



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

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.

MCCAFE DRINKS

Babyccino

FULL CREAM MILK: **Milk**.

HOT CHOCOLATE POWDER: Sugar, Non-Fat **Milk** Solids, Cocoa Powder, Anticaking Agent (551), Flavour.

Contains milk.

May contain traces of soy or tree nuts due to equipment cross contact.

HOT CHOCOLATE POWDER is produced in the same facility as products containing gluten and soy.

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	190	297
Energy (Cal)	45	71
Protein (g)	2.1	3.3
Fat, total (g)	2.1	3.2
Saturated Fat (g)	1.4	2.1
Carbohydrate (g)	4.5	7.1
Sugars (g)	4.5	7.1
Sodium (mg)	27	43

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

Babyccino - Skim

SKIM MILK: Skim **Milk**.

HOT CHOCOLATE POWDER: Sugar, Non-Fat **Milk** Solids, Cocoa Powder, Anticaking Agent (551), Flavour.

Contains milk.

May contain traces of soy or tree nuts due to equipment cross contact.

HOT CHOCOLATE POWDER is produced in the same facility as products containing gluten and soy.

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	126	196
Energy (Cal)	30	47
Protein (g)	2.5	3.9
Fat, total (g)	0.1	0.1
Saturated Fat (g)	0.1	0.1
Carbohydrate (g)	4.7	7.3
Sugars (g)	4.7	7.2
Sodium (mg)	28	44

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

Babyccino - Soy

SOY MILK: Filtered Water, Whole **Soybean**, Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Flavour, Sea Salt, Food Acids (340, 331).

HOT CHOCOLATE POWDER: Sugar, Non-Fat **Milk** Solids, Cocoa Powder, Anticaking Agent (551), Flavour.

Contains milk and soy.

May contain traces of tree nuts due to equipment cross contact.

HOT CHOCOLATE POWDER is produced in the same facility as products containing gluten and soy.

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	140	221
Energy (Cal)	33	53
Protein (g)	2.0	3.2
Fat, total (g)	1.1	1.8
Saturated Fat (g)	0.2	0.3
Carbohydrate (g)	3.6	5.6
Sugars (g)	2.9	4.6
Sodium (mg)	46	73

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

Babyccino - Almond

ALMOND MILK: Filtered Water, Ground **Almonds**, Raw Sugar, Corn Maltodextrin, Sunflower Oil, Gum Arabic, Acidity Regulators (Potassium Phosphate, Sodium Bicarbonate), Mineral (Calcium Phosphate), Emulsifier (Sunflower Lecithin), Sea Salt, Gellan Gum.

HOT CHOCOLATE POWDER: Sugar, Non-Fat **Milk** Solids, Cocoa Powder, Anticaking Agent (551), Flavour.

Contains milk and tree nuts.

May contain traces of gluten and soy due to equipment cross contact.

HOT CHOCOLATE POWDER is produced in the same facility as products containing gluten and soy.

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	128	206
Energy (Cal)	30	49
Protein (g)	0.6	0.9
Fat, total (g)	1.8	2.8
Saturated Fat (g)	0.2	0.3
Carbohydrate (g)	2.9	4.7
Sugars (g)	2.7	4.3
Sodium (mg)	42	68

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

Espresso

COFFEE: Water, Ground & Extracted Roasted Coffee Beans.

Contains caffeine.

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	2	3
Energy (Cal)	<1	1
Protein (g)	0.0	0.1
Fat, total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	0.0	0.1
Sugars (g)	0.0	0.1
Sodium (mg)	<1	2

