



McDonald's Australia Beverages Allergen - Ingredients - Nutrition Information

Information correct as at 20 January 2016

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 standard or core menu items. 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 (including ice for drinks from our beverage system). 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 local supplier, region of the country, and the season of the year. Further, product formulations may change periodically.

Food Sensitivities and Preferences

Select items sold in McCafé are sold as gluten free. They are produced under allergen control conditions and are specifically handled to prevent cross contamination. No other food items are sold as allergen free.

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.

COLD DRINKS

Apple & Elderflower Flavoured Soda

SPRITE : Carbonated Water, Sugar, Acidity Regulators (330, 331), Flavour, Preservative (211).

ICE: Water.

APPLE & ELDERFLOWER FLAVOURED SYRUP: Sugar, Water, Food Acids (330, 296), Flavourings, Preservatives (211, 202), Colour (150d).

FLAVOURED SYRUP may contain TRACES of sulphites.

Beverages

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	480	152	738	172	1040	182
Energy (Cal)	113	36	174	40	245	43
Protein (g)	0.0	<0.1	0.1	<0.1	0.1	<0.1
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)	28.2	9.0	43.3	10.1	61.2	10.7
Sugars (g)	28.2	8.9	43.2	10.1	61.1	10.6
Sodium (mg)	34	11	49	11	67	12
Gluten						
Eggs						
Milk						
Soy						
Fish & Crustaea						
Peanuts						
Tree Nuts						
Sesame Seeds						
Sulphites			T			
Preservative				Y		
Flavour					Y	
Colours					Y	

Apple Juice - Extra Juicy

Reconstituted Apple Juice, Food Acid (330), Flavour, Preservatives (211, 223), Vitamin C (300).

Contains sulphites.

	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	468	187
Energy (Cal)	112	45
Protein (g)	<1.0	<1.0
Fat, total (g)	<1.0	<1.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	27.5	11.0
Sugars (g)	27.5	11.0
Sodium (mg)	13	5
Gluten		
Eggs		
Milk		
Soy		
Fish & Crustaea		
Peanuts		
Tree Nuts		
Sesame Seeds		
Sulphites		Y
Preservative		Y
Flavour		Y
Colours		

Chocolate Flavoured Milk - Calcium

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

Contains 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)	21.0	8.2
Sugars (g)	20.0	8.0
Sodium (mg)	98	39
Gluten		
Eggs		
Milk	Y	
Soy		
Fish & Crustaea		
Peanuts		
Tree Nuts		
Sesame Seeds		
Sulphites		
Preservative		
Flavour		Y
Colours		

Coca Cola

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

ICE: Water

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	428	140	612	150	937	159
Energy (Cal)	102	34	146	36	224	38
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)	25.2	8.3	36.0	8.8	55.1	9.3
Sugars (g)	25.2	8.3	36.0	8.8	55.1	9.3
Sodium (mg)	23	8	33	8	50	8
Gluten						
Eggs						
Milk						
Soy						
Fish & Crustaea						
Peanuts						
Tree Nuts						
Sesame Seeds						
Sulphites						
Preservative						
Flavour					Y	
Colours					Y	

