



McDonald's Australia Limited Time Offer - Food & Beverage - Allergen - Ingredients - Nutrition Information

Information correct as at Jun 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 McCafe 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. 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

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.

Donut Balls															
Donut Balls DONUT BALLS: Wheat Flour, Sugar, Water, Egg , Canola Oil, Milk Solids [Emulsifier (322 - Soy)], Raising Agent [500,541,170, Maize Flour], Flavour, Wheat Gluten , Iodised Salt, Cinnamon. <i>Contains gluten, egg, milk and soy.</i> <i>DONUT BALLS may contain TRACES of peanuts, tree nuts and sesame seeds.</i> <i>DONUT BALLS are cooked in a McDonald's Vegetable Oil blend.</i> <i>DONUT BALLS may be cooked using the same equipemnt as products containing gluten, egg, milk and soy.</i>													Donut Balls		
													Avg Qty /Serve	Avg Qty /100g	
													Energy (kJ)	923	1920
													Energy (Cal)	221	460
													Protein (g)	2.3	4.8
													Fat, total (g)	12.1	25.2
													Saturated Fat (g)	5.3	11.1
													Carbohydrate (g)	25.0	52.1
													Sugars (g)	12.6	26.3
													Sodium (mg)	120	251
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Lupin	Sulphites	Preservative	Flavour	Colours		
	Y	Y	Y	Y		T	T	T				Y			
	Donut Balls with Chocolate Topping														
	Donut Balls with Chocolate Topping DONUT BALLS: Wheat Flour, Sugar, Water, Egg , Canola Oil, Milk Solids [Emulsifier (322 - Soy)], Raising Agent [500,541,170, Maize Flour], Flavour, Wheat Gluten , Iodised Salt, Cinnamon. CHOCOLATE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Emulsifier (322 - Soy), Whole Sweetened Condensed Milk (Milk , Milk Powder, Sugar, Lactose), Cocoa Powder, Whole Milk Powder, Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202). <i>Contains gluten, egg, milk and soy.</i> <i>DONUT BALLS may contain TRACES of peanuts, tree nuts and sesame seeds.</i> <i>DONUT BALLS are cooked in a McDonald's Vegetable Oil blend.</i> <i>DONUT BALLS may be cooked using the same equipemnt as products containing gluten, egg, milk and soy.</i>													Donut Balls with Chocolate Topping	
												Avg Qty /Serve	Avg Qty /100g		
												Energy (kJ)	1540	1790	
												Energy (Cal)	368	428	
												Protein (g)	3.1	3.6	
												Fat, total (g)	15.1	17.6	
												Saturated Fat (g)	7.8	9.1	
												Carbohydrate (g)	53.7	62.6	
												Sugars (g)	32.7	38.1	
												Sodium (mg)	180	210	
Gluten		Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Lupin	Sulphites	Preservative	Flavour	Colours		
Y		Y	Y	Y		T	T	T			Y	Y			
Banana Caramel Twin Filled Pie															
Banana Caramel Twin Filled Pie BANANA CARAMEL TWIN FILLED PIE: Water, Wheat Flour, Sugar, Margarine (Vegetable Oils & Fats (RSPO Palm Oil, Soybean Oil), Water, Emulsifiers (471, 322 - Soy), Salt, Natural Butter Flavour, Preservative (202), Acidity Regulator (330), Natural Colour (160a), Antioxidant (307b), Modified Starch (1412, 1442 [Tapioca, Maize], 1422), Banana Puree, Caramel (Glucose Syrup, Sweetened Condensed Skimmed Milk , Water, Sugar, RSPO Palm Oil, Modified Starch (1442), Emulsifier (471, 322 - Soy), Natural Flavour, Acidity Regulators (331, 334), Salt, Preservative (202), Thickener (440), Custard Mix (Thickeners (1442, 407), Dextrose), Full Cream Milk Powder, Whey Powder (from Milk), Iodised Salt, Natural Flavours (Caramel, Butter [contains Milk], Banana), Dextrose, Colour (150c), Baking Powder (Raising Agents (450, 500), Maize Starch, Mineral Salt (170)), Vegetable Gum (466), Yellow Gardenia Extract. <i>Contains gluten, milk and soy.</i> <i>BANANA CARAMEL TWIN FILLED PIE is cooked in a McDonald's Vegetable Oil blend.</i>														Banana Caramel Twin Filled Pie	
													Avg Qty /Serve	Avg Qty /100g	
													Energy (kJ)	1070	1260
													Energy (Cal)	256	301
													Protein (g)	2.6	3.1
													Fat, total (g)	13.8	16.2
													Saturated Fat (g)	3.8	4.5
													Carbohydrate (g)	29.8	35.0
													Sugars (g)	9.3	10.9
													Sodium (mg)	115	135
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Lupin	Sulphites	Preservative	Flavour	Colours		
	Y		Y	Y							Y	Y	Y		

