



McDonald's Australia McCafe Allergen - Ingredients - Nutrition Information

Information correct as at June 2015

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

Select items sold in McCafé are sold as gluten free. They are produced under allergen control conditions and are specifically handled to prevent cross contamination. No other 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**, Thickener (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**).
Contains gluten & milk.
GRANOLA MUESLI MIX may contain TRACES of egg, soy, peanuts, tree nut, sesame seeds & sulphites.

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

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

Sourdough Toast with Jam

SOURDOUGH BREAD: **Wheat** Flour, Water, Salt, **Malt** Flour (**Barley**).
MIXED BERRY JAM: Sugar, Mixed Berries (Blueberries, Raspberries, Blackberries, Red Currants, Balsamic Vinegar, Brown Sugar, Water, Vegetable Gum (440, 410), Food Acid (331)).
BUTTER: **Cream**, Water, Salt.
Contains gluten & milk.
May contain traces of sulphites, peanuts and tree nuts.

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

Sourdough Toast with Jam

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1650	1270
Energy (Cal)	395	304
Protein (g)	7.1	5.5
Fat, total (g)	14.4	11.1
Saturated Fat (g)	9.0	7.0
Carbohydrate (g)	57.0	43.8
Sugars (g)	19.3	14.8
Sodium (mg)	469	361

SWEET SNACKS

Chocolate Brownie Slice

Dark Compound Chocolate [Sugar, Vegetable Fat, Cocoa Powder, **Milk Solids**, Emulsifiers (322-**Soy**, 476, 492), Flavour], **Butter**, Sugar, **Egg**, **Wheat Flour**, **Walnuts**, **Pecans**, Dusting Sugar [Dextrose, Maize Starch, Vegetable Fats & Oils, Antioxidant (307)].
Contains gluten, eggs, milk, soy & tree nuts (walnuts & pecans).
May contain traces of peanuts and sesame seeds

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

Chocolate Brownie Slice

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1280	2140
Energy (Cal)	307	512
Protein (g)	3.7	6.2
Fat, total (g)	21.7	36.2
Saturated Fat (g)	12.9	21.5
Carbohydrate (g)	24.6	41.0
Sugars (g)	20.0	33.4
Sodium (mg)	30	50

Mini Caramel Slice

MINI CARAMEL SLICE: Condensed Milk (**Milk**, Sugar), Compound Chocolate [Sugar, Vegetable Fat (Palm), Cocoa, **Whey** Powder, Skim **Milk** Powder, Emulsifiers (492, **Soy** Lecithin, 476), Flavour], Cake Margarine [Vegetable Oil (Palm, Canola, Coconut), Water, Salt, **Milk** Solids, Emulsifiers (471, **Soy** Lecithin), Flavour, Antioxidants (304, 306), Colour (160a)], Brown Sugar, **Egg**, **Wheat Flour**, **Butter**, Thickened Cream (**Cream**, **Milk**, Mineral Salt (450, 500) Stabiliser (400)), Golden Syrup, Coconut (Preservative (223)), Coconut Oil, Baking Powder (Mineral Salts (170, 450, 500), **Wheat Starch**).
Contains gluten, eggs, milk, soy & sulphites.
May contain traces of peanuts, sesame seeds & tree nuts (almonds & hazelnuts).

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

Mini Caramel Slice

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	808	1880
Energy (Cal)	194	451
Protein (g)	2.7	6.3
Fat, total (g)	10.7	24.9
Saturated Fat (g)	7.4	17.2
Carbohydrate (g)	21.2	49.2
Sugars (g)	19.2	44.7
Sodium (mg)	69	160

Chocolate Flavoured Iced Donut	<p>Donut Mix [Wheat Flour, Vegetable Oil (Palm & Soybean, Antioxidant (307)), Wheat Gluten, Emulsifiers (Soy Lecithin, 471, 481, 472e), Sugar, Soy Flour, Salt, Dextrose, Raising Agents (450, 500), Milk Solids, Thickener (412), Vitamins (Thiamin, Folate)], Fondant [Sugar, Glucose], Water, Shortening [Animal Fat, Antioxidant (320)], Sprinkles [Sugar, Cocoa, Vegetable Fat (Soybean), Glucose Syrup, Colours (102, 122, 133, 155), Stabiliser (1401), Gelatine], Caster Sugar, Stabiliser [Sugar, Thickeners (401, 406, 410, 1422), Soybean Oil, Salt], Yeast, Cocoa Powder, Choc Colour Mix [Colours (150d, 155, 133, 122), Humectant (422), Acidity Regulator (330), Preservative (202), Thickener (1422)], Canola Oil, Colours (155, 133), Preservative (202).</p> <p><i>Contains gluten, milk & soy.</i> <i>May contain traces of eggs, peanuts, sesame seeds & tree nuts.</i></p>	Chocolate Flavoured Iced Donut											
			Avg Qty /Serve	Avg Qty /100g									
		Energy (kJ)	2030	1690									
		Energy (Cal)	482	402									
		Protein (g)	7.6	6.3									
		Fat, total (g)	22.6	18.8									
		Saturated Fat (g)	10.6	8.8									
		Carbohydrate (g)	61.4	51.2									
		Sugars (g)	32.2	26.8									
		Sodium (mg)	378	315									
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
		Y	T	Y	Y		T	T	T		Y	Y	Y

Strawberry Flavoured Iced Donut	<p>Donut Mix [Wheat Flour, Vegetable Oil [Palm & Soybean Oil, Antioxidant (307)], Wheat Gluten, Emulsifiers [322 (Soy), 471, 481, 472e], Sugar, Soy Flour, Salt, Dextrose, Raising Agents (450, 500), Milk Solids, Thickener (412), Vitamins (Thiamin, Folate)], Fondant [Sugar, Glucose], Water, Shortening [Animal Fat, Antioxidant (320)], Sprinkles [Sugar, Soybean Oil, Glucose Syrup, Stabiliser (1422), Gelatine, Emulsifier (Soy Lecithin), Colours (122, 123, 124)], Caster Sugar, Stabiliser [Sugar, Thickeners (401, 406, 410, 1422), Soybean Oil], Yeast, Canola Oil, Flavour, Preservative (202), Colour (123).</p> <p><i>Contains gluten, milk & soy.</i> <i>May contain traces of eggs, peanuts, tree nuts and sesame seeds.</i></p>	Strawberry Flavoured Iced Donut											
			Avg Qty /Serve	Avg Qty /100g									
		Energy (kJ)	2030	1690									
		Energy (Cal)	482	402									
		Protein (g)	7.6	6.3									
		Fat, total (g)	22.6	18.8									
		Saturated Fat (g)	10.6	8.8									
		Carbohydrate (g)	61.4	51.2									
		Sugars (g)	32.2	26.8									
		Sodium (mg)	378	315									
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
		Y	T	Y	Y		T	T	T		Y	Y	Y