							Small		Medium		Large															
							Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL														
Coke Zero																										
COKE ZERO: Carbonated Water, Colour (150d), Food Acids (338, 331), Flavour, Artificial Sweeteners (951, 950), Preservative (211), Caffeine.							Energy (kJ)		3		1		5		1		8		1							
ICE: Water							Energy (Cal)		1		0		1		<1		2		<1							
Contains Phenylalanine							Protein (g)		0.1		<0.1		0.2		<0.1		0.3		<0.1							
							Fat, total (g)		0.0		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		0.0					
							Carbohydrate (g)		<0.1		<0.1		<0.1		<0.1		<0.1		<0.1		<0.1					
							Sugars (g)		0.0		0.0		0.0		0.0		0.0		0.0		0.0					
							Sodium (mg)		34		11		49		12		75		13							
							Gluten		Eggs		Milk		Soy		Fish & Crustaea		Peanuts		Tree Nuts		Sesame Seeds		Sulphites		Preservative	
																		Y		Y		Y				
Diet Coke																										
DIET COKE: Carbonated Water, Colour (150d), Food Acids (338, 330, 331), Artificial Sweeteners (951, 950), Flavour, Preservative (211), Caffeine.							Energy (kJ)		4		1		6		1		9		1							
ICE: Water							Energy (Cal)		1		<1		1		<1		2		<1							
Contains Phenylalanine							Protein (g)		0.0		0.0		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		0.0		0.0			
							Saturated Fat (g)		0.0		0.0		0.0		0.0		0.0		0.0		0.0		0.0			
							Carbohydrate (g)		0.2		<0.1		0.3		<0.1		0.5		<0.1							
							Sugars (g)		0.0		0.0		0.0		0.0		0.0		0.0		0.0					
							Sodium (mg)		34		11		49		12		75		13							
							Gluten		Eggs		Milk		Soy		Fish & Crustaea		Peanuts		Tree Nuts		Sesame Seeds		Sulphites		Preservative	
																		Y		Y		Y				
Fanta																										
FANTA: Carbonated Water, Sugar, Acidity Regulator (330), Flavour, Preservative (211), Antioxidant (300), Colour (110).							Energy (kJ)		526		172		752		184		1150		195							
ICE: Water							Energy (Cal)		125		41		180		44		275		47							
							Protein (g)		0.0		0.0		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		0.0		0.0			
							Saturated Fat (g)		0.0		0.0		0.0		0.0		0.0		0.0		0.0		0.0			
							Carbohydrate (g)		30.9		10.1		44.2		10.8		67.6		11.5							
							Sugars (g)		30.7		10.1		43.9		10.7		67.1		11.4							
							Sodium (mg)		34		11		49		12		75		13							
							Gluten		Eggs		Milk		Soy		Fish & Crustaea		Peanuts		Tree Nuts		Sesame Seeds		Sulphites		Preservative	
																		Y		Y		Y				
Frozen Coca Cola																										
Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine .							Energy (kJ)		477		230		724		230		950		230							
							Energy (Cal)		114		55		173		55		227		55							
							Protein (g)		0.0		0.0		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		0.0		0.0			
							Saturated Fat (g)		0.0		0.0		0.0		0.0		0.0		0.0		0.0		0.0			
							Carbohydrate (g)		28.1		13.5		42.6		13.5		55.9		13.5							
							Sugars (g)		28.1		13.5		42.6		13.5		55.9		13.5							
							Sodium (mg)		22		10		33		10		43		10							
							Gluten		Eggs		Milk		Soy		Fish & Crustaea		Peanuts		Tree Nuts		Sesame Seeds		Sulphites		Preservative	
																				Y		Y				

