



McDonald's New Zealand Main Menu Allergen - Ingredients - Nutrition Information

Core & Beverage Menu

Information is correct as at November 2020.

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

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

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 49.9%, Blackcurrant 2.4%), 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.

ICE: Water.

Contains caffeine.

	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.

ICE: Water.

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).

ICE: Water.

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									
Carbonated Water, Sugar, Acidity Regulator (330), Flavour, Preservative (211), Antioxidant (300), Colour (110). ICE: Water.									
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)		478	209	686	209	1050	209		
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	
						Y		Y	
								Colours	
								Y	

Frozen Fanta® - MFV									
FROZEN FANTA SOUR – Carbonated Water, Sugar, Food Acid (330), Preservative (211). 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). PEACH SYRUP - Flavour, Food Acid (330), Preservative (211), Flavour, Colour (110). ICE: Water.									
Nutrition information is for beverage without ice.									
		Small		Medium		Large			
		Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g		
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	
						Y		Y	
								Colours	
								Y	

Frozen Fanta® MFV McFloat®									
FROZEN FANTA SOUR – Carbonated Water, Sugar, Food Acid (330), Preservative (211). 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). PEACH SYRUP – Flavour, Food Acid (330), Preservative (211), Flavour, Colour (110). SUNDAE MIX: Milk, Sugar, Cream, Milk Solids, Glucose Syrup (Maize) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.									
Nutrition information is for beverage without ice.									
		Small		Medium		Large			
		Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g		
Energy (kJ)		997	277	1190	253	1390	232		
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	
				Y				Peanuts	
								Tree Nuts	
								Sesame Seeds	
								Sulphites	
						Y		Lupin	
						Y		Preservative	
								Flavour	
								Y	
								Colours	
								Y	

Frozen Coke®									
Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine.									
Contains caffeine									
		Small		Medium		Large			
		Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g		
Energy (kJ)		413	118	578	118	779	118		
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	
								Y	
								Colours	
								Y	

Frozen Coke® McFloat®

Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine
 SUNDAE MIX: Milk, Sugar, Cream, Milk Solids, Glucose Syrup (Maize) Vegetable Gums (412, 407, 407a, 466), Emulsifiers (471, 433), Flavour.

Contains milk and caffeine.

	Medium		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1270	408	1400	408
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

Orange Juice, Keri

Water, Concentrated Orange Juice, Preservatives (211, 202), Colour (160a), Flavour.

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)	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

Chocolate Shake

SHAKE MIX: Milk, Sugar, Milk Solids, Glucose Syrup (Maize), Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour.
 CHOCOLATE SYRUP: Invert Syrup, Glucose Syrup (contains Sulphur Dioxide), Water, Cocoa Powder, Malt Syrup, Salt, Preservative (211), Acidity Regulator (330), Flavour.

Contains milk and gluten. Traces of sulphites.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1270	384	1710	384	2080	384
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	

Banana Shake

SHAKE MIX: Milk, Sugar, Milk Solids, Glucose Syrup (Maize), Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour.
 BANANA FLAVOURED SHAKE SYRUP: Water, Sugar, Glucose Syrup (Preservative (223)), Invert Sugar Syrup, Natural Colour (160a), Acidity Regulator (330), Flavour, Preservative (202).

Contains milk and sulphites.

	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	Y	Y

Strawberry Shake

SHAKE MIX: Milk, Sugar, Milk Solids, Glucose Syrup (derived from maize), Vegetable Gums (412, 407, 407a, 466), Stabiliser (452), Flavour.
 STRAWBERRY SYRUP: Invert Sugar Syrup, Water, Glucose Syrup (Preservative (223)), Sugar, Strawberry Juice Concentrate, Acidity Regulator (330), Preservative (211), Humectant (1520), Colours (129, 110, 133), Flavour.

Contains milk. Traces of gluten & sulphites.

