



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

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		

Flat White – 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, 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. Contains tree nuts and caffeine. May contain traces of milk or soy due to equipment cross contact.	Energy (kJ)	260	129	375	126	406	124
	Energy (Cal)	62	31	90	30	97	30
	Protein (g)	1.4	0.7	2.0	0.7	2.2	0.7
	Fat, total (g)	3.9	2.0	5.7	1.9	6.1	1.9
	Saturated Fat (g)	0.3	0.2	0.5	0.2	0.5	0.2
	Carbohydrate (g)	5.0	2.5	7.2	2.4	7.8	2.4
	Sugars (g)	2.8	1.4	4.0	1.3	4.3	1.3
	Sodium (mg)	81	40	117	39	127	39
	Gluten						
	Eggs						
	Milk	T					
	Soy	T					
	Fish & Crustacea						
	Peanuts						
	Tree Nuts		Y				
	Sesame Seeds						
	Sulphites						
	Lupin						
	Preservative						
	Flavour						
	Colours						
Cappuccino	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. Contains milk and caffeine. May contain traces of soy or tree nuts due to equipment cross contact.	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
	Energy (kJ)	504	249	690	238	776	235
	Energy (Cal)	120	59	165	57	185	56
	Protein (g)	5.8	2.9	8.1	2.8	9.1	2.7
	Fat, total (g)	6.5	3.2	9.1	3.1	10.3	3.1
	Saturated Fat (g)	4.3	2.1	6.0	2.1	6.8	2.0
	Carbohydrate (g)	9.5	4.7	12.6	4.4	14.1	4.3
	Sugars (g)	9.4	4.6	12.5	4.3	14.0	4.2
	Sodium (mg)	75	37	103	35	116	35
	Gluten						
	Eggs						
	Milk	Y					
	Soy	T					
	Fish & Crustacea						
	Peanuts						
	Tree Nuts		T				
	Sesame Seeds						
	Sulphites						
	Lupin						
	Preservative						
	Flavour						
	Colours						
Cappuccino - Skim	Small		Medium		Large		
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.	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
	Energy (kJ)	279	142	378	134	423	131
	Energy (Cal)	67	34	90	32	101	31
	Protein (g)	6.1	3.1	8.5	3.0	9.6	3.0
	Fat, total (g)	0.2	0.1	0.3	0.1	0.3	0.1
	Saturated Fat (g)	0.2	0.1	0.3	0.1	0.3	0.1
	Carbohydrate (g)	9.7	4.9	13.0	4.6	14.5	4.5
	Sugars (g)	9.6	4.9	12.9	4.6	14.4	4.5
	Sodium (mg)	77	39	106	38	120	37
	Gluten						
	Eggs						
	Milk	Y					
	Soy	T					
	Fish & Crustacea						
	Peanuts						
	Tree Nuts		T				
	Sesame Seeds						
	Sulphites						
	Lupin						
	Preservative						
	Flavour						
	Colours						
Cappuccino - 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. 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.	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
	Energy (kJ)	325	162	445	155	499	152
	Energy (Cal)	78	39	106	37	119	36
	Protein (g)	5.3	2.6	7.3	2.5	8.2	2.5
	Fat, total (g)	3.1	1.5	4.3	1.5	4.9	1.5
	Saturated Fat (g)	0.5	0.3	0.7	0.3	0.8	0.3
	Carbohydrate (g)	6.5	3.2	8.8	3.1	9.7	3.0
	Sugars (g)	4.7	2.4	6.1	2.1	6.7	2.0
	Sodium (mg)	123	61	170	59	192	58
	Gluten						
	Eggs						
	Milk	Y					
	Soy	T					
	Fish & Crustacea						
	Peanuts						
	Tree Nuts		T				
	Sesame Seeds						
	Sulphites						
	Lupin						
	Preservative						
	Flavour						
	Colours						
Cappuccino - 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. 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.	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
	Energy (kJ)	283	143	383	135	429	132
	Energy (Cal)	68	34	92	32	103	32
	Protein (g)	1.5	0.8	2.1	0.7	2.3	0.7
	Fat, total (g)	3.9	2.0	5.4	1.9	6.1	1.9
	Saturated Fat (g)	0.4	0.2	0.5	0.2	0.6	0.2
	Carbohydrate (g)	6.1	3.2	8.2	2.9	9.1	2.8
	Sugars (g)	4.0	2.0	5.1	1.8	5.6	1.7
	Sodium (mg)	83	42	114	40	129	40
	Gluten						
	Eggs						
	Milk	Y					
	Soy	T					
	Fish & Crustacea						
	Peanuts						
	Tree Nuts		Y				
	Sesame Seeds						
	Sulphites						
	Lupin						
	Preservative						
	Flavour						
	Colours						

