



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

Information correct as at May 2020.

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

No 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 Juice - Pop Tops

Reconstituted Apple Juice, Food Acid (330), Vitamin C (300), Preservatives (202, 223), Natural Flavour.

Contains sulphites.

											Avg Qty /Serve	Avg Qty /100mL	
											Energy (kJ)	513	205
											Energy (Cal)	123	49
											Protein (g)	2.5	1.0
											Fat, total (g)	2.5	1.0
											Saturated Fat (g)	0.0	0.0
											Carbohydrate (g)	28.5	11.4
											Sugars (g)	28.5	11.4
											Sodium (mg)	38	15
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
								Y		Y			

### 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)	20.5	8.2
											Sugars (g)	20.0	8.0
											Sodium (mg)	98	39
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours	
		Y									Y		

### 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 & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours					
											Y	Y					

### Coke No Sugar

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

ICE: Water

Contains Phenylalanine

											Small		Medium		Large		
											Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
											Energy (kJ)	3	1	5	1	8	1
											Energy (Cal)	0.9	0.3	1.0	0.3	2.0	0.3
											Protein (g)	0.1	0.0	0.2	0.0	0.3	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)	0.2	0.1	0.3	0.1	0.5	0.1
											Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
											Sodium (mg)	25	8	36	9	55	9
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours					
									Y		Y	Y					

							Small		Medium		Large			
							Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL		
<b>Diet Coke</b>							Energy (kJ)		4	1	6	1	9	1
DIET COKE: Carbonated Water, Colour (150d), Food Acids (338, 330, 331), Artificial Sweeteners (951, 950), Flavour, Preservative (211), Caffeine.							Energy (Cal)		0.9	0.3	1	0.3	2	0
ICE: Water							Protein (g)		0.0	0.0	0.0	0.0	0.0	0.0
<i>Contains Phenylalanine</i>							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)		0.2	0.1	0.3	0.1	0.5	0.1
							Sugars (g)		0.0	0.0	0.0	0.0	0.0	0.0
							Sodium (mg)		34	11	49	12	75	13
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours		
									Y		Y	Y		
							Small		Medium		Large			
							Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL		
<b>Vanilla Coke</b>							Energy (kJ)		436	143	624	152	954	162
VANILLA COKE: Carbonated Water, Sugar, Colour (150d), Food Acids (338), Flavour, Caffeine.							Energy (Cal)		104	34	149	36	228	39
ICE: Water							Protein (g)		0.0	0.0	0.0	0.0	0.0	0.0
<i>Contains Caffeine</i>							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)		25.6	8.4	36.7	9.0	56.1	9.5
							Sugars (g)		25.6	8.4	36.7	9.0	56.1	9.5
							Sodium (mg)		2	0.8	3	0.8	5	0.8
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours		
											Y	Y		
							Small		Medium		Large			
							Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL		
<b>Fanta</b>							Energy (kJ)		526	172	752	184	1150	195
FANTA: Carbonated Water, Sugar, Acidity Regulator (330), Flavour, Preservative (211), Antioxidant (300), Colour (110).							Energy (Cal)		126	41	180	44	275	47
ICE: Water							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	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 & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours		
									Y		Y	Y		
							Small		Medium					
							Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL				
<b>Orange Juice</b>							Energy (kJ)		525	175	783	175		
Water, Orange Juice Concentrate, Preservatives (211,202), Colour (160a), Flavour.							Energy (Cal)		127	42	185	41		
							Protein (g)		2.3	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)		28.6	9.5	42.6	9.5		
							Sugars (g)		22.8	7.6	34.0	7.6		
							Sodium (mg)		26	9	39	9		
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours		
									Y		Y	Y		

