



McDonald's Australia Desserts Menu Allergen - Ingredients - Nutrition Information

Information correct as at February 2024

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 Desserts menu. 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 supplier, country of origin, region of the country of origin, and the season of the year. Further, product formulations may change periodically.

Food Sensitivities and Preferences

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 cross contact 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.

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

Allergen Summary: As we operate working kitchens please be aware that there is always a risk that allergen containing ingredients may be transferred during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item sold is free from cross contact of allergens.

	Gluten	Wheat	Egg	Milk	Soy	Sesame	Peanut	Tree nut								Fish	Crustacea	Molluscs	Sulphites	Lupin	Artificial Preservative	Artificial Colour	Artificial Flavour		
								Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio									Walnut	
DESSERTS																									
Apple Pie	P	P		P	P																P		P		
Birthday Cake - Ice Cream Cake	M	M		P	P		M	M	M	M	M	M	M	M	M	M							P	P	
McDonaldland Cookies®	P	P	M	M	P	M	M	M	M	M	M	M	M	M	M									P	
Yoghurt - Petit Miam Strawberry				P																					
Vanilla Soft Serve Cone	P	P		P	P																				
Chocolate Soft Serve Cone	P	P		P	P																				
Twin Twist Soft Serve Cone	P	P		P	P																				
Vanilla Soft Serve Cone with Cadbury® Flake®	P	P		P	P		M	M		M														P	
Chocolate Soft Serve Cone with Cadbury® Flake®	P	P		P	P		M	M		M														P	
Twin Twist Soft Serve Cone with Cadbury® Flake®	P	P		P	P		M	M		M														P	
M&M's Minis® McFlurry®	P	M		P	P		M	M	M	M	M	M	M	M	M	M								P	P
M&M's Minis® Chocolate McFlurry®	P	M		P	P		M	M	M	M	M	M	M	M	M	M								P	P
M&M's Minis® Twin Twist McFlurry®	P	M		P	P		M	M	M	M	M	M	M	M	M	M								P	P
Oreo Cookies® McFlurry®	P	P		P	P		M																	P	
Oreo Cookies® Chocolate McFlurry®	P	P		P	P		M																	P	
Oreo Cookies® Twin Twist McFlurry®	P	P		P	P		M																	P	
Caramel Sundae				P																					
Caramel Chocolate Sundae				P																					
Caramel Twin Twist Sundae				P																					
Hot Fudge Sundae				P	P																				
Hot Fudge Chocolate Sundae				P	P																				
Hot Fudge Twin Twist Sundae				P	P																				
Plain Sundae				P																					
Plain Chocolate Sundae				P																					
Plain Twin Twist Sundae				P																					
Strawberry Sundae				P															P		P		P		
Strawberry Chocolate Sundae				P															P		P		P		
Strawberry Twin Twist Sundae				P															P		P		P		

Chart key:

If this document has been printed, please visit <https://mcdonalds.com.au/our-impact/food-quality-sourcing/nutrition> for most current information.

ALLERGENS:

P: Allergen is PRESENT in the product as an ingredient, food additive or processing aid.

