

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



McDonald's New Zealand Allergen Matrix

Information correct as at June 2026

We operate restaurants that handle Gluten, Wheat, Egg, Milk, Soy, Sesame, Fish, Peanut, Tree Nuts (Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut), Sulphites.

While we identify and manage allergen risks, our menu items may be prepared on the same equipment and in the same kitchen area as menu items that do contain these allergens. Check our website's allergen section regularly, as changes may occur.

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.

The nutrition and ingredient information provided is based on standard product formulations, standard product assembly, and standard serving sizes. Actual sizes and assembly may vary. Due to the individual preparation of each of our menu items, actual values may differ from those listed. Variations may also occur depending on the supplier, country of origin, region of the country of origin, and the season of the year. Further, product formulations may change periodically.

Please refer to our Ingredient Information, 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)

Chart key:

P: Ingredient is PRESENT in the product as an ingredient, food additive or processing aid.

M: Ingredient may be present

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|--|--------|-------|-----|------|-----|--------|--------|----------|------------|--------|----------|-----------|-------|----------|------|-----------|----------|-----------|-------|--------------------|-------------------|--------------------|
| | Gluten | Wheat | Egg | Milk | Soy | Sesame | Peanut | Tree nut | | | | | | | Fish | Crustacea | Molluscs | Sulphites | Lupin | Added Preservative | Artificial Colour | Artificial Flavour |
| | | | | | | | | Almond | Brazil Nut | Cashew | Hazelnut | Macadamia | Pecan | Pine Nut | | | | | | | | |
| BEEF | | | | | | | | | | | | | | | | | | | | | | |
| Big Arch® | P | P | P | P | P | P | | | | | | | | | | | | | P | | | |
| Big Mac® and Double Big Mac® | P | P | P | P | P | P | | | | | | | | | | | | | P | P | | |
| Quarter Pounder® and Double Quarter | P | P | M | P | P | P | | | | | | | | | | | | | P | | | |
| Cheeseburger, Double Cheeseburger and Triple Cheeseburger | P | P | M | P | P | P | | | | | | | | | | | | | P | | | |
| Hamburger | P | P | M | M | P | P | | | | | | | | | | | | | P | | | |
| Almighty Texan BBQ | P | P | P | P | P | P | | | | | | | | | | | | | P | | | |
| Serious Beef | P | P | P | P | P | P | | | | | | | | | | | | | P | | | |
| CHICKEN AND FISH | | | | | | | | | | | | | | | | | | | | | | |
| Chicken McNuggets | P | P | M | M | M | | | | | | | | | | | | | | | | | |
| Chicken McBites | P | P | M | P | M | | | | | | | | | | | | | | | | | |
| Chicken McWings | P | P | M | M | M | | | | | | | | | | | | | | | | | |
| McChicken® and Double McChicken® | P | P | P | M | P | P | | | | | | | | | | | | | P | | | |
