



**McDonald's Australia**  
**McCafe Beverages**  
**Allergen - Ingredients - Nutrition Information**

Information correct as at September 2019

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**

No food items are sold as allergen free.

As we operate working kitchens please be aware that there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item sold is free from traces of allergens.

No food items are certified as vegetarian. Whilst some ingredients may not contain animal ingredients, we cannot guarantee that there will be no cross contact with ingredients that do contain animal ingredients in our kitchens.

We have a number of Halal certified restaurants. Only those items listed on the certificate in the front counter area and drive thru booth at our restaurants serving Halal options are certified as Halal.

If you would like further information or have food sensitivities or dietary concerns regarding specific ingredients in specific menu items, please contact us at <http://mcdonalds.com.au/contactus> or call us on 02 9875 7100.

HOT BEVERAGES																			
<b>Espresso</b>													Avg Qty / Serve	Avg Qty / 100mL					
COFFEE: Water, Ground & Extracted Roasted Coffee Beans													Energy (kJ)	2	3				
													Energy (Cal)	<1	1				
													Protein (g)	0.0	0.1				
													Fat, Total (g)	0.0	0.0				
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Saturated Fat (g)	0.0	0.0				
													Carbohydrate (g)	0.0	0.1				
													Sugars (g)	0.0	0.1				
													Sodium (mg)	<1	2				
<b>Long Black</b>													Small		Standard		Large		
COFFEE: Water, Ground & Extracted Roasted Coffee Beans													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
													Energy (kJ)	1	<1	2	<1	2	<1
													Energy (Cal)	<1	<1	<1	<1	<1	<1
													Protein (g)	0.0	0.0	0.0	0.0	0.1	0.0
													Fat, Total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Saturated Fat (g)	0.0	0.0				
													Carbohydrate (g)	0.0	0.0				
													Sugars (g)	0.0	0.0	0.0	0.0	0.1	0.0
													Sodium (mg)	<1	<1	<1	<1	1	<1
<b>Babyccino</b>													Avg Qty / Serve	Avg Qty / 100mL					
MILK: Whole Fresh Milk													Energy (kJ)	340	295				
DRINKING CHOCOLATE: Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt													Energy (Cal)	81	71				
<i>Contains milk.</i>													Protein (g)	2.3	2.0				
<i>May contain traces of soy &amp; sulphites</i>													Fat, Total (g)	2.6	2.2				
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Saturated Fat (g)	1.7	1.5				
		Y	T					T		T	Y		Carbohydrate (g)	3.9	3.4				
													Sugars (g)	3.8	3.3				
													Sodium (mg)	30	26				
<b>Macchiato</b>													Avg Qty / Serve	Avg Qty / 100mL					
COFFEE: Water, Ground & Extracted Roasted Coffee Beans													Energy (kJ)	15	39				
MILK: Whole Fresh Milk													Energy (Cal)	4	9				
<i>Contains milk.</i>													Protein (g)	0.2	0.5				
													Fat, Total (g)	0.2	0.5				
													Saturated Fat (g)	0.1	0.3				
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Carbohydrate (g)	0.3	0.7				
		Y											Sugars (g)	0.3	0.7				
													Sodium (mg)	3	7				
<b>Cappuccino with Full Cream Milk</b>													Small		Standard		Large		
MILK: Whole Fresh Milk													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
COFFEE: Water, Ground & Extracted Roasted Coffee Beans													Energy (kJ)	647	249	690	238	776	235
DRINKING CHOCOLATE: Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt													Energy (Cal)	155	59	165	57	185	56
<i>Contains milk.</i>													Protein (g)	7.5	2.9	8.1	2.8	9.1	2.7
<i>May contain traces of soy and sulphites</i>													Fat, Total (g)	8.4	3.2	9.1	3.1	10.3	3.1
													Saturated Fat (g)	5.5	2.1	6.0	2.1	6.8	2.0
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Carbohydrate (g)	12.2	4.7				
		Y	T					T		T	Y		Sugars (g)	12.0	4.6				
													Sodium (mg)	96	37	103	35	116	35

