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McDonald's Australia

Beverages Menu

Allergen - Ingredients - Nutrition Information

Information correct as at October 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 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)

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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	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				
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		
Vanilla Thickshake				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

Reconstituted Apple Juice, Food Acid (Citric Acid), Vitamin C (Ascorbic Acid), Natural Flavour.

Pop Tops™ Apple Juice

	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

Low Fat Milk, Sugar, Cocoa, Vegetable Gums (460, 466, 407), Mineral (Calcium Carbonate), Flavours, Vitamin D.

Contains: Milk.

CalciYum™ Chocolate Flavoured Milk

	Avg Qty / Serve	Avg Qty / 100mL
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

ORANGE JUICE: When reconstituted Fruit Juice Contains: Orange Juice from Concentrate, Preservatives (211, 202), Colour (160a), Flavour.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	507	169	727	169	1020	169
Energy (Cal)	120	40	172	40	242	40
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	28.5	9.5	40.8	9.5	57.5	9.5
Sugars (g)	24.3	8.1	34.8	8.1	49.0	8.1
Sodium (mg)	20	7	29	7	41	7

Coca-Cola®

COCA-COLA®: Carbonated Water, Sugar, Colour (150d), Acidity Regulator (338), Flavour, Caffeine.

Contains: Caffeine

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	397	173	568	173	869	173
Energy (Cal)	95	41	136	41	208	41
Protein (g)	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)	24.3	10.6	34.7	10.6	53.1	10.6
Sugars (g)	24.3	10.6	34.7	10.6	53.1	10.6
Sodium (mg)	23	10	33	10	50	10

Coca-Cola® Zero Sugar

COCA-COLA® NO SUGAR: Carbonated Water, Colour (150d), Food Acids (338, 331), Sweeteners (951, 950), Preservative (211), Flavour, Caffeine.

Contains: Phenylalanine, Caffeine.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	8	3	10	3	15	3
Energy (Cal)	2	0.6	3	0.6	4	0.6
Protein (g)	0.2	0.1	0.2	0.1	0.3	0.1
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)	0.3	0.1	0.4	0.1	0.6	0.1
Sugars (g)	0.0	0.0	0.0	0	0.0	0
Sodium (mg)	33	11	45	11	64	11

COLD BEVERAGES

Coca-Cola® Vanilla

COCA-COLA® VANILLA: Carbonated Water, Sugar, Colour (150d), Food Acids (338), Flavour, Caffeine.

Contains: Caffeine.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	421	184	624	184	954	184
Energy (Cal)	101	44	149	44	228	44
Protein (g)	0.1	0.1	0	0.1	0	0.1
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)	24.6	10.8	36.7	10.8	56.1	10.8
Sugars (g)	24.6	10.8	36.7	10.8	56.1	10.8
Sodium (mg)	2	1	3	1	5	1

Fanta® Orange	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
FANTA® ORANGE: Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Antioxidant (300), Colour (110).						
Energy (kJ)	501	219	716	219	1100	219
Energy (Cal)	120	52	171	52	262	52
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	30.9	13.5	44.2	13.5	67.6	13.5
Sugars (g)	30.9	13.5	44.2	13.5	67.6	13.5
Sodium (mg)	34	15	49	15	75	15

Fanta® Raspberry	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
FANTA® RASPBERRY: Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Sweetener (960), Colour (122).						
Energy (kJ)	299	131	428	131	655	131
Energy (Cal)	72	31	102	31	156	31
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	18.1	7.9	25.9	7.9	39.6	7.9
Sugars (g)	18.1	7.9	25.9	7.9	39.6	7.9
Sodium (mg)	9	4	13	4	20	4

Sprite®	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
SPRITE®: Carbonated Water, Sugar, Food Acids (330, 331), Flavour, Preservative (211).						
Energy (kJ)	388	169	555	169	848	169
Energy (Cal)	93	40	133	40	203	40
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	23.7	10.3	33.8	10.3	51.8	10.3
Sugars (g)	23.7	10.3	33.8	10.3	51.8	10.3
Sodium (mg)	34	15	50	15	76	15

Sprite® Zero Sugar	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
SPRITE® ZERO SUGAR: Carbonated Water, Food Acids (330, 331), Flavour, Sweeteners (950, 955), Preservative (211).						
Energy (kJ)	8	4	12	4	18	4
Energy (Cal)	2	<1	3	<1	5	<1
Protein (g)	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
Sugars (g)	0.0	0.0	0.0	0	0.0	0
Sodium (mg)	22	10	32	10	49	10

Sparkling Water	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Carbonated Water.						
Energy (kJ)	0	0	0	0	0	0
Energy (Cal)	0	0	0	0	0	0
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	0.0	0.0	0.0	0.0	0.0	0.0
Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
Sodium (mg)	5	2	5	2	5	2

