



McDonald's Australia McCafe Allergen - Ingredients - Nutrition Information

Information correct as at November 2015

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 McCafe 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. 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

Select items sold in McCafé are sold as gluten free. They are produced under allergen control conditions and are specifically handled to prevent cross contamination. No other 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.

BREAKFAST PRODUCTS

Yoghurt, Fruit and Muesli

YOGHURT: Skim **Milk**, **Milk Solids**, Liquid Sugar (Sugar, Water), **Cream**, Thickeners (1442 from Tapioca and Maize), Live Yoghurt Culture.
BERRY MIX: Blackberries, Blueberries, Raspberries.
MUESLI MIX: Frutex Cluster [Rolled **Oats**, Puffed **Wheat**, Raw Sugar, Golden Syrup, Pumpkin Seeds, Sunflower Oil, Corn Starch, Linseed, **Oat** Flour, Natural Flavour, Antioxidant-Mixed Tocopherols (**Soy**); Raisins (Raisins; Sunflower Oil); Currants (Currants, Sunflower Oil); Apple Sliced Low Moisture No Skin (Apple, Citric Acid, Ascorbic Acid); Coconut Chips (Coconut, Sodium **Metabisulphite**).
Contains gluten & milk.
GRANOLA MUESLI MIX may contain **TRACES** of egg, soy, peanuts, tree nut, sesame seeds & sulphites.

Yoghurt, Berries and Muesli		
	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1260	572
Energy (Cal)	301	137
Protein (g)	10.4	4.7
Fat, total (g)	7.3	3.3
Saturated Fat (g)	4.3	2.0
Carbohydrate (g)	46.2	21.0
Sugars (g)	36.4	16.5
Sodium (mg)	135	61

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

SWEET SNACKS

Chocolate Brownie Slice

Dark Compound Chocolate [Sugar, Vegetable Fat, Cocoa Powder, **Milk Solids**, Emulsifiers (322-**Soy**, 476, 492), Flavour], **Butter**, Sugar, **Egg**, **Wheat Flour**, **Walnuts**, **Pecans**, Dusting Sugar [Dextrose, Maize Starch, Vegetable Fats & Oils, Antioxidant (307)].
Contains gluten, eggs, milk, soy & tree nuts (walnuts & pecans).
May contain traces of peanuts and sesame seeds

Chocolate Brownie Slice		
	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1280	2140
Energy (Cal)	307	512
Protein (g)	3.7	6.2
Fat, total (g)	21.7	36.2
Saturated Fat (g)	12.9	21.5
Carbohydrate (g)	24.6	41.0
Sugars (g)	20.0	33.4
Sodium (mg)	30	50

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

Mini Caramel Slice

MINI CARAMEL SLICE: Condensed Milk (**Milk**, Sugar), Compound Chocolate [Sugar, Vegetable Fat (Palm), Cocoa, **Whey** Powder, Skim **Milk** Powder, Emulsifiers (492, **Soy** Lecithin, 476), Flavour], Cake Margarine [Vegetable Oil (Palm, Canola, Coconut), Water, Salt, **Milk** Solids, Emulsifiers (471, **Soy** Lecithin), Flavour, Antioxidants (304, 306), Colour (160a)], Brown Sugar, **Egg**, **Wheat Flour**, **Butter**, Thickened Cream (**Cream**, **Milk**, Mineral Salt (450, 500) Stabiliser (400)), Golden Syrup, Coconut (Preservative (**223**)), Coconut Oil, Baking Powder (Mineral Salts (170, 450, 500), **Wheat Starch**).
Contains gluten, eggs, milk, soy & sulphites.
May contain traces of peanuts, sesame seeds & tree nuts (almonds & hazelnuts).

Mini Caramel Slice		
	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	808	1880
Energy (Cal)	194	451
Protein (g)	2.7	6.3
Fat, total (g)	10.7	24.9
Saturated Fat (g)	7.4	17.2
Carbohydrate (g)	21.2	49.2
Sugars (g)	19.2	44.7
Sodium (mg)	69	160

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

Chocolate Flavoured Iced Donut	Donut Mix [Wheat Flour , Vegetable Oil (Palm & Soybean , Antioxidant (307)), Wheat Gluten , Emulsifiers (Soy Lecithin , 471, 481, 472e), Sugar, Soy Flour , Salt, Dextrose, Raising Agents (450, 500), Milk Solids , Thickeners (412), Vitamins (Thiamin, Folate)], Fondant [Sugar, Glucose], Water, Shortening [Animal Fat, Antioxidant (320)], Sprinkles [Sugar, Cocoa, Vegetable Fat (Soybean), Glucose Syrup, Colours (102, 122, 133, 155), Stabiliser (1401), Gelatine], Caster Sugar, Stabiliser [Sugar, Thickeners (401, 406, 410, 1422), Soybean Oil , Salt], Yeast, Cocoa Powder, Choc Colour Mix [Colours (150d, 155, 133, 122), Humectant (422), Acidity Regulator (330), Preservative (202), Thickener (1422)], Canola Oil, Colours (155, 133), Preservative (202).											Chocolate Flavoured Iced Donut																									
												Avg Qty /Serve	Avg Qty /100g																								
												Energy (kJ)	2030	1690																							
												Energy (Cal)	482	402																							
												Protein (g)	7.6	6.3																							
												Fat, total (g)	22.6	18.8																							
												Saturated Fat (g)	10.6	8.8																							
												Carbohydrate (g)	61.4	51.2																							
												Sugars (g)	32.2	26.8																							
												Sodium (mg)	378	315																							
<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustaea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Preservative</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td>Y</td> <td>T</td> <td>Y</td> <td>Y</td> <td></td> <td>T</td> <td>T</td> <td>T</td> <td></td> <td>Y</td> <td>Y</td> <td>Y</td> </tr> </tbody> </table>											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Y	T	Y	Y		T	T	T		Y	Y	Y			
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																										
Y	T	Y	Y		T	T	T		Y	Y	Y																										

