



McDonald's Australia

Beverages

Allergen - Ingredients - Nutrition Information

Information correct as at June 2022.

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), Natural Flavour.

	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	540	216
Energy (Cal)	129	52
Protein (g)	<1.0	<1.0
Fat, total (g)	<1.0	<1.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	29.5	11.8
Sugars (g)	29.5	11.8
Sodium (mg)	18	7

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

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)	541	174	747	174	1050	174
Energy (Cal)	129	42	179	42	251	42
Protein (g)	2.4	0.8	3.4	0.8	4.9	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)	29.4	9.8	42.3	9.8	59.5	9.8
Sugars (g)	23.4	7.8	33.6	7.8	47.3	7.8
Sodium (mg)	14	5	21	5	29	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)	397	173	568	173	869	173
Energy (Cal)	95	41	136	41	208	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)	24.3	10.6	34.7	10.6	53.1	10.6
Sugars (g)	24.3	10.6	34.7	10.6	53.1	10.6
Sodium (mg)	23	10	33	10	50	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

COCA-COLA® NO SUGAR: Carbonated Water, Colour (150d), Food Acids (338, 331), Sweeteners (951, 950), Preservative (211), Flavour, 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)	8	3	10	3	15	3
Energy (Cal)	2.0	0.6	3.0	0.6	4.0	0.6
Protein (g)	0.2	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)	0.3	0.1	0.4	0.1	0.6	0.1
Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
Sodium (mg)	33	11	45	11	64	11

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial 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)	3	1	3	1	5	1
Energy (Cal)	0.6	0.2	0.8	0.2	1.0	0.2
Protein (g)	0.2	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)	0.0	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)	33	11	44	11	64	11

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

Fanta®

FANTA®: Carbonated Water, Sugar, Food Acid (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)	501	219	716	219	1100	219
Energy (Cal)	120	52	171	52	262	52
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	13.5	44.2	13.5	67.6	13.5
Sugars (g)	30.9	13.5	44.2	13.5	67.6	13.5
Sodium (mg)	34	15	49	15	75	15

Gluten	Eggs	Milk	Soy	Fish & Crustacea	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).	Energy (kJ)	388	169	555	169	848	169						
	Energy (Cal)	93	40	133	40	203	40						
	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)	22.8	10.0	32.6	10.0	49.9	10.0						
	Sugars (g)	22.8	10.0	32.6	10.0	49.9	10.0						
	Sodium (mg)	33	15	48	15	73	15						
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
											Y	Y	