													Small		Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Cappuccino with Skim Milk</b>													Energy (kJ)	287	142	371	134	423	131
SKIM MILK: Fresh Skim Milk, Milk Solids Non Fat													Energy (Cal)	68	34	89	32	101	31
COFFEE: Water, Ground & Extracted Roasted Coffee Beans													Protein (g)	6.3	3.1	8.3	3.0	9.6	3.0
DRINKING CHOCOLATE: Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt													Fat, Total (g)	0.2	0.1	0.3	0.1	0.3	0.1
<i>Contains milk.</i>													Saturated Fat (g)	0.2	0.1	0.3	0.1	0.3	0.1
<i>May contain traces of soy and sulphites</i>													Carbohydrate (g)	10.0	4.9	12.7	4.6	14.5	4.5
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Sugars (g)	9.9	4.9	12.7	4.6	14.4	4.5
		Y	T					T		T	Y		Sodium (mg)	79	39	105	38	120	37
													Small		Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Flat White with Full Cream Milk</b>													Energy (kJ)	487	237	702	232	759	227
MILK: Whole Fresh Milk													Energy (Cal)	116	57	168	55	181	54
COFFEE: Water, Ground & Extracted Roasted Coffee Beans													Protein (g)	5.8	2.8	8.4	2.8	9.1	2.7
<i>Contains milk.</i>													Fat, Total (g)	6.7	3.2	9.6	3.2	10.4	3.1
													Saturated Fat (g)	4.4	2.1	6.3	2.1	6.8	2.1
													Carbohydrate (g)	8.3	4.0	11.9	3.9	12.9	3.9
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Sugars (g)	8.3	4.0	11.9	3.9	12.9	3.9
		Y											Sodium (mg)	73	35	105	35	113	34
													Small		Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Flat White with Skim Milk</b>													Energy (kJ)	256	125	369	127	399	123
SKIM MILK: Fresh Skim Milk, Milk Solids Non Fat													Energy (Cal)	60	29	87	30	94	29
COFFEE: Water, Ground & Extracted Roasted Coffee Beans													Protein (g)	6.2	3.0	8.9	3.1	9.6	3.0
<i>Contains milk.</i>													Fat, Total (g)	0.2	0.1	0.2	0.1	0.3	0.1
													Saturated Fat (g)	0.2	0.1	0.2	0.1	0.3	0.1
													Carbohydrate (g)	8.5	4.2	12.3	4.2	13.3	4.1
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Sugars (g)	8.5	4.2	12.3	4.2	13.3	4.1
		Y											Sodium (mg)	76	37	109	37	118	36

													Small		Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Latte with Full Cream Milk</b>													Energy (kJ)	473	236	687	231	745	227
MILK: Whole Fresh Milk													Energy (Cal)	113	56	164	55	178	54
COFFEE: Water, Ground & Extracted Roasted Coffee Beans													Protein (g)	5.7	2.8	8.2	2.8	8.9	2.7
<i>Contains milk.</i>													Fat, Total (g)	6.5	3.2	9.4	3.2	10.2	3.1
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Saturated Fat (g)	4.3	2.1	6.2	2.1	6.7	2.0
		Y											Carbohydrate (g)	8.0	4.0	11.7	3.9	12.7	3.9
													Sugars (g)	8.0	4.0	11.7	3.9	12.7	3.9
													Sodium (mg)	71	35	103	34	111	34
													Small		Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Latte with Skim Milk</b>													Energy (kJ)	249	124	361	127	392	122
SKIM MILK: Fresh Skim Milk, Milk Solids Non Fat													Energy (Cal)	59	29	85	30	92	29
COFFEE: Water, Ground & Extracted Roasted Coffee Beans													Protein (g)	6.0	3.0	8.7	3.0	9.4	2.9
<i>Contains milk.</i>													Fat, Total (g)	0.2	0.1	0.2	0.1	0.3	0.1
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Saturated Fat (g)	0.2	0.1	0.2	0.1	0.3	0.1
		Y											Carbohydrate (g)	8.3	4.1	12.0	4.2	13.1	4.1
													Sugars (g)	8.3	4.1	12.0	4.2	13.1	4.1
													Sodium (mg)	73	37	107	37	116	36
													Avg Qty / Serve	Avg Qty / 100mL					
<b>Piccolo Latte with Full Cream Milk</b>													Energy (kJ)	172	187				
MILK: Whole Fresh Milk													Energy (Cal)	41	45				
COFFEE: Water, Ground & Extracted Roasted Coffee Beans													Protein (g)	2.1	2.3				
<i>Contains milk.</i>													Fat, Total (g)	2.4	2.6				
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Saturated Fat (g)	1.5	1.7				
		Y											Carbohydrate (g)	2.9	3.2				
													Sugars (g)	2.9	3.2				
													Sodium (mg)	26	28				