M: Allergen may be present

DESSERTS																																
Apple Pie Water, Apple, Wheat Flour, Sugar, Margarine (Vegetable Oils and Fats (Palm Oil, Soy Oil), Water, Emulsifiers (471, 322 From Soy), Salt, Natural Butter Flavour, Preservative (202), Acidity Regulator (330), Natural Colour (160a), Antioxidant (307b)), Thickeners (1412, 1422, 415, 1442), Whey Powder (From Milk), Iodised Salt, Dextrose, Mixed Spices, Lemon Juice Concentrate, Vegetable Gum (466), Baking Powder (Raising Agents (450, 500), Maize Starch, Mineral Salt (170)), Flavour.		<table border="1"> <thead> <tr> <th colspan="3">Apple Pie</th> </tr> <tr> <th></th> <th>Avg Qty / Serve</th> <th>Avg Qty / 100g</th> </tr> </thead> <tbody> <tr><td>Energy (kJ)</td><td>1050</td><td>1210</td></tr> <tr><td>Energy (Cal)</td><td>252</td><td>290</td></tr> <tr><td>Protein (g)</td><td>1.9</td><td>2.2</td></tr> <tr><td>Fat, total (g)</td><td>14.0</td><td>16.1</td></tr> <tr><td>Saturated Fat (g)</td><td>3.2</td><td>3.7</td></tr> <tr><td>Carbohydrate (g)</td><td>28.8</td><td>33.1</td></tr> <tr><td>Sugars (g)</td><td>10.2</td><td>11.7</td></tr> <tr><td>Sodium (mg)</td><td>136</td><td>156</td></tr> </tbody> </table>	Apple Pie				Avg Qty / Serve	Avg Qty / 100g	Energy (kJ)	1050	1210	Energy (Cal)	252	290	Protein (g)	1.9	2.2	Fat, total (g)	14.0	16.1	Saturated Fat (g)	3.2	3.7	Carbohydrate (g)	28.8	33.1	Sugars (g)	10.2	11.7	Sodium (mg)	136	156
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Contains: Gluten, Wheat, Milk, Soy. APPLE PIES are cooked in a McDonald's Vegetable Oil blend and may be cooked in the same equipment as products containing Gluten, Wheat, Milk, Soy.																																
Birthday Cake - Ice Cream Cake Water, Dairy Ingredients (Reconstituted Skim Milk , Milk Solids), Sugar, Glucose Syrup, Vegetable Oil and or Cream/Butter (Milk), Maltodextrin, Cocoa Solids, Vegetable Origin Emulsifiers [477, 471, 322 (Soy)], Thickeners (Tapioca Starch, 1422), Vegetable Gum (412), Flavours, Colours (120, 100, 160a, 160c, 163), Gardenia Extract.		<table border="1"> <thead> <tr> <th colspan="3">Per Slice</th> </tr> <tr> <th></th> <th>Avg Qty / Serve</th> <th>Avg Qty / 100g</th> </tr> </thead> <tbody> <tr><td>Energy (kJ)</td><td>335</td><td>761</td></tr> <tr><td>Energy (Cal)</td><td>80</td><td>182</td></tr> <tr><td>Protein (g)</td><td>0.8</td><td>1.9</td></tr> <tr><td>Fat, total (g)</td><td>2.9</td><td>6.6</td></tr> <tr><td>Saturated Fat (g)</td><td>2.6</td><td>6.0</td></tr> <tr><td>Carbohydrate (g)</td><td>12.5</td><td>28.5</td></tr> <tr><td>Sugars (g)</td><td>10.0</td><td>22.8</td></tr> <tr><td>Sodium (mg)</td><td>42</td><td>95</td></tr> </tbody> </table>	Per Slice				Avg Qty / Serve	Avg Qty / 100g	Energy (kJ)	335	761	Energy (Cal)	80	182	Protein (g)	0.8	1.9	Fat, total (g)	2.9	6.6	Saturated Fat (g)	2.6	6.0	Carbohydrate (g)	12.5	28.5	Sugars (g)	10.0	22.8	Sodium (mg)	42	95
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McDonaldland Cookies® Wheat Flour, Sugar, Vegetable Oil (Antioxidant (E307b From Soy)), Golden Syrup, Wheat Starch, Salt, Baking Powder, Emulsifier (Soy Lecithin), Flavour.		<table border="1"> <thead> <tr> <th colspan="3">McDonaldland Cookies®</th> </tr> <tr> <th></th> <th>Avg Qty / Serve</th> <th>Avg Qty / 100g</th> </tr> </thead> <tbody> <tr><td>Energy (kJ)</td><td>1130</td><td>1890</td></tr> <tr><td>Energy (Cal)</td><td>271</td><td>452</td></tr> <tr><td>Protein (g)</td><td>3.1</td><td>5.2</td></tr> <tr><td>Fat, total (g)</td><td>8.2</td><td>13.7</td></tr> <tr><td>Saturated Fat (g)</td><td>4.0</td><td>6.7</td></tr> <tr><td>Carbohydrate (g)</td><td>45.0</td><td>75.0</td></tr> <tr><td>Sugars (g)</td><td>16.4</td><td>27.3</td></tr> <tr><td>Sodium (mg)</td><td>152</td><td>253</td></tr> </tbody> </table>	McDonaldland Cookies®				Avg Qty / Serve	Avg Qty / 100g	Energy (kJ)	1130	1890	Energy (Cal)	271	452	Protein (g)	3.1	5.2	Fat, total (g)	8.2	13.7	Saturated Fat (g)	4.0	6.7	Carbohydrate (g)	45.0	75.0	Sugars (g)	16.4	27.3	Sodium (mg)	152	253
