



**McDonald's Australia**  
**McCafe Food Menu**  
**Allergen - Ingredients - Nutrition Information**

**Information correct as at April 2022.**

At McDonald's we believe in the nutritional principals of balance, variety and moderation and that eating at McDonald's can fit into a healthy lifestyle. Our goal is to provide you with the information necessary to make informed decisions about your McDonald's menu choices. This guide can help you balance your McDonald's meal with the other meals you eat today, and every day.

This guide is for our 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**, 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 PORTION: Pasteurised Cream (from **Milk**), Water, Salt.

Contains gluten, egg & milk.

BANANA BREAD is produced on equipment that also produces products containing soy.

BANANA BREAD is stored in the same display cabinet as products containing tree nuts and traces of peanuts.

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

### Single Slice with Butter

	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 and 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, Salt.  
 BUTTER PORTION: Pasteurised Cream (from **Milk**), Water, Salt.

Contains gluten, egg & milk.

May contain TRACES of sulphites.

PINEAPPLE AND COCONUT BREAD is produced on equipment that also produces products containing soy.

PINEAPPLE AND COCONUT BREAD is stored in the same display cabinet as products containing tree nuts and traces of peanuts.

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

### Single Slice with Butter

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2690	1490
Energy (Cal)	642	355
Protein (g)	9.0	5.0
Fat, total (g)	35.2	19.5
Saturated Fat (g)	13.8	7.6
Carbohydrate (g)	69.5	38.5
Sugars (g)	34.7	19.2
Sodium (mg)	398	220

## Sourdough Toast with Butter

SOURDOUGH BREAD: **Wheat** Flour, Water, Salt, Malt Flour (**Barley**).

OR:

**Wheat** Flour (**Wheat**, Vitamins (Thiamin, Folic Acid), Flour Treatment Agent (920)), Water, Sourdough Starter (**Rye** Flour, Water, Mature Sour, Acetic Acid (260)), Iodised Salt, Yeast, Canola Oil, Vinegar, Improver (**Soy** Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), **Wheat** Malt Flour, Enzymes).

BUTTER PORTION: Pasteurised Cream (from **Milk**), Water, Salt.

Contains gluten, milk, soy and sulphites.

SOURDOUGH BREAD is produced on equipment that also produces products containing egg, milk and sesame seeds.

SOURDOUGH TOAST may be toasted on the same equipment as products containing egg and soy.

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

### Single Slice with Butter

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	671	1340
Energy (Cal)	160	321
Protein (g)	3.6	7.1
Fat, total (g)	7.0	14.0
Saturated Fat (g)	4.4	8.8
Carbohydrate (g)	20.1	40.1
Sugars (g)	1.2	2.3
Sodium (mg)	259	517

## 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 PORTION: Pasteurised Cream (from Milk), Water, Salt.

Contains gluten, milk & soy.

May contain traces of sesame seeds.

RAISIN TOAST may be toasted on the same equipment as products containing egg.

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

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

### 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

# LOAVES / TOASTIES (Continued)

## Cheese Toastie

SOURDOUGH BREAD: **Wheat** Flour, Water, Salt, Malt Flour (**Barley**).

OR:

**Wheat** Flour (**Wheat**, Vitamins (Thiamin, Folic Acid), Flour Treatment Agent (920)), Water, Sourdough Starter (**Rye** Flour, Water, Mature Sour, Acetic Acid (260)), Iodised Salt, Yeast, Canola Oil, Vinegar, Improver (**Soy** Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), **Wheat** Malt Flour, Enzymes).

AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.

Contains gluten, milk, soy and sulphites.

SOURDOUGH BREAD is produced on equipment that also produces products containing egg, milk and sesame seeds.

CHEESE TOASTIE may be toasted on the same equipment as products containing egg and soy.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1340	1160
Energy (Cal)	320	278
Protein (g)	14.5	12.6
Fat, total (g)	10.5	9.1
Saturated Fat (g)	6.6	5.8
Carbohydrate (g)	40.3	35.0
Sugars (g)	2.5	2.2
Sodium (mg)	640	555

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

## Cheese & Tomato Toastie

SOURDOUGH BREAD: **Wheat** Flour, Water, Salt, Malt Flour (**Barley**).

OR:

**Wheat** Flour (**Wheat**, Vitamins (Thiamin, Folic Acid), Flour Treatment Agent (920)), Water, Sourdough Starter (**Rye** Flour, Water, Mature Sour, Acetic Acid (260)), Iodised Salt, Yeast, Canola Oil, Vinegar, Improver (**Soy** Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), **Wheat** Malt Flour, Enzymes).

AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.

TOMATO SLICE: Tomato.

Contains gluten, milk, soy and sulphites.

SOURDOUGH BREAD is produced on equipment that also produces products containing egg, milk and sesame seeds.

