



## 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.

<b>Espresso</b>												Avg Qty /Serve	Avg Qty /100mL					
Water, Ground & Extracted Roasted Coffee Beans.												Energy (kJ)	2	1				
												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				
												Fat, total (g)	0.0	0.0				
												Saturated Fat (g)	0.0	0.0				
												Carbohydrate (g)	<0.1	0.0				
												Sugars (g)	<0.1	0.0				
												Sodium (mg)	1	<0				
<b>Long Black</b>												Small		Standard		Tall		
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	
												Energy (kJ)	2	1	2	1	3	1
												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
												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
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours							
<b>Babycino</b>												Avg Qty /Serve	Avg Qty /100mL					
MILK: Whole Fresh Milk												Energy (kJ)	192	295				
DRINKING CHOCOLATE: Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt.												Energy (Cal)	46	71				
<i>Contains milk</i>												Protein (g)	2.3	3.5				
<i>May contain traces of soy &amp; sulphites.</i>												Fat, total (g)	2.6	4.0				
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Saturated Fat (g)	1.7	2.6				
		Y	T					T	T	Y		Carbohydrate (g)	3.9	5.9				
												Sugars (g)	3.8	5.9				
												Sodium (mg)	30	45				
<b>Macchiato</b>												Avg Qty /Serve	Avg Qty /100mL					
COFFEE: Water, Ground & Extracted Roasted Coffee Beans.												Energy (kJ)	16	32				
MILK: Whole Fresh Milk.												Energy (Cal)	4	8				
<i>Contains milk</i>												Protein (g)	0.2	0.4				
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Fat, total (g)	0.2	0.4				
		Y										Saturated Fat (g)	0.1	0.3				
												Carbohydrate (g)	0.3	0.6				
												Sugars (g)	0.3	0.6				
												Sodium (mg)	3	6				

												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<b>Cappuccino with Full Cream Milk</b>												Energy (kJ)	486	243	667	242	751	235
MILK: Whole Fresh Milk.												Energy (Cal)	116	58	159	58	186	56
COFFEE: Water, Ground & Extracted Roasted Coffee Beans.												Protein (g)	5.8	2.9	8.1	2.9	9.1	2.8
DRINKING CHOCOLATE: Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt.												Fat, total (g)	6.6	3.3	9.1	3.3	10.3	3.2
Contains milk												Saturated Fat (g)	4.3	2.2	6.0	2.2	6.8	2.1
May contain traces of soy & sulphites.												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
		Y	T					T	T	Y		Sodium (mg)	75	37	103	37	116	36
<b>Cappuccino with Skim Milk</b>												Energy (kJ)	277	138	375	136	420	131
SKIM MILK: Fresh Skim Milk, Milk Solids Non Fat.												Energy (Cal)	65	33	88	32	99	31
COFFEE: Water, Ground & Extracted Roasted Coffee Beans.												Protein (g)	6.1	3.1	8.5	3.1	9.6	3.0
DRINKING CHOCOLATE: Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt												Fat, total (g)	0.2	0.1	0.3	0.1	0.3	0.1
Contains milk.												Saturated Fat (g)	0.2	0.1	0.3	0.1	0.3	0.1
May contain traces of soy & sulphites.												Carbohydrate (g)	9.7	4.9	13.0	4.7	14.5	4.5
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	9.6	4.8	12.9	4.7	14.4	4.5
		Y	T					T	T	Y		Sodium (mg)	78	39	106	39	120	37
<b>Cappuccino with Soy Milk</b>												Energy (kJ)	468	234	642	233	723	226
SO GOOD SOY MILK: Water, <b>Soy</b> 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												Energy (Cal)	116	56	153	56	173	54
COFFEE: Water, Ground & Extracted Roasted Coffee Beans.												Protein (g)	5.5	2.7	7.6	2.7	8.5	2.7
DRINKING CHOCOLATE: Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt.												Fat, total (g)	5.8	2.9	8.1	3.0	9.2	2.9
Contains milk, soy & sulphites.												Saturated Fat (g)	0.7	0.4	1.0	0.4	1.1	0.3
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Carbohydrate (g)	10.0	5.0	13.3	4.8	14.9	4.7
		Y	Y					T	T	Y		Sugars (g)	4.6	2.3	5.9	2.1	6.5	2.0
<b>Flat White with Full Cream Milk</b>												Sodium (mg)	80	40	109	40	123	39
MILK: Whole Fresh Milk.												Energy (kJ)	474	231	683	235	739	227
COFFEE: Water, Ground & Extracted Roasted Coffee 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
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Fat, total (g)	6.7	3.3	9.6	3.3	10.4	3.2
		Y										Saturated Fat (g)	4.4	2.1	6.3	2.2	6.8	2.1
												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
												Sodium (mg)	73	36	105	36	114	35

