



# McDonald's New Zealand

## Main Menu

### Allergen - Ingredients - Nutrition Information

#### **Core & Beverage Menu**

**Information is correct as at December 2021.**

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 standard or core menu items. For information regarding short-time menu items, please either ask a manager in our restaurants or contact our Customer Service Department either via our website <http://mcdonalds.co.nz/contactus> or on 0800 539 4303.

The nutrition information is based on standard product formulations, standard product assembly and standard serving sizes (including ice for drinks from our beverage system). 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. We recommend you check this information on our website to ensure it is the most current.

#### **Food Sensitivities and Preferences**

Please refer to our Allergen Information for specific allergen details. This information is available on our website [www.mcdonalds.co.nz](http://www.mcdonalds.co.nz)

Select items sold in McCafe 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 items in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food 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 no Halal certified restaurants and no ingredients or menu items are certified Halal.

#### **Ingredient Information**

Please refer to our Ingredient Information for our standard or core menu items. This information is available on our website [www.mcdonalds.co.nz](http://www.mcdonalds.co.nz)

If you would like further information or have concerns regarding specific ingredients in specific menu items, please contact us at <http://mcdonalds.co.nz/contactus> or on 0800 539 4303.

# DRINKS

## Keri® Apple & Blackcurrant Fruit Drink

Juices from Concentrate (Apple, Blackcurrant), Water, Flavour, Colour (Vegetable & Fruit Juice).

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	260	104
Energy (Cal)	62	25
Protein (g)	<1.0	<1.0
Fat, total (g)	<1.0	<1.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	14.5	5.8
Sugars (g)	13.8	5.5
Sodium (mg)	3	1

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

## Coke®

Carbonated Water, Sugar, Colour (150a), Food Acid (338), Flavour, Caffeine.

Contains caffeine.

Nutrition information is for beverage without ice.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	428	180	614	180	902	180
Energy (Cal)	102	43	147	43	215	43
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	26.2	11.0	37.5	11.0	53.1	11.0
Sugars (g)	26.2	11.0	37.5	11.0	53.1	11.0
Sodium (mg)	25	10	35	10	50	10

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

## Coke® No Sugar

Carbonated Water, Colour (150d), Food Acids (338, 331), Sweeteners (951, 950), Preservative (211), Flavour, Caffeine.

Contains caffeine.

Phenylketonurics: Contains Phenylalanine.

Nutrition information is for beverage without ice.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	3	1	5	1	8	1
Energy (Cal)	0.9	0.3	1	0.3	2	0.3
Protein (g)	0.1	<0.1	0.2	<0.1	0.3	<0.1
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	0.2	0.1	0.3	0.1	0.5	0.1
Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
Sodium (mg)	25	8	36	8	55	8

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

## Sprite® No Sugar

Carbonated Water, Acidity Regulators (330, 331), Flavour, Artificial Sweeteners (950, 951), Preservative (211).

Phenylketonurics: Contains Phenylalanine

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	10	4	14	4	21	4
Energy (Cal)	2	1	3	1	5	1
Protein (g)	0.1	<0.1	0.2	<0.1	0.3	<0.1
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	0.2	<0.1	0.3	<0.1	0.5	<0.1
Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
Sodium (mg)	31	13	44	13	67	13

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

Fanta® Orange	Small		Medium		Large								
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL							
Carbonated Water, Sugar, Acidity Regulator (330), Flavour, Preservative (211), Antioxidant (300), Colour (110).	Energy (kJ)	478	209	686	209	1050	209						
Nutrition information is for beverage without ice.	Energy (Cal)	114	50	164	50	251	50						
	Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0						
	Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0						
	Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0						
	Carbohydrate (g)	28.1	12.3	40.4	12.3	61.7	12.3						
	Sugars (g)	28.1	12.3	40.4	12.3	61.7	12.3						
	Sodium (mg)	19	8	27	8	42	8						
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
										Y	Y		Y

