



McDonald's Australia McCafe Allergen - Ingredients - Nutrition Information

Information correct as at March 2018

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.

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). <i>Contains gluten & milk.</i> GRANOLA MUESLI MIX may contain TRACES of egg, soy, peanuts, tree nuts, 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				
LOAVES / TOASTIES														
Banana Bread with Butter	BANANA BREAD: 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)). BUTTER: Cream , Water, Salt. <i>Contains gluten, eggs & milk</i> <i>May contain traces of soy, peanuts, tree nuts, sulphites & sesame seeds.</i>											Banana Bread with Butter - Single Slice		
			Avg Qty /Serve	Avg Qty /100g										
	Energy (kJ)		2760	1450										
	Energy (Cal)		660	346										
	Protein (g)		9.0	4.7										
	Fat, total (g)		30.7	16.1										
	Saturated Fat (g)		8.8	4.6										
	Carbohydrate (g)		85.0	44.6										
	Sugars (g)		47.0	24.7										
	Sodium (mg)		407	214										
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
Y	Y	Y	T		T	T	T	T	Y	Y	Y			
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, peanuts, tree nuts, sesame seeds and sulphites</i>											Pineapple & Coconut Bread with Butter - Single Slice		
			Avg Qty /Serve	Avg Qty /100g										
	Energy (kJ)		2750	1510										
	Energy (Cal)		648	354										
	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										
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
Y	Y	Y	T		T	T	T	T	T	Y				
Raisin Toast with Butter	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. <i>Contains gluten, milk & soy.</i> <i>May contain traces of peanuts, tree nuts & sesame seeds.</i>											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)		8.0	9.6										
	Saturated Fat (g)		5.1	6.1										
	Carbohydrate (g)		34.5	41.6										
	Sugars (g)		11.3	13.6										
	Sodium (mg)		178	215										
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
Y		Y	Y		T	T	T		Y	Y				

Sourdough Toast x 2 slices with Butter & Jam	SOURDOUGH BREAD: Wheat Flour, Water, Salt, Malt Flour (Barley).											Sourdough Toast - 2 Slices with Butter & Jam			
	BUTTER PORTION: Cream, Water, Salt.											Avg Qty /Serve	Avg Qty /100g		
	STRAWBERRY JAM: Strawberries, Sugar, Glucose (Maize), Pectin, Food Acid (330).											Energy (kJ)	1680	1280	
	<i>Contains gluten & milk.</i>											Energy (Cal)	401	304	
	<i>May contain traces of peanuts & tree nuts.</i>											Protein (g)	7.2	5.4	
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Fat, total (g)	14.1	10.7
	Y		Y			T	T						Saturated Fat (g)	8.9	6.8
													Carbohydrate (g)	59.9	45.4
													Sugars (g)	22.0	16.7
													Sodium (mg)	458	347
Cheesy Toastie	SOURDOUGH BREAD: Wheat Flour, Water, Salt, Malt Flour (Barley).											Cheesy Toastie			
	CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Rennet, Lipase											Avg Qty /Serve	Avg Qty /100g		
	<i>Contains gluten & milk.</i>											Energy (kJ)	1360	1180	
	<i>May contain traces of peanuts & tree nuts.</i>											Energy (Cal)	324	282	
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Protein (g)	14.9	13.0
	Y		Y			T	T						Fat, total (g)	11.6	10.0
													Saturated Fat (g)	7.1	6.1
													Carbohydrate (g)	38.4	33.4
													Sugars (g)	2.2	1.9
													Sodium (mg)	556	482
Cheese & Tomato Toastie	SOURDOUGH BREAD: Wheat Flour, Water, Salt, Malt Flour (Barley).											Cheese & Tomato Toastie			
	CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Rennet, Lipase.											Avg Qty /Serve	Avg Qty /100g		
	TOMATO SLICE: Tomato.											Energy (kJ)	1390	871	
	<i>Contains gluten & milk.</i>											Energy (Cal)	330	207	
	<i>May contain traces of peanuts & tree nuts.</i>											Protein (g)	15.4	9.7	
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Fat, total (g)	11.6	7.3
	Y		Y			T	T						Saturated Fat (g)	7.1	4.4
													Carbohydrate (g)	39.2	24.7
													Sugars (g)	3.1	1.9
													Sodium (mg)	558	351
Ham & Cheese Toastie	SOURDOUGH BREAD: Wheat Flour, Water, Salt, Malt Flour (Barley).											Ham & Cheese Toastie			
	CHEDDAR CHEESE: Milk, Salt, Starter Cultures, Rennet, Lipase											Avg Qty /Serve	Avg Qty /100g		
	HAM SLICE: Pork, Water, Salt, Acidity Regulators (326, 262), Sugar, Emulsifier (451), Dextrose (Maize), Antioxidant (316), Sodium Nitrite (250).											Energy (kJ)	1550	1010	
	<i>Contains gluten & milk.</i>											Energy (Cal)	369	240	
	<i>May contain traces of peanuts & tree nuts.</i>											Protein (g)	22.2	14.4	
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Fat, total (g)	12.9	8.4
	Y		Y			T	T			Y			Saturated Fat (g)	7.6	4.9
													Carbohydrate (g)	39.6	25.7
													Sugars (g)	2.3	1.5
													Sodium (mg)	919	597

