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

**Information correct as at March 2024.**

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.

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

	Gluten	Wheat	Egg	Milk	Soy	Sesame	Peanut	Tree nut								Fish	Crustacea	Molluscs	Sulphites	Lupin	Artificial Preservative	Artificial Colour	Artificial Flavour
								Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio								
<b>Happy Meal Main Menu Items</b>																							
Wholemeal Crispy Chicken Snack Wrap®	P	P	P	M	P	M														P			
Wholemeal Grilled Chicken Snack Wrap®	P	P	P	M	P	M														P			
Chicken Nuggets	P	P	M	M	M																		
Hamburger	P	P	M	M	P	P														P			
Cheeseburger	P	P	M	P	P	P														P			
Hotcakes	P	P	P	P																P	P	P	
<b>Happy Meal Side Menu Items</b>																							
Apple Slices																							
Garden Salad																							
Small Fries	M	M	M	M	M																		
Hashbrown	M	M	M	M	M																		
<b>Happy Meal Drinks</b>																							
Pump® Mini Water																							
Keri® Apple & Blackcurrant Fruit Drink																							
Keri® Orange Juice																				P		P	

Chart key:  
**P:** Allergen is PRESENT in the product as an ingredient, food additive or processing aid.  
**M:** Allergen may be present

## Happy Meal Main Menu Items

### Wholemeal Crispy Chicken Snack Wrap®

CRISPY CHICKEN: Chicken, Water, **Wheat** Flour, Breadcrumbs (**Wheat**), Vegetable Oil (Canola, Palmolein), Salt, Mineral Salts (450, 500, 451, 452), Thickener (1422), Yeast & Yeast Extract, Spice & Spice Extract (Pepper, Mustard, Paprika, Turmeric, Capsicum), Emulsifier (433), Natural Flavourings (**Wheat, Barley, Lemon**), **Wheat** Gluten, **Egg** Powder, Anti-Caking Agent (551), Starch (Rice, Potato), **Soy** Protein, Maltodextrin, Natural Colour (160c, 100), Vegetable Powder (Onion).

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).

**Contains: Gluten, Wheat, Egg, Soy.**

**CRISPY CHICKEN is cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy.**

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

**WHOLEMEAL TORTILLA may be heated in the same equipment as products containing Sesame.**

	Wholemeal Crispy Chicken Snack Wrap®	
	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	21.1
Sugars (g)	1.5	1.3
Sodium (mg)	541	471

### Wholemeal Grilled Chicken Snack Wrap®

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).

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

**Contains: Gluten, Wheat, Egg, Soy.**

**GRILLED CHICKEN may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.**

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

**WHOLEMEAL TORTILLA may be heated in the same equipment as products containing Sesame.**

	Wholemeal Grilled Chicken Snack Wrap®	
	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	1.2
Carbohydrate (g)	20.3	18.7
Sugars (g)	1.5	1.4
Sodium (mg)	477	440

### Chicken Nuggets

CHICKEN McNUGGETS: Chicken, Water, Flour (**Wheat**, Maize), Vegetable Oil (Canola), Thickeners (1422, 1420), Salt, Raising Agents and Mineral Salts (450, 500, 535, 536, 327, 341), Spices (White Pepper, Celery Seed, Black Pepper), Dextrose, Starch (Potato, Tapioca).

**Contains: Gluten, Wheat.**

**CHICKEN NUGGETS are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy.**

	3 pc		6 pc	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	653	1090	1310	1090
Energy (Cal)	156	260	312	260
Protein (g)	8.6	14.3	17.2	14.3
Fat, total (g)	8.8	14.6	17.5	14.6
Saturated Fat (g)	1.1	1.9	2.2	1.9
Carbohydrate (g)	10.4	17.4	20.9	17.4
Sugars (g)	0.0	0.1	0.1	0.1
Sodium (mg)	317	529	635	529

### 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: Beef.

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

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.

