



## McDonald's Australia Desserts Menu Allergens - Ingredients - Nutrition Information

Information correct as at August 2023.

At McDonald's we believe in the nutritional principals of balance, variety and moderation and that eating at McDonald's can fit into a healthy lifestyle. Our goal is to provide you with the information necessary to make informed decisions about your McDonald's menu choices. This guide can help you balance your McDonald's meal with the other meals you eat today, and every day.

This guide is for our standard or core menu items. For information regarding short-time menu items, please either ask a manager in one of our restaurants or contact our Customer Service Department either via our website <http://mcdonalds.com.au/contactus> or on 02 9875 7100.

The nutrition and ingredient information is based on standard product formulations, standard product assembly and standard serving sizes (including ice for drinks from our beverage system). Actual sizes and assembly may vary. Due to the individual preparation of each of our menu items, actual values may vary from those listed. Variations may also occur depending on the supplier, country of origin, region of the country of origin, and the season of the year. Further, product formulations may change periodically.

### Food Sensitivities and Preferences

No food items are sold as allergen free.

As we operate working kitchens please be aware that there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item sold is free from traces of allergens.

No food items are certified as vegetarian. Whilst some ingredients may not contain animal ingredients, we cannot guarantee that there will be no cross contact with ingredients that do contain animal ingredients in our kitchens.

We have a number of restaurants that serve Halal menu options. Only those items listed on the certificate in the restaurants serving Halal options are certified as Halal.

If you would like further information or have food sensitivities or dietary concerns regarding specific ingredients in specific menu items, please contact us at <http://mcdonalds.com.au/contactus> or call us on 02 9875 7100.

# DESSERTS

## Apple Pie

APPLE PIE: Apple (Antioxidants (300, 330)), **Wheat** Flour, Water, Sugar, Modified Starch (1412, 1422, 1442), Margarine (Palm Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (270, 330), Antioxidant (304), Natural Flavour, Natural Colour (160a)), **Whey** Powder (**Milk**), Iodised Salt, Dextrose, Ground Cinnamon, Mixed Spices, Lemon Juice Concentrate, Ground Nutmeg, Vegetable Gum (466), Baking Powder (Raising Agents (450, 500), **Wheat** Starch, Mineral Salt (170)), Thickener (415), Natural Flavour.

Contains gluten, milk and soy.

APPLE PIES are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk and soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1080	1240
Energy (Cal)	257	296
Protein (g)	2.2	2.5
Fat, total (g)	14.8	17.0
Saturated Fat (g)	2.6	3.0
Carbohydrate (g)	28.2	32.4
Sugars (g)	9.7	11.2
Sodium (mg)	137	157

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	T	Y	Y							Y		

## Birthday Cake - Ice Cream Cake

BIRTHDAY ICE CREAM CAKE: Water, Dairy Ingredients (Reconstituted Skim **Milk**, **Milk** Solids), Sugar, Glucose Syrup, Vegetable Oil and or Cream/Butter (**Milk**), Maltodextrin, Cocoa Solids, Vegetable Origin Emulsifiers [477, 471, 322 (**Soy**)], Thickeners (Tapioca Starch, 1422), Vegetable Gum (412), Flavours, Colours (120, 100, 160a, 160c, 163), Gardenia Extract.

Contains milk, soy.

May contain gluten, peanuts and tree nuts.

### Per Slice

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	335	761
Energy (Cal)	80	182
Protein (g)	0.8	1.9
Fat, total (g)	2.9	6.6
Saturated Fat (g)	2.6	6.0
Carbohydrate (g)	12.5	28.5
Sugars (g)	10.0	22.8
Sodium (mg)	42	95

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
T		Y	Y		T	T					Y	

## McDonaldland Cookies®

McDONALDLAND COOKIES: **Wheat** Flour, Sugar, Vegetable Oil (Antioxidant (E307b From **Soy**), Golden Syrup, **Wheat** Starch, Salt, Baking Powder, Emulsifier (**Soy** Lecithin), Flavour.

Contains gluten and soy.

May contain egg, milk, peanuts, tree nuts and sesame seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1130	1890
Energy (Cal)	271	452
Protein (g)	3.1	5.2
Fat, total (g)	8.2	13.7
Saturated Fat (g)	4.0	6.7
Carbohydrate (g)	45.0	75.0
Sugars (g)	16.4	27.3
Sodium (mg)	152	253

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	T	T	Y		T	T	T				Y	

## M&M Minis® McFlurry

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.

MINI M&M'S: Milk Chocolate (Sugar, **Milk** Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (**Soy** Lecithin), Salt, Flavour), Sugar, Starch (**Wheat**), Glucose Syrup (**Wheat**), Colours (171, 133, 129, 110, 102), Vegetable Gum (414), Thickener (Dextrin), Glazing Agent (903).

Contains gluten, milk and soy.

MINI M&M'S may contain peanuts and tree nuts.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1640	871
Energy (Cal)	391	208
Protein (g)	8.2	4.3
Fat, total (g)	13.5	7.2
Saturated Fat (g)	8.9	4.7
Carbohydrate (g)	57.7	30.7
Sugars (g)	53.4	28.4
Sodium (mg)	93	49

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y		Y	Y		T	T					Y	Y

## DESSERTS (Continued)

### Oreo® McFlurry

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.

OREO COOKIE PIECES: **Wheat** Flour, Sugar, Vegetable Oil (Palm Oil and Palm Kernel Oil (319)), Cocoa Powder, Starch, Invert Syrup, Salt, Leavening Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Emulsifier (**Soy** Lecithin), Flavour.

