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

Information is correct as at February 2023.

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)

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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
M&M's MINIS® McFlurry®				P	P		M	M	M	M	M	M	M	M	M							P	P
McFlurry® with Oreo® Cookies	P	P		P	P		M																P
Soft Serve Cone	P	P		P	P		M																
Soft Serve Cone with Flake®	P	P		P	P		M	M															P
Flake®	M	M		P	P		M	M															P
Choc McDip®	P	P		P	P					M													P
Plain Sundae				P																			
Caramel Sundae				P																			P
Hot Fudge Sundae				P																	P		P
Strawberry Sundae				P													P				P		P
Choc Top Super Sundae				P						M								P			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			
<p>Apple Pie</p> <p>APPLE PIE: Apple, (Preservatives (Ascorbic Acid (300), Sodium Dioxide (220), 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)), Thickener (466, 410), Salt, Dextrose Monohydrate, Cinnamon, Citric Acid (330), Flavour (Water, Humectant (1520), Natural and 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).</p> <p>Contains: Gluten, Wheat, Soy.</p>	Apple Pie		
		Avg Qty / Serve	Avg Qty / 100g
	Energy (k.J)	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
	<p>M&M's MINIS® McFlurry®</p> <p>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.</p> <p>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).</p> <p>Contains: Milk, Soy. M&M's MINIS® are made in the same equipment as products containing Peanuts, Tree Nuts.</p>	M&M's MINIS® McFlurry®	
		Avg Qty / Serve	Avg Qty / 100g
Energy (k.J)		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
<p>McFlurry® with Oreo® Cookies</p> <p>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.</p> <p>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.</p> <p>Contains: Gluten, Wheat, Milk, Soy. OREO COOKIE PIECES are made in the same equipment as products containing Milk, Peanut.</p>		McFlurry® with Oreo® Cookies	
		Avg Qty / Serve	Avg Qty / 100g
	Energy (k.J)	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
	<p>Soft Serve Cone</p> <p>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.</p> <p>CONE: Wheat Flour, Canola Oil, Water, Emulsifier (Soy Lecithin, 322), Salt, Raising Agent (Sodium Bicarbonate), Natural Colour (160b).</p> <p>Contains: Gluten, Wheat, Milk, Soy.</p>	Soft Serve Cone	
		Avg Qty / Serve	Avg Qty / 100g
Energy (k.J)		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
<p>Soft Serve Cone with Flake®</p> <p>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.</p> <p>CADBURY FLAKE®: Full Cream Milk, Sugar, Cocoa Butter, Cocoa Mass, Milk Solids, Emulsifiers (Soy Lecithin, 476), Flavours.</p> <p>CONE: Wheat Flour, Canola Oil, Water, Emulsifier (Soy Lecithin, 322), Salt, Raising Agent (Sodium Bicarbonate), Natural Colour (160b).</p> <p>Contains: Gluten, Wheat, Milk, Soy. CADBURY® FLAKE® is produced in the same facility as products containing Gluten, Wheat, Peanuts, Tree Nuts (Almonds, Hazelnuts).</p>		Soft Serve Cone with Flake®	
		Avg Qty / Serve	Avg Qty / 100g
	Energy (k.J)	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
	<p>Flake®</p> <p>CADBURY FLAKE®: Full Cream Milk, Sugar, Cocoa Butter, Cocoa Mass, Milk Solids, Emulsifiers (Soy Lecithin, 476), Flavours.</p> <p>Contains: Milk, Soy. CADBURY® FLAKE® is produced in the same facility as products containing Gluten, Wheat, Peanuts, Tree Nuts (Almonds, Hazelnuts).</p>	Flake®	
		Avg Qty / Serve	Avg Qty / 100g
Energy (k.J)		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

DESSERTS							
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				
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		
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 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: Milk.				Small		Large	
				Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	1420	813	2220	895		
	Energy (Cal)	340	194	531	214		
	Protein (g)	5.7	3.3	7.5	3.0		
	Fat, total (g)	7.5	4.3	10.8	4.4		
	Saturated Fat (g)	5.1	2.9	7.4	3.0		
	Carbohydrate (g)	61.0	34.8	98.4	39.7		
	Sugars (g)	42.6	24.3	65.0	26.2		
	Sodium (mg)	343	196	476	192		
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		
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		
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				

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Change Tracker:

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9/02/2024	16	NZ Desserts Menu_February 2024	20/02/2024	20/02/2024	Updated for PEAL Legislative requirements