



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

Information is correct as at October 2025

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.

Our allergen labelling complies with Australia New Zealand Food Standards Code – Standard 1.2.3 (Registered 09 March 2021)

Allergen Summary: As we operate working kitchens please be aware that there is always a risk that allergen containing ingredients may be transferred 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 cross contact of allergens.

	Gluten	Wheat	Egg	Milk	Soy	Sesame	Peanut	Tree nut								Fish	Crustacea	Molluscs	Sulphites	Lupin	Added Preservative	Artificial Colour	Artificial Flavour
								Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio								
COLD BEVERAGES																							
Keri® Apple & Blackcurrant Fruit Drink																							
Keri® Orange Juice																			P		P		
Coke®																				P	P		
Coke® Zero Sugar																			P	P	P		
Sprite® Zero Sugar																			P		P		
Fanta® Orange																			P	P	P		
Fanta® Raspberry																			P	P	P		
L&P®																			P	P	P		
Frozen Coke®																				P	P		
Frozen Coke® Zero Sugar																			P	P	P		
Frozen Coke® McFloat®				P															P	P	P		
Frozen Coke® Zero Sugar McFloat®				P															P	P	P		
Frozen Flavours																			P	P	P		
Frozen Flavours McFloat®				P															P	P	P		
SHAKES																							
Banana Shake				P															P		P		
Chocolate Shake				P															P		P		
Strawberry Shake				P															P		P		
ICED TEA																							
Fuze Tea® Peach Black Iced Tea																			P		P		
WATER																							
Pump® Mini Water																							
Kiwi Blue 600mL Water																							
FILTER COFFEE																							
Black Filter Coffee																							
TEA																							
Black Tea																							

Chart key:
P: Ingredient is PRESENT in the product as an ingredient, food additive or processing aid.
M: Ingredient may be present

COLD BEVERAGES

Keri® Apple & Blackcurrant Fruit Drink

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

Keri® Apple & Blackcurrant Fruit Drink		
	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

Keri® Orange Juice

When Reconstituted Fruit Juice Contains: Orange Juice from Concentrate, Preservatives (211, 202), Flavour.

OR

When Reconstituted Fruit Juice Contains: Orange Juice from Concentrate, Preservatives (211, 202), Colour (160a), Stabiliser (415), Flavour.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	580	177	759	177	1020	177
Energy (Cal)	139	42	181	42	245	42
Protein (g)	2.6	0.8	3.4	0.8	4.6	0.8
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)	32.9	10.0	43.0	10.0	58.0	10.0
Sugars (g)	26.3	8.0	34.4	8.0	46.4	8.0
Sodium (mg)	16	5	21	5	28	5

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

Coke® Zero Sugar

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

Contains: Caffeine, 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

Sprite® Zero 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

Fanta® Orange

Carbonated Water, Sugar, Food Acid (330, 331), Flavour, Preservative (211, 202), Sweeteners (950, 955) Antioxidant (300), Colour (110).

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	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

