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

Information correct as at February 2024

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)

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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 | | | | | | | | |
| 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 | |
| McDonaldland Cookies® | P | | M | M | P | M | M | M | M | M | M | M | M | M | M | | | | | | | P | |
| Yoghurt - Petit Miam Strawberry | | | | 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 | | | | | | | | | | | | | |
| Chocolate Soft Serve Cone with Cadbury® Flake® | P | P | | P | P | | M | M | | M | | | | | | | | | | | | | |
| Twin Twist Soft Serve Cone with Cadbury® Flake® | P | P | | P | P | | M | M | | M | | | | | | | | | | | | | |
| M&M's Minis® McFlurry® | P | M | | P | P | | M | M | M | M | M | M | M | M | M | M | | | | | | | |
| M&M's Minis® Chocolate McFlurry® | P | M | | P | P | | M | M | M | M | M | M | M | M | M | M | | | | | | | |
| M&M's Minis® Twin Twist McFlurry® | P | M | | P | P | | M | M | M | M | M | M | M | M | M | M | | | | | | | |
| Oreo Cookies® McFlurry® | P | P | | P | P | | M | | | | | | | | | | | | | | | | |
| Oreo Cookies® Chocolate McFlurry® | P | P | | P | P | | M | | | | | | | | | | | | | | | | |
| Oreo Cookies® Twin Twist McFlurry® | P | P | | P | P | | M | | | | | | | | | | | | | | | | |
| 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 | | | |
| Strawberry Chocolate Sundae | | | | P | | | | | | | | | | | | | | | | P | | | |
| Strawberry Twin Twist Sundae | | | | P | | | | | | | | | | | | | | | | P | | | |

Chart key:

P: Allergen is PRESENT in the product as an ingredient, food additive or processing aid.

M: Allergen may be present

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| DESSERTS | | | |
|---|------|--|----------------|
| Apple Pie | | 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. | | 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 | |
| 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. | | | |
| Birthday Cake - Ice Cream Cake | | Per Slice | |
| 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. | | 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 | |
| Contains: Milk, Soy. | | | |
| May be present: Gluten, Wheat, Peanuts, Tree Nuts. | | | |
| McDonaldland Cookies® | | McDonaldland Cookies® | |
| Wheat Flour, Sugar, Vegetable Oil (Antioxidant (E307b From Soy)), Golden Syrup, Wheat Starch, Salt, Baking Powder, Emulsifier (Soy Lecithin), Flavour. | | 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 | |
| Contains: Gluten, Wheat, Soy. | | | |
| May be present: Egg, Milk, Sesame, Peanut, Tree Nuts. | | | |
| Yoghurt - Petit Miam Strawberry | | Yoghurt - Petit Miam Strawberry | |
| Milk (Milk , Skim 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). | | 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 | |
| Contains: Milk. | | | |
| Vanilla Soft Serve Cone | | 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). | | 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 | |
| Contains: Wheat, Gluten, Milk, Soy. | | | |
| Chocolate Soft Serve Cone | | 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). | | 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 | |
| Contains: Wheat, Gluten, Milk, Soy. | | | |

DESSERTS

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) | 61 | 64 |

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 |

DESSERTS

| M&M's Minis® Twin Twist McFlurry® (Available at participating restaurants) | M&M's Minis® Twin Twist McFlurry® | |
|---|-----------------------------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| VANILLA SUNDAE MIX: Milk, Sugar, Milk Solids, Glucose Syrup (from Maize), Cream (Milk), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour. | 1610 | 858 |
| 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. | 386 | 205 |
| 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 (I903), Vegetable Oil], Flavour, Malt Extract (Barley). | 8.3 | 4.4 |
| | 12.9 | 6.9 |
| | 8.4 | 4.5 |
| | 57.6 | 30.6 |
| | 53.0 | 28.2 |
| | 120 | 64 |

