



# McDonald's Australia

## Beverages

### Allergen - Ingredients - Nutrition Information

Information correct as at November 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

### 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	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	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	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	525	175	783	175
Energy (Cal)	127	42	185	41
Protein (g)	2.3	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)	28.6	9.5	42.6	9.5
Sugars (g)	22.8	7.6	34.0	7.6
Sodium (mg)	26	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)	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

<b>Coca-Cola® No Sugar</b>	<b>Small</b>		<b>Medium</b>		<b>Large</b>								
	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.	3	1	5	1	8	1							
Energy (kJ)	0.9	0.3	1.0	0.3	2.0	0.3							
Energy (Cal)	0.1	0.0	0.2	0.0	0.3	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)	0.2	0.1	0.3	0.1	0.5	0.1							
Carbohydrate (g)	0.0	0.0	0.0	0.0	0.0	0.0							
Sugars (g)	25	8	36	9	55	9							
Sodium (mg)													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
										Y		Y	Y

<b>Diet Coke®</b>	<b>Small</b>		<b>Medium</b>		<b>Large</b>								
	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.	4	1	6	1	9	1							
Energy (kJ)	0.9	0.3	1	0.3	2	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)	0.2	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

<b>Coca-Cola® Vanilla</b>	<b>Small</b>		<b>Medium</b>		<b>Large</b>								
	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.	436	143	624	152	954	162							
ICE: Water.	104	34	149	36	228	39							
Energy (kJ)	0.0	0.0	0.0	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)	25.6	8.4	36.7	9.0	56.1	9.5							
Carbohydrate (g)	25.6	8.4	36.7	9.0	56.1	9.5							
Sugars (g)	2	0.8	3	0.8	5	0.8							
Sodium (mg)													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
												Y	Y

<b>Fanta®</b>	<b>Small</b>		<b>Medium</b>		<b>Large</b>								
	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).	526	172	752	184	1150	195							
ICE: Water.	126	41	180	44	275	47							
Energy (kJ)	0.0	0.0	0.0	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)	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							
	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							
Energy (kJ)	400	131	576	141	877	149							
Energy (Cal)	95	31	138	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	33.2	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	

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

Frozen Coke® McSpider FROZEN COKE®: Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine. SUNDAE MIX: <b>Milk, Milk</b> Solids, Sugar, <b>Cream</b> , Glucose (Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours. <b>OR Milk</b> , Sugar, <b>Skim Milk, Milk</b> Solids, <b>Cream</b> , Glucose Syrup (Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour. <b>OR Milk</b> , Sugar, <b>Cream</b> , Water, Maltodextrin (Maize, Tapioca), Dextrose (Maize), <b>Milk</b> Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).  Contains milk, caffeine and sulphites.	Small		Medium		Large								
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL							
Energy (kJ)	1040	280	1240	254	1450	233							
Energy (Cal)	248	67	296	61	346	56							
Protein (g)	4.9	1.3	5.2	1.1	5.7	0.9							
Fat, total (g)	5.9	1.6	6.4	1.3	6.9	1.1							
Saturated Fat (g)	3.9	1.1	4.2	0.9	4.6	0.7							
Carbohydrate (g)	43.5	11.7	53.6	11.0	64.5	10.4							
Sugars (g)	41.2	11.1	50.4	10.3	61.1	9.8							
Sodium (mg)	79	21	90	18	102	16							
	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.  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)	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							
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
										Y		Y	Y

