



McDonald's Australia Beverages Allergen - Ingredients - Nutrition Information

Information correct as at 12th February 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)	112	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	Flavour	Colours	
								Y		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)	1	0	1	0	2	<1
											Protein (g)	0.0	<0.1	0.2	<0.1	0.3	<0.1
											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							
Diet Coke											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)	1	<1	1	<1	2	<1						
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							
											Saturated Fat (g)	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							
Vanilla Coke											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							
											Saturated Fat (g)	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							
Fanta											Energy (kJ)	526	172	752	184	1150	195						
FANTA: Carbonated Water, Sugar, Acidity Regulator (330), Flavour, Preservative (211), Antioxidant (300), Colour (110).											Energy (Cal)	125	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							
											Saturated Fat (g)	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		Large								
											Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL							
Orange Juice											Energy (kJ)	546	182	782	182								
Water, Orange Juice Concentrate, Preservatives (211,202), Colour (160a), Flavour.											Energy (Cal)	131	44	187	44								
											Protein (g)	2.4	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)	29.7	9.9	42.6	9.9								
											Sugars (g)	23.7	7.9	34.0	7.9								
											Sodium (mg)	26	9	38	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							
Frozen Coca Cola														
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
Frozen Coca Cola McSpider														
FROZEN COCA COLA: Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine .		Energy (kJ)	1010	281	1210	257	1410	235						
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.		Energy (Cal)	240	67	287	61	335	56						
OR		Protein (g)	4.7	1.3	5.2	1.1	5.7	0.9						
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.		Fat, total (g)	5.8	1.6	6.4	1.4	6.9	1.2						
OR		Saturated Fat (g)	3.8	1.1	4.2	0.9	4.6	0.8						
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).		Carbohydrate (g)	42.1	11.7	51.7	11.0	62.1	10.4						
<i>Contains milk and sulphites.</i>		Sugars (g)	39.9	11.1	49.3	10.5	59.5	9.9						
		Sodium (mg)	76	21	89	19	101	17						
		Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
				Y						T	T		Y	Y
Frozen Coke No Sugar														
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
Frozen Coke No Sugar McSpider														
FROZEN COKE NO SUGAR: Carbonated Water, Sweeteners (968, 955, 950), Bulking Agent (422), Colour (150d), Food Acid (338), Preservative (211), Flavour, Caffeine.		Energy (kJ)	747	207	839	178	913	152						
SUNDAE MIX: Milk, Milk Solids, Sugar, Cream, Glucose (from Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours.		Energy (Cal)	179	50	200	43	218	36						
OR		Protein (g)	4.7	1.3	5.2	1.1	5.7	0.9						
Milk, Sugar, Skim Milk, Milk Solids, Cream, Glucose Syrup (from Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.		Fat, total (g)	5.8	1.6	6.4	1.4	6.9	1.2						
OR		Saturated Fat (g)	3.8	1.1	4.2	0.9	4.6	0.8						
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).		Carbohydrate (g)	26.7	7.4	30.1	6.4	33.0	5.5						
<i>Contains milk, caffeine and sulphites.</i>		Sugars (g)	23.0	6.4	25.6	5.4	27.6	4.6						
		Sodium (mg)	68	19	78	16	86	14						
		Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
				Y						Y	T		Y	Y

Shake - Chocolate

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 Syrup, Glucose Syrup (contains preservative sulphur dioxide), Water, Cocoa Powder, Malt Syrup, Salt, Preservative (211),

Acidity Regulator (330), Flavour.

Contains milk & sulphites.

Contains traces of gluten.

	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	389
Energy (Cal)	307	93	415	93	503	93
Protein (g)	8.8	2.7	11.9	2.7	14.5	2.7
Fat, total (g)	7.6	2.3	10.2	2.3	12.4	2.3
Saturated Fat (g)	4.8	1.4	6.4	1.4	7.8	1.4
Carbohydrate (g)	49.9	15.1	67.4	15.1	81.8	15.1
Sugars (g)	41.4	12.5	55.9	12.5	67.8	12.5
Sodium (mg)	251	76	339	76	411	76