	Small		Medium		Large							
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL						
Frozen Coca Cola McSpider												
FROZEN COCA COLA: Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine .	Energy (kJ)	1010	430	1230	396	1420	377					
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Wheat or Maize, contains preservative Sulphur Dioxide), Emulsifiers (433, 471), Vegetable Gums (407, 407a, 412, 466), Flavour.	Energy (Cal)	239	102	292	94	336	89					
<i>Contains milk and sulphites. Traces of gluten.</i>	Protein (g)	4.7	2.0	5.2	1.7	5.7	1.5					
	Fat, total (g)	5.8	2.4	6.4	2.1	6.9	1.8					
	Saturated Fat (g)	3.8	1.6	4.2	1.4	4.6	1.2					
	Carbohydrate (g)	42.1	17.9	53.4	17.1	62.6	16.7					
	Sugars (g)	38.5	16.4	49.3	15.8	58.3	15.5					
	Sodium (mg)	79	33	93	30	104	28					
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	T		Y						T	T	Y	Y
Fuze Iced Tea												
Water, Sucrose, Food Acids (330, 331), Flavour, Black Tea Extract Powder, Preservative (202, 211), Antioxidant (301), Sweetener (960).												
	Energy (kJ)	165	54	236	58	361	61					
	Energy (Cal)	39	13	56	14	85	14					
	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)	9.2	3.0	13.1	3.2	20.0	3.4					
	Sugars (g)	9.2	3.0	13.1	3.2	20.0	3.4					
	Sodium (mg)	23	8	33	8	51	9					
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
										Y	Y	
Ginger Beer Flavoured Soda												
SPRITE: Carbonated Water, Sugar, Acidity Regulators (330, 331), Flavour, Preservative (211).												
ICE: Water.												
GINGER BEER FLAVOURED SYRUP: Sugar, Water, Flavourings, Food Acid (330), Preservatives (211, 202), Colour (150d).												
<i>FLAVOURED SYRUP may contain TRACES of sulphites.</i>												
	Energy (kJ)	535	170	847	197	1210	210					
	Energy (Cal)	126	40	199	46	284	49					
	Protein (g)	0.1	<0.1	0.2	<0.1	0.3	<0.1					
	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)	31.4	10.0	49.6	11.5	70.7	12.3					
	Sugars (g)	31.3	9.9	49.5	11.5	70.7	12.3					
	Sodium (mg)	34	11	49	11	68	12					
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
									T	Y	Y	Y
Lemon, Lime and Bitters Flavoured Soda												
SPRITE: Carbonated Water, Sugar, Acidity Regulators (330, 331), Flavour, Preservative (211).												
ICE: Water.												
LEMON LIME & BITTERS FLAVOURED SYRUP: Sugar, Water, Flavouring, Food Acid (330), Colours (150d, 124), Preservatives (211, 202).												
<i>FLAVOURED SYRUP may contain TRACES of sulphites.</i>												
	Energy (kJ)	531	169	840	195	1200	208					
	Energy (Cal)	125	40	197	46	281	49					
	Protein (g)	0.1	<0.1	0.2	<0.1	0.2	<0.1					
	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)	31.2	9.9	49.2	11.5	70.1	12.2					
	Sugars (g)	31.2	9.9	49.2	11.5	70.1	12.2					
	Sodium (mg)	34	11	49	11	68	12					
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
									T	Y	Y	Y

