



McDonald's New Zealand Main Menu Allergen - Ingredients - Nutrition Information

Core & Beverage Menu

Information is correct as at August 2020.

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 standard or core menu items. For information regarding short-time menu items, please either ask a manager in our restaurants or contact our Customer Service Department either via our website <http://mcdonalds.co.nz/contactus> or on 0800 539 4303.

The nutrition information is based on standard product formulations, standard product assembly and standard serving sizes (including ice for drinks from our beverage system). 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. We recommend you check this information on our website to ensure it is the most current.

Food Sensitivities and Preferences

Please refer to our Allergen Information for specific allergen details. This information is available on our website www.mcdonalds.co.nz

Select items sold in McCafe 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 items in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food 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 no Halal certified restaurants and no ingredients or menu items are certified Halal.

Ingredient Information

Please refer to our Ingredient Information for our standard or core menu items. This information is available on our website www.mcdonalds.co.nz

If you would like further information or have concerns regarding specific ingredients in specific menu items, please contact us at <http://mcdonalds.co.nz/contactus> or on 0800

DESSERTS

Apple Pie

APPLE PIE: Apple (Salt, Food Acid (330), Antioxidant (300), Preservative (223)), **Wheat** Flour, Water, Sugar, Margarine (Vegetable Oil (Palm)), Water, Salt, Emulsifier (471, 322 - **Soy**), Acidity Regulator (500), Antioxidant (307b - **Soy**), Food Acid (330), Colour (160a)), Flavour (Water, Humectant (1520), Natural & Artificial Flavour, Sugar, Vegetable Gum (415, 405), Colour (100, 150a)), Modified Starch (1422, 1442), Dough Conditioner (**Wheat** Flour, Salt, Sugar, Emulsifiers (472- **Soy**), 471), Mineral Salt (500), Preservative (223)), Vegetable Gum (466), Salt (Anticaking Agent (535), Dextrose Monohydrate, Colour (160b, 100), Cinnamon, Acid (331), Nutmeg, Vegetable Gum (410), Concentrated Lemon Puree.

Contains gluten, soy and sulphites.

Apple Pie is made in the same facility as products containing sesame seeds.

Apple Pie is cooked in McDonald's Vegetable Oil blend and may be cooked in the same equipment as products containing egg and milk.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	985	1160
Energy (Cal)	236	277
Protein (g)	2.2	2.6
Fat, total (g)	12.9	15.2
Saturated Fat (g)	4.3	5.0
Carbohydrate (g)	26.7	31.4
Sugars (g)	10.0	11.8
Sodium (mg)	366	430

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

M&M's MINIS® McFlurry®

SUNDAE MIX: Skim **Milk**, Sugar, **Cream, Milk** Solids, Glucose Syrup (Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.

M&M's MINIS®: **Milk** Chocolate (Sugar, Cocoa Mass, **Milk** Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (**Soy** Lecithin), Salt, Flavour), Sugar, Starch (**Wheat**), Glucose Syrup (**Wheat**), Vegetable Gum (414), Colours (171, 102, 110, 129, 133), Thickener (Dextrin), Glazing Agent (903).

HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Emulsifier (322)), Whole Sweetened Condensed **Milk (Milk, Milk** Powder, Sugar, Lactose), Cocoa Powder, Whole **Milk** Powder, Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202).

Contains gluten, milk and soy and sulphites.

M&M's MINIS® are made in the same equipment as products containing peanuts and tree nuts.

SUNDAE MIX contains sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2230	1020
Energy (Cal)	534	244
Protein (g)	8.8	4
Fat, total (g)	16.4	7.5
Saturated Fat (g)	11.2	5.1
Carbohydrate (g)	85.8	39.2
Sugars (g)	70.8	32.4
Sodium (mg)	145	66

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

McFlurry® with Oreo® Cookies

SUNDAE MIX: Skim **Milk**, Sugar, **Cream, Milk** Solids, Glucose Syrup (Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.

OREO® COOKIE PIECES: **Wheat** Flour, Sugar, Vegetable Oil (Antioxidant (304)), Cocoa Powder, Cornstarch, Raising Agents (500, 503), Salt, Emulsifier (**Soy** Lecithin), Food Acid (330), Flavours.

Contains gluten, milk, soy and sulphites.

Oreo Pieces are made in the same equipment as products containing milk, egg, peanut and sesame seed.

SUNDAE MIX contains sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1690	914
Energy (Cal)	404	219
Protein (g)	8.0	4.3
Fat, total (g)	14.3	7.8
Saturated Fat (g)	8.6	4.7
Carbohydrate (g)	60.0	32.4
Sugars (g)	42.5	23.0
Sodium (mg)	232	125

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

Soft Serve Cone

SUNDAE MIX: Skim **Milk**, Sugar, **Cream, Milk** Solids, Glucose Syrup (Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.

CONE: **Wheat** Flour, Canola Oil, Salt, Raising Agent (500), Emulsifier (322 - **Soy**), Water, Colour (160b).

