McDonald’s Australia
Desserts Menu
Allergen - Ingredients - Nutrition Information

Information correct as at August 2025

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 Desserts menu. 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. 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
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 cross contact 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 Halal certified restaurants. Only those items listed on the certificate in the front counter area and drive thru booth at our 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.

Our allergen labelling complies with Australia New Zealand Food Standards Code – Standard 1.2.3 (Registered 09 March 2021)

Allergen Summary: As we operate working kitchens please be aware that there is always a risk that allergen containing ingredients may be transferred 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 cross contact of allergens.

	Gluten	Wheat	Egg	Milk	Soy	Sesame	Peanut	Tree nut									Fish	Crustacea	Molluscs	Sulphites	Lupin	Artificial Preservative	Artificial Colour	Artificial Flavour
								Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio	Walnut								
DESSERTS																								
Apple Pie	P	P		P	P																	P		P
Birthday Cake - Ice Cream Cake	M	M		P	P		M	M	M	M	M	M	M	M	M	M							P	P
McDonaldland Cookies®	P	P	M	M	P	M	M	M	M	M	M	M	M	M	M	M								P
Vanilla Soft Serve Cone	P	P		P	P																			
Chocolate Soft Serve Cone	P	P		P	P																			
Twin Twist Soft Serve Cone	P	P		P	P																			
Vanilla Soft Serve Cone with Cadbury® Flake®	P	P		P	P		M	M			M													P
Chocolate Soft Serve Cone with Cadbury® Flake®	P	P		P	P		M	M			M													P
Twin Twist Soft Serve Cone with Cadbury® Flake®	P	P		P	P		M	M			M													P
M&M's Minis® McFlurry®	P	M		P	P		M	M	M	M	M	M	M	M	M	M							P	P
M&M's Minis® Chocolate McFlurry®	P	M		P	P		M	M	M	M	M	M	M	M	M	M							P	P
M&M's Minis® Twin Twist McFlurry®	P	M		P	P		M	M	M	M	M	M	M	M	M	M							P	P
Oreo Cookies® McFlurry®	P	P		P	P		M																	P
Oreo Cookies® Chocolate McFlurry®	P	P		P	P		M																	P
Oreo Cookies® Twin Twist McFlurry®	P	P		P	P		M																	P
Caramel Sundae				P																				
Caramel Chocolate Sundae				P																				
Caramel Twin Twist Sundae				P																				
Hot Fudge Sundae				P	P																			
Hot Fudge Chocolate Sundae				P	P																			
Hot Fudge Twin Twist Sundae				P	P																			
Plain Sundae				P																				
Plain Chocolate Sundae				P																				
Plain Twin Twist Sundae				P																				
Strawberry Sundae				P																P		P	P	
Strawberry Chocolate Sundae				P																P		P	P	
Strawberry Twin Twist Sundae				P																P		P	P	

Chart key:
P: Allergen is PRESENT in the product as an ingredient, food additive or processing aid.
M: Allergen may be present

DESSERTS

Apple Pie

Water, Apple, **Wheat** Flour, Sugar, Margarine (Vegetable Oils and Fats (Palm Oil, **Soy** Oil), Water, Emulsifiers (471, 322 From **Soy**), Salt, Natural Butter Flavour, Preservative (202), Acidity Regulator (330), Natural Colour (160a), Antioxidant (307b)), Thickeners (1412, 1422, 415, 1442), Whey Powder (From **Milk**), Iodised Salt, Dextrose, Mixed Spices, Lemon Juice Concentrate, Vegetable Gum (466), Baking Powder (Raising Agents (450, 500), Maize Starch, Mineral Salt (170)), Flavour.

Contains: Gluten, Wheat, Milk, Soy.
APPLE PIES are cooked in a McDonald's Vegetable Oil blend and may be cooked in the same equipment as products containing Gluten, Wheat, Milk, Soy.

