



McDonald's Australia Beverages

Allergen - Ingredients - Nutrition Information

Information correct as at May 2021.

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

Pop Tops® Apple Juice

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	Y	

CalciYum™ Chocolate Flavoured Milk

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	

Orange Juice

Water, Orange Juice Concentrate, Preservatives (211,202), Colour (160a), Flavour.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	525	175	783	175	783	175
Energy (Cal)	127	42	185	41	185	41
Protein (g)	2.3	0.8	3.4	0.8	3.4	0.8
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)	28.6	9.5	42.6	9.5	42.6	9.5
Sugars (g)	22.8	7.6	34.0	7.6	34.0	7.6
Sodium (mg)	26	9	39	9	39	9

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

Coca-Cola®

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

Contains caffeine.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	429	187	613	187	938	187
Energy (Cal)	102	45	146	45	224	45
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	11.0	36.1	11.0	55.2	11.0
Sugars (g)	25.2	11.0	36.1	11.0	55.2	11.0
Sodium (mg)	24	10	34	10	52	10

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

Coca-Cola® No Sugar

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

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

Diet Coke®

DIET COKE®: Carbonated Water, Colour (150d), Food Acids (338, 330, 331), Artificial Sweeteners (951, 950), Flavour, Preservative (211), Caffeine.

Contains phenylalanine and caffeine.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	4	1	6	1	9	1
Energy (Cal)	0.9	0.3	1	0.3	2	0
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)	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

Coca-Cola® Vanilla

COCA-COLA® VANILLA: Carbonated Water, Sugar, Colour (150d), Food Acids (338), Flavour, Caffeine.

Contains Caffeine.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	436	190	624	190	954	190
Energy (Cal)	104	46	149	46	228	46
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)	25.6	11.2	36.7	11.2	56.1	11.2
Sugars (g)	25.6	11.2	36.7	11.2	56.1	11.2
Sodium (mg)	2	1	3	1	5	1

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

Fanta®

FANTA®: Carbonated Water, Sugar, Acidity Regulator (330), Flavour, Preservative (211), Antioxidant (300), Colour (110).

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	526	172	752	172	1150	172
Energy (Cal)	126	41	180	41	275	41
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	10.1	67.6	10.1
Sugars (g)	30.7	10.1	43.9	10.1	67.1	10.1
Sodium (mg)	34	11	49	11	75	11

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

Sprite® SPRITE®: Carbonated Water, Sugar, Acidity Regulators (330, 331), Flavour, Preservative (211).	Small		Medium		Large														
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
Energy (kJ)	378	165	541	165	827	165										Y			
Energy (Cal)	90	39	129	39	198	39													
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)	22.2	9.7	31.8	9.7	48.7	9.7													
Sugars (g)	22.2	9.7	31.8	9.7	48.7	9.7													
Sodium (mg)	33	14	47	14	71	14													

Sparkling Water Carbonated Water.	Small		Medium		Large														
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
Energy (kJ)	0	0	0	0	0	0													
Energy (Cal)	0	0	0	0	0	0													
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)	0.0	0.0	0.0	0.0	0.0	0.0													
Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0													
Sodium (mg)	5	2	5	2	5	2													

Frozen Coke® Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine . Contains caffeine.	Small		Medium		Large														
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
Energy (kJ)	420	118	580	118	780	118													
Energy (Cal)	100	28	138	28	186	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													

Frozen Fanta® - MFV FROZEN FANTA®: BLUEBERRY: Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Colour (133). GRAPE: Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Colours (122, 104, 133). LIME: Carbonated Water, Sugar, Food Acid (330), Preservative (211), Flavour, Colours (104, 133), Antioxidant (300). MANGO: Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Colour (110, 122). PINEAPPLE: Carbonated Water, Sugar, Food Acid (330), Preservative (211), Flavour, Colours (104, 110). RASPBERRY: Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (122). VANILLA: Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (150d). All FROZEN FANTA® flavours have the same nutritional content.	Small		Medium		Large														
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Energy (kJ)	420	117	580	119 kJ	780	119													
Energy (Cal)	100	28	139	28	186	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)	6	2	9	2	12	2										Y			Y

Frozen Coke® Your Way - MFV

FROZEN COKE® YOUR WAY:

BLUEBERRY: Carbonated Water, Sugar, Colour (150d, 104, 133), Food Acids (330, 338), Flavours, Preservative (211), Caffeine.
 GRAPE: Carbonated Water, Sugar, Colour (150d, 104, 122, 133), Food Acids (330, 338), Flavours, Preservative (211),
 LIME: Carbonated Water, Sugar, Colour (150d, 104, 133), Food Acids (330, 338), Flavours, Preservative (211), Caffeine.
 MANGO: Carbonated Water, Sugar, Colour (150d, 104, 110, 122), Food Acids (330, 338), Flavours, Preservative (211), Caffeine.
 RASPBERRY: Carbonated Water, Sugar, Colour (150d, 104, 122), Food Acids (330, 338), Flavours, Preservative (211), Caffeine.
 PINEAPPLE: Carbonated Water, Sugar, Colour (150d, 104, 110), Food Acids (330, 338), Flavours, Preservative (211), Caffeine. (104,110).
 VANILLA: Carbonated Water, Sugar, Colour (150d, 104), Food Acids (330, 338), Flavours, Preservative (211), Caffeine.