Banana Caramel Twin Filled Pie McFlurry

SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, **Cream**, Glucose Syrup (derived from maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.

OR

SUNDAE MIX: **Milk**, Sugar, Skim **Milk**, **Milk** Solids, **Cream**, Glucose Syrup (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.

OR

SUNDAE MIX: **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).

BANANA CARAMEL TWIN FILLED PIE: Water, **Wheat** Flour, Sugar, Margarine (Vegetable Oils & Fats (RSPO Palm Oil, **Soybean** Oil), Water, Emulsifiers (471, 322 - **Soy**), Salt, Natural Butter Flavour, Preservative (202), Acidity Regulator (330), Natural Colour (160a), Antioxidant (307b), Modified Starch (1412, 1442 [Tapioca, Maize], 1422), Banana Puree, Caramel (Glucose Syrup, Sweetened Condensed Skimmed **Milk**, Water, Sugar, RSPO Palm Oil, Modified Starch (1442), Emulsifier (471, 322 - **Soy**), Natural Flavour, Acidity Regulators (331, 334), Salt, Preservative (202), Thickener (440), Custard Mix (Thickeners (1442, 407), Dextrose), Full Cream **Milk** Powder, Whey Powder (from **Milk**), Iodised Salt, Natural Flavours (Caramel, Butter [contains **Milk**], Banana), Dextrose, Colour (150c), Baking Powder (Raising Agents (450, 500), Maize Starch, Mineral Salt (170)), Vegetable Gum (466), Yellow Gardenia Extract.

CARAMEL TOPPING: Glucose Corn Syrup, Whole Sweetened Condensed Milk (**Milk**, **Milk** Powder, Sugar, Lactose), High Fructose Corn Syrup, Shortening [Palm Oil, Antioxidant (307)], Water, Sugar, Thickeners (401, 440), Salt, Stabiliser (339), Flavouring.

Contains gluten, milk and soy.
SUNDAE MIX may contain TRACES of sulphites.
BANANA CARAMEL TWIN FILLED PIE is cooked in a McDonald's Vegetable Oil blend.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2630	945
Energy (Cal)	628	226
Protein (g)	9.4	3.4
Fat, total (g)	23.4	8.4
Saturated Fat (g)	10.2	3.7
Carbohydrate (g)	93.2	33.5
Sugars (g)	55.8	20.1
Sodium (mg)	263	95

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Lupin	Sulphites	Preservative	Flavour	Colours
Y		Y	Y						T	Y	Y	Y