| Grilled Chicken Bacon Deluxe | P | P | P | P | P | P | | | | | | | | | | | | | P | P | P | |
| Cheesy Chicken Burger | P | P | P | P | P | P | | | | | | | | | | | | | P | | | |
| McCrispy® and Double McCrispy® | P | P | P | M | P | P | | | | | | | | | | P | | | P | | | |
| McCrispy® Bacon Deluxe Burger | P | P | P | P | P | P | | | | | | | | | | P | | | P | | | |
| McSpicy Burger | P | P | P | P | | P | | | | | | | | | | | | | P | | | |
| Filet-o-Fish® and Double Filet-o-Fish® | P | P | P | P | P | P | | | | | | | | | | | | | P | | | |
| SALAD | | | | | | | | | | | | | | | | | | | | | | |
| Salad Burger | P | P | P | P | P | P | | | | | | | | | | | | | P | | | |
| WRAPS | | | | | | | | | | | | | | | | | | | | | | |
| McCrispy Chicken Snack Wrap® | P | P | P | M | P | M | | | | | | | | | | | | | P | | | |
| Grilled Chicken Snack Wrap® | P | P | P | M | P | M | | | | | | | | | | | | | P | | | |
| Grilled Chicken McWrap® | P | P | P | P | P | M | | | | | | | | | | | | | P | | P | |
| Crispy Chicken McWrap® | P | P | P | M | M | M | | | | | | | | | | | | | P | | | |
| FRIES | | | | | | | | | | | | | | | | | | | | | | |
| Fries | M | M | M | M | M | | | | | | | | | | | | | | | | | |
| FRUIT AND SALADS | | | | | | | | | | | | | | | | | | | | | | |
| Apple Slices | | | | | | | | | | | | | | | | | | | | | | |
| Garden Salad | | | | | | | | | | | | | | | | | | | | | | |
| CONDIMENTS | | | | | | | | | | | | | | | | | | | | | | |
| Balsamic Dressing | | | | | P | | | | | | | | | | | P | | | P | P | | |
| Barbeque Dipping Sauce | P | P | | | P | | | | | | | | | | | | | | P | | | |
| Sweet and Sour Dipping Sauce | P | P | | | P | | | | | | | | | | | | | | P | | | |
| Ketchup | | | P | P | | | | | | | | | | | | | | | P | | | |
| Mayonnaise | | | P | | | | | | | | | | | | | | | | P | | | |
| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | |
| Bacon & Egg McMuffin® | P | P | P | P | P | M | | | | | | | | | | | | | P | | | |
| Sausage & Egg McMuffin® | P | P | P | P | P | M | | | | | | | | | | | | | P | | | |
| Sausage McMuffin® | P | P | M | P | P | M | | | | | | | | | | | | | P | | | |
| Chicken McMuffin® | P | P | P | P | P | M | | | | | | | | | | | | | P | | | |
| Chicken and Bacon McMuffin® | P | P | P | P | P | M | | | | | | | | | | | | | P | | | |
| Big Brekkie Beef Burger | P | P | P | P | P | P | | | | | | | | | | | | | P | P | P | |
| Mega Brekkie McWrap | P | P | P | P | P | M | | | | | | | | | | | | | P | | | |
| Massive McMuffin® | P | P | P | P | P | M | | | | | | | | | | | | | P | P | P | |
| Hotcakes with Whipped Butter and Hotcake Syrup | P | P | P | P | | | | | | | | | | | | | | | P | P | P | |
| Hash Brown | M | M | M | M | M | | | | | | | | | | | | | | | | | |
| BLT Bagel® | P | P | P | M | P | M | | | | | | | | | | | | | P | | | |
| NYC Benedict Bagel® | P | P | P | P | P | M | | | | | | | | | | | | | P | | | |