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

	Small		Medium		Large								
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL							
Shake - Strawberry													
SHAKE MIX: Milk, Milk Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.	Energy (kJ)	1240	361	1600	361	1980	361						
OR	Energy (Cal)	296	86	382	86	474	86						
Milk, Sugar, Milk Solids, Skim Milk, Cream, Maltodextrin, Vegetable Gums (412, 407, 407a, 466), Mineral Salt (452), Flavour.	Protein (g)	8.0	2.3	10.3	2.3	12.9	2.3						
OR	Fat, total (g)	7.1	2.1	9.1	2.1	11.3	2.1						
Milk, Sugar, Water, Milk Solids, Maltodextrin, Cream, Vegetable Gums (412, 407, 407a, 466), Flavours, Mineral Salts (339, 452), Food Acids (330, 331).	Saturated Fat (g)	4.4	1.3	5.7	1.3	7.1	1.3						
STRAWBERRY SYRUP: Invert Sugar Syrup, Water, Glucose Syrup (Preservative (sulphur dioxide)), Sugar, Strawberry Juice Concentrate, Acidity Regulator (330), Preservative (211), Humectant (1520), Colours (129,110, 133), Flavour.	Carbohydrate (g)	49.4	14.4	63.7	14.4	79.3	14.4						
Contains milk & sulphites.	Sugars (g)	41.6	12.1	53.6	12.1	66.6	12.1						
Contains traces of gluten.	Sodium (mg)	192	56	248	56	308	56						
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
	T		Y						Y	Y		Y	Y
Shake - Vanilla													
SHAKE MIX: Milk, Milk Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.	Energy (kJ)	1110	330	1470	330	1880	330						
OR	Energy (Cal)	266	79	352	79	449	79						
Milk, Sugar, Milk Solids, Skim Milk, Cream, Maltodextrin, Vegetable Gums (412, 407, 407a, 466), Mineral Salt (452), Flavour.	Protein (g)	7.4	2.2	9.8	2.2	12.5	2.2						
OR	Fat, total (g)	6.5	1.9	8.6	1.9	11.0	1.9						
Milk, Sugar, Water, Milk Solids, Maltodextrin, Cream, Vegetable Gums (412, 407, 407a, 466), Flavours, Mineral Salts (339, 452), Food Acids (330, 331).	Saturated Fat (g)	4.1	1.2	5.4	1.2	6.9	1.2						
VANILLA SYRUP: Water, Sugar, Glucose Syrup (contains preservative sulphur dioxide), Flavour, Colour (150d), Preservative (211), Acidity Regulator (330).	Carbohydrate (g)	44.0	13.0	58.1	13.0	74.1	13.0						
Contains milk & sulphites.	Sugars (g)	38.0	11.2	50.1	11.2	64.0	11.2						
Contains traces of gluten.	Sodium (mg)	173	51	229	51	292	51						
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
	T		Y						Y	Y		Y	Y
Shake - Real coffee													
SHAKE MIX: Milk, Milk Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.	Energy (kJ)	933	318	1340	318	1630	318						
OR	Energy (Cal)	236	76	318	76	386	76						
Milk, Sugar, Milk Solids, Skim Milk, Cream, Maltodextrin, Vegetable Gums (412, 407, 407a, 466), Mineral Salt (452), Flavour.	Protein (g)	8.4	2.7	11.3	2.7	13.7	2.7						
OR	Fat, total (g)	7.3	2.3	9.9	2.3	12.0	2.3						
Milk, Sugar, Water, Milk Solids, Maltodextrin, Cream, Vegetable Gums (412, 407, 407a, 466), Flavours, Mineral Salts (339, 452), Food Acids (330, 331).	Saturated Fat (g)	4.6	1.5	6.2	1.5	7.5	1.5						
COFFEE: Coffee Extract (Water, Coffee Beans [(Rainforest Alliance Certified)]).	Carbohydrate (g)	34.2	10.9	46.1	10.9	56.0	10.9						
Contains milk & caffeine.	Sugars (g)	27.6	8.8	37.2	8.8	45.2	8.8						
Contains traces of gluten.	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	
Sprite													
SPRITE: Carbonated Water, Sugar, Acidity Regulators (330, 331), Flavour, Preservative (211).	Energy (kJ)	403	131	576	141	877	149						
ICE: Water	Energy (Cal)	96	31	135	34	210	36						
	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)	23.6	7.7	33.7	8.2	51.6	8.7						
	Sugars (g)	23.1	7.6	33.1	8.1	50.6	8.6						
	Sodium (mg)	46	15	66	16	100	17						
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
										Y		Y	

FRAPPES

Choc Frappe

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).

Contains gluten, milk & sulphites.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
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	Y					
Eggs						
Milk	Y					
Soy						
Fish & Crustacea						
Peanuts						
Tree Nuts						
Sesame Seeds						
Sulphites			Y			
Preservative			Y			
Lupin						
Flavour					Y	
Colours						Y

Coffee Frappe

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).

Contains milk & sulphites. May contain traces of gluten.

Frappe made on equipment used to make products containing gluten

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
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	T					
Eggs						
Milk	Y					
Soy						
Fish & Crustacea						
Peanuts						
Tree Nuts						
Sesame Seeds						
Sulphites			Y			
Preservative			Y			
Lupin						
Flavour					Y	
Colours						Y

Mocha Frappe

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).

Contains milk, gluten & sulphites.

Frappe made on equipment used to make products containing gluten

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
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	15.0	70.2	14.8	87.0	14.8
Sugars (g)	48.1	14.3	67.0	14.2	83.1	14.1
Sodium (mg)	110	33	153	32	189	32
Gluten	Y					
Eggs						
Milk	Y					
Soy						
Fish & Crustacea						
Peanuts						
Tree Nuts						
Sesame Seeds						
Sulphites			Y			
Preservative			Y			
Lupin						
Flavour					Y	
Colours						Y

Salted Caramel Frappe

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).

Contains milk & sulphites. May contain traces of gluten.

Frappe made on equipment used to make products containing gluten

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
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	T					
Eggs						
Milk	Y					
Soy						
Fish & Crustacea						
Peanuts						
Tree Nuts						
Sesame Seeds						
Sulphites			Y			
Preservative			Y			
Lupin						
Flavour					Y	
Colours						Y