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Contains: Gluten, Wheat, Soy. May be present: Egg, Milk, Sesame, Peanut, Tree Nuts.																																
Yoghurt - Petit Miam Strawberry Milk (Milk , Skim Milk), Milk Solids, Water, Strawberry, Sugar, Apple Juice, Modified Starch (1442), Mineral Calcium (341), Natural Flavours, Black Carrot and Blackcurrant Concentrate, Acidity Regulators (331, 296), Vitamins D, Yoghurt Cultures (S.Thermophilus, L.Bulgaricus & B.Lactis).		<table border="1"> <thead> <tr> <th colspan="3">Yoghurt - Petit Miam Strawberry</th> </tr> <tr> <th></th> <th>Avg Qty / Serve</th> <th>Avg Qty / 100g</th> </tr> </thead> <tbody> <tr><td>Energy (kJ)</td><td>213</td><td>304</td></tr> <tr><td>Energy (Cal)</td><td>51</td><td>73</td></tr> <tr><td>Protein (g)</td><td>2.4</td><td>3.4</td></tr> <tr><td>Fat, total (g)</td><td>1.6</td><td>2.3</td></tr> <tr><td>Saturated Fat (g)</td><td>1.1</td><td>1.5</td></tr> <tr><td>Carbohydrate (g)</td><td>6.7</td><td>9.5</td></tr> <tr><td>Sugars (g)</td><td>5.4</td><td>7.7</td></tr> <tr><td>Sodium (mg)</td><td>32</td><td>46</td></tr> </tbody> </table>	Yoghurt - Petit Miam Strawberry				Avg Qty / Serve	Avg Qty / 100g	Energy (kJ)	213	304	Energy (Cal)	51	73	Protein (g)	2.4	3.4	Fat, total (g)	1.6	2.3	Saturated Fat (g)	1.1	1.5	Carbohydrate (g)	6.7	9.5	Sugars (g)	5.4	7.7	Sodium (mg)	32	46
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Vanilla Soft Serve Cone VANILLA SUNDAE MIX: Milk , Sugar, Milk Solids, Glucose Syrup (from Maize), Cream (Milk), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour. CONE: Wheat Flour, Vegetable Oil (Coconut), Wheaten Cornflour, Emulsifier (Soy Lecithin, (322)), Salt, Mineral Salt (500).		<table border="1"> <thead> <tr> <th colspan="3">Vanilla Soft Serve Cone</th> </tr> <tr> <th></th> <th>Avg Qty / Serve</th> <th>Avg Qty / 100g</th> </tr> </thead> <tbody> <tr><td>Energy (kJ)</td><td>574</td><td>648</td></tr> <tr><td>Energy (Cal)</td><td>137</td><td>155</td></tr> <tr><td>Protein (g)</td><td>3.9</td><td>4.4</td></tr> <tr><td>Fat, total (g)</td><td>3.6</td><td>4.1</td></tr> <tr><td>Saturated Fat (g)</td><td>2.5</td><td>2.8</td></tr> <tr><td>Carbohydrate (g)</td><td>21.6</td><td>24.4</td></tr> <tr><td>Sugars (g)</td><td>17.3</td><td>19.5</td></tr> <tr><td>Sodium (mg)</td><td>49</td><td>55</td></tr> </tbody> </table>	Vanilla Soft Serve Cone				Avg Qty / Serve	Avg Qty / 100g	Energy (kJ)	574	648	Energy (Cal)	137	155	Protein (g)	3.9	4.4	Fat, total (g)	3.6	4.1	Saturated Fat (g)	2.5	2.8	Carbohydrate (g)	21.6	24.4	Sugars (g)	17.3	19.5	Sodium (mg)	49	55
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Chocolate Soft Serve Cone CHOCOLATE SUNDAE MIX: Milk , Milk Solids, Sugar, Cream (Milk) Glucose Syrup (Derived from Mazié), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt. CONE: Wheat Flour, Vegetable Oil (Coconut), Wheaten Cornflour, Emulsifier (Soy Lecithin, (322)), Salt, Mineral Salt (500).		<table border="1"> <thead> <tr> <th colspan="3">Chocolate Soft Serve Cone</th> </tr> <tr> <th></th> <th>Avg Qty / Serve</th> <th>Avg Qty / 100g</th> </tr> </thead> <tbody> <tr><td>Energy (kJ)</td><td>551</td><td>622</td></tr> <tr><td>Energy (Cal)</td><td>132</td><td>149</td></tr> <tr><td>Protein (g)</td><td>4.0</td><td>4.5</td></tr> <tr><td>Fat, total (g)</td><td>2.9</td><td>3.3</td></tr> <tr><td>Saturated Fat (g)</td><td>2.0</td><td>2.3</td></tr> <tr><td>Carbohydrate (g)</td><td>21.8</td><td>24.6</td></tr> <tr><td>Sugars (g)</td><td>16.9</td><td>19.1</td></tr> <tr><td>Sodium (mg)</td><td>74</td><td>84</td></tr> </tbody> </table>	Chocolate Soft Serve Cone				Avg Qty / Serve	Avg Qty / 100g	Energy (kJ)	551	622	Energy (Cal)	132	149	Protein (g)	4.0	4.5	Fat, total (g)	2.9	3.3	Saturated Fat (g)	2.0	2.3	Carbohydrate (g)	21.8	24.6	Sugars (g)	16.9	19.1	Sodium (mg)	74	84
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Contains: Wheat, Gluten, Milk, Soy.																																