Orange Juice											Small		Medium									
											Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL								
Water, Orange Juice Concentrate, Preservatives (211,202), Colour (160a), Flavour.											Energy (kJ)	546	182	782	182							
											Energy (Cal)	131	44	187	44							
											Protein (g)	2.4	0.8	3.4	0.8							
											Fat, total (g)	0.0	0.0	0.0	0.0							
											Saturated Fat (g)	0.0	0.0	0.0	0.0							
											Carbohydrate (g)	29.7	9.9	42.6	9.9							
											Sugars (g)	23.7	7.9	34.0	7.9							
											Sodium (mg)	26	9	38	9							
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
																				Y	Y	Y
Shake - Chocolate											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, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.											Energy (kJ)	1290	389	1740	389	2110	389					
OR											Energy (Cal)	307	93	415	93	503	93					
Milk, Sugar, Milk Solids, Glucose Syrup, Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour											Protein (g)	8.8	2.7	11.9	2.7	14.5	2.7					
CHOCOLATE SHAKE SYRUP: Invert Syrup, Glucose Syrup (contains preservative sulphur dioxide), Water, Cocoa Powder, Malt Syrup, Salt, Preservative (211), Acidity Regulator (330), Flavour.											Fat, total (g)	7.6	2.3	10.2	2.3	12.4	2.3					
											Saturated Fat (g)	4.8	1.4	6.4	1.4	7.8	1.4					
											Carbohydrate (g)	49.9	15.1	67.4	15.1	81.8	15.1					
											Sugars (g)	41.4	12.5	55.9	12.5	67.8	12.5					
											Sodium (mg)	251	76	339	76	411	76					
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
													Y						Y	Y	Y	
Shake - Strawberry											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, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.											Energy (kJ)	1240	361	1600	361	1980	361					
OR											Energy (Cal)	296	86	382	86	474	86					
Milk, Sugar, Milk Solids, Glucose Syrup, Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour											Protein (g)	8.0	2.3	10.3	2.3	12.9	2.3					
STRAWBERRY SYRUP: Invert Sugar Syrup, Water, Glucose Syrup (Preservative sulphur dioxide), Sugar, Strawberry Juice Concentrate, Acidity Regulator (330), Preservative (211), Humectant (1520), Colours (129,110, 133), Flavour.											Fat, total (g)	7.1	2.1	9.1	2.1	11.3	2.1					
											Saturated Fat (g)	4.4	1.3	5.7	1.3	7.1	1.3					
											Carbohydrate (g)	49.4	14.4	63.7	14.4	79.3	14.4					
											Sugars (g)	41.6	12.1	53.6	12.1	66.6	12.1					
											Sodium (mg)	192	56	248	56	308	56					
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
													Y						Y	Y	Y	Y
Shake - Vanilla											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, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.											Energy (kJ)	1110	330	1470	330	1880	330					
OR											Energy (Cal)	266	79	352	79	449	79					
Milk, Sugar, Milk Solids, Glucose Syrup, Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour											Protein (g)	7.4	2.2	9.8	2.2	12.5	2.2					
VANILLA SYRUP: Water, Sugar, Glucose Syrup (contains preservative sulphur dioxide), Flavour, Colour (150d), Preservative (211), Acidity Regulator (330).											Fat, total (g)	6.5	1.9	8.6	1.9	11.0	1.9					
											Saturated Fat (g)	4.1	1.2	5.4	1.2	6.9	1.2					
											Carbohydrate (g)	44.0	13.0	58.1	13.0	74.1	13.0					
											Sugars (g)	38.0	11.2	50.1	11.2	64.0	11.2					
											Sodium (mg)	173	51	229	51	292	51					
											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
													Y						Y	Y	Y	Y

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, Acidity Regulators (330, 331), Flavour, Preservative (211).	Energy (kJ)	403	131	576	141	877	149					
ICE: Water	Energy (Cal)	96	31	135	34	210	36					
	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)	23.6	7.7	33.7	8.2	51.6	8.7					
	Sugars (g)	23.1	7.6	33.1	8.1	50.6	8.6					
	Sodium (mg)	46	15	66	16	100	17					
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
										Y	Y	

Water- Frantelle and Cool Ridge	Pop Tops Water		Cool Ridge									
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL								
FRANTELLE: Spring Water	Energy (kJ)	0	0	0	0							
COOL RIDGE: Spring Water	Energy (Cal)	0	0	0	0							
	Protein (g)	0.0	0.0	0.0	0.0							
	Fat, total (g)	0.0	0.0	0.0	0.0							
	Saturated Fat (g)	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							
	Sodium (mg)	5	2	33	6							
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours

FRAPPES AND SMOOTHIES

Choc Frappe	Small		Medium		Large							
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL						
CHOC FRAPPE BASE: Sugar, Milk Solids, Cream, Milk, Cocoa Powder, Malt Extract, Chocolate Flavour, Emulsifier (471), Stabilisers (412, 410, 466, 410, 407a, 407).	Energy (kJ)	1650	517	2380	504	2860	498					
ICE: Water.	Energy (Cal)	395	124	570	120	684	119					
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).	Protein (g)	7.3	2.3	10.8	2.3	13.2	2.3					
CHOCOLATE SAUCE: Sucrose Syrup (Cane), Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).	Fat, total (g)	17.6	5.5	24.7	5.2	29.3	5.1					
	Saturated Fat (g)	11.4	3.6	16.0	3.4	18.9	3.3					
	Carbohydrate (g)	51.5	16.1	75.3	15.9	91.2	15.9					
	Sugars (g)	49.2	15.4	72.1	15.2	87.4	15.2					
	Sodium (mg)	98	31	143	30	173	30					
Contains gluten, & milk. Chocolate Sauce contains traces of sulphites.	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Y		Y						T	Y	Y	Y

