



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

Information is correct as at January 2026.

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 539 4303.

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	Added Preservative	Artificial Colour	Artificial Flavour
								Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio								
DESSERTS																							
Apple Pie	P	P			P													P		P		P	
M&M's MINIS® McFlurry®				P	P			M	M	M	M	M	M	M	M	M				P		P	
M&M's MINIS® Chocolate McFlurry®				P	P			M	M	M	M	M	M	M	M	M				P		P	
Oreo® Cookie McFlurry®	P	P		P	P		M															P	
Oreo® Cookie Chocolate McFlurry®	P	P		P	P		M															P	
Soft Serve Cone	P	P		P	P																		
Chocolate Soft Serve Cone	P	P		P	P																		
Soft Serve Cone with Flake®	P	P		P	P		M	M			M											P	
Chocolate Soft Serve Cone with Flake®	P	P		P	P		M	M			M											P	
Flake®	M	M		P	P		M	M			M											P	
Choc McDip®	P	P		P	P						M											P	
Choc McDip® Chocolate	P	P		P	P						M											P	
Plain Sundae				P																			
Plain Chocolate Sundae				P																			
Caramel Sundae				P																		P	
Caramel Chocolate Sundae				P																		P	
Hot Fudge Sundae				P	P															P		P	
Hot Fudge Chocolate Sundae				P	P															P		P	
Strawberry Sundae				P														P		P		P	
Strawberry Chocolate Sundae				P														P		P		P	
Choc Top Super Sundae				P								M						P		P		P	
Choc Top Chocolate Super Sundae				P								M								P		P	

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

DESSERTS		
Apple Pie APPLE PIE: Apple, (Preservatives (Ascorbic Acid (302), Sodium Metabisulphite (223) (Sulphites), Citric Acid (330)), Water, Wheat Flour, Sugar, Margarine ((Palm Oil , Water, Salt, Emulsifier (471, 322 (Soybean)), Acidity Regulator (500), Antioxidant (307b) (Soybean), Acid (330), Colour (160a)), Modified Corn Starch (1422, 1442), Dough Conditioner (Wheat Flour, Emulsifier (472e (Soybean), 471), Mineral Salt (500), Sodium Metabisulphite (223) (Sulphites)), Thickener (466, 410), Salt, Dextrose Monohydrate, Cinnamon, Citric Acid (330), Flavour (Water, Humectant (1520), Natural & Artificial Flavour, Sugar, Vegetable Gum (415, 405), Colour (100, 150a, b, c or d), Emulsifier (433)), Trisodium Citrate (331), Nutmeg, Vegetable Gum (410), Lemon Juice, Colour (160b,100). Contains Wheat, Gluten, Soy & Sulphites.	Apple Pie	
	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	733
	Energy (Cal)	175
	Protein (g)	2.3
	Fat, total (g)	5.4
	Saturated Fat (g)	3.2
	Carbohydrate (g)	27.6
	Sugars (g)	11.6
	Sodium (mg)	376
M&M's MINIS® McFlurry® SUNDAE MIX: Skim Milk , Sugar, Cream (Milk), Milk Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour. OR: Reconstituted Skim Milk , Sugar, Cream (Milk), Maltodextrin, Glucose, Natural Flavours (Milk), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose. M&M's® MINIs: Milk Chocolate [Sugar, Milk Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Cornstarch, Glucose Syrup, Vegetable Gum (414), Thickener (1400), Glazing Agent (903, Vegetable Oil), Emulsifier (Soy Lecithin), Salt, Flavour], Cornstarch, Glucose Syrup, Sugar, Colours (110, 170, 102, 129, 133). Contains: Milk, Soy. M&M's MINIS® are produced in the same facility as products containing Gluten, Wheat, Peanuts, Tree Nuts (Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut).	M&M's MINIS® McFlurry®	
	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	1540
	Energy (Cal)	369
	Protein (g)	7.1
	Fat, total (g)	11.8
	Saturated Fat (g)	7.7
	Carbohydrate (g)	57.1
	Sugars (g)	51.2
	Sodium (mg)	318
M&M's MINIS® Chocolate McFlurry® CHOCOLATE SUNDAE MIX: Reconstituted Skim Milk (Milk), Sugar, Cream (Milk), Cocoa Powder, Glucose Syrup, Natural Flavours (Milk), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt. M&M's® MINIs: Milk Chocolate [Sugar, Milk Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Cornstarch, Glucose Syrup, Vegetable Gum (414), Thickener (1400), Glazing Agent (903, Vegetable Oil), Emulsifier (Soy Lecithin), Salt, Flavour], Cornstarch, Glucose Syrup, Sugar, Colours (110, 170, 102, 129, 133). Contains: Milk, Soy. M&M's MINIS® are produced in the same facility as products containing Gluten, Wheat, Peanuts, Tree Nuts (Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut).	M&M's MINIS® McFlurry® Chocolate	
	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	1500
	Energy (Cal)	360
	Protein (g)	7.9
	Fat, total (g)	11.7
	Saturated Fat (g)	7.6
	Carbohydrate (g)	54.2
	Sugars (g)	50.3
	Sodium (mg)	79
OREO® Cookie McFlurry® SUNDAE MIX: Skim Milk , Sugar, Cream (Milk), Milk Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour. OR: Reconstituted Skim Milk , Sugar, Cream (Milk), Maltodextrin, Glucose, Natural Flavours (Milk), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose. OREO COOKIE 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: Gluten, Wheat, Milk, Soy. OREO COOKIE PIECES are made in the same equipment as products containing Milk, Peanuts.	McFlurry® with Oreo® Cookies	
	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	1700
	Energy (Cal)	405
	Protein (g)	7.5
	Fat, total (g)	14.0
	Saturated Fat (g)	7.9
	Carbohydrate (g)	61.5
	Sugars (g)	44.6
	Sodium (mg)	513
OREO® Cookie Chocolate McFlurry® CHOCOLATE SUNDAE MIX: Reconstituted Skim Milk (Milk), Sugar, Cream (Milk), Cocoa Powder, Glucose Syrup, Natural Flavours (Milk), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt. OREO COOKIE 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: Gluten, Wheat, Milk, Soy. OREO COOKIE PIECES are made in the same equipment as products containing Milk, Peanuts.	McFlurry® with Oreo® Cookies Chocolate	
	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	1660
	Energy (Cal)	396
	Protein (g)	8.3
	Fat, total (g)	13.8
	Saturated Fat (g)	7.8
	Carbohydrate (g)	58.6
	Sugars (g)	43.7
	Sodium (mg)	273
Soft Serve Cone SUNDAE MIX: Skim Milk , Sugar, Cream (Milk), Milk Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Like Flavour. OR Reconstituted Skim Milk , Sugar, Cream (Milk), Maltodextrin, Glucose, Natural Flavours (Milk), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose. CONE: Wheat Flour, Canola Oil, Water, Emulsifier (Soy Lecithin, 322), Salt, Raising Agent (Sodium Bicarbonate), Natural Colour (160b). Contains: Gluten, Wheat, Milk, Soy.	Soft Serve Cone	
	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	587
	Energy (Cal)	140
	Protein (g)	3.7
	Fat, total (g)	3.7
	Saturated Fat (g)	2.4
	Carbohydrate (g)	22.4
	Sugars (g)	16.9
	Sodium (mg)	182

