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McDonald's Australia Limited Time Offers Allergen - Ingredients - Nutrition Information

Information correct as at November 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 Limited Time Offers 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 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 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)

Limited Time Offers						
Grimace Shake						
SHAKE MIX: Milk , Milk Solids, Sugar, Maltodextrin, (derived from Maize), Cream (Milk), Vegetable Gums (412, 407, 407a, 466), Mineral Salt (452), Flavours. OR: Milk , Sugar, Milk Solids, Skim Milk , Cream (Milk), Maltodextrin, (derived from Maize), Vegetable Gums (407, 407a, 412, 466), Mineral Salts (452), Flavours. OR: Milk , Sugar, Milk Solids, Maltodextrin, (derived from Maize and Tapioca), Cream (Milk), Vegetable Gums (412, 407, 407a, 466), Flavours, Mineral Salts (339, 452), Food Acids (330, 331). GRIMACE SHAKE SYRUP: Sugar, Water, Invert Sugar Syrup, Glucose Syrup, Natural Colour (163), Natural Flavours, Gardenia Extract, Acidity Regulator (330), Preservative (202). WHIPPED CREAM: Cream (Milk), Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).						
Contains: Milk.						
			Small		Medium	
			Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1430	570	1850	557	2200	549
Energy (Cal)	342	136	443	133	527	131
Protein (g)	8.2	3.3	11.0	3.3	13.2	3.3
Fat, total (g)	12.7	5.1	15.2	4.6	17.2	4.3
Saturated Fat (g)	8.8	3.5	10.5	3.1	11.9	3.0
Carbohydrate (g)	47.8	19.1	64.4	19.3	78.1	19.5
Sugars (g)	44.3	17.6	59.6	17.9	72.2	18.0
Sodium (mg)	111	44	149	45	180	45
BBQ, Bacon and Cheese Toastie						
SOURDOUGH BREAD: Wheat Flour, Water, Salt, Malt Flour (Barley). OR: Wheat Flour (Wheat, Vitamins (Thiamin, Folic Acid), Flour Treatment Agent (920)), Water, Sourdough Starter (Rye Flour, Water, Mature Sour, Acetic Acid (260)), Iodised Salt, Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170)), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes). RASHER BACON: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked. AUSSIE JACK CHEESE: Pasteurised Milk , Salt, Starter Culture, Non-animal Rennet. HOUSE GRILL BBQ SAUCE: Vinegar, Water, Brown Sugar, Lemon Juice, Tomato Paste, Sugar, Onion Puree, Thickener (1422), Molasses, Garlic, Salt, Spices, Mustard, Flavours, Malt Extract (Barley), Colour (150a), Vegetable Gum (415), Yeast Extract, Preservative (202).					BBQ, Bacon and Cheese Toastie	
					Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)					1790	1030
Energy (Cal)					429	245
Protein (g)					24.8	14.2
Fat, total (g)					14.9	8.5
Saturated Fat (g)					8.3	4.8
Carbohydrate (g)					46.9	26.8
Sugars (g)					8.2	4.7
Sodium (mg)					1340	764
Contains: Gluten, Wheat, Milk, Soy, Sulphites. SOURDOUGH BREAD is produced on equipment that also produces products containing egg, milk and sesame seeds. BBQ, BACON and CHEESE TOASTIE may be toasted on the same equipment as products containing egg and soy.						
Banana Bread with Blueberries						
BANANA BREAD WITH BLUEBERRIES: Wheat Flour, Banana, Sugar, Light Sour Cream (Cream (From Milk), Pectin, Milk Solids, Cultures), Canola Oil, Blueberries, Egg , Banana Flavour Paste (Banana, Colour (160a)), Whole Egg Powder, Natural Flavours (Blueberry, Vanilla Flavour Paste), Baking Powder (Raising Agents (450, 500), Maize Starch, Mineral Salt (170)), Lemon Juice Concentrate, Milk Solids, Mineral Salts (500, 452), Wheat Starch, Vegetable Gum (412), Iodised Salt, Acidity Regulator (330). BUTTER PORTION: Pasteurised Cream (from Milk), Water, Salt.					Banana Bread with Blueberries	
					Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)					2040	1330
Energy (Cal)					487	318
Protein (g)					6.8	4.4
Fat, total (g)					20.8	13.6
Saturated Fat (g)					7.2	4.7
Carbohydrate (g)					65.9	43.1
Sugars (g)					31.5	20.6
Sodium (mg)					280	183
Contains: Gluten, Wheat, Egg, Milk. BANANA BREAD WITH BLUEBERRIES is produced in the same facility as products containing soy. BANANA BREAD WITH BLUEBERRIES is stored in the same display cabinet as products containing Tree Nut (Almond).						