Scones - Plain	<p>Wheat Flour [Vitamins [Thiamine, Folic Acid]], Water, Margarine [Animal Fat and Vegetable Oil, Water, Salt, Total Milk Solids Non Fat, Emulsifiers (471, Soy Lecithin), Food Acid (330), Antioxidant (320), Flavour, Colour (160a)], Sugar, Baking Powder [Mineral Salts (170, 450, 500, 541)], Milk Powder, Salt.</p> <p><i>Contains gluten, milk & soy.</i> <i>May contain traces of peanuts & tree nuts.</i></p>	Scones - Plain											
			Avg Qty /Serve	Avg Qty /100g									
		Energy (kJ)	1420	1290									
		Energy (Cal)	340	309									
		Protein (g)	8.3	7.5									
		Fat, total (g)	10.1	9.2									
		Saturated Fat (g)	4.4	4.0									
		Carbohydrate (g)	52.5	47.7									
		Sugars (g)	10.9	9.9									
		Sodium (mg)	757	688									
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
		Y		Y	Y		T	T				Y	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, Soy Lecithin), Food Acid (330), Antioxidant (320), Flavour, Colour (160a)], Sugar, Baking Powder [Mineral Salts (170, 450, 500, 541)], Milk Powder, Salt.</p> <p>WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gum (407, 401).</p> <p>STRAWBERRY JAM: Strawberries, Sugar, Glucose (Maize), Pectin, Acidity Regulator (330).</p> <p><i>Contains gluten, milk & soy.</i> <i>May contain traces of peanuts & tree nuts.</i></p>	Scones with Jam & Cream											
			Avg Qty /Serve	Avg Qty /100g									
		Energy (kJ)	1920	1290									
		Energy (Cal)	458	307									
		Protein (g)	8.8	5.9									
		Fat, total (g)	18.0	12.1									
		Saturated Fat (g)	9.6	6.5									
		Carbohydrate (g)	64.1	43.0									
		Sugars (g)	21.6	14.5									
		Sodium (mg)	765	513									
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
		Y		Y	Y		T	T				Y	Y

PASTRIES														
Apricot Danish <u>APRICOT DANISH:</u> Custard [Water, Sugar, Non-Fat Milk Solids , Thickener (1422), Flavour, Colour (160a - contains Preservative (202)), Wheat Flour , Water, Butter , Sugar, Apricot [Apricots, Water, Sugar, Acidity Regulator (330), Firming Agent (509)], Yeast, Salt [Anticaking Agent (535)], Soy Flour , Dextrose, Flour Treatment Agent (1100, 1101, 1104), Acidity Regulator (300). <u>GLAZE:</u> Water, Glucose Syrup (from maize), Sugar, Stabiliser (440), Acidity Regulator (330, 331), Preservative (202), Mineral Salt (509). <i>Contains gluten, milk & soy.</i> <i>May contain traces of eggs, peanuts, sesame seeds, sulphites & tree nuts.</i>	Apricot & Custard Danish													
													Avg Qty /Serve	Avg Qty /100g
	Energy (kJ)												892	1010
	Energy (Cal)												213	242
	Protein (g)												4.1	4.7
	Fat, total (g)												8.5	9.6
	Saturated Fat (g)												5.4	6.2
	Carbohydrate (g)												29.1	33.1
	Sugars (g)												9.3	10.5
	Sodium (mg)												200	227
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
Y	T	Y	Y		T	T	T	T	Y	Y	Y			
Chocolate Croissant <u>CHOCOLATE CROISSANT:</u> Wheat Flour , Compound Chocolate [Sugar, Palm Oil [Emulsifier (492, Soy Lecithin)], Acidity Regulator (330), Cocoa Powder, Coconut Oil, Non-Fat Milk Solids , Emulsifier (Soy Lecithin , 492), Flavour], Water, Butter , Sugar, Yeast, Salt, Soy Flour , Dextrose, Flour Treatment Agents (1100, 1101, 1104), Acidity Regulator (300). <u>ICING SUGAR:</u> Cane Sugar, Tapioca or Maize Starch. <i>Contains gluten, milk & soy.</i> <i>May contain traces of eggs, peanuts, tree nuts, sesame seeds & sulphites.</i>	Chocolate Croissant													
													Avg Qty /Serve	Avg Qty /100g
	Energy (kJ)												1610	1580
	Energy (Cal)												385	377
	Protein (g)												5.7	5.6
	Fat, total (g)												19.1	18.7
	Saturated Fat (g)												13.6	13.3
	Carbohydrate (g)												46.4	45.5
	Sugars (g)												17.1	16.8
	Sodium (mg)												300	294
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
Y	T	Y	Y		T	T	T	T		Y				
Croissant with Jam & Butter <u>CROISSANT:</u> Wheat Flour , Butter , Yeast, Sugar, Water, Improver (Soy Flour , Dextrose, Enzymes (1100, 1101, 1104), Acidity Regulator (300), Raising Agent (920)), Salt. <u>STRAWBERRY JAM:</u> Strawberries, Sugar, Glucose (Maize), Pectin, Acidity Regulator (330). <u>BUTTER:</u> Cream , Water, Salt. <i>Contains gluten, milk & soy.</i> <i>May contain traces of eggs, peanuts, tree nuts & sesame seeds.</i>	Croissant with Jam & Butter													
													Avg Qty /Serve	Avg Qty /100g
	Energy (kJ)												1570	1620
	Energy (Cal)												376	387
	Protein (g)												4.6	4.7
	Fat, total (g)												23.9	24.6
	Saturated Fat (g)												15.5	15.9
	Carbohydrate (g)												35.3	36.3
	Sugars (g)												11.1	11.4
	Sodium (mg)												299	309
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
Y	T	Y	Y		T	T	T							
Croissant with Ham & Cheese <u>CROISSANT:</u> Wheat Flour , Butter , Yeast, Sugar, Water, Improver (Soy Flour , Dextrose, Enzymes (1100, 1101, 1104), Acidity Regulator (300), Raising Agent (920)), Salt. <u>SLICED HAM:</u> Pork, Water, Acidity Regulators (326, 262), Salt, Emulsifier (451), Sugar, Dextrose (Maize), Antioxidant (316), Sodium Nitrate (250), Colour (160b). <u>SLICED CHEESE:</u> Milk , Salt, Starter Cultures, Rennet, Lipase <i>Contains gluten, milk & soy.</i> <i>May contain traces of eggs, peanuts, tree nuts & sesame seeds.</i>	Croissant with Ham & Cheese													
													Avg Qty /Serve	Avg Qty /100g
	Energy (kJ)												1920	1700
	Energy (Cal)												460	407
	Protein (g)												14.2	12.6
	Fat, total (g)												29.9	26.4
	Saturated Fat (g)												17.9	15.9
	Carbohydrate (g)												33.1	29.3
	Sugars (g)												5.1	4.5
	Sodium (mg)												819	725
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
Y	T	Y	Y		T	T	T				Y			