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

Long Black								Small		Medium		Large		
								Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
COFFEE: Water, Ground & Extracted Roasted Coffee Beans.								Energy (kJ)	1	<1	2	<1	2	<1
Contains caffeine.								Energy (Cal)	<1	<1	<1	<1	<1	<1
								Protein (g)	0.0	0.0	0.0	0.0	<1	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)	0.0	0.0	0.0	0.0	<1	0.0
								Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
								Sodium (mg)	<1	<1	<0	<1	1	<1
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
			Y											
Tea								Small		Medium		Large		
ENGLISH BREAKFAST TEA: Water, Ceylon Tea.								Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
EARL GREY TEA: Water, Ceylon Black Tea, Bergamont Flavour.								Energy (kJ)	16	6	23	6	27	6
GREEN TEA: Water, Green Tea.								Energy (Cal)	4	1	5	1	6	1
PEPPERMINT TEA: Water, Peppermint Herb.								Protein (g)	0.3	0.1	0.4	0.1	0.5	0.1
								Fat, total (g)	0.3	0.1	0.4	0.1	0.5	0.1
								Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
								Carbohydrate (g)	0.0	0.0	0.0	0.0	0.0	0.0
								Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
								Sodium (mg)	10	4	15	4	18	4
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
Flat White								Small		Medium		Large		
FULL CREAM MILK: Milk.								Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
COFFEE: Water, Ground & Extracted Roasted Coffee Beans.								Energy (kJ)	487	237	702	232	759	227
Contains milk and caffeine.								Energy (Cal)	116	57	168	55	181	54
May contain traces of soy or tree nuts due to equipment cross contact.								Protein (g)	5.8	2.8	8.4	2.8	9.1	2.7
								Fat, total (g)	6.7	3.2	9.6	3.2	10.4	3.1
								Saturated Fat (g)	4.4	2.1	6.3	2.1	6.8	2.1
								Carbohydrate (g)	8.3	4.0	11.9	3.9	12.9	3.9
								Sugars (g)	8.3	4.0	11.9	3.9	12.9	3.9
								Sodium (mg)	73	35	105	35	113	34
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
			Y	T			T							
Flat White - Skim								Small		Medium		Large		
SKIM MILK: Skim Milk.								Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
COFFEE: Water, Ground & Extracted Roasted Coffee Beans.								Energy (kJ)	250	125	375	127	399	123
Contains milk and caffeine.								Energy (Cal)	59	29	88	30	94	29
May contain traces of soy or tree nuts due to equipment cross contact.								Protein (g)	6.0	3.0	9.0	3.1	9.6	3.0
								Fat, total (g)	0.2	0.1	0.2	0.1	0.3	0.1
								Saturated Fat (g)	0.2	0.1	0.2	0.1	0.3	0.1
								Carbohydrate (g)	8.3	4.2	12.5	4.2	13.3	4.1
								Sugars (g)	8.3	4.2	12.5	4.2	13.3	4.1
								Sodium (mg)	74	37	111	37	118	36
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
			Y	T			T							
Flat White - Soy								Small		Medium		Large		
SOY MILK: Filtered Water, Whole Soybean, Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Flavour, Sea Salt, Food Acids (340, 331).								Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
COFFEE: Water, Ground & Extracted Roasted Coffee Beans.								Energy (kJ)	306	150	441	147	477	144
Contains soy and caffeine.								Energy (Cal)	73	36	105	35	114	34
May contain traces of milk or tree nuts due to equipment cross contact.								Protein (g)	5.2	2.6	7.6	2.5	8.2	2.5
								Fat, total (g)	3.1	1.5	4.5	1.5	4.9	1.5
								Saturated Fat (g)	0.5	0.3	0.8	0.3	0.8	0.2
								Carbohydrate (g)	5.4	2.7	7.8	2.6	8.5	2.6
								Sugars (g)	3.5	1.7	5.1	1.7	5.5	1.7
								Sodium (mg)	122	60	176	59	191	58
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
			T	Y			T					Y		

