



McDonald's Australia McCafe Allergen - Ingredients - Nutrition Information

Information correct as at 1st May 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 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

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.

LOAVES / TOASTIES																															
Banana Bread with Butter BANANA BREAD: Banana, Wheat Flour, Sugar, Sour Light Cream (Cream , Milk Fat), Gelatine, Sour Cream Culture), Egg , Canola Oil, Banana Flavour Paste (Sugar, Glucose Syrup (From Wheat), Banana Purée, Glucose Fructose Syrup (From Wheat), Banana Juice Concentrate, Antioxidant (300), Water, Concentrates (Lemon, Safflower), Carrot Extract, Flavours), Whole Egg Powder, Baking Powder (Raising Agents (450, 500), Maize Starch, Mineral Salt (170), Raising Agent (500), Vanilla Flavour (Water, Propylene Glycol (1520), Caramel Sugar Syrup, Flavouring Components, Thickener (415), Acidity Regulator (330), Preservative (202), Iodised Salt. BUTTER: Cream, Water, Salt. <i>Contains gluten, eggs & milk</i> <i>May contain traces of soy.</i>	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																		
	Y	Y	Y	T						Y		Y																			
	Banana Bread with Butter - Single Slice			Avg Qty /Serve	Avg Qty /100g	Energy (kJ)	2270	1440	Energy (Cal)	542	343	Protein (g)	6.8	4.3	Fat, total (g)	26.7	16.9	Saturated Fat (g)	8.3	5.3	Carbohydrate (g)	67.6	42.8	Sugars (g)	38.8	24.5	Sodium (mg)	339	215		
	Pineapple & Coconut Bread with Butter PINEAPPLE COCONUT LOAF: Wheat Flour, Sugar, Crushed Pineapple (Pineapple, Pineapple Juice, Acidity Regulator (330)), Egg , Sour Light Cream (Reduced Fat Cream , Gelatine, Sour Cream Culture), Canola Oil, Dried Coconut (Coconut, Preservative (223)), Egg Powder, Baking Powder (Raising Agents (450, 500), Wheat Starch, Mineral Salt (170)), Flavour, Iodised Salt. BUTTER: Cream, Water, Salt. <i>Contains gluten, egg & milk.</i> <i>May contain TRACES of soy and sulphites</i>	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																	
		Y	Y	Y	T					T	T		T																		
		Pineapple & Coconut Bread with Butter - Single Slice			Avg Qty /Serve	Avg Qty /100g	Energy (kJ)	2750	1510	Energy (Cal)	658	360	Protein (g)	9.0	4.9	Fat, total (g)	37.1	20.3	Saturated Fat (g)	15.0	8.2	Carbohydrate (g)	69.5	38.0	Sugars (g)	34.7	19.0	Sodium (mg)	410	224	
		Sourdough Toast with Butter & Jam BREAD - Sliced - Artisan Sourdough - Wheat Flour, Water, Salt, Malt Flour (Barley). BUTTER: Cream, Water, Salt. STRAWBERRY JAM - Sugar, Strawberries, Acidity Regulators (330, 331), Vegetable Gum (440). <i>Contains gluten & milk.</i>	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																
			Y		Y						Y																				
			Sourdough Toast with Butter			Avg Qty /Serve	Avg Qty /100g	Energy (kJ)	1670	1310	Energy (Cal)	399	314	Protein (g)	7.3	5.8	Fat, total (g)	14.2	11.2	Saturated Fat (g)	9.1	7.1	Carbohydrate (g)	58.6	46.1	Sugars (g)	20.8	16.4	Sodium (mg)	523	412
			Raisin Toast with Butter RAISIN BREAD: Wheat Flour, Water, Fruits (Raisins and/or Sultanas), Yeast, Sugar, Wheat Gluten, Vegetable Oil (Canola), Iodised Salt, Soy Flour, Emulsifiers (471, 481), Preservative (282), Flavour, Vitamins (Thiamin, Folic Acid). BUTTER: Cream, Water, Salt. *Fruit used subject to change due to availability and seasonability of products. <i>Contains gluten, milk & soy.</i> <i>May contain traces of sesame seeds.</i>	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours															
Y					Y	Y				T		Y		Y																	
Raisin Toast - Single Slice with Butter				Avg Qty /Serve	Avg Qty /100g	Energy (kJ)	1030	1240	Energy (Cal)	246	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		

Cheesy Toastie <u>SOURDOUGH BREAD:</u> Wheat Flour, Water, Salt, Malt Flour (Barley). <u>AUSSIE JACK CHEESE:</u> Pasteruised Milk , Salt, Starter Culture, Non-animal Rennet <i>Contains gluten & milk.</i>													Cheesy Toastie																									
														Avg Qty /Serve	Avg Qty /100g																							
													Energy (kJ)	1330	1150																							
													Energy (Cal)	317	276																							
													Protein (g)	14.5	12.6																							
													Fat, total (g)	10.2	8.8																							
													Saturated Fat (g)	6.1	5.3																							