LOAVES / SANDWICHES

<p>Banana Bread</p> <p>Wheat Flour (Thiamine, Folic Acid), Banana, Sugar, Sour Cream (Light Cream, Culture), Egg, Canola Oil, Raising Agent (Mineral Salts [450, 500], Wheat Starch), Baking Soda, Vanilla Flavour, Iodised Salt</p> <p style="text-align: center;">OR</p> <p>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)).</p> <p><i>Contains gluten, eggs & milk</i> <i>May contain traces of soy, peanuts, tree nuts , sulphites & sesame seeds.</i></p>												Banana Bread - Single Slice																									
												Avg Qty /Serve	Avg Qty /100g																								
												Energy (kJ)	2570	1350																							
												Energy (Cal)	616	324																							
												Protein (g)	10.1	5.3																							
												Fat, total (g)	25.8	13.6																							
												Saturated Fat (g)	4.8	2.5																							
												Carbohydrate (g)	83.8	44.1																							
												Sugars (g)	49.8	26.2																							
												Sodium (mg)	388	204																							
<table border="1" style="width: 100%; border-collapse: collapse;"> <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 style="text-align: center;">Y</td> <td style="text-align: center;">Y</td> <td style="text-align: center;">Y</td> <td style="text-align: center;">T</td> <td></td> <td style="text-align: center;">T</td> <td style="text-align: center;">T</td> <td style="text-align: center;">T</td> <td style="text-align: center;">T</td> <td style="text-align: center;">T</td> <td style="text-align: center;">Y</td> <td style="text-align: center;">Y</td> </tr> </table>											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Y	Y	Y	T		T	T	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	T	T	T	Y	Y																										

<p>Raisin Toast</p> <p>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.</p> <p>BUTTER: Cream, Water, Salt.</p> <p>*Fruit used subject to change due to availability and seasonability of products.</p> <p><i>Contains gluten, milk & soy.</i> <i>May contain traces of sesame seeds.</i></p>												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)	7.9	9.6																							
												Saturated Fat (g)	5.0	6.1																							
												Carbohydrate (g)	34.6	41.6																							
												Sugars (g)	11.3	13.6																							
												Sodium (mg)	179	215																							
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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																											

<p>Raspberry & Pear Loaf with Butter</p> <p>RASPBERRY & PEAR LOAF: Wheat Flour, Sugar, Raspberries, Egg, Vegetable Oil [Canola, Soy, Antioxidant (319, 306, 320), Antifoam (900a)], Pears, Iodised Salt Raising Agent (500), Flavour.</p> <p>BUTTER: Cream, Water, Salt.</p> <p><i>Contains gluten, egg, milk & soy.</i> <i>May contain traces of peanuts, tree nuts and s</i></p>												Raspberry and Pear Loaf with Butter																									
												Avg Qty /Serve	Avg Qty /100g																								
												Energy (kJ)	2390	1540																							
												Energy (Cal)	573	369																							
												Protein (g)	8.1	5.2																							
												Fat, total (g)	25.4	16.4																							
												Saturated Fat (g)	5.1	3.3																							
												Carbohydrate (g)	75.6	48.8																							
												Sugars (g)	41.4	26.7																							
												Sodium (mg)	540	348																							
<table border="1" style="width: 100%; border-collapse: collapse;"> <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 style="text-align: center;">Y</td> <td style="text-align: center;">Y</td> <td style="text-align: center;">Y</td> <td style="text-align: center;">Y</td> <td></td> <td style="text-align: center;">T</td> <td style="text-align: center;">T</td> <td style="text-align: center;">T</td> <td></td> <td></td> <td style="text-align: center;">Y</td> <td></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				
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																										
Y	Y	Y	Y		T	T	T			Y																											

SAVORY ITEMS

<p>Cheesy Chorizo Roll</p> <p>Wheat Flour, Water, Chorizo [Beef, Water, Salt, Spices, Mineral Salts (451, 500), Sugar, Herbs, Antioxidant (316), Flavour Enhancer (635), Preservative (250), Dehydrated Vegetable (Garlic, Onion), Casing(Colours (100, 155))], Cheddar Cheese [Milk, Salt, Starter Cultures, Enzyme], Parmesan Cheese [Milk, Salt, Anti-caking Agent(460), Culture, Enzymes (Rennet, Lipase), Preservative(200)], Yeast, Iodised Salt, Vegetable Oil [Canola, Soy, Antioxidants (319, 306, 320), Antifoam(900a)], Improver [Soy Flour, Wheat Flour, Emulsifiers (481, 472e), Flour Treatment Agents (300, 920), Anticaking Agent (170), Enzymes].</p> <p><i>Contains gluten, milk, soy.</i> <i>May contain traces of sulphites, peanuts and tree nuts.</i></p>	Cheesy Chorizo Roll												
		Avg Qty /Serve	Avg Qty /100g										
	Energy (kJ)	991	1320										
	Energy (Cal)	237	316										
	Protein (g)	9.9	13.2										
	Fat, total (g)	10.1	13.5										
	Saturated Fat (g)	5.3	7.0										
	Carbohydrate (g)	24.8	33.1										
	Sugars (g)	1.8	2.4										
	Sodium (mg)	450	600										
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
Y		Y	Y		T	T		T	Y	Y	Y		