	Small						Medium				Large		
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL			
<b>Frozen Coca Cola</b>	Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine .												
	Energy (kJ)	413	118	578	118	779	118						
	Energy (Cal)	98	28	137	28	185	28						
	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)	19	5	26	5	36	5						
<i>Contains caffeine</i>	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
												Y	Y
<b>Frozen Coca Cola McSpider</b>	FROZEN COCA COLA: Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine . SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.												
	Energy (kJ)	1040	280	1240	254	1450	233						
	Energy (Cal)	248	67	296	61	346	56						
	Protein (g)	4.9	1.3	5.2	1.1	5.7	0.9						
	Fat, total (g)	5.9	1.6	6.4	1.3	6.9	1.1						
	Saturated Fat (g)	3.9	1.1	4.2	0.9	4.6	0.7						
	Carbohydrate (g)	43.5	11.7	53.6	11.0	64.5	10.4						
	Sugars (g)	41.2	11.1	50.4	10.3	61.1	9.8						
	Sodium (mg)	79	21	90	18	102	16						
<i>OR</i>	Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.												
	Energy (kJ)	1040	280	1240	254	1450	233						
	Energy (Cal)	248	67	296	61	346	56						
	Protein (g)	4.9	1.3	5.2	1.1	5.7	0.9						
	Fat, total (g)	5.9	1.6	6.4	1.3	6.9	1.1						
	Saturated Fat (g)	3.9	1.1	4.2	0.9	4.6	0.7						
	Carbohydrate (g)	43.5	11.7	53.6	11.0	64.5	10.4						
	Sugars (g)	41.2	11.1	50.4	10.3	61.1	9.8						
	Sodium (mg)	79	21	90	18	102	16						
<i>OR</i>	Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).												
<i>Contains milk and sulphites.</i>	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
			Y						T			Y	Y
<b>Frozen Coke No Sugar</b>	FROZEN COKE NO SUGAR: Carbonated Water, Sweeteners (968, 955, 950), Bulking Agent (422), Colour (150d), Food Acid (338), Preservative (211), Flavour, Caffeine.												
	Energy (kJ)	46	13	65	13	87	13						
	Energy (Cal)	11	3	16	3	21	3						
	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						
<i>Contains caffeine</i>	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
										Y		Y	Y
<b>Frozen Coke No Sugar McSpider</b>	FROZEN COKE NO SUGAR: Carbonated Water, Sweeteners (968, 955, 950), Bulking Agent (422), Colour (150d), Food Acid (338), Preservative (211), Flavour, Caffeine. SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.												
	Energy (kJ)	747	207	839	178	913	152						
	Energy (Cal)	179	50	200	43	218	36						
	Protein (g)	4.7	1.3	5.2	1.1	5.7	0.9						
	Fat, total (g)	5.8	1.6	6.4	1.4	6.9	1.2						
	Saturated Fat (g)	3.8	1.1	4.2	0.9	4.6	0.8						
	Carbohydrate (g)	26.7	7.4	30.1	6.4	33.0	5.5						
	Sugars (g)	23.0	6.4	25.6	5.4	27.6	4.6						
	Sodium (mg)	68	19	78	16	86	14						
<i>OR</i>	Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.												
	Energy (kJ)	747	207	839	178	913	152						
	Energy (Cal)	179	50	200	43	218	36						
	Protein (g)	4.7	1.3	5.2	1.1	5.7	0.9						
	Fat, total (g)	5.8	1.6	6.4	1.4	6.9	1.2						
	Saturated Fat (g)	3.8	1.1	4.2	0.9	4.6	0.8						
	Carbohydrate (g)	26.7	7.4	30.1	6.4	33.0	5.5						
	Sugars (g)	23.0	6.4	25.6	5.4	27.6	4.6						
	Sodium (mg)	68	19	78	16	86	14						
<i>OR</i>	Milk, Sugar, Cream, Water, Maltodextrin (from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).												
<i>Contains milk, caffeine and sulphites.</i>	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
			Y						Y	T		Y	Y

Frozen Fanta - MFV	Small		Medium		Large								
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g							
<u>FROZEN FANTA SOUR</u> – Carbonated Water, Sugar, Food Acid (330), Preservative (211)	411	117	575	117	774	117							
<u>PINEAPPLE SYRUP</u> – Flavour, Colours (104, 110).	98	28	137	28	185	28							
<u>RAPSBERRY SYRUP</u> – Flavour, Colour (122).	0.0	0.0	0.0	0.0	0.0	0.0							
<u>VANILLA SYRUP</u> – Flavour, Colour (150d).	0.0	0.0	0.0	0.0	0.0	0.0							
<u>BLUEBERRY SYRUP</u> – Flavour, Colour (133).	0.0	0.0	0.0	0.0	0.0	0.0							
<u>MANGO SYRUP</u> – Flavour, Colour (110, 122).	24.2	6.9	33.8	6.9	45.5	6.9							
<u>LIME SYRUP</u> – Flavour, Colours (104, 133).	24.2	6.9	33.8	6.9	45.5	6.9							
<u>GRAPE SYRUP</u> – Flavour, Colours (122, 104, 133).	6	2	9	2	12	2							
<u>PEACH SYRUP</u> – Flavour, Food Acid (330), Preservative (211), Flavour, Colour (110).													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
										Y			