Strawberry Flavoured Iced Donut	Donut Mix [Wheat Flour , Vegetable Oil [Palm & Soybean Oil , Antioxidant (307)], Wheat Gluten , Emulsifiers [322 (Soy), 471, 481, 472e], Sugar, Soy Flour , Salt, Dextrose, Raising Agents (450, 500), Milk Solids , Thickeners (412), Vitamins (Thiamin, Folate)], Fondant [Sugar, Glucose], Water, Shortening [Animal Fat, Antioxidant (320)], Sprinkles [Sugar, Soybean Oil , Glucose Syrup, Stabiliser (1422), Gelatine, Emulsifier (Soy Lecithin), Colours (122, 123, 124)], Caster Sugar, Stabiliser [Sugar, Thickeners (401, 406, 410, 1422), Soybean Oil], Yeast, Canola Oil, Flavour, Preservative (202), Colour (123).											Strawberry Flavoured Iced Donut																									
												Avg Qty /Serve	Avg Qty /100g																								
												Energy (kJ)	2030	1690																							
												Energy (Cal)	482	402																							
												Protein (g)	7.6	6.3																							
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												Sodium (mg)	378	315																							
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																										
Y	T	Y	Y		T	T	T		Y	Y	Y																										

Scones - Plain	Wheat Flour [Vitamins [Thiamine, Folic Acid]], Water, Margarine [Animal Fat and Vegetable Oil, Water, Salt, Total Milk Solids Non Fat, Emulsifiers (471, Soy Lecithin), Food Acid (330), Antioxidant (320), Flavour, Colour (160a)], Sugar, Baking Powder [Mineral Salts (170, 450, 500, 541)], Milk Powder , Salt.											Scones - Plain																									
												Avg Qty /Serve	Avg Qty /100g																								
												Energy (kJ)	1420	1290																							
												Energy (Cal)	340	309																							
												Protein (g)	8.3	7.5																							
												Fat, total (g)	10.1	9.2																							
												Saturated Fat (g)	4.4	4.0																							
												Carbohydrate (g)	52.5	47.7																							
												Sugars (g)	10.9	9.9																							
												Sodium (mg)	757	688																							
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																										
Y		Y	Y		T	T				Y	Y																										

Scones with Jam & Cream	SCONES: Wheat Flour [Vitamins [Thiamine, Folic Acid]], Water, Margarine [Animal Fat and Vegetable Oil, Water, Salt, Total Milk Solids Non Fat, Emulsifiers (471, Soy Lecithin), Food Acid (330), Antioxidant (320), Flavour, Colour (160a)], Sugar, Baking Powder [Mineral Salts (170, 450, 500, 541)], Milk Powder , Salt. WHIPPED CREAM: Cream , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gum (407, 401). STRAWBERRY JAM: Strawberries, Sugar, Glucose (Maize), Pectin, Acidity Regulator (330).											Scones with Jam & Cream																									
												Avg Qty /Serve	Avg Qty /100g																								
												Energy (kJ)	1920	1290																							
												Energy (Cal)	458	307																							
												Protein (g)	8.8	5.9																							
												Fat, total (g)	18.0	12.1																							
												Saturated Fat (g)	9.6	6.5																							
												Carbohydrate (g)	64.1	43.0																							
												Sugars (g)	21.6	14.5																							
												Sodium (mg)	765	513																							
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																										
Y		Y	Y		T	T				Y	Y																										