Ham, Cheese & Tomato Toastie	SOURDOUGH BREAD: Wheat Flour, Water, Salt, Malt Flour (Barley). CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Rennet, Lipase HAM SLICE: Pork, Water, Salt, Acidity Regulators (326, 262), Sugar, Emulsifier (451), Dextrose (Maize), Antioxidant (316), Sodium Nitrite (250). TOMATO SLICE: Tomato.											Ham, Cheese & Tomato Toastie		
												Avg Qty /Serve	Avg Qty /100g	
												Energy (kJ)	1580	798
												Energy (Cal)	378	191
												Protein (g)	22.6	11.4
												Fat, total (g)	12.9	6.5
												Saturated Fat (g)	7.6	3.8
												Carbohydrate (g)	40.5	20.5
												Sugars (g)	3.1	1.6
												Sodium (mg)	922	465
SWEETS														
Choc Fudge Macadamia Slice	Sugar, Unsalted Butter (Cream , Water), Egg , Cocoa Powder, Wheat Flour, White Compound Chocolate (Sugar, Milk Solids, Vegetable Fat (Emulsifiers (Soy Lecithin, 492), Flavours), Macadamias , Flavour.											Choc Fudge Macadamia Slice		
												Avg Qty /Serve	Avg Qty /100g	
												Energy (kJ)	1290	1900
												Energy (Cal)	309	454
												Protein (g)	4.4	6.5
												Fat, total (g)	18.9	27.8
												Saturated Fat (g)	12.1	17.8
												Carbohydrate (g)	29.4	43.3
												Sugars (g)	21.5	31.6
												Sodium (mg)	43	63
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
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)	1880	1840
												Energy (Cal)	450	441
												Protein (g)	4.1	4.0
												Fat, total (g)	27.8	27.3
												Saturated Fat (g)	6.9	6.8
												Carbohydrate (g)	45.2	44.3
												Sugars (g)	28.3	27.7
												Sodium (mg)	179	175

