



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

Information correct as at June 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 Beverages 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	Added Preservative	Artificial Colour	Artificial Flavour
								Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio								
COLD BEVERAGES																							
Pop Tops™ Apple Juice																							
CalciYum™ Chocolate Flavoured Milk				P																			
Orange Juice																		P					
Coca-Cola®																			P	P	P		
Coca-Cola® Zero Sugar																			P	P	P		
Coca-Cola® Vanilla																			P	P	P		
Fanta® Orange																			P	P	P		
Fanta® Raspberry																			P	P	P		
Sprite®																			P	P	P		
Sprite® Zero Sugar																			P		P		
Sparkling Water																							
Frozen Coke®																				P	P		
Frozen Coke® Zero Sugar																			P	P	P		
Frozen Flavours																			P	P	P		
THICKSHAKES																							
Chocolate Thickshake				P															P		P		
Strawberry Thickshake				P															P	P	P		
Vanilla Thickshake				P															P	P	P		
FRAPPES																							
Chocolate Frappé	P	P		P															P	P	P		
Coffee Frappé	M	M		P															P	P	P		
Salted Caramel Frappé	M	M		P															P	P	P		
WATER																							
Cool Ridge Water																							
Pop Tops™ Water																							

Chart key:
P: Ingredient is PRESENT in the product as an ingredient, food additive or processing aid.
M: Ingredient MAY BE present

COLD BEVERAGES						
Pop Tops™ Apple Juice				Pop Tops™ Apple Juice		
Reconstituted Apple Juice, Food Acid (Citric Acid), Vitamin C (Ascorbic Acid), Natural Flavour.				Avg Qty / Serve	Avg Qty / 100mL	
				Energy (kJ)	540	216
				Energy (Cal)	129	52
				Protein (g)	<1.0	<1.0
				Fat, total (g)	<1.0	<1.0
				Saturated Fat (g)	0.0	0.0
				Carbohydrate (g)	29.5	11.8
				Sugars (g)	29.5	11.8
				Sodium (mg)	18	7
CalciYum™ Chocolate Flavoured Milk				CalciYum™ Chocolate Flavoured Milk		
Low Fat Milk , Sugar, Cocoa, Vegetable Gums (460, 466, 407), Mineral (Calcium Carbonate), Flavours, Vitamin D.				Avg Qty / Serve	Avg Qty / 100mL	
Contains: Milk.				Energy (kJ)	633	253
				Energy (Cal)	151	61
				Protein (g)	8.3	3.3
				Fat, total (g)	3.5	1.4
				Saturated Fat (g)	2.3	0.9
				Carbohydrate (g)	20.5	8.2
				Sugars (g)	20.0	8.0
				Sodium (mg)	98	39
Orange Juice			Small	Medium		Large
When Reconstituted Fruit Juice Contains: Orange Juice from Concentrate, Preservatives (211, 202), Colour (160a), Stabiliser (415), Flavour.			Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
OR:			Energy (kJ)	467	156	670
			Energy (Cal)	112	37	160
			Protein (g)	0.0	0.0	0.0
			Fat, total (g)	0.0	0.0	0.0
			Saturated Fat (g)	0.0	0.0	0.0
			Carbohydrate (g)	28.5	9.5	40.8
			Sugars (g)	24.3	8.1	34.8
			Sodium (mg)	20	7	29
When Reconstituted Fruit Juice Contains: Orange Juice from Concentrate, Preservatives (211, 202), Colour (160a), Stabiliser (415 (contains Gluten, Wheat, Soy)), Flavour.			Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Contains: Gluten, Wheat, Soy.			Energy (kJ)	467	156	670
			Energy (Cal)	112	37	160
			Protein (g)	0.0	0.0	0.0
			Fat, total (g)	0.0	0.0	0.0
			Saturated Fat (g)	0.0	0.0	0.0
			Carbohydrate (g)	28.5	9.5	40.8
			Sugars (g)	24.3	8.1	34.8
			Sodium (mg)	20	7	29
Coca-Cola®			Small	Medium		Large
COCA-COLA®: Carbonated Water, Sugar, Colour (150d), Acidity Regulator (338), Flavour, Caffeine.			Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Contains: Caffeine			Energy (kJ)	397	173	568
			Energy (Cal)	95	41	136
			Protein (g)	0.0	0.0	0
			Fat, total (g)	0.0	0.0	0
			Saturated Fat (g)	0.0	0.0	0
			Carbohydrate (g)	24.3	10.6	34.7
			Sugars (g)	24.3	10.6	34.7
			Sodium (mg)	23	10	33
Coca-Cola® Zero Sugar			Small	Medium		Large
COCA-COLA® NO SUGAR: Carbonated Water, Colour (150d), Food Acids (338, 331), Sweeteners (951, 950), Preservative (211), Flavour, Caffeine.			Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Contains: Phenylalanine, Caffeine.			Energy (kJ)	8	3	10
			Energy (Cal)	2	0.6	3
			Protein (g)	0.2	0.1	0.2
			Fat, total (g)	0.0	0.0	0
			Saturated Fat (g)	0.0	0.0	0
			Carbohydrate (g)	0.3	0.1	0.4
			Sugars (g)	0.0	0.0	0
			Sodium (mg)	33	11	45
Coca-Cola® Vanilla			Small	Medium		Large
COCA-COLA® VANILLA: Carbonated Water, Sugar, Colour (150d), Food Acids (338), Flavour, Caffeine.			Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Contains: Caffeine.			Energy (kJ)	421	184	624
			Energy (Cal)	101	44	149
			Protein (g)	0.1	0.1	0
			Fat, total (g)	0.0	0.0	0
			Saturated Fat (g)	0.0	0.0	0
			Carbohydrate (g)	24.6	10.8	36.7
			Sugars (g)	24.6	10.8	36.7
			Sodium (mg)	2	1	3

