



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

## Core & Beverage Menu

Information is correct as at June 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](http://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](http://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

### Banana Bread with Butter

BANANA BREAD: **Wheat** Flour, Sugar, Banana (Acidity Regulators (300)), **Eggs**, Vegetable Oil (Canola, **Soy**, Antioxidant (319, 307b, 320), Antifoam (900a)), **Butter (Cream**, Water, Salt), Iodised Salt, Flavouring, Raising Agent (500).  
 BUTTER: **Cream**, Water, Salt.

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2030	1310
Energy (Cal)	486	312
Protein (g)	7.4	4.8
Fat, total (g)	13.3	8.5
Saturated Fat (g)	8.5	5.5
Carbohydrate (g)	81.8	52.6
Sugars (g)	53.6	34.4
Sodium (mg)	414	266

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

### Caramel Slice

Condensed Milk (**Milk** Solids, Sugar), **Wheat** Flour, Sugar, **Butter** (Cream, Water, Salt), White Choc (Sugar, Vegetable Fat (Emulsifier (492,322), Food Acid (330)), Milk Powder, Emulsifier (322), Flavour), Margarine (Vegetable Fat (Palm, Rapeseed), Water, Whey Powder, Salt, Acidity Regulator (270), Preservative (202), Emulsifier (471), Vitamin A, Vitamin D3, Colour (160a), Flavours), Dairy Cream (Thickener (401)), Dark Chocolate (Sugar, Vegetable Fat, Cocoa Powder, Emulsifiers (492, Soy Lecithin), Salt, Flavour), Egg, Cocoa, Raising Agents (541, 500, 170, 450, 336), Iodised Salt, Flavour, Colour (150c).

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2160	2010
Energy (Cal)	517	481
Protein (g)	6.5	6.0
Fat, total (g)	28.6	26.6
Saturated Fat (g)	17.3	16.1
Carbohydrate (g)	58.2	54.1
Sugars (g)	42.2	39.3
Sodium (mg)	293	273

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	Y

### 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, 472a), **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	Y

### Custard Tart

Water, **Wheat** Flour, Custard Mix [Sugar, **Milk** Solids, Thickener (1442, 401), Flavour, **Wheat** Starch, Salt, Colour (171, 102, 110)], **Butter (Cream**, Water, Salt), Dairy **Cream** (401), **Egg**, Flavouring, Nutmeg.

Contains gluten, egg and milk.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1430	1100
Energy (Cal)	342	263
Protein (g)	5.1	3.9
Fat, total (g)	15.5	11.9
Saturated Fat (g)	10.4	8.0
Carbohydrate (g)	44.6	34.3
Sugars (g)	22.1	17.0
Sodium (mg)	234	180

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

### McCafe Cookie

Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, **Milk** Solids, Emulsifiers (322 **Soy**, 476)], **Wheat** Flour, Brown Sugar, **Butter (Cream**, Water, Salt), **Egg**, Flavour, Iodised Salt, Raising Agent (500).

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1120	2030
Energy (Cal)	267	485
Protein (g)	3.1	5.7
Fat, total (g)	12.3	22.4
Saturated Fat (g)	7.9	14.4
Carbohydrate (g)	35.3	64.2
Sugars (g)	16.9	30.7
Sodium (mg)	184	334

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

### Cheesy Mite Scroll

**Wheat** Flour, Water, Cheese (Pasteurised Cow **Milk**, Salt, Cultures, Rennet, Anticaking Agent (460), Preservative (200)), Butter (**Cream**, Water, Salt), Marmite (Yeast, Sugar, Mineral Salt (508), Colour (150c), Corn Maltodextrin, Mineral (Iron), Vitamins (B3, B1, B2, Folate, B12), Herbs, Spices), **Egg**, Iodised Salt, Improver (**Soy** Flour, Emulsifier (481, 472e), Anticaking Agent (170), Antioxidant (300), Raising Agent (920), Enzymes).

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

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1290	1430
Energy (Cal)	308	342
Protein (g)	11.3	12.6
Fat, total (g)	12.0	13.3
Saturated Fat (g)	7.7	8.6
Carbohydrate (g)	37.5	41.7
Sugars (g)	3.6	4.0
Sodium (mg)	697	774

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

### Cheese Toastie

SOURDOUGH BREAD: **Wheat** Flour, Water, Salt, Malt Flour (**Barley**).  
CHEDDAR CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).  
TOMATO: Tomato

Contains gluten, milk and sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1550	1250
Energy (Cal)	371	299
Protein (g)	16.2	13.0
Fat, total (g)	15.3	12.3
Saturated Fat (g)	9.5	7.7
Carbohydrate (g)	40.6	32.7
Sugars (g)	2.2	1.8
Sodium (mg)	719	580

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

### Cheese and Tomato Toastie

SOURDOUGH BREAD: **Wheat** Flour, Water, Salt, Malt Flour (**Barley**).  
CHEDDAR CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).  
TOMATO: Tomato

Contains gluten, milk and sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1580	942
Energy (Cal)	378	225
Protein (g)	16.5	9.8
Fat, total (g)	15.3	9.1
Saturated Fat (g)	9.6	5.7
Carbohydrate (g)	41.8	24.9
Sugars (g)	3.3	2.0
Sodium (mg)	720	429

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

### Ham and Cheese Toastie

SOURDOUGH BREAD: **Wheat** Flour, Water, Salt, Malt Flour (**Barley**).  
CHEDDAR CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).  
SLICED HAM: Pork, Water, Salt, Mineral Salts (451,450), Sugar, Dextrose (Maize), Antioxidant (316), Preservative (250), Food Starch.

Contains gluten, milk and sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1730	1030
Energy (Cal)	415	245
Protein (g)	21.5	12.7
Fat, total (g)	16.4	9.7
Saturated Fat (g)	9.9	5.9
Carbohydrate (g)	43.6	25.8
Sugars (g)	3.3	2.0
Sodium (mg)	1210	718

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

### Ham, Cheese and Tomato Toastie

SOURDOUGH BREAD: **Wheat** Flour, Water, Salt, Malt Flour (**Barley**).  
CHEDDAR CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).  
SLICED HAM: Pork, Water, Salt, Mineral Salts (451,450), Sugar, Dextrose (Maize), Antioxidant (316), Preservative (250), Food Starch.  
TOMATO: Tomato

Contains gluten, milk and sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1770	829
Energy (Cal)	422	198
Protein (g)	21.8	10.2
Fat, total (g)	16.4	7.7
Saturated Fat (g)	10.0	4.7
Carbohydrate (g)	44.8	21.0
Sugars (g)	4.4	2.1
Sodium (mg)	1210	570

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

Contains gluten, egg, milk and soy.  
May contain TRACES peanuts, treenuts 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	