COLD BEVERAGES

Frozen Coke®	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine.						
Contains: Caffeine.						
Energy (kJ)	391	112	548	112	738	112
Energy (Cal)	93	27	131	27	176	27
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	24.1	6.9	33.8	6.9	45.5	6.9
Sugars (g)	24.1	6.9	33.8	6.9	45.5	6.9
Sodium (mg)	19	5	26	5	36	5

Frozen Coke® Zero Sugar	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
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.						
Energy (kJ)	35	10	49	10	66	10
Energy (Cal)	8	2	12	2	16	2
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	2.1	0.6	2.9	0.6	4.0	0.6
Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
Sodium (mg)	7	2	10	2	14	2

Frozen Flavours	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
FANTA® BLUEBERRY FLAVOUR: Carbonated Water, Sugar, Food Acid (330), Preservative (211), Flavour, Colour (133).						
FANTA® RASPBERRY FLAVOUR: Carbonated Water, Sugar, Food Acid (330), Preservative (211), Flavour, Colour (122).						
FANTA® ORANGE FLAVOUR: Carbonated Water, Sugar, Food Acid (330), Preservative (211), Flavour, Colour (110), Antioxidant 300.						
SPRITE® FLAVOUR: Carbonated Water, Sugar, Food Acid (330), Preservative (211), Flavour, Food Acid (331).						
Neutral White Base used in combination with multi-flavour valve flavour shots.						
All FROZEN Flavours have the same nutritional content.						
Energy (kJ)	391	112	548	112	738	112
Energy (Cal)	93	27	131	27	176	27
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	24.2	6.9	33.8	6.9	45.5	6.9
Sugars (g)	24.2	6.9	33.8	6.9	45.5	6.9
Sodium (mg)	6	2	9	2	12	2

THICKSHAKES

Chocolate Thickshake	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
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).						
CHOCOLATE SHAKE SYRUP: Invert Sugar Syrup, Water, Glucose Syrup, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Natural Flavours.						
Contains: Milk.						
Energy (kJ)	1140	523	1540	523	1870	523
Energy (Cal)	273	125	369	125	448	125
Protein (g)	8.2	3.8	11.1	3.8	13.5	3.8
Fat, total (g)	7.3	3.4	9.9	3.4	12.0	3.4
Saturated Fat (g)	4.9	2.3	6.6	2.3	8.1	2.3
Carbohydrate (g)	47.8	21.8	64.5	21.8	78.2	21.8
Sugars (g)	41.3	18.9	55.7	18.9	67.6	18.9
Sodium (mg)	167	76	225	76	273	76

Strawberry Thickshake	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
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).						
STRAWBERRY SHAKE SYRUP: Invert Sugar Syrup, Water, Glucose Syrup, Sugar, Natural Colour (162), Acidity Regulator (330), Natural Flavours, Preservative (202).						
Contains: Milk.						
Energy (kJ)	1190	521	1530	521	1900	521
Energy (Cal)	285	125	364	125	453	125
Protein (g)	7.6	2.2	9.8	2.2	12.2	2.2
Fat, total (g)	6.9	2.0	8.8	2.0	11.0	2.0
Saturated Fat (g)	4.6	1.4	6.0	1.4	7.4	1.4
Carbohydrate (g)	47.0	13.7	60.6	13.7	75.4	13.7
Sugars (g)	41.9	12.2	54.0	12.2	67.2	12.2
Sodium (mg)	105	31	156	31	169	31

Vanilla Thickshake	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
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).						
VANILLA SHAKE SYRUP: Water, Sugar, Invert Sugar Syrup, Glucose Syrup, Burnt Sugar Syrup, Natural Flavour, Preservative (202), Acidity Regulator (330).						
Contains: Milk.						
Energy (kJ)	1080	513	1420	513	1820	513
Energy (Cal)	257	123	339	123	433	123
Protein (g)	7.0	2.1	9.3	2.1	11.8	2.1
Fat, total (g)	6.3	1.9	8.4	1.9	10.7	1.9
Saturated Fat (g)	4.3	1.3	5.7	1.3	7.2	1.3
Carbohydrate (g)	42.4	12.5	55.9	12.5	71.4	12.5
Sugars (g)	39.1	11.6	51.6	11.6	65.9	11.6
Sodium (mg)	96	28	127	28	162	28

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:

Date	Document Number/Revision	Document Title	Issued	Upload Date	Description
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
02-04-2024	72	Aus Main Drinks Menu_April 2024	02-04-2024	02-04-2024	Updated to include Orange Juice (with new allergens) and Sprite* and Fanta* Raspberry; remove previous syrup formulation for chocolate, strawberry and vanilla shakes
09-02-2024	71	Aus Main Drinks Menu_February 2024	20-02-2024	20-02-2024	Updated allergen information for PEAL legislative requirements