



McDonald's New Zealand McCafe Food Menu Allergen - Ingredients - Nutrition Information

Information correct as at April 2025

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)

If this document has been printed, please visit <https://mcdonalds.co.nz/maccas-food/nutrition> for most current information.

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	Artificial Preservative	Artificial Colour	Artificial Flavour
								Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio								
McCafe Food																							
Biscoff McPop	P	P	P	P	P	M		M		M	M		M		M	M							
Berry McPop	P	P	P	P	M	M		M		M	M		M		M	M							
Choc McPop	P	P	P	P	P	M		M		M	M		M		M	M							
Cinnamon Cobblestone	P	P	P	P	P	M	M	M	M	M	M	M	M	M	M	M					P	P	
Blueberry Muffin	P	P	P	P	P	M	M	M	M	M	M	M	M	M	M	M						P	
Walnut, Carrot and Bran Muffin	P	P	P	M	P	M	M															P	
Chocolate Chip Muffin	P	P	P	P	P	M	M	M	M	M	M	M	M	M	M	M						P	
Raspberry and White Chocolate Muffin	P	P	P	P	P	M	M	M	M	M	M	M	M	M	M	M						P	

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

McCafe Food

Biscoff McPop

Wheat Flour, Biscoff Filling (Biscuit (Wheat Flour, Sugar, Palm Oil, Rapeseed Oil, Sugar Syrup, Raising Agent (500), Soy Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (322 Soy), Acidity Regulator (330)), Palm Oil, Egg, Dextrose, Sugar, Butter Concentrate (Milk), Rapeseed Oil, Yeast, Wheat Starch, Iodised Salt (Salt, Potassium Iodate), Emulsifier (471), Palm Kernel Fat, Natural Flavourings (Milk), Gluten, Antioxidant (307b), Flour Treatment Agent (300).

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

May be present: **Almond, Cashew, Hazelnut, Pecan, Pistachio, Walnut, Sesame.**

Biscoff McPop		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	543	2170
Energy (Cal)	130	519
Protein (g)	1.6	6.2
Fat, total (g)	8.3	33.0
Saturated Fat (g)	3.3	13.0
Carbohydrate (g)	12.3	49.0
Sugars (g)	5.3	21.0
Sodium (mg)	79	316

Berry McPop

Wheat Flour, Red Fruits Filling (Sugar, Raspberry Puree, Sour Cherry Puree, Black Currant Puree, Water, Red Currant Puree, Strawberry Puree, Modified Starch, Preservatives (200, 202), Thickener (418), Natural Flavouring), Palm Oil, Egg, Dextrose, Sugar, Butter (Milk), Rapeseed Oil, Yeast, Pea Starch, Iodised Salt (Salt, Potassium Iodate), Palm Fat, Beetroot Concentrate, Emulsifier (471), Gluten, Natural Flavouring (Milk), Flour Treatment Agent (300), Apple Concentrate, Radish Concentrate, Blackcurrant Concentrate, Acidity Regulator (330), Antioxidant (300).

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

May be present: **Almond, Cashew, Hazelnut, Pecan, Pistachio, Walnut, Sesame, Soy.**

Berry McPop		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	440	1760
Energy (Cal)	105	420
Protein (g)	1.4	5.5
Fat, total (g)	6.0	24.0
Saturated Fat (g)	2.8	11.0
Carbohydrate (g)	11.3	45
Sugars (g)	5.3	21
Sodium (mg)	17	66

Choc McPop

Wheat Flour, Chocolate Filling (Sugar, Sunflower Oil, Olive Oil, Chocolate (Sugar, Fat Reduced Cocoa Powder, Cocoa Paste), Dextrose, Emulsifier (322 Soy), Natural Flavouring (Vanilla)), Palm Oil, Egg, Glucose, Sugar, Butter Concentrate (Milk), Rapeseed Oil, Yeast, Wheat Starch, Fat Reduced Cocoa Powder, Cocoa Powder, Emulsifier (471), Iodised Salt (Salt, Potassium Iodate), Coconut Oil, Gluten, Dextrose, Natural Flavouring (Milk), Flour Treatment Agent (300), Glucose Syrup, Milk Protein.