<div>Fanta® Orange</div> <div>FANTA® ORANGE: Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Antioxidant (300), Colour (110).</div>	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
	Energy (kJ)	501	219	716	219	1100
	Energy (Cal)	120	52	171	52	262
	Protein (g)	0.0	0.0	0.0	0.0	0.0
	Fat, total (g)	0.0	0.0	0.0	0.0	0.0
	Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0
	Carbohydrate (g)	30.9	13.5	44.2	13.5	67.6
	Sugars (g)	30.9	13.5	44.2	13.5	67.6
	Sodium (mg)	34	15	49	15	75
	Small		Medium		Large	
<div>Fanta® Raspberry</div> <div>FANTA® RASPBERRY: Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Sweetener (960), Colour (122).</div>	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
	Energy (kJ)	299	131	428	131	655
	Energy (Cal)	72	31	102	31	156
	Protein (g)	0.0	0.0	0.0	0.0	0.0
	Fat, total (g)	0.0	0.0	0.0	0.0	0.0
	Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0
	Carbohydrate (g)	18.1	7.9	25.9	7.9	39.6
	Sugars (g)	18.1	7.9	25.9	7.9	39.6
	Sodium (mg)	9	4	13	4	20
	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
<div>Sprite®</div> <div>SPRITE®: Carbonated Water, Sugar, Food Acids (330, 331), Flavour, Preservative (211).</div>	Energy (kJ)	388	169	555	169	848
	Energy (Cal)	93	40	133	40	203
	Protein (g)	0.0	0.0	0.0	0.0	0.0
	Fat, total (g)	0.0	0.0	0.0	0.0	0.0
	Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0
	Carbohydrate (g)	23.7	10.3	33.8	10.3	51.8
	Sugars (g)	23.7	10.3	33.8	10.3	51.8
	Sodium (mg)	34	15	50	15	76
	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
	Energy (kJ)	8	4	12	4	18
<div>Sprite® Zero Sugar</div> <div>SPRITE® ZERO SUGAR: Carbonated Water, Food Acids (330, 331), Flavour, Sweeteners (950, 955), Preservative (211).</div>	Energy (Cal)	2	<1	3	<1	5
	Protein (g)	0.0	0.0	0	0	0
	Fat, total (g)	0.0	0.0	0.0	0	0.0
	Saturated Fat (g)	0.0	0.0	0.0	0	0.0
	Carbohydrate (g)	0.0	0.0	0.0	0	0
	Sugars (g)	0.0	0.0	0.0	0	0.0
	Sodium (mg)	22	10	32	10	49
	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
	Energy (kJ)	0	0	0	0	0
	Energy (Cal)	0	0	0	0	0
<div>Sparkling Water</div> <div>Carbonated Water.</div>	Protein (g)	0.0	0.0	0.0	0.0	0.0
	Fat, total (g)	0.0	0.0	0.0	0.0	0.0
	Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0
	Carbohydrate (g)	0.0	0.0	0.0	0.0	0.0
	Sugars (g)	0.0	0.0	0.0	0.0	0.0
	Sodium (mg)	5	2	5	2	5
	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
	Energy (kJ)	0	0	0	0	0
	Energy (Cal)	0	0	0	0	0
	Protein (g)	0.0	0.0	0.0	0.0	0.0
COLD BEVERAGES						
<div>Frozen Coke®</div> <div>Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine.</div> <div>Contains: Caffeine.</div>	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
	Energy (kJ)	391	112	548	112	738
	Energy (Cal)	93	27	131	27	176
	Protein (g)	0.0	0.0	0.0	0.0	0.0
	Fat, total (g)	0.0	0.0	0.0	0.0	0.0
	Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0
	Carbohydrate (g)	24.1	6.9	33.8	6.9	45.5
	Sugars (g)	24.1	6.9	33.8	6.9	45.5
	Sodium (mg)	19	5	26	5	36
	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
	Energy (kJ)	391	112	548	112	738
	Energy (Cal)	93	27	131	27	176
	Protein (g)	0.0	0.0	0.0	0.0	0.0
	Fat, total (g)	0.0	0.0	0.0	0.0	0.0
	Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0
	Carbohydrate (g)	24.1	6.9	33.8	6.9	45.5
	Sugars (g)	24.1	6.9	33.8	6.9	45.5
	Sodium (mg)	19	5	26	5	36