COLD BEVERAGES						
Fanta® Raspberry Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Sweetener (960), Colour (122).	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
	Energy (kJ)	308	131	440	131	673
	Energy (Cal)	74	31	105	31	161
	Protein (g)	0.0	0.0	0.0	0.0	0.0
	Fat, total (g)	0.0	0.0	0.0	0.0	0.0
	Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0
	Carbohydrate (g)	18.1	7.7	25.9	7.7	39.6
	Sugars (g)	18.1	7.7	25.9	7.7	39.6
	Sodium (mg)	9	4	13	4	20
L&P® Carbonated Water, Sugar, Food Acid (330), Flavour, Mineral Salts (504, 500), Colour (150d), Preservative (211).	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
	Energy (kJ)	420	177	601	177	920
	Energy (Cal)	100	42	144	42	220
	Protein (g)	0.0	0.0	0.0	0.0	0.0
	Fat, total (g)	0.0	0.0	0.0	0.0	0.0
	Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0
	Carbohydrate (g)	24.7	10.4	35.4	10.4	54.1
	Sugars (g)	24.7	10.4	35.4	10.4	54.1
	Sodium (mg)	53	22	75	22	115
Frozen Coke® FROZEN COKE®: Carbonated Water, Sugar, Colour (150d), 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)	391	112	548	112	738
	Energy (Cal)	93	27	131	27	176
	Protein (g)	0.0	0.0	0.0	0.0	0.0
	Fat, total (g)	0.0	0.0	0.0	0.0	0.0
	Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0
	Carbohydrate (g)	24.1	6.9	33.8	6.9	45.5
	Sugars (g)	24.1	6.9	33.8	6.9	45.5
	Sodium (mg)	19	5	26	5	36
Frozen Coke® Zero Sugar FROZEN COKE® ZERO SUGAR: Carbonated Water, Sweeteners (968, 955, 950), Bulking Agent (422), Colour (150d), Food Acid (338), Preservative (211), 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)	35	10	49	10	66
	Energy (Cal)	8	2	12	2	16
	Protein (g)	0.0	0.0	0.0	0.0	0.0
	Fat, total (g)	0.0	0.0	0.0	0.0	0.0
	Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0
	Carbohydrate (g)	2.1	0.6	2.9	0.6	4.0
	Sugars (g)	0.0	0.0	0.0	0.0	0.0
	Sodium (mg)	7	2	10	2	14
Frozen Coke® McFloat® FROZEN COKE®: Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine. SUNDAE MIX: Skim Milk , Sugar, Cream (Milk), Milk Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour. OR: Reconstituted Skim Milk , Sugar, Cream (Milk), Maltodextrin, Glucose, Natural Flavours (Milk), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose. Contains: Milk, Caffeine.	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
	Energy (kJ)	952	284	1120	383	1200
	Energy (Cal)	227	68	267	92	287
	Protein (g)	4.4	1.3	6.1	2.1	6.3
	Fat, total (g)	4.7	1.4	6.5	2.2	6.7
	Saturated Fat (g)	3.3	1.0	4.5	1.5	4.6
	Carbohydrate (g)	40.9	12.2	45.1	15.5	49.4
	Sugars (g)	37.2	11.1	40.0	13.7	44.1
	Sodium (mg)	249	74	333	114	346
Frozen Coke® Zero Sugar McFloat® FROZEN COKE® ZERO SUGAR: 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), Milk Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour. OR: Reconstituted Skim Milk , Sugar, Cream (Milk), Maltodextrin, Glucose, Natural Flavours (Milk), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose. Contains: Milk, Caffeine.	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
	Energy (kJ)	727	221	982	336	1020
	Energy (Cal)	174	53	235	80	243
	Protein (g)	4.3	1.4	6.1	2.1	6.3
	Fat, total (g)	4.7	1.4	6.5	2.2	6.7
	Saturated Fat (g)	3.3	1.0	4.5	1.5	4.6
	Carbohydrate (g)	27.7	8.4	37.1	12.7	38.6
	Sugars (g)	22.7	6.9	31.2	10.7	32.2
	Sodium (mg)	242	74	329	113	340

COLD BEVERAGES

Frozen Flavours

FANTA® RASPBERRY: Carbonated Water, Sugar, Food Acid (330), Preservative (211), Flavour, Colour (122).
FANTA® BLUEBERRY: Carbonated Water, Sugar, Food Acid (330), Preservative (211), Flavour, Colour (133).
FANTA® ORANGE: Carbonated Water, Sugar, Food Acid (330), Preservative (211), Flavour, Colour (110), Antioxidant 300.
SPRITE®: Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Flavour, Food Acid (331).

