



McCafe Menu May 2018

McDonald's Restaurants New Zealand Ingredient, Food Sensitivity and Nutrition Information

You are what you eat, and you have a right to know what's in your food.

This guide makes it easy for you to see the ingredients in each of 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 ingredient information is based on standard product formulations, standard product assembly and standard serving sizes. Actual sizes and assembly may vary. 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.

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 item 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.

SWEET SNACKS

Apricot, Cranberry and Dark Chocolate Slice													Avg Qty /Serve	Avg Qty /100g	
Condensed Milk (Milk Solids, Sugar), Butter (Cream , Water, Salt), Dark Choc [Sugar, Vegetable Fat (Acidity Regulator (330)),Cocoa, Milk Powder, Emulsifiers (492, Soy Lecithin), Flavouring], Sugar, Cranberries, Dried Apricots (Preservative (220)), Wheat Flour, Almonds , Coconut (Preservative (223)), Water, White Chocolate [Sugar, Milk Solids, Cocoa Butter, Emusifiers (Soy Lecithin, 476), Flavour], Wheat Starch, Cocoa, Dairy Cream (Thickener (4010)), Raising Agents (541, 500), Anticaking Agent (170), Stabilisers (450, 336), Iodised Salt.													Energy (kJ)	1790	1890
													Energy (Cal)	429	452
													Protein (g)	5.9	6.2
													Fat, total (g)	23.4	24.6
													Saturated Fat (g)	15.3	16.1
													Carbohydrate (g)	47.9	50.4
													Sugars (g)	41.1	43.3
													Sodium (mg)	212	223
													Flavour	Colour	
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour			
Y	T	Y	Y		T	Y	T	Y		Y	Y				

*Contains, gluten, milk, tree nuts, soy and sulphites.
May contain traces of egg, peanuts and sesame seeds.*

Blackberry & Chocolate Brownie													Avg Qty /Serve	Avg Qty /100g	
Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Milk Solids, Emulsifiers (Soy Lecithin, 476)], Egg , Sugar, Butter [Cream , Water, Salt], Blackberries, Cocoa, Walnuts .													Energy (kJ)	2390	1910
													Energy (Cal)	570	456
													Protein (g)	7.8	6.2
													Fat, total (g)	34.4	27.5
													Saturated Fat (g)	19.4	15.5
													Carbohydrate (g)	56.9	45.5
													Sugars (g)	51.9	41.5
													Sodium (mg)	203	162
													Flavour	Colour	
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour			
T	Y	Y	Y		T	Y	T								

*Contains gluten, milk, tree nuts and soy.
May contain traces of egg, peanuts and sesame seeds.*

Choc Caramel Slice													Avg Qty /Serve	Avg Qty /100g	
Caramel [Milk Solids, Sugar], Wheat Flour , Sugar, Butter [Cream , Water, Salt], White Compound Chocolate [Sugar, Vegetable Fat (Emulsifiers (492, Soy Lecithin), Food Acid (330)), Milk Powder, Soy Lecithin, Flavour], Margarine [Vegetable Fat (Palm, Rapeseed), Water, Whey Powder, Salt, Acidity Regulator (270), Preservative (202), Emulsifier (471), Vitamin A, Vitamin D3, Colour (160a), Flavours], Dairy Cream (Thickener (401)) Dark Chocolate [Sugar, Vegetable Fat, Cocoa Powder, Emulsifiers (492, Soy Lecithin), Salt, Flavour], Eggs , Cocoa, Raising Agents [(541,500), Anticaking Agent (170), Stabilisers (450, 336)], Iodised Salt, Flavour, Colour (150c).													Energy (kJ)	2160	2010
													Energy (Cal)	518	482
													Protein (g)	6.5	6.0
													Fat, total (g)	28.6	26.6
													Saturated Fat (g)	17.3	16.1
													Carbohydrate (g)	58.2	54.1
													Sugars (g)	42.2	39.3
													Sodium (mg)	293	273
													Flavour	Colour	
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour			
Y	Y	Y	Y		T	T	T			Y	Y	Y			

*Contains gluten, soy, egg & milk.
May contain traces of peanuts, tree nuts & sesame seeds.*