Contains gluten, milk and soy.

OREO COOKIE PIECES may contain egg, peanuts and sesame seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1310	759
Energy (Cal)	312	181
Protein (g)	7.2	4.2
Fat, total (g)	10.2	5.9
Saturated Fat (g)	6.5	3.8
Carbohydrate (g)	46.9	27.3
Sugars (g)	38.1	22.1
Sodium (mg)	151	88

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y	T	Y	Y		T		T				Y	

### Soft Serve Cone

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.

CONE: **Wheat** Flour, **Wheaten** Cornflour, Vegetable Oil (Coconut), Emulsifier (322-**Soy**), Salt, Mineral Salt (500).

Contains gluten, milk and soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	574	648
Energy (Cal)	137	155
Protein (g)	3.9	4.4
Fat, total (g)	3.6	4.1
Saturated Fat (g)	2.5	2.8
Carbohydrate (g)	21.7	24.5
Sugars (g)	17.3	19.5
Sodium (mg)	50	57

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y		Y	Y									

### Soft Serve Cone with Flake®

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.

FLAKE: Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Flavours, Emulsifier (**Soya** Lecithin, 476).

CONE: **Wheat** Flour, **Wheaten** Cornflour, Vegetable Oil (Coconut), Emulsifier (322-**Soy**), Salt, Mineral Salt (500).

Contains gluten, milk and soy.

FLAKE may contain peanuts and tree nuts.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	761	784
Energy (Cal)	182	187
Protein (g)	4.5	4.6
Fat, total (g)	6.1	6.2
Saturated Fat (g)	4.0	4.1
Carbohydrate (g)	26.7	27.5
Sugars (g)	22.1	22.8
Sodium (mg)	57	59

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y		Y	Y		T	T					Y	

### Caramel Sundae

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.

CARAMEL TOPPING: Glucose Corn Syrup, Whole Sweetened Condensed **Milk** (**Milk**, **Milk** Powder, Sugar, **Lactose**), High Fructose Corn Syrup, Shortening (Palm Oil, Antioxidant (307)), Water, Sugar, Thickeners (401, 440), Salt, Stabiliser (339), Flavouring.

Contains milk.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1410	805	2200	888
Energy (Cal)	337	192	527	212
Protein (g)	6.1	3.5	8.0	3.2
Fat, total (g)	7.4	4.2	10.7	4.3
Saturated Fat (g)	5.1	2.9	7.3	3.0
Carbohydrate (g)	59.8	34.2	97.1	39.1
Sugars (g)	43.3	24.7	65.9	26.5
Sodium (mg)	126	72	206	83

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
		Y									Y	

### Hot Fudge Sundae

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.

HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (**Soy** Lecithin), Whole Sweetened Condensed **Milk** (**Milk**, **Milk** Powder, Sugar, **Lactose**), Cocoa Powder, Whole **Milk** Powder, Thickeners (1422, 401), Salt, Stabiliser, Flavouring, Preservative (202).

Contains milk and soy.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1430	826	2240	920
Energy (Cal)	341	197	536	220
Protein (g)	6.4	3.7	8.7	3.6
Fat, total (g)	8.5	4.9	12.8	5.2
Saturated Fat (g)	6.3	3.7	9.8	4.0
Carbohydrate (g)	58.6	33.9	94.7	38.9
Sugars (g)	47.5	27.5	74.2	30.5
Sodium (mg)	121	70	196	80

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
		Y	Y							Y	Y	

## DESSERTS (Continued)

### Plain Sundae

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.

Contains milk.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	813	602	1010	602
Energy (Cal)	194	144	242	144
Protein (g)	5.6	4.2	7.0	4.2
Fat, total (g)	5.5	4.1	6.8	4.1
Saturated Fat (g)	3.8	2.8	4.7	2.8
Carbohydrate (g)	29.9	22.2	37.3	22.2
Sugars (g)	27.4	20.3	34.1	20.3
Sodium (mg)	62	46	77	46

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
		Y										

### Strawberry Sundae

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.

STRAWBERRY TOPPING: Strawberries, Sugar, Water, High Fructose Corn Syrup, Strawberry Juice Concentrate, Thickeners (440, 410), Flavouring, Acidity Regulator (330), Preservative (202), Colour (124), Firming Agent (509).

Contains milk.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1120	653	1620	675
Energy (Cal)	267	156	388	161
Protein (g)	5.8	3.4	7.3	3.0
Fat, total (g)	5.5	3.2	6.8	2.8
Saturated Fat (g)	3.8	2.2	4.7	2.0
Carbohydrate (g)	47.7	27.8	72.7	30.2
Sugars (g)	45.2	26.4	69.7	29.0
Sodium (mg)	64	37	80	33

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
		Y						T		Y	Y	Y

### Yoghurt - Petit Miam Strawberry

**Milk**, **Milk** Solids, Water, Strawberry, Sugar, Apple Juice, Modified Starch (1442), Mineral Calcium (341), Natural Flavours, Black Carrot and Blackcurrant Concentrate, Acidity Regulators (331, 296), Vitamins D, Yoghurt Cultures (S.Thermophilus, L.Bulgaricus & B.Lactis).

Contains milk.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	213	304
Energy (Cal)	51	73
Protein (g)	2.4	3.4
Fat, total (g)	1.6	2.3
Saturated Fat (g)	1.1	1.5
Carbohydrate (g)	6.7	9.5
Sugars (g)	5.4	7.7
Sodium (mg)	32	46

Gluten	Eggs	Milk	Soy	Fish and Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
		Y										