Ham & Cheese Pocket						
WHOLEMEAL TORTILLA: Wheat Flour (Thiamine, Folic Acid), Water, Whole Wheat Flour (Thiamine, Folic Acid), Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Yeast. AUSSIE JACK CHEESE: Pasteurised Milk , Salt, Starter Culture, Non-animal Rennet. HAM: Pork, Water, Salt, Acidity Regulators (326, 262), Dextrose (Maize, Tapioca), Emulsifiers (450, 451, 508), Pork Protein (Herb Extract (392)), Sugar, Modified Tapioca Starch (1412), Thickeners (407a, 415), Antioxidant (316), Potato Fibre, Sodium Nitrite (250), Canola Oil, Citrus Fibre.					Ham & Cheese Pocket	
					Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)					884	1060
Energy (Cal)					211	253
Protein (g)					11.6	13.9
Fat, total (g)					9.6	11.5
Saturated Fat (g)					5.5	6.6
Carbohydrate (g)					18.8	22.5
Sugars (g)					1.5	1.7
Sodium (mg)					515	616
Contains: Gluten, Wheat, Milk. WHOLEMEAL TORTILLA may be produced using the same equipment as products containing Soy. WHOLEMEAL TORTILLA may be stored in the same equipment as products containing Sesame. WHOLEMEAL TORTILLA may be cooked on the same equipment as products containing Eggs, Soy.						
Toffee Nut Flavoured Iced Latte - Full Cream						
FULL CREAM MILK: Milk . ICE: Water. COFFEE EXTRACT: Coffee, Water. SALTED TOFFEE FLAVOURED SYRUP: Cane Sugar Syrup, Water, Flavours, Golden Syrup, Salt, Acidity Regulator (330), Preservative (202), Stabilizer (415).						
Contains: Milk, Caffeine. May be present: Gluten, Soy, Almond due to equipment cross contact.						
			Small		Medium	
			Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	830	254	1210	252	1490	253
Energy (Cal)	198	61	289	60	357	61
Protein (g)	6.3	1.9	9.7	2.0	12.0	2.0
Fat, total (g)	6.3	1.9	9.7	2.0	11.9	2.0
Saturated Fat (g)	4.4	1.4	6.8	1.4	8.4	1.4
Carbohydrate (g)	28.8	8.8	40.3	8.4	50.0	8.5
Sugars (g)	28.1	8.6	39.3	8.2	48.8	8.3
Sodium (mg)	308	94	427	89	531	90
Toffee Nut Flavoured Iced Latte - Skim Milk						
SKIM MILK: Skim Milk . ICE: Water. COFFEE EXTRACT: Coffee, Water. SALTED TOFFEE FLAVOURED SYRUP: Cane Sugar Syrup, Water, Flavours, Golden Syrup, Salt, Acidity Regulator (330), Preservative (202), Stabilizer (415).						
Contains: Milk, Caffeine. May be present: Gluten, Soy, Almond due to equipment cross contact.						
			Small		Medium	
			Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	623	194	890	189	1100	191
Energy (Cal)	149	46	213	45	264	46
Protein (g)	7.0	2.2	10.8	2.3	13.3	2.3
Fat, total (g)	0.2	0.1	0.3	0.1	0.3	0.1
Saturated Fat (g)	0.2	0.1	0.3	0.1	0.3	0.1
Carbohydrate (g)	29.2	9.1	40.9	8.7	50.9	8.8
Sugars (g)	29.1	9.1	40.8	8.7	50.7	8.7
Sodium (mg)	310	97	430	91	535	92

Toffee Nut Flavoured Iced Latte - Lactose Free Milk	Small		Medium		Large		
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
LACTOSE FREE MILK: Milk , Enzyme (Lactase). ICE: Water. COFFEE EXTRACT: Coffee, Water. SALTED TOFFEE FLAVOURED SYRUP: Cane Sugar Syrup, Water, Flavourings, Golden Syrup, Salt, Acidity Regulator (330), Preservative (202), Stabilizer (415).							
Contains: Milk, Caffeine. May be present: Gluten, Soy, Almond due to equipment cross contact.							
	Energy (kJ)	825	253	1200	251	1490	252
	Energy (Cal)	197	61	287	60	355	60
	Protein (g)	5.9	1.8	9.1	1.9	11.1	1.9
	Fat, total (g)	6.4	2.0	9.9	2.1	12.1	2.1
	Saturated Fat (g)	4.7	1.4	7.2	1.5	8.8	1.5
	Carbohydrate (g)	28.4	8.7	39.6	8.3	49.2	8.4
	Sugars (g)	28.2	8.7	39.4	8.2	49.0	8.3
	Sodium (mg)	298	92	412	86	513	87
Toffee Nut Flavoured Iced Latte - Soy Milk	Small		Medium		Large		
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
SOY MILK: Filtered Water, Whole Soybean , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Flavour, Sea Salt, Food Acids (340, 331). ICE: Water. COFFEE EXTRACT: Coffee, Water. SALTED TOFFEE FLAVOURED SYRUP: Cane Sugar Syrup, Water, Flavourings, Golden Syrup, Salt, Acidity Regulator (330), Preservative (202), Stabilizer (415).							