Cobblestone - Cinnamon													Avg Qty /Serve	Avg Qty /100g	
Wheat Flour, Water, Sugar Icing (Sucrose, Glucose), Butter [Cream , Water, Salt], Sultanas, Brown Sugar, Sugar, Eggs , Yeast, Cinnamon, Iodised Salt, Improver [Soy Flour, Emulsifiers (481, 472e), Wheat Flour, Anticaking Agent (170), Antioxidant (300), Raising Agent (920), Enzymes], Nutmeg.													Energy (kJ)	1560	1490
													Energy (Cal)	371	354
													Protein (g)	5.7	5.4
													Fat, total (g)	10.8	10.3
													Saturated Fat (g)	6.7	6.4
													Carbohydrate (g)	61.7	58.8
													Sugars (g)	30.6	29.1
													Sodium (mg)	381	363
													Flavour	Colour	
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative					
Y	Y	Y	Y		T	T	T								
Cobblestone Custard													Avg Qty /Serve	Avg Qty /100g	
Wheat Flour , Water, Butter [Cream , Water, Salt], Custard Mix [Sugar, Thickeners (1414, 401), Milk Solids, Wheat Starch, Colours (102, 110), Acidity Regulator (331), Flavour, Salt], Sugar, Brown Sugar, Eggs , Dairy Cream (Thickener (401)), Yeast, Iodised Salt, Improver [Soy Flour, Emulsifiers (481, 472e), Wheat Flour, Anticaking Agent (170), Antioxidant (300), Raising Agent (920), Enzymes], Flavour.													Energy (kJ)	1450	1260
													Energy (Cal)	346	301
													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
													Flavour	Colour	
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative					
Y	Y	Y	Y		T	T	T				Y	Y			
Rocky Road Slice													Avg Qty /Serve	Avg Qty /100g	
Dark Chocolate [Sugar, Vegetable Fat, Cocoa Powder, Emulsifiers (492, Soy Lecithin), Salt, Natural Flavour], Marshmallow [Sugar, Glucose, Water, Gelatine, Starch, Natural Flavour, Colour (120)], Cream (Thickener 401)), Wheat Flour, Coconut, Margarine [Vegetable Oil, Water, Salt, Emulsifiers (471, 472c), Antioxidant (304), Natural Flavour], Sugar, Water, Glucose (Preservative (223)), Raising Agents (541,500,170,450,336), Iodised Salt, Natural Flavour.													Energy (kJ)	1600	1940
													Energy (Cal)	383	464
													Protein (g)	2.8	3.4
													Fat, total (g)	23.5	28.5
													Saturated Fat (g)	14.4	17.4
													Carbohydrate (g)	39.9	48.4
													Sugars (g)	31.4	38.1
													Sodium (mg)	60	73
													Flavour	Colour	
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative					
Y	T	Y	Y		T	T	T	Y		Y	Y	Y			

Strawberry Rhubarb Frangipane													Avg Qty /Serve	Avg Qty /100g	
Wheat Flour, Sugar, Rhubarb, Strawberries, Butter [Cream , Water, Salt], Egg , Margarine [Oils (Palm, Coconut), Water, Salt, Emulsifiers (471, Soy Lecithin), Natural Flavour, Antioxidant (306), Colour (160a), Acidity Regulator (330)], Almonds, Pistachio Nuts, Oats , Glaze [Sugar, Water, Glucose, Stabiliser (407), Acidity Regulator (330, 331), Preservatives (211, 202)], Raising Agents (541,500,170,450,336), Iodised Salt, Natural Flavour, Water, Colour (160a).													Energy (kJ)	1080	1540
													Energy (Cal)	257	368
													Protein (g)	4.3	6.1
													Fat, total (g)	15.4	22.0
													Saturated Fat (g)	7.4	10.6
													Carbohydrate (g)	25.2	36.0
													Sugars (g)	12.7	18.1
													Sodium (mg)	204	291
													Flavour	Colour	
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative			Y	Y	
Y	Y	Y	Y		T	Y	T			Y			Y	Y	
Custard tart													Avg Qty /Serve	Avg Qty /100g	
Water, Wheat Flour , Custard [Sugar, Thickener (1422), Maltodextrin, Milk Solids, Vegetable Fat, Stabiliser (410), Salt, Preservative (202), Flavour, Colours (102, 110)], Butter [Cream , Water, Salt], Sugar, Dairy Cream (Stabiliser (401)), Egg , Nutmeg, Vanilla Flavour.													Energy (kJ)	1630	2040
													Energy (Cal)	390	488
													Protein (g)	4.2	5.2
													Fat, total (g)	22.4	28.0
													Saturated Fat (g)	15.6	19.5
													Carbohydrate (g)	42.3	52.9
													Sugars (g)	13.8	17.3
													Sodium (mg)	168	210
													Flavour	Colour	
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative			Y	Y	
Y	Y	Y	T		T	T	T			Y			Y	Y	
MUFFINS															
Blueberry Muffin													Avg Qty /Serve	Avg Qty /100g	
Wheat Flour, Sugar, Blueberries, Egg , Vegetable Oil [Canola, Soy, Antioxidant (319, 306, 320), Antifoam (900a)], Milk Solids , Raising Agents (541, 500), Vinegar, Iodised Salt, Flavouring.													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)	36.2	27.9
													Sodium (mg)	442	340
													Flavour	Colour	
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative			Y		
Y	Y	Y	T		T	T	T						Y		

