

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



McDonald's New Zealand Desserts Menu Allergen - Ingredients - Nutrition Information

Information is correct as at May 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)

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	Added Preservative	Artificial Colour	Artificial Flavour
								Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio								
DESSERTS																							
M&M's MINIS® Chocolate McFlurry®				P	P			M	M	M	M	M	M	M	M						P	P	
Oreo® Cookie Chocolate McFlurry®	P	P		P	P		M															P	
Chocolate Soft Serve Cone	P	P		P	P																		
Chocolate Soft Serve Cone with Flake®	P	P		P	P		M	M		M												P	
Flake®	M	M		P	P		M	M		M												P	
Choc McDip® Chocolate	P	P		P	P					M												P	
Plain Chocolate Sundae				P																		P	
Caramel Chocolate Sundae				P																		P	
Hot Fudge Chocolate Sundae				P	P															P		P	
Strawberry Chocolate Sundae				P													P			P	P	P	
Choc Top Chocolate Super Sundae				P						M										P		P	

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

DESSERTS			
M&M's MINIS® Chocolate McFlurry®		M&M's MINIS® McFlurry® Chocolate	
CHOCOLATE SUNDAE MIX: Reconstituted Skim Milk (Milk) , Sugar, Cream (Milk), Cocoa Powder, Glucose Syrup, Natural Flavours (Milk), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.		Avg Qty / Serve	
M&M's® MINIS: Milk Chocolate [Sugar, Milk Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat, Cornstarch, Glucose Syrup, Vegetable Gum (414), Thickener (1400), Glazing Agent (903, Vegetable Oil), Emulsifier (Soy Lecithin), Salt, Flavour], Cornstarch, Glucose Syrup, Sugar, Colours (110, 170, 102, 129, 133).		Avg Qty / 100g	
Contains: Milk, Soy.		Energy (kJ)	1500
M&M's MINIS® are produced in the same facility as products containing Gluten, Wheat, Peanuts, Tree Nuts (Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut).		Energy (Cal)	360
		Protein (g)	7.9
		Fat, total (g)	11.7
		Saturated Fat (g)	7.6
		Carbohydrate (g)	54.2
		Sugars (g)	50.3
		Sodium (mg)	79
			44
OREO® Cookie Chocolate McFlurry®		McFlurry® with Oreo® Cookies Chocolate	
CHOCOLATE SUNDAE MIX: Reconstituted Skim Milk (Milk) , Sugar, Cream (Milk), Cocoa Powder, Glucose Syrup, Natural Flavours (Milk), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.		Avg Qty / Serve	
OREO COOKIE PIECES: Wheat Flour, Sugar, Vegetable Oil (Contains Antioxidants (304, 307b, 319)), Cocoa Powder, Glucose Syrup, Salt, Raising Agents (500, 503), Emulsifier (322- Soy Lecithin), Flavour.		Avg Qty / 100g	
OR: Wheat Flour (Thiamine, Mononitrate, Riboflavin, Folic Acid, Zinc Oxide, Ferrous Fumarate), Sugar, Vegetable Oil (Contains Antioxidant (319)), Cocoa Powder, Fructose Syrup, Cornstarch, Non-Iodised Salt, Raising Agents (500, 503), Emulsifier (322- Soy Lecithin), Flavour.		Energy (kJ)	1660
Contains: Gluten, Wheat, Milk, Soy.		Energy (Cal)	396
OREO COOKIE PIECES are made in the same equipment as products containing Milk, Peanuts.		Protein (g)	8.3
		Fat, total (g)	13.8
		Saturated Fat (g)	7.8
		Carbohydrate (g)	58.6
		Sugars (g)	43.7
		Sodium (mg)	273
			148
Chocolate Soft Serve Cone		Chocolate Soft Serve Cone	
CHOCOLATE SUNDAE MIX: Reconstituted Skim Milk (Milk) , Sugar, Cream (Milk), Cocoa Powder, Glucose Syrup, Natural Flavours (Milk), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.		Avg Qty / Serve	
CONE: Wheat Flour, Canola Oil, Water, Emulsifier (Soy Lecithin, 322), Salt, Raising Agent (Sodium Bicarbonate), Natural Colour (160b).		Avg Qty / 100g	
Contains: Gluten, Wheat, Milk, Soy.		Energy (kJ)	564
		Energy (Cal)	135
		Protein (g)	4.2
		Fat, total (g)	3.6
		Saturated Fat (g)	2.4
		Carbohydrate (g)	20.7
		Sugars (g)	16.3
		Sodium (mg)	42
			47
Chocolate Soft Serve Cone with Flake®		Chocolate Soft Serve Cone with Flake®	
CHOCOLATE SUNDAE MIX: Reconstituted Skim Milk (Milk) , Sugar, Cream (Milk), Cocoa Powder, Glucose Syrup, Natural Flavours (Milk), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.		Avg Qty / Serve	
CADBURY FLAKE®: Full Cream Milk , Sugar, Cocoa Butter, Cocoa Mass, Milk Solids, Emulsifiers (Soy Lecithin, 476), Flavours.		Avg Qty / 100g	
CONE: Wheat Flour, Canola Oil, Water, Emulsifier (Soy Lecithin, 322), Salt, Raising Agent (Sodium Bicarbonate), Natural Colour (160b).		Energy (kJ)	750
Contains: Gluten, Wheat, Milk, Soy.		Energy (Cal)	179
CADBURY® FLAKE® is produced in the same facility as products containing Gluten, Wheat, Peanuts, Tree Nuts (Almonds, Hazelnuts).		Protein (g)	4.8
		Fat, total (g)	6.1
		Saturated Fat (g)	3.9
		Carbohydrate (g)	25.7
		Sugars (g)	21.2
		Sodium (mg)	49
			50
Flake®		Flake®	
CADBURY FLAKE®: Full Cream Milk , Sugar, Cocoa Butter, Cocoa Mass, Milk Solids, Emulsifiers (Soy Lecithin, 476), Flavours.		Avg Qty / Serve	
Contains: Milk, Soy.		Avg Qty / 100g	
CADBURY® FLAKE® is produced in the same facility as products containing Gluten, Wheat, Peanuts, Tree Nuts (Almonds, Hazelnuts).		Energy (kJ)	186
		Energy (Cal)	44
		Protein (g)	0.6
		Fat, total (g)	2.4
		Saturated Fat (g)	1.5
		Carbohydrate (g)	5.0
		Sugars (g)	4.9
		Sodium (mg)	7
			85
Choc McDip® Chocolate		Choc McDip® Chocolate	
CHOCOLATE SUNDAE MIX: Reconstituted Skim Milk (Milk) , Sugar, Cream (Milk), Cocoa Powder, Glucose Syrup, Natural Flavours (Milk), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.		Avg Qty / Serve	
WAFFLE CONE: Wheat Flour, Raw Cane Sugar, Wheaten Cornflour (Wheat), Water, Vegetable Oil (Coconut), Emulsifier (Soy Lecithin), Oat Fibre (Gluten), Salt.		Avg Qty / 100g	
CHOC TOP TOPPING: Vegetable Fat (Coconut Oil, Palm Oil), Sugar, Cocoa Powder, Whey Powder (Milk), Emulsifiers [Soy Lecithin (322), Polyglycerol Polyricinoleate (476)], Salt, Flavours.		Energy (kJ)	1120
Contains: Gluten, Wheat, Milk, Soy.		Energy (Cal)	268
CHOC TOP TOPPING is produced in the same facility as products containing Gluten and made in the same equipment as products containing Tree Nuts (Hazelnut).		Protein (g)	5.7
		Fat, total (g)	9.7
		Saturated Fat (g)	7.6
		Carbohydrate (g)	38.5
		Sugars (g)	27.7
		Sodium (mg)	72
			57

