



# McDonald's New Zealand

## Desserts Menu

### Allergen - Ingredients - Nutrition Information

**Information provided is correct and updated as at June 2023.**

#### **Desserts Menu**

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.

# DESSERTS

## Apple Pie

APPLE PIE: Apple (Salt, 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, 150 a, b, c, d), Modified Starch (1422, 1442), Dough Conditioner (**Wheat** Flour, Salt, Sugar, Emulsifiers (472e (**Soy**), 471), Mineral Salt (500), Sodium Metabisulphite (223), Vegetable Gum (466), Salt (Anticaking Agent (535), Dextrose Monohydrate, Colour (160b, 100), Cinnamon, Acid (331), Nutmeg, Vegetable Gum (410), Concentrated Lemon Puree.

Contains gluten, soy and sulphites.

Apple Pie is made in the same facility as products containing sesame seeds and tree nuts.

Apple Pie is cooked in 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)	955	1120
Energy (Cal)	228	269
Protein (g)	2.7	3.1
Fat, total (g)	12.1	14.2
Saturated Fat (g)	3.5	4.1
Carbohydrate (g)	25.8	30.3
Sugars (g)	12.9	15.2
Sodium (mg)	383	450

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

## M&M's MINIS® McFlurry®

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

OR

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

M&M's MINIS®: **Milk** Chocolate (Sugar, Cocoa Mass, **Milk** Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifier (**Soy** Lecithin), Salt, Flavour), Sugar, Starch (**Wheat**), Glucose Syrup (**Wheat**), Vegetable Gum (414), Colours (171, 102, 110, 129, 133), Thickener (Dextrin). Glazing Agent (903).

Contains gluten, milk and soy and sulphites.

M&M's MINIS® are made in the same equipment as products containing peanuts and tree nuts.

SUNDAE MIX contains sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1590	889
Energy (Cal)	380	213
Protein (g)	7.9	4.4
Fat, total (g)	13.2	7.4
Saturated Fat (g)	8.6	4.8
Carbohydrate (g)	56.2	31.4
Sugars (g)	49.9	27.9
Sodium (mg)	84	47

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

## McFlurry® with Oreo® Cookies

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

OR

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

OREO® COOKIE PIECES: **Wheat** Flour, Sugar, Vegetable Oil (Antioxidant (304)), Cocoa Powder, Cornstarch, Raising Agents (500, 503), Salt, Emulsifier (**Soy** Lecithin), Food Acid (330), Flavours.

Contains gluten, milk, soy and sulphites.

Oreo Pieces are made in the same equipment as products containing milk, egg, peanut and sesame seed.

SUNDAE MIX contains sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1690	914
Energy (Cal)	404	219
Protein (g)	8.0	4.3
Fat, total (g)	14.3	7.8
Saturated Fat (g)	8.6	4.7
Carbohydrate (g)	60.0	32.4
Sugars (g)	42.5	23.0
Sodium (mg)	232	125

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

## Soft Serve Cone

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

OR

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

CONE: **Wheat** Flour, Canola Oil, Salt, Raising Agent (500), Emulsifier (322 - **Soy**), Water, Colour (160b).

Contains gluten, milk, soy and sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	584	656
Energy (Cal)	139	157
Protein (g)	4	4.4
Fat, total (g)	3.7	4.1
Saturated Fat (g)	2.4	2.7
Carbohydrate (g)	22.2	24.9
Sugars (g)	16.3	18.3
Sodium (mg)	41	46

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

## Soft Serve Cone with FLAKE®

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

OR

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

FLAKE®: Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Flavours, **Soy** Lecithin.

CONE: **Wheat** Flour, Canola Oil, Salt, Raising Agent (500), Emulsifier (322 - **Soy**), Water, Colour (160b).

Contains gluten, milk, soy and sulphites.

FLAKE® is manufactured on equipment which also produces products containing tree nuts and peanuts.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	772	792
Energy (Cal)	185	189
Protein (g)	4.6	4.7
Fat, total (g)	6.3	6.4
Saturated Fat (g)	4.0	4.1
Carbohydrate (g)	27.0	27.7
Sugars (g)	21.0	21.5
Sodium (mg)	47	49

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

## FLAKE®

FLAKE: Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Flavours, **Soy** Lecithin.

Contains milk and soy.