PASTRIES																																													
Apricot Danish <u>APRICOT DANISH:</u> Custard [Water, Sugar, Non-Fat Milk Solids , Thickener (1422), Flavour, Colour (160a - contains Preservative (202)), Wheat Flour , Water, Butter , Sugar, Apricot [Apricots, Water, Sugar, Acidity Regulator (330), Firming Agent (509)], Yeast, Salt [Anticaking Agent (535)], Soy Flour , Dextrose, Flour Treatment Agent (1100, 1101, 1104), Acidity Regulator (300). <u>GLAZE:</u> Water, Glucose Syrup (from maize), Sugar, Stabiliser (440), Acidity Regulator (330, 331), Preservative (202), Mineral Salt (509). <i>Contains gluten, milk & soy.</i> <i>May contain traces of eggs, peanuts, sesame seeds, sulphites & tree nuts.</i>												Apricot & Custard Danish																																	
												Avg Qty /Serve	Avg Qty /100g																																
												Energy (kJ)	892	1010																															
												Energy (Cal)	213	242																															
												Protein (g)	4.1	4.7																															
												Fat, total (g)	8.5	9.6																															
												Saturated Fat (g)	5.4	6.2																															
												Carbohydrate (g)	29.1	33.1																															
												Sugars (g)	9.3	10.5																															
												Sodium (mg)	200	227																															
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																																		
Y	T	Y	Y		T	T	T	T	Y	Y	Y																																		
Chocolate Croissant <u>CHOCOLATE CROISSANT:</u> Wheat Flour , Compound Chocolate [Sugar, Palm Oil [Emulsifier (492, Soy Lecithin)], Acidity Regulator (330), Cocoa Powder, Coconut Oil, Non-Fat Milk Solids , Emulsifier (Soy Lecithin , 492), Flavour], Water, Butter , Sugar, Yeast, Salt, Soy Flour , Dextrose, Flour Treatment Agents (1100, 1101, 1104), Acidity Regulator (300). <u>ICING SUGAR:</u> Cane Sugar, Tapioca or Maize Starch. <i>Contains gluten, milk & soy.</i> <i>May contain traces of eggs, peanuts, tree nuts, sesame seeds & sulphites.</i>												Chocolate Croissant																																	
												Avg Qty /Serve	Avg Qty /100g																																
												Energy (kJ)	1610	1580																															
												Energy (Cal)	385	377																															
												Protein (g)	5.7	5.6																															
												Fat, total (g)	19.1	18.7																															
												Saturated Fat (g)	13.6	13.3																															
												Carbohydrate (g)	46.4	45.5																															
												Sugars (g)	17.1	16.8																															
												Sodium (mg)	300	294																															
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																																		
Y	T	Y	Y		T	T	T	T		Y																																			
Croissant with Jam & Butter <u>CROISSANT:</u> Wheat Flour , Butter , Yeast, Sugar, Water, Improver (Soy Flour , Dextrose, Enzymes (1100, 1101, 1104), Acidity Regulator (300), Raising Agent (920)), Salt. <u>STRAWBERRY JAM:</u> Strawberries, Sugar, Glucose (Maize), Pectin, Acidity Regulator (330). <u>BUTTER:</u> Cream , Water, Salt. <i>Contains gluten, milk & soy.</i> <i>May contain traces of eggs, peanuts, tree nuts & sesame seeds.</i>												Croissant with Jam & Butter																																	
												Avg Qty /Serve	Avg Qty /100g																																
												Energy (kJ)	1570	1620																															
												Energy (Cal)	376	387																															
												Protein (g)	4.6	4.7																															
												Fat, total (g)	23.9	24.6																															
												Saturated Fat (g)	15.5	15.9																															
												Carbohydrate (g)	35.3	36.3																															
												Sugars (g)	11.1	11.4																															
												Sodium (mg)	299	309																															
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																																		
Y	T	Y	Y		T	T	T																																						
Croissant with Ham & Cheese <u>CROISSANT:</u> Wheat Flour , Butter , Yeast, Sugar, Water, Improver (Soy Flour , Dextrose, Enzymes (1100, 1101, 1104), Acidity Regulator (300), Raising Agent (920)), Salt. <u>SLICED HAM:</u> Pork, Water, Acidity Regulators (326, 262), Salt, Emulsifier (451), Sugar, Dextrose (Maize), Antioxidant (316), Sodium Nitrate (250), Colour (160b). <u>SLICED CHEESE:</u> Milk , Salt, Starter Cultures, Rennet, Lipase <i>Contains gluten, milk & soy.</i> <i>May contain traces of eggs, peanuts, tree nuts & sesame seeds.</i>												Croissant with Ham & Cheese																																	
												Avg Qty /Serve	Avg Qty /100g																																
												Energy (kJ)	1920	1700																															
												Energy (Cal)	460	407																															
												Protein (g)	14.2	12.6																															
												Fat, total (g)	29.9	26.4																															
												Saturated Fat (g)	17.9	15.9																															
												Carbohydrate (g)	33.1	29.3																															
												Sugars (g)	5.1	4.5																															
												Sodium (mg)	819	725																															
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																																		
Y	T	Y	Y		T	T	T				Y																																		

LOAVES / SANDWICHES

Banana Bread **Wheat Flour** (Thiamine, Folic Acid), Banana, Sugar, Sour **Cream** (Light **Cream**, Culture), **Egg**, Canola Oil, Raising Agent (Mineral Salts [450, 500], **Wheat Starch**), Baking Soda, Vanilla Flavour, Iodised Salt

OR

Wheat Flour, Banana, Sugar, Sour Light Cream [Reduced Fat **Cream**, Gelatine, Sour Cream Culture], **Egg**, Canola Oil, Whole **Egg** Powder, Raising Agents (500, 450, 170), **Wheat Starch**, Flavours, Dextrose, Salt, Colour (150d, Preservative (220)).

Contains gluten, eggs & milk
May contain traces of soy, peanuts, tree nuts , sulphites & sesame seeds.

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

Banana Bread - Single Slice		
	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2570	1350
Energy (Cal)	616	324
Protein (g)	10.1	5.3
Fat, total (g)	25.8	13.6
Saturated Fat (g)	4.8	2.5
Carbohydrate (g)	83.8	44.1
Sugars (g)	49.8	26.2
Sodium (mg)	388	204

Raisin Toast **RAISIN BREAD: Wheat Flour**, Water, Fruits* (Raisins and/or Sultanas), Yeast , **Wheat Gluten**, Sugar, Iodised Salt, **Soya Flour**, Emulsifiers (471, 481), Vegetable Oil (Canola), Flavour, Preservative (282), Mineral Salt (170), Dough Conditioner (300), Vitamins (Thiamin, Folic Acid), Enzymes.