Chocolate Soft Serve Cone

CHOCOLATE SUNDAE MIX: Reconstituted Skim **Milk (Milk)**, Sugar, Cream (**Milk**), Cocoa Powder, Glucose Syrup, Natural Flavours (**Milk**), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.
CONE: **Wheat** Flour, Canola Oil, Water, Emulsifier (**Soy** Lecithin, 322), Salt, Raising Agent (Sodium Bicarbonate), Natural Colour (160b).

Contains: Gluten, Wheat, Milk, Soy.

	Chocolate Soft Serve Cone	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	564	633
Energy (Cal)	135	151
Protein (g)	4.2	4.7
Fat, total (g)	3.6	4.1
Saturated Fat (g)	2.4	2.7
Carbohydrate (g)	20.7	23.3
Sugars (g)	16.3	18.3
Sodium (mg)	42	47

Soft Serve Cone with Flake®

SUNDAE MIX: Skim **Milk**, Sugar, Cream (**Milk**), **Milk** Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Like Flavour.
OR Reconstituted Skim **Milk**, Sugar, Cream (**Milk**), Maltodextrin, Glucose, Natural Flavours (**Milk**), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose.
CADBURY FLAKE®: Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Emulsifiers (**Soy** Lecithin, 476), Flavours.
CONE: **Wheat** Flour, Canola Oil, Water, Emulsifier (**Soy** Lecithin, 322), Salt, Raising Agent (Sodium Bicarbonate), Natural Colour (160b).

Contains: Gluten, Wheat, Milk, Soy.

