



McDonald's Australia Beverages

Allergen - Ingredients - Nutrition Information

Information correct as at November 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 (Citric Acid), Vitamin C (Ascorbic Acid), Preservatives (202, 223), Natural Flavour.

Contains sulphites.

	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	513	205
Energy (Cal)	123	49
Protein (g)	<1.0	<1.0
Fat, total (g)	<1.0	<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	Artificial Flavour	Artificial Colours
								Y		Y		

CalciYum™ Chocolate Flavoured Milk

Low Fat Milk, 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	Lupin	Preservative	Artificial Flavour	Artificial 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)	561	187	804	187	1130	187
Energy (Cal)	134	45	192	45	281	45
Protein (g)	2.6	0.9	3.7	0.9	5.2	0.9
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)	31.7	10.6	45.4	10.6	63.9	10.6
Sugars (g)	25.2	8.4	36.2	8.4	50.9	8.4
Sodium (mg)	16	5	22	5	31	5

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

Coca-Cola® No Sugar											Small		Medium		Large								
											Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL							
COCA-COLA® NO SUGAR: Carbonated Water, Colour (150d), Food Acids (338, 331), Sweeteners (951, 950), Preservative (211), Flavour, Caffeine.											Energy (kJ)	3	1	5	1	8	1						
Contains Phenylalanine.											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	Lupin	Preservative	Artificial Flavour	Artificial Colours
																					Y	Y	Y
Diet Coke®											Small		Medium		Large								
											Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL							
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						
Contains phenylalanine and caffeine.											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	Lupin	Preservative	Artificial Flavour	Artificial Colours
																					Y	Y	Y
Coca-Cola® Vanilla											Small		Medium		Large								
											Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL							
COCA-COLA® VANILLA: Carbonated Water, Sugar, Colour (150d), Food Acids (338), Flavour, Caffeine.											Energy (kJ)	436	190	624	190	954	190						
Contains Caffeine.											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	Lupin	Preservative	Artificial Flavour	Artificial Colours
																						Y	Y
Fanta®											Small		Medium		Large								
											Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL							
FANTA®: Carbonated Water, Sugar, Acidity Regulator (330), Flavour, Preservative (211), Antioxidant (300), Colour (110).											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	Lupin	Preservative	Artificial Flavour	Artificial Colours
																					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).	378	165	541	165	827	165							
Energy (kJ)	90	39	129	39	198	39							
Energy (Cal)	0.0	0.0	0.0	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)	22.2	9.7	31.8	9.7	48.7	9.7							
Carbohydrate (g)	22.2	9.7	31.8	9.7	48.7	9.7							
Sugars (g)	33	14	47	14	71	14							
Sodium (mg)													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
											Y	Y	

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

Frozen Coke®	Small		Medium		Large								
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL							
Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine .	420	118	580	118	780	118							
Energy (kJ)	100	28	138	28	186	28							
Energy (Cal)	0.0	0.0	0.0	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)	24.2	6.9	33.8	6.9	45.5	6.9							
Carbohydrate (g)	24.2	6.9	33.8	6.9	45.5	6.9							
Sugars (g)	19	5	26	5	36	5							
Sodium (mg)													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
												Y	Y

Frozen Coke® No Sugar	Small		Medium		Large								
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL							
FROZEN COKE® NO SUGAR: Carbonated Water, Sweeteners (968, 955, 950), Bulking Agent (422), Colour (150d), Food Acid (338), Preservative (211), Flavour, Caffeine.	50	13	70	13	90	13							
Energy (kJ)	12	3	17	3	22	3							
Energy (Cal)	0.0	0.0	0.0	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)	2.1	0.6	2.9	0.6	4.0	0.6							
Carbohydrate (g)	0.0	0.0	0.0	0.0	0.0	0.0							
Sugars (g)	7	2	10	2	14	2							
Sodium (mg)													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
											Y	Y	Y

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.

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

Chocolate Shake

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

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

OR: **Milk**, Sugar, **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 (Glucose, 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	Lupin	Preservative	Artificial Flavour	Artificial Colours
		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	Lupin	Preservative	Artificial Flavour	Artificial Colours
		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
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)	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)	1150	525	1550	525	1880	525
Energy (Cal)	274	125	370	125	449	125
Protein (g)	8.3	3.8	11.2	3.8	13.6	3.8
Fat, total (g)	7.3	3.4	9.9	3.4	12.0	3.4
Saturated Fat (g)	5.0	2.3	6.7	2.3	8.1	2.3
Carbohydrate (g)	47.8	21.8	64.5	21.8	78.2	21.8
Sugars (g)	35.7	16.3	48.5	16.3	58.5	16.3
Sodium (mg)	167	76	225	76	273	76

Vanilla Shake	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. 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).	Energy (kJ)	110	528	1470	528	1880	528						
	Energy (Cal)	266	126	352	126	449	126						
	Protein (g)	7.4	3.5	9.8	3.5	12.5	3.5						
	Fat, total (g)	6.5	3.0	8.6	3.0	10.8	3.0						
	Saturated Fat (g)	4.1	1.9	5.4	1.9	6.8	1.9						
	Carbohydrate (g)	44.0	20.8	58.1	20.8	74.0	20.8						
	Sugars (g)	38.0	17.9	50.1	17.9	63.7	17.9						
	Sodium (mg)	173	82	229	82	290	82						
Contains milk. VANILLA SHAKE SYRUP contains traces of sulphites.	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
			Y						T		Y	Y	Y

Real Coffee Shake	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. 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)).	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						
Contains milk and caffeine.	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
	T		Y									Y	

Chocolate Frappe	Medium		Large										
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL									
CHOCOLATE FRAPPE BASE: Milk and/or Skim Milk (Reconstituted), Sugar, Cream, Milk Solids, Cocoa 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).	Energy (kJ)	2470	471	2790	474								
	Energy (Cal)	590	113	667	113								
	Protein (g)	9.9	1.9	11.1	1.9								
	Fat, total (g)	24.4	4.7	28.2	4.8								
	Saturated Fat (g)	16.9	3.2	19.6	3.3								
	Carbohydrate (g)	80.8	15.4	90.0	15.3								
	Sugars (g)	75.4	14.4	84.0	14.3								
	Sodium (mg)	140	27	156	27								
Contains gluten, milk and sulphites. CHOCOLATE SAUCE may contain gluten.	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
	Y		Y						Y		Y	Y	Y

Coffee Frappe	Medium		Large										
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL									
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).	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)	259	49	289	49								
Contains gluten, milk, sulphites and caffeine. CHOCOLATE SAUCE may contain gluten.	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
	Y		Y						Y		Y	Y	Y

Salted Caramel Frappe

SALTED CARAMEL FRAPPE BASE: Sugar, **Milk** Solids, **Milk**, **Cream**, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Colour (150c), Salt, Caramel Flavour, Caramel Colour.

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 milk and sulphites.

CHOCOLATE SAUCE may contain gluten.

	Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	2250	427	2490	423
Energy (Cal)	538	102	595	101
Protein (g)	11.8	2.2	13.2	2.2
Fat, total (g)	28.4	5.4	31.1	5.3
Saturated Fat (g)	19.4	3.7	21.3	3.6
Carbohydrate (g)	58.7	11.1	65.3	11.1
Sugars (g)	57.9	11.0	64.5	11.0
Sodium (mg)	570	108	638	108

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

	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	Lupin	Preservative	Artificial Flavour	Artificial Colours
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 and milk.

	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	Lupin	Preservative	Artificial Flavour	Artificial Colours
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	Lupin	Preservative	Artificial Flavour	Artificial Colours