DESSERTS

Twin Twist Soft Serve Cone <small>(Available at participating restaurants)</small>	Twin Twist Soft Serve Cone	
	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	563
Energy (Cal)	134	152
Protein (g)	3.9	4.5
Fat, total (g)	3.3	3.7
Saturated Fat (g)	2.3	2.5
Carbohydrate (g)	21.7	24.5
Sugars (g)	17.1	19.3
Sodium (mg)	62	70

CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.
 VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.
 CONE: **Wheat** Flour, Vegetable Oil (Coconut), **Wheaten** Cornflour, Emulsifier (**Soy** Lecithin, (322)), Salt, Mineral Salt (500).

Contains: Wheat, Gluten, Milk, Soy.

Vanilla Soft Serve Cone with Cadbury® Flake®	Vanilla Soft Serve Cone with Cadbury® Flake®	
	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	760
Energy (Cal)	182	187
Protein (g)	4.5	4.7
Fat, total (g)	6.1	6.3
Saturated Fat (g)	4.0	4.1
Carbohydrate (g)	26.6	27.4
Sugars (g)	22.2	22.8
Sodium (mg)	56	58

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.
 CADBURY® FLAKE®: Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Emulsifiers (**Soy** Lecithin, 476), Flavours.
 CONE: **Wheat** Flour, Vegetable Oil (Coconut), **Wheaten** Cornflour, Emulsifier (**Soy** Lecithin, (322)), Salt, Mineral Salt (500).

Contains: Gluten, Wheat, Milk, Soy.
CADBURY® FLAKE® is produced in the same facility as products containing Gluten, Wheat, Peanuts, Tree Nuts (Almonds, Hazelnuts).

Chocolate Soft Serve Cone with Cadbury® Flake®	Chocolate Soft Serve Cone with Cadbury® Flake®	
	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	737
Energy (Cal)	176	181
Protein (g)	4.6	4.8
Fat, total (g)	5.4	5.6
Saturated Fat (g)	3.5	3.6
Carbohydrate (g)	26.8	27.6
Sugars (g)	21.8	22.4
Sodium (mg)	81	84

CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.
 CADBURY® FLAKE®: Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Emulsifiers (**Soy** Lecithin, 476), Flavours.
 CONE: **Wheat** Flour, Vegetable Oil (Coconut), **Wheaten** Cornflour, Emulsifier (**Soy** Lecithin, (322)), Salt, Mineral Salt (500).

Contains: Gluten, Wheat, Milk, Soy.
CADBURY® FLAKE® is produced in the same facility as products containing Gluten, Wheat, Peanuts, Tree Nuts (Almonds, Hazelnuts).

Twin Twist Soft Serve Cone with Cadbury® Flake® <small>(Available at participating restaurants)</small>	Twin Twist Soft Serve Cone with Cadbury® Flake®	
	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	749
Energy (Cal)	179	184
Protein (g)	4.6	4.7
Fat, total (g)	5.7	5.9
Saturated Fat (g)	3.7	3.9
Carbohydrate (g)	26.7	27.5
Sugars (g)	22.0	22.6
Sodium (mg)	69	71

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.
 CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.
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Contains: Gluten, Wheat, Milk, Soy.
CADBURY® FLAKE® is produced in the same facility as products containing Gluten, Wheat, Peanuts, Tree Nuts (Almonds, Hazelnuts).