													Small		Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Mocha with Full Cream Milk</b>													Energy (kJ)	883	387	1190	365	1490	392
MILK: Whole Fresh Milk													Energy (Cal)	211	93	284	87	357	94
COFFEE: Water, Ground & Extracted Roasted Coffee Beans													Protein (g)	8.5	3.7	10.9	3.3	12.9	3.4
DRINKING CHOCOLATE: Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt													Fat, Total (g)	8.5	3.7	10.9	3.2	12.0	3.2
<i>Contains milk.</i>													Saturated Fat (g)	5.6	2.4	6.9	2.1	7.8	2.1
<i>May contain traces of soy and sulphites</i>													Carbohydrate (g)	24.0	10.5	34.5	10.6	46.4	12.2
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Sugars (g)	23.1	10.1	33.0	10.2	44.2	11.6
		Y	T					T		T	Y		Sodium (mg)	127	56	175	54	219	58
													Small		Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Mocha with Skim Milk</b>													Energy (kJ)	442	204	703	229	896	251
SKIM MILK: Fresh Skim Milk, Milk Solids Non Fat													Energy (Cal)	106	49	168	55	214	60
COFFEE: Water, Ground & Extracted Roasted Coffee Beans													Protein (g)	7.1	3.3	10.5	3.4	12.2	3.4
DRINKING CHOCOLATE: Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt													Fat, Total (g)	0.6	0.3	0.9	0.3	1.3	0.4
<i>Contains milk.</i>													Saturated Fat (g)	0.4	0.2	0.7	0.2	0.9	0.3
<i>May contain traces of soy and sulphites</i>													Carbohydrate (g)	17.1	7.9	27.7	9.0	36.1	10.1
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Sugars (g)	16.6	7.6	26.7	8.7	34.7	9.7
		Y	T					T		T	Y		Sodium (mg)	101	46	153	50	185	52
													Small		Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Vienna</b>													Energy (kJ)	352	132	353	96	353	83
WHIPPED CREAM:													Energy (Cal)	84	32	84	23	84	20
COFFEE: Water, R Ground & Extracted Roasted Coffee Beans													Protein (g)	0.7	0.3	0.7	0.2	0.7	0.2
DRINKING CHOCOLATE: Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt													Fat, Total (g)	8.1	3.1	8.1	2.2	8.1	1.9
<i>Contains milk.</i>													Saturated Fat (g)	5.4	2.0	5.4	1.5	5.4	1.3
<i>May contain traces of soy and sulphites</i>													Carbohydrate (g)	2.2	0.8	2.2	0.6	2.2	0.5
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Sugars (g)	2.1	0.8	2.1	0.6	2.2	0.5
		Y						T		T	Y		Sodium (mg)	12	4	12	3	12	3