**Flat White with Skim Milk**  
**SKIM MILK:** Fresh **Skim Milk**, Milk Solids Non Fat.  
**COFFEE:** Water, Ground & Extracted Roasted Coffee Beans.  
*Contains milk.*

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

	Small		Standard		Tall	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	256	125	369	127	399	123
Energy (Cal)	60	29	87	30	94	29
Protein (g)	6.2	3.0	8.9	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)	8.5	4.2	12.3	4.2	13.3	4.1
Sugars (g)	8.5	4.2	12.3	4.2	13.3	4.1
Sodium (mg)	76	37	109	37	118	36

**Flat White 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  
**COFFEE:** Water, Ground & Extracted Roasted Coffee Beans.  
*Contains soy & sulphites.*

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

	Small		Standard		Tall	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	455	222	656	226	710	219
Energy (Cal)	109	53	157	54	170	52
Protein (g)	5.5	2.7	7.9	2.7	8.5	2.6
Fat, total (g)	5.9	2.9	8.6	3.0	9.3	2.9
Saturated Fat (g)	0.7	0.3	1.0	0.3	1.1	0.3
Carbohydrate (g)	8.8	4.3	12.6	4.4	13.7	4.2
Sugars (g)	3.4	1.6	4.8	1.7	5.2	1.6
Sodium (mg)	78	38	112	39	121	37

**Latte with Full Cream Milk**  
**MILK:** Whole Fresh Milk.  
**COFFEE:** Water, Ground & Extracted Roasted Coffee Beans.  
*Contains milk.*

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

	Small		Standard		Tall	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	460	230	669	235	725	227
Energy (Cal)	110	55	160	56	174	54
Protein (g)	5.7	2.8	8.2	2.9	8.9	2.8
Fat, total (g)	6.5	3.2	9.4	3.3	10.2	3.2
Saturated Fat (g)	4.3	2.1	6.2	2.2	6.7	2.1
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

**Latte with Skim Milk**  
**COFFEE:** Water, Ground & Extracted Roasted Coffee Beans.  
**SKIM MILK:** Fresh **Skim Milk**, Milk Solids Non Fat.  
*Contains milk.*

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

	Small		Standard		Tall	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	249	124	361	127	392	122
Energy (Cal)	59	29	85	30	92	29
Protein (g)	6.0	3.0	8.7	3.0	9.4	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)	8.3	4.1	12.0	4.2	13.1	4.1
Sugars (g)	8.3	4.1	12.0	4.2	13.1	4.1
Sodium (mg)	73	37	107	37	116	36

<b>Latte with Soy Milk</b>												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<b>SO GOOD SOY MILK:</b> Water, <b>Soy</b> 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												Energy (kJ)	442	221	643	225	697	218
<b>COFFEE:</b> Water, Ground & Extracted Roasted Coffee Beans.												Energy (Cal)	106	53	154	54	167	52
<i>Contains soy &amp; sulphites.</i>												Protein (g)	5.3	2.7	7.7	2.7	8.4	2.6
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Fat, total (g)	5.8	2.9	8.4	2.9	9.1	2.8
			Y							Y		Saturated Fat (g)	0.7	0.3	1.0	0.3	1.1	0.3
												Carbohydrate (g)	8.5	4.3	12.4	4.3	13.5	4.2
												Sugars (g)	3.3	1.6	4.7	1.7	5.2	1.6
												Sodium (mg)	75	38	110	38	119	37

  

