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# McDonald's Australia McCafe Food 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 McCafe Food 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								
<b>Loaves</b>																							
Banana Bread with Butter	P	P	P	P	M			M															
Sourdough Toast with Butter	P	P	M	P	P	M											P						
Raisin Toast with Butter	P	P	M	P	P	M													P			P	
<b>Toasties</b>																							
Cheesy Toastie	P	P	M	P	P	M											P						
Cheese & Tomato Toastie	P	P	M	P	P	M											P						
Ham & Cheese Toastie	P	P	M	P	P	M											P		P				
Ham, Cheese & Tomato Toastie	P	P	M	P	P	M											P		P				
<b>Sweets</b>																							
Chocolate Donut	P	P	M	P	P	M		M			M						M		P	P	P		
Apple Crumble Muffin	P	P	P	P	P			M									M						
Double Choc Muffin	P	P	P	P	P			M															
Chocolate Macaron	M		P	P	P			P															
Salted Caramel Macaron	M		P	P	P			P															
<b>Miscellaneous</b>																							
Marshmallows				M																			

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

## LOAVES

### Banana Bread with Butter

BANANA BREAD: Banana, **Wheat** Flour, Sugar, Light Sour Cream (Cream (**Milk**), Pectin, **Milk** Solids, Cultures), Canola Oil, **Egg**, Banana Flavour Paste (Banana, Colour (160a)), Whole **Egg** Powder, Baking Powder (Raising Agents (450, 500), Maize Starch, Mineral Salt (170)), **Milk** Solids, Raising Agent (500), Natural Vanilla Flavour Paste, **Wheat** Starch, Vegetable Gum (412), Iodised Salt, Acidity Regulator (330), Mineral Salt (452).  
 BUTTER PORTION: Pasteurised Cream (**Milk**), Water, Salt.

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

**BANANA BREAD is produced on equipment that also produces products containing Soy.**

**BANANA BREAD is stored in the same display cabinet as products containing Tree Nut (Almond).**

Banana Bread with Butter		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2280	1450
Energy (Cal)	546	345
Protein (g)	7.0	4.4
Fat, total (g)	25.8	16.3
Saturated Fat (g)	8.2	5.2
Carbohydrate (g)	70.3	44.5
Sugars (g)	39.0	24.8
Sodium (mg)	320	203

### Sourdough Toast with Butter

SOURDOUGH: **Wheat** Flour (**Wheat** Flour, Vitamin (Folic Acid)), Water, Salt, Malt Flour (**Barley**), Yeast.

OR: **Wheat** Flour (Vitamins (Thiamin, Folic Acid), Flour Treatment Agent (920)), Water, Iodised Salt, Sourdough Starter (**Rye** Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (**Soy** Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e),

**Wheat** Malt Flour, Enzymes).

BUTTER PORTION: Pasteurised Cream (from **Milk**), Water, Salt.

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

**SOURDOUGH BREAD is produced on equipment that also produces products containing Egg, Milk, Sesame.**

**SOURDOUGH TOAST may be toasted on the same equipment as products containing Egg, Soy.**

Sourdough Toast with Butter		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	678	1360
Energy (Cal)	162	324
Protein (g)	3.8	7.6
Fat, total (g)	7.1	14.2
Saturated Fat (g)	4.4	8.9
Carbohydrate (g)	19.8	39.6
Sugars (g)	1.2	2.4
Sodium (mg)	276	552

### Raisin Toast with Butter

RAISIN BREAD: **Wheat** Flour, Water, Fruits (Raisins and/or Sultanas), Sugar, **Wheat** Gluten, Canola Oil, Iodised Salt, Yeast, Flavours, Preservative (282), **Soy** Flour, Vegetable Emulsifiers (471, 472e, 481), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**).

BUTTER PORTION: Pasteurised Cream (**Milk**), Water, Salt.

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

**RAISIN BREAD is produced on equipment which produces products containing Sesame.**

**RAISIN TOAST may be toasted on the same equipment as products containing Soy, Egg.**

\*Fruit used subject to change due to availability and seasonability of products.