BUTTER: Cream, Water, Salt.

*Fruit used subject to change due to availability and seasonability of products.

Contains gluten, milk & soy.
May contain traces of sesame seeds.

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

Raisin Toast - Single Slice with butter		
	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1030	1240
Energy (Cal)	247	297
Protein (g)	6.9	8.3
Fat, total (g)	7.9	9.6
Saturated Fat (g)	5.0	6.1
Carbohydrate (g)	34.6	41.6
Sugars (g)	11.3	13.6
Sodium (mg)	179	215

Raspberry & Pear Loaf with Butter **RASPBERRY & PEAR LOAF: Wheat Flour**, Sugar, Raspberries, **Egg**, Vegetable Oil [Canola, **Soy**, Antioxidant (319, 306, 320), Antifoam (900a)], Pears, Iodised Salt Raising Agent (500), Flavour.

BUTTER: Cream, Water, Salt.

Contains gluten, egg, milk & soy.
May contain traces of peanuts, tree nuts and s

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

Raspberry and Pear Loaf with Butter		
	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2390	1540
Energy (Cal)	573	369
Protein (g)	8.1	5.2
Fat, total (g)	25.4	16.4
Saturated Fat (g)	5.1	3.3
Carbohydrate (g)	75.6	48.8
Sugars (g)	41.4	26.7
Sodium (mg)	540	348

SAVORY ITEMS												
Cheese & Tomato Toasted Sandwiches <u>TOMATO:</u> Sliced Whole Tomato. <u>CHEESE SLICE:</u> Milk, Salt, Starter Cultures, Rennet. <u>WHITE BREAD:</u> Wheat Flour, Water, Rye Meal, Yeast, Iodised Salt, Vinegar, Vegetable Oil (Canola or Palm), Wheat Gluten, Soy Flour, Emulsifiers (481, 471, 472e), Mineral Salt (170), Vitamin (Thiamin, Folic Acid). OR <u>WHOLEMEAL BREAD:</u> Wholemeal Wheat Flour, Water, Rye Meal, Yeast, Wheat Gluten , Iodised Salt, Vinegar, Vegetable Oil (Canola or Palm), Soy Flour, Emulsifiers (481, 471, 472e), Mineral Salt (170), Vitamin (Thiamin, Folic Acid). <i>Both variations of sandwiches contain gluten, milk, soy & sesame seeds.</i>	Cheese & Tomato Toasted Sandwich - WHITE BREAD						Cheese & Tomato Toasted Sandwich - WHOLEMEAL BREAD					
		Avg Qty /Serve	Avg Qty /100g		Avg Qty /Serve	Avg Qty /100g						
	Energy (kJ)	1250	840	Energy (kJ)	1170	787						
	Energy (Cal)	298	201	Energy (Cal)	280	188						
	Protein (g)	13.8	9.3	Protein (g)	13.9	9.3						
	Fat, total (g)	8.6	5.8	Fat, total (g)	8.4	5.6						
	Saturated Fat (g)	5.4	3.6	Saturated Fat (g)	5.4	3.6						
	Carbohydrate (g)	39.4	26.6	Carbohydrate (g)	34.4	23.2						
	Sugars (g)	3.5	2.4	Sugars (g)	3.0	2.0						
	Sodium (mg)	548	369	Sodium (mg)	523	352						
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
Y		Y	Y		T	T	Y					
Ham & Cheese Toasted Sandwiches <u>SLICED HAM:</u> Pork, Water, Salt, Acidity Regulators (326, 262), Salt, Emulsifier (451), Sugar, Dextrose (Maize), Antioxidant (316), Sodium Nitrate (250), Colours (160b). <u>CHEESE SLICE:</u> Milk, Salt, Starter Cultures, Rennet. <u>WHITE BREAD:</u> Wheat Flour, Water, Rye Meal, Yeast, Iodised Salt, Vinegar, Vegetable Oil (Canola or Palm), Wheat Gluten, Soy Flour, Emulsifiers (481, 471, 472e), Mineral Salt (170), Vitamin (Thiamin, Folic Acid). OR <u>WHOLEMEAL BREAD:</u> Wholemeal Wheat Flour, Water, Rye Meal, Yeast, Wheat Gluten , Iodised Salt, Vinegar, Vegetable Oil (Canola or Palm), Soy Flour, Emulsifiers (481, 471, 472e), Mineral Salt (170), Vitamin (Thiamin, Folic Acid). <i>Both variations of sandwiches contain gluten, milk, soy & sesame seeds.</i>	Ham & Cheese Toasted Sandwich - WHITE BREAD						Ham & Cheese Toasted Sandwich - WHOLEMEAL BREAD					
		Avg Qty /Serve	Avg Qty /100g		Avg Qty /Serve	Avg Qty /100g						
	Energy (kJ)	1430	921	Energy (kJ)	1350	870						
	Energy (Cal)	343	220	Energy (Cal)	324	208						
	Protein (g)	22.4	14.4	Protein (g)	22.5	14.5						
	Fat, total (g)	9.8	6.3	Fat, total (g)	9.5	6.1						
	Saturated Fat (g)	5.8	3.7	Saturated Fat (g)	5.8	3.7						
	Carbohydrate (g)	39.3	25.2	Carbohydrate (g)	34.4	22.0						
	Sugars (g)	3.3	2.1	Sugars (g)	2.8	1.8						
	Sodium (mg)	1210	777	Sodium (mg)	1180	761						
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
Y		Y	Y		T	T	Y		Y		Y	