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

	Soft Serve Cone with Flake®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	773	792
Energy (Cal)	185	189
Protein (g)	4.4	4.5
Fat, total (g)	6.2	6.4
Saturated Fat (g)	3.9	4.0
Carbohydrate (g)	27.4	28.1
Sugars (g)	21.7	22.3
Sodium (mg)	190	194

Chocolate Soft Serve Cone with Flake®

CHOCOLATE SUNDAE MIX: Reconstituted Skim **Milk (Milk)**, Sugar, Cream (**Milk**), Cocoa Powder, Glucose Syrup, Natural Flavours (**Milk**), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.
CADBURY FLAKE®: Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Emulsifiers (**Soy** Lecithin, 476), Flavours.
CONE: **Wheat** Flour, Canola Oil, Water, Emulsifier (**Soy** Lecithin, 322), Salt, Raising Agent (Sodium Bicarbonate), Natural Colour (160b).

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 Flake®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	750	769
Energy (Cal)	179	184
Protein (g)	4.8	4.9
Fat, total (g)	6.1	6.2
Saturated Fat (g)	3.9	4.0
Carbohydrate (g)	25.7	26.4
Sugars (g)	21.2	21.7
Sodium (mg)	49	50

Flake®

CADBURY FLAKE®: Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Emulsifiers (**Soy** Lecithin, 476), Flavours.

Contains: Milk, Soy.

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

	Flake®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	186	2190
Energy (Cal)	44	523
Protein (g)	0.6	7.5
Fat, total (g)	2.4	28.8
Saturated Fat (g)	1.5	17.6
Carbohydrate (g)	5.0	58.6
Sugars (g)	4.9	57.2
Sodium (mg)	7	85

Choc McDip®

SUNDAE MIX: Skim **Milk**, Sugar, Cream (**Milk**), **Milk** Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.
OR:
Reconstituted Skim **Milk**, Sugar, Cream (**Milk**), Maltodextrin, Glucose, Natural Flavours (**Milk**), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose.
WAFFLE CONE: **Wheat** Flour, Raw Cane Sugar, Wheaten Cornflour (**Wheat**), Water, Vegetable Oil (Coconut), Emulsifier (**Soy** Lecithin), **Oat** Fibre (**Gluten**), Salt.
CHOC TOP TOPPING: Vegetable Fat (Coconut Oil, Palm Oil), Sugar, Cocoa Powder, Whey Powder (**Milk**), Emulsifiers (**Soy** Lecithin (322), Polyglycerol Polyricinoleate (476)), Salt, Flavours.

Contains: Gluten, Wheat, Milk, Soy.

CHOC TOP TOPPING is produced in the same facility as products containing Gluten and made in the same equipment as products containing Tree Nuts (Hazelnut).

	Choc McDip®	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1150	906
Energy (Cal)	275	217
Protein (g)	5.1	4.0
Fat, total (g)	9.9	7.8
Saturated Fat (g)	7.7	6.0
Carbohydrate (g)	40.5	31.9
Sugars (g)	28.3	22.3
Sodium (mg)	239	188

Choc McDip® Chocolate

CHOCOLATE SUNDAE MIX: Reconstituted Skim **Milk (Milk)**, Sugar, Cream (**Milk**), Cocoa Powder, Glucose Syrup, Natural Flavours (**Milk**), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.
WAFFLE CONE: **Wheat** Flour, Raw Cane Sugar, Wheaten Cornflour (**Wheat**), Water, Vegetable Oil (Coconut), Emulsifier (**Soy** Lecithin), **Oat** Fibre (**Gluten**), Salt.
CHOC TOP TOPPING: Vegetable Fat (Coconut Oil, Palm Oil), Sugar, Cocoa Powder, Whey Powder (**Milk**), Emulsifiers (**Soy** Lecithin (322), Polyglycerol Polyricinoleate (476)), Salt, Flavours.

Contains: Gluten, Wheat, Milk, Soy.

CHOC TOP TOPPING is produced in the same facility as products containing Gluten and made in the same equipment as products containing Tree Nuts (Hazelnut).

