



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

Core & Beverage Menu

Information is correct as at July 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

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.

HOT BEVERAGES

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 Milk
 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 Milk
 SOY MILK: Filtered Water, Whole **Soybean**, Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural 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 Milk
 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)		<1	<1
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	2

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

Macchiato													
COFFEE: Water, Ground & Extracted Roasted Coffee Beans. FULL CREAM MILK: Milk .													
Contains milk and caffeine. May contain traces of soy or tree nuts due to equipment cross contact.													
											Avg Qty / Serve	Avg Qty / 100mL	
											Energy (kJ)	15	27
											Energy (Cal)	4	6
											Protein (g)	<1	<1
											Fat, total (g)	<1	<1
											Saturated Fat (g)	<1	<1
											Carbohydrate (g)	<1	<1
											Sugars (g)	<1	<1
											Sodium (mg)	3	5
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
		Y	T			T							

Macchiato - Skim Milk													
COFFEE: Water, Ground & Extracted Roasted Coffee Beans. SKIM MILK: Skim Milk .													
Contains milk and caffeine. May contain traces of soy or tree nuts due to equipment cross contact.													
											Avg Qty / Serve	Avg Qty / 100mL	
											Energy (kJ)	9	17
											Energy (Cal)	2	4
											Protein (g)	<1	<1
											Fat, total (g)	<1	<1
											Saturated Fat (g)	<1	<1
											Carbohydrate (g)	<1	<1
											Sugars (g)	<1	<1
											Sodium (mg)	3	6
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
		Y	T			T							

Macchiato - Soy Milk													
COFFEE: Water, Ground & Extracted Roasted Coffee Beans. SOY MILK: Filtered Water, Whole Soybean , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331).													
Contains soy and caffeine. May contain traces of milk or tree nuts due to equipment cross contact.													
											Avg Qty / Serve	Avg Qty / 100mL	
											Energy (kJ)	11	19
											Energy (Cal)	3	5
											Protein (g)	<1	<1
											Fat, total (g)	<1	<1
											Saturated Fat (g)	<1	<1
											Carbohydrate (g)	<1	<1
											Sugars (g)	<1	<1
											Sodium (mg)	5	8
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
		T	Y			T							

Macchiato - Almond Milk													
COFFEE: Water, Ground & Extracted Roasted Coffee Beans. 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.													
Contains tree nuts and caffeine. May contain traces of milk or soy due to equipment cross contact.													
											Avg Qty / Serve	Avg Qty / 100mL	
											Energy (kJ)	10	18
											Energy (Cal)	2.0	4
											Protein (g)	<1	<1
											Fat, total (g)	<1	<1
											Saturated Fat (g)	<1	<1
											Carbohydrate (g)	<1	<1
											Sugars (g)	<1	<1
											Sodium (mg)	4	8
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
		T	T			Y							

Long Black													
COFFEE: Water, Ground & Extracted Roasted Coffee Beans.													
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)	2	<1	2	<1	2	<1
							Energy (Cal)	<1	<1	<1	<1	<1	<1
							Protein (g)	<1	0.0	<1	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	<1	<1	0.0
							Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
							Sodium (mg)	1	<1	1	<1	1	<1
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
		Y											