Ham, Cheese & Tomato Toasted Sandwiches <u>TOMATO:</u> Sliced Whole Tomato. <u>SLICED HAM:</u> Pork, Water, Salt, Acidity Regulators (326, 262), Salt, Emulsifier (451), Sugar, Dextrose (Maize), Antioxidant (316), Sodium Nitrate (250), Colours (160b). <u>CHEESE SLICE:</u> Milk , Salt, Starter Cultures, Rennet. <u>WHITE BREAD:</u> Wheat Flour, Water, Rye Meal, Yeast, Iodised Salt, Vinegar, Vegetable Oil (Canola or Palm), Wheat Gluten , Soy Flour, Emulsifiers (481, 471, 472e), Mineral Salt (170), Vitamin (Thiamin, Folic Acid). OR <u>WHOLEMEAL BREAD:</u> Wholemeal Wheat Flour, Water, Rye Meal, Yeast, Wheat Gluten , Iodised Salt, Vinegar, Vegetable Oil (Canola or Palm), Soy Flour, Emulsifiers (481, 471, 472e), Mineral Salt (170), Vitamin (Thiamin, Folic Acid). <i>Both variations of sandwiches contain gluten, milk, soy & sesame seeds.</i>	Ham, Cheese & Tomato Toasted Sandwich - WHITE BREAD			Ham, Cheese & Tomato Toasted Sandwich - WHOLEMEAL BREAD							
		Avg Qty /Serve	Avg Qty /100g		Avg Qty /Serve	Avg Qty /100g					
	Energy (kJ)	1460	732	Energy (kJ)	1380	692					
	Energy (Cal)	349	175	Energy (Cal)	330	166					
	Protein (g)	22.9	11.5	Protein (g)	23.0	11.5					
	Fat, total (g)	9.8	4.9	Fat, total (g)	9.5	4.8					
	Saturated Fat (g)	5.8	2.9	Saturated Fat (g)	5.8	2.9					
	Carbohydrate (g)	40.1	20.1	Carbohydrate (g)	35.1	17.6					
	Sugars (g)	4.1	2.1	Sugars (g)	3.6	1.8					
	Sodium (mg)	1210	607	Sodium (mg)	1190	595					
Gluten	Eggs	Milk	Soy	Fish &	Peanuts	Tree	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Y		Y	Y		T	T	Y		Y		Y

FRIENDS AND MUFFINS

<p>Chocolate Friand</p> <p>Sugar, Egg White (Egg White, Stabilisers (415, 412, 1505)), Ground Almonds, Butter, Rice Flour, Cocoa Powder, Dusting Sugar (Dextrose, Maize Starch, Vegetable Fat (Soybean Oil, Vegetable Oil, Emulsifiers (332, 492))).</p> <p><i>Contains eggs, milk, soy & tree nuts (almonds).</i></p> <p><i>May contain traces of peanuts and tree nuts.</i></p>	Chocolate Friand - Gluten Free											
		Avg Qty /Serve	Avg Qty /100g									
	Energy (kJ)	1500	1869									
	Energy (Cal)	358	447									
	Protein (g)	7.9	9.6									
	Fat, total (g)	20.3	25.4									
	Saturated Fat (g)	8.6	10.8									
	Carbohydrate (g)	34.5	43.1									
	Sugars (g)	25.9	32.4									
	Sodium (mg)	40	50									
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
		Y	Y	Y	T	T	Y					

<p>Raspberry Friand</p> <p>Sugar, Gound Almonds, Egg White (Egg White, Stabilisers (415, 412, 1505)), Butter, Rice Flour, Raspberry.</p> <p><i>Contains eggs, milk & tree nuts (almonds).</i></p> <p><i>May contain traces of peanuts and tree nuts.</i></p>	Raspberry Friand - Gluten Free											
		Avg Qty /Serve	Avg Qty /100g									
	Energy (kJ)	1390	1740									
	Energy (Cal)	333	416									
	Protein (g)	7.8	9.7									
	Fat, total (g)	13.2	16.5									
	Saturated Fat (g)	4.7	5.9									
	Carbohydrate (g)	44.5	55.6									
	Sugars (g)	25.6	32.0									
	Sodium (mg)	25	31									
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
		Y	Y			T	Y					