Frozen Coke® No Sugar McSpider	Small		Medium		Large							
	Avg Qty / Serve	Avg Qty /100mL	Avg Qty / Serve	Avg Qty /100mL	Avg Qty / Serve	Avg Qty /100mL						
Energy (kJ)	747	207	839	178	913	152						
Energy (Cal)	179	50	200	43	218	36						
Protein (g)	4.7	1.3	5.2	1.1	5.7	0.9						
Fat, total (g)	5.8	1.6	6.4	1.4	6.9	1.2						
Saturated Fat (g)	3.8	1.1	4.2	0.9	4.6	0.8						
Carbohydrate (g)	26.7	7.4	30.1	6.4	33.0	5.5						
Sugars (g)	23.0	6.4	25.6	5.4	27.6	4.6						
Sodium (mg)	68	19	78	16	86	14						
FROZEN COKE® NO SUGAR: Carbonated Water, Sweeteners (968, 955, 950), Bulking Agent (422), Colour (150d), Food Acid (338), Preservative (211), Flavour, Caffeine. SUNDAE MIX: <b>Milk, Milk</b> Solids, Sugar, <b>Cream</b> , Glucose (Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours. <b>OR Milk</b> , Sugar, Skim <b>Milk, Milk</b> Solids, <b>Cream</b> , Glucose Syrup (Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour. <b>OR Milk</b> , Sugar, <b>Cream</b> , Water, Maltodextrin (Maize, Tapioca), Dextrose (Maize), <b>Milk</b> Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).  Contains milk, caffeine and sulphites.												
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
		Y					Y	T			Y	Y

Frozen Fanta® - MFV	Small		Medium		Large							
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g						
Energy (kJ)	411	117	575	117	774	117						
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)	6	2	9	2	12	2						
FANTA SOUR FSB: Carbonated Water, Sugar, Food Acid (330), Preservative (211). PINEAPPLE SYRUP: Flavour, Colours (104, 110). RASPBERRY SYRUP: Flavour, Colour (122). VANILLA SYRUP: Flavour, Colour (150d). BLUEBERRY SYRUP: Flavour, Colour (133). MANGO SYRUP: Flavour, Colour (110, 122). LIME SYRUP: Flavour, Colours (104, 133). GRAPE SYRUP: Flavour, Colours (122, 104, 133). PEACH SYRUP: Flavour, Food Acid (330), Preservative (211), Flavour, Colour (110). COKE SYRUP: Colour (150d), Food Acids (330, 338), Flavour, Preservative (211).												
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
										Y		Y

Frozen Fanta® MFV Spider	Small		Medium		Large							
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g						
Energy (kJ)	1010	280	1210	256	1410	235						
Energy (Cal)	241	67	288	61	337	56						
Protein (g)	4.7	1.3	5.2	1.1	5.7	0.9						
Fat, total (g)	5.8	1.6	6.4	1.4	6.9	1.2						
Saturated Fat (g)	3.8	1.1	4.2	0.9	4.6	0.8						
Carbohydrate (g)	42.1	11.7	51.7	11.0	62.1	10.4						
Sugars (g)	39.9	11.1	49.3	10.5	59.5	9.9						
Sodium (mg)	68	19	77	16	84	14						
FANTA SOUR FSB: Carbonated Water, Sugar, Food Acid (330), Preservative (211). PINEAPPLE SYRUP: Flavour, Colours (104, 110). RASPBERRY SYRUP: Flavour, Colour (122). VANILLA SYRUP: Flavour, Colour (150d). BLUEBERRY SYRUP: Flavour, Colour (133). MANGO SYRUP: Flavour, Colour (110, 122). LIME SYRUP: Flavour, Colours (104, 133). GRAPE SYRUP: Flavour, Colours (122, 104, 133). PEACH SYRUP: Flavour, Food Acid (330), Preservative (211), Flavour, Colour (110). COKE SYRUP: Colour (150d), Food Acids (330, 338), Flavour, Preservative (211). SUNDAE MIX: <b>Milk, Milk</b> Solids, Sugar, <b>Cream</b> , Glucose (Maize), Vegetable Gums (407, 407a, 412, 466), Emulsifiers (433, 471), Flavours. <b>OR Milk</b> , Sugar, Skim <b>Milk, Milk</b> Solids, <b>Cream</b> , Glucose Syrup (Maize), Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour. <b>OR Milk</b> , Sugar, <b>Cream</b> , Water, Maltodextrin (Maize, Tapioca), Dextrose (Maize), <b>Milk</b> Solids, Vegetable Gums (412, 407, 466, 407a), Emulsifiers (471, 433), Flavour, Mineral Salt (339), Food Acids (330, 331).  Contains milk and sulphites.												
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
		Y								Y	Y	Y

