



McDonald's New Zealand McCafe Food Menu Allergen - Ingredients - Nutrition Information

McCafe Food Menu

Information is correct as at October 2021.

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.

MCCAFE FOOD

Cinnamon Cobblestone

Wheat Flour, Water, Butter [**Cream**, Water, Salt], Custard Mix [Sugar, Thickeners (1414, 401), Milk Solids, Wheatstarch, Colour (102, 110), Acidity Regulator (331), Flavouring, Salt], Sugar, Brown Sugar, **Egg**, Dairy Cream (Thickener (401)), Yeast, Iodised Salt, Improver [**Soy** Flour, Emulsifier (481, 472e), **Wheat** Flour, Anticaking Agent (170), Antioxidant (300), Raising Agent (920), Enzymes), Flavour.

Contains gluten, egg, milk and soy.
May contain peanuts, tree nuts and sesame seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1460	1270
Energy (Cal)	350	304
Protein (g)	6.7	5.8
Fat, total (g)	11.4	9.9
Saturated Fat (g)	7.0	6.1
Carbohydrate (g)	53.7	46.7
Sugars (g)	15.3	13.3
Sodium (mg)	480	417

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

Blueberry Muffin

Wheat Flour, Sugar, Blueberries, **Eggs**, Vegetable Oil (Canola, **Soy**, Antioxidants (319, 307b, 320), Antifoam (900a)), **Milk** Solids, Raising Agents (541, 500, 170), Maize Flour, Vinegar, Iodised Salt, Flavouring.

Contains gluten, egg, milk and soy.
May contain TRACES of peanuts, tree nuts and sesame seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1670	1290
Energy (Cal)	400	308
Protein (g)	7.8	6.0
Fat, total (g)	11.6	8.9
Saturated Fat (g)	1.6	1.2
Carbohydrate (g)	63.8	49.1
Sugars (g)	3.5	27.9
Sodium (mg)	442	340

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

Walnut, Carrot and Bran Muffin

Sugar, **Wheat** Flour, Carrots, Water, Vegetable Oil (Canola, **Soy**, Antioxidant (319, 307b, 320), Antifoam (900a)), **Eggs**, Coconut, **Walnuts**, **Wheat** Bran, Raising Agents (541, 500, 170, Maize Flour), Cinnamon, Flavourings, Iodised Salt.

Contains gluten, egg, soy and tree nuts.
May contain TRACES of milk, peanuts and sesame seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1950	1500
Energy (Cal)	466	358
Protein (g)	7.3	5.6
Fat, total (g)	23.8	18.3
Saturated Fat (g)	6.1	4.7
Carbohydrate (g)	51.7	39.8
Sugars (g)	35.4	27.2
Sodium (mg)	377	290

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

Chocolate Chip Muffin

Wheat Flour, Sugar, Water, Vegetable Oil (Canola, **Soy**, Antioxidant (319, 307b, 320), Antifoam (900a)), Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Vegetable Fat, **Whey** Powder, **Milk** Solids, Emulsifiers (**Soy** 322, 476, 492)], **Eggs**, Banana (Acidity Regulator (300, 330)), Cocoa, Raising Agent (541, 500, 170), Maize Flour, Vinegar, Iodised Salt, Flavouring.

Contains gluten, egg, soy and tree nuts.
May contain TRACES of milk, peanuts and sesame seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1930	1480
Energy (Cal)	461	354
Protein (g)	7.9	6.1
Fat, total (g)	16.5	12.7
Saturated Fat (g)	4.6	3.5
Carbohydrate (g)	67.6	52.0
Sugars (g)	42.0	32.3
Sodium (mg)	533	410

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

Raspberry and White Chocolate Muffin

Wheat Flour, Sugar, Water, Raspberries, **Egg**, Canola Oil, White Chocolate [Sugar, **Milk** Solids, Cocoa Butter, Emulsifier (322 - **Soy**, 476), Flavour], **Milk** Solids [Emulsifier (322 - **Soy**)], Raising Agent (500, 541, 170, Maize Flour), **Egg** White, Maize Starch, Vinegar, Iodised Salt, Flavour.

Contains gluten, egg, milk and soy.
May contain TRACES peanuts, tree nuts and sesame seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1790	1370
Energy (Cal)	427	328
Protein (g)	8.3	6.4
Fat, total (g)	13.0	10.0
Saturated Fat (g)	3.1	2.4
Carbohydrate (g)	66.6	51.2
Sugars (g)	39.9	30.7
Sodium (mg)	377	290

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