



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

Core & Beverage Menu

Information is correct as at December 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 539 4303.

Limited Time Offers

Apple Pie McFlurry®

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

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.

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 [gluten](#), [milk](#) and [soy](#).

APPLE PIE contains sulphites and is produced at the same facility as products containing [milk](#) and [sesame seeds](#).

APPLE PIE is cooked in a 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)	2430	899
Energy (Cal)	581	215
Protein (g)	9.3	3.4
Fat, total (g)	19.9	7.4
Saturated Fat (g)	8.8	3.3
Carbohydrate (g)	88.3	32.7
Sugars (g)	56.5	20.9
Sodium (mg)	509	188

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