<p>Cheese & Tomato Toasted Sandwiches</p> <p>TOMATO: Sliced Whole Tomato. CHEESE SLICE: Milk, Salt, Starter Cultures, Rennet. WHITE BREAD: Wheat Flour, Water, Rye Meal, Yeast, Iodised Salt, Vinegar, Vegetable Oil (Canola or Palm), Wheat Gluten, Soy Flour, Emulsifiers (481, 471, 472e), Mineral Salt (170), Vitamin (Thiamin, Folic Acid). OR WHOLEMEAL BREAD: Wholemeal Wheat Flour, Water, Rye Meal, Yeast, Wheat Gluten, Iodised Salt, Vinegar, Vegetable Oil (Canola or Palm), Soy Flour, Emulsifiers (481, 471, 472e), Mineral Salt (170), Vitamin (Thiamin, Folic Acid).</p> <p><i>Both variations of sandwiches contain gluten, milk, soy & sesame seeds.</i></p>	Cheese & Tomato Toasted Sandwich - WHITE BREAD						Cheese & Tomato Toasted Sandwich - WHOLEMEAL BREAD						
		Avg Qty /Serve	Avg Qty /100g		Avg Qty /Serve	Avg Qty /100g							
	Energy (kJ)	1250	840	Energy (kJ)	1170	787							
	Energy (Cal)	298	201	Energy (Cal)	280	188							
	Protein (g)	13.8	9.3	Protein (g)	13.9	9.3							
	Fat, total (g)	8.6	5.8	Fat, total (g)	8.4	5.6							
	Saturated Fat (g)	5.4	3.6	Saturated Fat (g)	5.4	3.6							
	Carbohydrate (g)	39.4	26.6	Carbohydrate (g)	34.4	23.2							
	Sugars (g)	3.5	2.4	Sugars (g)	3.0	2.0							
	Sodium (mg)	548	369	Sodium (mg)	523	352							
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
Y		Y	Y		T	T	Y						

<p>Ham & Cheese Toasted Sandwiches</p> <p>SLICED HAM: Pork, Water, Salt, Acidity Regulators (326, 262), Salt, Emulsifier (451), Sugar, Dextrose (Maize), Antioxidant (316), Sodium Nitrate (250), Colours (160b). CHEESE SLICE: Milk, Salt, Starter Cultures, Rennet. WHITE BREAD: Wheat Flour, Water, Rye Meal, Yeast, Iodised Salt, Vinegar, Vegetable Oil (Canola or Palm), Wheat Gluten, Soy Flour, Emulsifiers (481, 471, 472e), Mineral Salt (170), Vitamin (Thiamin, Folic Acid). OR WHOLEMEAL BREAD: Wholemeal Wheat Flour, Water, Rye Meal, Yeast, Wheat Gluten, Iodised Salt, Vinegar, Vegetable Oil (Canola or Palm), Soy Flour, Emulsifiers (481, 471, 472e), Mineral Salt (170), Vitamin (Thiamin, Folic Acid).</p> <p><i>Both variations of sandwiches contain gluten, milk, soy & sesame seeds.</i></p>	Ham & Cheese Toasted Sandwich - WHITE BREAD						Ham & Cheese Toasted Sandwich - WHOLEMEAL BREAD						
		Avg Qty /Serve	Avg Qty /100g		Avg Qty /Serve	Avg Qty /100g							
	Energy (kJ)	1430	921	Energy (kJ)	1350	870							
	Energy (Cal)	343	220	Energy (Cal)	324	208							
	Protein (g)	22.4	14.4	Protein (g)	22.5	14.5							
	Fat, total (g)	9.8	6.3	Fat, total (g)	9.5	6.1							
	Saturated Fat (g)	5.8	3.7	Saturated Fat (g)	5.8	3.7							
	Carbohydrate (g)	39.3	25.2	Carbohydrate (g)	34.4	22.0							
	Sugars (g)	3.3	2.1	Sugars (g)	2.8	1.8							
	Sodium (mg)	1210	777	Sodium (mg)	1180	761							
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		
Y		Y	Y		T	T	Y		Y		Y		

Ham, Cheese & Tomato Toasted Sandwiches <u>TOMATO</u> : Sliced Whole Tomato. <u>SLICED HAM</u> : Pork, Water, Salt, Acidity Regulators (326, 262), Salt, Emulsifier (451), Sugar, Dextrose (Maize), Antioxidant (316), Sodium Nitrate (250), Colours (160b). <u>CHEESE SLICE</u> : Milk , Salt, Starter Cultures, Rennet. <u>WHITE BREAD</u> : Wheat Flour, Water, Rye Meal, Yeast, Iodised Salt, Vinegar, Vegetable Oil (Canola or Palm), Wheat Gluten , Soy Flour, Emulsifiers (481, 471, 472e), Mineral Salt (170), Vitamin (Thiamin, Folic Acid). OR <u>WHOLEMEAL BREAD</u> : Wholemeal Wheat Flour, Water, Rye Meal, Yeast, Wheat Gluten , Iodised Salt, Vinegar, Vegetable Oil (Canola or Palm), Soy Flour, Emulsifiers (481, 471, 472e), Mineral Salt (170), Vitamin (Thiamin, Folic Acid). <i>Both variations of sandwiches contain gluten, milk, soy & sesame seeds.</i>	Ham, Cheese & Tomato Toasted Sandwich - WHITE BREAD			Ham, Cheese & Tomato Toasted Sandwich - WHOLEMEAL BREAD							
		Avg Qty /Serve	Avg Qty /100g		Avg Qty /Serve	Avg Qty /100g					
	Energy (kJ)	1460	732	Energy (kJ)	1380	692					
	Energy (Cal)	349	175	Energy (Cal)	330	166					
	Protein (g)	22.9	11.5	Protein (g)	23.0	11.5					
	Fat, total (g)	9.8	4.9	Fat, total (g)	9.5	4.8					
	Saturated Fat (g)	5.8	2.9	Saturated Fat (g)	5.8	2.9					
	Carbohydrate (g)	40.1	20.1	Carbohydrate (g)	35.1	17.6					
	Sugars (g)	4.1	2.1	Sugars (g)	3.6	1.8					
	Sodium (mg)	1210	607	Sodium (mg)	1190	595					
Gluten	Eggs	Milk	Soy	Fish &	Peanuts	Tree	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Y		Y	Y		T	T	Y		Y		Y