Chocolate Muffin												Avg Qty /Serve	Avg Qty /100g	
Wheat Flour , Sugar, Water, Vegetable Oil [Canola, Soy, Antioxidant (319, 306, 320), Antifoam (900a)], Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Vegetable Fat, Whey Powder , Milk Solids , Emulsifiers (Soy Lecithin , 476, 492)], Egg , Banana (Acidity Regulators (300, 330)), Cocoa, Raising Agents (541, 500, 170), Maize Flour, Vinegar, Iodised Salt, Flavour.												Energy (kJ)	1930	1480
												Energy (Cal)	461	355
												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
												Flavour	Colour	
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative		Y		
Y	Y	Y	Y		T	T	T							
Raspberry and White Chocolate Muffin												Avg Qty /Serve	Avg Qty /100g	
Wheat Flour , Sugar, Water, Raspberries, Egg , Vegetable Oil [Canola, Soy , Antioxidant (319, 306, 320), Antifoam (900a)], White Chocolate [Sugar, Milk Solids , Cocoa Butter, Emulsifiers (Soy Lecithin , 476), Flavour], Milk Solids , Raising Agents (541, 500, 170), Maize Flour, Vinegar, Iodised Salt, Flavour.												Energy (kJ)	1790	1370
												Energy (Cal)	427	329
												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
												Flavour	Colour	
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative		Y		
Y	Y	Y	Y		T	T	T							
Walnut & Bran Muffin												Avg Qty /Serve	Avg Qty /100g	
Sugar, Wheat Flour , Carrots, Water, Vegetable Oil (Canola, Soy, Antioxidant (319, 306, 320), Antifoam (900a)), Egg , Coconut, Walnuts , Wheat Bran , Raising Agents (541, 500, 170), Maize Flour], Cinnamon, Flavourings, Iodised Salt.												Energy (kJ)	1950	1500
												Energy (Cal)	466	359
												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
												Flavour	Colour	
Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative		Y		
Y	Y	T	T		T	Y	T							

LOAVES / SANDWICHES

Banana Bread with Whipped Butter

BANANA BREAD LOAF: **Wheat** Flour, Sugar, Banana, (Acidity Regulator (300)), **Egg**, Vegetable Oil [Canola, **Soy**, Antioxidant (319, 306, 320), Antifoam (900a)], **Butter**, Iodised Salt, Flavouring, Raising Agent (500).

WHIPPED BUTTER PORTION: **Cream**, Salt.

Contains gluten, eggs, milk & soy.