													Carbohydrate (g)	40.3	35.0																							
													Sugars (g)	2.5	2.2																							
													Sodium (mg)	613	532																							
Cheese & Tomato Toastie <u>SOURDOUGH BREAD:</u> Wheat Flour, Water, Salt, Malt Flour (Barley). <u>AUSSIE JACK CHEESE:</u> Pasteruised Milk , Salt, Starter Culture, Non-animal Rennet <u>TOMATO SLICE:</u> Tomato. <i>Contains gluten & milk.</i> <i>May contain traces of peanuts & tree nuts.</i>													Cheese & Tomato Toastie																									
														Avg Qty /Serve	Avg Qty /100g																							
													Energy (kJ)	1360	851																							
													Energy (Cal)	324	204																							
													Protein (g)	14.9	9.4																							
													Fat, total (g)	10.2	6.4																							
													Saturated Fat (g)	6.1	3.9																							
													Carbohydrate (g)	41.1	25.8																							
													Sugars (g)	3.3	2.1																							
													Sodium (mg)	616	387																							
Ham & Cheese Toastie <u>SOURDOUGH BREAD:</u> Wheat Flour, Water, Salt, Malt Flour (Barley). <u>AUSSIE JACK CHEESE:</u> Pasteruised Milk , Salt, Starter Culture, Non-animal Rennet <u>HAM SLICE:</u> Pork, Water, Salt, Acidity Regulators (326, 262), Sugar, Emulsifier (451), Dextrose (Maize), Antioxidant (316), Sodium Nitrite (250). <i>Contains gluten & milk.</i> <i>May contain traces of peanuts & tree nuts.</i>													Ham & Cheese Toastie																									
														Avg Qty /Serve	Avg Qty /100g																							
													Energy (kJ)	1520	989																							
													Energy (Cal)	364	236																							
													Protein (g)	21.8	14.1																							
													Fat, total (g)	11.5	7.5																							
													Saturated Fat (g)	6.7	4.3																							
													Carbohydrate (g)	41.5	26.9																							
													Sugars (g)	2.5	1.6																							
													Sodium (mg)	978	634																							
Ham, Cheese & Tomato Toastie <u>SOURDOUGH BREAD:</u> Wheat Flour, Water, Salt, Malt Flour (Barley). <u>AUSSIE JACK CHEESE:</u> Pasteruised Milk , Salt, Starter Culture, Non-animal Rennet <u>HAM SLICE:</u> Pork, Water, Salt, Acidity Regulators (326, 262), Sugar, Emulsifier (451), Dextrose (Maize), Antioxidant (316), Sodium Nitrite (250). <u>TOMATO SLICE:</u> Tomato. <i>Contains gluten & milk.</i> <i>May contain traces of peanuts & tree nuts.</i>													Ham, Cheese & Tomato Toastie																									
														Avg Qty /Serve	Avg Qty /100g																							
													Energy (kJ)	1550	783																							
													Energy (Cal)	371	187																							
													Protein (g)	22.2	11.2																							
													Fat, total (g)	11.5	5.8																							
													Saturated Fat (g)	6.7	3.4																							
													Carbohydrate (g)	42.4	21.4																							
													Sugars (g)	3.4	1.7																							
													Sodium (mg)	980	495																							
<table border="1" style="width: 100%; border-collapse: collapse;"> <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>Lupin</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Y</td> <td></td> <td style="text-align: center;">Y</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">Y</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>													Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours	Y		Y						Y				
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																										
Y		Y						Y																														

SWEETS																																								
Rocky Road Slice	Dark Chocolate [Sugar, Vegetable Fat, Cocoa Powder, Emulsifiers (492, Soy Lecithin), Salt, Natural Flavour], Marshmallow [Sugar, Glucose, Water, Gelatine, Starch, Natural Flavour, Colour (120)], Cream (Thickener (401)), Wheat Flour, Coconut, Margarine [Vegetable Oil, Water, Salt, Emulsifiers (471, 472c), Antioxidant (304), Natural Flavour], Sugar, Water, Glucose (223), Raising Agents (541,500,170,450,336), Iodised Salt, Natural Flavour.												Rocky Road Slice																											
													Avg Qty /Serve	Avg Qty /100g																										
													Energy (kJ)	1600	1940																									
