

McDonald's Australia McCafe Beverages - Allergen - Ingredients - Nutrition Information

Information correct as at August 2015

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 McCafe menu items. For information regarding short-time menu items, please either ask a manager in one of our restaurants or contact our Customer Service Department either via our website http://mcdonalds.com.au/contactus or on 02 9875 7100.

The nutrition and ingredient information is based on standard product formulations, standard product assembly and standard serving sizes. 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.

Food Sensitivities and Preferences

Select items sold in McCafé 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 food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item 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 a number of Halal certified restaurants. Only those items listed on the certificate in the front counter area and drive thru booth at our restaurants serving Halal options are certified as Halal.

If you would like further information or have food sensitivities or dietary concerns regarding specific ingredients in specific menu items, please contact us at http://mcdonalds.com.au/contactus or call us on 02 9875 7100.

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													Avg Qty	Avg Qty				
Espress	60												/Serve	/100mL				
Water G	round & I	Extracte	d Roast	ed Coffee Beans.								Energy (kJ)	2	1				
			u									Energy (Cal)	0	0				
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Protein (g)	<0.1	0.0				
	331		,									Fat, total (g)	0.0	0.0				
	1									Į		Saturated Fat (g)	0.0	0.0				
												Carbohydrate (g)	<0.1	0.0				
												Sugars (g)	<0.1	0.0				
												Sodium (mg)	1	<0				
												1000(g)	Sm		Stan	dard	T	all
													Avg Qty					
Long BI	аск												/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
												Energy (kJ)	2	1	2	1	3	1
COFFEE	: Water,	Ground	& Extra	cted Roasted Coff	ee Beans.							Energy (Cal)	1	0	0	0	1	0
	·											Protein (g)	0.0	0.0	0.1	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
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Carbohydrate (g)	<0.0	0.0	0.1	0.0	0.1	0.0
												Sugars (g)	<0.0	0.0	0.1	0.0	0.1	0.0
												Sodium (mg)	1	<0	1	<0	2	<0
Babyci	no												Avg Qty	Avg Qty				
Барусі	110												/Serve	/100mL				
MILK: W	hole Fres	sh Milk										Energy (kJ)	192	295				
DRINKIN	G CHOC	OLATE	: Sugar	Cocoa Powders,	Whey Powd	ler , Flavour	, Starch, Salt.					Energy (Cal)	46	71				
Contains m	ilk											Protein (g)	2.3	3.5				
May contain	n traces of s	soy & sulp	hites.									Fat, total (g)	2.6	4.0				
												Saturated Fat (g)	1.7	2.6				
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Carbohydrate (g)	3.9	5.9				
		Υ	T					T	Т	Υ		Sugars (g)	3.8	5.9				
												Sodium (mg)	30	45				
Macchia	ato												Avg Qty	Avg Qty				
			۰-،										/Serve	/100mL				
	-		& Extra	cted Roasted Coff	ee Beans.							Energy (kJ)	16	32				
MILK: WI		sh Milk.										Energy (Cal)	4	8				
Contains	milk											Protein (g)	0.2	0.4				
	1 1		1		T					П		Fat, total (g)	0.2	0.4				
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Saturated Fat (g)	0.1	0.3				
		Υ										Carbohydrate (g)	0.3	0.6				
												Sugars (g)	0.3	0.6				
												Sodium (mg)	3	6				

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													Sm	nall	Stan	dard	Т	all
Cappu	cino wif	th Full	Crear	n Milk									Avg Qty					
Jappu	CITIO WIL	ui i uii	Jieai	I IIIIK									/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
	hole Fres											Energy (kJ)	486	243	667	242	751	235
COFFEE	: Water, 0	Ground	& Extra	cted Roasted Coff	ee Beans.							Energy (Cal)	116	58	159	58	186	56
DRINKIN	IG CHOC	OLATE	: Sugar,	Cocoa Powders,	Whey Power	der, Flavour	, Starch, Salt.					Protein (g)	5.8	2.9	8.1	2.9	9.1	2.8
Contains	milk											Fat, total (g)	6.6	3.3	9.1	3.3	10.3	3.2
May cont	tain traces	s of soy	& sulph	ites.								Saturated Fat (g)	4.3	2.2	6.0	2.2	6.8	2.1
												Carbohydrate (g)	9.5	4.7	12.7	4.6	14.1	4.4
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	9.4	4.7	12.5	4.6	14.0	4.4
		Υ	T					T	T	Υ		Sodium (mg)	75	37	103	37	116	36
													Sm	nall	Stan	dard	T	all
Cannuc	ino with	Skim	Milk										Avg Qty					
Cappuc	illo with	JAIIII	IVIIIN										/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
SKIM MI	LK: Fresh	Skim I	Milk , Mi	k Solids Non Fat.								Energy (kJ)	277	138	375	136	420	131
COFFEE	: Water, 0	Ground	& Extra	ted Roasted Coff	ee Beans.							Energy (Cal)	65	33	88	32	99	31
DRINKIN	IG CHOC	OLATE	: Sugar,	Cocoa Powders,	Whey Powe	der , Flavour	, Starch, Salt					Protein (g)	6.1	3.1	8.5	3.1	9.6	3.0
Contains	milk.											Fat, total (g)	0.2	0.1	0.3	0.1	0.3	0.1
May cont	tain traces	s of soy	& sulph	ites.								Saturated Fat (g)	0.2	0.1	0.3	0.1	0.3	0.1
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Carbohydrate (g)	9.7	4.9	13.0	4.7	14.5	4.5
		Υ	Т					T	T	Υ		Sugars (g)	9.6	4.8	12.9	4.7	14.4	4.5
						•	•		•			Sodium (mg)	78	39	106	39	120	37
													Sm	nall	Stan	dard	T	all
Cannua	ino with	Sovi	/iilb										Avg Qty					
Cappud	ino with	i Suy II	IIIK										/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
SO GOO	D SOY M	<u>IILK:</u> W	ater, So	y Protein, Corn M	altodextrin,	Vegetable C	ils (Sunflower,	Canola, Ant	ioxidant (307b -	soy)], Can	e Sugar,	Energy (kJ)	468	234	642	233	723	226
Minerals	(Calcium	, Phosp	horous,	and Magnesium),	Acidity Reg	ulator (332,	450), Antioxida	ant (300), Vit	amins (A, B12, I	02, B2, B1)	, Natural	Energy (Cal)	116	56	153	56	173	54
Flavour												Protein (g)	5.5	2.7	7.6	2.7	8.5	2.7
COFFEE	: Water, 0	Ground	& Extra	cted Roasted Coff	ee Beans.							Fat, total (g)	5.8	2.9	8.1	3.0	9.2	2.9
DRINKIN	IG CHOC	OLATE	: Sugar,	Cocoa Powders,	Whey Powe	der, Flavour	, Starch, Salt.					Saturated Fat (g)	0.7	0.4	1.0	0.4	1.1	0.3
Contains	milk, soy	& sulpl	nites.		-							Carbohydrate (g)	10.0	5.0	13.3	4.8	14.9	4.7
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	4.6	2.3	5.9	2.1	6.5	2.0
		Υ	Υ					Т	T	Υ		Sodium (mg)	80	40	109	40	123	39
	•										•		Sm	nall	Stan	dard	T	all
													Avg Qty					
Flat Wh	ite with	Full C	ream M	ilk								<u></u>	/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
MILK: W	hole Fres	h Milk.										Energy (kJ)	474	231	683	235	739	227
COFFEE	: Water, 0	Ground	& Extra	ted Roasted Coff	ee Beans.							Energy (Cal)	113	55	163	56	177	54
Contains	milk.											Protein (g)	5.8	2.8	8.4	2.9	9.1	2.8
												Fat, total (g)	6.7	3.3	9.6	3.3	10.4	3.2
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Saturated Fat (g)	4.4	2.1	6.3	2.2	6.8	2.1
		Υ										Carbohydrate (g)	8.3	4.1	11.9	4.1	12.9	4.0
			•			•			•	•		Sugars (g)	8.3	4.0	11.9	4.1	12.9	4.0
1												Sodium (mg)	73	36	105	36	114	35
																		- 45

