



	Serving Size	Calories	Fat (g)	Fat %Daily Value	Saturated Fat (g)	Trans Fat (g)	Saturated + Trans Fat %DV	Cholesterol (mg)	Sodium (mg)	Sodium %DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre %DV	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium % DV	Iron %DV
Sugar Free Vanilla Iced Coffee - Large	587ml	130	11	17	7	0.4	37	40	90	4	9	3	0	0	2	2	15	0	6	2
Sugar Free Vanilla Iced Coffee - Medium	477ml	100	9	14	6	0.3	32	30	75	3	7	2	0	0	2	2	10	0	4	2
Sugar Free Vanilla Iced Coffee - Small	333ml	60	6	9	3.5	0.2	19	20	45	2	4	1	0	0	1	1	6	0	2	0
Sugar Free Vanilla Latte with 2% milk - Large	482ml	170	6	9	3.5	0.2	19	25	190	8	22	7	0	0	15	11	15	0	40	2
Sugar Free Vanilla Latte with 2% milk - Medium	379ml	130	5	8	3	0.2	16	20	150	6	17	6	0	0	12	9	15	0	30	2
Sugar Free Vanilla Latte with 2% milk - Small	267ml	90	3.5	5	2	0.1	11	15	105	4	12	4	0	0	8	6	8	0	20	2
Sugar Free Vanilla Latte with skim milk - Large	482ml	100	0	0	0	0	0	0	200	8	23	8	0	0	15	11	15	0	40	2
Sugar Free Vanilla Latte with skim milk - Medium	379ml	80	0	0	0	0	0	0	150	6	18	6	0	0	11	9	15	0	30	2
Sugar Free Vanilla Latte with skim milk - Small	267ml	50	0	0	0	0	0	0	110	5	13	4	0	0	8	6	10	0	20	2
Vanilla Cappuccino with 2% milk - Large	377ml	200	4.5	7	2.5	0.1	13	20	110	5	32	11	0	0	33	8	10	0	25	2
Vanilla Cappuccino with 2% milk - Medium	299ml	160	3.5	5	2	0.1	11	15	85	4	26	9	0	0	26	6	8	0	20	0
Vanilla Cappuccino with 2% milk - Small	182ml	100	1.5	2	1	0	5	5	45	2	18	6	0	0	18	3	4	0	10	0
Vanilla Cappuccino with skim milk - Large	377ml	160	0	0	0	0	0	0	115	5	33	11	0	0	33	8	10	0	25	2
Vanilla Cappuccino with skim milk - Medium	299ml	120	0	0	0	0	0	0	90	4	27	9	0	0	26	6	10	0	20	0
Vanilla Cappuccino with skim milk - Small	182ml	80	0	0	0	0	0	0	50	2	18	6	0	0	18	3	4	0	10	0
Vanilla Chai Tea Iced Frappé - Large	573g	650	27	42	17	1	90	105	220	9	92	31	0	0	90	10	100	0	35	2
Vanilla Chai Tea Iced Frappé - Small	352g	400	17	26	10	0.5	53	65	135	6	56	19	0	0	55	6	60	0	20	0
Vanilla Chai Tea Iced Frappé - Snack Size	232g	260	11	17	7	0.4	37	45	90	4	37	12	0	0	37	4	40	0	15	0
Vanilla Chai Tea Iced Frappé- Medium	454g	510	21	32	14	0.5	73	85	170	7	73	24	0	0	71	8	80	0	25	2
Vanilla Chai Tea Iced Frappé with whipped cream - Large	598g	710	32	49	20	1	105	125	320	13	97	32	0	0	93	11	110	0	60	2
Vanilla Chai Tea Iced Frappé with whipped cream - Medium	479g	580	26	40	17	1	90	105	280	12	78	26	0	0	74	9	90	0	50	2
Vanilla Chai Tea Iced Frappé with whipped cream - Small	377g	460	21	32	13	1	70	85	240	10	62	21	0	0	58	7	70	0	45	0
Vanilla Chai Tea Iced Frappé with whipped cream - Snack Size	245g	300	13	20	8	0.5	43	55	140	6	40	13	0	0	38	5	45	0	25	0
Vanilla Iced Coffee - Large	587ml	190	11	17	7	0.4	37	40	65	3	21	7	0	0	21	2	15	0	6	2
Vanilla Iced Coffee - Medium	477ml	150	9	14	6	0.3	32	30	50	2	16	5	0	0	16	2	10	0	4	2
Vanilla Iced Coffee - Small	333ml	100	6	9	3.5	0.2	19	20	35	1	11	4	0	0	10	1	6	0	2	0
Vanilla Latte with 2% milk - Large	482ml	260	6	9	3.5	0.2	19	25	160	7	37	12	0	0	38	11	15	0	40	2
Vanilla Latte with 2% milk - Medium	379ml	200	5	8	3	0.2	16	20	120	5	29	10	0	0	30	9	15	0	30	0
Vanilla Latte with 2% milk - Small	267ml	140	3.5	5	2	0.1	11	15	85	4	21	7	0	0	22	6	8	0	20	0
Vanilla Latte with skim milk - Large	482ml	190	0	0	0	0	0	0	160	7	38	13	0	0	38	11	15	0	40	2
Vanilla Latte with skim milk - Medium	379ml	150	0	0	0	0	0	0	125	5	30	10	0	0	30	9	15	0	30	0
Vanilla Latte with skim milk - Small	267ml	110	0	0	0	0	0	0	85	4	22	7	0	0	22	6	10	0	20	0

Desserts & Shakes

Baked Apple Pie	85g	270	16	25	7	0.1	36	0	200	8	34	11	1	4	14	2	2	10	2	10
Birthday Cake - Vanilla	67g	270	13	20	3.5	0.1	18	25	135	6	36	12	0	0	22	2	0	0	2	0
Caramel Topping - Regular portion	40g	130	1.5	2	1	0	5	5	70	3	28	9	1	4	14	1	2	0	4	0
Caramel Topping - Snack portion	20g	70	1	2	0.5	0	3	3	35	1	14	5	0	0	7	1	0	0	2	0
Cone - Vanilla	147g	230	6	9	4	0.2	21	25	135	6	39	13	0	0	28	5	6	2	15	2
Fudge Topping - Regular portion	38g	130	4.5	7	4	0	20	0	90	4	20	7	2	8	18	2	0	0	6	10
Fudge Topping - Snack portion	19g	60	2.5	4	2	0	10	0	45	2	10	3	1	4	9	1	0	0	2	6
McFlurry® dessert - Oreo® - Regular size portion	286g	570	20	31	12	0.4	62	45	390	16	89	30	1	4	64	10	10	2	30	15
McFlurry® dessert - Oreo® - Snack Size portion	181g	330	11	17	7	0.2	36	30	220	9	53	18	1	4	39	6	8	2	20	6