



McDonald's New Zealand Happy Meal Menu Allergen - Ingredients - Nutrition Information

Happy Meal Menu

Information is correct as at October 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.

HAPPY MEAL MAINS

Wholemeal Snack Wrap - Crispy Chicken

CRISPY CHICKEN: Chicken, Water, **Wheat** Flour, Vegetable Oil (Canola, Palmolein), Salt, Thickener (1422), Mineral Salts (450, 451, 452), Flavour (**Wheat, Barley, Soy**), Starch (Rice, Potato), Spice and Spice Extracts (Pepper, Mustard, Capsicum), **Gluten (Wheat), Egg** Powder, Yeast And Yeast Extract, Raising Agent (500), **Soy** Protein, Maltodextrin, Natural Colours (160C, 100), Vegetable Powder (Onion), Emulsifier (433), Dextrose, Food Acid (263), Enzyme (Amylase).

WHOLEMEAL TORTILLA: Fortified **Wheat** Flour (**Wheat** Flour, Vitamin (Folic Acid)), Water, Wholemeal Concentrate (**Wheat** Bran), Canola Oil (Citric Acid), Dietary **Wheat** Fibre, Raising Agents ((450, 501), Free Flow Agent (170), Maize Starch)), Improver (Salt, **Wheat** Enzyme, Flour Treatment Agent (Ascorbic Acid)), Inactive Dry Yeast, **Wheat Gluten**, White Vinegar, Cultured **Wheat** Flour, Malt Flour (Enzyme (Contains **Wheat**)), Enzymes (**Wheat**), Dough Relaxer (920).

LETTUCE: Iceberg Lettuce.

MCCHICKEN SAUCE: Water, **Soybean** Oil (Antioxidant - 330), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).

Contains gluten, egg and soy.

CRISPY CHICKEN is cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk and soy.

WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1060	923
Energy (Cal)	253	221
Protein (g)	11.7	10.2
Fat, Total (g)	11.2	9.8
Saturated Fat (g)	1.4	1.2
Carbohydrate (g)	24.3	21.2
Sugars (g)	1.5	1.3
Sodium (mg)	541	471

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

Wholemeal Snack Wrap - Grilled Chicken

GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Vegetable Powders (Garlic, Onion), Fruit Powder (Lemon Juice Concentrate, Maltodextrin, Anti Caking Agent (551), Flavours),

Flavourings, Herbs (Parsley, Thyme), Sugar, Vinegar Powder, Anti Caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola).

WHOLEMEAL TORTILLA: Fortified **Wheat** Flour (**Wheat** Flour, Vitamin (Folic Acid)), Water, Wholemeal Concentrate (**Wheat** Bran), Canola Oil (Citric Acid), Dietary **Wheat** Fibre, Raising Agents ((450, 501), Free Flow Agent (170),

Maize Starch)), Improver (Salt, **Wheat** Enzyme, Flour Treatment Agent (Ascorbic Acid)), Inactive Dry Yeast, **Wheat Gluten**, White Vinegar, Cultured **Wheat** Flour, Malt Flour (Enzyme (Contains **Wheat**)), Enzymes (**Wheat**),

Dough Relaxer (920).

SHREDDED LETTUCE: Iceberg Lettuce.

MCCHICKEN SAUCE: Water, **Soybean** Oil (Antioxidant - 330), **Egg** Yolks, Modified Corn Starch (1401,1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).

OIL: Canola Oil, Emulsifier (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

Contains gluten, egg and soy.

GRILLED CHICKEN may be cooked on the same grill as egg or products containing gluten, milk or soy.

WHOLEMEAL TORTILLA may be produced on the same equipment as products containing soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	886	817
Energy (Cal)	212	195
Protein (g)	14.0	12.9
Fat, Total (g)	7.4	6.8
Saturated Fat (g)	1.1	1.0
Carbohydrate (g)	20.3	18.7
Sugars (g)	1.5	1.4
Sodium (mg)	477	440

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

Chicken Nuggets

CHICKEN MCNUGGETS: Chicken, Water, Flour (**Wheat**, Maize), Canola Oil, Thickener (1404), Salt, Raising Agents and Mineral Salts (450, 500, 451, 541, 341, 327), Spices (White Pepper, Black Pepper, Celery Seed), **Wheat** Starch.

Contains gluten.

CHICKEN NUGGETS are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing gluten, egg, milk and soy.

	3 Pack		6 Pack	
	Avg Qty /Serve	Avg Qty /100g	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	511	1140	1020	1140
Energy (Cal)	122	272	244	272
Protein (g)	7.0	15.5	14.0	15.5
Fat, total (g)	7.5	16.6	14.9	16.6
Saturated Fat (g)	1.2	2.6	2.3	2.6
Carbohydrate (g)	6.7	14.9	13.4	14.9
Sugars (g)	0.2	0.4	0.4	0.4
Sodium (mg)	221	490	441	490

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

HAPPY MEAL MAINS (Continued)

Hamburger

REGULAR BUN: **Wheat** Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, **Wheat Gluten**, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (Contains **Wheat**)), Preservative (262), Emulsifier (472e, 471), Inactive Dry Yeast, Enzymes (Contains **Wheat**), **Sesame** Seeds.

BEEF PATTIES: Beef.

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavor (**Soybean** Oil).

PICKLES: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211).

ONIONS: Water, Dehydrated White Onions.

MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.

BEEF PATTY SEASONING: Salt, Black Pepper, Sunflower Oil.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1080	1050
Energy (Cal)	257	250
Protein (g)	13.5	13.1
Fat, Total (g)	9.9	9.6
Saturated Fat (g)	3.9	3.8
Carbohydrate (g)	27.4	26.6
Sugars (g)	5.0	4.8
Sodium (mg)	521	506

Contains gluten and soy.