Fanta Neutral White Base used in combination with multi-flavour valve flavour shots.
All FROZEN FANTA® flavours have the same nutritional content.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	391	112	548	112	738	112
Energy (Cal)	93	27	131	27	176	27
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

Frozen Flavours - McFloat®

SUNDAE MIX: SUNDAE MIX: Skim **Milk**, Sugar, Cream (**Milk**), **Milk** Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.
OR:
Reconstituted Skim **Milk**, Sugar, Cream (**Milk**), Maltodextrin, Glucose, Natural Flavours (**Milk**), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose.
FANTA® RASPBERRY: Carbonated Water, Sugar, Food Acid (330), Preservative (211), Flavour, Colour (122).
FANTA® BLUEBERRY: Carbonated Water, Sugar, Food Acid (330), Preservative (211), Flavour, Colour (133).
FANTA® ORANGE: Carbonated Water, Sugar, Food Acid (330), Preservative (211), Flavour, Colour (110), Antioxidant 300.
SPRITE®: Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Flavour, Food Acid (331).

Contains: **Milk**.
Fanta Neutral White Base used in combination with multi-flavour valve flavour shots.
All FROZEN FANTA® flavours have the same nutritional content.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	908	271	1080	248	1260	228
Energy (Cal)	217	65	259	59	302	55
Protein (g)	4.8	1.4	5.4	1.2	5.8	1.0
Fat, total (g)	4.7	1.4	5.2	1.2	5.6	1.0
Saturated Fat (g)	3.2	1.0	3.6	0.8	3.9	0.7
Carbohydrate (g)	38.4	11.5	47.0	10.8	56.3	10.2
Sugars (g)	36.5	10.9	44.7	10.2	53.7	9.7
Sodium (mg)	53	16	60	14	66	12

SHAKES

Banana Shake

SHAKE MIX: Skim **Milk**, Sugar, Cream (**Milk**), **Milk** Solids, Glucose Syrup (derived from Maize), Stabilisers (412, 452, 407, 407a, 466), Flavour.
OR:
Reconstituted Skim **Milk**, Cream (**Milk**), Sugar, Maltodextrin, Glucose, Emulsifier (471), Natural Flavours (**Milk**), Vegetable Gums (412, 407, 466).
BANANA FLAVOURED SHAKE SYRUP: Water, Sugar, Glucose Syrup, Invert Sugar Syrup, Natural Colour (160a), Acidity Regulator (330), Flavour, Preservative (202).

Contains: **Milk**.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1240	564	1680	564	2040	564
Energy (Cal)	295	135	402	135	488	135
Protein (g)	7.7	3.5	10.3	3.5	12.6	3.5
Fat, total (g)	7.7	3.5	10.4	3.5	12.7	3.5
Saturated Fat (g)	5.3	2.4	7.2	2.4	8.7	2.4
Carbohydrate (g)	48.2	22.1	65.1	22.1	79.1	22.1
Sugars (g)	43.4	19.9	58.7	19.9	71.3	19.9
Sodium (mg)	456	209	617	209	749	209

Chocolate Shake

SHAKE MIX: Skim **Milk**, Sugar, Cream (**Milk**), **Milk** Solids, Glucose Syrup (Derived From Maize), Stabilisers (412, 452, 407, 407a, 466), Flavour.
OR:
Reconstituted Skim **Milk**, Cream (**Milk**), Sugar, Maltodextrin, Glucose, Emulsifier (471), Natural Flavours (**Milk**), Vegetable Gums (412, 407, 466).
CHOCOLATE FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup [Glucose, Preservative (223)], Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours.

Contains: **Milk**.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1800	544	2430	544	2950	544
Energy (Cal)	429	130	580	130	704	130
Protein (g)	8.0	2.4	10.9	2.4	13.2	2.4
Fat, total (g)	7.9	2.4	10.6	2.4	12.9	2.4
Saturated Fat (g)	5.4	1.6	7.3	1.6	8.9	1.6
Carbohydrate (g)	49.5	15.0	66.8	15.0	81.2	15.0
Sugars (g)	42.9	13.0	59.5	13.0	72.2	13.0
Sodium (mg)	511	155	690	155	837	155

Strawberry Shake

SHAKE MIX: Skim **Milk**, Sugar, Cream (**Milk**), **Milk** Solids, Glucose Syrup (derived from Maize), Stabilisers (412, 452, 407, 407a, 466), Flavour.
OR:
Reconstituted Skim **Milk**, Cream (**Milk**), Sugar, Maltodextrin, Glucose, Emulsifier (471), Natural Flavours (**Milk**), Vegetable Gums (412, 407, 466).
STRAWBERRY FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Water, Glucose Syrup (Contains Sulphur Dioxide (220)), Sugar, Strawberry Juice Concentrate, Acidity Regulator (330), Preservative (211), Humectant (1520), Colours (129, 110, 133), Flavour.