Contains caffeine.

All FROZEN COKE® YOUR WAY flavours have the same nutritional content.

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

Chocolate Shake

SHAKE MIX: **Milk, Milk** Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.

OR **Milk**, Sugar, **Milk** Solids, Skim **Milk, Cream**, Maltodextrin, Vegetable Gums (412, 407, 407a, 466), Mineral Salt (452), Flavour.

OR **Milk**, Sugar, Water, **Milk** Solids, Maltodextrin, **Cream**, Vegetable Gums (412, 407, 407a, 466), Flavours, Mineral Salts (339, 452), Food Acids (330, 331).

CHOCOLATE SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup (Preservative (223)), Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours.

Contains milk & sulphites.

CHOCOLATE SHAKE SYRUP contains traces of sulphites.

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

Strawberry Shake

SHAKE MIX: **Milk, Milk** Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.

OR **Milk**, Sugar, **Milk** Solids, Skim **Milk, Cream**, Maltodextrin, Vegetable Gums (412, 407, 407a, 466), Mineral Salt (452), Flavour.

OR **Milk**, Sugar, Water, **Milk** Solids, Maltodextrin, Cream, Vegetable Gums (412, 407, 407a, 466), Flavours, Mineral Salts (339, 452), Food Acids (330, 331).

STRAWBERRY SYRUP: Invert Sugar Syrup, Water, Glucose Syrup (Preservative (220)), Sugar, Strawberry Juice Concentrate, Acidity Regulator (330), Preservative (211), Humectant (1520), Colours (129,110, 133), Flavour.

Contains milk.

STRAWBERRY SHAKE SYRUP contains traces of sulphites.

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

Vanilla Shake

SHAKE MIX: **Milk, Milk** Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.

OR **Milk**, Sugar, **Milk** Solids, Skim **Milk, Cream**, Maltodextrin, Vegetable Gums (412, 407, 407a, 466), Mineral Salt (452), Flavour.

OR **Milk**, Sugar, Water, **Milk** Solids, Maltodextrin, Cream, Vegetable Gums (412, 407, 407a, 466), Flavours, Mineral Salts (339, 452), Food Acids (330, 331).

VANILLA SYRUP: Water, Sugar, Glucose Syrup (Preservative (220)), Flavour, Colour (150d), Preservative (211), Acidity Regulator (330).

Contains milk.

VANILLA SHAKE SYRUP contains traces of sulphites.

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

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty /100g	Avg Qty / Serve	Avg Qty /100g	Avg Qty / Serve	Avg Qty /100g
Energy (kJ)	420	117	580	119 kJ	780	119
Energy (Cal)	100	28	139	28	186	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)	6	2	9	2	12	2

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	1290	389	1740	389	2110	545
Energy (Cal)	307	93	415	93	503	130
Protein (g)	8.8	2.7	11.9	2.7	14.6	3.8
Fat, total (g)	7.6	2.3	10.2	2.3	12.5	3.2
Saturated Fat (g)	4.8	1.4	6.4	1.4	7.6	2.0
Carbohydrate (g)	49.9	15.1	67.4	15.1	81.7	21.1
Sugars (g)	41.4	12.5	55.9	12.5	67.7	17.5
Sodium (mg)	251	76	339	76	411	106

Real Coffee Shake

SHAKE MIX: **Milk**, **Milk** Solids, Sugar, Maltodextrin, **Cream**, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.

OR **Milk**, Sugar, **Milk** Solids, Skim **Milk**, **Cream**, Maltodextrin, Vegetable Gums (412, 407, 407a, 466), Mineral Salt (452), Flavour.

OR **Milk**, Sugar, Water, **Milk** Solids, Maltodextrin, **Cream**, Vegetable Gums (412, 407, 407a, 466), Flavours, Mineral Salts (339, 452), Food Acids (330, 331).

COFFEE: Coffee Extract (Water, Coffee Beans (Rainforest Alliance Certified)).

