



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)

	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	Walnut										
DESSERTS																										
Apple Pie	P	P					P																P	P	P	
M&M's MINIS® McFlurry®					P	P			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								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
Hot Fudge Chocolate Sundae					P	P																				P
Strawberry Sundae					P																					P
Strawberry Chocolate Sundae					P																					P
Choc Top Super Sundae					P										M											P
Choc Top Chocolate Super Sundae					P										M											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	881	
Energy (Cal)	175	210	
Protein (g)	2.3	2.7	
Fat, total (g)	5.4	6.5	
Saturated Fat (g)	3.2	3.8	
Carbohydrate (g)	27.6	33.2	
Sugars (g)	11.6	14.0	
Sodium (mg)	376	452	

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	857	
Energy (Cal)	369	205	
Protein (g)	7.1	3.9	
Fat, total (g)	11.8	6.6	
Saturated Fat (g)	7.7	4.3	
Carbohydrate (g)	57.1	31.7	
Sugars (g)	51.2	28.4	
Sodium (mg)	318	176	

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	836	
Energy (Cal)	360	200	
Protein (g)	7.9	4.4	
Fat, total (g)	11.7	6.5	
Saturated Fat (g)	7.6	4.2	
Carbohydrate (g)	54.2	30.1	
Sugars (g)	50.3	27.9	
Sodium (mg)	79	44	

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	917	
Energy (Cal)	405	219	
Protein (g)	7.5	4.0	
Fat, total (g)	14.0	7.6	
Saturated Fat (g)	7.9	4.2	
Carbohydrate (g)	61.5	33.2	
Sugars (g)	44.6	24.1	
Sodium (mg)	513	278	

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	895	
Energy (Cal)	396	214	
Protein (g)	8.3	4.5	
Fat, total (g)	13.8	7.5	
Saturated Fat (g)	7.8	4.2	
Carbohydrate (g)	58.6	31.7	
Sugars (g)	43.7	23.6	
Sodium (mg)	273	148	

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	659	
Energy (Cal)	140	158	
Protein (g)	3.7	4.2	
Fat, total (g)	3.7	4.2	
Saturated Fat (g)	2.4	2.7	
Carbohydrate (g)	22.4	25.2	
Sugars (g)	16.9	19.0	
Sodium (mg)	182	205	