													Energy (Cal)	383	464																									
													Protein (g)	2.8	3.4																									
													Fat, total (g)	23.5	28.5																									
													Saturated Fat (g)	14.4	17.4																									
													Carbohydrate (g)	39.9	48.4																									
													Sugars (g)	31.4	38.1																									
													Sodium (mg)	60	73																									
<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>Lupin</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td>Y</td> <td></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></td> <td>Y</td> <td>Y</td> </tr> </tbody> </table>													Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours	Y		Y	Y		T	T	T	Y	Y		Y	Y		
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																												
Y		Y	Y		T	T	T	Y	Y		Y	Y																												
Individual Warm Double Chocolate Cake	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)	1960	1780																									
													Energy (Cal)	468	426																									
													Protein (g)	4.1	3.7																									
													Fat, total (g)	25.9	23.5																									
													Saturated Fat (g)	12.2	11.1																									
													Carbohydrate (g)	53.9	49.0																									
													Sugars (g)	36.6	33.3																									
													Sodium (mg)	275	250																									
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																												
Y	Y	Y	Y		T	T	T	Y	Y		Y	Y																												
Individual Cookies & Cream Cheesecake	Butter [Cream , Water], Choc Biscuit [Wheat Flour, Sugar, Vegetable Oil (Antioxidant (319), Food Acid (330)), Cocoa Powder, High Fructose Syrup, Salt, Raising Agent (500), Soy Lecithin, Corn Starch, Flavour], Cream Cheese [Milk , Cream , Salt, Vegetable Gums (410, 412), Starter Culture], Icing Sugar [Sugar, Maize Starch], Sour Light Cream [Reduced Fat Cream , Gelatine, Culture], White Chocolate Chips [Sugar, Milk Solids, Cocoa Butter, Milk Fat, Soy Lecithin], Lemon Concentrate [Lemon Juice, Lemon Oil, Acidity Regulators (330, 300)], Flavours.												Cookies & Cream Cheesecake																											
													Avg Qty /Serve	Avg Qty /100g																										
													Energy (kJ)	2590	1990																									
													Energy (Cal)	619	477																									
													Protein (g)	5.3	4.1																									
													Fat, total (g)	46.5	35.8																									
													Saturated Fat (g)	30.3	23.3																									
													Carbohydrate (g)	45.1	34.7																									
													Sugars (g)	23.9	18.4																									
													Sodium (mg)	299	230																									
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																												
Y	T	Y	Y		T	T	T	T	T		Y																													
Individual Raspberry Cheesecake	Cream Cheese [Milk , Cream , Salt, Vegetable Gums (410, 412), Starter Culture], Raspberry Filling [Raspberry, Apple Juice, Sugar, Thickener (1422), Vegetable Gum (440), Food Acid (330), Flavour, Preservative (202), Mineral Salts (509), Colour (122)], Thickened Cream [Cream , Milk , Mineral Salt (450, 500) Stabiliser (400)], Sugar, Biscuit Crumb [Wheat Flour, Sugar, Palm Oil (Antioxidants (307- Soy , 322- Soy), Golden Syrup, Coconut, Milk Solids, Mineral Salts (500, 450, 503), Flavours)], Egg , Sour Light Cream [Reduced Fat Cream , Gelatine, Culture], Butter [Cream , Water], Thickener (1422), Glaze [Sugar, Water, Gelling Agents (407, 440), Acidifier (330), Acidity Regulators (331, 341) Preservative (202)], Flavour, Vegetable Gum (415).												Raspberry Cheesecake																											
													Avg Qty /Serve	Avg Qty /100g																										
													Energy (kJ)	2110	1360																									
													Energy (Cal)	504	325																									
													Protein (g)	8.5	5.5																									
													Fat, total (g)	33.9	21.9																									
													Saturated Fat (g)	21.4	13.8																									
													Carbohydrate (g)	40.3	26.0																									
													Sugars (g)	27.0	17.4																									
													Sodium (mg)	285	184																									