	Choc McDip® Chocolate	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1120	884
Energy (Cal)	268	211
Protein (g)	5.7	4.5
Fat, total (g)	9.7	7.7
Saturated Fat (g)	7.6	6.0
Carbohydrate (g)	38.5	30.3
Sugars (g)	27.7	21.8
Sodium (mg)	72	57

<div>Plain Sundae</div> <div>SUNDAE MIX: Skim Milk, Sugar, Cream (Milk), Milk Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.</div> <div>OR:</div> <div>Reconstituted Skim Milk, Sugar, Cream (Milk), Maltodextrin, Glucose, Natural Flavours (Milk), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose.</div> <div>Contains: Milk.</div>	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	828	613	1030
	Energy (Cal)	198	147	246
	Protein (g)	5.2	3.9	6.5
	Fat, total (g)	5.6	4.1	6.9
	Saturated Fat (g)	3.8	2.9	4.8
	Carbohydrate (g)	31.1	23.0	38.6
	Sugars (g)	26.7	19.8	33.2
	Sodium (mg)	279	207	347
<div>Plain Chocolate Sundae</div> <div>CHOCOLATE SUNDAE MIX: Reconstituted Skim Milk (Milk), Sugar, Cream (Milk), Cocoa Powder, Glucose Syrup, Natural Flavours (Milk), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.</div> <div>Contains: Milk.</div>	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	791	586	965
	Energy (Cal)	189	140	235
	Protein (g)	5.9	4.4	7.4
	Fat, total (g)	5.4	4.0	6.7
	Saturated Fat (g)	3.8	2.8	4.7
	Carbohydrate (g)	28.4	21.0	35.3
	Sugars (g)	25.8	19.1	32.1
	Sodium (mg)	55	41	69
<div>Caramel Sundae</div> <div>SUNDAE MIX: Skim Milk, Sugar, Cream (Milk), Milk Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.</div> <div>OR:</div> <div>Reconstituted Skim Milk, Sugar, Cream (Milk), Maltodextrin, Glucose, Natural Flavours (Milk), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose.</div> <div>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.</div> <div>Contains: Milk.</div>	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	1370	783	2110
	Energy (Cal)	326	187	503
	Protein (g)	6.2	3.6	8.5
	Fat, total (g)	7.5	4.3	10.9
	Saturated Fat (g)	5.2	3.0	7.5
	Carbohydrate (g)	57.3	32.8	91.1
	Sugars (g)	48.1	27.6	76.0
	Sodium (mg)	359	206	507
<div>Caramel Chocolate Sundae</div> <div>CHOCOLATE SUNDAE MIX: Reconstituted Skim Milk (Milk), Sugar, Cream (Milk), Cocoa Powder, Glucose Syrup, Natural Flavours (Milk), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.</div> <div>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.</div> <div>Contains: Milk.</div>	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	1330	762	2060
	Energy (Cal)	318	182	492
	Protein (g)	7.0	4.0	9.4
	Fat, total (g)	7.4	4.2	10.7
	Saturated Fat (g)	5.1	2.9	7.4
	Carbohydrate (g)	54.6	31.3	87.7
	Sugars (g)	47.2	27.1	75.0
	Sodium (mg)	135	78	229
<div>Hot Fudge Sundae</div> <div>SUNDAE MIX: Skim Milk, Sugar, Cream (Milk), Milk Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.</div> <div>OR:</div> <div>Reconstituted Skim Milk, Sugar, Cream (Milk), Maltodextrin, Glucose, Natural Flavours (Milk), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose.</div> <div>CHOCOLATE 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).</div> <div>Contains: Milk, Soy.</div>	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	1440	835	2240
	Energy (Cal)	345	200	536
	Protein (g)	6.1	3.5	8.7
	Fat, total (g)	8.6	4.9	12.8
	Saturated Fat (g)	6.4	3.7	9.8
	Carbohydrate (g)	59.8	34.6	94.7
	Sugars (g)	46.8	27.0	74.2
	Sodium (mg)	338	196	196
<div>Hot Fudge Chocolate Sundae</div> <div>CHOCOLATE SUNDAE MIX: Reconstituted Skim Milk (Milk), Sugar, Cream (Milk), Cocoa Powder, Glucose Syrup, Natural Flavours (Milk), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.</div> <div>CHOCOLATE 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).</div> <div>Contains: Milk, Soy.</div>	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	1300	752	2000
	Energy (Cal)	311	180	479
	Protein (g)	7.6	4.4	10.7
	Fat, total (g)	9.4	5.5	14.8
	Saturated Fat (g)	7.3	4.2	11.7
	Carbohydrate (g)	47.7	27.5	73.9
	Sugars (g)	43.7	25.2	67.9
	Sodium (mg)	157	91	272