Raisin Toast with Butter		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1030	1240
Energy (Cal)	247	297
Protein (g)	6.9	8.3
Fat, total (g)	7.9	9.6
Saturated Fat (g)	5.0	6.1
Carbohydrate (g)	34.6	41.7
Sugars (g)	11.3	13.7
Sodium (mg)	179	215

## TOASTIES

### Cheesy Toastie

SOURDOUGH: **Wheat** Flour (**Wheat** Flour, Vitamin (Folic Acid)), Water, Salt, Malt Flour (**Barley**), Yeast.

OR: **Wheat** Flour (Vitamins (Thiamin, Folic Acid), Flour Treatment Agent (920)), Water, Iodised Salt, Sourdough Starter (**Rye** Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (**Soy** Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), **Wheat** Malt Flour, Enzymes).

AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.

**Contains Gluten, Wheat, Milk, Soy, Sulphites.**

**SOURDOUGH BREAD is produced on equipment that also produces products containing Egg, Milk, Sesame.**

**CHEESY TOASTIE may be toasted on the same equipment as products containing Egg, Soy.**

Cheesy Toastie		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1350	1170
Energy (Cal)	323	280
Protein (g)	14.9	12.9
Fat, total (g)	10.7	9.3
Saturated Fat (g)	6.7	5.8
Carbohydrate (g)	39.8	34.5
Sugars (g)	2.6	2.2
Sodium (mg)	674	585

### Cheese & Tomato Toastie

SOURDOUGH: **Wheat** Flour (**Wheat** Flour, Vitamin (Folic Acid)), Water, Salt, Malt Flour (**Barley**), Yeast.

OR: **Wheat** Flour (Vitamins (Thiamin, Folic Acid), Flour Treatment Agent (920)), Water, Iodised Salt, Sourdough Starter (**Rye** Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (**Soy** Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), **Wheat** Malt Flour, Enzymes).

SLICED TOMATO: Tomato.

AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.

**Contains Gluten, Wheat, Milk, Soy, Sulphites.**

**SOURDOUGH BREAD is produced on equipment that also produces products containing Egg, Milk, Sesame.**

**CHEESE & TOMATO TOASTIE may be toasted on the same equipment as products containing Egg, Soy.**

Cheese & Tomato Toastie		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1380	867
Energy (Cal)	330	207
Protein (g)	15.3	9.6
Fat, total (g)	10.7	6.8
Saturated Fat (g)	6.7	4.2
Carbohydrate (g)	40.6	25.5
Sugars (g)	3.4	2.1
Sodium (mg)	677	425

### Ham & Cheese Toastie

SOURDOUGH: **Wheat** Flour (**Wheat** Flour, Vitamin (Folic Acid)), Water, Salt, Malt Flour (**Barley**), Yeast.

OR: **Wheat** Flour (Vitamins (Thiamin, Folic Acid), Flour Treatment Agent (920)), Water, Iodised Salt, Sourdough Starter (**Rye** Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (**Soy** Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), **Wheat** Malt Flour, Enzymes).

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.

AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.

**Contains Gluten, Wheat, Milk, Soy, Sulphites.**

**SOURDOUGH BREAD is produced on equipment that also produces products containing Egg, Milk, Sesame.**

**CHEESE & TOMATO TOASTIE may be toasted on the same equipment as products containing Egg, Soy.**

Ham & Cheese Toastie		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1510	978
Energy (Cal)	360	234
Protein (g)	20.8	13.5
Fat, total (g)	12.1	7.8
Saturated Fat (g)	7.2	4.7
Carbohydrate (g)	40	26.0
Sugars (g)	2.8	1.8
Sodium (mg)	1060	685

## TOASTIES

### Ham, Cheese & Tomato Toastie

SOURDOUGH: **Wheat** Flour (**Wheat** Flour, Vitamin (Folic Acid)), Water, Salt, Malt Flour (**Barley**), Yeast.

OR: **Wheat** Flour (Vitamins (Thiamin, Folic Acid), Flour Treatment Agent (920)), Water, Iodised Salt, Sourdough Starter (**Rye** Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (**Soy** Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), **Wheat** Malt Flour, Enzymes).

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.

TOMATO SLICE: Tomato.

AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.

Contains **Gluten, Wheat, Milk, Soy, Sulphites**.