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| | Gluten | Wheat | Egg | Milk | Soy | Sesame | Peanut | Tree nut | | | | | | | | Fish | Crustacea | Molluscs | Sulphites | Lupin | Added Preservative | Artificial Colour | Artificial Flavour |
|---------------------------------------|--------|-------|-----|------|-----|--------|--------|----------|------------|--------|----------|-----------|-------|----------|-----------|------|-----------|----------|-----------|-------|--------------------|-------------------|--------------------|
| | | | | | | | | Almond | Brazil Nut | Cashew | Hazelnut | Macadamia | Pecan | Pine Nut | Pistachio | | | | | | | | |
| COLD BEVERAGES | | | | | | | | | | | | | | | | | | | | | | | |
| Keri® Apple & Blackcurrant Fruit | | | | | | | | | | | | | | | | | | | | | | | |
| Keri® Orange Juice | | | | | | | | | | | | | | | | | | | | P | | P | |
| Keri® Orange & Apple Juice | | | | | | | | | | | | | | | | | | | | | | P | |
| Coke® | | | | | | | | | | | | | | | | | | | | | | P | |
| Coke® Zero Sugar | | | | | | | | | | | | | | | | | | | | | P | P | |
| Sprite® Zero Sugar | | | | | | | | | | | | | | | | | | | | | P | P | |
| Fanta® Orange | | | | | | | | | | | | | | | | | | | | | P | P | |
| Fanta® Raspberry | | | | | | | | | | | | | | | | | | | | | P | P | |
| L&P® | | | | | | | | | | | | | | | | | | | | | P | P | |
| Frozen Coke® | | | | | | | | | | | | | | | | | | | | | P | P | |
| Frozen Coke® Zero Sugar | | | | | | | | | | | | | | | | | | | | | P | P | |
| Frozen Coke® McFloat® | | | | P | | | | | | | | | | | | | | | | | P | P | |
| Frozen Coke® Zero Sugar McFloat® | | | | P | | | | | | | | | | | | | | | | | P | P | |
| Frozen Flavours | | | | | | | | | | | | | | | | | | | | | P | P | |
| Frozen Flavours McFloat® | | | | P | | | | | | | | | | | | | | | | | P | P | |
| SHAKES | | | | | | | | | | | | | | | | | | | | | | | |
| Banana Shake | | | | P | | | | | | | | | | | | | | | | | P | P | |
| Chocolate Shake | | | | P | | | | | | | | | | | | | | | | | P | P | |
| Strawberry Shake | | | | P | | | | | | | | | | | | | | | | | P | P | |
| ICED TEA | | | | | | | | | | | | | | | | | | | | | | | |
| Fuze Tea® Peach Black Iced Tea | | | | | | | | | | | | | | | | | | | | | P | P | |
| WATER | | | | | | | | | | | | | | | | | | | | | | | |
| Pump® Mini Water | | | | | | | | | | | | | | | | | | | | | | | |
| Kiwi Blue 600mL Water | | | | | | | | | | | | | | | | | | | | | | | |
| TEA | | | | | | | | | | | | | | | | | | | | | | | |
| English Breakfast Tea | | | | | | | | | | | | | | | | | | | | | | | |
| Earl Grey Tea | | | | | | | | | | | | | | | | | | | | | | | |
| Green Tea | | | | | | | | | | | | | | | | | | | | | | | |
| Peppermint Tea | | | | | | | | | | | | | | | | | | | | | | | |
| DESSERTS | | | | | | | | | | | | | | | | | | | | | | | |
| Apple Pie | P | P | | | P | | | | | | | | | | | | | | | P | | P | |
| M&M's MINIS® McFlurry® | | | | P | P | | | M | M | M | M | M | M | M | M | M | | | | | P | P | |
| M&M's MINIS® Chocolate McFlurry® | | | | P | P | | | M | M | M | M | M | M | M | M | M | | | | | P | P | |
| Oreo® Cookie McFlurry® | P | P | | P | P | | | M | | | | | | | | | | | | | | P | |
| Oreo® Cookie Chocolate McFlurry® | P | P | | P | P | | | M | | | | | | | | | | | | | | P | |
| Soft Serve Cone | P | P | | P | P | | | | | | | | | | | | | | | | | P | |
| Chocolate Soft Serve Cone | P | P | | P | P | | | | | | | | | | | | | | | | | P | |
| Soft Serve Cone with Flake® | P | P | | P | P | | | M | M | | | | | | | | | | | | | P | |
| Chocolate Soft Serve Cone with Flake® | P | P | | P | P | | | M | M | | | | | | | | | | | | | P | |
| Flake® | M | M | | P | P | | | M | M | | | | | | | | | | | | | P | |
| Choc McDip® | P | P | | P | P | | | | | | | | | | | | | | | | | P | |
| Choc McDip® Chocolate | P | P | | P | P | | | | | | | | | | | | | | | | | P | |
| Plain Sundae | | | | P | | | | | | | | | | | | | | | | | | P | |
| Plain Chocolate Sundae | | | | P | | | | | | | | | | | | | | | | | | P | |
| Caramel Sundae | | | | P | | | | | | | | | | | | | | | | | | P | |
| Caramel Chocolate Sundae | | | | P | | | | | | | | | | | | | | | | | | P | |
| Hot Fudge Sundae | | | | P | P | | | | | | | | | | | | | | | | P | P | |
| Hot Fudge Chocolate Sundae | | | | P | P | | | | | | | | | | | | | | | | P | P | |
| Strawberry Sundae | | | | P | | | | | | | | | | | | | P | | | | P | P | |
| Strawberry Chocolate Sundae | | | | P | | | | | | | | | | | | | P | | | | P | P | |
| Choc Top Super Sundae | | | | P | | | | | | | | M | | | | | | | | | P | P | |
| Choc Top Chocolate Super Sundae | | | | P | | | | | | | | M | | | | | | | | | P | P | |
| HOT BEVERAGES | | | | | | | | | | | | | | | | | | | | | | | |
| Espresso | | | | | | | | | | | | | | | | | | | | | | | |
| Long Black | | | | | | | | | | | | | | | | | | | | | | | |
| Fluffy - Full Cream Milk | M | | | P | M | | | M | | | | | | | | | | | | | | P | |
| Fluffy - Skim Milk | M | | | P | M | | | M | | | | | | | | | | | | | | P | |
| Fluffy - Soy Milk | M | | | M | P | | | M | | | | | | | | | | | | | | P | |
| Fluffy - Almond Milk | M | | | M | M | | | P | | | | | | | | | | | | | | P | |