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														Sm	all	Stan	dard	T	all
														Avg Qty					
Flat Whi	te with	Skim N	/lilk									-		/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
	_		,	k Solids Non Fat.								<u> </u>	Energy (kJ)	256	125	369	127	399	123
COFFEE:	Water, 0	Ground	& Extra	ted Roasted Coff	ee Beans.							<u>[</u>	Energy (Cal)	60	29	87	30	94	29
Contains I	milk.											<u>[</u>	Protein (g)	6.2	3.0	8.9	3.1	9.6	3.0
												<u>[</u>	Fat, total (g)	0.2	0.1	0.2	0.1	0.3	0.1
												3	Saturated Fat (g)	0.2	0.1	0.2	0.1	0.3	0.1
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	<u> </u>	Carbohydrate (g)	8.5	4.2	12.3	4.2	13.3	4.1
		Υ										3	Sugars (g)	8.5	4.2	12.3	4.2	13.3	4.1
												;	Sodium (mg)	76	37	109	37	118	36
														Sm			dard	T	
														Avg Qty					
Flat Whi		-										Г		/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
			,	y Protein, Corn M	,	0	,	,	,	. / . /	0 /	<u> </u>	Energy (kJ)	455	222	656	226	710	219
	Calcium	, Phospi	norous,	and Magnesium),	Acidity Reg	ulator (332,	450), Antioxida	ant (300), Vit	amins (A, B12, I	D2, B2, B1)	, Natural	-	Energy (Cal)	109	53	157	54	170	52
Flavour												<u> </u>	Protein (g)	5.5	2.7	7.9	2.7	8.5	2.6
			& Extra	ted Roasted Coff	ee Beans.							<u> </u>	Fat, total (g)	5.9	2.9	8.6	3.0	9.3	2.9
Contains					ı	ı			T			<u> </u>	Saturated Fat (g)	0.7	0.3	1.0	0.3	1.1	0.3
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	H-	Carbohydrate (g)	8.8	4.3	12.6	4.4	13.7	4.2
			Υ							Υ		<u> </u>	Sugars (g)	3.4	1.6	4.8	1.7	5.2	1.6
													Sodium (mg)	78	38	112	39	121	37
														Sm			dard	T:	
Latte wit	n Full (ream	WIIK											Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
MILK: Wh	olo Eroo	h Milk										Б	France (k.l)	460	230	669	235	725	227
			2 Evtra	ted Roasted Coff	oo Poons							-	Energy (kJ) Energy (Cal)	110	55	160	56	174	54
COFFEE.	,	310unu	a Extra	leu Roasieu Coii	ee bealls.								0 7 ()						
Containoniii													Protein (g)	5.7	2.8	8.2	2.9	8.9	2.8
	_				I	I			T =	1			Fat, total (g)	6.5	3.2	9.4	3.3	10.2	3.2
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		Saturated Fat (g)	4.3	2.1	6.2	2.2	6.7	2.1
		Υ											Carbohydrate (g)	8.1	4.0	11.7	4.1	12.7	4.0
													Sugars (g)	8.1	4.0	11.7	4.1	12.7	4.0
												,	Sodium (mg)	71	35	103	36	111	35
l														Sm			dard	Ta	
Latte wit	h Skim	Milk												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
COEEEE: W	ator Grou	nd & Evtra	ected Res	sted Coffee Beans.								lī.	Energy (kJ)	249	124	361	127	392	122
SKIM MILK:													Energy (KJ) Energy (Cal)	59	29	85	30	92	29
Contains mil		milk, W	oonus	non rat.								<u> </u>	Protein (g)	6.0	3.0	8.7	3.0	9.4	2.9
2 37744770 11111												<u> </u>	Fat, total (g)	0.0	0.1	0.2	0.1	0.3	0.1
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	<u> </u>	Saturated Fat (g)	0.2	0.1	0.2	0.1	0.3	0.1
Giuteil	Lyyo	Y	Juy	i ioii & Oiusiaed	r danuts	iice ivuls	Gesame Geeus	Julphiles	i icacivative	i iavoul	Juliuis		Carbohydrate (g)	8.3	4.1	12.0	4.2	13.1	4.1
		ſ	L		l	l			1	1	<u> </u>	H-	Sugars (g)	8.3	4.1	12.0	4.2	13.1	4.1
												-	Sodium (mg)	73	37	107	37	116	36
Ь													coalain (ilig)	, 0	O1	101	O1	110	50