Cheesy Beef Burger			Avg Qty /Serve	Avg Qty /100g																																		
	<p>CHEESE PATTY: Pasteurised Milk, Flour (Wheat and Maize), Water, Vegetable Oil, Salt, Starch (Rice, Potato, Tapioca), Yeast, Maltodextrin, Methyl Cellulose (461), Milk Solids, Wheat Gluten, Spice, Sugar, Whey Solids, Flavour (Contains Milk), Cheese Solids, Colour (160c), Starter Cultures, Enzymes, Food Acids (270, 330), Yeast Extract, Preservative (200), Anticaking Agent (460), Disodium Phosphate.</p> <p>BEEF PATTY: Beef.</p> <p>QUARTER BUN: Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds, Glaze, Iodised Salt, Natural Flavour, Wheat Gluten, Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).</p> <p>AUSSIE JACK CHEESE: Pasteurised Milk, Salt, Starter Culture, Non-animal Rennet.</p> <p>TOMATO CHILLI JAM: Sugar, Vinegar, Vegetable, Chilli Paste [Chilli, Food Acid (260)], Water, Onion Puree, Diced Tomato [Diced Tomatoes, Tomato Juice, Food Acid (330), Mineral Salt (509)], Thickener (1422), Apple Puree, Minced Garlic, Ginger Puree, Salt, Spices (Including Chilli), Vegetable Gum (415), Yeast Extract, Natural Colour (150a), Food Acid (330), Preservative (202), Spice Extract (160c).</p> <p>DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.</p> <p>McCHICKEN SAUCE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).</p> <p><i>Contains gluten, egg, milk, soy and sesame seeds.</i> <i>CHEESE PATTY is cooked in a McDonald's Vegetable Oil Blend.</i> <i>CHEESE PATTY may be cooked using the same equipemnt as products containing gluten, egg, milk and soy.</i> <i>BEEF PATTY seasoned on grill. Seasoning: Salt, Pepper.</i> <i>BEEF PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.</i> <i>QUARTER BUNS are produced on equipment that also produces products containing soy.</i></p>	<table border="1"> <tr><td>Energy (kJ)</td><td>3400</td><td>1150</td></tr> <tr><td>Energy (Cal)</td><td>812</td><td>275</td></tr> <tr><td>Protein (g)</td><td>44.2</td><td>15.0</td></tr> <tr><td>Fat, total (g)</td><td>44.6</td><td>15.1</td></tr> <tr><td>Saturated Fat (g)</td><td>21.6</td><td>7.3</td></tr> <tr><td>Carbohydrate (g)</td><td>57.5</td><td>19.5</td></tr> <tr><td>Sugars (g)</td><td>11.1</td><td>3.8</td></tr> <tr><td>Sodium (mg)</td><td>1620</td><td>550</td></tr> </table>	Energy (kJ)	3400	1150	Energy (Cal)	812	275	Protein (g)	44.2	15.0	Fat, total (g)	44.6	15.1	Saturated Fat (g)	21.6	7.3	Carbohydrate (g)	57.5	19.5	Sugars (g)	11.1	3.8	Sodium (mg)	1620	550												
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Lupin	Sulphites	Preservative	Flavour	Colours																										
Y	Y	Y	Y				Y			Y	Y	Y																										