Ruben Sandwich <u>BREAD</u> : Wheat Flour, Water, Salt, Malt Flour (Barley). <u>CORNED BEEF SLICE</u> : Beef, Water, Soy Protein, Salt, Acidity Regulator (326, 262), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407), Sugar, Antioxidant (316), Dextrose (Tapioca, Maize), Sodium Nitrite (250), Yeast Extract, Canola Oil, Vegetable Extract. <u>SAUERKRAUT</u> : Fermented Cabbage, Water, Salt <u>SWISS CHEESE</u> : Swiss Cheese (Pasteurised Skim Milk , Cultures, Salt, Enzymes). <u>BIG MAC SAUCE</u> : Soybean Oil (Antioxidant [330]), Water, Relish [Pickles, Sugar, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Thickener (415), Preservative (202), Spice Extract, Emulsifier (433)], Mustard [Water, Vinegar, Mustard Seed, Salt, Sugar, Colours (100, 150d), Spice], Salted Egg Yolks, (Egg Yolks, Salt), Distilled Vinegar, Onion, Thickener (1442, 415, 405), Spices, Sugar, Salt, Hydrolyzed Proteins (Com, Gluten , Wheat and Soy), Colours (160c, 150d, 100), Preservative (211), Emulsifier (433), Garlic, Antioxidant (385). <u>STRONG MUSTARD</u> : Canola Oil [Antioxidant (307b, Soy)], Mustard [Water, Mustard Seeds, Salt, Food Acids (260, 330), Sugar, Spices, Colours (150c, 160a), Herbs, Spice Extracts], Water, Sugar, Vinegar, Egg Yolk, Whey Protein (Milk), Spice Extracts [Including (100)], Acidity Regulator (575), Salt, Flavour Enhancer (635), Oat Fibre, Vegetable Gum (415), Emulsifiers (322, Soy , 435), Yeast Extract, Preservatives (202, 211), Spice, Flavouring (Wheat). <i>Contains gluten, egg, milk, soy & sulphites</i>	Ruben Sandwich										
		Avg Qty /Serve	Avg Qty /100g								
	Energy (kJ)	2420	913								
	Energy (Cal)	579	218								
	Protein (g)	31.3	11.8								
	Fat, total (g)	30.6	11.6								
	Saturated Fat (g)	11.0	4.2								
	Carbohydrate (g)	42.3	16.0								
	Sugars (g)	5.4	2.0								
	Sodium (mg)	1510	571								
Gluten	Eggs	Milk	Soy	Fish &	Peanuts	Tree	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Y	Y	Y	Y		T	T		Y	Y	Y	Y

Roast Beef & Cheddar Sandwich <u>BREAD</u> : Wheat Flour, Water, Salt, Malt Flour (Barley). <u>ROAST BEEF SLICE</u> : Beef, Water, Salt, Soy Protein, Sugar, Emulsifiers (451, 450, 452), Maltodextrin, Hydrolysed Vegetable Protein, Colours (150d, 100), Vegetable Protein Extract, Herbs and Spices, Dehydrated Vegetables, Yeast Extract, Flavours, Canola Oil, Herb & Spice Extracts. <u>TOMATO SLICES</u> : Tomato. <u>GARLIC MAYONNAISE</u> : Canola Oil [Antioxidant (307b - Soy), 319]], Water, Glucose Syrup (Wheat Derived), Egg Yolk, Whey Protein, Minced Garlic [Food Acids (260, 330)], Vinegar, Dijon Mustard [Acidity Regulator (260)], Acidity Regulator (575), Mustard [Food Acids (260, 330), Colours (150c, 160a)], Salt, Flavour Enhancer (635), Oat Fibre, Flavourings (Milk), Emulsifiers (Soy lecithin, 435), Colour (171), Mineral Salt (508), Vegetable Gum (415), Preservatives (202, 211). <u>SMOKEY PEPPER MAYONNAISE</u> : Canola Oil [Antioxidant (307b - Soy)], Water, Fruit Juice [Preservative (220)], Glucose (Wheat), Egg Yolk, Fructose, Spices, Bell Pepper, Minced Garlic [Acetic Acid (260)], Oat Fibre, Vinegar, Salt, Acidity Regulator (575), Thickener (1442), Flavour Enhancer (635), Mineral Salt (508), Flavourings (Milk), Emulsifiers (Soy Lecithin, 435), Vegetable Gum (415), Preservatives (202, 211), Spice Extract (160c). <u>CHEDDAR CHEESE SLICE</u> : Milk , Salt, Starter Cultures, Rennet, Lipase. <u>BABY SPINACH</u> : Baby Leaf Spinach. <i>Contains gluten, egg, milk, soy & sulphites.</i> <i>SMOKEY PEPPER MAYONNAISE may contain TRACES of sesame seeds.</i>	Roast Beef & Cheddar Sandwich										
		Avg Qty /Serve	Avg Qty /100g								
	Energy (kJ)	2450	860								
	Energy (Cal)	586	206								
	Protein (g)	30.1	10.6								
	Fat, total (g)	29.6	10.4								
	Saturated Fat (g)	6.6	2.3								
	Carbohydrate (g)	47.5	16.7								
	Sugars (g)	4.8	1.7								
	Sodium (mg)	1530	537								
Gluten	Eggs	Milk	Soy	Fish &	Peanuts	Tree	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Y	Y	Y	Y		T	T	T	Y	Y	Y	Y