<p>Apple & Cinnamon Mini Muffin</p> <p>APPLE & CINNAMON MINI MUFFIN: Sugar, Wheat Flour, Whole Egg, Vegetable Fats & Oils [Palm & Coconut [Antioxidants (300, 304, 306 - derived from Soy)], Apple, Water, Thickener (1422), Salt, Milk Solids, Cinnamon, Raising Agents (450, 500), Potato Starch, Emulsifiers (Soy Lecithin, 471, 477, 481), Flavours, Acidity Regulator (330), Colour (160a).</p> <p>ICING SUGAR: Cane Sugar, Tapioca or Maize Starch.</p> <p><i>Contains gluten, eggs, milk & soy.</i></p> <p><i>May contain traces of peanuts, tree nuts, sesame seeds.</i></p>	Apple & Cinnamon Mini Muffin											
		Avg Qty /Serve	Avg Qty /100g									
	Energy (kJ)	441	1630									
	Energy (Cal)	105	390									
	Protein (g)	1.2	4.5									
	Fat, total (g)	5.1	19.0									
	Saturated Fat (g)	2.7	10.1									
	Carbohydrate (g)	13.2	49.0									
	Sugars (g)	7.9	29.2									
	Sodium (mg)	131	486									
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Y	Y	Y	Y		T	T	T			Y	Y

<p>Orange and Poppyseed Muffin</p> <p>Wheat Flour, Water, Sugar, Oranges, Sweetner (420 from wheat), Dextrose, Thickeners (415, 466, 1412, 1422), Egg Powder, Poppy Seeds, Salt, Raising Agents (500, 541), Emulsifiers (340, 435, 471, 472e, 477), Milk Solids, Vegetable Oil (Palm, Canola), Oat Fibre, Flavour, Colours (102, 110).</p> <p><i>Contains gluten, eggs & milk.</i></p> <p><i>May contain traces of soy, peanuts, tree nuts, sesame seeds.</i></p>	Orange and Poppyseed Muffin											
		Avg Qty /Serve	Avg Qty /100g									
	Energy (kJ)	1400	1120									
	Energy (Cal)	316	252									
	Protein (g)	4.8	3.8									
	Fat, total (g)	2.4	1.9									
	Saturated Fat (g)	0.8	0.6									
	Carbohydrate (g)	69.6	55.7									
	Sugars (g)	25.1	20.1									
	Sodium (mg)	469	375									
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Y	Y	Y	T		T	T	T			Y	Y

Blueberry Muffin	Muffin Premix (Sugar, Wheat Flour , Vegetable Oil (Emulsifiers (471, 477), Antioxidant (322), Thickener (1422), Milk Solids , Raising Agents (450, 500), Potato Starch, Salt, Flavour, Emulsifier (481)), Egg , Margarine (Vegetable Oils, Water, Salt, Milk Solids , Emulsifier (471), Blueberries (14.2%), Water.	Blueberry Muffin										
		Avg Qty /Serve	Avg Qty /100g									
	Energy (kJ)	2430	1470									
	Energy (Cal)	579	351									
	Protein (g)	8.1	4.9									
	Fat, total (g)	31.2	18.9									
	Saturated Fat (g)	14.0	8.5									
	Carbohydrate (g)	65.5	39.7									
	Sugars (g)	41.6	25.2									
	Sodium (mg)	652	395									
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Y	Y	Y	Y		T	T	T			Y	
Mud Muffin	Sugar, Wheat Flour , Vegetable Fats and Oils (Canola, Palm, Coconut), Egg , Water, Cocoa, Maltodextrin, Thickeners (412, 415, 1422), Milk Solids , Potato Starch, Salt, Raising Agents (500, 450), Emulsifiers (Soy Lecithin , 435, 471, 472b, 477, 481, 492), Dextrose, Flavours, Colours (122, 133, 150c, 150d, 155), Humectant (1520), Antioxidant (307), Preservatives (202, 220 , 223).	Mud Muffin										
		Avg Qty /Serve	Avg Qty /100g									
	Energy (kJ)	2900	1760									
	Energy (Cal)	696	422									
	Protein (g)	7.1	4.3									
	Fat, total (g)	32.3	19.6									
	Saturated Fat (g)	9.7	5.9									
	Carbohydrate (g)	94.4	57.2									
	Sugars (g)	64.0	38.8									
	Sodium (mg)	437	265									
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Y	Y	Y	Y		T	T	T	T	Y	Y	Y
Walnut Carrot & Bran Muffin	Sugar, Wheat Flour , Carrots, Water, Vegetable Oil (Canola, Soybean Oil , Antioxidant (319, 306, 320), Antifoam (900a)), Egg , Coconut, Walnuts , Wheat Bran , Raising Agent [Mineral Salts (541, 500, 170), Maize Flour], Cinnamon, Flavour, Iodised Salt.	Walnut Carrot & Bran Muffin										
		Avg Qty /Serve	Avg Qty /100g									
	Energy (kJ)	2320	1450									
	Energy (Cal)	554	347									
	Protein (g)	8.3	5.2									
	Fat, total (g)	28.2	17.6									
	Saturated Fat (g)	8.0	5.0									
	Carbohydrate (g)	63.4	39.6									
	Sugars (g)	35.8	22.4									
	Sodium (mg)	474	296									
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Y	Y	T	Y		T	Y	T		Y	Y	
CAKES / CHEESECAKES												
Individual Carrot Cake	Carrot, Wheat Flour , Canola Oil, Sugar, Butter [Cream , Water], Egg , Walnut , Cream Cheese [Milk , Cream , Salt, Vegetable Gums (410, 412), Starter Culture], Icing Sugar [Sugar, Maize Starch], Golden Syrup, Apricot Diced Dried, Glucose, Dextrose (Preservative (220)), Baking Powder [Mineral Salts (170, 450, 500), Wheat Starch], Cinnamon, Mixed Spice [Coriander, Cinnamon, Cassia, Ginger And Cloves], Mineral Salt (500), Thickener (1442, 1422), Egg Powder .	Carrot Cake										
		Avg Qty /Serve	Avg Qty /100g									
	Energy (kJ)	2030	1840									
	Energy (Cal)	485	441									
	Protein (g)	4.4	4.0									
	Fat, total (g)	30.0	27.3									
	Saturated Fat (g)	7.5	6.8									
	Carbohydrate (g)	48.7	44.3									
	Sugars (g)	30.5	27.7									
	Sodium (mg)	193	175									
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Y	Y	Y	T		T	Y	T	Y	Y		