Tea	Small		Medium		Large														
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL													
ENGLISH BREAKFAST TEA: Water, Ceylon Tea.	16	6	23	6	27	6													
EARL GREY TEA: Water, Ceylon Black Tea, Bergamont Flavour.	4	1	5	1	6	1													
GREEN TEA: Water, Green Tea.	0.3	0.1	0.4	0.1	0.5	0.1													
PEPPERMINT TEA: Water, Peppermint Herb.	0.3	0.1	0.4	0.1	0.5	0.1													
	0.0	0.0	0.0	0.0	0.0	0.0													
	0.0	0.0	0.0	0.0	0.0	0.0													
	0.0	0.0	0.0	0.0	0.0	0.0													
	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.	528	206	752	215	1030	222													
Contains milk and caffeine.	126	49	180	51	246	53													
May contain traces of soy or tree nuts due to equipment cross contact.	6.7	2.6	9.5	2.7	13.0	2.8													
	6.8	2.7	9.7	2.8	13.3	2.9													
	4.5	1.8	6.4	1.8	8.8	1.9													
	9.6	3.7	13.6	3.9	18.6	4.0													
	9.6	3.7	13.6	3.9	18.6	4.0													
	82	32	116	33	158	34													
							Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
									Y	T			T						
Flat White - Skim Milk	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.	312	121	444	127	608	131													
Contains milk and caffeine.	75	29	106	30	145	31													
May contain traces of soy or tree nuts due to equipment cross contact.	7.9	3.1	11.3	3.0	15.4	3.3													
	0.2	0.1	0.3	0.1	0.4	0.1													
	0.1	0.1	0.2	0.1	0.3	0.1													
	10.0	3.9	14.2	4.1	19.5	4.2													
	10.0	3.9	14.2	4.1	19.5	4.2													
	84	33	119	34	163	35													
							Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
									Y	T			T						
Flat White - Soy Milk	Small		Medium		Large														
SOY MILK: Filtered Water, Whole Soybean , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural 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.	360	141	512	148	701	153													
Contains soy and caffeine.	86	34	122	35	167	36													
May contain traces of milk or tree nuts due to equipment cross contact.	6.2	2.4	8.8	2.5	12.0	2.6													
	3.7	1.4	5.2	1.5	7.2	1.6													
	0.6	0.2	0.9	0.3	1.2	0.3													
	6.4	2.5	9.1	2.6	12.4	2.7													
	4.1	1.6	5.9	1.7	8.0	1.8													
	144	57	205	59	280	61													
							Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
									T	Y			T						
Flat White - Almond Milk	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.	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.	327	129	466	135	637	139													
Contains tree nuts and caffeine.	78	31	111	32	152	33													
May contain traces of milk or soy due to equipment cross contact.	1.5	0.6	2.1	0.6	2.8	0.6													
	5.8	2.3	8.3	2.4	11.3	2.5													
	0.6	0.2	0.8	0.2	1.2	0.3													
	4.3	1.7	6.0	1.7	8.3	1.8													
	3.5	1.4	4.9	1.4	6.7	1.5													
	132	52	187	54	296	56													
							Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
									T	T			Y						

	Small		Medium		Large								
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL							
Cappuccino													
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.													
Contains milk and caffeine.													
May contain traces of soy or tree nuts due to equipment cross contact.													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
			Y	T			T					Y	
Cappuccino - Skim Milk													
SKIM MILK: Skim Milk .													
COFFEE: Water, Ground & Extracted Roasted Coffee Beans.													
HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour.													
Contains milk and caffeine.													
May contain traces of soy or tree nuts due to equipment cross contact.													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
			Y	T			T					Y	
Cappuccino - Soy Milk													
SOY MILK: Filtered Water, Whole Soybean , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331).													
COFFEE: Water, Ground & Extracted Roasted Coffee Beans.													
HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour.													
Contains milk, soy and caffeine.													
May contain traces of tree nuts due to equipment cross contact.													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
			Y	Y			T					Y	
Cappuccino - Almond Milk													
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.													
HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour.													
Contains MILK, tree nuts and caffeine.													
May contain traces of milk or soy due to equipment cross contact.													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
			Y	T			Y					Y	
Latte													
FULL CREAM MILK: Milk .													
COFFEE: Water, Ground & Extracted Roasted Coffee Beans.													
Contains milk and caffeine.													
May contain traces of soy or tree nuts due to equipment cross contact.													
	Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
			Y	T			T						