	Apple Pie	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1050	1210
Energy (Cal)	252	290
Protein (g)	1.9	2.2
Fat, total (g)	14.0	16.1
Saturated Fat (g)	3.2	3.7
Carbohydrate (g)	28.8	33.1
Sugars (g)	10.2	11.7
Sodium (mg)	136	156

Birthday Cake - 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 be present: Gluten, Wheat, Peanuts, 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

McDonaldland Cookies®

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

Contains: Gluten, Wheat, Soy.
May be present: Egg, Milk, Sesame, Peanut, Tree Nuts.

	McDonaldland Cookies®	
	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

Vanilla 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, Vegetable Oil (Coconut), **Wheaten** Cornflour, Emulsifier (**Soy** Lecithin, (322)), Salt, Mineral Salt (500).

Contains: Wheat, Gluten, Milk, Soy.

	Vanilla Soft Serve Cone	
	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)	21.6	24.4
Sugars (g)	17.3	19.5
Sodium (mg)	49	55

Chocolate Soft Serve Cone

CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.
CONE: **Wheat** Flour, Vegetable Oil (Coconut), **Wheaten** Cornflour, Emulsifier (**Soy** Lecithin, (322)), Salt, Mineral Salt (500).

Contains: Wheat, Gluten, Milk, Soy.

	Chocolate Soft Serve Cone	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	551	622
Energy (Cal)	132	149
Protein (g)	4.0	4.5
Fat, total (g)	2.9	3.3
Saturated Fat (g)	2.0	2.3
Carbohydrate (g)	21.8	24.6
Sugars (g)	16.9	19.1
Sodium (mg)	74	84

Twin Twist Soft Serve Cone *(Available at participating restaurants)*

CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.
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, Vegetable Oil (Coconut), **Wheaten** Cornflour, Emulsifier (**Soy** Lecithin, (322)), Salt, Mineral Salt (500).

Contains: Wheat, Gluten, Milk, Soy.

	Twin Twist Soft Serve Cone	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	563	635
Energy (Cal)	134	152
Protein (g)	3.9	4.5
Fat, total (g)	3.3	3.7
Saturated Fat (g)	2.3	2.5
Carbohydrate (g)	21.7	24.5
Sugars (g)	17.1	19.3
Sodium (mg)	62	70

Vanilla Soft Serve Cone with Cadbury® Flake®

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.
CADBURY® FLAKE®: Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Emulsifiers (**Soy** Lecithin, 476), Flavours.
CONE: **Wheat** Flour, Vegetable Oil (Coconut), **Wheaten** Cornflour, Emulsifier (**Soy** Lecithin, (322)), Salt, Mineral Salt (500).

Contains: Gluten, Wheat, Milk, Soy.
CADBURY® FLAKE® is produced in the same facility as products containing Gluten, Wheat, Peanuts, Tree Nuts (Almonds, Hazelnuts).

	Vanilla Soft Serve Cone with Cadbury® Flake®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	760	783
Energy (Cal)	182	187
Protein (g)	4.5	4.7
Fat, total (g)	6.1	6.3
Saturated Fat (g)	4.0	4.1
Carbohydrate (g)	26.6	27.4
Sugars (g)	22.2	22.8
Sodium (mg)	56	58

Chocolate Soft Serve Cone with Cadbury® Flake®

CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.
CADBURY® FLAKE®: Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Emulsifiers (**Soy** Lecithin, 476), Flavours.
CONE: **Wheat** Flour, Vegetable Oil (Coconut), **Wheaten** Cornflour, Emulsifier (**Soy** Lecithin, (322)), Salt, Mineral Salt (500).

Contains: Gluten, Wheat, Milk, Soy.
CADBURY® FLAKE® is produced in the same facility as products containing Gluten, Wheat, Peanuts, Tree Nuts (Almonds, Hazelnuts).