	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						T		Y	Y	Y

Caramel Shake										Small		Medium		Large		
										Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
SHAKE MIX: Skim Milk , Sugar, Cream, Milk Solids, Glucose Syrup (Maize), Stabilisers (412, 452, 407, 407a, 466), Flavour.										Energy (kJ)	1190	501	1600	501	1950	501
CARMEL FLAVOURED SHAKE SYRUP: Water, Sugar, Invert Sugar Syrup, Natural Flavour, Acidity Regulator (330), Preservative (202).										Energy (Cal)	284	120	383	120	465	120
Contains milk.										Protein (g)	8.0	3.4	10.8	3.4	13.1	3.4
										Fat, total (g)	7.2	3.1	9.8	3.1	11.8	3.1
										Saturated Fat (g)	4.8	2.0	6.5	2.0	7.9	2.0
										Carbohydrate (g)	45.6	19.2	61.6	19.2	74.8	19.2
										Sugars (g)	43.3	18.3	58.5	18.2	71.0	18.2
										Sodium (mg)	99	42	133	42	161	42
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours				
		Y														

Water											Pump Mini		Kiwi Blue		
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
PUMP MINI: Spring water											Energy (kJ)	0	0	0	0
KIWI BLUE: Spring Water											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				

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	
Water, Sucrose, Food Acids (330, 331), Flavour, Black Tea Extract Powder, Preservative (202, 211), Antioxidant (301), Sweetener (960).											Energy (kJ)	165	54	236	54	361	54
Contains Caffeine											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						

Iced Latte											Medium		Large		
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
MILK: Full Cream Milk.											Energy (kJ)	1370	281	1830	287
ICE: Water.											Energy (Cal)	327	67	438	69
SUGAY SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).											Protein (g)	10.0	2.0	13.2	2.1
COFFEE: Roasted and Grounded Coffee Beans.											Fat, total (g)	15.2	3.1	18.5	2.9
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).											Saturated Fat (g)	9.8	2.0	11.9	1.9
Contains milk and caffeine.											Carbohydrate (g)	37.4	7.7	54.0	8.5
											Sugars (g)	36.5	7.5	52.8	8.3
											Sodium (mg)	111	23	146	23
											Gluten				
											Eggs				
											Milk	Y			
											Soy				
											Fish & Crustacea				
											Peanuts				
											Tree Nuts				
											Sesame Seeds				
											Sulphites				
											Lupin				
											Preservative				
											Flavour				
											Colours				

Iced Latte - Skim											Medium		Large		
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
MILK: Skim Milk.											Energy (kJ)	1150	235	1530	240
ICE: Water.											Energy (Cal)	273	56	367	57
SUGAY SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).											Protein (g)	13.1	2.7	17.4	2.7
COFFEE: Roasted and Grounded Coffee Beans.											Fat, total (g)	5.8	1.2	5.9	0.9
WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).											Saturated Fat (g)	3.9	0.8	4.0	0.6
Contains milk and caffeine.											Carbohydrate (g)	41.7	8.6	60.0	9.4
											Sugars (g)	41.7	8.6	60.0	9.4
											Sodium (mg)	173	36	230	36
											Gluten				
											Eggs				
											Milk	Y			
											Soy				
											Fish & Crustacea				
											Peanuts				
											Tree Nuts				
											Sesame Seeds				
											Sulphites				
											Lupin				
											Preservative				
											Flavour				
											Colours				

Iced Latte - Soy											Medium		Large		
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
Soy Milk: Water, Whole Soybean, Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Flavour, Sea Salt, Food Acids (340, 331).											Energy (kJ)	1190	246	1600	252
ICE: Water.											Energy (Cal)	287	59	382	60
Sugar Syrup: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).											Protein (g)	9.6	2.0	12.7	2.0
Coffee: Water, Roasted Coffee Beans.											Fat, total (g)	11.0	2.3	13.0	2.0
Whipped Cream: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).											Saturated Fat (g)	4.6	0.9	5.2	0.8
Contain soy and milk.											Carbohydrate (g)	35.8	7.4	51.9	8.2
											Sugars (g)	32.4	6.7	47.4	7.5
											Sodium (mg)	220	45	292	46
											Gluten				
											Eggs				
											Milk	Y			
											Soy	Y			
											Fish & Crustacea				
											Peanuts				
											Tree Nuts				
											Sesame Seeds				
											Sulphites				
											Lupin				
											Preservative				
											Flavour				
											Colours				

Iced Latte - Almond											Medium		Large							
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL						
ALMOND MILK: Filtered Water, Whole Almonds , Raw Sugar, Sunflower Oil, Emulsifier (471, 322), Natural Flavour, Vegetable Gum (407, 418), Food Acid (330), Sea Salt,											Energy (kJ)	1150	240	1560	246					
ICE: Water.											Energy (Cal)	274	57	372	59					
SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).											Protein (g)	9.4	2.0	12.6	2.0					
COFFEE: Roasted and Grounded Coffee Beans,											Fat, total (g)	10.3	2.2	12.2	1.9					
WHIPPED CREAM: Cream , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).											Saturated Fat (g)	4.8	1.0	5.7	0.9					
Contain milk and tree nuts											Carbohydrate (g)	35.3	7.4	51.9	8.2					
											Sugars (g)	30.8	6.4	45.8	7.2					
											Sodium (mg)	210	44	282	45					
											Preservative		Flavour		Colours					
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin
													Y				Y			