M&M's Minis® McFlurry®	M&M's Minis® McFlurry®	
	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	1630
Energy (Cal)	390	208
Protein (g)	8.3	4.4
Fat, total (g)	13.5	7.2
Saturated Fat (g)	8.9	4.7
Carbohydrate (g)	57.5	30.6
Sugars (g)	53.4	28.4
Sodium (mg)	97	52

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.
 M&M'S MINI® TOPPING: **Milk** Chocolate [Sugar, **Milk** Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (**Soy** Lecithin), Salt, Flavour], Sugar, Cocoa Mass, Cocoa Butter, **Milk** Solids, Vegetable Fat, Glucose Syrup, Emulsifier (**Soy** Lecithin), Colours (171, 102, 129, 110, 133), Vegetable Gum, Thickeners (1400), Salt, Glazing Agent [(903), Vegetable Oil], Flavour, Malt Extract (**Barley**).

Contains: Gluten, Milk, Soy.
M&M'S MINI® TOPPING is produced in the same facility as products containing Peanuts, Tree Nuts (Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut), Wheat.

M&M's Minis® Chocolate McFlurry®	M&M's Minis® Chocolate McFlurry®	
	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	1590
Energy (Cal)	381	202
Protein (g)	8.4	4.5
Fat, total (g)	12.3	6.5
Saturated Fat (g)	8.0	4.2
Carbohydrate (g)	57.7	30.7
Sugars (g)	52.7	28.0
Sodium (mg)	142	76

CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.
 M&M'S MINI® TOPPING: **Milk** Chocolate [Sugar, **Milk** Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (**Soy** Lecithin), Salt, Flavour], Sugar, Cocoa Mass, Cocoa Butter, **Milk** Solids, Vegetable Fat, Glucose Syrup, Emulsifier (**Soy** Lecithin), Colours (171, 102, 129, 110, 133), Vegetable Gum, Thickeners (1400), Salt, Glazing Agent [(903), Vegetable Oil], Flavour, Malt Extract (**Barley**).

Contains: Gluten, Milk, Soy.
M&M'S MINI® TOPPING is produced in the same facility as products containing Peanuts, Tree Nuts (Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut), Wheat.

DESSERTS

M&M's Minis® Twin Twist McFlurry® (Available at participating restaurants)		M&M's Minis® Twin Twist McFlurry®	
		Avg Qty / Serve	Avg Qty / 100g
VANILLA SUNDAE MIX: Milk, Sugar, Milk Solids, Glucose Syrup (from Maize), Cream (Milk), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.			
CHOCOLATE SUNDAE MIX: Milk , Milk Solids, Sugar, Cream (Milk) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.			
M&M'S MINI® TOPPING: Milk Chocolate [Sugar, Milk Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (Soy Lecithin), Salt, Flavour], Sugar, Cocoa Mass, Cocoa Butter, Milk Solids, Vegetable Fat, Glucose Syrup, Emulsifier (Soy Lecithin), Colours (171, 102, 129, 110, 133), Vegetable Gum, Thickener (1400), Salt, Glazing Agent (I903), Vegetable Oil], Flavour, Malt Extract (Barley).			
Contains: Gluten, Milk, Soy.			
M&M'S MINI® TOPPING is produced in the same facility as products containing Peanuts, Tree Nuts (Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut), Wheat.			
Energy (kJ)		1610	858
Energy (Cal)		386	205
Protein (g)		8.3	4.4
Fat, total (g)		12.9	6.9
Saturated Fat (g)		8.4	4.5
Carbohydrate (g)		57.6	30.6
Sugars (g)		53.0	28.2
Sodium (mg)		120	64

Oreo Cookies® McFlurry®		Oreo Cookies® McFlurry®	
		Avg Qty / Serve	Avg Qty / 100g
VANILLA SUNDAE MIX: Milk , Sugar, Milk Solids, Glucose Syrup (from Maize), Cream (Milk), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.			
OREO COOKIES® PIECES: Wheat Flour, Sugar, Vegetable Oil (Contains Antioxidants (304, 307b, 319)), Cocoa Powder, Glucose Syrup, Salt, Raising Agents (500, 503), Emulsifier (322- Soy Lecithin), Flavour.			
OR: Wheat Flour (Thiamine, Mononitrate, Riboflavin, Folic Acid, Zinc Oxide, Ferrous Fumarate), Sugar, Vegetable Oil (Contains Antioxidant (319)), Cocoa Powder, Fructose Syrup, Cornstarch, Non-Iodised Salt, Raising Agents (500, 503), Emulsifier (322- Soy Lecithin), Flavour.			
Contains: Wheat, Gluten, Milk, Soy.			
Oreo Cookies Pieces are produced on the same equipment as products containing: Milk, Peanuts.			
Energy (kJ)		1300	758
Energy (Cal)		312	181
Protein (g)		7.2	4.2
Fat, total (g)		10.0	5.8
Saturated Fat (g)		6.1	3.5
Carbohydrate (g)		47.3	27.5
Sugars (g)		38.6	22.4
Sodium (mg)		172	100