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													Sm	nall	Stan	dard	Ta	all
Latte wi	th Sov	Milk											Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty
	•												/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
SO GOO	D SOY N	ИILK: W	ater, So	y Protein, Corn M	laltodextrin, '	Vegetable (ils (Sunflower,	Canola, Ant	tioxidant (307b -	soy)],		Energy (kJ)	442	221	643	225	697	218
Cane Su	gar, Mine	erals (Ca	Icium, F	hosphorous, and	Magnesium), Acidity Re	gulator (332, 4	50), Antioxic	lant (300), Vitan	nins (A,		Energy (Cal)	106	53	154	54	167	52
B12, D2,	B2, B1),	Natural	Flavou				,					Protein (g)	5.3	2.7	7.7	2.7	8.4	2.6
COFFEE	: Water,	Ground	& Extra	cted Roasted Cof	fee Beans.							Fat, total (g)	5.8	2.9	8.4	2.9	9.1	2.8
Contains												Saturated Fat (g)	0.7	0.3	1.0	0.3	1.1	0.3
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Carbohydrate (g)	8.5	4.3	12.4	4.3	13.5	4.2
			Υ							Υ		Sugars (g)	3.3	1.6	4.7	1.7	5.2	1.6
	4				ł	•			•	•	1	Sodium (mg)	75	38	110	38	119	37
													Sm	nall	Stan	dard	Ta	all
Vienne													Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty
Vienna													/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
COFFEE	: Water,	Ground	& Extra	cted Roasted Coff	fee Beans.							Energy (kJ)	352	123	353	88	353	74
WHIPPE	D CREA	M: Crea	m , Prop	ellant (Nitrous Ox	ide), Emulsif	fier (471), F	avour, Vegetal	ole Gum (40	7, 401).			Energy (Cal)	84	29	84	21	84	18
CHOCOL	ATE PC	WDER:	Sugar,	Cocoa Powder, W	hey Powde	r, Flavour,	Starch, Salt.					Protein (g)	0.7	0.2	0.7	0.2	0.7	0.2
Contains	milk		-		-							Fat, total (g)	8.1	2.8	8.1	2.0	8.1	1.7
May cont	ain trace	s of soy	& sulph	ites								Saturated Fat (g)	5.4	1.9	5.3	1.3	5.4	1.1
												Carbohydrate (g)	2.2	0.8	2.2	0.6	2.2	0.5
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	2.1	0.7	2.1	0.5	2.2	0.5
		Υ	Т					·		Υ		Sodium (mg)	12	4	12	3	12	3
													Sm	nall	Stan	dard	Ta	all
Mocha	with Fu	II Crear	n Milk										Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty
													/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
COFFEE	: Water,	Ground	& Extra	cted Roasted Coff	fee Beans.							Energy (kJ)	620	302	931	327	1120	343
MILK: W	hole Fres	sh Milk.										Energy (Cal)	148	72	222	78	266	82
DRINKIN	G CHO	COLATE	Sugar	Cocoa Powders,	Whey Powe	der, Flavou	, Starch, Salt.					Protein (g)	6.8	3.3	10.0	3.5	11.7	3.6
Contains	milk.											Fat, total (g)	7.1	3.4	10.1	3.6	11.4	3.5
May cont	ain trace	s of soy	& sulph	ites.								Saturated Fat (g)	4.6	2.3	6.6	2.3	7.5	2.3
												Carbohydrate (g)	16.9	8.2	27.4	9.6	35.8	11.0
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	16.3	8.0	26.4	9.3	34.3	10.6
		٧	Т							Υ		Sodium (mg)	98	48	149	52	181	56
													Sm	nall	Stan	dard	Ta	all
		'											0	ian	O tu			Avg Qty
Mocha	with Sk	<u> </u>											Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avy Qty
Mocha	with Sk	<u> </u>															Avg Qty /Serve	/100mL
		im Milk		sted Coffee Beans.								Energy (kJ)	Avg Qty /Serve 418	Avg Qty	Avg Qty /Serve 653	Avg Qty		
	Vater, Grou	im Milk	acted Roa									Energy (kJ) Energy (Cal)	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	/Serve	/100mL
COFFEE: V SKIM MILK	Vater, Grou : Fresh Sk	im Milk und & Extra im Milk, M	acted Roa ilk Solids		er , Flavour, Sta	ırch, Salt							Avg Qty /Serve 418	Avg Qty /100mL 204	Avg Qty /Serve 653	Avg Qty /100mL 229	/Serve 816	/100mL 251
COFFEE: V SKIM MILK	Vater, Grou : Fresh Sk CHOCOL	im Milk und & Extra im Milk, M	acted Roa ilk Solids	Non Fat.	er , Flavour, Sta	irch, Salt						Energy (Cal)	Avg Qty /Serve 418 99	Avg Qty /100mL 204 48	Avg Qty /Serve 653 154	Avg Qty /100mL 229 54	/Serve 816 193	/100mL 251 59
COFFEE: V SKIM MILK DRINKING	Vater, Grou : Fresh Sk CHOCOLA ilk.	im Milk und & Extra im Milk, M ATE: Suga	acted Roa ilk Solids r, Cocoa	Non Fat.	er , Flavour, Sta	arch, Salt						Energy (Cal) Protein (g)	Avg Qty /Serve 418 99 7.1	Avg Qty /100mL 204 48 3.5	Avg Qty /Serve 653 154 10.5	Avg Qty /100mL 229 54 3.7	/Serve 816 193 12.2	/100mL 251 59 3.8
COFFEE: V SKIM MILK DRINKING Contains m	Vater, Grou : Fresh Sk CHOCOLA ilk.	im Milk und & Extra im Milk, M ATE: Suga	acted Roa ilk Solids r, Cocoa	Non Fat.	er , Flavour, Sta Peanuts	arch, Salt Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Energy (Cal) Protein (g) Fat, total (g)	Avg Qty /Serve 418 99 7.1 0.6	Avg Qty /100mL 204 48 3.5 0.3	Avg Qty /Serve 653 154 10.5 0.9	Avg Qty /100mL 229 54 3.7 0.3	/Serve 816 193 12.2 1.3	/100mL 251 59 3.8 0.4
COFFEE: V SKIM MILK DRINKING Contains m May contain	Vater, Grou : Fresh Sk CHOCOLA ilk.	im Milk und & Extra im Milk, M ATE: Suga soy & sulp	acted Roa ilk Solids r, Cocoa	Non Fat. Powders, Whey Powd			Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g)	Avg Qty /Serve 418 99 7.1 0.6	Avg Qty /100mL 204 48 3.5 0.3 0.2	Avg Qty /Serve 653 154 10.5 0.9	Avg Qty /100mL 229 54 3.7 0.3 0.2	/Serve 816 193 12.2 1.3 0.9	/100mL 251 59 3.8 0.4 0.3