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|--|--------|-------|-----|------|-----|--------|--------|----------|------------|--------|----------|-----------|-------|----------|-----------|------|-----------|----------|-----------|-------|--------------------|-------------------|--------------------|
| | | | | | | | | Almond | Brazil Nut | Cashew | Hazelnut | Macadamia | Pecan | Pine Nut | Pistachio | | | | | | | | |
| COLD BEVERAGES | | | | | | | | | | | | | | | | | | | | | | | |
| Iced Long Black | | | | | | | | | | | | | | | | | | | | | | | |
| Iced Chocolate - Full Cream Milk | M | | | P | M | | | | | | | | | | | | | | | P | P | | |
| Iced Chocolate - Skim Milk | M | | | P | M | | | | | | | | | | | | | | | P | P | | |
| Iced Chocolate - Soy Milk | M | | | P | P | | | | | | | | | | | | | | | P | P | | |
| Iced Chocolate - Almond Milk | M | | | P | M | | | | | | | | | | | | | | | P | P | | |
| Iced Chocolate - Oat Milk | P | | | P | M | | | | | | | | | | | | | | | P | P | | |
| Iced Chai - Full Cream Milk | P | | | P | M | | | | | | | | | | | | | | | | | | |
| Iced Chai - Skim Milk | P | | | P | M | | | | | | | | | | | | | | | P | P | | |
| Iced Chai - Soy Milk | P | | | P | P | | | | | | | | | | | | | | | P | P | | |
| Iced Chai - Almond Milk | P | | | P | M | | | | | | | | | | | | | | | P | P | | |
| Iced Chai - Oat Milk | P | | | P | M | | | | | | | | | | | | | | | P | P | | |
| Iced Latte - Full Cream Milk | M | | | P | M | | | | | | | | | | | | | | | P | | | |
| Iced Latte - Skim Milk | M | | | P | M | | | | | | | | | | | | | | | P | | | |
| Iced Latte - Soy Milk | M | | | M | P | | | | | | | | | | | | | | | P | | | |
| Iced Latte - Almond Milk | M | | | M | M | | | | | | | | | | | | | | | P | | | |
| Iced Latte - Oat Milk | P | | | M | M | | | | | | | | | | | | | | | P | | | |
| Flavoured Iced Latte - Full Cream Milk | M | | | P | M | | | | | | | | | | | | | | | P | | | |
| Flavoured Iced Latte - Skim Milk | M | | | P | M | | | | | | | | | | | | | | | P | | | |
| Flavoured Iced Latte - Soy Milk | M | | | M | P | | | | | | | | | | | | | | | P | | | |
| Flavoured Iced Latte - Almond Milk | M | | | M | M | | | | | | | | | | | | | | | P | | | |
| Flavoured Iced Latte - Oat Milk | P | | | M | M | | | | | | | | | | | | | | | P | | | |
| Iced Mocha - Full Cream Milk | M | | | P | M | | | | | | | | | | | | | | | P | P | | |
| Iced Mocha - Skim Milk | M | | | P | M | | | | | | | | | | | | | | | P | P | | |
| Iced Mocha - Soy Milk | M | | | M | P | | | | | | | | | | | | | | | P | P | | |
| Iced Mocha - Almond Milk | M | | | M | M | | | | | | | | | | | | | | | P | P | | |
| Iced Mocha - Oat Milk | P | | | M | M | | | | | | | | | | | | | | | P | P | | |
| Iced Matcha Latte - Full Cream Milk | M | | | P | M | | | | | | | | | | | | | | | | | | |
| Iced Matcha Latte - Skim Milk | M | | | P | M | | | | | | | | | | | | | | | | | | |
| Iced Matcha Latte - Soy Milk | M | | | M | P | | | | | | | | | | | | | | | | | | |
| Iced Matcha Latte - Almond Milk | M | | | M | M | | | | | | | | | | | | | | | | | | |
| Iced Matcha Latte - Oat Milk | P | | | M | M | | | | | | | | | | | | | | | | | | |
| Iced Strawberry Matcha Latte - Full Cream Milk | M | | | P | M | | | | | | | | | | | | | | | P | | | |
| Iced Strawberry Matcha Latte - Skim Milk | M | | | P | M | | | | | | | | | | | | | | | P | | | |
| Iced Strawberry Matcha Latte - Soy Milk | M | | | M | P | | | | | | | | | | | | | | | P | | | |
| Iced Strawberry Matcha Latte - Almond Milk | M | | | M | M | | | | | | | | | | | | | | | P | | | |
| Iced Strawberry Matcha Latte - Oat Milk | P | | | M | M | | | | | | | | | | | | | | | P | | | |
| 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 | | | | | P | P | | |
| Blueberry Muffin | P | P | P | P | P | M | M | | | M | M | M | M | M | M | | | | | | P | | |
| Walnut, Carrot and Bran Muffin | P | P | P | M | P | M | M | | | M | M | M | M | M | M | | | | | | P | | |
| Chocolate Chip Muffin | P | P | P | P | P | 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 | | | | | | P | | |