Sprite® Zero Sugar	Small		Medium		Large								
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL							
SPRITE® ZERO SUGAR: Carbonated Water, Food Acids (330, 331), Flavour, Sweeteners (950, 955), Preservative (211).	Energy (kJ)	8	4	12	4	18	4						
	Energy (Cal)	2	<1	3	<1	5	<1						
	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)	22	10	32	10	49	10						
	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.	Energy (kJ)	0	0	0	0	0							
	Energy (Cal)	0	0	0	0	0							
	Protein (g)	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)	0.0	0.0	0.0	0.0	0.0							
	Sugars (g)	0.0	0.0	0.0	0.0	0.0							
	Sodium (mg)	5	2	5	2	5							
	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 .	Energy (kJ)	420	118	580	118	780	118						
Contains caffeine.	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						
	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.								Energy (kJ)	50	13	70	13	90	13
Contains caffeine.								Energy (Cal)	12	3	17	3	22	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
								Gluten						
								Eggs						
								Milk						
								Soy						
								Fish & Crustacea						
								Peanuts						
								Tree Nuts						
								Sesame Seeds						
								Sulphites						
								Lupin						
								Preservative			Y			
								Artificial Flavour				Y		
								Artificial Colours					Y	
Frozen Fanta®								Small		Medium		Large		
								Avg Qty / Serve	Avg Qty /100mL	Avg Qty / Serve	Avg Qty /100mL	Avg Qty / Serve	Avg Qty /100mL	
FROZEN FANTA®:								Energy (kJ)	420	117	580	119 kJ	780	119
BLUEBERRY: Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Colour (133).								Energy (Cal)	100	28	139	28	186	28
GRAPE: Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Colours (122, 104, 133).								Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
MANGO: Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Colour (110, 122).								Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
RASPBERRY: Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (122).								Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
All FROZEN FANTA® flavours have the same nutritional content.								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
								Gluten						
								Eggs						
								Milk						
								Soy						
								Fish & Crustacea						
								Peanuts						
								Tree Nuts						
								Sesame Seeds						
								Sulphites						
								Lupin						
								Preservative				Y		
								Artificial Flavour				Y		
								Artificial Colours					Y	
Chocolat 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 , Vegetable Gums (412, 407, 407a, 466), Mineral Salt (452), Flavours.								Energy (kJ)	1150	525	1550	525	1880	525
OR: Milk , Sugar, Milk Solids, Skim Milk , Cream , Maltodextrin, Vegetable Gums (407, 407a, 412, 466), Mineral Salts (452), Flavours.								Energy (Cal)	274	125	370	125	449	125
OR: Milk , Sugar, Milk Solids, Maltodextrin, Cream , Vegetable Gums (412, 407, 407a, 466), Flavours, Mineral Salts (339, 452), Food Acids (330, 331).								Protein (g)	8.3	3.8	11.2	3.8	13.6	3.8
CHOCOLATE SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup (Glucose, Preservative (223)), Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours.								Fat, total (g)	7.3	3.4	9.9	3.4	12.0	3.4
Contains milk & sulphites.								Saturated Fat (g)	5.0	2.3	6.7	2.3	8.1	2.3
CHOCOLATE SHAKE SYRUP contains traces of sulphites.								Carbohydrate (g)	47.8	21.8	64.5	21.8	78.2	21.8
								Sugars (g)	35.7	16.3	57.3	19.4	58.5	16.3
								Sodium (mg)	167	76	225	76	273	76
								Gluten						
								Eggs						
								Milk				Y		
								Soy						
								Fish & Crustacea						
								Peanuts						
								Tree Nuts						
								Sesame Seeds						
								Sulphites			T			
								Lupin						
								Preservative				Y		
								Artificial Flavour				Y		
								Artificial Colours					Y	
Strawberry 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.								Energy (kJ)	1240	542	1600	542	1990	542
OR: Milk , Sugar, Milk Solids, Skim Milk , Cream, Maltodextrin, Vegetable Gums (412, 407, 407a, 466), Mineral Salt (452), Flavour.								Energy (Cal)	296	129	382	129	473	129
OR: Milk , Sugar, Water, Milk Solids, Maltodextrin, Cream, Vegetable Gums (412, 407, 407a, 466), Flavours, Mineral Salts (339, 452), Food Acids (330, 331).								Protein (g)	8.0	3.5	10.3	3.5	12.7	3.5
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.								Fat, total (g)	7.1	3.2	9.1	3.2	11.6	3.2
Contains milk.								Saturated Fat (g)	4.4	2.0	5.7	2.0	7.2	2.0
STRAWBERRY SHAKE SYRUP contains traces of sulphites.								Carbohydrate (g)	49.4	21.6	63.7	21.6	79.2	21.6
								Sugars (g)	41.6	18.2	53.6	18.2	66.6	18.2
								Sodium (mg)	192	84	248	84	308	84
								Gluten						
								Eggs						
								Milk				Y		
								Soy						
								Fish & Crustacea						
								Peanuts						
								Tree Nuts						
								Sesame Seeds						
								Sulphites				T		
								Lupin						
								Preservative				Y		
								Artificial Flavour				Y		
								Artificial Colours					Y	

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)	1110	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																			
								Gluten		Eggs		Milk		Soy		Fish & Crustacea		Peanuts		Tree Nuts		Sesame Seeds		Sulphites		Lupin		Preservative		Artificial Flavour		Artificial Colours	
											Y													T			Y		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																					
								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 (Reconstituted), 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																					
								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									Medium		Large																						
									Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL																					
	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).								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										Medium		Large											
										Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL										
ICE: Water										Energy (kJ)	720	148	871	148									
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).										Energy (Cal)	172	35	208	35									
WATER: Water										Protein (g)	0.6	0.1	0.7	0.1									
MIXED BERRY SMOOTHIE may be blended using the same equipment as blended drinks containing gluten and milk.										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										Medium		Large											
										Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL										
ICE: Water										Energy (kJ)	623	128	758	129									
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).										Energy (Cal)	149	31	181	31									
WATER: Water										Protein (g)	0.5	0.1	0.7	0.1									
TROPICAL SMOOTHIE may be blended using the same equipment as blended drinks containing gluten and milk.										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 Water		Cool Ridge											
										Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL										
POP TOP: Spring Water										Energy (kJ)	0	0	0	0									
COOL RIDGE: Spring Water										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	