	Chocolate Soft Serve Cone with Cadbury® Flake®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	737	759
Energy (Cal)	176	181
Protein (g)	4.6	4.8
Fat, total (g)	5.4	5.6
Saturated Fat (g)	3.5	3.6
Carbohydrate (g)	26.8	27.6
Sugars (g)	21.8	22.4
Sodium (mg)	81	84

Twin Twist Soft Serve Cone with Cadbury® Flake® *(Available at participating restaurants)*

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.
CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.
CADBURY® FLAKE®: Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Emulsifiers (**Soy** Lecithin, 476), Flavours.
CONE: **Wheat** Flour, Vegetable Oil (Coconut), **Wheaten** Cornflour, Emulsifier (**Soy** Lecithin, (322)), Salt, Mineral Salt (500).

Contains: Gluten, Wheat, Milk, Soy.
CADBURY® FLAKE® is produced in the same facility as products containing Gluten, Wheat, Peanuts, Tree Nuts (Almonds, Hazelnuts).

	Twin Twist Soft Serve Cone with Cadbury® Flake®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	749	771
Energy (Cal)	179	184
Protein (g)	4.6	4.7
Fat, total (g)	5.7	5.9
Saturated Fat (g)	3.7	3.9
Carbohydrate (g)	26.7	27.5
Sugars (g)	22.0	22.6
Sodium (mg)	69	71

M&M's Minis® McFlurry®

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.
M&M'S MINI® TOPPING: **Milk** Chocolate [Sugar, **Milk** Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (**Soy** Lecithin), Salt, Flavour], Sugar, Cocoa Mass, Cocoa Butter, **Milk** Solids, Vegetable Fat, Glucose Syrup, Emulsifier (**Soy** Lecithin), Colours (171, 102, 129, 110, 133), Vegetable Gum, Thickener (1400), Salt, Glazing Agent [(903), Vegetable Oil], Flavour, Malt Extract (**Barley**).

Contains: Gluten, Milk, Soy.
M&M'S MINI® TOPPING is produced in the same facility as products containing Peanuts, Tree Nuts (Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut), Wheat.

	M&M's Minis® McFlurry®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1630	869
Energy (Cal)	390	208
Protein (g)	8.3	4.4
Fat, total (g)	13.5	7.2
Saturated Fat (g)	8.9	4.7
Carbohydrate (g)	57.5	30.6
Sugars (g)	53.4	28.4
Sodium (mg)	97	52

M&M's Minis® Chocolate McFlurry®

CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.
M&M'S MINI® TOPPING: **Milk** Chocolate [Sugar, **Milk** Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (**Soy** Lecithin), Salt, Flavour], Sugar, Cocoa Mass, Cocoa Butter, **Milk** Solids, Vegetable Fat, Glucose Syrup, Emulsifier (**Soy** Lecithin), Colours (171, 102, 129, 110, 133), Vegetable Gum, Thickener (1400), Salt, Glazing Agent [(903), Vegetable Oil], Flavour, Malt Extract (**Barley**).

Contains: Gluten, Milk, Soy.
M&M'S MINI® TOPPING is produced in the same facility as products containing Peanuts, Tree Nuts (Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut), Wheat.

	M&M's Minis® Chocolate McFlurry®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1590	847
Energy (Cal)	381	202
Protein (g)	8.4	4.5
Fat, total (g)	12.3	6.5
Saturated Fat (g)	8.0	4.2
Carbohydrate (g)	57.7	30.7
Sugars (g)	52.7	28.0
Sodium (mg)	142	76

M&M's Minis® Twin Twist McFlurry® **(Available at participating restaurants)**

VANILLA SUNDAE MIX: Milk, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.
CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.
M&M'S MINI® TOPPING: **Milk** Chocolate [Sugar, **Milk** Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (**Soy** Lecithin), Salt, Flavour], Sugar, Cocoa Mass, Cocoa Butter, **Milk** Solids, Vegetable Fat, Glucose Syrup, Emulsifier (**Soy** Lecithin), Colours (171, 102, 129, 110, 133), Vegetable Gum, Thickener (1400), Salt, Glazing Agent [(903), Vegetable Oil], Flavour, Malt Extract (**Barley**).