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																												
Y	Y	Y	Y		T	T	T	T	Y		Y	Y																												

Gluten Free Passionfruit Cheesecake	Cream Cheese (Milk, Cream, Salt, Stabilisers (410, 412), Starter Culture), Coconut Biscuit Crumb ((Contains Sulphites) (Tapioca Flour, Chickpea Flour, Palm Oil (Antioxidant (306 From Soy), Sugar, Coconut, Golden Syrup, Treacle, Natural Flavour, Raising Agent (500), Salt), Sugar, Passionfruit Topping (Passionfruit, Water, Sugar, Stabilisers (1442, 440, 410, 415, 460), Acidity Regulators (333, 332, 330), Flavour, Natural Colour (160c)), Thickened Cream (Cream, Milk, Mineral Salts (450, 500), Stabiliser (400)), Egg, Modified Starch (1422), Unsalted Butter (Cream, Water), Passionfruit Seeds, Natural Flavour												Passionfruit Cheesecake																												
													Avg Qty /Serve	Avg Qty /100g																											
													Energy (kJ)	1050	1450																										
													Energy (Cal)	250	348																										
													Protein (g)	3.8	5.3																										
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													Sodium (mg)	115	160																										
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																													
	Y	Y	Y		T	T	T	Y	Y		Y	Y																													
Gluten Free Chocolate Raspberry Torte	Milk Choc Compound (Sugar, Hydrogenated Vegetable Fat [Palm], Cocoa Powder, Whey Powder, Skim Milk Powder, Stabiliser (492), Emulsifiers (322 (From Soy), 476), Flavour), Egg, Sugar, Unsalted Butter (Cream, Water), Ground Almonds, Raspberries, Cocoa Powder, Modified Starch (1422), Flavour, Hydrogenated Coconut Oil.												Chocolate Raspberry Torte																												
													Avg Qty /Serve	Avg Qty /100g																											
													Energy (kJ)	1780	1820																										
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													Sugars (g)	32.2	32.9																										
													Sodium (mg)	54	55																										
<table border="1"> <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>Lupin</th> <th>Flavour</th> <th>Colours</th> </tr> <tr> <td></td> <td>Y</td> <td>Y</td> <td>Y</td> <td></td> <td>T</td> <td>Y</td> <td>T</td> <td>T</td> <td>T</td> <td></td> <td>Y</td> <td></td> </tr> </table>													Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours		Y	Y	Y		T	Y	T	T	T		Y				
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																													
	Y	Y	Y		T	Y	T	T	T		Y																														
Scones with Jam & Cream	SCONES: Wheat Flour (Vitamins (Thiamin, Folate)), Water, Margarine (Animal Fat and Vegetable Oil, Water, Salt, Milk Solids, Emulsifiers (471, 322 (Soy)), Antioxidant (304), Food Acid (330), Natural Flavour, Natural Colour (160a)), Sugar, Baking Powder (Raising Agents (450, 500)), Milk Powder, Salt. STRAWBERRY JAM: Sugar, Strawberries, Acidity Regulators (330, 331), Vegetable Gum (440). CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).												Scones with Jam & Cream																												
													Avg Qty /Serve	Avg Qty /100g																											
													Energy (kJ)	1910	1300																										
													Energy (Cal)	457	312																										
													Protein (g)	8.4	5.7																										
													Fat, total (g)	18.0	12.3																										
													Saturated Fat (g)	9.9	6.7																										
													Carbohydrate (g)	63.7	43.5																										
													Sugars (g)	20.8	14.2																										
													Sodium (mg)	924	630																										
<table border="1"> <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>Lupin</th> <th>Flavour</th> <th>Colours</th> </tr> <tr> <td>Y</td> <td></td> <td>Y</td> <td>Y</td> <td></td> <td>T</td> <td>T</td> <td>T</td> <td></td> <td></td> <td></td> <td>Y</td> <td>Y</td> </tr> </table>													Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours	Y		Y	Y		T	T	T				Y	Y			
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																													
Y		Y	Y		T	T	T				Y	Y																													