FROZEN COKE® NO SUGAR: Carbonated Water, Sweeteners (968, 955, 950), Bulking Agent (422), Colour (150d), Food Acid (338), Preservative (211), Flavour, Caffeine.

Contains: Phenylalanine, Caffeine.

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FRAPPES

Chocolate Frappé

CHOCOLATE FRAPPE BASE: **Milk** and/or Skim **Milk** (Reconstituted), Sugar, Cream (**Milk**), **Milk** Solids, Cocoa Powder, Emulsifier (471), Stabilisers (412, 410, 466, 407a, 407, Sucrose), Chocolate Flavour, Malt Flavour and/or Malt Extract (from **Wheat** and/or **Barley**).
ICE: Water.
WHIPPED CREAM: Cream (**Milk**), Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).
CHOCOLATE DRIZZLE: Sugar, Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).

Contains: **Gluten, Wheat, Milk.**

	Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	2470	471	2790	474
Energy (Cal)	590	113	667	113
Protein (g)	9.9	1.9	11.1	1.9
Fat, total (g)	24.4	4.7	28.2	4.8
Saturated Fat (g)	16.9	3.2	19.6	3.3
Carbohydrate (g)	80.8	15.4	90.0	15.3
Sugars (g)	75.4	14.4	84.0	14.3
Sodium (mg)	140	27	156	27

Coffee Frappé

COFFEE FRAPPE BASE: **Milk** and/or Skim **Milk** (Reconstitutes), Sugar, Cream (**Milk**), **Milk** Solids, Coffee Powder, Emulsifier (471), Stabiliser (412, 410, 466, 407a, 407, Sucrose), Colours (150c, 150d), Coffee Flavour, Vanilla Flavour.
ICE: Water.
WHIPPED CREAM: Cream (**Milk**), Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).
CHOCOLATE DRIZZLE: Sugar, Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).