Contains: Gluten, Milk, Soy.
M&M'S MINI® TOPPING is produced in the same facility as products containing Peanuts, Tree Nuts (Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut), Wheat.

	M&M's Minis® Twin Twist McFlurry®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1610	858
Energy (Cal)	386	205
Protein (g)	8.3	4.4
Fat, total (g)	12.9	6.9
Saturated Fat (g)	8.4	4.5
Carbohydrate (g)	57.6	30.6
Sugars (g)	53.0	28.2
Sodium (mg)	120	64

Oreo Cookies® McFlurry®

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.
OREO COOKIES® PIECES: **Wheat** Flour, Sugar, Vegetable Oil (Contains Antioxidants (304, 307b, 319)), Cocoa Powder, Glucose Syrup, Salt, Raising Agents (500, 503), Emulsifier (322- **Soy** Lecithin), Flavour.
OR: **Wheat** Flour (Thiamine, Mononitrate, Riboflavin, Folic Acid, Zinc Oxide, Ferrous Fumarate), Sugar, Vegetable Oil (Contains Antioxidant (319)), Cocoa Powder, Fructose Syrup, Cornstarch, Non-Iodised Salt, Raising Agents (500, 503), Emulsifier (322- **Soy** Lecithin), Flavour.

Contains: Wheat, Gluten, Milk, Soy.
Oreo Cookies Pieces are produced on the same equipment as products containing: Milk, Peanuts.

	Oreo Cookies® McFlurry®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1300	758
Energy (Cal)	312	181
Protein (g)	7.2	4.2
Fat, total (g)	10.0	5.8
Saturated Fat (g)	6.1	3.5
Carbohydrate (g)	47.3	27.5
Sugars (g)	38.6	22.4
Sodium (mg)	172	100

Oreo Cookies® Chocolate McFlurry®

CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.
OREO COOKIES® PIECES: **Wheat** Flour, Sugar, Vegetable Oil (Contains Antioxidants (304, 307b, 319)), Cocoa Powder, Glucose Syrup, Salt, Raising Agents (500, 503), Emulsifier (322- **Soy** Lecithin), Flavour.
OR: **Wheat** Flour (Thiamine, Mononitrate, Riboflavin, Folic Acid, Zinc Oxide, Ferrous Fumarate), Sugar, Vegetable Oil (Contains Antioxidant (319)), Cocoa Powder, Fructose Syrup, Cornstarch, Non-Iodised Salt, Raising Agents (500, 503), Emulsifier (322- **Soy** Lecithin), Flavour.

Contains: Wheat, Gluten, Milk, Soy.
Oreo Cookies Pieces are produced on the same equipment as products containing: Milk, Peanuts.

	Oreo Cookies® Chocolate McFlurry®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1260	734
Energy (Cal)	302	176
Protein (g)	7.4	4.3
Fat, total (g)	8.7	5.1
Saturated Fat (g)	5.2	3.0
Carbohydrate (g)	47.6	27.7
Sugars (g)	37.8	22.0
Sodium (mg)	217	126

Oreo Cookies® Twin Twist McFlurry® **(Available at participating restaurants)**

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.
CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.
OREO COOKIES® PIECES: **Wheat** Flour, Sugar, Vegetable Oil (Contains Antioxidants (304, 307b, 319)), Cocoa Powder, Glucose Syrup, Salt, Raising Agents (500, 503), Emulsifier (322- **Soy** Lecithin), Flavour.
OR: **Wheat** Flour (Thiamine, Mononitrate, Riboflavin, Folic Acid, Zinc Oxide, Ferrous Fumarate), Sugar, Vegetable Oil (Contains Antioxidant (319)), Cocoa Powder, Fructose Syrup, Cornstarch, Non-Iodised Salt, Raising Agents (500, 503), Emulsifier (322- **Soy** Lecithin), Flavour.

Contains: Wheat, Gluten, Milk, Soy.
Oreo Cookies Pieces are produced on the same equipment as products containing: Milk, Peanuts.

