McNuggets® 6 Pieces	259	16	18	0.7	36	13	0.5
Chicken McNuggets® 9 Pieces	388	24	28	1	38	20	0.8
Chicken Selects® 3 Pieces	359	25	20	0.2	0.3	20	1.8
Chicken Selects® (5 Pieces)	599	42	34	0.3	0.5	33	3
20 Chicken McNuggets ShareBox®	863	53	61	2.2	1.9	45	1.7
ShareBox® – 5 Chicken McNugget portion	216	13	15	0.6	0.5	11	0.4
Filet-o-Fish®	329	15	36	2.7	5.4	13	1.3

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McDonald's Fries – Medium	337	3.3	42	3.6	0.6	17	0.6
McDonald's Fries – Large	444	4.4	55	4.8	0.8	22	0.8
McDonald's Fries – Small	237	2.3	29	2.6	0.4	12	0.4
Apple & Grape Fruit Bag	46	0.3	10	1.8	10	0.1	0
Maltesers® McFlurry®	266	5.3	38	1.5	34	10	0.2
Smarties McFlurry®	273	5.2	40	1.5	37	10	32
Oreo® McFlurry®	258	5.2	38	1.8	32	9	0.3
Buxton® Mineral Water (Still)	0	0	0	0	0	0	0
Buxton® Mineral Water (Still) – 250ml	0	0	0	0	0	0	0
Chocolate Milkshake – Medium	364	11	61	2.1	50	7.8	0.7
Chocolate Milkshake – Large	468	14	79	2.6	65	10	0.9
Chocolate Milkshake – Small	192	5.9	32	1.1	27	4.1	0.4
Strawberry Milkshake – Medium	356	11	62	1.3	57	7	0.4
Strawberry Milkshake – Small	188	5.5	33	0.7	30	3.7	0.2
Strawberry Milkshake – Large	458	13	80	1.7	74	9	0.5
Banana Milkshake – Small	188	5.5	33	0.7	30	3.7	0.2
Banana Milkshake – Medium	357	11	62	1.3	58	7	0.4
Banana Milkshake – Large	459	13	80	1.7	74	9	0.5
Vanilla Milkshake – Small	192	5.5	34	0.7	31	3.7	0.2
Vanilla Milkshake – Medium	366	11	64	1.3	60	7	0.4
Vanilla Milkshake – Large	469	13	82	1.7	77	9	0.5
Coca-Cola® Classic – Medium	170	0	42	0	42	0	0
Coca-Cola® Classic – Small	106	0	27	0	27	0	0
Coca-Cola® Classic – Large	212	0	53	0	53	0	0
Diet Coke® - Medium	1	0	0	0	0	0	0.1
Diet Coke® – Small	1	0	0	0	0	0	0.1
Diet Coke® – Large	2	0	0	0	0	0	0.1
Sprite® Zero – Medium	4	0.1	0	0	0	0	0.1
Sprite® Zero – Small	3	0.1	0	0	0	0	0
Sprite® Zero – Large	5	0.1	0	0	0	0	0.1
Fanta® Orange – Medium	76	0	18	0	18	0	0.1

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Fanta® Orange – Small	48	0	11	0	11	0	0.1
Fanta® Orange – Large	95	0	23	0	23	0	0.1
Oasis® – Small	42	0.1	10	0	10	0	0.2
Oasis® – Medium	67	0.1	17	0	17	0	0.3
Oasis® – Large	83	0.1	21	0	21	0	0.4
Coca-Cola® Zero Sugar	1	0	0	0	0	0	0
Tropicana® Orange Juice	108	2	22	1.5	22	0	0
Robinsons® Fruit Shoot	10	0	1.6	0	1.6	0	0.1
Organic Milk	125	9	12	0	12	4.5	0.3
Flat White	86	6.3	8.4	0	8.2	3.1	0.2
Tea – Regular	6	0.4	0.8	0	0.5	0.2	0
Tea – Large	12	0.7	14	0	1.4	0.4	0
Espresso Double shot	1	0.1	32	0	0	0	0
Espresso Single shot	1	0.1	0	0	0	0	0
Latte – Large	197	14	19	0	19	7.1	0.4
Latte – Large	197	14	19	0	19	7.1	0.4
Cappuccino – Regular	97	6.6	10	0.2	9.9	3.3	0.2
Cappuccino – Large	128	8.8	13	0.2	13	4.4	0.3
Black Coffee – Regular	6	0.6	0.8	0	0	0	0
Black Coffee – Large	8	0.8	1.1	0	0	0	0
White Coffee – Regular	54	4.1	5.5	0	4.7	1.8	0.1
White Coffee – Large	74	5.6	7.6	0	6.4	2.4	0.2