Contains gluten, milk, soy and sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	584	656
Energy (Cal)	139	157
Protein (g)	4	4.4
Fat, total (g)	3.7	4.1
Saturated Fat (g)	2.4	2.7
Carbohydrate (g)	22.2	24.9
Sugars (g)	16.3	18.3
Sodium (mg)	41	46

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

Soft Serve Cone with FLAKE®

SUNDAE MIX: Skim **Milk**, Sugar, **Cream, Milk** Solids, Glucose Syrup (Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.

FLAKE®: Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Flavours, **Soy** Lecithin.

CONE: **Wheat** Flour, Canola Oil, Salt, Raising Agent (500), Emulsifier (322 - **Soy**), Water, Colour (160b).

Contains gluten, milk, soy and sulphites.

FLAKE® is manufactured on equipment which also produces products containing tree nuts and peanuts.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	772	792
Energy (Cal)	185	189
Protein (g)	4.6	4.7
Fat, total (g)	6.3	6.4
Saturated Fat (g)	4	4.1
Carbohydrate (g)	27.0	27.7
Sugars (g)	21	21.5
Sodium (mg)	47	49

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

FLAKE®

FLAKE: Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Flavours, **Soy** Lecithin.

Contains milk and soy.

FLAKE® is manufactured on equipment which also produces products containing tree nuts and peanuts.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	189	2222
Energy (Cal)	45	532
Protein (g)	0.7	7.8
Fat, total (g)	2.6	30.5
Saturated Fat (g)	1.6	19.0
Carbohydrate (g)	4.8	56.5
Sugars (g)	4.7	55.4
Sodium (mg)	7	78

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

Choc McDip™

SUNDAE MIX: Skim **Milk**, Sugar, **Cream, Milk** Solids, Glucose Syrup (Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.

WAFFLE CONE: **Wheat** Flour, Raw Cane Sugar, **Wheaten** Cornflour, Vegetable Oil, **Soy** Lecithin, **Wheat** Fibre, Salt, Water.

CHOC TOP TOPPING: Vegetable Fat, Sugar, Cocoa Powder, **Whey** powder, Emulsifiers (**Soy**, 476), Flavours, Salt.

Contains gluten, milk, soy and sulphites.

CHOC TOP TOPPING is produced in the same facility as products containing gluten and made in the same equipment as products containing tree nuts.

SUNDAE MIX contains sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1150	908
Energy (Cal)	276	217
Protein (g)	5.7	4.5
Fat, total (g)	10.1	7.9
Saturated Fat (g)	8.1	6.4
Carbohydrate (g)	39.9	31.5
Sugars (g)	28.2	22.2
Sodium (mg)	79	62

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

Caramel Flavour McDip™

SUNDAE MIX: Skim **Milk**, Sugar, Cream, **Milk** Solids, Glucose Syrup (Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.

WAFFLE CONE: **Wheat** Flour, Raw Cane Sugar, **Wheaten** Cornflour, Vegetable Oil, Emulsifier (322 - **Soy**), **Wheat** Fibre, Salt, Water.

CARAMEL TOP: Coconut Oil, Sugar, **Milk** Powder, **Whey** Powder, Emulsifier (322 - **Soy**), Cocoa Powder, Natural Flavour, Colours (160b, 100, (Sunflower Oil)), Salt.

Contains gluten, milk and soy.

CARAMEL TOP is produced in the same facility as products containing egg, gluten, peanuts and tree nuts.

SUNDAE MIX contains sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1020	916
Energy (Cal)	243	219
Protein (g)	5.1	4.6
Fat, total (g)	7.0	6.4
Saturated Fat (g)	5.5	4.9
Carbohydrate (g)	39.2	35.3
Sugars (g)	28.1	25.3
Sodium (mg)	70	63

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

Plain Sundae

SUNDAE MIX: Skim **Milk**, Sugar, **Cream, Milk** Solids, Glucose Syrup (Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.

Contains milk and sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	821	608
Energy (Cal)	196	145
Protein (g)	5.7	4.2
Fat, total (g)	5.5	4.1
Saturated Fat (g)	3.8	2.8
Carbohydrate (g)	30.4	22.5
Sugars (g)	25.8	19.1
Sodium (mg)	58	43

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

Caramel Sundae

SUNDAE MIX: Skim **Milk**, Sugar, **Cream, Milk** Solids, Glucose Syrup (Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.

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 and sulphites.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1420	809	2210	892
Energy (Cal)	339	193	529	213
Protein (g)	6.2	3.5	8.1	3.2
Fat, total (g)	7.4	4.2	10.7	4.3
Saturated Fat (g)	5.1	2.9	7.3	2.9
Carbohydrate (g)	60.3	34.4	97.8	39.3
Sugars (g)	41.7	23.8	63.9	25.8
Sodium (mg)	122	70	201	81

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

Hot Fudge Sundae

SUNDAE MIX: Skim **Milk**, Sugar, **Cream, Milk** Solids, Glucose Syrup (Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.

HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Emulsifier (322- **Soy**)), 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 and sulphites.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1440	831	2250	924
Energy (Cal)	343	199	538	221
Protein (g)	6.5	3.8	8.7	3.6
Fat, total (g)	8.5	4.9	12.8	5.3
Saturated Fat (g)	6.3	3.6	9.7	4.0
Carbohydrate (g)	59.1	34.2	95.2	39.1
Sugars (g)	45.9	26.5	72.3	29.7
Sodium (mg)	117	68	191	78

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

Strawberry Sundae

SUNDAE MIX: Skim **Milk**, Sugar, **Cream, Milk** Solids, Glucose Syrup (Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.

STRAWBERRY TOPPING: Strawberries Sugar, Water, High Fructose Corn Syrup, Strawberry Juice Concentrate, Thickeners (440, 410), Flavouring, Acidity Regulator (330), Preservative (202), Colour (124), Firming Agent (509).

Contains milk and sulphites.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1190	693	1750	729
Energy (Cal)	284	166	419	174
Protein (g)	6.0	3.5	7.7	3.2
Fat, total (g)	5.5	3.2	6.9	2.9
Saturated Fat (g)	3.8	2.2	4.7	2.0
Carbohydrate (g)	51.4	30.0	79.9	33.2
Sugars (g)	43.6	25.5	67.7	28.2
Sodium (mg)	60	35	76	32

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

Choc Top Super Sundae

SUNDAE MIX: Skim **Milk**, Sugar, **Cream, Milk** Solids, Glucose Syrup (Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.

HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Emulsifier (322)), Whole Sweetened Condensed **Milk (Milk, Milk** Powder, Sugar, Lactose), Cocoa Powder, Whole **Milk** Powder, Thickeners (1422, 401), Salt, Stabiliser(339), Flavouring, Preservative (202).

CHOCOLATE TOPPING: Vegetable Fat, Sugar, Cocoa Powder, Whey Powder (**Milk**), Emulsifiers (**Soy**, 476), Flavours, Salt.

Contains milk, soy and sulphites.

CHOCOLATE TOPPING is produced in the same facility as products containing gluten and tree nuts.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2420	1020
Energy (Cal)	579	244
Protein (g)	8.9	3.8
Fat, total (g)	24.9	10.5
Saturated Fat (g)	20.8	8.8
Carbohydrate (g)	79.0	33.3
Sugars (g)	64.1	27.1
Sodium (mg)	161	68

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

Donut Balls	5 Pack				10 Pack																																		
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g																																			
Energy (kJ)	769	1920	1540	1920																																			
Energy (Cal)	184	460	368	460																																			
Protein (g)	1.9	4.8	3.8	4.8																																			
Fat, total (g)	10.1	25.2	20.2	25.2																																			
Saturated Fat (g)	4.4	11.1	8.9	11.1																																			
Carbohydrate (g)	20.8	52.1	41.7	52.1																																			
Sugars (g)	10.5	26.3	21.0	26.3																																			
Sodium (mg)	100	251	201	251																																			
DONUT BALLS: Wheat Flour, Sugar, Water, Egg , Canola Oil, Milk Solids (Emulsifier 322 - Soy), Raising Agent (500,541,170, Maize Flour), Flavour, Wheat Gluten , Iodised Salt, Cinnamon.																																							
Contains gluten, milk, egg and soy.																																							
Donut Balls are produced in the same facility as products containing peanuts, sesame seeds and tree nuts.																																							
<table border="1"> <thead> <tr> <th>Gluten</th> <th>Eggs</th> <th>Milk</th> <th>Soy</th> <th>Fish & Crustacea</th> <th>Peanuts</th> <th>Tree Nuts</th> <th>Sesame Seeds</th> <th>Sulphites</th> <th>Lupin</th> <th>Preservative</th> <th>Flavour</th> <th>Colours</th> </tr> </thead> <tbody> <tr> <td>Y</td> <td>Y</td> <td>Y</td> <td>Y</td> <td></td> <td>T</td> <td>T</td> <td>T</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>														Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours	Y	Y	Y	Y		T	T	T					
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours																											
Y	Y	Y	Y		T	T	T																																

Donut Balls with Hot Fudge Sauce	5 Pack				10 Pack																																		
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g																																			
Energy (kJ)	1380	1780	2150	1830																																			
Energy (Cal)	331	425	515	437																																			
Protein (g)	2.7	3.5	4.6	3.9																																			
Fat, total (g)	13.1	16.8	23.1	19.6																																			
Saturated Fat (g)	6.9	8.9	11.4	9.7																																			
Carbohydrate (g)	49.6	63.7	70.4	59.7																																			
Sugars (g)	30.6	39.3	41.1	34.9																																			
Sodium (mg)	160	205	260	221																																			
DONUT BALLS: Wheat Flour, Sugar, Water, Egg , Canola Oil, Milk Solids (Emulsifier 322 - Soy), Raising Agent (500,541,170, Maize Flour), Flavour, Wheat Gluten , Iodised Salt, Cinnamon.																																							
HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Emulsifier 322 - Soy), Whole Sweetened Condensed Milk (Milk, Milk Powder, Sugar, Lactose) , Cocoa Powder, Whole Milk Powder, Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202).																																							
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Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours																											
Y	Y	Y	Y		T	T	T			Y																													