	Small		Medium		Large		
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
Mocha - Soy Milk	SOY MILK: Filtered Water, Whole Soybean , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331). COFFEE: Water, Ground & Extracted Roasted Coffee Beans. HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour.						
Contains milk, soy and caffeine. May contain traces of gluten, milk or tree nuts due to equipment cross contact.							
	Energy (kJ)	608	237	976	281	1380	300
	Energy (Cal)	145	57	233	67	330	72
	Protein (g)	7.1	2.8	10.4	3.0	14.4	3.1
	Fat, total (g)	3.6	1.4	5.0	1.4	6.8	1.5
	Saturated Fat (g)	0.7	0.3	0.9	0.3	1.3	0.3
	Carbohydrate (g)	20.1	7.9	34.9	10.0	50.3	10.9
	Sugars (g)	18.0	7.0	31.9	9.2	46.3	10.1
	Sodium (mg)	160	62	234	67	322	70
	Gluten						
	Eggs						
	Milk	Y					
	Soy	Y					
	Fish & Crustacea						
	Peanuts						
	Tree Nuts						
	Sesame Seeds						
	Sulphites						
	Lupin						
	Preservative						
	Flavour					Y	
	Colours						
Mocha - Almond Milk	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: Ground & Extracted Roasted Coffee Beans. HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour.						
Contains milk, tree nuts and caffeine. May contain traces of gluten and soy due to equipment cross contact.							
	Energy (kJ)	578	226	935	269	1320	289
	Energy (Cal)	138	54	223	64	316	69
	Protein (g)	2.7	1.1	4.4	1.3	6.2	1.4
	Fat, total (g)	5.5	2.2	7.7	2.2	10.5	2.3
	Saturated Fat (g)	0.6	0.2	0.9	0.3	1.3	0.3
	Carbohydrate (g)	18.2	7.1	32.2	9.3	46.6	10.2
	Sugars (g)	17.4	6.8	31.1	8.9	45.1	9.8
	Sodium (mg)	148	58	217	63	300	65
	Gluten						
	Eggs						
	Milk	Y					
	Soy	T					
	Fish & Crustacea						
	Peanuts						
	Tree Nuts						
	Sesame Seeds						
	Sulphites						
	Lupin						
	Preservative						
	Flavour					Y	
	Colours						
Hot Chocolate	FULL CREAM MILK: Milk . WATER: Water. CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour. MINI MARSHMALLOWS: Glucose Syrup, Sugar, Invert Syrup, Water, Gelatine (Porcine), Corn Starch, Natural Flavour, Natural Colours (Beetroot and Carrot extracts).						
Contains milk. May contain traces of soy or tree nuts due to equipment cross contact.							
	Energy (kJ)	813	346	1190	352	1570	339
	Energy (Cal)	194	83	284	84	374	81
	Protein (g)	7.6	3.2	11.2	3.3	14.9	3.2
	Fat, total (g)	6.1	2.6	9.1	2.7	12.1	2.6
	Saturated Fat (g)	3.8	1.6	5.7	1.7	7.6	1.7
	Carbohydrate (g)	26.7	11.4	38.5	11.4	50.2	10.9
	Sugars (g)	25.9	11.0	37.3	11.0	48.7	10.6
	Sodium (mg)	99	42	146	43	193	42
	Gluten						
	Eggs						
	Milk	Y					
	Soy	T					
	Fish & Crustacea						
	Peanuts						
	Tree Nuts						
	Sesame Seeds						
	Sulphites						
	Lupin						
	Preservative						
	Flavour					Y	
	Colours						
Hot Chocolate - Skim Milk	SKIM MILK: Skim Milk . WATER: Water. CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour. MINI MARSHMALLOWS: Glucose Syrup, Sugar, Invert Syrup, Water, Gelatine (Porcine), Corn Starch, Natural Flavour, Natural Colours (Beetroot and Carrot extracts).						
Contains milk. May contain traces of soy or tree nuts due to equipment cross contact.							
	Energy (kJ)	681	288	991	292	1300	281
	Energy (Cal)	163	69	237	70	317	67
	Protein (g)	9.5	4.0	14.1	4.1	18.7	4.0
	Fat, total (g)	0.4	0.2	0.6	0.2	0.8	0.2
	Saturated Fat (g)	0.3	0.1	0.4	0.1	0.6	0.1
	Carbohydrate (g)	29.4	12.5	42.5	12.5	55.5	12.0
	Sugars (g)	29.1	12.3	42.1	12.4	55.1	11.9
	Sodium (mg)	136	58	202	60	269	58
	Gluten						
	Eggs						
	Milk	Y					
	Soy	T					
	Fish & Crustacea						
	Peanuts						
	Tree Nuts						
	Sesame Seeds						
	Sulphites						
	Lupin						
	Preservative						
	Flavour					Y	
	Colours						
Hot Chocolate - Soy Milk	SOY MILK: Filtered Water, Whole Soybean , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Flavour, Sea Salt, Food Acids (340, 331). WATER: Water. CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour. MINI MARSHMALLOWS: Glucose Syrup, Sugar, Invert Syrup, Water, Gelatine (Porcine), Corn Starch, Natural Flavour, Natural Colours (Beetroot and Carrot extracts).						
Contains milk and soy. May contain traces of tree nuts due to equipment cross contact.							
	Energy (kJ)	696	303	1030	307	1350	296
	Energy (Cal)	166	72	246	73	324	71
	Protein (g)	7.2	3.1	10.9	3.2	14.4	3.2
	Fat, total (g)	3.5	1.5	5.3	1.6	7.0	1.5
	Saturated Fat (g)	0.7	0.3	1.0	0.3	1.3	0.3
	Carbohydrate (g)	25.4	11.0	37.0	11.0	48.2	10.5
	Sugars (g)	23.1	10.0	33.6	10.0	43.8	9.6
	Sodium (mg)	162	70	244	73	324	71
	Gluten						
	Eggs						
	Milk	Y					
	Soy	Y					
	Fish & Crustacea						
	Peanuts						
	Tree Nuts						
	Sesame Seeds			T			
	Sulphites						
	Lupin						
	Preservative						
	Flavour					Y	
	Colours						

