



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

Nutrition Disclaimer

We operate restaurants that handle Gluten, Wheat, Egg, Milk, Soy, Sesame, Fish, Peanut, Tree Nuts (Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut), Sulphites.

While we identify and manage allergen risks, our menu items may be prepared on the same equipment and in the same kitchen area as menu items that do contain these allergens. Check our website's allergen section regularly, as changes may occur.

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 operate 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.

The average adult daily energy intake is 8,700 kJ.

The nutrition and ingredient information provided 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 differ 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.

If you would like further information or have food sensitivities or dietary concerns regarding specific ingredients, please contact our Customer Service team. For details on short-time menu items, please speak with a manager in one of our restaurants or reach out to our Customer Service team at <https://mcdonalds.com/au/en-au/contact-us.html> or call us on (02) 9875 710.

Our allergen labelling complies with Australia New Zealand Food Standards Code – Standard 1.2.3.

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								
DESSERTS																							
Birthday Cake - Ice Cream Cake	M	M		P	P		M	M	M	M	M	M	M	M	M	M					P	P	
Twin Twist Soft Serve Cone	P	P		P	P																		
Twin Twist Soft Serve Cone with Cadbury® Flake®	P	P		P	P		M	M			M											P	
M&M's Minis® Twin Twist McFlurry®	P	M		P	P		M			M	M										P	P	
Oreo Cookies® Twin Twist McFlurry®	P	P		P	P		M															P	
Caramel Twin Twist Sundae				P																			
Hot Fudge Twin Twist Sundae				P	P																		
Plain Twin Twist Sundae				P																			
Strawberry Twin Twist Sundae				P														P		P	P		

Chart key:
P: Allergen is PRESENT in the product as an ingredient, food additive or processing aid.
M: Allergen may be present

DESSERTS

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.

Contains: Milk, Soy.

May be present: Gluten, Wheat, Peanuts, Tree Nuts.

Twin Twist Soft Serve Cone

(Available at participating restaurants)

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.

Twin Twist Soft Serve Cone with Cadbury® Flake®

(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.

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).

M&M's Minis® Twin Twist McFlurry®

(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.

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 [(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, Cashew, Hazelnut, Wheat.

Oreo Cookies® Twin Twist McFlurry®

(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.

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.

Caramel 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.

CARAMEL TOPPING: Glucose Syrup, Whole Sweetened Condensed **Milk** (**Milk**, Sugar, **Milk** Solids), Invert Sugar Syrup, Water, Butter (**Milk**), Sugar, Emulsifiers (339, 322), Salt, Thickener (440), Natural Flavour.

Contains: Milk.

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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 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. 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 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. 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

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

Change Tracker:					
Date	Document Number/Revision	Document Title	Issued	Upload Date	Description
27/01/2026	8	Aus Dessert Menu (Twin Twists)_January 2026	27/01/2026	27/01/2026	Updated for twin twist and ice cream cake information only.
24/11/2025	7	Aus Dessert Menu _November 2025	24/11/2025	24/11/2025	Updated allergen information for M&M'S MINI® TOPPING to remove Almond, Brazil Nut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut.
15/08/2025	6	Aus Dessert Menu _August 2025	15/08/2025	15/08/2025	Remove yoghurt
10/02/2025	5	Aus Dessert Menu _February 2025	12/02/2025	12/02/2025	Remove yoghurt
9/02/2024	4	Aus Dessert Menu _February 2024	20/02/2024	20/02/2024	Updated allergen information for PEAL legislative requirements