Chocolate Shake								Small		Medium		Large							
								Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL						
SHAKE MIX: <b>Milk, Milk</b> Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.																			
<b>OR Milk</b> , Sugar, <b>Milk</b> Solids, Skim <b>Milk, Cream</b> , Maltodextrin, Vegetable Gums (412, 407, 407a, 466), Mineral Salt (452), Flavour.																			
<b>OR Milk</b> , Sugar, Water, <b>Milk</b> Solids, Maltodextrin, <b>Cream</b> , 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
									Y						T			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: <b>Milk, Milk</b> Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.																			
<b>OR Milk</b> , Sugar, <b>Milk</b> Solids, Skim <b>Milk, Cream</b> , Maltodextrin, Vegetable Gums (412, 407, 407a, 466), Mineral Salt (452), Flavour.																			
<b>OR Milk</b> , Sugar, Water, <b>Milk</b> 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

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: <b>Milk, Milk</b> Solids, Sugar, Maltodextrin, Cream, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.																			
<b>OR Milk</b> , Sugar, <b>Milk</b> Solids, Skim <b>Milk, Cream</b> , Maltodextrin, Vegetable Gums (412, 407, 407a, 466), Mineral Salt (452), Flavour.																			
<b>OR Milk</b> , Sugar, Water, <b>Milk</b> 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

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: <b>Milk, Milk</b> Solids, Sugar, Maltodextrin, <b>Cream</b> , Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.																			
<b>OR Milk</b> , Sugar, <b>Milk</b> Solids, Skim <b>Milk, Cream</b> , Maltodextrin, Vegetable Gums (412, 407, 407a, 466), Mineral Salt (452), Flavour.																			
<b>OR Milk</b> , Sugar, Water, <b>Milk</b> Solids, Maltodextrin, <b>Cream</b> , 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.																			
							Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours
							T		Y									Y	