Chocolate Soft Serve Cone		Chocolate Soft Serve Cone	
CHOCOLATE SUNDAE MIX: Reconstituted Skim 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	
CONE: Wheat Flour, Canola Oil, Water, Emulsifier (Soy Lecithin, 322), Salt, Raising Agent (Sodium Bicarbonate), Natural Colour (160b).		Energy (kJ)	564
Contains: Gluten, Wheat, Milk, Soy.		Energy (Cal)	135
		Protein (g)	4.2
		Fat, total (g)	3.6
		Saturated Fat (g)	2.4
		Carbohydrate (g)	20.7
		Sugars (g)	16.3
		Sodium (mg)	42
			47
Soft Serve Cone with Flake®		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.		Avg Qty / Serve	
OR Reconstituted Skim Milk , Sugar, Cream (Milk), Maltodextrin, Glucose, Natural Flavours (Milk), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose.		Energy (kJ)	792
CADBURY FLAKE®: Full Cream Milk , Sugar, Cocoa Butter, Cocoa Mass, Milk Solids, Emulsifiers (Soy Lecithin, 476), Flavours.		Energy (Cal)	185
CONE: Wheat Flour, Canola Oil, Water, Emulsifier (Soy Lecithin, 322), Salt, Raising Agent (Sodium Bicarbonate), Natural Colour (160b).		Protein (g)	4.4
Contains: Gluten, Wheat, Milk, Soy.		Fat, total (g)	6.2
CADBURY® FLAKE® is produced in the same facility as products containing Gluten, Wheat, Peanuts, Tree Nuts (Almonds, Hazelnuts) .		Saturated Fat (g)	3.9
		Carbohydrate (g)	27.4
		Sugars (g)	21.7
		Sodium (mg)	190
			194
Chocolate Soft Serve Cone with Flake®		Chocolate Soft Serve Cone with Flake®	
CHOCOLATE SUNDAE MIX: Reconstituted Skim 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	
CADBURY FLAKE®: Full Cream Milk , Sugar, Cocoa Butter, Cocoa Mass, Milk Solids, Emulsifiers (Soy Lecithin, 476), Flavours.		Energy (kJ)	750
CONE: Wheat Flour, Canola Oil, Water, Emulsifier (Soy Lecithin, 322), Salt, Raising Agent (Sodium Bicarbonate), Natural Colour (160b).		Energy (Cal)	179
Contains: Gluten, Wheat, Milk, Soy.		Protein (g)	4.8
CADBURY® FLAKE® is produced in the same facility as products containing Gluten, Wheat, Peanuts, Tree Nuts (Almonds, Hazelnuts) .		Fat, total (g)	6.1
		Saturated Fat (g)	3.9
		Carbohydrate (g)	25.7
		Sugars (g)	21.2
		Sodium (mg)	49
			50
Flake®		Flake®	
CADBURY FLAKE®: Full Cream Milk , Sugar, Cocoa Butter, Cocoa Mass, Milk Solids, Emulsifiers (Soy Lecithin, 476), Flavours.		Avg Qty / Serve	
Contains: Milk, Soy.		Energy (kJ)	186
CADBURY® FLAKE® is produced in the same facility as products containing Gluten, Wheat, Peanuts, Tree Nuts (Almonds, Hazelnuts) .		Energy (Cal)	44
		Protein (g)	0.6
		Fat, total (g)	2.4
		Saturated Fat (g)	1.5
		Carbohydrate (g)	5.0
		Sugars (g)	4.9
		Sodium (mg)	7
			85
Choc McDip®		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.		Avg Qty / Serve	
OR: Reconstituted Skim Milk , Sugar, Cream (Milk), Maltodextrin, Glucose, Natural Flavours (Milk), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose.		Energy (kJ)	1150
WAFFLE CONE: Wheat Flour, Raw Cane Sugar, Wheaten Cornflour (Wheat), Water, Vegetable Oil (Coconut), Emulsifier (Soy Lecithin), Oat Fibre (Gluten), Salt.		Energy (Cal)	275
CHOC TOP TOPPING: Vegetable Fat (Coconut Oil, Palm Oil), Sugar, Cocoa Powder, Whey Powder (Milk), Emulsifiers [Soy Lecithin (322), Polyglycerol Polyricinoleate (476)], Salt, Flavours.		Protein (g)	5.1
Contains: Gluten, Wheat, Milk, Soy.		Fat, total (g)	9.9
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) .		Saturated Fat (g)	7.7
		Carbohydrate (g)	40.5
		Sugars (g)	28.3
		Sodium (mg)	239
			188
Choc McDip® Chocolate		Choc McDip® Chocolate	
CHOCOLATE SUNDAE MIX: Reconstituted Skim 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	
WAFFLE CONE: Wheat Flour, Raw Cane Sugar, Wheaten Cornflour (Wheat), Water, Vegetable Oil (Coconut), Emulsifier (Soy Lecithin), Oat Fibre (Gluten), Salt.		Energy (kJ)	1120
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)	268
Contains: Gluten, Wheat, Milk, Soy.		Protein (g)	5.7
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) .		Fat, total (g)	9.7
		Saturated Fat (g)	7.6
		Carbohydrate (g)	38.5
		Sugars (g)	27.7
		Sodium (mg)	72
			57

Plain Sundae

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.

Contains: Milk.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	828	613	1030	613
Energy (Cal)	198	147	246	147
Protein (g)	5.2	3.9	6.5	3.9
Fat, total (g)	5.6	4.1	6.9	4.1
Saturated Fat (g)	3.8	2.9	4.8	2.9
Carbohydrate (g)	31.1	23.0	38.6	23.0
Sugars (g)	26.7	19.8	33.2	19.8
Sodium (mg)	279	207	347	207

Plain Chocolate 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.

Contains: Milk.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	791	586	985	586
Energy (Cal)	189	140	235	140
Protein (g)	5.9	4.4	7.4	4.4
Fat, total (g)	5.4	4.0	6.7	4.0
Saturated Fat (g)	3.8	2.8	4.7	2.8
Carbohydrate (g)	28.4	21.0	35.3	21.0
Sugars (g)	25.8	19.1	32.1	19.1
Sodium (mg)	55	41	69	41

Caramel Sundae

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.