Coffee Frappe	Small		Medium		Large							
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL						
COFFEE FLAVOURED FRAPPE BASE: Milk, Sugar, Cream, Milk Solids, Water, Coffee Powder, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours.	Energy (kJ)	1570	492	2250	478	2700	471					
ICE: Water.	Energy (Cal)	375	118	539	114	645	113					
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).	Protein (g)	7.8	2.5	11.6	2.5	14.2	2.5					
COFFEE SAUCE: Sucrose Syrup, Water, Flavours, Thickener (1442), Cocoa Powder, Colour (150d), Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).	Fat, total (g)	17.5	5.5	24.7	5.2	29.2	5.1					
	Saturated Fat (g)	11.8	3.7	16.6	3.5	19.7	3.4					
	Carbohydrate (g)	46.2	14.5	67.1	14.2	80.7	14.1					
	Sugars (g)	43.9	13.8	64.0	13.6	77.0	13.4					
	Sodium (mg)	110	35	162	34	195	34					
Contains milk. Traces of sulphites. Coffee Sauce manufactured on a line that produces products containing gluten Frappe made on equipment used to make products containing gluten	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	T		Y						T	Y	Y	Y

	Small		Medium		Large							
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL						
Mocha Frappe												
COFFEE FLAVOURED FRAPPE BASE: Milk, Sugar, Cream, Milk Solids, Water, Coffee Powder, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Flavours.												
CHOC FRAPPE BASE: Sugar, Milk Solids, Cream, Milk, Cocoa Powder, Malt Extract, Chocolate Flavour, Emulsifier (471), Stabilisers (412, 410, 466, 410, 407a, 407).												
ICE: Water.												
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).												
COFFEE SAUCE: Sucrose Syrup, Water, Flavours, Thickener (1442), Cocoa Powder, Colour (150d), Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401)												
Contains milk . Traces of sulphites.												
Coffee Sauce manufactured on a line that produces products containing gluten												
Frappe made on equipment used to make products containing gluten												
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
T		Y						T	Y	Y	Y	
Smoothie - Bananaberry Bash												
STRAWBERRY BANANA SYRUP: Strawberry Puree, Banana Puree, Water, Sugar, Fruit Juice Concentrates (Apple, Elderberry), Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Antioxidant (300).												
ICE: Water.												
LOW FAT YOGHURT: Skim Milk, Sugar, Cream, Milk Solids, Gelatine, Live Yoghurt Cultures.												
Contains milk.												
Smoothie made on equipment used to make products containing gluten												
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
T		Y								Y		
Smoothie - Mango Pineapple Smash												
MANGO PINEAPPLE SYRUP: Water, Fruit Sugar, Mango Puree, Fruit Juice Concentrates [Pineapple, Orange, Apple, Peach], Crushed Pineapple, Antioxidant (300), Passionfruit Juice, Flavours, Thickeners (466, 440, 415), Acidity Regulator (330), Colours (Carrot Extract, Tumeric Extract).												
ICE: Water.												
LOW FAT YOGHURT: Skim Milk, Sugar, Cream, Milk Solids, Gelatine, Live Yoghurt Cultures.												
Contains milk.												
Smoothie made on equipment used to make products containing gluten												
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
T		Y								Y	Y	
HOT DRINKS												
Espresso Pronto - Espresso												
WATER.												
ROAST & GROUND COFFEE.												
										Avg Qty /Serve	Avg Qty /100mL	
										Energy (kJ)	2	3
										Energy (Cal)	<1	1
										Protein (g)	<0.1	0.1
										Fat, total (g)	0.0	0.0
										Saturated Fat (g)	0.0	0.0
										Carbohydrate (g)	<0.1	0.1
										Sugars (g)	<0.1	0.1
										Sodium (mg)	1	2
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	