Oreo Cookies® Chocolate McFlurry®		Oreo Cookies® Chocolate McFlurry®	
		Avg Qty / Serve	Avg Qty / 100g
CHOCOLATE SUNDAE MIX: Milk , Milk Solids, Sugar, Cream (Milk) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.			
OREO COOKIES® PIECES: Wheat Flour, Sugar, Vegetable Oil (Contains Antioxidants (304, 307b, 319)), Cocoa Powder, Glucose Syrup, Salt, Raising Agents (500, 503), Emulsifier (322- Soy Lecithin), Flavour.			
OR: Wheat Flour (Thiamine, Mononitrate, Riboflavin, Folic Acid, Zinc Oxide, Ferrous Fumarate), Sugar, Vegetable Oil (Contains Antioxidant (319)), Cocoa Powder, Fructose Syrup, Cornstarch, Non-Iodised Salt, Raising Agents (500, 503), Emulsifier (322- Soy Lecithin), Flavour.			
Contains: Wheat, Gluten, Milk, Soy.			
Oreo Cookies Pieces are produced on the same equipment as products containing: Milk, Peanuts.			
Energy (kJ)		1260	734
Energy (Cal)		302	176
Protein (g)		7.4	4.3
Fat, total (g)		8.7	5.1
Saturated Fat (g)		5.2	3.0
Carbohydrate (g)		47.6	27.7
Sugars (g)		37.8	22.0
Sodium (mg)		217	126

Oreo Cookies® Twin Twist McFlurry® (Available at participating restaurants)		Oreo Cookies® Twin Twist McFlurry®	
		Avg Qty / Serve	Avg Qty / 100g
VANILLA SUNDAE MIX: Milk , Sugar, Milk Solids, Glucose Syrup (from Maize), Cream (Milk), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.			
CHOCOLATE SUNDAE MIX: Milk , Milk Solids, Sugar, Cream (Milk) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.			
OREO COOKIES® PIECES: Wheat Flour, Sugar, Vegetable Oil (Contains Antioxidants (304, 307b, 319)), Cocoa Powder, Glucose Syrup, Salt, Raising Agents (500, 503), Emulsifier (322- Soy Lecithin), Flavour.			
OR: Wheat Flour (Thiamine, Mononitrate, Riboflavin, Folic Acid, Zinc Oxide, Ferrous Fumarate), Sugar, Vegetable Oil (Contains Antioxidant (319)), Cocoa Powder, Fructose Syrup, Cornstarch, Non-Iodised Salt, Raising Agents (500, 503), Emulsifier (322- Soy Lecithin), Flavour.			
Contains: Wheat, Gluten, Milk, Soy.			
Oreo Cookies Pieces are produced on the same equipment as products containing: Milk, Peanuts.			
Energy (kJ)		1280	746
Energy (Cal)		307	178
Protein (g)		7.3	4.2
Fat, total (g)		9.4	5.4
Saturated Fat (g)		5.6	3.3
Carbohydrate (g)		47.4	27.6
Sugars (g)		38.2	22.2
Sodium (mg)		194	113

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1410	805	2200	888
Energy (Cal)	337	192	527	212
Protein (g)	6.1	3.5	8.0	3.2
Fat, total (g)	7.4	4.2	10.7	4.3
Saturated Fat (g)	5.1	2.9	7.3	3.0
Carbohydrate (g)	59.8	34.2	97.1	39.1
Sugars (g)	43.3	24.7	65.9	26.5
Sodium (mg)	126	72	206	83

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1370	784	2160	869
Energy (Cal)	328	187	516	208
Protein (g)	6.2	3.5	8.1	3.3
Fat, total (g)	6.3	3.6	9.3	3.8
Saturated Fat (g)	4.3	2.5	6.3	2.6
Carbohydrate (g)	60.1	34.3	97.3	39.2
Sugars (g)	42.6	24.3	65.1	26.2
Sodium (mg)	166	95	255	103

Contains: Milk.