Contains: **Milk**

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	1860	540	2610	540	2970	540
Energy (Cal)	444	129	623	129	711	129
Protein (g)	7.4	2.1	10.3	2.1	11.8	2.1
Fat, total (g)	7.4	2.2	10.4	2.2	11.8	2.2
Saturated Fat (g)	5.1	1.5	7.2	1.5	8.2	1.5
Carbohydrate (g)	48.9	14.2	68.6	14.2	78.4	14.2
Sugars (g)	43.6	12.7	61.2	12.7	69.9	12.7
Sodium (mg)	443	129	623	129	710	129

ICED TEA						
Fuze Tea® Peach Black Iced Tea			Small		Medium	
Water, Sucrose, Food Acids (330, 331), Flavour, Black Tea Extract Powder, Preservative (202, 211), Antioxidant (301), Sweetener (960).			Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Contains: Caffeine			Energy (kJ)	165	54	236
			Energy (Cal)	39	14	56
			Protein (g)	0.0	0.0	0.0
			Fat, total (g)	0.0	0.0	0.0
			Saturated Fat (g)	0.0	0.0	0.0
			Carbohydrate (g)	9.2	3.0	13.1
			Sugars (g)	9.2	3.0	13.1
			Sodium (mg)	23	8	33
WATER						
Pump® Mini Water					Pump® Mini Water	
Spring Water					Avg Qty / Serve	Avg Qty / 100mL
					Energy (kJ)	0
					Energy (Cal)	0
					Protein (g)	0.0
					Fat, total (g)	0.0
					Saturated Fat (g)	0.0
					Carbohydrate (g)	0.0
					Sugars (g)	0.0
					Sodium (mg)	3
Kiwi Blue 600mL Water					Kiwi Blue 600mL Water	
Spring Water					Avg Qty / Serve	Avg Qty / 100mL
					Energy (kJ)	0
					Energy (Cal)	0
					Protein (g)	0.0
					Fat, total (g)	0.0
					Saturated Fat (g)	0.0
					Carbohydrate (g)	0.0
					Sugars (g)	0.0
					Sodium (mg)	5
FILTER COFFEE						
Black Filter Coffee					Small	
Water.					Avg Qty / Serve	Avg Qty / 100mL
Roaster and Ground Coffee.					Energy (kJ)	2
					Energy (Cal)	<1
					Protein (g)	0.1
					Fat, total (g)	0.0
					Saturated Fat (g)	0.0
					Carbohydrate (g)	<0.1
					Sugars (g)	<0.1
					Sodium (mg)	<1
TEA						
Black Tea					Small	
Water.					Avg Qty / Serve	Avg Qty / 100mL
Tea.					Energy (kJ)	16
					Energy (Cal)	4
					Protein (g)	0.3
					Fat, total (g)	0.3
					Saturated Fat (g)	0.0
					Carbohydrate (g)	0.0
					Sugars (g)	0.0
					Sodium (mg)	10

Change Tracker:					
Date	Document Number/Revision	Document Title	Issued	Upload Date	Description
22/10/2025	25	NZ Main Drinks_October 2025	22/10/2025	22/10/2025	Updated OJ nutrition information
13/05/2025	24	NZ Main Drinks_May 2025	13/05/2025	13/05/2025	Updated OJ formulation
9/02/2024	23	NZ Main Drinks_February 2024	20/02/2024	20/02/2024	PEAL Legislative Updates