													Small		Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Hot Chocolate with Full Cream Milk</b>													Energy (kJ)	1010	416	1500	428	1990	416
MILK: Whole Fresh Milk													Energy (Cal)	242	99	359	102	476	99
WATER													Protein (g)	8.8	3.6	13.1	3.7	17.4	3.6
DRINKING CHOCOLATE: Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt													Fat, Total (g)	8.1	3.3	12.1	3.4	16.1	3.4
<i>Contains milk.</i>													Saturated Fat (g)	5.3	2.2	7.9	2.3	10.5	2.2
<i>May contain traces of soy and sulphites</i>													Carbohydrate (g)	31.6	13.0	46.6	13.3	61.7	12.9
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Sugars (g)	30.1	12.4	44.5	12.7	58.9	12.3
		Y	T					T		T	Y		Sodium (mg)	143	59	213	61	283	59
													Small		Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Hot Chocolate with Skim Milk</b>													Energy (kJ)	597	275	872	284	1150	274
SKIM MILK: Fresh Skim Milk, Milk Solids Non Fat													Energy (Cal)	143	66	208	68	276	65
WATER													Protein (g)	7.9	3.7	11.6	3.8	15.5	3.7
DRINKING CHOCOLATE: Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt													Fat, Total (g)	0.9	0.4	1.3	0.4	1.7	0.4
<i>Contains milk.</i>													Saturated Fat (g)	0.6	0.3	0.9	0.3	1.2	0.3
<i>May contain traces of soy and sulphites</i>													Carbohydrate (g)	24.2	11.1	35.3	11.5	46.7	11.1
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Sugars (g)	23.2	10.7	33.9	11.0	44.8	10.6
		Y	T					T		T	Y		Sodium (mg)	121	56	177	58	236	56
													Small		Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Chai Latte with Full Cream Milk</b>													Energy (kJ)	756	352	1250	390	1750	409
MILK: Whole Fresh Milk													Energy (Cal)	181	84	300	93	419	98
WATER													Protein (g)	7.1	3.3	11.1	3.4	15.1	3.5
CHAI POWDER: Sugar, Milk Solids, Beverage Whitener [Vegetable Fat, Glucose Syrup Solids, Milk Protein, Emulsifiers (471 - soy, 472c - soy), Mineral Salts (450, 339), Anticaking Agent (551), Antioxidant (307b -soy)], Maltodextrin, Tea Powder, Colour (150d), Spices, <b>Malt Extract</b> , Flavours, Vegetable Gum (407), Spice Extract, Anticaking Agent (551).													Fat, Total (g)	7.8	3.6	12.1	3.7	16.3	3.8
<i>Contains gluten, milk, soy and sulphites.</i>													Saturated Fat (g)	5.0	2.3	7.7	2.4	10.4	2.4
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Carbohydrate (g)	20.4	9.5	36.4	11.3	52.4	12.2
Y		Y	Y					Y		Y	Y	Y	Sugars (g)	19.7	9.2	35.0	10.9	50.4	11.7
													Sodium (mg)	100	47	162	50	224	52

													Small		Standard		Large								
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL							
<b>Chai Latte with Skim Milk</b>													Energy (kJ)	511	245	888	284	1260	303						
SKIM MILK: Fresh Skim Milk, Milk Solids Non Fat													Energy (Cal)	122	58	212	68	302	72						
WATER													Protein (g)	7.4	3.5	11.6	3.7	15.8	3.8						
CHAI POWDER: Sugar, Milk Solids, Beverage Whitener [Vegetable Fat, Glucose Syrup Solids, Milk Protein, Emulsifiers (471 - soy, 472c - soy), Mineral Salts (450, 339), Anticaking Agent (551), Antioxidant (307b -soy)], Maltodextrin, Tea Powder, Colour (150d), Spices, Malt Extract, Flavours, Vegetable Gum (407), Spice Extract, Anticaking Agent (551).													Fat, Total (g)	0.9	0.4	1.7	0.6	2.6	0.6						
<i>Contains gluten, milk, soy and sulphites.</i>													Saturated Fat (g)	0.5	0.3	1.0	0.3	1.4	0.3						
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Sugars (g)	20.0	9.6	35.5	11.3	50.9	12.2						
Y		Y	Y					Y		Y	Y	Y	Sodium (mg)	103	49	166	53	230	55						
													Small		Standard		Large								
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL							
<b>Tea - Black</b>													Energy (kJ)	16	6	23	6	27	6						
ENGLISH BREAKFAST TEA: Water, Ceylon Tea													Energy (Cal)	4	1	5	1	6	1						
EARL GREY TEA: Water, Ceylon Black Tea, Bergamont Flavour													Protein (g)	0.3	0.1	0.4	0.1	0.5	0.1						
JASMINE GREEN TEA: Water, Green Tea with Jasmine Petals													Fat, Total (g)	0.3	0.1	0.4	0.1	0.5	0.1						
PEPPERMINT AND CINNAMON TEA: Water, Peppermint Herb, Cinnamon Spice													Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0						
													Carbohydrate (g)	0.0	0.0	0.0	0.0	0.0	0.0						
													Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0						
													Sodium (mg)	10	4	15	4	18	4						
													Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour
English Breakfast																									
Jasmine Green																									
Peppermint & Cinnamon																									
Earl Grey																							Y		