REGULAR BUNS are produced on equipment that also produces products containing contain sesame seeds and soy.

BEEF PATTY seasoned on the grill with salt, pepper and sunflower oil.

BEEF PATTY may be cooked on the same grill as egg or products containing gluten, milk or soy.

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

Cheeseburger

REGULAR BUN: **Wheat** Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, **Wheat Gluten**, Yeast (Water, Yeast, Thickener (415)), Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (Contains **Wheat**)), Preservative (262), Emulsifier (472e, 471), Inactive Dry Yeast, Enzymes (Contains **Wheat**), **Sesame** Seeds.

BEEF: Beef.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian), Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 - **Soy**), Colours (160a).

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavor.

PICKLES: Gherkins, Water, Acidity Regulator(260), Salt, Flavour, Firming Agent (509), Preservative (211).

ONION: Water, Dehydrated White Onions.

MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.

BEEF PATTY SEASONING: Salt, Pepper and Sunflower Oil.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1280	1100
Energy (Cal)	306	262
Protein (g)	16.3	13.9
Fat, Total (g)	13.9	11.8
Saturated Fat (g)	6.6	5.6
Carbohydrate (g)	28.0	23.9
Sugars (g)	5.5	4.7
Sodium (mg)	691	590

Contains gluten, milk & soy.

BUN is made on equipment that produces products containing sesame seed, soy and milk.

BEEF PATTY seasoned on the grill with salt, pepper and sunflower oil.

BEEF PATTY may be cooked in the same equipment as egg or products containing gluten.

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

Hotcakes

HOTCAKES: Water, **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Sugar, Whey Powder (Contains **Milk**), Maize Flour, Canola Oil, Raising Agents (500, 541, 341), Dextrose, Emulsifier (471) (Antioxidants (307, 304, 330) [RSPO Palm Oil]), Iodised Salt, Emulsifier (481), **Egg** Powder, Thickener (415).

WHIPPED BUTTER: Cream (from **Milk**), Water, Salt.

Contains gluten, egg and milk.

2x Plain Hotcakes with Whipped Butter

	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	905	898	1080	1010
Energy (Cal)	216	215	257	242
Protein (g)	5.8	5.8	5.9	5.5
Fat, Total (g)	5.8	5.8	10.4	9.8
Saturated Fat (g)	1.0	1.0	4.1	3.9
Carbohydrate (g)	33.9	33.6	33.9	31.8
Sugars (g)	8.1	8.0	8.1	7.6
Sodium (mg)	319	316	358	336

	Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour
Plain Hotcakes	Y	Y	Y										
Whipped Butter			Y										

HAPPY MEAL SIDES

Apple Slices

Red and/or Green Apples, Antioxidants (302).

May contain apple seeds.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	174	218
Energy (Cal)	42	52
Protein (g)	0.3	0.4
Fat, Total (g)	0.2	0.3
Saturated Fat (g)	0.1	0.1
Carbohydrate (g)	8.5	10.6
Sugars (g)	7.9	9.9
Sodium (mg)	2	2

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour

Garden Salad

LETTUCE: Iceberg Lettuce,

TOMATO: Tomatoes.

RED ONION: Red Onions.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	90	73
Energy (Cal)	21	17
Protein (g)	1.2	1.0
Fat, Total (g)	0.2	0.2
Saturated Fat (g)	0.1	0.1
Carbohydrate (g)	2.8	2.2
Sugars (g)	1.9	1.6
Sodium (mg)	6	5

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour

Small Fries

FRIES: Potatoes, Canola Oil, Dextrose Monohydrate (corn derived), Sodium Acid Pyrophosphate (450), Antifoam (900a).

FRIES are cooked in vegetable oil blend, salt added. May be cooked in the same equipment as products containing gluten.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	967	1270
Energy (Cal)	231	304
Protein (g)	3.6	4.8
Fat, Total (g)	12.2	16.0
Saturated Fat (g)	1.0	1.3
Carbohydrate (g)	25.7	33.8
Sugars (g)	0.4	0.5
Sodium (mg)	222	292

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour
T												

Hash Brown

HASH BROWN: Potatoes, Canola Oil, Dextrose (Maize), Seasoning (Black Pepper, Salt, Modified Corn Starch).

Contain traces of sulphites.

Hashbrown is cooked in McDonald's Vegetable Oil blend and may be cooked in the same equipment as products containing gluten.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	582	1050
Energy (Cal)	139	250
Protein (g)	1.3	2.4
Fat, Total (g)	9.6	17.2
Saturated Fat (g)	0.8	1.4
Carbohydrate (g)	11.5	20.7
Sugars (g)	0.2	0.3
Sodium (mg)	256	460

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour
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HAPPY MEAL DRINKS

Pump® Mini Water

Spring Water

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	0	0
Energy (Cal)	0	0
Protein (g)	0.0	0.0
Fat, Total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	0.0	0.0
Sugars (g)	0.0	0.0
Sodium (mg)	3	1

Gluten	Egg	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour

Keri® Apple & Blackcurrant Fruit Drink

Juices from Concentrate (Apple, Blackcurrant), Water, Flavour, Colour (Vegetable & Fruit Juice).

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	239	92
Energy (Cal)	57	22
Protein (g)	0.0	0.0
Fat, Total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	14.5	5.6
Sugars (g)	13.8	5.3
Sodium (mg)	3	1

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

Keri® Orange Juice

Orange Juice from Concentrate, Preservatives (211, 202), Flavour.

	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	580	191
Energy (Cal)	139	46
Protein (g)	2.6	0.9
Fat, Total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	32.9	10.8
Sugars (g)	26.3	8.6
Sodium (mg)	16	5

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