Contains: **Milk, Caffeine.**
May be present: **Gluten, Wheat.**

	Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	2440	462	2700	458
Energy (Cal)	582	110	644	109
Protein (g)	11.1	2.1	12.4	2.1
Fat, total (g)	26.5	5.0	29.1	4.9
Saturated Fat (g)	18.2	3.4	19.9	3.4
Carbohydrate (g)	73.1	13.9	81.5	13.8
Sugars (g)	67.6	12.8	75.3	12.8
Sodium (mg)	259	49	289	49

Salted Caramel Frappé

SALTED CARAMEL FRAPPE BASE: Sugar, **Milk** Solids, **Milk**, Cream (**Milk**), Caramel Flavour, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Salt, Colour (150c).
ICE: Water.
WHIPPED CREAM: Cream (**Milk**), Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).
CHOCOLATE DRIZZLE: Sugar, Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).

Contains: **Milk.**
May be present: **Gluten, Wheat.**

	Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	2250	427	2490	423
Energy (Cal)	538	102	595	101
Protein (g)	11.8	2.2	13.2	2.2
Fat, total (g)	28.4	5.4	31.1	5.3
Saturated Fat (g)	19.4	3.7	21.3	3.6
Carbohydrate (g)	58.7	11.1	65.3	11.1
Sugars (g)	57.9	11.0	64.5	11.0
Sodium (mg)	570	108	638	108

WATER

Cool Ridge 600mL Water

Spring Water.

	Cool Ridge 600mL Water	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	0	0
Energy (Cal)	0	0
Protein (g)	0.0	0.0
Fat, total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	0.0	0.0
Sugars (g)	0.0	0.0
Sodium (mg)	33	6

Pop Top™ Water

Spring Water.

	Pop Top™ Water	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	0	0
Energy (Cal)	0	0
Protein (g)	0.0	0.0
Fat, total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	0.0	0.0
Sugars (g)	0.0	0.0
Sodium (mg)	5	2

If this document has been printed, please visit <https://mcdonalds.com.au/our-impact/food-quality-sourcing/nutrition> for most current information.

Change Tracker:

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.

Date	Document Number/Revision Number	Document Title	Issued	Upload Date	Description
6/06/2025	78	Aus Main Drinks Menu _June 2025	6/06/2025	10/06/2025	Updated Orange Juice formulation; removed allergens gluten, wheat, soy
5/05/2025	77	Aus Main Drinks Menu _May 2025	5/05/2025	5/05/2025	Updated Orange Juice formulation; to include allergen containing formulation (gluten, wheat, soy) and allergen free formulation
5/05/2025	76	Aus Main Drinks Menu _May 2025	5/05/2025	5/05/2025	Updated Orange Juice formulation; removed allergens gluten, wheat, soy
26/11/2024	75	Aus Main Drinks Menu _November 2024	26/11/2024	27/11/2024	Updated Orange Juice formulation; added new allergens gluten, wheat, soy
15/10/2024	74	Aus Main Drinks Menu _October 2024	15/10/2024	16/10/2024	Removed Orange Fruit Drink
22/05/2024	73	Aus Main Drinks Menu _May 2024	22/05/2024	29/05/2024	Updated Orange Juice formulation; removed trial containing allergens
2/04/2024	72	Aus Main Drinks Menu _April 2024	2/04/2024	2/04/2024	Updated to include Orange Juice (with new allergens) and Sprite® and Fanta® Raspberry; remove previous syrup formulation for chocolate, strawberry and vanilla shakes
9/02/2024	71	Aus Main Drinks Menu _February 2024	20/02/2024	20/02/2024	Updated allergen information for PEAL legislative requirements