**SOURDOUGH BREAD** is produced on equipment that also produces products containing **Egg, Milk, Sesame**.

**HAM, CHEESE & TOMATO TOASTIE** may be toasted on the same equipment as products containing **Egg, Soy**.

	Ham, Cheese & Tomato Toastie	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1540	775
Energy (Cal)	367	185
Protein (g)	21.2	10.7
Fat, total (g)	12.1	6.1
Saturated Fat (g)	7.2	3.6
Carbohydrate (g)	40.9	20.6
Sugars (g)	3.6	1.8
Sodium (mg)	1060	535

## SWEETS

### Chocolate Donut

CHOCOLATE DONUT: Donut Mix (**Wheat** Flour, Vegetable Oils (**Soy**, Emulsifiers (471, 477), Antioxidants (307, 322 (**Soy**))), **Wheat** Gluten, Emulsifiers (471, 481, 322 (**Soy**), 472e), Sugar, **Soy** Flour, Salt, Dextrose, Raising Agents (450, 500), **Milk** Solids, Thickener (412), Choc Fondant (Sucrose, Glucose, Sugar, Icing Stabiliser (Thickeners (1422, 406, 410, 401), **Soybean** Oil, Salt), Cocoa Powder, Flavour (Colours (150d, 155, 133, 122), Cocoa Powder, Humectant (422), Flavour, Acidity Regulator (330), Preservatives (211, 202), Water)), Sprinkles (Sugar, Cocoa Powder, Glucose, Vegetable Fat, Thickener (1401), Colours (102, 122, 133, 155)), Vegetable Shortening, Water, Yeast, Canola Oil, Preservative (202).

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

**CHOCOLATE DONUT** is produced in the same facility as items containing **Egg, Tree Nut (Almond, Hazelnut, Walnut), Sesame**.

	Chocolate Donut	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1970	1640
Energy (Cal)	471	393
Protein (g)	7.9	6.6
Fat, total (g)	20.0	16.7
Saturated Fat (g)	10.6	8.8
Carbohydrate (g)	63.4	52.8
Sugars (g)	26.9	22.4
Sodium (mg)	437	364

### Apple Crumble Muffin

APPLE CRUMBLE MUFFIN: Muffin Mix (**Wheat** Flour, Sugar, Vegetable Shortening (RSPO Palm Oil, Coconut Oil, Emulsifiers (471, 477), Antioxidants (322 - **Soy**, 307)), Thickener (1422), **Milk** Solids, Raising Agents (450, 500), Potato Starch, Salt, Emulsifier (481), Natural Flavour), Apple (Apple, Antioxidants (300, 330)), **Egg** (Whole **Egg**, Reconstituted **Egg** Powder), Margarine (RSPO Palm Fats and Oils, Water, Salt, Emulsifiers (322 - **Soy**, 471), Natural Butter Flavour, Acidity Regulator (330), Natural Colour (160a), Antioxidant (307b)), **Wheat** Flour, Unsalted Butter (Cream (From **Milk**)), Sugar, **Milk** Solids, **Oats**, **Wheat** Starch, Mixed Spice (Including Cinnamon), Natural Flavour, Vegetable Gum (412), Mineral Salts (452, 500), Acidity Regulator (330), Salt.

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

May be present: **Sulphites**.

**APPLE CRUMBLE MUFFIN** is stored in the same display cabinet as products containing **Tree Nut (Almond)**.

	Apple Crumble Muffin	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2500	1460
Energy (Cal)	597	349
Protein (g)	7.0	4.1
Fat, total (g)	25.7	15.0
Saturated Fat (g)	14.9	8.7
Carbohydrate (g)	82.9	48.5
Sugars (g)	38.6	22.6
Sodium (mg)	653	382

### Double Choc Muffin

DOUBLE CHOC MUFFIN: Muffin Mix (Sugar, **Wheat** Flour, Maltodextrin, Vegetable Fats and Oils (Vegetable Oils and Fats, Emulsifiers (471, 477), Antioxidants (322 - **Soy**, 307)), Thickeners (1422, 412, 415 (**Soy**)), Cocoa Powder, Raising Agents (450, 500), Emulsifiers (471, 472b, 472a, 481 (**Milk**)), **Milk** Solids, Potato Starch, Dextrose, Salt, Natural Flavour), Dark Chocolate Chips (Sugar, Cocoa Solids, Emulsifiers (322 - **Soy**, 476), Natural Flavour), Canola Oil, **Egg** (Whole **Egg**, Reconstituted **Egg** Powder), **Milk** Chocolate Chips (Sugar, Cocoa Solids, **Milk** Solids, Emulsifier (322 - **Soy**, 476), Natural Flavour), Colour (150c), **Milk** Solids, **Wheat** Starch, Natural Flavour, Vegetable Gum (412), Mineral Salts (452, 500), Acidity Regulator (330), Salt.