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														Sn	nall	Stan	ndard	T	all
Mocha	with So	ov Milk												Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty
		•												/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
SO GOO	D SOY N	MILK: W	ater, So	y Protein, Corn M	laltodextrin, \	Vegetable (Dils (Sunflower,	Canola, Ant	ioxidant (307b -	soy)],			Energy (kJ)	603	294	908	318	1090	336
				Phosphorous, and		-	•		•	- / -			Energy (Cal)	144	70	216	76	260	80
B12, D2,	B2, B1),), Natural	Flavou	r				,	, ,				Protein (g)	6.4	3.1	9.5	3.3	11.1	3.4
COFFEE	: Water,	. Ground	& Extra	cted Roasted Cof	fee Beans.								Fat, total (g)	6.3	3.1	9.1	3.2	10.3	3.2
				, Cocoa Powders,		der, Flavou	, Starch, Salt.						Saturated Fat (g)	0.9	0.5	1.4	0.5	1.7	0.5
		ov & sulpi			•	,							Carbohydrate (g)	17.3	8.5	28.1	9.9	36.5	11.2
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours]	Sugars (g)	11.4	5.6	19.4	6.8	26.6	8.2
	- 55	Υ	Y							Υ			Sodium (mg)	103	50	156	55	189	58
		1 .		1	ļ.						Į.	Į.	Couldin (mg)		nall		ndard		all
Hot Cho	colate	with F	ıll Cre	am Milk										Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty
1100 0110	oolute		0.0	ann winn										/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
MILK: W	nole Fres	sh Milk.											Energy (kJ)	1060	373	1210	384	1610	372
			: Sugar	, Cocoa Powders,	Whey Powe	der. Flavou	. Starch, Salt.						Energy (Cal)	253	89	288	91	383	89
WATER			5	,,		,	,						Protein (g)	7.7	3.5	11.2	3.6	14.9	3.0
Contains	milk.												Fat, total (g)	7.4	3.3	10.8	3.4	14.5	2.9
		es of soy	& sulnl	nites									Saturated Fat (g)	4.8	2.2	7.2	2.3	9.5	1.9
may com	a a. a.o.o	00 0. 00)	a caipi										Carbohydrate (g)	23.9	10.8	34.8	11.1	46.2	9.2
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		Sugars (g)	22.8	10.2	33.6	10.7	44.3	8.9
- Ciatori	-990	Y	T	11011 01 01 01 00 00 00	1 Gariato	1100 11010	Coodino Coodo	Calphilloc	11000114410	Y	00.00.0		Sodium (mg)	117	52	172	55	230	46
				I					I.	1	1	ı	(9)		nall		ndard	T	
Hot Cho																			ali
	colate :	with SI	cim Mi	lk											,				·
1.100 0110	colate	with SI	kim Mi	lk										Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
				l k Ik Solids Non Fat.									Energy (kJ)	Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty
SKIM MII	<u>_K:</u> Fresh	sh Skim I	Milk, M	lk Solids Non Fat.		der , Flavou	r, Starch, Salt						Energy (kJ) Energy (Cal)	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
SKIM MII	<u>_K:</u> Fresh	sh Skim I	Milk, M			der, Flavou	r, Starch, Salt						Energy (Cal)	Avg Qty /Serve 785	Avg Qty /100mL 275 65	Avg Qty /Serve 866	Avg Qty /100mL 282	Avg Qty /Serve 1360	Avg Qty /100mL 271 64
SKIM MII DRINKIN	<u>_K:</u> Fresh	sh Skim I	Milk, M	lk Solids Non Fat.		der , Flavou	·, Starch, Salt						Energy (Cal) Protein (g)	Avg Qty /Serve 785 185	Avg Qty /100mL 275	Avg Qty /Serve 866 204	Avg Qty /100mL 282 67	Avg Qty /Serve 1360 320	Avg Qty /100mL 271
SKIM MII DRINKIN	<u>_K:</u> Fresh G CHOC	sh Skim I	Milk, M	lk Solids Non Fat.		der, Flavou	⁻ , Starch, Salt						Energy (Cal) Protein (g) Fat, total (g)	Avg Qty /Serve 785 185 8.0	Avg Qty /100mL 275 65 3.7	Avg Qty /Serve 866 204 11.6	Avg Qty /100mL 282 67 3.8	Avg Qty /Serve 1360 320 15.5	Avg Qty /100mL 271 64 3.7
SKIM MII DRINKIN WATER Contains	<u>K:</u> Fresh G CHOC	sh Skim I	Milk , Mi <u>:</u> Sugar	lk Solids Non Fat. , Cocoa Powders,		der , Flavou	r, Starch, Salt						Energy (Cal) Protein (g)	Avg Qty /Serve 785 185 8.0 0.9	Avg Qty /100mL 275 65 3.7 0.4	Avg Qty /Serve 866 204 11.6 1.2	Avg Qty /100mL 282 67 3.8 0.4	Avg Qty /Serve 1360 320 15.5 1.5	Avg Qty /100mL 271 64 3.7 0.4
SKIM MII DRINKIN WATER Contains	<u>K:</u> Fresh G CHOC	sh Skim I I <u>COLATE</u>	Milk , Mi <u>:</u> Sugar	lk Solids Non Fat. , Cocoa Powders,		der, Flavour	r, Starch, Salt	Sulphites	Preservative	Flavour	Colours	1	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g)	Avg Qty /Serve 785 185 8.0 0.9	Avg Qty /100mL 275 65 3.7 0.4 0.3	Avg Qty /Serve 866 204 11.6 1.2	Avg Qty /100mL 282 67 3.8 0.4 0.3	Avg Qty /Serve 1360 320 15.5 1.5	Avg Qty /100mL 271 64 3.7 0.4 0.2
SKIM MII DRINKIN WATER Contains May cont	<u>K:</u> Frest G CHOC milk. ain trace	sh Skim I	Milk, Missing Sugar	ilk Solids Non Fat., Cocoa Powders,	Whey Power			Sulphites	Preservative	Flavour	Colours		Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g)	Avg Qty /Serve 785 185 8.0 0.9 0.6 24.2	Avg Qty /100mL 275 65 3.7 0.4 0.3	Avg Qty /Serve 866 204 11.6 1.2 0.8 35.2	Avg Qty /100mL 282 67 3.8 0.4 0.3 11.5	Avg Qty /Serve 1360 320 15.5 1.5 1.0 46.5	Avg Qty /100mL 271 64 3.7 0.4 0.2
SKIM MII DRINKIN WATER Contains May cont	<u>K:</u> Frest G CHOC milk. ain trace	sh Skim COLATE	Milk,	ilk Solids Non Fat., Cocoa Powders,	Whey Power			Sulphites	Preservative	1	Colours		Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	Avg Qty /Serve 785 185 8.0 0.9 0.6 24.2 23.1 120	Avg Qty /100mL 275 65 3.7 0.4 0.3 11.2 10.6	Avg Qty /Serve 866 204 11.6 1.2 0.8 35.2 34.0	Avg Qty /100mL 282 67 3.8 0.4 0.3 11.5	Avg Qty /Serve 1360 320 15.5 1.5 1.0 46.5 45.0 235	Avg Qty /100mL 271 64 3.7 0.4 0.2 11.0
SKIM MII DRINKIN WATER Contains May cont	K: Fresh G CHOC milk. ain trace Eggs	es of soy	Milk, Milk Milk Sugar	ilk Solids Non Fat., Cocoa Powders,	Whey Power			Sulphites	Preservative	1	Colours		Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	Avg Qty /Serve 785 185 8.0 0.9 0.6 24.2 23.1 120	Avg Qty /100mL 275 65 3.7 0.4 0.3 11.2 10.6	Avg Qty /Serve 866 204 11.6 1.2 0.8 35.2 34.0 176	Avg Qty /100mL 282 67 3.8 0.4 0.3 11.5 11.1	Avg Qty /Serve 1360 320 15.5 1.5 1.0 46.5 45.0 235	Avg Qty /100mL 271 64 3.7 0.4 0.2 11.0 10.7
SKIM MII DRINKIN WATER Contains May cont	K: Fresh G CHOC milk. ain trace Eggs	es of soy	Milk, Milk Milk Sugar	ilk Solids Non Fat., Cocoa Powders,	Whey Power			Sulphites	Preservative	1	Colours		Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	Avg Qty /Serve 785 185 8.0 0.9 0.6 24.2 23.1 120	Avg Qty /100mL 275 65 3.7 0.4 0.3 11.2 10.6 55 mall	Avg Qty /Serve 866 204 11.6 1.2 0.8 35.2 34.0	Avg Qty /100mL 282 67 3.8 0.4 0.3 11.5 11.1 57	Avg Qty /Serve 1360 320 15.5 1.5 1.0 46.5 45.0 235	Avg Qty /100mL 271 64 3.7 0.4 0.2 11.0 10.7 56
SKIM MII DRINKIN WATER Contains May cont Gluten	K: Fresi G CHOC milk. ain trace Eggs	sh Skim COLATE	Milk, Milk Sugar & sulph Soy T	ilk Solids Non Fat., Cocoa Powders,	Peanuts	Tree Nuts	Sesame Seeds	•		Y	Colours		Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	Avg Qty //Serve 785 185 8.0 0.9 0.6 24.2 23.1 120 Sn Avg Qty	Avg Qty /100mL 275 65 3.7 0.4 0.3 11.2 10.6 55 nall Avg Qty	Avg Qty /Serve 866 204 11.6 1.2 0.8 35.2 34.0 176 Starr Avg Qty	Avg Qty /100mL 282 67 3.8 0.4 0.3 11.5 11.1 57 ndard Avg Qty	Avg Qty /Serve 1360 320 15.5 1.5 1.0 46.5 45.0 235 T Avg Qty	Avg Qty /100mL 271 64 3.7 0.4 0.2 11.0 10.7 56 all Avg Qty