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DESSERTS

Caramel Twin Twist Sundae <i>(Available at participating restaurants)</i>					
VANILLA SUNDAE MIX: Milk , Sugar, Milk Solids, Glucose Syrup (from Maize), Cream (Milk), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.					
CHOCOLATE SUNDAE MIX: Milk , Milk Solids, Sugar, Cream (Milk) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.					
CARAMEL TOPPING: Glucose Corn Syrup, Whole Sweetened Condensed Milk (Milk , Milk Powder, Sugar, Lactose), High Fructose Corn Syrup, Shortening [Palm Oil, Antioxidant (307)], Water, Sugar, Thickeners (401, 440), Salt, Stabiliser (339), Flavouring.					
Contains: Milk.					
		Small		Large	
		Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1390	794	2180	879	
Energy (Cal)	332	190	521	210	
Protein (g)	6.2	3.5	8.0	3.2	
Fat, total (g)	6.9	3.9	10.0	4.0	
Saturated Fat (g)	4.7	2.7	6.8	2.8	
Carbohydrate (g)	60	34.2	97.2	39.2	
Sugars (g)	43.0	24.5	65.5	26.4	
Sodium (mg)	146	83	230	93	

Hot Fudge Sundae					
VANILLA SUNDAE MIX: Milk , Sugar, Milk Solids, Glucose Syrup (from Maize), Cream (Milk), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.					
HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Emulsifier (322 - Soy Lecithin)), Whole Sweetened Condensed Milk (Milk , Milk Powder, Sugar, Lactose), Cocoa Powder, Whole Milk Powder, Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202).					
Contains: Milk, Soy.					
		Small		Large	
		Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1430	826	2240	920	
Energy (Cal)	341	197	536	220	
Protein (g)	6.4	3.7	8.7	3.6	
Fat, total (g)	8.5	4.9	12.8	5.2	
Saturated Fat (g)	6.3	3.7	9.8	4.0	
Carbohydrate (g)	58.6	33.9	94.7	38.9	
Sugars (g)	47.5	27.5	74.2	30.5	
Sodium (mg)	121	70	196	80	

Hot Fudge Chocolate Sundae					
CHOCOLATE SUNDAE MIX: Milk , Milk Solids, Sugar, Cream (Milk) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.					
HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Emulsifier (322 - Soy Lecithin)), Whole Sweetened Condensed Milk (Milk , Milk Powder, Sugar, Lactose), Cocoa Powder, Whole Milk Powder, Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202).					
Contains: Milk, Soy.					
		Small		Large	
		Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1390	805	2200	905	
Energy (Cal)	333	192	525	215	
Protein (g)	6.6	3.8	8.8	3.6	
Fat, total (g)	7.4	4.3	11.4	4.7	
Saturated Fat (g)	5.5	3.2	8.8	3.6	
Carbohydrate (g)	58.9	34.1	95	39.0	
Sugars (g)	46.8	27.1	73.4	30.1	
Sodium (mg)	161	93	245	101	

Hot Fudge Twin Twist Sundae <i>(Available at participating restaurants)</i>					
VANILLA SUNDAE MIX: Milk , Sugar, Milk Solids, Glucose Syrup (from Maize), Cream (Milk), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.					
CHOCOLATE SUNDAE MIX: Milk , Milk Solids, Sugar, Cream (Milk) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.					
HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Emulsifier (322 - Soy Lecithin)), Whole Sweetened Condensed Milk (Milk , Milk Powder, Sugar, Lactose), Cocoa Powder, Whole Milk Powder, Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202).					
Contains: Milk, Soy.					
		Small		Large	
		Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1410	816	2220	911	
Energy (Cal)	337	195	530	218	
Protein (g)	6.5	3.8	8.7	3.6	
Fat, total (g)	7.9	4.6	12.1	5.0	
Saturated Fat (g)	5.9	3.4	9.3	3.8	
Carbohydrate (g)	58.8	34.0	94.8	38.9	
Sugars (g)	47.1	27.3	73.8	30.3	
Sodium (mg)	141	82	221	90	

Plain Sundae					
VANILLA SUNDAE MIX: Milk , Sugar, Milk Solids, Glucose Syrup (from Maize), Cream (Milk), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.					
Contains: Milk.					
		Small		Large	
		Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	813	602	1010	602	
Energy (Cal)	194	144	242	144	
Protein (g)	5.6	4.2	7.0	4.2	
Fat, total (g)	5.5	4.1	6.8	4.1	
Saturated Fat (g)	3.8	2.8	4.7	2.8	
Carbohydrate (g)	29.9	22.2	37.3	22.2	
Sugars (g)	27.4	20.3	34.1	20.3	
Sodium (mg)	62	46	77	46	