Chicken Pesto Sandwich												Chicken Pesto Sandwich			
<p>BREAD: Wheat Flour, Water, Salt, Malt Flour (Barley).</p> <p>ROAST CHICKEN PIECES: Chicken, Milk Solids, Salt, Thickeners (1442, 407), Mineral Salt (451), Flavours (Milk), Soy Lecithin, Water.</p> <p>PESTO MAYONNAISE: Pesto [Canola Oil (Canola Oil, Antioxidant 320), Parsley, Parmesan Cheese (Milk, Starter Culture, Rennet, Tapioca), Basil, Vinegar, Garlic, Salt], Mayonnaise [Soy Bean Oil, High-Fructose Corn Syrup, Whole Eggs, Distilled Vinegar, Water, Firming Agent (516), Lemon Juice, Salt, Spices, Anti-oxidants (385, 330)].</p> <p>TOMATO SLICES: Tomato.</p> <p>BABY SPINACH: Baby Leaf Spinach.</p> <p><i>Contains gluten, egg, milk, soy & sulphites</i></p>														Avg Qty /Serve	Avg Qty /100g
												Energy (kJ)	1620	676	
												Energy (Cal)	388	162	
												Protein (g)	24.3	10.1	
												Fat, total (g)	12.4	5.2	
												Saturated Fat (g)	2.1	0.9	
												Carbohydrate (g)	42.1	17.5	
												Sugars (g)	6.0	2.5	
												Sodium (mg)	928	386	
Gluten	Eggs	Milk	Soy	Fish &	Peanuts	Tree	Sesame Seeds	Sulphites	Preservative	Flavour	Colours				
Y	Y	Y	Y		T	T		Y	Y						
Veggie Frittata												Veggie Frittata			
<p>VEGGIE FRITTATA: Potato, Dairy Cream [Thickener (401)], Cheddar Cheese [Milk, Salt, Starter Cultures, Enzyme], Wheat Flour, Pumpkin, Spinach, Onion, Whole Egg, Egg White, Water, Tomato, Margarine [Vegetable Oil (Palm, Rapeseed, Sunflower), Water, Salt, Soy Emulsifier (471), Acidity Regulators (330), Colour (160a), Butter Flavour], Milk, Salt, Ground Celery, Wheat Starch, Yeast, Garlic, Pepper, Colour(160a), Iodised Salt, Chilli Powder.</p> <p><i>Contains gluten, eggs, milk & soy.</i></p> <p><i>May be stored with products containing tree nuts and peanuts</i></p>														Avg Qty /Serve	Avg Qty /100g
												Energy (kJ)	1250	864	
												Energy (Cal)	300	207	
												Protein (g)	10.2	7.0	
												Fat, total (g)	19.7	13.6	
												Saturated Fat (g)	13.2	9.1	
												Carbohydrate (g)	18.9	13.0	
												Sugars (g)	5.1	3.5	
												Sodium (mg)	290	200	
Gluten	Eggs	Milk	Soy	Fish &	Peanuts	Tree	Sesame Seeds	Sulphites	Preservative	Flavour	Colours				
Y	Y	Y	Y		T	T			Y		Y				

FRIENDS AND MUFFINS

Chocolate Friand													Chocolate Friand - Gluten Free		
Sugar, Egg White (Egg White, Stabilisers (415, 412, 1505)), Ground Almonds, Butter , Rice Flour, Cocoa Powder, Dusting Sugar (Dextrose, Maize Starch, Vegetable Fat (Soybean Oil, Vegetable Oil, Emulsifiers (332, 492))). <i>Contains eggs, milk, soy & tree nuts (almonds).</i> <i>May contain traces of peanuts and tree nuts.</i>														Avg Qty /Serve	Avg Qty /100g
													Energy (kJ)	1500	1869
													Energy (Cal)	358	447
													Protein (g)	7.9	9.6
													Fat, total (g)	20.3	25.4
													Saturated Fat (g)	8.6	10.8
													Carbohydrate (g)	34.5	43.1
													Sugars (g)	25.9	32.4
													Sodium (mg)	40	50
													Gluten	Eggs	Milk
	Y	Y	Y	T	T	Y									

Raspberry Friand													Raspberry Friand - Gluten Free		
Sugar, Gound Almonds, Egg White (Egg White , Stabilisers (415, 412, 1505)), Butter , Rice Flour, Raspberry. <i>Contains eggs, milk & tree nuts (almonds).</i> <i>May contain traces of peanuts and tree nuts.</i>														Avg Qty /Serve	Avg Qty /100g
													Energy (kJ)	1390	1740
													Energy (Cal)	333	416
													Protein (g)	7.8	9.7
													Fat, total (g)	13.2	16.5
													Saturated Fat (g)	4.7	5.9
													Carbohydrate (g)	44.5	55.6
													Sugars (g)	25.6	32.0
													Sodium (mg)	25	31
													Gluten	Eggs	Milk
	Y	Y			T	Y									

Apple & Cinnamon Mini Muffin													Apple & Cinnamon Mini Muffin		
APPLE & CINNAMON MINI MUFFIN: Sugar, Wheat Flour , Whole Egg , Vegetable Fats & Oils [Palm & Coconut [Antioxidants (300, 304, 306 - derived from Soy)], Apple, Water, Thickeners (1422), Salt, Milk Solids , Cinnamon, Raising Agents (450, 500), Potato Starch, Emulsifiers (Soy Lecithin , 471, 477, 481), Flavours, Acidity Regulator (330), Colour (160a). ICING SUGAR: Cane Sugar, Tapioca or Maize Starch. <i>Contains gluten, eggs, milk & soy.</i> <i>May contain traces of peanuts, tree nuts, sesame seeds.</i>														Avg Qty /Serve	Avg Qty /100g
													Energy (kJ)	441	1630
													Energy (Cal)	105	390
													Protein (g)	1.2	4.5
													Fat, total (g)	5.1	19.0
													Saturated Fat (g)	2.7	10.1
													Carbohydrate (g)	13.2	49.0
													Sugars (g)	7.9	29.2
													Sodium (mg)	131	486
													Gluten	Eggs	Milk
Y	Y	Y	Y		T	T	T			Y	Y				

Orange and Poppyseed Muffin													Orange and Poppyseed Muffin		
Wheat Flour , Water, Sugar, Oranges, Sweetener (420 from wheat), Dextrose, Thickeners (415, 466, 1412, 1422), Egg Powder , Poppy Seeds, Salt, Raising Agents (500, 541), Emulsifiers (340, 435, 471, 472e, 477), Milk Solids , Vegetable Oil (Palm, Canola), Oat Fibre , Flavour, Colours (102, 110). <i>Contains gluten, eggs & milk.</i> <i>May contain traces of soy, peanuts, tree nuts, sesame seeds.</i>														Avg Qty /Serve	Avg Qty /100g
													Energy (kJ)	1400	1120
													Energy (Cal)	316	252
													Protein (g)	4.8	3.8
													Fat, total (g)	2.4	1.9
													Saturated Fat (g)	0.8	0.6
													Carbohydrate (g)	69.6	55.7
													Sugars (g)	25.1	20.1
													Sodium (mg)	469	375
													Gluten	Eggs	Milk
Y	Y	Y	T		T	T	T			Y	Y				