SKIM MIII DRINKIN WATER Contains May cont Gluten Hot Cho	MIL. milk. ain trace Eggs colate w	es of soy Milk With Soy	Milk, Milk Sugar * & sulpl Soy T Milk ater, So	Ik Solids Non Fat., Cocoa Powders, ites. Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds Dils (Sunflower,	Canola, Ant	ioxidant (307b -	Y soy)],	Colours		Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	Avg Qty //Serve 785 185 8.0 0.9 0.6 24.2 23.1 120 Sn Avg Qty //Serve	Avg Qty /100mL 275 65 3.7 0.4 0.3 11.2 10.6 55 nall Avg Qty /100mL	Avg Qty /Serve 866 204 11.6 1.2 0.8 35.2 34.0 176 Start Avg Qty /Serve	Avg Qty /100mL 282 67 3.8 0.4 0.3 11.5 11.1 57 dard Avg Qty /100mL	Avg Qty /Serve 1360 320 15.5 1.5 1.0 46.5 45.0 235 T Avg Qty /Serve	Avg Qty //100mL 271 64 3.7 0.4 0.2 11.0 10.7 56 all Avg Qty //100mL
SKIM MIII DRINKIN WATER Contains May cont Gluten Hot Cho	Milk. ain trace Eggs Colate w D SOY Magar, Mine	es of soy Milk With Soy MILK: Weerals (Ca	Milk, Milk Sugar & sulpl Soy T Milk ater, Solcium, I	Ilk Solids Non Fat., Cocoa Powders, iites. Fish & Crustaea by Protein, Corn No	Peanuts	Tree Nuts	Sesame Seeds Dils (Sunflower,	Canola, Ant	ioxidant (307b -	Y soy)],	Colours		Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ)	Avg Qty //Serve 785 185 8.0 0.9 0.6 24.2 23.1 120 Sn Avg Qty //Serve 1040	Avg Qty /100mL 275 65 3.7 0.4 0.3 11.2 10.6 55 nall Avg Qty /100mL 363	Avg Qty //Serve 866 204 11.6 1.2 0.8 35.2 34.0 176 Star Avg Qty //Serve 1500	Avg Qty /100mL 282 67 3.8 0.4 0.3 11.5 11.1 57 dard Avg Qty /100mL 376	Avg Qty /Serve 1360 320 15.5 1.5 1.0 46.5 45.0 235 T Avg Qty /Serve 1800	Avg Qty //100mL 271 64 3.7 0.4 0.2 11.0 10.7 56 all Avg Qty //100mL 361
SKIM MIII DRINKIN WATER Contains May cont Gluten Hot Choo SO GOO Cane Su, B12, D2,	milk. ain trace Eggs Colate w D SOY M Gar, Mine B2, B1),	es of soy Milk Y with Soy MILK: Weerals (Ca), Natural	Milk, Milk Sugar Sugar Soy T Milk ater, So	Ilk Solids Non Fat., Cocoa Powders, iites. Fish & Crustaea by Protein, Corn No	Peanuts Peanuts laltodextrin, Magnesium	Tree Nuts Vegetable C	Sesame Seeds Dils (Sunflower, 332, 4	Canola, Ant	ioxidant (307b -	Y soy)],	Colours		Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal)	Avg Qty //Serve 785 185 8.0 0.9 0.6 24.2 23.1 120 Sn Avg Qty //Serve 1040 247	Avg Qty /100mL 275 65 3.7 0.4 0.3 11.2 10.6 55 mall Avg Qty /100mL 363 87	Avg Qty //Serve 866 204 11.6 1.2 0.8 35.2 34.0 176 Star Avg Qty //Serve 1500 358	Avg Qty /100mL 282 67 3.8 0.4 0.3 11.5 11.1 57 dard Avg Qty /100mL 376 89	Avg Qty //Serve 1360 320 15.5 1.5 1.0 46.5 45.0 235 T Avg Qty //Serve 1800 430	Avg Qty /100mL 271 64 3.7 0.4 0.2 11.0 10.7 56 all Avg Qty /100mL 361 86
SKIM MIII DRINKIN WATER Contains May cont Gluten Hot Choo SO GOO Cane Su, B12, D2,	milk. ain trace Eggs Colate w D SOY M Gar, Mine B2, B1),	es of soy Milk Y with Soy MILK: Weerals (Ca), Natural	Milk, Milk Sugar Sugar Soy T Milk ater, So	Ilk Solids Non Fat., Cocoa Powders, ites. Fish & Crustaea by Protein, Corn Nohosphorous, and	Peanuts Peanuts laltodextrin, Magnesium	Tree Nuts Vegetable C	Sesame Seeds Dils (Sunflower, 332, 4	Canola, Ant	ioxidant (307b -	Y soy)],	Colours		Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g)	Avg Qty //Serve 785 185 8.0 0.9 0.6 24.2 23.1 120 Sn Avg Qty //Serve 1040 247 7.7	Avg Qty /100mL 275 65 3.7 0.4 0.3 11.2 10.6 55 nall Avg Qty /100mL 363 87 3.5	Avg Qty /Serve 866 204 11.6 1.2 0.8 35.2 34.0 176 Star Avg Qty /Serve 1500 358 11.2	Avg Qty /100mL 282 67 3.8 0.4 0.3 11.5 11.1 57 tdard Avg Qty /100mL 376 89 3.6	Avg Qty /Serve 1360 320 15.5 1.5 1.0 46.5 45.0 235 T Avg Qty /Serve 1800 430 15.0	Avg Qty //100mL 271 64 3.7 0.4 0.2 11.0 10.7 56 all Avg Qty //100mL 361 86 3.5
SKIM MIII DRINKIN WATER Contains May cont Gluten Hot Choo SO GOO Cane Su, B12, D2, DRINKIN WATER	milk. ain trace Eggs Colate w D SOY M gar, Mine B2, B1), G CHOC	es of soy Milk Y with Soy MILK: Weerals (Ca), Natural	Milk, Milk Sugar Soy Milk ater, Soalcium, I Flavou Sugar	Ik Solids Non Fat., Cocoa Powders, nites. Fish & Crustaea by Protein, Corn N Phosphorous, and r , Cocoa Powders,	Peanuts Peanuts laltodextrin, Magnesium	Tree Nuts Vegetable C	Sesame Seeds Dils (Sunflower, 332, 4	Canola, Ant	ioxidant (307b -	Y soy)],	Colours		Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g)	Avg Qty //Serve 785 185 8.0 0.9 0.6 24.2 23.1 120 Sn Avg Qty //Serve 1040 247 7.7 6.6	Avg Qty /100mL 275 65 3.7 0.4 0.3 11.2 10.6 55 nall Avg Qty /100mL 363 87 3.5 2.9	Avg Qty //Serve 866 204 11.6 1.2 0.8 35.2 34.0 176 Star Avg Qty //Serve 1500 358 11.2 9.6	Avg Qty /100mL 282 67 3.8 0.4 0.3 11.5 11.1 57 dard Avg Qty /100mL 376 89 3.6 3.0	Avg Qty /Serve 1360 320 15.5 1.5 1.0 46.5 45.0 235 T Avg Qty /Serve 1800 430 15.0 12.5	Avg Qty //100mL 271 64 3.7 0.4 0.2 11.0 10.7 56 all Avg Qty //100mL 361 86 3.5 2.9
SKIM MIII DRINKIN WATER Contains May cont Gluten Hot Choo SO GOO Cane Su, B12, D2, DRINKIN WATER	milk. ain trace Eggs Colate w D SOY M gar, Mine B2, B1), G CHOC	es of soy Milk Y with Soy MILK: Weerals (Ca), Natural	Milk, Milk Sugar Soy Milk ater, Soalcium, I Flavou Sugar	Ik Solids Non Fat., Cocoa Powders, nites. Fish & Crustaea by Protein, Corn N Phosphorous, and r , Cocoa Powders,	Peanuts Peanuts laltodextrin, Magnesium	Tree Nuts Vegetable C	Sesame Seeds Dils (Sunflower, 332, 4	Canola, Ant	ioxidant (307b -	Y soy)],	Colours		Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g)	Avg Qty //Serve 785 185 8.0 0.9 0.6 24.2 23.1 120 Sn Avg Qty //Serve 1040 247 7.7 6.6 1.1	Avg Qty /100mL 275 65 3.7 0.4 0.3 11.2 10.6 55 mall Avg Qty /100mL 363 87 3.5 2.9 0.5	Avg Qty //Serve 866 204 11.6 1.2 0.8 35.2 34.0 176 Star Avg Qty //Serve 1500 358 11.2 9.6 1.6	Avg Qty /100mL 282 67 3.8 0.4 0.3 11.5 11.1 57 odard Avg Qty /100mL 376 89 3.6 3.0 0.5	Avg Qty //Serve 1360 320 15.5 1.5 1.0 46.5 45.0 235 T Avg Qty //Serve 1800 430 15.0 12.5 2.0	Avg Qty /100mL 271 64 3.7 0.4 0.2 11.0 10.7 56 all Avg Qty /100mL 361 86 3.5 2.9 0.5
SKIM MIII DRINKIN WATER Contains May cont Gluten Hot Choo SO GOO Cane Su, B12, D2, DRINKIN WATER Contains	milk. ain trace Eggs Colate w D SOY M gar, Mine B2, B1), G CHOO	es of soy Milk Y with Soy MILK: Weerals (Ca), Natural COLATE	Milk, Milk, Milk, Sugar & sulpling Soy T Milk ater, Solicium, I Flavou : Sugar & sulpling S	ilk Solids Non Fat., Cocoa Powders, iites. Fish & Crustaea by Protein, Corn Nohosphorous, and r, Cocoa Powders, iites.	Peanuts Peanuts laltodextrin, Magnesium Whey Powe	Vegetable (), Acidity Re	Sesame Seeds Dils (Sunflower, egulator (332, 4	Canola, Ant 50), Antioxid	ioxidant (307b - lant (300), Vitan	Y soy)], nins (A,			Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g)	Avg Qty //Serve 785 185 8.0 0.9 0.6 24.2 23.1 120 Sn Avg Qty //Serve 1040 247 7.7 6.6 1.1	Avg Qty /100mL 275 65 3.7 0.4 0.3 11.2 10.6 55 mall Avg Qty /100mL 363 87 3.5 2.9 0.5	Avg Qty //Serve 866 204 11.6 1.2 0.8 35.2 34.0 176 Star Avg Qty //Serve 1500 358 11.2 9.6 1.6 35.6	Avg Qty /100mL 282 67 3.8 0.4 0.3 11.5 11.1 57 odard Avg Qty /100mL 376 89 3.6 3.0 0.5 11.3	Avg Qty //Serve 1360 320 15.5 1.5 1.0 46.5 45.0 235 T Avg Qty //Serve 1800 430 15.0 12.5 2.0 47.0	Avg Qty /100mL 271 64 3.7 0.4 0.2 11.0 10.7 56 all Avg Qty /100mL 361 86 3.5 2.9 0.5 10.9