Contains milk and caffeine.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	933	318	1340	318	1630	318
Energy (Cal)	236	76	318	76	386	76
Protein (g)	8.4	2.7	11.3	2.7	13.7	2.7
Fat, total (g)	7.3	2.3	9.9	2.3	12.0	2.3
Saturated Fat (g)	4.6	1.5	6.2	1.5	7.5	1.5
Carbohydrate (g)	34.2	10.9	46.1	10.9	56.0	10.9
Sugars (g)	27.6	8.8	37.2	8.8	45.2	8.8
Sodium (mg)	189	61	255	61	310	61

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

Chocolate Frappe

CHOCOLATE FRAPPE BASE: **Milk** and/or Skim **Milk** (Reconstituted), Sugar, Cream, **Milk** Solids, Coco Powder, Emulsifier (471), Stabilisers (412, 410, 466, 407a, 407, Sucrose),

Chocolate Flavour, Malt Flavour and/or Malt Extract (**Wheat, Barley**).

ICE: Water.

WHIPPED CREAM: **Cream**, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).

CHOCOLATE SAUCE: Sugar, Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).

Contains gluten, milk.

CHOCOLATE FRAPPE BASE contains sulphites.

CHOCOLATE FRAPPE may be blended using the same equipment as blended drinks containing soy.

	Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	2230	471	2720	474
Energy (Cal)	533	113	651	113
Protein (g)	8.9	1.9	10.9	1.9
Fat, total (g)	22.0	4.7	27.5	4.8
Saturated Fat (g)	15.3	3.2	19.2	3.3
Carbohydrate (g)	73.0	15.4	87.9	15.3
Sugars (g)	68.1	14.4	82.1	14.3
Sodium (mg)	126	27	153	27

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

Coffee Frappe

COFFEE FRAPPE BASE: **Milk** and/or Skim **Milk** (Reconstitutes), Sugar, **Cream**, **Milk** Solids, Coffee Powder, Emulsifier (471), Stabiliser (412, 410, 466, 407a, 407, Sucrose), Colour (150c,

150d (contains **wheat**)), Coffee Flavour, Vanilla Flavour.

ICE: Water.

WHIPPED CREAM: **Cream**, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).

CHOCOLATE SAUCE: Sugar, Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).

Contains gluten, milk and caffeine.

COFFEE FRAPPE BASE contains sulphites.

COFFEE FRAPPE may be blended using the same equipment as blended drinks containing soy.

	Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	2440	462	2700	458
Energy (Cal)	582	110	644	109
Protein (g)	11.1	2.1	12.4	2.1
Fat, total (g)	26.5	5.0	29.1	4.9
Saturated Fat (g)	18.2	3.4	19.9	3.4
Carbohydrate (g)	73.1	13.9	81.5	13.8
Sugars (g)	67.6	12.8	75.3	12.8
Sodium (mg)	435	49	289	49

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

Mixed Berry Smoothie

ICE: Water

MIXED BERRY SYRUP: Refined Fruit Juice, Fruit Puree Concentrates (Including berry), Water, Fruit Puree, Fruit Juice Concentrate (including berry), Vegetable Concentrate (including berry), Natural Flavourings,

Thickeners (415, 466), Food Acid (330).

WATER: Water

MIXED BERRY SMOOTHIE may be blended using the same equipment as blended drinks containing gluten, milk and soy.

	Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	720	148	871	148
Energy (Cal)	172	35	208	35
Protein (g)	0.6	0.1	0.7	0.1
Fat, total (g)	0.1	0.0	0.2	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0
Carbohydrate (g)	40.7	8.4	49.2	8.4
Sugars (g)	35.7	7.3	43.2	7.3
Sodium (mg)	26	5	32	5

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

Tropical Smoothie

ICE: Water.
 TROPICAL SMOOTHIE SYRUP: Fruit Puree Concentrate, Refined Fruit Juice, Water, Fruit Pulp, Fruit Juice Concentrates, Natural Flavourings, Food Acid (330), Natural Colour (161b), Thickeners (415, 466).
 WATER: Water.

TROPICAL SMOOTHIE may be blended using the same equipment as blended drinks containing gluten, milk and soy.

	Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	623	128	758	129
Energy (Cal)	149	31	181	31
Protein (g)	0.5	0.1	0.7	0.1
Fat, total (g)	0.2	0.0	0.2	0.0
Saturated Fat (g)	0.1	0.0	0.1	0.0
Carbohydrate (g)	35.3	7.3	43.0	7.3
Sugars (g)	30.3	6.2	36.9	6.3
Sodium (mg)	28	6	34	6

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

Water- Pop Top and Cool Ridge

POP TOP: Spring Water
 COOL RIDGE: Spring Water

	Pop Tops Water		Cool Ridge	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	0	0	0	0
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