Chocolate Donut	Donut Mix [Wheat Flour, Vegetable Oil (Soy Bean, Antioxidant (307, 322), Emulsifiers (471, 477)), Wheat Gluten, Emulsifiers (471, 481, 322, 472e), Sugar, Soy Flour, Salt, Dextrose, Raising Agents (450, 500), Milk Solids, Thickener (412), Anti-Caking Agent (170)], Choc Fondant (Sucrose, Glucose, Sugar, Icing Stabiliser (Thickener (1422, 406, 410, 401, 415), Soybean Oil), Cocoa Powder, Flavour (Colours (150d, 155, 133, 122), Cocoa Powder, Preservative (202)), Water, Sprinkles (Sugar, Vegetable Fat (Emulsifiers (492, Soy Lecithin), Glucose, Water, Colours (155, 122, 102, 133), Thickener (414)), Shortening (Animal Fat), Yeast, Canola Oil, Preservative (202)												Chocolate Donut																												
													Avg Qty /Serve	Avg Qty /100g																											
													Energy (kJ)	1910	1590																										
													Energy (Cal)	456	380																										
													Protein (g)	7.7	6.4																										
													Fat, total (g)	19.3	16.1																										
													Saturated Fat (g)	9.0	7.5																										
													Carbohydrate (g)	61.4	51.2																										
													Sugars (g)	28.6	23.8																										
													Sodium (mg)	396	330																										
<table border="1"> <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>Lupin</th> <th>Flavour</th> <th>Colours</th> </tr> <tr> <td>Y</td> <td></td> <td>Y</td> <td>Y</td> <td></td> <td>T</td> <td>T</td> <td>T</td> <td></td> <td>Y</td> <td></td> <td>Y</td> <td>Y</td> </tr> </table>													Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours	Y		Y	Y		T	T	T		Y		Y	Y			
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																													
Y		Y	Y		T	T	T		Y		Y	Y																													

Strawberry Donut	Donut Mix [Wheat Flour , Vegetable Oil (Soy Bean, Antioxidant (307, 322), Emulsifiers (471, 477)), Wheat Gluten , Emulsifiers (471, 481, 322, 472e), Sugar, Soy Flour , Salt, Dextrose, Raising Agents (450, 500), Milk Solids , Thickeners (412), Anti-Caking Agent (170)], Strawberry Flavoured Fondant (Sucrose, Glucose, Sugar, Icing Stabiliser (Thickener (1422, 406, 410, 401, 415), Soybean Oil), Flavour, Colour (123)), Water, Shortening (Animal Fat), Sprinkles (Sugar, Vegetable Fat (Emulsifiers (492, Soy Lecithin), Glucose, Water, Colours (123, 124), Thickener (414)), Yeast, Canola Oil, Preservative (202).												Strawberry Donut																											
													Avg Qty /Serve	Avg Qty /100g																										
													Energy (kJ)	2030	1690																									
													Energy (Cal)	484	403																									
													Protein (g)	7.3	6.1																									
													Fat, total (g)	22.6	18.8																									
													Saturated Fat (g)	10.4	8.7																									
													Carbohydrate (g)	61.8	51.5																									
													Sugars (g)	33.4	27.8																									
													Sodium (mg)	376	313																									
<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustacea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Preservative</th> <th>Lupin</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td>Y</td> <td></td> <td>Y</td> <td>Y</td> <td></td> <td>T</td> <td>T</td> <td>T</td> <td></td> <td>Y</td> <td></td> <td>Y</td> <td>Y</td> </tr> </tbody> </table>												Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours	Y		Y	Y		T	T	T		Y		Y	Y			
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																												
Y		Y	Y		T	T	T		Y		Y	Y																												
Blueberry Muffin	Muffin Mix (Sugar, Wheat Flour , Vegetable oil (Emulsifiers (471, 477)), Antioxidants (Soy Lecithin , 307), Thickeners (1422), Milk Solids , Raising Agents (450, 500), Potato Starch, Salt, Flavour, Emulsifier (481)), Egg , Blueberries, Margarine (Vegetable Oils and Fats, Water, Salt, Emulsifiers (Soy Lecithin , 471), Natural Flavour, Acidity Regulator (330), Colour (160a), Antioxidants (307b)												Blueberry Muffin																											
													Avg Qty /Serve	Avg Qty /100g																										
													Energy (kJ)	2390	1450																									
													Energy (Cal)	571	346																									
													Protein (g)	6.8	4.1																									
													Fat, total (g)	30.7	18.6																									
													Saturated Fat (g)	16.8	10.2																									