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)	1370	783	2110	853
Energy (Cal)	326	187	503	204
Protein (g)	6.2	3.6	8.5	3.5
Fat, total (g)	7.5	4.3	10.9	4.4
Saturated Fat (g)	5.2	3.0	7.5	3.0
Carbohydrate (g)	57.3	32.8	91.1	36.9
Sugars (g)	48.1	27.6	76.0	30.8
Sodium (mg)	359	206	507	205

Caramel Chocolate 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.

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	762	2060	834
Energy (Cal)	318	182	492	199
Protein (g)	7.0	4.0	9.4	3.8
Fat, total (g)	7.4	4.2	10.7	4.3
Saturated Fat (g)	5.1	2.9	7.4	3.0
Carbohydrate (g)	54.6	31.3	87.7	35.5
Sugars (g)	47.2	27.1	75.0	30.4
Sodium (mg)	135	78	229	93

Hot Fudge Sundae

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.

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).

Contains: Milk, Soy.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1440	835	2240	920
Energy (Cal)	345	200	536	220
Protein (g)	6.1	3.5	8.7	3.6
Fat, total (g)	8.6	4.9	12.8	5.2
Saturated Fat (g)	6.4	3.7	9.8	4.0
Carbohydrate (g)	59.8	34.6	94.7	38.9
Sugars (g)	46.8	27.0	74.2	30.5
Sodium (mg)	338	196	196	80

Hot Fudge Chocolate 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.

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).

Contains: Milk, Soy.

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1300	752	2000	821
Energy (Cal)	311	180	479	196
Protein (g)	7.6	4.4	10.7	4.4
Fat, total (g)	9.4	5.5	14.8	6.1
Saturated Fat (g)	7.3	4.2	11.7	4.8
Carbohydrate (g)	47.7	27.5	73.9	30.3
Sugars (g)	43.7	25.2	67.9	27.8
Sodium (mg)	157	91	272	111

Strawberry Sundae

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.

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)	1130	662	1640	683
Energy (Cal)	271	158	393	163
Protein (g)	5.4	3.1	6.8	2.8
Fat, total (g)	5.6	3.3	6.9	2.9
Saturated Fat (g)	3.8	2.2	4.8	2.0
Carbohydrate (g)	48.8	28.5	74.1	30.8
Sugars (g)	44.5	26.0	68.8	28.6
Sodium (mg)	281	164	350	146

Strawberry Chocolate 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.

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	641	1600	664
Energy (Cal)	262	153	382	159
Protein (g)	6.1	3.6	7.7	3.2
Fat, total (g)	5.4	3.2	6.7	2.8
Saturated Fat (g)	3.8	2.2	4.7	2.0
Carbohydrate (g)	46.1	26.9	70.7	29.4
Sugars (g)	43.6	25.5	67.7	28.2
Sodium (mg)	57	33	72	30

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.

OR:

Reconstituted Skim **Milk**, Sugar, Cream (**Milk**), Maltodextrin, Glucose, Natural Flavours (**Milk**), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose.

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).

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: **Milk, Soy.**

CHOC TOP TOPPING is produced on the same equipment as product containing Tree Nuts (Hazelnut).

Choc Top Super Sundae

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2420	1020
Energy (Cal)	579	244
Protein (g)	8.4	3.6
Fat, total (g)	24.6	10.4
Saturated Fat (g)	19.8	8.4
Carbohydrate (g)	79.9	33.7
Sugars (g)	65.4	27.6
Sodium (mg)	422	178

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.

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).

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: **Milk, Soy.**

CHOC TOP TOPPING is produced on the same equipment as product containing Tree Nuts (Hazelnut).

Choc Top Chocolate Super Sundae

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2270	957
Energy (Cal)	542	229
Protein (g)	10.1	4.3
Fat, total (g)	25.5	10.7
Saturated Fat (g)	20.7	8.7
Carbohydrate (g)	67.0	28.3
Sugars (g)	62.1	26.2
Sodium (mg)	184	78

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	