**COLD BEVERAGES**

													Small		Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Iced Long Black</b>													Energy (kJ)	<1	<1	1	<1	2	1
ICE: Water.													Energy (Cal)	<1	<1	<1	<1	<1	<1
COFFEE: Water, Ground & Extracted Roasted Coffee Beans.													Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
													Fat, Total (g)	0.0	0.0	0.0	0.0	0.0	0.0
													Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
													Carbohydrate (g)	0.0	0.0	0.0	0.0	0.0	0.0
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
													Sodium (mg)	<1	<1	<1	<1	1	<1
													Small		Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Iced Chocolate with Full Cream Milk</b>													Energy (kJ)	1270	358	1800	348	2330	343
MILK: Whole Fresh Milk													Energy (Cal)	302	85	429	83	555	82
ICE: Water													Protein (g)	8.6	2.4	12.9	2.5	17.2	2.5
CHOCOLATE SYRUP - Invert Sugar Syrup, Glucose Syrup [Glucose, Preservative (223- sulphur dioxide)], Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours.													Fat, Total (g)	14.4	4.1	19.2	3.7	23.9	3.5
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gum (407, 401).													Saturated Fat (g)	9.5	2.7	12.7	2.5	15.8	2.3
DRINKING CHOCOLATE POWDER: Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt.													Carbohydrate (g)	33.9	9.6	50.2	9.7	66.5	9.8
<i>Contains milk and sulphites. May contain traces of soy.</i>													Sugars (g)	30.2	8.5	44.7	8.7	59.3	8.7
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Sodium (mg)	184	52	274	53	365	54
Y		Y	T					Y		Y	Y								
													Small		Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Iced Chocolate with Skim Milk</b>													Energy (kJ)	924	281	1290	267	1660	259
SKIM MILK: Fresh Skim Milk, Milk Solids Non Fat													Energy (Cal)	219	67	305	63	392	61
ICE: Water													Protein (g)	8.5	2.6	12.9	2.7	17.3	2.7
CHOCOLATE SYRUP: Inverts Sugar Syrup, Glucose Syrup (contains Preservative (223)), Water, Coca Powder, Malt Syrup, Salt, Preservative (211), Acidity Regulator (330), Flavour.													Fat, Total (g)	5.9	1.8	6.3	1.3	6.6	1.0
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gum (407, 401).													Saturated Fat (g)	4.0	1.2	4.3	0.9	4.5	0.7
DRINKING CHOCOLATE POWDER: Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt.													Carbohydrate (g)	32.4	9.8	48.4	10.0	64.5	10.1
<i>Contains milk and sulphites. May contain traces of soy.</i>													Sugars (g)	29.0	8.8	43.3	9.0	57.6	9.0
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Sodium (mg)	177	54	267	55	357	56
		Y	T					Y		Y	Y								
													Small		Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Iced Latte with Full Cream Milk</b>													Energy (kJ)	791	251	1300	274	1800	290
MILK: Whole Fresh Milk.													Energy (Cal)	189	60	310	66	430	69
ICE: Water.													Protein (g)	6.8	2.2	10.3	2.2	13.7	2.2
COFFEE: Water, Ground & Extracted Roasted Coffee Beans.													Fat, Total (g)	7.9	2.5	11.8	2.5	15.7	2.5
SUGAR SYRUP: Sucrose Syrup, Preservatives (211, 202), Food Acid (330).													Saturated Fat (g)	5.2	1.6	7.7	1.6	10.3	1.7
<i>Contains milk.</i>													Carbohydrate (g)	22.6	7.2	40.4	8.5	58.1	9.4
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Sugars (g)	22.6	7.2	40.3	8.5	58.1	9.4
		Y								Y			Sodium (mg)	85	27	128	27	171	28



