



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: 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>												
	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: 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>												
	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: 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>												
	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	<u>SUNDAE MIX:</u> Milk , Milk Solids, Sugar, Cream , Glucose Syrup (derived from maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.													Avg Qty /Serve	Avg Qty /100g
	OR												Energy (kJ)	2630	945
	<u>SUNDAE MIX:</u> Milk , Sugar, Skim Milk , Milk Solids, Cream , Glucose Syrup (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.												Energy (Cal)	628	226
	OR												Protein (g)	9.4	3.4
	<u>SUNDAE MIX:</u> 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).												Fat, total (g)	23.4	8.4
	<u>BANANA CARAMEL TWIN FILLED PIE:</u> 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.												Saturated Fat (g)	10.2	3.7
	<u>CARAMEL TOPPING:</u> 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.												Carbohydrate (g)	93.2	33.5
	<i>Contains gluten, milk and soy.</i>												Sugars (g)	55.8	20.1
	<i>SUNDAE MIX may contain TRACES of sulphites.</i>												Sodium (mg)	263	95
	<i>BANANA CARAMEL TWIN FILLED PIE is cooked in a McDonald's Vegetable Oil blend.</i>														
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Lupin	Sulphites	Preservative	Flavour	Colours			
Y		Y	Y						T	Y	Y	Y			

Cheesy Beef 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.													
	BEEF PATTY: Beef.													
	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).													
	AUSSIE JACK CHEESE: Pasteurised Milk , Salt, Starter Culture, Non-animal Rennet.													
	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).													
	DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.													
	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).													
	<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>														
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Lupin	Sulphites	Preservative	Flavour	Colours		
Y	Y	Y	Y				Y			Y	Y	Y		

	Avg Qty /Serve	Avg Qty /100g
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