Frozen Fanta® - MFV	Small		Medium		Large								
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL							
PINEAPPLE SYRUP: Flavour, Colours (104, 110). RAPS BERRY SYRUP : Flavour, Colour (122). VANILLA SYRUP: Flavour, Colour (150d). BLUEBERRY SYRUP: Flavour, Colour (133). MANGO SYRUP : Flavour, Colour (110, 122). LIME SYRUP: Flavour, Colours (104, 133). GRAPE SYRUP: Flavour, Colours (122, 104, 133).	Energy (kJ)	411	117	575	117	774	117						
	Energy (Cal)	98	28	137	28	185	28						
	Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0						
	Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0						
	Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0						
	Carbohydrate (g)	24.2	6.9	33.8	6.9	45.5	6.9						
	Sugars (g)	24.2	6.9	33.8	6.9	45.5	6.9						
	Sodium (mg)	6	2	9	2	12	2						
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
											Y	Y	Y

Frozen Fanta® MFV McFloat®	Small		Medium		Large								
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL							
SUNDAE MIX: Skim Milk, Sugar, Cream, Milk Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Flavour. PINEAPPLE SYRUP: Flavour, Colours (104, 110). RAPS BERRY SYRUP: Flavour, Colour (122). VANILLA SYRUP:-- Flavour, Colour (150d). BLUEBERRY SYRUP: Flavour, Colour (133). MANGO SYRUP: Flavour, Colour (110, 122). LIME SYRUP: Flavour, Colours (104, 133). GRAPE SYRUP: Flavour, Colours (122, 104, 133).	Energy (kJ)	997	277	1190	253	1390	232						
Contains milk and sulphites.	Energy (Cal)	238	66	285	61	333	56						
	Protein (g)	5.0	1.4	5.6	1.2	6.0	1.0						
	Fat, total (g)	5.7	1.6	6.4	1.4	6.9	1.1						
	Saturated Fat (g)	3.5	1.0	3.9	0.8	4.2	0.7						
	Carbohydrate (g)	41.2	11.5	50.7	10.8	61.1	10.2						
	Sugars (g)	39.0	10.8	48.3	10.3	58.4	9.7						
	Sodium (mg)	70	19	79	17	87	14						
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
			Y						Y	Y	Y		Y

Frozen Coke®	Small		Medium		Large								
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL							
Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine.	Energy (kJ)	413	118	578	118	779	118						
Contains caffeine	Energy (Cal)	98	28	137	28	185	28						
	Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0						
	Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0						
	Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0						
	Carbohydrate (g)	24.2	6.9	33.8	6.9	45.5	6.9						
	Sugars (g)	24.2	6.9	33.8	6.9	45.5	6.9						
	Sodium (mg)	19	5	26	5	36	5						
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
												Y	Y

<b>Frozen Coke® No Sugar</b>											<b>Small</b>		<b>Medium</b>		<b>Large</b>								
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL							
Carbonated Water, Sweeteners (968, 955, 950), Bulking Agent (422), Colour (150d), Food Acid (338), Preservative (211), Flavour, Caffeine.											Energy (kJ)	36	10	50	10	67	10						
Contains caffeine											Energy (Cal)	9	2	12	2	16	2						
											Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0						
											Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0						
											Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0						
											Carbohydrate (g)	2.1	0.6	2.9	0.6	4.0	0.6						
											Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0						
											Sodium (mg)	7	2	10	2	14	2						
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
																						Y	Y

<b>Frozen Coke® McFloat®</b>											<b>Medium</b>		<b>Large</b>										
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL									
Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine SUNDAE MIX: <b>Skim Milk</b> , Sugar, <b>Cream, Milk</b> Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Flavour.											Energy (kJ)	1270	408	1400	408								
Contains milk, caffeine and sulphites.											Energy (Cal)	303	97	333	97								
											Protein (g)	6.9	2.1	7.1	2.1								
											Fat, total (g)	7.9	2.4	8.1	2.4								
											Saturated Fat (g)	4.8	1.4	5.0	1.4								
											Carbohydrate (g)	50.7	16.8	57.8	16.8								
											Sugars (g)	47.7	15.9	54.7	15.9								
											Sodium (mg)	103	32	110	32								
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
													Y						Y			Y	Y