	Oreo Cookies® Twin Twist McFlurry®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1280	746
Energy (Cal)	307	178
Protein (g)	7.3	4.2
Fat, total (g)	9.4	5.4
Saturated Fat (g)	5.6	3.3
Carbohydrate (g)	47.4	27.6
Sugars (g)	38.2	22.2
Sodium (mg)	194	113

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 Syrup, Whole Sweetened Condensed **Milk** (**Milk**, Sugar, **Milk** Solids), Invert Sugar Syrup, Water, Butter (**Milk**), Sugar, Emulsifiers (339, 322), Salt, Thickener (440), Natural Flavour.

Contains: Milk.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1350	774	2090	845
Energy (Cal)	323	185	499	202
Protein (g)	6.6	3.8	9.0	3.7
Fat, total (g)	7.5	4.3	10.8	4.4
Saturated Fat (g)	5.2	3.0	7.4	3.0
Carbohydrate (g)	56.2	32.2	89.7	36.3
Sugars (g)	48.9	28.0	76.9	31.2
Sodium (mg)	142	81	237	96

Caramel Chocolate Sundae

CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.
CARAMEL TOPPING: Glucose Syrup, Whole Sweetened Condensed **Milk** (**Milk**, Sugar, **Milk** Solids), Invert Sugar Syrup, Water, Butter (**Milk**), Sugar, Emulsifiers (339, 322), Salt, Thickener (440), Natural Flavour.

Contains: Milk.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1310	753	2040	827
Energy (Cal)	314	180	488	3.7
Protein (g)	6.7	3.9	9.2	3.3
Fat, total (g)	6.3	3.6	9.4	3.8
Saturated Fat (g)	4.3	2.5	6.4	2.6
Carbohydrate (g)	56.4	32.3	90	36.4
Sugars (g)	48.1	4.5	76.1	30.8
Sodium (mg)	182	104	287	116

Caramel Twin Twist Sundae *(Available at participating restaurants)*

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.
CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.
CARAMEL TOPPING: Glucose Syrup, Whole Sweetened Condensed **Milk** (**Milk**, Sugar, **Milk** Solids), Invert Sugar Syrup, Water, Butter (**Milk**), Sugar, Emulsifiers (339, 322), Salt, Thickener (440), Natural Flavour.

Contains: Milk.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1330	764	2060	836
Energy (Cal)	318	183	493	200
Protein (g)	6.7	3.8	9.1	3.7
Fat, total (g)	6.9	3.9	10.1	4.1
Saturated Fat (g)	4.8	2.7	6.9	2.8
Carbohydrate (g)	56.3	32.2	89.8	36.4
Sugars (g)	48.5	27.8	76.5	31.0
Sodium (mg)	162	93	262	106

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 (Emulsifier (322 - **Soy** Lecithin)), Whole Sweetened Condensed **Milk** (**Milk**, **Milk** Powder, Sugar, Lactose), Cocoa Powder, Whole **Milk** Powder, Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202).

Contains: Milk, 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

Hot Fudge Chocolate Sundae

CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.
HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Emulsifier (322 - **Soy** Lecithin)), Whole Sweetened Condensed **Milk** (**Milk**, **Milk** Powder, Sugar, Lactose), Cocoa Powder, Whole **Milk** Powder, Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202).

Contains: Milk, Soy.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1390	805	2200	905
Energy (Cal)	333	192	525	215
Protein (g)	6.6	3.8	8.8	3.6
Fat, total (g)	7.4	4.3	11.4	4.7
Saturated Fat (g)	5.5	3.2	8.8	3.6
Carbohydrate (g)	58.9	34.1	95	39.0
Sugars (g)	46.8	27.1	73.4	30.1
Sodium (mg)	161	93	245	101

Hot Fudge Twin Twist Sundae *(Available at participating restaurants)*

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.
CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.
HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Emulsifier (322 - **Soy** Lecithin)), Whole Sweetened Condensed **Milk** (**Milk**, **Milk** Powder, Sugar, Lactose), Cocoa Powder, Whole **Milk** Powder, Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202).