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																					
<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>Flavour</th> <th>Colours</th> </tr> <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> </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
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																								
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)	620	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	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	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																					
												Fat, total (g)	16.3	22.7																					
												Saturated Fat (g)	11.1	15.4																					
												Carbohydrate (g)	21.5	29.8																					
												Sugars (g)	14.3	19.9																					
												Sodium (mg)	115	160																					
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	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																					
												Energy (Cal)	427	436																					
												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																					
<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>Y</td> <td>Y</td> <td></td> <td>T</td> <td>Y</td> <td>T</td> <td>T</td> <td>T</td> <td>Y</td> <td></td> </tr> </tbody> </table>												Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		Y	Y	Y		T	Y	T	T	T	Y	
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																								
	Y	Y	Y		T	Y	T	T	T	Y																									
Scones with Jam & Cream	<p>SCONES: Wheat Flour [Vitamins [Thiamine, Folic Acid]], Water, Margarine [Animal Fat and Vegetable Oil, Water, Salt, Total Milk Solids Non Fat, Emulsifiers (471, 322 Soy), Food Acid (330), Flavour, Colour (160a)], Sugar, Baking Powder [Mineral Salts (170, 450, 500, 541)], Milk Powder, Salt.</p> <p>STRAWBERRY JAM: Strawberries, Sugar, Glucose (Maize), Pectin, Food Acid(330).</p> <p>CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).</p> <p><i>Contains gluten, soy & milk.</i> <i>May contain TRACES of peanuts, tree nuts & sesame seeds.</i></p>											Scones with Jam & Cream																							
												Avg Qty /Serve	Avg Qty /100g																						
												Energy (kJ)	1930	1300																					
												Energy (Cal)	463	310																					
												Protein (g)	8.9	6																					
												Fat, total (g)	17.9	12																					
												Saturated Fat (g)	9.7	6.5																					
												Carbohydrate (g)	64.7	43.4																					
												Sugars (g)	21.5	14.4																					
												Sodium (mg)	768	515																					
<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></td> <td>Y</td> <td>Y</td> <td></td> <td>T</td> <td>T</td> <td>T</td> <td></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	Flavour	Colours	Y		Y	Y		T	T	T			Y	Y
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																								
Y		Y	Y		T	T	T			Y	Y																								
Chocolate Donut	<p>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)</p> <p><i>Contains gluten, soy & milk.</i> <i>May contain TRACES of peanuts, tree nuts & sesame seeds.</i></p>											Chocolate Donut																							
												Avg Qty /Serve	Avg Qty /100g																						
												Energy (kJ)	1910	1590																					
												Energy (Cal)	456	380																					
												Protein (g)	7.6	6.3																					
												Fat, total (g)	19.2	16																					
												Saturated Fat (g)	9	7.5																					
												Carbohydrate (g)	61.8	51.5																					
												Sugars (g)	29.0	24.2																					
												Sodium (mg)	386	322																					
<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></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		Y	Y		T	T	T		Y	Y	Y
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																								
Y		Y	Y		T	T	T		Y	Y	Y																								
Strawberry Donut	<p>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)], 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).</p> <p><i>Contains gluten, soy & milk.</i> <i>May contain TRACES of peanuts, tree nuts & sesame seeds.</i></p>											Strawberry Donut																							
												Avg Qty /Serve	Avg Qty /100g																						
												Energy (kJ)	1910	1590																					
												Energy (Cal)	456	380																					
												Protein (g)	7.6	6.3																					
												Fat, total (g)	19.2	16																					
												Saturated Fat (g)	9	7.5																					
												Carbohydrate (g)	61.8	51.5																					
												Sugars (g)	29.0	24.2																					
												Sodium (mg)	386	322																					
<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></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		Y	Y		T	T	T		Y	Y	Y
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	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 (19%), Margarine (Vegetable Oils, Water, Salt, Milk Solids , Emulsifiers (471, Soy Lecithin), Flavour, Acidity Regulator (330), Antioxidants (304, 307b (From Soy)), Colour (160a)), Water.											Blueberry Muffin																									
												Avg Qty /Serve	Avg Qty /100g																								
												Energy (kJ)	2390	1450																							
												Energy (Cal)	571	346																							
												Protein (g)	6.9	4.2																							
												Fat, total (g)	30	18.2																							
												Saturated Fat (g)	15.5	9.4																							
												Carbohydrate (g)	66.3	40.2																							
												Sugars (g)	34.8	21.1																							
												Sodium (mg)	777	471																							
<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>T</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	T		T	T	T	Y	Y	Y	Y			
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	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), 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)	2960	1790																							
												Energy (Cal)	706	428																							
												Protein (g)	7.8	4.7																							
												Fat, total (g)	34.0	20.6																							
												Saturated Fat (g)	9.2	5.6																							
												Carbohydrate (g)	90.6	54.9																							
												Sugars (g)	57.4	34.8																							
												Sodium (mg)	431	261																							
<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			
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																										
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																							
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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			Y																											
Cinnamon Scroll	Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Icing [Sugar, Water, Glucose Syrup, Gelling Agent (406), Flavouring, Preservative 202], Citric Acid (330), Colour (171), Thickener (415)], Sugar, Cream Cheese [Milk , Cream, Salt, Stabilisers (410), Guar Gum (412), Starter Culture], Egg , Butter, Fresh Yeast, Margarine [Canola Oil, Water, Coconut Oil, Salt, Emulsifiers (471, Sunflower Lecithin), Flavours, Vitamins D, E], Cinnamon, Iodised Salt, Bread Improver [Wheat Flour , Malted Wheat Flour , Soy Flour , Enzymes, Ascorbic Acid (300)].											Cinnamon Scroll																									
												Avg Qty /Serve	Avg Qty /100g																								
												Energy (kJ)	1130	1410																							
												Energy (Cal)	269	337																							
												Protein (g)	5.2	6.5																							
												Fat, total (g)	6.4	8																							
												Saturated Fat (g)	1.9	2.4																							
												Carbohydrate (g)	45.8	57.2																							
												Sugars (g)	20.0	25																							
												Sodium (mg)	229	286																							
<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></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			
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																										
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	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																							
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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		Y	Y	Y																										

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).											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
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.													
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).													
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	
												Energy (kJ)	248	1380
												Energy (Cal)	59	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 December 2017.														
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.														