													Carbohydrate (g)	64.0	38.8																									
													Sugars (g)	37.3	22.6																									
													Sodium (mg)	756	458																									
<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustacea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Preservative</th> <th>Lupin</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td>Y</td> <td>Y</td> <td>Y</td> <td>T</td> <td></td> <td>T</td> <td>T</td> <td>T</td> <td>Y</td> <td>Y</td> <td></td> <td>Y</td> <td>Y</td> </tr> </tbody> </table>												Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours	Y	Y	Y	T		T	T	T	Y	Y		Y	Y			
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																												
Y	Y	Y	T		T	T	T	Y	Y		Y	Y																												
Mud Muffin	Chocolate Mud Muffin Mix (Sugar, Wheat Flour , Maltodextrin, Vegetable Oil (Emulsifiers (471, 477)), Antioxidants (Soy Lecithin , 307), Thickeners (412, 415, 1422), Cocoa Powder, Raising Agents (450, 500), Emulsifiers (471, 472b, 477, 481), Potato Starch, Milk Solids , Dextrose, Salt, Flavour, Colour (150d)), Vegetable Oil (Antioxidant (330)), Egg , Water, Dark Compound Chocolate Chips (Sugar, Hydrogenated Vegetable Fat, Cocoa Powder, Whey Powder , Soy Lecithin , Stabiliser (492)), Chocolate Icing (Sugar, Glucose (From Wheat , Preservative (220)), Vegetable Fat (Vegetable Oil, Emulsifiers (Soy Lecithin , 492), Antioxidant (307b)), Cocoa Powder, Vegetable Oil (Antioxidant (307)), Water, Emulsifiers (Soy Lecithin , 435, 471), Humectant (1520), Preservative (202)), Colour (150c), Chocolate Flavoured Paste (Colours (122, 133,150c,155), Flavours).												Mud Muffin																											
													Avg Qty /Serve	Avg Qty /100g																										
													Energy (kJ)	2970	1800																									
													Energy (Cal)	710	430																									
													Protein (g)	7.4	4.5																									
													Fat, total (g)	33.3	20.2																									
													Saturated Fat (g)	8.9	5.4																									
													Carbohydrate (g)	93.6	56.7																									
													Sugars (g)	57.1	34.6																									
													Sodium (mg)	437	265																									
<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustacea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Preservative</th> <th>Lupin</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></td> <td>Y</td> <td>Y</td> </tr> </tbody> </table>												Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours	Y	Y	Y	Y		T	T	T	Y	Y		Y	Y			
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																												
Y	Y	Y	Y		T	T	T	Y	Y		Y	Y																												
White Chocolate & Raspberry Muffin	Wheat Flour , Sugar, Water, Raspberries, Egg , Canola Oil, White Choc [Sugar, Vegetable Fat (Emulsifiers (492, Soy Lecithin)), Food Acid (330)], Milk Powder , Soy Lecithin , Natural Flavour], Milk Solids [Soy Lecithin], Raising Agents (541,500,170,450,336), Egg White , Maize Starch, Vinegar, Iodised Salt, Natural Flavour.												White Chocolate & Raspberry Muffin																											
													Avg Qty /Serve	Avg Qty /100g																										
													Energy (kJ)	1930	1240																									
													Energy (Cal)	461	297																									
													Protein (g)	8.2	5.3																									
													Fat, total (g)	13.6	8.8																									
													Saturated Fat (g)	3.4	2.2																									
													Carbohydrate (g)	74.1	47.8																									
													Sugars (g)	38.8	25.0																									
													Sodium (mg)	603	389																									
<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustacea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Preservative</th> <th>Lupin</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></td> <td></td> <td></td> <td>Y</td> <td></td> </tr> </tbody> </table>												Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours	Y	Y	Y	Y		T	T	T				Y				
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																												
Y	Y	Y	Y		T	T	T				Y																													