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Chai Latte with Full Cream Milk

MILK: Whole Fresh Milk.

WATER

<u>CHAI POWDER:</u> Sugar, **Milk** Solids, Beverage Whitener [Vegetable Fat, Glucose Syrup Solids, **Milk Protein**, Emulsifiers (471, 472c - from **Soy**)], Mineral Salts (450, 339), Anticaking Agent (551), Antioxidant (306 - from **Soy**)), **Maltodextrin**, Tea Powder, Colour (**Caramel** (150d)), Spices, **Malt Extract**, Flavours, Vegetable Gum (407), Spice Extract.

Contains gluten, milk, soy & sulphites.

Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Υ		Υ	Υ					Υ	Y	Υ	Υ

	Sm	naii	Stan	aara	16	all
	Avg Qty					
	/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
Energy (kJ)	1000	466	1940	484	2380	477
Energy (Cal)	239	111	461	115	567	117
Protein (g)	9.4	3.3	13.8	3.4	17.6	3.5
Fat, total (g)	10.3	3.6	15.0	3.7	19.0	3.8
Saturated Fat (g)	6.6	2.3	9.5	2.4	12.1	2.4
Carbohydrate (g)	27.0	9.5	45.2	11.3	61.1	12.2
Sugars (g)	26.1	9.2	43.5	10.9	58.7	11.7
Sodium (mg)	133	47	201	50	261	52

Chai Latte with Skim Milk

SKIM MILK: Fresh Skim Milk, Milk Solids Non Fat.

WATER

<u>CHAI POWDER:</u> Sugar, Milk Solids, Beverage Whitener [Vegetable Fat, Glucose Syrup Solids, Milk Protein, Emulsifiers (471, 472c - from Soy)], Mineral Salts (450, 339), Anticaking Agent (551), Antioxidant (306 - from Soy)), Maltodextrin, Tea Powder, Colour (Caramel (150d)), Spices, Malt Extract, Flavours, Vegetable Gum (407), Spice Extract.

Contains gluten, milk, soy & sulphites.

Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Υ		Υ	Υ					Υ	Υ	Υ	Υ

	Sm	iall	Stan	ıdard	Ta	all
	Avg Qty					
	/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
Energy (kJ)	511	179	888	222	1260	253
Energy (Cal)	122	43	212	53	302	60
Protein (g)	7.4	2.6	11.6	2.9	15.8	3.2
Fat, total (g)	0.9	0.3	1.7	0.4	2.6	0.5
Saturated Fat (g)	0.5	0.2	1.0	0.2	1.4	0.3
Carbohydrate (g)	20.6	7.2	36.8	9.2	52.9	10.6
Sugars (g)	20.0	7.0	35.5	8.9	50.9	10.2
Sodium (mg)	103	36	166	42	230	46

Chai Latte with Soy Milk

SO GOOD SOY MILK: Water, Soy Protein, Corn Maltodextrin, Vegetable Oils (Sunflower, Canola, Antioxidant (307b - soy)], Cane Sugar, Minerals (Calcium, Phosphorous, and Magnesium), Acidity Regulator (332, 450), Antioxidant (300), Vitamins (A, B12, D2, B2, B1), Natural Flavour

WATER

<u>CHAI POWDER:</u> Sugar, **Milk** Solids, Beverage Whitener [Vegetable Fat, Glucose Syrup Solids, **Milk Protein**, Emulsifiers (471, 472c - from **Soy**)], Mineral Salts (450, 339), Anticaking Agent (551), Antioxidant (306 - from **Soy**)), **Maltodextrin**, Tea Powder, Colour (**Caramel** (150d)), Spices, **Malt Extract**, Flavours, Vegetable Gum (407), Spice Extract.

Contains gluten, milk, soy & sulphites.

Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Υ		Υ	Υ					Υ	Υ	Υ	Υ

	Sm	nall	Stan	dard	Ta	all
	Avg Qty					
	/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
Energy (kJ)	733	258	1220	305	1710	342
Energy (Cal)	175	62	292	73	409	82
Protein (g)	6.7	2.3	10.5	2.6	14.3	2.9
Fat, total (g)	7.0	2.5	10.9	2.7	14.8	3.0
Saturated Fat (g)	1.1	0.4	1.8	0.5	2.5	0.5
Carbohydrate (g)	20.9	7.3	37.2	9.3	53.4	10.7
Sugars (g)	14.7	5.2	27.5	6.9	40.3	8.1
Sodium (mg)	107	38	173	43	238	48

Page 7 of 11 Issue: August 2015 Revision: 04 File: QAM-057 Iced Chocolate with Full Cream Milk

MILK: Whole Fresh Milk.

ICE: Water.

CHOCOLATE SYRUP: Invert Sugar Syrup, Glucose Syrup (contains Preservative (220)), Water, Cocoa Powder, Malt Syrup (from Barley), Salt, Preservative (211), Acidity Regulator (330), Flavour.

WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gum (407, 401).

CHOCOLATE POWDER: Sugar, Cocoa Powders, Whey Powder, Flavour, Starch, Salt.

Contains milk & sulphites. May contain traces of gluten & soy.

Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Т		Υ	T					Υ	Υ	Υ	

	Sm	nall	Stan	dard	Ta	all
	Avg Qty					
	/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
Energy (kJ)	1180	358	1680	348	2190	343
Energy (Cal)	281	85	401	83	522	82
Protein (g)	8.6	2.6	12.9	2.7	17.2	2.7
Fat, total (g)	14.4	4.4	19.2	4.0	23.9	3.8
Saturated Fat (g)	9.5	2.9	12.7	2.6	15.8	2.5
Carbohydrate (g)	33.8	10.3	50.2	10.4	66.5	10.4
Sugars (g)	30.2	9.2	44.7	9.3	59.7	9.3
Sodium (mg)	183	56	274	57	365	57

Icad	l Chor	-Alata	with	Skim	Milk

SKIM MILK: Fresh Skim Milk, Milk Solids Non Fat.

ICE: Water.

CHOCOLATE SYRUP: Invert Sugar Syrup, Glucose Syrup (contains Preservative (220)), Water, Cocoa Powder, Malt Syrup

(from Barley), Salt, Preservative (211), Acidity Regulator (330), Flavour.

WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gum (407, 401).

CHOCOLATE POWDER: Sugar, Cocoa Powders, Whey Powder, Flavour, Starch, Salt.

Contains milk & sulphites.. May contain traces of gluten & soy.

Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
T		Υ	Т					Υ	Υ	Υ	

Iced Chocolate with Soy Milk

SO GOOD SOY MILK: Water, **Soy** Protein, Corn Maltodextrin, Vegetable Oils (Sunflower, Canola, Antioxidant (307b - **soy**)], Cane Sugar, Minerals (Calcium, Phosphorous, and Magnesium), Acidity Regulator (332, 450), Antioxidant (300), Vitamins (A, B12, D2, B2, B1), Natural Flavour

CHOCOLATE SYRUP: Invert Sugar Syrup, Glucose Syrup (contains Preservative (220)), Water, Cocoa Powder, Malt Syrup (from Barley), Salt, Preservative (211), Acidity Regulator (330), Flavour.

WHIPPED CREAM: Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gum (407, 401).

CHOCOLATE POWDER: Sugar, Cocoa Powders, Whey Powder, Flavour, Starch, Salt.

ICE: Water.

Contains, gluten, milk, soy & sulphites.

ı	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
	Т		Υ	Υ					Υ	Υ	Υ	

	Sm	nall	Stan	dard	Ta	all
	Avg Qty					
	/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
Energy (kJ)	924	281	1290	267	1660	259
Energy (Cal)	219	67	305	63	392	61
Protein (g)	9.0	2.7	13.5	2.8	18.0	2.8
Fat, total (g)	6.2	1.9	6.6	1.4	6.9	1.1
Saturated Fat (g)	4.2	1.3	4.5	0.9	4.7	0.7
Carbohydrate (g)	34.2	10.4	50.7	10.5	67.1	10.5
Sugars (g)	30.5	9.3	45.3	9.4	60.0	9.4
Sodium (mg)	187	57	280	58	372	58

	Sm	nall	Stan	dard	Tall			
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL		
Energy (kJ)	1160	351	1650	341	2140	336		
Energy (Cal)	276	84	393	81	511	80		
Protein (g)	8.1	2.5	12.2	2.5	16.2	2.5		
Fat, total (g)	13.5	4.1	17.8	3.7	22.0	3.5		
Saturated Fat (g)	4.9	1.5	5.5	1.1	6.1	1.0		
Carbohydrate (g)	34.5	10.5	51.2	10.6	67.8	10.6		
Sugars (g)	24.0	7.3	35.2	7.3	46.4	7.3		
Sodium (mg)	190	58	284	59	378	59		

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														Sm	nall	Stan	ıdard	Ta	all
Iced Lat	te with	Full Cre	eam M	ilk										Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty
														/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
MILK: Wh	nole Fres	h Milk.											Energy (kJ)	791	246	1300	273	1800	286
ICE: Wate	er.												Energy (Cal)	183	57	298	63	428	68
				cted Roasted Coff									Protein (g)	6.8	2.1	10.3	2.2	13.7	2.2
SUGAR S	SYRUP:	Sucrose	Syrup	Cane), Preservati	ves (211, 20	2), Food Ad	cid (330).						Fat, total (g)	7.9	2.4	11.8	2.5	15.7	2.5
Contains	milk											_	Saturated Fat (g)	5.2	1.6	7.7	1.6	10.3	1.6
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		Carbohydrate (g)	22.6	7.0	40.4	8.5	58.1	9.2
		Υ							Y				Sugars (g)	22.6	7.0	40.3	8.5	58.1	9.2
						•			•	•		ı	Sodium (mg)	86	27	129	27	172	27
														Sm	nall	Stan	dard	Ta	all
														Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty
Iced Latt														/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
		Skim N	1ilk, Mi	lk Solids Non Fat									Energy (kJ)	521	162	889	187	1260	200
ICE: Wate													Energy (Cal)	123	38	209	44	295	47
	COFFEE: Water, Ground & Extracted Roasted Coffee Beans.											7.2	2.3	10.8	2.3	14.5	2.3		
		Sucrose	Syrup	(Cane), Preservati	ves (211, 20	2), Food Ad	cid (330).						Fat, total (g)	0.2	0.1	0.3	0.1	0.4	0.1
Contains						1			T	1		Ī	Saturated Fat (g)	0.2	0.1	0.3	0.1	0.4	0.1
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		Carbohydrate (g)	22.9	7.1	40.8	8.6	58.8	9.3
		Υ							Υ				Sugars (g)	22.9	7.1	40.8	8.6	58.8	9.3
	Sodium (mg)												Sodium (mg)	89	28	134	28	178	28
Iced Latt		•												Sm			dard	Ta	
			,	y Protein, Corn M	,	0	,		`	3 / 2 /				Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty
`	•	,		Phosphorous, and	iviagnesium)), Acidity Re	guiator (332, 4	50), Antioxid	ant (300), vitarr	iins (A,			E (1.1)	/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
B12, D2,	. ,.	ivaturai i	riavour										Energy (kJ)	743	232	1220	256	1690	268
ICE: Wate					_								Energy (Cal)	177	55	289	61	401	64
				cted Roasted Coff		O)	:-1 (220)						Protein (g)	6.4	2.0	9.6	2.0	12.8	2.0
SUGAR	SYRUP:	Sucrose	Syrup	(Cane), Preservati	ves (211, 20	12), Food Ad	cia (330).						Fat, total (g)	7.0 0.8	2.2	10.5	2.2	14.0	2.2
Contains	alutan e		lnhitaa										Saturated Fat (g)	23.2	0.3 7.2	1.2 41.3	0.3 8.7	1.6 59.3	0.3 9.4
Gluten	gluten, s	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Ī	Carbohydrate (g) Sugars (g)	16.8	5.2	31.7	6.7	46.5	7.4
Y	Eggs	Y	Y	FISH & Clustaea	rediuis	Tiee Nuis	Sesame Seeus	Y	Y	Y	Colours		Sodium (mg)	91	28	137	29	183	29
	<u> </u>	ī	'					- '	ı ı	'			Socialii (ilig)	Sm			idard	Ta	
														Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty	Avg Qty
Iced Mo	cha witl	h Full C	ream	Milk										/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
MILK: Wh	nole Free	h Milk											Energy (kJ)	1050	322	1670	352	2290	363
ICE: Wate													Energy (Cal)	249	76	396	83	543	86
										Protein (g)	6.6	2.0	9.9	2.1	13.2	2.1			
	- '			ar Syrup, Glucose		tains Prese	rvative (220))	Cocoa Powd	er Malt Syrun				Fat, total (g)	7.1	2.2	10.7	2.3	14.3	2.3
				211), Acidity Regi	, , ,		(====)),		,a., 0,1up				Saturated Fat (g)	4.7	1.4	7.0	1.5	9.4	1.5
				Cane), Preservati			id (330).						Carbohydrate (g)	42.6	13.1	70.5	14.8	98.2	15.6
				ntain traces of glut		,,	().						Sugars (g)	39.1	12.0	65.1	13.7	91.1	14.5
Gluten	Eggs	Milk	Eggs	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		Sodium (mg)	157	48	236	50	314	50
Т		Υ						Y	Y	Υ					ı			-	
			<u> </u>		<u> </u>	·													