May contain traces of peanuts, sesame & treenuts.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2020	1310
Energy (Cal)	484	312
Protein (g)	7.4	4.7
Fat, total (g)	13.2	8.5
Saturated Fat (g)	8.4	5.4
Carbohydrate (g)	81.4	52.5
Sugars (g)	53.4	34.4
Sodium (mg)	413	266
Flavour	Colour	
Gluten	Y	
Eggs	Y	
Milk	Y	
Soy	Y	
Fish & Crustaea		
Peanuts	T	
Tree Nuts	T	
Sesame Seeds	T	
Sulphites		
Lupin		
Preservative	Y	

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

Pear and Ginger Loaf

PEAR AND GINGER LOAF: Pears, **Wheat Flour**, Sugar, **Egg**, Butter [**Cream**, Water, Salt], Glace Ginger [Sugar, Ginger, Acidity Regulator (330)], Raising Agents (541,500), Antioxidant (170), Stabilisers (450,336), Iodised Salt, Ginger, Cinnamon.

WHIPPED BUTTER PORTION: **Cream**, Salt.

Contains gluten, eggs and milk.

May contain traces of peanuts, sesame, soy & treenuts.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	2180	1450
Energy (Cal)	520	347
Protein (g)	6.8	4.6
Fat, total (g)	19.7	13.2
Saturated Fat (g)	12.4	8.3
Carbohydrate (g)	78.0	52.0
Sugars (g)	46.6	31.1
Sodium (mg)	700	467
Flavour	Colour	
Gluten	Y	
Eggs	Y	
Milk	Y	
Soy	T	
Fish & Crustaea		
Peanuts	T	
Tree Nuts	T	
Sesame Seeds	T	
Sulphites		
Lupin		
Preservative		

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

Cheese Toastie

ARTISAN BREAD: **Wheat** Flour, Water, Salt, Malt Flour (**Barley**).

NATURAL CHEDDAR CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet).

Contains gluten & milk.

May contain traces of peanuts, tree nuts and sulphites.

	Avg Qty /Serve	Avg Qty /100g
Energy (kJ)	1570	1240
Energy (Cal)	374	297
Protein (g)	17.1	13.6
Fat, total (g)	16.2	12.8
Saturated Fat (g)	9.2	7.3
Carbohydrate (g)	38.6	30.6
Sugars (g)	2.4	1.9
Sodium (mg)	654	519
Flavour	Colour	
Gluten	Y	
Eggs		
Milk	Y	
Soy		
Fish & Crustaea		
Peanuts	T	
Tree Nuts	T	
Sesame Seeds		
Sulphites	T	
Lupin		
Preservative	T	

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

Ham & Cheese Toastie												Avg Qty /Serve	Avg Qty /100g	
ARTISAN BREAD: Wheat Flour, Water, Salt, Malt Flour (Barley).												Energy (kJ)	1380	922
NATURAL CHEDDAR CHEESE: Milk , Salt, Cultures, Enzyme (Rennet).												Energy (Cal)	329	219
HAM SLICE: Pork, Water, Salt, Mineral Salts (451, 450), Sugar, Dextrose (Maize), Antioxidant (316), Preservative (250), Food Starch												Protein (g)	17.4	11.6
<i>Contains gluten & milk</i>												Fat, total (g)	9.8	6.5
<i>May contain traces of peanuts, tree nuts & sulphites.</i>												Saturated Fat (g)	5.2	3.4
												Carbohydrate (g)	41.4	27.6
												Sugars (g)	3.3	2.2
												Sodium (mg)	998	665
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	
	Y		Y			T	T		T		Y			

Ham, Cheese and Tomato Toastie												Avg Qty /Serve	Avg Qty /100g	
ARTISAN BREAD: Wheat Flour, Water, Salt, Malt Flour (Barley).												Energy (kJ)	1410	729
NATURAL CHEDDAR CHEESE: Milk , Salt, Cultures, Enzyme (Rennet).												Energy (Cal)	336	173
HAM SLICE: Pork, Water, Salt, Mineral Salts (451, 450), Sugar, Dextrose (Maize), Antioxidant (316), Preservative (250), Food Starch												Protein (g)	17.7	9.1
TOMATO: Tomato Slice												Fat, total (g)	9.8	5.1
<i>Contains gluten & milk</i>												Saturated Fat (g)	5.2	2.7
<i>May contain traces of peanuts, tree nuts & sulphites.</i>												Carbohydrate (g)	42.5	21.9
												Sugars (g)	4.3	2.2
												Sodium (mg)	999	515
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colour	
	Y		Y			T	T		T		Y			