Iced Mocha											Medium		Large							
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL						
MILK: Full Cream Milk .											Energy (kJ)	1870	375	2450	406					
ICE: Water.											Energy (Cal)	447	90	586	97					
CHOCOLATE SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup [Preservative (223)], Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours.											Protein (g)	9.7	1.9	12.5	2.1					
SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).											Fat, total (g)	14.5	2.9	17.2	2.9					
COFFEE: Roasted & Grounded Coffee Beans.											Saturated Fat (g)	9.4	1.9	11.1	1.8					
WHIPPED CREAM: Cream , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).											Carbohydrate (g)	68.0	13.6	92.9	15.4					
Contains milk and caffeine.											Sugars (g)	61.9	12.4	85.6	14.2					
CHOCOLATE SHAKE SYRUP contains sulphites											Sodium (mg)	221	44	280	46					
											Preservative		Flavour		Colours					
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin
													Y						T	

Iced Mocha - Skim											Medium		Large							
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL						
MILK: Skim Milk .											Energy (kJ)	1650	329	2200	364					
ICE: Water.											Energy (Cal)	394	79	525	87					
CHOCOLATE SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup [Preservative (223)], Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours.											Protein (g)	12.1	2.4	16.1	2.7					
SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).											Fat, total (g)	6.3	1.3	6.5	1.1					
COFFEE: Roasted & Grounded Coffee Beans.											Saturated Fat (g)	4.2	0.8	4.4	0.7					
WHIPPED CREAM: Cream , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).											Carbohydrate (g)	70.4	14.1	98.0	16.2					
Contains milk and caffeine.											Sugars (g)	65.7	13.1	91.7	15.2					
CHOCOLATE SHAKE SYRUP contains sulphites											Sodium (mg)	265	53	351	58					
											Preservative		Flavour		Colours					
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin
													Y						T	

Iced Mocha - Soy											Medium		Large							
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL						
Soy Milk: Water, Whole Soybean , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Flavour, Sea Salt, Food Acids (340, 331).											Energy (kJ)	1680	340	2250	375					
ICE: Water.											Energy (Cal)	405	82	537	90					
CHOCOLATE SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup [Preservative (223)], Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours.											Protein (g)	9.1	1.8	12.0	2.0					
SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).											Fat, total (g)	10.7	2.2	12.4	2.1					
COFFEE: Roasted & Grounded Coffee Beans.											Saturated Fat (g)	4.8	1.0	5.1	0.9					
WHIPPED CREAM: Cream , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).											Carbohydrate (g)	65.2	13.2	91.1	15.2					
Contains milk, soy and caffeine.											Sugars (g)	57.6	11.6	81.0	13.5					
CHOCOLATE SHAKE SYRUP contains sulphites											Sodium (mg)	304	61	404	67					
											Preservative		Flavour		Colours					
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin
													Y	Y					T	

Iced Mocha - Almond											Medium		Large							
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL						
ALMOND MILK: Filtered Water, Whole Almonds , Raw Sugar, Sunflower Oil, Emulsifier (471, 322), Natural Flavour, Vegetable Gum (407, 418), Food Acid (330), Sea Salt.											Energy (kJ)	1670	339	2190	371					
ICE: Water.											Energy (Cal)	398	81	524	89					
CHOCOLATE SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup (Preservative (223)), Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours.											Protein (g)	9.0	1.8	11.8	2.0					
SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).											Fat, total (g)	10.6	2.2	11.6	2.0					
COFFEE: Roasted and Grounded Coffee Beans											Saturated Fat (g)	4.7	1.0	5.5	0.9					
WHIPPED CREAM: Cream , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).											Carbohydrate (g)	64.5	13.2	90.6	15.3					
Contains milk, tree nuts and caffeine.											Sugars (g)	57.0	11.6	79.1	13.4					
CHOCOLATE SHAKE SYRUP contains sulphites											Sodium (mg)	301	61	392	66					
											Preservative		Flavour		Colours					
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin
													Y				Y		T	

Black Filter Coffee

Water
Roasted & Ground Coffee

Small		
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	2	1
Energy (Cal)	<1	<1
Protein (g)	.01	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.

Small		
	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