Contains: Milk, Soy.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1410	816	2220	911
Energy (Cal)	337	195	530	218
Protein (g)	6.5	3.8	8.7	3.6
Fat, total (g)	7.9	4.6	12.1	5.0
Saturated Fat (g)	5.9	3.4	9.3	3.8
Carbohydrate (g)	58.8	34.0	94.8	38.9
Sugars (g)	47.1	27.3	73.8	30.3
Sodium (mg)	141	82	221	90

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

Plain Chocolate Sundae

CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.

Contains: Milk.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	777	575	966	575
Energy (Cal)	186	137	231	137
Protein (g)	5.7	4.2	7.1	4.2
Fat, total (g)	4.4	3.2	5.4	3.2
Saturated Fat (g)	3.0	2.2	3.7	2.2
Carbohydrate (g)	30.2	22.3	37.5	22.3
Sugars (g)	26.7	19.8	33.2	19.8
Sodium (mg)	102	75	126	75

Plain Twin Twist Sundae *(Available at participating restaurants)*

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.
CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.

Contains: Milk.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	795	589	989	589
Energy (Cal)	190	141	236	141
Protein (g)	5.7	4.2	7.0	4.2
Fat, total (g)	4.9	3.6	6.1	3.6
Saturated Fat (g)	3.4	2.5	4.2	2.5
Carbohydrate (g)	30.1	22.3	37.4	22.3
Sugars (g)	27.0	20.0	33.6	20.0
	82	61	102	61

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: Strawberry, Sugar, Water, High Fructose Corn Syrup, Strawberry Juice, Thickener (E440, E410), Flavouring, Acidity Regulator (E330), Preservative (E202), Colour (E124), Stabiliser (E509).

Contains: Milk, Sulphites.

	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
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

Strawberry Chocolate Sundae

CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.
STRAWBERRY TOPPING: Strawberry, Sugar, Water, High Fructose Corn Syrup, Strawberry Juice, Thickener (E440, E410), Flavouring, Acidity Regulator (E330), Preservative (E202), Colour (E124), Stabiliser (E509).

Contains: Milk, Sulphites.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1080	632	1580	656
Energy (Cal)	259	151	377	157
Protein (g)	5.9	3.4	7.4	3.1
Fat, total (g)	4.4	2.5	5.4	2.3
Saturated Fat (g)	3.0	1.8	3.7	1.6
Carbohydrate (g)	47.9	28.0	73	30.3
Sugars (g)	44.5	26.0	68.9	28.6
Sodium (mg)	103	60	130	54

Strawberry Twin Twist Sundae *(Available at participating restaurants)*

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.
CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.
STRAWBERRY TOPPING: Strawberry, Sugar, Water, High Fructose Corn Syrup, Strawberry Juice, Thickener (E440, E410), Flavouring, Acidity Regulator (E330), Preservative (E202), Colour (E124), Stabiliser (E509).

Contains: Milk, Sulphites.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1100	643	1600	666
Energy (Cal)	263	154	383	159
Protein (g)	5.8	3.4	7.4	3.1
Fat, total (g)	4.9	2.9	6.1	2.5
Saturated Fat (g)	3.4	2.0	4.2	1.8
Carbohydrate (g)	47.8	27.9	72.8	30.3
Sugars (g)	44.9	26.2	69.3	28.8
Sodium (mg)	83	49	105	44

Change Tracker:

Date	Document Number/Revision	Document Title	Issued	Upload Date	Description
15/08/2025	6	Aus Dessert Menu_August 2025	15/08/2025	15/08/2025	Remove yoghurt
10/02/2025	5	Aus Dessert Menu_February 2025	12/02/2025	12/02/2025	Remove yoghurt
9/02/2024	4	Aus Dessert Menu_February 2024	20/02/2024	20/02/2024	Updated allergen information for PEAL legislative requirements