**Contains: Gluten, Wheat, Soy, Sesame.**

**BUN is made on equipment that produces products containing Sesame, Soy, Milk.**

**BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.**

	Hamburger	
	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

### 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 Flavour (**Soybean** Oil).

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.

**Contains: Gluten, Wheat, Milk, Soy, Sesame.**

**BUN is made on equipment that produces products containing Sesame, Soy, Milk.**

**BEEF PATTY may be cooked in the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.**

	Cheeseburger	
	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

## Happy Meal Main Menu Items

Hotcakes	Hotcakes	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2490	1120
Energy (Cal)	596	267
Protein (g)	9.4	4.2
Fat, total (g)	18.6	8.3
Saturated Fat (g)	8.4	3.8
Carbohydrate (g)	95.7	42.9
Sugars (g)	44.2	19.8
Sodium (mg)	575	258

**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).  
 HOTCAKE SYRUP: Corn Syrup, Sugar, Water, Artificial Maple Flavour, Preservative (202), Caramel Color (150d).  
 WHIPPED BUTTER: Cream (**Milk**), Water, Salt.

**Contains: Gluten, Wheat, Egg, Milk.**

## Happy Meal Main Sides

Apple Slices	Apple Slices	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	209	262
Energy (Cal)	50	63
Protein (g)	0.2	0.2
Fat, total (g)	0.2	0.3
Saturated Fat (g)	0.1	0.1
Carbohydrate (g)	10.2	12.8
Sugars (g)	8.2	10.3
Sodium (mg)	1	1

**Apple Slices**  
 Apples Slices, Antioxidants (300, 302), Mineral Salt (170).

**May contain Apple Seeds.**

Garden Salad	Garden Salad	
	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

**Garden Salad**  
 LETTUCE: Iceberg Lettuce.  
 TOMATO: Tomato.  
 RED ONION RINGS: Onion.

Small Fries	Small Fries	
	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

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

**FRIES are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy Salt added.**

Hashbrown	Hashbrown	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	603	1080
Energy (Cal)	144	259
Protein (g)	1.4	2.5
Fat, total (g)	9.6	17.3
Saturated Fat (g)	0.8	1.4
Carbohydrate (g)	12.5	22.4
Sugars (g)	0.1	0.3
Sodium (mg)	294	529

**Hashbrown**  
 HASH BROWN: Potato, Vegetable Oil, Salt, Dextrose (from Maize), Dehydrated Potato, Natural Flavour (Black Pepper Extracts).  
 OR Potatoes, Canola Oil (Citric Acid 330), Dehydrated Potato Flake [Potato, Mono And Diglycerides (471), Citric Acid (330)], Salt, Peppercorn Salt [Salt, Flavour (Modified Corn Starch, Black Pepper Extracts), Canola Oil], Dextrose Monohydrate [Corn Derived (Sulphur Dioxide)], Sodium Acid Pyrophosphate (450), Antifoam (Non-ionic Polyalkylene Glycol).

**HASHBROWNS are cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy.**

## Happy Meal Drinks

### Pump® Mini Water

Spring Water

	Pump® Mini 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

### Keri® Apple & Blackcurrant Fruit Drink

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

	Keri® Apple & Blackcurrant Fruit Drink	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	260	104
Energy (Cal)	62	25
Protein (g)	<1.0	<1.0
Fat, total (g)	<1.0	<1.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	14.5	5.8
Sugars (g)	13.8	5.5
Sodium (mg)	3	1

### Keri® Orange Juice

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

	Keri® Orange Juice	
	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

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**Change Tracker:**

Date	Document Number/Revision	Document Title	Issued	Upload Date	Description
5/03/2024	22	NZ Happy Meals_March 2023	6/03/2024	6/03/2024	Updated Chicken McNugget ingredient declaration
9/02/2024	21	NZ Happy Meals_February 2024	20/02/2024	20/02/2024	Updated allergen information for PEAL legislative requirements