



McDonald's Australia McCafe Food 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 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)

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	Brazi Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio								
Loaves																							
Banana Bread with Butter	P	P	P	P	M																	P	
Sourdough Toast with Butter	P	P	M	P	P	M											P						
Raisin Toast with Butter	P	P	M	P	P	M													P			P	
Toasties																							
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				
Sweets																							
Apple Crumble Muffin	P	P	P	P	P												M						
Double Choc Muffin	P	P	P	P	P																		
Biscoff McPop	P	P	P	P	P	M		M		M	M		M		M	M							
Berry McPop	P	P	P	P	M	M		M		M	M		M		M	M							
Choc McPop	P	P	P	P	P	M		M		M	M		M		M	M							
Miscellaneous																							
Marshmallows				M																		P	

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), 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 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.

	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

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

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

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	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2500	1460
Energy (Cal)	597	349
Protein (g)	7.0	41
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	
	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

Biscoff McPop

Wheat Flour, Biscoff Filling (Biscuit (**Wheat** Flour, Sugar, Palm Oil, Rapeseed Oil, Sugar Syrup, Raising Agent (500), **Soy** Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (322 **Soy**), Acidity Regulator (330)), Palm Oil, **Egg**, Dextrose, Sugar, Butter Concentrate (**Milk**), Rapeseed Oil, Yeast, **Wheat** Starch, Iodised Salt (Salt, Potassium Iodate), Emulsifier (471), Palm Kernel Fat, Natural Flavourings (**Milk**), **Gluten**, Antioxidant (307b), Flour Treatment Agent (300).

Contains: **Gluten, Wheat, Egg, Milk, Soy**.
May be present: **Almond, Cashew, Hazelnut, Pecan, Pistachio, Walnut, Sesame**.

	Biscoff McPop	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	543	2170
Energy (Cal)	130	519
Protein (g)	1.6	6.2
Fat, total (g)	8.3	33.0
Saturated Fat (g)	3.3	13.0
Carbohydrate (g)	12.3	49.0
Sugars (g)	5.3	21.0
Sodium (mg)	79	316

Berry McPop

Wheat Flour, Red Fruits Filling (Sugar, Raspberry Puree, Sour Cherry Puree, Black Currant Puree, Water, Red Currant Puree, Strawberry Puree, Modified Starch, Preservatives (200, 202), Thickener (418), Natural Flavouring), Palm Oil, **Egg**, Dextrose, Sugar, Butter (**Milk**), Rapeseed Oil, Yeast, Pea Starch, Iodised Salt (Salt, Potassium Iodate), Palm Fat, Beetroot Concentrate, Emulsifier (471), **Gluten**, Natural Flavouring (**Milk**), Flour Treatment Agent (300), Apple Concentrate, Radish Concentrate, Blackcurrant Concentrate, Acidity Regulator (330), Antioxidant (300).

Contains: **Gluten, Wheat, Egg, Milk**.
May be present: **Almond, Cashew, Hazelnut, Pecan, Pistachio, Walnut, Sesame, Soy**.

	Berry McPop	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	440	1760
Energy (Cal)	105	420
Protein (g)	1.4	5.5
Fat, total (g)	6.0	24.0
Saturated Fat (g)	2.8	11.0
Carbohydrate (g)	11.3	45
Sugars (g)	5.3	21
Sodium (mg)	17	66

SWEETS

Choc McPop

Wheat Flour, Chocolate Filling (Sugar, Sunflower Oil, Olive Oil, Chocolate (Sugar, Fat Reduced Cocoa Powder, Cocoa Paste), Dextrose, Emulsifier (322 Soy), Natural Flavouring (Vanilla)), Palm Oil, Egg, Glucose, Sugar, Butter Concentrate (Milk), Rapeseed Oil, Yeast, Wheat Starch, Fat Reduced Cocoa Powder, Cocoa Powder, Emulsifier (471), Iodised Salt (Salt, Potassium Iodate), Coconut Oil, Gluten, Dextrose, Natural Flavouring (Milk), Flour Treatment Agent (300), Glucose Syrup, Milk Protein.

Contains: Gluten, Wheat, Egg, Milk, Soy.
May be present: Almond, Cashew, Hazelnut, Pecan, Pistachio, Walnut, Sesame.

	Choc McPop	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	534	2140
Energy (Cal)	128	511
Protein (g)	1.6	6.5
Fat, total (g)	8.3	33.0
Saturated Fat (g)	3.0	12.0
Carbohydrate (g)	11.5	46.0
Sugars (g)	6.0	24.0
Sodium (mg)	16	65

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

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	Document Title	Issued	Upload Date	Description
6/06/2025	50	Aus McCafe Food Menu _June 2025	6/06/2025	10/06/2025	Remove: Chocolate donut; remove chocolate and salted caramel macaron;
12/03/2025	49	Aus McCafe Food Menu _March 2025	12/03/2025	13/03/2025	Updated ingredient list for banana bread
27/05/2024	48	Aus McCafe Food Menu _May 2024	29/05/2024	29/05/2024	Updated to include McPops
9/02/2024	47	Aus McCafe Food Menu _February 2024	20/02/2024	20/02/2024	Updated allergen information for PEAL legislative requirements