Contains **Gluten, Wheat, Egg, Milk, Soy**.

**DOUBLE CHOC MUFFIN** is stored in the same display cabinet as products containing **Tree Nut (Almond)**.

	Double Choc Muffin	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2830	1760
Energy (Cal)	677	421
Protein (g)	6.8	4.2
Fat, total (g)	29.9	18.6
Saturated Fat (g)	8.9	5.5
Carbohydrate (g)	93.7	58.2
Sugars (g)	48.3	30.0
Sodium (mg)	370	230

### Chocolate Macaron

CHOCOLATE MACARON: Icing Sugar (Sugar, Maize Starch, Tapioca Starch), **Egg** White Mix (**Egg** White, Stabilisers (415, 412, 1505)), Ground **Almonds**, **Milk** Chocolate (Contains Cocoa Solids) (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier (322 (Contains **Soy**)), Vanilla Extract)), Thickened Cream (Cream, **Milk**, Mineral Salts (450, 500), Stabiliser (400)), Cocoa Powder, Unsalted Butter (Cream) (**Milk**), **Egg** White Powder, Cocoa Powder, Emulsifier (322 (From **Soy**)), Modified Starch (1442 (From Maize)).

Contains: **Egg, Milk, Soy, Almond**.

**CHOCOLATE MACARON** is produced on equipment which also produces products containing **Gluten**.

	Chocolate Macaron	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	471	1960
Energy (Cal)	113	469
Protein (g)	2.1	8.9
Fat, total (g)	5.8	24.2
Saturated Fat (g)	3.1	12.9
Carbohydrate (g)	12.7	53.1
Sugars (g)	11.5	47.8
Sodium (mg)	17	69

### Salted Caramel Macaron

SALTED CARAMEL MACARON: Icing Sugar (Sugar, Maize Starch, Tapioca Starch), Ground **Almonds**, **Egg** White Mix (**Egg** White, Stabilisers (415, 1505, 412)), White Compound Chocolate (Sugar, Hydrogenated Vegetable Fat, Whey Powder (**Milk**), Skim **Milk** Powder, Stabiliser (492), Emulsifier (322 (From **Soy**))), Natural Vanilla Flavour), Thickened Cream (**Milk**), Unsalted Butter (Cream (**Milk**)), Demerara Sugar, Caramel Compound (**Milk**), **Egg** White Powder, Burnt Sugar, Iodised Salt, Emulsifier (322 (**Soy**)), Colour (129), Modified Starch (1442), Yellow Gardenia Extract.

Contains: **Egg, Milk, Soy, Almond**.

**SALTED CARAMEL MACARON** is produced on equipment which also produces products containing **Gluten**.

	Salted Caramel Macaron	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	432	1800
Energy (Cal)	103	430
Protein (g)	1.8	7.6
Fat, total (g)	4.4	18.5
Saturated Fat (g)	2.1	8.6
Carbohydrate (g)	13.7	57.1
Sugars (g)	12.7	52.9
Sodium (mg)	28	116

## MISCELLANEOUS

### Marshmallows

MARSHMALLOW: Sugar, Glucose Syrup, Invert Sugar, Gelatine, Flavours, Colour (120), Cornstarch.

May be present: Milk.

	Marshmallows	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	268	1490
Energy (Cal)	64	356
Protein (g)	0.5	2.6
Fat, total (g)	0.2	1.0
Saturated Fat (g)	0.2	1.0
Carbohydrate (g)	14.8	82.3
Sugars (g)	12.2	67.9
Sodium (mg)	11	59

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## Change Tracker:

Date	Document Number	Document Title	Issued	Upload Date	Description
9/02/2024	47	Aus McCafe Food Menu_February 2024	20/02/2024	20/02/2024	Updated allergen information for PEAL legislative requirements