Frozen Fanta Spider - MFV	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
<u>FROZEN FANTA SOUR</u> – Carbonated Water, Sugar, Food Acid (330), Preservative (211)	1010	280	1210	256	1410	235
<u>PINEAPPLE SYRUP</u> – Flavour, Colours (104, 110).	241	67	288	61	337	56
<u>RAPSBERRY SYRUP</u> – Flavour, Colour (122).	4.7	1.3	5.2	1.1	5.7	0.9
<u>VANILLA SYRUP</u> – Flavour, Colour (150d).	5.8	1.6	6.4	1.4	6.9	1.2
<u>BLUEBERRY SYRUP</u> – Flavour, Colour (133).	3.8	1.1	4.2	0.9	4.6	0.8
<u>MANGO SYRUP</u> – Flavour, Colour (110, 122).	42.1	11.7	51.7	11.0	62.1	10.4
<u>LIME SYRUP</u> – Flavour, Colours (104, 133).	39.9	11.1	49.3	10.5	59.5	9.9
<u>GRAPE SYRUP</u> – Flavour, Colours (122, 104, 133).	68	19	77	16	84	14
<u>PEACH SYRUP</u> – Flavour, Food Acid (330), Preservative (211), Flavour, Colour (110).						
<u>SUNDAE MIX</u> - Milk, Milk Solids, Sugar, Cream, Glucose syrup (derived from maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.						
OR						
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucosep (from SyruMaize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.						
OR						
Milk, Sugar, Cream, Maltodextrin (derived from maize and tapioca), Dextrose (from maize), Milk Solids, Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavour, Mineral Salt (339), Food Acids (330, 331).						

Shake - Chocolate	Small		Medium		Large								
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL							
<u>SHAKE MIX</u> : Milk, Milk Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.	1290	389	1740	389	2110	545							
OR	307	93	415	93	503	130							
Milk, Sugar, Milk Solids, Skim Milk, Cream, Maltodextrin, Vegetable Gums (412, 407, 407a, 466), Mineral Salt (452), Flavour.	8.8	2.7	11.9	2.7	14.6	3.8							
OR	7.6	2.3	10.2	2.3	12.5	3.2							
Milk, Sugar, Water, Milk Solids, Maltodextrin, Cream, Vegetable Gums (412, 407, 407a, 466), Flavours, Mineral Salts (339, 452), Food Acids (330, 331).	4.8	1.4	6.4	1.4	7.6	2.0							
<u>CHOCOLATE SHAKE SYRUP</u> : Invert Sugar Syrup, Glucose Syrup [Glucose, Preservative (223)], Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours.	49.9	15.1	67.4	15.1	81.7	21.1							
	41.4	12.5	55.9	12.5	67.7	17.5							
	251	76	339	76	411	106							
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
	T		Y						Y	Y		Y	

