



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.

	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																										
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**.

		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	

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	
		Avg Qty / Serve	Avg Qty /100g
Energy (kJ)	563	635	
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	

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)**.

		Twin Twist Soft Serve Cone with Cadbury® Flake®	
		Avg Qty / Serve	Avg Qty /100g
Energy (kJ)	749	771	
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	

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**.

		M&M's Minis® Twin Twist McFlurry®	
		Avg Qty / Serve	Avg Qty /100g
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® 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**.

		Oreo Cookies® Twin Twist McFlurry®	
		Avg Qty / Serve	Avg Qty /100g
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	

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**.

		Small		Large	
		Avg Qty / Serve	Avg Qty /100g	Avg Qty / Serve	Avg Qty /100g
Energy (kJ)	1330	764	2060	836	
Energy (Cal)	318	183	493	200	
Protein (g)	6.7	3.8	9.1	3.7	
Fat, total (g)	6.9	3.9	10.1	4.1	
Saturated Fat (g)	4.8	2.7	6.9	2.8	
Carbohydrate (g)	56.3	32.2	89.8	36.4	
Sugars (g)	48.5	27.8	76.5	31.0	
Sodium (mg)	162	93	262	106	

Hot Fudge Twin Twist Sundae <small>(Available at participating restaurants)</small>			Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	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.						
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 .						
	Energy (kJ)	816	2220	911		
	Energy (Cal)	195	530	218		
	Protein (g)	3.8	8.7	3.6		
	Fat, total (g)	4.6	12.1	5.0		
	Saturated Fat (g)	3.4	9.3	3.8		
	Carbohydrate (g)	34.0	94.8	38.9		
	Sugars (g)	27.3	73.8	30.3		
	Sodium (mg)	82	221	90		

Plain Twin Twist Sundae <small>(Available at participating restaurants)</small>			Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	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.						
Contains: Milk .						
	Energy (kJ)	589	989	589		
	Energy (Cal)	141	236	141		
	Protein (g)	4.2	7.0	4.2		
	Fat, total (g)	3.6	6.1	3.6		
	Saturated Fat (g)	2.5	4.2	2.5		
	Carbohydrate (g)	22.3	37.4	22.3		
	Sugars (g)	20.0	33.6	20.0		
	Sodium (mg)	61	102	61		

Strawberry Twin Twist Sundae <small>(Available at participating restaurants)</small>			Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	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.						
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.						
	Energy (kJ)	643	1600	686		
	Energy (Cal)	154	383	159		
	Protein (g)	3.4	7.4	3.1		
	Fat, total (g)	2.9	6.1	2.5		
	Saturated Fat (g)	2.0	4.2	1.8		
	Carbohydrate (g)	27.9	72.8	30.3		
	Sugars (g)	26.2	69.3	28.8		
	Sodium (mg)	49	105	44		

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