Contains: Soy, Caffeine. May be present: Milk, Gluten, Almond due to equipment cross contact.							
	Energy (kJ)	660	203	947	198	1170	200
	Energy (Cal)	158	49	226	47	280	48
	Protein (g)	5.5	1.7	8.5	1.8	10.5	1.8
	Fat, total (g)	3.3	1.0	5.1	1.1	6.2	1.1
	Saturated Fat (g)	0.5	0.2	0.8	0.2	1.0	0.2
	Carbohydrate (g)	25.6	7.9	35.3	7.4	44	7.5
	Sugars (g)	23.5	7.2	32.1	6.7	40	6.8
	Sodium (mg)	358	110	505	106	627	107
Toffee Nut Flavoured Iced Latte - Almond Milk	Small		Medium		Large		
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
ALMOND MILK: Water, Almonds , Sugar, Vegetable Oil (Canola or Sunflower), Maltodextrin (From Corn), Acidity Regulators (340, 332), Vegetable Gums (418, 415, 410), Sunflower Lecithin, Salt. ICE: Water. COFFEE EXTRACT: Coffee, Water. SALTED TOFFEE FLAVOURED SYRUP: Cane Sugar Syrup, Water, Flavourings, Golden Syrup, Salt, Acidity Regulator (330), Preservative (202), Stabilizer (415).							
Contains: Almond, Caffeine. May be present: Milk, Gluten, Soy due to equipment cross contact.							
	Energy (kJ)	612	190	874	184	1080	186
	Energy (Cal)	146	45	209	44	259	44
	Protein (g)	1.5	0.5	2.3	0.5	2.8	0.5
	Fat, total (g)	4.1	1.3	6.4	1.4	7.9	1.4
	Saturated Fat (g)	0.4	0.1	0.6	0.1	0.7	0.1
	Carbohydrate (g)	25.2	7.8	34.7	7.3	43.1	7.4
	Sugars (g)	22.7	7.0	30.9	6.5	38.5	6.6
	Sodium (mg)	315	98	438	92	514	94
Toffee Nut Flavoured Iced Latte - Oat Milk	Small		Medium		Large		
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
OAT MILK: Water, Ground Oats (contains Gluten), Vegetable Oil (Canola or Sunflower) Acidity Regulator (Dipotassium Phosphate), Minerals (Calcium Phosphate, Calcium Carbonate), Salt. ICE: Water. COFFEE EXTRACT: Coffee, Water. SALTED TOFFEE FLAVOURED SYRUP: Cane Sugar Syrup, Water, Flavourings, Golden Syrup, Salt, Acidity Regulator (330), Preservative (202), Stabilizer (415).							
Contains: Gluten, Caffeine. May be present: Milk, Almond, Soy due to equipment cross contact.							
	Energy (kJ)	793	243	1150	240	1420	241
	Energy (Cal)	189	58	275	57	340	58
	Protein (g)	1.1	0.3	1.7	0.4	2.1	0.4
	Fat, total (g)	4.7	1.4	7.2	1.5	8.8	1.5
	Saturated Fat (g)	0.7	0.2	1.1	0.2	1.3	0.2
	Carbohydrate (g)	35.0	10.7	49.8	10.4	61.7	10.5
	Sugars (g)	25.2	7.8	35.3	7.3	43.9	7.4
	Sodium (mg)	329	101	459	96	570	97
Deluxe Toffee Nut Flavoured Iced Latte - Full Cream	Small		Medium		Large		
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
FULL CREAM MILK: Milk . ICE: Water. COFFEE EXTRACT: Coffee, Water. TOFFEE NUT FLAVOURED SYRUP: Cane Sugar Syrup, Water, Flavourings, Golden Syrup, Salt, Acidity Regulator (330), Preservative (202), Stabilizer (415). WHIPPED CREAM: Cream (Milk), Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407). SALTED TOFFEE KIBBLE: Sugar, Glucose Syrup (from Maize), Palm Kernel Oil, Sorbitan Tristerate (492), Sunflower Lecithin (322), Salt, Cocoa Butter, Water, Burnt Sugar Syrup, English Toffee Flavour, Soy Lecithin (322).							
Contains: Milk, Soy, Caffeine. May be present: Gluten, Almond due to equipment cross contact.							