Plain Chocolate Sundae	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
CHOCOLATE SUNDAE MIX: Reconstituted Skim Milk (Milk) , Sugar, Cream (Milk), Cocoa Powder, Glucose Syrup, Natural Flavours (Milk), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.				
Contains: Milk.				
Energy (kJ)	791	586	985	586
Energy (Cal)	189	140	235	140
Protein (g)	5.9	4.4	7.4	4.4
Fat, total (g)	5.4	4.0	6.7	4.0
Saturated Fat (g)	3.8	2.8	4.7	2.8
Carbohydrate (g)	28.4	21.0	35.3	21.0
Sugars (g)	25.8	19.1	32.1	19.1
Sodium (mg)	55	41	69	41

Caramel Chocolate Sundae	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
CHOCOLATE SUNDAE MIX: Reconstituted Skim Milk (Milk) , Sugar, Cream (Milk), Cocoa Powder, Glucose Syrup, Natural Flavours (Milk), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.				
CARAMEL TOPPING: Glucose Syrup, Whole Sweetened Condensed Milk (Milk, Sugar, Milk Solids) , Invert Sugar Syrup, Water, Butter (Milk), Sugar, Emulsifiers (339, 322), Salt, Thickener (440), Natural Flavour.				
Contains: Milk.				
Energy (kJ)	1330	762	2060	834
Energy (Cal)	318	182	492	199
Protein (g)	7.0	4.0	9.4	3.8
Fat, total (g)	7.4	4.2	10.7	4.3
Saturated Fat (g)	5.1	2.9	7.4	3.0
Carbohydrate (g)	54.6	31.3	87.7	35.5
Sugars (g)	47.2	27.1	75.0	30.4
Sodium (mg)	135	78	229	93