CHEESE & TOMATO TOASTIE may be toasted on the same equipment as products containing egg and soy.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1370	858
Energy (Cal)	326	205
Protein (g)	14.9	9.4
Fat, total (g)	10.5	6.4
Saturated Fat (g)	6.6	4.2
Carbohydrate (g)	41.1	25.8
Sugars (g)	3.3	2.1
Sodium (mg)	642	403

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

## Ham & Cheese Toastie

SOURDOUGH BREAD: **Wheat** Flour, Water, Salt, Malt Flour (**Barley**).

OR:

**Wheat** Flour (**Wheat**, Vitamins (Thiamin, Folic Acid), Flour Treatment Agent (920)), Water, Sourdough Starter (**Rye** Flour, Water, Mature Sour, Acetic Acid (260)), Iodised Salt, Yeast, Canola Oil, Vinegar, Improver (**Soy** Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), **Wheat** Malt Flour, Enzymes).

AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.

HAM SLICE: Pork, Water, Salt, Acidity Regulators (326, 262), Dextrose (Maize, Tapioca), Emulsifiers (450, 451, 508), Pork Protein (Herb Extract (392)), Sugar, Modified Tapioca Starch (1412), Thickeners (407a, 415), Antioxidant (316), Potato Fibre, Sodium Nitrite (250), Canola Oil, Citrus Fibre.

Contains gluten, milk, soy and sulphites.

SOURDOUGH BREAD is produced on equipment that also produces products containing egg, milk and sesame seeds.

HAM & CHEESE TOASTIE may be toasted on the same equipment as products containing egg and soy.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1490	968
Energy (Cal)	357	231
Protein (g)	20.4	13.2
Fat, total (g)	11.4	7.4
Saturated Fat (g)	7.0	4.5
Carbohydrate (g)	41.3	26.8
Sugars (g)	3.2	2.1
Sodium (mg)	1010	658

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

## Ham, Cheese & Tomato Toastie

SOURDOUGH BREAD: **Wheat** Flour, Water, Salt, Malt Flour (**Barley**).

OR:

**Wheat** Flour (**Wheat**, Vitamins (Thiamin, Folic Acid), Flour Treatment Agent (920)), Water, Sourdough Starter (**Rye** Flour, Water, Mature Sour, Acetic Acid (260)), Iodised Salt, Yeast, Canola Oil, Vinegar, Improver (**Soy** Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), **Wheat** Malt Flour, Enzymes).

AUSSIE JACK CHEESE: Pasteurised **Milk**, Salt, Starter Culture, Non-animal Rennet.

HAM SLICE: Pork, Water, Salt, Acidity Regulators (326, 262), Dextrose (Maize, Tapioca), Emulsifiers (450, 451, 508), Pork Protein (Herb Extract (392)), Sugar, Modified Tapioca Starch (1412), Thickeners (407a, 415), Antioxidant (316), Potato Fibre, Sodium Nitrite (250), Canola Oil, Citrus Fibre.

TOMATO SLICE: Tomato.

Contains gluten, milk and sulphites.

SOURDOUGH BREAD is produced on equipment that also produces products containing egg, milk and sesame seeds.

HAM, CHEESE & TOMATO TOASTIE may be toasted on the same equipment as products containing egg and soy.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1520	767
Energy (Cal)	363	183
Protein (g)	20.9	10.5
Fat, total (g)	11.5	5.8
Saturated Fat (g)	7.0	3.5
Carbohydrate (g)	42.1	21.3
Sugars (g)	4.1	2.1
Sodium (mg)	1020	513

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

# SWEETS

## Gluten Free Chocolate Raspberry Torte

Milk Compound Chocolate (Sugar, Hydrogenated Vegetable Fat [Palm], Whey (**Milk**) Powder, Cocoa Powder, Emulsifiers (322 (From **Soy**), 476), Stabiliser (492), Natural Vanilla Flavour), **Egg**, Sugar, Unsalted Butter (Contains **Milk**), Ground **Almonds**, Raspberries, Cocoa Powder, Modified Starch (1422), Flavour, Hydrogenated Coconut Oil.

Contains eggs, milk, soy and tree nuts.

May contain traces of sulphites, sesame seeds & peanuts.

CHOCOLATE RASPBERRY TORTE is stored in the same display cabinet as products containing traces of peanuts.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1780	1820
Energy (Cal)	426	435
Protein (g)	7.8	8.0
Fat, total (g)	25.3	25.8
Saturated Fat (g)	14.8	15.1
Carbohydrate (g)	40.5	41.3
Sugars (g)	32.2	32.9
Sodium (mg)	54	55

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

CHOCOLATE 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).

Contains gluten, soy and milk.

CHOCOLATE DONUT is produced in the same facility as items containing egg, peanuts, tree nuts & sesame seeds.