											Small		Standard		Tall		
											Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
Espresso Pronto - Cappuccino											Energy (kJ)	418	161	576	152	663	139
<u>WATER.</u>											Energy (Cal)	100	39	138	36	159	33
<u>ROAST & GROUND COFFEE.</u>											Protein (g)	4.8	1.9	6.7	1.8	7.8	1.6
MILK: Whole Fresh Milk											Fat, total (g)	5.4	2.1	7.5	2.0	8.7	1.8
CHOC POWDER: Sugar, Cocoa Powder, Whey Powder, Flavour, Starch, Salt.											Saturated Fat (g)	3.5	1.4	4.9	1.3	5.7	1.2
<i>Contains milk.</i>											Carbohydrate (g)	8.0	3.1	10.7	2.8	12.2	2.6
											Sugars (g)	7.9	3.0	10.6	2.8	12.1	2.5
											Sodium (mg)	62	24	86	23	99	21
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours						
		Y								Y							
Espresso Pronto - Flat White											Energy (kJ)	473	182	688	181	860	181
<u>WATER.</u>											Energy (Cal)	113	43	165	43	206	43
<u>ROAST & GROUND COFFEE.</u>											Protein (g)	5.7	2.2	8.2	2.2	10.3	2.2
MILK: Whole Fresh Milk											Fat, total (g)	6.5	2.5	9.4	2.5	11.8	2.5
<i>Contains milk.</i>											Saturated Fat (g)	4.3	1.6	6.2	1.6	7.7	1.6
											Carbohydrate (g)	8.1	3.1	11.7	3.1	14.7	3.1
											Sugars (g)	8.0	3.1	11.7	3.1	14.6	3.1
											Sodium (mg)	71	27	103	27	129	27
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours						
		Y															
Espresso Pronto - Latte											Energy (kJ)	458	176	658	173	817	172
<u>WATER.</u>											Energy (Cal)	110	42	157	41	195	41
<u>ROAST & GROUND COFFEE.</u>											Protein (g)	5.5	2.1	7.9	2.1	9.8	2.1
MILK: Whole Fresh Milk											Fat, total (g)	6.3	2.4	9.0	2.4	11.2	2.3
<i>Contains milk.</i>											Saturated Fat (g)	4.1	1.6	5.9	1.6	7.4	1.5
											Carbohydrate (g)	7.8	3.0	11.2	2.9	13.9	2.9
											Sugars (g)	7.8	3.0	11.2	2.9	13.9	2.9
											Sodium (mg)	69	26	99	26	122	26
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours						
		Y															
Espresso Pronto - Long Black											Energy (kJ)	2	1	2	1	3	1
<u>WATER.</u>											Energy (Cal)	<1	<1	<1	<1	1	<1
<u>ROAST & GROUND COFFEE.</u>											Protein (g)	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
											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)	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
											Sugars (g)	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
											Sodium (mg)	1	<1	1	<1	2	<1
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours						

Tea	Small Black		Large Black		Small White Tea		Large White Tea																	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL																
BLACK TEA: Water, Tea																								
WHITE TEA: Water, Milk, Tea <i>Contains milk.</i>																								
	Energy (kJ)	4	2	6	2	44	20	87	24															
	Energy (Cal)	1	<1	1	<1	11	5	21	6															
	Protein (g)	0.2	0.1	0.3	0.1	0.7	0.3	1.4	0.4															
	Fat, total (g)	0.0	0.0	0.0	0.0	0.5	0.2	1.1	0.3															
	Saturated Fat (g)	0.0	0.0	0.0	0.0	0.3	0.2	0.7	0.2															
	Carbohydrate (g)	0.0	0.0	0.0	0.0	0.7	0.3	1.4	0.4															
	Sugars (g)	0.0	0.0	0.0	0.0	0.7	0.3	1.4	0.4															
	Sodium (mg)	0	0	0	0	7	3	15	4															
	Gluten		Eggs		Milk		Soy		Fish & Crustaea		Peanuts		Tree Nuts		Sesame Seeds		Sulphites		Preservative		Flavour		Colours	
	Black Tea																							
	White Tea			Y																				