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

May be present: **Almond, Cashew, Hazelnut, Pecan, Pistachio, Walnut, Sesame.**

Choc McPop		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	534	2140
Energy (Cal)	128	511
Protein (g)	1.6	6.5
Fat, total (g)	8.3	33.0
Saturated Fat (g)	3.0	12.0
Carbohydrate (g)	11.5	46.0
Sugars (g)	6.0	24.0
Sodium (mg)	16	65

Cinnamon Cobblestone

Fortified Wheat Flour (Wheat Flour, Vitamin (Folic Acid)), Water, Sugar Icing, Butter (Cream (Milk), Salt), Sultanas, Brown Sugar, Sugar, Egg, Canola Oil, Yeast, Cinnamon, Iodised Salt, Improver (Soy Flour, Emulsifier (481, 472e), Anticaking Agent (170), Antioxidant (300), Raising Agent (920), Enzymes), Nutmeg.

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

May be present: **Peanuts, Tree Nuts, Sesame.**

Cinnamon Cobblestone		
	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

Blueberry Muffin

Fortified Wheat Flour (Wheat Flour, Vitamin (Folic Acid)), Water, Sugar, Blueberries, Canola Oil, Egg, Milk Solids (322 - Soy), Raising Agent (500, 450, 170), Vinegar, Emulsifier (475 - Soy), Iodised Salt, Flavour.

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

May be present: **Peanuts, tree nuts, Sesame.**

Blueberry Muffin		
	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

Walnut, Carrot and Bran Muffin

Brown Sugar, Fortified Wheat Flour (Wheat Flour, Vitamin (Folic Acid)), Water, Carrot, Canola Oil, Coconut, Walnut, Wheat Bran, Egg, Raising Agent (500, 450, 170), Emulsifier (475 - Soy), Cinnamon, Iodised Salt, Flavour.

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

May be present: **Milk, Peanut, Sesame.**

Walnut, Carrot and Bran Muffin		
	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

Chocolate Chip Muffin

Water, Fortified **Wheat** Flour (**Wheat** Flour, Vitamin (Folic Acid)), Sugar, Canola Oil, Dark Chocolate (Sugar, Cocoa Mass, Dextrose, **Milk** Fat, Cocoa Butter, Emulsifiers (322 - **Soy**, 476, 492), Flavour), Banana (Acidity Regulators (300, 330)), Cocoa, **Egg**, **Milk** Solids, Maize Starch, Raising Agent (500, 450, 170), Emulsifier (475 - **Soy**) Vinegar, Iodised Salt, Flavour.

Contains: Gluten, egg, soy and tree nuts.

May be present: Milk, Peanuts, Sesame.

Chocolate Chip Muffin

	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

Raspberry and White Chocolate Muffin

Fortified **Wheat** Flour (**Wheat** Flour, Vitamin (Folic Acid)), Water, Sugar, Raspberries, Canola Oil, White Chocolate (Sugar, **Milk** Solids, Cocoa Butter, Emulsifier (322 - **Soy**), Flavour), **Egg**, **Milk** Solids, Raising Agent (500, 450, 170), Emulsifier (475 - **Soy**), Vinegar, Iodised Salt, Raspberry Flavour.

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

May be present: Peanuts, Tree Nuts, Sesame.

Raspberry and White Chocolate Muffin

	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

If this document has been printed, please visit <https://mcdonalds.co.nz/maccas-food/nutrition> for most current information.

Change Tracker:

Date	Document Number/Revision	Document Title	Issued	Upload Date	Description
1/04/2025	16	NZ McCafe Food Menu_April 2025	1/04/2025	2/04/2025	Add: McPops
9/02/2024	15	NZ McCafe Food Menu_ February 2024	20/02/2024	20/02/2024	Update for PEAL Legislative Requirements