Cheesy McChicken Burger	CHEESE PATTY: Pasteurised Milk , Flour (Wheat and Maize), Water, Vegetable Oil, Salt, Starch (Rice, Potato, Tapioca), Yeast, Maltodextrin, Methyl Cellulose (461), Milk Solids, Wheat Gluten , Spice, Sugar, Whey Solids, Flavour (Contains Milk), Cheese Solids, Colour (160c), Starter Cultures, Enzymes, Food Acids (270, 330), Yeast Extract, Preservative (200), Anticaking Agent (460), Disodium Phosphate.												Avg Qty /Serve	Avg Qty /100g	
	McCHICKEN PATTY: Chicken, Water, Flour (Wheat , Maize), Vegetable Oil (Canola), Thickeners (1401, 1400), Mineral Salts (508, 500, 450, 451), Starch (Maize, Wheat), Salt, Spice and Spice Extracts (including Pepper), Maltodextrin, Vegetable Powders (Garlic, Onion, Celery), Dextrose, Raising Agent (341), Emulsifiers (481,433), Herb, Yeast Extract, Natural Colours (100, 160c),											Energy (kJ)	3130	1080	
	QUARTER BUN: Wheat Flour (Vitamins (Thiamin, Folate, Niacin, Iron, Riboflavin), Enzymes), Water, Sugar, Canola Oil, Sesame Seeds , Glaze, Iodised Salt, Natural Flavour, Wheat Gluten , Yeast, Preservative (282), Emulsifiers (472e, 471), Improver (Wheat Flour, Malted Wheat Flour, Antioxidant (300), Enzymes), Thickener (412), Antioxidant (300).											Energy (Cal)	747	259	
	AUSSIE JACK CHEESE: Pasteurised Milk , Salt, Starter Culture, Non-animal Rennet.											Protein (g)	35.8	12.4	
	TOMATO CHILLI JAM: Sugar, Vinegar, Vegetable, Chilli Paste [Chilli, Food Acid (260)], Water, Onion Puree, Diced Tomato [Diced Tomatoes, Tomato Juice, Food Acid (330), Mineral Salt (509)], Thickener (1422), Apple Puree, Minced Garlic, Ginger Puree, Salt, Spices (Including Chilli), Vegetable Gum (415), Yeast Extract, Natural Colour (150a), Food Acid (330), Preservative (202), Spice Extract (160c).											Fat, total (g)	38.6	13.4	
	DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.											Saturated Fat (g)	12.3	4.3	
	McCHICKEN SAUCE: Water, Soybean Oil (Antioxidant (330)), Egg Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).											Carbohydrate (g)	62.8	21.7	
	<i>Contains gluten, egg, milk, soy and sesame seeds.</i>											Sugars (g)	14.5	5.0	
	<i>CHEESE PATTY and McCHICKEN PATTY are cooked in a McDonald's Vegetable Oil Blend.</i>											Sodium (mg)	1400	483	
	<i>CHEESE PATTY and McCHICKEN PATTY may be cooked using the same equipemnt as products containing gluten, egg, milk and soy.</i>														
	<i>QUARTER BUNS are produced on equipment that also produces products containing soy.</i>														
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Lupin	Sulphites	Preservative	Flavour	Colours		
	Y	Y	Y	Y				Y			Y	Y	Y		

Mozzarella Sticks	MOZZARELLA STICKS: Part Skim Mozzarella Cheese (Pasteurised Milk , Salt, Cultures, Enzymes (Protease), Modified Food Starch (1442), Crumbs (Wheat Flour, Sugar, Salt, Yeast, Wheat Gluten), Batter (Water, Wheat Flour), Canola Oil, Modified Food Starch, Salt, Cheese Flavour.											Mozzarella Sticks			
	MOZZARELLA STICKS are cooked in a McDonald's Vegetable Oil Blend.												Avg Qty /Serve	Avg Qty /100g	
	MOZZARELLA STICKS may be cooked using the same equipemnt as products containing gluten, egg, milk and soy.											Energy (kJ)	1300	1300	
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Lupin	Sulphites	Preservative	Flavour	Colours		
	Y		Y									Y			
												Energy (Cal)	310	310	
												Protein (g)	11.3	11.3	
												Fat, total (g)	17.9	17.9	
												Saturated Fat (g)	7.4	7.4	
												Carbohydrate (g)	24.9	24.9	
												Sugars (g)	1.6	1.6	
												Sodium (mg)	438	438	

Tomato Chilli Jam	TOMATO CHILLI JAM: Sugar, Vinegar, Vegetable, Chilli Paste [Chilli, Food Acid (260)], Water, Onion Puree, Diced Tomato [Diced Tomatoes, Tomato Juice, Food Acid (330), Mineral Salt (509)], Thickener (1422), Apple Puree, Minced Garlic, Ginger Puree, Salt, Spices (Including Chilli), Vegetable Gum (415), Yeast Extract, Natural Colour (150a), Food Acid (330), Preservative (202), Spice Extract (160c).											Tomato Chilli Jam			
													Avg Qty /Serve	Avg Qty /100g	
												Energy (kJ)	257	857	
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Lupin	Sulphites	Preservative	Flavour	Colours		
												Energy (Cal)	61	205	
												Protein (g)	0.2	0.6	
												Fat, total (g)	0.1	0.2	
												Saturated Fat (g)	0.0	0.0	
												Carbohydrate (g)	14.7	49.1	
												Sugars (g)	13.2	44.0	
												Sodium (mg)	136	455	