Blueberry Muffin	Muffin Premix (Sugar, Wheat Flour , Vegetable Oil (Emulsifiers (471, 477), Antioxidant (322), Thickener (1422), Milk Solids , Raising Agents (450, 500), Potato Starch, Salt, Flavour, Emulsifier (481)), Egg , Margarine (Vegetable Oils, Water, Salt, Milk Solids , Emulsifier (471), Blueberries (14.2%), Water.											Blueberry Muffin																									
												Avg Qty /Serve	Avg Qty /100g																								
												Energy (kJ)	2430	1470																							
												Energy (Cal)	579	351																							
												Protein (g)	8.1	4.9																							
												Fat, total (g)	31.2	18.9																							
												Saturated Fat (g)	14.0	8.5																							
												Carbohydrate (g)	65.5	39.7																							
												Sugars (g)	41.6	25.2																							
												Sodium (mg)	652	395																							
<table border="1"> <tr> <td>Gluten</td><td>Eggs</td><td>Milk</td><td>Soy</td><td>Fish & Crustaea</td><td>Peanuts</td><td>Tree Nuts</td><td>Sesame Seeds</td><td>Sulphites</td><td>Preservative</td><td>Flavour</td><td>Colours</td> </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></td><td></td><td>Y</td><td></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				
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																										
Y	Y	Y	Y		T	T	T			Y																											

Contains gluten, eggs, milk, & soy
May contain traces of peanuts, tree nuts, sesame seeds.

Mud Muffin	Sugar, Wheat Flour , Vegetable Fats and Oils (Canola, Palm, Coconut), Egg , Water, Cocoa, Maltodextrin, Thickeners (412, 415, 1422), Milk Solids , Potato Starch, Salt, Raising Agents (500, 450), Emulsifiers (Soy Lecithin , 435, 471, 472b, 477, 481, 492), Dextrose, Flavours, Colours (122, 133, 150c, 150d, 155), Humectant (1520), Antioxidant (307), Preservatives (202, 220 , 223).											Mud Muffin																									
												Avg Qty /Serve	Avg Qty /100g																								
												Energy (kJ)	2900	1760																							
												Energy (Cal)	696	422																							
												Protein (g)	7.1	4.3																							
												Fat, total (g)	32.3	19.6																							
												Saturated Fat (g)	9.7	5.9																							
												Carbohydrate (g)	94.4	57.2																							
												Sugars (g)	64.0	38.8																							
												Sodium (mg)	437	265																							
<table border="1"> <tr> <td>Gluten</td><td>Eggs</td><td>Milk</td><td>Soy</td><td>Fish & Crustaea</td><td>Peanuts</td><td>Tree Nuts</td><td>Sesame Seeds</td><td>Sulphites</td><td>Preservative</td><td>Flavour</td><td>Colours</td> </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>T</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	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	T	Y	Y	Y																										

Contains gluten, eggs, milk, & soy
May contain traces of peanuts, tree nuts, sesame seeds and sulphites

Walnut Carrot & Bran Muffin	Sugar, Wheat Flour , Carrots, Water, Vegetable Oil (Canola, Soybean Oil , Antioxidant (319, 306, 320), Antifoam (900a)), Egg , Coconut, Walnuts , Wheat Bran , Raising Agent [Mineral Salts (541, 500, 170), Maize Flour], Cinnamon, Flavour, Iodised Salt.											Walnut Carrot & Bran Muffin																									
												Avg Qty /Serve	Avg Qty /100g																								
												Energy (kJ)	2320	1450																							
												Energy (Cal)	554	347																							
												Protein (g)	8.3	5.2																							
												Fat, total (g)	28.2	17.6																							
												Saturated Fat (g)	8.0	5.0																							
												Carbohydrate (g)	63.4	39.6																							
												Sugars (g)	35.8	22.4																							
												Sodium (mg)	474	296																							
<table border="1"> <tr> <td>Gluten</td><td>Eggs</td><td>Milk</td><td>Soy</td><td>Fish & Crustaea</td><td>Peanuts</td><td>Tree Nuts</td><td>Sesame Seeds</td><td>Sulphites</td><td>Preservative</td><td>Flavour</td><td>Colours</td> </tr> <tr> <td>Y</td><td>Y</td><td>T</td><td>Y</td><td></td><td>T</td><td>Y</td><td>T</td><td></td><td>Y</td><td>Y</td><td></td> </tr> </table>											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Y	Y	T	Y		T	Y	T		Y	Y				
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																										
Y	Y	T	Y		T	Y	T		Y	Y																											

Contains gluten, eggs, soy & tree nuts.
May contain traces of peanuts, tree nuts, milk & sesame seeds.

CAKES / CHEESECAKES

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)	2030	1840																							
												Energy (Cal)	485	441																							
												Protein (g)	4.4	4.0																							
												Fat, total (g)	30.0	27.3																							
												Saturated Fat (g)	7.5	6.8																							
												Carbohydrate (g)	48.7	44.3																							
												Sugars (g)	30.5	27.7																							
												Sodium (mg)	193	175																							
<table border="1"> <tr> <td>Gluten</td><td>Eggs</td><td>Milk</td><td>Soy</td><td>Fish & Crustaea</td><td>Peanuts</td><td>Tree Nuts</td><td>Sesame Seeds</td><td>Sulphites</td><td>Preservative</td><td>Flavour</td><td>Colours</td> </tr> <tr> <td>Y</td><td>Y</td><td>Y</td><td>T</td><td></td><td>T</td><td>Y</td><td>T</td><td>Y</td><td>Y</td><td></td><td></td> </tr> </table>											Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Y	Y	Y	T		T	Y	T	Y	Y					
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours																										
Y	Y	Y	T		T	Y	T	Y	Y																												

Contains gluten, eggs, milk, sulphites & tree nuts (walnuts).
May contain traces of soy, sesame seeds and peanuts