	Energy (kJ)	1170	335	1550	308	1840	300
	Energy (Cal)	280	80	371	74	439	72
	Protein (g)	6.7	1.9	10.1	2.0	12.3	2.0
	Fat, total (g)	12.2	3.5	15.6	3.1	17.8	2.9
	Saturated Fat (g)	8.7	2.5	11.1	2.2	12.7	2.1
	Carbohydrate (g)	35.7	10.2	47.1	9.4	56.9	9.3
	Sugars (g)	34.2	9.8	45.3	9.0	54.8	8.9
	Sodium (mg)	384	110	503	100	607	99
Deluxe Toffee Nut Flavoured Iced Latte - Skim Milk	Small		Medium		Large		
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
SKIM MILK: Skim Milk . ICE: Water. COFFEE EXTRACT: Coffee, Water. SALTED TOFFEE FLAVOURED SYRUP: Cane Sugar Syrup, Water, Flavourings, Golden Syrup, Salt, Acidity Regulator (330), Preservative (202), Stabilizer (415). WHIPPED CREAM: Cream (Milk), Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407). SALTED TOFFEE KIBBLE: Sugar, Glucose Syrup (from Maize), Palm Kernel Oil, Sorbitan Tristerate (492), Sunflower Lecithin (322), Salt, Cocoa Butter, Water, Burnt Sugar Syrup, English Toffee Flavour, Soy Lecithin (322).							
Contains: Milk, Soy, Caffeine. May be present: Gluten, Almond due to equipment cross contact.							
	Energy (kJ)	966	281	1230	249	1450	240
	Energy (Cal)	231	67	295	60	346	57
	Protein (g)	7.4	2.1	11.2	2.3	13.7	2.3
	Fat, total (g)	6.1	1.8	6.2	1.3	6.3	1.0
	Saturated Fat (g)	4.5	1.3	4.6	0.9	4.6	0.8
	Carbohydrate (g)	36.1	10.5	47.8	9.7	57.7	9.6
	Sugars (g)	35.1	10.2	46.8	9.5	56.7	9.4
	Sodium (mg)	386	112	506	102	611	101

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Change Tracker:

Date	Document Number/Revision Number	Document Title	Issued	Upload Date	Description
14-11-2024	108	Aus LTO Menu_November 2024	19-11-2024	20-11-2024	Added Frozen Coke® Oreo Zero Sugar
28-10-2024	107	Aus LTO Menu_October V2 2024	28-10-2024	30-10-2024	Added Toffee Nut Flavoured Iced Latte
15-10-2024	106	Aus LTO Menu_October 2024	15-10-2024	16-10-2024	Removal of QP Range
25-09-2024	105	Aus LTO Menu_September 2024 V2	25-09-2024	04-10-2024	Addition of Grimace Shake
18-09-2024	104	Aus LTO Menu_September 2024	25-09-2024	02-10-2024	Added Ham & Cheese Pocket promo item
07-08-2024	103	Aus LTO Menu_August 2024	8/7/24	08-08-2024	Removal of Hot Cross Buns promo items
05-08-2024	102	Aus LTO Menu_August 2024	05-08-2024	07-08-2024	Removal of Spicy Range; Addition of Quarter Pounder Range.
02-07-2024	101	AUS LTO Menu_July 2024	02-07-2024	03-07-2024	Addition of Steakhouse Stack Burger and Mozzarella Sticks with Sweet Chili Sauce
11-06-2024	100	Aus LTO Menu_June 2024	11-06-2024	12-06-2024	Removal of Mac Family + Onions Rings, Caramello McFlurry and Frozen K-Wave; Addition of Banana Shake, Banana Caramel Pie + McFlurry
21-05-2024	99	Aus LTO Menu_May 2024	21-05-2024	21-05-2024	Removal of BLT McMuffin; Updated Big Mac Sauce formulation; dual supply; Add Feisty LTO
24-04-2024	98	Aus LTO Menu_April 2024	23-04-2024	24-04-2024	Addition of Coke Creations - K Wave frozen Coke
02-04-2024	97	Aus LTO Menu_April 2024	02-04-2024	03-04-2024	Removal of previous promo items; Addition of Mac Family + Onion Rings
12-03-2024	96	Aus LTO Menu_March 2024	12-03-2024	13-03-2024	Addition of Caramello McFlurry
05-03-2024	95	Aus LTO Menu_March 2024	05-03-2024	06-03-2024	Addition of BLT McMuffin
09-02-2024	94	Aus LTO Menu_February 2024	20-02-2024	20-02-2024	Updated allergen information for PEAL legislative requirements

Issue: November 2024
Revision: 108
File: QAM-058