													Small		Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Iced Latte with Skim Milk</b>													Energy (kJ)	521	160	927	180	1260	196
SKIM MILK: Fresh Skim <b>Milk</b> , <b>Milk</b> Solids Non Fat													Energy (Cal)	124	38	222	43	301	47
ICE: Water.													Protein (g)	7.2	2.2	11.8	2.3	14.5	2.2
COFFEE: Water, Ground & Extracted Roasted Coffee Beans.													Fat, Total (g)	0.2	0.1	0.3	0.1	0.4	0.1
SUGAR SYRUP: Sucrose Syrup, Preservatives (211, 202), Food Acid (330).													Saturated Fat (g)	0.2	0.1	0.3	0.1	0.4	0.1
<i>Contains milk.</i>													Carbohydrate (g)	22.9	7.0	42.1	8.2	58.8	9.1
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Sugars (g)	22.9	7.0	42.1	8.2	58.8	9.1
		Y								Y			Sodium (mg)	89	27	145	28	178	28
													Small		Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Iced Mocha with Full Cream Milk</b>													Energy (kJ)	1300	386	1960	392	2610	401
MILK: Whole Fresh <b>Milk</b>													Energy (Cal)	311	92	467	94	623	96
ICE: Water.													Protein (g)	6.8	2.0	10.0	2.0	13.2	2.0
COFFEE: Water, Ground & Extracted Roasted Coffee Beans.													Fat, Total (g)	12.5	3.7	16.0	3.2	19.5	3.0
SHAKE SYRUP CHOCOLATE - Invert Sugar Syrup, Glucose Syrup [Glucose, Preservative (223)], Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours.													Saturated Fat (g)	8.3	2.4	10.6	2.1	12.9	2.0
SUGAR SYRUP: Sucrose Syrup, Preservatives (211, 202), Food Acid (330).													Carbohydrate (g)	42.2	12.5	69.5	13.9	96.8	14.9
<i>Contains milk and sulphites.</i>													Sugars (g)	39.1	11.6	64.8	13.0	90.5	13.9
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Sodium (mg)	154	46	230	46	305	47
Y		Y						Y		Y	Y								
													Small		Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Iced Mocha with Skim Milk</b>													Energy (kJ)	893	249	1390	278	1930	293
SKIM MILK: Fresh Skim <b>Milk</b> , <b>Milk</b> Solids Non Fat													Energy (Cal)	213	60	333	66	461	70
ICE: Water.													Protein (g)	7.7	2.1	10.1	2.0	13.5	2.0
COFFEE: Water, Ground & Extracted Roasted Coffee Beans.													Fat, Total (g)	0.5	0.2	0.8	0.2	1.0	0.2
CHOCOLATE SYRUP: Inverts Sugar Syrup, Glucose Syrup (contains Preservative (223)), Water, Coca Powder, Malt Syrup, Salt, Preservative (211), Acidity Regulator (330), Flavour.													Saturated Fat (g)	0.4	0.1	0.6	0.1	0.8	0.1
SUGAR SYRUP: Sucrose Syrup, Preservatives (211, 202), Food Acid (330).													Carbohydrate (g)	43.2	12.1	69.4	13.9	96.9	14.7
<i>Contains milk and sulphites.</i>													Sugars (g)	40.1	11.2	64.7	12.9	90.5	13.7
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Sodium (mg)	164	46	230	46	306	46
		Y						Y		Y	Y								

**EXTRAS**

													Small & Standard		Large		
													Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
<b>Flavoured Syrups</b>																	
CARAMEL FLAVOURED SYRUP: Sucrose Syrup (Cane), Water, Flavour, Preservatives (211, 202), Food Acid (330), Colour (150d)													Energy (kJ)	152	1010	304	1010
HAZELNUT FLAVOURED SYRUP: Sucrose Syrup (Cane), Water, Flavour, Preservatives (211, 202), Food Acid (330), Colour (150d)													Energy (Cal)	36	242	73	242
VANILLA FLAVOURED SYRUP: Sucrose Syrup (Cane), Water, Flavour, Preservatives (211, 202), Food Acid (330), Colour (150d)													Protein (g)	0.0	0.0	0.0	0.0
													Fat, Total (g)	0.0	0.0	0.0	0.0
													Saturated Fat (g)	0.0	0.0	0.0	0.0
													Carbohydrate (g)	8.9	59.5	17.8	59.5
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Sugars (g)	8.9	59.4	17.8	59.4
								T		Y	Y	Y	Sodium (mg)	<1	2	1	2
<b>Marshmallows</b>													Avg Qty / Serve	Avg Qty / 100mL			
Glucose Syrup (from <b>Wheat</b> , contains Preservative ( <b>220</b> )), Sugar, Water, Gelatine, Dextrose, Flavour, Colour (122), Stabiliser (452), Maize Starch, <b>Wheat</b>													Energy (kJ)	248	1380		
<b>Starch.</b>													Energy (Cal)	58	324		
<i>Contains gluten and sulphites</i>													Protein (g)	0.8	4.4		
<i>May contain traces of soy</i>													Fat, Total (g)	0.0	0.1		
													Saturated Fat (g)	0.0	0.1		
													Carbohydrate (g)	13.7	76.3		
Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	Sugars (g)	10.7	59.4		
Y			T					Y		Y	Y	Y	Sodium (mg)	12	67		

Brands of soy milk may vary between restaurants. Nutrition and ingredient information based on So Good Soy Milk.