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| | | | | | | | | Almond | Brazil Nut | Cashew | Hazelnut | Macadamia | Pecan | Pine Nut | Pistachio | | | | | | | | |
| Limited Time Offers | | | | | | | | | | | | | | | | | | | | | | | |
| Big Mac Dipping Sauce | | | P | | | | | | | | | | | | | | | | | | P | | |
| GOAL-den McFlurry | | | | P | P | | M | M | | | | | | | | | | | | | P | | P |
| GOAL-den Chocolate McFlurry | | | | P | P | | M | M | | | | | | | | | | | | | P | | P |
| Korean BBQ Dipping Sauce | | | | | | | | | | | | | | | | | | | | | P | | |
| Vanilla Shake | | | | P | | | | | | | | | | | | | | | | | P | | P |
| McGriddles | P | P | | P | P | | | | | | | | | | | | | | | | | | |
| Sausage and Egg McGriddles | P | P | P | P | P | | | | | | | | | | | | | | | | | | |
| Sausage McGriddles | P | P | M | P | P | | | | | | | | | | | | | | | | | | |
| Bacon and Egg McGriddles | P | P | P | P | P | | | | | | | | | | | | | | | | | | |
| Green Apple Popping Pearls | | | | | | | | | | | | | | | | | | | | | | P | P |
| Frozen Lift with Green Apple | | | | | | | | | | | | | | | | | | | | | | P | P |
| Frozen L&P® | | | | | | | | | | | | | | | | | | | | | P | P | P |
| Frozen L&P® McFloat® | | | | P | | | | | | | | | | | | | | | | | P | P | P |
| Frozen L&P® Chocolate McFloat® | | | | P | | | | | | | | | | | | | | | | | P | P | P |
| Frozen Lift® | | | | | | | | | | | | | | | | | | | | | P | | |

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| Change Tracker: | | | | | |
|------------------------|---------------------------------|------------------------------|---------------|--------------------|--|
| Date | Document Number/Revision | Document Title | Issued | Upload Date | Description |
| 9/06/2026 | 2 | NZ Allergen Matrix_June 2026 | 9/06/2026 | 10/06/2026 | Add: Big Mac Dipping Sauce, GOAL-den McFlurry. Remove: Dunked Korean Sticky BBQ burger range; Demon Sauce; Derpy McFlurry; Oreo Shake Range. |
| 19/05/2026 | 1 | NZ Allergen Matrix_May 2026 | 19/05/2026 | 19/05/2026 | Initial document upload |