<b>Vienna</b>												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<b>COFFEE:</b> Water, Ground & Extracted Roasted Coffee Beans.												Energy (kJ)	352	123	353	88	353	74
<b>WHIPPED CREAM:</b> Cream, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gum (407, 401).												Energy (Cal)	84	29	84	21	84	18
<b>CHOCOLATE POWDER:</b> Sugar, Cocoa Powder, <b>Whey Powder</b> , Flavour, Starch, Salt.												Protein (g)	0.7	0.2	0.7	0.2	0.7	0.2
<i>Contains milk</i>												Fat, total (g)	8.1	2.8	8.1	2.0	8.1	1.7
<i>May contain traces of soy &amp; sulphites</i>												Saturated Fat (g)	5.4	1.9	5.3	1.3	5.4	1.1
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Carbohydrate (g)	2.2	0.8	2.2	0.6	2.2	0.5
		Y	T							Y		Sugars (g)	2.1	0.7	2.1	0.5	2.2	0.5
												Sodium (mg)	12	4	12	3	12	3

  

<b>Mocha with Full Cream Milk</b>												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<b>COFFEE:</b> Water, Ground & Extracted Roasted Coffee Beans.												Energy (kJ)	620	302	931	327	1120	343
<b>MILK:</b> Whole Fresh Milk.												Energy (Cal)	148	72	222	78	266	82
<b>DRINKING CHOCOLATE:</b> Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt.												Protein (g)	6.8	3.3	10.0	3.5	11.7	3.6
<i>Contains milk</i>												Fat, total (g)	7.1	3.4	10.1	3.6	11.4	3.5
<i>May contain traces of soy &amp; sulphites</i>												Saturated Fat (g)	4.6	2.3	6.6	2.3	7.5	2.3
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Carbohydrate (g)	16.9	8.2	27.4	9.6	35.8	11.0
		Y	T							Y		Sugars (g)	16.3	8.0	26.4	9.3	34.3	10.6
												Sodium (mg)	98	48	149	52	181	56

  

<b>Mocha with Skim Milk</b>												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<b>COFFEE:</b> Water, Ground & Extracted Roasted Coffee Beans.												Energy (kJ)	418	204	653	229	816	251
<b>SKIM MILK:</b> Fresh Skim Milk, Milk Solids Non Fat.												Energy (Cal)	99	48	154	54	193	59
<b>DRINKING CHOCOLATE:</b> Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt												Protein (g)	7.1	3.5	10.5	3.7	12.2	3.8
<i>Contains milk</i>												Fat, total (g)	0.6	0.3	0.9	0.3	1.3	0.4
<i>May contain traces of soy &amp; sulphites</i>												Saturated Fat (g)	0.4	0.2	0.7	0.2	0.9	0.3
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Carbohydrate (g)	17.1	8.3	27.7	9.7	36.1	11.1
		Y	T							Y		Sugars (g)	16.6	8.1	26.7	9.4	34.7	10.7
												Sodium (mg)	101	49	153	54	185	57