*Contains milk & sulphites.*  
*Contains traces of gluten.*



FRAPPES													
	Small		Medium		Large								
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL							
<b>Choc Frappe</b>													
FRAPPE BASE CHOC : Sugar, Milk, Milk Solids, Cream, Water, Cocoa Powder, Malt Extract, Emulsifier (471), Chocolate Powder, Stabilisers (412, 410, 466, 407a, 407);													
ICE: Water.													
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).													
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).													
<i>Contains gluten, milk &amp; sulphites.</i>													
	Energy (kJ)	1630	510	2350	497	2830	491						
	Energy (Cal)	390	122	562	119	675	117						
	Protein (g)	6.5	2.0	9.7	2.0	11.8	2.0						
	Fat, total (g)	17.2	5.4	24.1	5.1	28.6	5.0						
	Saturated Fat (g)	11.7	3.7	16.5	3.5	19.6	3.4						
	Carbohydrate (g)	51.0	16.0	74.5	15.8	90.3	15.7						
	Sugars (g)	48.3	15.1	70.9	15.0	85.9	14.9						
	Sodium (mg)	83	26	121	26	146	25						
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
	Y		Y						Y	Y		Y	Y
<b>Coffee Frappe</b>													
FRAPPE BASE COFFEE - Milk Solids, Sugar, Milk, Cream, Coffee Powder, Emulsifier (471), Stabilisers (412, 410, 466, 407a, 407), Flavours.													
ICE: Water.													
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).													
CHOCOLATE SAUCE: Sugar, Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).													
<i>Contains milk &amp; sulphites. May contain traces of gluten.</i>													
<i>Frappe made on equipment used to make products containing gluten</i>													
	Energy (kJ)	1560	490	2170	468	2690	470						
	Energy (Cal)	373	117	519	112	643	112						
	Protein (g)	7.9	2.5	11.6	2.5	13.0	2.3						
	Fat, total (g)	17.5	5.5	24.5	5.3	28.5	5.0						
	Saturated Fat (g)	11.8	3.7	16.6	3.6	19.3	3.4						
	Carbohydrate (g)	46.0	14.4	62.8	13.5	81.7	14.3						
	Sugars (g)	43.7	13.7	60.1	12.9	77.7	13.6						
	Sodium (mg)	110	35	155	33	216	38						
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
	T		Y						Y	Y		Y	Y
<b>Mocha Frappe</b>													
FRAPPE BASE COFFEE: Milk Solids, Sugar, Milk, Cream, Coffee Powder, Emulsifier (471), Stabilisers (412, 410, 466, 407a, 407), Flavours													
FRAPPE BASE CHOC: Sugar, Milk Solids, Cream, Milk, Cocoa Powder, Malt Extract (from wheat), Chocolate Flavour, Emulsifier (471), Stabilisers (412, 410, 466, 407a, 407)													
ICE: Water.													
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).													
CHOCOLATE SAUCE: Sugar, Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).													
<i>Contains milk, gluten &amp; sulphites.</i>													
<i>Frappe made on equipment used to make products containing gluten</i>													
	Energy (kJ)	1730	511	2340	495	2860	488						
	Energy (Cal)	412	122	559	118	685	117						
	Protein (g)	8.0	2.4	11.3	2.4	14.1	2.4						
	Fat, total (g)	19.7	5.8	25.8	5.5	31.0	5.3						
	Saturated Fat (g)	13.1	3.9	17.1	3.6	20.5	3.5						
	Carbohydrate (g)	50.4	14.9	70.2	14.8	87.0	14.8						
	Sugars (g)	48.1	14.2	67.0	14.2	83.1	14.1						
	Sodium (mg)	110	33	153	32	189	32						
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
	Y		Y						Y	Y		Y	Y
<b>Salted Caramel Frappe</b>													
FRAPPE BASE SALTED CARAMEL: Sugar, Milk Solids, Milk, Cream, Flavour, Salt, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Colour (150c)													
ICE: Water.													
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (407, 401).													
CHOCOLATE SAUCE: Sugar, Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).													
<i>Contains milk &amp; sulphites. May contain traces of gluten.</i>													
<i>Frappe made on equipment used to make products containing gluten</i>													
	Energy (kJ)	1460	450	2050	430	2450	423						
	Energy (Cal)	349	108	490	103	585	101						
	Protein (g)	7.2	2.2	10.7	2.2	13.0	2.2						
	Fat, total (g)	19.1	5.9	26.0	5.5	30.6	5.3						
	Saturated Fat (g)	12.9	4.0	17.5	3.7	20.6	3.6						
	Carbohydrate (g)	36.8	11.4	53.2	11.2	64.2	11.1						
	Sugars (g)	36.2	11.2	52.5	11.0	63.4	11.0						
	Sodium (mg)	345	107	514	108	628	108						
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
	T		Y						Y	Y		Y	Y

<u>Water- Pop Top and Cool Ridge</u>					Pop Tops Water		Cool Ridge						
					Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL					
POP TOP: 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 & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours

















