



McDonald's Australia McCafe Allergen - Ingredients - Nutrition Information

Information correct as at August 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

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: 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)).												Banana Bread with Butter - Single Slice																										
	BUTTER: Cream , Water, Salt.												Avg Qty /Serve	Avg Qty /100g																									
	Contains gluten, eggs & milk May contain traces of soy, peanuts, tree nuts, sulphites & sesame seeds.												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																								
<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>Y</td><td>Y</td><td>T</td><td></td><td>T</td><td>T</td><td>T</td><td>T</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	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	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.												Pineapple & Coconut Bread with Butter - Single Slice																										
	BUTTER: Cream , Water, Salt.												Avg Qty /Serve	Avg Qty /100g																									
	Contains gluten, egg & milk May contain TRACES of soy, peanuts, tree nuts, sesame seeds and sulphites												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																								
<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>Y</td><td>Y</td><td>T</td><td></td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td></td><td>Y</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	T		T	T	T	T	T		Y			
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	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.												Raisin Toast - Single Slice with Butter																										
	BUTTER: Cream , Water, Salt. *Fruit used subject to change due to availability and seasonability of products.												Avg Qty /Serve	Avg Qty /100g																									
	Contains gluten, milk & soy. May contain traces of peanuts, tree nuts & sesame seeds.												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																								
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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																												
Cheesy Toastie	SOURDOUGH BREAD: Wheat Flour, Water, Salt, Malt Flour (Barley). CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Rennet, Lipase												Cheesy Toastie																										
	Contains gluten & milk. May contain traces of peanuts & tree nuts.												Avg Qty /Serve	Avg Qty /100g																									
													Energy (kJ)	1380	1200																								
													Energy (Cal)	331	288																								
													Protein (g)	15.0	13.0																								
													Fat, total (g)	11.5	10.0																								
													Saturated Fat (g)	7.0	6.1																								
													Carbohydrate (g)	40.2	35.0																								
													Sugars (g)	2.5	2.2																								
													Sodium (mg)	617	536																								
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																											
Y		Y			T	T																																	

Cheese & Tomato Toastie SOURDOUGH BREAD: Wheat Flour, Water, Salt, Malt Flour (Barley). CHEDDAR CHEESE: Milk , Salt, Starter Cultures, Rennet, Lipase. TOMATO SLICE: 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)	1410	888
													Energy (Cal)	338	212
													Protein (g)	15.4	9.7
													Fat, total (g)	11.5	7.2
													Saturated Fat (g)	7.0	4.4
													Carbohydrate (g)	41.1	25.8
													Sugars (g)	3.1	2.1
													Sodium (mg)	620	390
Ham & Cheese 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). <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)	1580	1030
													Energy (Cal)	378	246
													Protein (g)	22.3	14.5
													Fat, total (g)	12.8	8.3
													Saturated Fat (g)	7.5	4.9
													Carbohydrate (g)	41.5	26.9
													Sugars (g)	2.5	1.6
													Sodium (mg)	981	637
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. <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)	1610	812
													Energy (Cal)	385	194
													Protein (g)	22.7	11.5
													Fat, total (g)	12.8	6.5
													Saturated Fat (g)	7.5	3.8
													Carbohydrate (g)	42.3	21.4
													Sugars (g)	3.4	1.7
													Sodium (mg)	984	497
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. <i>Contains gluten, milk, soy & sulphites.</i> <i>May contain TRACES of peanuts, tree nuts & sesame seeds.</i>													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
	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)	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	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																									
													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	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																									
													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"> <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	<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	
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, Thickeners (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	
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, 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).</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	
Blueberry Muffin	<p>Muffin Mix (Sugar, Wheat Flour, Vegetable Fats & Oils (Palm Oil, Coconut 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)</p> <p><i>Contains gluten, egg, milk, & sulphites.</i> <i>May contain TRACES of soy, peanuts, tree nuts & sesame seeds.</i></p>												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	
Mud Muffin	<p>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).</p> <p><i>Contains gluten, soy egg & milk.</i> <i>May contain TRACES of peanuts, tree nuts, sesame seeds & sulphites.</i></p>												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	

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																										
<i>Contains gluten, egg, milk & soy.</i> <i>May contain TRACES of peanuts, tree nuts & sesame seeds.</i>																													
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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																		
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	Lupin	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																										
<i>Contains eggs, milk, soy, tree nuts & sulphites</i> <i>May contain traces of gluten & peanuts.</i>																													
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																	
T	Y	Y	Y		T	Y					Y																		
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.																												
		<i>Contains egg, milk, soy & tree nuts.</i> <i>May contain traces of gluten & peanuts.</i>																											
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																	
T	Y	Y	Y		T	Y	T				Y	Y																	
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).																												
		<i>Contains egg, milk, soy & tree nuts.</i> <i>May contain traces of gluten, peanuts & sulphites.</i>																											
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Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Lupin	Flavour	Colours																	
T	Y	Y	Y		T	Y		T	Y		Y	Y																	

MISCELLANEOUS

Marshmallows

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

Contains gluten & sulphites

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

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 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.