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

Information correct as at February 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

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 | Artificial Preservative | Artificial Colour | Artificial Flavour |
|--------------------------------------|--------|-------|-----|------|-----|--------|--------|----------|------------|--------|----------|-----------|-------|----------|-----------|------|-----------|----------|-----------|-------|-------------------------|-------------------|--------------------|
| | | | | | | | | Almond | Brazil Nut | Cashew | Hazelnut | Macadamia | Pecan | Pine Nut | Pistachio | | | | | | | | |
| McCafe Food | | | | | | | | | | | | | | | | | | | | | | | |
| Cinnamon Cobblestone | P | P | P | P | P | 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 | | | | | | | P | |
| Walnut, Carrot and Bran Muffin | P | P | P | M | P | M | M | | | | | | | | P | | | | | | | P | |
| Chocolate Chip Muffin | P | P | P | P | P | 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 | | | | | | | 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 | | | |
|--|--|---|----------------|
| Cinnamon Cobblestone | | 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. | | Avg Qty / Serve | Avg Qty / 100g |
| Contains: Gluten, Wheat, Egg, Milk, Soy. | | Energy (kJ) | 1460 |
| May be present: Peanuts, Tree Nuts, Sesame. | | Energy (Cal) | 350 |
| | | Protein (g) | 6.7 |
| | | Fat, total (g) | 11.4 |
| | | Saturated Fat (g) | 7.0 |
| | | Carbohydrate (g) | 53.7 |
| | | Sugars (g) | 15.3 |
| | | Sodium (mg) | 480 |
| Blueberry Muffin | | 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. | | Avg Qty / Serve | Avg Qty / 100g |
| Contains: Gluten, Wheat, Egg, Milk, Soy. | | Energy (kJ) | 1670 |
| May be present: Peanuts, tree nuts, Sesame. | | Energy (Cal) | 400 |
| | | Protein (g) | 7.8 |
| | | Fat, total (g) | 11.6 |
| | | Saturated Fat (g) | 1.6 |
| | | Carbohydrate (g) | 63.8 |
| | | Sugars (g) | 3.5 |
| | | Sodium (mg) | 442 |
| Walnut, Carrot and Bran Muffin | | 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. | | Avg Qty / Serve | Avg Qty / 100g |
| Contains: Gluten, Wheat, Egg, Soy, Walnut. | | Energy (kJ) | 1950 |
| May be present: Milk, Peanut, Sesame. | | Energy (Cal) | 466 |
| | | Protein (g) | 7.3 |
| | | Fat, total (g) | 23.8 |
| | | Saturated Fat (g) | 6.1 |
| | | Carbohydrate (g) | 51.7 |
| | | Sugars (g) | 35.4 |
| | | Sodium (mg) | 377 |
| Chocolate Chip Muffin | | 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. | | Avg Qty / Serve | Avg Qty / 100g |
| Contains: Gluten, egg, soy and tree nuts. | | Energy (kJ) | 1930 |
| May be present: Milk, Peanuts, Sesame. | | Energy (Cal) | 461 |
| | | Protein (g) | 7.9 |
| | | Fat, total (g) | 16.5 |
| | | Saturated Fat (g) | 4.6 |
| | | Carbohydrate (g) | 67.6 |
| | | Sugars (g) | 42.0 |
| | | Sodium (mg) | 533 |
| Raspberry and White Chocolate Muffin | | 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. | | Avg Qty / Serve | Avg Qty / 100g |
| Contains: Gluten, Wheat, Egg, Milk, Soy. | | Energy (kJ) | 1790 |
| May be present: Peanuts, Tree Nuts, Sesame. | | Energy (Cal) | 427 |
| | | Protein (g) | 8.3 |
| | | Fat, total (g) | 13.0 |
| | | Saturated Fat (g) | 3.1 |
| | | Carbohydrate (g) | 66.6 |
| | | Sugars (g) | 39.9 |
| | | Sodium (mg) | 377 |

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Change Tracker:

| Date | Document Number/Revision | Document Title | Issued | Upload Date | Description |
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