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)	1880	1710									
		Energy (Cal)	450	409									
		Protein (g)	3.9	3.5									
		Fat, total (g)	26.3	23.9									
		Saturated Fat (g)	13.2	12.0									
		Carbohydrate (g)	48.6	44.2									
		Sugars (g)	37.3	33.9									
		Sodium (mg)	300	273									
	<i>Contains gluten, eggs, milk, soy & sulphites</i> <i>May contain traces of sesame seeds, peanuts & tree nuts (almonds & hazelnuts).</i>												
		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)	2610	2010									
		Energy (Cal)	625	481									
		Protein (g)	5.3	4.1									
		Fat, total (g)	48.6	37.4									
		Saturated Fat (g)	30.9	23.8									
		Carbohydrate (g)	41.5	31.9									
		Sugars (g)	27.0	20.8									
		Sodium (mg)	287	221									
	<i>Contains gluten, milk & soy.</i> <i>May contain traces of egg, sulphites, sesame seeds, peanuts & tree nuts</i>												
		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	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)	2230	1440									
		Energy (Cal)	533	344									
		Protein (g)	9.5	6.1									
		Fat, total (g)	36.9	23.8									
		Saturated Fat (g)	24.3	15.7									
		Carbohydrate (g)	40.8	26.3									
		Sugars (g)	31.0	20.0									
		Sodium (mg)	322	208									
	<i>Contains gluten, eggs, milk & soy.</i> <i>May contain traces of sulphites, sesame seeds, tree nuts & peanuts</i>												
		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
Individual Orange and Almond Cake	Egg , Sugar, Almond , Orange Paste (Oranges , Sugar, Gelling Agent (440), Preservative (202)), Water, Thickener (1422), Orange Colour & Flavour [Water, Flavours, Vegetable Gum (415), Colours (102, 110), Emulsifier (433), Food Acid (330), Preservatives (202, 211)], Canola Oil, Dark Chocolate Decoration [Sugar, Cocoa Mass, Cocoa Butter , Soy Lecithin, Flavour], Baking Powder [Rice Flour, Mineral Salts (500, 541, 341)], Mineral Salt (500), Food Acid (300), Salt, Vegetable Gum (415).	Orange and Almond Cake											
			Avg Qty /Serve	Avg Qty /100g									
		Energy (kJ)	1320	1230									
		Energy (Cal)	316	293									
		Protein (g)	9.4	8.7									
		Fat, total (g)	13.9	12.9									
		Saturated Fat (g)	2.1	1.9									
		Carbohydrate (g)	37.2	34.4									
		Sugars (g)	30.8	28.5									
		Sodium (mg)	194	180									
	<i>Contains soy, egg & tree nuts (Almonds)</i> <i>May contain traces of peanuts, tree nuts, milk & sulphites.</i>												
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
			Y	T	Y		T	Y		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). <i>Contains eggs, milk, soy, tree nuts & sulphites</i> <i>May contain traces of gluten</i>												
Cappuccino	Icing Sugar [Sugar, Maize Starch], Almond , Egg Albumen (Stabilisers (415, 412, 1505)), White Compound Chocolate [Sugar, Palm Oil, Whey Powder, Skim Milk Powder, Stabiliser (492), Soy Lecithin, Flavour], Thickened Cream (Cream , Milk , Mineral Salt (450, 500), Stabiliser (400)), Butter , Egg Albumen Powder, Cocoa, Coffee, Soy Lecithin, Thickener (1442). <i>Contains eggs, milk, soy, tree nuts</i> <i>May contain traces of gluten</i>												
Macarons - Chocolate & Cappuccino	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
	T	Y	Y	Y		T	Y				Y		
Choc Mint Macaron	Icing Sugar (Sugar, Maize Starch), Almond , Egg White (Stabilisers (415, 412, 1505)), Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (322- Soy)), Thickened Cream (Cream Milk, Mineral Salt (450,500) Stabiliser (400)), Butter , Egg White Powder, Cocoa, Emulsifier (322- Soy), Colours (102,133), Thickener (1442), Peppermint Flavour. <i>Contains egg, milk, soy & tree nuts.</i> <i>May contain traces of gluten & sulphites.</i>												
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), Thickener (1442). <i>Contains egg, milk, soy & tree nuts.</i> <i>May contain traces of gluten & sulphites.</i>												
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
	T	Y	Y	Y		T	Y		T	Y	Y	Y	
Pineapple Coconut 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), Butter , Thickened Cream (Cream , Milk , Mineral Salt (450, 500) Stabiliser (400)), Coconut (Preservative (223)), Coconut Cream, Pineapple Juice, Egg White Powder, Lemon Concentrate (Lemon Juice, Lemon Juice Concentrate, Lemon Oil, Acidity Regulators (330, 300)), Colour (102), Emulsifier (322- Soy), Thickener (1442), Pineapple Flavour, Coconut Flavour. <i>Contains egg, milk, soy, tree nuts & sulphites.</i> <i>May contain traces of gluten</i>												
Strawberry & Cream Macaron	Icing Sugar (Sugar, Maize Starch), Almond , Egg White (Stabilisers (415, 412, 1505)), Butter , Cream Cheese (Milk , Cream , Salt, Vegetable Gums (410, 412), Starter Culture), Sugar, Egg White Powder, Glucose , Thickener (1442), Lemon Concentrate (Lemon Juice, Lemon Juice Concentrate, Lemon Oil, Acidity Regulators (330, 300)), Emulsifier (322- Soy), Strawberry Flavour, Colour (129). <i>Contains egg, milk, soy, tree nuts & sulphites.</i> <i>May contain traces of gluten</i>												
Macaron - Pineapple and Coconut, Strawberries and Cream	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	
	T	Y	Y	Y		T	Y		Y	Y	Y	Y	

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

MISCELLANEOUS

Marshmallows	Glucose Syrup [from Wheat , contains Preservative (220)], Sugar, Water, Gelatine, Dextrose, Flavour, Colour (122), Stabiliser (452), Maize Starch, Wheat Starch.											
	<i>Contains gluten & sulphites</i>											
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Y								Y		Y	Y

Marshmallows		
	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	248	1380
Energy (Cal)	330	59
Protein (g)	0.7	3.8
Fat, total (g)	<0.1	0.1
Saturated Fat (g)	<0.1	0.1
Carbohydrate (g)	13.9	77.0
Sugars (g)	11.6	64.5
Sodium (mg)	16	87

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 June 2015.
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.