	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

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

## Blueberry Muffin

Muffin Mix (Sugar, **Wheat** Flour, Vegetable Oil (Emulsifiers (471, 477)), Antioxidants (**Soy** Lecithin, 307), Thickener (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).

Contains gluten, egg, milk, soy and sulphites.

BLUEBERRY MUFFIN is stored in the same display cabinet as products containing tree nuts and traces of peanuts.

	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

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

## Mud Muffin

Muffin Mix (Sugar, **Wheat** Flour, Maltodextrin, Vegetable Fats & Oils [(Palm, Coconut, Sunflower, Canola), Emulsifiers (471, 477), Antioxidants (322 - **Soy**, 307)], Thickeners (1422, 412, 415), Cocoa Powder, Raising Agents (450, 500), Emulsifiers (471, 472b, 477, 481), Potato Starch, **Milk** Solids, Dextrose, Salt, Flavour (Contains **Milk**), Colour (150d)), Canola Oil, **Egg**, Dark Compound Chocolate (Sugar, Vegetable Fat (Palm), Cocoa Powder, Emulsifiers (322 - **Soy**, 476), Stabiliser (492), Natural Vanilla Flavour), Unsalted Butter (Contains **Milk**), Colour (150c), Chocolate Flavoured Paste (Water, Colours (122, 133, 150c (Preservative (223)), 155), Flavours, Vegetable Gum (415), Preservative (202)), Cocoa Powder.

Contains gluten, egg, milk and soy.

MUD MUFFIN is stored in the same display cabinet as products containing tree nuts and traces of peanuts.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	3090	1870
Energy (Cal)	737	447
Protein (g)	8.4	5.1
Fat, total (g)	40.3	24.4
Saturated Fat (g)	12.7	7.7
Carbohydrate (g)	82.7	50.1
Sugars (g)	57.6	34.9
Sodium (mg)	389	236

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

# SWEETS (Continued)

## Chocolate Macaron

Icing Sugar (Sugar, Maize Starch), Egg White Mix (**Egg** White, Stabilisers (415, 412, 1505)), Ground **Almonds**, Milk Chocolate (Contains Cocoa Solids (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier (322 (From **Soy**)), Vanilla Extract)), Thickened Cream (**Cream, Milk**, Mineral Salts (450, 500), Stabiliser (400)), Cocoa Powder, Unsalted Butter (**Cream**), **Egg** White Powder, Cocoa Powder, Emulsifier (322 (From **Soy**)), Modified Starch (1442).

Contains eggs, milk, soy and tree nuts.

CHOCOLATE MACARON is produced on equipment which also produces products containing gluten, sesame seeds and sulphites.

CHOCOLATE MACARON is stored in the same display cabinet as products containing traces of peanuts.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	471	1960
Energy (Cal <sup>1</sup> )	113	469
Protein (g)	2.1	8.9
Fat, total (g)	5.8	24.2
Saturated Fat (g)	3.1	12.9
Carbohydrate (g)	12.7	53.1
Sugars (g)	11.5	47.8
Sodium (mg)	17	69

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

## Salted Caramel Macaron

Icing Sugar (Sugar, Maize Starch), Ground **Almonds**, **Egg** White Mix (**Egg** White, Stabilisers (415, 1505, 412)), White Compound Chocolate (Sugar, Hydrogenated Vegetable Fat, **Whey** Powder, Skim **Milk** Powder, Stabiliser (492), Emulsifier (322 (From **Soy**)), Natural Vanilla Flavour), Thickened Cream (Contains **Milk**), Unsalted Butter (**Cream**), Demerara Sugar, Caramel Compound (Contains **Milk**), **Egg** White Powder, Burnt Sugar, Iodised Salt, Emulsifier (322 (From **Soy**)), Colour (129), Modified Starch (1442), Yellow Gardenia Extract.

Contains egg, milk, soy and tree nuts.

SALTED CARAMEL MACARON is produced on equipment which also produces products containing gluten, sesame seeds and sulphites.

SALTED CARAMEL MACARON is stored in the same display cabinet as products containing traces of peanuts.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	432	1800
Energy (Cal <sup>1</sup> )	103	430
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

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

# MISCELLANEOUS

## Marshmallows

Sugar, Glucose Syrup (From **Wheat** and Corn), Invert Sugar, Gelatine, Flavours, Colour (120).

Contains gluten.

MARSHMALLOWS are produced in the same facility as products containing milk

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	257	1430
Energy (Cal)	61	341
Protein (g)	0.5	2.7
Fat, total (g)	0.2	1.0
Saturated Fat (g)	0.2	1.0
Carbohydrate (g)	14.2	78.7
Sugars (g)	11.5	63.9
Sodium (mg)	8	43

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