<b>Mocha with Soy Milk</b>												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<p><b>SO GOOD SOY MILK:</b> Water, <b>Soy</b> Protein, Corn Maltodextrin, Vegetable Oils (Sunflower, Canola, Antioxidant (307b - <b>soy</b>)), Cane Sugar, Minerals (Calcium, Phosphorous, and Magnesium), Acidity Regulator (332, 450), Antioxidant (300), Vitamins (A, B12, D2, B2, B1), Natural Flavour</p> <p><b>COFFEE:</b> Water, Ground &amp; Extracted Roasted Coffee Beans.</p> <p><b>DRINKING CHOCOLATE:</b> Sugar, Cocoa Powders, <b>Whey Powder</b>, Flavour, Starch, Salt.</p> <p><i>Contains milk, soy &amp; sulphites.</i></p>												Energy (kJ)	603	294	908	318	1090	336
												Energy (Cal)	144	70	216	76	260	80
												Protein (g)	6.4	3.1	9.5	3.3	11.1	3.4
												Fat, total (g)	6.3	3.1	9.1	3.2	10.3	3.2
												Saturated Fat (g)	0.9	0.5	1.4	0.5	1.7	0.5
												Carbohydrate (g)	17.3	8.5	28.1	9.9	36.5	11.2
												Sugars (g)	11.4	5.6	19.4	6.8	26.6	8.2
												Sodium (mg)	103	50	156	55	189	58
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours							
		Y	Y							Y								
<b>Hot Chocolate with Full Cream Milk</b>												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<p><b>MILK:</b> Whole Fresh Milk.</p> <p><b>DRINKING CHOCOLATE:</b> Sugar, Cocoa Powders, <b>Whey Powder</b>, Flavour, Starch, Salt.</p> <p><b>WATER</b></p> <p><i>Contains milk.</i></p> <p><i>May contain traces of soy &amp; sulphites.</i></p>												Energy (kJ)	1060	373	1210	384	1610	372
												Energy (Cal)	253	89	288	91	383	89
												Protein (g)	7.7	3.5	11.2	3.6	14.9	3.0
												Fat, total (g)	7.4	3.3	10.8	3.4	14.5	2.9
												Saturated Fat (g)	4.8	2.2	7.2	2.3	9.5	1.9
												Carbohydrate (g)	23.9	10.8	34.8	11.1	46.2	9.2
												Sugars (g)	22.8	10.2	33.6	10.7	44.3	8.9
												Sodium (mg)	117	52	172	55	230	46
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours							
		Y	T							Y								
<b>Hot Chocolate with Skim Milk</b>												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<p><b>SKIM MILK:</b> Fresh <b>Skim Milk</b>, Milk Solids Non Fat.</p> <p><b>DRINKING CHOCOLATE:</b> Sugar, Cocoa Powders, <b>Whey Powder</b>, Flavour, Starch, Salt</p> <p><b>WATER</b></p> <p><i>Contains milk.</i></p> <p><i>May contain traces of soy &amp; sulphites.</i></p>												Energy (kJ)	785	275	866	282	1360	271
												Energy (Cal)	185	65	204	67	320	64
												Protein (g)	8.0	3.7	11.6	3.8	15.5	3.7
												Fat, total (g)	0.9	0.4	1.2	0.4	1.5	0.4
												Saturated Fat (g)	0.6	0.3	0.8	0.3	1.0	0.2
												Carbohydrate (g)	24.2	11.2	35.2	11.5	46.5	11.0
												Sugars (g)	23.1	10.6	34.0	11.1	45.0	10.7
												Sodium (mg)	120	55	176	57	235	56
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours							
		Y	T							Y								
<b>Hot Chocolate with Soy Milk</b>												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<p><b>SO GOOD SOY MILK:</b> Water, <b>Soy</b> Protein, Corn Maltodextrin, Vegetable Oils (Sunflower, Canola, Antioxidant (307b - <b>soy</b>)), Cane Sugar, Minerals (Calcium, Phosphorous, and Magnesium), Acidity Regulator (332, 450), Antioxidant (300), Vitamins (A, B12, D2, B2, B1), Natural Flavour</p> <p><b>DRINKING CHOCOLATE:</b> Sugar, Cocoa Powders, <b>Whey Powder</b>, Flavour, Starch, Salt.</p> <p><b>WATER</b></p> <p><i>Contains gluten, milk, soy &amp; sulphites.</i></p>												Energy (kJ)	1040	363	1500	376	1800	361
												Energy (Cal)	247	87	358	89	430	86
												Protein (g)	7.7	3.5	11.2	3.6	15.0	3.5
												Fat, total (g)	6.6	2.9	9.6	3.0	12.5	2.9
												Saturated Fat (g)	1.1	0.5	1.6	0.5	2.0	0.5
												Carbohydrate (g)	24.2	10.9	35.6	11.3	47.0	10.9
												Sugars (g)	18.0	8.1	26.4	8.4	34.5	8.0
												Sodium (mg)	134	60	196	62	260	60
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours							
Y		Y	Y					Y	Y	Y								

<b>Chai Latte with Full Cream Milk</b>												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<u>MILK</u> : Whole Fresh Milk.												Energy (kJ)	1000	466	1940	484	2380	477
<u>WATER</u>												Energy (Cal)	239	111	461	115	567	117
<u>CHAI POWDER</u> : Sugar, Milk Solids, Beverage Whitener [Vegetable Fat, Glucose Syrup Solids, <b>Milk Protein</b> , Emulsifiers (471, 472c - from <b>Soy</b> )], Mineral Salts (450, 339), Anticaking Agent (551), Antioxidant (306 - from <b>Soy</b> )], <b>Maltodextrin</b> , Tea Powder, Colour ( <b>Caramel</b> (150d)), Spices, <b>Malt Extract</b> , Flavours, Vegetable Gum (407), Spice Extract.												Protein (g)	9.4	3.3	13.8	3.4	17.6	3.5
<a href="#">Contains gluten, milk, soy &amp; sulphites.</a>												Fat, total (g)	10.3	3.6	15.0	3.7	19.0	3.8
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Saturated Fat (g)	6.6	2.3	9.5	2.4	12.1	2.4
Y		Y	Y					Y	Y	Y	Y	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