Vanilla Slice	Water, Custard Mix [Sugar, Thickeners (1414, 401), Milk Solids , Wheat Starch , Colour (102, 110), Acidity Regulator (331), Flavouring, Salt], Dairy Cream (Thickener (401)), Wheat Flour , Sugar, Butter [Cream , Water, Salt], Wheat Starch , Sugar Icing (Sucrose, Glucose), Margarine [Vegetable Fat (Palm, Coconut, Rapeseed), Salt, Emulsifier (471), Acidity Regulators (330), Colour (160a)], Milk Solids [Emulsifier (Soy Lecithin)], Vanilla Extract, Dark Chocolate [Sugar, Vegetable Fat, Cocoa Powder, Emulsifiers (492, Soy Lecithin), Salt, Natural Flavour], Iodised Salt, Emulsifier [Wheat Flour , Improver (920)].												Vanilla Slice																											
													Avg Qty /Serve	Avg Qty /100g																										
													Energy (kJ)	1180	1150																									
													Energy (Cal)	281	275																									
													Protein (g)	2.5	2.4																									
													Fat, total (g)	14.0	13.7																									
													Saturated Fat (g)	8.5	8.3																									
													Carbohydrate (g)	36.0	35.1																									
													Sugars (g)	19.4	18.9																									
													Sodium (mg)	224	219																									
<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustacea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Preservative</th> <th>Lupin</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></td> <td></td> <td>Y</td> <td>Y</td> </tr> </tbody> </table>												Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours	Y	T	Y	Y		T	T	T				Y	Y			
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																												
Y	T	Y	Y		T	T	T				Y	Y																												

MACARONS															
Chocolate Macaron	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).												Chocolate Macaron		
													Avg Qty /Serve	Avg Qty /100g	
	<i>Contains eggs, milk, soy, tree nuts & sulphites</i>												Energy (kJ)	454	1890
	<i>May contain traces of gluten & peanuts.</i>												Energy (Cal ¹)	108	450
													Protein (g)	2.1	8.8
													Fat, total (g)	4.9	20.4
													Saturated Fat (g)	1.8	7.5
													Carbohydrate (g)	13.4	55.9
													Sugars (g)	13.0	54.1
													Sodium (mg)	19	80
Mango Macaron	Icing Sugar Mixture (Sugar, Cornstarch), Ground Almonds , Egg White Mix (Egg White , Stabilisers (415, 412, 1505)), White Compound Chocolate (Sugar, Hydrogenated Vegetable Fat, Whey Powder, Skim Milk Powder, Stabiliser (492), Emulsifier (322), Natural Vanilla Flavour), Unsalted Butter (Cream), Mango Puree, Thickened Cream , Egg White Powder , Natural Colour (160c), Natural Flavour, Emulsifier (322), Modified Starch (1442), Yellow Gardenia Extract.												Mango Macaron		
													Avg Qty /Serve	Avg Qty /100g	
	<i>Contains egg, milk, soy & tree nuts.</i>												Energy (kJ)	451	1880
	<i>May contain traces of gluten & peanuts.</i>												Energy (Cal ¹)	108	449
													Protein (g)	2.2	9.3
													Fat, total (g)	5.2	21.7
													Saturated Fat (g)	2.7	11.1
													Carbohydrate (g)	12.8	53.4
													Sugars (g)	12.2	50.9
													Sodium (mg)	21	86
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 Lecithin)), Thickener (1442).												Salted Caramel Macaron		
													Avg Qty /Serve	Avg Qty /100g	
	<i>Contains egg, milk, soy & tree nuts.</i>												Energy (kJ)	432	1800
	<i>May contain traces of gluten, peanuts & sulphites.</i>												Energy (Cal ¹)	103	429
													Protein (g)	1.8	7.6
													Fat, total (g)	4.4	18.5
													Saturated Fat (g)	2.1	8.6
													Carbohydrate (g)	13.7	57.1
													Sugars (g)	12.7	52.9
													Sodium (mg)	28	116
MISCELLANEOUS															
Marshmallows	Glucose Syrup [from Wheat , contains Preservative (220)], Sugar, Water, Gelatine, Dextrose, Flavour, Colour (122), Stabiliser (452), Maize Starch, Wheat Starch.												Marshmallows		
													Avg Qty /Serve	Avg Qty /100g	
	<i>Contains gluten & sulphites</i>												Energy (kJ)	248	1380
													Energy (Cal)	58	324
													Protein (g)	0.8	4.4
													Fat, total (g)	0.0	0.1
													Saturated Fat (g)	0.0	0.1
													Carbohydrate (g)	13.7	76.3
													Sugars (g)	10.7	59.4
													Sodium (mg)	12	67
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 August 2018.															
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.															