



# McDonald's New Zealand

## Main Menu

### Allergen - Ingredients - Nutrition Information

#### Core & Beverage Menu

**Information is correct as at June 2022.**

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	Artificial Flavour	Artificial Colours
											Y	

## Coke®

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

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	Artificial Flavour	Artificial Colours
											Y	Y

## Coke® No Sugar

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

Contains caffeine and Phenylalanine.

	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	Artificial Flavour	Artificial Colours
										Y	Y	Y

## Sprite® No Sugar

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

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	Artificial Flavour	Artificial Colours
										Y	Y	

<b>Fanta® Orange</b>										<b>Small</b>		<b>Medium</b>		<b>Large</b>											
Carbonated Water, Sugar, Food Acid (330, 331), Flavour, Preservative (211, 202), Sweeteners (950, 955) Antioxidant (300), Colour (110).										Avg Qty / Serve		Avg Qty / 100mL		Avg Qty / Serve		Avg Qty / 100mL									
Energy (kJ)		295		129		421		129		644		129													
Energy (Cal)		70		31		101		31		154		31													
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)		17.3		7.6		24.7		7.6		37.9		7.6													
Sugars (g)		17.3		7.6		24.7		7.6		37.9		7.6													
Sodium (mg)		18		8		26		8		40		8													
Gluten		Eggs		Milk		Soy		Fish & Crustacea		Peanuts		Tree Nuts		Sesame Seeds		Sulphites		Lupin		Preservative		Artificial Flavour		Artificial Colours	
																		Y		Y		Y			

<b>Fanta® Raspberry</b>										<b>Small</b>		<b>Medium</b>		<b>Large</b>											
Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Sweetener (960), Colour (122).										Avg Qty / Serve		Avg Qty / 100mL		Avg Qty / Serve		Avg Qty / 100mL									
Energy (kJ)		308		131		440		131		673		131													
Energy (Cal)		74		31		105		31		161		31													
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)		18.1		7.7		25.9		7.7		39.6		7.7													
Sugars (g)		18.1		7.7		25.9		7.7		39.6		7.7													
Sodium (mg)		9		4		13		4		20		4													
Gluten		Eggs		Milk		Soy		Fish & Crustacea		Peanuts		Tree Nuts		Sesame Seeds		Sulphites		Lupin		Preservative		Artificial Flavour		Artificial Colours	
																				Y		Y		Y	

<b>L &amp; P</b>										<b>Small</b>		<b>Medium</b>		<b>Large</b>											
Carbonated Water, Sugar, Food Acid (330), Flavour, Mineral Salts (504, 500), Colour (150d), Preservative (211).										Avg Qty / Serve		Avg Qty / 100mL		Avg Qty / Serve		Avg Qty / 100mL									
Energy (kJ)		420		177		601		177		920		177													
Energy (Cal)		100		42		144		42		220		42													
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)		24.7		10.4		35.4		10.4		54.1		10.4													
Sugars (g)		24.7		10.4		35.4		10.4		54.1		10.4													
Sodium (mg)		53		22		75		22		115		22													
Gluten		Eggs		Milk		Soy		Fish & Crustacea		Peanuts		Tree Nuts		Sesame Seeds		Sulphites		Lupin		Preservative		Artificial Flavour		Artificial Colours	
																				Y		Y		Y	

<b>Frozen Fanta® - MFV</b>										<b>Small</b>		<b>Medium</b>		<b>Large</b>											
PINEAPPLE SYRUP: Flavour, Colours (104, 110). RAPSBERY 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).										Avg Qty / Serve		Avg Qty / 100mL		Avg Qty / Serve		Avg Qty / 100mL		Avg Qty / Serve		Avg Qty / 100mL					
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		Artificial Flavour		Artificial Colours	
																				Y		Y		Y	

<b>Frozen Fanta® MFV McFloat®</b>										<b>Small</b>		<b>Medium</b>		<b>Large</b>											
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). RASPBERY 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).										Avg Qty / Serve		Avg Qty / 100mL		Avg Qty / Serve		Avg Qty / 100mL		Avg Qty / Serve		Avg Qty / 100mL					
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		Peanuts		Tree Nuts		Sesame Seeds		Sulphites		Lupin		Preservative		Artificial Flavour		Artificial Colours	
				Y												Y				Y		Y		Y	

<b>Frozen Coke®</b> Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine.										<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							
<a href="#">Contains caffeine</a>										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	Artificial Flavour	Artificial Colours
																					Y	Y

<b>Frozen Coke® No Sugar</b> Carbonated Water, Sweeteners (968, 955, 950), Bulking Agent (422), Colour (150d), Food Acid (338), Preservative (211), Flavour, Caffeine.										<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								
<a href="#">Contains caffeine</a>										Energy (kJ)	36	10	50	10	67	10							
										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	Artificial Flavour	Artificial Colours	
																						Y	Y

<b>Frozen Coke® McFloat®</b> Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine SUNDAE MIX: Skim Milk, Sugar, Cream, Milk Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Flavour.										<b>Medium</b>		<b>Large</b>											
										Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL										
<a href="#">Contains milk, caffeine and sulphites.</a>										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	Artificial Flavour	Artificial Colours	
												Y						Y				Y	Y

<b>Frozen Coke® No Sugar McFloat®</b> Carbonated Water, Sweeteners (968, 955, 950), Bulking Agent (422), Colour (150d), Food Acid (338), Preservative (211), Flavour, Caffeine. SUNDAE MIX: Skim Milk, Sugar, Cream, Milk Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Flavour.										<b>Medium</b>		<b>Large</b>											
										Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL										
<a href="#">Contains milk, caffeine and sulphites.</a>										Energy (kJ)	975	334	1010	294									
										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	Artificial Flavour	Artificial Colours	
												Y						Y				Y	Y

<b>Keri® Orange Juice</b> Water, Concentrated Orange Juice , Preservatives (211, 202), Colour (160a), Flavour.										<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							
										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	Artificial Flavour	Artificial Colours
																				Y		Y

Chocolate Shake	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	Artificial Flavour	Artificial Colours	
							Y		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	Artificial Flavour	Artificial Colours
									Y								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	Artificial Flavour	Artificial Colours
							T		Y								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	Artificial Flavour	Artificial Colours
							T		Y								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	Artificial Flavour	Artificial Colours	

### Black Filter Coffee

Water  
Roasted & Ground 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	Artificial Flavour	Artificial 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
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	Artificial Flavour	Artificial 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	Artificial Flavour	Artificial Colours