  

<b>Chai Latte with Skim Milk</b>												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<u>SKIM MILK</u> : Fresh <b>Skim Milk</b> , Milk Solids Non Fat.												Energy (kJ)	511	179	888	222	1260	253
<u>WATER</u>												Energy (Cal)	122	43	212	53	302	60
<u>CHAI POWDER</u> : Sugar, Milk Solids, Beverage Whitener [Vegetable Fat, Glucose Syrup Solids, <b>Milk Protein</b> , Emulsifiers (471, 472c - from <b>Soy</b> )], Mineral Salts (450, 339), Anticaking Agent (551), Antioxidant (306 - from <b>Soy</b> )], <b>Maltodextrin</b> , Tea Powder, Colour ( <b>Caramel</b> (150d)), Spices, <b>Malt Extract</b> , Flavours, Vegetable Gum (407), Spice Extract.												Protein (g)	7.4	2.6	11.6	2.9	15.8	3.2
<a href="#">Contains gluten, milk, soy &amp; sulphites.</a>												Fat, total (g)	0.9	0.3	1.7	0.4	2.6	0.5
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Saturated Fat (g)	0.5	0.2	1.0	0.2	1.4	0.3
Y		Y	Y					Y	Y	Y	Y	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

  

<b>Chai Latte with Soy Milk</b>												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<u>SO GOOD SOY MILK</u> : Water, <b>Soy Protein</b> , Corn Maltodextrin, Vegetable Oils (Sunflower, Canola, Antioxidant (307b - <b>soy</b> )), Cane Sugar, Minerals (Calcium, Phosphorous, and Magnesium), Acidity Regulator (332, 450), Antioxidant (300), Vitamins (A, B12, D2, B2, B1), Natural Flavour												Energy (kJ)	733	258	1220	305	1710	342
<u>WATER</u>												Energy (Cal)	175	62	292	73	409	82
<u>CHAI POWDER</u> : Sugar, Milk Solids, Beverage Whitener [Vegetable Fat, Glucose Syrup Solids, <b>Milk Protein</b> , Emulsifiers (471, 472c - from <b>Soy</b> )], Mineral Salts (450, 339), Anticaking Agent (551), Antioxidant (306 - from <b>Soy</b> )], <b>Maltodextrin</b> , Tea Powder, Colour ( <b>Caramel</b> (150d)), Spices, <b>Malt Extract</b> , Flavours, Vegetable Gum (407), Spice Extract.												Protein (g)	6.7	2.3	10.5	2.6	14.3	2.9
<a href="#">Contains gluten, milk, soy &amp; sulphites.</a>												Fat, total (g)	7.0	2.5	10.9	2.7	14.8	3.0
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Saturated Fat (g)	1.1	0.4	1.8	0.5	2.5	0.5
Y		Y	Y					Y	Y	Y	Y	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

<b>Iced Chocolate with Full Cream Milk</b>												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<b>MILK:</b> Whole <b>Fresh Milk</b> .												Energy (kJ)	1180	358	1680	348	2190	343
<b>ICE:</b> Water.												Energy (Cal)	281	85	401	83	522	82
<b>CHOCOLATE SYRUP:</b> Invert Sugar Syrup, Glucose Syrup (contains Preservative (220)), Water, Cocoa Powder, Malt Syrup (from <b>Barley</b> ), Salt, Preservative (211), Acidity Regulator (330), Flavour.												Protein (g)	8.6	2.6	12.9	2.7	17.2	2.7
<b>WHIPPED CREAM:</b> <b>Cream</b> , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gum (407, 401).												Fat, total (g)	14.4	4.4	19.2	4.0	23.9	3.8
<b>CHOCOLATE POWDER:</b> Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt.												Saturated Fat (g)	9.5	2.9	12.7	2.6	15.8	2.5
<i>Contains milk &amp; sulphites. May contain traces of gluten &amp; soy.</i>												Carbohydrate (g)	33.8	10.3	50.2	10.4	66.5	10.4
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	30.2	9.2	44.7	9.3	59.7	9.3
T		Y	T					Y	Y	Y		Sodium (mg)	183	56	274	57	365	57