Hot Chocolate - Almond Milk							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, 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.							Energy (kJ)		990		1300	
WATER: Water.							Energy (Cal)		237		310	
CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour.							Protein (g)		10.7		14.2	
MINI MARSHMALLOWS: Glucose Syrup, Sugar, Invert Syrup, Water, Gelatine (Porcine), Corn Starch, Natural Flavour, Natural Colours (Beetroot and Carrot extracts).							Fat, total (g)		4.6		6.2	
Contains milk and tree nuts.							Saturated Fat (g)		1.2		1.7	
May contain traces of soy due to equipment cross contact.							Carbohydrate (g)		36.6		47.6	
							Sugars (g)		32.2		41.8	
							Sodium (mg)		235		312	
									71		69	
	Gluten		Eggs		Milk		Soy		Fish & Crustacea		Peanuts	
					Y		Y				Y	
											Flavour	
											Colours	
											Y	
Value Hot Chocolate							Small		Medium		Large	
WATER: Water.							Avg Qty / Serve		Avg Qty / 100mL		Avg Qty / 100mL	
LIQUID CHOCOLATE SYRUP: Sugar, Water, Hydrogenated Vegetable Oil (Coconut, Palm), Cocoa Powder, Skim Milk Powder, Salt, Acidity Regulators (Disodium Phosphate, Citric Acid), Natural Flavours, Preservative (Potassium Sorbate).							Energy (kJ)		573		300	
MINI MARSHMALLOWS: Glucose Syrup, Sugar, Invert Syrup, Water, Gelatine (Porcine), Corn Starch, Natural Flavour, Natural Colours (Beetroot and Carrot extracts).							Energy (Cal)		137		72	
Contains milk.							Protein (g)		1.6		0.8	
							Fat, total (g)		3.8		2.0	
							Saturated Fat (g)		3.6		1.9	
							Carbohydrate (g)		23.4		12.3	
							Sugars (g)		21.3		11.2	
							Sodium (mg)		196		103	
	Gluten		Eggs		Milk		Soy		Fish & Crustacea		Peanuts	
					Y							
											Flavour	
											Colours	
											Y	
Chai Latte							Small		Medium		Large	
FULL CREAM MILK: Milk .							Avg Qty / Serve		Avg Qty / 100mL		Avg Qty / 100mL	
WATER: Water.							Energy (kJ)		756		352	
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).							Energy (Cal)		181		84	
Contains gluten, milk and sulphites.							Protein (g)		7.1		3.3	
May contain traces of soy or tree nuts due to equipment cross contact.							Fat, total (g)		7.8		3.6	
							Saturated Fat (g)		5.0		2.3	
							Carbohydrate (g)		20.4		9.5	
							Sugars (g)		19.7		9.2	
							Sodium (mg)		100		47	
	Gluten		Eggs		Milk		Soy		Fish & Crustacea		Peanuts	
	Y				Y		T				T	
											Flavour	
											Colours	
											Y	
Chai Latte - Skim Milk							Small		Medium		Large	
SKIM MILK: Skim Milk .							Avg Qty / Serve		Avg Qty / 100mL		Avg Qty / 100mL	
WATER: Water.							Energy (kJ)		511		245	
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).							Energy (Cal)		122		58	
Contains gluten, milk and sulphites.							Protein (g)		7.4		3.5	
May contain traces of soy or tree nuts due to equipment cross contact.							Fat, total (g)		0.9		0.4	
							Saturated Fat (g)		0.5		0.3	
							Carbohydrate (g)		20.6		9.9	
							Sugars (g)		20.0		9.6	
							Sodium (mg)		103		49	
	Gluten		Eggs		Milk		Soy		Fish & Crustacea		Peanuts	
	Y				Y		T				T	
											Flavour	
											Colours	
											Y	
Chai Latte - Soy Milk							Small		Medium		Large	
SOY MILK: Filtered Water, Whole Soybean , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331).							Avg Qty / Serve		Avg Qty / 100mL		Avg Qty / 100mL	
WATER: Water.							Energy (kJ)		564		265	
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).							Energy (Cal)		135		63	
Contains gluten, milk, soy and sulphites.							Protein (g)		6.5		3.0	
May contain traces of tree nuts due to equipment cross contact.							Fat, total (g)		4.0		1.9	
							Saturated Fat (g)		0.9		0.4	
							Carbohydrate (g)		17.3		8.1	
							Sugars (g)		14.7		6.9	
							Sodium (mg)		153		72	
	Gluten		Eggs		Milk		Soy		Fish & Crustacea		Peanuts	
	Y				Y		Y				T	
											Flavour	
											Colours	
											Y	