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													Sn	nall	Stan	dard	Т:	all
Iced Mo	cha witl	h Skim Milk											Avg Qty					
1000 111	, o	•											/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
SKIM MI	LK: Fresh	Skim Milk. N	Milk Solids Non	Fat.								Energy (kJ)	846	260	1370	288	1890	300
ICE:		,										Energy (Cal)	199	61	322	68	445	71
	: Water. (Ground & Extr	ac									Protein (a)	6.9	2.1	10.4	2.2	13.8	2.2
			ugar Syrup, Glud	ose Svrup (co	ntains Prese	ervative (220)).	Cocoa Powd	er. Malt Svrup (from Barley). Salt.		Fat, total (g)	0.6	0.2	0.9	0.2	1.3	0.2
			lator (330), Flav			(',,,		, , , , , , ,		,,,		Saturated Fat (g)	0.5	0.1	0.7	0.1	1.0	0.2
SUGAR	SYRUP:	Sucrose Syrur	(Cane), Preser	vatives (211, 2	.02), Food A	cid (330).						Carbohydrate (g)	43.0	13.2	70.8	14.9	98.7	15.7
		es. May contain t		,	,.	, ,						Sugars (g)	39.4	12.1	65.5	13.8	91.6	14.5
Gluten	Eggs	Milk Soy	Fish & Crustae	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	1	Sodium (mg)	160	49	239	50	320	51
Т		Υ					Υ	Y	Y			(0/	l	l	l	l	L	
			ı		ı				ı				Sn	nall	Stan	dard	T	all
Iced Mo	cha with	Soy Milk											Avg Qty					
													/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
SO GOO	OD SOY MILK: Water, Soy Protein, Corn Maltodextrin, Vegetable Oils (Sunflower, Canola, Antioxidant (307b -soy)],									Energy (kJ)	1090	317	1640	346	2260	358		
Cane Su	Sugar, Minerals (Calcium, Phosphorous, and Magnesium), Acidity Regulator (332, 450), Antioxidant (300), Vitamins (A, Energy (Cal)										Energy (Cal)	245	75	390	82	535	85	
B12, D2	B2, B1),	Natural Flavo	ur									Protein (g)	6.2	1.9	9.3	2.0	12.4	2.0
ICE:												Fat, total (g)	6.4	2.0	9.6	2.0	12.8	2.0
COFFEE	: Water, 0	Ground & Extr	acted Roasted (offee Beans.								Saturated Fat (g)	1.0	0.3	1.5	0.3	2.0	0.3
CHOCO	LATE SYF	RUP: Invert S	ugar Syrup, Glud	ose Syrup (co	ntains Prese	ervative (220)),	Cocoa Powd	er, Malt Syrup (from			Carbohydrate (g)	43.2	13.3	71.2	15.0	99.2	15.8
Barley),	Salt, Pres	ervative (211)	, Acidity Regulat	or (330), Flav	our.							Sugars (g)	34.2	10.5	57.8	12.2	81.3	12.9
SUGAR	SYRUP:	Sucrose Syrup	(Cane), Preser	vatives (211, 2	.02), Food A	cid (330).						Sodium (mg)	162	50	243	51	324	51
Contains	gluten, s	oy & sulphites									_							
Gluten	Eggs	Milk Soy	Fish & Crustae	e Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours								
Т		Υ					Y	Y	Υ									
Tea Blac	ck													nall		dard		all
	ENIOLIO		· · · · · ·										Avg Qty					
	ENGLISH	H BREAKFAS	T TEA: Water, C	eylon Lea									/Serve	/100mL	/Serve	/100mL	/Serve	/100mL
OR												Energy (kJ)	14	5	21	5	24	5
	EARL GF	REY TEA: Wa	ter, Ceylon Blac	Tea, Bergan	ont Flavour							Energy (Cal)	3	1	5	1	6	1
OR												Protein (g)	0.3	0.1	0.4	0.1	0.5	0.1
	JASMINE	- GREEN TEA	<u>\:</u> Water, Green	I ea with Jasn	ine Petals							Fat, total (g)	0.3	0.1	0.4	0.1	0.5	0.1
OR												Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
DILMAH	PEPPER	<u>MINT TEA:</u> W	ater, Peppermir	t Herb, Cinna	non Spice							Carbohydrate (g)	0.0	0.0	0.0	0.0	0.0	0.0
1												Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
					1		1	1	ı		1	Sodium (mg)	10	4	15	4	18	4
L				Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Preservative	Flavour	Colours				
		T, JASMINE GRE	EN, PEPPERMINT															ļ
EARL GRE	Y				1			1			1		Υ					

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Flavoure	Flavoured Syrups															
Caramel,	Vanilla	or Haze	Inut										For Small	& Standard	For	Tall
CARAME	Avg Qty Avg 0 Avg Cty Sucrose Syrup (Cane), Water, Flavour, Preservatives (211, 202), Food Acid (330), Colour (150d).														Avg Qty /Serve	Avg Qty /100mL
	Energy (kJ)												152	1010	304	1010
HAZELNI	AZELNUT SYRUP: Sucrose Syrup (Cane), Water, Flavours, Preservatives (211, 202), Food Acid (330), Colour (150d).												36	242	73	242
	Protein (g)													0.0	0.0	0.0
VANILLA	NILLA SYRUP: Sucrose Syrup (Cane), Water, Flavours, Preservatives (211, 202), Food Acid (330), Colour (150d).													0.0	0.0	0.0
	Saturated Fat (g) 0.0 0.0													0.0	0.0	0.0
May cont	ain traces	s of sulpi	hites.									Carbohydrate (g)	8.9	59.5	17.8	59.5
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame	Sulphites	Preservative	Flavour	Colours	Sugars (g)	8.9	59.4	17.8	59.4
								T	Υ	Υ	Υ	Sodium (mg)	0	2	1	2
Marshma	llowe														Avg Qty	Avg Qty
IVIAI SIIIII	anows														/Serve	/100g
													Energy (kJ)		248	1380
MARSHN	MALLOW:	S: Gluco	ose Syr	up [from Wheat, c	ontains Pre	servative (2	20)], Sugar, V	Vater, Gelatin	ie, Dextrose, Fla	avour,			Energy (Ca	l)	59	330
Colour (1	22), Stab	iliser (45	52), Mai	ize Starch, Wheat	Starch.								Protein (g)		0.7	3.8
Contains	gluten &	sulphite	S.										Fat, total (g)	0.0	0.1
May cont	ain traces	s of Soy.											Saturated F	at (g)	0.0	0.1
													Carbohydra	ite (g)	13.9	77.0
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame	Sulphites	Preservative	Flavour	Colours		Sugars (g)		11.6	64.5
Υ			T					Υ	Y	Υ	Υ		Sodium (mg	g)	16	87

Notes: Nutrition values are based on average figures and standard product formulation. Actual serving size and nutrient values may vary. Ingredients are subject to seasonal variation. Nutrient values and serve size do not apply to special customer orders. Information is correct as at August 2015

Brands of soy milk may vary between restaurants. Nutrition and ingredient information based on So Good soy milk.

Please be aware that there is always a risk that traces of allergens may be transferred to items on our menu during processing, storage or preparation in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any item sold is free from traces of allergens.