Latte												Small		Medium		Large		
												Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
FULL CREAM MILK: Milk . COFFEE: Water, Ground & Extracted Roasted Coffee Beans.												Energy (kJ)	473	236	687	231	745	227
Contains milk and caffeine. May contain traces of soy or tree nuts due to equipment cross contact.												Energy (Cal)	113	56	164	55	178	54
												Protein (g)	5.7	2.8	8.2	2.8	8.9	2.7
												Fat, total (g)	6.5	3.2	9.4	3.2	10.2	3.1
												Saturated Fat (g)	4.3	2.1	6.2	2.1	6.7	2.0
												Carbohydrate (g)	8.0	4.0	11.7	3.9	12.7	3.9
												Sugars (g)	8.0	4.0	11.7	3.9	12.7	3.9
												Sodium (mg)	71	35	103	34	111	34
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours					
			Y	T			T											
Latte - Skim												Small		Medium		Large		
SKIM MILK: Skim Milk . COFFEE: Water, Ground & Extracted Roasted Coffee Beans.												Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
Contains milk and caffeine. May contain traces of soy or tree nuts due to equipment cross contact.												Energy (kJ)	242	124	368	127	398	122
												Energy (Cal)	57	29	87	30	94	29
												Protein (g)	5.8	3.0	8.8	3.0	9.6	2.9
												Fat, total (g)	0.2	0.1	0.2	0.1	0.3	0.1
												Saturated Fat (g)	0.2	0.1	0.2	0.1	0.3	0.1
												Carbohydrate (g)	8.1	4.1	12.3	4.2	13.3	4.1
												Sugars (g)	8.1	4.1	12.3	4.2	13.3	4.1
												Sodium (mg)	71	37	108	37	117	36
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours					
			Y	T			T											
Latte - Soy												Small		Medium		Large		
SOY MILK: Filtered Water, Whole Soybean , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Flavour, Sea Salt, Food Acids (340, 331). COFFEE: Water, Ground & Extracted Roasted Coffee Beans.												Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
Contains soy and caffeine. May contain traces of milk or tree nuts due to equipment cross contact.												Energy (kJ)	297	149	432	146	477	144
												Energy (Cal)	71	36	103	35	114	34
												Protein (g)	5.1	2.6	7.4	2.5	8.2	2.5
												Fat, total (g)	3.0	1.5	4.4	1.5	4.9	1.5
												Saturated Fat (g)	0.5	0.3	0.7	0.2	0.8	0.2
												Carbohydrate (g)	5.3	2.6	7.7	2.6	8.5	2.6
												Sugars (g)	3.4	1.7	5.0	1.7	5.5	1.7
												Sodium (mg)	119	60	173	58	191	58
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours					
			T	Y			T					Y						
Latte - Almond												Small		Medium		Large		
ALMOND MILK: Filtered Water, Ground Almonds , Raw Sugar, Corn Maltodextrin, Sunflower Oil, Gum Arabic, Acidity Regulators (Potassium Phosphate, Sodium Bicarbonate), Mineral (Calcium Phosphate), Emulsifier (Sunflower Lecithin), Sea Salt, Gellan Gum. COFFEE: Water, Ground & Extracted Roasted Coffee Beans.												Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
Contains tree nuts and caffeine. May contain traces of milk or soy due to equipment cross contact.												Energy (kJ)	252	129	367	126	406	124
												Energy (Cal)	60	31	88	30	97	30
												Protein (g)	1.4	0.7	2.0	0.7	2.2	0.7
												Fat, total (g)	3.8	1.9	5.6	1.9	6.1	1.9
												Saturated Fat (g)	0.3	0.2	0.5	0.2	0.5	0.2
												Carbohydrate (g)	4.9	2.5	7.1	2.4	7.8	2.4
												Sugars (g)	2.7	1.4	3.9	1.3	4.3	1.3
												Sodium (mg)	79	40	115	39	127	39
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours					
			T	T			Y											
Mocha												Small		Medium		Large		
FULL CREAM MILK: Milk . COFFEE: Water, Ground & Extracted Roasted Coffee Beans. HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour.												Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
Contains milk and caffeine. May contain traces of soy or tree nuts due to equipment cross contact.												Energy (kJ)	883	387	1190	365	1490	392
												Energy (Cal)	211	93	284	87	357	94
												Protein (g)	8.5	3.7	10.9	3.3	12.9	3.4
												Fat, total (g)	8.5	3.7	10.9	3.2	12.0	3.2
												Saturated Fat (g)	5.6	2.4	6.9	2.1	7.8	2.1
												Carbohydrate (g)	24.0	10.5	34.5	10.6	46.4	12.2
												Sugars (g)	23.1	10.1	33.0	10.2	44.2	11.6
												Sodium (mg)	127	56	175	54	219	58
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours					
			Y	T			T					Y						