Individual Warm Double Chocolate Cake <i>Contains gluten, eggs, milk, soy & sulphites</i> <i>May contain traces of sesame seeds, peanuts & tree nuts (almonds & hazelnuts).</i>	Sugar, Wheat Flour, Thickened Cream [Cream, Milk , Mineral Salt (450, 500) Stabiliser (400)], Canola Oil, Milk Compound Chocolate [Sugar, Vegetable Fat (Palm), Cocoa (Sulphites), Whey Powder, Skim Milk Powder, Emulsifiers (492, Soy Lecithin, 476), Vanillin], Milk , White Compound Chocolate [Sugar, Palm Oil, Whey Powder, Skim Milk Powder, Stabiliser (492), Soy Lecithin, Flavour], Cocoa, Butter [Cream , Water], Egg , Malt Extract [Barley , Malted Barley , Colour (150c), Soy Lecithin], Cream Cheese [Milk, Cream , Salt, Vegetable Gums (410, 412), Starter Culture], Coconut Oil, Mineral Salt (500), Sugared Egg Yolk, Flavour, Vegetable Gum (415).											Warm Double Chocolate Cake																										
			Avg Qty /Serve	Avg Qty /100g																																		
	Energy (kJ)		1880	1710																																		
	Energy (Cal)		450	409																																		
	Protein (g)		3.9	3.5																																		
	Fat, total (g)		26.3	23.9																																		
	Saturated Fat (g)		13.2	12.0																																		
	Carbohydrate (g)		48.6	44.2																																		
	Sugars (g)		37.3	33.9																																		
	Sodium (mg)		300	273																																		
<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustaea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Preservative</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td>Y</td> <td>Y</td> <td>Y</td> <td>Y</td> <td></td> <td>T</td> <td>T</td> <td>T</td> <td>Y</td> <td>Y</td> <td>Y</td> <td>Y</td> </tr> </tbody> </table>												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Y	Y	Y	Y		T	T	T	Y	Y	Y	Y	Cookies & Cream Cheesecake		
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																											
Y	Y	Y	Y		T	T	T	Y	Y	Y	Y																											
		Avg Qty /Serve	Avg Qty /100g																																			
Energy (kJ)		2610	2010																																			
Energy (Cal)		625	481																																			
Protein (g)		5.3	4.1																																			
Fat, total (g)		48.6	37.4																																			
Saturated Fat (g)		30.9	23.8																																			
Carbohydrate (g)		41.5	31.9																																			
Sugars (g)		27.0	20.8																																			
Sodium (mg)		287	221																																			
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																											
Y	T	Y	Y		T	T	T	T	T	Y	Y																											
		Avg Qty /Serve	Avg Qty /100g																																			
Energy (kJ)		2230	1440																																			
Energy (Cal)		533	344																																			
Protein (g)		9.5	6.1																																			
Fat, total (g)		36.9	23.8																																			
Saturated Fat (g)		24.3	15.7																																			
Carbohydrate (g)		40.8	26.3																																			
Sugars (g)		31.0	20.0																																			
Sodium (mg)		322	208																																			
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																											
Y	Y	Y	Y		T	T	T	T	Y	Y	Y																											
		Avg Qty /Serve	Avg Qty /100g																																			
Energy (kJ)		1320	1230																																			
Energy (Cal)		316	293																																			
Protein (g)		9.4	8.7																																			
Fat, total (g)		13.9	12.9																																			
Saturated Fat (g)		2.1	1.9																																			
Carbohydrate (g)		37.2	34.4																																			
Sugars (g)		30.8	28.5																																			
Sodium (mg)		194	180																																			
<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustaea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Preservative</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td></td> <td>Y</td> <td>T</td> <td>Y</td> <td></td> <td>T</td> <td>Y</td> <td></td> <td>T</td> <td>Y</td> <td>Y</td> <td>Y</td> </tr> </tbody> </table>												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		Y	T	Y		T	Y		T	Y	Y	Y			
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																											
	Y	T	Y		T	Y		T	Y	Y	Y																											
Individual Orange and Almond Cake Egg , Sugar, Almond , Orange Paste (Oranges , Sugar, Gelling Agent (440), Preservative (202)), Water, Thickener (1422), Orange Colour & Flavour [Water, Flavours, Vegetable Gum (415), Colours (102, 110), Emulsifier (433), Food Acid (330), Preservatives (202, 211)], Canola Oil, Dark Chocolate Decoration [Sugar, Cocoa Mass, Cocoa Butter , Soy Lecithin, Flavour], Baking Powder [Rice Flour, Mineral Salts (500, 541, 341)], Mineral Salt (500), Food Acid (300), Salt, Vegetable Gum (415). <i>Contains soy, egg & tree nuts (Almonds)</i> <i>May contain traces of peanuts, tree nuts, milk & sulphites.</i>																																						