<b>Frozen Coke® No Sugar McFloat®</b>											<b>Medium</b>		<b>Large</b>										
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL									
Carbonated Water, Sweeteners (968, 955, 950), Bulking Agent (422), Colour (150d), Food Acid (338), Preservative (211), Flavour, Caffeine. SUNDAE MIX: Skim <b>Milk</b> , Sugar, <b>Cream, Milk</b> Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Flavour.											Energy (kJ)	975	334	1010	294								
Contains milk, caffeine and sulphites.											Energy (Cal)	233	80	241	70								
											Protein (g)	6.6	2.3	6.8	2.0								
											Fat, total (g)	6.4	2.2	6.6	1.9								
											Saturated Fat (g)	4.4	1.5	4.6	1.3								
											Carbohydrate (g)	36.4	12.5	37.8	11.0								
											Sugars (g)	30.2	10.3	31.1	9.1								
											Sodium (mg)	71	24	74	21								
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
													Y						Y			Y	Y

<b>Keri® Orange Juice</b>											<b>Small</b>		<b>Medium</b>		<b>Large</b>								
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL							
Water, Concentrated Orange Juice , Preservatives (211, 202), Colour (160a), Flavour.											Energy (kJ)	625	196	882	196	1190	196						
											Energy (Cal)	149	47	211	47	284	47						
											Protein (g)	2.2	0.7	3.1	0.7	4.2	0.7						
											Fat, total (g)	0.2	<0.1	0.3	<0.1	0.4	<0.1						
											Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0						
											Carbohydrate (g)	31.6	10.0	44.5	10.0	60.0	10.0						
											Sugars (g)	30.4	9.6	42.9	9.6	57.8	9.6						
											Sodium (mg)	3	1	4	1	6	1						
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
																			Y		Y	Y	Y

<b>Chocolate Shake</b>											<b>Small</b>		<b>Medium</b>		<b>Large</b>								
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL							
SHAKE MIX: <b>Milk</b> , Sugar, <b>Milk</b> Solids, Glucose Syrup (Maize), Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour. CHOCOLATE SYRUP: Invert Syrup, Glucose Syrup (contains <b>Sulphur Dioxide</b> ), Water, Cocoa Powder, <b>Malt</b> Syrup, Salt, Preservative (211), Acidity Regulator (330), Flavour.											Energy (kJ)	1270	384	1710	384	2080	384						
Contains milk and gluten. Traces of sulphites.											Energy (Cal)	303	92	409	92	497	92						
											Protein (g)	9.0	2.7	12.1	2.7	14.7	2.7						
											Fat, total (g)	7.5	2.3	10.2	2.3	12.4	2.3						
											Saturated Fat (g)	4.6	1.4	6.2	1.4	7.5	1.4						
											Carbohydrate (g)	48.8	14.8	65.8	14.8	79.9	14.8						
											Sugars (g)	43.5	13.2	58.7	13.2	71.2	13.2						
											Sodium (mg)	189	57	255	57	310	57						
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
											Y		Y						T		Y	Y	Y

Banana Shake	Small		Medium		Large															
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL														
	Energy (kJ)	1800	514	2520	514	3400	514													
Energy (Cal)	430	123	602	123	814	123														
Protein (g)	8.3	2.4	11.2	2.4	14.4	2.4														
Fat, total (g)	7.5	2.1	10.1	2.1	12.4	2.1														
Saturated Fat (g)	5.1	1.5	6.9	1.5	7.6	1.5														
Carbohydrate (g)	46.5	13.3	62.7	13.3	76.6	13.3														
Sugars (g)	43.3	12.4	58.4	12.4	70.6	12.4														
Sodium (mg)	99	28	134	28	208	28														
							Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
									Y								Y			Y