  

<b>Iced Chocolate with Skim Milk</b>												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<b>SKIM MILK:</b> Fresh <b>Skim Milk</b> , <b>Milk Solids</b> Non Fat.												Energy (kJ)	924	281	1290	267	1660	259
<b>ICE:</b> Water.												Energy (Cal)	219	67	305	63	392	61
<b>CHOCOLATE SYRUP:</b> Invert Sugar Syrup, Glucose Syrup (contains Preservative (220)), Water, Cocoa Powder, Malt Syrup (from <b>Barley</b> ), Salt, Preservative (211), Acidity Regulator (330), Flavour.												Protein (g)	9.0	2.7	13.5	2.8	18.0	2.8
<b>WHIPPED CREAM:</b> <b>Cream</b> , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gum (407, 401).												Fat, total (g)	6.2	1.9	6.6	1.4	6.9	1.1
<b>CHOCOLATE POWDER:</b> Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt.												Saturated Fat (g)	4.2	1.3	4.5	0.9	4.7	0.7
<i>Contains milk &amp; sulphites. May contain traces of gluten &amp; soy.</i>												Carbohydrate (g)	34.2	10.4	50.7	10.5	67.1	10.5
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	30.5	9.3	45.3	9.4	60.0	9.4
T		Y	T					Y	Y	Y		Sodium (mg)	187	57	280	58	372	58

  

<b>Iced Chocolate with Soy Milk</b>												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<b>SO GOOD SOY MILK:</b> Water, <b>Soy</b> Protein, Corn Maltodextrin, Vegetable Oils (Sunflower, Canola, Antioxidant (307b - <b>soy</b> )), Cane Sugar, Minerals (Calcium, Phosphorous, and Magnesium), Acidity Regulator (332, 450), Antioxidant (300), Vitamins (A, B12, D2, B2, B1), Natural Flavour												Energy (kJ)	1160	351	1650	341	2140	336
<b>CHOCOLATE SYRUP:</b> Invert Sugar Syrup, Glucose Syrup (contains Preservative (220)), Water, Cocoa Powder, Malt Syrup (from <b>Barley</b> ), Salt, Preservative (211), Acidity Regulator (330), Flavour.												Energy (Cal)	276	84	393	81	511	80
<b>WHIPPED CREAM:</b> <b>Cream</b> , Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gum (407, 401).												Protein (g)	8.1	2.5	12.2	2.5	16.2	2.5
<b>CHOCOLATE POWDER:</b> Sugar, Cocoa Powders, <b>Whey Powder</b> , Flavour, Starch, Salt.												Fat, total (g)	13.5	4.1	17.8	3.7	22.0	3.5
<b>ICE:</b> Water.												Saturated Fat (g)	4.9	1.5	5.5	1.1	6.1	1.0
<i>Contains, gluten, milk, soy &amp; sulphites.</i>												Carbohydrate (g)	34.5	10.5	51.2	10.6	67.8	10.6
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	24.0	7.3	35.2	7.3	46.4	7.3
T		Y	Y					Y	Y	Y		Sodium (mg)	190	58	284	59	378	59