MACARONS													
Chocolate	Icing Sugar [Sugar, Maize Starch], Egg Albumen (Stabilisers (415, 412, 1505)), Almond , Milk Chocolate [Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Liquor, Soy Lecithin, Flavour], Thickened Cream [Cream , Milk , Mineral Salt (450, 500), Stabiliser (400)], Butter , Cocoa (Mineral Salt (501)), Egg Albumen Powder, Soy Lecithin, Thickener (1442).												
	<i>Contains eggs, milk, soy, tree nuts & sulphites</i> <i>May contain traces of gluten</i>												
Cappuccino	Icing Sugar [Sugar, Maize Starch], Almond , Egg Albumen (Stabilisers (415, 412, 1505)), White Compound Chocolate [Sugar, Palm Oil, Whey Powder, Skim Milk Powder, Stabiliser (492), Soy Lecithin, Flavour], Thickened Cream [Cream , Milk , Mineral Salt (450, 500), Stabiliser (400)], Butter , Egg Albumen Powder, Cocoa, Coffee, Soy Lecithin, Thickener (1442).												
	<i>Contains eggs, milk, soy, tree nuts</i> <i>May contain traces of gluten</i>												
Macarons - Chocolate & Cappuccino	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
	T	Y	Y	Y		T	Y				Y		
Choc Mint Macaron	Icing Sugar (Sugar, Maize Starch), Almond , Egg White (Stabilisers (415, 412, 1505)), Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (322- Soy)), Thickened Cream (Cream Milk, Mineral Salt (450,500) Stabiliser (400)), Butter , Egg White Powder, Cocoa, Emulsifier (322- Soy), Colours (102,133), Thickener (1442), Peppermint Flavour.												
	<i>Contains egg, milk, soy & tree nuts.</i> <i>May contain traces of gluten & sulphites.</i>												
Salted Caramel Macaron	Icing Sugar (Sugar, Maize Starch), Almond , Egg White (Stabilisers (415, 412, 1505)), White Compound Chocolate (Sugar, Palm Oil, Whey Powder, Skim Milk Powder, Stabiliser (492), Emulsifier (322- Soy), Flavour), Thickened Cream (Cream , Milk , Mineral Salt (450, 500) Stabiliser (400)), Butter , Caramel Paste (Flavour, Glucose -Fructose Syrup, Sugar, Sweetened Condensed Milk), Sugar, Egg White Powder, Burnt Sugar, Maltodextrin, Colours (160a, 129), Salt, Emulsifier (322- Soy), Thickener (1442).												
	<i>Contains egg, milk, soy & tree nuts.</i> <i>May contain traces of gluten & sulphites.</i>												
Pineapple Coconut Macaron	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
	T	Y	Y	Y		T	Y			Y	Y	Y	
Strawberry & Cream Macaron	Icing Sugar (Sugar, Maize Starch), Almond , Egg White (Stabilisers (415, 412, 1505)), Butter , Cream Cheese (Milk , Cream , Salt, Vegetable Gums (410, 412), Starter Culture), Sugar, Egg White Powder, Glucose , Thickener (1442), Lemon Concentrate (Lemon Juice, Lemon Juice Concentrate, Lemon Oil, Acidity Regulators (330, 300)), Emulsifier (322- Soy), Strawberry Flavour, Colour (129).												
	<i>Contains egg, milk, soy, tree nuts & sulphites.</i> <i>May contain traces of gluten</i>												
Macaron - Pineapple and Coconut, Strawberries and Cream	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
	T	Y	Y	Y		T	Y		Y	Y	Y	Y	

Macaron- Average across All Flavours		
	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	450	1870
Energy (Cal ¹)	108	449
Protein (g)	2.0	8.3
Fat, total (g)	4.8	20.0
Saturated Fat (g)	2.1	8.5
Carbohydrate (g)	13.6	56.6
Sugars (g)	12.8	53.2
Sodium (mg)	20	80

MISCELLANEOUS

Marshmallows Glucose Syrup [from **Wheat**, contains Preservative (220)], Sugar, Water, Gelatine, Dextrose, Flavour, Colour (122), Stabiliser (452), Maize Starch, **Wheat** Starch.

Contains gluten & sulphites

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

Marshmallows		
	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	248	1380
Energy (Cal)	330	59
Protein (g)	0.7	3.8
Fat, total (g)	<0.1	0.1
Saturated Fat (g)	<0.1	0.1
Carbohydrate (g)	13.9	77.0
Sugars (g)	11.6	64.5
Sodium (mg)	16	87

Notes: Nutrition values are based on average figures and standard product formulation. Actual serving size and nutrient values may vary. Ingredients are subject to seasonal variation. Nutrient values and serve size do not apply to special customer orders. Information is correct as at November 2015.

Please be aware that there is always a risk that traces of allergens may be transferred to items on our menu during processing, storage or preparation in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any item sold is free from traces of allergens.