Chai Latte - Almond	Small		Medium		Large																					
	Avg Qty / Serve	Avg Qty / 100mL	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. WATER: Water. CHAI POWDER: Sugar, Milk Solids, Beverage Whitener (Vegetable Fat, Glucose Syrup Solids, Milk Protein, Emulsifiers (471, 472c), Stabilisers (339(ii)) (450(i)), Anti-caking Agent (551), Antioxidant (307b)), Maltodextrin, Tea Powder, Colour 150d, Spices, Malt Extract (Barley), Flavourings, Vegetable Gum (407), Spice Extract, Lactose (Milk), Anticaking Agent (551). Contains gluten, milk, tree nuts and sulphites. May contain traces of soy due to equipment cross contact.	Energy (kJ)	517	246	897	285	1280	304																			
	Energy (Cal)	124	59	214	68	305	73																			
	Protein (g)	2.3	1.0	3.9	1.2	5.5	1.3																			
	Fat, total (g)	4.9	2.3	7.7	2.4	10.5	2.5																			
	Saturated Fat (g)	0.7	0.4	1.3	0.4	1.9	0.4																			
	Carbohydrate (g)	17.1	8.1	31.5	10.0	46.0	11.0																			
	Sugars (g)	13.5	6.4	25.5	8.1	37.5	8.9																			
	Sodium (mg)	109	52	175	56	242	58																			
	Gluten	Y	Eggs		Milk	Y	Soy	T	Fish & Crustacea		Peanuts		Tree Nuts	Y	Sesame Seeds		Sulphites		Lupin		Preservative		Flavour	Y	Colours	Y
Iced Latte FULL CREAM MILK: Milk . ICE: Water. SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330). COFFEE: Roasted and Grounded Coffee Beans. WHIPPED CREAM: Cream , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407). Contains milk and caffeine. May contain traces of soy or tree nuts due to equipment cross contact.			Medium		Large																					
	Energy (kJ)	1370	281	1830	287	Energy (Cal)	327	67	438	69																
	Protein (g)	10.0	2.0	13.2	2.1	Fat, total (g)	15.2	3.1	18.5	2.9																
	Saturated Fat (g)	9.8	2.0	11.9	1.9	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	T	Fish & Crustacea		Peanuts		Tree Nuts	T	Sesame Seeds		Sulphites		Lupin		Preservative	Y	Flavour	Y	Colours	
Iced Latte - Skim SKIM MILK: Skim Milk . ICE: Water. SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330). COFFEE: Roasted and Grounded Coffee Beans. WHIPPED CREAM: Cream , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407). Contains milk and caffeine. May contain traces of soy or tree nuts due to equipment cross contact.			Medium		Large																					
	Energy (kJ)	1150	235	1530	240	Energy (Cal)	273	56	367	57																
	Protein (g)	13.1	2.7	17.4	2.7	Fat, total (g)	5.8	1.2	5.9	0.9																
	Saturated Fat (g)	3.9	0.8	4.0	0.6	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	T	Fish & Crustacea		Peanuts		Tree Nuts	T	Sesame Seeds		Sulphites		Lupin		Preservative	Y	Flavour	Y	Colours	
Iced Latte - Soy SOY MILK: Filtered Water, Whole Soybean , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Flavour, Sea Salt, Food Acids (340, 331). ICE: Water. SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330). COFFEE: Roasted and Grounded Coffee Beans. WHIPPED CREAM: Cream , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407). Contains milk and soy. May contain traces of tree nuts due to equipment cross contact.			Medium		Large																					
	Energy (kJ)	1190	246	1600	252	Energy (Cal)	287	59	382	60																
	Protein (g)	9.6	2.0	12.7	2.0	Fat, total (g)	11.0	2.3	13.0	2.0																
	Saturated Fat (g)	4.6	0.9	5.2	0.8	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	T	Sesame Seeds		Sulphites		Lupin		Preservative	Y	Flavour	Y	Colours	
Iced Latte - Almond ALMOND MILK: Filtered Water, Whole Almonds , Raw Sugar, Sunflower Oil, Emulsifier (471, 322), Natural Flavour, Vegetable Gum (407, 418), Food Acid (330), Sea Salt. ICE: Water. SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330). COFFEE: Roasted and Grounded Coffee Beans. WHIPPED CREAM: Cream , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407). Contain milk and tree nuts. May contain traces of soy due to equipment cross contact.			Medium		Large																					
	Energy (kJ)	1150	240	1560	246	Energy (Cal)	274	57	372	59																
	Protein (g)	9.4	2.0	12.6	2.0	Fat, total (g)	10.3	2.2	12.2	1.9																
	Saturated Fat (g)	4.8	1.0	5.7	0.9	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																
	Gluten		Eggs		Milk	Y	Soy	T	Fish & Crustacea		Peanuts		Tree Nuts	Y	Sesame Seeds		Sulphites		Lupin		Preservative	Y	Flavour	Y	Colours	