Plain Chocolate Sundae					
CHOCOLATE SUNDAE MIX: Milk , Milk Solids, Sugar, Cream (Milk) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.					
Contains: Milk.					
		Small		Large	
		Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	777	575	966	575	
Energy (Cal)	186	137	231	137	
Protein (g)	5.7	4.2	7.1	4.2	
Fat, total (g)	4.4	3.2	5.4	3.2	
Saturated Fat (g)	3.0	2.2	3.7	2.2	
Carbohydrate (g)	30.2	22.3	37.5	22.3	
Sugars (g)	26.7	19.8	33.2	19.8	
Sodium (mg)	102	75	126	75	

DESSERTS

Plain Twin Twist Sundae *(Available at participating restaurants)*

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.

CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.

Contains: Milk.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	795	589	989	589
Energy (Cal)	190	141	236	141
Protein (g)	5.7	4.2	7.0	4.2
Fat, total (g)	4.9	3.6	6.1	3.6
Saturated Fat (g)	3.4	2.5	4.2	2.5
Carbohydrate (g)	30.1	22.3	37.4	22.3
Sugars (g)	27.0	20.0	33.6	20.0
	82	61	102	61

Strawberry Sundae

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.

STRAWBERRY TOPPING: Strawberry, Sugar, Water, High Fructose Corn Syrup, Strawberry Juice, Thickener (E440, E410), Flavouring, Acidity Regulator (E330), Preservative (E202), Colour (E124), Stabiliser (E509).

Contains: Milk, Sulphites.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1120	653	1620	675
Energy (Cal)	267	156	388	161
Protein (g)	5.8	3.4	7.3	3
Fat, total (g)	5.5	3.2	6.8	2.8
Saturated Fat (g)	3.8	2.2	4.7	2.0
Carbohydrate (g)	47.7	27.8	72.7	30.2
Sugars (g)	45.2	26.4	69.7	29.0
Sodium (mg)	64	37	80	33

Strawberry Chocolate Sundae

CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.

STRAWBERRY TOPPING: Strawberry, Sugar, Water, High Fructose Corn Syrup, Strawberry Juice, Thickener (E440, E410), Flavouring, Acidity Regulator (E330), Preservative (E202), Colour (E124), Stabiliser (E509).

Contains: Milk, Sulphites.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1080	632	1580	656
Energy (Cal)	259	151	377	157
Protein (g)	5.9	3.4	7.4	3.1
Fat, total (g)	4.4	2.5	5.4	2.3
Saturated Fat (g)	3.0	1.8	3.7	1.6
Carbohydrate (g)	47.9	28.0	73	30.3
Sugars (g)	44.5	26.0	68.9	28.6
Sodium (mg)	103	60	130	54

Strawberry Twin Twist Sundae *(Available at participating restaurants)*

VANILLA SUNDAE MIX: **Milk**, Sugar, **Milk** Solids, Glucose Syrup (from Maize), Cream (**Milk**), Emulsifiers (471, 477), Vegetable Gums (412, 407), Natural Flavour.

CHOCOLATE SUNDAE MIX: **Milk**, **Milk** Solids, Sugar, Cream (**Milk**) Glucose Syrup (Derived from Mazie), Cocoa Powder, Natural Chocolate Flavour, Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Natural Colour, Salt.

STRAWBERRY TOPPING: Strawberry, Sugar, Water, High Fructose Corn Syrup, Strawberry Juice, Thickener (E440, E410), Flavouring, Acidity Regulator (E330), Preservative (E202), Colour (E124), Stabiliser (E509).

Contains: Milk, Sulphites.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1100	643	1600	666
Energy (Cal)	263	154	383	159
Protein (g)	5.8	3.4	7.4	3.1
Fat, total (g)	4.9	2.9	6.1	2.5
Saturated Fat (g)	3.4	2.0	4.2	1.8
Carbohydrate (g)	47.8	27.9	72.8	30.3
Sugars (g)	44.9	26.2	69.3	28.8
Sodium (mg)	83	49	105	44

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Change Tracker:

Date	Document Number/Revision	Document Title	Issued	Upload Date	Description
9/02/2024	4	Aus Dessert Menu, February 2024	20/02/2024	20/02/2024	Updated allergen information for PEAL legislative requirements