<b>Chocolate Frappe</b>	<b>Small</b>		<b>Medium</b>		<b>Large</b>		
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
CHOCOLATE FRAPPE BASE: <b>Milk</b> and/or Skim <b>Milk</b> (Reconstituted), Sugar, Cream, <b>Milk</b> Solids, Coco Powder, Emulsifier (471), Stabilisers (412, 410, 466, 407a, 407, Sucrose), Chocolate Flavour, Malt Flavour and/or Malt Extract ( <b>Wheat, Barley</b> ).	1570	492	2230	471	2720	474	
ICE: Water.	376	118	533	113	651	113	
WHIPPED CREAM: <b>Cream</b> , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).	6.1	1.9	8.9	1.9	10.9	1.9	
CHOCOLATE SAUCE: Sugar, Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).	16.7	5.2	22.0	4.7	27.5	4.8	
Contains gluten, milk. CHOCOLATE FRAPPE BASE contains sulphites.	Saturated Fat (g)	11.7	3.7	15.3	3.2	19.2	3.3
	Carbohydrate (g)	49.2	15.4	73.0	15.4	87.9	15.3
	Sugars (g)	45.8	14.3	68.1	14.4	82.1	14.3
	Sodium (mg)	86	27	126	27	153	27
	Gluten	Y					
	Eggs						
	Milk	Y					
Soy							
Fish & Crustacea							
Peanuts							
Tree Nuts							
Sesame Seeds							
Sulphites		T					
Preservative			Y				
Lupin							
Flavour					Y		
Colours						Y	
<b>Coffee Frappe</b>	<b>Small</b>		<b>Medium</b>		<b>Large</b>		
COFFEE FRAPPE BASE: <b>Milk</b> and/or Skim <b>Milk</b> (Reconstitutes), Sugar, <b>Cream, Milk</b> Solids, Coffee Powder, Emulsifier (471), Stabiliser (412, 410, 466, 407a, 407, Sucrose), Colour (150c, 150d), Coffee Flavour, Vanilla Flavour.	1520	477	2150	462	2620	458	
WHIPPED CREAM: <b>Cream</b> , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).	363	114	513	110	627	109	
CHOCOLATE SAUCE: Sugar, Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).	6.7	2.1	9.8	2.1	12.1	2.1	
Contains gluten, milk and caffeine. CHOCOLATE FRAPPE BASE contains sulphites.	Fat, total (g)	17.1	5.4	23.4	5.0	28.3	4.9
	Saturated Fat (g)	11.8	3.7	16.0	3.4	19.4	3.4
	Carbohydrate (g)	44.5	14.0	64.4	13.9	79.3	13.8
	Sugars (g)	41.1	12.9	59.5	12.8	73.3	12.8
	Sodium (mg)	156	49	228	49	281	49
	Gluten	T					
	Eggs						
Milk		Y					
Soy							
Fish & Crustacea							
Peanuts							
Tree Nuts							
Sesame Seeds							
Sulphites			T				
Preservative			Y				
Lupin							
Flavour					Y		
Colours						Y	
<b>Mocha Frappe</b>	<b>Small</b>		<b>Medium</b>		<b>Large</b>		
ICE: Water.	490	1650	2240	473	2730	465	
COFFEE FRAPPE BASE: <b>Milk</b> and/or Skim <b>Milk</b> (Reconstitutes), Sugar, Cream, <b>Milk</b> Solids, Coffee Powder, Emulsifier (471), Stabiliser (412, 410, 466, 407a, 407, Sucrose), Colour (150c, 150d), Coffee Flavour, Vanilla Flavour.	117	395	535	113	653	111	
CHOCOLATE FRAPPE BASE: <b>Milk</b> and/or <b>Skim</b> Milk (Reconstituted), Sugar, <b>Cream, Milk</b> Solids, Coco Powder, Emulsifier (471), Stabilisers (412, 410, 466, 407a, 407, Sucrose), Chocolate Flavour, Malt Flavour and/or Malt Extract ( <b>Wheat, Barley</b> ).	2.0	6.8	9.5	2.0	11.8	2.0	
WHIPPED CREAM: <b>Cream</b> , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).	5.5	18.5	24.0	5.1	28.6	4.9	
CHOCOLATE SAUCE: Sugar, Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).	3.8	12.8	16.5	3.5	19.7	3.4	
Contains gluten, milk and caffeine. CHOCOLATE FRAPPE BASE contains sulphites.	Carbohydrate (g)	14.7	49.4	68.7	14.5	85.2	14.5
	Sugars (g)	13.6	45.8	63.8	13.5	79.1	13.5
	Sodium (mg)	39	132	184	39	229	39
	Gluten	Y					
	Eggs						
	Milk		Y				
	Soy						
Fish & Crustacea							
Peanuts							
Tree Nuts							
Sesame Seeds							
Sulphites			T				
Preservative			Y				
Lupin							
Flavour					Y		
Colours						Y	

Water- Pop Top and Cool Ridge											Pop Tops Water		Cool Ridge										
											Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL									
	POP TOP: Spring Water COOL RIDGE: Spring Water											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

Iced Long Black											Small		Medium		Large								
											Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL							
	ICE: Water. WATER COFFEE: Roasted & Grounded Coffee Beans  <a href="#">Contains caffeine.</a>											Energy (kJ)	0.4	0.1	0.8	0.2	0.8	0.2					
											Energy (Cal)	0.1	<0.1	0.2	<0.1	0.2	<0.1						
											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)	0.3	0.1	0.5	0.1	0.5	0.1						
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours

Iced Chocolate											Small		Medium		Large								
											Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL							
	MILK: Full Cream Milk. ICE: Water. CHOCOLATE SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup (Preservative (223)), Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours. WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407). CHOCOLATE POWDER: Sugar, Cocoa Powders, Whey Powder, Flavour, Starch, Salt.  <a href="#">Contains milk.</a> <a href="#">CHOCOLATE SHAKE SYRUP contains sulphites.</a>											Energy (kJ)	1270	358	1800	348	2330	343					
											Energy (Cal)	302	85	429	83	555	82						
											Protein (g)	8.6	2.4	12.9	2.5	17.2	2.5						
											Fat, total (g)	14.4	4.1	19.2	3.7	23.9	3.5						
											Saturated Fat (g)	9.5	2.7	12.7	2.5	15.8	2.3						
											Carbohydrate (g)	33.9	9.6	50.2	9.7	66.5	9.8						
											Sugars (g)	30.2	8.5	44.7	8.7	59.3	8.7						
											Sodium (mg)	184	52	274	53	365	54						
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
													Y						T		Y	Y	

Iced Chocolate - Skim											Small		Medium		Large								
											Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL							
	MILK: Fresh Skim Milk, Milk Solids Non Fat. ICE: Water. CHOCOLATE SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup (Preservative (223)), Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours. WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407). CHOCOLATE POWDER: Sugar, Cocoa Powders, Whey Powder, Flavour, Starch, Salt.  <a href="#">Contains milk.</a> <a href="#">CHOCOLATE SHAKE SYRUP contains sulphites.</a>											Energy (kJ)	924	281	1290	267	1660	259					
											Energy (Cal)	219	67	305	63	392	61						
											Protein (g)	8.5	2.6	12.9	2.7	17.3	2.7						
											Fat, total (g)	5.9	1.8	6.3	1.3	6.6	1.0						
											Saturated Fat (g)	4.0	1.2	4.3	0.9	4.5	0.7						
											Carbohydrate (g)	32.4	9.8	48.4	10.0	64.5	10.1						
											Sugars (g)	29.0	8.8	43.3	9.0	57.6	9.0						
											Sodium (mg)	177	54	267	55	357	56						
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
													Y						T		Y	Y	



### Iced Chocolate - Soy

SOY MILK: Filtered Water, Whole **Soybean**, Raw Sugar, Minerals (Calcium Phosphate), Vegetable gums (460, 407, 466), Flavour, Sea Salt, Food Acids (340, 331).

ICE: Water.

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

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

CHOCOLATE POWDER: Sugar, Cocoa Powders, **Whey** Powder, Flavour, Starch, Salt.

Contains milk and soy.

CHOCOLATE SHAKE SYRUP contains sulphites.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	1010	288	1410	275	1810	268
Energy (Cal)	242	69	337	66	432	64
Protein (g)	7.7	2.2	11.5	2.3	15.4	2.3
Fat, total (g)	9.9	2.8	12.1	2.4	14.4	2.1
Saturated Fat (g)	4.6	1.3	5.0	1.0	5.5	0.8
Carbohydrate (g)	29.3	8.3	43.3	8.4	57.2	8.5
Sugars (g)	23.7	6.7	34.7	6.8	45.8	6.8
Sodium (mg)	240	68	361	70	482	71

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

### Iced Chocolate - Almond

ALMOND MILK: Filtered Water, Whole **Almonds**, Raw Sugar, Sunflower, Emulsifier(471, 322), Natural flavour, Vegetable gum (407,418), Food Acids (331), Sea Salt.

ICE: Water.

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

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

CHOCOLATE POWDER: Sugar, Cocoa Powders, **Whey** Powder, Flavour, Starch, Salt.

Contains milk and tree nuts.

CHOCOLATE SHAKE SYRUP contains sulphites.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	981	282	1360	269	1740	261
Energy (Cal)	235	67	325	64	416	62
Protein (g)	7.6	2.2	11.3	2.2	15.1	2.3
Fat, total (g)	9.3	2.7	11.4	2.2	13.4	2.0
Saturated Fat (g)	4.8	1.4	5.3	1.1	5.9	0.9
Carbohydrate (g)	29.0	8.3	42.7	8.4	56.5	8.5
Sugars (g)	22.5	6.5	32.9	6.5	43.4	6.5
Sodium (mg)	233	67	350	69	467	70

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