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	
														Y		T								T													
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													

Mocha - Skim											Small		Medium		Large								
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL							
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.											Energy (kJ)	442	204	703	229	896	251						
Contains milk and caffeine. May contain traces of soy or tree nuts due to equipment cross contact.											Energy (Cal)	106	49	168	55	214	60						
											Protein (g)	7.1	3.3	10.5	3.4	12.2	3.4						
											Fat, total (g)	0.6	0.3	0.9	0.3	1.3	0.4						
											Saturated Fat (g)	0.4	0.2	0.7	0.2	0.9	0.3						
											Carbohydrate (g)	17.1	7.9	27.7	9.0	36.1	10.1						
											Sugars (g)	16.6	7.6	26.7	8.7	34.7	9.7						
											Sodium (mg)	101	46	153	50	185	52						
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
													Y	T			T					Y	

Mocha - Soy											Small		Medium		Large									
											Avg Qty / Serve	Avg Qty / 100mL	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). COFFEE: Water, Ground & Extracted Roasted Coffee Beans. HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour.											Energy (kJ)	492	223	775	247	903	268							
Contains milk, soy and caffeine. May contain traces of milk or tree nuts due to equipment cross contact.											Energy (Cal)	118	53	185	59	276	64							
											Protein (g)	6.2	2.8	9.2	2.9	10.8	3.0							
											Fat, total (g)	3.5	1.6	5.1	1.6	5.9	1.6							
											Saturated Fat (g)	0.8	0.3	1.2	0.4	1.5	0.4							
											Carbohydrate (g)	14.0	6.3	23.4	7.5	31.3	8.6							
											Sugars (g)	11.5	5.2	19.7	6.3	26.9	7.4							
											Sodium (mg)	148	67	219	70	259	71							
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
													Y	Y			T						Y	

Mocha - 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). COFFEE: Ground & Extracted Roasted Coffee Beans. HOT CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour.											Energy (kJ)	447	205	709	230	903	251							
Contains milk, tree nuts and caffeine. HOT CHOCOLATE POWDER may contain traces of gluten and soy due to cross contact.											Energy (Cal)	107	49	169	55	216	60							
											Protein (g)	2.4	1.1	3.8	1.2	4.8	1.3							
											Fat, total (g)	4.3	2.0	6.3	2.0	7.2	2.0							
											Saturated Fat (g)	0.6	0.3	0.9	0.3	1.2	0.3							
											Carbohydrate (g)	13.6	6.2	22.7	7.4	30.6	8.5							
											Sugars (g)	10.8	4.9	18.6	6.0	25.7	7.2							
											Sodium (mg)	106	49	161	52	194	54							
											Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
													Y				Y						Y	

Hot Chocolate											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 . 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).											Energy (kJ)	813	346	1190	352	1570	339							
Contains milk. May contain traces of soy or tree nuts due to equipment cross contact.											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	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
													Y	T			T						Y	

Hot Chocolate - Skim											Small		Medium		Large									
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL								
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).											Energy (kJ)	681	288	991	292	1300	281							
Contains milk. May contain traces of soy or tree nuts due to equipment cross contact.											Energy (Cal)	163	69	237	70	311	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	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	
													Y	T			T						Y	