Chai Latte - Almond Milk	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, 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.	Energy (kJ)	517	246	897	285	1280	304
WATER: Water.	Energy (Cal)	124	59	214	68	305	73
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).	Protein (g)	2.3	1.0	3.9	1.2	5.5	1.3
Contains gluten, milk, tree nuts and sulphites. May contain traces of soy due to equipment cross contact.	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					

COLD BEVERAGES

Iced Latte	Medium	
	Avg Qty / Serve	Avg Qty / 100mL
FULL CREAM MILK: Milk .	Energy (kJ)	1230
ICE: Water.	Energy (Cal)	294
COFFEE: Roasted and Grounded Coffee Beans.	Protein (g)	10.0
SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).	Fat, total (g)	10.2
Contains milk and caffeine. May contain traces of soy or tree nuts due to equipment cross contact.	Saturated Fat (g)	6.8
	Carbohydrate (g)	40.1
	Sugars (g)	40.1
	Sodium (mg)	123
	Gluten	
	Eggs	
	Milk	Y
	Soy	T
	Fish & Crustacea	
	Peanuts	
	Tree Nuts	T
	Sesame Seeds	
	Sulphites	
	Lupin	
	Preservative	Y
	Flavour	
	Colours	

Iced Latte - Skim Milk	Medium	
	Avg Qty / Serve	Avg Qty / 100mL
SKIM MILK: Skim Milk .	Energy (kJ)	906
ICE: Water.	Energy (Cal)	216
COFFEE: Roasted and Grounded Coffee Beans.	Protein (g)	11.9
SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).	Fat, total (g)	0.3
Contains milk and caffeine. May contain traces of soy or tree nuts due to equipment cross contact.	Saturated Fat (g)	0.2
	Carbohydrate (g)	40.7
	Sugars (g)	40.7
	Sodium (mg)	126
	Gluten	
	Eggs	
	Milk	Y
	Soy	T
	Fish & Crustacea	
	Peanuts	
	Tree Nuts	T
	Sesame Seeds	
	Sulphites	
	Lupin	
	Preservative	Y
	Flavour	
	Colours	

Iced Latte - Soy Milk	Medium	
	Avg Qty / Serve	Avg Qty / 100mL
SOY MILK: Filtered Water, Whole Soybean , Raw Sugar, Minerals (Calcium Phosphate), Vegetable Gums (460, 407, 466), Natural Flavour, Sea Salt, Food Acids (340, 331).	Energy (kJ)	977
ICE: Water.	Energy (Cal)	234
COFFEE: Roasted and Grounded Coffee Beans.	Protein (g)	9.3
SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).	Fat, total (g)	5.5
Contains soy. May contain traces of milk and tree nuts due to equipment cross contact.	Saturated Fat (g)	0.9
	Carbohydrate (g)	35.3
	Sugars (g)	32.0
	Sodium (mg)	217
	Gluten	
	Eggs	
	Milk	Y
	Soy	Y
	Fish & Crustacea	
	Peanuts	
	Tree Nuts	T
	Sesame Seeds	
	Sulphites	
	Lupin	
	Preservative	Y
	Flavour	
	Colours	

Iced Latte - Almond Milk	Medium	
	Avg Qty / Serve	Avg Qty / 100mL
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.	Energy (kJ)	929
ICE: Water.	Energy (Cal)	222
COFFEE: Roasted and Grounded Coffee Beans.	Protein (g)	2.2
SUGAR SYRUP: Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).	Fat, total (g)	8.7
Contains tree nuts. May contain traces of milk and soy due to equipment cross contact.	Saturated Fat (g)	0.9
	Carbohydrate (g)	32.1
	Sugars (g)	30.9
	Sodium (mg)	198
	Gluten	
	Eggs	
	Milk	T
	Soy	T
	Fish & Crustacea	
	Peanuts	
	Tree Nuts	Y
	Sesame Seeds	
	Sulphites	
	Lupin	
	Preservative	Y
	Flavour	
	Colours	