Iced Mocha											Medium		Large	
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
FULL CREAM MILK: Milk . ICE: Water. CHOCOLATE SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup [Preservative (223)], Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours. SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330). COFFEE: Roasted & Grounded Coffee Beans. WHIPPED CREAM: Cream , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407). Contains milk and caffeine. May contain traces of soy or tree nuts due to equipment cross contact. CHOCOLATE SHAKE SYRUP contains TRACES of sulphites.														
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
			Y	T			T		T		Y	Y		
Iced Mocha - Skim											Medium		Large	
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
SKIM MILK: Skim Milk . ICE: Water. CHOCOLATE SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup [Preservative (223)], Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours. SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330). COFFEE: Roasted & Grounded Coffee Beans. WHIPPED CREAM: Cream , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407). Contains milk and caffeine. May contain traces of soy or tree nuts due to equipment cross contact. CHOCOLATE SHAKE SYRUP contains TRACES of sulphites.														
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
			Y	T			T		T		Y	Y		
Iced Mocha - Soy											Medium		Large	
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
SOY MILK: Filtered Water, Whole Soybean , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Flavour, Sea Salt, Food Acids (340, 331). ICE: Water. CHOCOLATE SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup [Preservative (223)], Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours. SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330). COFFEE: Roasted & Grounded Coffee Beans. WHIPPED CREAM: Cream , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407). Contains milk, soy and caffeine. May contain traces of tree nuts due to equipment cross contact. CHOCOLATE SHAKE SYRUP contains sulphites.														
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
			Y	Y			T		T		Y	Y		
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. ICE: Water. CHOCOLATE SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup (Preservative (223)), Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours. SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330). COFFEE: Roasted and Grounded Coffee Beans WHIPPED CREAM: Cream , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407). Contains milk, tree nuts and caffeine. May contain traces of soy due to equipment cross contact. CHOCOLATE SHAKE SYRUP contains sulphites.														
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
			Y	T			Y		T		Y	Y		
Nutrition and ingredient information for Full Cream milk is based on Anchor Full Cream Milk. Nutrition and ingredient information for Skim milk is based on Anchor Skim Milk. Nutrition and ingredient information for Soy milk alternative is based on VitaSoy Soy Milk. Nutrition and ingredient information for Almond Milk alternative is based on VitaSoy Almond Milk.														