Hot Chocolate - Soy										Small		Medium		Large																					
										Avg Qty / Serve	Avg Qty / 100mL	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).										Energy (kJ)	696	303	1030	307	1350	296																			
WATER: Water.										Energy (Cal)	166	72	246	73	324	71																			
CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour.										Protein (g)	7.2	3.1	10.9	3.2	14.4	3.2																			
MINI MARSHMALLOWS: Glucose Syrup, Sugar, Invert Syrup, Water, Gelatine (Porcine), Corn Starch, Natural Flavour, Natural Colours (Beetroot and Carrot extracts).										Fat, total (g)	3.5	1.5	5.3	1.6	7.0	1.5																			
Contains milk and soy.										Saturated Fat (g)	0.7	0.3	1.0	0.3	1.3	0.3																			
May contain traces of tree nuts due to equipment cross contact.										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		Sulphites		Lupin		Preservative		Flavour	Y	Colours	
										Small		Medium		Large																					
Hot Chocolate - Almond										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.										Energy (kJ)	680	296	990	300	1300	289																			
WATER: Water.										Energy (Cal)	163	71	237	72	310	69																			
CHOCOLATE POWDER: Sugar, Non-Fat Milk Solids, Cocoa Powder, Anticaking Agent (551), Flavour.										Protein (g)	7.2	3.1	10.7	3.2	14.2	3.2																			
MINI MARSHMALLOWS: Glucose Syrup, Sugar, Invert Syrup, Water, Gelatine (Porcine), Corn Starch, Natural Flavour, Natural Colours (Beetroot and Carrot extracts).										Fat, total (g)	3.1	1.4	4.6	1.4	6.2	1.4																			
Contains milk and tree nuts.										Saturated Fat (g)	0.8	0.4	1.2	0.4	1.7	0.4																			
May contain traces of soy due to equipment cross contact.										Carbohydrate (g)	25.5	11.1	36.6	11.1	47.6	10.6																			
										Sugars (g)	22.5	9.8	32.2	9.8	41.8	9.3																			
										Sodium (mg)	158	69	235	71	312	69																			
										Gluten		Eggs		Milk	Y	Soy	T	Fish & Crustacea		Peanuts		Tree Nuts	Y	Sesame Seeds		Sulphites		Lupin		Preservative		Flavour	Y	Colours	
Value Hot Chocolate										Small		Medium		Large																					
WATER: Water.										Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	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																					
										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	Y	Soy	T	Fish & Crustacea		Peanuts		Tree Nuts		Sesame Seeds		Sulphites		Lupin		Preservative	Y	Flavour	Y	Colours	
Chai Latte										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																				
WATER: Water.										Energy (kJ)	756	352	1250	390	1750	409																			
CHAI POWDER: Sugar, Milk Solids, Beverage Whitener (Vegetable Fat, Glucose Syrup Solids, Milk Protein, Emulsifiers (471, 472c), Stabilisers (339(iii)) (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	300	93	419	98																			
										Protein (g)	7.1	3.3	11.1	3.4	15.1	3.5																			
										Fat, total (g)	7.8	3.6	12.1	3.7	16.3	3.8																			
										Saturated Fat (g)	5.0	2.3	7.7	2.4	10.4	2.4																			
										Carbohydrate (g)	20.4	9.5	36.4	11.3	52.4	12.2																			
										Sugars (g)	19.7	9.2	35.0	10.9	50.4	11.7																			
										Sodium (mg)	100	47	162	50	224	52																			
										Gluten	Y	Eggs		Milk	Y	Soy	T	Fish & Crustacea		Peanuts		Tree Nuts	T	Sesame Seeds		Sulphites	Y	Lupin		Preservative		Flavour	Y	Colours	Y
Chai Latte - 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																				
WATER: Water.										Energy (kJ)	511	245	888	284	1260	303																			
CHAI POWDER: Sugar, Milk Solids, Beverage Whitener (Vegetable Fat, Glucose Syrup Solids, Milk Protein, Emulsifiers (471, 472c), Stabilisers (339(iii)) (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	212	68	302	72																			
										Protein (g)	7.4	3.5	11.6	3.7	15.8	3.8																			
										Fat, total (g)	0.9	0.4	1.7	0.6	2.6	0.6																			
										Saturated Fat (g)	0.5	0.3	1.0	0.3	1.4	0.3																			
										Carbohydrate (g)	20.6	9.9	36.8	11.7	52.9	12.7																			
										Sugars (g)	20.0	9.6	35.5	11.3	50.9	12.2																			
										Sodium (mg)	103	49	166	53	230	55																			
										Gluten	Y	Eggs		Milk	Y	Soy	T	Fish & Crustacea		Peanuts		Tree Nuts	T	Sesame Seeds		Sulphites	Y	Lupin		Preservative		Flavour	Y	Colours	Y