<b>Iced Latte with Full Cream Milk</b>												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<b>MILK:</b> Whole <b>Fresh Milk</b> .												Energy (kJ)	791	246	1300	273	1800	286
<b>ICE:</b> Water.												Energy (Cal)	183	57	298	63	428	68
<b>COFFEE:</b> Water, Ground & Extracted Roasted Coffee Beans.												Protein (g)	6.8	2.1	10.3	2.2	13.7	2.2
<b>SUGAR SYRUP:</b> Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).												Fat, total (g)	7.9	2.4	11.8	2.5	15.7	2.5
<i>Contains milk</i>												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
		Y							Y			Sugars (g)	22.6	7.0	40.3	8.5	58.1	9.2
												Sodium (mg)	86	27	129	27	172	27
<b>Iced Latte with Skim Milk</b>												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<b>SKIM MILK:</b> Fresh <b>Skim Milk</b> , <b>Milk Solids</b> Non Fat.												Energy (kJ)	521	162	889	187	1260	200
<b>ICE:</b> Water.												Energy (Cal)	123	38	209	44	295	47
<b>COFFEE:</b> Water, Ground & Extracted Roasted Coffee Beans.												Protein (g)	7.2	2.3	10.8	2.3	14.5	2.3
<b>SUGAR SYRUP:</b> Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).												Fat, total (g)	0.2	0.1	0.3	0.1	0.4	0.1
<i>Contains milk</i>												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
		Y							Y			Sugars (g)	22.9	7.1	40.8	8.6	58.8	9.3
												Sodium (mg)	89	28	134	28	178	28
<b>Iced Latte with Soy Milk</b>												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<b>SO GOOD SOY MILK:</b> Water, <b>Soy</b> Protein, Corn Maltodextrin, Vegetable Oils (Sunflower, Canola, Antioxidant (307b - <b>soy</b> )), Cane Sugar, Minerals (Calcium, Phosphorous, and Magnesium), Acidity Regulator (332, 450), Antioxidant (300), Vitamins (A, B12, D2, B2, B1), Natural Flavour												Energy (kJ)	743	232	1220	256	1690	268
<b>ICE:</b> Water.												Energy (Cal)	177	55	289	61	401	64
<b>COFFEE:</b> Water, Ground & Extracted Roasted Coffee Beans.												Protein (g)	6.4	2.0	9.6	2.0	12.8	2.0
<b>SUGAR SYRUP:</b> Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).												Fat, total (g)	7.0	2.2	10.5	2.2	14.0	2.2
<i>Contains, gluten, soy &amp; sulphites.</i>												Saturated Fat (g)	0.8	0.3	1.2	0.3	1.6	0.3
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Carbohydrate (g)	23.2	7.2	41.3	8.7	59.3	9.4
Y		Y	Y					Y	Y	Y		Sugars (g)	16.8	5.2	31.7	6.7	46.5	7.4
												Sodium (mg)	91	28	137	29	183	29
<b>Iced Mocha with Full Cream Milk</b>												Small		Standard		Tall		
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	
<b>MILK:</b> Whole <b>Fresh Milk</b> .												Energy (kJ)	1050	322	1670	352	2290	363
<b>ICE:</b> Water.												Energy (Cal)	249	76	396	83	543	86
<b>COFFEE:</b> Water, Ground & Extracted Roasted Coffee Beans.												Protein (g)	6.6	2.0	9.9	2.1	13.2	2.1
<b>CHOCOLATE SYRUP:</b> Invert Sugar Syrup, Glucose Syrup (contains Preservative (220)), Cocoa Powder, Malt Syrup (from <b>Barley</b> ), Salt, Preservative (211), Acidity Regulator (330), Flavour.												Fat, total (g)	7.1	2.2	10.7	2.3	14.3	2.3
<b>SUGAR SYRUP:</b> Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).												Saturated Fat (g)	4.7	1.4	7.0	1.5	9.4	1.5
<i>Contains milk &amp; sulphites. May contain traces of glut</i>												Carbohydrate (g)	42.6	13.1	70.5	14.8	98.2	15.6
Gluten	Eggs	Milk	Eggs	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	39.1	12.0	65.1	13.7	91.1	14.5
T		Y						Y	Y	Y		Sodium (mg)	157	48	236	50	314	50