FLAKE® is manufactured on equipment which also produces products containing tree nuts and peanuts.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	189	2222
Energy (Cal)	45	532
Protein (g)	0.7	7.8
Fat, total (g)	2.6	30.5
Saturated Fat (g)	1.6	19.0
Carbohydrate (g)	4.8	56.5
Sugars (g)	4.7	55.4
Sodium (mg)	7	78

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

## Choc McDip™

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

OR

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

WAFFLE CONE: **Wheat** Flour, Raw Cane Sugar, **Wheaten** Cornflour, Water, Vegetable Oil (Coconut), Emulsifier (**Soy** Lecithin), Oat Fibre, Salt.

CHOC TOP TOPPING: Vegetable Fat, Sugar, Cocoa Powder, **Whey** powder, Emulsifiers (**Soy**, 476), Flavours, Salt.

Contains gluten, milk, soy and sulphites.

CHOC TOP TOPPING is produced in the same facility as products containing gluten and made in the same equipment as products containing tree nuts.

SUNDAE MIX contains sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1150	905
Energy (Cal)	275	216
Protein (g)	5.4	4.3
Fat, total (g)	9.9	7.8
Saturated Fat (g)	8.0	6.3
Carbohydrate (g)	40.0	31.5
Sugars (g)	27.6	21.7
Sodium (mg)	79	62

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

## Plain Sundae

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

OR

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

Contains milk and sulphites.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	821	608
Energy (Cal)	196	145
Protein (g)	5.7	4.2
Fat, total (g)	5.5	4.1
Saturated Fat (g)	3.8	2.8
Carbohydrate (g)	30.4	22.5
Sugars (g)	25.8	19.1
Sodium (mg)	58	43

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

## Caramel Sundae

SUNDAE MIX: Skim **Milk**, Sugar, Cream, **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, Emulsifiers (471,433), Natural Flavours (**Milk**), 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 and sulphites.

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

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1420	809	2210	892
Energy (Cal)	339	193	529	213
Protein (g)	6.2	3.5	8.1	3.2
Fat, total (g)	7.4	4.2	10.7	4.3
Saturated Fat (g)	5.1	2.9	7.3	2.9
Carbohydrate (g)	60.3	34.4	97.8	39.3
Sugars (g)	41.7	23.8	63.9	25.8
Sodium (mg)	122	70	201	81

## Hot Fudge Sundae

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

OR

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

HOT 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 and sulphites.

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

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1440	831	2250	924
Energy (Cal)	343	199	538	221
Protein (g)	6.5	3.8	8.7	3.6
Fat, total (g)	8.5	4.9	12.8	5.3
Saturated Fat (g)	6.3	3.6	9.7	4.0
Carbohydrate (g)	59.1	34.2	95.2	39.1
Sugars (g)	45.9	26.5	72.3	29.7
Sodium (mg)	117	68	191	78

## Strawberry Sundae

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

OR

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

STRAWBERRY TOPPING: Strawberries Sugar, Water, High Fructose Corn Syrup, Strawberry Juice Concentrate, Thickeners (440, 410), Flavouring, Acidity Regulator (330), Preservative (202), Colour (124), Firming Agent (509).

Contains milk and sulphites.

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

	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1190	693	1750	729
Energy (Cal)	284	166	419	174
Protein (g)	6.0	3.5	7.7	3.2
Fat, total (g)	5.5	3.2	6.9	2.9
Saturated Fat (g)	3.8	2.2	4.7	2.0
Carbohydrate (g)	51.4	30.0	79.9	33.2
Sugars (g)	43.6	25.5	67.7	28.2
Sodium (mg)	60	35	76	32

## Choc Top Super Sundae

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

OR

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

HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Emulsifier (322)), Whole Sweetened Condensed **Milk (Milk, Milk Powder, Sugar, Lactose)**, Cocoa Powder, Whole **Milk** Powder, Thickeners (1422, 401), Salt, Stabiliser(339), Flavouring, Preservative (202).

CHOCOLATE TOPPING: Vegetable Fat, Sugar, Cocoa Powder, Whey Powder (**Milk**), Emulsifiers (**Soy**, 476), Flavours, Salt.

Contains milk , soy and sulphites.

CHOCOLATE TOPPING is produced in the same facility as products containing gluten and tree nuts.

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

	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	2420
Energy (Cal)	579	244
Protein (g)	8.9	3.8
Fat, total (g)	24.9	10.5
Saturated Fat (g)	20.8	8.8
Carbohydrate (g)	79.0	33.3
Sugars (g)	64.1	27.1
Sodium (mg)	161	68