Strawberry Shake	Small		Medium		Large															
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL														
	Energy (kJ)	1220	355	1570	355	1960	355													
Energy (Cal)	292	85	376	85	468	85														
Protein (g)	8.2	2.4	10.5	2.4	13.1	2.4														
Fat, total (g)	7.0	2.0	9.0	2.0	11.3	2.0														
Saturated Fat (g)	4.2	1.2	5.4	1.2	6.7	1.2														
Carbohydrate (g)	48.3	14.1	62.2	14.1	77.4	14.1														
Sugars (g)	43.6	12.7	56.2	12.7	69.9	12.7														
Sodium (mg)	133	39	171	39	213	39														
							Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
							T		Y								Y			Y

Water	Pump Mini		Kiwi Blue																	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL																
	Energy (kJ)	0	0	0	0															
Energy (Cal)	0	0	0	0																
Protein (g)	0.0	0.0	0.0	0.0																
Fat, total (g)	0.0	0.0	0.0	0.0																
Saturated Fat (g)	0.0	0.0	0.0	0.0																
Carbohydrate (g)	0.0	0.0	0.0	0.0																
Sugars (g)	0.0	0.0	0.0	0.0																
Sodium (mg)	3	1	5	1																
							Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
									Y								Y			Y

Fuzed Tea® Peach Black Iced Tea	Small		Medium		Large															
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL														
	Energy (kJ)	165	54	236	54	361	54													
Energy (Cal)	39	14	56	14	85	14														
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0														
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0														
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0														
Carbohydrate (g)	9.2	3.0	13.1	3.0	20.0	3.0														
Sugars (g)	9.2	3.0	13.1	3.0	20.0	3.0														
Sodium (mg)	23	8	33	8	51	8														
							Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	

Black Filter Coffee	Small																			
	Avg Qty / Serve	Avg Qty / 100mL																		
	Energy (kJ)	2	1																	
Energy (Cal)	<1	<1																		
Protein (g)	0.1	0.0																		
Fat, total (g)	0.0	0.0																		
Saturated Fat (g)	0.0	0.0																		
Carbohydrate (g)	<0.1	<0.1																		
Sugars (g)	<0.1	<0.1																		
Sodium (mg)	<1	<1																		
							Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	

## Hot Chocolate

WATER

HOT CHOCOLATE DRINK BASE: Sugar, Water, Partially Hydrogenated Soybean Oil, Cocoa Powder, Non Fat **Milk** Solids, Salt, Unsweetened Chocolate, Mineral Salt (339), Preservative (202), Emulsifier (**Soy** Lecithin), Flavours, Cream Powder.

MINI MARSHMALLOWS: Glucose Syrup (from **Wheat** - contains **Sulphur Dioxide**), Sugar, Water, Gelatine (contains Sulphur Dioxide), Dextrose Monohydrate, Flavour, Colour (122), Preservatives (218, 216), Stabiliser (452), **Wheat** Starch, Maize Starch.

Contains gluten, milk and soy. Traces of sulphites.

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	540	283
Energy (Cal)	123	67
Protein (g)	1.5	0.8
Fat, total (g)	4.2	2.3
Saturated Fat (g)	0.6	0.3
Carbohydrate (g)	20.6	11.3
Sugars (g)	19.7	10.7
Sodium (mg)	154	85

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

## Black Tea

WATER

TEA

			Small	
	Avg Qty / Serve	Avg Qty / 100mL		
Energy (kJ)	16	6		
Energy (Cal)	4	1		
Protein (g)	0.3	0.1		
Fat, total (g)	0.3	0.1		
Saturated Fat (g)	0.0	0.0		
Carbohydrate (g)	0.0	0.0		
Sugars (g)	0.0	0.0		
Sodium (mg)	10	4		

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