| Oreo Cookies® McFlurry® | Oreo Cookies® McFlurry® | |
|---|-------------------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| VANILLA SUNDAE MIX: Milk , Sugar, Milk Solids, Glucose Syrup (from Maize), Cream (Milk), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour. | 1300 | 758 |
| 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. | 312 | 181 |
| 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. | 7.2 | 4.2 |
| | 10.0 | 5.8 |
| | 6.1 | 3.5 |
| | 47.3 | 27.5 |
| | 38.6 | 22.4 |
| | 172 | 100 |

| Oreo Cookies® Chocolate McFlurry® | Oreo Cookies® Chocolate McFlurry® | |
|---|-----------------------------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| 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. | 1260 | 734 |
| 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. | 302 | 176 |
| 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. | 7.4 | 4.3 |
| | 8.7 | 5.1 |
| | 5.2 | 3.0 |
| | 47.6 | 27.7 |
| | 37.8 | 22.0 |
| | 217 | 126 |

| Oreo Cookies® Twin Twist McFlurry® (Available at participating restaurants) | Oreo Cookies® Twin Twist McFlurry® | |
|---|------------------------------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| VANILLA SUNDAE MIX: Milk , Sugar, Milk Solids, Glucose Syrup (from Maize), Cream (Milk), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour. | 1280 | 746 |
| 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. | 307 | 178 |
| 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. | 7.3 | 4.2 |
| 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. | 9.4 | 5.4 |
| | 5.6 | 3.3 |
| | 47.4 | 27.6 |
| | 38.2 | 22.2 |
| | 194 | 113 |

| Caramel Sundae | Small | | Large | |
|--|-----------------|----------------|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g |
| VANILLA SUNDAE MIX: Milk , Sugar, Milk Solids, Glucose Syrup (from Maize), Cream (Milk), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour. | 1410 | 805 | 2200 | 888 |
| 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. | 337 | 192 | 527 | 212 |
| | 6.1 | 3.5 | 8.0 | 3.2 |
| | 7.4 | 4.2 | 10.7 | 4.3 |
| | 5.1 | 2.9 | 7.3 | 3.0 |
| | 59.8 | 34.2 | 97.1 | 39.1 |
| | 43.3 | 24.7 | 65.9 | 26.5 |
| | 126 | 72 | 206 | 83 |

| Caramel Chocolate Sundae | Small | | Large | |
|--|-----------------|----------------|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g |
| 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. | 1370 | 784 | 2160 | 869 |
| 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. | 328 | 187 | 516 | 208 |
| | 6.2 | 3.5 | 8.1 | 3.3 |
| | 6.3 | 3.6 | 9.3 | 3.8 |
| | 4.3 | 2.5 | 6.3 | 2.6 |
| | 60.1 | 34.3 | 97.3 | 39.2 |
| | 42.6 | 24.3 | 65.1 | 26.2 |
| | 166 | 95 | 255 | 103 |

DESSERTS

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 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) | 1390 | 794 | 2180 | 879 |
| Energy (Cal) | 332 | 190 | 521 | 210 |
| Protein (g) | 6.2 | 3.5 | 8.0 | 3.2 |
| Fat, total (g) | 6.9 | 3.9 | 10.0 | 4.0 |
| Saturated Fat (g) | 4.7 | 2.7 | 6.8 | 2.8 |
| Carbohydrate (g) | 60 | 34.2 | 97.2 | 39.2 |
| Sugars (g) | 43.0 | 24.5 | 65.5 | 26.4 |
| Sodium (mg) | 146 | 83 | 230 | 93 |

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 |

DESSERTS

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 |

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Change Tracker:

| Date | Document Number/Revision | Document Title | Issued | Upload Date | Description |
|-----------|--------------------------|---------------------------------|------------|-------------|--|
| 9/02/2024 | 4 | Aus Dessert Menu, February 2024 | 20/02/2024 | 20/02/2024 | Updated allergen information for PEAL legislative requirements |