<b>Iced Mocha with Skim Milk</b>												Small		Standard		Tall						
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL					
<b>SKIM MILK:</b> Fresh Skim Milk, Milk Solids Non Fat.												Energy (kJ)	846	260	1370	288	1890	300				
<b>ICE:</b>												Energy (Cal)	199	61	322	68	445	71				
<b>COFFEE:</b> Water, Ground & Extra												Protein (g)	6.9	2.1	10.4	2.2	13.8	2.2				
<b>CHOCOLATE SYRUP:</b> Invert Sugar Syrup, Glucose Syrup (contains Preservative (220)), Cocoa Powder, Malt Syrup (from Barley), Salt, Preservative (211), Acidity Regulator (330), Flavour.												Fat, total (g)	0.6	0.2	0.9	0.2	1.3	0.2				
<b>SUGAR SYRUP:</b> Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).												Saturated Fat (g)	0.5	0.1	0.7	0.1	1.0	0.2				
<i>Contains milk &amp; sulphites. May contain traces of gluten.</i>												Carbohydrate (g)	43.0	13.2	70.8	14.9	98.7	15.7				
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	39.4	12.1	65.5	13.8	91.6	14.5				
T		Y						Y	Y	Y		Sodium (mg)	160	49	239	50	320	51				
<b>Iced Mocha with Soy Milk</b>												Small		Standard		Tall						
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL					
<b>SO GOOD SOY MILK:</b> 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												Energy (kJ)	1090	317	1640	346	2260	358				
<b>ICE:</b>												Energy (Cal)	245	75	390	82	535	85				
<b>COFFEE:</b> Water, Ground & Extracted Roasted Coffee Beans.												Protein (g)	6.2	1.9	9.3	2.0	12.4	2.0				
<b>CHOCOLATE SYRUP:</b> Invert Sugar Syrup, Glucose Syrup (contains Preservative (220)), Cocoa Powder, Malt Syrup (from Barley), Salt, Preservative (211), Acidity Regulator (330), Flavour.												Fat, total (g)	6.4	2.0	9.6	2.0	12.8	2.0				
<b>SUGAR SYRUP:</b> Sucrose Syrup (Cane), Preservatives (211, 202), Food Acid (330).												Saturated Fat (g)	1.0	0.3	1.5	0.3	2.0	0.3				
<i>Contains gluten, soy &amp; sulphites.</i>												Carbohydrate (g)	43.2	13.3	71.2	15.0	99.2	15.8				
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	34.2	10.5	57.8	12.2	81.3	12.9				
T			Y					Y	Y	Y		Sodium (mg)	162	50	243	51	324	51				
<b>Tea Black</b>												Small		Standard		Tall						
												Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL					
<b>DILMAH ENGLISH BREAKFAST TEA:</b> Water, Ceylon Tea												Energy (kJ)	14	5	21	5	24	5				
<b>OR</b>												Energy (Cal)	3	1	5	1	6	1				
<b>DILMAH EARL GREY TEA:</b> Water, Ceylon Black Tea, Bergamont Flavour												Protein (g)	0.3	0.1	0.4	0.1	0.5	0.1				
<b>OR</b>												Fat, total (g)	0.3	0.1	0.4	0.1	0.5	0.1				
<b>DILMAH JASMINE GREEN TEA:</b> Water, Green Tea with Jasmine Petals												Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0				
<b>OR</b>												Carbohydrate (g)	0.0	0.0	0.0	0.0	0.0	0.0				
<b>DILMAH PEPPERMINT TEA:</b> Water, Peppermint Herb, Cinnamon Spice												Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0				
												Sodium (mg)	10	4	15	4	18	4				
												Gluten							Preservative		Flavour	Colours
ENGLISH BREAKFAST, JASMINE GREEN, PEPPERMINT																						
EARL GREY																			Y			

**Flavoured Syrups**

**Caramel, Vanilla or Hazelnut**

**CARAMEL SYRUP:** Sucrose Syrup (Cane), Water, Flavour, Preservatives (211, 202), Food Acid (330), Colour (150d).

**HAZELNUT SYRUP:** Sucrose Syrup (Cane), Water, Flavours, **Preservatives** (211, 202), Food Acid (330), Colour (150d).

**VANILLA SYRUP:** Sucrose Syrup (Cane), Water, Flavours, Preservatives (211, 202), Food Acid (330), Colour (150d).

*May contain traces of sulphites.*

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

	For Small & Standard		For Tall	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	152	1010	304	1010
Energy (Cal)	36	242	73	242
Protein (g)	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0
Carbohydrate (g)	8.9	59.5	17.8	59.5
Sugars (g)	8.9	59.4	17.8	59.4
Sodium (mg)	0	2	1	2

**Marshmallows**

**MARSHMALLOWS:** **Glucose** Syrup [from **Wheat**, contains **Preservative** (220)], Sugar, Water, Gelatine, Dextrose, Flavour, Colour (122), Stabiliser (452), Maize Starch, **Wheat Starch**.

*Contains gluten & sulphites.*

*May contain traces of Soy.*

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

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	248	1380
Energy (Cal)	59	330
Protein (g)	0.7	3.8
Fat, total (g)	0.0	0.1
Saturated Fat (g)	0.0	0.1
Carbohydrate (g)	13.9	77.0
Sugars (g)	11.6	64.5
Sodium (mg)	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.**