Strawberry Sundae		Small		Large	
SUNDAE MIX: Skim Milk , Sugar, Cream (Milk), Milk Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.		Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
OR:		Energy (kJ)	1130	662	1640
Reconstituted Skim Milk , Sugar, Cream (Milk), Maltodextrin, Glucose, Natural Flavours (Milk), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose.		Energy (Cal)	271	158	393
STRAWBERRY TOPPING: Strawberry, Sugar, Water, High Fructose Corn Syrup, Strawberry Juice, Thickener (E440, E410), Flavouring, Acidity Regulator (E330), Preservative (E202), Colour (E124), Stabiliser (E509).		Protein (g)	5.4	3.1	6.8
		Fat, total (g)	5.6	3.3	6.9
		Saturated Fat (g)	3.8	2.2	4.8
		Carbohydrate (g)	48.8	28.5	74.1
		Sugars (g)	44.5	26.0	68.8
		Sodium (mg)	281	164	350
Contains: Milk, Sulphites.					
Strawberry Chocolate Sundae		Small		Large	
CHOCOLATE SUNDAE MIX: Reconstituted Skim Milk (Milk), Sugar, Cream (Milk), Cocoa Powder, Glucose Syrup, Natural Flavours (Milk), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.		Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
STRAWBERRY TOPPING: Strawberry, Sugar, Water, High Fructose Corn Syrup, Strawberry Juice, Thickener (E440, E410), Flavouring, Acidity Regulator (E330), Preservative (E202), Colour (E124), Stabiliser (E509).		Energy (kJ)	1100	641	1600
		Energy (Cal)	262	153	382
		Protein (g)	6.1	3.6	7.7
		Fat, total (g)	5.4	3.2	6.7
		Saturated Fat (g)	3.8	2.2	4.7
		Carbohydrate (g)	46.1	26.9	70.7
		Sugars (g)	43.6	25.5	67.7
		Sodium (mg)	57	33	72
Contains: Milk, Sulphites.					
Choc Top Super Sundae				Choc Top Super Sundae	
SUNDAE MIX: Skim Milk , Sugar, Cream (Milk), Milk Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.				Avg Qty / Serve	Avg Qty / 100g
OR:				Energy (kJ)	2420
Reconstituted Skim Milk , Sugar, Cream (Milk), Maltodextrin, Glucose, Natural Flavours (Milk), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose.				Energy (Cal)	579
CHOCOLATE 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).				Protein (g)	8.4
CHOC TOP TOPPING: Vegetable Fat (Coconut Oil, Palm Oil), Sugar, Cocoa Powder, Whey Powder (Milk), Emulsifiers [Soy Lecithin (322), Polyglycerol Polyricinoleate (476)], Salt, Flavours.				Fat, total (g)	24.6
				Saturated Fat (g)	19.8
				Carbohydrate (g)	79.9
				Sugars (g)	65.4
				Sodium (mg)	422
Contains: Milk, Soy.					
CHOC TOP TOPPING is produced on the same equipment as product containing Tree Nuts (Hazelnut).					
Choc Top Chocolate Super Sundae				Choc Top Chocolate Super Sundae	
CHOCOLATE SUNDAE MIX: Reconstituted Skim Milk (Milk), Sugar, Cream (Milk), Cocoa Powder, Glucose Syrup, Natural Flavours (Milk), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.				Avg Qty / Serve	Avg Qty / 100g
CHOCOLATE 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).				Energy (kJ)	2270
CHOC TOP TOPPING: Vegetable Fat (Coconut Oil, Palm Oil), Sugar, Cocoa Powder, Whey Powder (Milk), Emulsifiers [Soy Lecithin (322), Polyglycerol Polyricinoleate (476)], Salt, Flavours.				Energy (Cal)	542
				Protein (g)	10.1
				Fat, total (g)	25.5
				Saturated Fat (g)	20.7
				Carbohydrate (g)	67.0
				Sugars (g)	62.1
				Sodium (mg)	184
Contains: Milk, Soy.					
CHOC TOP TOPPING is produced on the same equipment as product containing Tree Nuts (Hazelnut).					

If this document has been printed, please visit <https://mcdonalds.co.nz/maccas-food/nutrition> for most current information.

Change Tracker:						
Date	Document Number/Revision	Document Title	Issued	Upload Date	Description	
12/01/2026	20	NZ Desserts Menu _January 2026	12/01/2026	12/01/2026	Updated allergen matrix	
19/12/2024	19	NZ Desserts Menu _December 2024	19/12/2024	19/12/2024	Updated Apple Pie Ingredient Listing	
19/11/2024	18	NZ Desserts Menu _November 2024	19/11/2024	20/11/2024	Chocolate Soft Serve Products	
6/08/2024	17	NZ Desserts Menu _August 2024	6/08/2024	7/08/2027	Updated information for Caramel Topping	
9/02/2024	16	NZ Desserts Menu _February 2024	20/02/2024	20/02/2024	Updated for PEAL Legislative requirements	