Chai Latte - Soy										Small		Medium		Large																					
										Avg Qty / Serve	Avg Qty / 100mL	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). WATER: Water. CHAI POWDER: Sugar, Milk Solids, Beverage Whitener (Vegetable Fat, Glucose Syrup Solids, Milk Protein, Emulsifiers (471, 472c), Stabilisers (339(iii)) (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, soy and sulphites. May contain traces of tree nuts due to equipment cross contact.										Energy (kJ)	564	265	967	303	1370	322																			
										Energy (Cal)	135	63	231	72	327	77																			
										Protein (g)	6.5	3.0	10.2	3.2	12.8	3.3																			
										Fat, total (g)	4.0	1.9	6.4	2.0	8.8	2.1																			
										Saturated Fat (g)	0.9	0.4	1.5	0.5	2.2	0.5																			
										Carbohydrate (g)	17.3	8.1	31.8	10.0	46.3	10.9																			
										Sugars (g)	14.7	6.9	27.5	8.6	40.3	9.5																			
										Sodium (mg)	153	72	241	76	329	77																			
										Gluten	Y	Eggs		Milk	Y	Soy	Y	Fish & Crustacea		Peanuts		Tree Nuts	T	Sesame Seeds		Sulphites		Lupin		Preservative		Flavour	Y	Colours	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(iii)) (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										Medium		Large																							
										Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL																						
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.										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	Y	Sesame Seeds		Sulphites		Lupin		Preservative	Y	Flavour	Y	Colours	Y
Iced Latte - Skim										Medium		Large																							
										Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL																						
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.										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										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. 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.										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											Medium		Large		
											Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
											Energy (kJ)	1150	240	1560	246
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).											Energy (Cal)	274	57	372	59
Contain milk and tree nuts. May contain traces of soy due to equipment cross contact.											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
											Sulphites				
											Lupin				
											Preservative	Y		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).											Energy (kJ)	1870	375	2450	406
Contains milk and caffeine. May contain traces of soy or tree nuts due to equipment cross contact. CHOCOLATE SHAKE SYRUP contains TRACES of sulphites.											Energy (Cal)	447	90	586	97
											Protein (g)	9.7	1.9	12.5	2.1
											Fat, total (g)	14.5	2.9	17.2	2.9
											Saturated Fat (g)	9.4	1.9	11.1	1.8
											Carbohydrate (g)	68.0	13.6	92.9	15.4
											Sugars (g)	61.9	12.4	85.6	14.2
											Sodium (mg)	221	44	280	46
											Sulphites				
											Lupin				
											Preservative	Y		Y	
											Flavour			Y	
											Colours				
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).											Energy (kJ)	1650	329	2200	364
Contains milk and caffeine. May contain traces of soy or tree nuts due to equipment cross contact. CHOCOLATE SHAKE SYRUP contains TRACES of sulphites.											Energy (Cal)	394	79	525	87
											Protein (g)	12.1	2.4	16.1	2.7
											Fat, total (g)	6.3	1.3	6.5	1.1
											Saturated Fat (g)	4.2	0.8	4.4	0.7
											Carbohydrate (g)	70.4	14.1	98.0	16.2
											Sugars (g)	65.7	13.1	91.7	15.2
											Sodium (mg)	265	53	351	58
											Sulphites				
											Lupin				
											Preservative	Y		Y	
											Flavour			Y	
											Colours				
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).											Energy (kJ)	1680	340	2250	375
Contains milk, soy and caffeine. May contain traces of tree nuts due to equipment cross contact. CHOCOLATE SHAKE SYRUP contains sulphites.											Energy (Cal)	405	82	537	90
											Protein (g)	9.1	1.8	12.0	2.0
											Fat, total (g)	10.7	2.2	12.4	2.1
											Saturated Fat (g)	4.8	1.0	5.1	0.9
											Carbohydrate (g)	65.2	13.2	91.1	15.2
											Sugars (g)	57.6	11.6	81.0	13.5
											Sodium (mg)	304	61	404	67
											Sulphites				
											Lupin				
											Preservative	Y		Y	
											Flavour			Y	
											Colours				
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).											Energy (kJ)	1670	339	2190	371
Contains milk, tree nuts and caffeine. May contain traces of soy due to equipment cross contact. CHOCOLATE SHAKE SYRUP contains sulphites.											Energy (Cal)	398	81	524	89
											Protein (g)	9.0	1.8	11.8	2.0
											Fat, total (g)	10.6	2.2	11.6	2.0
											Saturated Fat (g)	4.7	1.0	5.5	0.9
											Carbohydrate (g)	64.5	13.2	90.6	15.3
											Sugars (g)	57.0	11.6	79.1	13.4
											Sodium (mg)	301	61	392	66
											Sulphites				
											Lupin				
											Preservative	Y		Y	
											Flavour			Y	
											Colours				
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.															