Hot Fudge Chocolate Sundae	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
CHOCOLATE SUNDAE MIX: Reconstituted Skim Milk (Milk) , Sugar, Cream (Milk), Cocoa Powder, Glucose Syrup, Natural Flavours (Milk), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.				
CHOCOLATE FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Emulsifier (322 - Soy)), Whole Sweetened Condensed Milk (Milk, Milk Powder, Sugar, Lactose), Cocoa Powder, Whole Milk Powder , Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202).				
Contains: Milk, Soy.				
Energy (kJ)	1300	752	2000	821
Energy (Cal)	311	180	479	196
Protein (g)	7.6	4.4	10.7	4.4
Fat, total (g)	9.4	5.5	14.8	6.1
Saturated Fat (g)	7.3	4.2	11.7	4.8
Carbohydrate (g)	47.7	27.5	73.9	30.3
Sugars (g)	43.7	25.2	67.9	27.8
Sodium (mg)	157	91	272	111

Strawberry Chocolate Sundae	Small		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
CHOCOLATE SUNDAE MIX: Reconstituted Skim Milk (Milk) , Sugar, Cream (Milk), Cocoa Powder, Glucose Syrup, Natural Flavours (Milk), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.				
STRAWBERRY TOPPING: Strawberry, Sugar, Water, High Fructose Corn Syrup, Strawberry Juice, Thickener (E440, E410), Flavouring, Acidity Regulator (E330), Preservative (E202), Colour (E124), Stabiliser (E509).				
Contains: Milk, Sulphites.				
Energy (kJ)	1100	641	1600	664
Energy (Cal)	262	153	382	159
Protein (g)	6.1	3.6	7.7	3.2
Fat, total (g)	5.4	3.2	6.7	2.8
Saturated Fat (g)	3.8	2.2	4.7	2.0
Carbohydrate (g)	46.1	26.9	70.7	29.4
Sugars (g)	43.6	25.5	67.7	28.2
Sodium (mg)	57	33	72	30

Choc Top Chocolate Super Sundae	Choc Top Chocolate Super Sundae	
	Avg Qty / Serve	Avg Qty / 100g
CHOCOLATE SUNDAE MIX: Reconstituted Skim Milk (Milk) , Sugar, Cream (Milk), Cocoa Powder, Glucose Syrup, Natural Flavours (Milk), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.		
CHOCOLATE FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Emulsifier (322 - Soy)), Whole Sweetened Condensed Milk (Milk, Milk Powder, Sugar, Lactose), Cocoa Powder, Whole Milk Powder , Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202).		
CHOC TOP TOPPING: Vegetable Fat (Coconut Oil, Palm Oil), Sugar, Cocoa Powder, Whey Powder (Milk), Emulsifiers (Soy Lecithin (322), Polyglycerol Polyricinoleate (476)), Salt, Flavours.		
Contains: Milk, Soy.		
CHOC TOP TOPPING is produced on the same equipment as product containing Tree Nuts (Hazelnut).		
Energy (kJ)	2270	957
Energy (Cal)	542	229
Protein (g)	10.1	4.3
Fat, total (g)	25.5	10.7
Saturated Fat (g)	20.7	8.7
Carbohydrate (g)	67.0	28.3
Sugars (g)	62.1	26.2
Sodium (mg)	184	78

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
19/05/2026	21	NZ Choc Soft Serve Desserts Menu_May 2026	19/05/2026	19/05/2026	Update: New brandsite launch
12/01/2026	20	NZ Desserts Menu_January 2026	12/01/2026	12/01/2026	Updated allergen matrix
19/12/2024	19	NZ Desserts Menu_December 2024	19/12/2024	19/12/2024	Updated Apple Pie Ingredient Listing
19/11/2024	18	NZ Desserts Menu_November 2024	19/11/2024	20/11/2024	Chocolate Soft Serve Products
6/08/2024	17	NZ Desserts Menu_August 2024	6/08/2024	7/08/2027	Updated information for Caramel Topping
9/02/2024	16	NZ Desserts Menu_February 2024	20/02/2024	20/02/2024	Updated for PEAL Legislative requirements